



## **TRI-COUNTY AREA COMMUNITY HEALTH NEEDS ASSESSMENT**



PREPARED FOR:

**POTTSTOWN AREA HEALTH & WELLNESS FOUNDATION**

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**NOVEMBER 2013**



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## TABLE OF CONTENTS

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<b>I.</b>	<b>EXECUTIVE SUMMARY .....</b>	<b>I</b>
<b>II.</b>	<b>INTRODUCTION .....</b>	<b>1</b>
	PURPOSE.....	1
<b>III.</b>	<b>NEEDS ASSESSMENT PROCESS AND METHODS .....</b>	<b>2</b>
	DATA ACQUISITION AND ANALYSIS .....	2
	COMMUNITY HEALTH NEEDS ASSESSMENT DATA SOURCES AND DATES .....	2
<b>IV.</b>	<b>COMMUNITY OVERVIEW AND DEMOGRAPHICS .....</b>	<b>6</b>
	COMMUNITY OVERVIEW.....	6
	COMMUNITY DEMOGRAPHICS .....	8
	DEMOGRAPHIC CHARACTERISTICS .....	8
	SOCIOECONOMIC CHARACTERISTICS .....	14
<b>V.</b>	<b>FINDINGS .....</b>	<b>18</b>
	HEALTH STATUS OF THE COMMUNITY .....	18
	HEALTH STATUS .....	24
	ACCESS AND BARRIERS TO CARE.....	32
	HEALTH BEHAVIORS.....	41
	HEALTH SCREENINGS.....	58
	EXISTING RESOURCES.....	62
<b>VI.</b>	<b>COMMUNITY HEALTH AND WELLNESS NEEDS .....</b>	<b>67</b>

### APPENDICES

APPENDIX A:LIST OF KEY INFORMANT INTERVIEWS  
APPENDIX B:U.S. CENSUS TABLES  
APPENDIX C: VITAL STATISTICS TABLES  
APPENDIX D:HOUSEHOLD HEALTH SURVEY TABLES  
APPENDIX E:RESOURCE MAPS AND LIST  
APPENDIX F: STATISTICAL SIGNIFICANCE TESTING RESULTS



## TRI-COUNTY AREA COMMUNITY HEALTH NEEDS ASSESSMENT

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### I. EXECUTIVE SUMMARY

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#### PURPOSE

This report summarizes the results of an assessment of the health and wellness of residents of the **Tri-County Area** served by **Pottstown Area Health & Wellness Foundation (PAHWF) conducted in 2013**. The PAHWF enhances the health and wellness of area residents, providing education, funding, and programs that motivate people to adopt healthy lifestyles. It serves the residents of the area bounded by a ten-mile radius centered in Pottstown Borough, including seven sub-areas contiguous with seven school districts that are geographic sub-areas of the Tri-County Area. They are: Pottstown Borough, Pottsgrove, Daniel Boone, Owen J. Roberts, Spring-Ford, Perkiomen Valley, and Boyertown Areas.

This needs assessment was conducted by Public Health Management Corporation (PHMC), a private non-profit public health institute that was founded in 1972 to address problems in the organization and delivery of health and social services.

#### DATA SOURCES

##### Quantitative Data

Quantitative information for this needs assessment was obtained from the following sources for the most recent years available: U.S. Census of Population and Housing; Claritas, Inc. Pop-Facts; Pennsylvania Department of Health; PHMC Southeastern Pennsylvania Household Health Survey; and PHMC Tri-County Area Household Health Survey.

The 2012 Southeastern Pennsylvania Household Health Survey was conducted with 10,018 households in Southeastern Pennsylvania. The information in this report is based on a total of 1,507 interviews that were conducted with adults residing in the Tri-County Area, including adults interviewed in the 2012 Household Health Survey and a 2013 re-contact survey of the Tri-County Area. Comparisons were also made with information from 596 adults in the PAHWF's service area who were interviewed for the 2008 Household Health Survey.

##### Focus Groups and Informational Interviews

Members of the PAHWF community were included in this needs assessment through four focus discussion groups of residents and informational interviews with 17 health and wellness service providers. There were four focus groups; a total of 40 Tri-County Area residents participated. Focus groups consisted of Youths (14-18), Young Adults (18-25), Underserved Adults (18+), and Parents (18+). Informational interviews were conducted with 17 local providers with expert knowledge of the health and wellness of Tri-County Area residents.

##### Resources

Information on existing health and wellness resources in the Tri-County Area was collected by searching websites for health care, recreational, and nutritional resources and public schools in the Tri-County Area and adjacent Phoenixville Borough.



The unmet health and wellness needs for the Tri-County Area were identified and prioritized by comparing the health status, access to care, health behaviors, and utilization of services for residents of the Tri-County Area to results for the surrounding counties, the state, and the Healthy People 2020 goals for the nation. Input from focus groups and key informant interviews were also used to further identify and prioritize unmet needs.

## **COMMUNITY HEALTH AND WELLNESS**

Overall, the health status and access to care of Tri-County Area adults and children compares favorably with health indicators for the surrounding Montgomery, Chester, and Berks Counties, the Commonwealth, and the U. S. Surgeon General's Healthy People 2020 goals for the nation. However, the health of Pottstown Borough adults and children is substantially worse than the health of residents of the Tri-County Area as a whole. Tri-County Area adults and children who are poor or uninsured also experience poorer health and access to care.

### **Health Status**

In the Tri-County Area, **the overwhelming majority (86.0%) of adults rate their health as excellent, very good, or good.** The overwhelming majority of children in the Tri-County Area are also in excellent, very good, or good health (97.7%).

- **Fair or poor health status among adults is nearly three times as common in Pottstown Borough (20.4%) as in the Perkiomen Valley Area (7.2%), where adults are least likely to be in fair or poor health.**
- **Pottstown Borough children (5.4%) are also most likely to be in fair or poor health compared with children in the Tri-County Area overall (2.3%).**
- In addition, across the Tri-County Area, adults without health insurance (21.9%) are much more likely to describe their health as fair or poor than are insured adults (13.4%).
- Adults in the Tri-County Area living below 200% of the Federal Poverty Level are nearly four times as likely to be in fair or poor health as are those living above 200% of the Federal Poverty Level (34.2% compared with 8.8%, respectively).

The overall age-adjusted death rate in the Tri-County Area (720.9 deaths per 100,000 population) is higher than the Berks (712.9), Chester (645.3), and Montgomery (671.9) County mortality rates, but lower than the state rate (763.6).

- **Pottstown Borough (1,075.5 per 100,000 persons) has the highest overall age-adjusted mortality rate in the Tri-County Area,** and the highest age-adjusted mortality rates from all cancers (231.1), heart disease (144.4), motor vehicle accidents (99.4), lung cancer (65.5), and stroke (66.8).

***There are two key areas of unmet health and wellness needs in the Tri-County Area that are related to overall health status: overweight/obesity and poor access to care.***

### **Overweight and Obesity**

- **Nearly two-thirds of adults in the Tri-County Area (64.5%, or about 113,800 adults) are overweight or obese,** which is consistent across different insurance and poverty status subgroups and fairly comparable with neighboring counties.



- **Pottstown Borough(26.5%)has the highest rate of child obesity** among the seven sub-areas, and the Pottsgrove Area has the highest rate of adult obesity (37.6%).
- **About one-third of children in the Tri-County Area (34.5%) are considered overweight or obese** based on their Body Mass Index percentile.
- **One-half of children in poverty are overweight or obese.**

Two key health behaviors, **healthy eating and physical activity**, are related to overweight and obesity in the Tri-County Area.

#### Healthy Eating

In the Tri-County Area, **approximately seven in ten adults (69.8%) do not meet** the USDA's MyPlate food guidelines of four to five servings of fruits and vegetables a day.

- **Adults in Pottstown Borough (80.6%) are least likely to consume four or more servings of fruits and vegetables a day compared with the six other sub-areas in the Tri-County Area.**
- **Additionally, the majority of children (68.0% or 31,300 children) in the Tri-County Area do not meet this recommended goal.**

According to Key Informants and focus group participants, several factors related to unhealthy eating habits in the Tri-County Area include:

- Lack of knowledge about healthy foods, including availability and cost.
- Lack of time, limited healthy cooking skills, and motivation to prepare and eat healthy meals.
- Lack of access to fresh produce at farmer's markets and grocery stores with a wide selection due to transportation problems.

#### Physical Activity

- **More than two in five Tri-County Area adults (43.0%) exercise less than three times per week.**
  - Adults in the Daniel Boone Area (50.0%) are less likely to exercise three times a week than adults in the other six sub-areas.
- **Nearly one in eight children (12.2%) between the ages of 0-17 in the Tri-County Area exercises less than three times a week.**
  - Children in the Pottsgrove Area (15.8%) are more likely to exercise less than three times a week than children in the other sub-areas.
- **Nearly one-third of children in the Tri-County Area watch more than two hours of television per day; an additional 17.8% of children in the Tri-County Area use the computer for more than two hours per day.**
  - Children in the Pottsgrove Area (54.2%) are more likely to watch television for more than two hours a day than children in the other sub-areas.
- **Approximately 106,400 adult residents (59.8%) do not use public recreation facilities in the Tri-County Area.**
  - Three-quarters of adults in the Daniel Boone Area (77.7%), and two-thirds of adults in the Boyertown Area (67.6%), do not use recreation facilities in the Tri-County Area; this is the highest percentage in the Tri-County Area.
  - Poor adults (74.2%) are more likely not to utilize these recreation facilities.
  - Cost, transportation, motivation, and time are all barriers to exercise for residents.
  - Local parks and playgrounds are abundant and well maintained, but transportation is an issue for low-income residents in particular.



- The lack of sidewalks in the areas outside Pottstown Borough is a safety issue that prevents children and adults from walking or running for exercise in their neighborhood.

### **Access to Health Care**

Nine in ten residents of the Tri-County Area (90.2%) have a regular source of care. However, many adults in the Tri-County Area have unmet physical and behavioral health needs. Lack of health insurance coverage, underinsurance, and transportation problems are common barriers to care.

- The percentage of adults in the Tri-County Area with a regular source of care (90.2%) is higher than the Healthy People 2020 goal of 83.9%.
  - **However, adults in Pottstown Borough (17.0%) are almost twice as likely to lack a regular source of care as adults in the Tri-County Area as a whole (9.7%).**
- The overwhelming majority of children (96.9%) in the Tri-County Area have a regular source of care.
  - Children in Pottstown Borough (10.9%) are more than three times as likely to lack a regular source of care as children in the area as a whole (3.1%). This represents 500 children in Pottstown Borough.

**The overwhelming majority of adults ages 18-64 in the Tri-County Area (92.2%) have health insurance coverage.**

- In the Tri-County Area, **7.8% of adults aged 18-64 are uninsured**, representing 11,300 uninsured adults.
  - **Adults aged 18-64 in Pottstown Borough (14.4%; representing 2,000 adults) are almost twice as likely to lack health insurance coverage as adults in the area overall (7.6%).**
- One in seven (14.1%) adults in the Tri-County Area does not have prescription drug coverage; this represents 24,800 adults.

**With or without health insurance, 25,300 adults in the Tri-County Area are unable to get needed health care due to the cost of that care (14.2%).**

- In addition, about 27,200 adults in the Tri-County Area did not fill a prescription due to cost in the past year.
- About 6,800 adults (3.8%) in the Tri-County Area did not seek care in the past year due to transportation problems.
  - **Adults in Pottstown Borough are more likely to lack prescription drug coverage (20.4%), to forego filling a prescription due to cost (21.9%), or not seek care due to transportation problems (7.0%) than adults in the other sub-areas.**

Uninsured adults with mental health conditions may not be accessing services. **Approximately 29,400 adults across the Tri-County Area (16.5%) have been diagnosed with a mental health condition**; this is comparable with, or just slightly higher than, the percentage in neighboring counties.

