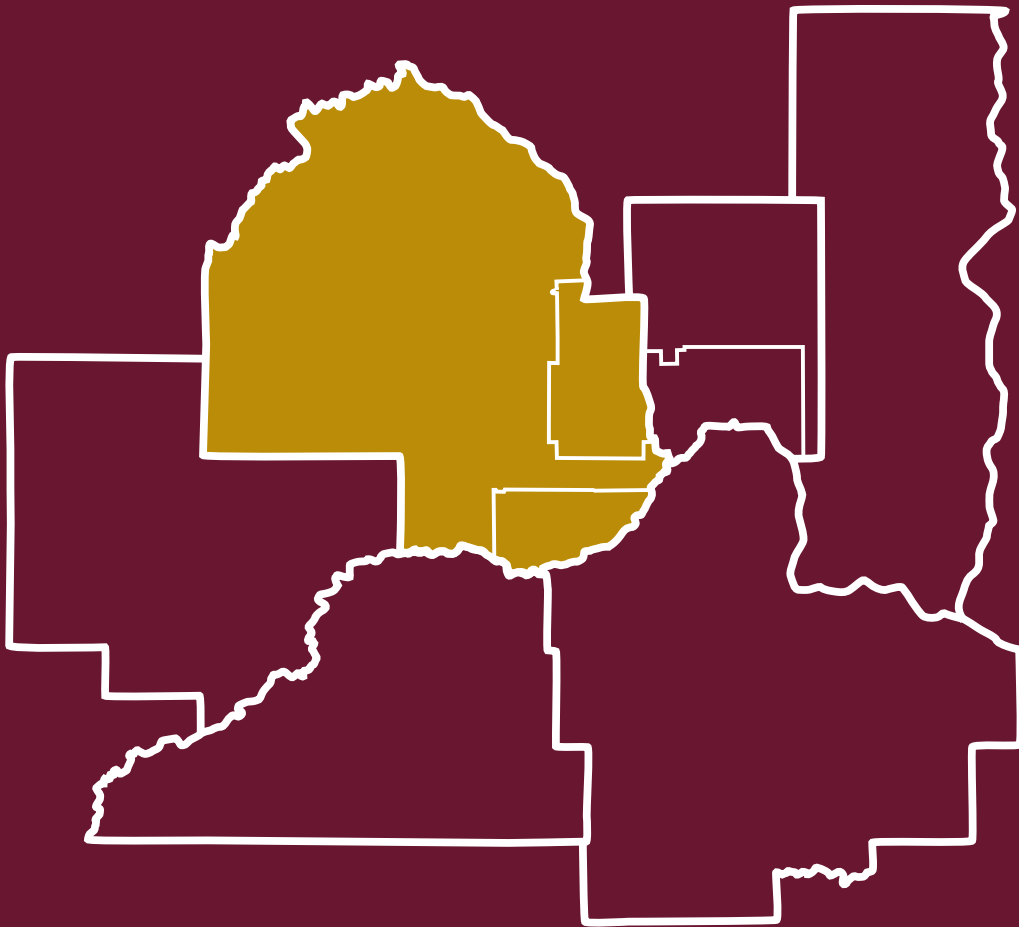




Metro SHAPE
2014

HENNEPIN COUNTY
DISPARITIES DATA BOOK



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Metro SHAPE 2014 was a joint project by eight public health departments: City of Bloomington Public Health Division, Carver County Public Health and Environment Division, Dakota County Public Health Department, Hennepin County Public Health, City of Minneapolis Health Department, Saint Paul-Ramsey County Public Health, Scott County Public Health, and Washington County Department of Public Health and Environment.

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Metro SHAPE 2014

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 Minnesota¹. The project gathered data on health and factors that affect health for adults in 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 Disparities Data Book*, reports health indicators from different population groups within Hennepin County to identify health disparities at the local level. 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. This can help drive efforts to target resources and improve the health of those at highest risk for poor health outcomes and improve health equity.

This disparities data book is the companion to the *Metro SHAPE 2014 Hennepin County Geographic Data Book*². Consistent with the data book developed for the full *Metro SHAPE 2014* project, the Hennepin County geographic data book reports health indicators by different geographic areas in Hennepin County, and by selected demographic factors, including age, gender and household income. Both data books report by income, age and education but use different reporting categories.

Hennepin County initiated the SHAPE project in 1998, and has repeated the effort every four years, including data collection iterations in 2002, 2006 and 2010. Each administration of SHAPE, implemented by the Hennepin County Public Health Department, has had its own focus and project collaborators. The two data books described above for Hennepin County from the *Metro SHAPE 2014* project represent the 5th SHAPE iteration, which for the first time involved seven other local public health agencies in the Twin Cities metro region.

Both Hennepin County data books from the *Metro SHAPE 2014* project and previous Hennepin County SHAPE data are available at www.Hennepin.us/SHAPE.

The *Metro SHAPE 2014* Data Book, which summarizes health indicators for all eight participating jurisdictions combined, is also made available at www.Hennepin.us/SHAPE.

About Metro SHAPE

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.

Similar to the SHAPE project in Hennepin County, each of the other public health agencies in the Twin Cities metro region has historically administered local health surveillance projects under a variety of names. In 2010, six metro counties – Anoka, Carver, Dakota, Ramsey, Scott, and Washington – administered the *Metro Adult Health Survey (MAHS) or MAHS 2010*³, with a plan to repeat the survey in future years. In 2012, these six counties' public health departments partnered with three public health agencies in Hennepin County (Bloomington Public Health Division, Minneapolis Health Department, and Hennepin County Public Health Department) to coordinate a metro-wide survey. Anoka County administered its survey in 2013 due to its funding requirement. The remaining eight metro public health jurisdictions administered the survey in 2014 and are referenced hereafter as the *Metro SHAPE 2014* project.

The *Metro SHAPE 2014* survey collected information from adults residing in six metro counties on the following health topics, or domains:

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

Findings from the *Metro SHAPE 2014* Survey will be used to:

- Inform Community Health Assessments of geographic areas surveyed;
- Identify priorities and opportunities for new and ongoing initiatives to support health;
- Provide evidence to support policy recommendations and positive environmental and system changes; and
- Increase public awareness of ways communities, organizations and employers can be involved in supporting healthy lifestyles of adults.

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.

What's New

Geographic scope

Metro SHAPE 2014 provides information about the health and factors that affect health for adults in Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties and the cities of Bloomington, Minneapolis, and Saint Paul. This data book includes results for Hennepin County.

Data collection modes

MAHS 2010 was administered by mail and telephone. Previous iterations of SHAPE were administered by mail only, combined mail and telephone, and telephone only. The 2014 Metro SHAPE survey was a mixed-mode survey, combining online and mail surveys. Respondents were first invited to complete the survey online. For those who did not respond online, a paper survey was mailed as a final attempt to receive a completed survey. See Design and methodology summary for more information.

Survey Administration

The *Metro SHAPE 2014* survey was a collaborative effort of eight local public health agencies. These agencies developed the survey content, monitored data quality, analyzed data and reported results. Survey administration was managed under a Joint Powers Agreement (JPA). Ramsey County served as the fiscal agent.

Who responded

The *Metro SHAPE 2014* survey was administered between September 2014 and April 2015. While a total of 12,794 surveys were completed, some surveys were excluded due to missing data and duplicate responses from the same households. Surveys completed by young adults age 18 to 24 were dropped due to a very low response among that age group. This resulted in a sample of 12,028 respondents in the final research data file for reporting.

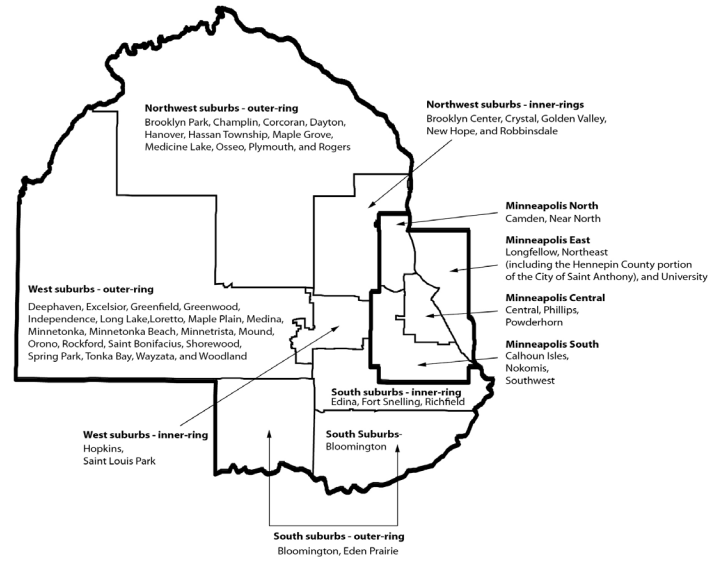
This *Metro SHAPE 2014* Hennepin County Disparities Data Book summarizes the responses of the 8,578 respondents 25 and older from Hennepin County, and breaks down those responses by age, educational attainment, income, sexual orientation and gender identity, disability status, mental health, and selected racial/ethnic groups.

Design and methodology summary

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, 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.

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 A 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, and seven were in suburban Hennepin County – including the city of Bloomington as shown in Figure 1.

Figure 1. Reporting Areas for the Metro SHAPE 2014 Hennepin County Data Book



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 were 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 at or below 200 percent of the Federal Poverty Level or where 20 percent or more of heads of household

Table A. 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	2	1,000
Scott County Public Health	1	500
Washington County Department of Public Health and Environment	1	500
Total	17	10,000

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 of metro area in the U.S. Postal Services' full Delivery Sequence File (DSF) was 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.

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 one adult 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 shown to obtain response rates slightly lower compared to mail-only methods⁴. However, “web + mail” methodology has 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 five mailings to selected households. Some households in lower-response geographies received a sixth and seventh mailing. Those who responded before the next mailing was prepared were removed from subsequent mailings. A small number of households were also removed from subsequent mailings upon their request.

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

Weighting the sample data was performed to compensate for unequal probabilities of selection and to adjust for unequal non-response rates. This results in estimates that are consistent with the adult population of the entire geographic area.

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 percent chance of being selected, whereas a person in a two-adult household had only a 50 percent chance.

Second, post-stratification weighting was used to adjust for key demographics, including age and gender, and race/ethnicity differences between survey respondents and the general population. This technique, commonly used in survey research,

assumes that households that did not respond to the survey were, on average, just like those who did not participate. Although this assumption was unlikely to be completely accurate, in concept this adjustment brought the results closer to the true value.

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 four larger, combined geographies, including Minneapolis, Saint Paul, suburban Hennepin County, and the remaining reporting areas of suburban Ramsey, Carver, Dakota, Scott, and Washington Counties, 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, which is commonly observed in survey research.

Two additional weights were developed specifically for this data book. One weight was developed to report by age categories that represent generational differences, and another weight was created to analyze and report by the four selected race/ethnic groups. Additional details are included in Appendix E.

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

Efforts to reach hard-to-reach populations

The *Metro SHAPE 2014* survey identified several strategies to attempt to reach hard-to-reach populations, including populations of color, those with limited English proficiency, and low income households. The efforts included the following:

- Sampling design – the sampling design identified census tracts with high concentrations of people of color and low-income households and those tracts were sampled at higher rates, giving households in

those tracts a greater chance of being selected for survey participation; and

- Survey implementation – four strategies were used to encourage respondents with limited English proficiency.
 - First, an FAQ sheet was included in the mailed materials using ten languages other than English, notifying respondents of the presence of a language assistance line;
 - Second, the language assistance line was prepared to direct respondents to resources to translate materials verbally or in writing for each of the ten available languages, per request;
 - Third, directions on how to get assistance in those same ten languages was listed on the home page of the *Metro SHAPE 2014* website; and
 - Finally, persons respected in local non-English speaking communities made short videos encouraging residents to complete and return the *Metro SHAPE 2014* surveys. The videos were in the speaker's native language and were available on the *Metro SHAPE 2014* website.
- Outreach to low-response areas – the *Metro SHAPE 2014* workgroup monitored online and paper survey response from each of the 32 sampling areas. Census tracts with low response were identified and efforts as described below were made to engage residents and encourage them to respond to the survey.
 - Poster distribution – community organizations, clinics, and faith-based centers were identified and asked to display *Metro SHAPE 2014* posters to encourage residents who received a survey to complete it;
 - North Minneapolis and inner-ring Northwest Suburb postcard – as described earlier, a postcard which included a photo and testimonial of a manager of a community clinic in a particularly low response area was mailed to households to encourage residents to respond to the survey; and
 - Mailing 7 – a seventh and final mailing offered an additional opportunity for residents in low response areas to complete the survey by mail.

Limitations and potential sources of bias to the survey results

The findings in this report are subject to at least seven limitations.

First, the *Metro SHAPE 2014* results are subject to respondent self-selection bias. This bias occurs when a selected adult does not complete the survey, and those who chose to not respond are noticeably different from those who participated. As with most local, regional, and national population-based surveys, people with low income and low education were less likely to participate in *Metro SHAPE 2014* despite the outreach efforts described above. While weighting techniques can adjust in part for this low response, if the health status and behaviors of these non-respondents are substantially different from those who complete the survey, then population-level estimates are biased. Because survey respondents tend to be healthier, in general, it is likely that the effect of self-selection bias is to overstate estimates of healthy behaviors (e.g. fruit and vegetable consumption), and understate estimates of unhealthy ones (e.g. smoking). Future surveys will need to do additional outreach to these populations to increase the likelihood that adequate numbers from all subgroups participate to accurately estimate population-level measures.

Second, the response rate for the *Metro SHAPE 2014* was 22 percent. Representativeness of survey respondents may be a concern when survey response is low.

Third, non-English speaking residents were underrepresented in the *Metro SHAPE 2014* survey. With the efforts described above (both printed materials and a helpline) which operated for the duration of the project, no calls requesting translation or language assistance were received.

Fourth, because of the small sample size, the prevalence of certain variables could not be reported for some reporting areas or groups. These instances are noted throughout the data tables in the data book. In addition, results for some racial/ethnic groups cannot be reported due to small sample sizes.

Fifth, because *Metro SHAPE 2014* data are self-reported, information is subject to recall bias and, as with all surveys, potential for bias exists given the wording of and the order in which questions are presented.

Sixth, there are limitations to the LGBT identity variable. The survey question used to gather LGBT identity is a single question that encompasses both sexual orientation and gender identity. While these are two distinct concepts, for the purposes of this survey a single question was asked to determine sexual orientation (gay, lesbian, bisexual) and gender identity (transgender). There were a small number of respondents who self-identified as bisexual and transgender. As a result, all LGBT populations are reported as one group although the health status between each of these groups may differ.

Finally, the results of this data book are only generalizable to Hennepin County adults who live in households with a residential address. Community members living in institutions, nursing homes, long-term care facilities, military installations, correctional institutions, and those experiencing homelessness were not represented.

Overall, *Metro SHAPE 2014* provides estimates of health status, health risk behaviors, chronic conditions, disabilities, access to health care, and social-environmental conditions at a local level. Given current research, the use of the Delivery Sequence File address-based sampling frame is the best available survey sampling frame with the fewest non-coverage issues. Most of the survey questions used for the survey were taken or adopted from national health surveys to facilitate comparisons between local, state, and national data. Despite its limitations, *Metro SHAPE 2014* is one of the only local sources of data available to counties and cities to assess and track broad public health indicators and health conditions in the population as a whole.

For assistance in interpreting these results, please call (612) 348-6150 or email SHAPE@hennepin.us.



**Metro SHAPE
2014**

Overall Health

Overall Health



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

TABLE 1	Sample Size	Excellent	Very good	Good	Fair	Poor
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	8,541	18.5% ± 1.3	45.0% ± 1.6	28.9% ± 1.5	6.6% ± 0.8	1.0% ± 0.3
Age						
25-34	1,197	21.8% ± 3.1	48.5% ± 3.5	27.1% ± 3.4	2.5% ± 1.2	^0.1% ± 0.4
35-49	1,751	19.1% ± 2.4	47.0% ± 3.0	27.5% ± 2.8	5.9% ± 1.7	^0.5% ± 0.7
50-69	3,709	18.1% ± 1.6	43.8% ± 2.1	28.4% ± 2.0	8.1% ± 1.3	1.6% ± 0.6
70 and older	1,864	9.2% ± 1.7	38.5% ± 2.7	36.8% ± 2.7	13.2% ± 2.0	2.3% ± 1.0
Selected Race/Ethnicities						
Hispanic	137	*12.4% ± 10.8	55.2% ± 11.7	28.4% ± 10.8	^3.3% ± 5.1	^0.7% ± 4.1
Non-Hispanic Asian	229	10.8% ± 5.3	37.2% ± 8.5	39.1% ± 9.2	*11.0% ± 8.2	^1.8% ± 2.4
Non-Hispanic US-born Black	295	*11.4% ± 9.5	30.3% ± 9.4	35.8% ± 8.7	20.5% ± 7.3	*2.0% ± 1.8
Non-Hispanic White	7,514	19.7% ± 1.3	47.1% ± 1.5	27.2% ± 1.4	5.2% ± 0.6	0.8% ± 0.3
Educational Attainment						
Less than High School	147	^6.3% ± 10.1	*14.0% ± 9.6	44.5% ± 13.3	27.5% ± 12.2	*7.7% ± 6.7
High School or GED	897	8.0% ± 3.7	35.9% ± 5.3	37.7% ± 5.2	15.3% ± 3.6	*3.1% ± 1.9
Some College	2,220	11.5% ± 2.3	39.7% ± 3.1	37.3% ± 3.1	10.0% ± 2.0	1.4% ± 0.7
College Degree or Higher	5,247	22.8% ± 1.7	49.0% ± 2.0	24.1% ± 1.8	3.6% ± 0.8	*0.4% ± 0.4
Household Income						
≤ \$23,000	991	11.7% ± 4.5	25.4% ± 4.3	34.0% ± 5.0	23.3% ± 4.5	5.7% ± 2.3
\$23,001 - \$55,000	2,321	11.1% ± 2.0	39.6% ± 3.1	37.7% ± 3.1	10.1% ± 1.9	*1.5% ± 1.1
≥ \$55,001	4,834	22.0% ± 1.7	49.7% ± 2.0	24.9% ± 1.8	3.2% ± 0.8	*0.3% ± 0.2
Sexual Orientation and Gender Identity						
LGBT	529	18.0% ± 5.0	44.1% ± 6.1	29.1% ± 5.7	7.7% ± 3.8	^1.1% ± 1.3
Male	270	19.6% ± 7.4	43.6% ± 8.7	28.2% ± 8.1	*7.1% ± 4.9	^1.5% ± 2.3
Female	258	15.9% ± 6.3	44.6% ± 8.3	30.5% ± 8.1	*8.5% ± 7.3	^0.5% ± 0.8
Not LGBT	7,787	18.5% ± 1.3	45.8% ± 1.6	28.6% ± 1.5	6.2% ± 0.8	1.0% ± 0.3
Male	2,758	18.8% ± 2.3	45.0% ± 2.8	30.0% ± 2.6	5.2% ± 1.2	*1.0% ± 0.6
Female	5,029	18.2% ± 1.5	46.4% ± 1.9	27.3% ± 1.7	7.1% ± 1.1	0.9% ± 0.4
Disability Status						
Yes	2,117	3.7% ± 1.9	25.2% ± 2.7	44.3% ± 3.2	21.4% ± 2.5	5.4% ± 1.6
No	6,373	21.9% ± 1.5	49.4% ± 1.8	25.4% ± 1.7	3.2% ± 0.8	^0.1% ± 0.1
Frequent Mental Distress						
Yes	700	6.3% ± 2.8	29.0% ± 5.6	33.6% ± 5.4	23.8% ± 5.0	7.3% ± 2.7
No	7,735	19.6% ± 1.4	46.4% ± 1.6	28.5% ± 1.5	5.0% ± 0.7	0.5% ± 0.3

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%)

Overall Health



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

TABLE 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.
Hennepin County Total	8,432	56.5% ± 1.6	19.4% ± 1.3	14.3% ± 1.1	3.4% ± 0.6	6.4% ± 0.7
Age						
25-34	1,196	54.0% ± 3.5	24.0% ± 3.1	16.8% ± 2.8	2.2% ± 1.2	3.0% ± 1.4
35-49	1,745	55.3% ± 3.0	23.6% ± 2.7	13.9% ± 2.2	2.7% ± 1.3	4.4% ± 1.3
50-69	3,680	58.6% ± 2.1	15.4% ± 1.5	13.4% ± 1.5	4.1% ± 0.9	8.5% ± 1.2
70 and older	1,795	56.1% ± 2.8	12.3% ± 1.9	14.0% ± 2.1	5.2% ± 1.4	12.4% ± 1.9
Selected Race/Ethnicities						
Hispanic	134	44.5% ± 11.9	20.9% ± 10.1	25.2% ± 12.3	^7.0% ± 14.7	^2.4% ± 3.3
Non-Hispanic Asian	227	60.7% ± 8.8	20.7% ± 8.7	11.8% ± 5.5	^1.9% ± 2.8	^4.8% ± 5.0
Non-Hispanic US-born Black	285	35.7% ± 9.5	17.1% ± 8.7	25.5% ± 9.0	*4.0% ± 3.0	17.7% ± 7.0
Non-Hispanic White	7,425	58.3% ± 1.5	19.9% ± 1.2	13.3% ± 1.0	3.0% ± 0.5	5.5% ± 0.6
Educational Attainment						
Less than High School	135	51.2% ± 13.2	^6.4% ± 7.0	*17.3% ± 12.0	*10.8% ± 9.2	14.3% ± 7.9
High School or GED	851	53.2% ± 5.3	10.0% ± 3.2	16.9% ± 4.7	5.4% ± 2.6	14.5% ± 4.0
Some College	2,188	52.9% ± 3.2	18.0% ± 2.6	14.3% ± 2.4	4.3% ± 1.6	10.5% ± 2.0
College Degree or Higher	5,231	58.4% ± 1.9	21.6% ± 1.6	13.9% ± 1.4	2.6% ± 0.7	3.5% ± 0.6
Household Income						
≤ \$23,000	955	33.4% ± 4.8	14.9% ± 4.7	19.8% ± 4.5	8.6% ± 2.9	23.3% ± 4.6
\$23,001 - \$55,000	2,285	50.9% ± 3.2	17.9% ± 2.4	17.1% ± 2.5	4.2% ± 1.4	9.8% ± 1.9
≥ \$55,001	4,816	61.0% ± 2.0	20.9% ± 1.6	12.7% ± 1.4	2.4% ± 0.7	2.9% ± 0.6
Sexual Orientation and Gender Identity						
LGBT	529	49.4% ± 6.1	24.2% ± 5.4	18.0% ± 4.9	*2.7% ± 1.8	5.6% ± 2.6
Male	270	50.9% ± 8.4	23.2% ± 7.2	19.2% ± 7.3	^1.4% ± 2.2	*5.3% ± 4.2
Female	258	47.5% ± 8.3	25.4% ± 8.5	16.3% ± 6.3	*4.7% ± 3.6	6.1% ± 3.5
Not LGBT	7,696	57.2% ± 1.6	19.1% ± 1.3	14.0% ± 1.2	3.4% ± 0.7	6.3% ± 0.7
Male	2,735	61.6% ± 2.7	17.1% ± 2.2	12.8% ± 2.0	3.3% ± 1.2	5.2% ± 1.1
Female	4,961	53.2% ± 1.9	21.0% ± 1.6	15.0% ± 1.4	3.5% ± 0.7	7.3% ± 1.0
Disability Status						
Yes	2,055	30.9% ± 3.0	17.3% ± 2.6	20.8% ± 2.6	8.6% ± 2.0	22.4% ± 2.7
No	6,331	62.3% ± 1.7	20.0% ± 1.4	12.8% ± 1.3	2.2% ± 0.6	2.8% ± 0.6
Frequent Mental Distress						
Yes	685	28.0% ± 5.8	14.7% ± 4.3	15.4% ± 4.3	5.7% ± 2.5	36.2% ± 5.4
No	7,706	59.0% ± 1.6	19.9% ± 1.3	14.2% ± 1.2	3.2% ± 0.6	3.8% ± 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



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.
Hennepin County Total	8,456	53.2% ± 1.6	17.0% ± 1.2	16.6% ± 1.2	5.4% ± 0.7	7.8% ± 0.9
Age						
25-34	1,195	39.6% ± 3.6	22.7% ± 3.1	23.3% ± 3.1	7.0% ± 1.8	7.4% ± 2.0
35-49	1,747	48.9% ± 3.1	18.1% ± 2.4	18.6% ± 2.3	6.8% ± 1.7	7.7% ± 1.7
50-69	3,688	60.9% ± 2.0	14.1% ± 1.5	12.7% ± 1.4	4.0% ± 1.0	8.2% ± 1.2
70 and older	1,809	70.1% ± 2.7	10.1% ± 2.0	9.9% ± 2.1	3.1% ± 1.0	6.7% ± 1.6
Selected Race/Ethnicities						
Hispanic	132	51.5% ± 11.8	17.4% ± 9.7	*16.4% ± 10.3	^7.7% ± 8.2	^7.0% ± 11.0
Non-Hispanic Asian	226	53.3% ± 9.0	18.9% ± 7.8	14.4% ± 8.0	^4.3% ± 6.3	*9.1% ± 8.4
Non-Hispanic US-born Black	285	41.6% ± 9.3	12.1% ± 6.1	15.6% ± 8.3	*8.0% ± 6.0	22.7% ± 8.9
Non-Hispanic White	7,451	54.2% ± 1.5	17.7% ± 1.2	16.4% ± 1.1	5.1% ± 0.7	6.5% ± 0.8
Educational Attainment						
Less than High School	137	35.6% ± 13.1	^8.2% ± 8.1	^14.7% ± 15.2	*13.8% ± 12.0	27.7% ± 14.0
High School or GED	865	59.2% ± 5.3	9.7% ± 3.8	15.2% ± 4.1	*5.2% ± 3.5	10.7% ± 3.5
Some College	2,197	53.7% ± 3.2	13.9% ± 2.3	14.8% ± 2.3	5.8% ± 1.8	11.8% ± 2.3
College Degree or Higher	5,230	52.7% ± 1.9	19.3% ± 1.6	17.4% ± 1.5	5.1% ± 0.9	5.5% ± 0.9
Household Income						
≤ \$23,000	961	40.8% ± 5.2	12.1% ± 3.8	17.7% ± 4.0	6.9% ± 2.3	22.6% ± 4.5
\$23,001 - \$55,000	2,300	47.3% ± 3.1	15.2% ± 2.4	18.9% ± 2.7	6.9% ± 1.9	11.7% ± 2.3
≥ \$55,001	4,816	56.0% ± 2.0	18.3% ± 1.6	16.1% ± 1.5	4.8% ± 0.9	4.8% ± 0.9
Sexual Orientation and Gender Identity						
LGBT	531	32.4% ± 5.7	24.8% ± 6.1	22.0% ± 5.4	7.7% ± 4.0	13.1% ± 4.3
Male	271	35.4% ± 8.2	25.9% ± 9.0	20.2% ± 7.6	^4.6% ± 4.7	13.9% ± 6.1
Female	259	28.1% ± 7.5	23.2% ± 7.6	24.3% ± 7.8	*12.4% ± 7.9	12.0% ± 6.8
Not LGBT	7,712	54.4% ± 1.6	16.7% ± 1.3	16.3% ± 1.2	5.2% ± 0.8	7.3% ± 0.9
Male	2,743	61.3% ± 2.7	14.7% ± 2.1	13.2% ± 2.0	4.6% ± 1.3	6.2% ± 1.5
Female	4,969	48.2% ± 1.9	18.6% ± 1.5	19.2% ± 1.6	5.7% ± 0.9	8.3% ± 1.1
Disability Status						
Yes	2,086	39.3% ± 3.1	14.7% ± 2.4	18.6% ± 2.6	7.4% ± 1.6	20.1% ± 2.7
No	6,321	56.4% ± 1.8	17.4% ± 1.4	16.2% ± 1.3	5.0% ± 0.9	5.0% ± 0.9
Frequent Mental Distress						
Yes	700	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	^100.0% ± 0.0
No	7,756	57.7% ± 1.6	18.4% ± 1.3	18.0% ± 1.3	5.9% ± 0.8	0.0% ± 0.0

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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



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.
Hennepin County Total	8,391	36.8% ± 1.5	17.3% ± 1.3	23.9% ± 1.4	8.7% ± 0.9	13.3% ± 1.0
Age						
25-34	1,194	26.8% ± 3.3	19.8% ± 3.0	31.3% ± 3.4	10.7% ± 2.3	11.4% ± 2.3
35-49	1,743	33.6% ± 3.0	20.0% ± 2.6	24.9% ± 2.6	9.3% ± 2.0	12.2% ± 2.0
50-69	3,668	42.9% ± 2.1	15.4% ± 1.5	19.7% ± 1.7	7.3% ± 1.2	14.7% ± 1.5
70 and older	1,770	47.2% ± 2.8	11.7% ± 1.9	17.8% ± 2.5	7.2% ± 1.6	16.0% ± 2.1
Selected Race/Ethnicities						
Hispanic	132	28.6% ± 11.2	*14.8% ± 9.6	29.3% ± 12.3	*16.6% ± 12.5	*10.7% ± 10.1
Non-Hispanic Asian	225	39.2% ± 8.9	18.3% ± 7.4	21.8% ± 8.5	*7.6% ± 6.1	*13.1% ± 8.3
Non-Hispanic US-born Black	281	24.0% ± 9.5	*9.5% ± 6.4	24.8% ± 9.2	10.2% ± 6.0	31.6% ± 8.9
Non-Hispanic White	7,394	38.1% ± 1.5	18.2% ± 1.2	23.8% ± 1.3	7.9% ± 0.8	11.9% ± 1.0
Educational Attainment						
Less than High School	132	25.7% ± 13.4	^2.7% ± 8.5	*19.8% ± 14.3	*14.3% ± 12.7	37.5% ± 13.8
High School or GED	841	40.5% ± 5.3	9.4% ± 3.5	19.3% ± 5.0	9.8% ± 4.1	21.1% ± 4.4
Some College	2,178	36.1% ± 3.1	13.6% ± 2.3	22.0% ± 2.8	9.6% ± 2.3	18.7% ± 2.5
College Degree or Higher	5,213	36.8% ± 1.9	20.1% ± 1.7	25.2% ± 1.7	8.2% ± 1.1	9.7% ± 1.1
Household Income						
≤ \$23,000	943	23.9% ± 4.6	8.6% ± 3.6	18.1% ± 4.6	11.9% ± 3.6	37.5% ± 5.1
\$23,001 - \$55,000	2,273	31.8% ± 3.0	13.1% ± 2.1	24.8% ± 2.9	10.7% ± 2.3	19.6% ± 2.6
≥ \$55,001	4,804	39.5% ± 2.0	19.7% ± 1.7	24.6% ± 1.8	7.8% ± 1.2	8.3% ± 1.1
Sexual Orientation and Gender Identity						
LGBT	529	22.2% ± 5.4	19.8% ± 6.1	27.3% ± 5.3	12.6% ± 4.9	18.2% ± 4.7
Male	270	24.5% ± 8.0	21.3% ± 9.3	28.0% ± 7.6	*8.1% ± 6.2	18.1% ± 6.6
Female	258	18.9% ± 6.9	17.5% ± 7.2	26.4% ± 7.6	19.0% ± 8.6	18.3% ± 7.0
Not LGBT	7,657	37.7% ± 1.6	17.2% ± 1.3	23.8% ± 1.4	8.5% ± 1.0	12.8% ± 1.1
Male	2,722	43.4% ± 2.8	17.0% ± 2.3	20.8% ± 2.3	7.9% ± 1.7	10.9% ± 1.8
Female	4,935	32.5% ± 1.8	17.4% ± 1.4	26.6% ± 1.8	9.0% ± 1.2	14.5% ± 1.4
Disability Status						
Yes	2,047	18.7% ± 2.6	10.6% ± 2.1	23.2% ± 2.9	12.4% ± 2.2	35.1% ± 3.0
No	6,299	40.8% ± 1.8	18.8% ± 1.5	24.0% ± 1.6	7.9% ± 1.1	8.4% ± 1.1
Frequent Mental Distress						
Yes	685	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	^100.0% ± 0.0
No	7,706	39.9% ± 1.6	18.7% ± 1.4	25.9% ± 1.5	9.5% ± 1.0	6.0% ± 0.7

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

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Overall Health



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.
Hennepin County Total	8,467	71.5% ± 1.4	13.0% ± 1.1	8.8% ± 0.9	2.2% ± 0.5	4.5% ± 0.7
Age						
25-34	1,197	65.9% ± 3.3	18.9% ± 2.9	11.2% ± 2.3	2.0% ± 1.1	*1.9% ± 1.2
35-49	1,749	70.9% ± 2.8	14.8% ± 2.3	8.6% ± 1.8	2.0% ± 1.2	3.6% ± 1.3
50-69	3,682	74.9% ± 1.8	8.9% ± 1.2	7.8% ± 1.2	2.5% ± 0.7	5.9% ± 1.1
70 and older	1,822	76.6% ± 2.5	6.0% ± 1.4	7.8% ± 1.8	2.5% ± 1.0	7.1% ± 1.6
Selected Race/Ethnicities						
Hispanic	133	61.3% ± 12.2	17.9% ± 10.1	*12.5% ± 11.6	^2.8% ± 6.6	^5.4% ± 11.7
Non-Hispanic Asian	228	65.4% ± 8.8	18.1% ± 7.7	*10.6% ± 7.6	^1.9% ± 3.0	^3.9% ± 4.3
Non-Hispanic US-born Black	286	51.0% ± 9.1	*13.4% ± 8.9	16.8% ± 8.3	^3.3% ± 3.4	15.4% ± 7.0
Non-Hispanic White	7,456	74.3% ± 1.3	12.2% ± 1.0	8.0% ± 0.8	2.1% ± 0.4	3.4% ± 0.5
Educational Attainment						
Less than High School	140	54.8% ± 13.2	^4.7% ± 6.0	*14.8% ± 14.1	^5.6% ± 7.2	20.1% ± 11.3
High School or GED	863	69.2% ± 5.3	6.6% ± 3.1	10.6% ± 4.1	*4.6% ± 3.4	9.0% ± 3.5
Some College	2,197	68.4% ± 3.1	11.0% ± 2.4	9.4% ± 2.1	3.1% ± 1.3	8.1% ± 2.0
College Degree or Higher	5,240	73.5% ± 1.7	14.7% ± 1.5	8.1% ± 1.0	1.5% ± 0.5	2.1% ± 0.5
Household Income						
≤ \$23,000	961	49.7% ± 5.1	8.8% ± 3.4	13.0% ± 3.5	6.2% ± 2.3	22.2% ± 4.8
\$23,001 - \$55,000	2,301	64.5% ± 3.1	12.9% ± 2.3	13.3% ± 2.4	3.0% ± 1.3	6.3% ± 1.7
≥ \$55,001	4,819	76.3% ± 1.8	13.8% ± 1.5	6.8% ± 1.0	1.5% ± 0.6	1.6% ± 0.5
Sexual Orientation and Gender Identity						
LGBT	530	56.9% ± 6.0	18.0% ± 4.8	14.4% ± 4.6	*3.3% ± 2.3	7.5% ± 3.4
Male	270	58.3% ± 8.4	15.9% ± 6.6	14.7% ± 6.8	^1.9% ± 3.8	*9.2% ± 5.5
Female	259	55.2% ± 8.2	20.6% ± 7.7	14.0% ± 6.3	*5.2% ± 4.0	*4.9% ± 3.4
Not LGBT	7,724	72.8% ± 1.5	12.6% ± 1.2	8.4% ± 1.0	2.2% ± 0.5	4.0% ± 0.6
Male	2,749	74.6% ± 2.6	12.0% ± 2.1	7.6% ± 1.6	2.5% ± 1.1	3.3% ± 1.0
Female	4,974	71.2% ± 1.7	13.2% ± 1.3	9.1% ± 1.2	1.9% ± 0.5	4.5% ± 0.9
Disability Status						
Yes	2,079	44.5% ± 3.1	13.3% ± 2.4	17.4% ± 2.6	6.0% ± 1.5	18.8% ± 2.7
No	6,338	77.6% ± 1.6	12.9% ± 1.3	6.8% ± 1.0	1.4% ± 0.6	1.3% ± 0.5
Frequent Mental Distress						
Yes	693	33.6% ± 5.5	7.2% ± 3.5	17.7% ± 4.9	5.5% ± 2.1	36.1% ± 5.5
No	7,731	74.7% ± 1.5	13.5% ± 1.2	8.0% ± 0.9	2.0% ± 0.5	1.8% ± 0.4

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Overall Health



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
Age								
25-34	1,196	2.0 ± 0.3	1,195	3.5 ± 0.4	1,194	5.3 ± 0.5	1,197	1.4 ± 0.2
35-49	1,745	2.2 ± 0.3	1,747	3.5 ± 0.4	1,743	5.2 ± 0.4	1,749	1.6 ± 0.3
50-69	3,680	3.3 ± 0.3	3,688	3.0 ± 0.3	3,668	5.5 ± 0.4	3,682	2.1 ± 0.3
70 and older	1,795	4.4 ± 0.5	1,809	2.4 ± 0.3	1,770	5.9 ± 0.5	1,822	2.4 ± 0.4
Selected Race/Ethnicities								
Hispanic	134	2.8 ± 1.0	132	3.1 ± 1.2	132	5.5 ± 1.5	133	2.1 ± 1.1
Non-Hispanic Asian	227	2.1 ± 0.8	226	3.6 ± 1.7	225	5.1 ± 1.7	228	1.7 ± 0.7
Non-Hispanic US-born Black	285	5.8 ± 1.4	285	6.6 ± 1.7	281	10.3 ± 1.9	286	5.1 ± 1.6
Non-Hispanic White	7,425	2.5 ± 0.1	7,451	2.9 ± 0.2	7,394	5.0 ± 0.2	7,456	1.5 ± 0.1
Educational Attainment								
Less than High School	135	5.3 ± 1.7	137	9.1 ± 3.0	132	12.0 ± 3.2	140	6.2 ± 2.3
High School or GED	851	4.9 ± 1.0	865	3.9 ± 0.8	841	7.3 ± 1.1	863	3.2 ± 0.8
Some College	2,188	3.9 ± 0.5	2,197	4.1 ± 0.5	2,178	6.9 ± 0.6	2,197	2.8 ± 0.4
College Degree or Higher	5,231	2.0 ± 0.1	5,230	2.7 ± 0.2	5,213	4.4 ± 0.2	5,240	1.2 ± 0.1
Household Income								
≤ \$23,000	955	7.3 ± 1.0	961	7.1 ± 1.0	943	11.7 ± 1.2	961	6.6 ± 1.1
\$23,001 - \$55,000	2,285	3.9 ± 0.5	2,300	4.3 ± 0.5	2,273	7.2 ± 0.6	2,301	2.5 ± 0.4
≥ \$55,001	4,816	1.8 ± 0.1	4,816	2.5 ± 0.2	4,804	4.0 ± 0.2	4,819	1.0 ± 0.1
Sexual Orientation and Gender Identity								
LGBT	529	2.6 ± 0.6	531	4.9 ± 0.8	529	6.9 ± 0.9	530	2.8 ± 0.6
Male	270	2.5 ± 0.8	271	4.7 ± 1.1	270	6.6 ± 1.3	270	3.0 ± 1.0
Female	258	2.8 ± 0.7	259	5.1 ± 1.0	258	7.4 ± 1.1	259	2.7 ± 0.7
Not LGBT	7,696	2.7 ± 0.2	7,712	3.1 ± 0.2	7,657	5.3 ± 0.3	7,724	1.7 ± 0.2
Male	2,735	2.4 ± 0.3	2,743	2.7 ± 0.3	2,722	4.6 ± 0.4	2,749	1.5 ± 0.3
Female	4,961	3.0 ± 0.2	4,969	3.5 ± 0.2	4,935	5.9 ± 0.3	4,974	1.8 ± 0.2
Disability Status								
Yes	2,055	7.4 ± 0.6	2,086	6.5 ± 0.6	2,047	11.6 ± 0.7	2,079	6.0 ± 0.6
No	6,331	1.7 ± 0.2	6,321	2.5 ± 0.2	6,299	4.0 ± 0.2	6,338	0.9 ± 0.1
Frequent Mental Distress								
Yes	685	10.3 ± 1.3	700	22.2 ± 0.7	685	25.3 ± 0.7	693	10.0 ± 1.2
No	7,706	2.1 ± 0.1	7,756	1.6 ± 0.1	7,706	3.7 ± 0.2	7,731	1.1 ± 0.1

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

Overall Health



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

TABLE 7	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County Total	8,516	21.1% ± 1.2
Age		
25-34	1,196	3.2% ± 1.6
35-49	1,747	11.0% ± 2.2
50-69	3,701	32.3% ± 2.0
70 and older	1,852	57.9% ± 2.7
Selected Race/Ethnicities		
Hispanic	133	*17.4% ± 10.3
Non-Hispanic Asian	229	14.3% ± 6.6
Non-Hispanic US-born Black	293	35.6% ± 7.9
Non-Hispanic White	7,493	20.4% ± 1.1
Educational Attainment		
Less than High School	147	57.6% ± 12.7
High School or GED	890	41.9% ± 5.1
Some College	2,206	27.0% ± 2.6
College Degree or Higher	5,243	15.1% ± 1.4
Household Income		
≤ \$23,000	990	40.5% ± 4.8
\$23,001 - \$55,000	2,313	28.6% ± 2.8
≥ \$55,001	4,822	15.5% ± 1.4
Sexual Orientation and Gender Identity		
LGBT	529	18.2% ± 5.0
Male	269	22.8% ± 7.3
Female	259	*11.6% ± 7.2
Not LGBT	7,762	21.3% ± 1.3
Male	2,742	22.0% ± 2.2
Female	5,019	20.6% ± 1.4
Disability Status		
Yes	2,109	39.8% ± 3.0
No	6,356	16.7% ± 1.3
Frequent Mental Distress		
Yes	697	29.1% ± 4.6
No	7,710	20.2% ± 1.2

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

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Overall Health



**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.
Hennepin County Total	8,255	21.2% ± 1.3
Age		
25-34	1,197	11.0% ± 2.6
35-49	1,744	16.5% ± 2.6
50-69	3,589	28.0% ± 2.0
70 and older	1,707	40.9% ± 2.9
Selected Race/Ethnicities		
Hispanic	134	19.1% ± 10.6
Non-Hispanic Asian	226	16.1% ± 7.1
Non-Hispanic US-born Black	277	28.4% ± 8.3
Non-Hispanic White	7,273	21.2% ± 1.3
Educational Attainment		
Less than High School	138	44.7% ± 13.4
High School or GED	832	28.5% ± 4.6
Some College	2,112	23.9% ± 2.6
College Degree or Higher	5,145	18.7% ± 1.6
Household Income		
≤ \$23,000	931	29.9% ± 4.5
\$23,001 - \$55,000	2,219	22.6% ± 2.6
≥ \$55,001	4,738	19.3% ± 1.7
Sexual Orientation and Gender Identity		
LGBT	518	22.3% ± 6.0
Male	263	31.4% ± 8.7
Female	254	*9.1% ± 7.1
Not LGBT	7,531	21.2% ± 1.4
Male	2,662	27.0% ± 2.5
Female	4,869	16.0% ± 1.4
Disability Status		
Yes	1,986	28.8% ± 2.9
No	6,221	19.5% ± 1.5
Frequent Mental Distress		
Yes	675	28.9% ± 5.2
No	7,489	20.4% ± 1.4

