

**2005
Greater Cincinnati
Community Health
Status Survey:
African American
Chart Book**

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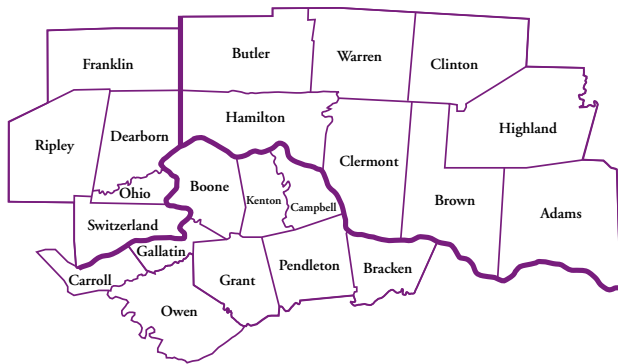
Acknowledgments

We would like to thank the following community partners for their help in developing the 2005 *Greater Cincinnati Community Health Status Survey*:

- Anthem Foundation of Ohio
- Center for Closing the Health Gap
- Child Policy Research Center
- City of Cincinnati Health Department
- Council on Aging
- Employer Health Care Alliance
- Foundation for a Healthy Kentucky
- Hamilton County Health Department
- Health Improvement Collaborative
- Northern Kentucky Health Department
- Northern Kentucky University Center for Latino and Multicultural Studies
- United Way of Greater Cincinnati
- University of Cincinnati Institute for Policy Research
- University of Cincinnati Institute for the Study of Health
- Urban Appalachian Council

Introduction

The 2005 Greater Cincinnati Community Health Status Survey is a project of The Health Foundation of Greater Cincinnati and is survey conducted by the Institute for Policy Research at the University of Cincinnati. We interviewed a total of 2,077 randomly selected adults residing in 22 counties in Greater Cincinnati.



The interviews took place by telephone between August 16 and October 24, 2005. The potential sampling error for the regional results reported in the survey is $\pm 2.2\%$.

The data presented in this chart book depict the responses from those who identified themselves as African American compared to the region. The potential sampling error for the African American results is $\pm 4.3\%$.

For more information about the 2005 Greater Cincinnati Community Health Status Survey, including additional reports from the survey and a link to the full dataset, please visit our web site at <http://www.healthfoundation.org/gcchss.html>.

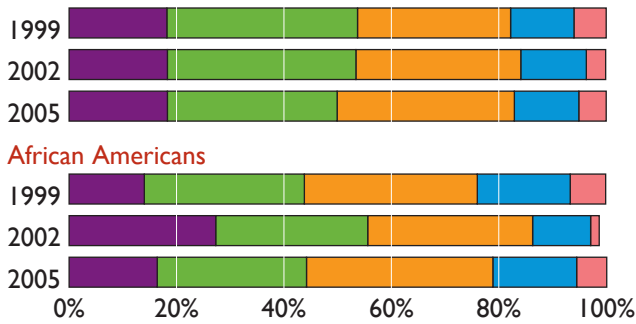
Physical Health

General health status

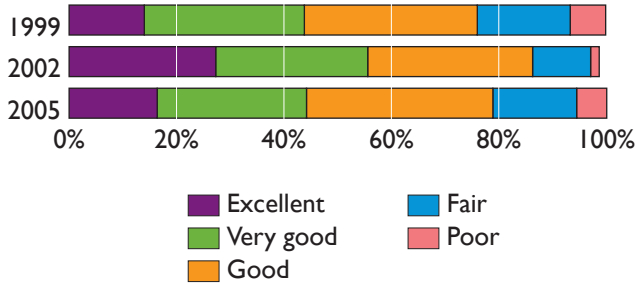
In Greater Cincinnati, 17.1% of adults reported their health as either fair or poor in 2005, compared to 15.1% in the nation. The regional rate is up slightly from 2002 (15.8%), but is about the same as it was in 1999 (17.8%). African Americans were slightly more likely than the region to report their health as fair, but were similar to the region in reporting their health as poor.

In general, would you say your health is excellent, very good, good, fair, or poor?

Greater Cincinnati



African Americans



year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,106	2,004	2,074	194	195	526
Excellent	18.2%	18.3%	18.3%	14.0%	27.3%	16.4%
Very Good	35.5%	35.1%	31.6%	29.8%	28.3%	27.8%
Good	28.5%	30.7%	33.0%	32.2%	30.7%	34.7%
Fair	11.8%	12.2%	12.0%	17.3%	10.8%	15.6%
Poor	6.0%	3.6%	5.1%	6.6%	1.6%	5.6%

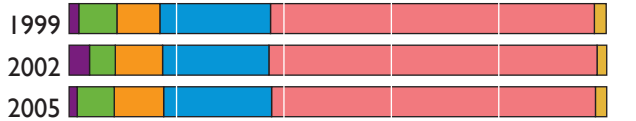
Physical health status

The *Community Health Status Survey* uses questions from the SF-12 Health Assessment Questionnaire to determine physical and mental health status. Answers to certain SF-12 questions are combined and scored on a scale of 0 to 100 to give a physical health summary score. The average physical health summary score for the general U.S. population is 50.0. Scores below 50.0 indicate that a person has poorer physical health than average. Scores above 50.0 indicate that a person has better physical health than average.

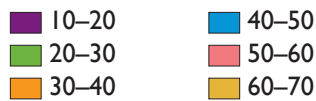
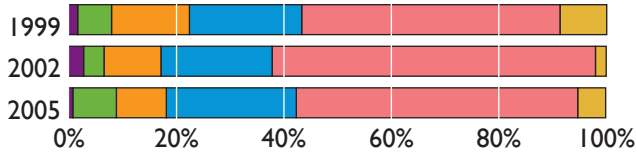
Just under 40% of adults in the region had physical health summary scores below the national average, which has also stayed about the same since 1999 (see graph and table on the next page). Just over 40% of African Americans had physical health summary scores below the national average, which has also stayed about the same since 1999.

SF-12 Physical Health Summary Score

Greater Cincinnati



African Americans

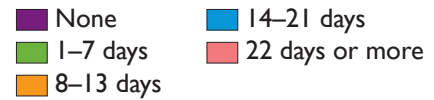
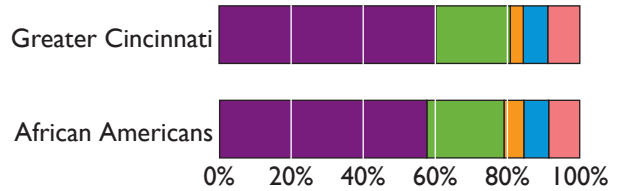


year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,083	2,006	2,048	190	195	523
10-20	1.8%	3.8%	1.5%	1.6%	2.7%	0.7%
20-30	7.1%	4.8%	6.9%	6.3%	3.8%	8.1%
30-40	8.0%	8.8%	9.2%	14.5%	10.6%	9.3%
40-50	20.6%	19.8%	20.1%	20.9%	20.7%	24.2%
50-60	60.3%	61.1%	60.3%	48.1%	60.2%	52.4%
60-70	2.2%	1.8%	2.1%	8.7%	2.0%	5.2%

Number of days physical health was not good

During the 30 days prior to the survey, the majority of adults (80.8% for the region, 78.9% for African Americans) reported that their physical health was not good for less than 7 days that month.

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?

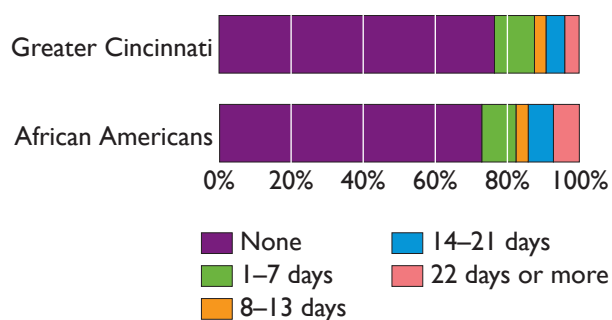


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,064	523
None	60.1%	57.5%
1-7 days	20.7%	21.4%
8-13 days	2.8%	4.0%
14-21 days	7.6%	8.4%
22 days or more	8.9%	8.6%

Number of days physical or mental health interfered with usual activities

The majority of adults (87.6% for the region, 82.3% for African Americans) reported that their physical or mental health kept them from doing their usual activities for fewer than 7 days in the month before the survey. However, African Americans (7.2%) were almost twice as likely as all adults in the region (4.0%) to report that physical or mental health kept them from usual activities more than 22 days a month.

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 self-care, work, or recreation?

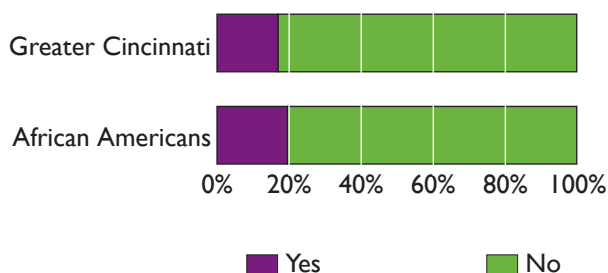


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,056	519
None	76.5%	72.8%
1-7 days	11.1%	9.5%
8-13 days	3.2%	3.4%
14-21 days	5.2%	7.0%
22 days or more	4.0%	7.2%

Disability keeping you from participating fully

In Greater Cincinnati, 16.9% of adults reported that a disability, handicap, or chronic disease kept them from participating fully in daily work, housework, or other daily activities. African Americans reported a slightly higher rate of 19.5%.

Does a disability, handicap, or chronic disease keep you from participating fully in daily work, housework, or other daily activities?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,077	527
Yes	16.9%	19.5%
No	82.9%	80.2%

Routine Checkups and Screenings

Routine checkups

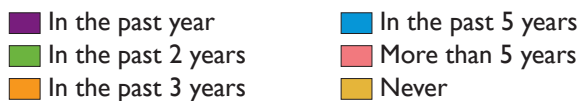
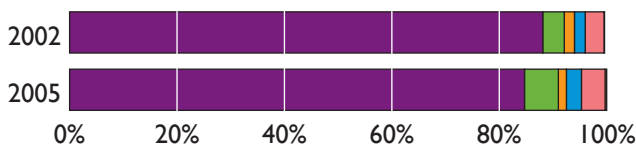
In 2005, about 9 out of 10 adults (87.8% for the region, 91.0% for African Americans) reported visiting a healthcare professional for a routine checkup within the past 2 years. These rates have stayed about the same since 2002.

About how long has it been since you personally last visited a healthcare professional for a routine checkup?

Greater Cincinnati



African Americans



	Greater Cincinnati		African Americans	
year	2002	2005	2002	2005
sample size	1,999	2,077	195	527
In the past year	76.9%	81.2%	88.1%	84.7%
In the past 2 years	10.4%	6.6%	4.0%	6.3%
In the past 3 years	3.7%	3.7%	1.9%	1.5%
In the past 5 years	4.1%	3.3%	2.0%	2.8%
More than 5 years ago	4.1%	4.4%	3.5%	4.4%
Never	0.8%	0.8%	0.1%	0.3%

Blood pressure

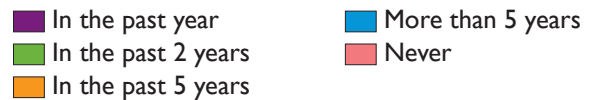
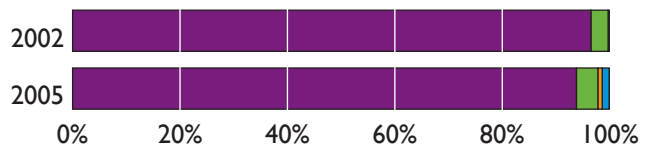
High blood pressure (hypertension) increases the risk of heart disease and stroke, both leading causes of death in the country. About 1 in 3 American adults have high blood pressure, and of those, 1 in 3 don't even know they have it. The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (NJC-7) recommends that adults have their blood pressure checked regularly. In Greater Cincinnati, virtually all adults report having their blood pressure checked in the past 2 years. Less than 1% indicate they have never had their blood pressure checked.

About how long has it been since you last had your blood pressure checked?

Greater Cincinnati



African Americans



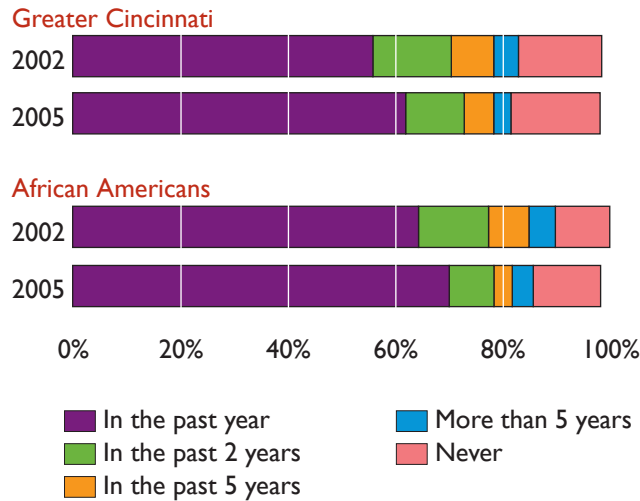
	Greater Cincinnati		African Americans	
year	2002	2005	2002	2005
sample size	2,006	2,077	195	527
In the past year	92.3%	92.7%	96.6%	93.9%
In the past 2 years	4.4%	4.3%	3.2%	4.0%
In the past 5 years	2.4%	1.9%	0.2%	0.8%
More than 5 years ago	0.6%	0.6%	0.0%	1.3%
Never	0.2%	0.3%	0.0%	0.0%

Cholesterol

Cholesterol is a waxy, fat-like substance naturally found in the body that is needed for the body to function normally. The body makes enough cholesterol for its needs. When there is too much cholesterol—because of diet or the rate at which the body processes it—the excess is deposited in the arteries, which can lead to narrowing of the arteries and coronary heart disease. Experts recommend that adults ages 20 years and older have their cholesterol levels checked at least once every 5 years to help prevent or lower the risk of coronary heart disease.

In Greater Cincinnati, 78.4% of adults report having their cholesterol checked within the recommended time frame of the past 5 years, slightly exceeding the national rate of 72.8%. In comparison, 81.6% of African Americans report having their cholesterol checked within the recommended time frame. This is down from 84.7% reported in 2002.

About how long has it been since you last had your blood cholesterol checked?



year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	2,006	2,074	195	526
In the past year	55.9%	62.0%	64.2%	69.9%
In the past 2 years	14.6%	10.9%	13.0%	8.3%
In the past 5 years	7.9%	5.5%	7.5%	3.4%
More than 5 years ago	4.6%	3.2%	4.9%	3.9%
Never	15.5%	16.6%	10.1%	12.5%

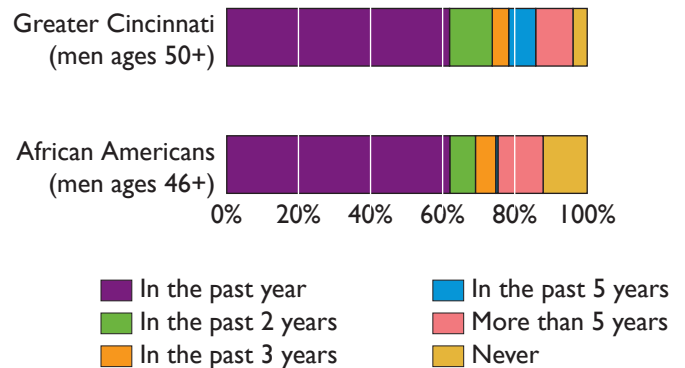
Prostate cancer screenings

A digital rectal exam is one recommended screening test for early detection of prostate cancer in men. The American Cancer Society recommends that men ages 50 years and older—or 45 years and older if in a high-risk category—have a digital rectal exam every year.

In 2005 in Greater Cincinnati, 6 in 10 men ages 50 years and older (61.0%) reported having a digital rectal exam in the last year. Only 3.9% of men over 50 reported never having a digital rectal exam.

African American men are at higher risk for prostate cancer, and the American Cancer Society recommends screenings begin at age 45. In 2005 in Greater Cincinnati, 61.7% of African American men ages 46 years and older reported having a digital rectal exam in the past year. About 1 in 10 (12.2%) African American over 46 have never had a digital rectal exam.

