

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



ADAMS COUNTY

THE HEALTH
OF OUR
COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey

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ABOUT ADAMS COUNTY



During a very busy day in the Emergency Department, I received a call in which I was asked to write a few paragraphs regarding the state of health in Adams County. One might think it odd that a doctor who has made a career of seeing the worst of disease and injury would be asked to critique health, which is seldom seen in this setting.

In the Emergency Department, attitude seems to rule with regard to health. I have seen an octogenarian with a bloody, broken, dislocated ankle who told me, with a smile, that she was in good health. Another patient with insulin-dependent diabetes, who presented with a work injury, reported that he was in good health. These are patients who are too busy to be unhealthy. They comprise only a small part of my practice. However, they remind me that "beauty is in the eyes of the beholder," to borrow an old expression.

The World Health Organization (WHO) defines health as "... a state of complete physical, mental and social well-being and not merely the absence of disease," to which I can only add: "well said." I would, however, posit that well-being is a personal perception, and very difficult to quantify.

I hope you find the data in the ensuing pages interesting and eye opening. You will find that we in Adams County report less binge drinking and are less obese than adults in the region. There is a negligible difference in our rates of chronic illness. And a large majority of us feel secure living in Adams County. I know I do!

I trust that this and other data will prompt conversations and perhaps we can arrive at some bright conclusions. It is important that those of us concerned about these issues present a positive attitude and willingness to collaborate on solutions on the rocky road ahead.



Bruce Ashley, M.D., FACEP

Outpatient and Emergency Medical Director,
Adams County Regional Medical Center
Health Commissioner,
Adams County Board of Health

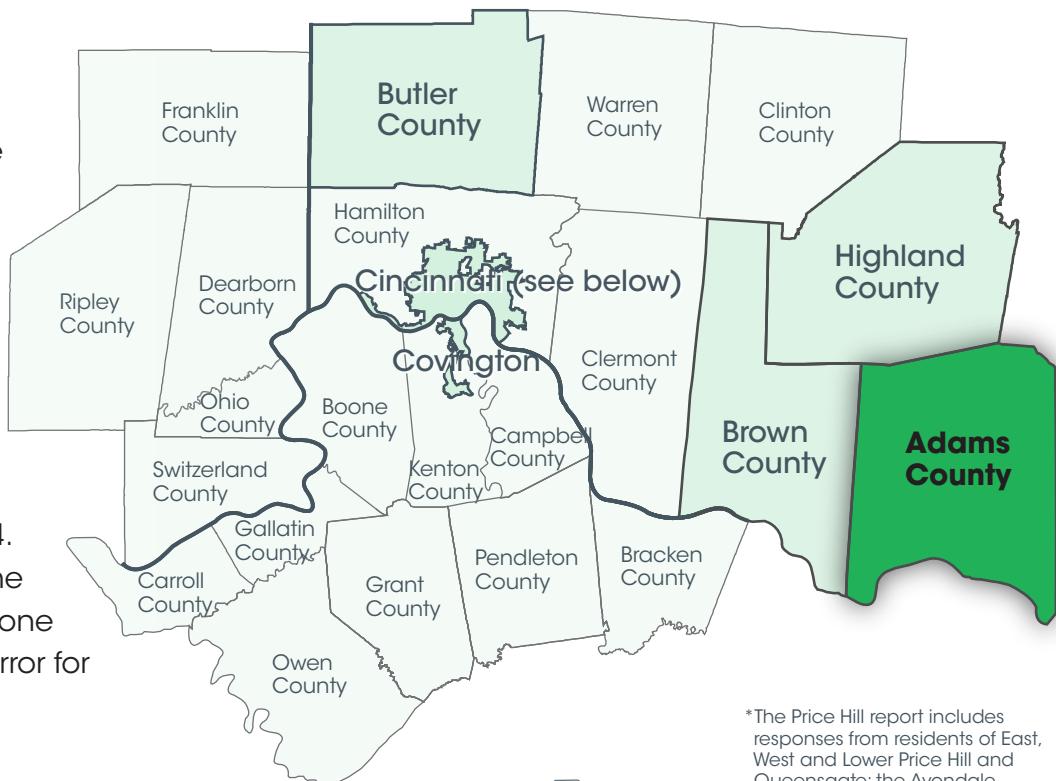
ABOUT THE SURVEY

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 $\pm 1.5\%$.

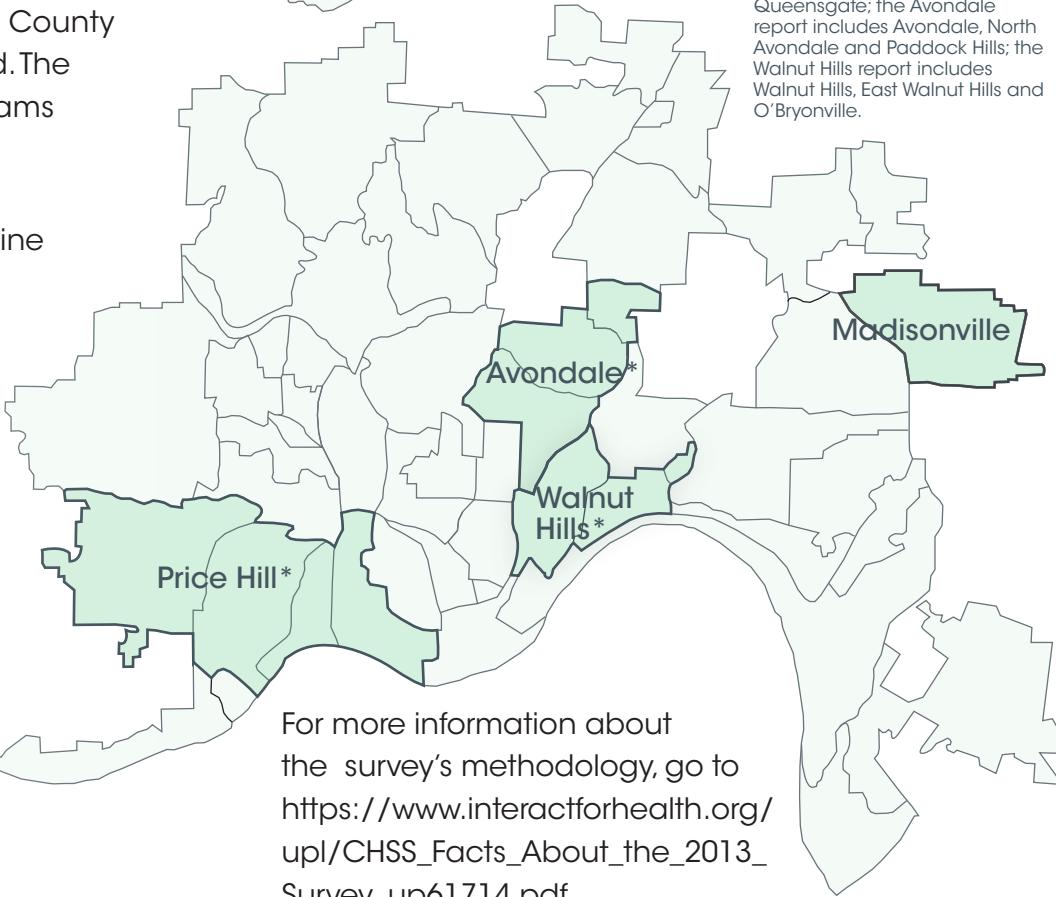
For this report, 287 Adams County residents were interviewed. The margin of error for the Adams County sample is $\pm 5.8\%$.

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

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



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



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



GENERAL HEALTH

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

Just fewer than half of Adams County adults described their health as excellent or very good. This is lower than the 5 in 10 Greater Cincinnati adults who described their health this way.

Nearly 4 in 10 Adams County 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 nearly 3 in 10 Adams County adults for two weeks or more of the previous month.

Adults who rated their health as excellent or very good

Adams County

46%

Greater Cincinnati

52%

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

Adams County

38%

Greater Cincinnati

26%

Nearly 4 in 10 Adams County adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month



THE COMMUNITY

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

Fewer than 6 in 10 Adams County adults rated Greater Cincinnati 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. Adams County adults gave better ratings to their own neighborhoods. More than 7 in 10 said their neighborhood was a healthy place to live. This is still lower than the nearly 8 in 10 adults in the region who said this.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. About 7 in 10 Adams County adults neighborhood housing highly, compared with more than 8 in 10 adults in the region overall. Respondents rated their own homes

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

Greater Cincinnati as a healthy place to live
Adams County



Greater Cincinnati



Their neighborhood as a healthy place to live

Adams County



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood
Adams County



Greater Cincinnati



The condition of their own house or apartment

Adams County



Greater Cincinnati



highly more often. In Adams County, 9 in 10 adults rated their own house or apartment highly. This is about the same as the rate in the region.



Exercise is easier if a community has parks, playgrounds, pools, soccer fields, bike trails and recreation centers. Fewer than 4 in 10 Adams County adults rated the availability of recreation facilities in their neighborhood as excellent, very good or good. This is much lower than the more than 7 in 10 Greater Cincinnati adults who rated recreation availability highly. About 1 in 10 Adams County adults said they used neighborhood recreation facilities at least once a week, compared with about 3 in 10 adults in the region. Fewer than half of Adams County adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, worse than adults in the region.

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

Recreation facilities

Adams County

36%

Greater Cincinnati

74%

Safe shoulders or sidewalks

Adams County

46%

Greater Cincinnati

69%

**6 in 10 said
Adams County
was a healthy
place to live**

**1 in 10 Adams
County adults
said they used
neighborhood
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 GCCHSS 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

Adams County adults agreed with these statements at rates similar to adults in the region.

About 8 in 10 Adams County adults said that people can depend on each other in their community.

About 8 in 10 Adams County adults said that living in their community gives them a secure feeling.

More than 8 in 10 Adams County adults agree that people can get help from the community if they are in trouble.

Adults who agree that...

