

INSURANCE

# Ohio adults without health insurance

Having health insurance is an important factor in being able to get needed healthcare. Each year, the **Ohio Health Issues Poll (OHIP)** asks about health insurance coverage to learn about Ohio adults' insurance status. Because nearly all Ohioans ages 65 and older (99%) are insured, this summary focuses on Ohioans ages 18-64.

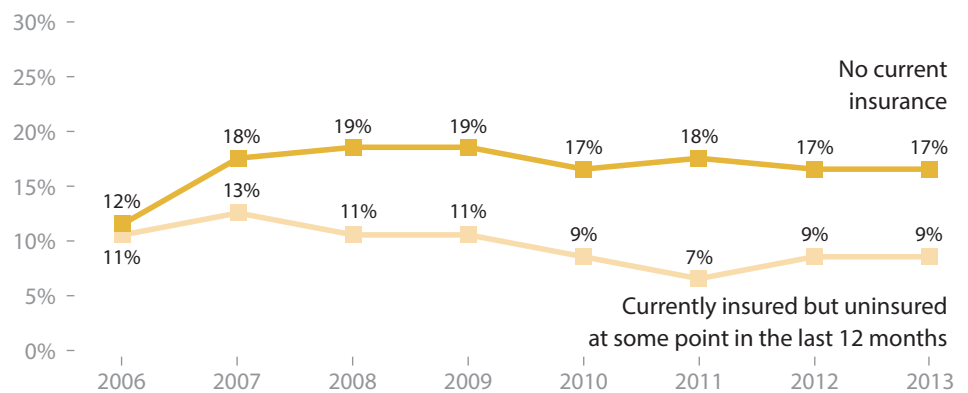
## Uninsured rate remains stable at 17%

Almost 2 in 10 Ohio adults (17%) did not have health insurance at the time of OHIP. This translates to more than 1.25 million uninsured Ohio adults. The uninsured rate remained stable from 2012 to 2013 and is consistent with rates since 2007.

## Uninsured at some point in last year also stable

The stability of health insurance coverage is also a factor in access to healthcare. A measure of stability is whether a person has been covered continuously for the past 12 months. Nearly 1 in 10 Ohioans ages 18-64 (9%) who were insured at the time of OHIP had *been uninsured at some point* in the past 12 months. This means that nearly 3 in 10 working age Ohio residents (27%) lack stable health insurance coverage.

Percentage of Ohio adults ages 18-64 who were uninsured currently or at any time in the last 12 months



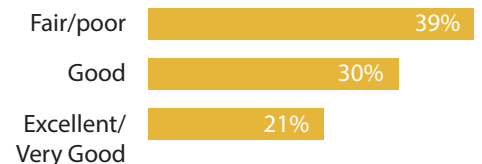
Certain groups are more likely to experience insurance instability. Almost 5 in 10 adults (49%) living at or below 100% of the federal poverty level (FPL<sup>1</sup>), African Americans (46%) and adults with less than a high school education (45%) were uninsured currently or at some point in the past year.

## Healthier adults report lower uninsured rate

There is a strong connection between adults' self-reported health status<sup>2</sup> and whether they have health insurance.

Healthier adults were less likely to have been uninsured at any point in the past year. Only about 2 in 10 adults (21%) who reported excellent or very good health were uninsured currently or at some point in the last year. By comparison, about 4 in 10 adults (39%) who reported fair or poor health were uninsured currently or at some point in the past year.

## Health status of Ohio adults currently uninsured or uninsured at some point in the last 12 months (ages 18-64)



1 100% of the federal poverty level (FPL) in 2012 was an annual household income of \$23,050 for a family of four.

