



Health of Butler County, Ohio



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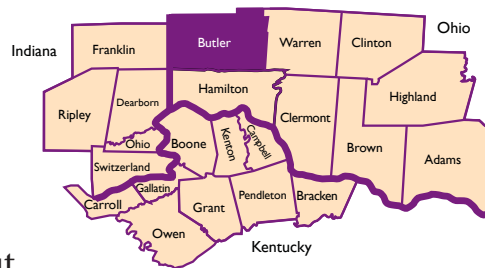
About Butler County

Butler County, which was formed from portions of Hamilton County in 1803, consists today of 6 cities and 14 townships in Southwest Ohio. One of these townships, West Chester Township, was ranked in the top 100 best places to live by *Money Magazine* in 2010. Despite its developing communities, Butler County has maintained a small-town atmosphere.

In 2010, Butler County had a total area of just over 467 square miles and population density of just under 800 people per square mile. With 368,130 residents, its population increased since 2000 by 11%. About 86% of Butler residents are white, 7% are African American, 4% are Hispanic or Latino, and just over 2% are Asian. Since 2000, the percentage of whites in Butler County decreased by 5%, while the percentage of African Americans, Asians, and Hispanics or Latinos increased slightly. Foreign born-residents make up about 6% of Butler County's population, and 7% of county residents ages 5 and older speak a language other than English at home.

The majority of Butler County adults (87%) have at least a high school diploma, compared to 88% of adults in the Greater Cincinnati region as a whole. Just over 1 in 4 Butler County residents have a Bachelor's degree or higher (27%), slightly lower than all adults in Greater Cincinnati (29%).

Butler County consists of a large workforce, with GE Aviation and Miami University among its major employers. Butler County's



nonfarm businesses employ about 130,000 workers. It is also home to many hospitals and health care facilities, including the Butler County Medical Center, ranked as one of the best hospitals in the area by US News. In December 2011, the unemployment rate in Butler County was just under 8%, meaning that more than 14,600 residents were unemployed.

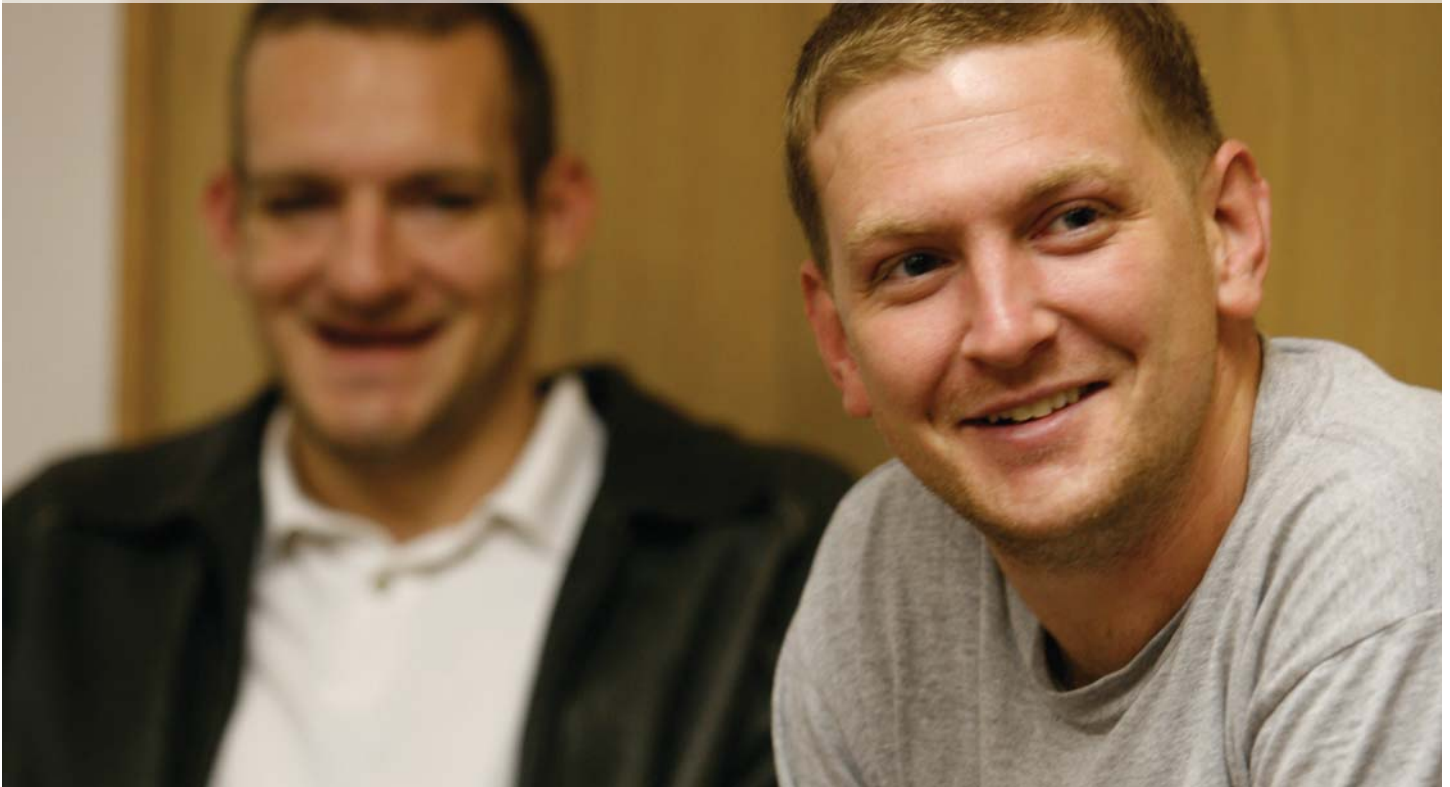
The median household income in Butler County is just under \$54,800. Data from the 2006-2010 American Community Survey show that about 1 in 8 Butler County residents (13%) live below the poverty line; about the same as the estimate of Greater Cincinnati residents living below the poverty line (12%).

Key Findings

In general, Butler County adults were similar to adults in Greater Cincinnati on the majority of health measures included in the *Greater Cincinnati Community Health Status Survey*. Butler County adults were more likely than adults in Greater Cincinnati to:

- report that poor physical or mental health limited their daily activities (*see page 4*)
- report that they had been diagnosed with severe allergies (*see page 6*)
- eat fast food at least weekly (*see page 10*)
- have had a routine checkup in the last two years (*see page 20*)

General Health



Our overall health affects our lives in many ways. If we feel healthy, we can work, exercise, enjoy hobbies, and do other activities. Poor health can interfere with our daily lives and make it more difficult to do what we normally do.

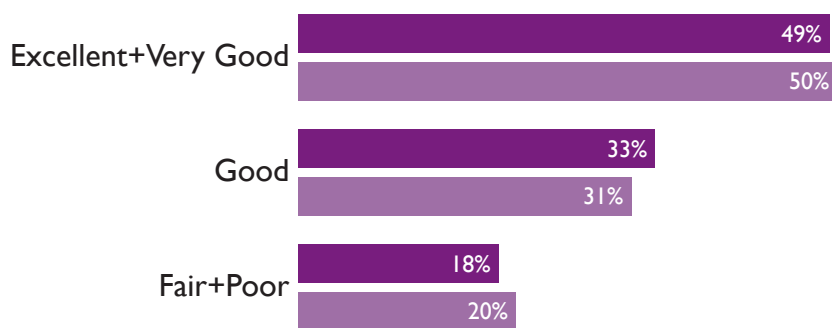
Three ways to measure health are to ask people to rate their general health, to ask them how many days in the past month their health was not good, and to ask them if poor health interfered with their daily lives.

