



# Avondale: The Health of Our Community



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# About Avondale

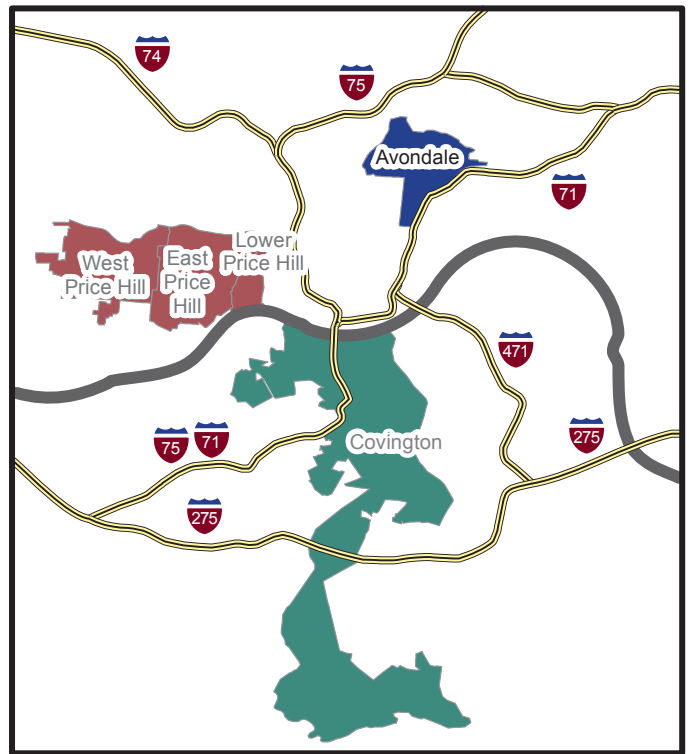
Avondale is located in the Uptown district, the second-largest employment center in the City of Cincinnati and a zone of educational, high-tech, and biomedical institutions. Avondale is home to two internationally renowned entities: the Cincinnati Zoo and Botanical Gardens and the Cincinnati Children's Hospital Medical Center.

Avondale has been an important part of African American cultural and political life in Cincinnati for over 50 years. While Avondale has struggled with years of disinvestment, community leaders have made considerable efforts in the last five years to improve the quality of life for Avondale residents. Efforts include neighborhood revitalization efforts, health initiatives, workforce development, and early childhood/youth development.

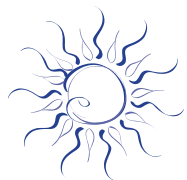
Avondale's median household income is lower than the median household income for the City of Cincinnati. Data from the 2005–2009 *American Community Survey* show that 42% of Avondale residents lived below the poverty level, compared to 25% of residents in the City of Cincinnati.

Avondale is home to 12,466 people. Between 2000 and 2010, Avondale lost 24% of its population. However, with 89% of the residents being African American, it still has one of the highest concentrations of African Americans among the City of Cincinnati's 52 neighborhoods. The Hispanic or Latino population is relatively small at 0.83% of the total population.

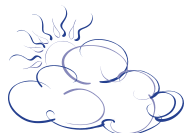
In 2007, the United Way of Greater Cincinnati launched its *place matters* initiative in three strategically important neighborhoods in Greater Cincinnati. Avondale is one of the three neighborhoods. One of the components of this initiative is improving the health of the community. This report provides a snapshot of the health of the people of Avondale.



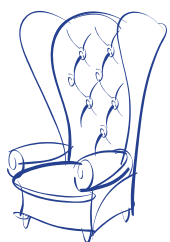
# General Health



**3** out of **10** adults think they are in excellent or very good health



**3** out of **10** adults had 2 or more weeks of unhealthy days in the last month



**1** out of **10** adults said their health limited what they could do for 2 or more weeks in the last month





A person's physical and mental health can affect what they do. People in poorer health may not work as much, see friends as often, or do normal activities.

When asked to describe their health in general, 3 out of 10 Avondale adults said they were in excellent or very good health. Another 3 out of 10 said they were in good health, and 3 out of 10 said they were in fair or poor health.

Over 3 out of 10 Avondale adults said their physical or mental health was not good for more than 2 weeks in the last month. So for half the month or more, they felt unhealthy.

Most Avondale adults said their health did not limit their ability to work, play, or take care of themselves. However, 1 out of 10 adults said their health limited them for more than 2 weeks in the last month.

# Health Problems

**5** out of **10** adults are obese

**4** out of **10** adults have been told they have:

- high blood pressure

**3** out of **10** adults have been told they have:

- high cholesterol

**2** out of **10** adults have been told they have:

- severe allergies
- depression
- diabetes

**1** out of **10** adults or fewer have been told they have:

- asthma
- heart trouble
- cancer
- chronic lung disease
- had a stroke



Some health problems are temporary, like a cold or sore throat. Some are longer lasting and require constant monitoring and treatment, like asthma or diabetes. These “chronic conditions” can last a lifetime.

Over 4 out of 10 Avondale adults have high blood pressure, or hypertension. High blood pressure can be treated through medication, diet, and lifestyle changes. If left untreated, it can cause a stroke, heart attack, or other problems.

About 2 in 10 Avondale adults have diabetes. It can be treated through medication and diet. Without treatment, it can cause kidney or heart disease, blindness, or other problems.

Just under half of Avondale’s adults are obese. Obesity is when a person’s weight is too high for their height. Being obese increases the risk of heart disease, certain cancers, diabetes, and other problems. People can reduce these risks through diet and exercise.

# Health of Eyes and Teeth



**7** out of **10** adults say they have very good or good eyesight



**4** out of **10** adults have not had an eye exam in over 2 years



**7** out of **10** adults say their mouth and teeth are in very good or good shape





Taking care of your eyes and teeth is important for overall health. This includes getting regular check-ups, eating a proper diet, and daily care.

Most Avondale adults feel they have very good or good eyesight, including with glasses or contacts. But just over 2 out of 10 have fair or poor eyesight.