2 OHIP asked "Would you say that in general your health is excellent, very good, good, fair or poor?"



# Half receive insurance from an employer

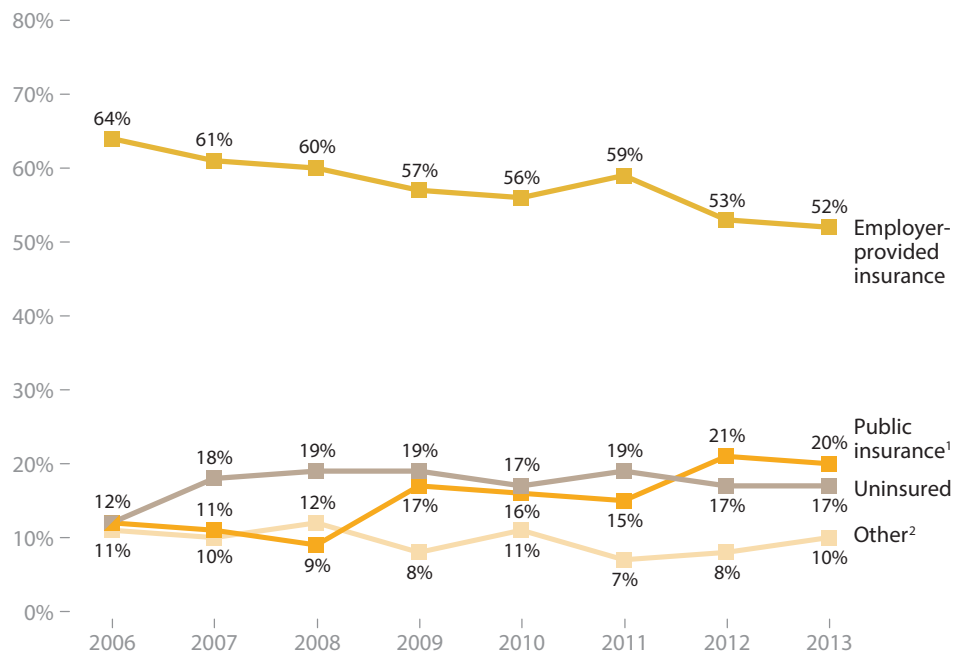
Nationally, there has been a reduction in employer-provided insurance and an accompanying shift to public insurance. Ohio has also experienced this trend.

The **Ohio Health Issues Poll (OHIP)** asks a number of questions about health insurance coverage to learn about the insurance status of Ohio adults and their family members. Because nearly all Ohio adults ages 65 or older are insured (99%), this summary focuses on Ohioans ages 18-64.

## Working-age adults with public insurance or uninsured stable

In recent years OHIP has found an increase in working-age adults receiving public insurance from Medicare, Medicaid, veteran benefits or a combination of the three. Currently, 2 in 10 working age Ohio adults (20%) are covered by public insurance, similar to results from 2012. However, this is up from 1 in 10 adults ages 18-64 (12%) in 2006. The percentage of Ohio adults who are uninsured also remained stable at about 2 in 10 (17%).

**Type of Insurance Coverage for Ohio Adults ages 18-64** (Percentages may not add to 100% because of rounding)



1 Public insurance includes Medicare, Medicaid, veteran benefits and combinations of the three.  
2 Other includes purchased own plan, somewhere else and don't know.

## Slow decline in number of adults with employer-provided insurance

In 2006, more than 6 in 10 Ohio adults ages 18-64 (64%) got their health insurance through their employer or their spouse's

employer. Since 2006, the percentage of Ohio adults getting their insurance from an employer has steadily declined to 5 in 10 (52%) in 2013.

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# The link between income, health in Ohio

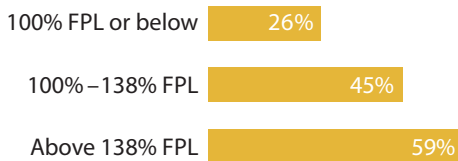
Since 2005, the **Ohio Health Issues Poll (OHIP)** has tracked health opinions and health status of adults in the state. An important indicator of well-being in the state is adults' overall self-rated health status.

OHIP asks, "Would you say that, in general, your health is excellent, very good, good, fair or poor?"

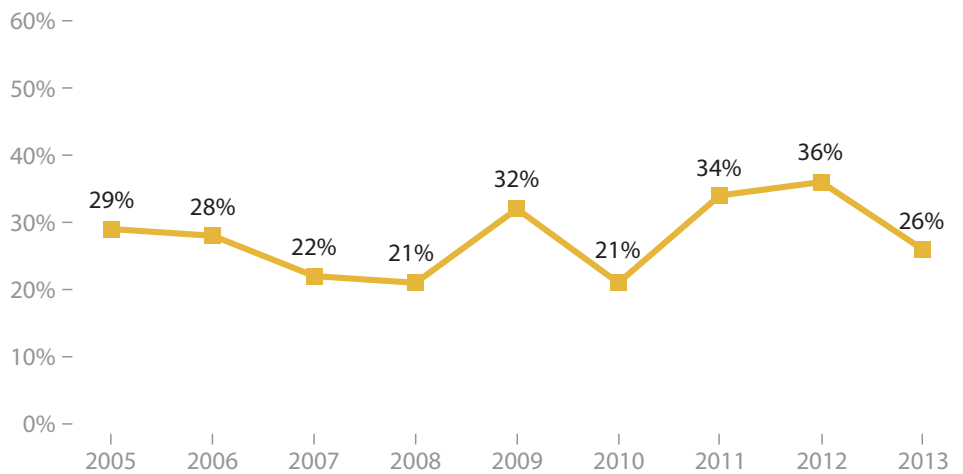
## Ohioans with higher income report better health

In Ohio and in similar national surveys, adults with higher incomes report being in better health. In 2013, 6 in 10 (59%) Ohio adults above 138%<sup>1</sup> federal poverty level (FPL) report "excellent or "very good" health, compared with less than 3 in 10 (26%) adults living below 100% FPL.

