

HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION

January 24, 2019

2018 Howard County Health Assessment Survey Preliminary Results



Promote. Preserve. Protect.

Howard County LHIC

Local Health Improvement Coalition

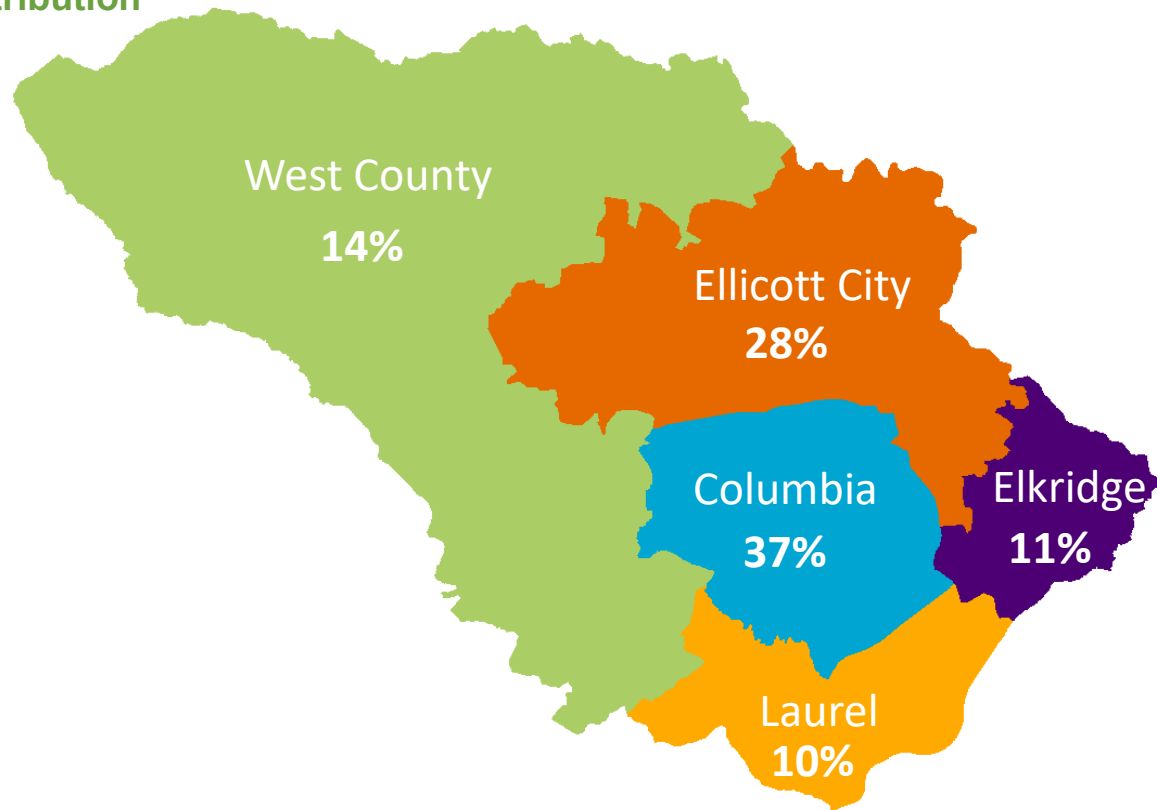
BACKGROUND

- Howard County Health Assessment Survey (HCHAS) Biennial Survey conducted 2012-2018
- Partner Organizations
 - Columbia Association
 - Horizon Foundation
 - Howard County General Hospital
 - Howard County Health Department
- Assesses health-related behaviors and risk factors specifically in Howard County residents
- Questions modeled after CDC's Behavioral Risk Factor Surveillance System

