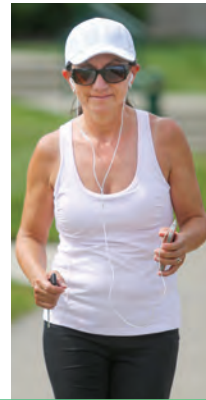


INTERACT FOR HEALTH

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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To cite this work, please use this format:

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

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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.



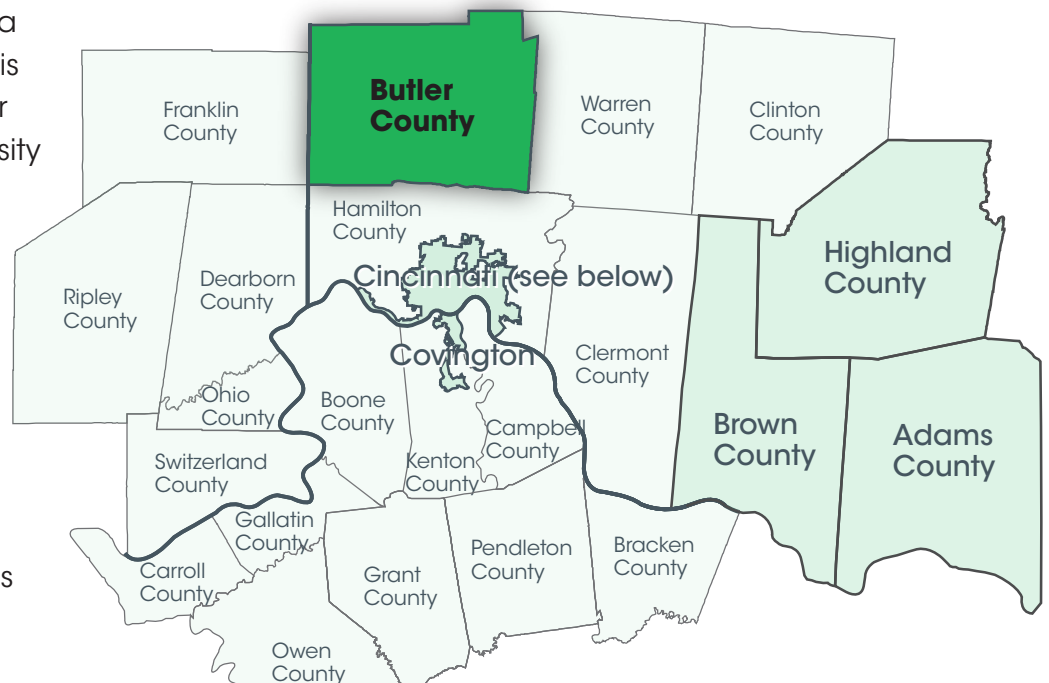
Scott Rasmus, Ph.D., LPCC-S, IMFT

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 $\pm 1.5\%$.