### Percentage of adults reporting "excellent" or "very good" health by income, 2013



**Ohio adults living at or below 100% of the federal poverty level reporting "excellent" or "very good" health, 2005-2013** (The margin of error on the sample of adults under 100% FPL (N=138) is larger than for the statewide sample (MOE = ± 8.3%)



Do healthy people make more money because they can work more days or at better jobs? Or are people who make more money healthier because they have resources to preserve and improve their health? It is not possible to clearly answer these questions because many factors affect both health status and income. However, it is clear that higher income and better health go hand in hand.

(26%) living below 100% FPL reported having "excellent or "very good" health. This is down from a high of nearly 4 in 10 adults (36%) in 2012 and is more in line with the results from the mid-2000's. It remains to be seen if this is a one-time decline, or indicative of a longer term trend.

## Health of adults living in poverty declines

In 2013, fewer than 3 in 10 adults

<sup>1</sup> 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four; 100% FPL is \$23,050. A key element of the Affordable Care Act is the expansion of Medicaid to nearly all individuals with incomes up to 138% of FPL in states that choose to expand Medicaid.

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# Ohioans' views about Medicaid expansion

Medicaid expansion has been debated in Ohio this year. Ohio's governor supports expansion and is encouraging the legislature to expand Medicaid.

## Majority supports Medicaid expansion

The **Ohio Health Issues Poll (OHIP)** asked, "Generally speaking, do you favor or oppose expanding Medicaid to provide health insurance to more low-income uninsured adults?" A majority of Ohio adults favors expansion. More than 6 in 10 Ohio adults (63%) support Medicaid expansion in the state. A majority of Ohio registered voters (61%) favors expansion as well.

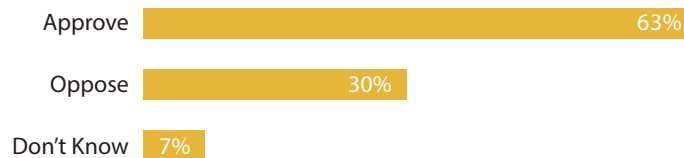
## Support of Medicaid expansion tied to party affiliation

The issue of Medicaid expansion is politically charged. More than 8 in 10 Democrats (82%) and 5 in 10 Independents (52%) support

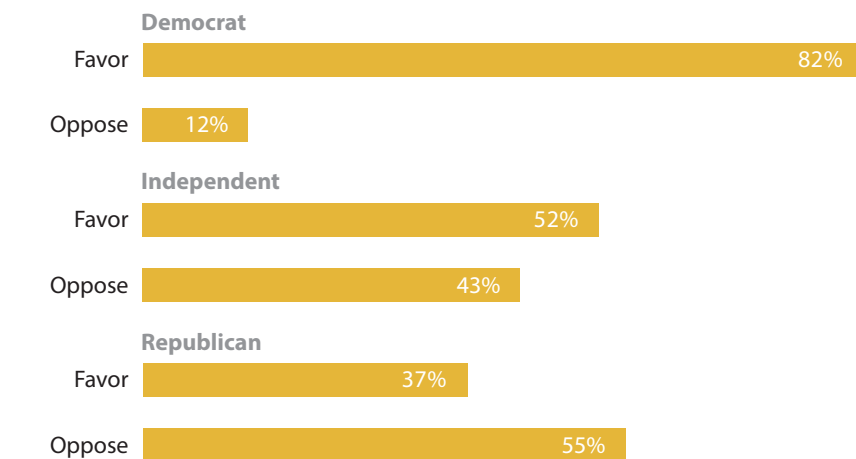
expansion. However, fewer than 4 in 10 Republicans (37%) support Medicaid expansion. Republicans

are the only subgroup tracked by OHIP who do not have majority support for Medicaid expansion.