FINDINGS

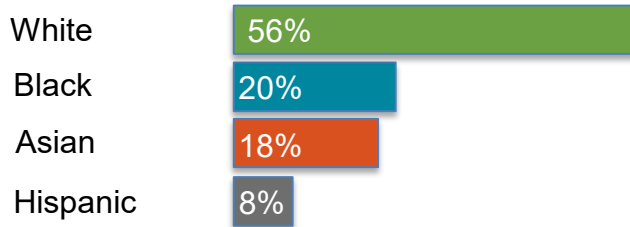
REGIONAL PLANNING DISTRICTS

Respondent Distribution

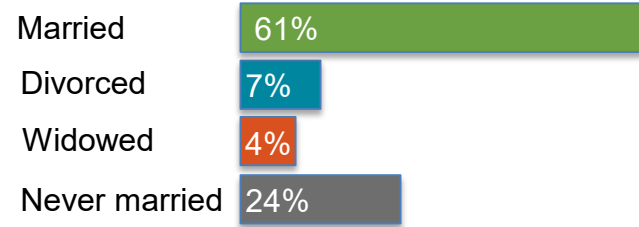


DEMOGRAPHICS

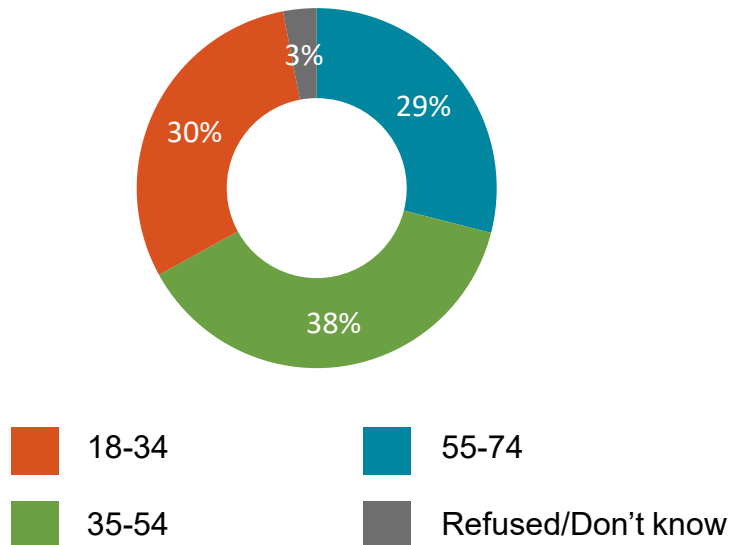
Race/Ethnicity



Marital Status



Age Group

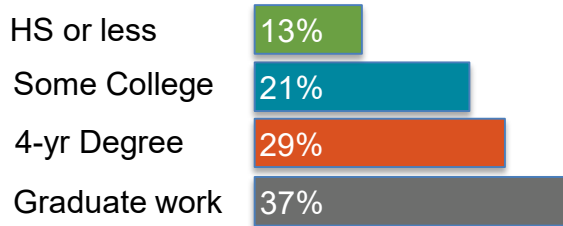


Veterans

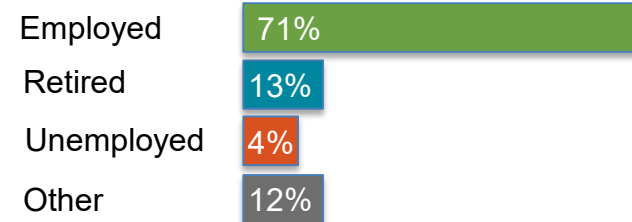


DEMOGRAPHICS

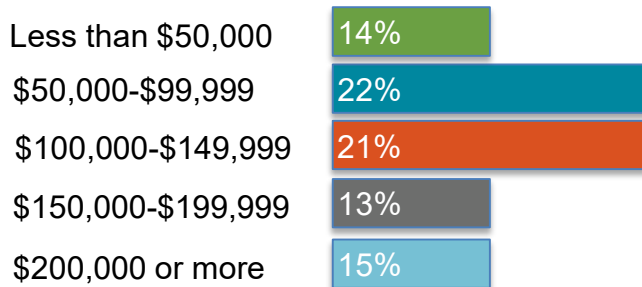
Education



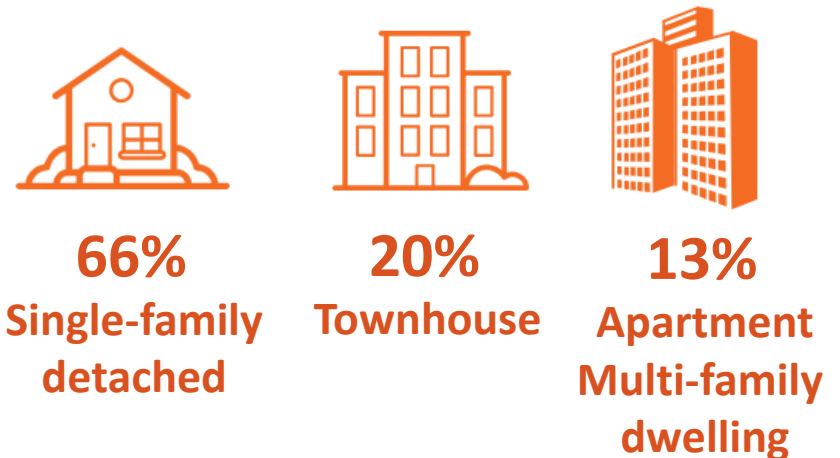
Employment



Income



Housing

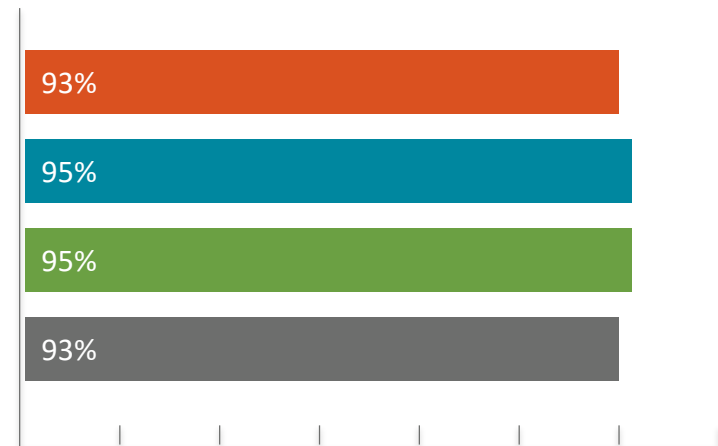


ACCESS TO CARE: HEALTH CARE COVERAGE

7%
Uninsured

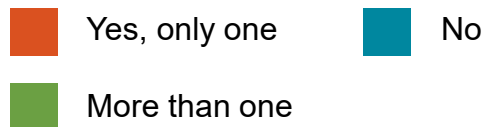
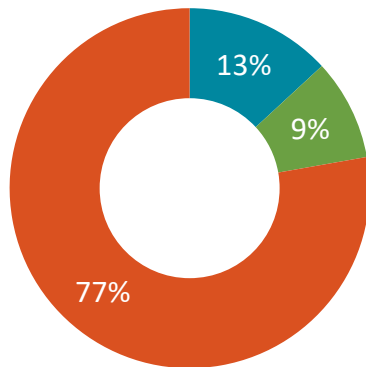


Have any kind of health care coverage



ACCESS TO CARE: HEALTH CARE PROVIDER

Do you have one person you think of as your personal doctor or health care provider?



