Access to affordable care improves quality of life and health outcomes. Without affordable access to a doctor, residents are more likely to end up in expensive emergency room care with problems that could have been prevented. Howard County has the lowest rate of uninsured residents in the state. Yet there are differences in access to care when you compare by income, race and education. What are the most common barriers in Howard County?

**Do you have a doctor you regularly see?**

- None: 13%
- More than one: 10%
- Yes, only one: 77%

1 in 9 residents with incomes less than $50k have ended up in the ER because they could not get a timely appointment with a doctor.

**More can be done about uninsured residents**

17,965 uninsured residents (6%)

Residents who could not see a doctor because of cost in the last 12 months, by race/ethnicity:

- White: 5%
- Hispanic: 9%
- African American: 11%
- Asian: 12%
- Native American/Other: 13%

**Uninsured* by education**

- <HS: 37%
- HS/GED: 13%
- Some college: 9%
- 4-year degree: 4%
- Grad work: 3%

*Includes those unsure of insurance status

Howard County has the lowest rate of uninsured residents in the state. Yet there are differences in access to care when you compare by income, race and education. What are the most common barriers in Howard County?

For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2012. These key facts will be used to meet health needs and improve the quality of life in Howard County.

Learn more: www.howardcountyhealthsurvey.com
Income plays a big role in the decision on where Howard County residents go for medical care.

- **Total**: 77%
- **<$50k**: 60%
- **<HS**: 53%
- **HS/GED**: 75%
- **Some college**: 77%
- **4-year degree**: 82%
- **Grad work**: 85%

Percentage of respondents who saw a dentist in the last year, by education level:

- <HS: 53%
- HS/GED: 75%
- Some college: 77%
- 4-year degree: 82%
- Grad work: 85%

**Why didn’t they see a dentist?**

- **Cost**: 56%
- **Time**: 19%
- **Lack of transportation**: 1%

Visit Healthy Howard’s Door to Health-Care (www.healthyhowardmd.org) to connect with local, affordable care options. For information on providers and the affordable care act, visit Maryland’s Health Benefit Exchange (www.marylandhealthconnection.org) and HealthCare.gov.
For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2012. These key facts will be used to meet health needs and improve the quality of life in Howard County.

Learn more: www.howardcountyhealthsurvey.com

People may turn to drugs, tobacco and alcohol to cope with stress and mental health problems, yet these habits can have a detrimental effect on overall wellbeing. How are Howard County residents doing in terms of stress, drinking, tobacco use and mental health?

**Tobacco Products**

Smoking by gender

- Men: 8%
- Women: 8%

Chewing tobacco, snus or snuff

- 4%
- 1%

**Binge Drinking**

Those who report binge drinking* at least once in a month...

- 20%
- 17%
- 10%
- 4%

... by age

- 18-34
- 35-49
- 50-64
- 65+

... by income

- <$50k
- $50-99k
- $100-149k
- $150-199k
- $200k

Need a reason to quit?

Smoking harms nearly every organ of your body, causing diseases and affecting overall health. Quitting has immediate as well as long-term benefits for you and loved ones.

How many drinks are okay?

The National Institutes of Health recommends no more than one drink per day for women and no more than two for men.

For more information, visit: www.howardcountyhealthsurvey.com
Residents stressed about money for vital expenses, such as rent, mortgage, food*

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Stress Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>1 in 5</td>
</tr>
<tr>
<td>African American</td>
<td>1 in 3</td>
</tr>
<tr>
<td>Asian</td>
<td>1 in 4</td>
</tr>
<tr>
<td>Native American/Other</td>
<td>1 in 2</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1 in 3</td>
</tr>
</tbody>
</table>

*Those who were sometimes, usually or always stressed about being able to pay for vital expenses (rent, mortgage or food) in the last year.

How do residents of Howard County compare to the nation in terms of mental health?

- Below average: 11%
- About the same: 31%
- Above average: 58%

Healthy ways to cope with stress
Exercise regularly, connect socially and ask for support from friends, family or a counselor.
In many ways, Howard County residents are in better health than in other areas of the state. Yet chronic diseases are still common in the county and a leading cause of premature death. A chronic disease is a long lasting condition that can be controlled but not cured. Unhealthy choices increase the odds of high blood pressure, heart disease, diabetes and cancer. Maintaining a healthy diet and weight are important lifestyle choices in reducing the risk of chronic diseases.