### Ohioans' views about Medicaid expansion



### Medicaid expansion approval by party identification (Percentages do not add to 100% because the response "don't know" is not included)



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# Many have no dentist or dental insurance

People who have dental insurance and a person they consider to be their personal dentist are more likely to get regular oral health checkups. Combined with good oral hygiene habits, routine oral health checkups are important for better overall health.

According to the 2013 *Ohio Health Issues Poll (OHIP)*, 75% of Ohio adults who have dental insurance had been to a dentist or dental clinic in the past year, compared with 51% of Ohio adults without dental insurance. OHIP also found

that 85% of Ohio adults who have a personal dentist or oral health provider had been to the dentist within the past year for any reason. This compares with 32% who did not have a personal dentist.

## Ohioans without dental insurance

Having dental insurance is just the first step in getting appropriate oral healthcare. In Ohio, 4 in 10 Ohio adults (39%) said they did not have dental insurance of any kind. Some groups tracked by OHIP were more likely to report not having dental insurance. Adults without health insurance, those living in poverty and those older than age 65 report not having dental insurance at higher rates.

Many Medicare recipients (53%) report not having dental insurance, and 38% of adults covered by Medicaid said they do not have dental insurance. However, Ohio Medicaid covers dental care, which means that almost half of Medicaid recipients don't know they have coverage.

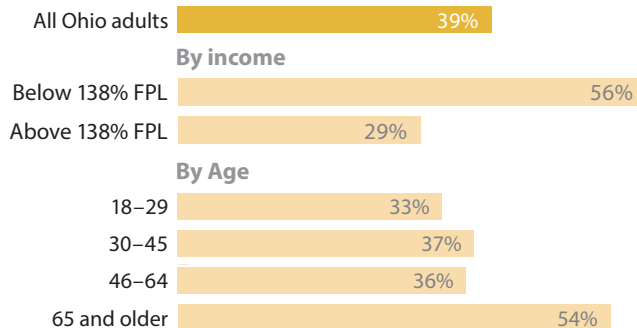
## Ohioans without a dentist or oral healthcare provider

Almost 4 in 10 Ohio adults (37%) do not have a provider that they think of as their personal dentist or oral health provider. Some groups that were less likely to have a personal dentist or oral healthcare provider include Ohioans who:

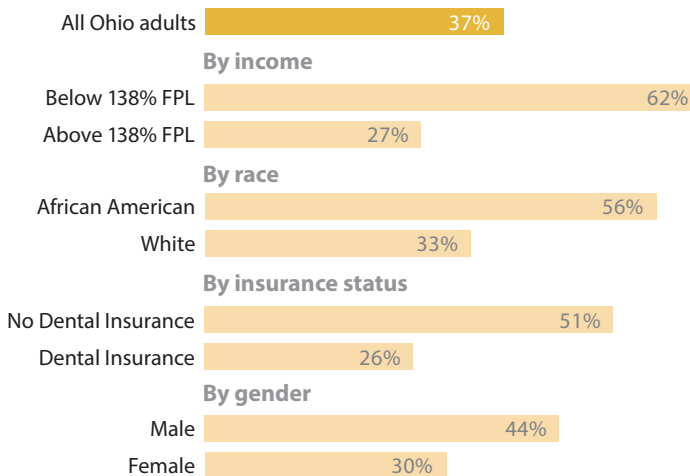
- Live below 138% FPL<sup>1</sup> (62%)
- Are African American (56%)
- Do not have dental insurance (51%)
- Are male (44%)

<sup>1</sup> 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four.

### No dental insurance



### No personal dentist or oral healthcare provider



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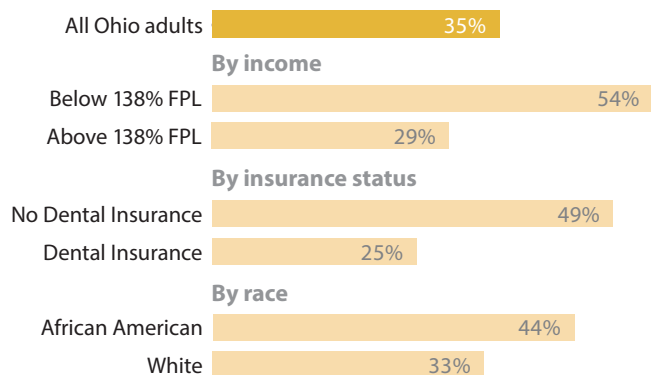
# Many Ohio adults forgo dental checkups

Maintaining good oral health habits can help improve overall health. One of these habits is routine dental checkups. The American Dental Association recommends that people visit a dentist twice a year. During these visits, dental professionals can identify and treat problems early, preventing dental pain and higher treatment costs later.

