



HOWARD COUNTY HEALTH DEPARTMENT

HOWARD COUNTY HEALTH ASSESSMENT SURVEY SUMMARY

2024



Promote. Preserve. Protect.

Compiled by the Bureau of Assessment, Planning and Community Engagement

December 2025

Survey Description and Methodology

Between July – October 2024, a total of 2,266 adults in Howard County were surveyed to understand their health conditions and behaviors. Every 2 to 3 years since 2012, the Howard County Health Department, Johns Hopkins Howard County Medical Center, Horizon Foundation, and Columbia Association collaborate to create this survey to better understand the health needs of the county. This series allows comparison over previous years. The work was contracted to Opinionworks.

Adults were selected for interviews from a random sample of 45,000 households. The partners promoted the survey to encourage response. Post cards were also sent with a QR code to respond. Various ways to respond were offered. Interviews were conducted in English and Spanish via both landline and cell phone. Surveys were also completed online, which is a change from previous administrations of this survey. Online survey administration was associated with a higher percentage of “Not sure” responses compared with phone administration.

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Major Findings

- Cigarette smoking has decreased.
- Most residents exercise regularly.
- More residents are using the emergency room instead of a provider’s office.
- More people report not using the dentist.
- More people are receiving treatment for mental health conditions.
- Many respondents are worried about running out of food.
- Diabetes and high blood pressure have increased.
- More than half of residents are overweight or obese.
- Many respondents reported that race or ethnicity negatively impacted their healthcare.

For more information, see the full report at <https://www.howardcountymd.gov/health/reports-data>

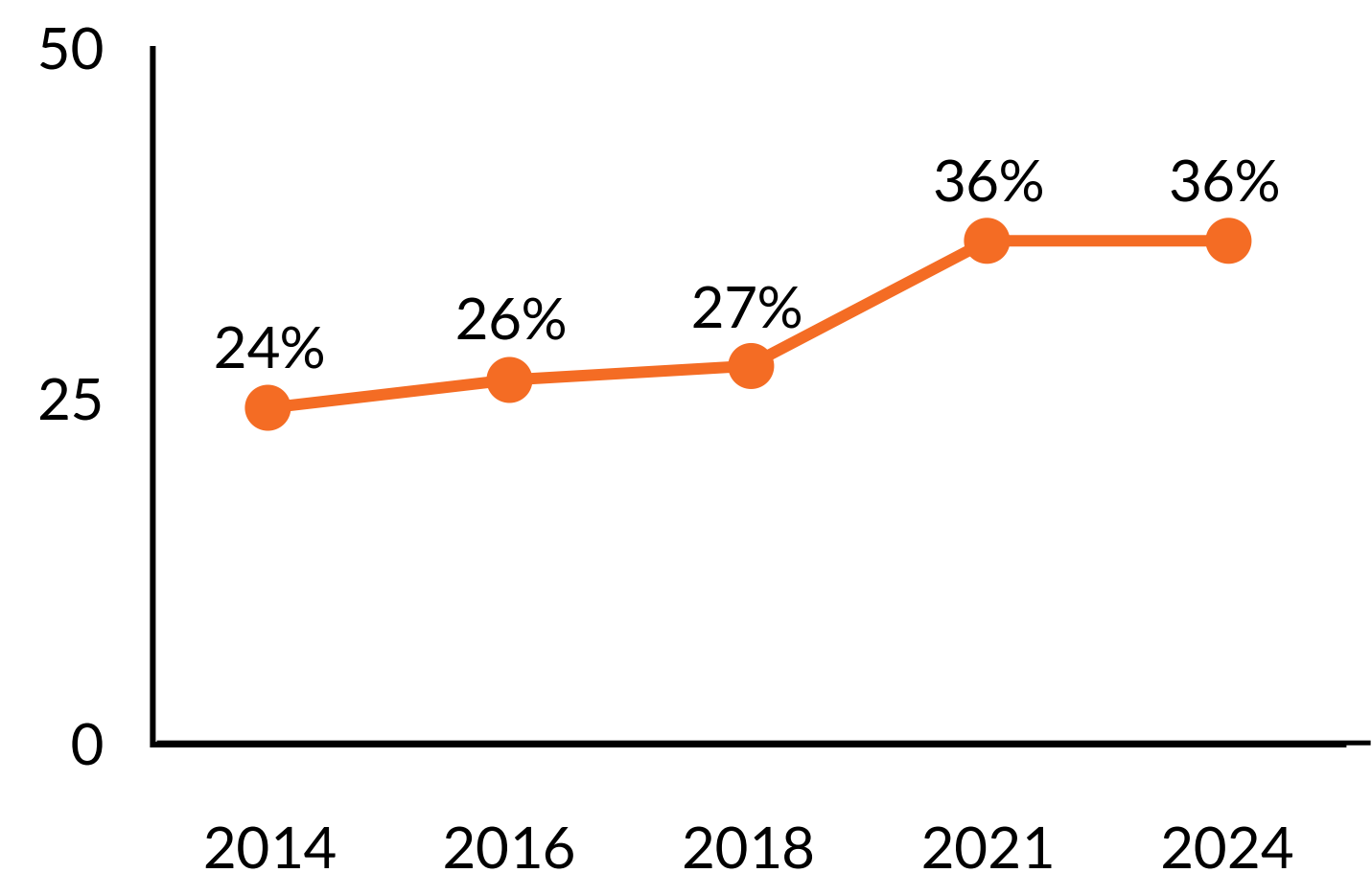
HOWARD COUNTY

Health Assessment Survey Trends

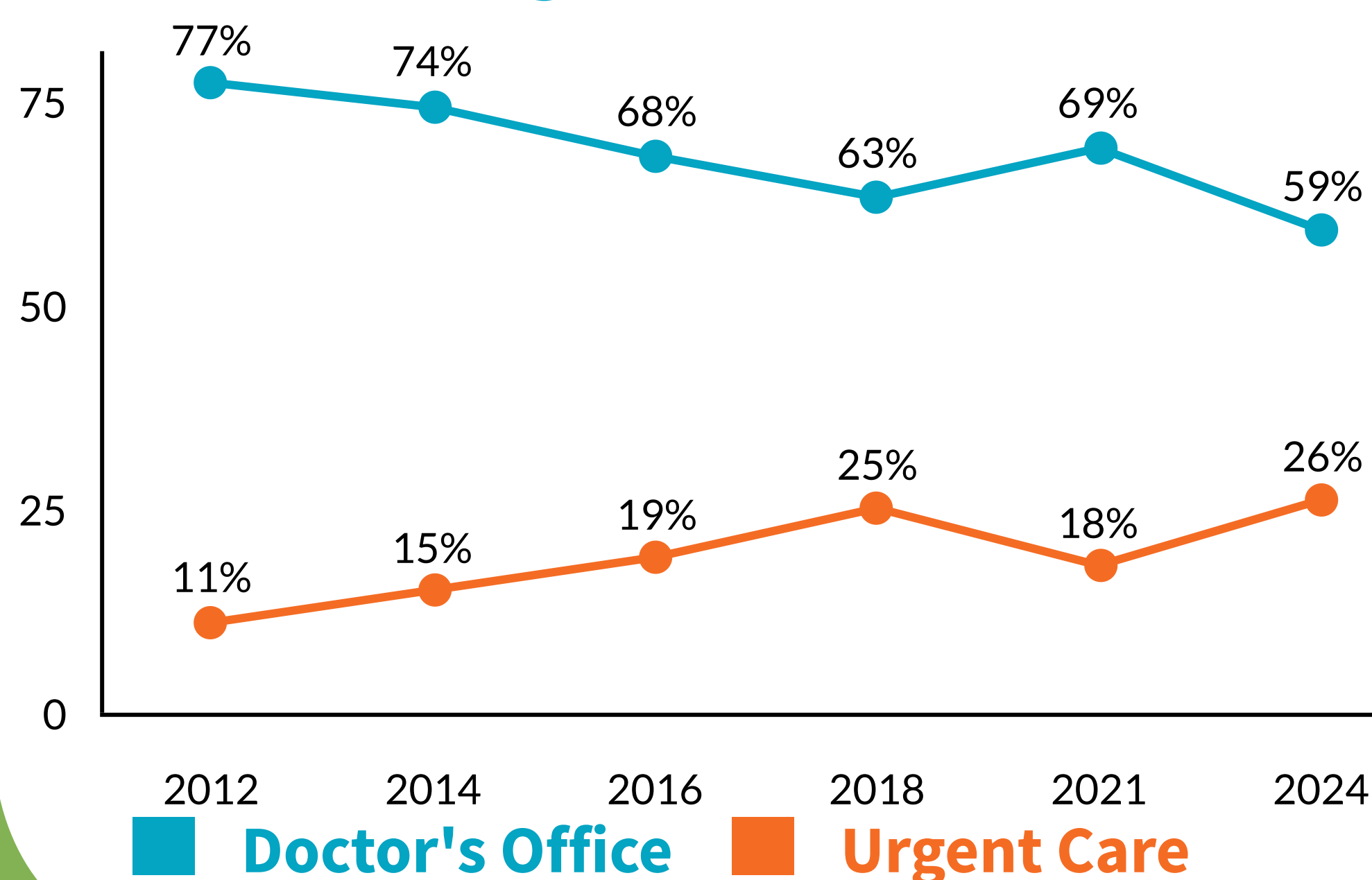
Have no health care coverage



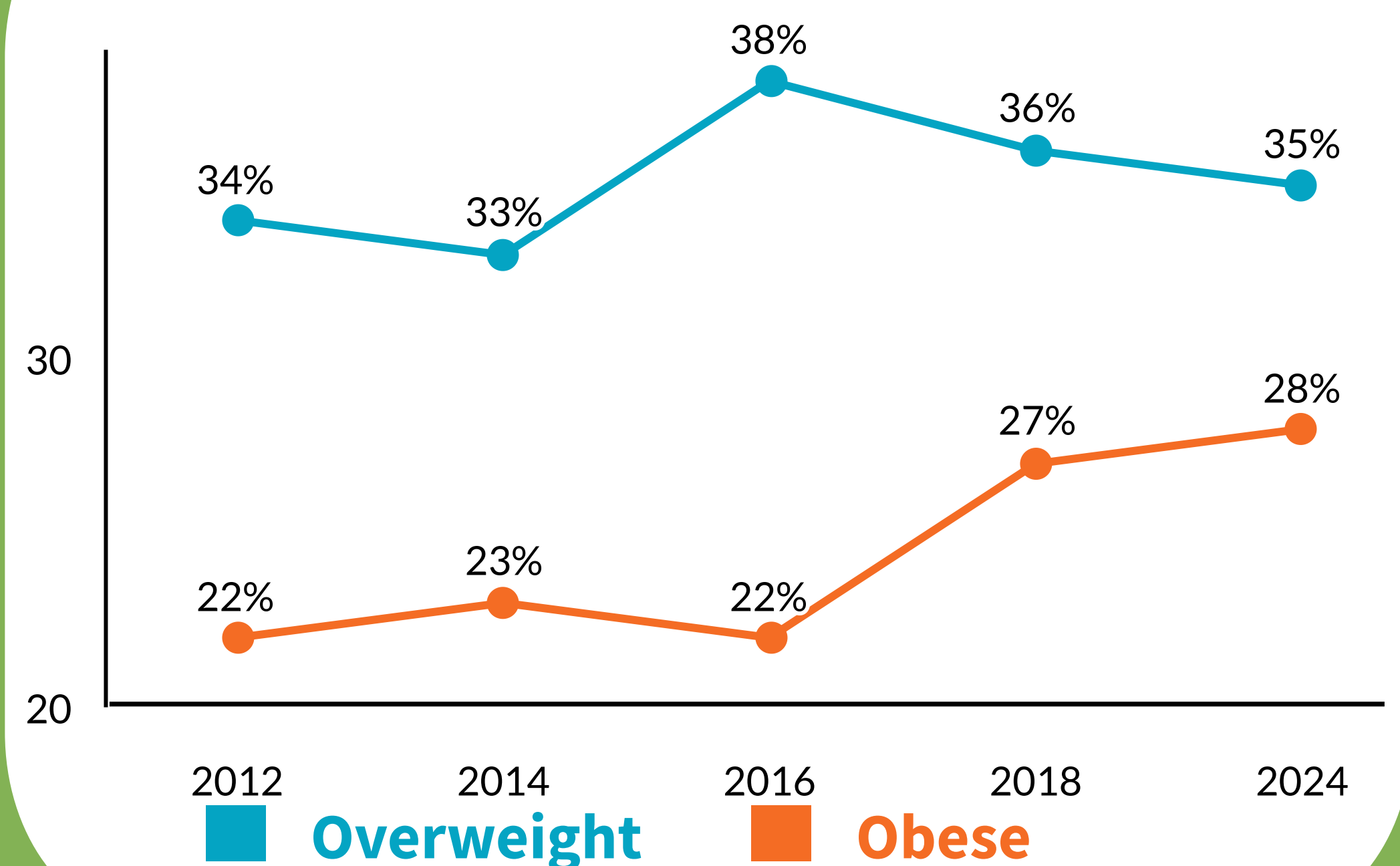
Percentage diagnosed with high blood pressure



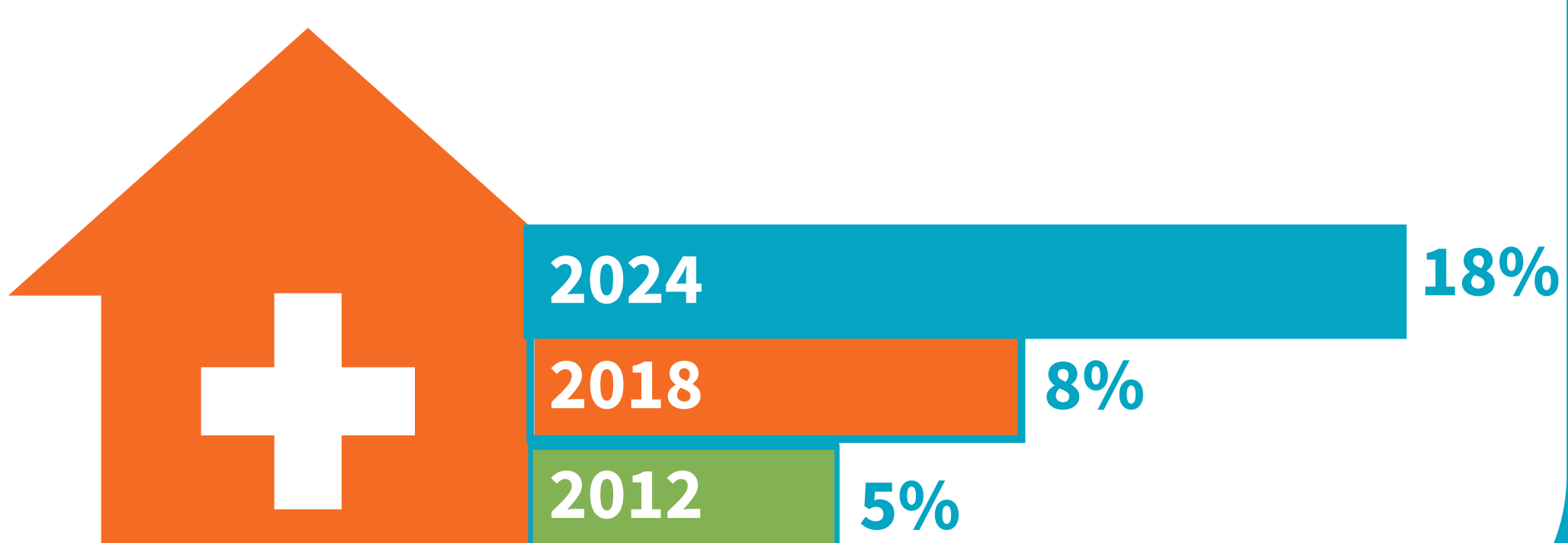
Percentage who go to a doctor's office vs. urgent care



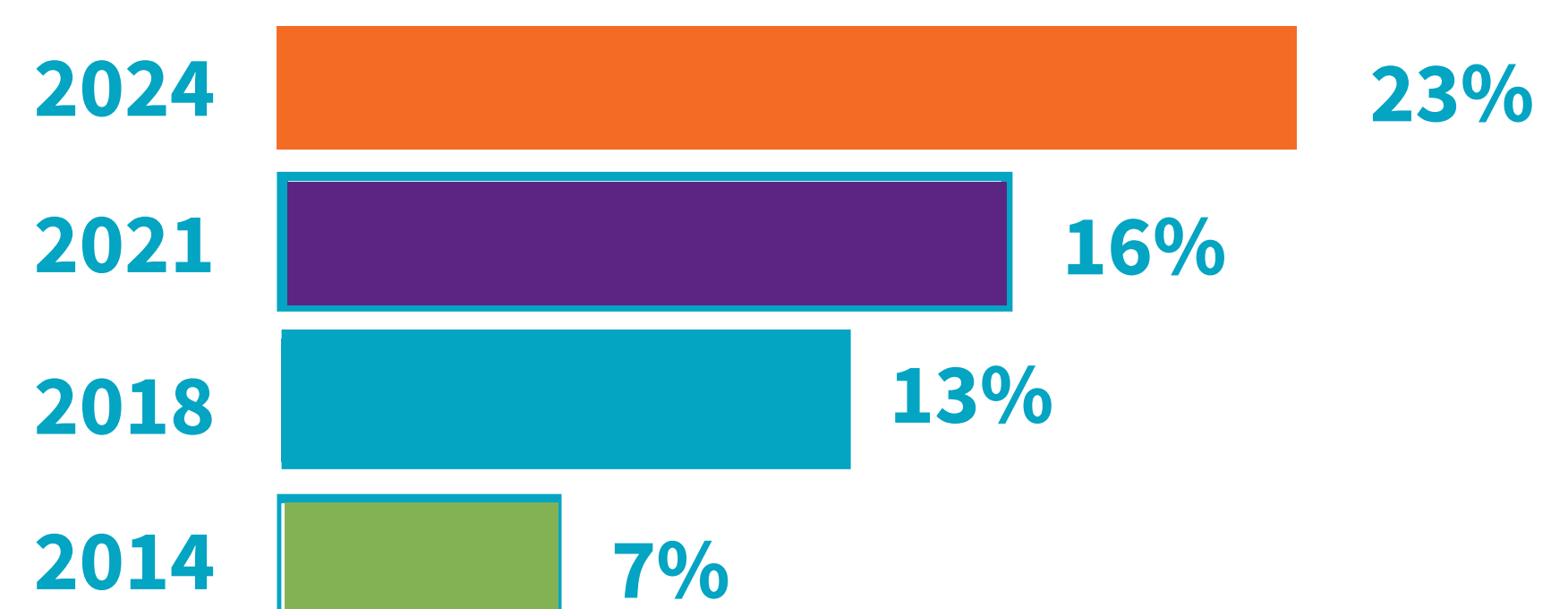
Percentage overweight vs. obese



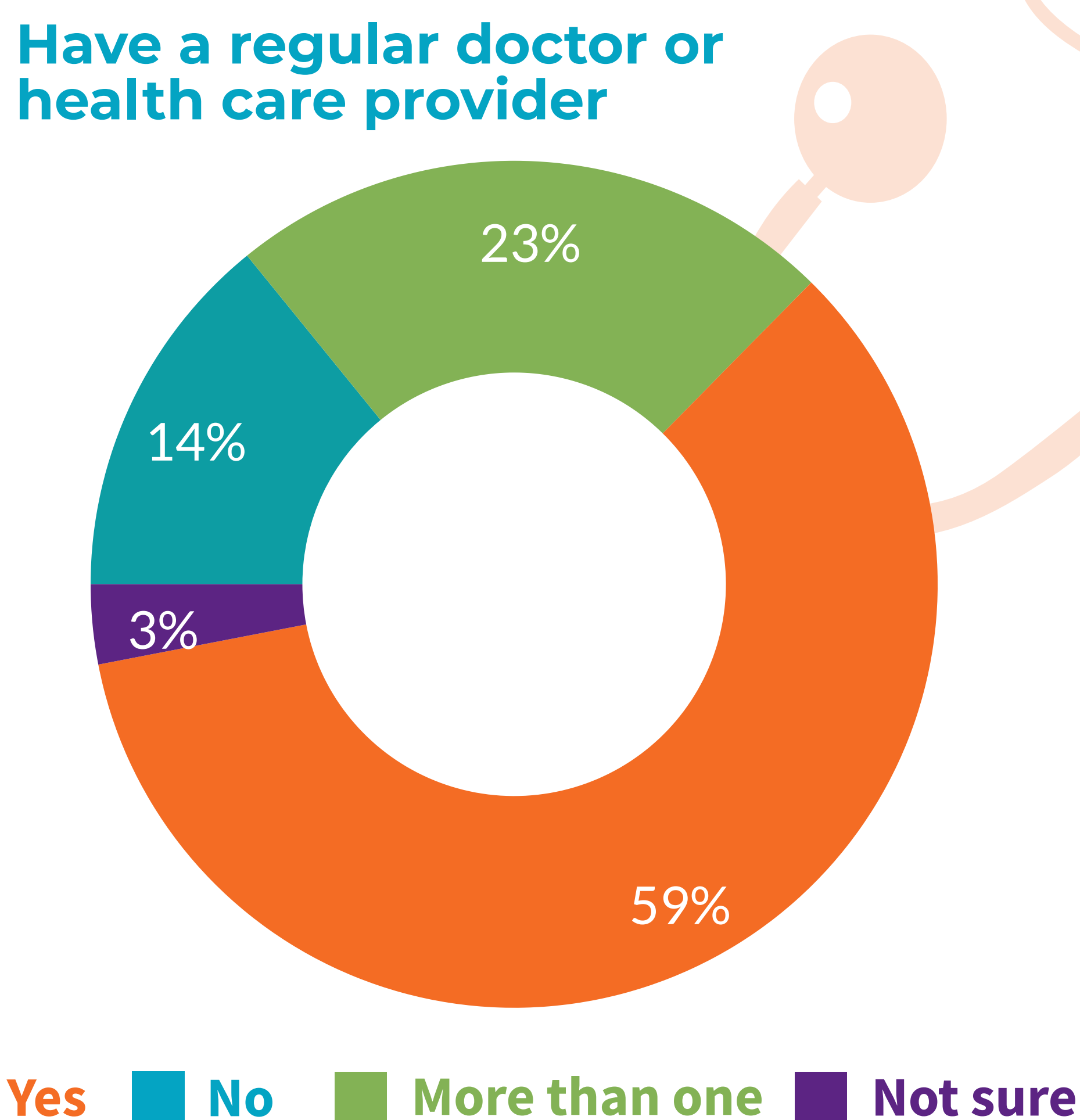
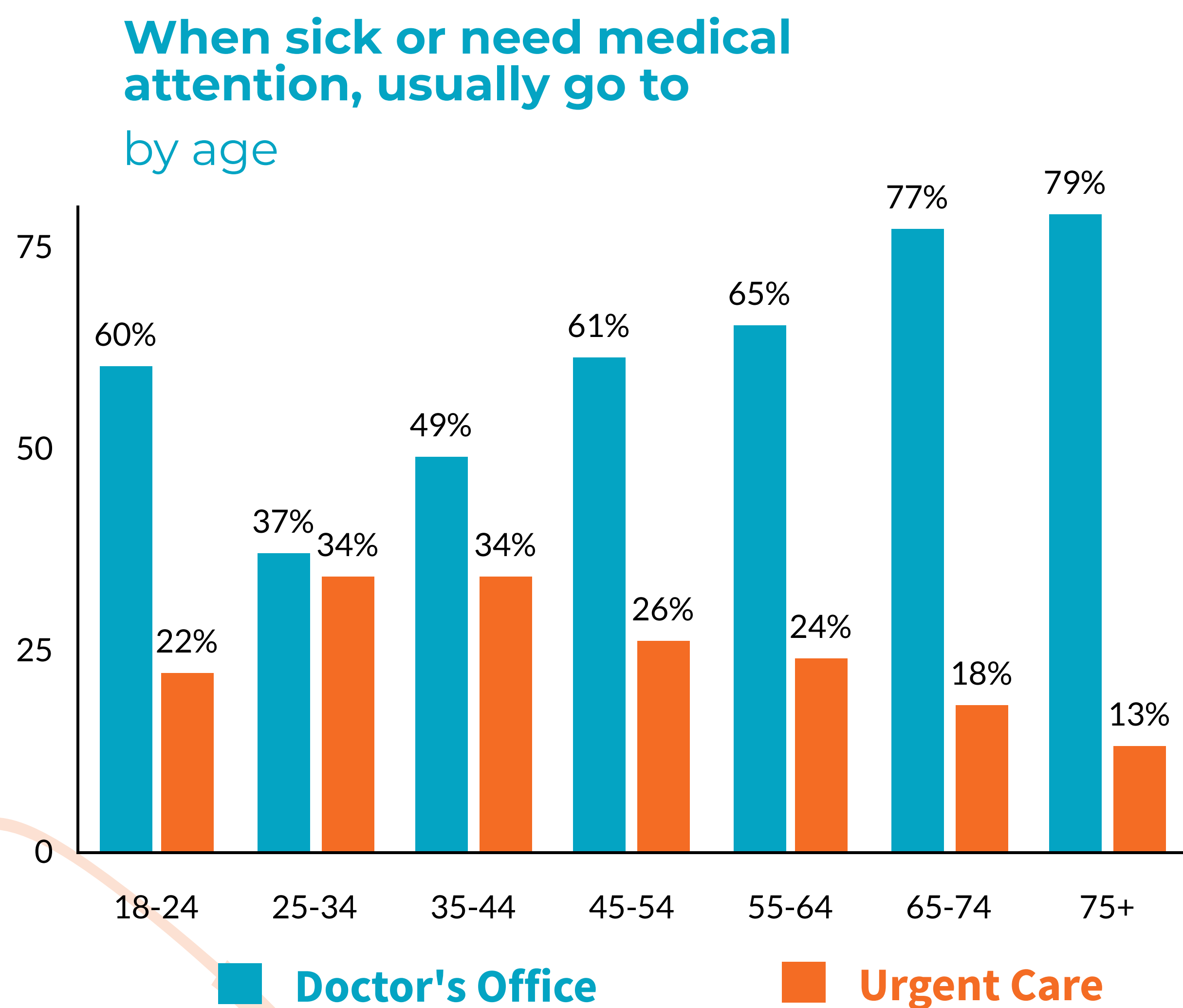
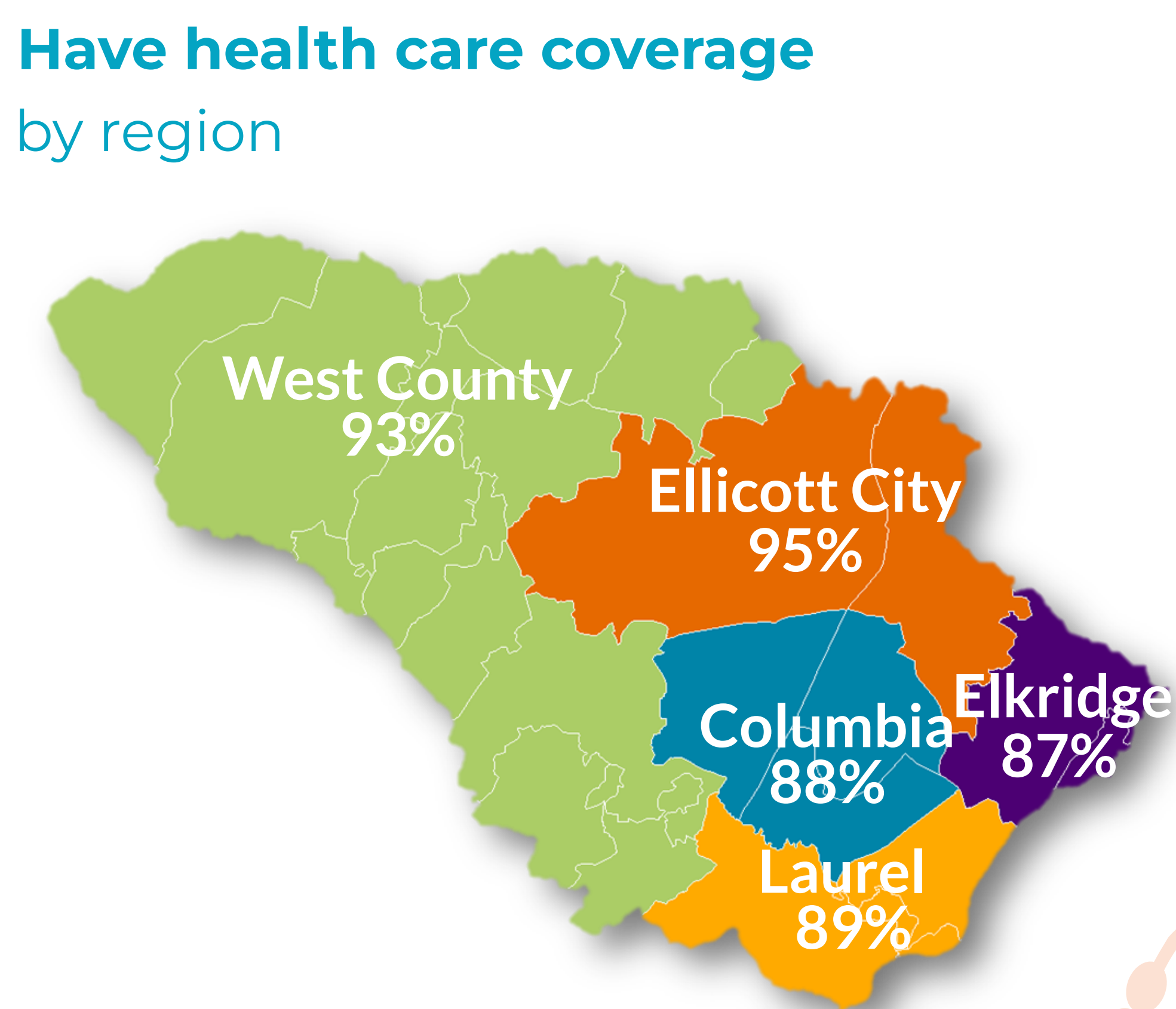
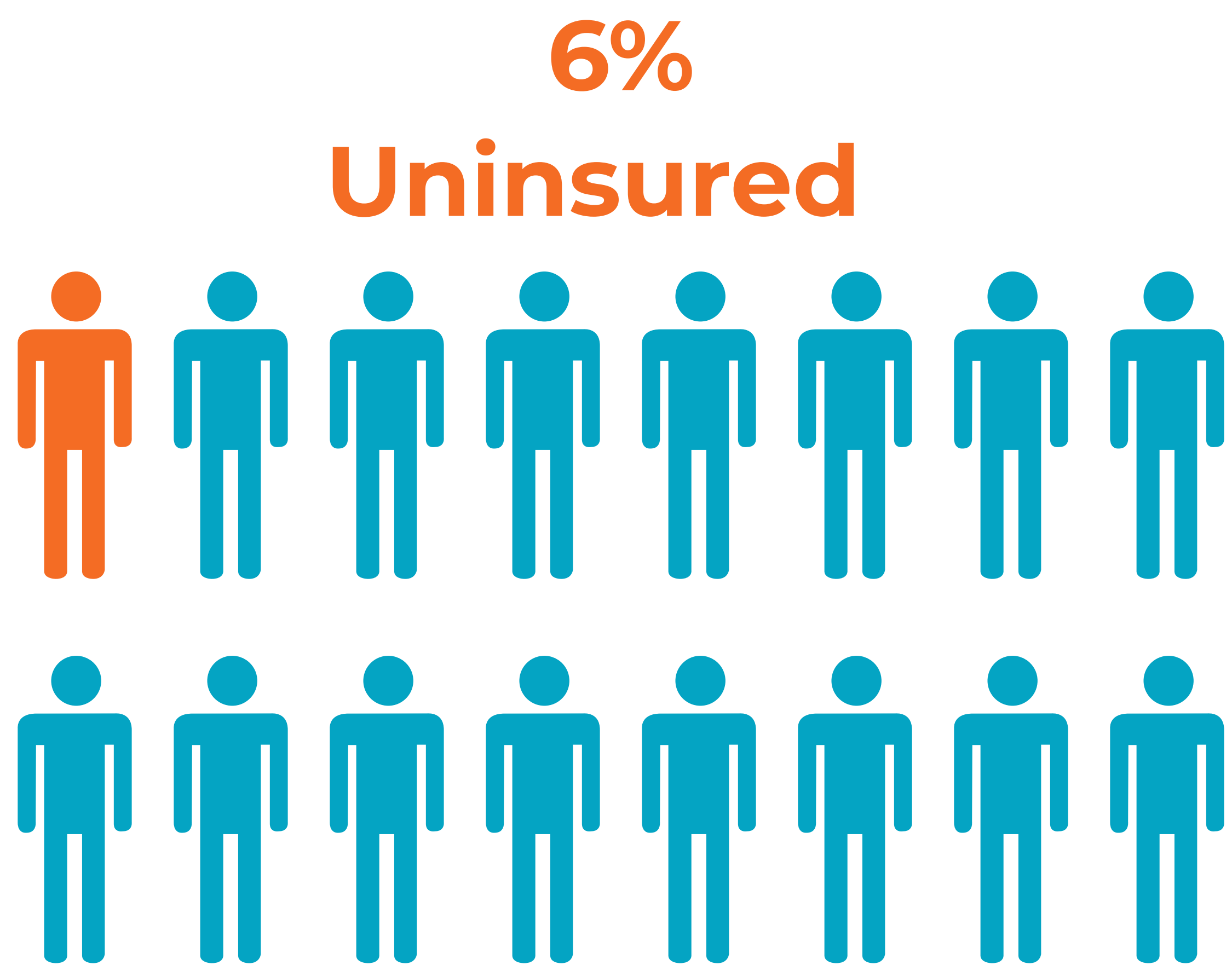
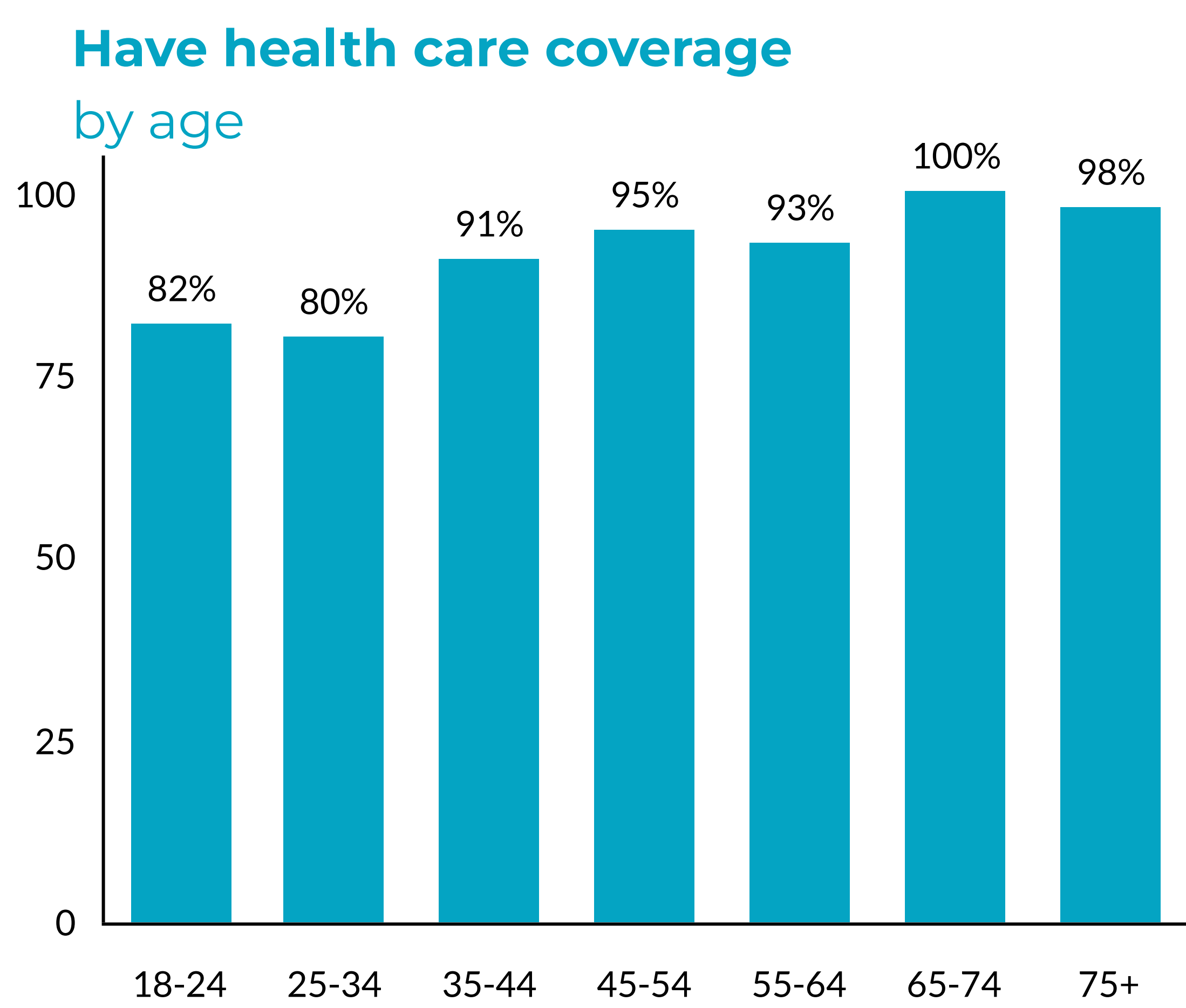
Went to the emergency room since unable to get timely appointment with a doctor (past year)



