

# Community Fact Sheet

## Hope 2013: A Health Status Report

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Volume 3, Issue No. 18

<http://sociology.uark.edu/3550.php>

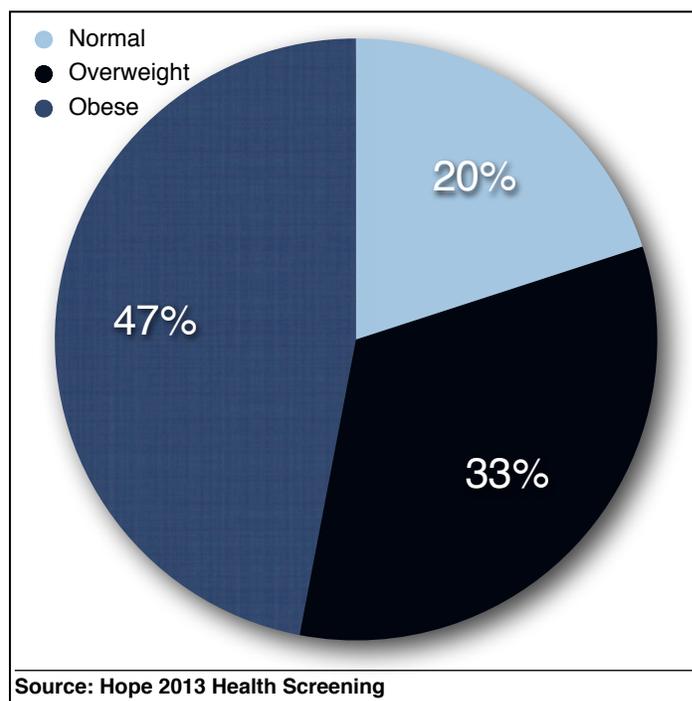
### Health Services for Hope Attendees

*HOPE 2013*, a service event offering free critical services to those in need in Northwest Arkansas, took place this October 25-26, 2013 at Central United Methodist Church in Fayetteville, AR. Health, hygiene, legal, financial and personal items were available to attendees. Of these services, by far the most utilized were the health services. In particular, 183 blood pressure, heart rate screenings and Body Mass Index (BMI) screenings were given. In addition, 84 dental exams and 37 vision screenings were administered, along with 102 flu vaccines for adults. Health services were also the most popular in the two previous years of the HOPE event, suggesting a continuing lack of affordable and adequate health care available to low-income persons and families.

### Body Mass Index (BMI) of HOPE Attendees

Of those who received the BMI screening, 20 percent were normal weight, 33 percent were overweight, and **47 percent** were classified as obese (see **Figure 1**). The percentage of HOPE attendees with a normal weight was lower than the U.S. population in which 31 percent has a normal BMI. The percentage of overweight attendees was closer to the U.S. population where 33 percent are classified as overweight. Conversely, HOPE attendees had a considerably higher percentage of persons who were obese relative to the U.S. population which in 2009-2010, approximately 35 percent of the U.S. adult population were obese. In Arkansas, 30 percent of adults are obese, making Arkansas one of 12 U.S. states with 30 percent or more of adults being obese.