People can depend on each other in my community

Adams County

78%

Greater Cincinnati

79%

Living in my community gives me a secure feeling

Adams County

84%

Greater Cincinnati

82%

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

Adams County

85%

Greater Cincinnati

81%



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 Adams County adults ate the recommended daily amount of fruits and vegetables. This is about the same as among adults in the region. More than half of Adams County adults did not eat the recommended amount of either fruits or vegetables, 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. Fewer than 7 in 10 Adams County adults agreed that it was easy to buy healthy foods in their neighborhood. This is fewer than the 8 in 10 adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

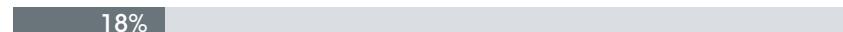
Adams County

15%



Greater Cincinnati

18%



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

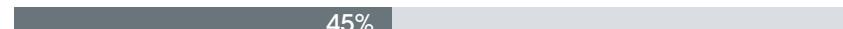
Adams County

52%



Greater Cincinnati

45%



Agree it is easy to buy healthy foods in their neighborhood

Adams County

65%



Greater Cincinnati

81%



**Fewer than
7 in 10 Adams
County 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 Adams County adults were obese. This is better than among adults in the region, more than 3 in 10 of whom 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? Fewer than 7

Adults who are obese

Adams County

26%

Greater Cincinnati

33%

in 10 Adams County adults said yes, lower than the rate among Greater Cincinnati adults. Only about 2 in 10 Adams County adults had done muscle-strengthening exercise in the past month, worse than the rate among adults in the region.

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

**Fewer than 3
in 10 Adams
County adults
were obese**

**2 in 10 had
done muscle
strengthening**



SMOKING AND DRINKING

Smoking is harmful. About 4 in 10 Adams County adults said they have never smoked. Another 3 in 10 used to smoke, but have quit. Nearly 4 in 10 Adams County adults currently smoke. This percentage is worse than the region's.

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

Moderate alcohol use – having no more than one drink a day for women and no more than two drinks a day for men – poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Adams County 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 Adams County adults were heavy drinkers, similar to the rate among adults in the region.

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

Adults who are ...

Current smokers

Adams County

36%

Greater Cincinnati

25%

Heavy drinkers

Adams County

6%

Greater Cincinnati

6%

Binge drinkers

Adams County

16%

Greater Cincinnati

20%

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. Nearly 2 in 10 Adams County adults reported binge drinking in the past month, about the same as adults in the region.

**4 in 10
Adams
County
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.

Nearly 4 in 10 Adams County adults had been told that they had hypertension, or high blood pressure, about the same as among Greater Cincinnati adults.

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

4 in 10 Adams County adults had been told that they had hypertension, or high blood pressure

Adults who had ever been told they had ...

Asthma

Adams County

18%

Greater Cincinnati

17%

Cancer

Adams County

11%

Greater Cincinnati

8%

Chronic lung disease

Adams County

12%

Greater Cincinnati

8%

Depression

Adams County

25%

Greater Cincinnati

23%

Diabetes

Adams County

13%

Greater Cincinnati

13%



Nearly 2 in 10 Adams County adults had been told they had severe allergies, asthma, or heart trouble or angina. The percentages for allergies and asthma are about the same as for adults in the region. The percentage for heart trouble is higher than for adults in the region.

About 1 in 10 Adams County adults had been told they had diabetes, cancer or chronic lung disease. The percentages for diabetes and cancer are about the same as for adults in the region. The percentage for chronic lung disease is higher than for adults in the region. Chronic lung disease may be associated with tobacco use, which is higher in Adams County than in the region.

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

Fewer than 1 in 10 Adams County adults had been told they had a stroke

Adults who had ever been told they had ...

Heart trouble or angina

Adams County

16%

Greater Cincinnati

11%

High blood pressure

Adams County

36%

Greater Cincinnati

34%

High cholesterol or triglycerides

Adams County

29%

Greater Cincinnati

27%

Severe allergies

Adams County

18%

Greater Cincinnati

17%

Stroke

Adams County

5%

Greater Cincinnati

3%



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 Adams County 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.

An important component of oral health is Regular dental care is an important part of oral health. About 3 in 10 Adams County 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 rate is about the same as among adults in the region.

Adults who ...

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

Adams County

68%

Greater Cincinnati

76%

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

Adams County

31%

Greater Cincinnati

32%

7 in 10
Adams
County
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 Adams County adults had health insurance, the same rate as 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 Adams County, about 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 gets to know patients, can see them

Adults who have ...

A usual and appropriate source of care

Adams County

83%

Greater Cincinnati

82%

No source of healthcare

Adams County

9%

Greater Cincinnati

14%

Had a check-up in the past 12 months

Adams County

78%

Greater Cincinnati

79%

regularly, and can help them manage and maintain their health. In Adams County, 8 in 10 adults said they had a usual and appropriate source of healthcare. This is about the same as for adults in the region. About 1 in 10 Adams County adults had no source of care, better than among adults in the region. However, 1 in 10 adults had an inappropriate source for their usual care, such as an emergency room or urgent care. This is worse than the percentage among adults in the region. About 8 in 10 Adams County adults had gotten a routine check-up within the past 12 months.

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



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BROWN COUNTY

THE HEALTH
OF OUR
COMMUNITY

Results from the 2013
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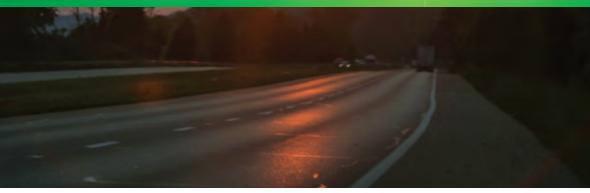
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ABOUT BROWN COUNTY



The early history of Brown County, established in 1819 and named for War of 1812 hero Gen. Jacob Brown, has strong ties to freedom and social justice. Before the Civil War in the Ohio River town of Ripley, the Rev. John Rankin and John Parker helped many slaves escape to freedom on the Underground Railroad. And the county seat of Georgetown was the boyhood home of Ulysses S. Grant, the Civil War general and 18th U.S. president. The 15th Amendment to the U.S. Constitution, which states that the right to vote cannot be denied by race, was ratified during Grant's term.

These early efforts to promote equality most likely made a positive impact on those community conditions, or "social determinants of health," affecting local residents' health and quality of life. Yet more than 150 years later, we still face a number of health challenges in Brown County. Our sole hospital closed in late 2014, resulting in reduced access to emergency care, acute care and outpatient specialty clinics, as well as the loss of jobs and health insurance for many residents. Sardinia's grocery store has recently closed, leaving those locals without transportation with little or no access to healthy foods. This has also happened in other villages.

So what can we do about this? Yes, we need to take better care of ourselves with healthier eating and more active living, but we also need supportive community conditions so that more of us can do this! "Healthy corner store" programs, in which local convenience stores stock fresh produce, plus more farmers markets and community gardens could make healthy eating more feasible for many folks. And how about policies for brief regular exercise breaks at work and in the classroom, as well as additional safe indoor and outdoor walking spaces, to encourage us all to move more? There are many possible solutions, but ultimately, here's the deal: It's all about making the healthier choice the easier choice!



Susan Basta, Ph.D., R.N.

Recently retired Educational Programs Coordinator,
University of Cincinnati Area Health Education Center

