

**Durham County, North Carolina  
Health Assessment Survey**

Prepared by:

Andrew E. Smith, Ph.D.  
Dorothy A. Bazos, Ph.D.  
Tracy A. Fowler, M.A.

October, 2007

## *Executive Summary*

The 2007 Durham County Health Assessment Survey was administered as a follow-up to the survey commissioned by Durham Health Partners in 2003. The 2007 Survey was administered between June 15 and July 12, 2007. The purpose of this survey was to explore the major determinants of health of the Durham County population and report these data in a simple format, allowing for direct comparison when possible, to the results reported in 2003. As in 2003, information on eight major health domains was assessed via a telephone survey for a randomly selected sample of the Durham County adult population and Hispanic over-sample based on Hispanic surnames. By using standardized survey instruments and reporting formats over multiple years, Durham health care leaders are building an infrastructure of data and information from which they can continuously: (a) identify critical health issues, (b) prioritize health improvement initiatives, and (c) evaluate improvement work and outcomes over time

The intent of this report is to provide community leaders with a broad overview of the data collected. This report should serve as a concrete focus for engaging with these data and *using* them to design and implement strategies for local health improvement. However, every summary statement made in this report will generate numerous questions from the reader about how this data element or piece of information applies to another specific strata of the population or health domain. Many of these questions can readily be answered by the extensive cross tabulations that are provided for each survey question in Appendix A and B of this report. Some of the questions that will be generated by this report will require more extensive and sophisticated analyses of these data. Knowing this, it is our hope that Durham County health leaders will share these data with other academics and community organizations that will actively use these data to help Durham County discover more about their local population and about how better to target health improvement initiatives to meet the needs of those who are most vulnerable to poor health outcomes.

In general, we found that Durham County adults are doing well in 2007 on several major determinants of health. At least three quarters of Durham County residents own their own homes, report that their homes are great places to live, and report that their neighborhoods are safe and getting safer. Additionally, 90% of adults surveyed have at least a high school diploma, 76% live in a household with a family income of over \$25,000, and the majority of adults report having adequate transportation and good social supports. Also, and importantly for Durham County; 79% of adults surveyed rate their health as being “excellent”, “very good”, or “good”; 87% stated that they had access to health care through insurance; and 77% reported that they have a personal doctor, nurse or other health care provider who knows them well.

While many Durham County adults report a good quality of life and being in good health, overall Durham County adults in all age categories had a lower average physical health status score in 2007 compared to the U.S. general population and lower average scores in four out of six age categories compared to the 2003 survey sample. Risk factors in 2007 associated with lower physical health status scores include lower educational or income status, being divorced or separated, being obese, living in a household with seniors, and smoking. While the average mental health status score for Durham County residents is higher than the U.S. average, and higher than it was in 2003; lower mental health status scores are associated with being older, being less educated, having a lower income, not working, not attending social functions such as church, and smoking.

These lower health status scores may well be associated with the significant increase from 2003 to 2007 that is reported in the general population in: health limitations in performing moderate activities, pain that interferes with work, the perception that physical health was not good in the past 30 days, the proportion of persons who take prescription medications, and being a patient in the hospital overnight or longer. Adults with lower health status scores are also more likely to need the help of others in accomplishing their daily routine and more apt to delay getting prescriptions filled or use the emergency room for care.

This report also provides a separate assessment of Hispanic health. The Hispanic population of Durham County is significantly different from the overall Durham County population on key demographic variables. Overall, they are younger and have lower levels of income and education. Hispanics who have lived in Durham County longer, however, have higher incomes than those who have recently moved to the County. While far fewer Hispanics in 2007 (34%) rated their health as “excellent” or “very good” compared to the general county population (50%), this is a significant increase from 2003 when only 22% rated their health as “excellent” or “very good”. Hispanics also had lower mental health status scores compared to the general population. Although several health risk factors have improved in the past four years for the Hispanic population, compared to the general population, Hispanics are more likely to be overweight or obese, less likely to participate in physical activity, and more likely to report feeling downhearted or blue. Additionally, only 28% of the Hispanic oversample population of Durham County reported having health insurance compared to 87 % of Durham County adults from the general population sample. Likewise, only 25% of Hispanic survey respondents reported that they have a health care professional who knows them, compared with 77% of adults in the overall population.

Between 2003 and 2007 the overall social and physical environment for the Hispanic population seems to have improved in Durham County, although improvements are still needed in comparison to the general population. In 2007, compared to 2003, a significantly higher proportion of the Hispanics interviewed reported that they: have someone to confide in, are a member of a church or religious organization, own their own residence, are satisfied with their place of residence, and have access to transportation.

Finally, this report provides an assessment of African American health compared to the overall population of the county. Compared to the 2003 survey results, the African American population in 2007 has seen a significant improvement in its overall current health. Additionally, like the Hispanic population, has experienced a significant rise in home ownership and being satisfied with their residence as a place to live. Eighty-seven percent of African Americans report having access to health insurance and 81% say that they have a health care professional who knows them best. Health risk factors for this population that are higher than the general population include being overweight or obese, not participating in physical activity, and smoking.

Durham County seems to be making great strides in improving the social and physical environments of their residential areas. However, the overall decrease in physical health status of the general population is of concern and may well be a reflection of the increase that we see nationally in chronic disease conditions, especially those related with high rates of obesity and overweight among all populations.

# Table of Contents

I. Introduction.....	1
Summary Narratives.....	2
Layout of Durham County Health Assessment Survey Report.....	2
Technical Report .....	3
II. Demographic Profile of Durham County .....	6
III. Current Health.....	9
Health & Function.....	9
Limitations Because of Physical or Mental Health .....	13
Physical Health.....	14
Mental Health.....	16
Well-Being .....	18
Disease.....	19
IV. Health Risks .....	22
Weight .....	22
Exercise .....	26
Smoking.....	27
Alcohol.....	27
V. Community Health Risks .....	28
Household Risks.....	28
Social Environment .....	29
Social / Religious Organizational Membership.....	30
Physical Environment.....	31
Transportation .....	34
Sexually Transmitted Diseases.....	35
VI. Health Care System.....	37
Access to Health Care. ....	37
Health Insurance.....	40
Use of the Durham County Health Care System.....	41
Satisfaction with Health Care.....	44
Informal Care .....	45
Durham County Health Priorities.....	47
VII. Durham County’s Hispanic Population .....	48
VIII. Durham County’s African American Population.....	78
Appendix A: Questionnaire	
Appendix B: Detailed Tabular Results	
Appendix C: Detailed Tabular Results - Hispanic Oversample	

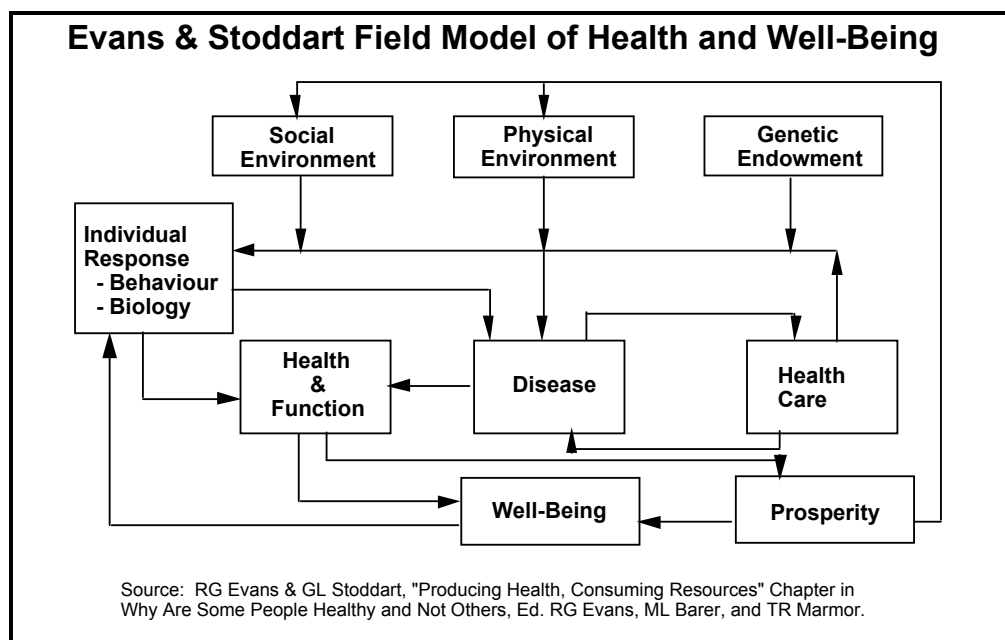
## I. INTRODUCTION

Development of the *Durham County NC Health Assessment Survey* was informed by the World Health Organization's definition of health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." The research was guided by the following beliefs:

- *Community health improvement initiatives should be guided by a broad definition of health.* Thus, we adapted the following definition of health to guide our work:

"Health is a state of well-being and the capacity to function in the face of changing circumstances" (Why Are Some People Healthy and Others Not? Evans, Barer, and Marmor, 1994).

- *Factors from several health domains impact the health of Durham County Residents.* Thus, to help us gather and summarize the data available to us for the *Profile* we adopted the Evans and Stoddart Field Model of Health and Well-Being (Field Model) shown below as the framework for this work:



- *Health improvement efforts should not focus only on increasing the capacity of the medical system.* Thus, in the *Profile* we present indicators that summarize the health domains of:

- Prosperity
- Health and Well-Being
- Disease (Morbidity and Mortality)
- Social Environment
- Physical Environment
- Individual Behaviors
- Health Care System Access
- The Durham County NC Health Assessment Survey does not include any measures that can be used to summarize the health domain of "Genetic Endowment."

## Summary Narratives

Each chapter begins with a summary narrative that is written in the form of short, bulleted sentences that describe selected indicators on the data tables and charts. These narratives are not intended to explain or summarize every indicator in the accompanying data tables. This section was not meant to provide the reader with any conclusions about whether Durham County was doing well or poorly in regard to this domain of health. It was intended to spark interest in the data and invite you to ask questions of this information and use the data cross tabs accompanying this report to understand better the health concepts you are concerned about. Some of the important questions you should ask of the data and information as you read each narrative and data table include:

- What does this information tell me about the current health of Durham County residents?
- What does this information tell me about risks to future health?
- How does this information fit with the information provided on all of the health domains?
- Is this important information for the work of my organization?
- Can my organization or I do anything about this information?
- How can this information help me, working with others in my community, develop an improvement strategy that will address critical health issues of Durham County residents?

The charts and tables that follow display major findings of the survey. They are not intended to exhaustively present all the data in the survey. **An asterisk on charts and tables denotes any questions that have significant statistical differences between 2003 and 2007 data.**

## Layout of the *Durham County NC Health Assessment Survey Report*

The following *Durham County NC Health Assessment Survey Report* is divided into several chapters which are described below:

- Chapter One: provides important technical information about the survey process and about the population sample that is being summarized in the three major sections of the report: **The General Adult Population Sample, the Hispanic Oversample Population, and the African American Respondents from the General Adult Population Sample.** *It is important to note that all survey respondents did not answer all questions. Thus, to find the exact population numbers that correspond to reported population percentages, the reader is referred back to the original data tables in the detailed tabular breakdowns (Appendix A and Appendix B).*
- Chapter Two: provides a summary of the demographics of Durham County. These findings are based on an analysis of the General Adult Population Sample (n=500).
- Chapters Three through Six: provide summary charts and tables of key findings of the Durham County NC Health Assessment Survey of the General Adult Population Sample (n=500)
- Chapter Seven: summarizes data from the Hispanic Oversample Population (n=200).
- Chapter Eight: summarizes the data from the General Adult Population but focuses specifically on the African American population who responded to the General Survey (n= 173).
- Appendix A: contains detailed tabular breakdowns of the General Adult Population survey sample.
- Appendix B: contains similar tabular breakdowns for the Hispanic Oversample Population.
- Appendix C: contains the questionnaire used in the survey.

## Technical Report

### Telephone Samples

The Durham County, North Carolina Health Assessment Survey was composed of a survey of randomly selected adults in Durham County, NC. This survey was conducted using a procedure called Random Digit Dialing (RDD) which is described below. In addition, Hispanics living in Durham County were oversampled. Respondents to the Hispanic oversample were selected at random from a list of people living in Durham County with Hispanic surnames and were screened to determine if they were Hispanic.

In both the RDD survey and the Hispanic oversample, Spanish speaking interviewers were available for respondents who were more comfortable completing the survey in Spanish. In the RDD survey, 6% of interviews were conducted in Spanish. In the Hispanic oversample, 86% of the interviews were conducted in Spanish.

### How the RDD Sample Was Selected

A sample of households in the area was selected by a procedure known as random digit dialing (cell phones not included). The way this works is as follows. First, with the aid of the computer, one of the three-digit telephone exchanges that are currently used in the area (e.g., 772) is randomly selected. The computer then randomly selects one of the “working blocks”--the first two of the last four numbers in a telephone number (e.g., 64)--and attaches it to the randomly selected exchange. Finally, the computer program then generates a two-digit random number between 00 and 99 (e.g., 57) which is attached to the previously selected prefix (772), and the previously selected working block (64) resulting in a complete telephone number -- i.e., 772-6457. This procedure is then repeated numerous times by the computer to generate more random numbers, so that we have a sufficient quantity to conduct the survey. The end result is that each household in the area in which there is a telephone has an equally likely chance of being selected into the sample.

The random sample used in the Durham NC Health Assessment Survey was purchased from Marketing Systems Group, Fort Washington, Pennsylvania. The Marketing Systems Group does not exclude illegal residents.

Each of these randomly generated telephone numbers is called by an interviewer from a centrally supervised facility. If the number called is found not to be a residential one, it is discarded and another random number is called. (Approximately 50% of the numbers are discarded because they are found to be businesses, institutions, or not assigned.) If it is a residential number, the interviewer then randomly selects a member of the household by asking to speak with the adult currently living in the household who has had the most recent birthday. This selection process ensures that every adult (18 years of age or older) in the household has an equally likely chance of being included in the survey. No substitutions are allowed. If, for example, the randomly selected adult is not at home when the household is first contacted, the interviewer cannot substitute by selecting someone else who just happens to be there at the time. Instead, he or she must make an appointment to call back when the randomly selected adult is at home. In this way, respondent selection bias is minimized.

### How the Hispanic Oversample Was Selected

Marketing Systems Groups maintains an extensive data base of Hispanics in the United States. Random sample of Hispanics can be purchased from MSG for most geographic areas in the U.S. The data base used by MSG is based on Hispanic surnames and is compiled from telephone directories, motor vehicle registrations, and other publicly available data sources. Potential respondents are then randomly selected from all Hispanics living in the geographic area and selected telephone numbers are then screened to determine if they are working numbers.

### When the Interviewing Was Done

Respondents in the Durham County, North Carolina Health Assessment Survey were interviewed between June 15 and July 2, 2007. Respondents in the Hispanic oversample were interviewed between June 15 and July 12, 2007. Each selected Durham County resident was called by a professional interviewer from a centrally supervised facility. Telephone calls during the field period were made between 10:00 AM and 9:00 PM.

Response Rates

Attempts were made to contact five thousand three hundred eighteen (26,810) Durham County residents in the RDD survey. Table 1.1 shows the percentage of these contacts in the first survey which resulted in completed interviews (2%), refusals (4%), failures to interview because the telephone was busy, the phone was not answered, the telephone was answered by an answering machine, appointments were broken, or the respondent was away on business, vacation, or was otherwise unavailable during the interviewing period (80%), and failure to interview because the number was changed, disconnected, or was a business (13%), those who were no longer Durham County residents (<1%).

**TABLE 1.1**

Response Rates for the Durham County, North Carolina Health Assessment Survey

	<u>NUMBER</u>	<u>PERCENTAGE</u>
Completed Interviews	500	1.9%
Refusals	1184	4.4
Unable to Interview -- (no answer, busy, answering machine, broken appointment, or the respondent was away on business, vacation, illness, etc.)	21538	80.3
Not a Durham County resident	42	0.2
Disconnect, Changed Number, Business, Fax, Modem	<u>3546</u>	<u>13.2</u>
<b>TOTALS</b>	<b>26810</b>	<b>100%</b>

Hispanic Oversample

In the Hispanic oversample, attempts were made to contact thirteen hundred (6,998) Durham County Hispanics. Table 1.2 shows the percentage of these contacts in the second survey which resulted in completed interviews (3%), refusals (4%), failures to interview because the telephone was busy, the phone was not answered, the telephone was answered by an answering machine, appointments were broken, or the respondent was away on business, vacation, or was otherwise unavailable during the interviewing period (68%), and failure to interview because the number was changed, disconnected, or was a business (13%), those who were no longer Durham County residents or were not Hispanic or Spanish (12%). Due to the high rate of Spanish speaking Hispanics (84%) a considerable number only knew their height and weight using the metric system, the interviewers recorded this information in a format that was unusable. All Hispanics with missing information for height and weight were re-contacted to obtain this information; overall 51% provided the information again.

After interviewing was completed, Hispanics who were interviewed as part of the overall Durham County NC Health Assessment Survey were merged into a file with Hispanics interviewed in the Hispanic oversample. This file consists of 234 Durham county residents who identify themselves as Hispanic.

**TABLE 1.2**

Response Rates - Hispanic Oversample

	<u>NUMBER</u>	<u>PERCENTAGE</u>
Completed Interviews	200	2.9%
Refusals	267	3.8
Unable to Interview -- (no answer, busy, answering machine, broken appointment, or the respondent was away on business, vacation, illness, etc.)	4780	68.3
Not a Durham County resident or not Hispanic/Spanish	819	11.7
Disconnect, Changed Number, Business, Fax, Modem	<u>932</u>	<u>13.3</u>
<b>TOTALS</b>	<b>6998</b>	<b>100%</b>



### Sampling Error

The Durham County, North Carolina Health Assessment Survey, like all surveys, is subject to sampling error due to the fact that all residents in the area were not interviewed. For those questions asked of five hundred (500) or so respondents, the error is +/-4.4%. For those questions where fewer than 500 persons responded, the sampling error can be calculated as follows:

$$\text{Sampling error} = \pm (1.96) \frac{\sqrt{P(1-P)}}{\sqrt{N}}$$

Where **P** is the percentage of responses in the answer category being evaluated and **N** is the total number of persons answering the particular question.

For example, suppose you had the following distribution of answers to the question, "Should the state spend more money on road repair even if that means higher taxes?" Assume 1,000 respondents answered the question as follows:

YES	- 47%
NO	- 48%
DON'T KNOW	- 5%

The sampling error for the "YES" percentage of 47% would be

$$\pm(1.96) \frac{\sqrt{(47)(53)}}{\sqrt{1,000}} = \pm 3.1\%;$$

for the "NO" percentage of 48% it would be

$$\pm(1.96) \frac{\sqrt{(48)(52)}}{\sqrt{1,000}} = \pm 3.1\%;$$

and for the "DON'T KNOW" percentage of 5% it would be

$$\pm(1.96) \frac{\sqrt{(5)(95)}}{\sqrt{1,000}} = \pm 1.4\%;$$

In this case we would expect the true population figures to be within the following ranges:

YES	43.9% - 50.1% (i.e., 47% +/-3.1%)
NO	44.9% - 51.1% (i.e., 48% +/-3.1%)
DON'T KNOW	3.6% - 6.4% (i.e., 5% +/-1.4%)

### Statistical Significance

A statistically significant difference means the differences are unlikely to have occurred by chance. The significance of a result is called its p-value; the smaller the p-value, the more significant the difference is. In this report p-values of .05 or less indicate statistical significance.

### Weighting

Because of known biases introduced when conducting telephone surveys, the Durham County adult sample data have been weighted to adjust for numbers of adults and telephone lines within households, respondent sex, and race. The Hispanic analysis has been conducted on a data set that has been weighted to adjust for the numbers of adults and telephone lines within households. In addition to potential sampling error, all surveys have other potential sources of non-sampling error including question order effects, question wording effects, and non-response.

## II. DEMOGRAPHIC PROFILE OF DURHAM COUNTY

*(Based on the General Adult Population Sample, n = 500)*

The General Adult Population Sample from this 2007 survey is similar on demographic parameters to the adult population of Durham County. Some differences of note, however, are that the sample population represents a higher proportion of adults who are 65 years and older, a slightly more educated and affluent population, and a higher percentage of married adults.

**Table 2.1**  
**Demographic Comparison of Survey Samples and 2000 Census**

	African American		Hispanic Over-Sample		Durham County Sample		Durham County
	2007	2003	2007	2003	2007	2003	2006 Census (ACS)
<b>Sex</b>							
Male	44%	44%	47%	50%	48%	53%	49%
Female	56%	56%	53%	50%	52%	47%	51%
<b>Age (Mean)</b>	50.3	42.5	33.8	31.2	51.1	42.1	NA
<b>Age</b>							
18 to 34	19%	40%	60%	72%	19%	24%	36%
35 to 44	20%	18%	23%	21%	19%	26%	22%
45 to 54	20%	20%	10%	6%	19%	19%	18%
55 to 64	24%	13%	6%	1%	22%	23%	12%
65 and older	17%	9%	2%	<1%	21%	8%	12%
<b>Household Income</b>							
Less than \$10,000	9%	8%	11%	42%	6%	7%	10%
\$10,000 to \$14,999	11%	6%	10%	17%	6%	4%	4%
\$15,000 to \$24,999	14%	19%	43%	14%	14%	13%	12%
\$25,000 to \$34,999	11%	20%	13%	11%	9%	12%	11%
\$35,000 to \$49,999	15%	21%	12%	6%	14%	16%	16%
\$50,000 to \$74,999	20%	13%	6%	6%	16%	19%	18%
\$75,000 or more	20%	13%	6%	4%	34%	29%	28%
<b>Education</b>							
Less than H.S. Graduate	10%	10%	57%	55%	11%	11%	15%
High School Graduate	18%	24%	26%	30%	17%	17%	21%
Tech. school/Some college	30%	31%	11%	9%	22%	25%	26%
College graduate	41%	35%	6%	6%	51%	47%	38%
<b>Marital Status</b>							
Married	41%	41%	57%	53%	54%	53%	44%
Divorced / Separated	31%	27%	9%	10%	26%	18%	20%
Never Married	27%	32%	34%	38%	20%	27%	36%
<b>Race</b>							
White	0%	0%	6%	5%	51%	53%	48%
African American	100%	100%	1%	0%	35%	35%	37%
Other	0%	0%	93%	95%	14%	12%	15%
<b>Hispanic Background</b>							
Hispanic	0%	0%	100%	100%	10%	10%	11%
Non Hispanic	100%	100%	0%	0%	90%	90%	89%

**Table 2.2**  
**Demographic Comparison Between Survey Samples**

	African American		Hispanic Over-Sample		Durham County Sample	
	2007	2003	2007	2003	2007	2003
<b>Years Lived in Durham</b>						
Less than 1 year	7%	8%	9%	9%	6%	8%
1 to 2 years	4%	6%	8%	20%	3%	6%
2 to 5 years	7%	15%	26%	40%	12%	21%
More than 5 years	83%	71%	58%	31%	80%	65%
<b>Region</b>						
North	23%	19%	19%	10%	26%	23%
Central	31%	44%	53%	64%	39%	43%
Southwest	26%	16%	12%	5%	20%	20%
Southeast	20%	21%	17%	21%	15%	14%
<b>Urban / Suburban</b>						
Urban	31%	44%	52%	64%	38%	43%
Suburban	69%	56%	48%	36%	62%	57%

- There is a very strong correlation between a person's level of education and their income. Two thirds of Durham County adults interviewed who have less than a high school education earn less than \$20,000 per year, while more than half of those residents with college degrees earn \$75,000 or more per year.

**Table 2.3**  
**Income by Education (2007)**

	Less than H.S.	H.S. Graduate	Tech. school/ Some college	College graduate
Less than \$20,000	66%	33%	24%	4%
\$20,000 to \$34,999	34%	37%	25%	8%
\$35,000 to \$49,999	0%	15%	15%	16%
\$50,000 to \$74,999	0%	7%	15%	21%
\$75,000 or more	0%	8%	21%	51%

- African Americans and other minorities living in Durham County have significantly lower levels of income compared to whites.

**Table 2.4**  
**Income by Race (2007)**

	African American	White	Other
Less than \$20,000	27%	9%	33%
\$20,000 to \$34,999	18%	14%	33%
\$35,000 to \$49,999	15%	14%	13%
\$50,000 to \$74,999	20%	17%	2%
\$75,000 or more	20%	47%	20%

- Adults who have lived in Durham County for 2-5 years report higher incomes than do those who have recently moved to Durham County. This trend changes for those who lived in Durham for longer than 5 years.

**Table 2.5**  
**Income by Years Lived in Durham (2007)**

	<b>Less than 1 yr.</b>	<b>1 to 2 yrs.</b>	<b>2 to 5 yrs.</b>	<b>More than 5 yrs.</b>
Less than \$20,000	50%	8%	12%	17%
\$20,000 to \$34,999	4%	8%	6%	21%
\$35,000 to \$49,999	12%	31%	20%	13%
\$50,000 to \$74,999	8%	31%	18%	15%
\$75,000 or more	27%	23%	43%	33%

- Residents who score low on physical and mental health scales (SF-12 PCS and SF-12 MCS – see page 14 for description of these scales) are significantly more likely to have lower household incomes. Likewise, Durham County adults who score high on both physical and mental health scales are more likely to be in the highest income level.

**Table 2.6**  
**Income by SF-12 PCS Scale (2007)**

	<b>Low (14 – 48.9)</b>		<b>Medium (48.9 – 55.3)</b>		<b>High (55.3 – 65.0)</b>	
	<b>2007</b>	<b>2003</b>	<b>2007</b>	<b>2003</b>	<b>2007</b>	<b>2003</b>
Less than \$20,000	24%	29%	18%	16%	5%	8%
\$20,000 to \$34,999	19%	22%	18%	19%	13%	19%
\$35,000 to \$49,999	13%	15%	18%	15%	12%	17%
\$50,000 to \$74,999	15%	18%	17%	21%	18%	17%
\$75,000 or more	29%	16%	28%	29%	52%	40%

**Table 2.7**  
**Income by SF-12 MCS Scale**

	<b>Low (12.0 – 49.0)</b>		<b>Medium (49 – 56.2)</b>		<b>High (56.2 – 68.0)</b>	
	<b>2007</b>	<b>2003</b>	<b>2007</b>	<b>2003</b>	<b>2007</b>	<b>2003</b>
Less than \$20,000	20%	27%	21%	12%	14%	14%
\$20,000 to \$34,999	27%	26%	12%	17%	16%	17%
\$35,000 to \$49,999	18%	14%	14%	18%	13%	14%
\$50,000 to \$74,999	12%	15%	22%	21%	14%	20%
\$75,000 or more	23%	19%	32%	31%	44%	35%

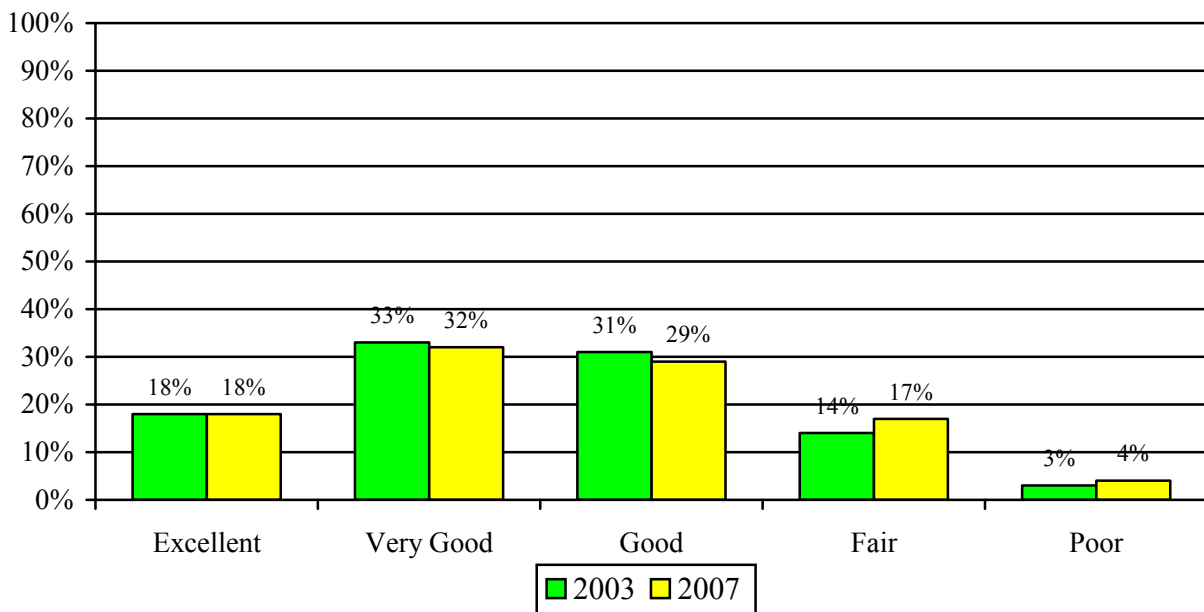
### III. CURRENT HEALTH

*(Based on the General Adult Population Sample, n = 500)*

#### *Health & Function*

- Seventy-nine percent of adults in Durham County rate their current health status as “excellent”, “very good” or “good”.

**Figure 3.1**  
Current Health Status



#### **Health Status Assessment by Selected Demographics (See Table 3.1)**

- Young adults are more likely than older adults to say their health status is good to excellent.
- People with higher levels of income and education report better health status.
- Durham County adults who are currently working for pay are more likely to say their health is good to excellent than those who are not working.
- Adults living in households with two or more children are healthier than those adults living in a household with no children.
- Adults living in households with no seniors are healthier than those living in a household with seniors.
- Divorced or separated adults are more likely to say their health is fair or poor compared with those who are married or who have never been married.
- A higher proportion of adults who are overweight report being in fair to poor health compared to adults whose BMI is in the recommended range of height for weight.
- Non-smokers are much more likely to say their health is good to excellent compared to smokers.

**Table 3.1**  
**Personal Health Status Assessment by Selected Demographics**

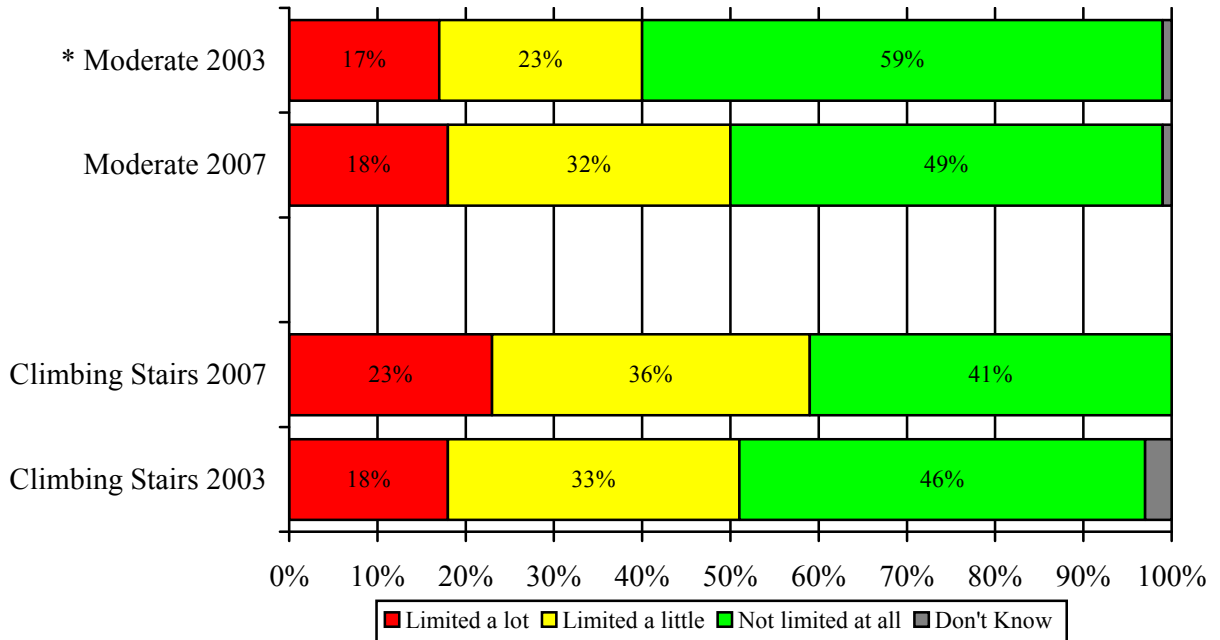
	Excellent to Good		Fair to Poor	
	2007	2003	2007	2003
<b>Overall</b>	79%	82%	21%	18%
<b>Sex</b>				
Male	80%	80%	20%	20%
Female	79%	85%	21%	15%
<b>Age</b>				
18 to 29	90%	84%	10%	16%
30 to 39	92%	84%	8%	17%
40 to 49	88%	89%	12%	11%
50 to 64	68%	80%	32%	20%
65 and older	70%	63%	30%	37%
<b>Race</b>				
African American	76%	80%	24%	20%
White	80%	86%	20%	14%
Other	83%	64%	17%	36%
<b>Household Income</b>				
Less than \$20,000	60%	58%	40%	42%
\$20,000 to \$34,999	76%	81%	24%	19%
\$35,000 to \$49,999	85%	86%	15%	14%
\$50,000 to \$74,999	83%	89%	17%	11%
\$75,000 or more	93%	94%	7%	6%
<b>Education</b>				
Less than H.S. Graduate	61%	52%	39%	48%
High School Graduate	67%	78%	33%	22%
Tech. school/Some college	79%	84%	21%	16%
College graduate	87%	91%	13%	9%
<b>Years Lived in Durham</b>				
Less than 1 year	91%	80%	9%	20%
1 to 2 years	79%	75%	21%	25%
2 to 5 years	88%	89%	12%	11%
More than 5 years	77%	72%	23%	18%
<b>Region</b>				
North	73%	81%	27%	19%
Central	82%	80%	18%	20%
Southwest	87%	91%	13%	9%
Southeast	73%	80%	27%	20%
<b>Urban / Suburban</b>				
Urban	82%	80%	18%	20%
Suburban	78%	84%	22%	16%
<b>Working for Pay</b>				
Yes	91%	88%	9%	12%
No	62%	67%	38%	33%
<b>Adults in Household</b>				
One	74%	58%	26%	42%
Two	82%	81%	18%	19%
Three or more	77%	86%	23%	14%

**Table 3.1 (Continued)**  
**Personal Health Status Assessment by Selected Demographics**

	Excellent to Good		Fair to Poor	
	2007	2003	2007	2003
<b>Children in Household</b>				
None	76%	82%	24%	18%
One	83%	87%	17%	13%
Two or more	92%	80%	8%	20%
<b>Marital Status</b>				
Married	84%	83%	16%	17%
Divorced / Separated	70%	77%	30%	23%
Never Married	80%	83%	20%	17%
<b>Own / Rent Home</b>				
Own	81%	84%	19%	16%
Rent	74%	80%	26%	20%
Other	69%	86%	31%	14%
<b>Body Mass Index</b>				
Underweight	92%	71%	8%	29%
Recommended range	87%	86%	13%	14%
Overweight	84%	87%	16%	13%
Obese	69%	72%	31%	28%
<b>Seniors in Household</b>				
Yes	71%	74%	29%	26%
No	83%	85%	17%	15%
<b>Active Church Member</b>				
Yes	79%	86%	21%	14%
No	79%	79%	21%	21%
<b>Health Coverage</b>				
Yes	79%	85%	21%	15%
No	79%	66%	21%	34%
<b>Drink</b>				
Yes	84%	83%	16%	17%
No	74%	82%	26%	18%
<b>Smoke</b>				
Yes	68%	68%	32%	32%
No	81%	86%	19%	14%

- Fifty percent (50%) of adults surveyed reported that their health limited them from doing moderate activities “a lot” or “a little” in the past week. Over half (59%) of those surveyed reported that their health has limited (“a lot” or “a little”) them from climbing stairs in the past week.
- These data represent a significant increase from 2003 to 2007 in the proportion of adults whose activities are limited by their health status.

**Figure 3.2**  
Health Limiting Certain Activities

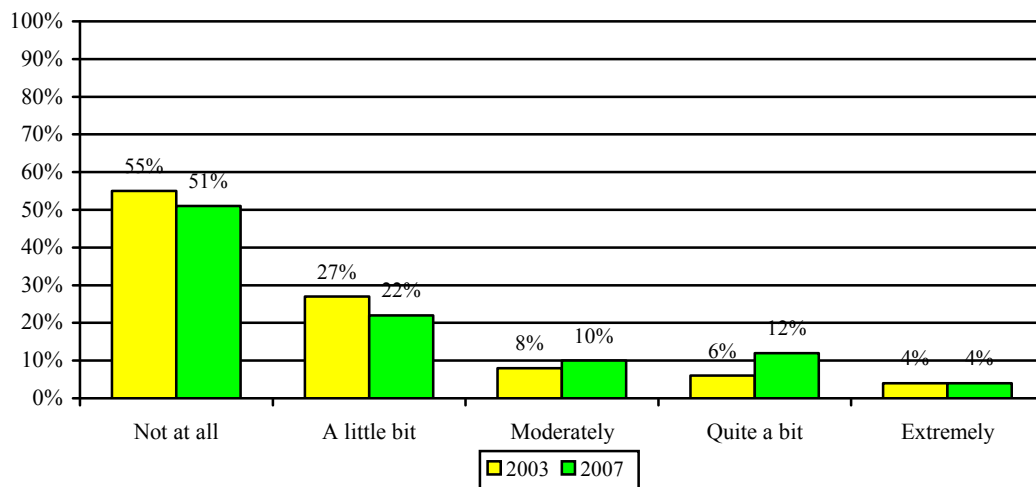




- In 2007, just under half (49%) of Durham County adults indicated that pain interfered with their normal work in the past four weeks, 26% reported that it interfered “moderately,” “quite a bit,” or “extremely.”
- There represents a statistically significant increase from what was reported in 2003.

**Figure 3.3**

**\* Frequency Pain Interfered with Normal Work in Past 4 Weeks**

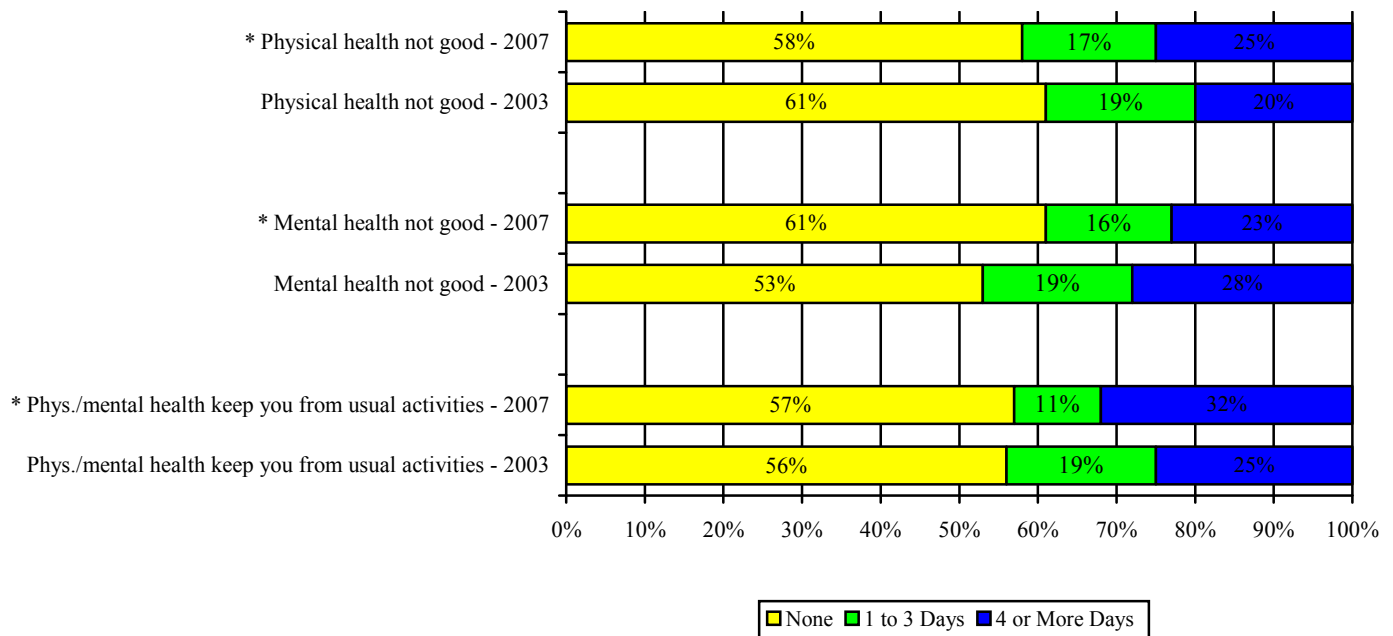


**Limitations Because of Physical or Mental Health**

- While most adults in Durham County in 2007 reported that they are in good health, two-fifths reported that their physical health had not been good in the past 30 days, that their mental health had not been good in the past 30 days, and/or that problems with their physical or mental health kept them from their usual activities in the past 30 days.
- There are significant increases between the 2003 and 2007 responses to these survey questions.

