

# 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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# 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

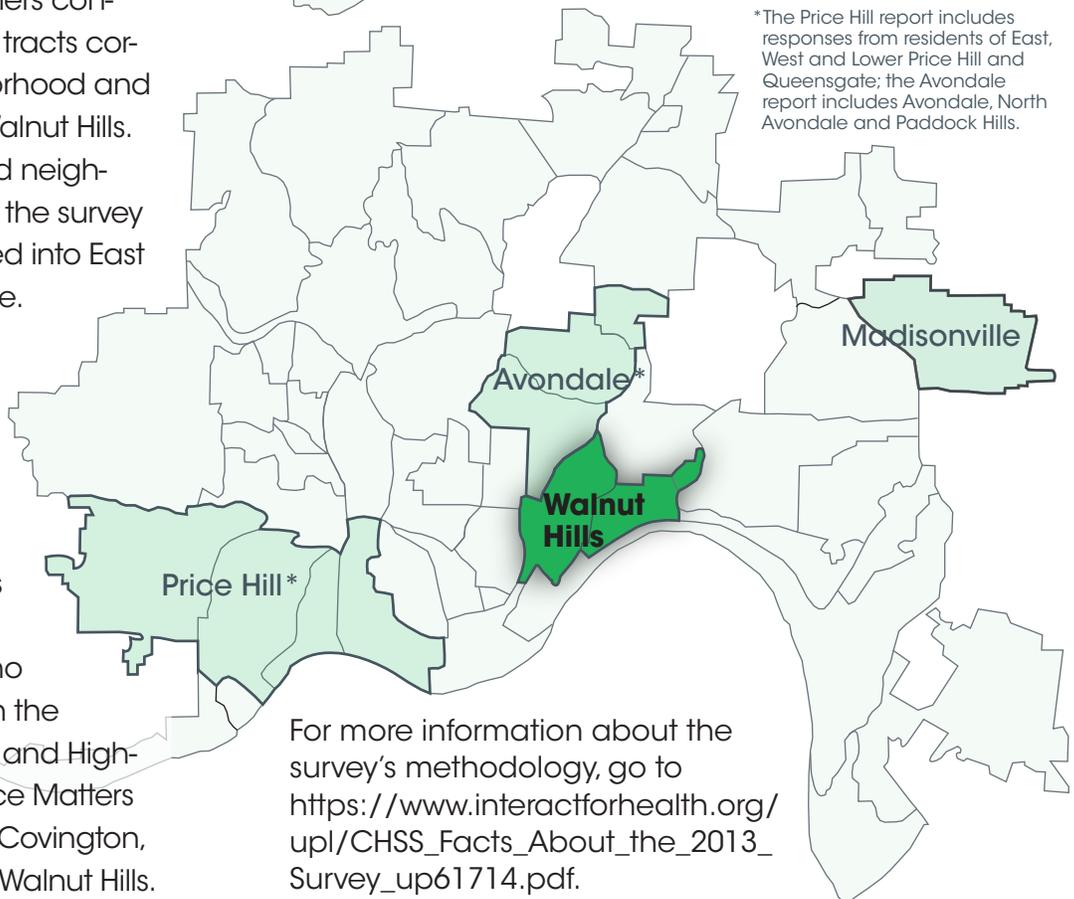
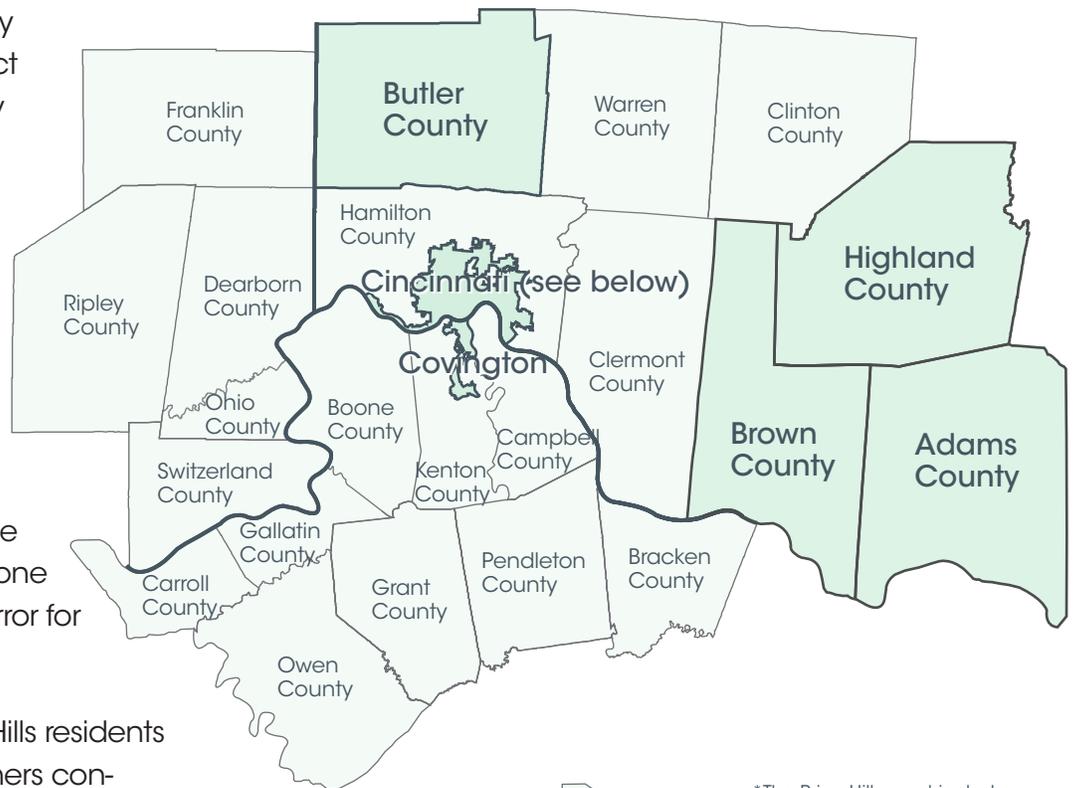
The Greater Cincinnati Community Health Status Survey (CHSS), a project of Interact for Health, is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,929 randomly selected adults residing in the 22 counties at right were interviewed by telephone between Aug. 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](https://www.interactforhealth.org/upl/CHSS_Facts_About_the_2013_Survey_up61714.pdf).



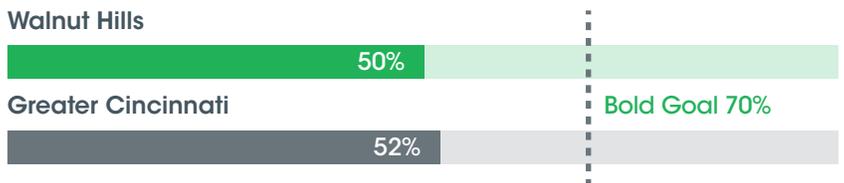
# GENERAL HEALTH

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.

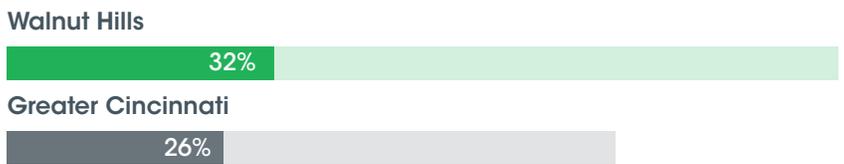
In Walnut Hills, 5 in 10 adults described their health as excellent or very good. This is the same percentage as in Greater Cincinnati. However, it is still lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see [www.uwgc.org/community-impact/bold-goals-for-our-region](http://www.uwgc.org/commu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

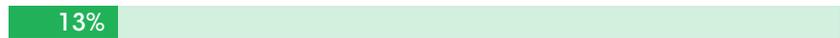
About 2 in 10 Walnut Hills adults had been told they had high cholesterol, severe allergies or depression. The rate of high cholesterol and severe

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

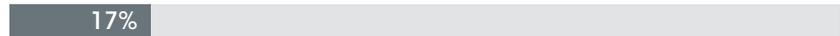
## Adults who had ever been told they had ...

### Asthma

Walnut Hills

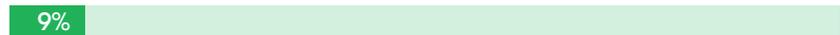


Greater Cincinnati

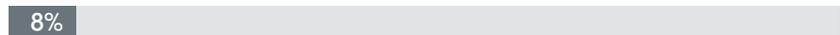


### Cancer

Walnut Hills

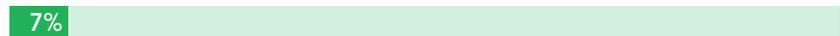


Greater Cincinnati

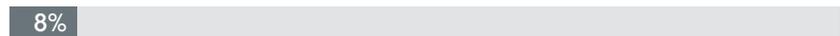


### Chronic lung disease

Walnut Hills

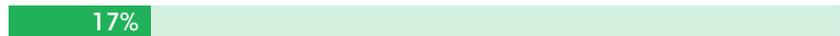


Greater Cincinnati

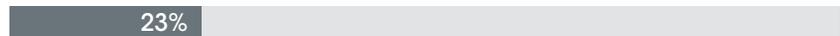


### Depression

Walnut Hills

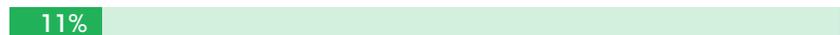


Greater Cincinnati

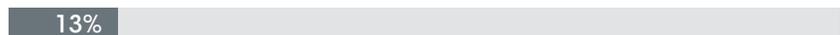


### Diabetes

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.

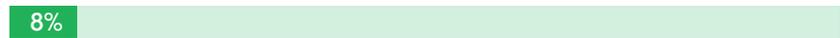
Fewer than 1 in 10 Walnut Hills adults had been told they had cancer, chronic lung disease or had a stroke. These percentages are similar to those for Greater Cincinnati adults.

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

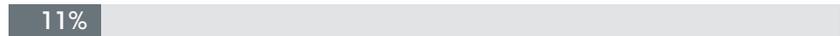
**Adults who had ever been told they had ...**

**Heart trouble or angina**

Walnut Hills

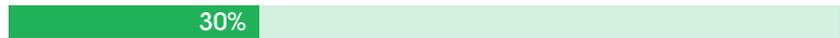


Greater Cincinnati

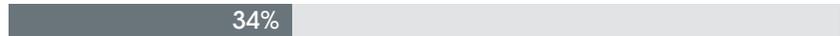


**High blood pressure**

Walnut Hills

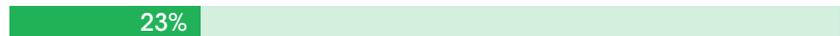


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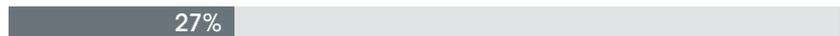


**High cholesterol or triglycerides**

Walnut Hills

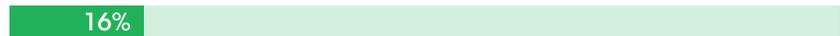


Greater Cincinnati

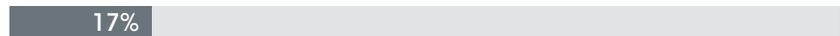


**Severe allergies**

Walnut Hills

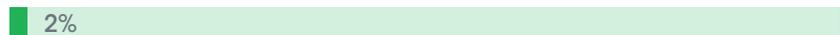


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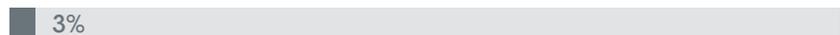


**Stroke**

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



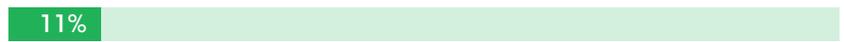
Greater Cincinnati



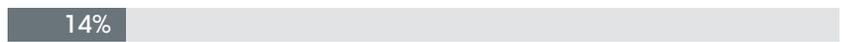
Bold Goal 95%

### 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



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## PRICE HILL

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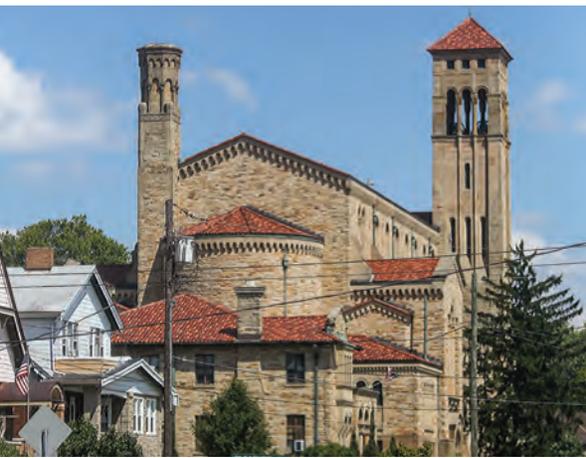
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# ABOUT PRICE HILL



Price Hill is one of the largest, most diverse and greenest neighborhoods in Greater Cincinnati. Historically an upscale refuge from the smog, noise and dirt of downtown Cincinnati, Price Hill is again attracting residents looking for a culturally and economically diverse urban neighborhood with a strong sense of place, historic architecture, a thriving eco and arts community, and easy access to all the city has to offer.

