

# Metro Health and Medical Preparedness Coalition

## REGIONAL PROFILE

### Demographics

- The Metro region has a population of 3,186,349, making up **55% of Minnesota** (MN State Demographic Center).
- 15% of residents are 65 or older. 23% are 18 or younger (U.S. Census Bureau, 2023). Among children 18 or younger, 21% live in single-parent households and 10% live in poverty.

### Race/Ethnicity in Metro region

| Race/Ethnicity                      | N                | %     |
|-------------------------------------|------------------|-------|
| American Indian or Alaska Native    | 12,645           | 0.4%  |
| Asian                               | 242,545          | 8%    |
| Black or African American           | 303,539          | 10%   |
| Hispanic (all races)                | 206,457          | 7%    |
| Native Hawaiian or Pacific Islander | 779 <sup>1</sup> | 0.02% |
| White (Non-Hispanic)                | 2,229,771        | 71%   |
| Another race (Non-Hispanic)         | 11,935           | 0.4%  |
| Two or more races (Non-Hispanic)    | 122,705          | 4%    |

Source: U.S. Census Bureau, 2023<sup>2</sup>

- An estimated 4.1% of Minnesotans (approximately 237,873 people statewide) identify as **LGBTQ+** (UCLA School of Law, 2023). 62% of LGBTQ+ Minnesotans (nearly 150,000 people) live in the Metro region (Rainbow Health, 2023).

### Tribal Nations

The state of Minnesota exists on the ancestral lands of the Dakota and Anishinaabe people and shares borders

with 11 federally recognized Tribal Nations, each with their own sovereign Tribal government. The Metro region borders the Tribal territorial jurisdictions of the **Shakopee Mdewakanton Sioux Community**. In addition, American Indian people and communities live throughout all parts of the Metro region.

### Disability

Statewide, over **1 million** adults (**23%**) not living in institutions<sup>3</sup> are estimated to have a disability (Centers for Disease Control and Prevention). This rate is higher among adults 65 and older (40%). Individuals may report having more than one disability so there may be overlap between categories.

### Disability by type in Metro Region

| Disability Type               | %    |
|-------------------------------|------|
| Ambulatory difficulty         | 4%   |
| Independent living difficulty | 3.5% |
| Hearing difficulty            | 2.8% |
| Self-care difficulty          | 1.9% |
| Vision difficulty             | 1.4% |
| Cognitive difficulty          | 4.2% |

More common among adults 65+

More common among people <65

Source: U.S. Census Bureau, 2023<sup>4</sup>

In the Metro region, **72,356** people (primarily people with disabilities and older adults) received **long-term services and supports**<sup>5</sup> using Medical Assistance in January 2021 (Minnesota Department of Human Services, 2023). Of these, 7% (**5,141 people**) received services in **institutional settings**<sup>6</sup> and 93% received home and community-based services.

Among Metro residents who are eligible for home and community-based service waivers<sup>7</sup>, **16,679** (30%) receive services in **group home settings**; the remaining 70% receive services at home.

Limited data are available on the number of people who have difficulty leaving their homes.<sup>8</sup>

## Immigrant/Refugee Status

- Approximately **377,177** Metro region residents (12%) were **born outside of the United States** (U.S. Census Bureau, 2023).
- In 2017, there were an estimated **3,000+ migrant farm workers** present on approximately 400 farms across Minnesota (United States Department of Agriculture, 2019).

**3,370 primary refugees**<sup>9</sup> arrived in the Metro region from 2020-2022; 67% settled in Hennepin and Ramsey Counties (Minnesota Department of Health Refugee and International Health Program, 2023). 1,193 arrived from **Afghanistan** from 2021-2022 and 889 arrived from **Ukraine** in 2022.<sup>10</sup>

## Language

- Approximately **480,000** Metro residents aged 5+ (16%) primarily speak a **language other than English** at home (U.S. Census Bureau, 2023).
- In the U.S., 24% of Deaf people and 2-4% of people with a little, moderate, or a lot of trouble hearing use **sign language** (Mitchell, R. E., & Young, T. A., 2023). This equates to an estimated **15,216** Metro residents.



## Residence and Access

- 6% of Metro residents live in a rural setting (U.S. Census Bureau, 2023).

**9% of households have no broadband internet access** (U.S. Census Bureau, 2023).

- At least **16,848 people experienced homelessness** and received emergency shelter, street outreach, and transitional housing services in the Metro region in 2022 (ICA Minnesota, 2023). This excludes those who experienced homelessness and did not seek services.

10% of Ramsey County households and 9% of Hennepin County households have **no vehicle** (U.S. Census Bureau, 2023). Among all other Metro counties, 3-4% have no vehicle.



