



**Metro SHAPE
ADULT HEALTH SURVEY
2014**

RAMSEY COUNTY DATA BOOK

ACKNOWLEDGMENTS

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 Department, City of Minneapolis Health Department, Scott County Public Health Department, Saint Paul-Ramsey County Public Health Department, and Washington County Department of Public Health and Environment.

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INTRODUCTION

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

About Metro SHAPE

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

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

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 Qualtrics¹, 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.

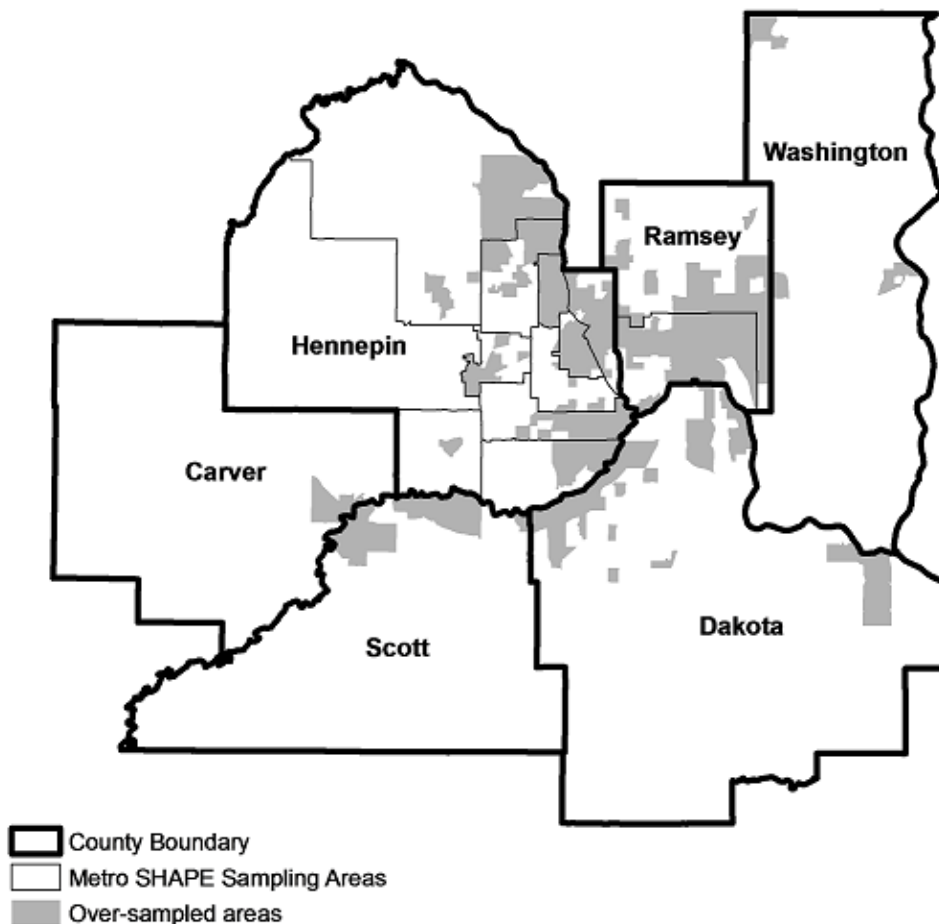
Metro SHAPE 2014 was a joint project with eight local public health agencies. Each participating agency had its desired data reporting area(s), and each had an expected number of completed surveys for reporting. Table 1 describes the 17 primary reporting areas which comprised the primary sampling areas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

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% Federal Poverty Level or 20 percent or more of heads of household were people of color. Local and national surveys have demonstrated that these populations are less likely to respond. The 2008-2012 American Community Survey 5-year data and 2010 Census data were used to identify which census tracts had higher densities of low-income residents and people of color for oversampling.

Metro SHAPE 2014 Primary Sampling Areas Oversampled vs Non-Oversampled

Six-County Metro Area



The residential addresses 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.

Table 1. Metro SHAPE 2014 Participating Agencies

Project participating agencies	Number of reporting areas (17 total)	Expected survey completes
Carver County Public Health and Environment Division	1	500
Dakota County Public Health	1	500
Hennepin County Public Health	6	3,500
City of Minneapolis Health Department	4	2,800
City of Bloomington Public Health Division	1	700
St. Paul-Ramsey County Public Health Department	2	1,000
Scott County Public Health	1	500
Washington County Department of Public Health and Environment	1	500
Total	17	10,000

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

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

The survey methodology was drawn from existing literature supportive of address-based mail surveys with a push-to-web option. This “web + mail” methodology, or mailing a request to complete the survey online followed by a later request to respond by mail, has shown to obtain response rates slightly lower compared to mail-only methods². 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 5 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% chance of being selected, whereas a person in a two-adult household had only a 50% chance.

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

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.
- Survey implementation – four strategies were used to encourage respondents with limited English proficiency.

First an FAQ sheet was included in the mailed materials, using 10 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 10 available languages, per request.

Third, directions on how to get assistance in those same 10 languages was listed on the home page of the *Metro SHAPE 2014* website.

Finally, persons respected in local non-English speaking communities made short videos encouraging persons to complete and return the Metro SHAPE 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 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 2014 Metro SHAPE 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.

- 7th mailing – a 7th 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 various limitations, such as low response rate, self-selection bias, and non-response bias. In addition, one cannot directly compare the results listed in the *Metro SHAPE 2014* data book with previous SHAPE or Metro Adult Health Survey data books. One reason is because previous data books reported the results for adults aged 18 and older whereas the *Metro SHAPE 2014* data book reports the results for adults aged 25 and older.

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. Future surveys will need to do additional outreach to these populations to increase the likelihood that adequate numbers from these subgroups participate to accurately estimate population-level measures.

Secondly, the response rate for the survey 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 and/or unreliable estimates, the prevalence of certain variables could not be reported for some reporting areas or groups. These instances are noted throughout the data tables in the data book.

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.

Finally, *Metro SHAPE 2014* results are only generalizable to the entire six 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, social environment 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 contact your respective jurisdiction listed below.

Table 2. *Metro SHAPE 2014* Agency Contact Information

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

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.
Ramsey County Total	1,147	18.1% ± 3.2	41.3% ± 3.6	29.8% ± 3.3	8.5% ± 2.1	2.3% ± 1.3
Gender						
Male	395	21.2% ± 5.8	37.5% ± 6.0	31.1% ± 5.7	8.1% ± 3.6	^2.2% ± 2.7
Female	752	15.5% ± 3.6	44.5% ± 4.4	28.8% ± 4.0	8.8% ± 2.7	*2.4% ± 1.5
Age						
25-34	134	26.2% ± 9.1	44.7% ± 9.3	26.6% ± 8.7	^1.3% ± 3.8	^1.2% ± 3.7
35-44	154	24.5% ± 9.3	40.4% ± 8.9	27.8% ± 8.4	*5.0% ± 4.4	^2.3% ± 4.9
45-54	165	13.4% ± 7.2	43.5% ± 8.8	29.8% ± 8.7	*10.5% ± 7.0	^2.9% ± 4.5
55-64	278	12.4% ± 5.3	42.1% ± 6.9	30.2% ± 6.9	12.8% ± 6.1	^2.4% ± 2.6
65-74	239	16.0% ± 5.9	39.6% ± 7.3	34.5% ± 7.1	*7.8% ± 5.1	^2.1% ± 3.9
75 and older	173	*7.5% ± 5.8	32.6% ± 8.6	36.6% ± 8.6	19.6% ± 7.7	^3.6% ± 7.9
Educational Attainment						
HS graduate, GED, or less	158	^6.3% ± 10.3	20.3% ± 8.7	43.7% ± 10.3	20.8% ± 9.1	*9.0% ± 7.1
Some college	349	12.3% ± 5.6	37.2% ± 6.5	34.2% ± 6.5	13.5% ± 5.3	^2.8% ± 3.3
Bachelor's degree or higher	638	22.9% ± 4.5	47.2% ± 4.8	25.2% ± 4.2	3.9% ± 2.0	^0.8% ± 1.6
Household income						
< 200% of FPL	234	*12.2% ± 7.7	22.9% ± 7.6	39.4% ± 8.2	18.4% ± 7.1	*7.1% ± 4.6
≥ 200% of FPL	871	19.9% ± 3.8	46.9% ± 4.1	26.8% ± 3.7	5.3% ± 1.9	^1.0% ± 1.4
Geographic Area						
Six County Total	11,977	17.9% ± 1.1	44.8% ± 1.4	29.5% ± 1.3	6.7% ± 0.7	1.1% ± 0.3
Carver County	607	20.9% ± 4.9	46.5% ± 5.1	26.4% ± 4.6	5.7% ± 2.6	^0.5% ± 0.9
Dakota County	525	15.9% ± 4.2	44.4% ± 5.1	31.9% ± 4.9	7.4% ± 2.9	^0.5% ± 0.6
Hennepin County	8,541	18.5% ± 1.3	45.0% ± 1.6	28.9% ± 1.5	6.6% ± 0.8	1.0% ± 0.3
Bloomington	634	15.6% ± 4.3	45.9% ± 5.7	29.3% ± 6.2	7.4% ± 3.9	^1.8% ± 2.2
Minneapolis	3,310	18.6% ± 2.0	44.7% ± 2.5	27.2% ± 2.3	8.3% ± 1.4	1.1% ± 0.5
Ramsey County	1,147	18.1% ± 3.2	41.3% ± 3.6	29.8% ± 3.3	8.5% ± 2.1	2.3% ± 1.3
Saint Paul	558	16.8% ± 4.5	39.5% ± 5.2	30.9% ± 5.1	10.1% ± 3.4	*2.8% ± 2.1
Suburban Ramsey County	589	19.4% ± 4.7	43.3% ± 5.0	28.7% ± 4.4	6.8% ± 2.7	^1.8% ± 2.0
Scott County	546	17.9% ± 4.4	45.7% ± 5.4	31.0% ± 5.3	4.9% ± 2.4	^0.4% ± 0.7
Washington County	611	16.1% ± 4.3	50.2% ± 5.1	29.2% ± 4.8	4.0% ± 1.9	^0.4% ± 0.6

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

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

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

Overall Health



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.
Ramsey County Total	1,129	55.1% ± 3.7	19.1% ± 3.2	14.8% ± 2.8	3.5% ± 1.6	7.4% ± 2.0
Gender						
Male	388	58.2% ± 6.1	18.8% ± 5.6	11.0% ± 4.4	*3.8% ± 3.3	8.2% ± 3.8
Female	741	52.7% ± 4.4	19.4% ± 3.8	17.9% ± 3.7	3.3% ± 1.9	6.8% ± 2.3
Age						
25-34	134	54.9% ± 9.3	21.2% ± 8.5	19.1% ± 8.4	^2.1% ± 4.4	^2.8% ± 4.8
35-44	153	53.2% ± 9.0	29.0% ± 8.9	*10.9% ± 6.5	^1.1% ± 3.9	*5.7% ± 5.1
45-54	166	53.4% ± 8.8	17.5% ± 7.7	15.6% ± 6.6	^3.8% ± 5.7	*9.7% ± 7.0
55-64	268	57.4% ± 7.1	14.1% ± 5.5	15.1% ± 5.9	*7.2% ± 5.9	*6.2% ± 4.2
65-74	235	61.5% ± 7.3	14.8% ± 6.1	10.9% ± 5.4	^4.5% ± 4.6	8.3% ± 4.8
75 and older	169	53.4% ± 8.8	*12.8% ± 8.9	12.7% ± 5.9	^3.1% ± 4.3	18.0% ± 8.1
Educational Attainment						
HS graduate, GED, or less	151	54.1% ± 10.3	*9.9% ± 6.9	*10.8% ± 6.7	^5.9% ± 8.1	19.3% ± 9.3
Some college	339	53.1% ± 6.8	18.6% ± 6.0	15.6% ± 5.6	^2.9% ± 3.8	9.8% ± 4.5
Bachelor's degree or higher	637	56.2% ± 4.8	21.0% ± 4.3	15.2% ± 3.7	*3.4% ± 2.1	4.2% ± 2.3
Household income						
< 200% of FPL	221	49.9% ± 8.4	12.5% ± 6.6	16.5% ± 7.1	^4.5% ± 4.6	16.6% ± 6.7
≥ 200% of FPL	867	56.0% ± 4.2	21.4% ± 3.8	14.4% ± 3.1	*3.3% ± 1.9	5.0% ± 2.0
Geographic Area						
Six County Total	11,825	57.2% ± 1.4	18.6% ± 1.1	14.2% ± 1.0	3.3% ± 0.5	6.7% ± 0.7
Carver County	596	60.1% ± 5.2	18.4% ± 4.5	12.9% ± 4.3	*2.4% ± 2.3	6.2% ± 2.8
Dakota County	520	60.0% ± 5.1	14.5% ± 4.0	14.6% ± 4.1	*2.9% ± 1.9	8.0% ± 3.1
Hennepin County	8,432	56.5% ± 1.6	19.4% ± 1.3	14.3% ± 1.1	3.4% ± 0.6	6.4% ± 0.7
Bloomington	622	57.2% ± 5.8	16.5% ± 4.8	15.2% ± 4.6	*6.1% ± 4.4	5.0% ± 1.9
Minneapolis	3,280	51.3% ± 2.5	20.3% ± 2.0	17.0% ± 2.0	3.2% ± 0.9	8.2% ± 1.4
Ramsey County	1,129	55.1% ± 3.7	19.1% ± 3.2	14.8% ± 2.8	3.5% ± 1.6	7.4% ± 2.0
Saint Paul	540	53.6% ± 5.3	21.2% ± 4.7	14.4% ± 4.1	*3.4% ± 2.6	7.3% ± 3.0
Suburban Ramsey County	589	56.7% ± 5.0	17.0% ± 4.4	15.2% ± 3.9	*3.6% ± 2.3	7.5% ± 3.0
Scott County	541	57.8% ± 5.4	17.7% ± 4.5	14.8% ± 4.3	*3.7% ± 2.6	5.9% ± 3.0
Washington County	607	59.3% ± 5.1	19.8% ± 4.9	12.0% ± 3.6	*2.9% ± 1.8	6.1% ± 2.7

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

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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



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.	
Ramsey County Total	1,131	52.0%	± 3.6	17.7%	± 3.2	17.8%	± 3.0	4.2%	± 1.6	8.4%	± 2.2
Gender											
Male	387	58.5%	± 6.2	18.5%	± 5.7	12.8%	± 4.9	*3.0%	± 2.4	7.2%	± 3.8
Female	744	46.7%	± 4.4	17.1%	± 3.7	21.8%	± 4.0	5.1%	± 2.4	9.4%	± 2.9
Age											
25-34	134	35.7%	± 9.3	25.6%	± 9.0	26.0%	± 8.9	*5.4%	± 5.2	*7.3%	± 6.4
35-44	154	45.8%	± 9.1	22.2%	± 8.4	19.5%	± 7.4	^4.4%	± 4.5	*8.2%	± 5.7
45-54	164	47.6%	± 8.8	16.5%	± 8.0	20.4%	± 7.5	^2.7%	± 5.2	12.9%	± 7.4
55-64	274	56.9%	± 7.0	16.4%	± 5.9	16.3%	± 6.0	*4.0%	± 3.5	*6.5%	± 4.1
65-74	234	76.2%	± 6.4	*7.8%	± 5.0	7.8%	± 4.6	^2.9%	± 2.9	*5.2%	± 3.5
75 and older	167	75.0%	± 8.2	*6.5%	± 5.4	^3.3%	± 4.9	^6.2%	± 7.0	*9.0%	± 5.6
Educational Attainment											
HS graduate, GED, or less	148	54.2%	± 10.6	*15.3%	± 10.8	*9.3%	± 6.4	*9.4%	± 8.0	*11.9%	± 8.3
Some college	342	53.4%	± 6.8	11.8%	± 4.8	16.4%	± 5.9	*5.9%	± 3.9	12.5%	± 5.8
Bachelor's degree or higher	639	50.9%	± 4.7	20.7%	± 4.4	19.9%	± 4.1	*2.5%	± 1.8	5.9%	± 2.4
Household income											
< 200% of FPL	223	39.5%	± 8.5	15.6%	± 7.9	18.1%	± 7.0	*8.2%	± 5.6	18.7%	± 7.6
≥ 200% of FPL	866	54.4%	± 4.2	18.7%	± 3.6	18.1%	± 3.5	2.8%	± 1.6	6.0%	± 2.1
Geographic Area											
Six County Total	11,858	54.0%	± 1.4	16.7%	± 1.1	15.9%	± 1.0	5.3%	± 0.6	8.0%	± 0.8
Carver County	601	56.7%	± 5.1	15.5%	± 3.9	14.1%	± 3.9	6.0%	± 3.1	7.6%	± 3.0
Dakota County	519	55.4%	± 5.1	16.8%	± 4.4	11.6%	± 3.7	6.4%	± 3.1	9.8%	± 3.4
Hennepin County	8,456	53.2%	± 1.6	17.0%	± 1.2	16.6%	± 1.2	5.4%	± 0.7	7.8%	± 0.9
Bloomington	629	54.8%	± 5.9	17.9%	± 5.0	16.4%	± 4.4	*5.7%	± 5.0	5.2%	± 2.7
Minneapolis	3,276	46.1%	± 2.5	17.7%	± 1.9	19.6%	± 2.1	6.5%	± 1.3	10.1%	± 1.6
Ramsey County	1,131	52.0%	± 3.6	17.7%	± 3.2	17.8%	± 3.0	4.2%	± 1.6	8.4%	± 2.2
Saint Paul	545	46.8%	± 5.3	18.9%	± 4.8	20.2%	± 4.6	4.8%	± 2.6	9.3%	± 3.6
Suburban Ramsey County	586	57.3%	± 5.1	16.5%	± 4.4	15.2%	± 4.1	*3.6%	± 2.2	7.4%	± 3.0
Scott County	542	52.3%	± 5.4	14.7%	± 4.5	18.6%	± 4.5	*5.3%	± 3.1	9.2%	± 3.8
Washington County	609	60.6%	± 5.1	15.0%	± 4.1	14.0%	± 4.0	5.0%	± 2.7	5.4%	± 2.5

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

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

Overall Health



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.
Ramsey County Total	1,120	36.2% ± 3.6	17.4% ± 3.1	24.0% ± 3.3	7.2% ± 2.1	15.2% ± 2.7
Gender						
Male	383	42.9% ± 6.1	17.9% ± 5.4	19.8% ± 5.6	*4.6% ± 3.3	14.9% ± 4.8
Female	737	30.8% ± 4.1	17.0% ± 3.7	27.4% ± 4.1	9.4% ± 3.1	15.4% ± 3.4
Age						
25-34	134	27.0% ± 8.9	20.8% ± 8.7	31.4% ± 9.1	*9.8% ± 7.0	*11.0% ± 6.9
35-44	153	27.9% ± 9.1	25.9% ± 8.8	28.0% ± 8.6	*5.0% ± 4.3	13.2% ± 6.7
45-54	164	35.3% ± 9.0	13.3% ± 7.2	23.6% ± 8.1	*8.0% ± 5.5	19.8% ± 8.2
55-64	267	42.7% ± 7.1	14.7% ± 5.4	19.8% ± 6.0	*9.1% ± 6.2	13.7% ± 5.5
65-74	232	53.5% ± 7.3	13.1% ± 6.2	16.3% ± 6.0	*4.1% ± 3.9	13.1% ± 5.4
75 and older	166	45.9% ± 8.8	*11.5% ± 9.4	14.1% ± 6.5	^4.1% ± 4.3	24.3% ± 8.4
Educational Attainment						
HS graduate, GED, or less	147	36.7% ± 10.8	*13.4% ± 9.7	*12.2% ± 7.3	^8.1% ± 8.1	29.6% ± 10.4
Some college	335	36.3% ± 6.7	13.3% ± 4.9	21.5% ± 6.1	*8.6% ± 5.2	20.3% ± 6.1
Bachelor's degree or higher	636	36.0% ± 4.6	19.9% ± 4.4	27.2% ± 4.5	6.5% ± 2.6	10.4% ± 3.1
Household income						
< 200% of FPL	216	29.1% ± 8.5	13.3% ± 7.3	18.4% ± 7.6	*8.8% ± 6.5	30.4% ± 8.1
≥ 200% of FPL	863	37.4% ± 4.0	18.7% ± 3.6	26.0% ± 3.9	6.5% ± 2.4	11.4% ± 2.8
Geographic Area						
Six County Total	11,768	37.9% ± 1.3	16.9% ± 1.1	23.1% ± 1.2	8.5% ± 0.8	13.6% ± 0.9
Carver County	595	39.2% ± 5.0	18.3% ± 4.4	23.6% ± 4.9	6.5% ± 2.9	12.4% ± 3.7
Dakota County	517	41.0% ± 5.1	15.4% ± 4.2	19.1% ± 4.5	10.1% ± 3.6	14.4% ± 3.8
Hennepin County	8,391	36.8% ± 1.5	17.3% ± 1.3	23.9% ± 1.4	8.7% ± 0.9	13.3% ± 1.0
Bloomington	621	36.3% ± 5.7	20.1% ± 5.4	20.0% ± 4.6	12.1% ± 5.5	11.6% ± 3.8
Minneapolis	3,258	30.9% ± 2.4	15.7% ± 1.8	27.0% ± 2.3	10.0% ± 1.6	16.3% ± 1.9
Ramsey County	1,120	36.2% ± 3.5	17.4% ± 3.1	24.0% ± 3.3	7.2% ± 2.1	15.2% ± 2.7
Saint Paul	536	32.9% ± 5.2	17.2% ± 4.6	24.8% ± 4.9	8.8% ± 3.6	16.2% ± 4.2
Suburban Ramsey County	584	39.5% ± 5.0	17.6% ± 4.4	23.2% ± 4.7	5.6% ± 2.6	14.1% ± 3.7
Scott County	539	36.2% ± 5.2	18.0% ± 4.9	23.5% ± 4.9	8.8% ± 3.4	13.5% ± 4.1
Washington County	606	43.5% ± 5.1	14.5% ± 4.2	22.6% ± 4.7	8.3% ± 3.1	11.0% ± 3.4

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Overall Health



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.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.		
Ramsey County Total	1,128	69.1% ± 3.5	15.0% ± 3.0	7.6% ± 2.0	*2.1% ± 1.3	6.2% ± 2.1					
Gender											
Male	388	71.7% ± 5.9	13.4% ± 5.0	5.7% ± 3.3	^2.5% ± 2.8	*6.7% ± 4.0					
Female	740	67.0% ± 4.3	16.3% ± 3.8	9.2% ± 2.7	*1.7% ± 1.4	5.7% ± 2.5					
Age											
25-34	134	63.5% ± 9.2	19.6% ± 8.4	*11.2% ± 6.9	^1.3% ± 3.9	^4.5% ± 6.2					
35-44	154	67.8% ± 8.6	18.8% ± 7.8	*7.4% ± 4.9	^1.7% ± 4.0	^4.2% ± 5.3					
45-54	163	64.0% ± 8.8	17.4% ± 7.9	*6.9% ± 4.3	^2.8% ± 6.2	*9.0% ± 6.9					
55-64	272	74.8% ± 6.5	9.9% ± 4.7	*5.4% ± 4.4	^3.5% ± 3.6	*6.4% ± 4.5					
65-74	234	79.9% ± 6.9	*8.5% ± 5.7	*6.7% ± 5.1	^1.1% ± 2.9	^3.7% ± 4.2					
75 and older	167	75.0% ± 9.4	^6.2% ± 9.1	*7.4% ± 5.3	^1.2% ± 2.7	*10.2% ± 8.5					
Educational Attainment											
HS graduate, GED, or less	148	63.1% ± 10.9	*12.4% ± 10.9	*8.7% ± 6.5	^4.6% ± 6.7	*11.2% ± 9.2					
Some college	340	67.8% ± 6.5	11.8% ± 4.8	7.9% ± 3.7	^1.3% ± 1.7	11.2% ± 5.7					
Bachelor's degree or higher	639	70.7% ± 4.6	16.9% ± 4.1	7.4% ± 2.8	^2.0% ± 2.1	*3.1% ± 2.0					
Household income											
< 200% of FPL	224	56.5% ± 8.4	12.1% ± 7.0	11.5% ± 5.5	^4.3% ± 4.3	15.7% ± 7.5					
≥ 200% of FPL	863	72.0% ± 4.0	16.3% ± 3.5	6.7% ± 2.3	^1.4% ± 1.6	3.6% ± 1.9					
Geographic Area											
Six County Total	11,861	72.2% ± 1.3	13.5% ± 1.0	7.7% ± 0.7	2.0% ± 0.4	4.7% ± 0.6					
Carver County	598	76.6% ± 4.7	13.7% ± 4.3	5.7% ± 2.5	^1.0% ± 1.0	*3.1% ± 2.1					
Dakota County	520	73.1% ± 4.8	13.9% ± 4.1	6.3% ± 2.8	^1.8% ± 1.9	4.8% ± 2.5					
Hennepin County	8,467	71.5% ± 1.4	13.0% ± 1.1	8.8% ± 0.9	2.2% ± 0.5	4.5% ± 0.7					
Bloomington	631	68.5% ± 6.2	17.3% ± 6.1	6.8% ± 2.7	^3.6% ± 4.4	*3.9% ± 2.4					
Minneapolis	3,280	64.3% ± 2.4	15.5% ± 1.9	11.3% ± 1.8	2.6% ± 0.9	6.3% ± 1.4					
Ramsey County	1,128	69.1% ± 3.5	15.0% ± 3.0	7.6% ± 2.0	*2.1% ± 1.3	6.2% ± 2.1					
Saint Paul	546	65.6% ± 5.2	14.3% ± 4.3	9.1% ± 3.2	*2.6% ± 2.4	8.4% ± 3.6					
Suburban Ramsey County	582	72.8% ± 4.8	15.7% ± 4.3	6.1% ± 2.6	^1.5% ± 1.6	*3.8% ± 2.4					
Scott County	543	76.8% ± 4.9	11.3% ± 3.8	6.6% ± 3.4	^2.1% ± 2.2	*3.3% ± 2.7					
Washington County	605	76.4% ± 4.7	13.8% ± 4.4	5.2% ± 2.4	^0.8% ± 1.1	*3.7% ± 2.5					

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Overall Health



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.
Total	1,129	3.1 ± 0.5	1,131	3.4 ± 0.5	1,120	5.8 ± 0.6	1,128	2.2 ± 0.5
Gender								
Male	388	3.2 ± 0.9	387	2.8 ± 0.8	383	5.3 ± 1.1	388	2.3 ± 0.8
Female	741	3.1 ± 0.5	744	3.9 ± 0.6	737	6.3 ± 0.8	740	2.1 ± 0.5
Age								
25-34	134	2.1 ± 0.9	134	3.8 ± 1.1	134	5.6 ± 1.4	134	1.7 ± 0.8
35-44	153	2.3 ± 0.9	154	3.5 ± 1.1	153	5.4 ± 1.4	154	1.9 ± 1.0
45-54	166	3.8 ± 1.5	164	4.3 ± 1.4	164	6.9 ± 1.8	163	2.8 ± 1.3
55-64	268	3.1 ± 0.9	274	2.9 ± 0.9	267	5.3 ± 1.2	272	2.1 ± 0.9
65-74	235	3.3 ± 1.1	234	1.9 ± 0.7	232	4.6 ± 1.2	234	1.4 ± 0.8
75 and older	169	5.6 ± 1.9	167	3.2 ± 1.3	166	7.5 ± 2.1	167	3.3 ± 1.9
Education								
HS graduate, GED, or less	151	6.2 ± 1.8	148	4.7 ± 1.8	147	9.8 ± 2.7	148	4.0 ± 1.9
Some college	339	3.7 ± 1.0	342	4.3 ± 1.1	335	7.0 ± 1.3	340	3.1 ± 1.1
Bachelor's degree or higher	637	2.3 ± 0.5	639	2.8 ± 0.5	636	4.7 ± 0.7	639	1.4 ± 0.4
Household income								
< 200% of FPL	221	5.5 ± 1.6	223	6.3 ± 1.6	216	9.7 ± 1.9	224	4.8 ± 1.6
≥ 200% of FPL	867	2.5 ± 0.5	866	2.7 ± 0.4	863	4.9 ± 0.6	863	1.4 ± 0.4
Geographic Area								
Six County Total	11,825	2.9 ± 0.2	11,858	3.3 ± 0.2	11,768	5.5 ± 0.2	11,861	1.8 ± 0.1
Carver County	596	2.5 ± 0.6	601	3.0 ± 0.6	595	4.9 ± 0.8	598	1.3 ± 0.4
Dakota County	520	3.1 ± 0.7	519	3.7 ± 0.8	517	5.7 ± 0.9	520	1.8 ± 0.5
Hennepin County	8,432	2.8 ± 0.2	8,456	3.2 ± 0.2	8,391	5.4 ± 0.3	8,467	1.8 ± 0.2
Bloomington	622	2.8 ± 0.5	629	2.8 ± 0.6	621	5.2 ± 0.8	631	1.8 ± 0.5
Minneapolis	3,280	3.3 ± 0.4	3,276	4.1 ± 0.4	3,258	6.5 ± 0.5	3,280	2.4 ± 0.3
Ramsey County	1,129	3.1 ± 0.5	1,131	3.4 ± 0.5	1,120	5.8 ± 0.6	1,128	2.2 ± 0.5
Saint Paul	540	3.1 ± 0.7	545	3.9 ± 0.8	536	6.2 ± 0.9	546	2.7 ± 0.7
Suburban Ramsey County	589	3.2 ± 0.7	586	2.9 ± 0.6	584	5.5 ± 0.9	582	1.6 ± 0.5
Scott County	541	2.7 ± 0.7	542	3.6 ± 0.8	539	5.6 ± 0.9	543	1.3 ± 0.4
Washington County	607	2.6 ± 0.6	609	2.7 ± 0.6	606	4.8 ± 0.8	605	1.3 ± 0.4

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^ Estimate does not meet criteria for statistical reliability and is suppressed. (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.
Ramsey County Total	1,141	22.3% ± 2.9
Gender		
Male	392	25.6% ± 5.2
Female	749	19.7% ± 3.1
Age		
25-34	134	[^] 2.9% ± 6.4
35-44	153	[*] 6.6% ± 6.0
45-54	166	19.3% ± 8.2
55-64	278	30.9% ± 6.9
65-74	236	48.4% ± 7.2
75 and older	170	61.3% ± 9.0
Educational Attainment		
HS graduate, GED, or less	156	40.9% ± 9.8
Some college	347	30.7% ± 6.1
Bachelor's degree or higher	637	15.1% ± 3.4
Household income		
< 200% of FPL	233	31.1% ± 7.7
≥ 200% of FPL	866	19.8% ± 3.1
Geographic Area		
Six County Total	11,939	22.4% ± 1.1
Carver County	604	19.9% ± 4.0
Dakota County	529	28.6% ± 4.5
Hennepin County	8,516	21.1% ± 1.2
Bloomington	633	25.2% ± 4.8
Minneapolis	3,304	20.3% ± 1.9
Ramsey County	1,141	22.3% ± 2.9
Saint Paul	555	20.3% ± 4.3
Suburban Ramsey County	586	24.5% ± 4.0
Scott County	542	19.9% ± 4.3
Washington County	607	22.9% ± 4.1

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[^] 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 ... ?
Borderline high blood pressure or pre-hypertension

TABLE 8

	Sample Size N	Yes % ± 95% C.I.
Ramsey County Total	1,099	22.0% ± 3.1
Gender		
Male	378	27.8% ± 5.7
Female	721	17.3% ± 3.3
Age		
25-34	134	*9.8% ± 7.4
35-44	150	*12.5% ± 7.4
45-54	166	26.6% ± 8.7
55-64	271	28.3% ± 6.9
65-74	221	31.2% ± 7.3
75 and older	153	39.2% ± 9.1
Educational Attainment		
HS graduate, GED, or less	145	35.9% ± 10.2
Some college	336	27.6% ± 6.3
Bachelor's degree or higher	616	16.9% ± 3.9
Household income		
< 200% of FPL	220	26.1% ± 7.8
≥ 200% of FPL	840	21.0% ± 3.5
Geographic Area		
Six County Total	11,556	21.8% ± 1.2
Carver County	583	18.6% ± 4.0
Dakota County	508	24.5% ± 4.5
Hennepin County	8,255	21.2% ± 1.3
Bloomington	610	19.7% ± 4.8
Minneapolis	3,209	19.7% ± 2.0
Ramsey County	1,099	22.0% ± 3.1
Saint Paul	532	20.5% ± 4.7
Suburban Ramsey County	567	23.5% ± 4.3
Scott County	528	23.0% ± 5.0
Washington County	583	21.4% ± 4.4

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^ 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 ... ?
Diabetes or sugar disease

TABLE 9	Sample Size	Yes
	N	% ± 95% C.I.
Ramsey County Total	1,132	7.7% ± 2.1
Gender		
Male	388	9.9% ± 4.0
Female	744	6.0% ± 2.2
Age		
25-34	134	[^] 2.5% ± 6.8
35-44	151	[^] 3.8% ± 5.3
45-54	166	*10.5% ± 6.7
55-64	276	9.5% ± 5.1
65-74	232	11.4% ± 5.2
75 and older	169	14.2% ± 7.3
Educational Attainment		
HS graduate, GED, or less	158	18.0% ± 9.5
Some college	343	9.6% ± 4.3
Bachelor's degree or higher	629	5.0% ± 2.4
Household income		
< 200% of FPL	231	13.5% ± 6.5
≥ 200% of FPL	860	5.9% ± 2.1
Geographic Area		
Six County Total	11,842	6.8% ± 0.7
Carver County	600	5.3% ± 2.2
Dakota County	521	9.6% ± 3.2
Hennepin County	8,450	6.1% ± 0.7
Bloomington	623	9.6% ± 4.1
Minneapolis	3,282	6.4% ± 1.4
Ramsey County	1,132	7.7% ± 2.1
Saint Paul	550	8.3% ± 3.4
Suburban Ramsey County	582	7.1% ± 2.6
Scott County	541	4.6% ± 2.1
Washington County	598	6.6% ± 2.4

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[^] 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 ... ?
Pre-diabetes or borderline diabetes

TABLE 10	Sample Size	Yes
	N	% ± 95% C.I.
Ramsey County Total	1,104	9.8% ± 2.4
Gender		
Male	376	10.6% ± 4.2
Female	728	9.2% ± 3.0
Age		
25-34	134	[^] 4.0% ± 6.5
35-44	153	*6.5% ± 5.4
45-54	164	*11.7% ± 7.2
55-64	270	11.9% ± 5.9
65-74	223	16.8% ± 6.8
75 and older	158	*12.4% ± 7.3
Educational Attainment		
HS graduate, GED, or less	152	*13.8% ± 8.5
Some college	330	8.4% ± 4.0
Bachelor's degree or higher	621	9.7% ± 3.3
Household income		
< 200% of FPL	220	*7.1% ± 5.1
≥ 200% of FPL	847	10.7% ± 2.9
Geographic Area		
Six County Total	11,683	9.2% ± 0.8
Carver County	593	7.4% ± 2.6
Dakota County	512	13.0% ± 3.7
Hennepin County	8,350	8.0% ± 0.8
Bloomington	613	8.8% ± 3.1
Minneapolis	3,248	8.2% ± 1.3
Ramsey County	1,104	9.8% ± 2.4
Saint Paul	534	10.9% ± 3.9
Suburban Ramsey County	570	8.7% ± 2.9
Scott County	529	7.5% ± 2.9
Washington County	595	10.1% ± 3.5

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



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.
Ramsey County Total	1,141	29.0% ± 3.2
Gender		
Male	392	30.3% ± 5.6
Female	749	27.9% ± 3.7
Age		
25-34	134	*6.7% ± 6.4
35-44	153	15.2% ± 7.5
45-54	167	32.2% ± 8.7
55-64	276	44.1% ± 7.0
65-74	237	50.4% ± 7.2
75 and older	170	49.0% ± 8.7
Educational Attainment		
HS graduate, GED, or less	155	34.0% ± 9.6
Some college	347	33.8% ± 6.3
Bachelor's degree or higher	637	25.9% ± 4.1
Household income		
< 200% of FPL	229	27.2% ± 7.5
≥ 200% of FPL	870	29.3% ± 3.7
Geographic Area		
Six County Total	11,904	30.6% ± 1.2
Carver County	605	30.6% ± 4.6
Dakota County	523	33.9% ± 4.8
Hennepin County	8,490	30.0% ± 1.4
Bloomington	629	36.0% ± 5.6
Minneapolis	3,295	26.9% ± 2.2
Ramsey County	1,141	29.0% ± 3.2
Saint Paul	551	26.2% ± 4.7
Suburban Ramsey County	590	31.9% ± 4.5
Scott County	540	27.9% ± 4.8
Washington County	605	33.7% ± 4.9

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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.
Ramsey County Total	1,135	3.7% ± 1.4	6.8% ± 1.8	2.7% ± 1.3	2.8% ± 1.3
Gender					
Male	390	5.0% ± 2.6	9.0% ± 3.4	*4.3% ± 2.7	*3.2% ± 2.6
Female	745	*2.7% ± 1.6	5.1% ± 2.0	*1.4% ± 1.1	*2.5% ± 1.5
Age					
25-34	134	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0
35-44	152	0.0% ± 0.0	^0.7% ± 4.1	0.0% ± 0.0	^0.7% ± 4.1
45-54	162	^2.5% ± 5.4	^4.4% ± 4.9	^2.1% ± 4.9	^2.5% ± 3.0
55-64	276	*5.7% ± 5.0	10.1% ± 5.6	*3.6% ± 3.6	^3.9% ± 4.0
65-74	235	*4.8% ± 3.6	9.6% ± 5.3	^2.4% ± 4.2	^3.4% ± 4.2
75 and older	172	17.1% ± 7.1	30.5% ± 9.0	*14.0% ± 8.4	*11.4% ± 9.3
Educational Attainment					
HS graduate, GED, or less	154	*6.0% ± 4.7	15.3% ± 7.6	*6.3% ± 5.4	*10.4% ± 7.5
Some college	346	*4.8% ± 3.2	8.9% ± 3.9	*3.4% ± 2.3	*3.0% ± 2.6
Bachelor's degree or higher	633	*2.8% ± 1.8	4.2% ± 2.1	^1.7% ± 2.0	^1.2% ± 1.6
Household income					
< 200% of FPL	228	*6.4% ± 5.1	13.4% ± 6.2	^5.1% ± 5.1	*7.9% ± 5.4
≥ 200% of FPL	866	2.8% ± 1.3	4.5% ± 1.6	*1.8% ± 1.1	*1.3% ± 0.9
Geographic Area					
Six County Total	11,874	3.0% ± 0.4	5.2% ± 0.5	2.3% ± 0.4	1.8% ± 0.3
Carver County	601	*3.0% ± 2.1	4.7% ± 2.2	*2.5% ± 2.0	^1.9% ± 2.0
Dakota County	523	*3.4% ± 2.1	6.2% ± 2.6	*3.8% ± 2.2	*1.6% ± 1.5
Hennepin County	8,471	2.9% ± 0.4	4.8% ± 0.5	2.0% ± 0.3	1.7% ± 0.3
Bloomington	627	4.5% ± 2.2	6.1% ± 2.4	*2.8% ± 1.8	*1.1% ± 1.0
Minneapolis	3,283	2.3% ± 0.6	4.5% ± 0.9	1.6% ± 0.5	2.0% ± 0.8
Ramsey County	1,135	3.7% ± 1.4	6.8% ± 1.8	2.7% ± 1.3	2.8% ± 1.3
Saint Paul	549	*2.8% ± 2.2	5.8% ± 2.8	*2.3% ± 2.2	*3.2% ± 2.3
Suburban Ramsey County	586	4.7% ± 2.0	7.9% ± 2.5	3.1% ± 1.7	*2.4% ± 1.6
Scott County	542	2.4% ± 1.2	4.2% ± 1.9	*1.9% ± 1.6	*1.6% ± 1.3
Washington County	602	*1.9% ± 1.4	3.1% ± 1.5	*1.1% ± 1.0	*0.9% ± 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%)

