



COMMUNITY HEALTH REPORT

Cancer Screening, Chronic Disease, and Perceptions of Health in Southside Providence



ABOUT THIS REPORT

This report is based on a survey completed from 2008 to 2010 in Upper and Lower South Providence, Elmwood, West End, and parts of Federal Hill. All of these communities are in Southside Providence. 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.

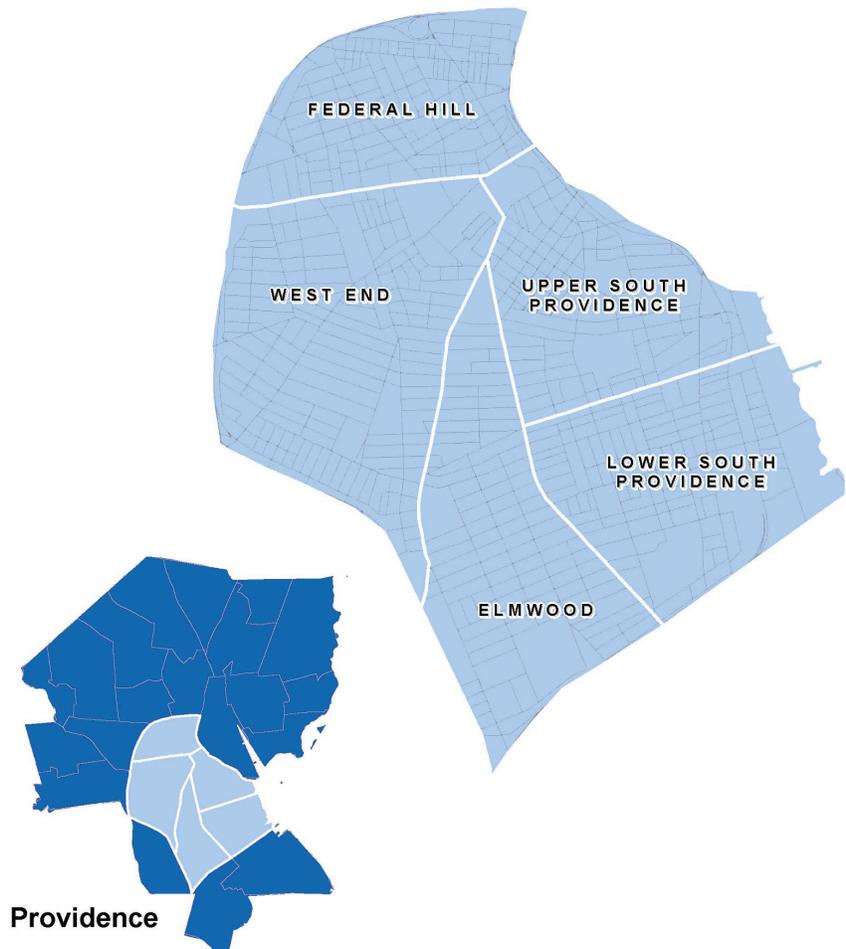
A full summary report for the surveys conducted in Southside Providence can be found at www.health.ri.gov/publichealth/about/communityassessments

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 Southside Providence can advocate for changes based on clearer understandings of the issues in their neighborhood.

WHO WE TALKED TO

We talked to 547 adult residents, age 18 and older, living on 49 blocks. The information they shared represents the 29,000 adults living in the five surveyed neighborhoods.

- **LANGUAGE:** 32% of adults prefer to be interviewed in Spanish.
- **GENDER:** 47% of adults are male, and 53% are female.
- **RACE/ETHNICITY:** 49% of adults are Hispanic. 21% are Black, 18% are White, and 13% identify with another race.
- **AGE:** 62% of adults are 18-44 years old. 38% are 45 years or older.
- **INCOME:** 44% of adults have a household income of less than \$25,000 per year. 18% make between \$25,000 and \$50,000 per year, and 13% make \$50,000 or more per year. The household income of 25% of the population is unknown.
- **EMPLOYMENT:** 49% of adults are employed, and 51% are not employed.
- **EDUCATION:** 27% of adults have less than a high school education, and 30% have finished high school only. 42% have completed some college or are college graduates.



