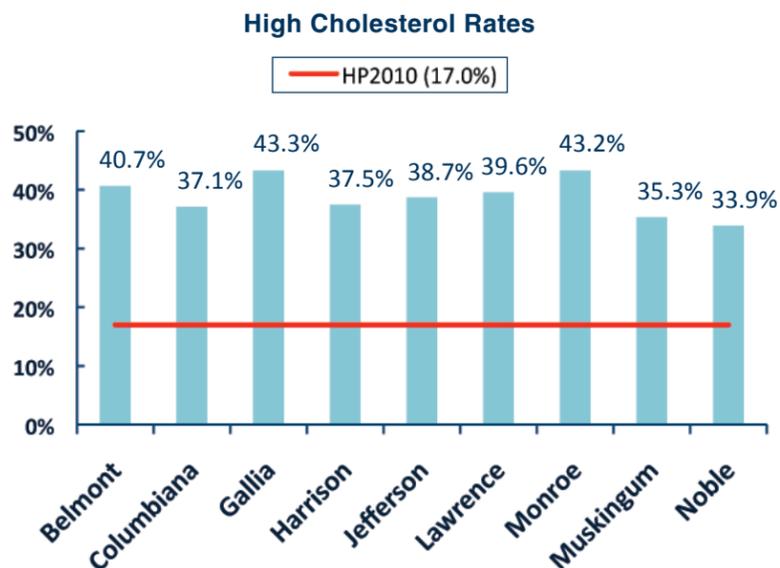


## HIGH CHOLESTEROL

**If you ever had your cholesterol level checked with a blood test, have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol level was high?**

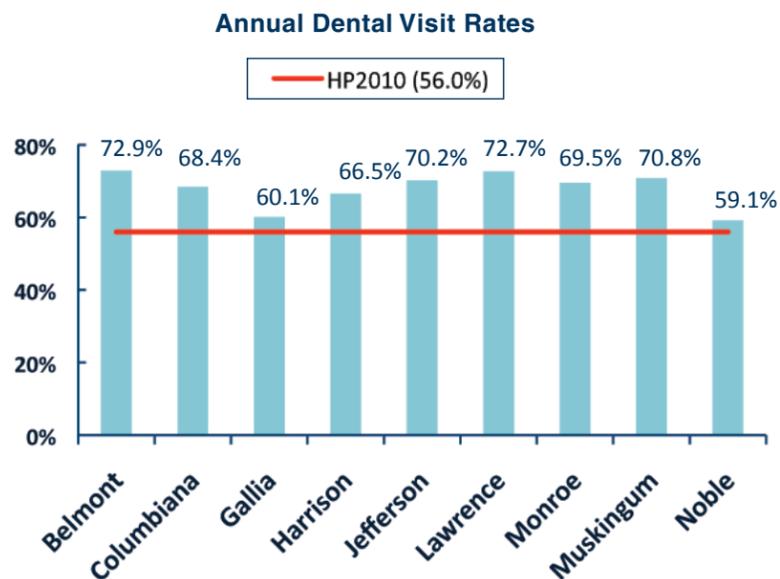
- The Healthy People 2010 goal is to reduce the percentage of adults who have high cholesterol to 17.0%. None of the ARHI III counties are meeting this goal.
- Across all ARHI III counties, 81.2% of residents have had a blood test to check for high cholesterol.
- Within the ARHI III counties, the rate of high cholesterol among those residents who have had a blood test is 38.4%.
- Among the ARHI III counties, the rate of high cholesterol is as low as 33.9% in Noble County and as high as 43.3% in Gallia County.



## ANNUAL DENTAL VISIT

**How long has it been since you last visited a dentist or a dental clinic for any reason?**

- The Healthy People 2010 goal for oral health is to increase the number of people who see a dentist at least once a year to 56.0%. All ARHI III counties are meeting this Healthy People 2010 goal.
- Among the ARHI III counties, the rate of annual dental exams is 69.5%.
- Across the ARHI III counties, the estimated proportion of ARHI III county residents who have not seen a dentist in 5 years or more is 13.4%.
- Across the ARHI III counties, the rate of annual dental visits was as low as 59.1% in Noble County and as high as 72.9% in Belmont County.



This research was conducted by the Voinovich School of Leadership and Public Affairs at Ohio University in association with the university's Appalachian Rural Health Institute and was funded by the U.S. Department of Health and Human Services, Health Resources and Services Administration, Office of Rural Health Policy.