Overall, Butler County adults reported similar rates of general health measures

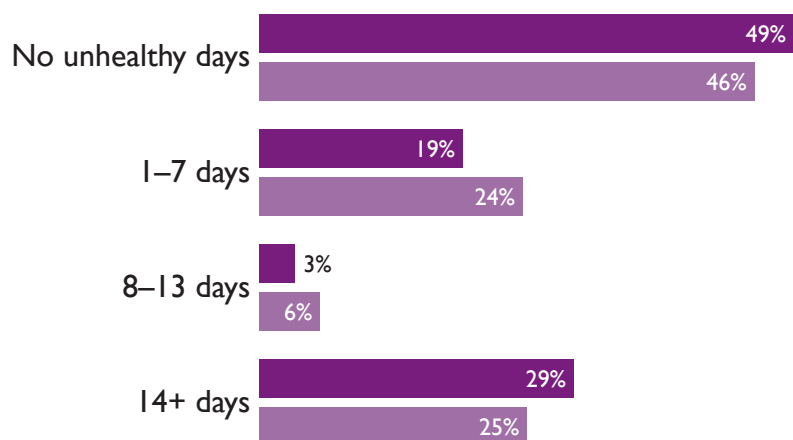
as Greater Cincinnati adults. The one exception was the percentage of adults who reported that poor physical or mental health did not limit their usual activities.

Only 2 out of 3 Butler County adults (67%) reported that poor health did not limit their activities in the past month, compared to 3 out of 4 Greater Cincinnati adults (76%).

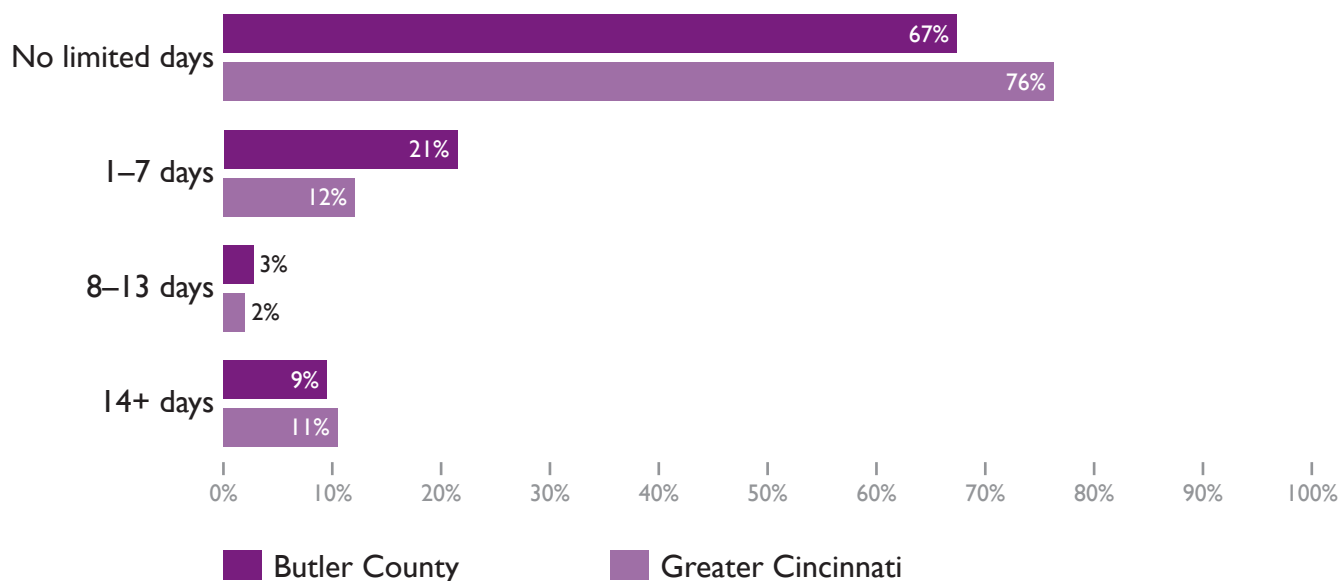
In general, would you say your health is...excellent, very good, good, fair, or poor?



During the past 30 days, for about how many days was your physical or mental health not good?



During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities?



Percentages may not add to 100% due to rounding.

Chronic Conditions



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.

Butler County adults reported similar rates of chronic conditions as Greater Cincinnati adults, with the exception of severe allergies. About 1 in 4 Butler County adults (24%) have been told they had severe allergies, compared to about 1 in 6 Greater Cincinnati adults (16%).

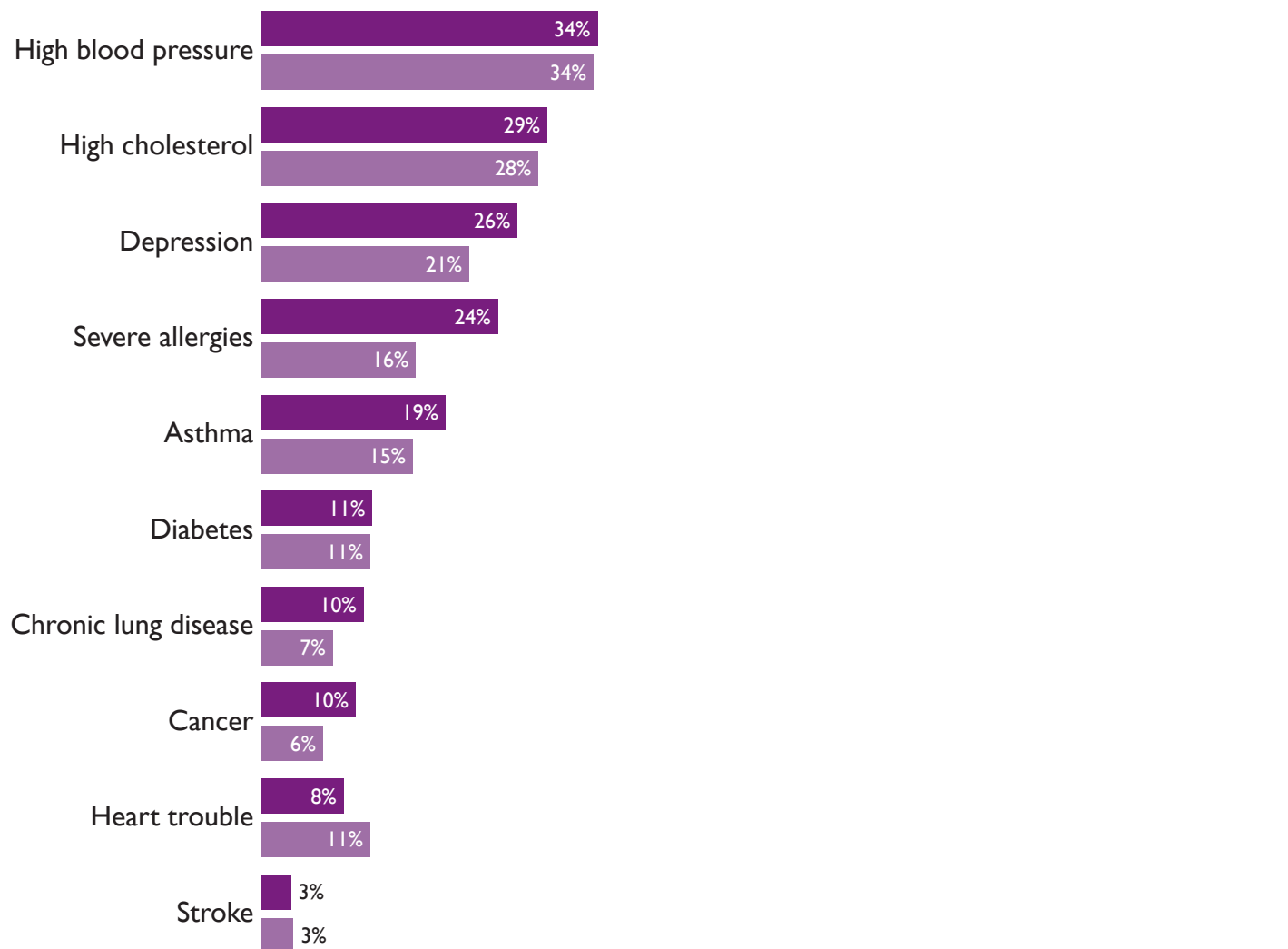
Obesity is a chronic condition which causes many health problems. Being obese increases the risk of heart disease, certain cancers, diabetes, and other problems. People can reduce these risks through diet and exercise. Obesity is