According to the 2013 **Ohio Health Issues Poll (OHIP)**, more than 3 in 10 Ohio adults (35%) reported that they had not visited a dentist within the past year for any reason. More than 2 in 10 adults (23%) had not visited a dentist in more than two years. Those less likely to have visited a dentist in the past year include Ohio adults who:

- Live below 138% of the federal poverty level (FPL)<sup>1</sup> (54%)
- Do not have dental insurance (49%)
- Are African American (44%)

## Have not been to dentist in the past year

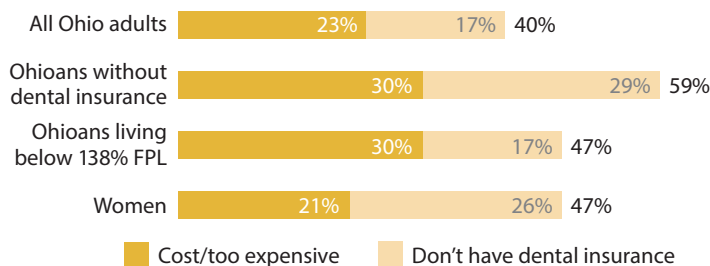


## Cost is most important reason adults haven't visited dentist

Among Ohio adults who hadn't been to the dentist in the past year, 4 in 10 said cost (23%) or a lack of dental insurance (17%) was the most important reason they

hadn't been to a dentist. For particular groups of Ohio adults, cost or lack of insurance were significant factors in not seeing a dentist:

## What is the most important reason you have not visited the dentist in the last 12 months?



## 2 in 10 Ohio adults wait until problem develops to see dentist

Beyond cost and insurance, 2 in 10 (21%) Ohio adults who hadn't been to the dentist in the past year said the most important reason was because they hadn't had any dental problems.

Regular checkups are intended to identify and prevent oral health problems, not just treat existing problems. Cavities and gum disease may develop for months before a person notices symptoms. When people wait to see a dentist until they notice a problem, they often require more extensive—and more expensive—treatment than they would have needed had they seen a dentist sooner.

Among Ohio adults who haven't been to the dentist in the past year, men (30%) and those with dental insurance (30%) were more likely to say that not having dental problems was the most important reason they didn't go to a dentist.

<sup>1</sup> 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four.

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# Owning guns shapes views on new gun laws

To learn about firearm ownership and opinions about firearm policies in Ohio, Interact for Health, formerly The Health Foundation of Greater Cincinnati, asked several questions about firearms on the latest **Ohio Health Issues Poll (OHIP)**.

## Fewer than 4 in 10 report firearm around the house

Overall, fewer than 4 in 10 Ohio adults (36%) report having a firearm in or around their home.<sup>1</sup> Urban county residents report the presence of firearms at a lower rate (26%) than residents of rural counties/small cities (49%).

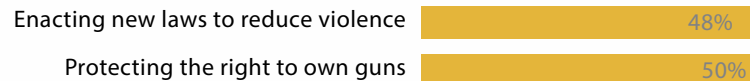
## Even split on new gun laws vs. protecting gun rights

OHIP asked, “Which do you think should be a higher priority right now, enacting new laws to try to reduce gun violence or protecting the right to own guns?” Ohio adults are nearly evenly split: 48% favor enacting new gun laws while 50% favor protecting the right to own guns.

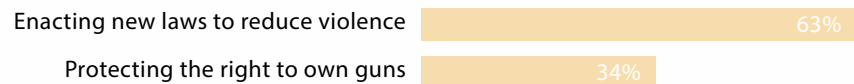
The presence of a firearm in the home affects the response to this question, however. More than 7 in 10 Ohio adults (73%) who report having a firearm around the home think protecting the right to own guns should

**Which do you think should be a higher priority right now, enacting new laws to try to reduce gun violence or protecting the right to own guns?** (Percentages do not add to 100% because the response don't know was not included.)

### Ohio residents



### Residents without firearms in house



### Residents with firearms in house



be a higher priority. On the other hand, more than 6 in 10 Ohio adults (63%) who did not report a firearm around the home think enacting new laws should be a higher priority.

There is also a gender gap on this issue. While a majority of women (57%) think a higher priority should be placed on enacting new laws to reduce gun violence, a majority of men (62%) think a higher priority should be placed on protecting the right to own guns.

## Ohioans think better mental health screening and treatment would help prevent gun violence

Overall, nearly 8 in 10 (78%) Ohio

adults think better mental health screening and treatment would help prevent gun violence.<sup>2</sup> Majorities of residents reporting firearms around the home (74%) and those reporting no firearms around the home (80%) think that better mental health screening and treatment would help prevent gun violence some or a lot.