How long has it been since your last digital rectal exam? (men only)



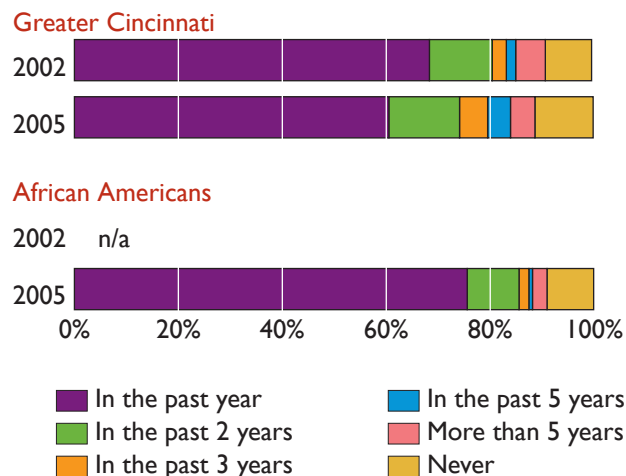
	Greater Cincinnati	African Americans
year	2005	2005
sample size	318	103
In the past year	61.0%	61.7%
In the past 2 years	11.7%	7.1%
In the past 3 years	4.5%	5.6%
In the past 5 years	7.4%	0.6%
More than 5 years ago	10.2%	12.5%
Never	3.9%	12.2%

Mammograms

A mammogram is the recommended screening test for early detection of breast cancer in women. The American Cancer Society recommends that women ages 40 and older have a mammogram every year. The National Cancer Institute recommends that women ages 40 and older have a mammogram at least once every 1–2 years. Almost three-quarters of women ages 40 years and older in the country (74.6%) report having a mammogram in the past 2 years.

In Greater Cincinnati in 2005, the majority of women ages 40 years and older (74.1% for the region, 85.6% for African American women) reported having a mammogram in the past 2 years. The regional rate is down compared to 2002 (80.4%).

How long has it been since you had your last mammogram? (women ages 40 years and older only)



year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	644	655	60 ¹	136
In the past year	68.3%	60.5%	n/a	75.7%
In the past 2 years	12.1%	13.6%	n/a	9.9%
In the past 3 years	2.7%	5.3%	n/a	1.9%
In the past 5 years	1.8%	4.4%	n/a	0.7%
More than 5 years ago	5.7%	4.7%	n/a	2.8%
Never	8.9%	11.2%	n/a	9.0%

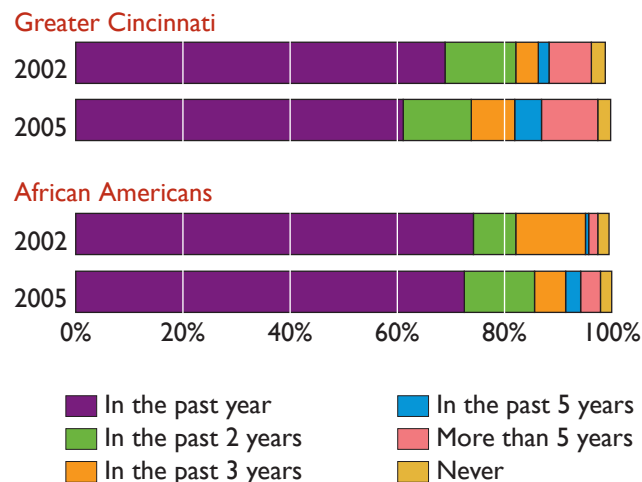
¹ Data are not reported when the sample size is less than 75.

Pap tests

A Pap test is the recommended screening test for early detection of cervical cancer in women. The American Cancer Society and the National Cancer Institute recommend that women begin cervical cancer screening 3 years after they begin having vaginal intercourse, or starting when they reach age 21, whichever comes first. Screening should be conducted every 1-3 years depending on age and previous Pap test results. The Healthy People 2010 goal is that 90% of women have a Pap test within the preceding 3 years. In 2005, 85.4% of women in the U.S. reported having a Pap test in the past 3 years.

Just over 80% of women in Greater Cincinnati (81.9%) reported having a Pap test within the past 3 years, down from 2002 (86.3%). In 2005, 9 in 10 African American women (91.4%) reported having a Pap test in the past 3 years, down slightly from 2002 (95.1%).

How long has it been since your last Pap smear? (women only)



year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	1,058	1,082	119	292
In the past year	68.9%	61.1%	74.2%	72.5%
In the past 2 years	13.2%	12.7%	7.9%	13.1%
In the past 3 years	4.2%	8.1%	13.0%	5.8%
In the past 5 years	2.0%	5.0%	0.6%	2.8%
More than 5 years ago	7.9%	10.5%	1.7%	3.7%
Never	2.6%	2.4%	2.1%	2.1%

Diseases and Health Conditions

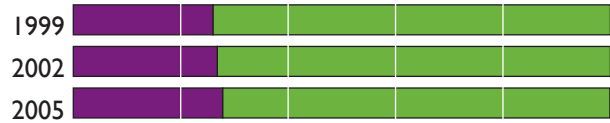
The survey asked adults whether a doctor or other healthcare provider ever told them they had a specific disease or health condition. Rates are similar among African Americans compared to the region for most conditions. In particular, rates for African Americans are slightly higher for asthma, diabetes, high blood pressure or hypertension, and severe allergies, and much lower for high cholesterol and osteoporosis.

- Arthritis or rheumatism ↓
- Asthma ↑
- Cancer ↓
- Chronic back pain ↓
- Chronic digestive disease ↓
- Chronic lung disease ↓
- Diabetes ↑
- Heart trouble or angina ↓
- High blood pressure or hypertension ↑
- High cholesterol or triglycerides ↓
- Migraine headaches ↓
- Osteoporosis ↓
- Severe allergies ↑
- Stroke ↔

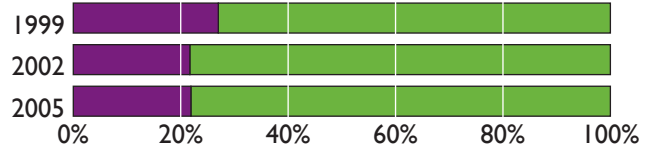
↑ = slightly higher rates
 ↔ = about equal rates
 ↓ = slightly lower rates
 ↓ = significantly lower rates

Arthritis or rheumatism

Greater Cincinnati



African Americans

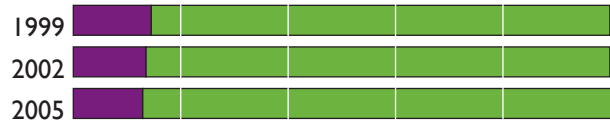


■ Yes ■ No

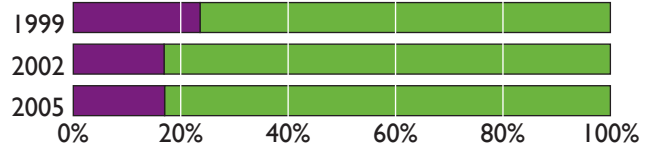
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	194	195	527
Yes	26.0%	26.8%	27.8%	27.0%	21.7%	21.9%
No	74.0%	73.2%	72.1%	73.0%	78.3%	78.1%

Asthma

Greater Cincinnati



African Americans

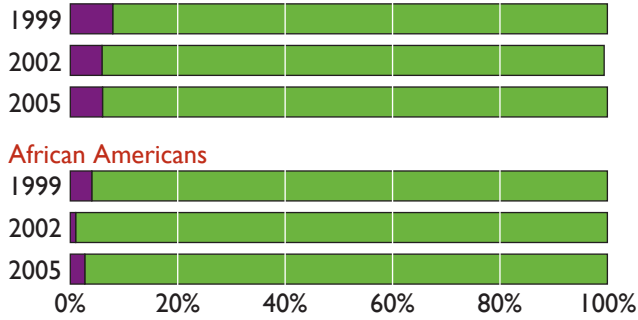


■ Yes ■ No

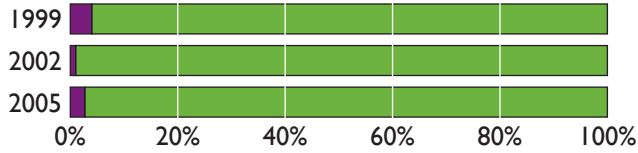
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,105	2,004	2,077	194	195	527
Yes	14.5%	13.5%	12.9%	23.6%	16.9%	17.0%
No	85.4%	86.4%	87.1%	76.4%	83.1%	83.0%

Cancer

Greater Cincinnati



African Americans

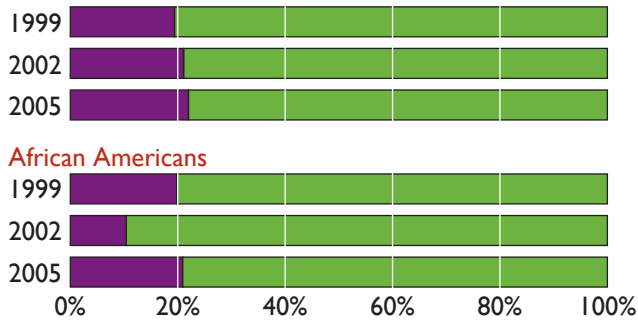


■ Yes ■ No

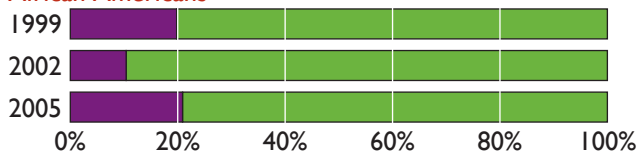
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,105	2,003	2,077	194	195	527
Yes	7.9%	5.9%	6.0%	4.0%	1.0%	2.7%
No	92.1%	93.5%	94.0%	96.0%	99.0%	97.3%

Chronic back pain

Greater Cincinnati



African Americans

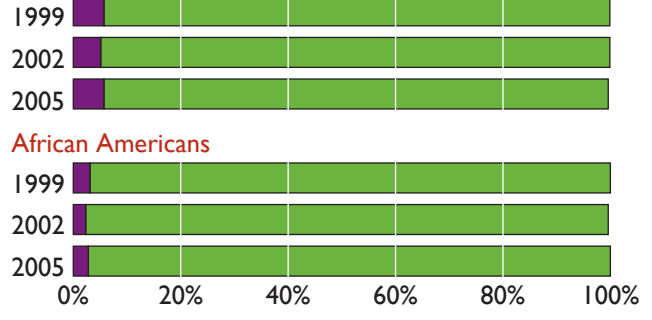


■ Yes ■ No

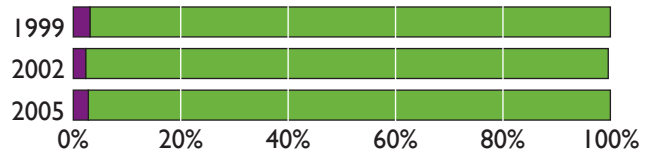
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	194	195	527
Yes	19.4%	21.1%	22.0%	19.8%	10.4%	20.9%
No	80.6%	78.9%	78.0%	80.2%	89.6%	79.1%

Chronic digestive disease

Greater Cincinnati



African Americans

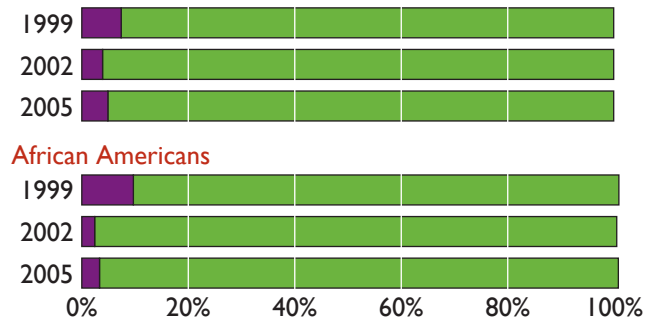


■ Yes ■ No

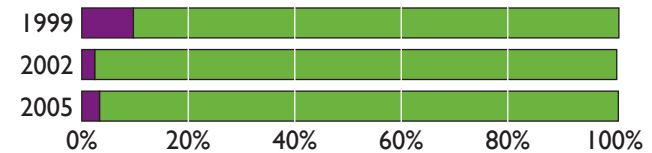
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,104	2,003	2,077	194	195	527
Yes	5.7%	5.1%	5.7%	3.1%	2.3%	2.8%
No	94.2%	94.8%	93.9%	96.9%	97.3%	97.2%

Chronic lung disease

Greater Cincinnati



African Americans

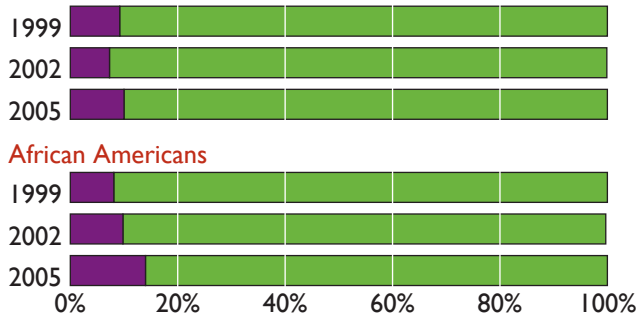


■ Yes ■ No

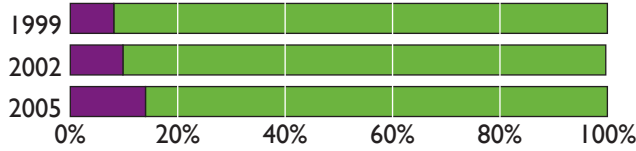
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,105	2,003	2,077	194	195	527
Yes	7.4%	3.9%	4.9%	9.6%	2.4%	3.3%
No	92.5%	96.0%	95.0%	90.4%	97.2%	96.6%

Diabetes

Greater Cincinnati



African Americans

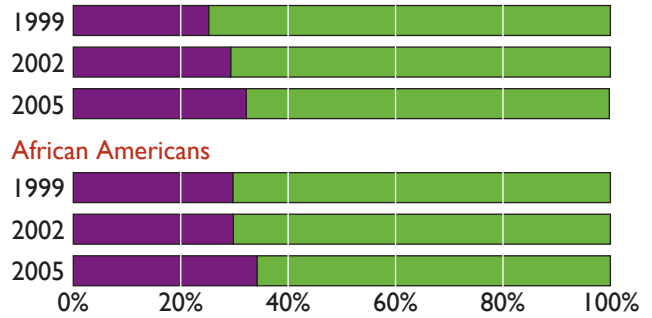


■ Yes ■ No

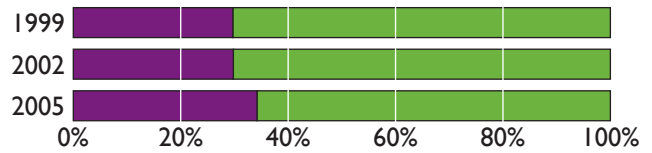
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,105	2,003	2,077	194	195	527
Yes	9.2%	7.3%	10.0%	8.1%	9.8%	14.0%
No	90.8%	92.6%	90.0%	91.9%	89.9%	86.0%

High blood pressure or hypertension

Greater Cincinnati



African Americans

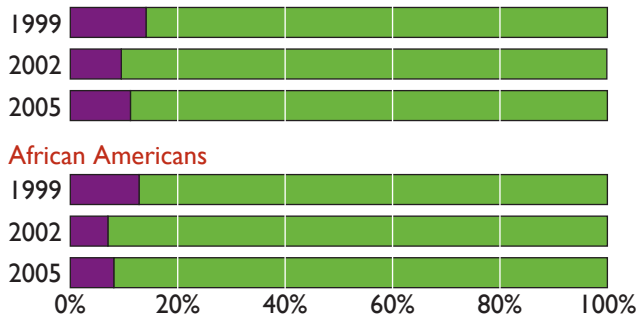


■ Yes ■ No

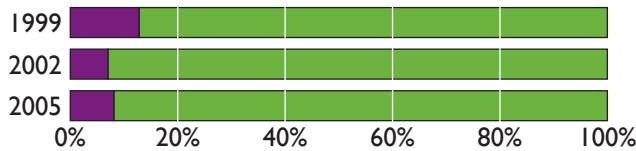
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,003	2,077	194	195	527
Yes	25.2%	29.3%	32.2%	29.7%	29.8%	34.2%
No	74.8%	70.7%	67.6%	70.3%	70.2%	65.8%

