



# HOWARD COUNTY HEALTH DEPARTMENT

## HOWARD COUNTY HEALTH ASSESSMENT SURVEY SUMMARY

2018



**Promote. Preserve. Protect.**

Compiled by the Bureau of Assessment, Planning and Communications



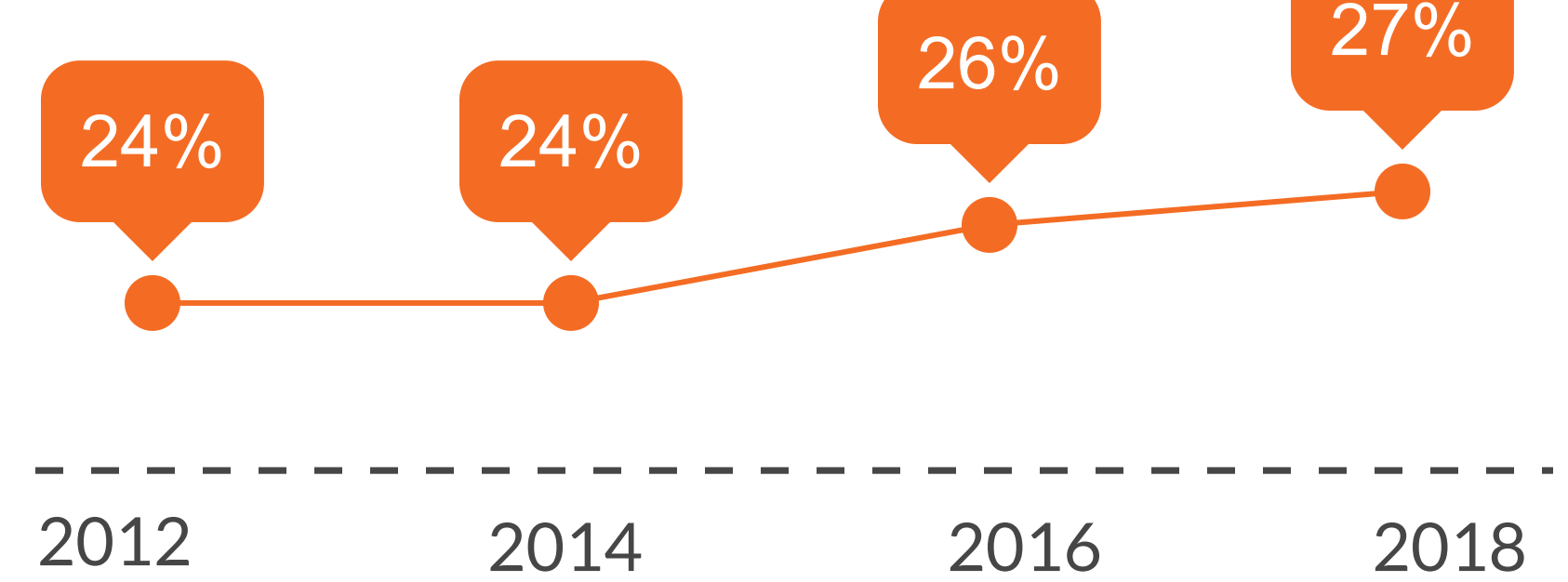
# HOWARD COUNTY

## Health Assessment Survey Trends

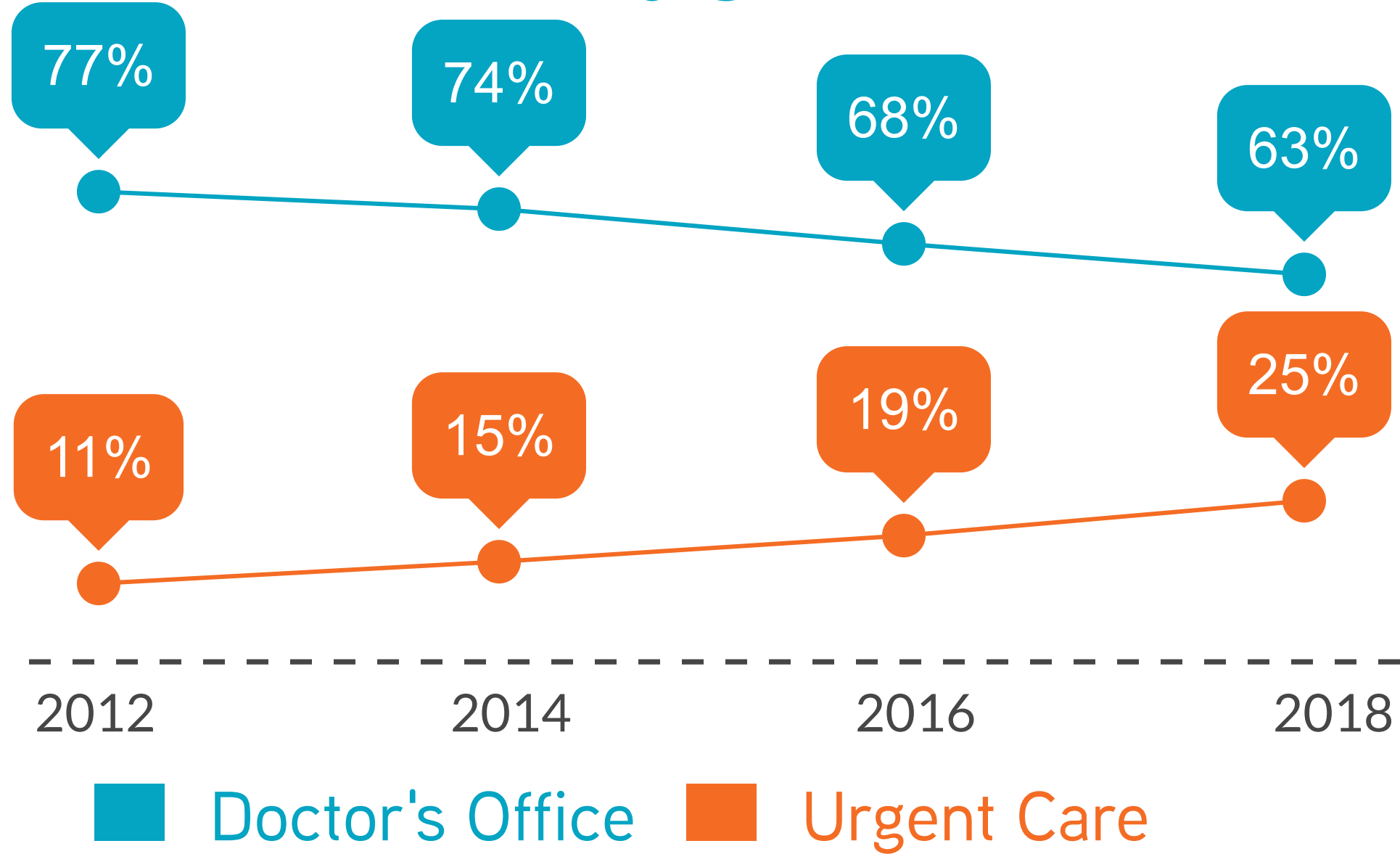
### Have health care coverage



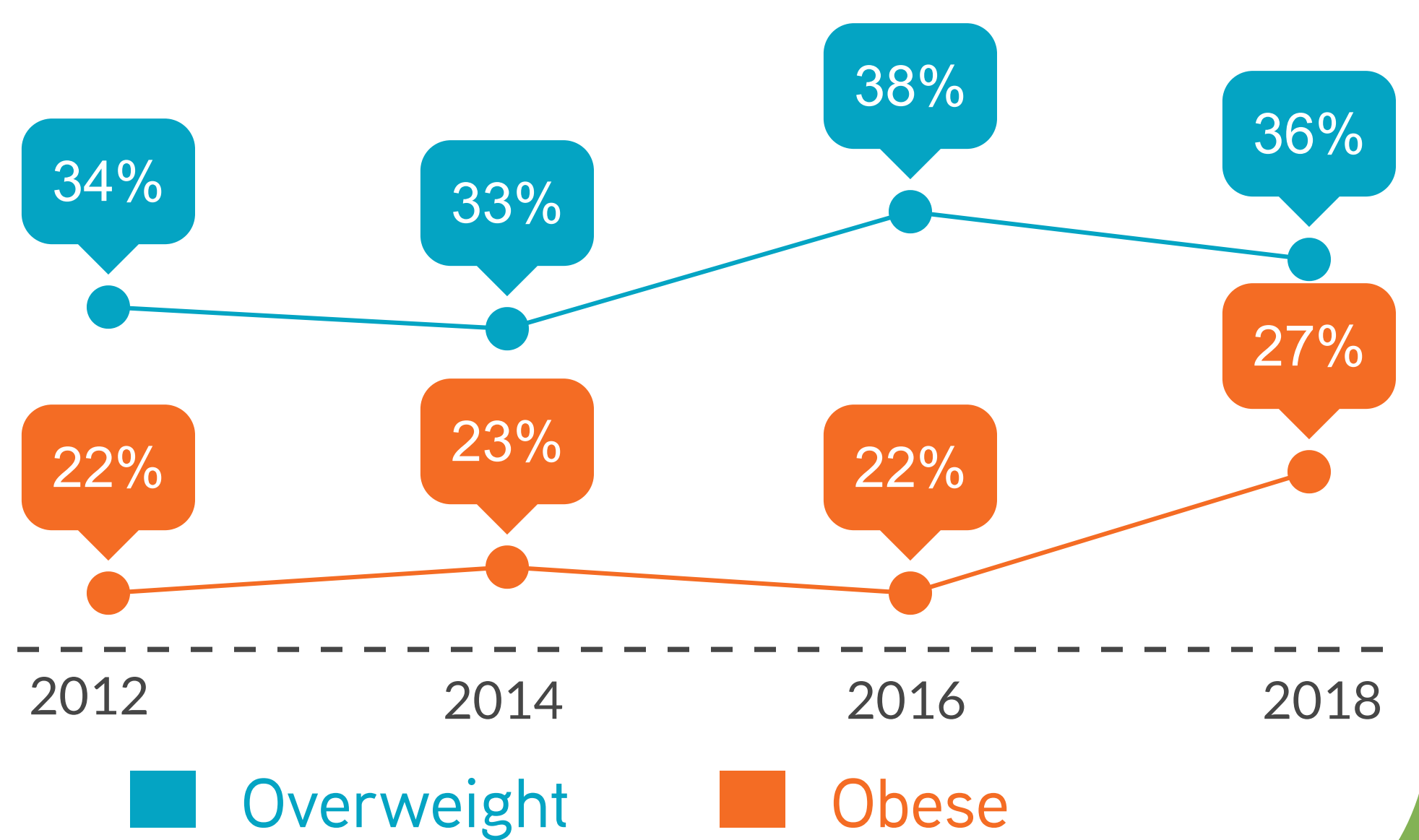
### Ever told blood pressure high by health care professional



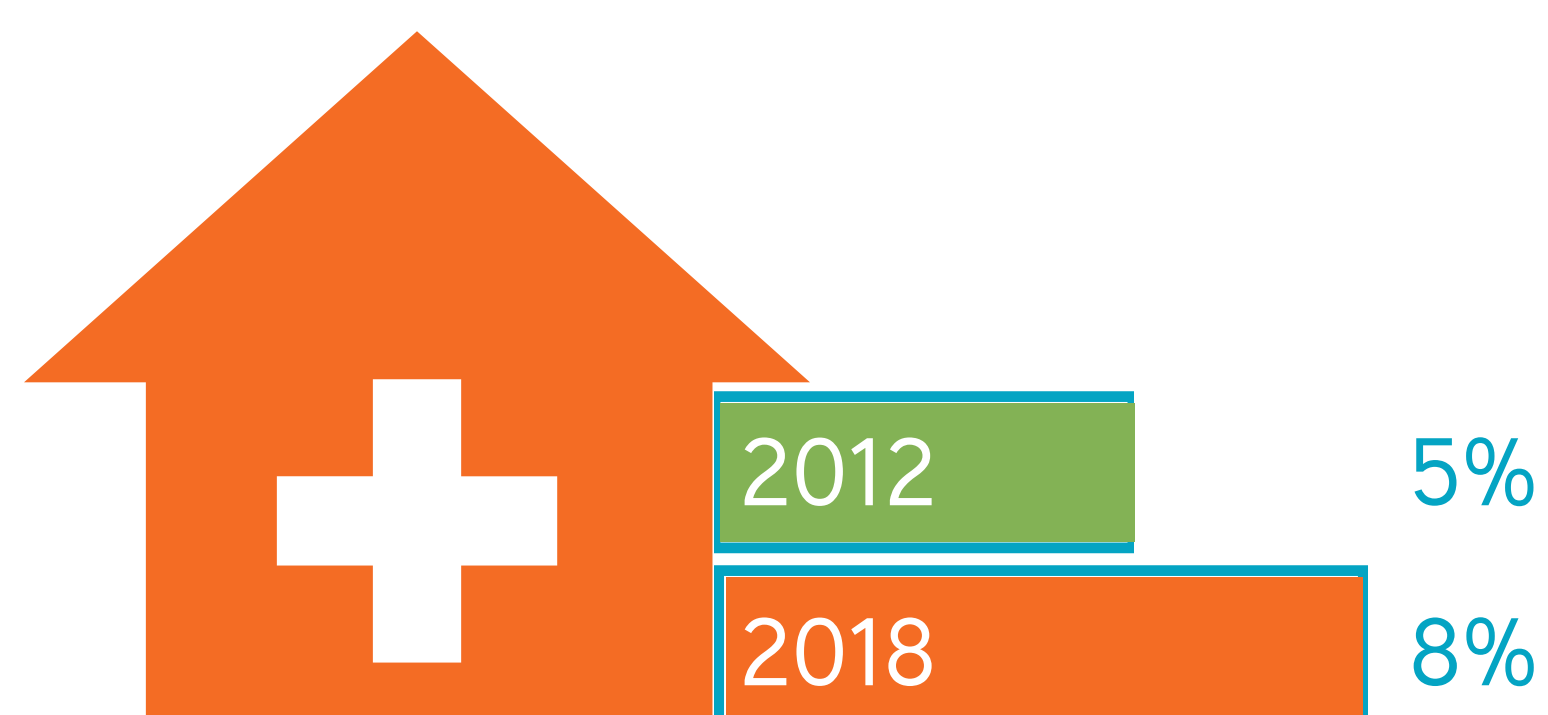
### When sick or need medical attention, usually go to



### Weight categories



### Went to emergency room, because couldn't get timely appointment with doctor (past 12 months)



### Now receiving treatment for mental health



**HOWARD COUNTY**  
**HEALTH DEPARTMENT**

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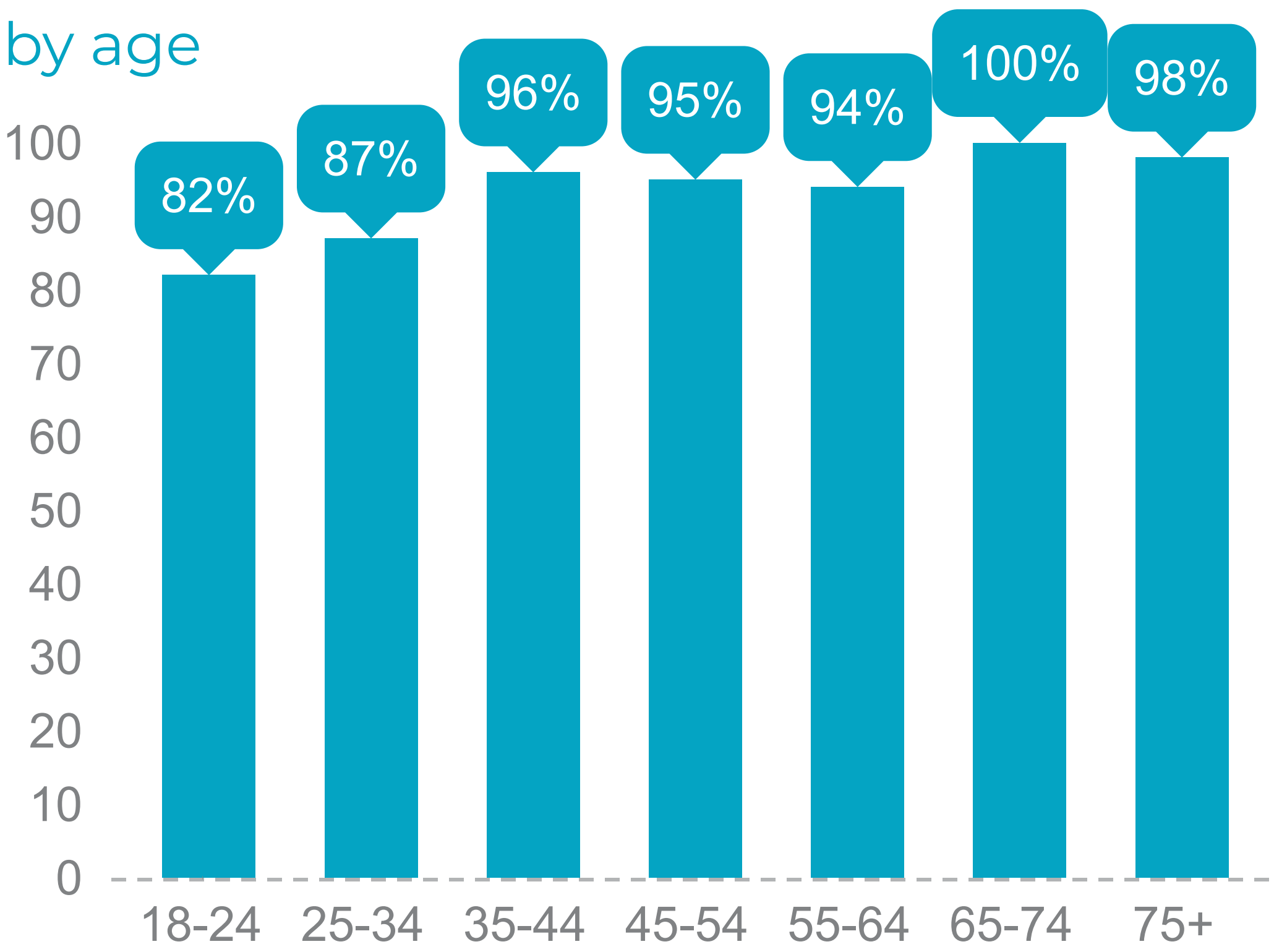
Compiled by the Bureau of Assessment, Planning and Communications

