

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



BROWN COUNTY

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey

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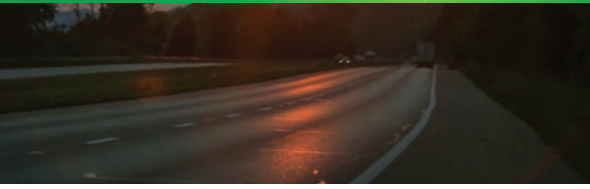
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ABOUT BROWN COUNTY



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

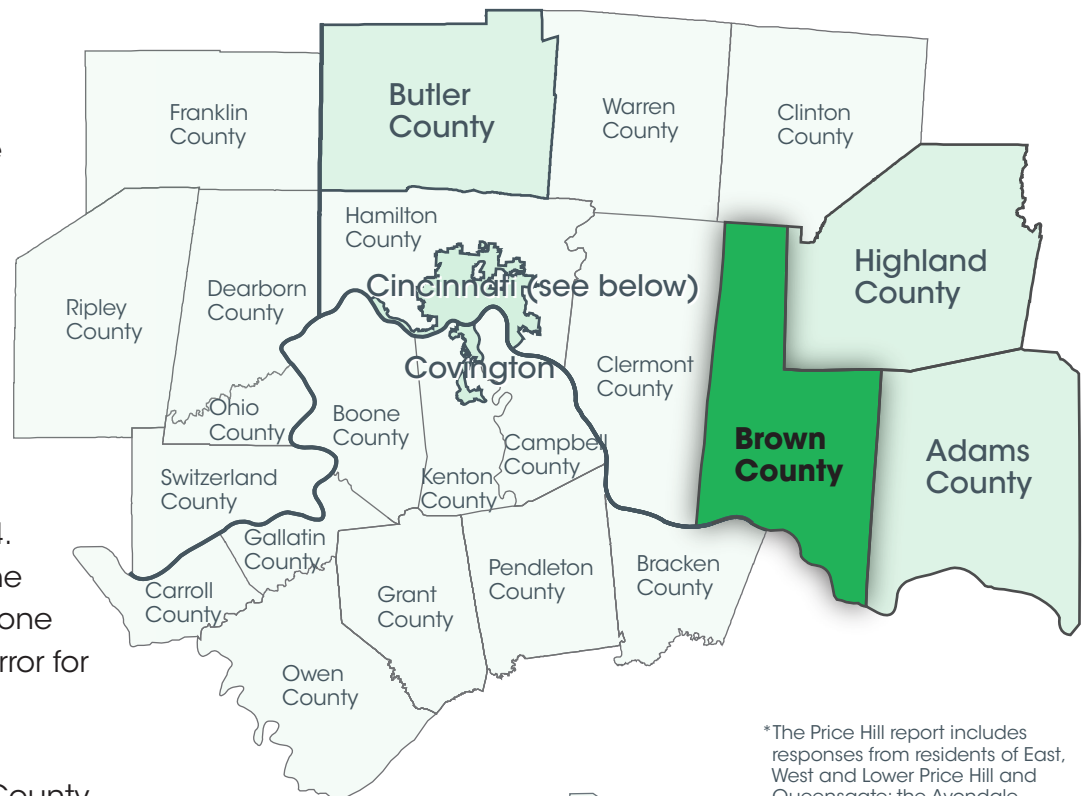
ABOUT THE SURVEY

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 $\pm 1.5\%$.