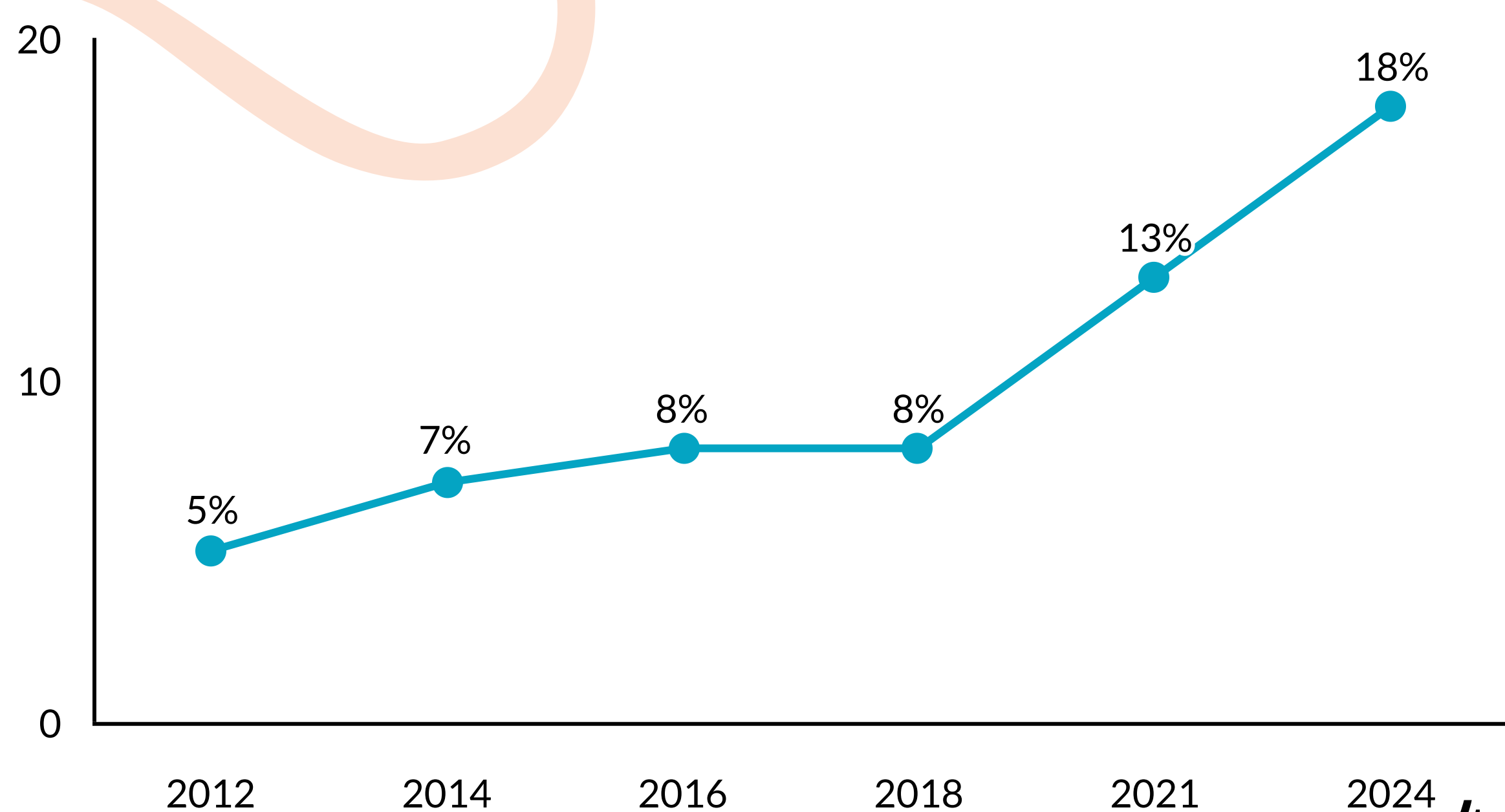
Receiving treatment for mental health



Access to Affordable Healthcare



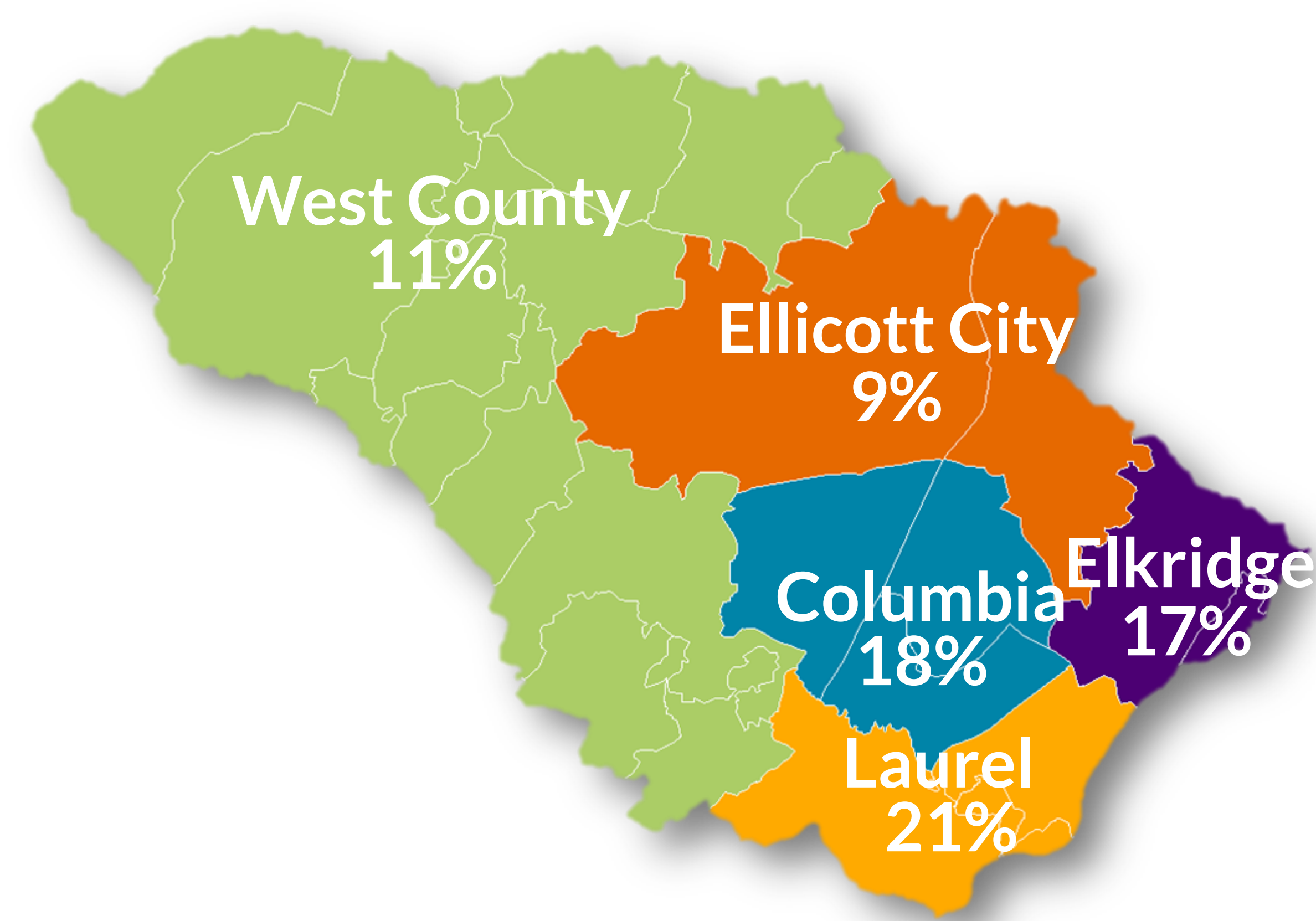
Went to the emergency room since unable to get a timely appointment with a doctor (past year)



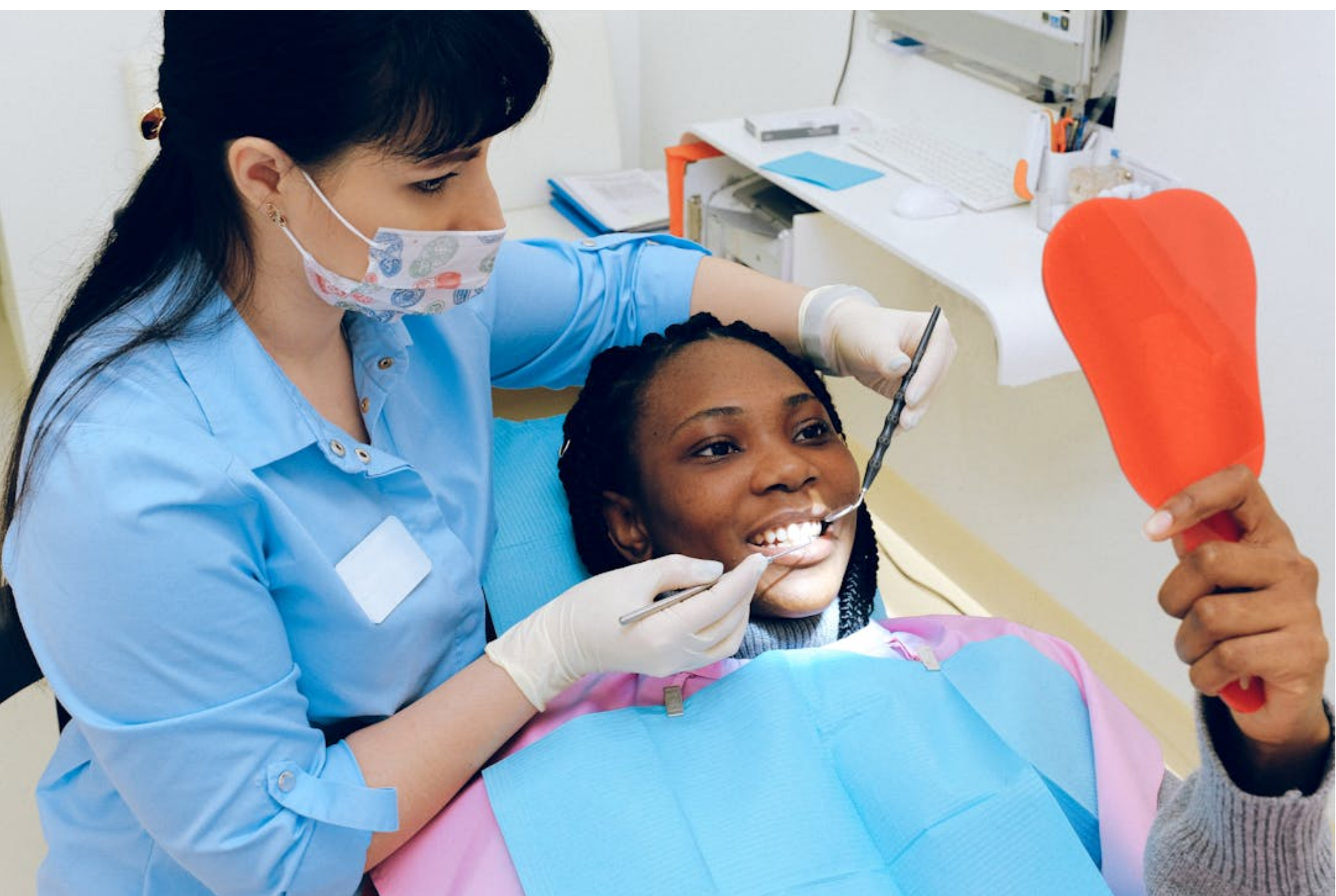
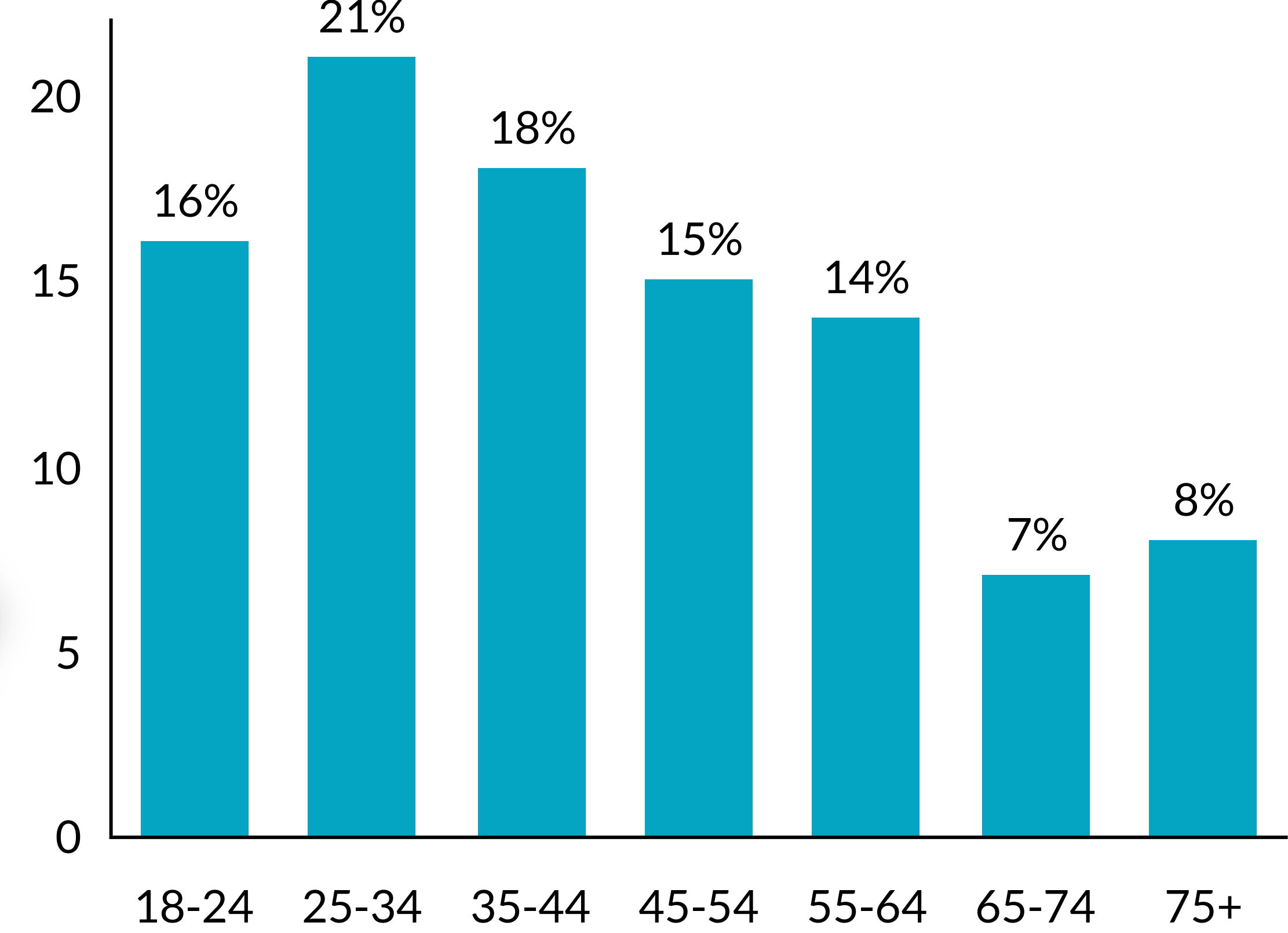
Access to Affordable Healthcare

Had a dental problem, wanted to, but didn't see a dentist (past year)

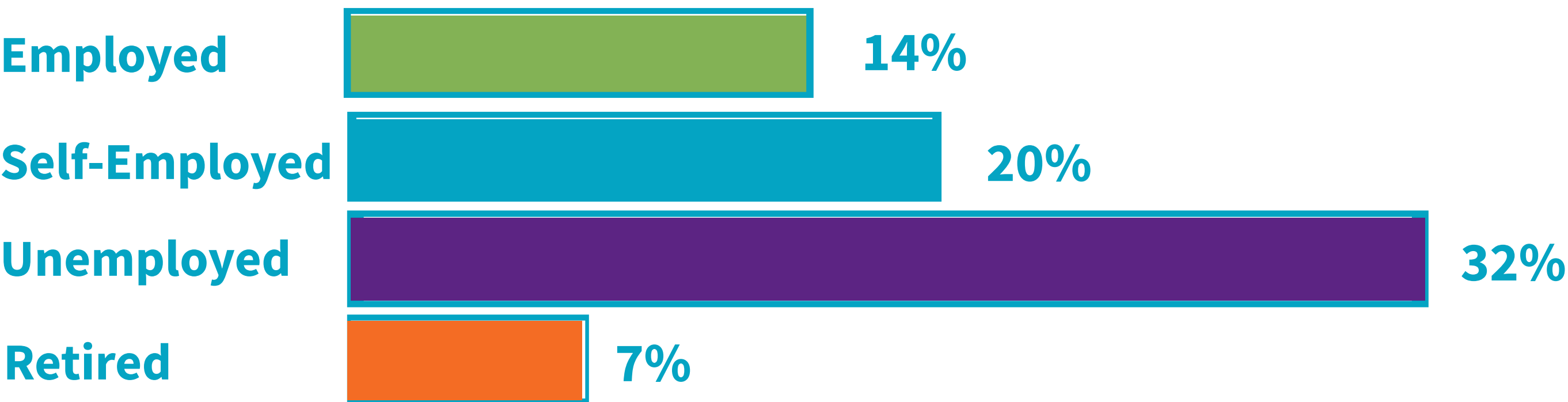
by region



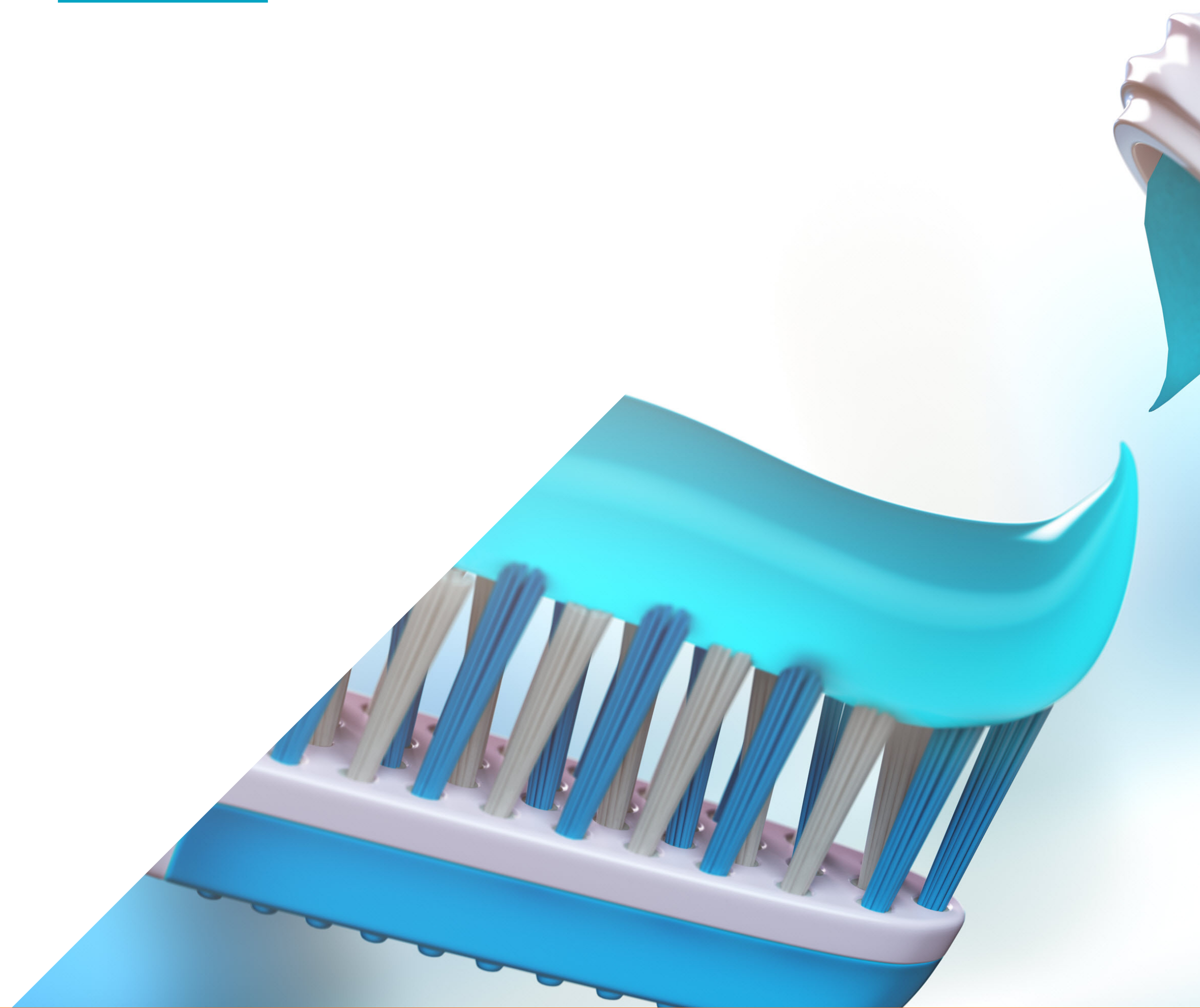
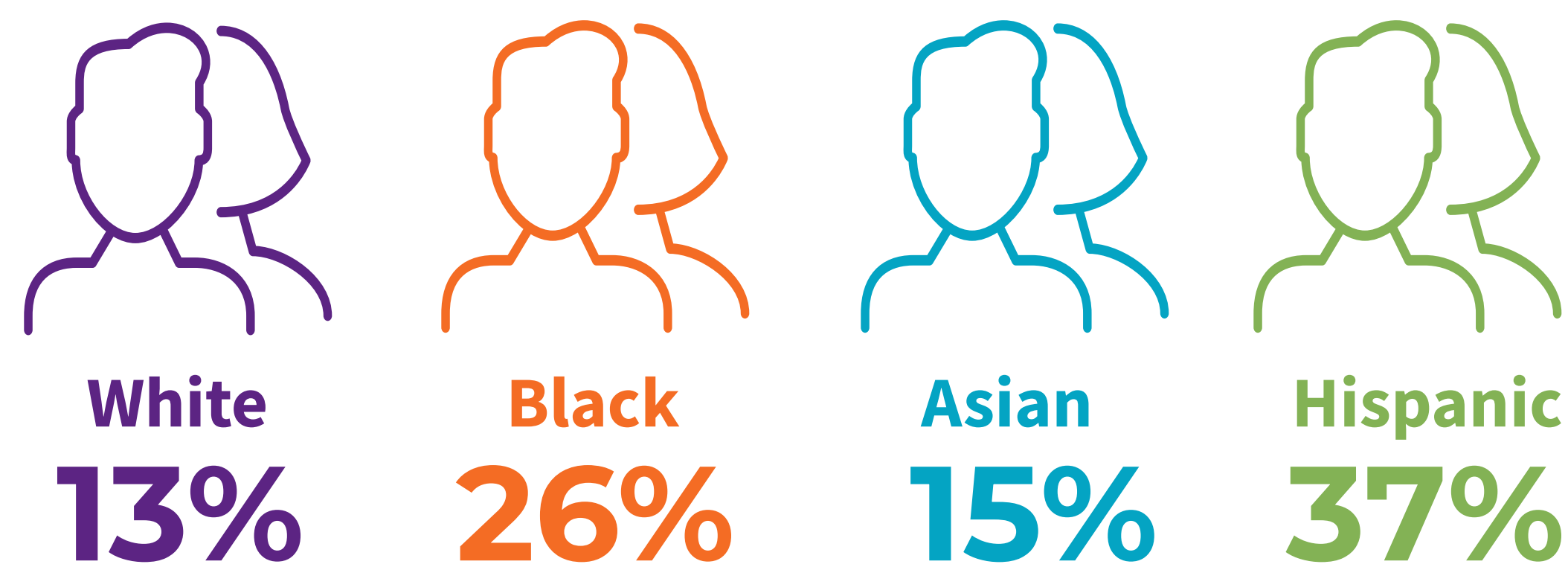
by age



by employment



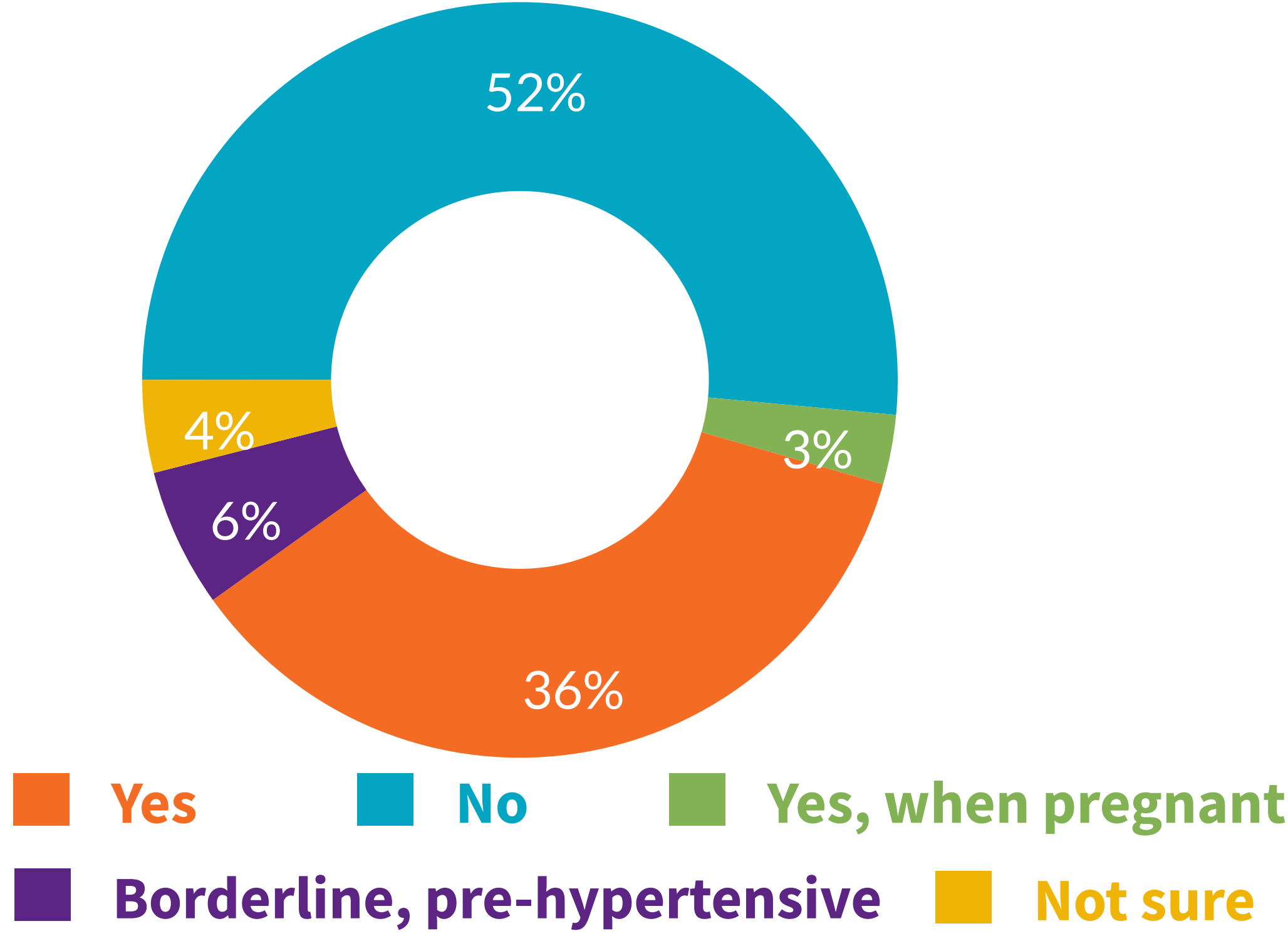
by race/ethnicity



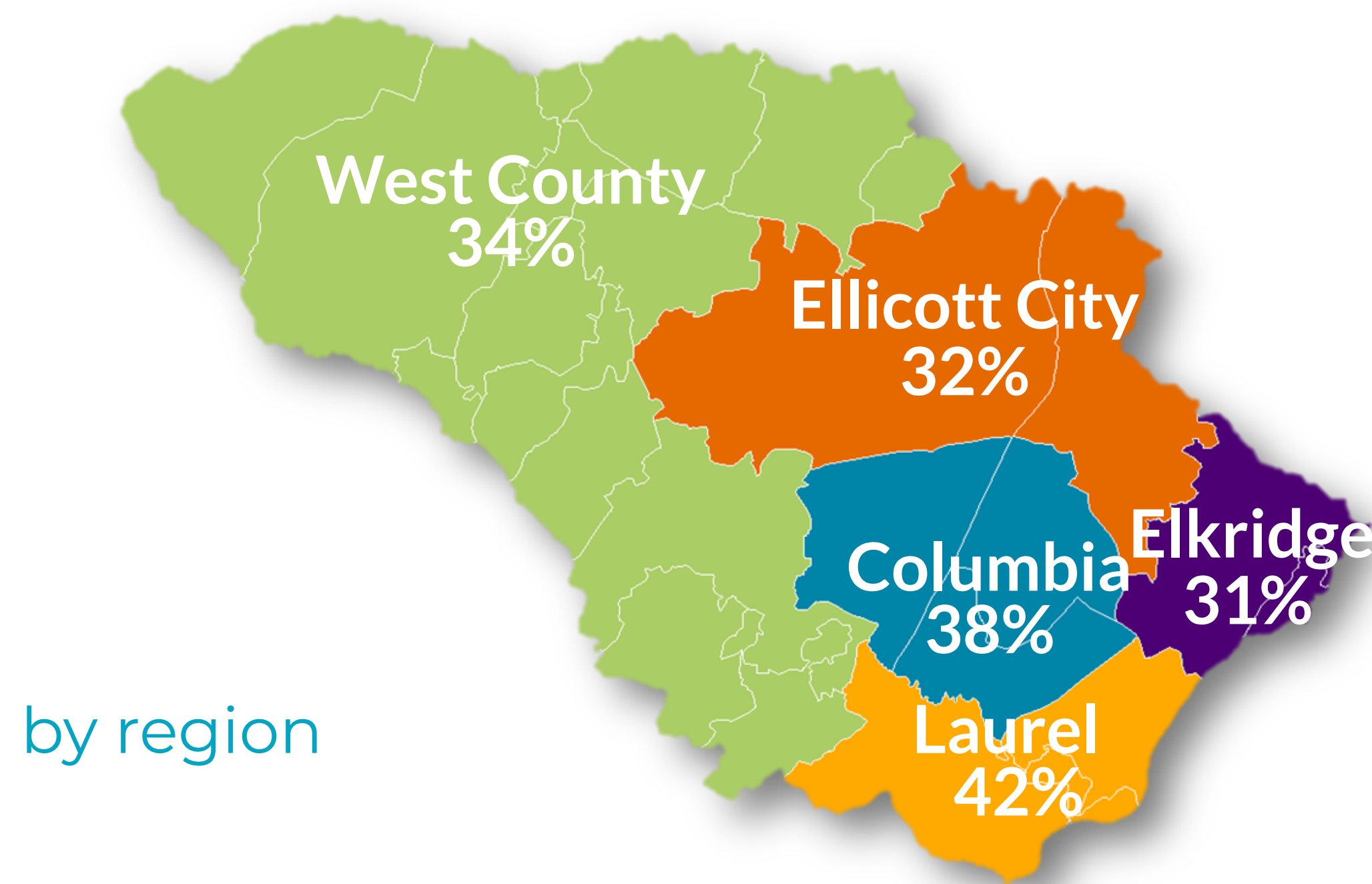
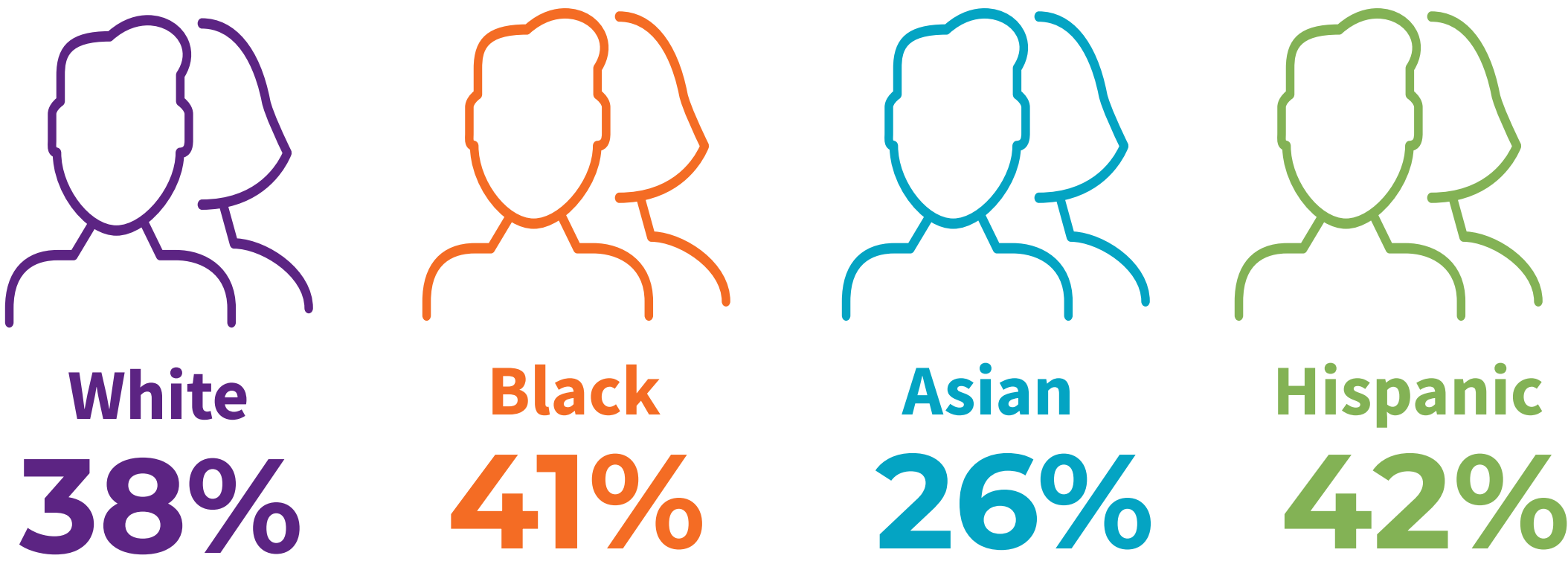
Chronic Disease

