

# **Health Status and Access to Care in the North Penn Community Health Foundation Service Area: 2002-2010**

**May 11, 2011**



# **NPCHF Priority Areas**

# NPCHF Priority Areas

## **Priority Area** – Promoting access to quality health and human services

### **Areas of Focus and Primary Interest:**

Primary Care

Behavioral Health

Oral Health

Housing/Homelessness

Aging in Place

Uninsured and underinsured children and adults

# NPCHF Priority Areas

## **Priority Area** – Promoting Disease Prevention & Wellness

To build the capacity of food cupboards and supplemental nutrition programs to improve nutritional health

### **Areas of Focus and Primary Interest:**

Childhood obesity

Healthy eating

Physical activity

### **Target Populations:**

Children and youth

People with chronic illnesses or disabilities

Older adults

# NPCHF Priority Areas

## **Priority Area – Strengthening Organizational Effectiveness & Partnerships**

### **Areas of Focus and Primary Interest:**

Effective and high impact nonprofit organizations

# NPCHF Priority Areas

NPCHF priority areas address many of the issues facing the area:

The growing obesity epidemic among children, (the Health Education Mini-grant Program supports school-based activities that promote healthy eating and physical activity);

Redesign of Montgomery County's housing and homeless services;

Strengthening the capacity of food cupboards to offer healthy food choices, including expanded access to fresh fruits and vegetables;

Establishment of InfoLink, a web-based resource directory; and

Offering core support to the “safety net providers” that provide primary, oral, behavioral and pharmaceutical services to low- and moderate-income households.

However, areas of concern still exist within the target area.

**Themes from  
NPCHF Needs Assessment:  
2002**

# 2002 NPCHF Needs Assessment

The overwhelming majority of residents in the target area are in excellent or good Health, however, a sizable number of adults and children are in poor health.

Many of these individuals face economic, systemic and social barriers to obtaining health care which places additional burden on the health care system, increased absences from school and work and overuse of the emergency room for non-urgent care.

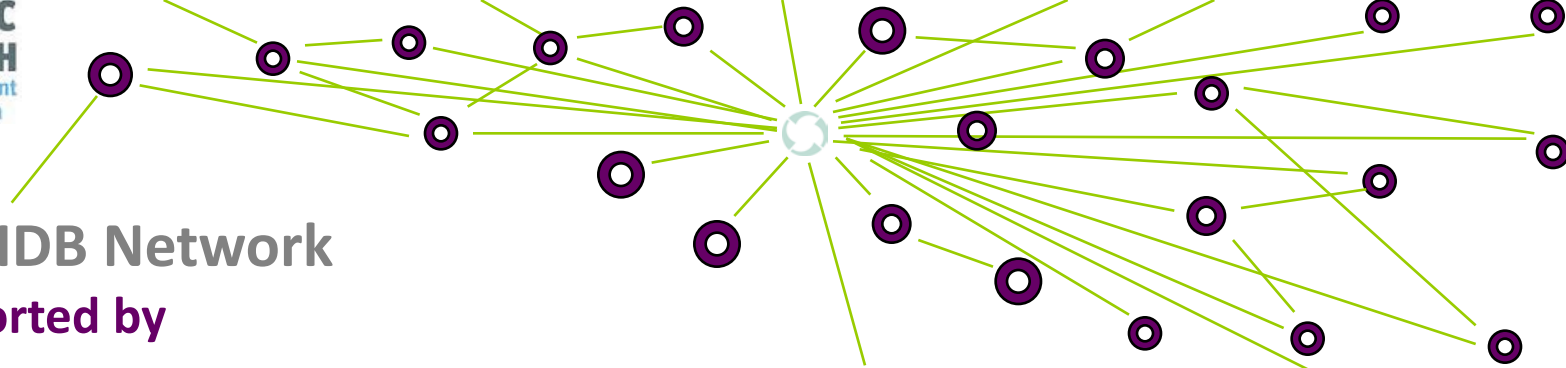
## KEY FINDINGS FROM 2002:

Over 12,000 HHS in the target lived at or below the FPL; one in ten adults were in fair or poor health; 26% suffered from HPB; more than 9,000 adults did not have any private or public health insurance; four in ten adults were obese.

**The challenge facing NP area is to improve access to health care and other services and maximize the existing network of health care and social service agencies.**



What's Happening Now:  
**The Community Health Data Base and  
Household Health Survey**



## The CHDB Network Is supported by

- **The Pew Charitable Trusts**
- **William Penn Foundation**
- **United Way of Southeastern Pennsylvania**
- **The Green Tree Community Health Foundation**
- **The Cigna Foundation**
- **The Philadelphia Foundation**
- **The United Way of North Penn**
- **The North Penn Community Health Foundation**
- **Thomas Scattergood Foundation**

**And nearly 400 Member and Affiliate organizations across  
Southeastern Pennsylvania**

# Southeastern Pennsylvania Household Health Survey



- Survey began in 1983
- Since 1994, fielded every other year
- Interviews conducted by telephone using **random digit dial** method
- Interviews conducted in **10,000 households every two years.**
  - About 3,000 additional interviews about a selected child
  - Total sample size: about **13,000 adults and children**

# Southeastern Pennsylvania Household Health Survey

- Geographic Reach:
  - Bucks
  - Chester
  - Delaware
  - Montgomery, and
  - Philadelphia Counties



**A trusted and  
comprehensive  
source of  
community  
health data for  
the region**

- Adult & children selected using last birthday method.
- Oversample of persons 60+ and 75+
- Interviews in English & Spanish. Foreign-language proxy, if needed.

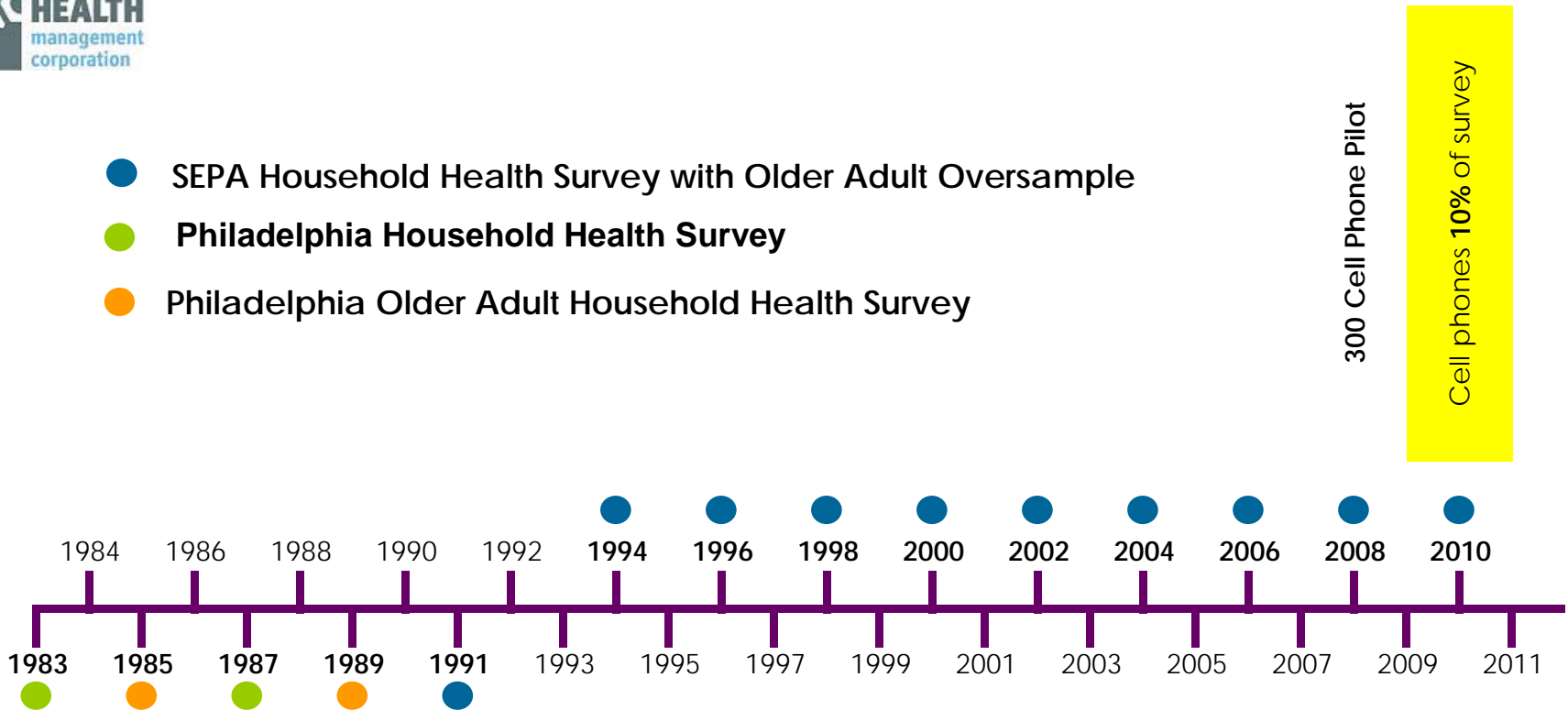
# Southeastern Pennsylvania Household Health Survey

## New Survey Methods

- Dramatic rise in wireless-only households in recent years
- To address: CHDB introduced a cell phone sampling frame in 2008
  - Philadelphia-only pilot study
  - 300 cell-based interviews
- New challenges:
  - Higher cost due to cell phone number portability, hand-dialing, compensation for participants, and high proportion of cell users under 18 years
- Cell phone interviews expansion in 2010!
  - 1,000 interviews across 5-county area



- SEPA Household Health Survey with Older Adult Oversample
- Philadelphia Household Health Survey
- Philadelphia Older Adult Household Health Survey



## The 2010 Survey:

- **12<sup>th</sup> Survey in over 10,000 HHs in SEPA**
- **Oversamples of adults 60+ and 75+**



# New Samples and Surveys

## **NEW! 2010 Cell Phone Sample**

1,000 SEPA interviews conducted by cell phone as part of the SEPA Household Health Survey

## **NEW! Topics**

## **NEW! Berks-Lancaster-Schuylkill (BLS) Household Health Survey**

First fielded summer of 2008;  
3,000 households surveyed across  
the three counties.

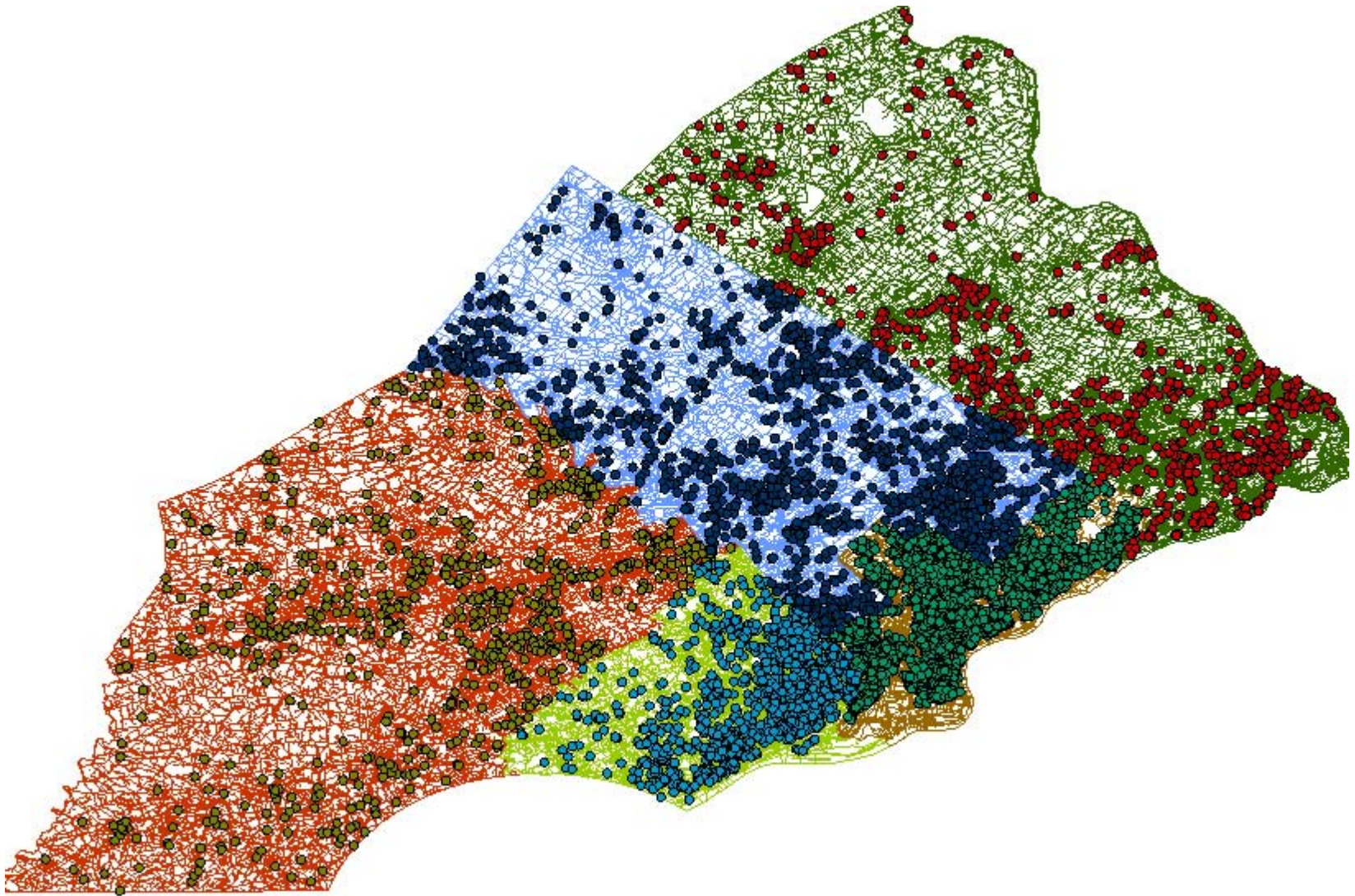
Second B-L-S survey is in the field  
now!

