



Recreation more available in some area neighborhoods

Being physically active is one of the most important things people can do to improve their health. Access to shoulders or sidewalks, parks, playgrounds and trails influence physical activity levels.¹ To assess neighborhood conditions related to physical activity, the Greater Cincinnati Community Health Status Survey (CHSS) asked about neighborhood features.

More than 7 in 10 adults report good availability of recreation facilities

More than 7 in 10 Greater Cincinnati adults (74%) report the availability of recreation facilities such as parks, pools, soccer fields, bike trails and recreation centers in their neighborhood as excellent, very good or good.

Nearly 9 in 10 residents of Hamilton County suburbs (85%) report that they have excellent, very good or good access to recreation facilities. This compares with just 5 in 10 residents in rural Kentucky² (53%) and fewer than 6 in 10 in rural Ohio³ (59%).

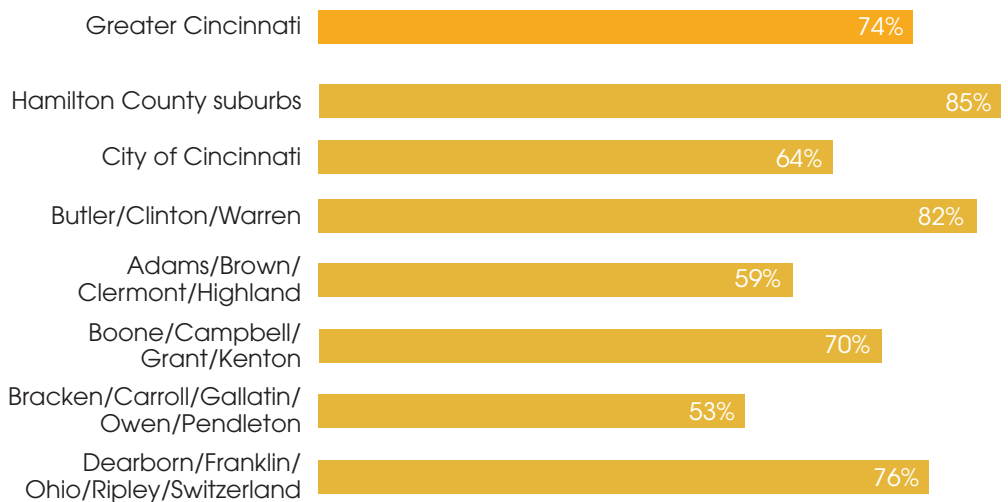
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¹ From <http://www.cdc.gov/healthyplaces/health-topics/physactivity.htm>

² Bracken, Carroll, Gallatin, Owen and Pendleton counties.

³ Adams, Brown, Clermont and Highland counties.

Percentage of adults reporting excellent, very good or good availability of recreation facilities



7 in 10 Greater Cincinnati adults report good availability of recreation facilities in their neighborhood ...



... but only 3 in 10 Greater Cincinnati adults report visiting a recreation facility in their neighborhood at least once a week.



Availability of recreation facilities also varies by poverty status, health status and education level. Adults living at or below 100% of the Federal Poverty Level (FPL) report less availability than adults living between 100% and 200% FPL or above 200% FPL.⁴ People with more education and those who report better health are more likely to report good access to recreation facilities.

One-third of adults visit neighborhood recreation facilities weekly or more

Though 74% of residents report good availability of recreation facilities, only 3 in 10 Greater Cincinnati adults (31%) report visiting a recreation facility in their neighborhood at least once a week. About 2 in 10 (18%) report visiting once or twice a month. Three in 10 (28%) visit a few times a year or seldom and 2 in 10 (23%) report never visiting.

Majority reports safe sidewalks or shoulders in community

CHSS also asked about sidewalks and shoulders. Because walking is the most popular form of physical activity,⁵ safe and accessible sidewalks or shoulders are important for a healthy community.

Nearly 7 in 10 Greater Cincinnati adults (68%) report having sidewalks or shoulders in their community that allow for safe walking, jogging or biking. This remains stable from the 2010 CHSS (69%).

Residents in the core of our region⁶ are more likely than residents in outlying counties to report having access to quality sidewalks and shoulders.

Percentage of adults reporting excellent, very good or good availability of recreation facilities

By income



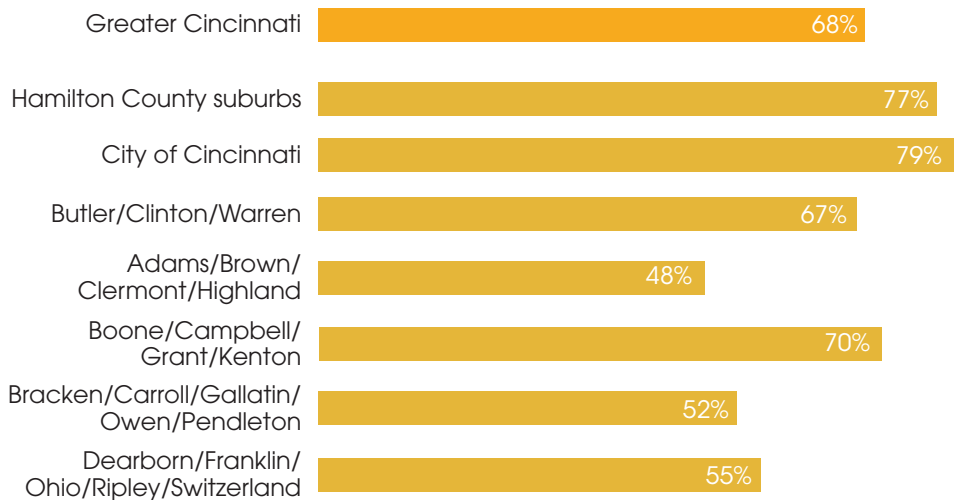
By education



By health status



Percentage of adults who report having sidewalks or shoulders in their community that allow for safe walking, jogging or biking



⁴ The federal poverty level in 2012 was \$23,050 for a family of four; 200% FPL was \$46,100.

⁵ For more information on walking, visit <http://www.cdc.gov/vitalsigns/Walking/>

⁶ City of Cincinnati, Hamilton County suburbs, Boone, Campbell, Grant and Kenton counties.