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Overall Health



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.
Hennepin County Total	8,450	6.1% ± 0.7
Age		
25-34	1,196	[^] 0.6% ± 1.1
35-49	1,748	3.0% ± 1.4
50-69	3,664	9.9% ± 1.5
70 and older	1,822	15.6% ± 2.1
Selected Race/Ethnicities		
Hispanic	133	[^] 6.3% ± 7.5
Non-Hispanic Asian	229	*12.8% ± 8.1
Non-Hispanic US-born Black	290	13.6% ± 5.5
Non-Hispanic White	7,438	5.0% ± 0.6
Educational Attainment		
Less than High School	145	25.5% ± 13.6
High School or GED	874	14.3% ± 3.9
Some College	2,183	7.7% ± 1.6
College Degree or Higher	5,220	3.9% ± 0.8
Household Income		
≤ \$23,000	969	16.5% ± 4.1
\$23,001 - \$55,000	2,292	8.7% ± 1.6
≥ \$55,001	4,805	3.8% ± 0.9
Sexual Orientation and Gender Identity		
LGBT	528	*7.0% ± 4.5
Male	268	*6.7% ± 5.4
Female	259	[^] 7.5% ± 9.4
Not LGBT	7,704	6.0% ± 0.8
Male	2,721	6.8% ± 1.4
Female	4,982	5.3% ± 0.8
Disability Status		
Yes	2,079	13.4% ± 1.9
No	6,319	4.5% ± 0.8
Frequent Mental Distress		
Yes	681	11.9% ± 3.7
No	7,665	5.5% ± 0.8

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Overall Health



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.
Hennepin County Total	8,350	8.0% ± 0.8
Age		
25-34	1,196	*1.4% ± 1.2
35-49	1,747	5.5% ± 1.6
50-69	3,631	13.3% ± 1.5
70 and older	1,757	16.2% ± 2.2
Selected Race/Ethnicities		
Hispanic	131	*8.0% ± 6.6
Non-Hispanic Asian	224	*9.9% ± 6.3
Non-Hispanic US-born Black	282	13.4% ± 5.1
Non-Hispanic White	7,358	7.5% ± 0.7
Educational Attainment		
Less than High School	145	27.1% ± 12.1
High School or GED	860	13.4% ± 3.4
Some College	2,146	9.9% ± 1.7
College Degree or Higher	5,173	6.1% ± 0.9
Household Income		
≤ \$23,000	954	20.2% ± 4.1
\$23,001 - \$55,000	2,246	10.4% ± 2.0
≥ \$55,001	4,773	5.5% ± 0.9
Sexual Orientation and Gender Identity		
LGBT	519	7.9% ± 4.0
Male	262	*8.9% ± 5.3
Female	256	^6.4% ± 7.8
Not LGBT	7,618	7.8% ± 0.8
Male	2,689	8.4% ± 1.4
Female	4,928	7.4% ± 1.0
Disability Status		
Yes	2,025	17.2% ± 2.5
No	6,277	6.0% ± 0.8
Frequent Mental Distress		
Yes	680	13.5% ± 3.3
No	7,572	7.4% ± 0.8

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Overall Health



**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.
Hennepin County Total	8,490	30.0% ± 1.4
Age		
25-34	1,193	11.4% ± 2.6
35-49	1,748	23.6% ± 2.8
50-69	3,691	42.8% ± 2.1
70 and older	1,839	51.3% ± 2.8
Selected Race/Ethnicities		
Hispanic	136	22.0% ± 9.8
Non-Hispanic Asian	228	32.0% ± 9.2
Non-Hispanic US-born Black	292	31.3% ± 8.4
Non-Hispanic White	7,469	30.8% ± 1.4
Educational Attainment		
Less than High School	147	46.1% ± 12.7
High School or GED	883	40.1% ± 5.0
Some College	2,202	32.8% ± 2.9
College Degree or Higher	5,230	27.2% ± 1.7
Household Income		
≤ \$23,000	980	37.9% ± 4.8
\$23,001 - \$55,000	2,305	29.6% ± 2.7
≥ \$55,001	4,817	28.6% ± 1.8
Sexual Orientation and Gender Identity		
LGBT	526	26.0% ± 5.3
Male	268	28.3% ± 7.5
Female	257	22.8% ± 7.5
Not LGBT	7,743	30.3% ± 1.5
Male	2,747	34.3% ± 2.6
Female	4,995	26.8% ± 1.6
Disability Status		
Yes	2,101	43.7% ± 3.1
No	6,341	26.8% ± 1.6
Frequent Mental Distress		
Yes	693	39.8% ± 5.5
No	7,690	29.1% ± 1.5

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Overall Health



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.
Hennepin County Total	8,481	2.0% ± 0.3	2.9% ± 0.4	1.7% ± 0.3	4.8% ± 0.5
Age					
25-34	1,195	0.0% ± 0.0	0.0% ± 0.0	^0.3% ± 0.4	^0.3% ± 0.4
35-49	1,748	*0.6% ± 0.5	*0.9% ± 0.8	^0.5% ± 0.5	1.5% ± 0.9
50-69	3,682	2.4% ± 0.7	3.8% ± 0.9	2.0% ± 0.7	6.3% ± 1.1
70 and older	1,836	9.2% ± 1.7	12.7% ± 1.9	6.8% ± 1.5	20.0% ± 2.3
Selected Race/Ethnicities					
Hispanic	134	^0.2% ± 0.9	^0.7% ± 1.7	^0.2% ± 0.9	^0.7% ± 1.7
Non-Hispanic Asian	229	^1.7% ± 2.6	^1.7% ± 2.7	^0.3% ± 0.9	^2.4% ± 2.6
Non-Hispanic US-born Black	290	*1.9% ± 1.7	*3.2% ± 2.7	*3.3% ± 3.2	5.9% ± 3.3
Non-Hispanic White	7,465	2.1% ± 0.4	3.0% ± 0.4	1.6% ± 0.3	5.0% ± 0.6
Educational Attainment					
Less than High School	146	^2.6% ± 2.6	*8.7% ± 8.5	^5.3% ± 9.1	*10.5% ± 8.3
High School or GED	879	4.0% ± 1.5	5.3% ± 1.8	5.2% ± 2.6	10.8% ± 2.9
Some College	2,203	3.0% ± 0.9	4.1% ± 1.0	2.4% ± 0.9	7.1% ± 1.4
College Degree or Higher	5,223	1.3% ± 0.3	1.9% ± 0.4	0.9% ± 0.3	3.0% ± 0.5
Household Income					
≤ \$23,000	981	4.1% ± 1.5	7.0% ± 2.3	4.7% ± 2.2	10.8% ± 2.7
\$23,001 - \$55,000	2,299	3.1% ± 0.8	4.2% ± 1.0	2.9% ± 1.0	7.6% ± 1.4
≥ \$55,001	4,812	1.2% ± 0.4	1.8% ± 0.4	0.8% ± 0.3	2.9% ± 0.5
Sexual Orientation and Gender Identity					
LGBT	528	*1.5% ± 1.2	*2.8% ± 2.7	^2.5% ± 3.0	5.0% ± 2.9
Male	268	^2.0% ± 2.0	^4.2% ± 4.6	^3.4% ± 5.3	*6.7% ± 4.9
Female	259	^0.8% ± 1.3	^0.8% ± 1.7	^1.2% ± 1.6	*2.6% ± 2.1
Not LGBT	7,729	2.0% ± 0.3	2.9% ± 0.4	1.6% ± 0.3	4.8% ± 0.6
Male	2,726	2.6% ± 0.6	3.6% ± 0.7	1.7% ± 0.6	5.8% ± 0.9
Female	5,002	1.4% ± 0.4	2.2% ± 0.5	1.6% ± 0.5	3.9% ± 0.7
Disability Status					
Yes	2,091	5.5% ± 1.3	9.1% ± 1.6	5.1% ± 1.5	14.1% ± 2.0
No	6,338	1.1% ± 0.3	1.4% ± 0.3	0.9% ± 0.3	2.7% ± 0.4
Frequent Mental Distress					
Yes	687	3.6% ± 1.6	6.1% ± 2.4	*4.1% ± 2.6	9.7% ± 3.0
No	7,690	1.8% ± 0.3	2.6% ± 0.4	1.4% ± 0.3	4.3% ± 0.5

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Overall Health



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:			Among persons aged 55 and older:			Among persons aged 65 and older:		
	Yes			Yes			Yes		
	N	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Hennepin County Total	8,492	18.3%	± 1.0	4,731	39.1%	± 1.8	2,750	49.9%	± 2.3
Age									
25-34	1,192	2.4%	± 1.3	N/A			N/A		
35-49	1,745	8.1%	± 1.8	N/A			N/A		
50-69	3,687	29.2%	± 1.9	2,863	33.1%	± 2.2	882	42.4%	± 4.2
70 and older	1,847	52.0%	± 2.7	1,847	52.0%	± 2.7	1,847	52.0%	± 2.7
Selected Race/Ethnicities									
Hispanic	136	*8.0%	± 5.8	35	*20.3%	± 17.8	< 30		
Non-Hispanic Asian	228	*8.7%	± 6.5	71	35.3%	± 18.9	42	46.3%	± 20.5
Non-Hispanic US-born Black	292	23.1%	± 6.5	164	55.8%	± 10.0	69	63.1%	± 14.8
Non-Hispanic White	7,470	19.8%	± 1.1	4,297	39.3%	± 1.8	2,544	49.3%	± 2.3
Educational Attainment									
Less than High School	147	45.3%	± 12.7	112	57.5%	± 14.8	77	68.2%	± 16.6
High School or GED	879	31.6%	± 4.5	690	46.7%	± 4.9	489	55.0%	± 5.4
Some College	2,209	25.2%	± 2.5	1,481	41.7%	± 3.2	867	50.8%	± 4.0
College Degree or Higher	5,228	13.2%	± 1.1	2,429	34.2%	± 2.4	1,302	45.8%	± 3.3
Household Income									
≤ \$23,000	985	36.8%	± 4.6	698	53.5%	± 5.5	450	63.6%	± 5.8
\$23,001 - \$55,000	2,309	24.2%	± 2.5	1,500	44.2%	± 3.3	1,033	53.6%	± 3.9
≥ \$55,001	4,807	13.5%	± 1.2	2,244	33.3%	± 2.5	1,052	42.2%	± 3.5
Sexual Orientation and Gender Identity									
LGBT	527	13.5%	± 4.2	196	29.6%	± 11.4	76	42.0%	± 12.8
Male	268	11.0%	± 5.2	117	26.6%	± 11.9	50	38.8%	± 15.6
Female	258	17.2%	± 7.6	79	*35.1%	± 22.2	< 30		
Not LGBT	7,745	18.6%	± 1.1	4,409	39.4%	± 1.9	2,592	49.9%	± 2.4
Male	2,735	14.1%	± 1.7	1,701	29.7%	± 2.8	1,056	39.0%	± 3.5
Female	5,009	22.6%	± 1.4	2,707	47.2%	± 2.3	1,535	57.6%	± 3.1
Disability Status									
Yes	2,109	46.7%	± 3.1	1,550	62.5%	± 3.3	980	68.9%	± 3.8
No	6,332	11.7%	± 1.0	3,134	28.6%	± 2.1	1,727	39.1%	± 3.0
Frequent Mental Distress									
Yes	691	28.4%	± 4.7	366	53.8%	± 6.8	184	68.2%	± 9.4
No	7,692	17.3%	± 1.1	4,270	37.6%	± 1.9	2,483	48.3%	± 2.4

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Overall Health



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.
Hennepin County Total	8,437	11.8%	± 1.0	8,410	7.3%	± 0.8
Age						
25-34	1,193	13.7%	± 2.6	1,192	7.2%	± 1.9
35-49	1,744	10.3%	± 1.8	1,741	6.7%	± 1.5
50-69	3,666	11.9%	± 1.4	3,658	7.9%	± 1.2
70 and older	1,814	10.6%	± 1.9	1,800	7.3%	± 1.6
Selected Race/Ethnicities						
Hispanic	132	[^] 5.8%	± 6.1	132	[^] 3.0%	± 3.8
Non-Hispanic Asian	227	*10.9%	± 8.1	226	*9.2%	± 8.2
Non-Hispanic US-born Black	283	19.5%	± 8.3	280	13.8%	± 6.7
Non-Hispanic White	7,435	11.7%	± 1.0	7,414	7.1%	± 0.8
Educational Attainment						
Less than High School	137	*12.5%	± 9.4	136	*9.7%	± 8.3
High School or GED	868	10.2%	± 3.1	863	7.9%	± 2.7
Some College	2,193	12.5%	± 2.3	2,184	9.2%	± 2.0
College Degree or Higher	5,209	11.7%	± 1.3	5,197	6.4%	± 0.9
Household Income						
≤ \$23,000	962	17.3%	± 4.2	955	15.6%	± 4.2
\$23,001 - \$55,000	2,295	12.6%	± 2.0	2,286	8.0%	± 1.5
≥ \$55,001	4,792	11.0%	± 1.3	4,783	6.1%	± 1.0
Sexual Orientation and Gender Identity						
LGBT	527	13.1%	± 4.2	527	9.0%	± 3.8
Male	267	*8.9%	± 5.7	267	[^] 5.2%	± 5.1
Female	259	19.2%	± 7.0	259	14.6%	± 6.8
Not LGBT	7,695	11.8%	± 1.1	7,668	7.2%	± 0.8
Male	2,714	9.7%	± 1.8	2,711	5.1%	± 1.3
Female	4,980	13.7%	± 1.4	4,956	9.2%	± 1.2
Disability Status						
Yes	2,078	17.3%	± 2.4	2,066	12.7%	± 2.3
No	6,310	10.4%	± 1.1	6,295	6.0%	± 0.8
Frequent Mental Distress						
Yes	682	16.6%	± 3.9	677	10.8%	± 3.2
No	7,654	11.3%	± 1.1	7,634	6.9%	± 0.8

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Overall Health



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.
Hennepin County Total	8,243	1.3% ± 0.4	41.4% ± 1.5	35.5% ± 1.6	21.9% ± 1.4
Age					
25-34	1,172	*1.6% ± 1.1	54.5% ± 3.6	28.3% ± 3.4	15.5% ± 3.0
35-49	1,704	*0.8% ± 0.5	40.9% ± 3.0	36.7% ± 3.1	21.6% ± 2.7
50-69	3,564	1.4% ± 0.6	34.2% ± 2.0	36.6% ± 2.1	27.9% ± 2.0
70 and older	1,787	1.4% ± 0.7	38.6% ± 2.8	40.2% ± 2.8	19.8% ± 2.2
Selected Race/Ethnicities					
Hispanic	131	^1.2% ± 3.9	39.2% ± 12.3	32.9% ± 11.6	26.8% ± 12.9
Non-Hispanic Asian	229	^2.1% ± 2.5	44.1% ± 8.7	34.5% ± 9.1	19.3% ± 9.0
Non-Hispanic US-born Black	275	^0.2% ± 0.5	19.5% ± 8.6	33.9% ± 9.5	46.4% ± 9.5
Non-Hispanic White	7,256	1.2% ± 0.4	42.8% ± 1.5	35.5% ± 1.5	20.5% ± 1.3
Educational Attainment					
Less than High School	143	^1.2% ± 4.0	29.4% ± 14.4	35.0% ± 13.2	34.3% ± 12.8
High School or GED	862	*1.4% ± 1.1	33.1% ± 5.3	32.8% ± 5.2	32.6% ± 5.2
Some College	2,128	*0.8% ± 0.5	31.6% ± 3.0	37.6% ± 3.2	30.0% ± 3.1
College Degree or Higher	5,083	1.5% ± 0.6	46.4% ± 2.0	35.1% ± 2.0	17.1% ± 1.6
Household Income					
≤ \$23,000	944	*1.5% ± 1.0	32.7% ± 4.9	30.3% ± 5.0	35.5% ± 5.1
\$23,001 - \$55,000	2,243	1.4% ± 0.7	38.8% ± 3.1	35.1% ± 3.1	24.8% ± 3.0
≥ \$55,001	4,692	1.2% ± 0.6	43.4% ± 2.0	36.2% ± 2.0	19.3% ± 1.7
Sexual Orientation and Gender Identity					
LGBT	514	^2.8% ± 6.6	39.6% ± 6.1	32.2% ± 5.8	25.4% ± 5.7
Male	262	^3.4% ± 12.9	39.2% ± 8.6	34.3% ± 8.2	23.1% ± 8.0
Female	251	^1.9% ± 4.5	40.5% ± 8.4	29.3% ± 8.3	28.3% ± 8.4
Not LGBT	7,523	1.2% ± 0.4	41.6% ± 1.6	35.5% ± 1.7	21.6% ± 1.4
Male	2,642	^0.7% ± 0.8	31.8% ± 2.6	46.0% ± 2.8	21.5% ± 2.4
Female	4,880	1.7% ± 0.5	50.4% ± 1.9	26.3% ± 1.7	21.7% ± 1.7
Disability Status					
Yes	2,043	^1.6% ± 1.8	29.5% ± 2.9	32.8% ± 3.1	36.2% ± 3.2
No	6,169	1.2% ± 0.4	44.0% ± 1.8	36.1% ± 1.8	18.7% ± 1.5
Frequent Mental Distress					
Yes	668	^1.1% ± 1.2	33.5% ± 5.4	30.0% ± 5.6	35.3% ± 5.7
No	7,461	1.3% ± 0.5	42.1% ± 1.6	36.0% ± 1.7	20.7% ± 1.4

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

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Overall Health



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.
Hennepin County Total	8,538	17.8% ± 1.3	16.5% ± 1.2	65.7% ± 1.5
Age				
25-34	1,199	11.1% ± 2.6	11.1% ± 2.4	77.8% ± 3.2
35-49	1,751	19.4% ± 2.7	17.4% ± 2.4	63.2% ± 3.0
50-69	3,711	22.3% ± 1.8	19.9% ± 1.7	57.8% ± 2.1
70 and older	1,859	12.4% ± 1.8	15.9% ± 2.0	71.6% ± 2.4
Selected Race/Ethnicities				
Hispanic	136	24.4% ± 11.2	*12.9% ± 8.7	62.7% ± 11.6
Non-Hispanic Asian	232	19.1% ± 9.6	12.8% ± 6.2	68.1% ± 9.2
Non-Hispanic US-born Black	296	27.1% ± 8.7	18.6% ± 6.7	54.3% ± 8.9
Non-Hispanic White	7,509	16.6% ± 1.2	16.7% ± 1.2	66.7% ± 1.4
Educational Attainment				
Less than High School	150	30.1% ± 12.3	*15.0% ± 13.2	54.9% ± 12.8
High School or GED	890	22.8% ± 5.3	13.2% ± 3.6	64.1% ± 5.4
Some College	2,215	20.8% ± 2.8	19.0% ± 2.5	60.2% ± 3.1
College Degree or Higher	5,255	15.7% ± 1.5	15.9% ± 1.5	68.4% ± 1.9
Household Income				
≤ \$23,000	991	24.4% ± 4.9	13.9% ± 3.6	61.7% ± 5.1
\$23,001 - \$55,000	2,323	18.1% ± 2.8	17.7% ± 2.5	64.3% ± 3.1
≥ \$55,001	4,835	16.9% ± 1.6	16.5% ± 1.5	66.6% ± 1.9
Sexual Orientation and Gender Identity				
LGBT	532	20.7% ± 5.6	21.1% ± 5.3	58.3% ± 6.1
Male	272	19.6% ± 7.5	22.0% ± 7.9	58.5% ± 8.5
Female	259	22.4% ± 9.0	19.3% ± 6.7	58.2% ± 8.5
Not LGBT	7,782	17.5% ± 1.3	16.0% ± 1.2	66.6% ± 1.6
Male	2,752	18.5% ± 2.4	16.6% ± 2.1	64.9% ± 2.7
Female	5,029	16.5% ± 1.4	15.5% ± 1.4	68.0% ± 1.8
Disability Status				
Yes	2,125	26.8% ± 2.9	21.4% ± 2.8	51.8% ± 3.1
No	6,379	15.8% ± 1.5	15.4% ± 1.3	68.9% ± 1.7
Frequent Mental Distress				
Yes	697	25.4% ± 5.0	17.0% ± 3.9	57.6% ± 5.4
No	7,723	17.2% ± 1.4	16.4% ± 1.3	66.4% ± 1.6

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Overall Health



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.
Hennepin County Total	8,533	40.9% ± 1.6	56.9% ± 1.6	2.1% ± 0.5
Age				
25-34	1,200	30.2% ± 3.4	66.8% ± 3.5	3.0% ± 1.4
35-49	1,747	42.9% ± 3.1	55.8% ± 3.1	1.3% ± 0.7
50-69	3,705	48.1% ± 2.1	50.2% ± 2.1	1.7% ± 0.7
70 and older	1,861	37.5% ± 2.6	58.6% ± 2.7	3.9% ± 1.1
Selected Race/Ethnicities				
Hispanic	136	42.6% ± 12.1	56.2% ± 12.0	[^] 1.2% ± 4.0
Non-Hispanic Asian	231	48.9% ± 8.8	47.1% ± 8.7	[^] 4.1% ± 4.8
Non-Hispanic US-born Black	291	53.4% ± 9.1	44.9% ± 9.1	[^] 1.6% ± 2.9
Non-Hispanic White	7,508	40.6% ± 1.5	57.3% ± 1.5	2.1% ± 0.5
Educational Attainment				
Less than High School	147	38.5% ± 12.6	56.7% ± 12.7	[^] 4.9% ± 6.2
High School or GED	890	43.7% ± 5.2	52.7% ± 5.3	*3.6% ± 2.4
Some College	2,212	51.4% ± 3.2	46.5% ± 3.2	2.1% ± 0.9
College Degree or Higher	5,255	36.8% ± 1.9	61.3% ± 1.9	1.9% ± 0.6
Household Income				
≤ \$23,000	986	43.2% ± 5.0	52.7% ± 5.0	4.2% ± 2.0
\$23,001 - \$55,000	2,323	43.0% ± 3.1	53.9% ± 3.1	3.1% ± 1.3
≥ \$55,001	4,830	40.2% ± 2.0	58.3% ± 2.0	1.5% ± 0.5
Sexual Orientation and Gender Identity				
LGBT	531	45.8% ± 6.0	51.9% ± 6.0	*2.3% ± 1.8
Male	271	41.0% ± 8.4	56.0% ± 8.4	[^] 3.0% ± 3.0
Female	259	52.6% ± 8.3	46.2% ± 8.3	[^] 1.2% ± 2.1
Not LGBT	7,782	40.7% ± 1.6	57.2% ± 1.6	2.1% ± 0.5
Male	2,753	38.9% ± 2.8	58.5% ± 2.8	2.6% ± 0.9
Female	5,028	42.3% ± 1.9	56.1% ± 1.9	1.6% ± 0.4
Disability Status				
Yes	2,112	58.2% ± 3.1	38.8% ± 3.0	3.1% ± 1.2
No	6,370	37.2% ± 1.8	60.9% ± 1.8	1.9% ± 0.5
Frequent Mental Distress				
Yes	693	53.8% ± 5.6	43.6% ± 5.6	*2.6% ± 1.6
No	7,728	39.8% ± 1.6	58.1% ± 1.6	2.1% ± 0.5

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



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

TABLE 18

	Among persons aged 25 and older:			Among persons aged 55 and older:			Among persons aged 65 and older:		
	N	Yes	% ± 95% C.I.	N	Yes	% ± 95% C.I.	N	Yes	% ± 95% C.I.
Hennepin County Total	8,526	18.6%	± 1.1	4,746	30.3%	± 1.7	2,750	35.0%	± 2.2
Age									
25-34	1,200	9.3%	± 2.2	N/A			N/A		
35-49	1,752	12.6%	± 2.0	N/A			N/A		
50-69	3,708	25.2%	± 1.8	2,880	27.1%	± 2.1	884	29.7%	± 3.9
70 and older	1,847	36.8%	± 2.7	1,847	36.8%	± 2.7	1,847	36.8%	± 2.7
Selected Race/Ethnicities									
Hispanic	136	*8.0%	± 6.0	35	*25.4%	± 20.1	< 30		
Non-Hispanic Asian	232	18.6%	± 8.0	73	*19.5%	± 16.4	44	^21.7%	± 27.2
Non-Hispanic US-born Black	296	28.9%	± 8.4	165	41.9%	± 10.0	69	36.2%	± 15.1
Non-Hispanic White	7,493	18.5%	± 1.1	4,307	29.4%	± 1.7	2,541	33.9%	± 2.2
Educational Attainment									
Less than High School	150	36.2%	± 11.6	115	38.8%	± 13.9	78	35.4%	± 16.8
High School or GED	887	28.7%	± 4.4	694	36.5%	± 4.7	492	37.7%	± 5.3
Some College	2,214	24.9%	± 2.6	1,482	33.3%	± 3.0	862	36.7%	± 3.9
College Degree or Higher	5,245	14.3%	± 1.3	2,435	26.4%	± 2.3	1,303	32.9%	± 3.2
Household Income									
≤ \$23,000	990	43.9%	± 4.9	699	48.2%	± 5.3	448	46.7%	± 5.9
\$23,001 - \$55,000	2,312	25.7%	± 2.6	1,502	36.9%	± 3.2	1,031	39.2%	± 3.9
≥ \$55,001	4,833	12.7%	± 1.3	2,257	23.0%	± 2.3	1,057	27.1%	± 3.1
Sexual Orientation and Gender Identity									
LGBT	530	22.2%	± 4.8	197	29.8%	± 10.5	77	29.6%	± 11.9
Male	270	21.3%	± 6.8	118	33.8%	± 14.1	51	28.2%	± 14.8
Female	259	23.2%	± 6.9	79	22.6%	± 12.7	< 30		
Not LGBT	7,770	18.3%	± 1.2	4,418	30.6%	± 1.7	2,587	35.4%	± 2.3
Male	2,748	16.6%	± 1.8	1,709	28.8%	± 2.8	1,056	34.0%	± 3.5
Female	5,021	19.7%	± 1.5	2,708	32.0%	± 2.2	1,530	36.4%	± 3.1
Disability Status									
Yes	N/A			N/A			N/A		
No	N/A			N/A			N/A		
Frequent Mental Distress									
Yes	696	47.4%	± 5.5	368	68.9%	± 6.5	181	71.6%	± 8.6
No	7,711	16.0%	± 1.1	4,276	27.1%	± 1.7	2,481	32.3%	± 2.3

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Overall Health



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:			Among persons aged 55 and older:			Among persons aged 65 and older:		
	Yes			Yes			Yes		
	N	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Hennepin County Total	8,340	7.8%	± 0.8	4,569	11.1%	± 1.2	2,578	10.7%	± 1.5
Age									
25-34	1,198	3.3%	± 1.5	N/A			N/A		
35-49	1,748	5.6%	± 1.5	N/A			N/A		
50-69	3,691	12.1%	± 1.5	2,866	12.0%	± 1.6	875	12.9%	± 3.4
70 and older	1,686	9.8%	± 1.8	1,686	9.8%	± 1.8	1,686	9.8%	± 1.8
Selected Race/Ethnicities									
Hispanic	135	[^] 4.6%	± 4.6	34	[^] 20.8%	± 20.6	< 30		
Non-Hispanic Asian	229	[*] 13.1%	± 9.2	70	[*] 15.9%	± 14.6	42	[^] 18.7%	± 22.9
Non-Hispanic US-born Black	292	28.7%	± 8.5	162	39.4%	± 10.5	66	29.0%	± 15.2
Non-Hispanic White	7,319	5.8%	± 0.6	4,141	8.8%	± 1.1	2,380	8.9%	± 1.4
Educational Attainment									
Less than High School	139	44.0%	± 13.2	104	32.4%	± 14.5	67	[*] 23.5%	± 15.0
High School or GED	833	17.1%	± 4.1	641	16.4%	± 4.0	440	11.8%	± 4.2
Some College	2,157	12.8%	± 2.3	1,429	14.3%	± 2.4	812	13.9%	± 3.3
College Degree or Higher	5,184	3.7%	± 0.7	2,378	6.6%	± 1.2	1,246	7.4%	± 1.9
Household Income									
≤ \$23,000	937	39.1%	± 5.0	646	37.6%	± 5.4	397	29.1%	± 6.1
\$23,001 - \$55,000	2,239	11.0%	± 2.1	1,430	13.6%	± 2.6	960	10.9%	± 2.6
≥ \$55,001	4,796	2.8%	± 0.8	2,227	4.5%	± 1.1	1,029	4.7%	± 1.7
Sexual Orientation and Gender Identity									
LGBT	524	13.2%	± 4.2	193	20.1%	± 11.5	74	[^] 7.3%	± 7.5
Male	265	15.0%	± 6.4	115	[*] 26.1%	± 15.9	49	[^] 6.6%	± 10.8
Female	258	10.7%	± 5.1	78	[*] 9.6%	± 8.4	< 30		
Not LGBT	7,599	7.1%	± 0.9	4,254	10.5%	± 1.2	2,427	10.7%	± 1.6
Male	2,711	6.2%	± 1.3	1,675	9.4%	± 1.7	1,023	9.1%	± 2.4
Female	4,887	7.9%	± 1.2	2,578	11.4%	± 1.6	1,403	11.8%	± 2.3
Disability Status									
Yes	2,001	35.1%	± 3.2	1,439	32.7%	± 3.2	862	27.6%	± 3.8
No	6,313	1.8%	± 0.6	3,107	2.2%	± 0.8	1,695	2.5%	± 1.2
Frequent Mental Distress									
Yes	679	34.6%	± 5.7	352	45.5%	± 6.9	165	42.1%	± 9.3
No	7,559	5.3%	± 0.7	4,133	8.1%	± 1.1	2,343	8.3%	± 1.5

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

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Overall Health



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

TABLE 20	Among persons aged 55 and older:		Among persons aged 65 and older:	
	Yes		Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
Hennepin County Total	4,760	3.4% ± 0.7	2,766	4.4% ± 1.0
Age				
25-34	N/A		N/A	
35-49	N/A		N/A	
50-69	2,881	2.9% ± 1.0	887	*3.7% ± 2.6
70 and older	1,860	4.5% ± 1.2	1,860	4.5% ± 1.2
Selected Race/Ethnicities				
Hispanic	35	^3.8% ± 19.0	< 30	
Non-Hispanic Asian	72	^4.8% ± 5.0	43	^9.7% ± 10.4
Non-Hispanic US-born Black	165	16.6% ± 9.1	69	*16.6% ± 12.9
Non-Hispanic White	4,322	2.0% ± 0.5	2,559	2.8% ± 0.8
Educational Attainment				
Less than High School	116	*20.4% ± 12.9	79	*18.7% ± 13.4
High School or GED	699	6.6% ± 2.7	497	7.6% ± 3.5
Some College	1,485	2.5% ± 1.0	865	3.1% ± 1.6
College Degree or Higher	2,440	1.8% ± 0.8	1,310	2.8% ± 1.4
Household Income				
≤ \$23,000	701	15.9% ± 4.6	450	14.6% ± 5.0
\$23,001 - \$55,000	1,515	2.8% ± 1.1	1,043	3.7% ± 1.6
≥ \$55,001	2,256	*0.9% ± 0.6	1,059	*1.4% ± 1.2
Sexual Orientation and Gender Identity				
LGBT	197	^7.4% ± 12.9	77	^4.6% ± 6.9
Male	119	^9.8% ± 19.5	52	^5.2% ± 10.3
Female	78	^3.2% ± 8.4	< 30	
Not LGBT	4,431	2.9% ± 0.6	2,603	4.0% ± 1.0
Male	1,712	2.5% ± 0.9	1,061	3.7% ± 1.6
Female	2,718	3.3% ± 0.9	1,541	4.2% ± 1.4
Disability Status				
Yes	1,559	9.5% ± 2.1	981	10.1% ± 2.6
No	3,173	*0.7% ± 0.4	1,759	*1.4% ± 0.9
Frequent Mental Distress				
Yes	368	17.5% ± 6.1	181	24.1% ± 8.6
No	4,290	2.0% ± 0.6	2,497	2.6% ± 0.9

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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



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:			Among persons aged 65 and older:		
	N	Yes % ± 95% C.I.		N	Yes % ± 95% C.I.	
Hennepin County Total	4,747	8.8%	± 1.0	2,757	11.7%	± 1.5
Age						
25-34	N/A			N/A		
35-49	N/A			N/A		
50-69	2,877	6.4%	± 1.2	887	6.9%	± 2.8
70 and older	1,851	13.0%	± 1.8	1,851	13.0%	± 1.8
Selected Race/Ethnicities						
Hispanic	35	[^] 17.0%	± 21.7	< 30		
Non-Hispanic Asian	72	[^] 14.6%	± 16.0	43	[^] 22.1%	± 26.8
Non-Hispanic US-born Black	165	25.2%	± 9.0	69	25.7%	± 14.6
Non-Hispanic White	4,310	6.8%	± 0.9	2,551	9.2%	± 1.3
Educational Attainment						
Less than High School	114	27.7%	± 12.3	77	[*] 22.9%	± 13.7
High School or GED	695	15.7%	± 3.4	494	17.9%	± 4.3
Some College	1,485	9.2%	± 1.8	865	12.2%	± 2.8
College Degree or Higher	2,434	5.4%	± 1.2	1,306	8.0%	± 2.1
Household Income						
≤ \$23,000	697	28.1%	± 4.7	447	27.1%	± 5.4
\$23,001 - \$55,000	1,512	10.3%	± 2.0	1,041	13.1%	± 2.7
≥ \$55,001	2,253	3.5%	± 1.0	1,057	4.6%	± 1.8
Sexual Orientation and Gender Identity						
LGBT	197	[*] 9.1%	± 6.0	77	[*] 11.4%	± 9.4
Male	119	[^] 8.9%	± 9.0	52	[^] 8.5%	± 13.2
Female	78	[*] 9.2%	± 8.5	< 30		
Not LGBT	4,421	8.7%	± 1.0	2,595	11.6%	± 1.6
Male	1,710	5.9%	± 1.4	1,060	6.6%	± 2.0
Female	2,711	10.9%	± 1.5	1,535	15.0%	± 2.3
Disability Status						
Yes	1,556	24.5%	± 2.7	978	28.2%	± 3.6
No	3,163	2.0%	± 0.7	1,753	2.9%	± 1.1
Frequent Mental Distress						
Yes	370	31.7%	± 6.3	183	42.0%	± 9.2
No	4,280	6.7%	± 0.9	2,490	9.1%	± 1.4

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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



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:			Among persons aged 25 to 64:		
	Yes			Yes		
	N	%	± 95% C.I.	N	%	± 95% C.I.
Hennepin County Total	8,536	90.1%	± 1.1	5,771	89.1%	± 1.3
Age						
25-34	1,201	88.6%	± 2.5	1,201	88.6%	± 2.5
35-49	1,752	89.1%	± 2.1	1,752	89.1%	± 2.1
50-69	3,706	91.6%	± 1.4	2,818	90.1%	± 1.7
70 and older	1,858	94.7%	± 1.4	N/A		
Selected Race/Ethnicities						
Hispanic	137	84.7%	± 10.2	124	84.4%	± 10.6
Non-Hispanic Asian	232	87.8%	± 8.1	188	87.5%	± 8.9
Non-Hispanic US-born Black	295	89.4%	± 6.9	226	89.2%	± 7.8
Non-Hispanic White	7,505	91.6%	± 0.9	4,948	90.5%	± 1.1
Educational Attainment						
Less than High School	150	85.5%	± 14.5	71	82.8%	± 20.5
High School or GED	886	87.8%	± 4.0	394	85.4%	± 5.8
Some College	2,218	89.0%	± 2.4	1,351	87.5%	± 3.0
College Degree or Higher	5,252	90.9%	± 1.3	3,940	90.1%	± 1.5
Household Income						
≤ \$23,000	988	88.6%	± 4.3	539	87.3%	± 5.8
\$23,001 - \$55,000	2,322	87.5%	± 2.5	1,283	85.2%	± 3.3
≥ \$55,001	4,832	91.0%	± 1.4	3,772	90.3%	± 1.5
Sexual Orientation and Gender Identity						
LGBT	531	92.1%	± 3.8	453	91.7%	± 4.0
Male	271	91.0%	± 4.7	219	90.6%	± 5.1
Female	259	94.0%	± 8.0	233	93.8%	± 8.4
Not LGBT	7,779	90.3%	± 1.1	5,178	89.2%	± 1.3
Male	2,755	90.6%	± 1.9	1,693	89.7%	± 2.3
Female	5,024	90.0%	± 1.3	3,485	88.8%	± 1.6
Disability Status						
Yes	2,123	92.9%	± 1.8	1,140	91.7%	± 2.5
No	6,379	89.4%	± 1.3	4,625	88.6%	± 1.5
Frequent Mental Distress						
Yes	694	90.0%	± 3.6	512	89.3%	± 4.2
No	7,724	90.0%	± 1.2	5,227	89.0%	± 1.4

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

Access to Health Care



During the past 12 months, 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.
Hennepin County Total	8,533	85.2% ± 1.3	12.6% ± 1.2	2.3% ± 0.6
Age				
25-34	1,199	79.5% ± 3.1	18.2% ± 3.0	2.2% ± 1.3
35-49	1,750	84.6% ± 2.4	13.1% ± 2.2	2.3% ± 1.2
50-69	3,707	88.0% ± 1.6	9.5% ± 1.4	2.5% ± 0.9
70 and older	1,859	94.5% ± 1.4	5.0% ± 1.3	^0.6% ± 0.9
Selected Race/Ethnicities				
Hispanic	136	75.6% ± 11.1	*13.8% ± 10.0	*10.6% ± 9.1
Non-Hispanic Asian	231	78.7% ± 9.4	18.2% ± 9.1	^3.1% ± 7.0
Non-Hispanic US-born Black	292	79.6% ± 8.6	16.5% ± 8.5	^3.8% ± 4.5
Non-Hispanic White	7,505	88.0% ± 1.1	10.8% ± 1.0	1.3% ± 0.3
Educational Attainment				
Less than High School	147	70.9% ± 15.4	*12.6% ± 11.1	^16.5% ± 17.8
High School or GED	884	81.3% ± 4.9	14.3% ± 4.6	*4.4% ± 3.1
Some College	2,216	83.5% ± 2.7	13.4% ± 2.6	3.2% ± 1.4
College Degree or Higher	5,256	86.8% ± 1.5	12.0% ± 1.5	1.2% ± 0.5
Household Income				
≤ \$23,000	983	74.2% ± 5.1	19.3% ± 4.8	6.4% ± 3.5
\$23,001 - \$55,000	2,324	78.1% ± 3.1	16.5% ± 2.8	5.5% ± 2.1
≥ \$55,001	4,835	88.7% ± 1.5	10.6% ± 1.5	*0.7% ± 0.4
Sexual Orientation and Gender Identity				
LGBT	531	83.1% ± 5.5	13.8% ± 5.2	^3.1% ± 3.5
Male	271	81.3% ± 8.2	16.5% ± 8.3	^2.2% ± 2.4
Female	259	86.2% ± 7.5	9.4% ± 4.7	^4.4% ± 9.6
Not LGBT	7,780	85.8% ± 1.3	12.2% ± 1.3	2.1% ± 0.6
Male	2,755	85.6% ± 2.3	12.1% ± 2.1	2.3% ± 1.1
Female	5,024	85.9% ± 1.6	12.2% ± 1.5	1.9% ± 0.6
Disability Status				
Yes	2,120	86.6% ± 2.6	11.0% ± 2.5	2.4% ± 1.2
No	6,379	84.8% ± 1.5	12.9% ± 1.4	2.2% ± 0.7
Frequent Mental Distress				
Yes	698	78.8% ± 5.1	15.0% ± 4.3	*6.2% ± 4.1
No	7,716	85.7% ± 1.3	12.4% ± 1.3	1.9% ± 0.6

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

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Access to Health Care



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

TABLE 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.
Hennepin County Total	8,533	5.6% ± 0.9	15.3% ± 1.2	26.7% ± 1.4	48.7% ± 1.6	3.6% ± 0.6
Age						
25-34	1,199	4.7% ± 1.8	15.1% ± 2.8	27.4% ± 3.2	49.1% ± 3.5	3.6% ± 1.4
35-49	1,751	6.6% ± 1.8	18.2% ± 2.5	26.6% ± 2.8	45.6% ± 3.0	3.0% ± 1.1
50-69	3,705	5.9% ± 1.2	14.8% ± 1.6	26.7% ± 1.9	48.9% ± 2.1	3.7% ± 0.8
70 and older	1,859	1.8% ± 0.9	9.3% ± 2.0	25.1% ± 2.4	59.8% ± 2.7	4.0% ± 1.1
Selected Race/Ethnicities						
Hispanic	134	*8.1% ± 7.2	23.4% ± 11.5	20.8% ± 10.2	43.2% ± 12.4	^4.6% ± 6.7
Non-Hispanic Asian	232	^6.2% ± 6.4	23.6% ± 9.1	30.9% ± 9.0	37.9% ± 8.2	^1.4% ± 2.4
Non-Hispanic US-born Black	291	11.6% ± 5.8	21.8% ± 10.0	21.8% ± 8.3	31.0% ± 8.9	13.7% ± 6.3
Non-Hispanic White	7,509	4.1% ± 0.7	13.7% ± 1.1	27.3% ± 1.4	52.3% ± 1.5	2.7% ± 0.5
Educational Attainment						
Less than High School	148	*13.9% ± 11.7	26.7% ± 14.4	24.6% ± 11.8	20.2% ± 8.8	*14.7% ± 13.3
High School or GED	878	8.4% ± 4.1	20.0% ± 4.9	24.2% ± 4.6	40.1% ± 5.2	7.3% ± 3.2
Some College	2,219	8.4% ± 2.0	18.5% ± 2.6	28.4% ± 3.0	38.6% ± 3.1	6.1% ± 1.6
College Degree or Higher	5,258	4.0% ± 1.0	13.1% ± 1.4	26.5% ± 1.7	54.4% ± 1.9	1.9% ± 0.5
Household Income						
≤ \$23,000	979	16.4% ± 5.0	18.7% ± 4.1	22.0% ± 4.4	27.9% ± 4.8	15.0% ± 3.2
\$23,001 - \$55,000	2,325	9.7% ± 2.3	22.6% ± 2.9	29.8% ± 3.0	31.4% ± 2.7	6.5% ± 2.0
≥ \$55,001	4,838	3.0% ± 0.9	12.3% ± 1.5	26.1% ± 1.8	57.2% ± 2.0	1.3% ± 0.5
Sexual Orientation and Gender Identity						
LGBT	530	5.6% ± 2.9	15.2% ± 4.7	28.7% ± 5.9	46.6% ± 6.1	*4.0% ± 2.7
Male	270	*5.7% ± 4.3	14.7% ± 6.7	26.4% ± 8.4	49.5% ± 8.5	^3.8% ± 4.2
Female	259	*5.4% ± 4.5	16.1% ± 6.9	31.6% ± 8.3	42.6% ± 8.3	*4.2% ± 4.1
Not LGBT	7,782	5.2% ± 0.9	15.0% ± 1.3	26.7% ± 1.5	49.5% ± 1.6	3.5% ± 0.6
Male	2,759	4.5% ± 1.5	13.2% ± 2.1	25.5% ± 2.5	53.1% ± 2.8	3.7% ± 1.1
Female	5,022	5.9% ± 1.1	16.7% ± 1.5	27.8% ± 1.7	46.3% ± 1.9	3.3% ± 0.7
Disability Status						
Yes	2,120	10.0% ± 2.5	20.9% ± 2.8	26.7% ± 2.8	36.4% ± 2.9	6.0% ± 1.8
No	6,379	4.7% ± 0.9	13.9% ± 1.3	26.8% ± 1.6	51.5% ± 1.8	3.1% ± 0.6
Frequent Mental Distress						
Yes	695	16.5% ± 4.3	21.5% ± 5.1	24.7% ± 5.3	28.0% ± 4.9	9.3% ± 4.6
No	7,721	4.7% ± 0.9	14.7% ± 1.3	26.9% ± 1.5	50.5% ± 1.6	3.1% ± 0.5