## **NEW! NJ Children's Health Survey**

Survey of 1,000 households with  
children (0-17 yrs) in Mercer  
County, NJ.

Will be fielded this month (May  
2011)!

# Who Was Interviewed in 2010?





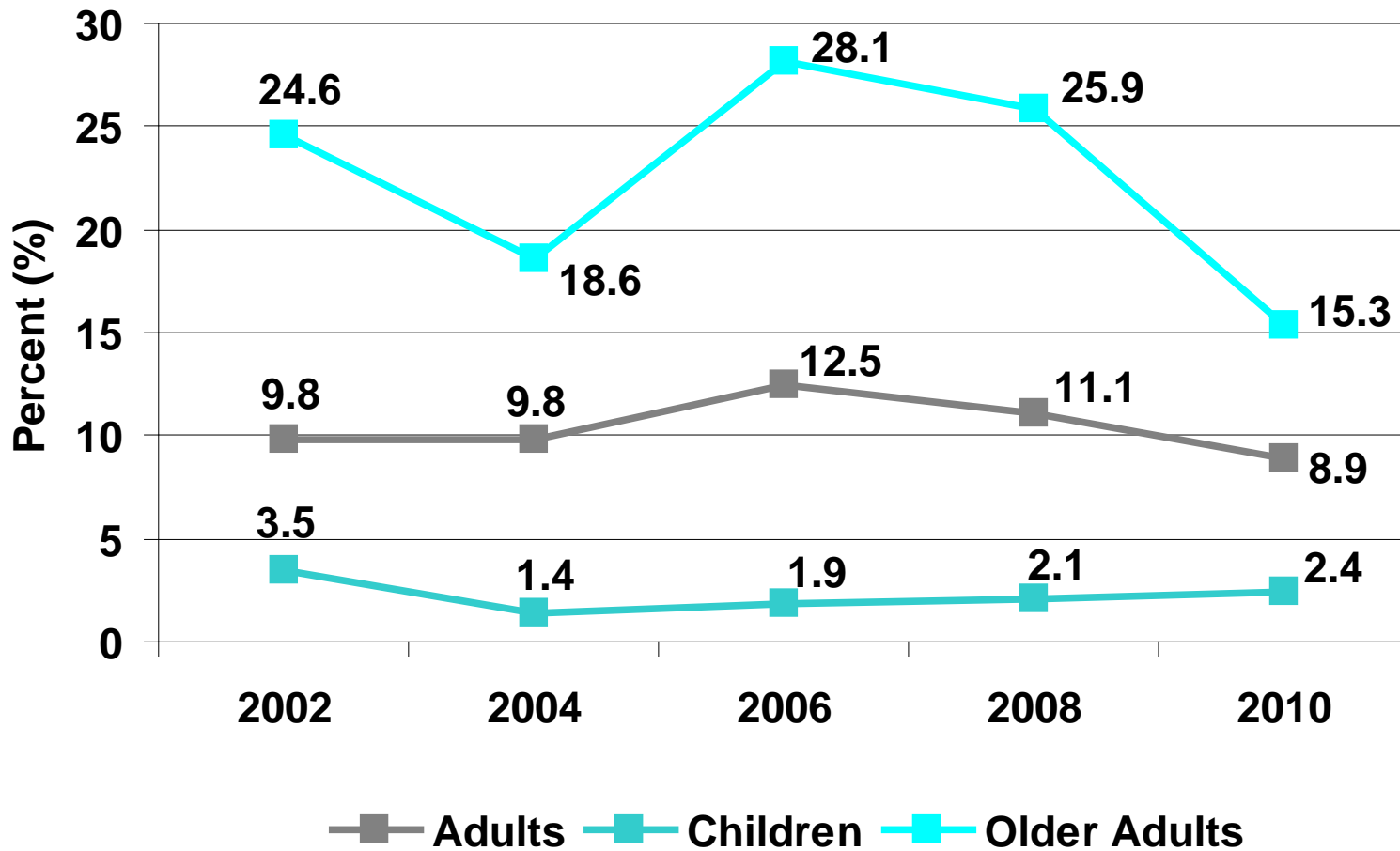
# Interviews in the NPCHF Service Area



**Key Health Indicators in the  
NPCHF Service Area  
from 2002-2010**

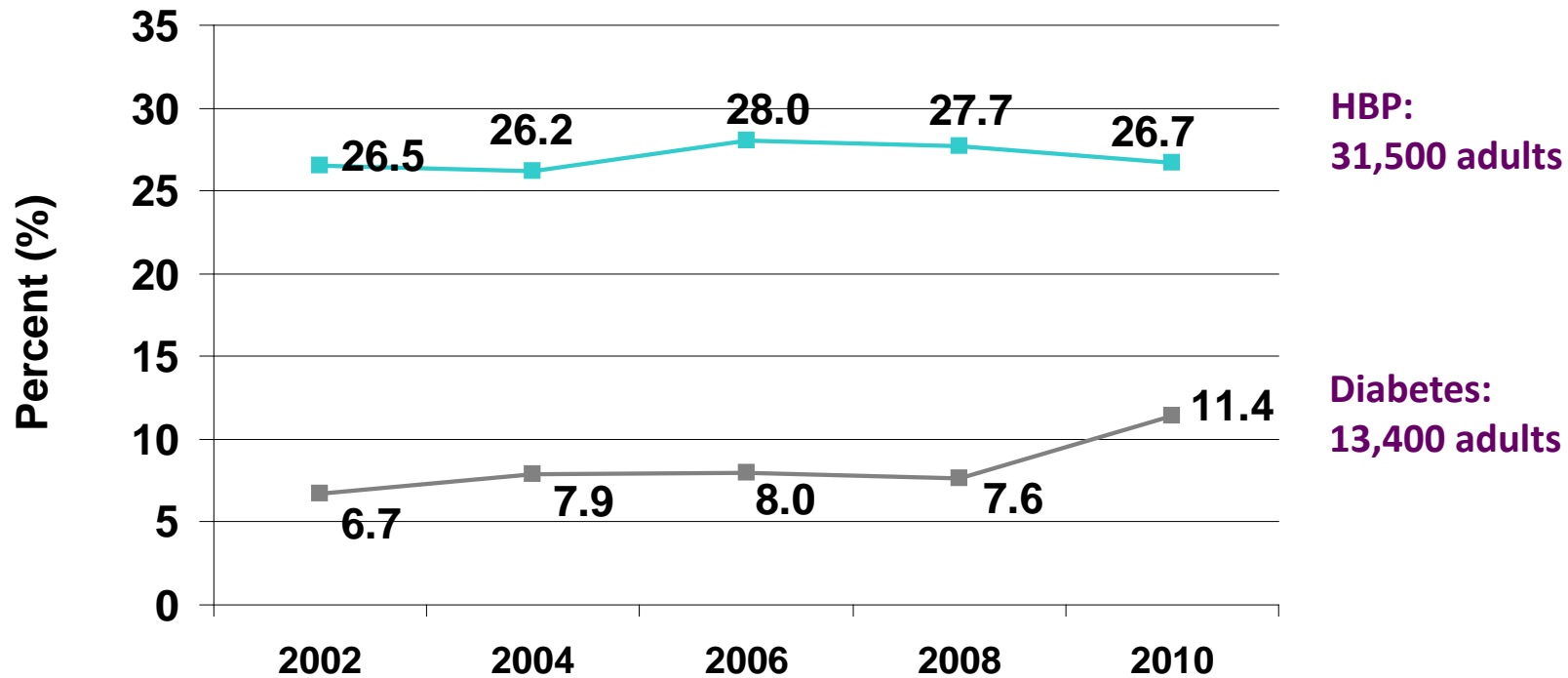
# **Health Status, Chronic Conditions and Health Screenings**

# Fair/Poor Health Status of Adults (18-64), Older Adults (65+) and Children (0-17), NPCHF Service Area, 2002-2010



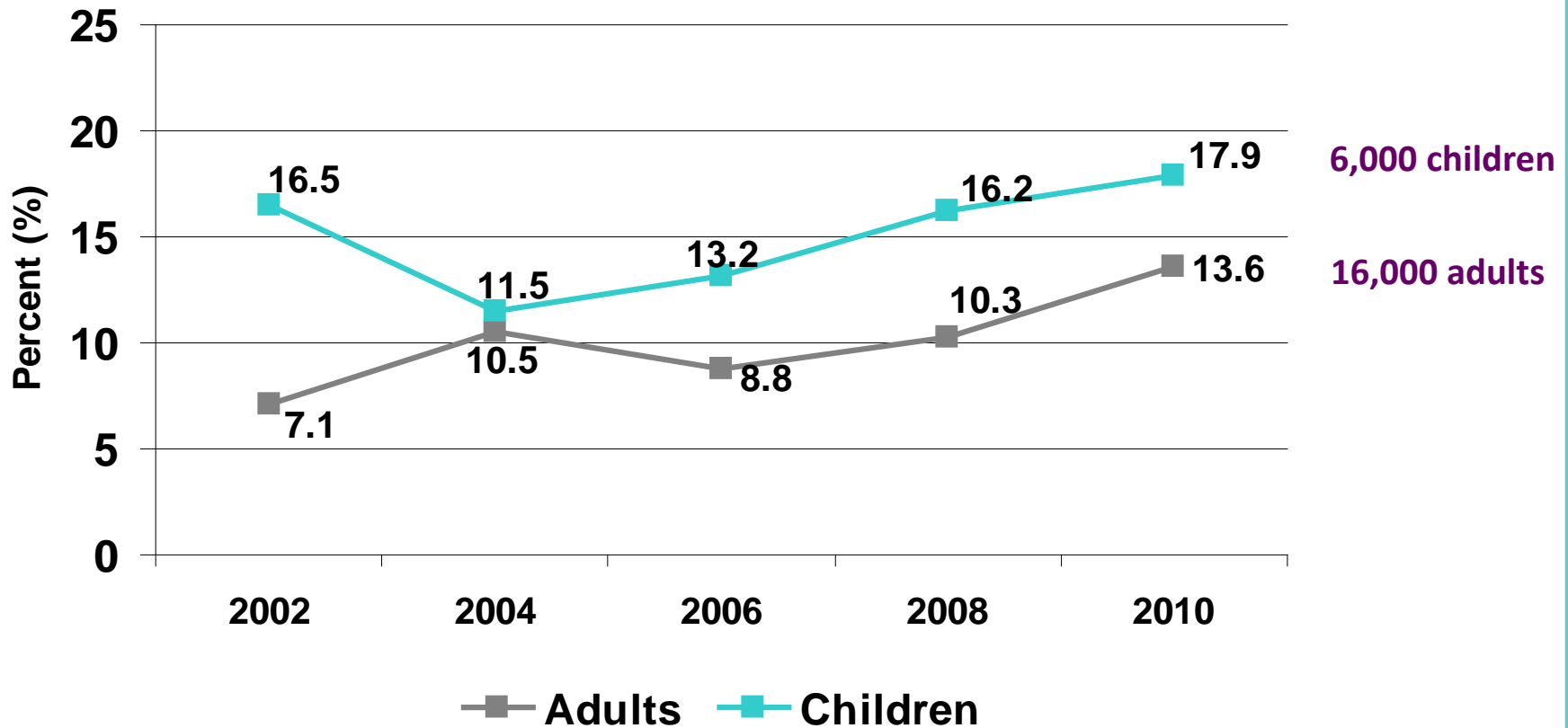
# Chronic Health Conditions Among Adults (18+), NPCHF Service Area, 2002-2010

The percentage of adults with HBP has remained stable since 2002; however, the percentage of adults with diabetes is increasing.



<sup>1</sup> NOTE: Beginning in the 2004 survey, the wording of the question about high blood pressure and diabetes was changed slightly. Respondents were asked if they EVER had high blood pressure or diabetes. In past survey years, respondents were asked if they currently have high blood pressure or diabetes.