<sup>1</sup> The exact question wording was “The next questions are about firearms. In your answers, please include weapons such as pistols, shotguns and rifles; but not BB guns, starter pistols or guns that cannot fire. Include those kept in a garage, outdoor storage area or motor vehicle. Are any firearms kept in or around your home?”

<sup>2</sup> OHIP asked, “How much do you think better mental health screening and treatment would do to help prevent gun violence? Would better mental health screening and treatment help a lot, some, not much, or not at all?”



# Physical activity among Ohio adults

Being physically active is one of the most important things people can do to improve their health.<sup>1</sup> To assess the physical activity levels of Ohio adults, Interact for Health asked questions about physical activity on the most recent **Ohio Health Issues Poll (OHIP)**.

## Nearly 8 in 10 Ohio adults report being physically active

When asked how active they are, 8 in 10 Ohio adults (78%) report being very or somewhat physically active.<sup>2</sup> Males (84%) are more likely than females (73%) to report being very or somewhat physically active.

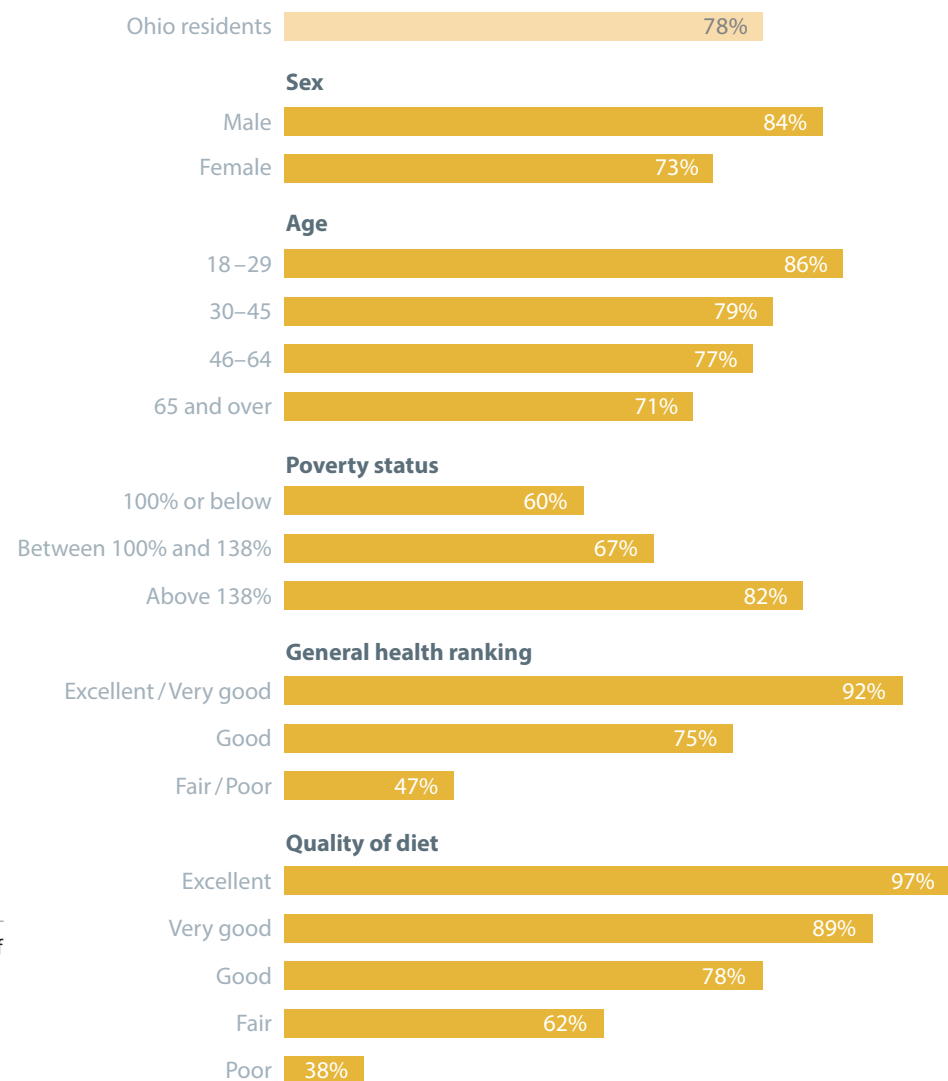
## Older adults and adults living in poverty less active

As they get older, adults report being less physically active. Nearly 9 in 10 Ohioans age 18 to 29 (86%) say they are very or somewhat physically active. This compares with 7 in 10 adults age 65 and older (71%).

