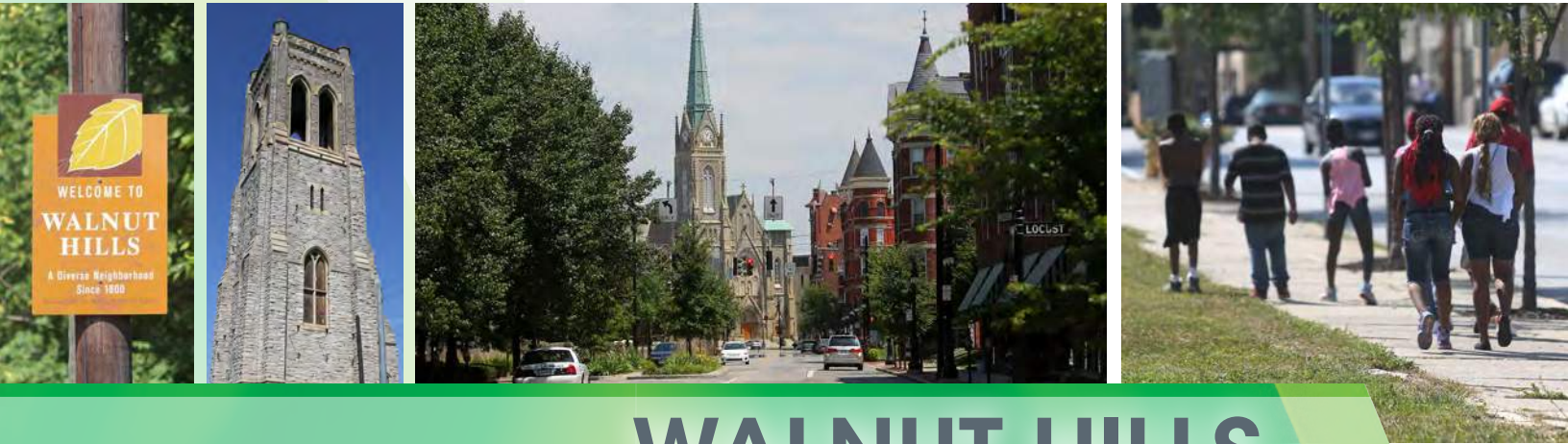


INTERACT FOR HEALTH

A Catalyst for Health and Wellness



WALNUT HILLS

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey



United Way
of Greater Cincinnati

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To cite this work, please use this format:

Interact for Health. (2015). Walnut Hills: The Health of Our Community. Cincinnati, OH: Author.

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ABOUT WALNUT HILLS



Historically, Walnut Hills was the first suburb of Cincinnati; a respite from the hustle, bustle, smells and sounds of turn-of-the-century downtown. People moved to Walnut Hills to find a quieter, gentler way of life. The Comfort Station, built in the 1920s just off Gilbert Avenue on McMillan Street, provided bathrooms and a place to sit and rest for weary travelers of the streetcars, whose hub was Peebles Corner. It was known as the second downtown. Walnut Hills is well on its way to becoming the Second Downtown again.

Walnut Hills is a community concerned about health, especially the health of our residents. Together, we are seeking ways to eat better, exercise more and be aware of our individual health statistics. The Farmstand, a retrofitted shipping container, was brought to a site on East McMillan Street as a way to have locally grown fruits and vegetables within easy reach of our residents. It is open 4-7 p.m. Thursdays from June through October. In the past two years, four parks have been created through the sweat equity of community engagement. In 2014, an upswell of interest in urban farming produced two new community gardens. More gardens are planned, as well as a community urban orchard.

Healthy lives include active lifestyles. Walkable routes are being designed around and supplemented by our new pop-up parks on Kemper Lane and St. James Avenue as well as the reclaimed Green Man Park and historic Five Points Alley. Through a Thriving Communities grant from Interact For Health, yoga, walking/running groups, and a fitness course will soon be part of our urban landscape. You can come to Walnut Hills for the historical significance and majestic architecture, but you should stick around because it will be good for your health.



