

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



HEALTH OF LATINOS IN GREATER CINCINNATI

Results from the 2013
Greater Cincinnati
Community Health
Status Survey



United Way
of Greater Cincinnati

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Photo on page 12 is from the Yale Rudd Center for Food Policy & Obesity.

ABOUT THE COMMUNITY



Latinos in Greater Cincinnati are a thriving, diverse and rich community. We have high expectations for ourselves and our children and feel a deep duty and responsibility for the places we call home. Since moving here in 2002, I have seen growth in the Latino community and the impact it has made. In 2013, the Census Bureau's American Community Survey estimated that about 57,000 Latinos live in the Cincinnati-Middletown Metropolitan Statistical Area, about double the Latino population in 2005. I have witnessed not only this demographic change but also all types of institutions welcoming our community. I have witnessed the growth of awareness, acceptance, friendship and overall diversity in our area.

Latinos strive to live healthy lifestyles and foster self-care and healthy behaviors in our children. As a whole, Latinos in Cincinnati are a healthy community. A large majority rated Greater Cincinnati and their neighborhoods as safe, dependable and healthy places to live. Only a minority of Latinos reported being smokers or heavy drinkers. However, Latinos and other minorities tend to encounter more barriers to maintaining healthy lifestyles. Latinos are still less likely to report very good or excellent health compared with adults in the region. Since 2005 our rate of obesity has more than doubled and we are more likely to report asthma and chronic lung disease diagnoses. Latinos are still significantly more likely to lack health insurance and are less likely to have a medical home.

In 2002 when I first moved here, it was nearly impossible to find any health data for Latinos. In 2005 the first Hispanic Community Health Status Survey provided a reliable look at the health of our community. Meanwhile, public health organizations have embraced the health needs of Latinos and have made great strides in addressing them. This report highlights the importance of continuing efforts to address the diverse health needs of all communities because we are all Cincinnati!



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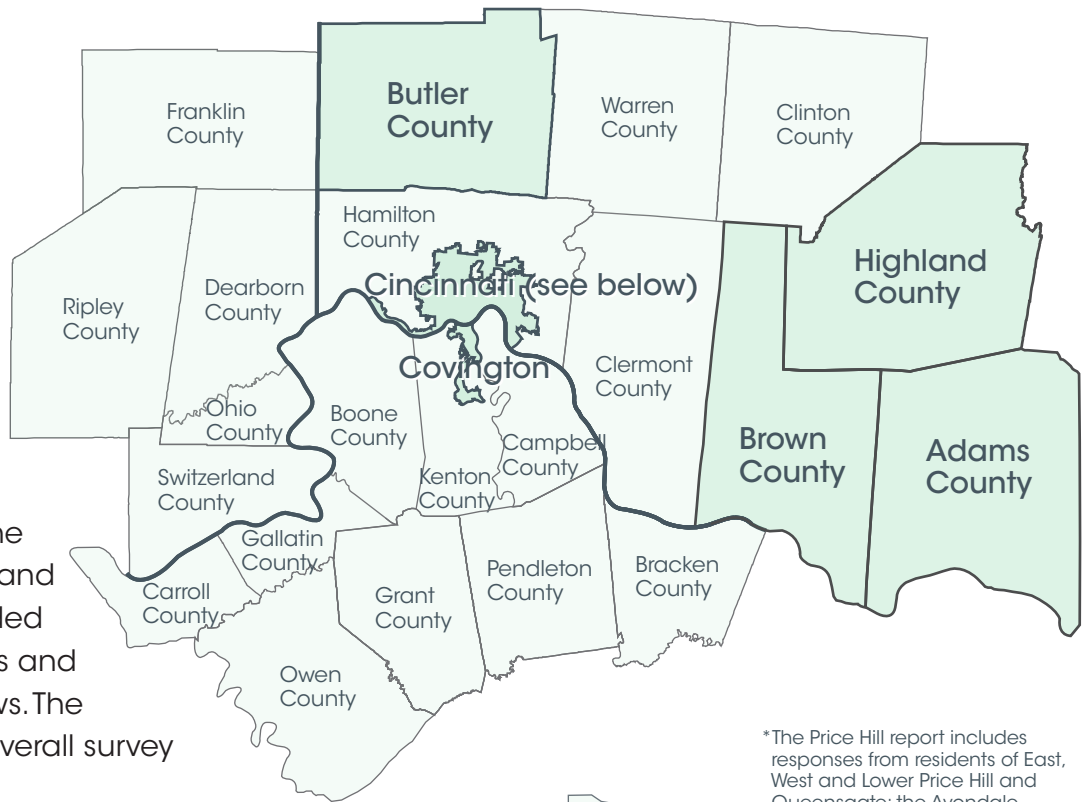
ABOUT THE SURVEY

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 $\pm 1.5\%$.

