



COMMUNITY HEALTH REPORT

Cancer Screening, Chronic Disease, and Perceptions of Health in Central Falls



ABOUT THIS REPORT

This report is based on two door-to-door surveys completed in Central Falls in 2011. Residents were asked about their health, their health behaviors, specific diseases they may have had, and how their neighborhoods supported healthy living. This report focuses on three specific health issues – cancer screening, chronic disease, and self-perceptions of mental and physical health.

A full summary report for the surveys conducted in Central Falls can be found at www.health.ri.gov/publichealth/about/communityassessments

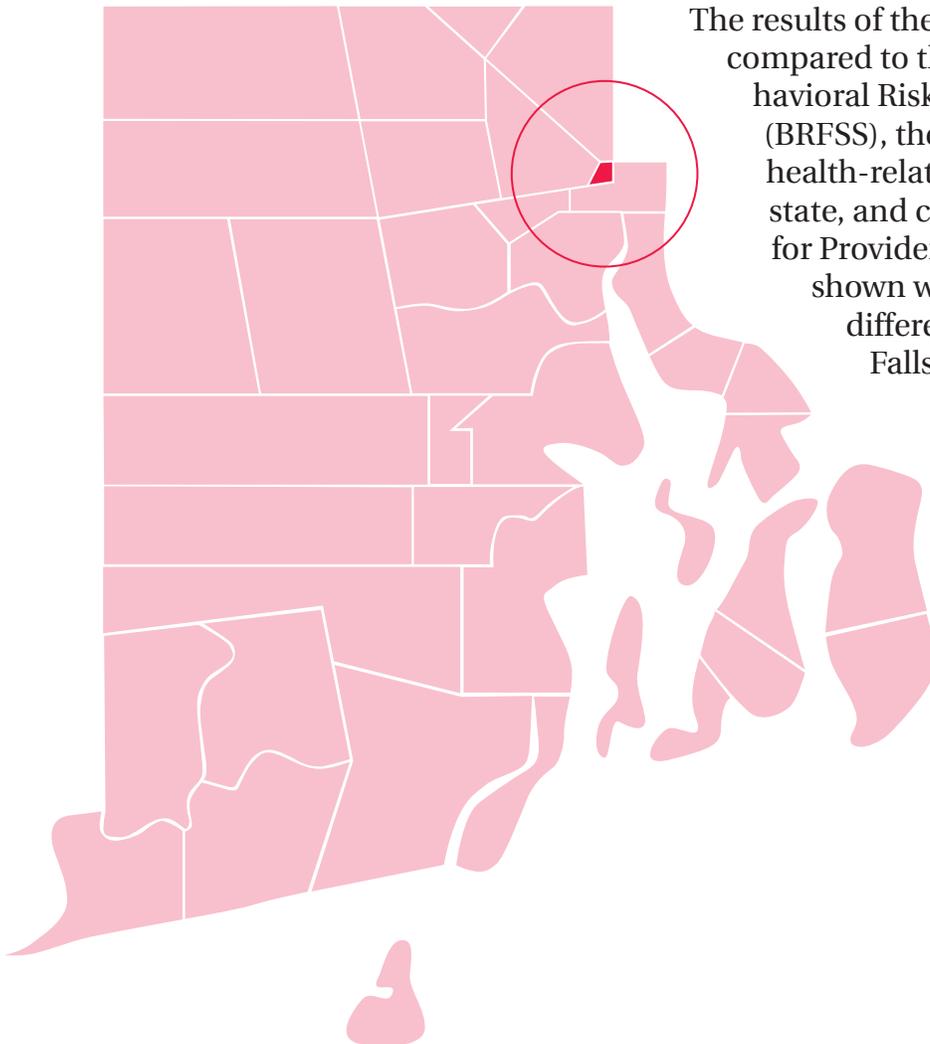
Community-based organizations and the Rhode Island Department of Health (HEALTH) can use these data to design programs and services and seek funding. With this report, policymakers and advocates in Central Falls can advocate for changes based on clearer understandings of the issues in their neighborhood.

WHO WE TALKED TO

In-person interviews were conducted with 311 randomly-selected individuals who were 18 years of age and older. These findings represent about 3,876 adults living in a 40-block section of Central Falls.