- Pottsgrove Area adults (22.4%) are more likely to have a serious mental illness than adults in the other sub-areas, including Pottstown Borough (18.0%).
  - However, mentally ill adults in Pottstown Borough (48.5%; representing 1,500 adults) are less likely to report receiving treatment for their condition than adults in the other sub-areas.
- Adults without health insurance are twice as likely to have a mental health diagnosis as those with health insurance (31.9% as compared with 15.3%).
- Among those with mental health diagnoses, insured adults are more likely to be receiving



treatment (64.0% as compared with 46.0%) than the uninsured.

- Across the population in the Tri-County Area, however, nearly one in ten adults (9.4%) have sought professional help for a mental or emotional condition in the past year, and uninsured adults are actually **more likely** than insured adults to have done so (19.5% as compared with 8.7%).

In summary, the overall health and access to care of Tri-County adults and children is excellent. However, Pottstown Borough adults and children are much more likely to be in poor health and experience economic and cultural barriers to care than residents of the other geographic sub-areas.

Many adults and children in Pottstown Borough and in the Tri-County Area as a whole are overweight or obese, and many lack sufficient physical activity and good nutritional habits to maintain a healthy body weight.

In addition, accessing physical and mental health care may be problematic for uninsured and low-income residents, and residents of areas with lower income levels, such as Pottstown Borough and the Daniel Boone and Boyertown Areas.



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## II. INTRODUCTION

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### PURPOSE

This report summarizes the results of an assessment of the health and wellness of residents of the area served by the Pottstown Area Health & Wellness Foundation (PAHWF). The PAHWF enhances the health and wellness of area residents, providing education, funding, and programs that motivate people to adopt healthy lifestyles. It serves the residents of Pottstown Borough and those within a 10-mile radius of the Borough by funding program grants to non-profit organizations that provide services within the designated Tri-County Area. The PAHWF's long-term goals include:

1. Funding programs and solutions for long-term improvement in healthy behaviors.
  - Promoting healthy living through nutrition, activities, and programs in public and private schools to reduce obesity and encourage healthy living.
  - Improving parks, programming and the built environment to increase access and physical activity.
  - Creating and promoting social networks involving healthy living.
2. Funding programs for physical health and emotional well-being.
3. Funding learning opportunities and strategic planning to strengthen non-profits.

The purpose of this needs assessment is to identify and prioritize health and wellness needs in the Tri-County Area so that the PAHWF can develop strategies for funding that further its mission and goals, to provide a benchmark against which to measure the impact of the PAHWF's programs on residents, and to assist the community in planning for the future.

This needs assessment was conducted by Public Health Management Corporation (PHMC), a private non-profit public health institute that was founded in 1972 to address problems in the organization and delivery of health and social services. PHMC creates and sustains healthier communities and envisions a healthy community for all. PHMC uses best practices to improve community health through direct service, partnership, innovation, policy, research, technical assistance, and a prepared workforce.

PHMC's Center for Data Innovation was uniquely qualified to provide this comprehensive needs assessment of the Tri-County Area. PHMC has many years of experience collaborating with foundations, community-based organizations, public and private health care providers, and can facilitate the participation of these diverse groups. PHMC staff are public health experts who have conducted many community health needs assessments over the past twenty years for hospitals, health departments, foundations, and other non-profits. Most recently, in 2012 PHMC completed needs assessments for 28 hospitals in Southeastern Pennsylvania to satisfy the requirements of the Affordable Care Act.

This report includes III. Needs Assessment Process and Methods; IV. Community Overview and Demographics; V. Findings and Existing Resources; and VI. Community Health and Wellness Needs. Tables, maps, a list of local resources, and a list of Key Informants who participated in the needs assessment are included in the Appendices.





### III. NEEDS ASSESSMENT PROCESS AND METHODS

The steps in this needs assessment process were: defining the community; identifying existing primary and secondary data and data needs; collecting primary and secondary data; analyzing data; and preparing a written narrative report. The data acquisition and analysis are described in more detail below.

#### DATA ACQUISITION AND ANALYSIS

Both primary and secondary and quantitative and qualitative data were obtained and analyzed for this needs assessment. Obtaining information from multiple sources, known as triangulation, helps provide context for information and allows researchers to identify results which are consistent across more than one data source.

##### *Community Health Needs Assessment Data Sources and Dates*

Quantitative information for this needs assessment was obtained from sources listed below for the most recent years available.

Data Source	Dates
U.S. Census of Population and Housing	2000, 2010
Claritas, Inc. Pop-Facts	2000, 2010, 2013, 2018
Pennsylvania Department of Health	2007-2010
PHMC Southeastern Pennsylvania Household Health Survey	2012
PHMC Tri-County Area Household Health Survey	2008, 2013

Quantitative information from the U.S. Census, Pennsylvania Vital Statistics, and the Southeastern Pennsylvania Household Health Survey was analyzed for the Tri-County Area using the Statistical Program for Social Sciences (SPSS). For Household Health Survey measures, tests of significance were conducted to objectively identify unmet needs. Qualitative information from focus groups and informational interviews was analyzed by identifying and coding themes common to participants, and also themes that were unique. This information was organized into major topic areas related to health status, access to care, unmet needs, and health care priorities.

##### PHMC Southeastern Pennsylvania and Tri-County Household Health Surveys

The Household Health Survey questionnaires examine health status, utilization of, and access to, health care among adults and children in the five county area including Bucks, Chester, Delaware, Montgomery and Philadelphia Counties. The surveys include many questions that have been administered and tested in national and local health surveys, including items from instruments developed by the following organizations: the National Center for Health Statistics (NCHS) for the National Health Interview Survey (NHIS), The Behavioral Risk Factor Surveillance System (BRFSS), The California Women's Health Survey, The Social Capital Community Benchmark Survey (Kennedy School of Government, Harvard University), and The Survey on Childhood Obesity (Kaiser Family Foundation/San Jose Mercury News).



The Household Health Surveys were conducted through telephone interviews with persons 18 years of age and older. All telephone households within Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties were eligible to be selected for the sample, as were cell phone users. The 2012 Southeastern Pennsylvania Household Health Survey was conducted with 10,018 households in Southeastern Pennsylvania. A total of 2,101 interviews were conducted with adults residing in the Tri-County Area, including 573 adults aged 65 and over and 499 households with a selected child under the age of 18. The 2013 Tri-County Area Household Health Survey included both follow-up calls to participants in the 2012 Survey as well as new interviews to expand the sample in the targeted service area. New interviews were conducted with 1,334 respondents, and 173 re-contact surveys were conducted with Tri-County Area residents who had participated in the 2012 Southeastern Pennsylvania Household Health Survey. Information from 596 residents of the Berks County portions of the PAHWF's service area who responded to PHMC's 2008 Household Health Survey was also included.

The 2012 and 2013 surveys were administered for PHMC by Social Science Research Solutions, Inc. (SSRS), a research firm in Media, Pennsylvania. The 2012 survey was fielded between May and September 2012, and the 2013 survey was fielded in June and July 2013. All interviews were administered by telephone. Most households were contacted on home phones ("landlines") using a computerized Random Digit Dialing (RDD) methodology so that households with unpublished numbers and residents who had recently moved would be included in the sample. A total of 305 cell phone interviews and 1,334 landline interviews were conducted with adults in the Tri-County Area in the 2013 survey. Cell phone respondents received the same survey questionnaire as landline respondents.

The sample for the 2013 survey was drawn from all telephone households in the Daniel Boone, Owen J. Roberts, Perkiomen Valley, Pottsgrove, Boyertown and Spring-Ford Areas and Pottstown Borough. The landline sample was stratified to ensure that at least 150 interviews were completed within each area.

<b>Number of 2013 Tri-County Area Household Health Survey Interviews by Area</b>	
Area	Completed Interviews
Boyertown	241
Daniel Boone	206
Owen J. Roberts	228
Perkiomen Valley	162
Pottsgrove	159
Pottstown Borough	283
Spring-Ford	228
Total	1,507

Within each selected household, the Last Birthday Method was used to select the adult respondent for the interview (with the exception of the cell phone sample). In households with more than one eligible adult, the adult who last had a birthday was selected as the adult respondent. In households with children, the person under age 18 who most recently had a birthday was selected for the child interview.



### U.S. Census

This report includes data on the characteristics of Tri-County Area residents and residents of Berks, Chester, and Montgomery Counties and the Commonwealth for the years 2000, 2010, 2013 and 2018. Data from the 2000 U.S. Census, the 2010 American Community Survey and the Nielsen-Claritas Pop-Facts Database were also used. The Nielsen-Claritas Pop-Facts Database uses an internal methodology to calculate and project socio-demographic and socioeconomic characteristics for non-census years, relying on the U.S. Census, the Current Population Survey, and the American Community Survey.

### Vital Statistics

The most recent information on births, birth outcomes, deaths, and reportable diseases and conditions for residents of the Tri-County Area and Berks, Chester, and Montgomery Counties and Pennsylvania was obtained from the Pennsylvania Department of Health, Bureau of Health Statistics and Research. Four year (2007-2010) annualized average rates for natality and mortality were calculated by PHMC. Mortality rates were age-adjusted using the Direct Method and the 2000 U.S. standard million population. The most recent (2010) morbidity information was also obtained from the state Department of Health, and rates were calculated by PHMC. Morbidity information, including information on HIV and AIDS cases, is not available at the Zip Code level and, therefore, rates are presented for the counties and state only. The denominators for all 2007-2010 vital statistics rates for the counties and state were interpolated from the 2000 and 2010 U.S. Census. The number of women ages 15-44 and the number of adolescents ages 10-17 were also interpolated from the 2000 and 2010 U.S. Census.

Members of the PAHWF community were included in this needs assessment through focus discussion groups of residents and informational interviews with health and wellness service providers. The process for including these individuals in the focus groups and informational interviews is described below.

### Focus Groups

There were four focus groups of Tri-County Area residents conducted in June and July, 2013 in a central location in the Borough of Pottstown. A total of 40 youth and adults participated in the Youth (14-18), Young Adult (18-25), Underserved Adult (18+), and Parent (18+) Groups. Focus groups were used to collect in-depth information on physical activity and nutrition from these groups of Tri-County Area residents because they are most likely to benefit from this type of programming. Participants were recruited by PHMC staff from the entire Tri-County Area with assistance from the area schools, YMCA, and social service agencies. All adult participants provided signed consent to participate. Participants under the age of 18 provided signed consent forms from a parent or guardian and a signed assent forms. Adult participants were compensated \$40 each for their time and transportation costs, and youth age 17 and under were compensated \$25. Focus groups lasted approximately 90 minutes and were guided by four different sets of questions on physical activity and nutrition. Specific topic areas included: perceptions of good health and good nutrition; attitudes toward physical activity and good nutrition; perceptions of their own physical activity and nutrition, and that of the residents of the Tri-County Area as a whole; preferred physical activities; and barriers to physical activity and good nutrition. All focus groups were audiotaped. Dinner was provided to participants. See the table below for the breakdown of focus group participants.

Focus Group	Number of Participants
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Youth 14-18	9
Young adults 18-25	12
Underserved adults	12
Parents	7

#### Key Informant Interviews

Informational interviews were conducted with seventeen local providers with expert knowledge of the health and wellness of Tri-County Area residents. These Key Informants were identified and recruited by PAHWF staff working in collaboration with PHMC. The names, titles, and organizational affiliations of the Key Informants are listed in Appendix A. Key Informants had direct knowledge of physical and behavioral health and nutrition behaviors and resources in the different communities of the Tri-County Area.

The interviews were conducted in May, 2013 by telephone and lasted approximately 45 minutes. The interviews were guided by questions developed by PHMC in collaboration with the PAHWF staff. Interview topics included perceptions of the health and wellness of residents of the Tri-County Area and its communities, identification of exemplary programs, and suggestions for future programming.

#### Resources

Information on existing health and wellness resources in the Tri-County Area was collected by searching websites for health care, recreational, and nutritional resources and public schools in the Tri-County Area and adjacent Phoenixville Borough. A list of these resources and maps of health care, recreational, and nutritional assets and the public schools are included in Appendix E. A narrative description of these resources is provided in V. Findings, Existing Resources.<sup>1</sup>

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<sup>1</sup>Private physical and behavioral health practitioners and facilities were not included in the list due to the absence of reliable information.



