

# INTERACT FOR HEALTH

A Catalyst for Health and Wellness



## AVONDALE

### THE HEALTH OF OUR COMMUNITY

Results from the 2013  
Greater Cincinnati  
Community Health  
Status Survey



United Way  
of Greater Cincinnati

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# ABOUT AVONDALE



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

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

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



**Ozie Davis III**

Executive Director,  
Avondale Comprehensive  
Development Corporation



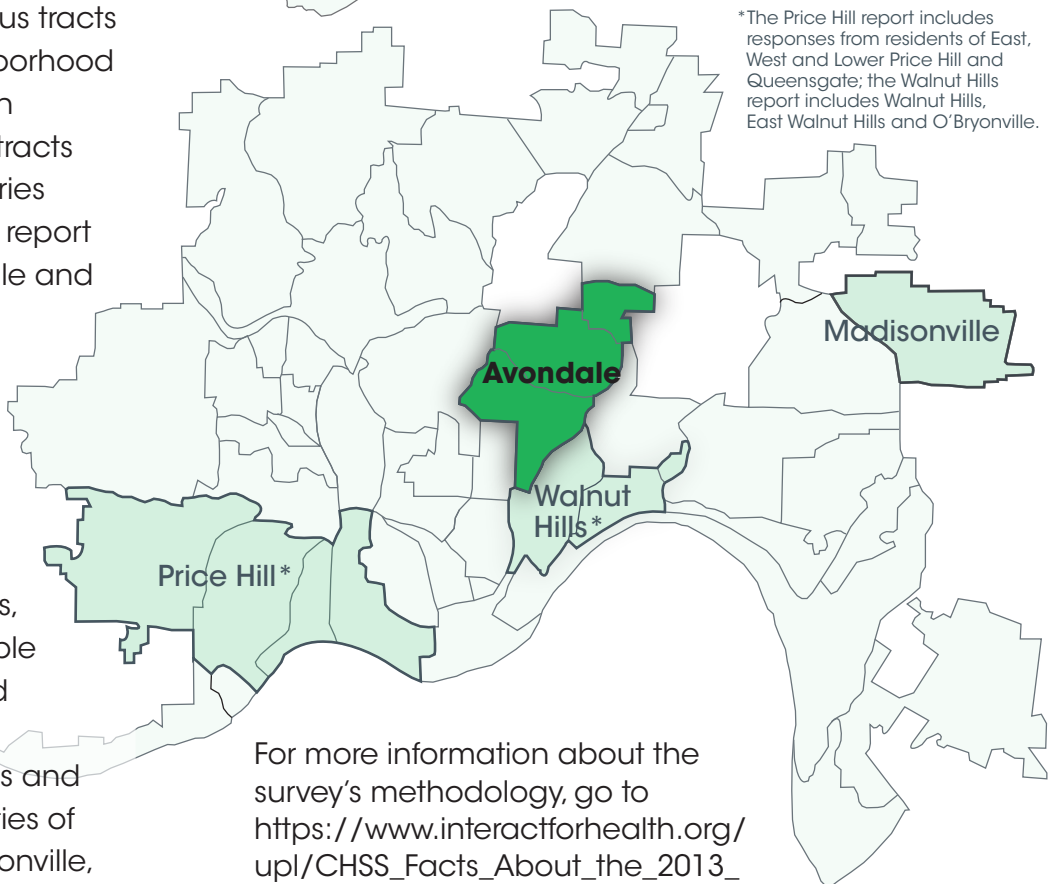
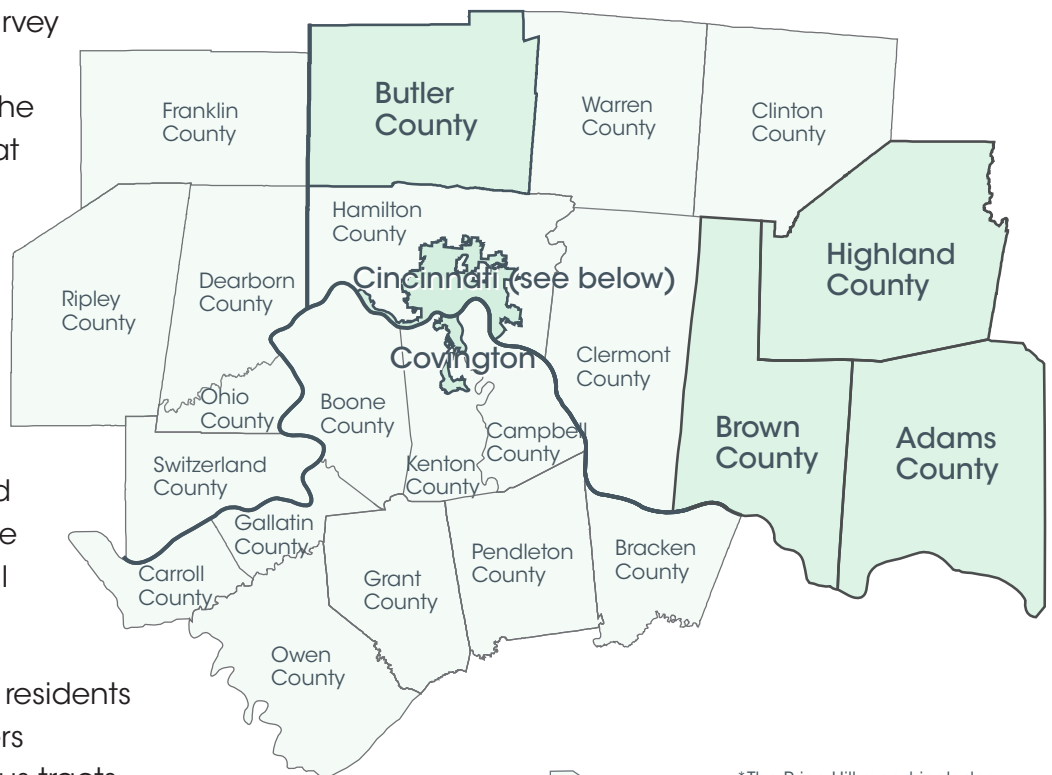
# ABOUT THE SURVEY

