

**2005
Greater Cincinnati
Community Health
Status Survey:
White Appalachian
Chart Book**

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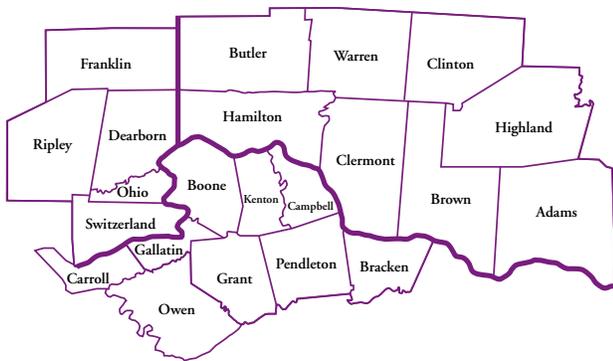
Acknowledgments

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- 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 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 $\pm 2.2\%$. 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. Also, this chart book does not include rates of people who did not respond or who responded “don’t know” to the questions. For more information about methodology, please visit our web site at <http://www.healthfoundation.org/gchss.html>.

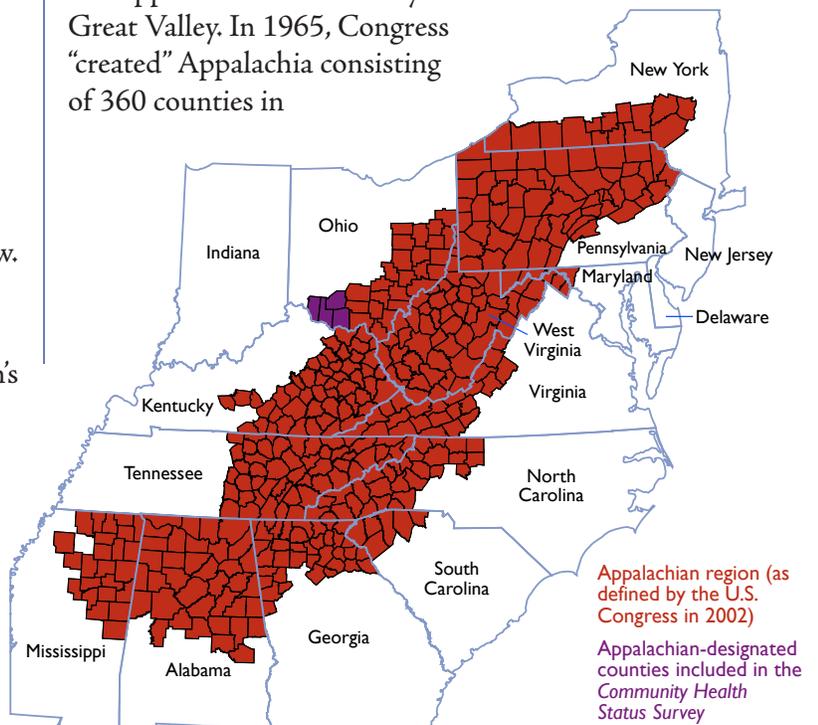
Four of the Ohio counties in the Health Foundation’s service area (Adams, Brown, Clermont, and Highland) are designated as Appalachian counties. In addition, there are many people of Appalachian-descent living in other parts of the Greater Cincinnati region. People living in Appalachian counties are often underserved by the healthcare system because of the lack of healthcare providers and resources in rural areas. People of Appalachian descent may also be at higher

risk for certain diseases or health conditions. We wanted to know more about the health status of the Appalachian population in our region, so we began tracking this population through our *Greater Cincinnati Community Health Status Survey*.

About the Appalachian region

The idea of “Appalachia” as a distinct region did not develop until the 19th century. In the 1890s, William Frost, the president of Berea College at that time, and geologist C. Willard Hayes outlined a region across eight states that they termed “Appalachian America.” This defined area was based not only on geography, but also on economic divisions and Civil War loyalties. Frost and Hayes’ Appalachia included parts of the Blue Ridge Mountains, the Piedmont Plateau, and the Tennessee Valley.

Subsequent attempts to define Appalachia featured the Appalachian mountain system’s Great Valley. In 1965, Congress “created” Appalachia consisting of 360 counties in



Alabama, the Carolinas, Georgia, Kentucky, Maryland, Ohio, Pennsylvania, Tennessee, Virginia, and West Virginia. Congress also formed the Appalachian Regional Commission (ARC) to increase economic development and quality of life in the Appalachian region. The federal government has expanded Appalachia several times, most recently in 2002. Today's Appalachia, as defined by the federal government, consists of 410 counties (see map on the previous page).

Defining the white Appalachian population for this survey

The data presented in this chart book depict the responses from all adults in the region (including white Appalachians) and from respondents designated as white Appalachian. In the 1999 and 2002 *Greater Cincinnati Community Health Status Surveys*, we asked respondents for their ethnicity (classified into white, African American, or other) and county of birth. If they indicated that they were white and were born in one of the 410 Appalachian-designated counties in the U.S. (see map on the previous page), we classified them as white Appalachians.

In 2005, we added an additional question to determine Appalachian status. We again asked respondents to report their ethnicity and their own county of birth, but we also asked for their mothers' and fathers' counties of birth. First generation white Appalachians are those who indicated they were white and that they were born in one of the Appalachian-designated counties. Second generation white Appalachians are those who indicated they were white and reported that at least one parent was born in an Appalachian-designated county.

In this chart book, we present data from the first generation white Appalachian population separately from the second generation white Appalachian population in order to report trend data. Earlier versions of the *Greater Cincinnati Community Health Status Survey* determined and reported on first generation white Appalachians only. This chart book therefore reports on trends among first

generation white Appalachians and compares the first generation to the second generation. Data on the first and second generations combined can be found in the full tables and reports posted at <http://www.healthfoundation.org/gcchss.html>.

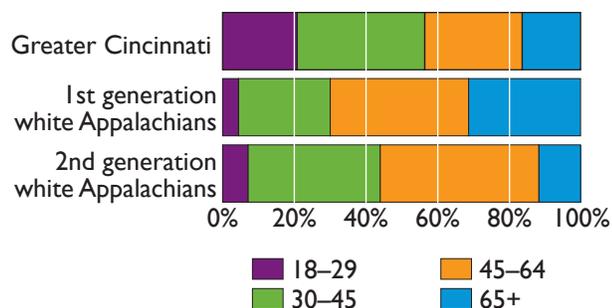
For more information about the 2005 *Greater Cincinnati Community Health Status Survey*, including additional reports from the survey and a link to the full dataset, please visit our web site at <http://www.healthfoundation.org/gcchss.html>.

About the white Appalachians in this survey

There were 467 respondents to the 2005 survey who were classified as first or second generation white Appalachians, 210 in the first generation and 257 in the second generation. In general in the Greater Cincinnati region in 2005:

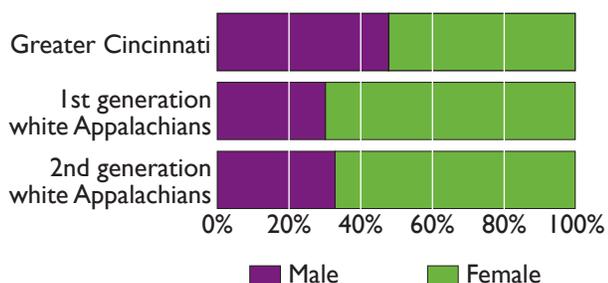
- first generation white Appalachians were older and less educated than second generation white Appalachians;
- the ratio of females to males was higher among Appalachian respondents than in the region as a whole;
- first generation white Appalachians (23.8%) were almost twice as likely as second generation white Appalachians (13.7%) to report being disabled or retired;
- first generation white Appalachians were more likely to have a family income above 100% of the federal poverty guidelines (FPG) than second generation white Appalachians; and
- first generation white Appalachians (39.5%) were almost twice as likely as second generation white Appalachians (21.8%) to live in one of the four Appalachian-designated counties in the area covered by the survey (see the graphs and tables on the following pages).

Age



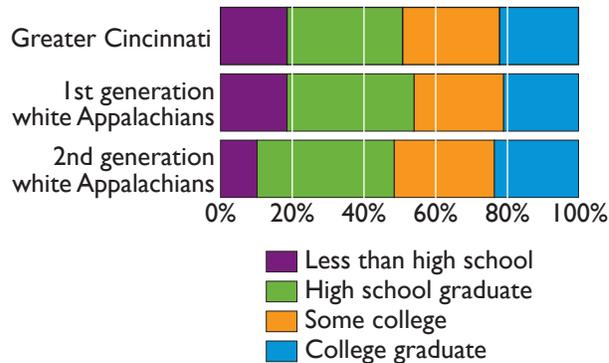
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,065	210	257
18-29	20.8%	4.4%	7.1%
30-45	35.6%	25.4%	37.0%
46-64	27.2%	38.3%	44.4%
65+	16.3%	31.0%	11.7%
Median age	43 years	54 years	41 years

Sex



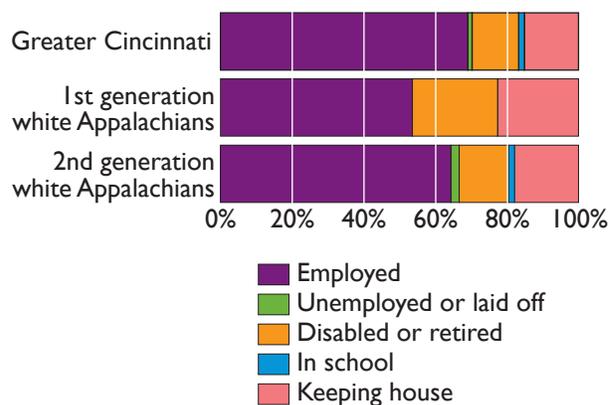
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Male	47.9%	30.2%	32.9%
Female	52.1%	69.8%	67.1%

Highest education level attained



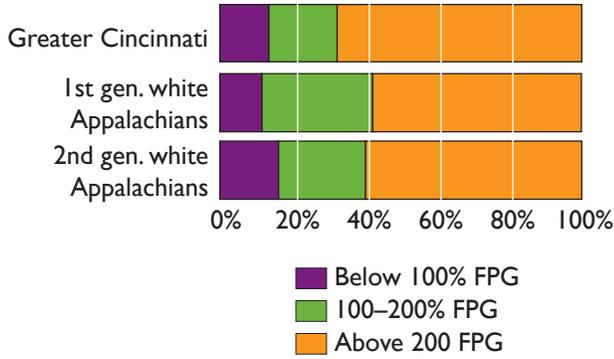
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,075	210	257
Less than high school	18.6%	18.6%	10.2%
High school graduate	32.3%	35.5%	38.2%
Some college	27.1%	25.0%	27.9%
College graduate	22.1%	21.0%	23.5%

Employment status



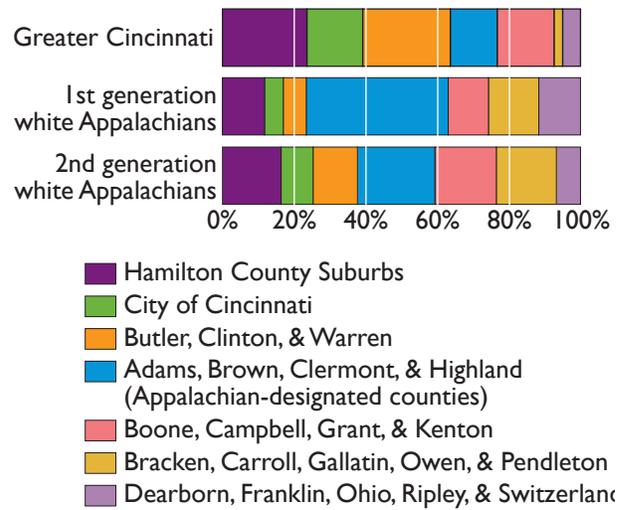
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,072	210	257
Employed	69.0%	53.6%	64.1%
Unemployed or laid-off	1.2%	0.0%	2.3%
Disabled or retired	13.0%	23.8%	13.7%
In school	1.6%	0.0%	1.7%
Keeping house	15.1%	22.6%	17.8%

Family income¹



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	1,805	178	243
Below 100% FPG	13.5%	11.6%	16.2%
Between 100-200% FPG	18.9%	30.6%	24.0%
Above 200% FPG	67.6%	57.7%	59.8%

County of residence²



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Hamilton Co. suburbs	23.6%	11.7%	16.5%
City of Cincinnati	15.6%	5.2%	9.0%
Butler, Clinton, & Warren	24.5%	6.4%	12.5%
Adams, Brown, Clermont, & Highland	13.1%	39.5%	21.8%
Boone, Campbell, Grant, & Kenton	15.9%	11.2%	17.3%
Bracken, Carroll, Gallatin, Owen, & Pendleton	2.4%	14.0%	16.9%
Dearborn, Franklin, Ohio, Ripley, & Switzerland	5.0%	11.6%	6.8%

■ denotes Appalachian-designated counties

¹ Family income is reported in terms of the federal poverty guideline (FPG), which differs based on family size. For example, the FPG in 2004 for a family of 4 was a total annual family income of \$18,850.

² County of residence indicates in which county the respondent lived in at the time of the survey. This is not necessarily the county the respondent was born in.

Limitations in interpreting the data in this chart book

Throughout this chart book, we report responses of first and second generation white Appalachians to the *Greater Cincinnati Community Health Status Survey* questions and describe differences in these responses. Many health-related issues, however, are strongly influenced by demographics such as age, income, or area in which a person lives. For example, most cancers affect older people. General health also typically decreases with age. People in low-income families may not have proper nutrition or regular dental care, and these can lead to other health problems. According to the American Heart Association and the American Lung Association, exposure to air pollution can contribute to heart disease, stroke, asthma, and lung cancer.

The results of the *Greater Cincinnati Community Health Status Survey* have not been adjusted to control for these influences. This should be kept in mind while reviewing and analyzing the results presented in this chart book. Also, data representing the region and all adults in the region include the responses of both first and second generation white Appalachians along with the responses of all adults from other ethnic groups.

Throughout this chart book, we do not report data when the number of people answering a particular question is less than 75. This is due to the large margin of error for small n-sizes.

Key Findings

This section presents key findings on the first and second generation white Appalachian populations in Greater Cincinnati. Details about these findings can be found in this chart book on the pages indicated below.

Physical Health (pages 11–14)

- Second generation white Appalachians reported better overall physical health than first generation white Appalachians and the region.
- However, about 1 in 4 second generation white Appalachians reported that their physical health was not good for more than 14 of the last 30 days, compared to less than 1 in 5 first generation white Appalachians and all adults in the region.
- About 1 in 4 first generation white Appalachians reported that a disability, handicap, or chronic disease kept them from participating fully in daily activities, compared to less than 1 in 5 second generation white Appalachians and all adults in the region.

Routine Checkups and Screenings (pages 15–20)

- White Appalachians of both generations were more likely to visit a healthcare professional for a routine checkup in the past 2 years than all adults in the region.
- White Appalachians of both generations were more likely to have had their cholesterol checked in the last 5 years than all adults in the region.
- Three times as many second generation white Appalachian women over age 40 as first generation white Appalachian women over age 40 reported they had never had a mammogram.
- Fewer second generation white Appalachian women have had a Pap test within the last 3 years

than first generation white Appalachian women and all women in the region.

Diseases and Health Conditions (pages 21–28)

- First generation white Appalachians had higher rates of arthritis or rheumatism, heart trouble or angina, high blood pressure or hypertension, and high cholesterol or triglycerides than all adults in the region.
- Second generation white Appalachians had higher rates of arthritis or rheumatism, high blood pressure or hypertension, migraine headaches, and severe allergies than all adults in the region.

Weight, Exercise, and Nutrition (pages 29–34)

- More white Appalachians of both generations were overweight or obese than all adults in the region.
- More second generation white Appalachians reported that they were trying to lose or maintain weight than first generation white Appalachians and all adults in the region.
- About half of first generation white Appalachians and all adults in the region met the Centers for Disease Control and Prevention's guidelines for activity, compared to almost 60% of second generation white Appalachians.
- Fewer first generation white Appalachians reported eating at least five fruits and vegetables per day, 6–7 days per week than second generation white Appalachians and all adults in the region.

Oral Health (pages 35–40)

- More first generation white Appalachians reported the condition of their mouth and teeth was fair or poor than second generation white Appalachians and all adults in the region.
- Fewer first generation white Appalachians had seen a dentist in the past year than second generation white Appalachians and all adults in the region.
- Fewer first generation white Appalachians had had their teeth cleaned in the last 6 months than second generation white Appalachians and all adults in the region.
- More second generation white Appalachians had delayed getting or had not gotten dental care when they thought they needed it than first generation white Appalachians and all adults in the region.

Mental Health (pages 41–44)

- Second generation white Appalachians reported poorer mental health than first generation white Appalachians and all adults in the region.
- Twice as many second generation white Appalachians experienced psychological distress in the last 30 days than first generation white Appalachians and all adults in the region.
- More first generation white Appalachians felt that stress was at a level acceptable to them than second generation white Appalachians and all adults in the region.
- However, twice as many first generation white Appalachians reported missing more than 6 days of work per year due to stress than second generation white Appalachians and all adults in the region.

Cigarette and Alcohol Use (pages 45–48)

- Fewer first generation white Appalachians were current smokers than second generation white Appalachians and all adults in the region.
- Fewer white Appalachians of both generations reported having at least one drink of alcohol over the past 30 days than all adults in the region.
- Twice as many second generation white Appalachians as first generation white Appalachians reported binge drinking—or

having 5 or more alcoholic drinks on 1 occasion—in the past 30 days. Both rates were lower than the regional rate.

Access to Healthcare (pages 49–54)

- Almost twice as many second generation white Appalachians were uninsured as first generation white Appalachians and all adults in the region.
- Fewer second generation white Appalachians reported having a medical home, a usual place they go if they are sick or need advice about their health, than first generation white Appalachians and all adults in the region.
- More second generation white Appalachians used a public health clinic or community-based health center as their medical home than first generation white Appalachians and all adults in the region.
- Twice as many second generation white Appalachians delayed getting or had not gotten medical care when they thought they needed it than first generation white Appalachians and all adults in the region.

Healthcare Quality, Availability, and Cost (pages 55–58)

- More second generation white Appalachians were satisfied with their overall healthcare than first generation white Appalachians and all adults in the region.
- White Appalachians of both generations were more satisfied with the quality of their healthcare than all adults in the region.
- Second generation white Appalachians were slightly less satisfied with healthcare availability than first generation white Appalachians and all adults in the region.
- More second generation white Appalachians felt healthcare costs were very or fairly reasonable than first generation white Appalachians and all adults in the region.

Health-Related Financial Issues (pages 59–68)

- More first generation white Appalachians reported that they cared for a sick or disabled relative than second generation white Appalachians and all adults in the region.
- Twice as many second generation white Appalachians as all adults in the region reported that someone in their household went without a doctor's care because the household needed the money to buy food or clothing or to pay for housing.
- More second generation white Appalachians reported that someone in their household went without prescription drugs because the household needed the money to buy food or clothing or pay for housing than first generation white Appalachians and all adults in the region.
- More second generation white Appalachians reported that someone in their household had taken unpaid time off work so that a household member could receive healthcare than first generation white Appalachians and all adults in the region.
- About twice as many second generation white Appalachians as first generation white Appalachians reported that someone in their household had taken unpaid time off work so that a school-aged child could receive healthcare.
- More second generation white Appalachians reported problems with health insurance and with medical debt than first generation white Appalachians and all adults in the region.
- Fewer second generation white Appalachians have a retirement savings plan other than Social Security than first generation white Appalachians and all adults in the region.

Community Attitudes (pages 69–76)

- White Appalachians of both generations rated their communities slightly more positively than all adults in the region.

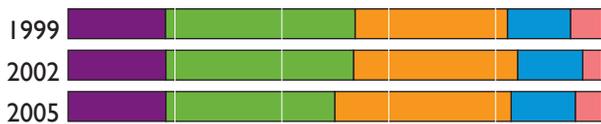
Physical Health

General health status

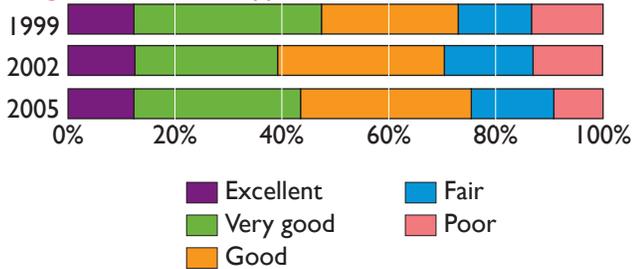
In Greater Cincinnati, 17.1% of all adults reported their health as either fair or poor in 2005, compared to 15.1% in the nation, as reported by the Centers for Disease Control and Prevention (CDC). The regional rate is up slightly from 2002 (15.8%), but is about the same as it was in 1999 (17.8%). First generation white Appalachians were more likely than the region to report their health as fair or poor in 2005 (24.6%), but this is an improvement over 1999 (27.1%) and 2002 (29.6%) rates.

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

Greater Cincinnati



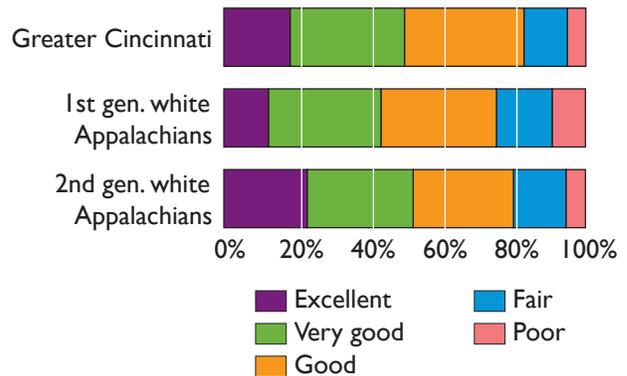
1st generation white Appalachians



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,106	2,004	2,074	264	280	210
Excellent	18.2%	18.3%	18.3%	12.3%	12.5%	12.3%
Very Good	35.5%	35.1%	31.6%	35.1%	26.7%	31.1%
Good	28.5%	30.7%	33.0%	25.6%	31.2%	31.9%
Fair	11.8%	12.2%	12.0%	13.7%	16.6%	15.4%
Poor	6.0%	3.6%	5.1%	13.4%	13.0%	9.2%

Almost twice as many first generation white Appalachians (9.2%) as second generation white Appalachians (5.4%) reported their health as poor. Almost 1 in 4 second generation white Appalachians (23.0%) reported their health was excellent, higher than the region (18.3%) and almost twice as high as first generation white Appalachians (12.3%).

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



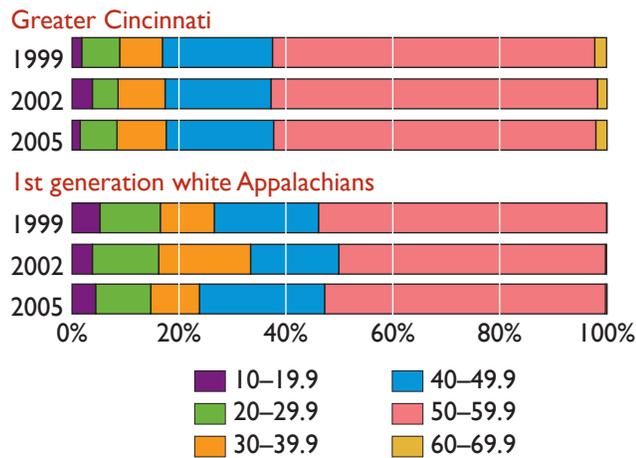
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	257
Excellent	18.3%	12.3%	23.0%
Very Good	31.6%	31.1%	29.3%
Good	33.0%	31.9%	27.7%
Fair	12.0%	15.4%	14.5%
Poor	5.1%	9.2%	5.4%

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 the SF-12 are combined and scored on a scale of 0 to 100 to give summary scores. The average score for the general U.S. population is 50.0. Scores below 50.0 indicate that a person has poorer health than average. Scores above 50.0 indicate that a person has better health than average.