JULY 2019

# Access to Affordable Healthcare

## Have health care coverage

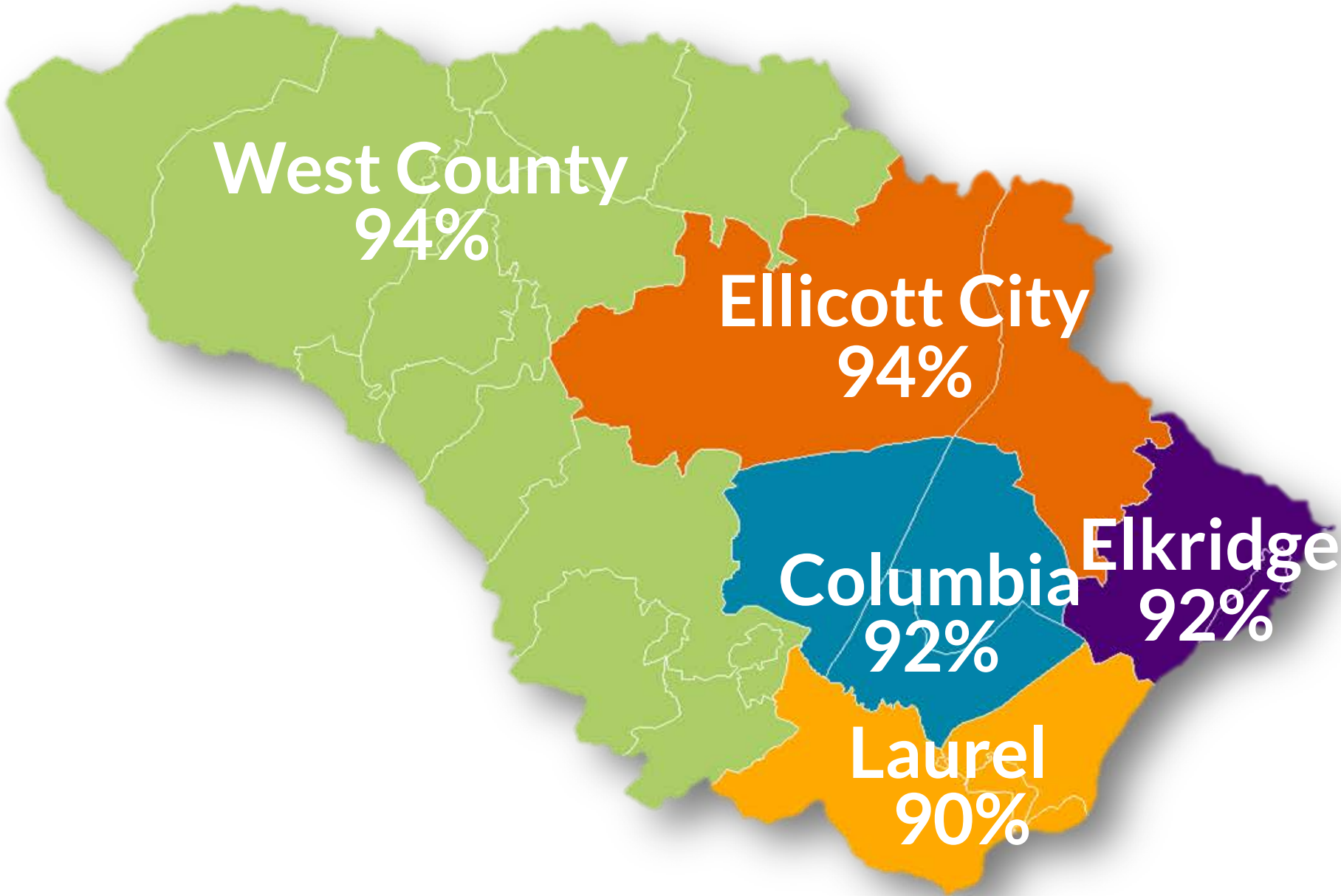
by age



7%  
Uninsured

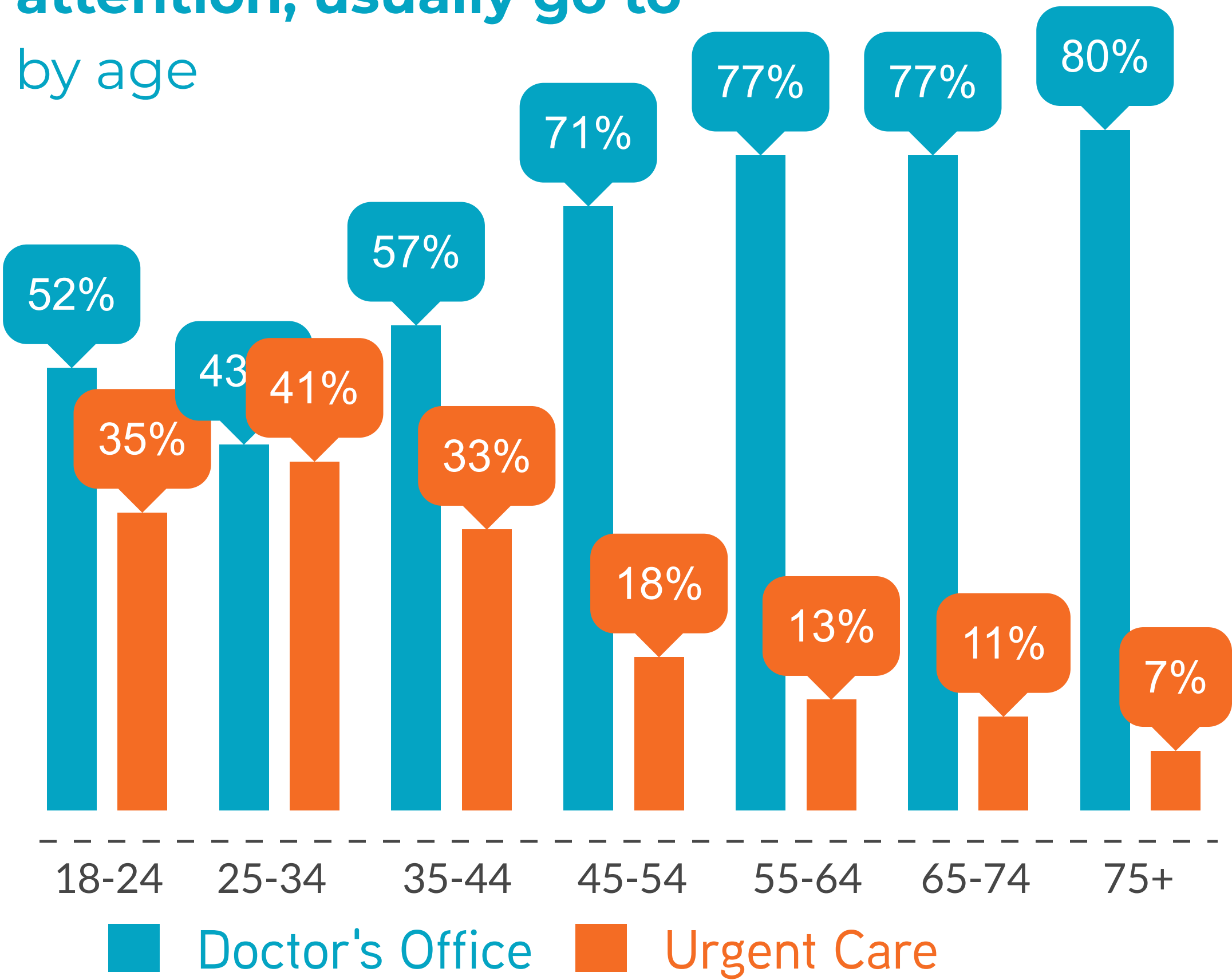


by region

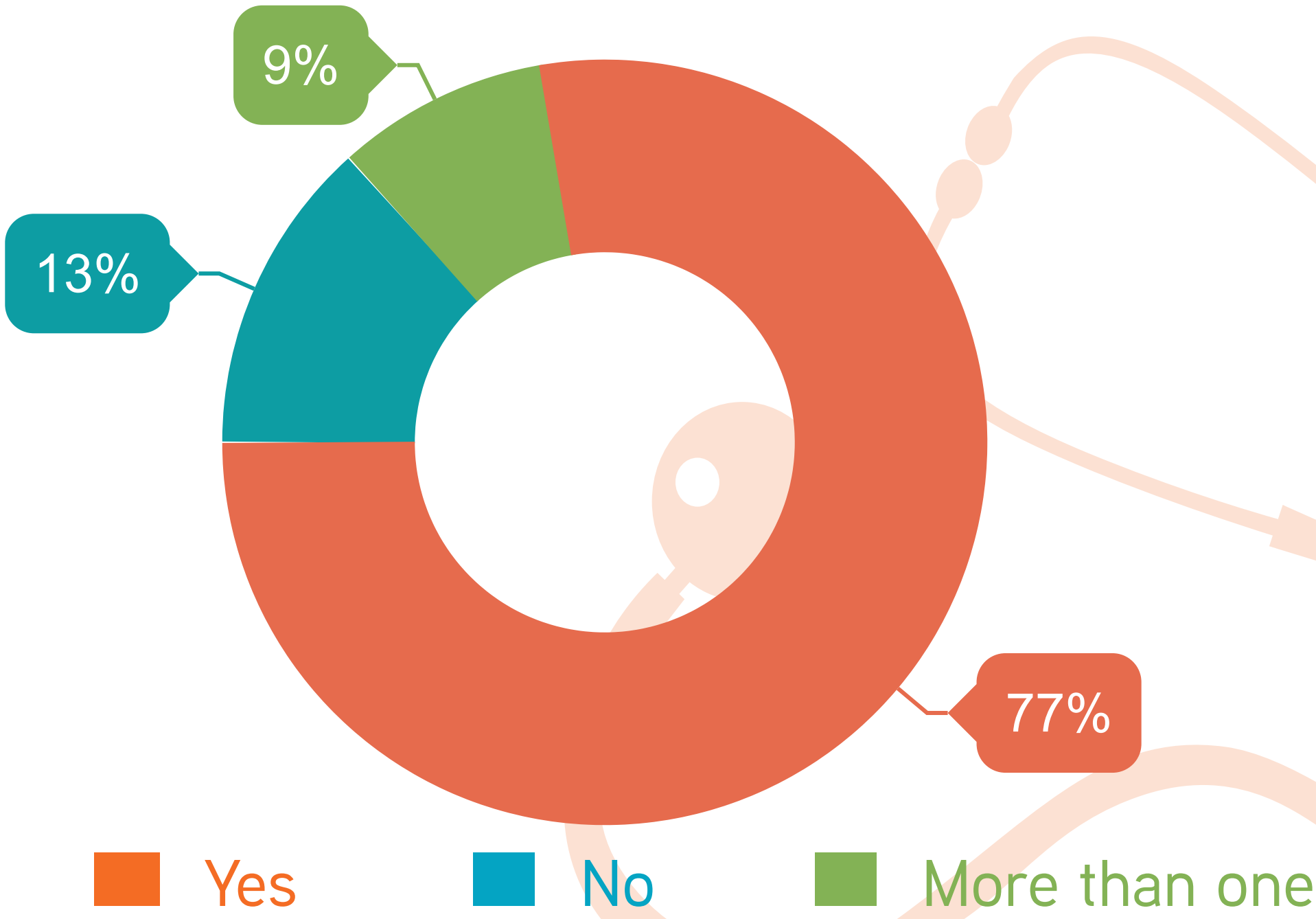


## When sick or need medical attention, usually go to

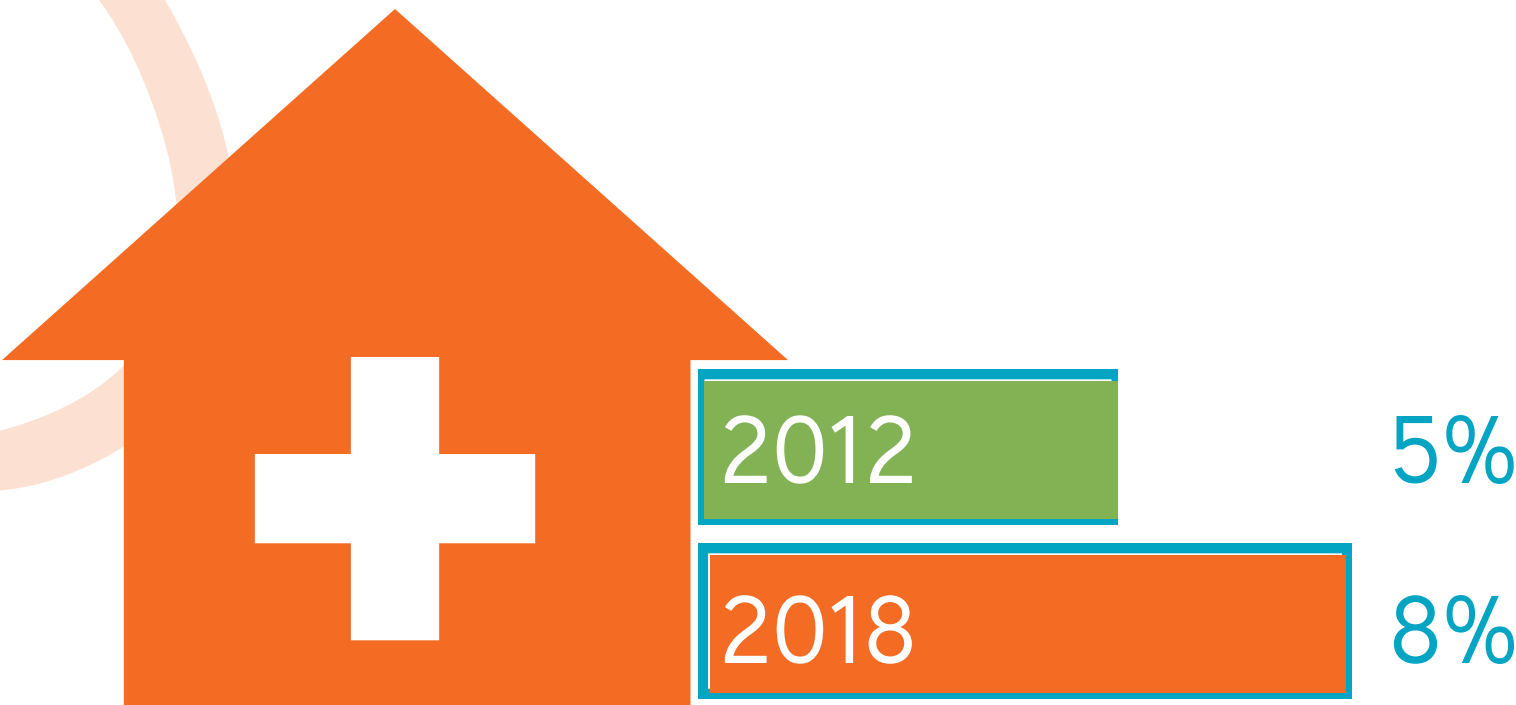
by age



## Have person think of as doctor or health care provider



Went to emergency room, because couldn't get timely appointment with doctor (past year)



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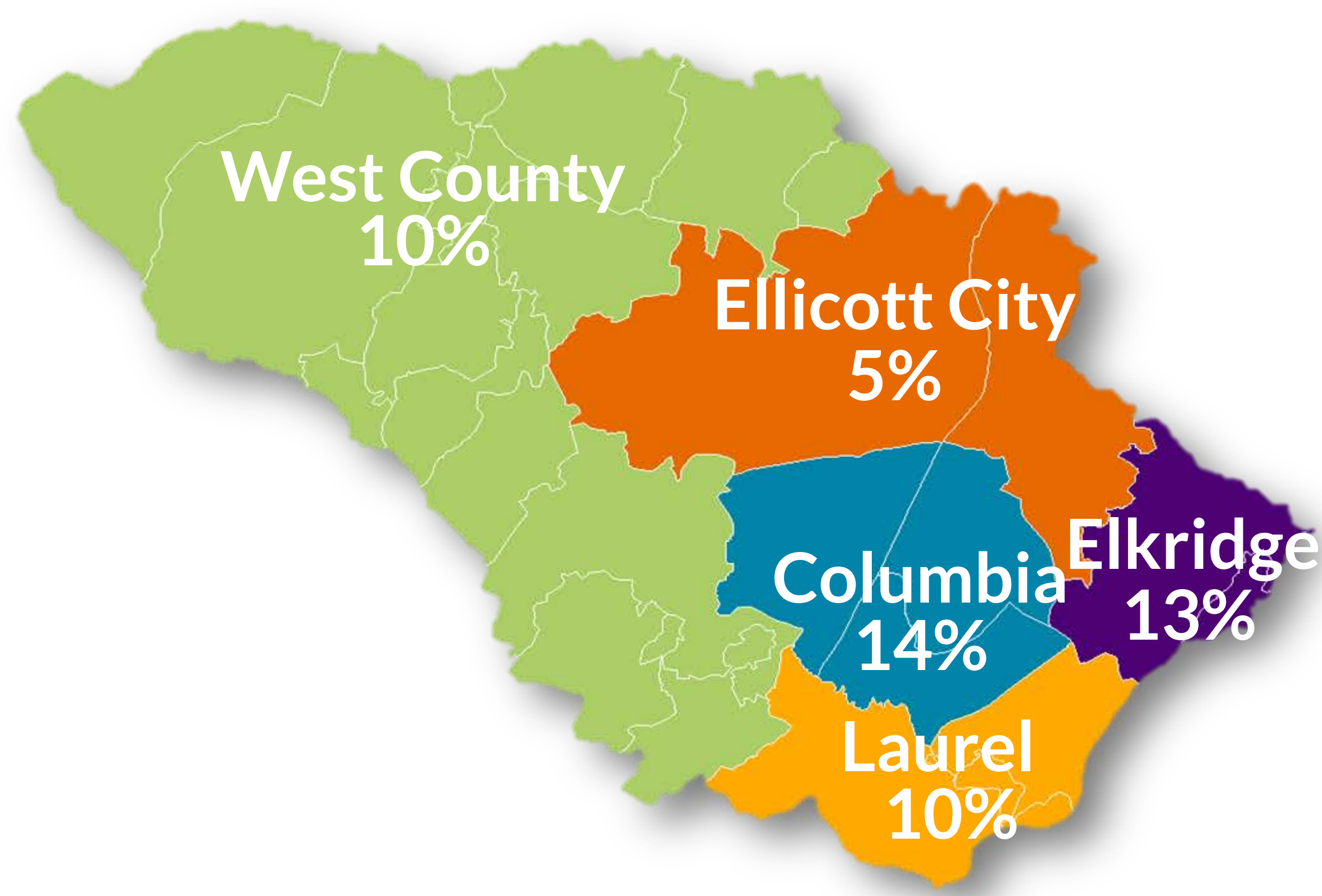
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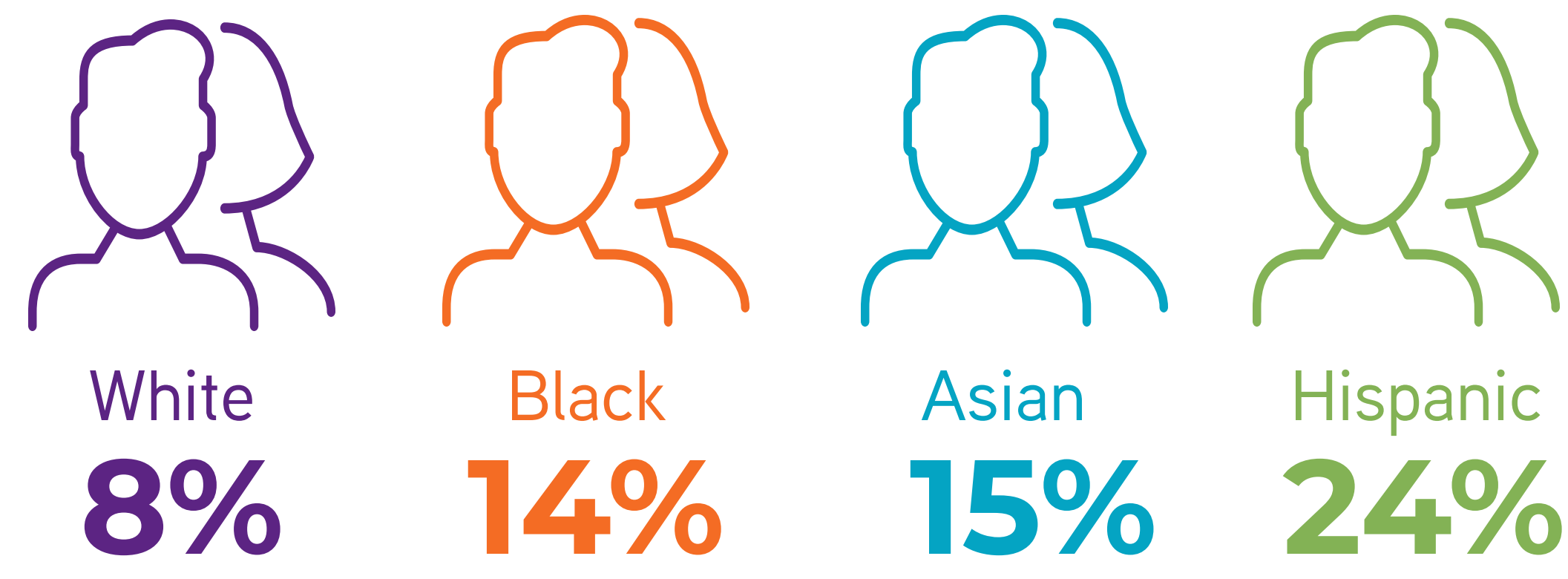
# Access to Affordable Healthcare

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

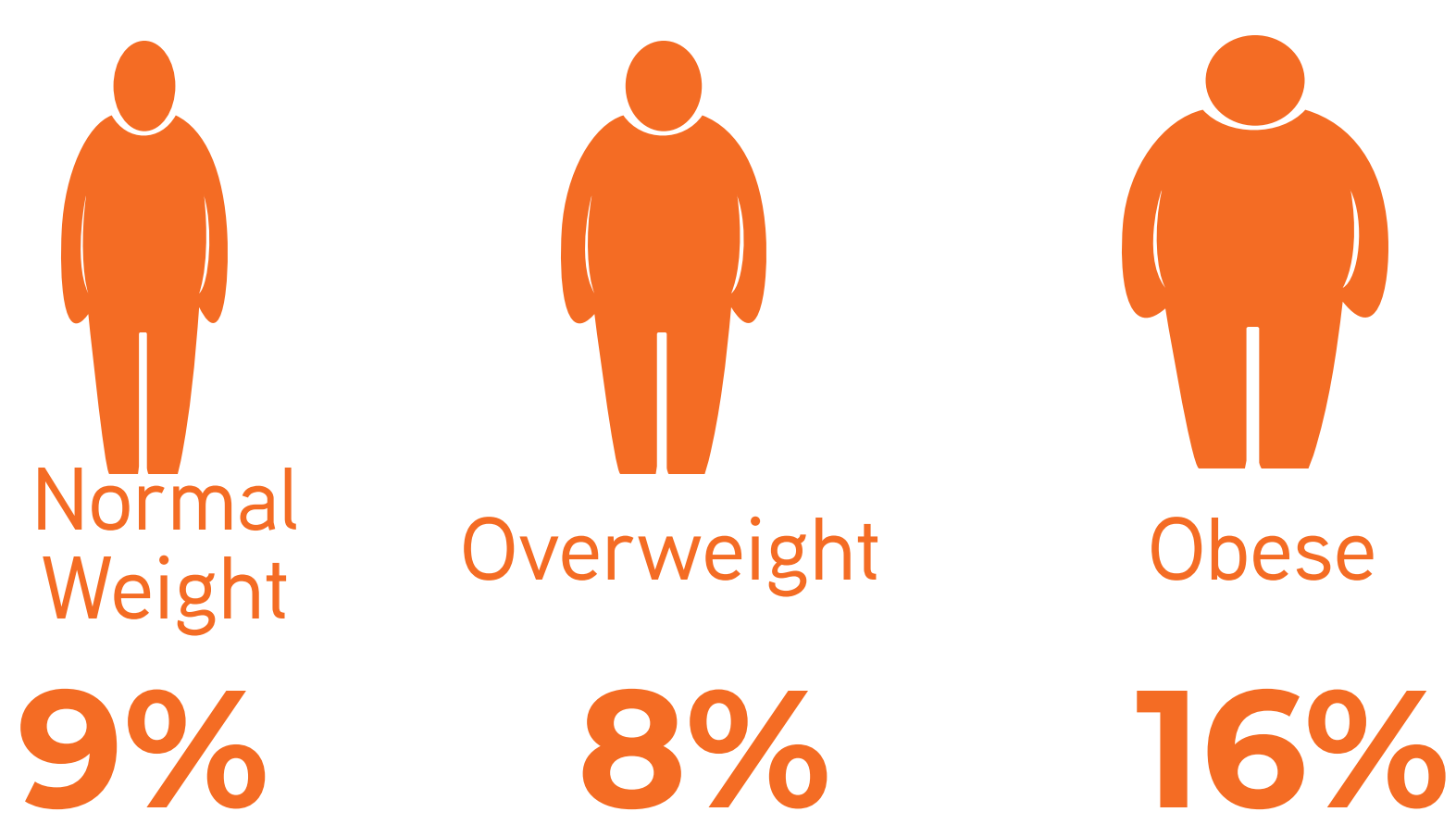
by region



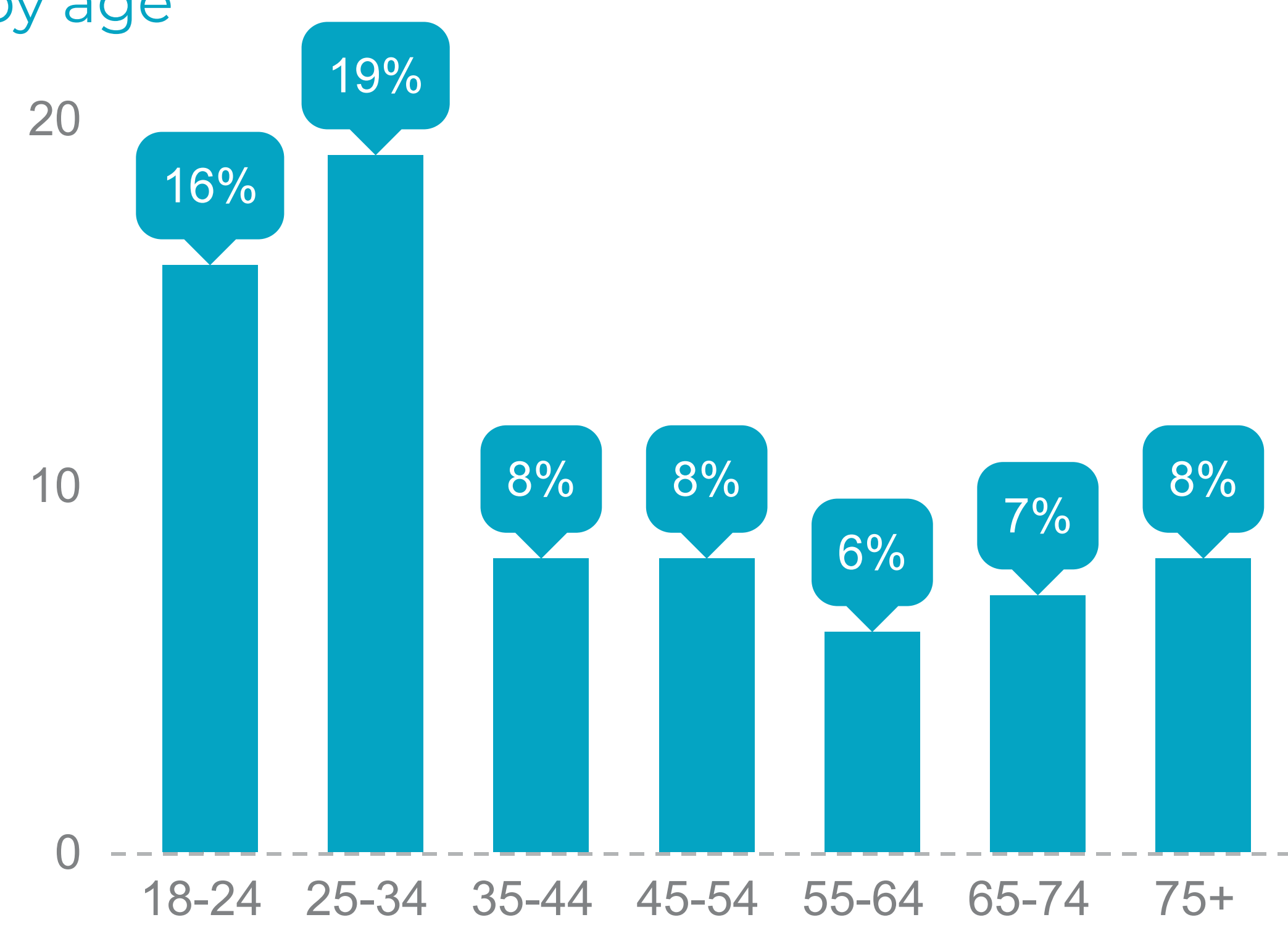
by race/ethnicity



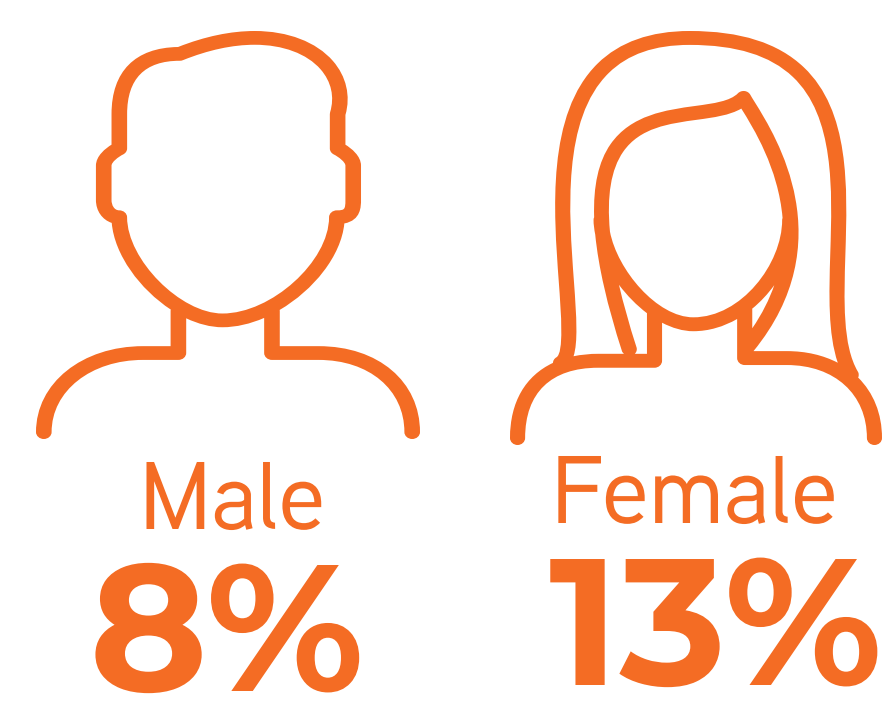
by weight



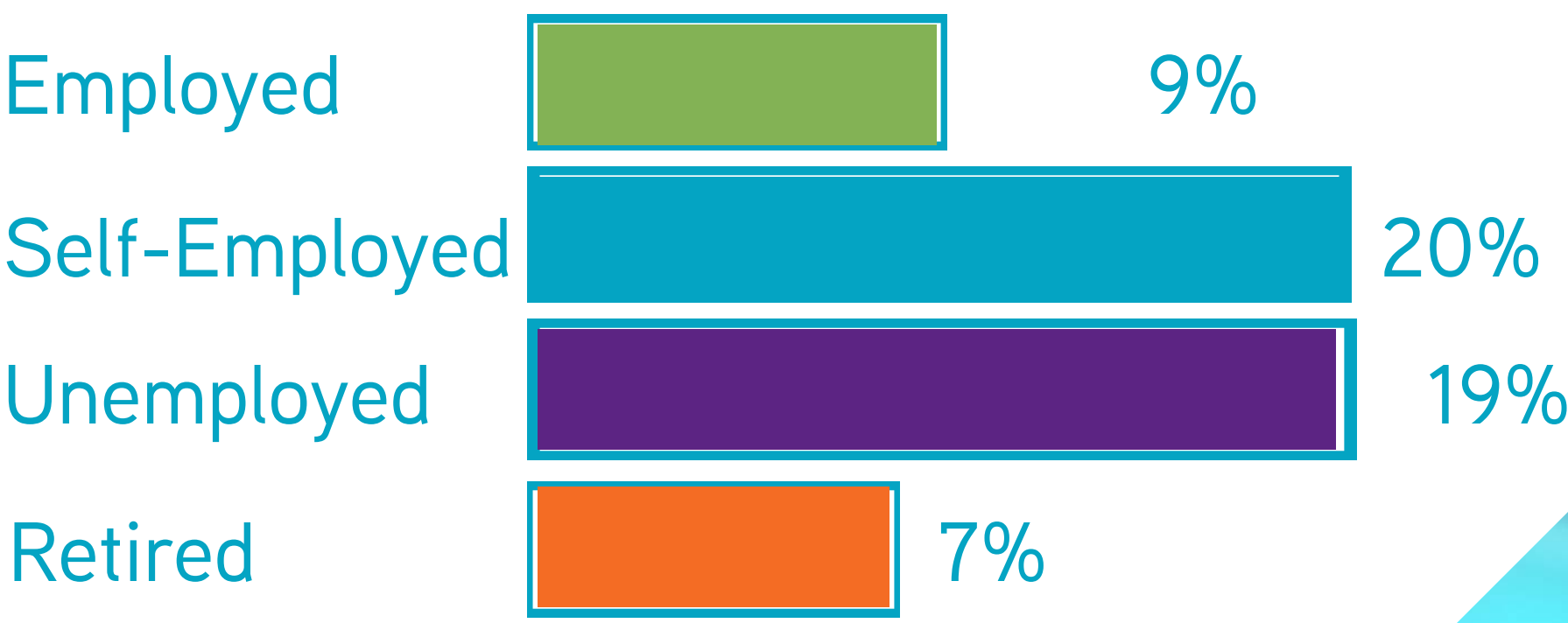
by age



by gender



by employment



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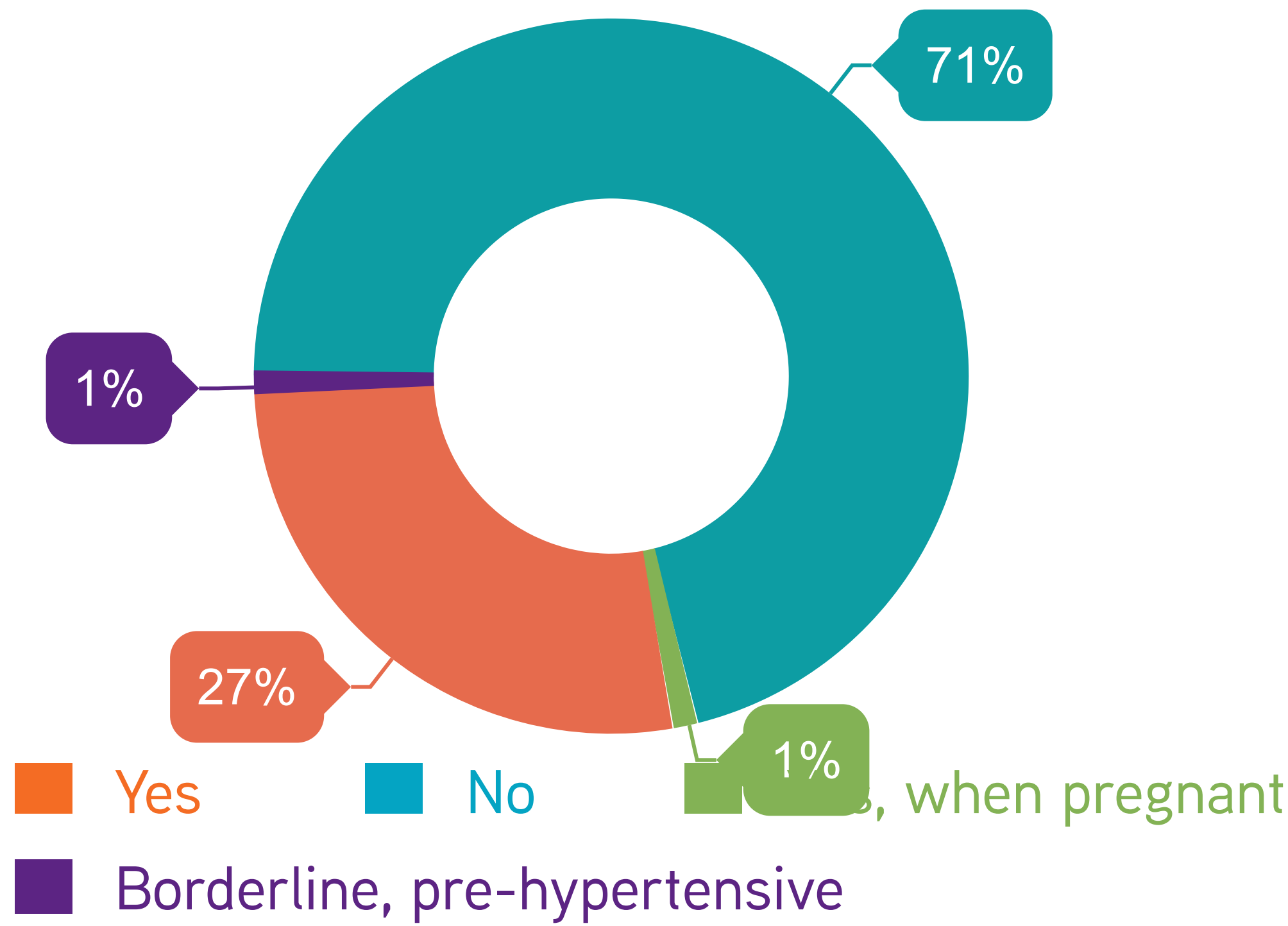
Compiled by the Bureau of Assessment, Planning and Communications



