

Arthritis

Arthritis is highly prevalent among U.S. adults (46.4 million adults in the United States have physician-diagnosed arthritis or just over 1 in 5 adults), the leading cause of disability, and associated with substantial activity limitation, work disability, reduced quality of life, and high health-care costs.¹ As the population ages, the CDC predicts arthritis will affect an estimated 67 million adults in the United States by 2030. What is the prevalence of arthritis diagnoses among Delaware County adults?

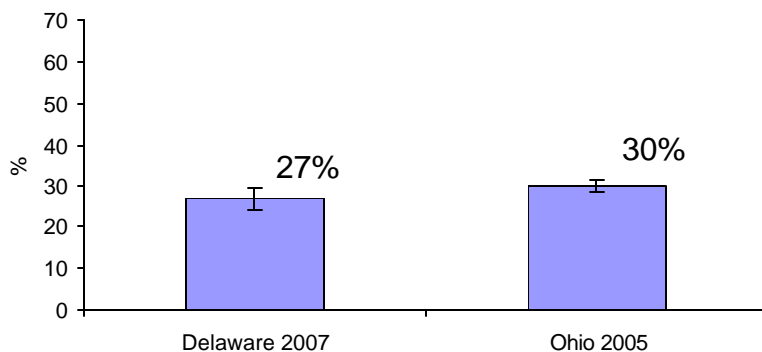
The next questions refer to the joints in your body. When responding, please do NOT include the back or neck.

Q12.1: Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

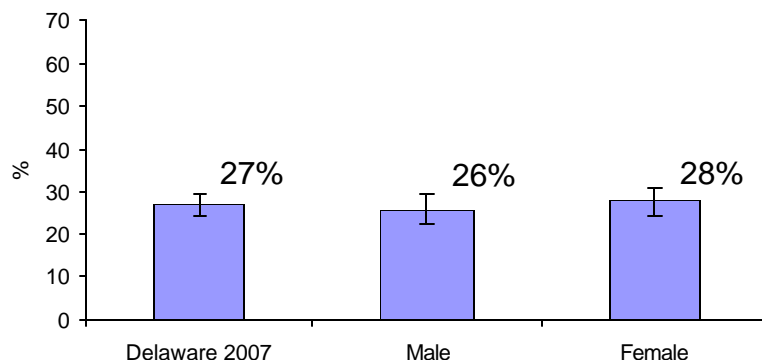
Q12.2: Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

In 2007, the proportion of Delaware County residents who have ever been diagnosed with arthritis is statistically similar to 2005 Ohio data (the most recent available).

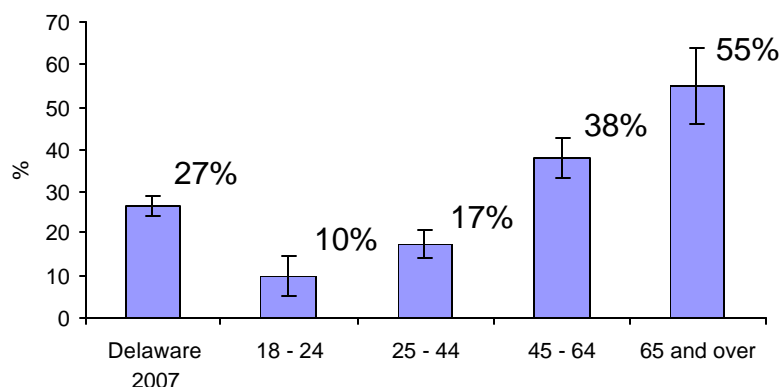
Percentage of adults with arthritis diagnosis



No statistically significant differences were noted between males and females.

