

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



MADISONVILLE

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 MADISONVILLE



The Madisonville neighborhood of Cincinnati is home to many long-time residents who remember a vibrant business district and nearby manufacturing plants, and a large number of newcomers drawn to the neighborhood for its affordable housing stock, family-friendly feel, central location and diverse population.

Recently recognized as a 40-year stable and integrated community, Madisonville has a rich history of cultural and racial diversity. The neighborhood boasts a strong faith-based community, six established schools, a beautiful and historic housing stock and numerous opportunities for residential, commercial and retail development. In addition, because of its convenient location, Madisonville is home to several major employers.

Like many urban neighborhoods, Madisonville's population and its once-vibrant business district began to decline in the 1970s, and the housing market was hit hard by the foreclosure crisis. In recent years, however, the neighborhood has seen new investment and is anticipating major residential and commercial development at the heart of its neighborhood business district.

In 2012, hundreds of Madisonville residents, property owners, business leaders, school administrators, church leaders and others came together to plan for the neighborhood's future. Over dozens of meetings, a grassroots neighborhood plan for the future was created. The resulting **Quality of Life Plan** articulates the neighborhood's hopes and dreams for the future. It is action-oriented and has built-in accountability. Neighborhood residents and community institutions are working to implement the plan.

Renewed neighborhood focus on creating a walkable business district, supporting the health and wellness of neighborhood residents, strengthening opportunities for community engagement, preparing young children for school, and expanding the neighborhood trail system are just some examples of the comprehensive work taking place to strengthen Madisonville.

Since the plan was released, we have seen home sales and home values increase, crime and foreclosure sales decrease, and Kindergarten readiness, school performance and household income increase. These trends are very encouraging.

Thanks to the robust work of committed partners and engaged neighbors, we know Madisonville's future is bright.



Sara M. Sheets

Executive Director,
Madisonville Community
Urban Redevelopment Corporation



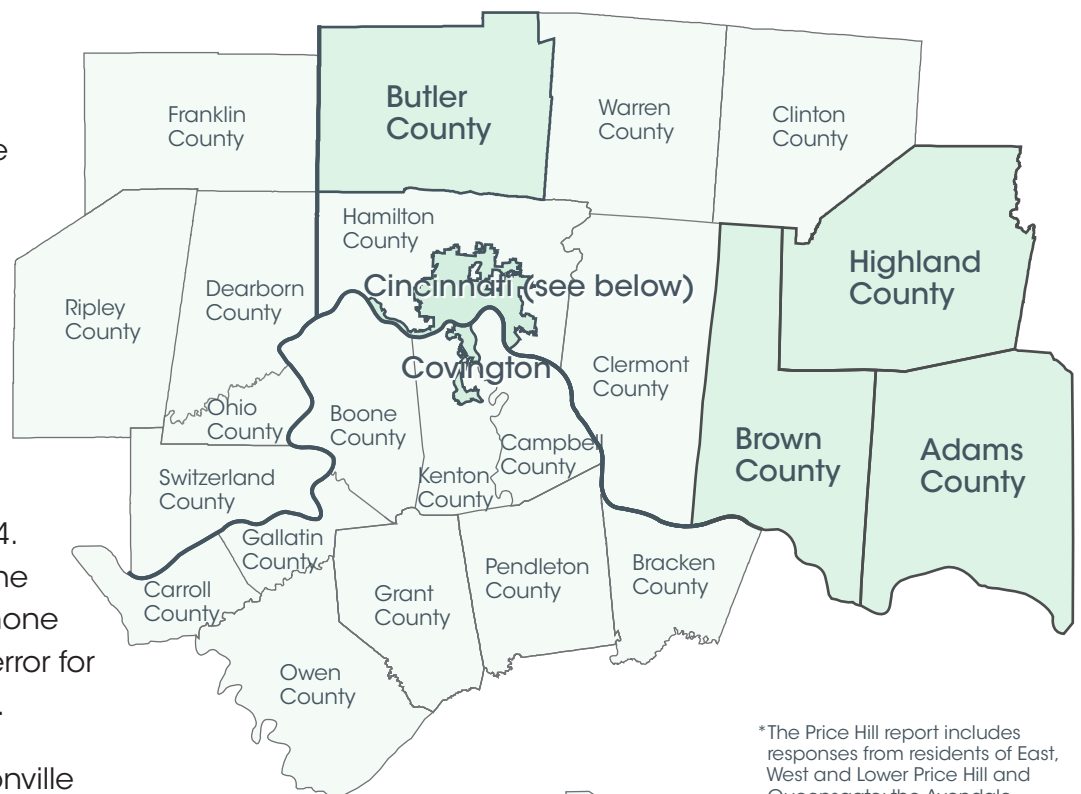
ABOUT THE SURVEY

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 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 $\pm 1.5\%$.