**Figure 3.4**

**Number of Times in the Past 30 Days:**



## Physical Health

### SF-12 Physical Component Summary (PCS)

The SF-12 scales are nationally recognized scales of physical health and mental health. Each scale is composed of responses to specific survey questions (physical: survey questions A8, A10 A11 – A15) (mental: survey questions A16 – A20). The SF-12 scale score summarized by this survey provides a generic measure of population health status. We provide data on two major components of the SF-12, the Physical Component Summary (PCS) and the Mental Component Summary (MCS). The advantage of using these scales to summarize the physical and mental health status of a population is that these scales have been transformed to have a mean of 50 and a standard deviation of 10 in the general U.S. population. Thus, all scores above 50 are above the national average and scores below 50 are below the national average. In Table 3.2, we provide a summary of the PCS national norms. Table 3.3 displays how different types of people in Durham County scored on the SF-12 Physical scale.

**Table 3.2**  
**U.S. SF-12 PCS Mean Score**

	<b>Mean SF-12 PCS</b>
<b>Durham County, NC 2007</b>	<b>47.0</b>
<b>Durham County, NC 2003</b>	<b>49.5</b>
General U.S. Population	50.1
General U.S. Population: Male	51.2
General U.S. Population: Female	49.1
General U.S. Population: 18 – 34	53.3
General U.S. Population: 35 – 44	52.2
General U.S. Population: 45 – 54	49.7
General U.S. Population: 55 – 64	46.6
General U.S. Population: 65 – 74	43.7
General U.S. Population: 75+	38.7

Source: SF-12: How to Score the SF-12, Ware, Kosinski, Keller, 1995.

There are several demographic differences in Durham County in SF-12 PCS scores, both between demographic groups and compared to the U.S. averages. Table 3.3 displays SF-12 PCS scores for selected demographic groups within Durham County. Differences of more than 5% from the national norm of 50 should be paid particular attention. Important differences include:

- SF-12 PCS scores for Durham County residents were lower across all age categories when compared to those of the general U.S. population. Older adults had lower SF-12 PCS scores than younger adults.
- Adults with lower levels of income had lower SF-12 PCS scores compared to those with higher levels of income.
- Adults with lower levels of education had lower SF-12 physical health scores than did people with a college degree (or graduate degree).
- Divorced/Separated adults had lower SF-12 PCS scores compared to those who were married or had never married.
- Durham County residents in the “obese” Body Mass Index (BMI) category had lower SF-12 PCS scores than did those residents whose BMI was in the “overweight”, “recommended range”, and “underweight” categories.
- Adults living in households with seniors had lower SF-12 physical health scores than those in households with no seniors.
- Durham County adults who smoke scored lower on the SF-12 PCS scale than did non-smokers.

**Table 3.3**  
**Mean SF-12 PCS by Selected Demographics**

	SF-12 Physical - 2007	SF-12 Physical - 2003
<b>Sex</b>		
Male	47.9	50.4
Female	46.1	48.7
<b>Age</b>		
18 to 34	52.3	51.3
35 to 44	49.8	51.9
45 to 54	46.9	50.0
55 to 64	45.7	44.2
65 to 74	42.1	43.7
75 and older	36.6	38.0
<b>Race</b>		
African American	46.5	48.8
White	47.0	50.2
Other	47.5	49.5
<b>Household Income</b>		
Less than \$20,000	42.1	44.0
\$20,000 to \$34,999	45.0	50.3
\$35,000 to \$49,999	50.1	48.5
\$50,000 to \$74,999	48.0	49.8
\$75,000 or more	50.3	52.8
<b>Education</b>		
Less than H.S. Graduate	42.9	43.1
High School Graduate	42.9	49.1
Tech. school/Some college	46.9	48.8
College graduate	49.0	51.4
<b>Adults in Household</b>		
One	45.7	50.0
Two	47.8	51.3
Three or more	46.5	50.7
<b>Marital Status</b>		
Married	47.8	49.7
Divorced / Separated	43.2	46.8
Never Married	49.4	50.7
<b>Body Mass Index</b>		
Underweight	49.5	47.9
Recommended range	49.3	50.9
Overweight	48.5	50.3
Obese	43.3	46.5
<b>Seniors in Household</b>		
Yes	42.6	44.9
No	49.6	50.8
<b>Drink Alcohol</b>		
Yes	48.7	50.3
No	45.1	48.5
<b>Smoke</b>		
Yes	44.9	45.0
No	47.3	50.4

## Mental Health

### SF-12 Mental Component Summary (MCS)

The SF-12 Mental Component Summary scale (MCS) summarizes the mental health status of a population. The SF-12 MCS scale, like the SF-12 PCS scale, has been transformed to have a mean of 50 for the U.S. population and a standard deviation of 10. Table 3.4 summarizes national SF-12 MCS scores.

**Table 3.4**  
**U.S. SF-12 MCS Mean Score**

	<b>Mean SF-12 MCS</b>
<b>Durham County, NC - 2007</b>	<b>52.7</b>
<b>Durham County, NC - 2003</b>	<b>50.9</b>
General U.S. Population	50.0
General U.S. Population: Male	50.7
General U.S. Population: Female	49.4
General U.S. Population: 18 – 34	49.2
General U.S. Population: 35 – 44	50.1
General U.S. Population: 45 – 54	50.5
General U.S. Population: 55 – 64	50.6
General U.S. Population: 65 – 74	52.1
General U.S. Population: 75+	50.1

Source: SF-12: How to Score the SF-12, Ware, Kosinski, Keller, 1995.

Table 3.5 displays SF-12 MCS scores for selected demographic groups in Durham County.

- Durham County adults had higher SF-12 MCS scores compared to the U.S. general population.
- Older adults had higher SF-12 MCS scores than younger adults.
- Higher income was related to higher SF-12 MCS scores.
- Durham County adults with a college degree (or graduate degree) had a higher SF-12 MCS scores than did adults with lower levels of education.
- Durham County adults who are not currently working had lower SF-12 MCS scores than did those who are currently working for pay.
- Active church members had higher SF-12 MCS scores than those who were not active members of a church.
- Durham County adults who smoke had significantly lower SF-12 mental health scores than did non-smokers.

**Table 3.5**  
**Mean SF-12 MCS Scores by Selected Demographics**

	SF-12 Mental - 2007	SF-12 Mental - 2003
<b>Sex</b>		
Male	53.3	50.8
Female	52.0	51.1
<b>Age</b>		
18 to 34	50.4	49.5
35 to 44	53.1	51.3
45 to 54	51.8	51.4
55 to 64	52.8	52.7
65 to 74	54.7	54.4
75 and older	55.5	49.0
<b>Race</b>		
African American	52.0	51.1
White	53.0	51.1
Other	52.6	49.4
<b>Household Income</b>		
Less than \$20,000	51.6	48.1
\$20,000 to \$34,999	49.1	48.8
\$35,000 to \$49,999	50.6	51.8
\$50,000 to \$74,999	53.2	52.9
\$75,000 or more	55.2	52.7
<b>Education</b>		
Less than H.S. Graduate	50.8	47.5
High School Graduate	50.4	50.1
Tech. school/Some college	52.3	51.8
College graduate	53.8	51.6
<b>Working for Pay</b>		
Yes	53.4	51.4
No	51.4	45.0
<b>Own / Rent Home</b>		
Own	53.5	52.1
Rent	50.5	49.3
Other	50.2	52.7
<b>Body Mass Index</b>		
Underweight	47.0	49.0
Recommended range	54.4	52.4
Overweight	51.8	50.2
Obese	52.2	50.2
<b>Seniors in Household</b>		
Yes	53.0	52.1
No	52.6	50.6
<b>Active Church Member</b>		
Yes	53.3	52.4
No	51.8	49.4
<b>Smoke</b>		
Yes	44.5	48.1
No	54.0	51.5

## Well-Being

A “well-being” scale was constructed from seven specific survey questions (survey questions A1 - A7). This scale is designed to assess a person’s sense of personal health and well-being.

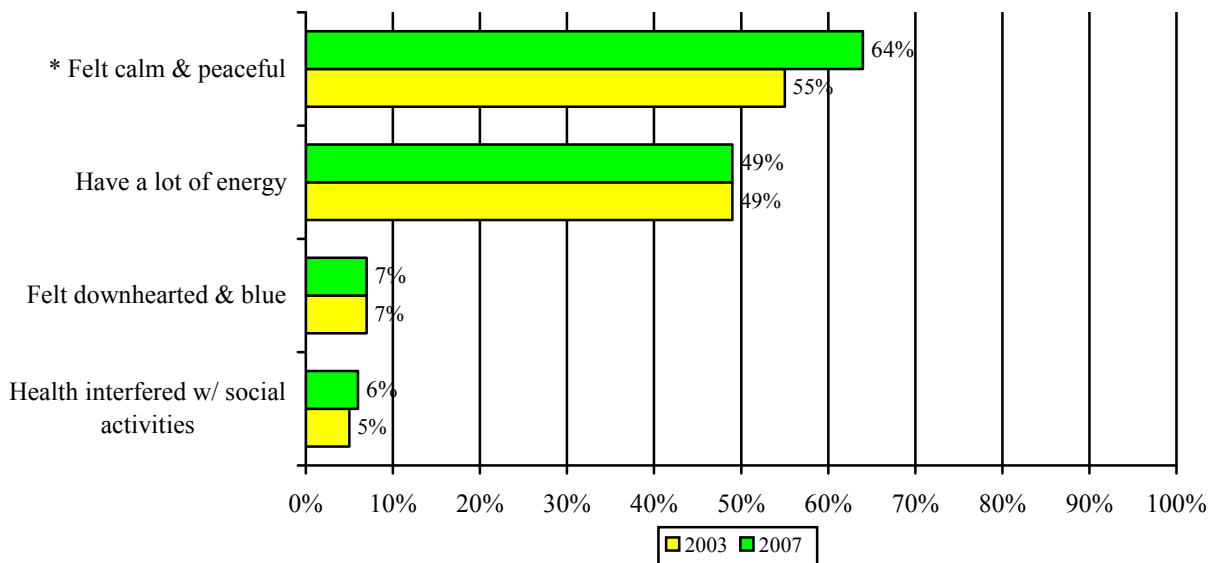
- Durham County adults reported being significantly happier in 2007 than in 2003. Generally speaking, this finding is consistent across most demographic indicators reported in the table below.
- Whites and other minorities rate their well-being significantly lower than do African Americans.

**Table 3.6**  
**Well-Being Scale by Selected Demographics**

	Low		Medium		High	
	2007	2003	2007	2003	2007	2003
<b>* Overall</b>	29%	33%	31%	35%	40%	31%
<b>Sex</b>						
Male	28%	39%	31%	32%	42%	29%
Female	31%	29%	31%	38%	38%	33%
<b>Race</b>						
African American	21%	20%	34%	33%	45%	47%
White	35%	39%	33%	38%	31%	22%
Other	31%	45%	15%	34%	54%	21%
<b>Body Mass Index</b>						
Underweight (BMI < 18.5)	25%	35%	42%	48%	33%	17%
Recommended Range (18.5 – 24.9)	27%	31%	36%	38%	37%	32%
Overweight (24.9 – 29.9)	32%	36%	31%	33%	37%	31%
Obese (BMI > 29.9)	30%	35%	22%	33%	48%	32%
<b>Household Income</b>						
Less than \$20,000	23%	28%	23%	38%	53%	35%
\$20,000 to \$34,999	36%	33%	33%	30%	31%	37%
\$35,000 to \$49,999	27%	32%	35%	40%	38%	29%
\$50,000 to \$74,999	24%	36%	34%	31%	42%	33%
\$75,000 or more	26%	27%	37%	39%	37%	35%
<b>Education</b>						
Less than H.S. Graduate	19%	37%	30%	31%	51%	32%
High School Graduate	45%	31%	17%	41%	38%	28%
Tech. school / Some college	26%	30%	39%	31%	35%	40%
College graduate	28%	36%	32%	38%	40%	27%
<b>SF-12 Physical Health Summary Scale</b>						
Low (14 – 48.9)	30%	35%	31%	38%	39%	27%
Medium (48.9 – 55.3)	31%	36%	29%	39%	40%	25%
High (55.3 – 65)	24%	27%	34%	33%	42%	39%
<b>SF-12 Mental Health Summary Scale</b>						
Low (12 – 49)	45%	44%	31%	36%	24%	21%
Medium (49 – 56.2)	34%	36%	29%	40%	37%	25%
High (56.2 – 68)	17%	19%	33%	34%	50%	47%

- Very few Durham County adults reported that in the past four weeks they have either felt downhearted and blue or their health has interfered with social activities all of the time or most of the time.
- There is a significant increase in feelings of calm and peacefulness between 2003 and 2007.

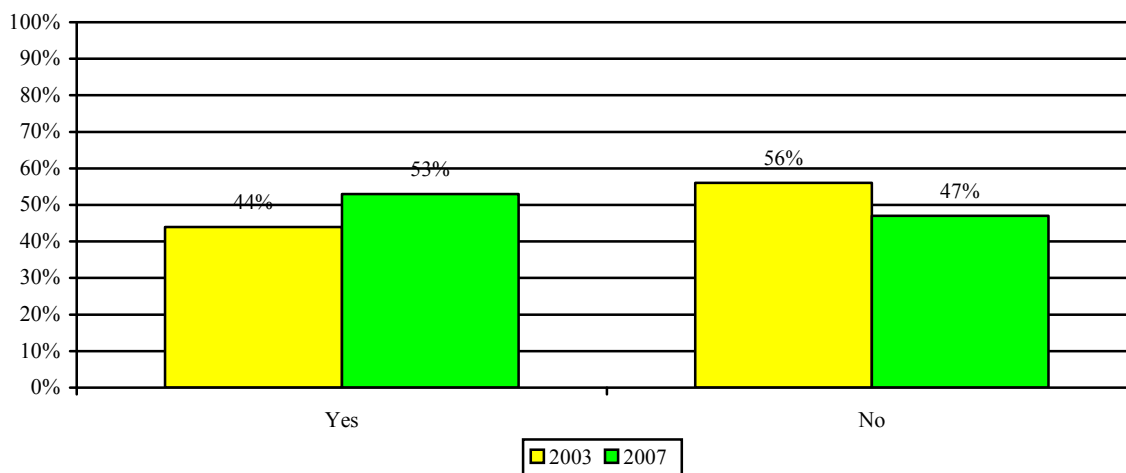
**Figure 3.5**  
**In the Past 4 Weeks:**  
 (Percent “All of the time” & “Most of the time”)



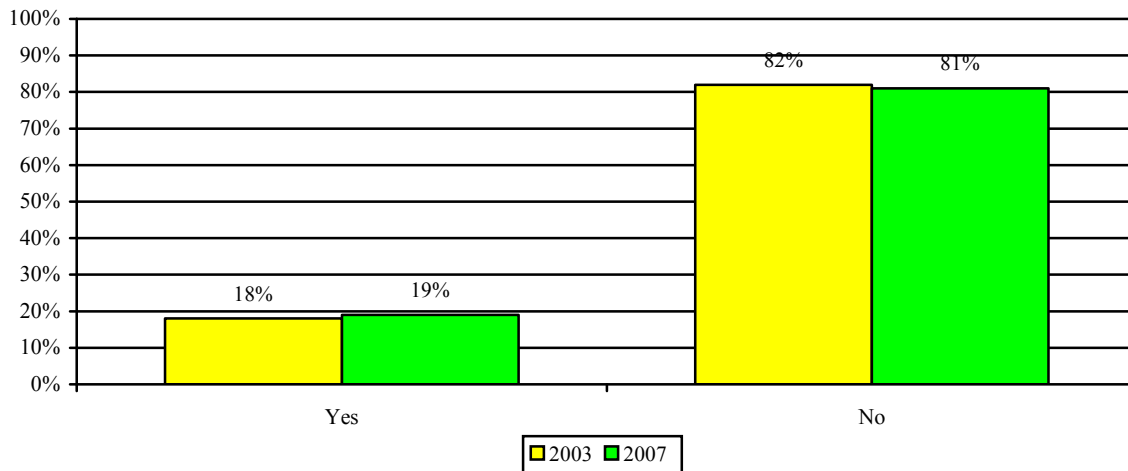
**Disease**

- Fifty-three percent of Durham County adults in 2007 reported having a problem for which they have taken prescription medication for at least three consecutive months.
- This is a significant increase compared to the survey results of 2003.

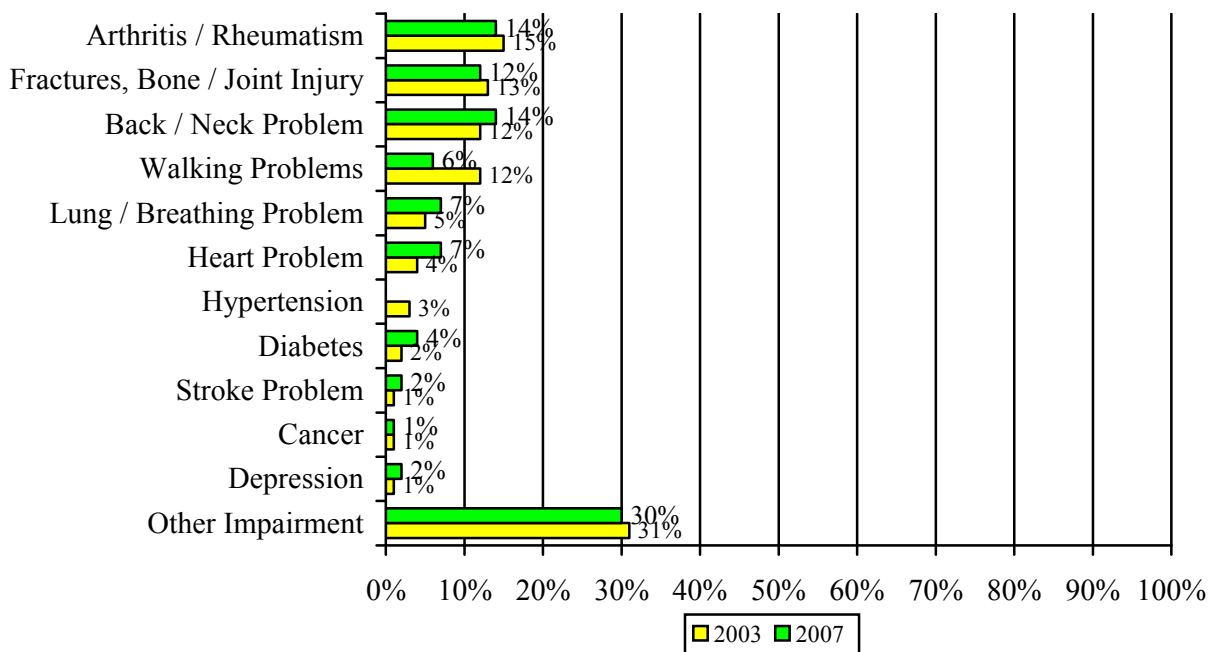
**Figure 3.6**  
 \* Have a Problem for Which You Have Taken Prescription Medication for at Least 3 Months in a Row



**Figure 3.7**  
 Delay or Not Get Prescription Filled or Refilled  
 That Was Prescribed for You In the Last 12 Months



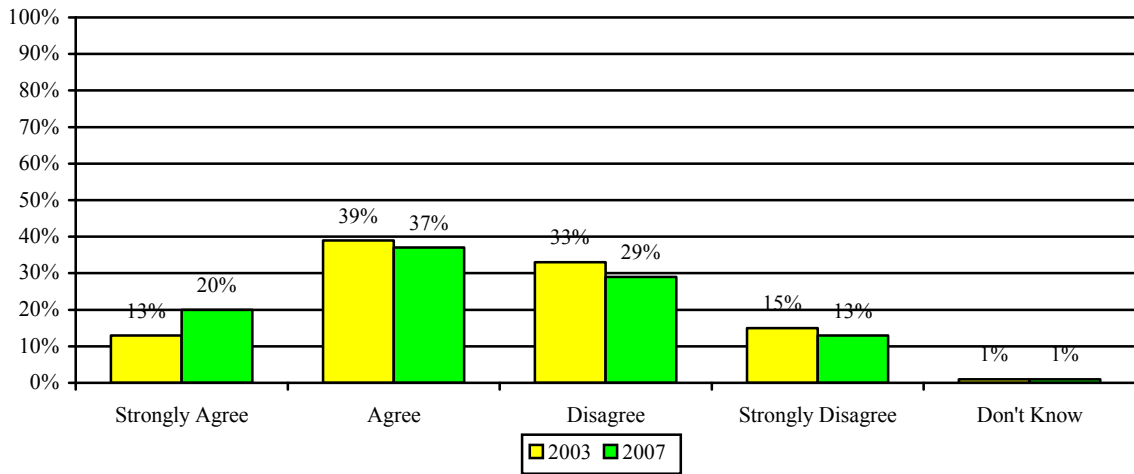
**Figure 3.8**  
 Major Impairment / Health Problem  
 (Of the 29% who said “Yes” They Are Limited in Their Activities:  
 See Tabular Results)





- Over half (57%) of Durham County residents in 2007 either “agreed” or “strongly agreed” that they depend on a doctor to stay in good health.
- There is a significant difference between 2003 and 2007.

**Figure 3.9**  
**\* Depend on Doctor to Stay in Good Health**



#### IV. HEALTH RISKS

*(Based on the General Adult Population Sample, n = 500)*

This chapter details health risks in Durham County. When possible, survey results are compared with targets set by Healthy People 2010 Leading Health Indicators (U.S. Department of Health and Human Services).

##### **Weight**

An individual's weight, either being underweight or overweight, has been shown to have a significant impact on health. Respondents' Body Mass Index (BMI) was determined based on their reported height and weight, and calculated as weight in kilograms (kg) divided by the square of height in meters (m<sup>2</sup>) (BMI = weight [kg] / height [m<sup>2</sup>]). Only 32% of Durham County residents fall within the recommended range, 36% are overweight and 29% are obese.

- While there is not a statistically significant difference for BMI between 2003 and 2007, the increase in obesity is approaching significance (p=.079).

**Figure 4.1**  
Body Mass Index (BMI)

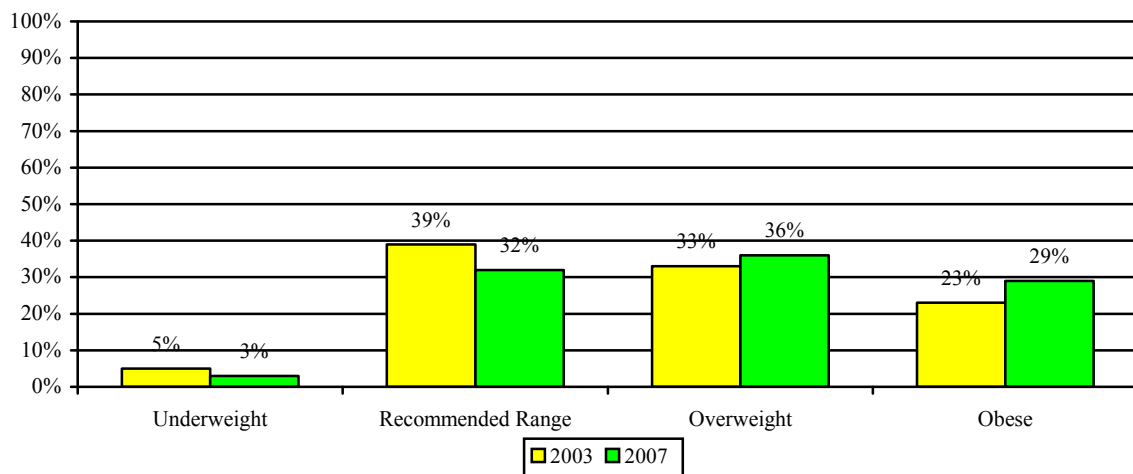


Table 4.1 displays the percentage of selected demographic groups in each BMI range and Table 4.2 displays BMI for different health and lifestyle groups.

- African Americans, people with lower levels of income and education, people aged 45 to 54, and people who have been divorced are most likely to be obese.
- Most people in all BMI categories say they participate in either a moderate or vigorous physical activity in a usual week.

**Table 4.1**  
**BMI by Selected Demographics**

	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Sex</b>				
Male	2%	29%	40%	29%
Female	3%	35%	32%	30%
<b>Age</b>				
18 to 34	5%	33%	43%	19%
35 to 44	1%	39%	30%	30%
45 to 54	1%	30%	30%	39%
55 to 64	3%	24%	40%	33%
65 to 74	2%	28%	38%	32%
75 and older	0%	42%	36%	22%
<b>Race</b>				
African American	1%	24%	33%	42%
White	3%	40%	36%	21%
Other	3%	23%	44%	31%
<b>Household Income</b>				
Less than \$20,000	0%	24%	31%	45%
\$20,000 to \$34,999	2%	26%	30%	43%
\$35,000 to \$49,999	6%	21%	49%	24%
\$50,000 to \$74,999	2%	31%	31%	36%
\$75,000 or more	0%	46%	36%	18%
<b>Education</b>				
Less than H.S. Graduate	4%	20%	38%	38%
High School Graduate	3%	20%	29%	48%
Tech. school/Some college	0%	27%	42%	32%
College graduate	3%	41%	36%	20%
<b>Marital Status</b>				
Married	2%	33%	37%	29%
Divorced / Separated	3%	30%	29%	38%
Never Married	3%	34%	44%	20%
<b>Years Lived in Durham County</b>				
Less than 1 year	3%	44%	34%	19%
1 to 2 years	8%	54%	23%	15%
2 to 5 years	5%	27%	46%	22%
More than 5 years	2%	31%	35%	33%

**Table 4.2**  
**BMI by Health & Lifestyle**

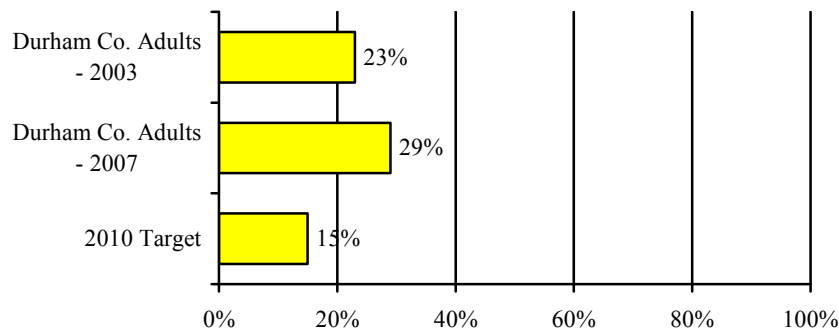
	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Participate in Moderate Physical Activities in Usual Week</b>				
Yes	83%	94%	88%	81%
No	17%	6%	12%	19%
<b>Days Per Week Participate in Moderate Activity for at least 10 Minutes</b>				
Less than twice a week	9%	4%	4%	3%
Twice a week	9%	7%	10%	8%
Three times a week	18%	15%	19%	28%
Four times a week	0%	17%	12%	11%
5 or more times a week	55%	57%	56%	50%
Don't know / Not sure	9%	1%	1%	0%
<b>Amount of Time Usually Keep at Moderate Activity</b>				
Half-hour or less	56%	49%	50%	51%
31 min. to an hour	22%	33%	27%	33%
More than an hour	22%	18%	23%	16%
Don't know / Not sure	0%	0%	0%	0%
<b>Participate in Vigorous Physical Activities in Usual Week</b>				
Yes	62%	60%	53%	43%
No	38%	40%	47%	57%
<b>Days Per Week Participate in Vigorous Activity for at least 10 Minutes</b>				
Less than twice a week	43%	10%	5%	21%
Twice a week	14%	24%	26%	31%
Three times a week	0%	30%	31%	22%
Four times a week	0%	12%	10%	9%
5 or more times a week	43%	24%	28%	17%
Don't know / Not sure	0%	0%	0%	0%
<b>Amount of Time Usually Keep at Vigorous Activity</b>				
Half-hour or less	33%	49%	41%	38%
31 min. to an hour	33%	37%	36%	41%
More than an hour	34%	14%	23%	21%
Don't know / Not sure	0%	0%	0%	0%
<b>Do You Smoke Cigarettes</b>				
Every day	33%	9%	10%	11%
Some days	8%	5%	4%	5%
Not at all	58%	86%	86%	84%
<b>Average Number of Cigarettes a Day</b>				
Less than a pack a day	80%	71%	52%	71%
Pack a day or more	20%	29%	48%	29%
<b>At Least One Drink of Alcohol in Past Month</b>				
Yes	54%	54%	61%	39%
No	46%	46%	39%	61%
<b>Days Per Week / Month Usually Drink Alcoholic Beverages</b>				
None	54%	47%	39%	62%
1 to 3 times a month	23%	18%	25%	23%
2 to 3 times a week	15%	21%	24%	12%
4 or more times a week	8%	14%	10%	4%
Don't know / Not sure	0%	0%	2%	0%

**Table 4.2 (Continued)**  
**BMI by Health and Lifestyle**

	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Number of Drinks on Average on Days You Drink</b>				
Non-drinker	46%	46%	39%	62%
One drink	31%	27%	29%	17%
Two drinks	0%	18%	18%	9%
3 or more drinks	23%	9%	9%	13%
Don't know / Not sure	0%	0%	5%	0%
<b>Number of Times with 5 or More Drinks on an Occasion in Last Month</b>				
Non-drinker	50%	46%	39%	62%
No Times	17%	44%	47%	29%
1 or more times	33%	10%	12%	8%
Don't know / Not sure	0%	0%	2%	0%
<b>Driven After Too Much to Drink in Past Month</b>				
Non-drinker	46%	46%	39%	62%
No times	46%	52%	60%	38%
One or more times	8%	1%	1%	0%
<b>Ridden with Driver Who Has Had Too Much to Drink in Past Month</b>				
None	100%	98%	98%	97%
One time	0%	1%	0%	2%
Two times	0%	1%	2%	0%
Three or more times	0%	0%	0%	1%
<b>Ever Received Counseling / Treatment for Substance Abuse Problem</b>				
Yes	0%	1%	7%	4%
No	100%	99%	93%	96%
<b>Any Close Family Member Received Treatment for Substance Abuse Problem</b>				
Yes	15%	12%	12%	11%
No	77%	88%	87%	89%
Don't know / Not sure	8%	0%	1%	0%

- Currently, 29% (up from 23% in 2003) of the Durham County adult population is obese. The Healthy People 2010 target is to reduce obesity to 15% of adults.
- The difference between 2003 and 2007 is approaching significance ( $p = .079$ ).

**Figure 4.2**  
Obesity

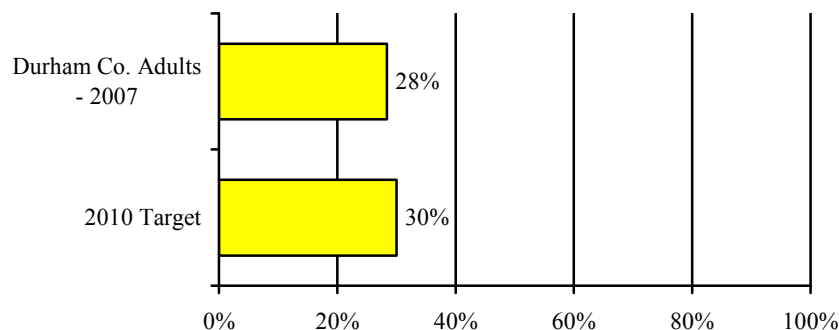


- In adults, obesity is defined as a BMI of 30 kg/m<sup>2</sup> or more; overweight is a BMI of 25 kg/m<sup>2</sup> or more.
- In the 2003 report, results were reported as overweight and obese while the 2010 Target is for obese only.

### **Exercise**

- Just over one-quarter (28%) of Durham County adults said they participate in regular, vigorous physical activity. The Healthy People 2010 target is 30% of adults participating in regular vigorous physical activity by 2010.

**Figure 4.3**  
Participation in Regular Vigorous Physical Activity  
(Vigorous activity was not measured in 2003)

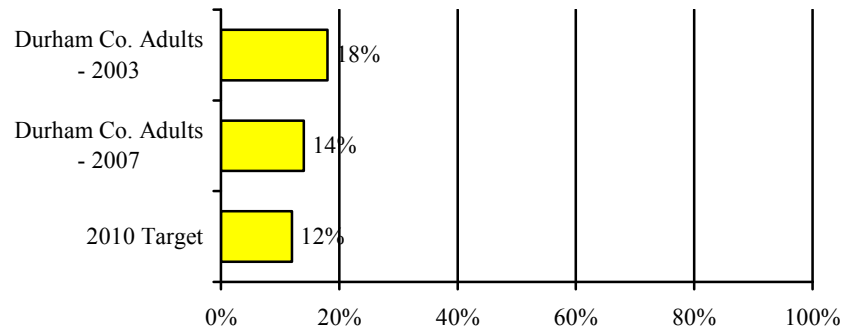


- The definition of participation in regular physical activity is engaging in 20 minutes or more of vigorous physical activity 3 or more days a week.
- Regular moderate activity was displayed in the 2003 report. Due to changes in the 2010 target as well as question wording, vigorous activity was used in 2007.

## Smoking

- Fourteen percent of the adults in Durham County smoke cigarettes. The Healthy People 2010 target is to reduce smoking to 12%.

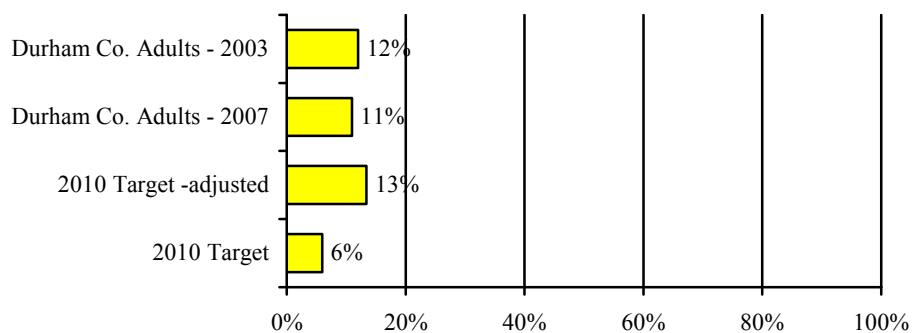
**Figure 4.4**  
Cigarette Smoking



## Alcohol

- Eleven percent of Durham County adults reported binge drinking (five or more drinks on one occasion) in the past month. The Healthy People 2010 target for binge drinking is 6%.

**Figure 4.5**  
Alcohol Abuse – Binge Drinking



- The Healthy People 2010 target was adjusted in 2005 from 6 percent to 13.4 percent.

**V. COMMUNITY HEALTH RISKS**  
*(Based on the General Adult Population Sample, n = 500)*

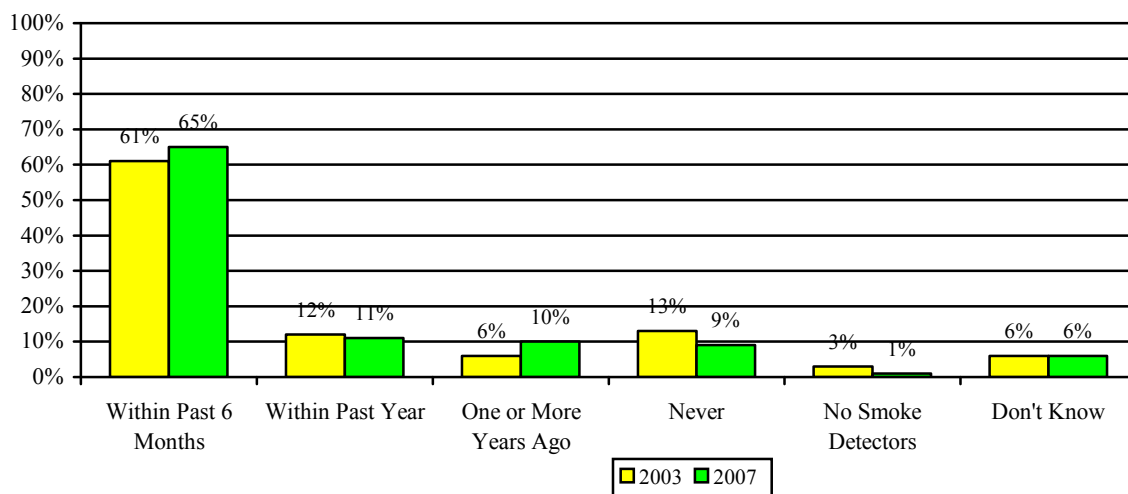
Community health risks can be assessed on three different levels - risk based on individual behaviors, risk based on the social environment, and risk based on the physical environment.

**Household Risks**

Survey respondents were asked several questions about household health risks such as testing smoke detectors in their homes and possession of firearms.

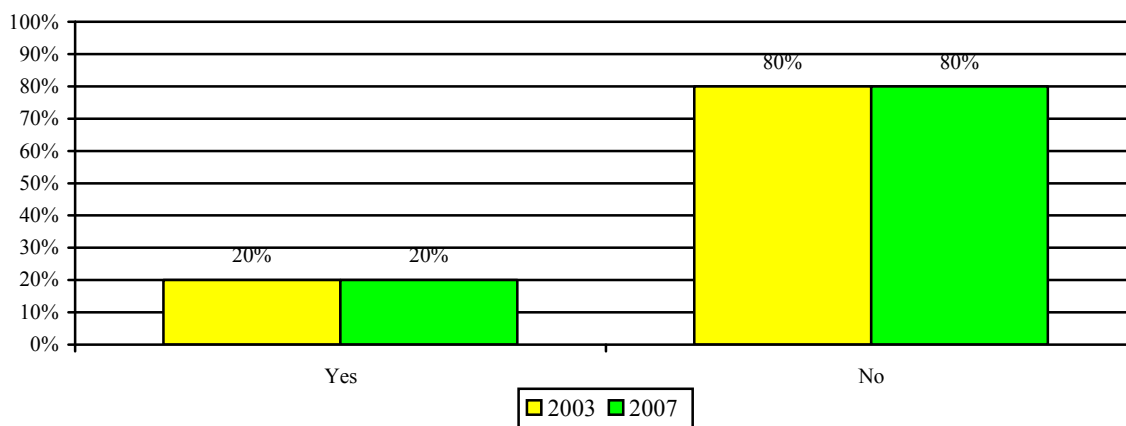
- In 2007, sixty-five percent of Durham County residents have tested their smoke detector within the last six months.
- This is a statistically significant increase from 2003 to 2007.

**Figure 5.1**  
 \* Most Recent Smoke detector Test



- Eight-out-of-ten residents (80%) say they do not keep firearms in their home.
- Of the 20% that keep firearms in their home, 33% have firearms in their home for hunting or sport and 44% keep them in their home for protection reasons.
- Of the 20% that keep firearms in their home, 20% have firearms in their home that are loaded and unlocked.

**Figure 5.2**  
 Firearms

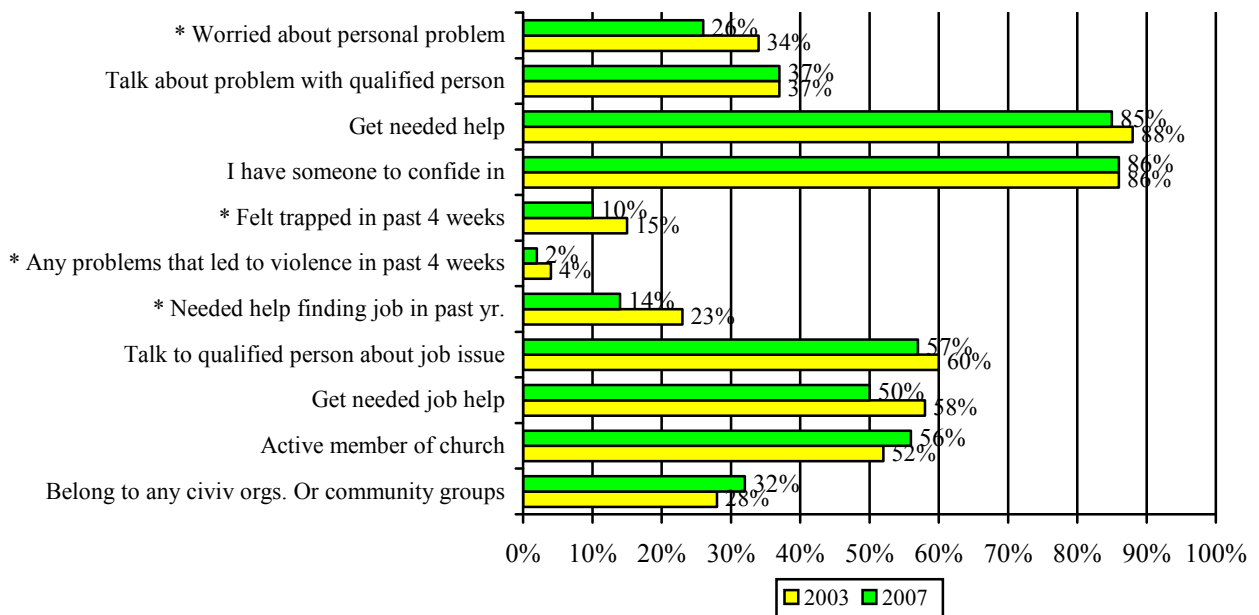




**Social Environment**

- One-quarter of Durham County adults say they have worried about a personal problem of their own or of a family member living with them during the past year.
  - This is a statistically significant decrease from 2003 when 34% said they worried.
- Eighty-six percent of Durham County adults say they have someone to confide in or talk to about themselves or their problems.
- Few people reported feeling trapped (10%) and even fewer (2%) reported that their household has experienced violent situations, such as someone being threatened, hit, or pushed in recent weeks.
  - These are both significant declines from 2003.
- In the past year, 14% of adults say they needed help finding a job or deciding what kind of job would be best. Of these people, most (57%) said they talked to a qualified person about the issue, and most (50%) believe they got the help they needed.
  - This is a significant decline from 2003.

