HOWARD COUNTY
Health Assessment Survey Trends

Have health care coverage

<table>
<thead>
<tr>
<th>Year</th>
<th>Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>93%</td>
</tr>
<tr>
<td>2014</td>
<td>95%</td>
</tr>
<tr>
<td>2016</td>
<td>95%</td>
</tr>
<tr>
<td>2018</td>
<td>93%</td>
</tr>
</tbody>
</table>

Ever told blood pressure high by health care professional

- 2012: 24%
- 2014: 24%
- 2016: 26%
- 2018: 27%

When sick or need medical attention, usually go to

- Doctor's Office
- Urgent Care

<table>
<thead>
<tr>
<th>Year</th>
<th>Doctor's Office</th>
<th>Urgent Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>77%</td>
<td>11%</td>
</tr>
<tr>
<td>2014</td>
<td>74%</td>
<td>15%</td>
</tr>
<tr>
<td>2016</td>
<td>68%</td>
<td>19%</td>
</tr>
<tr>
<td>2018</td>
<td>63%</td>
<td>25%</td>
</tr>
</tbody>
</table>

Weight categories

- Overweight
- Obese

<table>
<thead>
<tr>
<th>Year</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>34%</td>
<td>9%</td>
</tr>
<tr>
<td>2014</td>
<td>33%</td>
<td>7%</td>
</tr>
<tr>
<td>2016</td>
<td>38%</td>
<td>11%</td>
</tr>
<tr>
<td>2018</td>
<td>36%</td>
<td>13%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>5%</td>
</tr>
<tr>
<td>2018</td>
<td>8%</td>
</tr>
</tbody>
</table>

Now receiving treatment for mental health

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>9%</td>
</tr>
<tr>
<td>2014</td>
<td>7%</td>
</tr>
<tr>
<td>2016</td>
<td>11%</td>
</tr>
<tr>
<td>2018</td>
<td>13%</td>
</tr>
</tbody>
</table>

Promote. Preserve. Protect.
Compiled by the Bureau of Assessment, Planning and Communications
JULY 2019
Access to Affordable Healthcare

Have health care coverage by age

<table>
<thead>
<tr>
<th>Age</th>
<th>Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>82%</td>
</tr>
<tr>
<td>25-34</td>
<td>87%</td>
</tr>
<tr>
<td>35-44</td>
<td>96%</td>
</tr>
<tr>
<td>45-54</td>
<td>95%</td>
</tr>
<tr>
<td>55-64</td>
<td>94%</td>
</tr>
<tr>
<td>65-74</td>
<td>100%</td>
</tr>
<tr>
<td>75+</td>
<td>98%</td>
</tr>
</tbody>
</table>

Uninsured

When sick or need medical attention, usually go to

by age

<table>
<thead>
<tr>
<th>Age</th>
<th>Doctor’s Office</th>
<th>Urgent Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>52%</td>
<td>35%</td>
</tr>
<tr>
<td>25-34</td>
<td>43%</td>
<td>41%</td>
</tr>
<tr>
<td>35-44</td>
<td>33%</td>
<td>18%</td>
</tr>
<tr>
<td>45-54</td>
<td>77%</td>
<td>13%</td>
</tr>
<tr>
<td>55-64</td>
<td>77%</td>
<td>11%</td>
</tr>
<tr>
<td>65-74</td>
<td>80%</td>
<td>7%</td>
</tr>
<tr>
<td>75+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Have person think of as doctor or health care provider

<table>
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<th>Age</th>
<th>Doctor's Office</th>
<th>Urgent Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
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<td>9%</td>
</tr>
<tr>
<td>25-34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-44</td>
<td></td>
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<td></td>
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<tr>
<td>65-74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>75+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5%</td>
<td>8%</td>
</tr>
</tbody>
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Access to Affordable Healthcare

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

by region
- West County: 10%
- Ellicott City: 5%
- Columbia: 14%
- Laurel: 10%
- Elkridge: 13%
- Ellicott City: 5%

by race/ethnicity
- White: 8%
- Black: 14%
- Asian: 15%
- Hispanic: 24%

by age

by weight
- Normal Weight: 9%
- Overweight: 8%
- Obese: 16%

by gender
- Male: 8%
- Female: 13%

by employment
- Employed: 9%
- Self-Employed: 20%
- Unemployed: 19%
- Retired: 7%
Chronic Disease

HIGH BLOOD PRESSURE
Ever told blood pressure high by health care professional

- Yes: 71%
- No: 1%
- Borderline, pre-hypertensive: 27%
- When pregnant: 1%

by weight
- Normal Weight: 16%
- Overweight: 26%
- Obese: 40%

by race/ethnicity
- White: 29%
- Black: 35%
- Asian: 13%
- Hispanic: 15%

by region
- West County: 25%
- Ellicott City: 26%
- Columbia: 28%
- Laurel: 30%
- Elkridge: 21%

Taking medication for high blood pressure

- 2014: 81%
- 2016: 75%
- 2018: 77%

Taking medication for high blood pressure

by gender
- Male: 73%
- Female: 81%

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HIGH BLOOD CHOLESTEROL

Ever told blood cholesterol high by health care professional

- Yes: 69%
- No: 30%
- Don't know/Not sure: 1%

by weight
- Normal Weight: 25%
- Overweight: 30%
- Obese: 37%

by race/ethnicity
- White: 33%
- Black: 26%
- Asian: 24%
- Hispanic: 33%

by region
- West County: 29%
- Ellicott City: 33%
- Columbia: 31%
- Elkridge: 27%
- Laurel: 27%

Now taking medication for high blood cholesterol
- 2016: 57%
- 2018: 53%

by gender
- Male: 57%
- Female: 47%

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Chronic Disease

RESPIRATORY CONDITIONS

Currently have asthma

- 8%

by gender

- Male: 5%
- Female: 11%

by race/ethnicity

- White: 10%
- Black: 6%
- Asian: 2%
- Hispanic: 22%

Ever told have Chronic Obstructive Pulmonary Disease by health care professional

- 3%

DIABETES

EVER told you have

- Diabetes?
  - Yes: 8%
  - No: 92%

PRE-DIABETES or BORDERLINE DIABETES?

