

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



WALNUT HILLS

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey



United Way
of Greater Cincinnati

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To cite this work, please use this format:

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

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ABOUT WALNUT HILLS



Historically, Walnut Hills was the first suburb of Cincinnati; a respite from the hustle, bustle, smells and sounds of turn-of-the-century downtown. People moved to Walnut Hills to find a quieter, gentler way of life. The Comfort Station, built in the 1920s just off Gilbert Avenue on McMillan Street, provided bathrooms and a place to sit and rest for weary travelers of the streetcars, whose hub was Peebles Corner. It was known as the second downtown. Walnut Hills is well on its way to becoming the Second Downtown again.

Walnut Hills is a community concerned about health, especially the health of our residents. Together, we are seeking ways to eat better, exercise more and be aware of our individual health statistics. The Farmstand, a retrofitted shipping container, was brought to a site on East McMillan Street as a way to have locally grown fruits and vegetables within easy reach of our residents. It is open 4-7 p.m. Thursdays from June through October. In the past two years, four parks have been created through the sweat equity of community engagement. In 2014, an upswell of interest in urban farming produced two new community gardens. More gardens are planned, as well as a community urban orchard.

Healthy lives include active lifestyles. Walkable routes are being designed around and supplemented by our new pop-up parks on Kemper Lane and St. James Avenue as well as the reclaimed Green Man Park and historic Five Points Alley. Through a Thriving Communities grant from Interact For Health, yoga, walking/running groups, and a fitness course will soon be part of our urban landscape. You can come to Walnut Hills for the historical significance and majestic architecture, but you should stick around because it will be good for your health.



Kevin Wright

Executive Director,
Walnut Hills Redevelopment
Foundation



ABOUT THE SURVEY

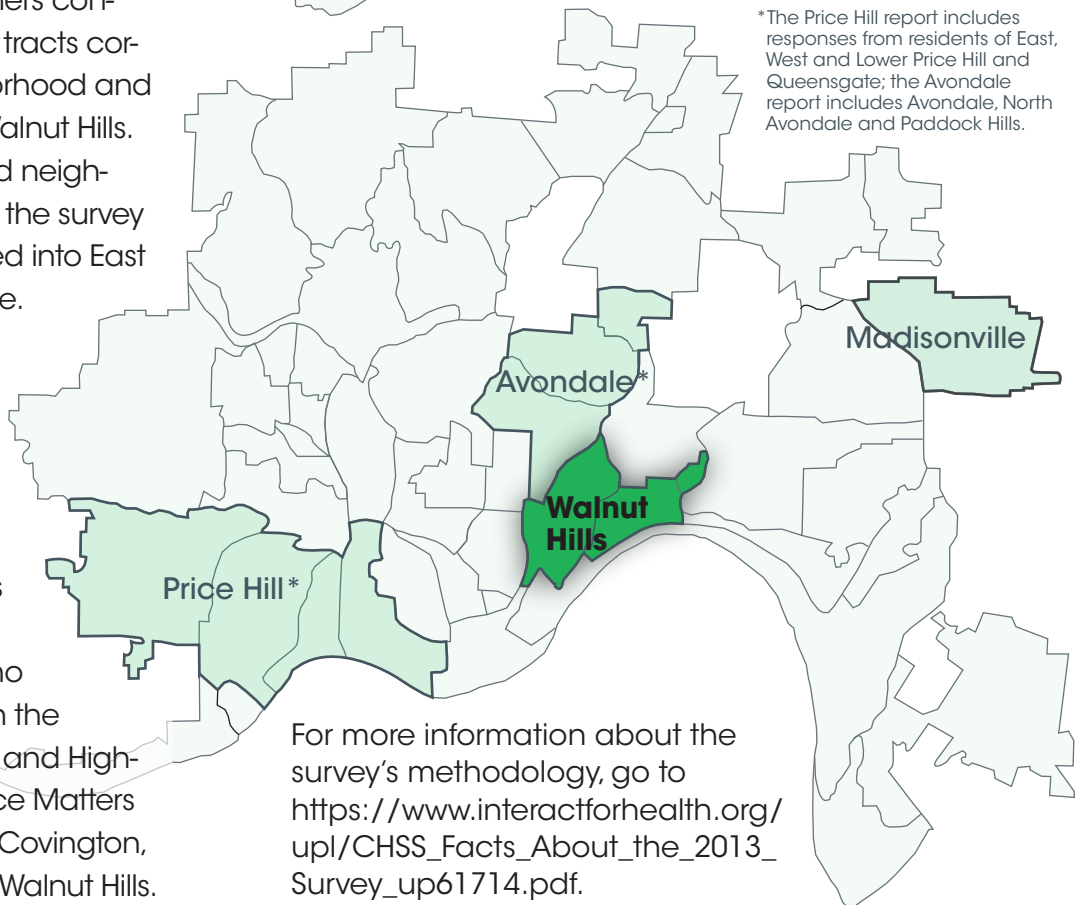
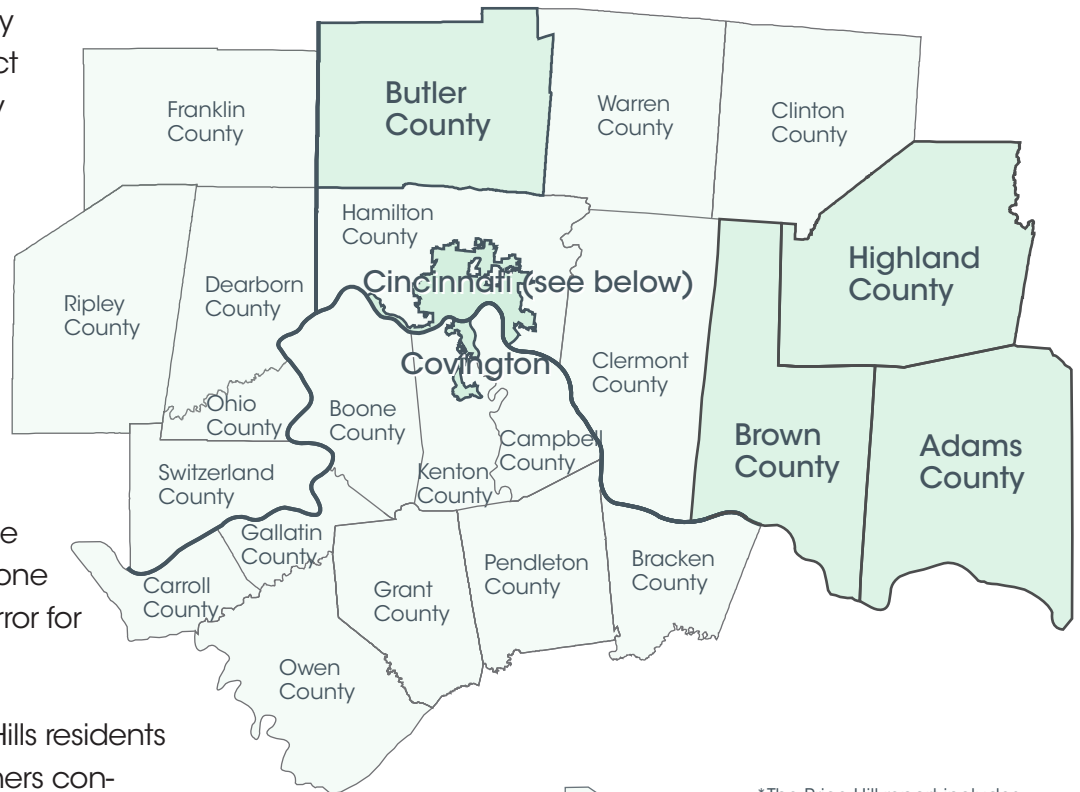
The Greater Cincinnati Community Health Status Survey (CHSS), a project of Interact for Health, is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,929 randomly selected adults residing in the 22 counties at right were interviewed by telephone between Aug. 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, 252 Walnut Hills residents were interviewed. Researchers contacted residents in Census tracts corresponding to the neighborhood and asked them if they live in Walnut Hills. Because Census tracts and neighborhood boundaries differ, the survey area for this report extended into East Walnut Hills and O'Bryonville. The margin of error for the Walnut Hills sample is $\pm 6.2\%$.

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.

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



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



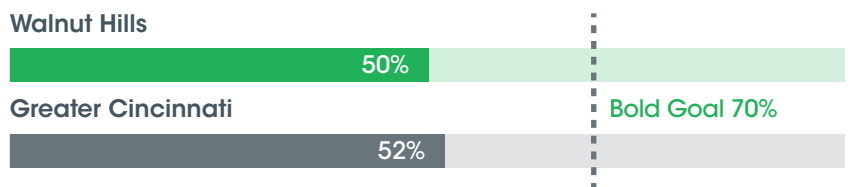
GENERAL HEALTH

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.

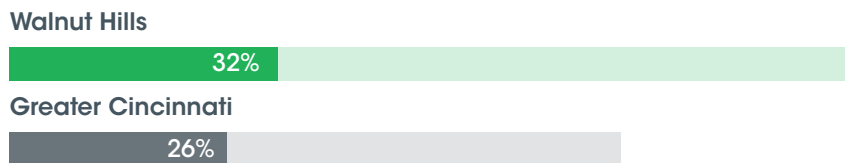
In Walnut Hills, 5 in 10 adults described their health as excellent or very good. This is the same percentage as in Greater Cincinnati. However, it is still lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see www.uwgc.org/community-impact/bold-goals-for-our-region.

About 3 in 10 Walnut Hills adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is higher than in the region overall. Poor health did not interfere with the usual activities of most adults. But poor health interfered in the usual activities of 1 in 10 Walnut Hills adults for two weeks or more of the previous month.

Adults who rated their health as excellent or very good



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



5 in 10 said their health was very good or excellent

1 in 10 said poor health interfered with activities for 2 weeks or more



THE COMMUNITY

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

In Walnut Hills, 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 said the region was a healthy place to live. Walnut Hills adults gave their own neighborhood similar ratings, with 6 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 Walnut Hills, 6 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Respondents rated their own homes highly more often. In Walnut Hills, 9 in 10 adults rated their own house or apartment highly. This is about the same as the rate in the region.

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

Greater Cincinnati as a healthy place to live

Walnut Hills



Greater Cincinnati



Their neighborhood as a healthy place to live

Walnut Hills



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Walnut Hills



Greater Cincinnati



The condition of their own house or apartment

Walnut Hills



Greater Cincinnati





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers nearby. In Walnut Hills, 6 in 10 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. About 3 in 10 Walnut Hills adults said they used neighborhood recreation facilities at least once a week, the same percentage as adults in the region. And more than 7 in 10 Walnut Hills adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, about the same percentage as adults in the region.

**Adults who agree that they have good access to ...
Recreation facilities**

Walnut Hills



Greater Cincinnati



Safe shoulders or sidewalks

Walnut Hills



Greater Cincinnati



6 in 10 said Walnut Hills was a healthy place to live

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

Walnut Hills adults were less likely than adults in the region to agree with these statements.

About 7 in 10 Walnut Hills adults said that people can depend on each other in their community, compared with 8 in 10 in the region.

About 6 in 10 Walnut Hills adults said that living in their community gives them a secure feeling, compared with 8 in 10 in the region.

About 7 in 10 Walnut Hills adults said that people can get help from the community if they are in trouble, compared with 8 in 10 in the region.

Adults who agree that ...

People can depend on each other in my community

Walnut Hills



Greater Cincinnati



Living in my community gives me a secure feeling

Walnut Hills



Greater Cincinnati



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

Walnut Hills



Greater Cincinnati



7 in 10 said people can depend on each other in their community



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.

More than 2 in 10 Walnut Hills adults ate the recommended daily amount of both fruits and vegetables. They were more likely than adults in the region to do this. About 4 in 10 Walnut Hills adults did not eat the recommended amount of either fruits or vegetables. This is about the same 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. About 7 in 10 Walnut Hills 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

Walnut Hills

24%

Greater Cincinnati

18%

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

Walnut Hills

39%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Walnut Hills

69%

Greater Cincinnati

81%

7 in 10 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). About 3 in 10 Walnut Hills adults were obese. This is about the same as the percentage among Greater Cincinnati adults.