<sup>1</sup> <http://www.health.gov/paguidelines/pdf/paguide.pdf>

<sup>2</sup> OHIP asks, "Now thinking about your level of physical activity, in general, would you say you are very physically active, somewhat physically active, not very physically active or not at all physically active?"

### Percentage of adults reporting being very or somewhat physically active



### Continued on back

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Low-income adults are less likely to report being physically active. Just 6 in 10 adults (60%) living at or below 100% of the federal poverty level (FPL)<sup>3</sup> said they are very or somewhat physically active. This compares with 7 in 10 adults (67%) living between 100% and 138% FPL and more than 8 in 10 adults (82%) living above 138% FPL.

### **General health, quality of diet tied to being more physically active**

More than 9 in 10 adults (92%) who report excellent or very good health overall<sup>4</sup> also report being very or somewhat physically active. Among adults who report fair or poor health, just less than 5 in 10 (47%) said they are very or somewhat physically active.

Nearly all adults (97%) who report having an excellent diet<sup>5</sup> also said they are very or somewhat physically active. Less than 4 in 10 (38%) adults with a poor quality diet also report being very or somewhat physically active.

### **Majority thinks increasing physical activity would improve health**

Nearly 7 in 10 Ohio adults (68%) think increasing their level of physical activity would improve their overall health.

However, not all demographic subgroups answer similarly. For example, adults with less than a high school education are split on this question: 44% think increasing physical activity would improve

overall health, while 44% said increasing their physical activity would not make much difference in their overall health. Similarly, while a majority (55%) of respondents age 65 and older thinks an increase in their level of physical activity would improve their health, nearly 4 in 10 seniors (39%) do not think an increase in physical activity would make a difference to their overall health.

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<sup>3</sup> 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four; 100% FPL is \$23,050.

<sup>4</sup> OHIP asks, "Would you say that, in general, your health is excellent, very good, good, fair or poor?"

<sup>5</sup> OHIP asks, "In general, how healthy is your overall diet? Would you say . . . excellent, very good, good, fair or poor?"



# Active living and neighborhood conditions

Being physically active is one of the most important things people can do to improve their health. Neighborhood conditions, such as

access to shoulders or sidewalks and perceived safety, influence the physical activity levels of residents. To assess neighborhood conditions related to

physical activity, Interact for Health asked questions about neighborhood features on the most recent **Ohio Health Issues Poll (OHIP)**.

## Majority of residents rates neighborhood as good place to walk, jog or bike

Overall, 6 in 10 Ohio adults (62%) rate their neighborhood as an excellent or very good place to walk, jog or bike. Residents in urban counties are more likely to rate their neighborhood as excellent or very good (67%) than rural county/small city residents (55%).

## Nearly 9 in 10 rate neighborhood safe to walk, jog or bike

When asked how safe it is to walk, jog or bike in their neighborhoods, nearly 9 in 10 Ohio residents (85%) rate their neighborhood as safe. Men and women report similar levels of feeling safe, with 86% of men and 85% of women reporting feeling safe walking, jogging or biking in their neighborhood.

## Fewer than 4 in 10 rate sidewalks as excellent or very good

Fewer than 4 in 10 Ohio residents (37%) rate their sidewalks and shoulders as excellent or very good. Nearly 1 in 10 (6%) volunteered that they did not have sidewalks or shoulders in their neighborhood. Many of these respondents live in rural counties/small cities.

Residents who report living at or below 100% of the federal poverty level (FPL)<sup>1</sup> are less likely to report having excellent or very good sidewalks and shoulders. Only 2 in 10 residents (23%) rated their neighborhood as excellent or very good.

<sup>1</sup> 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four; 100% FPL is \$23,050.

## Healthier adults report better neighborhood conditions for physical activity

Adults with excellent or very good self-reported health are more likely to rate their neighborhood as an excellent or very good place to walk, jog or bike (68%) than adults who report fair or poor health (57%). Healthier adults are also more likely to rate their neighborhood as being safe to walk, jog or bike (87%) than adults with fair or poor health (78%). The same trend holds true for sidewalk and shoulder conditions. Adults with excellent or very good health are more likely to rate the condition of their sidewalks and shoulders as excellent or very good (42%) than those who are less healthy (30%).