measured using the Body Mass Index (BMI).¹ According to the BMI, a person who is 5’4” would be considered overweight at 150 pounds and obese at 180 pounds. A person who is 6’0” would be considered overweight at 190 pounds and obese at 220 pounds.

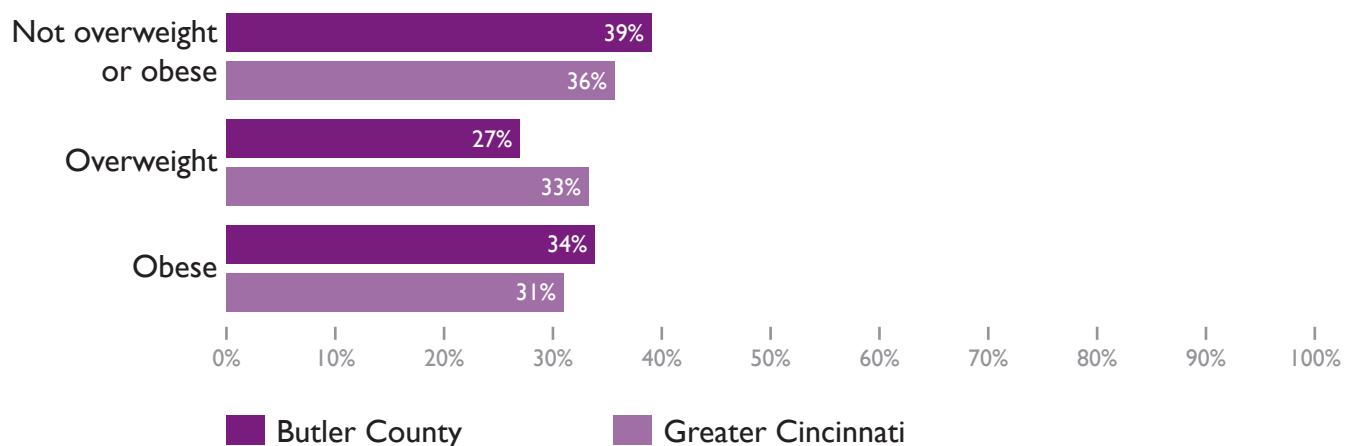
Based on BMI, about 1 in 3 Butler County adults (34%) and Greater Cincinnati adults (36%) are obese. Another 27% of Butler County adults and 33% of Greater Cincinnati adults are overweight.

¹ BMI is calculated by dividing a person’s weight in pounds by their height in inches squared, and then multiplying that result by 703. Overweight is defined as a BMI of 25–29.9. Obesity is defined as a BMI of over 30.0. The GCCHSS asked for height and weight during the survey, and BMI was calculated for each respondent.

Has a doctor or other healthcare provider ever told you that you had... (Graph presents only the percentage of adults that responded “yes.”)



Weight status



Health of the Eyes and Teeth



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.

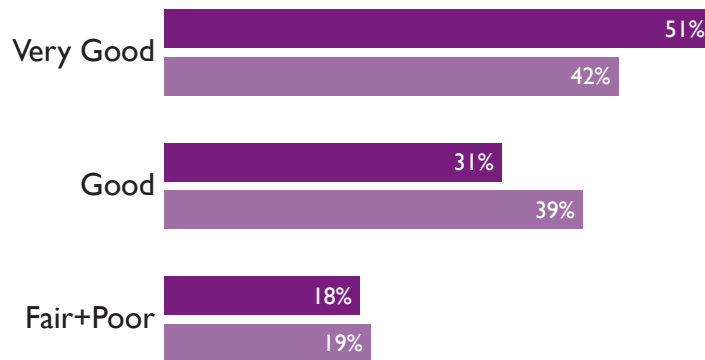
Half of Butler County adults (51%) reported that their eyesight was very good, slightly higher than all adults in Greater Cincinnati (42%). About 1 in 5 adults in Butler County (18%) and Greater Cincinnati (19%) reported fair or poor eyesight.

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.

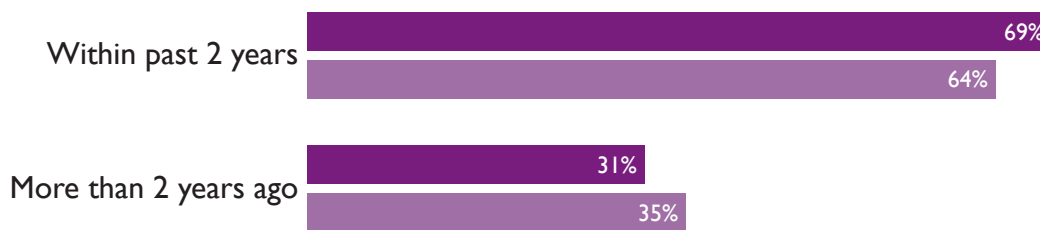
About 2 in 3 Butler County adults (69%) and Greater Cincinnati adults (64%) reported that they had had an eye exam in which their pupils were dilated within the past two years.

About 4 in 10 Butler County adults (42%) and Greater Cincinnati adults (36%) reported that their mouth and teeth were in very good condition. About 1 in 4 Butler County adults (23%) and Greater Cincinnati adults (26%) reported that their mouth and teeth were in fair or poor condition.