Kevin Wright

Executive Director,
Walnut Hills Redevelopment
Foundation



ABOUT THE SURVEY

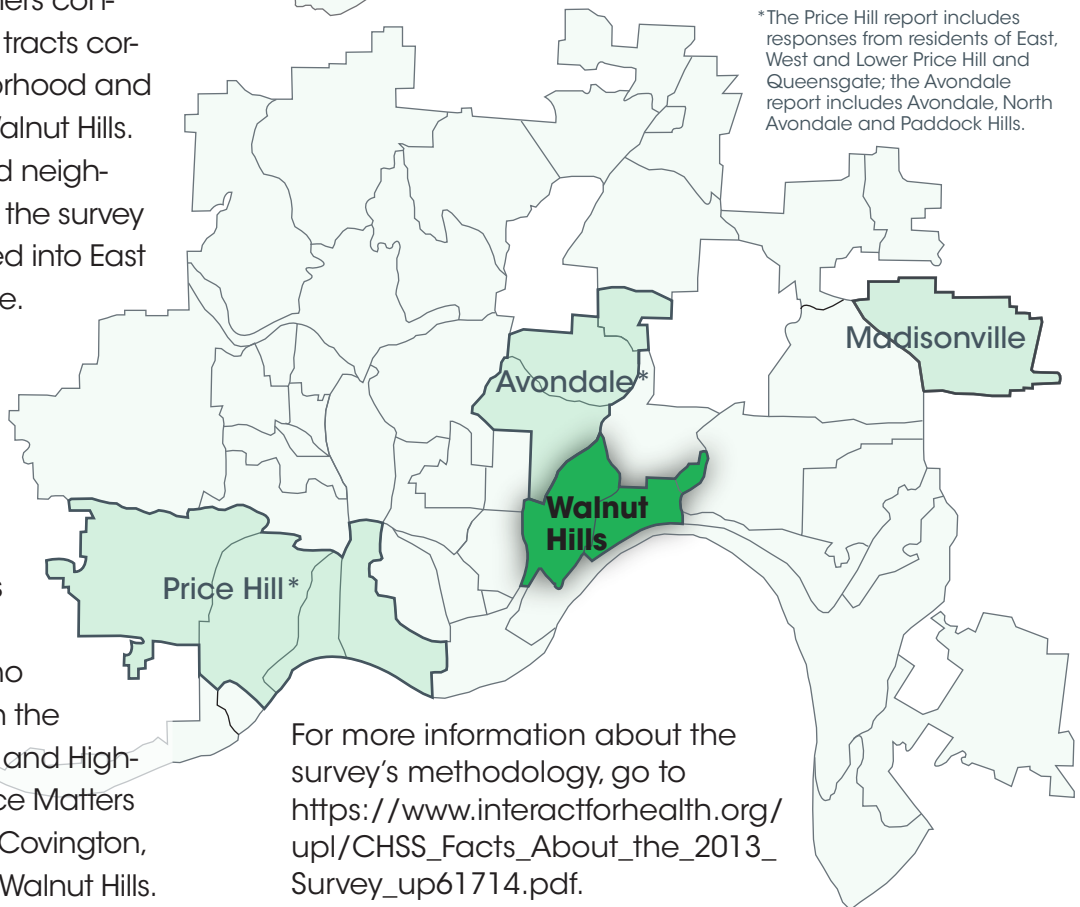
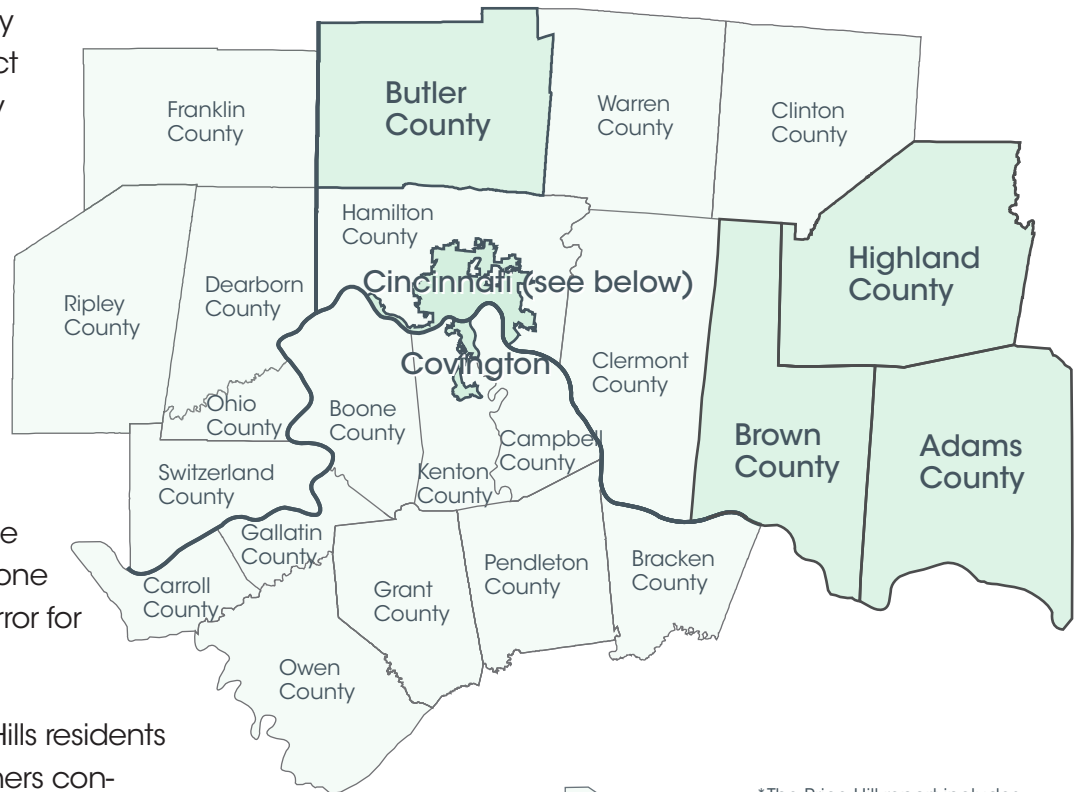
The Greater Cincinnati Community Health Status Survey (CHSS), a project of Interact for Health, is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,929 randomly selected adults residing in the 22 counties at right were interviewed by telephone between Aug. 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, 252 Walnut Hills residents were interviewed. Researchers contacted residents in Census tracts corresponding to the neighborhood and asked them if they live in Walnut Hills. Because Census tracts and neighborhood boundaries differ, the survey area for this report extended into East Walnut Hills and O'Bryonville. The margin of error for the Walnut Hills sample is $\pm 6.2\%$.