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:		
	N	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Ramsey County Total	1,136	19.9%	± 2.7	686	38.1%	± 4.4	409	49.9%	± 5.7
Gender									
Male	387	16.5%	± 4.4	246	32.1%	± 7.4	147	40.1%	± 10.0
Female	749	22.7%	± 3.4	440	42.8%	± 5.4	262	56.9%	± 7.3
Age									
25-34	134	^1.2%	± 7.0	N/A			N/A		
35-44	152	*6.4%	± 4.8	N/A			N/A		
45-54	164	17.6%	± 7.9	N/A			N/A		
55-64	277	26.0%	± 6.2	277	26.0%	± 6.2	N/A		
65-74	234	43.4%	± 7.4	234	43.4%	± 7.4	234	43.4%	± 7.4
75 and older	171	58.5%	± 8.6	171	58.5%	± 8.6	171	58.5%	± 8.6
Education									
HS graduate, GED, or less	157	33.4%	± 10.7	126	46.1%	± 10.7	94	59.6%	± 12.1
Some college	345	28.8%	± 5.9	238	42.5%	± 7.6	135	54.7%	± 9.7
Bachelor's degree or higher	632	13.4%	± 3.1	320	31.4%	± 6.2	178	41.7%	± 8.9
Household income									
< 200% of FPL	230	22.2%	± 6.7	134	38.5%	± 10.7	88	57.2%	± 13.1
≥ 200% of FPL	864	18.8%	± 3.0	520	36.8%	± 4.9	296	46.2%	± 6.6
Geographic Area									
Six County Total	11,906	18.7%	± 1.0	6,689	38.3%	± 1.7	3,866	49.0%	± 2.2
Carver County	603	19.7%	± 4.0	320	41.6%	± 5.9	166	49.1%	± 8.0
Dakota County	525	20.2%	± 3.9	317	37.7%	± 6.5	185	49.3%	± 8.5
Hennepin County	8,492	18.3%	± 1.0	4,731	39.1%	± 1.8	2,750	49.9%	± 2.3
Bloomington	630	20.0%	± 3.7	429	40.6%	± 5.3	285	50.9%	± 6.5
Minneapolis	3,291	16.7%	± 1.7	1,552	39.5%	± 3.4	788	50.3%	± 4.8
Ramsey County	1,136	19.9%	± 2.7	686	38.1%	± 4.4	409	49.9%	± 5.7
Saint Paul	550	17.6%	± 3.7	301	38.2%	± 7.0	166	53.3%	± 9.7
Suburban Ramsey County	586	22.4%	± 4.0	385	38.0%	± 5.6	243	47.5%	± 6.9
Scott County	543	14.2%	± 3.1	268	38.1%	± 6.3	148	45.9%	± 8.6
Washington County	607	18.1%	± 3.7	367	34.5%	± 5.7	208	43.6%	± 7.9

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

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^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

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.
Ramsey County Total	1,133	10.5%	± 2.3	1,129	7.1%	± 2.1
Gender						
Male	388	9.5%	± 4.2	387	*6.0%	± 4.0
Female	745	11.3%	± 2.9	742	8.0%	± 2.5
Age						
25-34	133	*8.8%	± 6.1	133	*6.6%	± 5.8
40-44	152	*10.9%	± 7.2	152	*7.6%	± 7.0
45-54	165	12.8%	± 6.9	163	*7.4%	± 6.1
55-64	277	11.0%	± 4.9	276	8.4%	± 4.5
65-74	234	10.9%	± 5.1	233	*6.0%	± 4.2
75 and older	168	*7.5%	± 4.4	168	*5.5%	± 4.0
Educational Attainment						
HS graduate, GED, or less	156	*10.0%	± 6.2	154	*8.0%	± 5.6
Some college	345	11.9%	± 4.9	343	8.9%	± 4.8
Bachelor's degree or higher	631	10.0%	± 3.2	631	6.1%	± 2.8
Household income						
< 200% of FPL	229	11.7%	± 5.8	226	*9.2%	± 5.6
≥ 200% of FPL	864	10.3%	± 2.7	864	6.7%	± 2.4
Geographic Area						
Six County Total	11,835	11.4%	± 0.9	11,798	7.1%	± 0.7
Carver County	601	11.9%	± 3.6	598	6.2%	± 2.5
Dakota County	521	12.8%	± 3.9	521	8.0%	± 3.2
Hennepin County	8,437	11.8%	± 1.0	8,410	7.3%	± 0.8
Bloomington	623	13.8%	± 5.2	621	7.5%	± 4.1
Minneapolis	3,269	13.8%	± 1.7	3,262	9.1%	± 1.4
Ramsey County	1,133	10.5%	± 2.3	1,129	7.1%	± 2.1
Saint Paul	551	12.5%	± 3.7	549	9.1%	± 3.4
Suburban Ramsey County	582	8.4%	± 3.1	580	5.0%	± 2.6
Scott County	540	9.7%	± 3.4	540	6.7%	± 3.0
Washington County	603	10.0%	± 3.1	600	5.8%	± 2.2

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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



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.
Ramsey County Total	1,091	*2.2% ± 1.4	36.7% ± 3.6	34.4% ± 3.6	26.7% ± 3.4
Gender					
Male	371	^1.7% ± 2.6	29.9% ± 6.0	44.4% ± 6.2	24.0% ± 5.6
Female	720	*2.6% ± 2.0	42.1% ± 4.5	26.6% ± 4.1	28.7% ± 4.2
Age					
25-34	130	^0.9% ± 5.0	44.6% ± 9.4	36.1% ± 9.5	18.4% ± 8.2
35-44	147	^1.6% ± 3.4	48.8% ± 9.1	28.2% ± 9.3	21.5% ± 8.0
45-54	161	^4.6% ± 5.7	28.7% ± 8.3	31.6% ± 8.9	35.1% ± 9.1
55-64	261	^0.6% ± 1.8	33.5% ± 6.7	35.8% ± 7.4	30.1% ± 7.0
65-74	222	^2.0% ± 4.9	27.7% ± 7.2	40.8% ± 7.5	29.6% ± 7.2
75 and older	168	^4.5% ± 7.8	27.4% ± 8.1	40.3% ± 8.7	27.8% ± 9.0
Educational Attainment					
HS graduate, GED, or less	148	^5.4% ± 7.4	30.6% ± 10.1	26.0% ± 10.1	38.0% ± 10.7
Some college	329	^3.3% ± 4.2	31.2% ± 6.6	33.2% ± 6.7	32.3% ± 6.6
Bachelor's degree or higher	612	^1.1% ± 1.4	40.3% ± 4.8	36.5% ± 4.8	22.1% ± 4.3
Household income					
< 200% of FPL	223	^5.2% ± 5.4	28.4% ± 8.2	32.8% ± 8.3	33.6% ± 8.3
≥ 200% of FPL	828	^1.2% ± 1.2	39.0% ± 4.2	34.6% ± 4.2	25.2% ± 3.8
Geographic Area					
Six County Total	11,527	1.4% ± 0.4	39.3% ± 1.4	35.2% ± 1.4	24.1% ± 1.2
Carver County	589	^1.1% ± 1.4	39.2% ± 5.3	35.9% ± 5.1	23.7% ± 4.6
Dakota County	501	^1.2% ± 1.7	35.9% ± 5.2	34.7% ± 5.1	28.2% ± 4.9
Hennepin County	8,243	1.3% ± 0.4	41.4% ± 1.5	35.5% ± 1.6	21.9% ± 1.4
Bloomington	602	*1.9% ± 1.8	37.4% ± 5.5	36.5% ± 6.0	24.2% ± 5.8
Minneapolis	3,181	1.5% ± 0.6	45.2% ± 2.5	30.7% ± 2.4	22.5% ± 2.3
Ramsey County	1,091	*2.2% ± 1.4	36.7% ± 3.6	34.4% ± 3.6	26.7% ± 3.4
Saint Paul	528	^1.8% ± 2.0	39.4% ± 5.3	32.4% ± 5.2	26.5% ± 5.0
Suburban Ramsey County	563	*2.6% ± 2.4	34.0% ± 5.0	36.6% ± 5.1	26.9% ± 4.6
Scott County	520	^1.4% ± 2.0	33.8% ± 5.3	37.5% ± 5.4	27.3% ± 5.4
Washington County	583	^1.0% ± 2.3	41.4% ± 5.2	34.0% ± 5.2	23.5% ± 4.6

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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.
Ramsey County Total	1,148	18.3% ± 2.9	16.3% ± 2.8	65.4% ± 3.5
Gender				
Male	395	18.5% ± 5.0	16.0% ± 4.9	65.5% ± 5.9
Female	753	18.1% ± 3.5	16.6% ± 3.5	65.3% ± 4.2
Age				
25-34	134	12.1% ± 7.1	12.3% ± 7.1	75.6% ± 8.5
35-44	154	14.0% ± 6.6	*10.8% ± 7.0	75.2% ± 8.1
45-54	167	23.4% ± 8.3	23.4% ± 8.4	53.2% ± 8.8
55-64	278	22.6% ± 6.4	20.9% ± 6.3	56.5% ± 7.0
65-74	238	22.7% ± 6.6	18.4% ± 6.5	58.9% ± 7.3
75 and older	173	17.4% ± 8.8	10.3% ± 5.8	72.2% ± 8.8
Educational Attainment				
HS graduate, GED, or less	160	20.6% ± 9.1	*9.1% ± 8.4	70.2% ± 10.0
Some college	347	21.9% ± 5.9	18.9% ± 5.8	59.2% ± 6.6
Bachelor's degree or higher	639	16.3% ± 3.7	16.6% ± 3.8	67.2% ± 4.6
Household income				
< 200% of FPL	236	22.7% ± 7.6	13.0% ± 6.4	64.3% ± 8.2
≥ 200% of FPL	870	17.3% ± 3.2	17.4% ± 3.4	65.3% ± 4.0
Geographic Area				
Six County Total	11,967	18.6% ± 1.1	16.1% ± 1.0	65.3% ± 1.3
Carver County	604	17.4% ± 4.3	15.3% ± 3.7	67.2% ± 4.9
Dakota County	525	21.4% ± 4.4	16.4% ± 4.1	62.2% ± 5.0
Hennepin County	8,538	17.8% ± 1.3	16.5% ± 1.2	65.7% ± 1.5
Bloomington	632	22.7% ± 6.1	18.5% ± 4.9	58.8% ± 6.0
Minneapolis	3,309	16.9% ± 2.1	15.2% ± 1.7	67.9% ± 2.4
Ramsey County	1,148	18.3% ± 2.9	16.3% ± 2.8	65.4% ± 3.5
Saint Paul	555	17.8% ± 4.3	14.9% ± 4.0	67.3% ± 5.0
Suburban Ramsey County	593	18.9% ± 4.0	17.8% ± 4.2	63.3% ± 4.9
Scott County	541	18.3% ± 4.6	14.7% ± 4.2	67.0% ± 5.3
Washington County	611	19.8% ± 4.3	14.9% ± 3.9	65.4% ± 4.9

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Overall Health



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.
Ramsey County Total	1,148	44.3% ± 3.6	53.3% ± 3.6	*2.5% ± 1.6
Gender				
Male	395	39.1% ± 6.0	58.1% ± 6.0	^2.8% ± 3.1
Female	753	48.4% ± 4.4	49.3% ± 4.4	*2.3% ± 2.0
Age				
25-34	134	33.7% ± 9.1	63.4% ± 9.2	^2.9% ± 5.9
35-44	154	39.4% ± 8.9	57.5% ± 8.9	^3.1% ± 5.4
45-54	167	56.1% ± 8.8	41.7% ± 8.7	^2.1% ± 6.1
55-64	279	50.2% ± 6.9	48.9% ± 6.9	^0.9% ± 2.1
65-74	236	49.9% ± 7.2	48.2% ± 7.3	^1.9% ± 4.7
75 and older	174	35.8% ± 8.7	59.1% ± 8.8	^5.1% ± 7.2
Educational Attainment				
HS graduate, GED, or less	160	40.9% ± 10.1	53.3% ± 10.0	^5.8% ± 7.3
Some college	348	50.2% ± 6.6	47.2% ± 6.6	^2.6% ± 3.7
Bachelor's degree or higher	638	42.3% ± 4.7	55.9% ± 4.8	^1.8% ± 2.2
Household income				
< 200% of FPL	234	44.2% ± 8.2	49.8% ± 8.2	*6.0% ± 5.9
≥ 200% of FPL	872	44.5% ± 4.1	54.1% ± 4.1	^1.3% ± 1.5
Geographic Area				
Six County Total	11,967	42.9% ± 1.4	54.9% ± 1.4	2.2% ± 0.5
Carver County	602	39.8% ± 5.0	57.9% ± 5.1	^2.4% ± 2.6
Dakota County	528	48.2% ± 5.1	48.9% ± 5.1	*2.9% ± 2.3
Hennepin County	8,533	40.9% ± 1.6	56.9% ± 1.6	2.1% ± 0.5
Bloomington	635	46.7% ± 5.9	51.2% ± 5.8	*2.1% ± 1.7
Minneapolis	3,296	36.4% ± 2.4	61.2% ± 2.4	2.4% ± 0.7
Ramsey County	1,148	44.3% ± 3.6	53.3% ± 3.6	*2.5% ± 1.6
Saint Paul	555	43.3% ± 5.2	54.3% ± 5.2	^2.4% ± 2.5
Suburban Ramsey County	593	45.3% ± 5.0	52.2% ± 5.0	^2.5% ± 2.6
Scott County	545	44.6% ± 5.4	53.8% ± 5.4	^1.6% ± 1.9
Washington County	611	42.7% ± 5.1	56.1% ± 5.1	^1.2% ± 1.9

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

Overall Health



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	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Ramsey County Total	1,146	21.8%	± 2.9	691	32.4%	± 4.3	414	37.5%	± 5.8
Gender									
Male	393	23.1%	± 5.3	248	32.1%	± 7.2	149	36.7%	± 10.0
Female	753	20.8%	± 3.2	443	32.6%	± 5.2	265	38.1%	± 7.0
Age									
25-34	134	8.5%	± 6.2	N/A			N/A		
35-44	154	11.1%	± 6.4	N/A			N/A		
45-54	167	25.5%	± 8.3	N/A			N/A		
55-64	277	27.1%	± 6.3	277	27.1%	± 6.3	N/A		
65-74	238	29.0%	± 6.9	238	29.0%	± 6.9	238	29.0%	± 6.9
75 and older	173	47.7%	± 8.7	173	47.7%	± 8.7	173	47.7%	± 8.7
Education									
HS graduate, GED, or less	160	38.3%	± 10.6	128	37.2%	± 10.6	95	43.4%	± 12.2
Some college	346	26.0%	± 5.8	238	34.1%	± 7.4	136	38.2%	± 9.7
Bachelor's degree or higher	638	16.7%	± 3.6	323	28.8%	± 6.2	181	33.5%	± 8.9
Household income									
< 200% of FPL	235	34.2%	± 7.7	137	47.5%	± 10.8	90	53.1%	± 12.9
≥ 200% of FPL	868	17.7%	± 3.1	521	27.0%	± 4.7	298	31.5%	± 6.4
Geographic Area									
Six County Total	11,949	18.6%	± 1.0	6,709	30.1%	± 1.6	3,870	35.6%	± 2.2
Carver County	604	16.6%	± 4.0	322	25.8%	± 5.4	167	33.6%	± 7.9
Dakota County	526	20.0%	± 4.0	318	31.4%	± 6.3	188	37.3%	± 8.6
Hennepin County	8,526	18.6%	± 1.1	4,746	30.3%	± 1.7	2,750	35.0%	± 2.2
Bloomington	634	19.6%	± 4.3	433	29.0%	± 5.1	288	31.7%	± 6.4
Minneapolis	3,304	20.2%	± 1.8	1,557	34.3%	± 3.3	788	36.9%	± 4.6
Ramsey County	1,146	21.8%	± 2.9	691	32.4%	± 4.3	414	37.5%	± 5.7
Saint Paul	554	24.5%	± 4.5	302	36.8%	± 7.0	168	44.0%	± 9.8
Suburban Ramsey County	592	19.0%	± 3.7	389	28.9%	± 5.3	246	33.0%	± 6.8
Scott County	538	13.5%	± 3.6	263	25.5%	± 5.9	143	29.3%	± 8.4
Washington County	609	14.4%	± 3.3	369	24.6%	± 5.4	208	34.4%	± 8.3

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

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

^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

Overall Health



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:		
	N	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Ramsey County Total	1,126	9.6%	± 2.3	673	12.2%	± 3.4	396	12.7%	± 4.9
Gender									
Male	390	9.8%	± 4.0	246	11.3%	± 5.4	147	*12.3%	± 8.9
Female	736	9.4%	± 2.8	427	12.9%	± 4.8	249	13.1%	± 6.2
Age									
25-34	133	^4.2%	± 5.2	N/A			N/A		
35-44	153	*8.6%	± 6.6	N/A			N/A		
45-54	167	*11.1%	± 6.9	N/A			N/A		
55-64	277	11.6%	± 5.3	277	11.6%	± 5.3	N/A		
65-74	233	*7.0%	± 5.0	233	*7.0%	± 5.0	233	*7.0%	± 5.0
75 and older	159	19.6%	± 8.9	159	19.6%	± 8.9	159	19.6%	± 8.9
Education									
HS graduate, GED, or less	155	28.5%	± 11.1	123	24.5%	± 11.1	90	27.4%	± 14.1
Some college	335	15.7%	± 5.9	228	15.6%	± 6.7	127	*14.8%	± 8.8
Bachelor's degree or higher	635	3.3%	± 1.9	321	*4.4%	± 3.4	178	^3.4%	± 4.1
Household income									
< 200% of FPL	228	29.2%	± 8.0	130	32.0%	± 11.2	84	27.6%	± 14.5
≥ 200% of FPL	856	3.9%	± 1.7	511	6.4%	± 3.1	287	*8.0%	± 5.1
Geographic Area									
Six County Total	11,709	7.4%	± 0.7	6,477	10.6%	± 1.2	3,643	10.2%	± 1.6
Carver County	593	3.4%	± 2.0	310	*5.3%	± 3.6	155	*5.3%	± 4.8
Dakota County	521	7.4%	± 2.9	313	10.8%	± 4.9	181	*8.7%	± 6.8
Hennepin County	8,340	7.8%	± 0.8	4,569	11.1%	± 1.2	2,578	10.7%	± 1.5
Bloomington	615	5.8%	± 2.8	416	7.6%	± 3.7	271	*8.4%	± 5.6
Minneapolis	3,253	11.1%	± 1.6	1,510	17.2%	± 2.9	744	13.3%	± 3.5
Ramsey County	1,126	9.6%	± 2.3	673	12.2%	± 3.4	396	12.7%	± 4.9
Saint Paul	546	12.5%	± 3.9	295	17.4%	± 6.6	161	17.5%	± 9.8
Suburban Ramsey County	580	6.4%	± 2.6	378	8.0%	± 3.4	235	9.4%	± 5.1
Scott County	527	4.4%	± 2.4	251	7.6%	± 4.5	133	*7.4%	± 6.0
Washington County	602	4.5%	± 2.2	361	7.4%	± 3.5	200	*6.4%	± 5.0

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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.
Ramsey County Total	690	4.8%	± 2.6	413	*6.4%	± 4.2
Gender						
Male	249	*5.4%	± 5.1	149	^6.6%	± 8.6
Female	441	*4.3%	± 3.2	264	*6.2%	± 5.2
Age						
25-34	N/A			N/A		
40-44	N/A			N/A		
45-54	N/A			N/A		
55-64	277	^3.2%	± 3.9	N/A		
65-74	237	^2.4%	± 4.5	237	^2.4%	± 4.5
75 and older	173	*10.6%	± 7.8	173	*10.6%	± 7.8
Educational Attainment						
HS graduate, GED, or less	128	*13.1%	± 11.0	95	^12.9%	± 14.0
Some college	237	*4.8%	± 4.4	136	^7.2%	± 8.1
Bachelor's degree or higher	323	^1.2%	± 2.1	180	^1.9%	± 4.3
Household income						
< 200% of FPL	138	*13.4%	± 9.6	91	^11.9%	± 13.2
≥ 200% of FPL	520	^2.0%	± 2.4	297	^4.0%	± 4.7
Geographic Area						
Six County Total	6,726	3.5%	± 0.8	3,887	4.7%	± 1.2
Carver County	322	^0.9%	± 1.6	167	^1.4%	± 3.1
Dakota County	322	^3.0%	± 3.5	190	^2.5%	± 3.5
Hennepin County	4,760	3.4%	± 0.7	2,766	4.4%	± 1.0
Bloomington	434	^2.5%	± 3.2	288	^3.1%	± 5.2
Minneapolis	1,563	6.0%	± 2.1	793	7.4%	± 2.9
Ramsey County	690	4.8%	± 2.6	413	*6.4%	± 4.2
Saint Paul	301	*7.6%	± 5.2	166	*10.7%	± 9.3
Suburban Ramsey County	389	^2.5%	± 2.9	247	^3.3%	± 3.6
Scott County	265	^2.6%	± 2.7	145	^3.9%	± 4.7
Washington County	367	^3.4%	± 4.7	206	^7.3%	± 9.6

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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:		
	Yes			Yes		
	N	% ± 95% C.I.		N	% ± 95% C.I.	
Ramsey County Total	693	11.4% ± 3.3		416	16.3% ± 5.2	
Gender						
Male	250	*10.3% ± 6.1		150	*16.1% ± 10.4	
Female	443	12.2% ± 4.0		266	16.4% ± 6.0	
Age						
25-34	N/A			N/A		
40-44	N/A			N/A		
45-54	N/A			N/A		
55-64	277	*6.3% ± 4.3		N/A		
65-74	238	*5.0% ± 4.3		238	*5.0% ± 4.3	
75 and older	174	28.5% ± 9.0		174	28.5% ± 9.0	
Educational Attainment						
HS graduate, GED, or less	128	21.8% ± 10.7		95	24.8% ± 12.9	
Some college	239	11.8% ± 5.2		138	18.4% ± 8.8	
Bachelor's degree or higher	324	*6.4% ± 5.0		181	*9.7% ± 8.9	
Household income						
< 200% of FPL	138	27.5% ± 10.9		91	33.6% ± 14.7	
≥ 200% of FPL	522	6.8% ± 2.9		299	11.1% ± 5.0	
Geographic Area						
Six County Total	6,719	9.1% ± 1.1		3,883	12.3% ± 1.7	
Carver County	324	6.4% ± 3.5		168	10.6% ± 6.0	
Dakota County	322	11.4% ± 5.3		190	*12.4% ± 7.7	
Hennepin County	4,747	8.8% ± 1.0		2,757	11.7% ± 1.5	
Bloomington	433	7.0% ± 3.5		287	10.1% ± 5.2	
Minneapolis	1,557	11.8% ± 2.3		792	14.1% ± 3.4	
Ramsey County	693	11.4% ± 3.3		416	16.3% ± 5.2	
Saint Paul	304	14.6% ± 6.3		169	21.6% ± 10.5	
Suburban Ramsey County	389	8.8% ± 3.5		247	12.6% ± 5.1	
Scott County	265	*4.9% ± 3.2		145	*7.0% ± 5.3	
Washington County	368	4.8% ± 2.6		207	*8.0% ± 5.1	

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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.
Ramsey County Total	1,148	89.8%	± 2.6	733	88.7%	± 3.2
Gender						
Male	395	88.7%	± 4.7	245	86.8%	± 5.6
Female	753	90.7%	± 3.2	488	90.4%	± 3.8
Age						
25-34	134	87.1%	± 7.9	134	87.1%	± 7.9
40-44	154	87.7%	± 7.5	154	87.7%	± 7.5
45-54	167	89.3%	± 6.7	167	89.3%	± 6.7
55-64	278	91.0%	± 5.4	278	91.0%	± 5.4
65-74	237	96.0%	± 3.3	N/A		
75 and older	174	95.2%	± 5.0	N/A		
Educational Attainment						
HS graduate, GED, or less	160	85.1%	± 10.3	65	78.8%	± 16.1
Some college	348	90.3%	± 4.8	211	89.2%	± 6.0
Bachelor's degree or higher	638	90.5%	± 3.5	457	89.9%	± 4.0
Household income						
< 200% of FPL	236	81.8%	± 7.5	145	79.0%	± 9.1
≥ 200% of FPL	869	92.1%	± 2.8	571	91.5%	± 3.4
Geographic Area						
Six County Total	11,971	89.9%	± 0.9	8,079	88.9%	± 1.1
Carver County	606	89.1%	± 3.3	438	88.3%	± 3.8
Dakota County	529	89.7%	± 3.6	339	88.5%	± 4.3
Hennepin County	8,536	90.1%	± 1.1	5,771	89.1%	± 1.3
Bloomington	636	89.9%	± 4.6	347	89.5%	± 6.1
Minneapolis	3,308	90.6%	± 1.7	2,514	89.9%	± 1.9
Ramsey County	1,148	89.8%	± 2.6	733	88.7%	± 3.2
Saint Paul	557	88.6%	± 4.1	388	88.3%	± 4.7
Suburban Ramsey County	591	91.1%	± 3.6	345	89.3%	± 4.6
Scott County	541	86.2%	± 4.2	396	85.1%	± 4.7
Washington County	611	91.9%	± 3.2	402	91.7%	± 3.8

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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.
Ramsey County Total	1,148	86.9% ± 2.8	10.2% ± 2.6	2.9% ± 1.7
Gender				
Male	395	86.0% ± 5.0	9.6% ± 4.5	*4.4% ± 3.4
Female	753	87.6% ± 3.4	10.7% ± 3.3	^1.7% ± 1.7
Age				
25-34	134	79.9% ± 8.6	16.1% ± 7.9	^4.0% ± 6.9
35-44	154	86.0% ± 7.5	*11.0% ± 7.2	^3.0% ± 4.8
45-54	167	86.8% ± 7.0	*10.8% ± 6.7	^2.4% ± 4.3
55-64	278	89.3% ± 5.4	*6.4% ± 4.5	^4.3% ± 4.4
65-74	238	95.0% ± 3.6	*4.6% ± 3.6	^0.5% ± 1.5
75 and older	173	93.8% ± 6.0	^5.2% ± 5.5	^1.0% ± 5.8
Educational Attainment				
HS graduate, GED, or less	160	82.0% ± 10.3	*13.2% ± 9.7	^4.8% ± 8.4
Some college	348	86.0% ± 5.6	*7.9% ± 4.7	*6.1% ± 4.3
Bachelor's degree or higher	638	88.2% ± 3.7	10.7% ± 3.5	^1.1% ± 2.2
Household income				
< 200% of FPL	236	75.2% ± 7.9	16.6% ± 7.3	*8.2% ± 5.7
≥ 200% of FPL	869	90.1% ± 3.0	8.4% ± 2.8	^1.5% ± 1.8
Geographic Area				
Six County Total	11,966	86.2% ± 1.0	11.7% ± 1.0	2.1% ± 0.4
Carver County	606	87.9% ± 3.4	10.0% ± 3.1	^2.1% ± 2.3
Dakota County	529	87.3% ± 3.9	11.6% ± 3.8	^1.1% ± 1.4
Hennepin County	8,533	85.2% ± 1.3	12.6% ± 1.2	2.3% ± 0.6
Bloomington	635	87.0% ± 5.4	11.5% ± 5.3	^1.5% ± 2.5
Minneapolis	3,303	82.6% ± 2.1	13.9% ± 1.9	3.5% ± 1.4
Ramsey County	1,148	86.9% ± 2.8	10.2% ± 2.6	2.9% ± 1.7
Saint Paul	555	84.5% ± 4.5	12.0% ± 4.2	*3.6% ± 2.8
Suburban Ramsey County	593	89.5% ± 3.6	8.4% ± 3.3	^2.1% ± 2.4
Scott County	540	83.2% ± 4.6	15.2% ± 4.4	^1.6% ± 2.0
Washington County	610	90.0% ± 3.5	9.0% ± 3.4	^0.9% ± 1.5

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Access to Health Care



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.
Ramsey County Total	1,146	6.3% ± 2.2	15.8% ± 2.8	25.5% ± 3.3	46.9% ± 3.6	5.3% ± 2.0
Gender						
Male	394	*5.3% ± 3.9	15.0% ± 4.8	24.5% ± 5.5	48.0% ± 6.0	7.2% ± 3.9
Female	752	7.2% ± 2.8	16.5% ± 3.6	26.4% ± 4.1	46.1% ± 4.4	3.8% ± 2.2
Age						
25-34	134	^4.9% ± 5.4	17.4% ± 8.3	28.6% ± 9.0	41.7% ± 9.3	*7.5% ± 7.0
35-44	154	*10.6% ± 7.7	13.5% ± 6.7	22.8% ± 8.4	48.2% ± 8.9	^4.9% ± 5.4
45-54	165	*7.6% ± 6.0	19.5% ± 7.8	26.3% ± 8.3	42.4% ± 8.8	^4.2% ± 6.4
55-64	279	*6.2% ± 5.1	17.7% ± 6.1	28.6% ± 6.6	40.9% ± 6.9	*6.5% ± 4.4
65-74	237	^3.1% ± 3.8	10.1% ± 5.5	16.4% ± 5.7	67.1% ± 7.1	^3.2% ± 4.2
75 and older	173	^1.8% ± 4.4	11.9% ± 6.4	23.6% ± 7.6	58.6% ± 8.6	^4.0% ± 5.7
Educational Attainment						
HS graduate, GED, or less	161	*10.0% ± 7.9	26.7% ± 10.3	16.6% ± 7.9	39.0% ± 10.0	^7.7% ± 7.8
Some college	347	*9.2% ± 5.4	21.3% ± 6.1	27.7% ± 6.3	31.6% ± 6.2	10.2% ± 5.0
Bachelor's degree or higher	636	*4.4% ± 2.6	11.2% ± 3.4	26.3% ± 4.4	55.3% ± 4.8	*2.7% ± 2.6
Household income						
< 200% of FPL	235	13.3% ± 6.6	29.2% ± 8.2	16.6% ± 6.3	23.9% ± 7.7	16.9% ± 7.2
≥ 200% of FPL	868	4.6% ± 2.4	11.9% ± 2.8	28.6% ± 3.9	52.6% ± 4.1	*2.3% ± 1.9
Geographic Area						
Six County Total	11,962	5.4% ± 0.7	16.2% ± 1.1	26.7% ± 1.2	48.1% ± 1.4	3.5% ± 0.5
Carver County	604	5.9% ± 2.9	16.6% ± 4.4	28.4% ± 4.9	46.7% ± 5.1	^2.4% ± 3.7
Dakota County	529	4.5% ± 2.6	19.9% ± 4.5	26.2% ± 4.7	47.4% ± 5.1	*2.0% ± 1.8
Hennepin County	8,533	5.6% ± 0.9	15.3% ± 1.2	26.7% ± 1.4	48.7% ± 1.6	3.6% ± 0.6
Bloomington	634	*4.7% ± 2.8	17.3% ± 5.7	28.0% ± 5.4	47.8% ± 5.8	*2.3% ± 2.0
Minneapolis	3,307	6.1% ± 1.2	16.6% ± 2.1	26.1% ± 2.3	45.0% ± 2.4	6.2% ± 1.5
Ramsey County	1,146	6.3% ± 2.2	15.8% ± 2.8	25.5% ± 3.3	46.9% ± 3.6	5.3% ± 2.0
Saint Paul	553	6.8% ± 3.4	17.3% ± 4.3	21.2% ± 4.6	48.0% ± 5.2	6.7% ± 3.4
Suburban Ramsey County	593	5.8% ± 3.0	14.3% ± 4.0	30.1% ± 4.8	45.8% ± 5.0	*3.9% ± 2.6
Scott County	539	6.1% ± 3.1	18.6% ± 4.6	30.5% ± 5.3	42.9% ± 5.4	*1.9% ± 1.4
Washington County	611	*3.3% ± 2.4	15.1% ± 4.3	26.7% ± 4.6	52.3% ± 5.1	*2.5% ± 2.2

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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: 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.
Ramsey County Total	1,145	66.2%	± 3.6	721	17.9%	± 4.0	97	60.1%	± 12.5
Gender									
Male	392	62.2%	± 6.0	224	16.6%	± 7.3	< 30		
Female	753	69.5%	± 4.3	497	18.8%	± 4.9	78	61.7%	± 14.0
Age									
25-34	133	63.1%	± 9.4	84	26.3%	± 11.9	< 30		
35-44	154	67.3%	± 9.0	103	24.5%	± 10.8	< 30		
45-54	167	66.0%	± 8.8	104	18.1%	± 9.9	< 30		
55-64	278	64.4%	± 7.0	169	11.6%	± 6.6	< 30		
65-74	237	69.3%	± 7.0	151	*7.9%	± 7.5	< 30		
75 and older	173	74.5%	± 7.7	110	*8.4%	± 8.0	< 30		
Education									
HS graduate, GED, or less	159	68.6%	± 12.8	104	*20.4%	± 12.8	< 30		
Some college	346	64.5%	± 6.6	201	25.4%	± 8.9	37	65.1%	± 20.6
Bachelor's degree or higher	638	66.5%	± 4.7	416	14.4%	± 5.0	46	63.8%	± 17.6
Household income									
< 200% of FPL	233	63.6%	± 8.3	138	26.5%	± 10.5	< 30		
≥ 200% of FPL	870	66.7%	± 4.1	554	15.7%	± 4.5	62	66.5%	± 15.1
Geographic Area									
Six County Total	11,945	66.3%	± 1.3	7,669	18.7%	± 1.4	1,262	68.0%	± 4.0
Carver County	603	67.1%	± 4.9	387	17.2%	± 5.0	66	63.3%	± 14.3
Dakota County	526	71.6%	± 4.8	351	21.4%	± 5.7	64	76.2%	± 13.3
Hennepin County	8,520	65.0%	± 1.5	5,470	18.9%	± 1.6	920	68.9%	± 4.3
Bloomington	634	63.9%	± 5.8	398	18.5%	± 6.9	54	68.5%	± 17.2
Minneapolis	3,297	65.9%	± 2.5	2,170	21.6%	± 2.5	447	63.4%	± 6.3
Ramsey County	1,145	66.2%	± 3.6	721	17.9%	± 4.0	97	60.1%	± 12.3
Saint Paul	552	65.0%	± 5.2	343	20.7%	± 6.3	51	55.7%	± 16.6
Suburban Ramsey County	593	67.5%	± 4.9	378	15.1%	± 5.3	46	65.6%	± 18.5
Scott County	541	67.5%	± 5.3	342	17.7%	± 5.6	63	75.5%	± 14.9
Washington County	610	64.9%	± 5.1	398	16.2%	± 5.5	52	58.9%	± 17.1

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

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^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

Access to Health Care



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

TABLE 26

	Among persons aged 25 and older: Yes			Among persons who needed care: Delayed or did not get the needed care			Among persons who delayed or did not get care: Was that due to cost or lack of insurance?		
	N	%	± 95% C.I.	N	%	± 95% C.I.	N	%	± 95% C.I.
Ramsey County Total	1,143	25.1%	± 3.3	255	54.4%	± 7.7	125	39.5%	± 10.8
Gender									
Male	393	20.0%	± 5.5	61	54.8%	± 14.7	30	*30.2%	± 21.1
Female	750	29.2%	± 4.1	194	54.2%	± 8.6	95	44.9%	± 12.3
Age									
25-34	134	30.9%	± 9.1	41	69.2%	± 17.5	< 30		
35-44	154	29.4%	± 8.3	54	49.5%	± 14.7	< 30		
45-54	166	33.6%	± 8.6	57	50.6%	± 15.0	< 30		
55-64	278	18.0%	± 5.2	56	42.9%	± 15.1	< 30		
65-74	237	16.7%	± 6.1	35	47.8%	± 18.9	< 30		
75 and older	170	*8.6%	± 5.5	< 30			< 30		
Education									
HS graduate, GED, or less	158	19.7%		< 30			< 30		
Some college	346	25.2%	± 6.3	81	62.9%	± 13.7	43	38.8%	± 18.5
Bachelor's degree or higher	637	26.1%	± 4.3	150	53.8%	± 9.6	74	41.6%	± 13.9
Household income									
< 200% of FPL	232	33.3%	± 8.3	69	53.8%	± 15.4	35	36.1%	± 20.8
≥ 200% of FPL	869	23.6%	± 3.6	184	55.0%	± 8.8	90	40.8%	± 12.6
Geographic Area									
Six County Total	11,932	23.1%	± 1.2	2,663	54.2%	± 2.9	1,325	46.4%	± 4.1
Carver County	602	20.1%	± 4.4	116	55.3%	± 11.8	67	39.9%	± 13.7
Dakota County	528	21.7%	± 4.5	99	55.7%	± 11.4	53	55.7%	± 15.5
Hennepin County	8,510	24.2%	± 1.3	1,991	52.7%	± 3.2	967	45.7%	± 4.7
Bloomington	632	21.2%	± 5.2	121	49.5%	± 12.5	49	*33.3%	± 20.5
Minneapolis	3,296	30.8%	± 2.3	973	51.9%	± 4.4	480	48.4%	± 6.4
Ramsey County	1,143	25.1%	± 3.3	255	54.4%	± 7.6	125	39.5%	± 10.7
Saint Paul	552	31.3%	± 5.1	157	56.3%	± 9.7	77	32.1%	± 13.5
Suburban Ramsey County	591	18.5%	± 4.2	98	51.0%	± 12.1	48	54.8%	± 17.3
Scott County	539	20.4%	± 4.7	96	55.9%	± 12.0	59	42.9%	± 15.6
Washington County	610	17.8%	± 4.2	106	59.5%	± 12.1	54	57.8%	± 16.0