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

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Access to Health Care



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

TABLE 25	Among persons aged 25 and older:			Among persons who needed care:			Among persons who delayed or did not get care:		
	Yes			Delayed or did not get the needed care			Was that due to cost or lack of insurance?		
	N	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Hennepin County Total	8,520	65.0%	± 1.5	5,470	18.9%	± 1.6	920	68.9%	± 4.3
Age									
25-34	1,199	65.5%	± 3.5	813	22.1%	± 3.7	189	67.8%	± 9.1
35-49	1,751	63.8%	± 3.1	1,159	21.7%	± 3.2	254	73.4%	± 7.9
50-69	3,703	64.3%	± 2.1	2,347	16.7%	± 2.0	398	66.7%	± 6.2
70 and older	1,848	68.8%	± 2.6	1,144	7.8%	± 2.2	78	26.1%	± 13.1
Selected Race/Ethnicities									
Hispanic	134	59.1%	± 12.1	78	*19.7%	± 13.0	< 30		
Non-Hispanic Asian	230	52.1%	± 8.8	121	25.1%	± 13.0	< 30		
Non-Hispanic US-born Black	291	71.8%	± 8.4	177	35.1%	± 11.7	56	75.8%	± 16.4
Non-Hispanic White	7,505	66.0%	± 1.5	4,876	17.0%	± 1.5	757	67.1%	± 4.5
Educational Attainment									
Less than High School	139	69.2%	± 11.4	81	*20.8%	± 16.4	< 30		
High School or GED	879	56.8%	± 5.4	471	20.0%	± 6.3	85	58.3%	± 16.3
Some College	2,215	63.1%	± 3.2	1,378	24.2%	± 3.6	286	70.3%	± 8.2
College Degree or Higher	5,257	66.6%	± 1.9	3,521	17.0%	± 1.9	528	69.3%	± 5.7
Household Income									
≤ \$23,000	978	68.3%	± 4.8	611	33.3%	± 6.3	177	56.2%	± 11.8
\$23,001 - \$55,000	2,318	66.7%	± 3.1	1,488	28.6%	± 3.8	341	75.8%	± 6.6
≥ \$55,001	4,836	64.0%	± 2.0	3,142	13.7%	± 1.8	372	68.4%	± 6.5
Sexual Orientation and Gender Identity									
LGBT	532	73.8%	± 5.5	376	28.7%	± 6.7	100	68.3%	± 13.7
Male	272	71.2%	± 8.0	185	28.8%	± 9.8	48	66.3%	± 18.7
Female	259	77.6%	± 7.4	190	28.0%	± 9.3	51	70.6%	± 20.6
Not LGBT	7,772	64.4%	± 1.6	4,959	17.9%	± 1.7	793	69.2%	± 4.7
Male	2,750	57.5%	± 2.8	1,554	17.2%	± 3.1	222	65.3%	± 8.8
Female	5,021	70.6%	± 1.8	3,404	18.4%	± 1.9	571	71.8%	± 5.5
Disability Status									
Yes	2,118	82.8%	± 2.6	1,651	28.7%	± 3.5	395	64.0%	± 7.3
No	6,369	60.8%	± 1.8	3,799	15.9%	± 1.8	520	71.7%	± 5.5
Frequent Mental Distress									
Yes	694	79.7%	± 4.6	520	36.0%	± 6.6	179	70.7%	± 11.1
No	7,709	63.8%	± 1.6	4,880	17.2%	± 1.6	731	68.7%	± 4.8

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Access to Health Care



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

TABLE 26	Among persons aged 25 and older:			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.
Hennepin County Total	8,510	24.2%	± 1.3	1,991	52.7%	± 3.2	967	45.7%	± 4.7
Age									
25-34	1,200	32.0%	± 3.3	426	58.9%	± 5.9	251	45.6%	± 8.1
35-49	1,750	26.6%	± 2.6	561	56.0%	± 5.5	297	50.0%	± 7.6
50-69	3,697	20.5%	± 1.7	811	42.5%	± 4.4	351	39.2%	± 6.7
70 and older	1,844	10.8%	± 1.7	192	37.8%	± 8.2	68	*15.4%	± 11.4
Selected Race/Ethnicities									
Hispanic	133	26.2%	± 11.1	35	53.3%	± 21.3	< 30		
Non-Hispanic Asian	228	20.1%	± 9.1	39	62.7%	± 20.8	< 30		
Non-Hispanic US-born Black	292	38.5%	± 9.2	97	52.5%	± 15.3	48	34.9%	± 20.1
Non-Hispanic White	7,494	23.0%	± 1.3	1,719	49.9%	± 3.1	818	39.4%	± 4.4
Educational Attainment									
Less than High School	141	36.6%	± 12.6	38	49.6%	± 20.1	< 30		
High School or GED	875	18.5%	± 4.2	152	51.3%	± 11.6	65	53.9%	± 18.5
Some College	2,214	22.5%	± 2.8	455	55.5%	± 6.8	239	47.9%	± 9.6
College Degree or Higher	5,250	25.2%	± 1.7	1,338	52.2%	± 3.8	645	44.0%	± 5.8
Household Income									
≤ \$23,000	977	37.6%	± 4.9	325	50.1%	± 8.1	160	46.9%	± 12.2
\$23,001 - \$55,000	2,313	29.1%	± 3.0	586	61.0%	± 5.8	320	61.8%	± 7.9
≥ \$55,001	4,832	21.4%	± 1.7	1,035	49.6%	± 4.3	467	37.4%	± 6.6
Sexual Orientation and Gender Identity									
LGBT	531	43.2%	± 6.0	222	60.4%	± 8.7	116	54.3%	± 12.9
Male	272	41.5%	± 8.5	104	69.3%	± 11.4	59	55.0%	± 17.1
Female	258	45.5%	± 8.3	117	48.6%	± 12.0	56	51.9%	± 17.9
Not LGBT	7,762	22.8%	± 1.4	1,715	51.4%	± 3.4	825	43.9%	± 5.1
Male	2,750	17.4%	± 2.2	439	49.4%	± 6.8	193	37.9%	± 11.1
Female	5,012	27.6%	± 1.7	1,276	52.6%	± 3.7	632	47.1%	± 5.5
Disability Status									
Yes	2,113	39.7%	± 3.1	716	48.2%	± 5.4	331	53.7%	± 8.2
No	6,363	20.6%	± 1.5	1,269	54.4%	± 3.9	633	42.2%	± 5.7
Frequent Mental Distress									
Yes	691	71.9%	± 5.1	448	53.5%	± 7.0	240	47.3%	± 9.5
No	7,706	20.2%	± 1.3	1,520	52.6%	± 3.6	718	45.2%	± 5.5

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Access to Health Care



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.
Hennepin County Total	8,535	48.6% ± 1.6	29.3% ± 1.4	22.2% ± 1.4
Age				
25-34	1,200	35.6% ± 3.5	23.1% ± 3.0	41.3% ± 3.5
35-49	1,750	47.4% ± 3.1	26.7% ± 2.6	25.8% ± 2.9
50-69	3,708	56.4% ± 2.1	32.7% ± 1.9	11.0% ± 1.4
70 and older	1,859	56.2% ± 2.7	39.7% ± 2.7	4.1% ± 1.3
Selected Race/Ethnicities				
Hispanic	135	42.4% ± 11.6	*18.1% ± 11.7	39.4% ± 12.4
Non-Hispanic Asian	230	40.9% ± 9.0	19.6% ± 6.6	39.5% ± 9.0
Non-Hispanic US-born Black	292	52.4% ± 9.1	32.0% ± 9.0	15.7% ± 8.9
Non-Hispanic White	7,513	48.8% ± 1.5	30.9% ± 1.4	20.2% ± 1.4
Educational Attainment				
Less than High School	149	56.1% ± 12.9	19.7% ± 10.0	*24.2% ± 14.3
High School or GED	883	53.3% ± 5.3	27.8% ± 4.6	18.9% ± 5.2
Some College	2,219	50.8% ± 3.2	30.0% ± 2.8	19.3% ± 2.9
College Degree or Higher	5,254	46.9% ± 2.0	29.5% ± 1.7	23.6% ± 1.8
Household Income				
≤ \$23,000	986	51.2% ± 5.0	25.7% ± 4.0	23.1% ± 4.7
\$23,001 - \$55,000	2,324	43.8% ± 3.1	30.0% ± 2.8	26.1% ± 3.2
≥ \$55,001	4,837	49.2% ± 2.0	29.5% ± 1.8	21.3% ± 1.8
Sexual Orientation and Gender Identity				
LGBT	531	47.6% ± 6.1	24.8% ± 5.4	27.7% ± 6.0
Male	272	45.6% ± 8.5	25.4% ± 8.2	28.9% ± 8.4
Female	258	50.6% ± 8.3	23.9% ± 6.6	25.5% ± 8.8
Not LGBT	7,781	48.8% ± 1.6	29.5% ± 1.4	21.7% ± 1.5
Male	2,757	49.2% ± 2.8	22.4% ± 2.2	28.4% ± 2.7
Female	5,024	48.4% ± 1.9	35.9% ± 1.8	15.7% ± 1.5
Disability Status				
Yes	2,120	45.3% ± 3.2	40.3% ± 3.0	14.4% ± 2.7
No	6,382	49.2% ± 1.8	26.8% ± 1.5	24.0% ± 1.7
Frequent Mental Distress				
Yes	696	41.9% ± 5.7	36.1% ± 5.4	22.0% ± 5.0
No	7,725	48.9% ± 1.6	28.8% ± 1.4	22.3% ± 1.5

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Access to Health Care



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.
Hennepin County Total	8,345	80.8% ± 1.3	1.3% ± 0.5	7.9% ± 1.0	3.0% ± 0.6	5.3% ± 0.8
Age						
25-34	1,177	72.3% ± 3.3	^0.7% ± 1.0	11.1% ± 2.6	5.9% ± 2.0	8.0% ± 2.0
35-49	1,725	77.4% ± 2.7	*1.3% ± 1.1	9.7% ± 2.1	3.5% ± 1.2	6.6% ± 1.8
50-69	3,625	86.6% ± 1.5	*1.1% ± 0.7	5.3% ± 1.0	1.5% ± 0.7	3.4% ± 0.9
70 and older	1,802	90.1% ± 1.9	1.7% ± 0.8	3.8% ± 1.5	^0.3% ± 0.5	1.2% ± 0.6
Selected Race/Ethnicities						
Hispanic	134	71.6% ± 13.0	^1.9% ± 10.3	^11.8% ± 14.9	^6.8% ± 8.9	^7.5% ± 7.5
Non-Hispanic Asian	227	78.7% ± 8.7	^0.7% ± 1.5	*11.2% ± 8.4	^1.8% ± 2.5	^6.6% ± 6.6
Non-Hispanic US-born Black	285	78.2% ± 9.0	*8.8% ± 7.8	^2.7% ± 3.7	^1.6% ± 4.5	^3.8% ± 4.2
Non-Hispanic White	7,353	82.1% ± 1.3	0.7% ± 0.3	8.0% ± 1.0	2.8% ± 0.6	4.7% ± 0.7
Educational Attainment						
Less than High School	146	70.3% ± 15.0	*16.6% ± 16.2	^4.2% ± 9.0	^2.9% ± 12.9	^4.6% ± 14.4
High School or GED	854	81.3% ± 4.8	*3.8% ± 3.5	*6.5% ± 4.1	^2.0% ± 2.0	3.8% ± 2.1
Some College	2,159	82.3% ± 2.7	*1.5% ± 0.9	8.5% ± 2.3	*2.2% ± 1.5	3.9% ± 1.3
College Degree or Higher	5,156	80.4% ± 1.7	*0.4% ± 0.3	7.9% ± 1.2	3.5% ± 0.8	5.9% ± 1.1
Household Income						
≤ \$23,000	939	76.9% ± 5.0	*5.1% ± 3.3	*4.7% ± 3.5	^2.6% ± 2.6	6.4% ± 3.4
\$23,001 - \$55,000	2,260	79.2% ± 2.9	*2.9% ± 1.8	8.1% ± 2.0	1.7% ± 0.8	5.6% ± 1.7
≥ \$55,001	4,767	81.5% ± 1.7	^0.2% ± 0.2	8.2% ± 1.3	3.6% ± 0.9	5.1% ± 1.1
Sexual Orientation and Gender Identity						
LGBT	521	78.6% ± 5.7	^0.4% ± 0.8	8.2% ± 3.7	*4.1% ± 3.9	*7.2% ± 4.8
Male	266	78.9% ± 7.9	^0.4% ± 1.8	*7.0% ± 5.2	^4.2% ± 5.7	*8.1% ± 6.8
Female	254	78.6% ± 8.7	^0.5% ± 1.0	*10.1% ± 6.4	^4.0% ± 7.0	^5.5% ± 8.8
Not LGBT	7,609	81.1% ± 1.4	1.1% ± 0.4	7.9% ± 1.0	3.0% ± 0.6	5.1% ± 0.8
Male	2,641	78.4% ± 2.4	1.5% ± 0.8	8.6% ± 1.8	2.5% ± 1.2	6.7% ± 1.6
Female	4,967	83.6% ± 1.5	0.7% ± 0.4	7.3% ± 1.2	3.4% ± 0.8	3.6% ± 0.8
Disability Status						
Yes	2,051	82.1% ± 2.9	2.4% ± 1.3	6.0% ± 2.1	*1.7% ± 1.3	4.5% ± 2.0
No	6,263	80.4% ± 1.5	1.0% ± 0.6	8.3% ± 1.1	3.3% ± 0.7	5.4% ± 0.9
Frequent Mental Distress						
Yes	674	72.6% ± 5.7	*5.2% ± 4.0	8.5% ± 5.0	*3.6% ± 3.2	6.8% ± 3.0
No	7,554	81.4% ± 1.4	0.9% ± 0.4	7.8% ± 1.0	3.0% ± 0.6	5.2% ± 0.9

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



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

TABLE 29	Among persons aged 25 and older:			Among persons aged 65 and older:		
		Yes			Yes	
	N	%	± 95% C.I.	N	%	± 95% C.I.
Hennepin County Total	8,522	50.3%	± 1.6	2,753	85.3%	± 1.7
Age						
25-34	1,197	24.8%	± 3.1	N/A		
35-49	1,750	39.7%	± 3.0	N/A		
50-69	3,705	66.8%	± 2.0	883	78.3%	± 3.6
70 and older	1,851	88.2%	± 1.9	1,851	88.2%	± 1.9
Selected Race/Ethnicities						
Hispanic	132	36.7%	± 11.5	< 30		
Non-Hispanic Asian	230	35.3%	± 8.6	42	79.5%	± 17.6
Non-Hispanic US-born Black	294	56.7%	± 9.5	69	89.3%	± 15.2
Non-Hispanic White	7,507	51.9%	± 1.5	2,556	84.2%	± 1.8
Educational Attainment						
Less than High School	140	74.4%	± 13.7	73	84.4%	± 14.6
High School or GED	881	65.7%	± 5.6	489	90.4%	± 3.2
Some College	2,216	59.1%	± 3.3	867	87.1%	± 2.9
College Degree or Higher	5,256	44.4%	± 1.9	1,310	81.9%	± 2.7
Household Income						
≤ \$23,000	980	70.4%	± 4.9	444	87.0%	± 4.8
\$23,001 - \$55,000	2,321	54.9%	± 3.2	1,039	87.4%	± 2.5
≥ \$55,001	4,838	45.6%	± 2.0	1,063	82.5%	± 2.8
Sexual Orientation and Gender Identity						
LGBT	531	50.0%	± 6.0	78	91.5%	± 8.2
Male	272	49.6%	± 8.4	52	91.0%	± 11.2
Female	258	50.8%	± 8.2	< 30		
Not LGBT	7,776	50.5%	± 1.6	2,598	85.3%	± 1.7
Male	2,750	46.7%	± 2.8	1,060	83.5%	± 2.8
Female	5,026	54.0%	± 1.9	1,538	86.5%	± 2.2
Disability Status						
Yes	2,119	77.2%	± 3.0	978	92.3%	± 2.3
No	6,369	44.1%	± 1.8	1,747	81.4%	± 2.3
Frequent Mental Distress						
Yes	695	66.7%	± 5.8	182	91.5%	± 6.4
No	7,712	48.7%	± 1.6	2,487	84.9%	± 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%)

Access to Health Care



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:			Among persons aged 65 and older who regularly take prescription medications:		
		Yes		Yes		
	N	%	± 95% C.I.	N	%	± 95% C.I.
Hennepin County Total	4,503	11.2%	± 1.6	1,907	6.0%	± 1.6
Age						
25-34	297	16.4%	± 6.6	N/A		
35-49	692	13.9%	± 3.9	N/A		
50-69	2,206	9.3%	± 1.8	599	6.6%	± 3.0
70 and older	1,294	4.9%	± 1.6	1,294	4.9%	± 1.6
Selected Race/Ethnicities						
Hispanic	58	[^] 16.7%	± 17.3	< 30		
Non-Hispanic Asian	79	[*] 10.5%	± 9.8	< 30		
Non-Hispanic US-born Black	166	27.6%	± 13.4	48	[*] 12.6%	± 12.0
Non-Hispanic White	4,031	8.4%	± 1.3	1,778	5.0%	± 1.4
Educational Attainment						
Less than High School	95	[*] 15.2%	± 14.9	51	[^] 3.5%	± 11.5
High School or GED	534	13.6%	± 6.6	338	[*] 4.5%	± 4.1
Some College	1,296	16.2%	± 3.8	600	8.4%	± 3.5
College Degree or Higher	2,559	8.1%	± 1.8	907	4.4%	± 1.8
Household Income						
≤ \$23,000	616	27.3%	± 6.9	306	13.9%	± 5.9
\$23,001 - \$55,000	1,314	16.1%	± 3.9	727	5.0%	± 2.3
≥ \$55,001	2,347	6.5%	± 1.7	728	[*] 3.8%	± 2.5
Sexual Orientation and Gender Identity						
LGBT	272	19.3%	± 8.4	59	[^] 9.5%	± 12.9
Male	139	22.2%	± 12.7	39	[^] 7.0%	± 20.9
Female	133	[*] 15.4%	± 11.1	< 30		
Not LGBT	4,122	10.3%	± 1.7	1,796	5.5%	± 1.5
Male	1,434	8.9%	± 2.8	744	4.6%	± 2.1
Female	2,688	11.3%	± 2.1	1,052	6.1%	± 2.3
Disability Status						
Yes	1,488	18.6%	± 3.6	735	8.9%	± 2.9
No	2,989	8.5%	± 1.8	1,148	4.3%	± 2.1
Frequent Mental Distress						
Yes	448	25.5%	± 6.9	138	[*] 12.6%	± 8.1
No	3,992	9.6%	± 1.7	1,718	5.3%	± 1.7

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%)

Access to Health Care



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.
Hennepin County Total	8,506	81.9% ± 1.4
Age		
25-34	1,201	76.8% ± 3.3
35-49	1,748	77.7% ± 2.8
50-69	3,694	86.6% ± 1.5
70 and older	1,844	92.8% ± 1.5
Selected Race/Ethnicities		
Hispanic	134	67.7% ± 12.4
Non-Hispanic Asian	230	67.8% ± 8.6
Non-Hispanic US-born Black	294	89.7% ± 7.6
Non-Hispanic White	7,484	83.8% ± 1.3
Educational Attainment		
Less than High School	146	87.1% ± 9.9
High School or GED	881	74.7% ± 5.7
Some College	2,205	81.1% ± 2.8
College Degree or Higher	5,245	83.0% ± 1.7
Household Income		
≤ \$23,000	983	78.8% ± 5.2
\$23,001 - \$55,000	2,314	80.2% ± 3.1
≥ \$55,001	4,820	82.8% ± 1.7
Sexual Orientation and Gender Identity		
LGBT	532	86.4% ± 4.8
Male	272	84.4% ± 7.0
Female	259	89.8% ± 6.8
Not LGBT	7,751	81.9% ± 1.4
Male	2,738	75.2% ± 2.6
Female	5,012	87.9% ± 1.4
Disability Status		
Yes	2,112	92.6% ± 2.5
No	6,360	79.4% ± 1.6
Frequent Mental Distress		
Yes	694	87.8% ± 4.2
No	7,695	81.5% ± 1.5

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%)

Access to Health Care



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.
Hennepin County Total	7,354	71.4% ± 1.5	50.6% ± 1.7	31.4% ± 1.6
Age				
25-34	966	69.6% ± 3.8	55.8% ± 4.0	25.8% ± 3.7
35-49	1,438	72.6% ± 3.0	55.2% ± 3.4	36.9% ± 3.4
50-69	3,221	72.5% ± 2.0	49.5% ± 2.2	34.2% ± 2.2
70 and older	1,713	68.6% ± 2.7	33.5% ± 2.7	19.3% ± 2.2
Selected Race/Ethnicities				
Hispanic	96	58.4% ± 14.4	53.3% ± 14.0	33.3% ± 14.1
Non-Hispanic Asian	161	78.2% ± 10.1	53.8% ± 10.9	37.7% ± 11.1
Non-Hispanic US-born Black	264	72.1% ± 9.2	49.5% ± 9.4	35.9% ± 8.9
Non-Hispanic White	6,546	71.3% ± 1.5	50.0% ± 1.6	29.8% ± 1.5
Educational Attainment				
Less than High School	129	65.4% ± 15.2	46.7% ± 13.9	33.0% ± 13.4
High School or GED	729	71.9% ± 5.0	45.8% ± 5.7	34.0% ± 6.1
Some College	1,888	71.7% ± 3.1	48.2% ± 3.5	33.9% ± 3.4
College Degree or Higher	4,582	71.3% ± 1.9	52.2% ± 2.1	30.2% ± 2.0
Household Income				
≤ \$23,000	832	69.8% ± 5.1	48.4% ± 5.3	36.6% ± 5.5
\$23,001 - \$55,000	1,999	69.6% ± 3.1	47.2% ± 3.3	29.0% ± 3.2
≥ \$55,001	4,177	72.4% ± 2.0	52.2% ± 2.2	32.1% ± 2.1
Sexual Orientation and Gender Identity				
LGBT	471	71.3% ± 5.8	58.2% ± 6.3	36.6% ± 6.5
Male	234	71.2% ± 8.3	59.0% ± 8.9	40.3% ± 9.3
Female	237	71.3% ± 8.3	57.1% ± 8.6	31.5% ± 8.9
Not LGBT	6,694	71.7% ± 1.6	50.4% ± 1.8	31.2% ± 1.7
Male	2,218	71.1% ± 2.9	49.1% ± 3.1	34.9% ± 3.1
Female	4,475	72.1% ± 1.8	51.3% ± 2.0	28.3% ± 1.9
Disability Status				
Yes	2,006	75.0% ± 2.7	50.3% ± 3.2	36.2% ± 3.1
No	5,317	70.4% ± 1.8	50.7% ± 2.0	30.1% ± 1.9
Frequent Mental Distress				
Yes	622	67.9% ± 6.0	49.0% ± 5.9	36.4% ± 5.6
No	6,628	71.8% ± 1.6	51.0% ± 1.8	31.1% ± 1.7

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



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.
Hennepin County Total	7,354	41.8% ± 1.7	42.1% ± 1.7	42.6% ± 1.7
Age				
25-34	966	50.8% ± 3.9	49.0% ± 3.9	51.6% ± 4.0
35-49	1,438	47.1% ± 3.4	50.2% ± 3.4	47.3% ± 3.4
50-69	3,221	37.9% ± 2.2	38.6% ± 2.2	39.3% ± 2.2
70 and older	1,713	21.2% ± 2.3	22.1% ± 2.4	24.3% ± 2.5
Selected Race/Ethnicities				
Hispanic	96	27.4% ± 14.0	38.6% ± 14.5	26.9% ± 14.0
Non-Hispanic Asian	161	36.0% ± 11.3	41.1% ± 10.6	30.5% ± 10.2
Non-Hispanic US-born Black	264	39.8% ± 9.7	47.8% ± 9.5	39.1% ± 9.9
Non-Hispanic White	6,546	42.6% ± 1.6	42.4% ± 1.6	44.9% ± 1.6
Educational Attainment				
Less than High School	129	26.5% ± 13.7	25.4% ± 11.6	24.0% ± 12.3
High School or GED	729	33.6% ± 5.6	31.8% ± 5.7	28.6% ± 5.4
Some College	1,888	39.3% ± 3.5	38.9% ± 3.4	38.0% ± 3.5
College Degree or Higher	4,582	44.1% ± 2.1	45.1% ± 2.1	46.5% ± 2.1
Household Income				
≤ \$23,000	832	36.6% ± 5.4	43.7% ± 5.4	29.6% ± 5.4
\$23,001 - \$55,000	1,999	35.7% ± 3.2	38.9% ± 3.2	34.4% ± 3.1
≥ \$55,001	4,177	45.0% ± 2.2	43.7% ± 2.2	47.5% ± 2.2
Sexual Orientation and Gender Identity				
LGBT	471	44.5% ± 6.4	52.4% ± 6.5	44.0% ± 6.4
Male	234	45.9% ± 9.1	49.7% ± 9.2	43.5% ± 9.1
Female	237	42.6% ± 8.6	56.1% ± 8.8	44.7% ± 8.6
Not LGBT	6,694	42.4% ± 1.8	42.0% ± 1.8	43.4% ± 1.8
Male	2,218	43.0% ± 3.2	37.7% ± 3.1	43.6% ± 3.1
Female	4,475	42.0% ± 2.0	45.4% ± 2.0	43.2% ± 2.0
Disability Status				
Yes	2,006	36.0% ± 3.1	45.4% ± 3.2	36.5% ± 3.1
No	5,317	43.4% ± 2.0	41.2% ± 1.9	44.3% ± 2.0
Frequent Mental Distress				
Yes	622	45.9% ± 6.0	60.5% ± 6.1	41.9% ± 6.0
No	6,628	41.5% ± 1.8	40.6% ± 1.7	42.8% ± 1.8

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



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.
Hennepin County Total	8,542	13.8% ± 1.0
Age		
25-34	1,201	15.9% ± 2.6
35-49	1,752	15.9% ± 2.1
50-69	3,709	12.9% ± 1.4
70 and older	1,861	8.1% ± 1.5
Selected Race/Ethnicities		
Hispanic	137	*16.8% ± 10.8
Non-Hispanic Asian	231	9.4% ± 5.2
Non-Hispanic US-born Black	294	26.6% ± 9.2
Non-Hispanic White	7,511	13.5% ± 1.0
Educational Attainment		
Less than High School	149	26.6% ± 13.4
High School or GED	889	13.4% ± 3.5
Some College	2,218	12.7% ± 2.2
College Degree or Higher	5,256	14.0% ± 1.3
Household Income		
≤ \$23,000	989	27.2% ± 4.4
\$23,001 - \$55,000	2,326	15.1% ± 2.2
≥ \$55,001	4,836	12.0% ± 1.3
Sexual Orientation and Gender Identity		
LGBT	531	23.2% ± 4.6
Male	271	18.9% ± 6.0
Female	259	29.0% ± 7.4
Not LGBT	7,786	13.1% ± 1.1
Male	2,757	11.4% ± 1.8
Female	5,028	14.6% ± 1.4
Disability Status		
Yes	2,124	25.9% ± 2.8
No	6,384	11.0% ± 1.1
Frequent Mental Distress		
Yes	697	40.4% ± 5.5
No	7,726	11.6% ± 1.0

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Access to Health Care



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.
Hennepin County Total	8,536	60.6% ± 1.6	19.3% ± 1.3	10.4% ± 1.1	8.6% ± 1.0	1.1% ± 0.5
Age						
25-34	1,201	50.9% ± 3.5	21.0% ± 3.0	14.5% ± 2.7	11.9% ± 2.5	*1.7% ± 1.4
35-49	1,751	56.7% ± 3.0	20.3% ± 2.6	11.5% ± 2.1	10.3% ± 2.0	*1.2% ± 1.1
50-69	3,706	67.5% ± 2.0	17.8% ± 1.7	7.8% ± 1.2	6.1% ± 1.0	0.7% ± 0.4
70 and older	1,860	77.2% ± 2.3	13.6% ± 1.9	4.3% ± 1.1	4.3% ± 1.3	*0.5% ± 0.4
Selected Race/Ethnicities						
Hispanic	136	54.7% ± 12.0	21.5% ± 11.2	*9.8% ± 8.8	^8.8% ± 11.1	^5.2% ± 13.4
Non-Hispanic Asian	230	61.0% ± 8.7	14.6% ± 6.5	11.5% ± 6.7	*9.0% ± 6.2	^4.0% ± 5.5
Non-Hispanic US-born Black	295	70.4% ± 8.9	18.0% ± 8.2	*4.9% ± 4.5	^6.2% ± 6.9	^0.4% ± 2.6
Non-Hispanic White	7,510	60.1% ± 1.5	19.7% ± 1.3	10.8% ± 1.1	8.6% ± 1.0	0.8% ± 0.4
Educational Attainment						
Less than High School	148	69.4% ± 12.6	*15.2% ± 9.5	^4.1% ± 6.8	^10.9% ± 13.5	^0.3% ± 1.0
High School or GED	887	61.5% ± 5.5	17.7% ± 4.9	7.0% ± 3.5	10.2% ± 3.8	^3.6% ± 4.7
Some College	2,218	60.6% ± 3.2	19.3% ± 2.5	11.2% ± 2.5	7.8% ± 1.9	*1.1% ± 0.8
College Degree or Higher	5,254	60.2% ± 2.0	19.7% ± 1.6	10.8% ± 1.4	8.6% ± 1.2	0.8% ± 0.4
Household Income						
≤ \$23,000	990	61.3% ± 5.1	18.3% ± 4.6	9.4% ± 3.7	8.5% ± 2.7	^2.6% ± 2.9
\$23,001 - \$55,000	2,317	58.2% ± 3.2	18.5% ± 2.5	10.3% ± 2.4	11.7% ± 2.4	^1.3% ± 1.6
≥ \$55,001	4,838	60.6% ± 2.0	20.0% ± 1.7	10.9% ± 1.4	7.7% ± 1.2	*0.8% ± 0.5
Sexual Orientation and Gender Identity						
LGBT	529	54.9% ± 6.1	23.2% ± 5.9	9.4% ± 3.5	11.6% ± 4.5	^0.9% ± 2.1
Male	270	52.7% ± 8.5	23.6% ± 8.8	9.2% ± 5.0	13.1% ± 6.7	^1.4% ± 3.7
Female	258	58.4% ± 8.2	22.2% ± 7.3	9.7% ± 5.6	*9.4% ± 6.4	^0.3% ± 0.8
Not LGBT	7,784	60.8% ± 1.6	19.3% ± 1.4	10.5% ± 1.1	8.4% ± 1.0	1.0% ± 0.4
Male	2,757	52.7% ± 2.8	20.6% ± 2.4	14.4% ± 2.2	11.4% ± 1.9	*0.9% ± 0.6
Female	5,026	68.0% ± 1.8	18.2% ± 1.5	7.1% ± 1.0	5.7% ± 0.9	*1.1% ± 0.7
Disability Status						
Yes	2,120	67.3% ± 3.0	18.2% ± 2.6	7.1% ± 2.0	6.9% ± 1.7	*0.6% ± 0.5
No	6,384	58.9% ± 1.8	19.6% ± 1.5	11.2% ± 1.3	9.1% ± 1.1	1.2% ± 0.6
Frequent Mental Distress						
Yes	695	60.3% ± 5.5	17.2% ± 4.3	9.2% ± 3.7	12.3% ± 4.1	^1.0% ± 1.4
No	7,725	60.6% ± 1.7	19.4% ± 1.4	10.5% ± 1.1	8.4% ± 1.0	1.1% ± 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%)

Access to Health Care



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.
Hennepin County Total	8,528	59.2% ± 1.6	18.7% ± 1.3	10.2% ± 1.0	5.5% ± 0.9	6.4% ± 0.9
Age						
25-34	1,199	41.1% ± 3.5	20.2% ± 3.0	14.1% ± 2.5	7.4% ± 2.2	17.3% ± 2.8
35-49	1,749	53.7% ± 3.0	21.2% ± 2.5	12.6% ± 2.0	7.0% ± 1.8	5.5% ± 1.6
50-69	3,706	70.6% ± 1.9	16.9% ± 1.6	6.9% ± 1.1	3.6% ± 0.8	1.9% ± 0.7
70 and older	1,854	82.3% ± 2.1	10.6% ± 1.7	4.0% ± 1.3	1.9% ± 0.8	1.1% ± 0.6
Selected Race/Ethnicities						
Hispanic	134	54.7% ± 12.0	19.7% ± 11.4	[^] 4.6% ± 6.5	[^] 10.6% ± 11.2	[^] 10.3% ± 11.2
Non-Hispanic Asian	231	51.5% ± 8.8	14.6% ± 6.0	*9.6% ± 5.9	*11.7% ± 9.1	12.6% ± 7.2
Non-Hispanic US-born Black	294	66.3% ± 9.1	15.7% ± 8.0	*8.2% ± 6.2	[^] 3.5% ± 8.1	*6.3% ± 4.6
Non-Hispanic White	7,500	59.4% ± 1.5	19.5% ± 1.3	10.9% ± 1.0	4.9% ± 0.7	5.3% ± 0.8
Educational Attainment						
Less than High School	149	68.0% ± 13.6	*7.2% ± 6.0	[^] 6.3% ± 10.9	[^] 6.4% ± 12.1	[^] 12.0% ± 14.5
High School or GED	888	65.7% ± 5.4	13.9% ± 4.4	*4.9% ± 3.2	5.2% ± 2.7	10.3% ± 4.2
Some College	2,212	60.5% ± 3.2	17.9% ± 2.7	9.6% ± 2.1	5.1% ± 1.9	6.8% ± 2.2
College Degree or Higher	5,252	57.5% ± 1.9	20.0% ± 1.6	11.2% ± 1.3	5.7% ± 1.1	5.6% ± 1.0
Household Income						
≤ \$23,000	987	61.9% ± 5.1	12.7% ± 3.4	7.6% ± 3.3	4.1% ± 1.6	13.7% ± 5.0
\$23,001 - \$55,000	2,321	57.3% ± 3.2	16.7% ± 2.4	9.3% ± 1.9	7.0% ± 2.3	9.7% ± 2.3
≥ \$55,001	4,830	58.6% ± 2.0	20.5% ± 1.7	11.1% ± 1.3	5.2% ± 1.1	4.6% ± 0.9
Sexual Orientation and Gender Identity						
LGBT	531	53.7% ± 6.0	18.4% ± 4.9	10.2% ± 3.5	*7.4% ± 4.9	10.3% ± 4.0
Male	272	58.0% ± 8.5	17.7% ± 7.0	9.1% ± 5.3	*8.0% ± 7.2	*7.2% ± 5.1
Female	259	47.3% ± 8.3	19.5% ± 7.1	11.7% ± 5.0	[^] 6.6% ± 8.0	14.9% ± 7.2
Not LGBT	7,774	59.6% ± 1.6	19.0% ± 1.4	10.3% ± 1.1	5.3% ± 0.9	5.8% ± 0.9
Male	2,749	59.5% ± 2.8	17.4% ± 2.3	10.3% ± 1.9	6.8% ± 1.7	5.9% ± 1.5
Female	5,024	59.6% ± 1.9	20.5% ± 1.6	10.3% ± 1.2	4.0% ± 0.8	5.6% ± 1.1
Disability Status						
Yes	2,111	68.0% ± 3.2	15.6% ± 2.6	6.6% ± 1.8	5.0% ± 2.1	4.8% ± 1.6
No	6,365	57.0% ± 1.8	19.5% ± 1.5	11.0% ± 1.2	5.6% ± 1.0	6.8% ± 1.0
Frequent Mental Distress						
Yes	694	58.7% ± 5.6	13.4% ± 3.9	10.9% ± 4.0	5.9% ± 2.4	11.1% ± 4.5
No	7,719	59.2% ± 1.6	19.2% ± 1.4	10.0% ± 1.0	5.5% ± 0.9	6.0% ± 0.9

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%)

Access to Health Care



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.
Hennepin County Total	8,540	79.0% ± 1.3	9.8% ± 1.0	5.7% ± 0.8	4.9% ± 0.7	*0.6% ± 0.5
Age						
25-34	1,201	74.3% ± 3.1	12.5% ± 2.5	7.6% ± 2.0	5.2% ± 1.8	^0.4% ± 0.8
35-49	1,750	79.0% ± 2.7	9.2% ± 1.9	5.8% ± 1.8	5.2% ± 1.6	^0.8% ± 1.3
50-69	3,707	81.8% ± 1.7	8.4% ± 1.3	5.0% ± 1.1	4.5% ± 0.9	^0.3% ± 0.5
70 and older	1,862	81.9% ± 2.4	8.3% ± 2.1	3.9% ± 1.1	5.6% ± 1.3	*0.4% ± 0.3
Selected Race/Ethnicities						
Hispanic	135	68.9% ± 12.0	*15.2% ± 11.1	*11.3% ± 11.0	^4.5% ± 5.1	^0.1% ± 0.9
Non-Hispanic Asian	231	70.7% ± 8.4	11.4% ± 5.7	*8.6% ± 5.5	^7.4% ± 7.6	^2.0% ± 5.9
Non-Hispanic US-born Black	295	71.0% ± 7.5	13.0% ± 5.4	*7.6% ± 4.7	*7.0% ± 4.7	^1.5% ± 3.8
Non-Hispanic White	7,508	82.0% ± 1.2	8.5% ± 0.9	4.9% ± 0.7	4.6% ± 0.7	*0.1% ± 0.1
Educational Attainment						
Less than High School	152	57.5% ± 12.9	*20.4% ± 12.9	^4.9% ± 5.7	*10.3% ± 7.4	^6.9% ± 16.2
High School or GED	888	65.8% ± 5.2	13.5% ± 4.6	7.4% ± 3.1	11.7% ± 3.6	^1.5% ± 2.0
Some College	2,216	74.3% ± 2.9	10.8% ± 2.0	6.1% ± 1.6	8.0% ± 2.0	^0.8% ± 1.8
College Degree or Higher	5,256	83.2% ± 1.6	8.6% ± 1.2	5.3% ± 1.0	2.6% ± 0.7	^0.3% ± 0.7
Household Income						
≤ \$23,000	991	55.9% ± 5.0	16.2% ± 3.8	11.2% ± 3.3	13.6% ± 3.9	^3.1% ± 3.8
\$23,001 - \$55,000	2,320	69.8% ± 3.1	13.1% ± 2.4	8.3% ± 2.1	7.8% ± 1.9	^0.9% ± 1.7
≥ \$55,001	4,835	84.8% ± 1.6	7.9% ± 1.2	4.3% ± 0.9	2.8% ± 0.8	^0.3% ± 0.8
Sexual Orientation and Gender Identity						
LGBT	531	74.2% ± 5.5	14.0% ± 4.8	6.2% ± 3.4	5.6% ± 2.9	^0.1% ± 0.3
Male	271	71.0% ± 7.9	15.1% ± 7.3	*5.6% ± 4.5	*8.2% ± 4.8	^0.1% ± 0.6
Female	259	78.8% ± 7.3	12.3% ± 6.0	*7.0% ± 6.1	^1.7% ± 2.5	^0.1% ± 0.8
Not LGBT	7,785	79.7% ± 1.4	9.3% ± 1.0	5.7% ± 0.8	4.8% ± 0.8	^0.5% ± 0.6
Male	2,755	76.4% ± 2.5	10.2% ± 1.8	6.9% ± 1.6	5.7% ± 1.4	^0.9% ± 1.2
Female	5,029	82.6% ± 1.5	8.6% ± 1.2	4.5% ± 0.8	4.0% ± 0.8	^0.2% ± 0.3
Disability Status						
Yes	2,115	73.0% ± 3.0	10.5% ± 2.0	7.8% ± 2.0	8.4% ± 2.3	^0.4% ± 0.8
No	6,375	80.4% ± 1.5	9.6% ± 1.2	5.1% ± 0.9	4.2% ± 0.7	^0.7% ± 0.7
Frequent Mental Distress						
Yes	693	66.4% ± 5.5	13.0% ± 3.6	8.8% ± 3.6	10.1% ± 4.2	^1.8% ± 5.2
No	7,730	80.1% ± 1.4	9.5% ± 1.1	5.4% ± 0.8	4.5% ± 0.7	^0.5% ± 0.5

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Access to Health Care



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

TABLE 38	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County Total	8,504	77.8% ± 1.2
Age		
25-34	1,197	84.1% ± 2.8
35-49	1,747	85.2% ± 2.3
50-69	3,692	75.1% ± 1.8
70 and older	1,847	49.1% ± 2.7
Selected Race/Ethnicities		
Hispanic	135	76.0% ± 10.6
Non-Hispanic Asian	227	75.4% ± 9.1
Non-Hispanic US-born Black	294	82.6% ± 6.5
Non-Hispanic White	7,481	78.0% ± 1.2
Educational Attainment		
Less than High School	149	60.4% ± 13.1
High School or GED	881	67.7% ± 4.7
Some College	2,204	74.2% ± 2.6
College Degree or Higher	5,241	81.1% ± 1.5
Household Income		
≤ \$23,000	980	63.4% ± 4.8
\$23,001 - \$55,000	2,315	64.4% ± 3.0
≥ \$55,001	4,819	84.6% ± 1.4
Sexual Orientation and Gender Identity		
LGBT	530	77.9% ± 5.7
Male	271	73.6% ± 8.3
Female	258	84.5% ± 7.2
Not LGBT	7,752	78.2% ± 1.3
Male	2,746	78.7% ± 2.2
Female	5,005	77.8% ± 1.5
Disability Status		
Yes	2,103	68.5% ± 2.9
No	6,349	80.1% ± 1.4
Frequent Mental Distress		
Yes	689	74.5% ± 4.6
No	7,697	78.2% ± 1.3

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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**