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 walking for exercise?" About 7 in 10 Walnut Hills adults said yes, about

Adults who are obese

Walnut Hills

30%

Greater Cincinnati

33%

the same rate as adults in the region. About 4 in 10 Walnut Hills 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.

7 in 10 had exercised in the past month

4 in 10 had strengthened their muscles



SMOKING AND DRINKING

Smoking is harmful. About 4 in 10 Walnut Hills adults said they have never smoked. Another 2 in 10 adults used to smoke, but have quit. Nearly 4 in 10 Walnut Hills 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. Most Walnut Hills 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. About 2 in 10 Walnut Hills adults were heavy drinkers, three times more than the percentage of adults in the region.

The CDC defines binge drinking as drinking four or more drinks on

Adults who are ...

Current smokers

Walnut Hills

37%

Greater Cincinnati

25%

Heavy drinkers

Walnut Hills

18%

Greater Cincinnati

6%

Binge drinkers

Walnut Hills

17%

Greater Cincinnati

20%

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 Walnut Hills, 2 in 10 adults reported binge drinking in the past month, about the same as adults in the region.

4 in 10 Walnut Hills 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 a doctor or other healthcare provider had ever told them that they had a chronic condition.

About 3 in 10 Walnut Hills adults had been told that they had hypertension, or high blood pressure. This is about the same as the percentage among Greater Cincinnati adults.

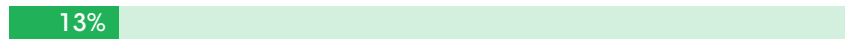
About 2 in 10 Walnut Hills adults had been told they had high cholesterol, severe allergies or depression. The rate of high cholesterol and severe

3 in 10 Walnut Hills adults report having been told they have high blood pressure

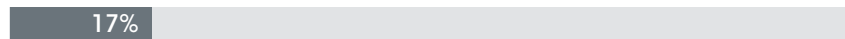
Adults who had ever been told they had ...

Asthma

Walnut Hills

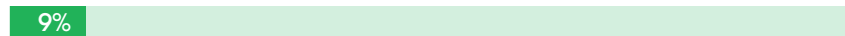


Greater Cincinnati

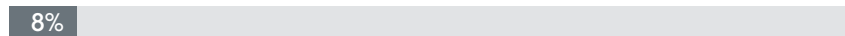


Cancer

Walnut Hills

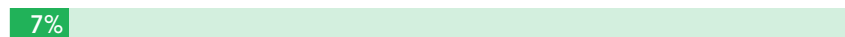


Greater Cincinnati

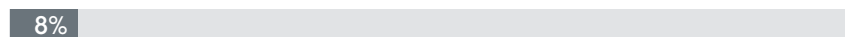


Chronic lung disease

Walnut Hills

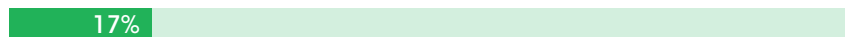


Greater Cincinnati

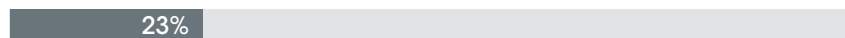


Depression

Walnut Hills

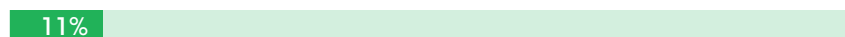


Greater Cincinnati

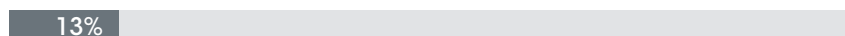


Diabetes

Walnut Hills



Greater Cincinnati





allergies are about the same as for adults in the region. The rate of depression is lower than for adults in the region.

About 1 in 10 Walnut Hills adults had been told they had asthma, diabetes, or heart trouble or angina. These percentages are about the same as for adults in the region.

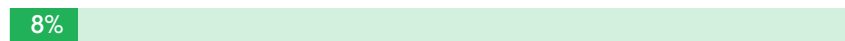
Fewer than 1 in 10 Walnut Hills adults had been told they had cancer, chronic lung disease or had a stroke. These percentages are similar to those for Greater Cincinnati adults.

Fewer than 1 in 10 Walnut Hills adults had been told they had cancer, chronic lung disease or had a stroke

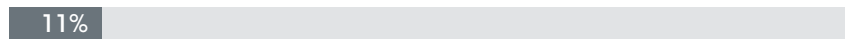
Adults who had ever been told they had ...

Heart trouble or angina

Walnut Hills

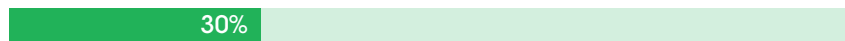


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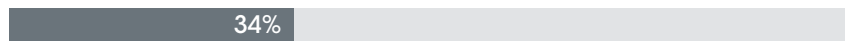


High blood pressure

Walnut Hills

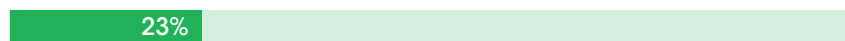


Greater Cincinnati

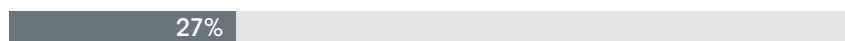


High cholesterol or triglycerides

Walnut Hills

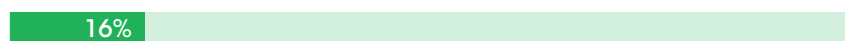


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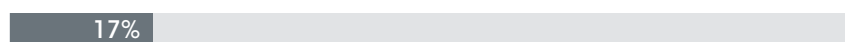


Severe allergies

Walnut Hills

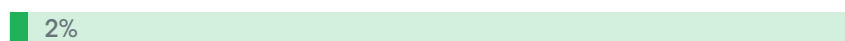


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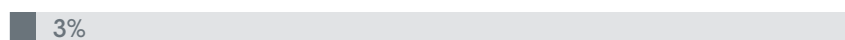


Stroke

Walnut Hills



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 7 in 10 Walnut Hills adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good, about the same as adults in the region.

Regular dental care is an important part of oral health. More than 3 in 10 Walnut Hills 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 the same as for adults in the region.

Adults who ...

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

Walnut Hills

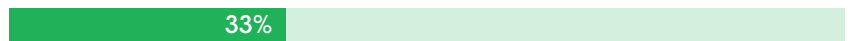


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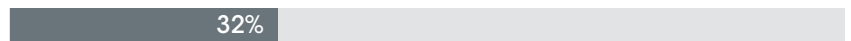


Did not get or delayed getting dental care in past 12 months

Walnut Hills



Greater Cincinnati



7 in 10 Walnut Hills 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 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. About 7 in 10 Walnut Hills adults report having health insurance, including nearly all adults older than 65. This is 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. In Walnut Hills, 1 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 better than the percentage for adults in the region.

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

Adults who have ...

A usual and appropriate source of care

Walnut Hills



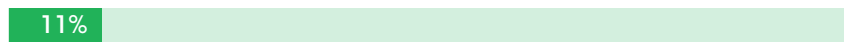
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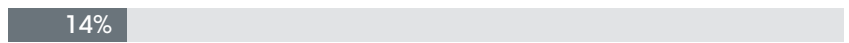
Bold Goal 95%

No source of healthcare

Walnut Hills



Greater Cincinnati



Had a check-up in the past 12 months

Walnut Hills



Greater Cincinnati



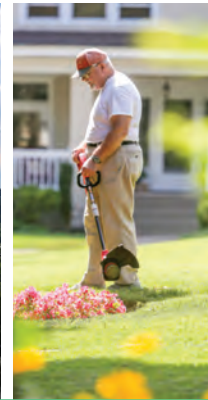
gets to know patients, can see them regularly, and can help them manage and maintain their health. In Walnut Hills, 8 in 10 adults said they had a usual and appropriate source of healthcare, about the same as adults in the region, but less than the community Bold Goal of 95%. One in 10 Walnut Hills adults had no usual source of care. Nearly 9 in 10 Walnut Hills adults had gotten a routine check-up within the past 12 months, better than adults in the region.

8 in 10 Walnut Hills adults have a usual and appropriate source of care



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PRICE HILL

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

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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

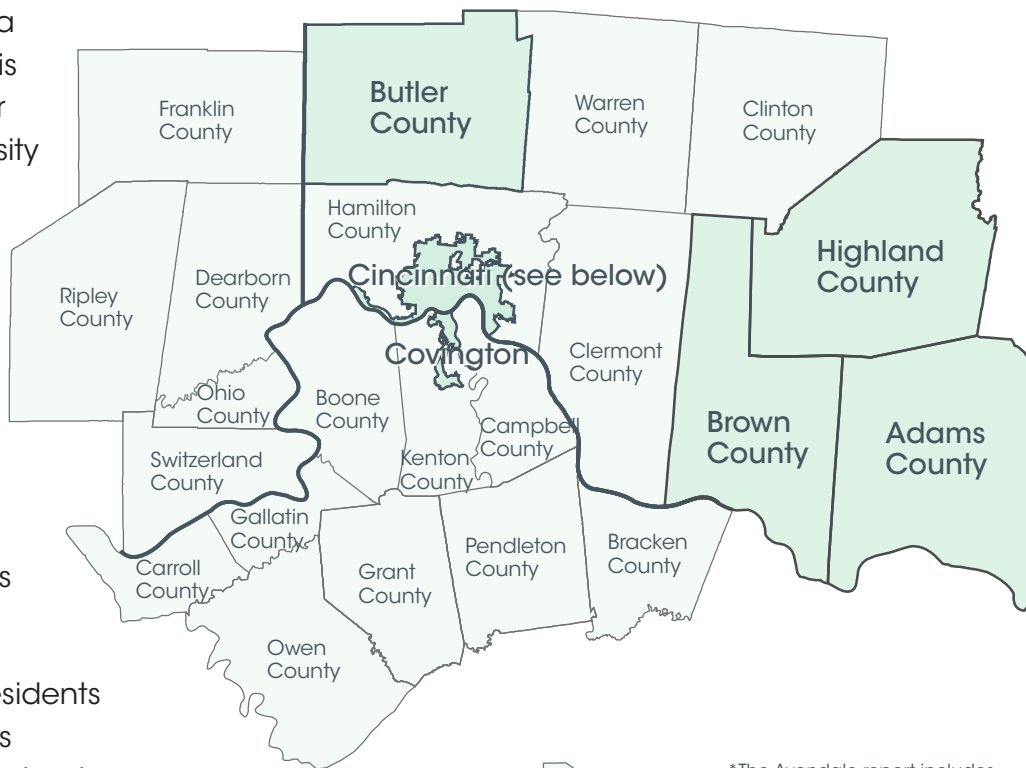
H.A. Musser, Jr.
President & CEO,
Santa Maria Community Services