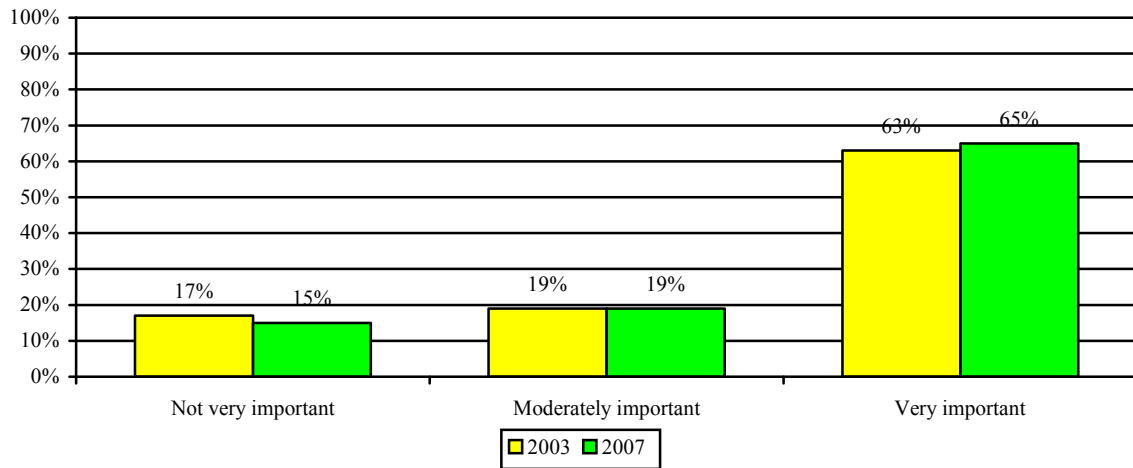
**Figure 5.3**  
**Social Environment**  
 (Percent “Yes”)



**Social / Religious Organizational Membership**

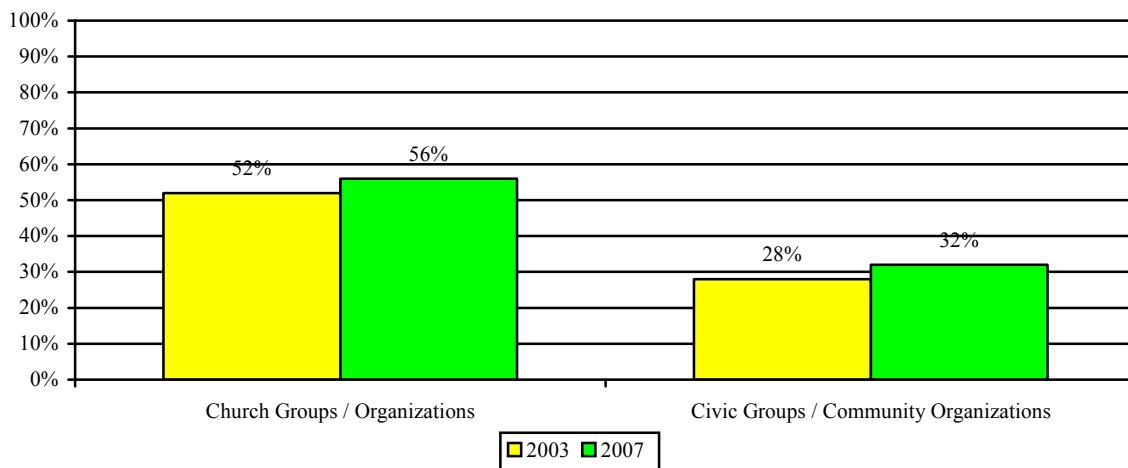
- As mentioned above, active church members have higher SF-12 MCS scores compared to non-members. A community health strength in Durham County is that almost two-thirds of adults say that religion is very important in their lives.

**Figure 5.4**  
Importance of Religion



- More than half of Durham adults (56%) say they are members of a church group or other church organization.
- One-third (32%) are members of a civic group or community organization.

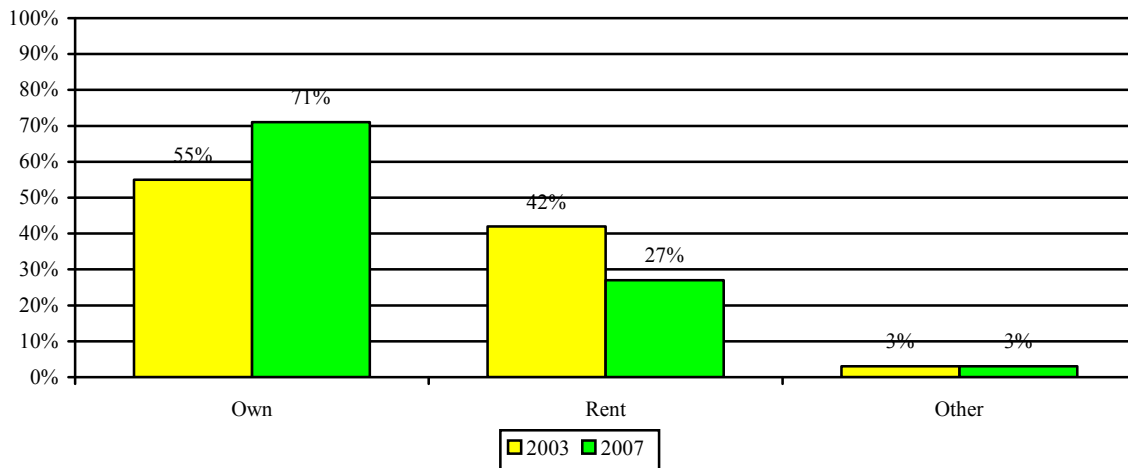
**Figure 5.5**  
Active Member of Groups  
(Percent “Yes”)



**Physical Environment**

- Nearly three-quarters (71%) of Durham County adults say they own their residence.
- This is significantly higher than reported in 2003 (55%) and is higher than the statewide percentage of homeowners – 69% according to the 2000 U.S. Census.

**Figure 5.6**  
\* Own or Rent Residence



- Durham County has relatively expensive housing costs – more than half of adults pay \$1,000 or more per month for housing.
- There is a significant difference between housing costs in 2003 compared to 2007.

**Table 5.2**  
\* Per Month Housing Cost

	2007	2003
Less than \$500	18%	12%
\$500 to \$799	14%	21%
\$800 to \$999	11%	16%
\$1000 to \$1499	28%	30%
\$1500 to \$1999	12%	12%
\$2000 or more	18%	9%

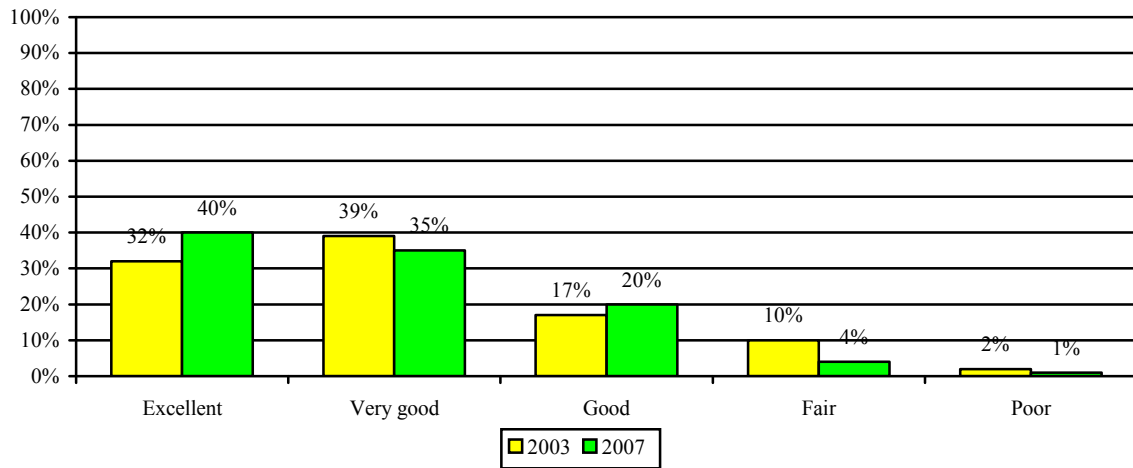
- Durham County adults who earn more are significantly more likely to be paying more than \$1,000 per month.

**Table 5.2a**  
\* Per Month Housing Cost by Income – 2007

	Less than \$20,000	\$20,000 to \$34,999	\$35,000 to \$49,999	\$50,000 to \$74,999	\$75,000 or more
Less than \$1,000	65%	71%	52%	25%	15%
\$1000 or more	35%	29%	48%	75%	85%

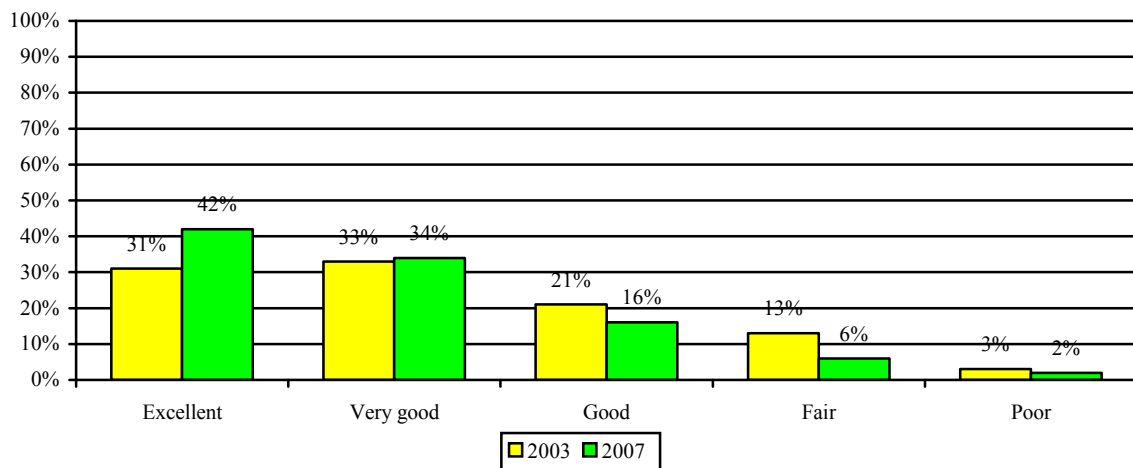
- While they may pay a lot for housing, Durham residents are quite satisfied with where they live – 40% rate their place of residence as “excellent” and 35% rate it as “very good”. Only 5% rate their place of residence as “fair” or “poor.”
- This is a significant difference from 2003.

**Figure 5.7**  
\* Rating of Place of Residence



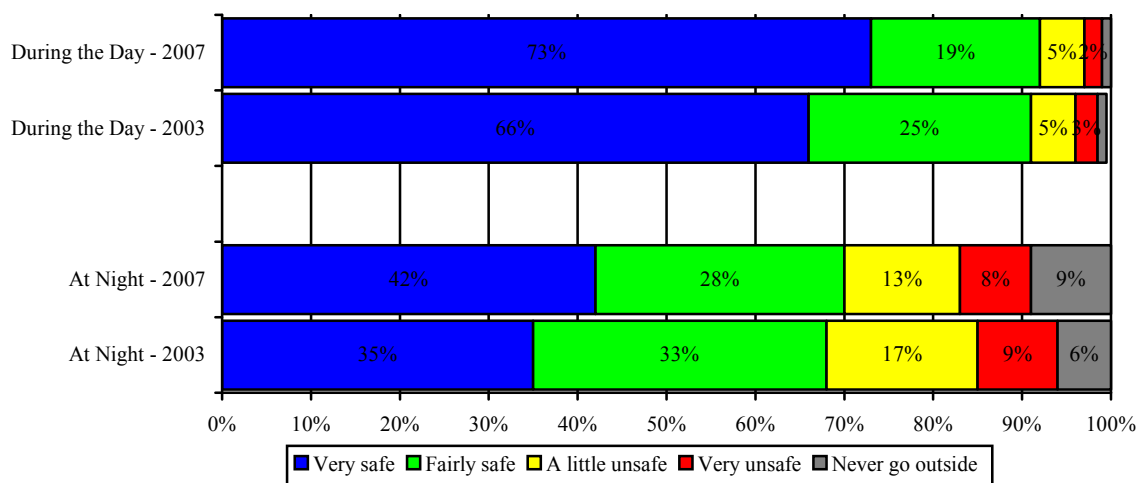
- Similarly, over three-quarters of Durham County residents (76%) in 2007 rate their neighborhoods as “excellent” or “very good” places to live.
- This is a statistically significant increase from.

**Figure 5.8**  
\* Rating of Neighborhood as Place to Live



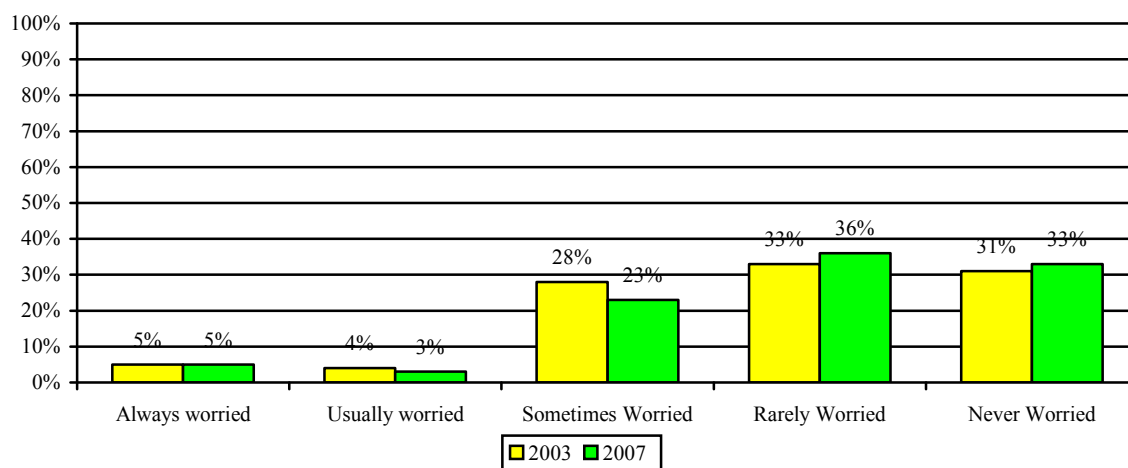
- The level of neighborhood involvement in Durham County is growing. Fifty-eight percent (50% in 2003) say that people in their neighborhood tend to help each other out, 35% (47% in 2003) say people tend to keep to themselves, and 7% weren't sure (3% in 2003).
  - This is a significant change from 2003 to 2007.
- Durham County residents feel their neighborhoods are fairly safe during the day but much less so at night. Ninety-one percent feel either "very safe" or "fairly safe" walking in their neighborhood during the day while only two-thirds (68%) feel "very safe" or "fairly safe" walking in their neighborhood at night.
  - There is a significant increase in feelings of safety both during the day and at night between 2003 and 2007.

**Figure 5.9**  
\* Feel safe Walking in Neighborhood



- Sixty-nine percent of Durham County residents are "rarely worried" or "never worried" about being a victim of violent crime in their daily lives, while 23% are "sometimes worried."

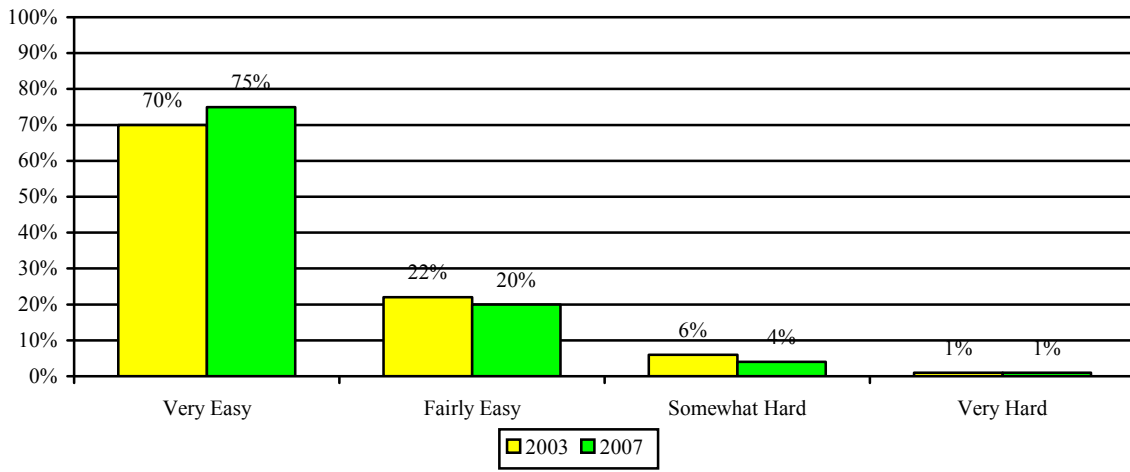
**Figure 5.10**  
Worried About Being Victim of Violent Crime



**Transportation**

- More than nine-in-ten (94%) Durham County adults either own a car or live with someone who owns a car.
- Most adults in Durham County think that it is “very easy” to get around. Only 5% say that is “somewhat” or “very hard” to get around.

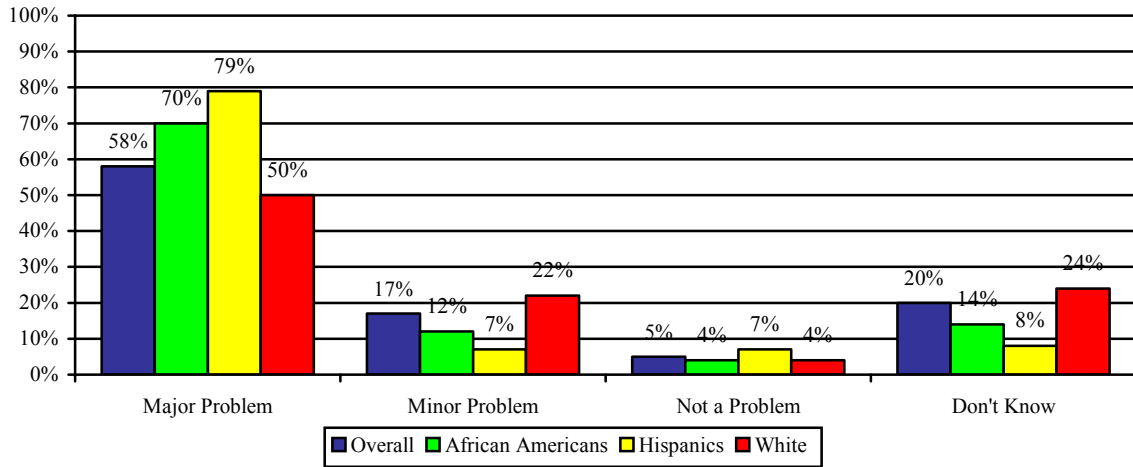
**Figure 5.11**  
Ease / Difficulty of Getting Around



**Sexually Transmitted Diseases**

The majority of Durham County adults (57%) believe HIV and other sexually transmitted diseases are a major problem in Durham, 18 percent believe they are a minor problem, 5 percent say they are not a problem, and 21 percent don't know if HIV/STDs are a problem.

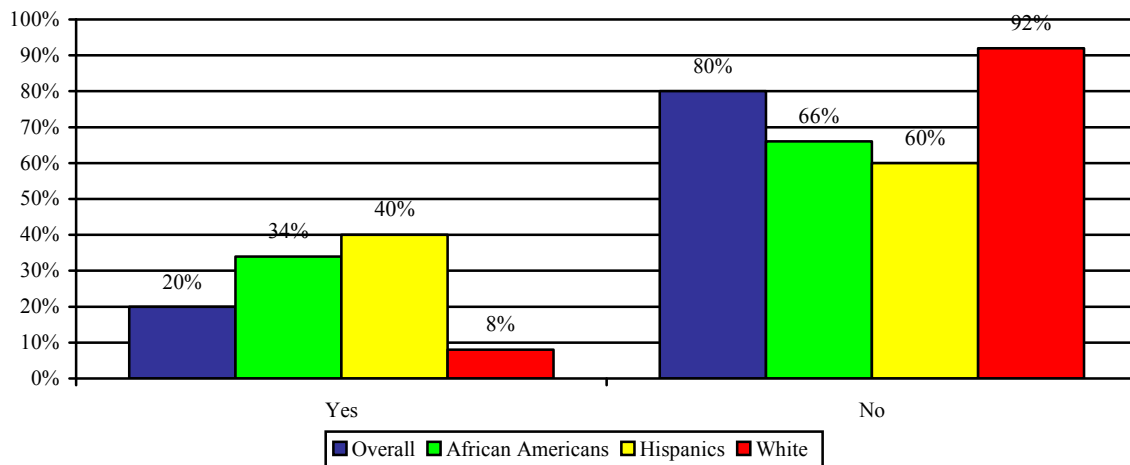
**Figure 5.12**  
HIV/STD Problem in Durham (2007)



The vast majority of respondents (80%) have not talked with a doctor or health care provider about getting tested for HIV or other sexually transmitted diseases in the last year. However, three quarters (73%) said they would go to their doctor if they were going to be tested.

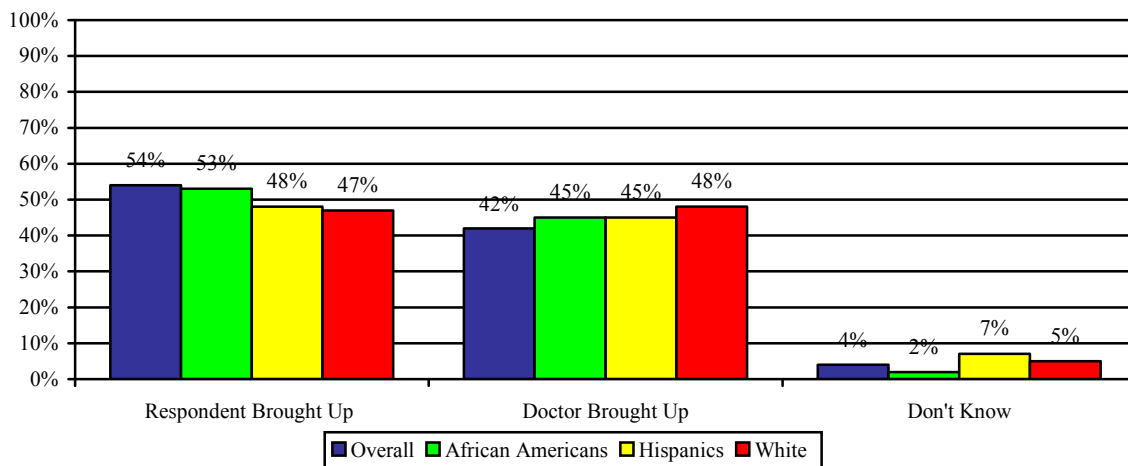
- African Americans, Hispanics, young adults, low income residents, those who have never been married, new residents (1 year or less), and those who smoke are significantly more likely to have discussed testing with a health care provider.

**Figure 5.13a**  
HIV/STD: Talked About Testing Last Year (2007)



Of those who have spoken to a health care provider, the majority (54%) say they brought it up and 41% say their doctor did, and 4% don't know.

**Figure 5.13b**  
HIV/STD: Who Talked About Testing Last Year (2007)





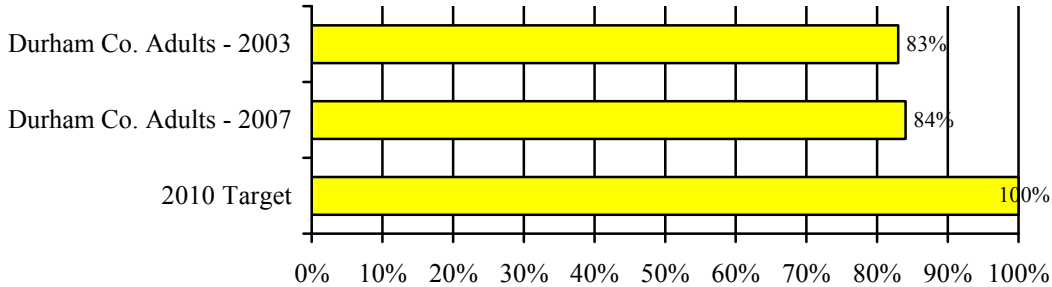
## VI. HEALTH CARE SYSTEM

*(Based on the General Adult Population Sample, n = 500)*

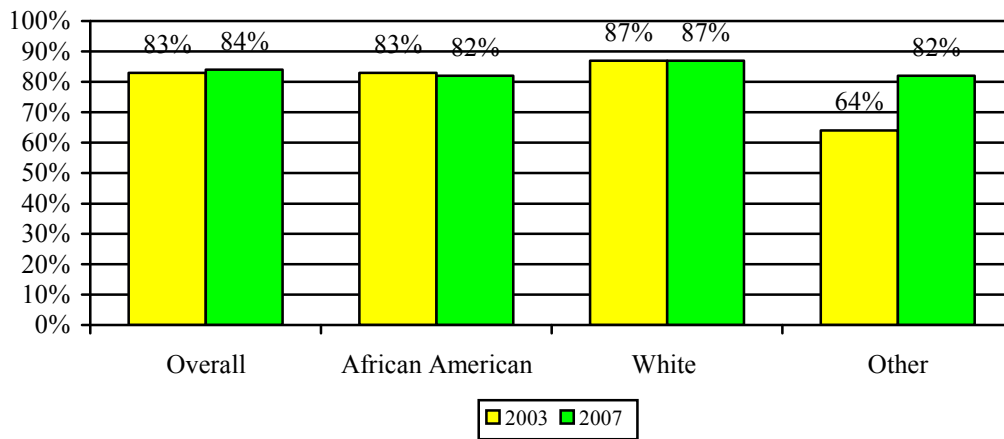
### Access to Health Care

Most Durham County residents report that they have good access to the local health care system. Eighty-four percent of Durham County adults say they have access to health care. The Healthy People 2010 target is for every adult to have access to health care.

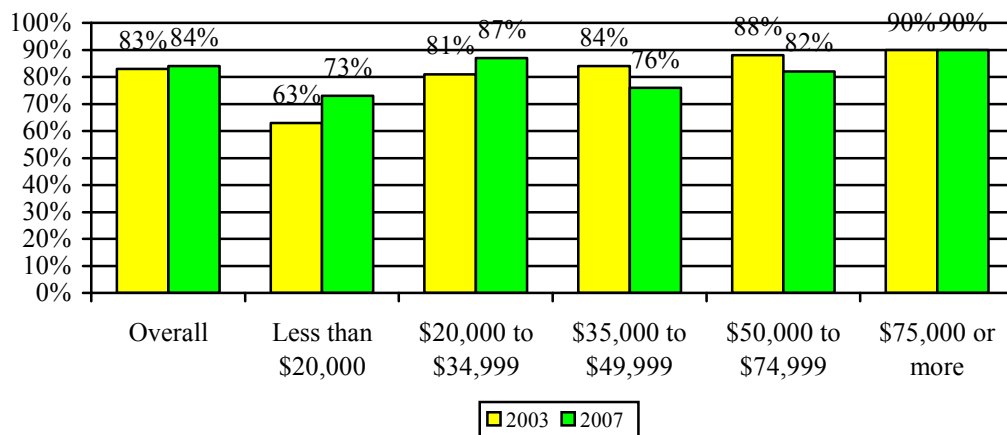
**Figure 6.1**  
Access to Health Care



**Figure 6.2a**  
Adults with Access to Health Care by Race

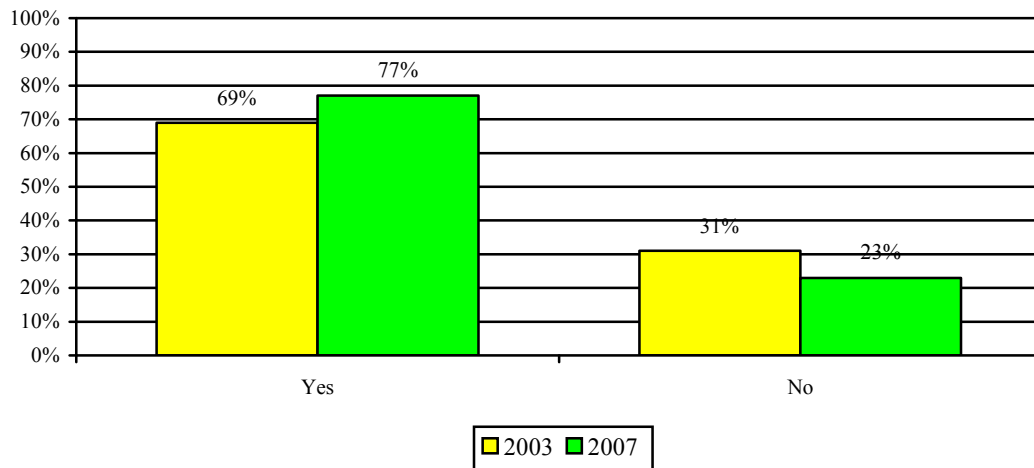


**Figure 6.2b**  
Adults with Access to Health Care by Income



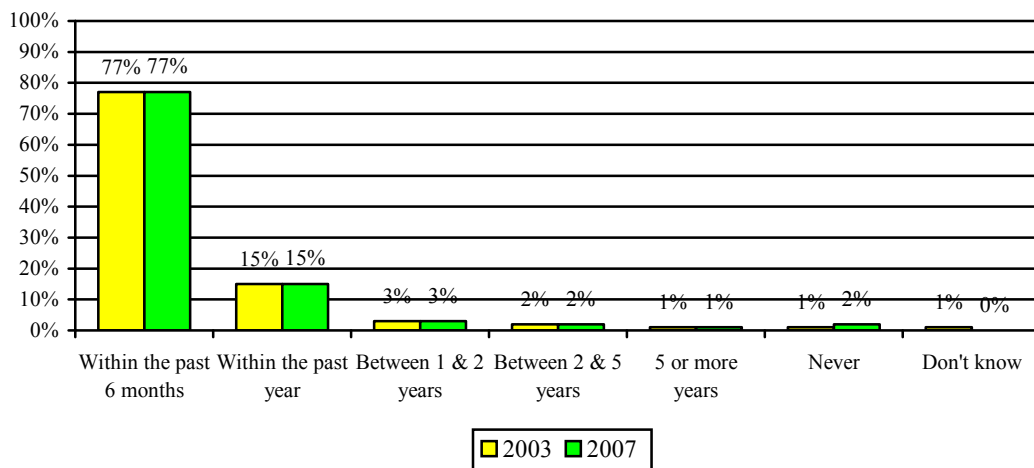
- Over three-quarters (77%) of Durham County adults say that they have personal doctor, nurse, or other health care professional who knows them.
- This is a significant increase from 2003.

**Figure 6.3**  
\* Personal Doctor or Nurse



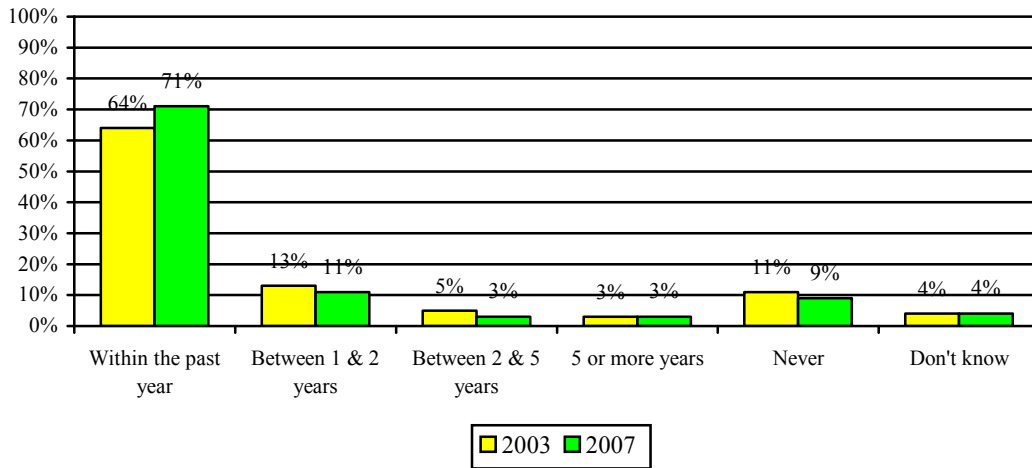
- Three-quarters (77%) of Durham County adults say they have had their blood pressure taken by a doctor, nurse, or other health professional within the past 6 months.

**Figure 6.4**  
Last Time Blood Pressure Taken



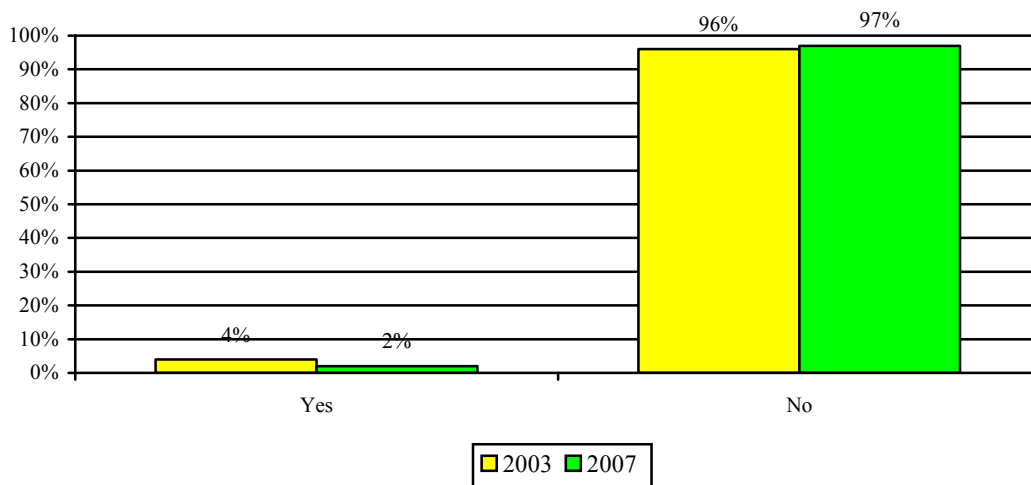
- Over two-thirds of Durham County adults (71%) say they have had their cholesterol checked within the last year.

**Figure 6.5**  
Last Time Blood Cholesterol Tested



- Very few people said they or a family member needed treatment for a substance abuse problem but were unable to get it in the last 12 months.

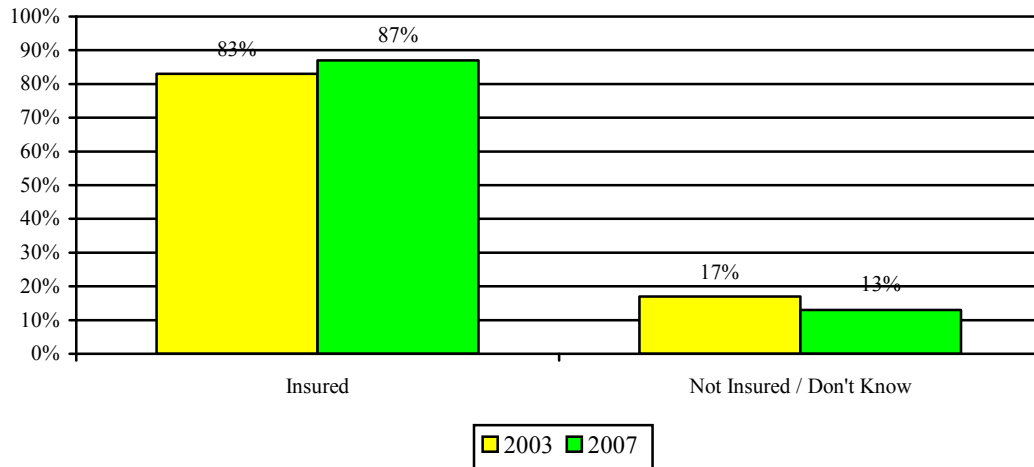
**Figure 6.6**  
Has Any Household Member Needed Treatment for Substance Abuse Problem in Last 12 Months but Could not Get it



**Health Insurance**

- A high percentage of Durham County adults, 13%, said they do not have health insurance.
- Young adults, Hispanics, people with lower levels of income, people with lower levels of education, renters, smokers, and people who have recently moved to Durham County are least likely to have health insurance.

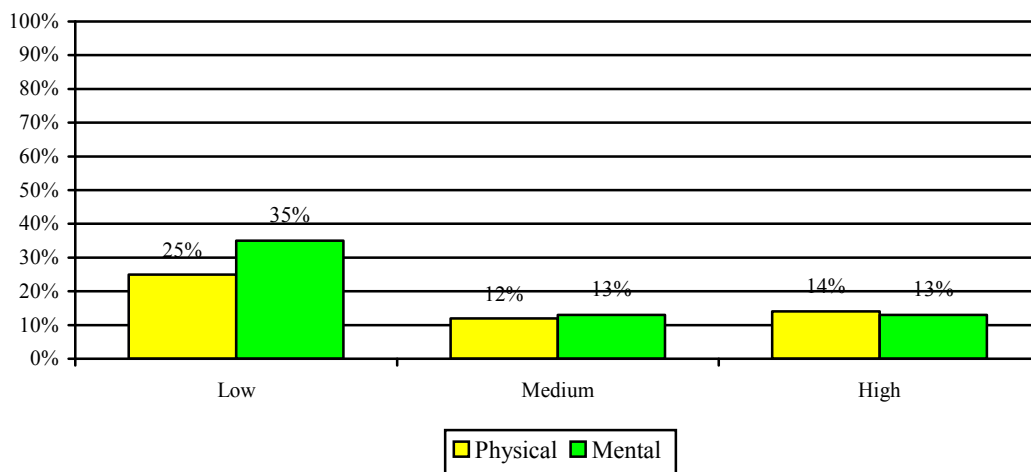
**Figure 6.7**  
Current Health Insurance Status



**Use of the Durham County Health Care System**

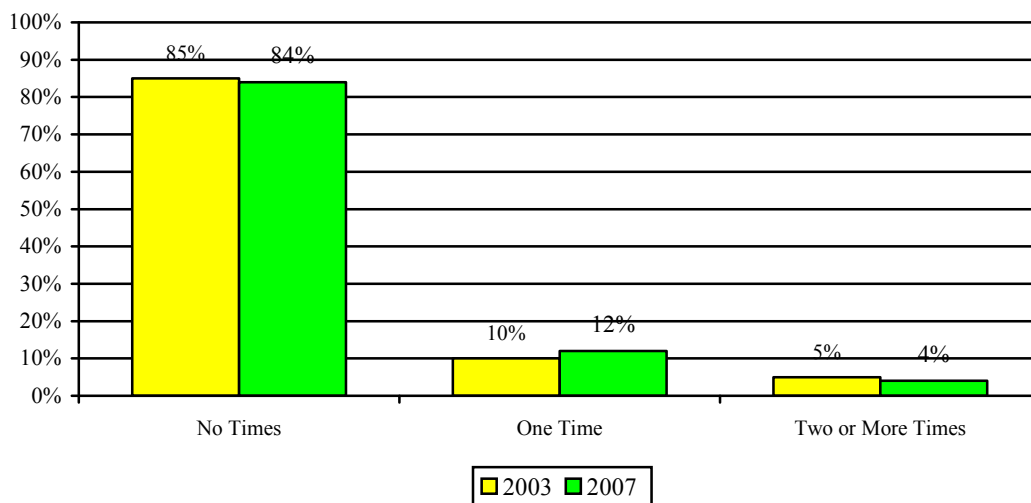
- Of the Durham County residents who reported taking prescription medication, 80% reported that they had not delayed getting a prescription filled or refilled in the past six months. However, a higher proportion of residents who scored low on the SF-12 PCS and SF-12 MCS scales were more likely to have delayed getting a prescription filled (Approaching significance,  $p = .056$ ) compared to those whose scores were higher.
- The main reasons reported for not getting prescriptions filled were not being able to afford the prescription or having no insurance.

**Figure 6.8**  
 Delayed in Getting Prescription Filled in Past 6 Months  
 (2007 Percent “Yes”)



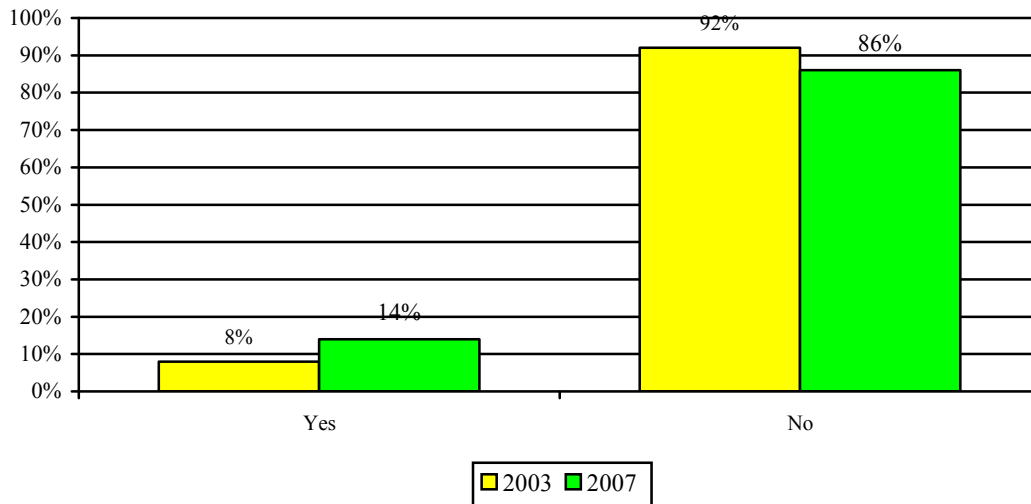
- One of the most expensive types of health care is the hospital emergency room. Sixteen percent of Durham county residents say they have used the hospital emergency room one or more times in the past year.
- Durham County residents with low SF-12 PCS and SF-12 MCS scores were more likely to have gone to the emergency room for their own care in the past year than were those with higher scores.

