



INTRODUCTION

- Chronic diseases are among the most prevalent, costly, and preventable of all health problems in the United States
- 7 out of 10 deaths among Americans each year are from chronic diseases
- Controlling health behaviors and conditions and using preventive health-care services can reduce morbidity and mortality from chronic diseases as well as the associated costs
- There is a lack of data focusing on rural communities. Community assessment is a fundamental approach to identifying the needs and assets of a given target population

PURPOSE

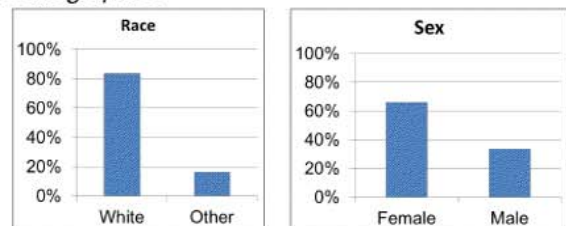
The purpose of this study was to highlight trends in health for residents of Evans County, Georgia. General health trends were analyzed, including smoking, self-perceived health status, and diagnosis of various health conditions/diseases.

METHODS

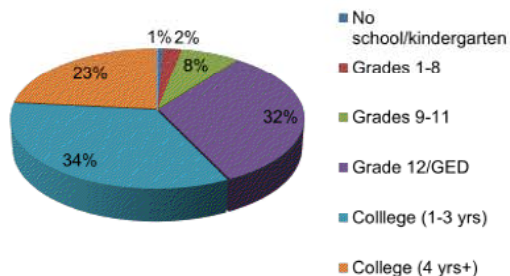
- Study design: Cross-sectional, convenience based, 49 question survey
- Paper surveys distributed county wide; data collected from March-November 2010 (n=320)
- Data analysis limited to basic epidemiologic measures (frequencies, percentages, and odds ratios)

RESULTS

Demographics

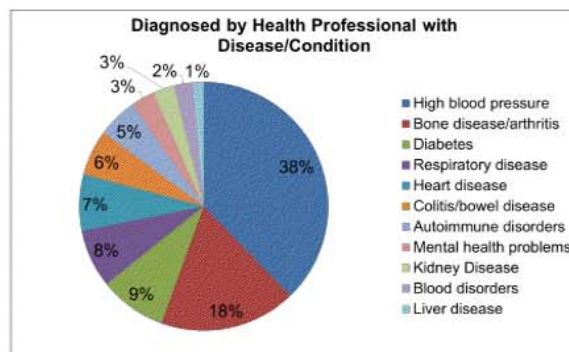
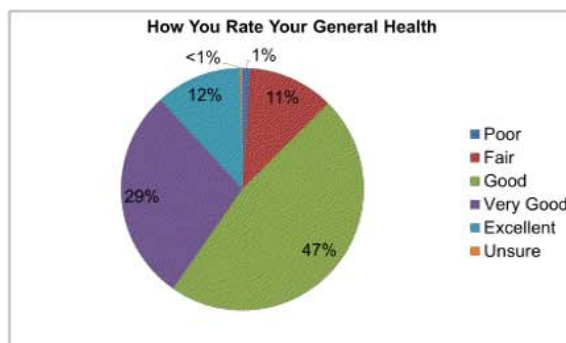
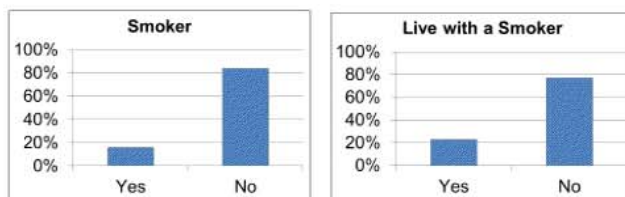


Education Level



RESULTS (cont.)

General Health Status



Risk Estimate of Selected Health Problems by Race (White vs. Non-White)

Disease	Odds ratio	95% CI
High Blood pressure	0.804	(.427, 1.513)
Bone disease/arthritis	3.527	(1.051, 11.839)
Diabetes	0.263	(.101, .682)
Respiratory Disease	4.48	(.588, 34.1116)
Heart Disease	4.248	(.557, 32.420)
Kidney Disease	0.972	(.951, .993)
Liver disease	0.984	(.968, 1.000)

RESULTS (cont.)

Risk Estimate of Selected Health Problems by Education Level (<=HS vs. >HS)

Disease	Odds ratio	95% CI
High Blood pressure	1.324	(.810, 2.162)
Bone disease/arthritis	0.915	(.485, 1.726)
Diabetes	0.943	(.390, 2.28)
Respiratory Disease	0.831	(.334, 2.070)
Heart Disease	0.995	(.388, 2.55)
Colitis/bowel disease	0.084	(.011, .644)

Risk Estimate of Selected Health Problems by Sex (Male vs. Female)

Disease	Odds ratio	95% CI
High Blood pressure	0.556	(.331, .936)
Bone disease/arthritis	0.217	(.089, .527)
Diabetes	0.274	(.079, .943)
Respiratory Disease	0.414	(.136, 1.255)
Heart Disease	0.772	(.290, 2.051)

Summary

- The majority of participants were older (mean age=50), white (83.6%), female (66.2%), and had at least some college education (57.2%)
- Compared to non-whites, whites have:
 - 3.53 times greater risk of bone disease/arthritis
- Compared to whites, non-whites have:
 - 3.80 times greater risk of diabetes
 - 1.03 times greater risk of kidney disease
- Compared to those with a high school degree or less, those with some college or more have:
 - 11.90 times greater risk of colitis/bowel disease
- Compared to males, females have:
 - 1.80 times greater risk of high blood pressure
 - 4.61 times greater risk of bone disease/arthritis
 - 3.65 times greater risk of diabetes

CONCLUSIONS

- 1st survey of its kind in Evans County
- Preliminary data illustrate health trends in a rural and underserved community
- Findings representative of a rural sample for health screening behaviors
- Strengths
 - Inexpensive & convenient study design
 - Good for describing magnitude & distribution of health problems
- Limitations:
 - Small sample size (n=320)
 - Cross sectional study design (cannot determine causation)
 - Participants mostly older, white educated females
- It is expected that these data will be used in the future to create health programs for high risk behaviors and conditions in rural communities