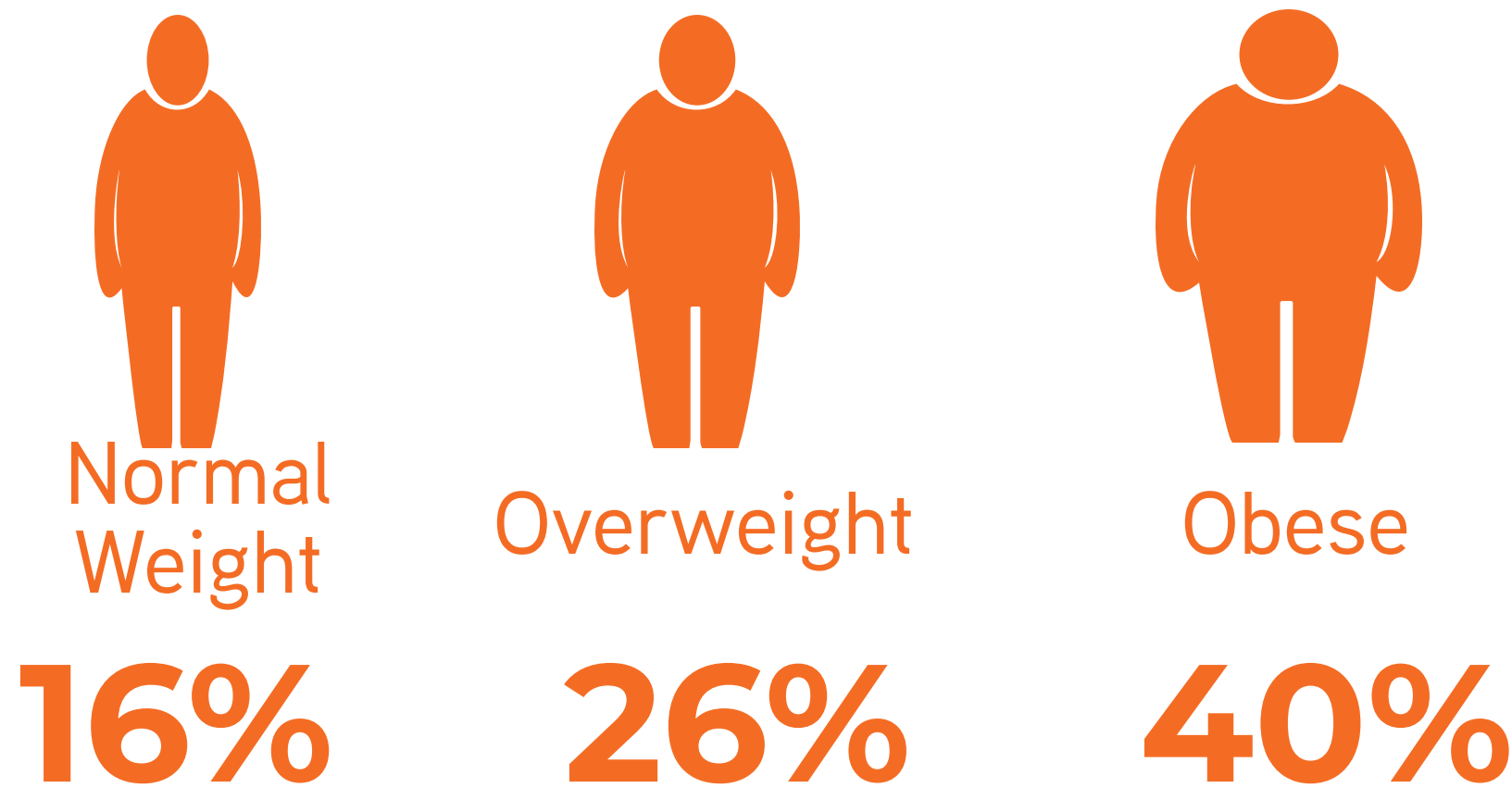
# Chronic Disease

## HIGH BLOOD PRESSURE

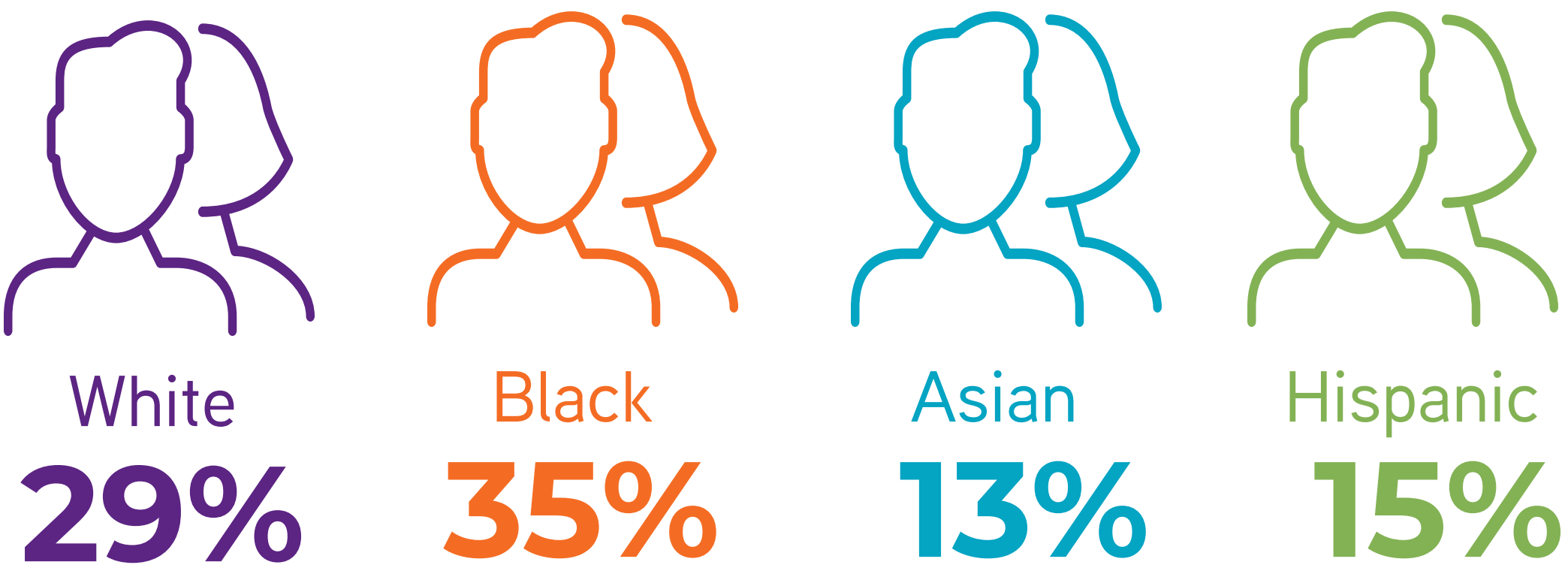
Ever told blood pressure high by health care professional



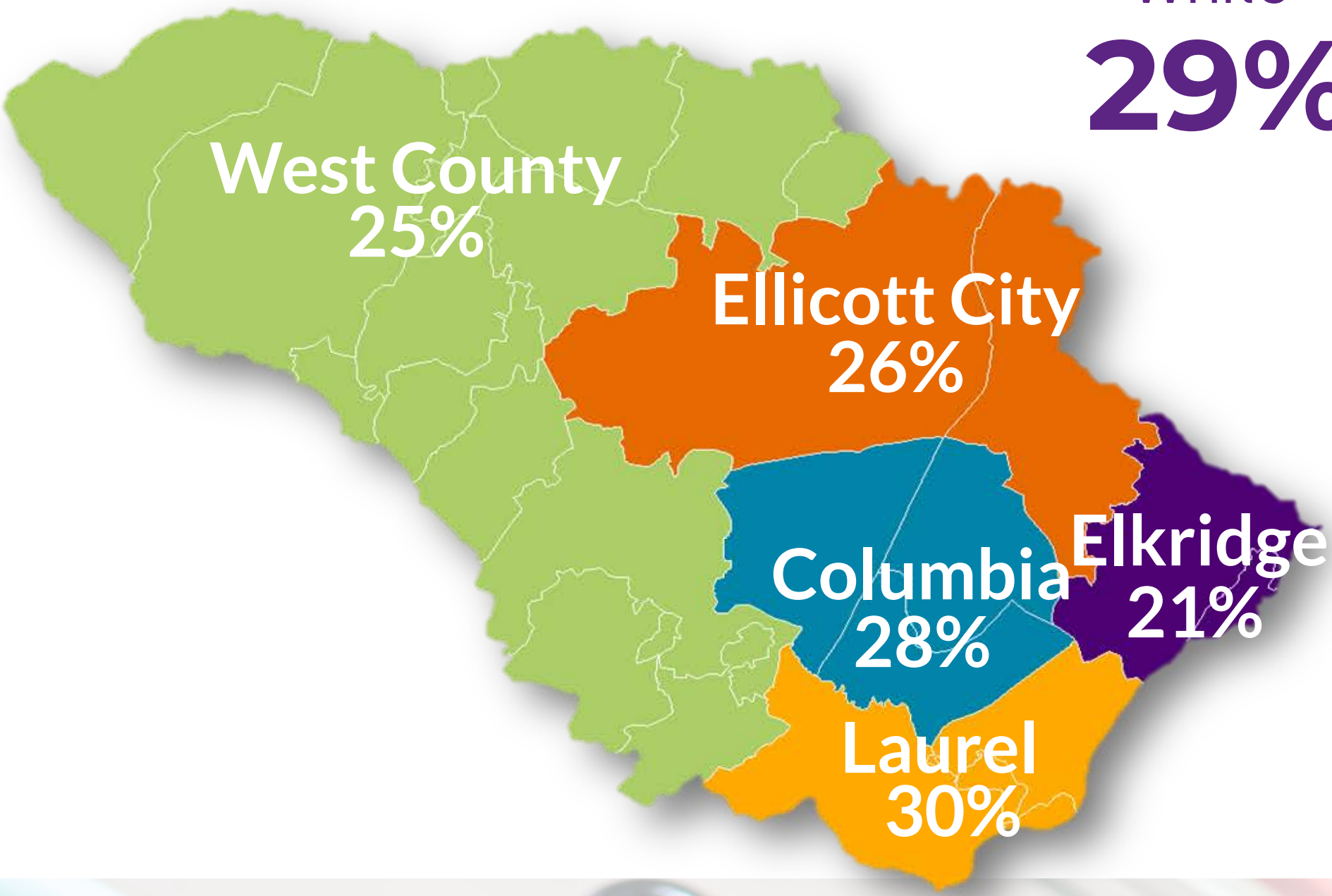
by weight



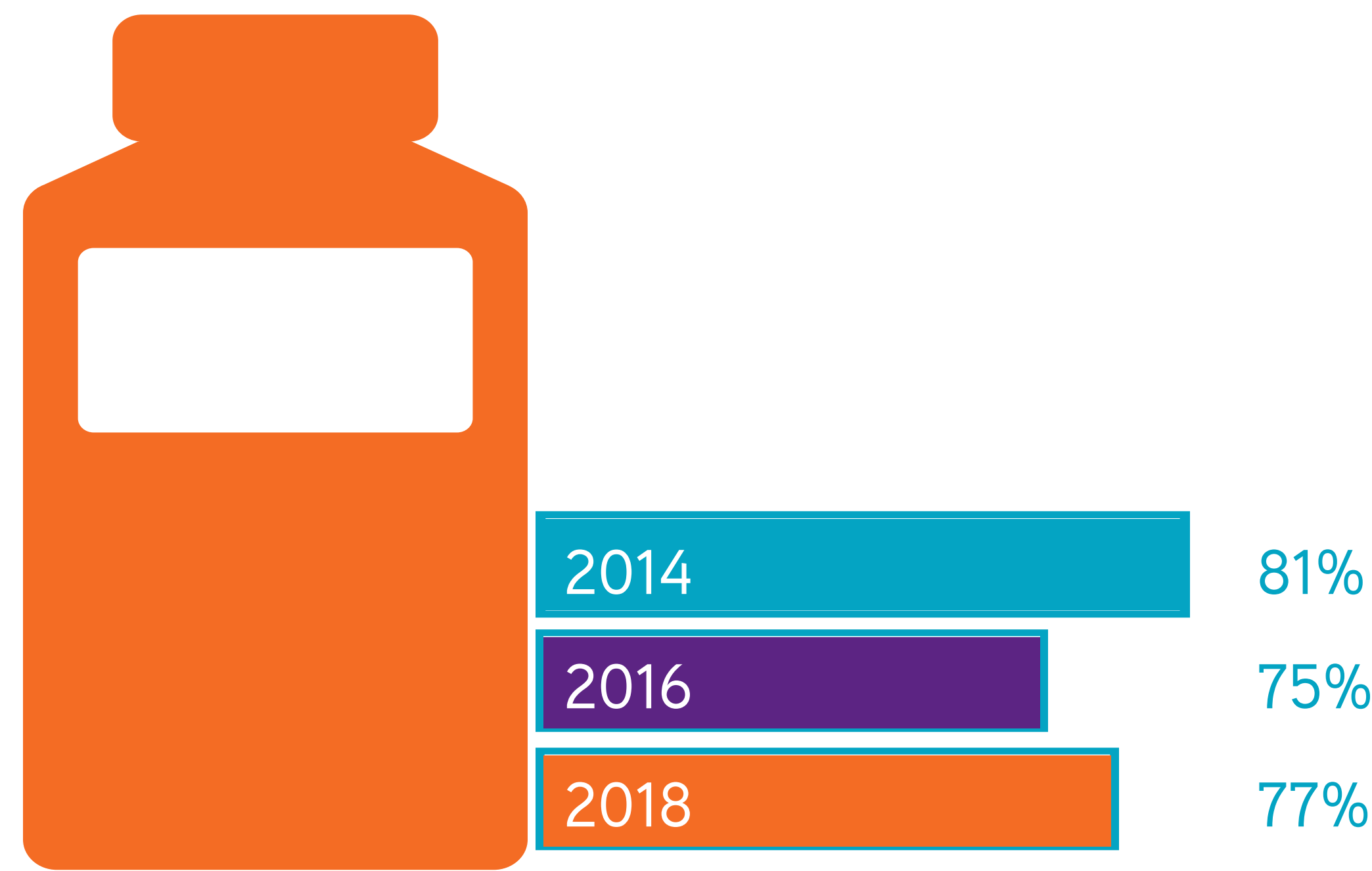
by race/ethnicity



by region

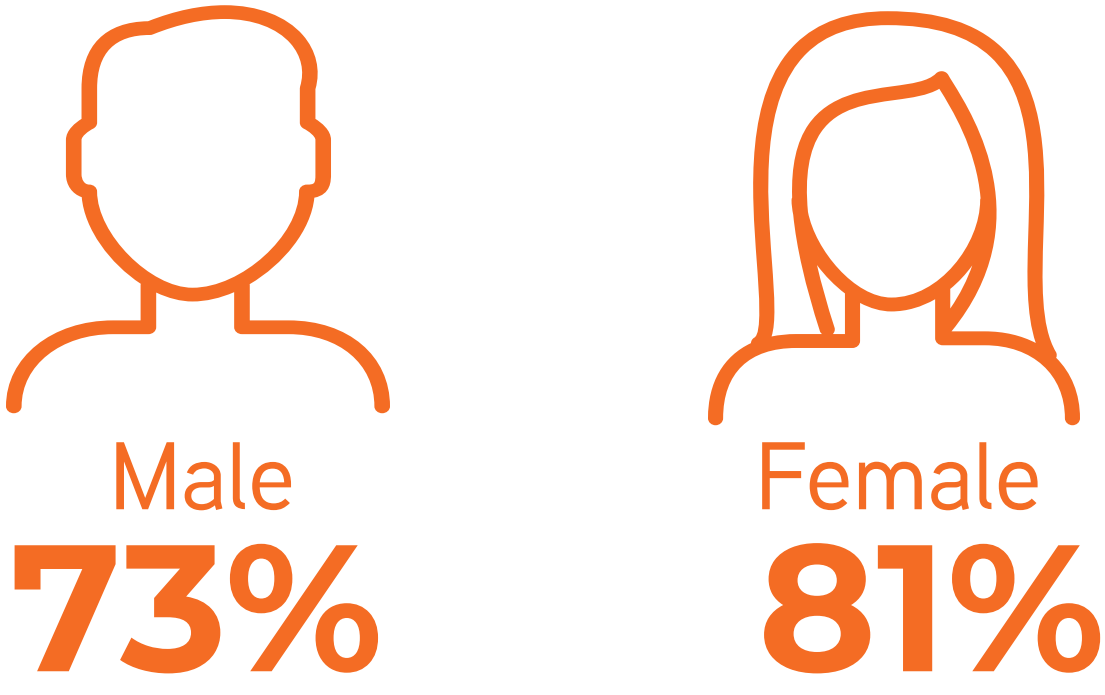


Taking medication for high blood pressure



Taking medication for high blood pressure

by gender



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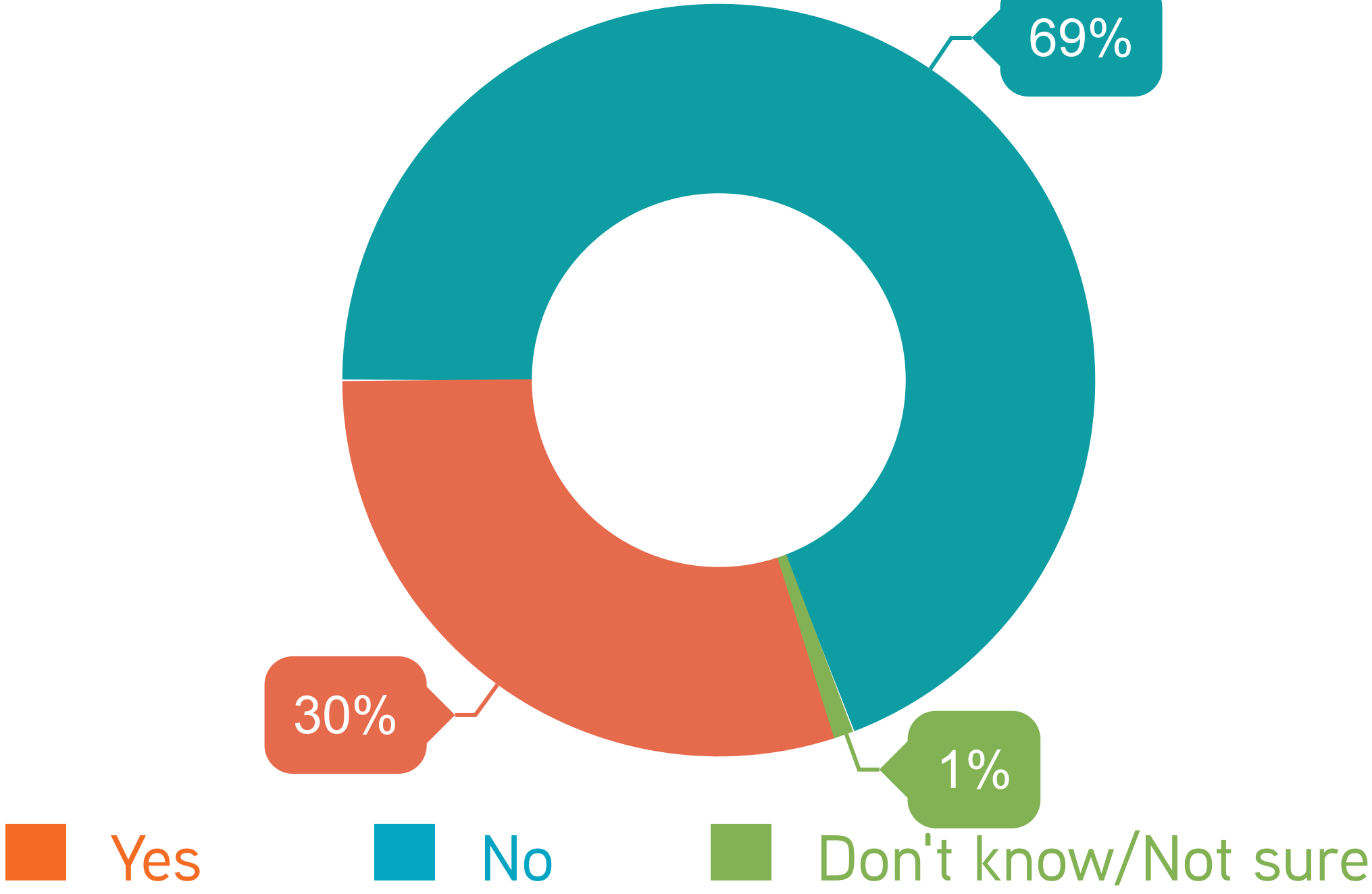
Compiled by the Bureau of Assessment, Planning and Communications



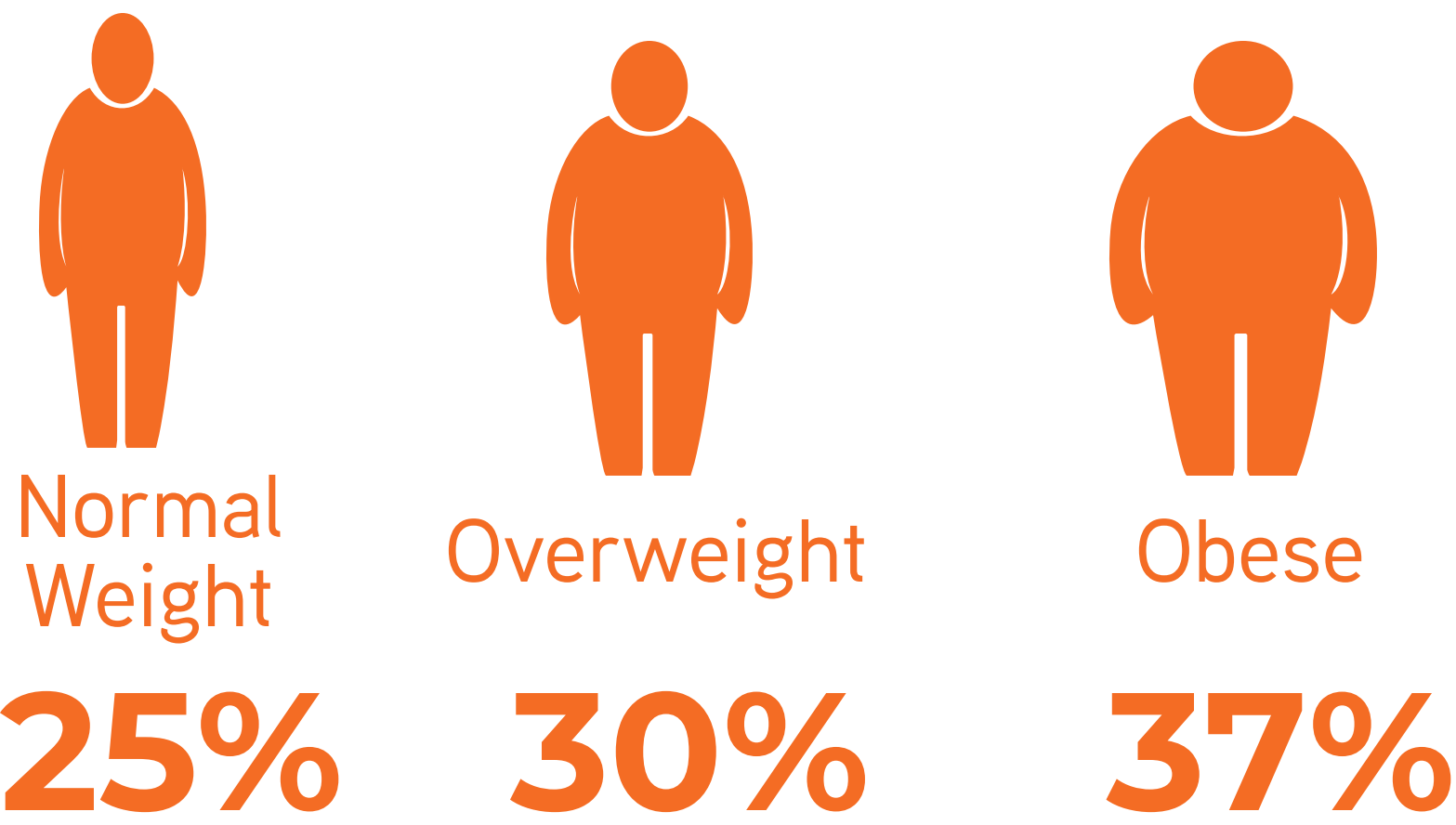
# Chronic Disease

## HIGH BLOOD CHOLESTEROL

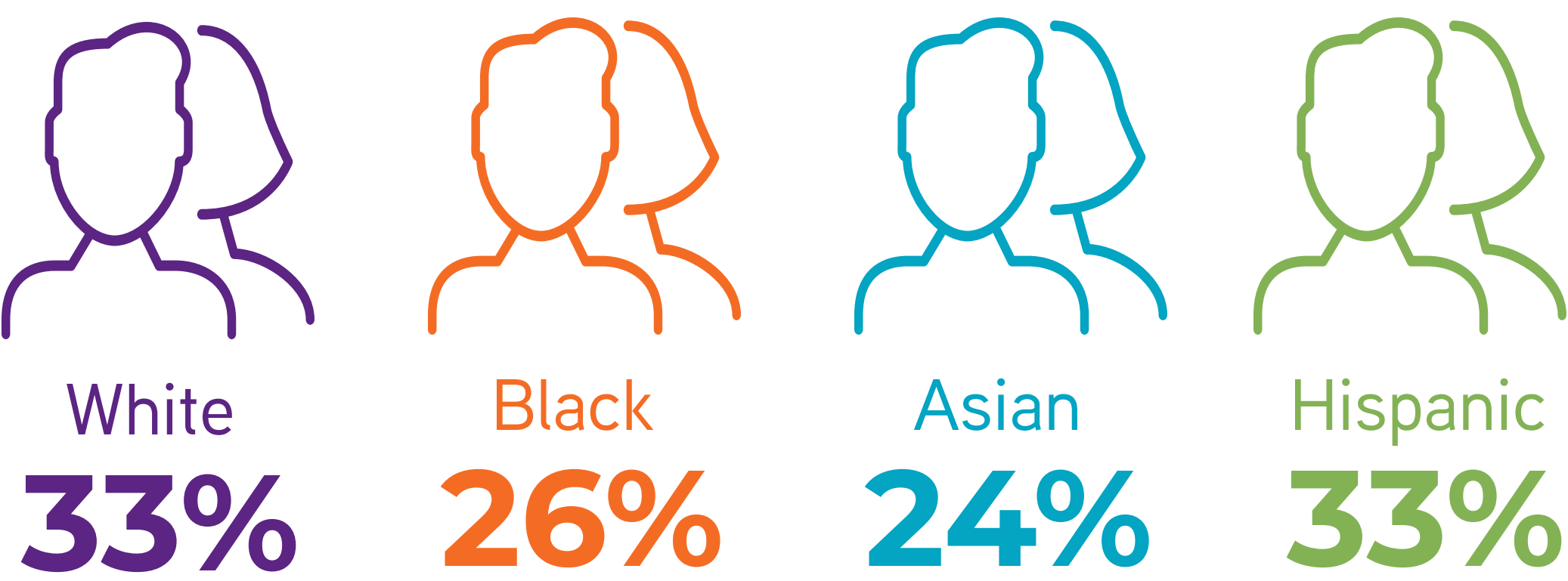
Ever told blood cholesterol high by health care professional