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

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

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

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



For more information about the survey's methodology, go to [https://www.interactforhealth.org/upl/CHSS\\_Facts\\_About\\_the\\_2013\\_Survey\\_up61714.pdf](https://www.interactforhealth.org/upl/CHSS_Facts_About_the_2013_Survey_up61714.pdf).





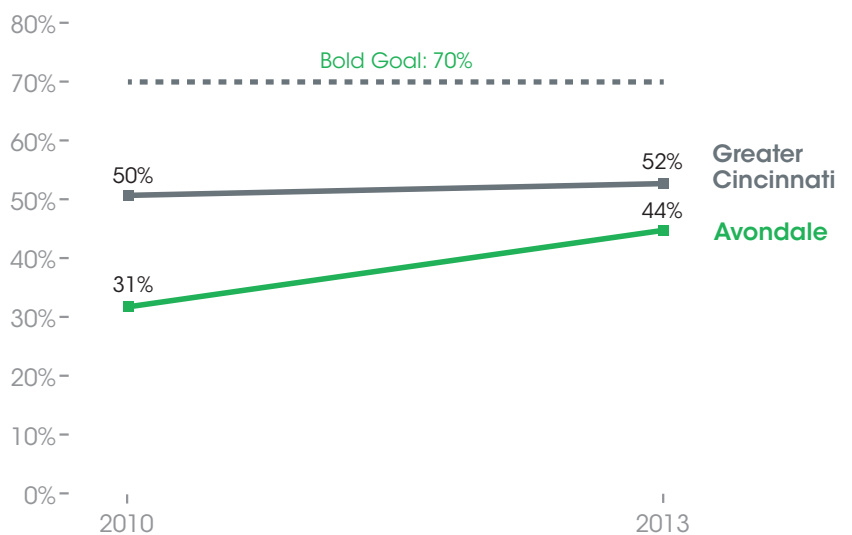
# GENERAL HEALTH

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

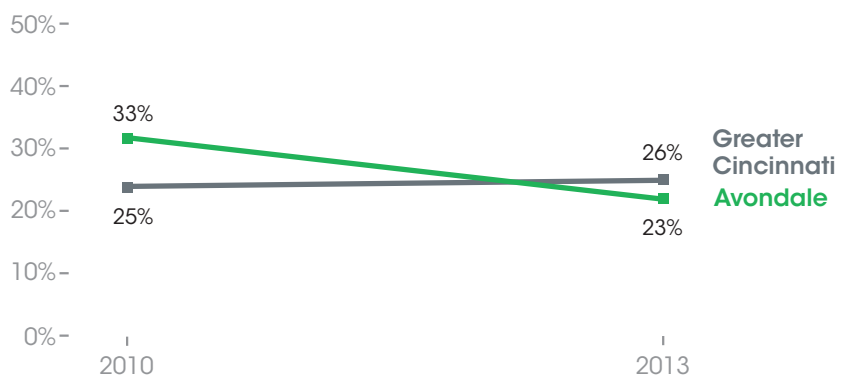
In Avondale, more than 4 in 10 adults described their health as excellent or very good. This is better than in 2010, when 3 in 10 adults described their health this way. However, it is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see [www.uwgc.org/community-impact/bold-goals-for-our-region](http://www.uwgc.org/community-impact/bold-goals-for-our-region).

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

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



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



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

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



## THE COMMUNITY

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

In Avondale, 6 in 10 adults said Greater Cincinnati was excellent, very good or good as a healthy place to live. This is lower than the overall results in the region, where 7 in 10 adults thought the region was a healthy place to live. Avondale adults gave their own neighborhood lower ratings, with 5 in 10 saying it was a healthy place to live. This compared with nearly 8 in 10 adults in the region.

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

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

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

Avondale



Greater Cincinnati



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

Avondale



Greater Cincinnati



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

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

Avondale



Greater Cincinnati



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

Avondale



Greater Cincinnati



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





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. About half of Avondale adults rated the availability of recreation facilities in the neighborhood as excellent, very good or good. This is lower than the 7 in 10 adults in the region who rated access to recreation facilities highly. Fewer than 2 in 10 Avondale adults said they used neighborhood recreation facilities at least once a week, less than the rate of Greater Cincinnati adults who said this. However, 7 in 10 Avondale adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, about the same percentage as adults in the region.

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

#### Recreation facilities

##### Avondale



##### Greater Cincinnati



#### Safe shoulders or sidewalks

##### Avondale



##### Greater Cincinnati



Half said Avondale was a healthy place to live

Fewer than 2 in 10 used recreation facilities at least once a week



# COMMUNITY SUPPORT

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

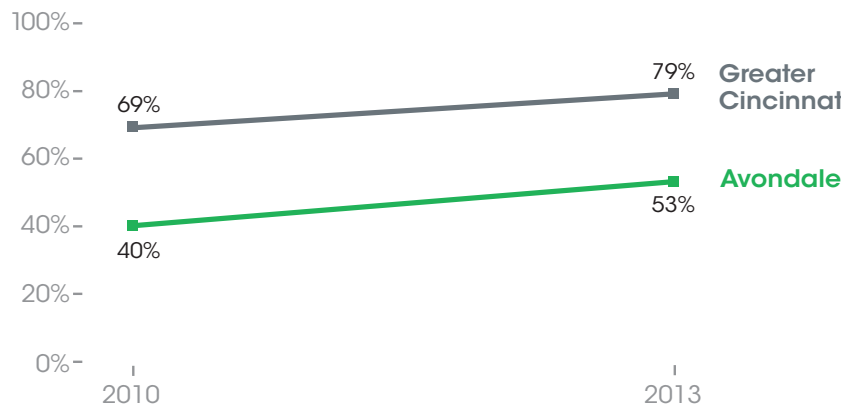
- People can depend on each other in my community
- Living in my community gives me a secure feeling
- People in my community know they can get help from the community if they are in trouble