ABOUT THE SURVEY

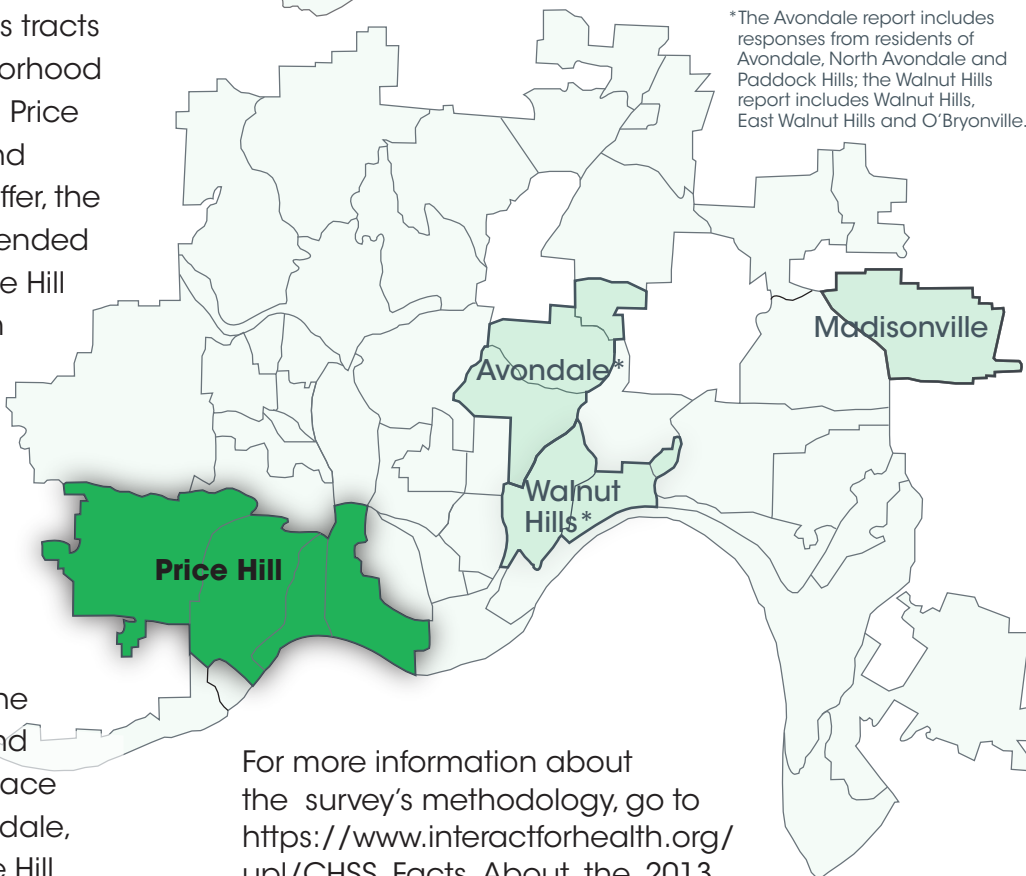
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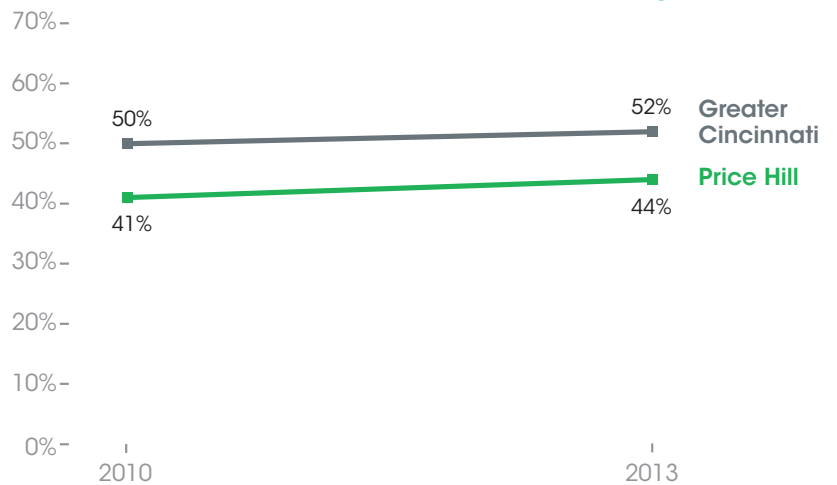
GENERAL HEALTH

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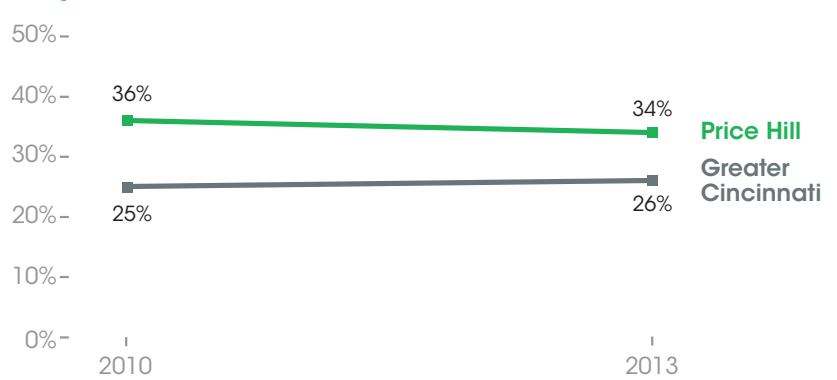
In Price Hill, 4 in 10 adults described their health as excellent or very good. This is about the same as among Price Hill adults in 2010. However, it is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater Cincinnati Bold Goal of 70 percent. 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

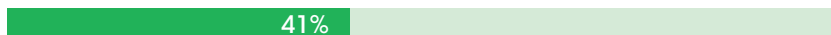


Greater Cincinnati



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

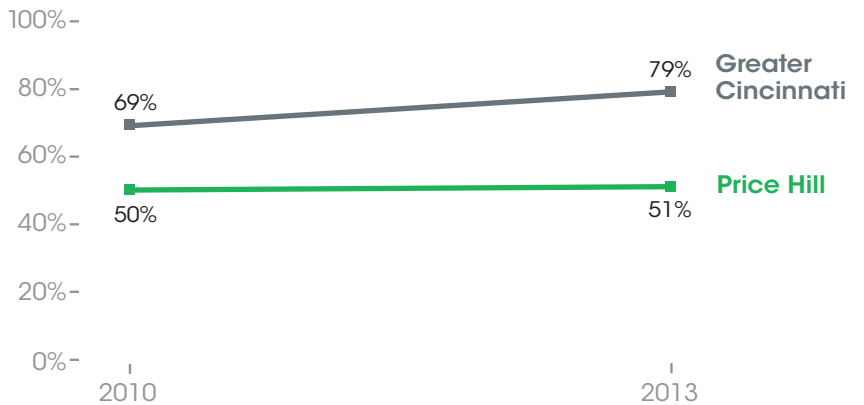
The rates of positive responses to these questions have remained steady in Price Hill since 2010. Price Hill adults were less likely than adults in the region to agree with these statements.

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

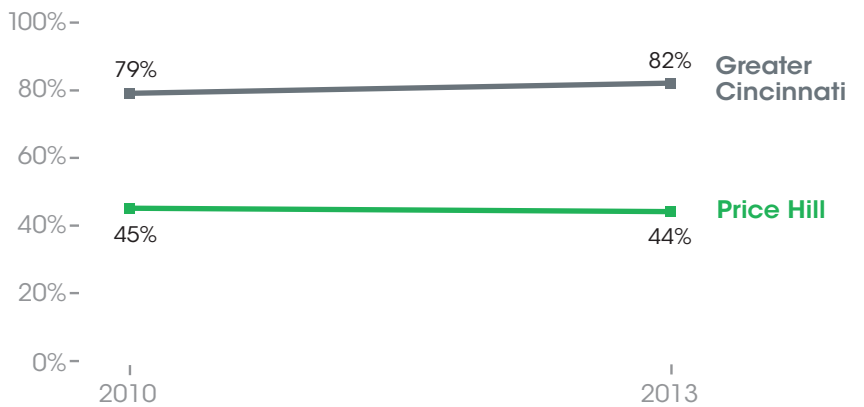
About 4 in 10 Price Hill adults said that living in their community gave them a secure feeling.

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

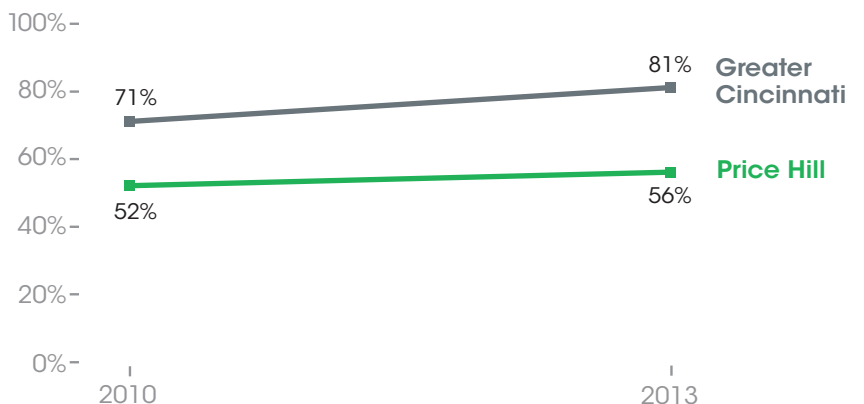
People can depend on each other in my community



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



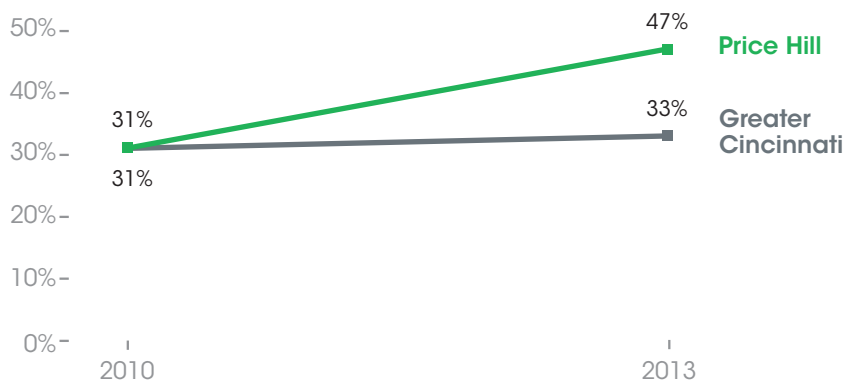
OBESITY AND EXERCISE

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...

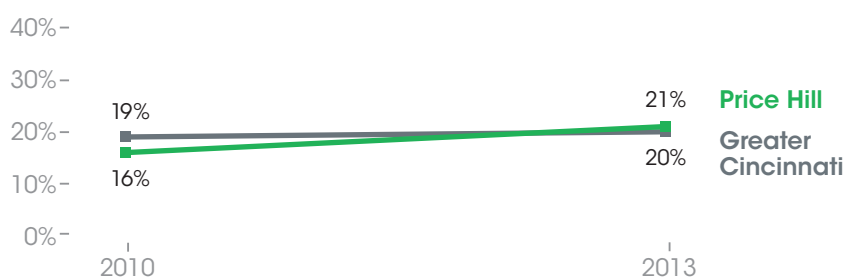
Current smokers



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

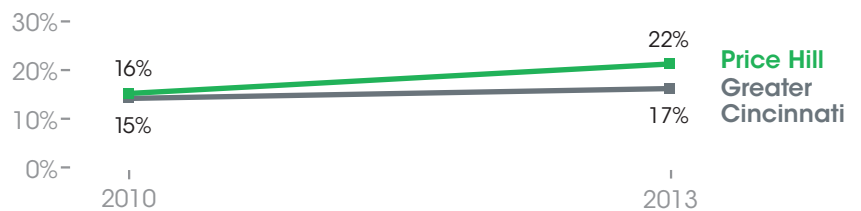
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

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.

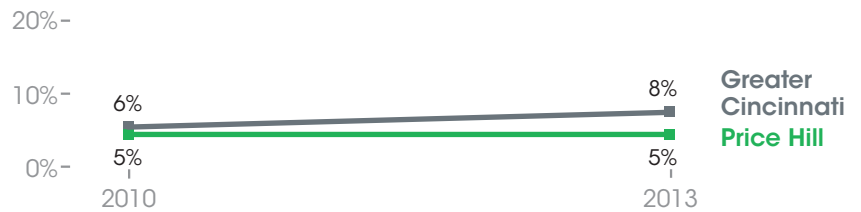
Nearly 3 in 10 Price Hill adults had been told that they had depression. This is about the same as the percentage among adults in the region and less than among Price Hill adults in 2010.