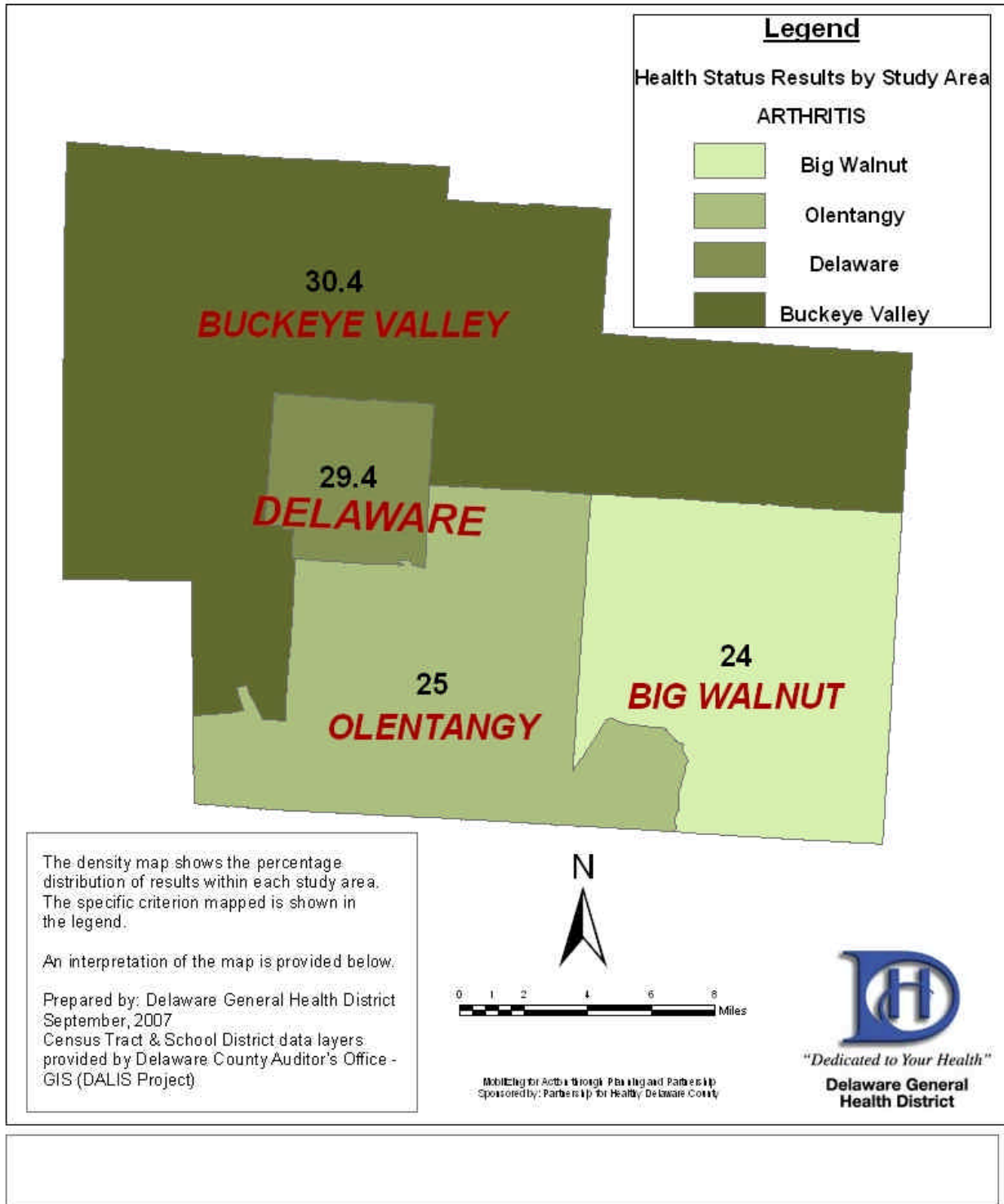


The proportion reporting arthritis diagnoses was statistically different from age category to age category, with those 65 and over being most likely to report an arthritis diagnosis.



¹ CDC, (2006) "Prevalence of Doctor-Diagnosed Arthritis, 2003—2005." Retrieved 7/12/07 from http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5540a2.htm?s_cid=mm5540a2_e

Adults who have been diagnosed with Arthritis



There were no statistically significant differences in arthritis rates across the four regions.

Additional Subgroup Differences:**Ethnicity:**

- There were no statistically significant differences in arthritis rates as a function of ethnicity.

Education:

- Those with less than high school education were more likely to report arthritis diagnoses (41.8%).
- Those with a postgraduate degree were less likely to report arthritis diagnoses (20.5%).

Employment:

- Those with an “other” employment status were more likely to report arthritis diagnoses (34.1%).
- Those who were employed were less likely to report arthritis diagnoses (23.3%).

Household income:

- Those with household incomes less than \$25,000 and between \$25,000 - \$75,000 were more likely to report arthritis diagnoses (44.2% and 32.7%, respectively).
- Those with household incomes between \$75,000-\$150,000 and greater than \$150,000 were less likely to report arthritis diagnoses (19.8% and 18.1%, respectively).

ADDITIONAL FINDINGS REGARDING ARTHRITIS

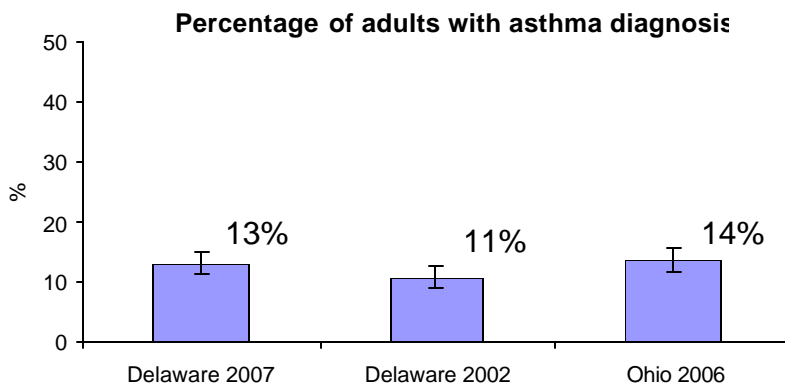
The 319 respondents who reported they have ever been diagnosed with arthritis were also asked whether the performance of their usual activities has been limited because of arthritis or joint symptoms. A minority of arthritis sufferers (112, or 35.4%) said “yes.” The only statistically significant subgroup difference detected on this variable related to employment status – those with an “other” employment status were especially likely to say their activities have been limited because of their arthritic symptoms (47.8%).

Asthma

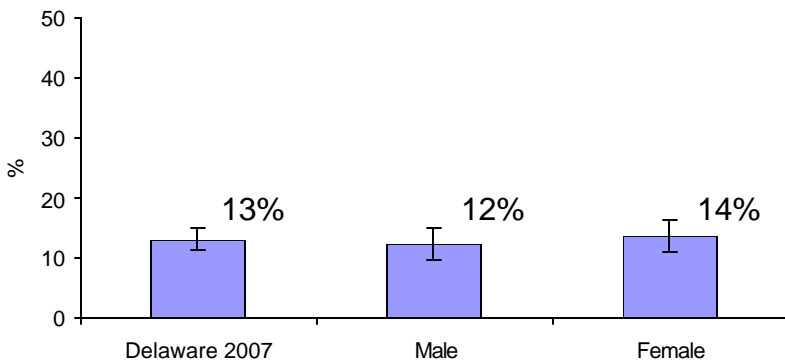
Asthma is a disease of the lungs in which the airways become blocked or narrowed causing breathing difficulty.² According to the National Heart Lung and Blood Institute³, about 20 million people have been diagnosed with asthma, with nearly 9 million of these children. How many Delaware County residents have been diagnosed with asthma, and what effect has this condition had on their daily lives?