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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.
Ramsey County Total	1,147	51.2% ± 3.6	28.6% ± 3.3	20.2% ± 3.3
Gender				
Male	393	50.8% ± 6.0	24.6% ± 5.4	24.6% ± 6.0
Female	754	51.6% ± 4.4	31.8% ± 4.2	16.6% ± 3.6
Age				
25-34	134	36.0% ± 9.1	21.4% ± 8.4	42.5% ± 9.4
35-44	154	44.9% ± 9.0	28.5% ± 8.7	26.6% ± 8.7
45-54	166	60.9% ± 8.6	28.3% ± 8.4	10.9% ± 6.0
55-64	278	55.4% ± 7.0	29.3% ± 6.4	15.3% ± 6.3
65-74	237	60.5% ± 7.2	33.8% ± 7.0	*5.8% ± 4.5
75 and older	174	60.7% ± 8.6	36.1% ± 8.5	^3.2% ± 4.2
Educational Attainment				
HS graduate, GED, or less	160	55.1% ± 10.2	21.2% ± 7.9	23.7% ± 11.2
Some college	348	49.8% ± 6.6	31.4% ± 6.3	18.8% ± 5.9
Bachelor's degree or higher	637	51.1% ± 4.8	28.7% ± 4.4	20.2% ± 4.4
Household income				
< 200% of FPL	237	53.3% ± 8.2	19.2% ± 6.7	27.4% ± 8.1
≥ 200% of FPL	868	50.4% ± 4.1	31.2% ± 3.9	18.4% ± 3.8
Geographic Area				
Six County Total	11,962	50.4% ± 1.4	29.2% ± 1.2	20.4% ± 1.2
Carver County	605	51.7% ± 5.1	32.1% ± 5.1	16.2% ± 4.4
Dakota County	528	49.1% ± 5.1	32.5% ± 4.9	18.4% ± 4.6
Hennepin County	8,535	48.6% ± 1.6	29.3% ± 1.4	22.2% ± 1.4
Bloomington	635	55.0% ± 5.8	27.1% ± 4.8	17.9% ± 5.8
Minneapolis	3,308	44.1% ± 2.5	27.7% ± 2.1	28.2% ± 2.4
Ramsey County	1,147	51.2% ± 3.6	28.6% ± 3.3	20.2% ± 3.3
Saint Paul	554	47.6% ± 5.2	27.4% ± 4.7	25.0% ± 5.1
Suburban Ramsey County	593	55.1% ± 5.0	29.8% ± 4.7	15.1% ± 4.1
Scott County	539	56.1% ± 5.4	26.2% ± 4.7	17.7% ± 4.7
Washington County	608	56.0% ± 5.1	26.2% ± 4.5	17.8% ± 4.8

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

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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.
Ramsey County Total	1,147	85.6% ± 3.0	*1.7% ± 1.5	3.5% ± 1.7	*2.3% ± 1.6	5.1% ± 2.0
Gender						
Male	386	81.0% ± 5.5	^3.1% ± 3.5	*4.2% ± 3.5	^2.8% ± 3.5	7.6% ± 4.1
Female	742	89.4% ± 3.1	^0.6% ± 1.0	*3.0% ± 1.9	*1.9% ± 1.7	*3.1% ± 1.9
Age						
25-34	133	77.6% ± 8.9	0.0% ± 0.0	^6.0% ± 7.0	^4.2% ± 5.9	*11.2% ± 7.6
35-44	153	80.7% ± 8.1	^2.7% ± 7.5	*6.0% ± 5.7	^3.1% ± 5.6	*6.7% ± 5.4
45-54	166	90.6% ± 6.6	^1.8% ± 5.8	^1.1% ± 2.8	^2.9% ± 5.6	^3.0% ± 4.8
55-64	270	85.1% ± 5.9	^3.1% ± 5.3	*3.4% ± 3.2	^1.3% ± 2.2	^3.8% ± 3.8
65-74	232	93.6% ± 5.0	^1.0% ± 5.9	^1.8% ± 2.6	0.0% ± 0.0	^0.9% ± 1.9
75 and older	172	97.7% ± 3.3	^1.7% ± 3.0	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0
Educational Attainment						
HS graduate, GED, or less	159	87.6% ± 10.3	^8.5% ± 9.8	^0.7% ± 2.2	^2.9% ± 10.1	^0.4% ± 2.3
Some college	339	84.1% ± 5.7	^1.6% ± 3.8	^1.9% ± 2.0	^1.0% ± 2.0	*9.0% ± 5.3
Bachelor's degree or higher	628	85.9% ± 4.0	^0.5% ± 2.1	4.8% ± 2.8	*2.9% ± 2.5	*4.3% ± 2.5
Household income						
< 200% of FPL	228	78.7% ± 7.7	^5.9% ± 6.2	^2.4% ± 2.9	^3.0% ± 6.3	*7.3% ± 5.5
≥ 200% of FPL	858	87.6% ± 3.3	^0.5% ± 1.6	4.0% ± 2.2	*2.2% ± 1.8	4.4% ± 2.3
Geographic Area						
Six County Total	11,707	83.6% ± 1.1	1.0% ± 0.3	6.0% ± 0.7	2.9% ± 0.5	4.6% ± 0.6
Carver County	596	85.5% ± 3.8	^0.5% ± 0.9	5.7% ± 2.7	4.9% ± 2.7	*2.6% ± 2.2
Dakota County	514	86.1% ± 4.0	^0.3% ± 0.7	5.3% ± 3.0	*2.2% ± 2.2	*3.3% ± 2.6
Hennepin County	8,345	80.8% ± 1.3	1.3% ± 0.5	7.9% ± 1.0	3.0% ± 0.6	5.3% ± 0.8
Bloomington	616	82.4% ± 5.2	^0.2% ± 0.5	7.3% ± 3.6	*2.9% ± 2.1	*4.0% ± 3.5
Minneapolis	3,215	81.3% ± 2.0	2.3% ± 1.2	5.8% ± 1.3	2.3% ± 0.8	6.2% ± 1.3
Ramsey County	1,128	85.6% ± 2.9	*1.7% ± 1.5	3.5% ± 1.7	*2.3% ± 1.6	5.1% ± 2.0
Saint Paul	539	82.4% ± 4.6	*3.3% ± 3.0	*2.8% ± 2.4	^2.0% ± 2.4	6.5% ± 3.4
Suburban Ramsey County	589	89.0% ± 3.9	^0.1% ± 0.4	*4.2% ± 2.9	^2.7% ± 2.8	*3.7% ± 2.6
Scott County	525	84.0% ± 4.4	^0.2% ± 0.9	7.0% ± 3.3	*4.5% ± 2.9	*3.0% ± 2.8
Washington County	599	90.1% ± 4.0	^0.1% ± 0.3	^2.4% ± 2.6	^2.7% ± 3.0	*3.4% ± 3.0

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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.
Ramsey County Total	1,147	53.7%	± 3.7	413	85.1%	± 4.4
Gender						
Male	392	51.0%	± 6.0	147	81.1%	± 8.6
Female	755	56.0%	± 4.4	266	87.9%	± 4.9
Age						
25-34	134	24.8%	± 8.8	N/A		
40-44	154	34.7%	± 8.8	N/A		
45-54	167	60.2%	± 8.8	N/A		
55-64	279	65.8%	± 6.9	N/A		
65-74	237	79.4%	± 6.5	237	79.4%	± 6.5
75 and older	172	91.6%	± 6.8	172	91.6%	± 6.8
Educational Attainment						
HS graduate, GED, or less	157	65.0%	± 11.2	92	88.7%	± 11.9
Some college	349	61.2%	± 6.8	138	84.0%	± 8.9
Bachelor's degree or higher	639	48.2%	± 4.7	181	83.8%	± 6.4
Household income						
< 200% of FPL	235	54.4%	± 8.3	90	81.6%	± 12.7
≥ 200% of FPL	869	53.5%	± 4.2	297	87.6%	± 4.4
Geographic Area						
Six County Total	11,946	51.4%	± 1.4	3,872	86.1%	± 1.5
Carver County	605	48.7%	± 5.1	168	84.5%	± 6.5
Dakota County	526	55.3%	± 5.2	189	90.1%	± 5.4
Hennepin County	8,522	50.3%	± 1.6	2,753	85.3%	± 1.7
Bloomington	634	60.0%	± 5.9	288	85.7%	± 5.3
Minneapolis	3,305	46.4%	± 2.5	790	83.5%	± 3.5
Ramsey County	1,147	53.7%	± 3.7	413	85.1%	± 4.4
Saint Paul	554	50.9%	± 5.2	166	81.2%	± 8.4
Suburban Ramsey County	593	56.7%	± 5.1	247	87.8%	± 5.2
Scott County	537	47.1%	± 5.3	141	87.5%	± 7.3
Washington County	609	50.3%	± 5.1	208	86.3%	± 6.0

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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.
Ramsey County Total	616	9.4%	± 3.4	279	*3.3%	± 2.7
Gender						
Male	199	*8.5%	± 6.6	98	^3.3%	± 5.4
Female	417	10.0%	± 4.3	181	^3.3%	± 3.6
Age						
25-34	31	*21.1%	± 18.7	N/A		
40-44	53	^10.9%	± 13.7	N/A		
45-54	92	*10.6%	± 9.3	N/A		
55-64	161	*9.2%	± 5.8	N/A		
65-74	153	^3.8%	± 4.6	153	^3.8%	± 4.6
75 and older	126	^2.8%	± 4.0	126	^2.8%	± 4.0
Educational Attainment						
HS graduate, GED, or less	101	*12.0%	± 9.0	68	^8.7%	± 9.2
Some college	192	*12.2%	± 7.9	87	^2.4%	± 6.1
Bachelor's degree or higher	322	*7.2%	± 4.6	123	^0.6%	± 3.6
Household income						
< 200% of FPL	130	25.1%	± 11.2	60	*12.1%	± 11.7
≥ 200% of FPL	461	*4.7%	± 3.0	202	^1.2%	± 2.1
Geographic Area						
Six County Total	6,331	9.9%	± 1.3	2,695	5.2%	± 1.3
Carver County	313	*9.0%	± 5.3	114	^2.4%	± 6.2
Dakota County	289	9.7%	± 5.1	140	^6.3%	± 7.0
Hennepin County	4,503	11.2%	± 1.6	1,907	6.0%	± 1.6
Bloomington	387	*10.2%	± 6.4	209	*6.9%	± 5.1
Minneapolis	1,624	17.0%	± 3.4	551	9.3%	± 4.6
Ramsey County	616	9.4%	± 3.4	279	*3.3%	± 2.7
Saint Paul	282	10.4%	± 5.7	107	^2.2%	± 5.2
Suburban Ramsey County	334	8.4%	± 4.6	172	*4.0%	± 3.8
Scott County	264	7.2%	± 3.9	100	^7.8%	± 8.2
Washington County	346	*5.6%	± 5.3	155	^2.8%	± 4.2

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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.
Ramsey County Total	1,145	82.0% ± 3.2
Gender		
Male	393	78.0% ± 5.6
Female	752	85.2% ± 3.7
Age		
25-34	134	72.1% ± 9.4
35-44	154	78.5% ± 8.2
45-54	166	84.8% ± 7.2
55-64	278	82.7% ± 6.4
65-74	237	94.7% ± 4.5
75 and older	172	90.0% ± 6.8
Educational Attainment		
HS graduate, GED, or less	158	78.7% ± 11.1
Some college	349	78.2% ± 6.3
Bachelor's degree or higher	636	84.2% ± 4.0
Household income		
< 200% of FPL	236	73.9% ± 8.2
≥ 200% of FPL	867	84.4% ± 3.5
Geographic Area		
Six County Total	11,932	82.3% ± 1.2
Carver County	605	82.0% ± 4.5
Dakota County	529	84.9% ± 4.3
Hennepin County	8,506	81.9% ± 1.4
Bloomington	631	84.9% ± 5.3
Minneapolis	3,295	80.1% ± 2.3
Ramsey County	1,145	82.0% ± 3.1
Saint Paul	553	80.2% ± 4.8
Suburban Ramsey County	592	83.8% ± 4.2
Scott County	539	82.6% ± 4.7
Washington County	608	81.5% ± 4.8

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

Access to Health Care



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.
Ramsey County Total	981	69.2% ± 3.7	47.9% ± 3.9	32.0% ± 3.8
Gender				
Male	320	70.0% ± 6.6	45.4% ± 6.8	33.1% ± 6.7
Female	661	68.7% ± 4.4	49.7% ± 4.7	31.1% ± 4.5
Age				
25-34	101	74.6% ± 10.2	57.5% ± 10.7	27.0% ± 10.4
35-44	122	66.8% ± 10.3	51.1% ± 10.1	28.2% ± 10.0
45-54	140	71.4% ± 9.2	51.6% ± 9.5	40.4% ± 9.7
55-64	235	63.1% ± 7.6	45.3% ± 7.5	37.1% ± 7.6
65-74	223	74.5% ± 6.9	38.6% ± 7.3	34.7% ± 7.3
75 and older	157	65.1% ± 9.0	31.4% ± 9.4	16.0% ± 7.8
Educational Attainment				
HS graduate, GED, or less	135	67.0% ± 10.8	37.8% ± 11.1	31.7% ± 11.3
Some college	293	69.2% ± 7.0	50.0% ± 7.3	33.1% ± 7.4
Bachelor's degree or higher	551	69.7% ± 4.9	48.8% ± 5.1	31.6% ± 5.0
Household income				
< 200% of FPL	189	70.0% ± 8.9	48.4% ± 9.3	29.3% ± 9.1
≥ 200% of FPL	757	69.4% ± 4.2	48.4% ± 4.4	33.1% ± 4.4
Geographic Area				
Six County Total	10,311	70.0% ± 1.4	49.3% ± 1.5	31.9% ± 1.4
Carver County	514	69.9% ± 5.4	48.6% ± 5.6	34.2% ± 5.5
Dakota County	470	69.5% ± 5.1	51.6% ± 5.4	35.0% ± 5.4
Hennepin County	7,354	71.4% ± 1.5	50.6% ± 1.7	31.4% ± 1.6
Bloomington	561	76.0% ± 5.3	55.5% ± 6.0	34.5% ± 6.6
Minneapolis	2,805	71.4% ± 2.4	53.1% ± 2.7	31.8% ± 2.7
Ramsey County	981	69.2% ± 3.7	47.9% ± 3.9	32.0% ± 3.8
Saint Paul	472	67.5% ± 5.6	48.2% ± 5.7	31.0% ± 5.6
Suburban Ramsey County	509	71.0% ± 5.0	47.6% ± 5.4	32.9% ± 5.3
Scott County	457	68.5% ± 5.8	45.6% ± 5.9	31.0% ± 5.8
Washington County	535	66.6% ± 5.4	44.7% ± 5.5	29.0% ± 5.2

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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.
Ramsey County Total	981	36.8% ± 3.9	38.7% ± 3.9	36.0% ± 3.9
Gender				
Male	320	35.4% ± 6.8	31.8% ± 6.7	35.3% ± 6.7
Female	661	37.8% ± 4.7	43.8% ± 4.7	36.6% ± 4.7
Age				
25-34	101	57.4% ± 10.6	50.7% ± 10.4	52.3% ± 10.5
35-44	122	38.4% ± 10.3	42.2% ± 10.2	36.0% ± 10.2
45-54	140	37.8% ± 9.5	46.6% ± 9.5	36.4% ± 9.4
55-64	235	31.3% ± 7.3	31.3% ± 6.9	32.5% ± 7.3
65-74	223	25.2% ± 6.8	28.6% ± 7.1	27.5% ± 7.0
75 and older	157	19.1% ± 8.1	20.6% ± 7.8	20.1% ± 8.1
Educational Attainment				
HS graduate, GED, or less	135	23.7% ± 11.1	26.4% ± 10.9	*15.1% ± 9.1
Some college	293	36.5% ± 7.4	39.1% ± 7.5	32.2% ± 7.1
Bachelor's degree or higher	551	39.3% ± 5.2	40.7% ± 5.1	41.3% ± 5.2
Household income				
< 200% of FPL	189	31.8% ± 9.3	42.0% ± 9.4	20.8% ± 8.1
≥ 200% of FPL	757	38.7% ± 4.5	38.4% ± 4.4	40.4% ± 4.5
Geographic Area				
Six County Total	10,311	39.4% ± 1.5	40.8% ± 1.5	39.7% ± 1.5
Carver County	514	38.7% ± 5.4	36.5% ± 5.4	39.9% ± 5.4
Dakota County	470	39.3% ± 5.5	44.5% ± 5.5	37.6% ± 5.5
Hennepin County	7,354	41.8% ± 1.7	42.1% ± 1.7	42.6% ± 1.7
Bloomington	561	36.9% ± 6.4	37.8% ± 6.1	36.0% ± 6.1
Minneapolis	2,805	45.3% ± 2.7	47.9% ± 2.7	44.9% ± 2.7
Ramsey County	981	36.8% ± 3.9	38.7% ± 3.9	36.0% ± 3.9
Saint Paul	472	39.1% ± 5.7	39.7% ± 5.7	37.9% ± 5.7
Suburban Ramsey County	509	34.5% ± 5.5	37.7% ± 5.4	34.2% ± 5.4
Scott County	457	39.4% ± 5.9	38.4% ± 5.8	39.9% ± 5.9
Washington County	535	32.7% ± 5.2	35.6% ± 5.3	34.4% ± 5.3

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

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

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

Access to Health Care



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.
Ramsey County Total	1,146	15.7% ± 2.9
Gender		
Male	393	13.9% ± 5.0
Female	753	17.2% ± 3.6
Age		
25-34	134	17.2% ± 8.4
35-44	154	20.2% ± 8.1
45-54	166	18.7% ± 7.7
55-64	278	14.3% ± 5.2
65-74	238	10.1% ± 5.4
75 and older	173	*6.1% ± 4.3
Educational Attainment		
HS graduate, GED, or less	160	20.7% ± 10.6
Some college	347	15.7% ± 5.8
Bachelor's degree or higher	637	14.8% ± 3.7
Household income		
< 200% of FPL	237	25.8% ± 8.0
≥ 200% of FPL	867	13.1% ± 3.1
Geographic Area		
Six County Total	11,973	13.3% ± 0.9
Carver County	605	9.2% ± 3.6
Dakota County	529	13.4% ± 3.8
Hennepin County	8,542	13.8% ± 1.0
Bloomington	635	10.4% ± 3.5
Minneapolis	3,308	19.7% ± 2.0
Ramsey County	1,146	15.7% ± 2.9
Saint Paul	553	20.7% ± 4.7
Suburban Ramsey County	593	10.5% ± 3.5
Scott County	540	10.5% ± 3.5
Washington County	611	8.6% ± 3.1

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

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

Access to Health Care



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.
Ramsey County Total	1,147	57.6% ± 3.7	22.7% ± 3.3	8.8% ± 2.3	10.5% ± 2.6	^0.5% ± 0.7
Gender						
Male	394	51.4% ± 6.1	22.6% ± 5.7	9.9% ± 4.3	15.8% ± 5.2	^0.4% ± 1.3
Female	753	62.6% ± 4.4	22.7% ± 4.1	8.0% ± 2.7	6.2% ± 2.2	^0.5% ± 1.1
Age						
25-34	134	44.9% ± 9.2	24.6% ± 9.0	12.4% ± 7.3	18.1% ± 8.4	0.0% ± 0.0
35-44	154	46.6% ± 8.9	32.9% ± 9.0	*10.1% ± 7.5	*10.3% ± 7.5	^0.2% ± 1.0
45-54	166	63.3% ± 8.8	22.9% ± 8.5	*6.6% ± 5.2	*6.1% ± 5.6	^1.0% ± 3.3
55-64	279	59.2% ± 7.0	21.1% ± 6.1	*7.9% ± 4.8	11.7% ± 5.7	0.0% ± 0.0
65-74	238	76.3% ± 6.5	11.5% ± 5.2	8.5% ± 4.6	^2.6% ± 2.9	^1.2% ± 6.9
75 and older	172	71.3% ± 8.5	12.8% ± 7.0	*5.4% ± 5.3	*9.4% ± 7.1	^1.1% ± 3.1
Educational Attainment						
HS graduate, GED, or less	158	61.4% ± 10.3	17.0% ± 8.6	^8.7% ± 8.7	*10.7% ± 8.7	^2.3% ± 5.4
Some college	349	56.8% ± 6.7	22.1% ± 6.2	7.9% ± 4.6	12.4% ± 5.4	^0.8% ± 1.9
Bachelor's degree or higher	638	57.2% ± 4.9	24.0% ± 4.5	9.2% ± 3.1	9.6% ± 3.5	0.0% ± 0.0
Household income						
< 200% of FPL	236	52.0% ± 8.2	21.6% ± 7.6	11.8% ± 6.6	13.8% ± 6.9	^0.7% ± 2.7
≥ 200% of FPL	869	59.1% ± 4.2	22.7% ± 3.9	8.1% ± 2.6	9.8% ± 3.0	^0.2% ± 0.5
Geographic Area						
Six County Total	11,964	61.0% ± 1.4	19.7% ± 1.1	9.9% ± 0.9	8.6% ± 0.8	0.8% ± 0.3
Carver County	605	63.1% ± 5.1	18.7% ± 4.3	10.0% ± 3.7	7.8% ± 3.2	^0.5% ± 1.9
Dakota County	529	65.2% ± 5.0	17.4% ± 4.2	8.8% ± 3.5	8.4% ± 3.5	^0.2% ± 0.7
Hennepin County	8,536	60.6% ± 1.6	19.3% ± 1.3	10.4% ± 1.1	8.6% ± 1.0	1.1% ± 0.5
Bloomington	634	67.5% ± 5.7	15.9% ± 4.6	7.4% ± 3.6	8.6% ± 4.5	^0.6% ± 0.9
Minneapolis	3,306	55.3% ± 2.5	20.7% ± 2.1	11.5% ± 1.7	11.2% ± 1.8	*1.3% ± 1.1
Ramsey County	1,147	57.6% ± 3.7	22.7% ± 3.3	8.8% ± 2.3	10.5% ± 2.6	^0.5% ± 0.7
Saint Paul	554	56.9% ± 5.3	23.7% ± 4.8	7.7% ± 3.4	11.1% ± 4.1	^0.5% ± 1.5
Suburban Ramsey County	593	58.3% ± 5.1	21.5% ± 4.8	10.0% ± 3.5	9.8% ± 3.6	^0.4% ± 0.7
Scott County	538	61.9% ± 5.5	21.9% ± 5.1	9.3% ± 3.8	6.3% ± 3.6	^0.6% ± 1.5
Washington County	609	62.5% ± 5.2	18.5% ± 4.6	11.7% ± 4.2	6.3% ± 3.0	^0.9% ± 2.2

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

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

Access to Health Care



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.
Ramsey County Total	1,144	55.1% ± 3.7	20.8% ± 3.2	10.3% ± 2.6	6.0% ± 2.1	7.8% ± 2.5
Gender						
Male	392	53.5% ± 6.1	21.7% ± 5.6	8.1% ± 4.3	7.7% ± 4.2	9.1% ± 4.8
Female	752	56.5% ± 4.4	20.1% ± 3.8	12.1% ± 3.5	4.6% ± 2.1	6.8% ± 2.8
Age						
25-34	134	38.5% ± 9.2	20.7% ± 8.6	*11.7% ± 7.8	*9.1% ± 7.0	19.9% ± 8.5
35-44	153	35.9% ± 8.9	32.6% ± 9.1	13.7% ± 7.5	*9.4% ± 6.5	*8.5% ± 6.6
45-54	167	58.3% ± 8.8	21.1% ± 7.9	13.5% ± 7.5	^2.6% ± 3.7	^4.5% ± 6.0
55-64	277	62.6% ± 7.1	19.7% ± 6.0	6.8% ± 3.8	*6.5% ± 5.7	^4.3% ± 5.2
65-74	238	85.0% ± 5.8	*5.6% ± 4.0	*5.6% ± 3.7	^3.7% ± 5.2	^0.2% ± 1.1
75 and older	171	76.5% ± 9.0	15.5% ± 8.9	^5.6% ± 5.8	^1.1% ± 3.1	^1.4% ± 3.0
Educational Attainment						
HS graduate, GED, or less	160	64.6% ± 10.4	*9.2% ± 6.5	^4.8% ± 5.6	^5.8% ± 7.8	*15.5% ± 10.7
Some college	345	56.4% ± 6.8	19.9% ± 6.0	*8.5% ± 5.1	*6.3% ± 4.2	*8.9% ± 5.5
Bachelor's degree or higher	637	52.8% ± 4.8	23.3% ± 4.5	12.1% ± 3.7	5.9% ± 2.9	5.9% ± 3.1
Household income						
< 200% of FPL	236	47.0% ± 8.1	17.2% ± 6.8	*11.0% ± 6.8	*6.8% ± 5.7	17.9% ± 7.8
≥ 200% of FPL	866	57.1% ± 4.2	21.6% ± 3.8	10.2% ± 3.0	6.0% ± 2.5	5.1% ± 2.5
Geographic Area						
Six County Total	11,955	59.0% ± 1.4	18.9% ± 1.1	10.2% ± 0.9	5.9% ± 0.8	6.0% ± 0.7
Carver County	602	61.1% ± 5.2	18.3% ± 4.3	11.1% ± 3.4	5.9% ± 2.9	^3.6% ± 4.4
Dakota County	527	63.0% ± 5.1	17.0% ± 4.2	9.0% ± 3.6	8.7% ± 3.7	*2.3% ± 2.0
Hennepin County	8,528	59.2% ± 1.6	18.7% ± 1.3	10.2% ± 1.0	5.5% ± 0.9	6.4% ± 0.9
Bloomington	632	69.3% ± 5.5	14.0% ± 4.2	6.8% ± 2.7	*4.8% ± 3.7	*5.1% ± 3.6
Minneapolis	3,302	53.2% ± 2.5	19.2% ± 2.1	10.9% ± 1.5	6.9% ± 1.5	9.7% ± 1.7
Ramsey County	1,144	55.1% ± 3.7	20.8% ± 3.2	10.3% ± 2.6	6.0% ± 2.1	7.8% ± 2.5
Saint Paul	553	50.9% ± 5.2	21.8% ± 4.7	9.0% ± 3.6	6.5% ± 3.4	11.8% ± 4.3
Suburban Ramsey County	591	59.6% ± 5.2	19.7% ± 4.6	11.6% ± 4.1	5.4% ± 2.8	*3.7% ± 2.8
Scott County	544	58.1% ± 5.5	22.3% ± 5.0	9.5% ± 3.6	*4.8% ± 3.2	*5.3% ± 3.4
Washington County	610	60.2% ± 5.2	17.2% ± 4.2	11.5% ± 3.9	4.3% ± 2.4	6.9% ± 3.7

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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.
Ramsey County Total	1,147	75.5% ± 3.3	10.5% ± 2.5	5.5% ± 1.9	7.4% ± 2.2	^1.0% ± 1.3
Gender						
Male	395	73.1% ± 5.8	9.6% ± 4.4	6.0% ± 3.4	9.0% ± 4.3	^2.2% ± 2.9
Female	752	77.5% ± 3.9	11.3% ± 3.2	5.1% ± 2.5	6.1% ± 2.5	^0.1% ± 0.4
Age						
25-34	134	71.0% ± 9.0	*12.1% ± 7.5	*9.9% ± 6.6	^5.9% ± 6.4	^1.2% ± 7.0
35-44	152	75.9% ± 8.1	*8.3% ± 5.2	*7.7% ± 6.2	*6.8% ± 5.8	^1.4% ± 7.9
45-54	167	75.3% ± 8.6	*10.5% ± 7.3	*5.4% ± 5.2	*8.8% ± 6.9	0.0% ± 0.0
55-64	279	76.1% ± 7.0	11.8% ± 5.8	^1.6% ± 1.7	*9.8% ± 6.1	^0.7% ± 4.0
65-74	237	83.9% ± 6.4	*5.5% ± 4.1	^3.7% ± 4.8	*4.9% ± 4.4	^2.0% ± 5.1
75 and older	174	74.8% ± 9.1	*14.5% ± 9.2	^2.0% ± 2.9	*6.7% ± 5.6	^2.0% ± 5.0
Educational Attainment						
HS graduate, GED, or less	160	54.6% ± 10.2	*14.4% ± 9.0	^1.6% ± 2.3	24.6% ± 10.7	^4.8% ± 9.0
Some college	348	68.3% ± 6.7	13.6% ± 5.6	*7.1% ± 4.6	10.3% ± 5.0	^0.6% ± 2.1
Bachelor's degree or higher	637	82.7% ± 4.0	8.4% ± 3.2	5.6% ± 2.6	*2.8% ± 2.3	^0.5% ± 2.2
Household income						
< 200% of FPL	235	46.2% ± 8.2	21.1% ± 7.8	11.3% ± 6.2	16.9% ± 7.0	^4.6% ± 5.9
≥ 200% of FPL	870	83.4% ± 3.4	7.8% ± 2.5	3.8% ± 2.0	4.9% ± 2.3	^0.1% ± 0.3
Geographic Area						
Six County Total	11,975	79.4% ± 1.2	9.5% ± 0.9	5.3% ± 0.7	5.3% ± 0.7	0.6% ± 0.4
Carver County	605	82.3% ± 4.0	7.2% ± 3.0	5.4% ± 2.5	4.9% ± 2.5	^0.2% ± 0.5
Dakota County	528	81.4% ± 4.4	8.4% ± 3.4	*4.7% ± 2.8	5.3% ± 2.8	^0.3% ± 1.7
Hennepin County	8,540	79.0% ± 1.3	9.8% ± 1.0	5.7% ± 0.8	4.9% ± 0.7	*0.6% ± 0.5
Bloomington	635	83.1% ± 4.8	8.2% ± 4.3	5.1% ± 2.9	*3.4% ± 2.4	^0.1% ± 0.5
Minneapolis	3,310	70.9% ± 2.4	13.9% ± 2.0	7.6% ± 1.5	7.0% ± 1.3	^0.6% ± 1.0
Ramsey County	1,147	75.5% ± 3.3	10.5% ± 2.5	5.5% ± 1.9	7.4% ± 2.2	^1.0% ± 1.3
Saint Paul	553	72.0% ± 5.0	12.1% ± 4.1	5.7% ± 3.1	8.8% ± 3.4	^1.4% ± 2.1
Suburban Ramsey County	594	79.3% ± 4.4	8.8% ± 3.2	5.4% ± 2.7	5.8% ± 3.3	^0.7% ± 2.5
Scott County	545	79.4% ± 4.9	12.2% ± 4.4	4.4% ± 2.5	*3.9% ± 2.9	0.0% ± 0.0
Washington County	610	85.2% ± 4.3	6.9% ± 3.2	*3.9% ± 2.8	*3.5% ± 2.6	^0.6% ± 2.9

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

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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.
Ramsey County Total	1,142	76.8% ± 3.0
Gender		
Male	389	73.8% ± 5.4
Female	753	79.2% ± 3.4
Age		
25-34	133	81.8% ± 8.5
35-44	153	84.2% ± 8.0
45-54	167	88.2% ± 6.2
55-64	277	73.6% ± 6.7
65-74	237	57.4% ± 7.3
75 and older	171	51.3% ± 8.7
Educational Attainment		
HS graduate, GED, or less	158	63.5% ± 10.2
Some college	347	69.1% ± 6.2
Bachelor's degree or higher	636	82.7% ± 3.6
Household income		
< 200% of FPL	231	62.3% ± 8.1
≥ 200% of FPL	870	80.7% ± 3.2
Geographic Area		
Six County Total	11,924	78.5% ± 1.1
Carver County	599	81.3% ± 3.7
Dakota County	526	78.8% ± 4.2
Hennepin County	8,504	77.8% ± 1.2
Bloomington	629	79.2% ± 4.0
Minneapolis	3,295	77.0% ± 2.2
Ramsey County	1,142	76.8% ± 3.0
Saint Paul	549	76.8% ± 4.6
Suburban Ramsey County	593	76.9% ± 4.1
Scott County	542	80.4% ± 4.3
Washington County	611	82.8% ± 3.8

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

Healthy Lifestyle and Behaviors

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.
Ramsey County Total	1,144	12.8% ± 2.8	24.2% ± 3.2	28.0% ± 3.3	35.0% ± 3.6
Gender					
Male	393	17.4% ± 5.2	25.1% ± 5.5	28.0% ± 5.5	29.6% ± 6.0
Female	751	9.1% ± 2.9	23.6% ± 3.8	27.9% ± 4.1	39.4% ± 4.4
Age					
25-34	134	15.8% ± 7.9	17.2% ± 8.2	27.9% ± 8.9	39.1% ± 9.3
35-44	153	*11.2% ± 7.1	20.4% ± 8.4	25.5% ± 8.4	42.9% ± 9.1
45-54	165	16.9% ± 8.1	24.5% ± 8.3	20.8% ± 8.0	37.7% ± 8.7
55-64	278	12.0% ± 5.7	29.4% ± 6.9	26.9% ± 6.6	31.7% ± 6.6
65-74	239	7.6% ± 4.3	31.1% ± 7.0	33.9% ± 7.2	27.4% ± 6.8
75 and older	173	*8.0% ± 6.5	30.3% ± 8.1	41.7% ± 8.9	20.0% ± 7.7
Educational Attainment					
HS graduate, GED, or less	160	24.5% ± 10.6	34.2% ± 9.7	25.6% ± 8.7	*15.6% ± 10.1
Some college	345	16.8% ± 5.6	32.9% ± 6.6	28.2% ± 6.4	22.1% ± 5.8
Bachelor's degree or higher	637	8.8% ± 3.5	18.5% ± 3.9	28.3% ± 4.4	44.4% ± 4.8
Household income					
< 200% of FPL	233	23.7% ± 8.0	31.4% ± 8.1	23.3% ± 7.2	21.6% ± 7.6
≥ 200% of FPL	869	10.2% ± 2.9	22.5% ± 3.5	28.3% ± 3.8	39.0% ± 4.1
Geographic Area					
Six County Total	11,937	10.5% ± 0.9	25.9% ± 1.2	31.1% ± 1.3	32.5% ± 1.3
Carver County	601	11.9% ± 3.7	24.7% ± 4.5	36.1% ± 5.4	27.3% ± 4.4
Dakota County	528	9.0% ± 3.4	28.7% ± 4.7	33.2% ± 5.0	29.0% ± 4.8
Hennepin County	8,513	10.0% ± 1.0	25.0% ± 1.4	31.0% ± 1.5	34.0% ± 1.5
Bloomington	634	8.8% ± 4.1	32.2% ± 5.5	30.5% ± 5.4	28.5% ± 5.8
Minneapolis	3,297	10.6% ± 1.8	23.1% ± 2.2	30.6% ± 2.3	35.7% ± 2.4
Ramsey County	1,144	12.8% ± 2.8	24.2% ± 3.2	28.0% ± 3.3	35.0% ± 3.6
Saint Paul	551	13.8% ± 4.3	20.8% ± 4.5	27.5% ± 4.9	37.8% ± 5.2
Suburban Ramsey County	593	11.7% ± 3.8	27.8% ± 4.6	28.4% ± 4.6	32.1% ± 5.0
Scott County	542	11.7% ± 4.1	29.5% ± 5.1	33.5% ± 5.2	25.4% ± 4.9
Washington County	609	9.3% ± 3.3	28.2% ± 5.0	31.5% ± 4.9	31.0% ± 4.8

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

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

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

Healthy Lifestyle and Behaviors

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.
Ramsey County Total	1,145	15.6% ± 2.9	29.8% ± 3.4	33.2% ± 3.5	21.4% ± 3.1
Gender					
Male	393	18.4% ± 5.2	31.9% ± 5.8	31.3% ± 5.9	18.4% ± 5.2
Female	752	13.3% ± 3.3	28.1% ± 4.1	34.8% ± 4.3	23.8% ± 4.0
Age					
25-34	134	15.3% ± 8.0	36.3% ± 9.2	24.5% ± 8.6	23.8% ± 9.0
35-44	153	17.4% ± 7.9	23.2% ± 8.4	36.6% ± 9.1	22.8% ± 8.3
45-54	166	20.0% ± 7.8	28.3% ± 8.5	35.1% ± 8.9	16.6% ± 7.2
55-64	278	16.9% ± 5.8	26.6% ± 6.4	35.8% ± 7.0	20.7% ± 6.0
65-74	238	12.2% ± 5.9	33.6% ± 7.1	31.5% ± 7.1	22.8% ± 6.3
75 and older	173	^4.6% ± 5.1	35.1% ± 8.6	40.0% ± 8.6	20.3% ± 8.6
Educational Attainment					
HS graduate, GED, or less	157	32.4% ± 10.7	30.3% ± 9.8	28.6% ± 9.3	*8.7% ± 7.3
Some college	347	17.2% ± 5.3	35.2% ± 6.7	33.1% ± 6.6	14.5% ± 5.2
Bachelor's degree or higher	639	11.9% ± 3.7	27.3% ± 4.4	34.1% ± 4.6	26.7% ± 4.4
Household income					
< 200% of FPL	231	25.1% ± 8.0	32.6% ± 8.0	27.1% ± 7.9	15.3% ± 7.1
≥ 200% of FPL	872	13.5% ± 3.1	29.4% ± 3.9	34.8% ± 4.0	22.2% ± 3.6
Geographic Area					
Six County Total	11,938	14.9% ± 1.0	30.2% ± 1.3	31.9% ± 1.3	23.0% ± 1.2
Carver County	601	14.3% ± 3.9	32.7% ± 5.1	30.8% ± 4.8	22.2% ± 4.6
Dakota County	528	15.5% ± 4.1	33.0% ± 4.9	31.8% ± 4.9	19.7% ± 4.4
Hennepin County	8,512	14.8% ± 1.2	29.6% ± 1.5	30.9% ± 1.4	24.7% ± 1.4
Bloomington	632	15.5% ± 5.3	29.6% ± 5.6	27.6% ± 4.9	27.3% ± 5.7
Minneapolis	3,305	16.7% ± 2.0	27.8% ± 2.3	29.6% ± 2.3	25.9% ± 2.3
Ramsey County	1,145	15.6% ± 2.9	29.8% ± 3.4	33.2% ± 3.5	21.4% ± 3.1
Saint Paul	551	16.4% ± 4.3	31.6% ± 5.1	31.2% ± 5.0	20.7% ± 4.5
Suburban Ramsey County	594	14.8% ± 4.1	27.9% ± 4.5	35.3% ± 4.9	22.0% ± 4.5
Scott County	541	17.9% ± 4.5	29.0% ± 4.9	31.8% ± 5.3	21.3% ± 4.9
Washington County	611	12.1% ± 3.8	30.1% ± 5.0	34.7% ± 5.0	23.2% ± 4.4