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



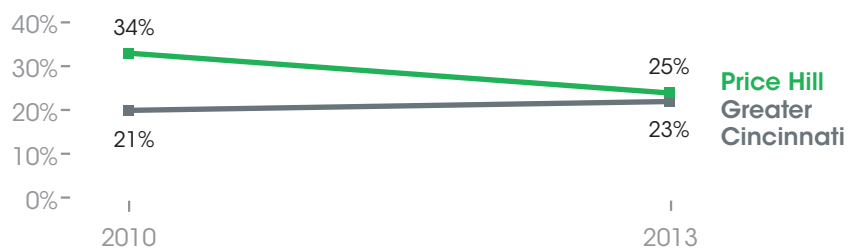
Cancer



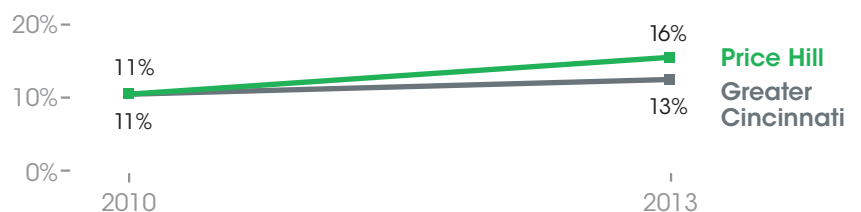
Chronic lung disease



Depression



Diabetes



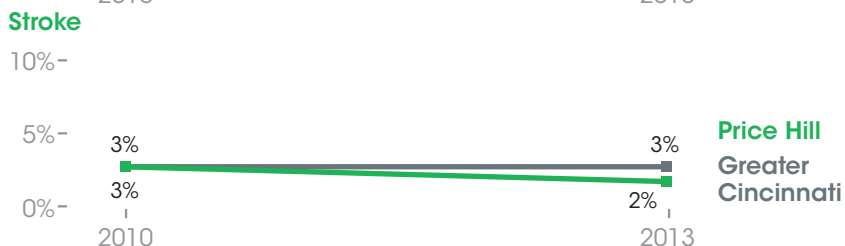
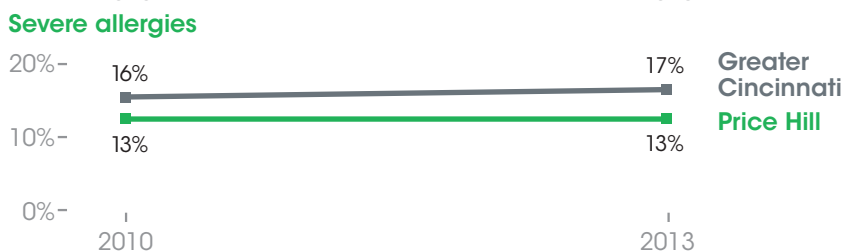
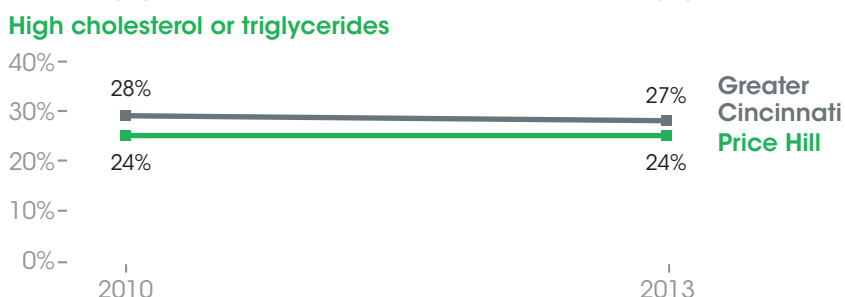
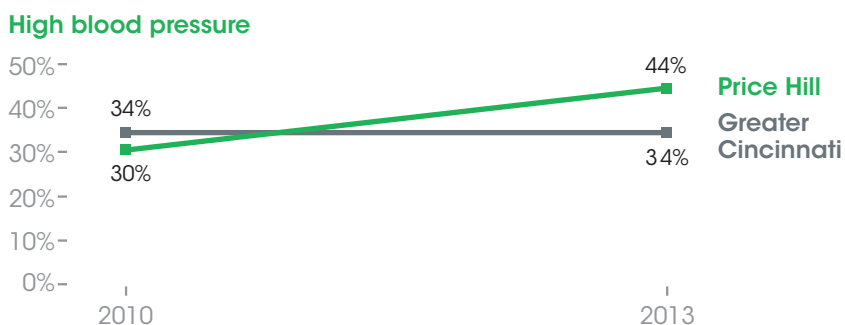
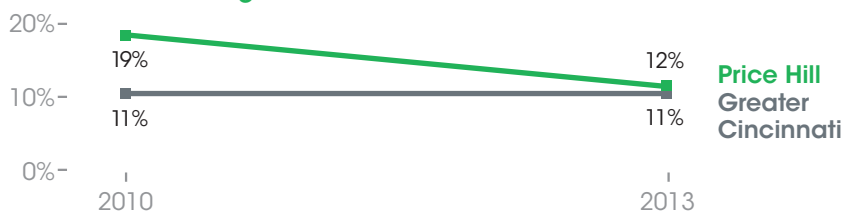


About 2 in 10 Price Hill adults had been told they had high cholesterol or triglycerides, asthma, or diabetes. This is similar to adults in the region. The rate for high cholesterol or triglycerides is the same as for Price Hill adults in 2010. The rates for asthma and diabetes are greater than for Price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

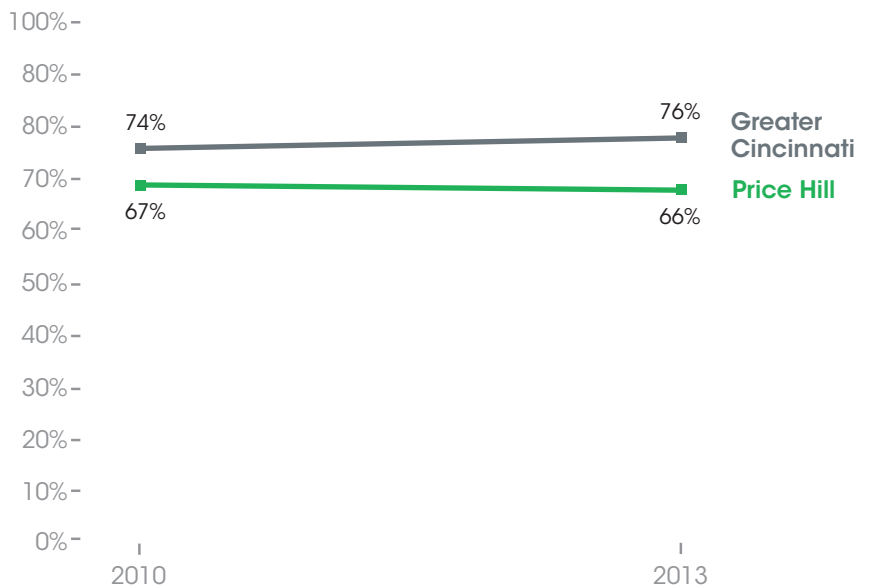
Oral health is an important part of overall health. The condition of people's teeth and gums can affect their quality of life, nutritional intake and some chronic diseases.

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.

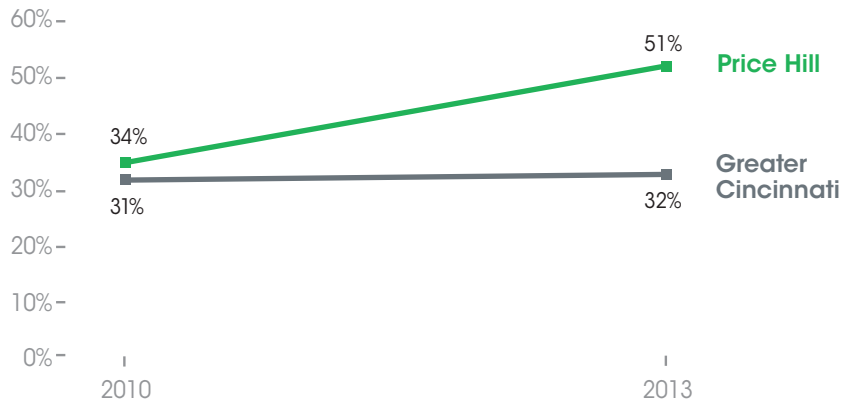
Regular dental care is an important part of oral health. More than half of Price Hill adults said there had been a time in the past 12 months when they had needed dental care but had not gotten it or delayed getting it. This is worse than among adults in the region and worse than among Price Hill adults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

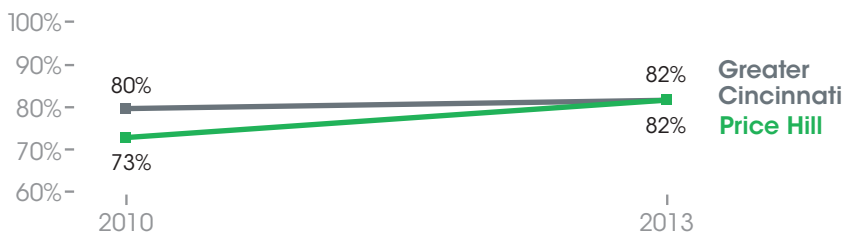
Receiving regular care from a health-care provider is important for maintaining good health. Several factors can impede getting regular care.

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.

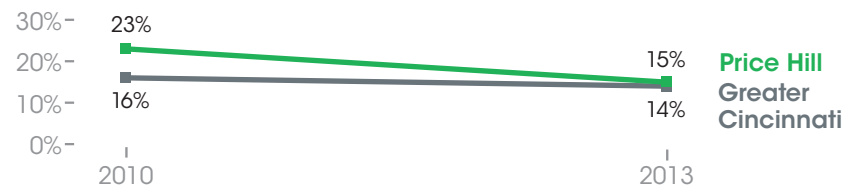
The CHSS was conducted before open enrollment for the Patient Protection and Affordable Care Act (ACA) ended. Therefore it does not include those who signed up for coverage under the ACA. It also does not include those who are now covered by Medicaid expansion in Ohio and Kentucky.

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.

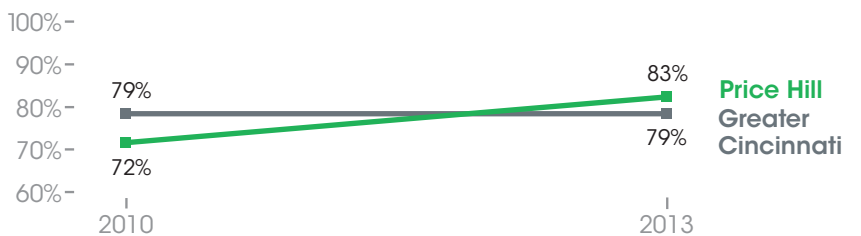
Adults who have... A usual and appropriate source of care



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.



INTERACT FOR HEALTH

A Catalyst for Health and Wellness



MADISONVILLE

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey



United Way
of Greater Cincinnati

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To cite this work, please use this format:

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

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ABOUT MADISONVILLE



The Madisonville neighborhood of Cincinnati is home to many long-time residents who remember a vibrant business district and nearby manufacturing plants, and a large number of newcomers drawn to the neighborhood for its affordable housing stock, family-friendly feel, central location and diverse population.

Recently recognized as a 40-year stable and integrated community, Madisonville has a rich history of cultural and racial diversity. The neighborhood boasts a strong faith-based community, six established schools, a beautiful and historic housing stock and numerous opportunities for residential, commercial and retail development. In addition, because of its convenient location, Madisonville is home to several major employers.

Like many urban neighborhoods, Madisonville's population and its once-vibrant business district began to decline in the 1970s, and the housing market was hit hard by the foreclosure crisis. In recent years, however, the neighborhood has seen new investment and is anticipating major residential and commercial development at the heart of its neighborhood business district.

In 2012, hundreds of Madisonville residents, property owners, business leaders, school administrators, church leaders and others came together to plan for the neighborhood's future. Over dozens of meetings, a grassroots neighborhood plan for the future was created. The resulting **Quality of Life Plan** articulates the neighborhood's hopes and dreams for the future. It is action-oriented and has built-in accountability. Neighborhood residents and community institutions are working to implement the plan.

Renewed neighborhood focus on creating a walkable business district, supporting the health and wellness of neighborhood residents, strengthening opportunities for community engagement, preparing young children for school, and expanding the neighborhood trail system are just some examples of the comprehensive work taking place to strengthen Madisonville.

Since the plan was released, we have seen home sales and home values increase, crime and foreclosure sales decrease, and Kindergarten readiness, school performance and household income increase. These trends are very encouraging.

Thanks to the robust work of committed partners and engaged neighbors, we know Madisonville's future is bright.



