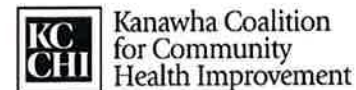


Health Issue Sheets (one set per person)

- **Access to Healthcare/Lack of Health Insurance**
- **Air Pollution**
- **Dental Health**
- **Diabetes**
- **Drug Abuse**
- **Heart Disease**
- **High School Drop-out**
- **Illiteracy**
- **Lack of Physical Activity**
- **Obesity/Nutrition**
- **Poverty/Unemployment**
- **Tobacco Use**

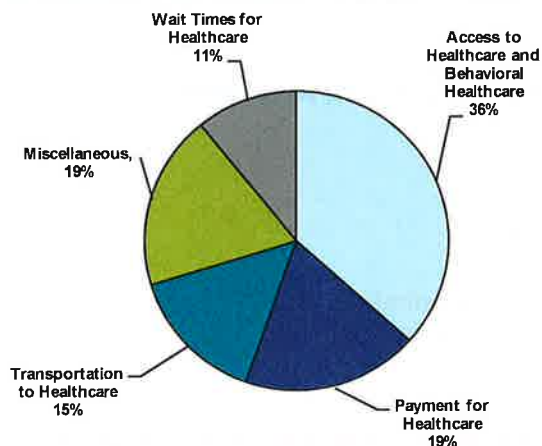
Access to Healthcare/Lack of Health Insurance



Primary Data

Key informants reported the following:

2011 Key Informant Survey:
Common Themes under Access to Healthcare



Key Informant Survey: Perceived Barriers and Challenges

- Lack of funding
- Making access to care convenient to patients
- High cost of care
- Need enhanced quality of care
- Need for more preventive care
- Lack of programs to ease the cost of prescription drugs
- Lack of access to needed mental health care

“Need to go out to provide services to people ---they cannot always come to you.” – First Responder (Key Informant)

Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Lack of Health Insurance was #8 on the list.

Question	2011	2006	1995*
Receive good health care in Kanawha County	87%	87%	89%
Health care available in Kanawha County	86%	88%	92%
No problem getting adequate medical care	64%	66%	67%
Minor/Moderate/Major problem getting adequate medical care	36%	34%	33%
Currently have health insurance	90%	90%	89%*
Have been without health insurance with past 12 months	12%	9%	7%*
Needed to see a doctor but could not because of cost	17%	14%	17%*
Doctor advised them regarding exercise	53%	53%	61%
Doctor advised them regarding nutrition/diet	52%	44%	57%
Doctor advised them regarding weight control	43%	42%	50%
Doctor advised them regarding diabetes	29%	29%	27%*
Doctor advised them regarding quitting smoking	18%	20%	31%
Doctor advised them regarding quitting smokeless tobacco	2%	4%	8%
Had routine check-up within the past 12 months	82%	NA	NA
Had routine check-up more than a year ago, but less than 2 years	9%	NA	NA
Haven't had routine check up for 5 years or longer	6.1%	NA	NA

*First asked in 1998 NA: Not asked

Focus Group participants shared the following comments:

“The cost of medical care is too high.”

“It’s hard to find doctors who accept Medicare, doctors want money up-front.”

“Eliminate the cracks--- Healthcare services should be available to all, not based on income.”

“It seems like you are either over qualified or not qualified at all.”

“Certain medications need to be covered by Medicare.”

“There should be help provided to the elderly to navigate the healthcare (and social services) system and not have to make 100 phone calls.”

Access to Healthcare/Lack of Health Insurance

Secondary Data

Top Quartile: 6

- Kanawha County ranks 6th among WV Counties for lowest percent of uninsured adults
- Kanawha County ranks 7th among WV Counties for preventable hospitalizations (number per 1,000 Medicare enrollees)
- WV ranks 13th among U.S. States for highest percent of adults who have visited a doctor for a routine checkup in the past two years
- WV ranks 9th among U.S. States for percent of children with a medical home
- WV ranks 4th among U.S. States for number of Primary Care Providers (ratio to population)
- WV ranks 5th among U.S. States for percent of population at or below poverty served by Community Health Centers

Second Quartile: NONE










Third Quartile: 4

- WV ranks 28th among U.S. States for percent of population without health insurance
- WV ranks 31st among U.S. States for percent of adults with a usual source of care
- WV ranks 30th among U.S. States for total Medicare (Part A & Part B) reimbursements per enrollee
- WV ranks 33rd among U.S. States for number of Primary Care Physicians per 100,000 population

Bottom Quartile: 3

- WV ranks 46th among U.S. States for percent of adults without a time in the past year when they needed to see a doctor but could not because of cost
- WV ranks 46th among U.S. States for the total single premium per enrolled employee at private sector establishments that offer health insurance
- WV ranks 50th among U.S. States for preventable hospitalizations (number per 1,000 Medicare enrollees)

Comparison between most current data and previous measurement:

-  Decline in **Kanawha County adults (18-64) with healthcare coverage**, 87.1% in 2009 compared to 90.1% in 2007.
-  Increase in percent of **WV adults with usual source of care**, 78.8% in 2006-2007, compared to 77.7% in 2003-2004.
-  Increase in percent of **WV adults without a time in the past year when they needed to see a doctor but could not because of cost**, 82.8% in 2006-2007, compared to 81.4% in 2003-2004.
-  Increase in **WV of total single premium** per enrolled employee at private sector establishments that offer insurance, to \$4,892 in 2008 from \$3,692 in 2004.
-  Increase in **WV of total Medicare (Part A & B) reimbursements** per enrollee, \$7,828 in 2006 from \$6,308 in 2003.
-  Decrease in percent of **WV children age 0-17 without health insurance**, 6% in 2008 from 7% in 2006 and 8% in 2004.
-  Increase in percent of **WV children with a medical home**, 64.6% in 2007 from 54.3% in 2003-04.
-  Increase in **WV of primary care physicians** (per 100,000 population), 105.4 in 2010 from 104.7 in 2009.
-  Decrease in **WV of preventable hospitalizations** (per 1,000 Medicare enrollees), 105.4 in 2010 from 109.3 in 2009.