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

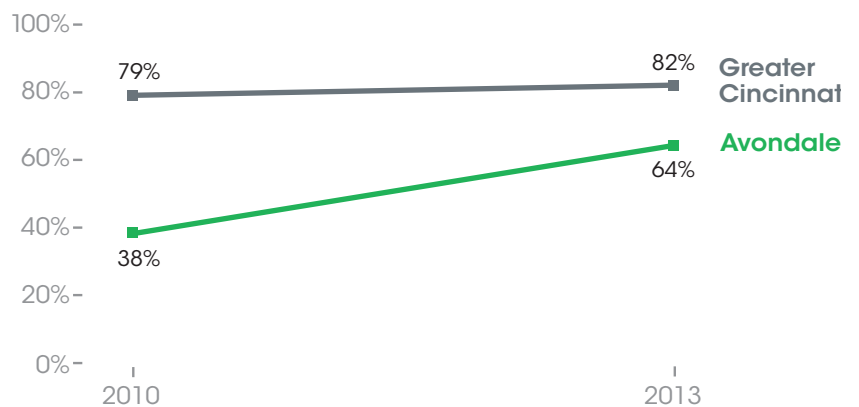
About 6 in 10 Avondale adults said that living in their community gives them a secure feeling. While this is lower than the 8 in 10 adults in the region who said this, it is higher than the 4 in 10 Avondale adults who said this in 2010.

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

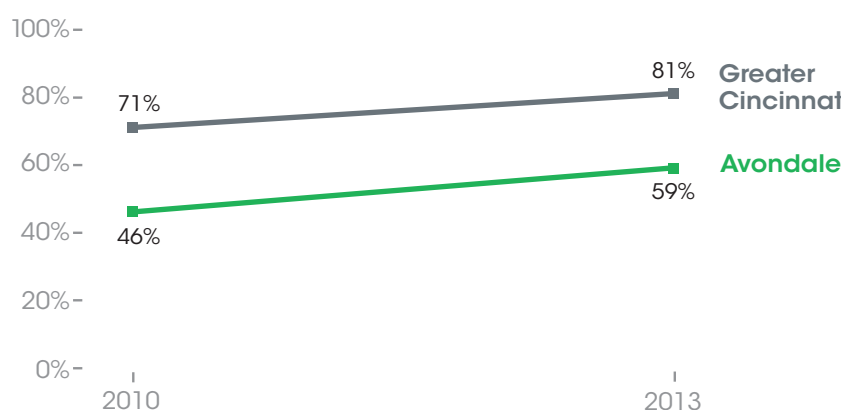
**People can depend on each other in my community**



**Living in my community gives me a secure feeling**



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







# DIET AND FOOD ACCESS

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

Fewer than 2 in 10 Avondale adults ate the recommended daily amount of both fruits and vegetables. About 4 in 10 Avondale adults did not eat the recommended amount of either fruits or vegetables. This is about the same as among Greater Cincinnati adults.

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

## Adults who ...

**Eat the recommended daily amount of both fruits and vegetables**

Avondale

15%

Greater Cincinnati

18%

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

Avondale

43%

Greater Cincinnati

45%

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

Avondale

50%

Greater Cincinnati

81%

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



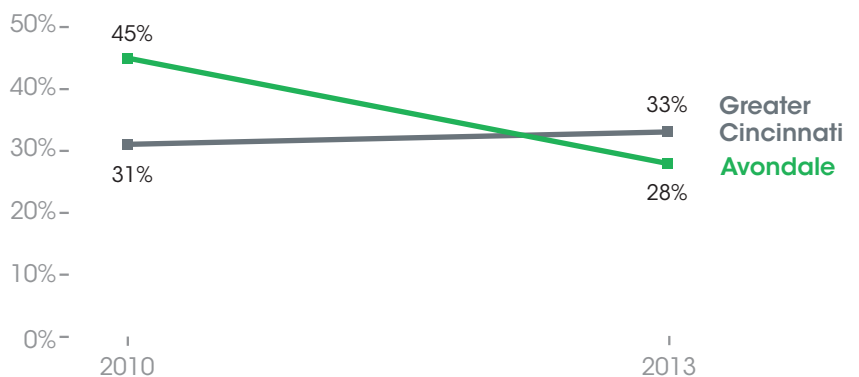
# OBESITY AND EXERCISE

Obesity can increase a person's risk for diabetes, heart disease and some cancers. The CHSS asked adults their weight and height to determine if they were obese using the Body Mass Index (BMI). Nearly 3 in 10 Avondale adults were obese. This is about the same as the percentage among Greater Cincinnati adults. It is also better than in 2010 when nearly 5 in 10 Avondale adults were obese.