Sara M. Sheets

Executive Director,
Madisonville Community
Urban Redevelopment Corporation



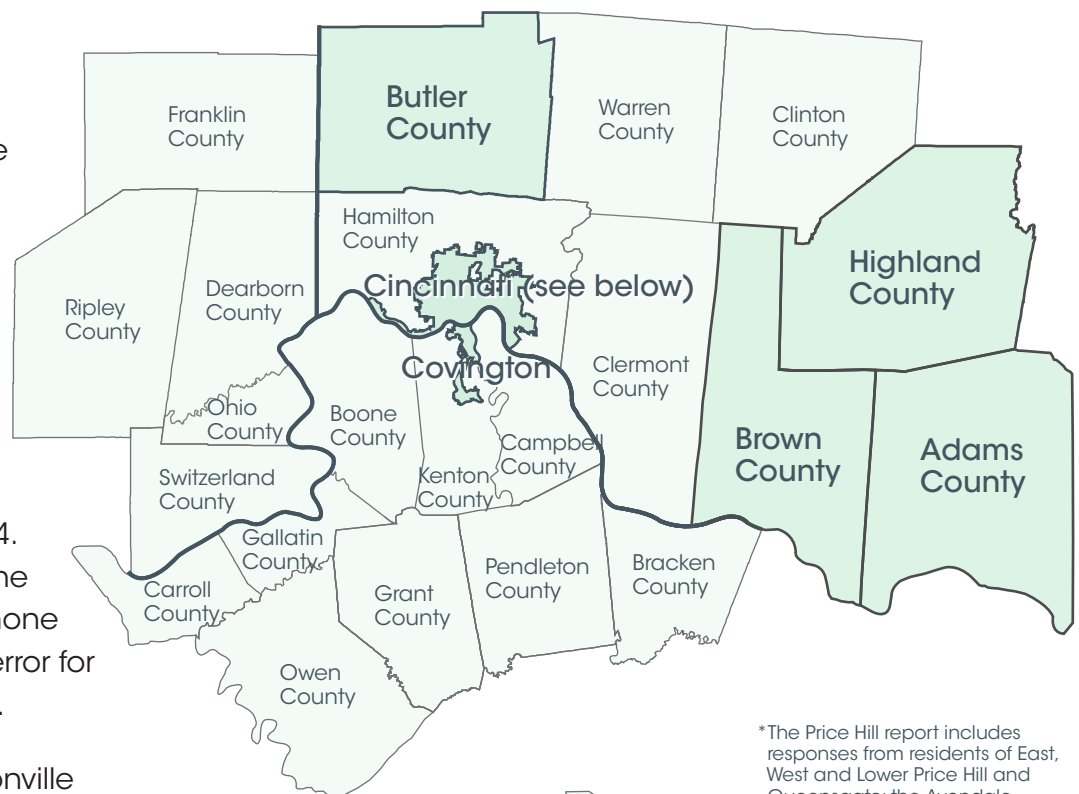
ABOUT THE SURVEY

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 $\pm 1.5\%$.

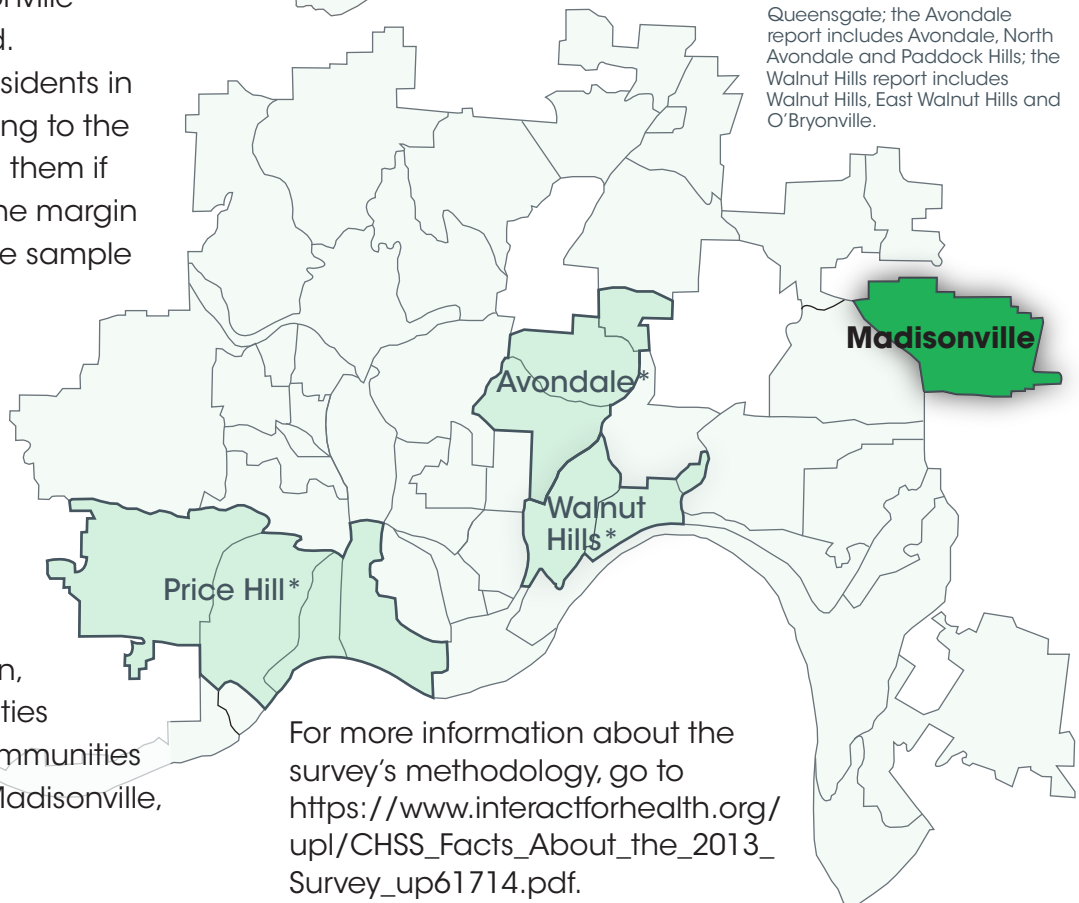
For this report, 266 Madisonville residents were interviewed. Researchers contacted residents in census tracts corresponding to the neighborhood and asked them if they live in Madisonville. The margin of error for the Madisonville sample is $\pm 6.0\%$.

Other 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.



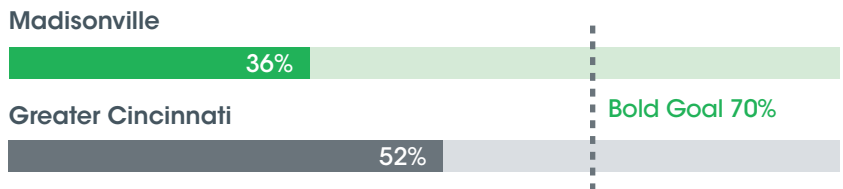
GENERAL HEALTH

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.

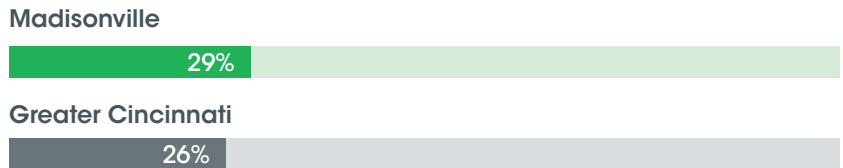
In Madisonville, fewer than 4 in 10 adults described their health as excellent or very good. This is lower than the percentage among Greater Cincinnati adults and far lower than the Greater Cincinnati Bold Goal of 70 percent. For more information about the Bold Goals for our community, see www.uwgc.org/community-impact/bold-goals-for-our-region.

About 3 in 10 Madisonville 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 adults. But poor health interfered in the usual activities of 1 in 10 Madisonville adults for two weeks or more of the previous month.

Adults who rated their health as excellent or very good



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



Fewer than 4 in 10 said their health was excellent or very good

1 in 10 said poor health interfered with activities for 2 weeks or more



THE COMMUNITY

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

In Madisonville, 6 in 10 adults said Greater Cincinnati 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 said the region was a healthy place to live. Madisonville adults gave their own neighborhood lower ratings, with 5 in 10 saying it was a healthy place to live. This compared with nearly 8 in 10 adults in the region.

Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Madisonville, 5 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Respondents rated their own homes highly more often. In Madisonville, 8 in 10 adults rated their own house or apartment highly. This is lower than the rate in the region.

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

Greater Cincinnati as a healthy place to live

Madisonville



Greater Cincinnati



Their neighborhood as a healthy place to live

Madisonville



Greater Cincinnati



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

The condition of houses and apartments in their neighborhood

Madisonville



Greater Cincinnati



The condition of their own house or apartment

Madisonville



Greater Cincinnati





Exercise is easier if a neighborhood has parks, playgrounds, pools, soccer fields, bike trails and recreation centers. In Madisonville, 6 in 10 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. Fewer than 2 in 10 Madisonville adults said they used neighborhood recreation facilities at least once a week. This is lower than the 3 in 10 adults in the region who said this. Nearly 9 in 10 Madisonville adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, better than the percentage of adults in the region who agreed with this.

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

Recreation facilities

Madisonville



Greater Cincinnati



Safe shoulders or sidewalks

Madisonville



Greater Cincinnati



5 in 10 said
Madisonville
was a healthy
place to live

Fewer than
2 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

Madisonville adults were less likely than adults in the region to agree with these statements.

About 7 in 10 Madisonville adults said that people can depend on each other in their community, compared with 8 in 10 in the region.

About 6 in 10 Madisonville adults said that living in their community gave them a secure feeling, compared with 8 in 10 in the region.

About 7 in 10 Madisonville adults said that people can get help from the community if they are in trouble, compared with 8 in 10 in the region.

Adults who agree that...

People can depend on each other in my community

Madisonville



Greater Cincinnati



Living in my community gives me a secure feeling

Madisonville



Greater Cincinnati



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

Madisonville



Greater Cincinnati



7 in 10 said people can depend on each other in their community



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 Madisonville adults ate the recommended daily amount of fruits and vegetables. Nearly half of Madisonville adults did not eat the recommended amount of either fruits or vegetables. This is about the same 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. Fewer than half of Madisonville adults agreed that it was easy to buy healthy foods in their neighborhood, much fewer than the 8 in 10 adults in the region who agreed.

Adults who ...

Eat the recommended daily amount of both fruits and vegetables

Madisonville

16%

Greater Cincinnati

18%

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

Madisonville

45%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Madisonville

47%

Greater Cincinnati

81%

Fewer than half 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 6 in 10 Madisonville adults were obese. This is higher than the percentage of Greater Cincinnati adults who 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 walking for exercise?" Nearly 8 in 10 Madisonville adults said yes, similar

Adults who are obese

Madisonville

57%

Greater Cincinnati

33%

to adults in the region. About 5 in 10 Madisonville adults had done muscle-strengthening exercises in the past month, a greater percentage than adults in the region.

Because this question does not ask about intensity or duration, conclusions cannot be made about whether respondents met CDC guidelines.

8 in 10 had exercised in the past month

5 in 10 had done muscle strengthening



SMOKING AND DRINKING

Smoking is harmful. Nearly 6 in 10 Madisonville adults say they have never smoked. Another 2 in 10 adults used to smoke, but have quit. About 2 in 10 Madisonville adults currently smoke. This percentage is about the same as 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. Most Madisonville 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. About 1 in 10 Madisonville adults were heavy drinkers, more than the percentage of adults in the region who were heavy drinkers.

Adults who are ...

Current smokers

Madisonville

22%

Greater Cincinnati

25%

Heavy drinkers

Madisonville

10%

Greater Cincinnati

6%

Binge drinkers

Madisonville

14%

Greater Cincinnati

20%

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. In Madisonville, 1 in 10 adults reported binge drinking in the past month, a better percentage than among adults in the region.

6 in 10
Madisonville
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 a doctor or other healthcare provider had ever told them that they had a chronic condition.

About 4 in 10 Madisonville adults had been told that they had hypertension, or high blood pressure. This is greater than the percentage among Greater Cincinnati adults.

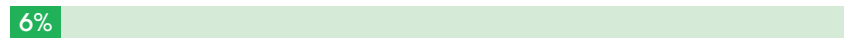
About 3 in 10 Madisonville adults had been told that they had depression, or high cholesterol or triglycerides. These percentages are about the same as for adults in the region.