Price Hill is vested in healthy living. Fresh, locally grown produce is available through community gardens, the first Findlay Market Neighborhood Farmstand, the Enright Ridge Eco-Village and its urban farm, or the backyard gardens established through Price Hill Will's Grow It Forward program. The Price Hill Pacer 5K Walk/Run, entering its 10th year, promotes an active lifestyle while generating funds to support Price Hill Will and Santa Maria Community Services. Thanks to Interact for Health, the Pacer will expand in June 2015 to include a 10K race. For the past two years, a community training program has encouraged walkers and runners to exercise regularly with other residents in the months before the Pacer. With more than 300 acres of parkland, community gardens, cemeteries and ball fields, plus forested hillsides, Price Hill offers plenty of opportunities to get outdoors and get active.

While eating well and exercising regularly will help prevent and address many chronic health issues, the need for medical care will always exist. Santa Maria's wellness program provides benefits assistance, outreach and connections for uninsured people, many of whom use the Good Samaritan Free Health Center in East Price Hill. The center is an invaluable primary care resource staffed by dozens of doctors and other healthcare professionals who volunteer their time. Price Hill is also tackling lead poisoning by teaching parents how they can protect their children and awarding grants to help homeowners and landlords remove lead from their property.

**Ken Smith**  
Executive Director,  
Price Hill Will

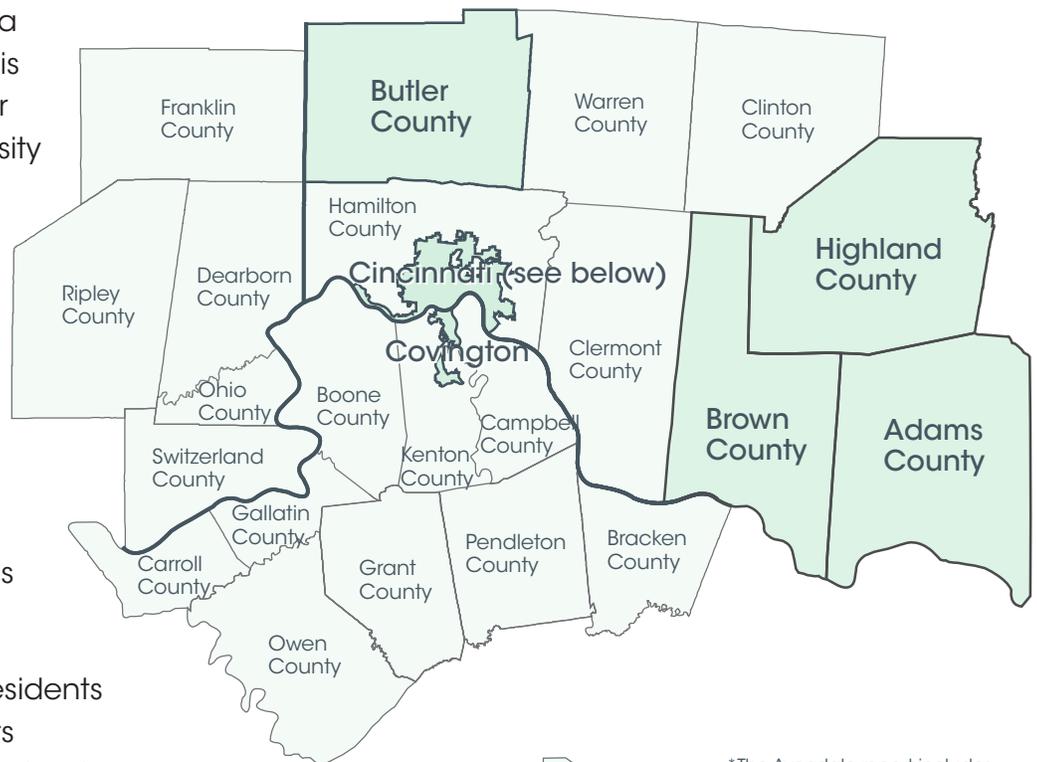
**H.A. Musser, Jr.**  
President & CEO,  
Santa Maria Community Services



# ABOUT THE SURVEY

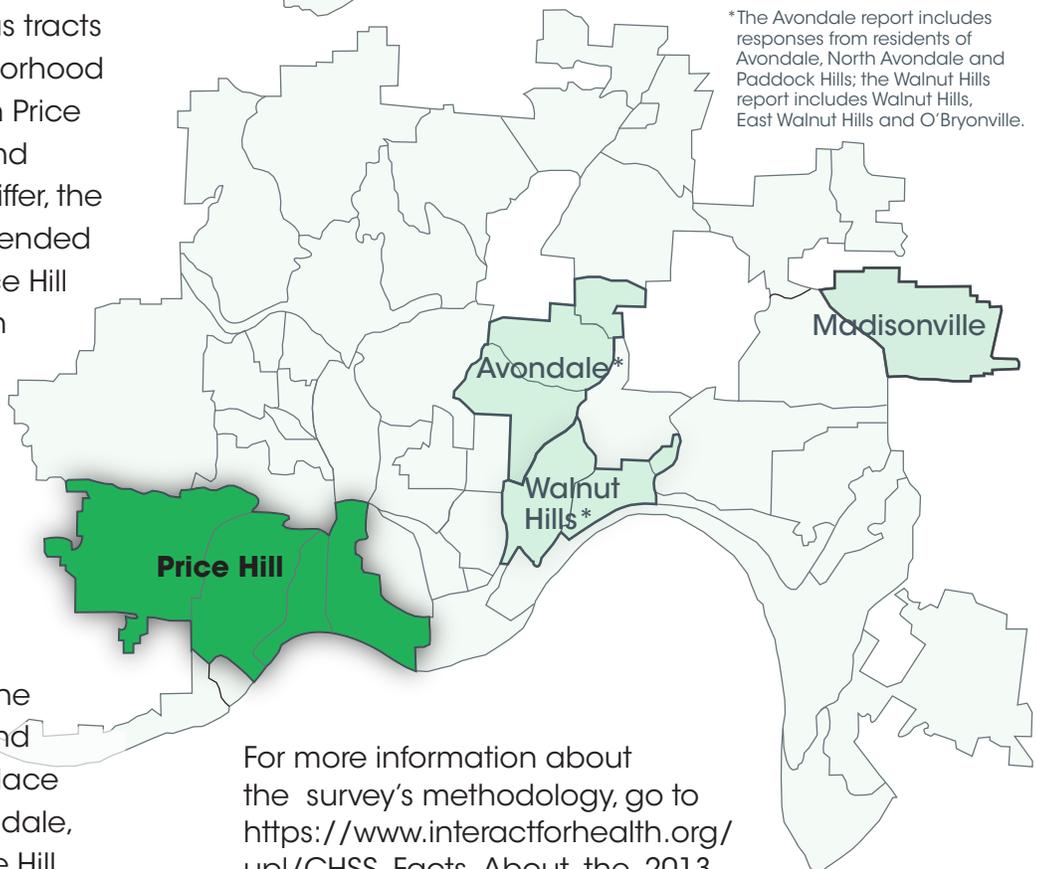
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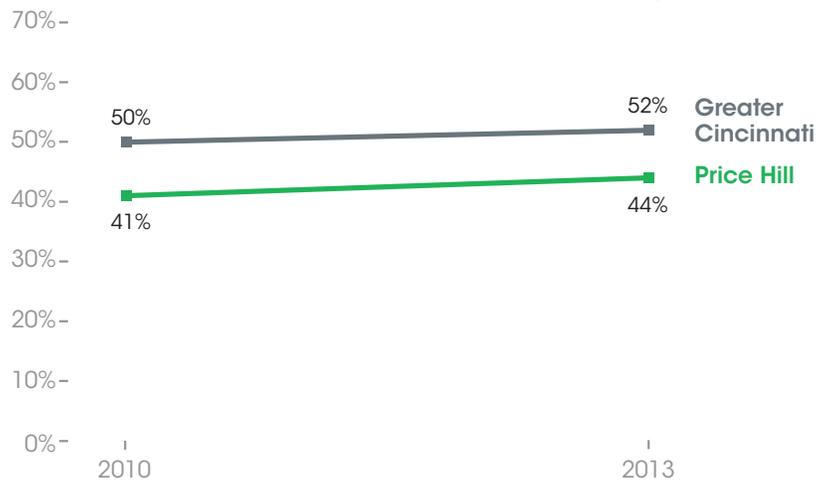
# GENERAL HEALTH

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.

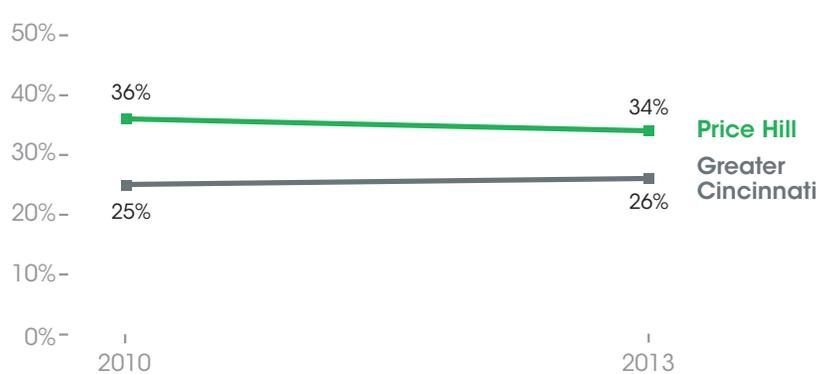
In Price Hill, 4 in 10 adults described their health as excellent or very good. This is about the same as among Price Hill adults in 2010. However, it is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater Cincinnati Bold Goal of 70 percent. 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).

About 3 in 10 Price Hill adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is worse than for adults in the region, but the same as among Price Hill adults in 2010.

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



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



Poor health did not interfere with the usual activities of most adults. But poor health interfered in the usual activities of more than 2 in 10 Price Hill adults 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. Price Hill adults were asked how they would rate both the Greater Cincinnati region and their own neighborhood as a healthy place to live.

In Price Hill, fewer than 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 thought the region was a healthy place to live. Price Hill adults gave their own neighborhood lower ratings, with 4 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 Price Hill, fewer than 5 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Price Hill respondents rated their own homes highly more often, but still less often than Greater Cincinnati adults.

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

### Greater Cincinnati as a healthy place to live

Price Hill

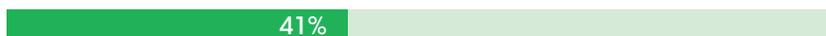


Greater Cincinnati



### Their neighborhood as a healthy place to live

Price Hill



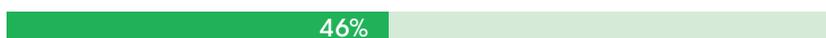
Greater Cincinnati



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

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

Price Hill



Greater Cincinnati



### The condition of their own house or apartment

Price Hill



Greater Cincinnati



Fewer than 8 in 10 Price Hill adults rated their own house or apartment highly, compared with 9 in 10 adults in the region.



Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails, and recreation centers nearby. Six in 10 Price Hill 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. Nearly 3 in 10 Price Hill adults said they used neighborhood recreation facilities at least once a week, about the same as adults in the region. Nearly 8 in 10 Price Hill adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, more than the percentage of adults in the region who said this.

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

**Recreation facilities**

**Price Hill**



**Greater Cincinnati**

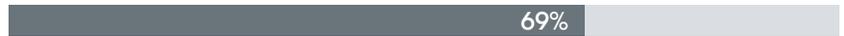


**Safe shoulders or sidewalks**

**Price Hill**



**Greater Cincinnati**



4 in 10 said Price Hill was a healthy place to live

Nearly 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

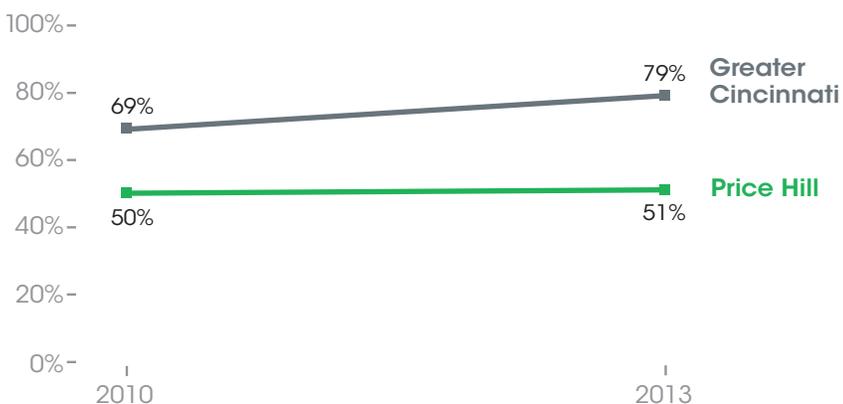
The rates of positive responses to these questions have remained steady in Price Hill since 2010. Price Hill adults were less likely than adults in the region to agree with these statements.

About 5 in 10 Price Hill adults said that people can depend on each other in their community.