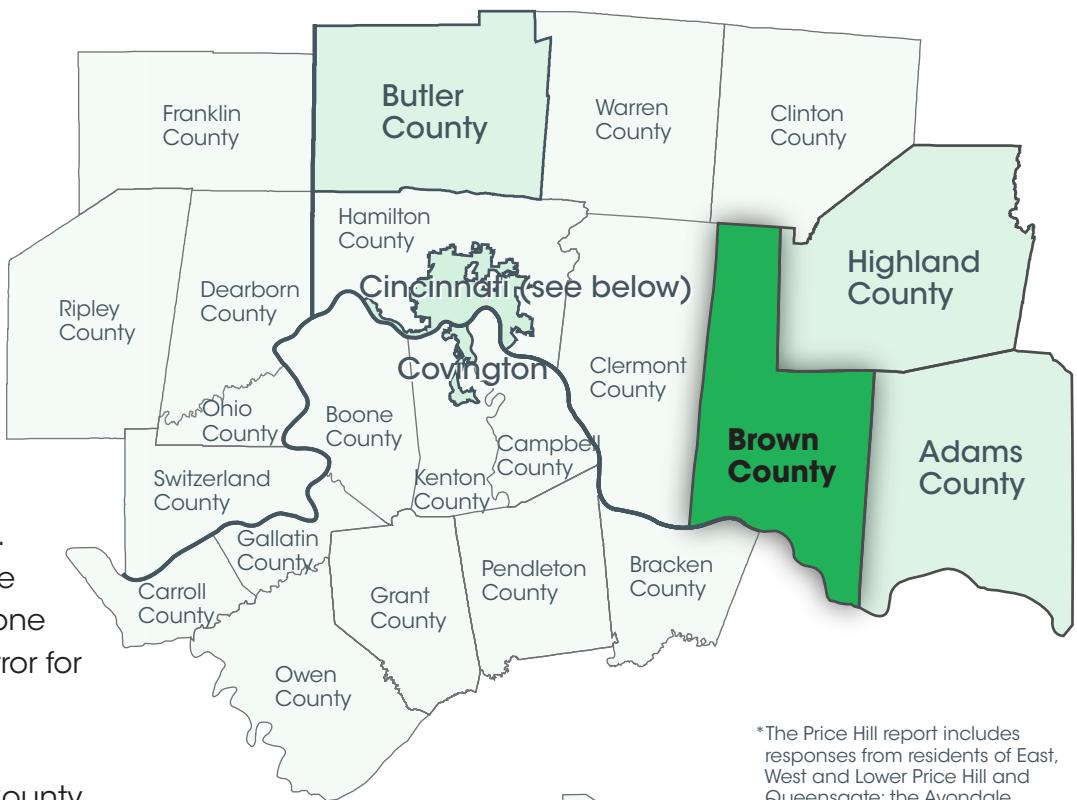
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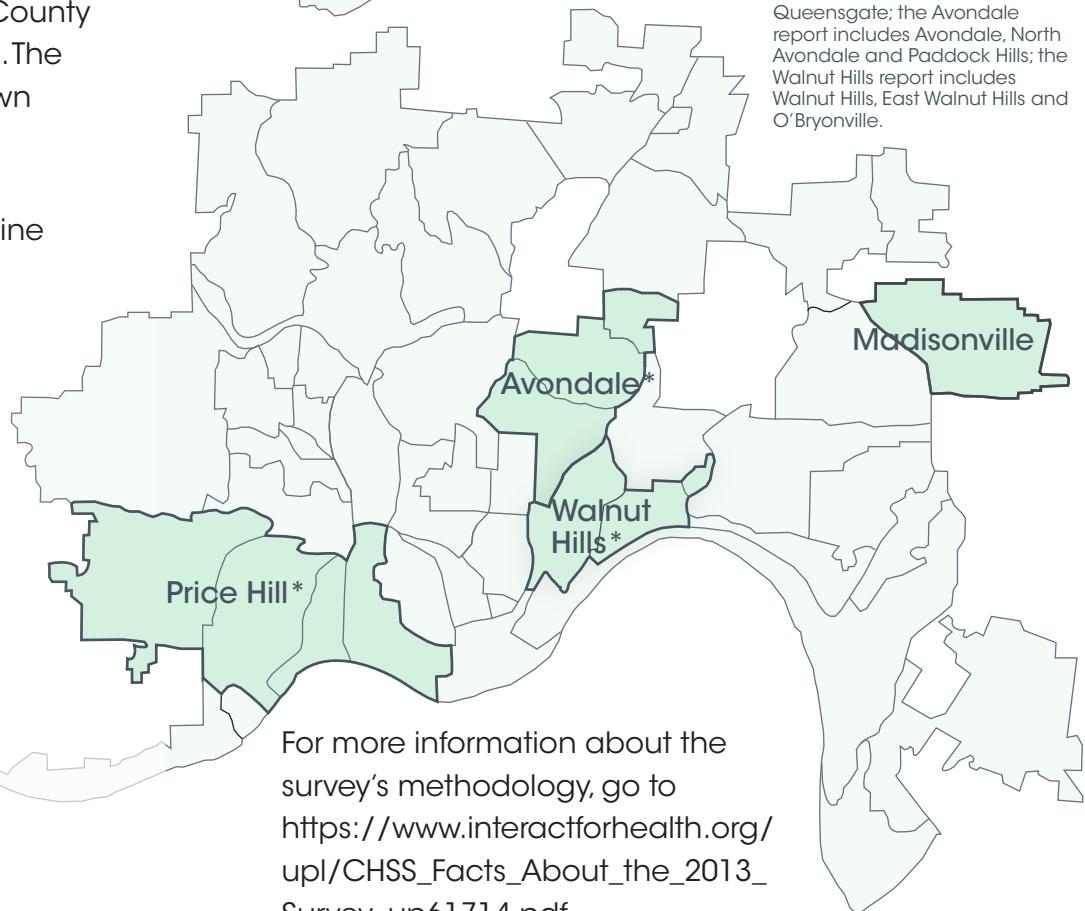
For this report, 290 Brown County residents were interviewed. The margin of error for the Brown County sample is $\pm 5.8\%$.

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)



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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.

About 4 in 10 Brown County adults described their health as excellent or very good. This is lower than the 5 in 10 Greater Cincinnati adults who described their health this way.

More than 3 in 10 Brown County adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is greater than the percentage of Greater Cincinnati adults who said this. Poor health did not interfere with the usual activities of most adults. But poor health interfered with the usual activities of more than 1 in 10 Brown County adults for two weeks or more of the previous month. This is similar to the rate among Greater Cincinnati adults.

Adults who rated their health as excellent or very good

Brown County

43%

Greater Cincinnati

52%

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

Brown County

32%

Greater Cincinnati

26%

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



THE COMMUNITY

Living in a healthy community can strongly influence people's health. Brown County adults were asked how they would rate both Greater Cincinnati and their own neighborhood as a healthy place to live.

Nearly 7 in 10 Brown County adults said Greater Cincinnati was excellent, very good or good as a healthy place to live. This is similar to the rate among adults in the region. Brown County adults were more likely to rate their own neighborhood as healthy. Nearly 8 in 10 said their neighborhood was a healthy place to live, similar to adults in the region who said this.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. Houses in poor condition may increase the risk of injury or of exposure to environmental hazards.

More than 8 in 10 Brown County adults rated neighborhood housing highly, similar to adults in the region. Respondents rated their own homes

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

Greater Cincinnati as a healthy place to live

Brown County

68%

Greater Cincinnati

70%

Their neighborhood as a healthy place to live

Brown County

77%

Greater Cincinnati

78%

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

The condition of houses and apartments in their neighborhood

Brown County

82%

Greater Cincinnati

84%

The condition of their own house or apartment

Brown County

92%

Greater Cincinnati

92%

highly more often. About 9 in 10 adults rated their own house or apartment highly, similar to adults in the region.



Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. In Brown County, 6 in 10 rated the availability of recreation facilities in their 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. More than 2 in 10 Brown County adults said they used local recreation facilities at least once a week. This is lower than the 3 in 10 adults in the region who said this.

Safe and accessible sidewalks or shoulders are important for a healthy community because walking is the most popular form of exercise. Only 5 in 10 Brown County adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking. This is much lower than the nearly 7 in 10 adults in the region who agreed with this.

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

Recreation facilities

Brown County

60%

Greater Cincinnati

74%

Safe shoulders or sidewalks

Brown County

52%

Greater Cincinnati

69%

**6 in 10 said
Brown County
was a healthy
place to live**

**3 in 10 Brown
County adults
said they used
neighborhood
recreation
facilities at
least once a
week**



COMMUNITY SUPPORT

Social supports such as help with problems and access to resources and knowledge have been linked to better emotional and physical well-being. The CHSS asked adults if they agreed or disagreed with three statements about 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

Brown County adults were as likely as or more likely than adults in the region to agree with these statements.

More than 8 in 10 Brown County adults said that people can depend on each other in their community, compared with nearly 8 in 10 in the region.

Nearly 9 in 10 Brown County adults said that living in their community gave them a secure feeling, compared with about 8 in 10 in the region.

Adults who agree that...

People can depend on each other in my community

Brown County



Greater Cincinnati



Living in my community gives me a secure feeling

Brown County



Greater Cincinnati



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

Brown County



Greater Cincinnati



About 8 in 10 Brown County adults said that people can get help from the community if they are in trouble, the same as the 8 in 10 adults in the region who said this.



DIET AND FOOD ACCESS

A healthy diet includes plenty of fruits and vegetables. According to the Centers for Disease Control and Prevention (CDC), people who eat many fruits and vegetables have a reduced risk of stroke, cardiovascular diseases and some cancers.

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.

About 1 in 10 Brown County adults ate the recommended daily amount of both fruits and vegetables. They were less likely than Greater Cincinnati adults to do this. About 6 in 10 Brown County adults did not eat the recommended amount of either fruits or vegetables. This is greater than among Greater Cincinnati adults.

To eat a healthy diet, it is crucial that people have a place nearby where they can easily buy healthy foods such as whole grains, low-fat options, and fruits and vegetables. About 8 in 10 Brown County 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

Brown County

13%

Greater Cincinnati

18%

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

Brown County

58%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Brown County

81%

Greater Cincinnati

81%

6 in 10 Brown County adults did not eat the recommended amount of either fruits or vegetables



OBESITY AND EXERCISE

Being obese increases 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).

More than 3 in 10 Brown County adults were obese. This is about the same as the percentage among Greater Cincinnati adults.

Exercising regularly is one of the most important things people can do to improve their health. According to the 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

Adults who are obese

Brown County

35%

Greater Cincinnati

33%

10 Brown County adults said yes, lower than the rate among Greater Cincinnati adults. Three in 10 Brown County adults had done muscle-strengthening exercises in the past month, compared with 4 in 10 Greater Cincinnati adults.

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

**More than 3
in 10 Brown
County adults
were obese**

**3 in 10 had
done muscle
strengthening**



SMOKING AND DRINKING

Smoking is harmful. It can cause lung disease, cancer and other health problems. About 4 in 10 Brown County adults said they have never smoked. Another 3 in 10 used to smoke, but have quit. More than 3 in 10 Brown County adults currently smoke. This percentage is worse than the region's.

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

Moderate alcohol use—having no more than one drink a day for women and no more than two drinks a day for men—poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful.

Having more than that increases the risk of many health problems and can impair decision-making, which in turn can lead to accidents and injuries, aggressive behavior, and being the victim of such behavior.

The CDC define 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

Adults who are ...

Current smokers

Brown County

33%

Greater Cincinnati

25%

Heavy drinkers

Brown County

6%

Greater Cincinnati

6%

Binge drinkers

Brown County

15%

Greater Cincinnati

20%

Brown County adults drank heavily in the past 30 days, the same rate as among Greater Cincinnati adults.

The CDC defines binge drinking as having 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 Brown County, 1 in 10 adults reported binge drinking in the past month, a better percentage than among Greater Cincinnati adults.

**4 in 10
Brown
County
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 they had ever been diagnosed with a chronic condition.

About 4 in 10 Brown County 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 Brown County adults had been told they had depression, or high cholesterol or triglycerides. The rate of depression is higher than for adults in the region. The rate of high cholesterol is about the same as for adults in the region.

4 in 10 Brown County adults had been told that they had hypertension, or high blood pressure

Adults who had ever been told they had ...

Asthma

Brown County

20%

Greater Cincinnati

17%

Cancer

Brown County

11%

Greater Cincinnati

8%

Chronic lung disease

Brown County

9%

Greater Cincinnati

8%

Depression

Brown County

31%

Greater Cincinnati

23%

Diabetes

Brown County

12%

Greater Cincinnati

13%



About 2 in 10 Brown County adults had been told they had asthma or severe allergies. These rates are about the same as for adults in the region.