**Figure 6.9**  
 Emergency Room Visits in Past 6 Months



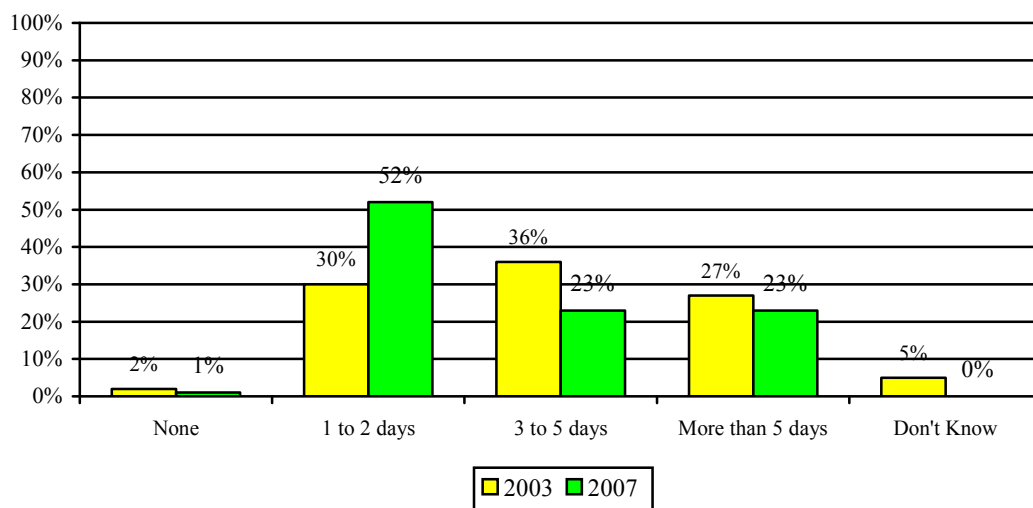
- Fourteen percent of adults report having been a patient in a hospital overnight or longer in the last 12 months.
- This is a significant increase from 2003 to 2007.

**Figure 6.10**  
 \* Patient Overnight or Longer in Hospital in Past 12 Months



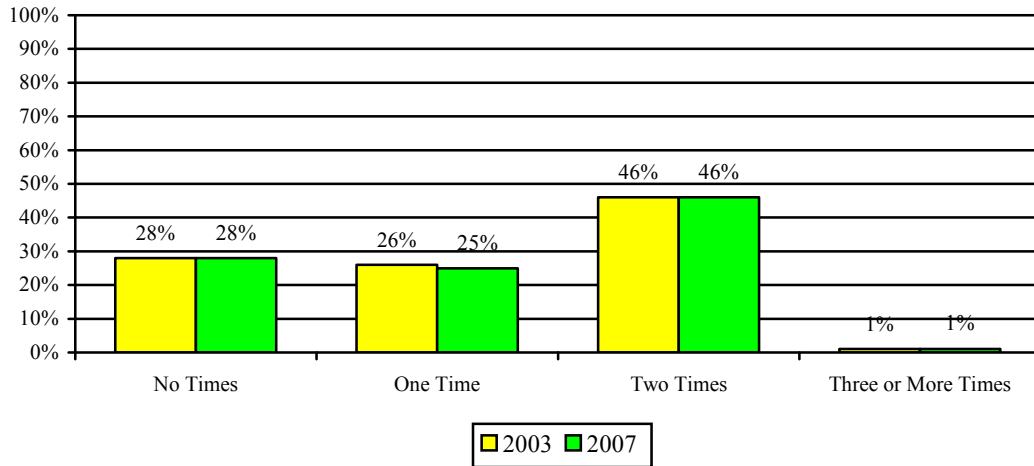
- While Durham County adults are increasing their overnight stays in the hospital, the length of time in the hospital is decreasing.
- The difference between 2003 and 2007 is approaching significance (p = .083).

**Figure 6.11**  
 Length of Time Spent in Hospital



- Not including emergency room visits, three-quarters of Durham adults (72%) went to a doctor’s office or clinic in the last six months.

**Figure 6.12**  
**Frequency of Medical Visits in Last 6 Months**



- Not including insurance premiums, 30% of Durham County adults spend over \$100 a month out of their own pocket in medical costs and medicines.

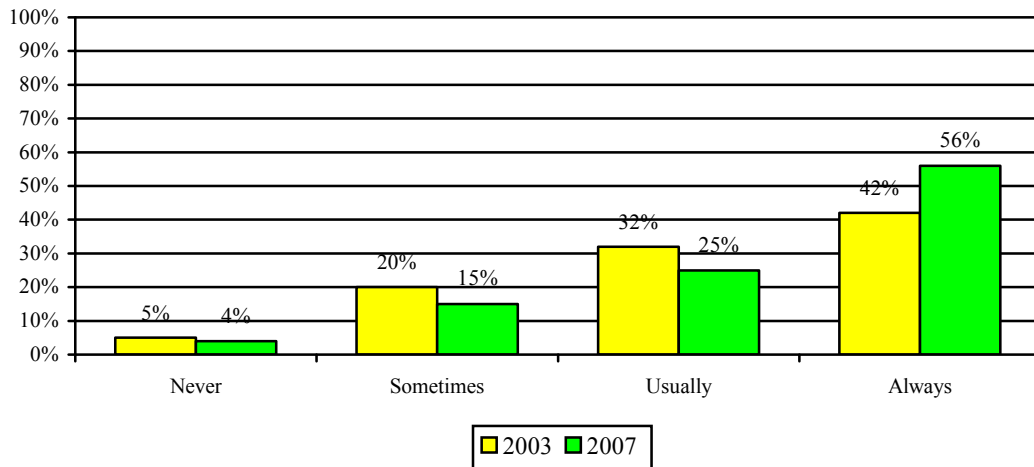
**Figure 6.13**  
**Monthly Medical Expenses**



**Satisfaction with Health Care**

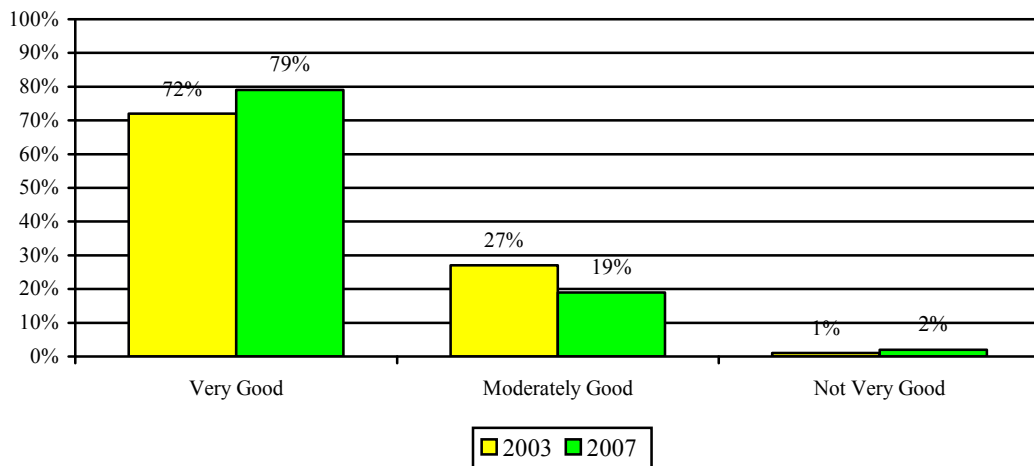
- Durham County residents feel as though their doctor or medical professional spends enough time with them when they see him or her. Four-fifths (81%) feel as though their doctor or medical professional “usually” or “always” spends enough time with them when they see that person.
- This is a significant increase from 2003.

**Figure 6.14**  
\* Frequency Doctor or Medical Professional Spent Enough Time with You



- Residents of Durham County reported that the overall quality of their health care was “very good.”
- This is a significant increase from 2003.

**Figure 6.15**  
\* Overall Rating of Health Care

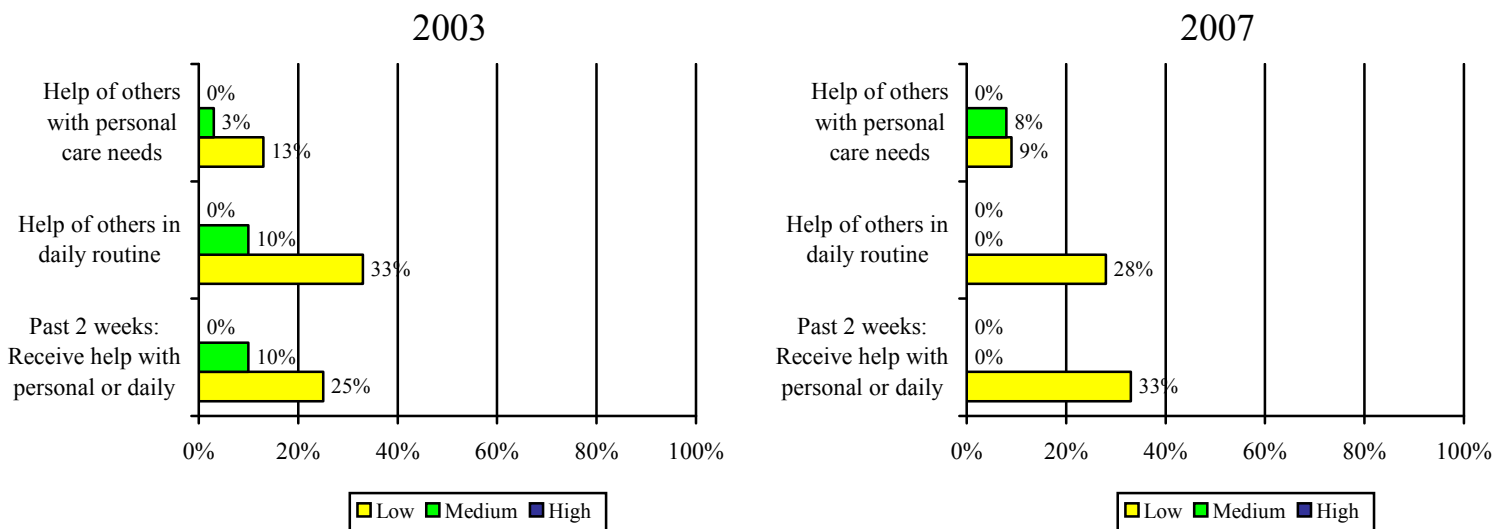




**Informal Care**

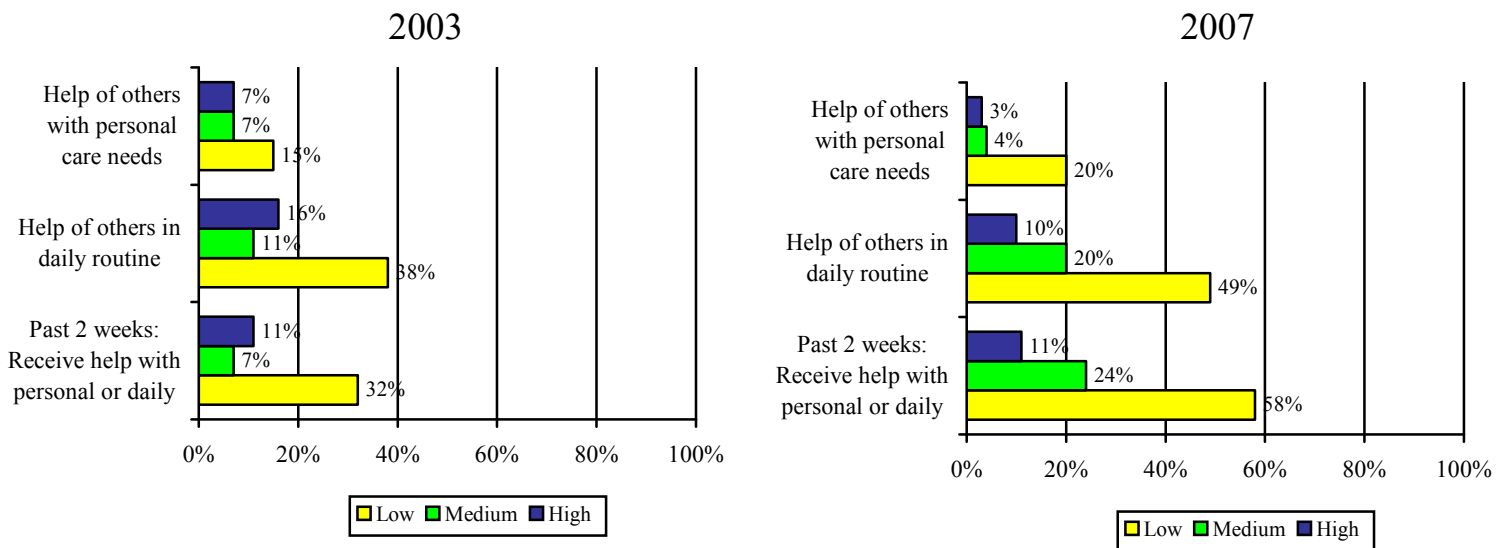
- Overall, 13% of Durham County adults who have an impairment or health problem need the help of other persons with their personal care needs and 28 percent need the help of other persons in handling routine daily needs. One-third (33%) received help with their personal needs or routine from family or friends in the past two weeks.
- There is a significant increase in those who have received help in the past two weeks between 2003 and 2007.
- Adults with low category of the SF-12 PCS scores are much more likely to need the help of others in their daily routine than those adults with higher SF-12 PCS. Over one-quarter of adults with low SF-12 PCS scores say they need help with daily needs and chores.

**Figure 6.16**  
**Actions Necessary Due to Health Problems – SF-12 Physical**  
**(Percent responding “Yes”)**



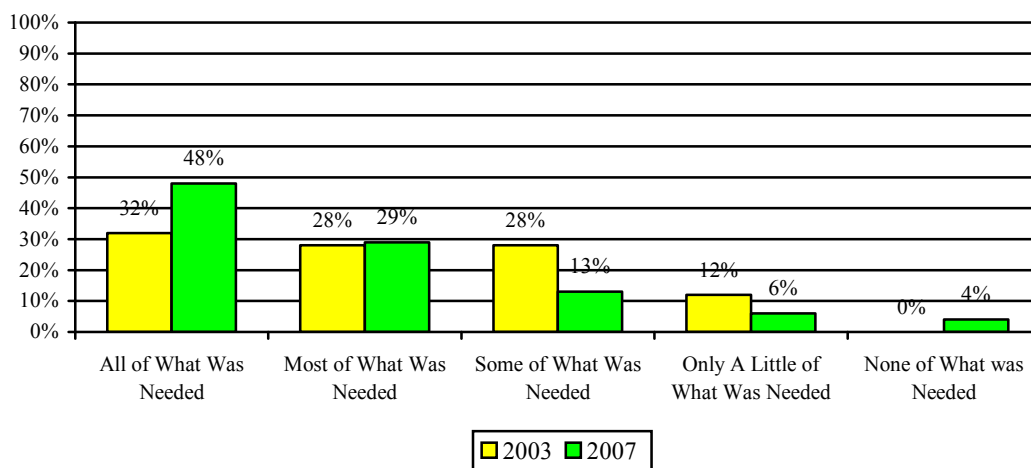
- Similarly, adults with low SF-12 MCS scores are much more likely to report needing the help of others with their personal care needs and in their daily routine than those in the medium or high categories. Over half of adults with low SF-12 MCS scores say they have received help with personal or daily needs in the past two weeks.

**Figure 6.17**  
**Actions Necessary Due to Health Problems – SF-12 Mental**  
**(Percent responding “Yes”)**



- Forty-eight percent of Durham County adults who are limited by an impairment or health problem say they received all of the care they need at home, another 29% reported that they received most of the help they needed. However 2 in 10 residents reported that they do not receive the help they need (13% say they received only some of the help they needed, 6% received only a little of the help they needed, and 4% received none of the help needed).

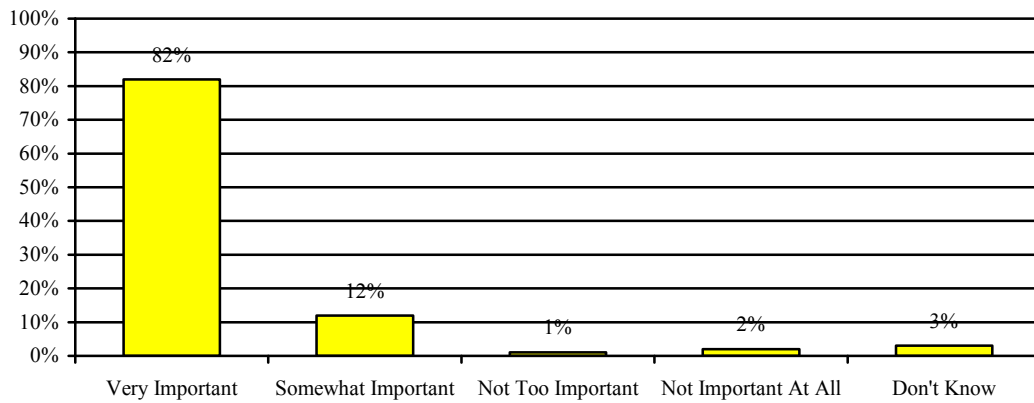
**Figure 6.18**  
**Overall Help Received at Home**



**Durham County Health Priorities**

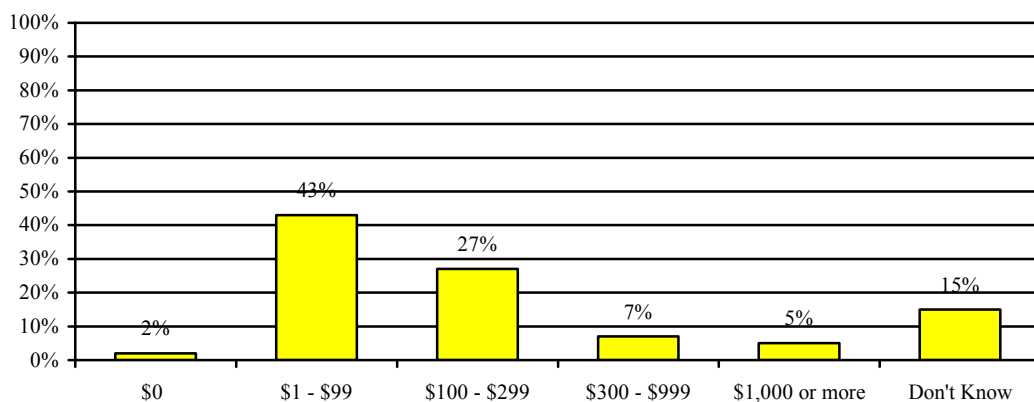
A great majority of Durham County residents (94%) feel it is important to increase the number of Durham residents covered by health insurance. However, only half are willing to pay more in order to increase the number of insured.

**Figure 6.19**  
Importance of Increasing Health Coverage (2007)



Of those who are willing to pay more, two-fifths say they are willing to pay between \$1 and \$99 a year to support efforts that would result in every Durham County resident having access to healthcare.

**Figure 6.20**  
Amount Willing to Pay (2007)



## VII. DURHAM COUNTY'S HISPANIC POPULATION (Based on the Hispanic Oversample Population Sample, n = 200)

**This Chapter summarizes the data from the Durham County Hispanic Oversample (n=200).**

The Hispanic population of Durham County is significantly different than the overall population on key demographic variables. Overall, they are younger and have lower levels of income and education than the overall adult population in Durham County. They live primarily in downtown Durham. These demographic differences have a significant impact on their quality of life and health.

- There is a significant correlation between education and income among Durham County Hispanics. Those with high school degrees or less, typically earn less than \$20,000 per year.

**Table 7.1  
Income by Education – Hispanics (2007)**

	<b>Less than H.S.</b>	<b>H.S. Graduate</b>	<b>Tech. school/ Some college</b>	<b>College graduate</b>
Less than \$20,000	58%	45%	11%	0%
\$20,000 to \$34,999	28%	37%	44%	9%
\$35,000 to \$49,999	10%	13%	17%	27%
\$50,000 to \$74,999	4%	5%	6%	36%
\$75,000 or more	0%	0%	22%	27%

- Hispanics who have lived in Durham County longer report higher incomes than do those who have recently moved to Durham County.

**Table 7.2  
Income by Years Lived in Durham – Hispanics (2007)**

	<b>Less than 1 yr.</b>	<b>1 to 2 yrs.</b>	<b>2 to 5 yrs.</b>	<b>More than 5 yrs.</b>
Less than \$20,000	72%	57%	51%	39%
\$20,000 to \$34,999	14%	29%	22%	37%
\$35,000 to \$49,999	14%	14%	14%	11%
\$50,000 to \$74,999	0%	50%	8%	8%
\$75,000 or more	0%	33%	5%	6%

- There is no relationship among Hispanics between income and the SF-12 PCS scale nor the SF-12 MCS score.

**Table 7.3**  
**Income by SF-12 PCS Score – Hispanics (2007)**

	Low (14 – 48.9)		Medium (48.9 – 55.3)		High (55.3 – 65.0)	
	2007	2003	2007	2003	2007	2003
Less than \$20,000	52%	73%	35%	68%	35%	50%
\$20,000 to \$34,999	29%	19%	41%	15%	29%	22%
\$35,000 to \$49,999	8%	6%	15%	6%	18%	8%
\$50,000 to \$74,999	8%	0%	3%	8%	9%	11%
\$75,000 or more	3%	2%	6%	4%	9%	8%

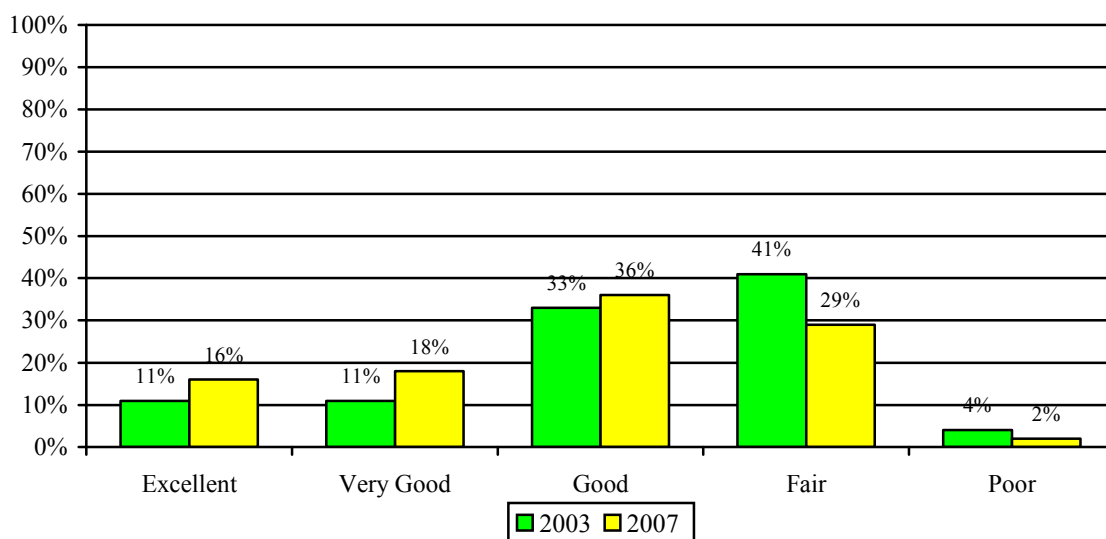
**Table 7.4**  
**Income by SF-12 MCS Score – Hispanics (2007)**

	Low (12.0 – 49.0)		Medium (49 – 56.2)		High (56.2 – 68.0)	
	2007	2003	2007	2003	2007	2003
Less than \$20,000	46%	63%	42%	70%	40%	63%
\$20,000 to \$34,999	37%	21%	24%	14%	34%	20%
\$35,000 to \$49,999	11%	8%	12%	6%	11%	3%
\$50,000 to \$74,999	5%	4%	12%	4%	6%	10%
\$75,000 or more	2%	4%	10%	6%	9%	3%

**Health & Function**

- Thirty-three percent of Hispanics rate their health as “excellent” or “very good” compared to 50% of the overall population. Thirty-one percent of Hispanic adults rate their current health as only “fair” or “poor.”
- This is a statistically significant improvement in reported health status among Hispanics from 2003 when 45% of Hispanic adults reported “fair” or “poor” health status.

**Figure 7.1**  
**\* Current Health Status – Hispanics**

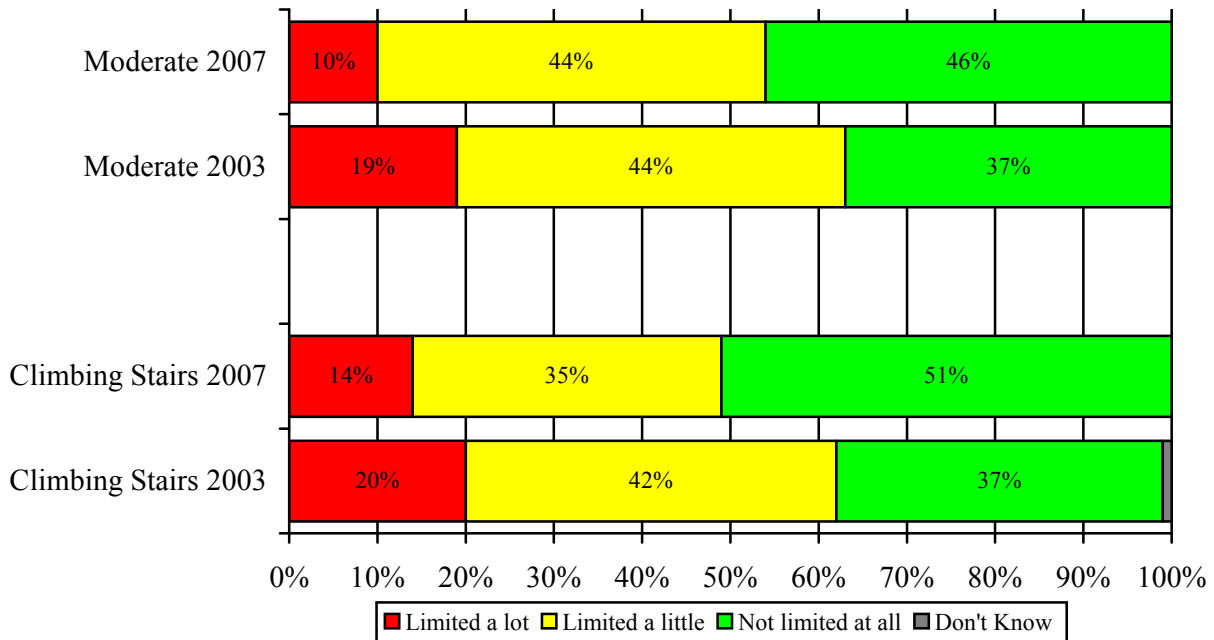


**Table 7.5**  
**Personal Health Status Assessment by Selected Demographics - Hispanics**

	Excellent to Good		Fair to Poor	
	2007	2003	2007	2003
<b>Overall Hispanic</b>	69%	54%	31%	45%
<b>Sex</b>				
Male	71%	57%	29%	43%
Female	68%	52%	32%	48%
<b>Age</b>				
18 to 29	76%	55%	24%	45%
30 to 39	60%	53%	40%	47%
40 to 49	64%	56%	36%	44%
50 to 64	90%	75%	10%	25%
65 and older	50%		50%	
<b>Household Income</b>				
Less than \$20,000	61%	57%	39%	42%
\$20,000 to \$34,999	77%	52%	23%	48%
\$35,000 to \$49,999	94%	67%	6%	33%
\$50,000 to \$74,999	70%	80%	30%	20%
\$75,000 or more	88%	67%	12%	33%
<b>Education</b>				
Less than H.S. Graduate	58%	47%	42%	53%
High School Graduate	91%	63%	9%	37%
Tech. school/Some college	68%	71%	32%	29%
College graduate	93%	87%	7%	13%
<b>Years Lived in Durham</b>				
Less than 1 year	57%	26%	43%	74%
1 to 2 years	74%	57%	26%	43%
2 to 5 years	71%	57%	29%	43%
More than 5 years	69%	60%	31%	40%
<b>Working for Pay</b>				
Yes	72%	58%	28%	42%
No	61%	47%	39%	53%
<b>Adults in Household</b>				
One	83%	80%	17%	20%
Two	69%	58%	31%	42%
Three or more	69%	53%	31%	47%
<b>Marital Status</b>				
Married	68%	58%	32%	42%
Divorced / Separated	62%	39%	38%	61%
Never Married	74%	55%	26%	45%
<b>Own / Rent Home</b>				
Own	80%	69%	20%	31%
Rent	65%	53%	35%	47%
<b>Body Mass Index</b>				
Underweight	100%	53%	0%	47%
Recommended range	77%	55%	23%	45%
Overweight	68%	65%	32%	35%
Obese	76%	49%	24%	51%

- Hispanic adults rate their health lower than adults do in the overall population. However, there is no significant difference between Hispanic adults and the overall adult population in Durham County in reporting that their health limited them “a lot” or “a little” from doing moderate activities in the past week or from climbing stairs in the past week.
- The difference between 2003 and 2007 is approaching significance for both moderate activities ( $p = .076$ ) and for climbing stairs ( $p = .068$ ).

**Figure 7.2**  
Health Limiting Certain Activities – Hispanics



**SF-12 PCS Scale**

On the SF-12PCS (a measure of physical health status), Hispanics in Durham County score higher in their physical health compared to the overall population of the county and African.

**Table 7.6**  
SF-12 PCS Mean Score

	Mean SF-12 PCS 2007	Mean SF-12 PCS 2003
All Durham County Adults	47.0	49.5
Durham County Hispanics	48.9	48.4
Durham County African Americans	46.5	48.8
General U.S. Population	50.1	50.1

**Table 7.7**  
**Mean SF-12 PCS Scores by Selected Demographics - Hispanics**

	SF-12 Physical - 2007	SF-12 Physical - 2003
<b>Sex</b>		
Male	49.5	48.3
Female	48.3	48.5
<b>Age</b>		
18 to 34	48.7	48.4
35 to 44	48.3	48.8
45 to 54	50.5	48.9
55 and older	49.8	40.3
<b>Household Income</b>		
Less than \$20,000	47.9	48.0
\$20,000 to \$34,999	49.0	49.0
\$35,000 to \$49,999	51.8	48.1
\$50,000 to \$74,999	49.8	57.8
\$75,000 or more	52.5	52.2
<b>Education</b>		
Less than H.S. Graduate	47.6	47.0
High School Graduate	50.8	49.2
Tech. school/Some college	50.4	50.8
College graduate	50.8	52.1
<b>Marital Status</b>		
Married	49.1	49.0
Divorced / Separated	45.0	45.7
Never Married	49.4	48.2
<b>Own / Rent Home</b>		
Own	51.1	49.3
Rent	48.0	48.2
<b>Body Mass Index</b>		47.6
Underweight	42.7	48.5
Recommended range	50.5	49.1
Overweight	48.4	47.8
Obese	49.0	48.3

### SF-12 MCS Scale

Hispanics in Durham County score lower than the general US population, as well as African Americans and overall adults in Durham County on the SF-12 MCS scale (a measure of mental health status).

**Table 7.8**  
**SF-12 MCS Mean Score**

	Mean SF-12 MCS 2007	Mean SF-12 MCS 2003
<b>All Durham County Adults</b>	52.7	50.9
<b>Durham County Hispanics</b>	48.6	48.5
<b>Durham County African Americans</b>	52.0	51.1
General U.S. Population	50.1	50.1



**Table 7.9**  
**Mean SF-12 MCS Scores by Selected Demographics - Hispanics**

	SF-12 MCS - 2007	SF-12 MCS - 2003
<b>Sex</b>		
Male	49.6	49.7
Female	47.7	47.4
<b>Age</b>		
18 to 34	47.4	48.2
35 to 44	50.4	50.5
45 to 54	49.3	46.0
55 and older	50.4	48.3
<b>Household Income</b>		
Less than \$20,000	48.8	49.2
\$20,000 to \$34,999	47.9	46.4
\$35,000 to \$49,999	48.4	44.0
\$50,000 to \$74,999	49.1	49.5
\$75,000 or more	53.7	49.9
<b>Education</b>		
Less than H.S. Graduate	49.0	47.8
High School Graduate	46.6	42.1
Tech. school/Some college	49.1	49.8
College graduate	54.0	50.6
<b>Working for Pay</b>		
Yes	49.6	49.5
No	46.4	46.0
<b>Marital Status</b>		
Married	50.0	49.7
Divorced / Separated	47.5	47.6
Never Married	46.4	47.1
<b>Own / Rent Home</b>		
Own	51.0	49.2
Rent	47.6	48.4
<b>Body Mass Index</b>		
Underweight	52.5	47.7
Recommended range	46.7	48.4
Overweight	48.3	49.7
Obese	51.0	48.0
<b>Seniors in Household</b>		
Yes	49.6	49.4
No	50.6	48.5
<b>Active Church Member</b>		
Yes	48.5	49.3
No	48.6	48.2

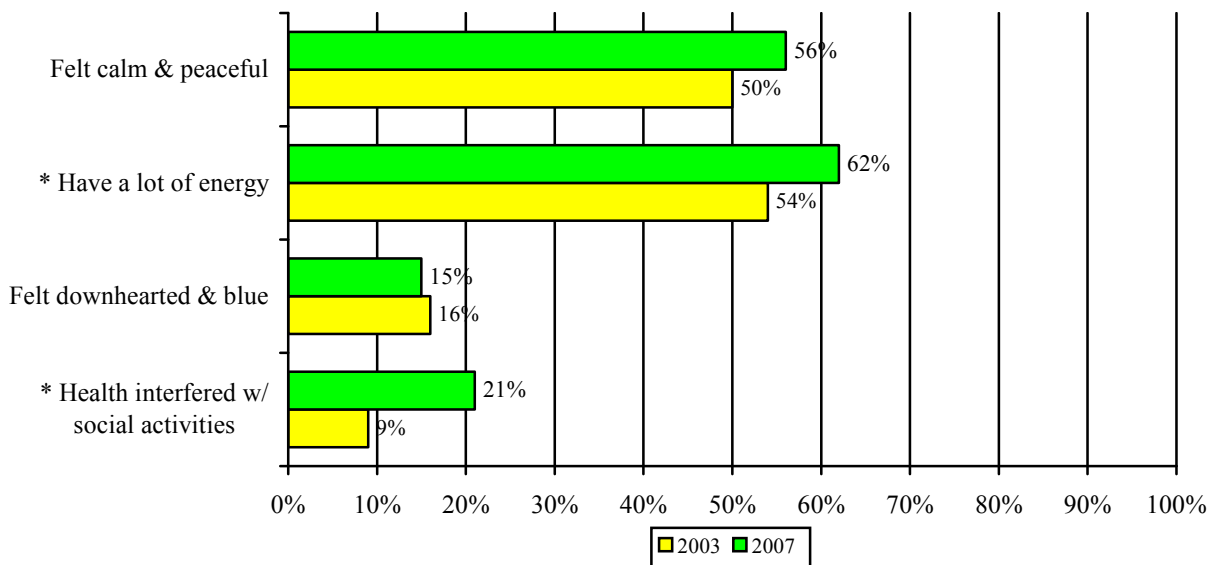
**Well-Being**

**Table 7.10**  
**Well-Being Scale by Selected Demographics – Hispanics**

	Low		Medium		High	
	2007	2003	2007	2003	2007	2003
<b>Overall Hispanic</b>	42%	34%	26%	34%	32%	32%
<b>Sex</b>						
Male	39%	28%	24%	31%	37%	41%
Female	44%	40%	28%	37%	27%	23%
<b>Body Mass Index</b>						
Underweight (BMI < 18.5)	0%	44%	33%	26%	67%	30%
Recommended Range (18.5 – 24.9)	41%	38%	24%	32%	35%	31%
Overweight (24.9 – 29.9)	45%	32%	28%	35%	27%	33%
Obese (BMI > 29.9)	36%	18%	17%	42%	47%	39%
<b>Household Income</b>						
Less than \$20,000	31%	32%	31%	32%	38%	37%
\$20,000 to \$34,999	31%	27%	33%	40%	35%	33%
\$35,000 to \$49,999	39%	33%	36%	44%	24%	22%
\$50,000 to \$74,999	78%	20%	11%	30%	11%	50%
\$75,000 or more	33%	0%	17%	57%	50%	43%
<b>Education</b>						
Less than H.S. Graduate	40%	38%	27%	33%	33%	30%
High School Graduate	49%	34%	21%	28%	30%	38%
Tech. school / Some college	30%	19%	26%	62%	44%	19%
College graduate	39%	20%	54%	47%	8%	33%
<b>SF-12 Physical Health Summary Scale</b>						
Low (14 – 48.9)	41%	45%	33%	26%	25%	28%
Medium (48.9 – 55.3)	45%	24%	18%	43%	37%	33%
High (55.3 – 65)	34%	19%	26%	40%	40%	42%
<b>SF-12 Mental Health Summary Scale</b>						
Low (12 – 49)	52%	45%	30%	32%	18%	23%
Medium (49 – 56.2)	47%	20%	22%	40%	31%	40%
High (56.2 – 68)	16%	28%	28%	33%	56%	39%

- Fifteen percent of Hispanics say they have felt downhearted or blue in the past four weeks – significantly higher than the overall adult population in Durham County (7%). Similarly, a considerable number of Hispanics said their health has interfered with social activities (21%) in the past four weeks compared with 5 percent of the overall Durham County population.
- A significantly higher proportion of Hispanics report having a lot of energy in 2007 compared with 2003. In addition, a significantly higher proportion of Hispanics also reported an increase in their health interfering with social activities in 2007 compared to 2003.

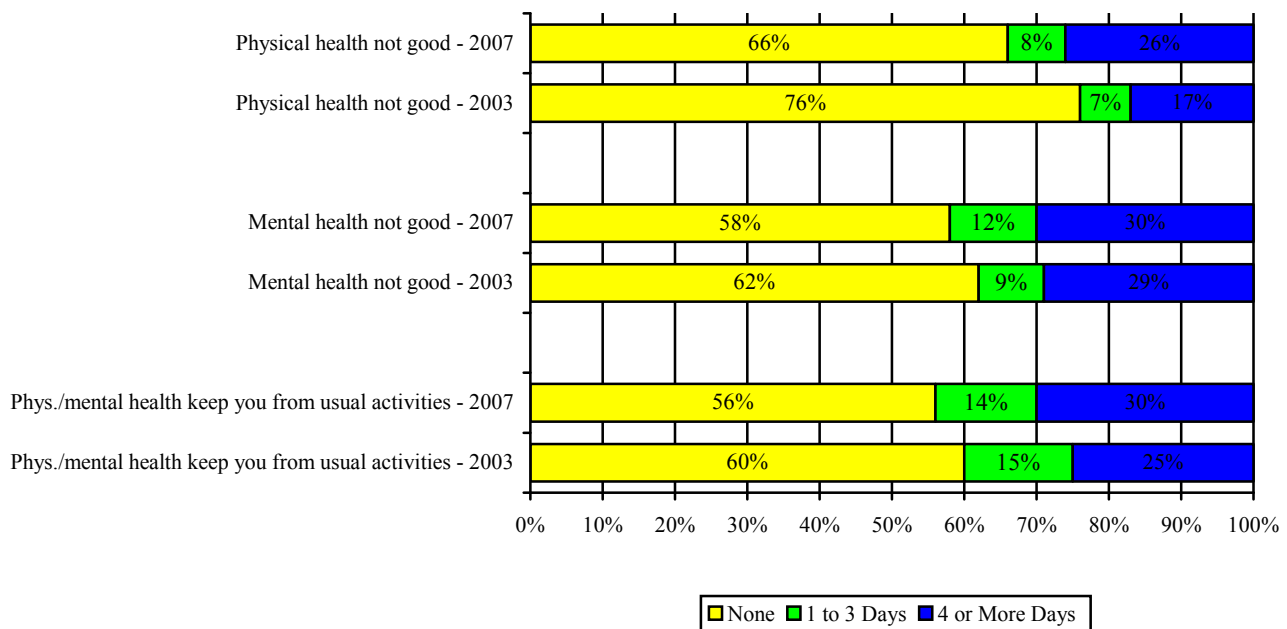
**Figure 7.3**  
**In the Past 4 Weeks: – Hispanics**  
 (Percent “All of the time” & “Most of the time”)



**Limitations Because of Physical or Mental Health**

- Hispanics are similar to the overall Durham County population.