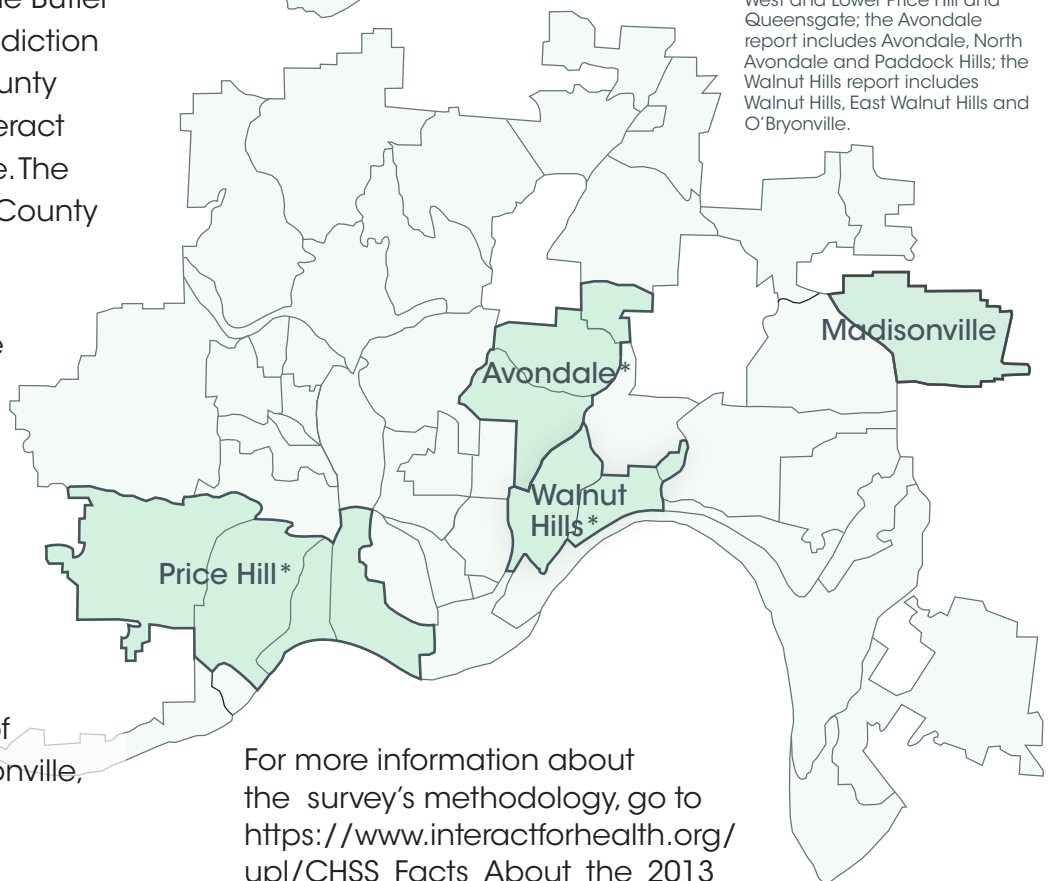
Survey region of the CHSS (darker regions indicate oversample areas)



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 $\pm 5.4\%$.

*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.

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.



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



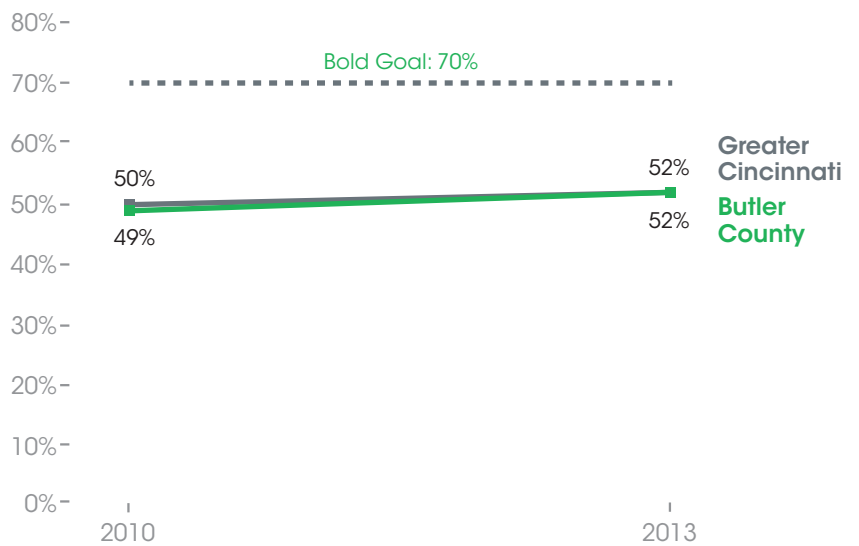
GENERAL HEALTH

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.

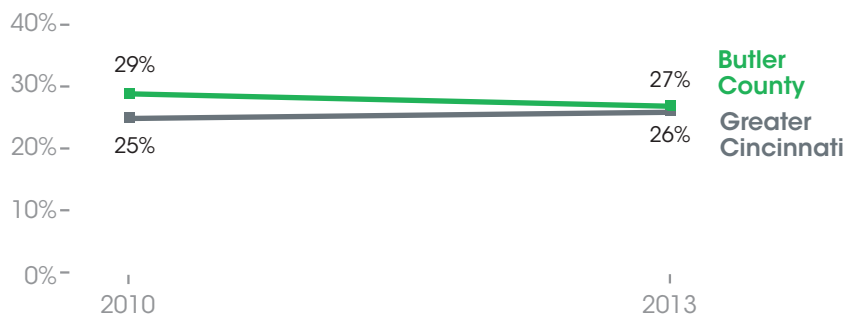
About 5 in 10 Butler County adults described their health as excellent or very good. This is the same as the rate among Greater Cincinnati adults. It is also about the same as for Butler County adults in 2010. However, it is lower than the Greater Cincinnati Bold Goal of 70 percent. For more information 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



Their neighborhood as a healthy place to live

Butler County



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Butler County



Greater Cincinnati



The condition of their own house or apartment

Butler County



Greater Cincinnati



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.

