

# Healthy Behaviors of Greater Cincinnatians

Results from The Health Foundation of Greater Cincinnati's 2005 Greater Cincinnati Community Health Status Survey

The Greater Cincinnati Community Health Status Survey (GCCHSS) is a project of The Health Foundation of Greater Cincinnati. The GCCHSS is conducted by the Institute for Policy Research at the University of Cincinnati.

Topics included in the GCCHSS include access to and satisfaction with healthcare, medical debt, mental and physical health status, nutrition and exercise, cigarette and alcohol use, and others.

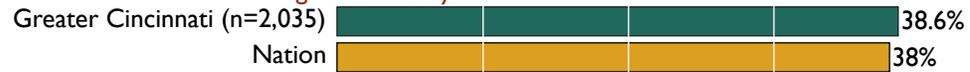
A total of 2,077 randomly selected adults residing in 8 Ohio counties, 9 Kentucky counties, and 5 Indiana counties were interviewed by telephone between August 16 and October 24, 2005. The potential sampling error for the survey is  $\pm 2.2\%$ .

For more information, please visit our web site at [www.healthfoundation.org/gcchss.html](http://www.healthfoundation.org/gcchss.html). For the complete survey dataset, visit [www.oasis.uc.edu](http://www.oasis.uc.edu).

Community partners that helped develop the GCCHSS include:

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

## Insufficient moderate or vigorous activity



## No moderate or vigorous activity



## How often Greater Cincinnati adults consume at least 5 servings of fruits and vegetables (n=2,077)



According to the Centers for Disease Control and Prevention (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<sup>1</sup>. The *Behavioral Risk Factor Surveillance Survey* (BRFSS) reports that 46% of adults across the country meet these requirements for moderate or vigorous activity. Just over half of Greater Cincinnatians (50.7%) meet the guidelines for moderate or vigorous activity.

## Insufficient Activity

People who do some moderate or vigorous activity each week but not enough to meet the CDC guidelines are considered to be insufficiently active. While these people still may be active, they do not perform moderate or vigorous activities enough days each week or for a long enough duration to meet the guidelines.

Greater Cincinnatians (38.6%) are on par with the nation (38%) in terms of

*(continued on next page)*

<sup>1</sup>Moderate activity is defined as brisk walking, bicycling, vacuuming, gardening, or anything that causes some increase in breathing or heart rate. Vigorous activity is defined as running, aerobics, heavy yard work, or anything that causes large increases in breathing or heart rate.

Greater Cincinnatians **more** and **less** likely to report insufficient activity (2005 data)

Demographic	% reporting insufficient activity
<b>Region</b>	38.6%
<b>Age</b>	
65+	49.6%
30 to 45	31.0%
<b>Sex</b>	
Female	41.8%
Male	35.1%
<b>Ethnicity</b>	
White Non-Appalachian	40.5%
White Appalachian (1st and 2nd generation)	34.1%
<b>Family Income</b>	
Between 100–200% FPG <sup>1</sup>	40.3%
Below 100% FPG	35.0%
<b>Health insurance</b>	
Medicare	53.2%
Uninsured	32.4%
<b>Weight status</b>	
Obese (BMI ≥ 30)	46.3%
Overweight (BMI = 25.0–29.9)	34.1%
<b>Depression<sup>2</sup></b>	
Not told they have it	39.1%
Told they have it	36.5%

<sup>1</sup>The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.  
<sup>2</sup>"Told they have it" and "Not told they have it" represent people who reported they had or had not ever been told by a healthcare professional that they had depression.

rates of people reporting insufficient activity each week. In general in the region, as age increases, the likelihood that a person will be insufficiently active also increases. Although obese people are most likely to be insufficiently active of all weight groups, overweight people are least likely. People who have been told they have depression are also less likely than people who have not to be insufficiently active.

## No Moderate or Vigorous Activity

Fewer Greater Cincinnatians (10.7%) than people across the country (16%) report no moderate or vigorous activity each week. This does not mean these people are completely sedentary. Rather, it means they do not engage in moderate or vigorous activities as defined by the CDC for more than 10 minutes at a time.

Greater Cincinnatians **more** and **less** likely to report no moderate or vigorous activity each week (2005 data)

Demographic	% reporting no moderate or vigorous activity
<b>Region</b>	10.7%
<b>Age</b>	
65+	20.3%
18 to 29	6.2%
<b>Sex</b>	
Female	11.2%
Male	10.2%
<b>Ethnicity</b>	
African American	17.1%
White Non-Appalachian	7.5%
<b>Family Income</b>	
Between 100% FPG <sup>1</sup>	19.3%
Above 200% FPG	7.3%
<b>Health Insurance</b>	
Medicaid	17.0%
Private or self-insured	7.6%
<b>Weight status (based on BMI)</b>	
Obese (BMI ≥ 30)	16.9%
Healthy weight (BMI < 25.0)	7.5%
<b>Depression<sup>2</sup></b>	
Told they have it	22.3%
Not told they have it	7.7%

<sup>1</sup>The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

<sup>2</sup>Told they have it” and “Not told they have it” represent people who reported they had or had not ever been told by a healthcare professional that they had depression.

In general in the region, as age increases, the likelihood that a person reports no moderate or vigorous activity also increases. People who have been told they have depression are 2 times as likely to report no activity as the region and 3 times as likely to report no activity as people who have not been told they have depression.

## Fruits & Vegetables

According to the CDC, the recommended guideline for fruit and vegetable consumption is 5 servings of fruits and/or vegetables per day. About 1 in 5 of Greater Cincinnatians (21.1%) eat 5 servings of fruits and/or vegetables 6–7 days per week. In general, as age or income increases, the likelihood of eating 5 servings 6–7 days per week also increases. The majority of Greater Cincinnatians (78.9%) eat 5 servings of fruits and/or vegetables 5 or fewer days per week.

Greater Cincinnatians **more** and **less** likely to consume 5 servings of fruits and vegetables 6–7 times per week (2005 data)

Demographic	% consuming 5 servings 6–7 times per week
<b>Region</b>	21.1%
<b>Age</b>	
65+	33.0%
18 to 29	13.4%
<b>Sex</b>	
Female	26.3%
Male	15.5%
<b>Ethnicity</b>	
African American	25.4%
White Appalachian (1st and 2nd generation)	20.0%
<b>Family Income</b>	
Above 200% FPG <sup>1</sup>	21.7%
Below 100% FPG	15.1%
<b>Health Insurance</b>	
Medicare	33.8%
Uninsured	17.7%
<b>Weight status (based on BMI)</b>	
Healthy weight	22.6%
Obese	22.6%
Overweight	18.1%

<sup>1</sup>The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.