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Healthy Lifestyle 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.
Ramsey County Total	1,148	6.8% ± 2.3	6.9% ± 2.0	15.3% ± 2.7	36.6% ± 3.6	34.3% ± 3.5
Gender						
Male	395	10.1% ± 4.4	8.0% ± 3.9	15.6% ± 4.9	36.9% ± 5.9	29.4% ± 5.9
Female	753	4.2% ± 2.4	6.1% ± 2.2	15.0% ± 3.1	36.4% ± 4.4	38.3% ± 4.3
Age						
25-34	134	^7.0% ± 6.9	*7.1% ± 6.1	13.9% ± 7.4	35.4% ± 9.2	36.6% ± 9.3
35-44	153	*7.2% ± 6.3	*6.1% ± 5.6	*12.4% ± 7.5	34.1% ± 9.0	40.2% ± 9.1
45-54	166	*9.5% ± 6.8	*7.5% ± 5.9	16.4% ± 7.5	32.4% ± 8.9	34.3% ± 8.5
55-64	279	*8.7% ± 5.5	*7.0% ± 4.8	14.0% ± 5.2	39.9% ± 7.0	30.4% ± 6.5
65-74	239	^2.5% ± 2.7	*7.4% ± 4.6	21.4% ± 6.7	37.7% ± 7.3	30.9% ± 6.8
75 and older	174	^1.2% ± 2.5	^6.4% ± 6.4	18.6% ± 7.5	47.0% ± 8.6	26.8% ± 8.9
Educational Attainment						
HS graduate, GED, or less	160	18.6% ± 10.7	*11.6% ± 7.0	21.0% ± 9.3	38.1% ± 9.8	*10.7% ± 8.0
Some college	347	8.2% ± 4.3	11.5% ± 5.2	19.2% ± 5.6	37.7% ± 6.8	23.5% ± 5.9
Bachelor's degree or higher	639	*4.1% ± 2.8	4.0% ± 2.3	12.5% ± 3.4	35.9% ± 4.7	43.6% ± 4.8
Household income						
< 200% of FPL	234	13.3% ± 7.3	13.5% ± 6.4	17.4% ± 7.0	35.6% ± 8.1	20.2% ± 7.7
≥ 200% of FPL	872	5.3% ± 2.3	5.3% ± 2.1	14.9% ± 3.1	36.8% ± 4.1	37.7% ± 4.1
Geographic Area						
Six County Total	11,964	4.8% ± 0.6	8.0% ± 0.8	16.6% ± 1.0	36.3% ± 1.3	34.2% ± 1.3
Carver County	601	5.1% ± 2.9	8.2% ± 3.1	17.7% ± 4.0	36.8% ± 5.2	32.3% ± 4.9
Dakota County	528	*3.6% ± 2.3	8.8% ± 3.3	18.9% ± 4.3	37.3% ± 5.0	31.4% ± 4.9
Hennepin County	8,534	4.4% ± 0.7	8.2% ± 0.9	16.4% ± 1.2	35.3% ± 1.5	35.7% ± 1.5
Bloomington	634	^4.2% ± 4.2	11.0% ± 4.7	15.0% ± 4.0	37.6% ± 5.6	32.3% ± 5.8
Minneapolis	3,309	5.0% ± 1.3	8.9% ± 1.8	15.3% ± 1.9	32.6% ± 2.3	38.2% ± 2.4
Ramsey County	1,148	6.8% ± 2.3	6.9% ± 2.0	15.3% ± 2.7	36.6% ± 3.5	34.3% ± 3.5
Saint Paul	553	8.0% ± 3.6	6.0% ± 2.9	14.8% ± 4.1	35.5% ± 5.2	35.7% ± 5.1
Suburban Ramsey County	595	5.6% ± 3.1	7.9% ± 3.1	15.8% ± 3.7	37.8% ± 4.9	32.9% ± 4.9
Scott County	542	6.4% ± 3.4	8.9% ± 3.7	17.0% ± 4.2	39.1% ± 5.4	28.5% ± 5.1
Washington County	611	*3.5% ± 2.2	7.6% ± 3.4	17.0% ± 4.4	37.5% ± 5.1	34.4% ± 4.9

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Healthy Lifestyle and Behaviors



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.
Ramsey County Total	1,147	4.7% ± 1.9	8.9% ± 2.3	11.1% ± 2.8	15.7% ± 2.9	59.7% ± 3.7
Gender						
Male	394	*6.1% ± 3.7	10.7% ± 4.3	12.7% ± 5.0	13.3% ± 4.8	57.2% ± 6.1
Female	753	3.5% ± 1.9	7.4% ± 2.8	9.8% ± 3.3	17.7% ± 3.7	61.6% ± 4.4
Age						
25-34	134	^6.6% ± 7.0	*8.9% ± 6.8	16.2% ± 8.5	15.1% ± 7.1	53.2% ± 9.2
35-44	152	^4.3% ± 5.2	*10.0% ± 6.6	*10.9% ± 6.6	15.2% ± 7.6	59.6% ± 8.9
45-54	167	^2.9% ± 4.6	*7.2% ± 5.6	*12.5% ± 7.7	22.6% ± 8.6	54.8% ± 8.9
55-64	279	*6.6% ± 4.5	14.6% ± 6.6	*8.4% ± 5.3	15.4% ± 5.7	55.0% ± 7.1
65-74	237	^3.6% ± 4.6	*5.4% ± 4.7	*5.9% ± 4.5	11.7% ± 5.1	73.4% ± 6.9
75 and older	174	^2.3% ± 3.4	^2.7% ± 3.5	^5.2% ± 7.7	*8.6% ± 6.8	81.3% ± 8.2
Educational Attainment						
HS graduate, GED, or less	160	*8.6% ± 8.2	*13.1% ± 7.7	*14.6% ± 9.7	18.5% ± 10.7	45.2% ± 9.7
Some college	346	8.6% ± 5.0	13.8% ± 5.8	14.1% ± 6.2	14.3% ± 5.0	49.3% ± 6.6
Bachelor's degree or higher	639	*2.2% ± 2.0	5.9% ± 2.7	9.1% ± 3.5	15.9% ± 3.9	66.9% ± 4.7
Household income						
< 200% of FPL	235	*8.1% ± 6.2	13.4% ± 6.4	16.5% ± 7.2	17.6% ± 8.0	44.3% ± 8.1
≥ 200% of FPL	871	3.8% ± 2.0	7.8% ± 2.6	9.7% ± 3.2	15.4% ± 3.2	63.3% ± 4.1
Geographic Area						
Six County Total	11,968	4.3% ± 0.6	7.7% ± 0.8	11.6% ± 1.0	16.4% ± 1.0	60.1% ± 1.4
Carver County	604	*2.7% ± 1.9	9.1% ± 4.1	12.7% ± 4.6	14.1% ± 3.7	61.3% ± 5.3
Dakota County	528	5.7% ± 2.9	6.7% ± 3.1	9.9% ± 3.5	16.8% ± 4.2	60.8% ± 5.1
Hennepin County	8,535	4.0% ± 0.7	7.3% ± 0.9	11.9% ± 1.1	17.0% ± 1.2	59.7% ± 1.6
Bloomington	634	*6.4% ± 5.4	8.8% ± 5.0	10.6% ± 4.7	15.0% ± 4.5	59.2% ± 6.1
Minneapolis	3,304	4.5% ± 1.1	7.4% ± 1.3	15.0% ± 2.1	17.7% ± 2.0	55.5% ± 2.5
Ramsey County	1,147	4.7% ± 1.9	8.9% ± 2.3	11.1% ± 2.8	15.7% ± 2.9	59.7% ± 3.7
Saint Paul	552	5.5% ± 3.2	10.7% ± 3.7	11.0% ± 4.0	16.7% ± 4.4	56.0% ± 5.3
Suburban Ramsey County	595	*3.8% ± 2.3	7.0% ± 3.1	11.1% ± 4.2	14.7% ± 4.0	63.5% ± 5.0
Scott County	543	3.9% ± 2.1	8.3% ± 3.9	12.8% ± 4.3	13.4% ± 4.1	61.6% ± 5.4
Washington County	611	*3.6% ± 2.4	7.3% ± 3.1	12.5% ± 4.0	16.4% ± 4.2	60.3% ± 5.1

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Healthy Lifestyle 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.
Ramsey County Total	1,133	45.2% ± 3.6	33.1% ± 3.5	10.9% ± 2.7	6.0% ± 2.1	4.8% ± 1.9
Gender						
Male	388	38.2% ± 6.0	32.2% ± 5.9	15.1% ± 5.0	8.2% ± 4.2	6.3% ± 3.6
Female	745	50.8% ± 4.4	33.8% ± 4.3	7.5% ± 3.0	4.2% ± 2.2	*3.6% ± 2.4
Age						
25-34	134	35.1% ± 9.1	41.2% ± 9.3	*12.4% ± 7.8	^6.8% ± 7.2	^4.6% ± 6.0
35-44	151	46.0% ± 9.0	33.6% ± 9.1	*8.1% ± 7.2	^5.8% ± 6.2	^6.4% ± 6.4
45-54	164	47.1% ± 8.8	27.5% ± 8.2	*11.2% ± 7.6	*6.6% ± 6.3	*7.6% ± 6.3
55-64	277	48.7% ± 6.9	31.4% ± 6.9	11.1% ± 6.1	*5.8% ± 4.0	*3.0% ± 2.9
65-74	232	47.8% ± 7.3	31.9% ± 7.3	10.9% ± 5.9	*6.2% ± 5.2	^3.2% ± 3.2
75 and older	171	53.5% ± 8.7	29.1% ± 8.0	*12.5% ± 8.4	^3.2% ± 4.5	^1.7% ± 3.7
Educational Attainment						
HS graduate, GED, or less	159	31.4% ± 9.6	34.4% ± 10.3	*13.5% ± 8.2	^7.6% ± 7.5	*13.0% ± 9.3
Some college	344	40.4% ± 6.6	28.3% ± 5.8	11.8% ± 5.7	10.0% ± 5.1	*9.6% ± 5.7
Bachelor's degree or higher	628	50.0% ± 4.8	35.0% ± 4.8	10.0% ± 3.6	*3.9% ± 2.6	*1.1% ± 1.0
Household income						
< 200% of FPL	231	27.3% ± 7.8	39.7% ± 8.2	15.3% ± 7.4	*6.4% ± 5.4	*11.2% ± 6.7
≥ 200% of FPL	862	49.9% ± 4.1	31.3% ± 4.0	9.8% ± 3.0	6.0% ± 2.5	*3.0% ± 1.9
Geographic Area						
Six County Total	11,814	45.7% ± 1.4	32.1% ± 1.3	12.0% ± 1.0	6.6% ± 0.8	3.6% ± 0.6
Carver County	594	42.6% ± 5.1	30.6% ± 4.9	14.5% ± 4.3	7.5% ± 3.8	*4.7% ± 2.9
Dakota County	519	42.7% ± 5.1	29.9% ± 4.9	15.7% ± 4.2	8.8% ± 3.4	*2.9% ± 2.6
Hennepin County	8,431	47.6% ± 1.6	32.6% ± 1.5	11.2% ± 1.0	5.5% ± 0.9	3.2% ± 0.7
Bloomington	625	47.3% ± 5.8	29.7% ± 5.6	11.9% ± 4.2	*8.4% ± 5.8	*2.6% ± 2.4
Minneapolis	3,280	45.1% ± 2.5	34.7% ± 2.4	12.1% ± 1.8	4.8% ± 1.2	3.2% ± 1.0
Ramsey County	1,133	45.2% ± 3.6	33.1% ± 3.5	10.9% ± 2.7	6.0% ± 2.1	4.8% ± 1.9
Saint Paul	547	43.1% ± 5.2	34.2% ± 5.2	11.7% ± 4.3	5.8% ± 3.3	5.2% ± 3.0
Suburban Ramsey County	586	47.4% ± 5.0	31.9% ± 4.9	10.0% ± 3.5	6.2% ± 3.1	*4.4% ± 2.9
Scott County	539	40.9% ± 5.3	31.2% ± 5.2	13.9% ± 4.6	7.1% ± 3.1	6.8% ± 4.0
Washington County	598	45.5% ± 5.1	31.6% ± 5.1	11.3% ± 3.7	9.3% ± 3.6	*2.4% ± 2.1

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Healthy Lifestyle and Behaviors



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.
Ramsey County Total	1,143	51.7% ± 3.6	24.2% ± 3.2	10.9% ± 2.6	6.9% ± 2.0	6.3% ± 1.9
Gender						
Male	393	51.8% ± 6.0	21.0% ± 5.2	12.1% ± 4.4	7.9% ± 3.8	7.1% ± 3.7
Female	750	51.7% ± 4.4	26.7% ± 4.1	9.9% ± 3.3	6.1% ± 2.3	5.6% ± 2.2
Age						
25-34	133	52.6% ± 9.2	28.3% ± 9.1	*10.0% ± 7.5	^5.5% ± 5.6	^3.6% ± 4.2
35-44	153	62.0% ± 8.9	15.2% ± 7.1	*6.9% ± 5.6	*7.8% ± 6.3	*8.1% ± 6.5
45-54	166	46.8% ± 8.8	22.7% ± 8.0	14.2% ± 8.1	^4.8% ± 5.5	11.6% ± 6.3
55-64	276	47.7% ± 7.0	27.2% ± 6.6	12.9% ± 5.6	8.7% ± 4.9	*3.4% ± 3.3
65-74	238	46.0% ± 7.2	28.2% ± 6.9	12.8% ± 5.8	*7.7% ± 5.1	*5.3% ± 3.9
75 and older	173	55.1% ± 8.6	24.0% ± 7.5	*8.4% ± 6.0	*8.6% ± 6.8	^3.9% ± 5.9
Educational Attainment						
HS graduate, GED, or less	158	47.7% ± 10.1	30.8% ± 10.2	*6.7% ± 4.9	*8.4% ± 7.4	^6.5% ± 8.6
Some college	348	53.5% ± 6.6	19.6% ± 5.3	14.7% ± 6.0	6.6% ± 3.7	*5.6% ± 3.6
Bachelor's degree or higher	635	51.7% ± 4.8	24.9% ± 4.3	10.0% ± 3.3	6.8% ± 2.8	6.5% ± 2.6
Household income						
< 200% of FPL	236	55.2% ± 8.2	25.4% ± 7.7	11.2% ± 6.5	*5.6% ± 5.0	*2.7% ± 2.5
≥ 200% of FPL	866	51.0% ± 4.1	24.1% ± 3.6	10.8% ± 3.0	7.3% ± 2.4	6.9% ± 2.4
Geographic Area						
Six County Total	11,893	52.0% ± 1.4	22.9% ± 1.2	10.8% ± 0.9	7.9% ± 0.8	6.4% ± 0.7
Carver County	599	43.9% ± 5.1	21.0% ± 4.3	15.8% ± 4.1	11.3% ± 4.2	8.0% ± 3.0
Dakota County	527	46.4% ± 5.1	24.3% ± 4.5	11.5% ± 3.6	8.8% ± 3.3	9.0% ± 3.5
Hennepin County	8,486	54.6% ± 1.6	22.4% ± 1.3	10.0% ± 0.9	7.4% ± 0.9	5.6% ± 0.7
Bloomington	632	55.1% ± 5.6	21.0% ± 4.2	10.4% ± 3.3	7.8% ± 3.4	5.7% ± 2.5
Minneapolis	3,284	61.0% ± 2.4	20.4% ± 2.0	8.6% ± 1.3	5.1% ± 1.0	5.0% ± 1.2
Ramsey County	1,143	51.7% ± 3.6	24.2% ± 3.2	10.9% ± 2.6	6.9% ± 2.0	6.3% ± 1.9
Saint Paul	550	56.3% ± 5.3	22.1% ± 4.6	10.3% ± 3.9	5.6% ± 3.0	5.7% ± 2.8
Suburban Ramsey County	593	47.0% ± 5.0	26.3% ± 4.6	11.6% ± 3.7	8.3% ± 3.0	6.8% ± 3.0
Scott County	537	51.9% ± 5.4	22.1% ± 4.4	8.9% ± 3.2	6.9% ± 2.9	10.2% ± 4.0
Washington County	601	50.3% ± 5.1	22.3% ± 4.4	12.5% ± 3.9	10.0% ± 3.5	4.9% ± 2.4

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Healthy Lifestyle and Behaviors



About how often do you drink ...?

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

TABLE 45	Sample Size	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Ramsey County Total	1,146	88.3% ± 2.9	8.2% ± 2.5	*1.8% ± 1.6	^1.3% ± 1.6	^0.4% ± 0.8
Gender						
Male	394	83.2% ± 5.4	10.6% ± 4.8	^3.2% ± 3.4	^2.2% ± 3.3	^0.8% ± 2.0
Female	752	92.5% ± 3.0	6.2% ± 2.7	^0.7% ± 2.0	^0.5% ± 2.8	^0.1% ± 0.4
Age						
25-34	134	70.6% ± 9.4	17.0% ± 8.1	^7.1% ± 7.3	^5.3% ± 7.2	0.0% ± 0.0
35-44	153	88.5% ± 6.9	*10.0% ± 7.0	^0.5% ± 1.4	0.0% ± 0.0	^1.1% ± 2.3
45-54	166	90.7% ± 6.7	*7.4% ± 6.5	^0.2% ± 1.1	^0.6% ± 3.3	^1.1% ± 4.8
55-64	279	94.4% ± 4.7	*5.1% ± 4.7	^0.5% ± 2.8	0.0% ± 0.0	0.0% ± 0.0
65-74	237	98.6% ± 4.5	^0.4% ± 2.3	^1.0% ± 5.6	0.0% ± 0.0	0.0% ± 0.0
75 and older	173	99.1% ± 2.6	^0.9% ± 2.6	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0
Educational Attainment						
HS graduate, GED, or less	160	85.9% ± 11.4	^8.7% ± 10.0	^3.1% ± 10.1	^2.3% ± 12.2	0.0% ± 0.0
Some college	349	86.1% ± 6.0	10.5% ± 5.4	^2.1% ± 3.9	^1.0% ± 5.5	^0.3% ± 0.9
Bachelor's degree or higher	635	89.8% ± 3.7	7.0% ± 3.2	^1.5% ± 2.3	^1.2% ± 2.2	^0.6% ± 1.4
Household income						
< 200% of FPL	236	82.3% ± 8.0	12.3% ± 7.1	^3.7% ± 6.0	^1.2% ± 7.0	^0.4% ± 2.2
≥ 200% of FPL	869	89.6% ± 3.2	7.3% ± 2.8	^1.4% ± 1.8	^1.3% ± 2.0	^0.5% ± 1.1
Geographic Area						
Six County Total	11,928	88.2% ± 1	8.4% ± 0.9	2.3% ± 0.6	0.9% ± 0.4	*0.3% ± 0.2
Carver County	603	87.0% ± 5.0	10.4% ± 4.6	^2.4% ± 3.8	0.0% ± 0.0	^0.2% ± 1.3
Dakota County	527	88.7% ± 3.9	7.6% ± 3.4	*2.5% ± 2.4	^0.8% ± 1.8	^0.4% ± 1.4
Hennepin County	8,501	88.0% ± 1.3	8.7% ± 1.1	2.3% ± 0.7	*0.8% ± 0.6	^0.2% ± 0.3
Bloomington	630	89.7% ± 5.8	*8.1% ± 6.0	*1.9% ± 1.8	^0.2% ± 0.8	0.0% ± 0.0
Minneapolis	3,296	87.1% ± 1.9	9.4% ± 1.6	2.1% ± 1.0	^1.1% ± 1.4	^0.2% ± 0.4
Ramsey County	1,146	88.3% ± 2.9	8.2% ± 2.5	*1.8% ± 1.6	^1.3% ± 1.6	^0.4% ± 0.8
Saint Paul	554	84.0% ± 4.8	10.3% ± 4.1	^3.0% ± 3.1	^1.8% ± 3.0	^0.9% ± 1.6
Suburban Ramsey County	592	92.8% ± 3.5	5.9% ± 3.2	^0.6% ± 1.8	^0.7% ± 2.6	0.0% ± 0.0
Scott County	543	89.8% ± 4.3	*6.6% ± 4.0	^2.3% ± 2.7	^1.1% ± 1.7	^0.2% ± 0.7
Washington County	608	87.5% ± 4.7	8.7% ± 4.2	^3.2% ± 3.2	^0.6% ± 2.3	0.0% ± 0.0

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

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

Healthy Lifestyle and Behaviors



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 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.
Ramsey County Total	1,146	42.7% ± 3.5	31.9% ± 3.6	11.4% ± 2.7	9.9% ± 2.4	4.1% ± 1.8
Gender						
Male	393	35.3% ± 5.7	36.2% ± 6.1	13.4% ± 4.9	9.8% ± 3.9	*5.3% ± 3.7
Female	753	48.6% ± 4.4	28.5% ± 4.3	9.8% ± 3.0	9.9% ± 3.2	3.2% ± 1.7
Age						
25-34	134	26.3% ± 8.4	47.1% ± 9.3	14.6% ± 7.7	*9.1% ± 7.4	^2.8% ± 5.2
35-44	153	45.3% ± 9.0	33.6% ± 8.9	*11.1% ± 7.5	*6.9% ± 5.5	^3.1% ± 5.4
45-54	167	40.8% ± 8.6	32.2% ± 9.0	*9.2% ± 6.4	*11.8% ± 7.0	^6.0% ± 6.2
55-64	277	48.1% ± 6.9	26.5% ± 6.7	*9.2% ± 5.9	10.2% ± 5.3	*5.9% ± 4.9
65-74	238	62.1% ± 7.2	18.0% ± 6.0	*6.7% ± 5.0	9.8% ± 5.7	*3.3% ± 3.2
75 and older	173	48.5% ± 8.6	16.7% ± 6.7	19.5% ± 9.8	12.9% ± 7.0	^2.3% ± 3.9
Educational Attainment						
HS graduate, GED, or less	160	34.8% ± 9.2	29.3% ± 10.3	*16.8% ± 10.1	*11.1% ± 7.8	^8.0% ± 8.1
Some college	348	38.2% ± 6.3	28.1% ± 6.6	16.4% ± 6.0	11.6% ± 5.3	*5.7% ± 4.2
Bachelor's degree or higher	636	46.1% ± 4.7	34.1% ± 4.8	8.2% ± 3.2	8.8% ± 3.1	*2.7% ± 2.2
Household income						
< 200% of FPL	236	29.0% ± 7.3	31.2% ± 8.3	16.8% ± 7.2	14.1% ± 7.4	*8.9% ± 6.2
≥ 200% of FPL	869	46.4% ± 4.1	32.3% ± 4.2	9.7% ± 3.0	8.7% ± 2.5	*2.9% ± 1.8
Geographic Area						
Six County Total	11,942	44.4% ± 1.4	29.6% ± 1.3	11.6% ± 1.0	10.5% ± 0.9	3.9% ± 0.6
Carver County	604	44.0% ± 5.1	34.4% ± 5.0	10.0% ± 3.4	7.7% ± 3.5	^3.9% ± 4.1
Dakota County	525	45.4% ± 5.1	28.9% ± 4.9	11.8% ± 3.8	10.8% ± 3.7	*3.2% ± 2.2
Hennepin County	8,518	44.5% ± 1.5	29.6% ± 1.5	11.3% ± 1.1	10.4% ± 1.1	4.2% ± 0.8
Bloomington	631	45.6% ± 5.7	26.7% ± 5.9	13.4% ± 4.9	10.5% ± 4.7	*3.9% ± 3.0
Minneapolis	3,303	41.1% ± 2.4	30.2% ± 2.4	12.3% ± 1.8	11.3% ± 1.8	5.1% ± 1.4
Ramsey County	1,146	42.7% ± 3.5	31.9% ± 3.6	11.4% ± 2.7	9.9% ± 2.4	4.1% ± 1.8
Saint Paul	553	40.3% ± 5.0	30.7% ± 5.3	13.4% ± 4.2	10.9% ± 3.8	*4.6% ± 2.9
Suburban Ramsey County	593	45.1% ± 5.0	33.2% ± 5.0	9.4% ± 3.4	8.7% ± 3.1	*3.6% ± 2.5
Scott County	542	41.8% ± 5.3	26.7% ± 5.0	12.5% ± 3.9	14.2% ± 4.7	*4.8% ± 3.2
Washington County	607	48.0% ± 5.1	25.2% ± 4.8	13.5% ± 4.2	10.4% ± 3.6	2.9% ± 1.6

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

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

Healthy Lifestyle and Behaviors



About how often do you drink ...?
Water

TABLE 47	Sample Size	Never	Occasionally but not every week	At least once per week but not daily	Once per day	More than once per day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Ramsey County Total	1,148	^0.3% ± 0.5	*1.5% ± 1.0	3.4% ± 1.4	9.3% ± 2.3	85.5% ± 2.6
Gender						
Male	393	^0.5% ± 1.3	^1.7% ± 2.1	*2.5% ± 1.7	10.1% ± 4.2	85.2% ± 4.5
Female	755	^0.2% ± 0.4	*1.3% ± 1.2	4.2% ± 2.3	8.6% ± 2.6	85.7% ± 3.3
Age						
25-34	134	0.0% ± 0.0	0.0% ± 0.0	^1.5% ± 3.5	*8.3% ± 6.5	90.2% ± 6.6
35-44	153	0.0% ± 0.0	0.0% ± 0.0	^2.8% ± 5.6	*9.0% ± 7.3	88.2% ± 7.8
45-54	167	0.0% ± 0.0	^3.8% ± 4.7	^3.6% ± 4.9	*10.6% ± 6.7	82.0% ± 7.5
55-64	279	^0.2% ± 1.5	^1.8% ± 2.7	*5.5% ± 3.6	8.3% ± 3.8	84.2% ± 5.0
65-74	239	^1.0% ± 3.1	^1.6% ± 3.3	^4.7% ± 4.7	11.9% ± 5.6	80.9% ± 6.5
75 and older	172	^2.2% ± 6.0	^1.8% ± 3.2	^3.0% ± 3.9	*8.8% ± 5.7	84.2% ± 6.9
Educational Attainment						
HS graduate, GED, or less	160	^0.7% ± 2.1	^6.4% ± 7.2	*3.9% ± 3.8	*11.6% ± 8.2	77.4% ± 9.1
Some college	349	^0.6% ± 2.4	^1.9% ± 2.3	*6.4% ± 3.9	12.6% ± 4.8	78.5% ± 5.6
Bachelor's degree or higher	637	^0.2% ± 0.5	^0.4% ± 1.0	*2.0% ± 1.7	7.4% ± 3.0	90.1% ± 3.2
Household income						
< 200% of FPL	235	^0.5% ± 1.1	^3.8% ± 4.2	*5.9% ± 4.8	*9.7% ± 5.9	80.2% ± 7.0
≥ 200% of FPL	872	^0.3% ± 0.8	^0.7% ± 0.8	2.9% ± 1.5	9.2% ± 2.6	86.9% ± 2.9
Geographic Area						
Six County Total	11,972	0.3% ± 0.1	1.2% ± 0.3	3.3% ± 0.5	10.2% ± 0.9	85.0% ± 1.0
Carver County	603	^0.1% ± 0.4	^0.5% ± 1.1	*3.3% ± 2.1	8.5% ± 3.2	87.6% ± 3.6
Dakota County	528	^0.2% ± 0.6	^1.5% ± 1.7	*3.8% ± 2.4	11.5% ± 3.6	83.1% ± 4.1
Hennepin County	8,539	0.4% ± 0.2	1.1% ± 0.4	3.3% ± 0.7	9.6% ± 0.9	85.6% ± 1.1
Bloomington	636	^0.7% ± 2.8	^0.9% ± 1.1	*5.3% ± 5.1	10.7% ± 3.7	82.5% ± 5.2
Minneapolis	3,308	*0.5% ± 0.4	*0.9% ± 0.6	3.0% ± 1.0	8.6% ± 1.4	87.1% ± 1.7
Ramsey County	1,148	^0.3% ± 0.5	*1.5% ± 1.0	3.4% ± 1.4	9.3% ± 2.3	85.5% ± 2.6
Saint Paul	555	^0.3% ± 1.6	^1.4% ± 1.8	*2.7% ± 1.7	7.9% ± 3.4	87.7% ± 3.7
Suburban Ramsey County	593	^0.4% ± 0.7	*1.5% ± 1.4	*4.2% ± 2.5	10.7% ± 3.4	83.1% ± 3.9
Scott County	545	^0.2% ± 1.2	^0.1% ± 0.6	*3.0% ± 2.3	11.9% ± 4.0	84.8% ± 4.2
Washington County	609	^0.2% ± 0.6	^1.6% ± 2.3	*2.8% ± 1.9	12.9% ± 3.9	82.4% ± 4.2

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

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

Healthy Lifestyle and Behaviors



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.	
Ramsey County Total	1,150	20.1% ± 3.1		18.5% ± 3.1		21.3% ± 3.2		26.4% ± 3.3		13.6% ± 2.4	
Gender											
Male	395	19.2% ± 5.4		17.7% ± 5.4		23.7% ± 5.6		26.6% ± 5.5		12.7% ± 4.2	
Female	755	20.9% ± 3.7		19.2% ± 3.8		19.4% ± 3.9		26.2% ± 4.0		14.4% ± 3.0	
Age											
25-34	134	21.5% ± 8.3		22.8% ± 9.1		23.9% ± 8.7		24.7% ± 8.6		*7.2% ± 6.5	
35-44	153	25.4% ± 8.3		15.7% ± 7.5		25.6% ± 9.0		20.8% ± 8.2		12.5% ± 7.2	
45-54	167	20.0% ± 7.9		22.3% ± 8.1		21.8% ± 8.2		23.1% ± 8.4		12.8% ± 6.4	
55-64	279	16.6% ± 6.0		17.9% ± 6.1		21.3% ± 6.3		29.4% ± 6.6		14.9% ± 5.3	
65-74	239	17.9% ± 6.6		16.3% ± 6.2		12.8% ± 5.0		34.8% ± 7.1		18.3% ± 6.2	
75 and older	174	17.1% ± 9.0		10.8% ± 5.5		15.8% ± 7.8		31.8% ± 8.3		24.4% ± 7.7	
Educational Attainment											
HS graduate, GED, or less	160	19.7% ± 9.9		19.0% ± 9.3		21.3% ± 10.2		24.5% ± 9.0		15.5% ± 7.3	
Some college	349	15.8% ± 5.3		21.3% ± 6.4		20.1% ± 6.1		25.9% ± 5.9		16.8% ± 5.3	
Bachelor's degree or higher	639	22.2% ± 4.2		17.2% ± 4.0		21.9% ± 4.3		26.9% ± 4.4		11.9% ± 3.1	
Household income											
< 200% of FPL	236	23.1% ± 7.3		19.0% ± 7.8		18.2% ± 7.5		24.0% ± 7.4		15.7% ± 6.7	
≥ 200% of FPL	873	19.7% ± 3.6		18.6% ± 3.5		22.2% ± 3.8		27.0% ± 3.7		12.6% ± 2.6	
Geographic Area											
Six County Total	11,973	18.7% ± 1.1		16.9% ± 1.1		21.5% ± 1.2		28.8% ± 1.3		14.0% ± 1.0	
Carver County	603	14.4% ± 4.3		17.2% ± 4.4		19.6% ± 4.2		31.1% ± 4.9		17.8% ± 4.1	
Dakota County	528	15.5% ± 3.8		16.7% ± 4.2		20.5% ± 4.4		33.1% ± 5.0		14.3% ± 3.9	
Hennepin County	8,538	20.3% ± 1.3		16.4% ± 1.2		22.4% ± 1.4		28.0% ± 1.4		12.9% ± 1.1	
Bloomington	636	21.7% ± 5.9		14.0% ± 4.7		22.2% ± 5.7		26.9% ± 4.6		15.1% ± 3.9	
Minneapolis	3,309	22.9% ± 2.1		18.4% ± 2.1		23.3% ± 2.3		25.4% ± 2.2		10.0% ± 1.5	
Ramsey County	1,150	20.1% ± 3.1		18.5% ± 3.1		21.3% ± 3.2		26.4% ± 3.2		13.6% ± 2.4	
Saint Paul	555	23.5% ± 4.7		19.7% ± 4.6		21.9% ± 4.7		24.5% ± 4.8		10.3% ± 3.2	
Suburban Ramsey County	595	16.6% ± 4.1		17.3% ± 4.3		20.7% ± 4.6		28.3% ± 4.5		17.1% ± 3.9	
Scott County	545	15.6% ± 3.9		16.6% ± 4.7		20.5% ± 4.7		31.1% ± 5.1		16.3% ± 4.6	
Washington County	609	15.5% ± 3.9		17.1% ± 4.3		20.3% ± 4.4		29.4% ± 4.9		17.8% ± 4.1	

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

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Healthy Lifestyle and Behaviors



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.
Ramsey County Total	1,145	54.6%	± 3.6	1,144	35.0%	± 3.6	1,148	34.3%	± 3.5	1,130	22.6%	± 3.3
Gender												
Male	393	49.7%	± 6.0	393	29.6%	± 6.0	395	29.4%	± 5.9	389	27.4%	± 5.7
Female	752	58.6%	± 4.4	751	39.4%	± 4.4	753	38.3%	± 4.3	741	18.7%	± 3.9
Age												
25-34	134	48.4%	± 9.2	134	39.1%	± 9.3	134	36.6%	± 9.3	134	20.8%	± 8.9
35-44	153	59.4%	± 9.0	153	42.9%	± 9.1	153	40.2%	± 9.1	151	21.0%	± 8.3
45-54	166	51.7%	± 8.7	165	37.7%	± 8.7	166	34.3%	± 8.5	165	28.8%	± 8.8
55-64	278	56.5%	± 6.9	278	31.7%	± 6.6	279	30.4%	± 6.5	275	23.3%	± 6.6
65-74	238	54.3%	± 7.3	239	27.4%	± 6.8	239	30.9%	± 6.8	231	18.6%	± 6.3
75 and older	173	60.3%	± 8.7	173	20.0%	± 7.7	174	26.8%	± 8.9	170	19.7%	± 7.7
Education												
HS graduate, GED, or less	157	37.3%	± 10.1	160	*15.6%	± 10.1	160	*10.7%	± 8.0	159	32.1%	± 10.3
Some college	347	47.6%	± 6.7	345	22.1%	± 5.8	347	23.5%	± 5.9	343	33.0%	± 6.9
Bachelor's degree or higher	639	60.8%	± 4.7	637	44.4%	± 4.8	639	43.6%	± 4.8	626	16.1%	± 3.9
Household income												
< 200% of FPL	231	42.4%	± 8.3	233	21.6%	± 7.6	234	20.2%	± 7.7	231	36.4%	± 8.5
≥ 200% of FPL	872	57.1%	± 4.1	869	39.0%	± 4.1	872	37.7%	± 4.1	858	19.0%	± 3.5
Geographic Area												
Six County Total	11,938	54.9%	± 1.4	11,937	32.5%	± 1.3	11,964	34.2%	± 1.3	11,795	22.9%	± 1.2
Carver County	601	53.0%	± 5.2	601	27.3%	± 4.4	601	32.3%	± 4.9	593	22.3%	± 5.2
Dakota County	528	51.5%	± 5.1	528	29.0%	± 4.8	528	31.4%	± 4.9	520	22.9%	± 4.6
Hennepin County	8,512	55.7%	± 1.6	8,513	34.0%	± 1.5	8,534	35.7%	± 1.5	8,419	22.2%	± 1.5
Bloomington	632	54.9%	± 5.9	634	28.5%	± 5.8	634	32.3%	± 5.8	623	23.4%	± 6.2
Minneapolis	3,305	55.5%	± 2.5	3,297	35.7%	± 2.4	3,309	38.2%	± 2.4	3,278	23.1%	± 2.4
Ramsey County	1,145	54.6%	± 3.6	1,144	35.0%	± 3.6	1,148	34.3%	± 3.5	1,130	22.6%	± 3.3
Saint Paul	551	52.0%	± 5.3	551	37.8%	± 5.2	553	35.7%	± 5.1	545	23.5%	± 4.9
Suburban Ramsey County	594	57.3%	± 4.9	593	32.1%	± 5.0	595	32.9%	± 4.9	585	21.7%	± 4.6
Scott County	541	53.2%	± 5.4	542	25.4%	± 4.9	542	28.5%	± 5.1	537	29.9%	± 5.5
Washington County	611	57.8%	± 5.1	609	31.0%	± 4.8	611	34.4%	± 4.9	596	23.1%	± 4.6

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

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^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

Healthy Lifestyle and Behaviors



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

TABLE 50	Sample Size	Yes
	N	% ± 95% C.I.
Ramsey County Total	1,148	80.9% ± 3.0
Gender		
Male	395	78.5% ± 5.4
Female	753	82.8% ± 3.4
Age		
25-34	134	87.5% ± 7.9
35-44	154	87.1% ± 7.9
45-54	166	78.9% ± 8.3
55-64	280	77.2% ± 6.8
65-74	239	77.3% ± 6.8
75 and older	172	68.2% ± 8.4
Educational Attainment		
HS graduate, GED, or less	162	51.9% ± 10.0
Some college	347	73.9% ± 6.3
Bachelor's degree or higher	638	89.6% ± 3.4
Household income		
< 200% of FPL	236	59.3% ± 8.3
≥ 200% of FPL	870	87.0% ± 2.9
Geographic Area		
Six County Total	11,946	84.3% ± 1.0
Carver County	603	84.2% ± 4.0
Dakota County	525	80.6% ± 4.3
Hennepin County	8,516	85.8% ± 1.1
Bloomington	631	89.3% ± 2.9
Minneapolis	3,294	83.6% ± 2.1
Ramsey County	1,148	80.9% ± 3.0
Saint Paul	555	79.0% ± 4.6
Suburban Ramsey County	593	82.9% ± 3.9
Scott County	544	86.1% ± 3.8
Washington County	610	87.9% ± 3.3