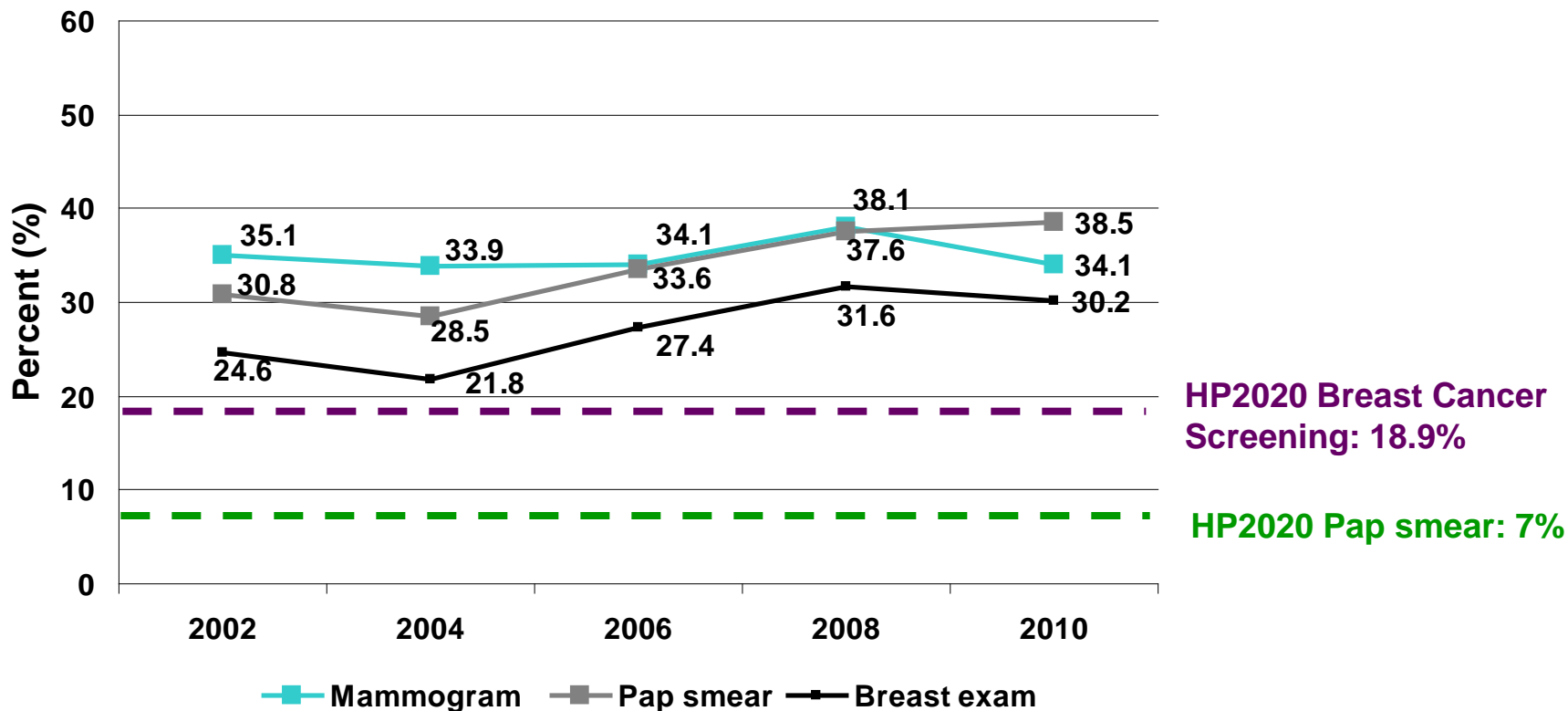
# Asthma among Adults (18+) and Children (0-17) NPCHF Service Area, 2002-2010



**Asthma among children has been on the rise since 2004 AND among adults since 2006.**

<sup>1</sup> NOTE: Beginning in the 2004 survey, the wording of the question about asthma was changed slightly. Respondents were asked if they EVER had asthma. In past survey years, respondents were asked if they currently have asthma.

# Women (18+) Who **Did Not** Receive Selected Cancer Screenings in the Past Year, NPCHF Service Area, 2002-2010

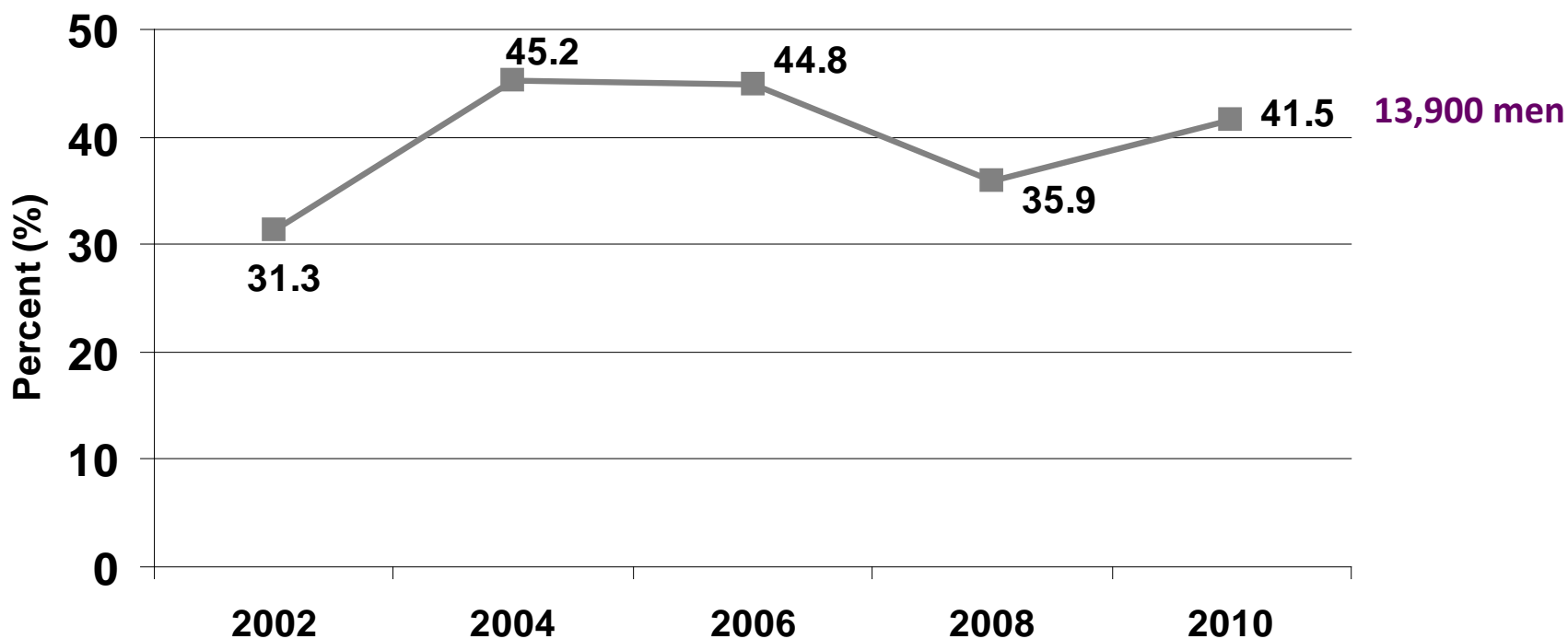


Notes: <sup>1</sup> Mammogram asked of female adult respondents 40 years of age and older.

<sup>2</sup> Pap smear and breast exam asked of female adult respondents 18 years of age and older.

# Men (45+) Who **Did Not** Receive PSA Test in the Past Year, NPCHF Service Area, 2002-2010

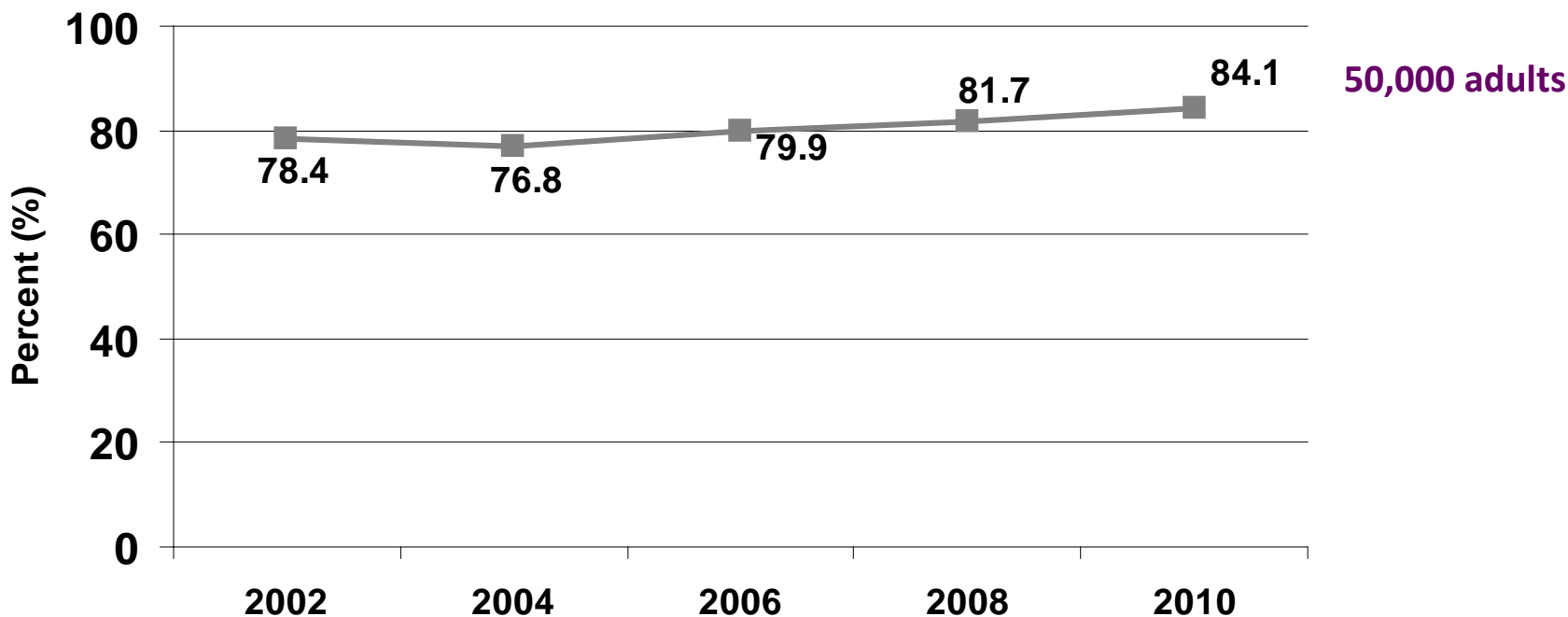
In 2010, approximately 42% of men (45+) did NOT receive a prostate exam in the past year, which is an increase from 31.3% in 2002.



Notes: <sup>1</sup> PSA Test or Rectal Exam question is asked of all male adult respondents 45 years of age and older.



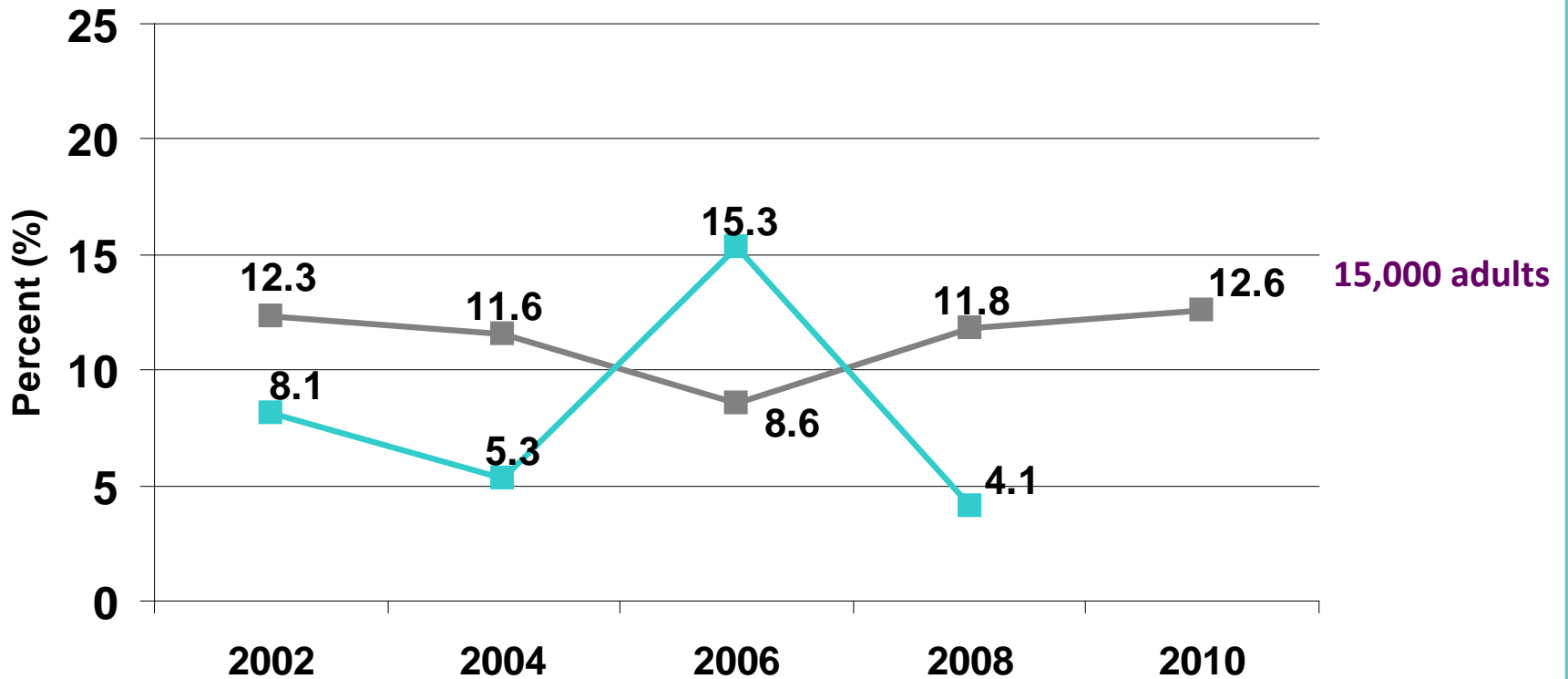
# Adults (50+) Who **Did Not** Receive Colonoscopy or Sigmoidoscopy in the Past Year, NPCHF Service Area, 2002-2010



The percentage of adults (50+) who did NOT receive a colonoscopy or sigmoidoscopy in the past year has been steadily increasing from 2004 to 2010.