Q3.1: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

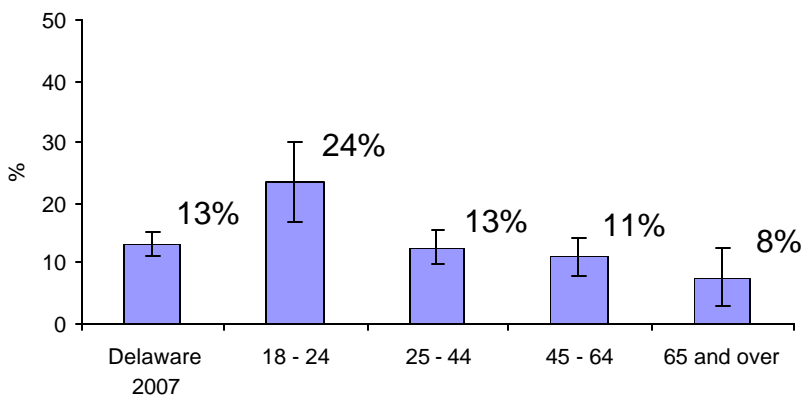
In 2007, the proportion of Delaware County residents who have ever been told they have asthma is statistically similar to 2002 Delaware data and 2006 Ohio data.



No statistically significant differences were noted between males and females.



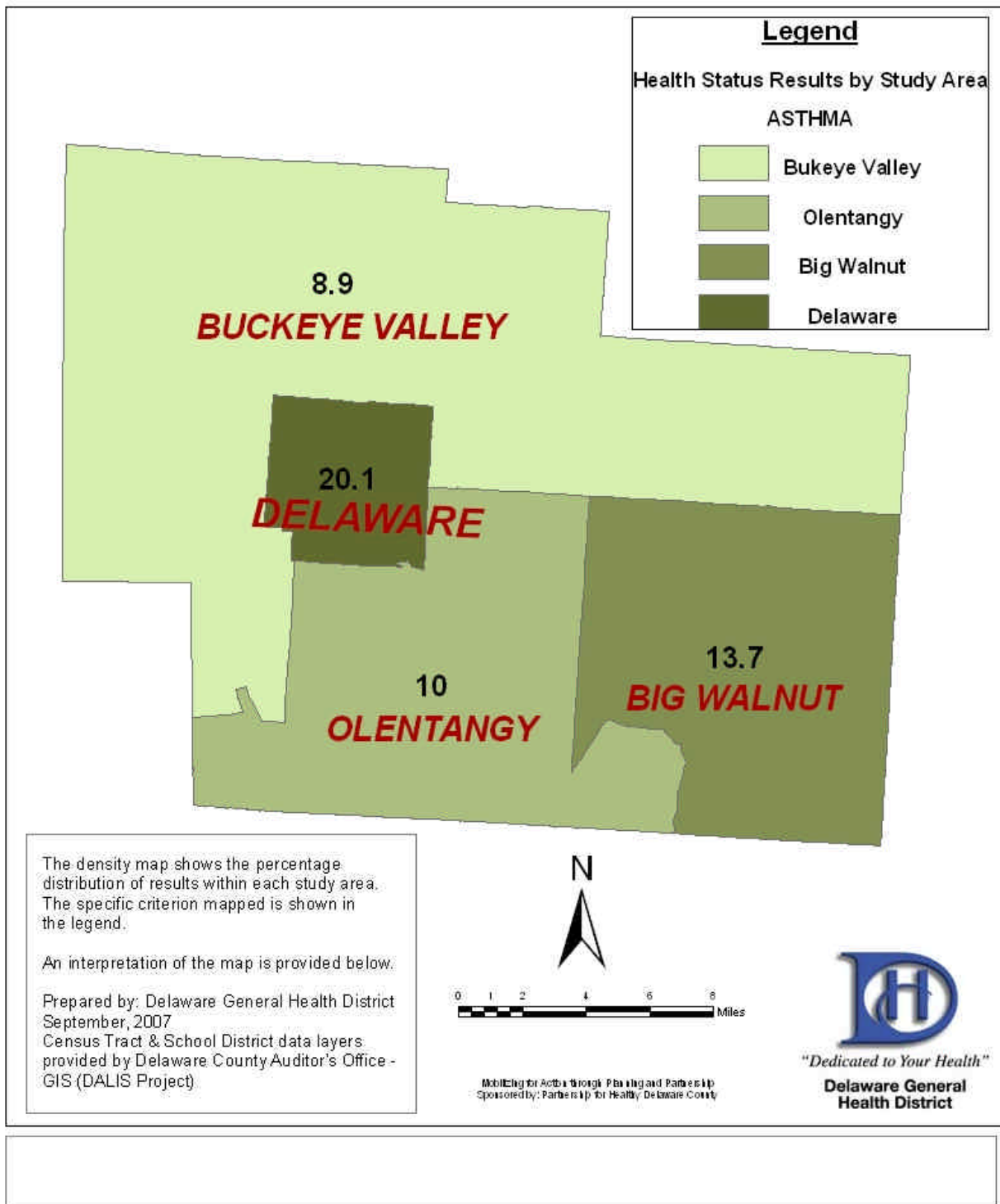
Younger respondents (18-24) were especially likely to report they had been diagnosed with asthma, compared to all other groups.



² Asthma and Allergy Foundation of America. "Asthma Overview." Retrieved 7/11/07 from <http://www.aafa.org/display.cfm?id=8>

³ National Heart Lung and Blood Institute. "Who is at risk for asthma?" Retrieved 7/11/07 from http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WholsAtRisk.html

Adults who have been diagnosed with Asthma



Those in the Delaware region were more likely to report ever receiving an asthma diagnosis (20.1%), while those in the Buckeye Valley and Olentangy regions were less likely to report ever receiving an asthma diagnosis (8.9% and 10%, respectively).

Additional Subgroup Differences:**Ethnicity:**

- Non-whites were especially likely to report having been diagnosed with asthma (24.5%).

Education:

- There were no statistically significant differences in asthma rates as a function of educational status.

Employment:

- Those with an “other” employment status were less likely to report having been diagnosed with asthma (8.7%)

Household income:

- Those with household incomes less than \$25,000 were more likely to report having been diagnosed with asthma (23.7%).

