

# INTERACT FOR HEALTH

A Catalyst for Health and Wellness



## COVINGTON

### THE HEALTH OF OUR COMMUNITY

Results from the 2013  
Greater Cincinnati  
Community Health  
Status Survey



United Way  
of Greater Cincinnati

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# ABOUT COVINGTON



Covington is a historic, urban city in Northern Kentucky. Founded in 1815 at the confluence of the Licking and Ohio rivers, it is directly across the Ohio River from downtown Cincinnati.

With about 40,800 residents, Covington is the largest city in Kenton County and the fifth-largest city in Kentucky. It boasts 19 distinct neighborhoods and active, committed citizens invested in shaping the future of the community. This civic participation has been vital in determining priorities to make Covington a healthy and thriving community.

One of the most consistent priorities has been to preserve and enhance our greenspaces. A new master plan will guide enhancements of Devou Park, one of Covington's treasures, which has some of the best mountain bike trails in the Midwest as well as hiking trails and a golf course. The development of the Licking River Greenway and Trails is an ambitious effort to build an urban trail through the Licking River corridor.

Another desire of residents has been to provide safe and accessible recreation spaces. Installed in August 2014, the Latonia Cardinals Community Park is a result of a year-long planning and community outreach process and a broad partnership between the schools, city government and neighborhood associations. New features include equipment to enhance physical activity for people of all ages and abilities.

The local food movement has also come to Covington. Grow the Cov is an urban agriculture effort that helps residents assess the feasibility of using vacant lots for farming and provides resources to help gardeners be successful. Several restaurants have embraced the farm-to-table philosophy and grow their food in one of eight local community gardens.

One of the three original Place Matters communities, Covington and its residents strive to improve the health of the community. This report provides a snapshot of residents' health.



**Tom DiBello**

Executive Director,  
Center for  
Great Neighborhoods of Covington



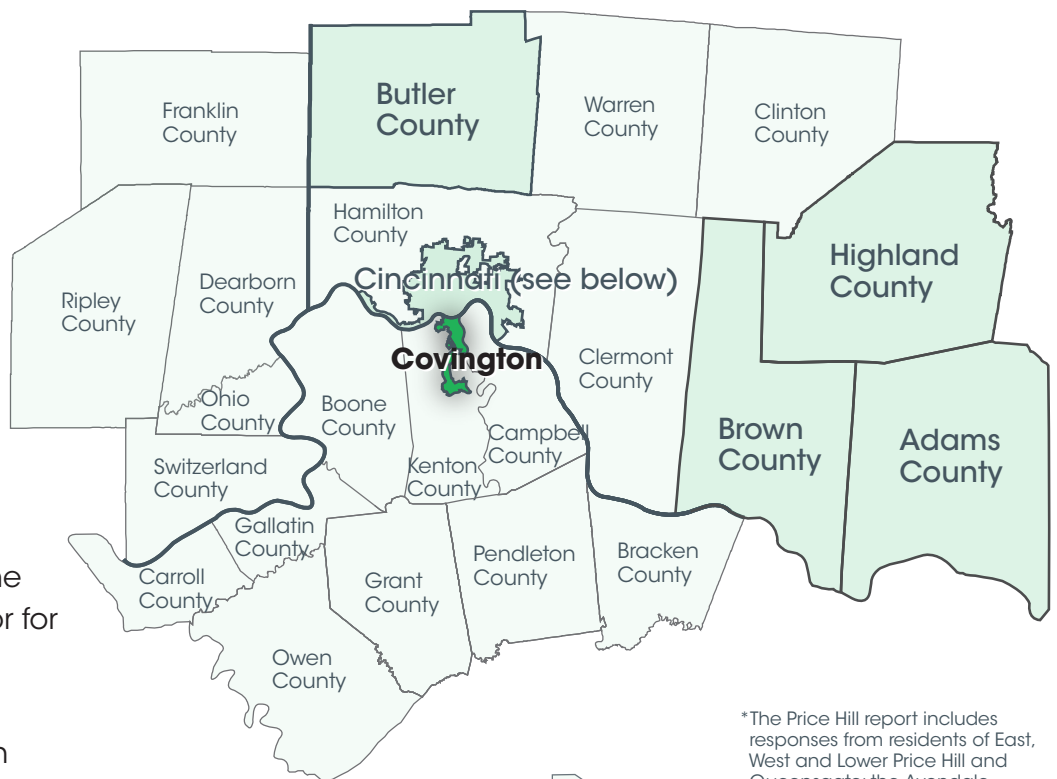
# ABOUT THE SURVEY

The Greater Cincinnati Community Health Status Survey (CHSS), a project of Interact for Health, is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,929 randomly selected adults residing in the 22 counties at right were interviewed by telephone between Aug. 20, 2013, and Jan. 19, 2014. This included 4,324 landline interviews and 605 cell phone interviews. The margin of error for the overall survey is  $\pm 1.5\%$ .

