Improved access to affordable health care can prevent illness, control chronic disease, and result in lowered overall medical costs. Identifying barriers to primary care is an important step in eliminating health disparities.

Do you have a doctor you regularly see?

- Yes, only one (81%)
- More than one (6%)
- None (13%)

5% Uninsured Residents

- By Year:
  - 2012: 6%
  - 2014: 5%
  - 2016: 5%

- By Education:
  - <HS: 24%
  - HS/GED: 10%
  - Some college: 8%

Residents who couldn't see doctor because of cost in the last 12 months

- 7%

Residents who went to the ER because they couldn't get a doctor's appointment

- Overall: 8%
- With children: 10%
- Higher in Elkridge: 13%

Residents medical care preference when sick

- Doctor's Office
- Urgent Care Center

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Residents who visited the dentist in the past year: 8 in 10

Residents with dental problems who did not see a dentist in the past year

...by Race
- White: 84%
- Black: 76%
- Asian: 79%
- Hispanic: 68%

...by Weight category
- Normal: 84%
- Overweight: 82%
- Obese: 74%

...by Employment status
- Employed: 82%
- Self-employed: 77%
- Unemployed: 66%
- Retired: 84%

Reasons residents with dental problems did not see a dentist in the past year:
- Cost: 49%
- No dental insurance: 11%
- Time: 19%

Cancer Screening

Breast, colorectal, and cervical cancers are detectable and treatable at an early stage. The earlier the stage at diagnosis, the greater the opportunity is for a positive outcome.

- 86% Mammogram
  Ages 40+, past 2 years

- 61% Sigmoidoscopy or Colonoscopy
  Ages 50+, past 5 years

- 76% Pap Test
  past 2 years
More than half of all deaths in Howard County are from chronic diseases, some of which are preventable. Lifestyle changes such as increased physical activity, healthy food choices, and weight management can reduce the risk of premature death and illness.

55% Percent of deaths from heart disease, stroke, diabetes or cancer

Percent of residents with selected chronic conditions:

- **26%** High blood pressure
- **31%** High blood cholesterol
- **7%** Diabetes
- **7%** Borderline Diabetes
- **9%** Asthma
- **3%** Chronic Lung Disease

1 in 4 Residents told by health professional they have high blood pressure

...by Age
- 18-44: 12%
- 45-64: 30%
- 65+: 57%

...by Race
- White: 26%
- Black: 34%
- Asian: 16%
- Hispanic: 20%

Residents with high blood pressure who are taking medication to help: 75%
Uncontrolled diabetes increases the risk of heart disease and stroke and can lead to complications such as eye disease, nerve damage and amputations. Many of the risk factors for diabetes are modifiable and can similarly lower the chances of developing other chronic diseases.

Residents told by health professional that they have diabetes

...by Race
- White: 1 in 16
- Black: 1 in 10
- Asian: 1 in 12
- Hispanic: 1 in 20

...by Gender
- 8% (Male)
- 5% (Female)

Age at which residents were told they have diabetes

Residents with diabetes who are taking insulin or medication to help

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Regular exercise and a well-balanced nutritious diet can help maintain a healthy weight. How are Howard County residents doing in terms of healthy weight, exercise and nutrition?

Adult residents who are overweight or obese, according to their BMI:

- **...by Race:**
  - White: 59%
  - African American: 72%
  - Asian: 46%
  - Hispanic: 67%

- **...by Region:**
  - West County: 57%
  - Ellicott City: 57%
  - Columbia: 61%
  - Laurel: 64%

- **Resident advised by doctor in last 5 years to lose weight:** 32%

- **How many times per day do residents eat:**
  - Fruits: 64% daily, 4% 5+
  - Vegetables: 68% daily, 4% 5+

5+ servings of fruits & vegetables per day are recommended.
Healthy Weight, Exercise & Nutrition

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

- Soda: 9%
- Sports Drinks: 3%
- Other Sugary Beverages: 15%

To maintain a healthy weight, drink no- or low-calorie drinks instead of sugar-sweetened beverages.

2 types of exercises are recommended:
- Cardio (to raise heart rate, such as brisk walking)
- Strength (such as yoga, sit-ups, weights, bands)

The CDC recommends per WEEK:
150 minutes of moderate-intensity cardio exercise
PLUS
strength exercises 2+ days

In the last week:
- 80% performed cardio exercises
- 46% performed strength exercises

...by Gender:
- Cardio exercise: 84% (Male) vs. 75% (Female)
- Strength exercise: 50% (Male) vs. 42% (Female)

Main reasons for those who did not exercise:
- 41% Didn’t have time
- 20% Sick or Disabled
- 16% Don’t like exercise / Lazy / Tired

How can exercise benefit your health?
- Control weight
- Reduce risk for cardiovascular disease
- Reduce risk for type 2 diabetes & some cancers
- Strengthen bones
- Strengthen muscles
- Improve mental health & mood

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Learn more: www.howardcountyhealthsurvey.com
People may turn to drugs, tobacco and alcohol to cope with stress and behavioral health problems, yet these habits can have a detrimental effect on overall well-being. How are Howard County residents doing in terms of stress, drinking, tobacco use and behavioral health?

