

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



HIGHLAND COUNTY

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey

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ABOUT HIGHLAND COUNTY



Rural Highland County is in the Appalachian Mountains' far foothills in Southwest Ohio, about two hours east of Cincinnati. A drive across the county will take you past lakes and through steeply ridged forests and gently rolling farmland. Highland County shows us the best of what rural America has to offer. You can feel the closeness here, even though the houses are a little farther apart. It's still a place where tractors drive the highways, high school sports and summer weddings make the newspaper, and the county fair is the highlight of summer.

The Highland County Health Department and our community partners have worked hard to provide members of our community with information about their health. We provide free services including blood pressure screenings, lipid profiles, prostate cancer testing, colon cancer screening, eye clinics and audio screening for children, mammograms and others.

Since 2012, community healthcare partners have met monthly to develop countywide health assessment information. By developing a complete picture of our community health, we can better target programs to improve the overall health of our county. This ongoing community health assessment is an essential part of our efforts to identify where our community health is strong and where we still face challenges.

This report from Interact for Health highlights some areas where additional work is needed. Highland County lags behind the state in smoking, obesity and physical activity rates. Future efforts of the health department are focused on public health education. Our hope is that by providing information about how to improve their health, community members will make healthier decisions for themselves and their families.

Highland County has a lot to offer, has an exciting future and it's a place I am proud to call home. I hope you will visit us.



Jared Warner

Highland County Health Commissioner

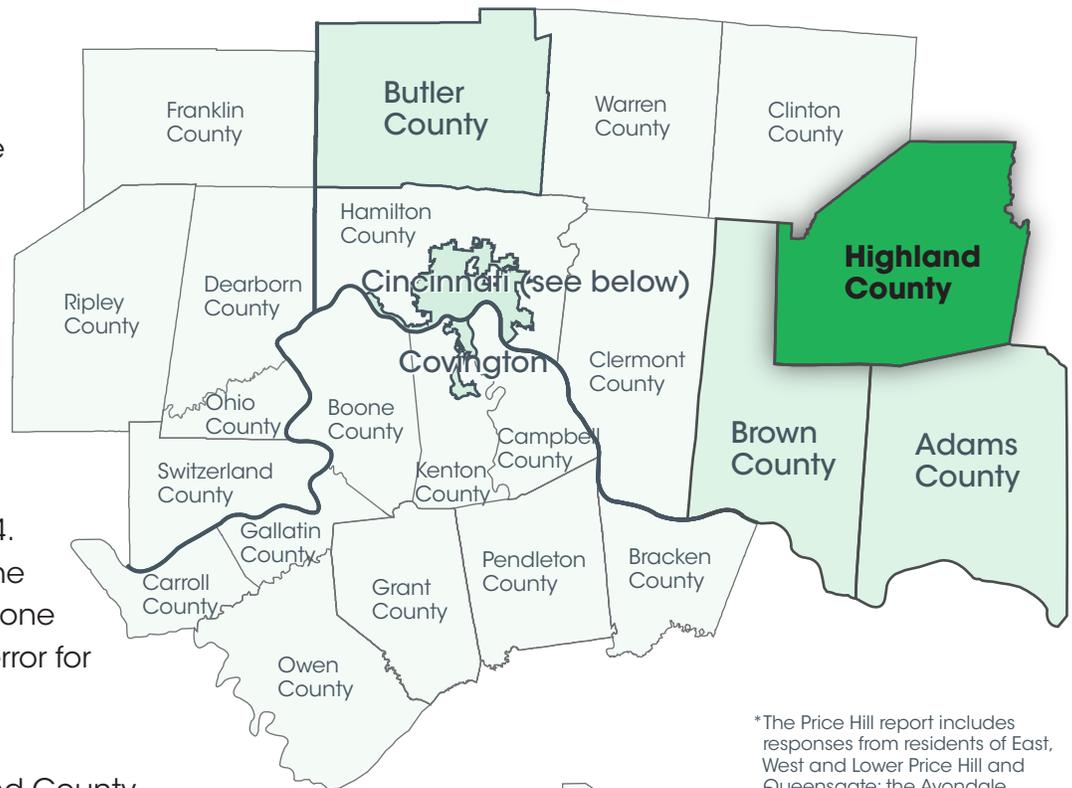
ABOUT THE SURVEY

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 $\pm 1.5\%$.