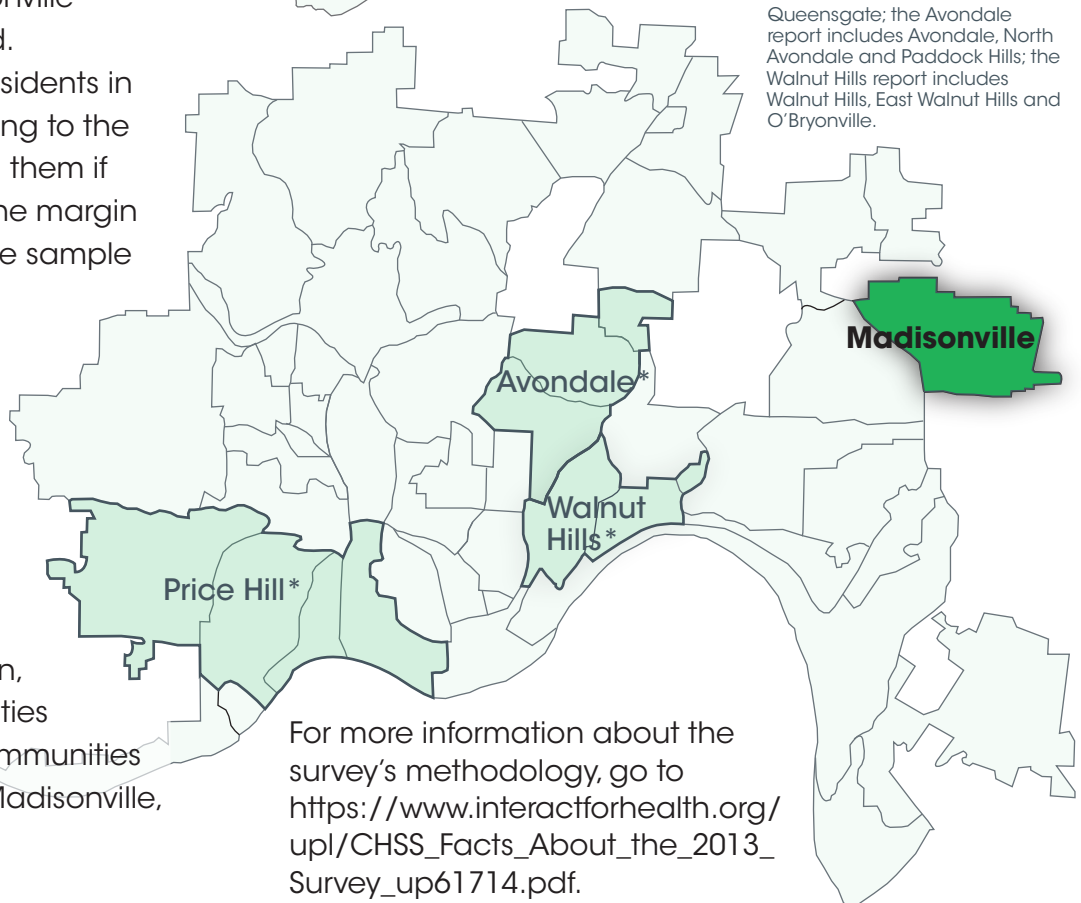
For this report, 266 Madisonville residents were interviewed. Researchers contacted residents in census tracts corresponding to the neighborhood and asked them if they live in Madisonville. The margin of error for the Madisonville sample is $\pm 6.0\%$.

Other 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.



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 Madisonville, fewer than 4 in 10 adults described their health as excellent or very good. This is lower than the percentage among Greater Cincinnati adults and far 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.

About 3 in 10 Madisonville adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is about the same as in the region overall. Poor health did not interfere with the usual activities of most adults. But poor health interfered in the usual activities of 1 in 10 Madisonville adults for two weeks or more of the previous month.