## Health and Health Care

- **5.4%** of individuals under age 65 (approximately 142,000 people) have **no health insurance**, which is lower than the statewide rate (5.9%) (Behavioral Risk Factor Surveillance System, 2023).
- **7.8%** of adults aged 20 or older have been diagnosed with **diabetes** (U.S. Census Bureau, 2023).
- Among female Medicare enrollees ages 65-74, 41% received an **annual mammogram**, which is lower than the statewide rate (45%) (University of Wisconsin Population Health Institute, 2023).
- Among fee-for-service (FFS) Medicare enrollees, 61% received an **annual flu vaccination** (University of Wisconsin Population Health Institute, 2023).

- In 2020, there were **2,265 preventable hospitable stays** per 100,000 Medicare enrollees for conditions usually treatable in outpatient settings, which is slightly lower than the state average (2,323) (University of Wisconsin Population Health Institute, 2023).

## Health Care Providers

The ratio of health care providers to residents in the **Metro region** is similar to the **statewide average** (University of Wisconsin Population Health Institute, 2023). A green checkmark means there are **more providers available** to care for residents.

|  |  |  |
|--|--|--|
| 1 <b>Primary Care Physician</b> for every... | <b>1,164</b> Metro residents                                     | <b>1,110</b> Minnesota residents <input checked="" type="checkbox"/> |
| 1 <b>Dentist</b> for every...                | <b>1,232</b> Metro residents <input checked="" type="checkbox"/> | <b>1,307</b> Minnesota residents                                     |
| 1 <b>Mental Health Provider</b> for every... | <b>323</b> Metro region residents                                | <b>322</b> Minnesota residents <input checked="" type="checkbox"/>   |

Anoka County has the fewest primary care physicians (1 for every 2,069 residents). Scott County has the fewest dentists (1 for every 2,190 residents) and mental health providers (1 for every 842 residents).

## Health Facilities

Health care facilities may not meet the needs of everyone in the region equally depending on travel distance, income, or language or accessibility needs. Tribal Nations operate their own public health and health care systems, which should be taken into consideration during emergency planning.

The Metro region includes:

|   |  |
|---|--|
|  | <b>1,577</b> Assisted Living Facilities  |
|  | <b>47</b> Community Mental Health Centers and <b>2</b> Psychiatric Hospitals   |
|  | <b>23</b> Hospitals  |
|  | <b>8</b> Indian Health Service, Tribal, & Urban Indian Health Facilities, including <b>1</b> hospital and <b>1</b> dental clinic |
|  | <b>71</b> Intermediate Care Facilities for individuals with intellectual disabilities  |
|  | <b>108</b> Nursing Homes/Skilled Nursing Facilities  |

Source: MDH Health Care Provider Director, 2022; Minnesota Department of Human Services, 2023; Indian Health Service, 2023

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To obtain this information in a different format, call: 651-201-5700.

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<sup>1</sup> These figures are estimates based on small sample sizes and may not reflect the actual count in the population. They are meant to be used as rough guides to population proportions rather than precise estimates of counts.

<sup>2</sup> The U.S. Census Bureau asks individuals for their ethnicity (Hispanic or non-Hispanic) and race (American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Pacific Islander, White, Some other race, or Two or more races). All individuals who selected Hispanic ethnicity are categorized as Hispanic regardless of the race they selected. Most people who identified as Hispanic ethnicity identified their race as White (42%), Some other race (32%), or Two or more races (21%). All other race categories in the chart above do not include people who identified as Hispanic.

<sup>3</sup> These figures do not include individuals who are incarcerated or living in congregate care settings.

<sup>4</sup> The labels in this column reflect the exact wording of the survey questions used to collect these data. However, members of the disability community may not prefer or feel represented by the term “difficulty”, which implies deficit; more descriptive and objective language (for example, “Blind or low vision” instead of “Vision difficulty”) is recommended for future data collection. Please refer to the Department’s updated data standards for more guidance.

<sup>5</sup> Long-term supports and services are defined as services likely needed by a person on an ongoing or continuous basis. This includes the following

populations: people with non-developmental disabilities, including physical and psychiatric disabilities (48%), older adults (30%), and people with developmental disabilities (24%). Statewide, 123,158 received long-term supports and services using Medical Assistance in January 2021.

<sup>6</sup> Institutional settings include nursing homes, intermediate-care facilities, regional treatment centers, and neurobehavioral hospitals.

<sup>7</sup> Minnesotans are considered eligible for home and community-based waivers if they live with a disability, chronic illness, or are elderly and need a certain level of care. 77% of individuals receiving long-term supports and services are waiver-eligible. [Waiver eligibility criteria \(https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp\)](https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp) varies by disability, illness, or age.

<sup>8</sup> Data on people who have previously requested emergency services (i.e., calling 911) due to in-home care emergencies or inadequate care support may be available at the local level.

<sup>9</sup> Primary refugees are people with refugee status who initially settled in Minnesota when they arrived in the US. This number includes Primary refugees, Asylees, Parolees, SIV’s, Amerasians, and Victims of Trafficking.

<sup>10</sup> Estimate of Ukrainian Humanitarian Parolees (UHPs) does not reflect all 2022 UHP arrivals since there is no requirement to report to MDH.