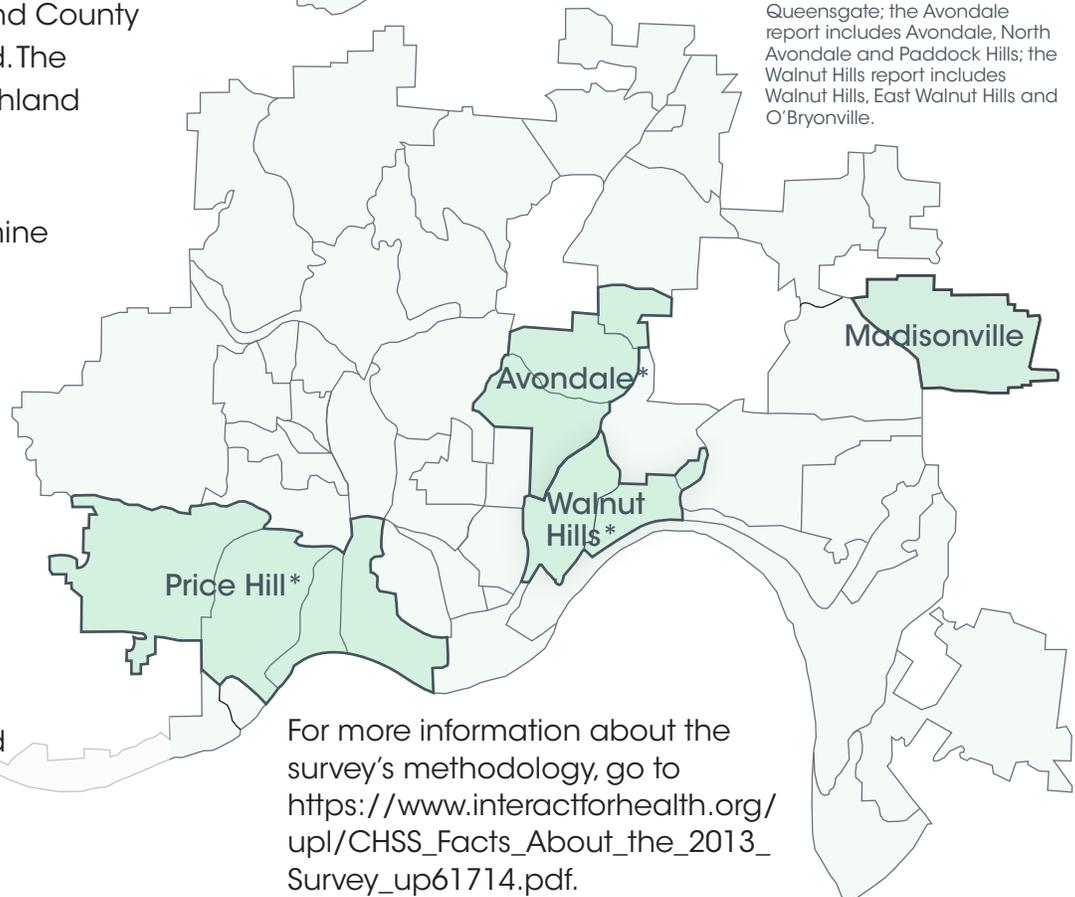
For this report, 270 Highland County residents were interviewed. The margin of error for the Highland County sample is $\pm 6.0\%$.

Reports in this series examine the health of African Americans, Hispanics 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.



GENERAL HEALTH

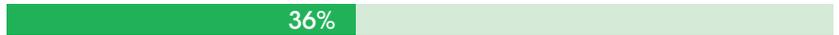
Adults' overall self-rated health status is an important indicator of well-being. To examine self-rated health status across our region, the CHSS asked, "In general, would you say your health is excellent, very good, good, fair or poor?" Research has made a strong and powerful link between a person's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

In Highland County, 4 in 10 adults described their health as excellent or very good. This is lower than in Greater Cincinnati, where 5 in 10 adults described their health this way.