Adults who rated their health as excellent or very good

Madisonville

36%

Greater Cincinnati

52%

Bold Goal 70%

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

Madisonville

29%

Greater Cincinnati

26%

Fewer than 4 in 10 said their health was excellent or very good

1 in 10 said poor health interfered with activities for 2 weeks or more



THE COMMUNITY

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

In Madisonville, 6 in 10 adults said Greater Cincinnati was 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 said the region was a healthy place to live. Madisonville adults gave their own neighborhood lower ratings, with 5 in 10 saying it was a healthy place to live. This compared with nearly 8 in 10 adults in the region.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Madisonville, 5 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Respondents rated their own homes highly more often. In Madisonville, 8 in 10 adults rated their own house or apartment highly. This is lower than the rate in the region.

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

Greater Cincinnati as a healthy place to live

Madisonville



Greater Cincinnati



Their neighborhood as a healthy place to live

Madisonville



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Madisonville



Greater Cincinnati



The condition of their own house or apartment

Madisonville



Greater Cincinnati





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers. In Madisonville, 6 in 10 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. Fewer than 2 in 10 Madisonville adults said they used neighborhood recreation facilities at least once a week. This is lower than the 3 in 10 adults in the region who said this. Nearly 9 in 10 Madisonville adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, better than the percentage of adults in the region who agreed with this.

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

Recreation facilities

Madisonville



Greater Cincinnati



Safe shoulders or sidewalks

Madisonville



Greater Cincinnati



5 in 10 said Madisonville was a healthy place to live

Fewer than 2 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

Madisonville adults were less likely than adults in the region to agree with these statements.

About 7 in 10 Madisonville adults said that people can depend on each other in their community, compared with 8 in 10 in the region.

About 6 in 10 Madisonville adults said that living in their community gave them a secure feeling, compared with 8 in 10 in the region.

About 7 in 10 Madisonville adults said that people can get help from the community if they are in trouble, compared with 8 in 10 in the region.

Adults who agree that...

People can depend on each other in my community

Madisonville



Greater Cincinnati



Living in my community gives me a secure feeling

Madisonville



Greater Cincinnati



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

Madisonville



Greater Cincinnati



7 in 10 said people can depend on each other in their community



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 Madisonville adults ate the recommended daily amount of fruits and vegetables. Nearly half of Madisonville adults did not eat the recommended amount of either fruits or vegetables. This is 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. Fewer than half of Madisonville adults agreed that it was easy to buy healthy foods in their neighborhood, much fewer than the 8 in 10 adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Madisonville

16%

Greater Cincinnati

18%

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

Madisonville

45%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Madisonville

47%

Greater Cincinnati

81%

Fewer than half 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). Nearly 6 in 10 Madisonville adults were obese. This is higher than the percentage of Greater Cincinnati adults who were obese.

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).

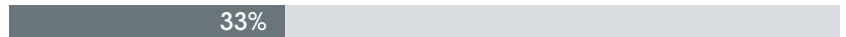
The CHSS asked, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?" Nearly 8 in 10 Madisonville adults said yes, similar

Adults who are obese

Madisonville



Greater Cincinnati



to adults in the region. About 5 in 10 Madisonville adults had done muscle-strengthening exercises in the past month, a greater 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.

8 in 10 had exercised in the past month

5 in 10 had done muscle strengthening



SMOKING AND DRINKING

Smoking is harmful. Nearly 6 in 10 Madisonville adults say they have never smoked. Another 2 in 10 adults used to smoke, but have quit. About 2 in 10 Madisonville adults currently smoke. This percentage is about the same as 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 Madisonville 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. About 1 in 10 Madisonville adults were heavy drinkers, more than the percentage of adults in the region who were heavy drinkers.

Adults who are ...

Current smokers

Madisonville

22%

Greater Cincinnati

25%

Heavy drinkers

Madisonville

10%

Greater Cincinnati

6%

Binge drinkers

Madisonville

14%

Greater Cincinnati

20%

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. In Madisonville, 1 in 10 adults reported binge drinking in the past month, a better percentage than among adults in the region.

6 in 10
Madisonville
adults
have never
smoked



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 Madisonville adults had been told that they had hypertension, or high blood pressure. This is greater than the percentage among Greater Cincinnati adults.

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

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

Adults who had ever been told they had ...