- **LANGUAGE:** 50% of adults preferred to be interviewed in Spanish.
- **GENDER:** 46% of adults were male, and 54% were female.
- **RACE/ETHNICITY:** 67% of adults were Hispanic. 5% were Black, 20% were White, and 8% identified with another race.
- **AGE:** 58% of adults were 18-44 years old. 42% were 45 years or older.
- **INCOME:** 43% of adults had a household income of less than \$25,000 per year. 23% made between \$25,000 and \$49,999 per year, and 13% made \$50,000 or more per year. The household income of 21% of the population was unknown.
- **EMPLOYMENT:** 50% of adults were employed, and 50% were not employed.
- **EDUCATION:** 39% of adults had less than a high school education, and 35% had finished high school only. 25% had completed some college or were college graduates. The education level of 1% of the population was unknown.

The results of the Central Falls surveys were compared to the results of the 2010 Behavioral Risk Factor Surveillance System (BRFSS), the survey that is used to collect health-related information at the national, state, and county levels. Comparison data for Providence County and statewide are shown when statistically significant differences existed between Central Falls and these populations.



CANCER SCREENING

Cancer is the second leading cause of death in Rhode Island, after heart disease (Rhode Island Department of Health, 2011). People with lower income, less education, or no health insurance are less likely to get screened for cancer and more likely to have cancer (U.S. Department of Health and Human Services, 2013).

CANCER SCREENING BASICS

For some forms of cancer, screening can safely find cancer and reduce the number of people who die from the disease. All types of cancer screenings have benefits and limitations. When the benefits are greater than the potential for harm, doctors will recommend that people get screened (U.S. Preventive Services Task Force, 2013). Currently, the following screenings below are recommended:

- Women 50 through 74 years old get screened for breast cancer
 - Mammogram every two years
- Women 21 through 65 years old get screened for cervical cancer
 - Pap smear every three years
 - For women ages 30-65, screening with a combination of cytology and human papilloma-virus (HPV) testing every 5 years)
- Adults 50 through 75 years old get screened for colorectal cancer
 - Fecal occult blood testing, flexible sigmoidoscopy, or colonoscopy

CANCER PREVENTION BASICS

Certain measures can be taken to help prevent cancer.

- Get screened for cancer as recommended by your healthcare provider
- Get vaccinated against hepatitis B (to reduce the risk for liver cancer)
- Get vaccinated against human papillomavirus (HPV) (to reduce the risk of cervical, vaginal, anal, and head/neck cancers)
- Do not use tobacco products and avoid second-hand smoke
- Eat a diet rich in fruits and vegetables
- Get at least 150 minutes of physical activity per week
- Avoid excessive exposure to ultraviolet rays from the sun and tanning beds
- Practice safer sex (use condoms)
- Get your home checked for radon and lead
- Limit alcohol consumption

CANCER DATA

Key finding: Central Falls has a lower percentage of adults with a history of cancer (5.1%) than Rhode Island (10.7%). In Central Falls, less than 9 percent of the population is 65 years or older, compared to the statewide average of 14 percent, which could contribute to the lower rate, since older populations are more likely to suffer from cancer (2010 Census).



ADULTS WITH A HISTORY OF CANCER



CANCER SCREENING

BREAST CANCER SCREENING AMONG WOMEN AGES 50 TO 74		PERCENT
Ever had a mammogram		99.5%
- of those who ever had a mammogram, percentage who had a mammogram in the past two years		72.6%
CERVICAL CANCER SCREENING AMONG WOMEN AGES 21 TO 65		
Ever screened for cervical cancer		91.7%
- of those who have ever been screened for cervical cancer, percentage who have been screened in the past three years		85.8%
COLORECTAL CANCER SCREENING AMONG ADULTS AGES 50 THROUGH 75		
Had some form of colorectal cancer screening		71.3%
Ever had a blood stool test		36.7%
Ever had a colonoscopy or sigmoidoscopy		63.0%

CHRONIC DISEASE

Chronic diseases are long-lasting health problems that cannot be cured and require ongoing care (Rhode Island Department of Health). In Rhode Island, two chronic diseases, heart disease and stroke, cause more deaths among men and women than any other, among all racial and ethnic groups. Another chronic disease, diabetes, is the eighth leading cause of death in the state (Rhode Island Department of Health).