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## IV. COMMUNITY OVERVIEW AND DEMOGRAPHICS

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### COMMUNITY OVERVIEW

The “Tri-County Area” referred to in this report is the area bounded by a ten-mile radius centered in Pottstown Borough, including seven sub-areas contiguous with seven school districts in the Tri-County Area. These seven sub-areas are located in Berks, Chester, and Montgomery Counties. They are: the Pottsgrove, Daniel Boone, Owen J. Roberts, Spring-Ford, Perkiomen Valley, and Boyertown Areas and Pottstown Borough, as shown in the map on the following page. The Tri-County Area also includes the 28 Zip Codes shown in the table below.

Tri-County Area Zip Codes							
18074	19343	19421	19425	19426	19435	19442	
19457	19460	19464	19465	19468	19470	19472	
19473	19475	19492	19503	19504	19505	19508	
19512	19518	19520	19525	19542	19545	19548	

For the purposes of this report, the findings were analyzed by different socioeconomic and demographic population subgroups as well as by geographic sub-area. There is a tremendous amount of preventive health and wellness work being done at the school district level, and it is a relevant way to divide the area conceptually. However, it is important to note that when sub-areas are referred to, they are solely geographic designations and are not referencing any individual school districts.

Pottstown Borough is located in Montgomery County and was established on land originally deeded to William Penn. It is on the Schuylkill River, 32 miles west of Philadelphia. Pottstown was incorporated as a borough in 1815. Originally, Pottstown was the center of a productive farming and dairying region, but iron and steel manufacturing was very extensive. Pottstown enjoyed prosperity until the 1980's, when many of the manufacturing businesses closed. However, today Pottstown is revitalizing itself with new technological industries, the construction of a new Borough Hall, and a new branch of the Montgomery Community College. In the past few years, a trail and park system along the scenic Schuylkill River has been added.<sup>2</sup>

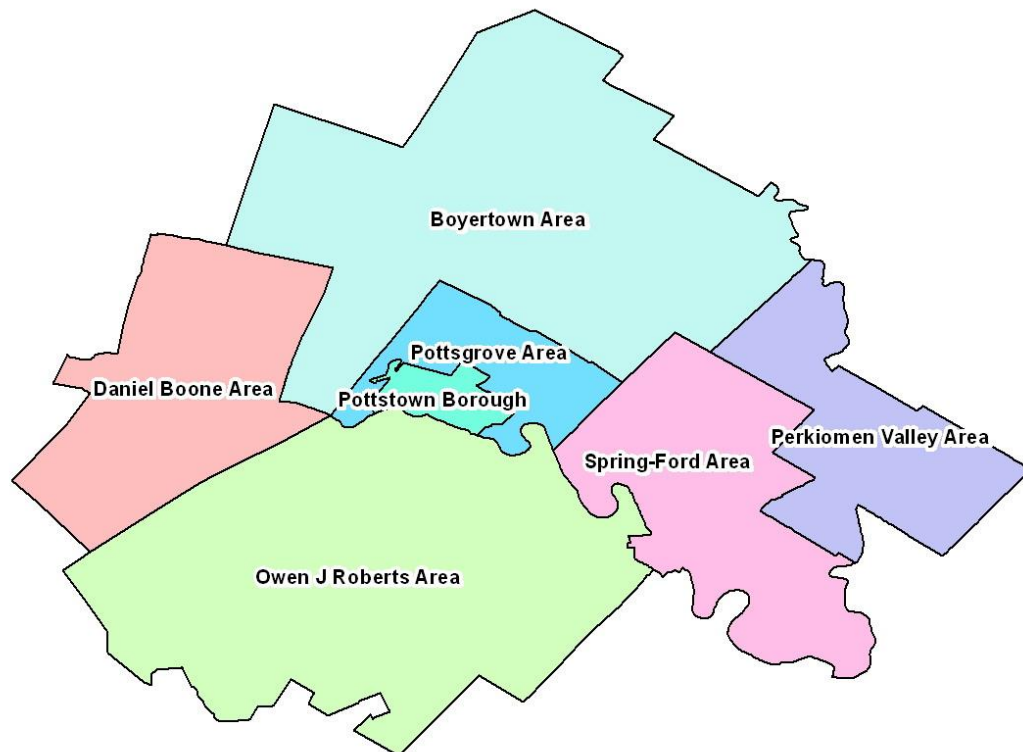
The urban Borough of Pottstown is immediately adjacent to the Pottsgrove Area in Montgomery County and Owen J. Roberts Area in Chester County. These areas, and the other four areas in the Tri-County Area, are suburban, rural, and semi-rural. Many of these areas have grown with an influx of commuters to Reading, Philadelphia, and other nearby urban areas.

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<sup>2</sup><http://downtownpottstown.org/history/> Accessed September 30, 2013.



### Tri-County Area Map





## COMMUNITY DEMOGRAPHICS

The demographic and socioeconomic characteristics of a population strongly affect access to care and health status because they include some of the key social determinants of health. This section of the report includes a description of the socioeconomic and demographic characteristics of the residents of the Tri-County Area, and recent and future population trends that can have an impact on access to care and demand for health services. Information on Tri-County Area residents is compared with the characteristics of county and Pennsylvania residents in order to provide context.

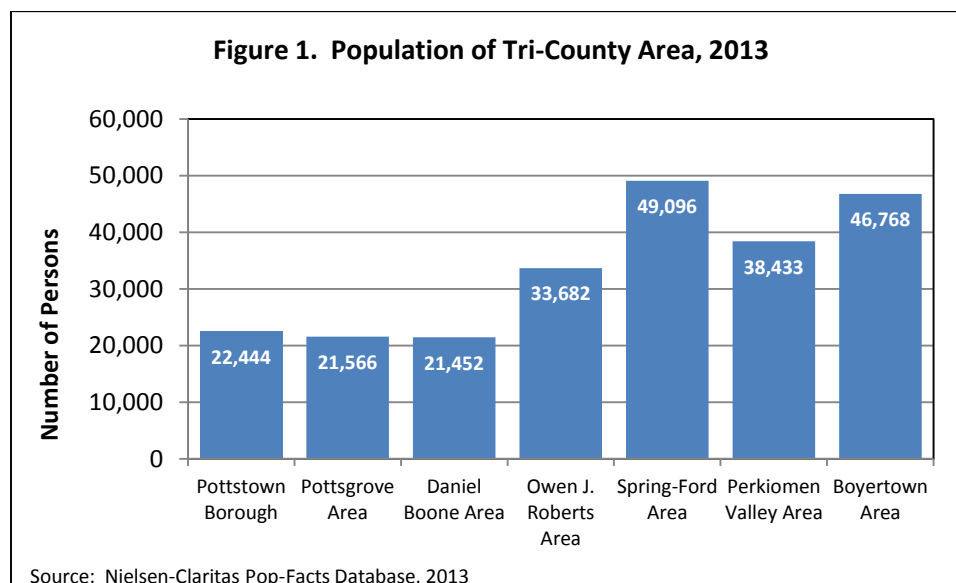
### *Demographic Characteristics*

Population size and future trends impact the number of persons using and needing services in an area. Demographic characteristics, such as age, gender, race/ethnicity, and language, can affect the prevalence of specific diseases and conditions and barriers to care that are related to educational attainment, economic status, race, ethnicity, culture, and language.

#### Population Size

**Slightly more than 233,000 people live in the seven sub-areas in the Tri-County Area** (See Appendix B for U.S. Census Tables).

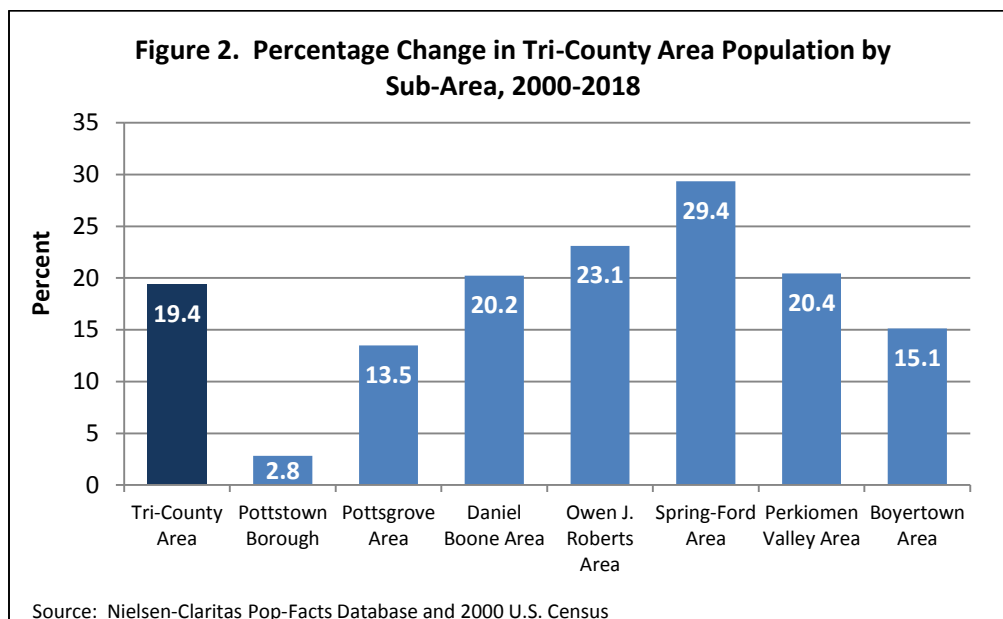
The Spring-Ford Area (49,100) has the largest population of the seven sub-areas, followed by the Boyertown and Perkiomen Valley Areas (46,800 and 38,400, respectively). The Owen J. Roberts (33,700), Daniel Boone (21,500), and Pottsgrove Areas (21,600), and Pottstown Borough (22,400) have smaller populations (Figure 1).





The population of the Tri-County Area increased to 233,400 residents in 2013 from 193,500 residents in 2000. By 2018, the Tri-County Area population is expected to have increased 19.4% since 2000, to 240,000.

- The population will continue to increase in the next five years. Most of the increase will occur in the Spring-Ford and Owen J. Roberts Areas, while the other sub-area populations will remain relatively stable.
- **The Pottstown Borough population will have increased by only 2.8% (Figure 2).**
- The population of the Spring-Ford and Owen J. Roberts Areas is expected to increase 29.4% and 23.1%, respectively, between 2000 and 2018.



### Age

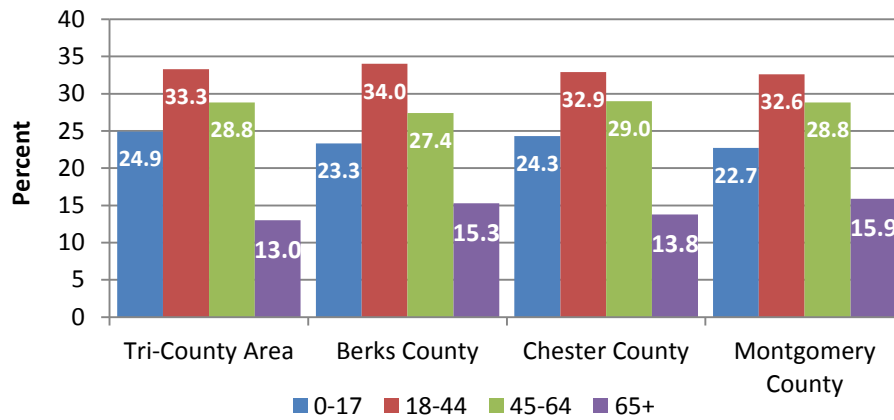
In the Tri-County Area, nearly one-quarter of residents (24.9%) are between the ages of 0-17, one-third (33.3%) are 18-44, more than one-quarter are 45-64 (28.8%), and 13.0% are 65 or older (Figure 3). This represents over 58,000 children (0-17) and 78,000 adults aged 18-44 in the Tri-County Area.

- The age distribution of the population of the Tri-County Area is similar to that of Berks, Chester, and Montgomery Counties. In each of these areas, the largest percentage of residents is aged 18-44, followed by the percentage of residents aged 45-64, 0-17, and 65+ (Figure 3).





