

June 2006

## DISEASE PREVALENCE

### SOURCE OF DATA

The data are based on findings from the ARHI II Healthcare Needs Assessment Survey conducted in January, 2006 by Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute.

About 2,350 adult residents of Jackson, Meigs, Morgan, Perry, Ross, Scioto and Washington counties were surveyed in an effort to assess prevalence rates for certain chronic diseases and associated risk factors.

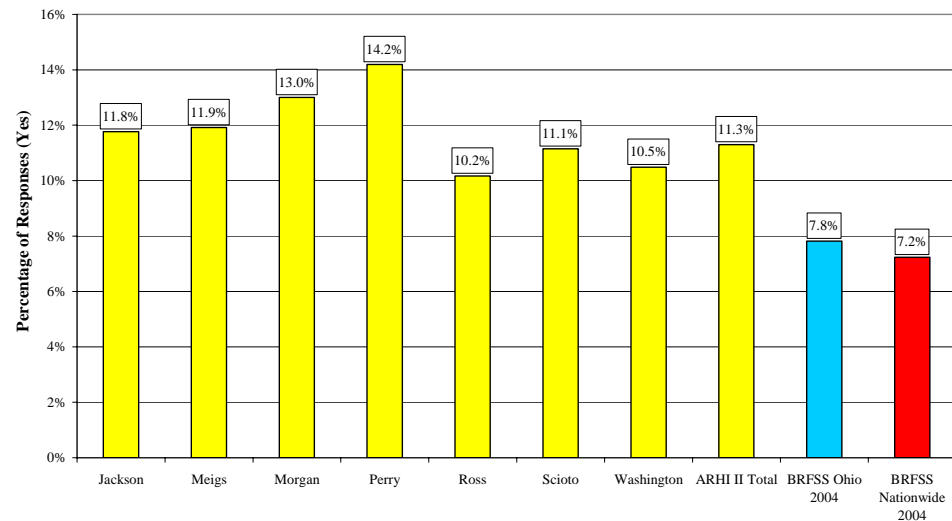
The ARHI I survey took place in Athens, Hocking, Pike and Vinton counties in 2003.

This survey was funded by the Ohio Department of Health-Diabetes Prevention and Control Program.

For more information about ARHI and this survey go to:

### DIABETES

Have you ever been told by a health care professional that you have high blood sugar, diabetes, or sugar?



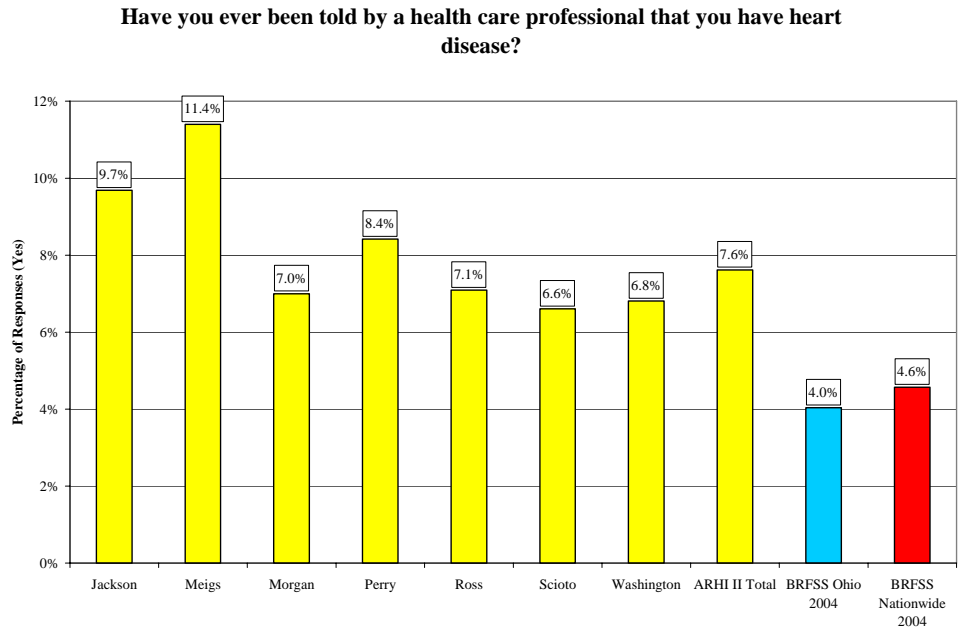
- The average diabetes prevalence rate for the seven ARHI II counties is 11.3% — well over Ohio's rate of 7.8% and the national rate of 7.2%.
- Diabetes rates are highest in Perry and Morgan counties and lowest in Ross and Washington counties.
- People with diabetes have significantly higher rates of heart disease, heart attack, stroke, high cholesterol and hypertension than non-diabetics.
- Diabetics in the ARHI II counties are significantly more likely to report worse overall health than non-diabetics.
- Diabetes, a major focus of the ARHI II study, is reported upon separately in the Research Report entitled "Diabetes."