HIGH BLOOD PRESSURE

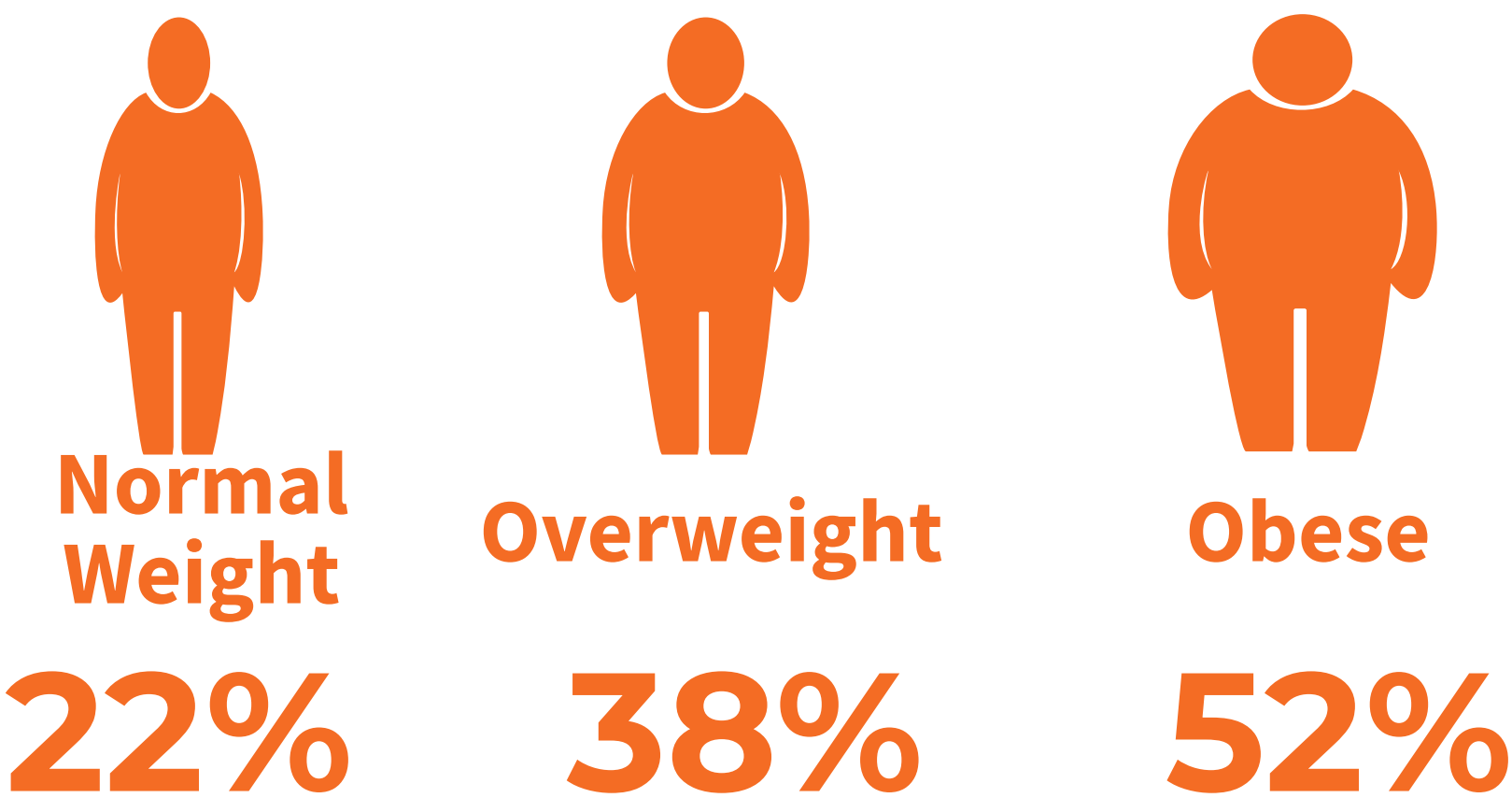
Ever told by a health care professional that have high blood pressure



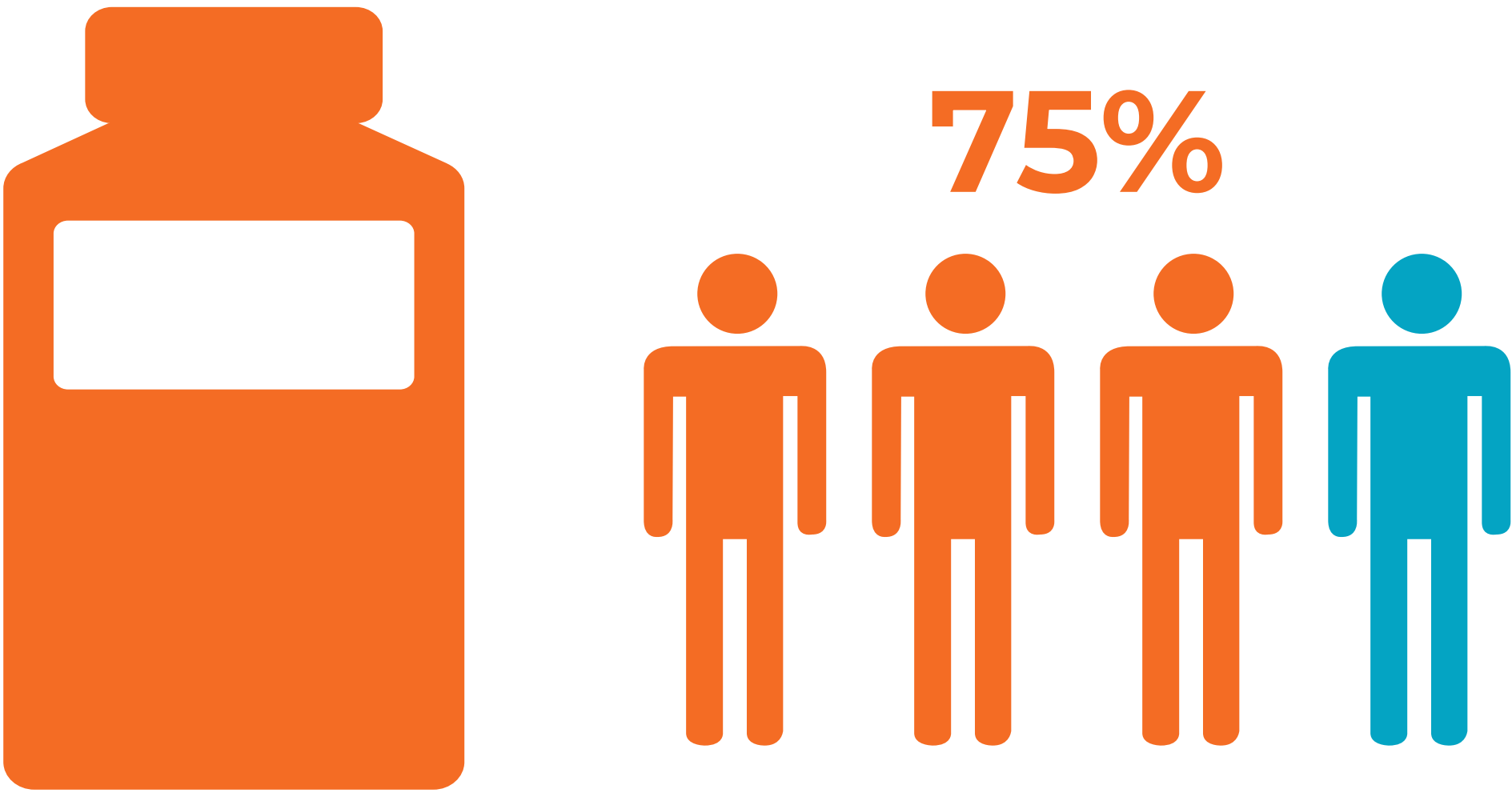
by race/ethnicity



by weight

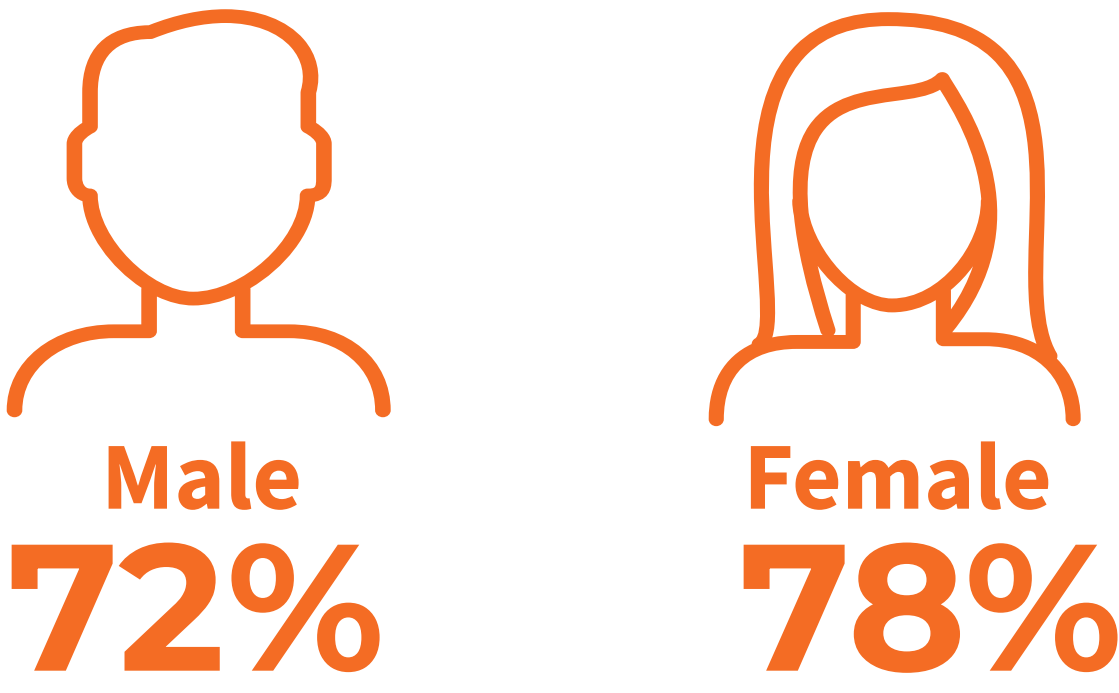


Taking medication if told high blood pressure



Taking medication if told high blood pressure

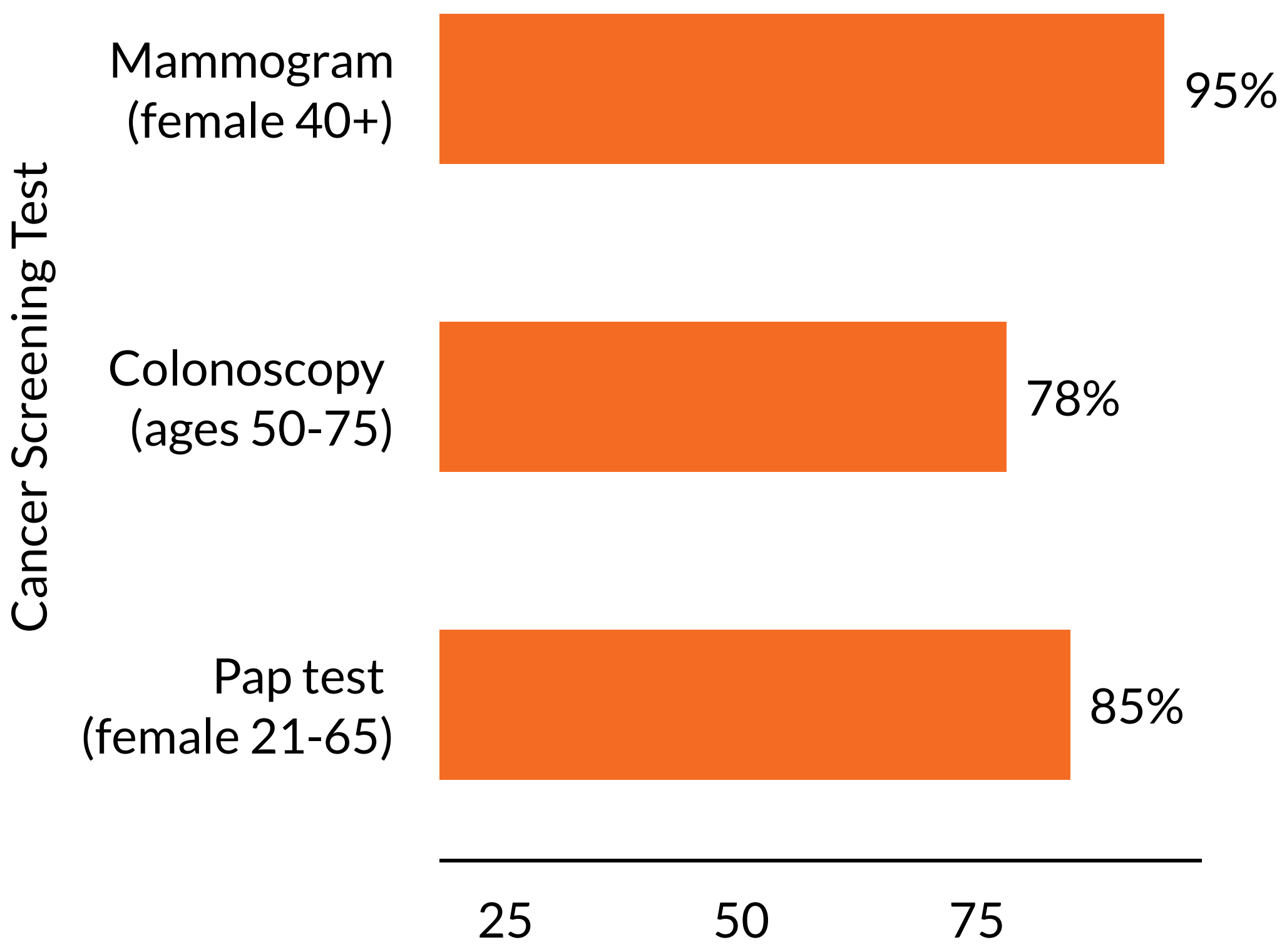
by gender



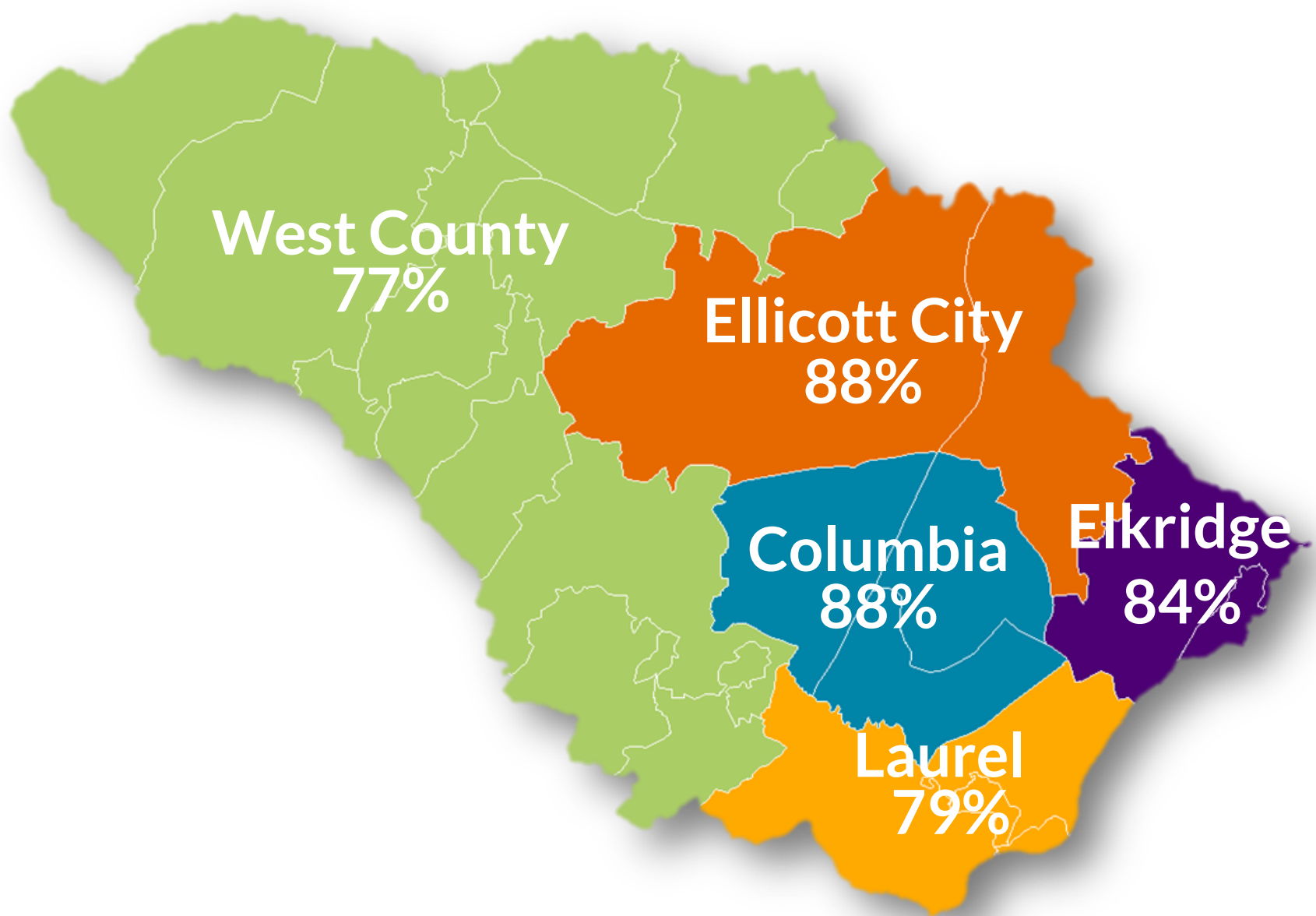
Chronic Disease

CANCER

Ever had screening test for breast, cervical or colon cancer



Cervical cancer screening by region

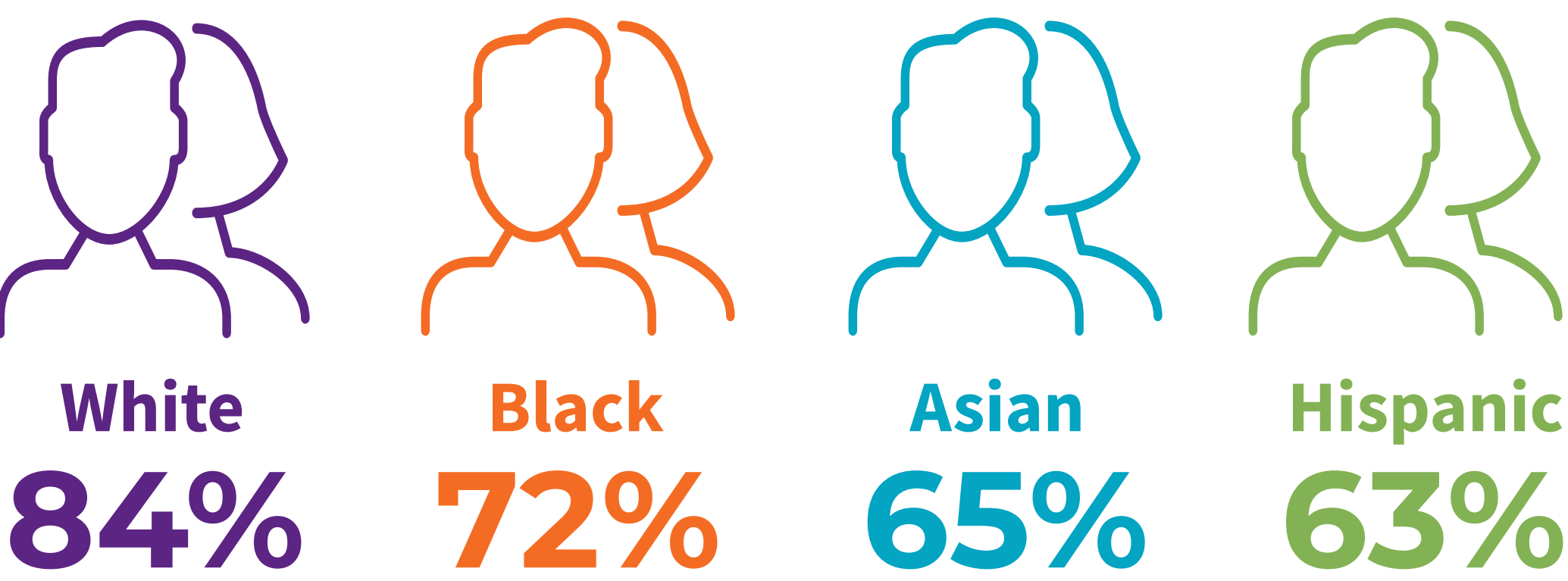


Breast cancer screening by healthcare coverage

69%

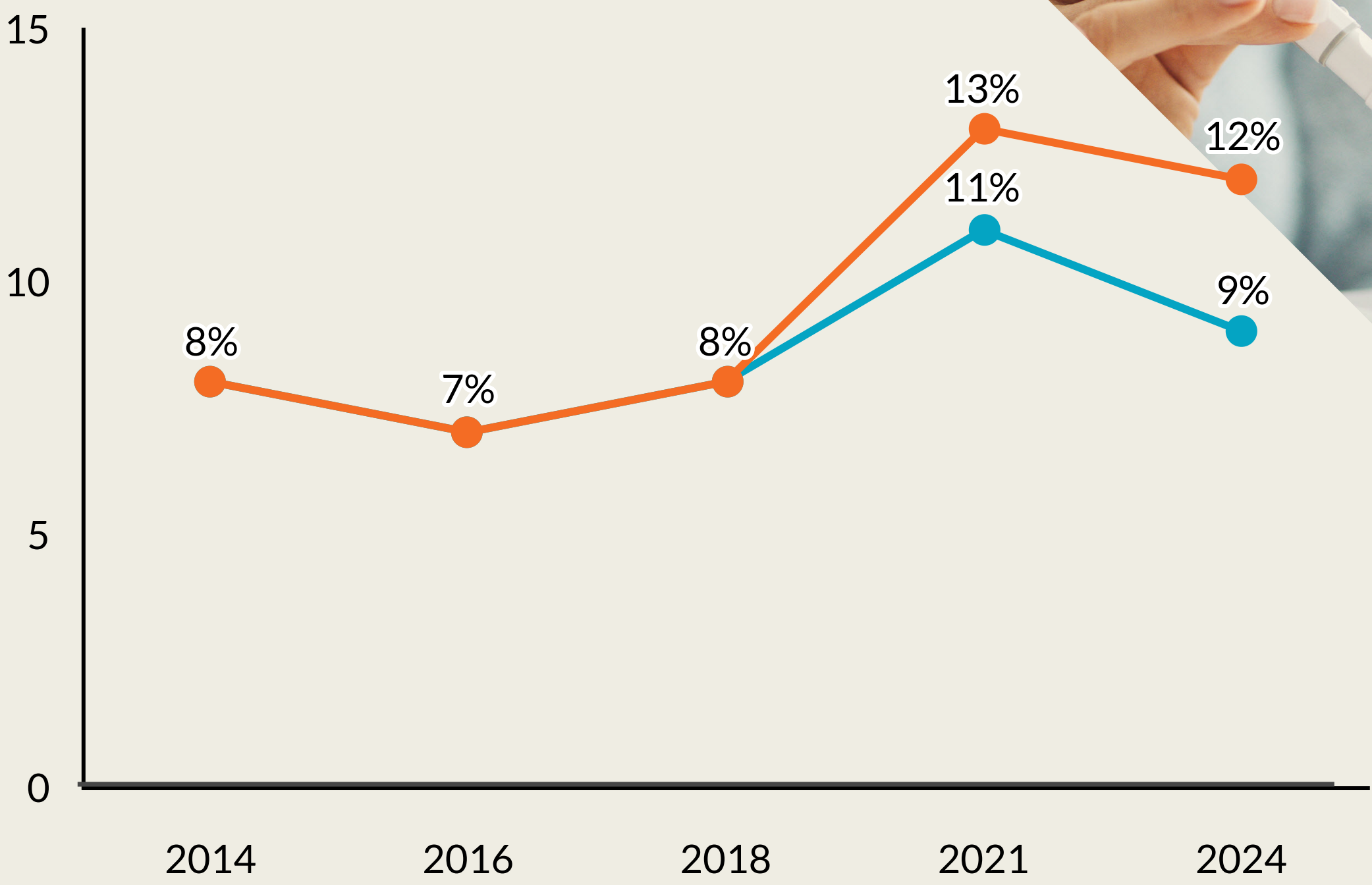
Uninsured women (40+) have had a mammogram

Colon cancer screening by race/ethnicity



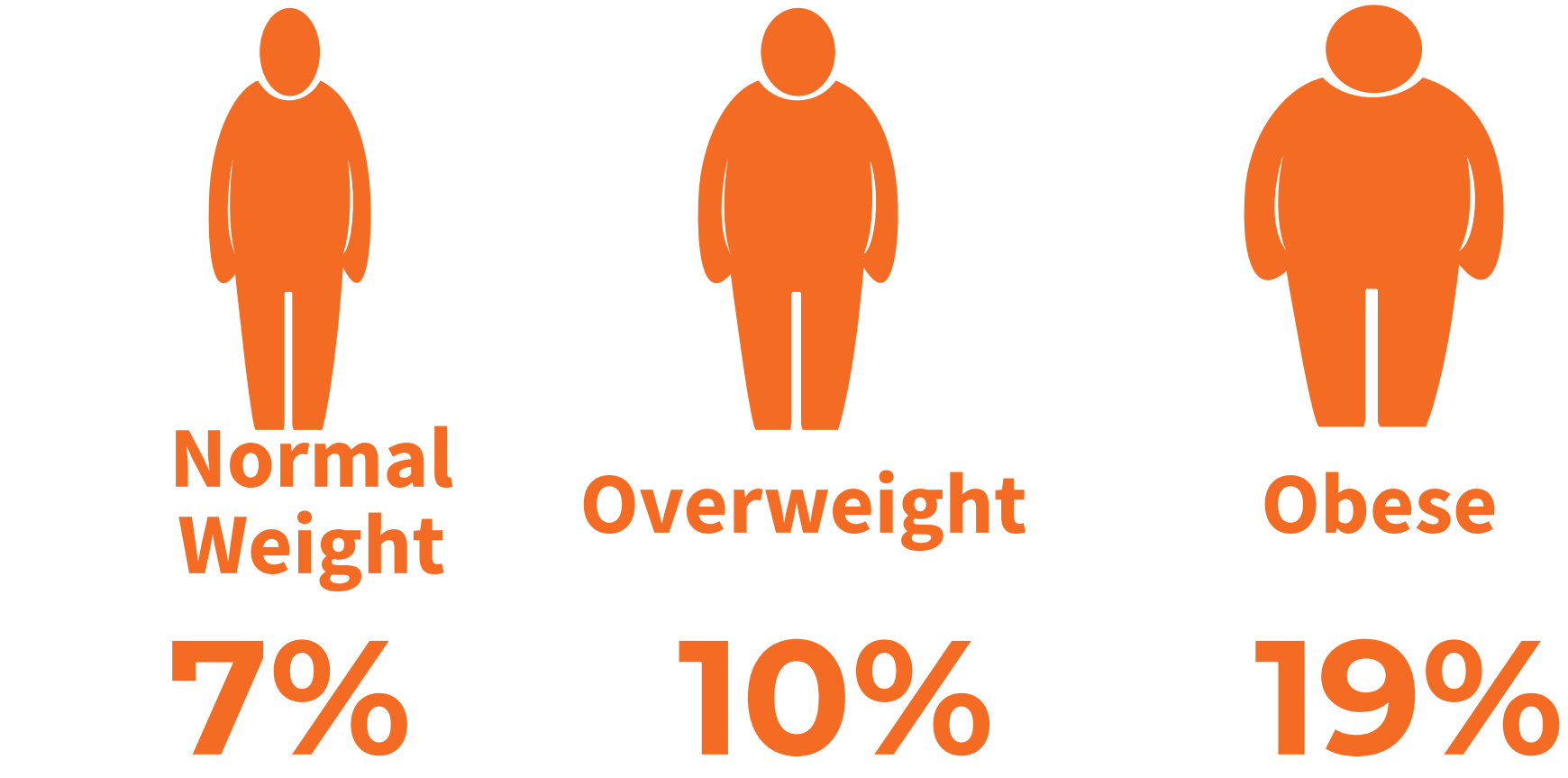
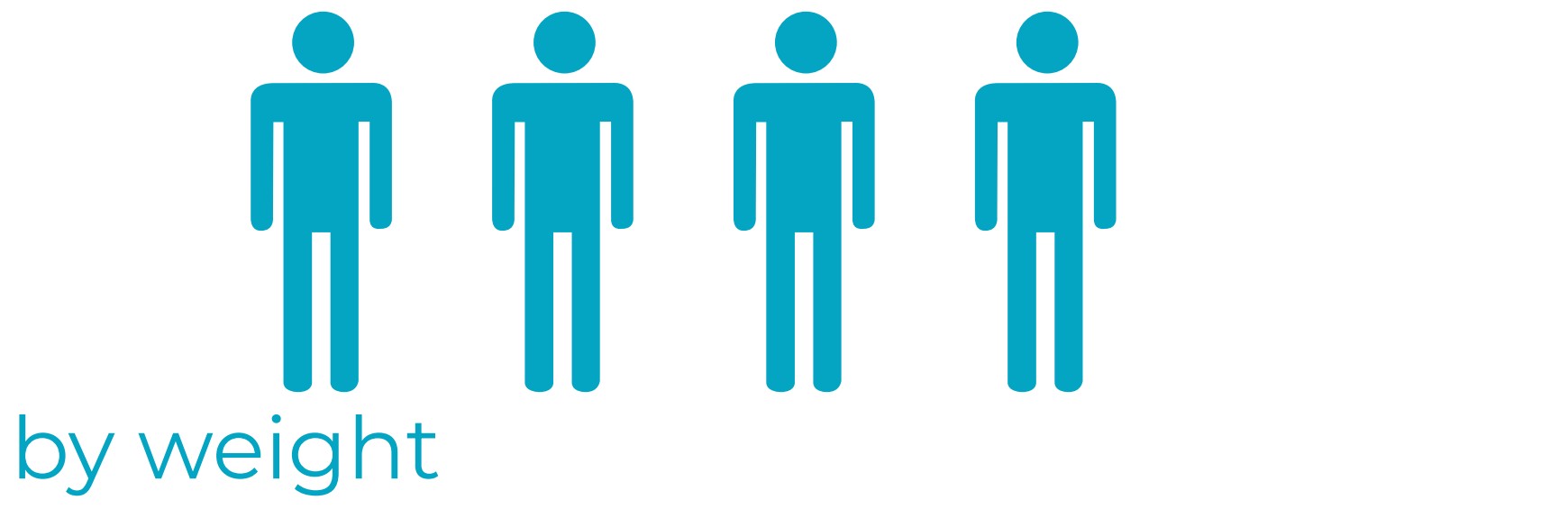
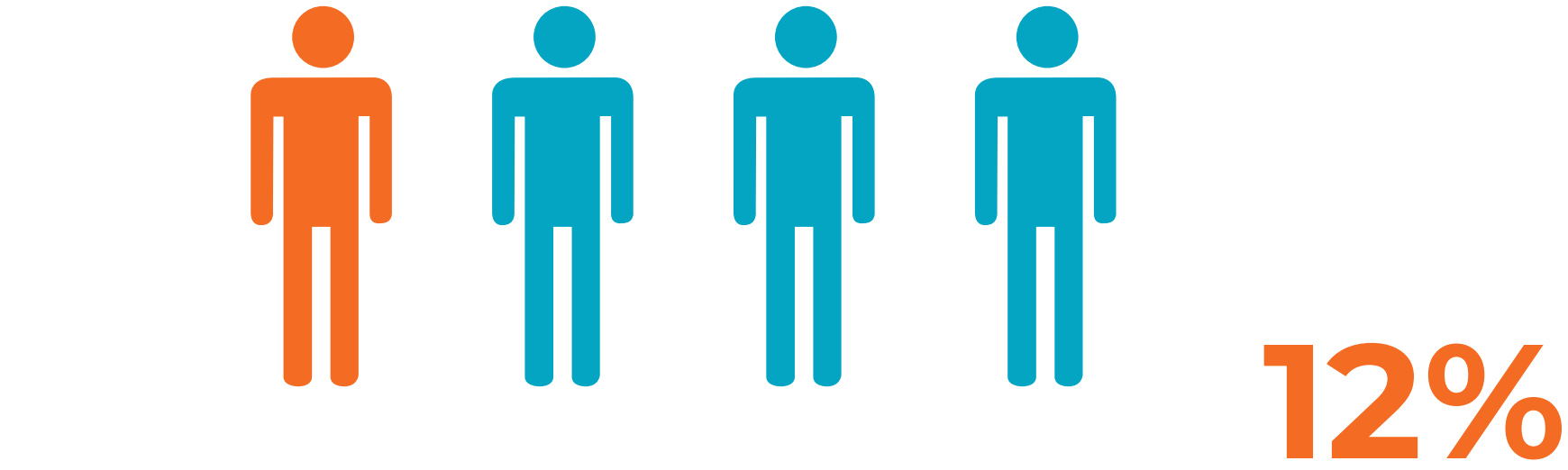
DIABETES

Ever told you have diabetes or pre-diabetes/borderline diabetes?

