

## The Health of Appalachians in Cincinnati

Appalachians are people who trace their heritage to the eastern mountains of the United States, specifically to the 420 counties designated on Appalachia by the U.S. Congress. The eastern counties of the Cincinnati region are actually in the Appalachian region. Although Appalachians are a racially and culturally diverse group researchers, because of technical issues, usually only collect health data on white Appalachians. This is true of all the studies cited here\*. A longer narrative of data collected on rural and urban Appalachians in the last half century can be found at [www.uacvoice.org/research](http://www.uacvoice.org/research).

### Barriers to Good Health Services

- Lack of Insurance – In East Price Hill and Sedamsville, for example, one in five residents are uninsured.
- Mandated time limits for appointments often resulting in sending consumers home without adequate health assessment, treatment or follow-up plan.
- Young adults aging out of health care.
- Lack of communication between providers.
- High cost of insurance and high co-pays.
- Health issues are not addressed in a timely manner.
- Lack of patient advocacy, especially for people with dementia.
- Doctors: have little time to spend with patients; exhibit failure to listen, especially to women; move or get moved to other locations (sometimes due to insurance changes); some lack knowledge and/or get worn out.
- Services are available with inflexible hours that don't match consumers' work schedules.
- Poor environmental conditions in consumers home neighborhoods.

### Leading Causes of Illness

- Cancer
- Diabetes
- Asthma and other respiratory illness
- Cold and flu
- Heart problems
- Allergies
- Depression, anxiety

- Other mental illness including ADHD
- Arthritis
- Bipolar Disorder

### Leading Causes of Death

The list above correlates with the leading causes of illness except that cold and flu disappear, and cancer, diabetes, and heart disease move to the top of the list. Mental illness, accidental death and violence also show up. Cancer (69%), heart problems (47.8%), diabetes (26.15), and mental illness (17.3%) were the primary causes of death in our respondents' families.

### From Other Research – Health Conditions by Neighborhood

- Life Expectancy in the selected West Side neighborhoods (Sayler Park, Riverside, Sedamsville, Lower Price hill, East Price Hill, and West Price Hill) varied from 62.9% in Lower Price Hill to 78.7 in Riverside West. Lower Price Hill and Sedamsville have the lowest life expectancy in the city.
- Life expectancy in affluent neighborhoods is 20 years higher than that in Lower Price Hill.
- Obesity rates were also among the city's highest in these communities varying from 39.2% in West Price Hill to 51.1% in Lower Price Hill.
- High blood pressure is also critically high in these neighborhoods followed by diabetes, heart disease, asthma, and various forms of disability.
- Over 10 percent of adults are without insurance in all these neighborhoods and over 25% in Lower Price Hill.