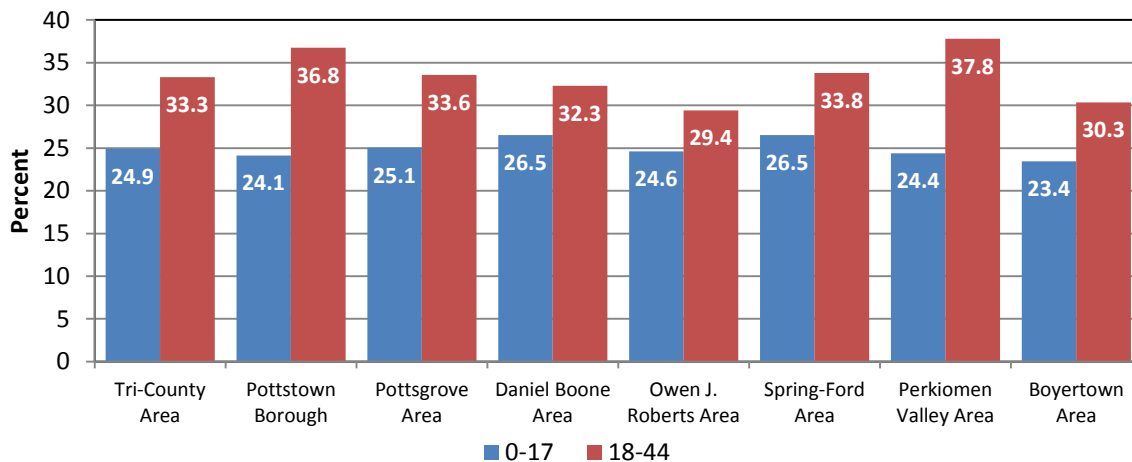
**Figure 3. Age Distribution of Population of Tri-County Area and Adjacent Counties, 2013**



Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census

- Approximately one-quarter of residents of the individual sub-areas are age 17 and younger (Figure 4).
- About one-third of residents in each sub-area are age 18-44. The Perkiomen Valley Area (37.8%) has the highest percentage of adults aged 18-44, and the Owen J. Roberts Area (29.4%) has the lowest.

**Figure 4. Percentage of Residents Ages 0-17 and 18-44 in Tri-County Area by Sub-Area, 2013**



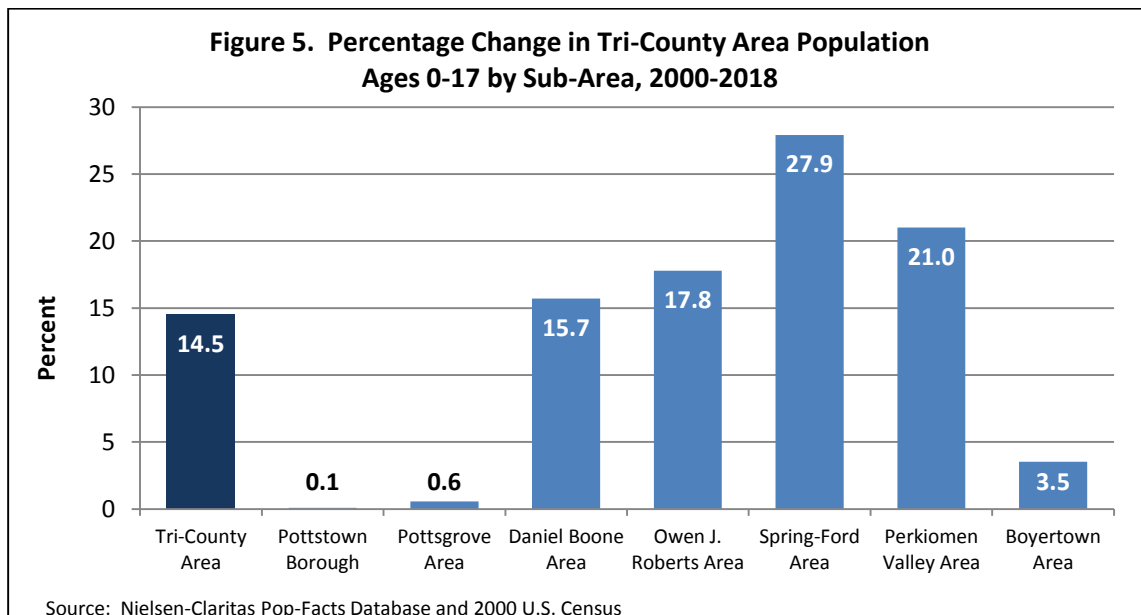
Source: Nielsen-Claritas Pop-Facts Database and 2000 U.S. Census

The number of children (0-17) and adults aged 18-44 in the Tri-County Area is expected to have increased 14.5% between 2000 and 2018, and also to have increased in most sub-areas.

- By 2018, the percentage of children aged 0-17 in the Perkiomen Valley and Spring-Ford Areas is expected to increase 21.0% and 27.9%, respectively, from 2000, and by 17.8% in the Owen J. Roberts Area.

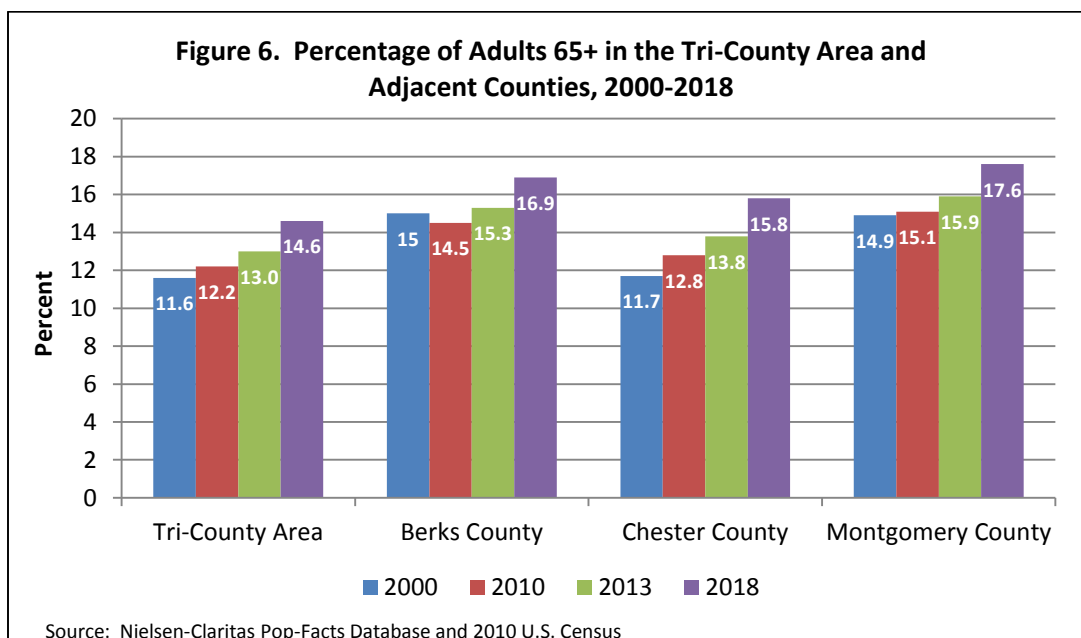


- The percentage of children aged 0-17 in Pottstown Borough and the Pottsgrove Area will increase less than one percent between 2000 and 2018 (0.1% and 0.6%, respectively), and will increase only four percent in the Boyertown Area (3.5%) (Figure 5).



The percentage of older adults in the Tri-County Area (13.0%) is the same as in the U.S. as a whole (13.0%). The percentages of older adults in Berks (15.3%) and Montgomery (15.9%) Counties are higher than the Tri-County Area and national averages.

- The percentage of older adults will increase slightly in the Tri-County Area, from 13.0% in 2013 to 14.6% in 2018, as the “baby boomers” continue to age (Figure 6).





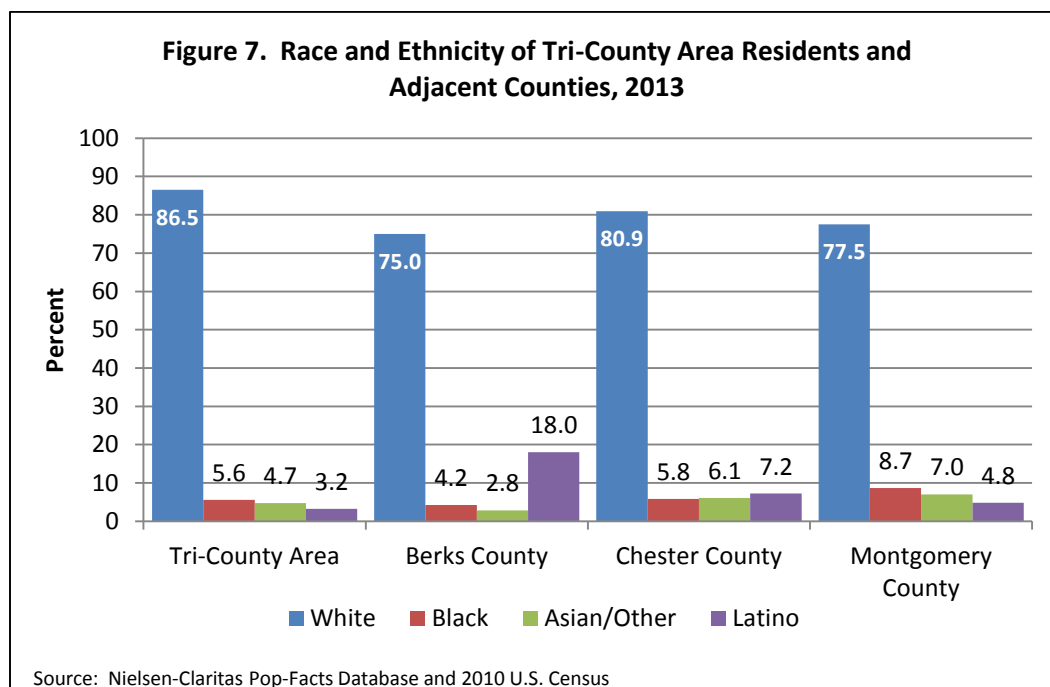
### Gender

**Consistent with national trends, one-half of individuals in the Tri-County Area are male, and one-half are female.** The gender breakdown within each sub-area is similar, and this is projected to remain static through 2018.

### Race/Ethnicity

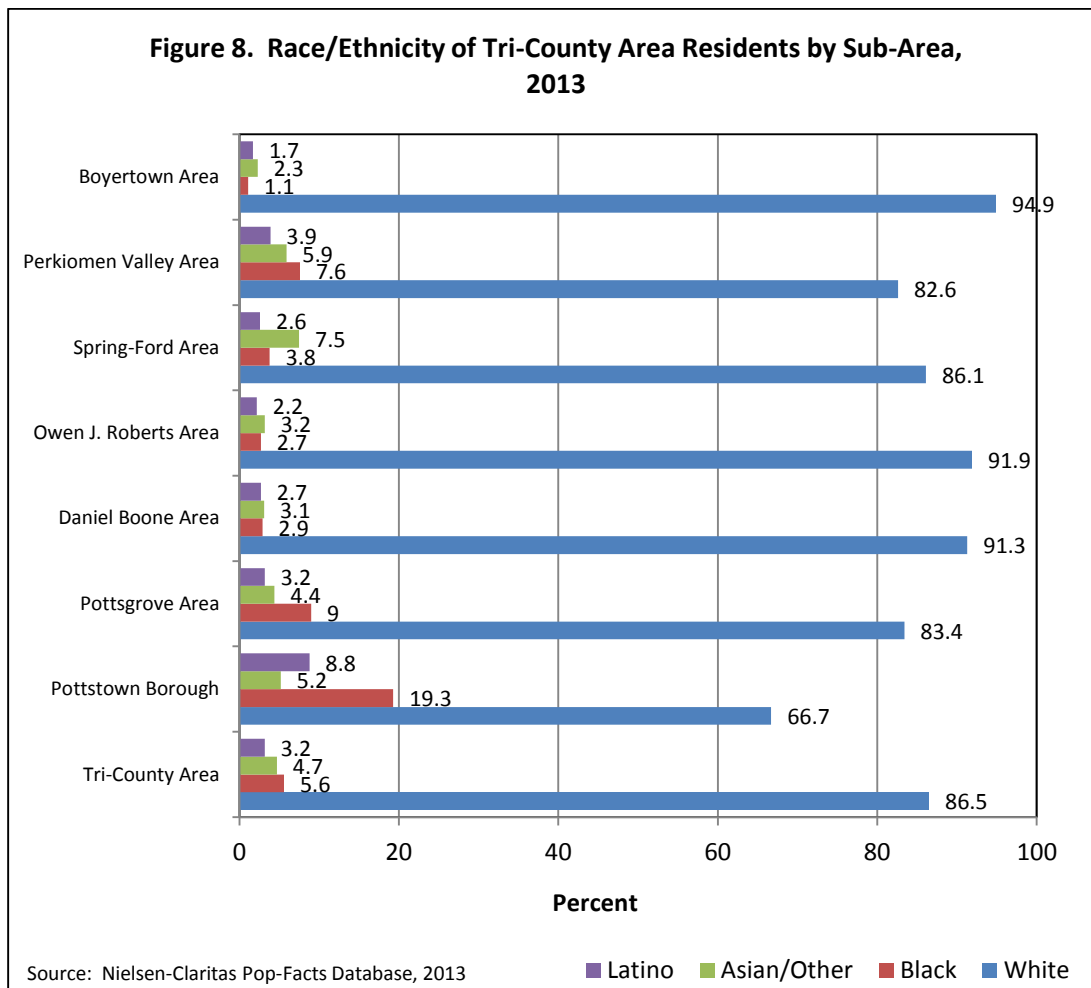
**The population of the Tri-County Area is racially and ethnically homogeneous.** The overwhelming majority of residents (86.5%) are White, 5.6% are Black, 3.2% are Latino, 2.8% are Asian, and 1.9% identify as another race/ethnicity.