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)



For more information about the survey's methodology, go to https://www.interactforhealth.org/upl/CHSS_Facts_About_the_2013_Survey_up61714.pdf.



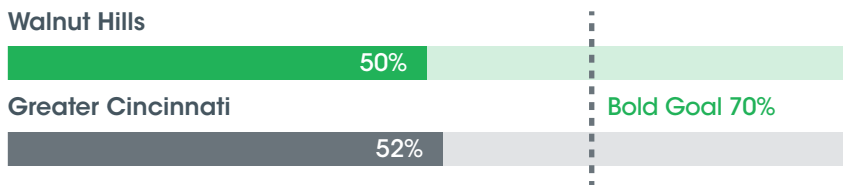
GENERAL HEALTH

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.

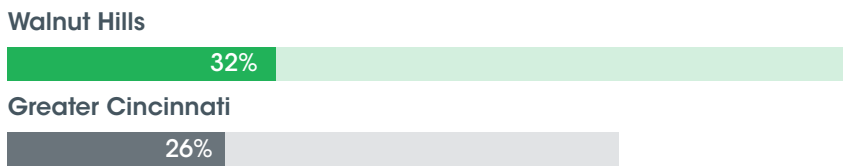
In Walnut Hills, 5 in 10 adults described their health as excellent or very good. This is the same percentage as in Greater Cincinnati. However, it is still lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see www.uwgc.org/community-impact/bold-goals-for-our-region.

About 3 in 10 Walnut Hills adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is higher than 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 Walnut Hills adults for two weeks or more of the previous month.

Adults who rated their health as excellent or very good



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



5 in 10 said their health was very good or excellent

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. Walnut Hills adults were asked how they would rate both the Greater Cincinnati region and their own neighborhood as a healthy place to live.