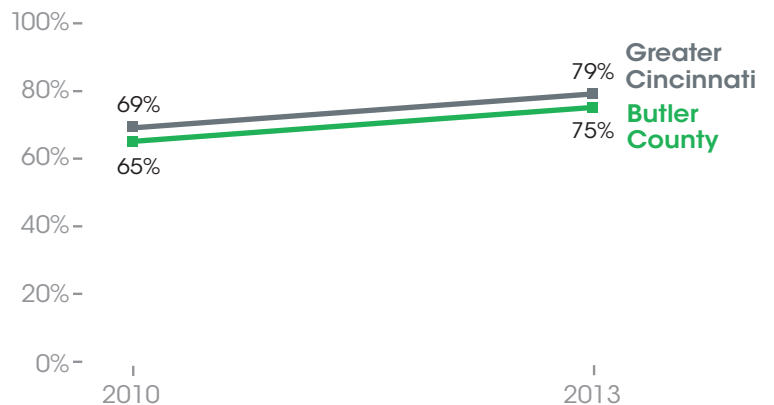
The rate of positive responses to these questions by Butler County adults remained steady or increased considerably since 2010. The percentage of Greater Cincinnati adults who agreed with each statement also rose from 2010 to 2013.

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.

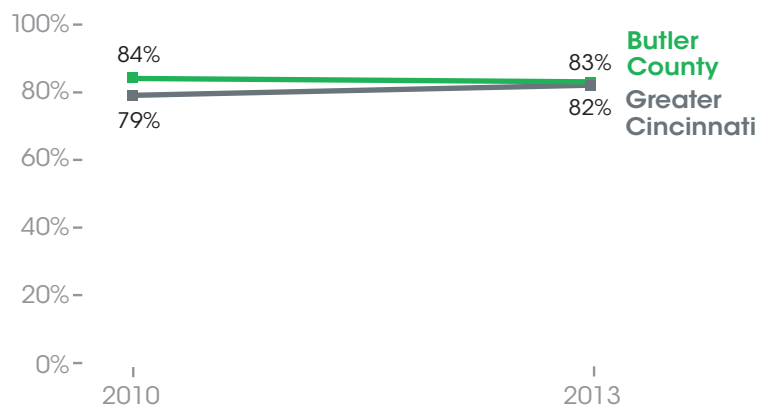
More than 8 in 10 Butler County adults said that living in their community gave them a secure feeling, similar to the 8 in 10 adults in the region who said this.

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.

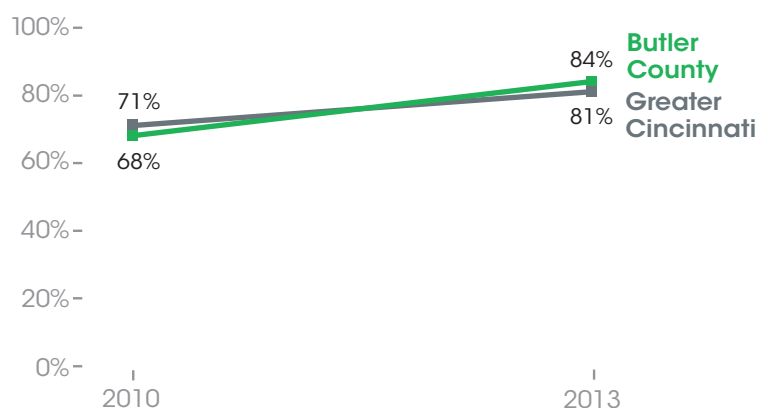
People can depend on each other in my community



