

About 6 in 10 Greater Cincinnati adults (64%) have ever been told by a doctor or other healthcare provider that they have a chronic condition such as high blood pressure, high cholesterol, depression, severe allergies, asthma, or another condition, according to the 2010 *Greater Cincinnati Community Health Status Survey*.

Rates of High Blood Pressure, High Cholesterol, Depression Rise

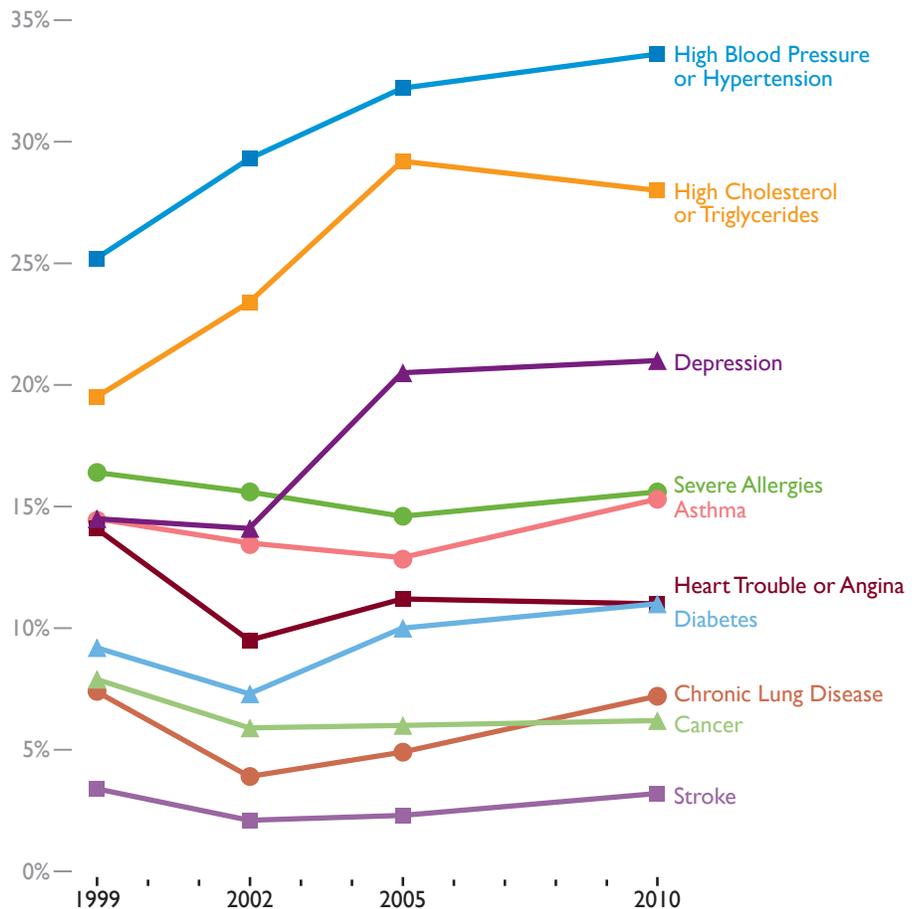
Although rates of most chronic conditions have stayed relatively consistent since 1999, the percent of Greater Cincinnati adults who have been told they have high blood pressure or hypertension, high cholesterol or triglycerides, and depression increased:

- High blood pressure rose from 25% to 34%.
- High cholesterol rose from 20% to 28%.
- Depression rose from 15% to 21%.

The increases in high blood pressure and high cholesterol are consistent with rising obesity rates in the region, which went from 22% in 1999 to 31% in 2010. People who are obese have higher risks of developing cardiovascular diseases like high blood pressure and high cholesterol.

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Adults in Greater Cincinnati reporting a doctor or other healthcare provider has ever told them they had one of the following health conditions.



% of Greater Cincinnati adults reporting a doctor or other healthcare provider has ever told them they have...	1999	2002	2005	2010
Asthma	15	14	13	15
Cancer	8	6	6	6
Chronic Lung Disease	7	4	5	7
Diabetes	9	7	10	11
Heart Trouble or Angina	14	10	11	11
High Blood Pressure or Hypertension	25	29	32	34
High Cholesterol or Triglycerides	20	23	29	28
Stroke	3	2	2	3
Severe Allergies	16	16	15	16
Depression	15	14	21	21

Often, increases in the rates of high blood pressure, high cholesterol or triglycerides, diabetes, and obesity lead to increased rates of heart disease. However, the rate of heart disease in our region has not increased, even though the common precursors to heart disease did.

A possible reason for this is that because more people are being diagnosed, more people are getting treatment, which can slow the progression of heart disease. The decrease in the rate of adults who smoke, with its accompanying reduction in exposure to second-hand smoke, may also be a factor in reducing heart disease. Or, we may see an increase in heart disease in the future as more people with the precursor conditions develop heart disease.

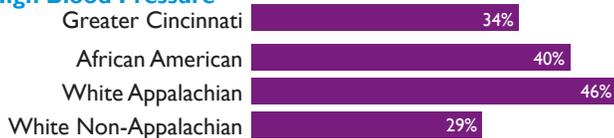
Although the percentage of adults who have ever been told they have depression increased since 1999, the rate between 2005 and 2010 remained stable. The rise between 1999 and 2005 was most likely due to better awareness of depression and decreasing stigma against the illness.