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

The CHSS asked, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running,

## Adults who are obese



calisthenics, golf, gardening or walking for exercise?" More than 7 in 10 Avondale adults said yes, about the same rate as adults in the region. About 5 in 10 Avondale adults had done muscle-strengthening exercises in the past month, a greater percentage than adults in the region.

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

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

# SMOKING AND DRINKING

Smoking is harmful. About half of Avondale adults said they have never smoked. Another 2 in 10 adults used to smoke, but have quit. About 3 in 10 Avondale adults currently smoke. This percentage is about the same as the region's.

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

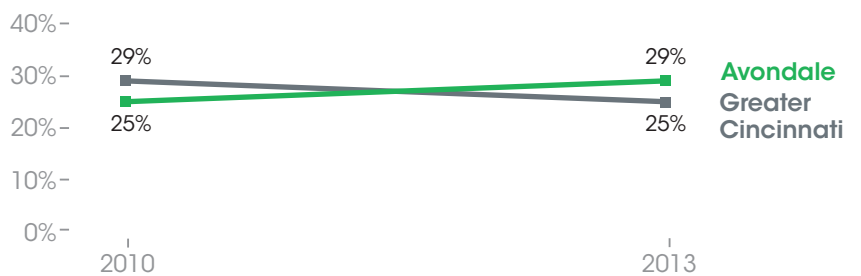
Moderate alcohol use - having no more than one drink a day for women and no more than two drinks a day for men - poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Avondale adults reported either not drinking or drinking moderately.

The CDC defines heavy drinking as consuming eight or more drinks per week for women and 15 or more drinks per week for men. About 1 in 10 Avondale adults were heavy drinkers, similar to the percentage of adults in the region.

The CDC defines binge drinking as drinking four or more drinks on one occasion for women, and five

## Adults who are...

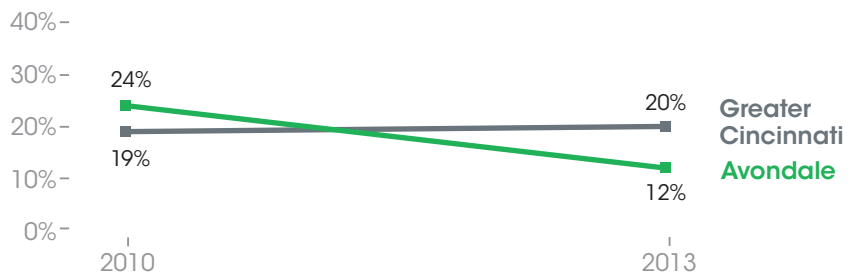
### Current smokers



### Heavy drinkers



### Binge drinkers



or more drinks on one occasion for men. People who binge drink are not necessarily heavy drinkers. However, binge drinking is also harmful. In Avondale, 1 in 10 adults reported binge drinking in the past month. This is better than among Greater Cincinnati adults, and an improvement among Avondale adults since 2010.





# CHRONIC CONDITIONS

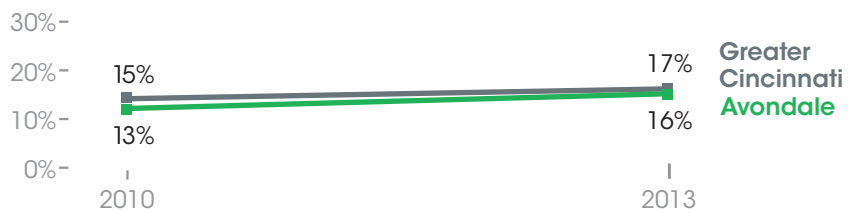
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

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

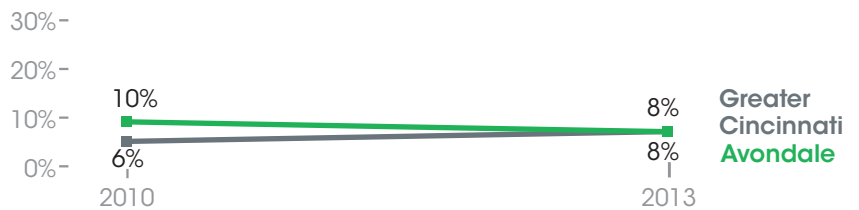
About 3 in 10 Avondale adults had been told they had high cholesterol or triglycerides, similar to adults in the region and to 2010 Avondale adults.