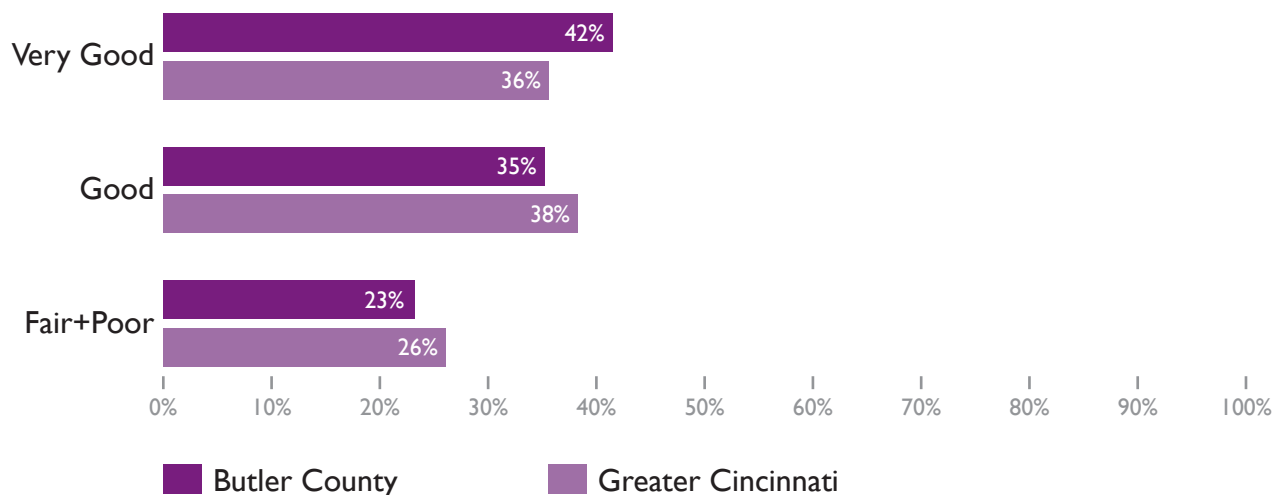
At the present time, would you say your eyesight, with glasses or contacts if you wear them, is...very good, good, fair, or poor?



When was the last time you had an eye exam in which the pupils were dilated?



How would you describe the condition of your mouth and teeth, including false teeth and dentures? Would you say...very good, good, fair, or poor?



Percentages may not add to 100% due to rounding or because the percentage of adults who responded “don’t know” are not included.

Diet



According to the Centers for Disease Control and Prevention (CDC), physical inactivity and unhealthy eating contribute to obesity and several chronic diseases. Physical activity reduces the risk of type 2 diabetes and its complications, as well as the risk of heart disease, colon cancer, and stroke.²

The *Dietary Guidelines for Americans, 2010*,³ a joint project of the U.S. Department of Agriculture (USDA) and Health and Human Services (HHS), recommends that Americans make half their plate fruits and vegetables at every meal. This would be at least 2 servings

of fruit AND 3 servings of vegetables per day. The majority of Butler County adults (83%) and Greater Cincinnati adults (78%) do **not** meet this recommendation.

Part of a healthy diet is limiting salt intake. Too much salt can lead to high blood pressure, heart problems, or strokes. According to the CDC, the majority of sodium that we consume is in processed and restaurant foods.⁴ Just over two-thirds of Butler County adults (67%) reported that they eat fast food at least once a week, compared to 60% of all adults in Greater Cincinnati.

² Centers for Disease Control and Prevention. *Obesity, Diabetes Estimates by County, 2007*. Available at www.cdc.gov/Features/dsObesityDiabetes/.

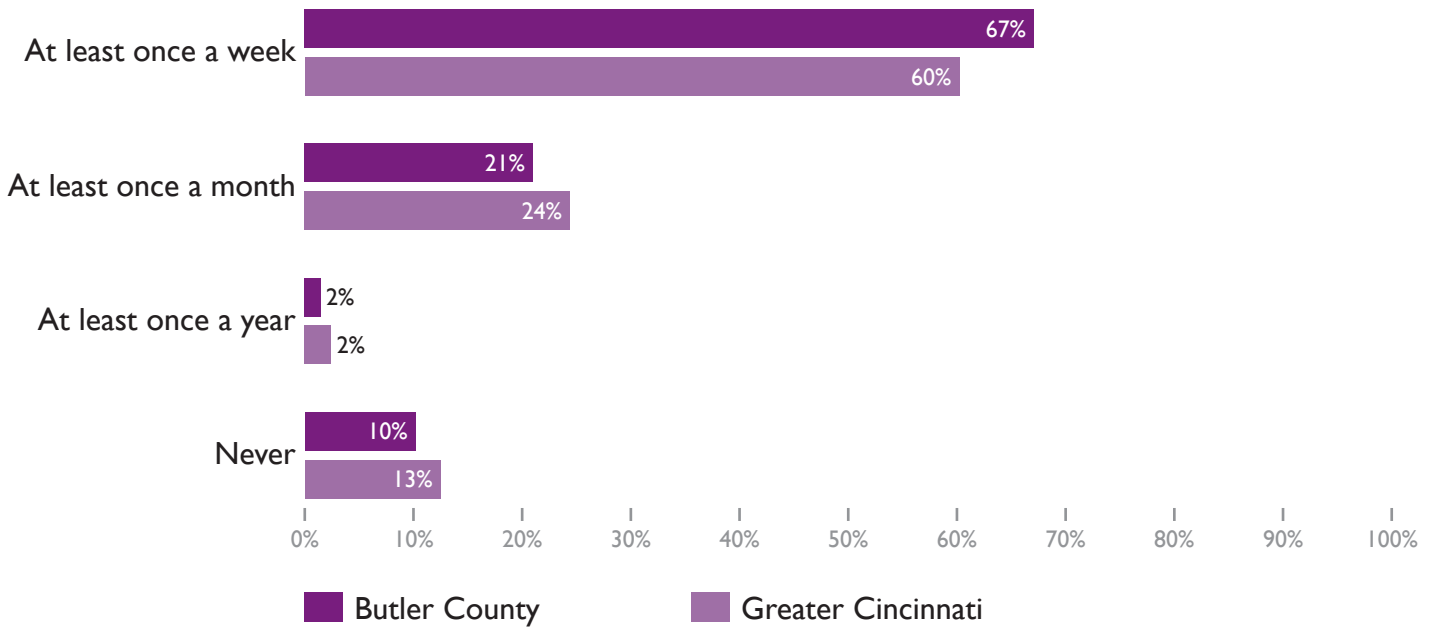
³ For more information on the *Dietary Guidelines*, please visit: <http://www.health.gov/dietaryguidelines/>.

⁴ Centers for Disease Control and Prevention (no date). *Salt*. Accessed at www.cdc.gov/salt/ on June 22, 2011.

Adults meeting the recommendation of eating at least 2 servings of fruits and 3 servings of vegetables per day



How often do you eat fast food?



Percentages may not add to 100% due to rounding.

Exercise



The CDC's recommended guidelines for physical activity are at least 30 minutes, 5 days per week of moderate activity, or at least 20 minutes, 3 days per week of vigorous activity.⁵

Just under half of Butler County adults (48%) and Greater Cincinnati adults (47%) met the recommendations for vigorous or moderate activity. They may have met both recommendations, or just one recommendation but not the other.