Getting a regular, comprehensive eye exam is important for keeping the eyes healthy. This exam can help find

diseases and problems before vision loss occurs. It is recommended that adults have a comprehensive eye exam every 2 years. Almost 4 out of 10 Avondale adults have not had an eye exam in over 2 years.

Most Avondale adults feel their mouth and teeth, including false teeth and dentures, are in very good or good shape. But over 3 out of 10 think their mouth and teeth are in fair or poor shape.

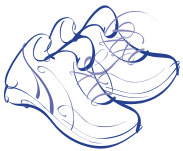
# Diet and Exercise



**4** out of **10** adults eat enough fruits and vegetables each day



**6** out of **10** adults eat fast food at least once a week



**5** out of **10** adults get enough exercise



Good habits are keys to being healthy. Eat plenty of fruits and vegetables. Limit salt and fat intake. Walk, ride a bike, or do other exercise. Doing these things can help prevent obesity, heart disease, some cancers, and other health problems.

About 4 out of 10 Avondale adults eat enough fruits and vegetables each day to meet minimum nutrition recommendations. This means they eat at least two servings of fruit and three servings of vegetables each day

About 6 out of 10 eat fast food at least once a week. The majority of salt we eat is from processed and restaurant foods. Too much salt can lead to high blood pressure, heart problems, or strokes.

Just under half of Avondale adults exercise for more than 10 minutes a day, 5 days a week. Walking can be a good form of moderate exercise. Most Avondale adults think their streets and sidewalks are safe for walking, biking, or jogging.

# Alcohol, Tobacco, & Other Drug Use



**6** out of **10** adults have never smoked cigarettes



**8** out of **10** adults drink alcohol in moderation



**9** out of **10** adults use prescription drugs correctly





Tobacco, alcohol, and prescription drugs are legal for adults. But this does not mean that they are harmless.

Studies have shown that any smoking is harmful to your health. It can cause lung disease, cancer, and other health problems. Just under 6 out of 10 adults in Avondale have never smoked cigarettes. Another 2 in 10 have quit smoking.

Drinking in moderation poses no or low risks for most adults. The majority

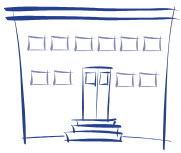
of Avondale adults reported no or moderate drinking. However, 2 out of 10 adults reported binge drinking, or having more than three or four drinks on one occasion. Binge drinking can cause liver or heart disease, cancer, depression, and other health problems.

When used as directed, prescription medications help treat illnesses. When they are taken incorrectly or by other people, they can cause problems. In Avondale, 1 in 10 adults reported misusing prescription painkillers.

# Getting Healthcare



**6** out of **10** adults have health insurance



**6** out of **10** adults have a usual and appropriate source of healthcare



**2** out of **10** adults do not have reliable transportation to get to the doctor



**3** out of **10** adults have not had a routine checkup in the last year



Many things can influence if people get healthcare. These include having insurance, a usual source of care, and reliable transportation.

Just over 6 out of 10 Avondale adults have health insurance, including almost all adults over age 65.

Insurance is just once element. People also need to have a usual and appropriate source of care—like a doctor’s office or community health

center—to get healthcare and answers to medical questions. About 6 out of 10 Avondale adults have such a place.

So, 4 out of 10 Avondale adults don’t have insurance, and 2 out of 10 don’t have a usual source of care. In addition, 2 out of 10 adults do not have a reliable way to get to a doctor’s appointment or pharmacy. These may be the reasons why 3 out of 10 adults have not had a routine checkup in the last year.