Residents always/usually stressed about having money for vital expenses (food & housing)

...by Region:

...by Race:
- White: 10%
- African American: 18%
- Asian: 5%
- Hispanic: 13%

...by Year:
- 2012: 8%
- 2014: 9%
- 2016: 11%

...by Age:
- 18-44: 15%
- 45-64: 9%
- 65+: 5%

Residents now receiving treatment for mental health condition or emotional problem

...by Gender:
- Male: 7%
- Female: 15%

...by Year:
- 2012: 9%
- 2014: 7%
- 2016: 11%

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Residents who needed mental health treatment or counseling in last 12 months but didn’t get it:

3%

The Howard County Health Department offers referrals, smoking cessation classes, peer recovery support, and other services for behavioral health concerns.

For more information, call 410.313.6202.

Adult residents who currently smoke:

- Cigarettes: 8%
- Chewing tobacco/snuff/snus: 2%
- E-cigarettes: 3%

A healthier way to manage stress is to get enough sleep. Adults should get at least 7-8 hours of sleep every night.

Adult residents reporting 7+ hours of sleep: 65%

Those who report binge drinking* at least once per month

*At least 5 drinks for men, 4 drinks for women

...by Region

West County: 20%
Ellicott City: 25%
Columbia: 21%
Elkridge: 27%
Laurel: 32%

...by Age

- 18-44: 35%
- 45-64: 18%
- 65+: 7%

...by Income:

- <$100K: 28%
- $100K+: 24%

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Smoking is the single most preventable cause of disease and premature death, according to the Centers for Disease Control and Prevention.

Residents who smoke every day or some days

1 in 12 adults in Howard County smoke 1 in 7 adults in Maryland smoke

1 in 33 adults use e-cigarettes in Howard County

...by Region

- West County: 8%
- Ellicott City: 8%
- Columbia: 7%
- Laurel: 12%
- Elkridge: 10%

...by Age

- 18-44: 10%
- 45-64: 8%
- 65+: 4%

...by Gender

- Men: 9%
- Women: 7%

...by Household income

- <$100K: 14%
- $100K+: 5%

...by Year

- 2012: Every day 5.5%, Some days 2.4%
- 2014: Every day 4.4%, Some days 3.1%
- 2016: Every day 4.8%, Some days 3.5%

...by Marital status

- Married: 5%
- Divorced/Separated: 17%
- Widowed: 5%
- Never married: 11%
- Unmarried couple: 25%

The Howard County Health Department offers free classes for those interested in quitting smoking.

Call 410-313-6265 for more information.

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The Howard County senior population is projected to double over the next 25 years. As this group grows, the burden of chronic disease and disability grows as well. Appropriate health care and healthy living increase the likelihood for greater quality of life.

Access to Affordable Health Care (55+)

- Have health care coverage: 98%
- Have a personal health care provider: 88%
- Go to doctor's office for medical attention: 78%
- Go to urgent care for medical attention: 11%
- Could not see doctor due to cost: 5%
- Could not get appointment, went to ER: 7%

Chronic Diseases and Lifestyle (55+)

- Smoke cigarettes daily: 4%
- Drink alcoholic beverages daily: 10%
- Overweight: 40%
- Obese: 25%

Household Income by Age Group (<$50K)

- 18-24: 27%
- 25-34: 27%
- 35-44: 16%
- 45-54: 8%
- 55-64: 13%
- 65-74: 18%
- 75+: 27%

Physical Activity (55+)

1 in 4
Of those who did not engage in any physical activity, could not participate because they were unable or disabled

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Almost one-fourth of the Howard County population is less than 18 years old. Supporting families with children to engage in healthy lifestyles improves children’s well-being.

Percent of households with children

- 44% Percent of households with children
- 16% Percent of households with 1 child
- 19% Percent of households with 2 children
- 9% Percent of households with 3+ children
- 2 Median number of children per household

...by Region
- West County 39%
- Ellicott City 45%
- Columbia 41%
- Laurel 53%
- Elkridge 55%

...by Race
- White 36%
- Black 54%
- Asian 62%
- Hispanic 57%

...by Household income
- 37% <$100K
- 54% $100K+

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The growing proportion of adult health problems seen in children in recent years is a concern. Promoting good health habits is important for a child's development. Providing information, resources, and tools can empower parents to raise healthy children.

Told by health care professional child...

- 20% has asthma
- 7% should lose weight
- 11% has anxiety/depression
- 1% has diabetes

Age at which baby stopped breastfeeding

- 77% breastfed youngest child

Child drinks sugary beverages daily

- 3% Soda
- 3% Sports Drinks
- 26% Other Sugary Beverages

...by Race (other sugary beverages)

- White: 22%
- Black: 37%
- Asian: 20%
- Hispanic: 34%

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Howard County Health Assessment Survey

HCHAS Trends

Have health care coverage
- 2012: 93%
- 2014: 95%
- 2016: 95%

Could not see doctor due to cost
- 2012: 8%
- 2014: 6%
- 2016: 7%

ER visit in lieu of doctor appointment
- 2012: 5%
- 2014: 7%
- 2016: 8%

Overweight
- 2012: 34%
- 2014: 33%
- 2016: 38%

Obese
- 2012: 22%
- 2014: 23%
- 2016: 22%

Current Smoker
- 2012: 8%
- 2014: 7%
- 2016: 8%

Treated for mental health condition
- 2012: 9%
- 2014: 7%
- 2016: 11%

Have high blood pressure
- 2012: 24%
- 2014: 24%
- 2016: 26%

Have high blood cholesterol
- 2012: 32%
- 2014: 33%
- 2016: 31%

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