Heart trouble or angina

Greater Cincinnati



African Americans

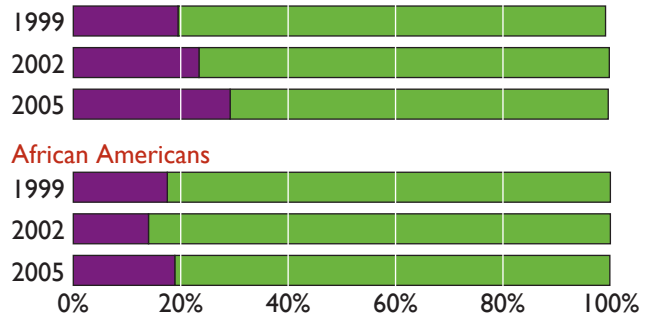


■ Yes ■ No

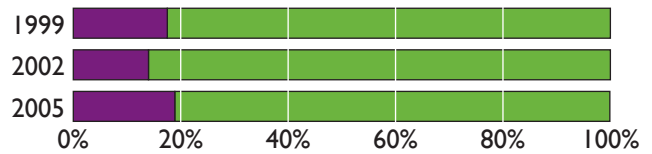
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,003	2,077	194	195	527
Yes	14.1%	9.5%	11.2%	12.8%	7.0%	8.1%
No	85.9%	90.4%	88.8%	87.2%	93.0%	91.9%

High cholesterol or triglycerides

Greater Cincinnati



African Americans

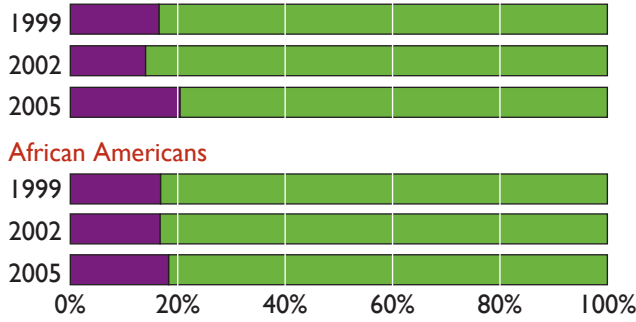


■ Yes ■ No

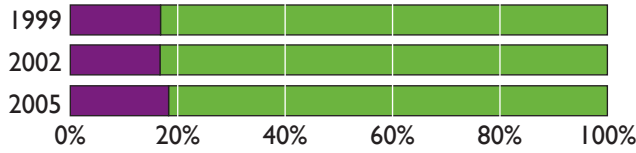
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	194	195	527
Yes	19.5%	23.4%	29.2%	17.5%	14.0%	18.9%
No	79.6%	76.4%	70.4%	82.5%	86.0%	81.0%

Migraine headaches

Greater Cincinnati



African Americans

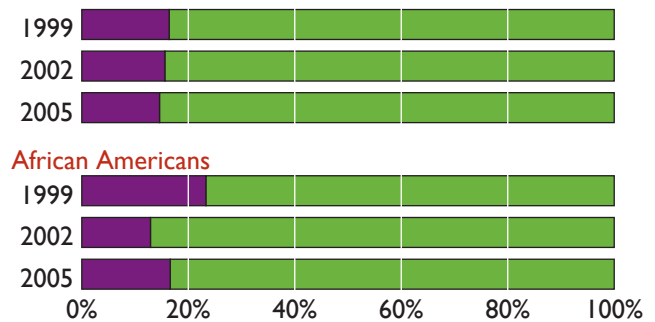


■ Yes ■ No

year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	194	195	527
Yes	16.5%	14.0%	20.4%	16.8%	16.7%	18.3%
No	83.5%	86.0%	79.6%	83.2%	83.3%	81.7%

Severe allergies

Greater Cincinnati



African Americans

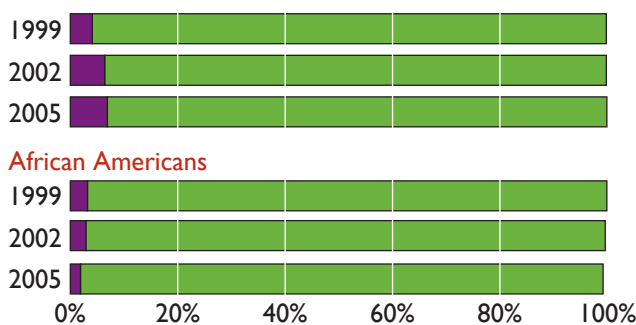


■ Yes ■ No

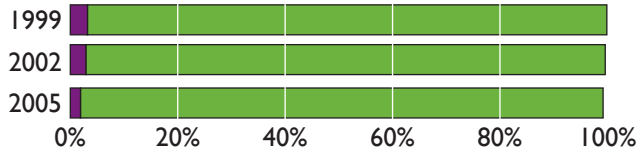
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	194	195	527
Yes	16.4%	15.6%	14.6%	23.3%	12.9%	16.6%
No	83.6%	84.4%	85.4%	76.7%	87.1%	83.4%

Osteoporosis

Greater Cincinnati



African Americans

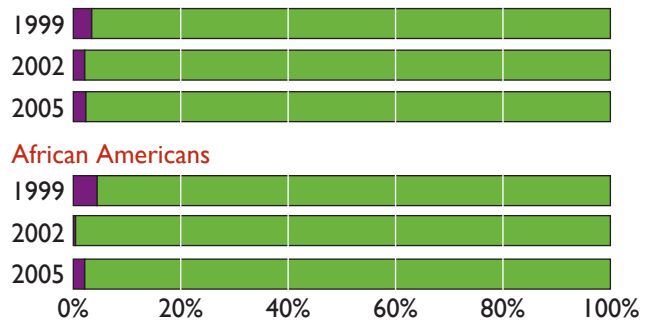


■ Yes ■ No

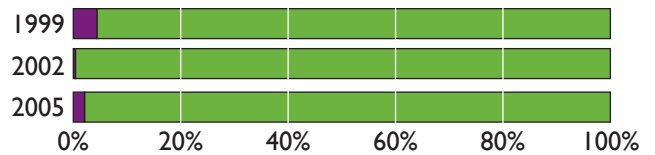
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,076	194	195	527
Yes	4.1%	6.4%	6.9%	3.2%	2.9%	1.9%
No	95.7%	93.4%	93.0%	96.8%	96.8%	97.4%

Stroke

Greater Cincinnati



African Americans



■ Yes ■ No

year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	194	195	527
Yes	3.4%	2.1%	2.3%	4.4%	0.4%	2.1%
No	96.6%	97.9%	97.7%	95.6%	99.6%	97.9%

Weight, Exercise, and Nutrition

Weight

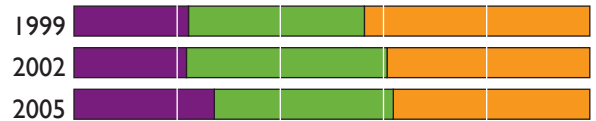
According to the Centers for Disease Control and Prevention (CDC), being overweight or obese is a major contributor to many preventable causes of death. On average, higher body weights are associated with higher death rates. The 2004 Behavioral Risk Factor Surveillance Survey (BRFSS) found that 61% of adults in the nation were not at a healthy weight. The Healthy People 2010 goal is 60% of the population is at a healthy weight, defined as a body-mass index (BMI)¹ of 18.5–24.9.

In Greater Cincinnati, the number of people who are overweight and obese has stayed relatively the same since 1999. However, the proportion of those who are obese has risen from 22.2% in 1999 to 27.2% in 2005. This is almost twice the Healthy People 2010 goal of no more than 15% of the population being obese.

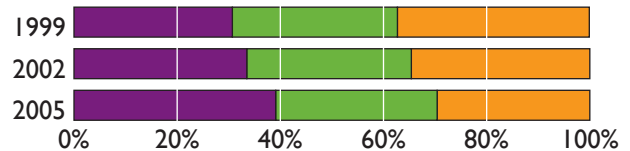
African Americans have had slightly higher rates of being overweight and obese than the region in general. However, they have had much higher rates of being obese than the region. In 2005, almost 4 in 10 African Americans were obese (39.1%), compared to 27.2% of all adults in the region.

Weight status based on BMI

Greater Cincinnati



African Americans



- Obese (BMI ≥ 30.0)
- Overweight (BMI = 25.0–29.9)
- Not obese or overweight (BMI = 18.0–24.9)

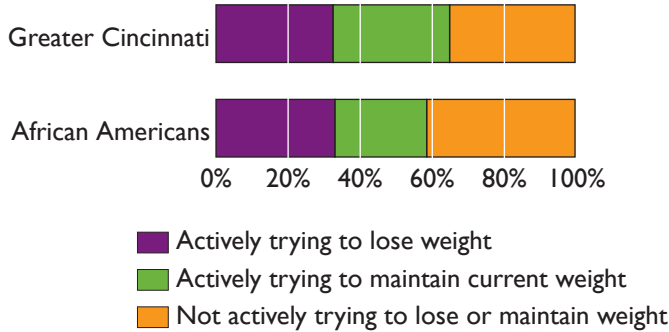
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,067	2,000	2,073	184	191	527
Obese	22.2%	21.8%	27.2%	30.7%	33.5%	39.1%
Overweight	34.1%	38.9%	34.7%	32.0%	31.9%	31.3%
Not obese or overweight	43.7%	39.3%	38.1%	37.2%	34.6%	29.6%

¹ BMI is calculated by dividing a person's weight in pounds by their height in inches squared, and then multiplying that result by 703.

Losing or maintaining weight

In the Greater Cincinnati region, 32.5% of the population reported that they were actively trying to lose weight. This rate compares to 33% of the African American population.

Which of the following statements best describes you... I am actively trying to lose weight, I am actively trying to maintain weight, or I am not actively trying to lose weight or maintain my current weight?

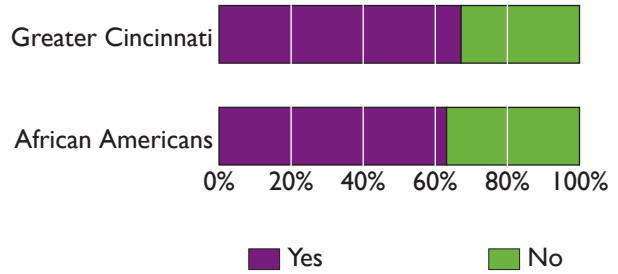


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,076	526
Actively trying to lose weight	32.5%	33.0%
Actively trying to maintain current weight	32.3%	25.5%
Not actively trying to lose or maintain weight	34.8%	41.2%

Exercise to lose or maintain weight

Of people trying to lose weight, almost 7 in 10 adults in the region (67.1%) and 6 in 10 African Americans (63.1%) exercise regularly as a part of their effort to lose weight.

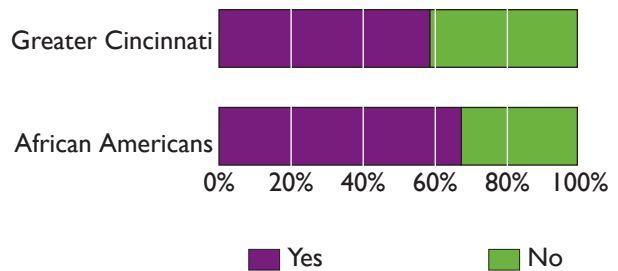
Do you exercise regularly as part of your effort to lose weight? (respondents actively trying to lose weight only)



	Greater Cincinnati	African Americans
year	2005	2005
sample size	674	174
Yes	67.1%	63.1%
No	32.9%	36.9%

Of people trying to maintain their current weight, 6 in 10 adults in the region (58.8%) and almost 7 in 10 African Americans (67.6%) exercise regularly as part of their efforts to maintain their weight.

Do you exercise regularly as part of your effort to maintain weight? (respondents actively trying to maintain current weight only)

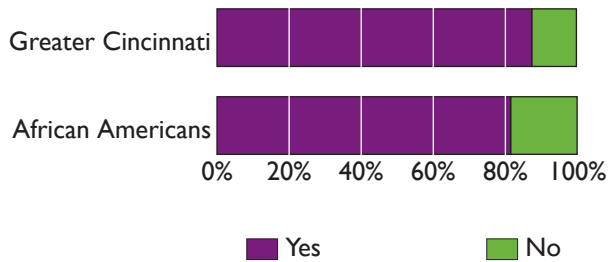


	Greater Cincinnati	African Americans
year	2005	2005
sample size	671	134
Yes	58.8%	67.6%
No	41.2%	32.4%

Moderate activity

In a usual week, 87.3% of Greater Cincinnatians engage in some sort of moderate activity that causes some increase in breathing or heart rate, compared to 80.8% of African Americans.

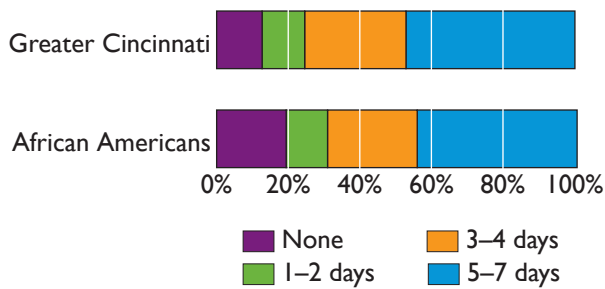
Do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?



	Greater Cincinnatians	African Americans
year	2005	2005
sample size	2,077	527
Yes	87.3%	80.8%
No	12.4%	18.3%

Three-fourths of adults in the region (75.5%) perform moderate activities at least 3 days a week, compared to 69.3% of African Americans.

Frequency of moderate activities

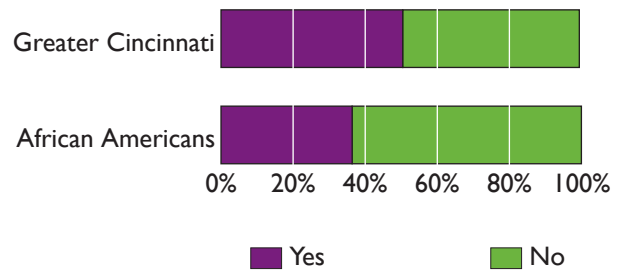


	Greater Cincinnatians	African Americans
year	2005	2005
sample size	2,074	524
None	12.7%	19.3%
1-2 days	11.9%	11.5%
3-4 days	28.3%	24.9%
5-7 days	47.2%	44.4%

Vigorous activity

In a usual week, about half of Greater Cincinnatians (50.4%) and one-third of African Americans (35.8%) engage in some sort of vigorous activity that causes large increases in breathing or heart rate.

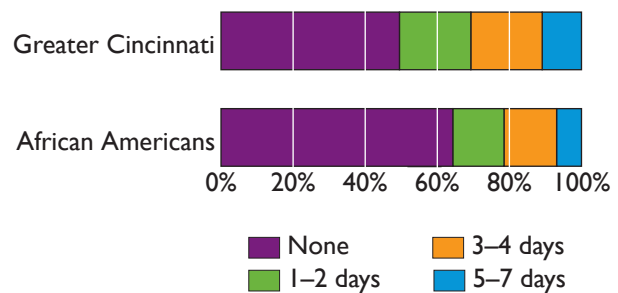
Do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?



	Greater Cincinnatians	African Americans
year	2005	2005
sample size	2,077	527
Yes	50.4%	35.8%
No	49.0%	62.6%

About 1 in 3 adults in the region (30.7%) perform vigorous activities at least 3 days a week, compared to 1 in 5 African Americans (21.5%).