In Walnut Hills, 6 in 10 adults said the overall Greater Cincinnati region 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. Walnut Hills adults gave their own neighborhood similar ratings, with 6 in 10 saying it was a healthy place to live. This compared with nearly 8 in 10 adults in the region who said this about their own neighborhood.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Walnut Hills, 6 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 Walnut Hills, 9 in 10 adults rated their own house or apartment highly. This is about the same as the rate in the region.

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

Greater Cincinnati as a healthy place to live

Walnut Hills



Greater Cincinnati



Their neighborhood as a healthy place to live

Walnut Hills



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Walnut Hills



Greater Cincinnati



The condition of their own house or apartment

Walnut Hills



Greater Cincinnati





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. In Walnut Hills, 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. About 3 in 10 Walnut Hills adults said they used neighborhood recreation facilities at least once a week, the same percentage as adults in the region. And more than 7 in 10 Walnut Hills adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, about the same percentage as adults in the region.

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

Walnut Hills



Greater Cincinnati



Safe shoulders or sidewalks

Walnut Hills



Greater Cincinnati



6 in 10 said Walnut Hills was a healthy place to live

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

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

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

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

About 7 in 10 Walnut Hills 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

Walnut Hills



Greater Cincinnati



Living in my community gives me a secure feeling

Walnut Hills



Greater Cincinnati



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

Walnut Hills



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.

More than 2 in 10 Walnut Hills adults ate the recommended daily amount of both fruits and vegetables. They were more likely than adults in the region to do this. About 4 in 10 Walnut Hills 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. About 7 in 10 Walnut Hills adults agreed that it was easy to buy healthy foods in their neighborhood, fewer than the 8 in 10 adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Walnut Hills

24%

Greater Cincinnati

18%

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

Walnut Hills

39%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Walnut Hills

69%

Greater Cincinnati

81%

7 in 10 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). About 3 in 10 Walnut Hills adults were obese. This is about the same as 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?" About 7 in 10 Walnut Hills adults said yes, about

Adults who are obese

Walnut Hills

30%

Greater Cincinnati

33%

the same rate as adults in the region. About 4 in 10 Walnut Hills adults had done muscle-strengthening exercises in the past month, about the same as adults in the region.

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

7 in 10 had exercised in the past month

4 in 10 had strengthened their muscles



SMOKING AND DRINKING

Smoking is harmful. About 4 in 10 Walnut Hills adults said they have never smoked. Another 2 in 10 adults used to smoke, but have quit. Nearly 4 in 10 Walnut Hills 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 Walnut Hills 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 2 in 10 Walnut Hills adults were heavy drinkers, three times more than the percentage of adults in the region.

The CDC defines binge drinking as drinking four or more drinks on

Adults who are ...

Current smokers

Walnut Hills

37%

Greater Cincinnati

25%

Heavy drinkers

Walnut Hills

18%

Greater Cincinnati

6%

Binge drinkers

Walnut Hills

17%

Greater Cincinnati

20%

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 Walnut Hills, 2 in 10 adults reported binge drinking in the past month, about the same as adults in the region.

4 in 10 Walnut Hills 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 3 in 10 Walnut Hills adults had been told that they had hypertension, or high blood pressure. This is about the same as the percentage among Greater Cincinnati adults.

About 2 in 10 Walnut Hills adults had been told they had high cholesterol, severe allergies or depression. The rate of high cholesterol and severe

3 in 10 Walnut Hills adults report having been told they have high blood pressure

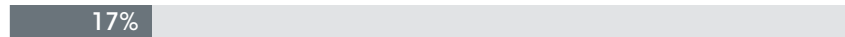
Adults who had ever been told they had ...