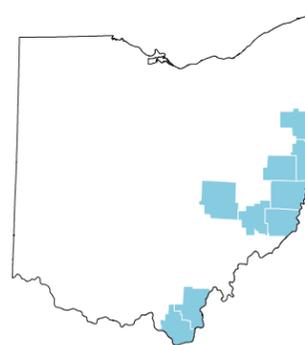
### DATA COMPARISONS

The 2007 Ohio and national Behavioral Risk Factor Surveillance System Survey (BRFSS) were employed for comparison purposes. The BRFSS is an annual telephone survey created by the Centers for Disease Control and Prevention and administered in all fifty states, the District of Columbia, and U.S. Territories. BRFSS data are made available to the public and can be retrieved from <http://www.cdc.gov/BRFSS>.

Leading health indicators from Healthy People 2010, a nationwide health promotion and disease prevention plan created by the Centers for Disease Control and Prevention, were included as benchmarks whenever a relevant target goal could be applied. Goals and objectives for Healthy People 2010 can be retrieved at <http://www.healthypeople.gov>.

# ARHI APPALACHIAN RURAL HEALTH INSTITUTE

## Health Needs Assessment Survey III · Research Report



### FACTORS THAT AFFECT HEALTH STATUS

The third Healthcare Needs Assessment Survey (ARHI III) included approximately 3,840 adults from 9 Appalachian counties in Ohio – Belmont, Columbiana, Gallia, Harrison, Jefferson, Lawrence, Monroe, Muskingum, Noble – who responded to a telephone survey assessing the prevalence of certain chronic diseases and relevant risk factors. Whenever possible, ARHI III findings were compared to state and national rates (Ohio and national 2007 BRFSS, respectively), as well as national leading health indicators (Healthy People 2010).

More information about ARHI, the full ARHI III report (including standard errors and confidence intervals), and other short reports can be retrieved at: <http://www.voinovichschool.ohio.edu/ARHIReports.aspx>

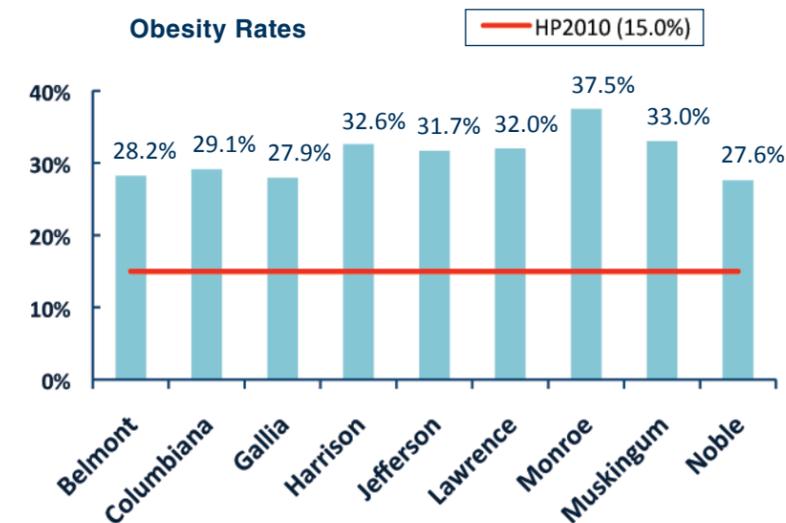
Short reports are available for the following topics: Diabetes, Disease Prevalence, Factors Affecting Health Status, and Health Access.

### DEFINING BODY MASS INDEX (BMI)

The guidelines provided by the Center for Disease Control were employed to calculate and categorize BMI:  $[(\text{Weight in pounds})/(\text{Height in inches})^2] * 703$  Underweight: < 18.5 Normal: 18.5-24.9 Overweight: 25-29.9 Obese: ≥30