Over 60% of all adults in the region (62.4%) had physical health summary scores above the national average in 2005, and this has stayed about the same since 1999. Just over half of first generation white Appalachians (52.8%) had scores above the national average in 2005. Both the region as a whole and the first generation white Appalachians are physically healthier than the average American.

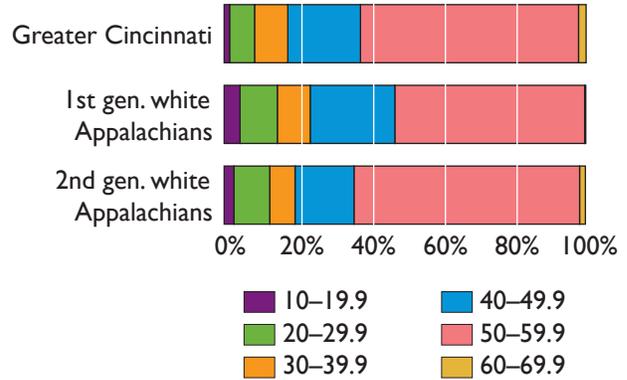
SF-12 Physical Health Summary Score



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,083	2,006	2,074	262	281	207
10-19.9	1.8%	3.8%	1.5%	5.2%	3.8%	4.4%
20-29.9	7.1%	4.8%	6.9%	11.3%	12.4%	10.3%
30-39.9	8.0%	8.8%	9.2%	10.1%	17.2%	9.1%
40-49.9	20.6%	19.8%	20.1%	19.5%	16.5%	23.4%
50-59.9	60.3%	61.1%	60.3%	53.9%	49.9%	52.5%
60-69.9	2.2%	1.8%	2.1%	0.1%	0.2%	0.3%

More second generation white Appalachians (64.0%) had summary scores above the national average than the region (62.4%) and first generation white Appalachians (52.8%).

SF-12 Physical Health Summary Scores



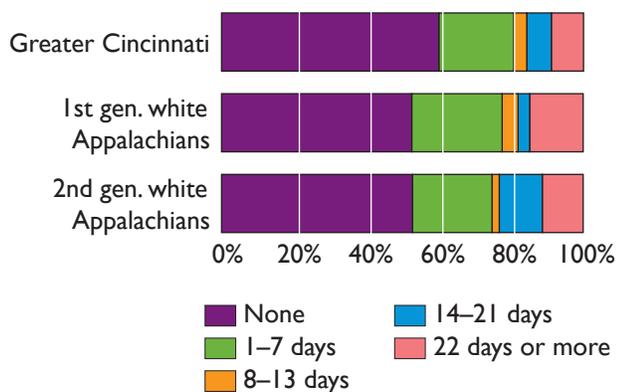
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	207	247
10-19.9	1.5%	4.4%	2.7%
20-29.9	6.9%	10.3%	9.9%
30-39.9	9.2%	9.1%	7.0%
40-49.9	20.1%	23.4%	16.3%
50-59.9	60.3%	52.5%	62.4%
60-69.9	2.1%	0.3%	1.6%

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, 77.6% for first generation white Appalachians, and 74.8% of second generation white Appalachians) reported that their physical health was not good for less than 7 days that month. First generation white Appalachians (14.8%) were more likely than all adults in the region (8.9%) and second generation white Appalachians (11.3%) to report that their physical health was not good for more than 22 days in the previous month.

Almost 1 in 4 second generation white Appalachians (23.2%) reported their physical health was not good for more than 14 of the last 30 days, higher than the region (16.5%) and first generation white Appalachians (18.0%).

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?



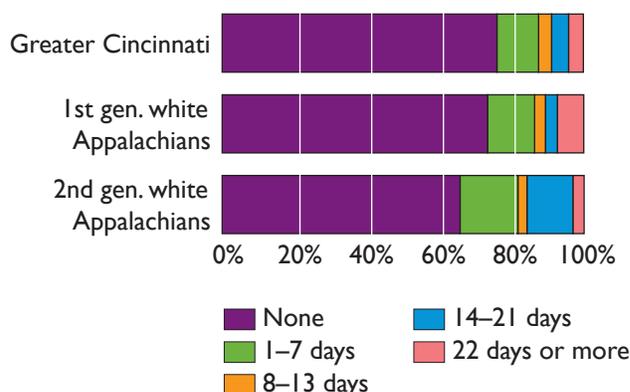
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,064	208	254
None	60.1%	52.6%	52.8%
1-7 days	20.7%	25.0%	22.0%
8-13 days	2.8%	4.4%	2.0%
14-21 days	7.6%	3.2%	11.9%
22 days or more	8.9%	14.8%	11.3%

Number of days physical or mental health interfered with usual activities

The majority of adults (87.6% for the region, 86.4% for first generation white Appalachians, and 81.8% for second generation white Appalachians) 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.

About half as many of all adults in the region (4.0%) and second generation white Appalachians (3.1%) as first generation white Appalachians (7.3%) reported that poor physical or mental health kept them from doing their usual activities for 22 days or more in the past month. However, more second generation white Appalachians (31.2%) reported being kept from their usual activities for 1-21 days due to poor physical or mental health than all adults in the region (19.5%) and first generation white Appalachians (19.3%).

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?

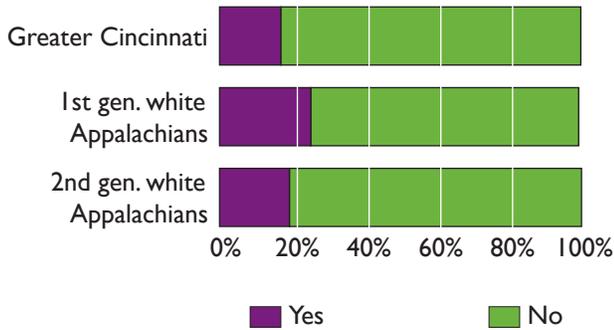


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,056	208	255
None	76.5%	73.4%	65.8%
1-7 days	11.1%	13.0%	16.0%
8-13 days	3.2%	3.0%	2.5%
14-21 days	5.2%	3.3%	12.7%
22 days or more	4.0%	7.3%	3.1%

Disability keeping you from participating fully

Fewer second generation white Appalachians (19.3%) than first generation white Appalachians (25.2%) reported that a disability, handicap, or chronic disease kept them from participating fully in daily activities. Both of these are higher than the region (16.9%).

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	16.9%	25.2%	19.3%
No	82.9%	74.0%	80.7%

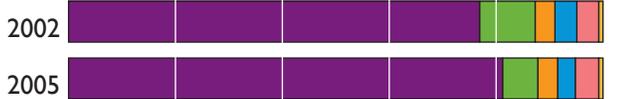
Routine Checkups and Screenings

Routine checkups

In 2005, about 9 out of 10 of adults (87.8% for the region, 94.1% for first generation white Appalachians) reported visiting a healthcare professional for a routine checkup within the past 2 years.

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

Greater Cincinnati



1st generation white Appalachians

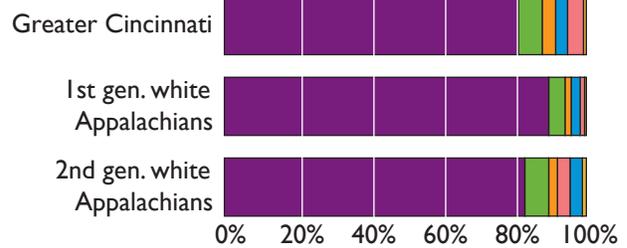


- In the past year
- In the past 2 years
- In the past 3 years
- In the past 5 years
- More than 5 years
- Never

year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	1,999	2,077	281	210
In the past year	76.9%	81.2%	79.7%	89.6%
In the past 2 years	10.4%	6.6%	8.0%	4.5%
In the past 3 years	3.7%	3.7%	3.9%	1.7%
In the past 5 years	4.1%	3.3%	3.5%	2.5%
More than 5 years ago	4.1%	4.4%	4.0%	1.2%
Never	0.8%	0.8%	0.9%	0.5%

Slightly more second generation white Appalachians (89.6%) than all adults in the region (87.8%) reported visiting a healthcare professional for a routine checkup in the past 2 years. Both of these are lower than the rate for first generation white Appalachians (94.1%).

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



- In the past year
- In the past 2 years
- In the past 3 years
- In the past 5 years
- More than 5 years
- Never

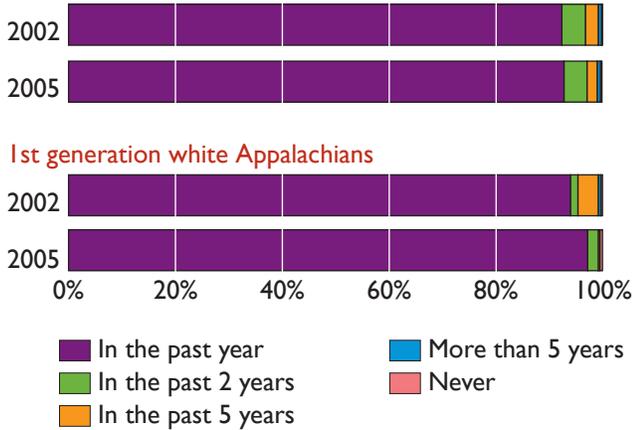
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
In the past year	81.2%	89.6%	83.0%
In the past 2 years	6.6%	4.5%	6.6%
In the past 3 years	3.7%	1.7%	2.4%
In the past 5 years	3.3%	2.5%	3.5%
More than 5 years ago	4.4%	1.2%	3.4%
Never	0.8%	0.5%	1.1%

Blood pressure check

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 reported having their blood pressure checked in the past 2 years. Less than 0.5% indicated they have never had their blood pressure checked.

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

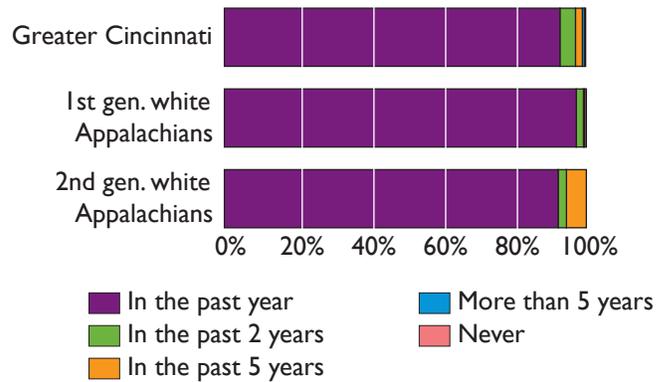
Greater Cincinnati



	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
year	2002	2005	2002	2005
sample size	2,006	2,077	281	210
In the past year	92.3%	92.7%	93.9%	97.2%
In the past 2 years	4.4%	4.3%	1.4%	2.0%
In the past 5 years	2.4%	1.9%	3.8%	0.3%
More than 5 years ago	0.6%	0.6%	0.5%	0.0%
Never	0.2%	0.3%	0.3%	0.5%

Although the majority of second generation white Appalachians (94.5%) had their blood pressure checked in the past 2 years, 5.5% had their blood pressure checked more than 2 years ago. This is higher than for the region (2.5%) and first generation white Appalachians (0.3%).

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



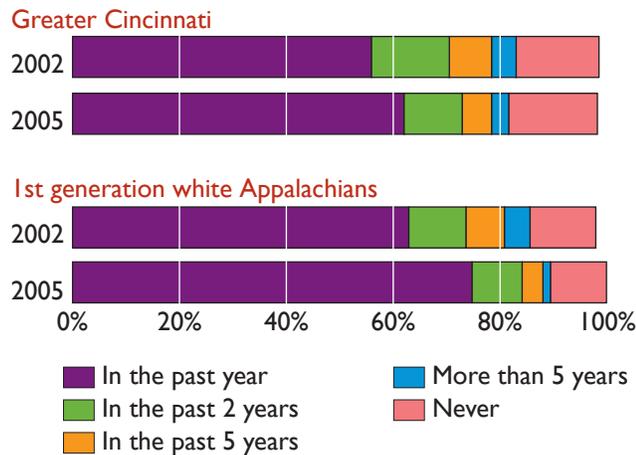
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
In the past year	92.7%	97.2%	92.2%
In the past 2 years	4.3%	2.0%	2.3%
In the past 5 years	1.9%	0.3%	5.5%
More than 5 years ago	0.6%	0.0%	0.0%
Never	0.3%	0.5%	0.0%

Cholesterol check

Cholesterol is a waxy, fat-like substance naturally found in your body that is needed for normal body function. Your 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. The National Institutes of Health (NIH) 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 all adults reported having their cholesterol checked within the recommended time frame of the past 5 years. In comparison, 88.1% of first generation white Appalachians reported having their cholesterol checked within the recommended time frame. This is an improvement from the 80.8% reported in 2002.

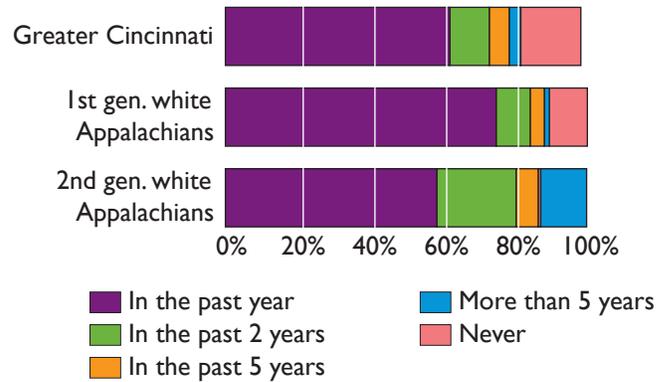
About how long has it been since you last had your blood cholesterol checked?



year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	2,006	2,074	281	210
In the past year	55.9%	62.0%	62.9%	74.8%
In the past 2 years	14.6%	10.9%	10.7%	9.4%
In the past 5 years	7.9%	5.5%	7.2%	3.9%
More than 5 years ago	4.6%	3.2%	4.8%	1.4%
Never	15.5%	16.6%	12.3%	10.5%

Fewer second generation white Appalachians (86.4%) than first generation white Appalachians (88.1%) reported having their cholesterol checked in the past 5 years. However, both generations of white Appalachians were more likely than all adults in the region (72.8%) to have their cholesterol checked in the past 5 years.

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



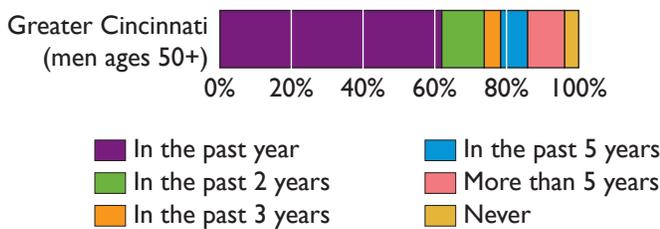
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	257
In the past year	62.0%	74.8%	58.4%
In the past 2 years	10.9%	9.4%	21.9%
In the past 5 years	5.5%	3.9%	6.1%
More than 5 years ago	3.2%	1.4%	0.7%
Never	16.6%	10.5%	12.7%

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 of all 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. Because the number of first and second generation white Appalachian men over age 50 was less than 75, we are not able to report data on them.

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



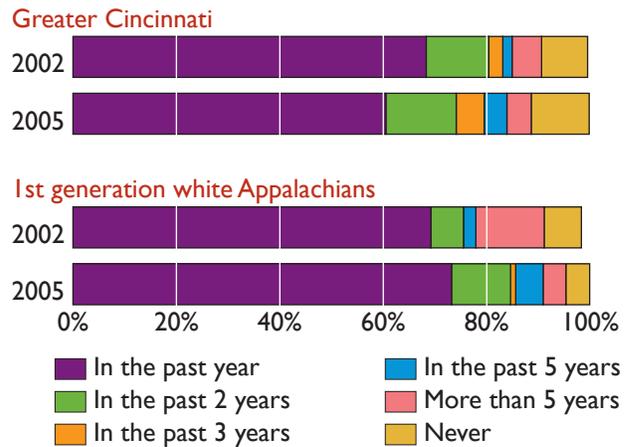
	Greater Cincinnati
year	2005
sample size	318
In the past year	61.0%
In the past 2 years	11.7%
In the past 3 years	4.5%
In the past 5 years	7.4%
More than 5 years ago	10.2%
Never	3.9%

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. According to the CDC, almost three-quarters of women ages 40 years and older in the country (74.6%) reported 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, 85.5% for first generation white Appalachian women) reported having a mammogram in the past 2 years. The regional rate was worse in 2005 (74.1%) than in 2002 (80.4%). The rate for first generation white Appalachians was better in 2005 (85.5%) than 2002 (75.5%).

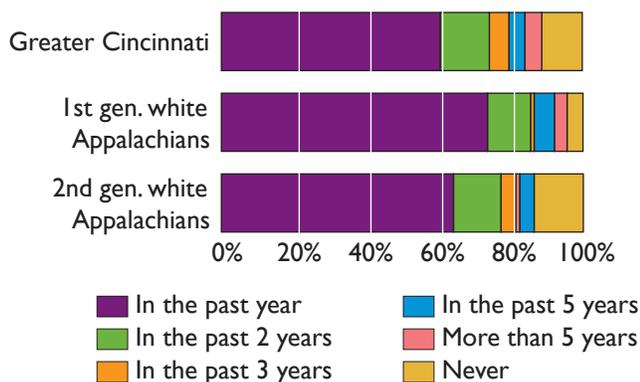
How long has it been since you had your last mammogram? (women ages 40 years and older only)



	Greater Cincinnati		1st gen. white Appalachians	
year	2002	2005	2002	2005
sample size	644	655	127	95
In the past year	68.3%	60.5%	69.2%	73.6%
In the past 2 years	12.1%	13.6%	6.3%	11.9%
In the past 3 years	2.7%	5.3%	0.0%	1.0%
In the past 5 years	1.8%	4.4%	2.4%	5.6%
More than 5 years ago	5.7%	4.7%	13.2%	3.5%
Never	8.9%	11.2%	7.2%	4.4%

About 3 in 4 second generation white Appalachians women over age 40 (77.3%) reported having a mammogram in the past 2 years. However, more second generation white Appalachian women over age 40 (13.6%) than women in the region over age 40 (11.2%) reported never having a mammogram. These rates are 3 times as high as for first generation white Appalachian women over age 40 (4.4%)

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



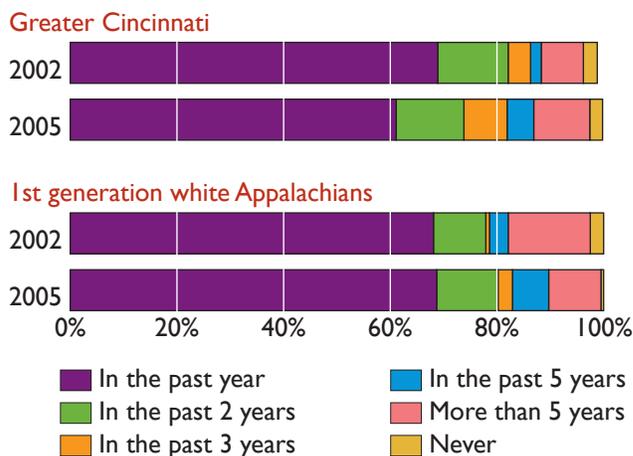
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	655	95	85
In the past year	60.5%	73.6%	64.2%
In the past 2 years	13.6%	11.9%	13.1%
In the past 3 years	5.3%	1.0%	4.1%
In the past 5 years	4.4%	5.6%	1.1%
More than 5 years ago	4.7%	3.5%	4.0%
Never	11.2%	4.4%	13.6%

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. According to the CDC, in 2005, 85.4% of women in the U.S. reported having a Pap test in the past 3 years.

In 2005, 8 in 10 of all women in Greater Cincinnati reported having a Pap test within the past 3 years. The regional rate was worse in 2005 (81.9%) than in 2002 (86.3%). The rate for first generation white Appalachian women was better in 2005 (83.2%) than in 2002 (78.6%).

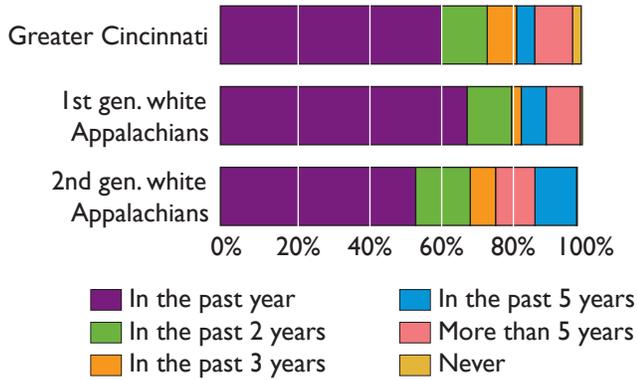
How long has it been since your last Pap smear? (women only)



	Greater Cincinnati		1st gen. white Appalachians	
year	2002	2005	2002	2005
sample size	1,058	1,082	148	121
In the past year	68.9%	61.1%	68.1%	68.2%
In the past 2 years	13.2%	12.7%	9.8%	12.3%
In the past 3 years	4.2%	8.1%	0.7%	2.7%
In the past 5 years	2.0%	5.0%	3.5%	6.9%
More than 5 years ago	7.9%	10.5%	15.4%	9.4%
Never	2.6%	2.4%	2.5%	0.6%

Fewer second generation white Appalachian women (76.1%) reported having a Pap test within the past 3 years than all women in the region (81.9%) and first generation white Appalachian women (83.2%).

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	1,082	121	138
In the past year	61.1%	68.2%	54.0%
In the past 2 years	12.7%	12.3%	15.1%
In the past 3 years	8.1%	2.7%	7.0%
In the past 5 years	5.0%	6.9%	10.9%
More than 5 years ago	10.5%	9.4%	11.5%
Never	2.4%	0.6%	0.2%

Diseases and Health Conditions

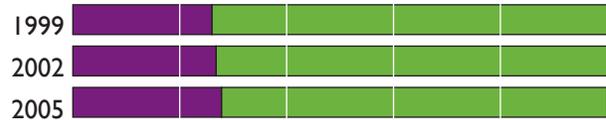
The survey asked adults whether a doctor or other healthcare provider ever told them they had a specific disease or health condition. Detailed graphs and tables for each disease and condition follow.