ADDITIONAL FINDINGS REGARDING ASTHMA

The 152 respondents who reported they have ever been diagnosed with asthma were asked a follow-up question: (Q3.2) *During the past 12 months, how many days were you unable to work or carry out your usual activities because of asthma?* The majority of asthma sufferers (124, or 81.9%) said “none.” Of those who reported at least one day, the average number of days they were unable to work or carry out usual activities because of asthma was 1.23.⁴

Later in the survey, respondents were asked the following: Q18.4: *Earlier you said there were [x] children under 18 years of age living in your household. How many of these children have ever been diagnosed with asthma?* Of the 551 respondents who reported children in the household, 473 (or 86%) said “none” of their children had been diagnosed, 67 (or 12%) said “1 child” and 9 (or 1.6%) said “2 or more children.” These numbers are statistically similar to 2002 Delaware data.

⁴ Because there are a handful of outliers in response to this question, the average reported here is actually the 5% trimmed mean – the lowest 2.5% responses (zeros) and the highest 2.5% responses (>95) are removed from analysis before computing the mean.

Diabetes

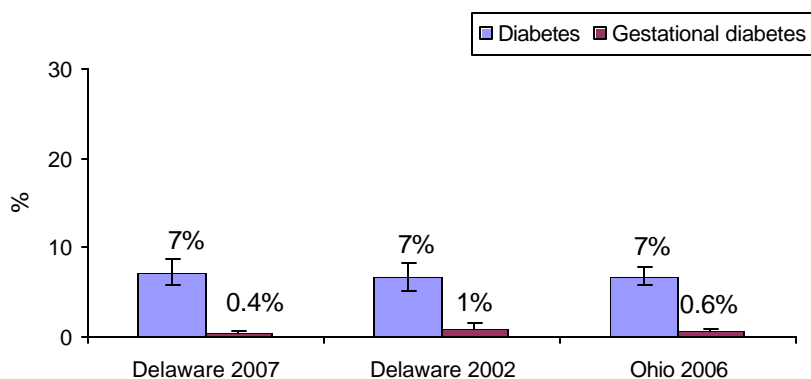
According to the American Diabetes Association, 20.8 million children and adults in the United States (7% of the population) have diabetes. Although an estimated 14.6 million have been diagnosed with diabetes, as many as 6.2 million people (or nearly one-third) are unaware they have the disease.⁵ What is the prevalence of diabetes diagnoses among Delaware County adults?

Q3.3: *Have you ever been told by a doctor that you have diabetes? (Interviewer Note: If respondent says pre-diabetes or borderline diabetes, mark accordingly)*

Q3.3a: *(If female), Was this only when you were pregnant?*

In 2007, the proportion of Delaware County residents who have ever been diagnosed with diabetes (Type 1, Type 2, or gestational diabetes) is statistically similar to 2002 Delaware data and 2006 Ohio data. Because the incidence of gestational diabetes is so low, the remaining analyses include this type of diabetes with other types.

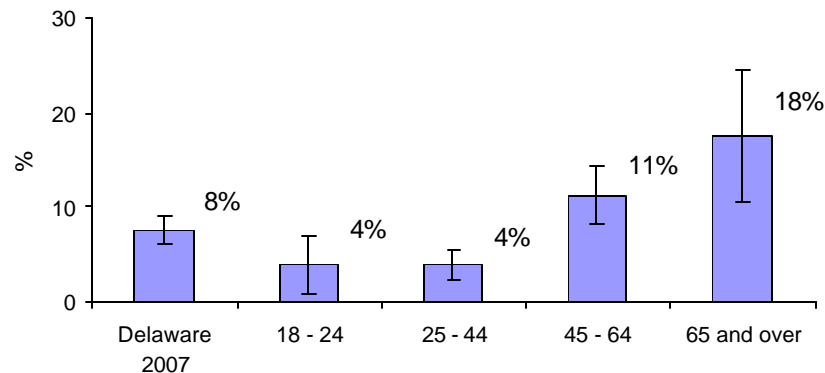
Percentage of adults with diabetes diagnosis



No statistically significant differences were noted between males and females.