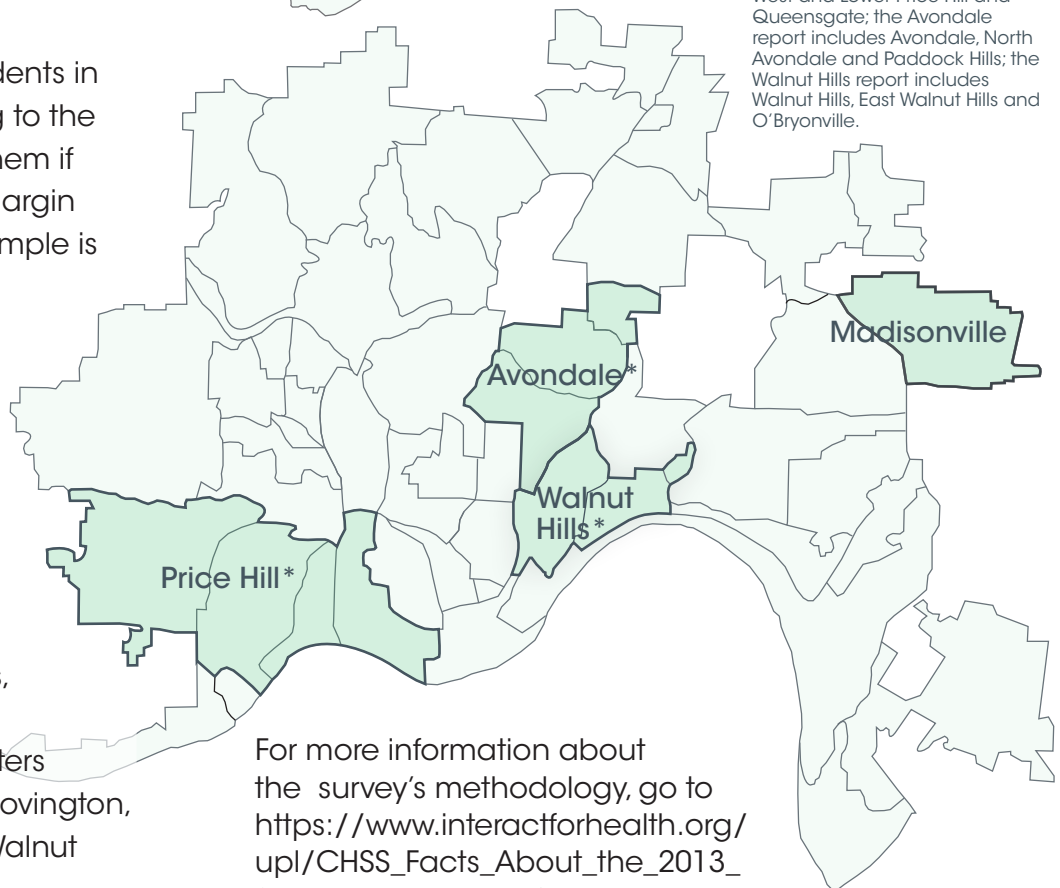
For this report, 275 Covington residents were interviewed. Researchers contacted residents in census tracts corresponding to the neighborhood and asked them if they live in Covington. The margin of error for the Covington sample is  $\pm 5.9\%$ .

Reports in this series examine the health of African Americans, Latinos and Appalachians, as well as the health of people who live in the areas shaded on the map: Adams, Brown, Butler and Highland counties and the Place Matters communities of Avondale, Covington, Madisonville, Price Hill and Walnut Hills.

Survey region of the CHSS (darker regions indicate oversample areas)



\*The Price Hill report includes responses from residents of East, West and Lower Price Hill and Queensgate; the Avondale report includes Avondale, North Avondale and Paddock Hills; the Walnut Hills report includes Walnut Hills, East Walnut Hills and O'Bryonville.



For more information about the survey's methodology, go to [https://www.interactforhealth.org/upl/CHSS\\_Facts\\_About\\_the\\_2013\\_Survey\\_up61714.pdf](https://www.interactforhealth.org/upl/CHSS_Facts_About_the_2013_Survey_up61714.pdf).



