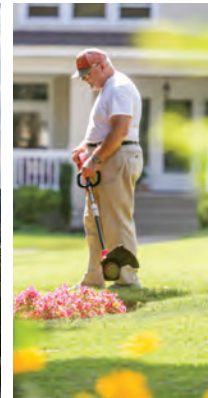


INTERACT FOR HEALTH

A Catalyst for Health and Wellness



PRICE HILL

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 PRICE HILL



Price Hill is one of the largest, most diverse and greenest neighborhoods in Greater Cincinnati. Historically an upscale refuge from the smog, noise and dirt of downtown Cincinnati, Price Hill is again attracting residents looking for a culturally and economically diverse urban neighborhood with a strong sense of place, historic architecture, a thriving eco and arts community, and easy access to all the city has to offer.

Price Hill is vested in healthy living. Fresh, locally grown produce is available through community gardens, the first Findlay Market Neighborhood Farmstand, the Enright Ridge Eco-Village and its urban farm, or the backyard gardens established through Price Hill Will's Grow It Forward program. The Price Hill Pacer 5K Walk/Run, entering its 10th year, promotes an active lifestyle while generating funds to support Price Hill Will and Santa Maria Community Services. Thanks to Interact for Health, the Pacer will expand in June 2015 to include a 10K race. For the past two years, a community training program has encouraged walkers and runners to exercise regularly with other residents in the months before the Pacer. With more than 300 acres of parkland, community gardens, cemeteries and ball fields, plus forested hillsides, Price Hill offers plenty of opportunities to get outdoors and get active.

While eating well and exercising regularly will help prevent and address many chronic health issues, the need for medical care will always exist. Santa Maria's wellness program provides benefits assistance, outreach and connections for uninsured people, many of whom use the Good Samaritan Free Health Center in East Price Hill. The center is an invaluable primary care resource staffed by dozens of doctors and other healthcare professionals who volunteer their time. Price Hill is also tackling lead poisoning by teaching parents how they can protect their children and awarding grants to help homeowners and landlords remove lead from their property.

Ken Smith
Executive Director,
Price Hill Will

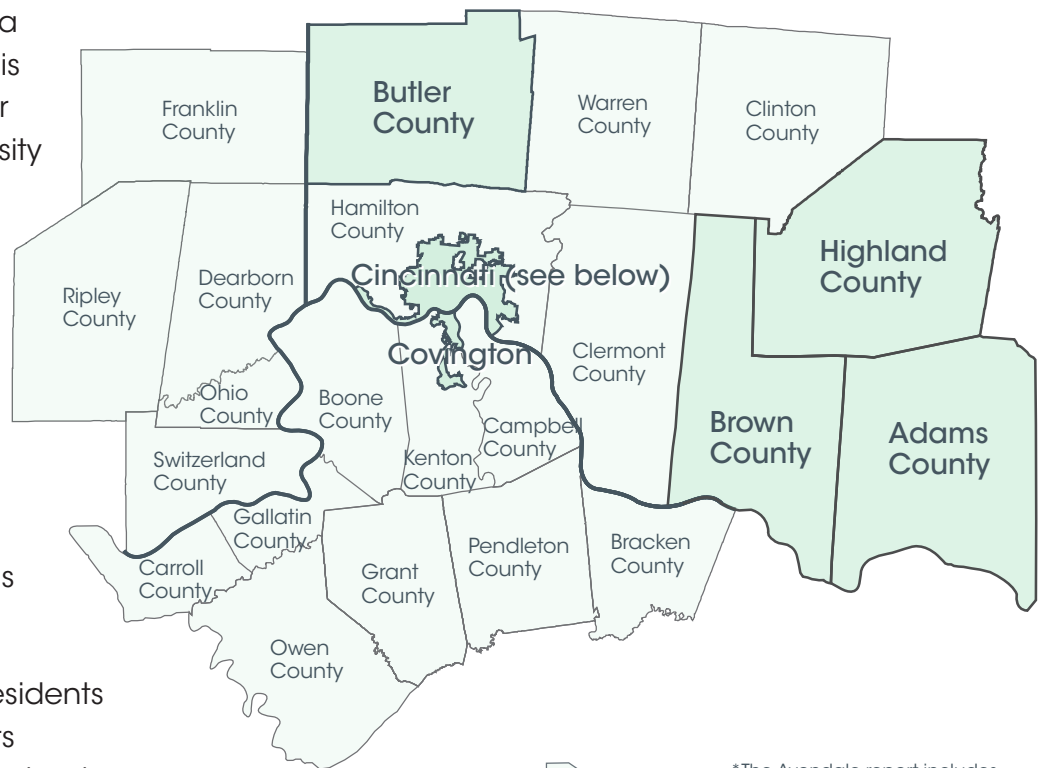
H.A. Musser, Jr.
President & CEO,
Santa Maria Community Services