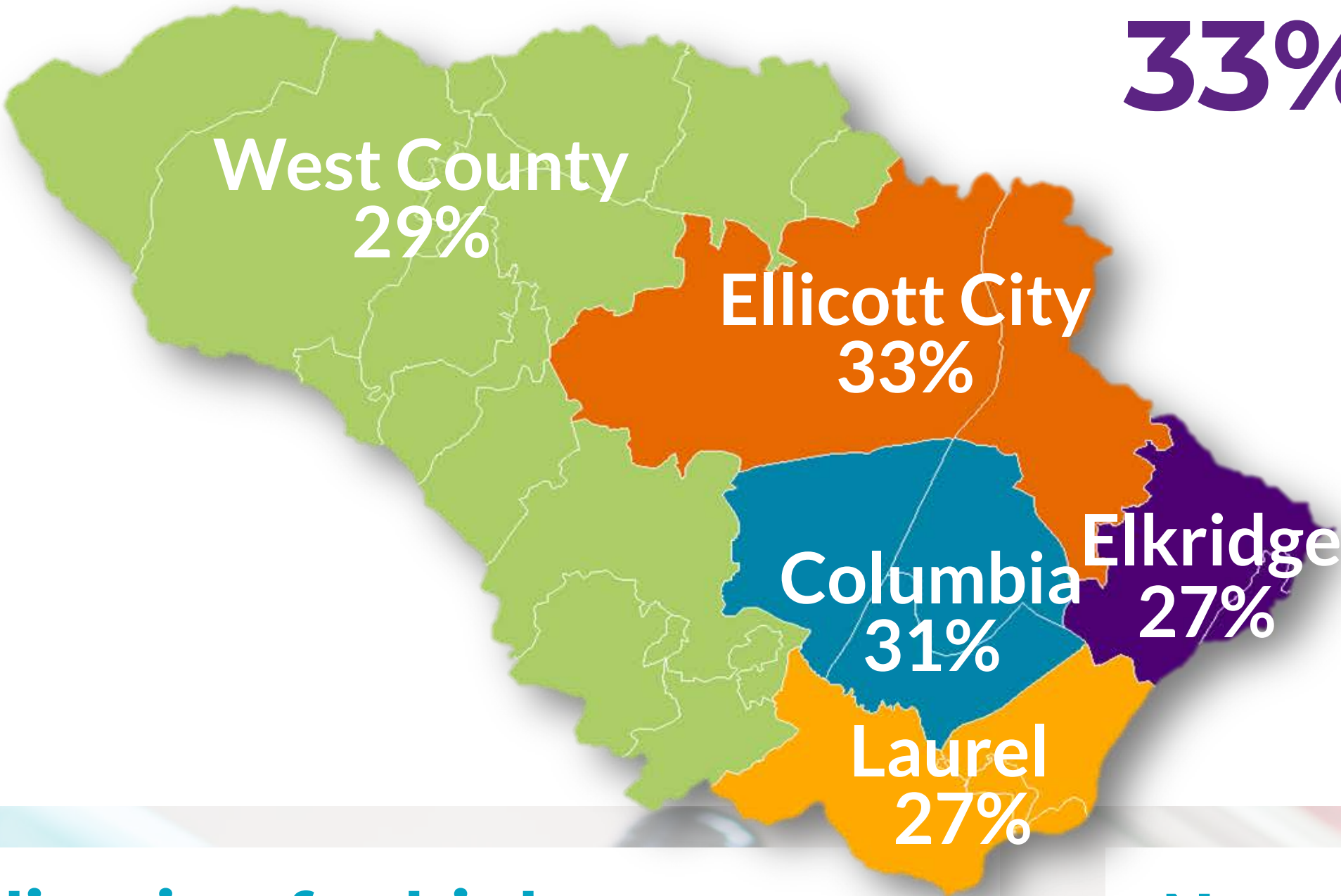
by weight



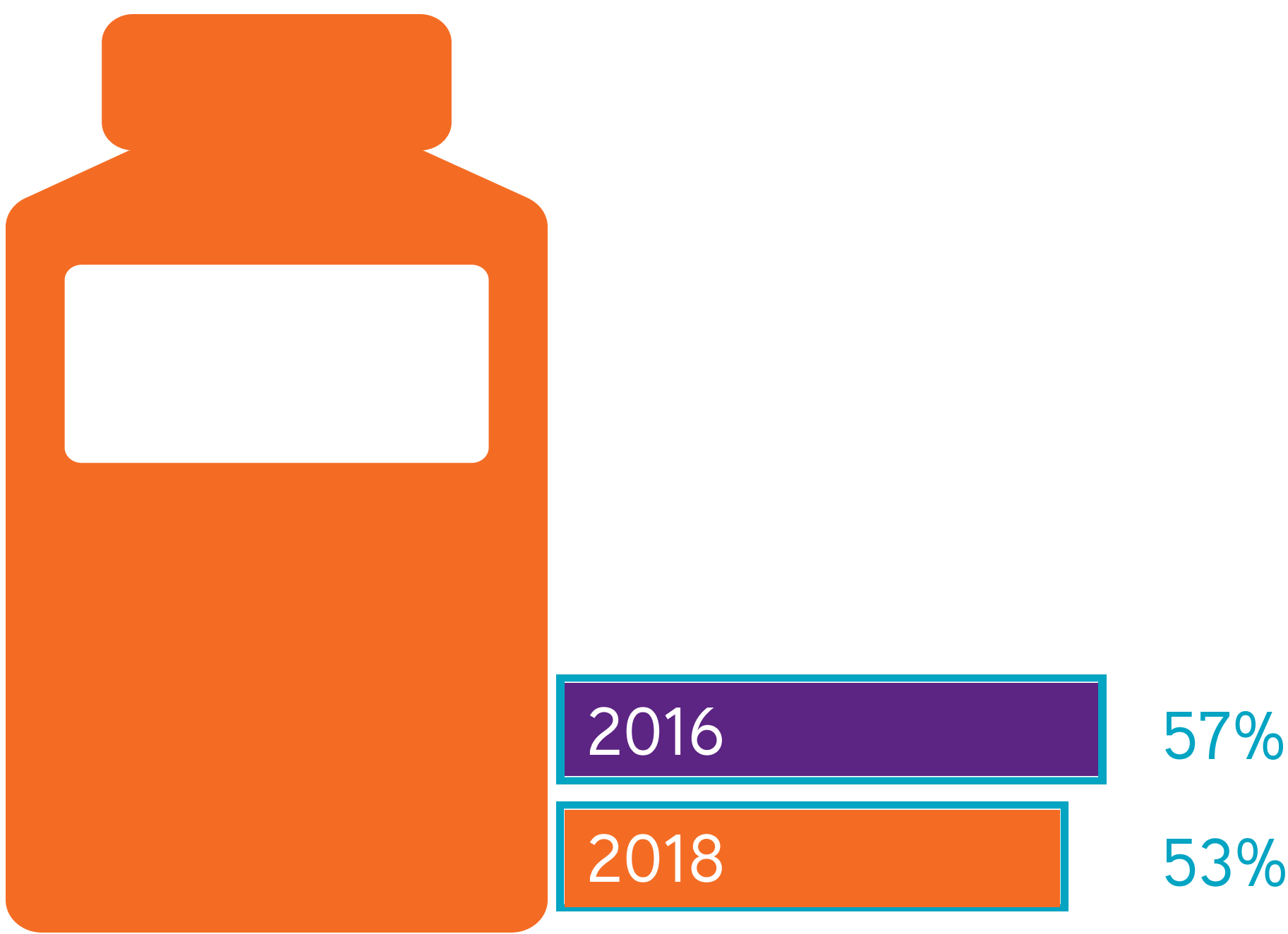
by race/ethnicity



by region

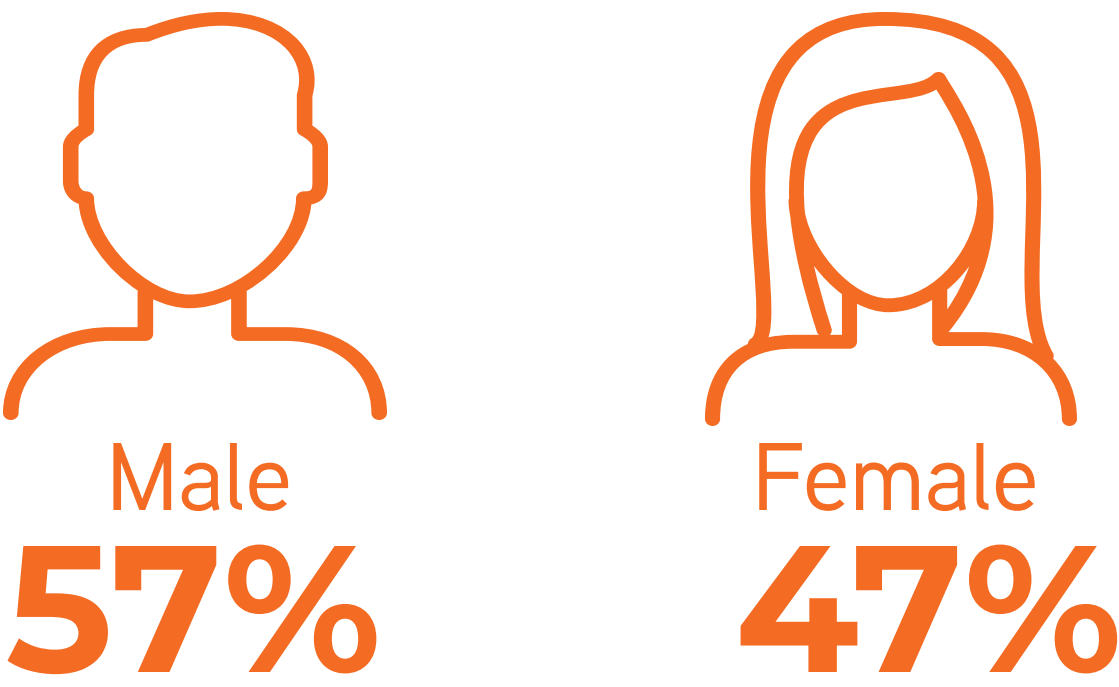


Now taking medication for high blood cholesterol



Now taking medication for high blood cholesterol

by gender



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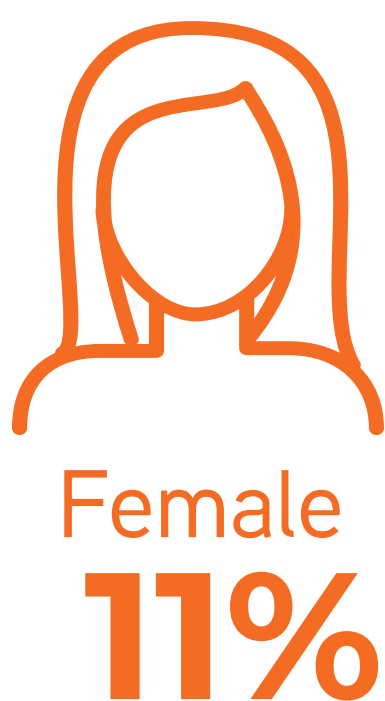
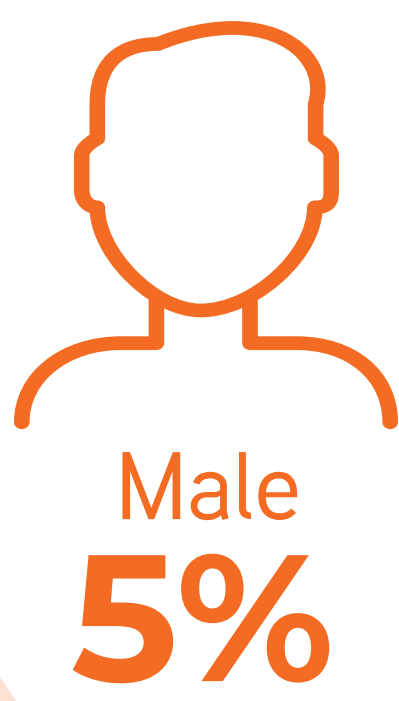
# Chronic Disease

## RESPIRATORY CONDITIONS

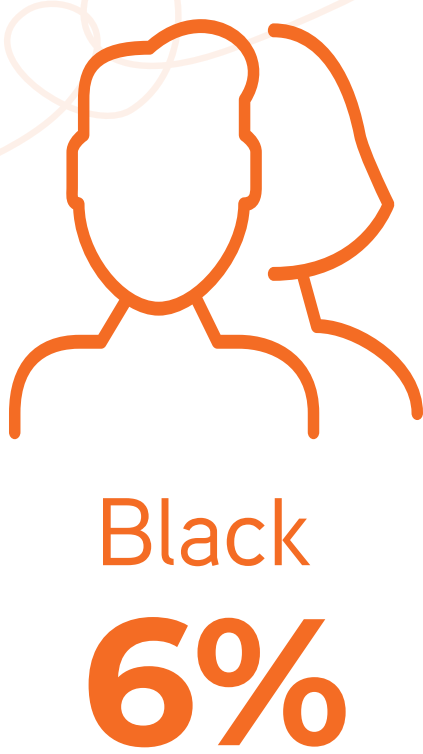
Currently have asthma



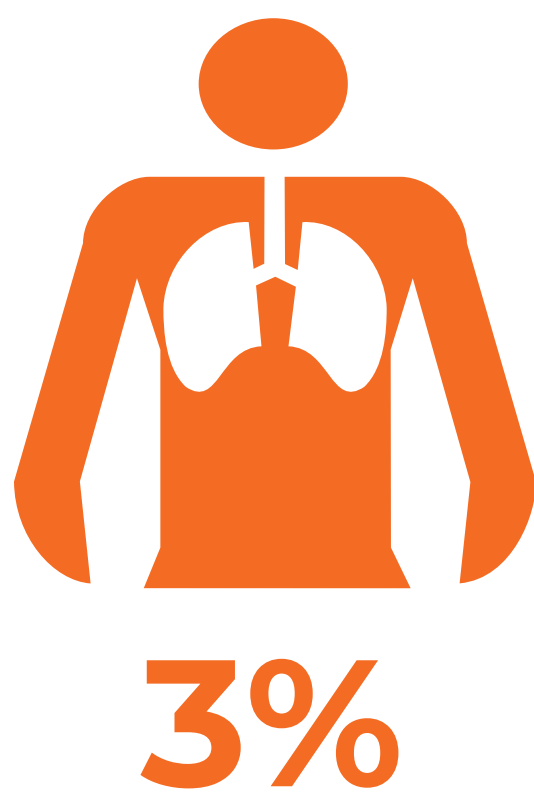
by gender



by race/ethnicity

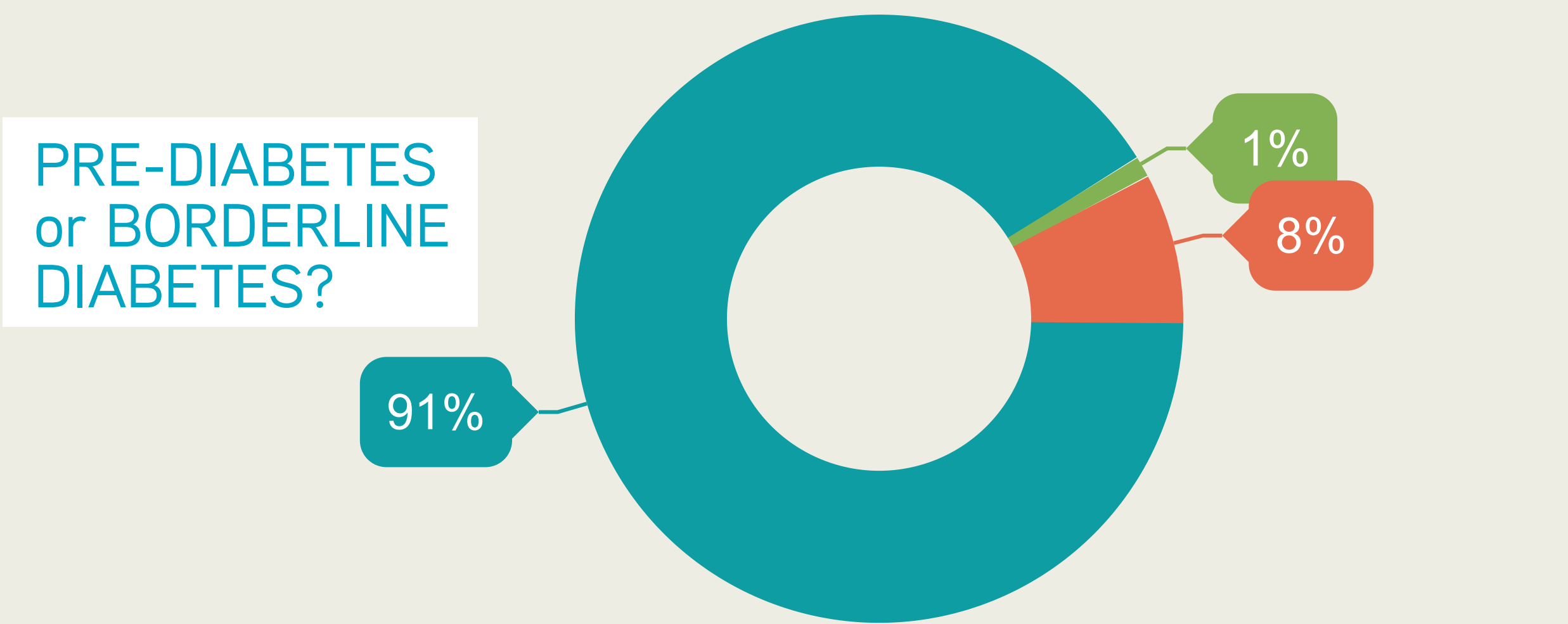
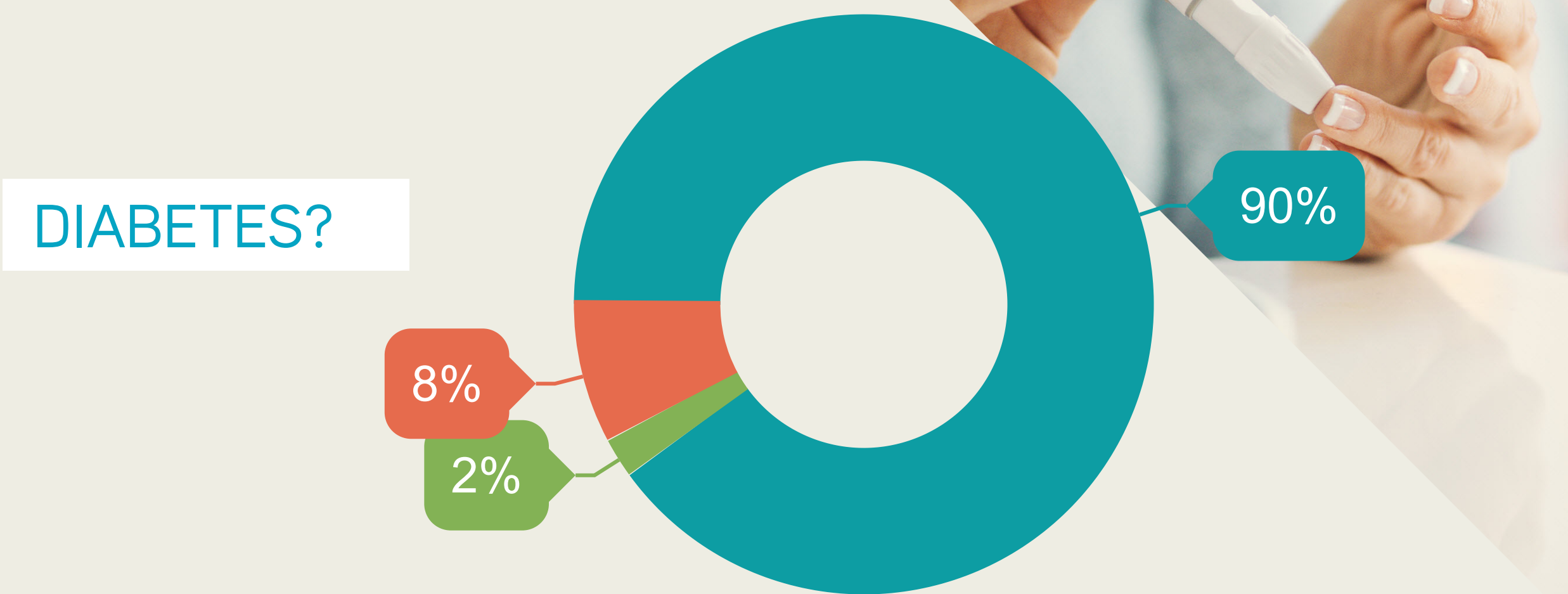