### COMPARING ARHI II WITH OHIO AND THE NATION

The Behavioral Risk Factor Surveillance System Survey (BRFSS) is designed by the Centers for Disease Control and Prevention and conducted by all fifty states, the District of Columbia and the U.S. territories. ARHI II comparisons are with the 2004 BRFSS findings, the most recent data available at the time this analysis began. For more information on comparability and the sampling methodology applied to these, refer to the ARHI II Health Needs Assessment Report available at the ARHI website.

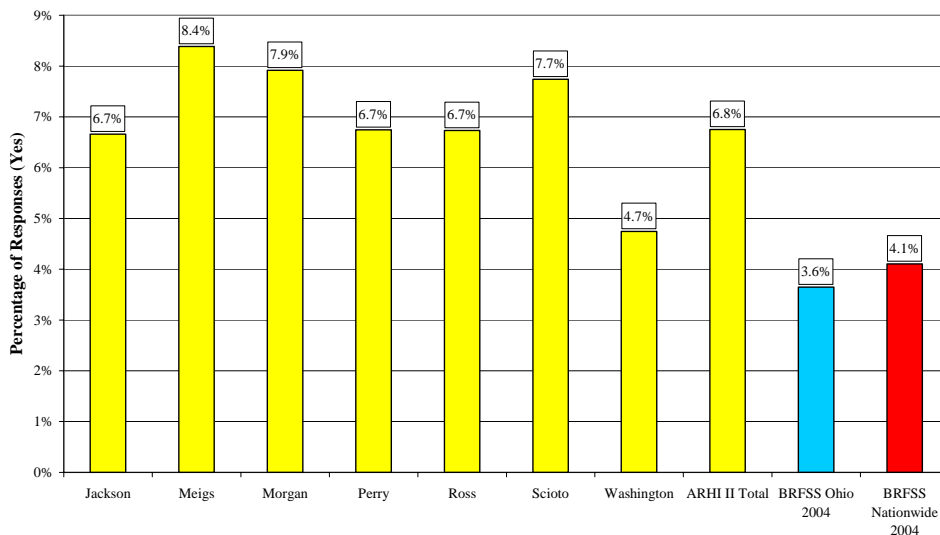
## HEART DISEASE

- The ARHI II regional heart disease rate of 7.6% is almost twice as high as the Ohio BRFSS rate of 4.0%.
- Among ARHI II residents, as age increases so does the likelihood of having heart disease.
- Heart disease rates are lower for ARHI II residents who also engage in moderate exercise.