Black Medical Society of WV: Charleston Community Health Assessment, July 5 – Augusts 12, 2011

Respondents* reported:

Having NO health insurance (African American 57%, Other Minorities 83%, Caucasian 48%)

Needing assistance in purchasing needed medications (African American 59%, Other Minorities 79%, Caucasian 46%)

Not getting yearly physical examinations (African American 78%, Other Minorities 91%, Caucasian 52%)

Not having a family care provider (African American 63%, Other Minorities 86%, Caucasian 51%)

Dissatisfaction of medical treatment from physicians (African Americans 61%, Other Minorities 81%, Caucasian 31%)

Total surveys: 2,888 (1,816 African Americans, 372 Other Minorities, 700 Caucasians, with 65% of total respondents considered Senior Citizens) *Other minorities include Hispanics, Asian, American Indian Individuals or those who reported themselves as being of two races. / Survey area: North Charleston, East End and West Side

Air Pollution

Primary Data

Key Informants reported the following:

Only one of 95 key informants listed air pollution as a health problem.

Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Air quality was #4 on the list.

Question	2011	2006	1995
Air pollution ranked as a top health concern	70%	75%	89%

Focus Group participants shared the following comments:

“Air pollution contributes to lung disease.”

“Air pollution contributes to cancer.”

“We live in Chemical Valley.”

Secondary Data

Top Quartile: None

Second Quartile: None

Third Quartile: None

Bottom Quartile:

- West Virginia ranks 46th among U.S. states for annual number of days that air quality was unhealthy for sensitive population due to ozone levels.
- West Virginia ranks 45th among U.S. states for micrograms of fine particles per cubic meter.
- Kanawha County ranked 53rd among WV Counties for daily particle pollution.

Comparison between most current data and previous measurement:

- There has been no significant change for West Virginia in micrograms of fine particles per cubic metric, 13.6 in 2009 to 12.8 in 20010.

Dental Health

Primary Data

Key informants reported the following:

Of the 46 key informants who referenced “access to health care” as a key factor under barriers to good health, two (2) referred specifically to dental care. Below are key informant comments pertaining to access to health care (overall).

Key Informant Survey: Perceived Barriers and Challenges

- Lack of funding
- Making access to care convenient to patients
- High cost of care
- Need enhanced quality of care
- Need for more preventive care

13% increase

Household survey respondents reported the following:

Question	2011	2006	1995
Dental problems ranked as top health problem	62%	49%	35%
Visited dentist regularly	68%	65%	71%
Others in home visited dentist regularly	71%	72%	70%

Focus Group participants shared the following comments:

There were no references to dental care during focus groups.

Secondary Data

Top Quartile: None

Second Quartile: None

Third Quartile: None

Bottom Quartile: 3

- West Virginia ranks 48th among U.S. states for percent of adults who had visited the dentist or dental clinic within the past year for any reason.

Comparison between most current data and previous measurement:



Decrease for *Kanawha County in adults who visited dentist*, from 70.2% in 2006 to 67.8% in 2008.



Decrease for *Kanawha County in adults with no tooth extractions*, from 51.3% in 2006 to 42.1% in 2008.



No change among *West Virginia adults who visited dentist within past year* from 60.6% in 2009 to 60.6% in 2010.

Diabetes



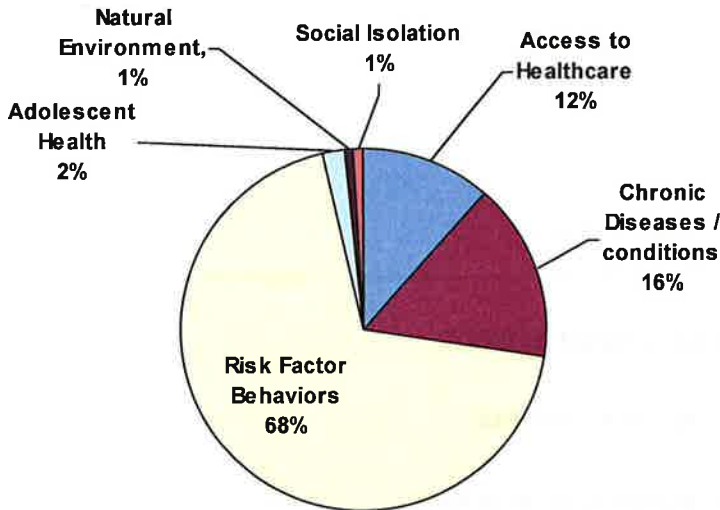
Kanawha Coalition
for Community
Health Improvement

Primary Data

Key Informants reported the following:

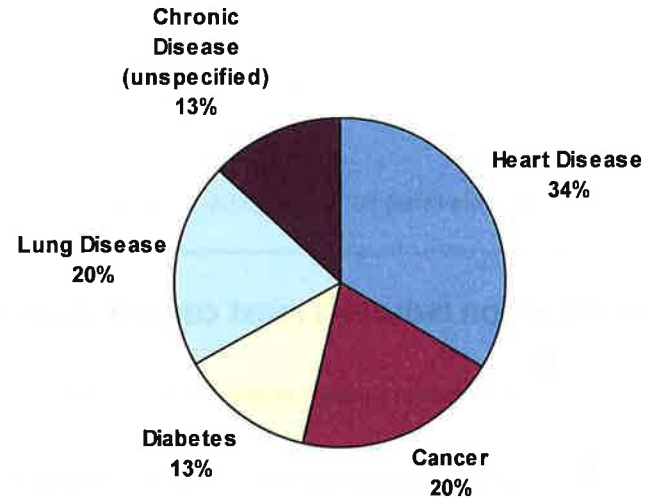
Key Informant Survey:

Top Ranked Health Problems by Category



Key Informant Survey:

Top Ranked Chronic Diseases/Conditions



Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Diabetes was #5 on the list.

Question	2011	2006	1995
Advised by doctor regarding diabetes within last 3 years	29%	29%	27*
Diabetes ranked as a top health concern	78%	75%	45%

*Asked in 1998

3% increase

Focus Group participants shared the following comments:

"Lack of proper diet contributes to diabetes."

"Lack of proper medical care contributes to diabetes."

"Being overweight contributes to diabetes."

"Lack of exercise contributes to diabetes."

"Being overly stressed contributes to diabetes."

"Stress can be caused by not having a job, or having a stressful job."

"Stress can be caused by finances."

"Stress can be caused by children."

"Stress can be caused by cost of living ----cost of medical care."

"Stress can be caused by being a care-giver and family responsibilities."