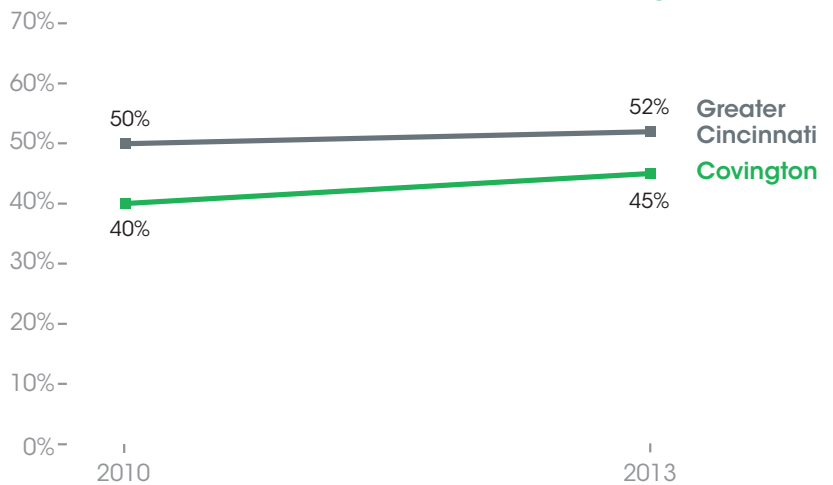
# GENERAL HEALTH

Adults' overall self-rated health status is an important indicator of well-being. To examine self-rated health status across our region, the CHSS asked, "In general, would you say your health is excellent, very good, good, fair or poor?" Research has made a strong and powerful link between a person's response to this question and their predicted length and quality of life.

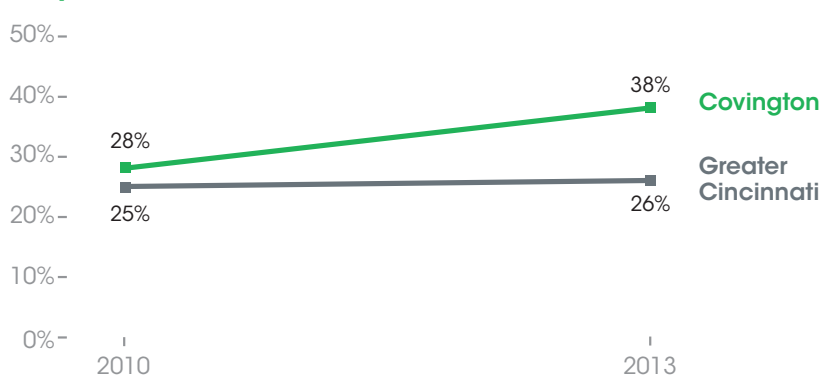
In Covington, more than 4 in 10 adults described their health as excellent or very good. This is about the same as in 2010. However, this percentage is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see [www.uwgc.org/community-impact/bold-goals-for-our-region](http://www.uwgc.org/community-impact/bold-goals-for-our-region).

Nearly 4 in 10 Covington adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is worse than the 3 in 10 Covington adults who said this in 2010, and worse than the 3 in 10 Greater Cincinnati

**Adults who rated their health as excellent or very good**



**Adults who reported two weeks or more of unhealthy days in the past month**



adults who said this in 2013. Poor health did not interfere with the usual activities of most Covington adults. But for more than 2 in 10, poor health interfered in their usual activities for two weeks or more of the previous month.

**4 in 10 said their health was very good or excellent**



# THE COMMUNITY

The health of the community in which people live can strongly influence their health. Covington adults were asked how they would rate both the region and their own neighborhood as a healthy place to live.

In Covington, nearly 7 in 10 adults said Greater Cincinnati was excellent, very good or good as a healthy place to live. This is about the same as the 7 in 10 adults in the region who said this. Covington adults gave their own neighborhood higher ratings, with more than 7 in 10 saying it was a healthy place to live. This is similar to results among all adults in the region.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Covington, about 7 in 10 adults rated neighborhood housing highly, fewer than the 8 in 10 adults in the region who rated it highly. Respondents rated their own homes highly more often. More than 8 in 10 Covington adults rated their own house or apartment highly, compared with 9 in 10 adults in the region.

## Adults who rated as excellent, very good or good...

### Greater Cincinnati as a healthy place to live

Covington



Greater Cincinnati



### Their neighborhood as a healthy place to live

Covington



Greater Cincinnati



## Adults who rated as excellent, very good or good...

### The condition of houses and apartments in their neighborhood

Covington



Greater Cincinnati



### The condition of their own house or apartment

Covington



Greater Cincinnati





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. Fewer than 6 in 10 Covington adults rated the availability of recreation facilities in the neighborhood as excellent, very good or good. This is lower than the 7 in 10 adults in the region who rated access to recreation facilities highly. About 3 in 10 Covington adults said they used neighborhood recreation facilities at least once a week, about the same percentage as adults in the region. Eight in 10 Covington adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, more than the percentage of adults in the region who agreed.