## HEART ATTACK

**Have you ever been told by a health care professional that you had a heart attack?**

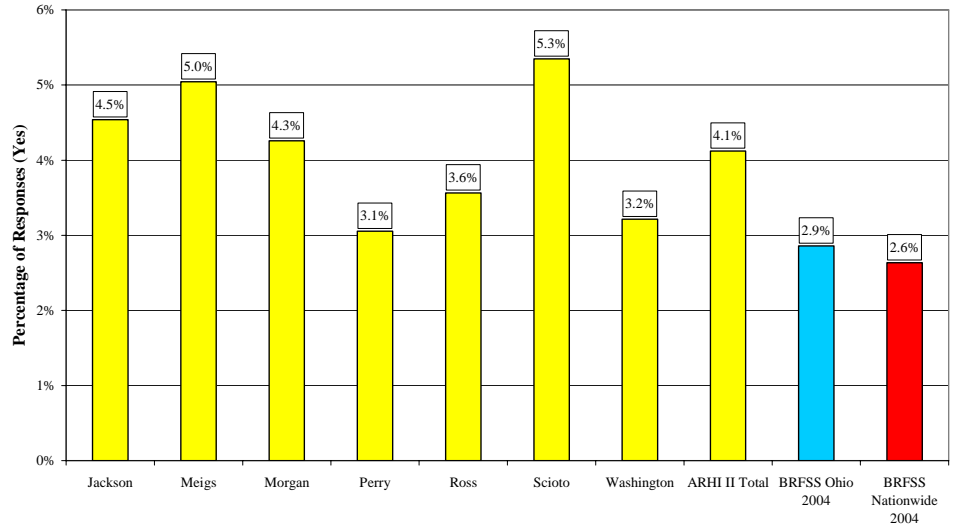


- At 6.8%, the ARHI II heart attack rate is almost twice as high as the Ohio BRFSS benchmark rate of 3.6%.
- Meigs County has the highest reported rate of heart attack, while Washington County has the lowest.
- Heart attack rates are much lower for residents who report engaging in moderate exercise at least twice per week.

### STROKE OR MINI-STROKE

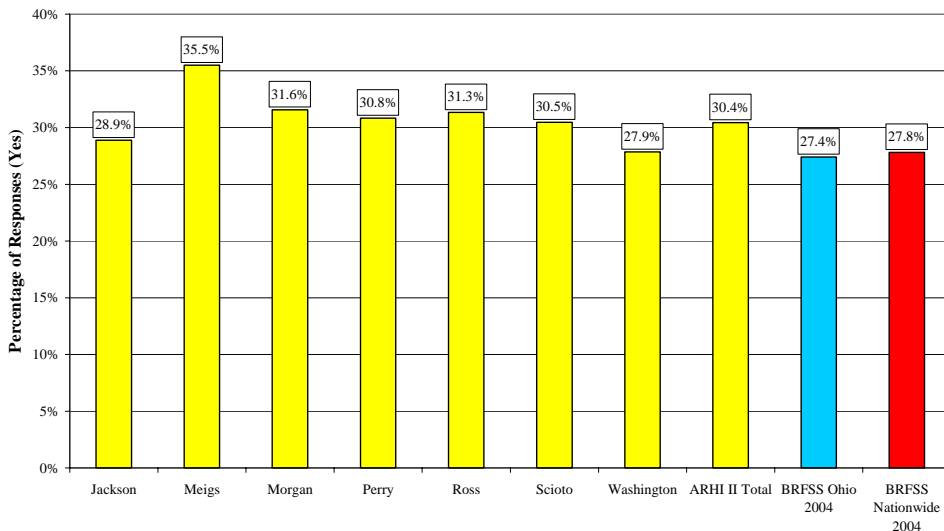
- The ARHI II stroke and mini-stroke rate of 4.1% is much higher than the national benchmark rate of 2.6%.
- Scioto County has the highest reported stroke rate and Perry County the lowest.

Have you ever been told by a health care professional that you have had a stroke or mini stroke?



### HIGH BLOOD PRESSURE

Have you ever been told by a health care provider that you have high blood pressure?