When you are sick or need medical attention, to which one of the following places do you usually go?

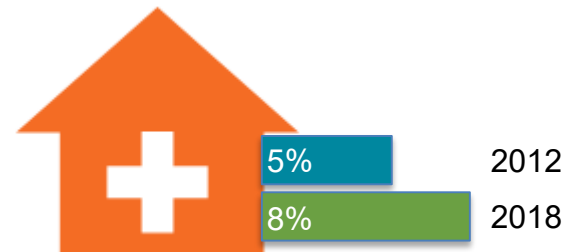


63%
Doctor's Office



25%
Urgent Care

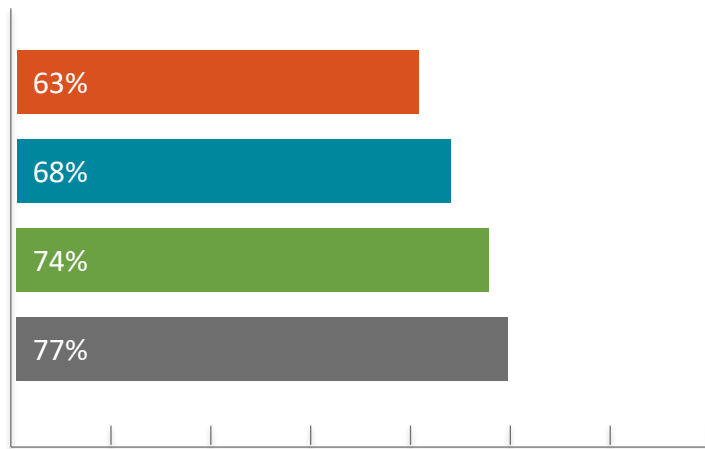
Was there a time when you needed to go to the ER because you could not get a timely appointment with a doctor?



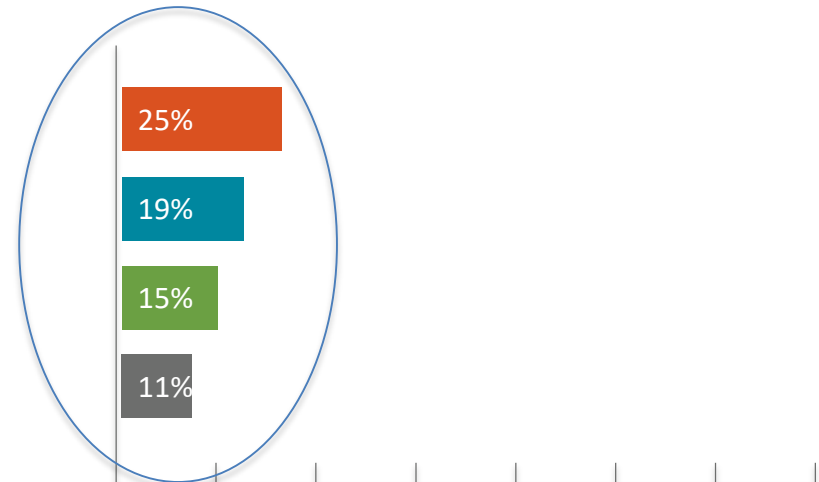
ACCESS TO CARE: TYPICAL HEALTH CARE PROVIDER

When you are sick or need medical attention, to which one of the following places do you usually go?

A Doctor's Office

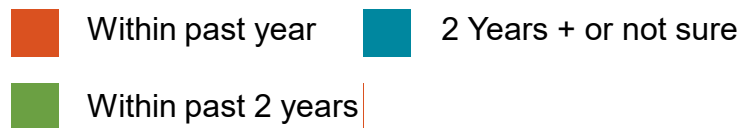
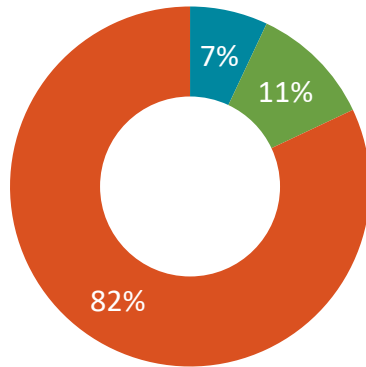


Urgent Care Center



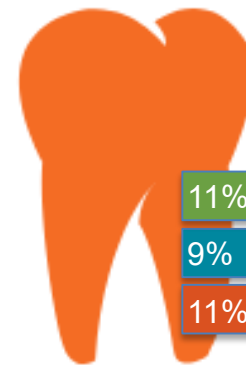
ACCESS TO CARE: DENTAL

How long since last visited dentist or dental clinic for any reason?



During the last 12 months, have you had a dental problem which you would have liked to see a dentist about but you didn't see the dentist?