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

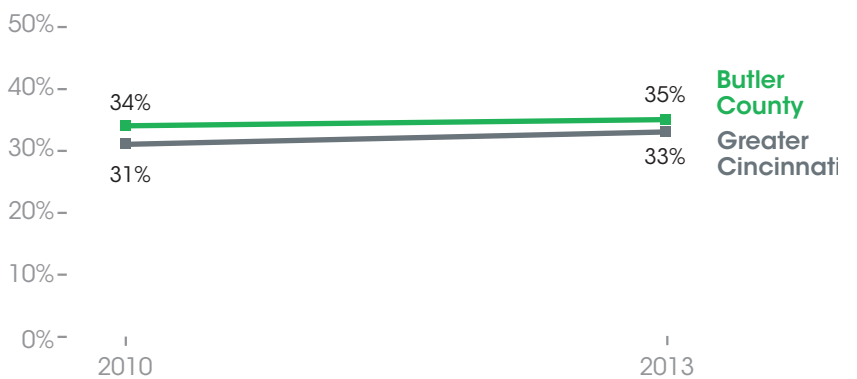
Being obese increases a person’s risk for diabetes, heart disease and some cancers. The CHSS asked adults their weight and height to determine if they were obese using the Body Mass Index (BMI).

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.

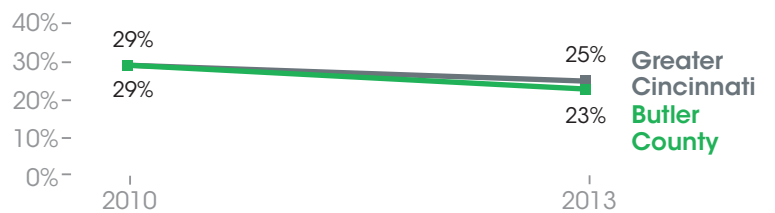
The CDC defines one standard alcoholic drink as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of spirits or liquor. Many cocktails and mixed drinks contain more than one standard drink of alcohol.

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...

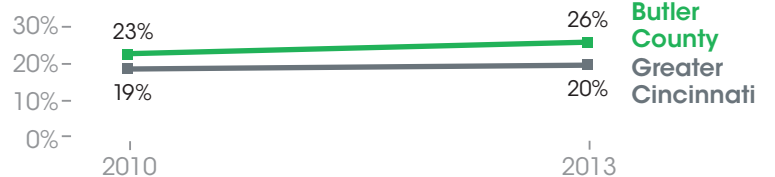
Current smokers



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

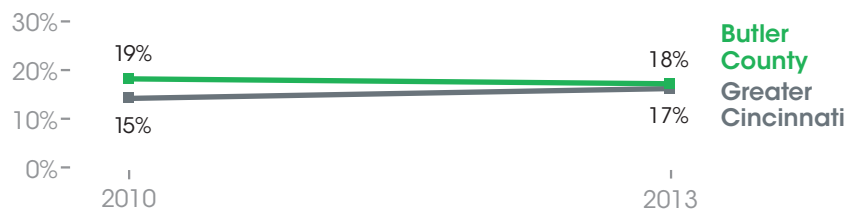
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

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.

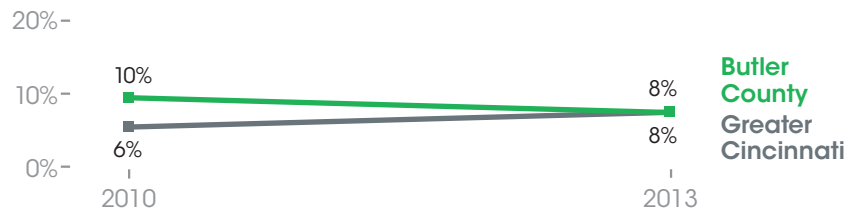
About 3 in 10 Butler County adults had been told that they had hypertension, or high blood pressure

Adults who had ever been told they had ...