About 1 in 3 did vigorous or moderate activity, but the duration or

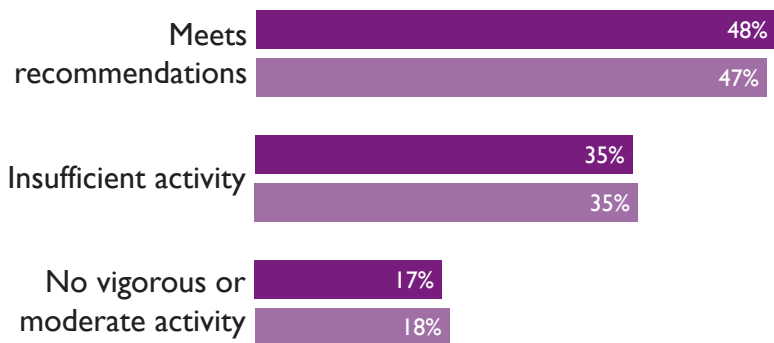
⁵ Moderate activity is defined as brisk walking, bicycling, vacuuming, gardening, or anything that causes some increase in breathing or heart rate. Vigorous activity is defined as running, aerobics, heavy yard work, or anything that causes large increases in breathing or heart rate.

frequency was insufficient to meet the recommendations. And another 1 in 5 did no moderate or vigorous activity. This does not mean the adults were not active at all, it just means the activity they participated in did not meet the definitions of moderate or vigorous activity.

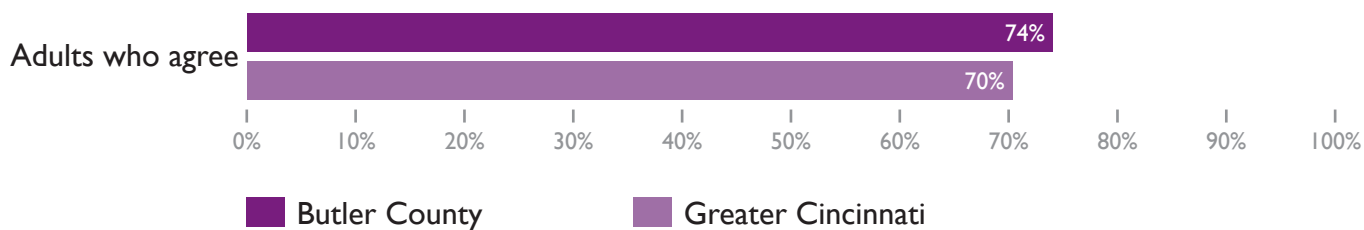
Walking, jogging, and biking are good forms of exercise, but they are only effective if people have a safe place to enjoy these activities.

About 3 out of 4 Butler County adults (74%) and Greater Cincinnati adults (70%) agreed that sidewalks or shoulders on streets in their community allowed for safe walking, jogging, or biking.

Adults meeting vigorous and/or moderate activity recommendations



There are sidewalks or shoulders on streets in my community that allow for safe walking, jogging, or biking...do you agree or disagree?



Alcohol Use



Drinking in moderation—or having no more than one alcoholic drink a day for women and no more than two alcoholic drinks a day for men—poses no or low risks for most adults.⁶

Having more than that increases the risk of many health problems and can impair decision-making, which in turn can lead to accidents and injuries, aggressive behavior, and being the victim of such behavior.⁷

One standard alcoholic drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces

⁶For more on low-risk drinking, visit www.lowriskdrinking.com, developed by the Alcohol and Chemical Abuse Council in Butler County, or the NIAAA's site at <http://rethinkingdrinking.niaaa.nih.gov>.

⁷For more information on health effects of drinking, please see www.cdc.gov/alcohol/faqs.htm#healthProb; <http://rethinkingdrinking.niaaa.nih.gov/WhatsTheHarm/WhatAreTheRisks.asp>; or contact the Butler County Alcohol and Drug Addiction Services Board at 513.867.0777 or jbohley@adasbc.org.

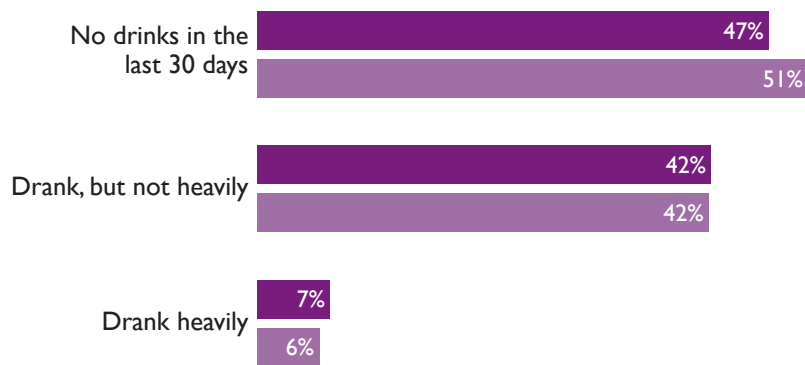
of spirits or liquor.⁸ Many cocktails and mixed drinks therefore contain more than one standard drink of alcohol.

Heavy drinking is defined as having more than an average of one drink per day for a woman and two drinks per day for a man. About 1 in 14 Butler County adults (7%) and Greater Cincinnati adults (6%) drank heavily in the past 30 days.

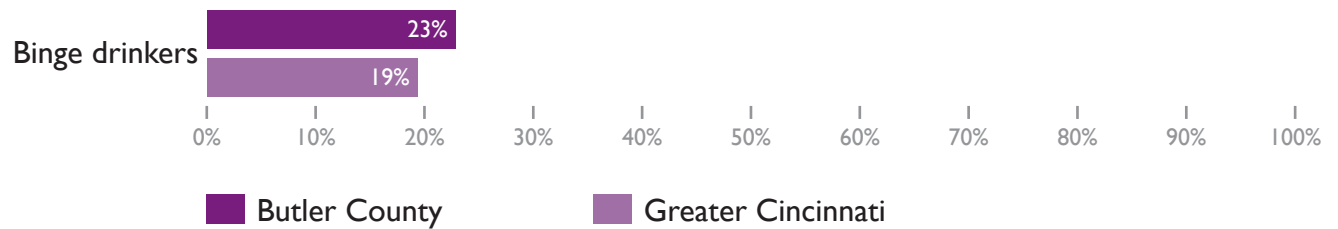
Binge drinking is defined as having four or more drinks on one occasion for women and five or more drinks on one occasion for men. People who binge drink are not necessarily heavy drinkers. Almost 1 in 4 Butler County adults (23%) and 1 in 5 Greater Cincinnati adults (19%) were binge drinkers.

⁸For more information on standard alcoholic drinks, please see www.cdc.gov/alcohol/faqs.htm#standDrink.

Adult alcohol use in the last 30 days



Adults who binge drank in the last 30 days (Binge drinking is defined as three or more drinks on one occasion for women, or four or more drinks on one occasion for men.)



Percentages may not add to 100% due to rounding.

Tobacco & Other Drug Use



Tobacco, prescription drugs, and over-the-counter medications are legal drugs, but that doesn't mean they are harmless. Studies have shown that any smoking is harmful to your health.⁹ It can cause lung disease, cancer, and other health problems.