# Going without Healthcare



**3** out of **10** adults have had trouble paying or were unable to pay medical bills

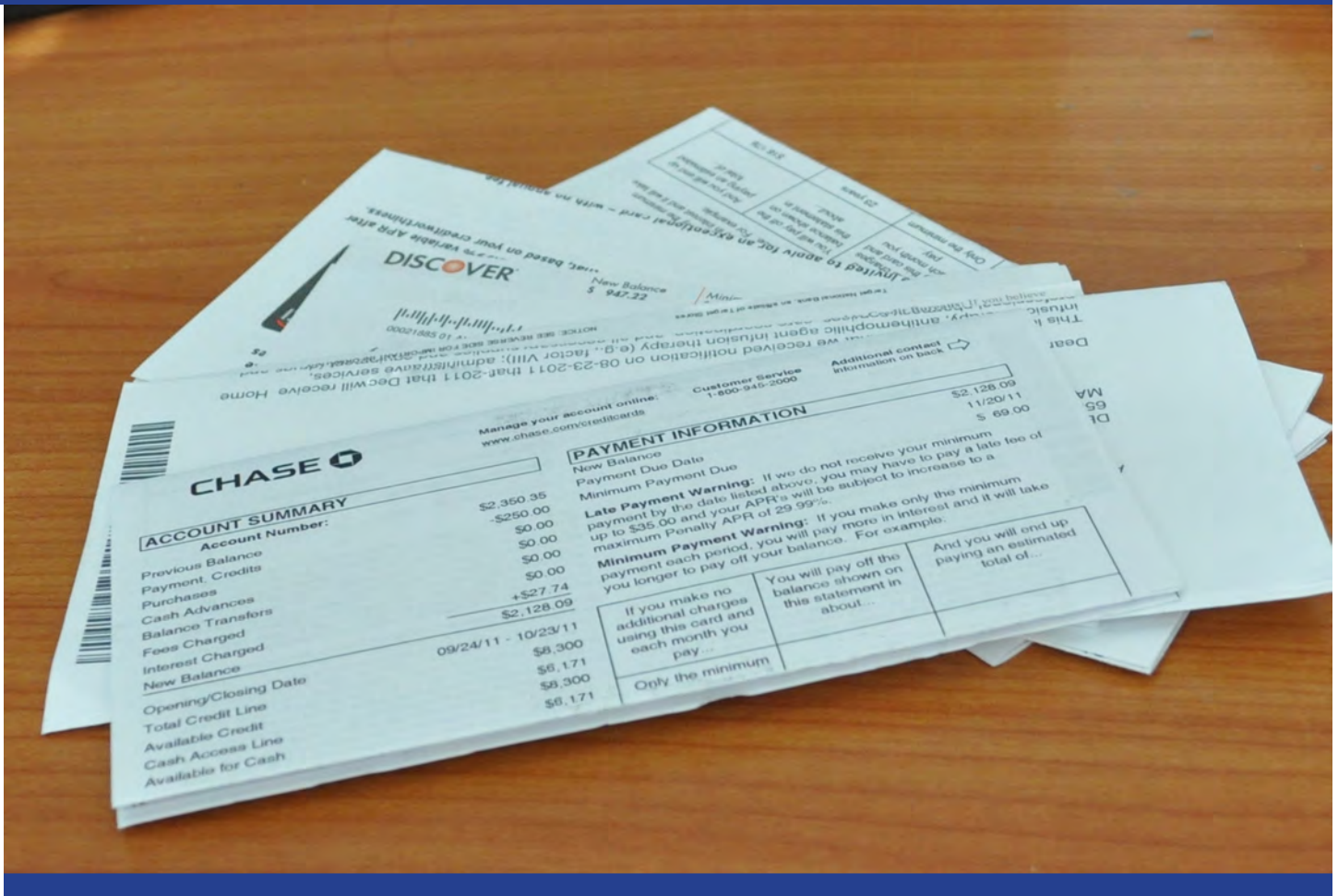


**1** out of **10** households went without a doctor's care or prescription because they couldn't afford it



**5** out of **10** adults delayed getting or did not get needed dental care





Even with insurance, healthcare can be expensive. You pay premiums each month. Then, you pay a part of your care or prescription costs. These copays add up. If you don't have insurance, you pay all of your costs. Just over 3 in 10 Avondale adults said they had trouble paying or couldn't pay medical bills.

In the past year, 1 out of 10 adults said that someone in their household went without a doctor's care because

they needed the money for food, clothing, or housing. And, 1 out of 10 said someone went without a prescription because they needed the money for food, clothing, or housing.

Dental care is not covered under most health insurance plans. You can buy dental insurance, but have to pay premiums and copays. Half of Avondale adults delayed getting or didn't get needed dental care in the past year.

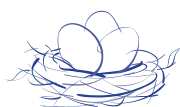
# Community Support



**5** out of **10** adults agreed that people in Avondale can get help from the community if they are in trouble



**4** out of **10** adults agreed that people in Avondale can depend on each other



**4** out of **10** adults agreed that living in Avondale gives them a secure feeling



How people feel about their community can affect their personal health. Can residents get help if they are in trouble? Can they depend on each other? Does living in their community make them feel secure?

People who feel more positively about their community get health information faster. They have healthier behaviors. And, they help others in their community have healthier behaviors.

Just under 5 out of 10 adults agreed that people in Avondale can get help from the community if they are in trouble.

About 4 out of 10 adults agreed that people in Avondale can depend on each other.

Just less than 4 out of 10 adults agreed that living in Avondale gives them a secure feeling.



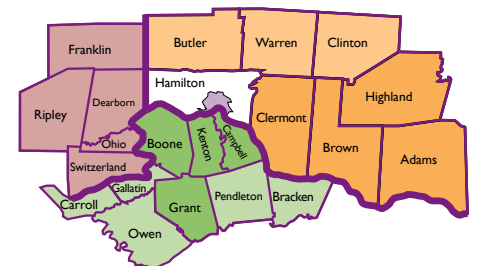
# About the Survey

The data for this report come from the 2010 *Greater Cincinnati Community Health Status Survey*. Conducted since 1996, the Survey gives an in-depth look at the self-reported health of tri-state residents. The Survey lets us see how our region stacks up to the rest of the country. We can also see how our region's health changes over time. The results give organizations and agencies, policy makers, and residents the local data they need as they work to improve the overall health of the Greater Cincinnati area. To see survey results for the whole region, please visit web site at [www.healthfoundation.org/gcchss.html](http://www.healthfoundation.org/gcchss.html).

The Health Foundation of Greater Cincinnati sponsors, analyzes, and shares the *Survey*. The Institute for Policy Research at the University of Cincinnati collects the data. For the complete survey dataset, visit [www.oasisdataarchive.org](http://www.oasisdataarchive.org).

## How We Collect the Data

The *Survey* is a telephone survey of randomly selected adults. The Institute for Policy Research called 2,246 adults residing in a 22-county area (see map) between August 14 and September 27, 2010. This included 2,042 landline interviews and 204 cell phone interviews with people who did not have a landline telephone.



For the region-wide results, the sampling error is  $\pm 2.1\%$ . This means that the actual rates may in reality be 2.1% higher or 2.1% lower than what we report.

For the neighborhood-level results, the sampling error is  $\pm 6.0\%$ . It is more difficult to compare the neighborhood data to the regional results because of the higher sampling error.

## Avondale Data

Using statistical methods, we know that a sample of 2,246 adults will give us a pretty good idea of the health of the entire Greater Cincinnati community. We survey a



certain number of adults in each county and in the City of Cincinnati to make up that 2,246. These results, then, are only good for county and multi-county levels. With the exception of the City of Cincinnati, we cannot use these results to look at neighborhoods or specific cities within our region.

But neighborhoods need good quality data. In 2010, we set up the *Survey* so that we could get neighborhood-level data for three neighborhoods in the core of our region: Avondale and Price Hill in Ohio and Covington in Kentucky. We are sharing these data with each of the neighborhoods and agencies and organizations that support them. We'd like to thank *place matters*, the Avondale Community Pride Center, Crest Smile Shoppe, and Gabriel's Place for helping us put together this report for Avondale.