11%



ACCESS TO CARE: CANCER SCREENING



93%
Women, Age 40+
Ever Had a Mammogram



82%
Women
Last Pap test
within the Past 3 Years



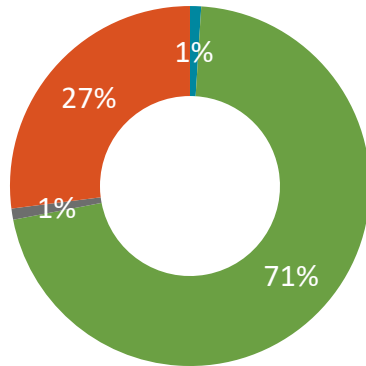
86%
Women, Age 40+
Last Mammogram
within Past 2 Years



58%
Last Sigmoidoscopy or
Colonoscopy within Past 5 Years

CHRONIC DISEASE: HIGH BLOOD PRESSURE

Have you **EVER** been told by a doctor, nurse, or other health professional that you have high blood pressure?



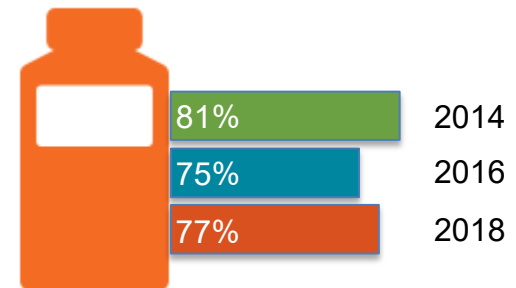
Yes
No

Yes, but female during pregnancy
Borderline, Pre-hypertensive

Currently taking medication to help with your high blood pressure?

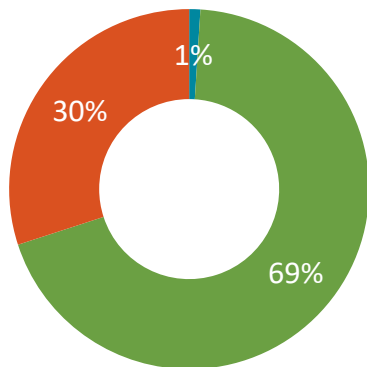


77%



CHRONIC DISEASE: HIGH BLOOD CHOLESTEROL

Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?



Currently taking medication to help with your cholesterol?

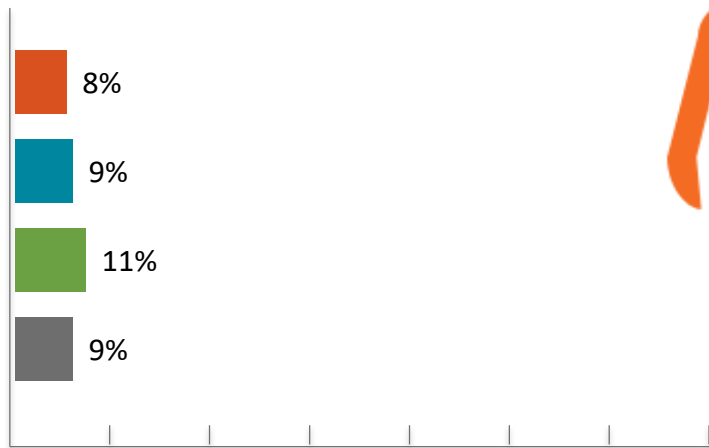


53%

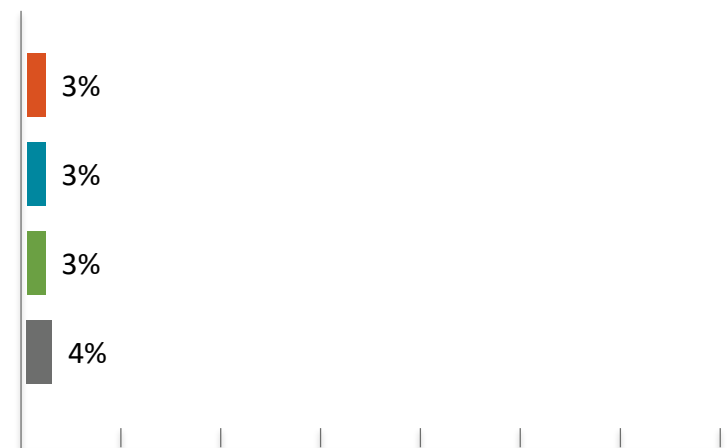


CHRONIC DISEASE: RESPIRATORY DISEASES

Currently have asthma?



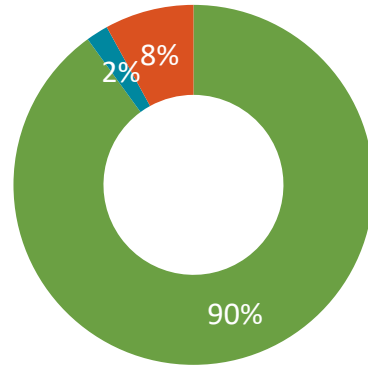
Have you ever been told that you have (COPD) chronic obstructive pulmonary disease, emphysema or chronic bronchitis?