And while prescription and over-the-counter drugs are safe when used as directed, misuse of any medication—whether the medication is taken incorrectly or by someone other than the prescribed patient—can have serious adverse health effects. According to the Drug Abuse Warning Network, emergency room visits related to nonmedical use of prescription and over-the-counter medicines increased 60% between 2004 and 2007.¹⁰

⁹ For more information, see: <http://articles.latimes.com/2010/aug/20/news/la-heb-smoking-20100820>

¹⁰ Substance Abuse and Mental Health Services Administration, Office of Applied Studies. *Drug Abuse*

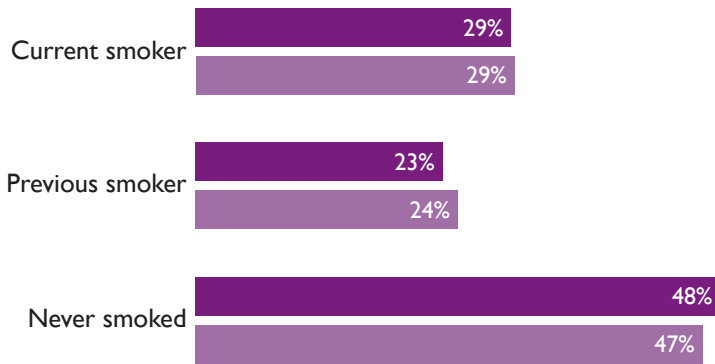
About 3 in 10 Butler County adults (29%) and Greater Cincinnati adults (29%) are current smokers. Another 1 in 4 are previous smokers, which means they smoked at one time but have quit. About half of adults have never smoked.

About 1 in 20 Butler County adults (5%) and 1 in 50 Greater Cincinnati adults (2%) reported that they had used an over-the-counter drug like cold medicine, sleeping pills, or stay-awake pills when they didn't need them, but just to feel good.

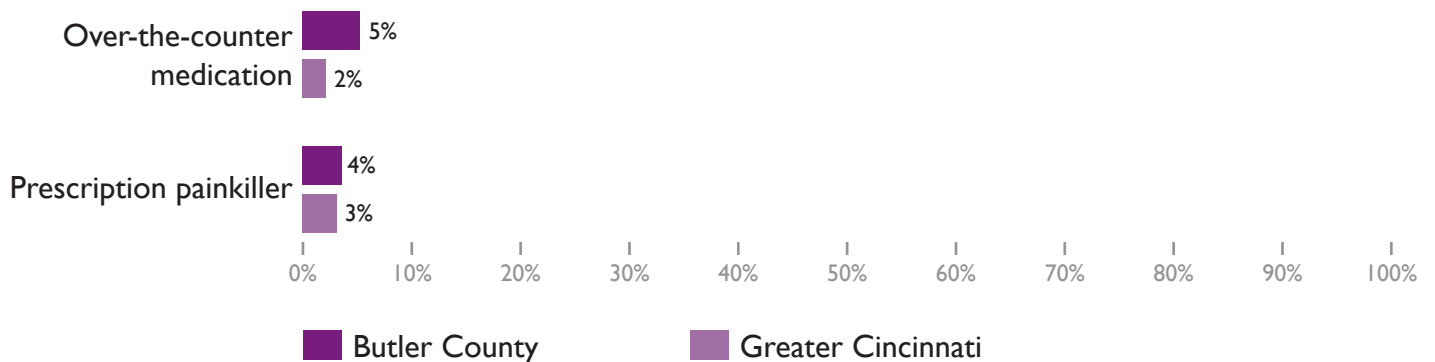
About 1 in 25 Butler County adults (4%) and 1 in 33 Greater Cincinnati adults (3%) reported that they had used a prescription painkiller like Vicodin®, OxyContin®, or Percocet® when they didn't need them, but just to feel good.

Warning Network, 2007: National Estimates of Drug-Related Emergency Department Visits. Rockville, MD, 2010. Available at <https://dawninfo.samhsa.gov/files/ED2007/DAWN2k7ED.pdf>.

Smoking rates among adults

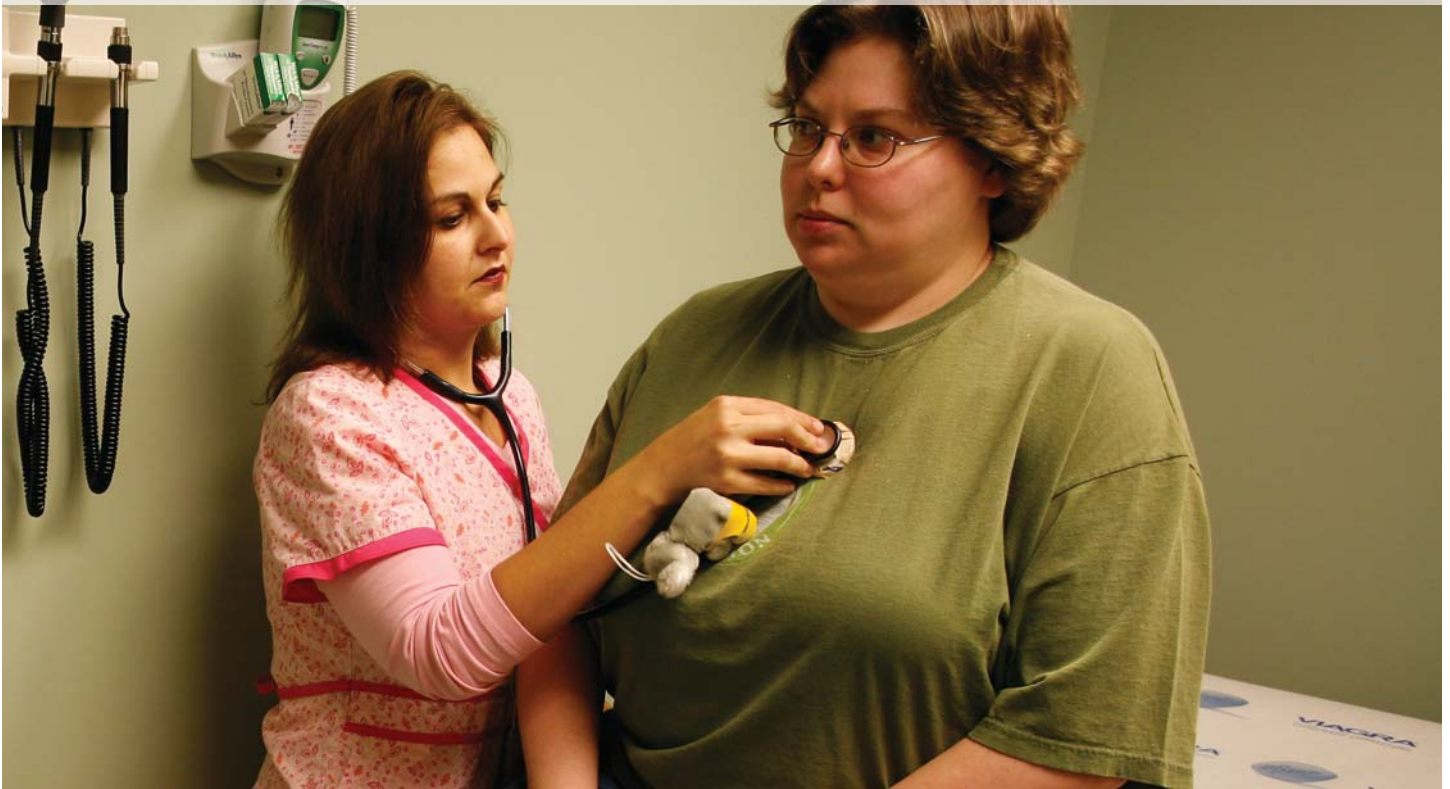


Have you ever used an over-the counter drug or prescription painkiller when you didn't need it, but just to feel good? (Graph presents only the percentage of adults that responded "yes.")



Percentages may not add to 100% due to rounding.

Usual Source of Healthcare



When they are sick or need medical advice, most people have a usual source of care: a doctor's office, health center, clinic, or other place they usually go. People who do not have a usual place to go for care are less likely to seek appropriate and timely healthcare when they need it.