Diabetes

Secondary Data

Top Quartile: None

Second Quartile: 2

- Kanawha County ranks 25th among WV Counties for the percent of population being screened for diabetes.
- West Virginia ranks 25th among U.S. states for percent of adult diabetics that did not receive recommended preventative care by Federal Poverty Level.

Third Quartile: 2

- Kanawha County ranks 32nd among WV Counties for percent of adults age 20+ with diabetes.
- West Virginia ranks 34th among U.S. states for percent of adult diabetics that received the recommended preventative care.

Bottom Quartile:

- West Virginia ranks 50th among U.S. States for percent of population with diabetes.

Comparison between most current data and previous measurement:



Increase in percent of **WV adults with diabetes** from 11.9 in 2009 to 12.3 in 2010



Decrease in **Kanawha County adults with diabetes** from 11% in 2006, to 10.3% in 2007



Decrease in **death rate due to diabetes in Kanawha County** from 48.1 in 2007 to 38.7 in 2008 (per 100,000)



Decrease in **death rate due to diabetes in WV (all ages)** from an average rate of 38.1 (2002-2004) to an average rate of 34.4 (2005-2007) (per 100,000)



Increase in **WV adult diabetics receiving recommended preventative care** from an average rate of 40.4 % (2004-2005) to an average rate of 41.4% (2006-2007)



Decrease in percent of **adult diabetics in WV that did not receive recommended preventative care by Federal Poverty Level** from 59% (2004-2005) to 55.7% (2006-2007).

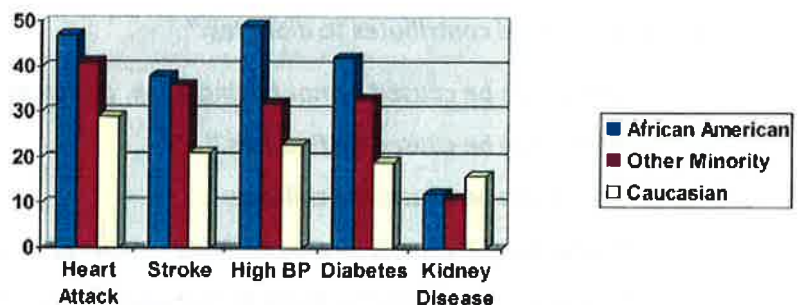
Black Medical Society of WV: Charleston Community Health Assessment, July 5 – Augusts 12, 2011

Respondents* reported:

Having been told they have “sugar” (diabetes) or worry that they may have trouble with their “sugar”. (African American 47%, Other Minorities 26%, Caucasian 21%)

Total surveys: 2,888 (1,816 African Americans, 372 Other Minorities, 700 Caucasians, with 65% of total respondents considered Senior Citizens) *Other minorities include Hispanics, Asian, American Indian Individuals or those who reported themselves as being of two races. / Survey area: North Charleston, East End and West Side

18. Do you have a family history of the following?
(Answers are based by the percentage that answered Yes to each question).



Drug Abuse



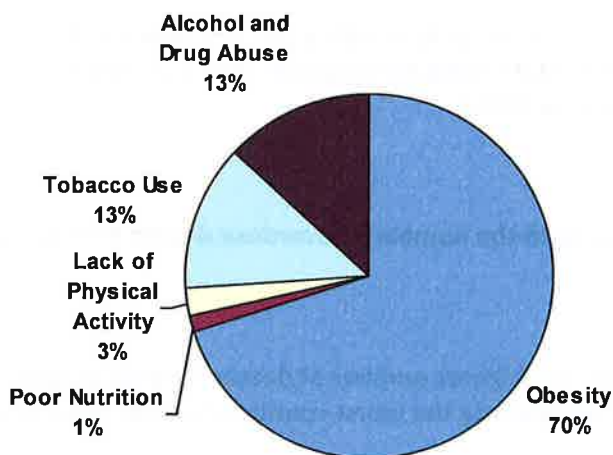
Kanawha Coalition
for Community
Health Improvement

Primary Data

Key Informants reported the following:

2011 Key Informant Survey – All Respondents

Top Ranked Risky Behaviors



Focus Group participant:

“People need to know where to go when they are a victim of a crime, without fear of being put in danger.”

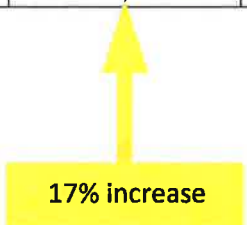
Above statement made by participant who reported that his/her prescribed medicine had been stolen.

Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Drug abuse was #3 on the list.

Question	2011	2006	1995
Illegal drug use ranked as a top concern	72%	79%	72%
Misuse / abuse of prescription drugs ranked as a top concern	76%	59%	NA*

*NA=Not Asked



Drug Abuse

Secondary Data

Top Quartile: None

Second Quartile: None

Third Quartile: None

Bottom Quartile:

- West Virginia ranks 50th among U.S. States for highest prescription drug use.
 - West Virginia ranks 50th among US. States for death rate from drug overdoses.
 - Kanawha County ranks 55th among WV Counties for highest percent of overdose deaths.
-



In 2009, **West Virginia had the highest prescription drug use of all states**, according to data gathered from retail pharmacies and compiled by health care information company SDI. The state filled 18.4 prescriptions per capita, compared with a national per-capita average of 11.6 prescriptions (Forbes 2010).



West Virginia has the nation's worst death rate from drug overdoses, with the number of overdose deaths increasing five fold since 1999 (WV Public Broadcasting 2009).



Since 1999, 11% of **overdose deaths have occurred in Kanawha County** - the highest number of deaths from this cause compared to any of the other 54 counties in the state... making Kanawha County the worst county in the worst state in the nation with regard to prescription misuse and abuse.



In five years (1999-2004), **deaths resulting from drug overdose in WV** rose 550 percent. This was the largest increase for any state in the U.S. In 2005, nearly 250,000 West Virginians were using some sort of prescription drugs for non-medical reasons. By 2006, drug overdose were the leading cause of death for adults under the age of 45 in the state - the highest rates in the country.