Disease or condition	Compared to the region	
	1st gen. white Appalachians	2nd gen. white Appalachians
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	↔	↓

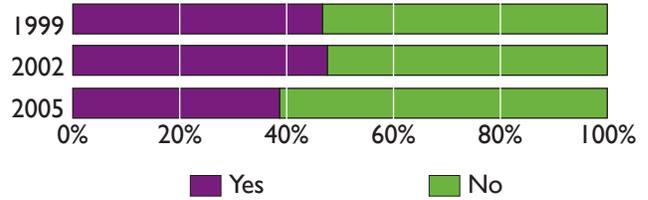
- ↑ = higher rates
- ↑ = slightly higher rates
- ↔ = about equal rates
- ↓ = slightly lower rates

Arthritis or rheumatism

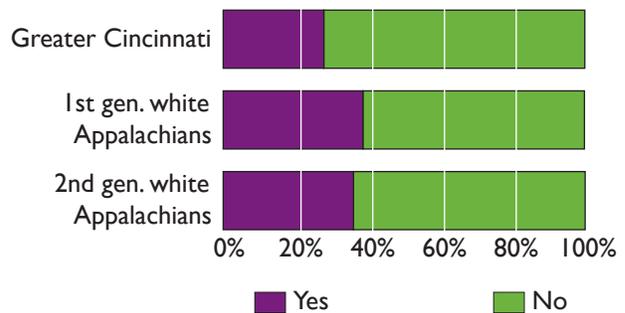
Greater Cincinnati



1st generation white Appalachians



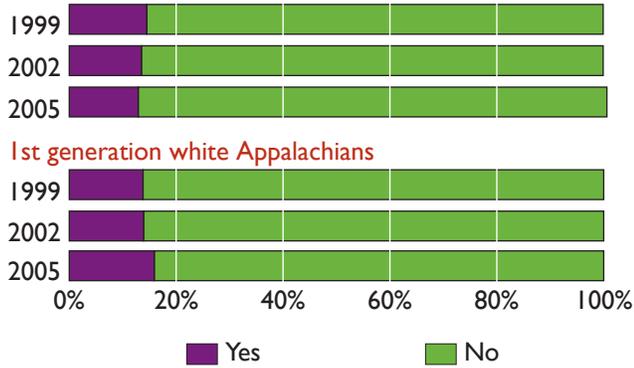
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	264	281	210
Yes	26.0%	26.8%	27.8%	46.7%	47.6%	38.6%
No	74.0%	73.2%	72.1%	53.3%	52.4%	61.2%



year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,077	210	257
Yes	27.8%	38.6%	36.0%
No	72.1%	61.2%	64.0%

Asthma

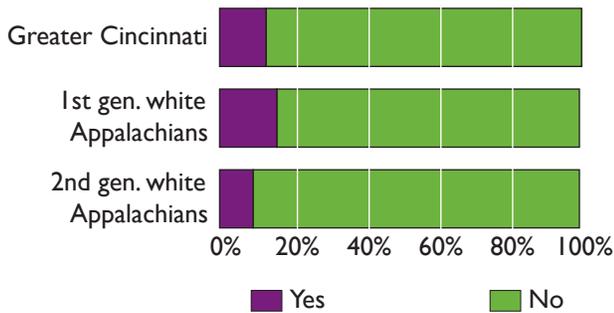
Greater Cincinnati



1st generation white Appalachians



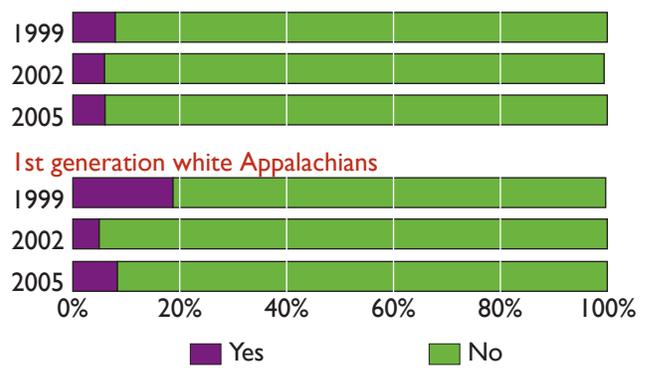
	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,105	2,004	2,077	264	281	210
Yes	14.5%	13.5%	12.9%	13.8%	13.9%	15.9%
No	85.4%	86.4%	87.1%	86.2%	86.1%	84.1%



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	12.9%	15.9%	9.3%
No	87.1%	84.1%	90.7%

Cancer

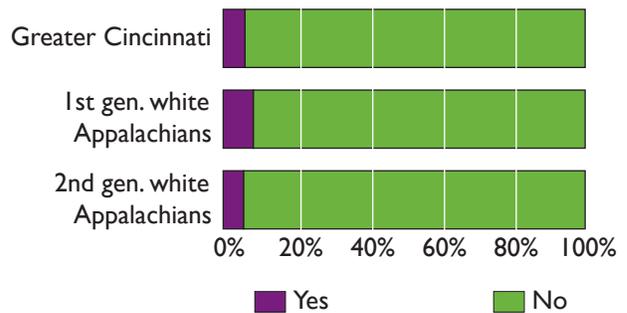
Greater Cincinnati



1st generation white Appalachians



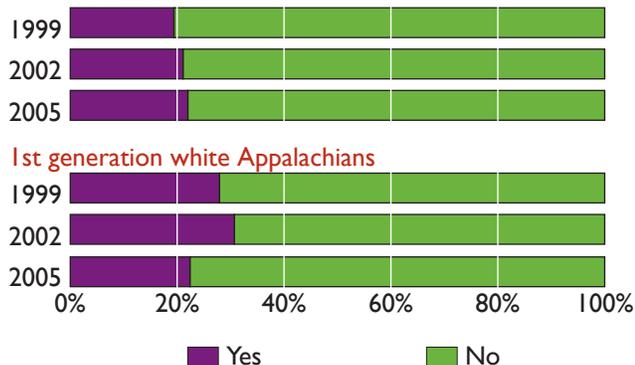
	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,105	2,003	2,077	264	281	210
Yes	7.9%	5.9%	6.0%	18.7%	4.9%	8.3%
No	92.1%	93.5%	94.0%	81.0%	95.1%	91.7%



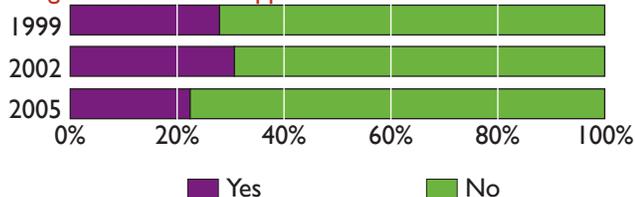
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	6.0%	8.3%	5.6%
No	94.0%	91.7%	94.4%

Chronic back pain

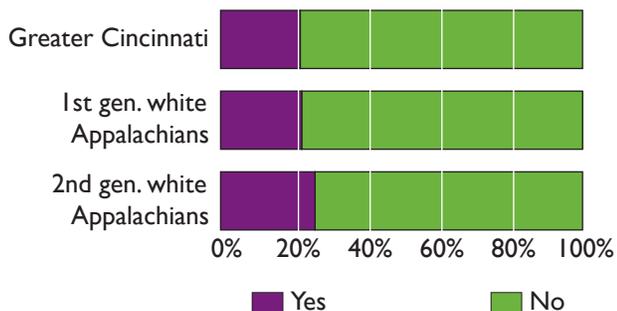
Greater Cincinnati



1st generation white Appalachians



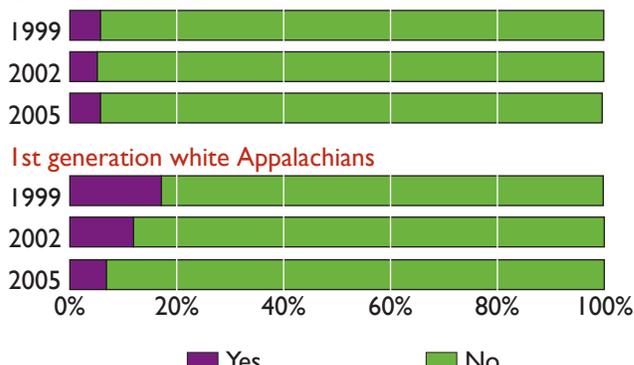
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	264	281	210
Yes	19.4%	21.1%	22.0%	27.9%	30.7%	22.4%
No	80.6%	78.9%	78.0%	72.1%	69.3%	77.6%



year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,077	210	257
Yes	22.0%	22.4%	26.1%
No	78.0%	77.6%	73.9%

Chronic digestive disease

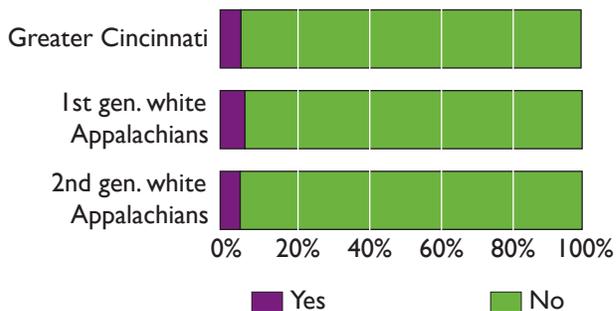
Greater Cincinnati



1st generation white Appalachians



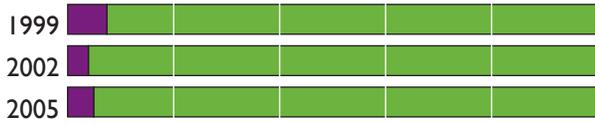
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,003	2,077	264	281	210
Yes	5.7%	5.1%	5.7%	17.1%	11.9%	6.8%
No	94.2%	94.8%	93.9%	82.7%	88.1%	93.1%



year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,077	210	257
Yes	5.7%	6.8%	5.5%
No	93.9%	93.1%	94.4%

Chronic lung disease

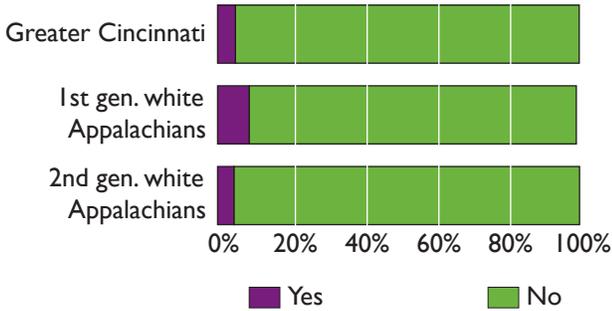
Greater Cincinnati



1st generation white Appalachians



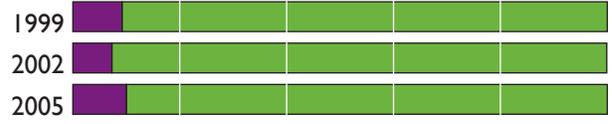
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,105	2,003	2,077	264	281	210
Yes	7.4%	3.9%	4.9%	14.1%	6.9%	8.7%
No	92.5%	96.0%	95.0%	85.9%	93.1%	90.4%



year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,077	210	257
Yes	4.9%	8.7%	4.5%
No	95.0%	90.4%	95.5%

Diabetes

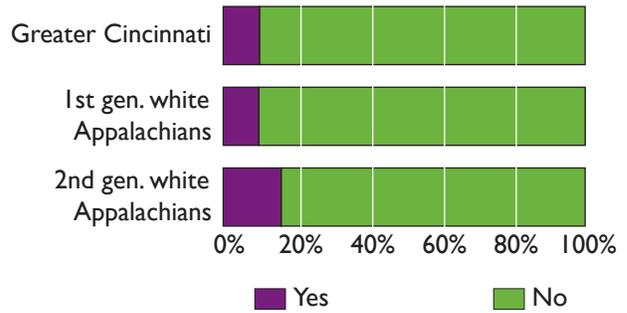
Greater Cincinnati



1st generation white Appalachians



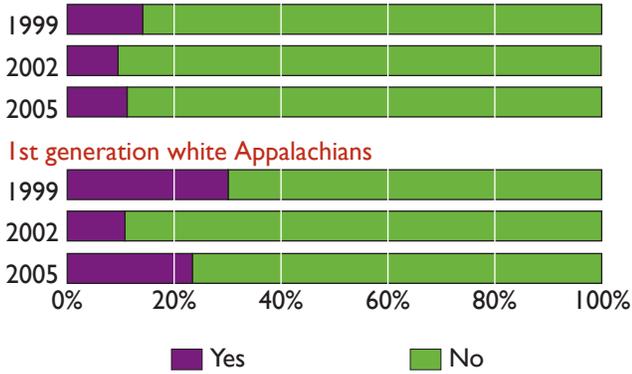
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,105	2,003	2,077	264	281	210
Yes	9.2%	7.3%	10.0%	11.9%	12.5%	9.8%
No	90.8%	92.6%	90.0%	88.1%	87.5%	90.2%



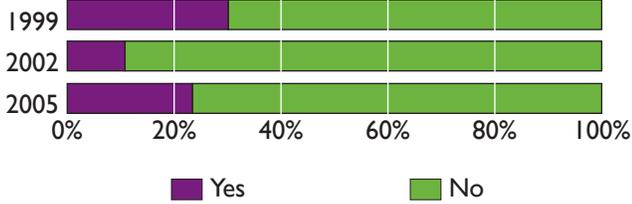
year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,077	210	257
Yes	10.0%	9.8%	16.0%
No	90.0%	90.2%	84.0%

Heart trouble or angina

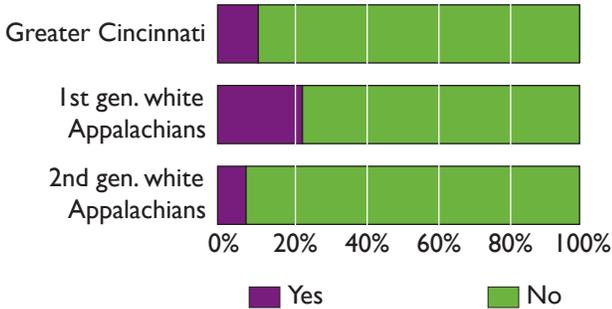
Greater Cincinnati



1st generation white Appalachians



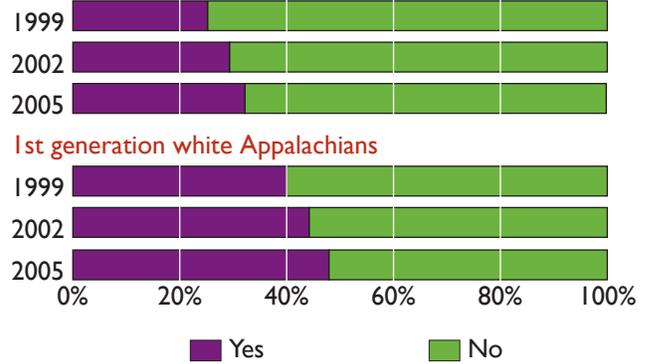
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,003	2,077	264	281	210
Yes	14.1%	9.5%	11.2%	30.1%	10.8%	23.4%
No	85.9%	90.4%	88.8%	69.9%	89.2%	76.6%



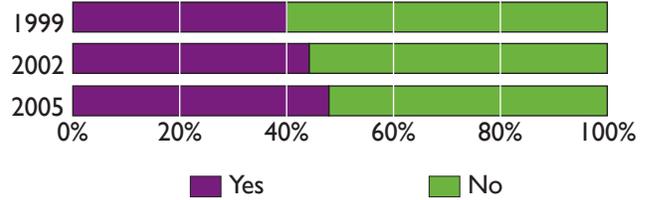
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	11.2%	23.4%	7.8%
No	88.8%	76.6%	92.2%

High blood pressure or hypertension

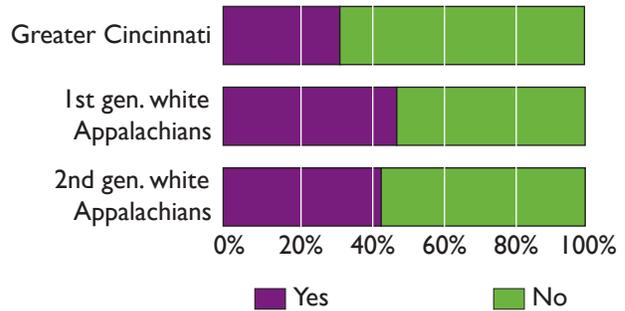
Greater Cincinnati



1st generation white Appalachians



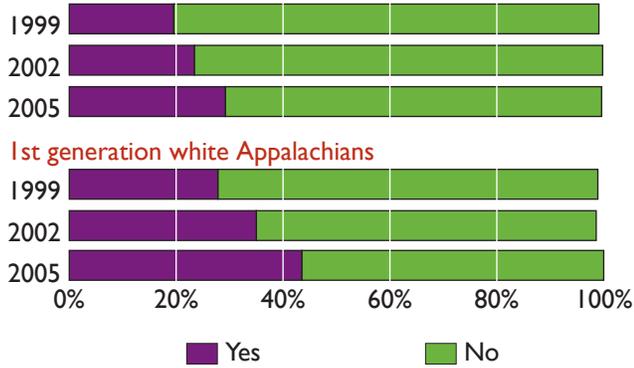
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,003	2,077	264	281	210
Yes	25.2%	29.3%	32.2%	40.0%	44.2%	47.9%
No	74.8%	70.7%	67.6%	60.0%	55.8%	52.1%



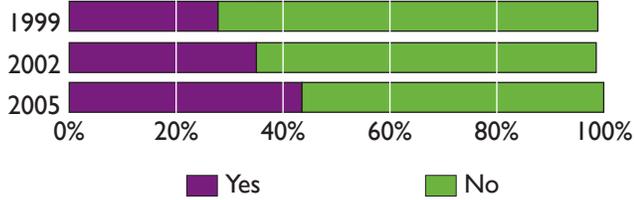
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	32.2%	47.9%	43.6%
No	67.6%	52.1%	56.4%

High cholesterol or triglycerides

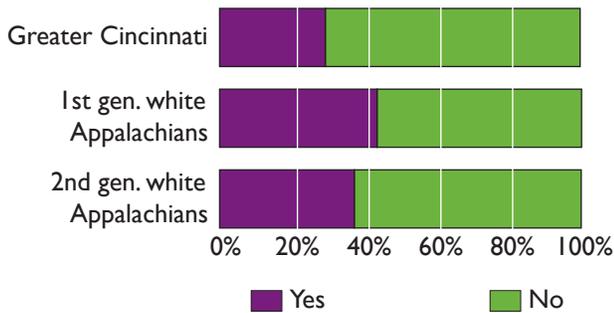
Greater Cincinnati



1st generation white Appalachians



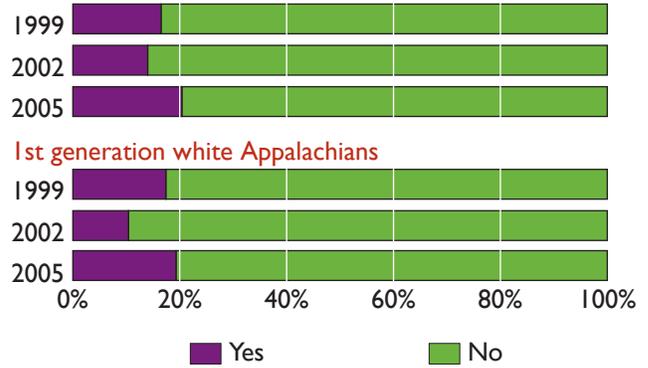
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	264	281	210
Yes	19.5%	23.4%	29.2%	27.8%	35.0%	43.5%
No	79.6%	76.4%	70.4%	71.1%	63.6%	56.5%



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	29.2%	43.5%	37.2%
No	70.4%	56.5%	62.7%

Migraine headaches

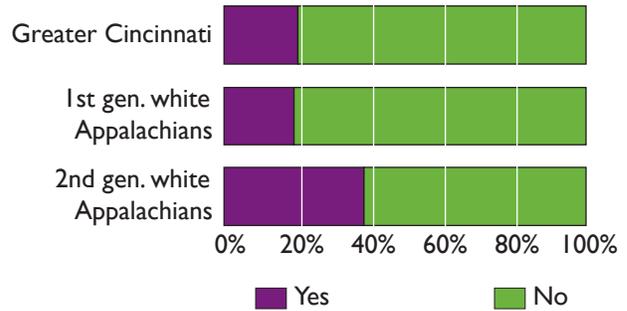
Greater Cincinnati



1st generation white Appalachians



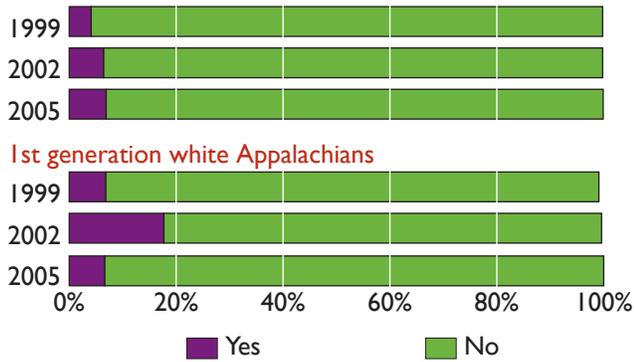
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	264	281	210
Yes	16.5%	14.0%	20.4%	17.4%	10.4%	19.3%
No	83.5%	86.0%	79.6%	82.6%	89.6%	80.7%



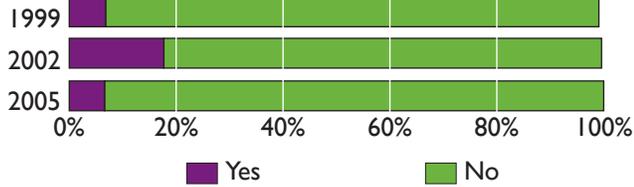
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	20.4%	19.3%	38.6%
No	79.6%	80.7%	61.4%

Osteoporosis

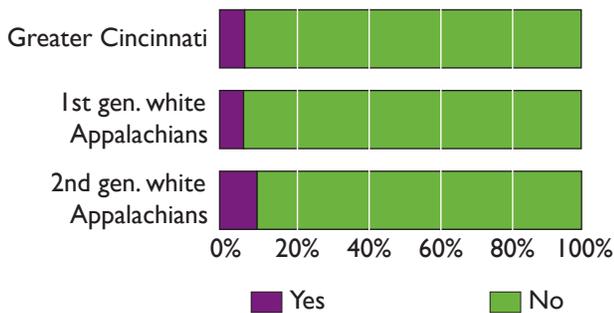
Greater Cincinnati



1st generation white Appalachians



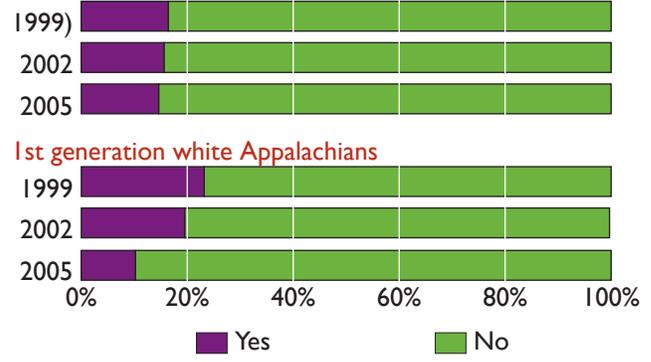
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,076	264	281	210
Yes	4.1%	6.4%	6.9%	6.8%	17.7%	6.6%
No	95.7%	93.4%	93.0%	92.3%	81.9%	93.3%



year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,076	210	257
Yes	6.9%	6.6%	10.3%
No	93.0%	93.3%	89.7%

Severe allergies

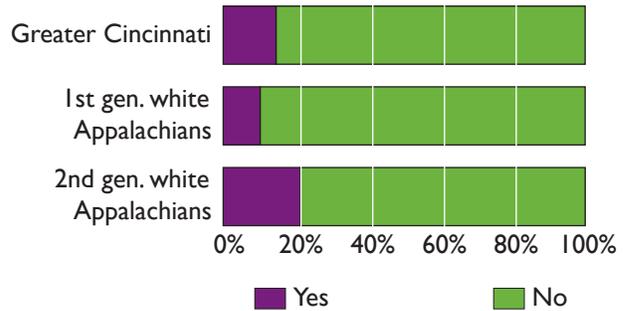
Greater Cincinnati



1st generation white Appalachians



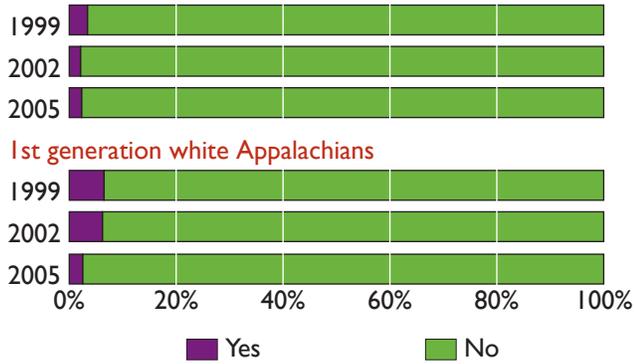
year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	264	281	210
Yes	16.4%	15.6%	14.6%	23.2%	19.5%	10.2%
No	83.6%	84.4%	85.4%	76.8%	80.2%	89.8%



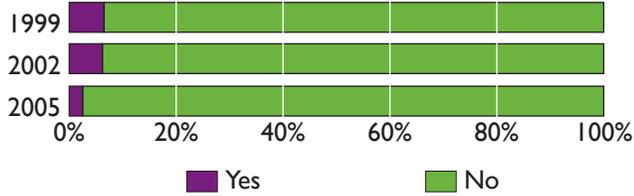
year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,077	210	257
Yes	14.6%	10.2%	21.3%
No	85.4%	89.8%	78.7%

Stroke

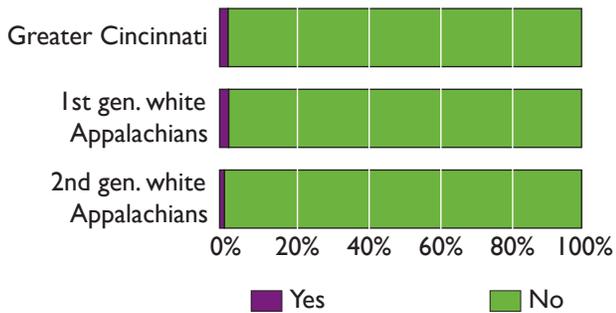
Greater Cincinnati



1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,077	264	281	210
Yes	3.4%	2.1%	2.3%	6.5%	6.2%	2.5%
No	96.6%	97.9%	97.7%	93.5%	93.8%	97.5%



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	2.3%	2.5%	1.3%
No	97.7%	97.5%	98.7%

Weight, Exercise, and Nutrition

Weight

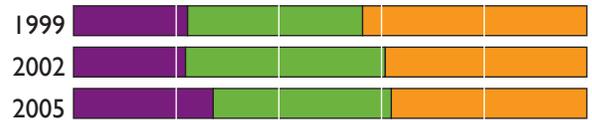
According to the CDC, being overweight or obese is a major contributor to many preventable causes of death. On average, higher body weights are associated with higher death rates. The 2004 Behavioral Risk Factor Surveillance Survey (BRFSS) found that only 39% of all adults in the nation were at a healthy 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. People are considered overweight when their BMI is 25.0–29.9 and obese when their BMI is greater than or equal to 30.0.