4 in 10
Madisonville
adults
report having
been told
they have
high blood
pressure

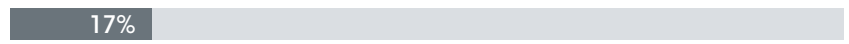
Adults who had ever been told they had ...

Asthma

Madisonville

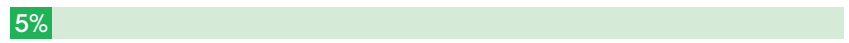


Greater Cincinnati

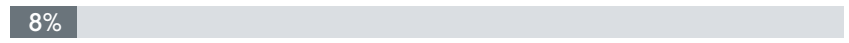


Cancer

Madisonville

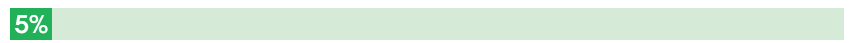


Greater Cincinnati

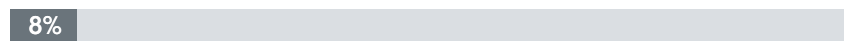


Chronic lung disease

Madisonville



Greater Cincinnati

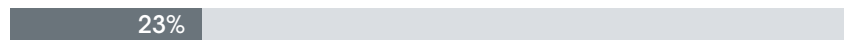


Depression

Madisonville

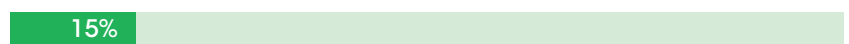


Greater Cincinnati

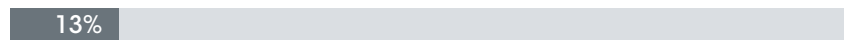


Diabetes

Madisonville



Greater Cincinnati





Nearly 2 in 10 Madisonville adults had been told they had diabetes, about the same as among adults in the region.

About 1 in 10 Madisonville adults had been told they had severe allergies, or heart trouble or angina. The rate for severe allergies is lower than for adults in the region. The rate of heart trouble or angina is about the same as for adults in the region.

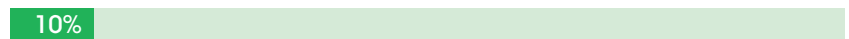
Fewer than 1 in 10 Madisonville adults had been told they had asthma, cancer, chronic lung disease or had a stroke. The percentage for asthma is lower than among adults in the region. The other percentages are about the same as for adults in the region.

**1 in 10
Madisonville
adults had
been told
they had
cancer,
chronic lung
disease or
had a stroke**

Adults who had ever been told they had ...

Heart trouble or angina

Madisonville



Greater Cincinnati

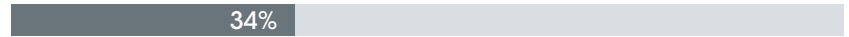


High blood pressure

Madisonville



Greater Cincinnati



High cholesterol or triglycerides

Madisonville

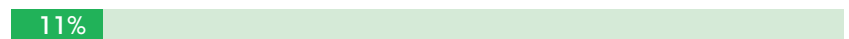


Greater Cincinnati

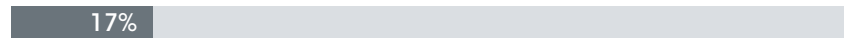


Severe allergies

Madisonville



Greater Cincinnati



Stroke

Madisonville



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.

Fewer than 7 in 10 Madisonville adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good, a smaller percentage than among adults in the region.

Regular dental care is an important part of oral health. More than 3 in 10 Madisonville 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 same as for adults in the region.

Adults who ...

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

Madisonville



Greater Cincinnati



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

Madisonville



Greater Cincinnati



7 in 10
Madisonville
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 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. About 8 in 10 Madisonville adults report 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. In Madisonville, nearly 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 about the same as the percentage for adults in the region.

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

Adults who have ...

A usual and appropriate source of care

Madisonville



Greater Cincinnati



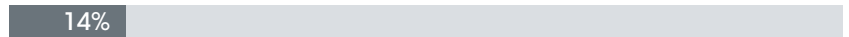
Bold Goal 95%

No source of healthcare

Madisonville



Greater Cincinnati



Had a check-up in the past 12 months

Madisonville



Greater Cincinnati



gets to know patients, can see them regularly, and can help them manage and maintain their health. In Madisonville, 8 in 10 adults said they had a usual and appropriate source of healthcare, about the same as adults in the region, but less than the community Bold Goal of 95%. Nearly 2 in 10 Madisonville adults had no usual source of care. About 8 in 10 Madisonville adults had gotten a routine check-up within the past 12 months, about the same as adults in the region.

**8 in 10
Madisonville
adults have
a usual and
appropriate
source of
care**



INTERACT FOR HEALTH

A Catalyst for Health and Wellness



COVINGTON

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey



United Way
of Greater Cincinnati

INTERACT FOR HEALTH

A Catalyst for Health and Wellness



AVONDALE

THE HEALTH OF OUR COMMUNITY

Results from the 2013
Greater Cincinnati
Community Health
Status Survey



United Way
of Greater Cincinnati

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To cite this work, please use this format:

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

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ABOUT AVONDALE



Incorporated as a village in 1864, Avondale was one of Cincinnati's first and most beautiful suburbs. Its diverse housing and stately mansions are featured in the early literature about the neighborhood and are a consistent theme in the neighborhood's growth. The neighborhood has gone through distinct ethnic variations. The historical turning point was the riots of the late '60s. In the decades before the riots, Avondale transitioned from a primarily Jewish neighborhood to a strongly African-American one.

Avondale is home to the region's largest African-American resident base. Its diversity rests in the age, income and wealth of its residents, in its institutions and in its businesses. The community counts the Cincinnati Zoo and Botanical Garden, Cincinnati Children's Hospital Medical Center and its schools as critical stakeholders in the battle against health disparities. Health-related resources include two in-school health clinics and a dental clinic connected to the U.S. Bank Boys & Girls club. Community support organizations such as the Center for Closing the Health Gap, Urban League, City of Cincinnati and organized clergy join resident organizations such as the Avondale Community Council, Avondale Running Club, Avondale Business Association and Avondale Youth Council in working toward raising the quality of life in the neighborhood.

Avondale's most recent neighborhood plan lists health and wellness as its greatest priority! Efforts to improve health are led by the neighborhood's health partners, the Avondale Comprehensive Development Corporation, Every Child Succeeds, the Center for Closing the Health Gap's Do Right Campaign, Children's Hospital's Center for Clinical & Translational Science and Training, its schools and Interact for Health. A recent shift in focusing on communitywide health and adverse childhood experiences has been created by the rich involvement of Avondale's residents and these partners.



Ozie Davis III

Executive Director,
Avondale Comprehensive
Development Corporation



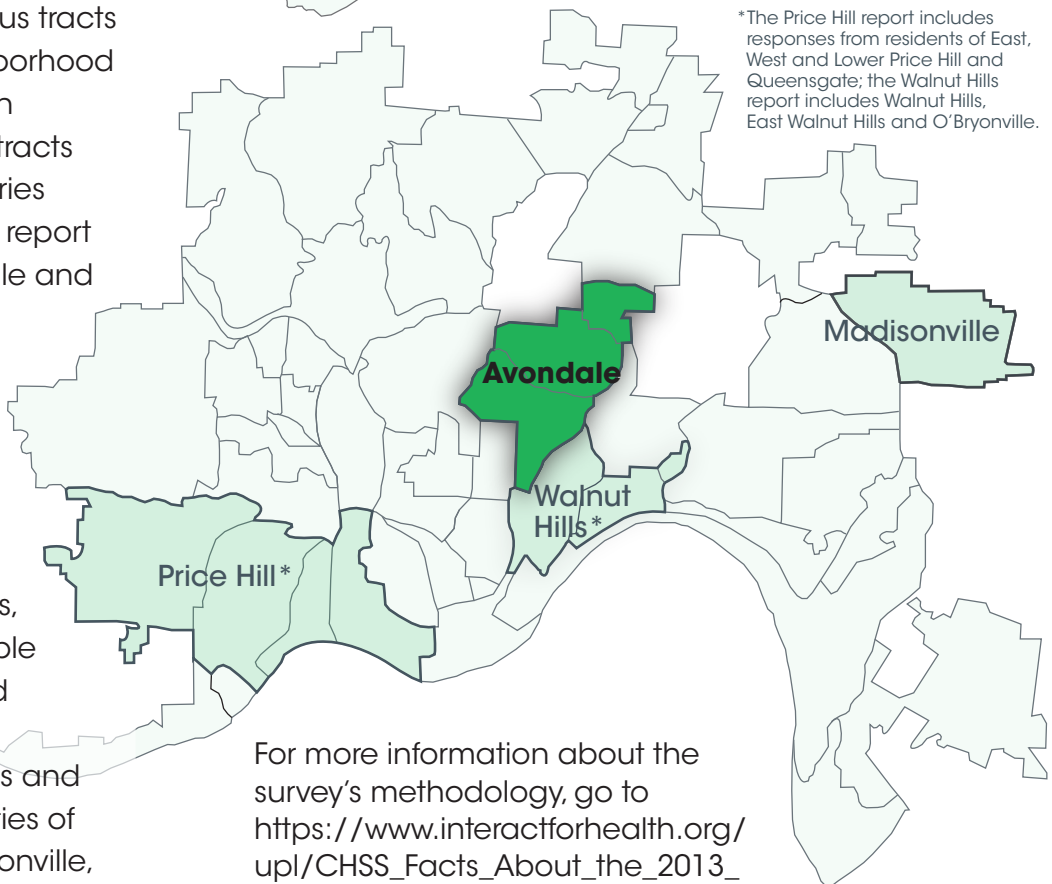
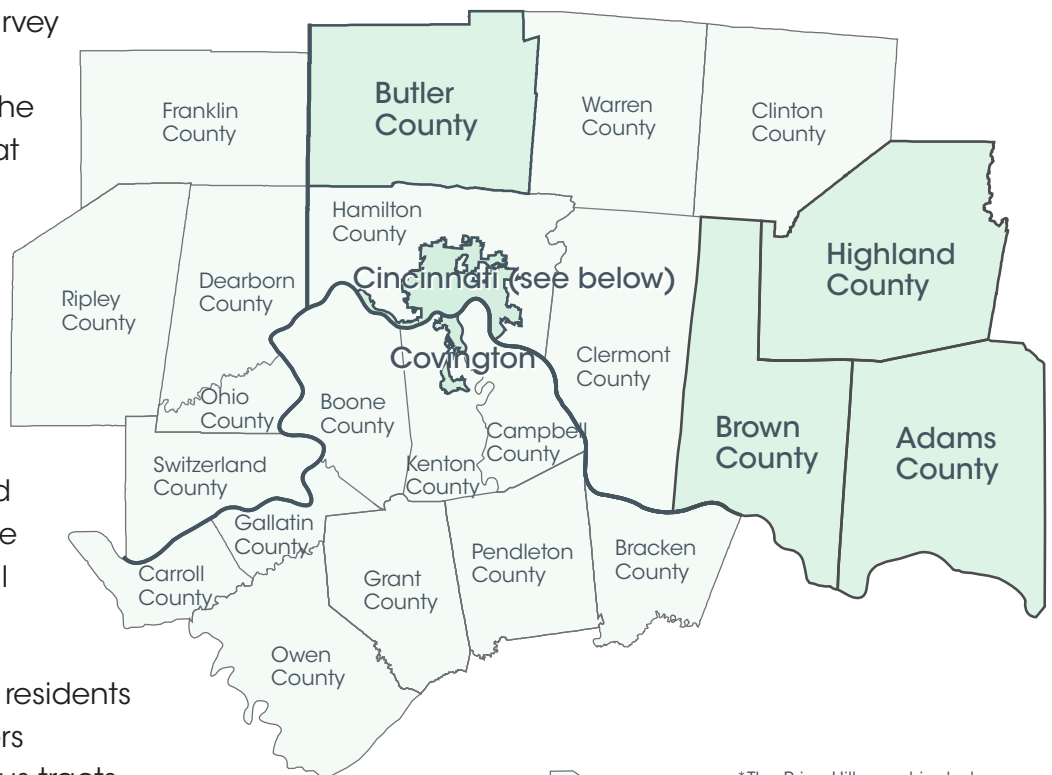
ABOUT THE SURVEY

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, 236 Avondale residents were interviewed. Researchers contacted residents in Census tracts corresponding to the neighborhood and asked them if they live in Avondale. Because Census tracts and neighborhood boundaries differ, the survey area for this report extended into North Avondale and Paddock Hills. The margin of error for the Avondale sample is $\pm 6.4\%$.