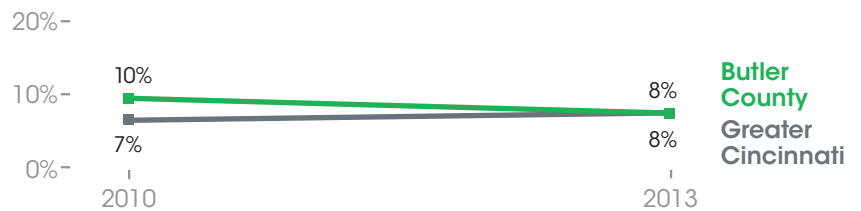
Asthma



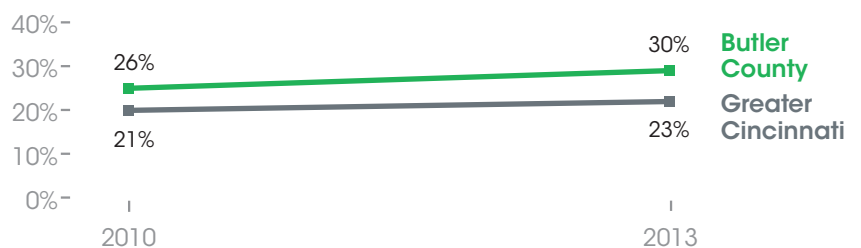
Cancer



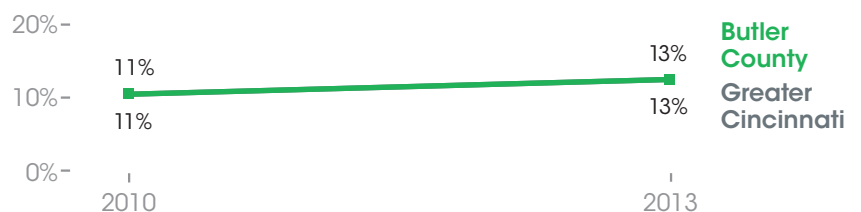
Chronic lung disease



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.

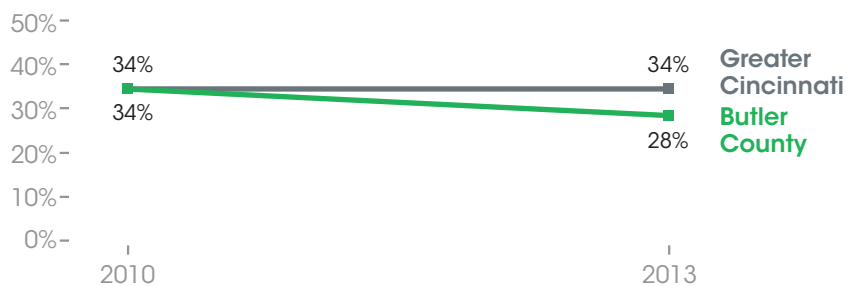
Fewer than 1 in 10 Butler County adults had been told they had a stroke, about the same rate as among adults in the region.

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.

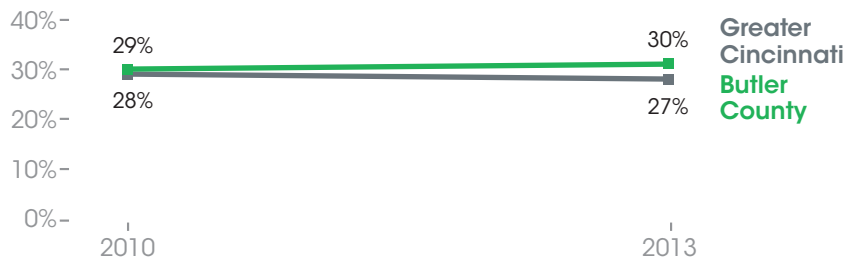
Adults who had ever been told they had ... Heart trouble or angina



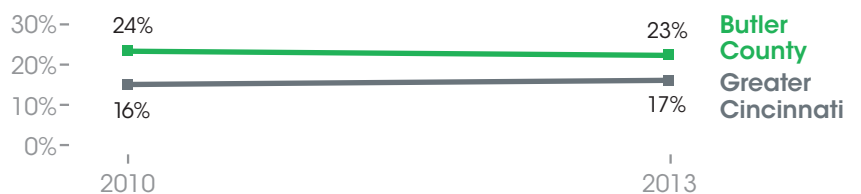
High blood pressure



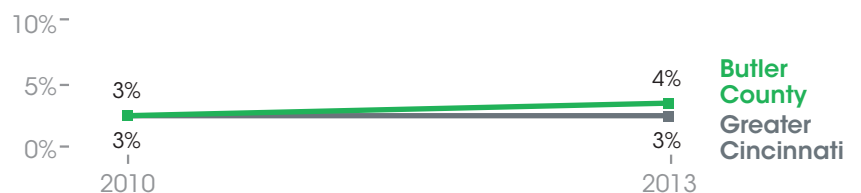
High cholesterol or triglycerides



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.