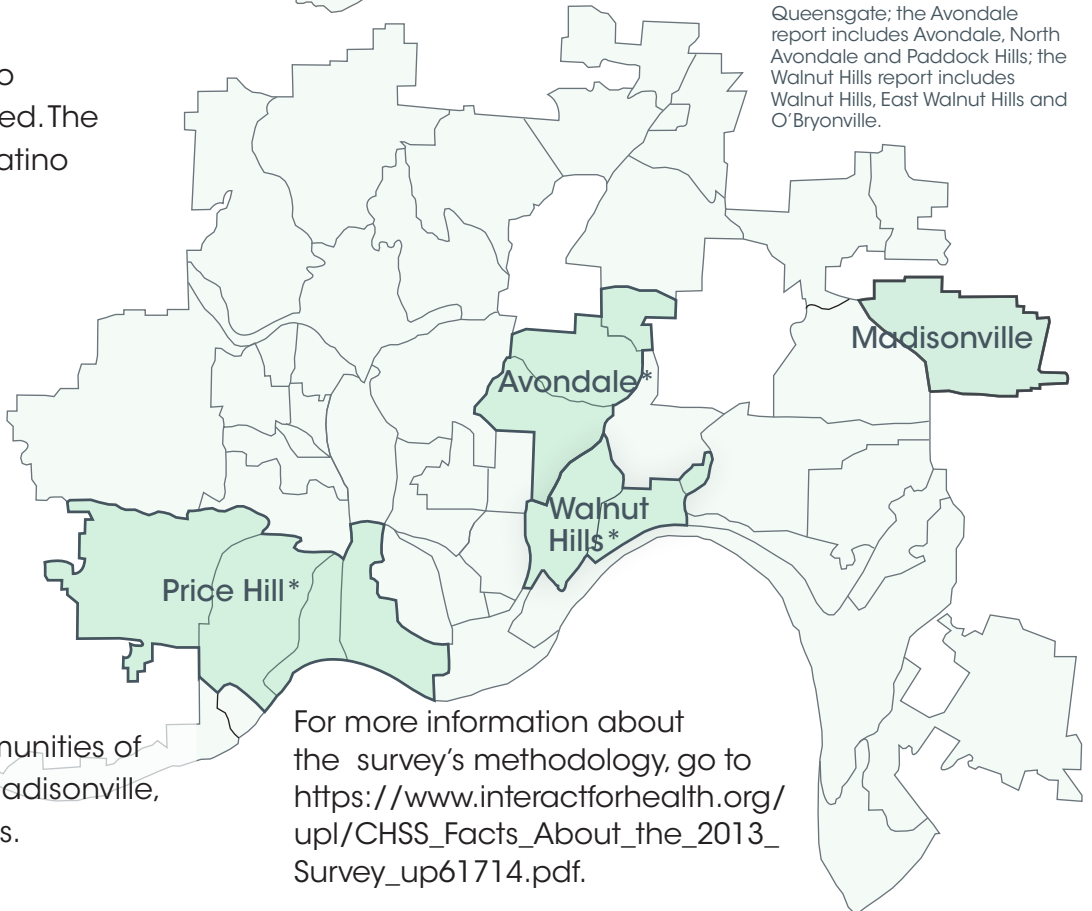
For this report, 251 Latino residents were interviewed. The margin of error for the Latino sample is $\pm 6.2\%$.

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.



INTRODUCTION

According to the 2013 American Community Survey, about 57,000 Latinos live in the Cincinnati-Middletown Metropolitan Statistical Area (MSA). This number has increased in recent decades, but comprises just less than 3% of the population in this 15-county area.¹ The 2013 Greater Cincinnati Community Health Status Survey (CHSS) surveyed residents throughout the region on a wide range of issues that can affect health.² This report looks closely at the responses and health status of Latino adults in our community.

