



Nokomis Community SHAPE 2002

Community overview

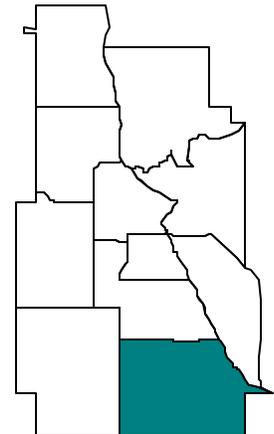
Some of the factors that affect the health and well-being of the Nokomis Community include the age, income, and racial composition of its residents. This Community includes a higher percentage of seniors than the City as a whole. The Nokomis Community also has a lower percentage of people of color than the City overall. In addition, there is a relatively low level of poverty.

Key findings

- Nokomis Community residents rate their community very highly. 92 percent believe that people living there can depend on one another and 88 percent say they feel secure living there.
- Nokomis residents identify their community as a good place to raise kids; 85 percent said this was the case.
- Almost two-thirds (64 percent) of Nokomis Community residents believe they can have a large or moderate impact in making their community a better place to live.
- Community cohesion is a valuable asset to build on in community improvement efforts.
- Nokomis Community residents benefit from a relatively high rate of health insurance (90 percent) and having a regular source of medical care (89 percent). These factors are generally associated with better overall health.
- More than one-third of residents (35 percent) who believed they needed mental health care in the past year delayed or failed to receive it.
- One of four residents (24 percent) reported that they had been diagnosed with high blood pressure, a rate higher than that citywide.
- Relatively high proportions of Nokomis residents are screened for diseases to detect them early. 87 percent of men age 50 or older met the guidelines for prostate screening, and almost three-fourths (74 percent) of all adults had their cholesterol checked in the past 5 years. However, only 69 percent of women age 40 and older met the guidelines for obtaining a mammogram.
- The majority of Nokomis Community residents (58 percent) meet recommended guidelines regarding moderate or vigorous exercise.
- Current cigarette smoking is reported at a higher rate in the Nokomis Community (26 percent) than in the city as a whole (21 percent).
- Half of Nokomis Community residents (50 percent) are overweight.
- Increased attention to health promotion in the Nokomis Community directed at increasing exercise, reducing smoking, and reducing weight would be beneficial to overall community health.

The Nokomis Community is located in the southeastern corner of Minneapolis. Prominent features of this community are the lakes and paths that dot the landscape.

The 11 neighborhoods that make up this community are: Diamond Lake, Ericsson, Field, Hale, Keewaydin, Minnehaha, Morris Park, Northrup, Page, Regina, and Wenonah. The Nokomis Community includes portions of Wards 8, 11, and 12.



Nokomis Community

U.S. Census Data

1990 Population	38,514
2000 Population	37,270

2000 Population Characteristics

Race/Ethnicity

American Indian	466
Asian	1,049
Black	3,927
White	30,004
Multiracial or other	1,824
Hispanic*	1,558

*Hispanics may be of any race.

Percentage who are immigrants
7.4%

Percentage below 200% of poverty
15.8%

Age

0-17	8,109
18-34	9,699
35-64	15,144
65+	4,318

	Nokomis Community %	Minneapolis %
Community Engagement		
Can have moderate/large community impact	63.5	60.5
Involved in neighborhood or school activities weekly	26.3	24.6
People can depend on each other	91.5	80.1
Feel secure living here	88.3	81.0
Good community to raise kids	85.0	73.1
Can get help from others in community	80.3	73.4
Financial Distress		
Missed rent or mortgage payment in past year	3.0	6.2
Worried about food running out	3.4	12.1
Food shelf use	1.9	3.6
Healthy Homes for Children¹		
Child exposed to chipped paint (In homes built before 1978)	26.0	27.7
Child exposed to in-home second-hand smoke	10.8	12.3
Health Care Access		
Uninsured part/all of last year	9.8	17.9
Regular source of care	89.0	84.1
Delayed or did not get medical care ²	15.1	17.1
Delayed or did not get mental health care ²	34.6	36.6
Used internet to access health information	47.0	39.8
Health Conditions (Ever been diagnosed)		
High blood pressure	24.1	16.5
Depression	13.1	14.6
Diabetes	5.5	5.0
Health Screenings		
Met mammogram guidelines (Women age 40+)	69.0	66.4
Met prostate screening guidelines (Men age 50+)	86.6	79.8
Cholesterol check in past 5 years	74.0	66.4
Health Behaviors		
Met moderate or vigorous exercise guidelines	58.2	60.5
Current smoking	25.7	20.7
Binge drinking in past month	19.1	19.1
Overweight	50.1	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.