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.

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 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.



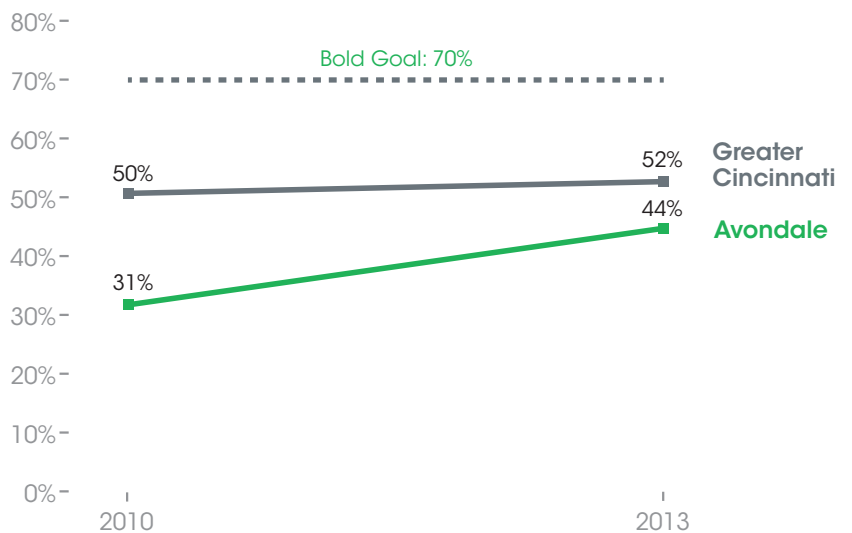
GENERAL HEALTH

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.

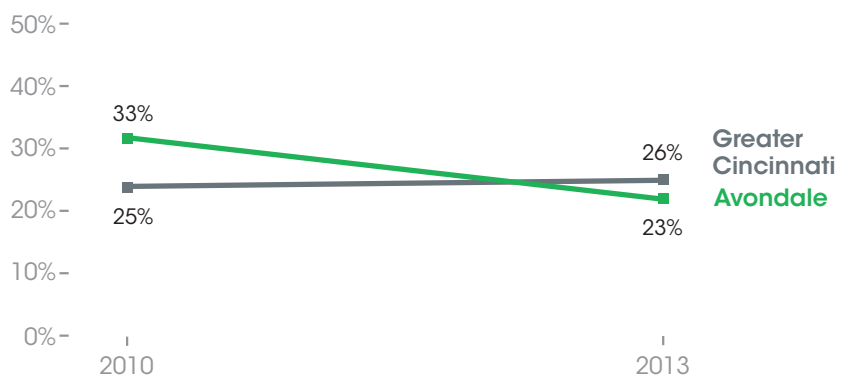
In Avondale, more than 4 in 10 adults described their health as excellent or very good. This is better than in 2010, when 3 in 10 adults described their health this way. However, it is lower than the 5 in 10 Greater Cincinnati adults who described their health this way, and much lower than the Greater 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 2 in 10 Avondale adults said they were unhealthy, either physically or mentally, for two weeks or more of the previous month. This is also better than in 2010. Poor health did not interfere with the usual activities

Adults who rated their health as excellent or very good



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



of most adults. But poor health interfered in the usual activities of 1 in 10 Avondale adults for two weeks or more of the previous month.

4 in 10 said their health was very good or excellent



THE COMMUNITY

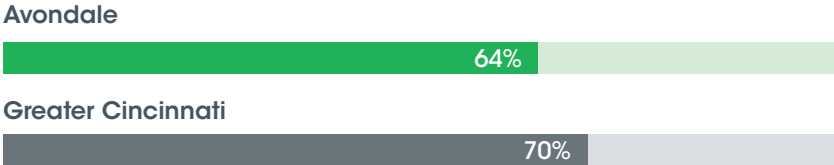
The health of the community in which people live can strongly influence their health. Avondale adults were asked how they would rate both Greater Cincinnati and their own neighborhood as a healthy place to live.

In Avondale, 6 in 10 adults said Greater Cincinnati 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. Avondale adults gave their own neighborhood lower ratings, with 5 in 10 saying it was a healthy place to live. This compared with nearly 8 in 10 adults in the region.

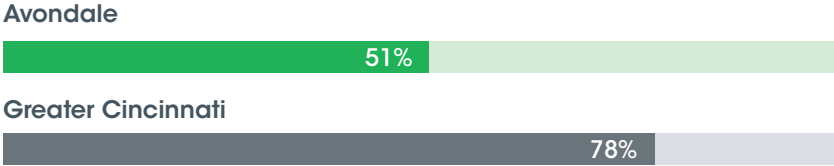
Survey participants were also asked to rate the condition of both neighborhood housing and their own house or apartment. In Avondale, fewer than 6 in 10 adults rated neighborhood housing highly, compared with more than 8 in 10 adults in the region. Avondale respondents rated their own homes highly more 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

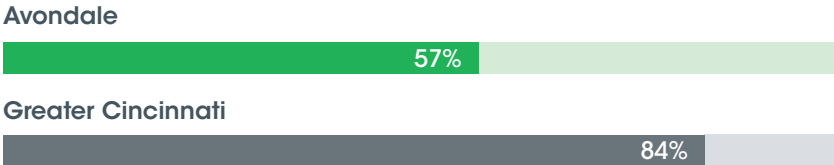


Their neighborhood as a healthy place to live



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

The condition of houses and apartments in their neighborhood



The condition of their own house or apartment



Fewer than 8 in 10 Avondale 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. About half of Avondale 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. Fewer than 2 in 10 Avondale adults said they used neighborhood recreation facilities at least once a week, less than the rate of Greater Cincinnati adults who said this. However, 7 in 10 Avondale adults agreed that sidewalks and shoulders were available for safe walking, jogging or biking, about the same percentage as adults in the region.

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

Recreation facilities

Avondale



Greater Cincinnati



Safe shoulders or sidewalks

Avondale



Greater Cincinnati



Half said Avondale was a healthy place to live

Fewer than 2 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:

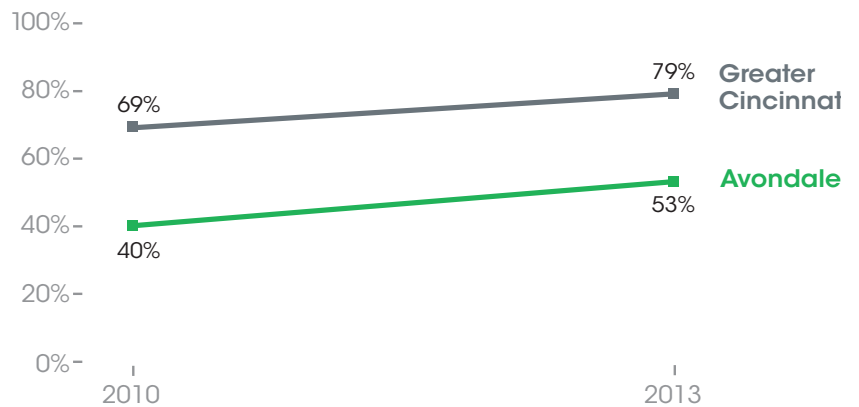
- People can depend on each other in my community
- Living in my community gives me a secure feeling
- People in my community know they can get help from the community if they are in trouble

About 5 in 10 Avondale adults said that people can depend on each other in their community. This is much lower than the 8 in 10 Greater Cincinnati adults who said this. However, it is higher than in 2010 when only 4 in 10 Avondale adults said this.

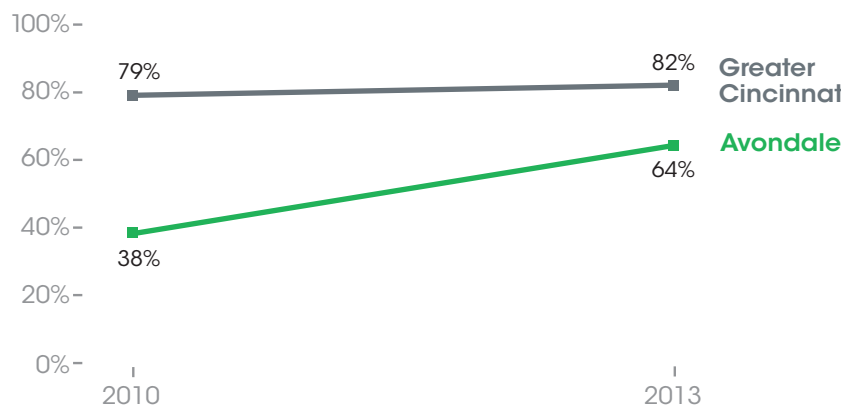
About 6 in 10 Avondale adults said that living in their community gives them a secure feeling. While this is lower than the 8 in 10 adults in the region who said this, it is higher than the 4 in 10 Avondale adults who said this in 2010.

About 6 in 10 Avondale adults said that people can get help from the community if they are in trouble. Again, this is lower than the 8 in 10 adults in the region who said this, but higher than in 2010 when fewer than 5 in 10 Avondale adults 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. 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 Avondale adults ate the recommended daily amount of both fruits and vegetables. About 4 in 10 Avondale adults did not eat the recommended amount of either fruits or vegetables. This is about the same 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. About half of Avondale 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

Avondale

15%

Greater Cincinnati

18%

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

Avondale

43%

Greater Cincinnati

45%

Agree it is easy to buy healthy foods in their neighborhood

Avondale

50%

Greater Cincinnati

81%

Half of Avondale adults said it is easy to buy healthy foods in their neighborhood



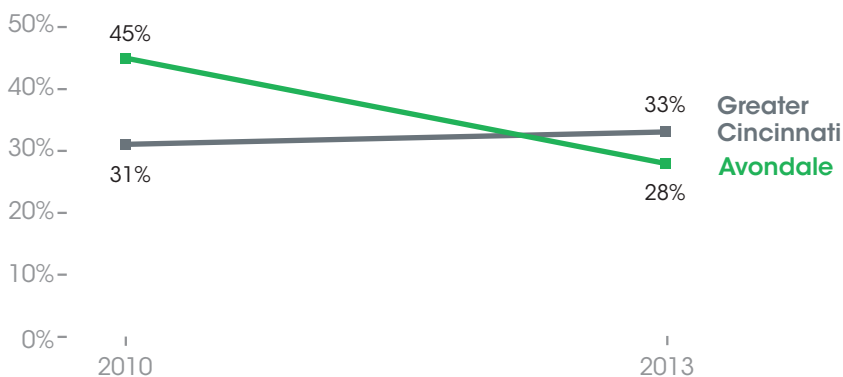
OBESITY AND EXERCISE

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 3 in 10 Avondale adults were obese. This is about the same as the percentage among Greater Cincinnati adults. It is also better than in 2010 when nearly 5 in 10 Avondale 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,

Adults who are obese



calisthenics, golf, gardening or walking for exercise?" More than 7 in 10 Avondale adults said yes, about the same rate as adults in the region. About 5 in 10 Avondale adults had done muscle-strengthening exercises in the past month, a greater percentage than adults in the region.

Because this question does not ask about intensity or duration, conclusions cannot be made about whether respondents met CDC guidelines.

5 in 10 Avondale adults had done muscle strengthening

SMOKING AND DRINKING

Smoking is harmful. About half of Avondale adults said they have never smoked. Another 2 in 10 adults used to smoke, but have quit. About 3 in 10 Avondale adults currently smoke. This percentage is about the same as 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.