About 1 in 10 Brown County adults had been told they had cancer, chronic lung disease, diabetes, or heart trouble or angina. These rates are about the same as for adults in the region.

Fewer than 1 in 10 Brown County adults had been told they had a stroke, about the same rate as among adults in the region.

2 in 10 Brown County adults had been told they had asthma or severe allergies

Adults who had ever been told they had ...

Heart trouble or angina

Brown County

13%

Greater Cincinnati

11%

High blood pressure

Brown County

41%

Greater Cincinnati

34%

High cholesterol or triglycerides

Brown County

32%

Greater Cincinnati

27%

Severe allergies

Brown County

18%

Greater Cincinnati

17%

Stroke

Brown County

4%

Greater Cincinnati

3%



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.

More than 7 in 10 Brown County adults said their mouth and teeth, including false teeth and dentures, were in very good or good condition. This rate is about the same as among adults in the region.

Regular dental care is an important part of oral health. About 3 in 10 Brown County 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 similar to the more than 3 in 10 adults in the region who said this.

Adults who ...

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

Brown County

72%

Greater Cincinnati

76%

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

Brown County

29%

Greater Cincinnati

32%

7 in 10 Brown County 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 healthcare provider is important for maintaining good health. Several factors can impede getting regular care.

One factor is cost. Most people rely on insurance to afford healthcare. About 8 in 10 Brown County adults reported 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. More than 2 in 10 Brown County 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.

Adults who have ...

A usual and appropriate source of care

Brown County

79%

Greater Cincinnati

82%

No source of healthcare

Brown County

15%

Greater Cincinnati

14%

Had a check-up in the past 12 months

Brown County

79%

Greater Cincinnati

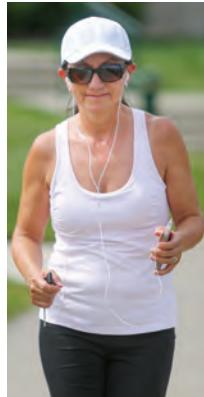
79%

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. About 8 in 10 Brown County adults said they had a usual and appropriate source of care, about the same as adults in the region. Nearly 2 in 10 Brown County adults had no usual source of care. About 8 in 10 Brown County adults had gotten a routine check-up within the past 12 months, the same rate as for adults in the region.



INTERACT FOR HEALTH

A Catalyst for Health and Wellness



BUTLER COUNTY

THE HEALTH
OF OUR
COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey

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ABOUT BUTLER COUNTY



Butler County was formed March 24, 1803. It is named for Richard Butler, a major general in the Revolutionary War. His army marched from Fort Hamilton on the Great Miami River, where the county seat of Hamilton now stands. My community has a rich history of survival and innovation. With its unique balance of rural and urban areas, Butler County is a wonderful place to live, work and play. Health and wellness play a vital role in maintaining our great communities.

I find that achieving and maintaining health can be an ongoing war within us. Battle strategies can be successful only with adequate information. This is why the Butler County Mental Health and Addiction Recovery Services Board partnered with Interact for Health on this survey to reveal ways to achieve better community health and wellness.

The World Health Organization defines overall health as a state of complete physical, mental and social well-being. As a mental health professional, I am particularly interested in how people think, feel and act. The survey revealed that Butler County adults reported higher rates of depression and binge drinking but lower use of local recreation facilities compared with Greater Cincinnati adults. This is significant. Recreation is important for managing one's mental and physical well-being. People with mental health issues are more likely to have chronic conditions such as diabetes and heart disease. Similarly, people with physical health conditions report higher rates of substance use disorders.

The good news is we can make positive changes to address negative health factors in Butler County and be victorious in our efforts to improve the health of our community. I have every confidence that community organizations can partner with citizens to establish our own unique army of supports and develop our own battle plan for health and wellness.



Scott Rasmus, Ph.D., LPCC-S, IMFT
Executive Director,
Butler County Mental Health and
Addiction Recovery Services Board

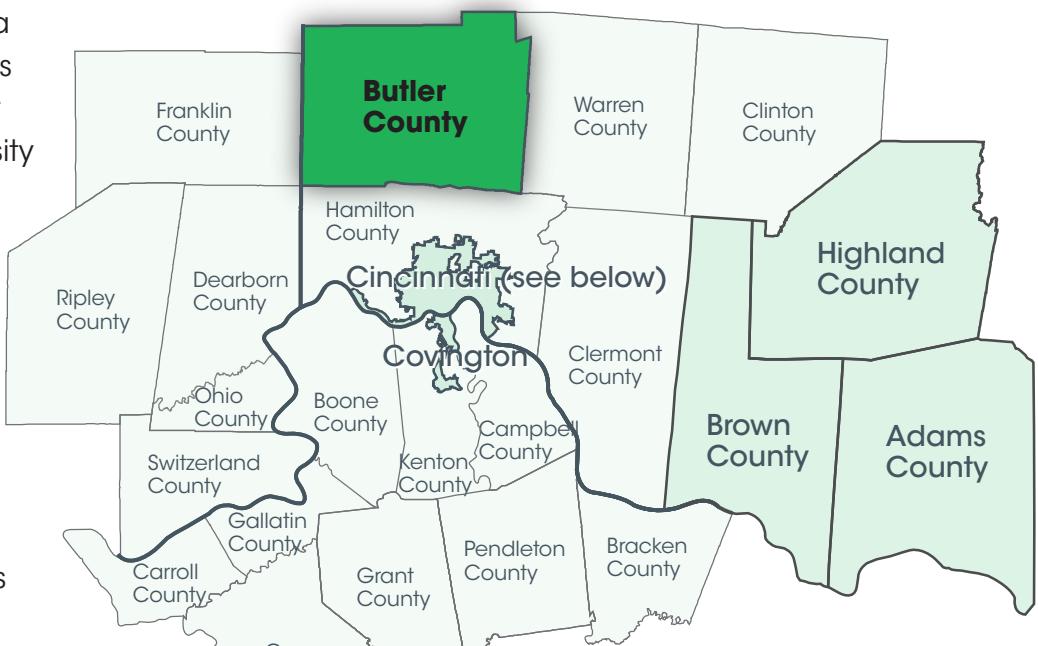
ABOUT THE SURVEY

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 $\pm 1.5\%$.

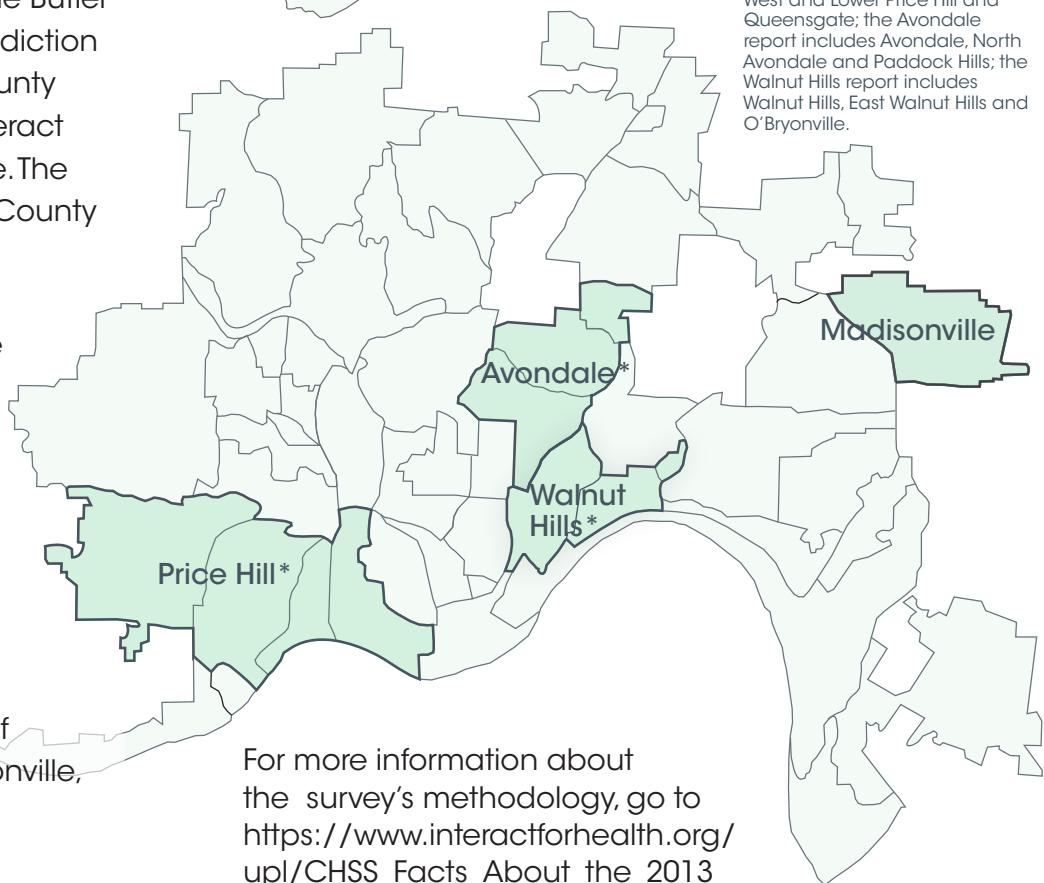
For this report, 324 Butler County residents were interviewed. The Butler County Alcohol and Drug Addiction Services Board, the Butler County Mental Health Board and Interact for Health funded this sample. The margin of error for the Butler County sample is $\pm 5.4\%$.