55% of deaths in the county are due to heart disease, stroke, diabetes or cancer — the same as the national average.1

Considering the higher levels of education and income, it is surprising that health outcomes are not better.

Keeping blood pressure in the normal range reduces risk of cardiovascular disease, congestive heart failure and kidney disease (Dietary Guidelines for Americans).

1 DHMH, Vital Statistics; 2 County Health Rankings; 3 American Community Survey 2011
Percentage of residents who have been told they have diabetes...

... by age

<table>
<thead>
<tr>
<th>Years old</th>
<th>18-34</th>
<th>35-49</th>
<th>50-64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of residents with diabetes</td>
<td>1%</td>
<td>4%</td>
<td>10%</td>
<td>20%</td>
</tr>
</tbody>
</table>

... by location

- West County: 6%
- Ellicott City: 9%
- Columbia: 4%
- Laurel: 5%
- Ellicott City: 4%
- Elkridge: 8%
- Laurel: 5%

... by race/ethnicity

- Asian: 8%
- White: 8%
- Native American/Other: 7%
- Hispanic: 1%
- African American: 2%

African Americans are four times less likely to have been diagnosed with diabetes than white residents and are three times more likely to make an ER visit for diabetes.

Physical health compared to general U.S. population

- Below average: 15%
- About the same: 30%
- Above average: 55%

Diabetes rate: 8.3%

Reduce your risk of Type 2 diabetes by choosing healthy foods, maintaining a healthy weight and exercising regularly.

1 Maryland SHIP Howard Baseline Data; 2 Behavioral Risk Factor Surveillance System, 2010
Every day we make choices about what to eat and how often to move our bodies. Inactivity and unhealthy foods and drinks may lead to being overweight or obese. How are Howard County residents’ eating and exercise habits measuring up?

The CDC recommends that children and adolescents get an hour or more of exercise each day.

Adults need at least 2 hours and 30 minutes of weekly medium-intensity exercise (such as water aerobics or light gardening) OR 1 hour and 15 minutes of weekly high-intensity exercise (such as jogging or jumping rope).

35% Advised to lose weight
10% Parents who have been told their child should lose weight by a doctor

88% Got exercise such as walking, running or swimming in the last month

Days of exercise in a week
- 4-7: 40%
- 2-3 times: 36%
- Once or less: 23%

---

1 Behavioral Risk Factor Surveillance System, 2010
Healthy Weight, Exercise & Nutrition

How often each day do Howard County residents eat …

<table>
<thead>
<tr>
<th></th>
<th>5+</th>
<th>3-4</th>
<th>1-2</th>
<th>&lt;1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>3%</td>
<td>11%</td>
<td>51%</td>
<td>35%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3%</td>
<td>8%</td>
<td>61%</td>
<td>28%</td>
</tr>
</tbody>
</table>

How many residents drink at least one non-diet soda, flavored water with added sugar or sugary beverage per week?

<table>
<thead>
<tr>
<th></th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>39%</td>
</tr>
<tr>
<td>Flavored water with added sugar</td>
<td>14%</td>
</tr>
<tr>
<td>Sugary beverages*</td>
<td>40%</td>
</tr>
</tbody>
</table>

*Flavored teas, fruit and sports drinks

How many times a week do residents drink non-diet soda?

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2-4</th>
<th>5-6</th>
<th>7-10</th>
<th>11+</th>
</tr>
</thead>
<tbody>
<tr>
<td>13%</td>
<td>16%</td>
<td>3%</td>
<td>4%</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

How often each day do Howard County residents eat …

Who isn’t getting enough fruits and vegetables?

54% of those earning less than $50,000 are getting less than one serving of fruit/day and …

39% are eating less than one serving of vegetables daily.

African Americans, Asians and Native American/Other residents are more likely to report eating less than one serving of fruits and vegetables daily.

Sugary drinks are the largest source of added sugar in the American diet today. They are also the source of many extra calories that cause weight gain. Choosing healthier beverage options can help you achieve and maintain a healthy weight. See www.betterbevfinder.org for a list of healthy beverage choices for you and your family.
Smoking is the single most preventable cause of disease and premature death, according to the CDC. How common is smoking and exposure to secondhand smoke in Howard County?