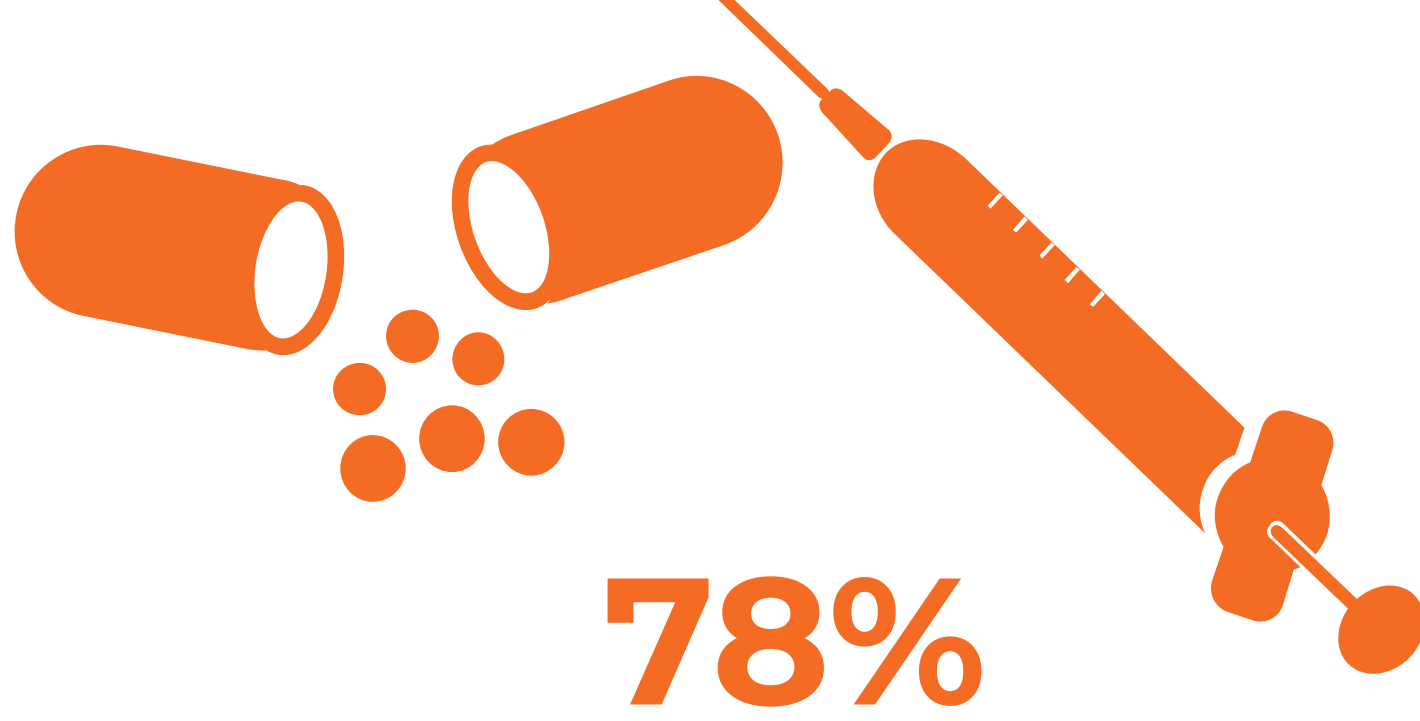


Diabetes Pre-diabetes/borderline diabetes

Ever told you have diabetes

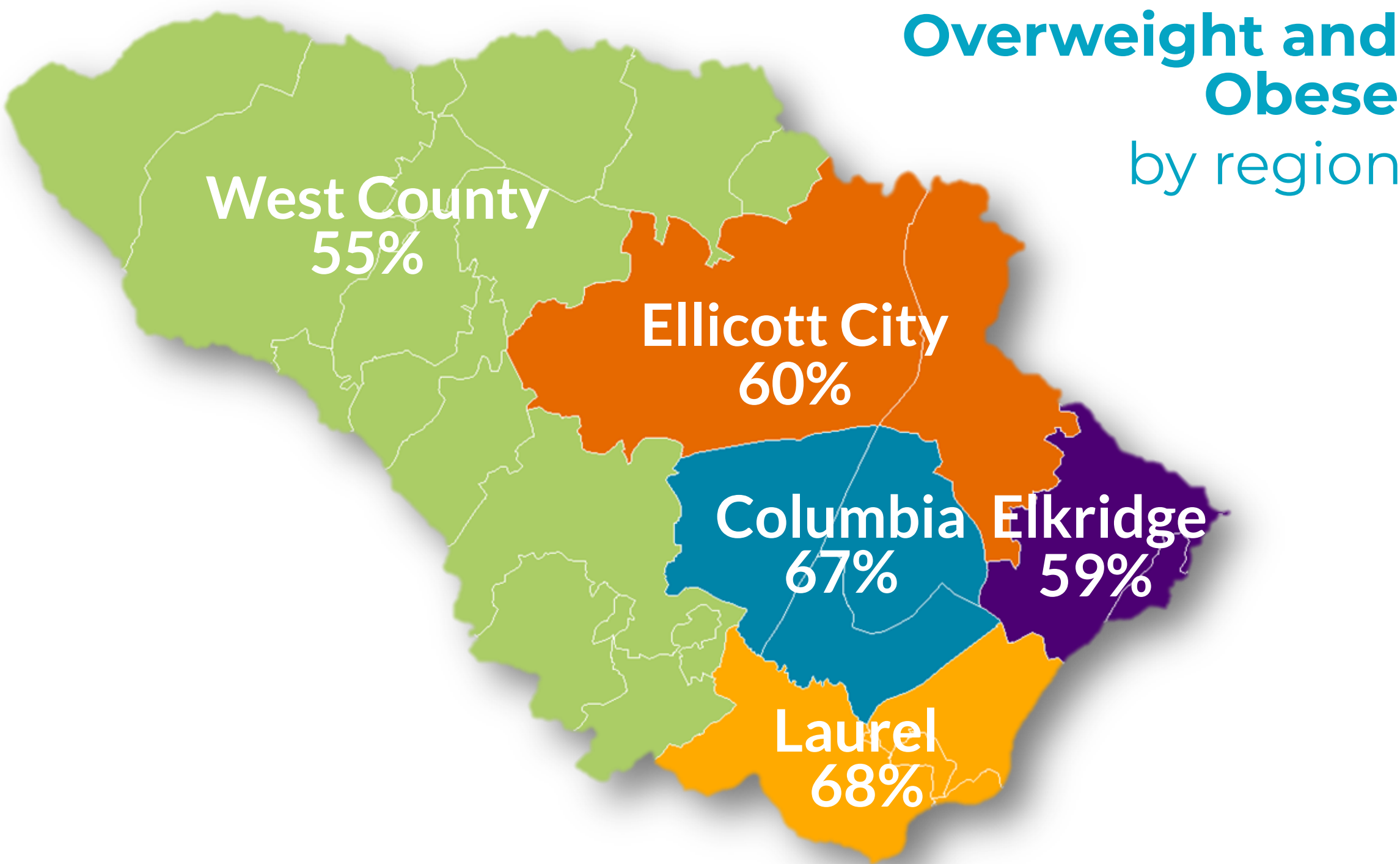
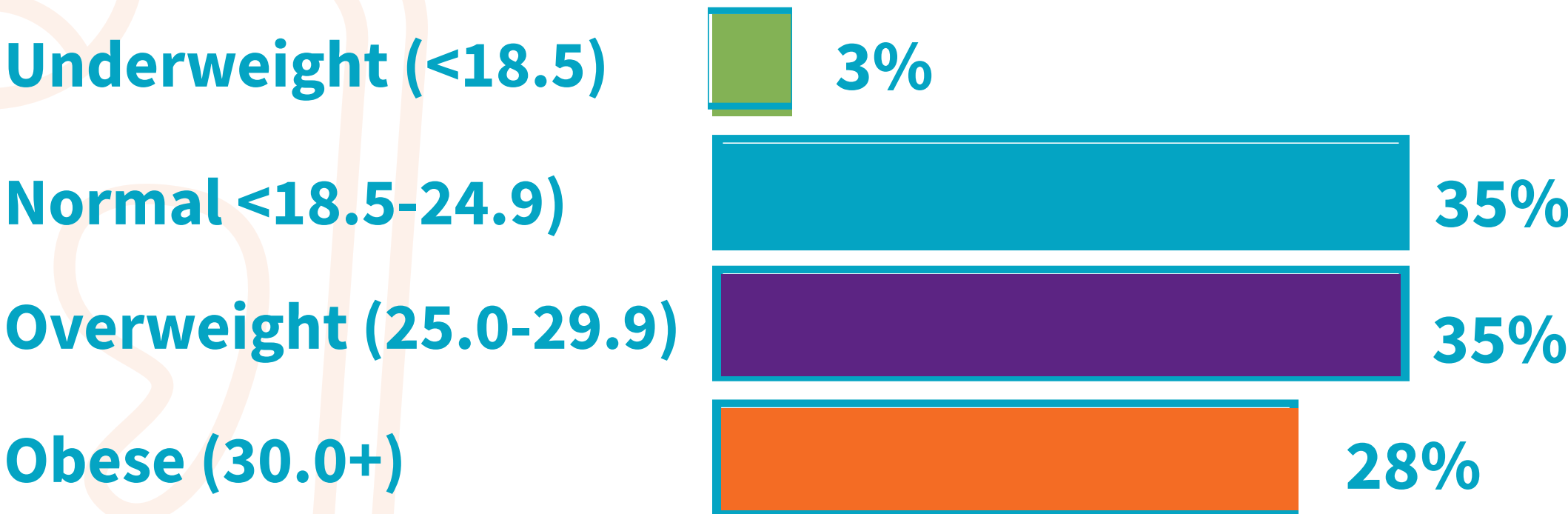


Now taking medication for diabetes, if told you have diabetes

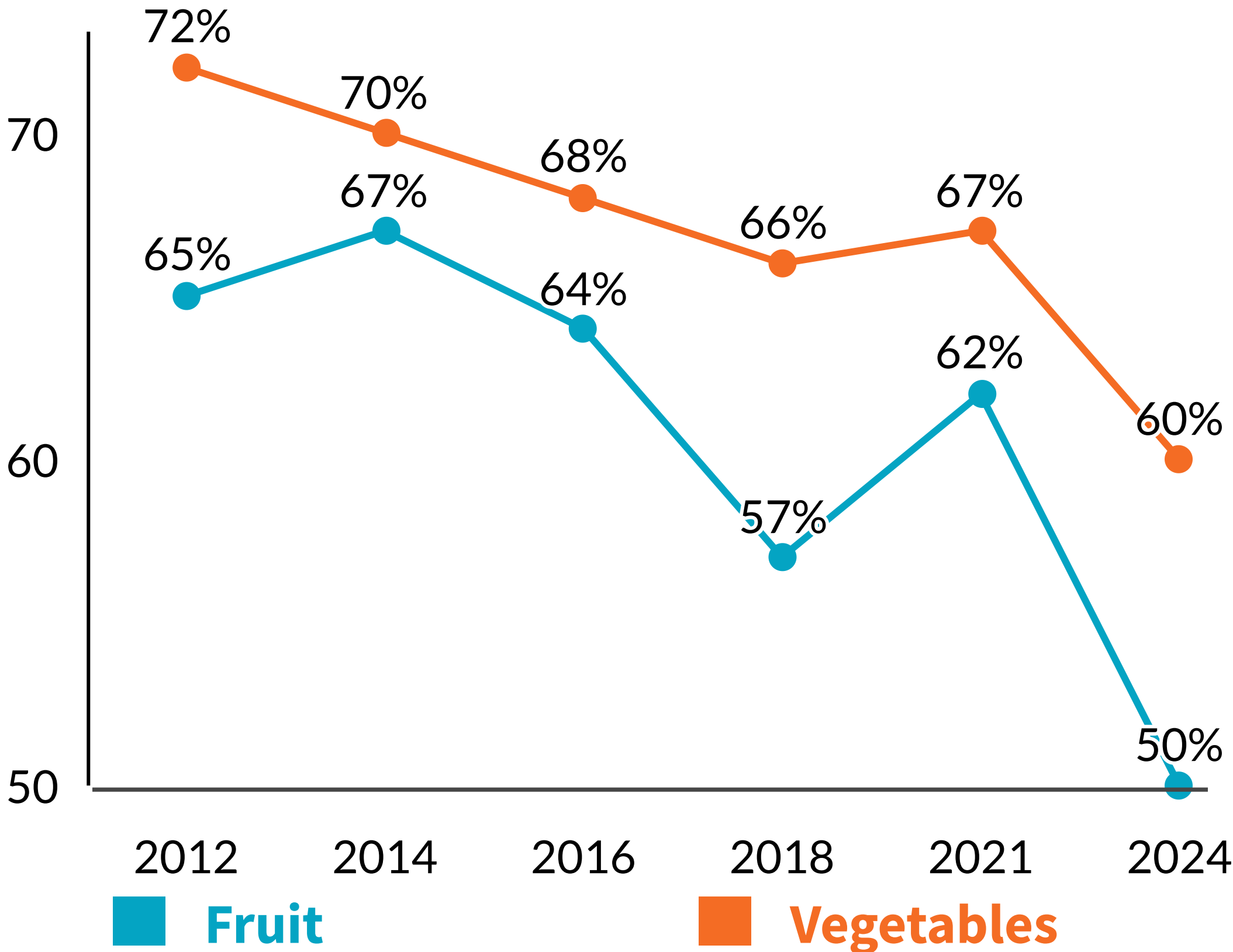


Weight, Nutrition & Sleep

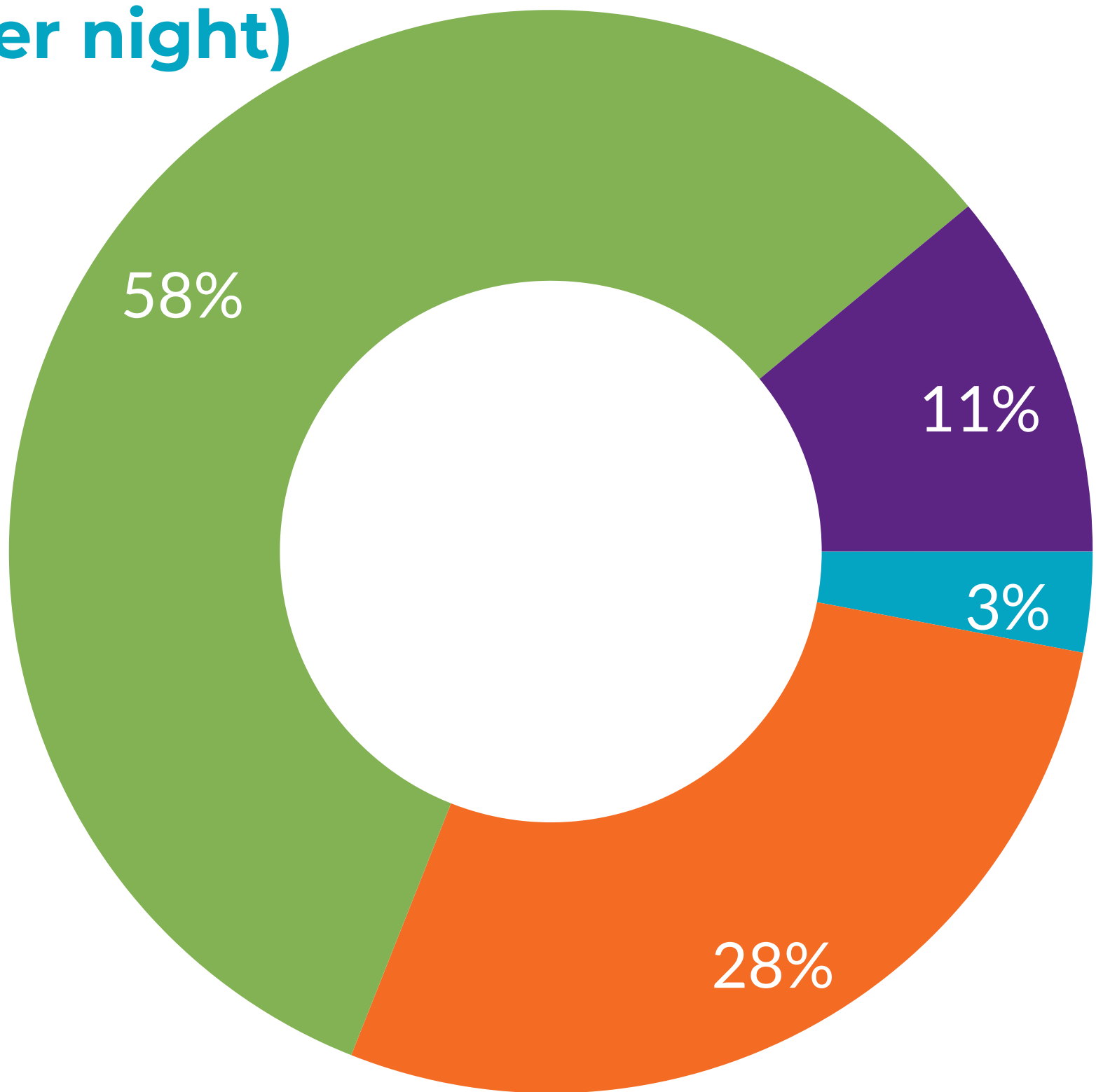
Body Mass Index



Ate fruit or vegetables at least once per day



Sleep (hours per night)

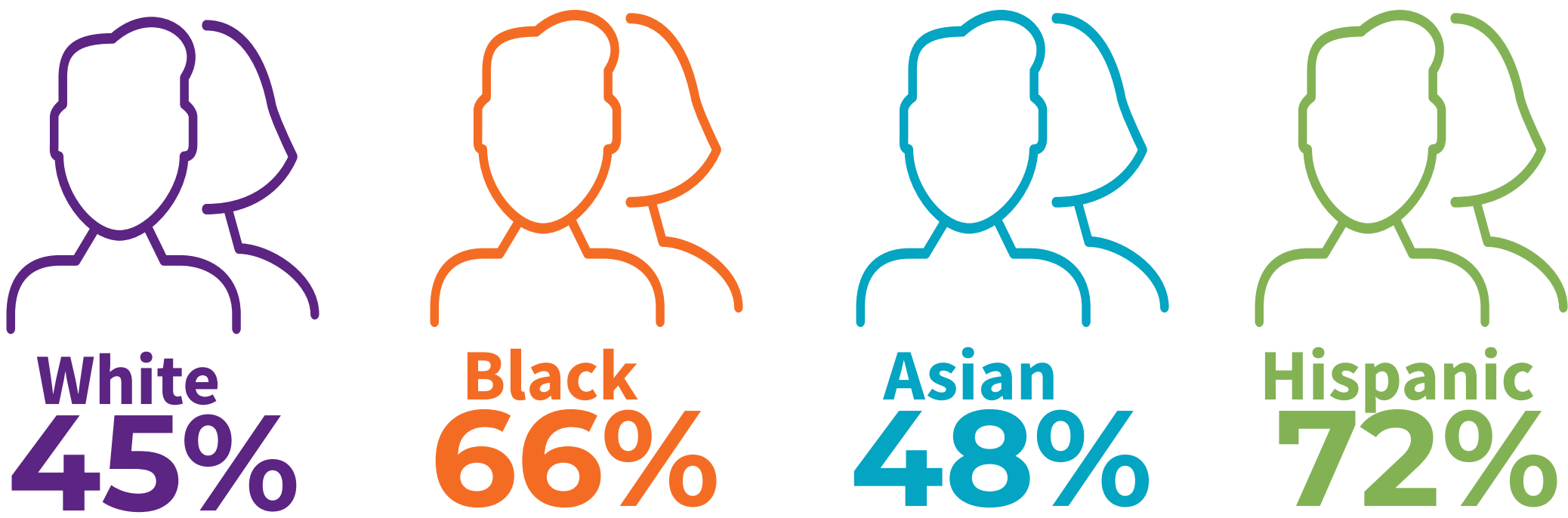


< 5 **5-6** **7+**
Don't know/prefer not to say

Had sugary drinks in the home

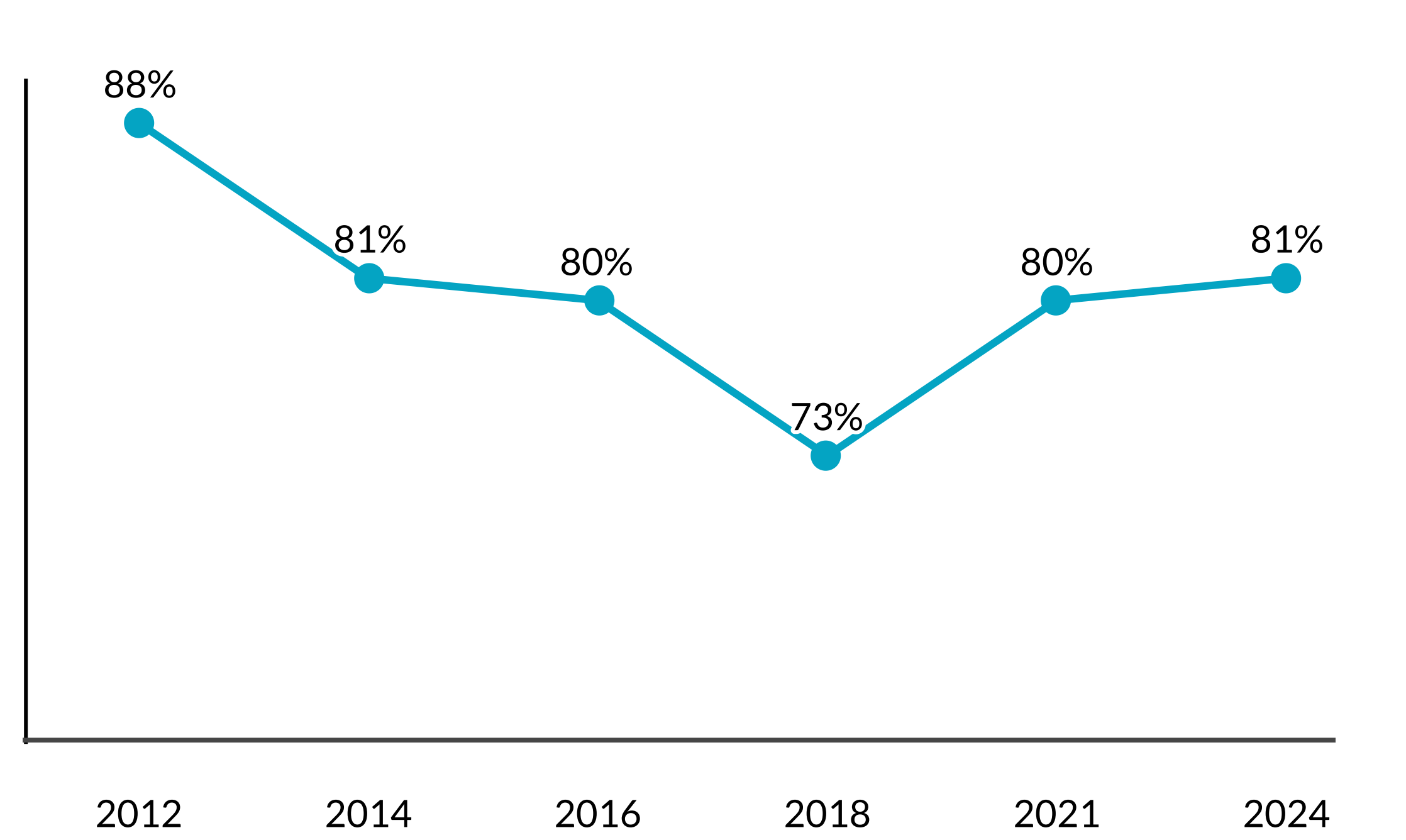


by race/ethnicity

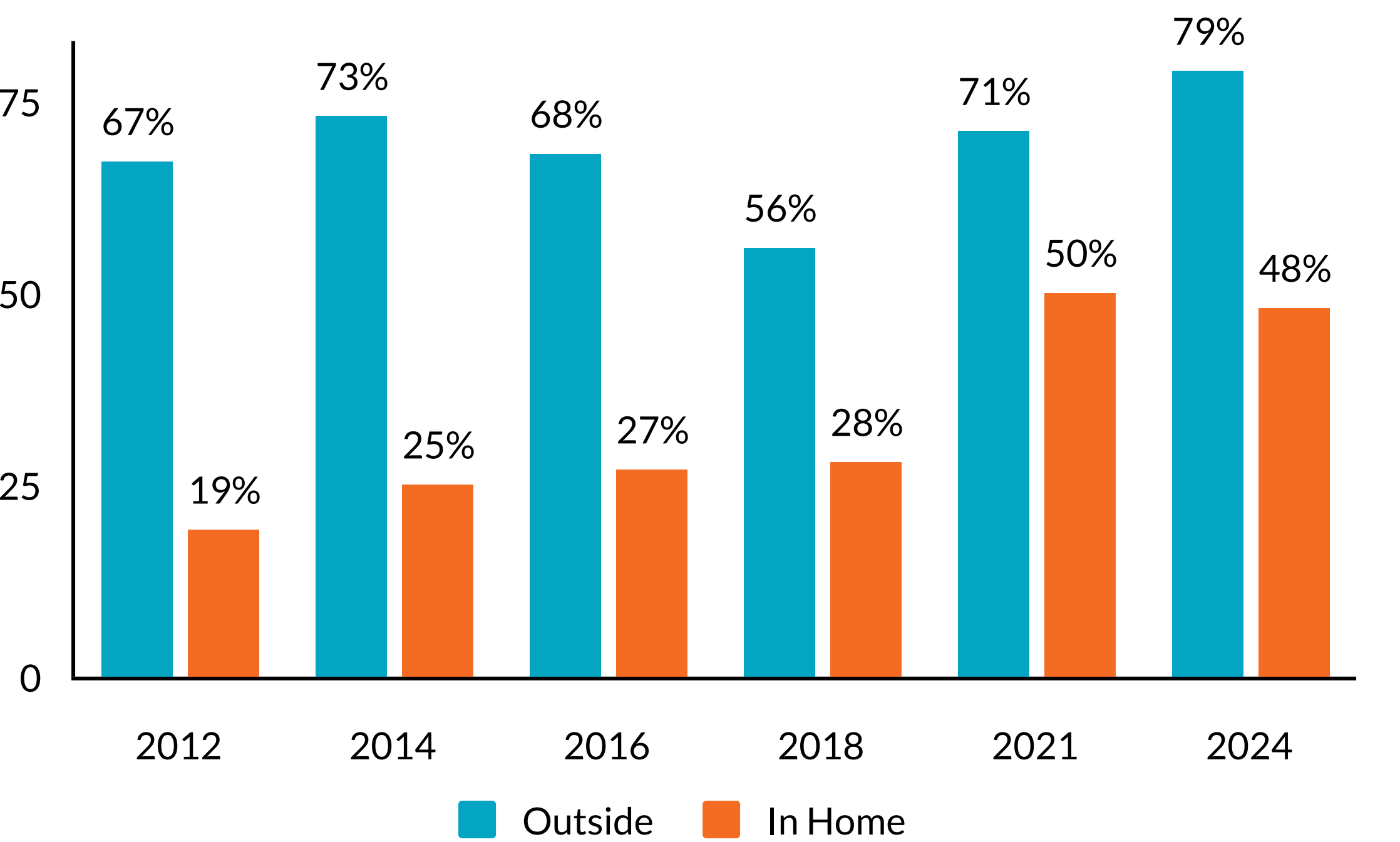


Physical Activity

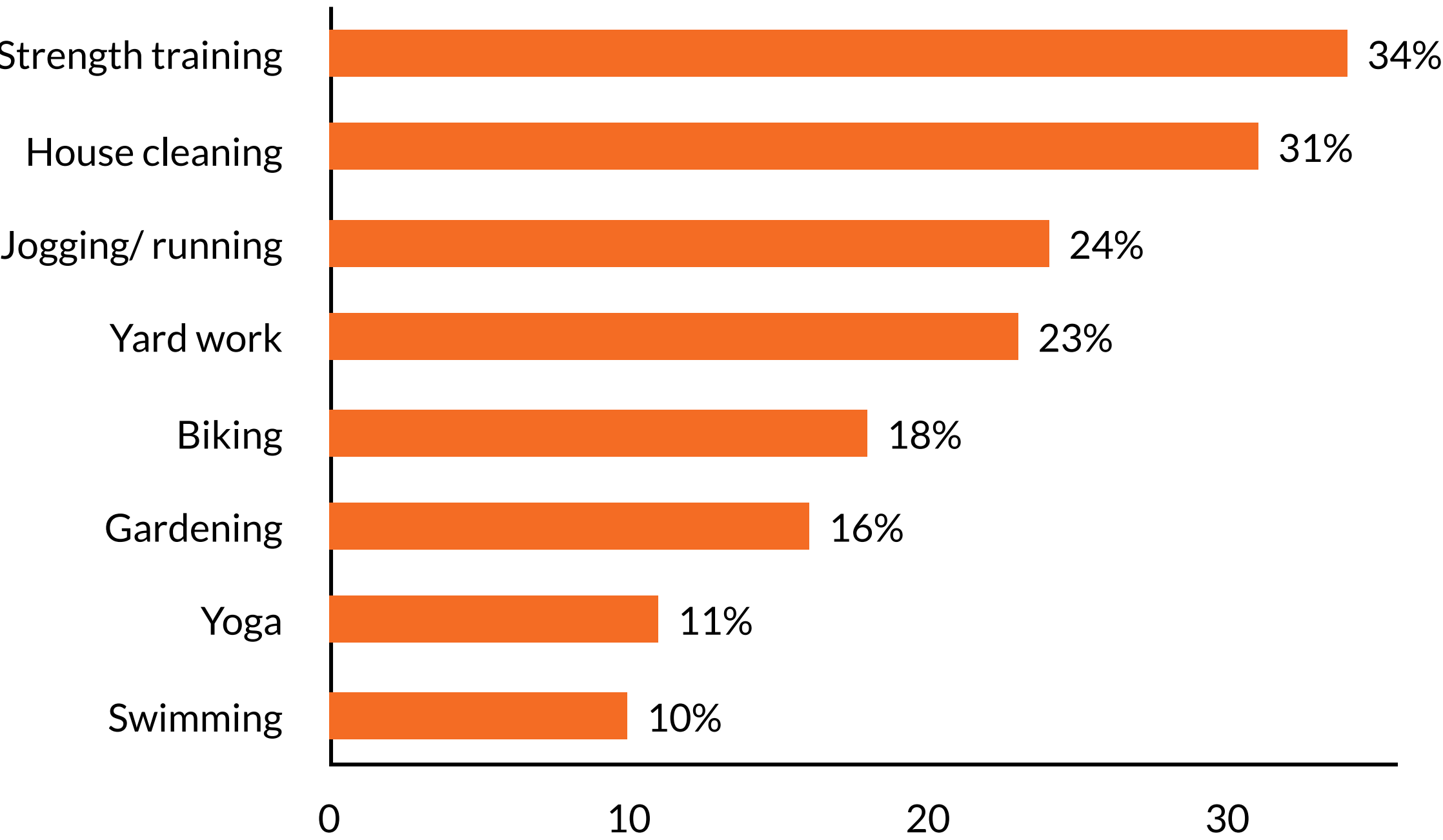
Physical activity in the past week that raised heart rate and lasted at least 10 minutes