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)



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



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



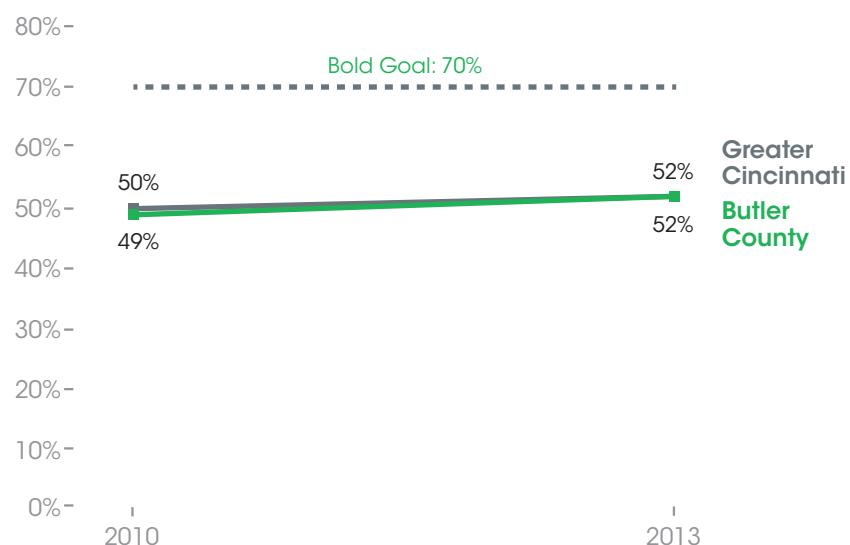
GENERAL HEALTH

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

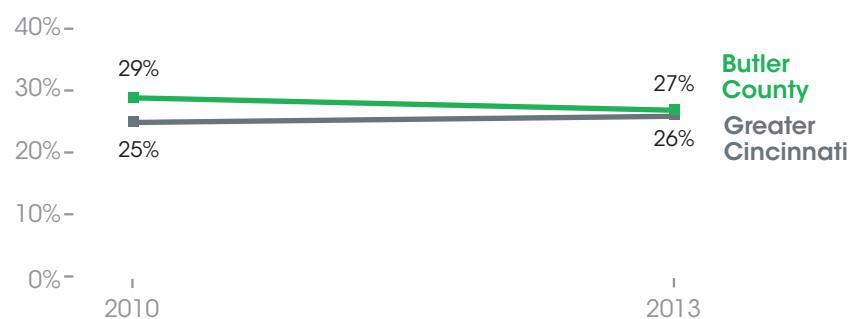
About 5 in 10 Butler County adults described their health as excellent or very good. This is the same as the rate among Greater Cincinnati adults. It is also about the same as for Butler County adults in 2010. However, it is lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see www.uwgc.org/community-impact/bold-goals-for-our-region. It looks as if you will have to drop the breakout box to make all the new text fit.

Nearly 3 in 10 Butler County adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is about the same as the percentage for adults in the

Adults who rated their health as excellent or very good



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



region and for Butler County adults in 2010. Poor health did not interfere with the usual activities of most adults. But poor health interfered with the usual activities of more than 1 in 10 Butler County adults for two weeks or more of the previous month. This is similar to the rate among Greater Cincinnati adults.



THE COMMUNITY

Living in a healthy community can strongly influence people's health. Butler County adults were asked how they would rate both Greater Cincinnati and their own neighborhood as a healthy place to live.

More than 7 in 10 Butler County adults said Greater Cincinnati was excellent, very good or good as a healthy place to live. This is similar to the rate among adults in the region. Butler County adults were more likely to rate their own neighborhood as healthy. More than 8 in 10 said their neighborhood was a healthy place to live, compared with nearly 8 in 10 adults in the region who said this.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. Houses in poor condition may increase the risk of injury or of exposure to environmental hazards. About 9 in 10 Butler County adults rated neighborhood housing highly. More than 8 in 10 adults in the region rated neighborhood housing highly.

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

Greater Cincinnati as a healthy place to live

Butler County



Greater Cincinnati

70%

Their neighborhood as a healthy place to live

Butler County



Greater Cincinnati

78%

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

The condition of houses and apartments in their neighborhood

Butler County



Greater Cincinnati

84%

The condition of their own house or apartment

Butler County



Greater Cincinnati

92%

More than 9 in 10 Butler County adults rated their own house or apartment highly, similar to adults in the region.



Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. In Butler County, 8 in 10 adults rated the availability of recreation facilities in their neighborhood as excellent, very good or good. This is higher than the 7 in 10 adults in the region who rated access to recreation facilities highly. Fewer than 3 in 10 Butler County adults said they used local recreation facilities at least once a week. This is lower than the 3 in 10 adults in the region who said this.

Safe and accessible sidewalks or shoulders are important for a healthy community because walking is the most popular form of exercise. Seven in 10 Butler County adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking. This is similar to the rate for adults in the region and to the rate for Butler County adults in 2010.

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

Recreation facilities

Butler County



Greater Cincinnati



Safe shoulders or sidewalks

Butler County



Greater Cincinnati



**7 in 10 said
Butler County
was a healthy
place to live**

**Nearly 3
in 10 used
recreation
facilities at
least once
a week**



COMMUNITY SUPPORT

Social supports such as help with problems and access to resources and knowledge have been linked to better emotional and physical well-being. The CHSS asked adults if they agreed or disagreed with three statements about 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.

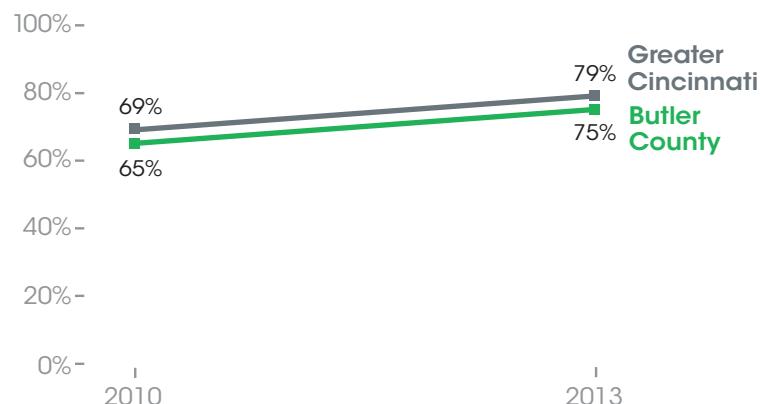
The rate of positive responses to these questions by Butler County adults remained steady or increased considerably since 2010. The percentage of Greater Cincinnati adults who agreed with each statement also rose from 2010 to 2013.

More than 7 in 10 Butler County adults said that people can depend on each other in their community, compared with nearly 8 in 10 in the region.

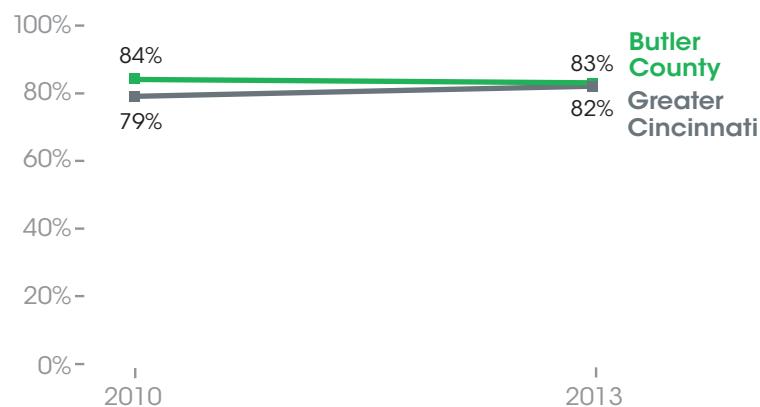
More than 8 in 10 Butler County adults said that living in their community gave them a secure feeling, similar to the 8 in 10 adults in the region who said this.

More than 8 in 10 Butler County adults said that people can get help from the community if they are in trouble, similar to the 8 in 10 adults in the region who said this.

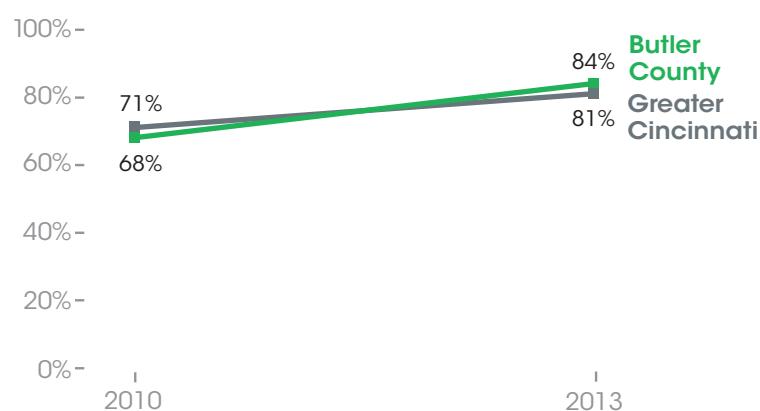
People can depend on each other in my community



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. According to the Centers for Disease Control and Prevention (CDC), people who eat many fruits and vegetables have a reduced risk of stroke, cardiovascular diseases and some cancers.

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 Butler County adults ate the recommended daily amount of fruits and vegetables. This is about the same rate as among adults in the region. Nearly 5 in 10 Butler County adults did not eat the recommended amount of either fruits or vegetables. This is about the same rate as among adults in the region. In 2010, fewer than 2 in 10 Butler County adults ate the recommended amount of both fruits and vegetables.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Butler County

17%

Greater Cincinnati

18%

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

Butler County

47%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Butler County

81%

Greater Cincinnati

81%

To eat a healthy diet, it is crucial that people have a place nearby where they can easily buy healthy foods such as whole grains, low-fat food items, and fruits and vegetables. About 8 in 10 Butler County adults agreed that it was easy to buy healthy foods in their neighborhood, about the same as adults in the region.