**Figure 1. BMI (Body Mass Index) Breakdowns for HOPE 2013 Attendees**



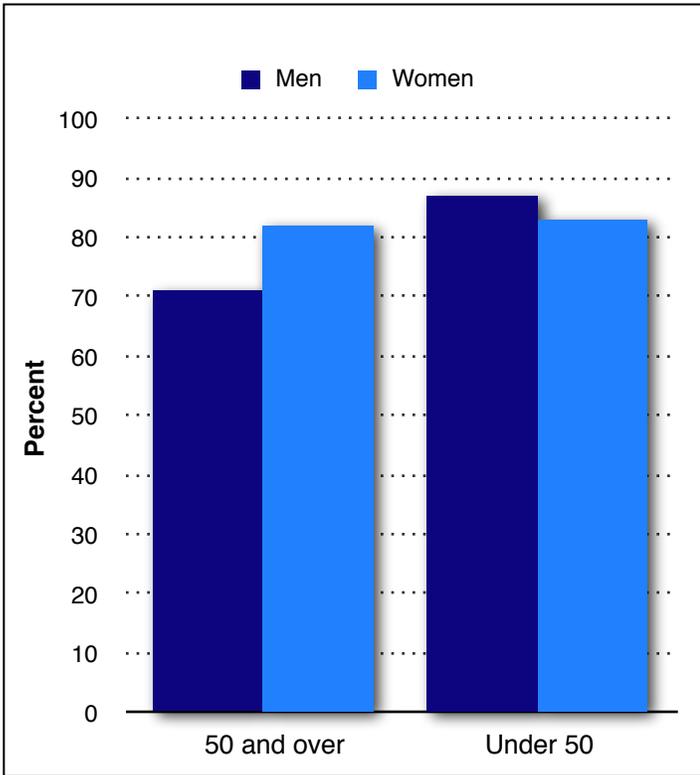
Source: Hope 2013 Health Screening

### Sociodemographic Differences

To further explore these categories, we examined BMI in the context of both age and gender. Among those persons attending the *HOPE 2013* event (see **Table 1**), women were more likely than men to be overweight or obese. Men over 50 were more likely to be obese than those under 50 years old, the same was true for women. Eighty-three percent of women age 50 and older were either overweight or obese, while 87 percent of men over 50 were overweight or obese.

As a nation, evidence suggests that percentages of persons who are obese can increase as age increases. Clearly this is an important health risk among the low-income population in the United States.

**Table 1. Percentage of Overweight/Obese HOPE 2013 Attendees by SEX and by AGE**



Source: Hope 2013 Health Screening

**Blood Pressure and Hypertension**

According to the Centers for Disease Control and Prevention, one in three Americans have hypertension (high blood pressure). In 2008, hypertension caused or contributed to over 348,000 deaths among adults 18 years of age and over. Of those attending the HOPE 2013 event, **30 percent** had hypertension. Approximately 43 percent of males, as well as persons over the age of fifty (46%), had hypertension. Consistent with national statistics, a higher percentage of men below the age of fifty had hypertension, while those age fifty and above showed a higher risk among women than men for this particular condition. Approximately 53 percent of males over the age of fifty had hypertension, making them the **most likely** to have the condition among those attending the HOPE event.

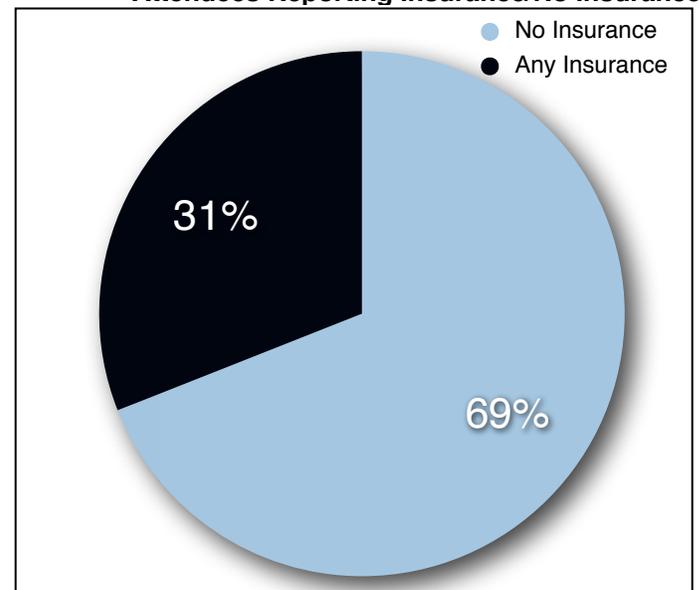
**Who is Covered?**

Figure 2 shows that the majority of HOPE 2013 attendees had no health insurance (69 percent). Lack of health insurance is a continuing problem for needy people in Northwest Arkansas. In the previous years of HOPE, 57 percent reported having no health insurance in 2011 and 65 percent in 2012. The percentage of HOPE attendees without health

insurance is far greater than in the U.S. population generally; 15.7 percent of Americans reported no health insurance in 2013.

In addition to no health insurance, another major medical gap was discovered--not surprising that nearly 82 percent of those persons attending HOPE 2013 had not seen a dentist in the last year. Thanks to the Northwest Arkansas Free Clinic, over 25 attendees were able to have their teeth extracted. The number of people needing to have dental work done relative to those that were able to be accommodated was more than 4:1. Clearly the dental health needs of low-income persons needs to be a priority in NWA.

**Figure 2. Percentage of HOPE 2013 Attendees Reporting Insurance/No Insurance**



Source: Hope 2013 Health Intake

**The Health Service Picture**

The most popular services at the HOPE 2013 event were related to well-being or physical health/appearance. There are some possible explanations for this trend. For instance, 69 percent of this population reported they had no health insurance and nearly 63 percent of participants reported a disabling chronic condition. Sixty-two percent of those individuals with a disabling condition said they were currently receiving no treatment. Approximately, 55 percent of those who reported having no health insurance also reported some type of disabling condition. A combination of the lack of health insurance, the prevalence of severe health issues, and the tendency to be untreated, could be creating a “perfect health storm” for those already in crisis.