Notes: <sup>1</sup> Colonoscopy and Sigmoidoscopy question is asked of all adults 50 years of age and older.

# Mental Health Condition among Adults (18+) and Children (5-17), NPCHF Service Area, 2002-2010

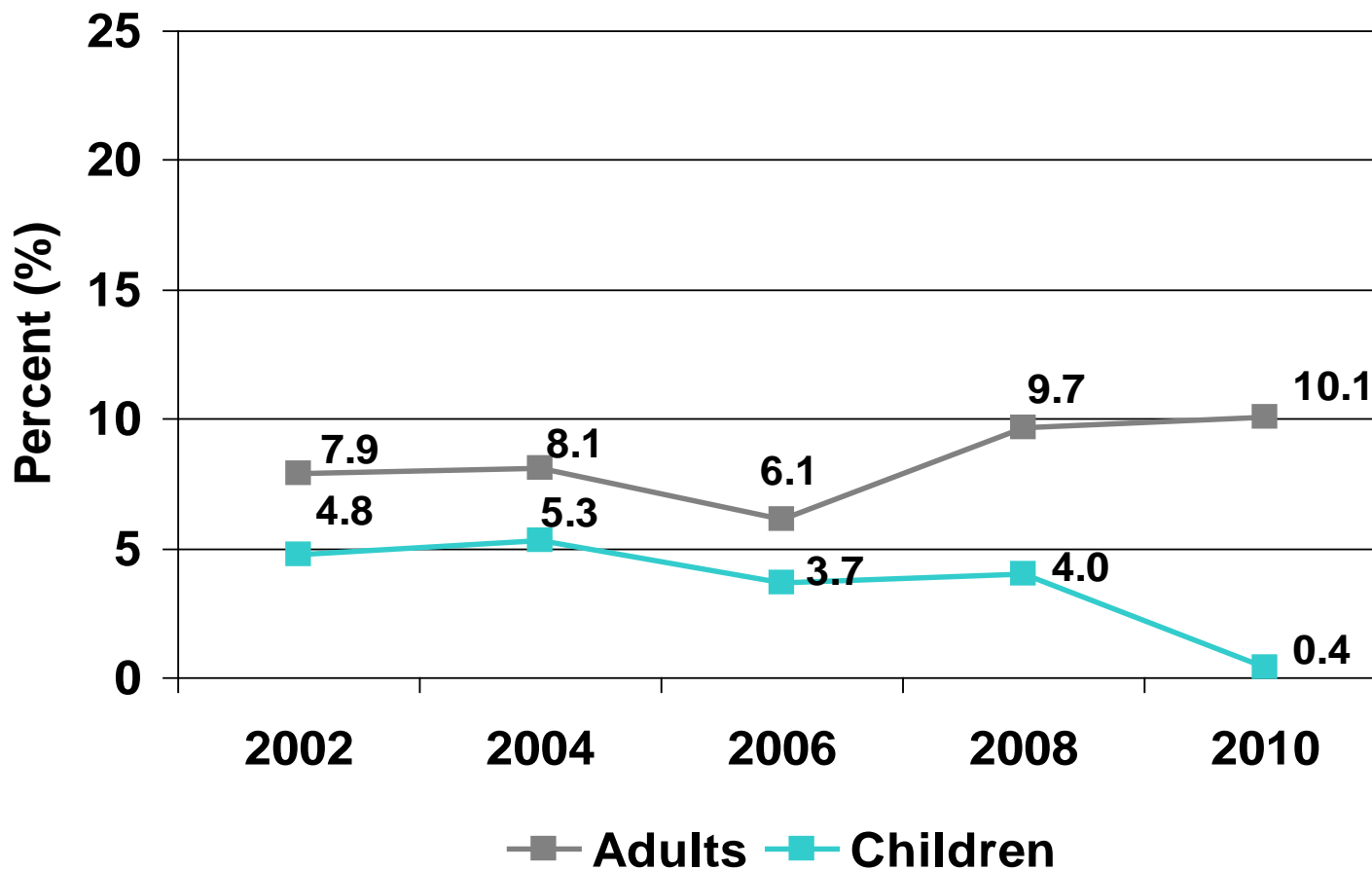


Notes: <sup>1</sup> In 2008, the survey question first asked if respondents had been diagnosed with clinical depression and then asked if they had been diagnosed with a mental health condition.

Notes: <sup>2</sup> In the 2010 survey, this question was not asked of children (5-17).

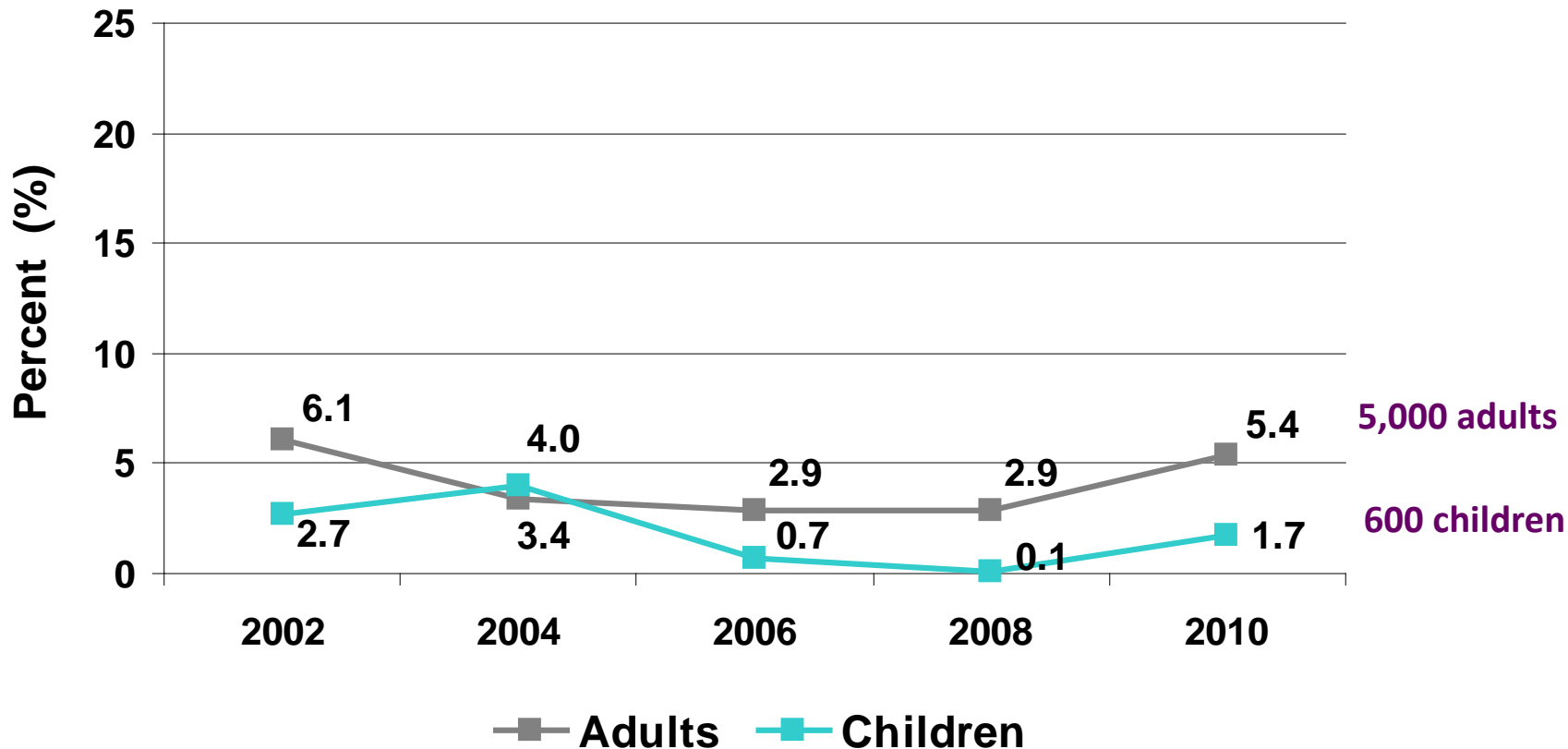
# Source of Care, Insurance Status and Coverage

# No Regular Source of Care among Adults (18+) and Children (0-17), NPCHF Service Area, 2002-2010



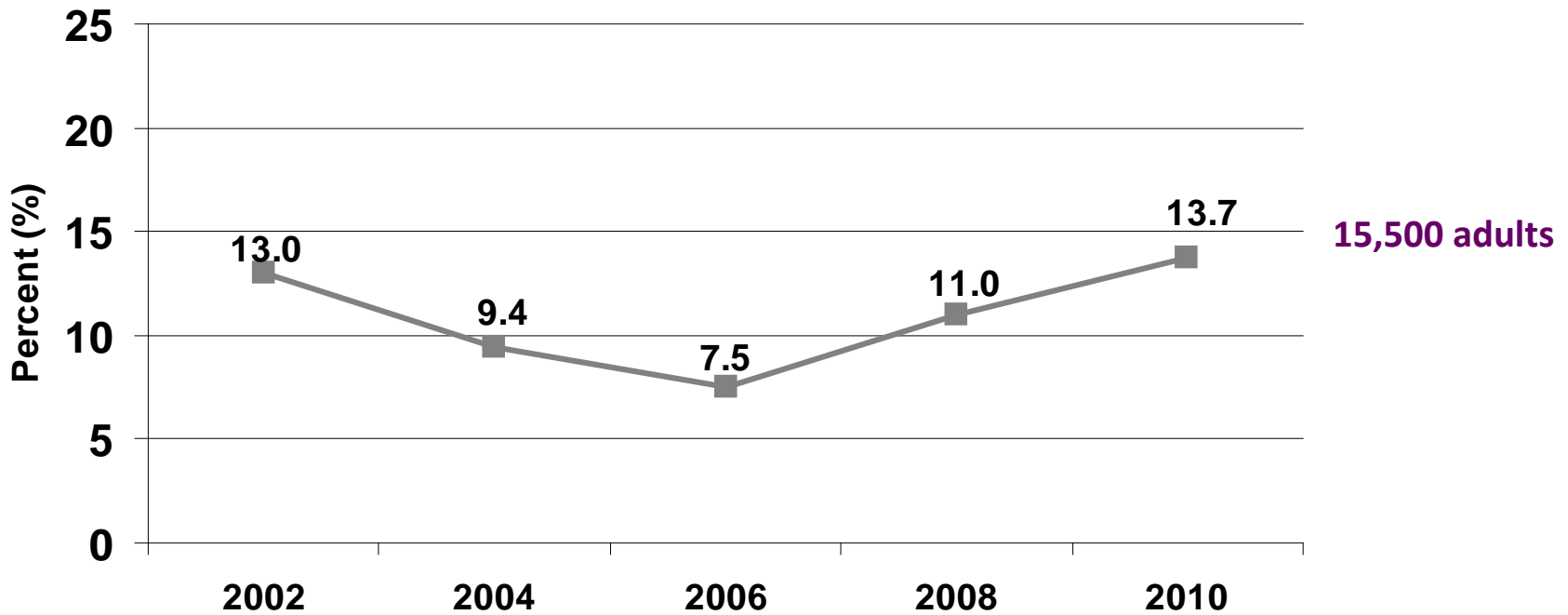
Adults are substantially more likely than children NOT to have a regular source of care. The percentage of children with no regular source of care has declined since 2002, whereas the percentage of adults is increasing.