West Virginians ages 12 and older had a much greater tendency to **obtain a prescription pain reliever most recently used non-medically from a Friend or Relative** for Free (64.9% in West Virginia vs. 57.3% for U.S.) or to Buy from Drug Dealer or Other Stranger (10.9% in West Virginia vs. 4.1% for U.S.). (2005-2007 National Surveys on Drug Use and Health (OAS, 2008)



In 2010, there were **140 meth lab seizures** in WV; 81 of these were in Kanawha Co, followed by 11 Putnam Co.



Decrease in **teens having used methamphetamines** one or more times, from 8.1% in 2007 to 6.5% in 2009. (2010 YRBS)



Decrease in **teens using marijuana** on one or more days in past 30 days, from 23.5% in 2007 to 20.3% in 2009. (2010 YRBS)

Heart Disease



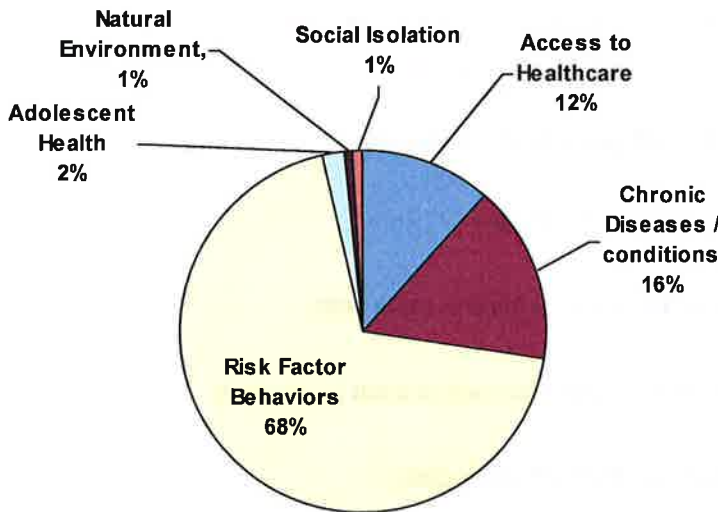
Kanawha Coalition
for Community
Health Improvement

Primary Data

Key Informants reported the following:

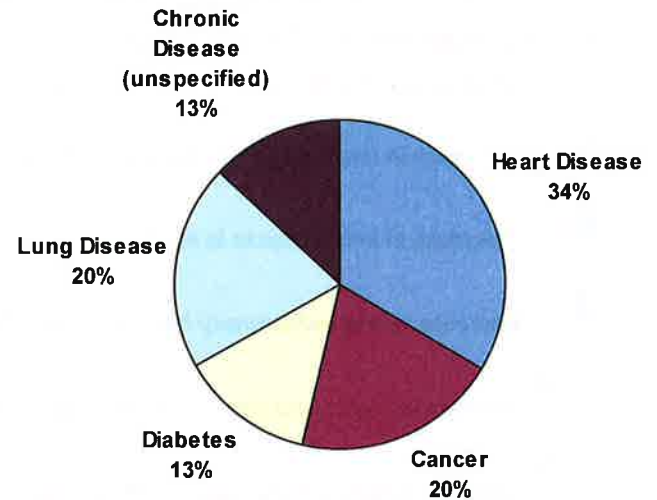
Key Informant Survey:

Top Ranked Health Problems by Category



Key Informant Survey:

Top Ranked Chronic Diseases/Conditions



Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Heart disease was #6 on the list.

Question	2011	2006	1995
Heart Disease ranked as a top health concern	80%	84%	79%

Focus Group participants shared the following comments:

"Poor diet and lack of exercise contribute to heart disease."

"Being overweight contributes of heart disease."

"Having a lot of stress can contribute to heart disease."

"Stress can be caused by not having a job, or having a stressful job."

"Stress can be caused by finances."

"Stress can be caused by children."

"Stress can be caused by cost of living ----cost of medical care."

"Stress can be caused by being a care-giver and family responsibilities."

Heart Disease

Secondary Data

Top Quartile: None

Second Quartile: None

Third Quartile: None

Bottom Quartile: 6

- West Virginia ranks 50th among U.S. States for percent of population having had heart attacks.
- West Virginia ranks 50th among U.S. States for percent of population with cardiac (heart) disease.
- West Virginia ranks 47th among U.S. States for percent of population having had a stroke.
- West Virginia ranks 50th among U.S. States for percent of adults with high blood pressure.
- West Virginia ranks 49th among U.S. States for adults with hypertension (three year average 2005-09)
- West Virginia ranks 46th among U.S. States for cardiovascular deaths (per 100,000 population)



Decrease in *heart attacks in WV* from 7.6% in 2009 to 6.5% in 2010 (percent of population)



Decrease in *heart attacks in Kanawha County* from 8.6% in 2008, to 5.5 in 2009



Decrease in *angina/coronary heart disease in Kanawha County* from 9.8% in 2008 to 6% in 2009



Increase in *high blood pressure in WV* from 33.3% in 2009 to 37.6% in 2010 (percent of adult population)



Increase in *high blood pressure in Kanawha County* from 34.9% in 2007 to 40.6% in 2009.



Decrease in *cardiac heart disease in WV* from 8.1% in 2009 to 7.1 in 2010 (percent of adult population)



Decrease in *stroke in WV* from 4.2% in 2009 to 3.7% in 2010 (percent of population)



Decrease in *cardiovascular deaths in WV* from 338.6 in 2009 to 329.8 in 2010 (per 100,000 population)



Increase in *death rate due to heart disease in Kanawha County* from 294.3 in 2007 to 304.2 in 2008 (per 100,000)

Black Medical Society of WV: Charleston Community Health Assessment, July 5 – Augusts 12, 2011

Respondents* reported:

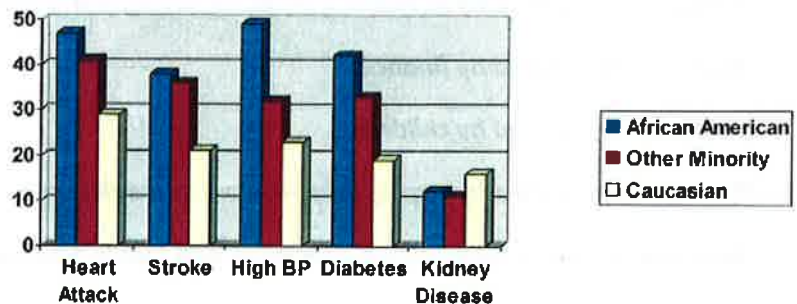
Have high blood pressure (African American 42%, Other Minorities 28%, Caucasian 29%)

Total surveys: 2,888 (1,816 African Americans, 372 Other Minorities, 700 Caucasians, with 65% of total respondents considered Senior Citizens) *Other minorities include Hispanics, Asian, American Indian Individuals or those who reported themselves as being of two races. / Survey area:

North Charleston, East End and West Side

18. Do you have a family history of the following?

(Answers are based by the percentage that answered Yes to each question).