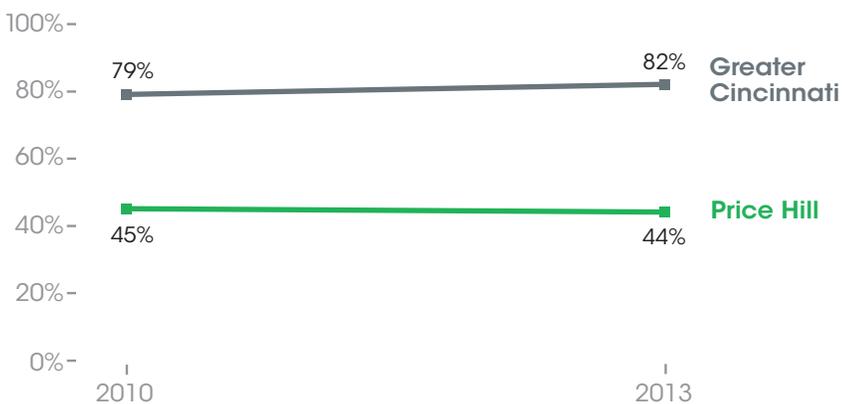
About 4 in 10 Price Hill adults said that living in their community gave them a secure feeling.

Fewer than 6 in 10 Price Hill adults agreed that people could get help from the community if they were in trouble.

## 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 Price Hill adults ate the recommended daily amount of both fruits and vegetables. This is about the same as among Greater Cincinnati adults. More than half of Price Hill adults did not eat the recommended amount of either fruits or vegetables. This is worse than 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. Seven in 10 Price Hill 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**

### Price Hill

19%

### Greater Cincinnati

18%

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

### Price Hill

55%

### Greater Cincinnati

45%

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

### Price Hill

71%

### Greater Cincinnati

81%

7 in 10 Price Hill adults said it is easy to buy healthy foods in their neighborhood



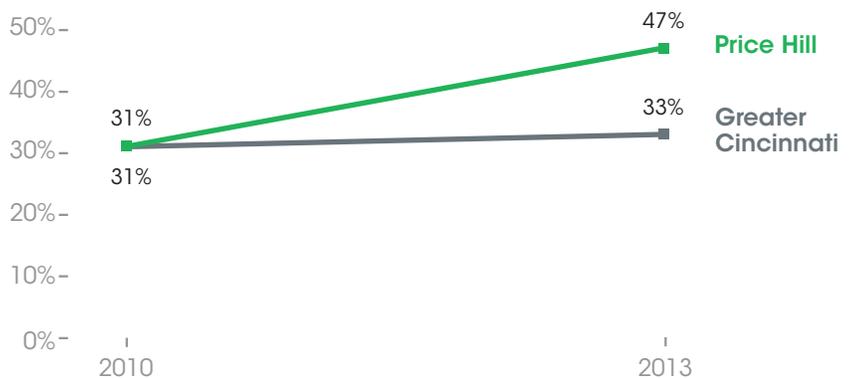
# OBESITY AND EXERCISE

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). Nearly half of Price Hill adults were obese. This is worse than among adults in the region and also worse than in 2010, when only 3 in 10 Price Hill adults 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

## Adults who are obese



walking for exercise?" More than 7 in 10 Price Hill adults said yes, about the same rate as adults in the region. About 4 in 10 Price Hill 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.

**4 in 10 Price Hill adults had done muscle strengthening**



# SMOKING AND DRINKING

Smoking is harmful. Nearly half of Price Hill adults say they have never smoked. Another 2 in 10 adults used to smoke, but have quit. Nearly 4 in 10 Price Hill 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.

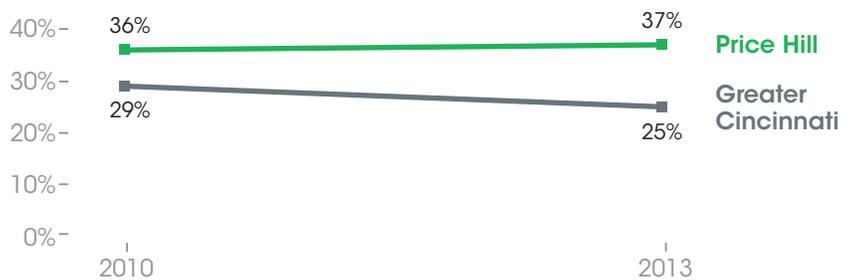
Moderate alcohol use poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Price Hill adults reported either not drinking or drinking moderately.

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 Price Hill adults were heavy drinkers, similar to the percentage of 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...

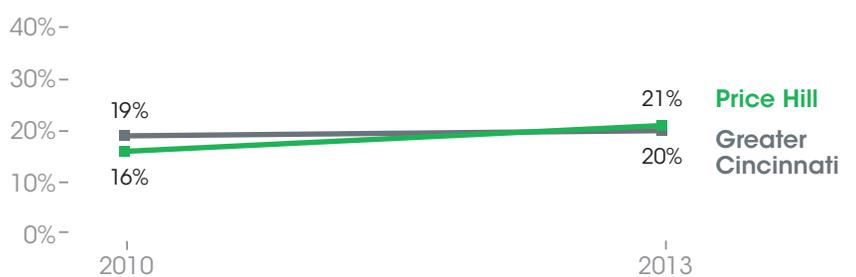
### Current smokers



### 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 Price Hill, more than 2 in 10 adults reported binge drinking in the past month. This is similar to adults in the region and to Price Hill adults in 2010.



# CHRONIC CONDITIONS

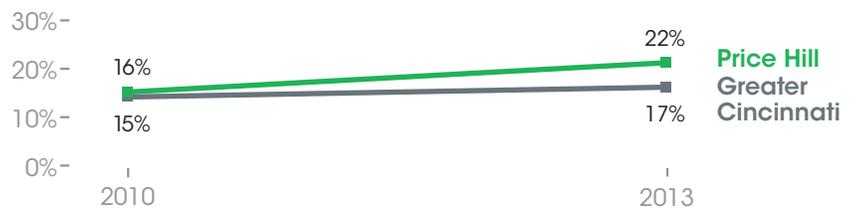
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

More than 4 in 10 Price Hill adults had been told that they had hypertension or high blood pressure. This is higher than the percentage among Greater Cincinnati adults and higher than among Price Hill adults in 2010.

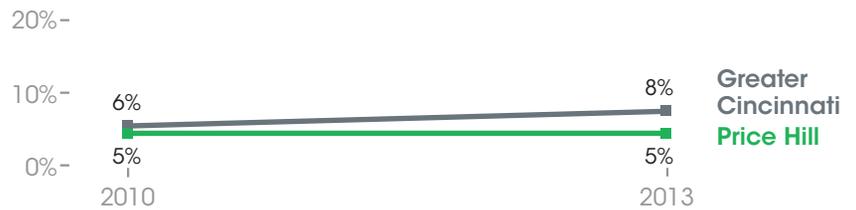
Nearly 3 in 10 Price Hill adults had been told that they had depression. This is about the same as the percentage among adults in the region and less than among Price Hill adults in 2010.

More than 4 in 10 Price Hill adults had been told that they had hypertension, or high blood pressure

**Adults who had ever been told they had ... Asthma**



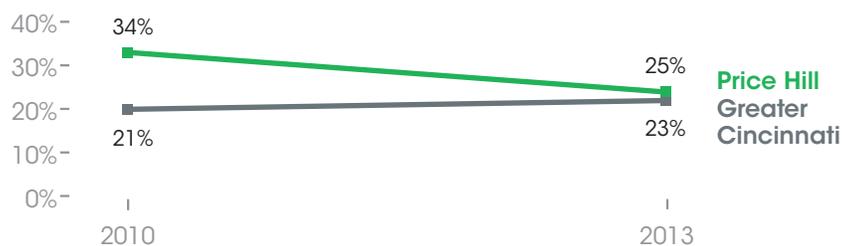
**Cancer**



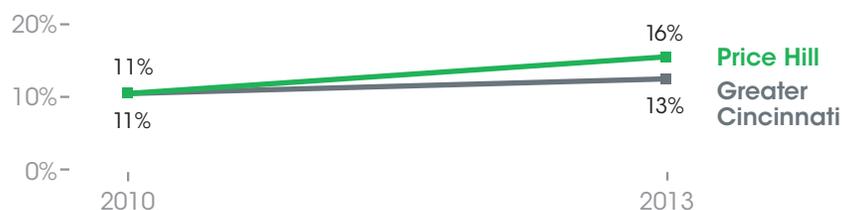
**Chronic lung disease**



**Depression**



**Diabetes**



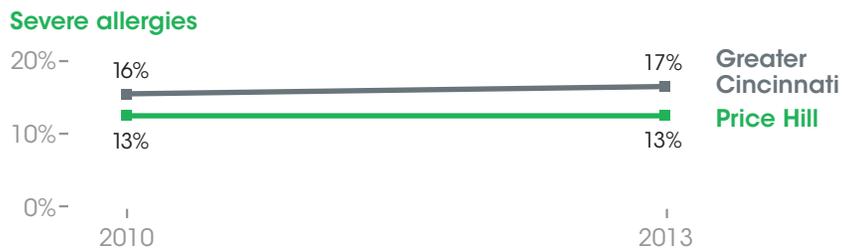
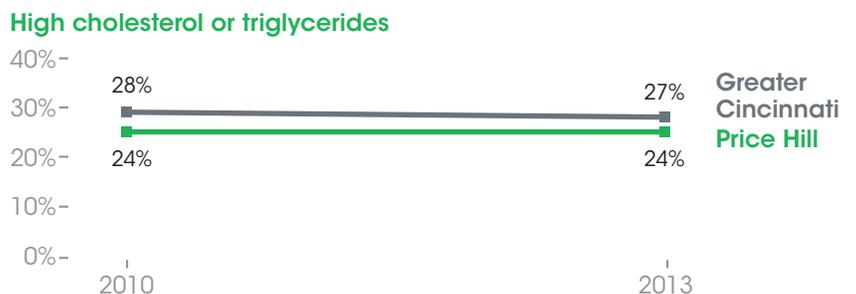


About 2 in 10 Price Hill adults had been told they had high cholesterol or triglycerides, asthma, or diabetes. This is similar to adults in the region. The rate for high cholesterol or triglycerides is the same as for Price Hill adults in 2010. The rates for asthma and diabetes are greater than for Price Hill adults in 2010.

About 1 in 10 Price Hill adults had been told they had severe allergies, heart trouble or angina, or chronic lung disease. This is about the same as for adults in the region. The percentage of Price Hill adults told they had heart trouble or angina was lower than in 2010, while the other percentages were the same as in 2010.

Fewer than 1 in 10 Price Hill adults had been told they had cancer or had a stroke. These percentages are similar to those for Greater Cincinnati adults and to Price Hill adults in 2010.

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





# 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.

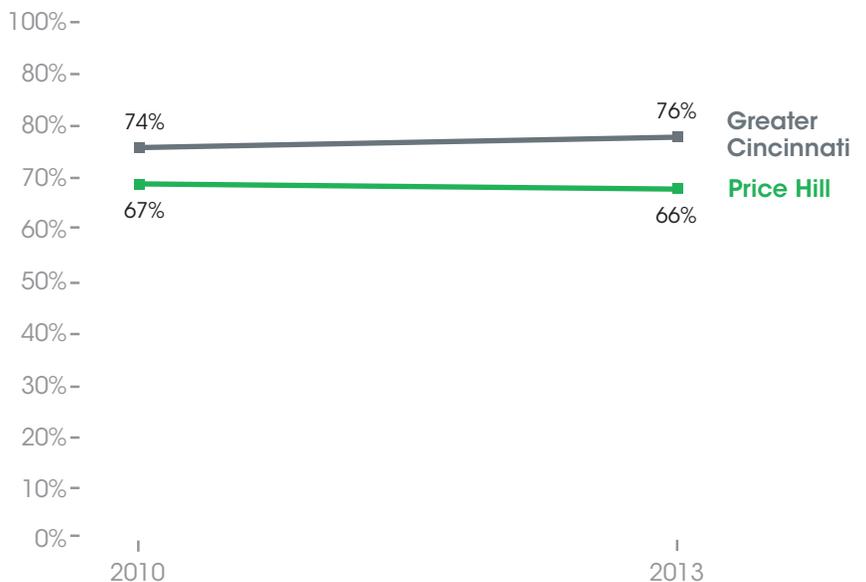
Nearly 7 in 10 Price Hill adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is worse than among adults in the region and about the same as among Price Hill adults in 2010.

Regular dental care is an important part of oral health. More than half of Price Hill 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 among adults in the region and worse than among Price Hill adults in 2010.