ABOUT THE SURVEY

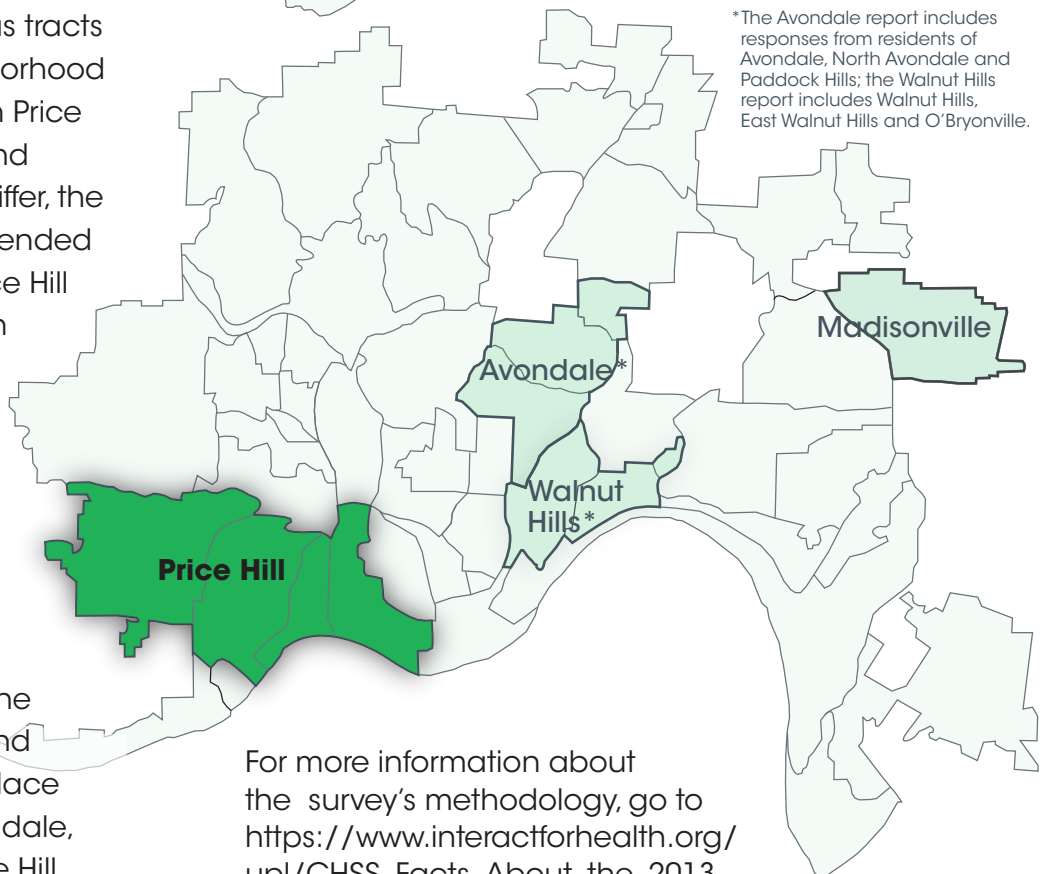
The Greater Cincinnati Community Health Status Survey (CHSS), a project of Interact for Health, is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,929 randomly selected adults residing in the counties at right were interviewed by telephone between Aug. 20, 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, 259 Price Hill residents were interviewed. Researchers contacted residents in census tracts corresponding to the neighborhood and asked them if they live in Price Hill. Because census tracts and neighborhood boundaries differ, the survey area for this report extended into East, West and Lower Price Hill and Queensgate. The margin of error for the Price Hill sample is $\pm 6.1\%$.