### Adults who agree that they have good access to...

#### Recreation facilities

##### Covington



##### Greater Cincinnati



#### Safe shoulders or sidewalks

##### Covington



##### Greater Cincinnati



7 in 10 said  
Covington  
was a healthy  
place to live

Fewer than  
3 in 10 used  
recreation  
facilities at  
least once  
a week



# COMMUNITY SUPPORT

Research has shown strong ties between people's health and the social support they can find in their community. The CHSS asked people whether they agreed or disagreed with three statements about social support in their community:

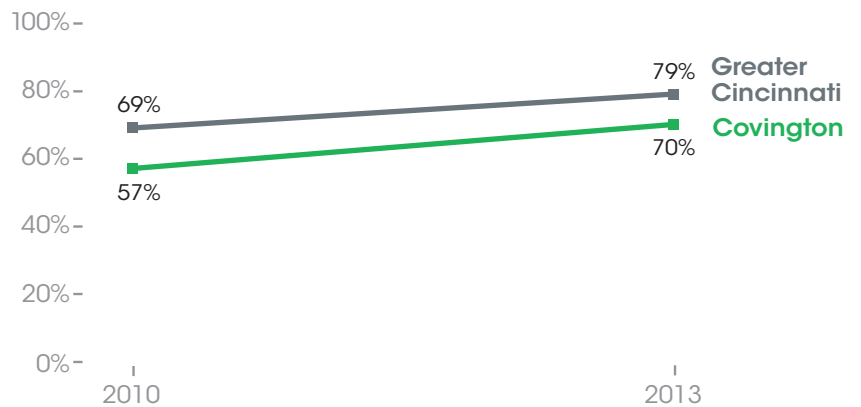
- People can depend on each other in my community
- Living in my community gives me a secure feeling
- People in my community know they can get help from the community if they are in trouble

About 7 in 10 Covington adults said that people could depend on each other in their community. This is lower than the 8 in 10 Greater Cincinnati adults who said this. However, it is higher than in 2010 when only 6 in 10 Covington adults said this.

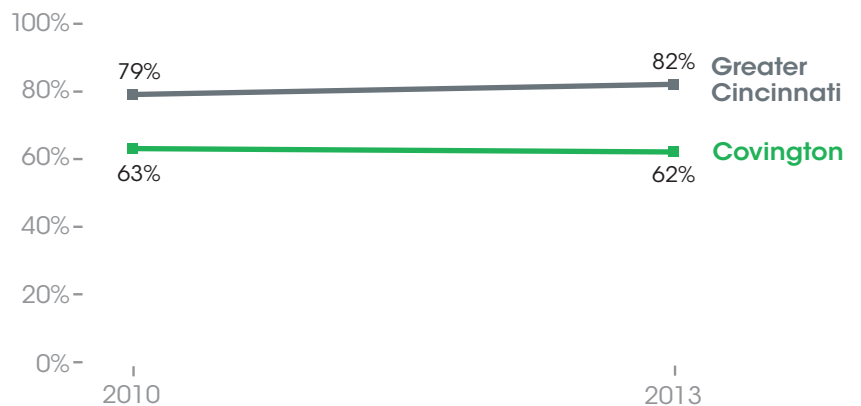
About 6 in 10 Covington adults said that living in their community gave them a secure feeling. This is lower than the 8 in 10 adults in the region who said this, but is about the same as the percentage of Covington adults who said this in 2010.

More than 6 in 10 Covington adults said that people could get help from the community if they were in trouble. This is lower than the 8 in 10 adults in the region who said this, but it is about the same as the percentage of Covington adults who said this in 2010.

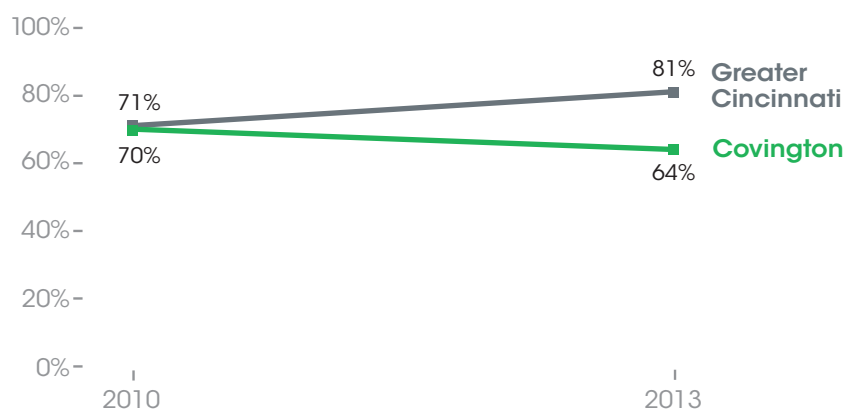
**People can depend on each other in my community**



**Living in my community gives me a secure feeling**



**People in my community can get help from the community if they are in trouble**







# DIET AND FOOD ACCESS

A healthy diet includes plenty of fruits and vegetables. The U.S. Departments of Agriculture and Health and Human Services recommend that each meal include half a plate of fruits and vegetables. Adults meeting this recommendation would eat at least two servings of fruits and three servings of vegetables each day.