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

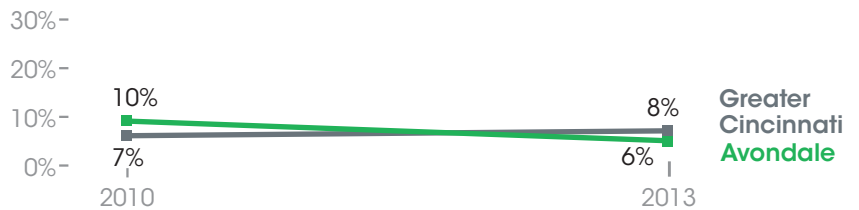
## Adults who had ever been told they had ... Asthma



## Cancer



## Chronic lung disease



## Depression



## Diabetes



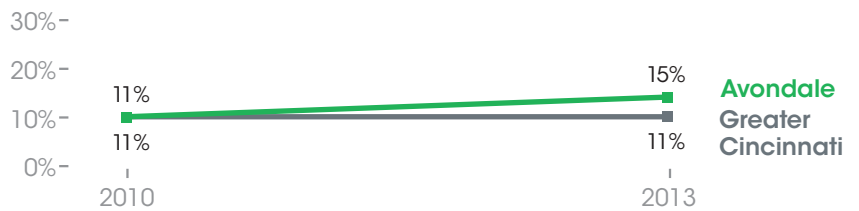


About 2 in 10 Avondale adults had been told they had severe allergies, heart trouble or angina, asthma, diabetes or depression. The rates for severe allergies and heart trouble are higher than for adults in the region. The rate for depression is lower than for adults in the region.

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

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

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



**High blood pressure**



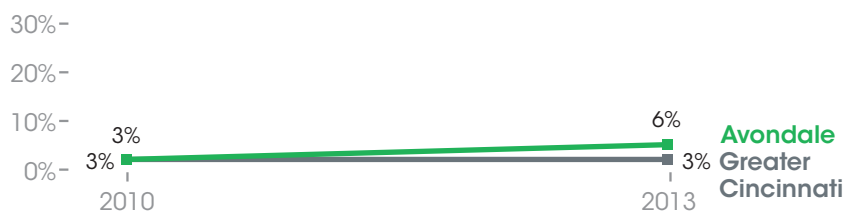
**High cholesterol or triglycerides**



**Severe allergies**



**Stroke**





# ORAL HEALTH

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

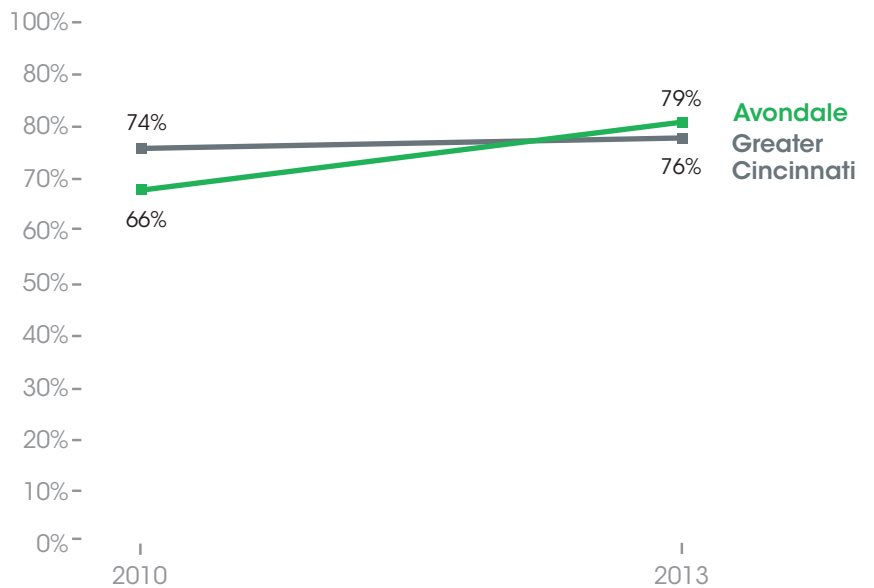
Nearly 8 in 10 Avondale adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is about the same as adults in the region. It is also better than in 2010 when fewer than 7 in 10 Avondale adults said this.