OBESITY AND EXERCISE

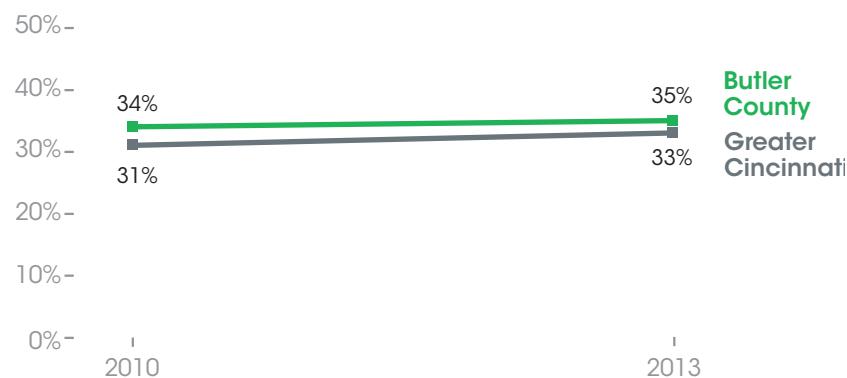
Being obese increases a person's risk for diabetes, heart disease and some cancers. The CHSS asked adults their weight and height to determine if they were obese using the Body Mass Index (BMI).

More than 3 in 10 Butler County adults were obese. This is about the same as in 2010, and is similar to the percentage among adults in the region.

Exercising regularly is one of the most important things people can do to improve their health. According to the 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, 30 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

Adults who are obese



physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?" Almost 7 in 10 Butler County adults said yes, lower than the rate among Greater Cincinnati adults. Almost 4 in 10 Butler County 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 Butler County adults had done muscle strengthening



SMOKING AND DRINKING

Smoking is harmful. It can cause lung disease, cancer and other health problems. More than half of Butler County adults said they have never smoked. More than 2 in 10 used to smoke, but have quit. More than 2 in 10 Butler County adults currently smoke. This percentage is about the same as for adults in the region, but is less than for Butler County adults in 2010.

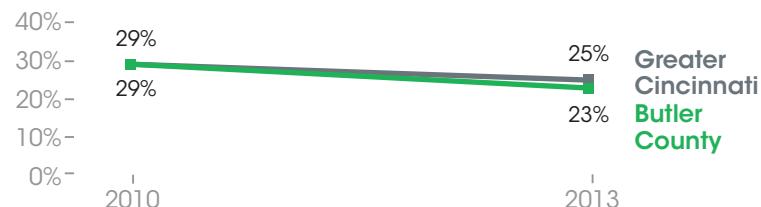
The CDC defines one standard alcoholic drink as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of spirits or liquor. Many cocktails and mixed drinks contain more than one standard drink of alcohol.

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. To learn more about low-risk drinking, visit www.lowriskdrinking.com, developed by the Alcohol and Chemical Abuse Council in Butler County.

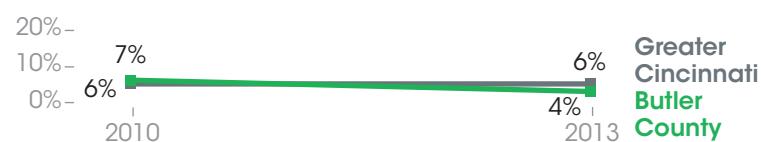
Drinking more than that, including heavy drinking and binge drinking, increases the risk of many health problems and can impair decision-making, which can lead to accidents and injuries, aggressive behavior and being the victim of such behavior. For more information on the health effects of drinking, please contact the Butler County Alcohol and Drug Addiction Services Board at 513-867-0777 or jbohley@adasbc.org.

Adults who are...

Current smokers



Heavy drinkers



Binge drinkers



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 Butler County adults drank heavily in the past 30 days, similar to Greater Cincinnati adults and Butler County adults in 2010.

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. Butler County adults were more likely than adults in the region to be binge drinkers. More than 2 in 10 Butler County adults were binge drinkers, compared with only 2 in 10 adults in the region. These results are similar to 2010.



CHRONIC CONDITIONS

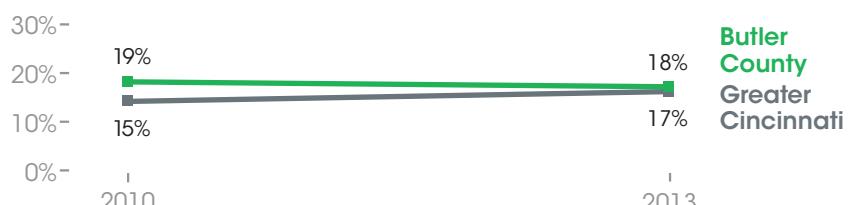
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

About 3 in 10 Butler County adults had been told they had depression; hypertension, or high blood pressure; or high cholesterol or triglycerides. The rate of depression is higher than for adults in the region. The rate of high blood pressure is lower than for adults in the region. The rate of high cholesterol is about the same as for adults in the region.

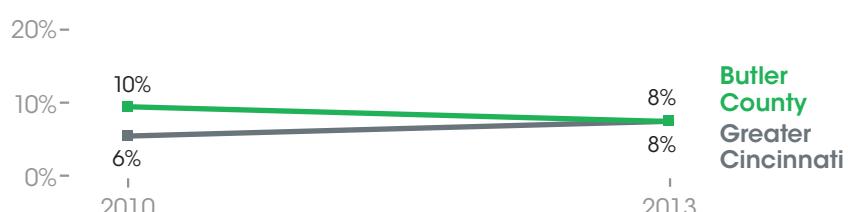
**About 3 in 10
Butler County
adults had
been told
that they had
hypertension,
or high blood
pressure**

Adults who had ever been told they had ...

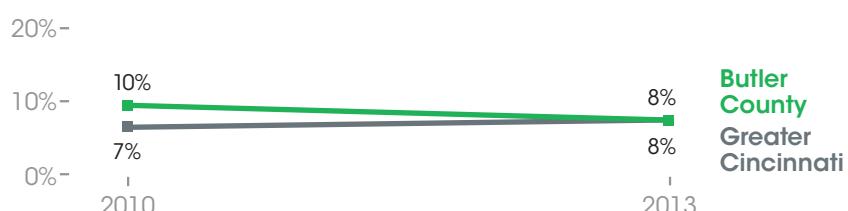
Asthma



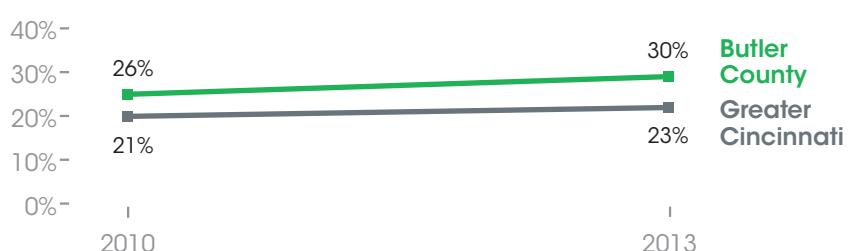
Cancer



Chronic lung disease



Depression



Diabetes





About 2 in 10 Butler County adults had been told they had asthma or severe allergies. The rate for asthma is about the same as for adults in the region. The rate for severe allergies is greater than for adults in the region.

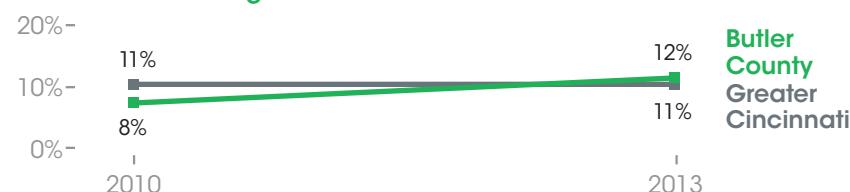
About 1 in 10 Butler County adults had been told they had cancer, chronic lung disease, diabetes, or heart trouble or angina. These rates are about the same as for adults in the region.

Fewer than 1 in 10 Butler County adults had been told they had a stroke, about the same rate as among adults in the region.

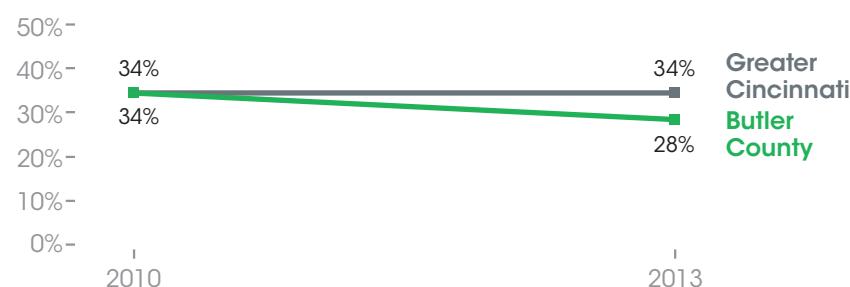
Reported diagnoses of cancer, chronic lung disease and high blood pressure among Butler County adults declined between 2010 and 2013. Reported diagnoses of depression, diabetes, and heart trouble or angina among Butler County adults rose between 2010 and 2013.

Adults who had ever been told they had ...

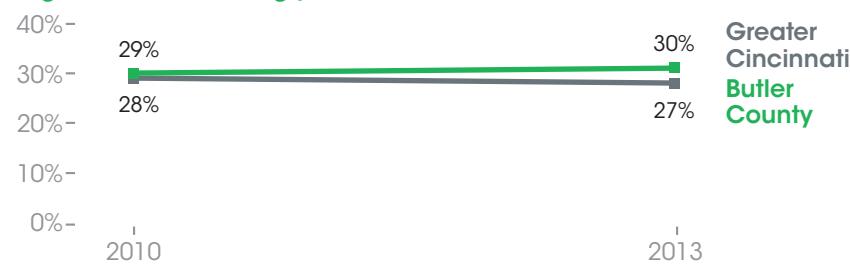
Heart trouble or angina



High blood pressure



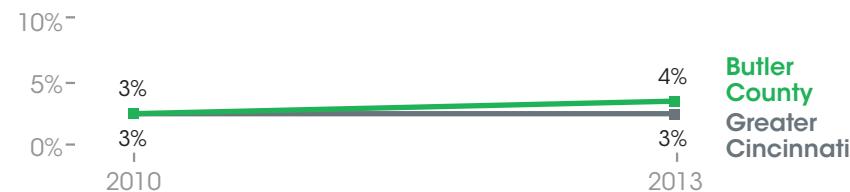
High cholesterol or triglycerides



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.

