

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

Copyright © 2015 by Interact for Health.

All rights reserved.

To cite this work, please use this format:

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

Permission is granted to reproduce this publication provided that these reproductions are not used for a commercial purpose; that you do not collect any fees for the reproductions; that our materials are faithfully reproduced (without addition, alteration or abbreviation); and that they include any copyright notice, attribution or disclaimer appearing on the original. Free copies of our publications are available; please call 513-458-6600 or toll-free 888-310-4904 or visit www.interactforhealth.org.

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

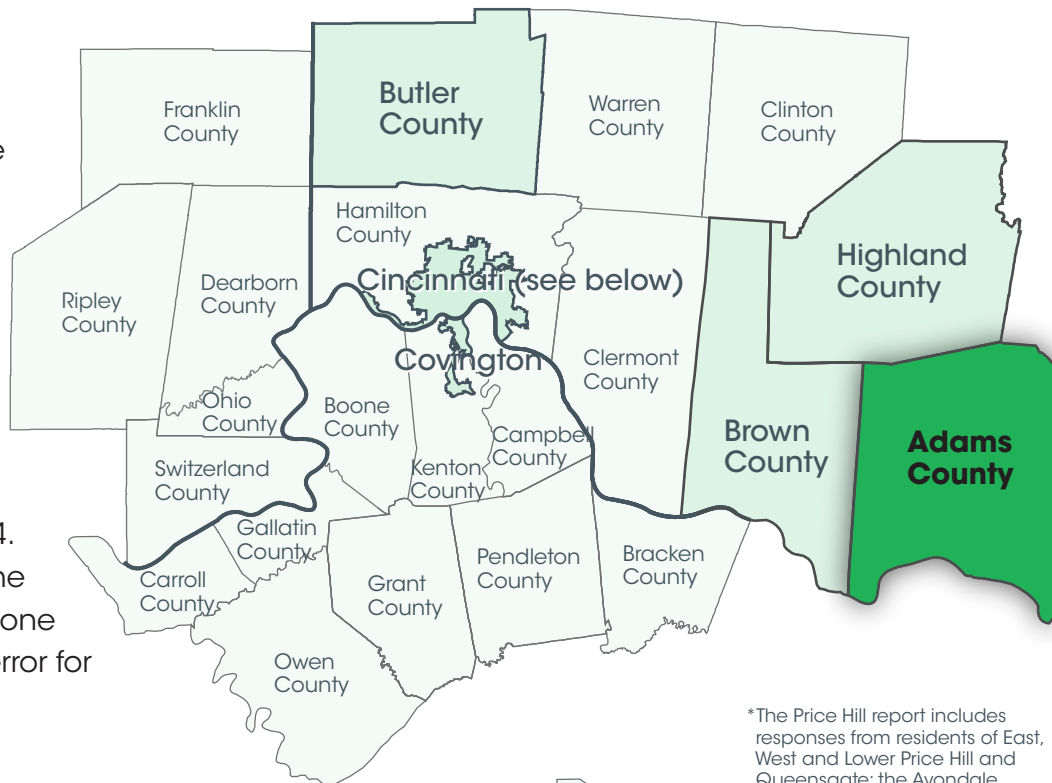
ABOUT THE SURVEY

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 $\pm 1.5\%$.

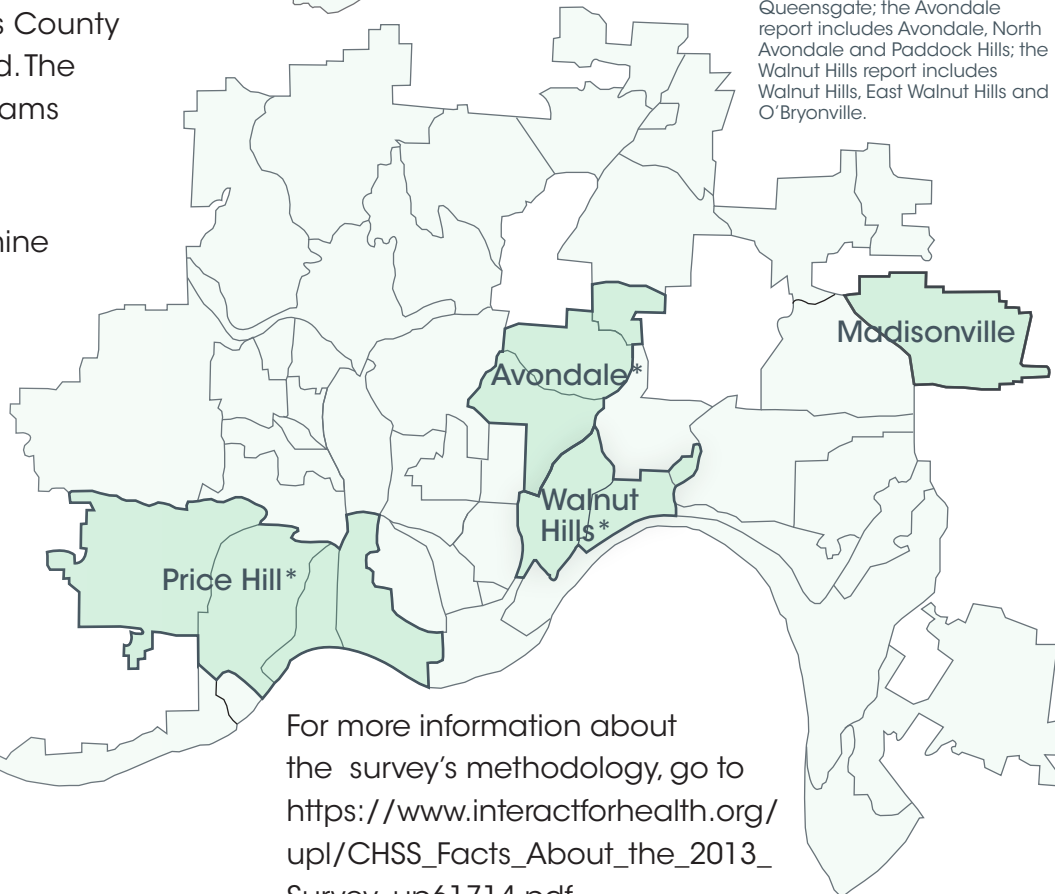
For this report, 287 Adams County residents were interviewed. The margin of error for the Adams County sample is $\pm 5.8\%$.

