Factors that Affect Health Status

Among the ARHI III counties, the rate of high 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.

Defining Body Mass Index (BMI)

Underweight: BMI < 18.5
Normal: 18.5 ≤ BMI < 25
Overweight: 25 ≤ BMI < 30
Obese: BMI ≥ 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 if 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 BFSS 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).

**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 BFSS 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.

**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.

**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, 35.6% report performing vigorous exercise 3 or more days a week.
- Across the ARHI III counties, 13.0% of residents never engage in vigorous exercise.
- 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.