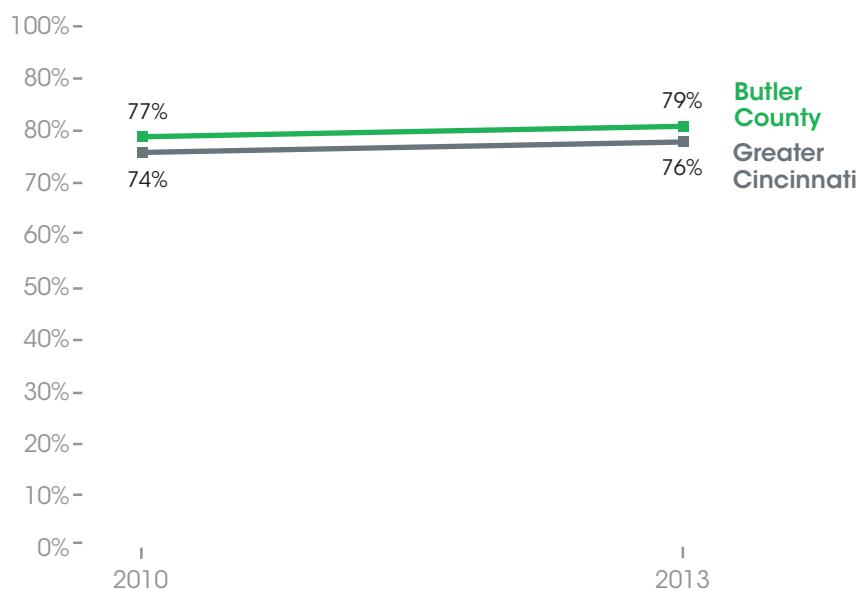
About 8 in 10 Butler County adults said their mouth and teeth, including false teeth and dentures, were in very good or good condition. This rate is about the same as among adults in the region and among Butler County adults in 2010.

Regular dental care is an important part of oral health. Nearly 4 in 10 Butler County 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 greater than the 3 in 10 adults in the region who said this. In 2010, fewer than 3 in 10 Butler County adults said they had delayed dental care.

Fewer than
3 in 10 went
without or
delayed
needed
dental care

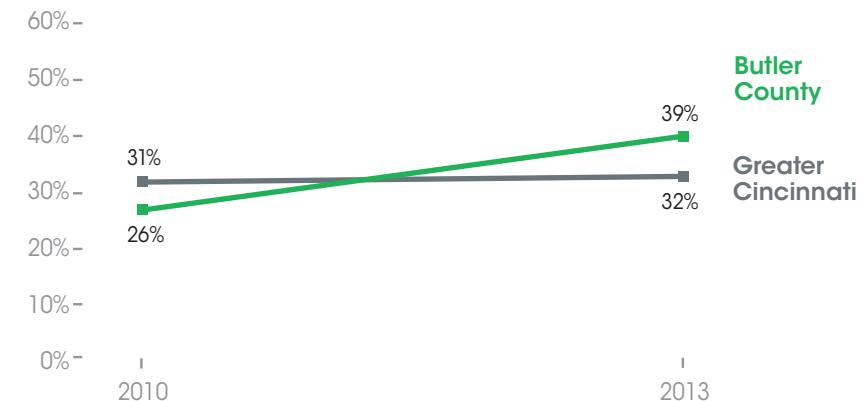
Adults who ...

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 healthcare provider is important for maintaining good health. Several factors can impede getting regular care.

One factor is cost. Most people rely on insurance to afford healthcare. More than 7 in 10 Butler County adults reported having health insurance, including nearly all adults older than 65. This is less than the nearly 8 in 10 adults in the region who reported this.

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.

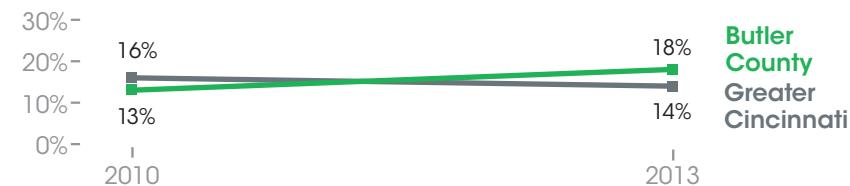
Even with health insurance, care can be expensive. Nearly 2 in 10 Butler County adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is worse than the percentage for adults in the region, but about the same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

Adults who have...

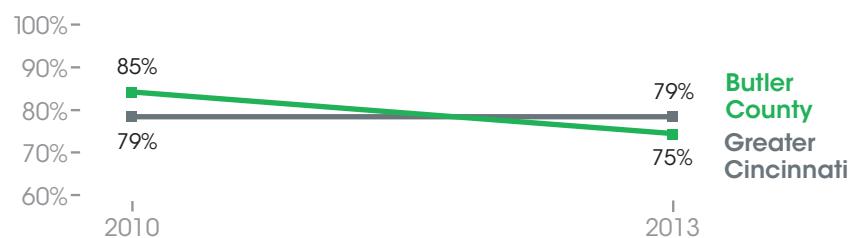
A usual and appropriate source of care



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. About 8 in 10 Butler County adults said they had a usual and appropriate source of care, about the same as adults in the region and Butler County adults in 2010, but less than the community Bold Goal of 95%. Nearly 2 in 10 Butler County adults had no usual source of care. More than 7 in 10 Butler County adults had gotten a routine check-up within the past 12 months, lower than the rate for adults in the region and Butler County adults in 2010.