Fewer than 2 in 10 Covington adults ate the recommended daily amount of both fruits and vegetables. About 4 in 10 Covington adults did not eat the recommended amount of either fruits or vegetables. This is about the same as among all Greater Cincinnati adults.

Having a place nearby to buy healthy foods such as whole-grain foods, low-fat options, and fruits and vegetables can affect a person's health. More than 8 in 10 Covington adults agreed that it was easy to buy healthy foods in their neighborhood, about the same as adults in the region.

## Adults who ...

**Eat the recommended daily amount of both fruits and vegetables**

Covington

17%

Greater Cincinnati

18%

**Do not eat the recommended daily amount of either fruits or vegetables**

Covington

39%

Greater Cincinnati

45%

**Agree it is easy to buy healthy foods in their neighborhood**

Covington

85%

Greater Cincinnati

81%

More than 8 in 10 Covington adults said it is easy to buy healthy foods in their neighborhood



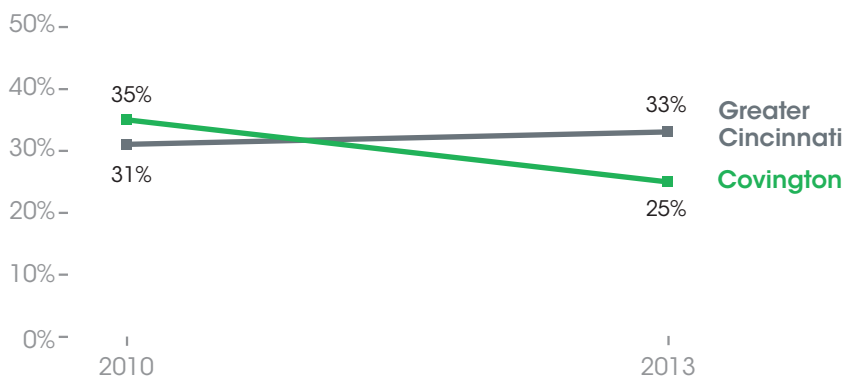
# OBESITY AND EXERCISE

Obesity can increase a person's risk for diabetes, heart disease and some cancers. The CHSS asked adults their weight and height to determine if they were obese using the Body Mass Index (BMI). Fewer than 3 in 10 Covington adults were obese. This is better than in 2010, and is better than the percentage among Greater Cincinnati adults.

Regular exercise is an important contributor to good health. According to the Centers for Disease Control and Prevention (CDC), exercise can help reduce the risk of cardiovascular disease, diabetes and some cancers, as well as improve mental health and increase a person's chance of living longer. The CDC recommends a combination of aerobic activity (2 hours, 30 minutes of moderate activity OR 1 hour, 15 minutes of vigorous activity per week) and muscle-strengthening activities (at least two times per week).

The CHSS asked, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening

## Adults who are obese



or walking for exercise?" About 7 in 10 Covington adults said yes, less than the rate of adults in the region. Fewer than 3 in 10 Covington adults had done muscle-strengthening exercises in the past month, a smaller percentage than adults in the region.

Because this question does not ask about intensity or duration, conclusions cannot be made about whether respondents met CDC guidelines.

**3 in 10  
Covington  
adults had  
done muscle  
strengthening**



# SMOKING AND DRINKING

Smoking is harmful. Fewer than 4 in 10 Covington adults said they have never smoked, compared with more than half of adults in the region. Another 3 in 10 Covington adults used to smoke, but have quit. Nearly 4 in 10 Covington adults currently smoke. This percentage is worse than the region's.

The CDC defines one standard alcoholic drink as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of spirits or liquor. Many cocktails and mixed drinks contain more than one standard drink of alcohol.

Moderate alcohol use poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Covington adults reported either not drinking or drinking moderately.

The CDC defines heavy drinking as consuming eight or more drinks per week for women and 15 or more drinks per week for men. Fewer than 1 in 10 Covington adults were heavy drinkers, similar to the percentage among adults in the region.

The CDC defines binge drinking as drinking four or more drinks on one occasion for women, and five

## Adults who are...

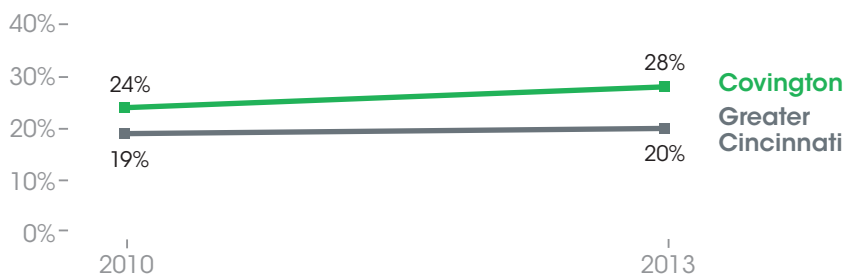
### Current smokers



### Heavy drinkers



### Binge drinkers



or more drinks on one occasion for men. People who binge drink are not necessarily heavy drinkers. However, binge drinking is also harmful. In Covington, 3 in 10 adults reported binge drinking in the past month. This is worse than among adults in the region, and about the same as among Covington adults in 2010.