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

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

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

Healthy Lifestyle and Behaviors



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.
Ramsey County Total	1,134	4.6% ± 1.7	35.7% ± 3.6	25.7% ± 3.3	34.0% ± 3.5
Gender					
Male	391	*5.0% ± 3.1	33.0% ± 6.1	25.7% ± 5.6	36.3% ± 5.9
Female	743	4.2% ± 2.2	37.9% ± 4.4	25.7% ± 4.0	32.1% ± 4.2
Age					
25-34	133	^1.3% ± 4.2	41.7% ± 9.4	25.0% ± 9.1	32.0% ± 8.9
35-44	153	^3.5% ± 6.3	39.2% ± 9.0	24.9% ± 8.5	32.4% ± 9.0
45-54	162	^3.2% ± 5.0	38.8% ± 8.9	27.0% ± 8.5	31.0% ± 8.7
55-64	280	*7.2% ± 5.6	25.9% ± 6.2	29.8% ± 6.7	37.0% ± 6.9
65-74	235	*4.5% ± 4.0	30.2% ± 7.1	25.2% ± 7.0	40.2% ± 7.3
75 and older	168	*11.8% ± 7.4	35.8% ± 9.1	19.6% ± 6.9	32.8% ± 8.7
Educational Attainment					
HS graduate, GED, or less	156	*14.1% ± 8.6	38.1% ± 10.6	16.3% ± 9.5	31.5% ± 9.4
Some college	342	*6.1% ± 4.3	32.0% ± 6.5	24.4% ± 6.2	37.6% ± 6.7
Bachelor's degree or higher	635	*2.1% ± 1.8	36.9% ± 4.8	28.1% ± 4.5	32.8% ± 4.5
Household income					
< 200% of FPL	230	10.7% ± 5.9	35.3% ± 8.5	21.7% ± 7.8	32.3% ± 7.9
≥ 200% of FPL	864	*2.8% ± 1.7	36.2% ± 4.1	27.0% ± 3.8	34.1% ± 4.0
Geographic Area					
Six County Total	11,763	3.6% ± 0.5	33.7% ± 1.3	27.0% ± 1.3	35.7% ± 1.3
Carver County	593	*3.9% ± 2.9	33.6% ± 5.0	27.4% ± 4.9	35.2% ± 5.0
Dakota County	519	3.9% ± 2.2	35.2% ± 5.0	26.2% ± 4.8	34.7% ± 5.0
Hennepin County	8,378	3.6% ± 0.7	32.4% ± 1.5	27.1% ± 1.4	36.9% ± 1.5
Bloomington	623	*2.0% ± 1.3	29.8% ± 5.5	29.5% ± 5.7	38.7% ± 5.9
Minneapolis	3,249	4.7% ± 1.5	31.9% ± 2.3	25.0% ± 2.2	38.4% ± 2.5
Ramsey County	1,134	4.6% ± 1.7	35.7% ± 3.6	25.7% ± 3.3	34.0% ± 3.5
Saint Paul	545	5.5% ± 3.1	34.7% ± 5.2	23.5% ± 4.8	36.3% ± 5.1
Suburban Ramsey County	589	3.5% ± 1.9	36.8% ± 5.0	28.1% ± 4.7	31.5% ± 4.7
Scott County	537	*2.6% ± 1.6	40.8% ± 5.4	25.3% ± 4.9	31.2% ± 5.1
Washington County	602	*1.6% ± 1.1	30.3% ± 4.9	31.3% ± 5.0	36.8% ± 5.1

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

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Healthy Lifestyle 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.
Ramsey County Total	678	11.9% ± 3.4	88.1% ± 3.4
Gender			
Male	248	14.1% ± 6.2	85.9% ± 6.2
Female	430	9.9% ± 4.0	90.1% ± 4.0
Age			
25-34	78	20.3% ± 11.7	79.7% ± 11.7
35-44	88	*11.2% ± 8.6	88.8% ± 8.6
45-54	91	*10.3% ± 9.0	89.7% ± 9.0
55-64	182	14.0% ± 7.0	86.0% ± 7.0
65-74	147	^3.0% ± 4.5	97.0% ± 4.5
75 and older	90	^2.4% ± 5.3	97.6% ± 5.3
Educational Attainment			
HS graduate, GED, or less	78	*20.6% ± 14.4	79.4% ± 14.4
Some college	207	19.7% ± 8.4	80.3% ± 8.4
Bachelor's degree or higher	393	7.2% ± 3.8	92.8% ± 3.8
Household income			
< 600% of FPL	122	28.4% ± 11.3	71.6% ± 11.3
≥ 600% of FPL	531	8.4% ± 3.4	91.6% ± 3.4
Geographic Area			
Six County Total	7,317	14.8% ± 1.4	85.2% ± 1.4
Carver County	352	14.9% ± 5.5	85.1% ± 5.5
Dakota County	307	17.2% ± 5.6	82.8% ± 5.6
Hennepin County	5,270	14.6% ± 1.7	85.4% ± 1.7
Bloomington	410	14.6% ± 7.1	85.4% ± 7.1
Minneapolis	2,025	16.4% ± 2.9	83.6% ± 2.9
Ramsey County	678	11.9% ± 3.4	88.1% ± 3.4
Saint Paul	327	14.3% ± 5.5	85.7% ± 5.5
Suburban Ramsey County	351	9.4% ± 4.5	90.6% ± 4.5
Scott County	314	20.0% ± 6.6	80.0% ± 6.6
Washington County	396	15.5% ± 5.5	84.5% ± 5.5

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

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Healthy Lifestyle 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.
Ramsey County Total	1,131	20.9% ± 2.9	27.9% ± 3.4	18.5% ± 3.0	32.7% ± 3.6
Gender					
Male	388	16.8% ± 4.9	24.6% ± 5.7	20.1% ± 5.3	38.5% ± 6.1
Female	743	24.1% ± 3.7	30.7% ± 4.2	17.2% ± 3.6	28.0% ± 4.3
Age					
25-34	133	11.3% ± 6.6	29.2% ± 8.8	21.2% ± 8.8	38.3% ± 9.5
35-44	153	16.9% ± 7.6	33.6% ± 9.0	11.5% ± 6.7	37.9% ± 9.2
45-54	162	22.0% ± 8.1	29.4% ± 8.8	22.6% ± 8.4	26.0% ± 8.4
55-64	279	20.0% ± 5.9	25.6% ± 6.3	21.5% ± 6.3	32.9% ± 7.1
65-74	237	26.0% ± 6.6	22.7% ± 6.5	20.0% ± 6.7	31.3% ± 7.1
75 and older	164	44.7% ± 8.9	21.6% ± 9.0	*10.3% ± 6.1	23.4% ± 8.6
Educational Attainment					
HS graduate, GED, or less	155	36.6% ± 10.1	22.8% ± 10.3	*12.1% ± 7.8	28.5% ± 10.2
Some college	340	24.7% ± 5.9	26.8% ± 6.4	13.5% ± 5.4	35.0% ± 6.8
Bachelor's degree or higher	635	16.2% ± 3.5	29.4% ± 4.5	21.9% ± 4.2	32.4% ± 4.8
Household income					
< 200% of FPL	228	31.1% ± 7.8	30.1% ± 8.4	*7.4% ± 5.4	31.4% ± 8.5
≥ 200% of FPL	864	17.9% ± 3.1	27.6% ± 3.8	21.6% ± 3.7	32.9% ± 4.1
Geographic Area					
Six County Total	11,772	20.7% ± 1.1	27.6% ± 1.3	18.1% ± 1.1	33.7% ± 1.3
Carver County	592	24.9% ± 4.8	28.9% ± 4.7	15.0% ± 3.8	31.2% ± 5.2
Dakota County	520	24.9% ± 4.5	27.0% ± 4.8	17.1% ± 4.2	31.0% ± 4.9
Hennepin County	8,395	19.7% ± 1.2	27.2% ± 1.5	18.1% ± 1.3	35.0% ± 1.5
Bloomington	624	20.0% ± 4.6	27.9% ± 6.0	21.4% ± 5.7	30.7% ± 5.2
Minneapolis	3,257	20.3% ± 2.1	26.9% ± 2.3	18.8% ± 2.0	33.9% ± 2.4
Ramsey County	1,131	20.9% ± 2.9	27.9% ± 3.4	18.5% ± 3.0	32.7% ± 3.6
Saint Paul	544	20.3% ± 4.3	28.8% ± 5.0	17.1% ± 4.3	33.9% ± 5.3
Suburban Ramsey County	587	21.5% ± 4.0	27.1% ± 4.7	19.9% ± 4.5	31.5% ± 4.9
Scott County	535	21.1% ± 4.4	32.0% ± 5.3	18.1% ± 4.8	28.8% ± 5.0
Washington County	599	17.4% ± 4.0	26.7% ± 4.8	19.6% ± 4.5	36.3% ± 5.1

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

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Healthy Lifestyle 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.
Ramsey County Total	524	9.8% ± 3.9	90.2% ± 3.9
Gender			
Male	215	13.6% ± 6.8	86.4% ± 6.8
Female	309	*5.7% ± 3.8	94.3% ± 3.8
Age			
25-34	72	^8.1% ± 10.9	91.9% ± 10.9
35-44	75	*13.6% ± 11.5	86.4% ± 11.5
45-54	76	*11.1% ± 10.9	88.9% ± 10.9
55-64	137	*13.7% ± 9.2	86.3% ± 9.2
65-74	112	^2.7% ± 5.7	97.3% ± 5.7
75 and older	50	0.0% ± 0.0	^100.0% ± 100.0
Educational Attainment			
HS graduate, GED, or less	57	*22.3% ± 17.6	77.7% ± 17.6
Some college	149	17.7% ± 9.9	82.3% ± 9.9
Bachelor's degree or higher	318	*5.1% ± 4.3	94.9% ± 4.3
Household income			
< 600% of FPL	77	*21.1% ± 14.1	78.9% ± 14.1
≥ 600% of FPL	431	8.0% ± 4.0	92.0% ± 4.0
Geographic Area			
Six County Total	5,697	9.0% ± 1.3	91.0% ± 1.3
Carver County	259	12.6% ± 6.6	87.4% ± 6.6
Dakota County	233	*8.0% ± 5.0	92.0% ± 5.0
Hennepin County	4,130	8.3% ± 1.6	91.7% ± 1.6
Bloomington	302	*8.1% ± 5.9	91.9% ± 5.9
Minneapolis	1,618	9.3% ± 2.7	90.7% ± 2.7
Ramsey County	524	9.8% ± 3.8	90.2% ± 3.8
Saint Paul	253	*9.9% ± 5.9	90.1% ± 5.9
Suburban Ramsey County	271	9.7% ± 5.7	90.3% ± 5.7
Scott County	236	13.5% ± 6.9	86.5% ± 6.9
Washington County	315	*9.5% ± 5.9	90.5% ± 5.9

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

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Healthy Lifestyle 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.
Ramsey County Total	1,148	19.1%	± 3.0	1,133	72.4%	± 3.3	1,140	54.0%	± 3.6
Gender									
Male	395	21.5%	± 5.4	392	75.3%	± 5.5	393	55.0%	± 6.1
Female	753	17.2%	± 3.4	741	70.0%	± 4.1	747	53.1%	± 4.4
Age									
25-34	134	*12.5%	± 7.9	133	79.1%	± 8.2	133	59.3%	± 9.3
35-44	154	*12.9%	± 7.9	154	71.2%	± 8.5	154	50.6%	± 8.9
45-54	166	21.1%	± 8.3	164	70.4%	± 8.6	165	48.8%	± 8.7
55-64	280	22.8%	± 6.8	279	72.2%	± 6.5	279	59.1%	± 6.8
65-74	239	22.7%	± 6.8	237	74.7%	± 6.7	238	58.5%	± 7.2
75 and older	172	31.8%	± 8.4	162	60.0%	± 9.0	167	43.3%	± 8.8
Education									
HS graduate, GED, or less	162	48.1%	± 10.3	153	54.8%	± 10.3	156	38.0%	± 10.3
Some college	347	26.1%	± 6.3	342	65.2%	± 6.7	346	50.2%	± 6.6
Bachelor's degree or higher	638	10.4%	± 3.4	638	78.7%	± 4.0	638	58.6%	± 4.7
Household income									
< 200% of FPL	236	40.7%	± 8.3	225	57.6%	± 8.4	230	41.1%	± 8.4
≥ 200% of FPL	870	13.0%	± 2.9	869	76.0%	± 3.5	871	57.1%	± 4.1
Geographic Area									
Six County Total	11,946	15.7%	± 1.0	11,836	73.1%	± 1.2	11,860	56.6%	± 1.4
Carver County	603	15.8%	± 4.0	593	70.4%	± 5.0	593	52.6%	± 5.1
Dakota County	525	19.4%	± 4.3	523	70.1%	± 4.8	524	54.1%	± 5.1
Hennepin County	8,516	14.2%	± 1.1	8,444	74.2%	± 1.4	8,459	58.6%	± 1.6
Bloomington	631	10.7%	± 2.9	629	73.3%	± 5.8	629	59.0%	± 5.8
Minneapolis	3,294	16.4%	± 2.1	3,270	72.5%	± 2.4	3,281	58.0%	± 2.5
Ramsey County	1,148	19.1%	± 3.0	1,133	72.4%	± 3.3	1,140	54.0%	± 3.6
Saint Paul	555	21.0%	± 4.6	545	72.3%	± 4.8	549	55.5%	± 5.2
Suburban Ramsey County	593	17.1%	± 3.9	588	72.4%	± 4.6	591	52.5%	± 5.0
Scott County	544	13.9%	± 3.8	539	65.6%	± 5.3	539	50.3%	± 5.3
Washington County	610	12.1%	± 3.3	604	78.2%	± 4.4	605	60.1%	± 5.1

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^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

Healthy Lifestyle 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.
Ramsey County Total	1,147	14.5% ± 2.9	25.2% ± 3.4	33.0% ± 3.5	27.3% ± 3.2
Gender					
Male	396	16.9% ± 5.3	25.4% ± 5.8	31.8% ± 5.8	25.8% ± 5.3
Female	751	12.6% ± 3.3	25.0% ± 4.1	33.9% ± 4.2	28.5% ± 4.0
Age					
25-34	133	20.0% ± 8.5	28.2% ± 8.9	37.5% ± 9.4	14.3% ± 7.6
35-44	154	23.4% ± 8.6	40.1% ± 9.2	19.2% ± 7.0	17.2% ± 8.0
45-54	167	14.5% ± 7.4	26.5% ± 8.4	35.3% ± 8.7	23.6% ± 8.2
55-64	278	8.9% ± 4.4	20.0% ± 6.3	38.0% ± 6.8	33.1% ± 7.1
65-74	239	*7.1% ± 5.1	14.8% ± 6.2	30.9% ± 7.1	47.1% ± 7.2
75 and older	172	*4.1% ± 3.9	*8.1% ± 5.6	34.3% ± 8.9	53.5% ± 8.7
Educational Attainment					
HS graduate, GED, or less	160	^4.5% ± 6.3	16.7% ± 9.6	15.7% ± 7.1	63.1% ± 9.9
Some college	347	*7.7% ± 4.6	13.1% ± 5.4	36.4% ± 6.6	42.8% ± 6.6
Bachelor's degree or higher	638	19.5% ± 4.3	32.2% ± 4.7	34.8% ± 4.6	13.6% ± 3.1
Household income					
< 200% of FPL	234	*10.2% ± 6.2	18.4% ± 7.6	32.1% ± 8.3	39.3% ± 8.1
≥ 200% of FPL	871	15.8% ± 3.5	26.7% ± 4.0	33.4% ± 3.9	24.2% ± 3.5
Geographic Area					
Six County Total	11,937	11.9% ± 0.9	28.4% ± 1.3	33.5% ± 1.3	26.2% ± 1.2
Carver County	600	9.4% ± 3.5	31.5% ± 5.3	33.8% ± 4.9	25.3% ± 4.3
Dakota County	527	8.7% ± 3.5	23.1% ± 4.7	37.8% ± 5.1	30.4% ± 4.7
Hennepin County	8,514	13.0% ± 1.1	30.3% ± 1.5	31.1% ± 1.5	25.6% ± 1.3
Bloomington	633	9.8% ± 4.5	24.6% ± 5.4	31.2% ± 5.4	34.4% ± 5.7
Minneapolis	3,290	16.5% ± 2.1	29.9% ± 2.4	29.9% ± 2.3	23.8% ± 2.1
Ramsey County	1,147	14.5% ± 2.9	25.2% ± 3.4	33.0% ± 3.5	27.3% ± 3.2
Saint Paul	553	18.4% ± 4.7	22.8% ± 4.7	32.7% ± 5.0	26.0% ± 4.8
Suburban Ramsey County	594	10.4% ± 3.6	27.7% ± 5.0	33.2% ± 4.8	28.6% ± 4.4
Scott County	542	7.0% ± 3.2	29.0% ± 5.3	40.2% ± 5.4	23.8% ± 4.5
Washington County	607	8.7% ± 3.3	31.1% ± 5.2	37.7% ± 5.1	22.6% ± 4.0

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

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Healthy Lifestyle 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.
Ramsey County Total	1,147	27.9% ± 3.2	49.0% ± 3.6	15.6% ± 3.0	7.4% ± 2.2
Gender					
Male	395	31.7% ± 5.6	49.4% ± 6.0	14.8% ± 5.2	*4.1% ± 3.1
Female	752	24.8% ± 3.7	48.7% ± 4.4	16.3% ± 3.8	10.1% ± 3.3
Age					
25-34	134	*11.2% ± 7.3	46.7% ± 9.2	27.3% ± 9.1	14.8% ± 7.9
35-44	154	17.8% ± 7.8	55.0% ± 8.9	19.6% ± 7.8	*7.5% ± 4.8
45-54	167	29.2% ± 8.5	47.6% ± 8.7	15.7% ± 7.6	*7.6% ± 5.6
55-64	279	31.5% ± 6.9	54.4% ± 7.0	8.6% ± 5.0	*5.5% ± 3.8
65-74	238	47.2% ± 7.2	45.6% ± 7.3	*5.8% ± 5.0	^1.4% ± 2.7
75 and older	171	55.7% ± 8.8	36.9% ± 8.8	*6.4% ± 5.5	^0.9% ± 2.9
Educational Attainment					
HS graduate, GED, or less	160	43.5% ± 9.9	38.5% ± 10.5	*12.0% ± 7.7	^6.1% ± 8.4
Some college	346	29.6% ± 6.1	44.6% ± 6.7	17.1% ± 6.2	8.6% ± 4.6
Bachelor's degree or higher	639	24.1% ± 4.1	53.0% ± 4.8	15.7% ± 4.1	7.2% ± 2.9
Household income					
< 200% of FPL	234	31.9% ± 7.9	42.3% ± 8.3	16.7% ± 7.3	*9.2% ± 6.3
≥ 200% of FPL	871	25.9% ± 3.5	51.2% ± 4.1	15.7% ± 3.5	7.2% ± 2.5
Geographic Area					
Six County Total	11,876	23.1% ± 1.1	51.6% ± 1.4	16.3% ± 1.1	9.0% ± 0.9
Carver County	598	18.8% ± 4.5	53.3% ± 5.1	18.2% ± 4.3	9.8% ± 3.9
Dakota County	526	23.9% ± 4.4	47.8% ± 5.1	18.6% ± 4.3	9.7% ± 3.7
Hennepin County	8,457	22.0% ± 1.2	52.2% ± 1.6	16.3% ± 1.3	9.5% ± 1.1
Bloomington	626	26.2% ± 4.7	51.4% ± 5.8	12.0% ± 4.0	*10.4% ± 6.5
Minneapolis	3,273	21.8% ± 2.2	49.5% ± 2.5	18.7% ± 2.1	10.0% ± 1.7
Ramsey County	1,147	27.9% ± 3.2	49.0% ± 3.6	15.6% ± 3.0	7.4% ± 2.2
Saint Paul	553	28.3% ± 4.7	45.1% ± 5.3	17.4% ± 4.6	9.2% ± 3.6
Suburban Ramsey County	594	27.5% ± 4.4	53.1% ± 5.0	13.8% ± 4.2	5.6% ± 2.9
Scott County	541	18.3% ± 3.9	57.9% ± 5.3	14.1% ± 4.1	9.7% ± 4.2
Washington County	607	22.8% ± 4.2	54.9% ± 5.1	15.0% ± 4.4	7.2% ± 3.0

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

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Healthy Lifestyle and Behaviors



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

TABLE 58	Sample Size	0 hours	1 hour	2 hours	3 or more hours
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Ramsey County Total	1,142	11.5% ± 2.3	23.0% ± 3.0	16.6% ± 2.8	49.0% ± 3.6
Gender					
Male	393	12.4% ± 4.3	23.2% ± 5.2	18.6% ± 5.1	45.8% ± 6.1
Female	749	10.8% ± 2.5	22.8% ± 3.7	14.9% ± 3.3	51.5% ± 4.4
Age					
25-34	134	[^] 3.7% ± 4.5	*8.2% ± 6.4	13.8% ± 8.1	74.3% ± 8.8
35-44	154	[^] 2.7% ± 5.3	23.6% ± 8.4	18.1% ± 8.1	55.7% ± 9.0
45-54	166	*11.4% ± 6.9	19.8% ± 7.9	12.9% ± 7.0	55.8% ± 8.8
55-64	279	12.4% ± 6.2	26.0% ± 6.4	17.6% ± 6.0	44.0% ± 6.9
65-74	238	13.4% ± 5.8	45.6% ± 7.3	24.4% ± 6.6	16.6% ± 5.8
75 and older	167	44.0% ± 8.9	29.6% ± 8.8	18.2% ± 7.8	*8.2% ± 5.3
Educational Attainment					
HS graduate, GED, or less	157	42.6% ± 10.1	21.0% ± 9.4	*13.5% ± 8.1	22.9% ± 10.2
Some college	346	15.8% ± 5.1	29.3% ± 6.3	17.2% ± 5.5	37.7% ± 6.7
Bachelor's degree or higher	638	3.8% ± 2.0	20.5% ± 3.8	16.9% ± 3.8	58.8% ± 4.7
Household income					
< 200% of FPL	231	26.0% ± 7.4	22.2% ± 7.8	19.9% ± 7.6	31.9% ± 8.3
≥ 200% of FPL	870	6.8% ± 2.1	23.1% ± 3.4	15.1% ± 3.1	55.0% ± 4.1
Geographic Area					
Six County Total	11,924	10.3% ± 0.8	23.1% ± 1.1	16.2% ± 1.0	50.5% ± 1.4
Carver County	601	8.0% ± 2.5	25.7% ± 5.1	14.4% ± 3.6	51.8% ± 5.1
Dakota County	522	11.5% ± 3.5	24.1% ± 4.5	17.3% ± 4.1	47.1% ± 5.1
Hennepin County	8,505	10.2% ± 0.9	21.8% ± 1.2	16.0% ± 1.2	52.1% ± 1.6
Bloomington	633	10.8% ± 4.0	23.1% ± 4.5	16.8% ± 4.6	49.3% ± 5.8
Minneapolis	3,292	11.9% ± 1.8	20.7% ± 2.1	16.1% ± 2.0	51.4% ± 2.5
Ramsey County	1,142	11.5% ± 2.3	23.0% ± 3.0	16.6% ± 2.8	49.0% ± 3.6
Saint Paul	552	12.9% ± 3.8	19.9% ± 4.4	15.7% ± 4.2	51.5% ± 5.2
Suburban Ramsey County	590	10.0% ± 2.8	26.3% ± 4.3	17.4% ± 4.1	46.2% ± 5.1
Scott County	544	9.3% ± 3.0	26.1% ± 4.9	16.4% ± 4.6	48.1% ± 5.4
Washington County	610	8.0% ± 2.7	25.8% ± 4.4	15.4% ± 4.0	50.9% ± 5.1

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Healthy Lifestyle and Behaviors



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.
Ramsey County Total	1,145	6.1% ± 2.0	3.1% ± 1.7	29.4% ± 3.3	61.4% ± 3.5
Gender					
Male	395	8.1% ± 4.0	[^] 2.8% ± 2.9	30.4% ± 5.6	58.7% ± 6.0
Female	750	4.6% ± 2.2	*3.3% ± 2.4	28.6% ± 3.9	63.6% ± 4.2
Age					
25-34	134	[^] 4.6% ± 5.8	*8.3% ± 7.3	12.9% ± 7.3	74.3% ± 8.9
35-44	154	*9.0% ± 6.8	[^] 1.6% ± 3.3	29.9% ± 8.8	59.6% ± 9.0
45-54	165	*7.3% ± 5.9	[^] 1.5% ± 2.6	27.5% ± 8.6	63.7% ± 8.8
55-64	279	*6.7% ± 5.0	[^] 2.2% ± 2.6	36.1% ± 6.8	54.9% ± 7.0
65-74	236	*4.8% ± 4.2	[^] 2.1% ± 3.3	38.3% ± 7.1	54.8% ± 7.2
75 and older	173	[^] 1.8% ± 3.1	[^] 0.9% ± 2.6	47.1% ± 8.7	50.2% ± 8.6
Educational Attainment					
HS graduate, GED, or less	160	*13.9% ± 8.6	[^] 3.6% ± 9.3	35.1% ± 9.9	47.4% ± 10.1
Some college	346	13.6% ± 6.0	*4.7% ± 4.3	38.3% ± 6.4	43.4% ± 6.7
Bachelor's degree or higher	637	*1.3% ± 1.3	*2.3% ± 2.0	24.4% ± 4.2	72.0% ± 4.4
Household income					
< 200% of FPL	235	16.9% ± 7.1	[^] 4.1% ± 5.6	25.8% ± 7.5	53.2% ± 8.2
≥ 200% of FPL	870	3.3% ± 1.8	*2.8% ± 1.8	30.9% ± 3.8	63.0% ± 4.0
Geographic Area					
Six County Total	11,949	5.0% ± 0.6	2.7% ± 0.5	27.1% ± 1.2	65.2% ± 1.3
Carver County	605	4.4% ± 2.5	[^] 1.5% ± 1.7	22.1% ± 4.4	71.9% ± 4.7
Dakota County	527	5.8% ± 2.7	*2.1% ± 2.0	26.5% ± 4.5	65.6% ± 4.8
Hennepin County	8,520	4.6% ± 0.6	3.1% ± 0.7	27.3% ± 1.4	65.0% ± 1.5
Bloomington	632	[^] 3.2% ± 3.3	[^] 3.6% ± 4.2	31.4% ± 5.8	61.7% ± 6.0
Minneapolis	3,293	6.6% ± 1.2	4.2% ± 1.2	26.7% ± 2.1	62.5% ± 2.4
Ramsey County	1,145	6.1% ± 2.0	3.1% ± 1.7	29.4% ± 3.3	61.4% ± 3.5
Saint Paul	554	8.1% ± 3.5	*3.8% ± 2.8	27.8% ± 4.8	60.2% ± 5.2
Suburban Ramsey County	591	4.0% ± 2.3	*2.3% ± 2.3	31.0% ± 4.6	62.6% ± 4.8
Scott County	544	*4.4% ± 2.7	[^] 1.0% ± 2.1	24.8% ± 4.6	69.8% ± 4.9
Washington County	608	3.8% ± 2.0	*2.1% ± 1.8	25.5% ± 4.3	68.6% ± 4.5

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Healthy Lifestyle and Behaviors



Current smoking status

TABLE 60	Sample Size	Currently smoking
	N	% ± 95% C.I.
Ramsey County Total	1,145	9.2% ± 2.4
Gender		
Male	395	10.9% ± 4.4
Female	750	7.9% ± 2.9
Age		
25-34	134	*12.9% ± 7.9
35-44	154	*10.6% ± 6.8
45-54	165	*8.9% ± 5.9
55-64	279	8.9% ± 5.1
65-74	236	*6.9% ± 4.7
75 and older	173	^2.6% ± 3.3
Educational Attainment		
HS graduate, GED, or less	160	17.4% ± 9.6
Some college	346	18.2% ± 6.4
Bachelor's degree or higher	637	3.7% ± 2.1
Household income		
< 200% of FPL	235	21.0% ± 7.7
≥ 200% of FPL	870	6.1% ± 2.3
Geographic Area		
Six County Total	11,949	7.7% ± 0.8
Carver County	605	5.9% ± 2.7
Dakota County	527	7.9% ± 3.0
Hennepin County	8,520	7.7% ± 0.9
Bloomington	632	*6.9% ± 4.6
Minneapolis	3,293	10.8% ± 1.6
Ramsey County	1,145	9.2% ± 2.4
Saint Paul	554	12.0% ± 4.0
Suburban Ramsey County	591	6.4% ± 2.9
Scott County	544	5.4% ± 3.0
Washington County	608	5.9% ± 2.4

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Healthy Lifestyle and Behaviors



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.
Ramsey County Total	98	62.2% ± 12.7
Gender		
Male	41	62.6% ± 18.3
Female	57	61.7% ± 17.6
Age		
25-34	< 30	
35-44	< 30	
45-54	< 30	
55-64	< 30	
65-74	< 30	
75 and older	< 30	
Educational Attainment		
HS graduate, GED, or less	< 30	
Some college	50	71.0% ± 17.5
Bachelor's degree or higher	< 30	
Household income		
< 200% of FPL	47	56.0% ± 18.6
≥ 200% of FPL	50	67.3% ± 16.3
Geographic Area		
Six County Total	932	59.1% ± 4.9
Carver County	38	48.1% ± 19.2
Dakota County	46	58.8% ± 17.0
Hennepin County	675	59.4% ± 5.5
Bloomington	33	56.5% ± 26.5
Minneapolis	354	63.4% ± 6.8
Ramsey County	98	62.2% ± 12.6
Saint Paul	58	62.4% ± 16.1
Suburban Ramsey County	40	61.8% ± 20.1
Scott County	< 30	
Washington County	46	55.0% ± 17.8

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Healthy Lifestyle and Behaviors



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.
Ramsey County Total	1,139	5.5% ± 2.1
Gender		
Male	391	8.7% ± 4.1
Female	748	*3.0% ± 2.0
Age		
25-34	134	*11.2% ± 7.2
35-44	154	^4.7% ± 6.3
45-54	165	^4.3% ± 4.9
55-64	277	*5.8% ± 4.3
65-74	236	^2.1% ± 3.3
75 and older	170	^0.3% ± 2.0
Educational Attainment		
HS graduate, GED, or less	158	^7.5% ± 10.0
Some college	346	*5.5% ± 4.6
Bachelor's degree or higher	634	5.1% ± 2.6
Household income		
< 200% of FPL	232	*6.8% ± 6.2
≥ 200% of FPL	865	5.2% ± 2.3
Geographic Area		
Six County Total	11,870	7.9% ± 0.8
Carver County	600	7.3% ± 3.6
Dakota County	519	6.1% ± 3.2
Hennepin County	8,478	9.7% ± 1.1
Bloomington	631	*7.1% ± 4.7
Minneapolis	3,282	12.1% ± 1.9
Ramsey County	1,139	5.5% ± 2.1
Saint Paul	551	7.1% ± 3.4
Suburban Ramsey County	588	*3.8% ± 2.7
Scott County	534	7.6% ± 4.0
Washington County	600	6.4% ± 3.7

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Healthy Lifestyle and Behaviors



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

TABLE 63	Sample Size	Yes
	N	% ± 95% C.I.
Ramsey County Total	1,141	5.2% ± 1.9
Gender		
Male	394	*5.1% ± 3.3
Female	747	5.3% ± 2.4
Age		
25-34	134	^2.8% ± 5.7
35-44	152	^6.4% ± 6.4
45-54	165	*5.1% ± 4.0
55-64	276	*8.5% ± 5.8
65-74	238	*4.6% ± 4.2
75 and older	174	^3.2% ± 5.3
Educational Attainment		
HS graduate, GED, or less	160	*15.3% ± 9.3
Some college	345	10.3% ± 5.1
Bachelor's degree or higher	634	^1.1% ± 1.3
Household income		
< 200% of FPL	235	13.4% ± 6.6
≥ 200% of FPL	865	3.1% ± 1.7
Geographic Area		
Six County Total	11,898	4.4% ± 0.6
Carver County	602	*2.1% ± 1.8
Dakota County	520	4.3% ± 2.5
Hennepin County	8,494	4.5% ± 0.7
Bloomington	630	^3.9% ± 4.3
Minneapolis	3,288	6.6% ± 1.6
Ramsey County	1,141	5.2% ± 1.9
Saint Paul	551	6.8% ± 3.2
Suburban Ramsey County	590	3.6% ± 2.0
Scott County	538	*1.8% ± 1.6
Washington County	603	4.7% ± 2.6

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Healthy Lifestyle 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.
Ramsey County Total	1,148	8.2% ± 2.3
Gender		
Male	394	8.2% ± 4.0
Female	754	8.3% ± 3.0
Age		
25-34	134	*8.9% ± 7.3
35-44	154	*6.5% ± 6.1
45-54	166	*9.1% ± 6.1
55-64	279	*8.9% ± 5.2
65-74	237	*4.9% ± 4.2
75 and older	174	*8.1% ± 5.8
Educational Attainment		
HS graduate, GED, or less	160	14.9% ± 8.6
Some college	348	15.5% ± 6.2
Bachelor's degree or higher	638	*3.7% ± 2.2
Household income		
< 200% of FPL	237	18.2% ± 7.1
≥ 200% of FPL	869	5.6% ± 2.4
Geographic Area		
Six County Total	11,942	6.8% ± 0.8
Carver County	600	6.1% ± 2.9
Dakota County	521	6.4% ± 2.9
Hennepin County	8,525	6.7% ± 0.9
Bloomington	635	*6.1% ± 3.8
Minneapolis	3,298	9.4% ± 1.6
Ramsey County	1,148	8.2% ± 2.3
Saint Paul	556	10.6% ± 4.0
Suburban Ramsey County	592	5.8% ± 2.5
Scott County	540	5.6% ± 2.9
Washington County	608	6.4% ± 3.1

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Healthy Lifestyle and Behaviors

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.
Ramsey County Total	1,154	71.2% ± 3.3
Gender		
Male	396	71.5% ± 5.7
Female	758	70.9% ± 4.0
Age		
25-34	134	79.6% ± 8.5
35-44	154	78.3% ± 8.3
45-54	167	64.0% ± 8.7
55-64	280	72.7% ± 6.6
65-74	239	72.5% ± 7.1
75 and older	176	50.1% ± 8.5
Educational Attainment		
HS graduate, GED, or less	162	40.0% ± 10.1
Some college	350	68.9% ± 6.4
Bachelor's degree or higher	640	78.3% ± 4.1
Household income		
< 200% of FPL	238	49.0% ± 8.1
≥ 200% of FPL	873	78.5% ± 3.5
Geographic Area		
Six County Total	12,028	75.5% ± 1.2
Carver County	608	80.6% ± 3.8
Dakota County	530	75.4% ± 4.4
Hennepin County	8,578	75.7% ± 1.4
Bloomington	637	69.3% ± 5.7
Minneapolis	3,323	75.8% ± 2.3
Ramsey County	1,154	71.2% ± 3.3
Saint Paul	558	73.1% ± 4.8
Suburban Ramsey County	596	69.2% ± 4.8
Scott County	546	78.7% ± 4.4
Washington County	612	80.3% ± 4.4

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Healthy Lifestyle and Behaviors



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

TABLE 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.
Ramsey County Total	1,149	28.4% ± 3.3	20.6% ± 3.0	18.5% ± 3.0	12.8% ± 2.7	19.7% ± 3.1
Gender						
Male	395	28.2% ± 5.7	15.3% ± 4.7	16.6% ± 4.9	13.1% ± 4.7	26.8% ± 5.8
Female	754	28.6% ± 4.0	24.8% ± 4.1	20.1% ± 3.8	12.6% ± 3.4	13.9% ± 3.0
Age						
25-34	133	19.7% ± 8.5	20.7% ± 8.1	27.2% ± 9.0	19.1% ± 8.7	*13.3% ± 7.8
35-44	154	21.7% ± 8.3	29.0% ± 8.7	13.8% ± 6.8	*10.2% ± 6.4	25.4% ± 9.0
45-54	165	35.1% ± 8.7	13.6% ± 6.7	16.6% ± 7.4	*11.8% ± 7.4	22.9% ± 8.6
55-64	280	27.3% ± 6.6	21.0% ± 6.8	19.1% ± 5.7	14.3% ± 5.7	18.3% ± 5.6
65-74	238	27.5% ± 7.2	21.3% ± 6.4	15.7% ± 5.9	12.0% ± 5.0	23.5% ± 6.7
75 and older	175	49.6% ± 8.6	17.6% ± 7.2	12.7% ± 6.7	*5.1% ± 4.7	15.0% ± 7.0
Educational Attainment						
HS graduate, GED, or less	160	59.9% ± 10.2	16.7% ± 8.6	*12.4% ± 8.8	^4.0% ± 5.4	^6.9% ± 7.6
Some college	349	30.8% ± 6.4	23.4% ± 6.1	16.7% ± 5.2	12.2% ± 5.3	16.8% ± 5.9
Bachelor's degree or higher	638	21.3% ± 4.1	20.0% ± 4.0	20.5% ± 4.1	14.8% ± 3.9	23.4% ± 4.3
Household income						
< 200% of FPL	237	50.6% ± 8.1	19.0% ± 7.4	12.5% ± 6.6	*5.9% ± 5.2	12.0% ± 7.0
≥ 200% of FPL	871	21.4% ± 3.5	20.7% ± 3.5	20.8% ± 3.5	14.9% ± 3.4	22.2% ± 3.7
Geographic Area						
Six County Total	11,943	24.1% ± 1.2	21.2% ± 1.2	21.8% ± 1.2	14.9% ± 1.0	18.0% ± 1.0
Carver County	603	18.9% ± 3.8	21.0% ± 4.6	25.5% ± 5.1	16.3% ± 3.9	18.4% ± 4.3
Dakota County	523	23.9% ± 4.4	26.5% ± 4.8	22.5% ± 4.6	13.1% ± 4.0	13.9% ± 3.8
Hennepin County	8,520	24.1% ± 1.4	19.4% ± 1.3	21.8% ± 1.4	15.8% ± 1.2	19.0% ± 1.2
Bloomington	632	30.3% ± 5.7	19.3% ± 4.5	26.4% ± 6.0	10.3% ± 3.4	13.8% ± 4.0
Minneapolis	3,295	23.9% ± 2.3	18.1% ± 2.1	19.0% ± 1.9	17.7% ± 1.9	21.3% ± 2.0
Ramsey County	1,149	28.4% ± 3.3	20.6% ± 3.0	18.5% ± 3.0	12.8% ± 2.7	19.7% ± 3.1
Saint Paul	556	26.7% ± 4.7	21.0% ± 4.6	16.7% ± 4.2	14.9% ± 4.3	20.7% ± 4.6
Suburban Ramsey County	593	30.3% ± 4.8	20.0% ± 4.1	20.4% ± 4.3	10.7% ± 3.6	18.6% ± 4.3
Scott County	539	21.0% ± 4.5	26.5% ± 5.2	23.6% ± 5.1	12.6% ± 3.9	16.2% ± 4.2
Washington County	609	19.5% ± 4.4	21.7% ± 4.3	25.4% ± 4.8	17.5% ± 4.4	16.0% ± 4.0