Healthy Lifestyles and Behaviors

Healthy Lifestyles and Behaviors

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.
Hennepin County Total	8,513	10.0% ± 1.0	25.0% ± 1.4	31.0% ± 1.5	34.0% ± 1.5
Age					
25-34	1,199	10.3% ± 2.4	22.7% ± 3.1	30.7% ± 3.4	36.3% ± 3.4
35-49	1,746	10.5% ± 2.1	23.5% ± 2.8	30.0% ± 2.9	36.0% ± 2.9
50-69	3,690	10.4% ± 1.4	26.0% ± 1.9	30.7% ± 2.0	32.8% ± 2.0
70 and older	1,858	7.1% ± 1.4	33.1% ± 2.6	34.3% ± 2.6	25.5% ± 2.6
Selected Race/Ethnicities					
Hispanic	135	[^] 14.7% ± 14.6	33.3% ± 11.6	28.5% ± 10.6	23.5% ± 11.6
Non-Hispanic Asian	229	*10.8% ± 8.1	28.2% ± 8.7	32.5% ± 8.6	28.5% ± 8.3
Non-Hispanic US-born Black	289	22.4% ± 8.5	26.3% ± 8.8	26.3% ± 8.0	25.0% ± 9.4
Non-Hispanic White	7,495	9.1% ± 0.9	24.5% ± 1.3	30.7% ± 1.4	35.7% ± 1.5
Educational Attainment					
Less than High School	148	*15.6% ± 10.6	32.6% ± 11.8	31.4% ± 13.4	*20.4% ± 15.4
High School or GED	885	15.3% ± 4.6	29.8% ± 4.8	30.8% ± 5.1	24.1% ± 5.0
Some College	2,202	12.7% ± 2.3	30.3% ± 3.0	31.9% ± 3.0	25.1% ± 2.8
College Degree or Higher	5,251	8.2% ± 1.2	22.1% ± 1.7	30.8% ± 1.8	38.9% ± 1.9
Household Income					
≤ \$23,000	979	15.3% ± 3.8	29.5% ± 4.8	28.3% ± 5.0	26.8% ± 4.6
\$23,001 - \$55,000	2,323	14.3% ± 2.6	30.1% ± 2.9	29.7% ± 3.0	26.0% ± 2.8
≥ \$55,001	4,825	8.0% ± 1.2	22.6% ± 1.8	31.8% ± 1.9	37.6% ± 2.0
Sexual Orientation and Gender Identity					
LGBT	531	10.7% ± 4.3	20.0% ± 4.9	30.9% ± 6.0	38.3% ± 6.1
Male	271	11.8% ± 6.0	20.4% ± 6.9	31.5% ± 8.7	36.3% ± 8.6
Female	259	*9.2% ± 7.1	19.6% ± 7.3	29.8% ± 8.0	41.5% ± 8.3
Not LGBT	7,765	9.9% ± 1.1	25.3% ± 1.5	31.0% ± 1.5	33.8% ± 1.6
Male	2,743	11.1% ± 1.9	28.3% ± 2.6	31.6% ± 2.6	29.0% ± 2.6
Female	5,021	8.8% ± 1.3	22.7% ± 1.6	30.5% ± 1.7	38.1% ± 1.8
Disability Status					
Yes	2,113	13.5% ± 2.5	29.5% ± 3.0	29.4% ± 2.9	27.6% ± 2.8
No	6,350	9.2% ± 1.2	23.8% ± 1.6	31.5% ± 1.7	35.5% ± 1.7
Frequent Mental Distress					
Yes	691	19.3% ± 5.2	30.6% ± 5.5	21.2% ± 4.1	28.9% ± 5.4
No	7,710	9.3% ± 1.1	24.4% ± 1.5	31.8% ± 1.6	34.5% ± 1.6

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

Healthy Lifestyles and Behaviors

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.
Hennepin County Total	8,512	14.8% ± 1.2	29.6% ± 1.5	30.9% ± 1.4	24.7% ± 1.4
Age					
25-34	1,199	18.8% ± 3.0	25.0% ± 3.1	30.1% ± 3.3	26.0% ± 3.2
35-49	1,745	14.4% ± 2.2	31.4% ± 3.0	30.3% ± 2.8	24.0% ± 2.6
50-69	3,694	15.0% ± 1.6	30.3% ± 2.0	31.0% ± 1.9	23.7% ± 1.8
70 and older	1,855	7.9% ± 2.0	32.4% ± 2.5	35.0% ± 2.7	24.7% ± 2.4
Selected Race/Ethnicities					
Hispanic	134	*12.7% ± 12.3	31.6% ± 10.9	21.3% ± 10.8	34.4% ± 12.6
Non-Hispanic Asian	228	14.6% ± 7.9	35.8% ± 8.7	26.4% ± 7.8	23.2% ± 8.4
Non-Hispanic US-born Black	288	30.5% ± 9.3	27.3% ± 8.7	21.6% ± 7.9	20.6% ± 8.6
Non-Hispanic White	7,500	13.7% ± 1.1	29.0% ± 1.4	32.6% ± 1.4	24.7% ± 1.3
Educational Attainment					
Less than High School	145	23.8% ± 13.7	32.2% ± 12.5	25.1% ± 12.7	*18.9% ± 13.4
High School or GED	884	19.8% ± 4.6	28.5% ± 4.6	28.2% ± 4.9	23.5% ± 5.3
Some College	2,204	17.9% ± 2.6	32.0% ± 3.1	29.3% ± 3.0	20.8% ± 2.6
College Degree or Higher	5,251	12.8% ± 1.4	28.7% ± 1.8	32.0% ± 1.8	26.5% ± 1.7
Household Income					
≤ \$23,000	976	22.9% ± 4.8	29.0% ± 4.6	25.7% ± 4.6	22.5% ± 4.5
\$23,001 - \$55,000	2,321	16.8% ± 2.6	29.9% ± 2.9	29.9% ± 2.9	23.4% ± 2.8
≥ \$55,001	4,826	13.2% ± 1.4	29.7% ± 1.9	31.9% ± 1.9	25.3% ± 1.8
Sexual Orientation and Gender Identity					
LGBT	532	19.9% ± 5.3	29.2% ± 5.9	27.7% ± 5.5	23.2% ± 5.6
Male	272	19.7% ± 7.3	27.8% ± 8.4	27.7% ± 8.2	24.8% ± 8.0
Female	259	19.7% ± 8.4	31.5% ± 8.2	27.9% ± 7.0	20.9% ± 8.1
Not LGBT	7,765	14.4% ± 1.2	29.6% ± 1.5	31.2% ± 1.5	24.8% ± 1.4
Male	2,742	16.2% ± 2.1	33.6% ± 2.7	29.3% ± 2.6	20.9% ± 2.4
Female	5,022	12.8% ± 1.4	26.1% ± 1.7	32.9% ± 1.8	28.2% ± 1.7
Disability Status					
Yes	2,111	17.2% ± 2.6	31.7% ± 3.0	28.8% ± 2.8	22.3% ± 2.8
No	6,352	14.3% ± 1.3	29.0% ± 1.7	31.5% ± 1.7	25.2% ± 1.6
Frequent Mental Distress					
Yes	686	23.9% ± 4.9	30.6% ± 5.5	26.4% ± 4.8	19.0% ± 5.1
No	7,714	14.1% ± 1.2	29.3% ± 1.5	31.4% ± 1.5	25.2% ± 1.5

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,534	4.4% ± 0.7	8.2% ± 0.9	16.4% ± 1.2	35.3% ± 1.5	35.7% ± 1.5
Age						
25-34	1,201	5.9% ± 2.0	8.0% ± 2.2	13.8% ± 2.6	35.0% ± 3.4	37.3% ± 3.5
35-49	1,748	4.4% ± 1.4	8.7% ± 2.0	15.7% ± 2.5	34.0% ± 2.9	37.2% ± 2.9
50-69	3,702	4.3% ± 1.0	8.7% ± 1.3	18.1% ± 1.7	34.7% ± 2.0	34.2% ± 2.0
70 and older	1,863	1.9% ± 0.9	6.7% ± 1.4	20.1% ± 2.1	39.7% ± 2.7	31.7% ± 2.6
Selected Race/Ethnicities						
Hispanic	135	^5.3% ± 17.5	*10.6% ± 8.2	17.1% ± 9.5	36.0% ± 12.0	30.9% ± 11.8
Non-Hispanic Asian	229	^5.2% ± 9.7	*10.7% ± 7.4	16.2% ± 6.8	39.3% ± 8.8	28.6% ± 8.3
Non-Hispanic US-born Black	291	14.4% ± 8.0	*11.3% ± 7.1	19.0% ± 8.1	29.1% ± 8.7	26.2% ± 8.9
Non-Hispanic White	7,511	3.7% ± 0.6	7.6% ± 0.9	16.2% ± 1.2	35.8% ± 1.5	36.7% ± 1.5
Educational Attainment						
Less than High School	148	*11.6% ± 10.8	*10.1% ± 7.0	18.1% ± 10.6	40.8% ± 13.6	*19.3% ± 13.0
High School or GED	891	7.3% ± 3.0	12.7% ± 4.5	17.6% ± 3.5	34.6% ± 5.3	27.8% ± 5.0
Some College	2,210	5.7% ± 1.7	10.8% ± 2.2	20.8% ± 2.7	34.8% ± 3.1	28.0% ± 2.8
College Degree or Higher	5,257	3.4% ± 0.9	6.6% ± 1.1	14.5% ± 1.5	35.4% ± 1.9	40.1% ± 1.9
Household Income						
≤ \$23,000	987	9.8% ± 3.5	12.2% ± 4.2	16.5% ± 3.5	33.7% ± 5.2	27.8% ± 4.4
\$23,001 - \$55,000	2,326	6.0% ± 1.9	10.6% ± 2.2	19.2% ± 2.6	35.4% ± 3.1	28.8% ± 2.8
≥ \$55,001	4,831	3.2% ± 0.8	7.0% ± 1.1	15.2% ± 1.5	35.7% ± 1.9	38.9% ± 2.0
Sexual Orientation and Gender Identity						
LGBT	532	7.7% ± 4.4	7.5% ± 3.7	14.6% ± 4.5	34.2% ± 5.9	36.1% ± 6.0
Male	272	*8.5% ± 6.4	*7.5% ± 4.9	14.6% ± 6.6	33.4% ± 8.5	36.1% ± 8.6
Female	259	^6.5% ± 7.1	*7.6% ± 6.9	14.2% ± 6.2	35.5% ± 8.2	36.2% ± 8.2
Not LGBT	7,783	4.0% ± 0.7	8.4% ± 1.0	16.4% ± 1.3	35.4% ± 1.6	35.7% ± 1.6
Male	2,752	4.5% ± 1.3	10.2% ± 1.8	19.6% ± 2.3	35.5% ± 2.7	30.3% ± 2.6
Female	5,030	3.7% ± 0.8	6.8% ± 1.1	13.6% ± 1.3	35.3% ± 1.8	40.6% ± 1.9
Disability Status						
Yes	2,119	5.6% ± 1.7	10.3% ± 2.2	20.1% ± 2.7	35.5% ± 3.1	28.5% ± 2.8
No	6,365	4.1% ± 0.8	7.7% ± 1.1	15.5% ± 1.3	35.3% ± 1.7	37.3% ± 1.7
Frequent Mental Distress						
Yes	692	11.2% ± 4.6	12.2% ± 4.1	19.6% ± 4.7	30.9% ± 5.5	26.1% ± 4.9
No	7,728	3.9% ± 0.7	7.9% ± 1.0	16.0% ± 1.3	35.6% ± 1.6	36.6% ± 1.6

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

Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,535	4.0% ± 0.7	7.3% ± 0.9	11.9% ± 1.1	17.0% ± 1.2	59.7% ± 1.6
Age						
25-34	1,200	3.7% ± 1.9	8.2% ± 2.2	12.9% ± 2.7	22.0% ± 3.0	53.1% ± 3.5
35-49	1,747	3.0% ± 1.1	8.2% ± 1.9	13.9% ± 2.2	17.3% ± 2.4	57.6% ± 3.0
50-69	3,708	5.4% ± 1.1	6.8% ± 1.1	10.8% ± 1.5	16.2% ± 1.6	60.8% ± 2.1
70 and older	1,859	2.7% ± 0.9	3.0% ± 1.1	6.9% ± 1.5	9.3% ± 1.9	78.0% ± 2.4
Selected Race/Ethnicities						
Hispanic	135	^3.6% ± 4.5	*8.9% ± 8.5	*10.9% ± 8.3	14.6% ± 8.4	62.1% ± 11.2
Non-Hispanic Asian	230	^9.8% ± 10.4	*5.1% ± 3.6	20.7% ± 8.7	18.6% ± 7.5	45.8% ± 8.7
Non-Hispanic US-born Black	293	^7.1% ± 9.2	10.4% ± 5.2	26.9% ± 8.9	24.2% ± 8.2	31.4% ± 9.0
Non-Hispanic White	7,506	3.7% ± 0.6	6.5% ± 0.8	10.2% ± 1.0	16.3% ± 1.2	63.3% ± 1.5
Educational Attainment						
Less than High School	150	^4.8% ± 4.8	*9.6% ± 7.2	*20.6% ± 12.9	*17.8% ± 14.0	47.3% ± 12.7
High School or GED	887	8.0% ± 3.4	11.9% ± 4.2	13.8% ± 4.4	14.3% ± 4.2	51.9% ± 5.3
Some College	2,214	6.1% ± 1.9	10.0% ± 2.2	15.1% ± 2.6	16.9% ± 2.5	51.9% ± 3.2
College Degree or Higher	5,255	2.7% ± 0.7	5.6% ± 1.1	10.3% ± 1.3	17.4% ± 1.5	64.0% ± 1.9
Household Income						
≤ \$23,000	989	9.7% ± 3.8	12.3% ± 4.3	18.4% ± 4.4	15.5% ± 4.5	44.3% ± 4.9
\$23,001 - \$55,000	2,324	4.9% ± 1.7	9.4% ± 2.2	12.6% ± 2.5	17.4% ± 2.5	55.7% ± 3.2
≥ \$55,001	4,828	3.0% ± 0.8	6.0% ± 1.1	11.0% ± 1.4	17.3% ± 1.5	62.7% ± 2.0
Sexual Orientation and Gender Identity						
LGBT	532	*4.5% ± 2.9	11.0% ± 4.0	14.2% ± 5.6	20.6% ± 5.4	49.7% ± 6.0
Male	272	*6.2% ± 4.8	12.8% ± 5.9	16.4% ± 8.7	21.4% ± 7.9	43.3% ± 8.4
Female	259	^2.1% ± 2.9	*8.6% ± 5.4	11.1% ± 6.0	19.4% ± 7.5	58.8% ± 8.3
Not LGBT	7,779	4.0% ± 0.7	7.0% ± 1.0	11.7% ± 1.2	16.8% ± 1.2	60.4% ± 1.6
Male	2,750	4.4% ± 1.3	7.8% ± 1.8	12.7% ± 2.0	17.1% ± 2.1	58.0% ± 2.8
Female	5,028	3.7% ± 0.8	6.3% ± 1.0	10.8% ± 1.3	16.6% ± 1.5	62.5% ± 1.9
Disability Status						
Yes	2,117	5.7% ± 1.5	9.2% ± 2.4	13.3% ± 2.4	15.9% ± 2.5	55.8% ± 3.2
No	6,368	3.6% ± 0.8	6.9% ± 1.0	11.6% ± 1.3	17.3% ± 1.4	60.5% ± 1.8
Frequent Mental Distress						
Yes	693	9.7% ± 4.2	10.4% ± 4.3	18.0% ± 4.3	18.3% ± 5.0	43.5% ± 5.6
No	7,724	3.5% ± 0.7	7.1% ± 1.0	11.4% ± 1.2	17.0% ± 1.2	61.1% ± 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 Lifestyles and Behaviors



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

TABLE 43	Sample Size N	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
		% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	8,431	47.6% ± 1.6	32.6% ± 1.5	11.2% ± 1.0	5.5% ± 0.9	3.2% ± 0.7
Age						
25-34	1,198	42.2% ± 3.5	38.6% ± 3.5	11.4% ± 2.4	4.8% ± 2.0	3.1% ± 1.4
35-49	1,744	44.1% ± 3.0	32.9% ± 2.9	12.3% ± 2.3	6.5% ± 1.9	4.1% ± 1.5
50-69	3,662	52.8% ± 2.1	28.5% ± 2.0	11.0% ± 1.4	5.0% ± 1.0	2.7% ± 0.7
70 and older	1,807	52.9% ± 2.8	30.0% ± 2.5	9.9% ± 1.8	5.2% ± 1.4	1.9% ± 1.0
Selected Race/Ethnicities						
Hispanic	135	34.4% ± 11.3	43.2% ± 12.4	*16.2% ± 9.8	^4.6% ± 5.9	^1.6% ± 5.0
Non-Hispanic Asian	228	41.1% ± 9.3	42.1% ± 8.7	11.4% ± 6.4	^2.3% ± 4.4	^3.1% ± 3.3
Non-Hispanic US-born Black	289	22.8% ± 8.5	39.2% ± 9.0	17.5% ± 7.7	*15.3% ± 9.6	*5.1% ± 4.5
Non-Hispanic White	7,416	50.7% ± 1.5	30.6% ± 1.5	10.6% ± 1.0	5.1% ± 0.8	2.9% ± 0.6
Educational Attainment						
Less than High School	147	*23.1% ± 13.8	33.2% ± 12.6	21.0% ± 11.7	*10.3% ± 7.1	^12.5% ± 13.9
High School or GED	862	32.6% ± 4.6	37.1% ± 5.6	15.1% ± 4.8	9.0% ± 3.5	6.3% ± 2.5
Some College	2,182	40.6% ± 3.1	34.1% ± 3.2	13.8% ± 2.5	6.7% ± 2.0	4.8% ± 1.8
College Degree or Higher	5,211	52.9% ± 2.0	31.5% ± 1.8	9.4% ± 1.2	4.5% ± 1.1	1.8% ± 0.7
Household Income						
≤ \$23,000	977	30.5% ± 4.4	34.6% ± 5.2	17.6% ± 4.2	8.8% ± 3.3	8.5% ± 3.7
\$23,001 - \$55,000	2,277	44.4% ± 3.1	34.4% ± 3.1	11.0% ± 2.3	6.6% ± 1.9	3.6% ± 1.7
≥ \$55,001	4,791	50.8% ± 2.0	31.9% ± 2.0	10.3% ± 1.3	4.8% ± 1.1	2.2% ± 0.7
Sexual Orientation and Gender Identity						
LGBT	529	53.4% ± 6.0	30.9% ± 5.8	10.2% ± 4.0	*3.5% ± 2.4	*1.9% ± 1.8
Male	271	54.8% ± 8.4	29.1% ± 8.0	11.2% ± 6.0	^2.7% ± 3.3	^2.2% ± 2.6
Female	257	51.2% ± 8.3	33.7% ± 8.4	*8.9% ± 5.3	^4.8% ± 4.7	^1.4% ± 3.8
Not LGBT	7,679	47.5% ± 1.6	32.9% ± 1.6	11.0% ± 1.1	5.6% ± 0.9	3.1% ± 0.7
Male	2,716	38.8% ± 2.7	36.1% ± 2.7	14.1% ± 2.0	7.1% ± 1.7	4.0% ± 1.3
Female	4,963	55.3% ± 1.9	30.0% ± 1.8	8.2% ± 1.0	4.2% ± 0.9	2.3% ± 0.8
Disability Status						
Yes	2,072	46.5% ± 3.2	29.3% ± 3.0	12.5% ± 2.2	6.1% ± 1.7	5.7% ± 2.2
No	6,308	47.7% ± 1.8	33.4% ± 1.8	10.9% ± 1.2	5.3% ± 1.0	2.6% ± 0.7
Frequent Mental Distress						
Yes	684	39.4% ± 5.6	32.0% ± 5.3	13.9% ± 4.3	6.5% ± 3.2	8.2% ± 4.7
No	7,635	48.3% ± 1.6	32.6% ± 1.6	11.0% ± 1.1	5.4% ± 0.9	2.8% ± 0.6

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Healthy Lifestyles and Behaviors



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

TABLE 44	Sample Size N	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
		% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	8,486	54.6% ± 1.6	22.4% ± 1.3	10.0% ± 0.9	7.4% ± 0.9	5.6% ± 0.7
Age						
25-34	1,195	62.0% ± 3.5	22.1% ± 3.0	8.2% ± 2.0	5.2% ± 1.8	2.5% ± 1.3
35-49	1,742	54.8% ± 3.1	20.1% ± 2.6	10.5% ± 2.0	7.4% ± 1.7	7.3% ± 1.8
50-69	3,688	49.8% ± 2.1	22.7% ± 1.8	11.2% ± 1.3	9.1% ± 1.3	7.2% ± 1.2
70 and older	1,840	50.9% ± 2.7	28.9% ± 2.6	10.0% ± 1.7	6.2% ± 1.4	3.9% ± 1.2
Selected Race/Ethnicities						
Hispanic	137	62.9% ± 11.6	24.0% ± 11.4	[^] 5.5% ± 5.7	[^] 3.7% ± 4.9	[^] 3.8% ± 7.4
Non-Hispanic Asian	229	70.9% ± 7.9	16.1% ± 6.7	[*] 9.7% ± 5.8	[^] 2.0% ± 2.4	[^] 1.3% ± 2.0
Non-Hispanic US-born Black	290	64.5% ± 8.9	17.9% ± 7.1	[*] 9.7% ± 8.4	[^] 3.1% ± 3.1	[*] 4.8% ± 4.3
Non-Hispanic White	7,469	51.8% ± 1.5	22.7% ± 1.3	10.9% ± 1.0	8.4% ± 0.9	6.2% ± 0.8
Educational Attainment						
Less than High School	148	38.7% ± 12.9	30.0% ± 13.0	[*] 15.5% ± 10.5	[^] 5.6% ± 5.8	[^] 10.3% ± 15.5
High School or GED	885	55.1% ± 5.2	23.1% ± 4.9	7.8% ± 2.4	6.6% ± 2.6	7.4% ± 3.0
Some College	2,195	57.5% ± 3.1	21.2% ± 2.7	8.9% ± 1.7	7.2% ± 1.7	5.2% ± 1.4
College Degree or Higher	5,230	53.8% ± 1.9	22.6% ± 1.7	10.6% ± 1.2	7.7% ± 1.1	5.4% ± 0.9
Household Income						
≤ \$23,000	983	57.5% ± 5.1	23.0% ± 5.2	8.5% ± 2.8	4.6% ± 1.9	6.3% ± 3.0
\$23,001 - \$55,000	2,307	60.1% ± 3.0	21.7% ± 2.5	7.9% ± 1.5	6.1% ± 1.5	4.2% ± 1.3
≥ \$55,001	4,807	52.4% ± 2.0	22.4% ± 1.7	10.9% ± 1.3	8.3% ± 1.2	5.9% ± 1.0
Sexual Orientation and Gender Identity						
LGBT	528	55.5% ± 6.0	18.7% ± 4.8	10.5% ± 4.0	9.7% ± 4.1	5.6% ± 3.0
Male	270	51.1% ± 8.4	21.2% ± 7.3	11.2% ± 4.9	[*] 9.3% ± 6.0	[*] 7.2% ± 4.9
Female	257	61.8% ± 8.3	15.1% ± 5.6	[*] 9.5% ± 8.0	[*] 10.4% ± 6.3	[*] 3.3% ± 2.7
Not LGBT	7,737	54.5% ± 1.6	22.8% ± 1.4	9.9% ± 1.0	7.3% ± 0.9	5.6% ± 0.8
Male	2,728	56.4% ± 2.8	20.6% ± 2.4	10.1% ± 1.7	6.7% ± 1.5	6.3% ± 1.4
Female	5,009	52.8% ± 1.9	24.7% ± 1.7	9.7% ± 1.1	7.8% ± 1.1	5.0% ± 0.8
Disability Status						
Yes	2,101	49.0% ± 3.2	23.9% ± 2.7	10.4% ± 1.8	10.0% ± 2.5	6.6% ± 1.5
No	6,334	55.8% ± 1.8	22.1% ± 1.5	9.9% ± 1.1	6.8% ± 0.9	5.4% ± 0.8
Frequent Mental Distress						
Yes	688	51.9% ± 5.6	21.7% ± 4.6	11.7% ± 4.1	6.5% ± 3.5	8.2% ± 3.8
No	7,681	54.9% ± 1.6	22.4% ± 1.4	9.9% ± 1.0	7.5% ± 0.9	5.4% ± 0.7

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

Healthy Lifestyles and Behaviors



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

TABLE 45	Sample Size N	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
		% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	8,501	88.0% ± 1.3	8.7% ± 1.1	2.3% ± 0.7	*0.8% ± 0.6	^0.2% ± 0.3
Age						
25-34	1,197	77.2% ± 3.2	17.5% ± 3.0	4.1% ± 1.8	^0.9% ± 1.3	^0.2% ± 1.3
35-49	1,744	85.7% ± 2.5	9.4% ± 2.0	3.3% ± 1.5	^1.2% ± 1.2	^0.4% ± 0.8
50-69	3,693	94.8% ± 1.2	4.0% ± 1.1	*0.8% ± 0.5	^0.3% ± 0.4	^0.1% ± 0.3
70 and older	1,846	97.9% ± 1.0	1.5% ± 0.8	^0.3% ± 0.8	^0.2% ± 0.4	^0.1% ± 0.6
Selected Race/Ethnicities						
Hispanic	136	81.1% ± 11.1	*14.4% ± 11.0	^0.7% ± 2.8	^3.6% ± 6.7	^0.2% ± 0.9
Non-Hispanic Asian	228	81.6% ± 9.4	*11.5% ± 7.8	^4.5% ± 9.9	^1.3% ± 4.6	^1.1% ± 5.2
Non-Hispanic US-born Black	293	79.1% ± 9.5	*12.9% ± 7.8	^6.7% ± 9.6	^0.9% ± 5.2	^0.4% ± 1.3
Non-Hispanic White	7,481	89.7% ± 1.1	7.8% ± 1.0	1.9% ± 0.6	*0.5% ± 0.3	^0.1% ± 0.4
Educational Attainment						
Less than High School	151	86.1% ± 11.3	^10.3% ± 10.2	^3.2% ± 11.9	0.0% ± 0.0	^0.5% ± 2.8
High School or GED	884	86.8% ± 4.9	9.0% ± 3.9	^2.1% ± 3.2	^2.0% ± 4.4	^0.1% ± 0.7
Some College	2,201	85.6% ± 2.8	9.8% ± 2.3	3.0% ± 1.6	^1.5% ± 1.9	^0.1% ± 0.2
College Degree or Higher	5,236	89.1% ± 1.5	8.2% ± 1.3	2.1% ± 0.8	^0.5% ± 0.5	^0.2% ± 0.5
Household Income						
≤ \$23,000	981	85.9% ± 4.6	10.1% ± 3.7	^2.7% ± 4.1	^0.5% ± 1.4	^0.8% ± 2.5
\$23,001 - \$55,000	2,316	87.3% ± 2.7	8.7% ± 2.2	*2.6% ± 1.7	^1.3% ± 1.6	^0.1% ± 0.2
≥ \$55,001	4,817	88.1% ± 1.6	8.7% ± 1.4	2.3% ± 0.8	^0.8% ± 0.8	^0.1% ± 0.4
Sexual Orientation and Gender Identity						
LGBT	527	81.9% ± 5.4	13.3% ± 4.7	^3.8% ± 4.1	^0.9% ± 2.7	^0.1% ± 0.6
Male	268	78.7% ± 7.7	16.5% ± 7.0	^3.2% ± 5.8	^1.5% ± 4.8	^0.2% ± 1.0
Female	258	86.4% ± 8.2	*8.7% ± 6.5	^4.7% ± 8.3	^0.2% ± 1.2	0.0% ± 0.0
Not LGBT	7,752	88.6% ± 1.3	8.3% ± 1.1	2.1% ± 0.7	*0.9% ± 0.6	^0.2% ± 0.3
Male	2,737	83.6% ± 2.4	11.6% ± 2.1	2.8% ± 1.2	*1.6% ± 1.3	^0.3% ± 0.7
Female	5,015	93.0% ± 1.2	5.3% ± 1.0	1.5% ± 0.8	^0.2% ± 0.2	^0.0% ± 0.1
Disability Status						
Yes	2,098	91.1% ± 2.3	7.3% ± 2.2	*1.1% ± 0.8	^0.3% ± 0.8	^0.1% ± 0.3
No	6,352	87.4% ± 1.5	9.0% ± 1.2	2.6% ± 0.8	*0.8% ± 0.6	^0.2% ± 0.3
Frequent Mental Distress						
Yes	690	83.4% ± 5.1	12.1% ± 3.9	^3.3% ± 5.4	^0.9% ± 1.7	^0.3% ± 0.8
No	7,697	88.3% ± 1.3	8.5% ± 1.1	2.2% ± 0.7	*0.8% ± 0.6	^0.2% ± 0.3

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,518	44.5% ± 1.5	29.6% ± 1.5	11.3% ± 1.1	10.4% ± 1.1	4.2% ± 0.8
Age						
25-34	1,200	33.3% ± 3.4	37.3% ± 3.5	14.7% ± 2.7	10.8% ± 2.4	3.8% ± 1.9
35-49	1,752	40.0% ± 3.0	32.5% ± 2.9	13.5% ± 2.3	10.0% ± 2.1	3.9% ± 1.5
50-69	3,694	53.6% ± 2.1	23.9% ± 1.8	8.6% ± 1.3	9.9% ± 1.5	3.9% ± 1.0
70 and older	1,852	53.5% ± 2.8	22.4% ± 2.4	7.4% ± 1.6	11.4% ± 1.9	5.3% ± 1.9
Selected Race/Ethnicities						
Hispanic	137	26.2% ± 11.9	38.4% ± 12.1	*12.9% ± 10.8	19.0% ± 10.2	^3.5% ± 4.6
Non-Hispanic Asian	232	37.6% ± 8.7	24.8% ± 8.2	20.0% ± 8.5	14.2% ± 7.5	^3.5% ± 3.5
Non-Hispanic US-born Black	293	22.5% ± 8.4	26.1% ± 8.6	21.4% ± 8.4	19.0% ± 9.0	11.0% ± 5.5
Non-Hispanic White	7,489	48.6% ± 1.5	30.2% ± 1.5	9.9% ± 1.0	8.4% ± 0.9	3.0% ± 0.6
Educational Attainment						
Less than High School	151	12.1% ± 6.9	27.1% ± 11.1	*17.4% ± 14.8	19.8% ± 9.6	*23.6% ± 15.3
High School or GED	884	37.1% ± 4.8	28.3% ± 5.4	12.7% ± 4.3	15.3% ± 4.9	6.6% ± 2.7
Some College	2,207	39.0% ± 3.0	28.2% ± 3.0	13.1% ± 2.6	14.1% ± 2.6	5.6% ± 1.9
College Degree or Higher	5,247	48.3% ± 2.0	30.4% ± 1.8	10.3% ± 1.3	8.2% ± 1.2	2.8% ± 0.9
Household Income						
≤ \$23,000	987	32.2% ± 4.5	28.3% ± 4.9	14.4% ± 4.0	15.3% ± 4.2	9.9% ± 3.8
\$23,001 - \$55,000	2,320	39.7% ± 3.0	29.0% ± 3.0	12.3% ± 2.5	13.5% ± 2.4	5.7% ± 2.0
≥ \$55,001	4,819	46.9% ± 2.0	30.5% ± 1.9	10.6% ± 1.4	9.1% ± 1.3	3.0% ± 0.9
Sexual Orientation and Gender Identity						
LGBT	532	44.9% ± 6.1	32.9% ± 5.9	12.0% ± 5.0	7.4% ± 3.3	*2.8% ± 2.1
Male	272	47.5% ± 8.5	31.1% ± 8.1	12.0% ± 6.9	*6.7% ± 5.3	^2.6% ± 2.7
Female	259	40.7% ± 8.0	35.7% ± 8.6	*12.1% ± 8.3	8.4% ± 4.3	^3.0% ± 4.2
Not LGBT	7,760	44.9% ± 1.6	29.6% ± 1.6	11.1% ± 1.1	10.3% ± 1.1	4.0% ± 0.8
Male	2,742	39.4% ± 2.7	32.4% ± 2.7	11.9% ± 2.0	11.3% ± 2.0	5.1% ± 1.5
Female	5,017	49.8% ± 1.9	27.2% ± 1.8	10.5% ± 1.3	9.5% ± 1.2	3.1% ± 0.8
Disability Status						
Yes	2,105	43.8% ± 3.1	28.3% ± 2.9	11.4% ± 2.4	11.6% ± 2.3	5.0% ± 1.6
No	6,362	44.6% ± 1.8	29.8% ± 1.7	11.3% ± 1.3	10.2% ± 1.2	4.1% ± 0.9
Frequent Mental Distress						
Yes	692	37.4% ± 5.6	28.0% ± 5.1	13.9% ± 4.5	12.8% ± 4.2	7.9% ± 3.9
No	7,708	44.9% ± 1.6	29.9% ± 1.6	11.1% ± 1.1	10.2% ± 1.1	3.9% ± 0.8

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

Healthy Lifestyles and Behaviors



About how often do you drink ...?
Water

TABLE 47	Sample Size N	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
		% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	8,539	0.4% ± 0.2	1.1% ± 0.4	3.3% ± 0.7	9.6% ± 0.9	85.6% ± 1.1
Age						
25-34	1,199	^0.4% ± 0.7	^0.5% ± 0.8	*2.9% ± 1.7	6.6% ± 2.0	89.7% ± 2.5
35-49	1,752	0.0% ± 0.0	*1.2% ± 1.0	3.1% ± 1.2	9.3% ± 1.9	86.4% ± 2.2
50-69	3,709	*0.6% ± 0.4	1.2% ± 0.5	3.9% ± 1.0	11.7% ± 1.5	82.6% ± 1.7
70 and older	1,858	*0.9% ± 0.6	1.7% ± 0.9	3.0% ± 1.0	11.7% ± 1.7	82.6% ± 2.1
Selected Race/Ethnicities						
Hispanic	137	^0.3% ± 1.6	^1.4% ± 5.4	^4.7% ± 6.4	*6.1% ± 6.0	87.5% ± 7.8
Non-Hispanic Asian	231	^0.5% ± 1.7	^0.6% ± 1.8	^3.7% ± 4.9	*9.0% ± 7.2	86.2% ± 7.5
Non-Hispanic US-born Black	293	^1.1% ± 3.1	^1.2% ± 2.8	^7.2% ± 9.6	12.6% ± 7.0	77.9% ± 9.1
Non-Hispanic White	7,509	0.4% ± 0.2	1.0% ± 0.3	3.1% ± 0.5	9.8% ± 0.9	85.7% ± 1.1
Educational Attainment						
Less than High School	150	^0.4% ± 2.5	^3.1% ± 6.3	^4.6% ± 9.4	*12.9% ± 9.6	79.0% ± 11.0
High School or GED	885	^1.4% ± 1.6	*3.3% ± 2.5	3.7% ± 2.1	11.5% ± 2.9	80.2% ± 3.9
Some College	2,214	^0.4% ± 0.4	*1.2% ± 0.9	4.2% ± 1.7	12.2% ± 2.2	82.0% ± 2.6
College Degree or Higher	5,262	*0.3% ± 0.2	*0.7% ± 0.5	2.9% ± 0.8	8.4% ± 1.1	87.8% ± 1.4
Household Income						
≤ \$23,000	985	^0.9% ± 1.1	*1.7% ± 1.4	4.3% ± 2.4	10.1% ± 2.9	83.1% ± 3.6
\$23,001 - \$55,000	2,327	*0.7% ± 0.6	*1.8% ± 1.5	3.8% ± 1.7	10.6% ± 2.0	83.1% ± 2.6
≥ \$55,001	4,834	^0.2% ± 0.2	0.7% ± 0.4	3.1% ± 0.9	9.2% ± 1.2	86.8% ± 1.4
Sexual Orientation and Gender Identity						
LGBT	531	^0.2% ± 0.3	^0.5% ± 0.7	^4.1% ± 4.3	7.3% ± 2.9	88.0% ± 4.3
Male	272	^0.3% ± 0.6	^0.3% ± 0.8	^5.6% ± 7.4	7.8% ± 4.1	86.1% ± 6.7
Female	258	0.0% ± 0.0	^0.8% ± 1.7	^2.0% ± 2.4	*6.6% ± 4.7	90.6% ± 4.9
Not LGBT	7,787	0.4% ± 0.2	1.1% ± 0.4	3.3% ± 0.7	9.7% ± 1.0	85.5% ± 1.2
Male	2,752	*0.4% ± 0.4	*1.4% ± 0.9	3.7% ± 1.2	10.9% ± 1.7	83.5% ± 2.1
Female	5,034	*0.4% ± 0.3	0.7% ± 0.3	3.0% ± 0.8	8.6% ± 1.1	87.3% ± 1.3
Disability Status						
Yes	2,114	*0.7% ± 0.6	*2.4% ± 1.8	4.5% ± 1.8	11.4% ± 1.9	81.0% ± 2.7
No	6,375	*0.3% ± 0.2	0.8% ± 0.3	3.0% ± 0.7	9.2% ± 1.1	86.6% ± 1.3
Frequent Mental Distress						
Yes	693	^0.5% ± 0.6	*1.8% ± 1.5	5.9% ± 3.1	11.0% ± 4.1	80.8% ± 4.6
No	7,728	0.4% ± 0.2	1.0% ± 0.4	3.1% ± 0.7	9.5% ± 1.0	86.0% ± 1.2

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

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Healthy Lifestyles and Behaviors



About how often do you drink ...?
Milk

TABLE 48	Sample Size N	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
		% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	8,538	20.3% ± 1.3	16.4% ± 1.2	22.4% ± 1.4	28.0% ± 1.4	12.9% ± 1.1
Age						
25-34	1,199	23.1% ± 3.0	16.8% ± 2.8	22.9% ± 3.2	27.0% ± 3.3	10.3% ± 2.4
35-49	1,753	20.9% ± 2.5	17.9% ± 2.4	24.2% ± 2.7	27.2% ± 2.8	9.8% ± 2.0
50-69	3,703	18.5% ± 1.6	16.3% ± 1.6	21.7% ± 1.8	28.9% ± 1.9	14.6% ± 1.6
70 and older	1,862	19.7% ± 2.5	12.2% ± 1.8	15.4% ± 2.1	32.7% ± 2.6	19.9% ± 2.1
Selected Race/Ethnicities						
Hispanic	137	19.9% ± 10.7	16.2% ± 8.6	20.2% ± 10.1	35.2% ± 12.7	[^] 8.5% ± 10.9
Non-Hispanic Asian	230	26.8% ± 8.5	17.9% ± 8.3	21.5% ± 8.3	25.5% ± 7.7	[*] 8.2% ± 7.3
Non-Hispanic US-born Black	293	24.4% ± 8.6	27.3% ± 8.6	27.4% ± 9.4	12.1% ± 5.4	[*] 8.8% ± 7.4
Non-Hispanic White	7,511	19.8% ± 1.2	15.2% ± 1.1	22.1% ± 1.3	28.9% ± 1.4	14.0% ± 1.1
Educational Attainment						
Less than High School	151	[*] 17.5% ± 13.2	[*] 15.3% ± 9.1	26.7% ± 14.6	27.2% ± 11.2	[*] 13.4% ± 10.3
High School or GED	886	20.5% ± 4.5	15.2% ± 4.5	22.1% ± 4.9	26.9% ± 5.0	15.4% ± 3.6
Some College	2,215	19.2% ± 2.6	18.3% ± 2.6	21.7% ± 2.8	27.1% ± 2.9	13.8% ± 2.2
College Degree or Higher	5,258	20.7% ± 1.6	15.9% ± 1.5	22.5% ± 1.7	28.6% ± 1.8	12.3% ± 1.4
Household Income						
≤ \$23,000	992	19.0% ± 4.0	15.9% ± 4.0	17.7% ± 4.0	28.1% ± 5.0	19.2% ± 4.2
\$23,001 - \$55,000	2,322	21.3% ± 2.7	16.5% ± 2.5	22.6% ± 3.0	28.2% ± 2.8	11.5% ± 1.8
≥ \$55,001	4,830	20.1% ± 1.6	16.6% ± 1.5	23.0% ± 1.8	27.9% ± 1.8	12.3% ± 1.4
Sexual Orientation and Gender Identity						
LGBT	531	30.5% ± 6.0	17.9% ± 4.9	19.1% ± 5.1	19.0% ± 4.7	13.6% ± 5.3
Male	272	27.7% ± 8.9	16.3% ± 6.4	20.9% ± 7.5	19.4% ± 6.6	15.6% ± 8.0
Female	258	34.2% ± 7.9	20.2% ± 8.3	16.4% ± 6.7	18.4% ± 7.1	[*] 10.7% ± 7.2
Not LGBT	7,784	19.6% ± 1.3	16.2% ± 1.2	22.6% ± 1.5	28.7% ± 1.5	12.9% ± 1.1
Male	2,753	16.9% ± 2.2	15.6% ± 2.1	25.7% ± 2.6	29.5% ± 2.5	12.3% ± 1.9
Female	5,030	22.0% ± 1.6	16.6% ± 1.4	19.9% ± 1.5	28.0% ± 1.8	13.5% ± 1.3
Disability Status						
Yes	2,115	20.8% ± 2.6	14.7% ± 2.4	21.4% ± 2.6	27.0% ± 2.8	16.0% ± 2.6
No	6,372	20.3% ± 1.4	16.7% ± 1.4	22.6% ± 1.6	28.3% ± 1.6	12.2% ± 1.2
Frequent Mental Distress						
Yes	693	22.9% ± 4.7	17.1% ± 5.1	22.5% ± 5.2	24.4% ± 5.2	13.1% ± 3.8
No	7,725	20.1% ± 1.3	16.4% ± 1.2	22.4% ± 1.5	28.2% ± 1.5	12.8% ± 1.1