High School Drop Out


Primary Data

Key Informants reported the following:

There were only 2 references by key informants to high school drop-out being a problem (of a total of 210 total references)

Household survey respondents reported the following:

Question	2011	2006	1995
High school drop-out rate ranked as a top health concern	60%	52%	58%



8% increase

Focus Group participants shared the following comments:

High School Drop-Out was not mentioned as a concern by focus group participants.

Secondary Data

Top Quartile: None

Second Quartile:



- West Virginia ranks 22nd among U.S. states for high school graduation rate.

Third Quartile: None

Bottom Quartile:

- West Virginia ranks 50th among U.S. states for high school drop-out rate.
- Kanawha County ranked 49th among WV Counties for high school graduation rate.

Comparison between most current data and previous measurement:

-  West Virginia's high school completion rate has increased from 76.9% in 2009 to 78.2% in 2010.
-  There has been no significant change in Kanawha County's high school drop-out rate, from 23.8% in 2009 to 23.5% in 2010. The 2010 rate is the highest rate within the past 10 years.

Primary Data

Key Informants reported the following:

There were several comments regarding the need for enhanced health and prevention education, however, there were no specific comments about illiteracy as a concern.

Household survey respondents reported the following:

Question	2011	2006	1995
Illiteracy rate ranked as a top health concern	70%	61%	68%



9% increase

Focus Group participants shared the following comments:

Illiteracy was not mentioned as a concern by focus group participants.

Secondary Data

Top Quartile:

- Kanawha County ranks 7th among WV Counties for percent of population age 16+ that lacks basic prose literacy skills.

Second Quartile: None

Third Quartile: None

Bottom Quartile: None

Comparison:



Kanawha County has a *lower illiteracy rate*, 11.5%, than other WV Counties which averaged 13.4%.



No change in *West Virginia 4th grade reading scores* (215 in 2005 & 2009).



No change in *West Virginia 8th grade reading scores* (255 in 2005 & 2009).



In 2009, the *average score of twelfth-grade students in West Virginia* was 279. This was lower than the average score of 287 for public school students in the nation.

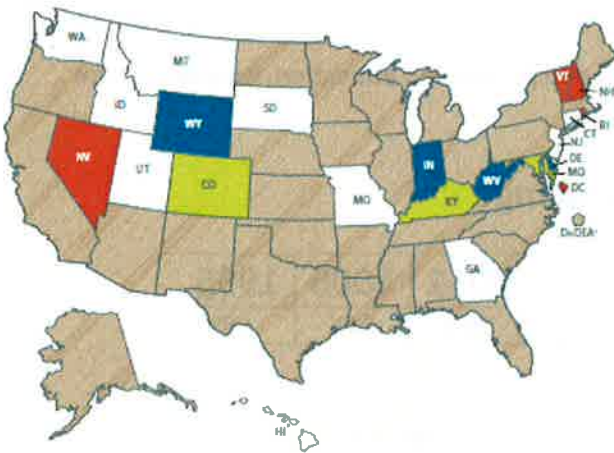


The percentage of *students in West Virginia who performed at or above the NAEP (National Assessment of Education Progress) Proficient level* was 29 percent in 2009. This percentage was smaller than the nation (37 percent).



The percentage of *students in West Virginia who performed at or above the NAEP Basic level* was 68 percent in 2009. This percentage was smaller than the nation (73 percent).

Five states and jurisdictions make gains at both grades 4 and 8

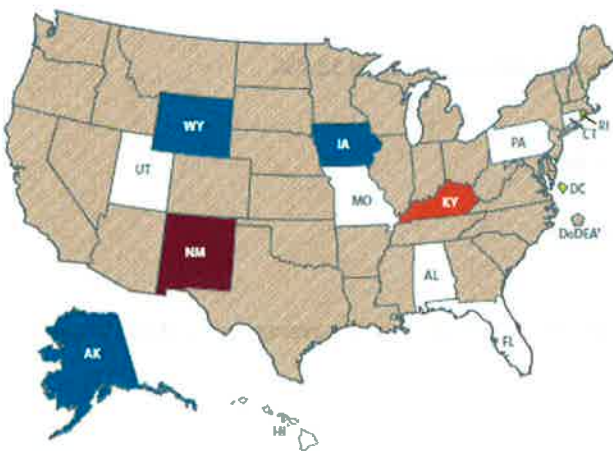


¹ Department of Defense Education Activity (overseas and domestic schools)

Compared to 2007, average mathematics scores for public school students in 2009

- **increased at both grades** in the District of Columbia, Nevada, New Hampshire, Rhode Island, and Vermont;
- **increased at grade 4 only** in Colorado, Kentucky, and Maryland;
- **decreased at grade 4 only** in Delaware, Indiana, West Virginia, and Wyoming;
- **increased at grade 8 only** in Connecticut, Georgia, Hawaii, Idaho, Missouri, Montana, New Jersey, South Dakota, Utah, and Washington; and
- **showed no significant change** at either grade in 30 states and jurisdictions.

Scores increase in three states/jurisdictions at grade 4 and nine states at grade 8



¹ Department of Defense Education Activity (overseas and domestic schools)

Compared to 2007, average reading scores for public school students in 2009

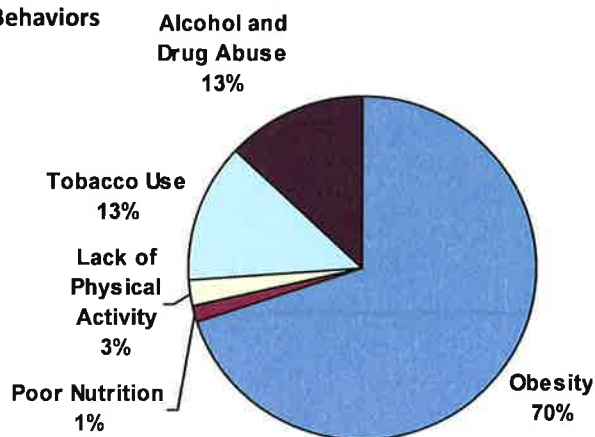
- **increased at both grades** in Kentucky;
- **increased at grade 4 only** in the District of Columbia and Rhode Island;
- **decreased at grade 4 only** in Alaska, Iowa, and Wyoming;
- **increased at grade 8 only** in Alabama, Connecticut, Florida, Hawaii, Missouri, Pennsylvania, and Utah;
- **decreased at grade 4 but increased at grade 8** in New Mexico; and
- **showed no significant change at either grade** in 38 states and jurisdictions.