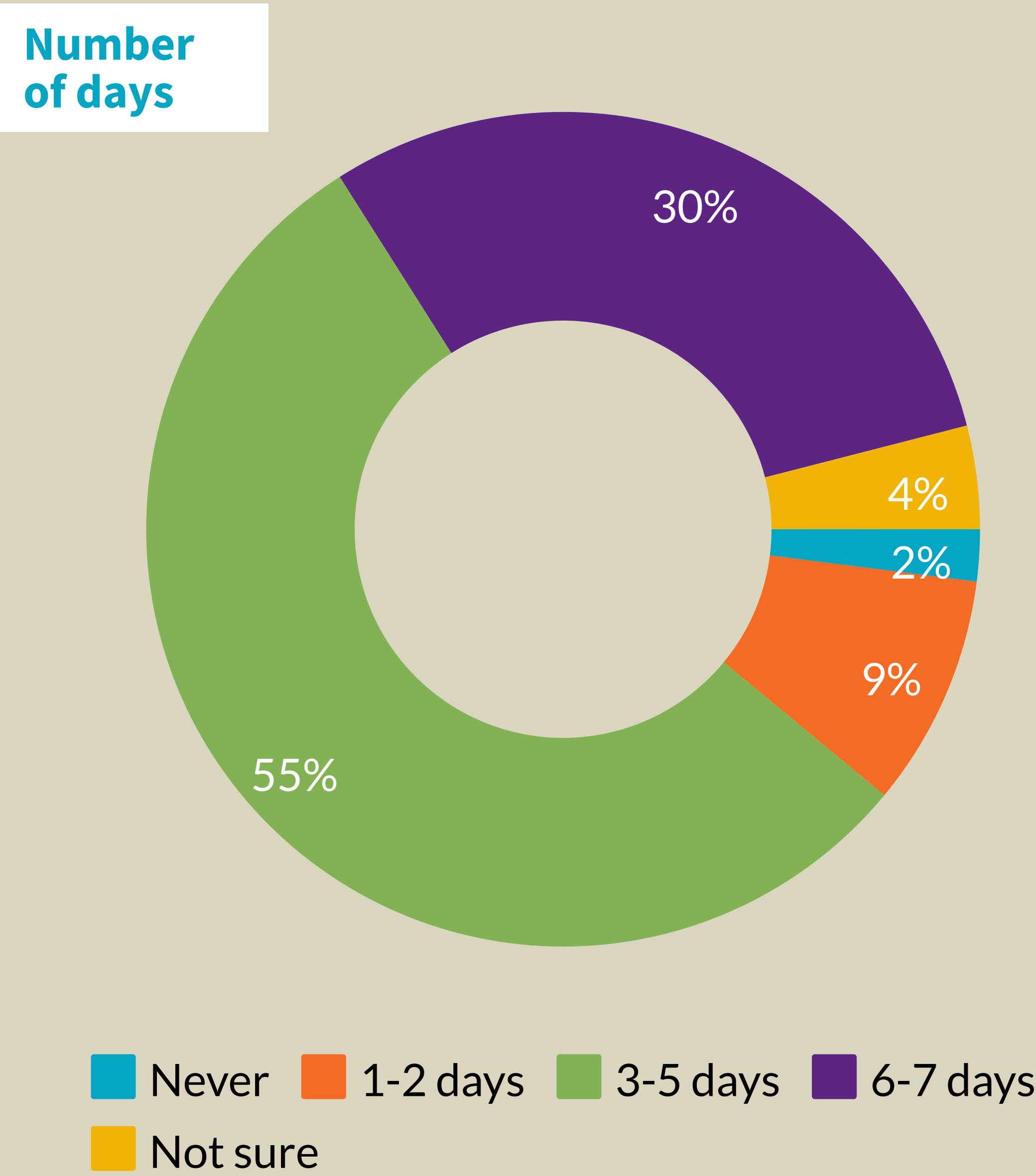
by location



by type



Participated in any physical activities or exercise in the past week



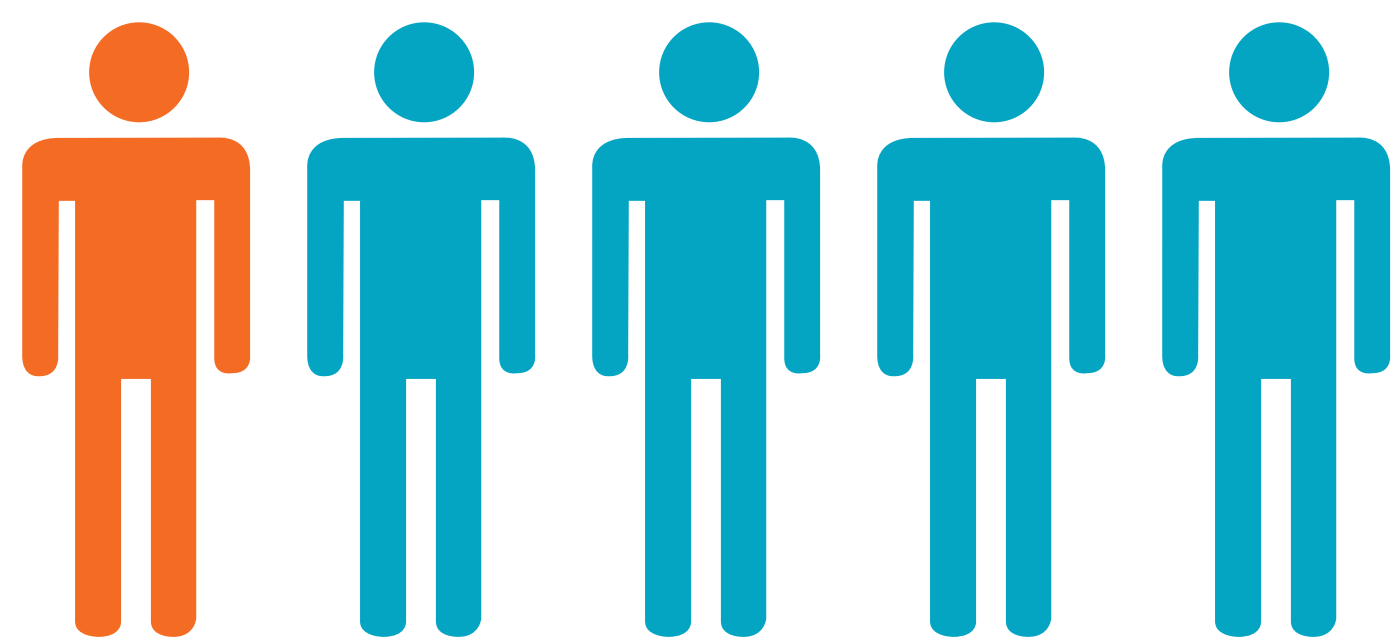
10%
Families wanted to but did not enroll a child in youth sports due to cost or time

Food Insecurity & Financial Worries

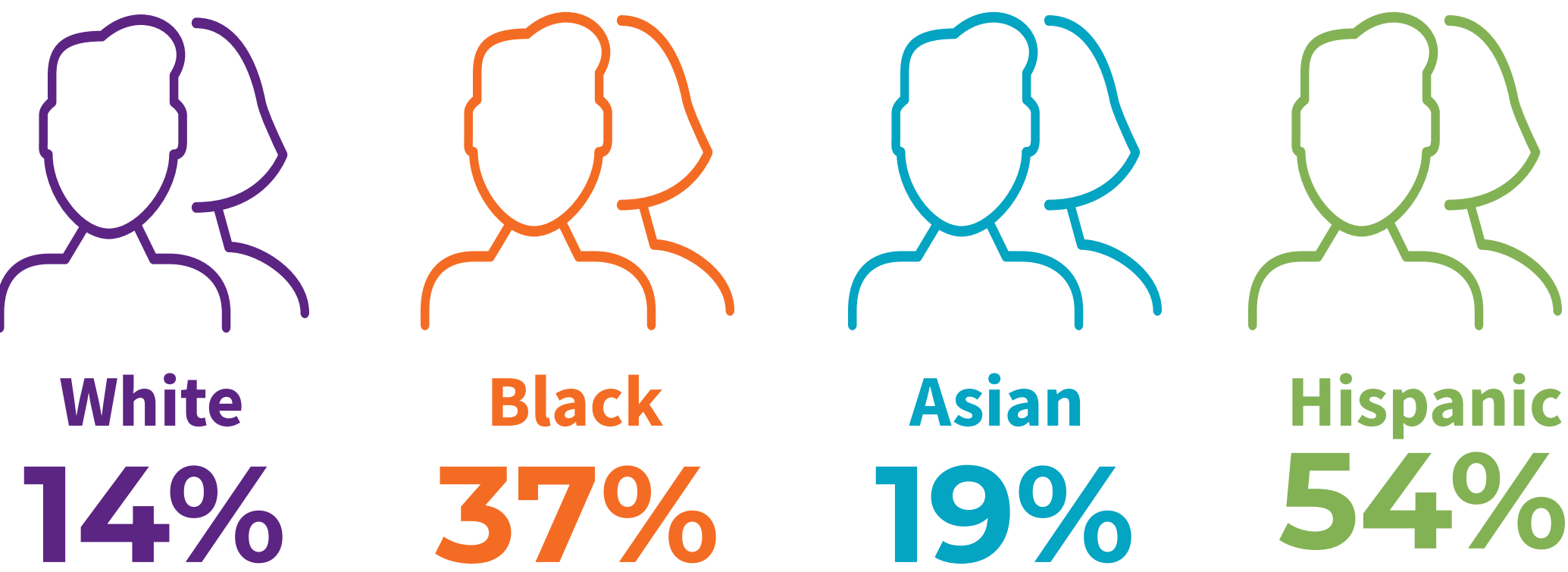
FOOD INSECURITY

Worried would run out of food or ran out of food

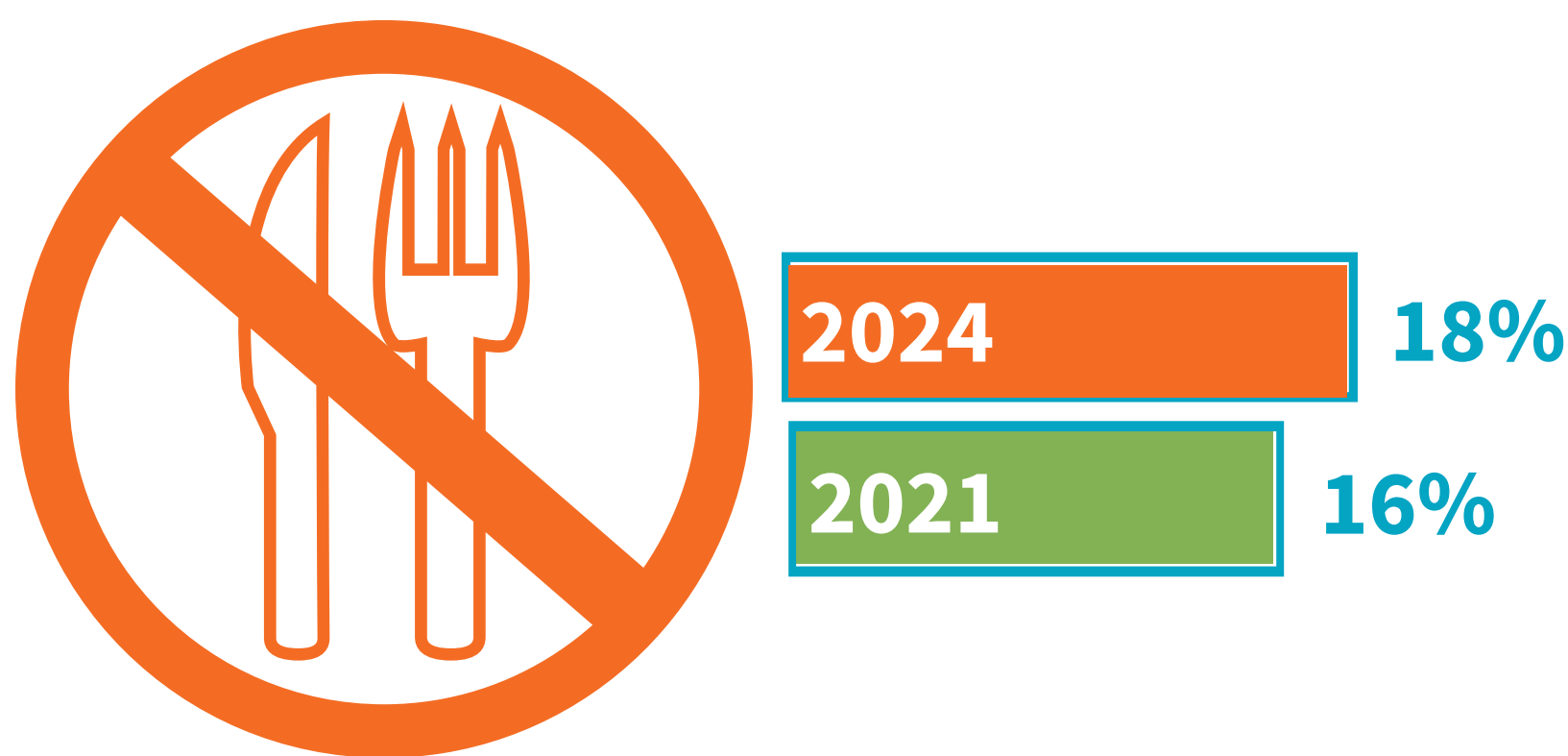
20%



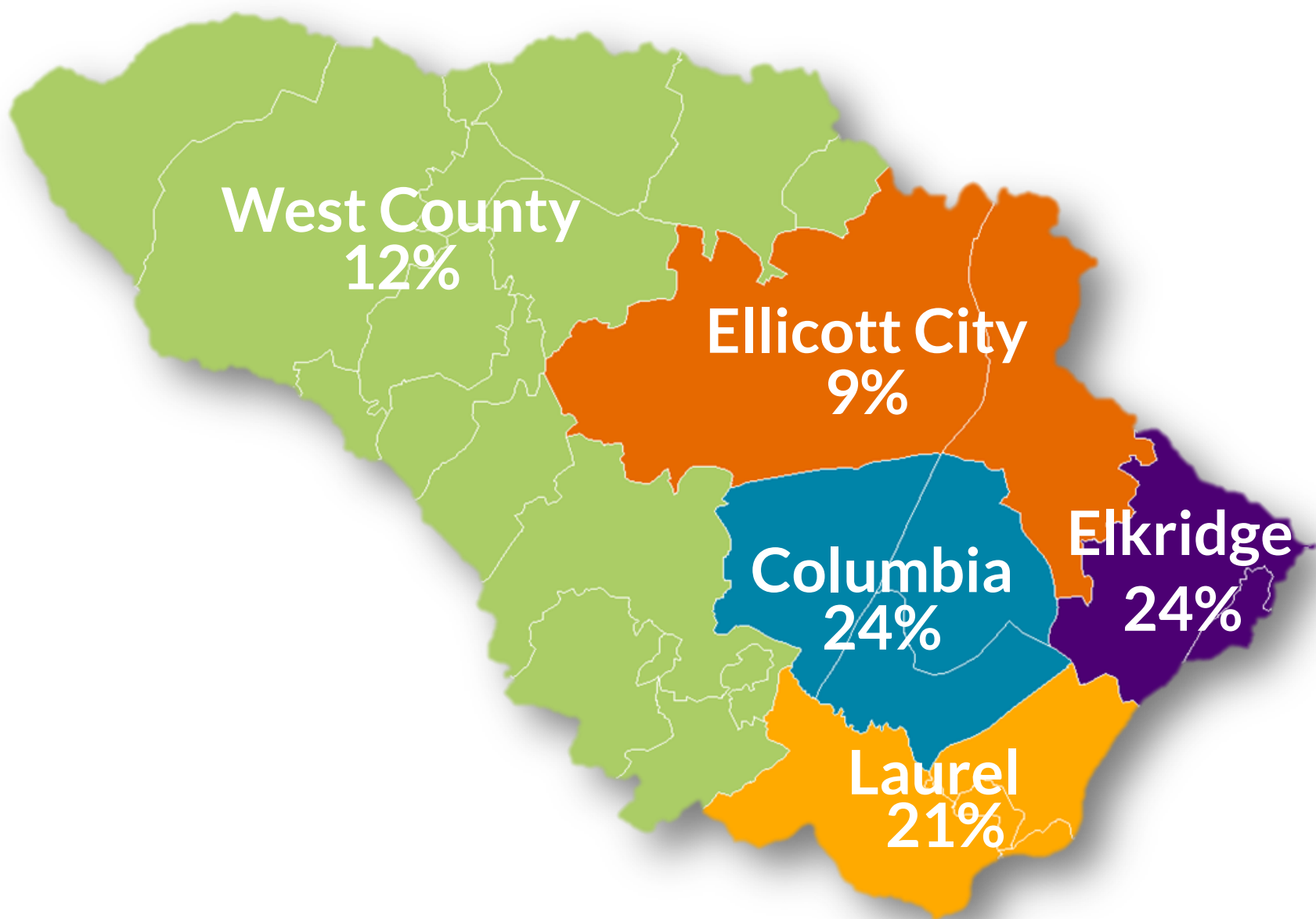
by race/ethnicity



Sometimes or often worried you would run out of food

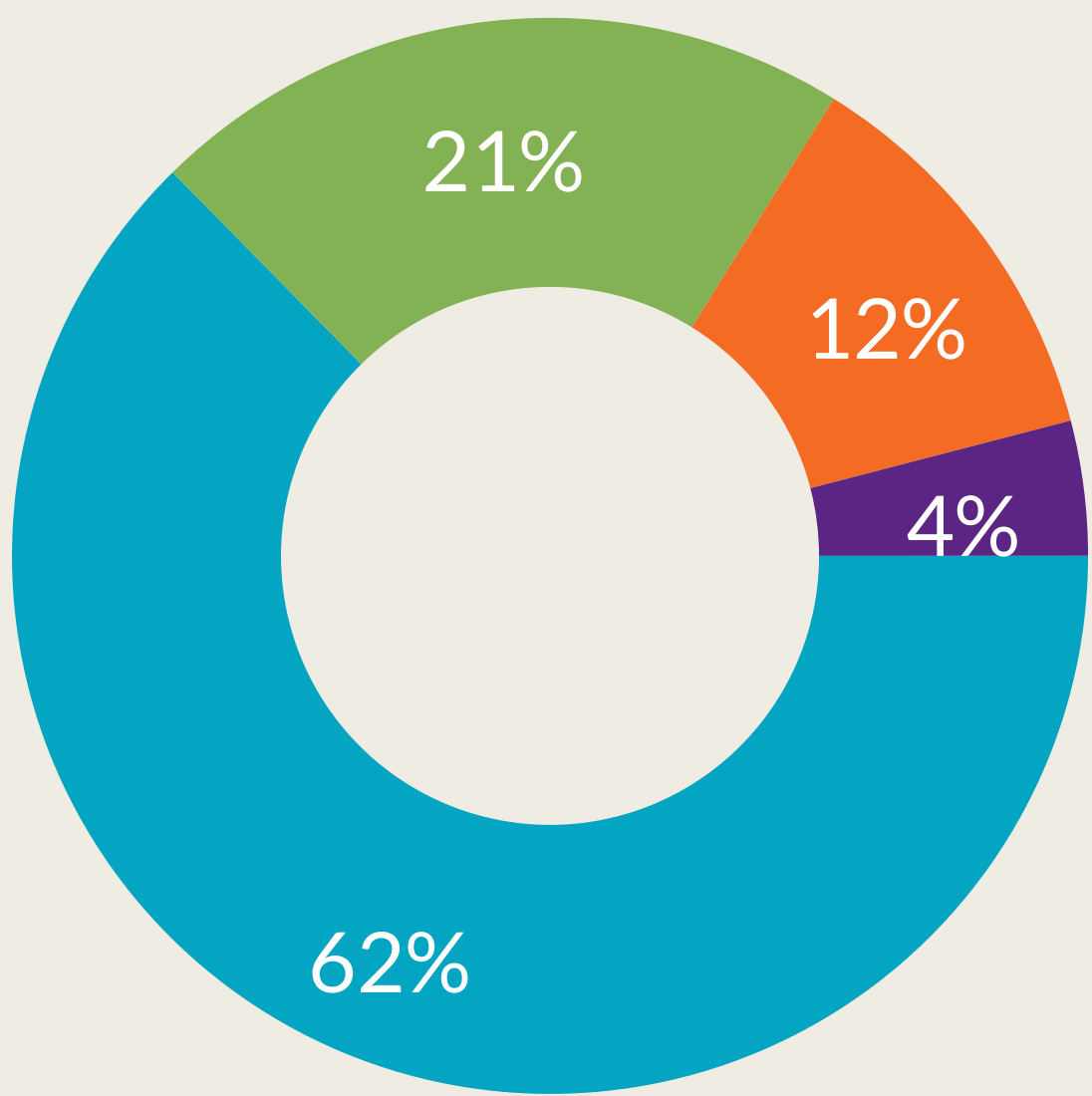


by region



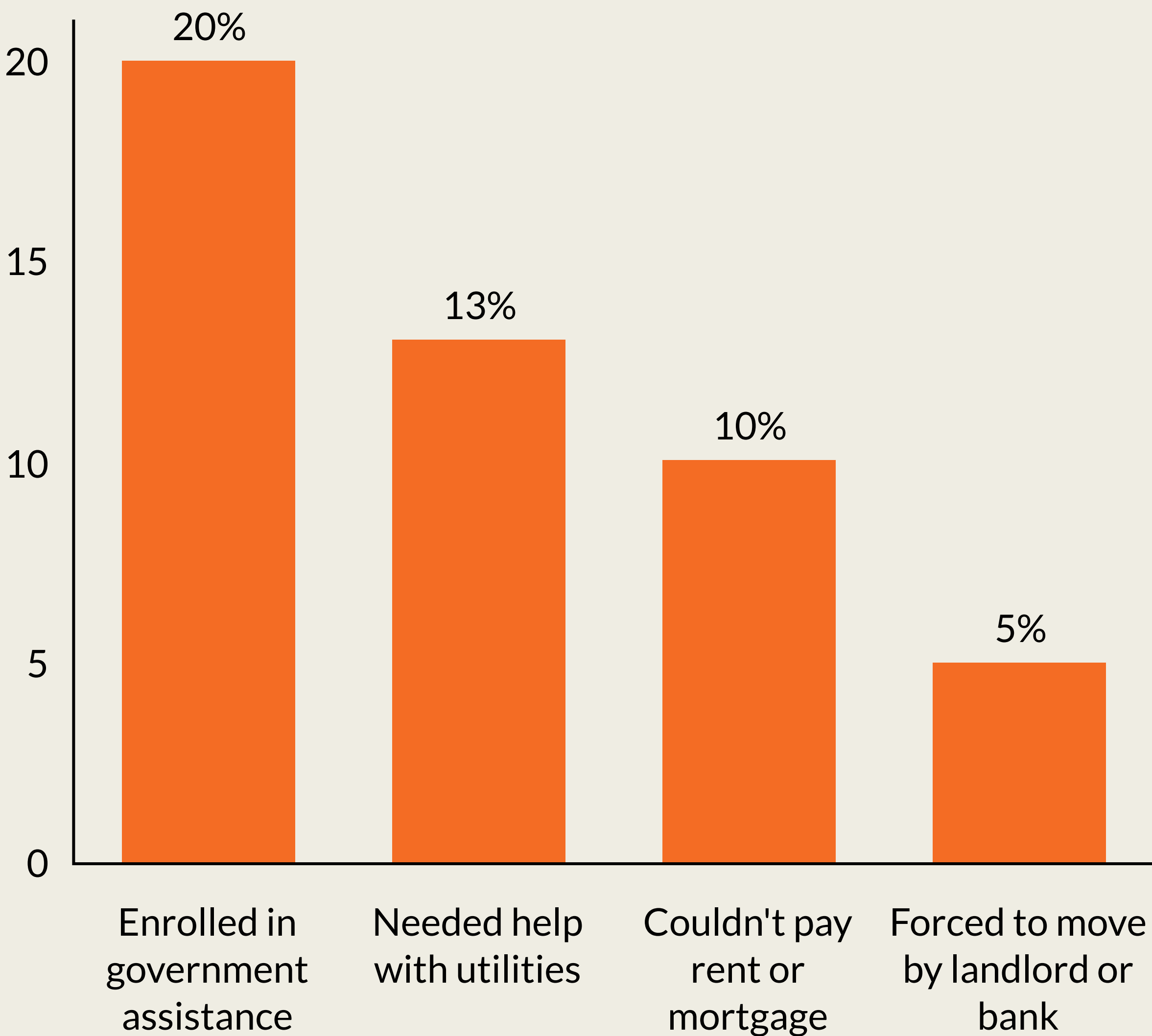
FINANCIAL WORRIES

Worried about money for vital expenses (rent, mortgage, food)



Often Sometimes Never
Not sure / not applicable

Financial needs in the past year



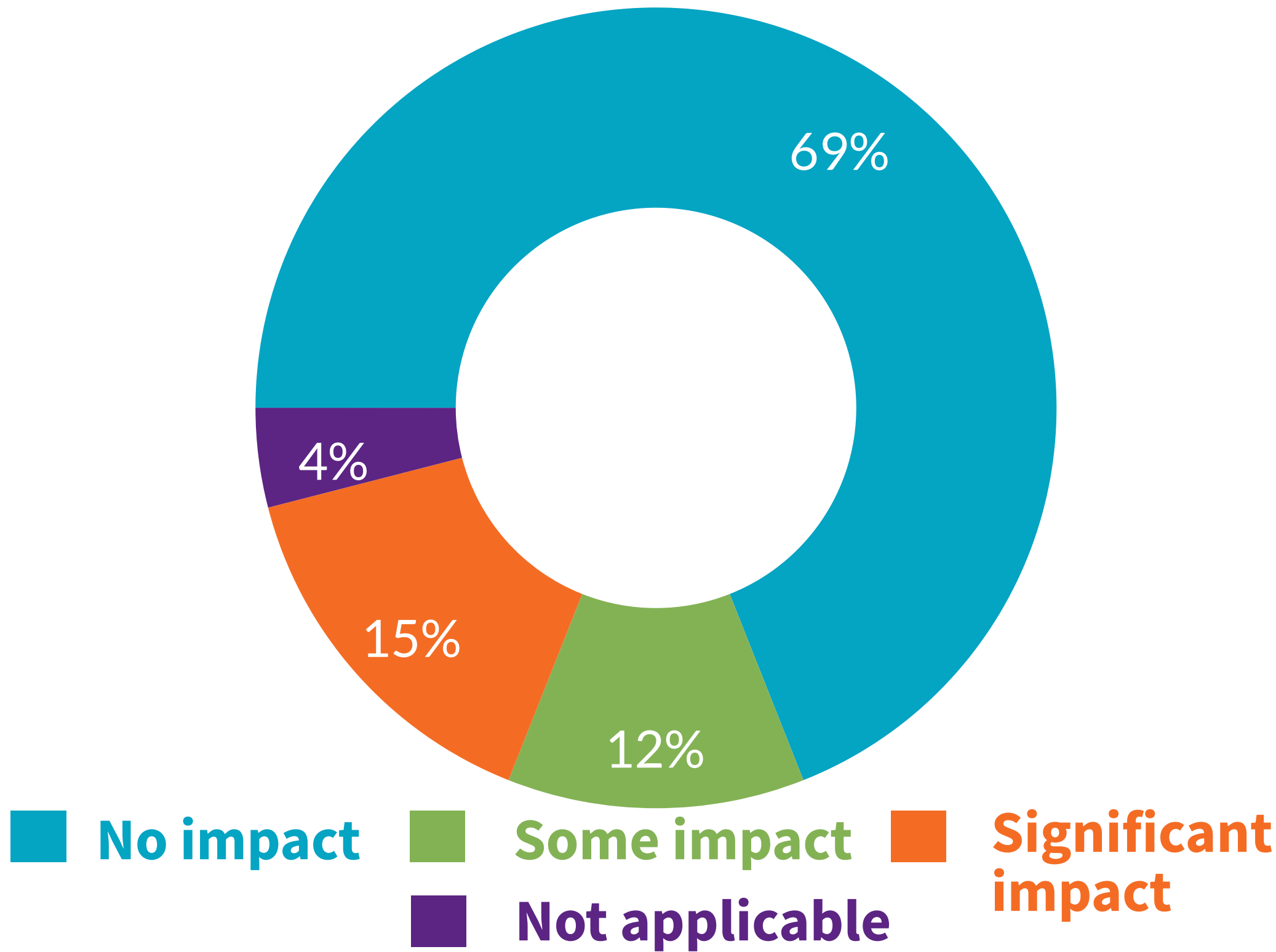
Went to food bank in past 12 months



Healthcare Quality & Communication

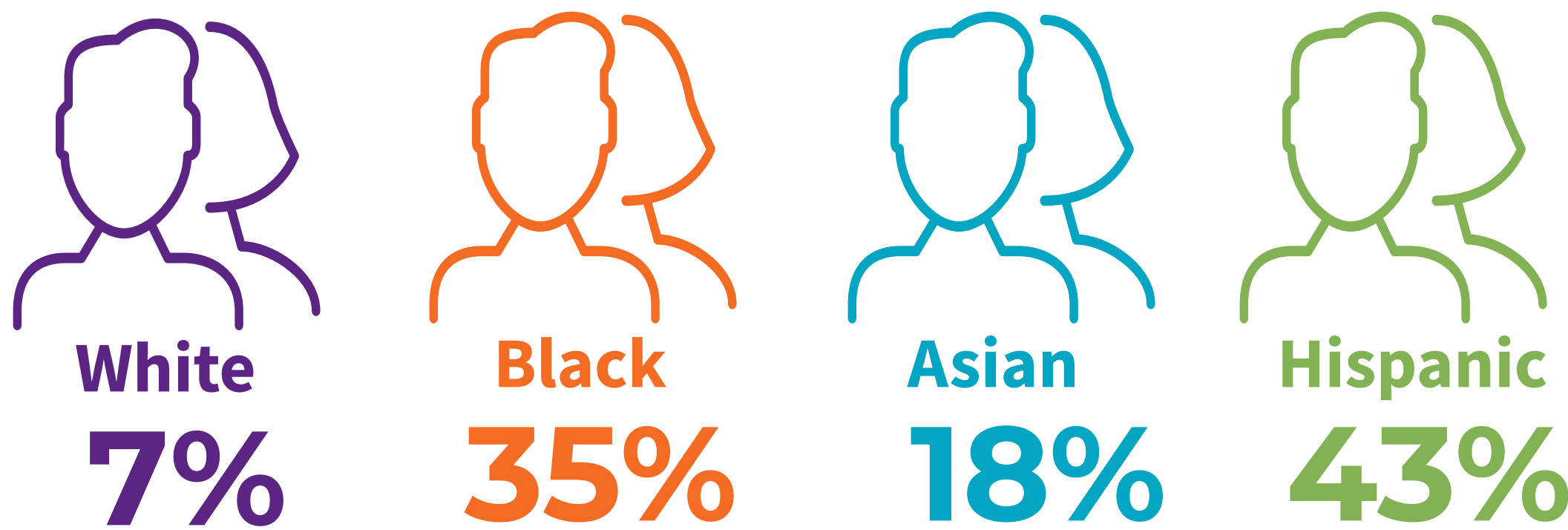
QUALITY OF CARE

Felt their race or ethnicity had a negative impact on the quality of healthcare services