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

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,512	55.7%	± 1.6	8,513	34.0%	± 1.5	8,534	35.7%	± 1.5	8,419	22.2%	± 1.5
Age												
25-34	1,199	56.2%	± 3.5	1,199	36.3%	± 3.4	1,201	37.3%	± 3.5	1,199	20.7%	± 3.1
35-49	1,745	54.3%	± 3.1	1,746	36.0%	± 2.9	1,748	37.2%	± 2.9	1,745	24.1%	± 2.9
50-69	3,694	54.7%	± 2.1	3,690	32.8%	± 2.0	3,702	34.2%	± 2.0	3,656	20.2%	± 1.8
70 and older	1,855	59.7%	± 2.7	1,858	25.5%	± 2.6	1,863	31.7%	± 2.6	1,800	22.3%	± 2.6
Selected Race/Ethnicities												
Hispanic	134	55.7%	± 11.8	135	23.5%	± 11.6	135	30.9%	± 11.8	137	29.1%	± 10.8
Non-Hispanic Asian	228	49.6%	± 8.6	229	28.5%	± 8.3	229	28.6%	± 8.3	231	24.8%	± 8.1
Non-Hispanic US-born Black	288	42.2%	± 9.1	289	25.0%	± 9.4	291	26.2%	± 8.9	290	42.7%	± 9.3
Non-Hispanic White	7,500	57.3%	± 1.5	7,495	35.7%	± 1.5	7,511	36.7%	± 1.5	7,398	18.4%	± 1.3
Educational Attainment												
Less than High School	145	44.0%	± 13.2	148	*20.4%	± 15.4	148	*19.3%	± 13.0	148	55.1%	± 12.8
High School or GED	884	51.7%	± 5.3	885	24.1%	± 5.0	891	27.8%	± 5.0	864	33.6%	± 5.5
Some College	2,204	50.2%	± 3.2	2,202	25.1%	± 2.8	2,210	28.0%	± 2.8	2,179	29.8%	± 3.3
College Degree or Higher	5,251	58.5%	± 2.0	5,251	38.9%	± 1.9	5,257	40.1%	± 1.9	5,199	16.9%	± 1.7
Household Income												
≤ \$23,000	976	48.2%	± 5.0	979	26.8%	± 4.6	987	27.8%	± 4.4	973	38.2%	± 5.2
\$23,001 - \$55,000	2,321	53.3%	± 3.1	2,323	26.0%	± 2.8	2,326	28.8%	± 2.8	2,286	27.8%	± 3.2
≥ \$55,001	4,826	57.2%	± 2.0	4,825	37.6%	± 2.0	4,831	38.9%	± 2.0	4,773	18.5%	± 1.8
Sexual Orientation and Gender Identity												
LGBT	532	50.9%	± 6.0	531	38.3%	± 6.1	532	36.1%	± 6.0	529	15.5%	± 4.3
Male	272	52.4%	± 8.5	271	36.3%	± 8.6	272	36.1%	± 8.6	271	14.7%	± 6.2
Female	259	48.8%	± 8.2	259	41.5%	± 8.3	259	36.2%	± 8.2	257	16.6%	± 6.1
Not LGBT	7,765	56.0%	± 1.6	7,765	33.8%	± 1.6	7,783	35.7%	± 1.6	7,666	22.0%	± 1.5
Male	2,742	50.2%	± 2.8	2,743	29.0%	± 2.6	2,752	30.3%	± 2.6	2,711	26.4%	± 2.7
Female	5,022	61.1%	± 1.9	5,021	38.1%	± 1.8	5,030	40.6%	± 1.9	4,955	18.0%	± 1.6
Disability Status												
Yes	2,111	51.0%	± 3.1	2,113	27.6%	± 2.8	2,119	28.5%	± 2.8	2,070	25.5%	± 3.1
No	6,352	56.7%	± 1.8	6,350	35.5%	± 1.7	6,365	37.3%	± 1.7	6,298	21.4%	± 1.7
Frequent Mental Distress												
Yes	686	45.5%	± 5.5	691	28.9%	± 5.4	692	26.1%	± 4.9	686	31.8%	± 5.6
No	7,714	56.6%	± 1.6	7,710	34.5%	± 1.6	7,728	36.6%	± 1.6	7,622	21.3%	± 1.5

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

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Healthy Lifestyles and Behaviors



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

TABLE 50	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County Total	8,516	85.8% ± 1.1
Age		
25-34	1,199	88.7% ± 2.5
35-49	1,751	86.6% ± 2.3
50-69	3,702	85.7% ± 1.6
70 and older	1,843	77.7% ± 2.3
Selected Race/Ethnicities		
Hispanic	135	76.3% ± 10.7
Non-Hispanic Asian	231	75.1% ± 9.1
Non-Hispanic US-born Black	292	64.8% ± 8.9
Non-Hispanic White	7,490	89.0% ± 0.9
Educational Attainment		
Less than High School	150	67.7% ± 11.1
High School or GED	881	65.9% ± 5.2
Some College	2,204	78.7% ± 2.8
College Degree or Higher	5,253	91.8% ± 1.1
Household Income		
≤ \$23,000	982	69.1% ± 4.8
\$23,001 - \$55,000	2,317	77.5% ± 2.8
≥ \$55,001	4,828	91.1% ± 1.3
Sexual Orientation and Gender Identity		
LGBT	531	87.1% ± 4.2
Male	271	86.5% ± 5.7
Female	259	87.8% ± 6.9
Not LGBT	7,761	86.0% ± 1.2
Male	2,750	87.7% ± 2.0
Female	5,011	84.4% ± 1.5
Disability Status		
Yes	2,106	73.3% ± 2.8
No	6,362	88.8% ± 1.2
Frequent Mental Distress		
Yes	692	69.7% ± 5.2
No	7,710	87.4% ± 1.1

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,378	3.6% ± 0.7	32.4% ± 1.5	27.1% ± 1.4	36.9% ± 1.5
Age					
25-34	1,193	3.5% ± 1.8	34.0% ± 3.4	27.1% ± 3.3	35.4% ± 3.5
35-49	1,736	3.1% ± 1.3	34.8% ± 3.0	27.6% ± 2.8	34.5% ± 3.0
50-69	3,664	3.5% ± 0.9	30.1% ± 2.0	27.1% ± 1.9	39.3% ± 2.1
70 and older	1,770	6.0% ± 1.3	31.2% ± 2.7	24.1% ± 2.4	38.7% ± 2.8
Selected Race/Ethnicities					
Hispanic	129	[^] 4.2% ± 7.1	29.5% ± 11.8	30.4% ± 11.5	35.9% ± 13.2
Non-Hispanic Asian	229	*10.0% ± 8.6	43.7% ± 8.9	22.6% ± 8.2	23.7% ± 7.1
Non-Hispanic US-born Black	284	*11.3% ± 8.2	35.3% ± 8.8	19.5% ± 9.5	33.9% ± 9.1
Non-Hispanic White	7,383	2.8% ± 0.5	31.9% ± 1.4	28.2% ± 1.4	37.1% ± 1.5
Educational Attainment					
Less than High School	138	*8.2% ± 5.3	36.3% ± 14.0	*18.2% ± 12.3	37.3% ± 13.5
High School or GED	845	8.3% ± 3.4	29.6% ± 4.8	22.6% ± 4.9	39.6% ± 5.6
Some College	2,152	5.5% ± 1.8	31.5% ± 3.0	24.8% ± 3.1	38.3% ± 3.1
College Degree or Higher	5,217	2.2% ± 0.7	33.0% ± 1.9	28.8% ± 1.8	36.0% ± 1.9
Household Income					
≤ \$23,000	947	10.2% ± 3.9	28.5% ± 4.5	20.7% ± 4.7	40.6% ± 5.2
\$23,001 - \$55,000	2,276	5.2% ± 1.6	34.0% ± 3.0	25.6% ± 2.9	35.2% ± 3.1
≥ \$55,001	4,800	2.2% ± 0.7	32.2% ± 1.9	28.4% ± 1.9	37.2% ± 2.0
Sexual Orientation and Gender Identity					
LGBT	530	*2.2% ± 2.0	29.5% ± 5.3	30.2% ± 6.0	38.1% ± 6.2
Male	271	[^] 2.3% ± 3.5	24.1% ± 6.9	28.8% ± 8.2	44.7% ± 8.7
Female	258	[^] 2.1% ± 2.5	37.5% ± 8.2	32.3% ± 8.8	28.1% ± 7.5
Not LGBT	7,646	3.7% ± 0.7	32.7% ± 1.6	27.3% ± 1.5	36.3% ± 1.6
Male	2,715	3.4% ± 1.3	30.5% ± 2.6	27.5% ± 2.6	38.5% ± 2.7
Female	4,931	3.9% ± 0.8	34.7% ± 1.8	27.0% ± 1.7	34.4% ± 1.8
Disability Status					
Yes	2,061	8.5% ± 1.7	38.1% ± 3.1	24.8% ± 3.2	28.6% ± 2.8
No	6,279	2.5% ± 0.8	31.1% ± 1.7	27.7% ± 1.6	38.6% ± 1.8
Frequent Mental Distress					
Yes	675	10.1% ± 4.4	36.5% ± 5.6	22.0% ± 5.2	31.4% ± 5.3
No	7,605	2.9% ± 0.6	32.0% ± 1.6	27.6% ± 1.5	37.5% ± 1.6

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	5,270	14.6% ± 1.7	85.4% ± 1.7
Age			
25-34	744	18.2% ± 4.0	81.8% ± 4.0
35-49	1,047	15.5% ± 3.3	84.5% ± 3.3
50-69	2,425	13.1% ± 2.0	86.9% ± 2.0
70 and older	1,047	3.6% ± 1.6	96.4% ± 1.6
Selected Race/Ethnicities			
Hispanic	84	33.9% ± 16.2	66.1% ± 16.2
Non-Hispanic Asian	115	*19.8% ± 12.0	80.2% ± 12.0
Non-Hispanic US-born Black	143	*20.5% ± 13.1	79.5% ± 13.1
Non-Hispanic White	4,710	12.0% ± 1.4	88.0% ± 1.4
Educational Attainment			
Less than High School	70	35.9% ± 19.1	64.1% ± 19.1
High School or GED	471	24.3% ± 7.5	75.7% ± 7.5
Some College	1,326	22.2% ± 4.2	77.8% ± 4.2
College Degree or Higher	3,391	10.2% ± 1.8	89.8% ± 1.8
Household Income			
≤ \$23,000	537	18.4% ± 6.7	81.6% ± 6.7
\$23,001 - \$55,000	1,364	23.3% ± 4.5	76.7% ± 4.5
≥ \$55,001	3,162	11.6% ± 1.9	88.4% ± 1.9
Sexual Orientation and Gender Identity			
LGBT	336	18.6% ± 8.3	81.4% ± 8.3
Male	186	*18.0% ± 11.9	82.0% ± 11.9
Female	149	*19.8% ± 12.2	80.2% ± 12.2
Not LGBT	4,811	14.0% ± 1.7	86.0% ± 1.7
Male	1,783	16.1% ± 2.9	83.9% ± 2.9
Female	3,028	11.9% ± 2.0	88.1% ± 2.0
Disability Status			
Yes	1,057	13.1% ± 3.9	86.9% ± 3.9
No	4,194	14.9% ± 1.9	85.1% ± 1.9
Frequent Mental Distress			
Yes	356	20.0% ± 7.0	80.0% ± 7.0
No	4,866	14.2% ± 1.8	85.8% ± 1.8

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,395	19.7% ± 1.2	27.2% ± 1.5	18.1% ± 1.3	35.0% ± 1.5
Age					
25-34	1,195	15.7% ± 2.8	29.2% ± 3.3	20.0% ± 2.9	35.2% ± 3.5
35-49	1,734	16.3% ± 2.3	28.0% ± 2.9	21.7% ± 2.6	34.1% ± 2.9
50-69	3,670	21.6% ± 1.8	26.3% ± 1.9	15.6% ± 1.6	36.5% ± 2.1
70 and older	1,782	34.9% ± 2.6	23.8% ± 2.6	12.8% ± 2.0	28.6% ± 2.6
Selected Race/Ethnicities					
Hispanic	130	29.9% ± 12.6	26.6% ± 12.7	16.3% ± 8.6	27.2% ± 11.7
Non-Hispanic Asian	229	29.3% ± 9.2	28.2% ± 9.4	15.4% ± 6.7	27.0% ± 7.2
Non-Hispanic US-born Black	283	29.7% ± 8.6	26.0% ± 9.5	10.9% ± 5.9	33.5% ± 9.3
Non-Hispanic White	7,402	18.6% ± 1.1	27.7% ± 1.4	18.3% ± 1.2	35.4% ± 1.5
Educational Attainment					
Less than High School	139	34.1% ± 12.3	26.2% ± 15.4	[^] 10.6% ± 14.3	29.1% ± 12.4
High School or GED	850	31.2% ± 4.9	21.6% ± 4.6	13.0% ± 3.9	34.2% ± 5.6
Some College	2,162	24.8% ± 2.7	26.2% ± 2.9	16.8% ± 2.8	32.2% ± 3.0
College Degree or Higher	5,220	16.0% ± 1.4	28.2% ± 1.8	19.5% ± 1.6	36.3% ± 1.9
Household Income					
≤ \$23,000	949	34.6% ± 4.9	20.1% ± 4.4	14.5% ± 4.6	30.8% ± 4.9
\$23,001 - \$55,000	2,283	25.8% ± 2.7	26.2% ± 2.9	16.8% ± 2.5	31.3% ± 3.1
≥ \$55,001	4,797	15.4% ± 1.4	28.5% ± 1.9	19.1% ± 1.6	37.0% ± 2.0
Sexual Orientation and Gender Identity					
LGBT	526	18.0% ± 5.0	31.4% ± 6.1	16.5% ± 4.5	34.0% ± 6.0
Male	269	18.3% ± 7.1	26.7% ± 8.8	18.0% ± 6.4	37.0% ± 8.6
Female	256	17.6% ± 7.4	38.5% ± 8.4	14.5% ± 6.8	29.4% ± 8.0
Not LGBT	7,667	19.8% ± 1.3	26.7% ± 1.5	18.3% ± 1.3	35.2% ± 1.6
Male	2,719	15.7% ± 2.0	26.5% ± 2.6	18.8% ± 2.3	39.0% ± 2.8
Female	4,947	23.6% ± 1.6	26.9% ± 1.7	17.8% ± 1.5	31.8% ± 1.8
Disability Status					
Yes	2,078	36.1% ± 2.9	28.1% ± 3.0	13.7% ± 2.6	22.1% ± 2.8
No	6,273	15.9% ± 1.3	27.0% ± 1.7	19.2% ± 1.5	37.9% ± 1.8
Frequent Mental Distress					
Yes	678	33.5% ± 5.1	20.2% ± 4.7	18.0% ± 5.9	28.3% ± 5.3
No	7,616	18.4% ± 1.2	27.8% ± 1.5	18.1% ± 1.3	35.7% ± 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 Lifestyles and Behaviors



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.	
Hennepin County Total	4,130	8.3%	± 1.6	91.7%	± 1.6
Age					
25-34	666	6.2%	± 3.4	93.8%	± 3.4
35-49	953	9.2%	± 3.0	90.8%	± 3.0
50-69	1,809	9.1%	± 2.0	90.9%	± 2.0
70 and older	697	*3.2%	± 2.0	96.8%	± 2.0
Selected Race/Ethnicities					
Hispanic	66	*21.4%	± 16.2	78.6%	± 16.2
Non-Hispanic Asian	115	^5.0%	± 6.7	95.0%	± 6.7
Non-Hispanic US-born Black	123	*12.2%	± 10.8	87.8%	± 10.8
Non-Hispanic White	3,639	6.6%	± 1.3	93.4%	± 1.3
Educational Attainment					
Less than High School	54	*33.4%	± 21.7	66.6%	± 21.7
High School or GED	340	25.6%	± 9.5	74.4%	± 9.5
Some College	978	14.1%	± 4.2	85.9%	± 4.2
College Degree or Higher	2,748	4.2%	± 1.4	95.8%	± 1.4
Household Income					
≤ \$23,000	361	12.8%	± 6.9	87.2%	± 6.9
\$23,001 - \$55,000	997	17.4%	± 5.0	82.6%	± 5.0
≥ \$55,001	2,626	5.4%	± 1.6	94.6%	± 1.6
Sexual Orientation and Gender Identity					
LGBT	256	^5.0%	± 5.1	95.0%	± 5.1
Male	143	^6.5%	± 7.9	93.5%	± 7.9
Female	112	^2.2%	± 4.0	97.8%	± 4.0
Not LGBT	3,780	8.0%	± 1.6	92.0%	± 1.6
Male	1,476	10.7%	± 2.8	89.3%	± 2.8
Female	2,304	5.2%	± 1.6	94.8%	± 1.6
Disability Status					
Yes	645	10.1%	± 5.4	89.9%	± 5.4
No	3,473	8.1%	± 1.7	91.9%	± 1.7
Frequent Mental Distress					
Yes	256	18.1%	± 8.6	81.9%	± 8.6
No	3,838	7.6%	± 1.6	92.4%	± 1.6

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,516	14.2%	± 1.1	8,444	74.2%	± 1.4	8,459	58.6%	± 1.6
Age									
25-34	1,199	11.3%	± 2.5	1,196	76.5%	± 3.3	1,197	59.6%	± 3.5
35-49	1,751	13.4%	± 2.3	1,743	75.0%	± 2.8	1,744	59.4%	± 3.0
50-69	3,702	14.3%	± 1.6	3,679	73.5%	± 2.0	3,684	58.6%	± 2.1
70 and older	1,843	22.3%	± 2.3	1,811	69.1%	± 2.7	1,819	52.2%	± 2.8
Selected Race/Ethnicities									
Hispanic	135	23.7%	± 10.7	131	61.0%	± 12.0	131	47.2%	± 12.1
Non-Hispanic Asian	231	24.9%	± 9.1	231	56.3%	± 9.2	231	41.1%	± 8.4
Non-Hispanic US-born Black	292	35.2%	± 8.9	280	57.3%	± 9.3	282	47.1%	± 9.2
Non-Hispanic White	7,490	11.0%	± 0.9	7,444	77.2%	± 1.3	7,457	60.6%	± 1.5
Educational Attainment									
Less than High School	150	32.3%	± 11.1	140	46.1%	± 13.2	141	35.6%	± 14.0
High School or GED	881	34.1%	± 5.2	867	57.1%	± 5.4	869	46.1%	± 5.4
Some College	2,204	21.3%	± 2.8	2,180	67.5%	± 3.1	2,187	54.9%	± 3.2
College Degree or Higher	5,253	8.2%	± 1.1	5,233	79.6%	± 1.7	5,238	62.2%	± 1.9
Household Income									
≤ \$23,000	982	30.9%	± 4.8	955	59.9%	± 5.1	961	49.6%	± 5.1
\$23,001 - \$55,000	2,317	22.5%	± 2.8	2,301	64.1%	± 3.2	2,306	50.4%	± 3.1
≥ \$55,001	4,828	8.9%	± 1.3	4,818	79.4%	± 1.7	4,821	62.7%	± 2.0
Sexual Orientation and Gender Identity									
LGBT	531	12.9%	± 4.2	530	79.2%	± 5.1	531	62.0%	± 5.9
Male	271	13.5%	± 5.7	271	83.9%	± 6.3	272	68.3%	± 7.8
Female	259	12.2%	± 6.9	258	72.1%	± 8.6	258	52.6%	± 8.3
Not LGBT	7,761	14.0%	± 1.2	7,708	74.3%	± 1.5	7,722	58.6%	± 1.6
Male	2,750	12.3%	± 2.0	2,734	76.0%	± 2.5	2,738	61.8%	± 2.7
Female	5,011	15.6%	± 1.5	4,973	72.7%	± 1.8	4,983	55.8%	± 1.9
Disability Status									
Yes	2,106	26.7%	± 2.8	2,093	59.4%	± 3.2	2,100	43.3%	± 3.1
No	6,362	11.2%	± 1.2	6,305	77.5%	± 1.6	6,313	62.0%	± 1.8
Frequent Mental Distress									
Yes	692	30.3%	± 5.2	681	57.3%	± 5.6	683	46.7%	± 5.7
No	7,710	12.6%	± 1.1	7,658	75.9%	± 1.5	7,670	59.8%	± 1.6

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,514	13.0% ± 1.1	30.3% ± 1.5	31.1% ± 1.5	25.6% ± 1.3
Age					
25-34	1,194	16.9% ± 2.9	36.2% ± 3.5	29.7% ± 3.3	17.2% ± 2.8
35-49	1,746	16.4% ± 2.3	35.6% ± 3.0	29.4% ± 2.9	18.6% ± 2.5
50-69	3,702	9.4% ± 1.3	24.8% ± 1.9	33.3% ± 2.0	32.5% ± 2.0
70 and older	1,852	5.4% ± 1.3	15.6% ± 2.2	30.7% ± 2.6	48.3% ± 2.7
Selected Race/Ethnicities					
Hispanic	136	17.1% ± 9.9	36.8% ± 12.2	27.0% ± 12.3	19.2% ± 10.3
Non-Hispanic Asian	230	22.6% ± 7.6	25.9% ± 7.8	30.3% ± 9.0	21.2% ± 9.0
Non-Hispanic US-born Black	290	^3.6% ± 4.4	20.0% ± 9.5	28.5% ± 9.2	47.9% ± 9.0
Non-Hispanic White	7,492	12.0% ± 1.0	30.8% ± 1.5	32.1% ± 1.4	25.1% ± 1.3
Educational Attainment					
Less than High School	149	^5.0% ± 6.8	*14.4% ± 13.4	21.8% ± 12.8	58.7% ± 13.2
High School or GED	886	5.4% ± 2.9	18.4% ± 5.9	27.5% ± 4.7	48.7% ± 5.2
Some College	2,209	8.8% ± 2.6	22.6% ± 2.8	32.5% ± 3.0	36.0% ± 3.0
College Degree or Higher	5,242	15.8% ± 1.5	35.2% ± 1.9	31.3% ± 1.8	17.7% ± 1.5
Household Income					
≤ \$23,000	982	11.4% ± 3.9	18.1% ± 5.3	22.6% ± 3.9	47.9% ± 5.0
\$23,001 - \$55,000	2,320	13.8% ± 2.6	22.4% ± 2.9	29.0% ± 2.8	34.8% ± 2.9
≥ \$55,001	4,821	13.1% ± 1.4	34.8% ± 2.0	32.9% ± 1.9	19.3% ± 1.6
Sexual Orientation and Gender Identity					
LGBT	528	18.0% ± 5.5	29.3% ± 5.9	30.4% ± 5.9	22.4% ± 4.9
Male	271	14.1% ± 8.1	29.2% ± 8.4	31.4% ± 8.5	25.4% ± 7.2
Female	256	23.8% ± 8.1	29.6% ± 8.4	28.5% ± 8.1	18.1% ± 6.3
Not LGBT	7,763	12.5% ± 1.2	30.3% ± 1.6	31.5% ± 1.5	25.7% ± 1.4
Male	2,745	12.3% ± 2.1	30.5% ± 2.7	32.0% ± 2.6	25.3% ± 2.3
Female	5,017	12.7% ± 1.3	30.2% ± 1.8	31.0% ± 1.8	26.0% ± 1.6
Disability Status					
Yes	2,111	10.3% ± 2.1	19.5% ± 2.9	29.2% ± 3.0	41.0% ± 3.0
No	6,354	13.5% ± 1.3	32.9% ± 1.7	31.6% ± 1.7	22.0% ± 1.5
Frequent Mental Distress					
Yes	695	9.4% ± 3.2	22.7% ± 5.1	25.6% ± 5.2	42.2% ± 5.6
No	7,709	13.4% ± 1.2	31.0% ± 1.6	31.5% ± 1.5	24.1% ± 1.3

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,457	22.0% ± 1.2	52.2% ± 1.6	16.3% ± 1.3	9.5% ± 1.1
Age					
25-34	1,195	8.1% ± 2.1	47.6% ± 3.6	26.2% ± 3.1	18.1% ± 3.0
35-49	1,744	14.2% ± 2.3	57.1% ± 3.1	18.5% ± 2.5	10.3% ± 2.0
50-69	3,675	30.3% ± 1.9	53.8% ± 2.1	11.0% ± 1.4	4.9% ± 1.2
70 and older	1,825	49.0% ± 2.8	43.7% ± 2.7	4.9% ± 1.9	2.4% ± 1.1
Selected Race/Ethnicities					
Hispanic	135	21.3% ± 12.3	39.6% ± 11.5	21.4% ± 10.3	*17.6% ± 13.6
Non-Hispanic Asian	230	24.2% ± 8.2	46.6% ± 8.8	15.2% ± 6.1	*14.0% ± 9.6
Non-Hispanic US-born Black	288	11.4% ± 6.0	38.1% ± 8.9	24.3% ± 9.1	26.2% ± 9.3
Non-Hispanic White	7,438	23.5% ± 1.2	53.7% ± 1.5	15.4% ± 1.2	7.5% ± 0.9
Educational Attainment					
Less than High School	143	32.5% ± 11.6	33.9% ± 13.3	*14.8% ± 13.9	*18.8% ± 14.6
High School or GED	875	35.9% ± 5.2	40.0% ± 5.1	12.7% ± 4.8	11.4% ± 4.6
Some College	2,190	24.4% ± 2.5	50.7% ± 3.2	15.0% ± 2.6	10.0% ± 2.4
College Degree or Higher	5,223	18.9% ± 1.5	55.0% ± 2.0	17.3% ± 1.6	8.8% ± 1.3
Household Income					
≤ \$23,000	968	31.2% ± 4.6	40.1% ± 5.1	16.7% ± 4.4	12.1% ± 4.5
\$23,001 - \$55,000	2,304	27.7% ± 2.8	47.6% ± 3.2	13.3% ± 2.3	11.3% ± 2.7
≥ \$55,001	4,796	18.2% ± 1.5	55.5% ± 2.0	17.5% ± 1.7	8.8% ± 1.3
Sexual Orientation and Gender Identity					
LGBT	528	15.4% ± 4.5	47.8% ± 6.1	24.0% ± 6.1	12.8% ± 4.5
Male	269	18.5% ± 7.0	43.6% ± 8.5	23.6% ± 8.9	14.3% ± 6.9
Female	258	11.0% ± 4.4	54.2% ± 8.3	24.3% ± 8.7	10.6% ± 5.6
Not LGBT	7,713	22.2% ± 1.3	52.8% ± 1.6	15.6% ± 1.3	9.3% ± 1.2
Male	2,723	23.9% ± 2.2	51.4% ± 2.8	15.2% ± 2.3	9.4% ± 2.1
Female	4,989	20.7% ± 1.5	54.1% ± 1.9	16.0% ± 1.5	9.2% ± 1.3
Disability Status					
Yes	2,087	30.1% ± 2.9	48.3% ± 3.2	13.9% ± 2.6	7.7% ± 2.0
No	6,323	20.0% ± 1.3	53.1% ± 1.8	16.9% ± 1.4	9.9% ± 1.3
Frequent Mental Distress					
Yes	686	21.2% ± 5.0	45.5% ± 5.6	17.8% ± 4.5	15.5% ± 5.3
No	7,664	21.7% ± 1.3	53.0% ± 1.7	16.3% ± 1.3	9.1% ± 1.1

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Healthy Lifestyles and Behaviors



During a typical day how many hours do you do each of the following ... ?
Use a computer, laptop, or tablet 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.
Hennepin County Total	8,505	10.2% ± 0.9	21.8% ± 1.2	16.0% ± 1.2	52.1% ± 1.6
Age					
25-34	1,197	4.7% ± 1.8	15.3% ± 2.7	12.7% ± 2.6	67.3% ± 3.4
35-49	1,746	5.9% ± 1.7	18.5% ± 2.4	13.9% ± 2.3	61.7% ± 3.0
50-69	3,703	10.3% ± 1.4	26.9% ± 1.8	19.2% ± 1.7	43.6% ± 2.1
70 and older	1,840	33.0% ± 2.7	32.2% ± 2.6	21.4% ± 2.3	13.5% ± 2.0
Selected Race/Ethnicities					
Hispanic	135	*13.7% ± 9.9	22.1% ± 12.5	*16.6% ± 10.5	47.6% ± 11.8
Non-Hispanic Asian	231	*11.3% ± 8.9	18.8% ± 7.2	17.7% ± 7.8	52.3% ± 8.8
Non-Hispanic US-born Black	289	18.8% ± 6.9	15.3% ± 6.0	*13.8% ± 8.7	52.1% ± 9.0
Non-Hispanic White	7,485	8.8% ± 0.7	23.0% ± 1.2	16.3% ± 1.1	52.0% ± 1.5
Educational Attainment					
Less than High School	144	55.2% ± 13.2	*18.4% ± 13.4	*13.4% ± 10.6	*12.9% ± 11.5
High School or GED	884	35.8% ± 5.1	25.5% ± 5.0	17.0% ± 4.7	21.6% ± 4.6
Some College	2,206	15.0% ± 2.3	27.3% ± 2.8	18.6% ± 2.7	39.2% ± 3.2
College Degree or Higher	5,243	3.7% ± 0.6	19.3% ± 1.5	15.0% ± 1.4	62.0% ± 1.8
Household Income					
≤ \$23,000	979	33.1% ± 4.8	22.7% ± 4.3	17.4% ± 4.2	26.9% ± 5.1
\$23,001 - \$55,000	2,314	17.3% ± 2.5	25.6% ± 2.7	18.3% ± 2.7	38.8% ± 3.1
≥ \$55,001	4,821	4.3% ± 0.8	20.1% ± 1.6	14.8% ± 1.5	60.8% ± 1.9
Sexual Orientation and Gender Identity					
LGBT	529	*5.0% ± 3.6	18.8% ± 5.1	14.7% ± 5.3	61.5% ± 6.1
Male	270	*2.6% ± 2.2	21.4% ± 7.7	18.1% ± 8.4	57.8% ± 8.6
Female	258	^8.6% ± 8.5	15.1% ± 6.1	9.6% ± 4.4	66.7% ± 8.2
Not LGBT	7,757	10.0% ± 0.9	22.0% ± 1.3	16.1% ± 1.2	51.9% ± 1.6
Male	2,745	8.2% ± 1.4	19.8% ± 2.1	16.9% ± 2.2	55.1% ± 2.7
Female	5,011	11.6% ± 1.2	24.0% ± 1.6	15.3% ± 1.4	49.0% ± 1.9
Disability Status					
Yes	2,103	18.1% ± 2.2	23.6% ± 2.6	19.1% ± 2.7	39.3% ± 3.2
No	6,356	8.3% ± 1.0	21.4% ± 1.4	15.2% ± 1.3	55.1% ± 1.8
Frequent Mental Distress					
Yes	692	18.0% ± 4.5	20.0% ± 5.0	13.3% ± 3.5	48.7% ± 5.6
No	7,705	9.2% ± 0.9	21.9% ± 1.3	16.3% ± 1.3	52.6% ± 1.6

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,520	4.6% ± 0.6	3.1% ± 0.7	27.3% ± 1.4	65.0% ± 1.5
Age					
25-34	1,198	4.1% ± 1.6	4.8% ± 1.9	15.7% ± 2.7	75.3% ± 3.2
35-49	1,746	5.0% ± 1.4	3.1% ± 1.2	23.5% ± 2.6	68.4% ± 2.8
50-69	3,697	5.6% ± 1.0	2.4% ± 0.8	33.5% ± 2.0	58.5% ± 2.1
70 and older	1,859	3.4% ± 1.1	*0.9% ± 0.6	46.0% ± 2.7	49.7% ± 2.7
Selected Race/Ethnicities					
Hispanic	136	^1.6% ± 2.8	^2.3% ± 5.3	17.0% ± 8.8	79.1% ± 9.2
Non-Hispanic Asian	229	^2.9% ± 4.0	^5.6% ± 10.3	15.7% ± 7.9	75.8% ± 9.4
Non-Hispanic US-born Black	290	8.7% ± 5.1	*5.7% ± 4.4	26.1% ± 9.0	59.4% ± 9.0
Non-Hispanic White	7,497	4.5% ± 0.7	2.7% ± 0.6	29.6% ± 1.4	63.3% ± 1.4
Educational Attainment					
Less than High School	148	*13.0% ± 8.1	^9.8% ± 16.4	21.5% ± 10.3	55.7% ± 12.8
High School or GED	890	11.7% ± 3.2	*4.0% ± 3.2	29.1% ± 4.1	55.2% ± 5.1
Some College	2,201	7.1% ± 1.7	4.6% ± 1.7	36.8% ± 3.0	51.5% ± 3.2
College Degree or Higher	5,253	2.5% ± 0.7	2.2% ± 0.7	23.6% ± 1.7	71.6% ± 1.8
Household Income					
≤ \$23,000	981	13.4% ± 3.7	5.3% ± 3.1	24.7% ± 3.9	56.6% ± 4.9
\$23,001 - \$55,000	2,324	6.8% ± 1.5	3.3% ± 1.3	30.0% ± 2.7	60.0% ± 3.0
≥ \$55,001	4,825	2.8% ± 0.7	2.7% ± 0.9	26.8% ± 1.8	67.7% ± 1.9
Sexual Orientation and Gender Identity					
LGBT	530	8.6% ± 3.8	*5.0% ± 3.2	27.9% ± 5.3	58.5% ± 5.9
Male	271	*9.4% ± 5.7	*5.2% ± 4.8	28.8% ± 7.7	56.6% ± 8.3
Female	258	*7.5% ± 5.8	^4.6% ± 4.9	26.7% ± 7.2	61.2% ± 8.1
Not LGBT	7,767	4.5% ± 0.7	2.9% ± 0.7	27.7% ± 1.4	64.9% ± 1.6
Male	2,749	4.4% ± 1.1	3.7% ± 1.4	29.4% ± 2.5	62.5% ± 2.7
Female	5,017	4.6% ± 0.9	2.2% ± 0.6	26.1% ± 1.6	67.1% ± 1.7
Disability Status					
Yes	2,110	7.8% ± 1.6	3.1% ± 1.4	34.0% ± 2.8	55.1% ± 3.1
No	6,360	3.9% ± 0.7	3.1% ± 0.8	25.6% ± 1.5	67.4% ± 1.7
Frequent Mental Distress					
Yes	693	10.7% ± 3.2	*6.4% ± 5.0	30.0% ± 5.2	52.8% ± 5.6
No	7,710	4.2% ± 0.7	2.8% ± 0.6	27.1% ± 1.4	66.0% ± 1.5

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

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Healthy Lifestyles and Behaviors



Current smoking status

TABLE 60	Sample Size N	Currently smoking % ± 95% C.I.
Hennepin County Total	8,520	7.7% ± 0.9
Age		
25-34	1,198	9.0% ± 2.3
35-49	1,746	8.1% ± 1.7
50-69	3,697	8.0% ± 1.2
70 and older	1,859	4.3% ± 1.2
Selected Race/Ethnicities		
Hispanic	136	[^] 3.9% ± 4.9
Non-Hispanic Asian	229	[^] 8.5% ± 9.1
Non-Hispanic US-born Black	290	14.4% ± 6.0
Non-Hispanic White	7,497	7.2% ± 0.8
Educational Attainment		
Less than High School	148	22.8% ± 13.2
High School or GED	890	15.7% ± 4.0
Some College	2,201	11.7% ± 2.2
College Degree or Higher	5,253	4.7% ± 0.9
Household Income		
≤ \$23,000	981	18.7% ± 4.3
\$23,001 - \$55,000	2,324	10.0% ± 1.9
≥ \$55,001	4,825	5.5% ± 1.1
Sexual Orientation and Gender Identity		
LGBT	530	13.6% ± 4.5
Male	271	14.6% ± 6.5
Female	258	12.1% ± 6.5
Not LGBT	7,767	7.4% ± 0.9
Male	2,749	8.1% ± 1.7
Female	5,017	6.9% ± 1.0
Disability Status		
Yes	2,110	10.9% ± 1.9
No	6,360	7.0% ± 1.0
Frequent Mental Distress		
Yes	693	17.2% ± 4.9
No	7,710	6.9% ± 0.9

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 Lifestyles and Behaviors



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:
	N	Yes % ± 95% C.I.
Hennepin County Total	675	59.4% ± 5.5
Age		
25-34	108	65.6% ± 12.3
35-49	165	58.1% ± 10.2
50-69	320	53.6% ± 7.0
70 and older	81	42.8% ± 12.6
Selected Race/Ethnicities		
Hispanic	< 30	
Non-Hispanic Asian	< 30	
Non-Hispanic US-born Black	55	71.2% ± 18.4
Non-Hispanic White	556	54.4% ± 5.7
Educational Attainment		
Less than High School	31	68.4% ± 25.6
High School or GED	132	52.1% ± 12.1
Some College	251	59.2% ± 9.4
College Degree or Higher	259	61.5% ± 8.9
Household Income		
≤ \$23,000	175	60.1% ± 11.1
\$23,001 - \$55,000	232	57.5% ± 8.8
≥ \$55,001	241	60.4% ± 9.2
Sexual Orientation and Gender Identity		
LGBT	78	64.5% ± 15.1
Male	44	71.0% ± 17.5
Female	34	53.0% ± 23.0
Not LGBT	586	58.6% ± 6.0
Male	225	57.4% ± 9.6
Female	361	59.9% ± 7.2
Disability Status		
Yes	248	55.6% ± 8.5
No	425	60.7% ± 6.9
Frequent Mental Distress		
Yes	125	68.9% ± 11.8
No	544	57.2% ± 6.1

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Healthy Lifestyles and Behaviors



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

TABLE 62	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County Total	8,478	9.7% ± 1.1
Age		
25-34	1,196	16.7% ± 2.9
35-49	1,746	11.6% ± 2.2
50-69	3,682	5.6% ± 1.1
70 and older	1,834	1.7% ± 0.8
Selected Race/Ethnicities		
Hispanic	134	*9.3% ± 8.6
Non-Hispanic Asian	231	^4.7% ± 5.0
Non-Hispanic US-born Black	294	*12.1% ± 8.2
Non-Hispanic White	7,455	9.8% ± 1.1
Educational Attainment		
Less than High School	145	^9.0% ± 9.6
High School or GED	875	6.1% ± 2.7
Some College	2,193	10.5% ± 2.5
College Degree or Higher	5,237	9.9% ± 1.4
Household Income		
≤ \$23,000	973	9.7% ± 4.0
\$23,001 - \$55,000	2,311	9.2% ± 2.3
≥ \$55,001	4,807	10.1% ± 1.4
Sexual Orientation and Gender Identity		
LGBT	527	12.9% ± 5.6
Male	271	16.6% ± 8.6
Female	255	*7.5% ± 6.2
Not LGBT	7,734	9.5% ± 1.1
Male	2,750	16.2% ± 2.2
Female	4,983	3.4% ± 0.9
Disability Status		
Yes	2,106	7.4% ± 1.9
No	6,323	10.3% ± 1.3
Frequent Mental Distress		
Yes	689	9.7% ± 3.6
No	7,673	9.7% ± 1.2

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Healthy Lifestyles and Behaviors



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

TABLE 63	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County Total	8,494	4.5% ± 0.7
Age		
25-34	1,198	3.5% ± 1.7
35-49	1,743	2.8% ± 1.1
50-69	3,682	6.9% ± 1.3
70 and older	1,851	3.6% ± 1.8
Selected Race/Ethnicities		
Hispanic	135	[^] 1.7% ± 3.0
Non-Hispanic Asian	231	[^] 7.2% ± 10.5
Non-Hispanic US-born Black	291	14.9% ± 7.6
Non-Hispanic White	7,472	3.6% ± 0.6
Educational Attainment		
Less than High School	147	*23.2% ± 15.2
High School or GED	881	10.4% ± 3.6
Some College	2,197	7.7% ± 2.1
College Degree or Higher	5,241	2.0% ± 0.6
Household Income		
≤ \$23,000	981	13.8% ± 4.1
\$23,001 - \$55,000	2,312	6.4% ± 1.8
≥ \$55,001	4,812	2.7% ± 0.8
Sexual Orientation and Gender Identity		
LGBT	528	6.5% ± 3.5
Male	272	*6.9% ± 5.4
Female	255	*6.0% ± 5.2
Not LGBT	7,747	4.4% ± 0.8
Male	2,747	4.5% ± 1.4
Female	4,999	4.2% ± 0.9
Disability Status		
Yes	2,106	8.5% ± 2.0
No	6,336	3.6% ± 0.8
Frequent Mental Distress		
Yes	693	13.8% ± 4.7
No	7,682	3.7% ± 0.7

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,525	6.7% ± 0.9
Age		
25-34	1,199	9.2% ± 2.3
35-49	1,746	5.7% ± 1.5
50-69	3,697	6.7% ± 1.2
70 and older	1,862	3.1% ± 1.7
Selected Race/Ethnicities		
Hispanic	137	*9.2% ± 8.1
Non-Hispanic Asian	231	^9.6% ± 9.9
Non-Hispanic US-born Black	293	15.6% ± 7.2
Non-Hispanic White	7,495	5.4% ± 0.7
Educational Attainment		
Less than High School	152	23.1% ± 13.5
High School or GED	888	12.7% ± 3.5
Some College	2,209	11.2% ± 2.4
College Degree or Higher	5,246	3.8% ± 0.9
Household Income		
≤ \$23,000	987	16.2% ± 4.3
\$23,001 - \$55,000	2,318	9.7% ± 2.1
≥ \$55,001	4,824	4.6% ± 1.1
Sexual Orientation and Gender Identity		
LGBT	528	8.7% ± 3.9
Male	270	*9.0% ± 6.0
Female	257	*8.3% ± 5.5
Not LGBT	7,774	6.4% ± 0.9
Male	2,750	7.2% ± 1.7
Female	5,023	5.7% ± 1.0
Disability Status		
Yes	2,117	9.9% ± 2.3
No	6,358	6.0% ± 1.0
Frequent Mental Distress		
Yes	695	16.4% ± 5.1
No	7,711	5.9% ± 0.9

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Healthy Lifestyles and Behaviors

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.
Hennepin County Total	8,532	76.0% ± 1.4
Age		
25-34	1,198	81.7% ± 3.0
35-49	1,746	79.6% ± 2.7
50-69	3,700	73.4% ± 1.9
70 and older	1,869	61.0% ± 2.7
Selected Race/Ethnicities		
Hispanic	134	74.3% ± 11.4
Non-Hispanic Asian	229	57.2% ± 8.8
Non-Hispanic US-born Black	293	62.4% ± 9.0
Non-Hispanic White	7,510	79.7% ± 1.2
Educational Attainment		
Less than High School	151	40.8% ± 13.3
High School or GED	888	53.4% ± 5.3
Some College	2,209	70.1% ± 3.0
College Degree or Higher	5,255	82.2% ± 1.5
Household Income		
≤ \$23,000	989	47.8% ± 5.0
\$23,001 - \$55,000	2,328	67.9% ± 3.1
≥ \$55,001	4,826	82.8% ± 1.6
Sexual Orientation and Gender Identity		
LGBT	530	82.1% ± 4.1
Male	272	85.0% ± 5.4
Female	257	78.2% ± 6.8
Not LGBT	7,777	76.9% ± 1.4
Male	2,760	80.0% ± 2.3
Female	5,016	74.3% ± 1.7
Disability Status		
Yes	2,116	62.8% ± 3.1
No	6,364	79.1% ± 1.5
Frequent Mental Distress		
Yes	696	67.4% ± 5.1
No	7,720	77.0% ± 1.4