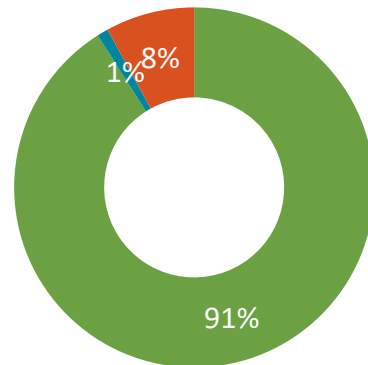
CHRONIC DISEASE: DIABETES

EVER told you have

DIABETES?



PRE-DIABETES or
BORDERLINE
DIABETES?



Yes

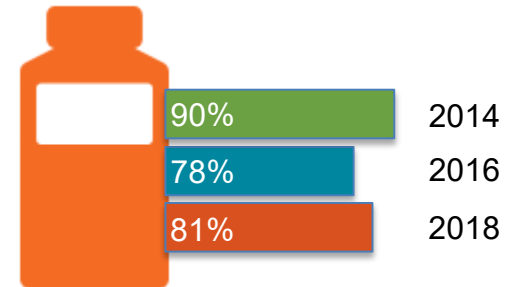
Yes, but female during pregnancy

No

Currently taking medication to help with your diabetes?

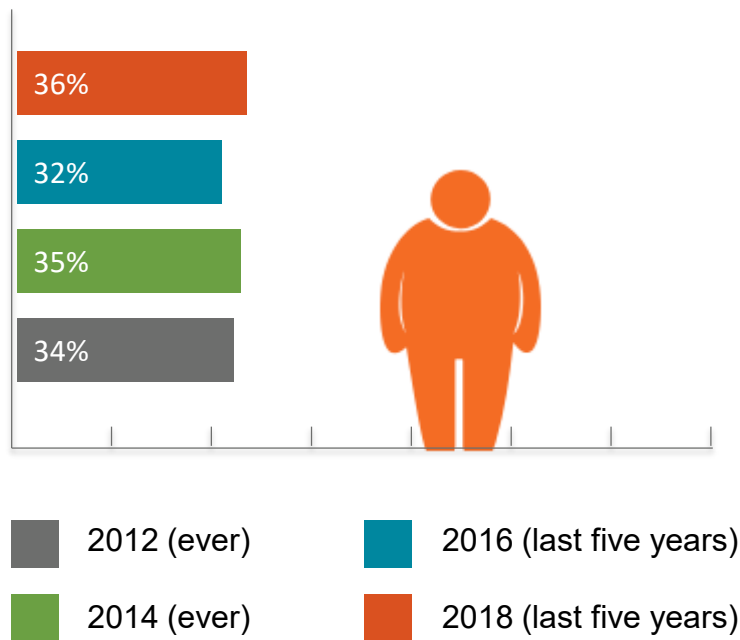


81%

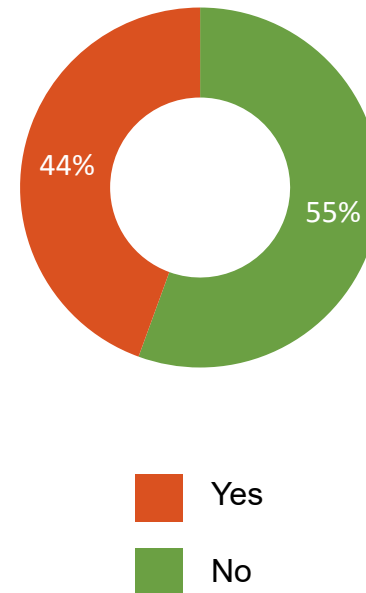


HEALTHY WEIGHT

Advised by doctor to lose weight

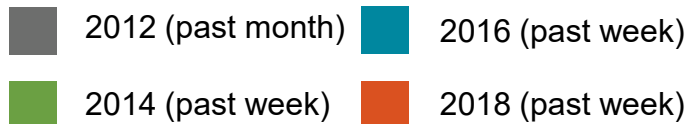
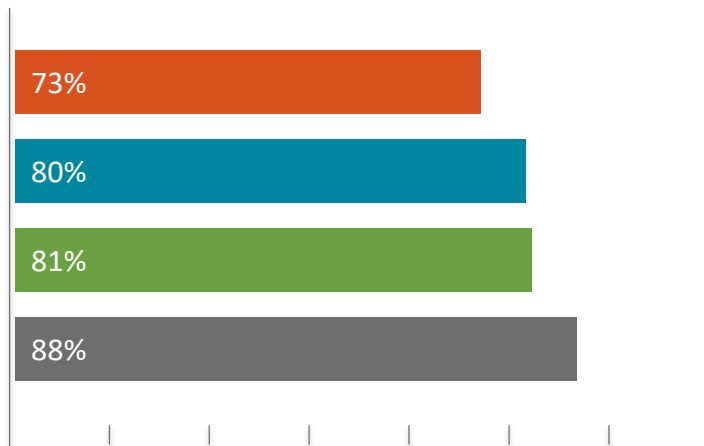


Bought sugar sweetened beverages for your family to drink at home in last 30 days