The demographics of the Latino community differ from the larger population in several ways. More men (54%) than women (46%) comprise the Latino population in both the MSA and the CHSS sample. Latinos are also younger. Adults age 18 through 29 make up 36% of the Latino population, compared with 21% of the population as a whole. Only 6% of Latino adults are older

than 65, compared with 17% of the larger population.

Economically, the poverty rate among Latino adults (30%) is more than double the rate among all adults in the MSA (14%). The median household income for Latinos is \$41,694, about \$13,000 less than the median income for non-Latino adults (\$54,692). Only 44% of Latino adults own the home in which they live, compared with 68% of all adults.

Economically, the poverty rate among Latino adults (30%) is more than double the rate among all adults in the MSA (14%)

¹ Brown, Butler, Clermont, Hamilton and Warren counties in Ohio; Boone, Bracken, Campbell, Gallatin, Grant, Kenton and Pendleton counties in Kentucky; and Dearborn, Ohio and Union counties in Indiana.

² The Greater Cincinnati Community Health Status Survey region was larger and slightly different from the MSA. The survey did not include Union County in Indiana and added Clinton, Adams and Highland counties in Ohio; Grant, Carroll and Owen counties in Kentucky; and Franklin, Ripley and Switzerland counties in Indiana.



Latino adults are more likely to be uninsured. According to the 2013 ACS, 31% of Latinos in the MSA did not have health insurance, compared with only 11% of the entire population.³

Latino adults older than 25 were more likely not to have a high school diploma (32%) than were all adults in the region (14%). However, Latino adults (24%) were more than twice as likely as all adults in the region (10%) to have a bachelor's degree or more education.

The CHSS Latino sample closely reflected the demographics of our region. However, the sample had a higher percentage of Latino adults living in poverty, 38% compared with 30% in the MSA. The sample also had a higher percentage of uninsured Latino adults, 44% compared with 31% in the MSA. The data in this report were weighted by age, race, gender and education using U.S. Census Bureau estimates for Latinos age 18 and older in the region.

This report examines health indicators of Latino adults and how they compare with those of all adults in our region. A version of this report in Spanish can be found at <https://www.interactforhealth.org/greater-cincinnati-community-health-status-survey>.

Latino adults (24%) were more than twice as likely as all adults in the region (10%) to have a bachelor's degree or more education

³ Data were collected before the insurance requirements for the Affordable Care Act were in effect.



GENERAL HEALTH

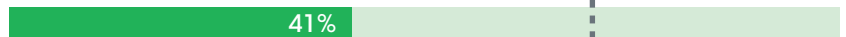
Adults' overall self-rated health status is an important indicator of well-being. To examine self-rated health status across our region, the CHSS asked, "In general, would you say your health is excellent, very good, good, fair or poor?" Research has made a strong link between a person's response to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

Among Latinos, 4 in 10 adults described their health as excellent or very good. This is less than among all adults in Greater Cincinnati, and 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.

Nearly 3 in 10 Latino adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is about the same as in the region overall. Poor health did not interfere with the usual activities of most Latino adults. However, poor health did interfere in the usual activities of 2 in 10 Latino adults for two weeks or more in the previous month.

Adults who rated their health as excellent or very good

Latinos



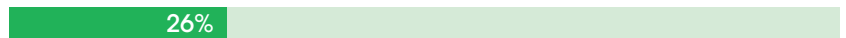
Greater Cincinnati



Bold Goal 70%

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

Latinos



Greater Cincinnati



4 in 10 Latino adults rated their health as excellent or very good



THE COMMUNITY

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

Among Latinos, 7 in 10 adults said Greater Cincinnati was excellent, very good or good as a healthy place to live. Nearly 8 in 10 Latino adults said their own neighborhood was excellent, very good, or good as a healthy place to live. These rates are about the same as in the region overall.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. More than 7 in 10 Latino adults rated neighborhood housing highly, fewer than the 8 in 10 adults in the region who rated it highly. Respondents rated their own homes highly more often. More than 8 in 10 Latino adults rated their own house or apartment highly. This is lower than the 9 in 10 adults in the region who rated their own home highly.