Lack of Physical Activity

Primary Data

Key informants reported the following:

2011 Key Informant Survey – All Respondents Top Ranked Risky Behaviors



2011 Key Informant Survey: Perceived Barriers and Challenges

- Apathy / Low motivation
- Cultural Influence
- Personal habits
- Lack of public health education
- Poverty
- Lack of a supportive environment
- Lack of physical activity
- Lack of access to healthy foods

Household survey respondents reported the following:

Question	2011	2006	1995*
Lack of physical activity ranked as top health concern	86%	84%	77%
Those employed who mostly sit or stand while at work	68%	63%	NA
Those employed who mostly walk while at work	21%	28%	NA
Those employed who mostly do heavy labor while at work	8%	8%	NA
Participated in leisure time or recreational activity during past month	63%	77%	85%*
Engaged in leisure time or recreational activity 3 or more times per week	58%	63%	62%*
Engaged in leisure time or recreational activity at least 30 minutes each time	87%	86%	NA
Participated in vigorous activity over past month	37%	39%	NA
NEVER participated in vigorous activity over past month	1%	10%	NA
Listed personal enjoyment as reason for walking	26%	58%	NA
Listed a need to get somewhere as reason for walking	33%	37%	NA
Listed walking for health benefits	38%	NA	NA
Said no sidewalks kept them from walking	39%	31%	NA
Said health problems kept them from walking	30%	33%	26%
Said unsafe street traffic kept them from walking	29%	33%	NA
Said family responsibilities kept them from walking	28%	30%	31%
Said having no one to walk with kept them from walking	28%	27%	NA
Said having no facilities or trails nearby kept them from walking	28%	19%	16%
Said work schedule kept them from walking	26%	23%	38%
Said lack of cross walks kept them from walking	24%	18%	NA
Said lack of lighting kept them from walking	23%	19%	NA
Said too hilly or steep to walk	20%	22%	NA
Said loose dogs in neighborhood kept them from walking	19%	NA	NA
Said an unsafe neighborhood due to crime kept them from walking	15%	14%	14%
Said having no scenery to enjoy kept them from walking	11%	7%	NA
Watched more than 6 hours of TV a day	8%	NA	NA
Watched 1-3 hours of TV a day	57%	NA	NA
Watched 4-6 hours of TV a day	22%	NA	NA
Watched less than 1 hour of TV a day	9%	NA	NA
Ranked community as excellent, very good or good for walking	66%	68%	NA
Ranked community as fair or poor for walking	34%	32%	NA

2% increase

*First asked in 1998 NA: Not asked

Lack of Physical Activity

Focus Group participants shared the following comments:

"Lack of exercise contributes to heart disease."

"Lack of exercise contributes to diabetes."

"Strenuous exercise can contribute to joint problems."

"There needs to be more exercise classes."

"Physical activity and exercise classes need to be free."

"There needs to be alternatives for those who can't exercise."

Secondary Data

Top Quartile: None

Second Quartile: 1


- Kanawha County ranks 21st among WV Counties in percent of adults age 20+ reporting no leisure time physical activity (past month).

Third Quartile: None

Bottom Quartile: 1

- WV ranks 50th among U.S. states for adults who indicated that they participated in physical activities in the past month.

Comparison between most current data and previous measurement:

-  Decline in percent of **WV adults** who indicated that they participated in physical activities during the past month, 68.9% in 2009 to 66.7% in 2010.
-  Decline in percent of **Kanawha County adults** who engage in regular physical activity, from 74.9% in 2007 to 67.8% in 2009.
-  Decline in percent of **Kanawha County adults** reporting 30+ minutes of moderate physical activity 5 or more day/week or 20+ minutes of vigorous physical activity 3 or more days/ week, from 41.1% in 2007 to 35.4% in 2009.
-  Decline in percent of **Kanawha County adults** reporting 20+ minutes of vigorous physical activity 5 or more days/week, from 15.6% in 2007 to 14.6% in 2009.
-  Decline in percent of **WV youth** reporting who were physically active at least 60 minutes on all 7 days (prior to survey), from 57.2% in 2007 to 51.7% in 2009.
-  Increase in percent of **WV youth** who watched TV 3 or more hours per day, from 27.7% in 2007 to 31.5% in 2009.

Black Medical Society of WV: Charleston Community Health Assessment, July 5 – Augusts 12, 2011

Respondents* reported:

Walking to stay healthy (African Americans 20%, Other Minorities 21%, Caucasian 47%)

Do other forms of exercise to stay healthy (African Americans 9%, Other Minorities 30%, Caucasian 27%)

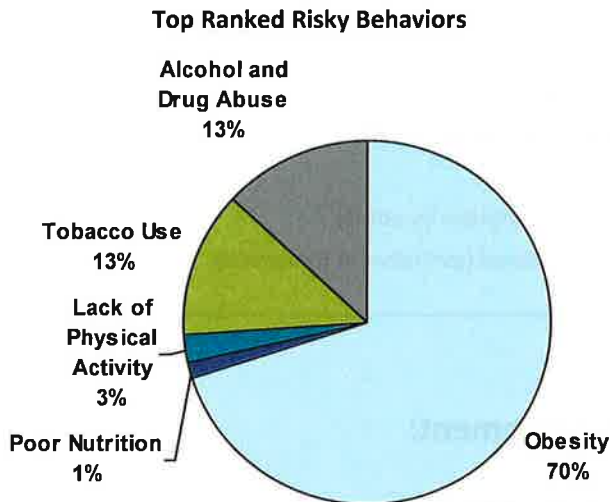
Do NO form of exercise to stay healthy (African American 71%, Other Minorities 49%, Caucasian 26%)

Total surveys: 2,888 (1,816 African Americans, 372 Other Minorities, 700 Caucasians, with 65% of total respondents considered Senior Citizens) *Other minorities include Hispanics, Asian, American Indian Individuals or those who reported themselves as being of two races. / Survey area: North Charleston, East End and West Side

Primary Data

Key informants reported the following:

2011 Key Informant Survey – All Respondents



2011 Key Informant Survey: Perceived Barriers and Challenges

- Apathy / Low motivation
- Cultural Influence
- Personal habits
- Lack of public health education
- Poverty
- Lack of a supportive environment
- Lack of physical activity
- Lack of access to healthy foods

Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Obesity was #1 on the list.