White Appalachians, African Americans More Likely to Have Been Told They Have High Blood Pressure, Diabetes

White Appalachians¹ and African Americans reported higher rates of being told they had high blood pressure or diabetes than white non-Appalachian adults.

Greater Cincinnati adults, by ethnicity, who reported a doctor or other healthcare provider ever told them they had...

High Blood Pressure



Diabetes

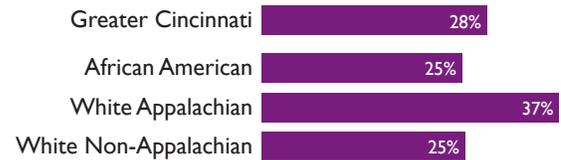


¹ White Appalachian adults are adults who indicated they were white and that either themselves or one of their parents were born in any Appalachian-designated county in the U.S.

White Appalachians More Likely to Have Been Told They Have High Cholesterol

White Appalachians (37%) reported higher rates of being told they had high cholesterol than African American adults (25%) or white non-Appalachian adults (25%).

Greater Cincinnati adults, by ethnicity, who reported a doctor or other healthcare provider ever told them they had high cholesterol or triglycerides



Adults Ages 46 and Older More Likely to Have Been Told They Have a Chronic Condition

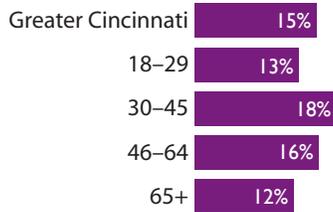
As age increased, the likelihood that a person was told they had a chronic condition also increased. Adults ages 65 and older had by far the highest rates of chronic conditions of any other age group, with the exceptions of asthma, depression, and severe allergies. For these three conditions, all age groups had similar rates (see graph on the next page).

Greater Cincinnati adults ages 46 and older were more than twice as likely as adults ages 18–45 to have been told by a doctor or other healthcare provider that they had one of the chronic conditions included in the *Survey*. Again, three exceptions were asthma, depression, and severe allergies.

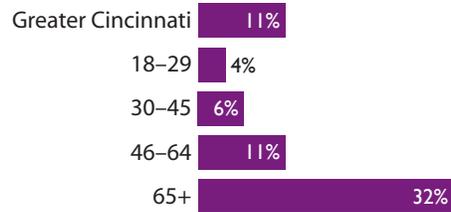
A fourth exception was stroke. Adults ages 46–64 (2%) were as likely as adults ages 30–45 (2%) to report having been told they had a stroke, while adults ages 65 and older (11%) were far more likely to report having been told they had a stroke.

Greater Cincinnati adults, by age, who reported a doctor or other healthcare provider ever told them they had...

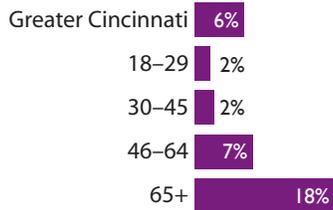
Asthma



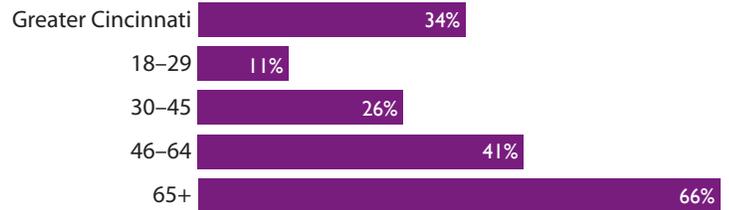
Heart Trouble or Angina



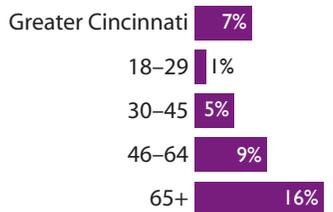
Cancer



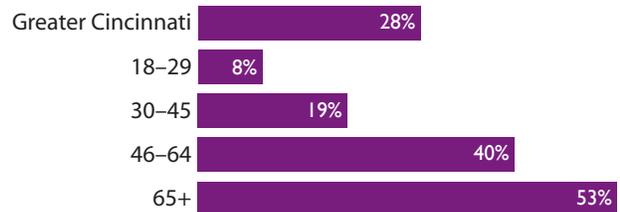
High Blood Pressure or Hypertension



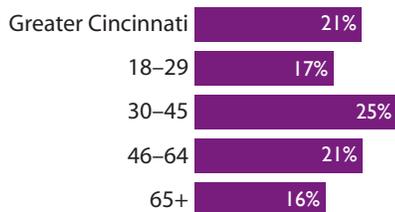
Chronic Lung Disease



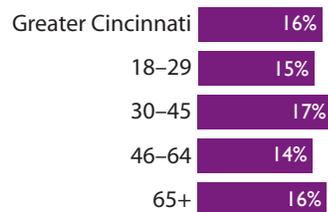
High Cholesterol or Triglycerides



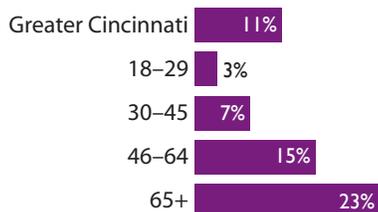
Depression



Severe Allergies



Diabetes



Stroke