The majority of Butler County adults (87%) and Greater Cincinnati adults (84%) reported that they had a usual place to go for care.

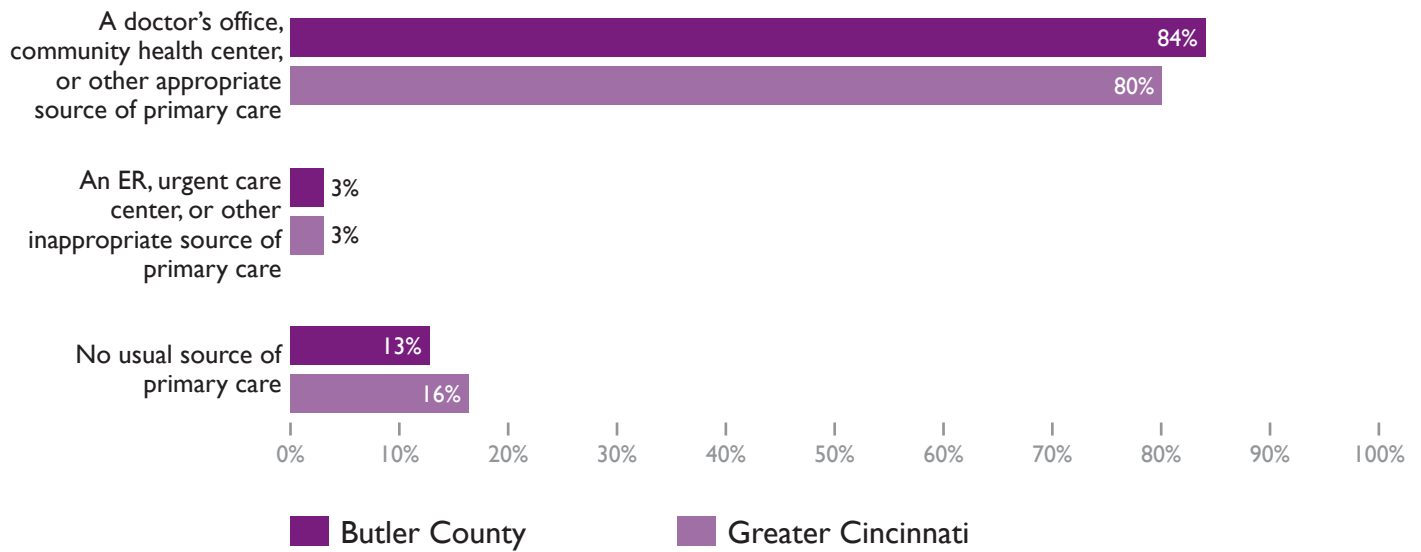
The type of facility a person uses as his or her usual source of care is important. An appropriate source of care is more than just a regular place to go. It is a place where the patient and his or her health history are known. The staff provide regular and preventive care and help catch

minor problems before they become serious.

An urgent care center or hospital emergency department is not an appropriate usual source of care. Primary care delivered here is much more costly than care through a doctor's office, health center, clinic, or other primary care setting. It also clogs the system with non-emergency cases, making it more difficult to provide care to those truly in need of emergency services.

Almost all adults in Butler County and Greater Cincinnati who have a usual source of care indicated their provider was a doctor's office, health center, clinic, or other appropriate source.

Usual place adults go to if they are sick or need advice about their health



Percentages may not add to 100% because the percentage of adults responding "don't know" are not included.

Paying for & Getting to Care



Having health insurance is a main factor in whether someone seeks healthcare in a timely manner. Those without insurance are less likely to get care when they need it. About 1 in 7 Butler County adults (15%) and 1 in 5 Greater Cincinnati adults (18%) were currently uninsured.

While having current insurance is a factor for getting healthcare, having stable insurance is also important. About 1 in 13 insured adults in Butler County (8%) and 1 in 16 insured adults in Greater Cincinnati (6%) were without insurance at some point in the past year.

Even if people have insurance and a source of care, they can't get healthcare services unless they have reliable transportation, such as a personal

car, shuttle service, taxi, or public transportation. Nearly all adults in Butler County and Greater Cincinnati said they had reliable transportation to get to the doctor or pharmacy.

People who don't have insurance, a usual source of care, or reliable transportation are less likely to get a routine checkup. Depending on age, adults should have a routine checkup once every 1–2 years. These checkups help identify minor problems and start treatment before they get more serious.

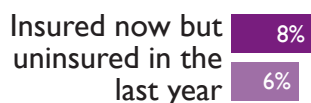
More than 9 in 10 Butler County adults (93%) have had a routine checkup in the last 2 years, slightly higher than the rate for all Greater Cincinnati adults (87%).

Insurance status



Was there a time in the last 12 months when you did not have health insurance?

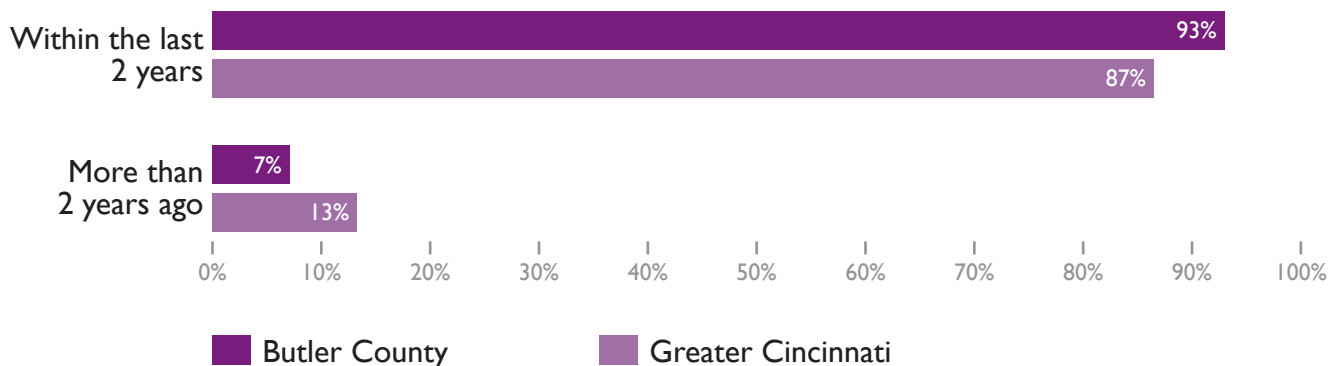
(Graph presents only the percentage of currently insured adults that responded “yes.”)



Do you have some form of reliable transportation if you or a loved one need to go to the doctor or pharmacy?



About how long has it been since you personally last visited a healthcare professional for a routine checkup?



Percentages may not add to 100% due to rounding.

Going without Care



Even with insurance, healthcare can be expensive. People with insurance pay premiums each month. Then, they pay a part of their care or prescription costs. If people don't have insurance, they pay all of their costs. Sometimes, families need to make tough decisions about getting healthcare services or using that money to buy necessities.

In Butler County in the last year, 16% of adults said someone in their household went without a doctor's care and 12% said someone went without prescription medication because the family needed the money to buy food or clothing or pay for housing. These are similar to the rates seen in Greater Cincinnati.