# CHRONIC CONDITIONS

Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

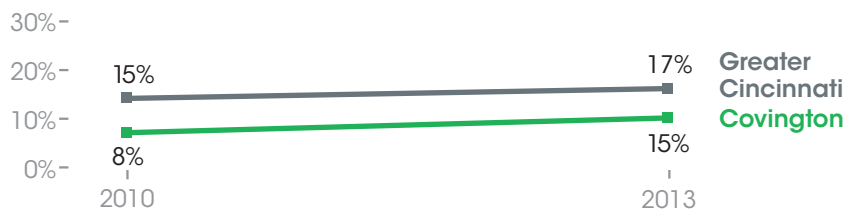
About 4 in 10 Covington adults had been told that they had hypertension, or high blood pressure. This is an increase from 3 in 10 Covington adults in 2010, and is similar to the percentage for adults in the region.

About 3 in 10 Covington adults had been told they had high cholesterol or triglycerides, or depression, similar to adults in the region and to 2010 Covington adults.

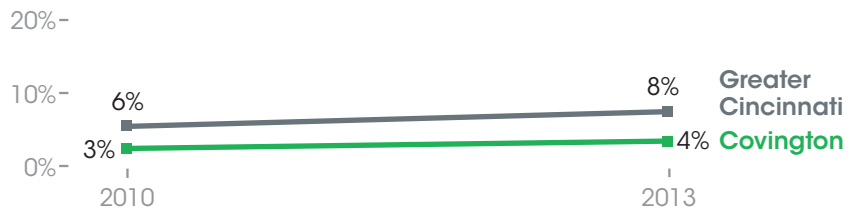
**4 in 10  
Covington  
adults had  
been told  
that they had  
hypertension,  
or high blood  
pressure**

## Adults who had ever been told they had ...

### Asthma



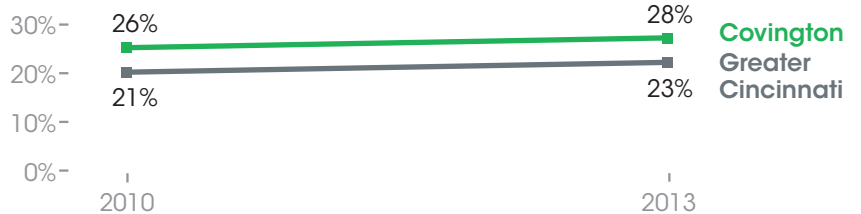
### Cancer



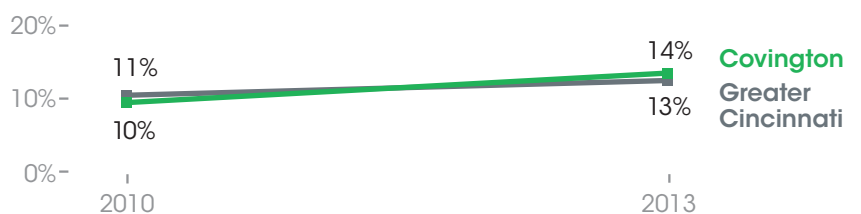
### Chronic lung disease



### Depression



### Diabetes



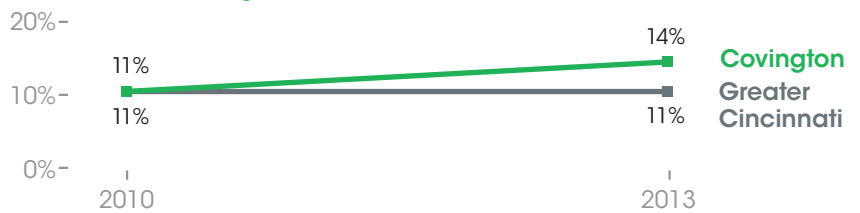


About 1 in 10 Covington adults had been told they had severe allergies, heart trouble or angina, asthma, diabetes, or chronic lung disease. These percentages are about the same as they were in Covington in 2010. The rates for severe allergies, heart trouble or angina, diabetes and chronic lung disease are about the same as for adults in the region. The rate for asthma is lower than for adults in the region.