Ever told have Chronic Obstructive Pulmonary Disease by health care professional



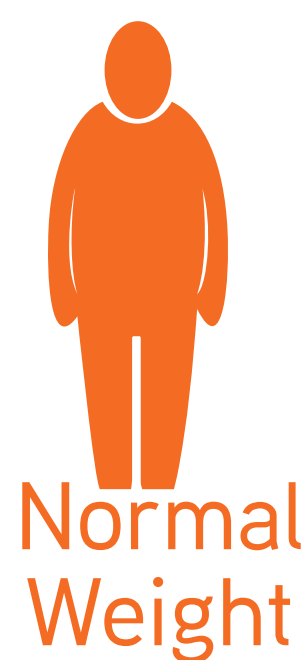
## DIABETES

EVER told you have

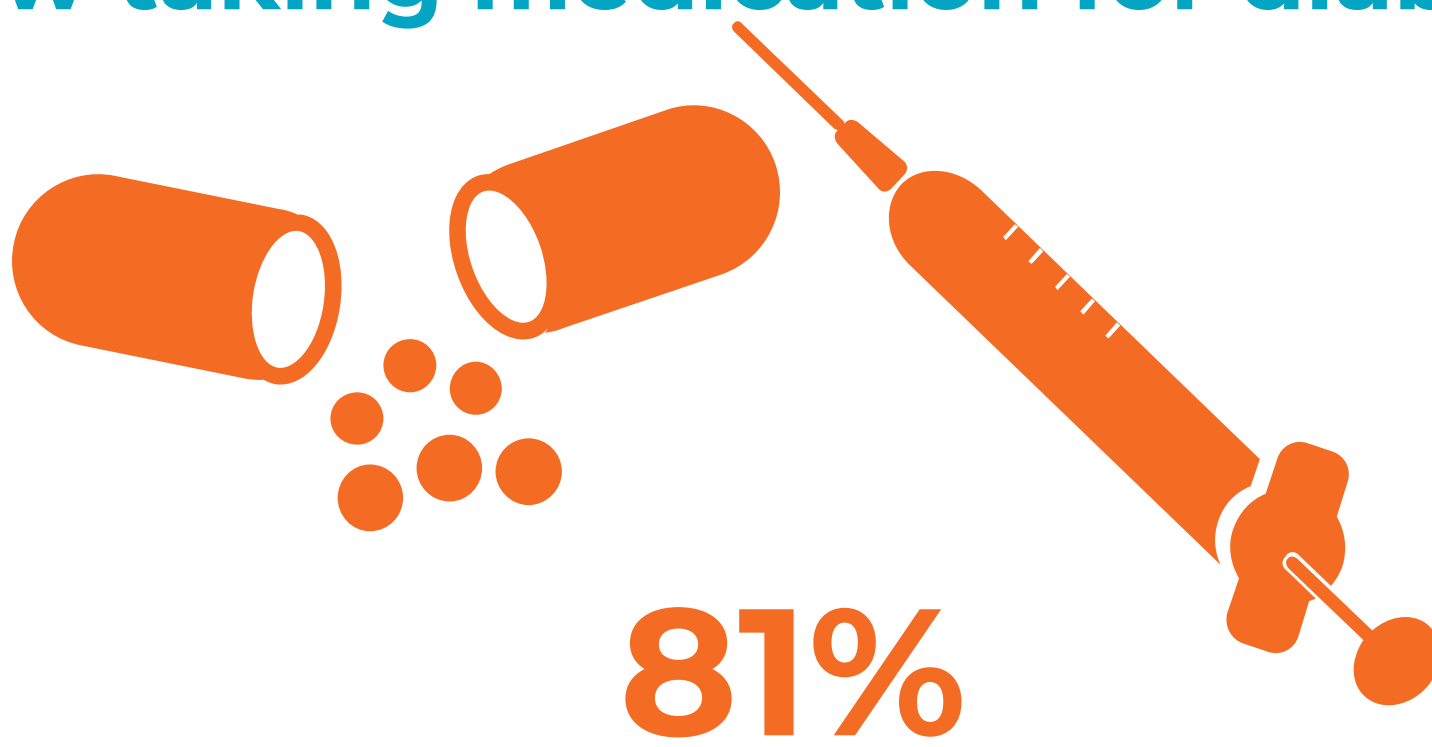


Yes No Yes, female during pregnancy

Ever told you have diabetes by weight



Now taking medication for diabetes



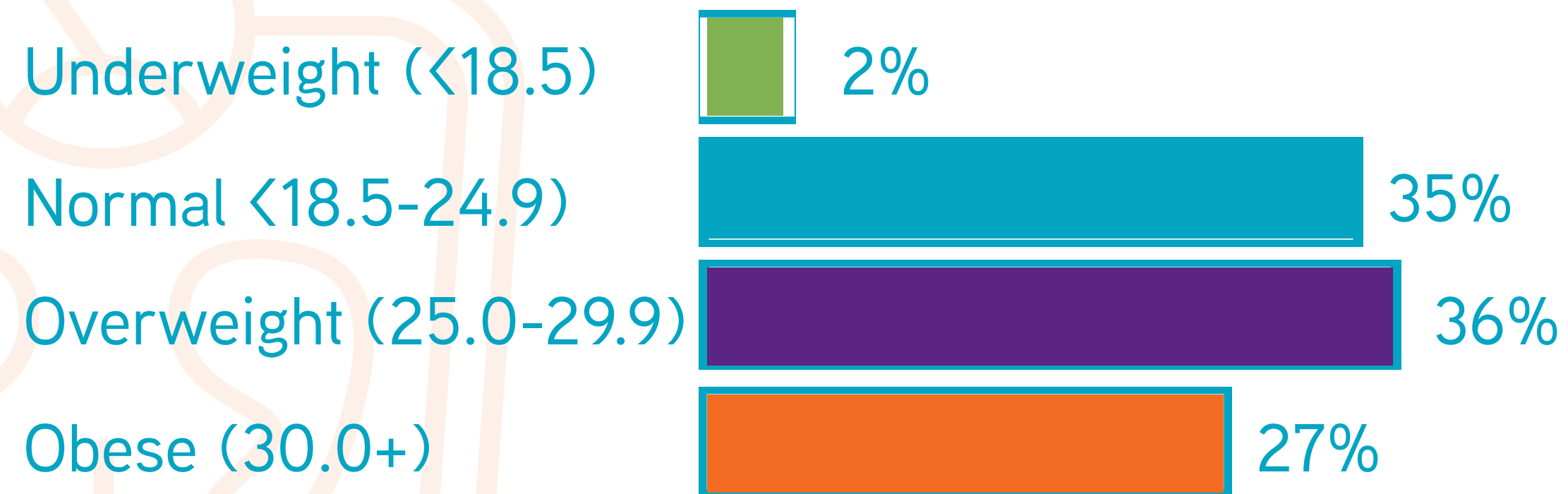
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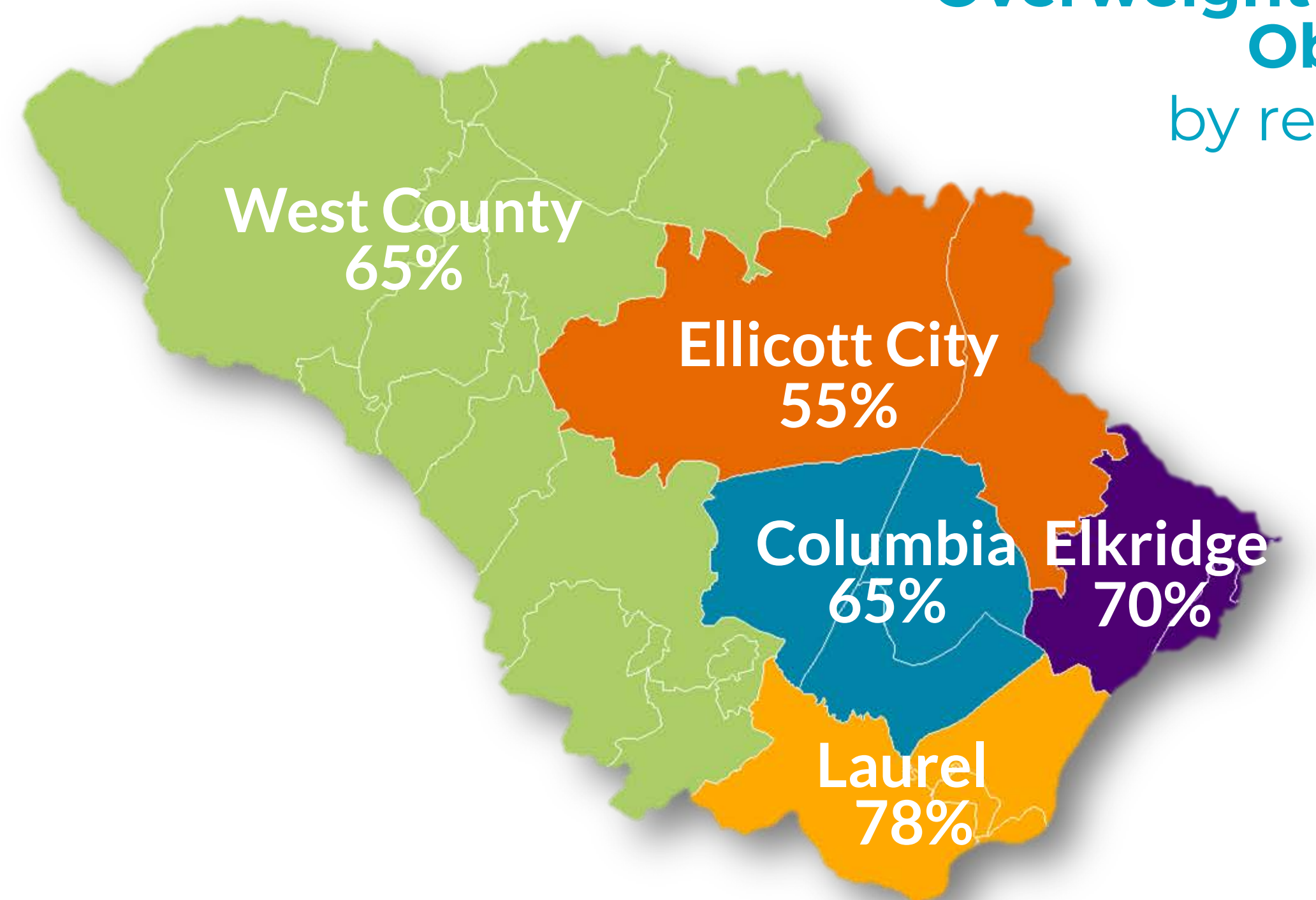


# WEIGHT, NUTRITION & EXERCISE

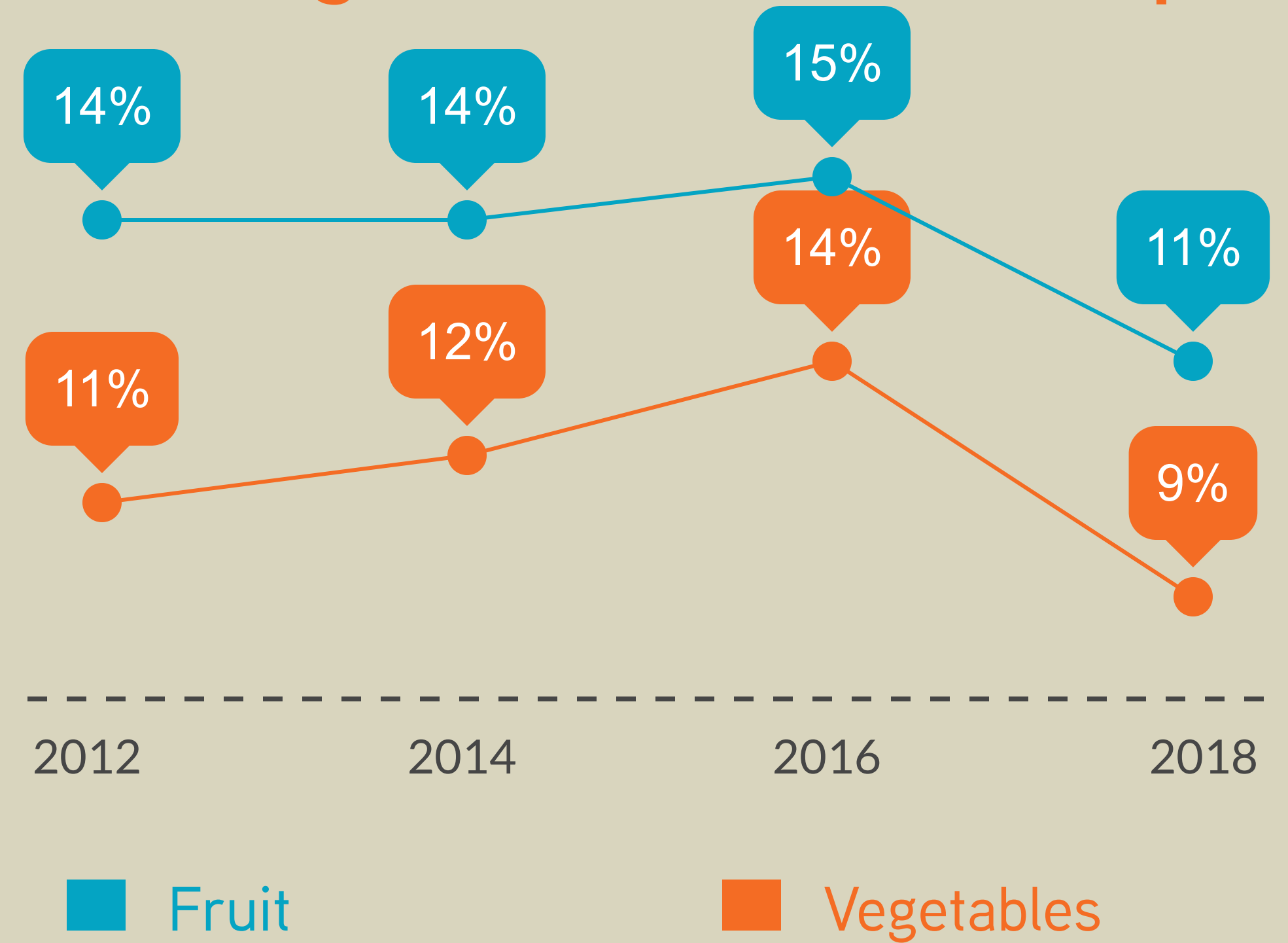
## Body Mass Index



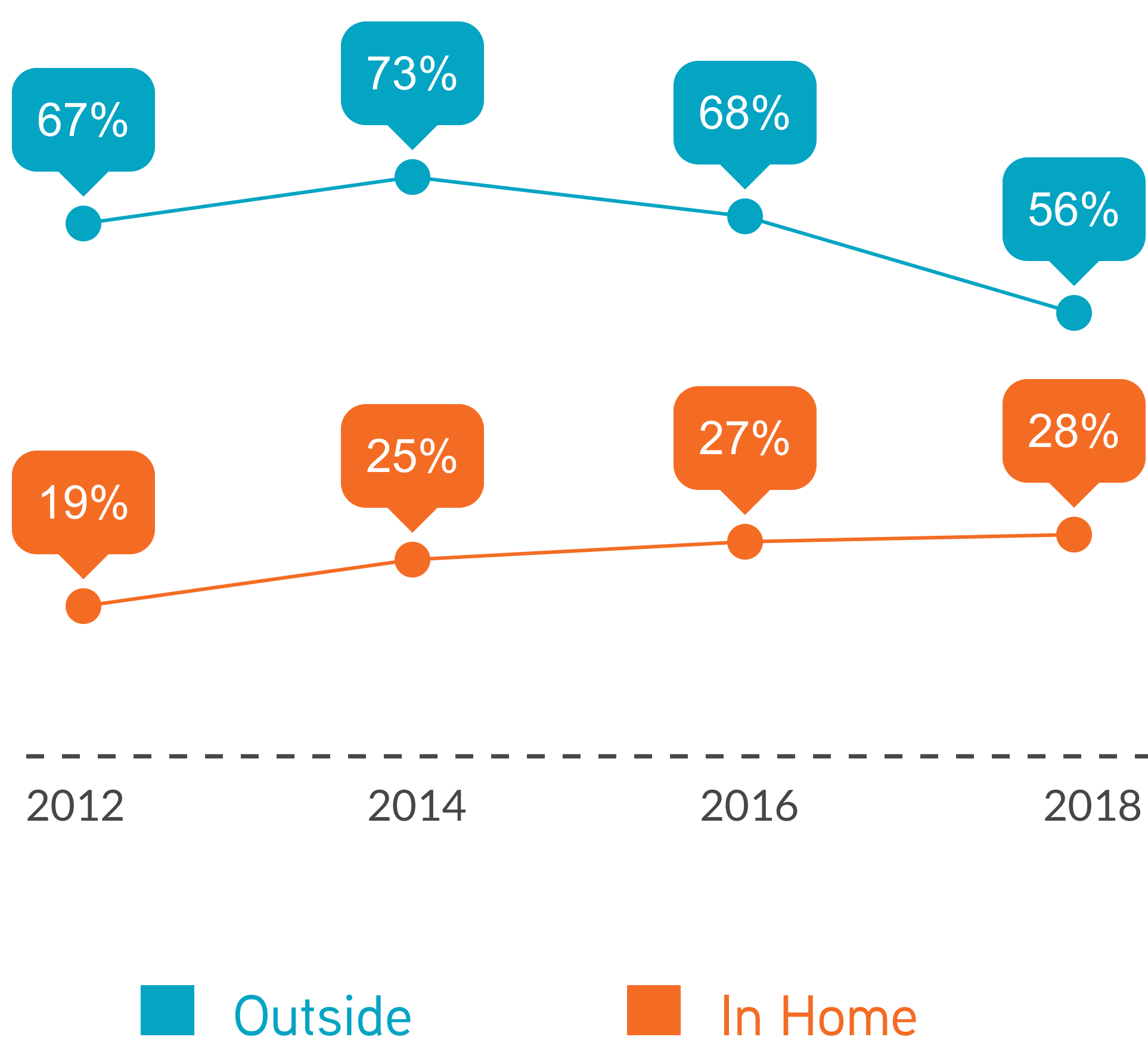
## Overweight and Obese by region



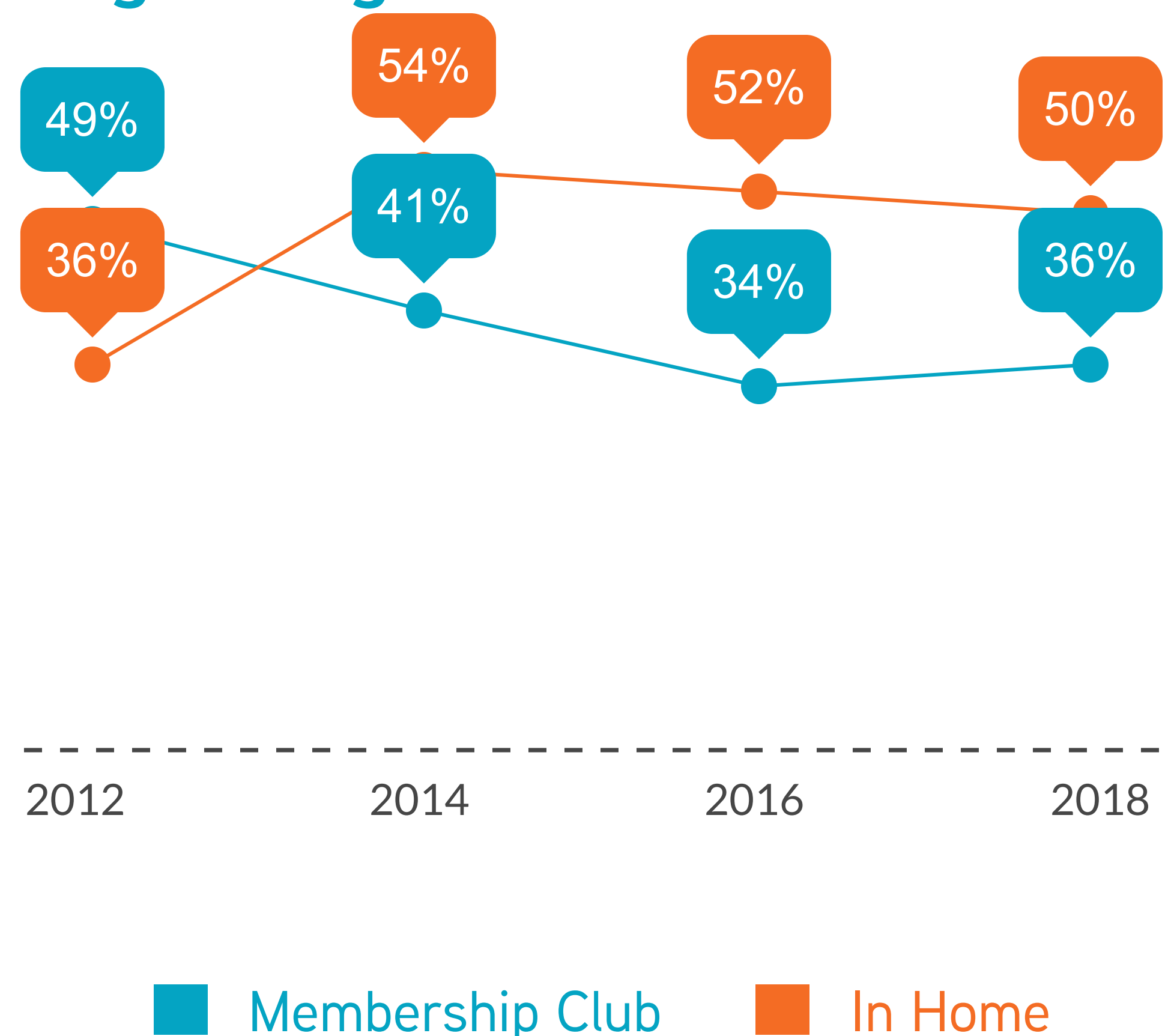
## Ate fruit or vegetables 3 or more times per day



## Where did you exercise?



## Where did you do muscle strengthening exercises?



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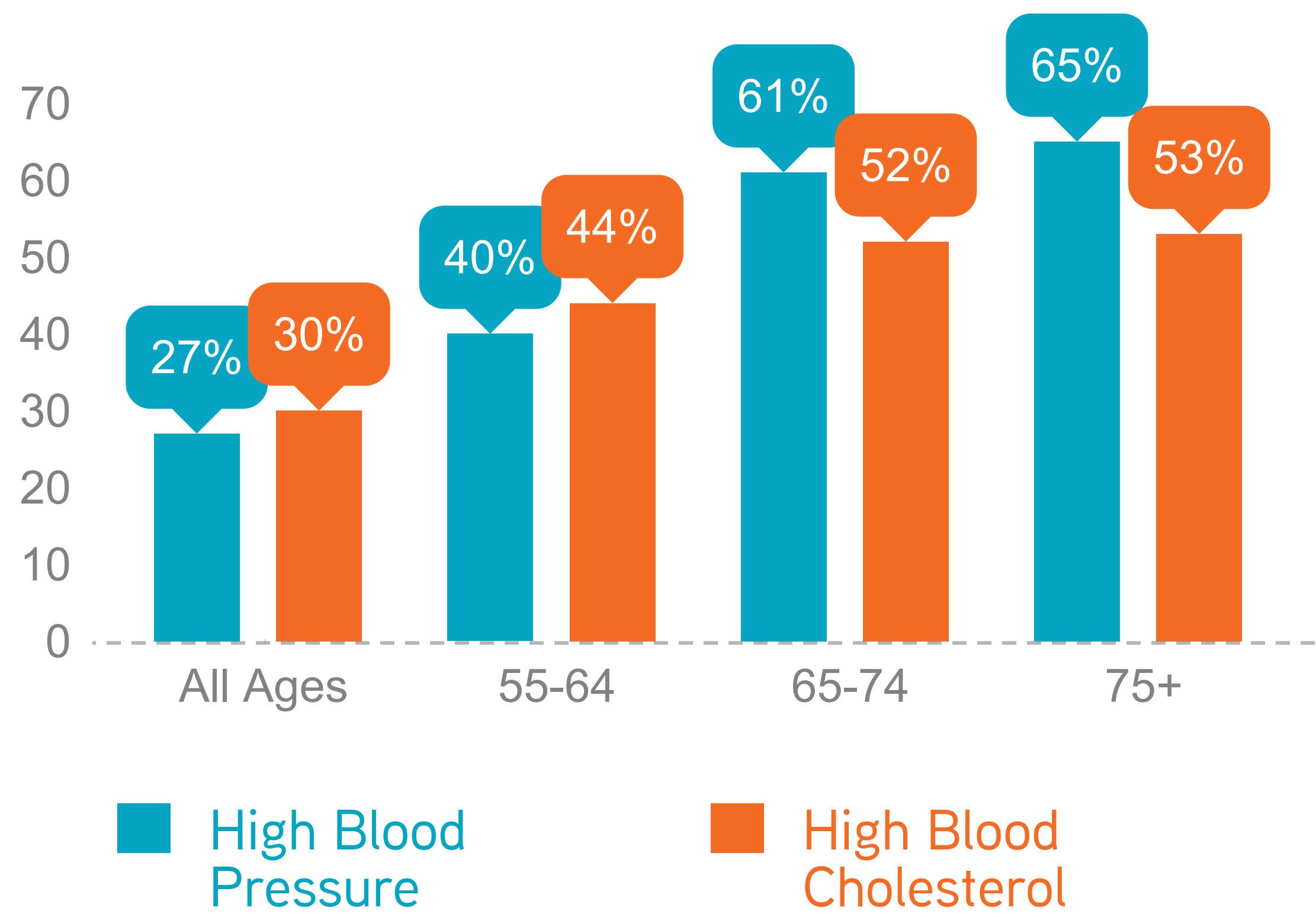
Compiled by the Bureau of Assessment, Planning and Communications



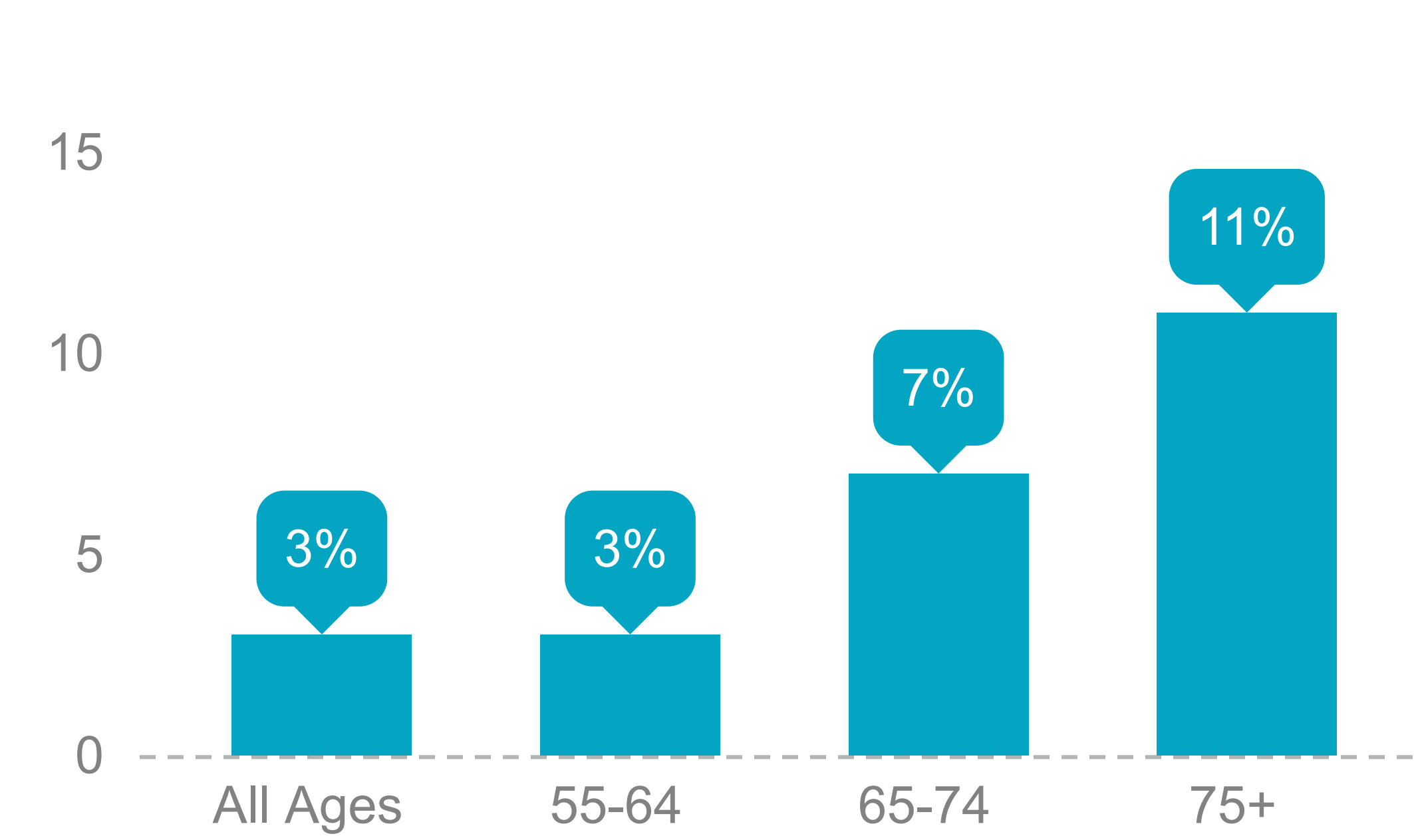
# HEALTHY AGING, 55+

## Chronic Diseases

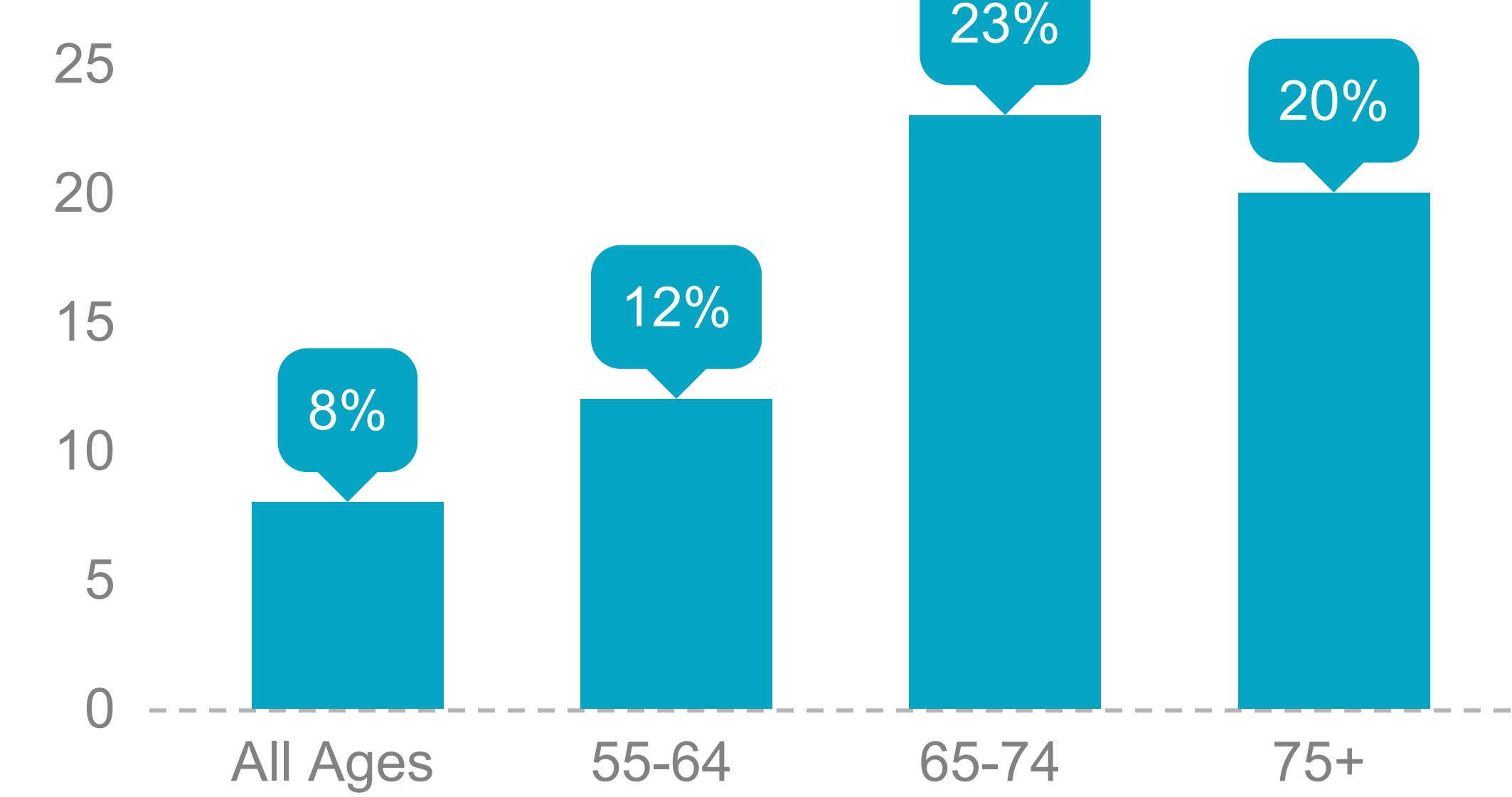
Ever told by health care professional have high blood pressure