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

Healthy Lifestyle and Behaviors



During the past 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.
Ramsey County Total	1,117	27.0% ± 3.3	59.6% ± 3.7	10.1% ± 2.6	3.3% ± 1.8
Gender					
Male	388	27.2% ± 5.7	58.0% ± 6.1	10.3% ± 4.4	*4.5% ± 3.4
Female	729	26.9% ± 4.0	60.9% ± 4.4	9.9% ± 3.3	*2.3% ± 2.1
Age					
25-34	133	19.7% ± 8.5	64.1% ± 9.4	*10.3% ± 7.3	^5.9% ± 7.0
35-44	151	20.5% ± 8.3	64.6% ± 9.1	*11.3% ± 7.1	^3.7% ± 5.4
45-54	161	33.8% ± 8.8	50.8% ± 8.8	*12.5% ± 7.8	^3.0% ± 4.4
55-64	270	25.7% ± 6.7	59.6% ± 7.1	11.3% ± 5.6	^3.4% ± 3.6
65-74	230	24.3% ± 7.1	67.4% ± 7.4	*8.2% ± 4.9	0.0% ± 0.0
75 and older	168	47.7% ± 8.9	49.8% ± 8.8	^1.9% ± 6.7	^0.6% ± 3.5
Educational Attainment					
HS graduate, GED, or less	154	57.9% ± 10.4	29.4% ± 10.2	*7.8% ± 6.9	^4.9% ± 7.8
Some college	340	29.6% ± 6.4	52.7% ± 6.7	11.4% ± 5.6	*6.3% ± 5.1
Bachelor's degree or higher	622	20.1% ± 4.1	68.2% ± 4.7	10.0% ± 3.5	^1.7% ± 1.9
Household income					
< 200% of FPL	226	48.7% ± 8.3	39.5% ± 8.5	*9.7% ± 6.9	^2.2% ± 4.8
≥ 200% of FPL	853	20.4% ± 3.5	65.5% ± 4.1	10.4% ± 3.0	3.7% ± 2.2
Geographic Area					
Six County Total	11,654	22.8% ± 1.2	62.2% ± 1.4	11.6% ± 1.0	3.4% ± 0.6
Carver County	595	18.3% ± 3.8	63.9% ± 5.1	13.8% ± 4.7	4.0% ± 2.3
Dakota County	510	22.6% ± 4.4	63.4% ± 5.1	11.1% ± 3.8	*2.9% ± 2.4
Hennepin County	8,312	22.7% ± 1.4	61.8% ± 1.6	11.8% ± 1.1	3.7% ± 0.7
Bloomington	616	29.1% ± 5.8	61.4% ± 6.0	*8.8% ± 5.2	^0.7% ± 0.9
Minneapolis	3,215	22.5% ± 2.3	58.7% ± 2.6	14.0% ± 1.9	4.8% ± 1.5
Ramsey County	1,117	27.0% ± 3.3	59.6% ± 3.7	10.1% ± 2.6	3.3% ± 1.8
Saint Paul	539	25.1% ± 4.8	58.6% ± 5.3	11.4% ± 4.0	*4.8% ± 3.2
Suburban Ramsey County	578	29.0% ± 4.8	60.6% ± 5.1	8.7% ± 3.6	^1.7% ± 1.9
Scott County	528	19.9% ± 4.5	62.4% ± 5.4	15.2% ± 4.6	^2.5% ± 3.1
Washington County	592	18.3% ± 4.4	66.8% ± 5.1	11.9% ± 4.1	*3.1% ± 2.3

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

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Healthy Lifestyle and Behaviors



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

TABLE 68	Sample Size N	Among person who are current drinkers		
		1 or 2 drinks % ± 95% C.I.	3 or 4 drinks % ± 95% C.I.	5 or more drinks % ± 95% C.I.
Ramsey County Total	787	81.6% ± 3.8	13.8% ± 3.4	4.5% ± 2.4
Gender				
Male	282	79.6% ± 6.5	14.2% ± 5.9	*6.2% ± 4.6
Female	505	83.3% ± 4.6	13.6% ± 4.3	*3.2% ± 2.9
Age				
25-34	108	79.8% ± 9.9	*12.9% ± 8.8	^7.3% ± 8.5
35-44	119	81.2% ± 9.2	*14.2% ± 8.6	^4.7% ± 6.7
45-54	103	76.6% ± 10.9	18.8% ± 10.8	^4.6% ± 6.4
55-64	197	80.2% ± 7.5	15.2% ± 7.2	^4.6% ± 4.8
65-74	170	89.1% ± 6.4	10.9% ± 6.4	0.0% ± 0.0
75 and older	89	95.3% ± 10.8	^3.5% ± 11.9	^1.1% ± 6.6
Educational Attainment				
HS graduate, GED, or less	69	69.8% ± 16.1	*18.6% ± 14.3	^11.6% ± 16.2
Some college	226	74.9% ± 8.3	16.1% ± 7.5	*9.0% ± 7.0
Bachelor's degree or higher	492	85.5% ± 4.4	12.5% ± 4.3	^2.1% ± 2.3
Household income				
< 200% of FPL	104	76.8% ± 12.2	*18.9% ± 11.9	^4.2% ± 8.9
≥ 200% of FPL	663	82.2% ± 4.1	13.1% ± 3.7	4.7% ± 2.7
Geographic Area				
Six County Total	8,727	80.5% ± 1.3	15.1% ± 1.2	4.4% ± 0.7
Carver County	463	78.2% ± 5.7	16.8% ± 5.6	4.9% ± 2.8
Dakota County	372	82.0% ± 5.1	14.3% ± 4.8	*3.7% ± 3.1
Hennepin County	6,225	80.0% ± 1.6	15.3% ± 1.4	4.7% ± 0.9
Bloomington	442	86.6% ± 6.8	12.4% ± 6.9	^1.0% ± 1.2
Minneapolis	2,433	75.8% ± 2.7	18.0% ± 2.3	6.2% ± 1.9
Ramsey County	787	81.6% ± 3.8	13.8% ± 3.4	4.5% ± 2.4
Saint Paul	387	78.3% ± 5.8	15.3% ± 5.2	*6.4% ± 4.2
Suburban Ramsey County	400	85.3% ± 5.0	12.2% ± 4.8	^2.4% ± 2.6
Scott County	405	77.9% ± 5.8	19.0% ± 5.5	^3.1% ± 3.8
Washington County	475	81.7% ± 5.1	14.6% ± 4.8	*3.8% ± 2.8

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Healthy Lifestyle and Behaviors



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

TABLE 69	Sample Size	Among males					
		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.	
Ramsey County Total	390	75.8% ± 5.9	*5.8% ± 4.0	*5.9% ± 4.1	7.9% ± 4.3	*4.7% ± 3.4	
Gender							
Male	390	75.8% ± 5.9	*5.8% ± 4.0	*5.9% ± 4.1	7.9% ± 4.3	*4.7% ± 3.4	
Female	N/A						
Age							
25-34	42	61.7% ± 16.1	^8.7% ± 15.0	^5.8% ± 14.6	*17.1% ± 15.2	^6.7% ± 13.7	
35-44	52	68.4% ± 15.1	^11.9% ± 14.0	^8.1% ± 12.1	^6.1% ± 12.0	^5.6% ± 11.9	
45-54	49	77.8% ± 14.9	0.0% ± 0.0	^9.4% ± 13.9	^7.1% ± 13.8	^5.7% ± 9.1	
55-64	99	77.9% ± 10.7	^5.6% ± 7.4	^4.6% ± 10.3	^6.8% ± 8.1	^5.1% ± 6.6	
65-74	94	95.3% ± 6.5	^0.8% ± 4.8	^0.8% ± 4.8	^3.1% ± 6.5	0.0% ± 0.0	
75 and older	53	95.2% ± 7.6	^3.6% ± 7.2	^1.2% ± 7.1	0.0% ± 0.0	0.0% ± 0.0	
Educational Attainment							
HS graduate, GED, or less	43	75.0% ± 21.1	^2.0% ± 5.8	^5.7% ± 25.5	^2.9% ± 15.2	^14.4% ± 21.8	
Some college	117	69.9% ± 11.8	^5.2% ± 8.6	^5.3% ± 10.5	*12.0% ± 10.3	^7.6% ± 9.1	
Bachelor's degree or higher	229	78.2% ± 7.6	*6.6% ± 5.8	*6.2% ± 5.4	*7.0% ± 5.8	^2.0% ± 2.9	
Household income							
< 200% of FPL	75	75.2% ± 14.6	^5.5% ± 14.0	^9.6% ± 13.5	^2.4% ± 7.1	^7.3% ± 12.5	
≥ 200% of FPL	301	75.4% ± 6.8	*6.0% ± 4.6	*5.0% ± 4.5	9.7% ± 5.5	*3.8% ± 3.5	
Geographic Area							
Six County Total	4,329	70.5% ± 2.1	10.1% ± 1.5	6.4% ± 1.2	8.0% ± 1.3	5.0% ± 1.0	
Carver County	225	66.7% ± 8.8	*14.1% ± 8.3	*5.9% ± 4.9	*8.0% ± 5.7	^5.3% ± 5.5	
Dakota County	203	73.8% ± 8.1	*11.6% ± 6.9	^3.6% ± 4.6	*7.3% ± 6.0	^3.6% ± 4.9	
Hennepin County	3,091	67.7% ± 2.5	9.9% ± 1.7	7.3% ± 1.5	8.9% ± 1.7	6.2% ± 1.4	
Bloomington	228	77.4% ± 10.8	^5.6% ± 7.4	^5.9% ± 10.0	*10.5% ± 9.3	^0.6% ± 1.3	
Minneapolis	1,195	62.0% ± 4.0	12.4% ± 3.2	7.3% ± 2.3	10.7% ± 2.9	7.6% ± 2.3	
Ramsey County	390	75.8% ± 5.9	*5.8% ± 4.0	*5.9% ± 4.1	7.9% ± 4.3	*4.7% ± 3.4	
Saint Paul	176	74.9% ± 8.9	^4.9% ± 5.7	^6.4% ± 6.7	*8.3% ± 7.0	^5.5% ± 6.1	
Suburban Ramsey County	214	76.7% ± 8.3	^6.6% ± 6.6	^5.3% ± 6.1	*7.4% ± 6.2	^3.9% ± 4.2	
Scott County	198	68.3% ± 8.9	13.6% ± 7.6	^5.4% ± 5.6	*9.4% ± 7.3	^3.3% ± 4.3	
Washington County	222	73.3% ± 8.5	13.6% ± 7.7	*6.6% ± 6.1	^4.2% ± 5.4	^2.3% ± 2.5	

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Healthy Lifestyle and Behaviors



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

TABLE 70	Sample Size N	Among males who are current drinkers					
		0 times % ± 95% C.I.	1 time % ± 95% C.I.	2 times % ± 95% C.I.	3 to 5 times % ± 95% C.I.	6 or more times % ± 95% C.I.	
Ramsey County Total	281	66.5% ± 7.4	*8.0% ± 5.3	*8.1% ± 5.5	10.9% ± 5.8	*6.5% ± 4.6	
Gender							
Male	281	66.5% ± 7.4	*8.0% ± 5.3	*8.1% ± 5.5	10.9% ± 5.8	*6.5% ± 4.6	
Female	N/A						
Age							
25-34	35	53.9% ± 17.1	^10.5% ± 17.4	^7.0% ± 17.1	*20.6% ± 17.4	^8.1% ± 16.0	
35-44	40	59.6% ± 16.9	^15.1% ± 16.8	^10.3% ± 14.8	^7.8% ± 14.8	^7.1% ± 14.7	
45-54	< 30						
55-64	68	68.0% ± 13.5	^8.1% ± 10.2	^6.7% ± 14.1	^9.8% ± 11.1	^7.3% ± 9.3	
65-74	78	94.3% ± 7.8	^1.0% ± 5.8	^1.0% ± 5.8	^3.7% ± 7.8	0.0% ± 0.0	
75 and older	31	90.7% ± 13.5	^7.0% ± 13.0	^2.3% ± 12.8	0.0% ± 0.0	0.0% ± 0.0	
Educational Attainment							
HS graduate, GED, or less	< 30						
Some college	77	54.8% ± 13.9	^7.8% ± 12.3	^8.0% ± 14.8	*18.0% ± 14.1	^11.5% ± 12.8	
Bachelor's degree or higher	181	72.4% ± 9.0	*8.4% ± 7.1	*7.8% ± 6.7	*8.9% ± 7.2	^2.5% ± 3.7	
Household income							
< 200% of FPL	39	52.7% ± 18.7	^10.5% ± 22.9	^18.2% ± 21.5	^4.7% ± 12.8	^13.9% ± 20.6	
≥ 200% of FPL	233	68.5% ± 8.1	*7.7% ± 5.7	*6.5% ± 5.7	12.4% ± 6.9	*4.9% ± 4.5	
Geographic Area							
Six County Total	3,278	62.2% ± 2.5	12.9% ± 1.9	8.2% ± 1.5	10.3% ± 1.7	6.5% ± 1.3	
Carver County	174	60.6% ± 9.8	16.7% ± 9.5	*7.0% ± 5.8	*9.5% ± 6.7	^6.3% ± 6.5	
Dakota County	149	65.9% ± 9.6	15.2% ± 8.7	^4.7% ± 5.9	*9.5% ± 7.6	^4.7% ± 6.3	
Hennepin County	2,342	59.2% ± 2.9	12.5% ± 2.2	9.3% ± 1.9	11.2% ± 2.1	7.8% ± 1.7	
Bloomington	166	68.4% ± 13.2	^7.9% ± 10.0	^8.2% ± 13.3	*14.7% ± 12.2	^0.8% ± 1.8	
Minneapolis	920	52.2% ± 4.4	15.6% ± 3.8	9.2% ± 2.8	13.5% ± 3.5	9.6% ± 2.8	
Ramsey County	281	66.5% ± 7.4	*8.0% ± 5.3	*8.1% ± 5.5	10.9% ± 5.7	*6.5% ± 4.6	
Saint Paul	130	66.4% ± 10.7	^6.6% ± 7.4	^8.6% ± 8.6	*11.1% ± 9.0	^7.3% ± 7.9	
Suburban Ramsey County	151	66.6% ± 10.4	*9.5% ± 9.1	^7.7% ± 8.4	*10.6% ± 8.5	^5.6% ± 5.9	
Scott County	153	61.0% ± 10.1	16.8% ± 9.1	^6.6% ± 6.8	*11.6% ± 8.7	^4.0% ± 5.2	
Washington County	179	67.1% ± 9.7	16.7% ± 9.2	*8.1% ± 7.3	^5.2% ± 6.5	^2.8% ± 3.1	

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Healthy Lifestyle and Behaviors



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

TABLE 71	Sample Size	Among females				
		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.
Ramsey County Total	745	78.5% ± 4.1	8.8% ± 3.2	5.0% ± 2.6	5.0% ± 2.5	*2.6% ± 1.8
Gender						
Male	N/A					
Female	745	78.5% ± 4.1	8.8% ± 3.2	5.0% ± 2.6	5.0% ± 2.5	*2.6% ± 1.8
Age						
25-34	91	75.2% ± 11.0	*14.9% ± 9.9	^4.6% ± 6.8	^4.8% ± 9.5	^0.5% ± 3.1
35-44	100	74.6% ± 11.1	*12.8% ± 9.8	^6.6% ± 10.6	^5.9% ± 6.5	0.0% ± 0.0
45-54	115	73.9% ± 10.6	^7.0% ± 8.1	^6.1% ± 8.6	^6.5% ± 7.3	^6.5% ± 8.3
55-64	178	74.6% ± 8.8	^6.5% ± 8.0	*7.0% ± 5.5	*7.0% ± 6.8	^4.9% ± 4.9
65-74	141	92.2% ± 6.6	^2.9% ± 5.3	^1.5% ± 3.2	^1.5% ± 5.7	^1.9% ± 5.7
75 and older	117	94.8% ± 6.1	^2.7% ± 5.5	^0.8% ± 4.9	^1.1% ± 6.2	^0.5% ± 3.2
Educational Attainment						
HS graduate, GED, or less	114	84.7% ± 11.5	^3.3% ± 5.5	^8.3% ± 10.9	^2.7% ± 14.0	^1.0% ± 5.9
Some college	228	76.3% ± 8.6	*8.3% ± 7.0	^5.7% ± 6.9	*7.5% ± 6.5	^2.2% ± 4.6
Bachelor's degree or higher	402	78.3% ± 5.4	10.3% ± 4.6	*3.9% ± 2.9	*4.3% ± 3.0	*3.2% ± 2.7
Household income						
< 200% of FPL	157	80.7% ± 10.5	*10.7% ± 9.6	^6.7% ± 9.2	^1.1% ± 6.2	^0.8% ± 2.7
≥ 200% of FPL	562	77.6% ± 4.7	8.4% ± 3.6	*4.4% ± 2.7	6.3% ± 3.2	*3.3% ± 2.4
Geographic Area						
Six County Total	7,511	79.2% ± 1.4	8.9% ± 1.1	4.7% ± 0.8	4.9% ± 0.8	2.3% ± 0.6
Carver County	371	76.3% ± 5.4	9.6% ± 4.0	6.4% ± 3.3	*5.6% ± 4.1	^2.1% ± 2.7
Dakota County	317	82.8% ± 5.5	8.2% ± 4.3	^3.3% ± 3.4	^2.9% ± 3.5	^2.7% ± 3.1
Hennepin County	5,361	78.7% ± 1.5	9.1% ± 1.2	4.9% ± 0.8	5.2% ± 0.9	2.2% ± 0.5
Bloomington	398	88.2% ± 4.5	*5.0% ± 3.6	^2.2% ± 2.5	*4.3% ± 3.0	^0.2% ± 1.3
Minneapolis	2,071	74.2% ± 2.5	9.8% ± 1.8	7.3% ± 1.7	5.8% ± 1.3	2.9% ± 1.0
Ramsey County	745	78.5% ± 4.1	8.8% ± 3.2	5.0% ± 2.6	5.0% ± 2.5	*2.6% ± 1.8
Saint Paul	372	72.4% ± 6.4	10.9% ± 5.3	*6.1% ± 4.4	7.5% ± 4.3	*3.1% ± 2.7
Suburban Ramsey County	373	85.1% ± 5.1	*6.6% ± 4.0	*3.8% ± 3.1	^2.3% ± 2.9	^2.2% ± 3.2
Scott County	339	73.2% ± 6.3	13.7% ± 6.1	*4.0% ± 3.0	5.8% ± 3.3	*3.3% ± 3.0
Washington County	378	81.5% ± 5.4	6.6% ± 3.7	*4.9% ± 3.7	*5.4% ± 4.1	^1.6% ± 2.2

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Healthy Lifestyle and Behaviors



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

TABLE 72	Sample Size	Among females who are current drinkers				
		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.
Ramsey County Total	503	70.1% ± 5.2	12.3% ± 4.3	7.0% ± 3.5	7.0% ± 3.4	*3.7% ± 2.5
Gender						
Male	N/A					
Female	503	70.1% ± 5.2	12.3% ± 4.3	7.0% ± 3.5	7.0% ± 3.4	*3.7% ± 2.5
Age						
25-34	73	68.3% ± 12.8	*19.1% ± 12.0	^5.8% ± 8.5	^6.1% ± 11.8	^0.7% ± 4.0
35-44	78	67.8% ± 12.8	*16.3% ± 11.9	^8.4% ± 12.9	^7.5% ± 8.1	0.0% ± 0.0
45-54	74	61.7% ± 13.3	^10.3% ± 11.4	^8.9% ± 11.9	^9.5% ± 10.3	^9.6% ± 11.6
55-64	129	66.9% ± 10.5	^8.4% ± 10.0	*9.1% ± 7.1	*9.2% ± 8.6	^6.5% ± 6.3
65-74	92	88.2% ± 9.4	^4.4% ± 7.7	^2.2% ± 4.8	^2.3% ± 8.3	^2.8% ± 8.3
75 and older	56	89.4% ± 11.5	^5.6% ± 10.5	^1.7% ± 9.5	^2.2% ± 11.9	^1.1% ± 6.4
Educational Attainment						
HS graduate, GED, or less	45	57.6% ± 19.4	^9.2% ± 13.9	*22.9% ± 22.3	^7.5% ± 30.0	^2.8% ± 14.9
Some college	147	66.7% ± 10.5	*11.7% ± 9.3	^8.0% ± 9.3	*10.5% ± 8.7	^3.1% ± 6.3
Bachelor's degree or higher	311	72.8% ± 6.4	12.8% ± 5.7	*4.9% ± 3.6	*5.4% ± 3.7	*4.0% ± 3.4
Household income						
< 200% of FPL	64	59.3% ± 16.1	*22.5% ± 16.8	^14.2% ± 16.8	^2.3% ± 12.2	^1.7% ± 5.5
≥ 200% of FPL	428	72.0% ± 5.6	10.5% ± 4.4	*5.5% ± 3.3	7.9% ± 3.9	*4.1% ± 3.0
Geographic Area						
Six County Total	5,403	72.0% ± 1.8	12.0% ± 1.4	6.3% ± 1.0	6.6% ± 1.0	3.1% ± 0.7
Carver County	282	69.5% ± 6.5	12.3% ± 5.1	8.2% ± 4.2	*7.2% ± 5.2	^2.8% ± 3.4
Dakota County	222	77.4% ± 6.9	10.8% ± 5.6	^4.4% ± 4.4	^3.8% ± 4.6	^3.6% ± 4.0
Hennepin County	3,854	71.0% ± 2.0	12.3% ± 1.5	6.7% ± 1.1	7.1% ± 1.1	2.9% ± 0.7
Bloomington	273	82.8% ± 6.1	*7.3% ± 5.2	^3.2% ± 3.7	*6.3% ± 4.3	^0.3% ± 1.9
Minneapolis	1,499	64.7% ± 3.1	13.3% ± 2.4	10.0% ± 2.3	8.0% ± 1.8	4.0% ± 1.4
Ramsey County	503	70.1% ± 5.2	12.3% ± 4.3	7.0% ± 3.5	7.0% ± 3.4	*3.7% ± 2.5
Saint Paul	255	62.3% ± 7.8	14.9% ± 6.9	*8.3% ± 5.9	10.3% ± 5.8	*4.2% ± 3.7
Suburban Ramsey County	248	78.8% ± 6.9	*9.4% ± 5.6	*5.4% ± 4.4	^3.3% ± 4.1	^3.1% ± 4.5
Scott County	251	65.2% ± 7.5	17.7% ± 7.5	*5.2% ± 3.8	7.6% ± 4.3	*4.2% ± 3.8
Washington County	291	76.9% ± 6.5	8.2% ± 4.6	*6.1% ± 4.6	*6.7% ± 5.0	^2.0% ± 2.7

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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.
Ramsey County Total	1,145	27.2% ± 3.2
Gender		
Male	393	19.8% ± 5.3
Female	752	33.2% ± 4.2
Age		
25-34	134	30.4% ± 8.8
35-44	154	23.3% ± 7.9
45-54	166	33.6% ± 8.5
55-64	278	29.8% ± 6.6
65-74	238	22.6% ± 6.1
75 and older	171	14.4% ± 6.3
Educational Attainment		
HS graduate, GED, or less	159	28.8% ± 10.0
Some college	345	32.5% ± 6.6
Bachelor's degree or higher	639	24.5% ± 4.1
Household income		
< 200% of FPL	235	38.2% ± 8.1
≥ 200% of FPL	869	24.8% ± 3.6
Geographic Area		
Six County Total	11,928	22.5% ± 1.1
Carver County	606	18.3% ± 4.2
Dakota County	521	20.0% ± 4.2
Hennepin County	8,509	22.8% ± 1.2
Bloomington	634	21.2% ± 4.5
Minneapolis	3,291	28.6% ± 2.2
Ramsey County	1,145	27.2% ± 3.2
Saint Paul	554	33.1% ± 5.0
Suburban Ramsey County	591	21.0% ± 4.1
Scott County	541	22.6% ± 4.5
Washington County	606	17.1% ± 3.9

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

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

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

How You Feel



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

TABLE 74	Yes		Among those who ever had depression: Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
Ramsey County Total	1,139	13.2% ± 2.5	336	47.2% ± 6.8
Gender				
Male	393	8.6% ± 4.0	77	40.0% ± 14.0
Female	746	16.9% ± 3.5	259	50.6% ± 7.5
Age				
25-34	134	*10.2% ± 6.7	45	33.4% ± 16.3
40-44	154	12.3% ± 6.6	43	52.7% ± 16.7
45-54	164	18.2% ± 7.6	67	55.0% ± 14.5
55-64	274	14.8% ± 5.3	87	47.9% ± 12.5
65-74	238	12.3% ± 5.3	66	51.5% ± 13.4
75 and older	171	*9.5% ± 7.0	< 30	
Educational Attainment				
HS graduate, GED, or less	158	16.6% ± 8.7	44	48.1% ± 18.5
Some college	341	16.4% ± 5.7	112	50.4% ± 11.9
Bachelor's degree or higher	638	11.2% ± 3.1	180	45.1% ± 9.0
Household income				
< 200% of FPL	234	20.3% ± 7.2	98	50.0% ± 12.7
≥ 200% of FPL	863	11.6% ± 2.7	234	45.9% ± 8.0
Geographic Area				
Six County Total	11,891	10.8% ± 0.8	3,067	46.4% ± 2.7
Carver County	600	8.2% ± 2.9	114	42.6% ± 11.8
Dakota County	522	11.3% ± 3.4	119	56.8% ± 10.8
Hennepin County	8,485	10.6% ± 0.9	2,244	45.0% ± 2.9
Bloomington	631	11.5% ± 3.3	147	51.0% ± 10.6
Minneapolis	3,283	11.8% ± 1.5	1,025	40.2% ± 4.3
Ramsey County	1,139	13.2% ± 2.5	336	47.2% ± 6.8
Saint Paul	552	16.9% ± 4.3	194	49.6% ± 8.9
Suburban Ramsey County	587	9.3% ± 2.8	142	43.1% ± 10.0
Scott County	540	8.4% ± 3.0	130	35.8% ± 10.2
Washington County	605	8.2% ± 2.9	124	46.2% ± 11.4

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

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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.
Ramsey County Total	1,124	22.9% ± 3.1
Gender		
Male	386	15.4% ± 4.8
Female	738	29.0% ± 4.1
Age		
25-34	134	23.4% ± 8.4
35-44	154	22.6% ± 7.9
45-54	164	28.3% ± 8.2
55-64	272	22.0% ± 6.0
65-74	230	17.2% ± 5.8
75 and older	166	18.9% ± 7.0
Educational Attainment		
HS graduate, GED, or less	156	25.8% ± 9.8
Some college	334	23.4% ± 6.2
Bachelor's degree or higher	632	22.2% ± 4.0
Household income		
< 200% of FPL	229	29.4% ± 8.0
≥ 200% of FPL	854	21.6% ± 3.4
Geographic Area		
Six County Total	11,745	21.0% ± 1.1
Carver County	596	17.1% ± 3.9
Dakota County	507	19.3% ± 4.2
Hennepin County	8,389	21.3% ± 1.2
Bloomington	627	20.2% ± 4.4
Minneapolis	3,245	26.8% ± 2.2
Ramsey County	1,124	22.9% ± 3.1
Saint Paul	543	26.2% ± 4.8
Suburban Ramsey County	581	19.5% ± 4.1
Scott County	535	20.5% ± 4.6
Washington County	594	19.4% ± 4.4

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How You Feel



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

TABLE 76	Yes			Among those who ever had anxiety: Yes		
	N	%	± 95% C.I.	N	%	± 95% C.I.
Ramsey County Total	1,131	10.6%	± 2.4	278	44.6%	± 7.4
Gender						
Male	388	7.2%	± 3.7	62	44.7%	± 15.0
Female	743	13.4%	± 3.3	216	44.6%	± 8.3
Age						
25-34	134	*6.8%	± 5.7	34	*29.3%	± 18.0
40-44	154	*10.4%	± 6.6	39	46.0%	± 17.5
45-54	162	16.0%	± 7.4	54	54.6%	± 15.7
55-64	274	9.6%	± 4.3	67	43.7%	± 13.9
65-74	234	8.9%	± 5.1	47	48.4%	± 15.9
75 and older	169	9.6%	± 5.1	37	51.7%	± 17.2
Educational Attainment						
HS graduate, GED, or less	160	*12.4%	± 7.8	41	48.1%	± 19.2
Some college	338	12.8%	± 5.4	83	54.5%	± 14.0
Bachelor's degree or higher	631	9.3%	± 2.9	154	39.3%	± 9.5
Household income						
< 200% of FPL	228	14.5%	± 7.1	72	49.7%	± 15.0
≥ 200% of FPL	861	9.8%	± 2.5	201	43.0%	± 8.4
Geographic Area						
Six County Total	11,765	9.3%	± 0.8	2,699	43.2%	± 2.9
Carver County	597	9.3%	± 3.1	103	52.0%	± 11.3
Dakota County	518	10.1%	± 3.4	107	54.1%	± 11.3
Hennepin County	8,389	9.3%	± 0.9	1,986	41.8%	± 3.1
Bloomington	628	10.7%	± 3.4	133	53.6%	± 10.6
Minneapolis	3,242	10.1%	± 1.6	908	37.3%	± 4.7
Ramsey County	1,131	10.6%	± 2.4	278	44.6%	± 7.4
Saint Paul	547	11.6%	± 3.8	149	42.1%	± 10.1
Suburban Ramsey County	584	9.6%	± 3.0	129	48.2%	± 10.6
Scott County	534	6.8%	± 2.5	112	31.5%	± 10.3
Washington County	596	7.2%	± 2.8	113	36.0%	± 11.4

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How You Feel



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.
Ramsey County Total	1,149	72.5% ± 3.3	16.7% ± 2.8	8.2% ± 2.3	*2.5% ± 1.5
Gender					
Male	396	76.6% ± 5.4	14.8% ± 4.5	*6.2% ± 4.0	^2.3% ± 2.7
Female	753	69.2% ± 4.2	18.3% ± 3.7	9.8% ± 3.0	*2.7% ± 2.1
Age					
25-34	134	67.7% ± 9.1	19.8% ± 8.2	*8.5% ± 6.7	^4.0% ± 6.0
35-44	154	71.7% ± 8.4	16.5% ± 7.1	*10.3% ± 6.6	^1.6% ± 5.2
45-54	166	68.9% ± 8.4	16.3% ± 6.8	12.8% ± 7.2	^2.1% ± 3.6
55-64	279	73.6% ± 6.7	18.8% ± 6.3	*4.6% ± 3.0	^3.0% ± 4.6
65-74	238	78.3% ± 6.3	17.1% ± 5.9	^3.2% ± 3.9	^1.3% ± 2.4
75 and older	174	83.7% ± 7.4	*7.4% ± 6.7	*6.2% ± 5.4	^2.6% ± 3.5
Educational Attainment					
HS graduate, GED, or less	161	61.1% ± 10.3	14.7% ± 7.6	*13.0% ± 10.1	*11.2% ± 8.8
Some college	347	65.8% ± 6.7	21.6% ± 6.1	9.3% ± 4.9	^3.3% ± 4.3
Bachelor's degree or higher	639	77.7% ± 4.1	14.9% ± 3.6	6.8% ± 2.8	^0.5% ± 1.1
Household income					
< 200% of FPL	237	52.7% ± 8.2	22.0% ± 7.4	16.8% ± 7.1	*8.5% ± 6.1
≥ 200% of FPL	870	77.8% ± 3.5	15.5% ± 3.1	5.8% ± 2.3	^1.0% ± 1.1
Geographic Area					
Six County Total	11,955	72.8% ± 1.2	18.8% ± 1.1	6.7% ± 0.7	1.7% ± 0.4
Carver County	604	76.3% ± 4.7	17.5% ± 4.6	5.5% ± 2.3	^0.8% ± 0.9
Dakota County	522	70.9% ± 4.9	21.0% ± 4.6	6.8% ± 2.9	^1.2% ± 1.8
Hennepin County	8,531	72.4% ± 1.4	19.0% ± 1.3	6.7% ± 0.8	1.9% ± 0.6
Bloomington	636	72.0% ± 6.0	20.5% ± 5.9	*5.7% ± 3.5	^1.8% ± 2.3
Minneapolis	3,296	67.3% ± 2.4	20.6% ± 2.1	9.7% ± 1.6	2.5% ± 1.0
Ramsey County	1,149	72.5% ± 3.3	16.7% ± 2.8	8.2% ± 2.3	*2.5% ± 1.5
Saint Paul	556	66.1% ± 5.1	20.2% ± 4.5	10.2% ± 3.8	*3.5% ± 2.8
Suburban Ramsey County	593	79.3% ± 4.1	13.1% ± 3.4	6.1% ± 2.9	^1.5% ± 1.5
Scott County	542	72.1% ± 5.1	22.0% ± 4.9	5.6% ± 2.9	^0.3% ± 0.6
Washington County	607	77.1% ± 4.6	17.5% ± 4.4	4.6% ± 2.5	^0.8% ± 1.0

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How You Feel



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.
Ramsey County Total	1,146	38.1% ± 3.6	41.5% ± 3.6	16.2% ± 2.9	4.2% ± 1.7
Gender					
Male	396	41.2% ± 6.0	42.0% ± 6.1	13.6% ± 4.8	[^] 3.2% ± 3.3
Female	750	35.6% ± 4.3	41.0% ± 4.4	18.4% ± 3.8	5.0% ± 2.2
Age					
25-34	134	21.2% ± 8.7	48.9% ± 9.2	22.4% ± 8.5	[*] 7.5% ± 6.4
35-44	154	31.6% ± 9.1	42.3% ± 9.0	23.3% ± 8.4	[^] 2.9% ± 3.8
45-54	165	39.7% ± 9.0	41.3% ± 8.8	13.6% ± 7.3	[*] 5.5% ± 5.3
55-64	279	41.7% ± 7.0	43.9% ± 7.0	11.2% ± 4.8	[*] 3.3% ± 3.0
65-74	238	57.5% ± 7.2	32.0% ± 7.0	9.2% ± 5.2	[^] 1.4% ± 2.0
75 and older	172	57.8% ± 8.7	28.8% ± 8.5	12.2% ± 6.3	[^] 1.2% ± 2.6
Educational Attainment					
HS graduate, GED, or less	160	41.9% ± 10.0	35.3% ± 10.6	12.8% ± 7.3	[*] 10.1% ± 8.2
Some college	346	44.4% ± 6.7	38.4% ± 6.6	13.5% ± 5.5	[*] 3.7% ± 3.6
Bachelor's degree or higher	638	34.7% ± 4.7	43.9% ± 4.8	18.1% ± 4.1	[*] 3.2% ± 2.2
Household income					
< 200% of FPL	238	31.5% ± 8.0	37.0% ± 8.2	18.5% ± 7.2	13.0% ± 6.6
≥ 200% of FPL	867	40.3% ± 4.1	42.3% ± 4.1	15.6% ± 3.3	[*] 1.8% ± 1.3
Geographic Area					
Six County Total	11,956	41.3% ± 1.4	38.7% ± 1.3	16.6% ± 1.1	3.4% ± 0.5
Carver County	601	37.6% ± 4.8	44.8% ± 5.2	14.8% ± 4.2	[*] 2.7% ± 2.1
Dakota County	523	43.1% ± 5.1	34.8% ± 5.0	18.3% ± 4.4	[*] 3.8% ± 2.6
Hennepin County	8,538	41.3% ± 1.6	38.9% ± 1.5	16.7% ± 1.2	3.1% ± 0.6
Bloomington	637	47.9% ± 5.8	39.2% ± 5.8	10.6% ± 3.6	[^] 2.3% ± 2.3
Minneapolis	3,304	37.1% ± 2.5	38.7% ± 2.4	19.8% ± 2.1	4.4% ± 1.3
Ramsey County	1,146	38.1% ± 3.6	41.5% ± 3.6	16.2% ± 2.9	4.2% ± 1.7
Saint Paul	555	34.9% ± 5.2	40.8% ± 5.2	18.7% ± 4.4	5.7% ± 3.0
Suburban Ramsey County	591	41.6% ± 4.9	42.2% ± 5.0	13.7% ± 4.0	[*] 2.6% ± 1.9
Scott County	541	46.0% ± 5.4	36.3% ± 5.2	13.1% ± 4.0	[*] 4.6% ± 3.1
Washington County	607	44.1% ± 5.1	36.6% ± 5.1	16.9% ± 4.4	[^] 2.3% ± 2.3

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

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

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

How You Feel



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.
Ramsey County Total	1,146	65.9% ± 3.6	22.8% ± 3.3	8.5% ± 2.4	2.7% ± 1.6
Gender					
Male	396	65.7% ± 6.1	24.4% ± 5.7	7.7% ± 4.2	^2.3% ± 3.3
Female	750	66.1% ± 4.4	21.5% ± 3.9	9.3% ± 3.2	*3.1% ± 2.0
Age					
25-34	134	52.0% ± 9.2	33.1% ± 9.3	*11.3% ± 7.7	^3.5% ± 4.9
35-44	154	64.0% ± 8.9	23.7% ± 8.3	*9.2% ± 6.3	^3.1% ± 5.4
45-54	165	59.2% ± 8.9	23.1% ± 8.4	12.6% ± 7.3	^5.1% ± 5.8
55-64	279	71.6% ± 6.7	20.9% ± 6.2	*6.2% ± 4.6	^1.4% ± 2.9
65-74	237	81.2% ± 6.2	15.0% ± 5.9	*3.6% ± 3.3	^0.2% ± 1.1
75 and older	173	86.6% ± 6.3	10.2% ± 5.9	^2.5% ± 3.7	^0.7% ± 2.2
Educational Attainment					
HS graduate, GED, or less	160	61.6% ± 10.3	16.6% ± 8.8	*14.5% ± 9.0	^7.4% ± 8.3
Some college	348	65.2% ± 6.9	21.0% ± 6.1	10.3% ± 5.7	^3.5% ± 4.2
Bachelor's degree or higher	636	67.1% ± 4.8	24.8% ± 4.5	6.6% ± 3.0	^1.5% ± 1.8
Household income					
< 200% of FPL	238	51.7% ± 8.1	24.9% ± 7.5	15.2% ± 7.3	*8.2% ± 6.1
≥ 200% of FPL	866	70.0% ± 4.1	21.9% ± 3.8	6.8% ± 2.6	^1.3% ± 1.4
Geographic Area					
Six County Total	11,962	67.0% ± 1.3	22.2% ± 1.2	8.8% ± 0.9	2.1% ± 0.4
Carver County	604	72.1% ± 4.8	20.1% ± 4.4	6.3% ± 3.0	^1.6% ± 1.6
Dakota County	523	67.6% ± 5.0	20.5% ± 4.4	10.5% ± 3.6	^1.4% ± 1.8
Hennepin County	8,540	66.3% ± 1.5	22.6% ± 1.3	9.2% ± 1.0	1.9% ± 0.5
Bloomington	637	72.0% ± 5.3	21.9% ± 5.0	4.8% ± 2.5	^1.3% ± 2.7
Minneapolis	3,305	62.4% ± 2.5	24.0% ± 2.2	10.9% ± 1.8	2.7% ± 1.0
Ramsey County	1,146	65.9% ± 3.6	22.8% ± 3.3	8.5% ± 2.4	2.7% ± 1.6
Saint Paul	554	63.3% ± 5.3	22.9% ± 4.8	10.2% ± 3.8	*3.6% ± 3.0
Suburban Ramsey County	592	68.7% ± 5.0	22.7% ± 4.7	6.8% ± 3.4	*1.9% ± 1.5
Scott County	541	66.2% ± 5.4	22.8% ± 5.0	8.0% ± 3.6	^3.0% ± 3.1
Washington County	608	70.2% ± 5.0	21.4% ± 4.7	6.2% ± 3.2	^2.3% ± 2.2