INTERACT
FOR HEALTH

A Catalyst for Health and Wellness



HIGHLAND COUNTY

THE HEALTH
OF OUR
COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey

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ABOUT HIGHLAND COUNTY



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

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

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

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

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



Jared Warner

Highland County Health Commissioner

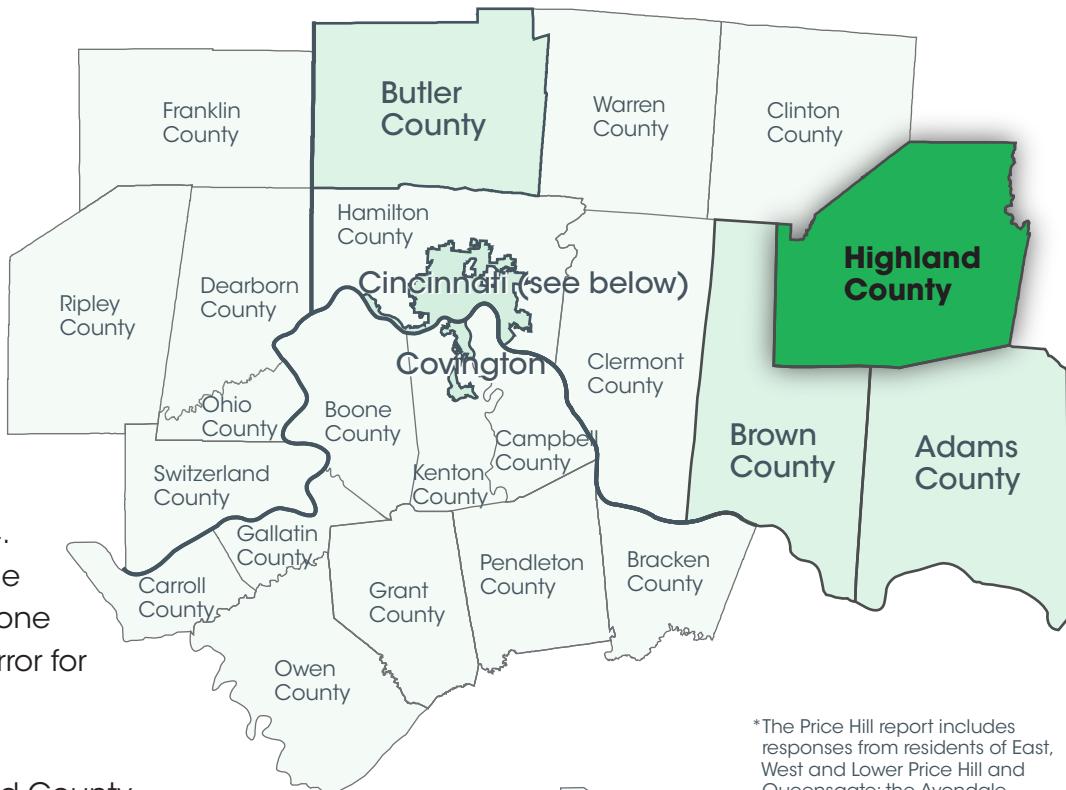
ABOUT THE SURVEY

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

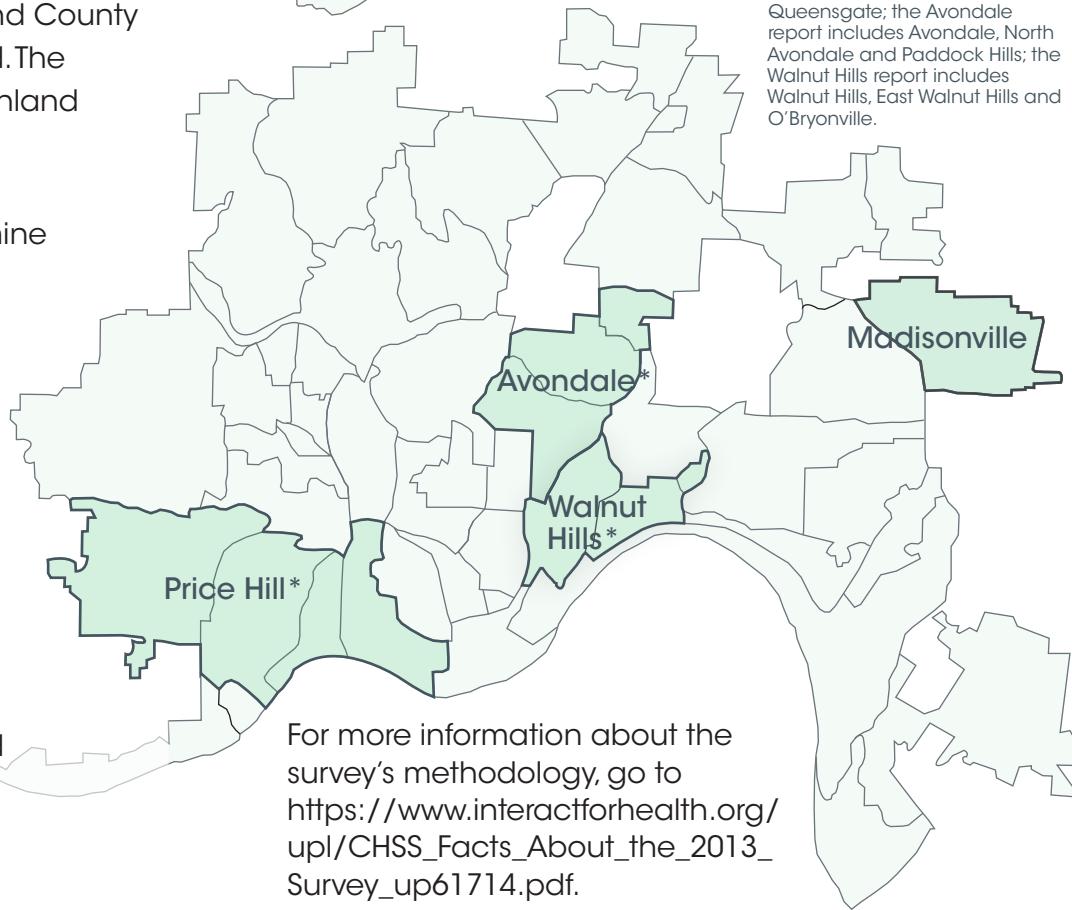
For this report, 270 Highland County residents were interviewed. The margin of error for the Highland County sample is $\pm 6.0\%$.

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

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



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



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



GENERAL HEALTH

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

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

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

Adults who rated their health as excellent or very good

Highland County

36%

Greater Cincinnati

52%

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

Highland County

31%

Greater Cincinnati

26%

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



THE COMMUNITY

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

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

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

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

Greater Cincinnati as a healthy place to live
Highland County



Greater Cincinnati

Their neighborhood as a healthy place to live

Highland County



Greater Cincinnati

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

The condition of houses and apartments in their neighborhood

Highland County



Greater Cincinnati

The condition of their own house or apartment

Highland County



Greater Cincinnati

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



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

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

Recreation facilities

Highland County



Greater Cincinnati



Safe shoulders or sidewalks

Highland County



Greater Cincinnati



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



COMMUNITY SUPPORT

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

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

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

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

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

Adults who agree that...

People can depend on each other in my community

Highland County



Greater Cincinnati



Living in my community gives me a secure feeling

Highland County



Greater Cincinnati



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

Highland County

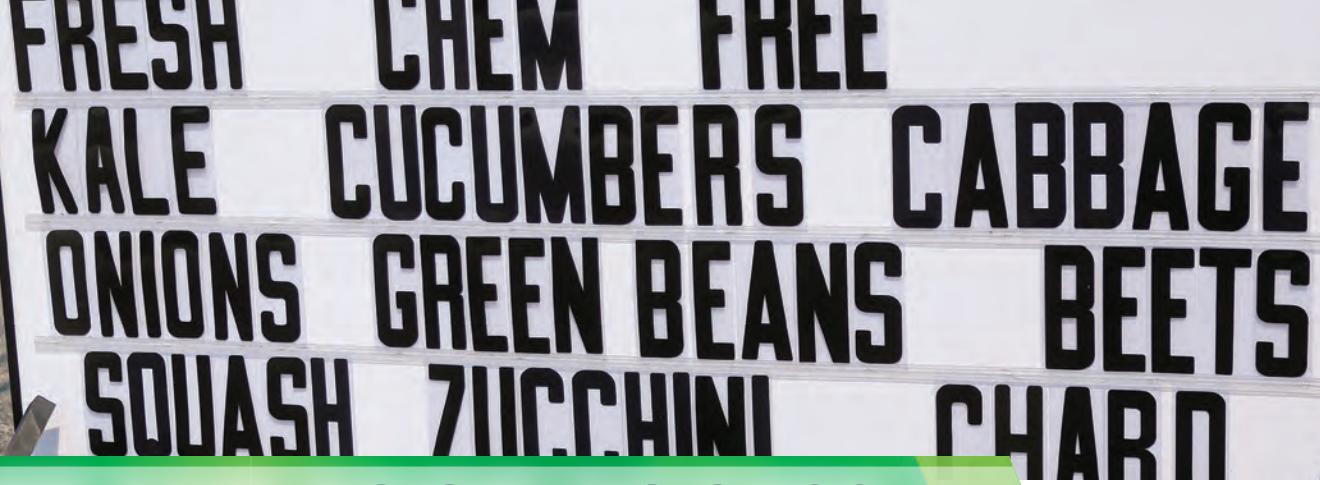


Greater Cincinnati



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

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



DIET AND FOOD ACCESS

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

About 2 in 10 Highland County adults ate the recommended daily amount of both fruits and vegetables. More than 4 in 10 Highland County adults did not eat the recommended daily amount of either fruits or vegetables. These results are about the same as among Greater Cincinnati adults.

Having a place nearby to buy healthy foods such as whole-grain foods, low-fat options, and fruits and vegetables can affect a person's health. About 8 in 10 Highland County adults agreed that it was easy to buy healthy foods in their neighborhood, similar to the percentage of adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Highland County

22%

Greater Cincinnati

18%

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

Highland County

44%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Highland County

80%

Greater Cincinnati

81%

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



OBESITY AND EXERCISE

Obesity can increase a person's risk for diabetes, heart disease and some cancers. The CHSS asked adults their weight and height to determine if they were obese using the Body Mass Index (BMI). Nearly 4 in 10 Highland County adults were obese. This is similar to the percentage among Greater Cincinnati adults.

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

The CHSS asked: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise? Fewer than 7 in 10 Highland County adults said yes,

Adults who are obese

Highland County

39%

Greater Cincinnati

33%

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

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

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



SMOKING AND DRINKING

Smoking is harmful. About 4 in 10 Highland County adults say they have never smoked. Another 2 in 10 adults used to smoke, but have quit. Nearly 4 in 10 Highland County adults currently smoke. This percentage is worse than the region's.

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

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

The CDC defines heavy drinking as consuming eight or more drinks per week for women and 15 or more drinks per week for men. Fewer than 1 in 10 Highland County adults were heavy drinkers, less than the percentage of adults in the region who were heavy drinkers.

Adults who are ...

Current smokers

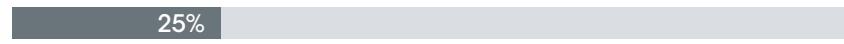
Highland County

36%



Greater Cincinnati

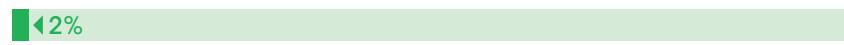
25%



Heavy drinkers

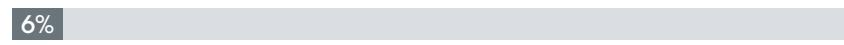
Highland County

12%



Greater Cincinnati

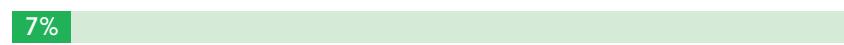
6%



Binge drinkers

Highland County

7%



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. Fewer than 1 in 10 Highland County adults reported binge drinking in the past month, better than adults in the region.

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



CHRONIC CONDITIONS

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

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

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

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

Adults who had ever been told they had ...

Asthma

Highland County

19%

Greater Cincinnati

17%

Cancer

Highland County

10%

Greater Cincinnati

8%

Chronic lung disease

Highland County

12%

Greater Cincinnati

8%

Depression

Highland County

27%

Greater Cincinnati

23%

Diabetes

Highland County

20%

Greater Cincinnati

13%



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

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

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

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

Adults who had ever been told they had ...

Heart trouble or angina

Highland County

20%

Greater Cincinnati

11%

High blood pressure

Highland County

43%

Greater Cincinnati

34%

High cholesterol or triglycerides

Highland County

30%

Greater Cincinnati

27%

Severe allergies

Highland County

18%

Greater Cincinnati

17%

Stroke

Highland County

◀3%

Greater Cincinnati

◀3%



ORAL HEALTH

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

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

Regular dental care is an important part of oral health. Nearly 4 in 10 Highland County residents said there had been a time in the past 12 months when they had needed dental care but had not gotten it or delayed getting it. This is worse than the percentage of adults in the region who said this.

Adults who ...

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

73%

Greater Cincinnati

76%

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

Highland County

38%

Greater Cincinnati

32%

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

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



ACCESS TO CARE

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

One factor is cost. Most people rely on insurance to afford healthcare. Eight in 10 Highland County adults reported having health insurance, including nearly all adults older than 65. This is less than adults in the region.

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

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

Adults who have ...

A usual and appropriate source of care

Highland County

71%

Greater Cincinnati

82%

No source of healthcare

Highland County

20%

Greater Cincinnati

14%

Had a check-up in the past 12 months

Highland County

5%

78%

Greater Cincinnati

8%

79%

Another factor is finding a usual and appropriate source of care such as a doctor's office or community health center. It is a place where a provider gets to know patients, can see them regularly, and can help them manage and maintain their health. In Highland County, 7 in 10 adults said they had a usual and appropriate source of healthcare. About 1 in 10 adults had an inappropriate source of care, such as an emergency room or urgent care center. Two in 10 Highland County adults had no usual source of care. These percentages are worse than among adults in the region. About 8 in 10 Highland County adults had gotten a routine check-up within the past 12 months, about the same as adults in the region.