Ever told by health care professional have chronic obstructive pulmonary disease

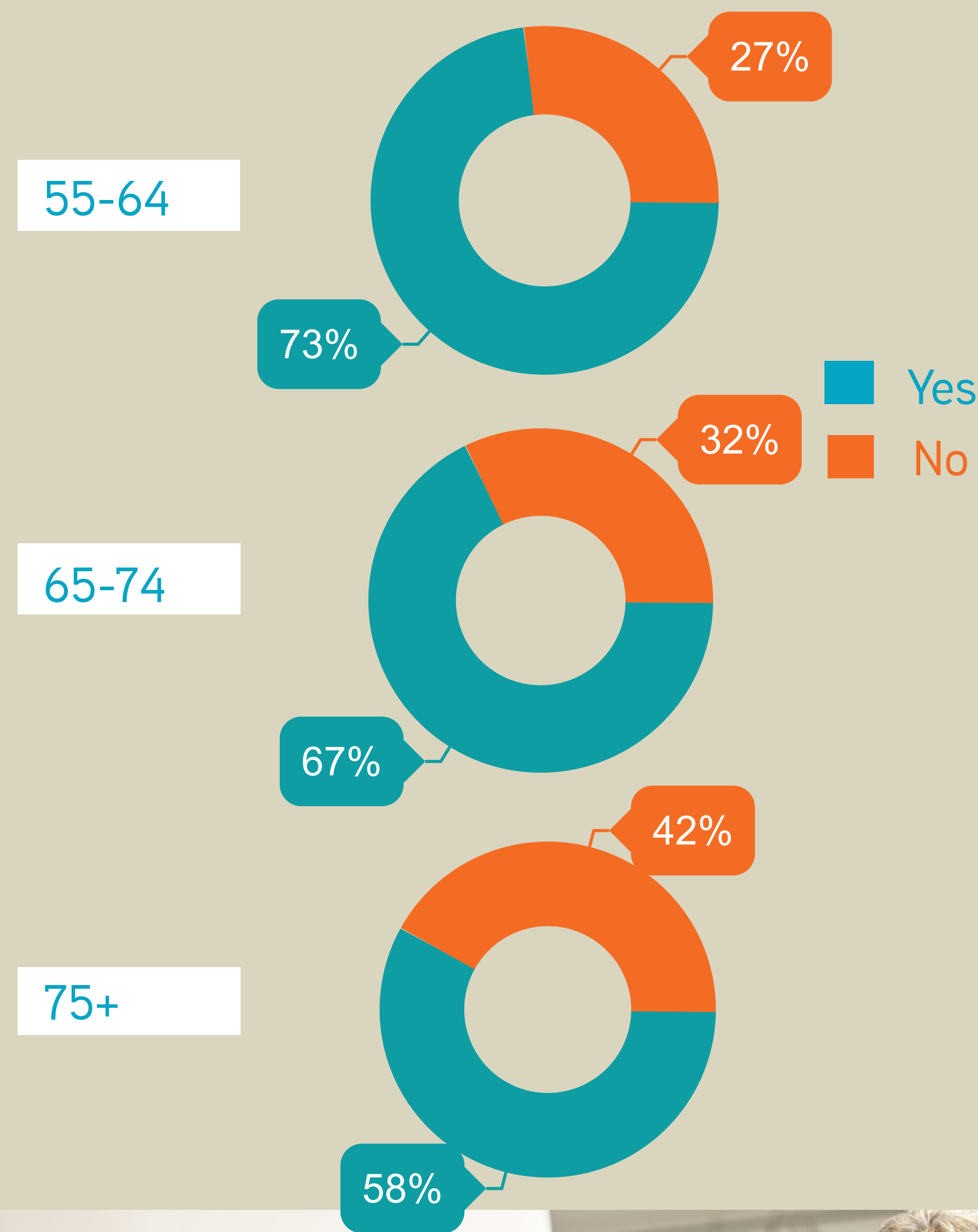


Ever told by health care professional have diabetes



## Exercise

Participate in any physical activities or exercise in the past week



42%

Seniors (75+) unable to engage in physical activity due to health

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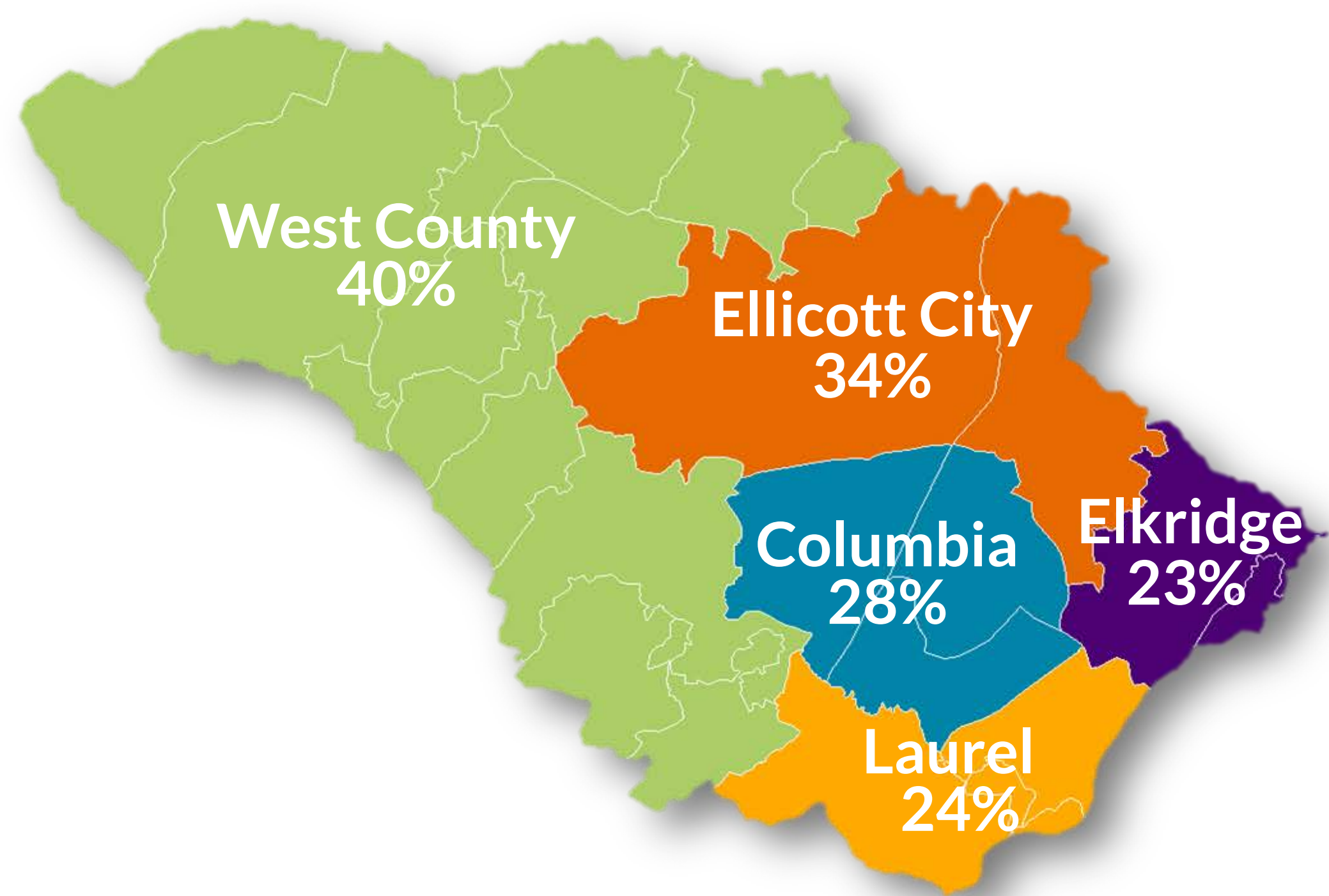
Compiled by the Bureau of Assessment, Planning and Communications



# HEALTH CARE DECISIONS

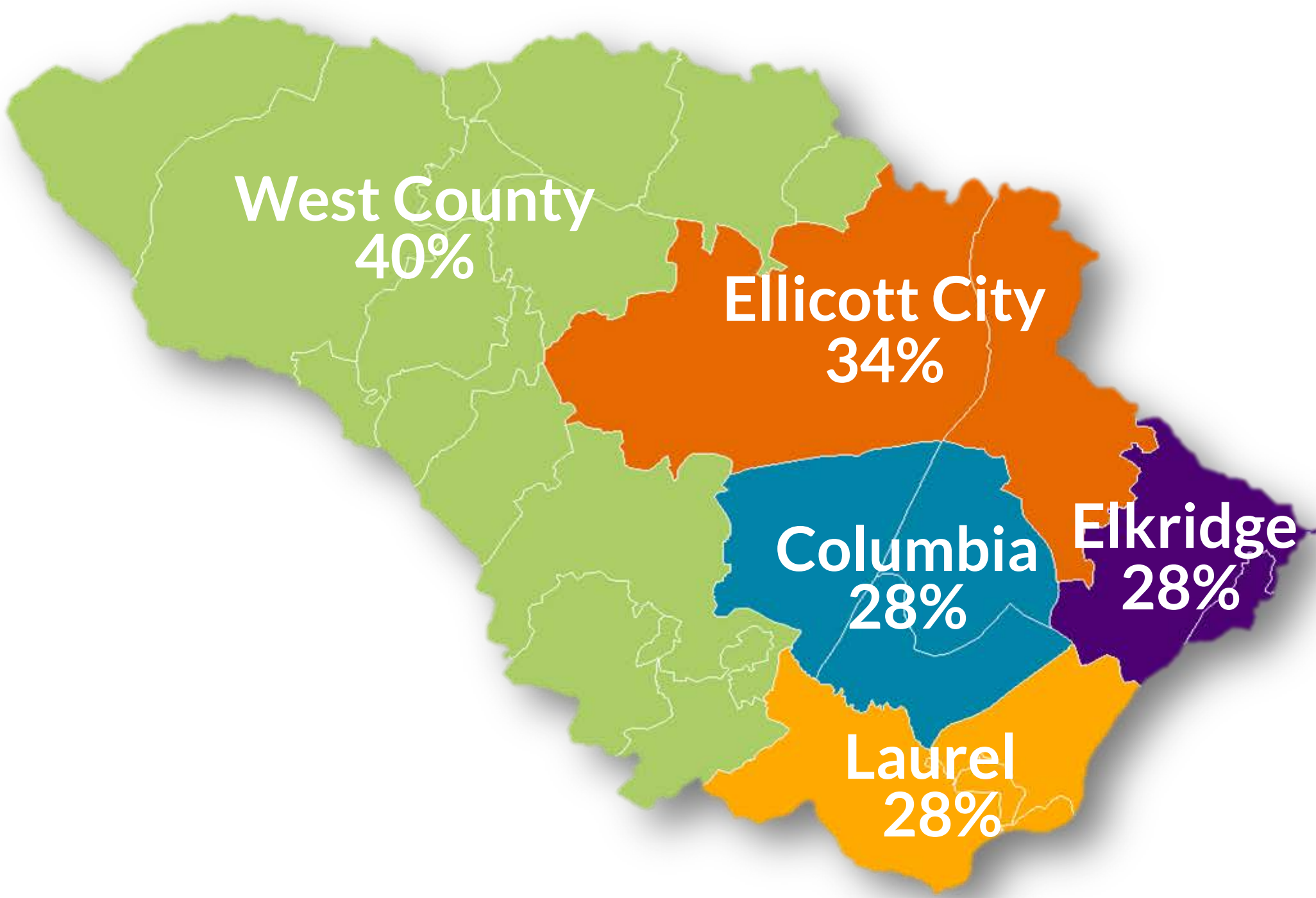
## Advance Directive

by region, have advance directive

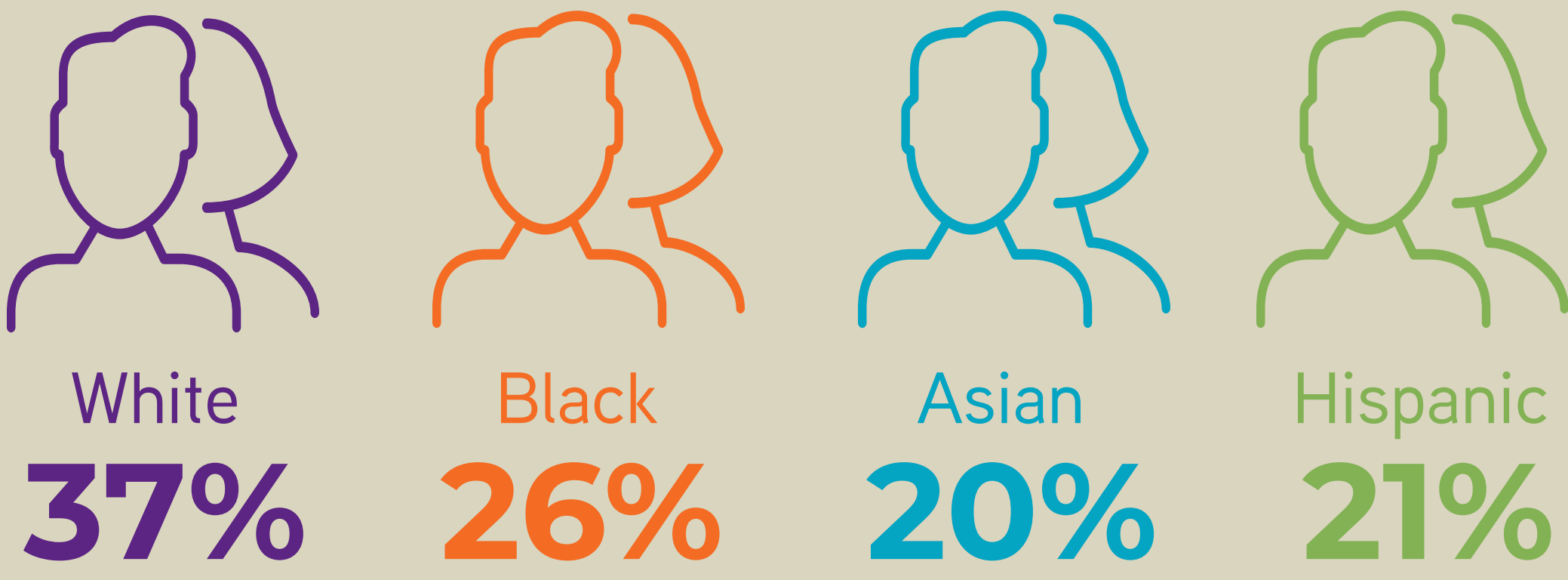


## Proxy

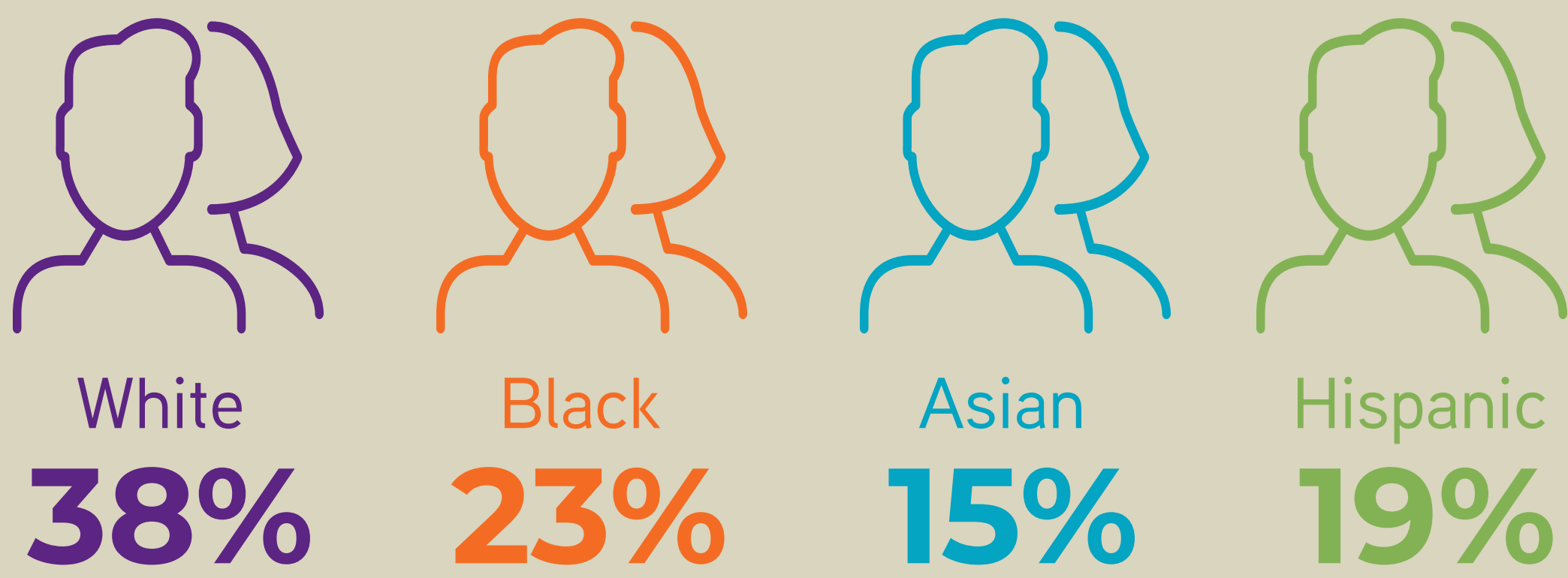
by region, selected proxy to communicate care wishes



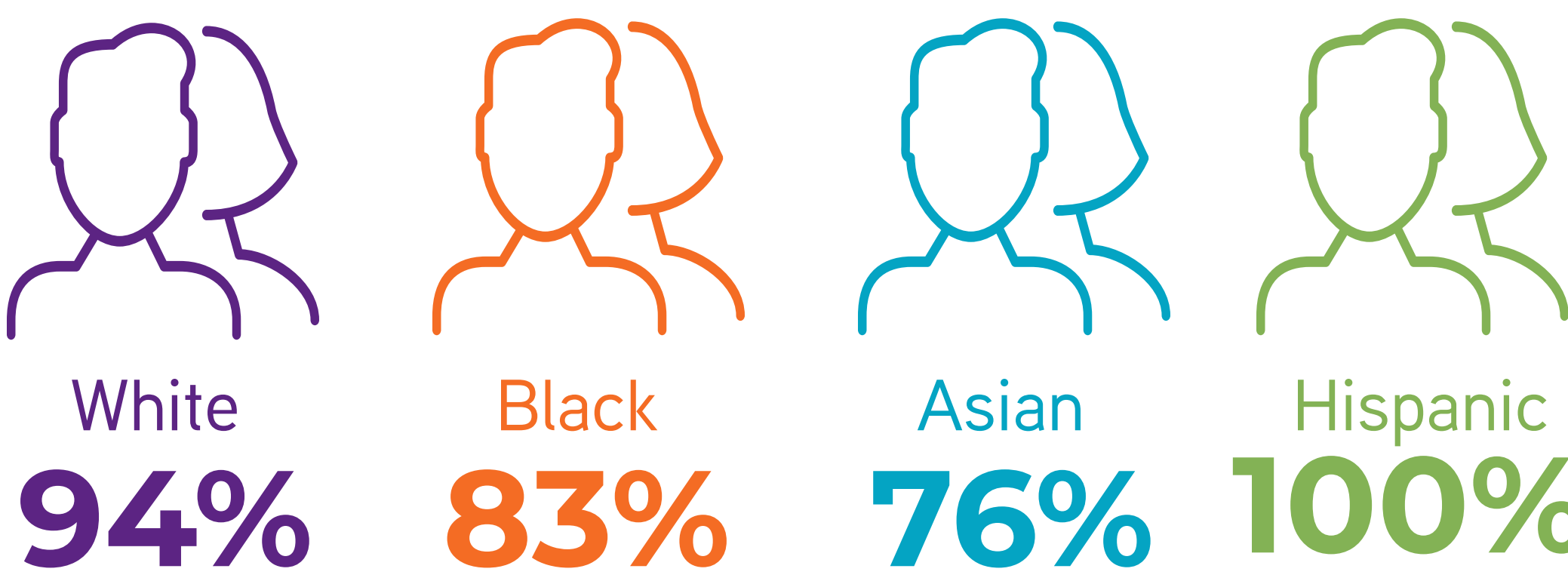
## Selected proxy to communicate care wishes



## Have advance directive



## Had conversation with named agent to communicate care wishes



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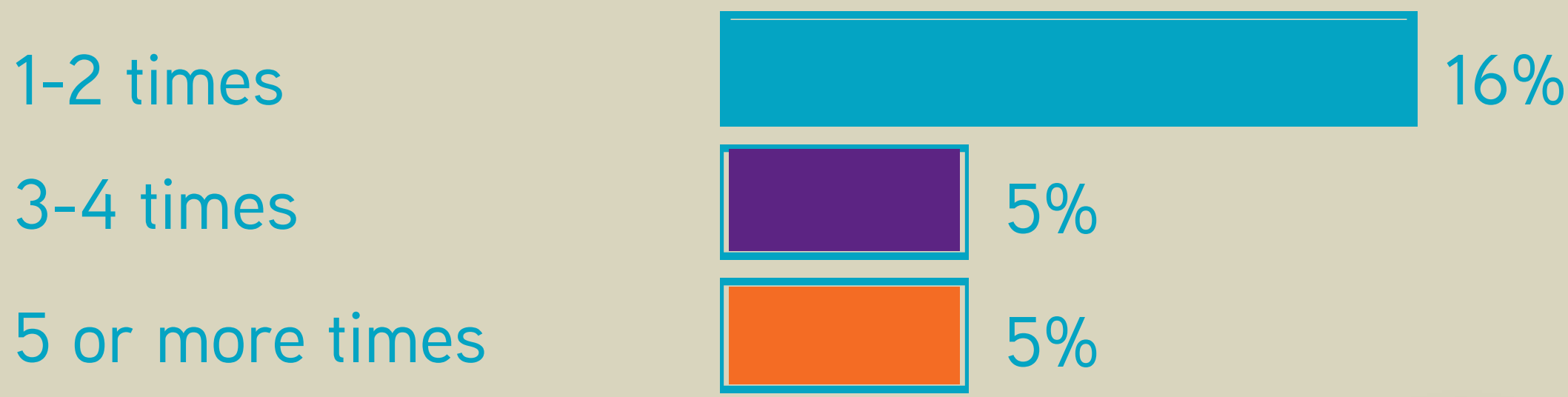
Compiled by the Bureau of Assessment, Planning and Communications