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.

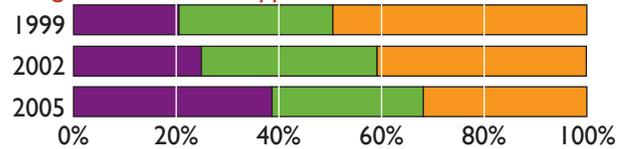
First generation white Appalachians had lower rates of being overweight than the region. However, between 2002 and 2005, the rate of obesity among first generation white Appalachians jumped from 1 in 4 (24.9%) to almost 4 in 10 (38.7%). About 7 in 10 first generation white Appalachians were overweight (29.5%) or obese (38.7%) in 2005.

Weight status based on BMI

Greater Cincinnati



1st generation white Appalachians



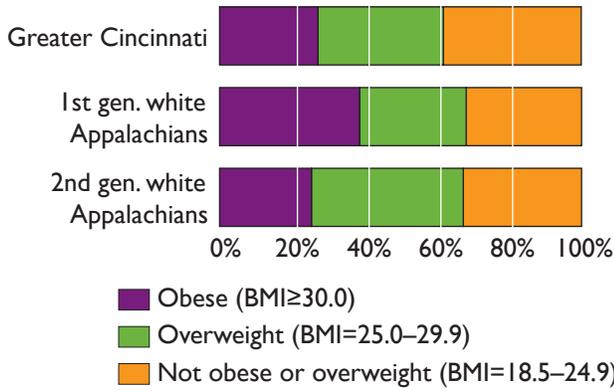
- Obese (BMI ≥ 30.0)
- Overweight (BMI = 25.0–29.9)
- Not obese or overweight (BMI = 18.5–24.9)

	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,067	2,000	2,073	261	280	209
Obese	22.2%	21.8%	27.2%	20.5%	24.9%	38.7%
Overweight	34.1%	38.9%	34.7%	30.0%	34.2%	29.5%
Not obese or overweight	43.7%	39.3%	38.1%	49.5%	40.8%	31.9%

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.

Fewer second generation white Appalachians (25.3%) were obese than all adults in the region (27.2%) or first generation white Appalachians (38.7%). However, more second generation white Appalachians (42.0%) were overweight than all adults in the region (34.7%) and first generation white Appalachians (29.5%).

Weight status based on BMI

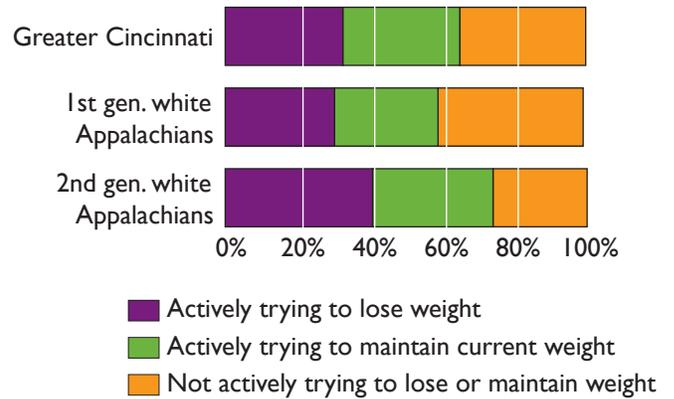


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,073	209	255
Obese	27.2%	38.7%	25.3%
Overweight	34.7%	29.5%	42.0%
Not obese or overweight	38.1%	31.9%	32.7%

Losing or maintaining weight

In Greater Cincinnati, about 3 in 10 of all adults in the region (32.5%) and first generation white Appalachians (30.2%) reported that they were actively trying to lose weight, compared to 4 in 10 second generation white Appalachians (40.7%). Another 1 in 3 adults (32.3% for the region, 28.6% for first generation white Appalachians, and 33.3% for second generation white Appalachians) reported that they were actively trying to maintain weight.

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?

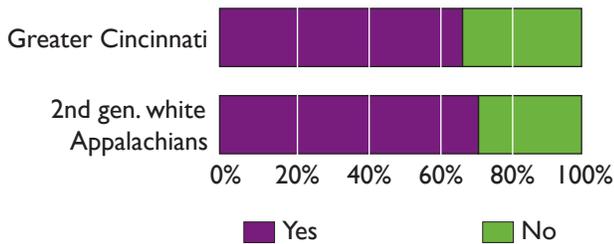


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Actively trying to lose weight	32.5%	30.2%	40.7%
Actively trying to maintain current weight	32.3%	28.6%	33.3%
Not actively trying to lose or maintain weight	34.8%	40.1%	26.0%

Exercising to lose weight

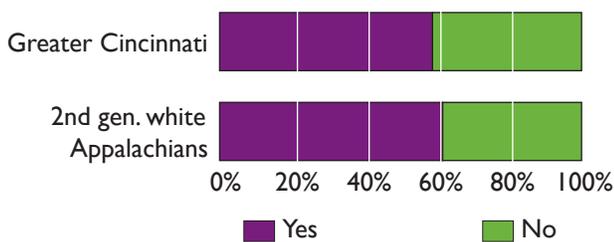
Of people trying to lose or maintain weight, most adults in the region and second generation white Appalachians reported that they exercised as part of their efforts. Because the number of first generation white Appalachians who reported they were actively trying to lose weight was less than 75, we are not able to report data on the number who exercise regularly as part of their effort to lose or maintain weight.

Do you exercise regularly as part of your effort to lose weight?



	Greater Cincinnati	2nd gen. white Appalachians
year	2005	2005
sample size	674	105
Yes	67.1%	71.5%
No	32.9%	28.5%

Do you exercise regularly as part of your effort to maintain your current weight?

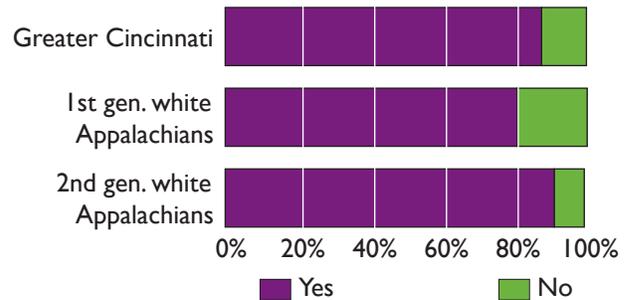


	Greater Cincinnati	2nd gen. white Appalachians
year	2005	2005
sample size	671	86
Yes	58.8%	61.6%
No	41.2%	38.4%

Moderate activity

In a usual week, most adults reported that they engage in some moderate activity.

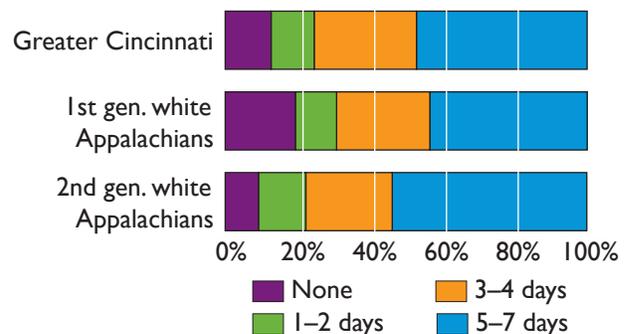
Do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	87.3%	80.6%	90.8%
No	12.4%	19.3%	8.3%

About 3 in 4 of all adults in the region (75.5%) and second generation white Appalachians (77.7%) performed moderate activities at least 3 days a week, compared to 69.3% of first generation white Appalachians.

Frequency of moderate activities

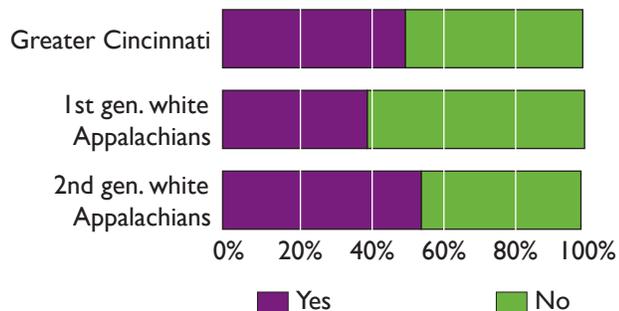


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	257
None	12.7%	19.4%	9.2%
1-2 days	11.9%	11.4%	13.1%
3-4 days	28.3%	25.8%	23.9%
5-7 days	47.2%	43.5%	53.8%

Vigorous activity

In a usual week, about half of all adults reported that they engage in some sort of vigorous activity.

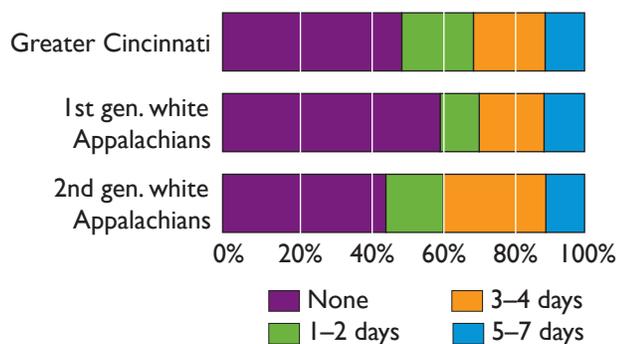
Do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	50.4%	39.9%	54.8%
No	49.0%	60.0%	44.1%

About 1 in 3 of all adults in the region (30.7%) and first generation white Appalachians (29.1%) and 4 in 10 second generation white Appalachians (39.0%) reported performing vigorous activities at least 3 days a week.

Frequency of vigorous activities

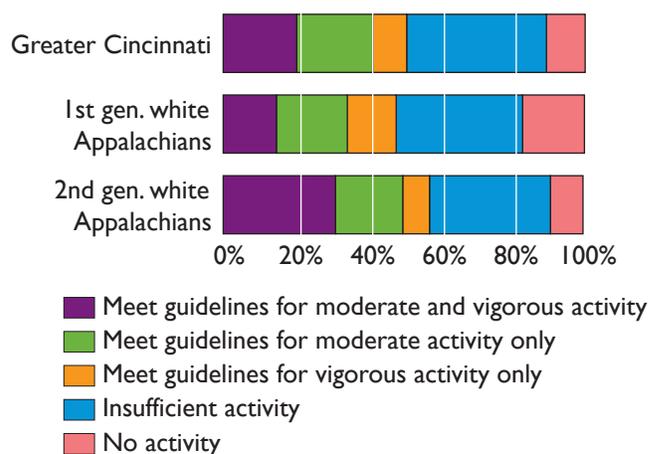


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,070	210	257
None	49.5%	60.1%	45.1%
1-2 days	19.8%	10.8%	15.9%
3-4 days	19.8%	17.9%	28.3%
5-7 days	10.9%	11.2%	10.7%

Guidelines for activity

According to the CDC, the recommended guidelines for physical activity are at least 30 minutes, 5 days per week of moderate activity, or at least 20 minutes, 3 days per week of vigorous activity. About 5 in 10 of all adults in the region (50.7%) and first generation white Appalachians (47.8%) and 6 in 10 second generation white Appalachians (57.6%) met the guidelines for moderate or vigorous activity.

People meeting the CDC guidelines for moderate and vigorous activity



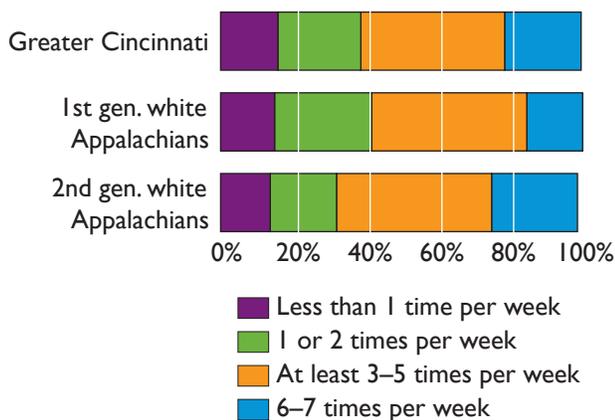
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,035	201	255
Meet guidelines for moderate and vigorous	20.3%	14.7%	31.6%
Meet guidelines for moderate only	21.0%	19.6%	18.6%
Meet guidelines for vigorous only	9.4%	13.5%	7.4%
Insufficient activity	38.6%	34.9%	33.4%
No activity	10.7%	17.1%	9.0%

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% for the region, 15.4% for first generation white Appalachians, and 23.7% for second generation white Appalachians) reported eating at least five fruits and vegetables per day, 6–7 days per week. However, about 1 in 3 adults (38.7% for the region, 41.7% for first generation white Appalachians, and 32.0% for second generation white Appalachians) reported eating at least five 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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Less than 1 time per week	15.8%	14.9%	13.7%
1 or 2 times per week	22.9%	26.8%	18.3%
At least 3–5 times per week	39.7%	42.8%	42.8%
6–7 times per week	21.1%	15.4%	23.7%

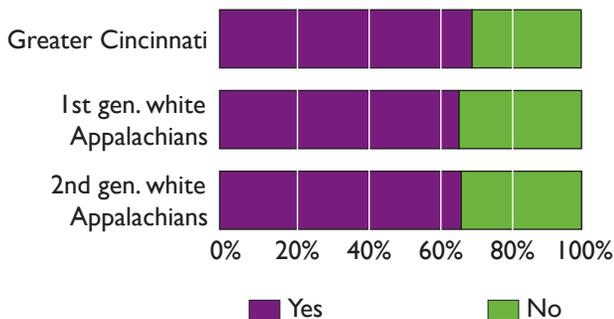
Oral Health

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 healthcare when needed.

About 70% of all adults in the region (69.7%) reported having a dental home, compared to 66.1% of first generation white Appalachians and 66.7% of second generation white Appalachians. More people in the region were without a dental home than were without a medical home (see the section titled "Access to Healthcare" starting on page 49).

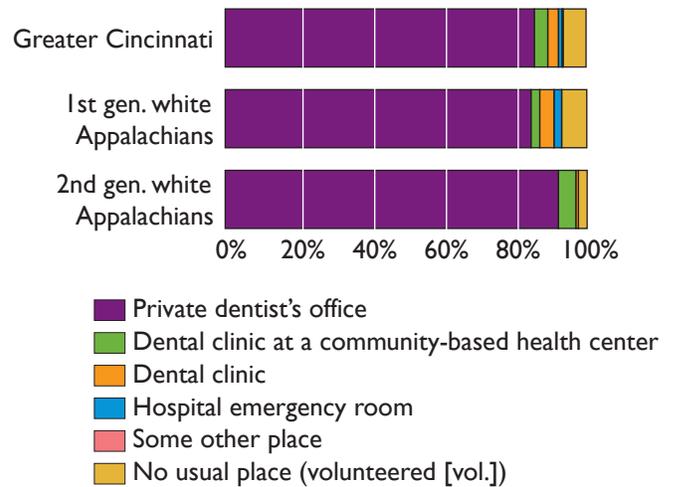
Is there one particular dentist's office, dental clinic, health center or other place that you usually go to if you need dental care or advice about dental care?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	69.7%	66.1%	66.7%
No	30.2%	33.9%	33.3%

The majority of adults in the region (84.7% for the region, 83.8% for first generation white Appalachians, and 91.3% for second generation white Appalachians) seek oral health care from a private dentist's office.

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,067	210	257
Private dentist's office	84.7%	83.8%	91.3%
Dental clinic at a community-based health center	3.7%	2.4%	4.8%
Dental clinic	2.9%	3.9%	0.7%
Hospital emergency room	1.0%	2.1%	0.0%
Some other place	0.3%	0.0%	0.0%
No usual place (volunteered [vol.])	6.3%	6.9%	2.4%

Condition of mouth and teeth

In 2005, 3 out of 4 of all adults (76.2%) and 7 out of 10 first generation white Appalachians (67.2%) reported that the condition of their mouth and teeth was very good or good. These are lower than 2002 rates (78.6% for the region and 74.6% for first generation white Appalachians). However, the rate of first generation white Appalachians who reported the condition of their mouth and teeth was very good improved from 28.8% in 2002 to 37.7% in 2005.

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

Greater Cincinnati



1st generation white Appalachians

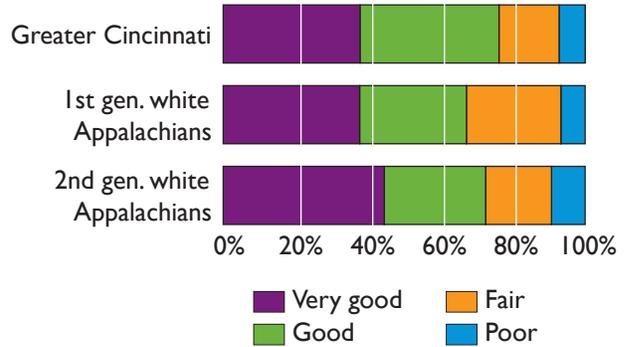


Very good (purple), Good (green), Fair (orange), Poor (blue)

year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	1,996	2,077	281	210
Very good	39.5%	37.8%	28.8%	37.7%
Good	39.1%	38.4%	45.8%	29.5%
Fair	15.6%	16.6%	14.5%	26.1%
Poor	5.8%	7.2%	10.9%	6.7%

Three out of four second generation white Appalachians (72.5%) also reported the condition of their mouth and teeth as very good or good. However, more second generation white Appalachians (44.5%) reported the condition of their teeth was very good, compared to just under 40% for the region (37.8%) and first generation white Appalachians (37.7%).

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Very good	37.8%	37.7%	44.5%
Good	38.4%	29.5%	28.0%
Fair	16.6%	26.1%	18.2%
Poor	7.2%	6.7%	9.3%

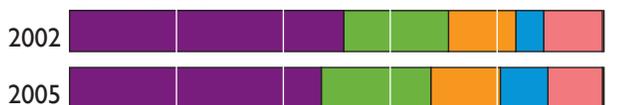
Last dental visit

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. According to the BRFSS, about 70% of all adults in the country (70.2%) reported seeing a dentist within the past year.

In 2005, 67.6% of all adults and 56.6% of first generation white Appalachians reported seeing the dentist within the past year, worse than 2002 for the region (70.9%) and first generation white Appalachians (61.0%). About 1 in 5 of all adults haven't seen a dentist in over 2 years. Among first generation white Appalachians, 23.5% haven't seen a dentist in more than 2 years, improved from 2002 (27.6%).

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

Greater Cincinnati



1st generation white Appalachians

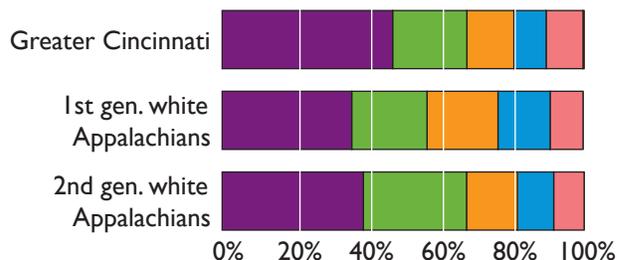


In the past 6 months
 In the past 5 years
 In the past year
 More than 5 years
 In the past 2 years
 Never

year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	1,992	2,077	281	210
In the past 6 months	51.3%	47.1%	52.5%	35.8%
In the past year	19.6%	20.5%	8.5%	20.8%
In the past 2 years	12.6%	13.0%	10.9%	19.6%
In the past 5 years	5.2%	8.9%	7.9%	14.4%
More than 5 years ago	11.0%	10.2%	19.7%	9.1%
Never	0.3%	0.3%	0.5%	0.0%

About 7 in 10 second generation white Appalachians (67.5%) had seen a dentist within the last year, similar to the regional rate (67.6%) and higher than the rate for first generation white Appalachians (56.6%).

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



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

	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
In the past 6 months	47.1%	35.8%	39.0%
In the past year	20.5%	20.8%	28.5%
In the past 2 years	13.0%	19.6%	14.1%
In the past 5 years	8.9%	14.4%	10.0%
More than 5 years ago	10.2%	9.1%	8.4%
Never	0.3%	0.0%	0.0%

Last teeth cleaning

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

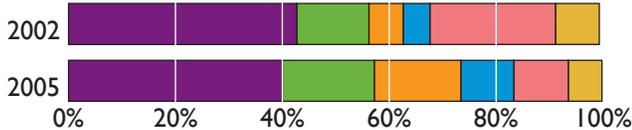
In Greater Cincinnati in 2005, 44.7% of all adults and 33.1% of first generation white Appalachians reported having their teeth cleaned in the last 6 months. This is worse for adults in the region (47.0% in 2002) and for first generation white Appalachians (42.7% in 2002). Twice as many first generation white Appalachians (7.4%) as all adults (3.7%) have never had their teeth cleaned.

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

Greater Cincinnati



1st generation white Appalachians

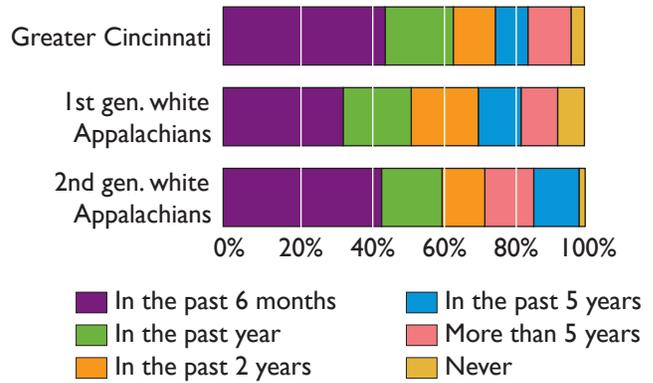


In the past 6 months
 In the past 5 years
 In the past year
 More than 5 years
 In the past 2 years
 Never

year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	1,990	2,073	280	208
In the past 6 months	47.0%	44.7%	42.7%	33.1%
In the past year	19.3%	18.8%	13.5%	18.8%
In the past 2 years	11.1%	11.6%	6.4%	18.5%
In the past 5 years	5.7%	9.0%	5.0%	11.8%
More than 5 years ago	12.7%	11.9%	23.5%	10.1%
Never	3.8%	3.7%	8.2%	7.4%

Similar to the regional rate (44.7%), 4 in 10 second generation white Appalachians (43.7%) had their teeth cleaned in the last 6 months, compared to only 33.1% of first generation white Appalachians. Far fewer second generation white Appalachians (1.7%) reported never having their teeth cleaned, compared to 3.7% of all adults in the region and 7.4% of first generation white Appalachians.