More than half went without or delayed needed dental care

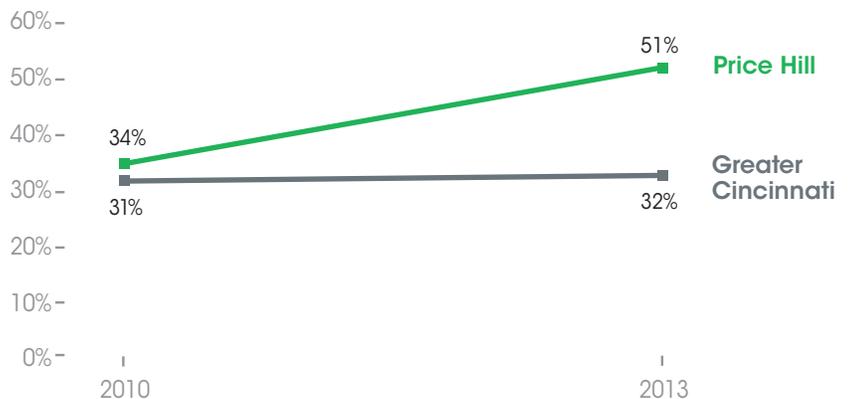
## Adults who ...

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

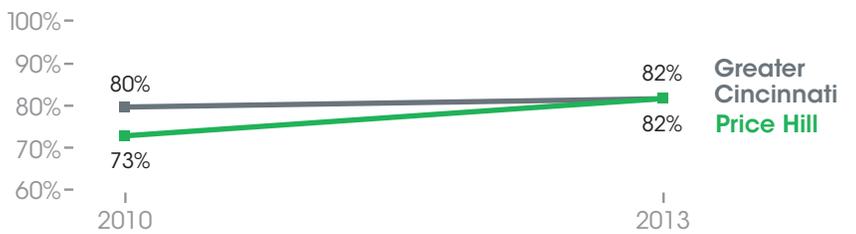
Receiving regular care from a health-care provider is important for maintaining good health. Several factors can impede getting regular care.

One factor is cost. Most people rely on insurance to afford healthcare. In Price Hill, more than 8 in 10 adults had health insurance, about the same as in 2010. This includes coverage for nearly all adults older than 65. The percentage is about the same as among adults in the region.

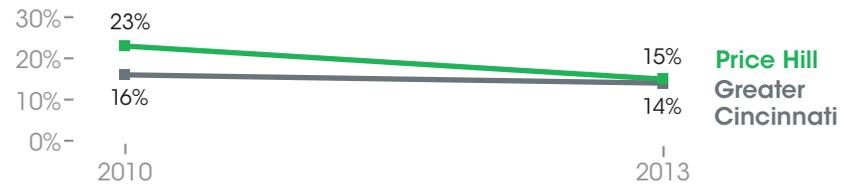
The CHSS was conducted before open enrollment for the Patient Protection and Affordable Care Act (ACA) ended. Therefore it does not include those who signed up for coverage under the ACA. It also does not include those who are now covered by Medicaid expansion in Ohio and Kentucky.

Even with health insurance, care can be expensive. In Price Hill, 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 among adults in the region and similar to the percentage among Price Hill adults in 2010.

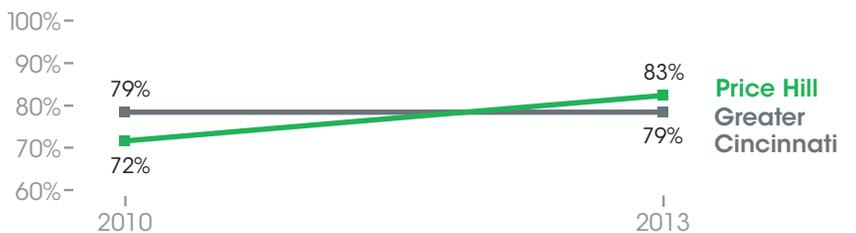
## Adults who have... A usual and appropriate source of care



## 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 Price Hill, 8 in 10 adults said they had a usual and appropriate source of healthcare, up from 7 in 10 adults in 2010. This is the same as among Greater Cincinnati adults, but less than the community Bold Goal of 95%. More than 1 in 10 Price Hill adults had no usual source of care, down from 2 in 10 in 2010. About 8 in 10 Price Hill adults had gotten a routine check-up within the past 12 months, about the same as among adults in the region and better than Price Hill adults in 2010.



# 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



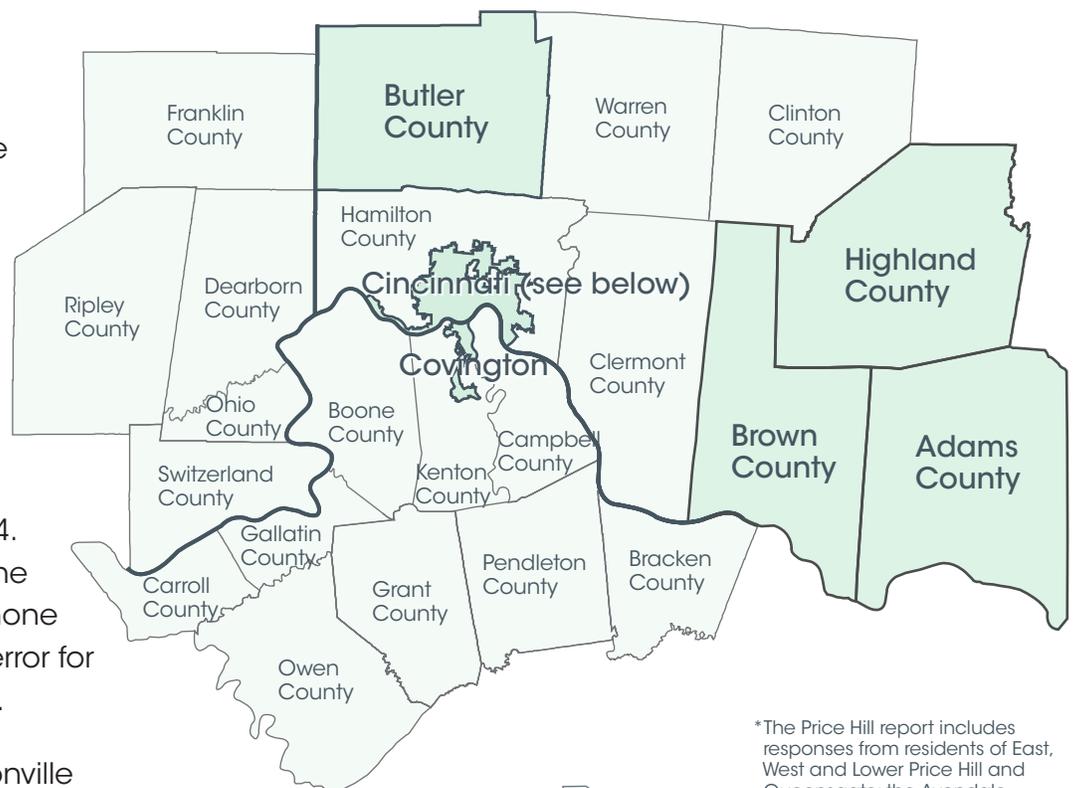
# ABOUT THE SURVEY

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  $\pm 1.5\%$ .

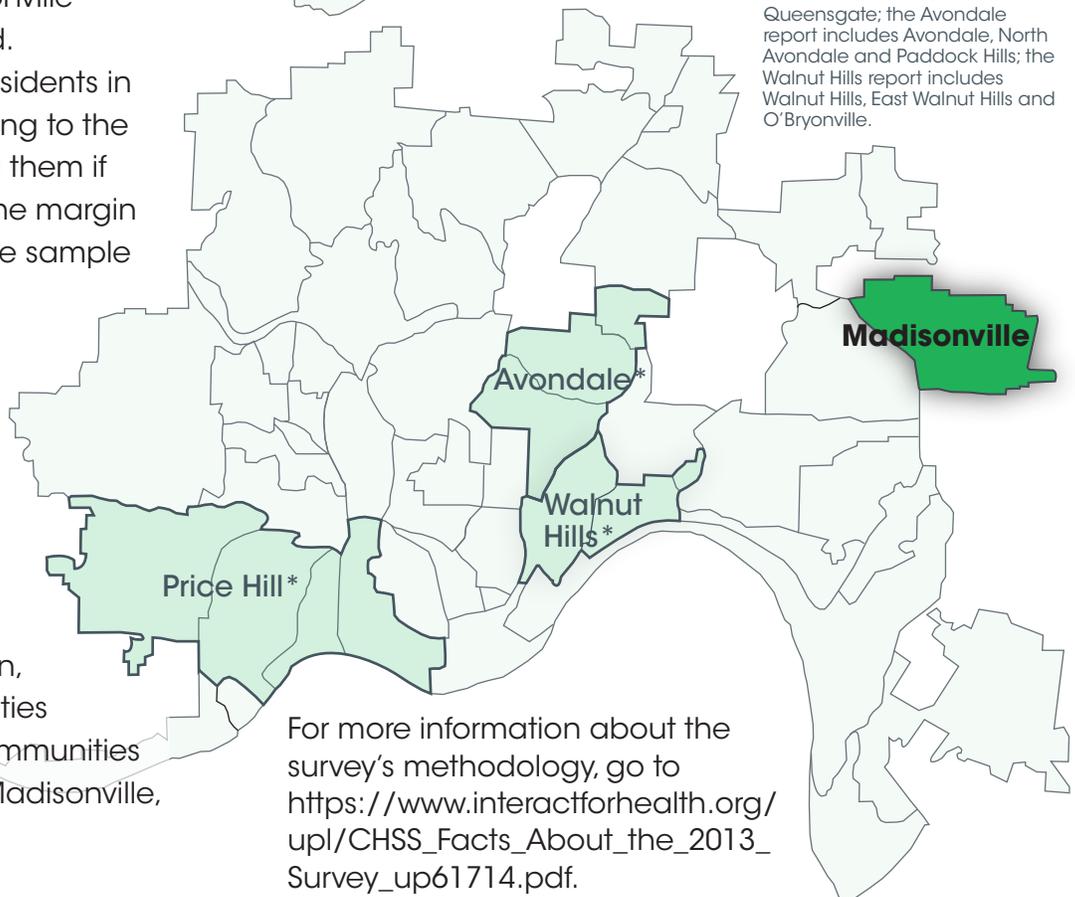
For this report, 266 Madisonville residents were interviewed. Researchers contacted residents in census tracts corresponding to the neighborhood and asked them if they live in Madisonville. The margin of error for the Madisonville sample is  $\pm 6.0\%$ .

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](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](http://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

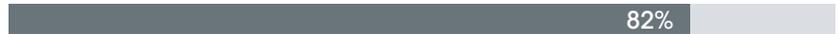


Living in my community gives me a secure feeling

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).

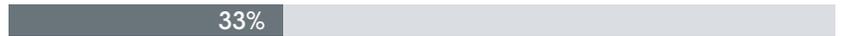
The CHSS asked, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?" Nearly 8 in 10 Madisonville adults said yes, similar

## 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

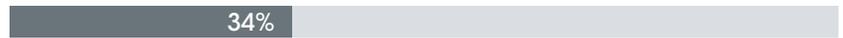


**High blood pressure**

Madisonville



Greater Cincinnati

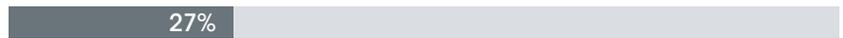


**High cholesterol or triglycerides**

Madisonville



Greater Cincinnati

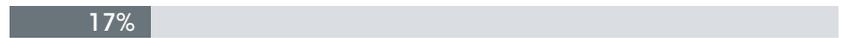


**Severe allergies**

Madisonville



Greater Cincinnati

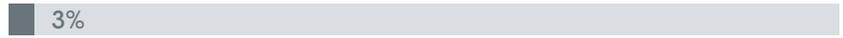


**Stroke**

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

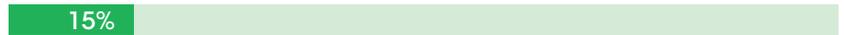


Greater Cincinnati



### No source of healthcare

Madisonville



Greater Cincinnati

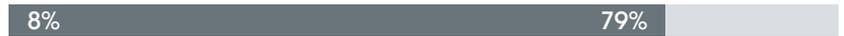


### Had a check-up in the past 12 months

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



# INTERACT FOR HEALTH

A Catalyst for Health and Wellness



## AVONDALE

### 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 AVONDALE



Incorporated as a village in 1864, Avondale was one of Cincinnati's first and most beautiful suburbs. Its diverse housing and stately mansions are featured in the early literature about the neighborhood and are a consistent theme in the neighborhood's growth. The neighborhood has gone through distinct ethnic variations. The historical turning point was the riots of the late '60s. In the decades before the riots, Avondale transitioned from a primarily Jewish neighborhood to a strongly African-American one.

Avondale is home to the region's largest African-American resident base. Its diversity rests in the age, income and wealth of its residents, in its institutions and in its businesses. The community counts the Cincinnati Zoo and Botanical Garden, Cincinnati Children's Hospital Medical Center and its schools as critical stakeholders in the battle against health disparities. Health-related resources include two in-school health clinics and a dental clinic connected to the U.S. Bank Boys & Girls club. Community support organizations such as the Center for Closing the Health Gap, Urban League, City of Cincinnati and organized clergy join resident organizations such as the Avondale Community Council, Avondale Running Club, Avondale Business Association and Avondale Youth Council in working toward raising the quality of life in the neighborhood.