## About The Health Foundation of Greater Cincinnati

Since 1997, The Health Foundation of Greater Cincinnati has invested over \$120 million to address health needs in the 20-county region surrounding Cincinnati. The majority of our work falls within our four focus areas:

- Community Primary Care
- School-Aged Children's Healthcare
- Substance Use Disorders
- Severe Mental Illness

We help create enduring projects that will improve health, and grantee sustainability is vital to our mission. We help grantees move toward sustainability by offering workshops, staff consultations, and other technical assistance. We also help grantees find other funders who might be interested in their work.

For more information about the Health Foundation and our grantmaking interests, capacity building programs for nonprofits, and publications, please contact us at 513-458-6600, toll-free at 888-310-4904, or visit our web site at [www.healthfoundation.org](http://www.healthfoundation.org).

## About *place matters*

*place matters* is a place-based investment project working in three strategically important neighborhoods of Greater Cincinnati. Avondale, Covington, and Price Hill have experienced transformational change in housing, youth development, financial stability, health, and community engagement by practicing comprehensive community development. In the area of health, *place matters* encourages physical health and wellness through community gardening, access to medical services, exercise programs, and outreach to pregnant women, infants and young families.

*place matters* is supported by a collaborative of social investors including:

- United Way of Greater Cincinnati
- The Greater Cincinnati Foundation
- LISC of Greater Cincinnati & Northern Kentucky
- NeighborWorks America
- PNC Bank
- SC Ministry Foundation
- JP Morgan Chase Foundation
- The Carol Ann and Ralph V. Haile, Jr. / U.S. Bank Foundation
- The Health Foundation of Greater Cincinnati

## Thanks to Our Community Partners

The Health Foundation would like to thank the following organizations for their input on the *Greater Cincinnati Community Health Status Survey*:

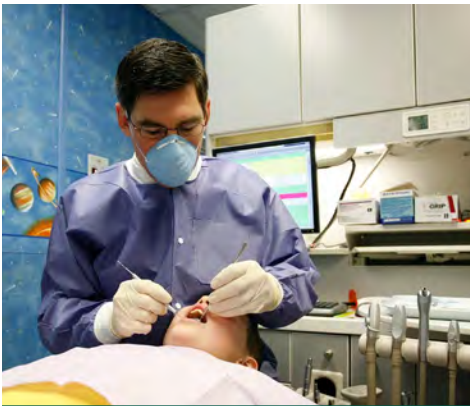
- Academy of Medicine
- ASAP Center
- Butler County Alcohol and Drug Addiction Services Board
- Butler County Mental Health Board
- Butler County United Way
- Center for Closing the Health Gap
- Child Policy Research Center
- City of Cincinnati Health Department
- Council on Aging
- Employers Health Coalition of Ohio
- Foundation for a Healthy Kentucky
- Health Improvement Collaborative
- Health Policy Institute of Ohio (HPIO)
- Northern Kentucky Health Department
- TriHealth
- United Way of Greater Cincinnati
- University of Cincinnati Department of Public Health Science
- University of Cincinnati Institute for Policy Research
- University of Cincinnati Planning Department
- Urban Appalachian Council
- Vision 2015
- Xavier University



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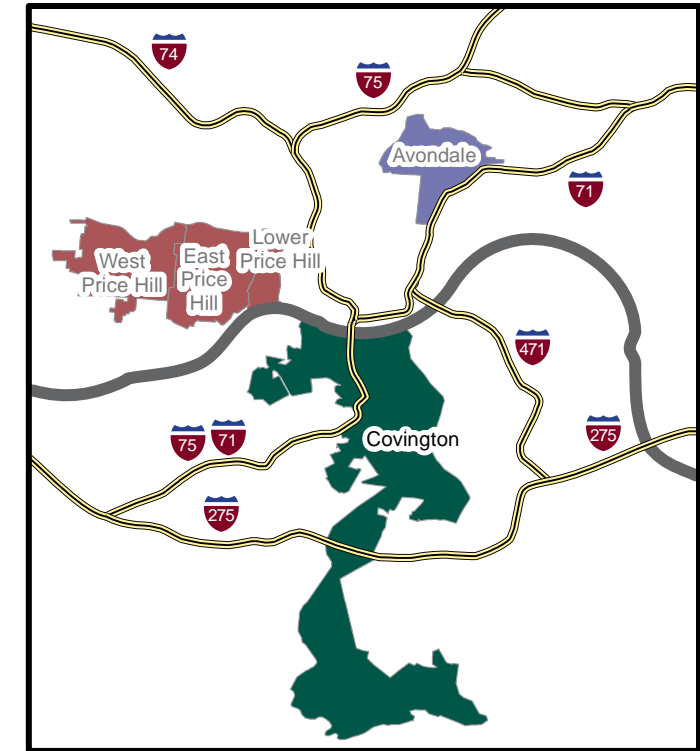
# Covington: The Health of Our Community



# About Covington

Covington is a vibrant, historic, urban city in Northern Kentucky. Founded in 1815 at the confluence of the Licking and Ohio Rivers, Covington is located directly across the Ohio River from downtown Cincinnati.

Covington lost population during the nationwide trend of urban flight. However, since 1990, the population has leveled and the city has experienced a renaissance that includes the creation of new housing, businesses, and entertainment areas. Covington has attracted many high-tech firms and has a booming riverfront development district.




With 40,640 residents, Covington is the fifth-most-populous city in Kentucky. About 82% of Covington residents are white, 12% are African American, and 3% are Hispanic or Latino. Since 2000, the percentage of whites in Covington has decreased slightly, while the percentage of African Americans and Hispanics or Latinos have increased slightly.

Data from the 2005–2009 *American Community Survey* show that about 1 in 5 Covington residents (21%) lived below the poverty line, compared to 1 in 8 residents of the Greater Cincinnati area (12%).

In 2007, the United Way of Greater Cincinnati launched its place matters initiative in three strategically important neighborhoods in Greater Cincinnati. Covington is one of the three neighborhoods. One of the components of this initiative is improving the health of the community. This report provides a snapshot of the health of the people of Covington.