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



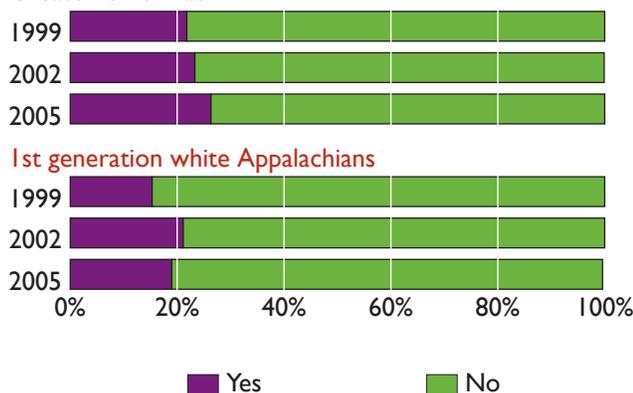
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,073	208	257
In the past 6 months	44.7%	33.1%	43.7%
In the past year	18.8%	18.8%	16.7%
In the past 2 years	11.6%	18.5%	11.8%
In the past 5 years	9.0%	11.8%	13.5%
More than 5 years ago	11.9%	10.1%	12.5%
Never	3.7%	7.4%	1.7%

Delayed dental care

In 2005, 1 in 4 of all adults (26.3%) and 1 in 5 first generation white Appalachians (20.1%) reported that they delayed or did not get dental care when they thought they needed it. These rates are improved from 1999 (21.8% for the region and 15.3% for first generation white Appalachians).

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



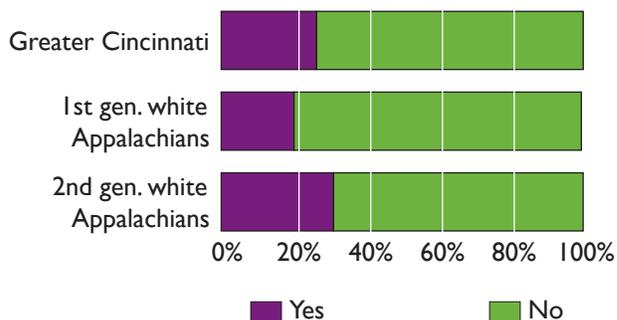
1st generation white Appalachians



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,054	1,991	2,077	264	281	210
Yes	21.8%	23.3%	26.3%	15.3%	21.1%	20.1%
No	78.2%	76.6%	73.7%	84.7%	78.9%	79.4%

More second generation white Appalachians (31.0%) reported that they had delayed or not gotten dental care they thought they needed in the past 12 months, compared to 26.3% of all adults in the region and 20.1% of first generation white Appalachians.

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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	26.3%	20.1%	31.0%
No	73.7%	79.4%	69.0%

The top five reasons for not getting or delaying dental care reported by adults in 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 reported by second generation white Appalachians were:

- cost of dental care (45.8%),
- no dental insurance (24.4%),
- no time/too busy (9.7%),
- don't like dentists (8.4%), and
- fear of dentists/fear of diagnosis (3.2%).

Because the number of first generation white Appalachians who reported that they did not get or delayed getting care was less than 75, we are not able to report their top reasons for not getting care.

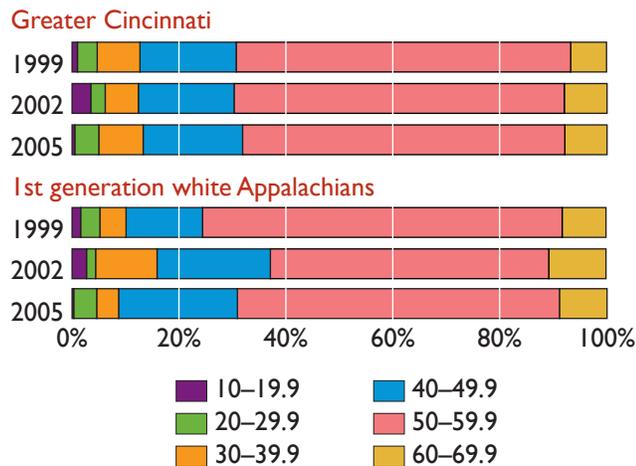
Mental Health

Mental health status

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

About 7 in 10 Greater Cincinnati adults (68.2% for the region and 69.1% for first generation white Appalachians) had higher mental health summary scores than the national average, making adults in our region mentally healthier than the average American.

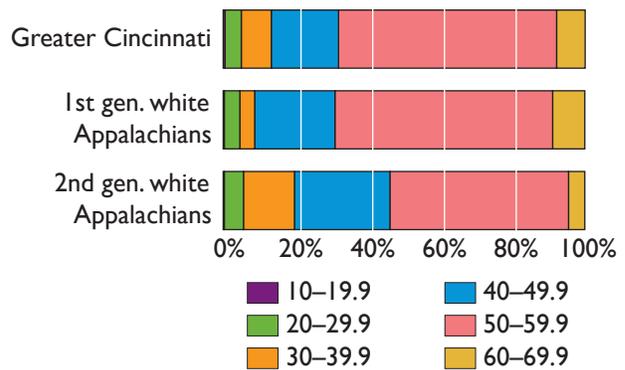
SF-12 Mental Health Summary Score



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,083	2,002	2,048	262	281	207
10-19.9	1.0%	3.5%	0.5%	1.6%	2.7%	0.3%
20-29.9	3.7%	2.7%	4.5%	3.6%	1.7%	4.3%
30-39.9	8.0%	6.2%	8.3%	4.9%	11.5%	4.1%
40-49.9	18.0%	17.9%	18.6%	14.3%	21.2%	22.2%
50-59.9	62.6%	61.8%	60.3%	67.3%	52.1%	60.2%
60-69.9	6.7%	8.0%	7.9%	8.2%	10.7%	8.9%

Just over half of second generation white Appalachians (53.9%) had mental health summary scores above the national average. However, fewer were above the national average than all adults in the region or first generation white Appalachians.

SF-12 Mental Health Summary Score



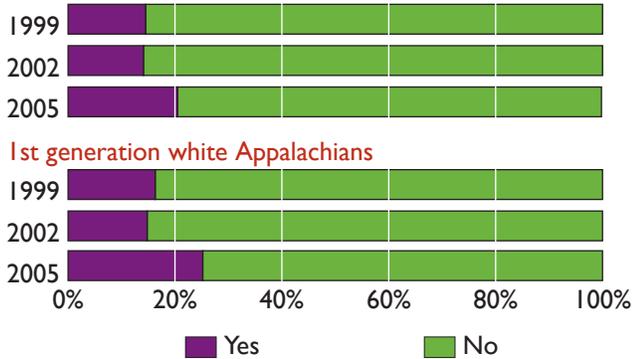
year	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
	2005	2005	2005
sample size	2,048	207	247
10-19.9	0.5%	0.3%	0.3%
20-29.9	4.5%	4.3%	5.3%
30-39.9	8.3%	4.1%	14.1%
40-49.9	18.6%	22.2%	26.4%
50-59.9	60.3%	60.2%	49.4%
60-69.9	7.9%	8.9%	4.5%

Depression

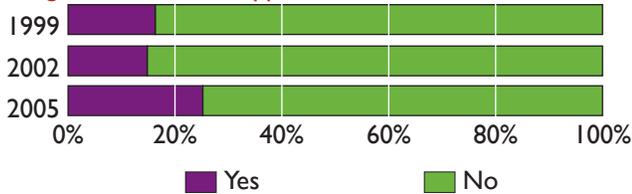
In Greater Cincinnati in 2005, 1 in 5 of all adults (20.5%) and 1 in 4 first generation white Appalachians (25.2%) reported that they had been told by a doctor or other healthcare provider that they had depression. These rates are higher than in 1999 and 2002.

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

Greater Cincinnati



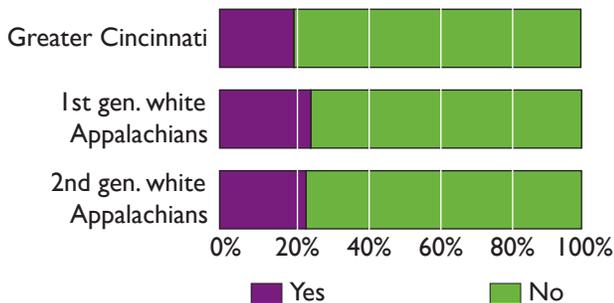
1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,102	2,003	2,076	264	281	210
Yes	14.5%	14.1%	20.5%	16.3%	14.8%	25.2%
No	85.5%	85.9%	79.3%	83.7%	85.2%	74.8%

About 1 in 4 second generation white Appalachians (23.9%) also reported being told they had depression.

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Yes	20.5%	25.2%	23.9%
No	79.3%	74.8%	76.1%

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:

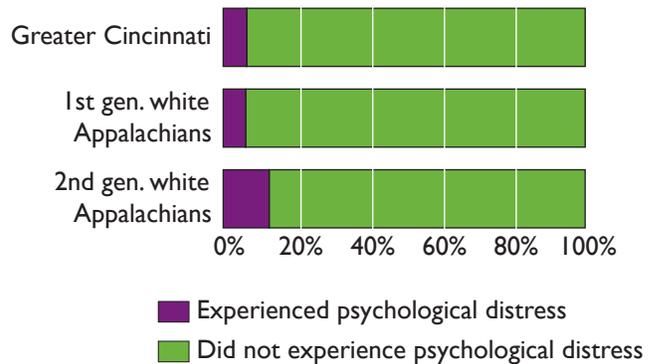
During the past 30 days, how often did you feel...

- 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. 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.

In 2005, the rate for second generation white Appalachians (12.7%) was four times the national rate (3.1%). The regional rate (6.5%) and rate for first generation white Appalachians (6.2%) was twice the national rate (3.1%).

People experiencing psychological distress



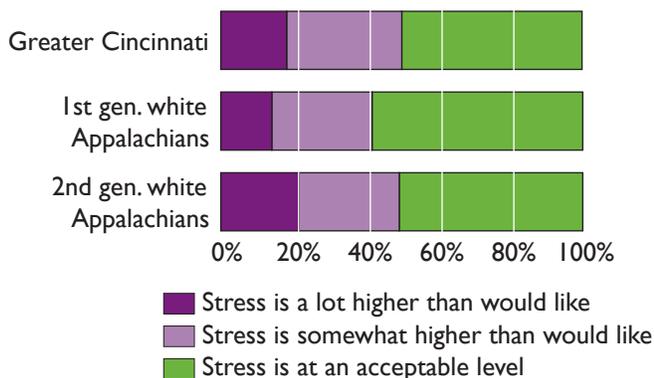
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,067	210	257
Experienced psych. distress	6.5%	6.2%	12.7%
Did not experience psych. distress	93.5%	93.8%	87.3%

Stress

Stress, particularly in the workplace, is associated with increased illness and injury, which can lead to productive time lost both at work and 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 all adults in the nation reported their stress is at a level that is acceptable to them, while 57% of all adults reported having a level of stress that is either somewhat (31%) or a lot (26%) higher than they would like it to be.

Half the adults in the region (50.0%) and second generation white Appalachians (49.3%) and just less than half of first generation white Appalachians (41.8%) 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?

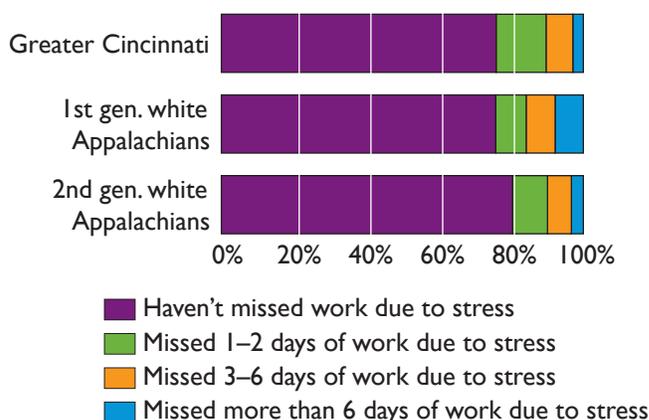


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Stress is a lot higher than would like	18.2%	14.1%	21.6%
Stress is somewhat higher than would like	31.8%	27.7%	27.7%
Stress is at an acceptable level	49.8%	58.2%	50.7%

Missed work due to stress

About 3 in 4 adults (75.9% for the region, 75.8% for first generation white Appalachians, and 80.4% for second generation white Appalachians) reported that they missed no work due to stress. More than twice as many first generation white Appalachians (7.8%) as adults in the region (2.9%) and second generation white Appalachians (3.3%) reported that they had missed more than 6 days of work per year due to stress.

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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	1,431	121	183
Haven't missed work	75.9%	75.8%	80.4%
1–2 days	13.8%	8.4%	9.7%
3–6 days	7.4%	8.0%	6.6%
More than 6 days	2.9%	7.8%	3.3%

Cigarette and Alcohol Use

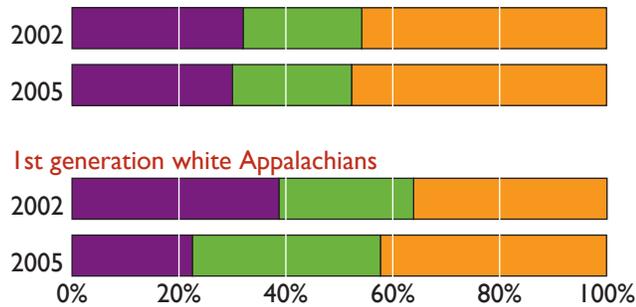
Smoking

According to the CDC's BRFSS, 1 in 5 of all 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 all 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). Smoking rates among first generation white Appalachians have dramatically decreased, going from 38.7% in 2002 to 25.6% in 2005.

Current, previous, and non-smokers

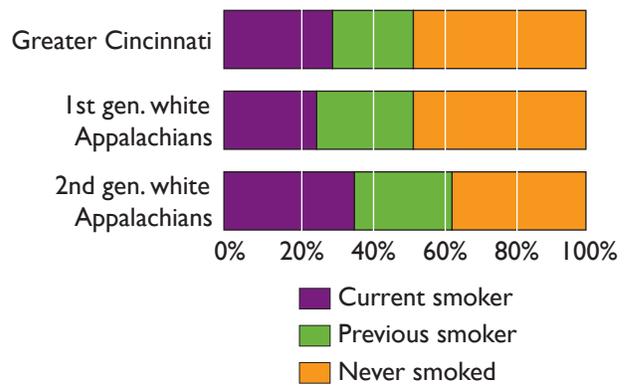
Greater Cincinnati



year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	2,006	2,077	281	210
Current smoker	32.0%	30.0%	38.7%	25.6%
Previous smoker	22.2%	22.3%	25.2%	26.7%
Never smoked	45.8%	47.7%	36.2%	47.7%

More than 1 in 3 second generation white Appalachians (36.0%) reported being current smokers, compared to 30.0% for the region and 25.6% for first generation white Appalachians.

Current, previous, and non-smokers



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Current smoker	30.0%	25.6%	36.0%
Previous smoker	22.3%	26.7%	27.0%
Never smoked	47.7%	47.7%	37.0%

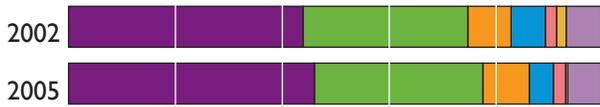
Alcohol use

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

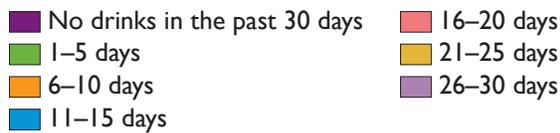
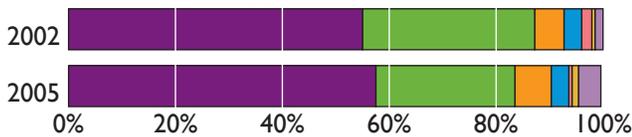
In 2005, adults in Greater Cincinnati (53.8%) reported slightly lower rates than the nation, and first generation white Appalachians (32.5%) even lower.

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?

Greater Cincinnati



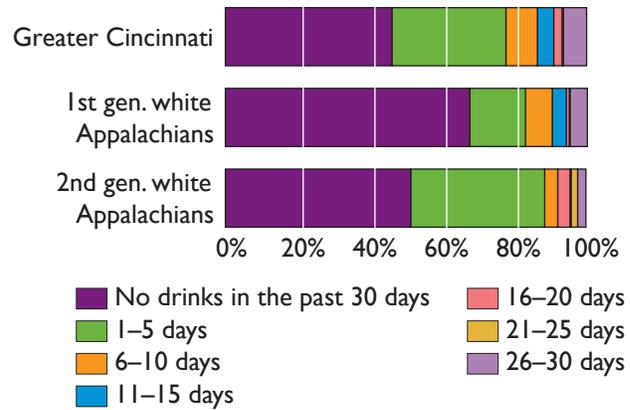
1st generation white Appalachians



year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	1,983	2,045	277	210
No drinks in the past 30 days	43.9%	46.0%	55.0%	67.5%
1-5 days	30.8%	31.5%	32.2%	15.4%
6-10 days	8.1%	8.7%	5.5%	7.4%
11-15 days	6.4%	4.5%	3.3%	3.9%
16-20 days	2.1%	2.3%	1.9%	0.8%
21-25 days	1.8%	0.4%	0.6%	0.2%
26-30 days	6.7%	6.4%	1.5%	4.8%

About half of all second generation white Appalachians (48.4%) drank at least one drink of alcohol during the past 30 days, compared to 53.8% for the region and 32.5% for first generation white Appalachians.

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?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,045	210	253
No drinks in the past 30 days	46.0%	67.5%	51.2%
1-5 days	31.5%	15.4%	37.0%
6-10 days	8.7%	7.4%	3.6%
11-15 days	4.5%	3.9%	3.4%
16-20 days	2.3%	0.8%	0.3%
21-25 days	0.4%	0.2%	1.8%
26-30 days	6.4%	4.8%	2.3%

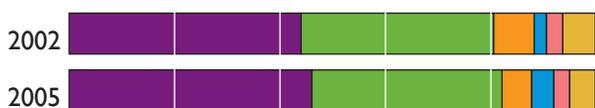
Binge drinking

Binge drinking is classified as having 5 or more drinks on the same occasion. The 2004 BRFSS found that 14.9% of all adults in the nation reported binge drinking, compared to 16.1% in 2002. The Healthy People 2010 goal is that no more than 6% of all adults binge drink.

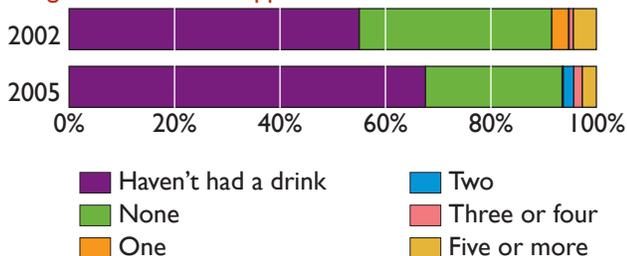
In 2005, 17.7% of all adults in Greater Cincinnati reported having 5 or more drinks on at least 1 occasion in the past 30 days, down from 19.3% in 2002. First generation white Appalachians are less likely to binge drink (6.5% in 2005) than all adults in the region. This is slightly improved from 2002, when 8.5% of first generation white Appalachian 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



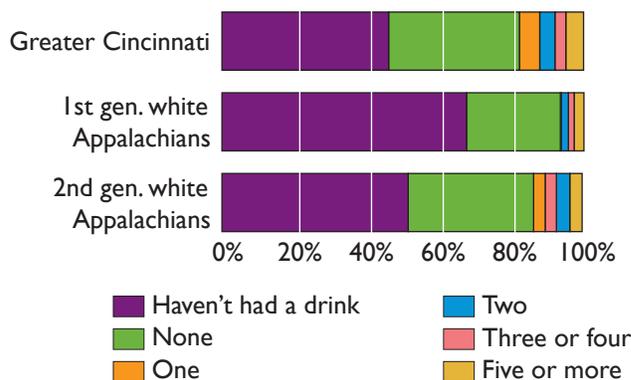
1st generation white Appalachians



year	Greater Cincinnati		1st gen. white Appalachians	
	2002	2005	2002	2005
sample size	1,979	2,042	277	210
Haven't had a drink	44.0%	46.0%	55.0%	67.5%
None	36.5%	36.1%	36.5%	25.9%
One	7.7%	5.6%	3.2%	0.2%
Two	2.3%	4.2%	0.1%	2.0%
Three or four	3.1%	3.0%	0.8%	1.6%
Five or more	6.2%	4.9%	4.4%	2.7%

About 1 in 10 second generation white Appalachians (13.4%) reported having 5 or more drinks on at least 1 occasion in the past 30 days, which is lower than the regional rate (17.7%) but higher than the rate for first generation white Appalachians.

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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,042	210	252
Haven't had a drink	46.0%	67.5%	51.4%
None	36.1%	25.9%	34.6%
One	5.6%	0.2%	3.2%
Two	4.2%	2.0%	3.1%
Three or four	3.0%	1.6%	3.7%
Five or more	4.9%	2.7%	3.4%

Drinking and driving

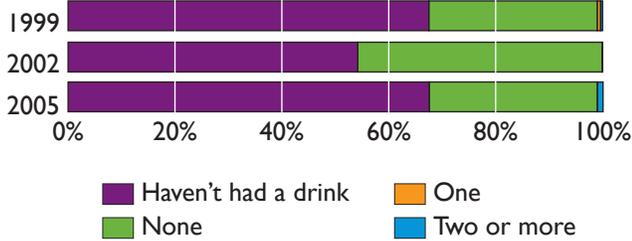
In 2005, 2.7% of all adults in Greater Cincinnati reported that they had driven at least once in the past 30 days when they thought they had too much to drink. This is improved from 1999 (4.4%) and 2002 (3.0%). However, many would consider one time behind the wheel while under the influence as too many times. Fewer first generation white Appalachians reported driving when they thought they had too much to drink (1.0% in 1999, 0.1% in 2002, and 1.1% 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



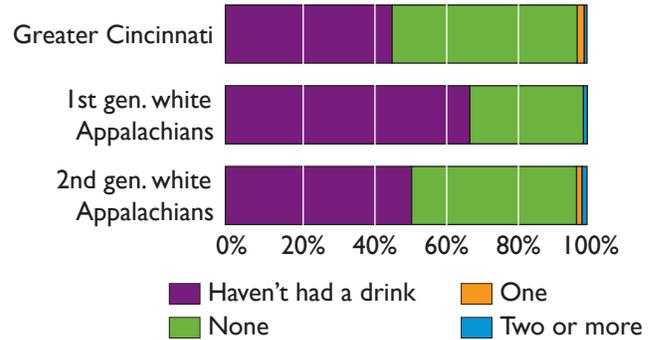
1st generation white Appalachians



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,088	2,003	2,042	264	281	210
Haven't had a drink	50.2%	43.5%	46.0%	67.5%	54.2%	67.5%
None	45.4%	53.6%	51.2%	31.5%	45.7%	31.4%
One	2.6%	1.4%	1.9%	0.6%	0.0%	0.0%
Two or more	1.8%	1.6%	0.8%	0.4%	0.1%	1.1%

Almost 3% of second generation white Appalachians (2.9%) reported that they had driven at least once when they thought they had too much to drink, on par with the regional rate (2.7%) but twice as high than first generation white Appalachians (1.1%).