Asthma

Walnut Hills

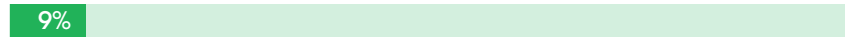


Greater Cincinnati

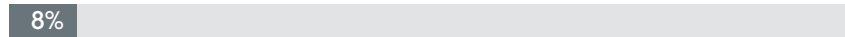


Cancer

Walnut Hills

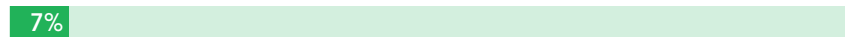


Greater Cincinnati

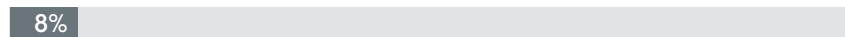


Chronic lung disease

Walnut Hills

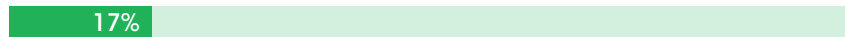


Greater Cincinnati

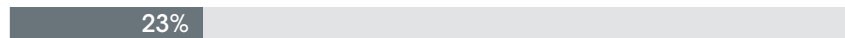


Depression

Walnut Hills

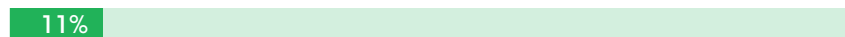


Greater Cincinnati

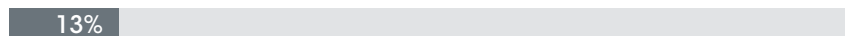


Diabetes

Walnut Hills



Greater Cincinnati





allergies are about the same as for adults in the region. The rate of depression is lower than for adults in the region.

About 1 in 10 Walnut Hills adults had been told they had asthma, diabetes, or heart trouble or angina. These percentages are about the same as for adults in the region.

Fewer than 1 in 10 Walnut Hills adults had been told they had cancer, chronic lung disease or had a stroke. These percentages are similar to those for Greater Cincinnati adults.

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

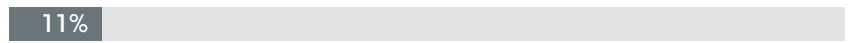
Adults who had ever been told they had ...

Heart trouble or angina

Walnut Hills



Greater Cincinnati

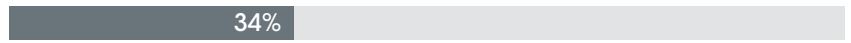


High blood pressure

Walnut Hills

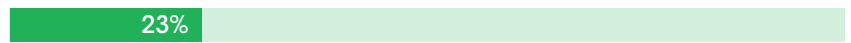


Greater Cincinnati

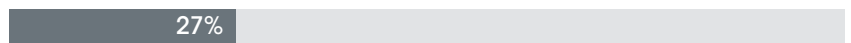


High cholesterol or triglycerides

Walnut Hills

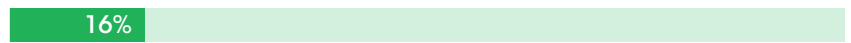


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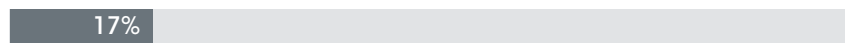


Severe allergies

Walnut Hills

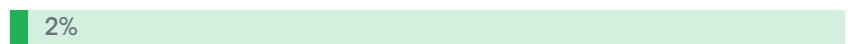


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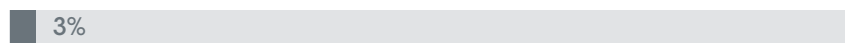


Stroke

Walnut Hills



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 Walnut Hills adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good, about the same as adults in the region.

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

Adults who ...

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

Walnut Hills

73%

Greater Cincinnati

76%

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

Walnut Hills

33%

Greater Cincinnati

32%

7 in 10 Walnut Hills 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 7 in 10 Walnut Hills adults report 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 Walnut Hills, 1 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 better than 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

Walnut Hills



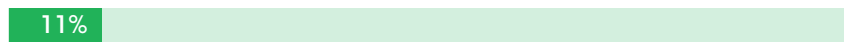
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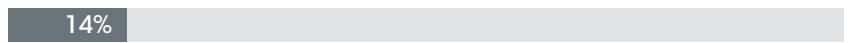
Bold Goal 95%

No source of healthcare

Walnut Hills



Greater Cincinnati



Had a check-up in the past 12 months

Walnut Hills



Greater Cincinnati



gets to know patients, can see them regularly, and can help them manage and maintain their health. In Walnut Hills, 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%. One in 10 Walnut Hills adults had no usual source of care. Nearly 9 in 10 Walnut Hills adults had gotten a routine check-up within the past 12 months, better than adults in the region.

8 in 10 Walnut Hills adults have a usual and appropriate source of care