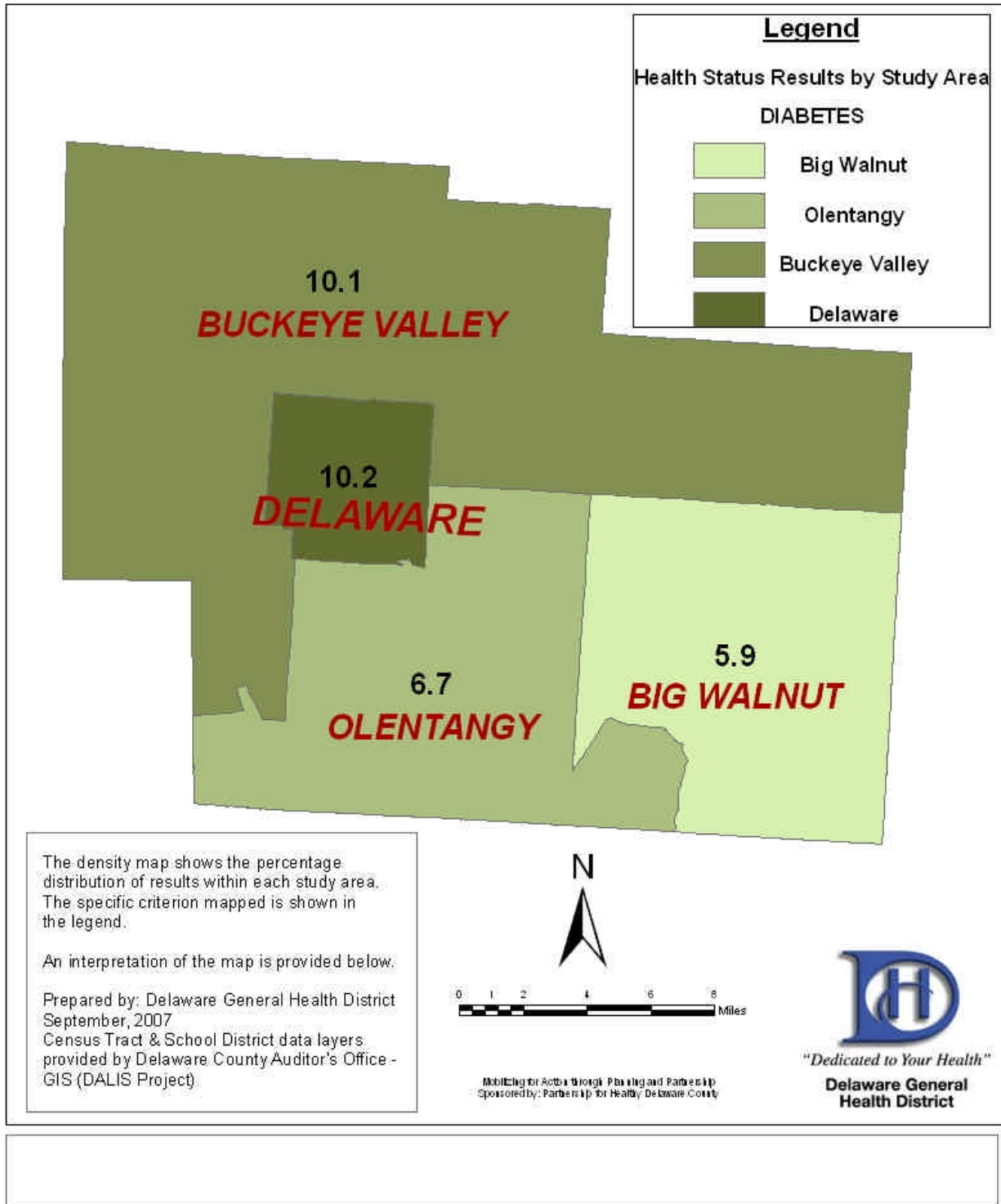


The two youngest age categories (18-24 and 25-44) reported lower incidence of diabetes diagnoses as compared to the two oldest age categories (45-64 and 65+).



⁵ American Diabetes Association (2007). "All About Diabetes." Retrieved 7/11/07 from <http://www.diabetes.org/about/diabetes.jsp>.

Adults who have been diagnosed with Diabetes



There were no statistically significant differences in diabetes rates across the four regions.

Additional Subgroup Differences:

Ethnicity:

- Non-whites were especially likely to report having been diagnosed with diabetes (15.3%).

Education:

- Those with “some college” were more likely to report a diabetes diagnosis (11.8%).
- Those with a college degree or a post graduate degree were less likely to report a diabetes diagnosis (5.2% and 4.4%, respectively).

Employment:

- Those who were employed were less likely to report a diabetes diagnosis (4.9%).
- Those with an “other” employment status were more likely to report a diabetes diagnosis (13.8%).

Household income:

- Those with household incomes less than \$25,000 were more likely to report a diabetes diagnosis (15%).
- Those with household incomes greater than \$150,000 were less likely to report a diabetes diagnosis (3%).

ADDITIONAL FINDINGS REGARDING DIABETES

An additional 7 participants (or .6%) reported a doctor has diagnosed them with pre-diabetes or borderline diabetes. This percentage is statistically similar to 2006 Ohio data.

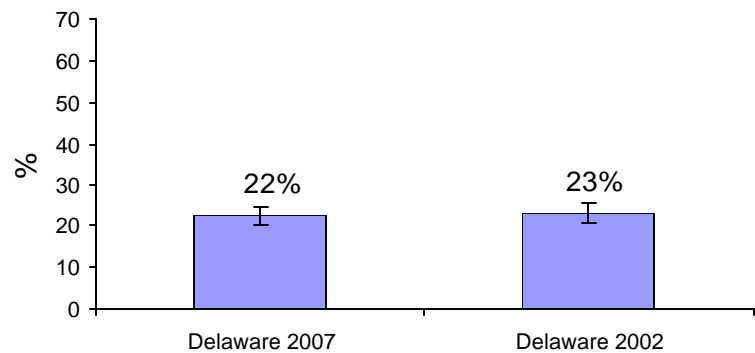
High Blood Pressure

High blood pressure has been linked to many serious health issues, such as strokes, heart attacks, and heart disease. Also, it is a good indicator of one’s general physical condition. With that in mind, how are rates of high blood pressure among Delaware County residents?

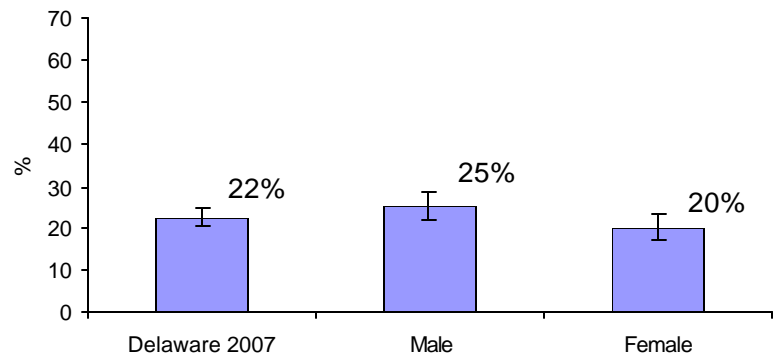
Q3.4: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

In 2007, the proportion of Delaware County residents who have ever been diagnosed with high blood pressure is statistically similar to 2002 Delaware data.