Avondale's most recent neighborhood plan lists health and wellness as its greatest priority! Efforts to improve health are led by the neighborhood's health partners, the Avondale Comprehensive Development Corporation, Every Child Succeeds, the Center for Closing the Health Gap's Do Right Campaign, Children's Hospital's Center for Clinical & Translational Science and Training, its schools and Interact for Health. A recent shift in focusing on communitywide health and adverse childhood experiences has been created by the rich involvement of Avondale's residents and these partners.



**Ozie Davis III**

Executive Director,  
Avondale Comprehensive  
Development Corporation



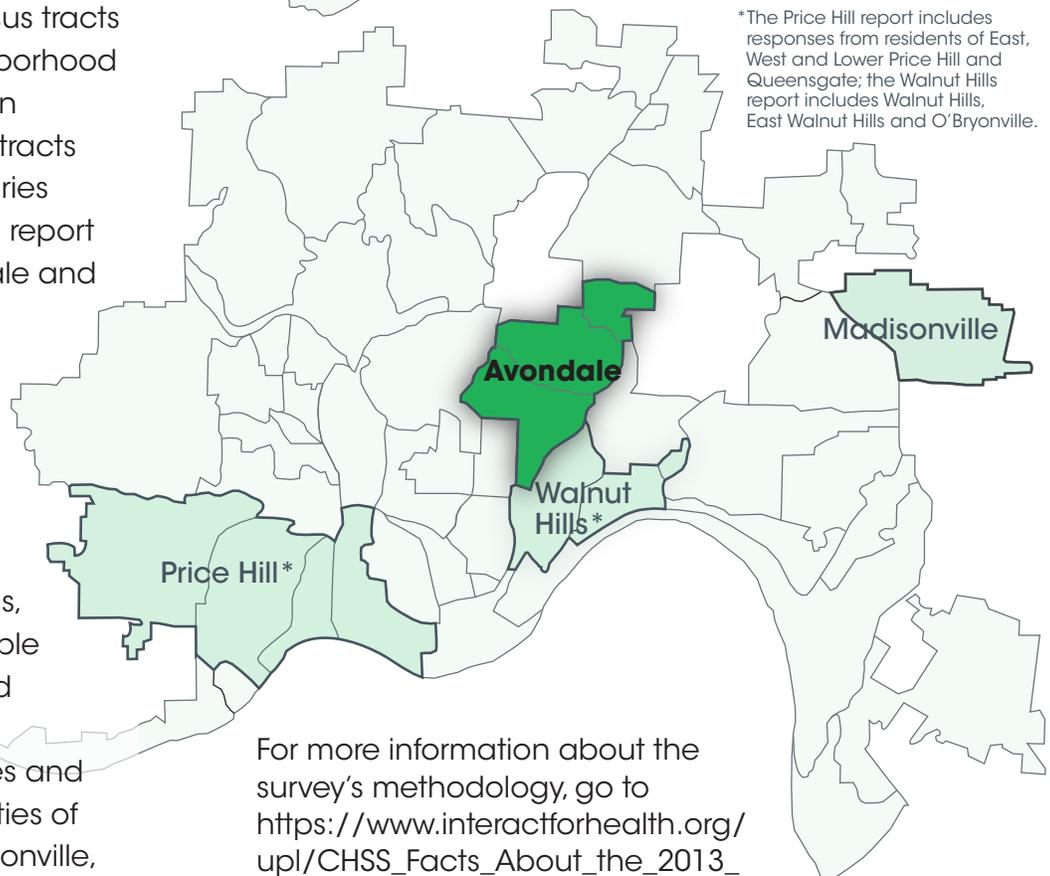
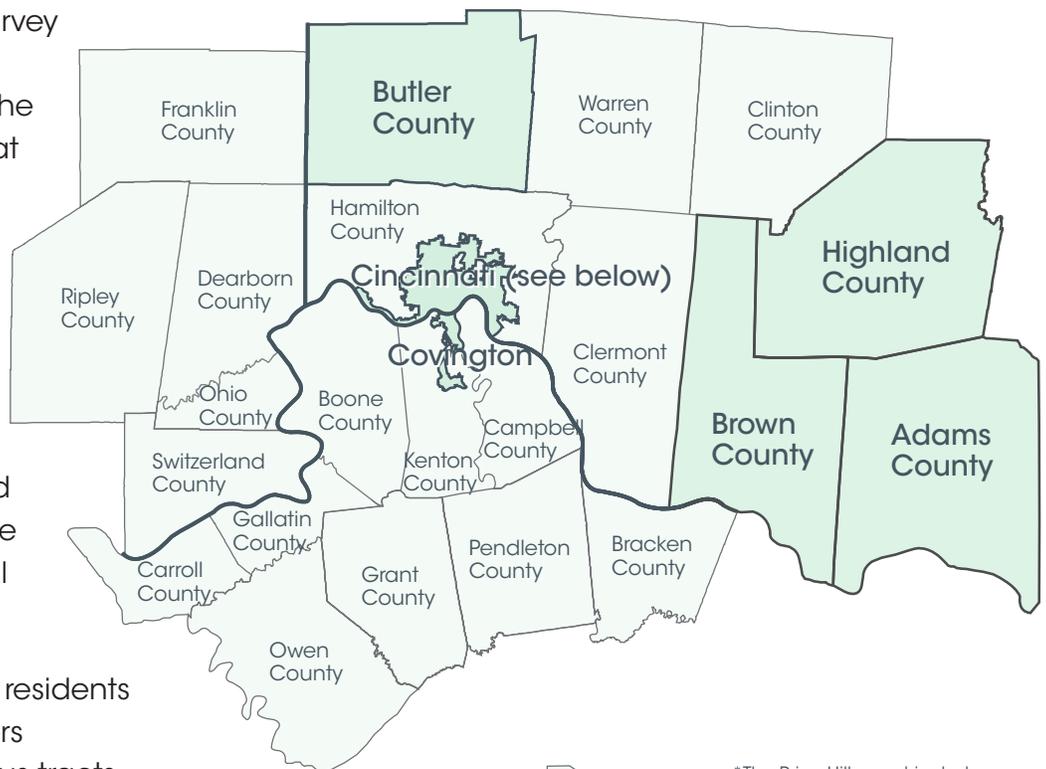
# ABOUT THE SURVEY

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, 236 Avondale residents were interviewed. Researchers contacted residents in Census tracts corresponding to the neighborhood and asked them if they live in Avondale. Because Census tracts and neighborhood boundaries differ, the survey area for this report extended into North Avondale and Paddock Hills. The margin of error for the Avondale sample is  $\pm 6.4\%$ .

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](https://www.interactforhealth.org/upl/CHSS_Facts_About_the_2013_Survey_up61714.pdf).



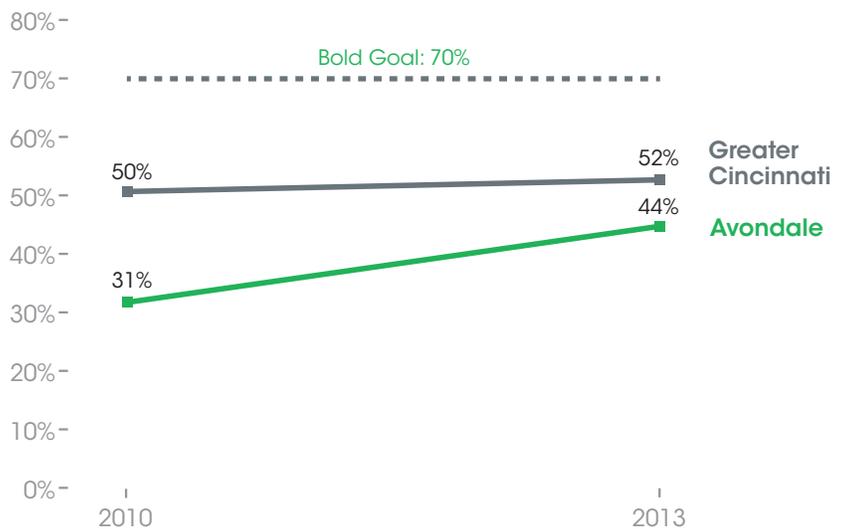
# GENERAL HEALTH

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.

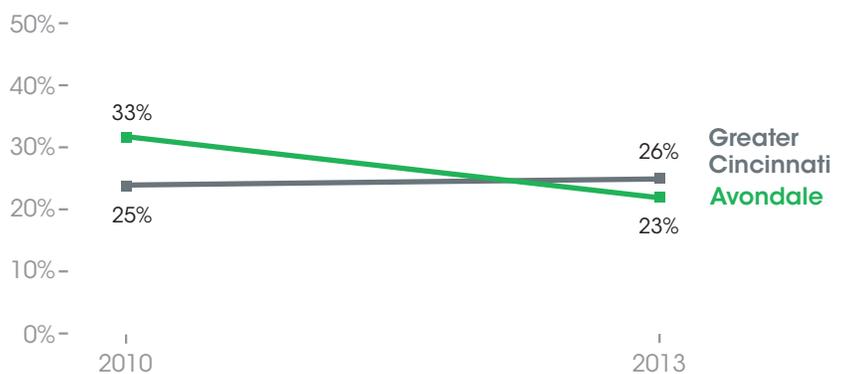
In Avondale, more than 4 in 10 adults described their health as excellent or very good. This is better than in 2010, when 3 in 10 adults described their health this way. However, it is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater 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).

About 2 in 10 Avondale adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is also better than in 2010. Poor health did not interfere with the usual activities

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



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



of most adults. But poor health interfered in the usual activities of 1 in 10 Avondale adults for two weeks or more of the previous month.

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



# THE COMMUNITY

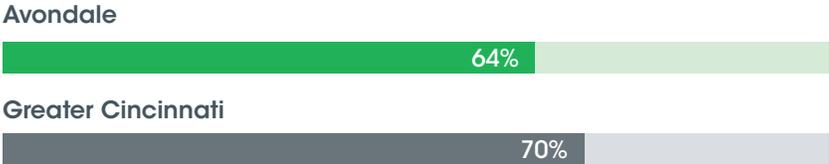
The health of the community in which people live can strongly influence their health. Avondale adults were asked how they would rate both Greater Cincinnati and their own neighborhood as a healthy place to live.

In Avondale, 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 thought the region was a healthy place to live. Avondale 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.

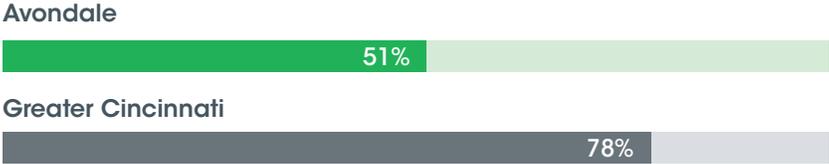
Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Avondale, fewer than 6 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Avondale respondents rated their own homes highly more often, but still less often than Greater Cincinnati adults.

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

#### Greater Cincinnati as a healthy place to live

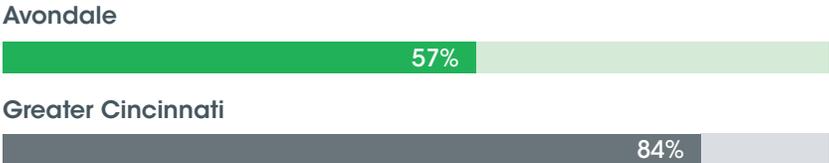


#### Their neighborhood as a healthy place to live



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

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



#### The condition of their own house or apartment



Fewer than 8 in 10 Avondale adults rated their own house or apartment highly, compared with 9 in 10 adults in the region.



Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. About half of Avondale 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 Avondale adults said they used neighborhood recreation facilities at least once a week, less than the rate of Greater Cincinnati adults who said this. However, 7 in 10 Avondale 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

##### Avondale



##### Greater Cincinnati



#### Safe shoulders or sidewalks

##### Avondale



##### Greater Cincinnati



Half said Avondale 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

About 5 in 10 Avondale adults said that people can depend on each other in their community. This is much lower than the 8 in 10 Greater Cincinnati adults who said this. However, it is higher than in 2010 when only 4 in 10 Avondale adults said this.

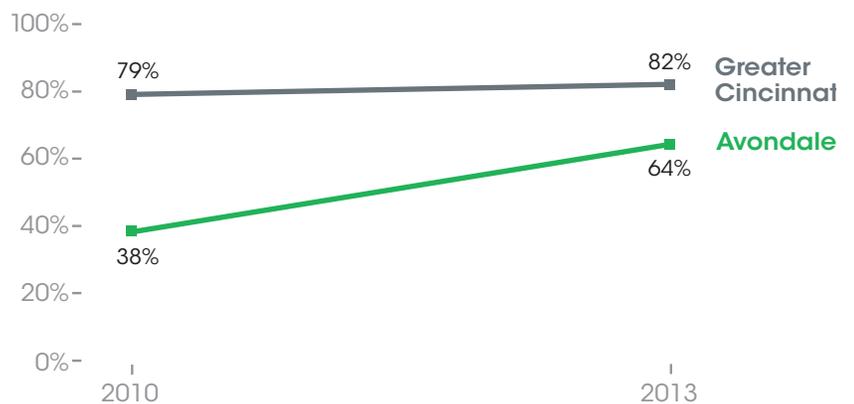
About 6 in 10 Avondale adults said that living in their community gives them a secure feeling. While this is lower than the 8 in 10 adults in the region who said this, it is higher than the 4 in 10 Avondale adults who said this in 2010.