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.



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



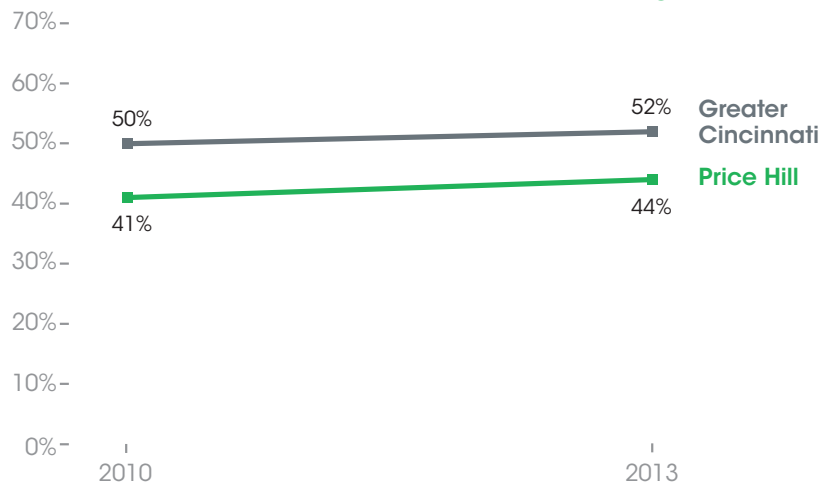
GENERAL HEALTH

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.

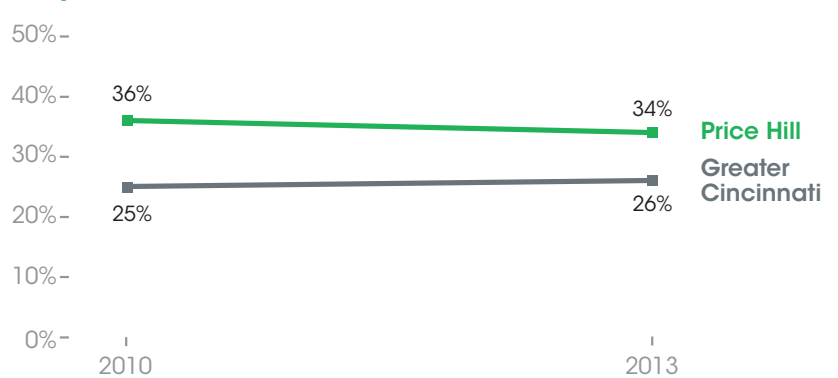
In Price Hill, 4 in 10 adults described their health as excellent or very good. This is about the same as among Price Hill adults in 2010. However, it is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see www.uwgc.org/community-impact/bold-goals-for-our-region.

About 3 in 10 Price Hill adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is worse than for adults in the region, but the same as among Price Hill adults in 2010.

Adults who rated their health as excellent or very good



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



Poor health did not interfere with the usual activities of most adults. But poor health interfered in the usual activities of more than 2 in 10 Price Hill 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. Price Hill adults were asked how they would rate both the Greater Cincinnati region and their own neighborhood as a healthy place to live.

In Price Hill, fewer than 6 in 10 adults said the overall Greater Cincinnati region 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. Price Hill adults gave their own neighborhood lower ratings, with 4 in 10 saying it was a healthy place to live. This compared with nearly 8 in 10 adults in the region who said this about their own neighborhood.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Price Hill, fewer than 5 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Price Hill 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

Price Hill



Greater Cincinnati



Their neighborhood as a healthy place to live

Price Hill



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Price Hill



Greater Cincinnati



The condition of their own house or apartment

Price Hill



Greater Cincinnati



Fewer than 8 in 10 Price Hill 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. Six in 10 Price Hill 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. Nearly 3 in 10 Price Hill adults said they used neighborhood recreation facilities at least once a week, about the same as adults in the region. Nearly 8 in 10 Price Hill adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, more than the percentage of adults in the region who said this.