Frequency of vigorous activities

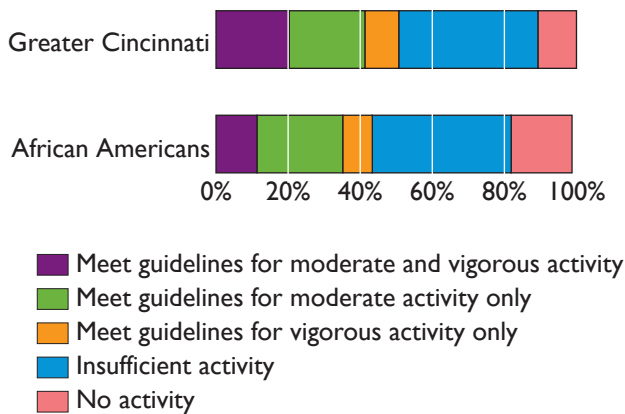


	Greater Cincinnatians	African Americans
year	2005	2005
sample size	2,070	526
None	49.5%	64.3%
1-2 days	19.8%	14.2%
3-4 days	19.8%	14.6%
5-7 days	10.9%	6.9%

Guidelines for activity

According to the CDC, the recommended guidelines for physical activity are at least 30 minutes per day, 5 days per week of moderate activity, or at least 20 minutes per day, 3 days per week of vigorous activity. Just over half of Greater Cincinnatians (50.7%) met the guidelines for moderate or vigorous activity, compared to 43.9% of African Americans. More African Americans (17.1%) report no vigorous or moderate activity than the region (10.7%).

People meeting the CDC guidelines for moderate and vigorous activity



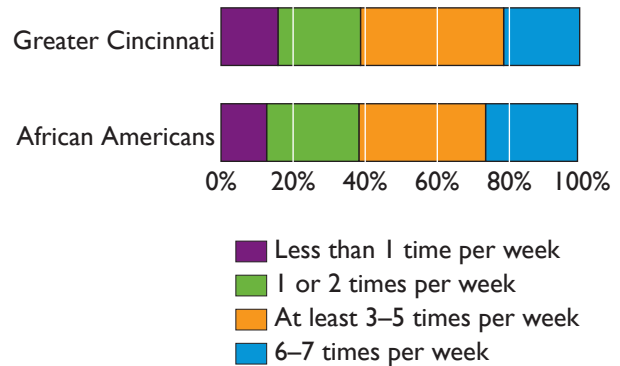
	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,035	509
Meet guidelines for moderate and vigorous	20.3%	11.5%
Meet guidelines for moderate only	21.0%	24.1%
Meet guidelines for vigorous only	9.4%	8.3%
Insufficient activity	38.6%	39.0%
No activity	10.7%	17.1%

Eating fruits and vegetables

Experts recommend that people eat at least 5 servings of fruits and vegetables each day. Fruits and vegetables contain vitamins, minerals, fiber, and other nutrients that can help reduce the risk of heart disease, high blood pressure, Type II (adult onset) diabetes, and some cancers.

In Greater Cincinnati, about 1 in 5 adults (21.1%) and 1 in 4 African Americans (25.4%) reported eating at least 5 fruits and vegetables per day, 6–7 days per week. However, almost 40% of adults (38.7% for the region and 38.1% for African Americans) reported eating at least 5 fruits and vegetables per day for less than 2 days per week.

In an average week, how many times, if any, do you consume at least 5 fruits and vegetables a day?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,077	526
Less than 1 time per week	15.8%	12.6%
1 or 2 times per week	22.9%	25.5%
At least 3–5 times per week	39.7%	35.0%
6–7 times per week	21.1%	25.4%

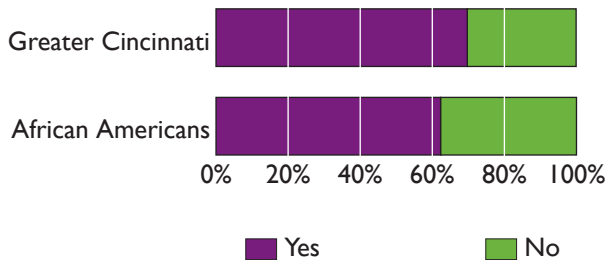
Oral Health

Dental home

Having one particular dentist's office, dental clinic, or other place to go if you need dental care is commonly known as having a dental home. Without a dental home, a person is less likely to seek appropriate and timely oral health care when needed.

About 70% of all adults (69.7%) and 60% of African Americans (62.3%) have a dental home. Twice as many people report not having a dental home as those reporting not having a medical home (see the section titled "Access to Healthcare" in this report).

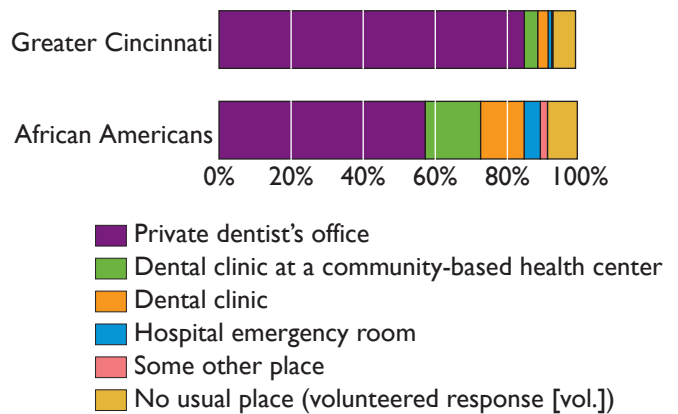
Is there one particular dentist's office, dental clinic, health center or other place that you usually go to if you need dental care or advice about dental care?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,077	527
Yes	69.7%	62.3%
No	30.2%	37.7%

African Americans are less likely than the general population to usually seek oral health care from a private dentist's office (57.4% compared to 84.7%), but are more likely to usually seek oral health care from a dental clinic at a community-based health center (15.4% compared to 3.7%) or other dental clinic (12.1% compared to 2.9%). African Americans are also four times more likely to usually seek oral health care at a hospital emergency room (4.5% compared to 1.0%).

Which of the following best describes the place you usually go for dental care?



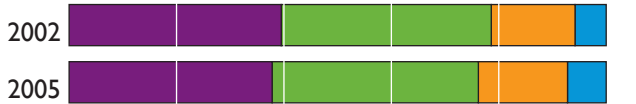
	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,067	526
Private dentist's office	84.7%	57.4%
Dental clinic at a community-based health center	3.7%	15.4%
Dental clinic	2.9%	12.1%
Hospital emergency room	1.0%	4.5%
Some other place	0.3%	2.0%
No usual place (vol.)	6.3%	8.3%

Condition of mouth and teeth

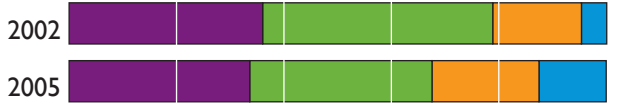
In 2005, 3 out of 4 adults (76.2%) and 2 out of 3 African Americans (67.5%) reported that the condition of their mouth and teeth was very good or good. Both of these are lower than 2002 rates (78.6% for the region and 78.8% for African Americans).

How would you describe the condition of your mouth and teeth, including false teeth and dentures?

Greater Cincinnati



African Americans



Very good (purple), Good (green), Fair (orange), Poor (blue)

year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	1,996	2,077	195	527
Very good	39.5%	37.8%	36.0%	33.6%
Good	39.1%	38.4%	42.8%	33.9%
Fair	15.6%	16.6%	16.5%	19.9%
Poor	5.8%	7.2%	4.7%	12.5%

Last dental visit

The American Dental Association recommends that people see a dentist regularly—at least once a year—to check the condition of their mouths and teeth. About 70% of adults in the country (70.2%) reported seeing a dentist within the past year.

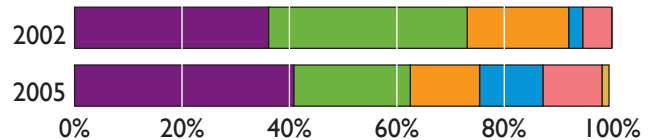
In 2005, 67.6% of all adults and 62.5% of African Americans reported seeing the dentist within the past year, down from 2002 (70.9% for the region and 73.1% for African Americans). About 1 in 5 adults (19.1%) and 1 in 4 African Americans (22.8%) haven't seen a dentist in over 2 years. This rate is up slightly from 2002 for the region (16.2%). The rate among African Americans almost quadrupled between 2002 (8.0%) and 2005 (22.8%).

How long has it been since you last visited a dentist or dental clinic for any reason?

Greater Cincinnati



African Americans



In the past 6 months (purple), In the past year (green), In the past 2 years (orange), In the past 5 years (blue), More than 5 years (red), Never (yellow)

year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	1,992	2,077	195	527
In the past 6 months	51.3%	47.1%	36.1%	40.8%
In the past year	19.6%	20.5%	37.0%	21.7%
In the past 2 years	12.6%	13.0%	18.9%	12.9%
In the past 5 years	5.2%	8.9%	2.6%	11.8%
More than 5 years ago	11.0%	10.2%	5.4%	11.0%
Never	0.3%	0.3%	0.0%	1.3%

Last teeth cleaning

The American Dental Association recommends that people get their teeth cleaned by a dentist or dental hygienist once every 6 months.

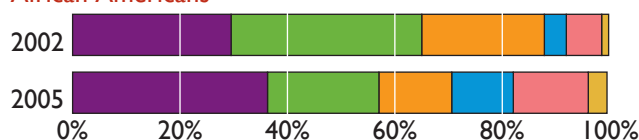
In Greater Cincinnati in 2005, 44.7% of all adults and 36.4% of African Americans reported having their teeth cleaned in the last 6 months. This is down for adults in the region (47.0% in 2002) but up for African Americans (29.6% in 2002). About 4% of adults have never had their teeth cleaned (3.7% for the region and 3.5% for African Americans).

How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

Greater Cincinnati



African Americans



- In the past 6 months
- In the past year
- In the past 2 years
- In the past 5 years
- More than 5 years
- Never

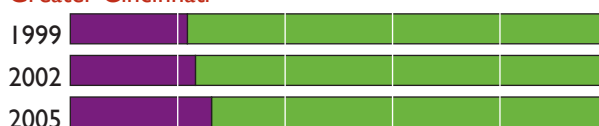
year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	1,990	2,073	195	523
In the past 6 months	47.0%	44.7%	29.6%	36.4%
In the past year	19.3%	18.8%	35.6%	20.8%
In the past 2 years	11.1%	11.6%	22.9%	13.6%
In the past 5 years	5.7%	9.0%	4.1%	11.5%
More than 5 years ago	12.7%	11.9%	6.6%	14.0%
Never	3.8%	3.7%	1.3%	3.5%

Delayed dental care

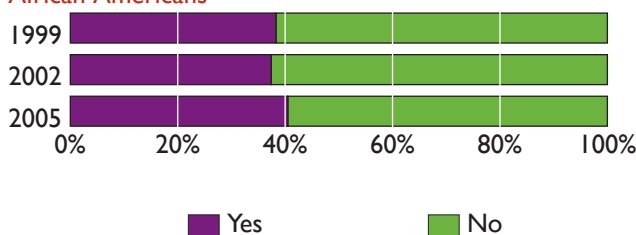
In 2005, 1 in 4 adults (26.3%) and 2 in 5 African Americans (40.5%) in Greater Cincinnati reported that they delayed or did not get dental care when they thought they needed it. These rates are higher than they were in 1999 (21.8% for the region and 38.3% for African Americans).

In the past 12 months, was there a time when you thought that you needed dental care but did not get it, or delayed getting it?

Greater Cincinnati



African Americans



year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,054	1,991	2,077	194	195	527
Yes	21.8%	23.3%	26.3%	38.3%	37.4%	40.5%
No	78.2%	76.6%	73.7%	61.7%	62.6%	59.5%

The top five reasons for not getting or delaying dental care for the region were:

- * cost of dental care (39.8%),
- * no dental insurance (17.3%),
- * no time/too busy (11.7%),
- * don't like dentists (6.1%), and
- * problems with dental insurance (4.3%).

The top five reasons for not getting or delaying dental care for African Americans were:

- * cost of dental care (35.3%),
- * no dental insurance (15.7%),
- * stubborn/delayed visit (10.2%),
- * no time/too busy (9.4%), and
- * fear of dentists/fear of diagnosis (6.1%).

Mental Health

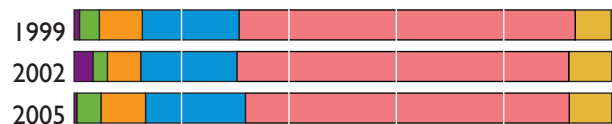
Mental health status

As with physical health, the SF-12 Health Assessment Questionnaire is used to determine mental health status. Answers to certain SF-12 questions are combined and scored on a scale of 0 to 100 to give a mental health summary score. The average mental health summary score for the general U.S. population is 50.0. Scores below 50.0 indicate that a person has poorer mental health than average. Scores above 50.0 indicate that a person has better mental health than average.

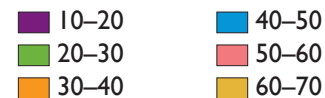
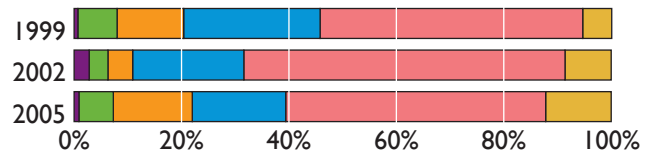
About one-third of adults in the region (31.9%) had summary scores below the national average in 2005, up slightly since 1999. Almost 40% of African Americans (39.4%) had summary scores below the national average in 2005, down from 1999 (45.8%) but up from 2002 (31.6%).

SF-12 Mental Health Summary Score

Greater Cincinnati



African Americans



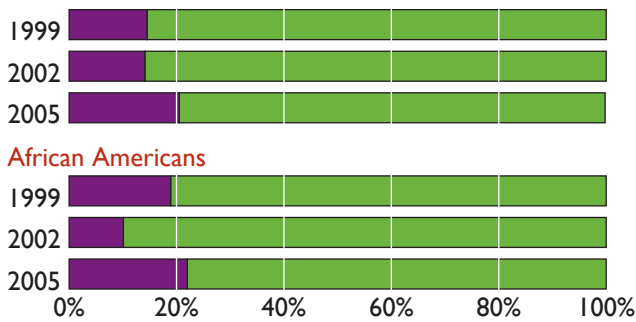
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,083	2,002	2,048	190	195	523
10-20	1.0%	3.5%	0.5%	0.7%	2.8%	0.9%
20-30	3.7%	2.7%	4.5%	7.3%	3.5%	6.4%
30-40	8.0%	6.2%	8.3%	12.4%	4.6%	14.7%
40-50	18.0%	17.9%	18.6%	25.4%	20.7%	17.4%
50-60	62.6%	61.8%	60.3%	48.9%	59.8%	48.4%
60-70	6.7%	8.0%	7.9%	5.4%	8.6%	12.2%

Depression

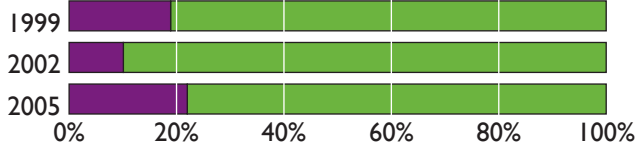
In Greater Cincinnati in 2005, 1 in 5 adults (20.5%) and African Americans (22.0%) reported that they had been told by a doctor or other healthcare provider that they had depression. The regional rate is up from 1999 (14.5%) and 2003 (14.1%). The 2005 rate for African Americans is also up from 1999 (18.9%) but is more than twice as high as it was in 2002 (10.1%).

Has a doctor or other health care provider ever told you that you had depression?

Greater Cincinnati



African Americans



■ Yes ■ No

year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,076	194	195	527
Yes	14.5%	14.1%	20.5%	18.9%	10.1%	22.0%
No	85.5%	85.9%	79.3%	81.1%	89.9%	78.0%

Serious psychological distress

The CDC National Center for Health Statistics' serious psychological distress scale (K6) is a scale developed to measure serious mental illness in adults using as few questions as possible. The questions are:

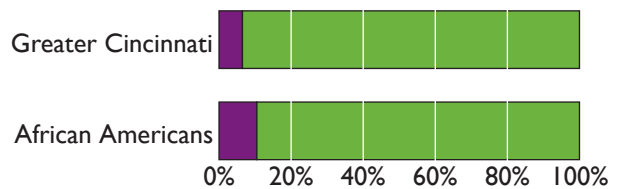
During the past 30 days, how often did you feel...

- so sad that nothing could cheer you up?
- nervous?
- restless or fidgety?
- hopeless?
- that everything was an effort?
- worthless?

Answers range from "none of the time" to "all of the time." Each answer has a point value, and the points are added together to give a summary score of 0–24 points. A score of 13 or higher indicates psychological distress and, therefore, presence of a serious mental illness. To get a score of 13, a person would have to answer "some of the time" to 5 questions and "most of the time" to 1 question. The national rate for experiencing psychological distress is 3.1%.