- The racial/ethnic composition of the Tri-County Area and Berks, Chester, and Montgomery Counties is similar; the majority of residents are White. However, Berks County has the largest percentage of Latino residents (18.0%), and Montgomery County has the largest proportion of Asians (7.0%) among the adjacent counties (Figure 7).



The race and ethnicity of residents varies considerably among the Tri-County Areas.

- **For example, Pottstown Borough has the lowest percentage of White residents (66.7%) and highest percentage of Black (19.3%) and Latino residents (8.8%) compared with all of the other areas (Figure 8).** In contrast to Pottstown Borough, the Boyertown Area is 94.9% White, with 0.9% of residents identifying as Asian, and 4.3% as another race or ethnicity (Figure 8).



- **The percentage of non-White individuals in the Tri-County Area is projected to continue to increase from 8.7% in 2000 and 13.5% in 2013 to 15.1% in 2018.** Conversely, the percentage of White residents in the Tri-County Area will continue to decrease from 91.3% in 2000 and 86.5% in 2013 to 85.0% in 2018.

#### Language Spoken at Home

**Nine in ten Tri-County Area residents (93.7%) speak English at home,** 2.1% speak Spanish, 1.1% speaks an Asian language, 0.3% speaks another non-European language, and 2.9% speak another European language.

- Pottstown Borough (4.4%) has the highest percentage of residents who speak Spanish at home among the seven sub-areas, and the Pottsgrove Area has the lowest (1.0%).
- The Spring-Ford Area (2.8%) has the highest percentage of residents who speak an Asian language at home, and Pottstown Borough (0.2%) has the lowest.
- The percentage of residents who speak Spanish or an Asian language at home is projected to remain the same for the next five years.

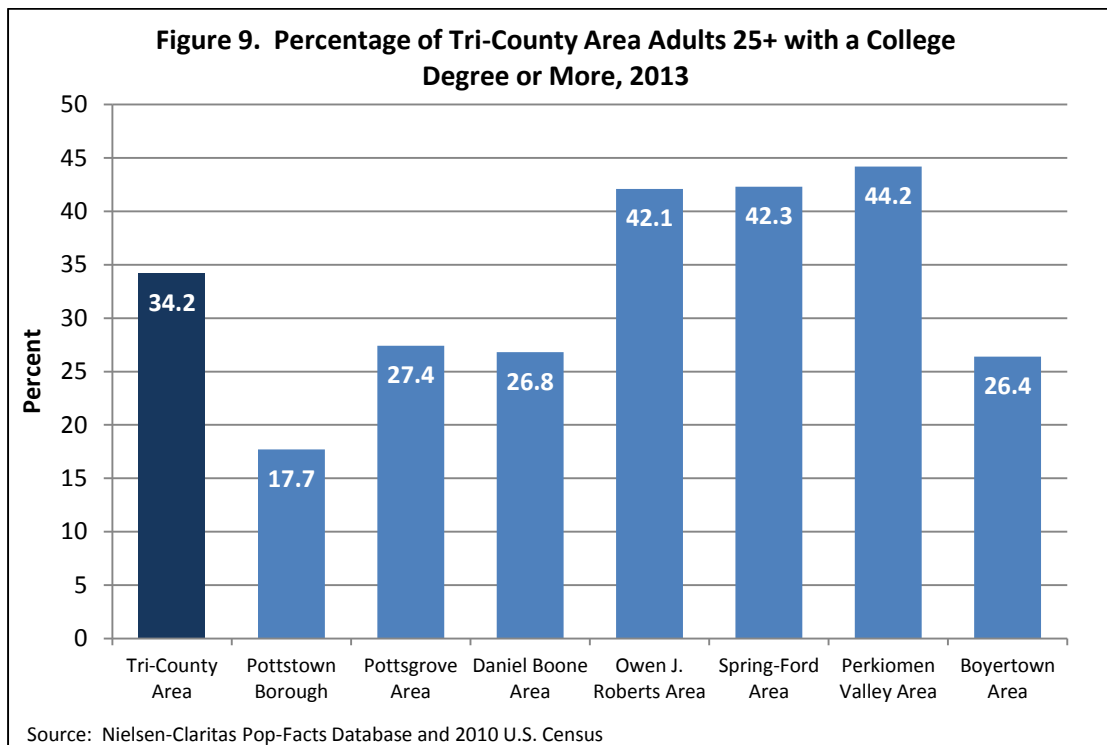


### ***Socioeconomic Characteristics***

Socioeconomic characteristics such as educational attainment, employment, and income all have an impact on health status and access to care. High levels of educational attainment are related to health literacy, healthier behaviors, and improved health status. Employment and income affect insurance status and the ability to pay for out of pocket for health care expenses. The Tri-County Area has a higher level of educational attainment, employment, and income than Pennsylvania as a whole, and, as a result, most residents are in good health and have access to care. However, within the Tri-County Area there are pockets of poverty, primarily in Pottstown Borough, where residents face additional barriers to good health. **Income and level of educational attainment are lower in Pottstown Borough than in the other six sub-areas in the Tri-County Area.**

#### Education

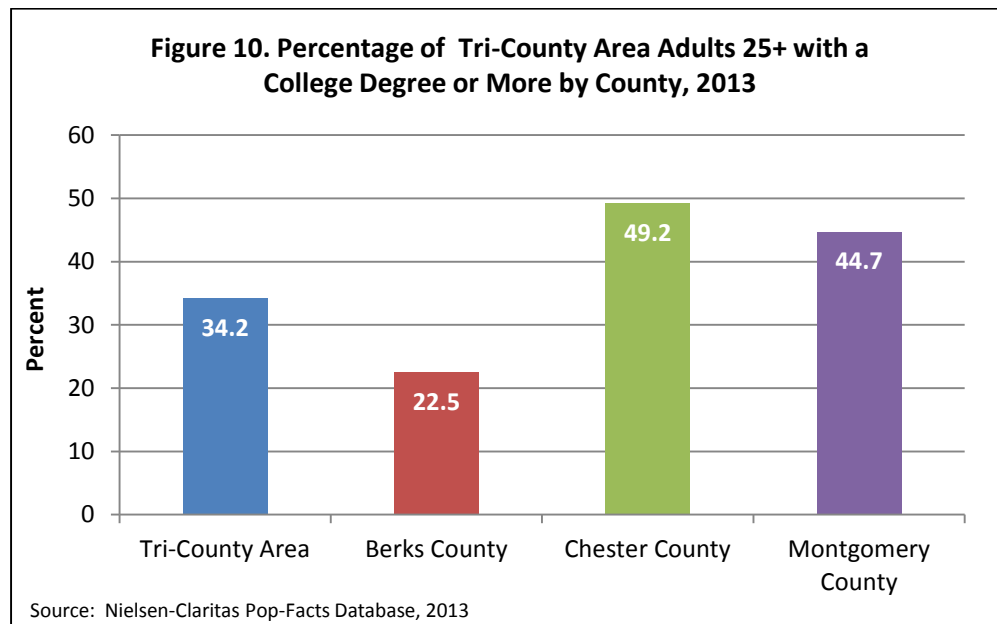
Adults in the Tri-County Area have a high level of educational attainment compared with adults statewide. **However, within the Tri-County Area, Pottstown Borough (17.7%) has the lowest percentage of adults with a college degree or more (Figure 9).**



- Only one in twelve adults in the Tri-County Area aged 25 and over (8.5%) have less than a high school degree, **nearly six in ten (57.4%) are high school graduates, and more than one-third (34.2%) have a college degree or more.**
- In comparison with the Tri-County Area, 11.8% of adults aged 25 and over in the state have less than a high school degree, 61.3% are high school graduates, and 26.9% have a college degree or more.
- The percentage of college graduates in the Tri-County Area increased between 2000 (25.6%) and 2013 (34.2%), but it is not expected to increase in the next five years (34.3%).



- The Tri-County Area (34.2%) has a lower percentage of adults with a college degree or more compared with Chester (49.2%) and Montgomery (44.7%) Counties. The Tri-County Area does, however, have a higher percentage of adults with a college degree or more than Berks County (22.5%)(Figure 10).



### Employment

While the percentage of unemployed adults in the Tri-County Area (7.2%) is higher than in Chester and Montgomery Counties (3.9% in each), it is lower than that of Pennsylvania as a whole (9.6%). **Within the Tri-County Area, adults in Pottstown Borough (10.1%) have the highest unemployment rate.**

- The unemployment rate is projected to remain the same in the next five years.

One in eight Tri-County Area workers (12.1%) commutes 60 minutes or more to work. In comparison with the Tri-County Area, 8.4% of Pennsylvania workers have long commutes.

- Workers in the Pottsgrove Area (16.2%) are most likely to report a long commute, and workers in Pottstown Borough (9.3%) are least likely to commute 60 minutes or more.
- The percentage of workers in the Tri-County Area with long commutes increased slightly between 2000 (10.2%) and 2013 (12.1%), and is expected to remain the same (12.1%) in 2018.

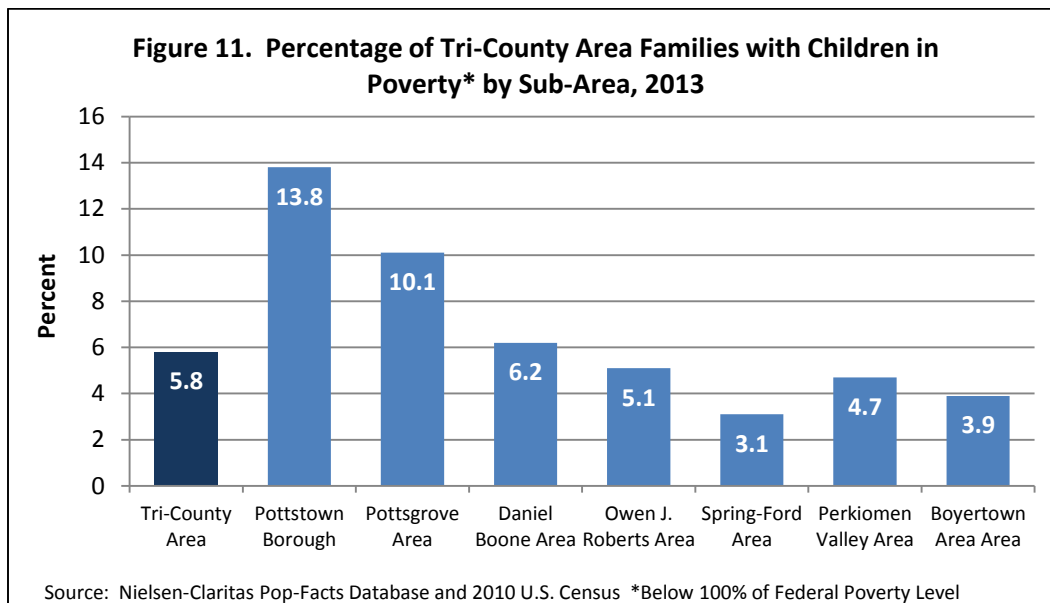
### Poverty Status

**The Tri-County Area as a whole has a low poverty rate compared with the state overall, although Pottstown Borough has a higher percentage of families with children in poverty.** Six percent (5.8%) of Tri-County Area families with children, and 3.9% of all families, are living with incomes below 200% of the Federal Poverty Level compared with the percentages statewide (9.1% and 15.3%, respectively).