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

Recreation facilities

Price Hill



Greater Cincinnati



Safe shoulders or sidewalks

Price Hill



Greater Cincinnati



4 in 10 said Price Hill was a healthy place to live

Nearly 3 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

The rates of positive responses to these questions have remained steady in Price Hill since 2010. Price Hill adults were less likely than adults in the region to agree with these statements.

About 5 in 10 Price Hill adults said that people can depend on each other in their community.

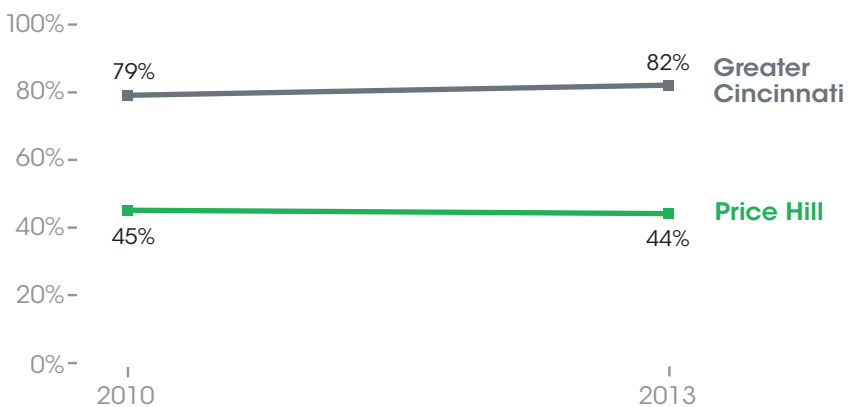
About 4 in 10 Price Hill adults said that living in their community gave them a secure feeling.

Fewer than 6 in 10 Price Hill adults agreed that people could get help from the community if they were in trouble.

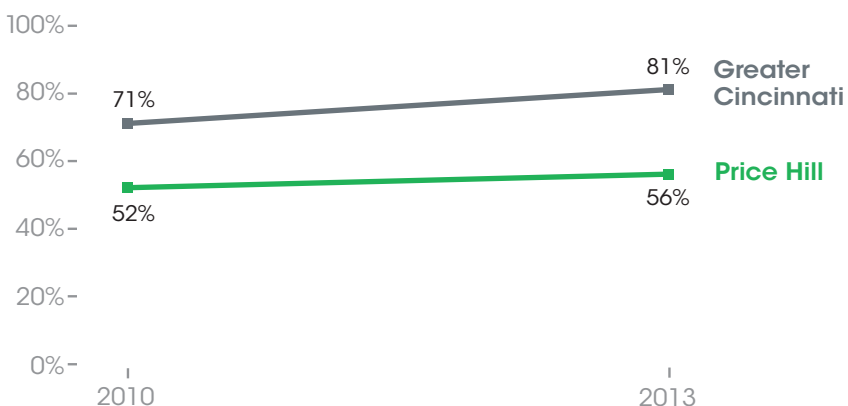
People can depend on each other in my community



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 Price Hill adults ate the recommended daily amount of both fruits and vegetables. This is about the same as among Greater Cincinnati adults. More than half of Price Hill adults did not eat the recommended amount of either fruits or vegetables. This is worse than among Greater Cincinnati adults.

