



COMMUNITY HEALTH REPORT

Cancer Screening, Chronic Disease, and Perceptions of Health in Constitution Hill



ABOUT THIS REPORT

This report is based on a 2010 survey in Woonsocket's Constitution Hill neighborhood. 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. We also compared the results of the Constitution Hill survey to the 2009 Behavioral Risk Factor Surveillance System (BRFSS) results, the survey that is used to collect health-related information at the national, state, and county levels.

A full summary report for the survey conducted in Constitution Hill can be found at www.health.ri.gov/publichealth/about/communityassessments

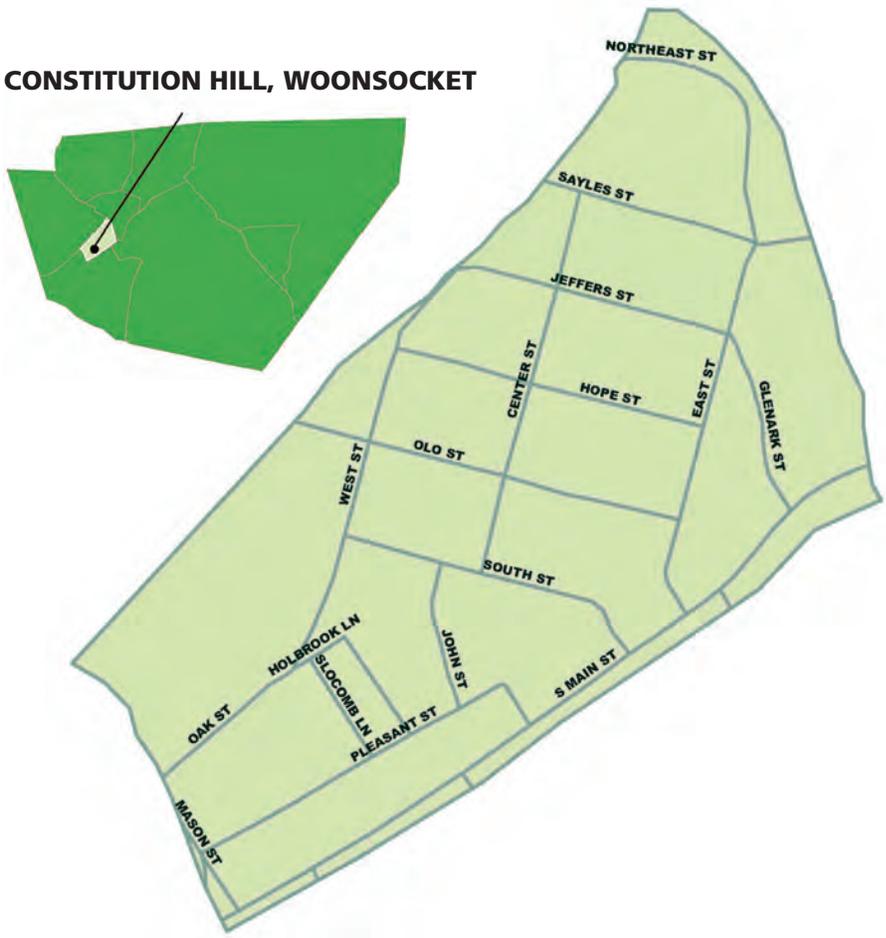
Community-based organizations and the Rhode Island Department of Health (HEALTH) can use these data to design programs and services and seek funding. With this report, policymakers and advocates in Constitution Hill can advocate for changes based on clearer understandings of the issues in their neighborhood.

WHO WE TALKED TO

We talked to 106 adult residents, age 18 and older, living on 20 blocks. The information they shared represents the 777 adults living in the 20-block neighborhood.