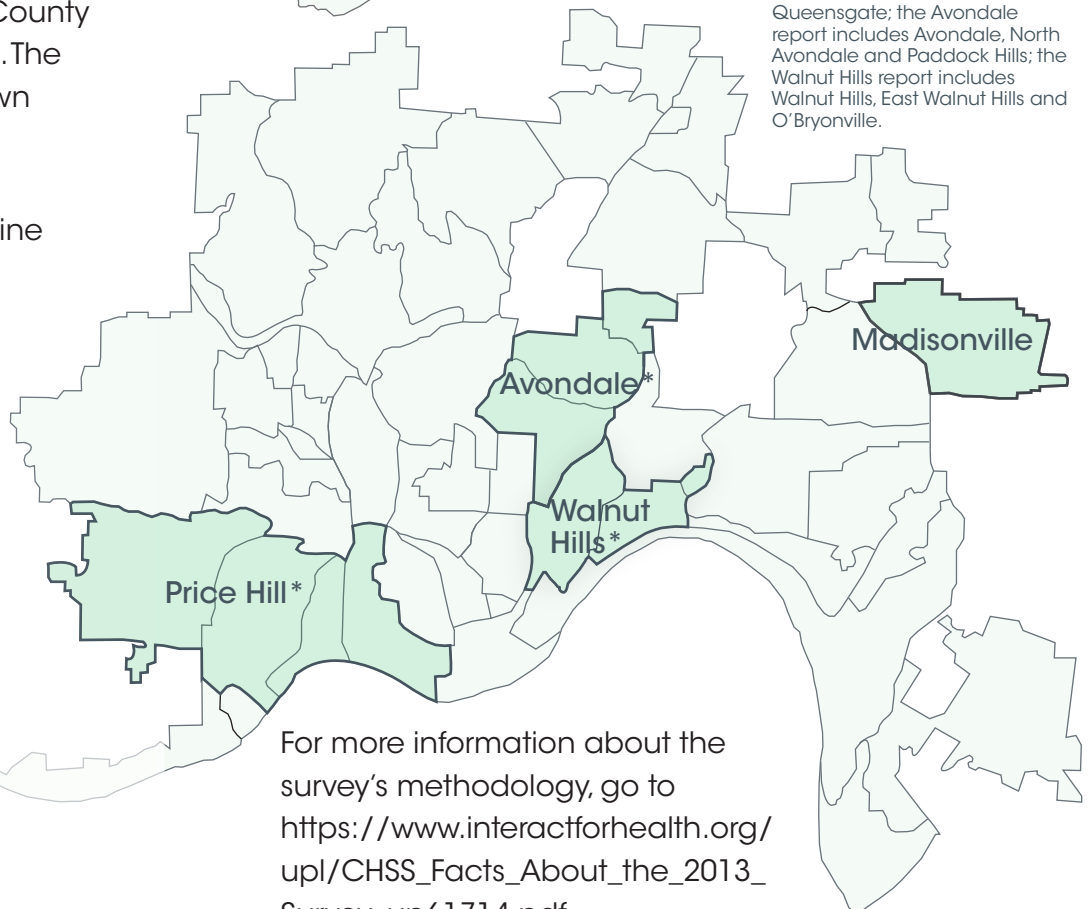
For this report, 290 Brown County residents were interviewed. The margin of error for the Brown County sample is $\pm 5.8\%$.

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)



*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 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

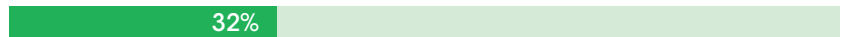


Greater Cincinnati

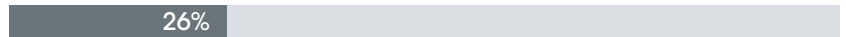


Adults who reported two weeks or more of unhealthy days in the past month

Brown County



Greater Cincinnati



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



Greater Cincinnati



Their neighborhood as a healthy place to live

Brown County



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Brown County



Greater Cincinnati



The condition of their own house or apartment

Brown County



Greater Cincinnati



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



Greater Cincinnati



Safe shoulders or sidewalks

Brown County



Greater Cincinnati



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



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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.

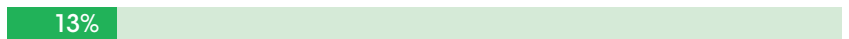
About 1 in 10 Brown County adults ate the recommended daily amount of both fruits and vegetables. They were less likely than Greater Cincinnati adults to do this. About 6 in 10 Brown County adults did not eat the recommended amount of either fruits or vegetables. This is greater than among Greater Cincinnati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



Greater Cincinnati



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

Brown County



Greater Cincinnati



Agree it is easy to buy healthy foods in their neighborhood

Brown County



Greater Cincinnati



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.