In 2005, 6.5% adults in the region experienced psychological distress, more than twice the national rate. African Americans (10.5%) had rates almost twice as high as the region and three times as high as the nation.

People experiencing psychological distress



■ Experienced psychological distress
■ Did not experience psychological distress

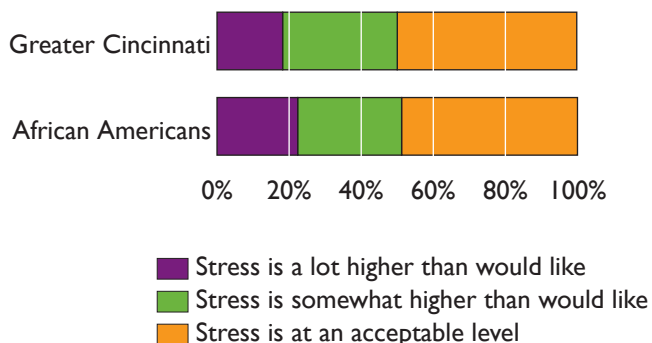
	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,067	510
Experienced psychological distress	6.5%	10.5%
Did not experience psychological distress	93.5%	89.5%

Stress

Stress, particularly in the workplace, is associated with increased illness and injury, which can lead to loss of productive time both at work and at home. Additionally, elevated stress levels may be contributors to a variety of health problems such as obesity, heart disease, and depression. According to a National Consumers League survey conducted in May 2003, 42% of adults report their stress is at a level that is acceptable to them, while 57% of adults report having a level of stress that is either somewhat (31%) or a lot (26%) higher than they would like it to be.

Half of all adults (50.0%) and half of African Americans (50.8%) in Greater Cincinnati reported that their stress levels were higher than they would like.

Overall, how do you rate your stress level, that is, the amount of stress you have in your everyday life?

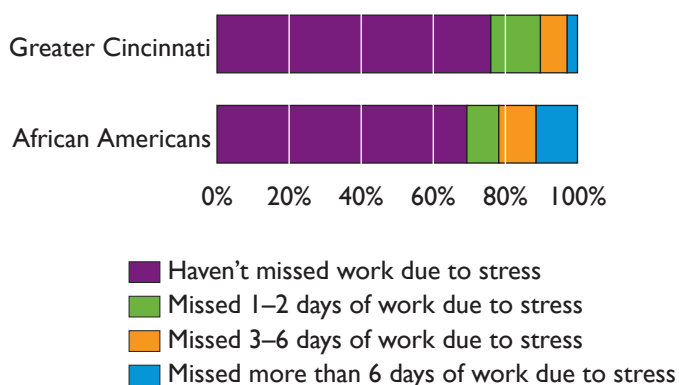


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,077	527
Stress is a lot higher than would like	18.2%	22.2%
Stress is somewhat higher than would like	31.8%	28.6%
Stress is at an acceptable level	49.8%	48.4%

Missed work due to stress

Three-fourths of all adults (75.9%) and about 70% of African Americans (68.9%) in Greater Cincinnati reported that they missed no work due to stress. African Americans (11.4%) were slightly less likely than all adults in the region (13.8%) to report missing 1–2 days of work per year due to stress. However, African Americans were three times as likely to report missing more than 6 days of work per year than the region (8.8% for African Americans versus 2.9% for the region).

Which of the following statements best describes you ... Due to stress in my life, I have missed ... 1–2 days of work, 3–6 days of work, more than 6 days of work, or no work? (people who reported that they are working only)



	Greater Cincinnati	African Americans
year	2005	2005
sample size	1,431	328
Haven't missed work	75.9%	68.9%
1–2 days	13.8%	11.4%
3–6 days	7.4%	10.3%
More than 6 days	2.9%	8.8%

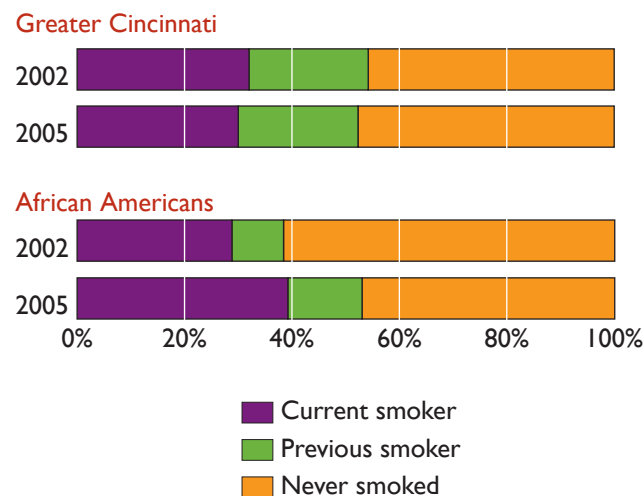
Cigarette and Alcohol Use

Smoking

According to the CDC's BRFSS, 1 in 5 adults (21%) in the U.S. were current smokers in 2004. Although this is down slightly from 2002 (23%), it is almost twice as high as the Healthy People 2010 goal of 12% of adults smoking.

Rates in Greater Cincinnati are also decreasing, but remain about 10 percentage points higher than the national rates (30.0% for the region in 2005 versus 21% in the nation in 2004). Smoking rates among African Americans have actually increased, going from 28.8% in 2002 to 39.2% in 2005.

Current, previous, and non-smokers



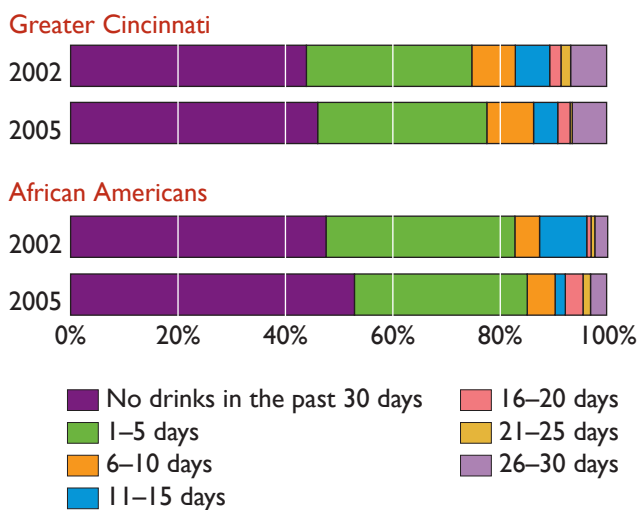
year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	2,006	2,077	195	527
Current smoker	32.0%	30.0%	28.8%	39.2%
Previous smoker	22.2%	22.3%	9.6%	13.8%
Never smoked	45.8%	47.7%	61.6%	47.0%

Alcohol use

According to the 2005 BRFSS, 56.8% of adults in the nation drank at least one drink of alcohol during the past 30 days, up from 43.4% in 2002.

In 2005, adults in Greater Cincinnati (53.8%) reported slightly lower rates than the nation, and African Americans (47.0%) even lower rates.

A drink of alcohol is 1 can of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least 1 drink of any alcoholic beverage?



year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	1,983	2,045	195	518
No drinks in the past 30 days	43.9%	46.0%	47.6%	52.9%
1-5 days	30.8%	31.5%	35.2%	32.2%
6-10 days	8.1%	8.7%	4.6%	5.2%
11-15 days	6.4%	4.5%	8.8%	1.9%
16-20 days	2.1%	2.3%	0.8%	3.3%
21-25 days	1.8%	0.4%	0.7%	1.4%
26-30 days	6.7%	6.4%	2.4%	3.0%

Binge drinking

Binge drinking is classified as having 5 or more drinks on the same occasion. In 2004, 14.9% of adults in the nation reported binge drinking, compared to 16.1% in 2002. The Healthy People 2010 goal is that 6% of adults binge drink.

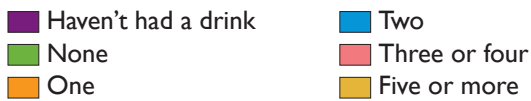
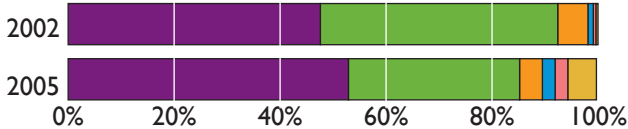
In 2005, 17.7% of adults reported having 5 or more drinks on at least 1 occasion in the past 30 days, down from 19.3% in 2002. African Americans are less likely to binge drink (14.5% in 2005) than all adults in the region. This is up considerably from 2002, when 7.6% of African American adults reported binge drinking.

Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Greater Cincinnati



African Americans



	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
year	2002	2005	2002	2005
sample size	1,979	2,042	195	517
Haven't had a drink	44.0%	46.0%	47.6%	52.9%
None	36.5%	36.1%	44.8%	32.3%
One	7.7%	5.6%	5.7%	4.3%
Two	2.3%	4.2%	1.0%	2.4%
Three or four	3.1%	3.0%	0.5%	2.4%
Five or more	6.2%	4.9%	0.4%	5.4%

Drinking and driving

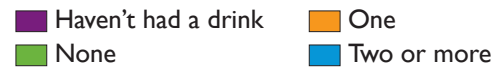
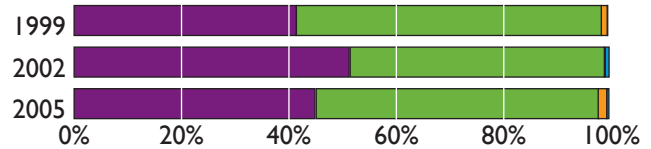
In 2005, 2.7% of adults in Greater Cincinnati reported that they had driven at least once in the past 30 days when they thought they had too much to drink. This is down from 1999 (4.4%) and 2002 (3.0%). However, many would consider one time behind the wheel while under the influence as too many. Fewer African Americans reported driving when they thought they had too much to drink (1.2% in 1999, 0.8% in 2002, and 2.0% in 2005).

During the past 30 days, how many times, if any, have you driven when you've had perhaps too much to drink?

Greater Cincinnati



African Americans



	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
year	1999	2002	2005	1999	2002	2005
sample size	2,088	2,003	2,042	194	195	517
Haven't had a drink	50.2%	43.5%	46.0%	57.2%	47.6%	52.9%
None	45.4%	53.6%	51.2%	41.6%	51.5%	45.1%
One	2.6%	1.4%	1.9%	1.1%	0.0%	1.6%
Two or more	1.8%	1.6%	0.8%	0.1%	0.8%	0.4%

Access to Healthcare

Health insurance status

Insurance status is a primary indicator of whether someone has the ability to seek appropriate health care in a timely manner. Those without insurance are less likely to get care when they need it. The *Greater Cincinnati Community Health Status Survey* asks about insurance status in two ways. The first is whether a person currently has health insurance. The second is whether the person has been without health care coverage at any time during the past 12 months. We feel it is important to capture both for the most complete picture of the insurance barriers to care in the region.

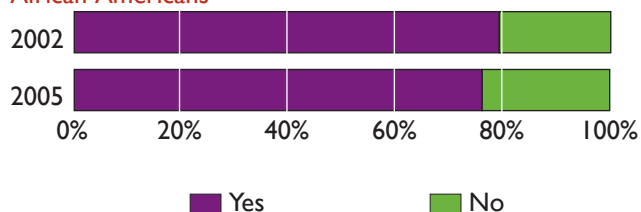
In 2005, 13.1% of adults in the region were uninsured, up from 9.5% in 2002. African Americans (20.8% in 2002 and 23.8% in 2005) were twice as likely to be uninsured as adults in the region.

Do you have any kind of healthcare coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Medicaid, or the VA?

Greater Cincinnati



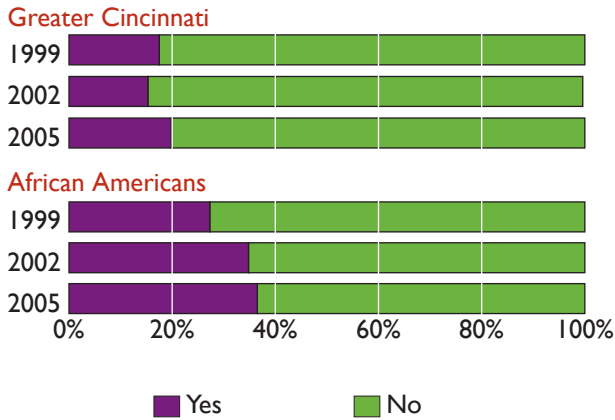
African Americans



	Greater Cincinnati		African Americans	
year	2002	2005	2002	2005
sample size	2,001	2,075	195	527
Yes	90.3%	86.7%	79.2%	76.0%
No	9.5%	13.1%	20.8%	23.8%

In 2005, 1 in 5 adults in the region (19.8%) reported that they had been without insurance at some point in the past 12 months. This is up from 1999 (17.5%) and 2002 (15.3%). African Americans were twice as likely to report being uninsured in the last 12 months (27.3% in 1999, 34.8% in 2002, and 36.5% in 2005).

During the past 12 months, was there any time that you did not have any health insurance or health care coverage?



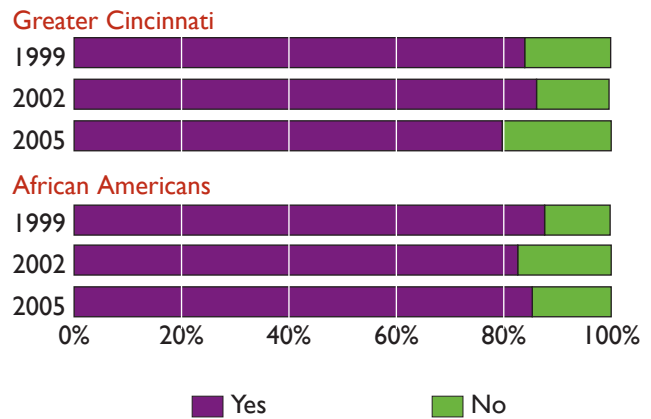
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,067	2,000	2,073	194	191	527
Yes	17.5%	15.3%	19.8%	27.3%	34.8%	36.5%
No	82.5%	84.3%	80.2%	72.7%	65.2%	63.5%

Medical home

Having one particular clinic, health center, doctor's office, or other place where you go if you are sick is commonly known as having a medical home. Without a medical home, a person is less likely to seek appropriate and timely health care when needed. The Healthy People 2010 goal is that 96% of people will have a medical home.

About 80% of all adults (79.7%) and African Americans (85.3%) reported that they had a medical home in 2005. Both of these are down from 1999 (83.9% for the region and 87.6% for African Americans).

Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?



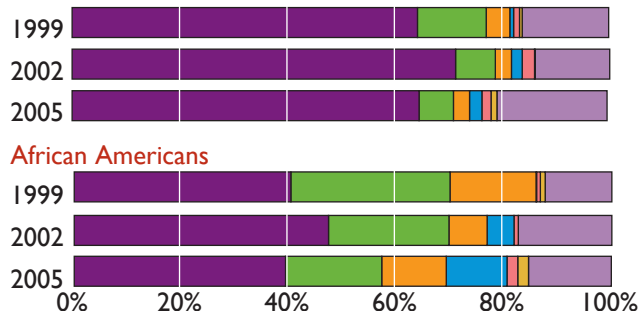
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,062	2,005	2,076	194	195	527
Yes	83.9%	86.1%	79.7%	87.6%	82.6%	85.3%
No	16.0%	13.5%	20.3%	12.2%	17.4%	14.7%

In 2005, 64.6% of all adults in the region reported that they usually go to a private doctor's office when they are sick, compared to 39.3% of African Americans. African Americans were more likely than adults in the region to usually seek care at a public health clinic or community-based health center (17.9% compared to 6.4%), a hospital outpatient department (12.0% compared to 3.0%), or a hospital emergency room (11.3% compared to 2.3%). The percent of African Americans usually seeking care at a hospital emergency room has greatly increased

since 1999 (0.1% in 1999, 5.0% in 2002, and 11.3% in 2005).

When you are sick or need advice about your health, to which one of the following places do you usually go?