About 6 in 10 Avondale adults said that people can get help from the community if they are in trouble. Again, this is lower than the 8 in 10 adults in the region who said this, but higher than in 2010 when fewer than 5 in 10 Avondale adults said this.

**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 Avondale adults ate the recommended daily amount of both fruits and vegetables. About 4 in 10 Avondale 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 half of Avondale 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**

Avondale

15%

Greater Cincinnati

18%

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

Avondale

43%

Greater Cincinnati

45%

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

Avondale

50%

Greater Cincinnati

81%

Half of Avondale adults said it is easy to buy healthy foods in their neighborhood



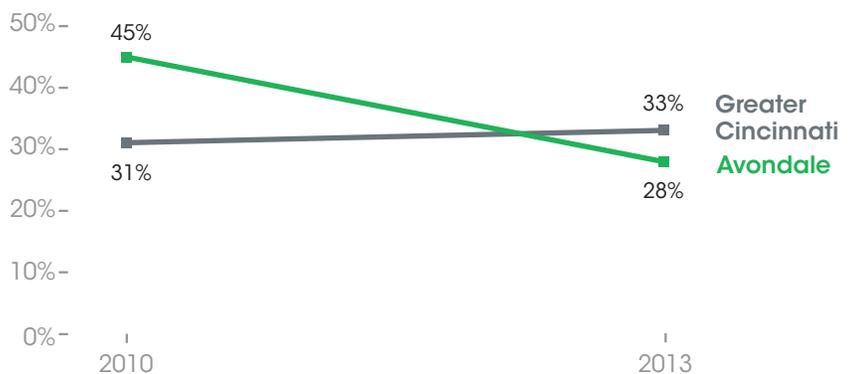
# OBESITY AND EXERCISE

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). Nearly 3 in 10 Avondale adults were obese. This is about the same as the percentage among Greater Cincinnati adults. It is also better than in 2010 when nearly 5 in 10 Avondale adults 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,

## Adults who are obese



calisthenics, golf, gardening or walking for exercise?” More than 7 in 10 Avondale adults said yes, about the same rate as adults in the region. About 5 in 10 Avondale 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.

**5 in 10  
Avondale  
adults had  
done muscle  
strengthening**

# SMOKING AND DRINKING

Smoking is harmful. About half of Avondale adults said they have never smoked. Another 2 in 10 adults used to smoke, but have quit. About 3 in 10 Avondale 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.

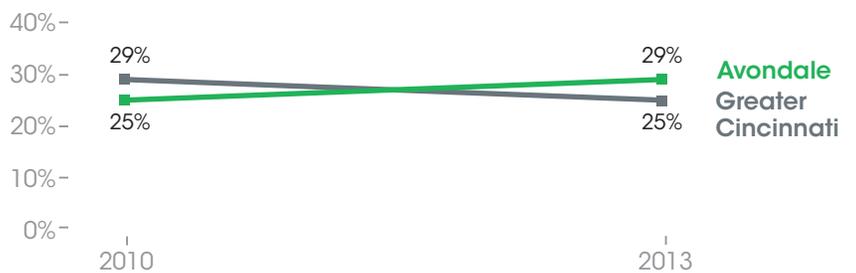
Moderate alcohol use - having no more than one drink a day for women and no more than two drinks a day for men - poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Avondale adults reported either not drinking or drinking moderately.

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 Avondale adults were heavy drinkers, similar to the percentage of 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...

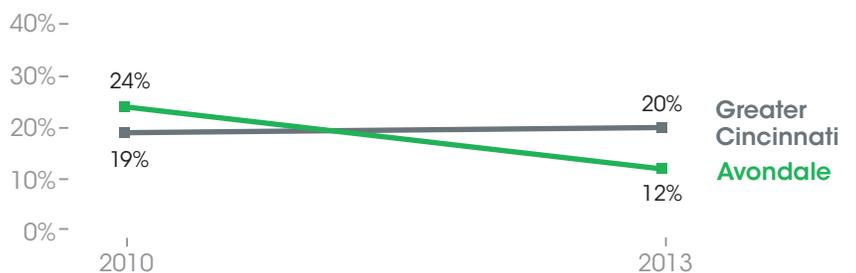
### Current smokers



### 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 Avondale, 1 in 10 adults reported binge drinking in the past month. This is better than among Greater Cincinnati adults, and an improvement among Avondale adults since 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.

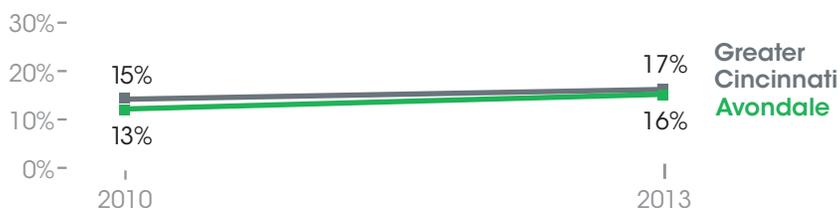
About 5 in 10 Avondale adults had been told that they had hypertension, or high blood pressure. This is higher than the percentage among Greater Cincinnati adults, and has not changed considerably since 2010.

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

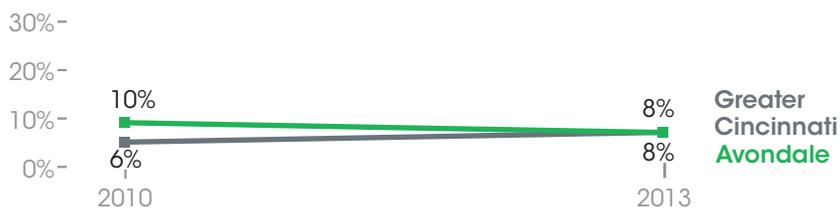
**5 in 10 Avondale adults had been told that they had hypertension, or high blood pressure**

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

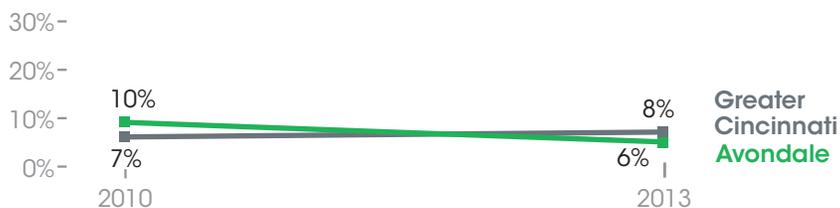
### Asthma



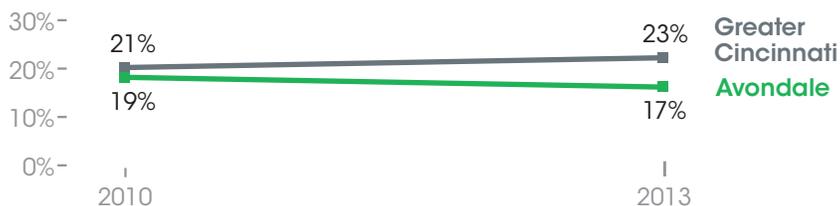
### Cancer



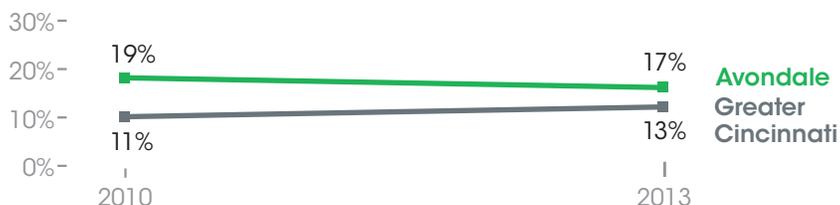
### Chronic lung disease



### Depression



### Diabetes



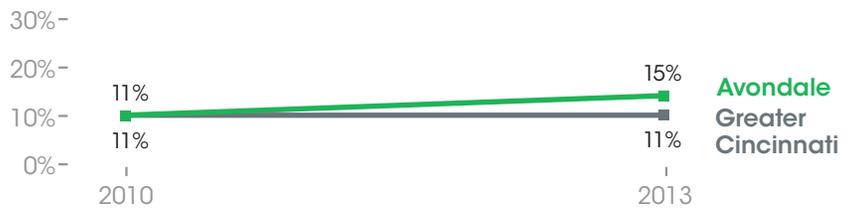


About 2 in 10 Avondale adults had been told they had severe allergies, heart trouble or angina, asthma, diabetes or depression. The rates for severe allergies and heart trouble are higher than for adults in the region. The rate for depression is lower than for adults in the region.

Fewer than 1 in 10 Avondale adults had been told they had cancer, chronic lung disease or had a stroke. The percentage for stroke is higher than among Greater Cincinnati adults. The other percentages are similar to those for adults in the region.

**Fewer than 1 in 10 Avondale 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.

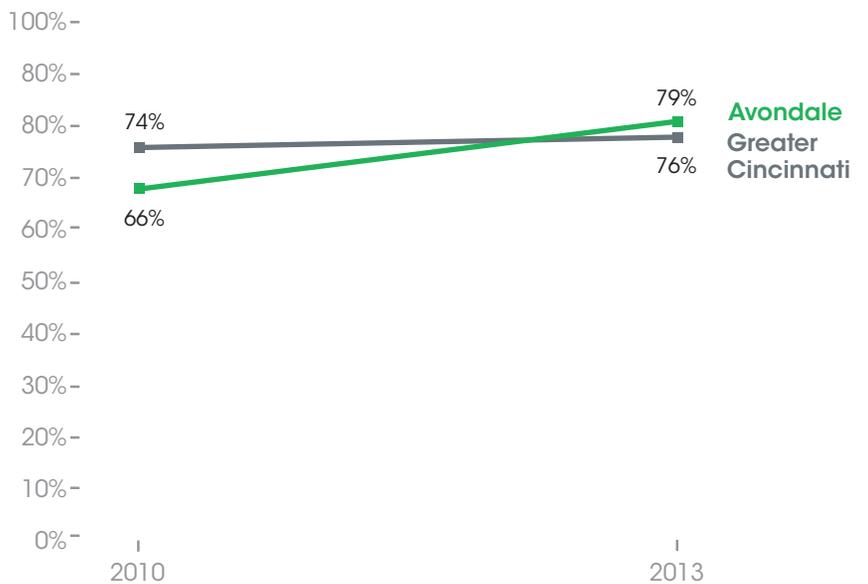
Nearly 8 in 10 Avondale adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is about the same as adults in the region. It is also better than in 2010 when fewer than 7 in 10 Avondale adults said this.

Regular dental care is an important part of oral health. About 2 in 10 Avondale 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 better than among adults in the region, and much better than in 2010 when nearly 5 in 10 Avondale adults said this.

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

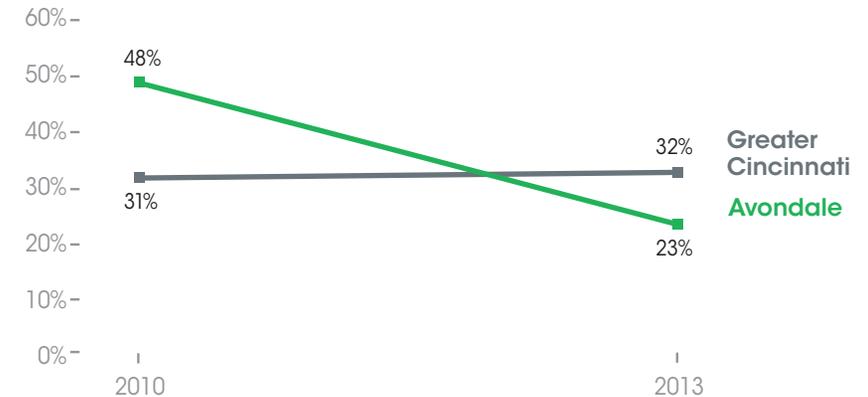
## Adults who ...

**Say the condition of their mouth and 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.

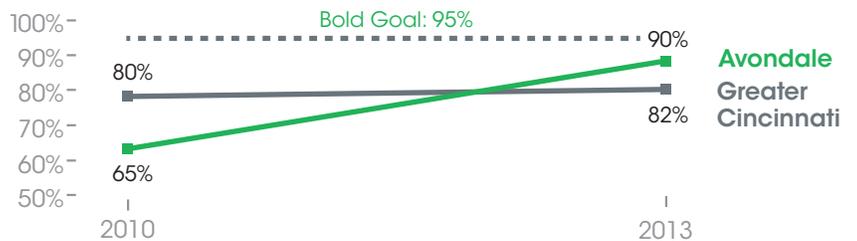
One factor is cost. Most people rely on insurance to afford healthcare. The percentage of Avondale adults with health insurance has improved since 2010. In 2013, nearly 9 in 10 adults had health insurance, up from 6 in 10 in 2010. This includes coverage for nearly all adults older than 65. The percentage is about the same as among 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.