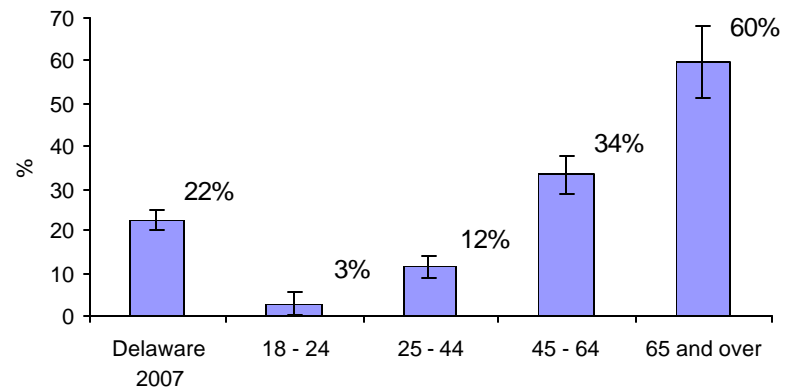
Percentage of adults with high blood pressure



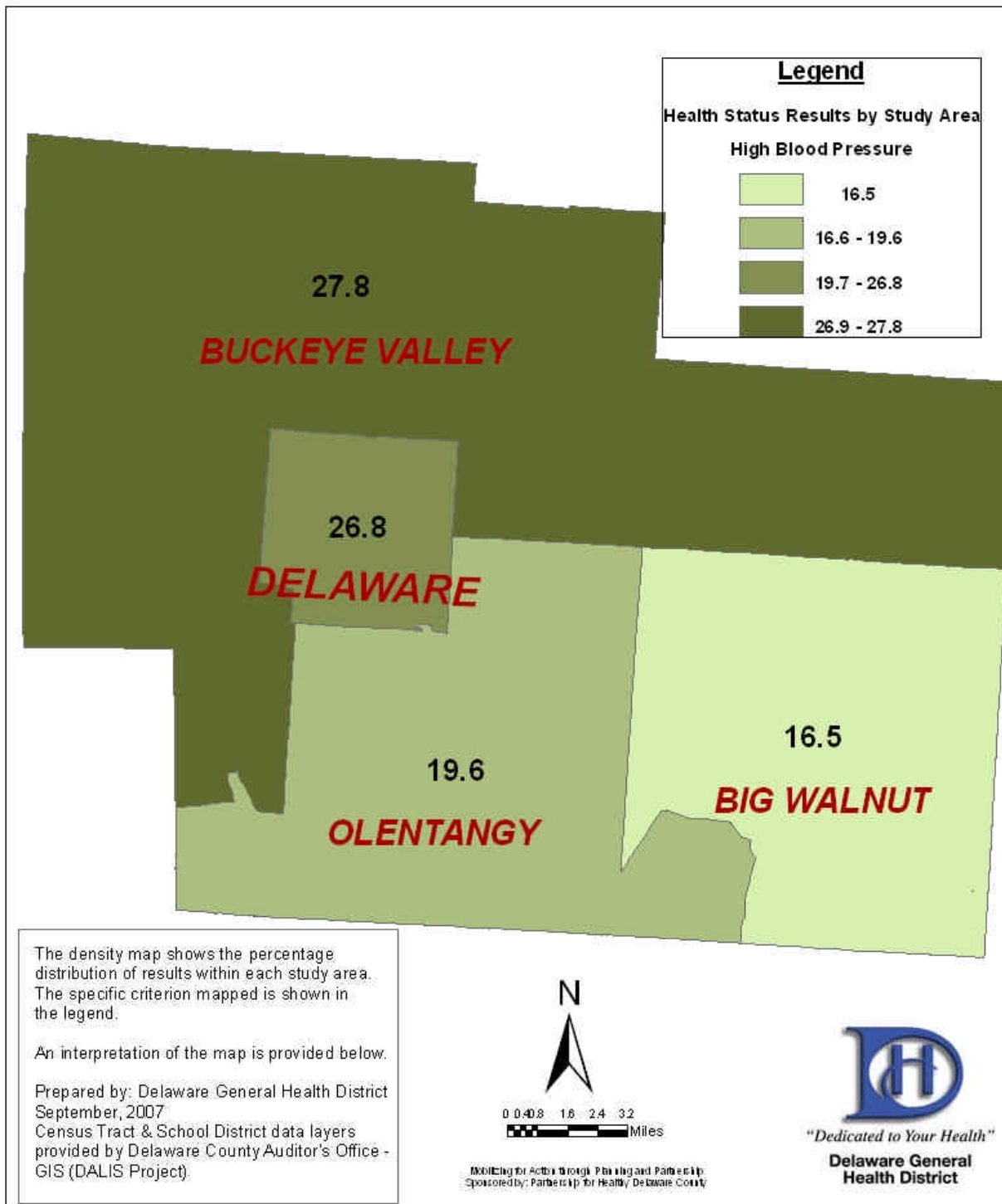
No statistically significant differences were noted between males and females.



The two oldest age categories (45-64 and 65 and over) were more likely to report high blood pressure diagnoses as compared to the two youngest age categories.



High Blood Pressure



Those in the Buckeye Valley and Delaware regions were more likely to report ever receiving a high blood pressure diagnosis (27.8% and 26.8%, respectively), while those in the Big Walnut region were less likely to report ever receiving a high blood pressure diagnosis (16.5%).

Additional Subgroup Differences:

Ethnicity:

- There were no statistically significant differences in high blood pressure rates as a function of ethnicity.

Education:

- Those with a high school degree or equivalent were more likely to report a high blood pressure diagnosis (27.9%).

Employment:

- Those who were employed were less likely to report a high blood pressure diagnosis (17.3%).
- Those with an “other” employment status were more likely to report a high blood pressure diagnosis (33.6%).