Greater Cincinnati



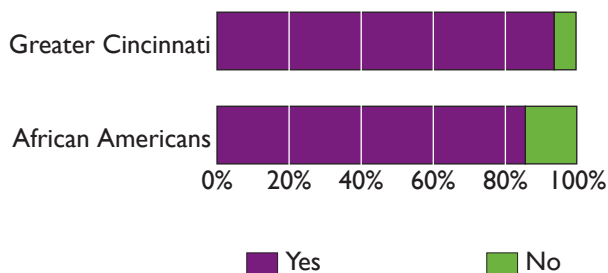
- Private doctor's office
- Public health clinic/community-based health center
- Hospital outpatient department
- Hospital emergency room
- Urgent care center
- Some other kind of place
- No usual place

year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,062	2,005	2,074	194	195	527
Private doctor's office	64.3%	71.4%	64.6%	40.3%	47.3%	39.3%
Public health clinic/community-based health center	12.8%	7.4%	6.4%	29.6%	22.4%	17.9%
Hospital outpatient department	4.4%	3.0%	3.0%	16.0%	7.1%	12.0%
Hospital emergency room	0.7%	2.0%	2.3%	0.1%	5.0%	11.3%
Urgent care center	1.1%	2.3%	1.7%	0.7%	0.8%	2.0%
Some other kind of place	0.5%	0.1%	1.1%	0.9%	0.0%	2.0%
No usual place	16.1%	13.9%	20.5%	12.4%	17.4%	15.4%

Access to transportation

The majority of adults in Greater Cincinnati (93.5% for the region and 85.6% for African Americans) reported they had access to transportation if they or a loved one needed help getting to the doctor, going shopping, or going to the pharmacy.

Would you have access to transportation if you or a loved one needed help getting to the doctor, going shopping, or going to the pharmacy?



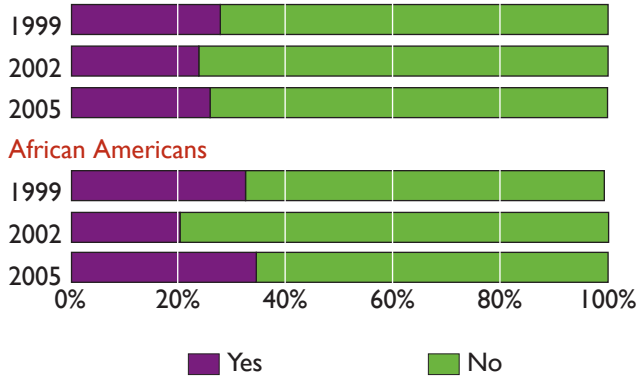
	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,075	527
Yes	93.5%	85.6%
No	6.1%	14.3%

Delayed care

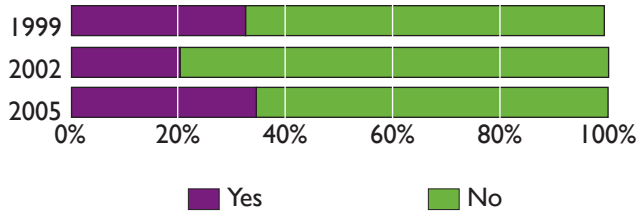
In 2005, 1 in 4 adults (25.8%) and 1 in 3 African Americans (34.4%) reported that they delayed or didn't get medical care when they thought they needed it. For both groups, rates are about the same as from 1999 (27.7% for the region and 32.4% for African Americans) but are higher than 2002 (23.7% for the region and 20.2% for African Americans) but are higher than 2002 (23.7% for the region and 20.2% for African Americans).

In the past 12 months, was there a time when you personally thought that you needed medical care but did not get it, or delayed getting it?

Greater Cincinnati



African Americans



year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,057	1,997	2,077	194	195	527
Yes	27.7%	23.7%	25.8%	32.4%	20.2%	34.4%
No	72.2%	76.2%	74.0%	66.8%	79.8%	65.5%

The top five reasons for not getting or delaying care for the region were:

- cost of healthcare (27.8%),
- no time/too busy (14.7%),
- no health insurance (9.3%),
- stubborn/delayed visit (8.7%), and
- thought problem would take care of itself (8.0%).

The top five reasons for not getting or delaying care for African Americans were similar:

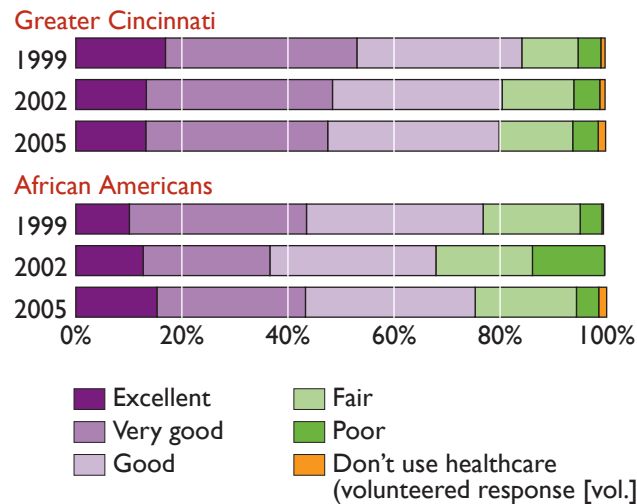
- cost of healthcare (28.0%),
- no time/too busy (18.1%),
- no health insurance (15.9%),
- stubborn/delayed visit (8.6%), and
- thought problem would take care of itself (6.1%).

Healthcare Quality, Availability, and Cost

Satisfaction with overall healthcare

In general, adults in Greater Cincinnati are satisfied with their healthcare, with 79.8% of adults in the region and 75.3% of African Americans reporting their satisfaction with overall healthcare was excellent, very good, or good. The regional rate has dropped since 1999 (84.1% in 1999 and 80.4% in 2002). The rate for African Americans dropped in 2002 (67.9%) but in 2005 returned to about the same as 1999 (76.8%).

How would you rate your satisfaction with your overall healthcare?



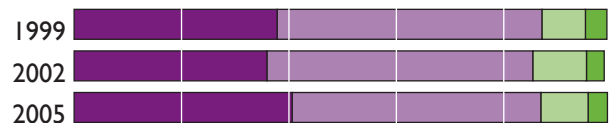
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,106	2,004	2,074	193	195	527
Excellent	16.9%	13.3%	13.2%	10.1%	12.7%	15.3%
Very Good	36.1%	35.1%	34.3%	33.4%	23.9%	28.0%
Good	31.1%	32.0%	32.3%	33.3%	31.3%	32.0%
Fair	10.6%	13.5%	13.9%	18.3%	18.2%	19.1%
Poor	4.3%	4.9%	4.8%	4.1%	13.6%	4.2%
Don't use healthcare (vol.)	0.8%	1.0%	1.4%	0.3%	0.0%	1.5%

Quality of healthcare

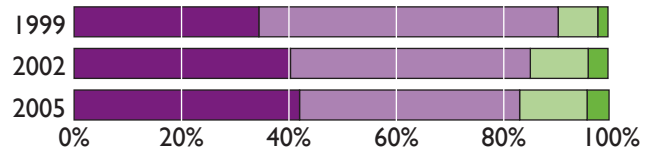
In 2005, about 85% of all adults (86.9%) and African Americans (83.2%) are very or fairly well satisfied with their healthcare. The regional rate has stayed relatively the same since 1999, but the African American rate has dropped (90.4% in 1999 and 85.2% in 2002).

Thinking of all your healthcare needs, not just your family doctor, generally speaking, how satisfied would you say you are with the quality of the healthcare you get?

Greater Cincinnati



African Americans



■ Very satisfied ■ Not too satisfied
■ Fairly well satisfied ■ Not at all satisfied

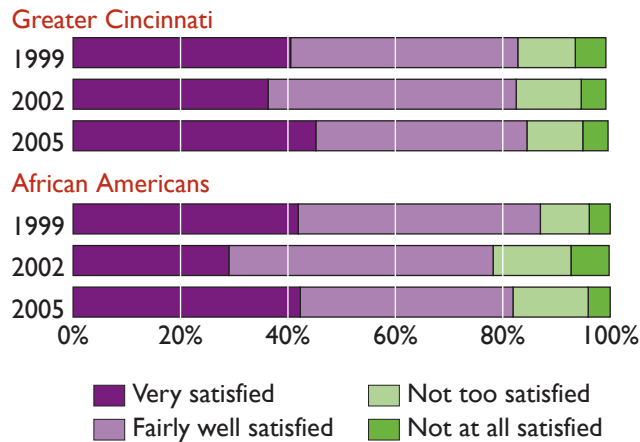
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,101	1,990	2,060	193	194	524
Very satisfied	37.8%	35.9%	40.6%	34.5%	40.4%	42.1%
Fairly well satisfied	49.3%	49.5%	46.3%	55.9%	44.8%	41.1%
Not too satisfied	8.1%	10.0%	8.8%	7.4%	10.8%	12.6%
Not at all satisfied	4.0%	3.3%	3.6%	1.9%	3.7%	4.1%

Availability of healthcare

Availability of care is an indicator of whether someone will get care when they need it. In Greater Cincinnati, we have wide variation in availability of care, as determined by Health Professional Shortage Areas (HPSAs) and Medically Underserved Areas (MUAs). Generally speaking, rural areas within the region tend to be designated as HPSAs and MUAs.

In Greater Cincinnati, availability of care is rated quite high, with 84.5% of all adults and 81.9% of African Americans stating they are very or fairly well satisfied with the availability of care. The regional rate has stayed relatively the same since 1999. The African American rate was higher in 1999 (87.0%) but dropped sharply in 2002 (78.2%), then increased in 2005 (81.9%).

How satisfied are you with the availability of healthcare when you need it?

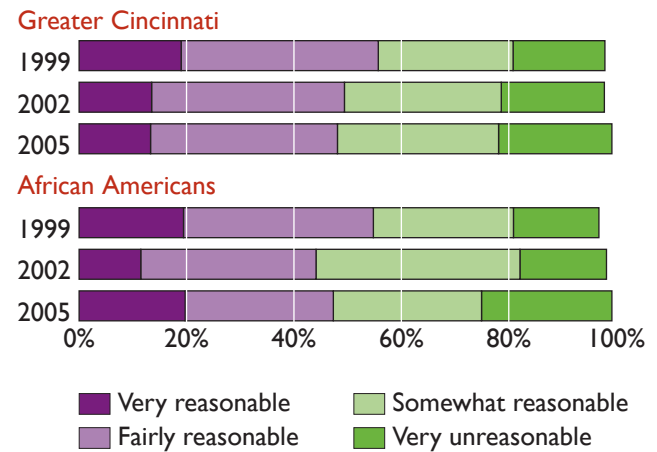


year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,001	2,070	193	195	525
Very satisfied	40.5%	36.3%	45.2%	41.9%	29.0%	42.3%
Fairly well satisfied	42.3%	46.2%	39.3%	45.1%	49.2%	39.6%
Not too satisfied	10.7%	12.1%	10.4%	9.1%	14.5%	14.0%
Not at all satisfied	5.7%	4.6%	4.7%	3.9%	7.1%	4.1%

Cost of healthcare

The cost of care is a great concern for many people in the U.S. as premiums increase and out-of-pocket expenses continue to rise. In 2005, less than half of adults (48.1% for the region and 47.0% for African Americans) felt that the cost of healthcare they receive was very or fairly reasonable. The regional rate has steadily declined since 1999. The rate among African Americans was high in 1999 (54.4%) but dropped over 10 percentage points in 2002 (43.8%), then increased slightly in 2005 (47.0%).

How do you feel about the cost of the healthcare you receive?



year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,093	2,000	2,062	191	195	524
Very reasonable	19.0%	13.5%	13.3%	19.3%	11.4%	19.6%
Fairly reasonable	36.7%	35.9%	34.8%	35.1%	32.4%	27.4%
Somewhat reasonable	25.1%	29.2%	30.0%	25.9%	37.7%	27.4%
Very unreasonable	17.1%	19.2%	21.1%	15.8%	16.0%	24.1%

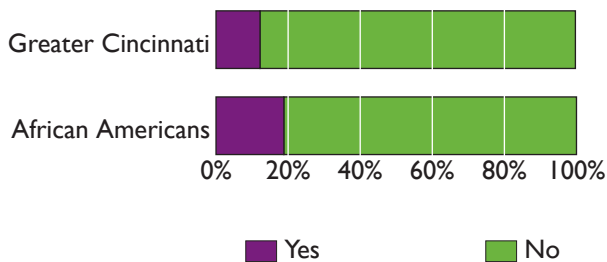
Health-Related Financial Issues

Caring for a sick or disabled relative

People who care for a sick or disabled relative—such as a child, spouse or partner, parent, or other family member—may have more household healthcare costs or need more time off of work, if they work at all. Caregiving can be a full-time job for some family members who have a sick or disabled relative.

In 2005, 1 in 10 adults in Greater Cincinnati (12.2%) reported that they were currently caring for a sick or disabled relative. Almost 2 in 10 African Americans (18.8%) indicated that they are currently caring for a sick or disabled relative.

Are you currently caring for a sick or disabled relative? This could include your child, spouse or partner, or other family member.



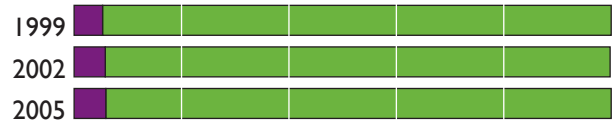
	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,077	527
Yes	12.2%	18.8%
No	87.5%	81.1%

Going without care to pay for household necessities

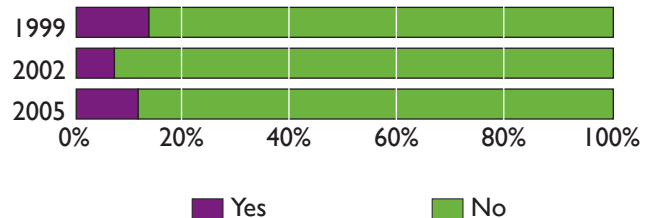
About 6% of adults in the region reported that a household member had gone without a doctor's care because the household needed the money to buy food or clothing or pay for housing. This rate has stayed relatively constant since 1999 (5.3% in 1999, 5.8% in 2002, and 5.9% in 2005). Except for 2002, African Americans were twice as likely as adults in the region to report a household member went without care to pay for necessities (13.5% in 1999 and 11.5% in 2005).

During the last year, did any household member not receive a doctor's care because the household needed the money to buy food, clothing, or pay for housing?

Greater Cincinnati



African Americans



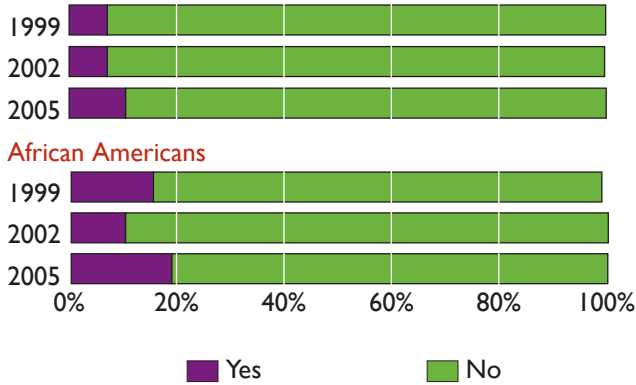
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,057	1,997	2,077	194	195	527
Yes	5.3%	5.8%	5.9%	13.5%	7.1%	11.5%
No	94.7%	94.0%	94.1%	86.5%	92.9%	88.5%

Going without prescriptions to pay for household necessities

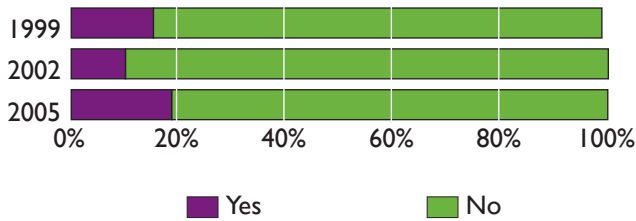
In 2005, 1 in 10 adults (10.5%) reported that a household member went without prescription medications because the household needed the money for necessities. This is up from 1999 and 2002, when the rate was 7.1% both years. Almost 2 in 10 African Americans (18.7%) reported that a household member went without prescription medication to pay for necessities, up from 1999 (15.3%) and 2002 (10.1%).

During the last year, did any household member not receive prescription medications because the household needed the money to buy food, clothing, or pay for housing?