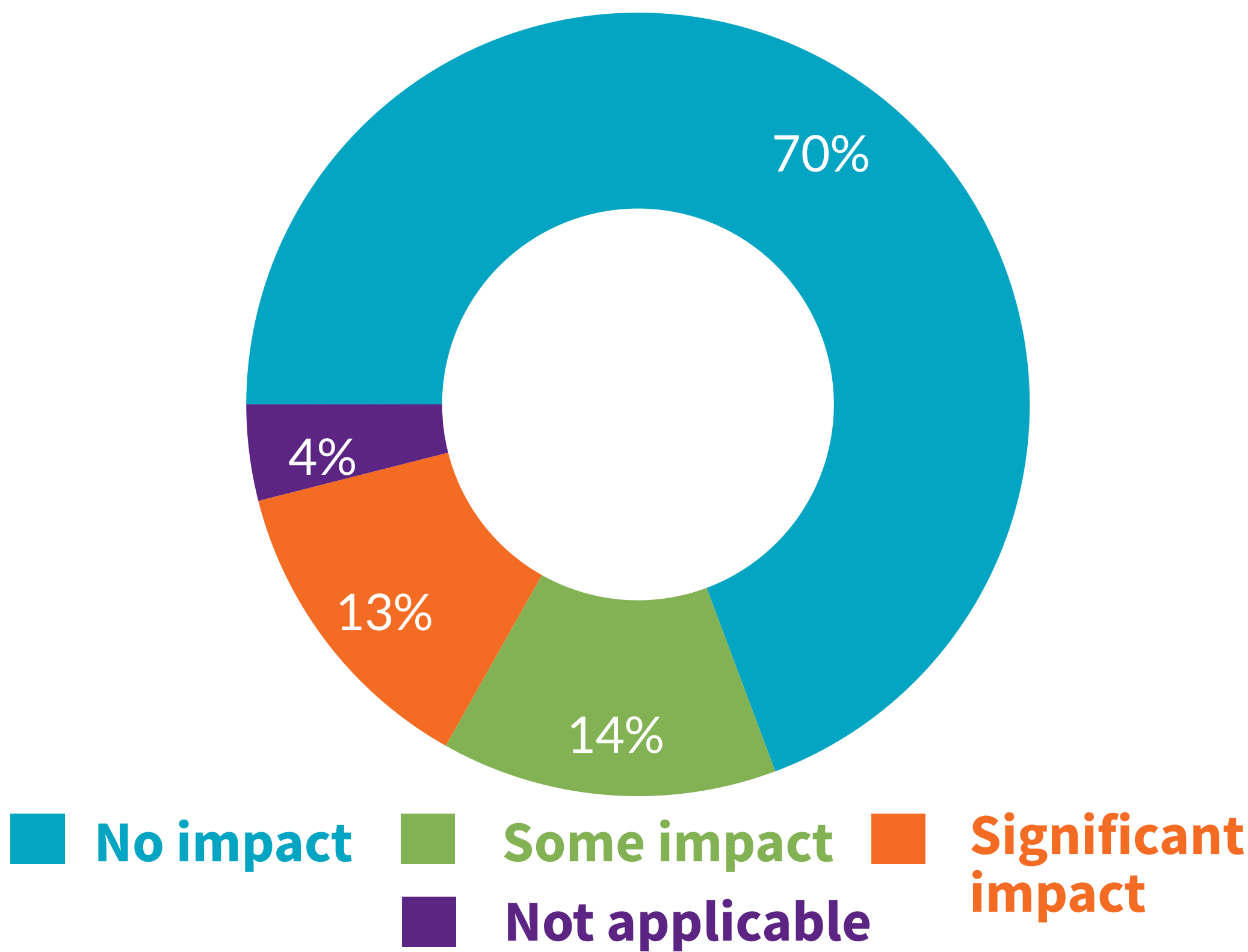
Significant negative impact on the quality of service experienced

by race/ethnicity



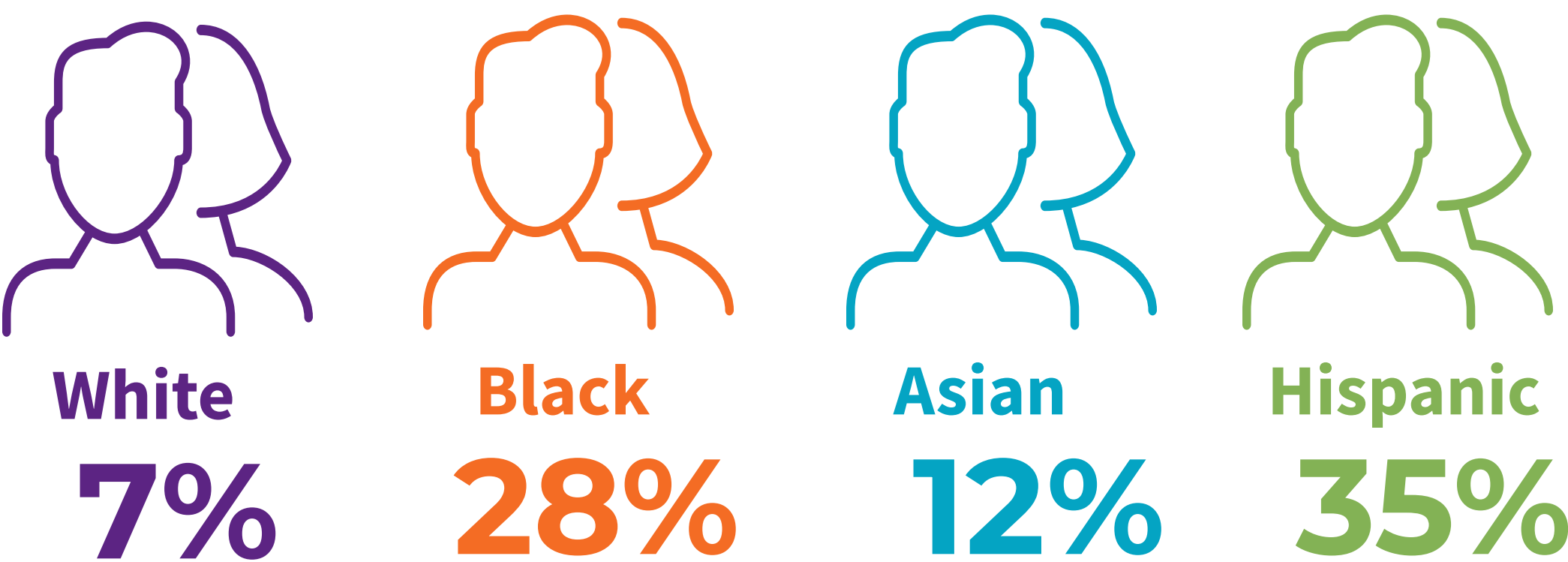
COMMUNICATION WITH CARE TEAM

Felt their race or ethnicity had a negative impact on communication with care team



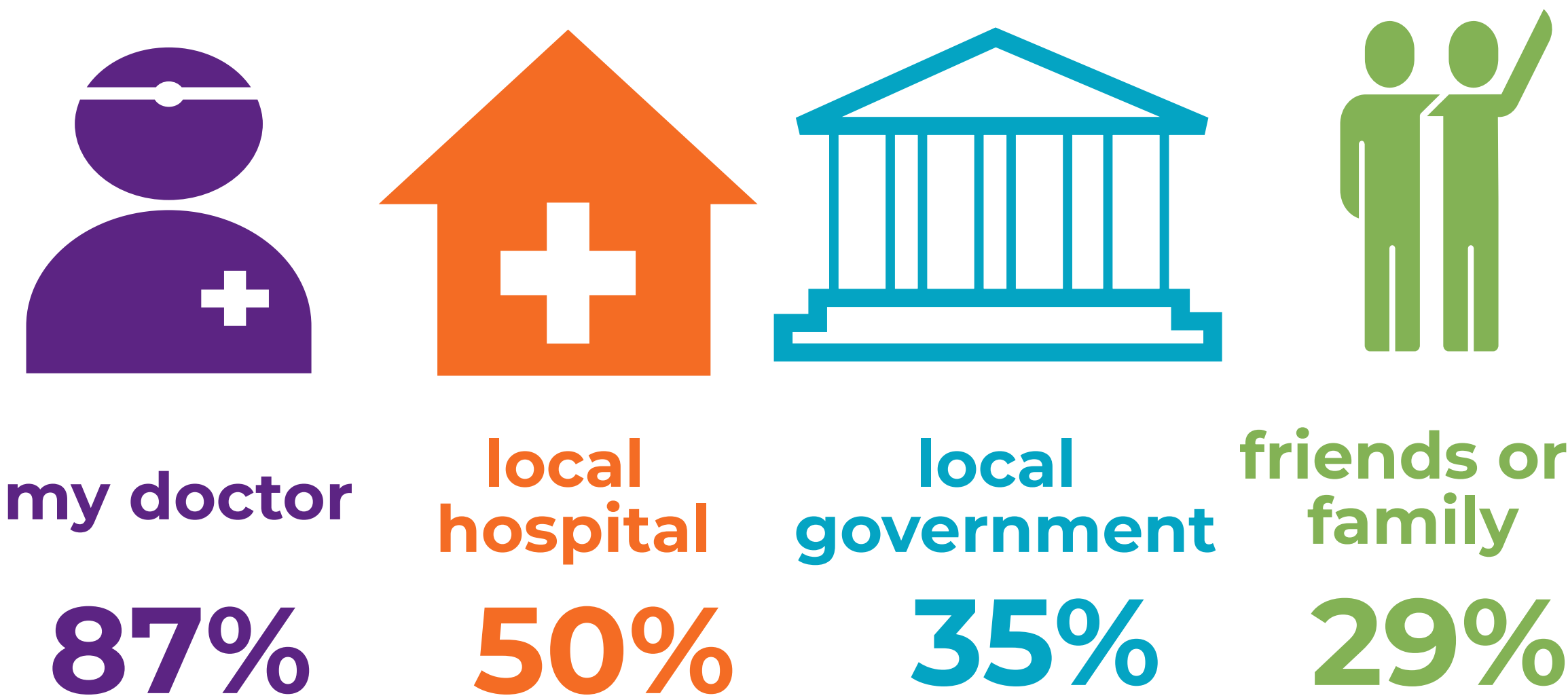
Significant negative impact on the communication with the care team

by race/ethnicity



HEALTH INFORMATION

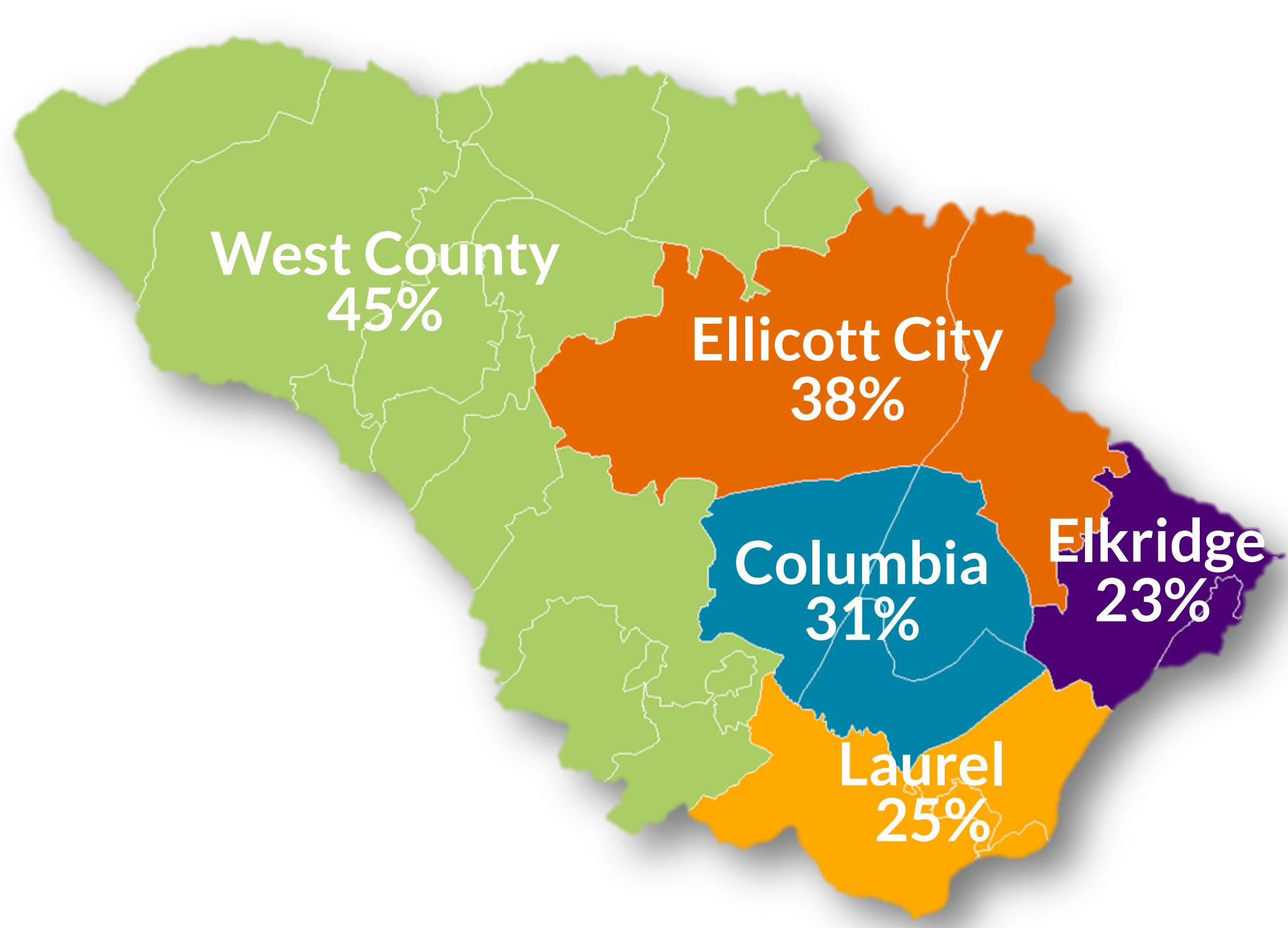
Which sources do you trust?



Health Care Decisions

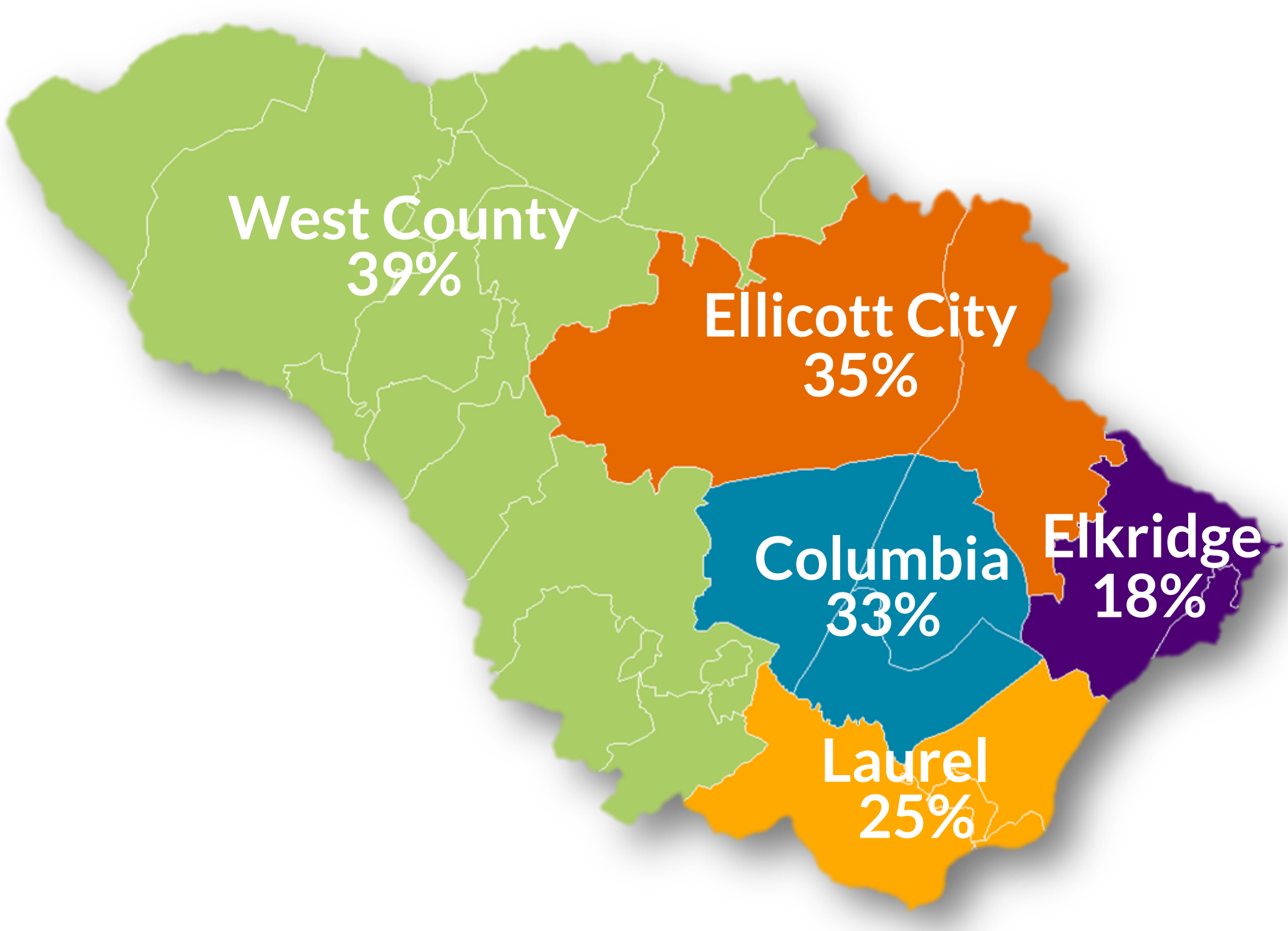
Advance Directive

by region, have advance directive

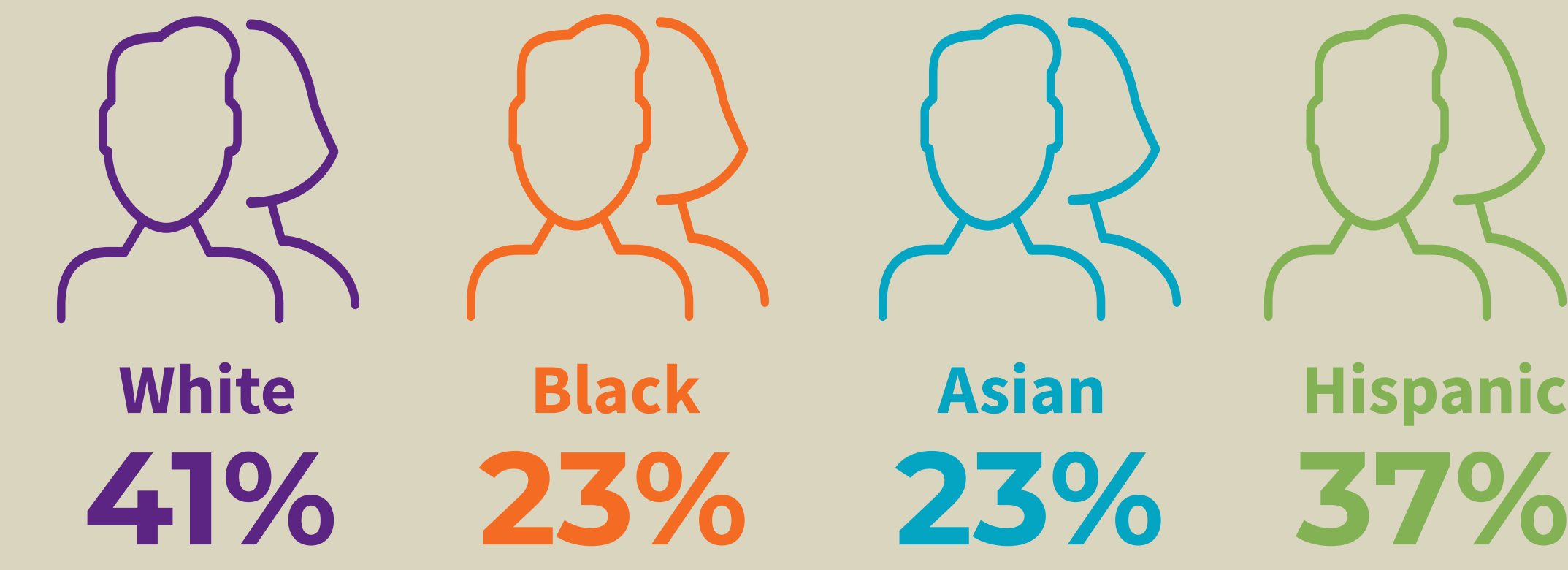


Proxy

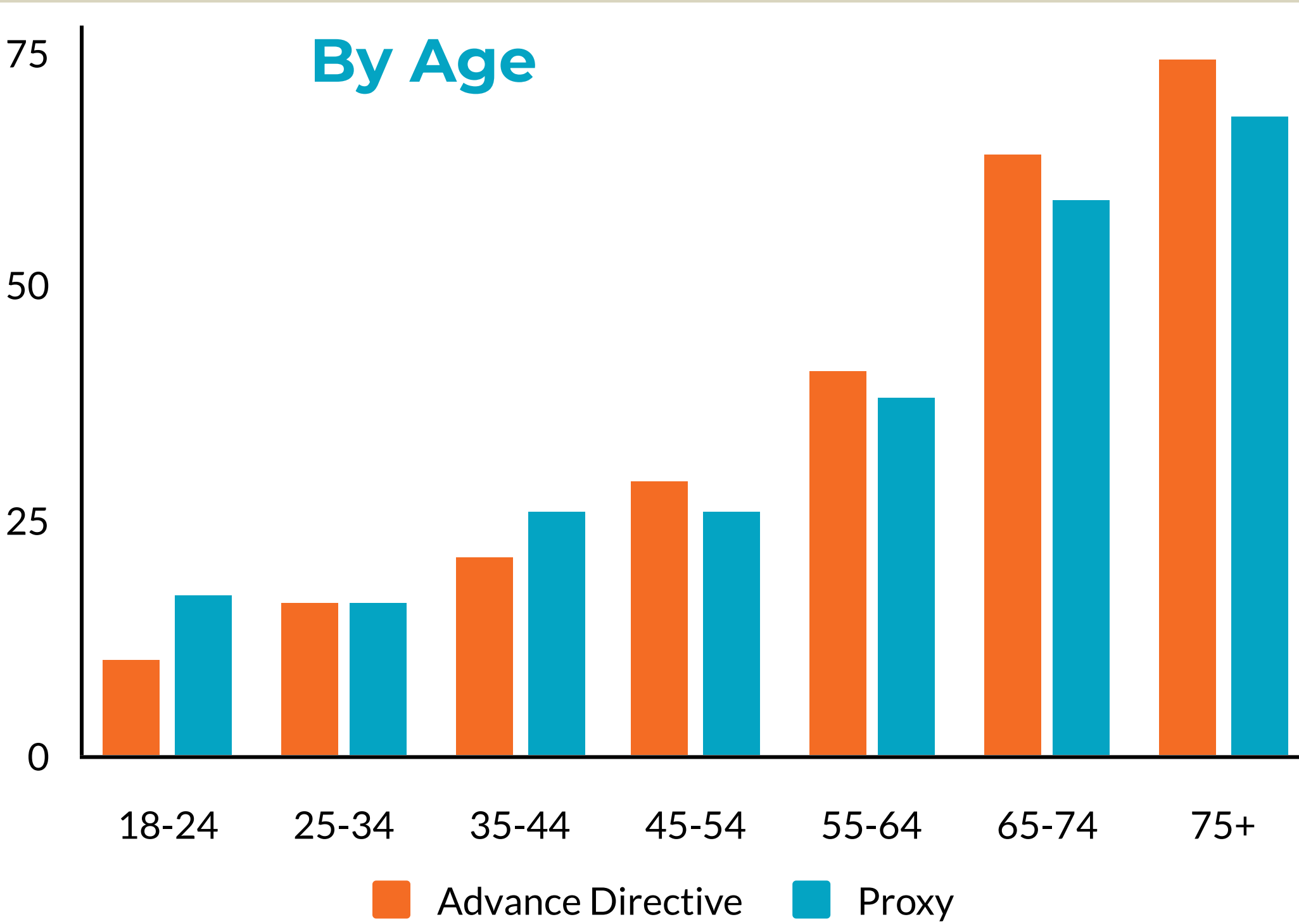
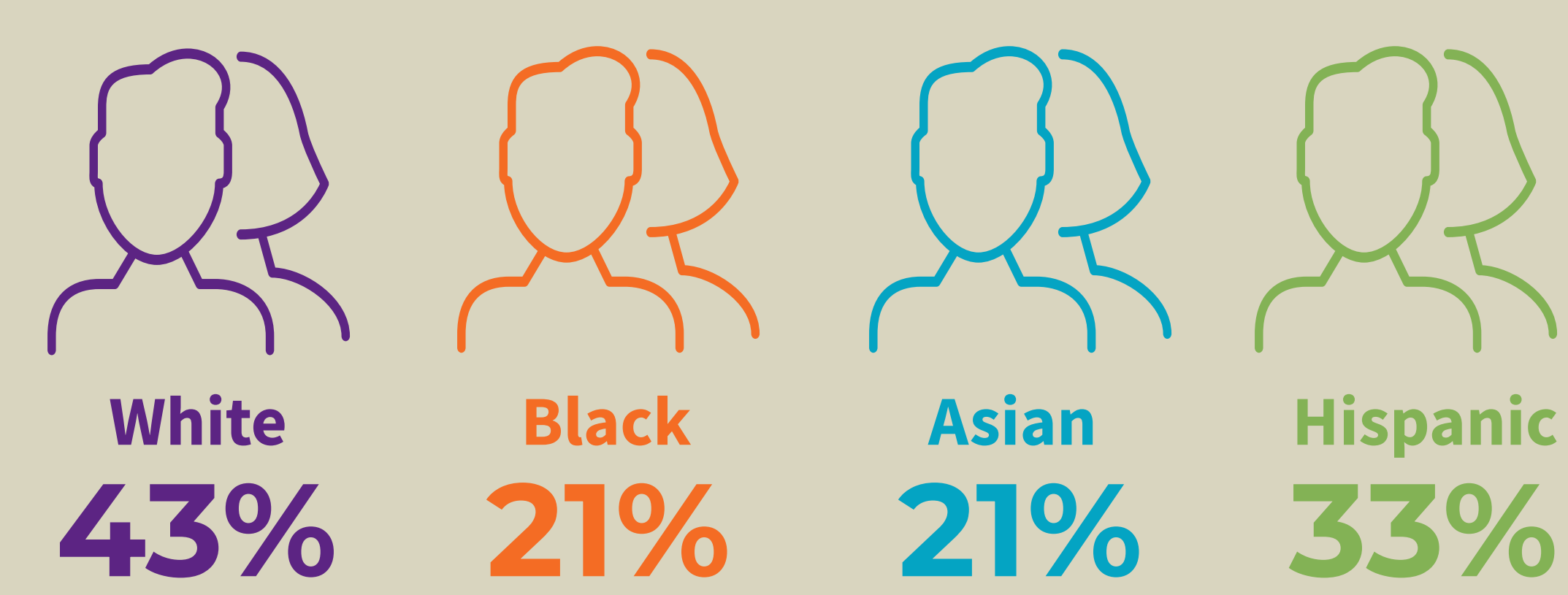
by region, selected proxy to communicate care wishes



Selected proxy to communicate care wishes



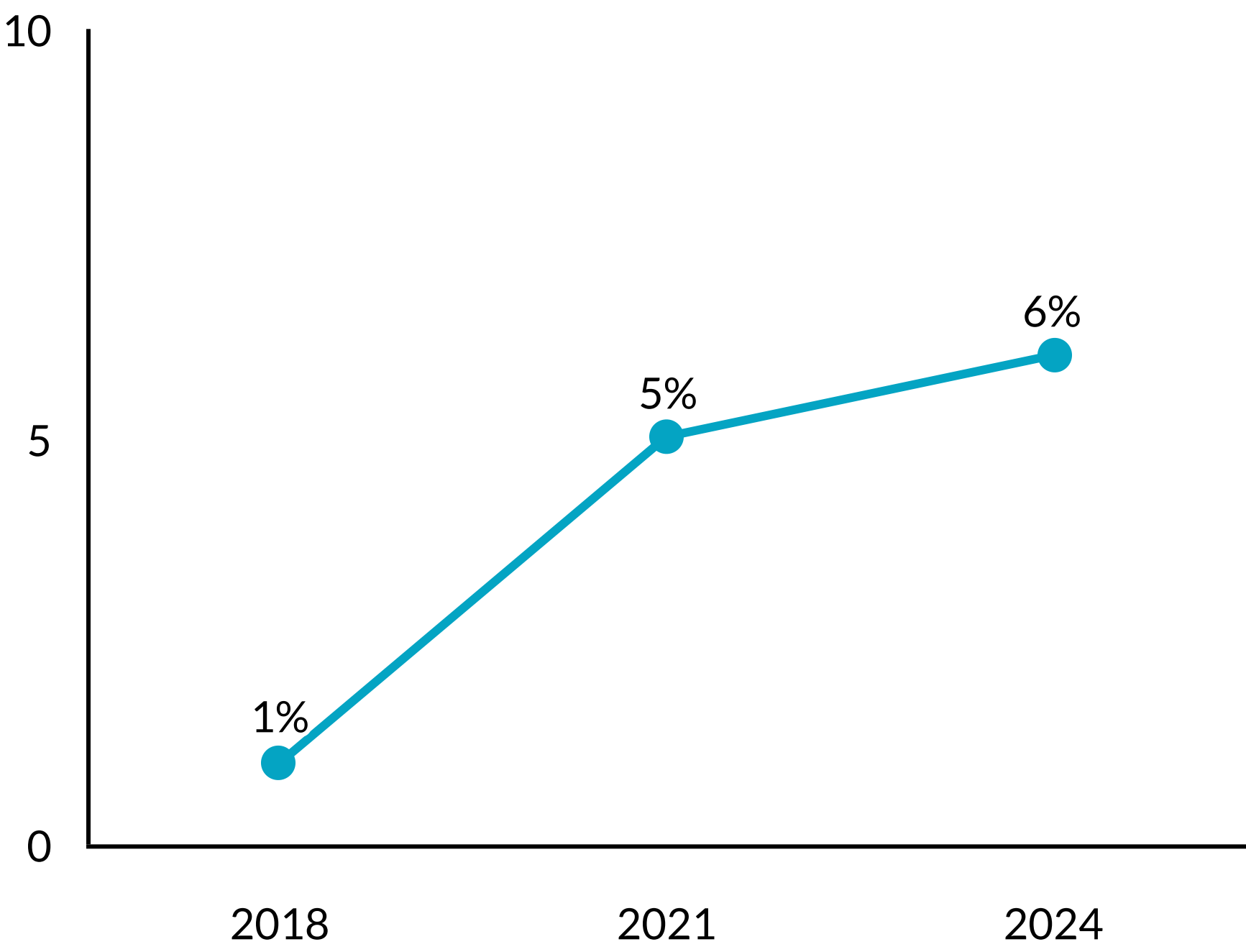
Have advance directive



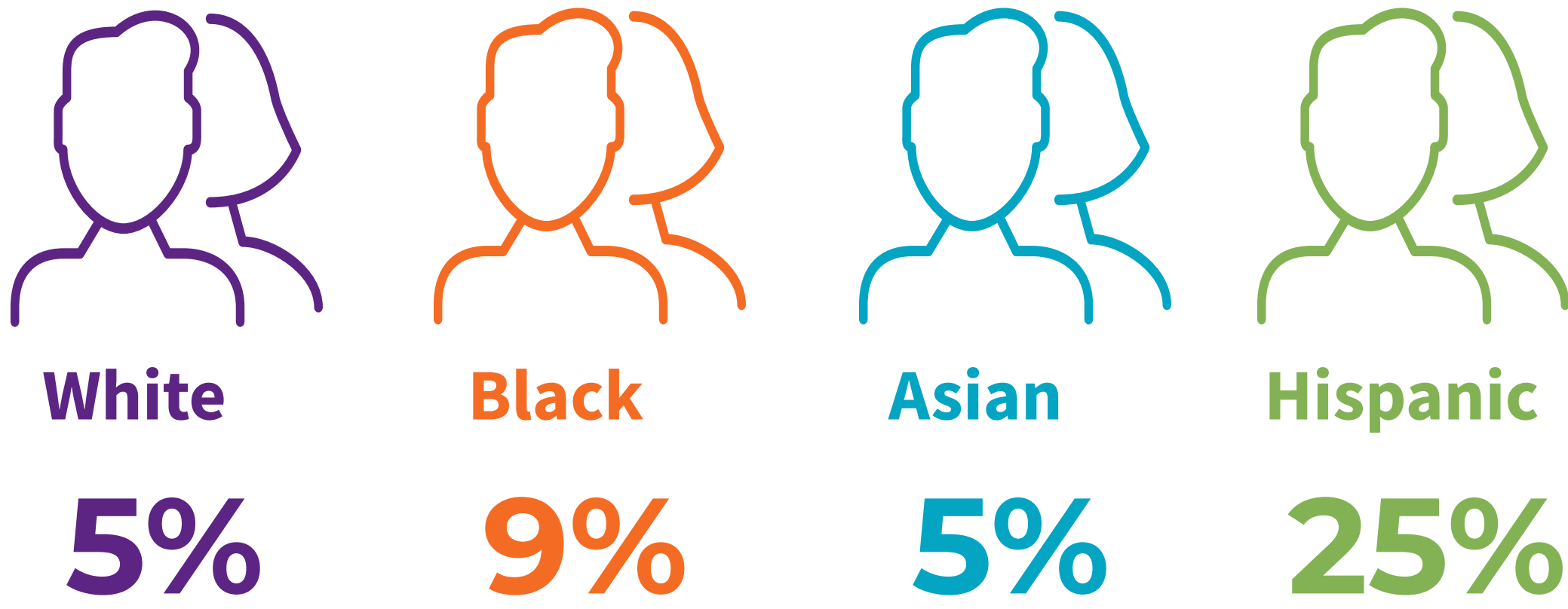
Opioid & Tobacco Use

Opioid Use

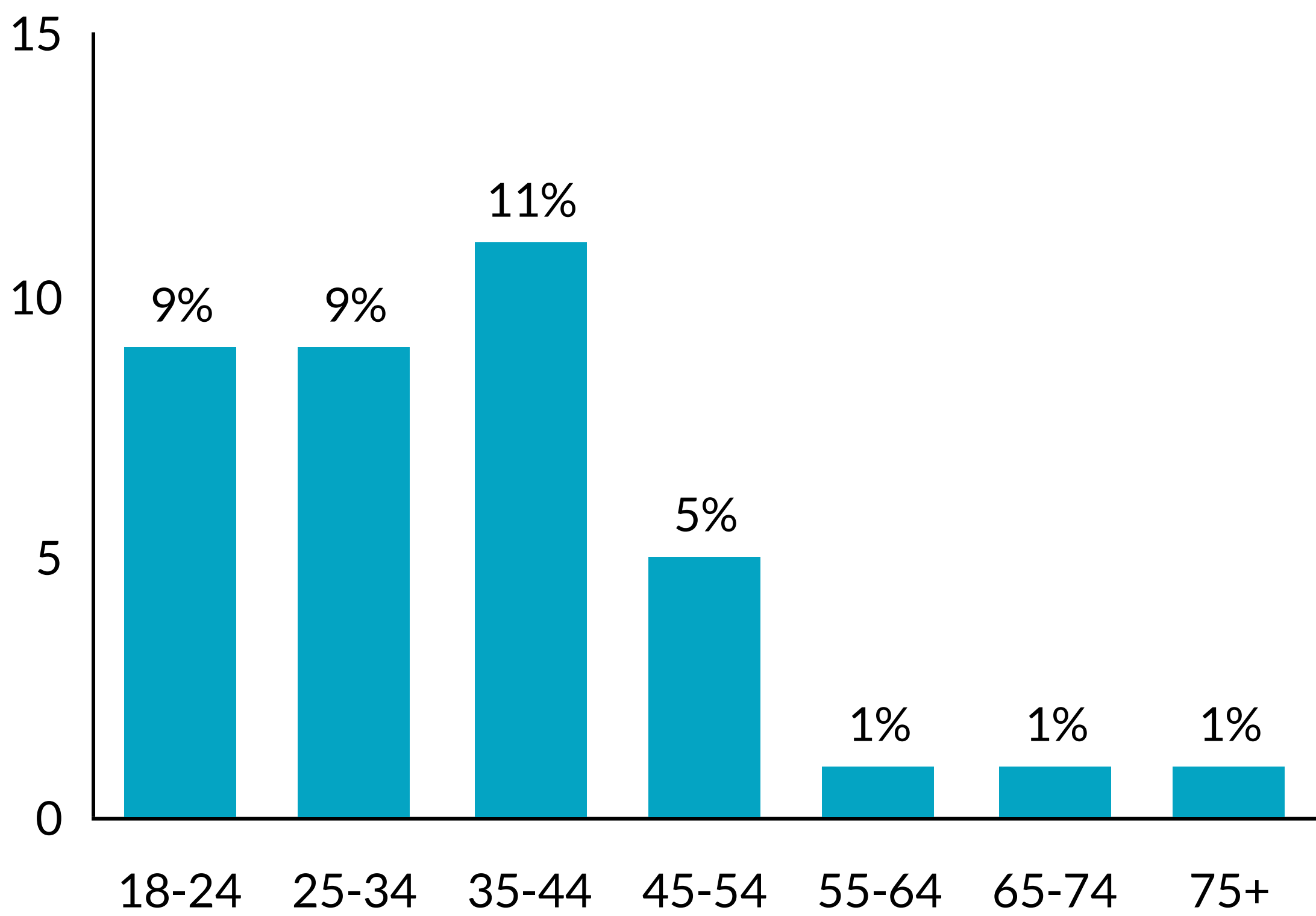
You or a family member used any opioid without a prescription in the past 12 months