About 3 in 10 Highland County adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is about the same as the percentage of adults who said this in the region. Poor health did not interfere with the usual activities of most adults (73%). But poor health interfered with the usual activities of about 1 in 10 Highland County adults for two weeks or more of the previous month.

Adults who rated their health as excellent or very good

Highland County

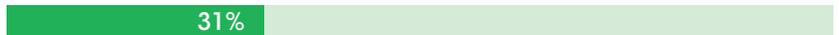


Greater Cincinnati

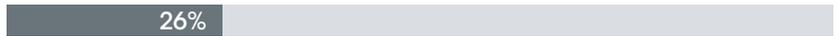


Adults who reported two weeks or more of unhealthy days in the past month

Highland County



Greater Cincinnati



About 3 in 10 Highland County adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month



THE COMMUNITY

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

About 6 in 10 Highland County adults rated Greater Cincinnati as excellent, very good or good as a healthy place to live. This is lower than the overall results in the region, where 7 in 10 adults thought the region was a healthy place to live. Highland County adults gave better ratings to their own neighborhoods. Nearly 8 in 10 Highland County adults said their neighborhood was a healthy place to live. This is about the same as the percentage of adults in the region who said this.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. Fewer than 8 in 10 Highland County adults rated neighborhood housing highly. This percentage was lower than among adults in the region who rated neighborhood housing highly. Respondents rated their own

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

Greater Cincinnati as a healthy place to live

Highland County



Greater Cincinnati



Their neighborhood as a healthy place to live

Highland County



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Highland County



Greater Cincinnati



The condition of their own house or apartment

Highland County



Greater Cincinnati



homes highly more often. Nearly 9 in 10 Highland County adults rated the condition of their own house or apartment highly. This was still less than the rate among adults in the region.



Exercise is easier if a community has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. Fewer than 7 in 10 Highland County adults rated the availability of recreation facilities in their neighborhood as excellent, very good or good. This is lower than the more than 7 in 10 adults in the region who rated access to recreation highly. Only about 2 in 10 Highland County adults said they used neighborhood recreation facilities at least once a week, compared with 3 in 10 Greater Cincinnati adults. And fewer than half of Highland County adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking. This is much less than the 7 in 10 adults in the region who agreed.

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

Recreation facilities

Highland County

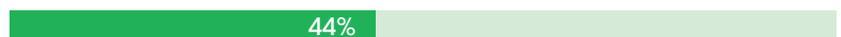


Greater Cincinnati



Safe shoulders or sidewalks

Highland County



Greater Cincinnati



7 in 10 Highland County adults rated the availability of recreation facilities in their neighborhood as excellent, very good or good



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

Highland County adults agreed often with these statements, matching or exceeding the rate at which Greater Cincinnati adults agreed with the statements.

More than 8 in 10 Highland County adults said that people can depend on each other in their community, more than in the region.

Nearly 9 in 10 Highland County residents said that living in their community gives them a secure feeling, about the same as in the region.

Adults who agree that...

People can depend on each other in my community

Highland County



Greater Cincinnati



Living in my community gives me a secure feeling

Highland County



Greater Cincinnati



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

Highland County



Greater Cincinnati



Nearly 9 in 10 Highland County residents agreed that people can get help from the community if they are in trouble, more than in the region.

Nearly 9 in 10 Highland County residents said that living in their community gives them a secure feeling

FRESH CHEM FREE
 KALE CUCUMBERS CABBAGE
 ONIONS GREEN BEANS BEETS
 SQUASH ZUCCHINI CHARD



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 fruit and three servings of vegetables each day.