Greater Cincinnati



African Americans



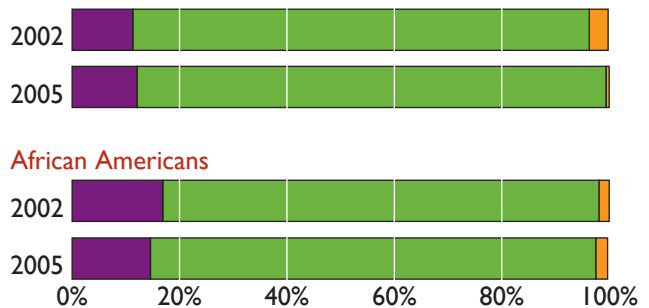
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,057	1,997	2,077	194	195	527
Yes	7.1%	7.1%	10.5%	15.3%	10.1%	18.7%
No	92.8%	92.6%	89.5%	83.5%	89.9%	81.2%

Unpaid time off work to get healthcare

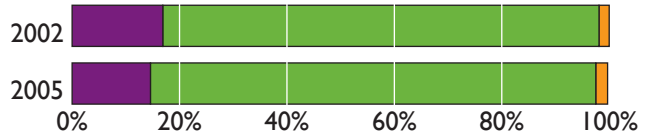
About 1 in 10 adults (11.3% in 2002 and 12.1% in 2005) reported that a household member had taken unpaid time off work so someone in the household could get healthcare. In 2005, 14.6% of African Americans reported that someone had taken unpaid time off work so a household member could get healthcare, down slightly from 2002 (16.9%).

In the past 12 months, have you or a member of your household taken time off work without pay so that you or another member of your household could receive healthcare?

Greater Cincinnati



African Americans



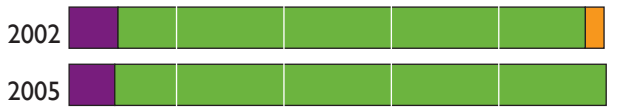
- Yes
- No
- No one in household works (volunteered response [vol.]

year	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
sample size	1,996	2,076	195	527
Yes	11.3%	12.1%	16.9%	14.6%
No	85.0%	87.3%	81.3%	83.0%
No one in household works (vol.)	3.5%	0.6%	1.9%	2.2%

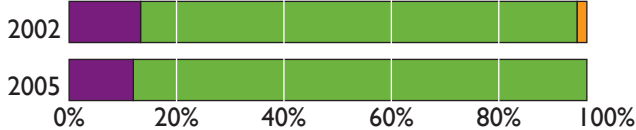
About 9% of adults in Greater Cincinnati reported that someone in the household had to take unpaid time off work so a school-aged child could receive healthcare (9.1% in 2002 and 8.5% in 2005). More African Americans reported that a household member had to take unpaid time off work so a school-aged child could get healthcare (13.8% in 2002 and 12.4% in 2005).

In the past 12 months, have you or a member of your household taken time off from work without pay so that a school-aged child could receive health care?

Greater Cincinnati



African Americans



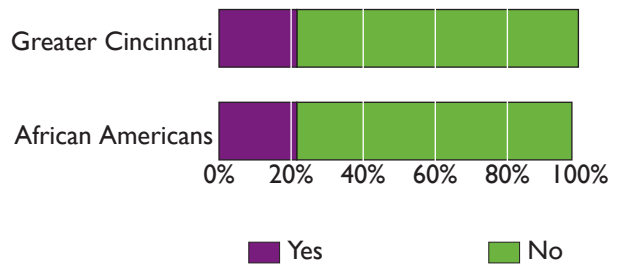
■ Yes
■ No
■ No one in household works (vol.)

	Greater Cincinnati		African Americans	
	2002	2005	2002	2005
year	2002	2005	2002	2005
sample size	1,996	2,064	195	515
Yes	9.1%	8.5%	13.8%	12.4%
No	87.0%	91.5%	84.3%	87.6%
No one in household works (vol.)	3.5%	0.0%	1.9%	0.0%

Problems with health insurance coverage

Almost 22% of insured adults in Greater Cincinnati (21.6% for the region and 21.5% for African Americans) reported that their current health insurance plan would not pay anything for care they thought was covered.

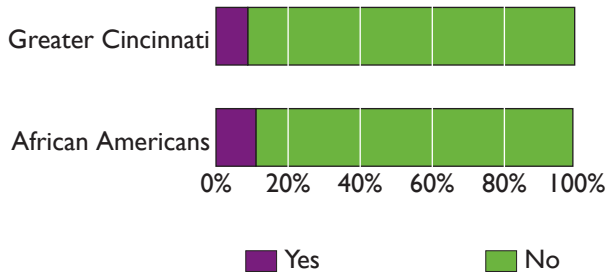
Have ever had this problem with your current health insurance plan...your plan would not pay anything for care you thought was covered? (people who indicated they currently had health insurance only)



	Greater Cincinnati	African Americans
year	2005	2005
sample size	1,797	401
Yes	21.6%	21.5%
No	78.1%	76.1%

About 1 in 10 insured adults in Greater Cincinnati (8.8% for the region and 11.0% for African Americans) reported that they reached the limit of what their current health insurance plan would pay for treatment of a specific illness or injury.

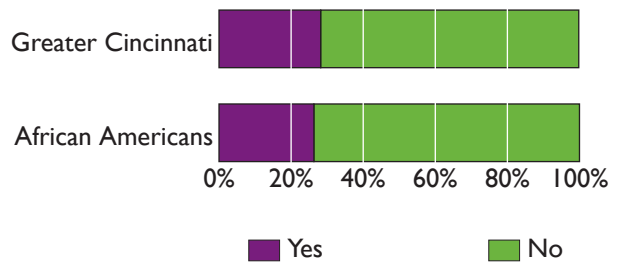
Have ever had this problem with your current health insurance plan...you reached the limit of what your insurance company would pay for treatment of a specific illness or injury? (only people who indicated they currently had health insurance)



	Greater Cincinnati	African Americans
year	2005	2005
sample size	1,798	401
Yes	8.8%	11.0%
No	90.7%	87.5%

Over 25% of insured adults in Greater Cincinnati (28.2% for the region and 26.0% for African Americans) reported they had to pay a lot “out-of-pocket” money for doctor, hospital, or laboratory bills not covered by their current health insurance plan.

Have ever had this problem with your current health insurance plan...you had to pay a lot of “out-of-pocket money” for doctor bills, hospital or laboratory bills not covered by your plan? (only people who indicated they currently had health insurance)

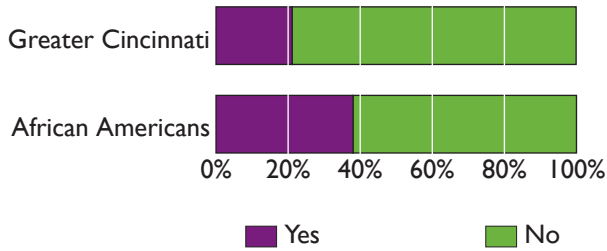


	Greater Cincinnati	African Americans
year	2005	2005
sample size	1,798	401
Yes	28.2%	26.0%
No	71.6%	72.8%

Medical debt

In 2005, 1 in 5 adults in the region (21.1%) and 2 in 5 African Americans reported that they had problems paying or were unable to pay medical bills during the last 12 months.

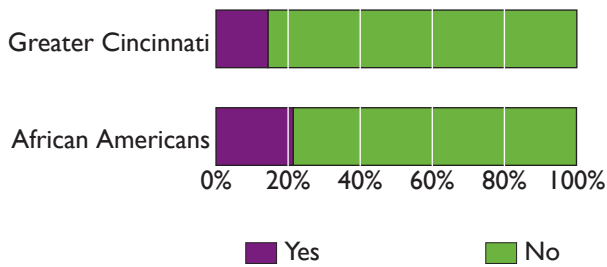
During the last 12 months, were there times when you had problems paying or were unable to pay for medical bills?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,077	527
Yes	21.1%	38.0%
No	78.8%	62.0%

In 2005, 14.1% of adults and 21.3% of African Americans reported that they had to change their way of life significantly to pay for medical bills.

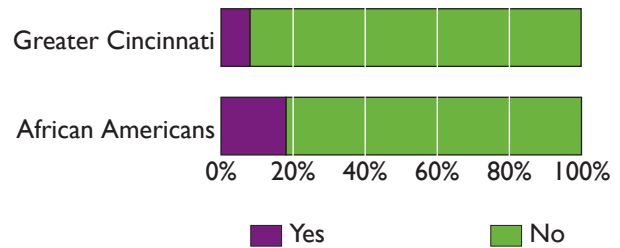
Over the last 12 months, have you had to change your way of life significantly in order to pay medical bills?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,076	526
Yes	14.1%	21.3%
No	85.7%	78.2%

Just under 1 in 10 adults in the region (8.0%) and 2 in 10 African Americans (18.0%) reported that they were unable to pay for basic household necessities because of medical bills.

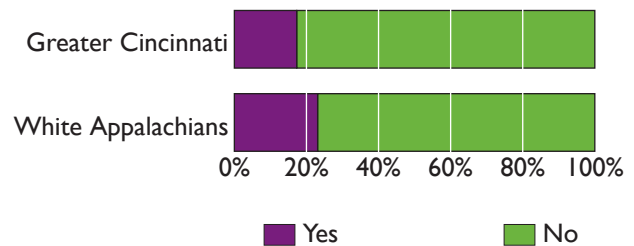
Have you been unable to pay for basic necessities like food, heat, or rent because you had to pay medical bills?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,076	526
Yes	8.0%	18.0%
No	91.9%	82.0%

About 2 in 10 adults in Greater Cincinnati (17.3% for the region and 23.1% for African Americans) reported that they had used up all or most of their savings because they had to pay medical bills.

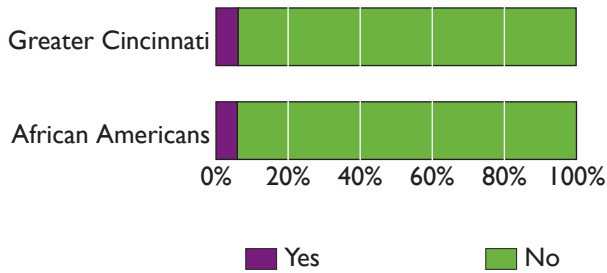
Have you used up all or most of your savings because you had to pay medical bills?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,076	524
Yes	17.3%	23.1%
No	82.7%	76.9%

About 6% of all adults in the region (6.1% for the region and 5.9% for African Americans) reported having large credit card debt or having to take a loan or debt against their home because they had to pay medical bills.

Have you had large credit card debt or had to take a loan or debt against your house because you had to pay medical bills?

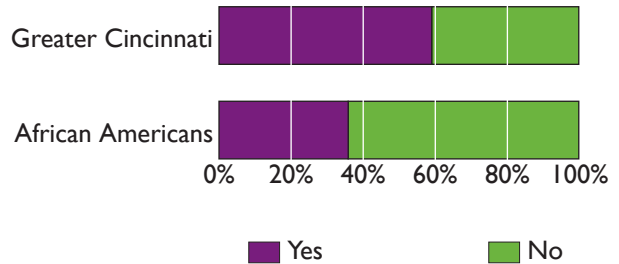


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,075	526
Yes	6.1%	5.9%
No	93.8%	94.1%

Retirement savings plan

Having a retirement savings plan affects a person's quality of life and ability to pay for healthcare as they age. About 60% of all adults in Greater Cincinnati (59.0%) reported having a retirement savings plan other than Social Security. However, just over one-third of African Americans (35.8%) reported having a retirement savings plan other than Social Security.

Do you have a retirement savings plan other than Social Security?

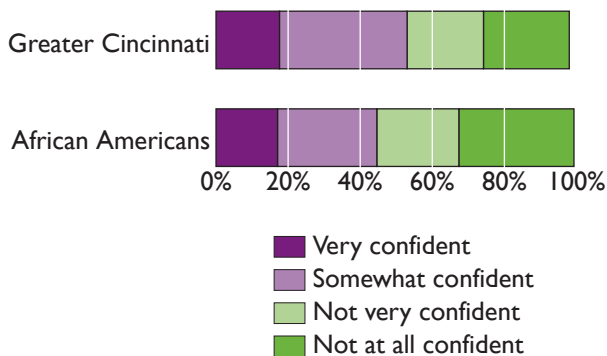


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,065	527
Yes	59.0%	35.8%
No	40.8%	63.9%

Affordability of long-term healthcare

About half of all adults in Greater Cincinnati (53.0% for the region and 44.7% for African Americans) reported being very or somewhat confident that they would be able to afford long-term healthcare if they needed it.

Suppose you were in need of long-term health care due to a chronic or disabling condition. Thinking about your health insurance plan, any income you earn, and your savings or retirement plans...how confident are you that you would be able to afford long-term health care if you needed it?

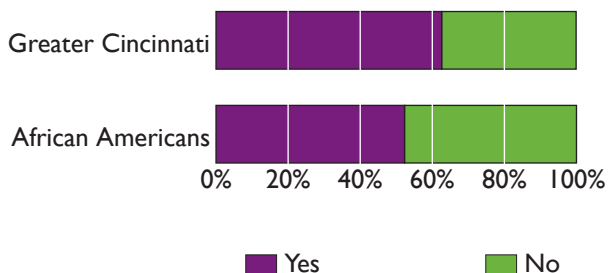


	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,073	526
Very confident	17.6%	17.1%
Somewhat confident	35.4%	27.6%
Not very confident	21.2%	22.8%
Not at all confident	23.8%	32.0%

Information about aging-related services

In 2005, 6 in 10 adults in the region (62.6%) and 5 in 10 African Americans (52.3%) reported that they would know where to go to get information about aging-related services, either for themselves or for a loved one.

Do you know where to go if you or a loved one needed information about aging related services such as meals on wheels or transportation?



	Greater Cincinnati	African Americans
year	2005	2005
sample size	2,075	527
Yes	62.6%	52.3%
No	37.3%	47.7%

Community Attitudes

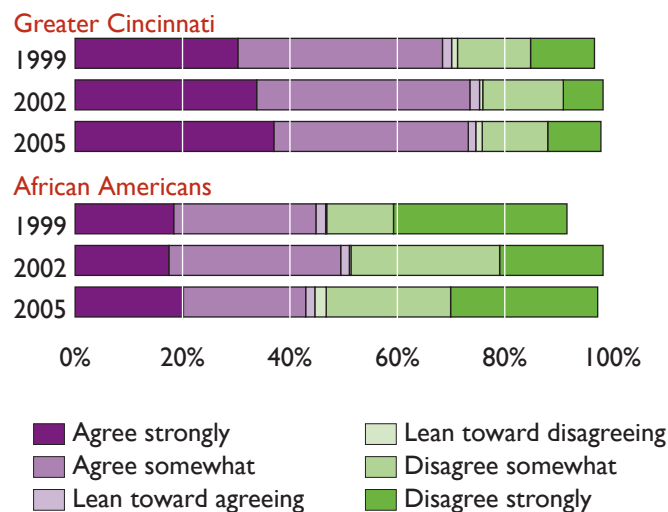
How positively adults feel about their community

We asked a series of questions to gauge how positively adults feel about the community in which they live. In general, adults in Greater Cincinnati felt very positively about their community. However, African Americans rated their community less positively than the region as a whole.

People can depend on others

In 2005, almost 75% of adults in the region (74.6%) agreed that people in their community could depend on each other. This rate is higher than the 1999 rate (70.1%) but slightly lower than the 2002 rate (75.3%). In contrast, less than half of African Americans agreed that people in their community could depend on each other (46.5% in 1999, 50.9% in 2002, and 44.5% in 2005).

People can depend on each other in my community...do you agree or disagree?