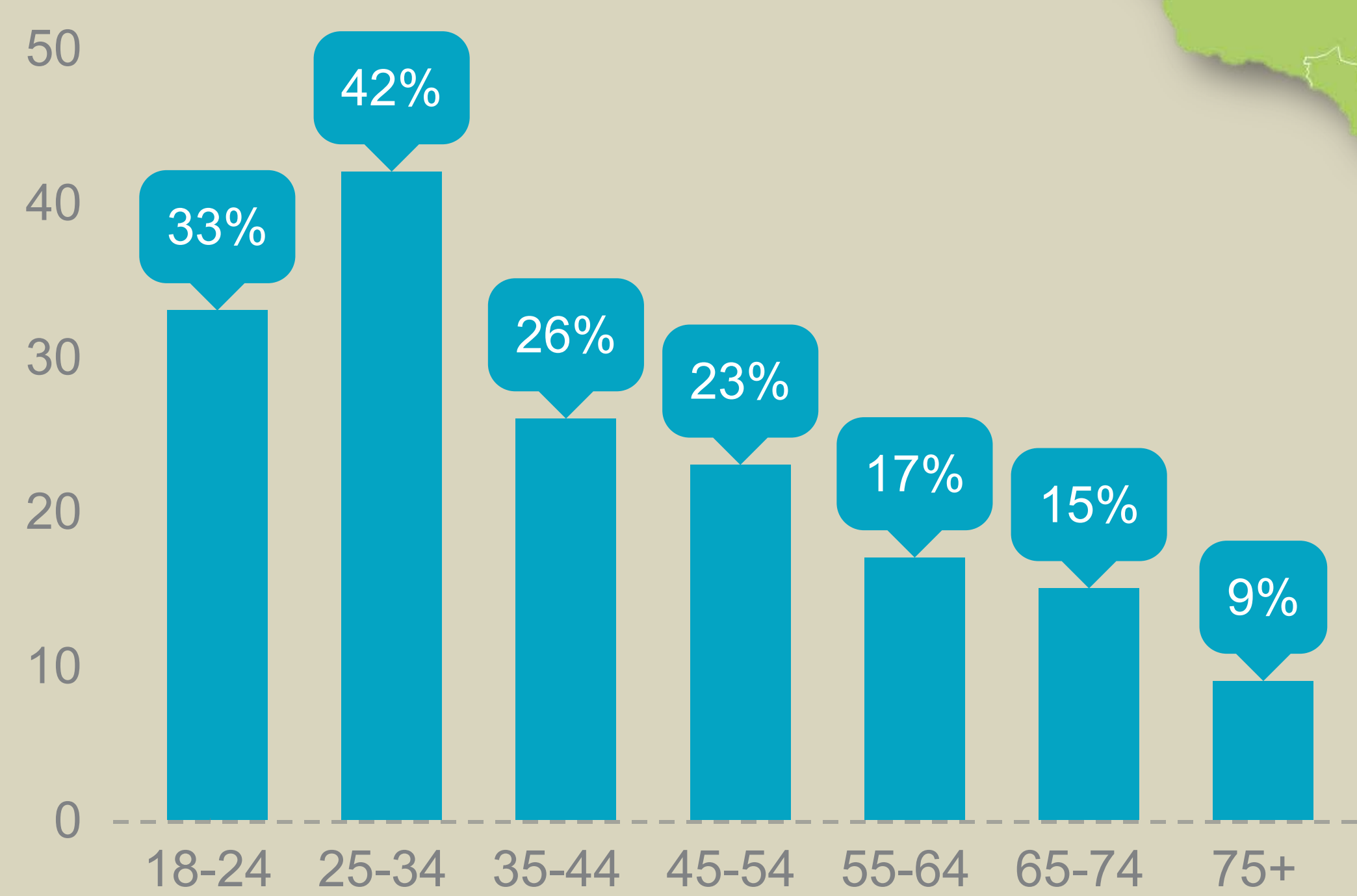
# ALCOHOL & TOBACCO USE

## Binge Drinking

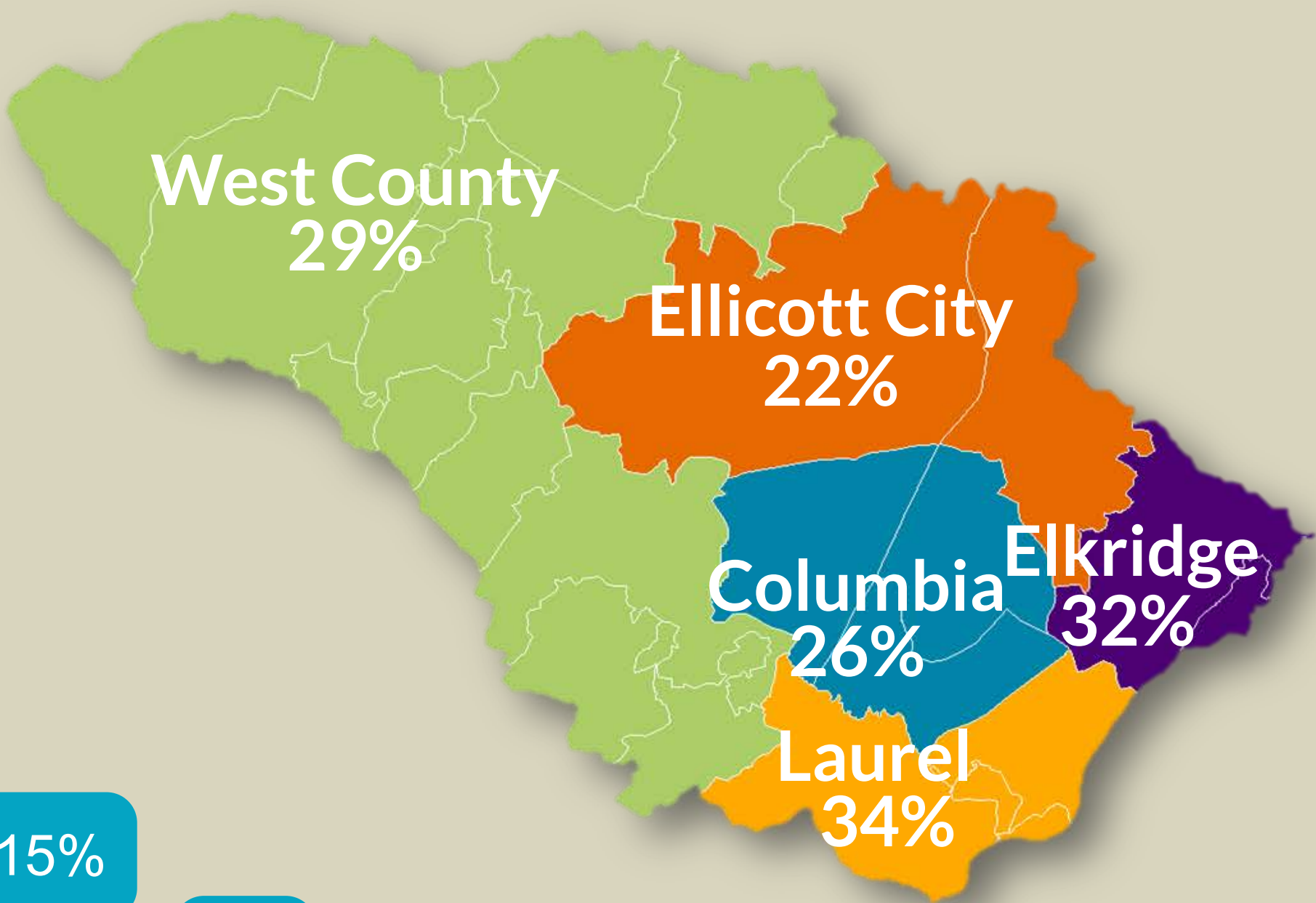
Times past 30 days had (5 for men, 4 for women) or more drinks on an occasion



by age (1+ times past 30 days)

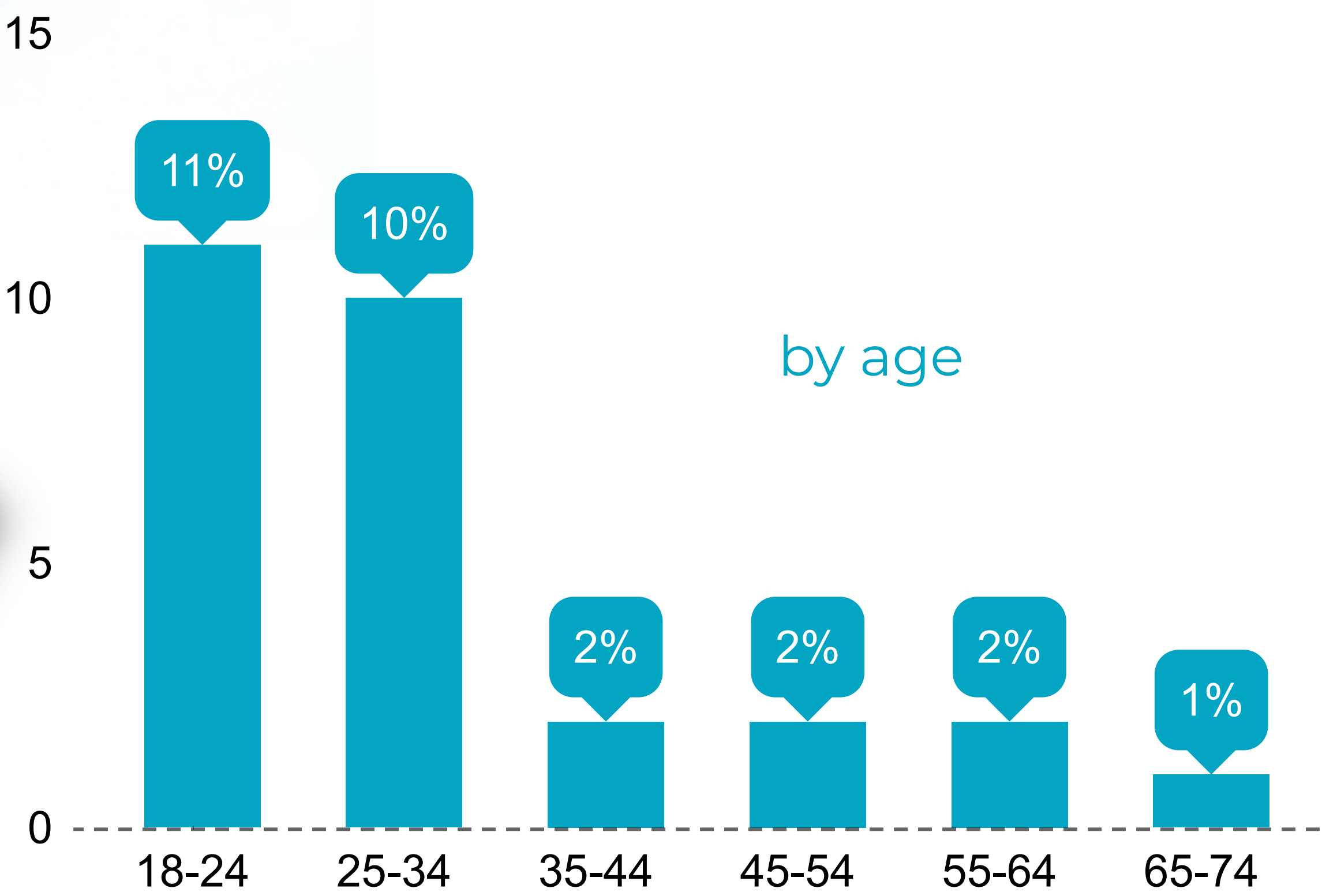
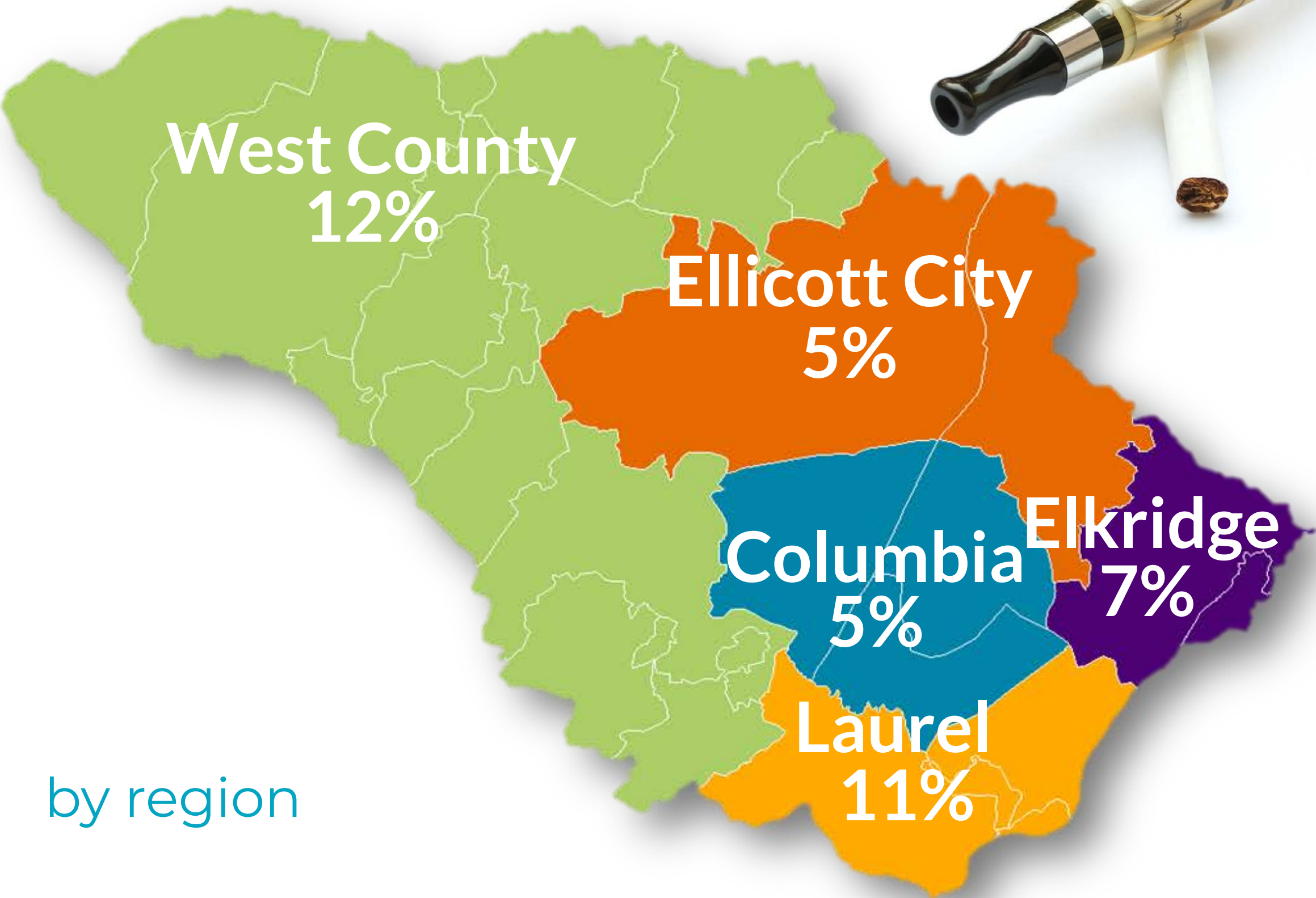


by region (1+ times)



**Current Smokers: Smoke Every Day or Some Days**  
**7%**

**Use E-Cigarettes Every Day or Some Days**  
**4%**



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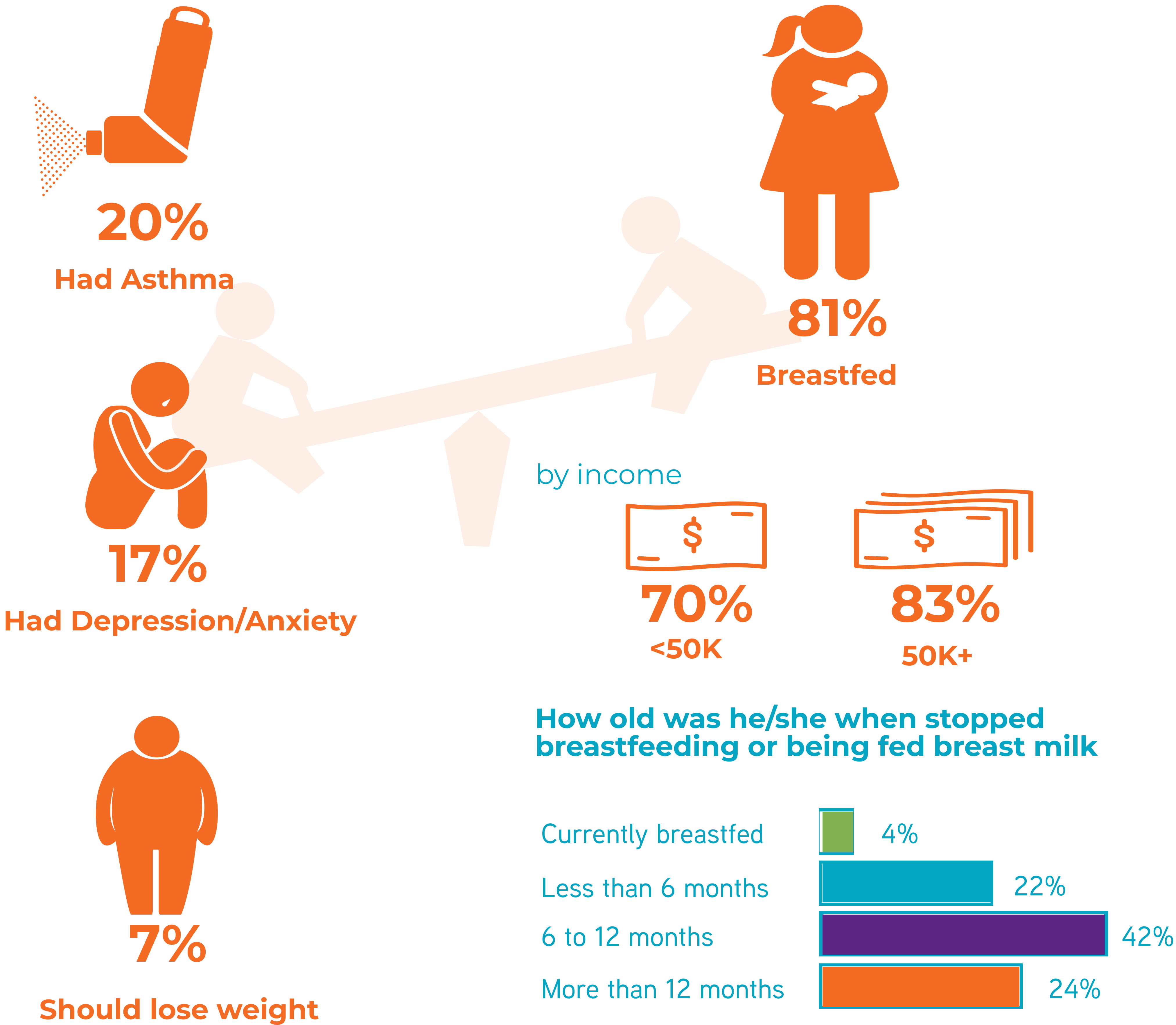


# CHILD HEALTH



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

Was your youngest child ever breastfed or fed breast milk



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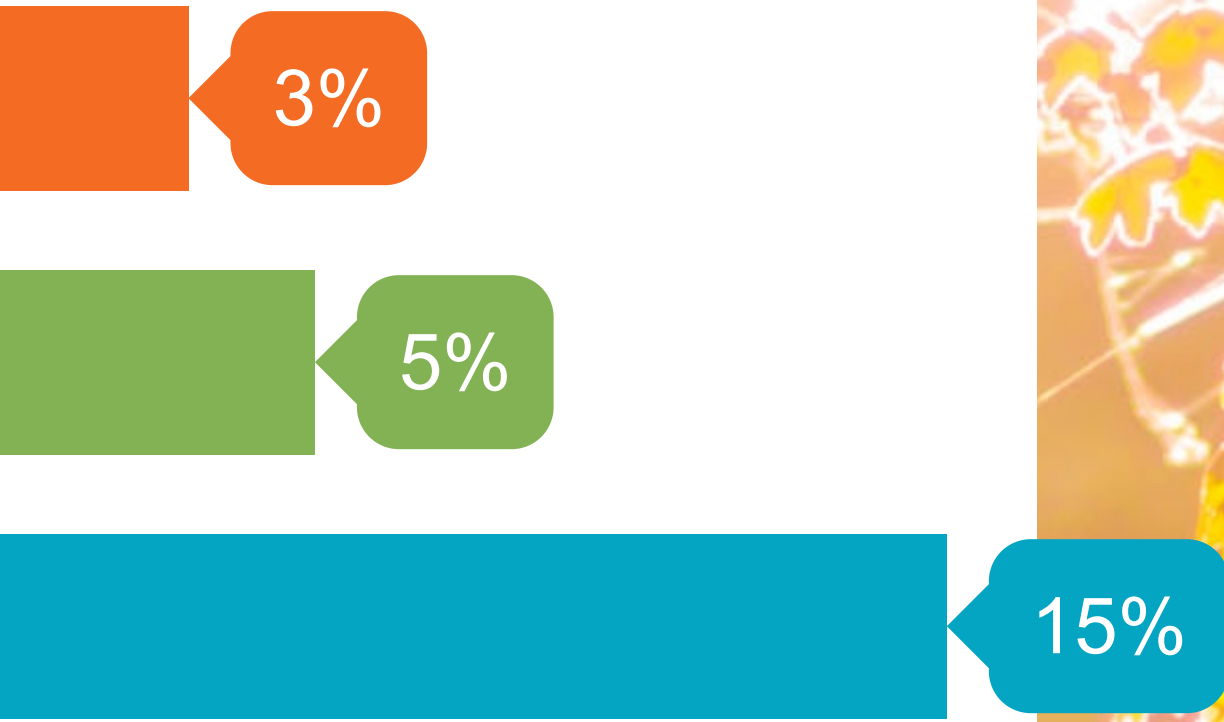
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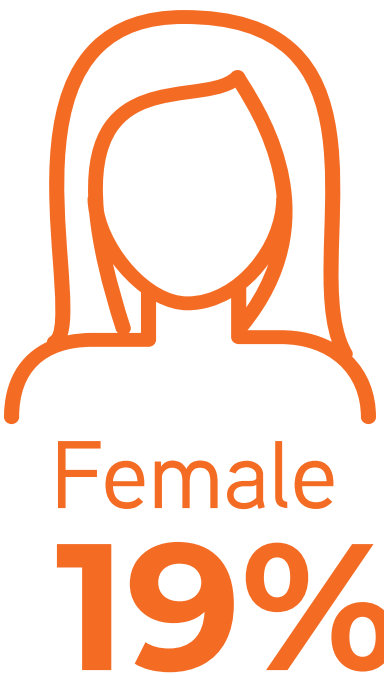
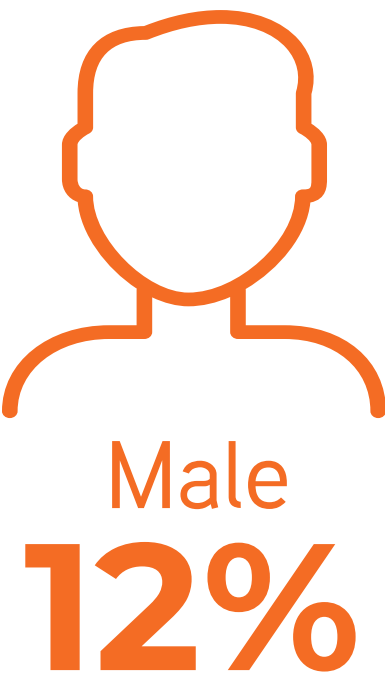
# MENTAL HEALTH

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

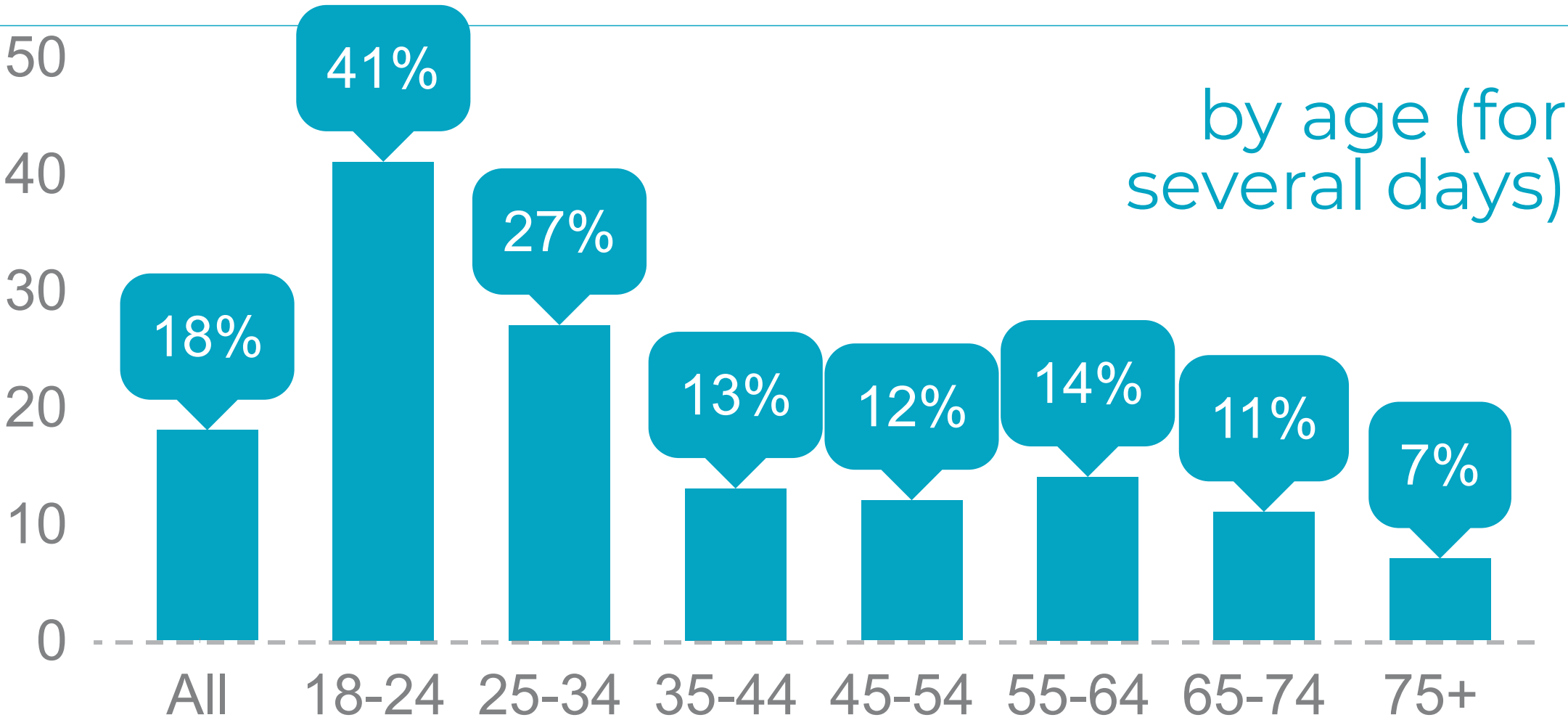
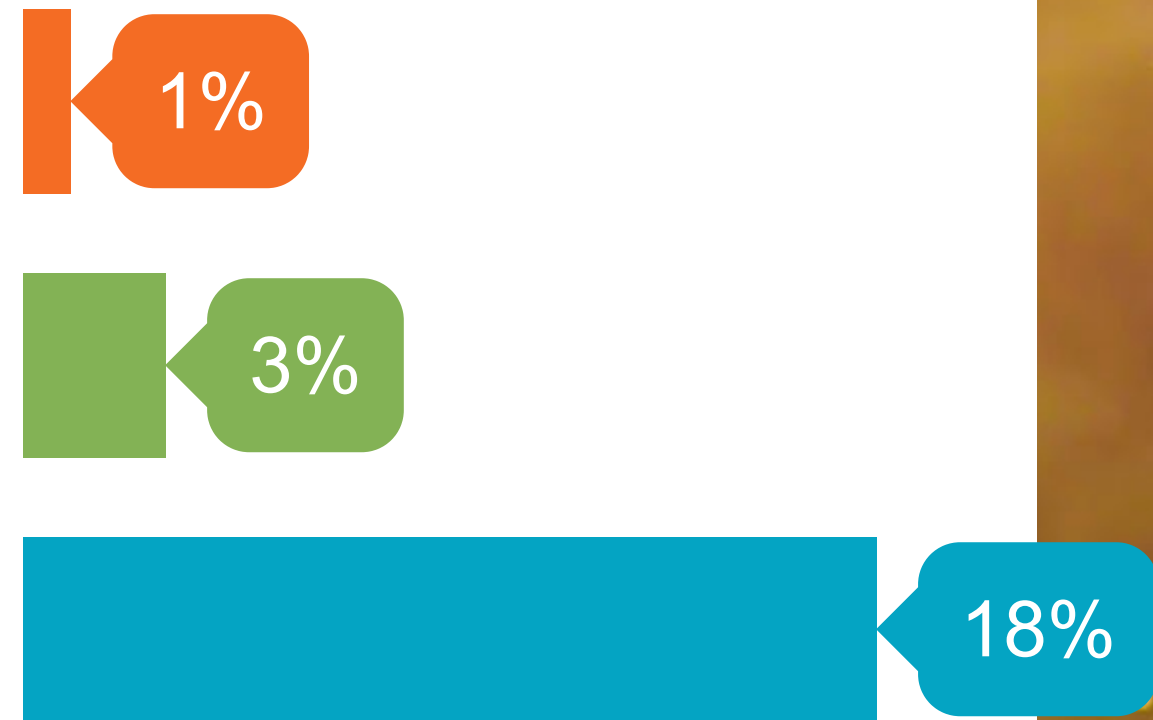
HAVING LITTLE INTEREST OR PLEASURE IN DOING THINGS