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Photo on the cover of the Covington skyline at night:  Hannaford, <http://www.flickr.com/photos/27745117@N00/2129449085/>.

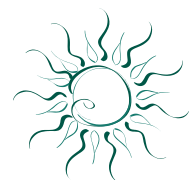
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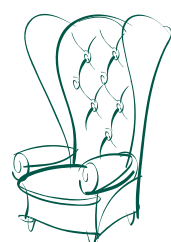
# General Health



**4** out of **10** adults think they are in excellent or very good health



**3** out of **10** adults had 2 or more weeks of unhealthy days in the last month



**1** out of **10** adults said their health limited what they could do for 2 or more weeks in the last month



A person's physical and mental health can affect what they do. People in poorer health may not work as much, see friends as often, or do normal activities.

When asked to describe their health in general, 4 out of 10 Covington adults said they were in excellent or very good health. Just under 4 out of 10 said they were in good health, and 2 out of 10 said they were in fair or poor health.

Just under 3 out of 10 Covington adults said their physical or mental health was not good for more than 2 weeks in the last month. So for half the month or more, they felt unhealthy.

Most Covington adults said their health did not limit their ability to work, play, or take care of themselves. However, 1 out of 10 adults said their health limited them for more than 2 weeks in the last month.

# Health Problems

**4** out of **10** adults are obese

**3** out of **10** adults have been told they have:

- high blood pressure
- high cholesterol
- depression

**1** out of **10** adults or fewer have been told they have:

- heart trouble
- diabetes
- asthma
- severe allergies
- chronic lung disease
- cancer
- had a stroke



Some health problems are temporary, like a cold or sore throat. Some are longer lasting and require constant monitoring and treatment, like asthma or diabetes. These “chronic conditions” can last a lifetime.

Covington residents have the same or lower rates of most chronic conditions than the Greater Cincinnati region in general. Just under 1 out of 10 Covington adults have asthma or severe allergies, compared to

almost 2 out of 10 adults in Greater Cincinnati.

Just under 4 out of 10 of Covington’s adults are obese, about the same rate as the region. Obesity is when a person’s weight is too high for their height. Being obese increases the risk of heart disease, certain cancers, diabetes, and other problems. People can reduce these risks through diet and exercise.



# Health of Eyes and Teeth



**8** out of **10** adults say they have very good or good eyesight



**4** out of **10** adults have not had an eye exam in over 2 years



**7** out of **10** adults say their mouth and teeth are in very good or good shape



Taking care of your eyes and teeth is important for overall health. This includes getting regular check-ups, eating a proper diet, and daily care.

Most Covington adults feel they have very good or good eyesight, including with glasses or contacts. But about 2 out of 10 have fair or poor eyesight.

Getting a regular, comprehensive eye exam is important for keeping the eyes healthy. This exam can help find

diseases and problems before vision loss occurs. It is recommended that adults have a comprehensive eye exam every 2 years. Over 4 out of 10 Covington adults have not had an eye exam in over 2 years.

Most Covington adults feel their mouth and teeth, including false teeth and dentures, are in very good or good shape. But over 3 out of 10 think their mouth and teeth are in fair or poor shape.



# Diet and Exercise



**3** out of **10** adults eat enough fruits and vegetables each day



**6** out of **10** adults eat fast food at least once a week



**4** out of **10** adults get enough exercise



Good habits are keys to being healthy. Eat plenty of fruits and vegetables. Limit salt and fat intake. Walk, ride a bike, or do other exercise. Doing these things can help prevent obesity, heart disease, some cancers, and other health problems.

About 3 out of 10 Covington adults eat enough fruits and vegetables each day to meet minimum nutrition recommendations. This means they eat at least two servings of fruit and three servings of vegetables each day.

Almost 6 out of 10 eat fast food at least once a week. The majority of salt we eat is from processed and restaurant foods. Too much salt can lead to high blood pressure, heart problems, or strokes.

About 4 out of 10 Covington adults exercise for more than 10 minutes a day, 5 days a week. Walking can be a good form of moderate exercise. Most Covington adults think their streets and sidewalks are safe for walking, biking, or jogging.

# Alcohol, Tobacco, & Other Drug Use

 **4** out of **10** adults have never smoked cigarettes

 **8** out of **10** adults drink alcohol in moderation

 **1** out of **20** adults reported drinking and driving



Tobacco, alcohol, and prescription drugs are legal for adults. But this does not mean that they are harmless.

Studies have shown that any smoking is harmful to your health. It can cause lung disease, cancer, and other health problems. About 4 out of 10 Covington adults have never smoked cigarettes. Another 2 out of 10 used to smoke but have quit.

Drinking in moderation poses no or low risks for most adults. The majority of Covington adults reported no or

moderate drinking. However, 2 out of 10 adults reported binge drinking, or having more than three or four drinks on one occasion. Binge drinking can cause liver or heart disease, cancer, depression, and other health problems

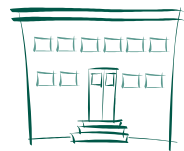
Drinking and driving is very dangerous. Every day, almost 30 people in the U.S. die in an accident involving a driver who had been drinking. Just over 1 out of 20 Covington adults reported they had driven after drinking.



# Getting Healthcare



**8** out of **10** adults have health insurance



**8** out of **10** adults have a usual and appropriate source of healthcare



**1** out of **10** adults do not have reliable transportation to get to the doctor



**3** out of **10** adults have not had a routine checkup in the last year



Many things can influence if people get healthcare. These include having insurance, a usual source of care, and reliable transportation.

Just over 8 out of 10 Covington adults have health insurance, including almost all adults over age 65.

Insurance is just one element. People also need to have a usual and appropriate source of care—like a doctor's office or community health

center—to get healthcare and answers to medical questions. About 8 out of 10 Covington adults have such a place.