### Percentage reporting desirable neighborhood conditions by general health status

#### Excellent or very good place to walk, jog or bike

Excellent/very good health 68%

Fair/poor health 57%

#### Safe to walk, bike or jog

Excellent/very good health 87%

Fair/poor health 78%

#### Excellent or very good sidewalks or shoulders

Excellent/very good health 42%

Fair/poor health 30%

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# Cost may affect fruit, vegetable consumption

The *Dietary Guidelines for Americans, 2010*,<sup>1</sup> a joint project of the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS), recommends that Americans make half their plate fruits and vegetables at every meal. Interact for Health asked questions about fruits and vegetables and diet on the most recent **Ohio Health Issues Poll (OHIP)**.

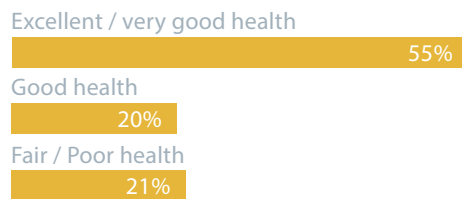
## Fewer than 4 in 10 adults report excellent or very good diet

If half the plate should be fruits and vegetables, adults would be eating at least 2 servings of fruit 3 servings of vegetables per day. Adults in Ohio are far short of meeting this recommendation.

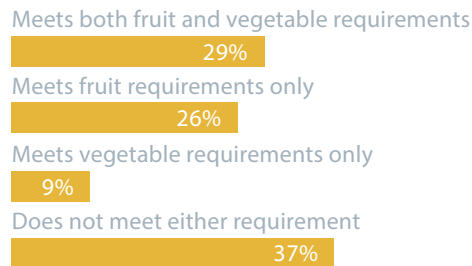
In fact, many Ohio adults recognize that they do not have a healthy diet. Ohio adults were asked, "In general, how healthy is your overall diet? Would you say excellent, very good, good, fair or poor?" Only 4 in 10 Ohio adults (38%) said they have an excellent or very good diet. Adults who report better general health<sup>2</sup> also tend to report better diets (see chart).

Adults living at or below 100% of the federal poverty level (FPL) are less likely to report having an excellent or very good diet.<sup>3</sup>

## Percentage reporting an excellent or very good diet by general health status



## Percentage of Ohio adults meeting dietary requirements



## Only 3 in 10 Ohio adults meet fruit and vegetable recommendations

Only about 3 in 10 Ohio adults (29%) eat the recommended amount of fruits and vegetables each day. An additional 3 in 10 (26%) eat only the daily fruit amount and 1 in 10 (9%) eat only the daily vegetable amount. Nearly 4 in 10 adults (37%) do not meet either recommendation.

Interestingly, nearly 4 in 10 adults (36%) who report excellent or very good health also do not meet either diet recommendation.

## 9 in 10 get vegetables, fruits from supermarket

Nearly 9 in 10 Ohio adults (86%) report getting most of their fruits and vegetables from a grocery store or supermarket. Only 1 in 10 Ohio adults get fruits and vegetables from a farmers market (7%) or home or community garden (3%).

## Many say cost of fruits and vegetables is fair or poor

Many Ohio adults (41%) say the cost of fruits and vegetables where they typically shop is fair or poor, while only 26% say the cost is excellent or very good and 33% say the cost is good.

However, Ohio adults living at or below 138% FPL are more likely to report the cost of fruits and vegetables is poor. Two in 10 (22%) adults living at or below 138% FPL report the cost is poor. This compares with fewer than 1 in 10 (7%) adults living above 138% FPL.

<sup>1</sup> For more information on the Dietary Guidelines, please visit: <http://www.health.gov/dietaryguidelines/>.

<sup>2</sup> OHIP asks, "Would you say that, in general, your health is excellent, very good, good, fair or poor?"

<sup>3</sup> 100% of the federal poverty level (FPL) in 2012 was \$23,050 for a family of four; 138% FPL is \$31,800

These findings unless otherwise noted are from Interact for Health's Ohio Health Issues Poll (OHIP) conducted May 19-June 2, 2013, by the Institute for Policy Research at the University of Cincinnati. A random sample of 868 adults throughout Ohio was interviewed by telephone. This included interviews conducted by both landline telephone and cell phone. In 95 of 100 cases, statewide estimates will be accurate to  $\pm 3.3\%$ . There are other sources of variation inherent in public opinion studies such as non-response, question wording or context effects that can introduce error or bias. For more information about OHIP,

please visit [www.interactforhealth.org/ohio-health-issues-poll](http://www.interactforhealth.org/ohio-health-issues-poll). If you have questions about the data in this document,

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