by race/ethnicity

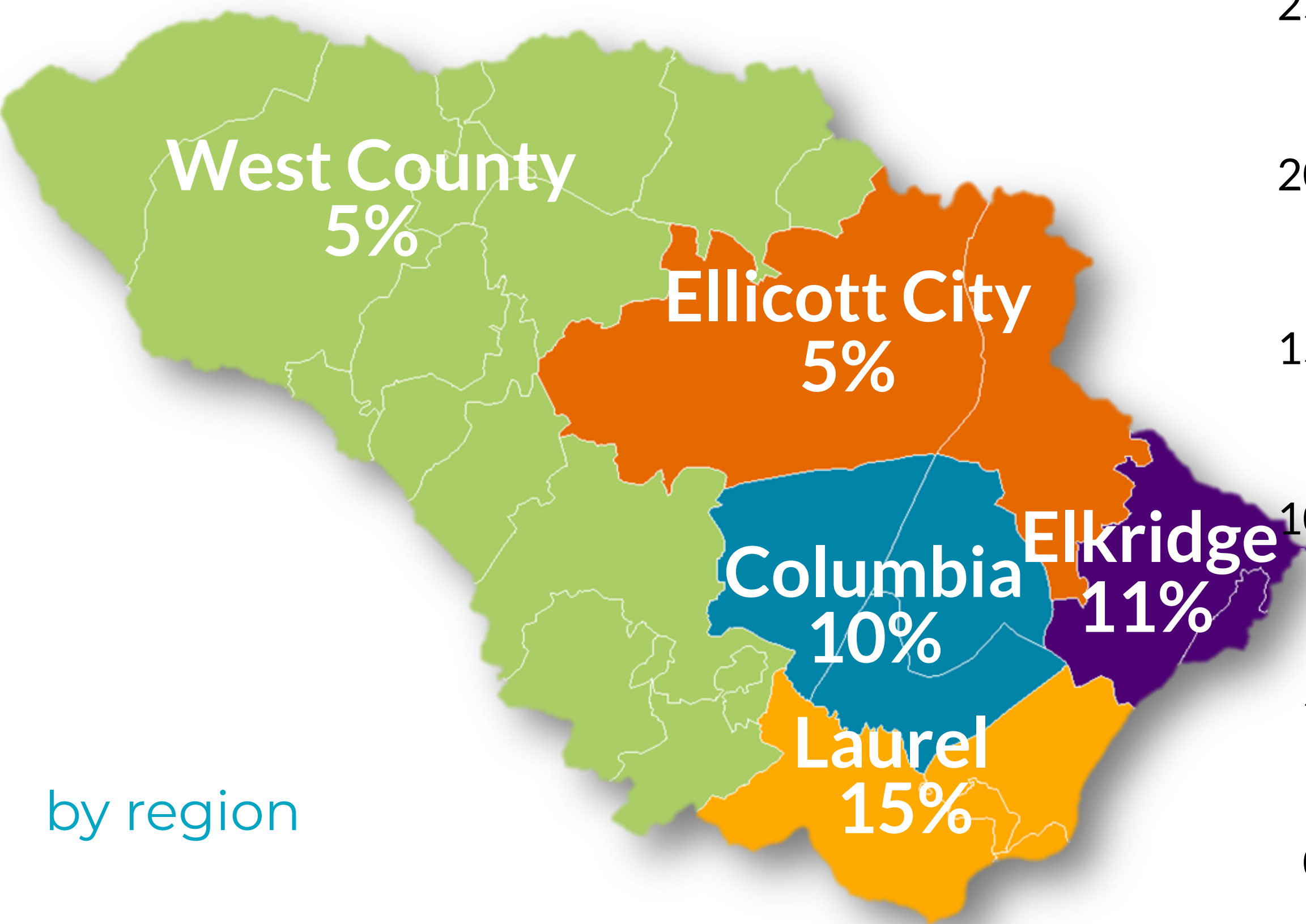


by age



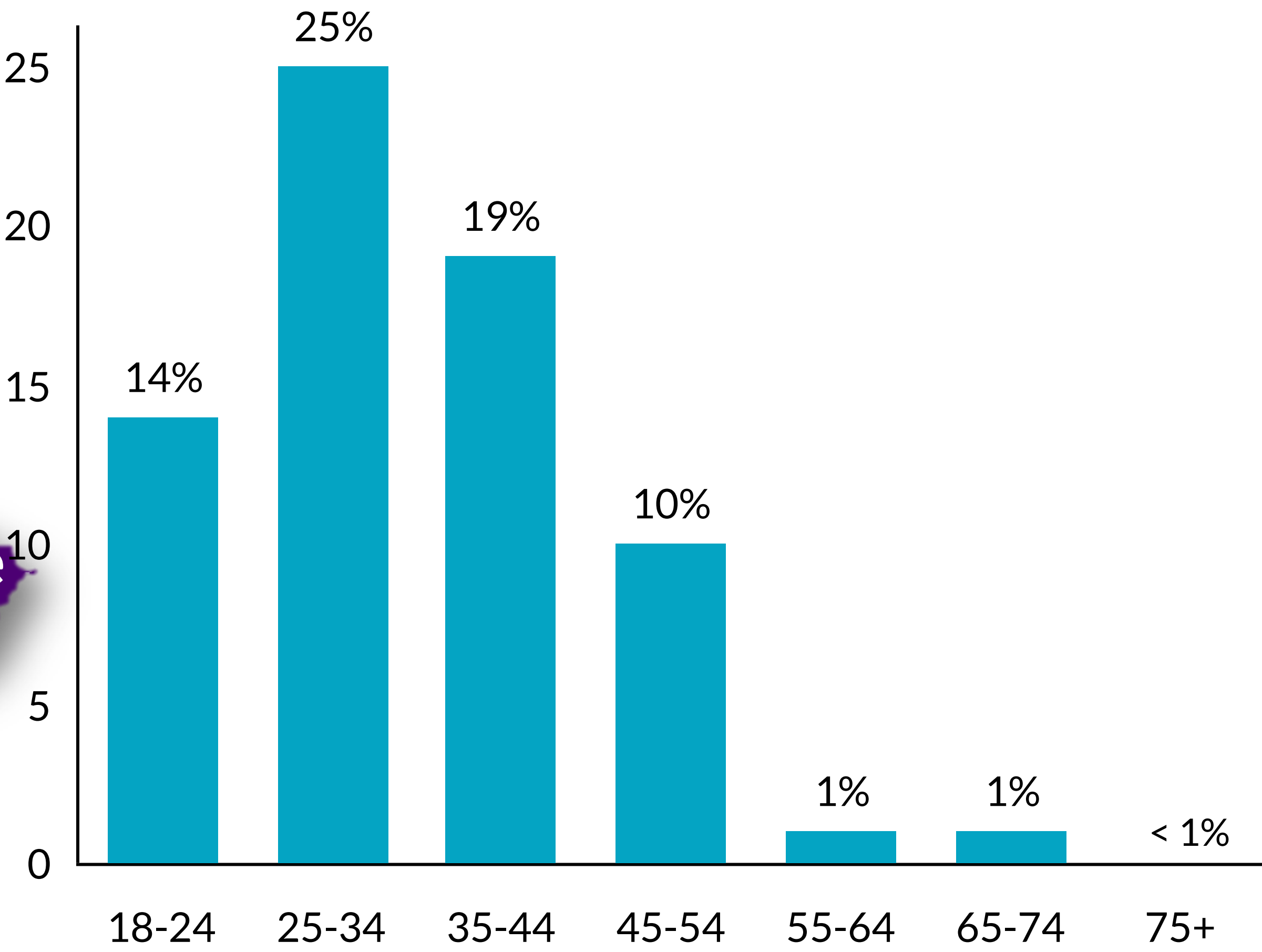
Current Smokers: Smoke Every Day or Some Days
9%

Use E-Cigarettes Every Day or Some Days



by region

by age



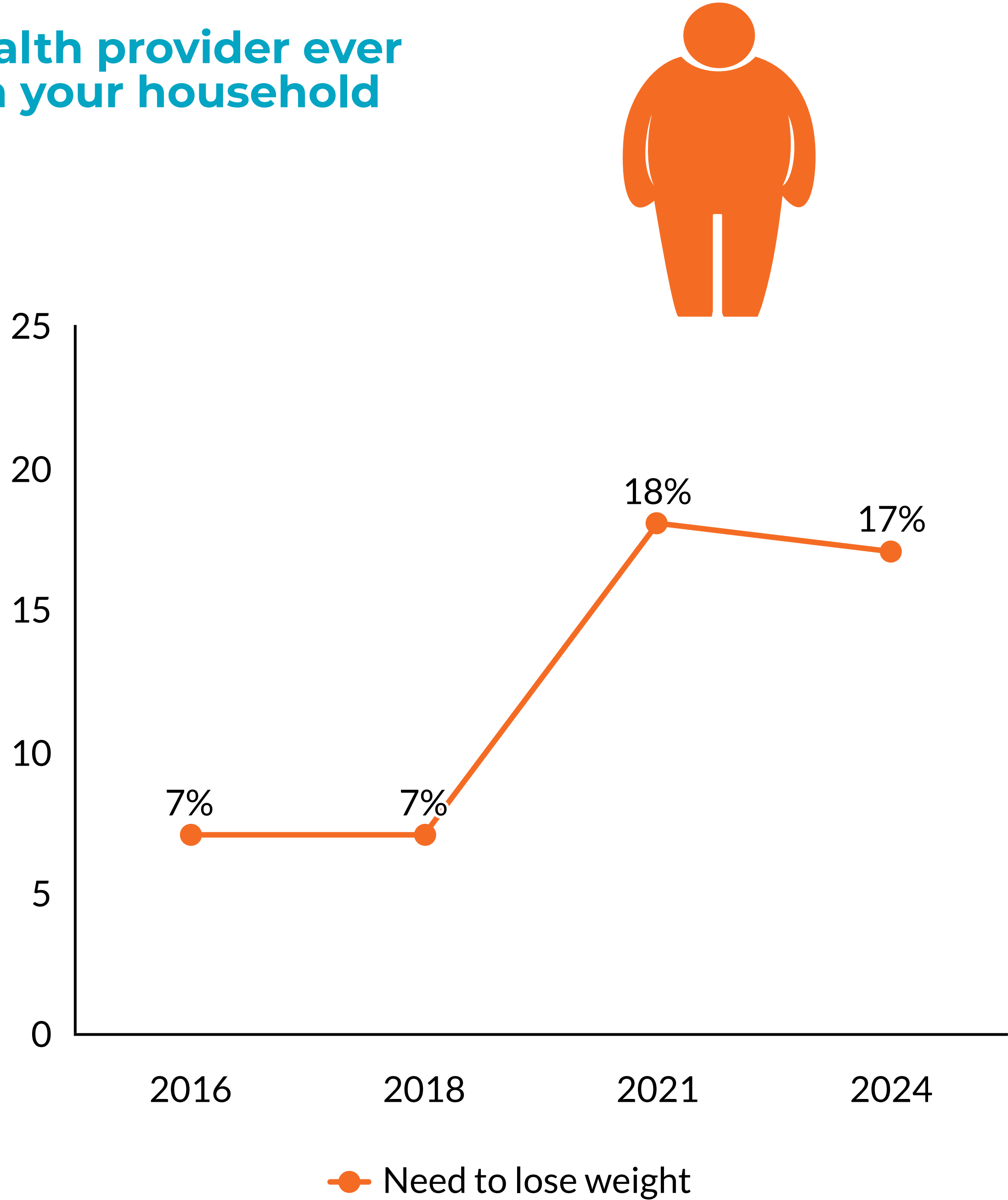
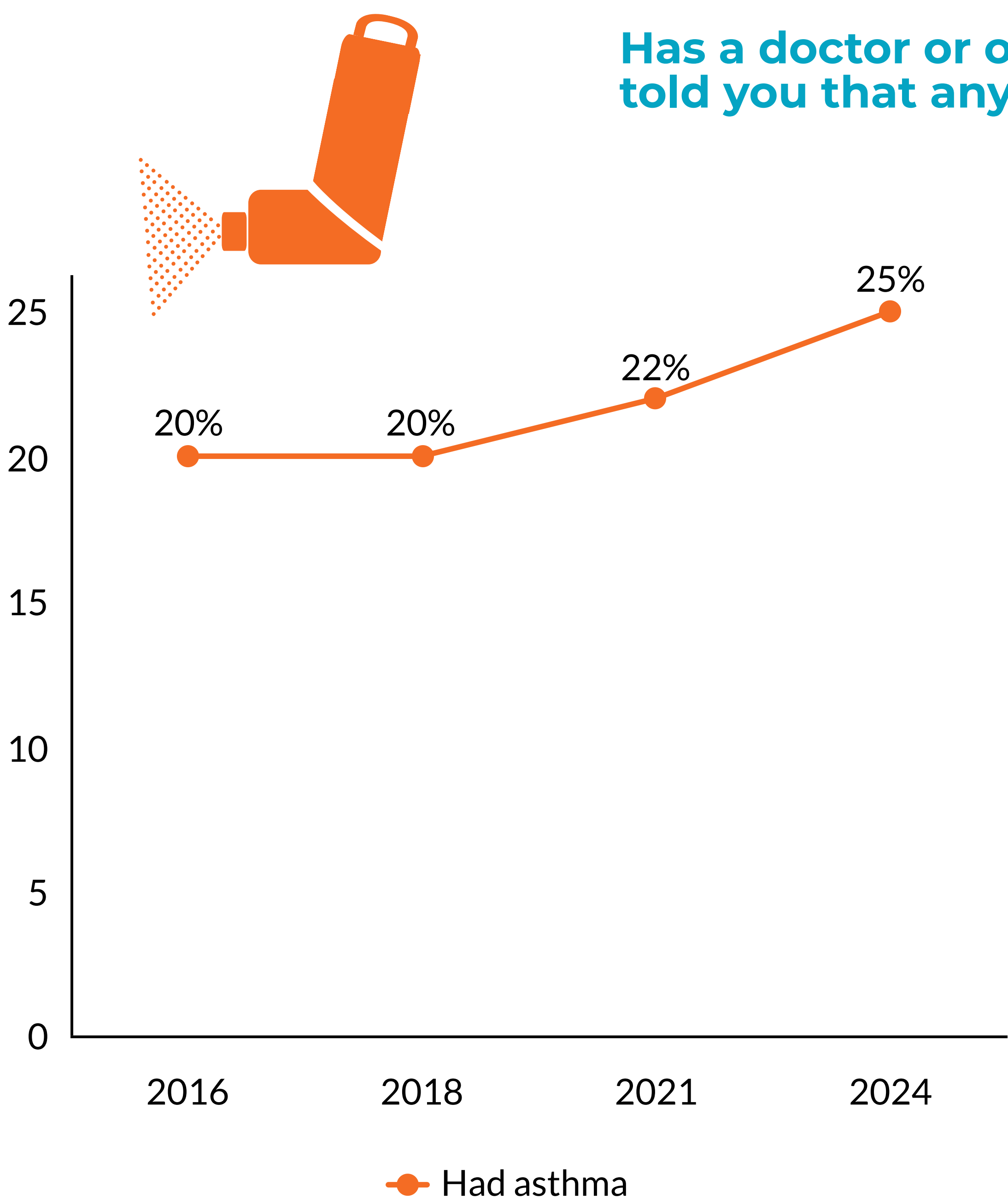
Child Health



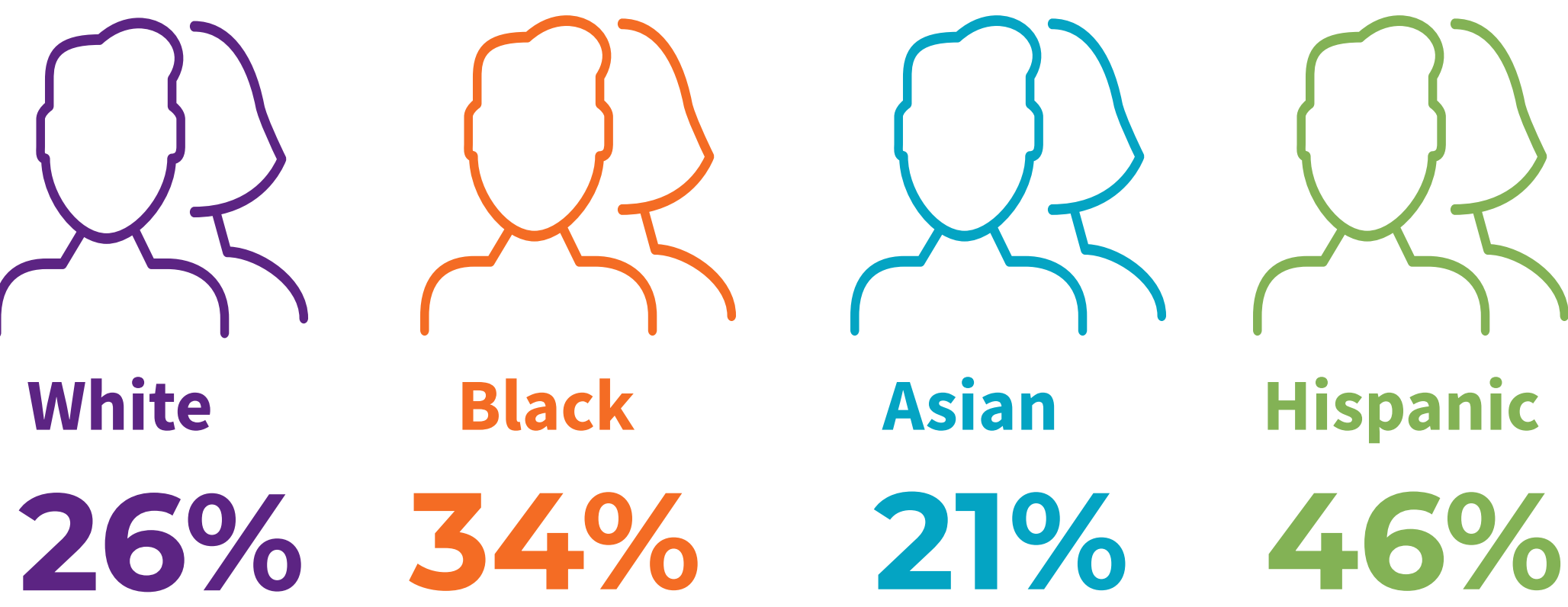
Had asthma
25%

Should lose weight
17%

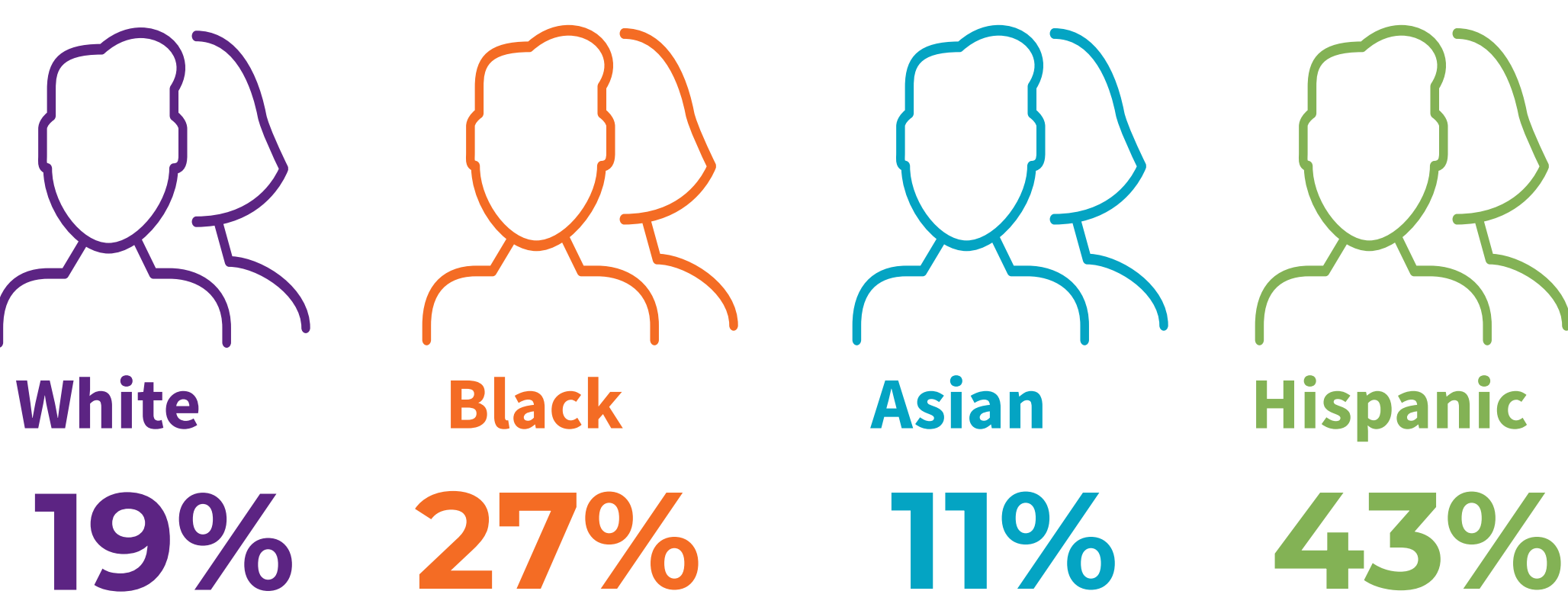
Has a doctor or other health provider ever told you that any child in your household



Asthma by race/ethnicity



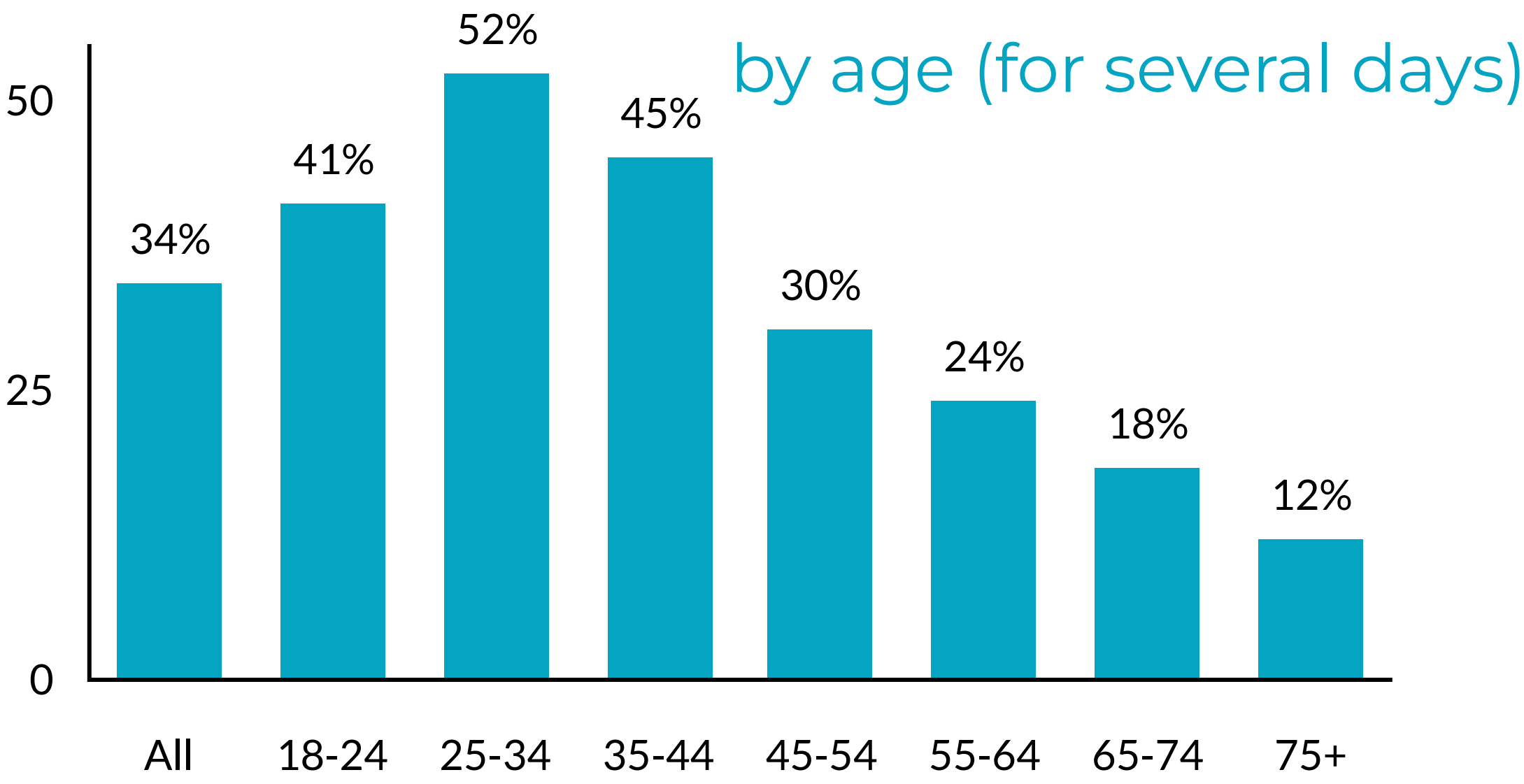
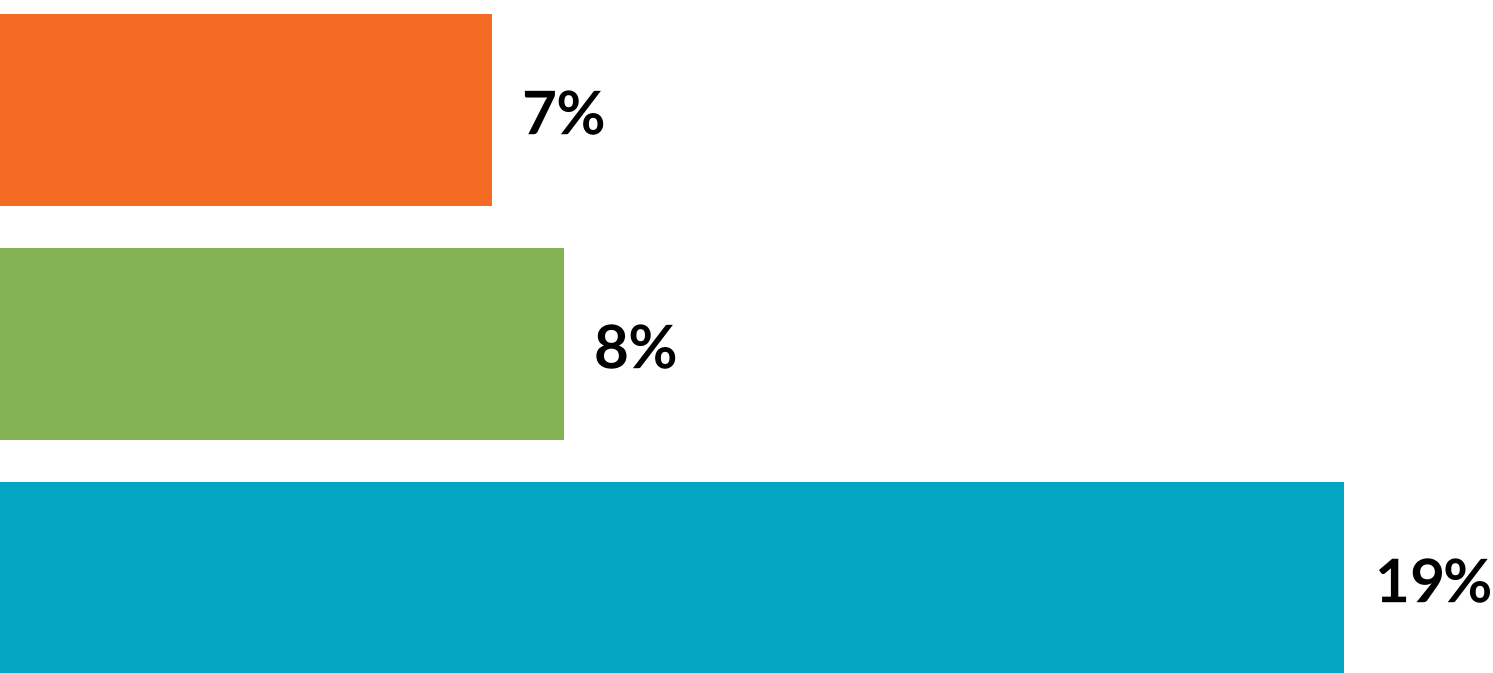
Need to lose weight by race/ethnicity