Household income:

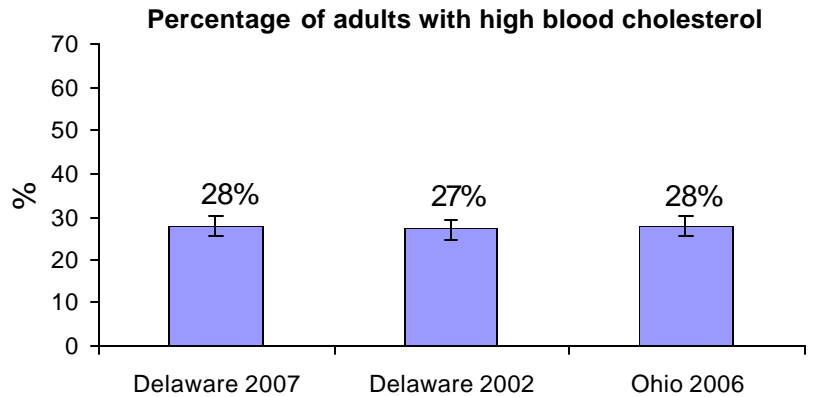
- Those with household incomes less than \$25,000 and those with incomes between \$25,000 to under \$75,000 were more likely to report a high blood pressure diagnosis (35.3% and 30.3%, respectively).
- Those with household incomes between \$75,000 to under \$150,000 and those with incomes greater than \$150,000 were less likely to report a high blood pressure diagnosis (17.3% and 11.1%, respectively).

High Blood Cholesterol

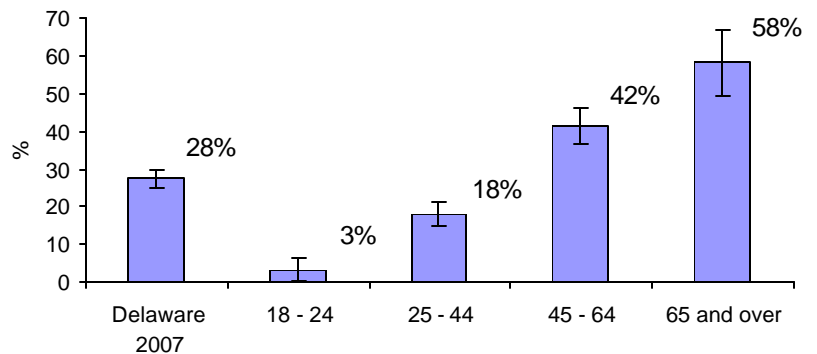
High blood cholesterol, like high blood pressure, has also been linked to many serious health issues such as strokes, heart attacks, and heart disease. With that in mind, how are rates of high blood cholesterol among Delaware County residents?

Q3.5: Have you ever been told by a doctor, nurse, or other health professional that you have high blood cholesterol?

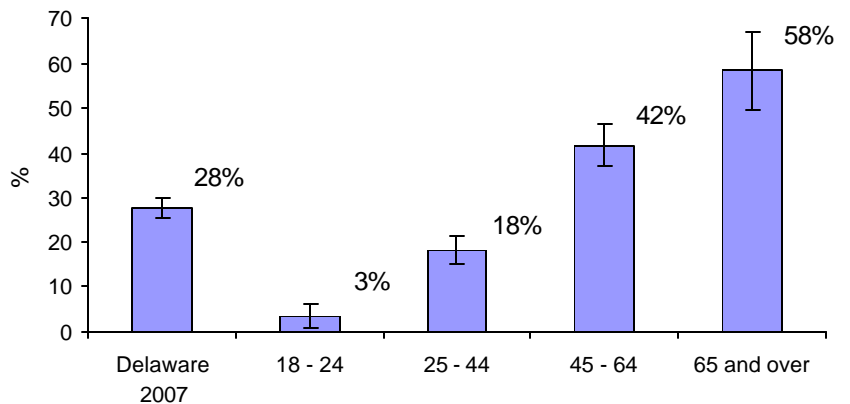
In 2007, the proportion of Delaware County residents who have ever been diagnosed with high blood cholesterol is statistically similar to 2002 Delaware data and 2006 Ohio data.



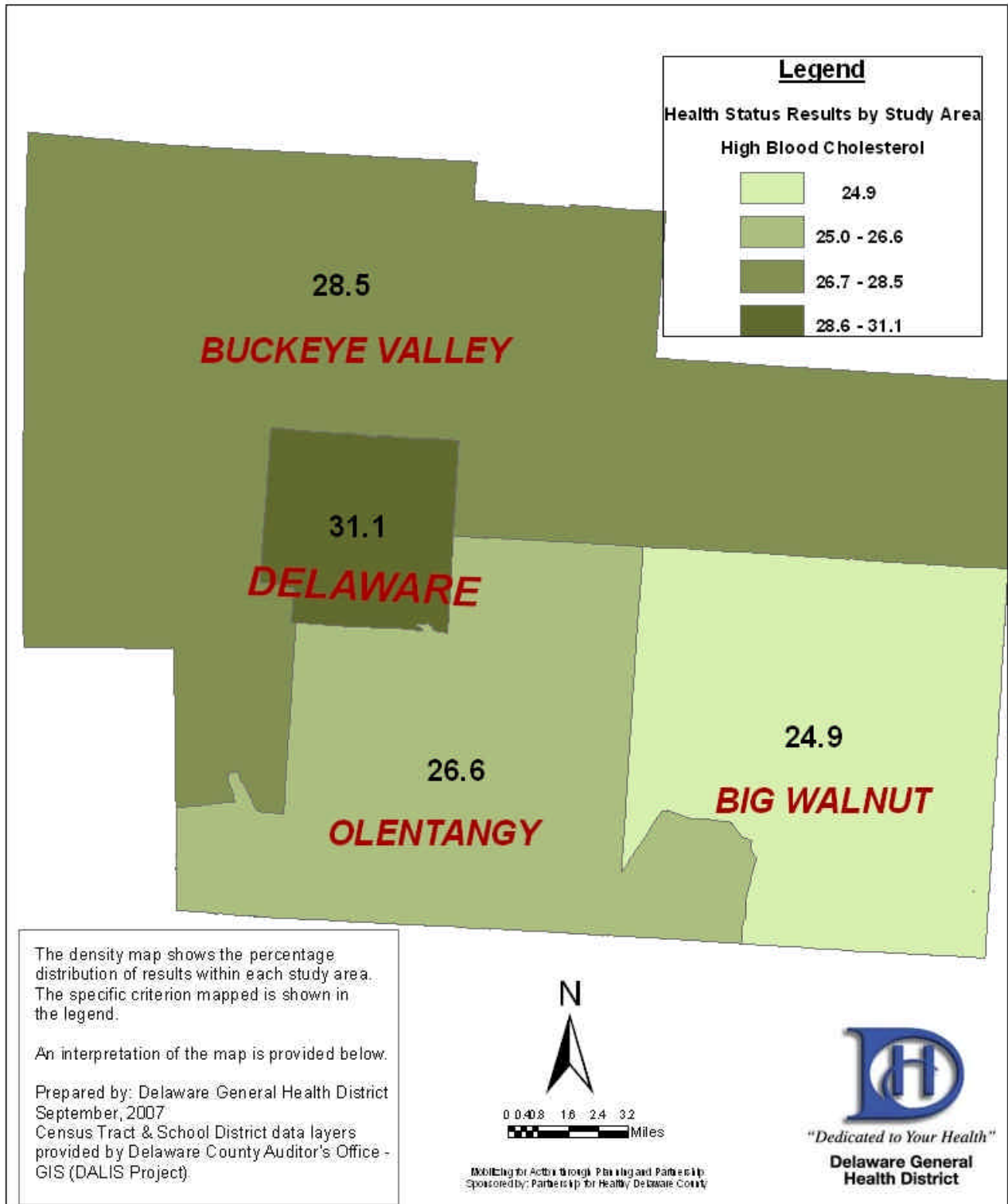
Males were more likely than females to report ever having received a diagnosis of high blood cholesterol.