3% increase

Question	2011	2006	1995
Obesity ranked as top health concern	90%	87%	NA
Being overweight ranked as top risky behavior	90%	92%	80%
Advised by doctor concerning weight control	43%	42%	50%
Poor eating habits ranked as top health concern	84%	82%	76%
Believe eating fast food can increase chance for overweight/obesity	87%	NA	NA
Drink 6 or more sugar sweetened drinks on an average day	2%	NA	NA
Drink 3-5 sugar sweetened drinks on an average day	12%	NA	NA
Drink 1-2 sugar sweetened drinks on an average day	23%	NA	NA
Drink "0" (zero) sugar sweetened drinks on an average day	62%	NA	NA
Eat fast food meals or snacks 4 or more times during average week	9%	NA	NA
Eat fast food meals or snacks 1-3 times during average week	33%	NA	NA
Eat fast food meals or snacks less than one (1) time during average week	55%	NA	NA
Would support tax increase on sodas and other sugared sweetened drinks	49%	NA	NA
Would support restrictions on advertising of sugared cereals, candy, sodas, fast foods to children	49%	NA	NA
Would support posting calorie information on restaurant menus and menu boards	90%	NA	NA

NA: Not asked

Focus Group participants shared the following comments:

"People eat too large of portions."

"We use food for celebrations."

"Poverty causes people to eat too much when they do have food available."

"People lack self-discipline."

"People need more education on how to eat healthy and how to cook quick, health meals."

"There needs to be more affordable, healthy foods (available)."

"Parents need to become better role models."

"People need to eat more meals at home."

Obesity/Nutrition

Secondary Data

Top Quartile: None

Second Quartile: None

Third Quartile: None

Bottom Quartile: 3

- West Virginia ranks 40th among U.S. states for percent of obese children ages 10-17.
 - West Virginia ranks 45th among U.S. states for prevalence of obesity (percent of population)
 - West Virginia ranks 48th among U.S. states for adult obesity (2008-2010)
 - West Virginia ranks 48th among U.S. states for daily vegetable and fruit consumption by adults
 - West Virginia ranks 49th among U.S. states for percent of women who breastfeed (exclusive at 6 months).
-

Comparison between most current data and previous measurement:



Increase for *Kanawha County in adult obesity*, from 29.5% in 2007 to 34.1% in 2009.



Decrease for *Kanawha County in adults considered overweight*, from 38.7% in 2007 to 36.8% in 2009.



Decrease in *WV youth who are overweight*, from 17% in 2007 to 14.4% in 2009.

■ No significant change for *West Virginia in youth who are obese*, 14.7% in 2007 to 14.2% in 2009.

■ No significant change for *West Virginia in percent of obese low-income children ages 2-5*, 13.5% in 2008 to 13.4% in 2009.

■ No significant change for *West Virginia in prevalence of obesity* from 31.9% in 2009 to 31.7% in 2010.

■ No significant change for *West Virginia mothers who breastfeed (exclusive at 6 months)* from 12.3% in 2008 to 13.5% in 2009.



Decrease for *WV adult daily vegetable and fruit consumption* from 19.7% in 2009 to 16.1% in 2010.



Decrease for *Kanawha County in adult daily vegetable and fruit consumption* from 21.1% in 2007 to 18.3% in 2009.



Increase for Kanawha County in children/teens who have *less than 5 daily servings of vegetable and fruit consumption* from 80.2% in 2007 to 81.8% in 2009.



Decrease for *West Virginian mothers who breastfeed (ever)* from 58.8% in 2009 to 54.1% in 2010.

Black Medical Society of WV: Charleston Community Health Assessment, July 5 – Augusts 12 ,2011

Respondents* reported:

Ate vegetables daily (African American 19%, Other Minorities 12%, Caucasian 38%)

Ate fruits daily (African American 21%, Other Minorities 11%, Caucasian 41%)

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Poverty / Unemployment

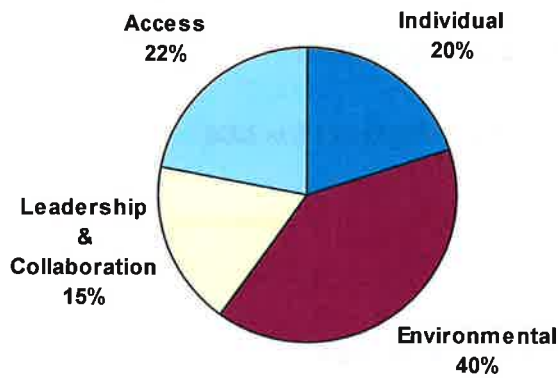


Primary Data

Key Informants reported the following:

Of the total 290 separate references made by key informants in response to the 2011 survey, 84 references fell under “environmental factors”. Of those 15 referred specifically to poverty.

Key Informant Survey:
All Responses by Factor



Focus Group comments

“Lack of jobs contributes to people’s stress.”

“Finances and cost of living contributes to people’s stress.”

Household survey respondents reported the following:

Question	2011	2006	1995
Poverty ranked as a top concern	82%	79%	77%
Unemployment ranked as a top concern	81%	66%	84%

15% increase

Poverty / Unemployment

Secondary Data

Top Quartile: 2

- Kanawha County ranks 9th among WV Counties for median household income.
- Kanawha County ranks 4th among WV Counties for unemployment.

Second Quartile: 5

- Kanawha County ranks 17th among WV Counties for the percent of children living in poverty.
- West Virginia ranks 20th among U.S. States for annual unemployment rate.
- West Virginia ranks 20th among U.S. States for underemployment rate.
- Kanawha County ranks 25th among WV Counties for percent of households with high housing costs ($\geq 30\%$ of household income)
- West Virginia ranks 26th among U.S. States for income disparity.