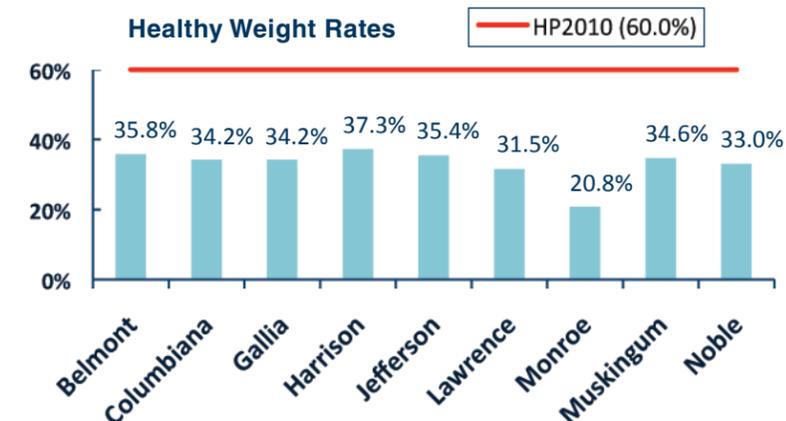
### BMI: OBESITY

- The Healthy People 2010 goal is to reduce the rate of obesity to 15.0%. None of the ARHI III counties are currently meeting this goal.
- Within the ARHI III counties, the rate of obesity is 30.7%.
- Across the ARHI III counties, the rate of obesity ranges between 27.9% in Gallia County to 37.5% in Monroe County.
- The obesity rate in five of the nine ARHI III counties (Harrison, Jefferson, Lawrence, Monroe, and Muskingum) is above 30.0%.



### BMI: HEALTHY WEIGHT

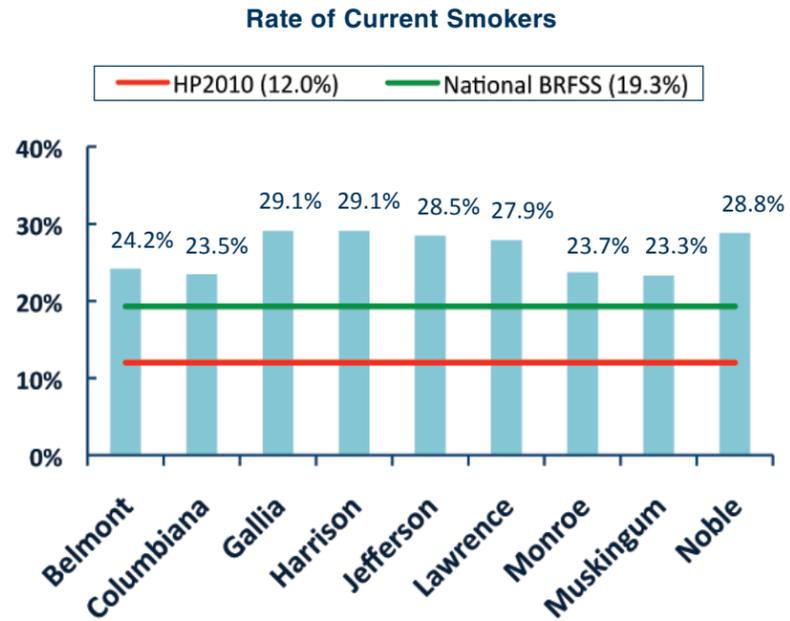
- The Healthy People 2010 goal is to increase the percentage of adults maintaining a healthy weight to 60.0%. None of the nine ARHI III counties are currently meeting this goal.
- Healthy weight was defined as a BMI below 25.
- Among the ARHI III counties, the rate of healthy weight adults is 34.0%.
- Within the ARHI III counties, the rate of healthy weight adults range between 20.8% in Monroe County to 37.3% in Harrison County.



## CURRENT SMOKERS

**If you have smoked at least 100 cigarettes in your entire life, do you now smoke every day, some days, or not at all?**