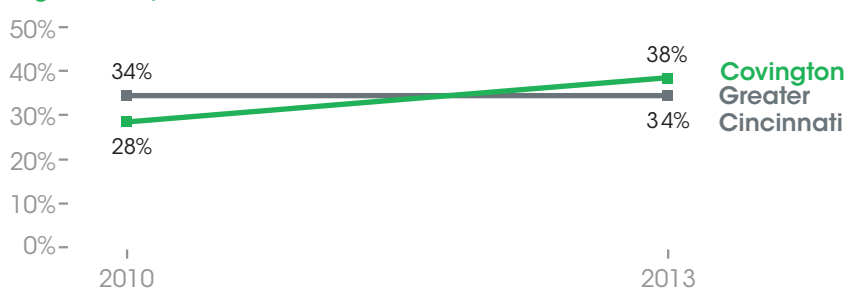
Fewer than 1 in 10 Covington adults had been told they had cancer or had a stroke. The percentage for cancer is half of the percentage for adults in the region.

Fewer than 1 in 10 Covington adults had been told they had cancer, chronic lung disease or had a stroke

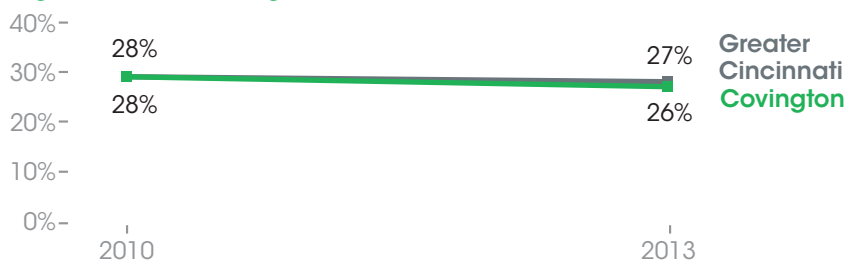
**Adults who had ever been told they had ...**  
**Heart trouble or angina**



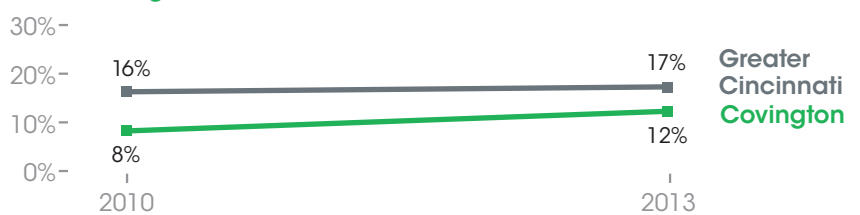
**High blood pressure**



**High cholesterol or triglycerides**



**Severe allergies**



**Stroke**





# ORAL HEALTH

Oral health is an important part of overall health. The condition of people's teeth and gums can affect their quality of life, nutritional intake and some chronic diseases.

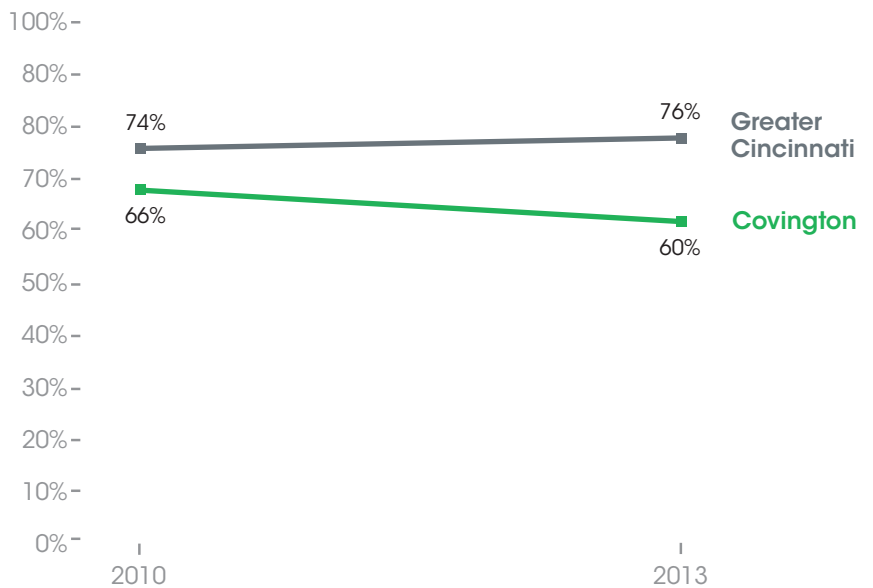
Six in 10 Covington adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is worse than the nearly 8 in 10 Greater Cincinnati adults who said this and about the same as among Covington adults in 2010.

Regular dental care is an important part of oral health. About 4 in 10 Covington adults said there had been a time in the past 12 months when they had needed dental care but had not gotten it or delayed getting it. This is worse than the 3 in 10 Greater Cincinnati adults who said this and about the same as among Covington adults in 2010.