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,520	24.1% ± 1.4	19.4% ± 1.3	21.8% ± 1.4	15.8% ± 1.2	19.0% ± 1.2
Age						
25-34	1,198	18.3% ± 3.0	17.6% ± 2.9	26.8% ± 3.3	20.6% ± 2.9	16.7% ± 2.7
35-49	1,745	20.4% ± 2.7	22.2% ± 2.6	22.0% ± 2.6	18.7% ± 2.5	16.7% ± 2.2
50-69	3,694	26.7% ± 1.9	18.2% ± 1.6	20.9% ± 1.8	12.3% ± 1.4	21.9% ± 1.7
70 and older	1,864	39.0% ± 2.7	20.1% ± 2.4	12.7% ± 1.9	7.2% ± 1.4	21.0% ± 2.2
Selected Race/Ethnicities						
Hispanic	134	25.7% ± 11.4	32.7% ± 12.2	*19.9% ± 12.4	*13.0% ± 10.3	*8.7% ± 7.2
Non-Hispanic Asian	229	42.8% ± 8.8	21.7% ± 7.3	22.5% ± 9.3	*8.6% ± 6.8	*4.4% ± 4.3
Non-Hispanic US-born Black	292	37.6% ± 9.0	24.3% ± 8.4	22.3% ± 9.3	*10.0% ± 6.9	*5.8% ± 4.2
Non-Hispanic White	7,500	20.3% ± 1.2	17.5% ± 1.1	22.8% ± 1.4	17.5% ± 1.3	21.9% ± 1.3
Educational Attainment						
Less than High School	151	59.2% ± 13.3	*24.8% ± 14.9	^5.1% ± 9.3	^8.5% ± 9.6	^2.3% ± 2.8
High School or GED	883	46.8% ± 5.3	21.2% ± 4.9	12.7% ± 3.4	6.5% ± 2.9	12.8% ± 3.2
Some College	2,205	30.0% ± 3.0	20.9% ± 2.6	21.6% ± 3.1	11.6% ± 2.1	15.9% ± 2.2
College Degree or Higher	5,252	17.8% ± 1.5	18.5% ± 1.6	23.5% ± 1.7	18.8% ± 1.6	21.4% ± 1.6
Household Income						
≤ \$23,000	986	52.4% ± 5.0	18.6% ± 4.5	14.1% ± 4.3	6.6% ± 2.3	8.4% ± 2.4
\$23,001 - \$55,000	2,323	32.2% ± 3.1	23.8% ± 2.9	17.1% ± 2.5	12.5% ± 2.0	14.5% ± 2.2
≥ \$55,001	4,824	17.2% ± 1.6	17.8% ± 1.6	24.5% ± 1.8	18.2% ± 1.6	22.3% ± 1.6
Sexual Orientation and Gender Identity						
LGBT	530	17.9% ± 4.1	14.3% ± 5.1	21.6% ± 5.5	19.8% ± 5.3	26.4% ± 5.9
Male	272	15.0% ± 5.4	*13.5% ± 8.3	23.1% ± 7.8	18.1% ± 7.4	30.3% ± 8.5
Female	257	21.8% ± 6.8	15.5% ± 5.8	19.5% ± 7.8	22.5% ± 8.2	20.6% ± 7.5
Not LGBT	7,765	23.1% ± 1.4	20.0% ± 1.4	22.2% ± 1.5	15.8% ± 1.3	18.9% ± 1.2
Male	2,755	20.1% ± 2.3	15.9% ± 2.2	23.0% ± 2.5	17.8% ± 2.2	23.2% ± 2.2
Female	5,009	25.8% ± 1.7	23.7% ± 1.7	21.4% ± 1.6	14.0% ± 1.3	15.1% ± 1.3
Disability Status						
Yes	2,115	37.2% ± 3.1	20.3% ± 2.7	16.0% ± 2.6	10.1% ± 2.0	16.5% ± 2.3
No	6,354	21.0% ± 1.5	19.3% ± 1.5	23.1% ± 1.6	17.1% ± 1.4	19.5% ± 1.4
Frequent Mental Distress						
Yes	696	32.6% ± 5.1	21.0% ± 5.3	18.4% ± 4.7	12.3% ± 3.9	15.7% ± 5.0
No	7,710	23.0% ± 1.4	19.3% ± 1.3	22.1% ± 1.4	16.2% ± 1.3	19.4% ± 1.2

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	8,312	22.7% ± 1.4	61.8% ± 1.6	11.8% ± 1.1	3.7% ± 0.7
Age					
25-34	1,190	17.5% ± 3.0	60.2% ± 3.6	16.8% ± 2.8	5.5% ± 2.0
35-49	1,720	19.4% ± 2.7	65.2% ± 3.1	12.2% ± 2.2	3.2% ± 1.2
50-69	3,607	25.2% ± 1.9	61.3% ± 2.1	10.2% ± 1.4	3.3% ± 1.0
70 and older	1,776	35.7% ± 2.7	58.5% ± 2.8	4.6% ± 1.3	1.2% ± 0.6
Selected Race/Ethnicities					
Hispanic	131	24.0% ± 11.4	60.7% ± 11.8	*12.0% ± 8.1	^3.4% ± 6.0
Non-Hispanic Asian	226	41.4% ± 8.9	42.4% ± 8.6	*15.3% ± 10.3	^1.0% ± 3.0
Non-Hispanic US-born Black	282	36.7% ± 9.2	44.6% ± 9.2	8.4% ± 4.6	*10.3% ± 9.6
Non-Hispanic White	7,314	18.8% ± 1.2	65.8% ± 1.5	12.0% ± 1.1	3.4% ± 0.7
Educational Attainment					
Less than High School	143	57.0% ± 13.6	22.9% ± 12.9	^8.3% ± 11.6	^11.7% ± 16.0
High School or GED	852	44.9% ± 5.5	39.3% ± 5.2	10.2% ± 3.5	5.6% ± 3.1
Some College	2,135	28.3% ± 3.0	54.7% ± 3.2	13.1% ± 2.5	3.9% ± 1.6
College Degree or Higher	5,154	16.8% ± 1.5	68.5% ± 1.9	11.6% ± 1.4	3.1% ± 0.9
Household Income					
≤ \$23,000	948	51.1% ± 5.1	32.2% ± 5.0	10.5% ± 3.3	6.2% ± 3.2
\$23,001 - \$55,000	2,238	30.4% ± 3.1	54.8% ± 3.2	10.0% ± 2.0	4.8% ± 2.0
≥ \$55,001	4,756	16.2% ± 1.6	67.9% ± 2.0	12.9% ± 1.5	3.0% ± 0.9
Sexual Orientation and Gender Identity					
LGBT	516	17.1% ± 4.1	58.8% ± 6.1	17.6% ± 5.2	*6.5% ± 5.6
Male	265	14.1% ± 5.4	54.8% ± 8.6	20.6% ± 7.8	*10.5% ± 8.8
Female	250	21.1% ± 6.8	65.2% ± 7.8	13.1% ± 6.3	^0.6% ± 1.8
Not LGBT	7,582	21.7% ± 1.4	63.2% ± 1.6	11.6% ± 1.2	3.5% ± 0.7
Male	2,705	19.1% ± 2.3	60.0% ± 2.8	15.5% ± 2.2	5.4% ± 1.5
Female	4,876	24.1% ± 1.7	66.1% ± 1.9	8.1% ± 1.1	1.7% ± 0.5
Disability Status					
Yes	2,020	34.9% ± 3.1	51.6% ± 3.2	9.9% ± 2.1	3.5% ± 1.5
No	6,244	19.9% ± 1.5	64.2% ± 1.8	12.3% ± 1.3	3.7% ± 0.9
Frequent Mental Distress					
Yes	666	31.0% ± 5.1	48.5% ± 5.7	12.2% ± 5.0	8.3% ± 4.4
No	7,540	21.7% ± 1.4	63.2% ± 1.6	11.8% ± 1.2	3.3% ± 0.7

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Healthy Lifestyles and Behaviors



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.
Hennepin County Total	6,225	80.0% ± 1.6	15.3% ± 1.4	4.7% ± 0.9
Age				
25-34	1,002	73.0% ± 3.6	20.4% ± 3.3	6.6% ± 2.4
35-49	1,431	80.9% ± 2.8	15.1% ± 2.6	4.0% ± 1.5
50-69	2,655	82.0% ± 2.1	13.6% ± 1.9	4.4% ± 1.3
70 and older	1,128	91.0% ± 2.2	7.1% ± 2.1	1.9% ± 1.0
Selected Race/Ethnicities				
Hispanic	96	79.8% ± 11.2	*15.8% ± 10.4	^4.4% ± 7.8
Non-Hispanic Asian	127	72.3% ± 14.3	26.0% ± 14.6	^1.7% ± 5.0
Non-Hispanic US-born Black	161	70.5% ± 12.1	13.2% ± 7.1	*16.3% ± 13.6
Non-Hispanic White	5,626	81.0% ± 1.5	14.7% ± 1.3	4.2% ± 0.9
Educational Attainment				
Less than High School	50	53.4% ± 21.9	^19.4% ± 22.4	*27.2% ± 26.6
High School or GED	467	71.4% ± 6.6	18.5% ± 5.9	10.1% ± 5.3
Some College	1,491	76.3% ± 3.6	18.3% ± 3.3	5.4% ± 2.3
College Degree or Higher	4,200	82.3% ± 1.8	14.0% ± 1.7	3.8% ± 1.0
Household Income				
≤ \$23,000	452	65.8% ± 7.1	21.5% ± 6.2	12.7% ± 6.0
\$23,001 - \$55,000	1,546	78.8% ± 3.4	14.3% ± 2.7	6.9% ± 2.8
≥ \$55,001	3,969	81.0% ± 1.9	15.4% ± 1.8	3.6% ± 1.0
Sexual Orientation and Gender Identity				
LGBT	397	70.9% ± 7.1	21.2% ± 6.1	*7.9% ± 6.6
Male	213	63.8% ± 9.9	24.0% ± 8.9	*12.2% ± 10.0
Female	184	82.7% ± 7.8	16.6% ± 7.8	^0.7% ± 2.3
Not LGBT	5,727	80.7% ± 1.6	14.8% ± 1.5	4.4% ± 0.9
Male	2,091	74.1% ± 2.9	19.1% ± 2.6	6.7% ± 1.8
Female	3,636	87.1% ± 1.5	10.7% ± 1.5	2.2% ± 0.7
Disability Status				
Yes	1,261	79.3% ± 3.4	15.3% ± 3.1	5.5% ± 2.2
No	4,933	80.1% ± 1.8	15.3% ± 1.6	4.6% ± 1.1
Frequent Mental Distress				
Yes	411	70.3% ± 7.5	17.6% ± 6.9	12.0% ± 6.2
No	5,766	80.7% ± 1.6	15.1% ± 1.4	4.2% ± 0.9

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

Healthy Lifestyles and Behaviors



How many times during the past 30 days 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.
Hennepin County Total	3,091	67.7% ± 2.5	9.9% ± 1.8	7.3% ± 1.5	8.9% ± 1.7	6.2% ± 1.4
Age						
25-34	379	46.0% ± 5.8	17.4% ± 4.9	10.4% ± 4.0	16.7% ± 4.8	9.4% ± 3.7
35-49	543	66.8% ± 4.7	11.1% ± 3.3	7.5% ± 3.2	9.1% ± 3.0	5.4% ± 2.3
50-69	1,393	76.6% ± 3.1	5.8% ± 1.8	6.5% ± 2.0	5.5% ± 1.9	5.5% ± 1.9
70 and older	767	91.8% ± 2.4	*2.4% ± 1.7	*2.0% ± 1.3	*2.3% ± 1.6	*1.5% ± 1.2
Selected Race/Ethnicities						
Hispanic	63	56.8% ± 17.2	^14.4% ± 19.1	^14.6% ± 15.1	^10.0% ± 13.1	^4.2% ± 9.0
Non-Hispanic Asian	104	72.7% ± 16.6	^9.4% ± 13.8	^7.0% ± 18.6	^10.1% ± 17.7	^0.8% ± 3.3
Non-Hispanic US-born Black	86	53.3% ± 17.5	^19.2% ± 21.3	^3.3% ± 5.5	^8.3% ± 11.2	^15.8% ± 20.2
Non-Hispanic White	2,666	67.0% ± 2.5	10.0% ± 1.7	7.1% ± 1.5	9.1% ± 1.6	6.8% ± 1.5
Educational Attainment						
Less than High School	60	72.8% ± 23.3	^3.6% ± 7.7	0.0% ± 0.0	^19.0% ± 26.6	^4.6% ± 17.6
High School or GED	285	70.7% ± 8.6	*9.2% ± 7.1	*5.7% ± 5.2	*7.8% ± 5.2	*6.5% ± 5.8
Some College	814	67.2% ± 5.3	8.6% ± 3.4	8.3% ± 3.9	8.8% ± 4.2	7.1% ± 2.9
College Degree or Higher	1,921	67.4% ± 3.2	10.5% ± 2.3	7.4% ± 1.9	8.7% ± 2.0	5.9% ± 1.8
Household Income						
≤ \$23,000	334	69.3% ± 8.2	*9.0% ± 6.9	*5.6% ± 5.0	*8.3% ± 5.5	*7.9% ± 5.6
\$23,001 - \$55,000	810	70.0% ± 5.3	9.8% ± 4.0	7.3% ± 3.4	7.6% ± 3.7	5.2% ± 2.5
≥ \$55,001	1,828	66.3% ± 3.2	10.3% ± 2.2	7.8% ± 2.0	9.2% ± 2.1	6.4% ± 1.9
Sexual Orientation and Gender Identity						
LGBT	268	53.3% ± 8.6	*15.6% ± 9.8	*6.5% ± 4.8	13.5% ± 6.2	11.2% ± 6.3
Male	268	53.3% ± 8.6	*15.6% ± 9.8	*6.5% ± 4.8	13.5% ± 6.2	11.2% ± 6.3
Female	N/A					
Not LGBT	2,733	68.2% ± 2.7	9.7% ± 1.8	7.5% ± 1.7	8.6% ± 1.8	6.0% ± 1.5
Male	2,733	68.2% ± 2.7	9.7% ± 1.8	7.5% ± 1.7	8.6% ± 1.8	6.0% ± 1.5
Female	N/A					
Disability Status						
Yes	783	76.4% ± 4.8	6.9% ± 2.9	*4.0% ± 2.4	6.5% ± 3.8	6.2% ± 3.0
No	2,286	65.8% ± 2.9	10.5% ± 2.1	8.0% ± 1.8	9.4% ± 1.9	6.2% ± 1.6
Frequent Mental Distress						
Yes	238	59.9% ± 10.3	*12.4% ± 7.9	^1.1% ± 1.8	*11.3% ± 10.6	*15.2% ± 9.5
No	2,823	68.2% ± 2.6	9.7% ± 1.8	7.8% ± 1.7	8.7% ± 1.7	5.5% ± 1.4

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Healthy Lifestyles and Behaviors



How many times during the past 30 days 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.
Hennepin County Total	2,342	59.2% ± 2.9	12.5% ± 2.2	9.3% ± 1.9	11.2% ± 2.1	7.8% ± 1.7
Age						
25-34	329	37.0% ± 6.2	20.4% ± 5.6	12.1% ± 4.6	19.5% ± 5.4	10.9% ± 4.3
35-49	454	59.0% ± 5.4	13.7% ± 4.0	9.3% ± 3.9	11.3% ± 3.6	6.7% ± 2.8
50-69	1,035	69.2% ± 3.8	7.7% ± 2.3	8.5% ± 2.6	7.3% ± 2.5	7.3% ± 2.4
70 and older	518	87.9% ± 3.5	*3.6% ± 2.5	*2.9% ± 1.9	*3.4% ± 2.3	*2.2% ± 1.7
Selected Race/Ethnicities						
Hispanic	51	49.1% ± 18.7	^17.0% ± 21.4	^17.3% ± 17.3	^11.8% ± 15.2	^4.9% ± 10.5
Non-Hispanic Asian	64	60.3% ± 19.1	^13.7% ± 18.5	^10.2% ± 24.3	^14.6% ± 22.9	^1.2% ± 4.8
Non-Hispanic US-born Black	61	37.5% ± 19.1	*25.8% ± 24.6	^4.5% ± 7.4	^11.1% ± 14.4	^21.2% ± 24.0
Non-Hispanic White	2,057	59.9% ± 2.9	12.1% ± 2.1	8.6% ± 1.8	11.1% ± 2.0	8.2% ± 1.8
Educational Attainment						
Less than High School	< 30					
High School or GED	166	51.2% ± 11.3	*15.4% ± 10.9	*9.6% ± 8.3	*13.1% ± 8.3	*10.8% ± 9.1
Some College	576	55.8% ± 6.3	11.5% ± 4.5	11.2% ± 5.1	11.9% ± 5.4	9.5% ± 3.8
College Degree or Higher	1,568	61.2% ± 3.5	12.5% ± 2.7	8.8% ± 2.2	10.4% ± 2.3	7.0% ± 2.1
Household Income						
≤ \$23,000	162	37.8% ± 11.8	*18.2% ± 12.2	*11.3% ± 9.4	*16.7% ± 10.2	*16.0% ± 10.2
\$23,001 - \$55,000	578	58.3% ± 6.3	13.7% ± 5.3	10.2% ± 4.5	10.6% ± 5.0	7.2% ± 3.4
≥ \$55,001	1,518	60.1% ± 3.6	12.1% ± 2.6	9.2% ± 2.4	10.9% ± 2.5	7.6% ± 2.2
Sexual Orientation and Gender Identity						
LGBT	213	45.4% ± 9.5	*18.2% ± 11.0	*7.6% ± 5.6	15.8% ± 7.2	13.1% ± 7.3
Male	213	45.4% ± 9.5	*18.2% ± 11.0	*7.6% ± 5.6	15.8% ± 7.2	13.1% ± 7.3
Female	N/A					
Not LGBT	2,082	60.4% ± 3.1	12.1% ± 2.2	9.4% ± 2.1	10.7% ± 2.2	7.4% ± 1.8
Male	2,082	60.4% ± 3.1	12.1% ± 2.2	9.4% ± 2.1	10.7% ± 2.2	7.4% ± 1.8
Female	N/A					
Disability Status						
Yes	495	65.2% ± 6.3	10.2% ± 4.1	6.0% ± 3.5	9.6% ± 5.3	9.1% ± 4.3
No	1,832	58.1% ± 3.3	12.9% ± 2.5	9.9% ± 2.2	11.5% ± 2.3	7.6% ± 2.0
Frequent Mental Distress						
Yes	141	43.1% ± 12.1	*17.6% ± 10.7	^1.6% ± 2.6	*16.1% ± 14.0	21.6% ± 12.5
No	2,188	60.2% ± 3.0	12.2% ± 2.2	9.8% ± 2.0	10.9% ± 2.1	6.9% ± 1.7

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Healthy Lifestyles and Behaviors



How many times during the past 30 days 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.
Hennepin County Total	5,361	78.7% ± 1.5	9.1% ± 1.2	4.9% ± 0.8	5.2% ± 0.9	2.2% ± 0.5
Age						
25-34	814	64.0% ± 4.1	16.5% ± 3.5	8.1% ± 2.4	8.7% ± 2.4	2.6% ± 1.4
35-49	1,200	76.8% ± 3.0	9.8% ± 2.3	5.9% ± 1.9	5.3% ± 1.7	2.2% ± 1.0
50-69	2,278	84.9% ± 2.0	5.6% ± 1.3	3.2% ± 1.1	4.0% ± 1.2	2.3% ± 0.8
70 and older	1,061	94.1% ± 2.1	3.1% ± 1.8	*1.3% ± 0.9	^1.0% ± 1.3	^0.4% ± 0.7
Selected Race/Ethnicities						
Hispanic	70	75.7% ± 14.9	^8.5% ± 10.8	^14.5% ± 14.5	^1.3% ± 4.1	0.0% ± 0.0
Non-Hispanic Asian	120	82.2% ± 10.0	*10.6% ± 9.6	^2.2% ± 3.9	^2.8% ± 5.6	^2.1% ± 5.9
Non-Hispanic US-born Black	204	74.0% ± 11.3	^11.9% ± 12.0	^8.9% ± 9.3	*4.0% ± 3.9	^1.2% ± 2.7
Non-Hispanic White	4,782	78.8% ± 1.5	9.0% ± 1.1	4.8% ± 0.8	5.1% ± 0.9	2.4% ± 0.6
Educational Attainment						
Less than High School	86	79.7% ± 17.7	^16.2% ± 19.1	^1.1% ± 6.6	^1.9% ± 3.5	^1.1% ± 6.6
High School or GED	580	86.5% ± 4.1	4.7% ± 2.4	*3.8% ± 3.4	*2.5% ± 2.0	*2.5% ± 1.9
Some College	1,369	79.6% ± 3.3	8.1% ± 2.4	5.5% ± 2.0	4.1% ± 1.8	2.7% ± 1.5
College Degree or Higher	3,308	77.1% ± 1.9	9.9% ± 1.5	4.9% ± 1.1	6.1% ± 1.2	1.9% ± 0.6
Household Income						
≤ \$23,000	632	83.0% ± 4.5	7.0% ± 3.8	4.3% ± 2.5	*3.7% ± 2.4	*2.0% ± 1.4
\$23,001 - \$55,000	1,495	79.8% ± 3.1	8.0% ± 2.4	5.1% ± 2.0	5.5% ± 1.9	*1.6% ± 1.0
≥ \$55,001	2,979	77.1% ± 2.0	10.2% ± 1.6	5.2% ± 1.1	5.2% ± 1.1	2.4% ± 0.8
Sexual Orientation and Gender Identity						
LGBT	257	68.2% ± 8.4	*12.8% ± 7.7	*9.9% ± 6.4	*6.2% ± 5.3	^2.9% ± 3.8
Male	N/A					
Female	257	68.2% ± 8.4	*12.8% ± 7.7	*9.9% ± 6.4	*6.2% ± 5.3	^2.9% ± 3.8
Not LGBT	4,975	78.9% ± 1.6	8.9% ± 1.2	4.7% ± 0.9	5.3% ± 0.9	2.2% ± 0.5
Male	N/A					
Female	4,975	78.9% ± 1.6	8.9% ± 1.2	4.7% ± 0.9	5.3% ± 0.9	2.2% ± 0.5
Disability Status						
Yes	1,302	85.7% ± 2.8	4.9% ± 1.6	3.3% ± 1.7	4.4% ± 2.1	1.6% ± 0.8
No	4,031	76.9% ± 1.8	10.1% ± 1.4	5.3% ± 1.0	5.4% ± 1.0	2.3% ± 0.6
Frequent Mental Distress						
Yes	453	77.8% ± 5.8	8.5% ± 4.9	*5.9% ± 4.5	5.4% ± 2.7	*2.4% ± 1.9
No	4,837	78.8% ± 1.6	9.2% ± 1.2	4.8% ± 0.9	5.1% ± 0.9	2.2% ± 0.6

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Healthy Lifestyles and Behaviors



How many times during the past 30 days 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.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.		
Hennepin County Total	3,854	71.0% ± 2.0	12.3% ± 1.5	6.7% ± 1.1	7.1% ± 1.1	2.9% ± 0.7					
Age											
25-34	671	54.3% ± 4.7	21.0% ± 4.2	10.3% ± 2.9	11.1% ± 3.0	3.3% ± 1.8					
35-49	978	70.4% ± 3.6	12.5% ± 2.9	7.6% ± 2.4	6.8% ± 2.2	2.8% ± 1.3					
50-69	1,613	79.0% ± 2.6	7.8% ± 1.8	4.5% ± 1.6	5.6% ± 1.6	3.2% ± 1.2					
70 and older	591	89.6% ± 3.5	5.5% ± 3.1	*2.3% ± 1.5	^1.8% ± 2.2	^0.7% ± 1.2					
Selected Race/Ethnicities											
Hispanic	45	62.3% ± 19.4	^13.2% ± 15.7	*22.5% ± 19.8	^2.0% ± 6.3	0.0% ± 0.0					
Non-Hispanic Asian	61	61.8% ± 15.9	*22.8% ± 16.8	^4.8% ± 8.1	^6.1% ± 11.1	^4.5% ± 11.9					
Non-Hispanic US-born Black	101	53.9% ± 14.4	*21.0% ± 17.7	*15.8% ± 14.6	*7.1% ± 6.9	^2.2% ± 4.8					
Non-Hispanic White	3,546	72.7% ± 1.9	11.5% ± 1.4	6.1% ± 1.1	6.6% ± 1.1	3.0% ± 0.7					
Educational Attainment											
Less than High School	< 30										
High School or GED	291	72.2% ± 7.1	9.6% ± 4.7	*7.9% ± 6.6	*5.1% ± 3.9	*5.1% ± 3.8					
Some College	907	69.6% ± 4.4	12.0% ± 3.5	8.2% ± 2.9	6.1% ± 2.6	4.0% ± 2.2					
College Degree or Higher	2,624	71.6% ± 2.3	12.3% ± 1.8	6.1% ± 1.3	7.6% ± 1.4	2.4% ± 0.8					
Household Income											
≤ \$23,000	281	63.0% ± 8.7	15.1% ± 7.6	9.4% ± 5.3	*8.1% ± 5.0	*4.3% ± 3.1					
\$23,001 - \$55,000	960	68.9% ± 4.3	12.3% ± 3.5	7.9% ± 3.1	8.4% ± 2.8	*2.5% ± 1.5					
≥ \$55,001	2,447	71.8% ± 2.4	12.5% ± 1.9	6.3% ± 1.4	6.4% ± 1.3	3.0% ± 0.9					
Sexual Orientation and Gender Identity											
LGBT	184	59.3% ± 9.7	16.4% ± 9.5	*12.6% ± 7.9	*7.9% ± 6.6	^3.8% ± 4.8					
Male	N/A										
Female	184	59.3% ± 9.7	16.4% ± 9.5	*12.6% ± 7.9	*7.9% ± 6.6	^3.8% ± 4.8					
Not LGBT	3,617	71.6% ± 2.0	12.0% ± 1.6	6.4% ± 1.2	7.1% ± 1.2	2.9% ± 0.7					
Male	N/A										
Female	3,617	71.6% ± 2.0	12.0% ± 1.6	6.4% ± 1.2	7.1% ± 1.2	2.9% ± 0.7					
Disability Status											
Yes	758	76.0% ± 4.3	8.3% ± 2.6	5.6% ± 2.9	7.5% ± 3.4	2.7% ± 1.4					
No	3,081	70.0% ± 2.2	13.1% ± 1.8	6.9% ± 1.3	7.0% ± 1.2	3.0% ± 0.8					
Frequent Mental Distress											
Yes	270	66.0% ± 8.0	12.9% ± 7.1	*9.1% ± 6.6	8.3% ± 4.1	*3.7% ± 2.9					
No	3,557	71.6% ± 2.0	12.3% ± 1.6	6.5% ± 1.2	6.8% ± 1.2	2.9% ± 0.8					

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Healthy Lifestyles and Behaviors



**Metro SHAPE
2014**

How You Feel

How You Feel



**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.
Hennepin County Total	8,509	22.8% ± 1.2
Age		
25-34	1,200	22.6% ± 2.9
35-49	1,749	24.4% ± 2.5
50-69	3,692	24.7% ± 1.7
70 and older	1,849	16.7% ± 2.1
Selected Race/Ethnicities		
Hispanic	136	23.0% ± 10.9
Non-Hispanic Asian	232	10.0% ± 5.0
Non-Hispanic US-born Black	288	38.9% ± 9.2
Non-Hispanic White	7,484	23.0% ± 1.2
Educational Attainment		
Less than High School	149	28.9% ± 12.1
High School or GED	876	23.0% ± 4.4
Some College	2,206	24.5% ± 2.6
College Degree or Higher	5,248	21.9% ± 1.5
Household Income		
≤ \$23,000	980	38.4% ± 4.9
\$23,001 - \$55,000	2,317	26.5% ± 2.7
≥ \$55,001	4,819	20.0% ± 1.5
Sexual Orientation and Gender Identity		
LGBT	531	39.7% ± 5.9
Male	272	37.8% ± 8.2
Female	258	42.1% ± 8.2
Not LGBT	7,752	21.7% ± 1.3
Male	2,752	15.0% ± 1.9
Female	4,999	27.6% ± 1.7
Disability Status		
Yes	2,108	42.6% ± 3.1
No	6,350	18.2% ± 1.3
Frequent Mental Distress		
Yes	695	61.9% ± 5.6
No	7,698	19.5% ± 1.2

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How You Feel



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

TABLE 74	Yes		Among those who ever had depression:		
	N	% ± 95% C.I.	N	% ± 95% C.I.	
Hennepin County Total	8,485	10.6% ± 0.9	2,244	45.0% ± 2.9	
Age					
25-34	1,199	7.3% ± 1.8	312	31.2% ± 6.4	
35-49	1,746	10.9% ± 1.9	532	43.7% ± 5.6	
50-69	3,686	13.4% ± 1.4	1,090	52.9% ± 3.9	
70 and older	1,834	10.9% ± 1.9	307	58.0% ± 6.7	
Selected Race/Ethnicities					
Hispanic	136	[^] 9.1% ± 10.4	36	*33.3% ± 25.9	
Non-Hispanic Asian	232	*5.1% ± 4.1	32	51.2% ± 20.2	
Non-Hispanic US-born Black	290	17.8% ± 7.9	109	45.4% ± 14.7	
Non-Hispanic White	7,460	11.1% ± 0.9	1,976	46.7% ± 2.9	
Educational Attainment					
Less than High School	149	23.1% ± 11.5	45	73.2% ± 23.1	
High School or GED	869	13.0% ± 3.2	221	54.7% ± 10.1	
Some College	2,204	12.6% ± 2.0	589	49.7% ± 5.8	
College Degree or Higher	5,234	9.2% ± 1.0	1,380	40.6% ± 3.6	
Household Income					
≤ \$23,000	980	24.8% ± 4.2	400	63.0% ± 7.7	
\$23,001 - \$55,000	2,305	11.5% ± 1.8	668	41.3% ± 5.4	
≥ \$55,001	4,810	8.7% ± 1.0	1,123	42.4% ± 4.0	
Sexual Orientation and Gender Identity					
LGBT	530	17.1% ± 4.3	226	42.2% ± 8.6	
Male	272	15.2% ± 5.7	106	40.1% ± 12.0	
Female	257	19.9% ± 6.8	119	45.5% ± 12.0	
Not LGBT	7,735	10.3% ± 0.9	1,967	45.7% ± 3.2	
Male	2,750	6.7% ± 1.3	497	42.3% ± 6.5	
Female	4,984	13.5% ± 1.2	1,470	47.4% ± 3.5	
Disability Status					
Yes	2,100	24.7% ± 2.7	889	57.7% ± 4.9	
No	6,334	7.4% ± 0.8	1,340	38.6% ± 3.6	
Frequent Mental Distress					
Yes	689	37.7% ± 5.4	453	59.2% ± 7.2	
No	7,679	8.3% ± 0.8	1,760	41.1% ± 3.2	

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%)

How You Feel



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.
Hennepin County Total	8,389	21.3% ± 1.2
Age		
25-34	1,199	22.7% ± 2.9
35-49	1,740	23.2% ± 2.5
50-69	3,642	22.0% ± 1.7
70 and older	1,788	15.9% ± 2.1
Selected Race/Ethnicities		
Hispanic	132	26.6% ± 11.6
Non-Hispanic Asian	230	10.1% ± 5.2
Non-Hispanic US-born Black	278	35.8% ± 9.2
Non-Hispanic White	7,393	21.2% ± 1.2
Educational Attainment		
Less than High School	134	36.8% ± 13.2
High School or GED	850	21.2% ± 4.4
Some College	2,159	23.4% ± 2.6
College Degree or Higher	5,216	20.2% ± 1.5
Household Income		
≤ \$23,000	944	38.6% ± 5.1
\$23,001 - \$55,000	2,272	24.0% ± 2.7
≥ \$55,001	4,786	18.7% ± 1.5
Sexual Orientation and Gender Identity		
LGBT	524	33.2% ± 5.5
Male	266	29.3% ± 7.4
Female	257	38.9% ± 8.1
Not LGBT	7,655	20.6% ± 1.3
Male	2,720	14.3% ± 2.0
Female	4,934	26.2% ± 1.7
Disability Status		
Yes	2,054	37.9% ± 3.1
No	6,285	17.6% ± 1.3
Frequent Mental Distress		
Yes	675	59.3% ± 5.7
No	7,613	18.2% ± 1.2

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

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How You Feel



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

TABLE 76	Yes		Among those who ever had anxiety:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
Hennepin County Total	8,389	9.3% ± 0.9	1,986	41.8% ± 3.1
Age				
25-34	1,195	7.0% ± 1.8	327	29.6% ± 6.4
35-49	1,734	9.5% ± 1.8	482	40.1% ± 5.9
50-69	3,644	11.0% ± 1.4	885	48.3% ± 4.3
70 and older	1,796	9.2% ± 1.8	288	56.0% ± 6.8
Selected Race/Ethnicities				
Hispanic	132	[^] 5.9% ± 7.3	31	[^] 21.7% ± 22.2
Non-Hispanic Asian	230	[^] 3.3% ± 3.6	30	[*] 30.7% ± 22.8
Non-Hispanic US-born Black	277	15.8% ± 7.2	95	44.7% ± 15.3
Non-Hispanic White	7,397	9.5% ± 0.9	1,749	43.0% ± 3.0
Educational Attainment				
Less than High School	137	24.7% ± 11.9	45	61.7% ± 22.0
High School or GED	850	10.8% ± 2.9	210	52.1% ± 10.8
Some College	2,171	11.1% ± 1.9	533	47.3% ± 6.0
College Degree or Higher	5,202	8.0% ± 1.1	1,186	37.1% ± 4.0
Household Income				
≤ \$23,000	947	19.8% ± 3.8	363	51.4% ± 8.1
\$23,001 - \$55,000	2,263	9.0% ± 1.7	573	36.2% ± 5.7
≥ \$55,001	4,793	8.3% ± 1.1	995	42.2% ± 4.3
Sexual Orientation and Gender Identity				
LGBT	518	11.1% ± 3.5	194	33.0% ± 8.5
Male	266	10.2% ± 5.1	86	34.3% ± 12.9
Female	251	12.4% ± 5.0	108	31.6% ± 11.0
Not LGBT	7,661	9.2% ± 0.9	1,742	42.6% ± 3.4
Male	2,720	7.1% ± 1.5	438	46.7% ± 7.0
Female	4,940	11.0% ± 1.1	1,304	40.6% ± 3.6
Disability Status				
Yes	2,046	20.3% ± 2.6	755	51.8% ± 5.2
No	6,292	6.7% ± 0.9	1,219	36.7% ± 3.8
Frequent Mental Distress				
Yes	672	29.5% ± 5.2	415	50.3% ± 7.3
No	7,609	7.6% ± 0.8	1,546	39.4% ± 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%)

How You Feel



During the past 30 days, 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.
Hennepin County Total	8,531	72.4% ± 1.4	19.0% ± 1.3	6.7% ± 0.8	1.9% ± 0.6
Age					
25-34	1,196	65.3% ± 3.4	25.8% ± 3.2	8.0% ± 2.0	*0.9% ± 0.8
35-49	1,748	71.5% ± 2.8	19.5% ± 2.4	6.2% ± 1.5	2.7% ± 1.4
50-69	3,702	75.7% ± 1.8	15.6% ± 1.5	7.0% ± 1.2	1.7% ± 0.7
70 and older	1,864	81.1% ± 2.2	13.3% ± 1.9	4.8% ± 1.3	*0.8% ± 0.8
Selected Race/Ethnicities					
Hispanic	137	67.5% ± 11.9	23.3% ± 12.1	^5.2% ± 5.4	^4.0% ± 6.3
Non-Hispanic Asian	232	63.0% ± 9.0	29.0% ± 9.3	*7.0% ± 4.7	^1.1% ± 2.1
Non-Hispanic US-born Black	292	58.2% ± 8.9	18.1% ± 7.1	18.5% ± 7.3	^5.2% ± 6.6
Non-Hispanic White	7,505	74.7% ± 1.3	18.4% ± 1.2	5.7% ± 0.7	1.3% ± 0.4
Educational Attainment					
Less than High School	152	49.5% ± 12.5	26.1% ± 14.4	*15.8% ± 10.3	*8.7% ± 8.1
High School or GED	884	70.2% ± 4.8	14.2% ± 3.1	12.8% ± 4.4	*2.7% ± 1.8
Some College	2,214	69.9% ± 3.0	19.0% ± 2.7	8.4% ± 1.9	2.7% ± 1.5
College Degree or Higher	5,256	74.3% ± 1.8	19.5% ± 1.6	5.0% ± 0.8	*1.3% ± 0.8
Household Income					
≤ \$23,000	990	51.3% ± 5.0	23.6% ± 4.4	16.7% ± 4.0	8.4% ± 3.7
\$23,001 - \$55,000	2,322	65.4% ± 3.1	21.2% ± 2.6	10.7% ± 2.2	*2.7% ± 1.8
≥ \$55,001	4,827	76.8% ± 1.8	18.2% ± 1.6	4.2% ± 0.8	*0.8% ± 0.6
Sexual Orientation and Gender Identity					
LGBT	530	58.4% ± 6.0	26.8% ± 5.5	11.2% ± 4.1	*3.6% ± 2.5
Male	271	58.8% ± 8.3	25.4% ± 7.3	11.5% ± 6.3	*4.3% ± 4.2
Female	258	58.2% ± 8.4	29.0% ± 8.5	10.3% ± 5.2	*2.6% ± 2.5
Not LGBT	7,781	73.7% ± 1.5	18.4% ± 1.3	6.3% ± 0.8	1.6% ± 0.6
Male	2,762	75.1% ± 2.5	17.5% ± 2.3	5.8% ± 1.3	*1.6% ± 1.2
Female	5,018	72.5% ± 1.7	19.3% ± 1.5	6.8% ± 1.0	1.5% ± 0.7
Disability Status					
Yes	2,119	58.3% ± 3.1	20.4% ± 2.5	15.2% ± 2.4	6.1% ± 2.4
No	6,361	75.7% ± 1.6	18.6% ± 1.5	4.8% ± 0.8	*0.9% ± 0.6
Frequent Mental Distress					
Yes	695	21.9% ± 4.5	29.1% ± 5.4	31.9% ± 5.3	17.1% ± 5.4
No	7,718	76.7% ± 1.4	18.1% ± 1.3	4.6% ± 0.7	*0.6% ± 0.5

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How You Feel



During the past 30 days, 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.
Hennepin County Total	8,538	41.3% ± 1.6	38.9% ± 1.5	16.7% ± 1.2	3.1% ± 0.6
Age					
25-34	1,194	27.4% ± 3.4	45.4% ± 3.6	22.1% ± 3.0	5.0% ± 1.6
35-49	1,748	40.4% ± 3.1	38.7% ± 3.0	17.3% ± 2.4	3.7% ± 1.3
50-69	3,705	48.2% ± 2.1	35.7% ± 2.0	13.9% ± 1.5	2.2% ± 0.7
70 and older	1,870	54.0% ± 2.7	35.9% ± 2.7	9.5% ± 1.7	*0.6% ± 0.5
Selected Race/Ethnicities					
Hispanic	137	28.0% ± 10.9	49.0% ± 11.8	19.2% ± 9.5	^3.8% ± 7.4
Non-Hispanic Asian	231	45.9% ± 8.8	33.5% ± 8.9	19.1% ± 8.0	^1.4% ± 2.2
Non-Hispanic US-born Black	294	39.7% ± 9.1	30.5% ± 9.5	25.5% ± 8.3	^4.3% ± 4.2
Non-Hispanic White	7,513	41.6% ± 1.5	40.2% ± 1.5	15.3% ± 1.1	2.9% ± 0.5
Educational Attainment					
Less than High School	150	37.9% ± 12.9	25.6% ± 13.0	22.0% ± 12.7	*14.5% ± 10.6
High School or GED	891	46.0% ± 5.3	29.4% ± 4.6	22.8% ± 5.2	*1.8% ± 1.7
Some College	2,218	46.3% ± 3.2	33.3% ± 3.0	17.4% ± 2.5	3.0% ± 1.0
College Degree or Higher	5,255	38.9% ± 1.9	42.7% ± 1.9	15.4% ± 1.5	3.0% ± 0.8
Household Income					
≤ \$23,000	992	38.4% ± 5.1	26.6% ± 4.1	27.0% ± 5.0	8.0% ± 3.0
\$23,001 - \$55,000	2,322	39.0% ± 3.1	36.4% ± 3.0	20.6% ± 2.8	4.0% ± 1.4
≥ \$55,001	4,832	42.2% ± 2.0	41.3% ± 2.0	14.3% ± 1.5	2.2% ± 0.7
Sexual Orientation and Gender Identity					
LGBT	531	25.6% ± 5.6	43.9% ± 6.1	23.1% ± 5.3	7.5% ± 3.9
Male	271	26.3% ± 8.1	43.4% ± 8.6	22.6% ± 7.3	*7.7% ± 6.5
Female	259	24.8% ± 7.7	44.3% ± 8.4	23.8% ± 8.0	7.2% ± 3.9
Not LGBT	7,790	42.3% ± 1.6	39.0% ± 1.6	15.9% ± 1.3	2.7% ± 0.6
Male	2,763	46.9% ± 2.8	38.0% ± 2.7	13.0% ± 2.1	2.1% ± 1.0
Female	5,027	38.3% ± 1.8	39.9% ± 1.9	18.5% ± 1.6	3.3% ± 0.7
Disability Status					
Yes	2,118	33.8% ± 3.0	34.8% ± 3.0	23.8% ± 3.0	7.6% ± 1.8
No	6,369	43.0% ± 1.8	40.0% ± 1.8	15.1% ± 1.3	2.0% ± 0.5
Frequent Mental Distress					
Yes	696	15.6% ± 4.7	25.3% ± 5.0	42.2% ± 5.7	16.9% ± 3.8
No	7,728	43.5% ± 1.6	40.2% ± 1.6	14.4% ± 1.2	1.9% ± 0.6

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How You Feel



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

TABLE 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.
Hennepin County Total	8,540	66.3% ± 1.5	22.6% ± 1.3	9.2% ± 1.0	1.9% ± 0.5
Age					
25-34	1,196	55.7% ± 3.5	28.5% ± 3.2	13.6% ± 2.6	*2.1% ± 1.3
35-49	1,749	63.4% ± 3.0	24.1% ± 2.7	10.1% ± 2.0	2.4% ± 1.2
50-69	3,704	71.9% ± 1.9	20.1% ± 1.7	6.4% ± 1.2	1.6% ± 0.6
70 and older	1,870	80.7% ± 2.2	14.0% ± 2.0	4.7% ± 1.3	*0.7% ± 0.6
Selected Race/Ethnicities					
Hispanic	137	53.1% ± 11.8	28.4% ± 11.6	*16.0% ± 12.3	^2.5% ± 5.4
Non-Hispanic Asian	229	67.6% ± 8.6	17.7% ± 7.7	13.3% ± 7.0	^1.4% ± 3.3
Non-Hispanic US-born Black	295	55.8% ± 9.1	20.2% ± 8.5	17.8% ± 8.0	^6.1% ± 6.7
Non-Hispanic White	7,515	67.5% ± 1.5	23.6% ± 1.4	7.5% ± 0.9	1.4% ± 0.4
Educational Attainment					
Less than High School	150	47.3% ± 12.7	25.1% ± 14.6	20.0% ± 10.7	^7.6% ± 9.2
High School or GED	890	66.8% ± 5.3	17.9% ± 4.2	12.1% ± 4.5	*3.2% ± 2.9
Some College	2,219	65.5% ± 3.1	22.3% ± 2.8	9.7% ± 2.3	2.4% ± 1.1
College Degree or Higher	5,257	67.0% ± 1.9	23.3% ± 1.7	8.3% ± 1.2	1.3% ± 0.6
Household Income					
≤ \$23,000	993	53.9% ± 5.1	25.3% ± 5.2	14.8% ± 3.9	5.9% ± 3.0
\$23,001 - \$55,000	2,324	63.0% ± 3.1	22.4% ± 2.7	12.2% ± 2.6	2.4% ± 1.2
≥ \$55,001	4,832	68.7% ± 1.9	22.7% ± 1.7	7.4% ± 1.2	1.2% ± 0.6
Sexual Orientation and Gender Identity					
LGBT	531	58.1% ± 5.9	27.1% ± 5.5	11.8% ± 4.0	*3.0% ± 2.3
Male	271	60.7% ± 8.2	25.5% ± 7.5	11.4% ± 5.7	^2.5% ± 4.2
Female	259	54.2% ± 8.3	29.5% ± 8.3	12.5% ± 6.2	*3.8% ± 3.1
Not LGBT	7,791	67.0% ± 1.6	22.3% ± 1.4	8.9% ± 1.1	1.7% ± 0.5
Male	2,761	65.5% ± 2.7	23.1% ± 2.4	9.7% ± 2.0	1.7% ± 0.8
Female	5,030	68.4% ± 1.8	21.7% ± 1.6	8.3% ± 1.1	1.7% ± 0.7
Disability Status					
Yes	2,120	58.3% ± 3.2	23.8% ± 2.8	14.5% ± 2.6	3.4% ± 1.4
No	6,370	68.2% ± 1.7	22.3% ± 1.5	8.0% ± 1.1	1.5% ± 0.6
Frequent Mental Distress					
Yes	696	34.0% ± 5.3	30.6% ± 5.6	28.2% ± 5.3	7.1% ± 2.7
No	7,729	69.0% ± 1.6	22.0% ± 1.4	7.5% ± 1.0	1.4% ± 0.5