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

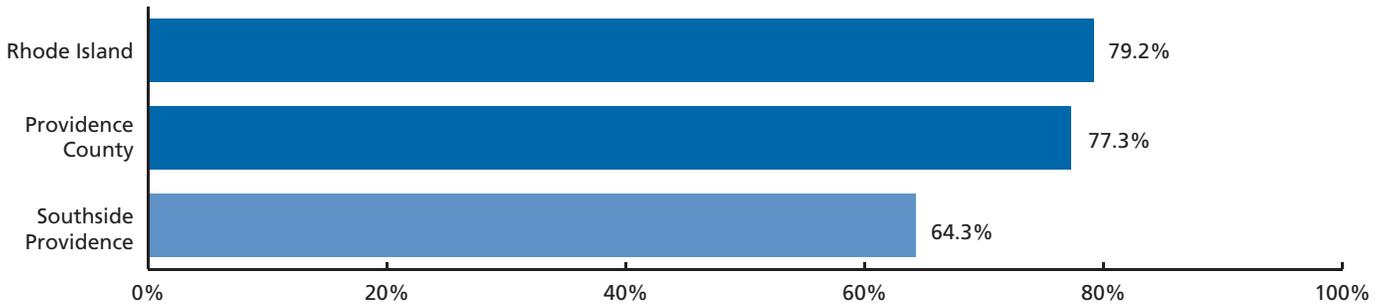
CANCER DATA

Key findings:

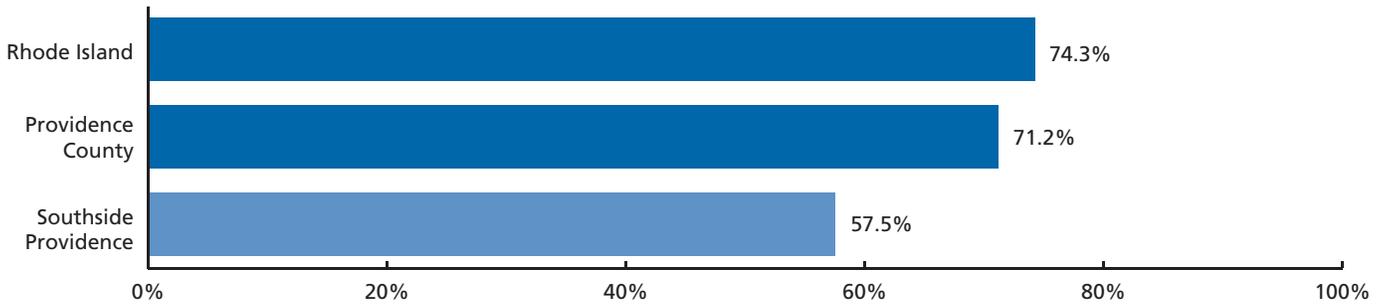
Southside Providence had a lower proportion of adults 50 to 75 years of age who had some form of colorectal cancer screening (63.4%) than Providence County (77.3%) or Rhode Island (79.2%). Colorectal cancer screening includes a blood stool test, colonoscopy, or sigmoidoscopy.

Southside Providence had a lower proportion of adults 50 to 75 years of age who have ever had a colonoscopy or sigmoidoscopy (57.5%) than Providence County (71.2%) or Rhode Island (74.3%).

ADULTS AGE 50 TO 75 WHO HAD SOME FORM OF COLORECTAL CANCER SCREENING



ADULTS AGE 50 TO 75 WHO EVER HAD A SIGMOIDOSCOPY OR COLONOSCOPY



CANCER PREVALENCE AND SCREENING

CANCER PREVALENCE	PERCENT
Adults with a history of cancer	7.8%

COLORECTAL CANCER SCREENING AMONG ADULTS AGES 50 TO 75

Had some form of colorectal cancer screening	64.3%
Ever had a blood stool test	27.8%
Ever had a colonoscopy or sigmoidoscopy	57.5%

BREAST CANCER SCREENING AMONG WOMEN AGES 50 TO 74

Ever had a mammogram	100.0%
- of those who ever had a mammogram, percentage who had a mammogram in the past two years	93.6%

CERVICAL CANCER SCREENING AMONG WOMEN AGES 21 TO 65

Ever screened for cervical cancer	88.4%
- of those who have ever been screened for cervical cancer, percentage who have been screened in the past three years	82.7%

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).

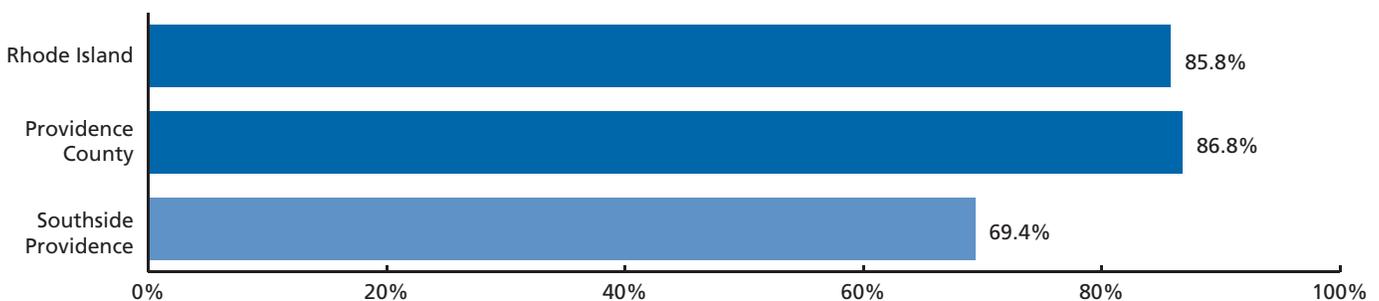
- For patients with high blood pressure, eating a healthier diet, reducing the amount of salt eaten, exercising more, having a healthy weight, drinking less alcohol, quitting smoking, and taking your medication (if prescribed) can help reduce blood pressure.
- To manage cholesterol, a healthy diet, healthy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