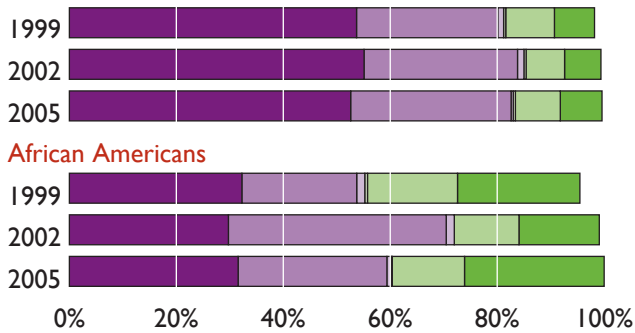
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,049	1,984	2,076	194	195	526
Agree strongly	30.3%	33.8%	37.0%	18.3%	17.4%	20.1%
Agree somewhat	38.1%	39.7%	36.2%	26.4%	31.9%	22.7%
Lean toward agreeing	1.7%	1.8%	1.4%	1.8%	1.6%	1.7%
Lean toward disagreeing	1.1%	0.6%	1.2%	0.2%	0.3%	2.1%
Disagree somewhat	13.6%	15.0%	12.2%	12.4%	27.6%	23.1%
Disagree strongly	11.9%	7.4%	9.9%	32.2%	19.2%	27.3%

Feeling of security

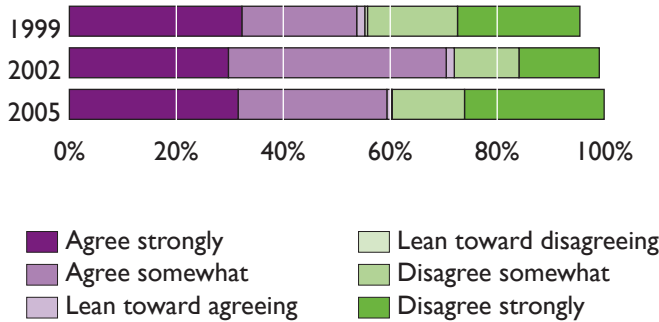
Over 8 in 10 adults in the region (81.2% in 1999, 85.0% in 2002, and 83.0% in 2005) agreed that living in their community gives them a secure feeling. In 1999 and 2005, less than 6 in 10 African Americans agreed that living in their community gives them a secure feeling (54.8% in 1999 and 59.7% in 2005). In 2002, 71.4% of African Americans agreed with the statement.

Living in my community gives me a secure feeling...do you agree or disagree?

Greater Cincinnati



African Americans



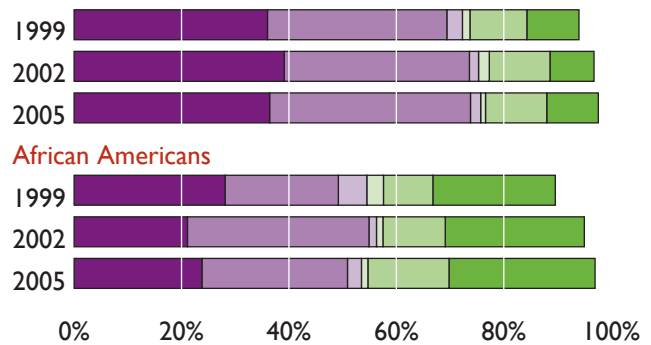
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,049	1,979	2,076	194	195	527
Agree strongly	53.7%	55.1%	52.6%	32.0%	29.5%	31.3%
Agree somewhat	26.4%	28.7%	30.0%	21.3%	40.4%	27.6%
Lean toward agreeing	1.1%	1.2%	0.4%	1.5%	1.5%	0.8%
Lean toward disagreeing	0.4%	0.4%	0.4%	0.5%	0.0%	0.2%
Disagree somewhat	9.1%	7.2%	8.4%	16.7%	12.0%	13.4%
Disagree strongly	7.5%	6.8%	7.8%	22.7%	14.9%	25.9%

Getting help from the community

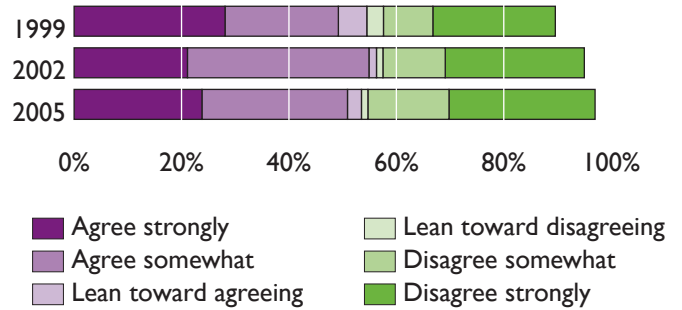
About 3 in 4 adults in Greater Cincinnati (72.3% in 1999, 75.3% in 2002, and 75.7% in 2005) agreed that people in their community know they can get help from the community if they are in trouble. In contrast, a little more than half of African Americans agreed with the statement (54.5% in 1999, 56.3% in 2002, and 53.5% in 2005).

People in my community know they can get help from the community if they are in trouble...do you agree or disagree?

Greater Cincinnati



African Americans



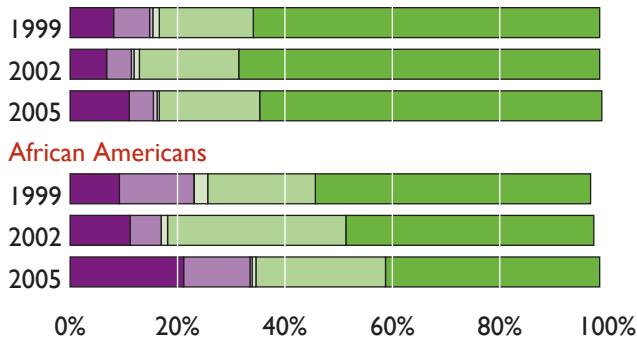
year	Greater Cincinnati			African Americans		
	1999	2002	2005	1999	2002	2005
sample size	2,047	1,979	2,075	194	195	525
Agree strongly	36.0%	39.1%	36.4%	28.1%	21.1%	23.8%
Agree somewhat	33.4%	34.5%	37.4%	21.1%	33.8%	27.1%
Lean toward agreeing	2.9%	1.7%	1.9%	5.3%	1.4%	2.6%
Lean toward disagreeing	1.4%	2.0%	0.9%	3.1%	1.2%	1.2%
Disagree somewhat	10.6%	11.3%	11.4%	9.2%	11.6%	15.1%
Disagree strongly	9.7%	8.2%	9.6%	22.8%	25.9%	27.2%

Not a good community to raise children in

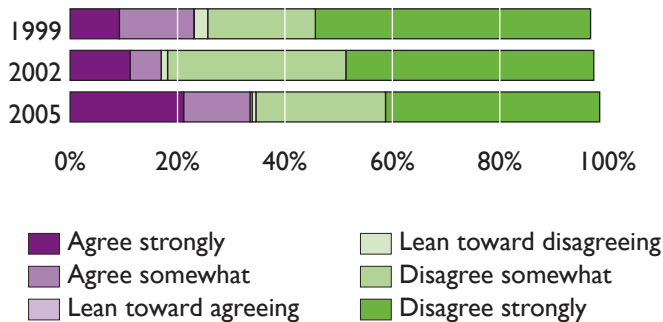
Just over 1 in 10 adults (15.4% in 1999, 11.9% in 2002, and 16.2% in 2005) agreed that their community was not a good place to raise children. In 2005, twice as many African Americans (34.0%) as other adults in the region agreed with the statement, up from 1999 (23.1%) and 2002 (17.0%).

My community is not a very good community to bring children up in...do you agree or disagree?

Greater Cincinnati



African Americans



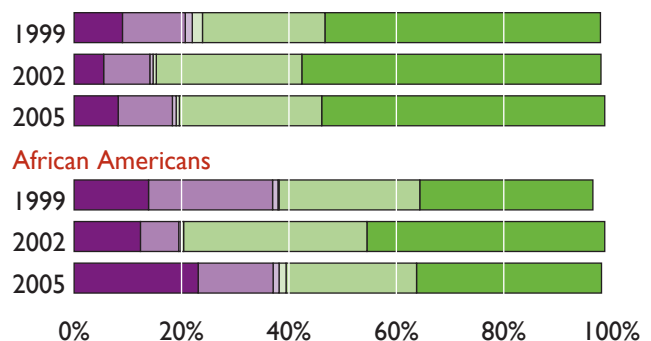
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,043	1,977	2,073	194	195	525
Agree strongly	8.1%	6.8%	11.0%	9.2%	11.2%	21.2%
Agree somewhat	6.7%	4.6%	4.5%	13.9%	5.8%	12.4%
Lean toward agreeing	0.6%	0.5%	0.7%	0.0%	0.0%	0.4%
Lean toward disagreeing	1.2%	1.0%	0.4%	2.6%	1.2%	0.7%
Disagree somewhat	17.5%	18.5%	18.7%	20.1%	33.3%	24.2%
Disagree strongly	64.5%	67.2%	63.7%	51.4%	46.3%	40.0%

People should not get too friendly

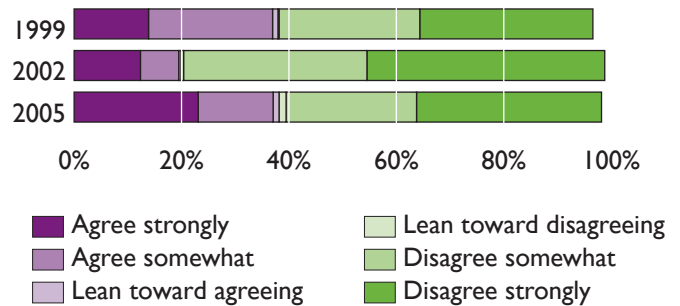
About 1 in 5 adults (22.0% in 1999, 14.7% in 2002, and 19.0% in 2005) agreed that there was a feeling in the community that people should not get too friendly with each other. In 2005, twice as many African Americans (38.0%) as other adults in the region agreed with the statement, up from 1999 (37.8%) and 2002 (19.8%).

There is a feeling in my community that people should not get too friendly with each other...do you agree or disagree?

Greater Cincinnati



African Americans



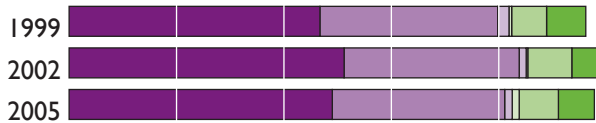
	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,043	1,978	2,074	192	194	526
Agree strongly	9.0%	5.5%	8.2%	13.8%	12.3%	23.0%
Agree somewhat	11.7%	8.6%	10.1%	23.0%	7.1%	13.9%
Lean toward agreeing	1.3%	0.6%	0.7%	1.0%	0.4%	1.1%
Lean toward disagreeing	1.9%	0.6%	0.6%	0.2%	0.5%	1.3%
Disagree somewhat	22.8%	27.1%	26.5%	26.1%	34.0%	24.2%
Disagree strongly	51.3%	55.7%	52.7%	32.1%	44.1%	34.3%

Community willing to help in an emergency

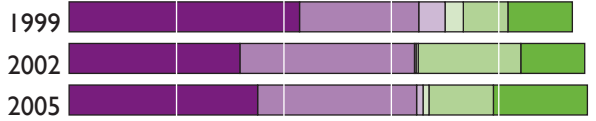
About 8 in 10 adults in Greater Cincinnati (81.9% in 1999, 85.1% in 2002, and 82.5% in 2005) agreed that people they didn't know in their community would be willing to help in an emergency. Less than 7 in 10 African Americans agreed with the statement (70.0% in 1999, 64.6% in 2002, and 65.9% in 2005).

If I had an emergency, even people I do not know in my community would be willing to help...do you agree or disagree?

Greater Cincinnati



African Americans



0% 20% 40% 60% 80% 100%

- Agree strongly
- Agree somewhat
- Lean toward agreeing
- Lean toward disagreeing
- Disagree somewhat
- Disagree strongly

	Greater Cincinnati			African Americans		
year	1999	2002	2005	1999	2002	2005
sample size	2,041	1,978	2,074	194	194	526
Agree strongly	46.7%	51.2%	49.0%	42.9%	31.8%	35.1%
Agree somewhat	33.1%	32.6%	32.1%	22.2%	32.5%	29.6%
Lean toward agreeing	2.1%	1.3%	1.4%	4.9%	0.3%	1.2%
Lean toward disagreeing	0.5%	0.3%	1.3%	3.4%	0.4%	1.1%
Disagree somewhat	6.5%	8.2%	7.3%	8.3%	19.1%	12.0%
Disagree strongly	7.3%	4.7%	6.7%	12.0%	11.9%	17.5%

Methodology

A total of 2,077 randomly selected adults residing in eight Ohio counties (Adams, Brown, Butler, Clermont, Clinton, Hamilton, Highland and Warren), nine Kentucky counties (Boone, Bracken, Campbell, Carroll, Gallatin, Grant, Kenton, Owen and Pendleton) and five Indiana counties (Dearborn, Franklin, Ohio, Ripley and Switzerland) were interviewed by telephone between August 16 and October 24, 2005. The potential sampling error for the overall survey results included in this report is $\pm 2.2\%$. Caution should be used when interpreting subgroup results because the margin of error for any subgroup is likely to be higher than the margin of error for the overall survey.

The 2005 *Greater Cincinnati Community Health Status Survey* (GCCHSS) design included an over-sample of African-American adults living in the Greater Cincinnati area. All results for African-American residents included in this chart book are based on interviews conducted as part of the 2005 GCCHSS Sample and the 2005 GCCHSS African-American Over-Sample. A total of 527 African-American adults were interviewed as part of the survey.

All results for African-American adults included in this chart book reflect the responses of the 527 African-American adults interviewed as part of the survey. The potential sampling error for results reported for African-American adults is $\pm 4.3\%$.

Regional results presented in this chart book are based on data weighted to represent all adults in the Greater Cincinnati area, not just those included in the survey sample. Results for African-American adults are based on data weighted to represent all African-American adults in the Greater Cincinnati area, not just those included in the survey sample. Statistical adjustments were also made to correct for any biases that may exist because of households not having a telephone.

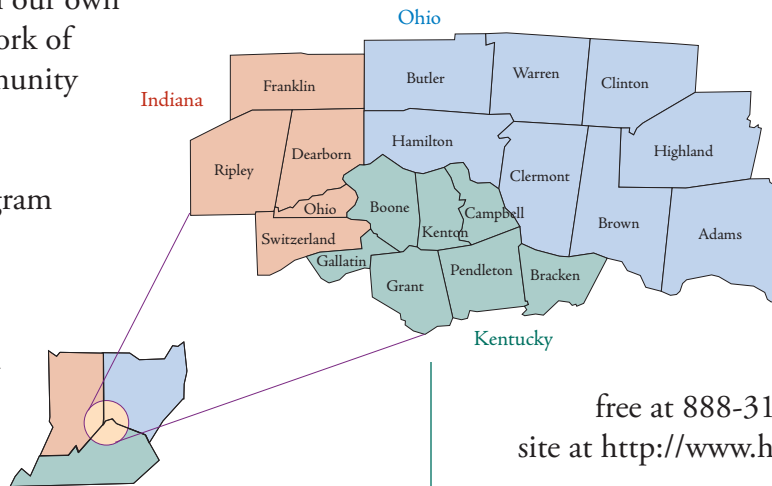
For more information about methodology, please visit our web site at <http://www.healthfoundation.org/gcchss.html>.

About the Health Foundation

Since 1997, The Health Foundation of Greater Cincinnati has invested over \$76 million to address health needs in the 20-county region surrounding Cincinnati. The majority of our work falls within our four focus areas:

- Community Primary Care
- School-Aged Children's Healthcare
- Substance Use Disorders
- Severe Mental Illness

The Health Foundation promotes data-driven decision making in our own work and in the work of grantees and community organizations. Our Health Data Improvement Program assists nonprofit organizations with developing their own local data and finding regional and national benchmarks for comparison.



Since 1999, the Health Foundation has conducted the *Greater Cincinnati Community Health Status Survey* (GCCHSS), a telephone survey of adults in the region.

Our local data, including all three installments of the *GCCHSS*, are available on OASIS, a powerful web-based tool that allows users to conduct data analyses without needing special software on their computer. Visit OASIS at <http://www.oasis.uc.edu>.

For more information about the Health Foundation, our grantmaking interests, and our other publications, please contact us at 513-458-6600, toll-free at 888-310-4904, or visit our web site at <http://www.healthfoundation.org>.

Our **mission** is to improve the health of the people of the Cincinnati region.

Our **vision** is to be one of the healthiest regions in the country.

Our **values** are:

- » Innovation. We are a catalyst in creating innovative solutions to promote enduring change.
- » Caring. We are committed to serving vulnerable and underserved populations.
- » Education. We believe in the power of education to transform communities.
- » Stewardship. We operate in an accountable, ethical, and transparent manner.



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