PREVENTION BASICS

Adults can reduce their risk for chronic disease by choosing healthy behaviors. Eating an unhealthy diet, not getting enough exercise, and using tobacco cause most chronic diseases for both men and women (Centers for Disease Control and Prevention, 2011). Overweight and obesity can also increase risk for chronic disease (World Health Organization, 2011).

MANAGEMENT BASICS

Chronic diseases can usually be controlled once they are diagnosed (Rhode Island Department of Health).

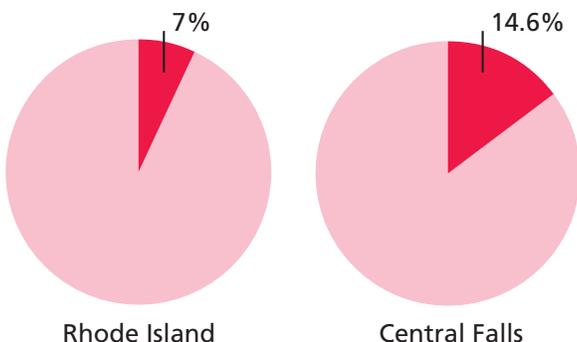
- For patients with high blood pressure, eating a healthier diet, reducing the amount of salt eaten, exercising more, having a healthy weight, drinking less alcohol, quitting smoking, and taking your medication (if prescribed) can help reduce blood pressure.
- To manage cholesterol, a healthy diet, healthy weight, and exercise can also help control the condition. For some patients, doctors prescribe medication to keep cholesterol under control.
- To help prevent heart disease, doctors may suggest taking aspirin for some patients.

CHRONIC DISEASE DATA

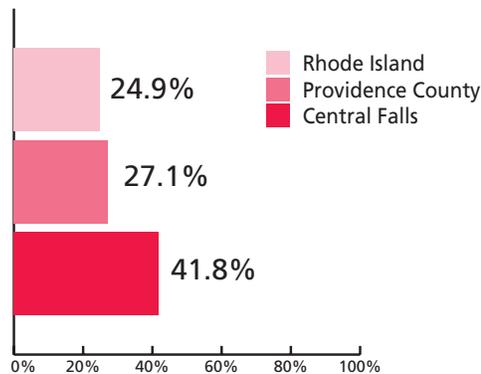
Key findings:

- A higher proportion of adults living in Central Falls did not participate in physical activity or exercise in the past 30 days than adults living in Providence County or Rhode Island.
- A lower proportion of adults living in Central Falls have been tested for high cholesterol than adults living in Providence County or Rhode Island.
- Central Falls has a higher proportion of adults who have been diagnosed with diabetes than Rhode Island.

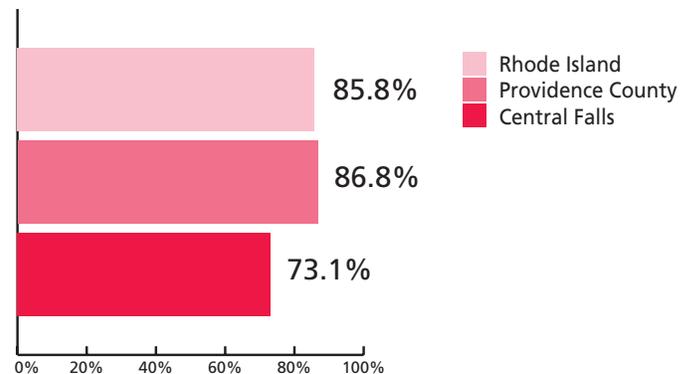
ADULTS DIAGNOSED WITH DIABETES



ADULTS WHO DID NOT PARTICIPATE IN PHYSICAL ACTIVITY OR EXERCISE IN THE PAST 30 DAYS



ADULTS TESTED FOR HIGH CHOLESTEROL



CHRONIC DISEASE

HEALTH BEHAVIORS

Do not smoke	80.8%
Gets recommended minimum amounts of physical activity	48.0%
Participated in physical activity or exercise in past month	58.2%
Is not overweight or obese	31.5%
Eats recommended five servings of fruits and vegetables per day	25.1%

