**Disease Prevalence**

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](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.

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**High Blood Pressure**

Have you ever been told by a doctor, nurse, or other health care professional that you had high blood pressure, also called hypertension?

- Among the ARHI III counties, the rate of high blood pressure is 32.2%, which is above the BRFSS rate of 27.7%.
- Among the ARHI III counties, the rate of high blood pressure is lowest in Noble County (21.1%) and highest in Monroe County (41.5%).
- Within the ARHI III counties, the rate of high blood pressure ranges between 56.5% in Gallia County and 89.2% in Monroe County.

**Diabetes**

Have you ever been told by a doctor, nurse, or other health care professional that you have diabetes or sugar?

- Among the ARHI III counties, the rate of diabetes is 12.5%, which substantially exceeds the Ohio BRFSS diabetes rate of 9.5% and the national BRFSS rate of 8.6%.
- Within the ARHI III counties, the rate of diabetes is as low as 8.9% in Noble County and as high as 16.0% in Monroe County.

**Asthma**

Have you ever been told by a doctor, nurse, or other health care professional that you had asthma?

- Among the ARHI III counties, the rate of asthma is 14.1%, which is higher than the national BRFSS rate of 12.9%.
- The rate of asthma in seven of the nine ARHI III counties (Belmont, Columbiana, Gallia, Lawrence, Monroe, Muskingum, and Noble) is above the national BRFSS rate.
- Within the ARHI III counties, the asthma rate is as low as 11.5%, in both Harrison and Jefferson counties, and as high as 18.1% in Gallia County.

**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](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](http://www.healthypeople.gov).

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1 More diabetes-related information can be found in the ARHI III Diabetes Short Report.
ARTHRITIS

Have you ever been told by a doctor, nurse, or other health care professional that you had arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

- Across the ARHI III counties, the rate of arthritis is 32.2%, which exceeds the national BRFSS rate of 26.9%.
- ARHI III county arthritis rates range from 22.9% in Noble County to 38.5% in Monroe County.

HEART DISEASE

Have you ever been told by a doctor, nurse, or other health care professional that you had heart disease, such as hardening of the arteries or angina or coronary heart disease?

- Across the ARHI III counties, the rate of heart disease is 6.7%, which exceeds the national BRFSS rate of 4.2%.
- Within the ARHI III counties, the heart disease rate is as low as 4.0% (Noble County) and as high as 8.9% (Lawrence County).

HEART ATTACK

Have you ever been told by a doctor, nurse, or other health care professional that you had a heart attack or myocardial infarction?

- Among the ARHI III counties, the heart attack rate is 7.3%, which is higher than the national BRFSS rate of 4.2%.
- Within the ARHI III counties, the heart attack rate ranges between 4.8% in Noble County and 13.5% in Monroe County.

STROKE

Have you ever been told by a doctor, nurse, or other health care professional that you had a stroke?

- Among the ARHI III counties, the stroke rate is 4.2%, which is above the national BRFSS rate of 2.7%.
- Stroke rates in the ARHI III counties range between 2.3% in Noble County and 6.1% in Monroe County.