# Uninsured Adults (18-64) and Children (0-17), NPCHF Service Area, 2002-2010



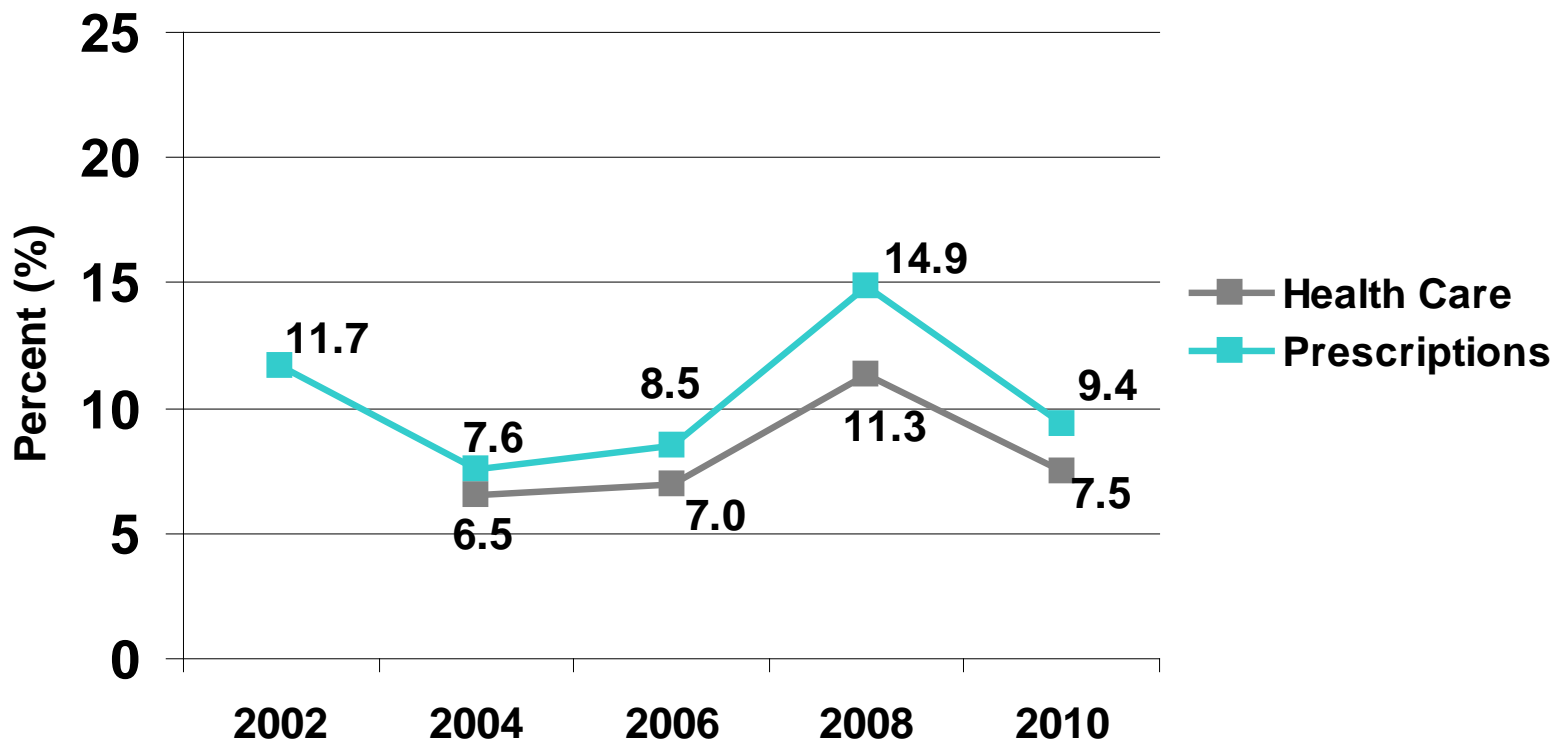
There is little change among the percentage of insured adults and children in 2002 compared to 2010; however, lack of insurance among adults and children is on the increase since 2008.

## No Prescription Coverage Among Adults (18+), NPCHF Service Area, 2002-2010



In 2010, approximately 15,500 adults (18+) did not have prescription coverage. This number has been increasing since 2006.

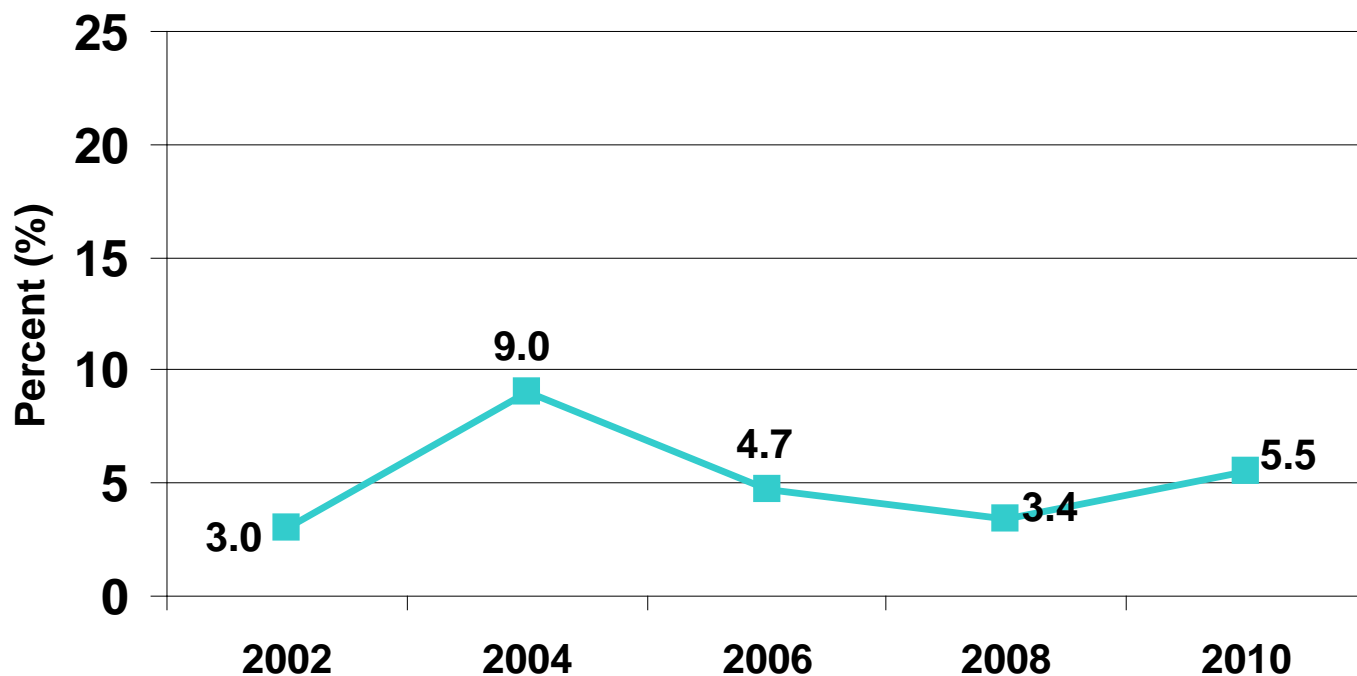
# No Health Care and No Prescriptions due to Cost among Adults (18+), NPCHF Service Area, 2002-2010



Notes: <sup>1</sup> No Health Care due to Cost question was not asked in the Household Health Survey in 2002.

**In 2010, nearly 9,000 adults were sick but did not seek health care due to cost AND approximately 11,000 adults did not get prescription medications due to cost.**

## No Dental Care due to Cost Among Children (4-17), NPCHF Service Area, 2002-2010

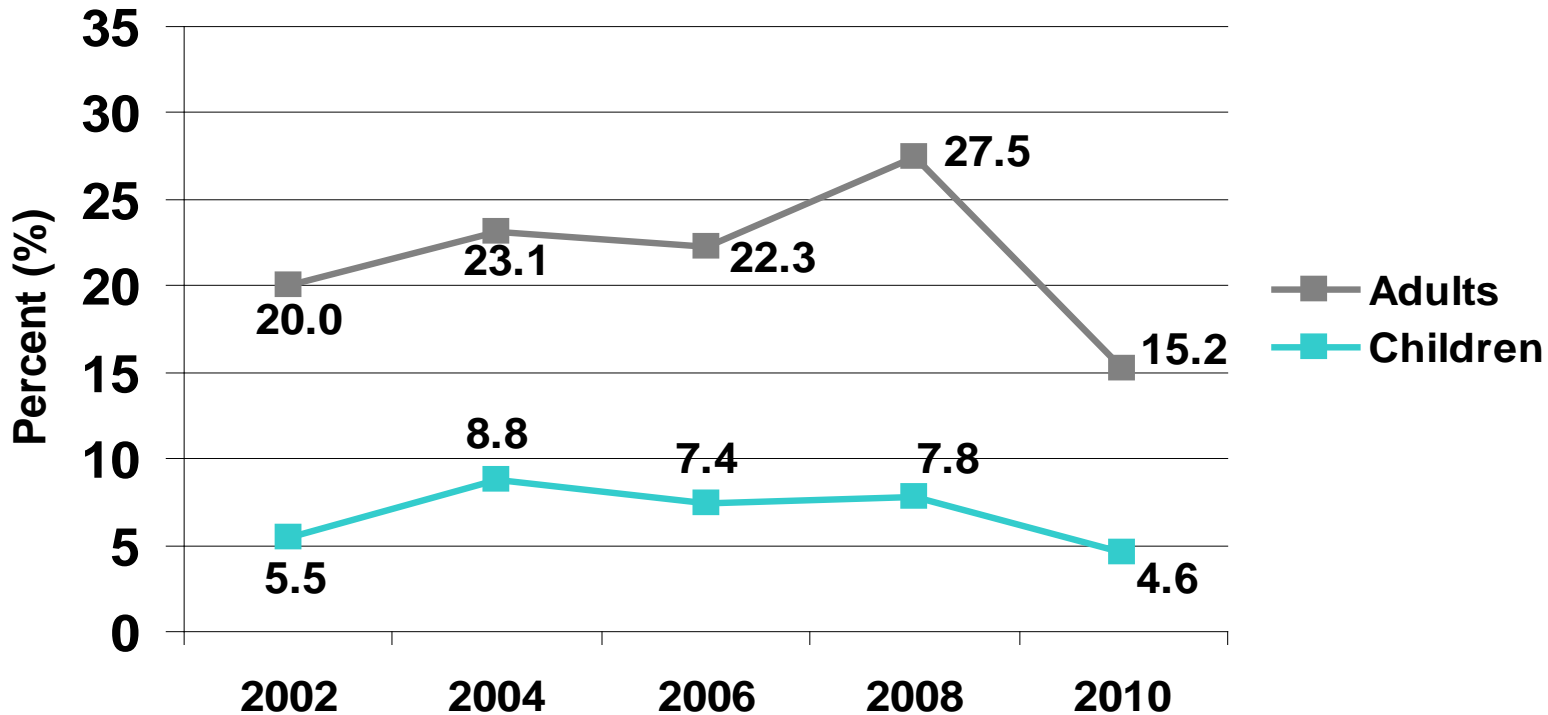


Of children (4-17) in 2010, approximately 1,600 did not receive dental care due to the cost.

Of adults (18+) in 2010, 17.4% did not receive dental care due to cost, which was a slight increase from 14.0% in 2004 and in 2002.