**4 in 10 went without or delayed needed dental care**

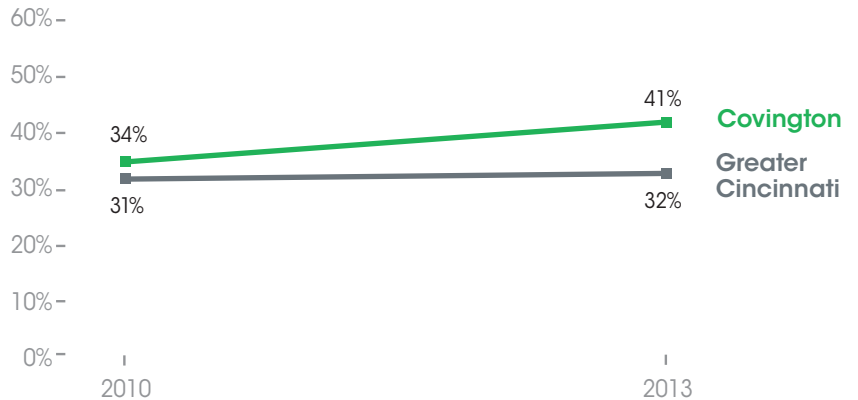
## Adults who ...

Say the condition of their mouth/teeth is good or very good



## Adults who ...

Did not get or delayed getting dental care in past 12 months





# ACCESS TO CARE

Receiving regular care from a health-care provider is important for maintaining good health. Several factors can impede getting regular care.

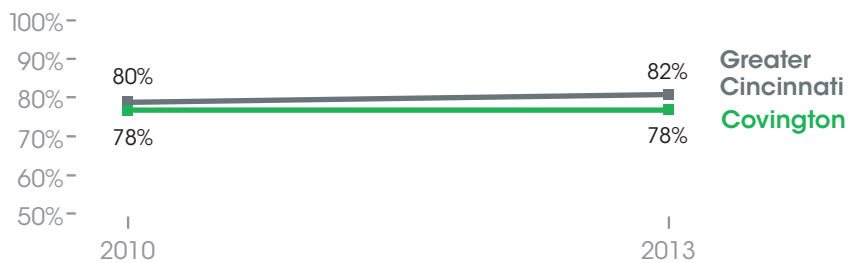
One factor is cost. Most people rely on insurance to afford healthcare. In Covington, fewer than 8 in 10 adults had health insurance, less than the rate for adults in the region. This includes coverage for nearly all adults older than 65.

The CHSS was conducted before open enrollment for the Patient Protection and Affordable Care Act (ACA) ended. Therefore it does not include those who signed up for coverage under the ACA. It also does not include those who are now covered by Medicaid expansion in Ohio and Kentucky.

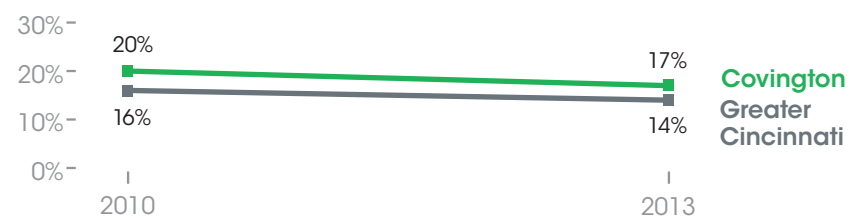
Even with health insurance, care can be expensive. In Covington, more than 2 in 10 adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is worse than the percentage for adults in the region and worse than for Covington adults in 2010.

## Adults who have...

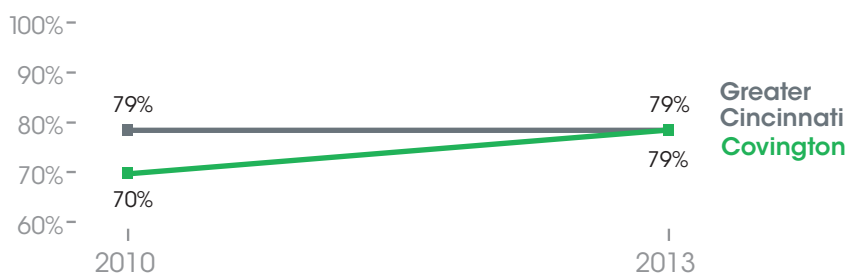
### A usual and appropriate source of care



### No source of healthcare



### Gotten a check-up in the past 12 months



Another factor is finding a usual and appropriate source of care such as a doctor's office or community health center. It is a place where a provider gets to know patients, can see them regularly, and can help them manage and maintain their health. In Covington, 8 in 10 adults said they had a usual and appropriate source of healthcare, fewer than among adults in the region. Nearly 2 in 10 Covington adults had no usual source of care. About 8 in 10 Covington adults had gotten a routine check-up within the past 12 months, up from the 7 in 10 adults who had done so in 2010.