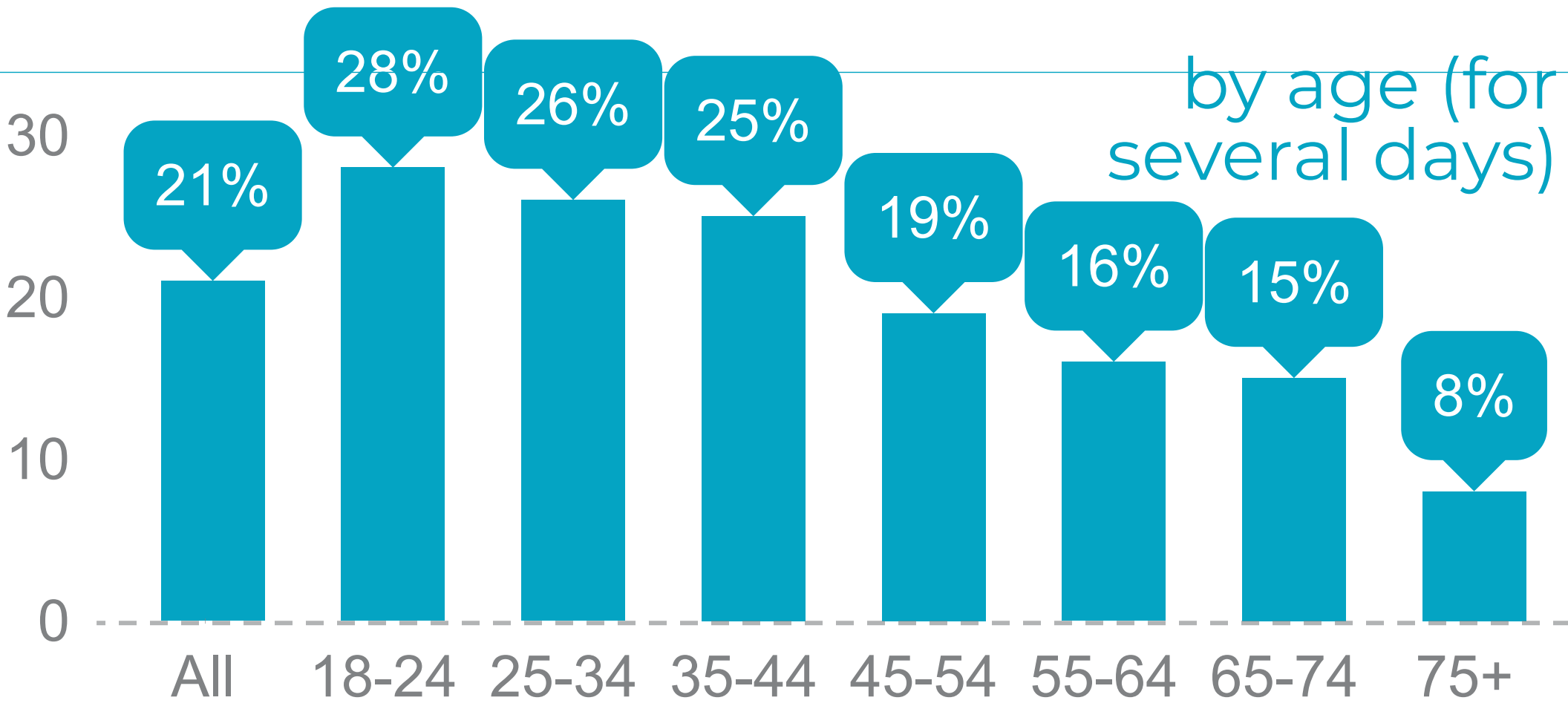
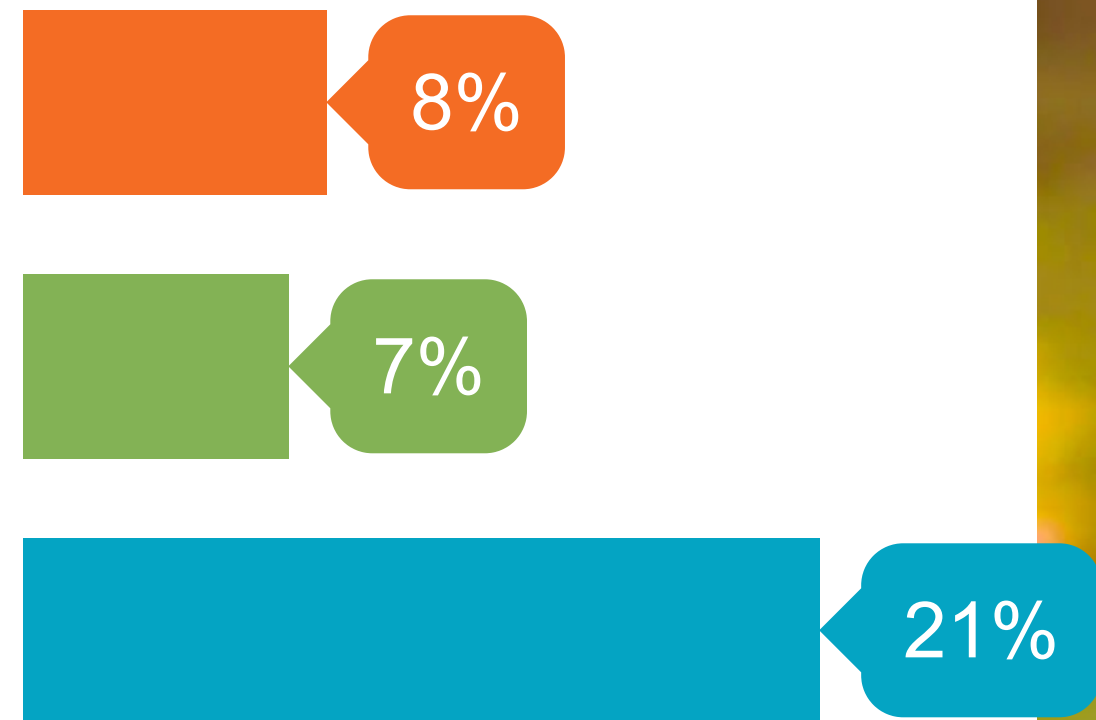
by gender (for several days)



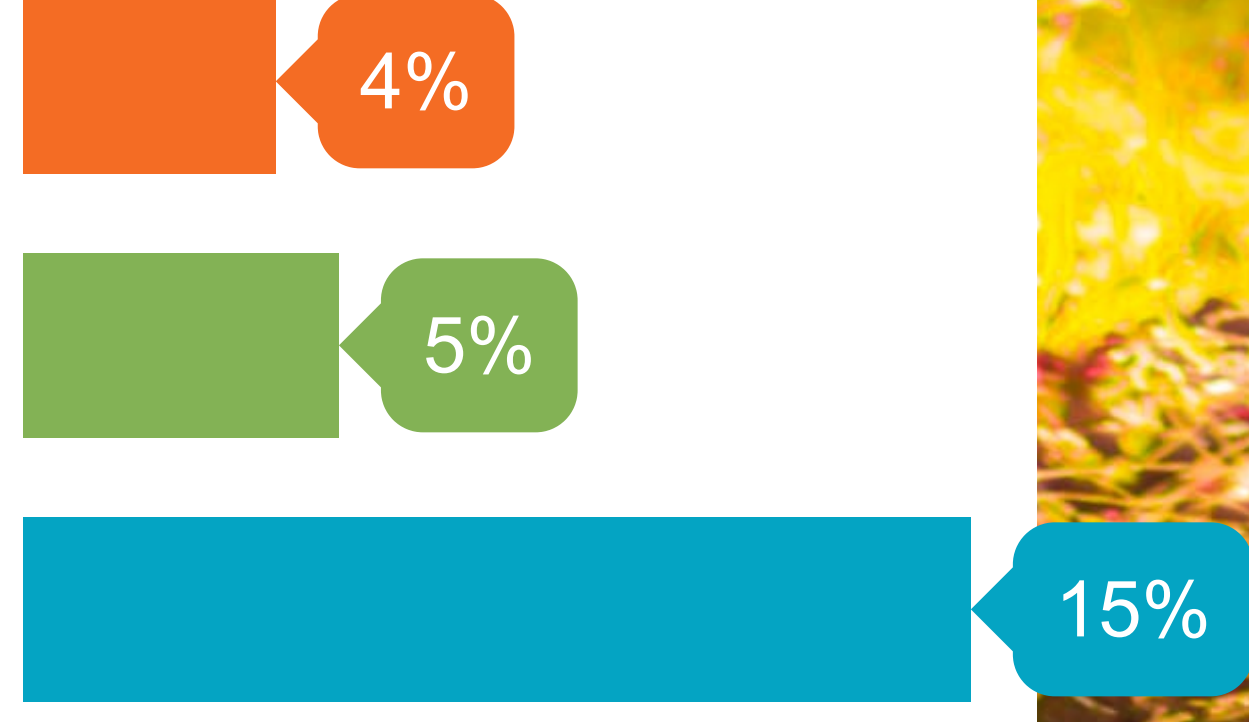
FEELING DOWN, DEPRESSED OR HOPELESS



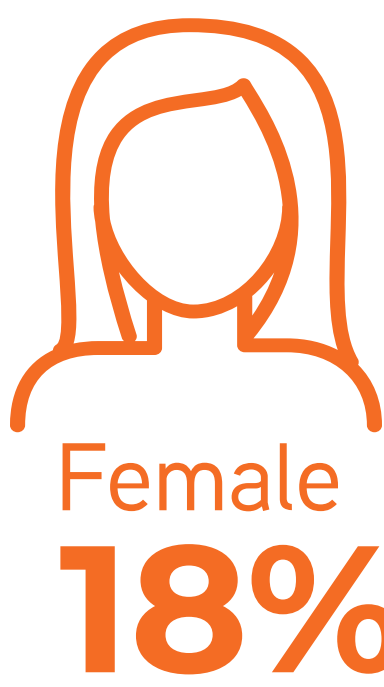
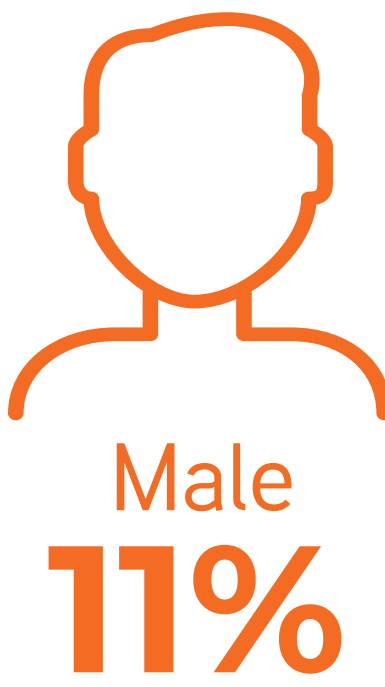
FEELING NERVOUS, ANXIOUS OR ON EDGE



NOT BEING ABLE TO STOP OR CONTROL WORRYING



by gender (for several days)



Nearly Every Day  
More than Half the Days  
For Several Days

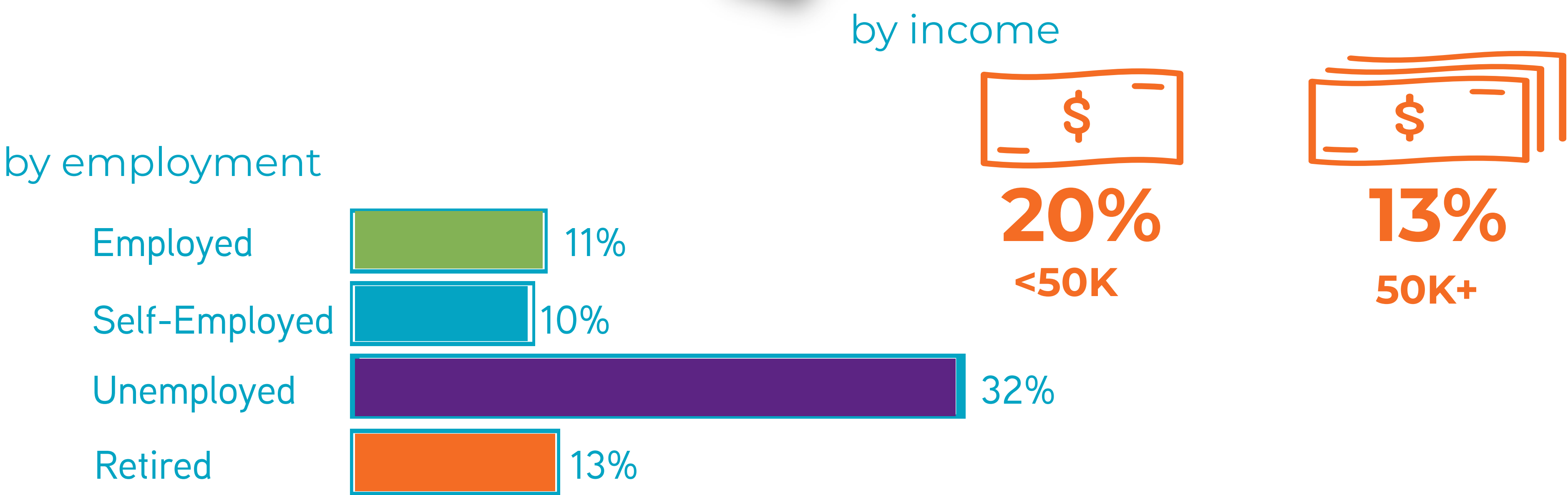
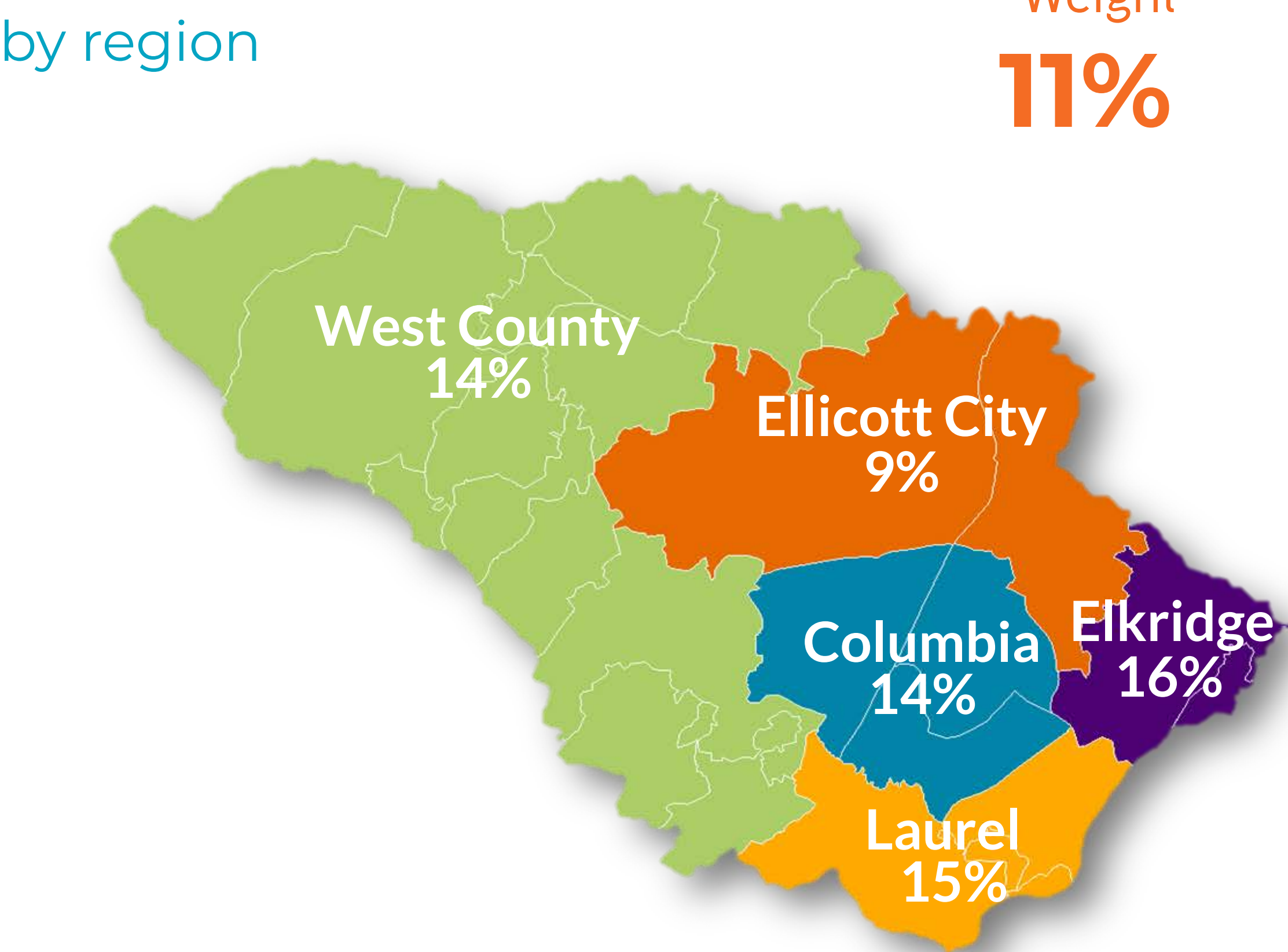
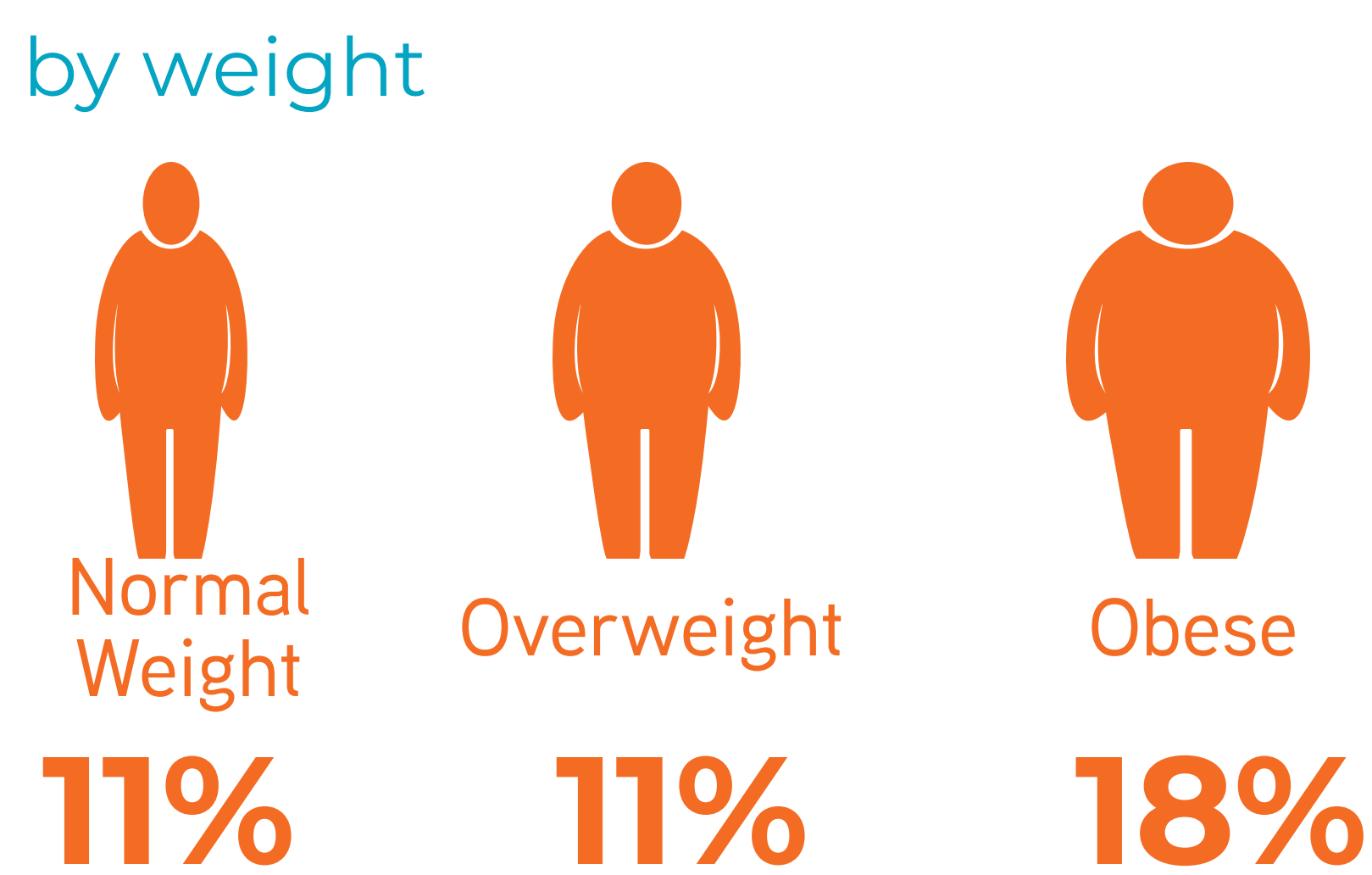
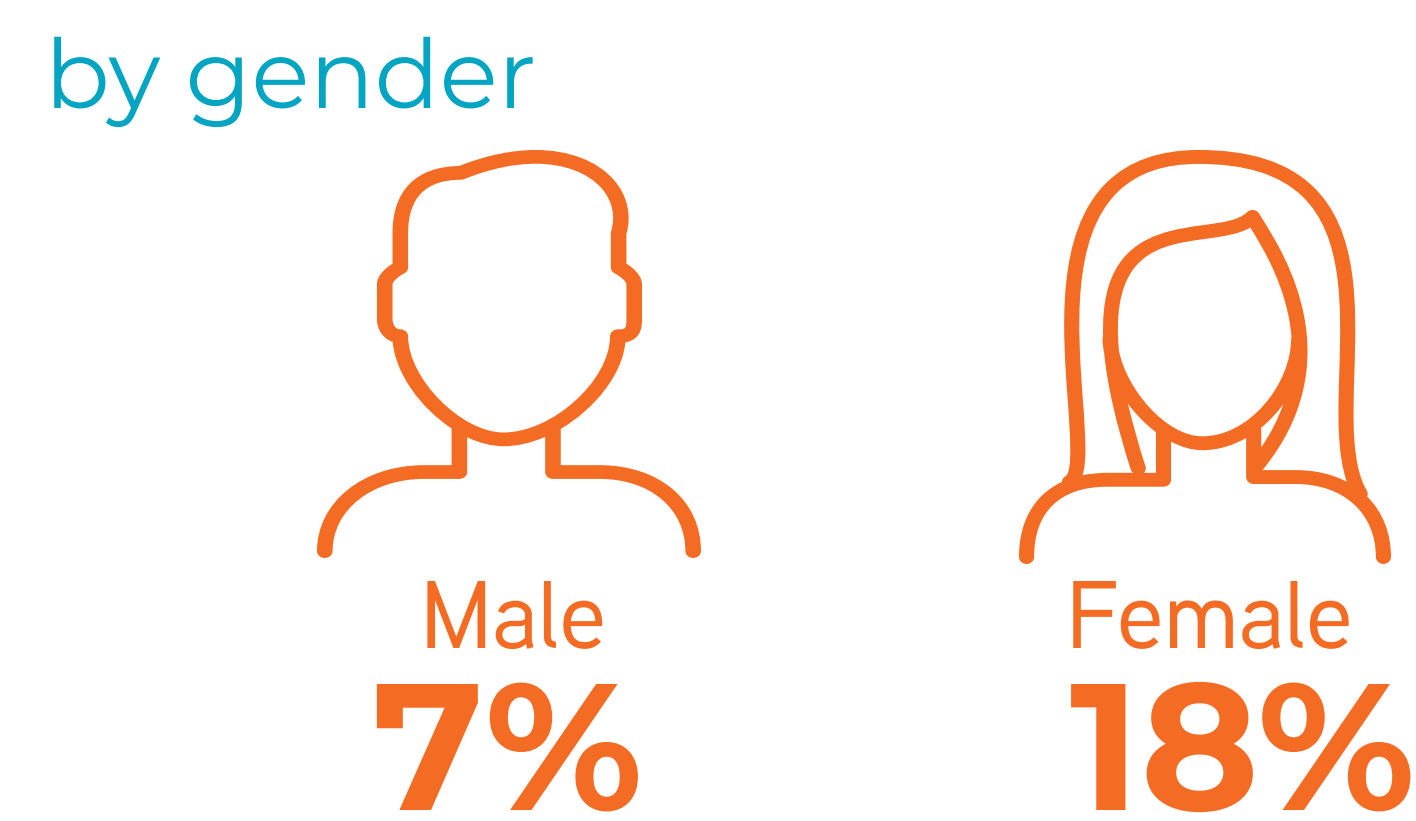
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Compiled by the Bureau of Assessment, Planning and Communications



# MENTAL HEALTH

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



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# HOWARD COUNTY

## Health Assessment Survey

### Community Snapshot



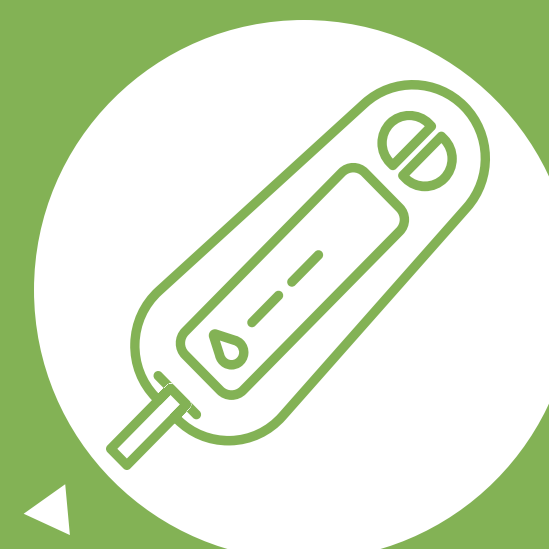
**1 in 14**  
**7%**  
Uninsured



**86%**  
Have One or  
More Doctor (s)

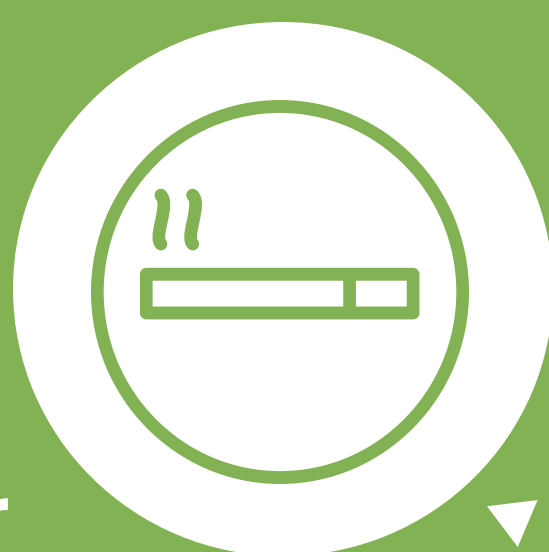


**27%**  
Told Have High  
Blood Pressure



**8%**  
Told Have  
Diabetes

**7%**  
Smoke  
Every Day or  
Some Days



**10%**  
Binge  
Drink  
(3 or more times  
per month)



**13%** Take Meds for  
Mental Health  
Condition



**63%**  
Overweight  
or Obese



**HOWARD COUNTY**  
**HEALTH DEPARTMENT**

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AUGUST 2019