Regular dental care is an important part of oral health. About 2 in 10 Avondale adults said there had been a time in the past 12 months when they had needed dental care but had not gotten it or delayed getting it. This is better than among adults in the region, and much better than in 2010 when nearly 5 in 10 Avondale adults said this.

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

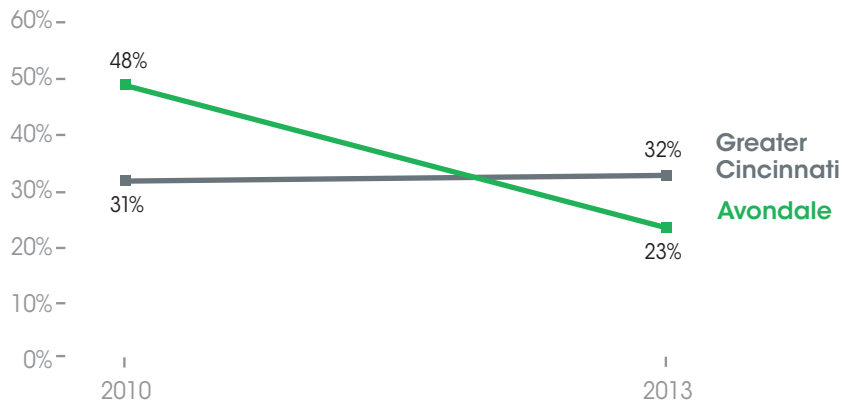
## Adults who ...

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



## Adults who ...

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







# ACCESS TO CARE

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

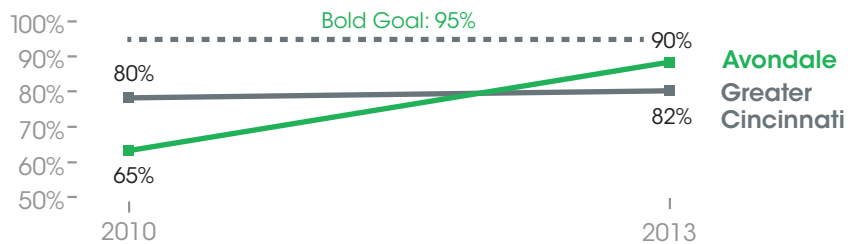
One factor is cost. Most people rely on insurance to afford healthcare. The percentage of Avondale adults with health insurance has improved since 2010. In 2013, nearly 9 in 10 adults had health insurance, up from 6 in 10 in 2010. This includes coverage for nearly all adults older than 65. The percentage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

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

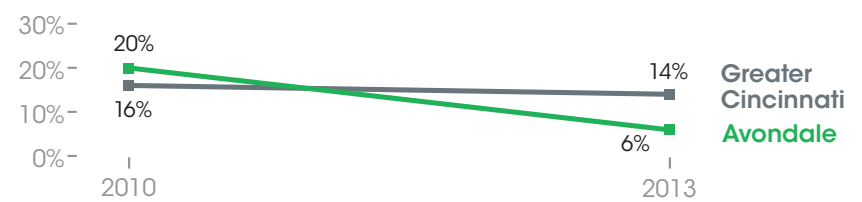
Even with health insurance, care can be expensive. In Avondale, 1 in 10 adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is the same as the percentage for adults in the region.

## Adults who have...

### A usual and appropriate source of care



### No source of healthcare



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



Another factor is finding a usual and appropriate source of care such as a doctor's office or community health center. It is a place where a provider gets to know patients, can see them regularly, and can help them manage and maintain their health. In Avondale, 9 in 10 adults said they had a usual and appropriate source of healthcare, up from fewer than 7 in 10 adults in 2010. This percentage is better than among Greater Cincinnati adults and is close to the community Bold Goal of 95%. Fewer than 1 in 10 Avondale adults had no usual source of care. More than 9 in 10 Avondale adults had gotten a routine check-up within the past 12 months, better than Greater Cincinnati adults and Avondale adults in 2010.