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

Greater Cincinnati as a healthy place to live

Latinos



Greater Cincinnati



Their neighborhood as a healthy place to live

Latinos



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Latinos



Greater Cincinnati



The condition of their own house or apartment

Latinos



Greater Cincinnati





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. More than 7 in 10 Latino adults rated the availability of recreation facilities in the neighborhood as excellent, very good or good. About 3 in 10 Latino adults said they used neighborhood recreation facilities at least once a week, compared with about 3 in 10 adults in the region who said this. Seven in 10 Latino adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, about the same as among adults in the region.

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

Recreation facilities

Latinos



Greater Cincinnati



Safe shoulders or sidewalks

Latinos



Greater Cincinnati



7 in 10 Latino adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking



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 7 in 10 Latino adults said that people can depend on each other in their community. This is lower than the 8 in 10 adults in the region who said this.

About 8 in 10 Latino adults said that living in their community gives them a secure feeling. This is about the same as among adults in the region.

About 8 in 10 Latino adults said that people can get help from the community if they are in trouble. This is about the same as among adults in the region.

Adults who agree that...

People can depend on each other in my community

Latinos



Greater Cincinnati



Living in my community gives me a secure feeling

Latinos



Greater Cincinnati



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

Latinos



Greater Cincinnati



About 8 in 10 Latino adults said that living in their community gives them a secure feeling



DIET AND FOOD ACCESS

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

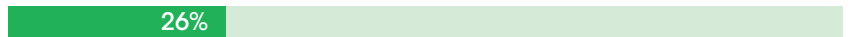
Nearly 3 in 10 Latino adults ate the recommended daily amount of both fruits and vegetables. This is better than the 2 in 10 adults in the region who did this. About 4 in 10 Latino adults did not eat the recommended amount of either fruits or vegetables. This is about the same rate as among Greater Cincinnati 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. Nearly 9 in 10 Latino adults agreed that it was easy to buy healthy foods in their neighborhood. This is better than the 8 in 10 adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Latinos

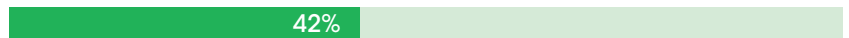


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Do not eat the recommended daily amount of either fruits or vegetables

Latinos



Greater Cincinnati



Agree it is easy to buy healthy foods in their neighborhood

Latinos



Greater Cincinnati



Nearly 3 in 10 Latino adults ate the recommended daily amount of both fruits and vegetables



OBESITY AND EXERCISE

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

Regular exercise is another 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,

Adults who are obese

Latinos

36%

Greater Cincinnati

33%

gardening, or walking for exercise?" Fewer than 7 in 10 Latino adults said yes, less than the rate of adults in the region. Nearly 5 in 10 Latino adults had done muscle-strengthening exercises in the past month, a greater percentage than 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.

Nearly 4 in 10 Latino adults were obese

Nearly 5 in 10 had done muscle strengthening



SMOKING AND DRINKING

Smoking is harmful. Nearly 6 in 10 Latino adults said they had never smoked. Another 2 in 10 Latino adults said they used to smoke, but have quit. About 2 in 10 Latino adults currently smoke. These percentages are about the same as among adults in the region.

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 poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Nearly all Latino adults reported not drinking or drinking moderately in the past month.

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 Latino adults were heavy drinkers, a smaller percentage than among adults in the region.

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

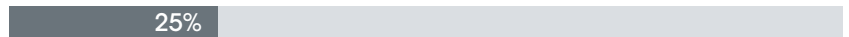
Adults who are ...

Current smokers

Latinos



Greater Cincinnati

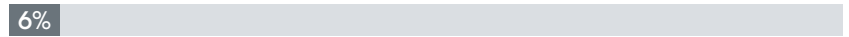


Heavy drinkers

Latinos

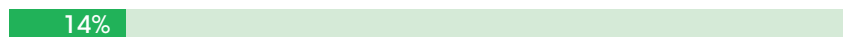


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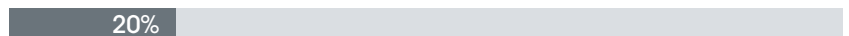


Binge drinkers

Latinos



Greater Cincinnati



more drinks on one occasion for men. People who binge drink are not necessarily heavy drinkers. However, binge drinking is also harmful. Among Latinos, about 1 in 10 adults reported binge drinking in the past month, a better percentage than among adults in the region.