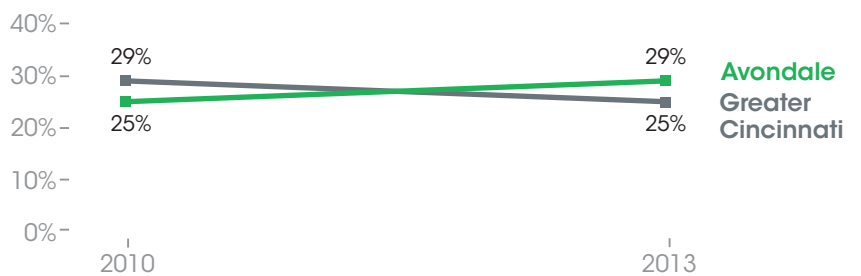
Moderate alcohol use - having no more than one drink a day for women and no more than two drinks a day for men - poses no or low risk for most adults, but heavy drinking or binge drinking can be harmful. Most Avondale adults reported either not drinking or drinking moderately.

The CDC defines heavy drinking as consuming eight or more drinks per week for women and 15 or more drinks per week for men. About 1 in 10 Avondale 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...

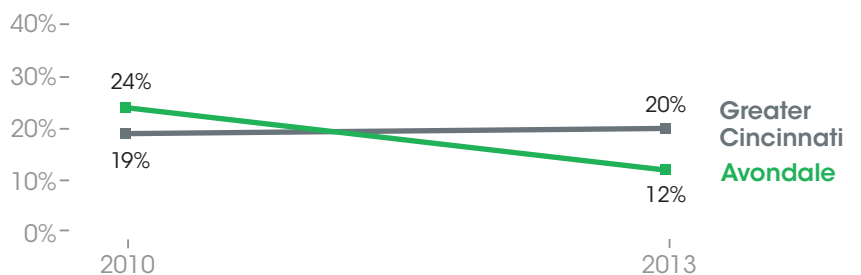
Current smokers



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 Avondale, 1 in 10 adults reported binge drinking in the past month. This is better than among Greater Cincinnati adults, and an improvement among Avondale adults since 2010.



CHRONIC CONDITIONS

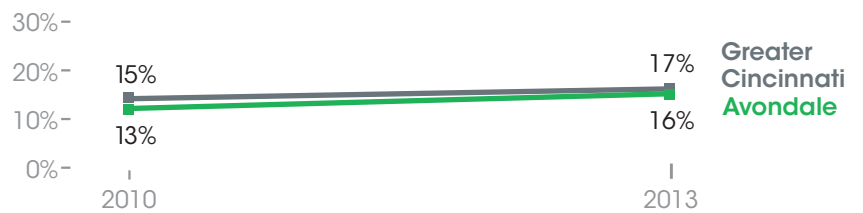
Chronic illness can be a heavy burden. This toll may be physical, emotional and financial, affecting many aspects of a person's life. The CHSS asked respondents if a doctor or other healthcare provider had ever told them that they had a chronic condition.

About 5 in 10 Avondale adults had been told that they had hypertension, or high blood pressure. This is higher than the percentage among Greater Cincinnati adults, and has not changed considerably since 2010.

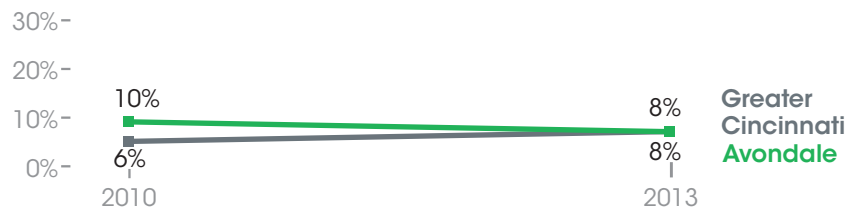
About 3 in 10 Avondale adults had been told they had high cholesterol or triglycerides, similar to adults in the region and to 2010 Avondale adults.

5 in 10 Avondale adults had been told that they had hypertension, or high blood pressure

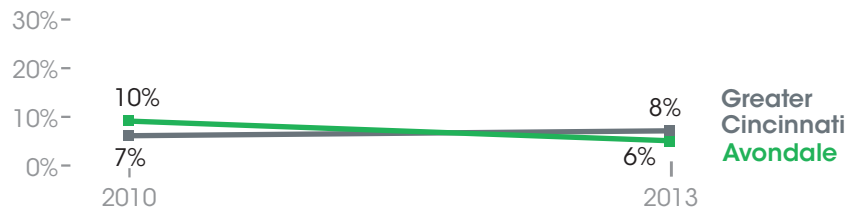
Adults who had ever been told they had ... Asthma



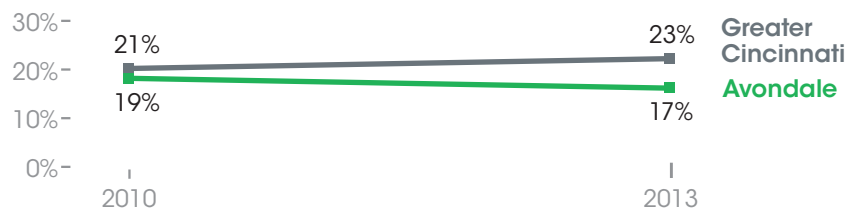
Cancer



Chronic lung disease



Depression



Diabetes



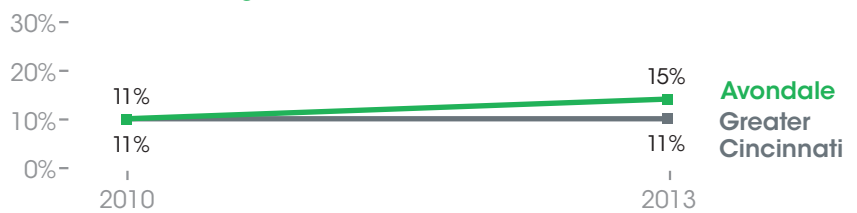


About 2 in 10 Avondale adults had been told they had severe allergies, heart trouble or angina, asthma, diabetes or depression. The rates for severe allergies and heart trouble are higher than for adults in the region. The rate for depression is lower than for adults in the region.

Fewer than 1 in 10 Avondale adults had been told they had cancer, chronic lung disease or had a stroke. The percentage for stroke is higher than among Greater Cincinnati adults. The other percentages are similar to those for adults in the region.

Fewer than 1 in 10 Avondale adults had been told they had cancer, chronic lung disease or had a stroke

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



High blood pressure



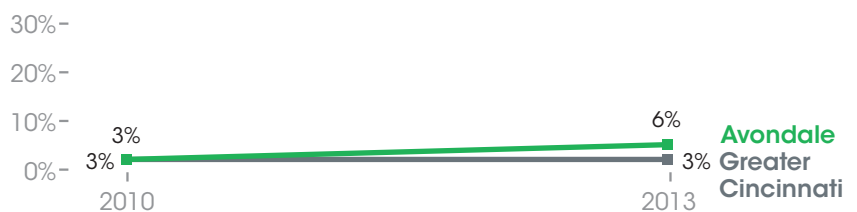
High cholesterol or triglycerides



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.

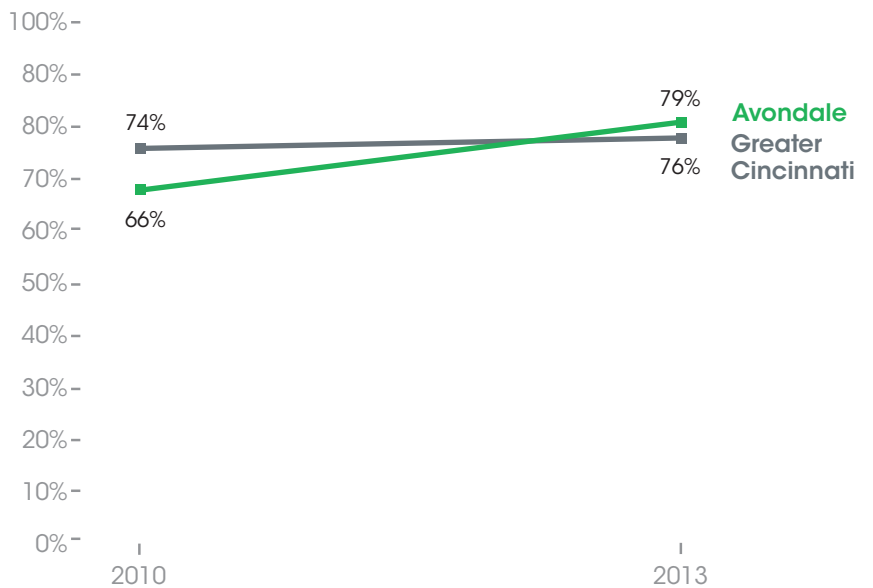
Nearly 8 in 10 Avondale adults said the condition of their mouth and teeth, including false teeth and dentures, was very good or good. This is about the same as adults in the region. It is also better than in 2010 when fewer than 7 in 10 Avondale adults said this.

Regular dental care is an important part of oral health. About 2 in 10 Avondale 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 better than among adults in the region, and much better than in 2010 when nearly 5 in 10 Avondale adults said this.

2 in 10 went without or delayed needed dental care

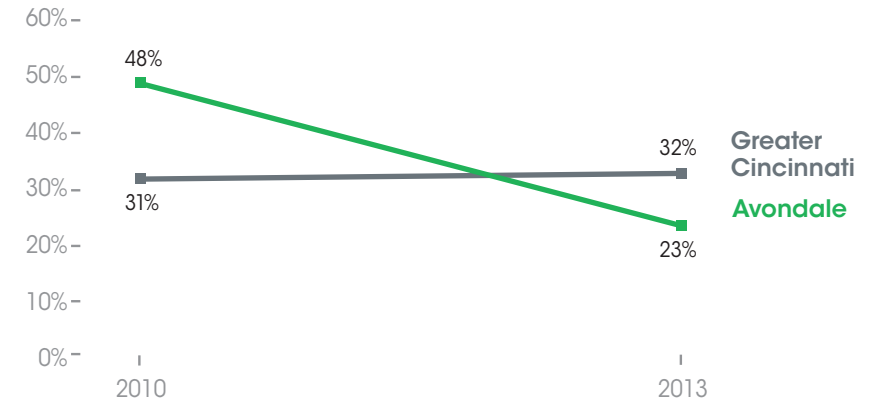
Adults who ...

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

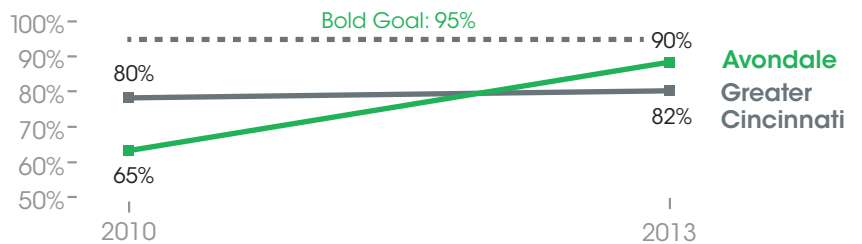
One factor is cost. Most people rely on insurance to afford healthcare. The percentage of Avondale adults with health insurance has improved since 2010. In 2013, nearly 9 in 10 adults had health insurance, up from 6 in 10 in 2010. This includes coverage for nearly all adults older than 65. The percentage 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.

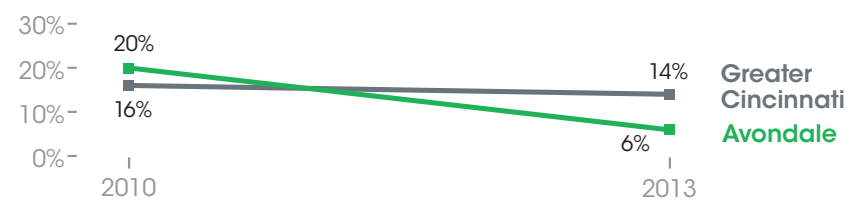
Even with health insurance, care can be expensive. In Avondale, 1 in 10 adults said someone in their household had not received a doctor's care because they needed the money for food, clothing or to pay for housing. This is the same as the percentage for adults in the region.

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 Avondale, 9 in 10 adults said they had a usual and appropriate source of healthcare, up from fewer than 7 in 10 adults in 2010. This percentage is better than among Greater Cincinnati adults and is close to the community Bold Goal of 95%. Fewer than 1 in 10 Avondale adults had no usual source of care. More than 9 in 10 Avondale adults had gotten a routine check-up within the past 12 months, better than Greater Cincinnati adults and Avondale adults in 2010.