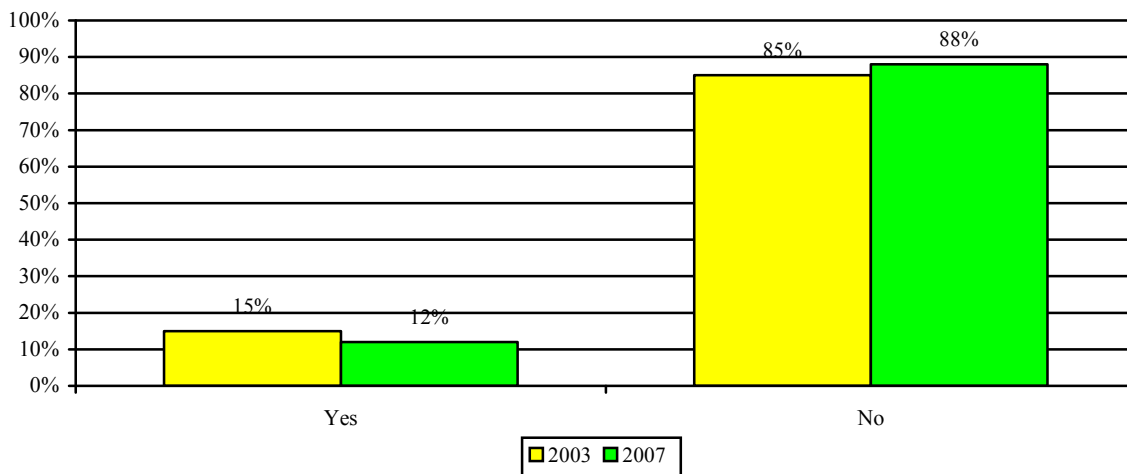
**Figure 7.4**  
**Number of Times In the Past 30 Days: – Hispanics**



**Disease**

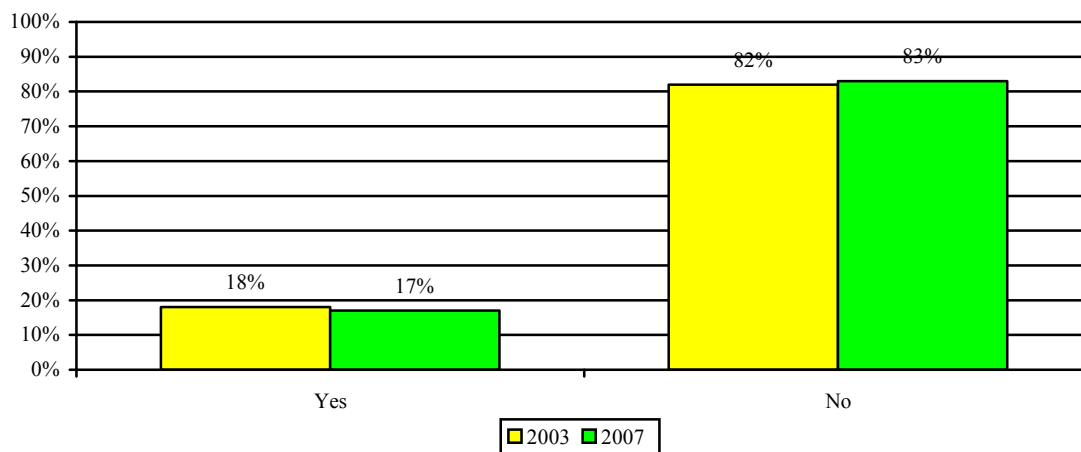
- Hispanics in Durham County are significantly less likely to have taken prescription medication for at least three consecutive months than is the overall population. Fifty-three percent of Durham County adults have a problem for which they have taken prescription medication for at least three consecutive months, but only 12% of Hispanic residents have a similar health problem.

**Figure 7.5**  
**Have a Problem for Which You Have Taken Prescription Medication for at Least 3 Months in a Row – Hispanics**



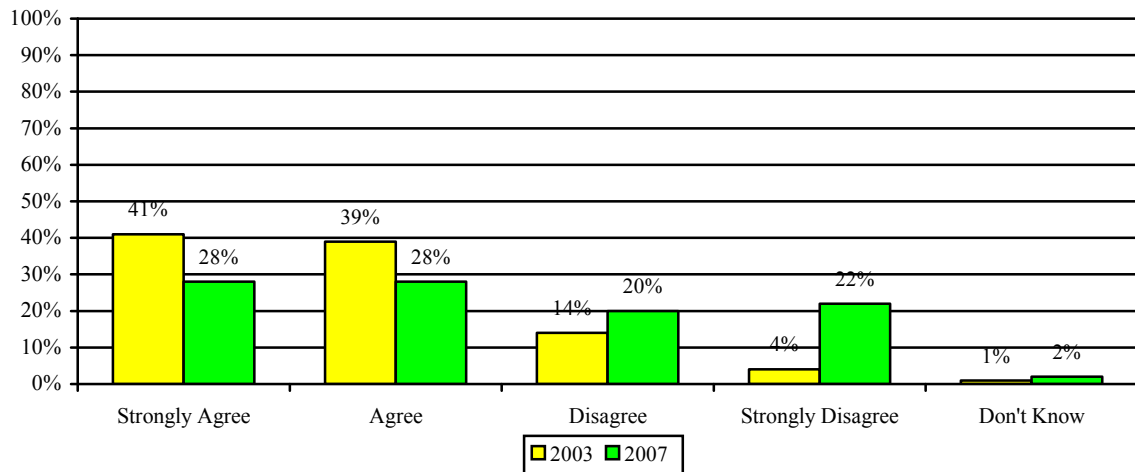
- Out of the 12 percent of Hispanic adults who reported taking medication for 3 consecutive months, 17 percent reported that they have delayed getting or have not gotten a prescription filled or refilled in the past 12 months primarily because they could not afford to get them filled (44%), or they had no insurance (16%), or they did not think it was important (11%).

**Figure 7.6**  
**Delay or Not Get Prescription Filled or Refilled That Was Prescribed for You In the Last 12 Months – Hispanics**



- Fifty-six percent of Durham County Hispanic adults compared to 57% of all adults in Durham County, either “agreed” or “strongly agreed” that they depend on a doctor to stay in good health.
- There is a significant decline in agreement from 2003 to 2007.

**Figure 7.7**  
 \* Depend on Doctor to Stay in Good Health  
 Hispanics

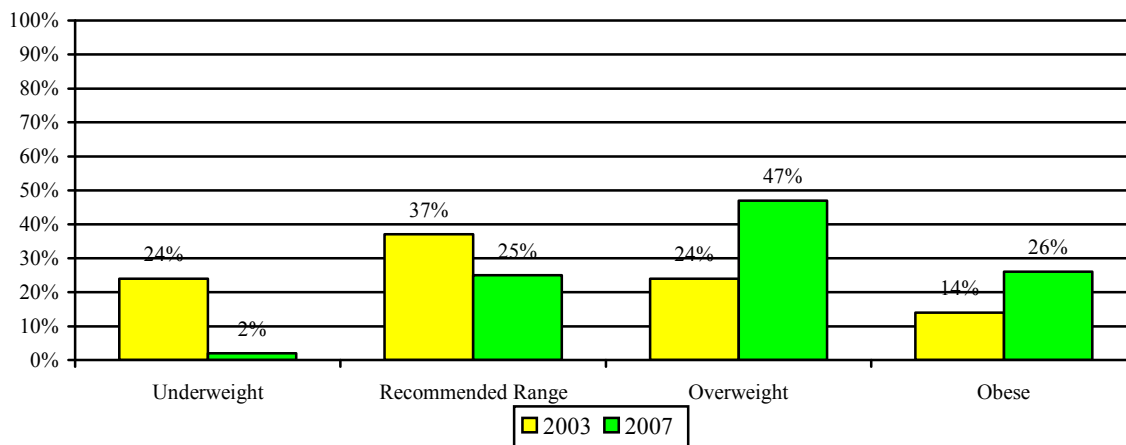


**RISKS TO FUTURE HEALTH**

**Weight**

- Hispanic adults are more likely to be in the overweight or obese BMI range compared to the overall Durham County population. Seventy-four percent of the Hispanic population is overweight or obese compared with 65% of the overall population.
- This is a significant increase since 2003. (Nearly half of the Hispanic population did not know their height and/or weight)

**Figure 7.8**  
 \* Body Mass Index (BMI)  
 Hispanics



**Table 7.11  
BMI by Health & Lifestyle  
Hispanics**

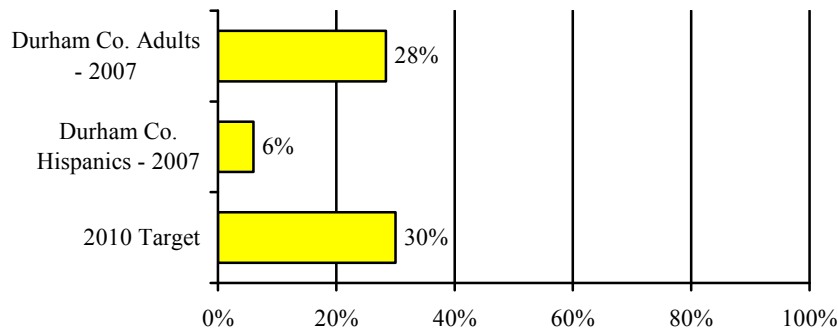
	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Participate in Moderate Physical Activities in Usual Week</b>				
Yes	100%	71%	84%	84%
No	0%	29%	16%	16%
<b>Days Per Week Participate in Moderate Activity for at least 10 Minutes</b>				
Less than twice a week	0%	15%	16%	19%
Twice a week	0%	12%	7%	22%
Three times a week	0%	19%	21%	16%
Four times a week	0%	4%	13%	9%
5 or more times a week	100%	50%	43%	34%
<b>Amount of Time Usually Keep at Moderate Activity</b>				
Half-hour or less	67%	31%	36%	38%
31 min. to an hour	33%	27%	36%	31%
More than an hour	0%	42%	29%	31%
<b>Participate in Vigorous Physical Activities in Usual Week</b>				
Yes	100%	46%	48%	61%
No	0%	54%	52%	40%
<b>Days Per Week Participate in Vigorous Activity for at least 10 Minutes</b>				
Less than twice a week	0%	25%	25%	17%
Twice a week	67%	19%	25%	21%
Three times a week	0%	25%	22%	13%
Four times a week	0%	13%	9%	17%
5 or more times a week	33%	19%	19%	33%
<b>Amount of Time Usually Keep at Vigorous Activity</b>				
Half-hour or less	67%	44%	36%	46%
31 min. to an hour	0%	31%	27%	41%
More than an hour	33%	25%	36%	14%
<b>Do You Smoke Cigarettes</b>				
Every day	0%	6%	10%	3%
Some days	33%	3%	7%	5%
Not at all	67%	91%	83%	92%
<b>Average Number of Cigarettes a Day</b>				
Less than a pack a day	100%	100%	90%	100%
A pack a day	0%	0%	10%	0%
More than a pack a day	0%	0%	0%	0%
<b>At Least One Drink of Alcohol in Past Month</b>				
Yes	67%	31%	49%	37%
No	33%	69%	51%	63%
<b>Days Per Week / Month Usually Drink Alcoholic Beverages</b>				
None	33%	67%	54%	68%
1 to 3 times a month	33%	28%	30%	24%
2 to 3 times a week	33%	3%	10%	3%
4 or more times a week	0%	3%	0%	3%
Don't know / Not sure	0%	0%	6%	3%

**Table 7.11 (continued)**  
**BMI by Health & Lifestyle**  
**Hispanics**

	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Number of Drinks on Average on Days You Drink</b>				
Non-drinker	33%	69%	52%	62%
One drink	33%	9%	9%	10%
Two drinks	0%	9%	10%	10%
3 or more drinks	33%	6%	16%	10%
Don't know / Not sure	0%	9%	13%	8%
<b>Number of Times with 5 or More Drinks on an Occasion in Last Month</b>				
Non-drinker	33%	69%	52%	63%
No Times	0%	17%	27%	21%
1 or more times	33%	14%	18%	16%
Don't know / Not sure	33%	0%	3%	0%
<b>Driven After Too Much to Drink in Past Month</b>				
Non-drinker	33%	69%	52%	63%
No Times	67%	31%	48%	37%
1 or more times	0%	0%	0%	0%
<b>Ridden with Driver Who Has Had Too Much to Drink in Past Month</b>				
None	100%	91%	88%	97%
One time	0%	9%	6%	0%
Two times	0%	0%	5%	0%
Three or more times	0%	0%	1%	3%
<b>Ever Received Counseling / Treatment for Substance Abuse Problem</b>				
Yes	0%	0%	3%	3%
No	100%	100%	97%	97%
<b>Any Close Family Member Received Treatment for Substance Abuse Problem</b>				
Yes	33%	6%	6%	3%
No	67%	91%	94%	97%
Don't know / Not sure	0%	3%	0%	0%

- Only 6% of Hispanic adults in Durham County (compared to 28% of all Durham County adults surveyed) participate in regular vigorous physical activity. The Healthy People 2010 target is 30% of adults participating in regular vigorous physical activity by 2010.

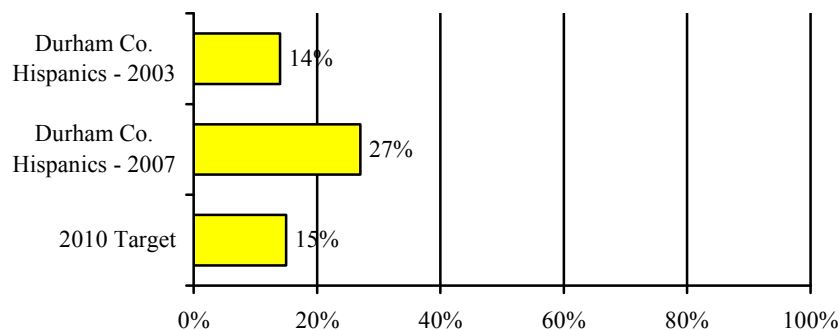
**Figure 7.9**  
**Participation in Regular Vigorous Physical Activity**  
**Hispanics**  
 (Vigorous activity was not measured in 2003)



- The definition of participation in regular physical activity is engaging in 20 minutes or more of vigorous physical activity 3 or more days a week.
- Regular moderate activity was displayed in the 2003 report. Due to changes in the 2010 target as well as question wording, vigorous activity was used in 2007.

- Twenty-seven percent of Hispanic adults in Durham County are obese – nearly equal to that of the overall population (29%). The Healthy People 2010 target is to reduce obesity to 15% of adults.
- The proportion of the Hispanic adult population who are obese has increased significantly since 2003.

**Figure 7.10**  
**Obesity**  
**Hispanics**

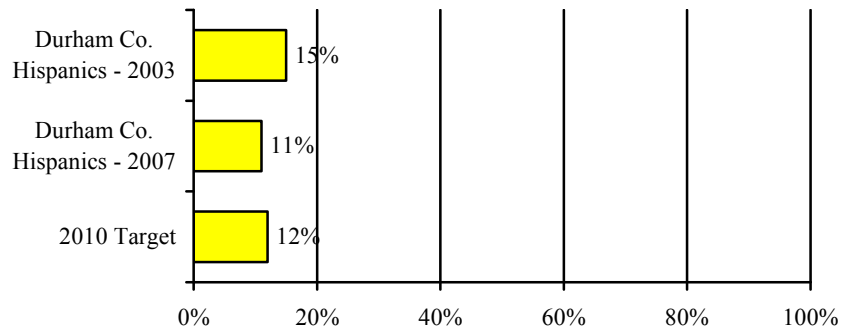


- In adults, obesity is defined as a BMI of 30 kg/m<sup>2</sup> or more; overweight is a BMI of 25 kg/m<sup>2</sup> or more.
- In the 2003 report, results were reported as overweight and obese while the 2010 Target is for obese only.
- Nearly half of the Hispanics are missing BMI data



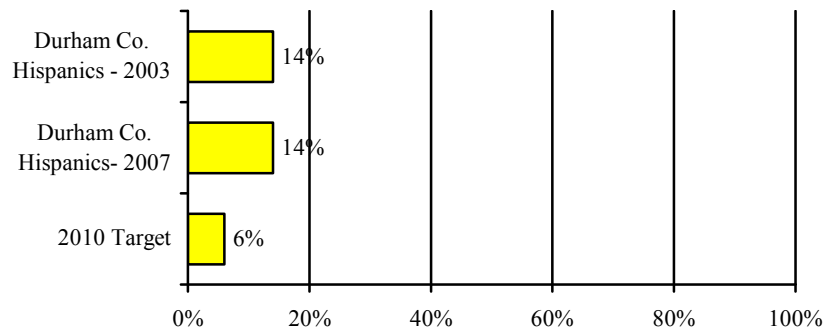
- Eleven percent of the Hispanic adults in Durham County smoke cigarettes, compared to 14% from the Durham County adult sample. The Healthy People 2010 target is to reduce smoking to 12%. The Hispanic population has fallen below the 2010 target level.
- This is a significant decline in smoking from 2003.

**Figure 7.11**  
 \* Cigarette Smoking  
 Hispanics



- Fourteen percent of Durham County Hispanic adults reported binge drinking (five or more drinks on one occasion) in the past month (11% for all Durham County adults). The Healthy People 2010 target for binge drinking is 6%.

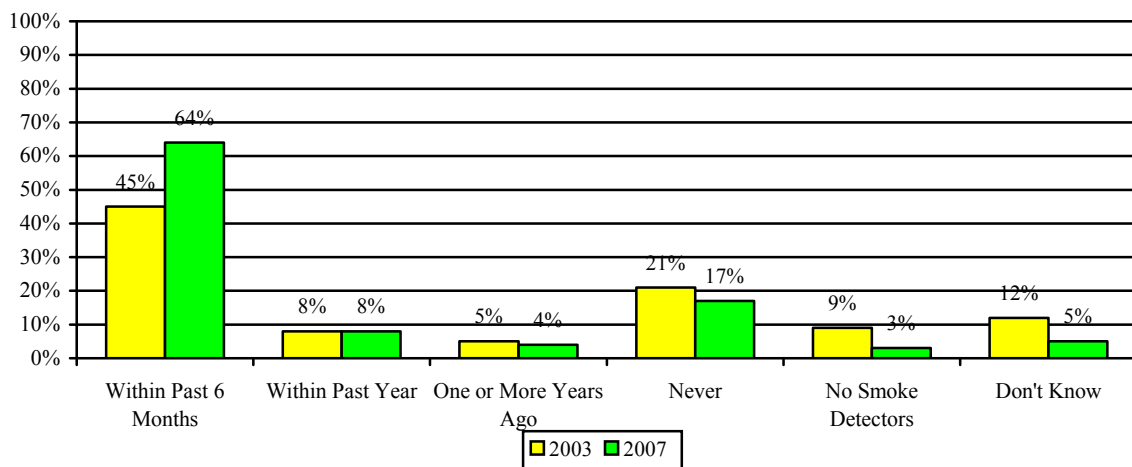
**Figure 7.12**  
 Alcohol Abuse – Binge Drinking  
 Hispanics



### Household Risks

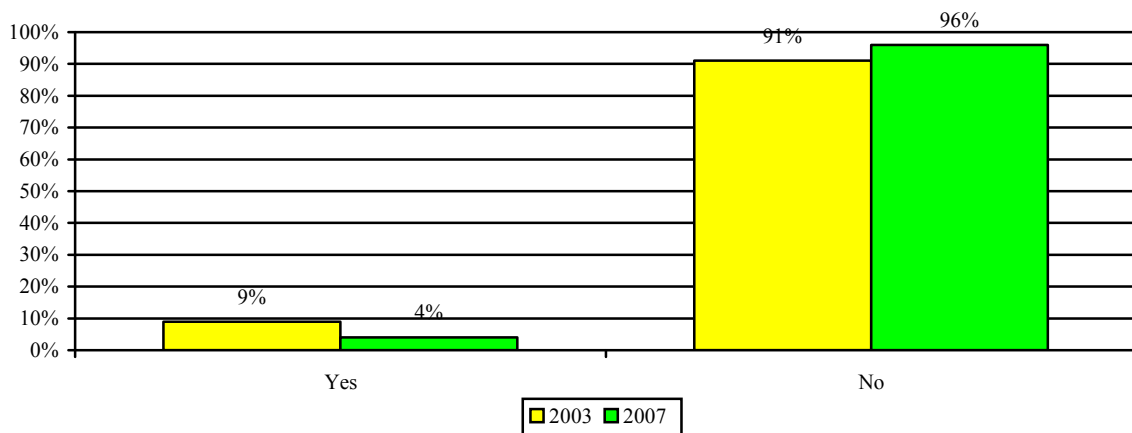
- Almost two-thirds (64%) of Hispanics have recently tested smoke detectors in their home within the last 6 months.
- This is a significant increase between 2003 and 2007.

**Figure 7.13**  
\* Most Recent Smoke detector Test  
Hispanics



- More Hispanic adults (96%) say they do not keep firearms in their home compared to the overall population of Durham County (80%) or African Americans (88%). Of the 4% that keep firearms in their home, 75% say they have firearms in their home for protection and 21% say the firearms are loaded and unlocked.
- The decrease of firearms in Hispanics homes is approaching significance (p = .071).

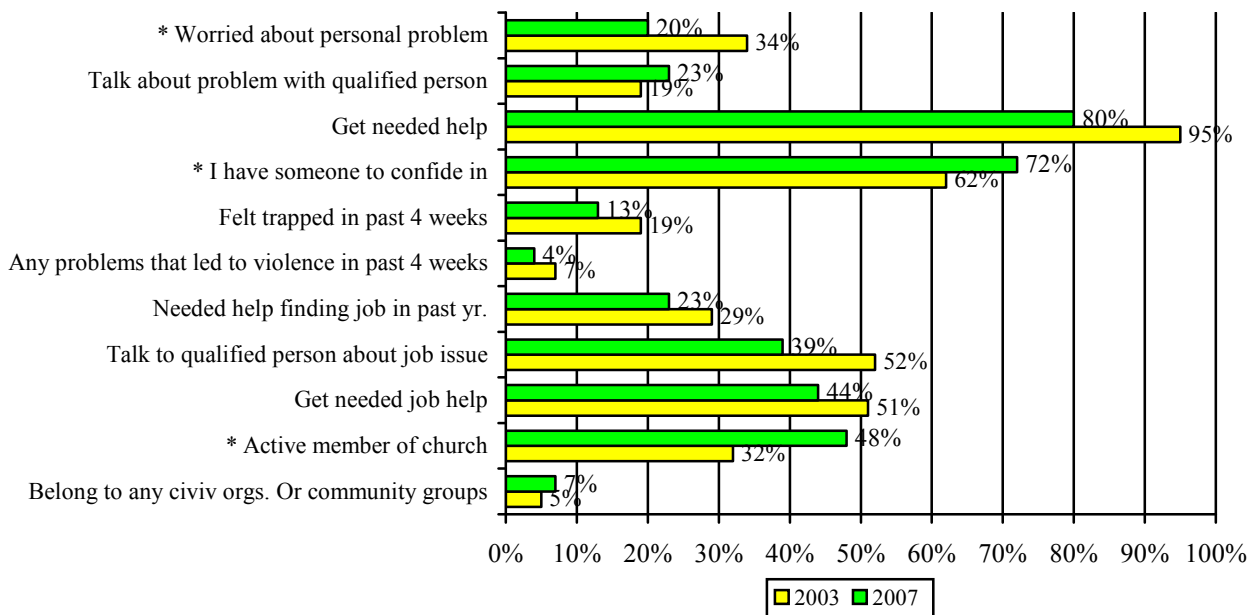
**Figure 7.14**  
Firearms  
Hispanics



**Social Environment**

- Only 20 percent of Hispanics report being worried about a personal problem.
  - This is a significant decrease from 2003.
- Seventy-two percent of Hispanic adults in Durham County say they have someone to confide in or talk to about themselves or their problems.
  - This is a significant increase from 2003.
- Few Hispanics reported that their household has experienced violent situations, such as someone being threatened, hit, or pushed in recent weeks.
- Nearly half of Hispanic adults (48%) say they are a member of church or religious organization.
  - This is a significant increase from 2003.

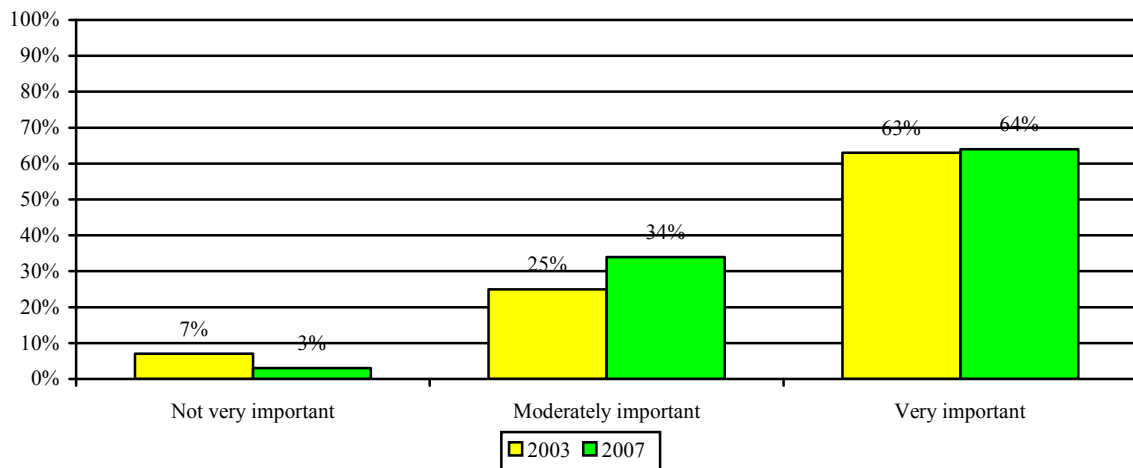
**Figure 7.15**  
**Social Environment – Hispanics**  
 (Percent “Yes”)



**Social / Religious Organizational Membership**

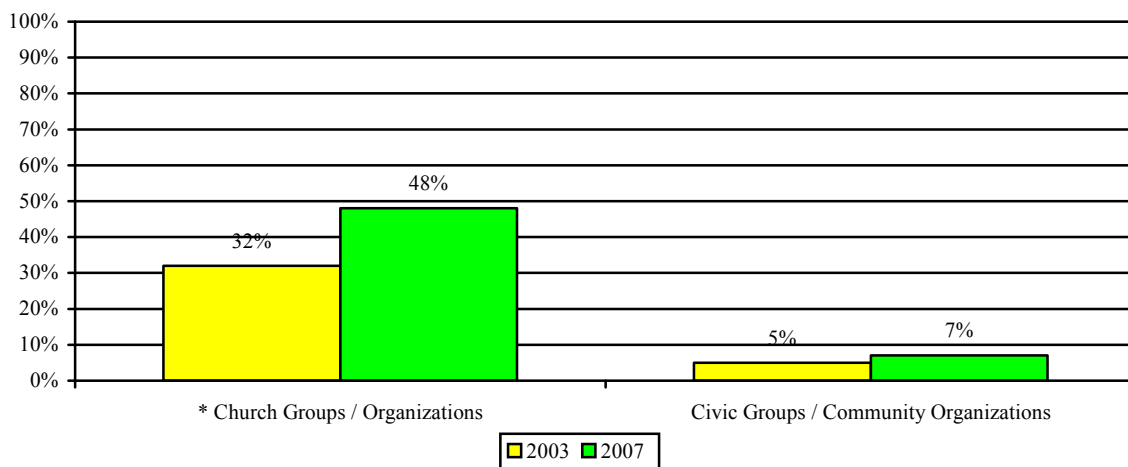
- Nearly two-thirds of Hispanics (64%) in Durham County say religion is very important in their lives, this is very similar to the overall population of adults.
- There is a significant increase in importance of religion between 2003 and 2007.

**Figure 7.16**  
\* Importance of Religion – Hispanics



- Forty-eight percent of Hispanic adults in Durham County say they are members of a church group or other church organization, lower than the overall population (56%).
  - However, this is a significant increase among Hispanics between 2003 and 2007.
- Seven percent of Hispanic adults say they are members of a civic group or community organization, significantly lower than the overall population (32%).

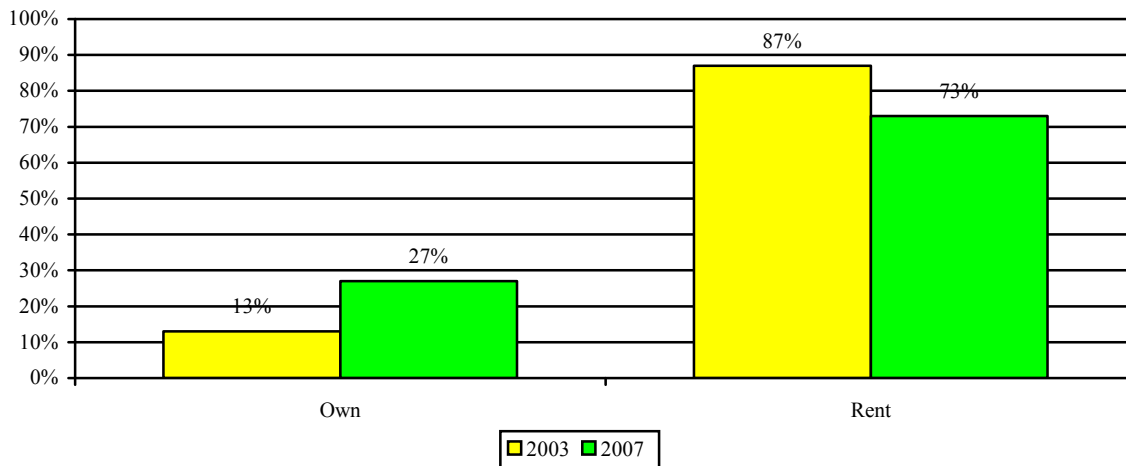
**Figure 7.17**  
Active Member of Groups – Hispanics  
(Percent “Yes”)



**Physical Environment**

- Twenty-seven percent of Durham County Hispanic adults say they own their residence compared to 71% of the overall population.
- This has significantly increased since 2003.

**Figure 7.18**  
\* Own or Rent Residence – Hispanics



- Hispanic adults in Durham County spend less per month for housing than the overall population.
- However, they are paying significantly more per month than in 2003.

**Table 7.13**  
\* Monthly Housing Cost

	Hispanics 2007	Hispanics 2003	Durham County Adults - 2007
Less than \$500	19%	13%	18%
\$500 to \$799	24%	40%	14%
\$800 to \$999	18%	27%	11%
\$1000 to \$1499	24%	15%	28%
\$1500 to \$1999	10%	4%	12%
\$2000 or more	6%	1%	18%

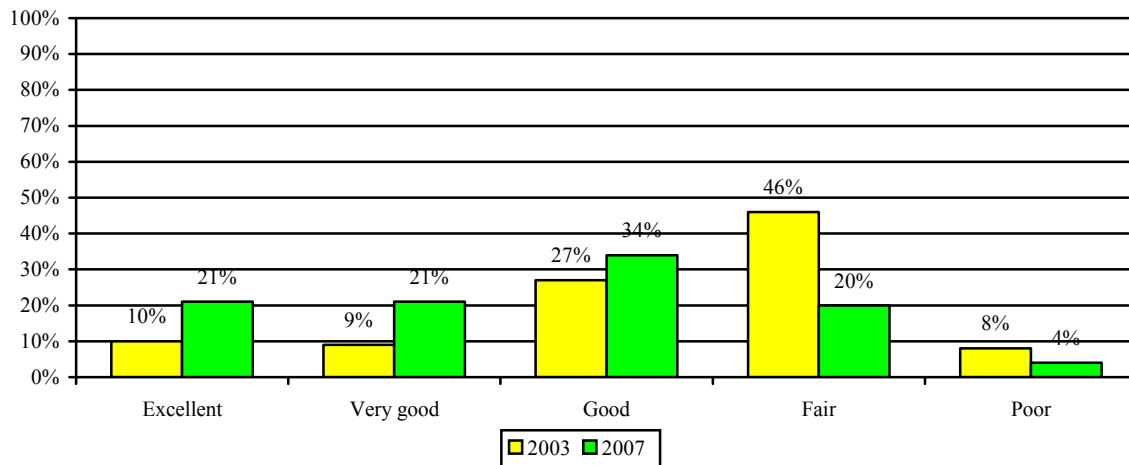
- Durham County Hispanics who earn more are significantly more likely to be paying more than \$1,000 per month.

**Table 7.13a**  
\* Per Month Housing Cost by Income  
Hispanics 2007

	Less than \$20,000	\$20,000 to \$34,999	\$35,000 to \$49,999	\$50,000 to \$74,999	\$75,000 or more
Less than \$1,000	75%	56%	31%	44%	0%
\$1000 or more	25%	44%	69%	56%	100%

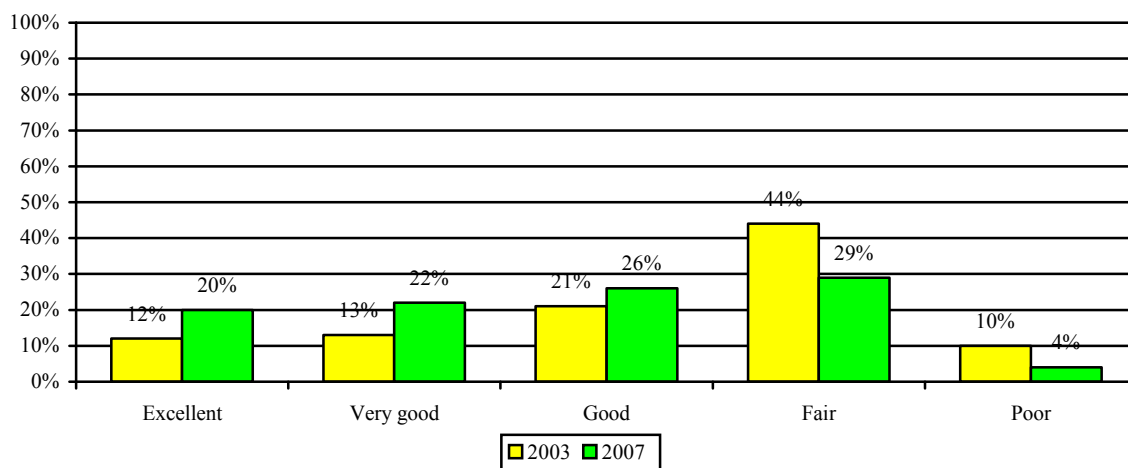
- Hispanic adults in Durham County are moderately satisfied with their housing. Twenty-four percent of Hispanic adults in Durham County rate their place of residence as “fair” or “poor” compared to 5% of the overall population.
- This has significantly improved since 2003.

**Figure 7.19**  
 \* Rating of Place of Residence  
 Hispanics



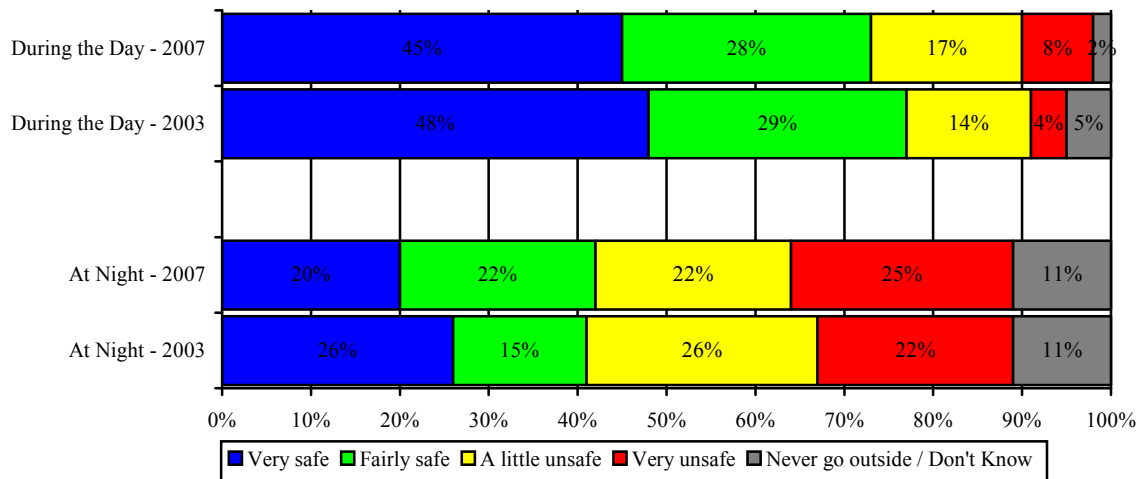
- Similarly, only 33% of Durham County Hispanic residents rate their neighborhoods as “fair” or “poor” places to live.
- There has been a significant improvement from 2003.

**Figure 7.20**  
 \* Rating of Neighborhood as Place to Live  
 Hispanics



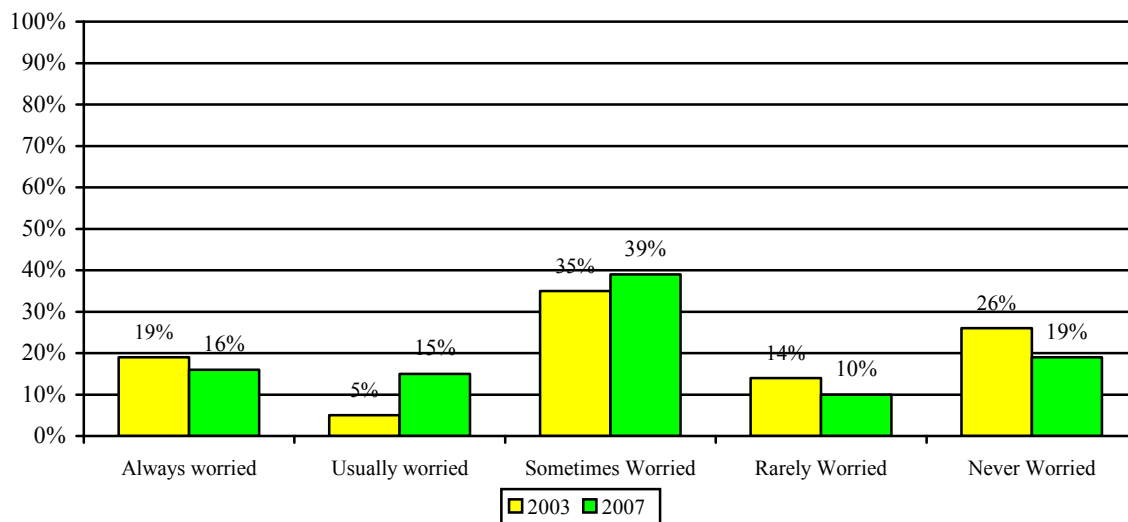
- The level of neighborhood involvement in Durham County is mixed according to Hispanic adults. Forty-six percent say that people in their neighborhood tend to help each other out, 47% said people tend to keep to themselves, and 7% weren't sure.
- Hispanic adults feel their neighborhoods are fairly safe during the day, but not as safe at night. Nearly three-quarters (73%) feel either "very safe" or "fairly safe" walking in their neighborhood during the day and forty-two percent felt "very safe" or "fairly safe" walking in their neighborhood at night.

**Figure 7.21**  
**Feel safe Walking in Neighborhood**  
**Hispanics**



- Hispanics are moderately worried about being a victim of violent crime in their daily lives.
- They are significantly more worried in 2007 than in 2003.

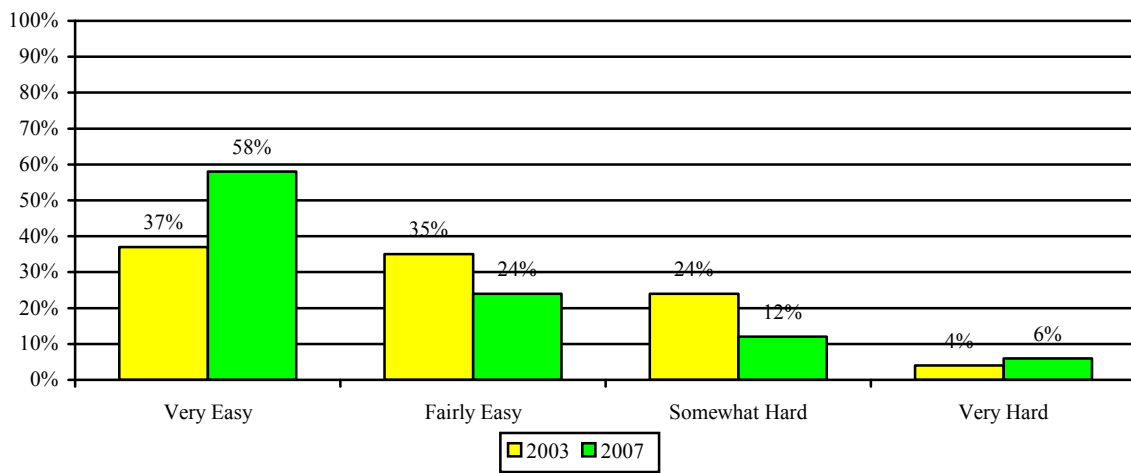
**Figure 7.22**  
**\* Worried About Being Victim of Violent Crime**  
**Hispanics**



**Transportation**

- Nine-in-ten (91%) Hispanic adults in Durham County either own a car or live with someone who owns a car.
- Hispanics find it more difficult to get around than the overall adult population. Eighteen percent of Hispanic adults reported that it is “somewhat” or “very hard” to get around compared to only 5% of the overall population.
- However, this is a significant improvement from 2003 among Hispanics.