So, 2 out of 10 Covington adults don't have insurance, and 2 out of 10 don't have a usual source of care. In addition, 1 out of 10 adults do not have a reliable way to get to a doctor's appointment or pharmacy. These may be the reasons why 3 out of 10 adults have not had a routine checkup in the last year.

# Going without Healthcare



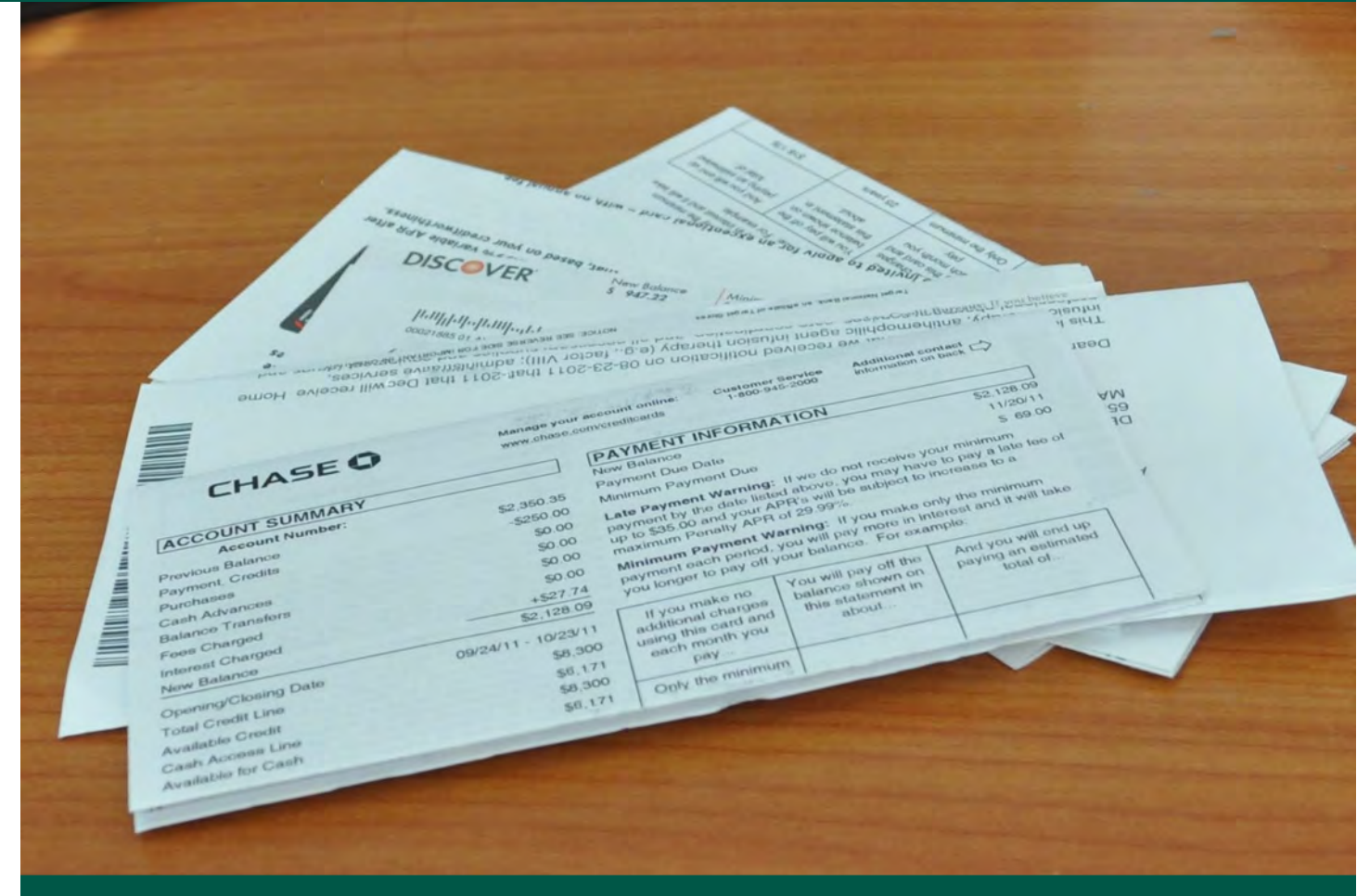
**3** out of **10** adults have had trouble paying or were unable to pay medical bills



**2** out of **10** households went without a doctor's care or prescription because they couldn't afford it



**3** out of **10** adults delayed getting or did not get needed dental care



Even with insurance, healthcare can be expensive. You pay premiums each month. Then, you pay a part of your care or prescription costs. These copays add up. If you don't have insurance, you pay all of your costs. Just over 3 in 10 Covington adults said they had trouble paying or couldn't pay medical bills.

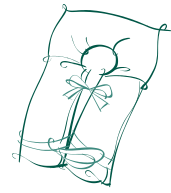
In the past year, almost 2 out of 10 adults said that someone in their household went without a doctor's

care because they needed the money for food, clothing, or housing. And, 2 out of 10 said someone went without a prescription because they needed the money for food, clothing, or housing.

Dental care is not covered under most health insurance plans. You can buy dental insurance, but have to pay premiums and copays. Over 3 out of 10 Covington adults delayed getting or didn't get needed dental care in the past year.



# Community Support



**7** out of **10** adults agreed that people in Covington can get help from the community if they are in trouble



**6** out of **10** adults agreed that living in Covington gives them a secure feeling



**6** out of **10** adults agreed that people in Covington can depend on each other



How people feel about their community can affect their personal health. Can residents get help if they are in trouble? Can they depend on each other? Does living in their community make them feel secure?

People who feel more positively about their community get health information faster. They have healthier behaviors. And, they help others in their community have healthier behaviors.

Most Covington adults feel positively about their community. About 7 out of 10 adults agreed that people in Covington can get help from the community if they are in trouble.

Just over 6 out of 10 adults agreed that living in Covington gives them a secure feeling.

Just under 6 out of 10 adults agreed that people in Covington can depend on each other.