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How You Feel



During the past 30 days, 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.
Hennepin County Total	8,542	78.5% ± 1.3	14.0% ± 1.1	5.6% ± 0.8	1.9% ± 0.5
Age					
25-34	1,197	72.5% ± 3.2	17.6% ± 2.8	8.0% ± 2.1	*1.8% ± 1.1
35-49	1,749	75.8% ± 2.6	16.0% ± 2.2	6.4% ± 1.7	*1.8% ± 1.1
50-69	3,703	82.4% ± 1.6	11.3% ± 1.3	4.1% ± 1.0	2.2% ± 0.8
70 and older	1,872	87.3% ± 1.9	9.1% ± 1.6	2.6% ± 1.0	*1.0% ± 0.8
Selected Race/Ethnicities					
Hispanic	137	67.8% ± 11.9	22.7% ± 12.0	*6.8% ± 5.8	^2.8% ± 7.9
Non-Hispanic Asian	231	71.7% ± 8.6	18.6% ± 8.2	*8.2% ± 5.9	^1.5% ± 2.5
Non-Hispanic US-born Black	296	64.6% ± 9.1	16.9% ± 8.3	15.0% ± 7.9	*3.5% ± 3.1
Non-Hispanic White	7,515	80.9% ± 1.2	13.3% ± 1.0	4.4% ± 0.7	1.4% ± 0.4
Educational Attainment					
Less than High School	151	60.9% ± 12.8	16.7% ± 9.8	*12.3% ± 10.1	^10.1% ± 14.3
High School or GED	890	73.5% ± 5.1	13.2% ± 3.8	10.8% ± 4.7	*2.4% ± 1.8
Some College	2,217	76.6% ± 2.9	14.0% ± 2.5	6.7% ± 1.9	2.7% ± 1.0
College Degree or Higher	5,259	80.4% ± 1.6	13.9% ± 1.4	4.4% ± 0.9	1.3% ± 0.7
Household Income					
≤ \$23,000	992	58.3% ± 5.1	19.8% ± 4.3	15.2% ± 4.4	6.7% ± 2.6
\$23,001 - \$55,000	2,324	70.1% ± 3.0	17.8% ± 2.3	9.1% ± 2.4	3.0% ± 1.6
≥ \$55,001	4,836	83.3% ± 1.6	12.2% ± 1.4	3.5% ± 0.8	*1.0% ± 0.7
Sexual Orientation and Gender Identity					
LGBT	530	68.3% ± 5.6	17.2% ± 4.7	9.6% ± 4.1	4.9% ± 2.8
Male	270	67.1% ± 8.1	18.1% ± 6.9	*10.1% ± 6.3	*4.8% ± 4.2
Female	259	69.9% ± 7.6	16.1% ± 6.4	*8.9% ± 5.5	*5.1% ± 4.4
Not LGBT	7,793	79.4% ± 1.4	13.7% ± 1.1	5.4% ± 0.9	1.5% ± 0.5
Male	2,763	80.3% ± 2.3	13.5% ± 2.0	4.7% ± 1.3	*1.5% ± 1.0
Female	5,030	78.5% ± 1.6	13.9% ± 1.3	6.0% ± 1.2	1.5% ± 0.5
Disability Status					
Yes	2,119	63.8% ± 3.1	18.7% ± 2.4	12.3% ± 2.7	5.2% ± 1.5
No	6,372	81.9% ± 1.4	12.8% ± 1.2	4.1% ± 0.8	1.2% ± 0.6
Frequent Mental Distress					
Yes	695	31.0% ± 5.4	26.1% ± 4.9	25.0% ± 5.3	17.9% ± 4.9
No	7,734	82.6% ± 1.3	12.9% ± 1.1	4.0% ± 0.8	*0.6% ± 0.4

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How You Feel



During the past 30 days, 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.
Hennepin County Total	8,543	56.2% ± 1.6	28.2% ± 1.4	10.5% ± 1.1	5.1% ± 0.9
Age					
25-34	1,196	49.1% ± 3.5	31.0% ± 3.3	14.0% ± 2.8	5.8% ± 2.0
35-49	1,747	54.4% ± 3.0	29.6% ± 2.8	10.7% ± 2.0	5.3% ± 1.7
50-69	3,702	61.8% ± 2.1	25.0% ± 1.8	8.5% ± 1.3	4.6% ± 1.1
70 and older	1,877	63.0% ± 2.7	27.0% ± 2.6	7.6% ± 1.5	2.5% ± 1.0
Selected Race/Ethnicities					
Hispanic	136	47.9% ± 11.8	22.6% ± 11.1	17.8% ± 10.0	[^] 11.7% ± 12.8
Non-Hispanic Asian	230	54.9% ± 8.8	24.5% ± 8.7	12.2% ± 5.7	*8.3% ± 6.8
Non-Hispanic US-born Black	295	47.8% ± 9.0	22.7% ± 8.6	17.5% ± 7.2	*12.0% ± 8.3
Non-Hispanic White	7,519	58.5% ± 1.5	29.4% ± 1.4	8.7% ± 0.9	3.4% ± 0.6
Educational Attainment					
Less than High School	151	33.4% ± 11.4	28.6% ± 13.2	26.3% ± 14.8	*11.7% ± 10.0
High School or GED	891	56.9% ± 5.2	20.0% ± 3.6	14.1% ± 4.4	9.0% ± 4.4
Some College	2,219	54.4% ± 3.2	25.9% ± 2.7	11.0% ± 2.4	8.7% ± 2.5
College Degree or Higher	5,258	57.4% ± 1.9	30.1% ± 1.8	9.3% ± 1.2	3.1% ± 0.8
Household Income					
≤ \$23,000	994	42.7% ± 5.1	23.1% ± 3.8	18.9% ± 4.1	15.3% ± 4.6
\$23,001 - \$55,000	2,326	47.3% ± 3.1	30.2% ± 2.9	14.5% ± 2.7	8.0% ± 2.2
≥ \$55,001	4,832	60.5% ± 2.0	28.2% ± 1.8	8.2% ± 1.2	3.1% ± 1.0
Sexual Orientation and Gender Identity					
LGBT	530	38.6% ± 6.2	38.8% ± 6.1	14.3% ± 4.5	8.3% ± 3.3
Male	271	41.8% ± 8.7	35.6% ± 8.4	13.6% ± 6.6	9.1% ± 5.0
Female	258	34.1% ± 7.9	43.8% ± 8.6	14.9% ± 6.2	*7.2% ± 4.5
Not LGBT	7,795	57.7% ± 1.6	27.7% ± 1.5	9.9% ± 1.1	4.7% ± 0.9
Male	2,764	58.4% ± 2.8	27.0% ± 2.5	9.6% ± 1.9	4.9% ± 1.6
Female	5,031	57.0% ± 1.9	28.3% ± 1.7	10.2% ± 1.2	4.5% ± 1.0
Disability Status					
Yes	2,119	38.3% ± 3.1	31.4% ± 2.8	17.8% ± 2.6	12.6% ± 2.5
No	6,373	60.4% ± 1.8	27.4% ± 1.6	8.8% ± 1.2	3.4% ± 1.0
Frequent Mental Distress					
Yes	697	16.2% ± 4.3	25.8% ± 5.1	29.1% ± 5.0	28.9% ± 5.7
No	7,731	59.7% ± 1.6	28.4% ± 1.5	8.8% ± 1.1	3.1% ± 0.8

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



During the past 30 days, 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.
Hennepin County Total	8,540	79.9% ± 1.3	12.8% ± 1.1	5.1% ± 0.8	2.2% ± 0.5
Age					
25-34	1,196	75.5% ± 3.1	14.9% ± 2.7	7.1% ± 2.1	2.6% ± 1.3
35-49	1,748	78.0% ± 2.6	15.3% ± 2.3	5.0% ± 1.5	1.8% ± 0.9
50-69	3,701	82.7% ± 1.6	10.6% ± 1.3	4.2% ± 0.9	2.5% ± 0.9
70 and older	1,874	88.1% ± 1.8	8.2% ± 1.5	2.6% ± 0.9	*1.2% ± 0.8
Selected Race/Ethnicities					
Hispanic	137	67.6% ± 12.6	25.1% ± 13.3	^5.3% ± 5.8	^2.0% ± 3.8
Non-Hispanic Asian	232	73.1% ± 8.7	15.8% ± 7.9	*8.1% ± 6.4	^2.9% ± 5.0
Non-Hispanic US-born Black	294	69.8% ± 8.9	*11.6% ± 7.3	*13.4% ± 8.0	*5.3% ± 4.2
Non-Hispanic White	7,513	81.7% ± 1.2	12.6% ± 1.0	3.9% ± 0.6	1.8% ± 0.5
Educational Attainment					
Less than High School	150	58.0% ± 13.2	*19.1% ± 13.1	^12.8% ± 13.8	*10.0% ± 9.6
High School or GED	891	75.3% ± 4.8	11.5% ± 3.3	9.1% ± 4.2	*4.1% ± 2.5
Some College	2,220	79.5% ± 2.8	11.1% ± 2.2	6.9% ± 2.0	2.5% ± 0.9
College Degree or Higher	5,255	81.3% ± 1.6	13.5% ± 1.4	3.6% ± 0.8	1.6% ± 0.7
Household Income					
≤ \$23,000	992	64.6% ± 4.8	15.1% ± 3.6	12.4% ± 4.0	8.0% ± 2.8
\$23,001 - \$55,000	2,325	73.1% ± 3.0	15.2% ± 2.4	8.7% ± 2.4	3.1% ± 1.0
≥ \$55,001	4,833	83.8% ± 1.6	11.9% ± 1.4	3.0% ± 0.7	1.2% ± 0.7
Sexual Orientation and Gender Identity					
LGBT	530	68.1% ± 5.6	18.9% ± 4.8	7.0% ± 3.3	5.9% ± 3.3
Male	270	66.0% ± 8.0	18.6% ± 6.6	*8.4% ± 5.2	*7.1% ± 5.5
Female	259	71.6% ± 7.6	19.1% ± 7.3	*5.1% ± 4.0	*4.2% ± 3.1
Not LGBT	7,791	80.9% ± 1.4	12.4% ± 1.1	4.9% ± 0.8	1.8% ± 0.5
Male	2,764	81.5% ± 2.4	12.8% ± 2.1	4.0% ± 1.4	1.7% ± 1.0
Female	5,027	80.4% ± 1.5	12.0% ± 1.2	5.7% ± 1.1	2.0% ± 0.6
Disability Status					
Yes	2,119	65.5% ± 3.1	17.3% ± 2.3	11.1% ± 2.6	6.1% ± 1.6
No	6,370	83.3% ± 1.4	11.7% ± 1.3	3.7% ± 0.8	1.3% ± 0.6
Frequent Mental Distress					
Yes	693	35.2% ± 5.3	22.5% ± 4.8	24.0% ± 5.4	18.4% ± 4.9
No	7,732	83.7% ± 1.3	12.1% ± 1.1	3.4% ± 0.7	0.8% ± 0.4

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

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How You Feel



Experienced serious psychological distress during the past 30 days

TABLE 83	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County Total	8,476	3.0% ± 0.7
Age		
25-34	1,191	3.1% ± 1.3
35-49	1,743	3.6% ± 1.5
50-69	3,678	2.7% ± 0.9
70 and older	1,843	*1.0% ± 0.8
Selected Race/Ethnicities		
Hispanic	136	^3.6% ± 6.0
Non-Hispanic Asian	226	^1.6% ± 2.3
Non-Hispanic US-born Black	286	*10.0% ± 7.2
Non-Hispanic White	7,468	2.1% ± 0.5
Educational Attainment		
Less than High School	148	*14.9% ± 10.2
High School or GED	878	*3.6% ± 2.9
Some College	2,194	4.5% ± 1.8
College Degree or Higher	5,232	2.0% ± 0.8
Household Income		
≤ \$23,000	971	11.8% ± 4.3
\$23,001 - \$55,000	2,311	4.8% ± 2.0
≥ \$55,001	4,810	1.4% ± 0.7
Sexual Orientation and Gender Identity		
LGBT	527	5.4% ± 2.8
Male	269	*5.9% ± 4.6
Female	257	*4.7% ± 3.1
Not LGBT	7,738	2.6% ± 0.7
Male	2,749	2.6% ± 1.3
Female	4,989	2.6% ± 0.9
Disability Status		
Yes	2,098	9.3% ± 2.6
No	6,328	1.5% ± 0.7
Frequent Mental Distress		
Yes	687	25.5% ± 5.7
No	7,679	1.1% ± 0.5

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**Metro SHAPE
2014**

Social-Environmental Factors

Social-Environmental Factors



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.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.		
Hennepin County Total	8,505	26.4% ± 1.4	13.3% ± 1.1	22.4% ± 1.4	20.8% ± 1.3	17.0% ± 1.2					
Age											
25-34	1,195	21.0% ± 3.0	11.5% ± 2.3	24.2% ± 3.1	25.4% ± 3.2	17.9% ± 3.0					
35-49	1,742	28.1% ± 2.8	15.8% ± 2.3	23.4% ± 2.7	19.2% ± 2.6	13.4% ± 2.2					
50-69	3,696	27.1% ± 1.9	13.2% ± 1.4	22.2% ± 1.8	20.1% ± 1.6	17.4% ± 1.7					
70 and older	1,852	33.6% ± 2.7	11.7% ± 1.9	13.6% ± 1.8	18.2% ± 2.2	22.9% ± 2.3					
Selected Race/Ethnicities											
Hispanic	136	22.7% ± 9.9	*12.2% ± 8.7	25.2% ± 13.6	19.5% ± 11.2	20.4% ± 10.7					
Non-Hispanic Asian	232	17.8% ± 7.7	10.9% ± 5.8	25.3% ± 8.1	20.9% ± 7.4	25.1% ± 9.4					
Non-Hispanic US-born Black	292	24.6% ± 8.7	*9.0% ± 6.6	15.2% ± 6.6	21.4% ± 8.7	29.8% ± 9.2					
Non-Hispanic White	7,487	27.1% ± 1.4	14.1% ± 1.1	22.9% ± 1.3	20.9% ± 1.3	15.0% ± 1.1					
Educational Attainment											
Less than High School	150	*19.0% ± 14.9	^7.6% ± 15.7	^6.8% ± 8.6	*12.3% ± 8.2	54.3% ± 13.0					
High School or GED	876	16.4% ± 4.2	7.0% ± 2.3	16.0% ± 5.0	24.8% ± 5.1	35.8% ± 5.1					
Some College	2,210	21.8% ± 2.7	10.6% ± 1.9	18.7% ± 2.6	27.1% ± 3.0	21.7% ± 2.7					
College Degree or Higher	5,247	29.7% ± 1.8	15.4% ± 1.4	25.1% ± 1.8	18.1% ± 1.5	11.7% ± 1.4					
Household Income											
≤ \$23,000	985	22.4% ± 4.7	11.8% ± 3.5	14.4% ± 3.9	22.0% ± 4.8	29.4% ± 4.5					
\$23,001 - \$55,000	2,313	24.4% ± 2.8	9.8% ± 1.9	17.8% ± 2.6	22.0% ± 2.6	26.0% ± 2.9					
≥ \$55,001	4,823	27.5% ± 1.8	14.7% ± 1.4	25.3% ± 1.8	20.3% ± 1.7	12.2% ± 1.5					
Sexual Orientation and Gender Identity											
LGBT	530	24.6% ± 6.1	10.7% ± 3.7	19.8% ± 5.5	25.5% ± 5.3	19.4% ± 5.2					
Male	271	19.9% ± 8.7	8.9% ± 4.6	18.8% ± 8.4	27.9% ± 7.5	24.5% ± 7.9					
Female	258	31.7% ± 8.7	13.3% ± 6.7	21.3% ± 7.1	22.2% ± 7.7	11.5% ± 5.0					
Not LGBT	7,762	26.4% ± 1.4	13.5% ± 1.1	22.7% ± 1.5	20.6% ± 1.4	16.8% ± 1.3					
Male	2,753	21.6% ± 2.3	12.4% ± 1.9	24.5% ± 2.6	22.4% ± 2.4	19.2% ± 2.3					
Female	5,008	30.8% ± 1.8	14.4% ± 1.3	21.1% ± 1.6	19.0% ± 1.5	14.6% ± 1.4					
Disability Status											
Yes	2,107	25.7% ± 2.9	10.6% ± 1.9	17.5% ± 2.8	22.0% ± 2.7	24.2% ± 2.6					
No	6,349	26.6% ± 1.6	14.0% ± 1.2	23.6% ± 1.6	20.4% ± 1.5	15.4% ± 1.4					
Frequent Mental Distress											
Yes	693	19.4% ± 4.6	8.7% ± 2.9	16.3% ± 4.3	24.8% ± 5.6	30.8% ± 5.4					
No	7,695	27.0% ± 1.5	13.8% ± 1.1	23.1% ± 1.5	20.4% ± 1.4	15.7% ± 1.3					

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Social-Environmental Factors



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.
Hennepin County Total	8,539	36.7% ± 1.5	42.1% ± 1.6	11.4% ± 1.1	7.8% ± 1.0	1.9% ± 0.5
Age						
25-34	1,196	35.0% ± 3.4	43.6% ± 3.5	12.9% ± 2.7	6.7% ± 2.3	*1.8% ± 1.3
35-49	1,748	33.3% ± 2.9	43.6% ± 3.0	12.8% ± 2.3	8.6% ± 2.1	*1.6% ± 1.0
50-69	3,705	36.7% ± 2.0	43.5% ± 2.1	10.0% ± 1.4	7.8% ± 1.4	1.9% ± 0.7
70 and older	1,869	52.6% ± 2.7	34.4% ± 2.7	5.0% ± 1.2	6.0% ± 1.5	1.9% ± 0.9
Selected Race/Ethnicities						
Hispanic	137	40.8% ± 12.3	36.4% ± 11.3	^9.1% ± 10.5	*11.8% ± 10.3	^1.9% ± 3.5
Non-Hispanic Asian	231	28.4% ± 8.2	30.7% ± 7.9	13.1% ± 6.8	19.4% ± 10.0	*8.3% ± 6.8
Non-Hispanic US-born Black	296	35.3% ± 8.7	32.2% ± 9.1	*8.0% ± 4.7	15.5% ± 8.8	*9.0% ± 7.9
Non-Hispanic White	7,516	37.0% ± 1.4	44.9% ± 1.5	10.9% ± 1.1	6.1% ± 0.8	1.1% ± 0.3
Educational Attainment						
Less than High School	150	52.7% ± 12.6	*22.3% ± 13.9	*5.0% ± 4.6	13.7% ± 7.8	^6.4% ± 7.1
High School or GED	891	41.2% ± 5.3	34.4% ± 5.0	8.6% ± 3.3	11.3% ± 4.3	4.4% ± 2.2
Some College	2,220	35.4% ± 2.9	39.9% ± 3.1	10.9% ± 2.3	11.7% ± 2.7	2.2% ± 1.0
College Degree or Higher	5,256	36.2% ± 1.8	44.5% ± 1.9	12.2% ± 1.5	5.7% ± 1.1	1.4% ± 0.7
Household Income						
≤ \$23,000	992	41.6% ± 4.9	32.3% ± 5.2	6.2% ± 2.0	14.5% ± 4.5	5.4% ± 2.4
\$23,001 - \$55,000	2,328	40.4% ± 3.1	38.4% ± 3.0	9.8% ± 2.1	8.0% ± 2.1	3.3% ± 1.7
≥ \$55,001	4,829	34.6% ± 1.9	44.8% ± 2.0	12.8% ± 1.6	6.7% ± 1.3	1.0% ± 0.5
Sexual Orientation and Gender Identity						
LGBT	532	40.0% ± 6.1	43.5% ± 6.0	7.9% ± 3.6	*5.6% ± 3.3	^3.0% ± 3.5
Male	272	37.3% ± 8.7	44.4% ± 8.5	*7.2% ± 4.5	*7.9% ± 5.5	^3.2% ± 4.4
Female	259	43.6% ± 8.4	42.3% ± 8.1	*9.0% ± 6.8	^2.4% ± 2.7	^2.8% ± 8.9
Not LGBT	7,791	36.3% ± 1.5	42.3% ± 1.6	11.8% ± 1.2	7.8% ± 1.1	1.8% ± 0.5
Male	2,764	30.1% ± 2.5	45.1% ± 2.8	13.8% ± 2.3	9.0% ± 1.9	1.9% ± 1.0
Female	5,027	41.9% ± 1.8	39.8% ± 1.9	9.9% ± 1.2	6.7% ± 1.2	1.7% ± 0.5
Disability Status						
Yes	2,119	37.0% ± 2.9	38.7% ± 3.1	10.4% ± 2.4	10.5% ± 2.6	3.4% ± 1.3
No	6,369	36.7% ± 1.7	42.9% ± 1.8	11.7% ± 1.3	7.1% ± 1.1	1.5% ± 0.5
Frequent Mental Distress						
Yes	697	32.6% ± 5.2	31.6% ± 5.1	14.0% ± 4.2	16.5% ± 5.9	5.3% ± 2.8
No	7,722	37.0% ± 1.6	43.2% ± 1.6	11.1% ± 1.2	7.1% ± 1.0	1.6% ± 0.5

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Social-Environmental Factors



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

TABLE 86	Sample Size N	Very pleasant % ± 95% C.I.	Somewhat pleasant % ± 95% C.I.	Not very pleasant % ± 95% C.I.	Not at all pleasant % ± 95% C.I.
Hennepin County Total	8,534	67.0% ± 1.5	28.2% ± 1.4	3.7% ± 0.6	1.1% ± 0.4
Age					
25-34	1,194	60.7% ± 3.5	33.5% ± 3.4	4.6% ± 1.8	*1.2% ± 0.8
35-49	1,747	65.3% ± 2.9	28.8% ± 2.8	4.8% ± 1.4	*1.1% ± 0.7
50-69	3,702	71.3% ± 1.9	25.1% ± 1.9	2.6% ± 0.7	1.0% ± 0.5
70 and older	1,870	72.7% ± 2.5	24.1% ± 2.5	2.6% ± 0.9	*0.7% ± 0.5
Selected Race/Ethnicities					
Hispanic	137	61.6% ± 11.6	35.0% ± 11.5	^2.8% ± 5.2	^0.6% ± 1.5
Non-Hispanic Asian	231	52.3% ± 8.8	40.4% ± 9.0	*6.5% ± 5.7	^0.8% ± 2.1
Non-Hispanic US-born Black	293	46.6% ± 9.1	42.1% ± 9.1	*8.7% ± 5.8	^2.5% ± 2.9
Non-Hispanic White	7,509	71.2% ± 1.4	25.3% ± 1.3	2.8% ± 0.5	0.8% ± 0.3
Educational Attainment					
Less than High School	151	39.3% ± 12.4	44.5% ± 13.2	*10.4% ± 9.8	^5.8% ± 7.1
High School or GED	891	56.6% ± 5.3	37.6% ± 5.3	3.9% ± 1.9	*2.0% ± 1.5
Some College	2,219	64.1% ± 3.0	29.7% ± 2.9	4.7% ± 1.7	*1.5% ± 1.3
College Degree or Higher	5,250	70.3% ± 1.8	25.9% ± 1.8	3.1% ± 0.7	0.7% ± 0.4
Household Income					
≤ \$23,000	991	50.2% ± 5.0	39.3% ± 5.1	7.9% ± 2.8	2.7% ± 1.4
\$23,001 - \$55,000	2,326	57.3% ± 3.1	36.1% ± 3.1	5.0% ± 1.8	1.7% ± 0.9
≥ \$55,001	4,825	72.9% ± 1.8	23.7% ± 1.8	2.7% ± 0.7	*0.7% ± 0.6
Sexual Orientation and Gender Identity					
LGBT	531	58.4% ± 6.2	34.8% ± 6.2	4.4% ± 2.4	^2.4% ± 2.6
Male	271	54.7% ± 8.6	38.4% ± 8.9	*3.7% ± 3.3	^3.2% ± 4.5
Female	259	63.8% ± 8.1	29.7% ± 7.9	*5.4% ± 4.5	^1.1% ± 1.5
Not LGBT	7,785	68.4% ± 1.5	27.3% ± 1.5	3.4% ± 0.6	0.9% ± 0.4
Male	2,764	68.9% ± 2.6	26.6% ± 2.6	3.6% ± 1.2	*0.9% ± 0.8
Female	5,020	68.0% ± 1.7	27.9% ± 1.7	3.2% ± 0.6	0.9% ± 0.3
Disability Status					
Yes	2,115	60.7% ± 3.0	32.1% ± 2.9	5.0% ± 1.3	2.3% ± 1.2
No	6,367	68.4% ± 1.7	27.3% ± 1.6	3.4% ± 0.7	0.8% ± 0.4
Frequent Mental Distress					
Yes	694	53.4% ± 5.6	37.8% ± 5.6	6.3% ± 2.7	2.4% ± 1.4
No	7,721	68.2% ± 1.5	27.4% ± 1.5	3.4% ± 0.6	1.0% ± 0.4

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

Social-Environmental Factors



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.
Hennepin County Total	8,531	52.1% ± 1.5	29.5% ± 1.4	4.6% ± 0.8	13.9% ± 1.1
Age					
25-34	1,194	49.9% ± 3.5	35.3% ± 3.4	6.2% ± 2.0	8.7% ± 2.3
35-49	1,748	49.9% ± 3.0	31.7% ± 2.9	5.4% ± 1.6	13.0% ± 2.1
50-69	3,705	53.8% ± 2.1	25.9% ± 1.8	3.3% ± 0.8	16.9% ± 1.6
70 and older	1,864	56.6% ± 2.7	23.5% ± 2.3	3.2% ± 1.0	16.7% ± 2.1
Selected Race/Ethnicities					
Hispanic	136	52.8% ± 11.8	37.6% ± 12.1	^4.0% ± 5.5	^5.6% ± 6.7
Non-Hispanic Asian	230	45.1% ± 8.7	42.9% ± 9.1	*5.5% ± 4.7	*6.5% ± 5.0
Non-Hispanic US-born Black	295	40.0% ± 9.1	49.7% ± 9.0	*7.4% ± 4.7	*3.0% ± 2.6
Non-Hispanic White	7,510	53.8% ± 1.5	27.1% ± 1.3	3.4% ± 0.6	15.7% ± 1.2
Educational Attainment					
Less than High School	150	46.3% ± 12.9	32.3% ± 12.7	*13.5% ± 9.4	^7.9% ± 10.6
High School or GED	888	44.3% ± 5.3	35.8% ± 5.2	6.0% ± 3.2	13.9% ± 3.4
Some College	2,216	47.3% ± 3.2	29.9% ± 2.9	6.2% ± 2.1	16.6% ± 2.5
College Degree or Higher	5,254	55.1% ± 1.9	28.3% ± 1.8	3.5% ± 0.8	13.1% ± 1.3
Household Income					
≤ \$23,000	987	41.3% ± 5.0	38.6% ± 4.9	10.5% ± 3.5	9.6% ± 4.4
\$23,001 - \$55,000	2,324	48.1% ± 3.1	34.5% ± 3.0	6.6% ± 2.1	10.9% ± 1.9
≥ \$55,001	4,831	55.0% ± 2.0	26.3% ± 1.8	3.2% ± 0.9	15.5% ± 1.5
Sexual Orientation and Gender Identity					
LGBT	531	48.0% ± 6.0	39.4% ± 6.2	*6.6% ± 4.4	6.0% ± 3.0
Male	271	47.6% ± 8.4	39.2% ± 8.8	*8.3% ± 7.2	*4.9% ± 4.1
Female	259	48.7% ± 8.3	39.6% ± 8.4	*4.2% ± 3.9	*7.5% ± 5.5
Not LGBT	7,784	52.8% ± 1.6	28.5% ± 1.5	4.2% ± 0.8	14.4% ± 1.2
Male	2,758	53.9% ± 2.8	28.7% ± 2.6	4.0% ± 1.4	13.4% ± 2.0
Female	5,025	51.8% ± 1.9	28.3% ± 1.7	4.4% ± 0.8	15.4% ± 1.4
Disability Status					
Yes	2,106	47.1% ± 3.1	31.3% ± 2.9	6.1% ± 1.5	15.5% ± 2.7
No	6,373	53.3% ± 1.8	28.9% ± 1.6	4.2% ± 0.9	13.5% ± 1.2
Frequent Mental Distress					
Yes	693	39.7% ± 5.5	38.3% ± 5.6	9.8% ± 3.1	12.1% ± 4.3
No	7,721	53.1% ± 1.6	28.7% ± 1.5	4.1% ± 0.8	14.1% ± 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%)

Social-Environmental Factors



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.
Hennepin County Total	8,530	60.0% ± 1.6	33.1% ± 1.5	5.5% ± 0.8	1.3% ± 0.4
Age					
25-34	1,195	54.9% ± 3.5	37.5% ± 3.5	6.5% ± 2.1	^1.1% ± 1.1
35-49	1,750	55.3% ± 3.0	38.0% ± 3.0	5.4% ± 1.5	*1.2% ± 0.7
50-69	3,706	65.3% ± 2.0	28.1% ± 1.9	5.1% ± 1.1	1.5% ± 0.6
70 and older	1,858	68.1% ± 2.5	26.1% ± 2.3	5.0% ± 1.2	*0.8% ± 0.5
Selected Race/Ethnicities					
Hispanic	137	59.7% ± 12.0	34.1% ± 12.1	^4.6% ± 8.4	^1.6% ± 4.6
Non-Hispanic Asian	230	57.1% ± 8.8	38.0% ± 8.8	*2.9% ± 2.5	^2.1% ± 5.4
Non-Hispanic US-born Black	364	53.2% ± 8.1	37.7% ± 8.2	*7.5% ± 4.5	^1.6% ± 2.7
Non-Hispanic White	7,504	61.8% ± 1.5	32.1% ± 1.4	4.9% ± 0.7	1.2% ± 0.4
Educational Attainment					
Less than High School	150	55.2% ± 12.9	17.4% ± 8.0	*18.1% ± 13.5	^9.2% ± 15.4
High School or GED	888	56.7% ± 5.3	35.0% ± 5.3	7.0% ± 3.0	^1.4% ± 1.4
Some College	2,218	60.6% ± 3.1	32.4% ± 3.1	5.5% ± 1.4	1.4% ± 0.7
College Degree or Higher	5,251	60.4% ± 1.9	33.5% ± 1.9	5.0% ± 1.0	1.1% ± 0.5
Household Income					
≤ \$23,000	991	51.6% ± 5.0	35.4% ± 5.0	11.3% ± 3.4	*1.7% ± 1.3
\$23,001 - \$55,000	2,319	56.2% ± 3.1	35.8% ± 3.1	6.1% ± 1.7	*1.9% ± 1.3
≥ \$55,001	4,828	62.3% ± 2.0	32.1% ± 1.9	4.6% ± 1.0	1.1% ± 0.5
Sexual Orientation and Gender Identity					
LGBT	532	49.6% ± 6.0	41.2% ± 6.1	6.9% ± 3.5	^2.3% ± 2.6
Male	272	47.5% ± 8.5	40.8% ± 8.6	*8.5% ± 5.5	^3.2% ± 4.5
Female	259	52.9% ± 8.3	41.6% ± 8.3	^4.6% ± 4.6	^0.9% ± 1.8
Not LGBT	7,780	61.0% ± 1.6	32.5% ± 1.6	5.3% ± 0.8	1.2% ± 0.4
Male	2,762	62.1% ± 2.8	31.2% ± 2.6	5.3% ± 1.5	*1.3% ± 0.8
Female	5,017	60.0% ± 1.9	33.6% ± 1.8	5.3% ± 0.9	1.1% ± 0.4
Disability Status					
Yes	2,106	58.2% ± 3.1	31.7% ± 2.9	8.0% ± 1.6	*2.1% ± 1.3
No	6,372	60.5% ± 1.8	33.3% ± 1.7	5.0% ± 0.9	1.2% ± 0.5
Frequent Mental Distress					
Yes	693	50.6% ± 5.6	36.7% ± 5.3	10.0% ± 4.1	^2.7% ± 3.8
No	7,716	60.8% ± 1.6	32.8% ± 1.6	5.1% ± 0.8	1.2% ± 0.4

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

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Social-Environmental Factors



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.
Hennepin County Total	8,477	62.3% ± 1.5	29.1% ± 1.4	6.4% ± 0.9	2.1% ± 0.5
Age					
25-34	1,190	50.0% ± 3.5	37.6% ± 3.5	9.8% ± 2.3	2.7% ± 1.3
35-49	1,745	62.2% ± 2.9	29.8% ± 2.8	6.4% ± 1.6	1.7% ± 0.9
50-69	3,689	68.4% ± 1.9	24.7% ± 1.8	5.0% ± 1.0	1.9% ± 0.7
70 and older	1,832	68.9% ± 2.6	25.5% ± 2.5	3.8% ± 1.1	1.7% ± 0.8
Selected Race/Ethnicities					
Hispanic	137	49.2% ± 11.7	41.9% ± 12.1	[^] 4.5% ± 6.1	[^] 4.3% ± 7.2
Non-Hispanic Asian	229	49.8% ± 8.7	40.3% ± 9.0	*9.1% ± 6.4	[^] 0.8% ± 1.8
Non-Hispanic US-born Black	293	43.4% ± 9.3	37.6% ± 8.9	12.9% ± 7.5	*6.1% ± 5.4
Non-Hispanic White	7,466	66.4% ± 1.4	27.3% ± 1.3	5.1% ± 0.7	1.3% ± 0.3
Educational Attainment					
Less than High School	148	38.7% ± 13.1	32.8% ± 12.8	*18.2% ± 13.3	[^] 10.3% ± 10.7
High School or GED	875	48.7% ± 5.2	41.0% ± 5.5	7.9% ± 3.5	2.4% ± 1.2
Some College	2,201	58.1% ± 3.1	31.3% ± 2.9	7.3% ± 2.0	3.3% ± 1.5
College Degree or Higher	5,234	66.4% ± 1.8	26.7% ± 1.7	5.6% ± 1.0	1.4% ± 0.5
Household Income					
≤ \$23,000	971	41.0% ± 5.0	40.9% ± 5.0	13.3% ± 3.9	4.7% ± 2.2
\$23,001 - \$55,000	2,306	50.0% ± 3.1	36.8% ± 3.1	9.3% ± 2.2	3.9% ± 1.7
≥ \$55,001	4,820	69.1% ± 1.8	25.3% ± 1.7	4.5% ± 1.0	1.1% ± 0.5
Sexual Orientation and Gender Identity					
LGBT	527	50.0% ± 6.0	36.3% ± 6.1	9.7% ± 3.9	*4.0% ± 2.6
Male	269	48.3% ± 8.5	38.2% ± 8.5	*9.0% ± 5.7	*4.5% ± 4.4
Female	258	52.6% ± 8.3	33.5% ± 8.5	10.7% ± 5.8	*3.2% ± 2.5
Not LGBT	7,746	63.8% ± 1.5	28.7% ± 1.5	5.8% ± 0.9	1.8% ± 0.5
Male	2,752	61.8% ± 2.7	29.6% ± 2.5	6.8% ± 1.6	1.7% ± 0.9
Female	4,993	65.5% ± 1.7	27.8% ± 1.7	4.9% ± 0.9	1.8% ± 0.5
Disability Status					
Yes	2,087	56.4% ± 3.1	31.4% ± 2.9	8.7% ± 2.0	3.5% ± 1.3
No	6,340	63.7% ± 1.7	28.6% ± 1.6	5.9% ± 1.0	1.8% ± 0.6
Frequent Mental Distress					
Yes	688	45.7% ± 5.6	36.0% ± 5.5	13.8% ± 5.3	4.5% ± 2.2
No	7,678	63.7% ± 1.5	28.6% ± 1.5	5.8% ± 0.8	1.9% ± 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-Environmental Factors



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.
Hennepin County Total	8,501	44.6% ± 1.5	45.3% ± 1.6	8.4% ± 1.0	1.7% ± 0.4
Age					
25-34	1,185	32.4% ± 3.5	52.9% ± 3.6	12.9% ± 2.6	1.9% ± 1.0
35-49	1,745	46.3% ± 3.0	43.4% ± 3.0	8.7% ± 1.9	*1.5% ± 1.0
50-69	3,698	49.6% ± 2.1	42.2% ± 2.1	6.5% ± 1.1	1.7% ± 0.7
70 and older	1,853	48.5% ± 2.7	45.6% ± 2.8	4.5% ± 1.1	*1.4% ± 0.9
Selected Race/Ethnicities					
Hispanic	137	35.1% ± 12.2	50.1% ± 11.7	*11.2% ± 8.4	^3.5% ± 6.6
Non-Hispanic Asian	230	31.3% ± 8.2	54.9% ± 8.8	*12.7% ± 7.5	^1.1% ± 1.4
Non-Hispanic US-born Black	293	21.4% ± 7.7	53.5% ± 9.1	21.7% ± 9.4	^3.4% ± 3.8
Non-Hispanic White	7,488	48.2% ± 1.5	43.8% ± 1.5	6.8% ± 0.8	1.2% ± 0.3
Educational Attainment					
Less than High School	149	28.3% ± 12.9	46.5% ± 13.0	15.9% ± 9.3	^9.3% ± 10.0
High School or GED	880	36.3% ± 5.0	51.4% ± 5.3	9.4% ± 3.6	*2.9% ± 2.3
Some College	2,214	40.5% ± 3.2	47.8% ± 3.1	9.7% ± 2.4	2.0% ± 1.0
College Degree or Higher	5,240	47.7% ± 1.9	43.6% ± 2.0	7.6% ± 1.1	1.1% ± 0.5
Household Income					
≤ \$23,000	982	32.3% ± 4.8	48.1% ± 5.1	14.9% ± 4.2	4.7% ± 2.4
\$23,001 - \$55,000	2,312	30.6% ± 2.7	54.5% ± 3.1	12.2% ± 2.5	2.7% ± 1.2
≥ \$55,001	4,831	51.0% ± 2.0	41.8% ± 2.0	6.4% ± 1.1	0.9% ± 0.5
Sexual Orientation and Gender Identity					
LGBT	528	30.4% ± 5.5	54.2% ± 6.0	13.0% ± 4.4	^2.4% ± 2.6
Male	271	26.9% ± 7.7	58.8% ± 8.3	10.9% ± 5.9	^3.4% ± 4.5
Female	257	35.4% ± 8.0	47.5% ± 8.4	16.0% ± 7.5	^1.0% ± 1.4
Not LGBT	7,766	45.9% ± 1.6	44.7% ± 1.6	8.0% ± 1.0	1.4% ± 0.4
Male	2,757	44.9% ± 2.8	45.9% ± 2.8	8.1% ± 1.8	1.1% ± 0.7
Female	5,008	46.8% ± 1.9	43.6% ± 1.9	7.9% ± 1.2	1.7% ± 0.5
Disability Status					
Yes	2,101	36.9% ± 3.1	47.9% ± 3.1	12.3% ± 2.5	2.9% ± 1.3
No	6,351	46.5% ± 1.8	44.6% ± 1.8	7.5% ± 1.1	1.4% ± 0.5
Frequent Mental Distress					
Yes	693	28.8% ± 5.1	46.5% ± 5.6	19.0% ± 5.1	5.7% ± 2.7
No	7,691	45.9% ± 1.6	45.2% ± 1.6	7.5% ± 1.0	1.3% ± 0.4

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Social-Environmental Factors



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.
Hennepin County Total	8,534	48.4% ± 1.5	41.2% ± 1.5	8.4% ± 0.9	2.0% ± 0.5
Age					
25-34	1,195	38.7% ± 3.5	45.4% ± 3.5	12.9% ± 2.4	3.0% ± 1.6
35-49	1,744	47.1% ± 3.0	42.1% ± 3.0	8.9% ± 1.8	2.0% ± 0.9
50-69	3,708	52.3% ± 2.0	39.5% ± 2.0	6.4% ± 1.0	1.8% ± 0.7
70 and older	1,867	57.8% ± 2.7	37.6% ± 2.7	4.0% ± 1.1	*0.6% ± 0.4
Selected Race/Ethnicities					
Hispanic	136	35.3% ± 12.1	47.4% ± 11.8	*14.0% ± 9.7	^3.3% ± 5.3
Non-Hispanic Asian	232	31.7% ± 8.0	47.7% ± 8.8	18.8% ± 8.8	^1.8% ± 4.0
Non-Hispanic US-born Black	293	28.5% ± 9.7	42.7% ± 8.9	18.8% ± 8.0	*10.1% ± 7.5
Non-Hispanic White	7,518	51.6% ± 1.4	41.0% ± 1.4	6.4% ± 0.7	1.0% ± 0.3
Educational Attainment					
Less than High School	149	23.8% ± 11.6	45.2% ± 12.9	*15.3% ± 13.0	*15.7% ± 12.2
High School or GED	891	32.6% ± 4.6	54.8% ± 5.2	10.5% ± 4.3	*2.1% ± 1.2
Some College	2,223	42.3% ± 3.1	44.2% ± 3.1	10.0% ± 2.0	3.5% ± 1.8
College Degree or Higher	5,252	53.4% ± 1.9	38.2% ± 1.8	7.3% ± 1.0	1.0% ± 0.3
Household Income					
≤ \$23,000	994	27.2% ± 4.4	50.8% ± 5.0	15.9% ± 4.1	6.0% ± 2.6
\$23,001 - \$55,000	2,324	35.3% ± 2.9	48.5% ± 3.1	12.2% ± 2.3	4.0% ± 1.9
≥ \$55,001	4,832	55.8% ± 1.9	37.4% ± 1.9	6.0% ± 1.0	0.8% ± 0.4
Sexual Orientation and Gender Identity					
LGBT	531	32.7% ± 6.2	46.8% ± 6.0	16.1% ± 5.3	*4.4% ± 3.2
Male	272	32.5% ± 8.7	45.3% ± 8.3	17.2% ± 8.3	^5.0% ± 5.6
Female	258	33.2% ± 8.8	48.8% ± 8.3	14.5% ± 6.0	*3.5% ± 2.9
Not LGBT	7,792	49.9% ± 1.6	40.7% ± 1.6	7.7% ± 0.9	1.7% ± 0.5
Male	2,764	52.7% ± 2.7	39.5% ± 2.7	6.3% ± 1.4	*1.5% ± 0.9
Female	5,027	47.4% ± 1.8	41.8% ± 1.8	8.9% ± 1.2	1.9% ± 0.6
Disability Status					
Yes	2,117	39.9% ± 3.1	44.9% ± 3.1	11.4% ± 2.1	3.8% ± 1.6
No	6,368	50.3% ± 1.7	40.4% ± 1.7	7.7% ± 1.0	1.6% ± 0.5
Frequent Mental Distress					
Yes	697	32.8% ± 5.5	44.1% ± 5.5	15.7% ± 4.3	7.5% ± 3.8
No	7,717	49.8% ± 1.6	40.9% ± 1.6	7.7% ± 0.9	1.5% ± 0.5