**Figure 7.23**  
**\* Ease / Difficulty of Getting Around**  
**Hispanics**

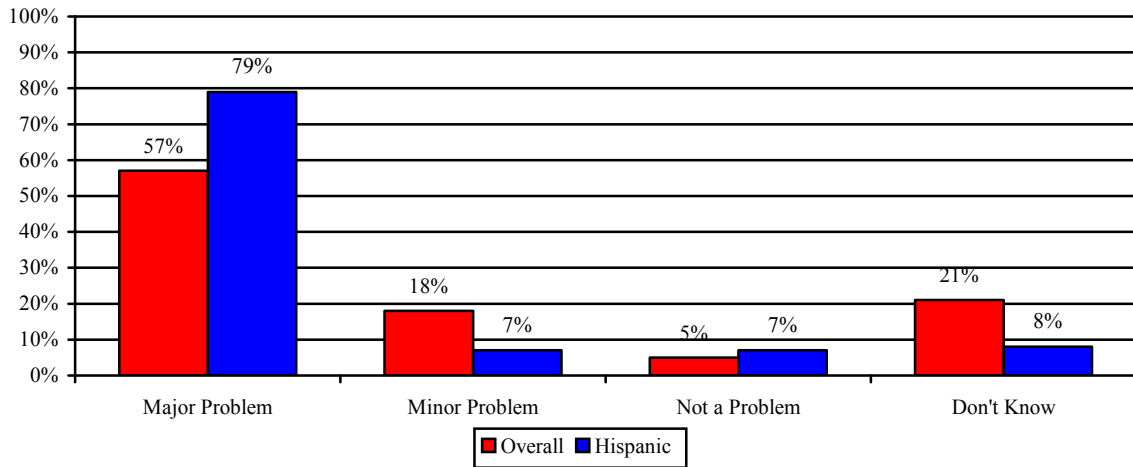




### Sexually Transmitted Diseases

The majority of Durham County Hispanics (79% vs. 57% in the overall sample) believe HIV and other sexually transmitted diseases are a major problem in Durham, 7 percent believe they are a minor problem, 7 percent say they are not a problem, and 8 percent don't know if HIV/STD is a problem.

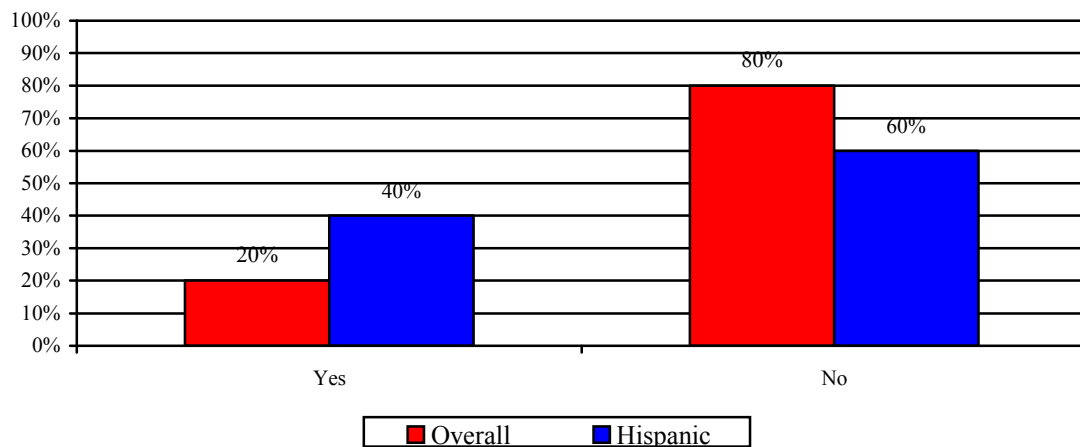
**Figure 7.24**  
HIV/STD Problem in Durham  
Hispanics (2007)



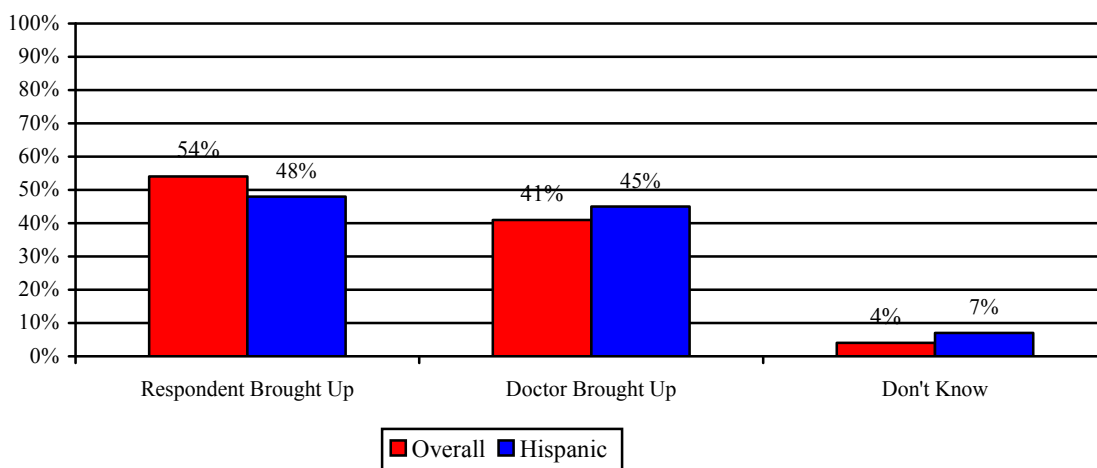
A greater percentage of Hispanics (40% vs. 20% in the overall population) have talked with a doctor or health care provider about getting tested for HIV or other sexually transmitted diseases in the last year. In addition, one-third (32%) said they would go to their doctor’s office if they were going to be tested, 27 percent would go to the Lincoln Community Health Center, and 18 percent would go to the Durham County Health Department.

Of those who have spoken to a health care provider, forty-eight percent say they brought up testing with their doctor, 45% say their doctor did, and 7% don’t know.

**Figure 7.25**  
HIV/STD: Talked About Testing Last Year – Hispanics (2007)



**Figure 7.26**  
HIV/STD: Talked About Testing Last Year – Hispanics (2007)

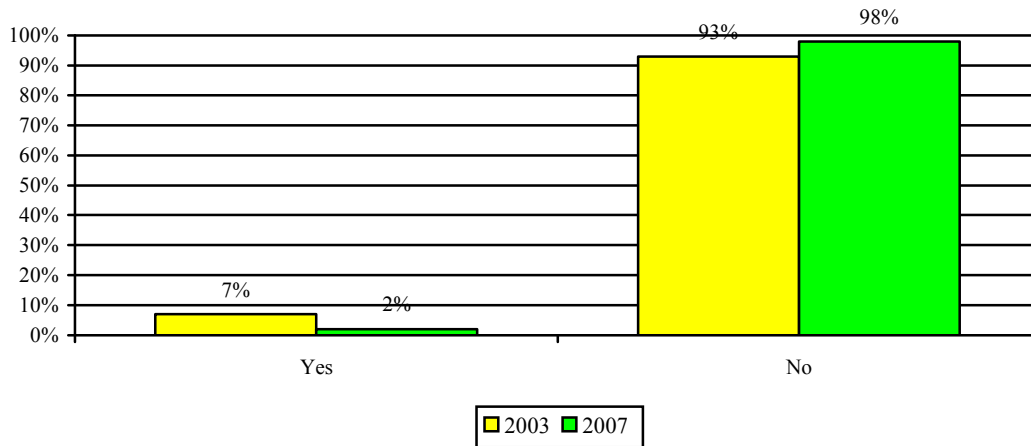


## HEALTH CARE SYSTEM

### Access

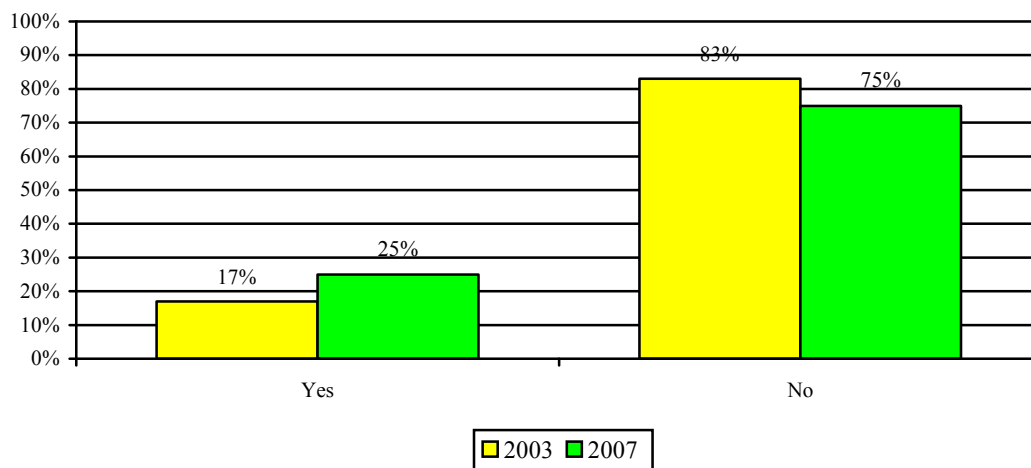
- Hispanics in Durham County have less access to healthcare (60%) than that of the overall population (84%).
- The majority of Hispanics in Durham County, even those who scored low on both the mental and physical health scales, said they had no problems getting health care.
- Few Hispanics (2%) reported that they or a member of their family had needed treatment for a substance abuse problem but were unable to get it in the last 12 months.

**Figure 7.27**  
**Any Household Member Needed Treatment for Substance Abuse Problem in Last 12 Months but Could not Get it**  
**Hispanics**



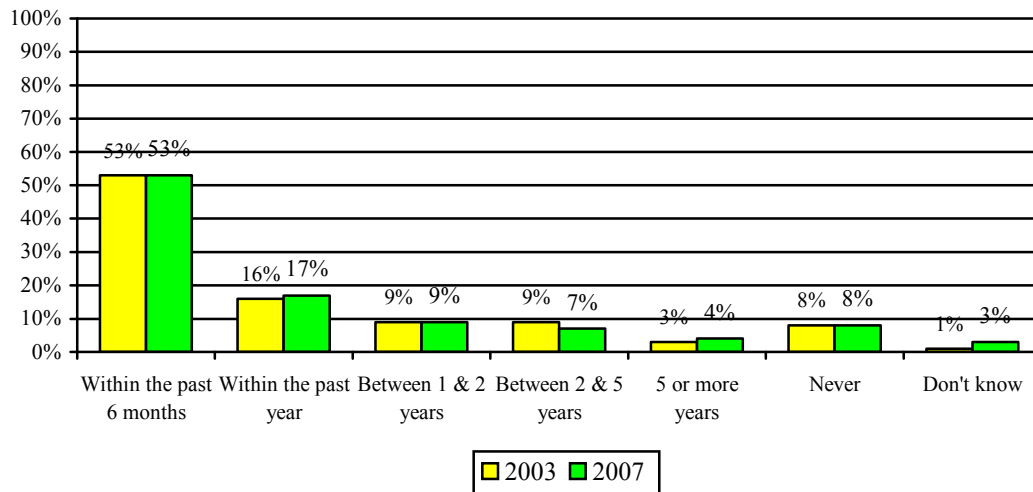
- Only one-quarter (25%) of Durham County Hispanic adults say that they have a health care professional who knows them compared with 77% of adults in the overall population.
- However, this is a significant improvement among Hispanics between 2003 and 2007.

**Figure 7.28**  
**\* Personal Doctor or Nurse – Hispanics**



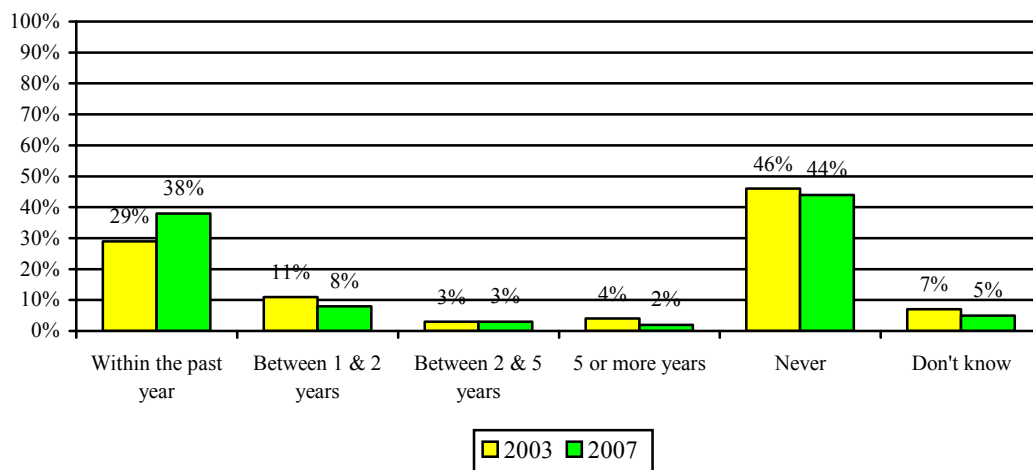
- Only half (53%) of Durham County Hispanics have had their blood pressure taken by a doctor, nurse, or other health professional within the past 6 months - 24% lower than the overall population.

**Figure 7.29**  
Last Time Blood Pressure Taken  
Hispanics



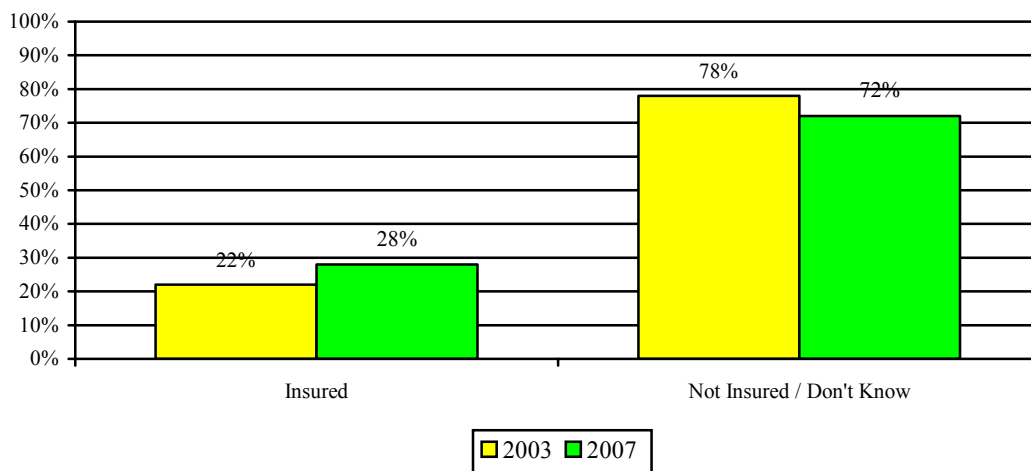
- Only 38% of Hispanic adults have had their blood cholesterol checked within the last year compared to 71% of the overall population.

**Figure 7.30**  
Last Time Blood Cholesterol Tested  
Hispanics



- Only 28% of the Hispanic residents of Durham County say they have health insurance compared to 87% of the Durham County adult population. The Healthy People 2010 target is for every adult to have access to health care.
- Those Hispanics least likely to have health insurance are younger adults, smokers, those who have never been married, adults with a lower level of income, and those who live in urban areas.

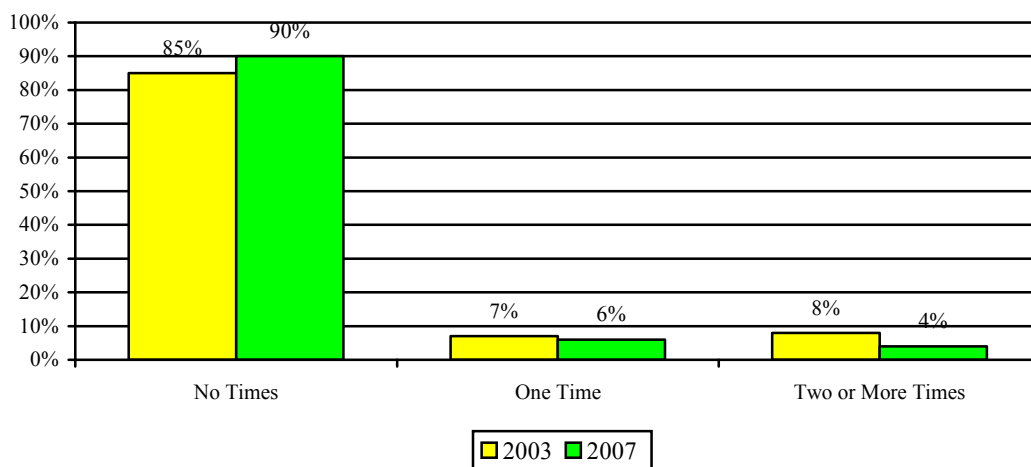
**Figure 7.31**  
**Current Health Insurance Status**  
 Hispanics



**Direct Costs of Health Care**

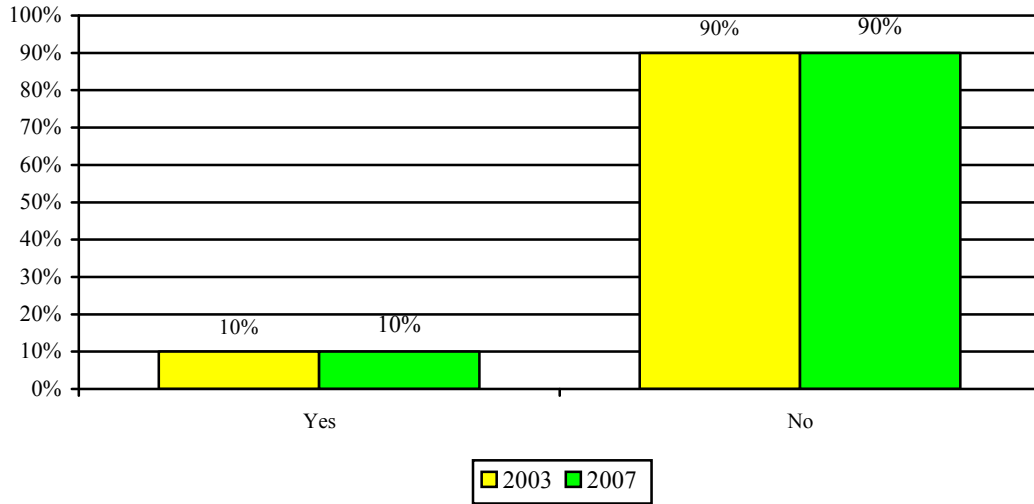
- One-tenth of Durham County Hispanic residents have gone to the emergency room for their own care in the past year. This percentage is slightly lower than the overall population.

**Figure 7.32**  
**Emergency Room Visits in Past 6 Months**  
 Hispanics



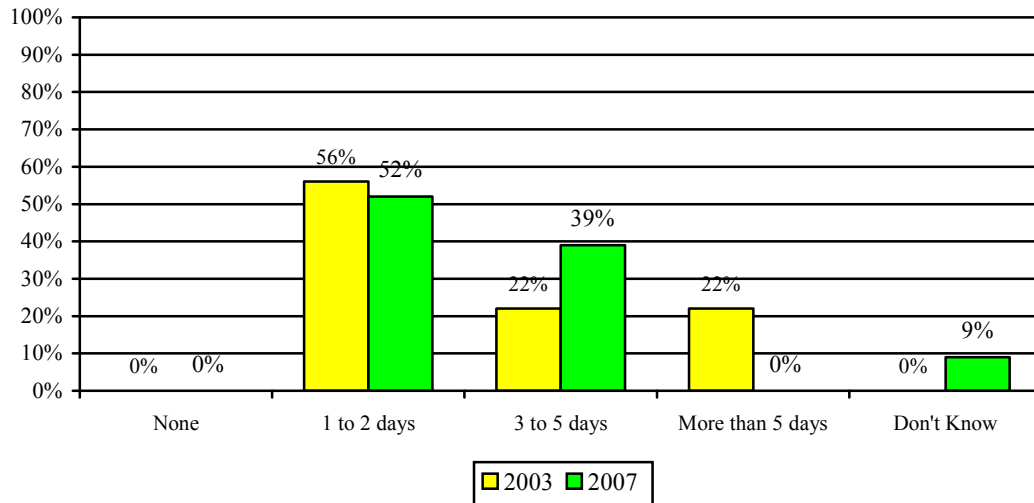
- Ninety percent of Hispanic adults have not been a patient overnight or longer in a hospital in the last 12 months.

**Figure 7.33**  
**Patient Overnight or Longer in Hospital in Past 12 Months**  
**Hispanics**



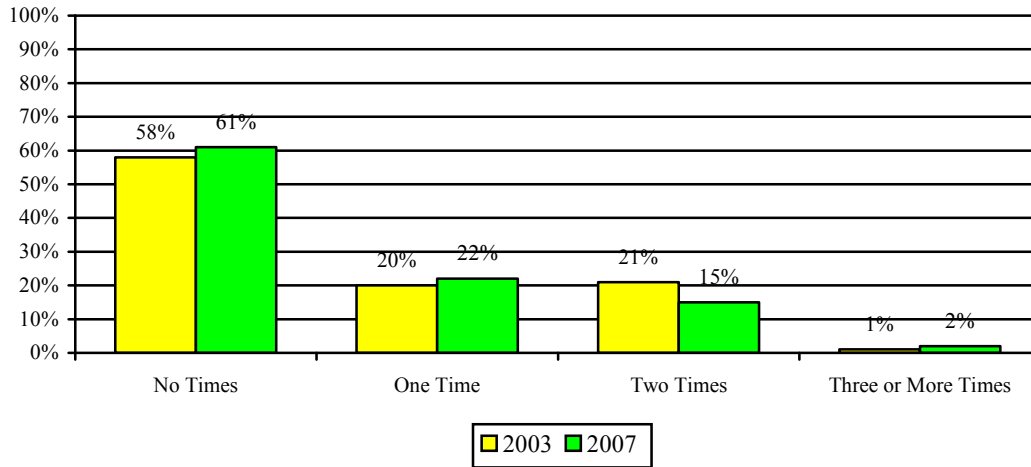
The length of time in the hospital for Hispanics has decreased since 2003.

**Figure 7.34**  
**Length of Time Spent in Hospital**  
**Hispanics**



- Not including emergency room visits, 39% of Durham County Hispanics went to a doctor’s office or health care clinic in the last six months compared with 72% of the overall population.

**Figure 7.35**  
**Frequency of Medical Visits in Last 6 Months**  
**Hispanics**



- Almost one-third of Hispanics spend over \$100 a month out of their own pocket in medical costs and medicines.

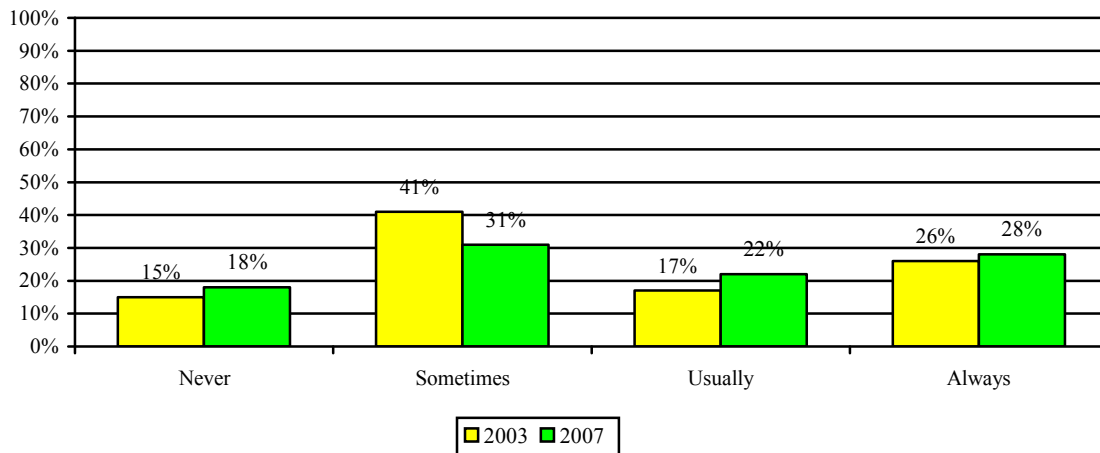
**Figure 7.36**  
**Monthly Medical Expenses**  
**Hispanics**



**Satisfaction with Health Care**

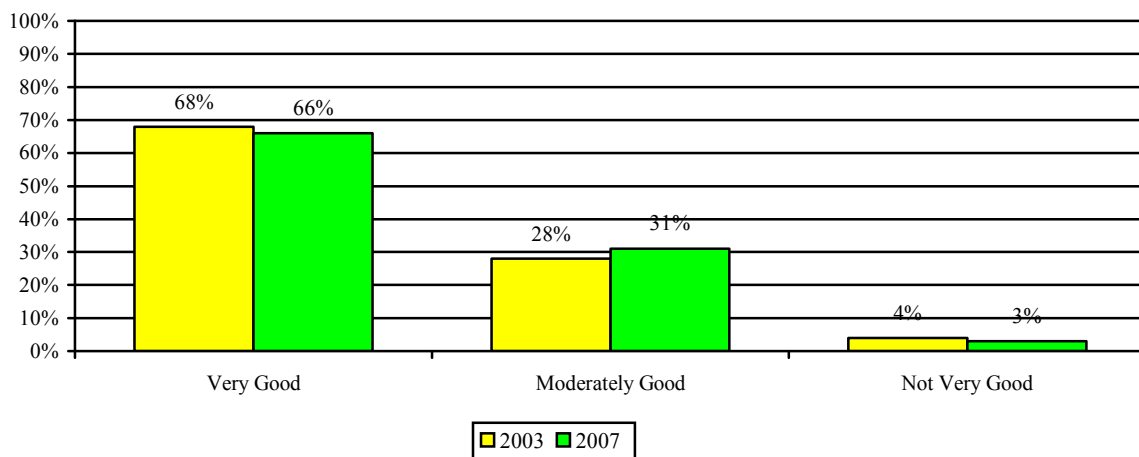
- Only fifty percent (50%) of Durham County Hispanic adults feel as though their doctor or medical professional “usually” or “always” spends enough time with them compared to 81% of the overall adult population in Durham County.

**Figure 7.37**  
**Frequency Doctor or Medical Professional Spent Enough Time with You Hispanics**



- Hispanic adults are generally pleased with the quality of their health care – 66% rated their health care as “very good” compared with 68 percent of the overall population.

**Figure 7.38**  
**Overall Rating of Health Care Hispanics**



**Informal Care**

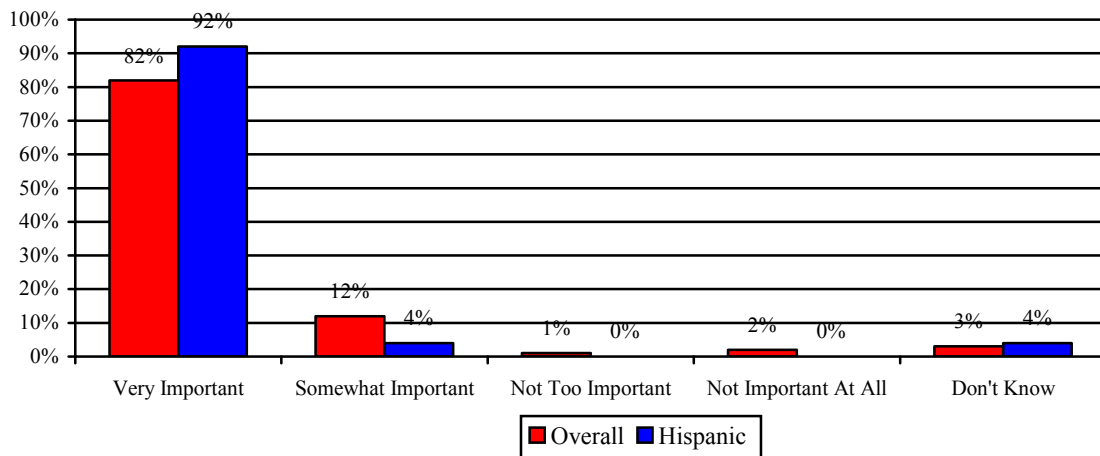
- Overall, 22% of Hispanic adults in Durham County who report an impairment or health problem said they needed the help of other persons with their personal care needs. Two-fifths (22%) need the help of other persons in handling routine daily needs and 20 percent received the help they needed from family or friends in the past two weeks..



**Durham County Health Priorities**

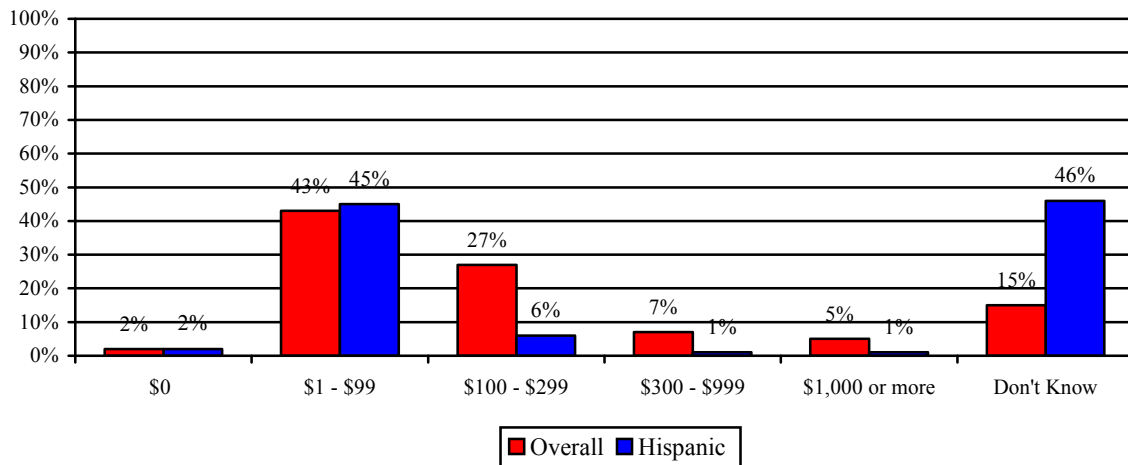
A great majority of Hispanics (96%) feel it is important to increase the number of Durham residents covered by health insurance. However, just over half (51%) are willing to pay more in order to increase the number of insured.

**Figure 7.39**  
**Importance of Increasing Health Coverage**  
**Hispanics (2007)**



Of those who are willing to pay more, the plurality (45%) say they are willing to pay between \$1 and \$99 a year to support efforts that would result in every Durham County resident having access to healthcare.

**Figure 7.40**  
**Amount Willing to Pay**  
**Hispanics (2007)**



## VIII. DURHAM COUNTY'S AFRICAN AMERICAN POPULATION

*(Based on the African American Respondents of the General Adult Population Sample, n = 173)*

The African American population of Durham County is very similar to the overall adult population of Durham County on key demographic variables.

- There is a significant correlation between education and income among Durham County African Americans. Those with high school degrees or less typically earn less than \$34,999 per year.

**Table 8.1**  
**Income by Education - African Americans**

	Less than H.S.	H.S. Graduate	Tech. school/ Some college	College graduate
Less than \$20,000	79%	40%	36%	3%
\$20,000 to \$34,999	21%	40%	14%	11%
\$35,000 to \$49,999	0%	17%	22%	14%
\$50,000 to \$74,999	0%	3%	19%	31%
\$75,000 or more	0%	0%	8%	41%

- African Americans who have lived in Durham County longer report higher incomes than do those who have recently moved to Durham County.

**Table 8.2**  
**Income by Years Lived in Durham - African Americans**

	Less than 1 yr.	1 to 2 yrs.	2 to 5 yrs.	More than 5 yrs.
Less than \$20,000	83%	0%	10%	23%
\$20,000 to \$34,999	9%	0%	0%	22%
\$35,000 to \$49,999	8%	17%	40%	14%
\$50,000 to \$74,999	0%	50%	0%	22%
\$75,000 or more	0%	33%	50%	19%

- There is a correlation between income and SF-12 PCS scale and the SF-12 MCS scale, although not as pronounced as in the overall Durham County population.

**Table 8.3**  
**Income by SF-12 PCS Score - African Americans**

	Low (14 – 48.9)		Medium (48.9 – 55.3)		High (55.3 – 65.0)	
	2007	2003	2007	2003	2007	2003
Less than \$20,000	32%	28%	32%	24%	6%	18%
\$20,000 to \$34,999	20%	30%	20%	37%	6%	26%
\$35,000 to \$49,999	12%	20%	17%	11%	18%	28%
\$50,000 to \$74,999	15%	13%	20%	15%	33%	10%
\$75,000 or more	20%	9%	12%	13%	36%	18%

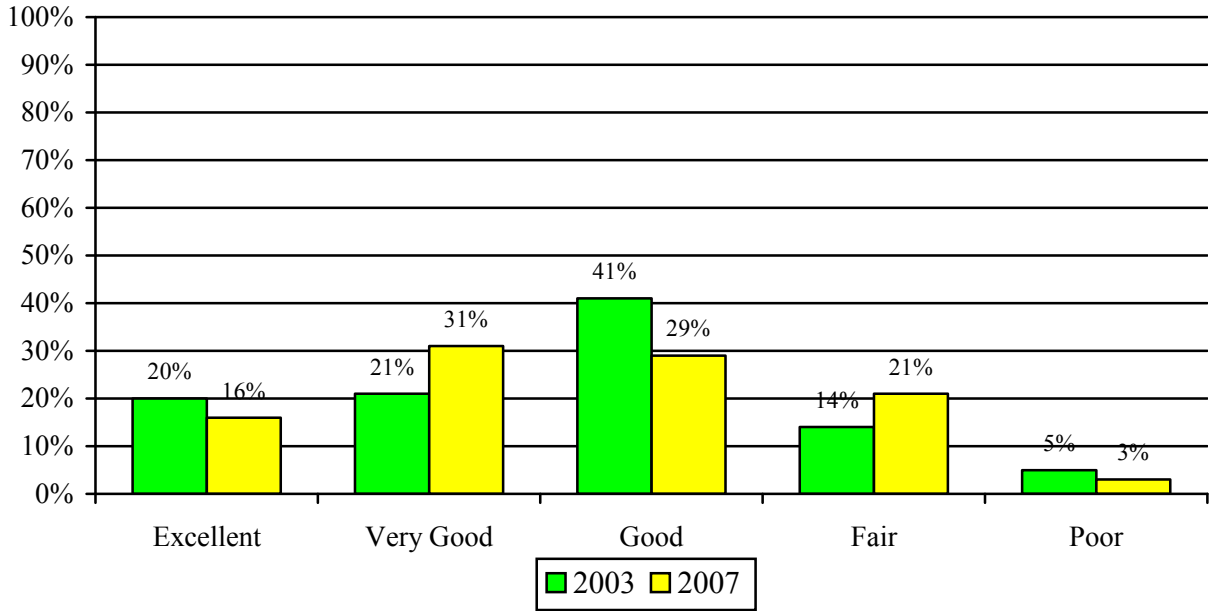
**Table 8.4**  
**Income by SF-12 MCS Score - African Americans**

	Low (12.0 – 49.0)		Medium (49 – 56.2)		High (56.2 – 68.0)	
	2007	2003	2007	2003	2007	2003
Less than \$20,000	24%	30%	33%	11%	20%	26%
\$20,000 to \$34,999	24%	36%	14%	30%	17%	26%
\$35,000 to \$49,999	21%	18%	7%	27%	17%	15%
\$50,000 to \$74,999	21%	10%	31%	16%	12%	15%
\$75,000 or more	9%	6%	14%	16%	34%	17%

**Health & Function**

- Forty-seven percent of African Americans rate their health as “excellent” or “very good” compared with 50 percent of the overall population.
- This is a significant improvement from 2003.

**Figure 8.1**  
\* Current Health Status – African Americans

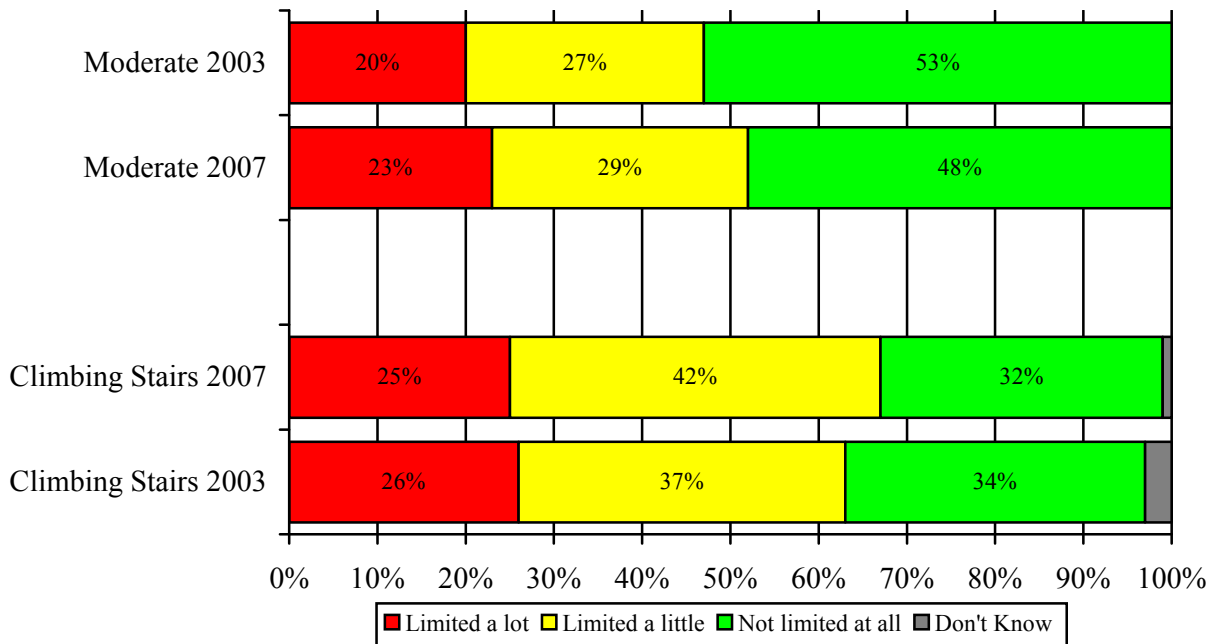


**Table 8.5**  
**Personal Health Status Assessment by Selected Demographics - African Americans**

	Excellent to Good		Fair to Poor	
	2007	2003	2007	2003
<b>Overall African American</b>	76%	81%	24%	19%
<b>Sex</b>				
Male	78%	71%	22%	29%
Female	76%	90%	24%	10%
<b>Age</b>				
18 to 29	89%	87%	11%	13%
30 to 39	97%	87%	3%	13%
40 to 49	86%	88%	14%	12%
50 to 64	56%	74%	44%	26%
65 and older	79%	47%	21%	53%
<b>Household Income</b>				
Less than \$20,000	70%	68%	30%	32%
\$20,000 to \$34,999	62%	85%	39%	15%
\$35,000 to \$49,999	86%	86%	14%	14%
\$50,000 to \$74,999	85%	100%	15%	0%
\$75,000 or more	86%	100%	14%	0%
<b>Education</b>				
Less than H.S. Graduate	63%	44%	37%	56%
High School Graduate	63%	83%	37%	17%
Tech. school/Some college	79%	82%	21%	18%
College graduate	85%	90%	15%	10%
<b>Years Lived in Durham</b>				
Less than 1 year	100%	69%	0%	31%
1 to 2 years	67%	70%	33%	30%
2 to 5 years	100%	92%	0%	8%
More than 5 years	72%	84%	28%	16%
<b>Working for Pay</b>				
Yes	86%	90%	14%	10%
No	62%	59%	38%	41%
<b>Adults in Household</b>				
One	73%	81%	27%	19%
Two	84%	85%	16%	15%
Three or more	67%	59%	33%	41%
<b>Marital Status</b>				
Married	80%	82%	20%	18%
Divorced / Separated	74%	77%	26%	23%
Never Married	78%	84%	22%	16%
<b>Own / Rent Home</b>				
Own	76%	80%	24%	20%
Rent	76%	84%	24%	16%
Other	75%	33%	25%	67%
<b>Body Mass Index</b>				
Underweight	100%	67%	0%	33%
Recommended range	90%	78%	10%	22%
Overweight	94%	90%	6%	10%
Obese	60%	74%	40%	26%

- There is no significant difference between African American and all other adults in the overall sample in reporting that their health limited them “a lot” or “a little” from doing moderate activities in the past week or from climbing stairs in the past week.

**Figure 8.2**  
Health Limiting Certain Activities – African Americans



**SF-12 PCS Scale**

African Americans in Durham County score slightly lower in their physical health than the overall population of the county on the SF-12 PCS scale score.