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How You Feel



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.
Ramsey County Total	1,147	74.1% ± 3.4	16.3% ± 3.0	6.7% ± 2.2	2.8% ± 1.6
Gender					
Male	394	76.4% ± 5.7	15.0% ± 5.0	*6.8% ± 4.0	^1.8% ± 3.0
Female	753	72.3% ± 4.3	17.4% ± 3.8	6.6% ± 2.6	*3.6% ± 2.3
Age					
25-34	134	67.1% ± 9.1	19.3% ± 8.2	*8.6% ± 6.4	^5.0% ± 6.9
35-44	154	70.9% ± 8.8	17.7% ± 8.0	*8.8% ± 6.7	^2.5% ± 4.9
45-54	166	68.5% ± 8.7	18.5% ± 8.1	*9.5% ± 6.7	^3.5% ± 3.8
55-64	278	77.1% ± 6.6	18.3% ± 6.5	*2.6% ± 2.4	^2.0% ± 2.7
65-74	238	88.8% ± 5.0	8.8% ± 4.7	^2.0% ± 2.9	^0.4% ± 1.1
75 and older	173	86.5% ± 7.1	*6.7% ± 5.3	^5.2% ± 6.8	^1.5% ± 2.6
Educational Attainment					
HS graduate, GED, or less	160	66.9% ± 10.6	*16.9% ± 10.4	*8.0% ± 7.1	*8.2% ± 7.9
Some college	347	74.2% ± 6.6	16.1% ± 5.9	*5.5% ± 4.1	^4.1% ± 4.9
Bachelor's degree or higher	638	75.5% ± 4.4	16.3% ± 3.9	7.0% ± 3.1	^1.2% ± 1.4
Household income					
< 200% of FPL	237	57.7% ± 8.3	22.3% ± 8.1	11.4% ± 5.9	*8.6% ± 6.0
≥ 200% of FPL	868	78.6% ± 3.7	14.6% ± 3.2	5.5% ± 2.5	^1.3% ± 1.4
Geographic Area					
Six County Total	11,966	78.7% ± 1.2	14.2% ± 1.0	5.2% ± 0.7	1.8% ± 0.4
Carver County	602	80.0% ± 4.5	14.9% ± 4.3	4.4% ± 2.3	^0.7% ± 0.9
Dakota County	524	81.9% ± 4.2	13.8% ± 4.0	*3.0% ± 2.1	^1.2% ± 1.5
Hennepin County	8,542	78.5% ± 1.3	14.0% ± 1.1	5.6% ± 0.8	1.9% ± 0.5
Bloomington	635	82.0% ± 4.9	12.5% ± 4.3	*3.8% ± 3.2	^1.7% ± 2.2
Minneapolis	3,307	73.2% ± 2.3	16.2% ± 1.8	7.7% ± 1.5	2.9% ± 1.1
Ramsey County	1,147	74.1% ± 3.4	16.3% ± 3.0	6.7% ± 2.2	2.8% ± 1.6
Saint Paul	555	66.4% ± 5.3	22.0% ± 4.9	8.0% ± 3.4	*3.6% ± 2.9
Suburban Ramsey County	592	82.3% ± 4.2	10.3% ± 3.3	5.4% ± 3.1	*2.0% ± 1.9
Scott County	542	81.6% ± 4.4	11.8% ± 3.7	*5.1% ± 3.1	^1.5% ± 2.0
Washington County	609	82.7% ± 4.4	12.8% ± 4.1	*3.9% ± 2.7	^0.7% ± 1.1

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How You Feel



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.
Ramsey County Total	1,148	53.2% ± 3.6	29.0% ± 3.3	12.2% ± 2.7	5.6% ± 2.2
Gender					
Male	395	56.5% ± 6.0	28.1% ± 5.6	10.0% ± 4.4	*5.5% ± 4.2
Female	753	50.5% ± 4.4	29.8% ± 4.1	14.0% ± 3.5	5.7% ± 2.7
Age					
25-34	134	45.9% ± 9.2	30.9% ± 9.0	*11.3% ± 7.3	*11.9% ± 8.0
35-44	154	50.2% ± 8.9	29.2% ± 8.7	15.3% ± 7.4	^5.3% ± 6.2
45-54	166	53.0% ± 8.7	23.7% ± 7.9	16.9% ± 7.8	*6.4% ± 5.7
55-64	278	56.5% ± 7.0	33.0% ± 6.9	9.0% ± 4.8	^1.5% ± 2.6
65-74	238	66.0% ± 7.1	28.1% ± 7.0	*4.7% ± 4.1	^1.2% ± 2.6
75 and older	174	54.2% ± 8.7	30.1% ± 8.3	*12.1% ± 7.8	*3.6% ± 3.5
Educational Attainment					
HS graduate, GED, or less	161	47.9% ± 10.0	27.0% ± 9.6	17.1% ± 9.2	^8.0% ± 8.0
Some college	348	50.2% ± 6.6	30.5% ± 6.4	12.8% ± 5.4	*6.5% ± 5.6
Bachelor's degree or higher	637	55.6% ± 4.8	28.7% ± 4.4	11.0% ± 3.5	4.7% ± 2.7
Household income					
< 200% of FPL	237	40.7% ± 8.3	22.5% ± 6.8	21.2% ± 7.5	15.6% ± 7.6
≥ 200% of FPL	869	56.9% ± 4.1	30.4% ± 3.9	9.8% ± 2.9	*3.0% ± 2.0
Geographic Area					
Six County Total	11,965	57.0% ± 1.4	27.9% ± 1.2	10.1% ± 0.9	5.0% ± 0.7
Carver County	601	58.1% ± 5.2	30.1% ± 5.0	8.5% ± 3.3	*3.2% ± 3.0
Dakota County	524	58.0% ± 5.1	27.2% ± 4.7	8.5% ± 3.5	6.2% ± 3.0
Hennepin County	8,543	56.2% ± 1.6	28.2% ± 1.4	10.5% ± 1.1	5.1% ± 0.9
Bloomington	637	61.6% ± 5.9	26.1% ± 5.6	9.1% ± 4.4	*3.2% ± 2.9
Minneapolis	3,307	49.0% ± 2.5	31.2% ± 2.3	12.9% ± 1.9	6.8% ± 1.6
Ramsey County	1,148	53.2% ± 3.6	29.0% ± 3.3	12.2% ± 2.7	5.6% ± 2.2
Saint Paul	555	45.9% ± 5.2	32.2% ± 5.0	15.0% ± 4.2	6.9% ± 3.7
Suburban Ramsey County	593	60.9% ± 4.9	25.7% ± 4.4	9.2% ± 3.5	*4.2% ± 2.8
Scott County	541	59.2% ± 5.4	28.8% ± 5.1	8.5% ± 3.3	*3.5% ± 2.5
Washington County	608	66.2% ± 4.9	23.5% ± 4.4	7.5% ± 3.2	*2.8% ± 2.5

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

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

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

How You Feel



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.
Ramsey County Total	1,149	77.2% ± 3.2	13.7% ± 2.8	6.0% ± 2.0	3.1% ± 1.5
Gender					
Male	396	78.1% ± 5.5	14.4% ± 5.1	*4.9% ± 3.2	^2.6% ± 2.8
Female	753	76.4% ± 4.0	13.1% ± 3.1	7.0% ± 2.9	*3.5% ± 2.1
Age					
25-34	134	73.9% ± 8.6	18.8% ± 8.1	^3.9% ± 5.1	^3.4% ± 5.1
35-44	154	72.4% ± 8.9	16.4% ± 8.1	*8.4% ± 6.8	^2.9% ± 4.6
45-54	166	75.8% ± 8.3	*10.5% ± 7.0	*8.8% ± 6.4	^4.9% ± 4.9
55-64	279	79.8% ± 6.0	11.1% ± 4.8	*6.6% ± 4.2	^2.5% ± 4.4
65-74	238	86.0% ± 5.9	10.9% ± 5.6	^2.9% ± 3.5	^0.2% ± 1.1
75 and older	174	81.9% ± 7.9	*12.7% ± 7.9	^2.5% ± 3.0	^3.0% ± 3.5
Educational Attainment					
HS graduate, GED, or less	161	66.5% ± 10.3	*15.2% ± 9.4	*9.1% ± 7.6	*9.2% ± 8.0
Some college	347	77.3% ± 6.3	11.3% ± 4.9	*8.4% ± 5.2	^3.0% ± 3.4
Bachelor's degree or higher	639	79.1% ± 4.2	14.5% ± 3.8	4.4% ± 2.3	*2.0% ± 1.9
Household income					
< 200% of FPL	237	62.6% ± 8.2	16.0% ± 7.0	13.9% ± 6.5	*7.5% ± 5.7
≥ 200% of FPL	870	80.7% ± 3.5	13.5% ± 3.2	3.9% ± 2.0	*1.9% ± 1.4
Geographic Area					
Six County Total	11,963	79.4% ± 1.2	13.8% ± 1.0	4.8% ± 0.6	2.1% ± 0.4
Carver County	602	82.2% ± 4.4	12.6% ± 4.2	4.0% ± 2.2	*1.2% ± 1.1
Dakota County	524	78.1% ± 4.5	17.5% ± 4.4	*2.8% ± 2.0	^1.5% ± 1.8
Hennepin County	8,540	79.9% ± 1.3	12.8% ± 1.1	5.1% ± 0.8	2.2% ± 0.5
Bloomington	637	82.3% ± 5.2	12.0% ± 4.9	*4.1% ± 3.1	^1.5% ± 2.3
Minneapolis	3,304	75.1% ± 2.3	15.0% ± 1.9	6.8% ± 1.5	3.1% ± 0.9
Ramsey County	1,149	77.2% ± 3.2	13.7% ± 2.8	6.0% ± 2.0	3.1% ± 1.5
Saint Paul	555	72.0% ± 5.0	17.3% ± 4.4	6.3% ± 3.1	*4.5% ± 2.8
Suburban Ramsey County	594	82.6% ± 4.1	9.9% ± 3.5	5.8% ± 2.9	*1.6% ± 1.6
Scott County	541	78.9% ± 4.7	15.5% ± 4.5	4.5% ± 2.5	^1.1% ± 1.5
Washington County	607	82.2% ± 4.3	12.7% ± 3.9	*4.2% ± 2.7	^0.9% ± 1.1

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

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

How You Feel



Experienced serious psychological distress during the past 30 days

TABLE 83	Sample Size	Yes
	N	% ± 95% C.I.
Ramsey County Total	1,139	4.2% ± 1.9
Gender		
Male	394	[^] 3.3% ± 3.5
Female	745	4.9% ± 2.5
Age		
25-34	134	[^] 6.2% ± 6.5
35-44	154	[^] 3.7% ± 6.1
45-54	165	*5.8% ± 5.4
55-64	278	[^] 3.9% ± 4.4
65-74	237	[^] 0.4% ± 1.1
75 and older	167	[^] 1.6% ± 2.7
Educational Attainment		
HS graduate, GED, or less	160	*14.8% ± 9.8
Some college	343	*4.9% ± 4.7
Bachelor's degree or higher	634	[^] 1.8% ± 1.9
Household income		
< 200% of FPL	235	15.0% ± 7.3
≥ 200% of FPL	863	[^] 1.3% ± 1.3
Geographic Area		
Six County Total	11,868	2.9% ± 0.5
Carver County	593	*1.7% ± 1.3
Dakota County	520	*2.1% ± 1.9
Hennepin County	8,476	3.0% ± 0.7
Bloomington	634	[^] 1.6% ± 2.3
Minneapolis	3,272	4.5% ± 1.4
Ramsey County	1,139	4.2% ± 1.9
Saint Paul	551	6.3% ± 3.5
Suburban Ramsey County	588	*2.0% ± 1.7
Scott County	539	[^] 1.6% ± 1.7
Washington County	601	[^] 2.1% ± 2.5

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

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

Social-Environment 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.
Ramsey County Total	1,143	24.9% ± 3.2	12.9% ± 2.6	20.9% ± 3.1	20.5% ± 3.1	20.9% ± 3.1
Gender						
Male	396	21.7% ± 5.3	10.9% ± 4.5	21.1% ± 5.5	23.7% ± 5.5	22.6% ± 5.3
Female	747	27.6% ± 4.0	14.5% ± 3.3	20.6% ± 3.8	17.8% ± 3.6	19.4% ± 3.9
Age						
25-34	134	17.5% ± 7.8	12.8% ± 7.0	20.3% ± 8.7	24.0% ± 8.8	25.4% ± 9.0
35-44	154	23.3% ± 8.7	12.2% ± 6.5	32.5% ± 8.8	18.4% ± 8.1	13.6% ± 7.4
45-54	166	25.9% ± 8.3	15.6% ± 7.8	14.0% ± 7.4	23.8% ± 8.0	20.7% ± 8.1
55-64	280	22.1% ± 6.1	12.8% ± 5.0	21.6% ± 6.2	19.8% ± 5.8	23.7% ± 6.9
65-74	235	31.4% ± 7.2	13.2% ± 5.8	17.2% ± 5.9	18.6% ± 6.6	19.6% ± 6.3
75 and older	170	40.4% ± 8.8	*8.9% ± 6.7	15.6% ± 8.2	13.5% ± 7.3	21.7% ± 7.4
Educational Attainment						
HS graduate, GED, or less	158	15.3% ± 8.9	^5.1% ± 6.2	12.2% ± 7.0	19.3% ± 9.2	48.1% ± 10.1
Some college	345	20.8% ± 5.8	8.6% ± 4.2	17.0% ± 5.5	22.8% ± 6.1	30.8% ± 6.7
Bachelor's degree or higher	638	28.6% ± 4.4	16.3% ± 3.8	24.3% ± 4.4	19.6% ± 4.1	11.2% ± 3.5
Household income						
< 200% of FPL	237	17.7% ± 6.9	*7.3% ± 6.0	16.6% ± 7.0	18.1% ± 7.3	40.3% ± 8.2
≥ 200% of FPL	867	26.4% ± 3.7	14.4% ± 3.1	22.2% ± 3.7	21.0% ± 3.6	16.0% ± 3.3
Geographic Area						
Six County Total	11,921	26.2% ± 1.2	13.2% ± 0.9	22.3% ± 1.2	20.8% ± 1.1	17.5% ± 1.1
Carver County	605	33.4% ± 5.2	14.2% ± 3.7	20.4% ± 4.4	20.2% ± 4.2	11.8% ± 3.8
Dakota County	523	26.9% ± 4.7	10.1% ± 3.5	22.6% ± 4.6	21.8% ± 4.5	18.7% ± 4.2
Hennepin County	8,505	26.4% ± 1.4	13.3% ± 1.1	22.4% ± 1.4	20.8% ± 1.3	17.0% ± 1.2
Bloomington	629	26.7% ± 4.7	10.8% ± 3.3	19.3% ± 4.5	23.0% ± 6.0	20.1% ± 5.9
Minneapolis	3,298	25.0% ± 2.2	14.1% ± 1.8	22.7% ± 2.2	20.5% ± 2.0	17.7% ± 2.1
Ramsey County	1,143	24.9% ± 3.2	12.9% ± 2.6	20.9% ± 3.1	20.5% ± 3.1	20.9% ± 3.1
Saint Paul	553	23.8% ± 4.6	10.9% ± 3.6	20.7% ± 4.7	20.6% ± 4.5	24.1% ± 4.8
Suburban Ramsey County	590	26.1% ± 4.5	15.0% ± 3.9	21.1% ± 4.4	20.3% ± 4.4	17.5% ± 4.1
Scott County	539	24.8% ± 5.0	15.1% ± 4.1	23.6% ± 4.9	20.4% ± 4.9	16.1% ± 4.0
Washington County	606	24.8% ± 4.6	16.0% ± 4.2	24.7% ± 4.8	20.8% ± 4.6	13.8% ± 3.4

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

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

Social-Environment Factors



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.
Ramsey County Total	1,149	36.9% ± 3.6	40.7% ± 3.6	11.8% ± 2.6	8.3% ± 2.3	*2.4% ± 1.4
Gender						
Male	395	33.1% ± 6.0	45.8% ± 6.0	9.6% ± 4.2	8.3% ± 3.9	*3.2% ± 2.8
Female	754	40.0% ± 4.3	36.6% ± 4.2	13.5% ± 3.4	8.2% ± 3.1	^1.7% ± 1.7
Age						
25-34	134	41.2% ± 9.3	33.0% ± 9.2	16.9% ± 8.1	*8.2% ± 6.2	^0.7% ± 4.0
35-44	154	25.8% ± 8.7	48.6% ± 8.9	*11.2% ± 6.7	*12.8% ± 7.8	^1.6% ± 3.3
45-54	166	37.2% ± 8.7	40.1% ± 8.9	*9.3% ± 6.1	*9.6% ± 5.9	^3.8% ± 6.0
55-64	280	33.3% ± 6.7	42.9% ± 6.9	14.8% ± 5.6	^5.1% ± 5.8	^3.9% ± 4.5
65-74	237	41.8% ± 7.3	44.1% ± 7.3	*6.2% ± 4.7	*6.6% ± 4.8	^1.4% ± 4.8
75 and older	174	49.7% ± 8.6	35.8% ± 8.9	*6.8% ± 6.3	^4.9% ± 5.2	^2.7% ± 4.3
Educational Attainment						
HS graduate, GED, or less	161	29.6% ± 9.5	33.9% ± 9.6	*13.9% ± 9.7	*12.7% ± 9.4	*9.9% ± 9.0
Some college	348	35.7% ± 6.5	39.5% ± 6.6	12.9% ± 5.4	8.5% ± 4.9	^3.4% ± 3.6
Bachelor's degree or higher	638	38.9% ± 4.7	42.5% ± 4.8	10.9% ± 3.2	7.3% ± 3.0	^0.5% ± 1.0
Household income						
< 200% of FPL	238	35.7% ± 8.1	35.5% ± 8.1	13.6% ± 7.0	*9.7% ± 6.3	*5.6% ± 5.2
≥ 200% of FPL	870	37.3% ± 4.1	42.1% ± 4.1	11.3% ± 2.9	7.7% ± 2.7	*1.6% ± 1.4
Geographic Area						
Six County Total	11,962	35.3% ± 1.3	42.4% ± 1.4	12.2% ± 1.0	8.0% ± 0.8	2.1% ± 0.5
Carver County	602	32.0% ± 4.8	44.7% ± 5.2	13.6% ± 3.8	7.5% ± 3.0	^2.3% ± 3.7
Dakota County	526	32.8% ± 4.8	42.3% ± 5.1	12.3% ± 3.9	9.8% ± 3.4	*2.9% ± 2.4
Hennepin County	8,539	36.7% ± 1.5	42.1% ± 1.6	11.4% ± 1.1	7.8% ± 1.0	1.9% ± 0.5
Bloomington	637	36.2% ± 5.5	40.8% ± 5.6	11.8% ± 4.8	*8.4% ± 5.1	^2.7% ± 4.8
Minneapolis	3,308	40.8% ± 2.4	40.1% ± 2.4	9.3% ± 1.5	7.2% ± 1.6	2.6% ± 1.1
Ramsey County	1,149	36.9% ± 3.5	40.7% ± 3.6	11.8% ± 2.6	8.3% ± 2.3	*2.4% ± 1.4
Saint Paul	556	40.0% ± 5.3	37.8% ± 5.1	10.7% ± 3.7	8.5% ± 3.6	*3.1% ± 2.3
Suburban Ramsey County	593	33.7% ± 4.7	43.8% ± 5.0	12.9% ± 3.8	8.0% ± 3.3	^1.7% ± 2.1
Scott County	540	29.5% ± 5.0	48.4% ± 5.4	11.3% ± 4.1	8.9% ± 3.6	*1.9% ± 1.7
Washington County	606	32.6% ± 4.9	42.9% ± 5.1	17.4% ± 4.6	5.9% ± 2.8	^1.1% ± 1.8

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

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Social-Environment Factors



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

TABLE 86	Sample Size	Very pleasant	Somewhat pleasant	Not very pleasant	Not at all pleasant
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Ramsey County Total	1,149	62.2% ± 3.4	31.3% ± 3.3	6.0% ± 2.0	^0.6% ± 0.6
Gender					
Male	395	63.4% ± 5.9	30.7% ± 5.7	*5.3% ± 3.5	^0.6% ± 1.8
Female	754	61.2% ± 4.2	31.8% ± 4.1	6.5% ± 2.7	^0.5% ± 0.6
Age					
25-34	133	56.7% ± 9.2	35.6% ± 9.1	*7.0% ± 5.5	^0.7% ± 4.2
35-44	154	56.4% ± 8.8	33.6% ± 8.7	*10.0% ± 6.9	0.0% ± 0.0
45-54	166	62.9% ± 8.8	29.8% ± 8.5	^6.1% ± 6.4	^1.2% ± 2.5
55-64	280	68.8% ± 6.7	25.6% ± 6.5	*5.1% ± 3.9	^0.5% ± 1.0
65-74	238	71.2% ± 6.7	27.7% ± 6.7	^0.7% ± 1.7	^0.3% ± 2.1
75 and older	174	60.2% ± 8.9	36.9% ± 8.9	^2.6% ± 3.7	^0.3% ± 1.8
Educational Attainment					
HS graduate, GED, or less	160	48.2% ± 9.9	41.8% ± 9.9	^9.6% ± 9.6	^0.4% ± 2.3
Some college	348	54.6% ± 6.6	35.0% ± 6.6	9.5% ± 5.1	^0.8% ± 1.8
Bachelor's degree or higher	639	68.2% ± 4.4	27.7% ± 4.3	3.7% ± 2.2	^0.5% ± 1.0
Household income					
< 200% of FPL	237	41.9% ± 8.2	44.2% ± 8.2	13.5% ± 7.2	^0.4% ± 1.0
≥ 200% of FPL	871	67.9% ± 3.8	27.5% ± 3.7	3.9% ± 1.9	^0.6% ± 0.9
Geographic Area					
Six County Total	11,958	67.3% ± 1.3	28.0% ± 1.2	3.9% ± 0.6	0.9% ± 0.3
Carver County	603	78.6% ± 4.5	18.3% ± 4.3	*1.9% ± 1.9	^1.2% ± 1.7
Dakota County	525	66.0% ± 4.9	30.4% ± 4.9	*2.5% ± 1.9	^1.1% ± 1.8
Hennepin County	8,534	67.0% ± 1.5	28.2% ± 1.4	3.7% ± 0.6	1.1% ± 0.4
Bloomington	637	67.1% ± 6.0	28.9% ± 5.8	^2.4% ± 3.3	^1.6% ± 6.8
Minneapolis	3,303	59.1% ± 2.4	32.3% ± 2.4	6.6% ± 1.5	1.9% ± 0.6
Ramsey County	1,149	62.2% ± 3.4	31.3% ± 3.3	6.0% ± 2.0	^0.6% ± 0.6
Saint Paul	557	53.3% ± 5.0	38.2% ± 5.0	8.1% ± 3.4	^0.3% ± 0.5
Suburban Ramsey County	592	71.6% ± 4.6	24.0% ± 4.4	*3.7% ± 2.6	^0.8% ± 1.4
Scott County	539	70.8% ± 5.2	25.1% ± 5.0	*3.2% ± 3.0	^0.9% ± 1.0
Washington County	608	74.4% ± 4.6	21.9% ± 4.4	*3.6% ± 2.8	^0.1% ± 0.4

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

Social-Environment Factors



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.
Ramsey County Total	1,146	44.3% ± 3.6	38.8% ± 3.5	5.6% ± 2.0	11.3% ± 2.2
Gender					
Male	393	46.4% ± 6.0	36.5% ± 6.0	6.6% ± 3.8	10.5% ± 3.9
Female	753	42.6% ± 4.3	40.7% ± 4.3	4.7% ± 2.3	11.9% ± 2.9
Age					
25-34	134	33.4% ± 9.2	49.3% ± 9.1	*8.3% ± 6.7	*8.9% ± 6.8
35-44	154	45.0% ± 9.0	40.7% ± 9.0	*8.6% ± 6.1	*5.7% ± 4.8
45-54	166	49.4% ± 8.7	36.4% ± 8.7	^3.7% ± 4.1	*10.5% ± 7.2
55-64	280	44.4% ± 6.9	36.7% ± 6.9	^5.1% ± 5.4	13.8% ± 5.2
65-74	237	53.6% ± 7.3	28.2% ± 7.0	^2.3% ± 2.6	15.9% ± 5.9
75 and older	171	47.4% ± 8.7	31.0% ± 9.0	^1.7% ± 2.9	19.9% ± 7.3
Educational Attainment					
HS graduate, GED, or less	159	33.6% ± 9.7	43.6% ± 10.2	*11.4% ± 10.4	*11.4% ± 7.2
Some college	348	40.4% ± 6.5	39.0% ± 6.7	*7.5% ± 4.9	13.1% ± 5.1
Bachelor's degree or higher	637	48.1% ± 4.7	37.9% ± 4.7	3.6% ± 1.9	10.4% ± 2.9
Household income					
< 200% of FPL	236	31.1% ± 7.9	49.5% ± 8.1	12.3% ± 7.0	*7.1% ± 4.8
≥ 200% of FPL	870	47.6% ± 4.1	36.0% ± 4.0	3.9% ± 1.9	12.5% ± 2.8
Geographic Area					
Six County Total	11,951	50.0% ± 1.4	29.7% ± 1.3	4.1% ± 0.6	16.2% ± 1.0
Carver County	603	56.0% ± 5.1	23.5% ± 4.6	*4.0% ± 2.7	16.6% ± 3.5
Dakota County	524	45.7% ± 5.1	30.2% ± 4.9	*2.4% ± 2.0	21.7% ± 4.4
Hennepin County	8,531	52.1% ± 1.5	29.5% ± 1.4	4.6% ± 0.8	13.9% ± 1.1
Bloomington	636	44.8% ± 5.7	29.2% ± 5.5	*8.3% ± 5.9	17.7% ± 4.8
Minneapolis	3,303	53.4% ± 2.5	38.5% ± 2.4	7.6% ± 1.6	*0.5% ± 0.4
Ramsey County	1,146	44.3% ± 3.6	38.8% ± 3.5	5.6% ± 2.0	11.3% ± 2.2
Saint Paul	558	39.2% ± 5.1	50.3% ± 5.2	8.3% ± 3.6	*2.1% ± 1.9
Suburban Ramsey County	588	49.7% ± 5.0	26.7% ± 4.7	*2.6% ± 1.8	21.1% ± 4.2
Scott County	540	51.3% ± 5.4	23.0% ± 4.9	^2.8% ± 2.8	22.9% ± 4.7
Washington County	607	54.0% ± 5.1	17.8% ± 4.1	^1.8% ± 2.4	26.3% ± 4.7

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

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

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

Social-Environment Factors



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.
Ramsey County Total	1,148	52.8% ± 3.6	40.3% ± 3.6	5.4% ± 1.7	*1.5% ± 1.3
Gender					
Male	394	54.9% ± 6.0	41.8% ± 6.0	*3.0% ± 2.6	^0.3% ± 1.0
Female	754	51.1% ± 4.4	39.0% ± 4.4	7.4% ± 2.5	*2.5% ± 2.3
Age					
25-34	134	38.8% ± 9.3	54.2% ± 9.2	*5.6% ± 5.4	^1.4% ± 4.2
35-44	154	49.3% ± 8.9	40.3% ± 9.0	*7.7% ± 5.2	^2.7% ± 7.4
45-54	165	59.9% ± 8.8	34.2% ± 8.7	^4.5% ± 5.1	^1.4% ± 2.7
55-64	280	57.0% ± 7.0	37.9% ± 7.1	*4.4% ± 3.0	^0.7% ± 2.3
65-74	237	63.1% ± 7.2	33.2% ± 7.1	^3.7% ± 3.8	0.0% ± 0.0
75 and older	174	57.6% ± 8.9	33.4% ± 9.1	*6.3% ± 4.9	^2.8% ± 3.8
Educational Attainment					
HS graduate, GED, or less	159	46.7% ± 10.0	42.5% ± 10.4	*7.7% ± 7.3	^3.1% ± 3.8
Some college	349	49.3% ± 6.6	42.4% ± 6.7	*6.8% ± 4.1	^1.5% ± 4.2
Bachelor's degree or higher	638	55.6% ± 4.8	38.9% ± 4.7	4.4% ± 2.0	^1.2% ± 1.9
Household income					
< 200% of FPL	236	39.6% ± 8.1	48.1% ± 8.2	9.8% ± 5.5	^2.4% ± 4.5
≥ 200% of FPL	870	55.8% ± 4.1	38.7% ± 4.1	4.2% ± 1.7	^1.3% ± 1.5
Geographic Area					
Six County Total	11,951	59.3% ± 1.4	34.1% ± 1.3	5.1% ± 0.6	1.6% ± 0.4
Carver County	600	65.7% ± 5.1	28.5% ± 4.9	*3.8% ± 2.3	^2.1% ± 3.3
Dakota County	525	56.7% ± 5.1	35.6% ± 5.0	5.0% ± 2.6	*2.7% ± 2.4
Hennepin County	8,530	60.0% ± 1.6	33.1% ± 1.5	5.5% ± 0.8	1.3% ± 0.4
Bloomington	632	59.4% ± 5.9	32.3% ± 5.8	*7.2% ± 4.3	*1.1% ± 1.0
Minneapolis	3,307	55.6% ± 2.5	37.2% ± 2.5	5.8% ± 1.4	*1.4% ± 0.9
Ramsey County	1,148	52.8% ± 3.6	40.3% ± 3.6	5.4% ± 1.7	*1.5% ± 1.3
Saint Paul	557	45.4% ± 5.2	46.6% ± 5.3	6.7% ± 2.7	^1.3% ± 2.0
Suburban Ramsey County	591	60.7% ± 5.0	33.6% ± 4.9	4.1% ± 2.2	^1.7% ± 2.2
Scott County	540	65.8% ± 5.4	30.2% ± 5.4	*2.7% ± 2.0	*1.4% ± 1.2
Washington County	608	66.3% ± 5.0	28.7% ± 4.9	*3.7% ± 2.4	^1.3% ± 1.8

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

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

Social-Environment Factors



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.
Ramsey County Total	1,137	54.0% ± 3.5	35.5% ± 3.5	7.9% ± 2.2	*2.6% ± 1.6
Gender					
Male	392	52.8% ± 5.9	34.7% ± 5.9	9.2% ± 4.3	^3.2% ± 3.3
Female	745	55.0% ± 4.3	36.1% ± 4.3	6.8% ± 2.4	*2.2% ± 1.7
Age					
25-34	133	38.7% ± 9.3	45.6% ± 9.3	13.1% ± 7.3	^2.5% ± 5.5
35-44	152	50.7% ± 8.8	37.1% ± 8.8	*8.3% ± 6.3	^3.9% ± 5.7
45-54	164	57.9% ± 8.9	32.2% ± 8.9	*5.7% ± 5.4	^4.2% ± 5.6
55-64	278	58.8% ± 6.9	31.9% ± 6.8	*7.9% ± 5.2	^1.4% ± 2.1
65-74	236	69.6% ± 6.7	26.8% ± 6.5	^3.0% ± 4.1	^0.6% ± 2.2
75 and older	170	59.4% ± 8.9	33.8% ± 9.0	^5.4% ± 5.5	^1.4% ± 3.1
Educational Attainment					
HS graduate, GED, or less	157	43.3% ± 10.0	42.8% ± 10.4	*9.9% ± 8.7	^4.0% ± 6.4
Some college	348	49.3% ± 6.5	37.5% ± 6.6	8.5% ± 4.9	^4.7% ± 4.9
Bachelor's degree or higher	631	58.2% ± 4.7	33.2% ± 4.7	7.2% ± 2.8	^1.4% ± 1.6
Household income					
< 200% of FPL	230	31.1% ± 7.7	50.0% ± 8.3	*11.0% ± 6.6	*7.9% ± 6.3
≥ 200% of FPL	867	60.6% ± 4.0	30.9% ± 3.9	7.2% ± 2.4	^1.2% ± 1.3
Geographic Area					
Six County Total	11,874	64.9% ± 1.3	28.1% ± 1.2	5.4% ± 0.6	1.6% ± 0.4
Carver County	599	83.5% ± 4.3	14.6% ± 4.1	^1.3% ± 1.7	^0.6% ± 2.1
Dakota County	521	71.5% ± 4.7	25.0% ± 4.5	*3.3% ± 2.4	^0.2% ± 0.7
Hennepin County	8,477	62.3% ± 1.5	29.1% ± 1.4	6.4% ± 0.9	2.1% ± 0.5
Bloomington	630	69.5% ± 5.9	24.3% ± 5.3	*6.0% ± 5.6	^0.2% ± 0.4
Minneapolis	3,289	45.0% ± 2.4	38.4% ± 2.5	11.9% ± 1.8	4.7% ± 1.3
Ramsey County	1,137	54.0% ± 3.5	35.5% ± 3.5	7.9% ± 2.2	*2.6% ± 1.6
Saint Paul	555	40.5% ± 5.0	42.0% ± 5.2	13.1% ± 4.0	*4.4% ± 3.0
Suburban Ramsey County	582	68.4% ± 4.8	28.5% ± 4.8	*2.3% ± 1.6	^0.8% ± 1.0
Scott County	536	72.9% ± 5.0	24.5% ± 4.9	^2.3% ± 2.6	^0.3% ± 0.6
Washington County	604	79.1% ± 4.2	19.3% ± 4.1	^1.2% ± 1.5	^0.3% ± 0.5

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

Social-Environment Factors



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.
Ramsey County Total	1,138	37.4% ± 3.4	51.6% ± 3.6	8.7% ± 2.3	*2.2% ± 1.6
Gender					
Male	391	33.0% ± 5.8	55.7% ± 6.0	9.2% ± 4.2	^2.1% ± 2.9
Female	747	40.9% ± 4.3	48.4% ± 4.4	8.4% ± 2.7	*2.3% ± 2.2
Age					
25-34	132	22.9% ± 8.9	61.0% ± 9.4	*11.5% ± 7.3	^4.5% ± 6.0
35-44	154	33.9% ± 8.9	55.1% ± 9.0	*10.8% ± 6.7	^0.2% ± 1.4
45-54	163	37.2% ± 8.8	51.1% ± 8.8	*8.9% ± 6.2	^2.7% ± 4.9
55-64	279	44.0% ± 6.9	44.9% ± 7.0	8.2% ± 4.4	^2.9% ± 5.1
65-74	237	52.0% ± 7.2	43.8% ± 7.3	*4.2% ± 4.0	0.0% ± 0.0
75 and older	169	49.3% ± 8.7	45.6% ± 8.9	*4.2% ± 3.7	^0.9% ± 1.9
Educational Attainment					
HS graduate, GED, or less	157	29.4% ± 9.1	51.7% ± 10.1	*16.5% ± 10.1	^2.4% ± 4.5
Some college	347	31.2% ± 6.0	52.9% ± 6.6	10.9% ± 5.4	*5.0% ± 4.8
Bachelor's degree or higher	632	41.7% ± 4.7	51.1% ± 4.8	6.3% ± 2.5	^0.9% ± 1.8
Household income					
< 200% of FPL	233	21.7% ± 6.7	51.9% ± 8.2	18.6% ± 7.5	*7.8% ± 6.8
≥ 200% of FPL	864	41.6% ± 4.1	51.4% ± 4.1	6.2% ± 2.2	^0.7% ± 0.8
Geographic Area					
Six County Total	11,906	44.9% ± 1.4	45.6% ± 1.4	7.8% ± 0.8	1.6% ± 0.4
Carver County	601	58.7% ± 5.1	35.4% ± 5.0	*3.3% ± 2.6	^2.6% ± 3.4
Dakota County	524	46.6% ± 5.1	44.3% ± 5.1	7.6% ± 3.3	^1.6% ± 2.0
Hennepin County	8,501	44.6% ± 1.5	45.3% ± 1.6	8.4% ± 1.0	1.7% ± 0.4
Bloomington	633	46.5% ± 5.7	45.6% ± 5.8	*7.3% ± 4.6	^0.6% ± 1.4
Minneapolis	3,295	37.3% ± 2.3	48.0% ± 2.5	11.8% ± 1.9	2.9% ± 1.0
Ramsey County	1,138	37.4% ± 3.4	51.6% ± 3.6	8.7% ± 2.3	*2.2% ± 1.6
Saint Paul	550	30.9% ± 4.8	53.3% ± 5.3	12.8% ± 4.1	*3.1% ± 2.7
Suburban Ramsey County	588	44.2% ± 4.9	50.0% ± 5.0	4.5% ± 2.0	^1.3% ± 2.1
Scott County	537	51.9% ± 5.4	38.5% ± 5.4	8.9% ± 4.1	^0.7% ± 1.8
Washington County	605	50.1% ± 5.1	44.5% ± 5.1	4.7% ± 2.6	^0.7% ± 1.5