- This represents approximately 1,800 families with children and 2,400 families who are living in poverty in the Tri-County Area, respectively.
- The percentage of families in the Tri-County Area living in poverty is higher than the percentage for Chester and Montgomery Counties, but lower than for Berks County.

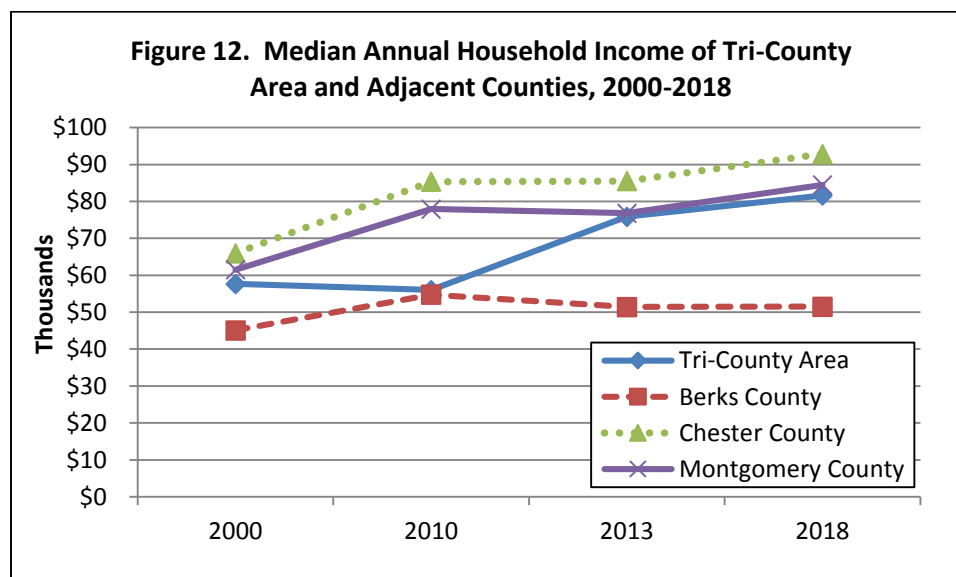


- Within the entire PAHWF service area, Pottstown Borough (13.8%) has the highest percentage of families with children living in poverty. In contrast to Pottstown Borough, only 3.1% of families with children in the Spring-Ford Area are living in poverty (Figure 11).



#### Median Household Income

The 2013 median household income in the Tri-County Area is \$75,900, an increase from \$57,700 in 2000. Median household income is expected to increase to \$81,700 in the next five years (Figure 12).

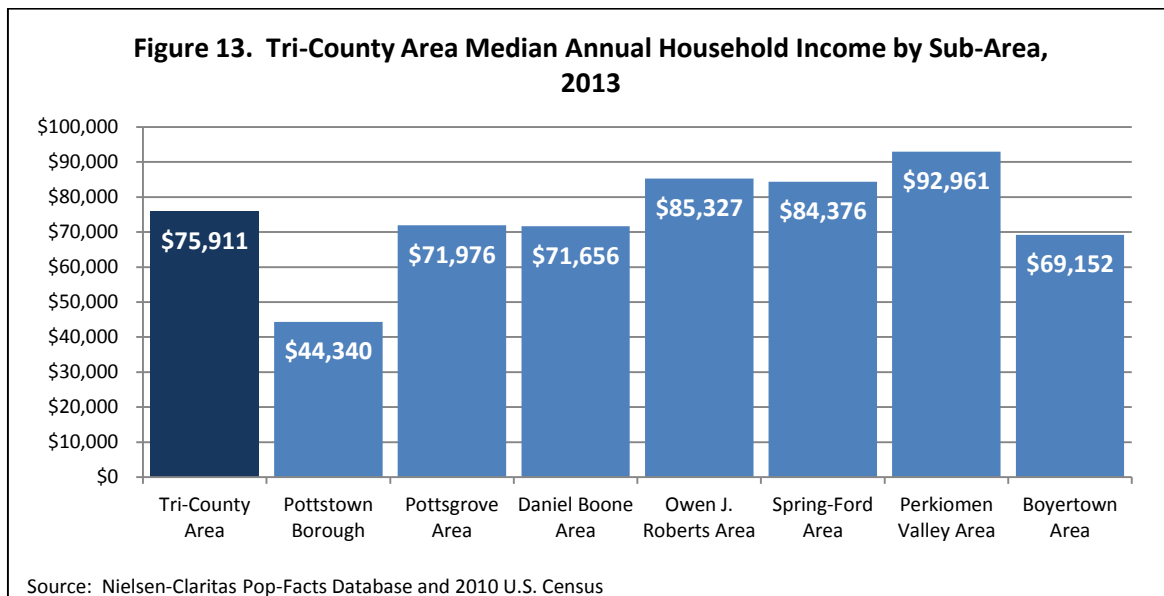


- Pottstown Borough residents have the lowest median annual household income (\$44,300) in the Tri-County Area. Within the Tri-County Area, there is a gap of almost \$50,000 in median annual



income among the seven sub-areas. The residents of the Perkiomen Valley Area have the highest median annual income (\$93,000).

- The 2013 median household income in the Tri-County Area is comparable with Berks County, but lower than Chester and Montgomery Counties (Figure 13).



#### Home Ownership

**More than three-quarters of Tri-County Area residents (78.5%) own their homes, although residents of Pottstown Borough (55.0%) are least likely among residents of the Tri-County area to own their homes.** The percentage of residents of the Tri-County Area who own their home is higher than in Berks (71.6%), Chester (76.1%), and Montgomery (73.0%) Counties, as well as in Pennsylvania as a whole (69.5%).

- Residents of the Perkiomen Valley Area are most likely (85.1%) to be homeowners.

The next section, V. Findings, summarizes the results of the assessment of the health of Tri-County Area residents.





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## V. FINDINGS

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### HEALTH STATUS OF THE COMMUNITY

The health of a community can be assessed by comparing birth outcomes, self-reported health status and health conditions, communicable disease rates, self-reported health concerns and perceptions, and mortality rates to statewide health indicators and Healthy People 2020 goals for the nation. Gaps between local and national health indicators and Healthy People 2020 goals can be compared to identify and prioritize the unmet health needs of the community.

Overall, the health indicators for birth outcomes, morbidity, and mortality in the Tri-County Area are more positive than for Pennsylvania as a whole. **However, birth indicators, morbidity, and mortality for Pottstown Borough are worse than for the other six sub-areas and do not meet the applicable Healthy People 2020 goals for the nation.**

#### *Health Status*

##### Birth Outcomes

##### *Birth Rate*

The Birth Rate in an area is a critical factor in assessing the supply of services for pregnant women and infants.

**There are approximately 2,760 births annually to women in the Tri-County Area, which is a slightly higher birth rate than in the surrounding counties**(See Appendix C for the Vital Statistics Tables).

- The birth rate in the Tri-County Area (64.0 per 1,000 women 15-44 years of age) is slightly higher compared with Berks (62.1), Chester (58.1), and Montgomery (60.2) Counties, and Pennsylvania as a whole (57.4).
- **Within the Tri-County Area, Pottstown Borough has the highest birth rate** (86.9 births per 1,000 women 15-44 years of age) and the Boyertown Area has the lowest (54.5).

Teenage pregnancy has been associated with a number of negative birth outcomes, including prematurity and low birth weight, making it an important outcome to track.

- **The adolescent birth rate in the Tri-County Area is 2.7 births per 1,000 women 10-17 years of age**, which is lower than rates in Berks (8.6), Chester (2.8), and Montgomery (2.8) Counties, and Pennsylvania as a whole (6.3).

##### *Low Birth Weight*

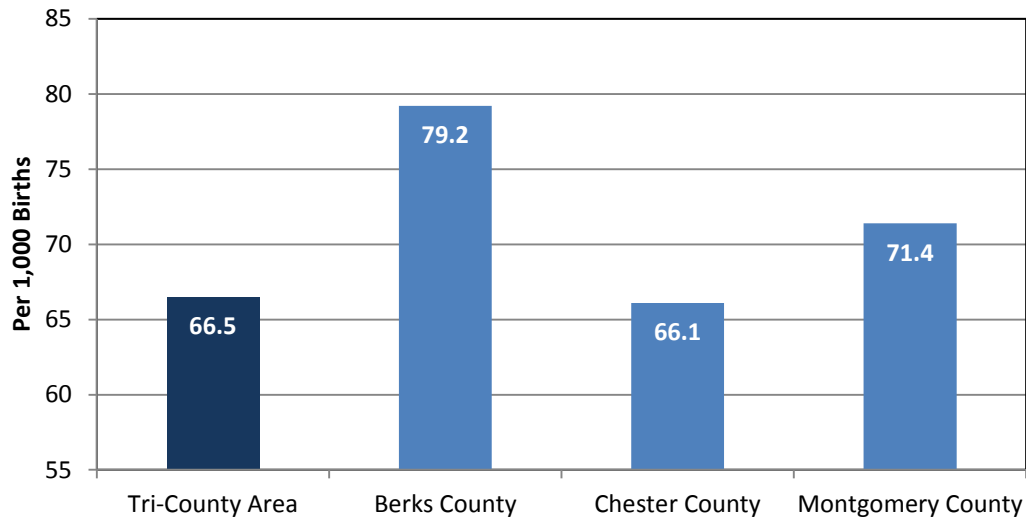
Low birth weight infants (<2,500 grams or 5lbs 8 ounces) are at greater risk for dying within the first year of life compared with infants of normal birth weight. **The low birth weight rate in the Tri-County Area (66.5 per 1,000 live births) meets the Healthy People 2020 goal rate of 78.0.**

- **The low birth weight rate in the Tri-County Area (66.5) is comparable with Chester County (66.1)**, but lower than in Berks (79.2) and Montgomery (71.4) Counties, and Pennsylvania (82.7).
- The Tri-County Area low birth weight rate represents the birth of approximately 180 infants weighing less than 2,500 grams at birth every year (Figure 14).