Having a place nearby to buy healthy foods such as whole-grain foods, low-fat options, and fruits and vegetables can affect a person's health. Seven in 10 Price Hill 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

Price Hill

19%

Greater Cincinnati

18%

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

Price Hill

55%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Price Hill

71%

Greater Cincinnati

81%

7 in 10 Price Hill adults said it is easy to buy healthy foods in their neighborhood



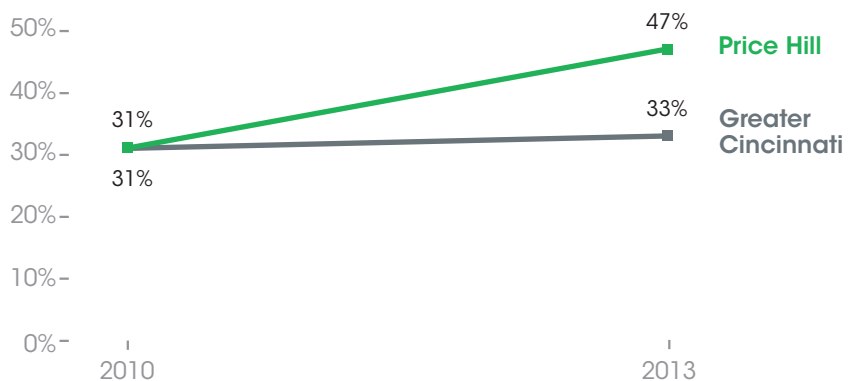
OBESITY AND EXERCISE

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 half of Price Hill adults were obese. This is worse than among adults in the region and also worse than in 2010, when only 3 in 10 Price Hill 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, calisthenics, golf, gardening or

Adults who are obese



walking for exercise?" More than 7 in 10 Price Hill adults said yes, about the same rate as adults in the region. About 4 in 10 Price Hill 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 Price Hill adults had done muscle strengthening



SMOKING AND DRINKING

Smoking is harmful. Nearly half of Price Hill adults say they have never smoked. Another 2 in 10 adults used to smoke, but have quit. Nearly 4 in 10 Price Hill 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 poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Price Hill adults reported either not drinking or drinking moderately.

The CDC defines heavy drinking as consuming eight or more drinks per week for women and 15 or more drinks per week for men. Fewer than 1 in 10 Price Hill 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...

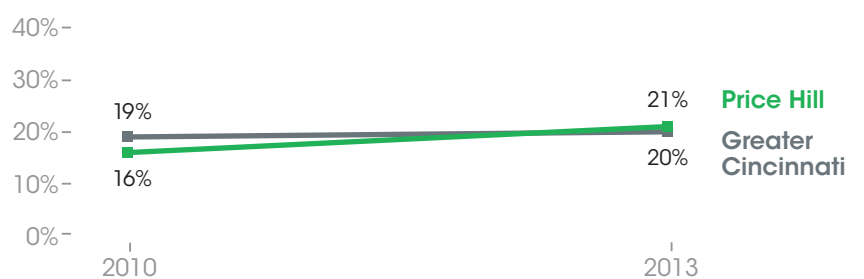
Current smokers



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 Price Hill, more than 2 in 10 adults reported binge drinking in the past month. This is similar to adults in the region and to Price Hill adults in 2010.



CHRONIC CONDITIONS

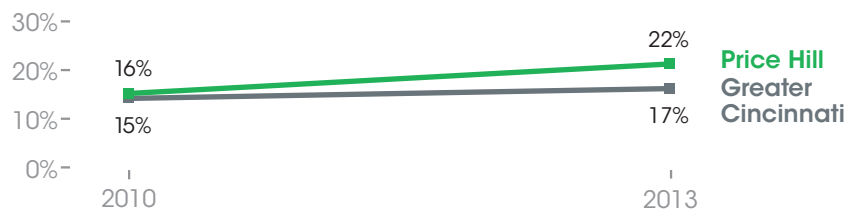
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

More than 4 in 10 Price Hill adults had been told that they had hypertension or high blood pressure. This is higher than the percentage among Greater Cincinnati adults and higher than among Price Hill adults in 2010.

Nearly 3 in 10 Price Hill adults had been told that they had depression. This is about the same as the percentage among adults in the region and less than among Price Hill adults in 2010.