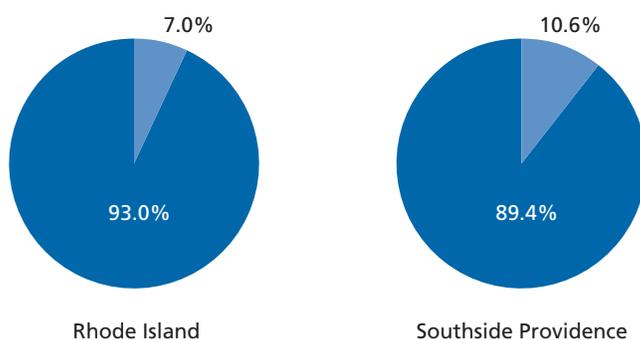
Key findings:

- A lower proportion of adults living in Southside Providence were ever tested for high cholesterol (69.4%) than adults living in Providence County (86.8%) or Rhode Island (85.8%).
- A higher proportion of adults living in Southside Providence have been diagnosed with diabetes (10.6%) than adults living in Rhode Island (7.0%).

ADULTS TESTED FOR HIGH CHOLESTEROL



ADULTS DIAGNOSED WITH DIABETES



CHRONIC DISEASE

HEALTH BEHAVIORS	Do not smoke	80.8%
	Gets recommended minimum amounts of physical activity	49.0%
	Participated in physical activity or exercise in past month	70.5%
	Is not overweight or obese	34.2%
	Eats recommended five servings of fruits and vegetables per day	25.9%
SCREENING	Adults tested for high cholesterol	69.4%
	Adults tested for diabetes in past three years	53.3%
CHRONIC DISEASE PREVALENCE	Adults diagnosed with diabetes	10.6%
	Adults with high blood pressure	34.3%
	Adults with high cholesterol	40.1%
	Adults who have heart disease or have had a stroke	9.9%
HIGH BLOOD PRESSURE MANAGEMENT	Taking medication for high blood pressure	73.7%
	Changing eating habits to help lower or control high blood pressure	68.8%
	Reduce salt intake	68.9%
	Reduce alcohol use	31.5%
	Exercising to reduce or control high blood pressure	60.6%
HIGH CHOLESTEROL MANAGEMENT	Taking medication for high cholesterol	53.9%
HEART DISEASE MANAGEMENT	Take aspirin daily or every other day if safe to do so	21.1%



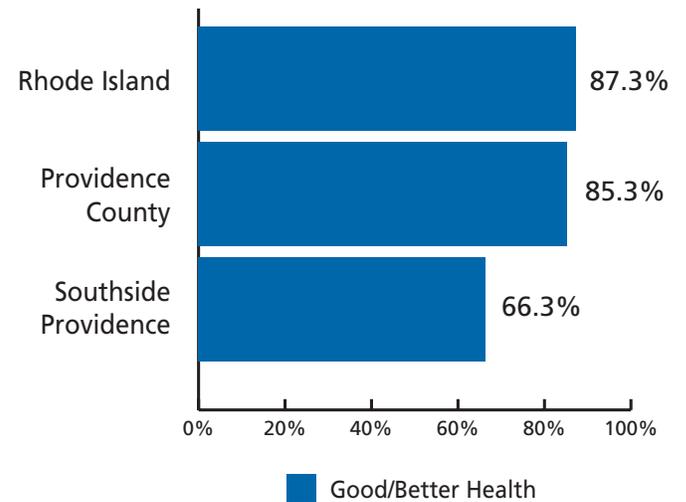
PERCEPTIONS OF MENTAL AND PHYSICAL HEALTH

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	66.3%
IN PAST 30 DAYS		
DAYS PHYSICAL HEALTH NOT GOOD	None	58.9%
	Less than two weeks	22.4%
	Two weeks or more	18.7%
DAYS MENTAL HEALTH NOT GOOD	None	63.0%
	Less than two weeks	21.2%
	Two weeks or more	15.9%
DAYS NORMAL ACTIVITIES LIMITED DUE TO POOR PHYSICAL OR POOR MENTAL HEALTH	None	52.2%
	Less than two weeks	29.1%
	Two weeks or more	18.8%

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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