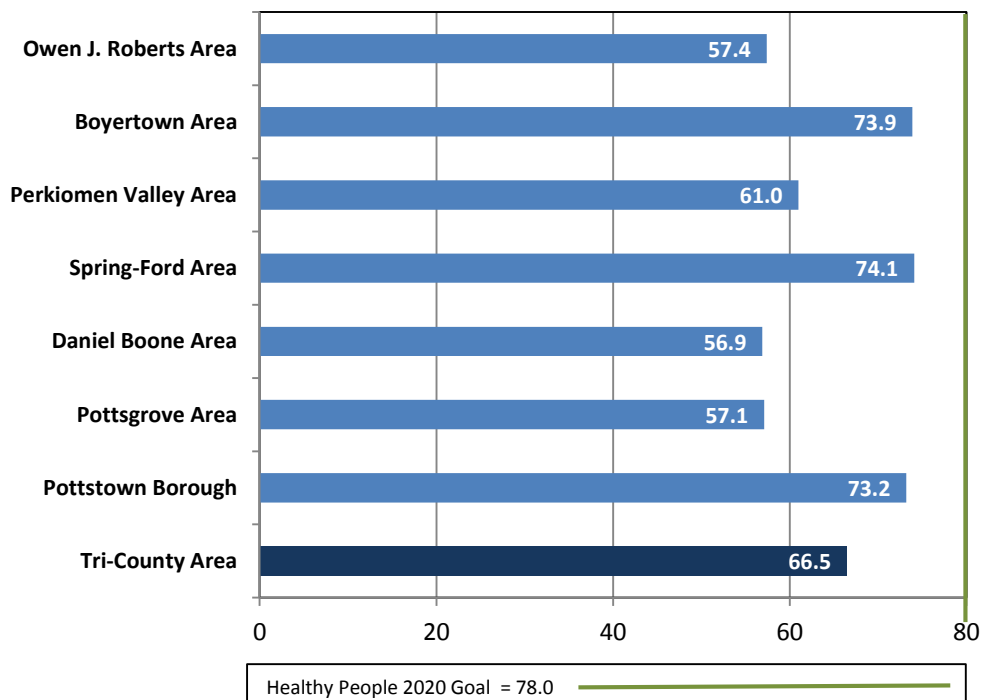
- **Low birth weight rates vary considerably among the seven sub-areas**(Figure 15).For instance, the low birth weight rate in the Pottsgrove and Daniel Boone Areas (57.1) is much lower than the rate in the Spring-Ford(74.1) and Boyertown (73.9) Areas and Pottstown Borough (73.2).

**Figure 14. Average Annual Rate of Tri-County Area and Adjacent County Infants Born at Low Birth Weight (<2,500 grams), 2007-2010**



Source: Pennsylvania Department of Health, Bureau of Health Statistics and Research. Calculations prepared by PHMC.

**Figure 15. Average Annual Rate per 1,000 Live Births of Tri-County Area Infants Born at Low Birthweight (<2,500 grams) by Sub-Area, 2007-2010**



Source: Pennsylvania Department of Health, Bureau of Health Statistics and Research. Calculations prepared by PHMC.



### *Infant Mortality Rate*

**Infant mortality is relatively rare in the Tri-County Area: 4.0 infant deaths per 1,000 live births. This represents an average of 11 infant deaths annually.**

- The Tri-County Area's infant mortality rate (4.0) is lower than rates for Berks (7.7), Chester (4.7), and Montgomery (4.8) Counties, and the Pennsylvania rate (7.1).
- The Tri-County Area's infant mortality rate meets the Healthy People 2020 goal rate (6.0).

### Mortality

Overall mortality rates in the Tri-County Area are relatively low compared with state rates, but higher than the rates for surrounding counties. The leading causes of death are similar to national trends, except for the high rate of motor vehicle deaths, which is the third leading cause of death after cancer and heart disease.

### *Overall Mortality*

The overall age-adjusted death rate in the Tri-County Area (720.9 deaths per 100,000 population) is higher than the Berks (712.9), Chester (645.3), and Montgomery (671.9) County age-adjusted mortality rates, but lower than the state rate (763.6) (Figure 16).

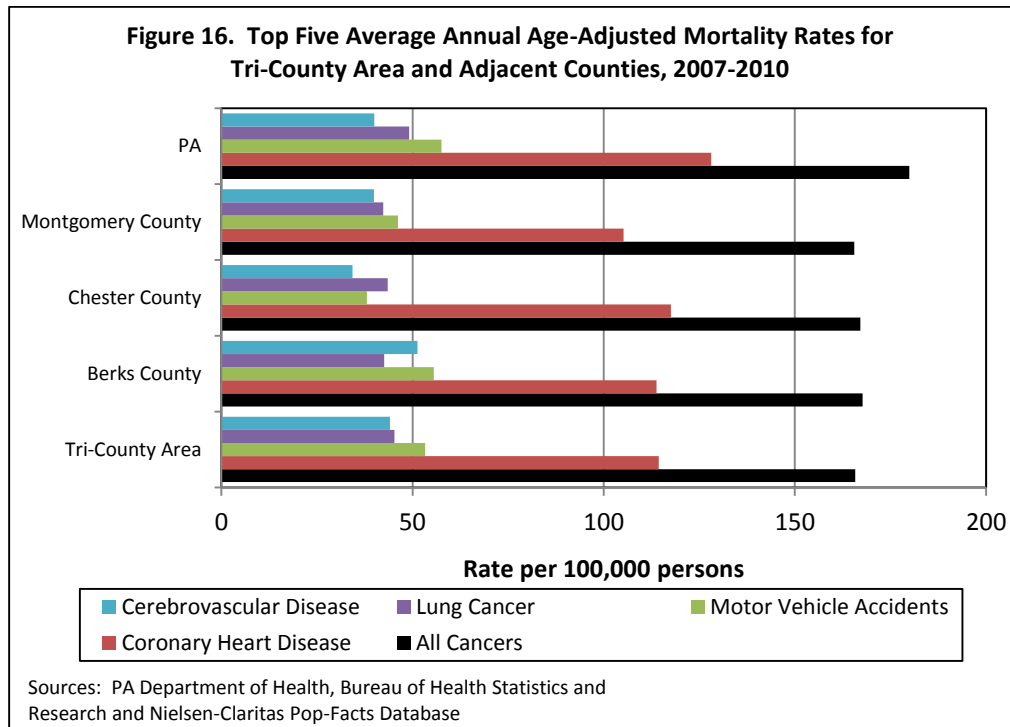
- **Pottstown Borough (1,075.5 per 100,000 persons) has the highest overall age-adjusted mortality rate in the Tri-County Area, and the highest age-adjusted mortality rates for all cancers (231.1), heart disease (144.4), motor vehicle accidents (99.4), lung cancer (65.5), and stroke (66.8).**
- **Cancer is the leading cause of death in the Tri-County Area (165.8),** Berks (167.7), Chester (167.1), and Montgomery (165.5) Counties, and the state (179.9).
- The other four leading causes of death in the Tri-County Area are:
  - Coronary heart disease (114.4);
  - Motor vehicle accidents (55.3);
  - Lung cancer (45.3); and
  - Cerebrovascular disease (44.1).
- Age-adjusted death rates from all forms of cancer, lung cancer, and heart disease are all comparable in the Tri-County Area to those in Berks, Chester, and Montgomery Counties.

### **Female breast cancer results in the death of 26 Tri-County Area women each year.**

- The age-adjusted mortality rate from female breast cancer in the Tri-County Area (19.5 deaths per 100,000 females) is lower than the age-adjusted breast cancer mortality rates in Berks (23.1), Chester (21.8), and Montgomery (21.6) Counties, as well as in Pennsylvania as a whole (23.4).

### **Prostate cancer takes the lives of 15 Tri-County Area men each year.**

- Again, the age-adjusted prostate cancer mortality rate in the Tri-County Area (17.0) is lower than in Berks (18.1), Chester (20.1), and Montgomery (22.6) Counties, and the state (22.1).



### Morbidity<sup>3</sup>

Rates of reportable diseases in Montgomery County are generally lower than those for the state, but rates of some diseases are higher in Montgomery County than in the other surrounding counties. In particular, rates of pertussis (whooping cough) and chronic Hepatitis B are higher in Montgomery County.

### *HIV and AIDS*

The rate of individuals who are living with **HIV or AIDS** in Montgomery County (4.9 cases per 100,000 population) is lower than the rate for Berks County (8.0) and Pennsylvania as a whole (6.5), but is higher than in Chester County (2.4).

- This represents an average of 116 new cases of HIV or AIDS in Montgomery County annually.

### *Communicable Diseases*

The rate of new cases of **Lyme disease** in Montgomery County (57.1; representing 1,347 new cases reported each year) is lower than the rate in Chester County (158.3 per 100,000 population), but is higher than in Berks County (23.0) and in the state as a whole (35.8).

**Pertussis** (whooping cough) rates are more than twice as high in Montgomery County (11.9) as in Berks (3.7) or Chester (5.1) Counties.

<sup>3</sup>Information on the number of Pennsylvania residents who contract communicable and notifiable diseases every year is reported for individual counties and the state, in order to protect the individual's privacy. Information for Montgomery County, the county in which the Foundation is located, is reported first.



- This represents 280 new pertussis cases annually in Montgomery County. Pertussis can be prevented in children over two months of age and in adults by a series of vaccinations.

**Varicella** (Chicken Pox) incidence rates are lower in Montgomery County (11.9) than in Berks (16.5) and Chester (15.1) Counties. This represents 280 new cases of varicella every year in Montgomery County, and a comparable number in the other two counties.

- Chicken Pox can also be prevented in children 12 months and older and in adults by a series of two vaccinations.

The incidence rates of the **sexually transmitted infections** Chlamydia (183.8) and Gonorrhea (33.9) are lower in Montgomery County than in Berks County (299.3 and 39.9, respectively) but higher than in Chester County (170.3 and 29.7, respectively).

**Montgomery County has a higher rate of chronic Hepatitis B** (20.8) than Berks (11.5) and Chester (7.3) Counties. Hepatitis B is spread through contact with body fluids.

#### Fair or Poor Health

Self-reported health status is one of the best indicators of population health. This measure has consistently shown to correlate very strongly with mortality rates.<sup>4</sup> In the Tri-County Area, **the overwhelming majority of adults (86.0%) rate their health as excellent, very good, or good** (See Appendix D for Household Health Survey Tables). Several Key Informants believe that the physical and mental health problems in the Tri-County Area are similar to health problems of most small towns and cities.

**However, about one in seven adults in the Tri-County Area (14.0%) is in fair or poor health, representing 24,800 adults.** This percentage is comparable with the statewide average (16.8%),<sup>5</sup> and higher than the average for Chester (9.6%) and Montgomery (10.8%) Counties, while lower than the average for Berks County (15.9%).

- **Fair or poor health status among adults is nearly three times as common in Pottstown Borough (20.4%) as in the Perkiomen Valley Area (7.2%), where adults are least likely to be in fair or poor health.**
- Among older adults in the Tri-County Area, more than one in five (21.3%) is in fair or poor health; this percentage represents 6,900 adults 65 years of age and older.
- Children are typically in good health; this holds true across the Tri-County Area (97.7%). A small percentage is in fair or poor health (2.3%); this represents approximately 1,300 children in fair or poor health.
  - **Pottstown Borough children (5.4%) are more likely to be in fair or poor health compared to children in the Tri-County Area overall (2.3%).**
- Across the Tri-County Area, adults without health insurance (21.9%) are much more likely to describe their health as fair or poor than are insured adults (13.4%).
- Adults living below 200% of the Federal Poverty Level are nearly four times as likely to be in fair or poor health as are those living at or above 200% of the Federal Poverty Level (34.2% versus 8.8%).

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<sup>4</sup>Idler EL, Benyamini Y. Self-Rated Health and Mortality: A Review of Twenty-Seven Community Studies. *Journal of Health and Social Behavior*. 1997; 21-37.

<sup>5</sup>2011 Behavioral Risks of Pennsylvania Adults, PA Department of Health.



Almost all focus group participants, regardless of age or other demographic factors, felt that being in good physical health requires regular exercise and eating a healthy diet, and that good health involves both mental and physical health.

As stated by one focus group participant:

*“Exercise, diet, eat fruits and vegetables. I stay away from other people’s smoke. Staying away from stress. That’s part of it. Health is really a balance of all of those [factors]. You don’t have to be an athlete or anything as long as you are happy with who you are. It is really a balance of all three, emotional, physical, spiritual.” (Young adult group)*

Another focus group participant stated:

*“Good shape. Exercise, dieting. I think it should be where you get a physical check-up from your doctor and everything is good from your blood work to your heart. Taking all of your medications if you are asthmatic or diabetic, or with high blood pressure.” (Underserved adult group)*

Key Informants feel that many Tri-County Area residents struggle to maintain good health in the face of economic challenges, and that the overall mood of the community does not support health and wellness activities long term. The health status of the Tri-County Area may be similar to many of the surrounding communities. However, there are opportunities and resources for Tri-County Area residents to take advantage of to improve their health. Key Informants also appreciate the support the PAHWF provides in the community. Key Informants see a need for increased prevention education and leadership in addressing economic needs to spark the behavioral changes that will improve health in the community.

