

Health Status in the Delta: Comparisons to other urban and rural U.S. Residents

Currently, the enabling legislation for the Delta Regional Authority (DRA) allocates approximately \$13 million dollars in funding to the area, including a portion dedicated to promoting healthy communities. We examined geographic differences in health behaviors, access to care, receipt of appropriate preventative services, and quality of diabetes care among residents in the Delta region (N=223 counties). We compared their findings to non-delta urban (n=2064) and non-delta rural (n=1161). Data from the 2005 Behavioral Risk Factor Surveillance System was linked with the 2008 Area Resource File for the analysis.

Summary of Findings

24.5% of Delta residents reported fair to poor health status compared to 15.5% non-delta urban and 19.0% non-delta rural (p>.05).

Health Behaviors

- Delta residents were more likely to be overweight (67.6%) than residents of non-delta rural (64.0%) and non-delta urban (60.6%) counties (p<.05).
- Delta residents (30.3%) were less likely to report moderate physical activity than non-delta rural (37.8%) and non-delta urban (35.7%) residents. Moreover, delta residents were also less likely to report vigorous physical activity than non-delta rural (18.8% vs. 24.8%; p<.05) and non-delta urban residents (18.8 vs. 28.5%; p<.05).
- Black Delta residents were significantly more likely to be overweight (75.4%) compared to white Delta residents (66.1%), Hispanic residents (55.4%), and all Delta residents (67.6%).

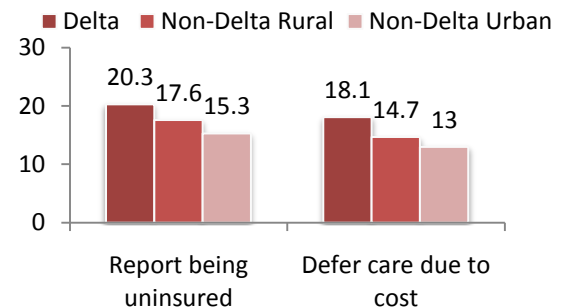
Receipt of appropriate preventive services

- Delta residents were more likely than non-delta rural residents to receive both a routine physical examinations and PAP smears.
- Delta residents were less likely than non-delta rural and non-delta urban residents to receive both a mammograms and annual flu vaccines.
- Residents of the Delta (51.0%) were less likely to have dental visits with cleaning than non-delta rural (62.5%) and non-delta urban (51.0%).
- Black Delta residents were significantly less likely to receive a dental visit with cleaning (41.7%) compared to white Delta residents (59.1%) and all Delta residents (51.0%).

Diabetes

- Delta residents were more likely to report diabetes (10.0%) than non-delta urban (7.4%) and non-delta rural (8.7%).

Access to Health Care



Data for this report were drawn from the 2005 Behavioral Risk Factor Surveillance System. We used information from 2005 because that was the last year in which data for small US rural counties were included in the survey's public use data set.

Delta Region Rural Health Disparities

Health & Health Behaviors	Delta				Non-Delta Urban	Non-Delta Rural
	White	Black	Hispanic	All Adults	All Adults	
Report Health Status (Fair to Poor)	22.3%*	30.5%*	26.9%*	24.5%†	15.5%	19.0%
Activity Limitations	22.0%*	20.1%*	27.1%*	21.7%†	17.5%	21.0%
Moderate Physical Activity	37.8%*	30.1%*	47.0%*	30.3%†	35.7%	37.8%
Vigorous Physical Activity	19.7%*	15.2%*	n/a	18.8%†	28.5%	24.8%
Overweight	66.1%*	75.4%*	55.4%*	67.6%†	60.6%	64.0%
Receipt of appropriate preventive services						
Routine Physical Examination	83.2%*	90.4%*	79.3%*	84.7%†	86.7%	84.2%
Annual Flu Vaccine	64.6%*	42.2%*	64.3%*	61.0%†	63.8%	64.9%
Mammography	75.0%*	70.7%*	n/a	73.9%†	82.2%	76.6%
PAP Smear	80.9%*	85.4%*	n/a	82.0%†	85.8%	81.5%
Colorectal Cancer Screening	n/a	n/a	n/a	n/a	17.9%	16.1%
Dental Visits with Cleaning	59.1%*	41.7%*	n/a	51.0%†	70.1%	62.5%
Diabetes care						
Diabetes diagnosis	9.3%*	12.8%*	11.9%*	10.0%†	7.4%	8.7%
Annual Diabetes Exam	88.6%	87.7%*	n/a	88.3%	88.9%	89.3%
HbA1c Testing	63.3%*	66.2%*	n/a	62.6%†	68.6%	70.6%
Annual Diabetic Foot Exam	63.3%*	69.8%	n/a	65.7%†	69.7%	66.4%
Annual Dilated Eye Exam	65.8%*	73.1%*	n/a	67.4%†	70.2%	66.1%

† Indicates statistically differences among Non-Delta rural, Non-Delta urban, and Delta geographic areas for all adults surveyed (p<.05).

* Indicates significant differences in Non-Delta rural, Non-Delta urban, and Delta geographic areas within race/ethnicity (p<.05).

n/a indicates cell observations <50 providing unstable estimates



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<http://thr.sph.sc.edu>

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