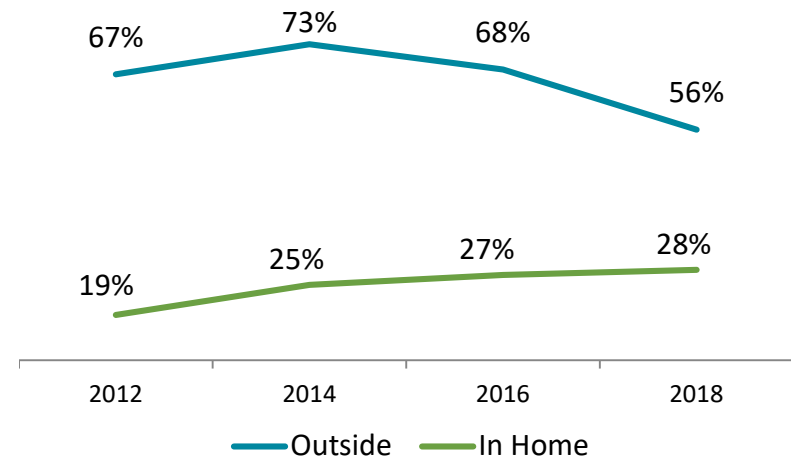


HEALTHY WEIGHT: EXERCISE

Physical Activities or Exercise

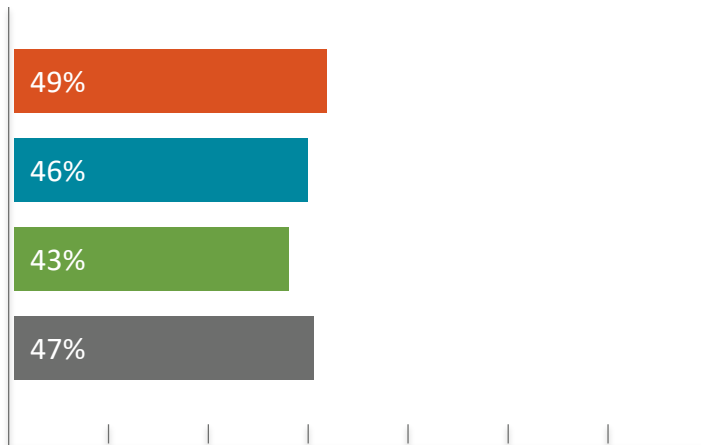


Where did you exercise?



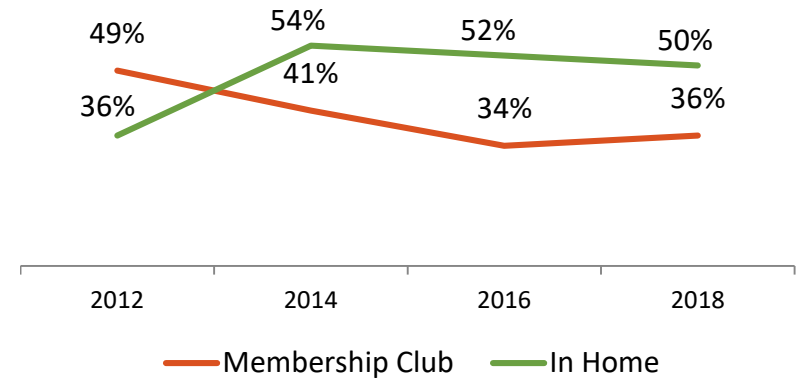
HEALTHY WEIGHT: EXERCISE

Muscle Strengthening Exercises



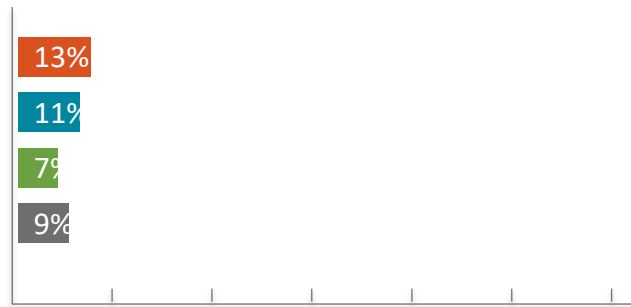
■ 2012 (past month) ■ 2016 (past week)
■ 2014 (past week) ■ 2018 (past week)

Where did you exercise?

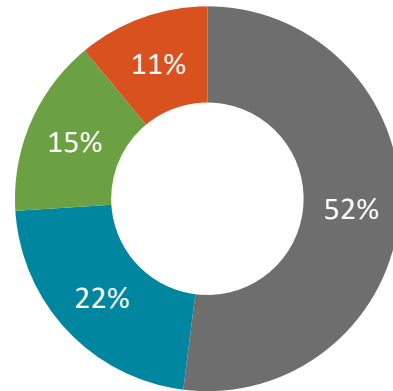


BEHAVIORAL HEALTH

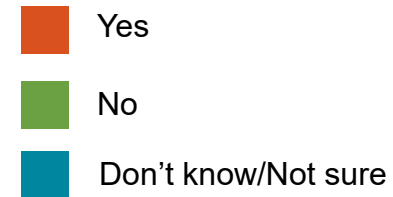
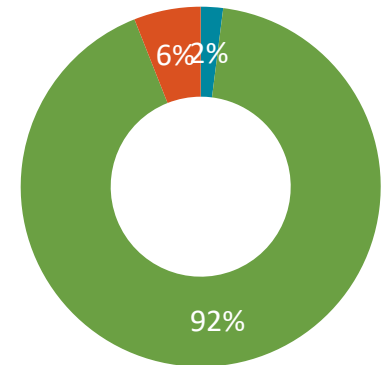
Taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem



Worried or Stressed about Vital Expenses



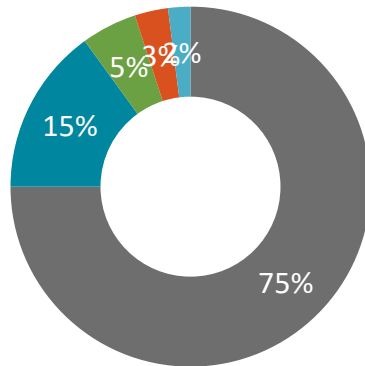
Emotionally upset due to treatment based on race or ethnicity



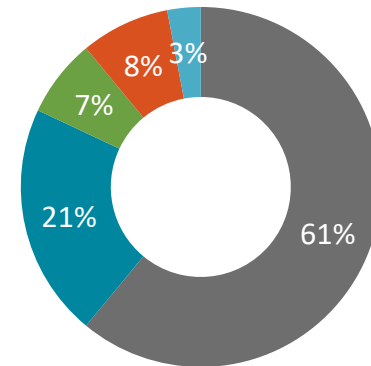
MENTAL HEALTH

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

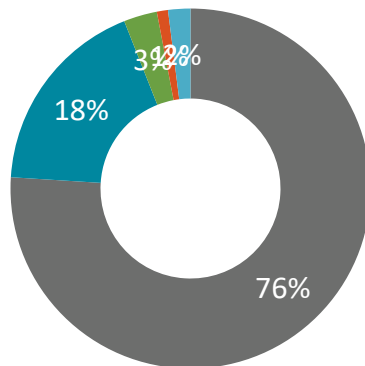
HAVING LITTLE INTEREST OR PLEASURE IN DOING THINGS



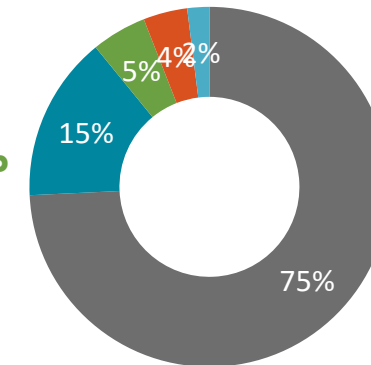
FEELING NERVOUS, ANXIOUS OR ON EDGE



FEELING DOWN, DEPRESSED OR HOPELESS

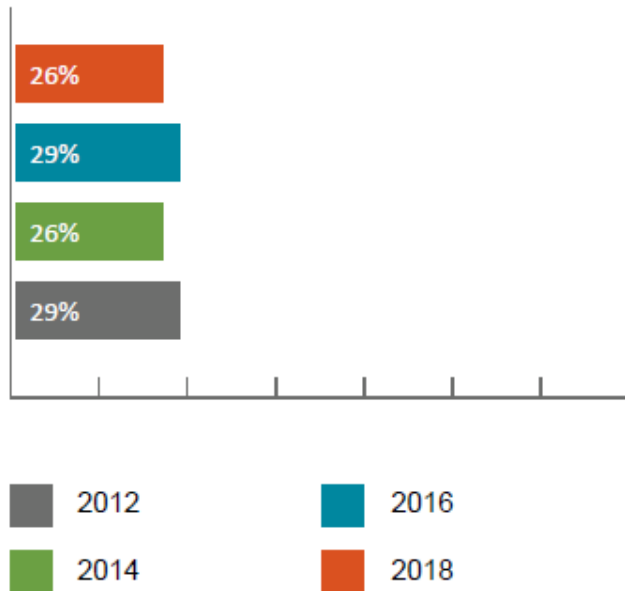


NOT BEING ABLE TO STOP OR CONTROL WORRYING



TOBACCO USAGE

Smoke Cigarettes Every Day or Some Days

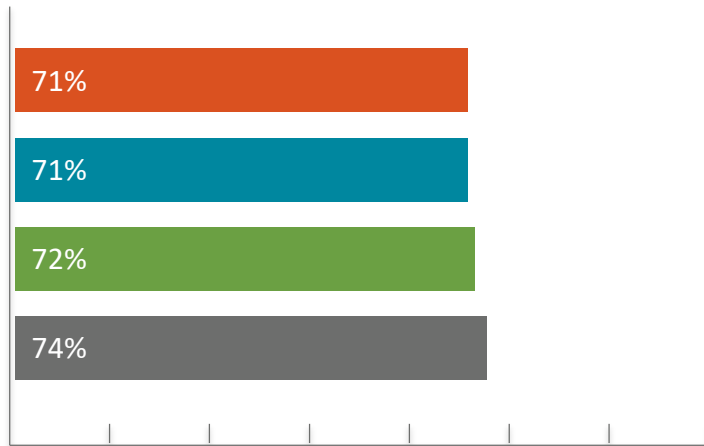


Use E-Cigarettes Every Day or Some Days

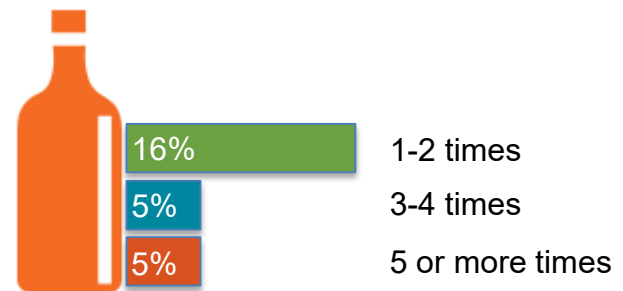


ALCOHOL USE

Refrain from Binge Drinking



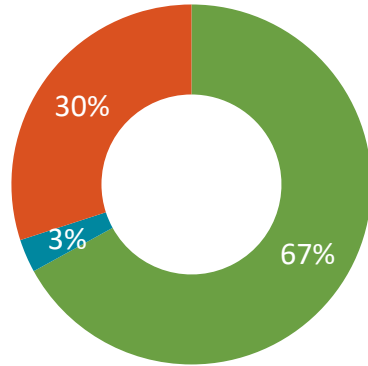
Times past 30 days had (5 for men, 4 for women) or more drinks on an occasion