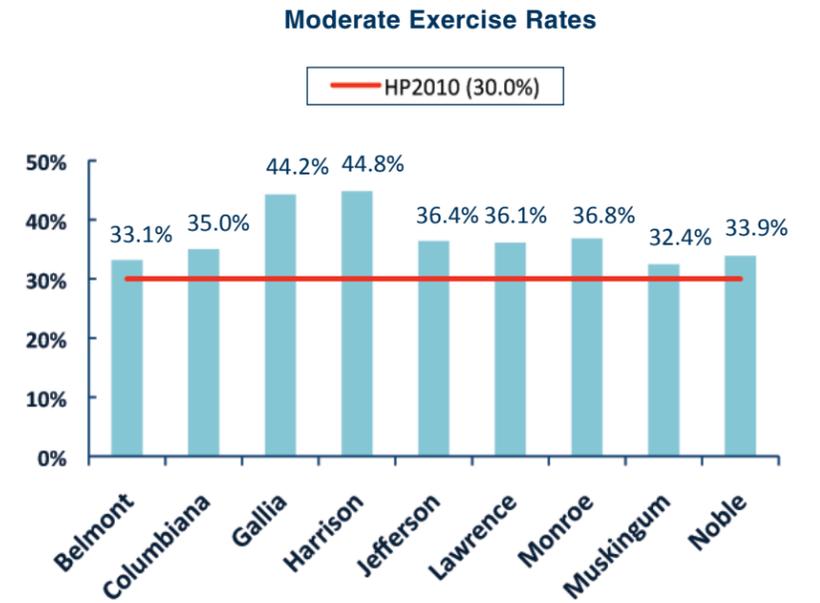
- The Healthy People 2010 goal is to reduce the number of adults who smoke to 12.0%. None of the ARHI III counties are meeting this goal.
- Across the ARHI III counties, the rate of residents who smoke “every day” or “some days” was 25.6%, which is higher than the national BRFSS rate of 19.3%.
- Smoking rates across the ARHI III counties were as low as 23.3% (Muskingum County) and as high as 29.1% (in both Gallia and Harrison counties).



## MODERATE PHYSICAL ACTIVITY

**Moderate activity was defined as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate for at least 20 minutes at a time.**

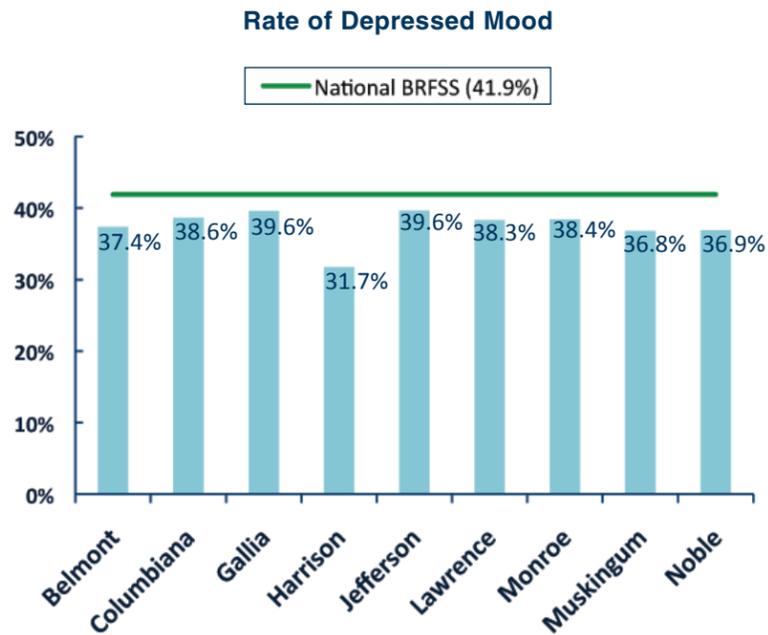
- The Healthy People 2010 goal is to increase the percentage of adults who perform moderate exercise at least 5 days a week to 30.0%. All ARHI III counties are meeting this goal.
- Among all ARHI III respondents, 35.6% report performing moderate exercise 5 or more days a week.
- Across the ARHI III counties, 13.0% of residents never participate in moderate exercise.
- Within the ARHI III counties, the rate of moderate exercise for 5 days or more a week was as low as 32.4% in Muskingum County and as high as 44.8% in Harrison County.



## DEPRESSED MOOD

**During the past 30 days, about how often did you feel so depressed that nothing could cheer you up?**

- Across the ARHI III counties, 38.0% of residents reported being depressed “a little of the time” to “all of the time.” This is similar to the national BRFSS rate of self-reported depression (41.9%).
- Depression rates across the ARHI III counties were as low as 31.7% in Harrison County and as high as 39.6% in both Gallia and Jefferson counties.



## VIGOROUS PHYSICAL ACTIVITY

**Vigorous activity was defined as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate for at least 20 minutes at a time.**

- The Healthy People 2010 goal is to increase the percentage of adults who perform vigorous exercise at least 3 times a week to 30.0%. Only two counties (Harrison and Noble) are meeting this Healthy People 2010 goal.
- Among all ARHI III respondents, 27.0% perform vigorous exercise 3 or more days a week.
- Across all ARHI III counties, 57.3% of residents never engage in vigorous activity.
- Within the ARHI III counties, the rate of vigorous exercise for 3 or more days a week was as low as 24.6% in Lawrence County and as high as 35.6% in Noble County.