- **LANGUAGE:** 26% of adults prefer to be interviewed in Spanish.
- **GENDER:** 46% of adults are male, and 54% are female.
- **RACE/ETHNICITY:** 36% of adults are Hispanic. 25% are Black, 24% are White, and 15% identify with another race.
- **AGE:** 67% of adults are 18-44 years old. 32% are 45 years or older.
- **INCOME:** 43% of adults have a household income of less than \$25,000 per year. 22% make between \$25,000 and \$50,000 per year, and 21% make \$50,000 or more per year. The household income of 15% of the population is unknown.
- **EMPLOYMENT:** 57% of adults are employed, and 43% are not employed.
- **EDUCATION:** 26% of adults have less than a high school education, and 43% have finished high school only. 31% have completed some college or are college graduates.

CONSTITUTION HILL, WOONSOCKET



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

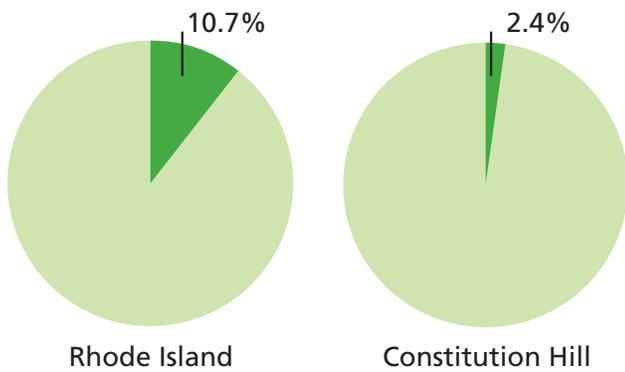
CANCER DATA

Key findings:

Key finding: Constitution Hill has a lower proportion of adults with a history of cancer (2.4%) than Providence County (9.7%) or Rhode Island (10.7%). (Note: Constitution Hill has a relatively young population. 67% of adults are 18-44 years old. This could contribute to this finding.)



ADULTS WITH A HISTORY OF CANCER



CANCER PREVALENCE AND SCREENING

CANCER PREVALENCE	PERCENT
Adults with a history of cancer	2.4%

COLORECTAL CANCER SCREENING AMONG ADULTS AGES 50 TO 75	
Had some form of colorectal cancer screening	68.1%
Ever had a blood stool test	32.8%
Ever had a colonoscopy or sigmoidoscopy	62.9%

BREAST CANCER SCREENING AMONG WOMEN AGES 50 TO 74	
Ever had a mammogram	94.9%
- of those who ever had a mammogram, percentage who had a mammogram in the past two years	94.6%

CERVICAL CANCER SCREENING AMONG WOMEN AGES 21 TO 65	
Ever screened for cervical cancer	99.3%
- of those who have ever been screened for cervical cancer, percentage who have been screened in the past three years	90.6%

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).

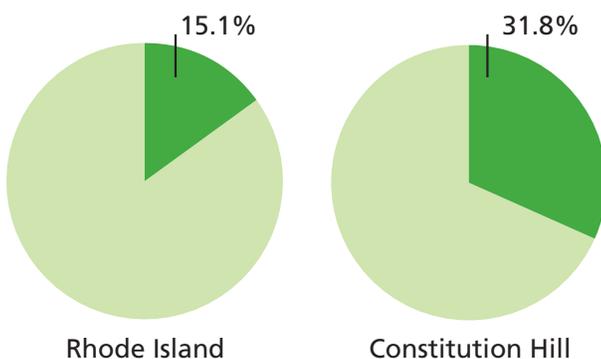
- For patients with high blood pressure, eating a healthier diet, reducing the amount of salt eaten, exercising more, having a healthy weight, drinking less alcohol, quitting smoking, and taking your medication (if prescribed) can help reduce blood pressure.
- To manage cholesterol, a healthy diet, healthy 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

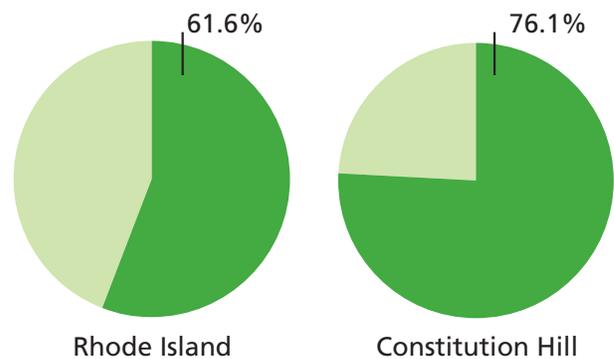
Key findings:

- A higher proportion of adults living in Constitution Hill currently smoke (31.8%) than Providence County (17.8%) or Rhode Island (15.1%).
- A higher proportion of adults living in Constitution Hill are overweight or obese (76.1%) than Providence County (61.8%) or Rhode Island (61.6%).