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,042	210	252
Haven't had a drink	46.0%	67.5%	51.4%
None	51.2%	31.4%	45.6%
One	1.9%	0.0%	1.5%
Two or more	0.8%	1.1%	1.4%

Access to Healthcare

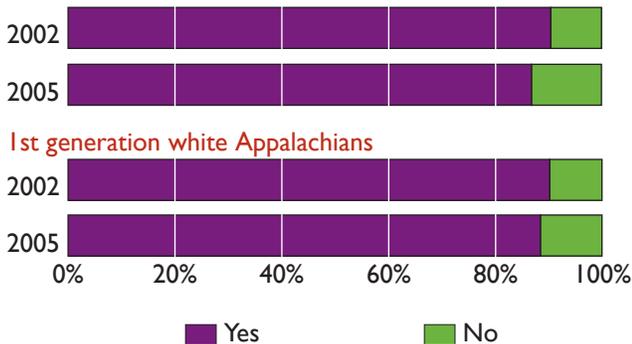
Health insurance status

Insurance status is a primary indicator of whether someone has the ability to seek appropriate healthcare 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 healthcare 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.

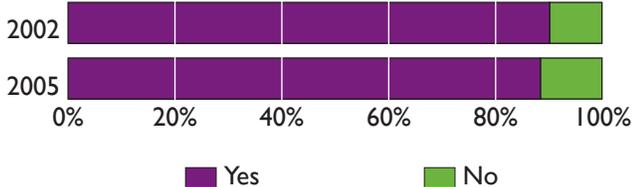
In 2005, 13.1% of all adults in the region were uninsured, up from 9.5% in 2002. The rate of uninsurance also went up slightly for first generation white Appalachians (9.8% in 2002 to 11.5% in 2005).

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



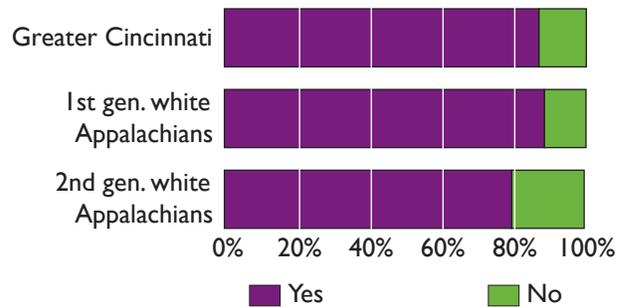
1st generation white Appalachians



	Greater Cincinnati		1st gen. white Appalachians	
year	2002	2005	2002	2005
sample size	2,001	2,075	281	210
Yes	90.3%	86.7%	90.1%	88.2%
No	9.5%	13.1%	9.8%	11.5%

Almost twice as many second generation white Appalachians (20.0%) as first generation white Appalachians (11.5%) reported that they were currently uninsured.

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?

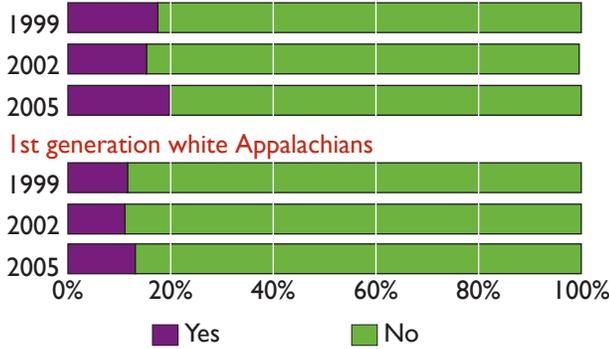


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,075	210	252
Yes	86.7%	88.2%	79.2%
No	13.1%	11.5%	20.0%

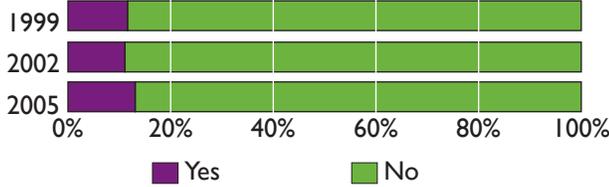
In 2005, 1 in 5 of all adults in the region (19.8%) and about 1 in 10 first generation white Appalachians (13.1%) reported that they had been uninsured at some point in the past year, up from 1999 and 2002.

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

Greater Cincinnati



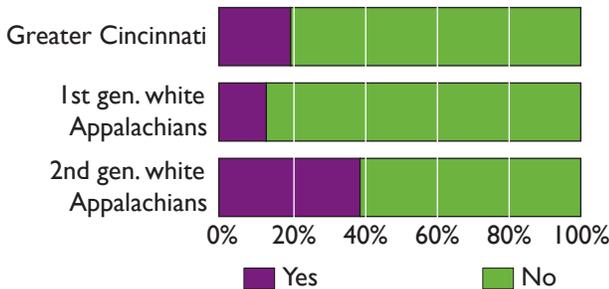
1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,067	2,000	2,073	264	281	210
Yes	17.5%	15.3%	19.8%	11.6%	11.1%	13.1%
No	82.5%	84.3%	80.2%	88.4%	88.9%	86.9%

Almost 40% of second generation white Appalachians (39.0%) were uninsured at some point in the past 12 months, twice as many as the region (19.8%) and three times as many as first generation white Appalachians (13.1%).

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,073	210	257
Yes	19.8%	13.1%	39.0%
No	80.2%	86.9%	61.0%

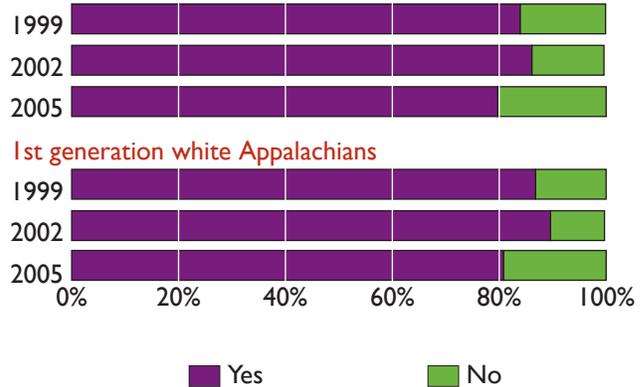
Medical home

Having one particular clinic, health center, doctor's office, or other place to 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 healthcare when needed. The Healthy People 2010 goal is that 96% of people will have a medical home.

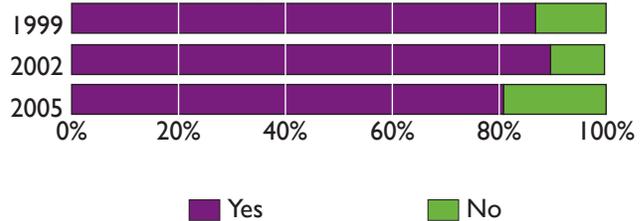
About 80% of all adults (79.7%) and first generation white Appalachians (80.8%) reported that they had a medical home in 2005. Both of these are worse than 1999 rates (83.9% for the region and 86.8% for first generation white Appalachians). In addition, first generation white Appalachians were almost twice as likely to report that they did not have a medical home in 2005 (19.2%) as they were in 2002 (10.1%).

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?

Greater Cincinnati



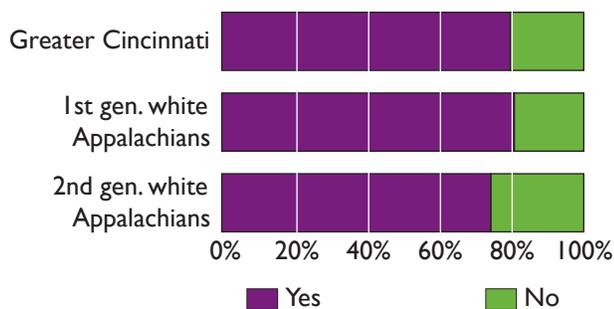
1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,062	2,005	2,076	264	281	210
Yes	83.9%	86.1%	79.7%	86.8%	89.6%	80.8%
No	16.0%	13.5%	20.3%	13.2%	10.1%	19.2%

Fewer second generation white Appalachians (74.3%) reported having a medical home than the region (79.7%) or first generation white Appalachians.

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?

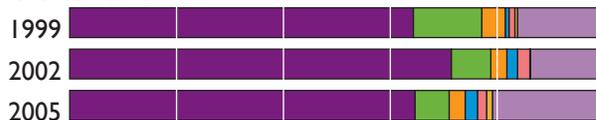


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Yes	79.7%	80.8%	74.3%
No	20.3%	19.2%	25.7%

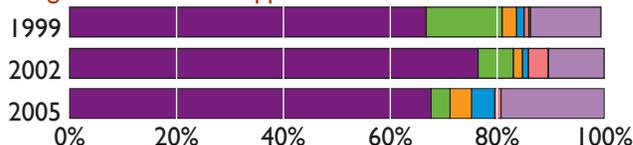
In 2005, 64.6% of all adults in the region reported that they usually go to a private doctor's office when they are sick, compared to 67.3% of first generation white Appalachians. These rates are lower than 2002 but similar to 1999.

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

Greater Cincinnati



1st generation white Appalachians

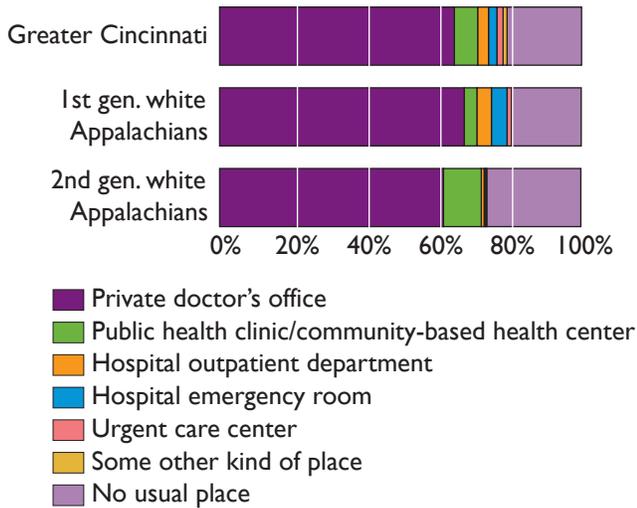


- Private doctor's office
- Public health clinic/community-based health center
- Hospital outpatient department
- Hospital emergency room
- Urgent care center
- Some other kind of place
- No usual place

	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,062	2,005	2,074	264	281	210
Private doctor's office	64.3%	71.4%	64.6%	66.7%	76.4%	67.3%
Public health clinic/ community-based health center	12.8%	7.4%	6.4%	14.2%	6.6%	3.5%
Hospital outpatient department	4.4%	3.0%	3.0%	2.7%	1.4%	4.0%
Hospital emergency room	0.7%	2.0%	2.3%	1.1%	1.1%	4.3%
Urgent care center	1.1%	2.3%	1.7%	0.9%	3.7%	1.2%
Some other kind of place	0.5%	0.1%	1.1%	0.3%	0.1%	0.0%
No usual place	16.1%	13.9%	20.5%	13.2%	10.4%	19.2%

More second generation white Appalachians (10.4%) reported their medical home was a public health clinic or community-based health center than the region (6.4%) or first generation white Appalachians (3.5%).

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

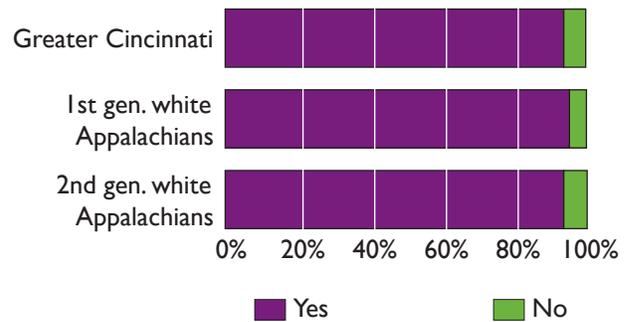


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	256
Private doctor's office	64.6%	67.3%	61.6%
Public health clinic/ community-based health center	6.4%	3.5%	10.4%
Hospital outpatient department	3.0%	4.0%	0.8%
Hospital emergency room	2.3%	4.3%	0.0%
Urgent care center	1.7%	1.2%	0.4%
Some other kind of place	1.1%	0.0%	0.3%
No usual place	20.5%	19.2%	25.9%

Access to transportation

The majority of adults in Greater Cincinnati (93.5% for the region, 95.1% for first generation white Appalachians, and 93.5% for second generation white Appalachians) 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?



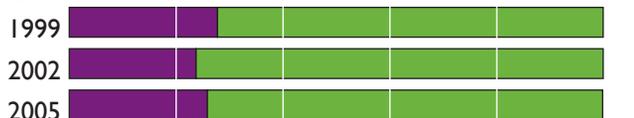
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,075	210	257
Yes	93.5%	95.1%	93.5%
No	6.1%	4.7%	6.5%

Delayed care

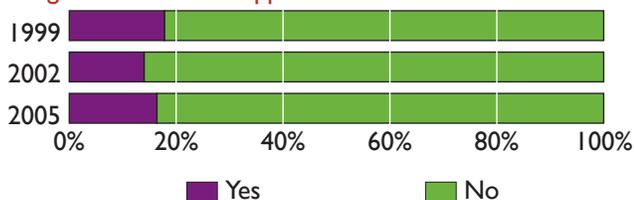
In 2005, 1 in 4 of all adults in the region (25.8%) and less than 1 in 5 first generation white Appalachians (16.9%) reported that they delayed or didn't get medical care when they thought they needed it. These rates have stayed fairly consistent since 1999.

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



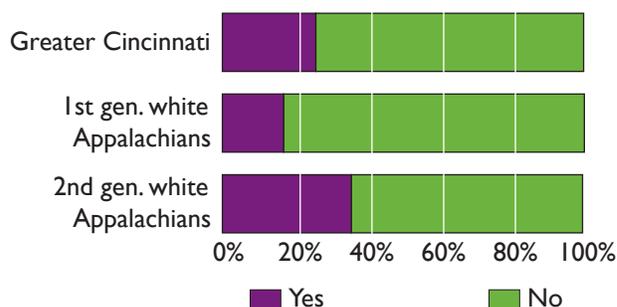
1st generation white Appalachians



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,057	1,997	2,077	264	281	210
Yes	27.7%	23.7%	25.8%	17.8%	14.0%	16.9%
No	72.2%	76.2%	74.0%	82.2%	86.0%	83.1%

More than twice as many second generation white Appalachians (35.6%) as first generation white Appalachians (16.9%) reported that they had not gotten or delayed getting medical care when they thought they needed it.

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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	25.8%	16.9%	35.6%
No	74.0%	83.1%	63.9%

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 second generation white Appalachians were:

- cost of healthcare (29.3%),
- no time/too busy (15.3%),
- no health insurance (13.6%),
- fear of doctor/fear of diagnosis (6.1%), and
- stubborn/delayed visit (5.8%).

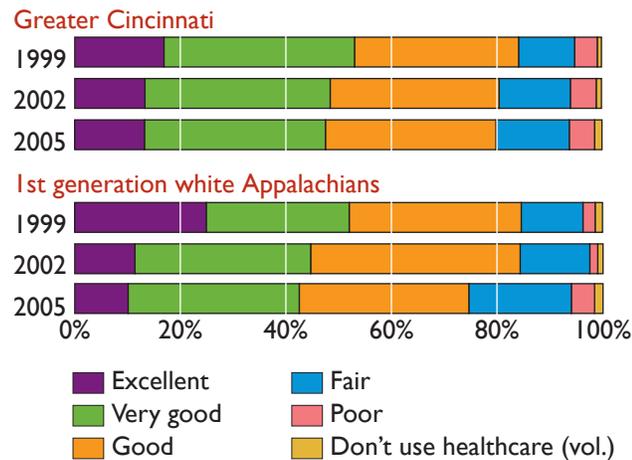
Because the number of first generation white Appalachians who reported that did not get or delayed getting dental care was less than 75, we are not able to report their top reasons for not getting care.

Healthcare Quality, Availability, and Cost

Satisfaction with overall healthcare

In general, adults in Greater Cincinnati are satisfied with their healthcare, with 79.8% of all adults in the region and 74.6% of first generation white Appalachians reporting their satisfaction with overall healthcare was excellent, very good, or good. The regional rate has worsened since 1999 (84.1% in 1999 and 80.4% in 2002). The rate for first generation white Appalachians has also worsened from 2002 (84.4%) and 1999 (84.6%).

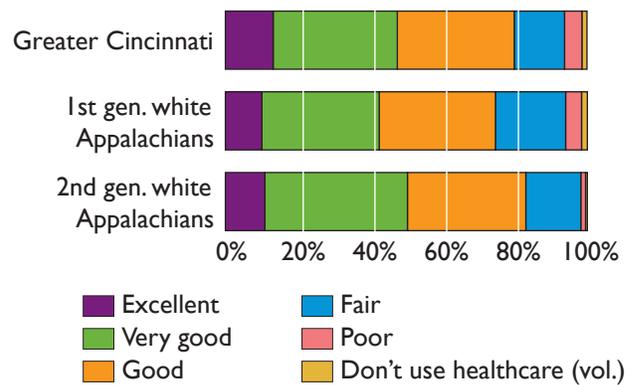
How would you rate your satisfaction with your overall healthcare?



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,106	2,000	2,074	264	281	210
Excellent	16.9%	13.3%	13.2%	24.9%	11.4%	10.1%
Very Good	36.1%	35.1%	34.3%	27.1%	33.3%	32.4%
Good	31.1%	32.0%	32.3%	32.6%	39.7%	32.1%
Fair	10.6%	13.5%	13.9%	11.7%	13.2%	19.4%
Poor	4.3%	4.9%	4.8%	2.3%	1.5%	4.4%
Don't use healthcare (vol.)	0.8%	1.0%	1.4%	1.4%	1.0%	1.6%

More second generation white Appalachians were satisfied with their healthcare, with 83.0% reporting their satisfaction with overall healthcare was excellent, very good, or good. This is higher than the regional rate (79.8%) and the rate for first generation white Appalachians (74.6%).

How would you rate your satisfaction with your overall healthcare?



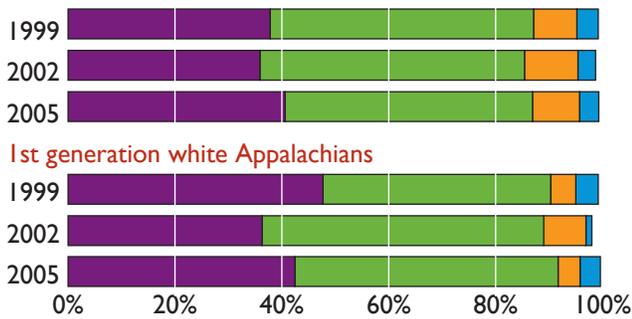
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	257
Excellent	13.2%	10.1%	10.9%
Very Good	34.3%	32.4%	39.4%
Good	32.3%	32.1%	32.7%
Fair	13.9%	19.4%	15.2%
Poor	4.8%	4.4%	1.3%
Don't use healthcare (vol.)	1.4%	1.6%	0.5%

Quality of healthcare

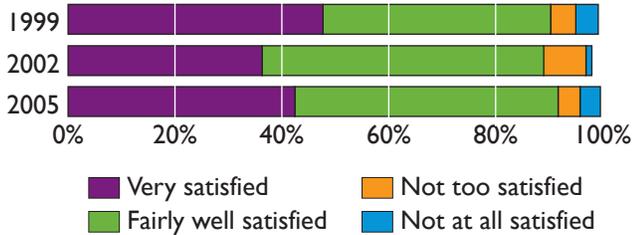
In 2005, over 85% of all adults (86.9%) and first generation white Appalachians (91.6%) are very or fairly well satisfied with the quality of their healthcare. These rates have stayed relatively constant since 1999. However, fewer first generation white Appalachians felt very satisfied with the quality of their healthcare in 2002 (36.3%) than they did in 1999 (47.7%) or 2005 (42.4%).

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



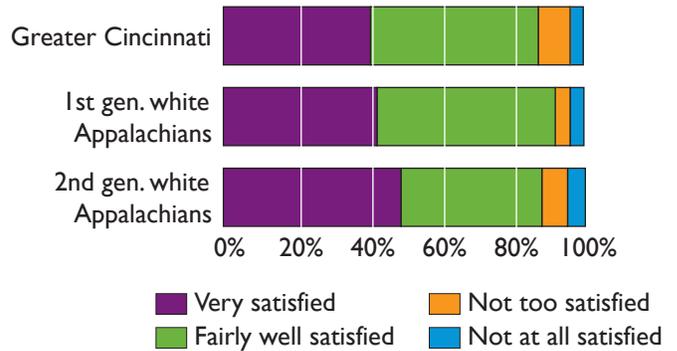
1st generation white Appalachians



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,101	1,990	2,060	264	280	210
Very satisfied	37.8%	35.9%	40.6%	47.7%	36.3%	42.4%
Fairly well satisfied	49.3%	49.5%	46.3%	42.6%	52.7%	49.2%
Not too satisfied	8.1%	10.0%	8.8%	4.7%	7.9%	4.1%
Not at all satisfied	4.0%	3.3%	3.6%	4.2%	1.1%	3.8%

Fewer second generation white Appalachians (87.9%) were very or fairly well satisfied with the quality of their healthcare than first generation white Appalachians (91.6%). Both of these groups were more satisfied with the quality of their healthcare than all adults in the region, with 86.9% of regional adults reporting they were very or fairly well satisfied with their healthcare quality.

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?



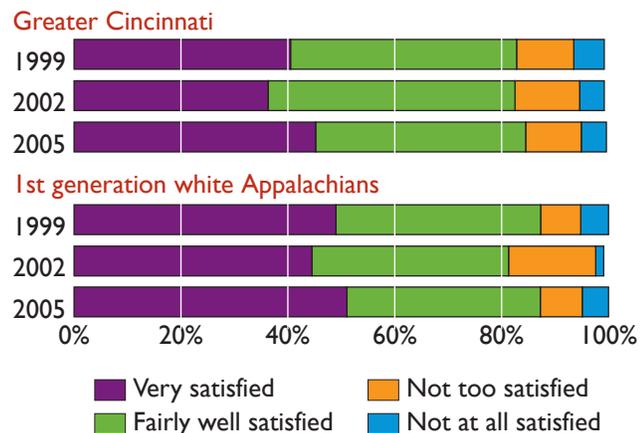
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,060	210	256
Very satisfied	40.6%	42.4%	49.0%
Fairly well satisfied	46.3%	49.2%	38.9%
Not too satisfied	8.8%	4.1%	7.1%
Not at all satisfied	3.6%	3.8%	4.9%

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 86.8% of first generation white Appalachians stating they are very or fairly well satisfied with the availability of care. The regional rate has stayed relatively the same since 1999. The first generation white Appalachian rate is slightly worse than in 1999 (87.3%), but improved from 2002 (81.3%).

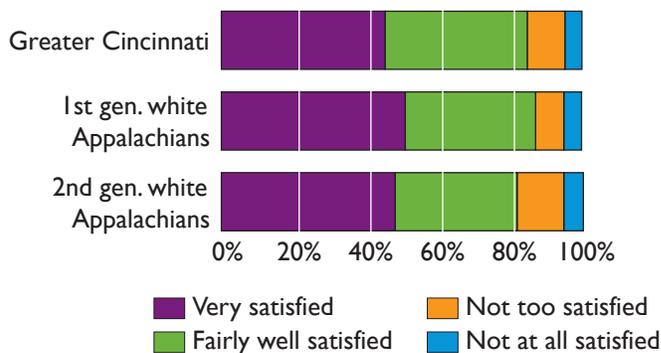
How satisfied are you with the availability of healthcare when you need it?



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,104	2,001	2,070	264	281	210
Very satisfied	40.5%	36.3%	45.2%	49.0%	44.5%	50.8%
Fairly well satisfied	42.3%	46.2%	39.3%	38.3%	36.8%	36.0%
Not too satisfied	10.7%	12.1%	10.4%	7.5%	16.3%	7.8%
Not at all satisfied	5.7%	4.6%	4.7%	5.2%	1.5%	4.9%

Second generation white Appalachians were slightly less satisfied with healthcare availability than all adults in the region or first generation white Appalachians. Just over 80% of second generation white Appalachians (81.7%) reported being very or fairly well satisfied with healthcare availability, compared to 84.5% of all adults and 86.8% of first generation white Appalachians.