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Social-Environmental Factors



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.
Hennepin County Total	8,519	2.7% ± 0.6	3.2% ± 0.7	9.5% ± 1.1	14.4% ± 1.2	70.2% ± 1.5
Age						
25-34	1,194	3.0% ± 1.4	3.9% ± 1.5	11.5% ± 2.4	17.1% ± 2.8	64.5% ± 3.4
35-49	1,745	2.8% ± 1.4	3.9% ± 1.6	10.5% ± 2.1	16.3% ± 2.4	66.4% ± 3.0
50-69	3,699	2.9% ± 0.9	2.7% ± 0.8	8.2% ± 1.3	13.2% ± 1.5	72.9% ± 2.0
70 and older	1,861	*1.2% ± 1.1	*0.6% ± 0.5	3.5% ± 1.2	6.4% ± 1.9	88.4% ± 2.2
Selected Race/Ethnicities						
Hispanic	135	^2.8% ± 5.2	^7.3% ± 8.0	*9.3% ± 7.0	24.7% ± 11.3	56.0% ± 11.7
Non-Hispanic Asian	230	*5.9% ± 5.3	^4.3% ± 4.6	26.4% ± 8.8	23.7% ± 8.4	39.7% ± 8.8
Non-Hispanic US-born Black	292	12.9% ± 6.0	9.7% ± 5.6	30.9% ± 9.4	18.5% ± 8.4	28.0% ± 9.0
Non-Hispanic White	7,506	1.1% ± 0.4	1.9% ± 0.5	5.8% ± 0.7	12.3% ± 1.0	78.9% ± 1.2
Educational Attainment						
Less than High School	146	^5.8% ± 7.8	^3.4% ± 4.9	*16.3% ± 14.0	*19.0% ± 13.7	55.6% ± 13.3
High School or GED	890	*3.8% ± 3.2	*4.2% ± 3.7	10.3% ± 3.7	11.4% ± 4.2	70.4% ± 5.4
Some College	2,214	3.3% ± 1.5	3.0% ± 1.2	9.9% ± 2.5	13.4% ± 2.6	70.4% ± 3.2
College Degree or Higher	5,251	2.3% ± 0.7	3.2% ± 0.9	9.1% ± 1.3	15.1% ± 1.5	70.4% ± 1.9
Household Income						
≤ \$23,000	988	9.8% ± 3.8	7.6% ± 3.3	14.4% ± 4.5	10.9% ± 3.3	57.3% ± 5.1
\$23,001 - \$55,000	2,319	3.9% ± 1.6	4.2% ± 1.9	11.9% ± 2.4	15.3% ± 2.4	64.7% ± 3.2
≥ \$55,001	4,827	1.5% ± 0.7	2.4% ± 0.8	8.2% ± 1.3	14.6% ± 1.6	73.3% ± 1.9
Sexual Orientation and Gender Identity						
LGBT	531	*4.6% ± 3.5	6.9% ± 3.1	18.4% ± 5.3	21.7% ± 5.8	48.4% ± 6.0
Male	271	^4.2% ± 4.7	*7.9% ± 5.0	18.7% ± 7.5	19.7% ± 8.7	49.5% ± 8.4
Female	259	^5.3% ± 6.8	*5.1% ± 3.7	18.1% ± 7.7	24.7% ± 7.7	46.9% ± 8.3
Not LGBT	7,778	2.4% ± 0.6	2.9% ± 0.7	8.5% ± 1.1	14.1% ± 1.3	72.1% ± 1.6
Male	2,753	3.1% ± 1.2	2.8% ± 1.3	9.1% ± 1.9	14.1% ± 2.1	70.9% ± 2.7
Female	5,024	1.8% ± 0.6	3.0% ± 0.8	8.0% ± 1.2	14.0% ± 1.5	73.2% ± 1.8
Disability Status						
Yes	2,113	5.4% ± 1.8	5.5% ± 1.9	10.7% ± 2.3	12.8% ± 2.2	65.6% ± 3.1
No	6,357	2.1% ± 0.7	2.7% ± 0.8	9.2% ± 1.2	14.7% ± 1.4	71.3% ± 1.7
Frequent Mental Distress						
Yes	698	8.7% ± 3.8	9.8% ± 4.5	14.4% ± 4.3	13.3% ± 4.3	53.8% ± 5.6
No	7,702	2.3% ± 0.6	2.6% ± 0.7	9.1% ± 1.1	14.6% ± 1.3	71.4% ± 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%)

Social-Environmental Factors



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.
Hennepin County Total	8,557	3.2% ± 0.7	7.0% ± 1.0	7.5% ± 0.9	82.3% ± 1.3
Age					
25-34	1,195	2.8% ± 1.5	8.1% ± 2.3	8.8% ± 2.3	80.4% ± 3.1
35-49	1,748	4.0% ± 1.5	7.7% ± 2.0	7.7% ± 1.7	80.7% ± 2.6
50-69	3,715	3.0% ± 0.9	6.2% ± 1.2	6.7% ± 1.2	84.1% ± 1.7
70 and older	1,879	*0.9% ± 0.6	3.5% ± 1.2	6.1% ± 1.8	89.5% ± 2.0
Selected Race/Ethnicities					
Hispanic	136	^5.1% ± 7.9	*15.7% ± 9.3	*9.3% ± 7.6	69.9% ± 11.0
Non-Hispanic Asian	232	^6.2% ± 8.5	12.4% ± 6.5	*12.7% ± 8.2	68.7% ± 9.2
Non-Hispanic US-born Black	293	17.9% ± 8.0	24.3% ± 8.5	14.8% ± 6.9	43.0% ± 9.3
Non-Hispanic White	7,537	1.5% ± 0.4	3.8% ± 0.6	6.0% ± 0.7	88.7% ± 1.0
Educational Attainment					
Less than High School	151	*18.6% ± 13.7	32.1% ± 12.8	^13.8% ± 14.0	35.5% ± 12.0
High School or GED	897	6.6% ± 3.1	19.6% ± 5.7	10.6% ± 3.4	63.1% ± 5.5
Some College	2,227	5.6% ± 1.9	10.1% ± 2.2	8.9% ± 2.0	75.3% ± 3.0
College Degree or Higher	5,264	1.3% ± 0.7	3.5% ± 0.9	6.3% ± 1.1	88.9% ± 1.4
Household Income					
≤ \$23,000	996	16.8% ± 4.7	29.5% ± 5.3	12.1% ± 3.1	41.6% ± 4.8
\$23,001 - \$55,000	2,334	5.1% ± 2.0	14.0% ± 3.0	13.1% ± 2.3	67.8% ± 3.3
≥ \$55,001	4,839	*0.8% ± 0.6	1.9% ± 0.7	5.0% ± 1.1	92.4% ± 1.3
Sexual Orientation and Gender Identity					
LGBT	531	*4.3% ± 3.0	7.6% ± 3.5	11.4% ± 4.4	76.8% ± 5.3
Male	271	*5.3% ± 5.0	*7.6% ± 5.2	12.3% ± 6.5	74.8% ± 7.7
Female	259	^2.8% ± 3.1	*7.5% ± 5.4	*10.1% ± 6.1	79.6% ± 7.1
Not LGBT	7,811	2.8% ± 0.7	6.5% ± 1.0	7.2% ± 0.9	83.5% ± 1.4
Male	2,767	2.3% ± 1.2	6.0% ± 1.7	5.9% ± 1.6	85.8% ± 2.3
Female	5,043	3.2% ± 0.9	7.0% ± 1.2	8.3% ± 1.2	81.4% ± 1.7
Disability Status					
Yes	2,124	7.7% ± 2.3	12.2% ± 2.5	9.5% ± 1.9	70.6% ± 3.1
No	6,381	2.1% ± 0.7	5.9% ± 1.1	7.0% ± 1.1	85.0% ± 1.5
Frequent Mental Distress					
Yes	698	19.6% ± 6.0	16.3% ± 4.1	10.0% ± 3.1	54.1% ± 5.6
No	7,737	1.8% ± 0.5	6.2% ± 1.0	7.2% ± 1.0	84.8% ± 1.3

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-Environmental Factors



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.
Hennepin County Total	8,520	5.7% ± 0.9
Age		
25-34	1,193	5.4% ± 2.0
35-49	1,747	6.5% ± 1.8
50-69	3,697	5.9% ± 1.3
70 and older	1,863	*1.6% ± 1.0
Selected Race/Ethnicities		
Hispanic	137	*12.9% ± 8.6
Non-Hispanic Asian	231	*4.8% ± 4.5
Non-Hispanic US-born Black	290	25.8% ± 8.9
Non-Hispanic White	7,507	2.9% ± 0.5
Educational Attainment		
Less than High School	149	*20.7% ± 14.5
High School or GED	888	12.4% ± 4.7
Some College	2,218	8.5% ± 2.1
College Degree or Higher	5,248	3.3% ± 0.9
Household Income		
≤ \$23,000	982	16.6% ± 4.4
\$23,001 - \$55,000	2,324	12.7% ± 2.9
≥ \$55,001	4,830	1.9% ± 0.8
Sexual Orientation and Gender Identity		
LGBT	531	8.3% ± 3.9
Male	271	*7.7% ± 5.9
Female	259	*9.1% ± 5.8
Not LGBT	7,779	5.1% ± 0.9
Male	2,751	4.5% ± 1.6
Female	5,027	5.7% ± 1.1
Disability Status		
Yes	2,106	10.2% ± 2.6
No	6,363	4.7% ± 1.0
Frequent Mental Distress		
Yes	694	17.6% ± 5.2
No	7,706	4.7% ± 0.9

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%)

Social-Environmental Factors



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.
Hennepin County Total	8,554	79.7% ± 1.3	15.9% ± 1.2	4.4% ± 0.7
Age				
25-34	1,195	54.5% ± 3.5	33.6% ± 3.4	11.9% ± 2.3
35-49	1,749	83.1% ± 2.4	14.1% ± 2.2	2.8% ± 1.2
50-69	3,710	90.1% ± 1.4	8.2% ± 1.3	1.7% ± 0.7
70 and older	1,879	90.1% ± 1.6	8.9% ± 1.6	*1.0% ± 0.6
Selected Race/Ethnicities				
Hispanic	137	67.6% ± 12.5	20.7% ± 12.1	*11.7% ± 10.7
Non-Hispanic Asian	232	78.9% ± 6.9	15.6% ± 6.2	*5.5% ± 4.7
Non-Hispanic US-born Black	293	67.2% ± 9.6	23.2% ± 8.9	*9.5% ± 8.7
Non-Hispanic White	7,534	82.1% ± 1.2	14.2% ± 1.1	3.8% ± 0.6
Educational Attainment				
Less than High School	151	78.8% ± 11.8	*16.2% ± 10.9	^5.0% ± 10.0
High School or GED	897	83.9% ± 5.0	13.9% ± 5.0	*2.2% ± 1.8
Some College	2,228	84.6% ± 2.5	12.1% ± 2.4	3.2% ± 1.3
College Degree or Higher	5,262	77.4% ± 1.7	17.5% ± 1.6	5.1% ± 1.0
Household Income				
≤ \$23,000	998	74.3% ± 4.9	18.3% ± 4.6	7.4% ± 3.2
\$23,001 - \$55,000	2,330	75.8% ± 2.9	17.7% ± 2.7	6.5% ± 1.8
≥ \$55,001	4,840	81.2% ± 1.7	15.3% ± 1.5	3.4% ± 0.9
Sexual Orientation and Gender Identity				
LGBT	531	70.0% ± 6.2	21.3% ± 5.4	*8.7% ± 5.5
Male	272	71.5% ± 9.0	18.2% ± 7.5	*10.2% ± 9.0
Female	258	68.0% ± 8.3	25.5% ± 8.1	*6.6% ± 5.2
Not LGBT	7,809	80.4% ± 1.4	15.5% ± 1.3	4.1% ± 0.7
Male	2,767	80.3% ± 2.4	15.6% ± 2.2	4.1% ± 1.2
Female	5,041	80.4% ± 1.6	15.4% ± 1.5	4.1% ± 0.8
Disability Status				
Yes	2,125	80.3% ± 2.8	14.2% ± 2.6	5.5% ± 1.8
No	6,377	79.5% ± 1.5	16.3% ± 1.4	4.2% ± 0.8
Frequent Mental Distress				
Yes	700	76.9% ± 4.6	14.7% ± 3.7	8.4% ± 3.6
No	7,732	80.0% ± 1.4	16.0% ± 1.3	4.1% ± 0.7

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%)

Social-Environmental Factors



Do you think of yourself as ...

TABLE 96	Sample Size	Gay, lesbian, or homosexual/ Bisexual/ Transgender
	N	% ± 95% C.I.
Hennepin County Total	8,350	6.2% ± 0.8
Age		
25-34	1,169	8.3% ± 2.2
35-49	1,715	7.7% ± 1.5
50-69	3,629	5.0% ± 1.0
70 and older	1,819	1.5% ± 0.6
Selected Race/Ethnicities		
Hispanic	129	*6.6% ± 6.1
Non-Hispanic Asian	210	*6.5% ± 6.3
Non-Hispanic US-born Black	284	^8.1% ± 8.4
Non-Hispanic White	7,425	5.8% ± 0.7
Educational Attainment		
Less than High School	130	^14.4% ± 15.5
High School or GED	856	*2.7% ± 1.9
Some College	2,176	4.6% ± 1.3
College Degree or Higher	5,178	7.0% ± 1.0
Household Income		
≤ \$23,000	937	9.2% ± 3.3
\$23,001 - \$55,000	2,284	7.9% ± 1.8
≥ \$55,001	4,788	5.5% ± 0.9
Sexual Orientation and Gender Identity		
LGBT	N/A	
Male	N/A	
Female	N/A	
Not LGBT	N/A	
Male	N/A	
Female	N/A	
Disability Status		
Yes	2,067	7.4% ± 1.7
No	6,233	5.9% ± 0.9
Frequent Mental Distress		
Yes	674	10.6% ± 3.6
No	7,569	5.8% ± 0.8

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

Non-Hispanic Asian	229	10.8%	37.2% ± 8.5	39.1% ± 9.2	*11.0% ± 8.2
Non-Hispanic US-born Black	363	15.1%	27.2% ± 7.9	36.0% ± 8.0	15.9% ± 5.5
Non-Hispanic White	7,514	30.1%	27.2% ± 1.5	27.2% ± 1.4	5.2% ± 0.6

Educational Attainment

Less than High School	1,111	4.4%	31.6% ± 8.6	31.6% ± 8.6	20.5% ± 5.5
High School or GED	1,111	4.4%	10.9% ± 0.9	10.9% ± 0.9	10.9% ± 1.7
Some College	1,111	4.4%	42.5% ± 14.3	42.5% ± 14.3	*42.5% ± 34.2
College Degree or higher	1,111	4.4%	15.9% ± 1.9	15.9% ± 1.9	8.2% ± 1.9

Household Income

≤ \$23,000	1,111	4.4%	15.9% ± 4.5	15.9% ± 4.5	15.9% ± 4.5
\$23,001 - \$55,000	1,111	4.4%	15.9% ± 1.9	15.9% ± 1.9	15.9% ± 1.9
\$55,001 or more	1,111	4.4%	15.9% ± 1.9	15.9% ± 1.9	15.9% ± 1.9



**Metro SHAPE
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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 Hennepin County total results followed by comparisons by age, selected race/ethnicities, educational attainment, household income, sexual orientation and gender identity, disability status, and presence of frequent mental distress.

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 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. Missing responses are not included in the calculated percentages.

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 subgroups 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 . . .”

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 age, selected race/ethnicities, educational attainment, household income, sexual orientation and gender identity, disability status, and presence of frequent mental distress. For the data on age, categories include: 25-34; 35-49; 50-69; and 70 and older. For selected race/ethnicities, categories include: Hispanic; non-Hispanic Asian; non-Hispanic US-born Black; non-Hispanic White. For education, categories include: Less than high school; high school or GED; some college; college degree or higher. For household income, the categories include: less than \$23,000; \$23,001 - \$55,000; \$55,001 or more. For sexual orientation and gender identity status, the categories include: LGBT, LGBT male, LGBT female, not LGBT, not LGBT male, and not LGBT female. Disability status

Figure 2: Example data table



TABLE X	Sample Size N	Response 1 % ± 95% C.I.	Response 2 % ± 95% C.I.	Response 3 % ± 95% C.I.	Response 4 % ± 95% C.I.
Hennepin County Total	8,541	18.5% ± 1.3	45.0% ± 1.6	28.9% ± 1.5	6.6% ± 0.8
Age					
25-34	1,197	[^] 3.9% ± 4.1	35.2% ± 5.0	26.2% ± 4.8	34.7% ± 5.0
35-49	1,751	9.1% ± 2.4	47.0% ± 3.0	27.5% ± 2.8	15.9% ± 1.7
50-69	3,709	8.1% ± 1.6	43.8% ± 2.1	28.4% ± 2.0	18.1% ± 1.3
70 and older	1,864	*1.6% ± 1.1	30.3% ± 4.9	31.3% ± 5.0	36.8% ± 5.1
Selected Race/Ethnicities					
Hispanic	137	*12.4% ± 10.8	55.2% ± 11.7	28.4% ± 10.8	[^] 3.3% ± 5.1
Non-Hispanic Asian	229	10.8% ± 5.3	37.2% ± 8.5	39.1% ± 9.2	*11.0% ± 8.2
Non-Hispanic US-born Black	363	19.3% ± 8.7	27.2% ± 7.9	36.0% ± 8.0	15.9% ± 5.5
Non-Hispanic White	7,514	19.7% ± 1.3	47.1% ± 1.5	27.2% ± 1.4	5.2% ± 0.6
Educational Attainment					
Less than High School	147	19.4% ± 10.6	28.5% ± 4.1	31.6% ± 8.6	20.5% ± 5.5
High School or GED	897	19.4% ± 5.6	43.3% ± 7.6	26.4% ± 0.9	10.9% ± 1.7
Some College	2,220	11.5% ± 2.3	30.7% ± 3.1	26.2% ± 14.3	*42.5% ± 34.2
College Degree or Higher	5,247	26.2% ± 0.9	42.5% ± 4.9	23.2% ± 1.2	8.2% ± 1.9
Household Income					
≤ \$23,000	991	11.7% ± 4.5	25.4% ± 4.3	34.0% ± 5.0	23.3% ± 4.5
\$23,001 - \$55,000	2,321	11.1% ± 2.0	39.6% ± 3.1	37.7% ± 3.1	10.1% ± 1.9
≥ \$55,001	4,834	22.0% ± 1.7	49.7% ± 2.0	24.9% ± 1.8	3.2% ± 0.8
Sexual Orientation and Gender Identity					
LGBT	529	18.0% ± 5.0	44.1% ± 6.1	29.1% ± 5.7	7.7% ± 3.8
Male	270	19.6% ± 7.4	43.6% ± 8.7	28.2% ± 8.1	*7.1% ± 4.9
Female	258	15.9% ± 6.3	44.6% ± 8.3	30.5% ± 8.1	*8.5% ± 7.3
Not LGBT	7,787	18.5% ± 1.3	45.8% ± 1.6	28.6% ± 1.5	6.2% ± 0.8
Male	2,758	18.8% ± 2.3	45.0% ± 2.8	30.0% ± 2.6	5.2% ± 1.2
Female	5,029	18.2% ± 1.5	46.4% ± 1.9	27.3% ± 1.7	7.1% ± 1.1
Disability Status					
Yes	2,117	3.7% ± 1.9	25.2% ± 2.7	44.3% ± 3.2	21.4% ± 2.5
No	6,373	21.9% ± 1.5	49.4% ± 1.8	25.4% ± 1.7	3.2% ± 0.8
Frequent Mental Distress					
Yes	700	[^] 1.6% ± 7.5	30.3% ± 6.3	31.3% ± 7.8	36.8% ± 17.4
No	7,735	19.6% ± 1.4	46.4% ± 1.6	28.5% ± 1.5	5.0% ± 0.7

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%)

Symbols used in the data tables:

N: Sample size (unweighted number of survey respondents)

%: Percentage

C.I.: Confidence interval

and presence of frequent mental distress are reported for those with and those without those conditions.

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, % \pm 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.

For example, in Figure 2, in the column labeled “Response 2” and the row for “College Degree or Higher” in the Educational Attainment 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 E.

Calculation of results not presented in the tables

Appendix E 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 age groups, for example 25-34 and 35-49. 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; and
- 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 % \pm 95% C.I. In the example above, this means that 95 times out of 100, the percentage for Response 2 for “College Degree or Higher” in Hennepin County would be 42.5% \pm 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, and 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.

To continue the example from above, the confidence intervals for Response 2 for “Less than High School”, “High School or GED”, and “College Degree or Higher” from Figure 2 are depicted in Figure 3.

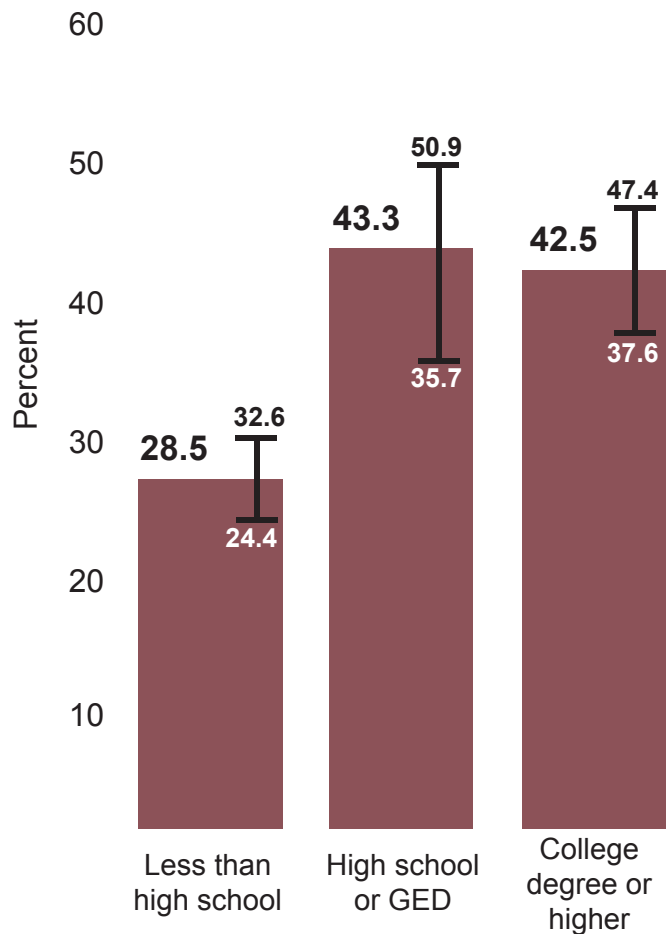
Each bar represents the point estimate (the percentage for the respective area) and the upper and lower limits of the corresponding 95% confidence interval are plotted. In Figure 3, the confidence interval for “Less than high school” is narrower than the confidence interval for “High school or GED”.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

Readers will usually find that the confidence intervals are wider for groups with fewer respondents, and narrower for larger groups with fewer respondents. 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. It could be that there is no significant difference, or there are not enough respondents to detect a difference.

Returning to Figure 3, it can be seen that the confidence intervals on Response 2 for “Less than high school” and “High school or GED”, and for “Less than high School” and “College degree or higher” do not overlap. This means that the percentage for “Less than high school” (28.5%) differs statistically from the percentages for “High school or GED” (43.3%) and “College degree or higher” (42.5%). In contrast, the confidence intervals for “High school or GED” and “College degree or higher” do overlap, and one cannot state that there is a significant difference.

Figure 3. Percentage and confidence intervals for response 2 among selected education level groups



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 “Less than high school” 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.



Metro SHAPE 2014

APPENDIX B – Sample Characteristics

Description of the *Metro SHAPE 2014* sample

The responses given by 8,578 adults in Hennepin County are the basis for the data tables reported in this *Metro SHAPE 2014* Hennepin County Geographic Data Book. They are part of the 12,028 adults aged 25 and older who responded to this metro wide project from six metro counties Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties. The whole metro wide sample was used for many sections that describe survey methodology, weighting strategies, data process and coding strategies.

The distribution of the respondents from Hennepin County by key reporting categories is illustrated in Table B.

Table B: Number of unweighted respondents to the Metro SHAPE 2014 survey for Hennepin County by reporting category.

Data book reporting categories	Hennepin County N	All metro Counties N
Total	8,578	12,028
Age		
25-34 (Millennials, born 1981-1990)	1,201	1,565
35-49 (Generation X, born 1965-1980)	1,753	2,493
50-69 (Boomer, born 1946-1964)	3,720	5,318
70 and older (Traditionalist, born 1945 or earlier)	1,883	2,620
Unknown	21	32
Race and ethnicity		
Hispanic or Latino	137	175
Non-Hispanic Asian or Asian American	232	324
Non-Hispanic American Indian or Alaska Native	41	48
Non-Hispanic Black or African American	365	424
US born	296	335
Not US born	63	81
Unknown	6	8

Data book reporting categories	Hennepin County N	All metro Counties N
Non-Hispanic Native Hawaiian or other Pacific Islander	7	10
Non-Hispanic White	7,542	10,697
Non-Hispanic biracial or multi-racial	27	35
Non-Hispanic other	161	225
Unknown	66	90
Educational attainment		
Less than high school	152	210
High school graduate or GED	898	1,364
Some college (also include associate's degree, or vocational/technical/business school)	2,231	3,334
Bachelor's degree or higher	5,267	7,079
Unknown	30	41
Household income		
≤ \$23,000	1,000	1,348
\$23,001-\$55,000	2,335	3,207
≥\$55,001	4,843	6,901
Unknown	400	572
Sexual orientation and gender identity		
Self-identified with*		
Heterosexual or straight	7,863	9,511
Gay, lesbian, or homosexual	374	418
Bisexual	163	192
Transgender	18	25
LGBT Status		
LGBT	532	604
Male	272	299
Female	259	304
Not LGBT	7,818	9,456
Male	2,769	3,350
Female	5,048	6,105
Unknown	225	280
Not asked**	0	1,688
Disability status		
Yes	2,130	2,955
No	6,396	8,994
Unknown	27	52
Frequent mental distress		
Yes	700	986
No	7,756	10,872
Unknown	122	170

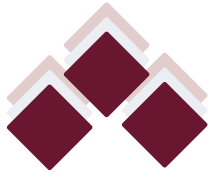
* Respondents can self-identified one or more listed categories.

**Three counties including Dakota, Scott and Washington did not ask LGBT question



**Metro SHAPE
2014**

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

Partially supported by the Statewide Health Improvement Program, Minnesota Department of Health.



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?

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 one or more 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 ever 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 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?

- Yes
- No

B2. During the past 12 months, did you have health insurance for the entire year, only part of the year, or were you not insured for the entire year?

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

B3. During the past 12 months, how difficult has it been for you and your family to pay for health insurance premiums, co-pays, and deductibles?

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

B4. During the past 12 months, 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 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, 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:

- B12. Do you take any prescription medication on a regular basis, other than birth control pills?**
 Yes
 No → **GO TO B14**
- B13. 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?**
 Yes
 No
- B14. During the past 12 months, 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 past 12 months, 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 last 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 last 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 last visited a dentist or dental clinic for any reason?

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

B20. Do you currently 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. Yesterday, 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. Yesterday, how many servings of fruit did you eat?

Number of servings

C3. In a typical week, on how many days do you eat breakfast?

- Number of days per week:
- 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 past 30 days, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

- Yes
- No

C6. Now, think about the moderate activities you do. In a usual week, 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 days per week:

- 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. In a usual week, 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 days per week:

- 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 typical day, 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 your entire life? 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





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.





Metro SHAPE 2014

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 Hennepin County total, age, selected race/ethnicities, educational attainment, household income, sexual orientation and gender identity, disability status, and presence of frequent mental distress. The sample of 8,578 adults aged 25 and older from Hennepin County is the basis for the data tables for this report. However, for consistency in reporting with the Metro data book as well as the jurisdiction-specific data books, the technical notes described below are based on the whole metro project sample of 12,028 adults aged 25 and older.

- **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. Four age groups are presented based on the respondent's self-reported age. The groups are: 25-34, 35-49, 50-69, and 70 and older. These age groups align with commonly

used generational age groups, including Millennials (age 25-34), Gen X (age 35-49), Baby Boomers (age 50-69) and Traditionalists (age 70 and older). As described in the Survey Administration section, adult respondents aged 18-24 were excluded from the data reporting due to very low response. Note that the companion geographic data book reports age by six categories, including 25-34; 35-44; 45-54; 55-64; 65-74; and 75 and older.

Among the 12,028 survey respondents aged 25 and older in the full data file, 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 50-69 or age 70 and older.

• **Race and ethnicity**

Race and ethnicity is another of the key demographic variables for this data book. Four racial/ethnic groups are reported, including Hispanic (of any race, n=137); non-Hispanic Asian (n=232); non-Hispanic US-born Black (296), and non-Hispanic White (n=7,542). Other race/ethnic groups, including American Indian (n=41), Foreign-born Black (63), and those that identified as multiracial (n=27) or other racial groups (n=161) were not reported here due to very low response. Sixty-six survey respondents with missing race and ethnicity were also excluded.

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 the text matched one of the printed response categories, it was coded back to that category;
- 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; and
- 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.”

• **Educational attainment**

Four levels of educational attainment were reported, including less than high school; high school or GED; some college; or college degree or higher. Note that the companion *Metro SHAPE 2014 Hennepin County Geographic Data Book* reports education by three categories, including high school or GED or less; some college; and college degree or higher.

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 highest educational level was selected as the valid response.

Among 12,028 survey respondents in the final dataset, 41 respondents (0.8%) did not answer this question and are excluded when data are reported by education.

• **Household Income**

Three levels of household income were reported, including those with <\$23,000 annual household income, those between \$23,001 - \$55,000, and those above \$55,000. Note that the companion geographic data book reports income by poverty status, those living below 200 percent Federal Poverty Level and those at or above 200 percent FPL⁵.

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
 - \$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

Among the 12,028 survey respondents in the final survey dataset, 572 (or 4.8%) did not answer the household income question.

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.

• **Sexual orientation and gender identity**

Sexual orientation and gender identity status was based on the respondents' report to the survey question G4a.

- G4a. *Do you think of yourself as...?*
 MARK ALL THAT APPLY
- Heterosexual or straight
 - Gay, lesbian, or homosexual
 - Bisexual
 - Transgender

While each of the groups listed in the survey question is unique, only 18 respondents from Hennepin County self-identified as transgender and 163 self-identified as bisexual. For this data report, the LGBT status included those who checked any of the 2nd to 4th response categories. Two hundred and twenty-five respondent left this question blank and are excluded from data reporting by this variable.

• **Disability status**

Disability status was classified based on the response to the survey question A10.

- A10: *Are you limited in any activities because of physical, mental or emotional problem?*
- Yes
 - No

• **Frequent mental distress**

All survey respondents were asked:

- A3. *Thinking about your mental health, which includes stress, depression, and problems with emotion, for how many days during the past 30 days was your mental health was not good?*
 ___Number of days

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

Table-specific technical notes

Most data tables in this data book present 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; and
- Some tables report data that are coded specifically or calculated from two or more survey questions, and details are described in Table C.

The public use data file for this project contains original as well as created variables used for this data book and is available upon request at a later date.

Table C. Table-Specific Technical Notes

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 ⁶ .
4	Unhealthy days	<i>Unhealthy days (or unhealthy physical and mental health days)</i> 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 ⁶ .
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 <i>unhealthy physical health days</i> is zero and <i>unhealthy mental health days</i> is zero, the value of activity limitation days was coded as zero ⁶ .
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 <i>activity limitation days</i> , the value is coded as zero if <i>unhealthy physical health days</i> is zero and <i>unhealthy mental health days</i> is zero ⁶ .
7 to 10	Hypertension and diabetes	The response options for the survey questions used for Table 7 to 10 are: <input type="radio"/> Yes <input type="radio"/> Yes, but only during pregnancy <input type="radio"/> 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	<i>For Heart attack</i> , the survey question includes a specifying phrase, <i>also called a myocardial infarction</i> . <i>Any of these three</i> 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)	<i>Body mass index (BMI)</i> 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) ⁷ . 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 ⁸ .

Table	Topic	Table-Specific Technical Notes
22	Healthcare coverage, current status	<i>HMO</i> : health maintenance organization. <i>MNSure</i> : 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 <i>currently uninsured and also reported that they were insured the entire year</i> . These cases are included in the <i>insured only part of the year</i> category.
24	Healthcare coverage-difficulty to pay	The complete response option for Not applicable printed in the survey is <i>Not applicable+C6: I do not have insurance with premiums, co-pays, or deductible</i> .
26	Mental health care need and service utilization	The survey question includes a clarifying statement: <i>A health professional here could be a doctor, a psychiatrist, a psychologist, a therapist, or a counselor</i> .
28	Usual/regular place of care	<p>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 (<i>A Veterans Affairs clinic or hospital and Other</i>) are not reported. As a result, the total percentage does not add to 100%.</p> <p>Significant data processing notes include:</p> <ul style="list-style-type: none"> • Open-end answers- text that respondents wrote in "<i>Other- please specify</i>," 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: <i>Blood cholesterol is a fatty substance found in the blood</i> .
39	Servings of vegetables yesterday	<p>This survey question included a clarifying statement: <i>A serving of vegetables is a cup of salad greens, or a half cup of any vegetables, not including French fries</i>.</p> <p>A value exceeding 12 is classified as invalid.</p>
40	Servings of fruit yesterday	<p>The survey question included a clarifying statement: <i>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</i>.</p> <p>A value exceeding 10 is classified as invalid.</p>
41	Servings of fruits and vegetables yesterday	<p>Total servings of fruits and vegetables eaten yesterday"" were calculated by adding the answers from two questions:</p> <p><i>C1. Yesterday, how many servings of vegetables did you eat?</i> <i>C2. Yesterday, how many servings of fruit did you eat, including 100% fruit juice?</i></p> <p>A value exceeding 20 is classified as invalid.</p>

Table	Topic	Table-Specific Technical Notes
49	Nutrition and beverage intake	<p>See Tech notes for Table 39, 40, 41 on Servings of fruits or vegetables. <i>Having sugar-sweetened beverage daily or more often is derived from responses to the following three questions:</i></p> <p>C4. <i>About how often do you drink...</i></p> <ul style="list-style-type: none"> a. <i>Pop or soda (regular)</i> c. <i>Energy drinks such as Red Bull, 5-hour Energy, or Monster</i> d. <i>Other sugar-sweeten drinks such as sweet tea, coffee, drinks, juice, drinks, Koo-Aid, or Gatorade.</i> <p>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.</p> <p>If respondents checked Once per day or More than once per day to any of the three questions listed, they will be classified as <i>Having sugar-sweetened beverage daily or more often.</i></p>
51	Moderate physical activity	<p>Three survey questions are used to assess the level of moderate physical activity engagement. They are:</p> <p>C6. <i>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?</i></p> <p style="text-align: center;"><i>Number of days per week</i></p> <p style="text-align: center;"> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </p> <p style="text-align: center;">0 1 2 3 4 5 6 7</p> <p>C7. <i>Would you say you get most of this activity...</i></p> <ul style="list-style-type: none"> <input type="radio"/> <i>At work</i> <input type="radio"/> <i>Outside of work</i> <p>C8. <i>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?</i></p> <p style="text-align: center;">___Hours - or - ___minutes per day.</p> <p>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^{9,10,11}.</p> <p>Engaged in no leisure time physical activity: a person answered No to survey question:</p> <p>C5. <i>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?</i></p>

Table	Topic	Table-Specific Technical Notes
		<p>This indicator measures HP2020 Objective PA-1 and is the reciprocal to the data reported in Table 50.</p> <p>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 <i>Healthy People 2020 Objective PA-2.1</i>.</p> <p>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 <i>Healthy People 2020 Objective PA-2.2</i>.</p> <p>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. <i>The 2008 federal physical activity guidelines</i> 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 <i>HP 2020 objective</i>, and because all major state and national monitoring systems on adult physical activity are focused on leisure time.</p>
65-72	Alcohol use	<p>Alcohol use is measured by three survey questions: C20, C21 and C22.</p> <p>C20. <i>During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage? ___ number of days</i></p> <p>C21. <i>During the past 30 days, on the days when you drank, about how many drinks did you have on average? ___ number of drinks</i></p> <p>C22. <i>Considering all types of alcoholic beverages, how many times during the past 30 days did you have...</i> <i>(FOR FEMALES) 4 or more drinks on the occasion ?</i> <i>___ number of times</i> <i>(FOR MALES) 5 or more drinks on the occasion ?</i> <i>___ number of times</i></p> <p>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.</p>

Table	Topic	Table-Specific Technical Notes
65	Alcohol use-current	<p>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).</p> <p>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.</p>
66	Alcohol use-number of days used alcohol in 30 days	<p>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.</p>
67-68	Alcohol use-number of drinks per day	<p>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.</p>
83	Serious psychological distress	<p>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.</p> <p>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^{12,13}.</p>
96	Self identified with LGBT	<p>Survey question that gathers data for this table is:</p> <p><i>G4a. Do you think of yourself as....?</i> MARK ALL THAT APPLY</p> <ul style="list-style-type: none"> <input type="radio"/> <i>Heterosexual or straight</i> <input type="radio"/> <i>Gay, lesbian, or homosexual</i> <input type="radio"/> <i>Bisexual</i> <input type="radio"/> <i>Transgender</i> <p>The 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.</p> <p>Three counties-Dakota, Scott and Washington did not ask this question.</p>

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



Metro SHAPE 2014

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; and
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 complete 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 percent and others were sampled at 3.75 percent. The percentage 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 again determined to 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 percent) 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 percent of the 2010 Census (aged 25 or older), but represent only 2 percent 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 percent / 2 percent).

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 percent) 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 percent of the 2010 Census (aged 25 or older), but represent 15 percent 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 percent / 15 percent).

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. 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 percent confidence interval) for those same measures increased. Therefore, 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 six, was replaced with a value of six. All the “extra” weight (i.e., the amount greater than six that was removed) was then redistributed to the other respondents whose value of W_3 was less than six. 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.

The capped W_3 can be called the **Geographic Weight**. The Geographic Weight was used to compute the results for the Metro SHAPE Hennepin County Geographic Data Book and for most of the results in this report, the Metro SHAPE Hennepin County Disparities Data Book with a few exceptions. These exceptions are described below.

The age groupings (25-34, 35-49, 50-69, and 70 and older) used in the data tables in this report are different than the age groupings used to compute the Geographic Weight. Since the age of the recipient is a key factor in computing weight, a new weight – the **Disparities Report Age Group (DRAG) Weight** – was computed and used only for the section of the data tables related to the age of the respondent.

The process to compute the DRAG Weight followed the same process as was used to compute the Geographic Weight with three exceptions.

1. Since the DRAG Weight was to be used for only the Hennepin County Disparities Data Book and not for the Metro area as a whole, the step where the disproportionate sampling weight was calculated used only 11 geographic areas rather than the 17 geographic areas used for the Geographic Weight. The 11 geographic areas included the following:
 - Minneapolis, North;
 - Minneapolis Northeast;
 - Minneapolis Central;
 - Minneapolis Southwest;
 - Inner-ring Northwest Suburban Hennepin County;
 - Outer-ring Northwest Suburban Hennepin County;
 - Inner-ring West Suburban Hennepin County;
 - Outer-ring West Suburban Hennepin County;
 - Inner-ring South Suburban Hennepin County;
 - Bloomington; and
 - The rest of Outer-ring South Suburban Hennepin County
2. In the age/gender/location adjustment step, the age categories used were the four categories used in the data tables and listed above rather than the six age categories (25-34, 35-44, 45-54, 55-64, 65-74, and 75 and older) used to compute the Geographic Weight; and
3. In the age/gender/location adjustment step and in the race/ethnicity adjustment, the geographic areas used were Minneapolis and Suburban Hennepin County rather than the four geographic areas used to compute the Geographic Weight.

The second difference occurs in the section of the data tables where the results are displayed for selected race/ethnicities. For these results, a **Race/Ethnicity Weight** was calculated and used. A Race/Ethnicity Weight was computed for five groups: Hispanic, Non-Hispanic Asian, Non-Hispanic Black, Non-Hispanic White, and everyone else. Since these groups are mutually exclusive, the weight values can be combined into one single Race/Ethnicity Weight.

In the disproportionate sampling step, instead of basing the rate on the total number of households in a given geographic area, the number of households where the race/ethnicity of the householder (as defined by the 2010 Census) matched that of the race/ethnicity of the weight being computed. Thus, to compute the weight used for Hispanics, the base was the number of households within a specific geographic area where the householder was Hispanic. The geographic areas used for the disproportionate sampling step were:

- Minneapolis, North;
- Minneapolis Northeast;
- Minneapolis Central;
- Minneapolis Southwest;
- Inner-ring Northwest Suburban Hennepin County;
- Outer-ring Northwest Suburban Hennepin County;
- Inner-ring West Suburban Hennepin County;
- Outer-ring West Suburban Hennepin County;
- Inner-ring South Suburban Hennepin County; and
- Outer-ring South Suburban Hennepin County

In the age/gender/location adjustment step, the age groups used were:

- 25-34;
- 35-44;
- 45-54;
- 55-64; and
- 65 and older

The geographic areas were Minneapolis and Suburban Hennepin County.

Since the Race/Ethnicity Weight was computed for a particular racial/ethnic group, there was no need to do a race/ethnicity adjustment step.

In the data tables included in this report, the Race/Ethnicity Weight was used to compute and report the results for the four selected race/ethnicities: Hispanic, Non-Hispanic Asian, Non-Hispanic US-born Black, and Non-Hispanic White.

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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For more information about *Metro SHAPE 2014*, please contact the participating agencies.

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
Saint 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

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

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2014**



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