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

Social-Environment Factors



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.
Ramsey County Total	1,151	36.1% ± 3.3	49.2% ± 3.6	12.0% ± 2.5	*2.7% ± 1.6
Gender					
Male	394	36.4% ± 5.8	49.9% ± 6.0	10.9% ± 4.3	*2.8% ± 2.8
Female	757	35.8% ± 4.1	48.7% ± 4.4	13.0% ± 3.2	*2.6% ± 2.4
Age					
25-34	134	25.6% ± 8.7	52.9% ± 9.2	20.7% ± 8.2	^0.8% ± 4.4
35-44	154	30.1% ± 9.1	52.0% ± 9.0	12.7% ± 6.3	^5.1% ± 6.8
45-54	167	41.0% ± 8.8	46.7% ± 8.7	*8.5% ± 5.4	^3.8% ± 5.0
55-64	279	39.0% ± 6.7	47.3% ± 6.9	10.6% ± 4.9	^3.1% ± 4.9
65-74	238	50.4% ± 7.1	43.7% ± 7.2	*4.6% ± 3.1	^1.3% ± 5.5
75 and older	175	40.7% ± 8.4	49.4% ± 8.6	*9.6% ± 9.1	^0.3% ± 1.7
Educational Attainment					
HS graduate, GED, or less	160	22.4% ± 8.2	60.8% ± 9.9	*9.6% ± 7.8	^7.2% ± 8.5
Some college	349	27.9% ± 5.9	52.6% ± 6.6	14.8% ± 5.7	^4.7% ± 4.9
Bachelor's degree or higher	640	42.3% ± 4.6	45.6% ± 4.8	11.2% ± 3.2	^0.9% ± 1.5
Household income					
< 200% of FPL	237	17.9% ± 6.6	56.8% ± 8.2	17.7% ± 7.1	*7.6% ± 6.7
≥ 200% of FPL	871	41.4% ± 4.0	47.1% ± 4.1	10.4% ± 2.7	^1.2% ± 1.2
Geographic Area					
Six County Total	11,973	50.5% ± 1.3	40.6% ± 1.3	7.4% ± 0.7	1.5% ± 0.4
Carver County	606	73.6% ± 4.8	24.0% ± 4.6	^2.2% ± 2.3	^0.2% ± 0.5
Dakota County	527	56.6% ± 5.0	39.5% ± 5.0	*3.6% ± 2.6	^0.3% ± 1.6
Hennepin County	8,534	48.4% ± 1.5	41.2% ± 1.5	8.4% ± 0.9	2.0% ± 0.5
Bloomington	634	55.6% ± 5.7	39.1% ± 5.7	^4.2% ± 4.4	^1.0% ± 5.1
Minneapolis	3,307	23.1% ± 2.0	54.3% ± 2.5	17.4% ± 2.0	5.3% ± 1.4
Ramsey County	1,151	36.1% ± 3.3	49.2% ± 3.6	12.0% ± 2.5	*2.7% ± 1.6
Saint Paul	558	20.9% ± 4.3	55.4% ± 5.2	19.1% ± 4.3	*4.6% ± 3.1
Suburban Ramsey County	593	52.1% ± 4.9	42.7% ± 5.0	4.6% ± 2.2	^0.6% ± 1.6
Scott County	546	59.1% ± 5.3	37.5% ± 5.3	*3.4% ± 2.9	0.0% ± 0.0
Washington County	609	67.8% ± 4.8	29.5% ± 4.7	*2.6% ± 2.0	^0.1% ± 0.4

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Social-Environment 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.
Ramsey County Total	1,149	*2.6% ± 1.6	4.2% ± 2.0	11.1% ± 2.8	12.5% ± 2.6	69.6% ± 3.6
Gender						
Male	394	^2.3% ± 3.0	*4.9% ± 3.8	11.6% ± 4.8	12.0% ± 4.4	69.2% ± 6.0
Female	755	*2.9% ± 2.3	*3.7% ± 2.4	10.7% ± 3.5	12.8% ± 3.4	69.9% ± 4.4
Age						
25-34	134	^2.5% ± 5.5	*8.4% ± 7.2	14.0% ± 7.9	16.3% ± 7.6	58.9% ± 9.3
35-44	154	^4.6% ± 6.2	^3.8% ± 5.6	14.3% ± 8.0	13.2% ± 6.6	64.1% ± 9.0
45-54	167	^3.1% ± 5.6	^1.3% ± 2.3	12.9% ± 7.5	14.6% ± 7.5	68.1% ± 8.8
55-64	280	^2.3% ± 3.1	^4.6% ± 5.1	*8.6% ± 5.4	11.8% ± 5.3	72.8% ± 6.9
65-74	236	^0.9% ± 1.5	0.0% ± 0.0	*6.9% ± 5.2	*7.8% ± 4.9	84.4% ± 6.2
75 and older	174	^0.5% ± 3.0	^5.7% ± 11.1	^1.2% ± 3.5	^4.8% ± 5.5	87.8% ± 9.4
Educational Attainment						
HS graduate, GED, or less	161	^2.5% ± 4.4	^8.0% ± 10.4	*13.2% ± 11.2	^5.2% ± 5.5	71.1% ± 11.1
Some college	349	^3.7% ± 5.0	*5.1% ± 5.0	9.8% ± 5.2	13.0% ± 5.7	68.4% ± 7.0
Bachelor's degree or higher	637	*2.2% ± 2.0	*3.1% ± 2.3	11.3% ± 3.7	13.7% ± 3.5	69.8% ± 4.6
Household income						
< 200% of FPL	235	*6.6% ± 6.0	13.3% ± 7.6	16.8% ± 7.7	14.2% ± 6.7	49.0% ± 8.1
≥ 200% of FPL	871	^1.6% ± 1.6	*1.6% ± 1.5	9.5% ± 3.0	12.3% ± 3.0	75.0% ± 3.9
Geographic Area						
Six County Total	11,950	2.2% ± 0.5	3.2% ± 0.6	8.3% ± 0.9	12.7% ± 1.0	73.6% ± 1.3
Carver County	606	^1.8% ± 3.9	^0.7% ± 1.1	*4.8% ± 3.9	7.8% ± 3.6	84.9% ± 5.0
Dakota County	528	^1.3% ± 2.0	*3.8% ± 2.9	6.5% ± 3.3	11.2% ± 3.8	77.1% ± 4.8
Hennepin County	8,519	2.7% ± 0.6	3.2% ± 0.7	9.5% ± 1.1	14.4% ± 1.2	70.2% ± 1.5
Bloomington	633	^1.4% ± 2.1	*3.4% ± 3.1	*4.5% ± 4.2	12.9% ± 5.4	77.8% ± 6.0
Minneapolis	3,303	5.0% ± 1.4	4.6% ± 1.2	13.5% ± 2.0	18.7% ± 2.1	58.2% ± 2.5
Ramsey County	1,149	*2.6% ± 1.6	4.2% ± 2.0	11.1% ± 2.8	12.5% ± 2.6	69.6% ± 3.6
Saint Paul	555	*3.4% ± 2.7	*6.1% ± 3.6	12.7% ± 4.2	15.2% ± 4.1	62.6% ± 5.3
Suburban Ramsey County	594	^1.8% ± 2.3	*2.3% ± 2.2	9.4% ± 4.0	9.6% ± 3.5	77.0% ± 4.8
Scott County	540	^0.8% ± 2.5	^1.1% ± 2.2	*2.9% ± 2.3	11.6% ± 4.9	83.7% ± 5.1
Washington County	608	^1.0% ± 2.3	^2.4% ± 2.7	*3.1% ± 2.3	8.9% ± 3.6	84.5% ± 4.3

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

Social-Environment Factors



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.
Ramsey County Total	1,153	4.9% ± 2.0	9.5% ± 2.6	8.3% ± 2.2	77.4% ± 3.3
Gender					
Male	395	*4.9% ± 3.8	8.8% ± 4.4	8.1% ± 3.9	78.3% ± 5.6
Female	758	4.8% ± 2.4	10.0% ± 3.4	8.5% ± 2.8	76.6% ± 4.1
Age					
25-34	134	^6.1% ± 6.5	*9.3% ± 7.4	*10.4% ± 6.5	74.2% ± 8.8
35-44	154	*8.0% ± 6.4	*12.0% ± 7.1	*8.4% ± 6.6	71.5% ± 8.7
45-54	167	^5.0% ± 5.4	*10.6% ± 6.8	*5.5% ± 5.2	78.9% ± 7.9
55-64	280	^4.4% ± 4.9	*9.0% ± 6.5	10.3% ± 5.5	76.3% ± 7.3
65-74	239	^0.7% ± 1.5	*6.9% ± 5.1	*5.8% ± 4.7	86.6% ± 6.0
75 and older	175	^0.8% ± 2.5	^6.3% ± 7.4	^8.5% ± 8.8	84.3% ± 9.2
Educational Attainment					
HS graduate, GED, or less	161	*9.3% ± 8.0	27.2% ± 10.9	*12.6% ± 8.0	50.9% ± 10.0
Some college	350	*8.0% ± 5.5	13.1% ± 5.8	10.4% ± 4.8	68.5% ± 6.9
Bachelor's degree or higher	640	*2.6% ± 2.1	*4.5% ± 2.7	6.6% ± 2.9	86.3% ± 3.7
Household income					
< 200% of FPL	238	17.5% ± 7.4	29.6% ± 8.4	18.2% ± 6.8	34.8% ± 7.8
≥ 200% of FPL	872	^1.5% ± 1.6	3.9% ± 2.0	5.5% ± 2.3	89.2% ± 2.9
Geographic Area					
Six County Total	11,998	3.0% ± 0.5	6.7% ± 0.8	7.8% ± 0.8	82.5% ± 1.1
Carver County	607	^1.6% ± 1.7	5.2% ± 2.7	5.4% ± 3.0	87.8% ± 3.7
Dakota County	527	*1.3% ± 1.2	5.2% ± 2.8	11.6% ± 3.9	81.8% ± 4.3
Hennepin County	8,557	3.2% ± 0.7	7.0% ± 1.0	7.5% ± 0.9	82.3% ± 1.3
Bloomington	637	^2.0% ± 2.5	*4.7% ± 4.4	*6.9% ± 4.1	86.3% ± 5.2
Minneapolis	3,311	5.0% ± 1.4	10.5% ± 2.0	9.4% ± 1.7	75.0% ± 2.4
Ramsey County	1,153	4.9% ± 2.0	9.5% ± 2.5	8.3% ± 2.2	77.4% ± 3.3
Saint Paul	558	6.8% ± 3.5	11.7% ± 4.0	9.3% ± 3.5	72.2% ± 5.0
Suburban Ramsey County	595	*2.8% ± 2.3	7.0% ± 3.5	7.3% ± 3.1	82.8% ± 4.3
Scott County	546	*2.3% ± 2.1	*3.0% ± 2.0	6.9% ± 3.2	87.8% ± 3.7
Washington County	608	^1.9% ± 2.1	*3.9% ± 2.5	4.6% ± 2.7	89.6% ± 3.5

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

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

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

Social-Environment Factors



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.
Ramsey County Total	1,148	6.6% ± 2.3
Gender		
Male	394	*5.9% ± 4.0
Female	754	7.1% ± 3.1
Age		
25-34	133	*7.2% ± 6.7
35-44	153	*9.4% ± 7.4
45-54	167	*8.3% ± 6.0
55-64	280	*6.9% ± 6.2
65-74	238	^2.3% ± 4.4
75 and older	173	0.0% ± 0.0
Educational Attainment		
HS graduate, GED, or less	161	*14.4% ± 9.9
Some college	348	*8.6% ± 5.8
Bachelor's degree or higher	637	*4.2% ± 2.5
Household income		
< 200% of FPL	237	20.2% ± 8.0
≥ 200% of FPL	868	*2.9% ± 1.9
Geographic Area		
Six County Total	11,947	5.4% ± 0.7
Carver County	602	*3.3% ± 2.2
Dakota County	526	5.4% ± 2.9
Hennepin County	8,520	5.7% ± 0.9
Bloomington	635	^3.5% ± 3.8
Minneapolis	3,291	9.1% ± 1.9
Ramsey County	1,148	6.6% ± 2.3
Saint Paul	554	9.7% ± 4.0
Suburban Ramsey County	594	*3.3% ± 2.4
Scott County	544	*4.3% ± 2.9
Washington County	607	*3.2% ± 2.6

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

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

Social-Environment Factors



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

TABLE 95	Sample Size N	0 times	1 time	2 or more times
		% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Ramsey County Total	1,152	78.6% ± 3.3	17.2% ± 3.1	4.2% ± 2.0
Gender				
Male	395	79.4% ± 5.7	16.0% ± 5.2	*4.6% ± 4.0
Female	757	78.0% ± 4.1	18.2% ± 3.9	*3.9% ± 2.3
Age				
25-34	134	49.9% ± 9.1	38.3% ± 9.3	*11.8% ± 7.5
35-44	154	75.1% ± 8.4	23.5% ± 8.4	^1.4% ± 2.5
45-54	166	89.8% ± 6.4	*8.2% ± 6.1	^2.0% ± 4.2
55-64	279	89.0% ± 5.9	6.6% ± 3.7	^4.4% ± 6.7
65-74	239	93.5% ± 4.4	*5.5% ± 3.7	^1.0% ± 5.8
75 and older	176	88.5% ± 7.0	*10.9% ± 7.0	^0.6% ± 3.3
Educational Attainment				
HS graduate, GED, or less	160	82.1% ± 11.1	*11.3% ± 10.3	^6.6% ± 9.7
Some college	350	82.6% ± 6.3	14.4% ± 6.1	^3.0% ± 3.7
Bachelor's degree or higher	640	76.1% ± 4.4	19.6% ± 4.2	*4.3% ± 2.8
Household income				
< 200% of FPL	237	69.7% ± 8.4	22.4% ± 8.0	*7.9% ± 6.3
≥ 200% of FPL	873	80.8% ± 3.7	16.1% ± 3.5	*3.0% ± 2.2
Geographic Area				
Six County Total	11,990	79.7% ± 1.2	16.4% ± 1.1	4.0% ± 0.6
Carver County	604	82.5% ± 4.5	16.8% ± 4.5	^0.7% ± 0.8
Dakota County	526	77.3% ± 4.7	19.0% ± 4.5	*3.7% ± 2.5
Hennepin County	8,554	79.7% ± 1.3	15.9% ± 1.2	4.4% ± 0.7
Bloomington	637	83.3% ± 5.0	15.2% ± 5.0	^1.6% ± 1.7
Minneapolis	3,313	72.6% ± 2.4	19.3% ± 2.1	8.2% ± 1.7
Ramsey County	1,152	78.6% ± 3.3	17.2% ± 3.1	4.2% ± 2.0
Saint Paul	557	74.1% ± 5.2	20.5% ± 4.9	*5.4% ± 3.4
Suburban Ramsey County	595	83.4% ± 4.2	13.7% ± 3.9	*2.9% ± 2.7
Scott County	545	79.8% ± 5.0	14.8% ± 4.4	*5.4% ± 3.9
Washington County	609	83.6% ± 4.3	14.1% ± 4.0	^2.3% ± 2.7

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

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

Social-Environment Factors



Do you think of yourself as ...

TABLE 96	Sample Size	Gay, lesbian, or homosexual/ Bisexual/ Transgender
	N	% ± 95% C.I.
Ramsey County Total	1,119	5.9% ± 1.9
Gender		
Male	382	*5.8% ± 3.5
Female	737	6.0% ± 2.5
Age		
25-34	134	*8.5% ± 6.4
35-44	149	*7.7% ± 5.3
45-54	164	*6.3% ± 6.0
55-64	272	*4.9% ± 3.5
65-74	231	*3.1% ± 3.0
75 and older	166	^0.5% ± 3.1
Educational Attainment		
HS graduate, GED, or less	147	^2.9% ± 5.8
Some college	342	*5.3% ± 4.2
Bachelor's degree or higher	629	6.7% ± 2.7
Household income		
< 200% of FPL	221	*7.5% ± 5.6
≥ 200% of FPL	857	5.6% ± 2.2
Geographic Area		
Six County Total	10,060	5.8% ± 0.7
Carver County	591	^0.9% ± 1.2
Dakota County	N/A	
Hennepin County	8,350	6.2% ± 0.8
Bloomington	624	^2.9% ± 3.2
Minneapolis	3,234	12.4% ± 1.7
Ramsey County	1,119	5.9% ± 1.9
Saint Paul	538	8.3% ± 3.4
Suburban Ramsey County	581	*3.5% ± 2.2
Scott County	N/A	
Washington County	N/A	

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

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

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



Metro SHAPE

2014

Appendices

APPENDIX A – How to Read the Table

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

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

In most of the data tables, the title is the actual survey question and is presented as it was asked (e.g., “Do you currently have insurance that pays for all or part of your dental care?”). Some tables report results that are calculated from one or more survey questions. The titles for these tables state the content of the data tables without being in question form (e.g., “Weight status based on Body Mass Index calculation”). The survey questions used for those calculations and the applicable calculation methods are explained in the Appendix D.

All results are reported as percentages (%) with corresponding 95% confidence intervals (\pm 95% C.I.). The one exception is Table 6 “Average number of unhealthy days during the past 30 days”, where the average, or mean, and its corresponding confidence intervals are reported. In all cases, the number N, listed in the column labeled Sample Size, is the actual number of persons whose responses were included to compute the results. The weighted sample size may be different from the observed sample size. The responses of “Don’t know” or “Refused” are not included in the calculated percentages as these responses occur very infrequently for most questions.

Most questions in *Metro SHAPE 2014* were asked of all participants. However, some questions are part of a set (e.g., a series of questions about smoking), and are asked only of pertinent sub-groups among all survey respondents after the lead question. These questions often have a much smaller sample size than other questions. Tables with questions of this type are indicated by the phrase “Among persons . . .”

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

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

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

The percentage of respondents giving a particular response is listed as a pair of numbers, % \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 “Scott County” in the Suburban Areas section, the percentage equals 42.5% and the 95% C.I. equals 4.9%. Therefore, the 95% confidence interval is 37.6% (or 42.5% - 4.9%) to 47.4% (or 42.5% + 4.9%).

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

Calculation of results not presented in the tables

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

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

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

Figure 2: Example data table



TABLE X	Sample Size	Response 1	Response 2	Response 3	Response 4
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Ramsey County Total	1,134	4.6% ± 1.7	35.7% ± 3.6	25.7% ± 3.3	34.0% ± 3.5
Gender					
Male	416	3.6% ± 0.9	31.0% ± 2.1	27.3% ± 2.1	38.1% ± 2.2
Female	718	3.7% ± 0.7	36.0% ± 1.7	26.8% ± 1.5	33.5% ± 1.6
Age					
25-34	150	2.6% ± 1.3	38.0% ± 3.3	26.1% ± 3.1	33.3% ± 3.2
35-44	153	2.6% ± 1.4	37.4% ± 3.3	28.1% ± 3.2	31.9% ± 3.2
45-54	199	2.9% ± 1.2	31.1% ± 2.9	28.0% ± 2.9	38.0% ± 3.1
55-64	271	4.2% ± 1.5	29.1% ± 2.4	28.5% ± 2.6	38.2% ± 2.6
65-74	206	3.9% ± 1.2	30.4% ± 3.0	25.9% ± 2.6	39.8% ± 2.9
75 and older	154	9.9% ± 2.4	34.9% ± 3.6	22.4% ± 2.8	32.8% ± 3.2
Education					
HS graduate, GED, or less	143	9.3% ± 2.5	33.5% ± 3.9	19.4% ± 3.4	37.8% ± 4.0
Some college	313	5.1% ± 1.3	32.1% ± 2.5	25.1% ± 2.4	37.7% ± 2.6
Bachelor's degree or higher	678	2.0% ± 0.5	34.4% ± 1.7	29.1% ± 1.6	34.4% ± 1.7
Household income					
< 200% of FPL	191	9.1% ± 2.3	34.3% ± 3.6	20.0% ± 3.1	36.6% ± 3.5
≥ 200% of FPL	943	2.6% ± 0.5	33.8% ± 1.5	28.3% ± 1.4	35.4% ± 1.5
Geographic Area					
Six County Total	11,825	57.2% ± 1.4	18.6% ± 1.1	14.2% ± 1.0	3.3% ± 0.7
Carver County	593	19.4% ± 10.6	28.5% ± 4.1	31.6% ± 8.6	20.5% ± 19.7
Dakota County	519	^3.9% ± 4.1	35.2% ± 5.0	26.2% ± 4.8	34.7% ± 5.0
Hennepin County	8,378	19.4% ± 5.6	43.3% ± 7.6	26.4% ± 0.9	10.9% ± 1.7
Bloomington	623	*2.0% ± 1.3	29.8% ± 5.5	29.5% ± 5.7	38.7% ± 5.9
Minneapolis	3,249	4.7% ± 1.5	31.9% ± 2.3	25.0% ± 2.2	38.4% ± 2.5
Ramsey County	1,134	4.6% ± 1.7	35.7% ± 3.6	25.7% ± 3.3	34.0% ± 3.5
Saint Paul	545	5.5% ± 3.1	34.7% ± 5.2	23.5% ± 4.8	36.3% ± 5.1
Suburban Ramsey County	589	3.5% ± 1.9	36.8% ± 5.0	28.1% ± 4.7	31.5% ± 4.7
Scott County	537	26.2% ± 0.9	42.5% ± 4.9	23.2% ± 1.2	8.2% ± 1.9
Washington County	602	*1.6% ± 1.1	30.3% ± 4.9	31.3% ± 5.0	36.8% ± 5.1

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

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

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

Symbols used in the data tables:

N: Sample size (unweighted number of survey respondents)

#: Percentage

C.I.: Confidence interval

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 $\% \pm 95\% \text{ C.I.}$ In the example above, this means that 95 times out of 100, the percentage for Response 2 for Scott County in Hennepin County would be $42.5\% \pm 4.9\%$ (between 37.6% to 47.4%).

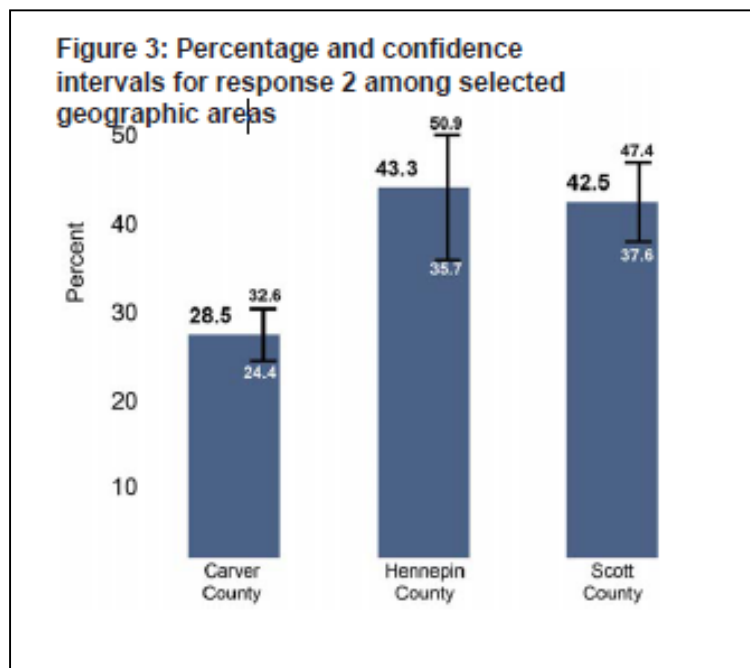
Confidence intervals can be used to determine the reliability of an estimate from *Metro SHAPE 2014*, and can also be used to see if the difference in the estimates between groups is statistically significant or not. However, there are also limitations in the use of these confidence intervals in the *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, 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 Carver County, Hennepin County, and Scott County from Figure 2 are depicted in Figure 3.



Each bar represents the point estimate (the percentage for the respective area) and the upper and lower limits of the corresponding 95% confidence interval are plotted. In Figure 4, the confidence interval for Carver County is narrower than the confidence interval for Hennepin County. This implies that the percentage for Response 2, Carver County (28.5%) is a relatively reliable estimate. The percentage for Response 2 for Hennepin County (43.3%) has a wider confidence interval and is therefore less reliable.

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

Another use of the 95% confidence interval is to compare differences in percentages between geographic areas or demographic subgroups. The general rule is that if there is no overlap between the confidence intervals for the percentages from different geographic areas or populations, then there is a statistically significant difference between the percentages. 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 Carver County and Hennepin County, and for Carver County area and Scott County do not overlap. This means that the percentage for Carver County (28.5%) differs statistically from the percentages for Hennepin (43.3%) and Scott (42.5%) Counties. In contrast, the confidence intervals for Hennepin County and Scott County do overlap, and one cannot state that there is a significant difference.

Limitations of Confidence Intervals

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

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

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

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

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

APPENDIX B – Sample Characteristics

Description of the Metro SHAPE 2014 sample

The responses given by the 12,028 adults aged 25 and older in Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties are the basis for the findings of the Metro SHAPE 2014 Survey. The distribution of the respondents by key demographic categories is shown in Table 3.

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

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

Age						
Reporting Area	25-34	35-44	45-54	55-64	65-74	75 and older
Carver	61	101	122	156	91	77
Dakota	56	51	101	132	111	79
Hennepin						
Bloomington	48	52	101	146	140	150
Minneapolis	652	521	576	772	502	300
Hennepin Total	1201	1120	1483	2000	1550	1244
Ramsey						
Saint Paul	78	88	86	137	110	59
Suburban Ramsey County	56	66	81	143	130	120
Ramsey Total	134	154	167	280	240	179
Scott	53	101	122	120	90	60
Washington	60	69	112	161	128	82
Six County Total	1,565	1,596	2,087	2,849	2,210	1,721

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

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

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



**Metro SHAPE
2014**

**Your health matters
Your answers matter**

Adult Survey

for an adult aged 18 or over

- ▶ Please have the **adult who will have the next birthday** answer the questions in this survey booklet, based on his or her own health.
- ▶ Please answer all of the questions in order, unless you are told to skip ahead.
- ▶ For more instructions, please see the inside cover.

HELP *improve the health
of residents in*
OUR COMMUNITY





How do I fill out the survey?

EXAMPLE 1:

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

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

Read all of the answers before making a choice.

Fill in the whole circle completely with dark ink.

EXAMPLE 2:

Q2. What is your age in years?

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



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
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 300 South 6th Street
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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.



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 Ramsey County total for selected demographic characteristics including age, gender, household income and education. Data are also presented for metro six county total, applicable sub geographies, and other jurisdictions. The number of respondents in the final dataset used for this data book are 12,028, metro six-county adults aged 25 and older. Among them 1,147 are from Ramsey County. The technical notes described below are based on the whole dataset.

Geographic area

Information on residential location of the survey respondents was obtained by extracting address data from the sample frame used for this project. The address data were then geocoded and the geographic area was assigned to each participant. Respondents needed to have geographic data available in their response to be included in the final dataset. However, a few respondents of the mail survey blacked out or removed survey barcodes that contained geographic area information. They are excluded from final survey dataset as they could not be assigned to a geographic reporting area. Details on geographic areas are described in the introductory section of this report.

Gender

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

G1. Are you:

- Male
- Female

Gender is one of the key variables used for calculating statistical weight. A number of steps were taken to reduce the number of missing and potential data processing errors. First, the survey question on gender from the mail mode survey was scanned as a “check all that apply” question, even though “check all that apply” was not in the survey instruction. This decision was based on staff observation that some respondents checked both “male” and “female.” After all mail surveys were scanned, surveys where both male and female were checked were manually reviewed to determine if there were any gender related comments, or potential errors introduced during the scanning, such as issues with stray marks. Changes and corrections were made as needed. For the 12,028 survey respondents in the final survey dataset, there were five respondents with “male” and “female” both checked, and eight respondents with gender missing. For these 13 respondents, survey staff reviewed the following survey questions to further determine gender:

- Hypertension during pregnancy (A5a),
- Borderline or per-hypertension during pregnancy (A5b),
- Diabetes during pregnancy (A5c),

- Borderline or pre-diabetes during pregnancy (A5d),
- Gender specific binge drinking question (C22).

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

Age

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

G2. What is your age?

Years

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

Among the 12,028 survey respondents aged 25 and older presented in this data book, 48 either had age missing or an age value which fell outside of a valid range, that is, age was less than 18 or older than 115. For these respondents, two efforts were made to reduce the number of missing and potential data errors. First, survey staff manually reviewed all paper surveys where age was missing or age was outside the valid age range to check any for age-related comments or notes written on the survey or potential scanning errors, and to make respective corrections and changes. Secondly, staff reviewed the responses from other age-related survey questions, including: years living in the United States if US-born or if the respondent marked they were retired. Based on this manual review, 16 cases were assigned with an actual age value within normal range and 32 were assigned the age group "65 and older" for weighting purposes. For the data book, the 32 cases that are assigned the age group "65 and older" are excluded from reporting by age due to lack of information to place them in either age 65-74 or age 75 and older.

Education

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

G3. What is the highest grade or year of school you have completed?

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

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

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

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

- **Some college**
This category includes “associate degree or vocational/ technical/ business school,” as well as those who attended college but did not complete a degree.
- **Bachelor’s degree or higher.**

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

Household Income

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

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

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

Number of adults age 18 or older (including you):

Number of children under age 18:

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

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

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

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

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

G12. Please tell us your household’s annual household income in 2013 from all earners and all sources, before taxes. Remember, your responses are confidential.

- | | |
|---|--|
| <input type="radio"/> \$23,000 or less | <input type="radio"/> \$55,001 - 63,000 |
| <input type="radio"/> \$23,001 - 31,000 | <input type="radio"/> \$63,001 - 71,000 |
| <input type="radio"/> \$31,001 - 39,000 | <input type="radio"/> \$71,001 - 79,000 |
| <input type="radio"/> \$39,001 - 47,000 | <input type="radio"/> \$79,001 - \$100,000 |
| <input type="radio"/> \$47,001 - 55,000 | <input type="radio"/> \$100,001 or more |

The income level ranges listed in G12 were designed to capture data for 200% FPL classification, and were guided by the 2013 FPL (Table 1) with more detailed income levels at the low income end.

Table 4. 2013 Federal Poverty Guidelines

2013 FPL	
HH size	200% FPL
1	\$22,980
2	\$31,020
3	\$39,060
4	\$47,100
5	\$55,140
6	\$63,180
7	\$71,220
8	\$79,260
9	\$87,300
10	\$95,340

These income categories were then converted to FPL, either under 200 percent FPL (<200% FPL) or at or above 200 percent FPL (≥200%FPL) according to 2013 FPL and household size. The household size was capped at 10 in the poverty level calculation. Details on the classification are illustrated in table 5.

Table 5. Classification of household income measured by 2013 200% Federal Poverty Guidelines (FPL)

HH income (G11) Household size	HH income (G12)	\$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
		(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
1		■									
2		■	■								
3		■	■	■							
4		■	■	■	■						
5		■	■	■	■	■					
6		■	■	■	■	■	■				
7		■	■	■	■	■	■	■			
8		■	■	■	■	■	■	■	■		
9		■	■	■	■	■	■	■	■	■	
10		■	■	■	■	■	■	■	■	■	■

■ <200% FPL □ ≥200% FPL

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

under 200 percent FPL. If a respondent from a two-person household checked \$39,001 to \$47,000 or above, he/she was classified as at 200 percent FPL or above.

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

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

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

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

Table 6. Number of respondents by household income³, Metro SHAPE 2014 Adult Survey (unweighted)

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

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

The household income question (G12) is a "check only one response" question. The web survey mode forced a single response. However, in the mail survey mode, there were a few respondents who checked two or more income levels. In the mail survey pre-scan process, a conservative approach was used to check only lower household income category to be scanned in for data reporting.

Race and ethnicity

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

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

a. Hispanic of Latino/a

- Yes
- No

b. Somali

- Yes
- No

c. Hmong

- Yes
- No

G6. Which of the following do you consider yourself? (MARK ALL THAT APPLY)

- Asian or Asian American
- American Indian or Alaska Native
- Black or African American
- Native Hawaiian or other Pacific Islander
- White or Caucasian
- Other-please specify

G7. If you have selected more than one race in the previous question, which do you identify with most? (CHOOSE ONLY ONE)

- Asian or Asian American
- American Indian or Alaska Native
- Black or African American
- Native Hawaiian or other Pacific Islander
- White or Caucasian
- Other-please specify

Key data cleaning and recode steps include:

- Open-ended answers: text that respondents wrote in “other- please specify” in both G6 and G7 were coded following an established protocol. When text agreed or suggested, it was coded back to the printed response categories.
- While the respondents were instructed to *CHOOSE ONLY ONE* for Question G7, some mail survey respondents checked more than one. To reduce data process error, this question from the mail survey was scanned in such way that allowed for multiple answers. In data coding, a trumping rule was applied to allow only one response category to be used for the final race variable calculation. The trumping rule placed less represented racial and ethnic groups at a higher priority to be counted.
- All mail surveys with multiple race categories checked in questions G6 and G7 that were next to each other were pulled out to review if any were due to error introduced during the scanning, such as a “stray mark” being read as “checked.”

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

Table-specific technical notes

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

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

Table	Topic	Table Specific Technical Notes
2 to 3	Unhealthy physical health days	Valid range is 0 to 30 days. A value of 31 days is coded as 30. A value exceeding 31 days is classified as invalid ⁴ .
4	Unhealthy days	<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 ⁴ .
5	Activity limitation days	Valid range is 0 to 30 days. A value of 31 days is coded as 30. A value exceeding 31 days is classified as invalid. If <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 ⁴ .
6	Unhealthy days ... (average)	Multiple indicators are reported in this table. For each of the indicators, the valid range is 0 to 30 days. A value of 31 days is coded as 30. A value exceeding 31 days is classified as invalid. For <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 ⁴ .
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, also called a <i>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: $BMI = (\text{weight in kilograms}) \div [(\text{Height in meters}) \times (\text{height in meters})]$ or $BMI = 703 \times (\text{weight in pounds}) \div [(\text{Height in inches}) \times (\text{height in pounds})]$. While reporting weight, female respondents who were pregnant at the time of the survey were asked to provide their weight before they were pregnant. Classification of weight status by BMI according to national guidelines are: underweight (BMI < 18.5); normal weight (BMI = 18.5 to 24.9); overweight (BMI = 25.0 to 29.9) and obese (BMI ≥ 30.0) ⁵ . Valid value range for height is 36 to 95 inches; for weight is 50 to 650 pounds; and for BMI is 12 to 99, and is consistent with BRFSS 2014 data coding guidelines ⁵ .

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>

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><i>Number of days per week</i></p> <p><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>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><i>___Hours - or - ___minutes per day.</i></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^{7,8,9}.</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>

	<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>

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^{10,11}.</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> <i>MARK ALL THAT APPLY</i></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>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)

Appendix E – Weighting Methodology

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

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

To overcome these problems, one needs to:

- 1) employ a random-sampling strategy to select and include people who represent the population as a whole;
- 2) compute what the probability was that that person was selected from the population;
- 3) assign a weight to each respondent based on that probability

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

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

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

To adjust for this difference in response rate, one may decide to do some post-stratification weighting. To do so, one needs to have data from some population standard, such as the U.S. decennial census, against which the characteristics of the respondents can be compared. To do that comparison and adjustment, the following are necessary:

- 1) The classification variables (e.g., age, household income category, etc.) should be measured in the same way as was done in the population standard;
- 2) The classification variables cannot be missing for the survey respondents;
- 3) There should be an “adequate” number of sample elements in each cell; and

4) The respondents should have been selected at random within each cell.

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

Thus, one is likely to decide to do a post-stratification step only when:

- 1) there is large over- or under-representation of a particular segment of the population among the survey respondents;
- 2) there are major differences in the characteristics or behaviors between the over- and under-represented groups;
- 3) the estimate after any adjustment is substantially different from the estimate without making that adjustment; and
- 4) there is not an unacceptable widening of the confidence interval for that measure.

The weighting process for the Metro SHAPE 2014 survey is based on previous SHAPE and MAHS survey methodology and consultation with local and national statistical survey research experts. The Metro SHAPE 2014 survey data was weighted in two steps. The steps accounted for:

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

For Metro SHAPE 2014, there are two stages of random sampling: random selection of households and random selection of an adult within those households.

First is the random selection of household. The sampling was built on groups of Census tracts where a different sampling rate for households was chosen for each group of Census Tracts. For example, in Dakota County, some of the Census tracts were sampled at 1.25% and others were sampled at 3.75%. The percent of households that were sampled depended on factors associated with that geographic area, such as:

- 1) The estimated vacancy rate;
- 2) The probability that there were households with some of the populations of special interest (e.g. Hispanics);
- 3) The estimated response rate;
- 4) The total number of completed surveys each agency chose to seek within their jurisdiction; and
- 5) The desire to obtain an adequate number of completed surveys from the population groups of special interest.

Second is the random selection of an adult within that household. The instructions told the persons living in the selected household that the person whose birthday was next should be the person designated to complete the survey. A person in a household with two adults in it had a higher probability of being that designated person than a person with five adults in it.

To account for these differences, each respondent was given an initial equal probability weight connected with his or her sampling area, or strata, based on the ratio of the number of occupied households in that strata divided by the number of completed surveys from that strata (thus accounting for differences in response rates) multiplied by the number of adults in that person's household. The number of adults living in any given household was capped at seven for weighting purposes. For simplicity, we will call this weight the **disproportionate sampling weight**.

The disproportionate sampling weights were then normalized so that the sum of them would add up to the number of respondents in the Metro SHAPE 2014 survey, i.e., 12,028. This now becomes the **normalized disproportionate sampling weight**.

Once the normalized disproportionate sampling adjustment was done, an analysis was completed to see if any **post-stratification adjustments** were needed. In almost all population-based surveys, the profile of the respondents is different from that of the underlying population. Historically, women are more likely to complete surveys than men and older people are more likely to complete surveys than younger people.

For each of the implementations of SHAPE since 1998 and for MAHS 2010, a post-stratification adjustment was done based on the age and gender distribution within geographic areas. Since the profile of the Metro SHAPE 2014 respondents again was older and more female than the population of the six metro counties and, most importantly, since health status and behaviors are known to differ substantially across these groups, it was determined to again adjust for age and gender for each of the 17 geographic areas for which results were planned to be reported.

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

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

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

At this point, we multiply the disproportionate sampling weight by the age/gender/location adjustment to come up with an interim weight, **W₂**.

The data is now weighted by **W₂** to assess if any further adjustments are needed.

For each implementation of SHAPE since 1998, a second post-stratification adjustment was done based on the race and Hispanic ethnicity of the respondents. The health status and behaviors of people in

some racial and ethnic groups is substantially different from that of the majority White population. In addition, persons from those same racial and ethnic groups historically complete surveys at a lower rate than other groups.

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

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

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

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

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

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

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

To avoid any one person having an unduly large influence in any of the health measures for the population, the weights were capped at six. So, anyone with a value for W_3 that was greater than 6, was replaced with a value of 6. All the “extra” weight (i.e., the amount greater than 6 that was removed) was then redistributed to the other respondents whose value of W_3 was less than 6. This is now a **capped W_3** .

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

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

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CONTACT INFORMATION

For more information about the Metro SHAPE 2014 Survey Data Book, 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 Department	www.hennepin.us	612-348-3000
Minneapolis Health Department		
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 our website:
www.metroshape.us

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Metro SHAPE 2014