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



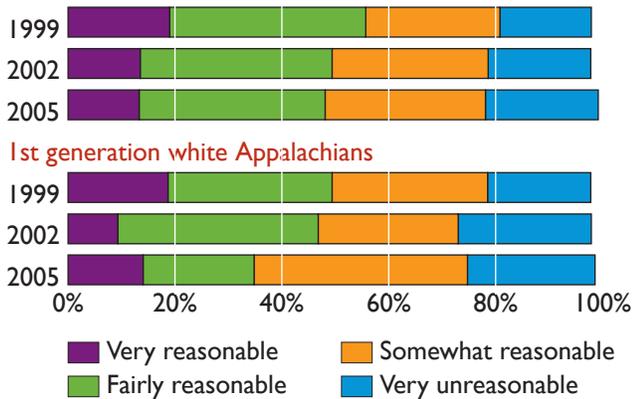
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,070	210	257
Very satisfied	45.2%	50.8%	48.0%
Fairly well satisfied	39.3%	36.0%	33.7%
Not too satisfied	10.4%	7.8%	12.9%
Not at all satisfied	4.7%	4.9%	5.4%

Cost of healthcare

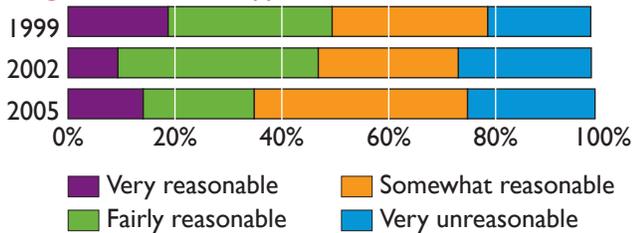
The cost of care is a concern for many people in the U.S. as premiums increase and out-of-pocket expenses continue to rise. In 2005, less than half of adults in Greater Cincinnati (48.1% for the region and 34.7% for first generation white Appalachians) felt that the cost of healthcare they receive was very or fairly reasonable. These rates have steadily declined since 1999.

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

Greater Cincinnati



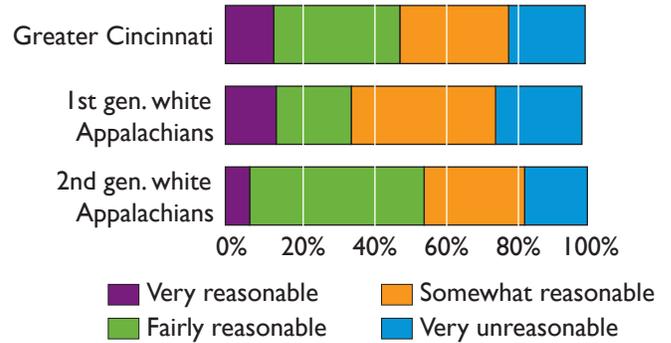
1st generation white Appalachians



year	Greater Cincinnati			1st gen. white Appalachians		
	1999	2002	2005	1999	2002	2005
sample size	2,093	2,000	2,062	264	279	208
Very reasonable	19.0%	13.5%	13.3%	18.7%	9.3%	14.0%
Fairly reasonable	36.7%	35.9%	34.8%	30.7%	37.5%	20.7%
Somewhat reasonable	25.1%	29.2%	30.0%	29.1%	26.2%	39.8%
Very unreasonable	17.1%	19.2%	21.1%	19.3%	24.9%	23.8%

Over half of second generation white Appalachians (54.8%) felt healthcare costs were very or fairly reasonable, compared to 48.1% for the region and 34.7% of first generation white Appalachians.

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



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,062	208	257
Very reasonable	13.3%	14.0%	6.7%
Fairly reasonable	34.8%	20.7%	48.1%
Somewhat reasonable	30.0%	39.8%	27.7%
Very unreasonable	21.1%	23.8%	17.3%

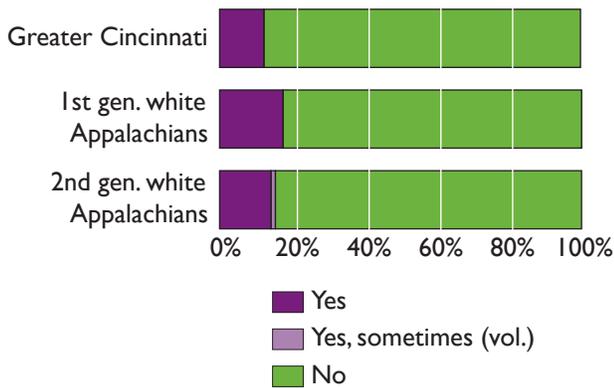
Health-Related Financial Issues

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, just over 1 in 10 adults in Greater Cincinnati (12.2% for the region, 17.5% for first generation white Appalachians, and 14.2% for second generation white Appalachians) were 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.



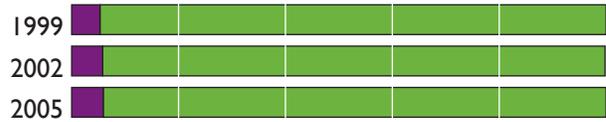
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	12.2%	17.5%	14.2%
Yes, sometimes (vol.)	0.0%	0.0%	1.2%
No	87.5%	82.5%	84.6%

Going without care to pay for household necessities

In 2005, 5.9% of all adults in the region but only 1.6% of first generation white Appalachians 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 improved significantly for first generation white Appalachians since 2002.

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



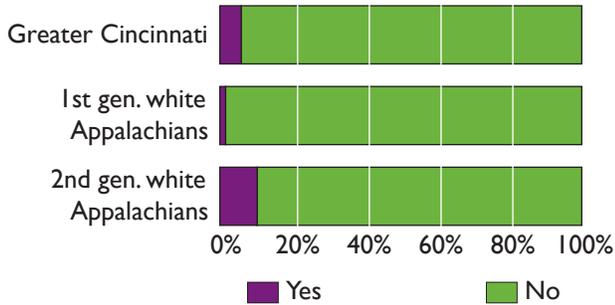
1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,057	1,997	2,077	264	281	210
Yes	5.3%	5.8%	5.9%	4.4%	4.7%	1.6%
No	94.7%	94.0%	94.1%	95.6%	95.3%	98.4%

Almost twice as many second generation white Appalachians (10.3%) as adults in the region (5.9%) reported that someone in the household did not receive a doctor's care because the household needed the money for necessities. Both of these rates are much higher than that of first generation white Appalachians (1.6%).

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?



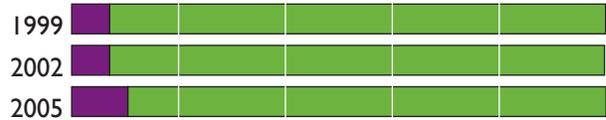
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	5.9%	1.6%	10.3%
No	94.1%	98.4%	89.7%

Going without prescriptions to pay for household necessities

In 2005, 1 in 10 of all adults in the region (10.5%), compared to 5.6% of first generation white Appalachians, went without prescription drugs to pay for household necessities.

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



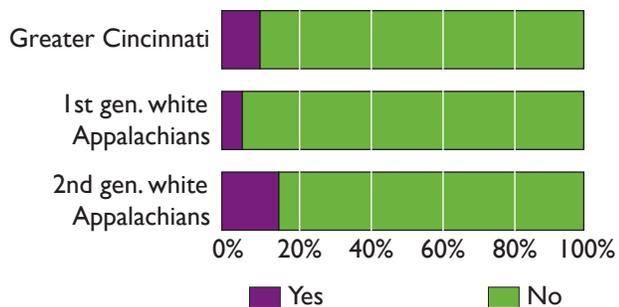
1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,057	1,997	2,077	264	280	210
Yes	7.1%	7.1%	10.5%	7.0%	8.5%	5.6%
No	92.8%	92.6%	89.5%	93.0%	91.5%	94.4%

Almost three times as many second generation white Appalachians (15.7%) as first generation white Appalachians (5.6%) reported that a member of the household had gone without prescription drugs because the household needed the money for necessities.

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?



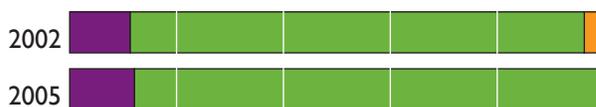
	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	10.5%	5.6%	15.7%
No	89.5%	94.4%	84.3%

Unpaid time off work to get healthcare

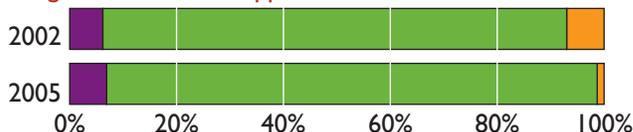
About 1 in 10 of all adults in the region (12.1%) reported that a household member has taken unpaid time off work so someone in the household could get healthcare. This is almost twice as high as the rate for first generation white Appalachians (6.9%). These rates have stayed relatively consistent since 2002.

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



1st generation white Appalachians

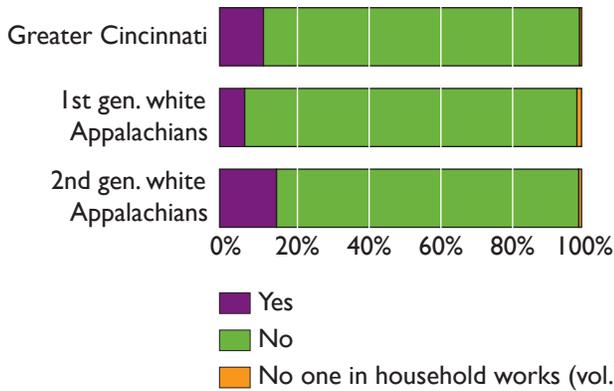


Legend:
 ■ Yes
 ■ No
 ■ No one in household works (vol.)

	Greater Cincinnati		1st gen. white Appalachians	
year	2002	2005	2002	2005
sample size	1,996	2,076	281	210
Yes	11.3%	12.1%	6.2%	6.9%
No	85.0%	87.3%	86.8%	91.8%
No one in household works (vol.)	3.5%	0.6%	7.0%	1.3%

More than twice as many second generation white Appalachians (15.7%) as first generation white Appalachians (6.9%) reported that someone in the household had to take unpaid time off work so another household member could get healthcare.

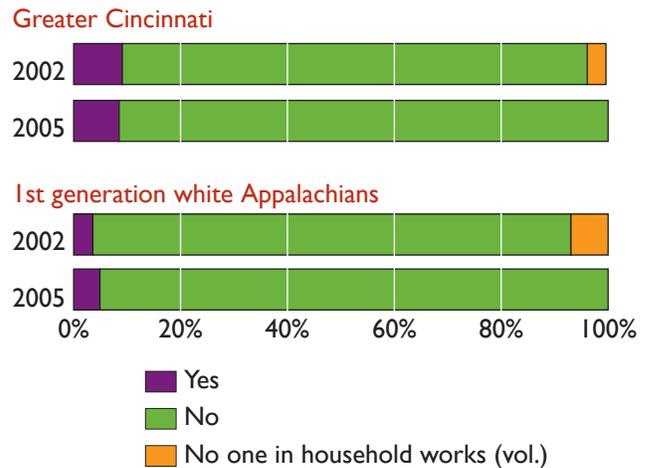
In the past 12 months, have you or a member of your household taken time off work without pay so that you or another member of your household could receive healthcare?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Yes	12.1%	6.9%	15.7%
No	87.3%	91.8%	83.5%
No one in household works (vol.)	0.6%	1.3%	0.8%

About 9% of all 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). About half as many first generation white Appalachians (3.6% in 2002 and 4.9% in 2005) reported that a household member had to take unpaid time off work so a school-aged child could get healthcare.

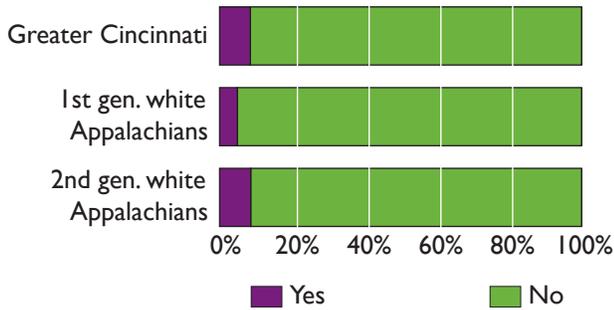
In the past 12 months, have you or a member of your household taken time off from work without pay so that a school-aged child could receive healthcare?



	Greater Cincinnati		1st gen. white Appalachians	
year	2002	2005	2002	2005
sample size	1,996	2,064	281	208
Yes	9.1%	8.5%	3.6%	4.9%
No	87.0%	91.5%	89.4%	95.1%
No one in household works (vol.)	3.5%	0.0%	7.0%	0.0%

Almost twice as many second generation white Appalachians (8.6%) as first generation white Appalachians (4.9%) reported that someone in the household had to take unpaid time off work so that a school-aged child could receive healthcare.

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 healthcare?

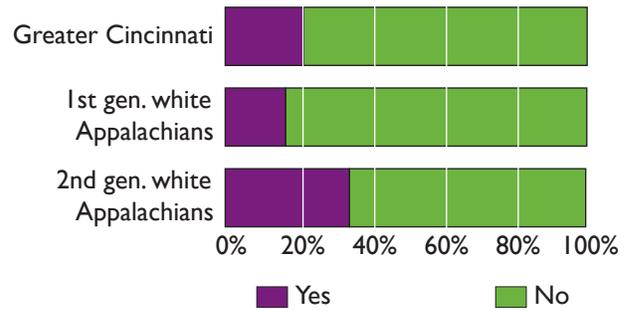


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,064	208	255
Yes	8.5%	4.9%	8.6%
No	91.5%	95.1%	91.4%

Problems with health insurance coverage

Twice as many second generation white Appalachians (34.2%) as first generation white Appalachians (16.6%) reported that their current health insurance plan would not pay anything for care they thought was covered.

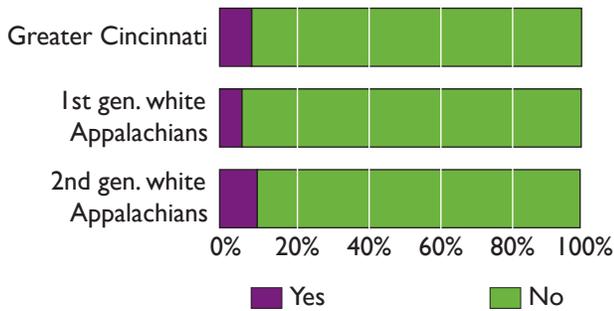
Have ever had this problem with your current health insurance plan...your plan would not pay anything for care you thought was covered? (people who indicated they currently had health insurance only)



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	1,797	186	205
Yes	21.6%	16.6%	34.2%
No	78.1%	83.0%	65.1%

About 1 in 10 second generation white Appalachians (10.3%) reported that they reached the limit of what their current health insurance plan would pay for treatment of a specific illness or injury, compared to 8.8% of all adults in the region and 6.1% of first generation white Appalachians.

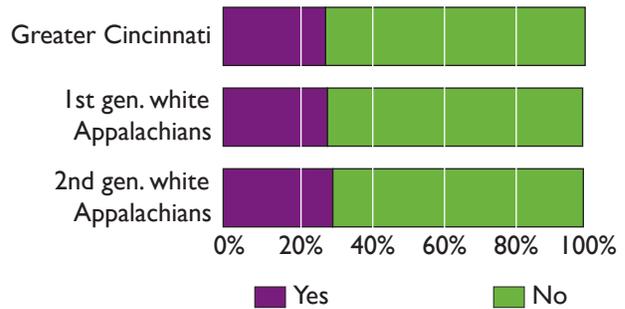
Have ever had this problem with your current health insurance plan...you reached the limit of what your insurance company would pay for treatment of a specific illness or injury? (people who indicated they currently had health insurance only)



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	1,798	186	206
Yes	8.8%	6.1%	10.3%
No	91.2%	93.9%	89.7%

About 30% of insured adults in Greater Cincinnati (28.2% for the region, 28.7% for first generation white Appalachians, and 30.2% of second generation white Appalachians) 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? (people who indicated they currently had health insurance only)

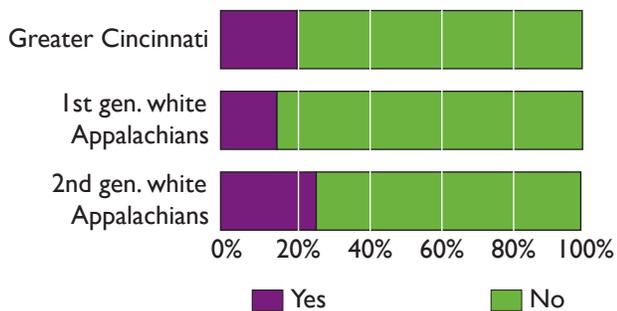


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	1,798	186	206
Yes	28.2%	28.7%	30.2%
No	71.8%	71.3%	69.8%

Medical debt

More second generation white Appalachians (26.4%) than all adults in the region (21.1%) or first generation white Appalachians (15.5%) reported that they had problems paying or were unable to pay medical bills during the last 12 months.

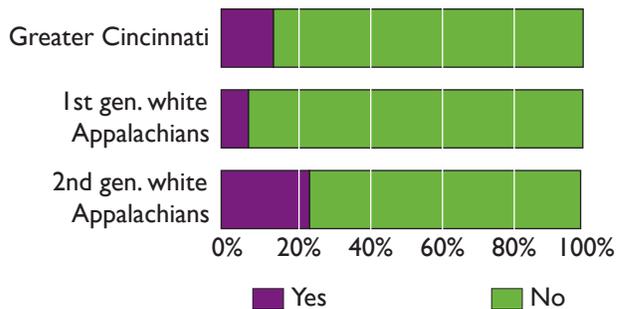
During the last 12 months, were there times when you had problems paying or were unable to pay for medical bills?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,077	210	257
Yes	21.1%	15.5%	26.4%
No	78.8%	84.5%	73.1%

About 1 in 4 second generation white Appalachians (24.4%) reported that they had to change their way of life significantly to pay medical bills, almost double the rate for the region (14.1%) and three times the rate for first generation white Appalachians (7.5%).

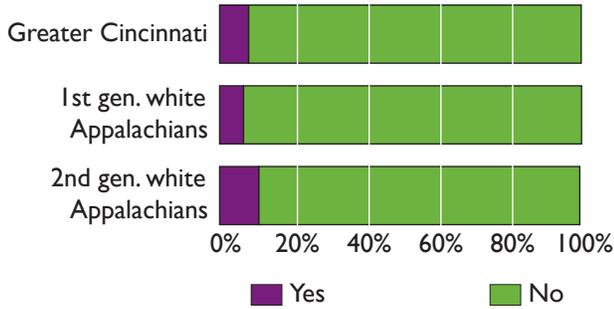
Over the last 12 months, have you had to change your way of life significantly in order to pay medical bills?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Yes	14.1%	7.5%	24.4%
No	85.7%	92.5%	75.0%

About 1 in 10 of all adults (8.0% for the region, 6.6% for first generation white Appalachians, and 10.8% for second generation white Appalachians) reported that they were unable to pay for basic household necessities because of medical bills.

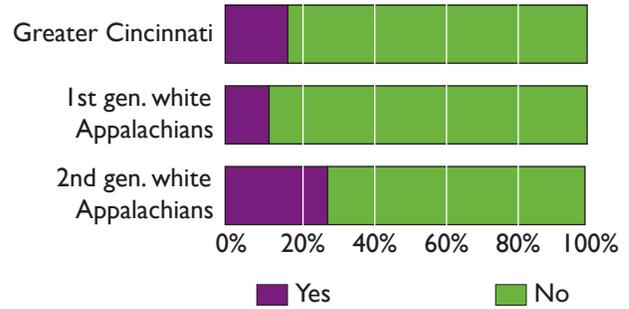
Have you been unable to pay for basic necessities like food, heat or rent because you had to pay medical bills?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Yes	8.0%	6.6%	10.8%
No	91.9%	93.4%	88.7%

Almost 3 in 10 second generation white Appalachians reported they had used up all or most of their savings to pay medical bills, compared to almost 2 in 10 of all adults (17.3%) and about 1 in 10 first generation white Appalachians (12.1%).

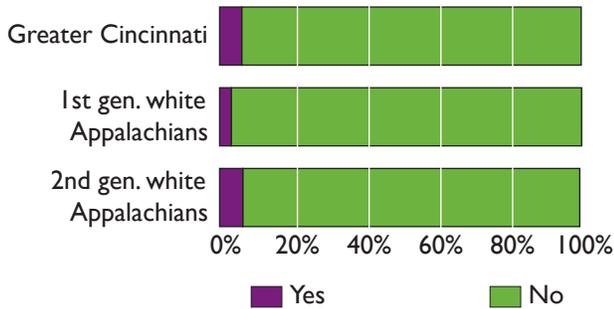
Have you used up all or most of your savings because you had to pay medical bills?



	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Yes	17.3%	12.1%	28.3%
No	82.7%	87.9%	71.1%

Twice as many of all adults in the region (6.1%) and second generation white Appalachians (6.4%) as first generation white Appalachians (3.2%) 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?

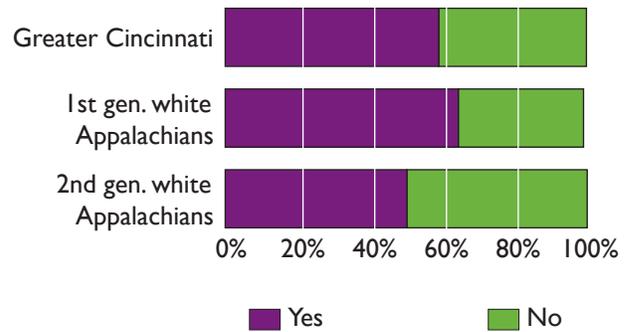


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,075	210	257
Yes	6.1%	3.2%	6.4%
No	93.8%	96.8%	93.1%

Retirement savings plan

Having a retirement savings plan affects a person's quality of life and ability to pay for healthcare as they age. Half of second generation white Appalachians reported having a retirement savings plan other than Social Security, compared to 59.0% of all adults in the region and 64.4% of first generation white Appalachians.

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

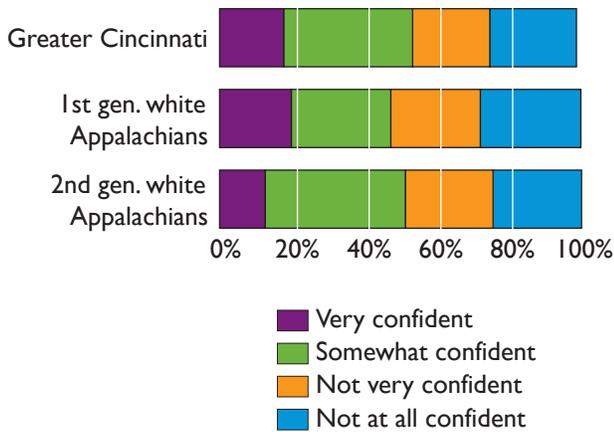


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,065	208	256
Yes	59.0%	64.4%	50.2%
No	40.8%	34.6%	49.8%

Affordability of long-term healthcare

About half of all adults in Greater Cincinnati (53.0% for the region, 47.0% for first generation white Appalachians, and 51.0% of second generation white Appalachians) 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?