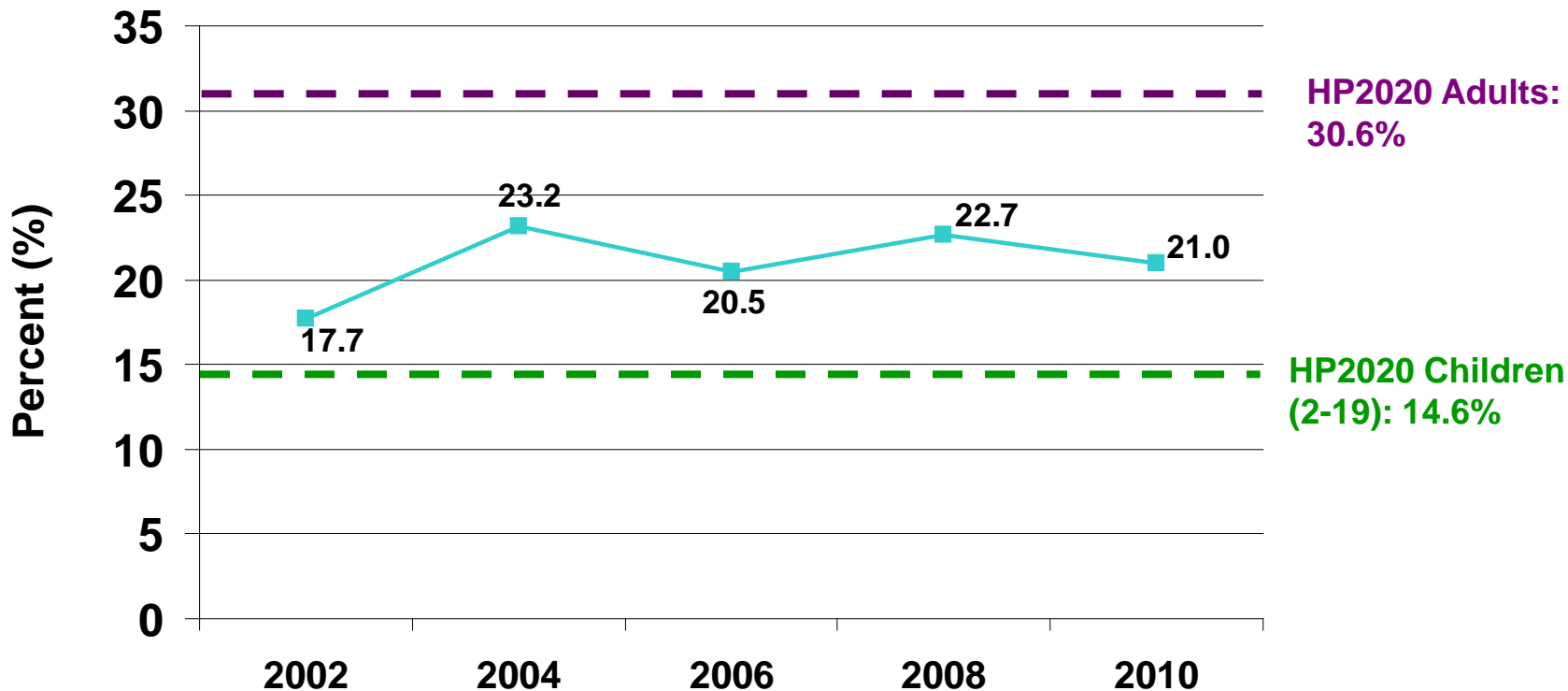
# No Dental Visit in the Past Year Among Adults (18+) and Children (4-17), NPCHF Service Area, 2002-2010



There was a decline in the percentage of adults with no dental visit in the past year from 27.5% in 2008 to approximately 15% in 2010. The percentage of children with no dental visit declined slightly as well from 7% in 2008 to 4.6% in 2010.

# Health Behaviors and Community

# BMI-based Obesity Among Adults (18+), NPCHF Service Area, 2002-2010

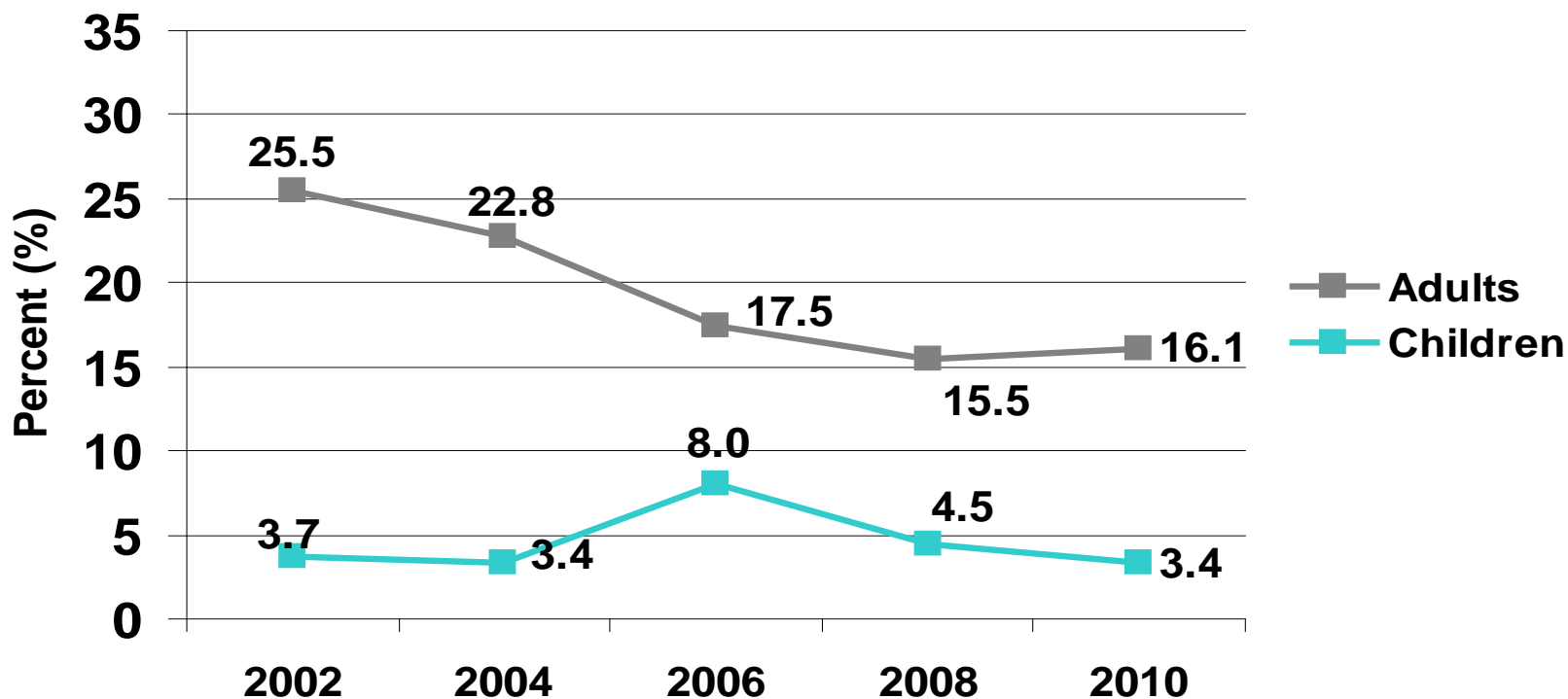


Notes: <sup>1</sup> Adult obesity is defined as a score of 30 or greater on the Body Mass Index (BMI).

<sup>2</sup> Children who score in the 95<sup>th</sup> percentile or higher for their age on the Body Mass Index (BMI) are considered obese.

**In 2002, 20.3% of children (6-17) were obese. In 2010, 13.2% of children were obese.**

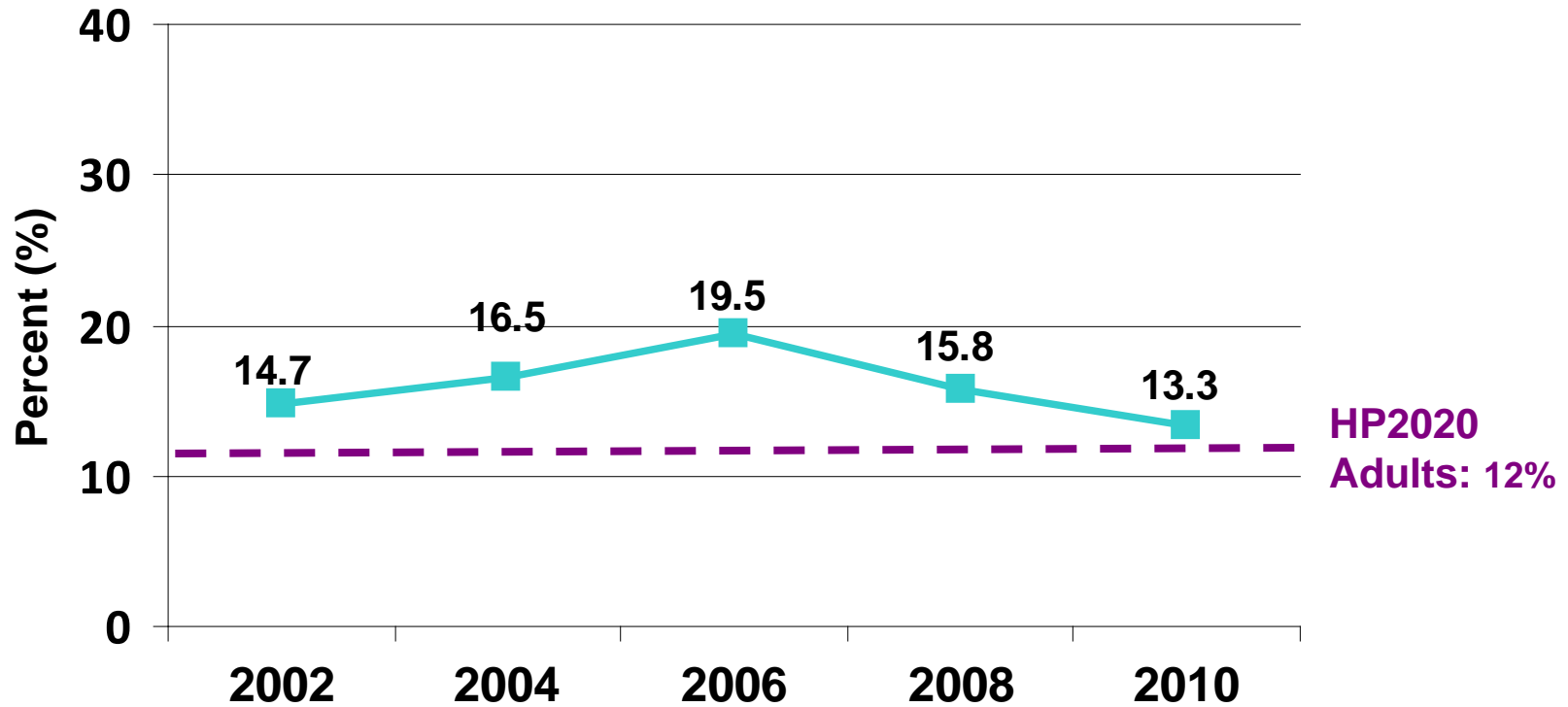
# Adults (18+) and Children (3-17) who Participate in Physical Activity Less than Once per Week, NPCHF Service Area, 2002-2010



Note: <sup>1</sup> Physical activity must last at least 30 minutes.

The percentage of adults who exercise less than once per week, for 30 minutes at a time, has decreased from approximately one quarter (25.5%) in 2002 to 16.1% in 2010.

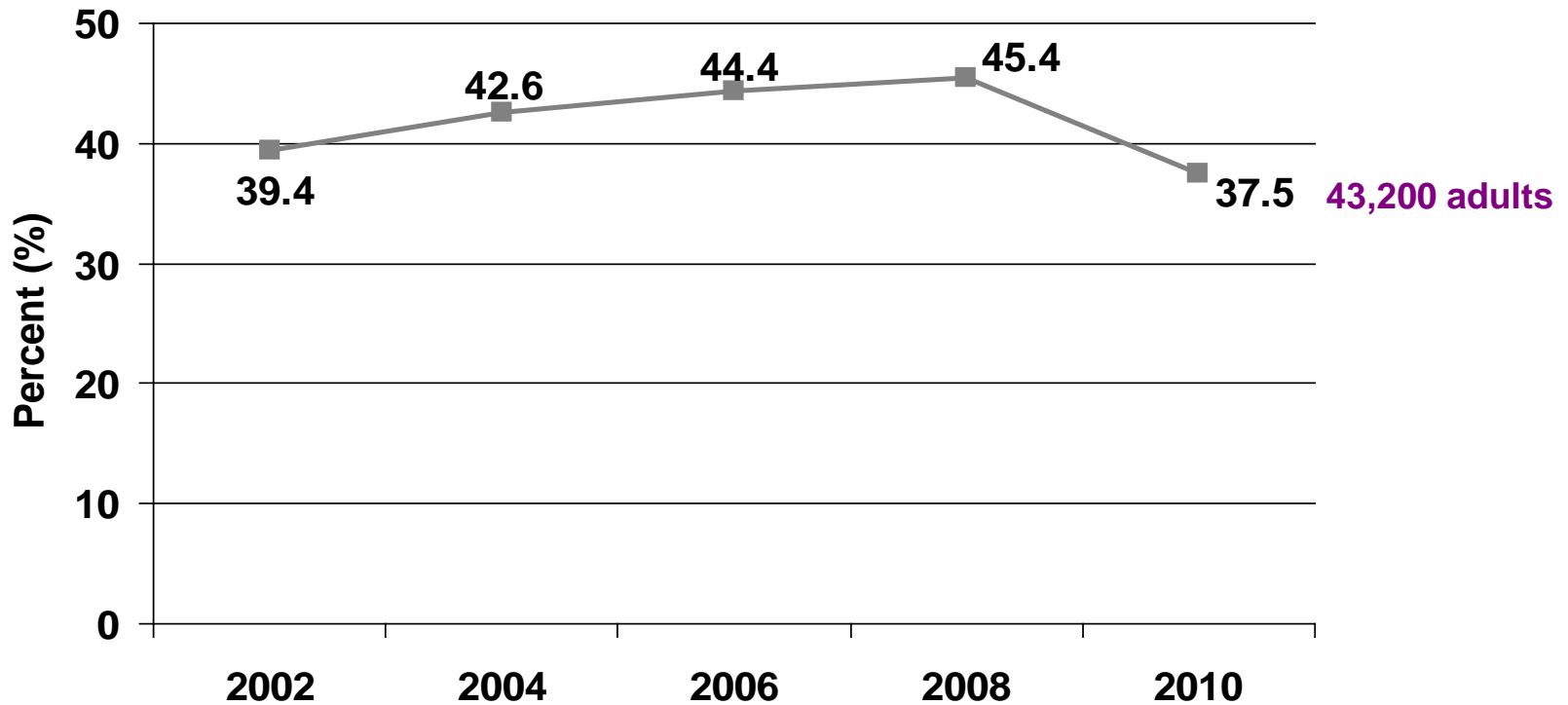
# Cigarette Smoking Among Adults (18+), NPCHF Service Area, 2002-2010