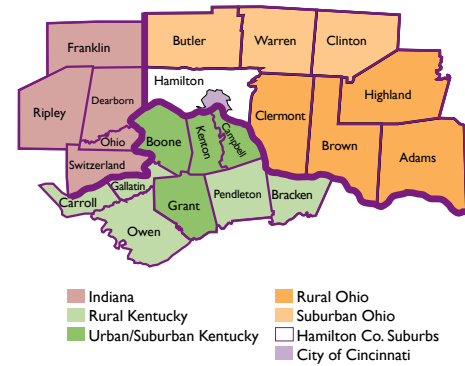
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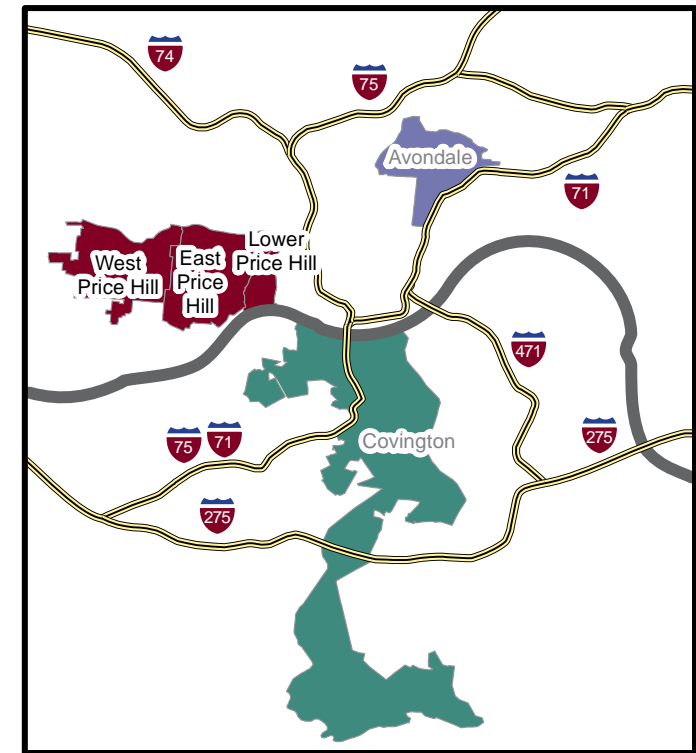
# Price Hill: The Health of Our Community



# About Price Hill

Price Hill, located west of downtown Cincinnati, is home to about 32,000 people. It is made up of three smaller neighborhoods: East Price Hill, Lower Price Hill, and West Price Hill.

Price Hill has a rich history and was one of the earliest settlements in the City of Cincinnati. It has Victorian-era homes, Renaissance-style architecture, and Native American mounds. In the early 20th century, Price Hill was home to the Cincinnati Tubercular Hospital, one of the nation's leading centers for treatment and research of tuberculosis. It was also the home of the first Incline in Cincinnati, which carried people between Price Hill and downtown.



Since the turn of the 21st century, Price Hill has seen its median income and property values dip lower than the City of Cincinnati average. Data from the 2005–2009 *American Community Survey* show that 1 in 4 Price Hill residents (28%) lived below the poverty line, similar to the City of Cincinnati (25%).

Price Hill has lost about 15% of its population since 2000, going from 37,432 residents in 2000 to 31,959 in 2010. The racial composition of the population has also shifted during that time. The percentage of African American residents of Price Hill has doubled, from 14% in 2000 to 31% in 2010, while the percentage of white residents fell from 82% in 2000 to 61% in 2010. Although still a relatively small percentage of the whole neighborhood, the Hispanic and Latino population in Price Hill also increased to about 5%.

In 2007, the United Way of Greater Cincinnati launched its place matters initiative in three strategically important neighborhoods in Greater Cincinnati. Price Hill is one of the three neighborhoods. One of the components of this initiative is improving the health of the community. This report provides a snapshot of the health of the people of Price Hill.

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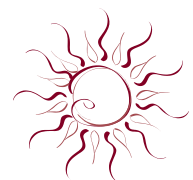
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# General Health



**4** out of **10** adults think they are in excellent or very good health



**4** out of **10** adults had 2 or more weeks of unhealthy days in the last month



**2** out of **10** adults said their health limited what they could do for 2 or more weeks in the last month



A person's physical and mental health can affect what they do. People in poorer health may not work as much, see friends as often, or do normal activities.

When asked to describe their health in general, 4 out of 10 Price Hill adults said they were in excellent or very good health. About 3 out of 10 said they were in good health, and just under 3 out of 10 said they were in fair or poor health.

Just under 4 out of 10 Price Hill adults said their physical or mental health was not good for more than 2 weeks in the last month. So for half the month or more, they felt unhealthy.

Most Price Hill adults said their health did not limit their ability to work, play, or take care of themselves. However, 2 out of 10 adults said their health limited them for more than 2 weeks in the last month.

# Health Problems

**3** out of **10** adults are obese

**3** out of **10** adults have been told they have:

- depression
- high blood pressure

**2** out of **10** adults have been told they have:

- high cholesterol
- heart trouble
- asthma

**1** out of **10** adults or fewer have been told they have:

- severe allergies
- diabetes
- chronic lung disease
- cancer
- had a stroke



Some health problems are temporary, like a cold or sore throat. Some are longer lasting and require constant monitoring and treatment, like asthma or diabetes. These “chronic conditions” can last a lifetime. Three chronic conditions of note in Price Hill are depression, heart trouble, and obesity.

Over 3 out of 10 Price Hill adults have depression. Some may feel sad or “down in the dumps” for a short time. Others may feel this way for weeks, months, or years.

About 2 out of 10 Price Hill adults have heart trouble. Proper diet, exercise, and quitting smoking are some ways to keep your heart healthy.

About 3 out of 10 of Price Hill’s adults are obese, the same rate as the region. Obesity is when a person’s weight is too high for their height. Being obese increases the risk of heart disease, certain cancers, diabetes, and other problems. People can reduce these risks through diet and exercise.