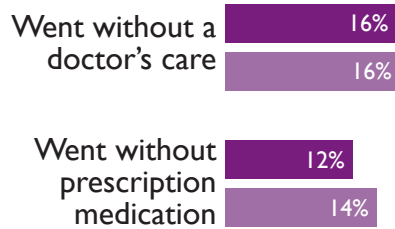
Dental care is not covered under most health insurance plans. People can buy

dental insurance separately, but have to pay premiums and copays.

About 1 in 4 Butler County adults (26%) and 1 in 3 Greater Cincinnati adults (31%) went without or delayed getting dental care they thought they needed. Although the *Survey* did not ask for the reason for not getting or delaying care, cost played a part in at least some people's decision.

Premiums, copays, and other healthcare costs can add up for people who are insured, especially if there is an unexpected illness or injury. For the uninsured, even basic primary care can be expensive. About 1 in 5 Butler County adults (21%) and 1 in 4 Greater Cincinnati adults (25%) reported that there were times in the last 12 months when they had problems paying or were unable to pay medical bills.

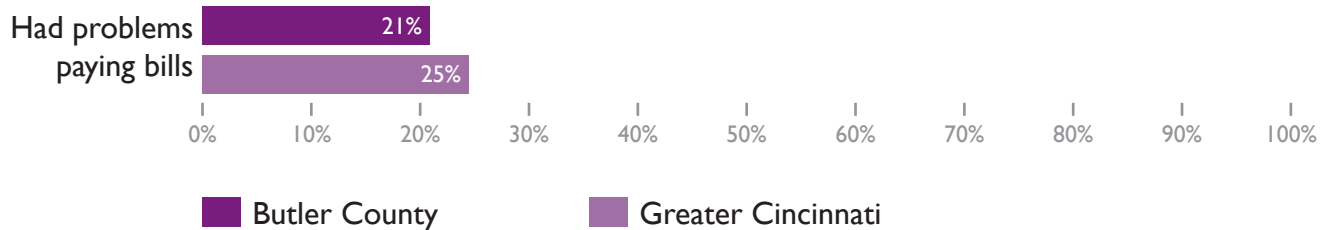
During the last year, did any household member not receive a doctor's care or prescription medication because the household needed money to buy food or clothing or pay for housing?



In the past 12 months, was there a time when you thought that you needed dental care but did not get it, or delayed getting it?



During the last 12 months, were there times when you had problems paying or were unable to pay for medical bills?



Community Support

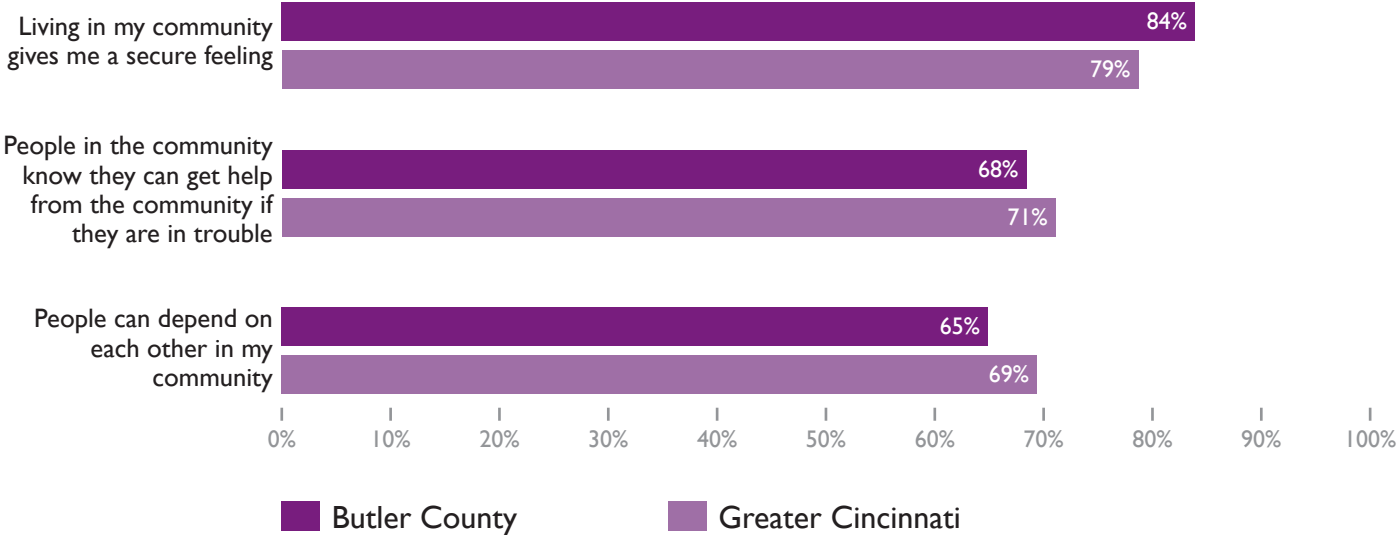


How people feel about their community—if they can depend on others, if they feel safe, if community members help each other—can be a protective factor for their health status. People who feel more positively about their community receive health-related information faster, are more likely to adopt health behaviors, and exert social control over health-related behaviors.¹¹

In general, the majority of adults in Butler County and Greater Cincinnati feel positively about their communities. They agree that the community makes them feel secure, that people can get help from each other if they are in trouble, and that they can depend on each other.

¹¹ McCubbin H, Patterson J, Glynn T. *Social Support Index*. In H. McCubbin and A. Thompson (eds.). *Family Assessment Inventories for Research and Practice*. Madison, Wisconsin: *Family Stress Coping and Health Project*, University of Wisconsin-Madison, 1991.

How adults feel about their communities (Graph presents only the percentage of adults that said they agreed with each statement)



About the Survey

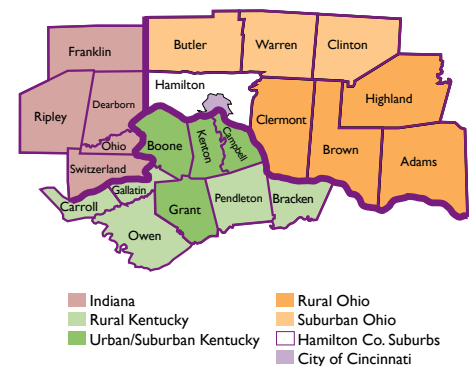
The data for this report come from the 2010 *Greater Cincinnati Community Health Status Survey*. Conducted since 1996, the Survey gives an in-depth look at the self-reported health of tri-state residents. The Survey lets us see how our region stacks up to the rest of the country. We can also see how 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 our website at 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.

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. There were 278 total respondents from Butler County.

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 Butler County results, the sampling error is $\pm 5.9\%$.



Butler County 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 and Hamilton County, we cannot use these results to look at specific cities or individual counties within our region.

But individual counties need good quality data. In 2010, we set up the *Survey* so that we could get county-level data for Butler County on its own, rather than combined with Clinton and Warren Counties, as it was in the past. We are sharing these data with each of Butler County and the agencies and organizations that support it. We'd like to thank the

Butler County Alcohol and Drug Addiction Services Board, Butler County Mental Health Board, and Butler County United Way for partnering with us and making it possible to collect the county-level data.

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.

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

The
Health
 **Foundation**
of Greater Cincinnati
Rookwood Tower
3805 Edwards Road, Suite 500
Cincinnati, OH 45209-1948
513.458.6600 [TF] 888.310.4904
www.healthfoundation.org