About 2 in 10 Highland County adults ate the recommended daily amount of both fruits and vegetables. More than 4 in 10 Highland County adults did not eat the recommended daily amount of either fruits or vegetables. These results are about the same as among 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. About 8 in 10 Highland County adults agreed that it was easy to buy healthy foods in their neighborhood, similar to the percentage of adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Highland County

22%

Greater Cincinnati

18%

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

Highland County

44%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Highland County

80%

Greater Cincinnati

81%

More than 4 in 10 Highland County adults did not eat the recommended daily amount of either fruits or vegetables



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). Nearly 4 in 10 Highland County adults were obese. This is similar to 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 or walking for exercise? Fewer than 7 in 10 Highland County adults said yes,

Adults who are obese

Highland County

39%

Greater Cincinnati

33%

lower than the rate among Greater Cincinnati adults. More than 4 in 10 Highland County adults had done muscle-strengthening exercises in the past month, similar to the 4 in 10 Greater Cincinnati adults who did so.

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

More than 4
in 10 Highland
County
adults had
done muscle-
strengthening
exercises



SMOKING AND DRINKING

Smoking is harmful. About 4 in 10 Highland County adults say they have never smoked. Another 2 in 10 adults used to smoke, but have quit. Nearly 4 in 10 Highland County 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 – having no more than one drink a day for women and no more than two drinks a day for men – poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most adults in Highland County 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 Highland County adults were heavy drinkers, less than the percentage of adults in the region who were heavy drinkers.

Adults who are ...

Current smokers

Highland County



Greater Cincinnati

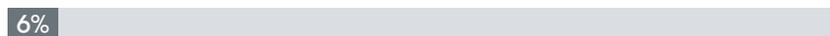


Heavy drinkers

Highland County

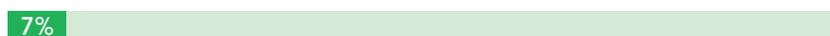


Greater Cincinnati

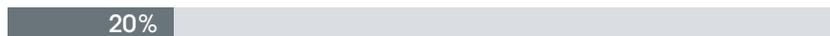


Binge drinkers

Highland County



Greater Cincinnati



The CDC defines binge drinking as drinking four or more drinks on one occasion for women, and five or more drinks on one occasion for men. People who binge drink are not necessarily heavy drinkers. However, binge drinking is also harmful. Fewer than 1 in 10 Highland County adults reported binge drinking in the past month, better than adults in the region.

Most adults in Highland County reported either not drinking or drinking moderately



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.

More than 4 in 10 Highland County adults had been told that they had hypertension, or high blood pressure, a greater percentage than among Greater Cincinnati adults.

About 3 in 10 Highland County adults had been told they had high cholesterol or triglycerides, or depression. These percentages are about the same as for adults in the region.

4 in 10 Highland County adults report having been told they have high blood pressure

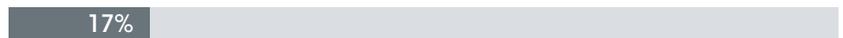
Adults who had ever been told they had ...

Asthma

Highland County



Greater Cincinnati

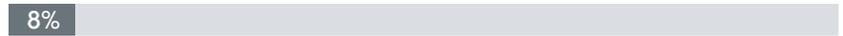


Cancer

Highland County

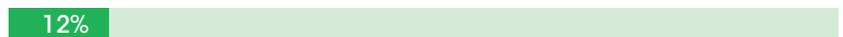


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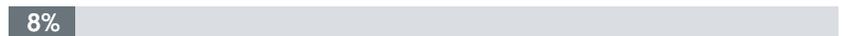


Chronic lung disease

Highland County



Greater Cincinnati

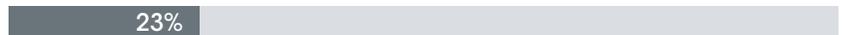


Depression

Highland County

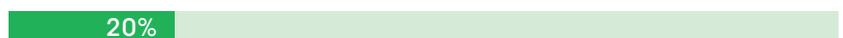


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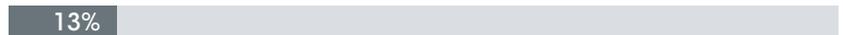


Diabetes

Highland County



Greater Cincinnati





About 2 in 10 Highland County adults had been told they had severe allergies, asthma, diabetes, or heart trouble or angina. The rate of severe allergies and asthma are about the same as for adults in the region. The rates for heart trouble and diabetes are higher than for adults in the region.