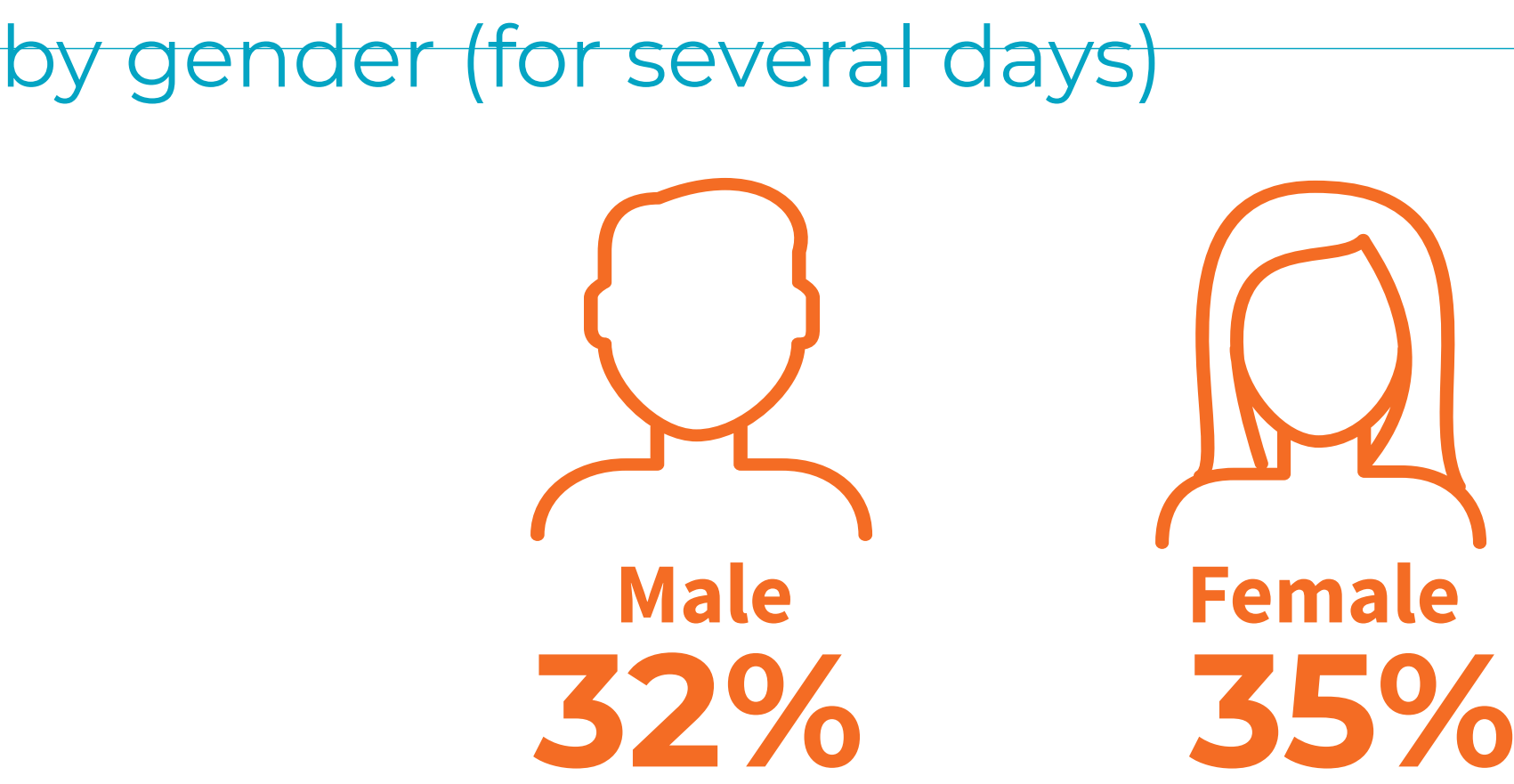
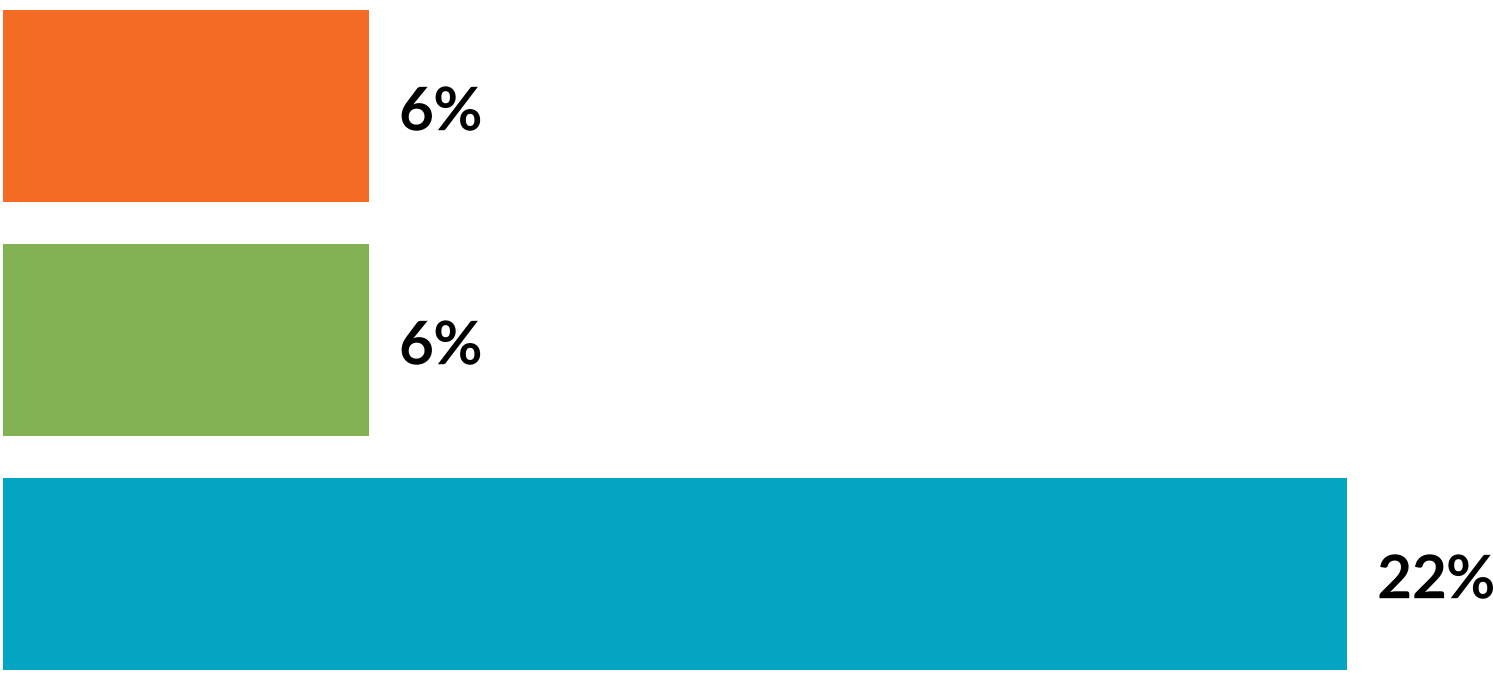
Mental Health

Over the last 2 weeks, how often have you been bothered by

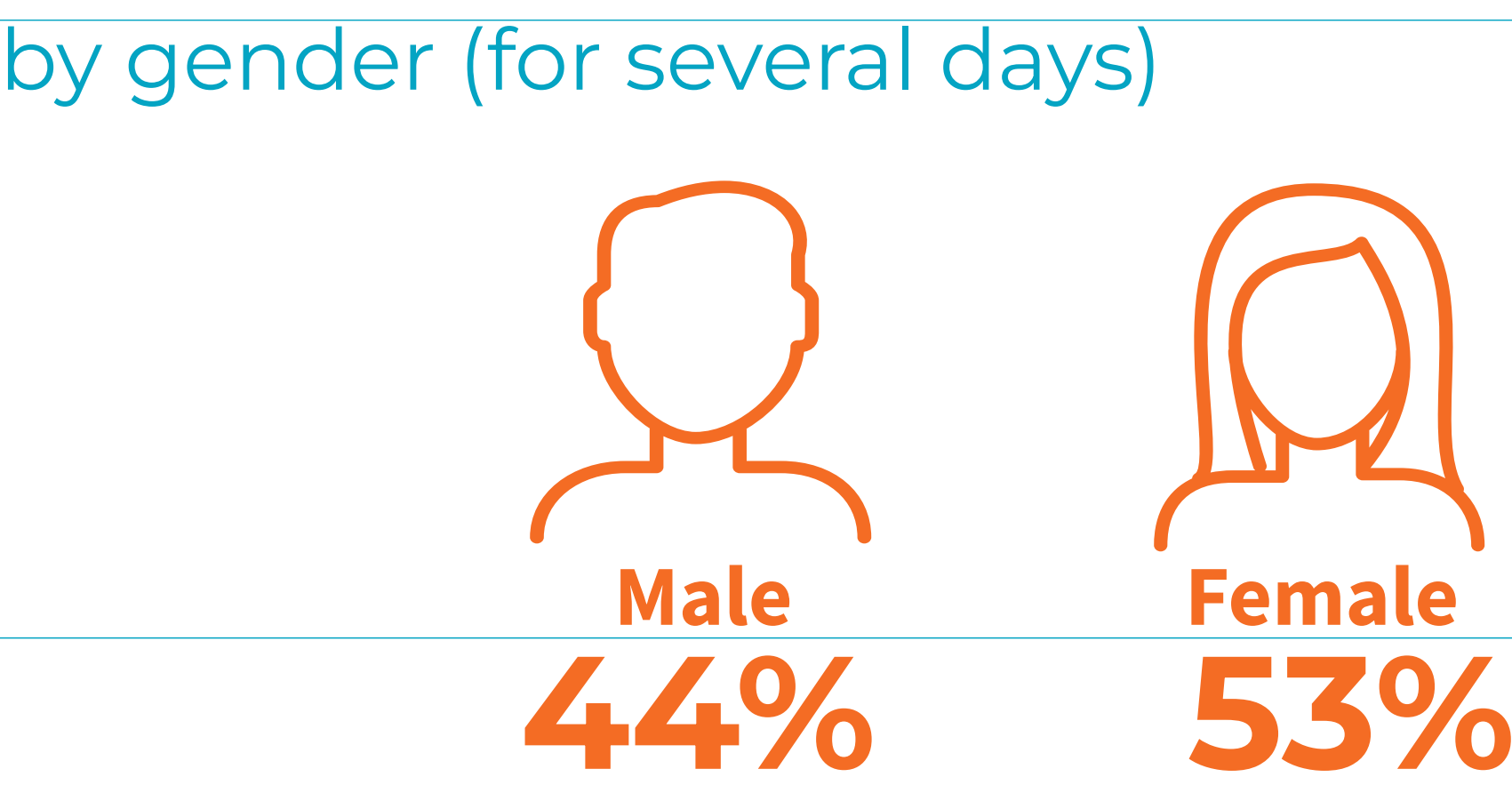
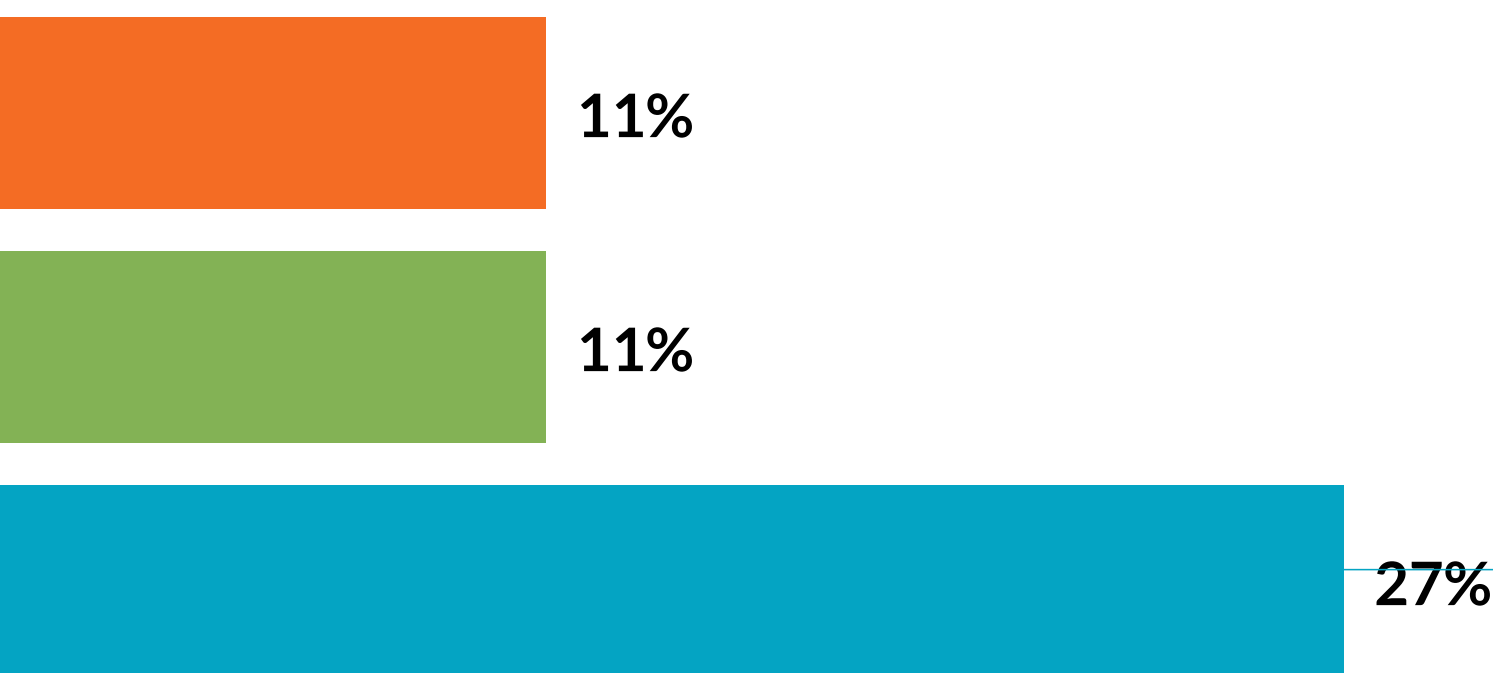
HAVING LITTLE INTEREST OR PLEASURE IN DOING THINGS



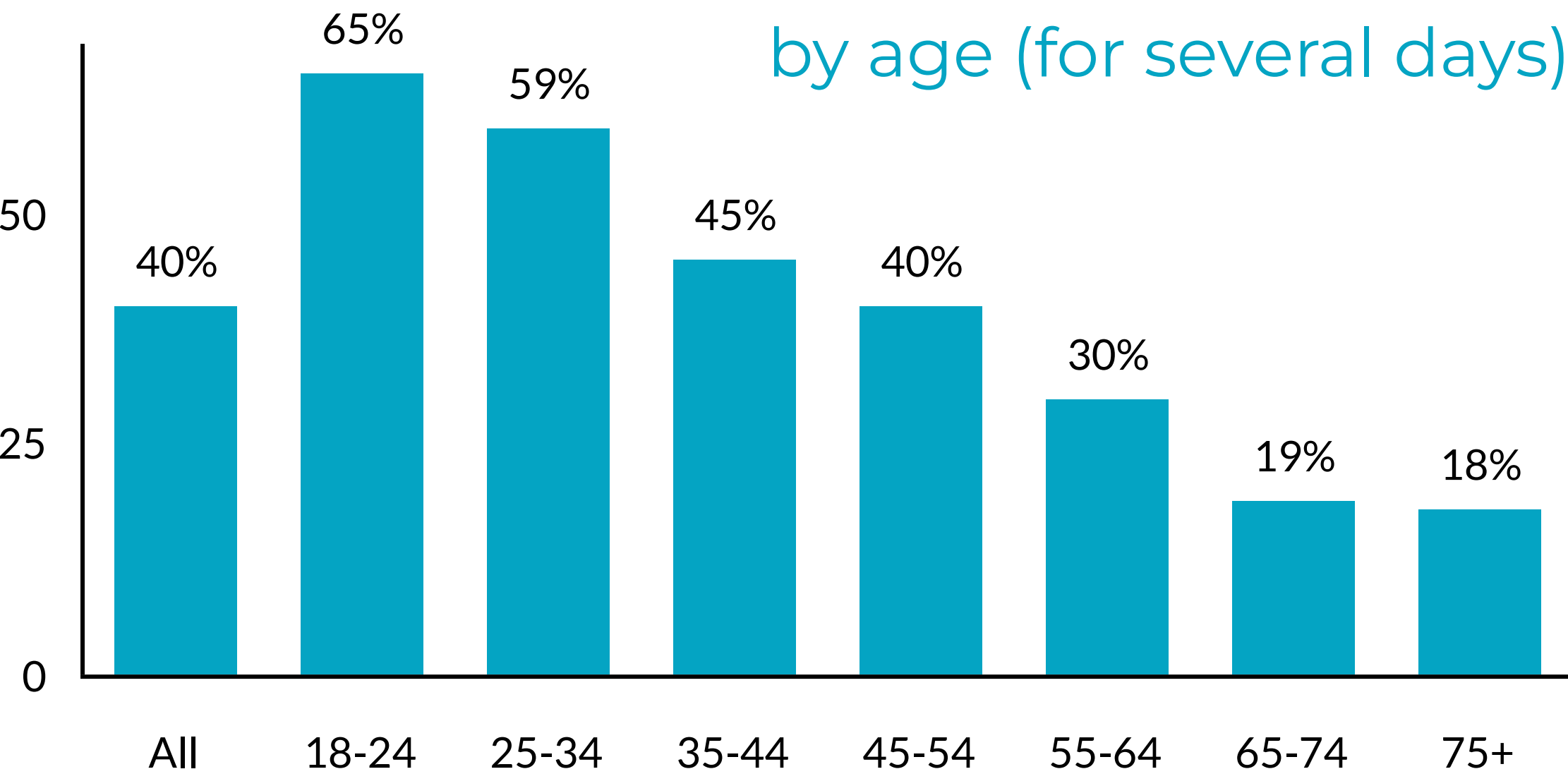
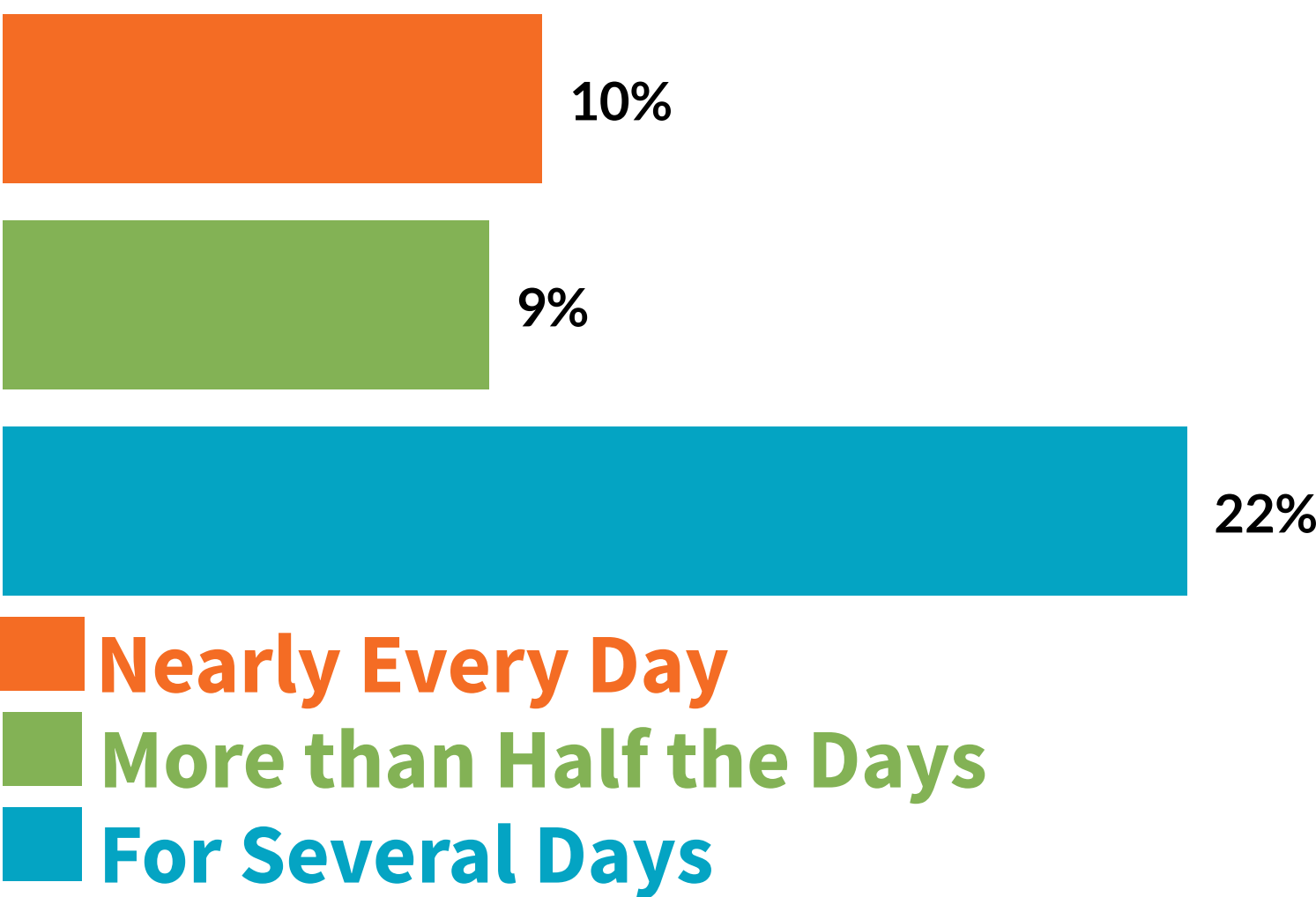
FEELING DOWN, DEPRESSED OR HOPELESS



FEELING NERVOUS, ANXIOUS OR ON EDGE

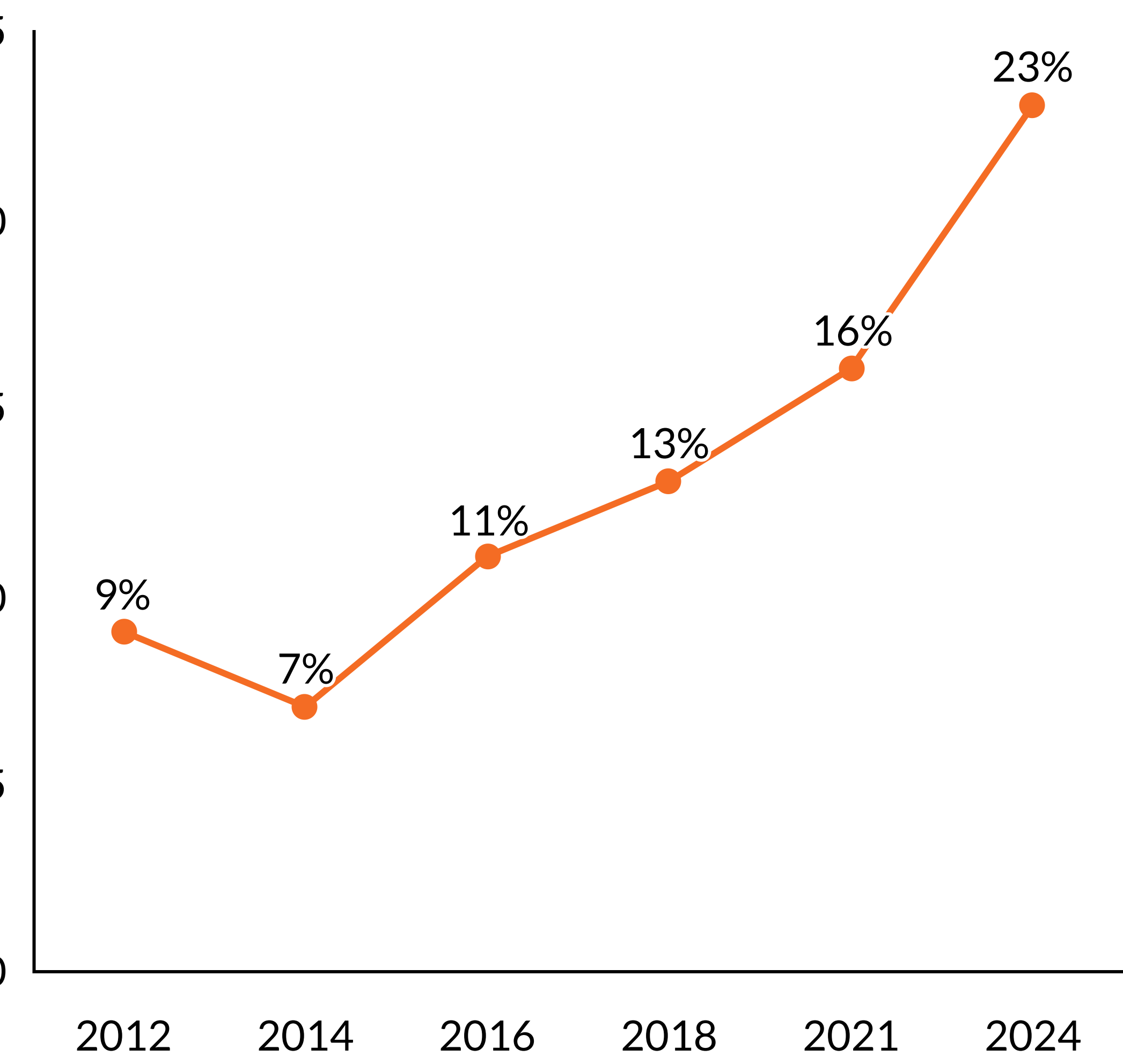


NOT BEING ABLE TO STOP OR CONTROL WORRYING

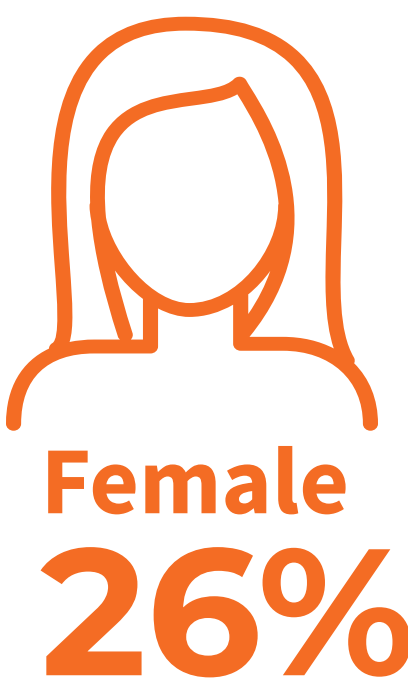
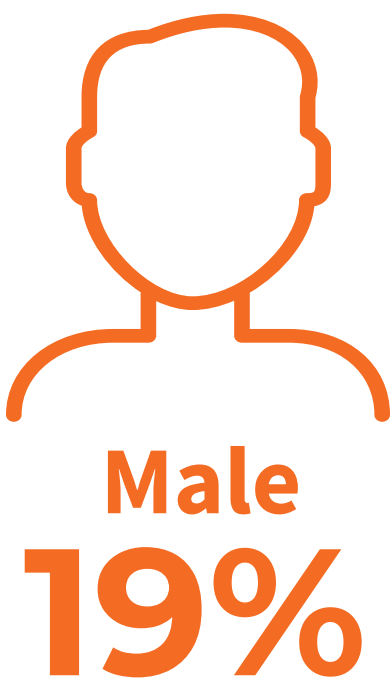


Mental Health

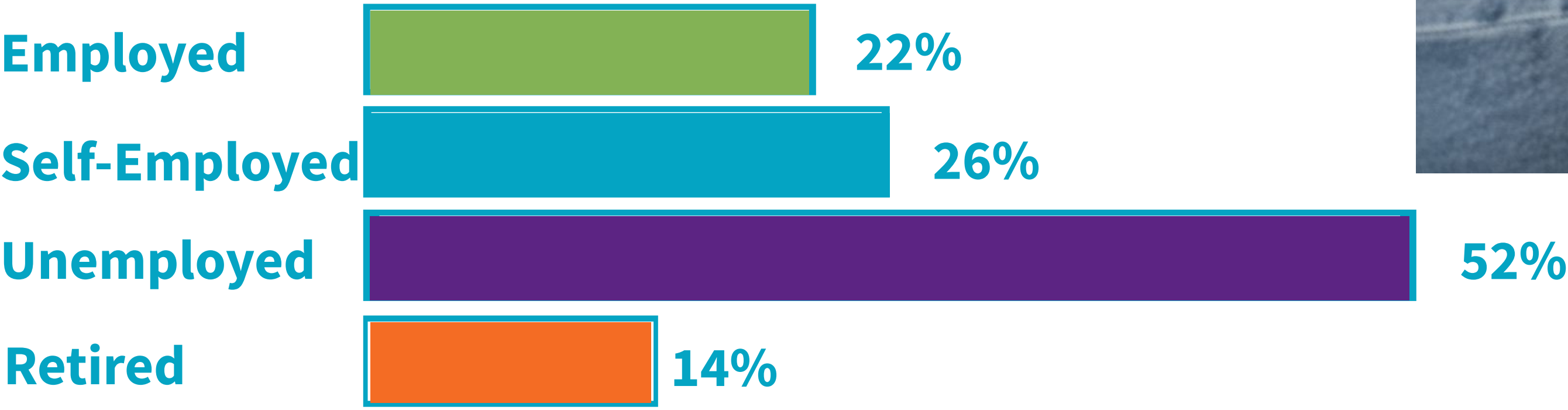
Taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem



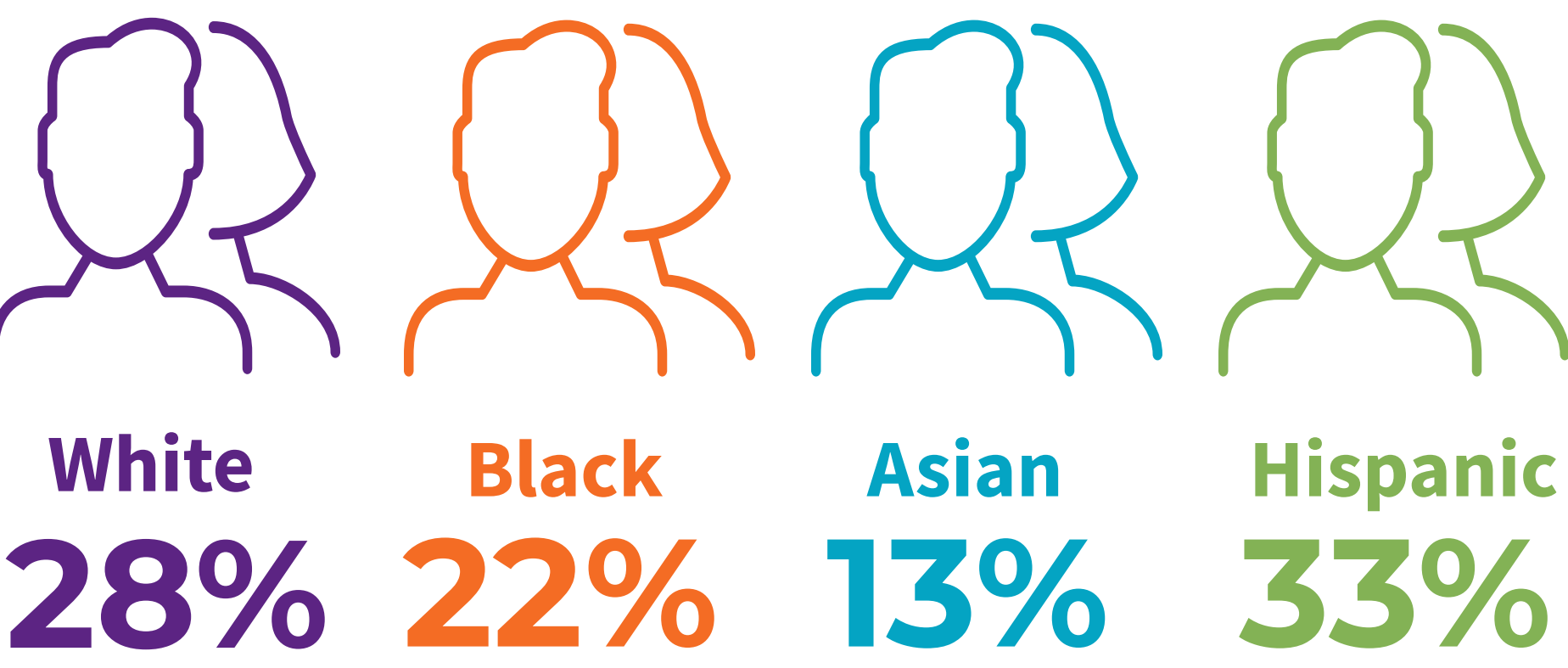
by gender



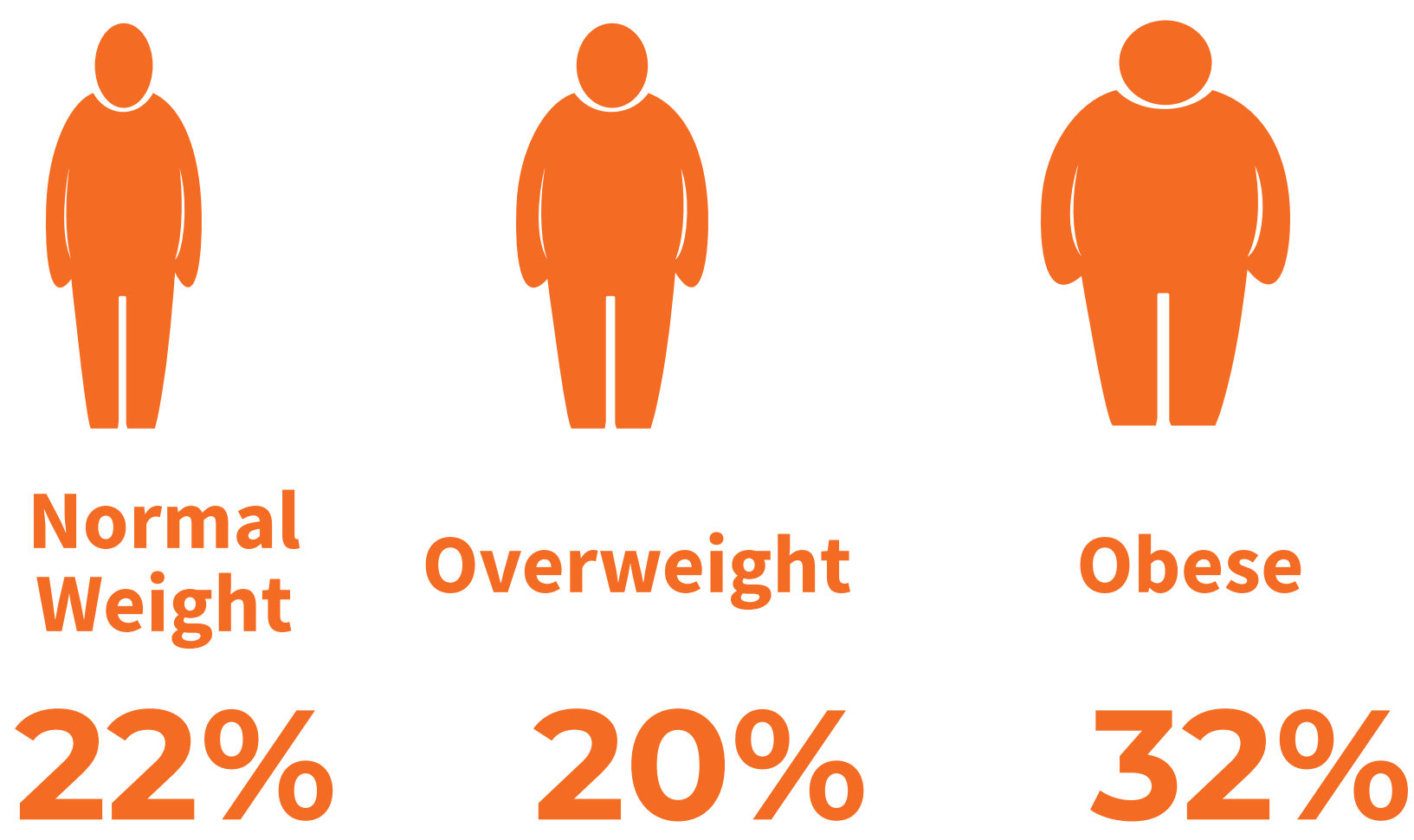
by employment



by race/ethnicity



by weight



Felt socially isolated from others for several days or more over the past two weeks

29%
Socially
Isolated



HOWARD COUNTY

Health Assessment Survey

Community Snapshot



1 in 16

6%
Uninsured

82%
Have One or
More Doctor(s)

36%
Told Have High
Blood Pressure

12%
Told Have
Diabetes

9%
Smoke
Every Day or
Some Days

29%
Felt
Isolated
(several days+
past two weeks)

23%
Take Meds for
Mental Health
Condition

63%
Overweight
or Obese



Promote. Preserve. Protect.

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