ADULTS WHO SMOKE



ADULTS WHO ARE OVERWEIGHT OR OBESE



CHRONIC DISEASE

HEALTH BEHAVIORS	Do not smoke	68.3%
	Gets recommended minimum amounts of physical activity	45.7%
	Participated in physical activity or exercise in past month	68.2%
	Is not overweight or obese	23.9%
	Eats recommended five servings of fruits and vegetables per day	35.4%
SCREENING	Adults tested for high cholesterol	75.0%
	Adults tested for diabetes in past three years	48.4%
CHRONIC DISEASE PREVALENCE	Adults diagnosed with diabetes	12.8%
	Adults with high blood pressure	31.8%
	Adults with high cholesterol	24.6%
	Adults who have heart disease or have had a stroke	11.3%
HIGH BLOOD PRESSURE MANAGEMENT	Taking medication for high blood pressure	66.9%
	Changing eating habits to help lower or control high blood pressure	69.9%
	Reduce salt intake	45.6%
	Reduce alcohol use	33.8%
	Exercising to reduce or control high blood pressure	69.3%
HIGH CHOLESTEROL MANAGEMENT	Taking medication for high cholesterol	48.6%
HEART DISEASE MANAGEMENT	Take aspirin daily or every other day if safe to do so	20.4%



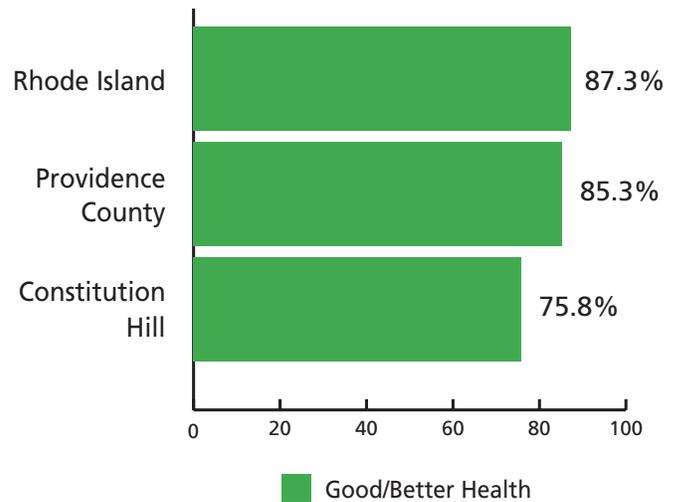
PERCEPTIONS OF MENTAL AND PHYSICAL HEALTH

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 MENTAL AND PHYSICAL HEALTH

GENERAL HEALTH RATING Adults with good or better health **75.7%**

IN PAST 30 DAYS

DAYS PHYSICAL HEALTH NOT GOOD

None	69.0%
Less than two weeks	19.3%
Two weeks or more	11.7%

DAYS MENTAL HEALTH NOT GOOD

None	61.4%
Less than two weeks	11.8%
Two weeks or more	26.8%

DAYS NORMAL ACTIVITIES LIMITED DUE TO POOR PHYSICAL OR POOR MENTAL HEALTH

None	54.6%
Less than two weeks	31.6%
Two weeks or more	13.8%

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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RHODE ISLAND DEPARTMENT OF HEALTH
3 CAPITOL HILL, PROVIDENCE, RHODE ISLAND 02908
HEALTH INFORMATION LINE: 401-222-5960 / RI RELAY 711
WWW.HEALTH.RI.GOV