# Health of Eyes and Teeth



**8** out of **10** adults say they have very good or good eyesight



**5** out of **10** adults have not had an eye exam in over 2 years



**7** out of **10** adults say their mouth and teeth are in very good or good shape



Taking care of your eyes and teeth is important for overall health. This includes getting regular check-ups, eating a proper diet, and daily care.

Most Price Hill adults feel they have very good or good eyesight, including with glasses or contacts. But 2 out of 10 have fair or poor eyesight.

Getting a regular, comprehensive eye exam is important for keeping the eyes healthy. This exam can help find

diseases and problems before vision loss occurs. It is recommended that adults have a comprehensive eye exam every 2 years. Almost half of Price Hill adults have not had an eye exam in over 2 years.

Most Price Hill adults feel their mouth and teeth, including false teeth and dentures, are in very good or good shape. But 3 out of 10 think their mouth and teeth are in fair or poor shape.



# Diet and Exercise



**2** out of **10** adults eat enough fruits and vegetables each day



**5** out of **10** adults eat fast food at least once a week



**5** out of **10** adults get enough exercise




Good habits are keys to being healthy. Eat plenty of fruits and vegetables. Limit salt and fat intake. Walk, ride a bike, or do other exercise. Doing these things can help prevent obesity, heart disease, some cancers, and other health problems

About 2 out of 10 Price Hill adults eat enough fruits and vegetables each day to meet minimum nutrition recommendations. This means they eat at least two servings of fruit and three servings of vegetables each day.

About half eat fast food at least once a week. The majority of salt we eat is from processed and restaurant foods. Too much salt can lead to high blood pressure, heart problems, or strokes.

About half of Price Hill adults exercise for more than 10 minutes a day, 5 days a week. Walking can be a good form of moderate exercise. Most Price Hill adults think their streets and sidewalks are safe for walking, biking, or jogging.

# Alcohol, Tobacco, & Other Drug Use

 **5** out of **10** adults have never smoked cigarettes

 **8** out of **10** adults drink alcohol in moderation



Tobacco, alcohol, and prescription drugs are legal for adults. But this does not mean that they are harmless.

Studies have shown that any smoking is harmful to your health. It can cause lung disease, cancer, and other health problems. About 5 out of 10 Price Hill adults have never smoked cigarettes. Another 2 out of 10 used to smoke but have quit.

Drinking in moderation poses no or low risks for most adults. The majority of Price Hill adults reported no or moderate drinking. However, just under 2 out of 10 adults reported binge drinking, or having more than three or four drinks on one occasion. Binge drinking can cause liver or heart disease, cancer, depression, and other health problems.



# Getting Healthcare



**8** out of **10** adults have health insurance



**7** out of **10** adults have a usual and appropriate source of healthcare



**1** out of **10** adults do not have reliable transportation to get to the doctor



**3** out of **10** adults have not had a routine checkup in the last year



Many things can influence if people get healthcare. These include having insurance, a usual source of care, and reliable transportation.


About 8 out of 10 Price Hill adults have health insurance, including almost all adults over age 65.


Insurance is just one element. People also need to have a usual and appropriate source of care—like a doctor's office or community health


center—to get healthcare and answers to medical questions. About 7 out of 10 Price Hill adults have such a place.

So, 2 out of 10 Price Hill adults don't have insurance, and 2 out of 10 don't have a usual source of care. In addition, 1 out of 10 adults do not have a reliable way to get to a doctor's appointment or pharmacy. These may be the reasons why 3 out of 10 adults have not had a routine checkup in the last year.

# Going without Healthcare

 **3** out of **10** adults have had trouble paying or were unable to pay medical bills

 **2** out of **10** households went without a doctor's care or prescription because they couldn't afford it

 **3** out of **10** adults delayed getting or did not get needed dental care



Even with insurance, healthcare can be expensive. You pay premiums each month. Then, you pay a part of your care or prescription costs. These copays add up. If you don't have insurance, you pay all of your costs. About 3 out of 10 Price Hill adults said they had trouble paying or couldn't pay medical bills.

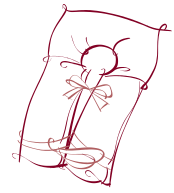
In the past year, over 2 out of 10 adults said that someone in their household went without a doctor's care because

they needed the money for food, clothing, or housing. And, 2 out of 10 said someone went without a prescription because they needed the money for food, clothing, or housing.

Dental care is not covered under most health insurance plans. You can buy dental insurance, but have to pay premiums and copays. Over 3 out of 10 Price Hill adults delayed getting or didn't get needed dental care in the past year.



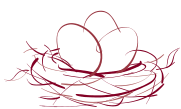
# Community Support



**5** out of **10** adults agreed that people in Price Hill can get help from the community if they are in trouble



**5** out of **10** adults agreed that people in Price Hill can depend on each other



**5** out of **10** adults agreed that living in Price Hill gives them a secure feeling



How people feel about their community can affect their personal health. Can residents get help if they are in trouble? Can they depend on each other? Does living in their community make them feel secure?

People who feel more positively about their community get health information faster. They have healthier behaviors. And, they help others in their community have healthier behaviors.

About half of adults agreed that:

- People in Price Hill can get help from the community if they are in trouble.
- People in Price Hill can depend on each other.
- Living in Price Hill gives them a secure feeling.

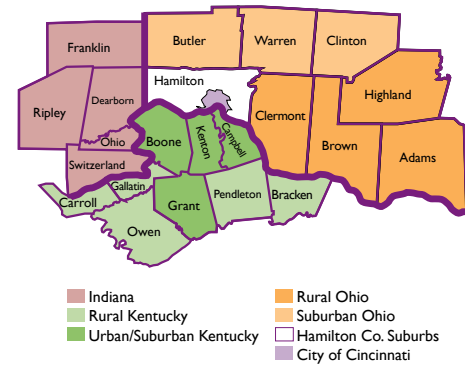
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