More than 4 in 10 Price Hill adults had been told that they had hypertension, or high blood pressure

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



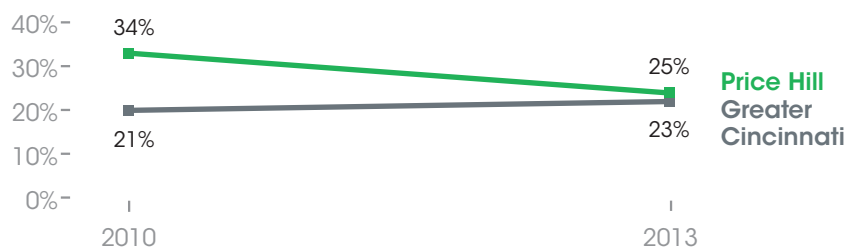
Cancer



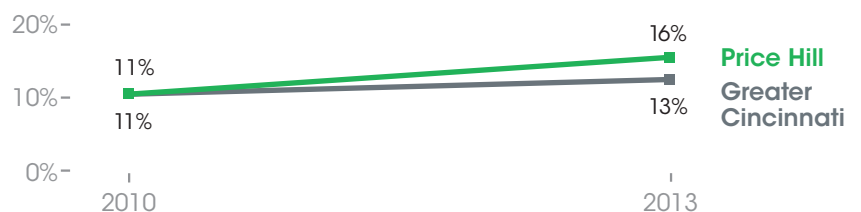
Chronic lung disease



Depression



Diabetes



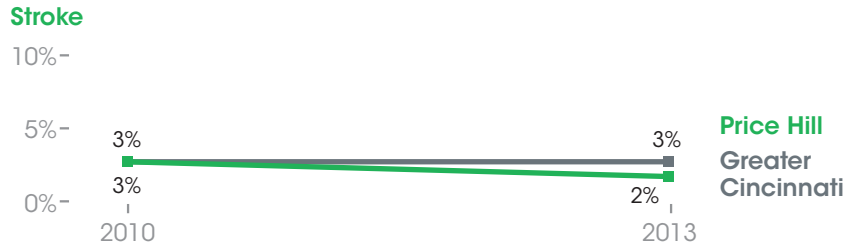
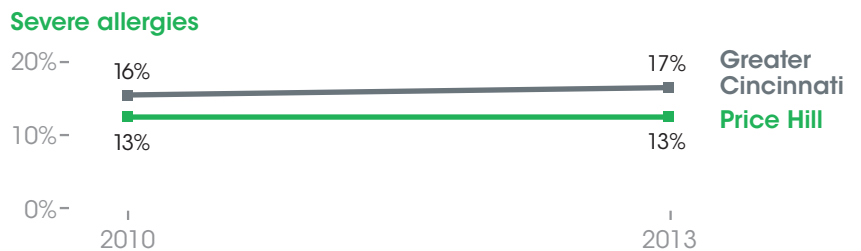
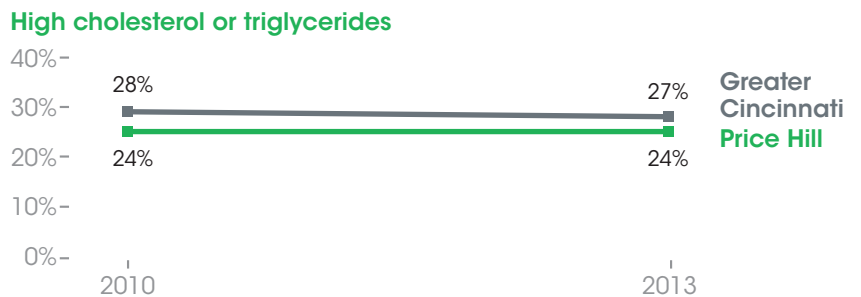
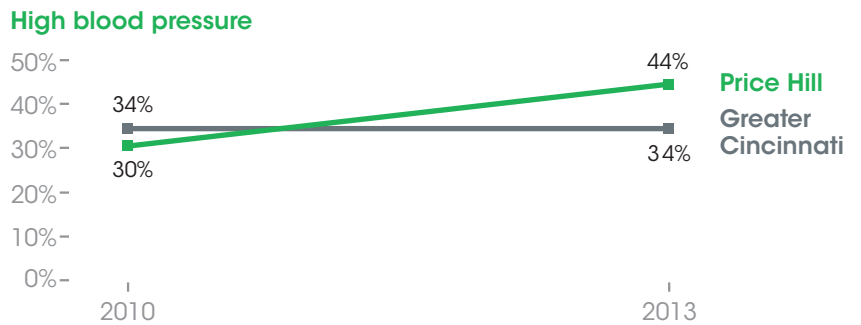
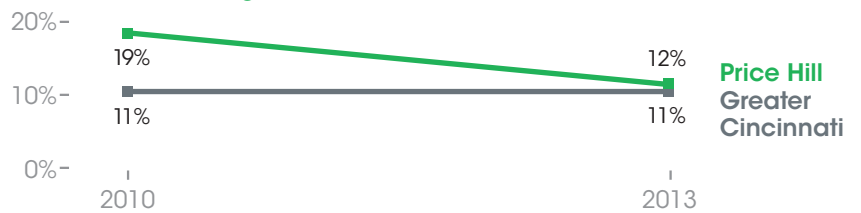