Third Quartile: 3

- Kanawha County ranks 32nd among WV Counties for percent of children eligible for free or reduced lunch.
- West Virginia ranks 36th among U.S. states for percent of children living in poverty.
- Kanawha County ranks 41st among WV Counties for the percent of children living in poverty.

Bottom Quartile: 2

- West Virginia ranks 44th among U.S. States for percent of children living in families where no parent has full-time, year-round employment.
- West Virginia ranks 46th among U.S. States for median household income.

Comparison between most current data and previous measurement:



Increase in percent of *Kanawha County children in poverty* from 21.7 in 2007 to 23.5 in 2008



Increase in *Kanawha County children living in families where no parent has full-time, year-round employment* from 32% in 2008, to 35% in 2009



Increase in *West Virginia's unemployment rate* from 4.3% in 2009 to 7.9% in 2010



Increase in *West Virginia's underemployment rate* from 9.1 in 2009 to 14.2% in 2010



No significant change in *Kanawha County families living below the poverty rate*, average rate of 10.7 over 2005-2009 from 11.2% in 2000



No significant change in *Kanawha County residents living below the poverty rate*, average rate of 14.6% over 2005-2009 from 14.4% in 2000



No significant change in *West Virginian children living in poverty*, 21.2% in 2010 from 21.8% in 2009



Decrease in *Kanawha County residents over age 65 living below poverty* from an average rate of 8.7% over 2005-2009 from 10.5% in 2000



Increase in *per capita income in West Virginia* from \$31,634 in 2009 to \$32,219 in 2010



Increase in *per capita income in Kanawha County* from \$20,352 in 2000 to \$24,816 (2005-2009)



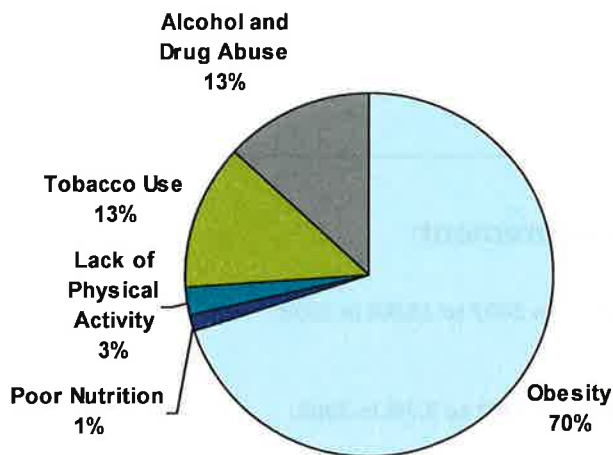
Increase in *median household income in West Virginia* from \$37,850 in 2009 to \$40,490 in 2010.

Primary Data

Key informants reported the following:

2011 Key Informant Survey – All Respondents

Top Ranked Chronic Diseases/Conditions



2011 Key Informant Survey: Perceived Barriers and Challenges

- Apathy / Low motivation
- Cultural Influence
- Personal habits
- Lack of public health education
- Poverty
- Lack of a supportive environment

Household survey respondents reported the following:

Respondents were asked to name only one top health concern. Obesity was #7 on the list.

Question	2011	2006	1995
Smoking ranked as a top concern	77%	85%	79%
Used tobacco (ever)	49%	58%	55%
Current smokers	37%	38%	46%
Currently use chew tobacco or snuff	6%	4%	NA
Attempted quitting tobacco for one or more days during past 12 months	18%	25%	26%
Those who quit who said they quit on their own (cold turkey)	89%*	NA	NA
Those who quit who said they quit due to help from friend or family	14%*	NA	NA
Those who quit who said they quit using materials on the Internet/Web	4%*	NA	NA
Those who quit who said they quit using one on one counseling	1%*	NA	NA
Those who quit who said they quit using a cessation class or clinic	1%*	NA	NA
Those who quit who said they quit using telephone support	1%*	NA	NA

*A total of 73 respondents reported having quit using tobacco

NA: Not asked

Focus Group participants shared the following comments:

"There is a lack of education about dangers of smoking."

"Mom and Dad do it"

"Peer pressure"

"Media glamorizes it (smoking)."

"Some smokers don't want to quit."

"Some (smokers) are even on oxygen and don't stop smoking."

"They figure I've got to die with something."

"Second hand smoke contributes to lung problems."

"There needs to be more tobacco prevention education in schools."

"There needs to be less parents smoking."

"The media needs to put more stress on the importance of quitting."

"There needs to be more interesting and attractive information to get smokers attention."

"There needs to be more incentives out to smokers (to quit)."

"More medical providers and ex-smokers should provide testimonials (and visuals)."

Tobacco

Secondary Data

Top Quartile:

- Kanawha County ranked 11th among WV Counties for percent of adult smokers.

Second Quartile: None

Third Quartile: None

Bottom Quartile: 3

- West Virginia ranks 49th among U.S. states for prevalence of smoking.
-

Comparison between most current data and previous measurement:



Decrease for *Kanawha County in adults who smoke every day*, from 18.9% in 2007 to 15.8% in 2009.



Decrease for *Kanawha County in adults who smoke some days*, from 6.3% in 2007 to 5.7% in 2009.



Increase in *Kanawha County adults who are former smokers*, from 23.9% in 2007 to 26.3% in 2009.



Increase in *Kanawha County adults who have never smoked*, from 50.9% in 2007 to 52.1% in 2009.



Decrease in *current adult smokers in Kanawha County*, from 25.2% in 2007 to 21.9% in 2009.



Decrease in *West Virginia teens who smoke*, from 27.6% in 2007 to 21.8% in 2009.



Increase in *West Virginia teens who have used chew tobacco* from 9.7% in 2007 to 14.4% in 2009.

Black Medical Society of WV: Charleston Community Health Assessment, July 5 – Augusts 12 ,2011

Respondents* reported:

Those who smoked (African American 59%, Other Minorities 26%, Caucasian 38%)

Total surveys: 2,888 (1,816 African Americans, 372 Other Minorities, 700 Caucasians, with 65% of total respondents considered Senior Citizens) *Other minorities include Hispanics, Asian, American Indian Individuals or those who reported themselves as being of two races. / Survey area: North Charleston, East End and West Side