About 1 in 10 Highland County adults had been told they had cancer or chronic lung disease. The percentage for cancer is about the same as for adults in the region. The percentage for chronic lung disease is greater than the percentage for adults in the region. Chronic lung disease may be associated with tobacco use, which is more common in Highland County than in the region.

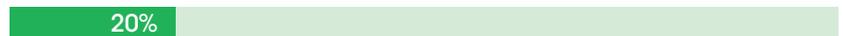
Fewer than 1 in 10 Highland County adults had been told they had a stroke, similar to adults in the region.

1 in 10 Highland County adults had been told they had cancer or chronic lung disease

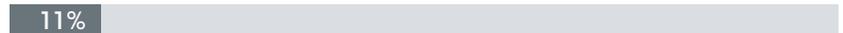
Adults who had ever been told they had ...

Heart trouble or angina

Highland County

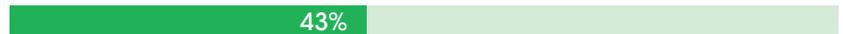


Greater Cincinnati

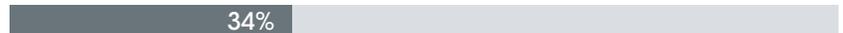


High blood pressure

Highland County

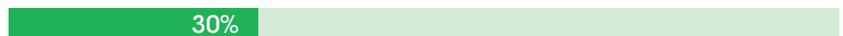


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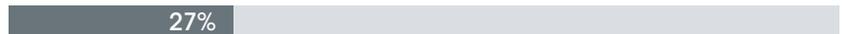


High cholesterol or triglycerides

Highland County



Greater Cincinnati

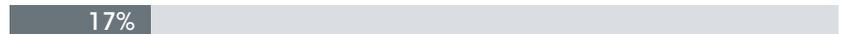


Severe allergies

Highland County

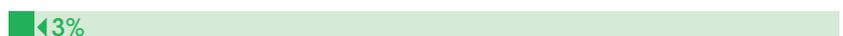


Greater Cincinnati

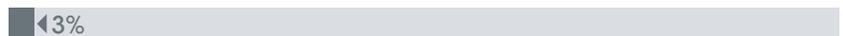


Stroke

Highland County



Greater Cincinnati





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.

About 7 in 10 Highland County adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is about the same as for adults in the region.

Regular dental care is an important part of oral health. Nearly 4 in 10 Highland County residents 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 percentage of adults in the region who said this.

Adults who ...

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

Highland County

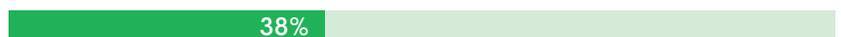


Greater Cincinnati



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

Highland County



Greater Cincinnati



7 in 10
Highland
County
adults rated
their mouth
and teeth
highly

4 in 10 went
without or
delayed
needed
dental care



ACCESS TO CARE

Receiving regular care from a healthcare 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. Eight in 10 Highland County adults reported having health insurance, including nearly all adults older than 65. This is less than adults in the region.

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 Highland County, more than 2 in 10 adults said someone in their household had not received a doctor's care in the past year because they needed the money for food, clothing or to pay for housing. This is worse than the percentage for adults in the region.

Adults who have ...

A usual and appropriate source of care

Highland County

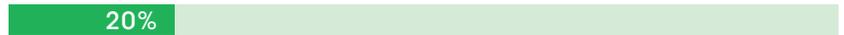


Greater Cincinnati



No source of healthcare

Highland County



Greater Cincinnati

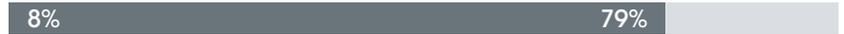


Had a check-up in the past 12 months

Highland County



Greater Cincinnati



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 Highland County, 7 in 10 adults said they had a usual and appropriate source of healthcare. About 1 in 10 adults had an inappropriate source of care, such as an emergency room or urgent care center. Two in 10 Highland County adults had no usual source of care. These percentages are worse than among adults in the region. About 8 in 10 Highland County adults had gotten a routine check-up within the past 12 months, about the same as adults in the region.