About 2 in 10 Price Hill adults had been told they had high cholesterol or triglycerides, asthma, or diabetes. This is similar to adults in the region. The rate for high cholesterol or triglycerides is the same as for Price Hill adults in 2010. The rates for asthma and diabetes are greater than for Price Hill adults in 2010.

About 1 in 10 Price Hill adults had been told they had severe allergies, heart trouble or angina, or chronic lung disease. This is about the same as for adults in the region. The percentage of Price Hill adults told they had heart trouble or angina was lower than in 2010, while the other percentages were the same as in 2010.

Fewer than 1 in 10 Price Hill adults had been told they had cancer or had a stroke. These percentages are similar to those for Greater Cincinnati adults and to Price Hill adults in 2010.

Adults who had ever been told they had ...





ORAL HEALTH

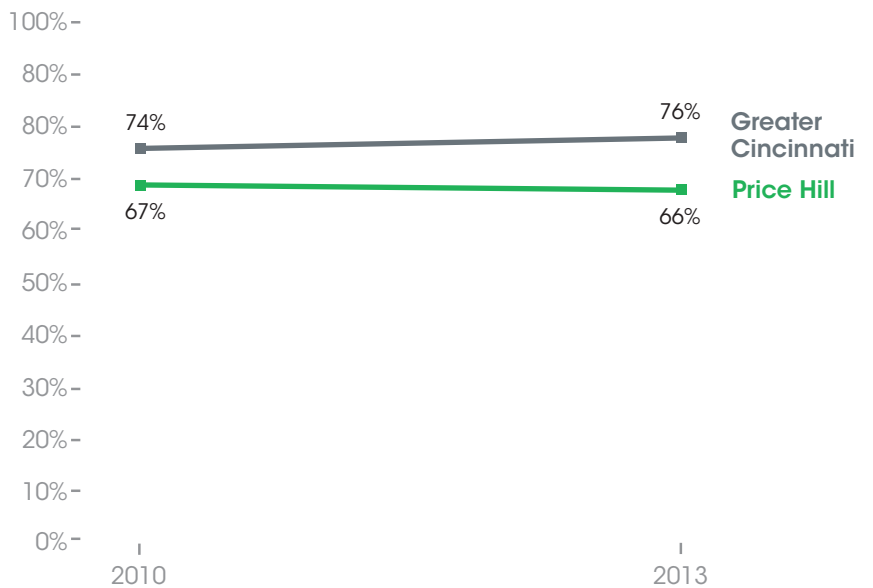
Oral health is an important part of overall health. The condition of people's teeth and gums can affect their quality of life, nutritional intake and some chronic diseases.

Nearly 7 in 10 Price Hill adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is worse than among adults in the region and about the same as among Price Hill adults in 2010.