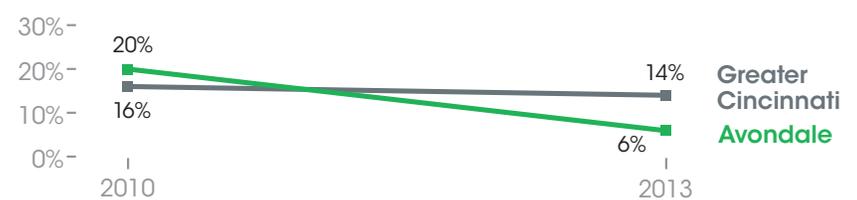
Even with health insurance, care can be expensive. In Avondale, 1 in 10 adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is the same as the percentage for adults in the region.

## 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 Avondale, 9 in 10 adults said they had a usual and appropriate source of healthcare, up from fewer than 7 in 10 adults in 2010. This percentage is better than among Greater Cincinnati adults and is close to the community Bold Goal of 95%. Fewer than 1 in 10 Avondale adults had no usual source of care. More than 9 in 10 Avondale adults had gotten a routine check-up within the past 12 months, better than Greater Cincinnati adults and Avondale adults in 2010.



# 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



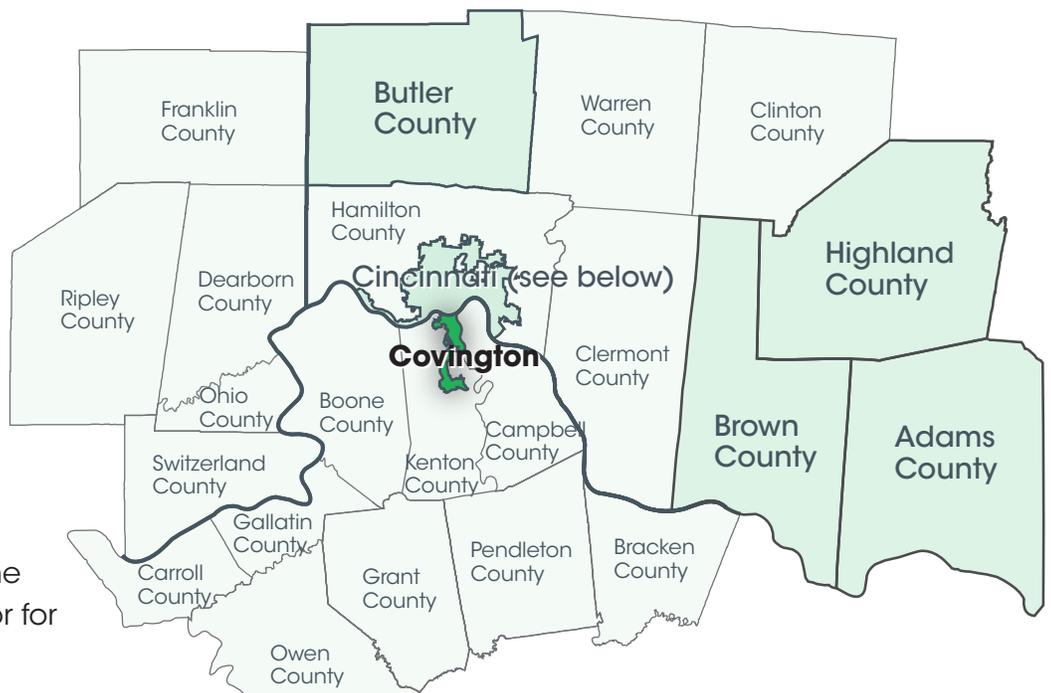
# ABOUT THE SURVEY

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  $\pm 1.5\%$ .

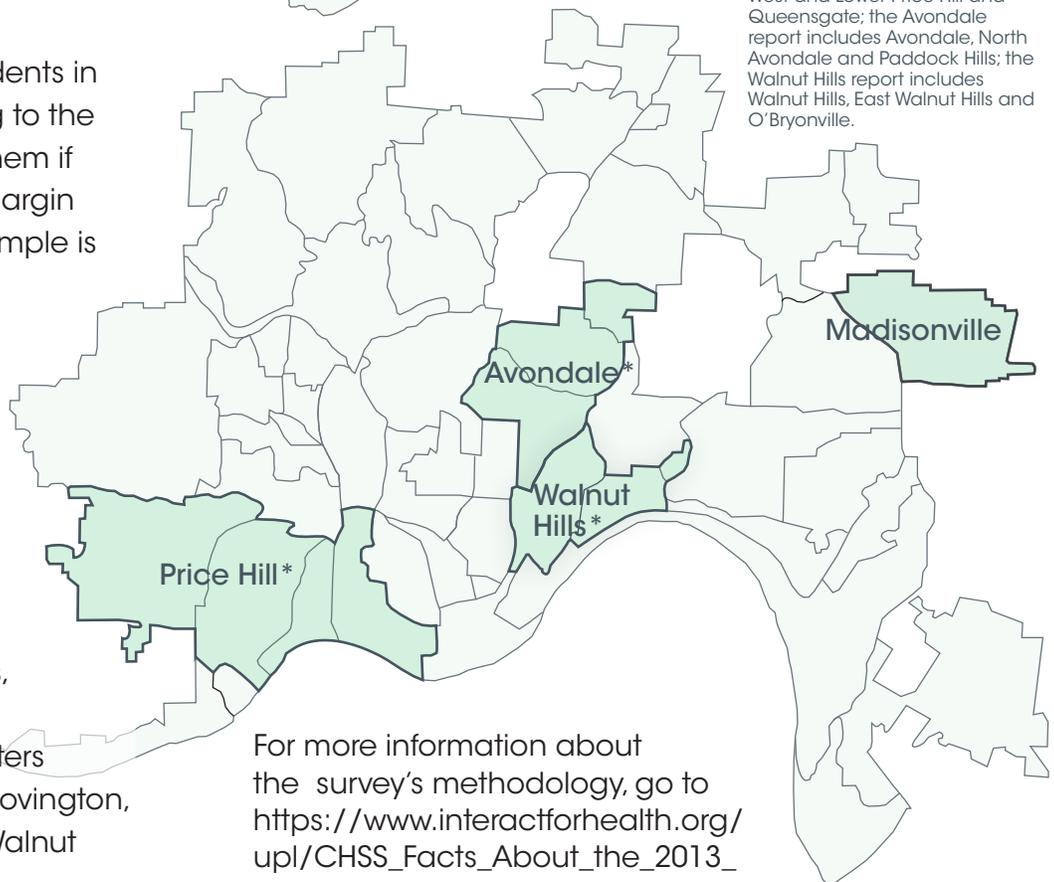
For this report, 275 Covington residents were interviewed. Researchers contacted residents in census tracts corresponding to the neighborhood and asked them if they live in Covington. The margin of error for the Covington sample is  $\pm 5.9\%$ .

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).



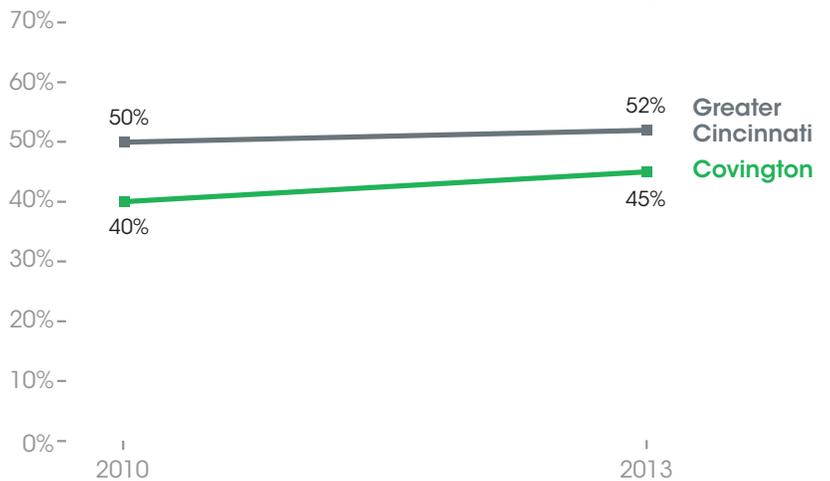
# GENERAL HEALTH

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.

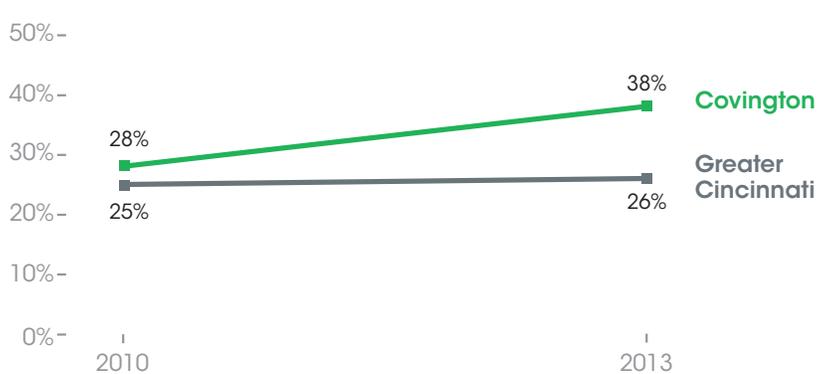
In Covington, more than 4 in 10 adults described their health as excellent or very good. This is about the same as in 2010. However, this percentage is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater Cincinnati Bold Goal of 70 percent. 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:

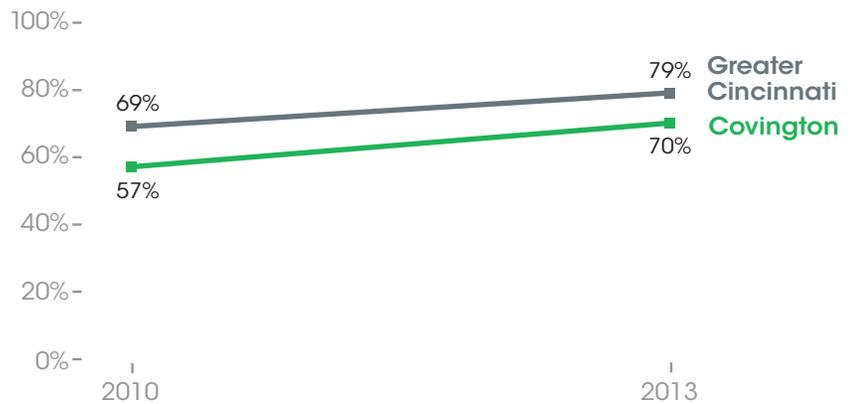
- People can depend on each other in my community
- Living in my community gives me a secure feeling
- People in my community know they can get help from the community if they are in trouble

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.

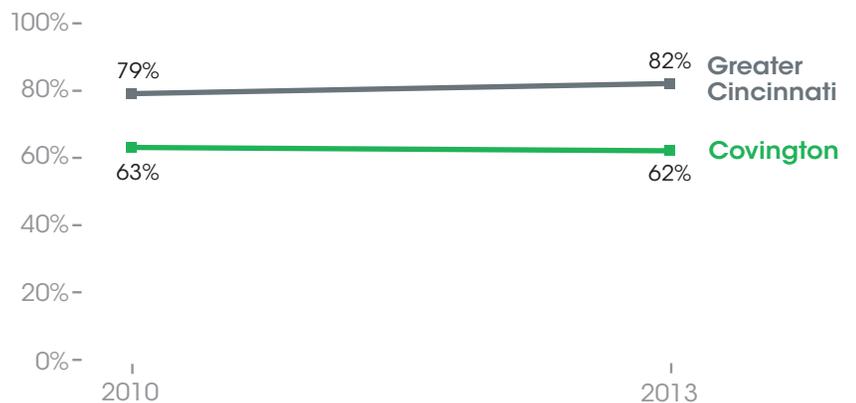
About 6 in 10 Covington adults said that living in their community gave them a secure feeling. This is lower than the 8 in 10 adults in the region who said this, but is about the same as the percentage of Covington adults who said this in 2010.

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.

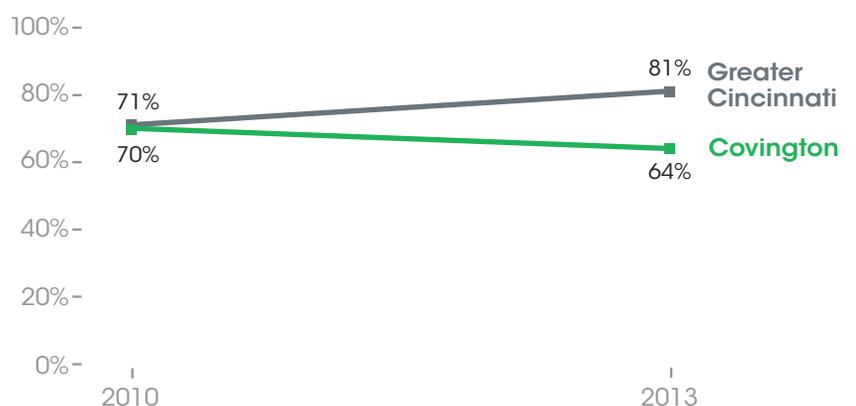
## People can depend on each other in my community



## 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



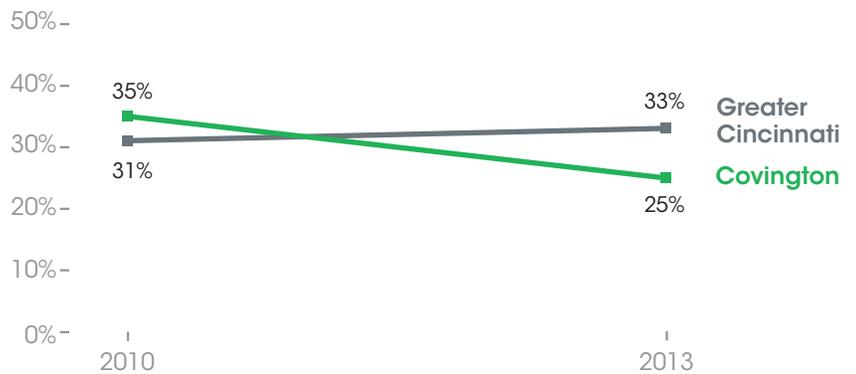
# OBESITY AND EXERCISE

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...