**Approximately 15,500 adults smoke as of 2010, which is only a slight reduction since 2002.**

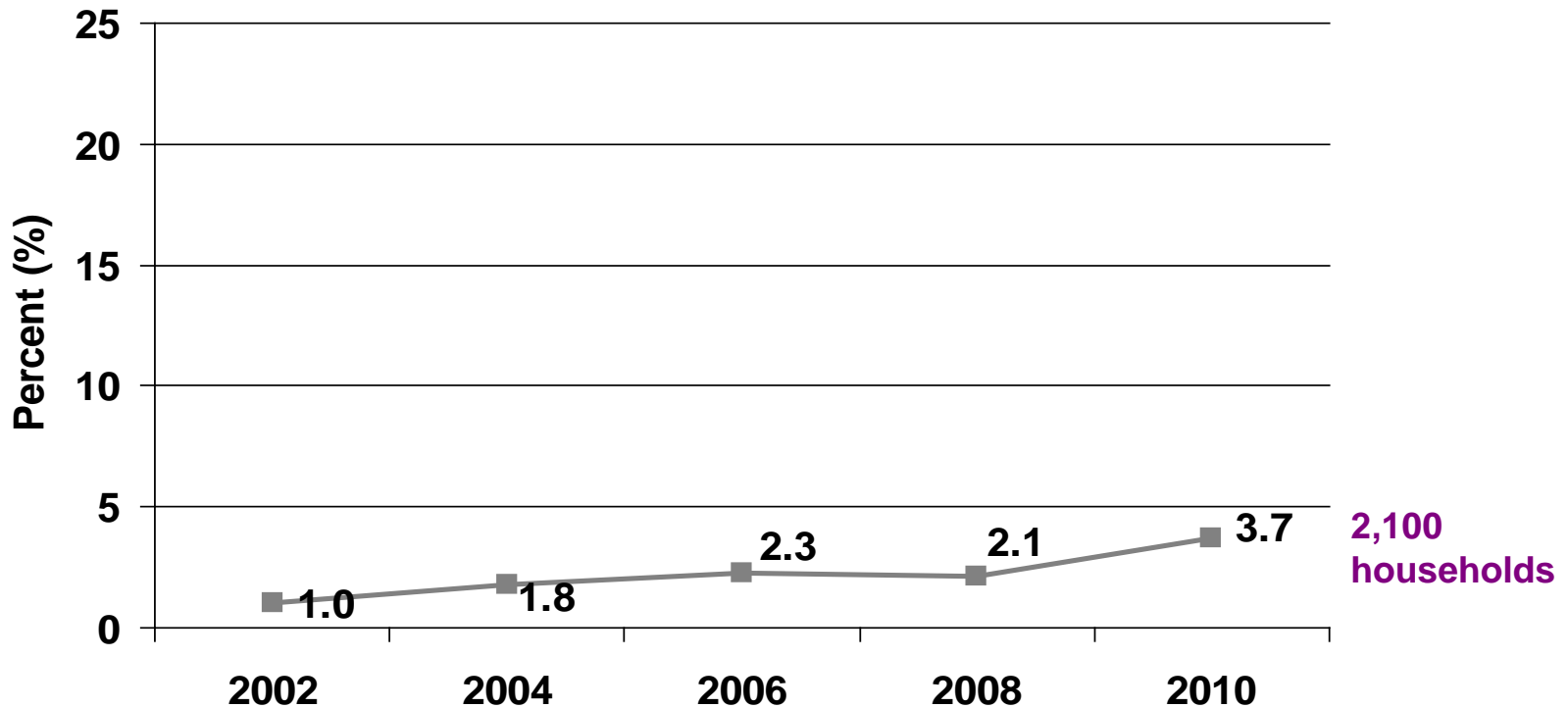
NOTE: Beginning with the 2004 survey, the wording of the smoking question was changed slightly. Instead of asking respondents if they currently smoke, as was asked in previous survey years, respondents were asked if they smoke every day, some days or not at all.

# Two or Fewer Servings of Fruits and Vegetables Per Day Among Adults (18+), NPCHF Service Area, 2002-2010



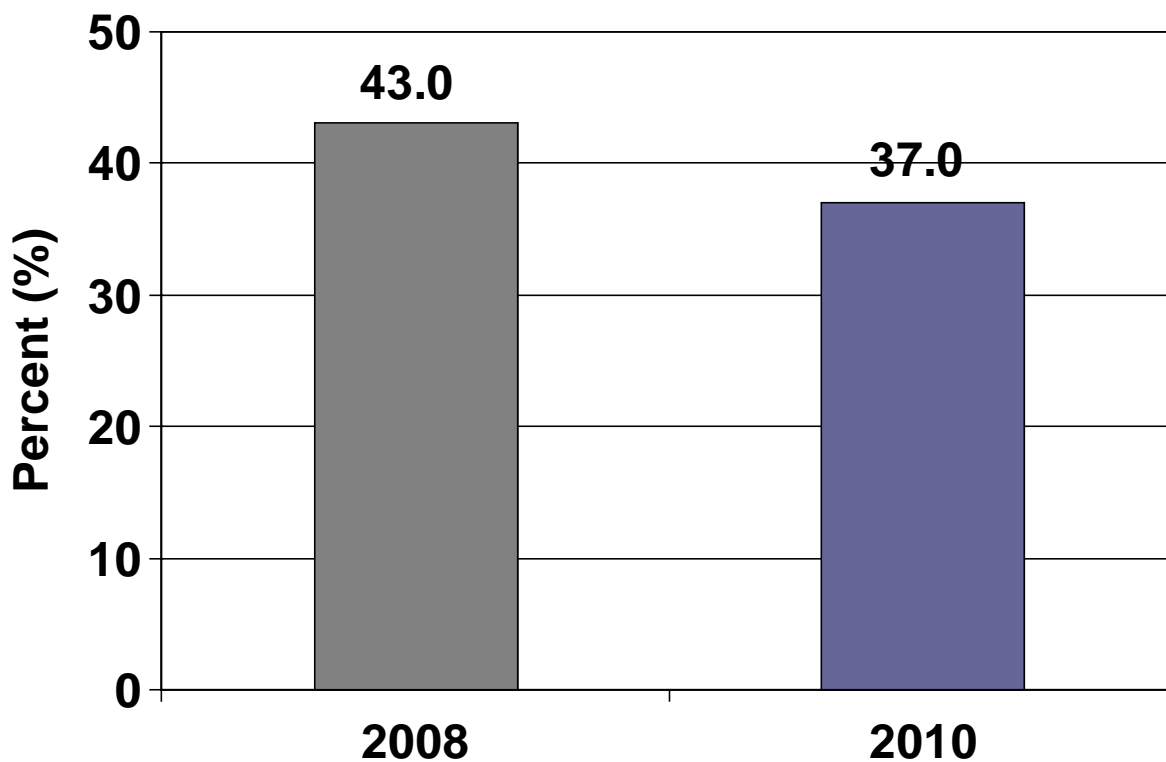
In 2010, nearly 38% of adults (approximately 43,200 adults) ate two or fewer servings of fruits and vegetables per day, which is a decrease from approximately 45% in 2008.

## Percentage of Households that Receive Food Stamps, NPCHF Service Area, 2002-2010



The percentage of households that receive food stamps increased slightly from 2002 to 2010. In 2010, nearly 2,100 households received food stamps.

# Percentage of Adults (18+) Who Found it Very Difficult or Somewhat Difficult to Pay Housing Costs in Past Year, NPCHF Service Area, 2008-2010

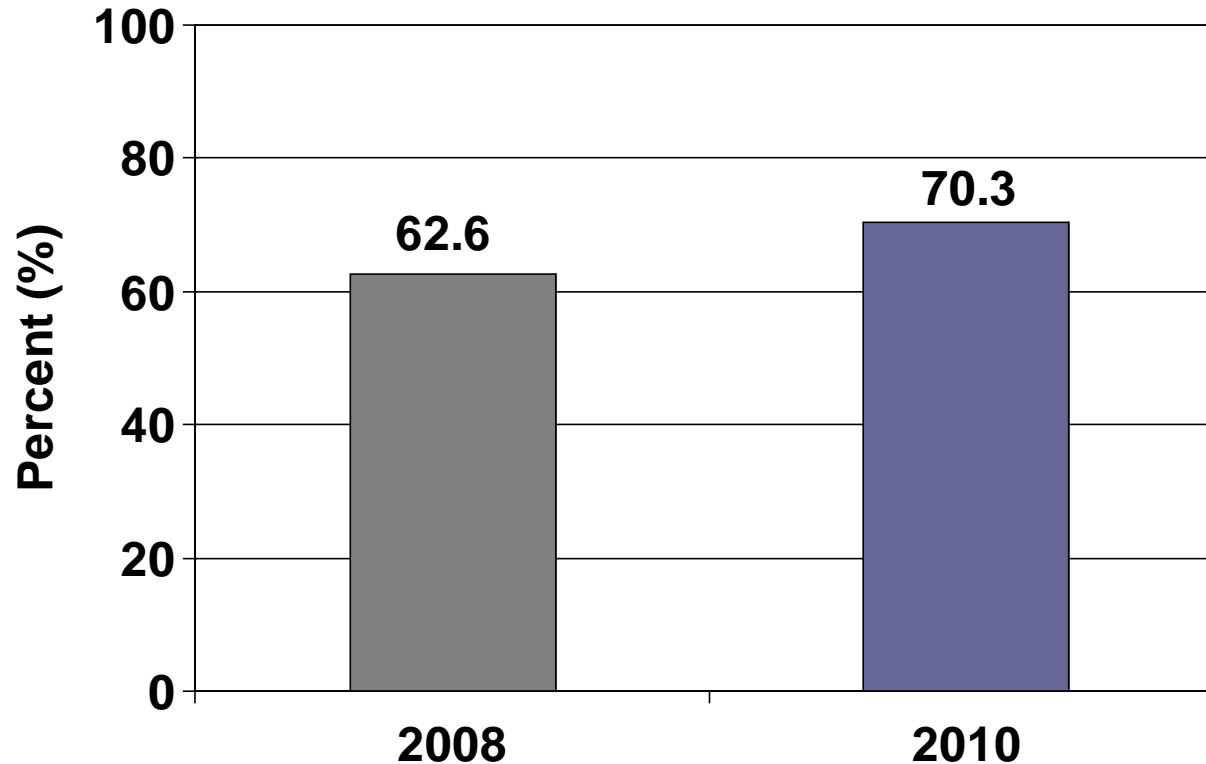


In 2010, adults were less likely to find it very difficult or somewhat difficult to pay housing costs in the past year in comparison to 2008.

Note: <sup>1</sup> 2008 was the first survey year this question was asked of respondents.



# Percentage of Older Adults (60+) who Wish to Remain in their Current Home for Ten Years or More, NPCHF Service Area, 2008-2010



In 2010, over two-thirds of older adults (70.3%) stated they wish to remain in their current home for ten years or more. This is an increase from approximately 63% in 2008.

Note: <sup>1</sup> 2008 was the first survey year this question was asked of respondents.