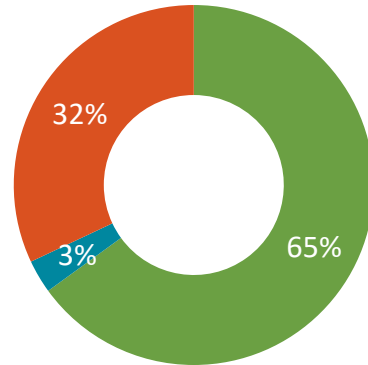
AGING

Currently have a signed

ADVANCE
DIRECTIVE

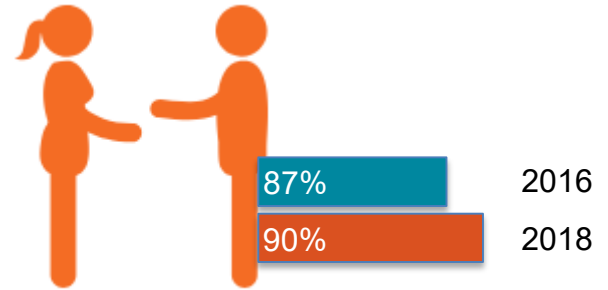


DOCUMENT
NAMING YOUR
HEALTH CARE
AGENT (Proxy)



Don't know/Not sure

Had a conversation with your named agent to communicate your care wishes?



CHILD HEALTH

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



20%
Asthma



11% 2016
17% 2018

17%
Depression/Anxiety

Was your youngest child ever breastfed or fed breast milk



77% 2016
81% 2018

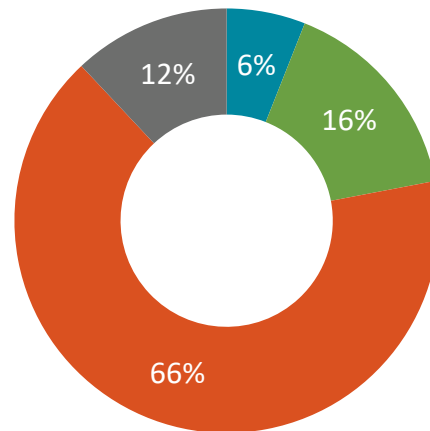
81%
Breastfed

How old was he/she when stopped breastfeeding or being fed breast milk

Currently breastfeeding	4%
Less than 6 months	22%
6 to 12 months	42%
More than 12 months	24%

OTHER/NEW – HOWARD COUNTY GENERAL HOSPITAL

Howard County General Hospital provides helpful information and a full network of resources to help keep you healthy.

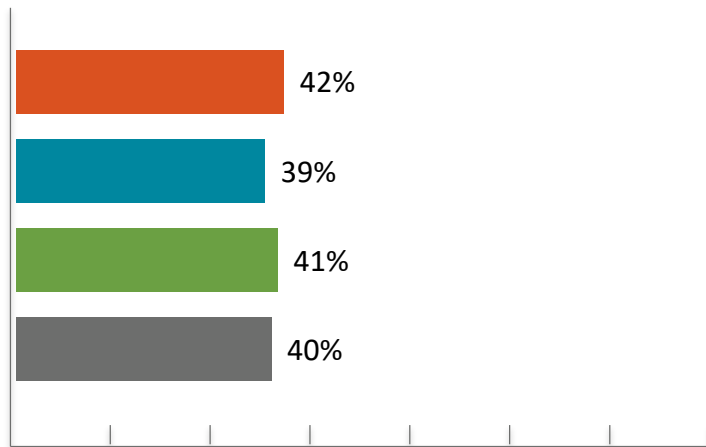


Agree
Neutral

Disagree
Don't know

OTHER/NEW – COLUMBIA ASSOCIATION

Live on property subject to Columbia Association assessment



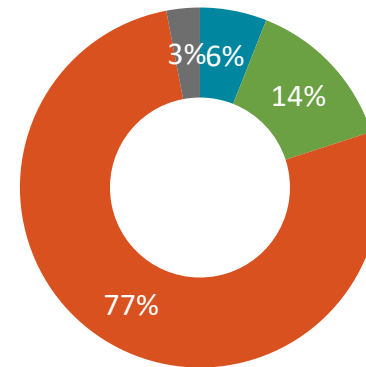
2012

2016

2014

2018

Columbia Association membership



No membership

Pools/Club

Package plan

Other/Don't know

WHAT'S NEXT?

- Opportunity to provide feedback
 - Brief electronic survey
 - Platform for community and partner input

- Community Health Needs Assessment
 - Incorporating secondary data and feedback
 - Sharing with the community

QUESTIONS?

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