The two oldest age categories (45-64 and 65 and over) were more likely to report high blood cholesterol diagnoses as compared to the two youngest age categories.



High Blood Cholesterol



There were no statistically significant differences in blood cholesterol rates across the four regions.

Additional Subgroup Differences:

Ethnicity:

- Non-whites were less likely to report a high blood cholesterol diagnosis (15.5%).

Education:

- There were no statistically significant differences in high blood cholesterol rates as a function of education.

Employment:

- Those who were employed were less likely to report a high blood cholesterol diagnosis (24%).
- Those with an “other” employment status were more likely to report a high blood cholesterol diagnosis (37.7%).

Household income:

- Those with household incomes greater than \$150,000 were less likely to report a high blood cholesterol diagnosis (19.4%).

Heart Attacks, Strokes, and Coronary Heart Disease

According to the most recent data from the National Center for Health Statistics (2004), two of the top three leading causes of death in the United States are heart disease and stroke. What are the rates of these in Delaware County, along with heart attacks? Participants were asked:

Has a doctor, nurse, or other health professional EVER told you that you had:

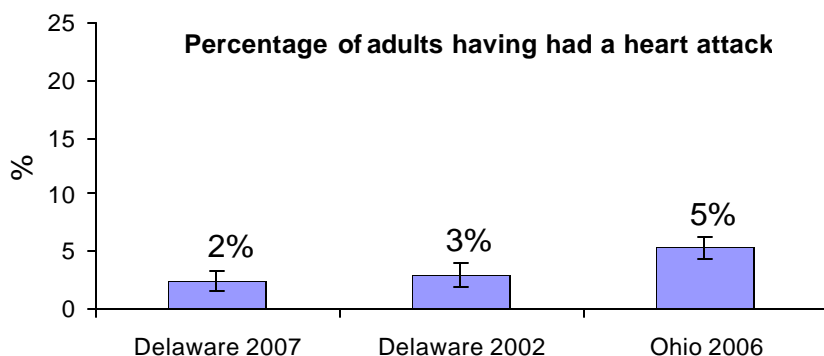
Q3.6: A heart attack, also called a myocardial infarction?

Q3.8: A stroke?

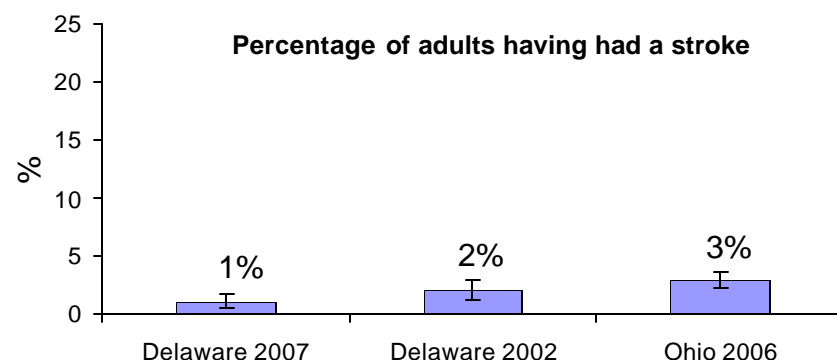
Q3.7: Angina or coronary heart disease?

As shown below, the percentage of survey respondents reporting any one of these serious heart issues in 2007 is less than 3%. Such low incidence levels make it difficult to provide meaningful subgroup differences (e.g., by male/female, age group) because the subgroups numbers are so small. Therefore, only topline comparisons to prior years of data (2002 Delaware BRFSS, 2006 Ohio BRFSS) are made.

In 2007, the proportion of Delaware County residents who have ever had a heart attack (2%) is statistically similar to 2002 Delaware data but less than 2006 Ohio data.



In 2007, the proportion of Delaware County residents who have ever had a stroke (1%) is statistically similar to 2002 Delaware data and 2006 Ohio data.



In 2007, the proportion of Delaware County residents who have ever been diagnosed with coronary heart disease (3%) is statistically similar to 2002 Delaware data but less than 2006 Ohio data.