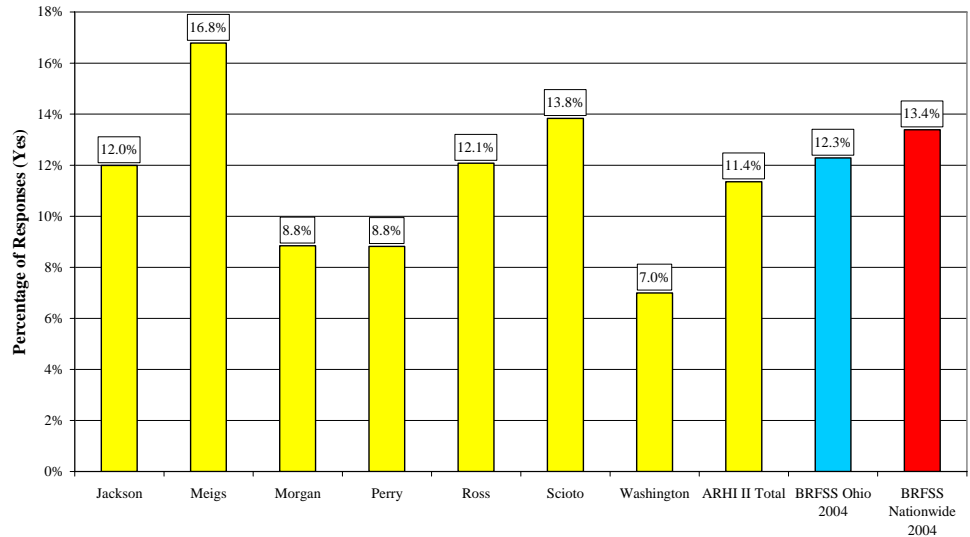


- The 30% prevalence rate for high blood pressure in the seven ARHI II counties is just slightly higher than the Ohio and national BRFSS rates.
- The county with the highest rate is Meigs, while Jackson has the lowest.
- As age and body mass index categorization increases, so does the likelihood of reporting high blood pressure.
- Individuals who exercise moderately or vigorously at least once per week have lower rates of high blood pressure than those who do not exercise.

**ASTHMA**

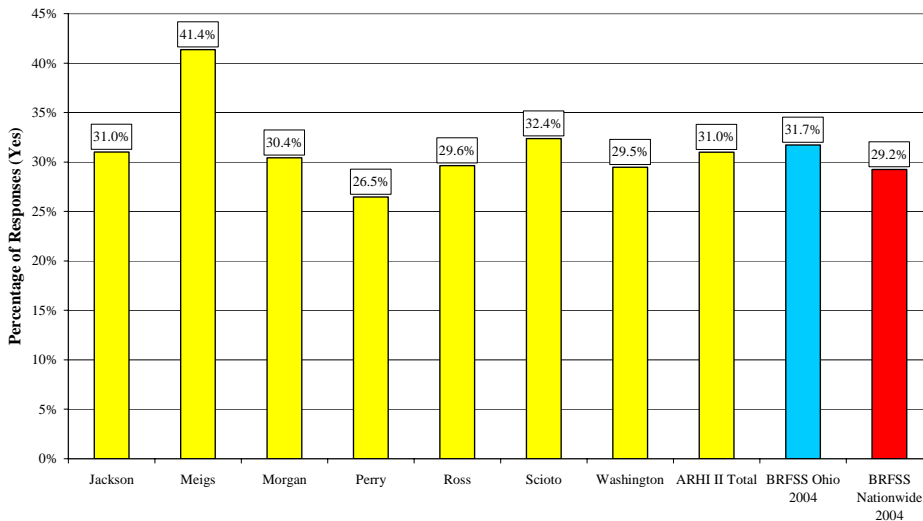
- The ARHI II asthma rate is less than one percentage point lower than the comparison 2004 BRFSS rate.
- Within the seven counties asthma rates vary substantially with Meigs having the highest rate and Washington County the lowest.

**Have you ever been told by a health care professional that you have asthma?**



**ARTHRITIS**

**Have you ever been told by a health care professional that you have arthritis or rheumatism?**



- The rate for arthritis for the ARHI II region is similar to that of the state and nation.
- Meigs County reports the highest arthritis prevalence rate while Perry County reports the lowest rate.
- In the seven counties, as age increases so does the likelihood of reporting having arthritis.
- Females are more likely to report having arthritis than males.
- Survey respondents who report engaging in vigorous exercise at least once a week were also less likely to report they having arthritis.