# New questions for 2010

Pet Ownership among Older Adults

Menu Labeling

Disability Status

Addiction and Recovery Experiences

Commuting

HIV status

Gambling Behavior

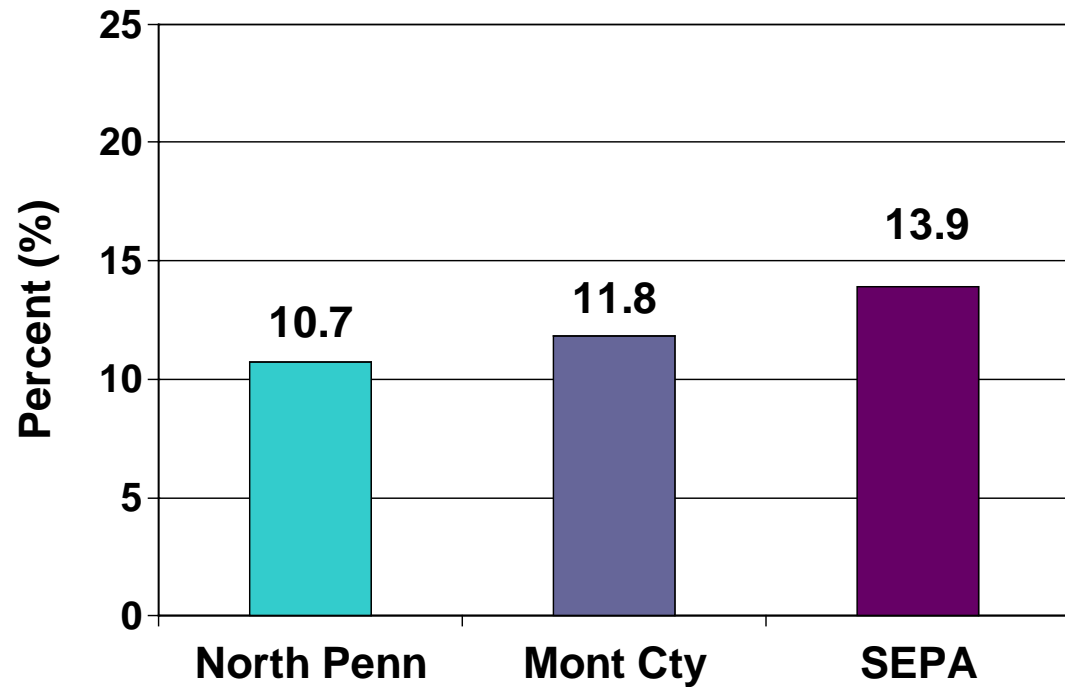
Attitudes about Addiction

Cigarette Purchases

Sugary Beverage Consumption

Internet Access and Use

## Disability Status



10.7% of adults 18+ in the NPCHF service area have a physical, mental or emotional disability compared to 13.9% of adults in SEPA.

Pet Ownership among Older Adults

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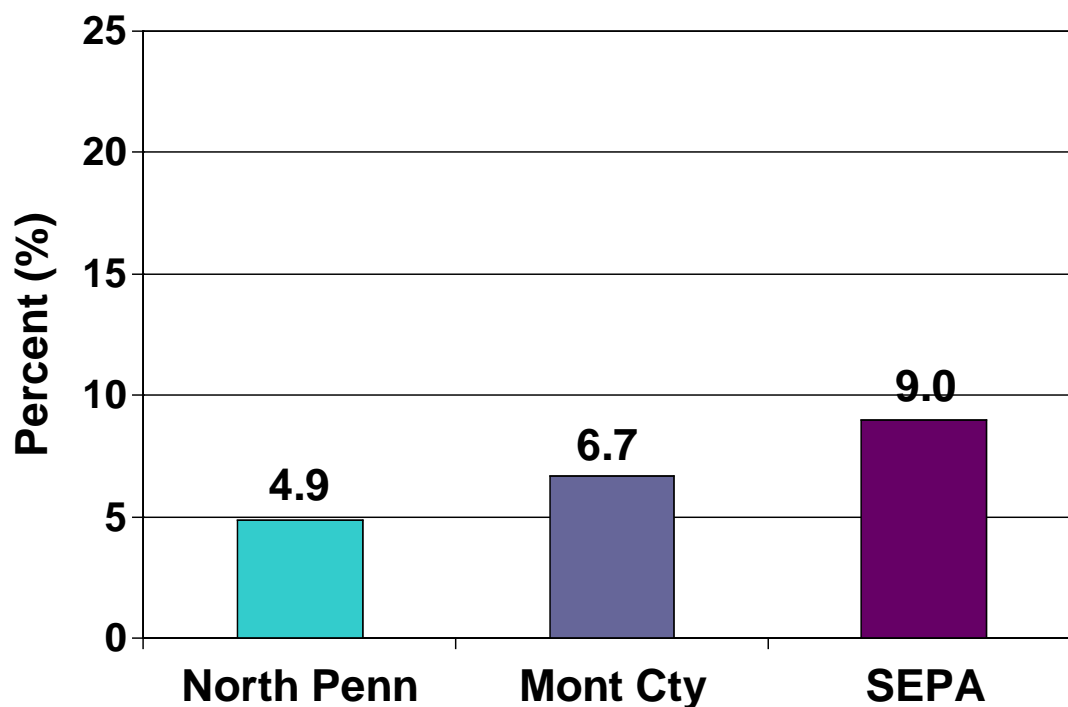
Cigarette Purchases

Sugary Beverage Consumption

Internet Access and Use

4.9% of adults 18+ in the NPCHF service area have ever had an alcohol or drug problem compared to nearly one in ten SEPA adults (9.0%).

## Addiction and Recovery Experiences



Pet Ownership among Older Adults

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Problem Gambling Behavior

Attitudes about Addiction

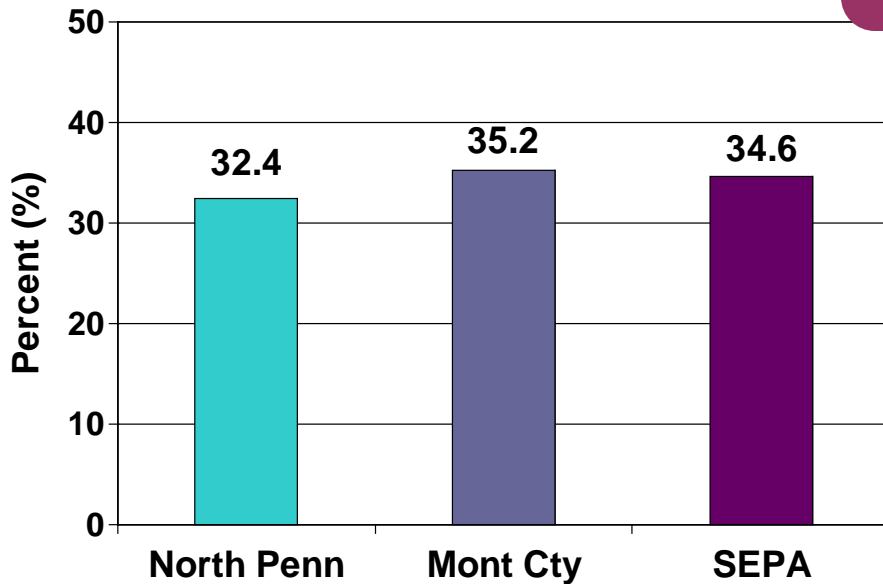
Cigarette Purchases

Sugary Beverage Consumption

Internet Access and Use

About a third (34.6%) of SEPA adults and 32.4% of NPCHF service area adults participate in gambling.

## Gambling Behavior





Pet Ownership among Older Adults

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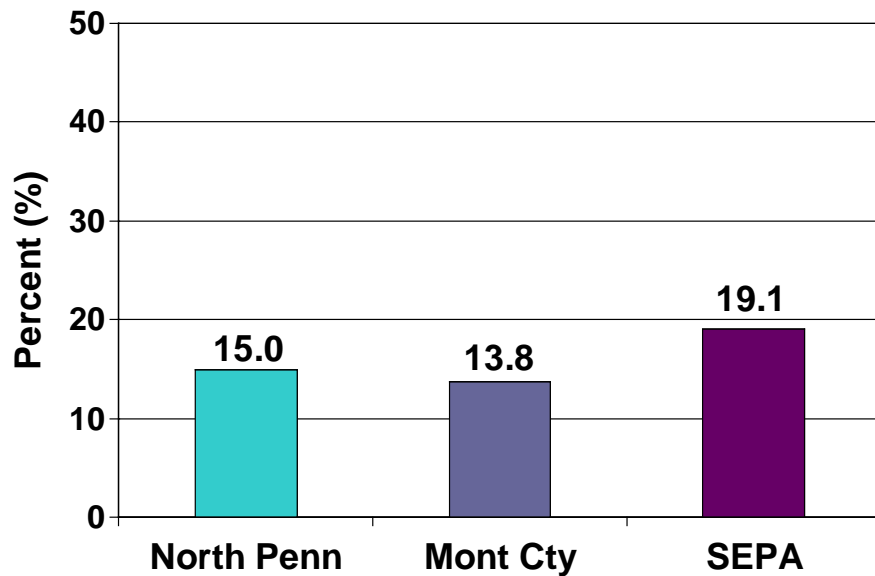
Attitudes about Addiction

Cigarette Purchases

Sugary Beverage Consumption

Internet Access and Use

15% of NPCHF service area adults never use the internet; this percentage represents about 17,500 adults.



Almost one in five SEPA adults never use the internet, representing approximately 563,000 adults.

## Internet Access and Use

# Highlights

These data show that improvements in the health status of NP residents were made in some areas from 2002 to 2010, but a range of health needs still exist.

- The majority of children in this area have a regular source of care as of 2010.
- The NPCHF service area already met HP2020 goals for child and adult obesity + HP2020 goal for smoking.
- At the same time, diabetes among adults AND asthma among both children and adults are on the rise.
- Adults are not regularly receiving preventive cancer screenings. Specifically, the percentages of women who DID NOT receive cancer screenings in the past year is far above HP2020 goals.
- In addition, since 2002, the percentages of adults with no regular source of care, no health insurance and no prescription coverage increased.

# You can find our tools:

On our homepage @ [www.CHDBdata.org](http://www.CHDBdata.org)



**Welcome**

Since 1983, Public Health Management Corporation's (PHMC) Community Health Data Base (CHDB) has served the information needs of health and human service agencies in the Southeastern Pennsylvania region by providing up-to-date and reliable community-level health and social service data.

The CHDB is funded by the [Pew Charitable Trusts](#), the [William Penn Foundation](#), the [United Way of Southeastern Pennsylvania](#), & local hospital systems & health and human service organizations.

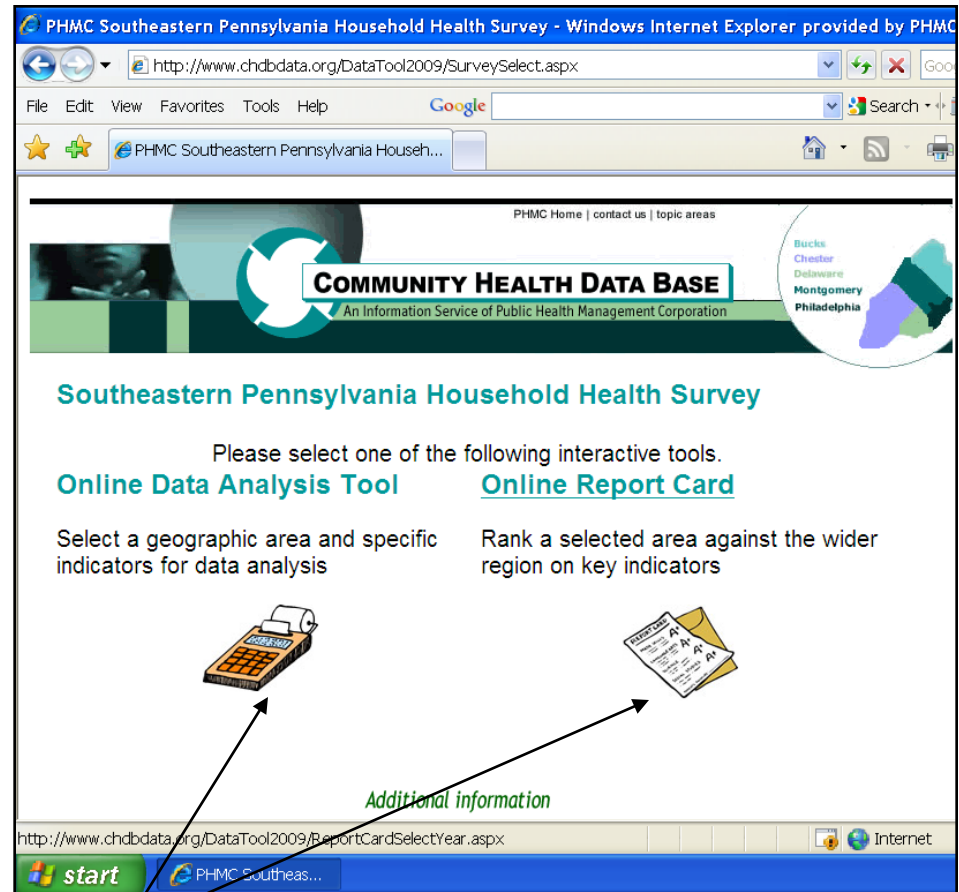
Please visit the CHDB website monthly for new data findings and member highlights!

**Data Analysis TOOL**

Username  Password

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[forgot your password?](#)

Login here!



PHMC Southeastern Pennsylvania Household Health Survey - Windows Internet Explorer provided by PHMC

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**COMMUNITY HEALTH DATA BASE**  
An Information Service of Public Health Management Corporation

**Southeastern Pennsylvania Household Health Survey**

Please select one of the following interactive tools.

**Online Data Analysis Tool**      **Online Report Card**

Select a geographic area and specific indicators for data analysis      Rank a selected area against the wider region on key indicators

*Additional information*

<http://www.chdbdata.org/DataTool2009/ReportCardSelectYear.aspx>

Our two tools