**Table 8.6**  
SF-12 PCS Mean Score

	Mean SF-12 PCS 2007	Mean SF-12 PCS 2003
All Durham County Adults	47.0	49.5
Durham County Hispanics	48.9	48.4
Durham County African Americans	46.5	48.8
General U.S. Population	50.1	50.1

**Table 8.7**  
**Mean SF-12 PCS Scores by Selected Demographics - African Americans**

	SF-12 Physical - 2007	SF-12 Physical - 2003
<b>Sex</b>		
Male	45.7	48.8
Female	47.1	48.8
<b>Age</b>		
18 to 34	52.8	51.8
35 to 44	49.8	50.2
45 to 54	43.4	49.8
55 to 64	42.7	41.6
65 and older	42.6	38.3
<b>Household Income</b>		
Less than \$20,000	43.6	45.3
\$20,000 to \$34,999	42.2	50.8
\$35,000 to \$49,999	52.1	49.1
\$50,000 to \$74,999	49.5	51.4
\$75,000 or more	48.7	51.8
<b>Education</b>		
Less than H.S. Graduate	43.0	40.6
High School Graduate	41.5	51.8
Tech. school/Some college	47.3	48.9
College graduate	48.7	49.3
<b>Marital Status</b>		
Married	48.3	48.0
Divorced / Separated	43.1	46.9
Never Married	48.5	51.3
<b>Own / Rent Home</b>		
Own	47.2	47.7
Rent	45.8	46.9
Other	43.4	51.3
<b>Body Mass Index</b>		
Underweight	53.9	49.7
Recommended range	51.6	49.2
Overweight	49.8	50.8
Obese	41.4	46.8

#### SF-12 MCS Scale

African Americans in Durham County score higher than the general US population in Durham County on the SF-12 MCS scale and slightly lower than all other Durham County survey respondents.

**Table 8.8**  
**SF-12 MCS Mean Score**

	Mean SF-12 MCS 2007	Mean SF-12 MCS 2003
<b>All Durham County Adults</b>	52.7	50.9
<b>Durham County Hispanics</b>	48.6	48.5
<b>Durham County African Americans</b>	52.0	51.1
General U.S. Population	50.1	50.1

**Table 8.9**  
**Mean SF-12 MCS Scores by Selected Demographics - African Americans**

	SF-12 MCS - 2007	SF-12 MCS - 2003
<b>Sex</b>		
Male	53.6	50.9
Female	50.6	51.2
<b>Age</b>		
18 to 34	52.7	49.1
35 to 44	52.2	52.7
45 to 54	49.5	50.6
55 to 64	53.0	55.9
65 and older	53.3	46.9
<b>Household Income</b>		
Less than \$20,000	52.9	49.8
\$20,000 to \$34,999	48.5	49.1
\$35,000 to \$49,999	50.3	51.2
\$50,000 to \$74,999	50.8	53.4
\$75,000 or more	56.4	54.7
<b>Education</b>		
Less than H.S. Graduate	49.7	48.4
High School Graduate	50.7	48.7
Tech. school/Some college	51.2	52.0
College graduate	53.5	52.6
<b>Working for Pay</b>		
Yes	52.8	51.8
No	50.7	49.2
<b>Marital Status</b>		
Married	54.7	52.6
Divorced / Separated	50.7	50.0
Never Married	49.5	50.2
<b>Own / Rent Home</b>		
Own	52.6	53.3
Rent	51.3	49.2
<b>Body Mass Index</b>		
Underweight	30.9	50.8
Recommended range	53.7	53.3
Overweight	52.4	48.4
Obese	51.7	51.8
<b>Seniors in Household</b>		
Yes	52.0	52.5
No	52.0	50.4
<b>Active Church Member</b>		
Yes	52.2	51.9
No	51.3	49.4

**Well-Being**

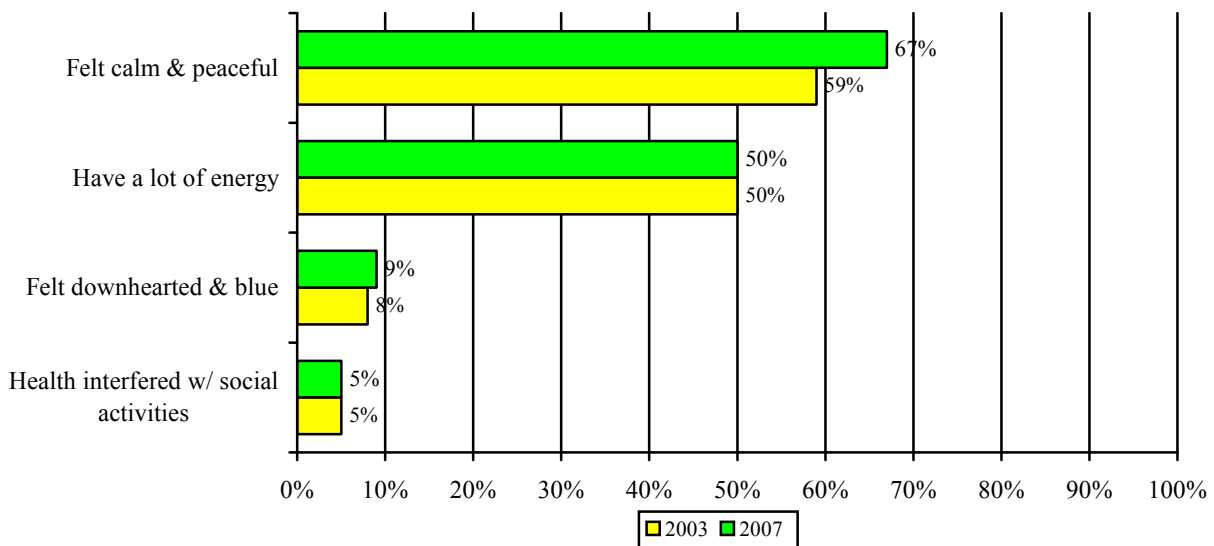
**Table 8.10**  
**Well-Being Scale by Selected Demographics – African Americans**

	Low		Medium		High	
	2007	2003	2007	2003	2007	2003
<b>Overall African American</b>	21%	20%	34%	33%	45%	47%
<b>Sex</b>						
Male	18%	29%	34%	28%	48%	43%
Female	23%	13%	35%	37%	42%	50%
<b>Body Mass Index</b>						
Underweight (BMI < 18.5)	0%	50%	100%	33%	0%	17%
Recommended Range (18.5 – 24.9)	20%	18%	34%	33%	46%	49%
Overweight (24.9 – 29.9)	14%	23%	46%	37%	40%	40%
Obese (BMI > 29.9)	25%	21%	22%	29%	53%	50%
<b>Household Income</b>						
Less than \$20,000	20%	13%	29%	41%	51%	47%
\$20,000 to \$34,999	35%	28%	35%	23%	31%	50%
\$35,000 to \$49,999	15%	21%	45%	28%	40%	52%
\$50,000 to \$74,999	19%	12%	30%	59%	52%	29%
\$75,000 or more	7%	6%	52%	29%	41%	65%
<b>Education</b>						
Less than H.S. Graduate	15%	33%	46%	17%	39%	50%
High School Graduate	50%	26%	6%	41%	44%	33%
Tech. school / Some college	12%	18%	46%	26%	42%	56%
College graduate	16%	15%	36%	39%	48%	46%
<b>SF-12 Physical Health Summary Scale</b>						
Low (14 – 48.9)	21%	19%	28%	34%	51%	48%
Medium (48.9 – 55.3)	23%	30%	35%	38%	42%	32%
High (55.3 – 65)	12%	6%	55%	33%	33%	61%
<b>SF-12 Mental Health Summary Scale</b>						
Low (12 – 49)	34%	26%	39%	45%	27%	29%
Medium (49 – 56.2)	22%	20%	37%	40%	41%	40%
High (56.2 – 68)	10%	11%	33%	21%	57%	68%



- Nine percent of African Americans say they have felt downhearted or blue in the past four weeks – very similar to the overall adult population in Durham County (7%). Similarly, the same proportion of African Americans said their health has interfered with social activities (5%) in the past four weeks as the overall Durham County population (5%).

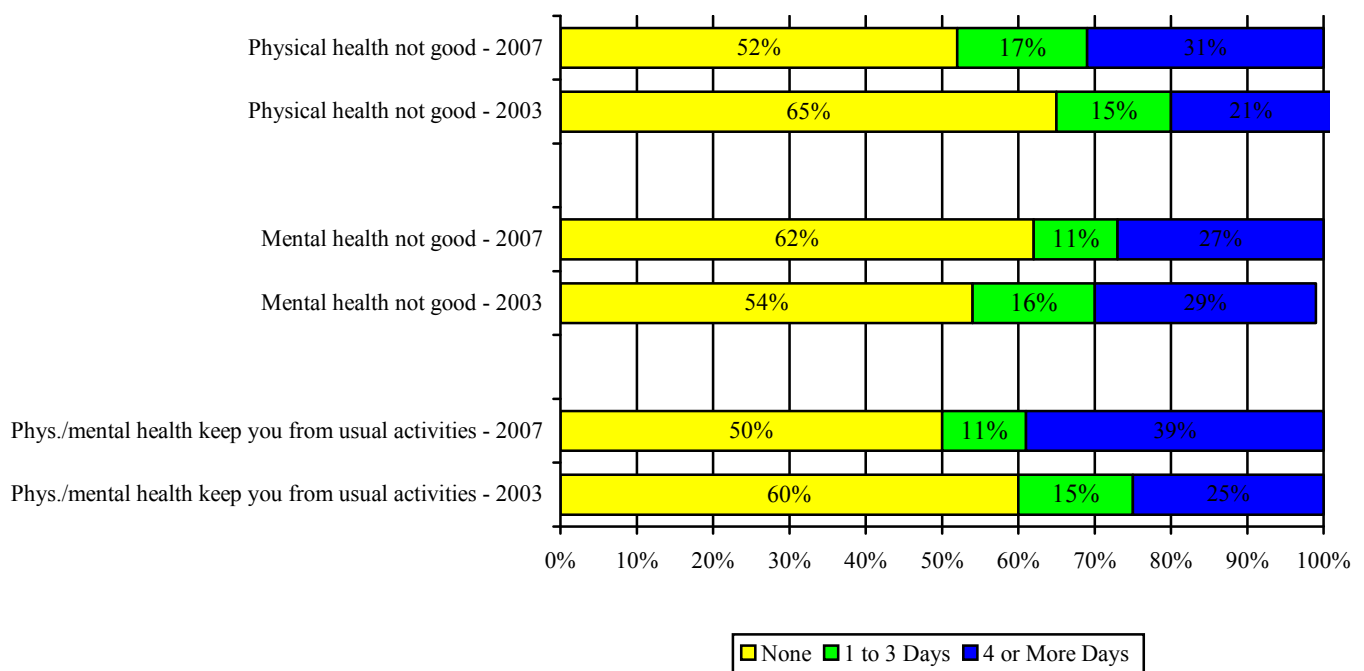
**Figure 8.3**  
**In the Past 4 Weeks: – African Americans**  
 (Percent “All of the time” & “Most of the time”)



**Limitations Because of Physical or Mental Health**

- African Americans are similar to the overall Durham County population in describing limitations based on their physical and mental health.
- The decrease in the number of days African American’s physical health was not good is approaching significance ( $p = .058$ ) as well as the decrease in the number of days African Americans were kept from their usual activities ( $p = .09$ ).

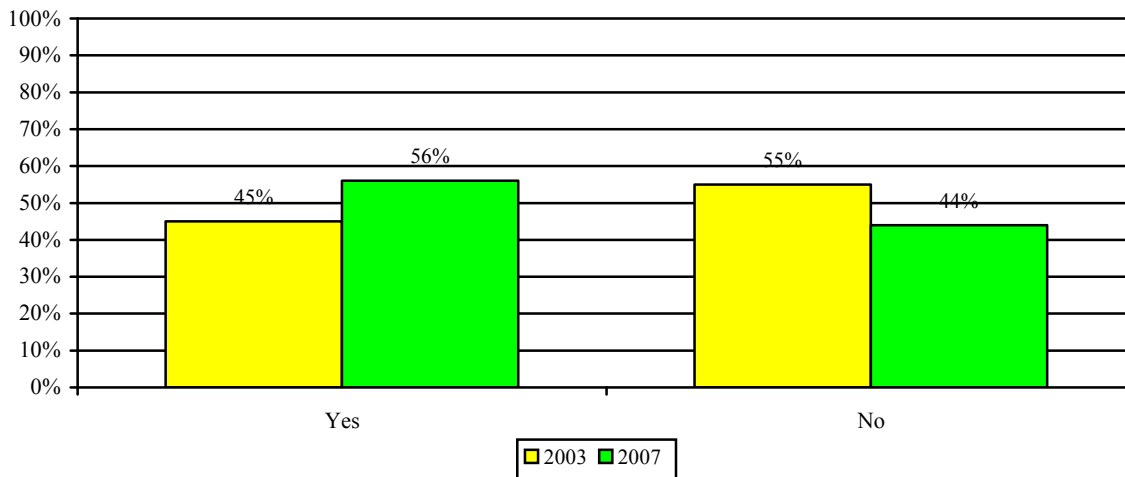
**Figure 8.4**  
**Number of Times In the Past 30 Days: – African Americans**



**Disease**

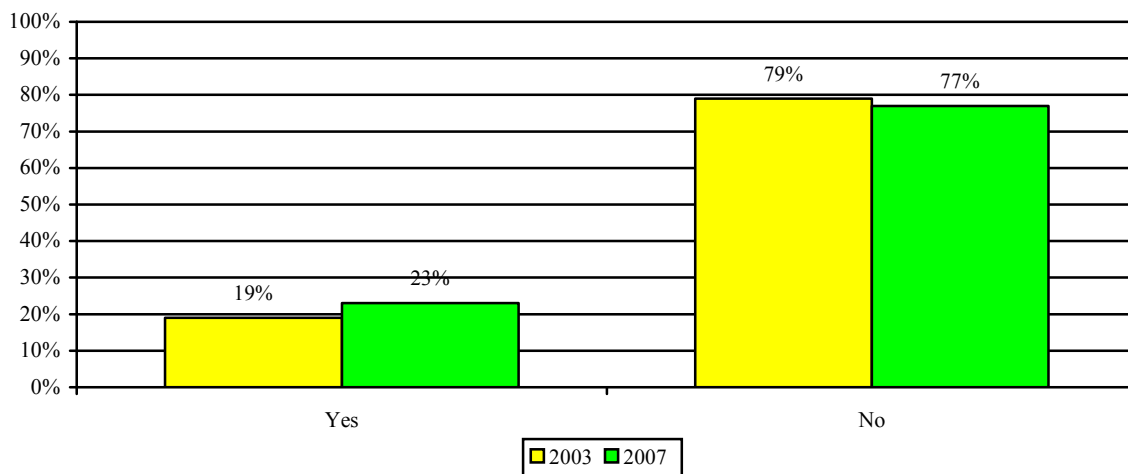
- African Americans in Durham County are similar to the overall adult population concerning the taking prescription medication for at least three consecutive months. Fifty-three percent of Durham County adults have a problem for which they have taken prescription medication for at least three consecutive months, and 56% of African American residents have a similar health problem.
- This is a significant increase from 2003.

**Figure 8.5**  
 \* Have a Problem for Which You Have Taken Prescription Medication for at Least 3 Months in a Row  
 African Americans



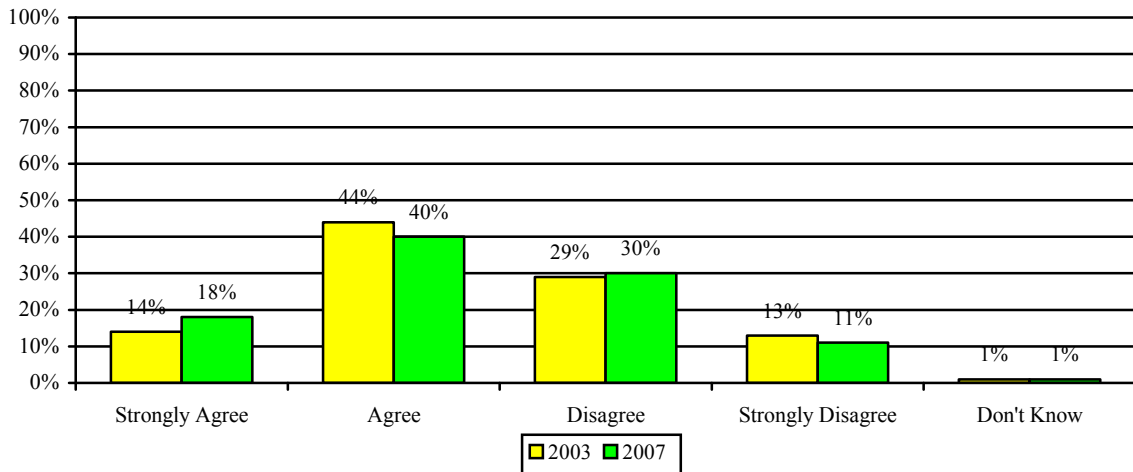
- Twenty-three percent of African Americans say they have delayed in getting or have not gotten a prescription filled or refilled in the past 12 months primarily because they could not afford them (58%), they had no insurance (15%), or they did not think it was important (12%).

**Figure 8.6**  
 Delay or Not Get Prescription Filled or Refilled  
 That Was Prescribed for You In the Last 12 Months – African Americans



- Fifty-eight percent of Durham County African Americans compared to 57% of all adults in Durham County, either “agreed” or “strongly agreed” that they depend on a doctor to stay in good health.

**Figure 8.7**  
Depend on Doctor to Stay in Good Health – African Americans

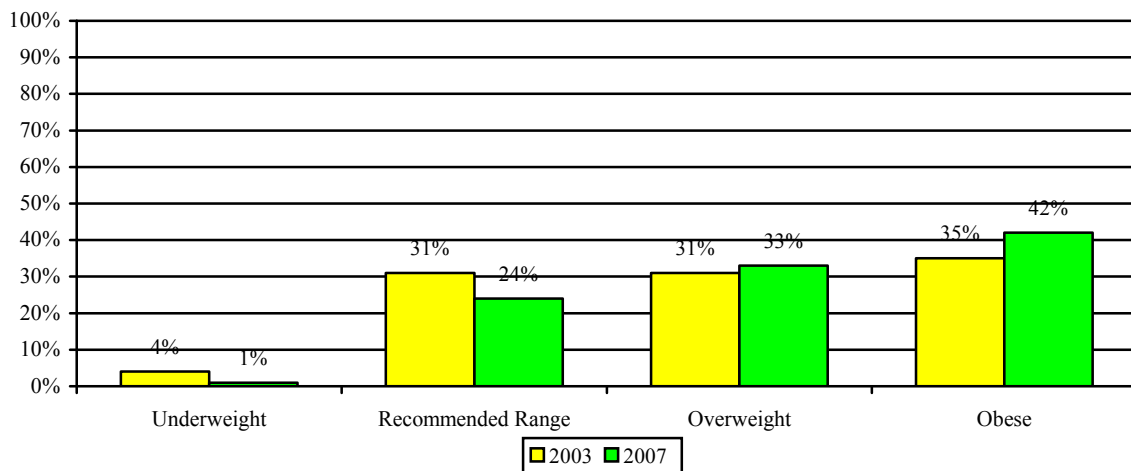


**RISKS TO FUTURE HEALTH**

**Weight**

African Americans are more likely to be in the overweight or obese BMI range than the overall Durham County population. Seventy-five percent of the African American population is overweight or obese compared with 65% of the overall population.

**Figure 8.8**  
Body Mass Index (BMI) – African Americans



**Table 8.11**  
**BMI by Health & Lifestyle - African Americans**

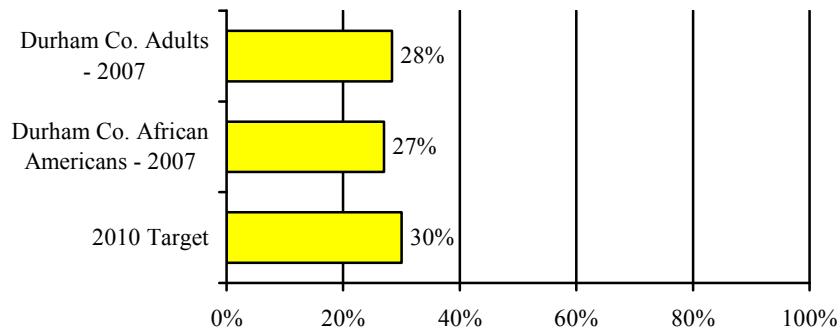
	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Participate in Moderate Physical Activities in Usual Week</b>				
Yes	50%	95%	85%	78%
No	50%	5%	15%	22%
<b>Days Per Week Participate in Moderate Activity for at least 10 Minutes</b>				
Less than twice a week	10%	4%	4%	3%
Twice a week	10%	7%	10%	8%
Three times a week	20%	15%	19%	28%
Four times a week	0%	17%	12%	11%
5 or more times a week	60%	57%	56%	50%
Don't know / Not sure	0%	0%	0%	0%
<b>Amount of Time Usually Keep at Moderate Activity</b>				
Half-hour or less	0%	44%	57%	51%
31 min. to an hour	100%	33%	24%	33%
More than an hour	0%	22%	20%	16%
Don't know / Not sure	0%	0%	0%	0%
<b>Participate in Vigorous Physical Activities in Usual Week</b>				
Yes	50%	76%	51%	35%
No	50%	24%	49%	65%
<b>Days Per Week Participate in Vigorous Activity for at least 10 Minutes</b>				
Less than twice a week	100%	10%	7%	38%
Twice a week	0%	28%	11%	21%
Three times a week	0%	31%	39%	29%
Four times a week	0%	14%	18%	4%
5 or more times a week	0%	17%	25%	8%
Don't know / Not sure	0%	0%	0%	0%
<b>Amount of Time Usually Keep at Vigorous Activity</b>				
Half-hour or less	0%	61%	46%	22%
31 min. to an hour	0%	25%	31%	57%
More than an hour	100%	14%	23%	22%
Don't know / Not sure	0%	0%	0%	0%
<b>Do You Smoke Cigarettes</b>				
Every day	50%	3%	13%	11%
Some days	0%	18%	2%	6%
Not at all	50%	79%	85%	82%
<b>Average Number of Cigarettes a Day</b>				
Less than a pack a day	0%	88%	38%	73%
A pack a day	100%	12%	50%	27%
More than a pack a day	0%	0%	12%	0%
<b>At Least One Drink of Alcohol in Past Month</b>				
Yes	50%	42%	66%	31%
No	50%	58%	34%	69%
<b>Days Per Week / Month Usually Drink Alcoholic Beverages</b>				
None	50%	58%	34%	70%
1 to 3 times a month	0%	21%	28%	15%
2 to 3 times a week	50%	8%	30%	14%
4 or more times a week	0%	13%	8%	2%
Don't know / Not sure	0%	0%	0%	0%

**Table 8.11 (continued)**  
**BMI by Health & Lifestyle - African Americans**

	<b>Underweight ( &lt; 18.5)</b>	<b>Recommended (18.5 – 24.9)</b>	<b>Overweight (25 – 29.9)</b>	<b>Obese ( &gt; 29.9)</b>
<b>Number of Drinks on Average on Days You Drink</b>				
Non-drinker	50%	56%	34%	70%
One drink	0%	10%	23%	15%
Two drinks	0%	15%	26%	2%
3 or more drinks	50%	18%	15%	13%
<b>Number of Times with 5 or More Drinks on an Occasion in Last Month</b>				
Non-drinker	50%	58%	34%	71%
No Times	0%	32%	53%	22%
1 or more times	50%	10%	13%	8%
<b>Driven After Too Much to Drink in Past Month</b>				
Non-drinker	50%	56%	34%	69%
No Times	0%	41%	66%	31%
1 or more times	50%	3%	0%	0%
<b>Ridden with Driver Who Has Had Too Much to Drink in Past Month</b>				
None	100%	92%	96%	97%
One time	0%	3%	0%	3%
Two times	0%	5%	4%	0%
Three or more times	0%	0%	0%	0%
<b>Ever Received Counseling / Treatment for Substance Abuse Problem</b>				
Yes	0%	0%	6%	9%
No	100%	100%	94%	91%
<b>Any Close Family Member Received Treatment for Substance Abuse Problem</b>				
Yes	0%	8%	8%	15%
No	50%	92%	90%	85%
Don't know / Not sure	50%	0%	2%	0%

- Over one-quarter (27%) of African American adults in Durham County participate in regular vigorous physical activity. The Healthy People 2010 target is 30% of adults participating in regular vigorous physical activity by 2010.

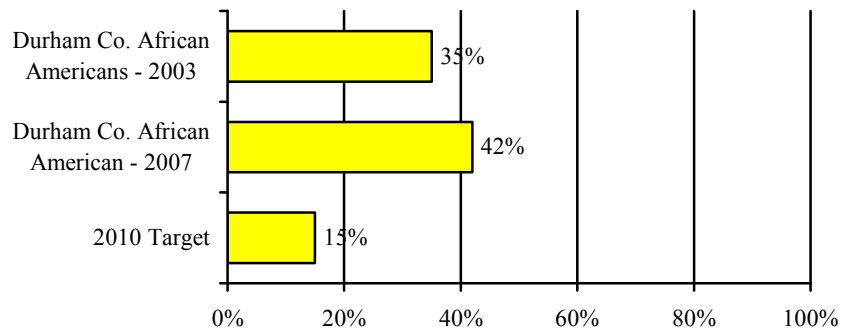
**Figure 8.9**  
**Participation in Regular Vigorous Physical Activity**  
**African Americans**  
 (Vigorous activity was not measured in 2003)



- The definition of participation in regular physical activity is engaging in 20 minutes or more of vigorous physical activity 3 or more days a week.
- Regular moderate activity was displayed in the 2003 report. Due to changes in the 2010 target as well as question wording, vigorous activity was used in 2007.

- Forty-two percent of African American adults in Durham County are obese – significantly more than all adults (29%). The Healthy People 2010 target is to reduce obesity to 15% of adults.

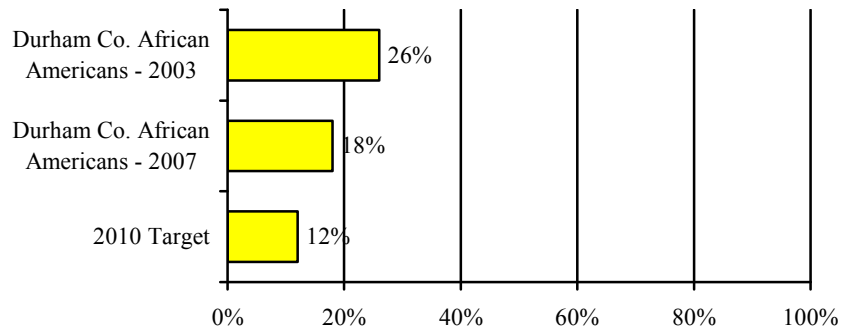
**Figure 8.10**  
**Obesity**  
**African Americans**



- In adults, obesity is defined as a BMI of 30 kg/m<sup>2</sup> or more; overweight is a BMI of 25 kg/m<sup>2</sup> or more.

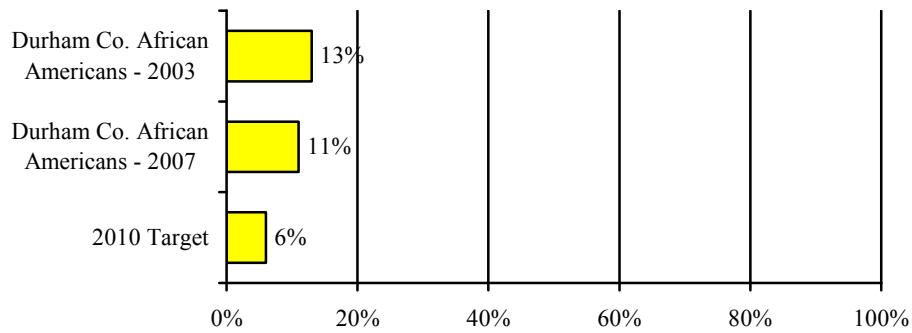
- Eighteen percent of the African American adults in Durham County smoke cigarettes, compared to 14% from the Durham County adult sample. The Healthy People 2010 target is to reduce smoking to 12%.

**Figure 8.11**  
Cigarette Smoking  
African Americans



- Eleven percent of Durham County African American adults reported binge drinking (five or more drinks on one occasion) in the past month (11% for all Durham County adults). The Healthy People 2010 target for binge drinking is 6%.

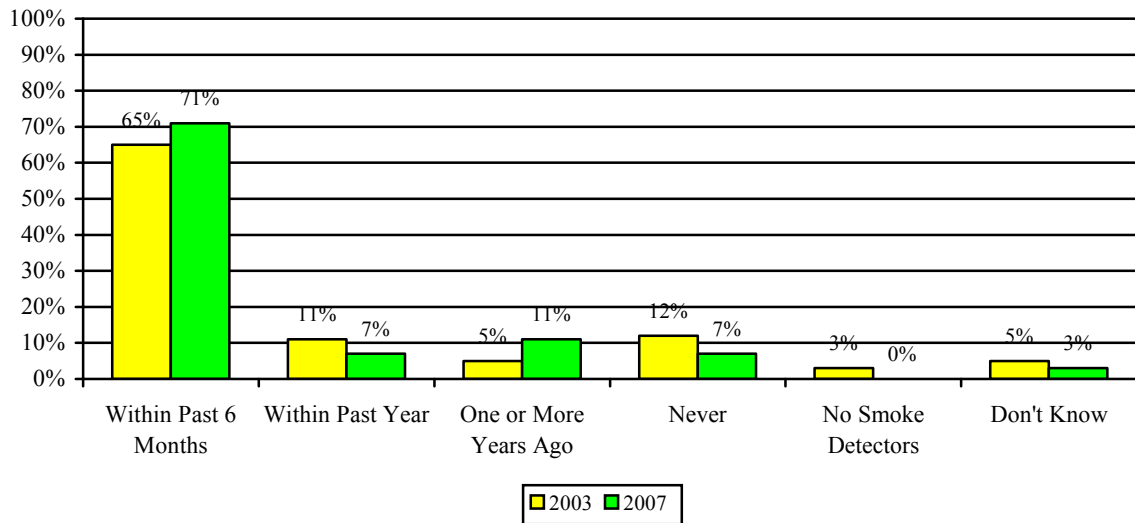
**Figure 8.12**  
Alcohol Abuse – Binge Drinking  
African Americans



**Household Risks**

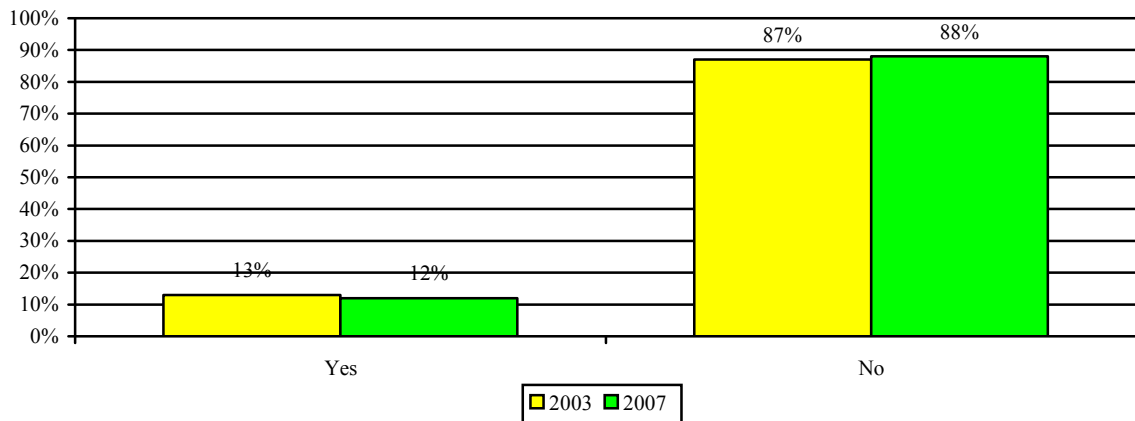
- Almost three-quarters (71%) of African Americans have recently tested smoke detectors in their home within the last 6 months.
- This is a significant increase from 2003 to 2007.

**Figure 8.13**  
 \* Most Recent Smoke detector Test  
 African Americans



- More African American adults (88%) say they do not keep firearms in their home compared to the overall population of Durham County (80%). Of the 12% that keep firearms in their home, 76% say they have firearms in their home for protection.

**Figure 8.14**  
 Firearms – African Americans

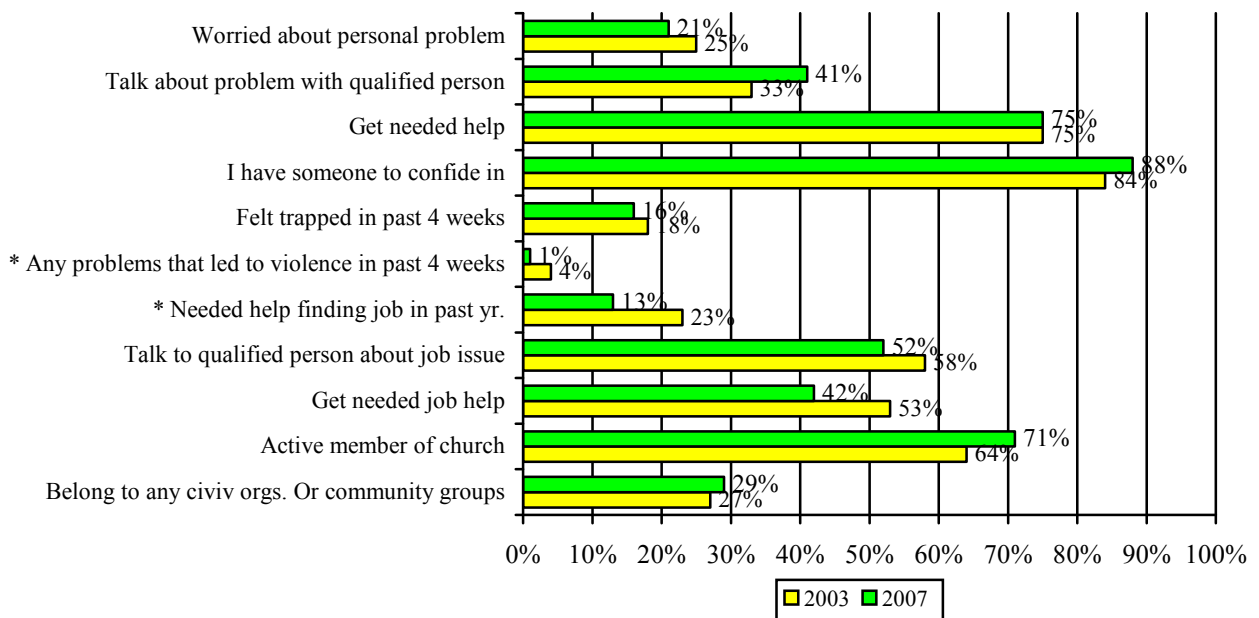




**Social Environment**

- Eighty-eight percent (88%) of African American adults in Durham County say they have someone to confide in or talk to about themselves or their problems.
- Few African Americans reported that their household has experienced violent situations, such as someone being threatened, hit, or pushed in recent weeks.
  - This has significantly decreased from 2003.
- In the past year, 13% of African American adults say they needed help finding a job or deciding what kind of job would be best.
  - African Americans who needed help finding a job has significantly declined since 2003.

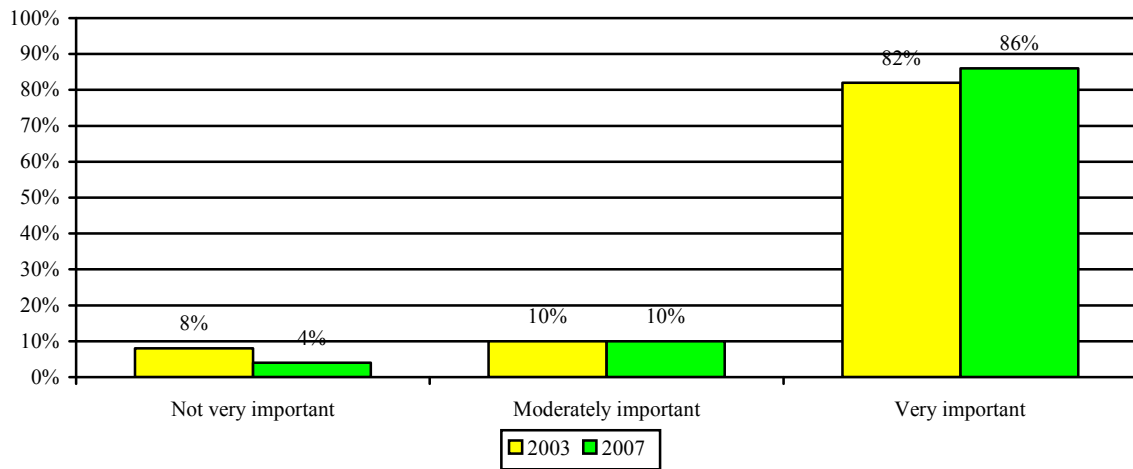
**Figure 8.15**  
**Social Environment – African Americans**  
 (Percent “Yes”)



**Social / Religious Organizational Membership**

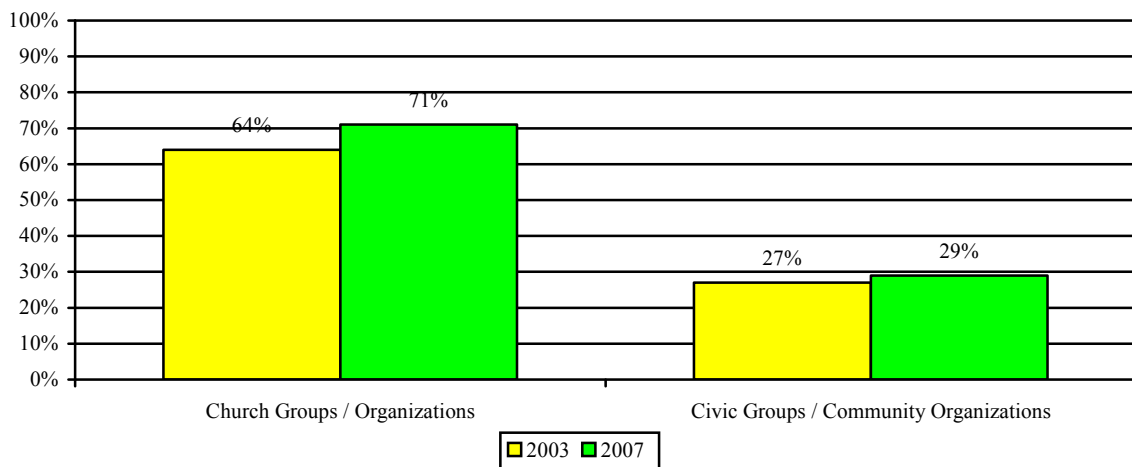
- African Americans in Durham County are significantly more likely than the overall population to say religion is very important in their lives.

**Figure 8.16**  
Importance of Religion – African Americans



- Seventy-one percent (71%) of African American adults in Durham County say they are members of a church group or other church organization, higher than the overall population (56%).
- Twenty-nine percent (29%) of African American adults say they are members of a civic group or community organization.

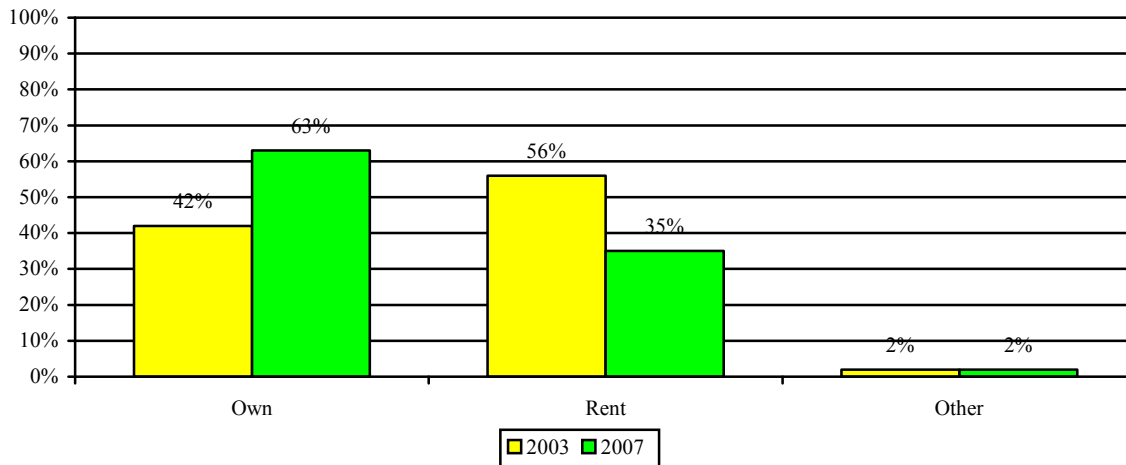
**Figure 8.17**  
Active Member of Groups – African Americans  
(Percent “Yes”)



**Physical Environment**

- Sixty-three percent (63%) of Durham County African American adults say they own their residence compared to 42% of the overall population.
- This has significantly increased since 2003 and now approaches the statewide percentage of homeowners - 69% according to the 2000 U.S. Census.

**Figure 8.18**  
\* Own or Rent Residence – African Americans



- African American adults in Durham County spend about the same per month for housing as the overall population.
- There is a significant difference between 2003 and 2007.