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



Greater Cincinnati

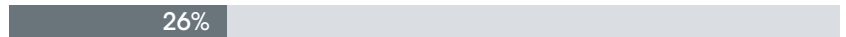


Adults who reported two weeks or more of unhealthy days in the past month

Adams County



Greater Cincinnati



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.

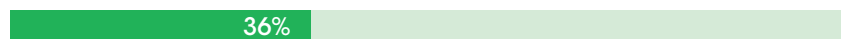


Exercise is easier if a community has parks, playgrounds, pools, soccer fields, bike trails and recreation centers. Fewer than 4 in 10 Adams County adults rated the availability of recreation facilities in their neighborhood as excellent, very good or good. This is much lower than the more than 7 in 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

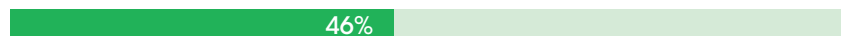


Greater Cincinnati



Safe shoulders or sidewalks

Adams County



Greater Cincinnati



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



Greater Cincinnati



Living in my community gives me a secure feeling

Adams County



Greater Cincinnati



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

Adams County



Greater Cincinnati





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.

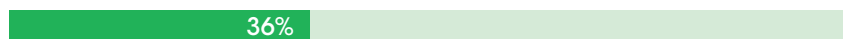
The CDC defines heavy drinking as consuming eight or more drinks per week for women and 15 or more drinks per week for men. Fewer than 1 in 10 Adams County adults were heavy drinkers, similar to the rate among adults in the region.

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

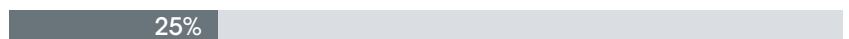
Adults who are ...

Current smokers

Adams County



Greater Cincinnati



Heavy drinkers

Adams County



Greater Cincinnati



Binge drinkers

Adams County



Greater Cincinnati



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



Greater Cincinnati

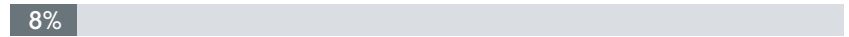


Cancer

Adams County



Greater Cincinnati



Chronic lung disease

Adams County

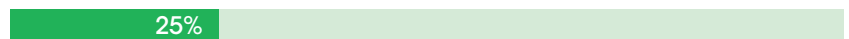


Greater Cincinnati



Depression

Adams County



Greater Cincinnati

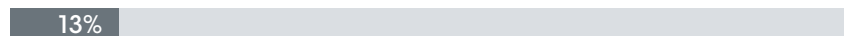


Diabetes

Adams County



Greater Cincinnati





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.

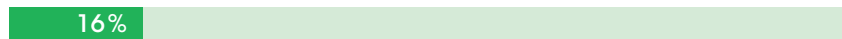
Fewer than 1 in 10 Adams County adults had been told they had a stroke, similar to the region.

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

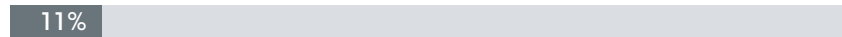
Adults who had ever been told they had ...

Heart trouble or angina

Adams County

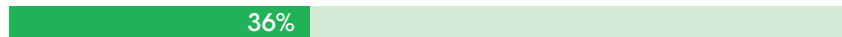


Greater Cincinnati

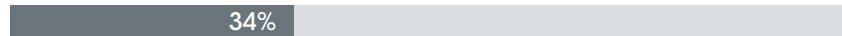


High blood pressure

Adams County



Greater Cincinnati



High cholesterol or triglycerides

Adams County

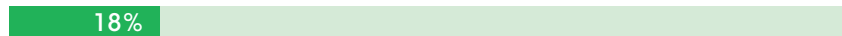


Greater Cincinnati

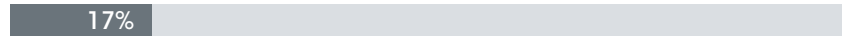


Severe allergies

Adams County

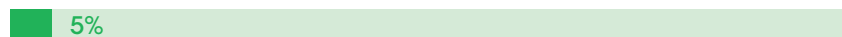


Greater Cincinnati



Stroke

Adams County



Greater Cincinnati





ORAL HEALTH

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

About 7 in 10 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

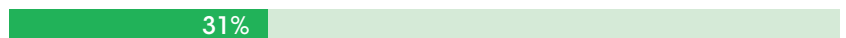


Greater Cincinnati

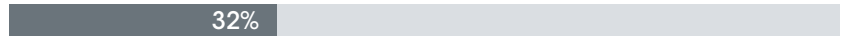


Did not get or delayed getting dental care in past 12 months

Adams County



Greater Cincinnati



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



Greater Cincinnati

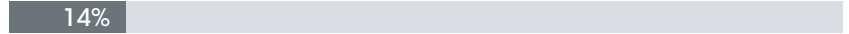


No source of healthcare

Adams County



Greater Cincinnati



Had a check-up in the past 12 months

Adams County



Greater Cincinnati



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