SCREENING

Adults tested for high cholesterol	73.1%
Adults tested for diabetes in past three years	59.4%

CHRONIC DISEASE PREVALENCE

Adults diagnosed with diabetes	14.6%
Adults with high blood pressure	34.8%
Adults with high cholesterol	37.2%
Adults who have heart disease or have had a stroke	10.6%

HIGH BLOOD PRESSURE MANAGEMENT

Taking medication for high blood pressure	71.7%
Changing eating habits to help lower or control high blood pressure	76.5%
Reduce salt intake	81.5%
Reduce alcohol use	29.6%
Exercising to reduce or control high blood pressure	56.6%

HIGH CHOLESTEROL MANAGEMENT

Taking medication for high cholesterol	61.9%
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HEART DISEASE MANAGEMENT

Take aspirin daily or every other day if safe to do so	26.4%
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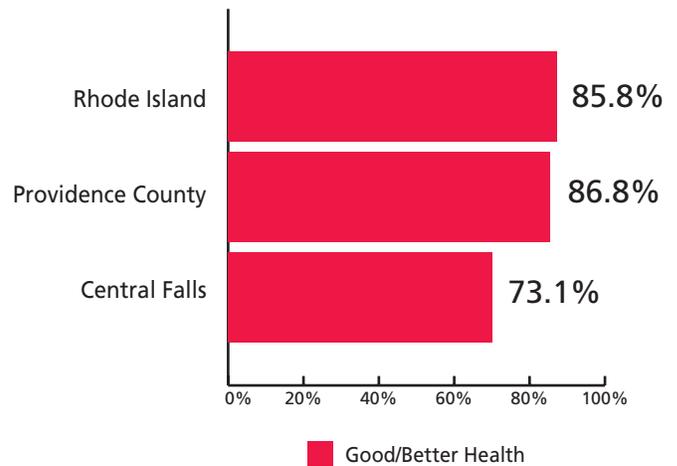
PERCEPTIONS OF MENTAL AND PHYSICAL HEALTH

Emotional well-being and mental health play important roles in the physical health of Rhode Islanders. Stress, depression, and anxiety can manifest themselves as physical conditions such as digestive disorders, sleep disturbances, and lack of energy (Harvard Medical School). When people feel well physically, mentally, and socially, they are considered to be healthy. For people to have productive lives with fulfilling relationships, mental health is just as important as physical health (U.S. Department of Health and Human Services, 2013).

Factors that can affect mental health:

- (Chronic) stress
- Traumatic events (such as exposure to violence)
- Substance abuse
- Unemployment
- Poverty
- Low education
- Difficult working conditions
- Discrimination
- Unhealthy lifestyle

SELF-RATED HEALTH STATUS AMONG ADULTS



(Cutrona, Wallace, Wesner, 2006; Druss, Walker, 2011; World Health Organization, 2013)

PERCEPTIONS OF HEALTH

GENERAL HEALTH RATING	Adults with good or better health	70.1%
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IN PAST 30 DAYS

DAYS PHYSICAL HEALTH NOT GOOD	None	64.9%
	Less than two weeks	21.1%
	Two weeks or more	14.1%
DAYS MENTAL HEALTH NOT GOOD	None	71.3%
	Less than two weeks	20.1%
	Two weeks or more	8.6%
DAYS NORMAL ACTIVITIES LIMITED DUE TO POOR PHYSICAL OR POOR MENTAL HEALTH	None	56.3%
	Less than two weeks	30.2%
	Two weeks or more	13.5%

COMMUNITY RESOURCES

Screening for breast and cervical cancer

The Rhode Island Department of Health's Women's Cancer Screening Program offers free breast and cervical cancer screening, follow-up, and referral service to Rhode Island women who are 40 years of age and older, uninsured, and within 250% of the federal poverty level.

For more information about this program, contact the Women's Cancer Screening Program at 401-222-4324.

Chronic disease

Community Health Network is a network of health and wellness programs in Rhode Island. They help people learn how to manage and prevent arthritis, diabetes, asthma, obesity, and other chronic conditions. These programs are offered in many communities in Rhode Island. Most are free or low-cost, and some are offered in Spanish.

For more information about these programs, contact the Rhode Island Department of Health at 401-222-5960.

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