**Table 8.13**  
\* Monthly Housing Cost

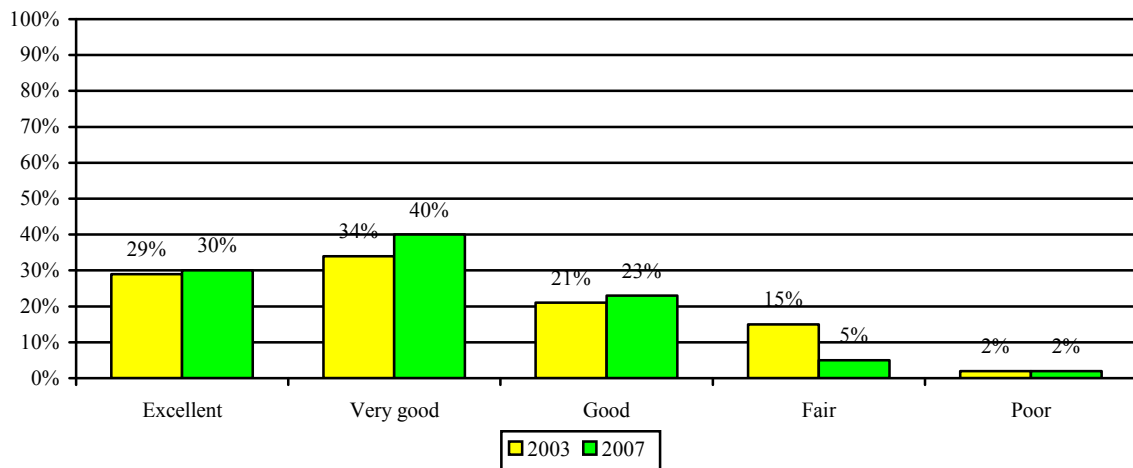
	African Americans 2007	African Americans 2003	Durham County Adults - 2007
Less than \$500	17%	11%	18%
\$500 to \$799	15%	22%	14%
\$800 to \$999	15%	20%	11%
\$1000 to \$1499	29%	22%	28%
\$1500 to \$1999	9%	17%	12%
\$2000 or more	16%	7%	18%

**Table 7.13a**  
\* Per Month Housing Cost by Income  
African Americans 2007

	Less than \$20,000	\$20,000 to \$34,999	\$35,000 to \$49,999	\$50,000 to \$74,999	\$75,000 or more
Less than \$1,000	68%	65%	56%	30%	17%
\$1000 or more	32%	35%	44%	70%	83%

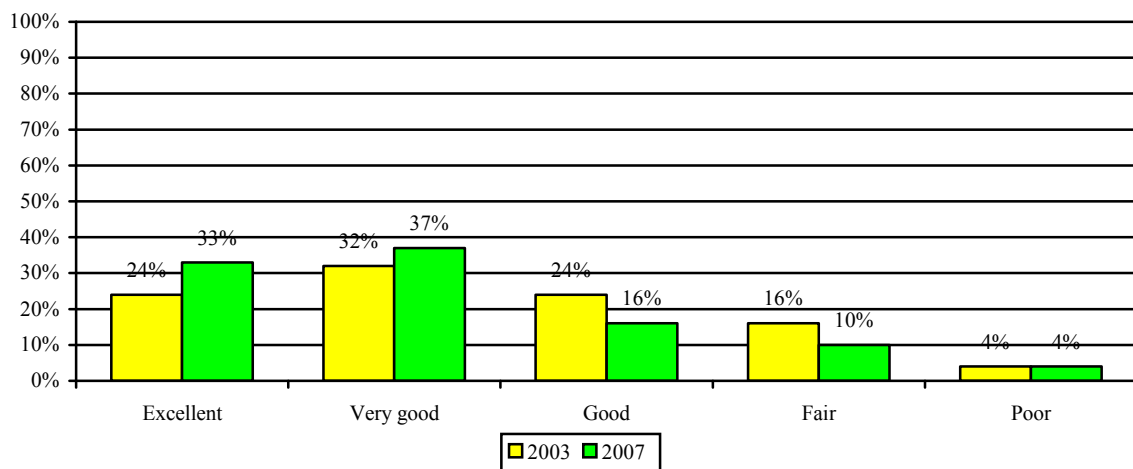
- African American adults in Durham County are quite satisfied with their housing. Only Seven percent of African American adults in Durham County rate their place of residence as “fair” or “poor” compared to 5% of the overall population.
- This is a significant improvement from 2003.

**Figure 8.19**  
\* Rating of Place of Residence – African Americans



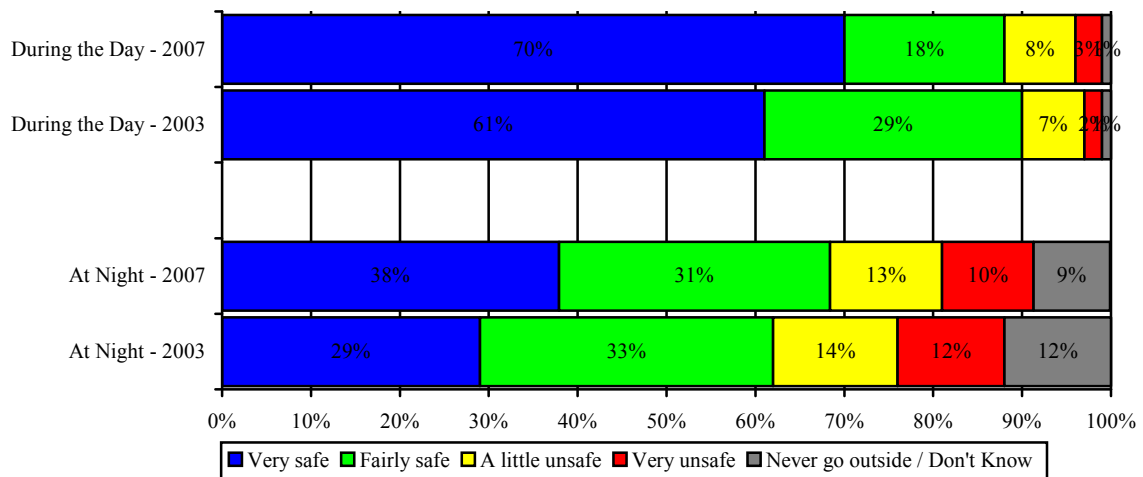
- Similarly, only 14% of Durham County African American residents rate their neighborhoods as “fair” or “poor” places to live.
- The improvement from 2003 to 2007 is approaching significance (p = .065).

**Figure 8.20**  
Rating of Neighborhood as Place to Live – African Americans



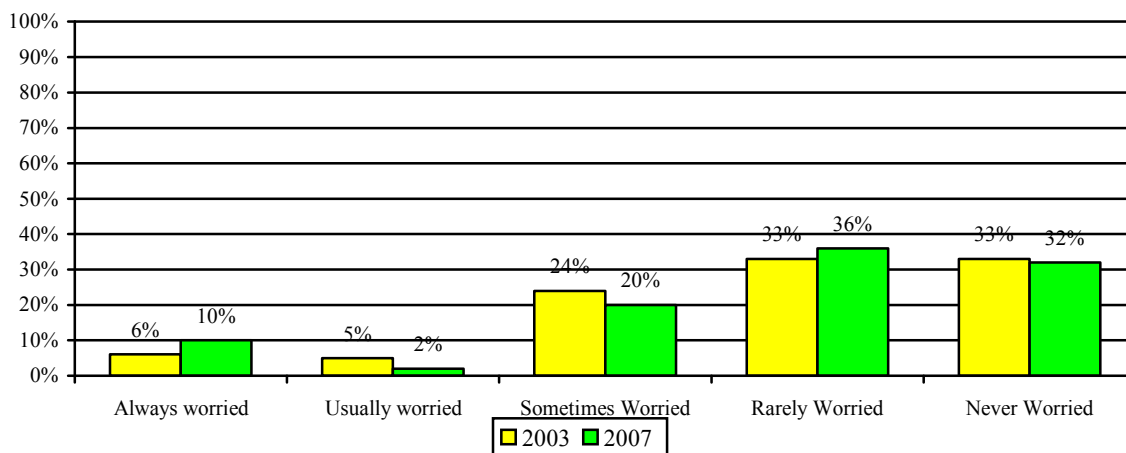
- The level of neighborhood involvement in Durham County is mixed according to African American adults. Fifty-two percent (52%) reported that people in their neighborhood tend to help each other out, 42% said people tend to keep to themselves, and 6% weren't sure.
  - There has been a significant increase in the perception that neighbors tend to help each other out between 2003 and 2007.
- African American adults feel their neighborhoods are fairly safe during the day, but not as safe at night. Nine-in-ten (88%) feel either "very safe" or "fairly safe" walking in their neighborhood during the day and sixty-nine percent felt "very safe" or "fairly safe" walking in their neighborhood at night.
  - The difference in feeling safe at night is approaching significance ( $p = .090$ ).

**Figure 8.21**  
 Feel safe Walking in Neighborhood  
 African Americans



- Sixty-eight percent of Durham County African American residents are "rarely worried" or "never worried" about being a victim of violent crime in their daily lives, while 20% are "sometimes worried."

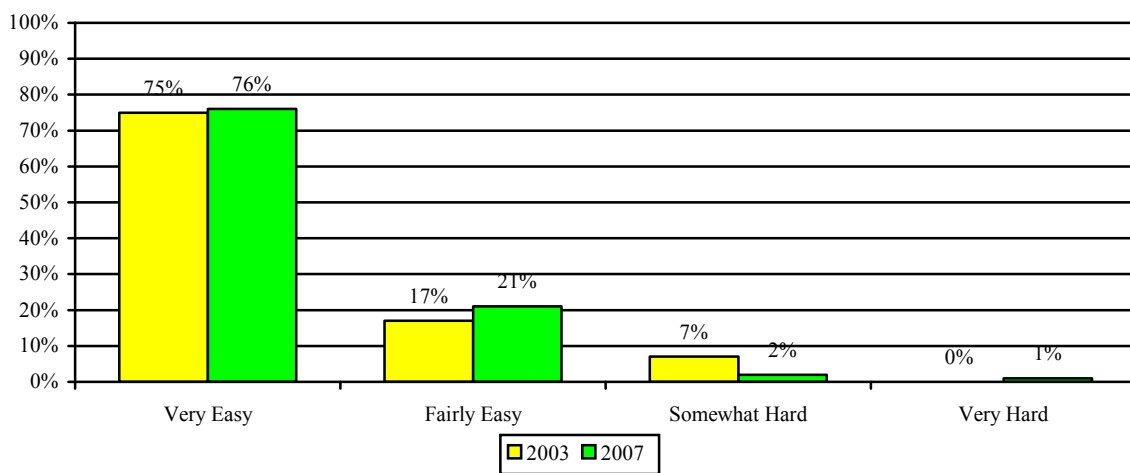
**Figure 8.22**  
 Worried About Being Victim of Violent Crime  
 African Americans



**Transportation**

- Nine-in-ten (91%) African American adults in Durham County either own a car or live with someone who owns a car.
- African Americans find it is easy to get around. Similar the overall adult population (5%), only 3% of African American adults say that is “somewhat” or “very hard” to get around.
- The difference between 2003 and 2007 is approaching significance ( $p = .068$ ).

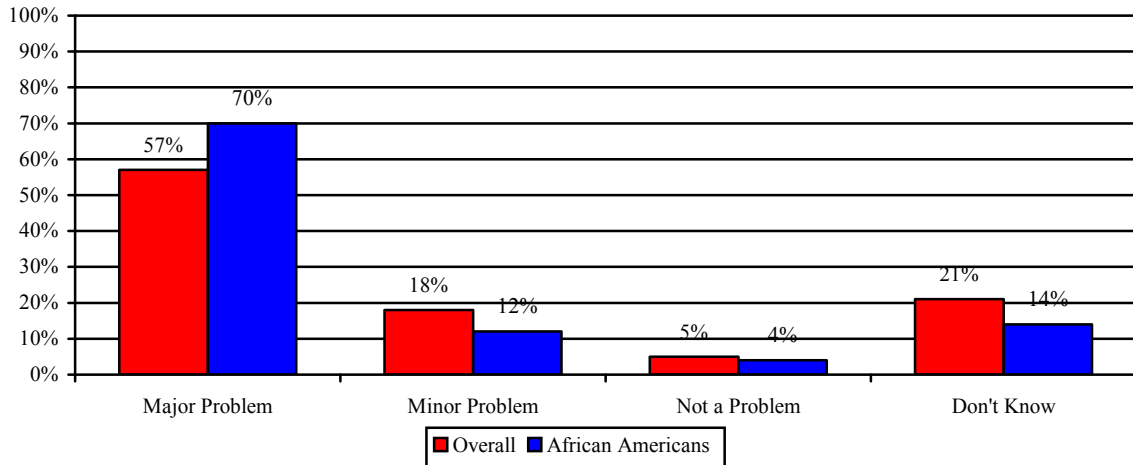
**Figure 8.23**  
Ease / Difficulty of Getting Around  
African Americans



***Sexually Transmitted Diseases***

The majority of Durham County African Americans (70% vs. 57% in the overall sample) believe HIV and other sexually transmitted diseases are a major problem in Durham, 12 percent believe they are a minor problem, 4 percent say they are not a problem, and 14 percent say they don't know.

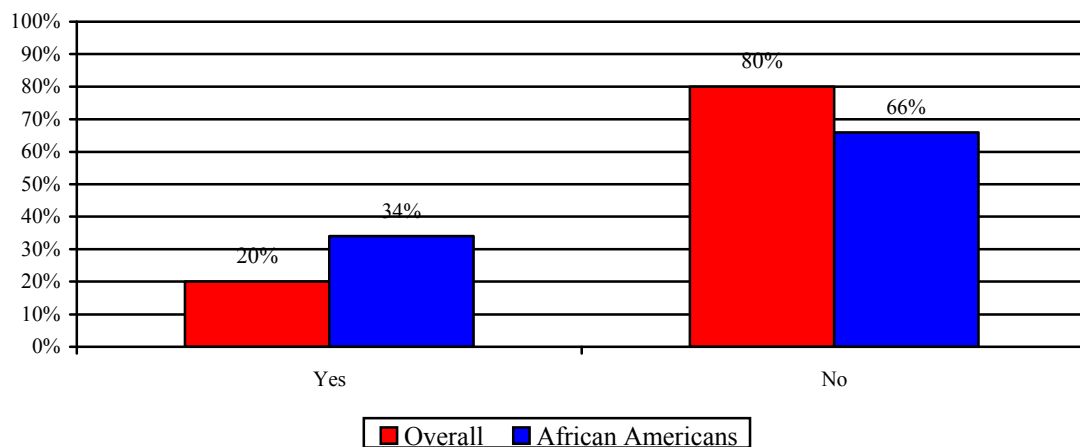
**Figure 8.24**  
**HIV/STD Problem in Durham (2007)**



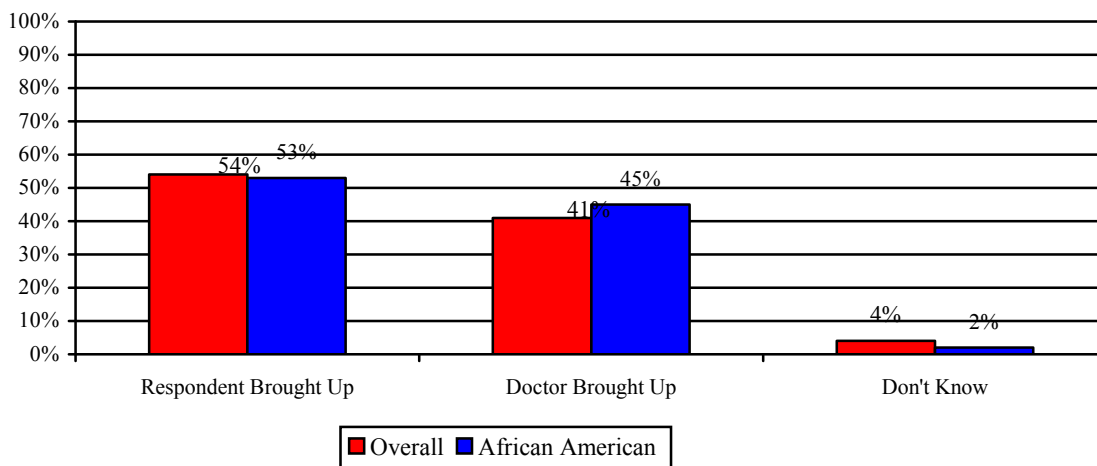
A greater percentage of African Americans (34% vs. 20% in the overall population) have talked with a doctor or health care provider about getting tested for HIV or other sexually transmitted diseases in the last year. In addition, three quarters (72%) said they would go to their doctor office if they were going to be tested.

Of those who have spoken to a health care provider, the majority (53%) say they brought it up and 45% say their doctor did, and 2% don't know.

**Figure 8.25**  
 HIV/STD: Talked About Testing Last Year – African Americans (2007)



**Figure 8.26**  
 HIV/STD: Talked About Testing Last Year – African Americans (2007)



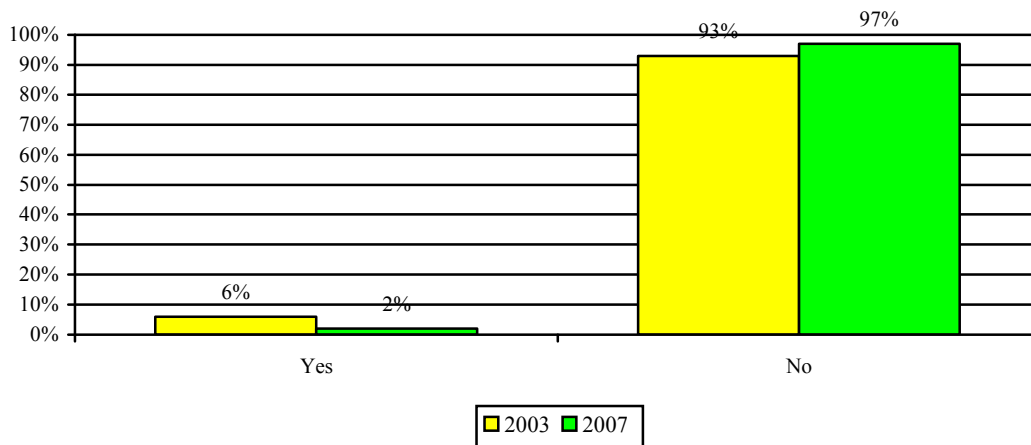


**HEALTH CARE SYSTEM**

**Access**

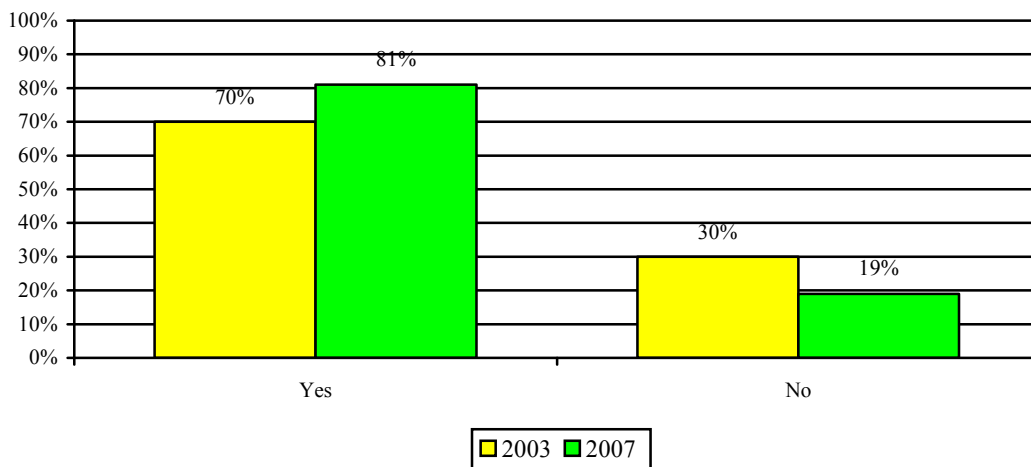
- African Americans in Durham County have access to healthcare (82%) similar to that of the overall population (84%).
- The majority of African Americans in Durham County, even those who scored low on both the mental and physical health scales, said they had no problems getting health care.
- Few African Americans (2%) reported that they or a member of their family had needed treatment for a substance abuse problem but were unable to get it in the last 12 months.

**Figure 8.27**  
**Any Household Member Needed Treatment for Substance Abuse Problem in Last 12 Months but Could not Get it African Americans**



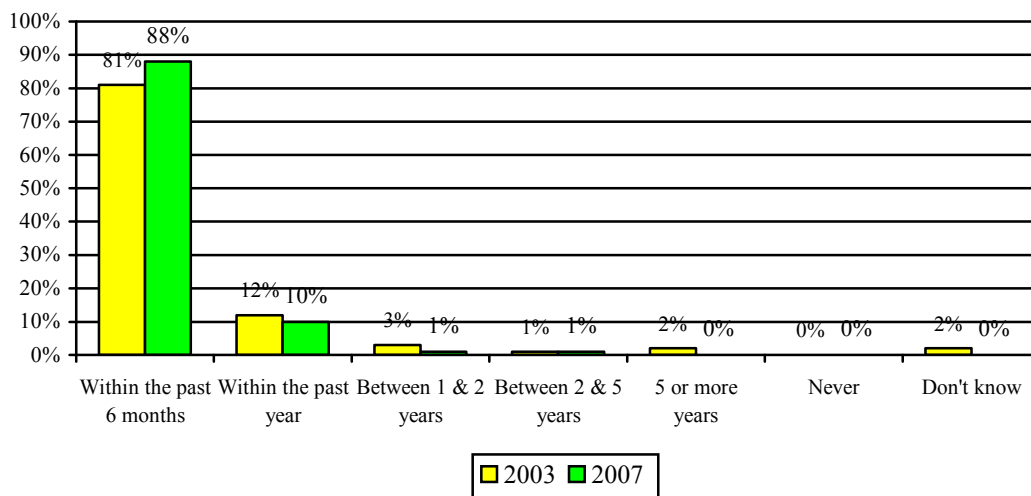
- Eight-in-ten (81%) of Durham County African American adults say that they have a health care professional who knows them best.
- This is a significant increase from 2003.

**Figure 8.28**  
**\* Personal Doctor or Nurse – African Americans**



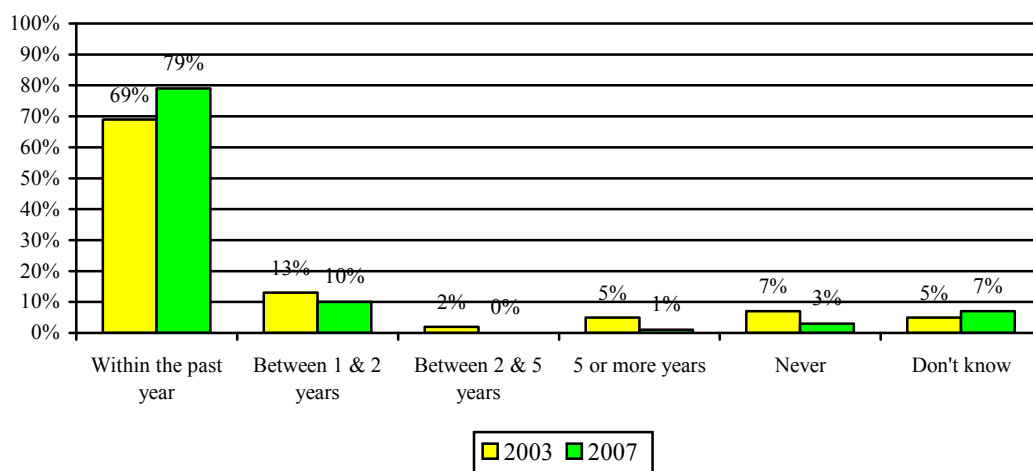
- Eighty-eight percent of Durham County African Americans have had their blood pressure taken by a doctor, nurse, or other health professional within the past 6 months - 11% higher than the overall population.

**Figure 8.29**  
Last Time Blood Pressure Taken



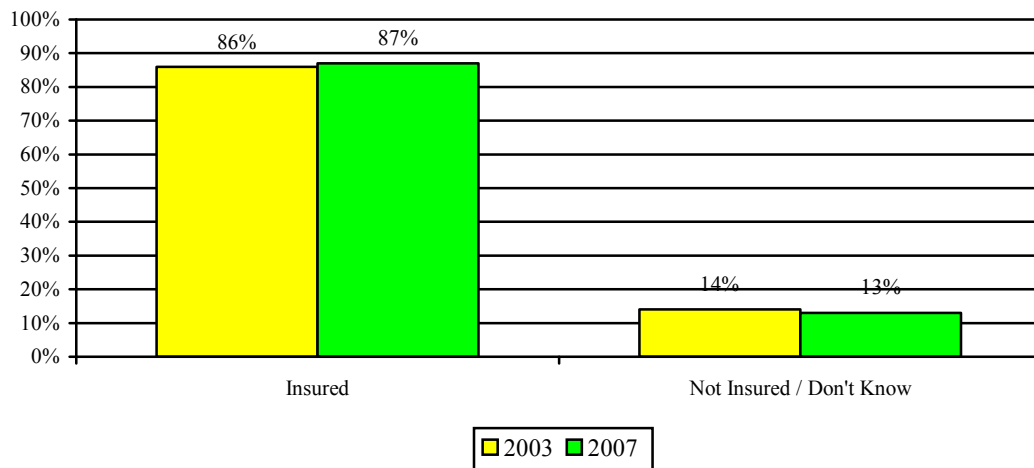
- Over three-quarters (79%) of African American adults have had their blood cholesterol checked within the last year compared to 71% of the overall population.
- This is a significant increase from 2003 to 2007.

**Figure 8.30**  
\* Last Time Blood Cholesterol Tested



- Eighty-seven percent of African American residents of Durham County say they have health insurance this is the same as the overall Durham County adult population. The Healthy People 2010 target is for every adult to have access to health care.
- Those African Americans least likely to have health insurance are younger adults, smokers, those who have never been married, those adults with a lower level of income, and those who live in urban areas.

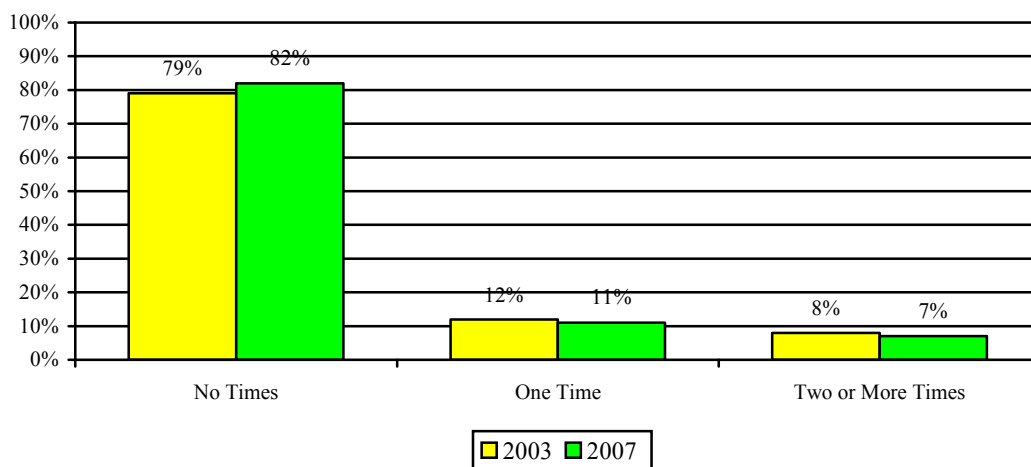
**Figure 8.31**  
**Current Health Insurance Status**  
**African Americans**



**Direct Costs of Health Care**

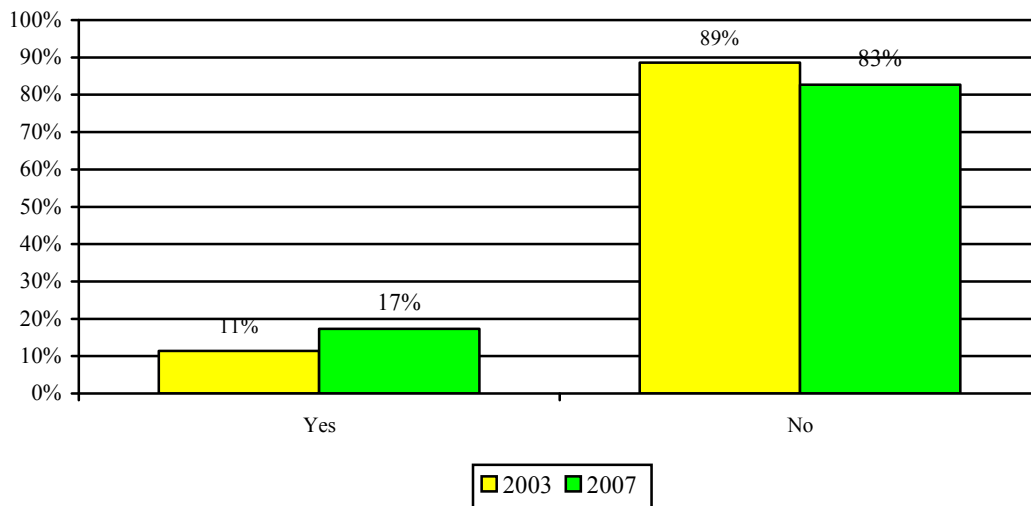
- One-fifth of Durham County African American residents have gone to the emergency room for their own care in the past year, slightly lower than the overall population.

**Figure 8.32**  
**Emergency Room Visits in Past 6 Months**  
**African Americans**



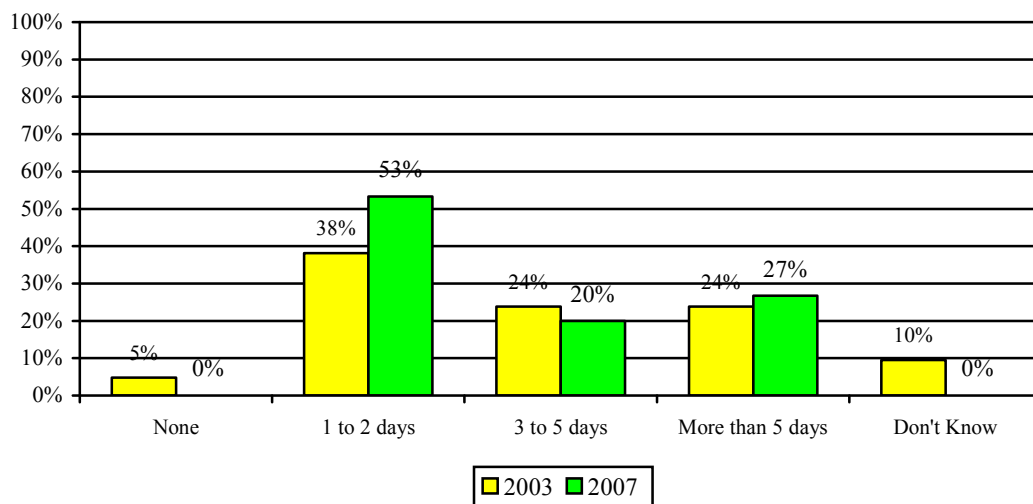
- Seventeen percent of African American adults report having been a patient overnight or longer in a hospital in the last 12 months compared to 14 percent in the overall population.

**Figure 8.33**  
 Patient Overnight or Longer in Hospital in Past 12 Months  
 African Americans



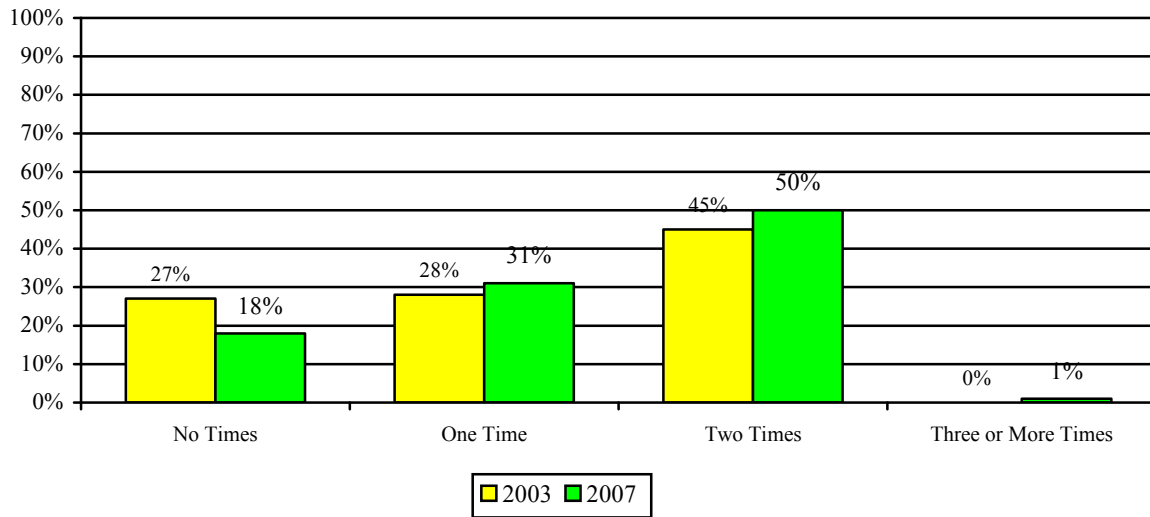
- The length of time in the hospital for African Americans has decreased since 2003.

**Figure 8.34**  
 Length of Time Spent in Hospital  
 African Americans



- Not including emergency room visits, 18% of Durham County African Americans have not visited a doctor's office or health care clinic in the last six months compared with 28% of the overall population.

**Figure 8.35**  
**Frequency of Medical Visits in Last 6 Months**  
**African Americans**



- Almost one-third of African Americans spend over \$100 a month out of their own pocket in medical costs and medicines.

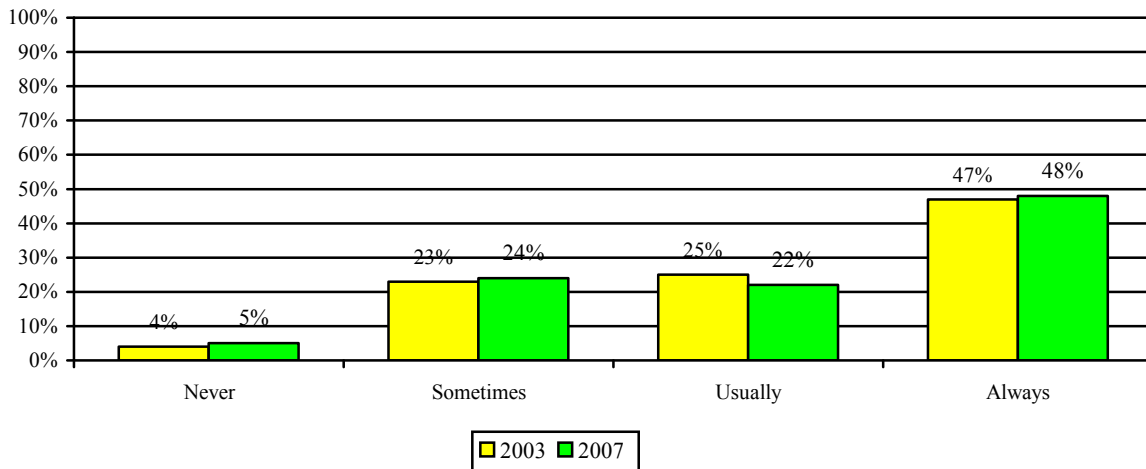
**Figure 8.35**  
**Monthly Medical Expenses**  
**African Americans**



**Satisfaction with Health Care**

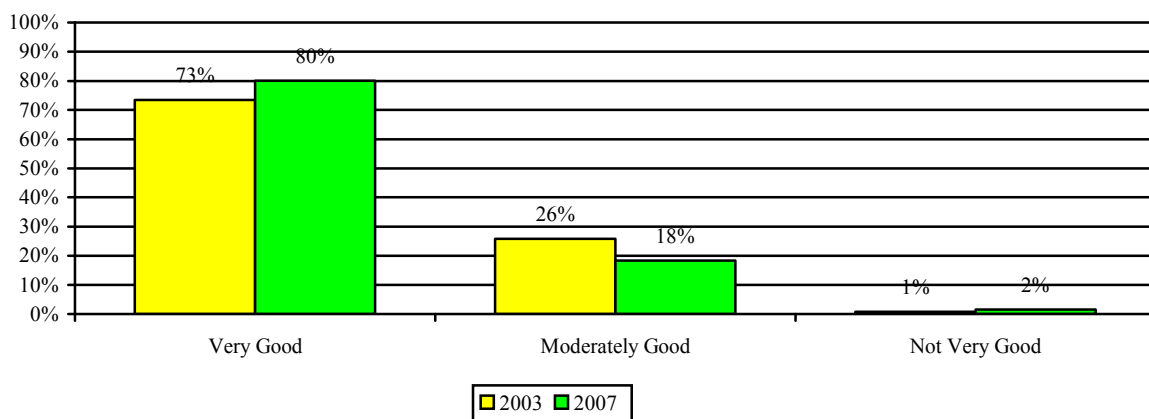
- Durham County African Americans feel as though their doctor or medical professional spends enough time with them when they see him or her. Seventy-one percent (71%) feel as though their doctor or medical professional “usually” or “always” spends enough time with them when they see that person compared to 81% of the overall adult population in Durham County.

**Figure 8.36**  
**Frequency Doctor or Medical Professional Spent Enough Time with You**  
**African Americans**



- African American adults are generally pleased with the quality of their health care – 80% rated their health care as “very good.”

**Figure 8.37**  
**Overall Rating of Health Care**  
**African Americans**



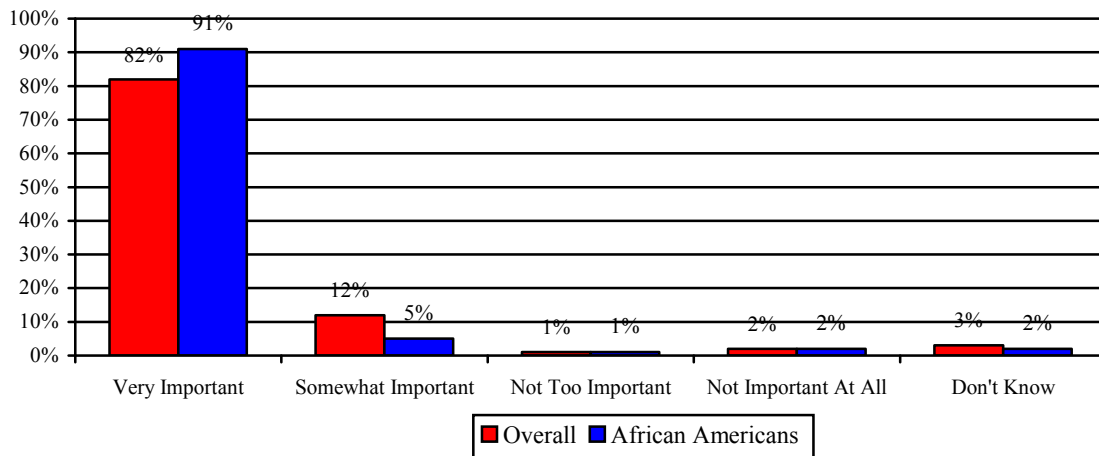
**Informal Care**

- Overall, 12% African American adults in Durham County said they needed the help of other persons with their personal care needs. Two-fifths (41%) need the help of other persons in handling routine daily needs because of an impairment or health problem.

**Durham County Health Priorities**

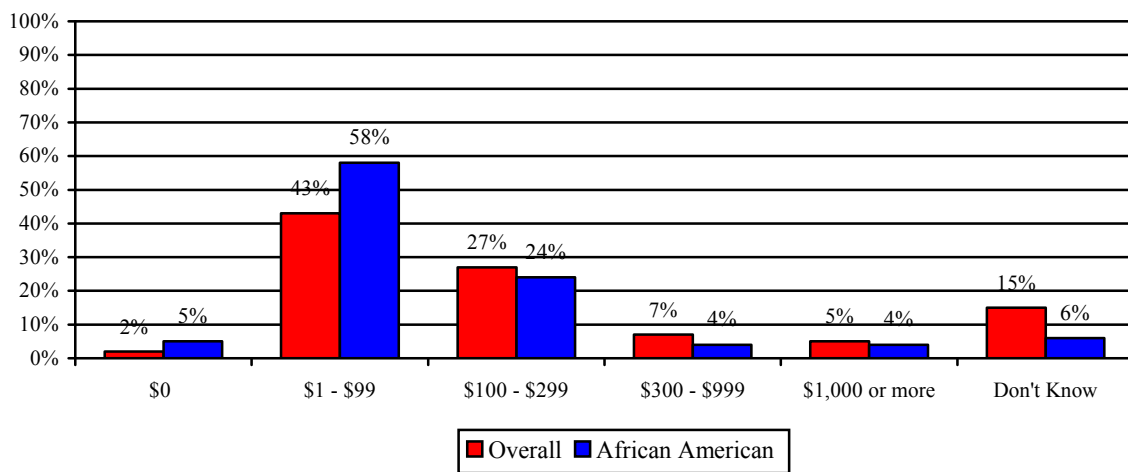
A great majority of African Americans (96%) feel it is important to increase the number of Durham residents covered by health insurance. However, just under half (49%) are willing to pay more in order to increase the number of insured.

**Figure 8.38**  
**Importance of Increasing Health Coverage**  
**African Americans (2007)**



Of those who are willing to pay more, the majority say they are willing to pay between \$1 and \$99 a year to support efforts that would result in every Durham County resident having access to healthcare.

**Figure 8.39**  
**Amount Willing to Pay**  
**African Americans (2007)**



Appendix B  
Detailed Tabular Results  
General Adult Population



Appendix C  
Detailed Tabular Results

Hispanic Sample

Appendix A  
Questionnaire