

Stress in Greater Cincinnati

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.

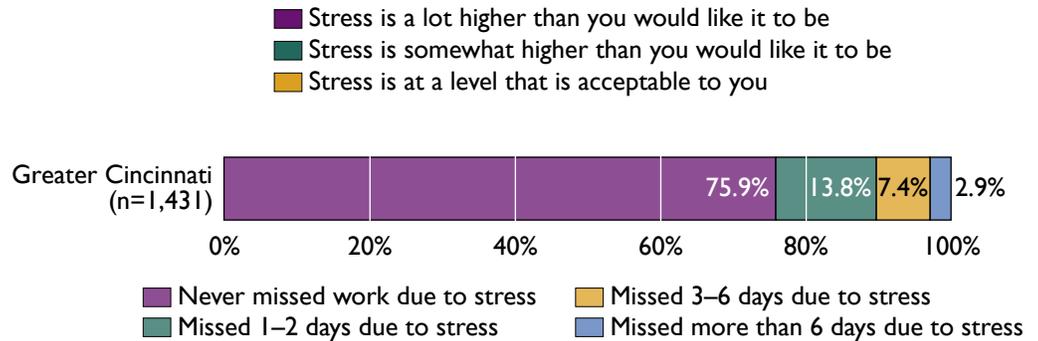
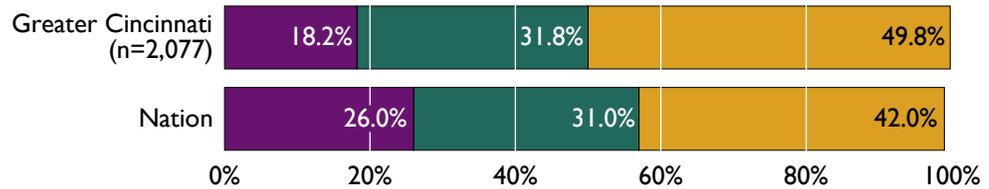
Topics included in the GCCHSS include access to and satisfaction with healthcare, medical debt, mental and physical health status, nutrition and exercise, cigarette and alcohol use, and others.

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. For the complete survey dataset, visit 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



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.

Overall Stress Level

According to a National Consumers League survey (n= 1,074) conducted in May 2003 (the most recent national data available), 42% of adults reported their stress was at a level that was acceptable to them, while 57% of adults report having a level of stress that was either somewhat (31%) or a lot (26%) higher than they would like it to be.

The Greater Cincinnati region fares slightly better, with about half of adults reporting a stress level that is acceptable to them and half reporting a level somewhat (31.8%) or a lot (18.2%) higher than they would like it to be. As age increases, the likelihood of a person's stress being at a level acceptable to them increases.

(continued on next page)

Greater Cincinnatians *more* and *less* likely to have higher stress than they would like (2005 data)

Demographic	% with higher stress than they would like
Region	50.0%
Age	
18 to 29	63.1%
65+	24.4%
Sex	
Female	50.7%
Male	49.2%
Ethnicity	
African American	50.8%
White Non-Appalachian	50.7%
White Appalachian (1st and 2nd generation)	45.9%
Family Income	
Below 100% FPG ¹	65.6%
Between 100-200% FPG	48.8%
Health Insurance	
Medicaid	63.4%
Medicare	24.1%

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

Missed work days due to stress

Employed adults in Greater Cincinnati were asked whether they had missed work due to stress. The vast majority of employed Greater Cincinnatians (75.9%) reported they have not missed work due to stress. However, one-quarter of adults (24.1%) reported missing at least 1 day of work per year due to stress, and 10.3% reported missing at least 3 days of work per year due to stress. As income increases, the likelihood of missing any work due to stress generally decreases.

Employed Greater Cincinnatians **more** and **less** likely to miss at least 3 days of work a year due to stress (2005 data)

Demographic ¹	% who miss more than 3 days of work a year
Region	10.3%
Sex	
Female	11.9%
Male	8.9%
Ethnicity	
African American	19.1%
White Non-Appalachian	10.4%
Family Income	
Below 100% FPG ²	19.4%
Above 200% FPG	8.1%

¹Demographic subgroups with fewer than 75 respondents are not included.

²The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.