Asthma

Madisonville

6%

Greater Cincinnati

17%

Cancer

Madisonville

5%

Greater Cincinnati

8%

Chronic lung disease

Madisonville

5%

Greater Cincinnati

8%

Depression

Madisonville

26%

Greater Cincinnati

23%

Diabetes

Madisonville

15%

Greater Cincinnati

13%



Nearly 2 in 10 Madisonville adults had been told they had diabetes, about the same as among adults in the region.

About 1 in 10 Madisonville adults had been told they had severe allergies, or heart trouble or angina. The rate for severe allergies is lower than for adults in the region. The rate of heart trouble or angina is about the same as for adults in the region.

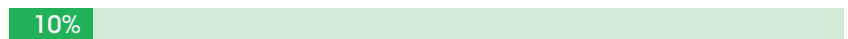
Fewer than 1 in 10 Madisonville adults had been told they had asthma, cancer, chronic lung disease or had a stroke. The percentage for asthma is lower than among adults in the region. The other percentages are about the same as for adults in the region.

**1 in 10
Madisonville
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

Madisonville

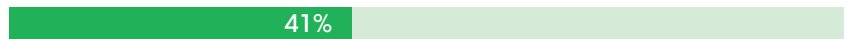


Greater Cincinnati

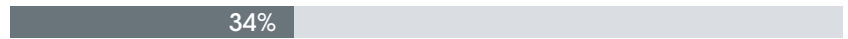


High blood pressure

Madisonville



Greater Cincinnati

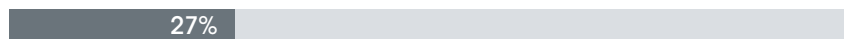


High cholesterol or triglycerides

Madisonville

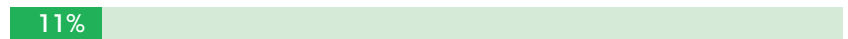


Greater Cincinnati

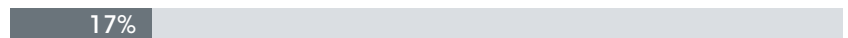


Severe allergies

Madisonville

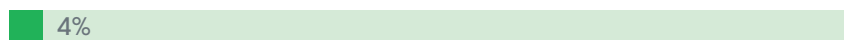


Greater Cincinnati

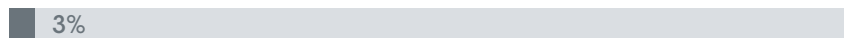


Stroke

Madisonville



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.

Fewer than 7 in 10 Madisonville adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good, a smaller percentage than among adults in the region.

Regular dental care is an important part of oral health. More than 3 in 10 Madisonville 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 same as for adults in the region.

Adults who ...

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

Madisonville

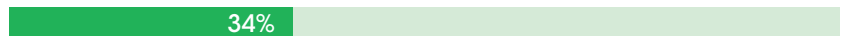


Greater Cincinnati

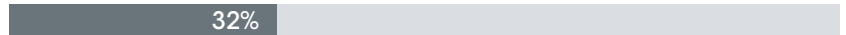


Did not get or delayed getting dental care in past 12 months

Madisonville



Greater Cincinnati



7 in 10
Madisonville
adults rated
their mouth
and teeth
highly

3 in 10 went
without or
delayed
needed
dental care



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. About 8 in 10 Madisonville adults report having health insurance, including nearly all adults older than 65. This is slightly 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 Madisonville, nearly 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 about the same as the percentage for adults in the region.

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

Adults who have ...

A usual and appropriate source of care

Madisonville



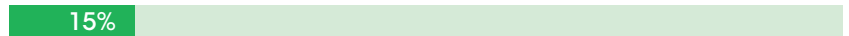
Greater Cincinnati



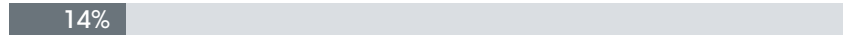
Bold Goal 95%

No source of healthcare

Madisonville



Greater Cincinnati



Had a check-up in the past 12 months

Madisonville



Greater Cincinnati



gets to know patients, can see them regularly, and can help them manage and maintain their health. In Madisonville, 8 in 10 adults said they had a usual and appropriate source of healthcare, about the same as adults in the region, but less than the community Bold Goal of 95%. Nearly 2 in 10 Madisonville adults had no usual source of care. About 8 in 10 Madisonville adults had gotten a routine check-up within the past 12 months, about the same as adults in the region.

**8 in 10
Madisonville
adults have
a usual and
appropriate
source of
care**