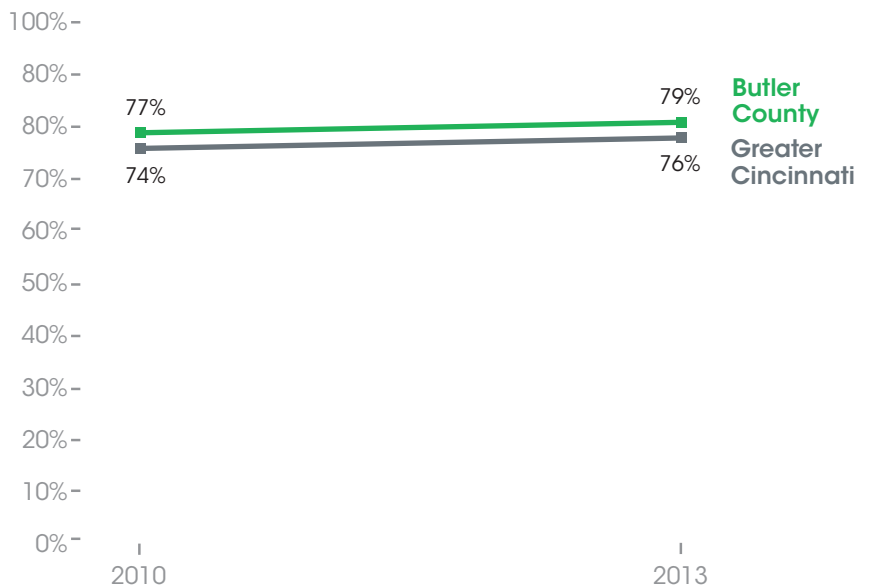
About 8 in 10 Butler County adults said their mouth and teeth, including false teeth and dentures, were in very good or good condition. This rate is about the same as among adults in the region and among Butler County adults in 2010.

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

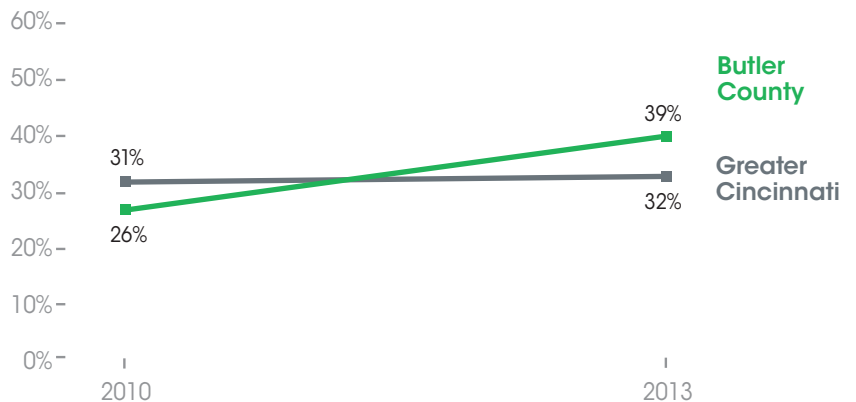
Adults who ...

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

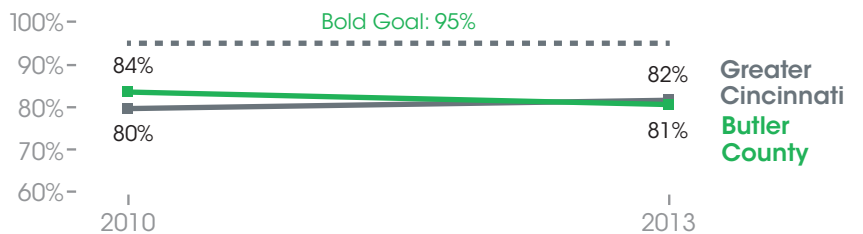
Receiving regular care from a healthcare provider is important for maintaining good health. Several factors can impede getting regular care.

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.

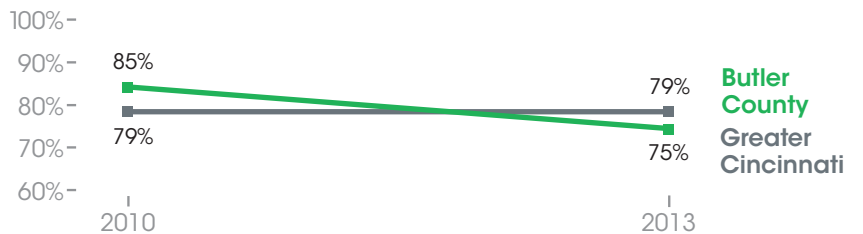
Adults who have... A usual and appropriate source of care



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.