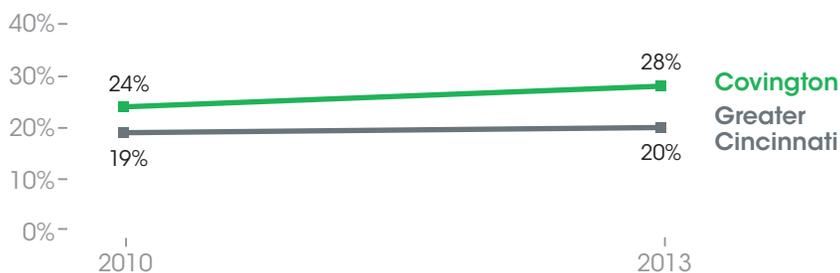
### Current smokers



### 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.

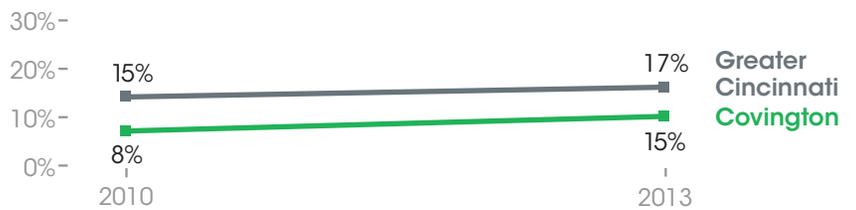
About 4 in 10 Covington adults had been told that they had hypertension, or high blood pressure. This is an increase from 3 in 10 Covington adults in 2010, and is similar to the percentage for adults in the region.

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 ...

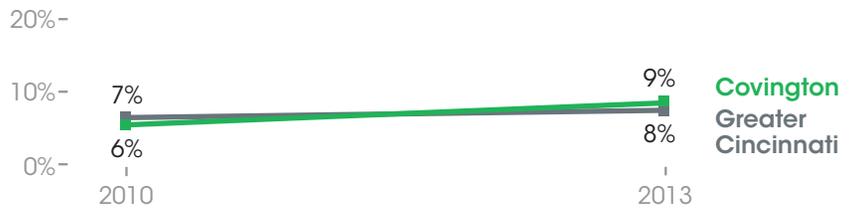
### Asthma



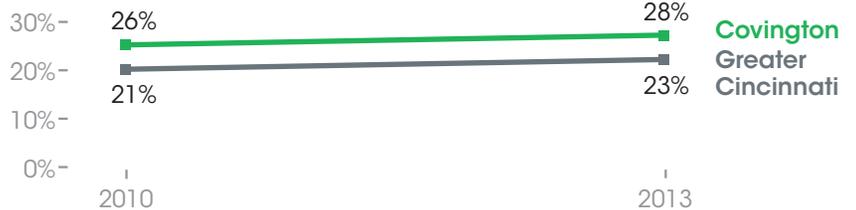
### Cancer



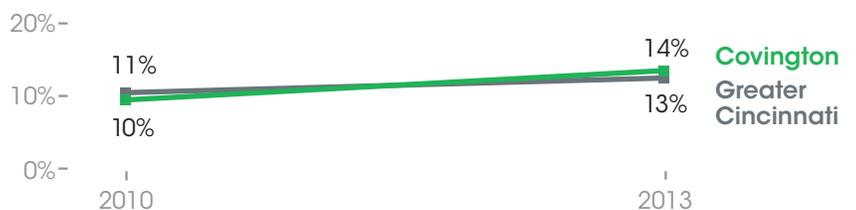
### Chronic lung disease



### Depression



### Diabetes



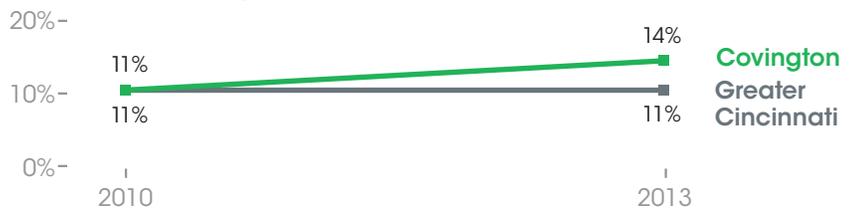


About 1 in 10 Covington adults had been told they had severe allergies, heart trouble or angina, asthma, diabetes, or chronic lung disease. These percentages are about the same as they were in Covington in 2010. The rates for severe allergies, heart trouble or angina, diabetes and chronic lung disease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

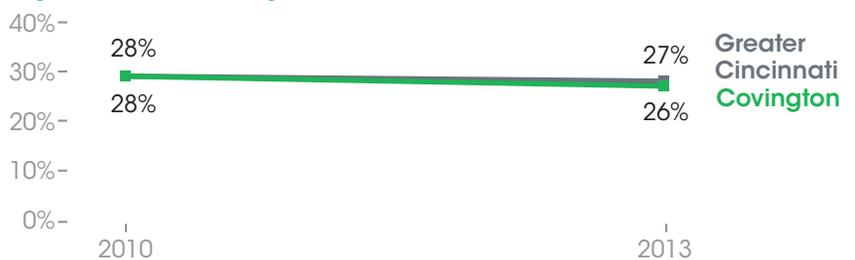
**Adults who had ever been told they had ...**  
**Heart trouble or angina**



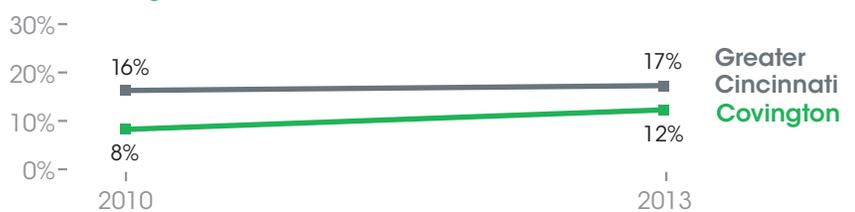
**High blood pressure**



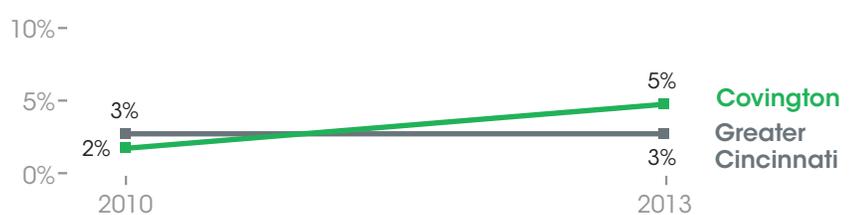
**High cholesterol or triglycerides**



**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.

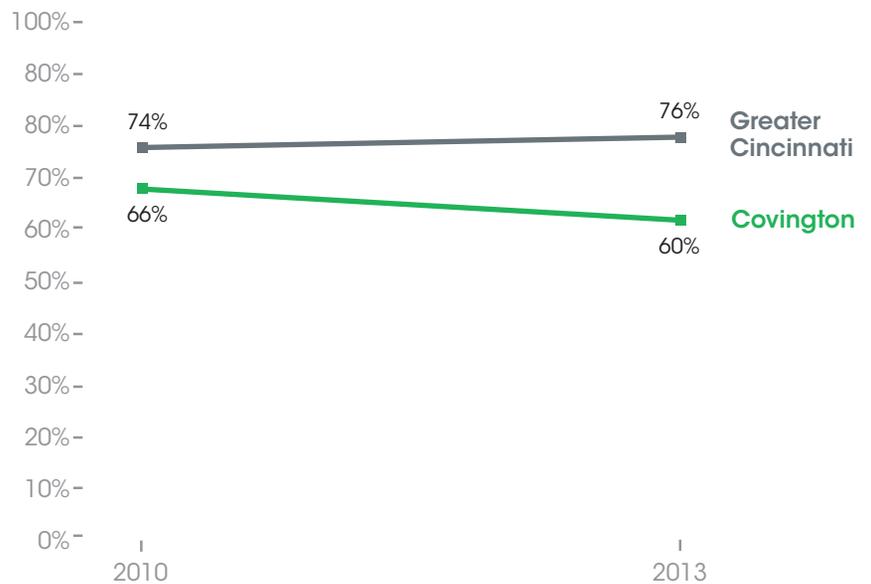
Six in 10 Covington adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is worse than the nearly 8 in 10 Greater Cincinnati adults who said this and about the same as among Covington adults in 2010.

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**

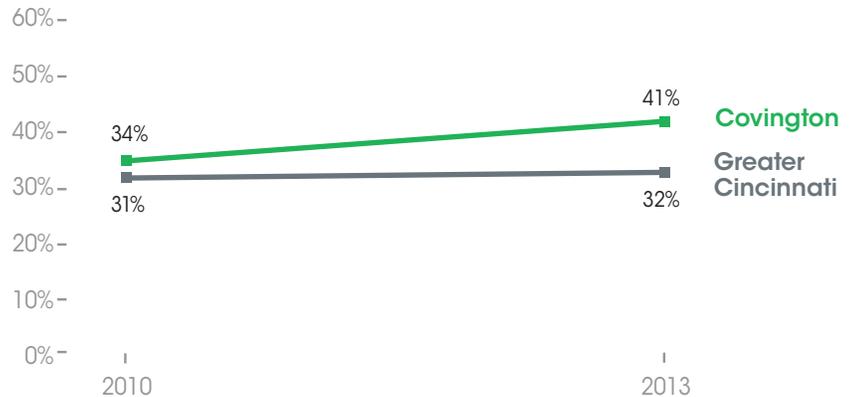
## Adults who ...

**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.

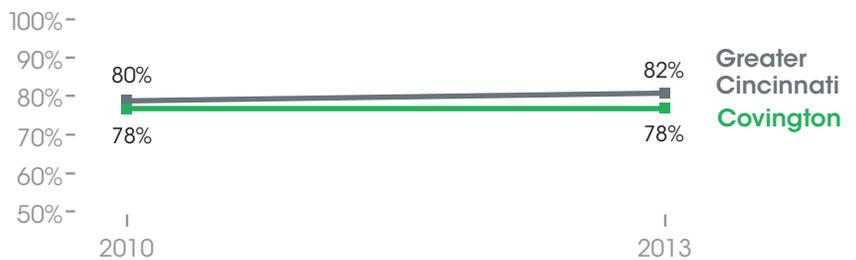
One factor is cost. Most people rely on insurance to afford healthcare. In Covington, fewer than 8 in 10 adults had health insurance, less than the rate for adults in the region. This includes coverage for nearly all adults older than 65.

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.

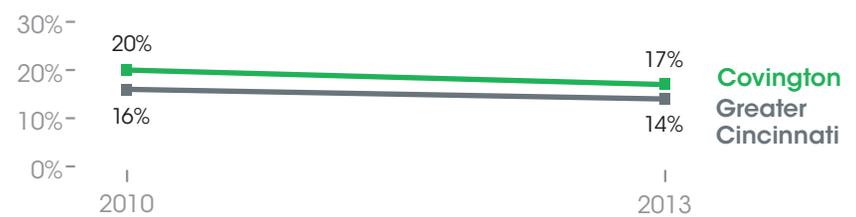
Even with health insurance, care can be expensive. In Covington, more than 2 in 10 adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is worse than the percentage for adults in the region and worse than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

## Adults who have...

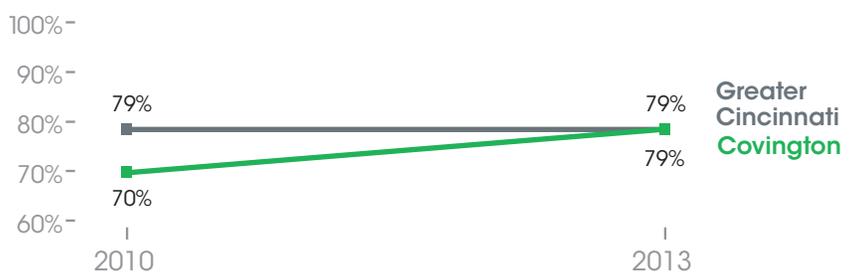
### A usual and appropriate source of care



### 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.