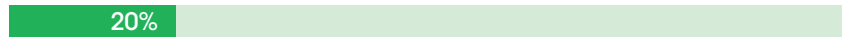
About 3 in 10 Brown County adults had been told they had depression, or high cholesterol or triglycerides. The rate of depression is higher than for adults in the region. The rate of high cholesterol is about the same as for adults in the region.

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



Greater Cincinnati



Cancer

Brown County

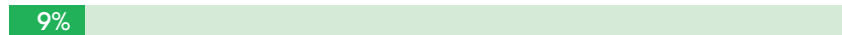


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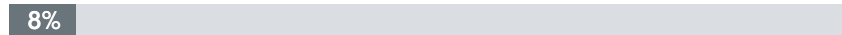


Chronic lung disease

Brown County

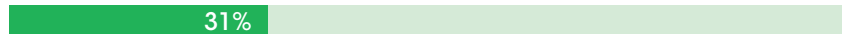


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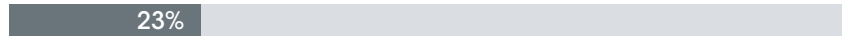


Depression

Brown County

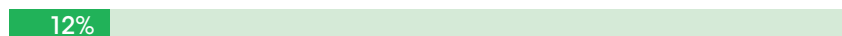


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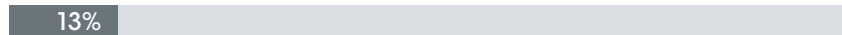


Diabetes

Brown County



Greater Cincinnati





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.

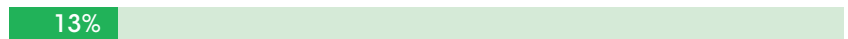
Fewer than 1 in 10 Brown County adults had been told they had a stroke, about the same rate as among adults in the region.

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

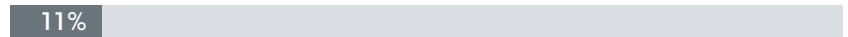
Adults who had ever been told they had ...

Heart trouble or angina

Brown County



Greater Cincinnati

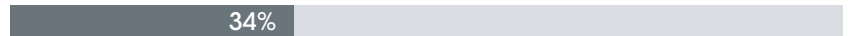


High blood pressure

Brown County



Greater Cincinnati



High cholesterol or triglycerides

Brown County

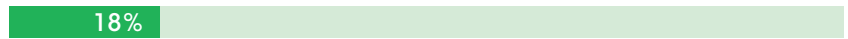


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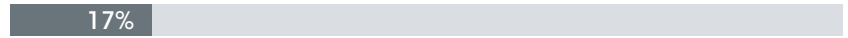


Severe allergies

Brown County

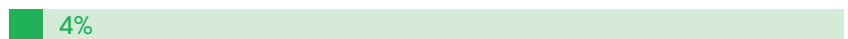


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Stroke

Brown 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.

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

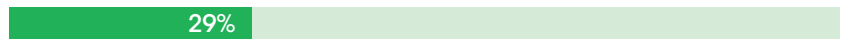


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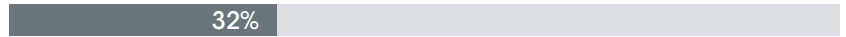


Did not get or delayed getting dental care in past 12 months

Brown County



Greater Cincinnati



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

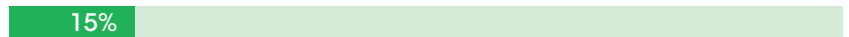


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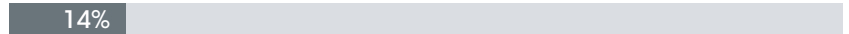


No source of healthcare

Brown County



Greater Cincinnati



Had a check-up in the past 12 months

Brown County



Greater Cincinnati



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.