- Yes: 1%
- No: 99%

Ever told you have diabetes by weight

- Normal Weight: 5%
- Overweight: 6%
- Obese: 13%

Now taking medication for diabetes

- 81%

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WEIGHT, NUTRITION & EXERCISE

**Body Mass Index**

- Underweight (<18.5): 2%
- Normal (18.5-24.9): 35%
- Overweight (25.0-29.9): 36%
- Obese (30.0+): 27%

**Overweight and Obese by region**

- West County: 65%
- Ellicott City: 55%
- Columbia: 65%
- Laurel: 78%

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

- 2012: 14%, Fruit; 11%, Vegetables
- 2014: 14%, Fruit; 12%, Vegetables
- 2016: 15%, Fruit; 14%, Vegetables
- 2018: 11%, Fruit; 9%, Vegetables

**Where did you exercise?**

- 2012: 19%, Outside; 25%, In Home
- 2014: 67%, Outside; 28%, In Home
- 2016: 73%, Outside; 27%, In Home
- 2018: 68%, Outside; 28%, In Home

**Where did you do muscle strengthening exercises?**

- 2012: 49%, Membership Club; 36%, In Home
- 2014: 54%, Membership Club; 41%, In Home
- 2016: 52%, Membership Club; 34%, In Home
- 2018: 50%, Membership Club; 36%, In Home

**Fruit and Vegetables Consumption**

- 2012: 11%, 9%
- 2014: 12%, 14%
- 2016: 14%, 15%
- 2018: 15%, 11%

*Compiled by the Bureau of Assessment, Planning and Communications*
HEALTHY AGING, 55+

Chronic Diseases

Ever told by health care professional have high blood pressure

- All Ages: 27%
- 55-64: 30%
- 65-74: 44%
- 75+: 65%

Ever told by health care professional have chronic obstructive pulmonary disease

- All Ages: 3%
- 55-64: 7%
- 65-74: 11%
- 75+: 23%

Ever told by health care professional have diabetes

- All Ages: 8%
- 55-64: 12%
- 65-74: 23%
- 75+: 20%

Exercise

Participate in any physical activities or exercise in the past week

- 55-64: 52%
- 65-74: 40%
- 75+: 27%

42% Seniors (75+) unable to engage in physical activity due to health
### Binge Drinking

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

- 1-2 times: 16%
- 3-4 times: 5%
- 5 or more times: 5%

### Current Smokers: Smoke Every Day or Some Days

7%

### Use E-Cigarettes Every Day or Some Days

4%

#### By Age

- 18-24: 11%
- 25-34: 10%
- 35-44: 2%
- 45-54: 2%
- 55-64: 2%
- 65-74: 1%

#### By Region

- Ellicott City: 22%
- Columbia: 26%
- Elkridge: 32%
- Laurel: 34%
- West County: 29%

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CHILD HEALTH

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

- 20% Had Asthma
- 17% Had Depression/Anxiety
- 7% Should lose weight

Was your youngest child ever breastfed or fed breast milk:

- 81% Breastfed

Currently breastfed:
- 4%

Less than 6 months:
- 22%

6 to 12 months:
- 42%

More than 12 months:
- 24%

By income:
- 70% <50K
- 83% 50K+

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

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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

- Nearly Every Day: 3%
- More than Half the Days: 5%
- For Several Days: 15%

by gender (for several days)

- Male: 12%
- Female: 19%

FEELING DOWN, DEPRESSED OR HOPELESS

- Nearly Every Day: 1%
- More than Half the Days: 3%
- For Several Days: 18%

by age (for several days)

- All: 18%
- 18-24: 41%
- 25-34: 27%
- 35-44: 13%
- 45-54: 12%
- 55-64: 14%
- 65-74: 11%
- 75+: 7%

FEELING NERVOUS, ANXIOUS OR ON EDGE

- Nearly Every Day: 8%
- More than Half the Days: 7%
- For Several Days: 21%

by age (for several days)

- All: 21%
- 18-24: 28%
- 25-34: 26%
- 35-44: 25%
- 45-54: 19%
- 55-64: 16%
- 65-74: 15%
- 75+: 8%

NOT BEING ABLE TO STOP OR CONTROL WORRYING

- Nearly Every Day: 4%
- More than Half the Days: 5%
- For Several Days: 15%

by gender (for several days)

- Male: 11%
- Female: 18%

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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

by race/ethnicity
- White: 16%
- Black: 9%
- Asian: 8%
- Hispanic: 14%

by gender
- Male: 7%
- Female: 18%

by weight
- Normal Weight: 11%
- Overweight: 11%
- Obese: 18%

by region
- West County: 14%
- Ellicott City: 9%
- Columbia: 14%
- Laurel: 15%

by employment
- Employed: 11%
- Self-Employed: 10%
- Unemployed: 32%
- Retired: 13%

by income
- <50K: 20%
- 50K+: 13%

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Compiled by the Bureau of Assessment, Planning and Communications
HOWARD COUNTY Health Assessment Survey
Community Snapshot

7% Uninsured

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

8% Told Have Diabetes

63% Overweight or Obese

1 in 14

86% Have One or More Doctor(s)

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AUGUST 2019