Nearly 6 in 10 Latino adults have never smoked

Fewer than 1 in 10 Latino adults were heavy drinkers



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 Latino adults had been told they had high cholesterol or triglycerides. This percentage is about the same as for adults in the region.

About 2 in 10 Latino adults had been told they had asthma; hypertension, or high blood pressure; or depression. The rate for asthma was higher than for adults in the region. The rate for hypertension was lower than for adults in the region. The rate for depression was about the same as for adults in the region.

2 in 10 Latino adults had been told that they had hypertension, or high blood pressure

Adults who had ever been told they had ...

Asthma

Latinos

23%

Greater Cincinnati

17%

Cancer

Latinos

5%

Greater Cincinnati

8%

Chronic lung disease

Latinos

12%

Greater Cincinnati

8%

Depression

Latinos

24%

Greater Cincinnati

23%

Diabetes

Latinos

14%

Greater Cincinnati

13%



About 1 in 10 Latino adults had been told they had chronic lung disease, diabetes, heart trouble or severe allergies. The percentage for chronic lung disease was higher than for adults in the region. The percentages for diabetes, heart trouble and severe allergies were about the same as for adults in the region.

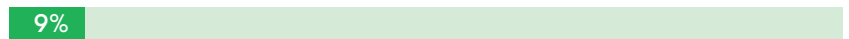
Fewer than 1 in 10 Latino adults had been told they had cancer or had a stroke. These percentages are similar to those adults in the region.

Fewer than 1 in 10 Latino adults had been told they had cancer or a stroke

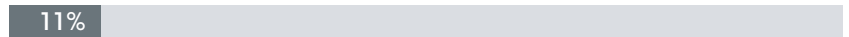
Adults who had ever been told they had ...

Heart trouble or angina

Latinos

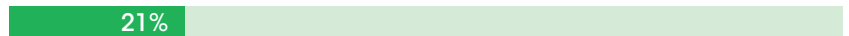


Greater Cincinnati



High blood pressure

Latinos

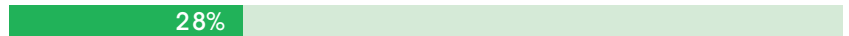


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High cholesterol or triglycerides

Latinos



Greater Cincinnati



Severe allergies

Latinos



Greater Cincinnati



Stroke

Latinos



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 6 in 10 Latino adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is worse than among all adults in the region.

Regular dental care is an important part of oral health. Nearly 4 in 10 Latino 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 about the same as among all adults in the region.

Adults who ...

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

Latinos

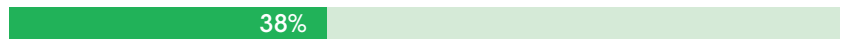


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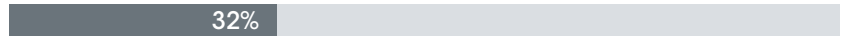


Did not get or delayed getting dental care in past 12 months

Latinos



Greater Cincinnati



6 in 10 Latino adults rated their mouth and teeth highly
4 in 10 went without or delayed needed dental care



ACCESS TO CARE

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

One factor is cost. Most people rely on insurance to afford healthcare. Fewer than 6 in 10 Latino adults reported having health insurance. This rate is lower than for 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. Among Latinos, 2 in 10 adults reported that 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 more than 1 in 10 adults in the region who reported this.

2 in 10 Latino adults said that someone in their household had not received a doctor's care because they needed the money for other expenses



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. Among Latinos, 7 in 10 adults said they had a usual and appropriate source of healthcare. This is less than among adults in the region, and less than the community Bold Goal of 95%. More than 2 in 10 Latino adults reported no usual source of healthcare. About 6 in 10 Latino adults said they had gotten a routine check-up within the past 12 months, lower than the rate for adults in the region.

Adults who have ...

A usual and appropriate source of care

Latinos



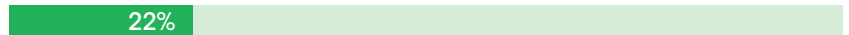
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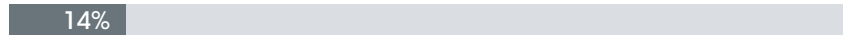
Bold Goal 95%

No source of healthcare

Latinos



Greater Cincinnati



Had a check-up in the past 12 months

Latinos



Greater Cincinnati



7 in 10 Latino adults had a usual and appropriate source of healthcare

