



Central Community SHAPE 2002

Community overview

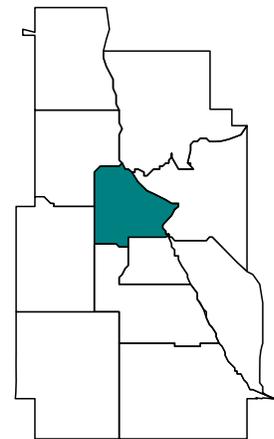
The Central Community has some key demographic differences from the City overall. For example, while 22 percent of the City's population is made up of children, only 7 percent of Central residents are children. There are proportionally more young adults aged 18-34 in the Central community (47 percent) compared to the overall City makeup (35 percent). In addition to these differences in age distribution, the Central Community is also characterized by lower income levels with 45 percent of residents living in households with incomes below 200 percent of the poverty level. Since age and poverty are both factors related to many health indicators examined in the SHAPE survey, understanding how Central differs from the City overall may help put in context the differences in health measures between Central and the City as a whole.

Key findings

- 58 percent of Central residents said they thought they could have a large or moderate impact in making their community a better place to live.
- Most residents (84 percent) feel secure living in their community. About one in five residents (19 percent) report that they are involved in neighborhood or school activities weekly.
- Tightly-knit neighborhoods can be assets to community building and enhancing the quality of life in the Central community. Efforts to increase resident interaction and participation in neighborhood events should be maintained and strengthened.
- Indicators of financial distress in the Central Community mirrored those of the city overall. In the past year, 13 percent of residents worried about running out of food before they had money to buy more, 7 percent missed a rent or mortgage payment, and 3 percent used a food shelf.
- Government programs, as well as community social services help form the safety net to address needs of residents in economic distress. Recent budget cuts severely threaten this safety net.
- Nearly a quarter of residents (23 percent) were uninsured part or all of the past year. Many (42 percent) reported wanting mental health care but delayed or did not get it. Lack of insurance coverage and concerns about cost were the most frequently cited reasons for this delay.
- 43 percent of Central residents are overweight. While 63 percent of Central residents get adequate moderate or vigorous exercise, additional analysis at the City level shows that overweight individuals are less likely to get adequate exercise than those who are not overweight.
- Communities can foster healthier lifestyles by supporting community gardens, farmers' markets, walking clubs and/or walking and biking paths.

The Central Community surrounds downtown Minneapolis and encompasses an interesting mix of business and residential areas. It is bounded on the east by the Mississippi River and on the west by Interstate 94.

The six neighborhoods that make up this community are: Downtown East, Downtown West, Elliot Park, Loring Park, North Loop, and Stevens Square. Due to the redistricting of City Wards in 2002, the Central Community includes portions of Wards 5, 6, and 7 effective January 2006.



Central Community

U.S. Census Data

1990 Population	21,158
2000 Population	24,149

2000 Population Characteristics

Race/Ethnicity

American Indian	474
Asian	880
Black	4,907
White	16,115
Multiracial or other	1,773
Hispanic*	1,583

*Hispanics may be of any race.

Percentage who are immigrants
17.1%

Percentage below 200% of poverty
45.2%

Age	
0-17	1,656
18-34	11,247
35-64	8,549
65+	2,697

	Central Community %	Minneapolis %
Community Engagement		
Can have moderate/large community impact	57.5	60.5
Involved in neighborhood or school activities weekly	19.4	24.6
People can depend on each other	76.4	80.1
Feel secure living here	84.0	81.0
Good community to raise kids	58.9	73.1
Can get help from others in community	75.6	73.4

Financial Distress		
Missed rent or mortgage payment in past year	7.0	6.2
Worried about food running out	13.4	12.1
Food shelf use	2.7	3.6

Healthy Homes for Children¹		
Child exposed to chipped paint (In homes built before 1978)	N/A	27.7
Child exposed to in-home second-hand smoke	N/A	12.3

Health Care Access		
Uninsured part/all of last year	23.3	17.9
Regular source of care	82.3	84.1
Delayed or did not get medical care ²	16.3	17.1
Delayed or did not get mental health care ²	42.1	36.6
Used internet to access health information	43.5	39.8

Health Conditions (Ever been diagnosed)		
High blood pressure	14.1	16.5
Depression	15.5	14.6
Diabetes	4.3	5.0

Health Screenings		
Met mammogram guidelines (Women age 40+)	66.9	66.4
Met prostate screening guidelines (Men age 50+)	84.6	79.8
Cholesterol check in past 5 years	62.9	66.4

Health Behaviors		
Met moderate or vigorous exercise guidelines	62.5	60.5
Current smoking	19.7	20.7
Binge drinking in past month	22.8	19.1
Overweight	42.7	47.3

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If you need this document in an alternative format, please call: 612-673-2301 or TTY 612-673-2157 (General City Information).

This brief is available online at: www.ci.minneapolis.mn.us/dhfs

About SHAPE 2002

The Survey of the Health of Adults, the Population and the Environment (SHAPE) project is a collaborative effort of the Hennepin County Community Health Department, the Minneapolis Department of Health and Family Support, and the Bloomington Division of Health.

SHAPE 2002 interviewed 6,638 Minneapolis adults age 18 and over in 2002. Special effort was made to make possible the analysis of data at the community level.

¹ Among households with children under age 6.

² Among those who wanted care.

N/A: Not available, sample size too small.