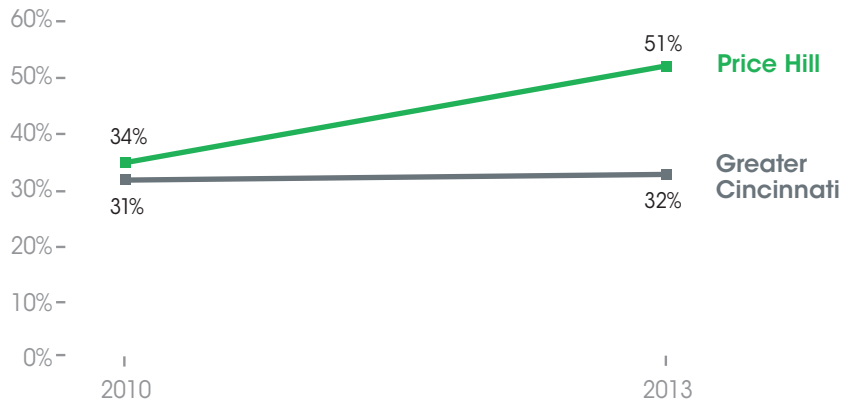
Regular dental care is an important part of oral health. More than half of Price Hill adults said there had been a time in the past 12 months when they had needed dental care but had not gotten it or delayed getting it. This is worse than among adults in the region and worse than among Price Hill adults in 2010.

More than half went without or delayed needed dental care

Adults who ...
Say the condition of their mouth/teeth is good or very good



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





ACCESS TO CARE

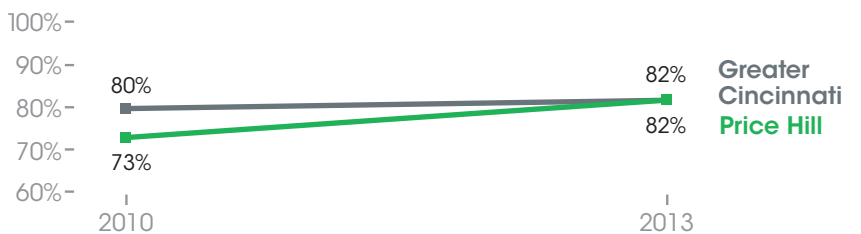
Receiving regular care from a health-care provider is important for maintaining good health. Several factors can impede getting regular care.

One factor is cost. Most people rely on insurance to afford healthcare. In Price Hill, more than 8 in 10 adults had health insurance, about the same as in 2010. This includes coverage for nearly all adults older than 65. The percentage is about the same as among adults in the region.

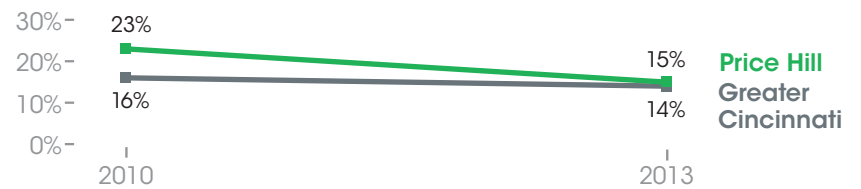
The CHSS was conducted before open enrollment for the Patient Protection and Affordable Care Act (ACA) ended. Therefore it does not include those who signed up for coverage under the ACA. It also does not include those who are now covered by Medicaid expansion in Ohio and Kentucky.

Even with health insurance, care can be expensive. In Price Hill, 2 in 10 adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is worse than the percentage among adults in the region and similar to the percentage among Price Hill 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. In Price Hill, 8 in 10 adults said they had a usual and appropriate source of healthcare, up from 7 in 10 adults in 2010. This is the same as among Greater Cincinnati adults, but less than the community Bold Goal of 95%. More than 1 in 10 Price Hill adults had no usual source of care, down from 2 in 10 in 2010. About 8 in 10 Price Hill adults had gotten a routine check-up within the past 12 months, about the same as among adults in the region and better than Price Hill adults in 2010.