**Smoking frequency by …**

<table>
<thead>
<tr>
<th>… Age</th>
<th>Every day</th>
<th>Some days</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-34</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>35-49</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>50-64</td>
<td>7%</td>
<td>3%</td>
</tr>
<tr>
<td>65+</td>
<td>2%</td>
<td>4%</td>
</tr>
</tbody>
</table>

**… Education**

- <HS: 17% | 7%
- HS/GED: 17% | 5%
- Some college: 7% | 3%
- 4-yr degree: 3% | 2%
- Graduate work: 1% | 2%

**Smoking by gender**

- Men: 8%
- Women: 8%

**Chewing tobacco, snus or snuff**

- Men: 1%
- Women: 4%

**Secondhand smoke exposes children and other nonsmokers to harmful toxins.**

- Residents exposed to secondhand smoke from others:
  - Home: 1 in 33
  - Vehicle: 1 in 20

**Residents in apartments or condos who smell tobacco smoke coming from other units or outside.**

- West County: 4%
- Ellicott City: 25%
- Columbia: 16%
- Elkridge: 22%
- Laurel: 9%

**West County**

- 5%

**Ellicott City**

- 7%

**Columbia**

- 10%

**Elkridge**

- 9%

**Laurel**

- 8%

1 Behavioral Risk Factor Surveillance System

For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2012. These key facts will be used to meet health needs and improve the quality of life in Howard County.
The population of older adults is growing, and this group is at high risk for developing chronic disease. How are older adults in Howard County doing in terms of access to care, chronic diseases and healthy lifestyles?

**ACCESS TO AFFORDABLE HEALTH CARE**

<table>
<thead>
<tr>
<th>Have Health Care Coverage</th>
<th>Could not see a doctor in the past year due to cost</th>
<th>Goes to doctor’s office when in need of medical attention</th>
</tr>
</thead>
<tbody>
<tr>
<td>94%</td>
<td>6%</td>
<td>82%</td>
</tr>
<tr>
<td>99%</td>
<td>5%</td>
<td>83%</td>
</tr>
</tbody>
</table>

**CHRONIC DISEASES**

<table>
<thead>
<tr>
<th>Ages:</th>
<th>Have high blood pressure</th>
<th>Had a stroke</th>
<th>Have Diabetes Type II, excludes gestational</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-64</td>
<td>35%</td>
<td>3%</td>
<td>10%</td>
</tr>
<tr>
<td>65+</td>
<td>59%</td>
<td>4%</td>
<td>20%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages:</th>
<th>Have high cholesterol</th>
<th>Had cancer</th>
<th>Overweight BMI between 25.0-29.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-64</td>
<td>47%</td>
<td>11%</td>
<td>33%</td>
</tr>
<tr>
<td>65+</td>
<td>50%</td>
<td>25%</td>
<td>38%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages:</th>
<th>Have angina or coronary heart disease</th>
<th>Have COPD or other breathing condition</th>
<th>Obese BMI 30.0+</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-64</td>
<td>3%</td>
<td>4%</td>
<td>24%</td>
</tr>
<tr>
<td>65+</td>
<td>11%</td>
<td>9%</td>
<td>26%</td>
</tr>
</tbody>
</table>

**LIFESTYLE**

<table>
<thead>
<tr>
<th>Do not smoke</th>
<th>Smoke some days</th>
<th>Smoke every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>71%</td>
<td>9%</td>
<td>19%</td>
</tr>
</tbody>
</table>

**Have a health problem requiring the use of special equipment**

<table>
<thead>
<tr>
<th>Has a health problem</th>
<th>Have a health problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>requiring equipment</td>
<td>requiring special equipment</td>
</tr>
<tr>
<td>93%</td>
<td>16%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoking</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6%</td>
<td>1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Have a health problem requiring special equipment**

<table>
<thead>
<tr>
<th>Has a health problem</th>
<th>Have a health problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>requiring special equipment</td>
<td>requiring special equipment</td>
</tr>
<tr>
<td>16%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Note: Numbers may not equal 100 percent because of rounding

The Columbia Association (www.columbiaassociation.org) offers programs and classes for older adults, with discounted membership rates for seniors (65+).