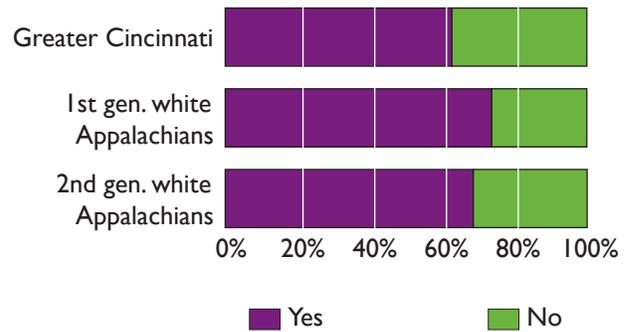


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,073	208	257
Very confident	17.6%	19.7%	12.5%
Somewhat confident	35.4%	27.3%	38.5%
Not very confident	21.2%	24.6%	24.1%
Not at all confident	23.8%	27.67%	24.3%

Information about aging-related services

In 2005, about 6 in 10 of all adults in the region (62.6%) and 7 in 10 white Appalachians (73.6% for first generation and 68.5% for second generation) 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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,075	210	257
Yes	62.6%	73.6%	68.5%
No	37.3%	26.3%	31.5%

Community Attitudes

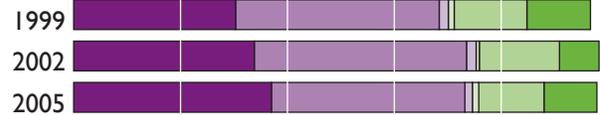
We asked a series of questions to gauge how positively adults feel about the community in which they live. In general, adults in Greater Cincinnati felt very positively about their community.

People can depend on others

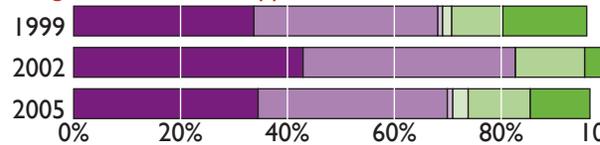
In 2005, almost 75% of adults in the region (74.6% for the region and 70.9% for first generation white Appalachians) agreed that people in their community could depend on each other. These rates are improved from the 1999 rates (70.1% for the region and 68.1% for first generation white Appalachians) but slightly worse than the 2002 rates (75.3% for the region and 82.6% for first generation white Appalachians).

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

Greater Cincinnati



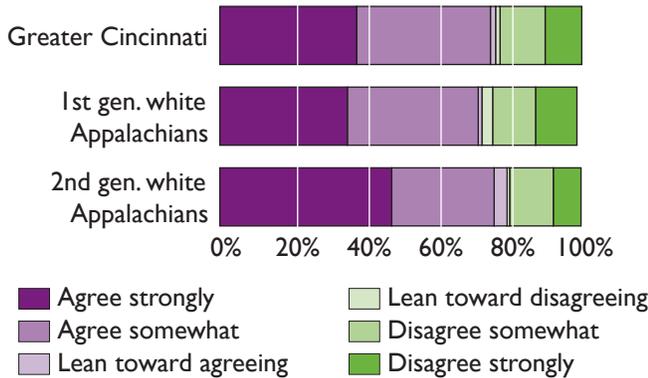
1st generation white Appalachians



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,049	1,984	2,076	264	281	210
Agree strongly	30.3%	33.8%	37.0%	33.7%	42.9%	34.5%
Agree somewhat	38.1%	39.7%	36.2%	34.4%	39.7%	35.4%
Lean toward agreeing	1.7%	1.8%	1.4%	0.9%	0.0%	1.0%
Total agreeing	70.1%	75.3%	74.6%	69.0%	82.6%	70.9%
Lean toward disagreeing	1.1%	0.6%	1.2%	1.7%	0.0%	2.9%
Disagree somewhat	13.6%	15.0%	12.2%	9.6%	13.0%	11.6%
Disagree strongly	11.9%	7.4%	9.9%	15.7%	4.2%	11.2%
Total disagreeing	26.6%	23.0%	23.3%	27.0%	17.2%	25.7%

Slightly more second generation white Appalachians (77.7%) than all adults in the region (74.6%) and first generation white Appalachians (70.9) agreed that people in their community can depend on each other.

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

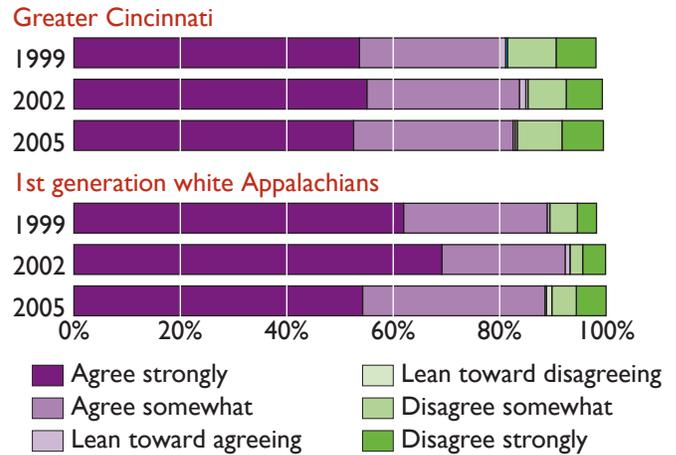


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Agree strongly	37.0%	34.5%	46.5%
Agree somewhat	36.2%	35.4%	27.7%
Lean toward agreeing	1.4%	1.0%	3.5%
Total agreeing	74.6%	70.9%	77.7%
Lean toward disagreeing	1.2%	2.9%	0.7%
Disagree somewhat	12.2%	11.6%	11.8%
Disagree strongly	9.9%	11.2%	7.5%
Total disagreeing	23.3%	25.7%	20.0%

Feeling of security

Over 8 in 10 of all adults in the region (81.2% in 1999, 85.0% in 2002, and 83.0% in 2005) and almost 9 in 10 first generation white Appalachians (89.5% in 1999, 93.3% in 2002, and 88.9% in 2005) agreed that living in their community gives them a secure feeling.

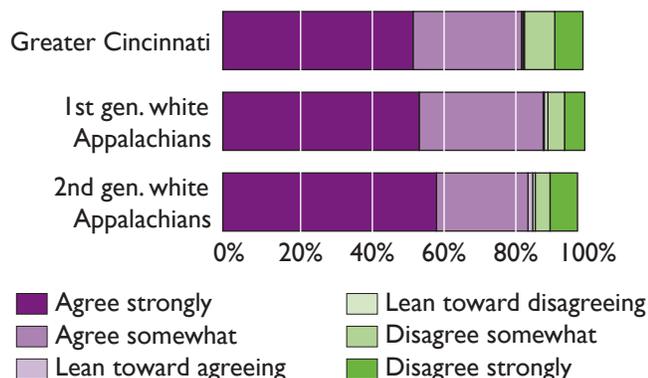
Living in my community gives me a secure feeling...do you agree or disagree?



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,049	1,979	2,076	264	281	210
Agree strongly	53.7%	55.1%	52.6%	62.0%	69.2%	54.3%
Agree somewhat	26.4%	28.7%	30.0%	27.0%	23.2%	34.3%
Lean toward agreeing	1.1%	1.2%	0.4%	0.5%	0.9%	0.3%
Total agreeing	81.2%	85.0%	83.0%	89.5%	93.3%	88.9%
Lean toward disagreeing	0.4%	0.4%	0.4%	0.0%	0.0%	1.0%
Disagree somewhat	9.1%	7.2%	8.4%	5.2%	2.4%	4.6%
Disagree strongly	7.5%	6.8%	7.8%	3.6%	4.3%	5.6%
Total disagreeing	17.0%	14.4%	16.6%	8.8%	6.7%	11.2%

Second generation white Appalachians (85.7%) fell between the region (83.0%) and first generation white Appalachians (88.9%) in agreeing that living in their community gives them a secure feeling.

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

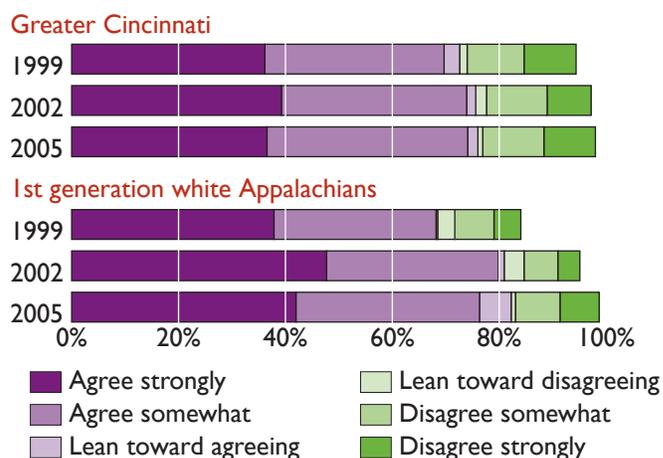


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,076	210	257
Agree strongly	52.6%	54.3%	59.1%
Agree somewhat	30.0%	34.3%	25.3%
Lean toward agreeing	0.4%	0.3%	1.3%
Total agreeing	83.0%	88.9%	85.7%
Lean toward disagreeing	0.4%	1.0%	0.7%
Disagree somewhat	8.4%	4.6%	4.1%
Disagree strongly	7.8%	5.6%	7.6%
Total disagreeing	16.6%	11.2%	12.4%

Getting help from the community

About 3 in 4 adults in Greater Cincinnati (75.7% for the region and 81.9% for first generation white Appalachians) in 2005 agreed that people in their community know they can get help from the community if they are in trouble. The regional rate has improved slightly since 1999, but the first generation white Appalachian rate stayed relatively consistent between 2002 (80.6%) and 2005 (81.9%).

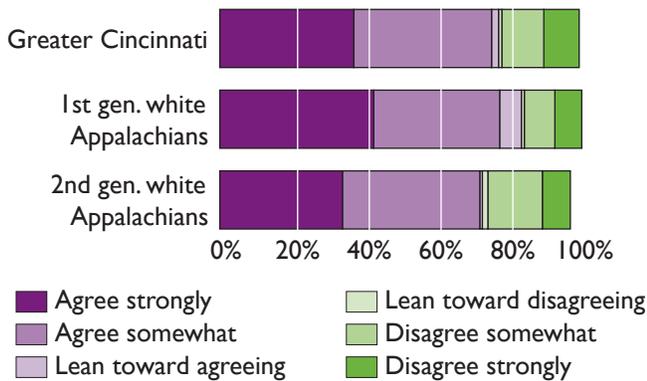
People in my community know they can get help from the community if they are in trouble...do you agree or disagree?



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,047	1,979	2,075	264	281	210
Agree strongly	36.0%	39.1%	36.4%	37.7%	47.5%	41.8%
Agree somewhat	33.4%	34.5%	37.4%	30.2%	32.0%	34.2%
Lean toward agreeing	2.9%	1.7%	1.9%	0.3%	1.1%	5.9%
Total agreeing	72.3%	75.3%	75.7%	68.2%	80.6%	81.9%
Lean toward disagreeing	1.4%	2.0%	0.9%	3.2%	3.7%	0.8%
Disagree somewhat	10.6%	11.3%	11.4%	7.3%	6.3%	8.3%
Disagree strongly	9.7%	8.2%	9.6%	5.0%	4.1%	7.3%
Total disagreeing	21.7%	21.5%	21.9%	15.5%	14.1%	16.4%

Fewer second generation white Appalachians (71.3%) than all adults in the region (75.7%) and first generation white Appalachians (81.9%) agreed that people in their community know they can get help from the community if they are in trouble.

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

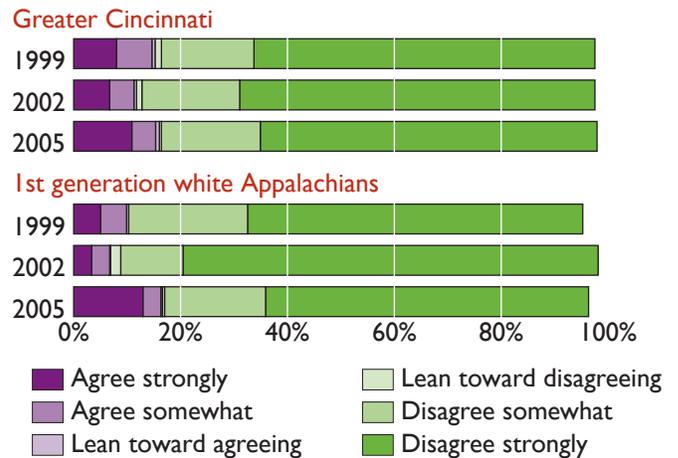


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,075	210	257
Agree strongly	36.4%	41.8%	33.3%
Agree somewhat	37.4%	34.2%	37.3%
Lean toward agreeing	1.9%	5.9%	0.7%
Total agreeing	75.7%	81.9%	71.3%
Lean toward disagreeing	0.9%	0.8%	1.5%
Disagree somewhat	11.4%	8.3%	14.8%
Disagree strongly	9.6%	7.3%	7.6%
Total disagreeing	21.9%	16.4%	23.9%

Not a good community to raise children in

About 15% of all adults in the region (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 first generation white Appalachians (16.8%) agreed with the statement as in 2002 (7.0%).

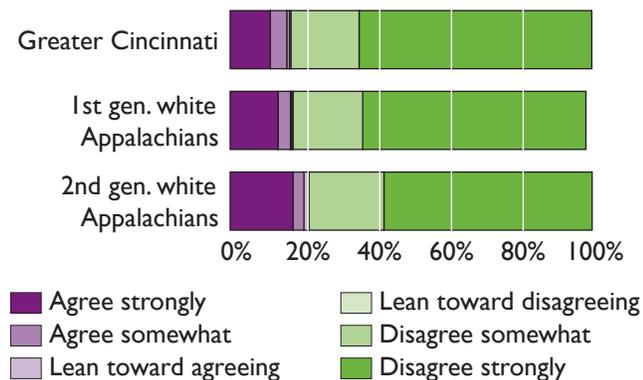
My community is not a very good community to bring children up in...do you agree or disagree?



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,043	1,977	2,073	264	281	210
Agree strongly	8.1%	6.8%	11.0%	5.1%	3.4%	13.1%
Agree somewhat	6.7%	4.6%	4.5%	4.9%	3.4%	3.4%
Lean toward agreeing	0.6%	0.5%	0.7%	0.4%	0.2%	0.3%
Total agreeing	15.4%	11.9%	16.2%	10.4%	7.0%	16.8%
Lean toward disagreeing	1.2%	1.0%	0.4%	0.0%	1.9%	0.4%
Disagree somewhat	17.5%	18.5%	18.7%	22.5%	11.8%	19.1%
Disagree strongly	64.5%	67.2%	63.7%	63.4%	78.5%	61.1%
Total disagreeing	83.2%	86.7%	82.8%	85.9%	92.2%	80.6%

Over 20% of second generation white Appalachians (21.6%) agreed that their community is not a very good community to bring up children in, compared to 16.2% of all adults in the region and 16.8% of first generation white Appalachians.

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

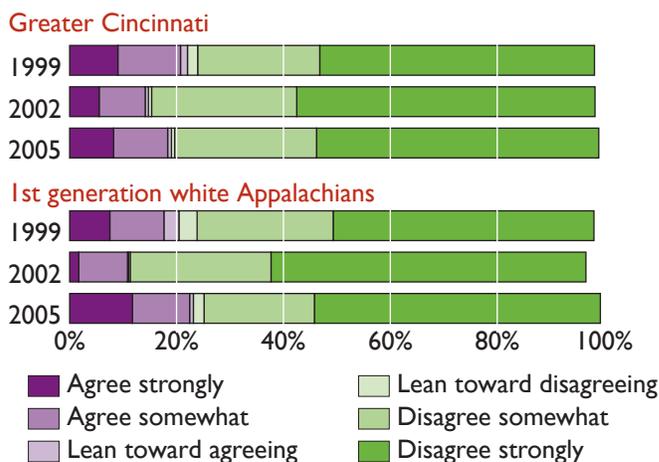


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,073	210	257
Agree strongly	11.0%	13.1%	17.2%
Agree somewhat	4.5%	3.4%	3.0%
Lean toward agreeing	0.7%	0.3%	1.4%
Total agreeing	16.2%	16.8%	21.6%
Lean toward disagreeing	0.4%	0.4%	0.0%
Disagree somewhat	18.7%	19.1%	20.5%
Disagree strongly	63.7%	61.1%	57.0%
Total disagreeing	82.8%	80.6%	77.5%

People should not get too friendly

About 1 in 5 of all 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 first generation white Appalachians (23.1%) agreed with the statement as they did in 2002 (11.0%).

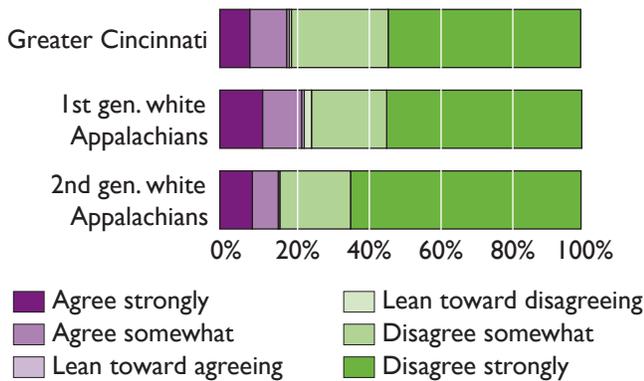
There is a feeling in my community that people should not get too friendly with each other...do you agree or disagree?



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,043	1,978	2,074	264	281	210
Agree strongly	9.0%	5.5%	8.2%	7.5%	1.7%	11.7%
Agree somewhat	11.7%	8.6%	10.1%	10.1%	9.1%	10.7%
Lean toward agreeing	1.3%	0.6%	0.7%	2.8%	0.2%	0.7%
Total agreeing	22.0%	14.7%	19.0%	20.4%	11.0%	23.1%
Lean toward disagreeing	1.9%	0.6%	0.6%	3.4%	0.3%	2.0%
Disagree somewhat	22.8%	27.1%	26.5%	25.4%	26.3%	20.6%
Disagree strongly	51.3%	55.7%	52.7%	48.7%	58.8%	53.4%
Total disagreeing	76.0%	83.4%	79.8%	77.5%	85.4%	76.0%

Fewer second generation white Appalachians (16.4%) than all adults in the region (19.0%) and first generation white Appalachians (23.1%) agreed that there was a feeling in the community that people should not get too friendly with each other.

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

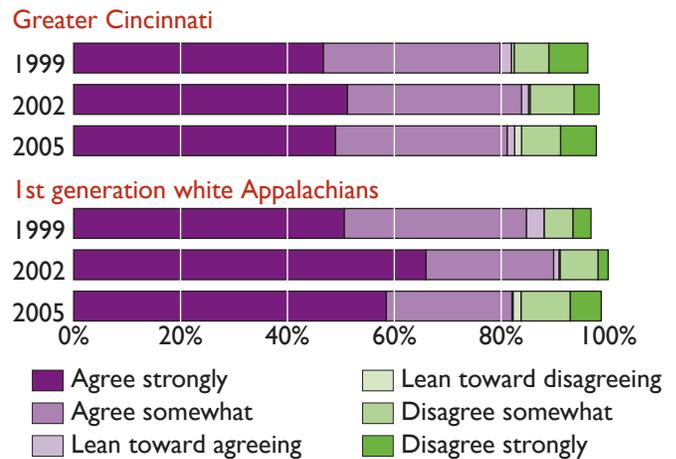


	Greater Cincinnati	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	257
Agree strongly	8.2%	11.7%	8.9%
Agree somewhat	10.1%	10.7%	7.1%
Lean toward agreeing	0.7%	0.7%	0.4%
Total agreeing	19.0%	23.1%	16.4%
Lean toward disagreeing	0.6%	2.0%	0.0%
Disagree somewhat	26.5%	20.6%	19.4%
Disagree strongly	52.7%	53.4%	63.1%
Total disagreeing	79.8%	76.0%	82.5%

Community willing to help in an emergency

About 8 in 10 of all 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. About 8 in 10 first generation white Appalachians (82.2%) also agreed with the statement in 2005, down from 2002 (90.8%) and 1999 (88.0%).

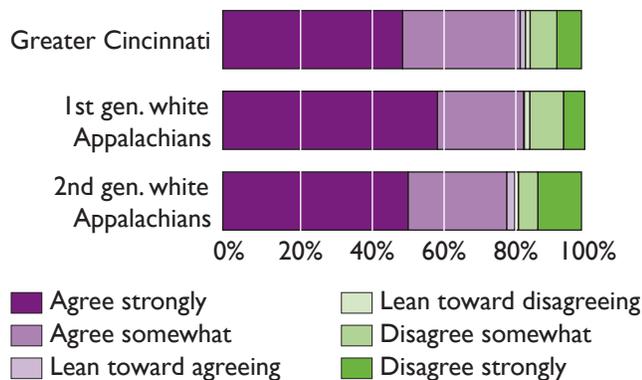
If I had an emergency, even people I do not know in my community would be willing to help...do you agree or disagree?



	Greater Cincinnati			1st gen. white Appalachians		
year	1999	2002	2005	1999	2002	2005
sample size	2,041	1,978	2,074	264	281	210
Agree strongly	46.7%	51.2%	49.0%	50.6%	65.9%	58.5%
Agree somewhat	33.1%	32.6%	32.1%	34.1%	23.9%	23.5%
Lean toward agreeing	2.1%	1.3%	1.4%	3.3%	1.0%	0.2%
Total agreeing	81.9%	85.1%	82.5%	88.0%	90.8%	82.2%
Lean toward disagreeing	0.5%	0.3%	1.3%	0.0%	0.2%	1.5%
Disagree somewhat	6.5%	8.2%	7.3%	5.4%	7.1%	9.2%
Disagree strongly	7.3%	4.7%	6.7%	3.4%	1.9%	5.8%
Total disagreeing	14.3%	13.2%	15.3%	8.8%	9.2%	16.5%

Just under 80% of second generation white Appalachians (79.6%) agreed that if they had an emergency, people they didn't know in their community would be willing to help, compared to 82.5% of all adults and 82.2% of first generation white Appalachians.

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	1st gen. white Appalachians	2nd gen. white Appalachians
year	2005	2005	2005
sample size	2,074	210	257
Agree strongly	49.0%	58.5%	50.5%
Agree somewhat	32.1%	23.5%	26.9%
Lean toward agreeing	1.4%	0.2%	2.2%
Total agreeing	82.5%	82.2%	79.6%
Lean toward disagreeing	1.3%	1.5%	1.0%
Disagree somewhat	7.3%	9.2%	5.3%
Disagree strongly	6.7%	5.8%	11.9%
Total disagreeing	15.3%	16.5%	18.2%

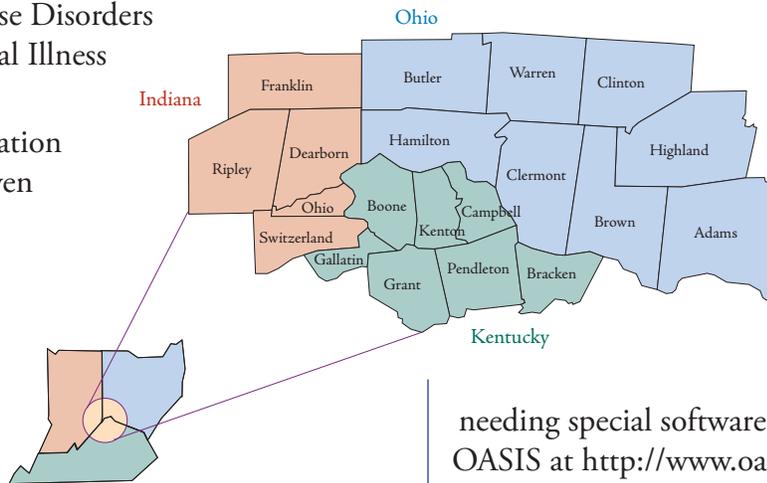
About the Health Foundation

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. Four of the 20 counties in our service area are designated Appalachian, and we wanted to provide organizations serving these counties local data about the people they serve.



Since 1999, the Health Foundation has conducted the *Greater Cincinnati Community Health Status Survey* (GCCCHSS), a telephone survey of adults in the region. We developed this chart book using the data from respondents designated as white Appalachian based on their county of birth or their parents' county of birth.

Our local data, including all three installments of the *GCCCHSS*, 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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