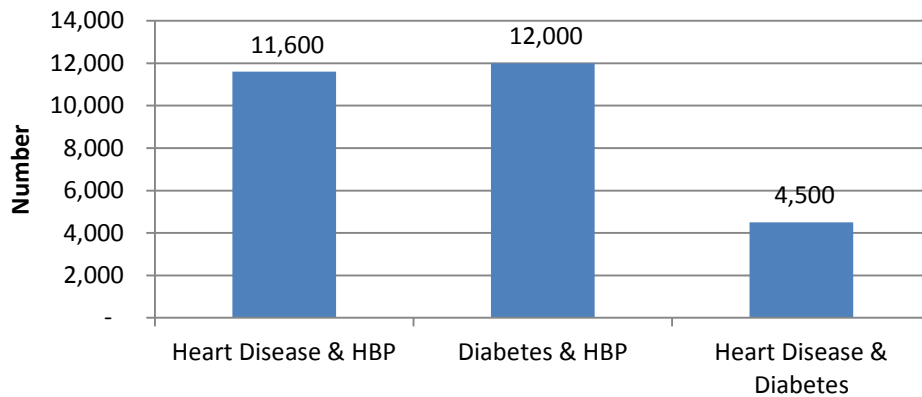
#### Specific Health Conditions

Across the Tri-County Area, many adults have chronic conditions that require ongoing care. In general, chronic disease prevalence in the Tri-County Area is very similar to chronic disease rates for Berks, Chester, and Montgomery Counties. **However, many adults in the Tri-County Area have more than one chronic health condition, which increases their need for ongoing care and requires greater expenditures for health care at the individual and systemic level.**

Since diabetes and heart disease, and heart disease and high blood pressure, are related, it is not surprising that 12,000 Tri-County Area adults have both diabetes and high blood pressure, 11,600 have heart disease and high blood pressure, and 4,500 have heart disease and diabetes (Figure 17).



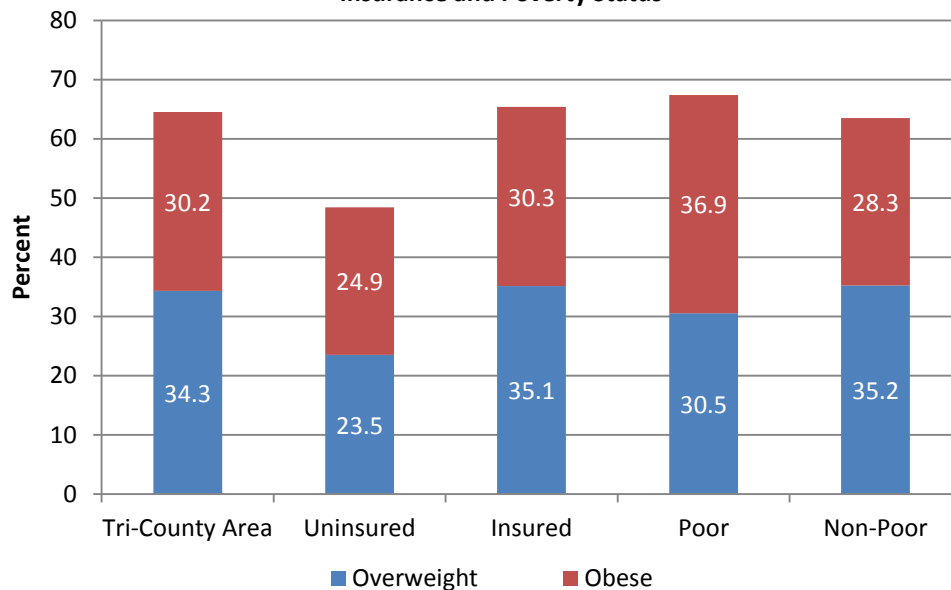
**Figure 17. Number of Tri-County Area Adults with More than One Chronic Health Condition, 2013**



Sources: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Pottstown Area Household Health Survey

Overweight and obesity are factors in many chronic illnesses. **Nearly two-thirds of adults in the Tri-County Area (64.5%, or about 113,800 adults) are overweight or obese**, which is consistent across different insurance and poverty status subgroups and fairly comparable with neighboring counties (Figure 18).

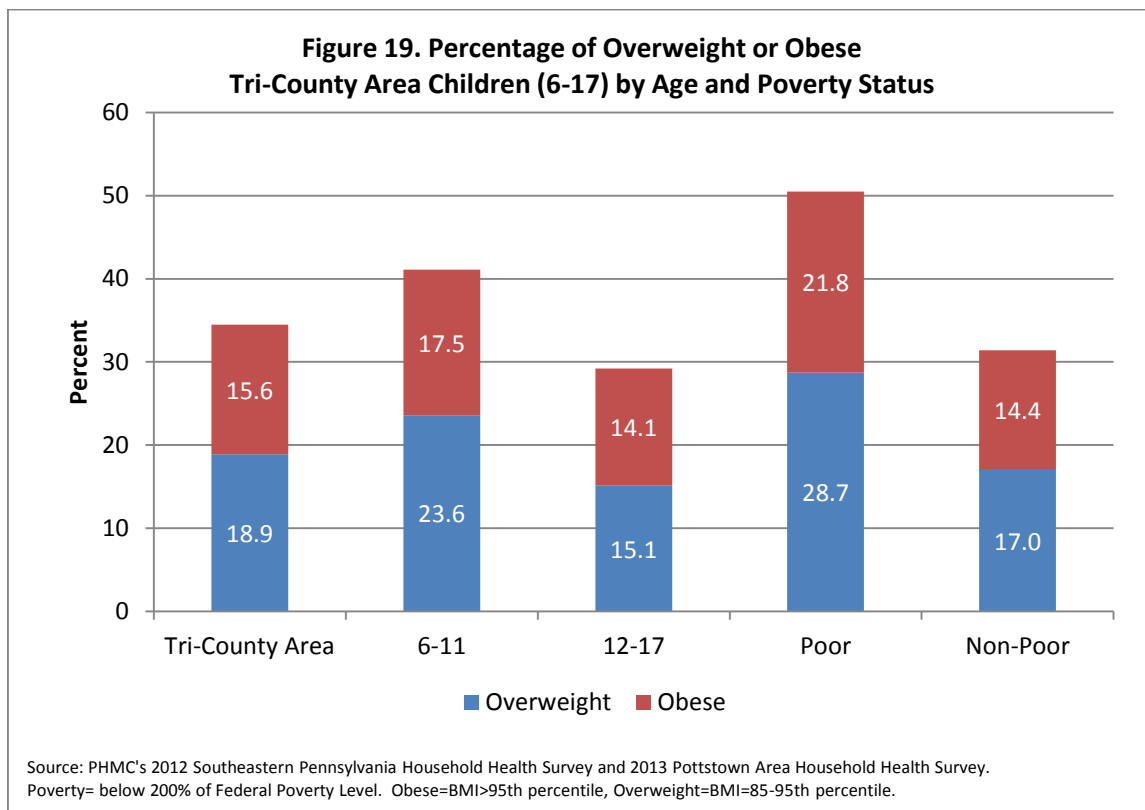
**Figure 18. Percentage of Overweight and Obese Tri-County Area Adults (18+) by Insurance and Poverty Status**



Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Pottstown Area Household Health Survey. Poverty = below 200% of Federal Poverty Levels. Obese=BMI>30; Overweight=BMI=25-29.



- **About one-third of children in the Tri-County Area (34.5%) are considered overweight or obese** based on their Body Mass Index<sup>6</sup> percentile (Figure 19).
  - **Pottstown Borough (26.5%) has the highest rate of child obesity** among the seven sub-areas, and the Pottsgrove Area has the highest rate of adult obesity (37.6%).
- **The Spring-Ford Area has the lowest rate of adult (21.8%) and child (8.8%) obesity** among the seven sub-areas in the Tri-County Area (30.0% and 15.6%, respectively).
  - Overweight and obesity levels are higher among children in poverty; one-half of children living below 200% of the Federal Poverty Level in the Tri-County Area (50.5%) are overweight or obese, compared with 31.4% of children living at or above 200% of the Federal Poverty Level.
  - Overweight and obesity levels among children are slightly higher in the Tri-County Area than among children in neighboring counties (29.8% of children in Chester County and 31.7% of children in Montgomery County are classified as overweight or obese).



**Obese and overweight adults in the Tri-County Area are more likely to have heart disease, diabetes, high blood pressure, and cancer than adults who are at normal weight or underweight (Figure 20).**

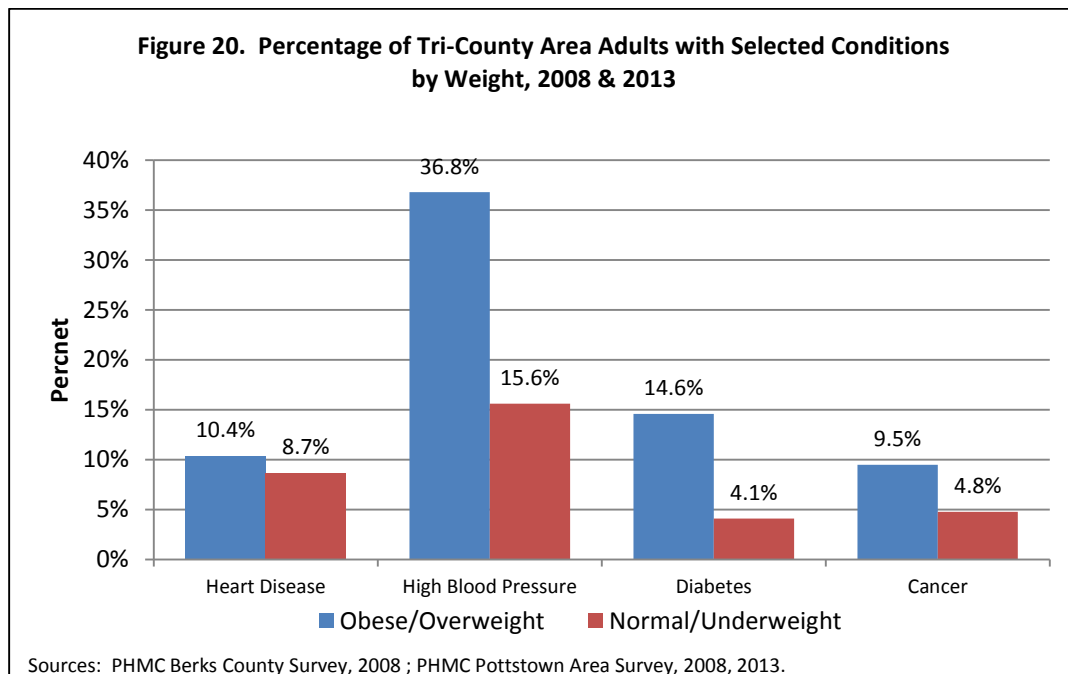
- Adults who are obese or overweight (14.6%) are more than three times as likely to have diabetes as non-overweight and obese adults (4.1%).

<sup>6</sup> According to information on child obesity based on measurements taken by school nurses in the Tri-County Area school districts, a lower percentage (28.6%) of children are obese or overweight. This may be related to different methods and time periods in which the data were collected.





- Obese and overweight adults (36.8% and 9.5%, respectively) are more than twice as likely to have high blood pressure or to have had cancer as normal and underweight adults (15.6% and 4.8%, respectively).



**More specifically, approximately 19,400 adults in the Tri-County Area (10.9%) have been diagnosed with diabetes.**

- Diabetes rates are highest among adults in the Boyertown Area (14.0%) and lowest in the Owen J. Roberts Area (7.6%); nearly one-half the rate in the Boyertown Area.
- Adults living below 200% of the Federal Poverty Level are more than twice as likely to report a diabetes diagnosis as are those living at or above 200% of the Federal Poverty Level (18.3% and 8.9%, respectively).
- Five Key Informants feel that Type II diabetes is one of the greatest health concerns in the region, and suggest that many diabetics in the area need education on healthy cooking and other healthy lifestyle choices.

**About one in ten Tri-County Area adults (9.7%) have been diagnosed with heart disease,** representing 17,300 adults.

- One-quarter of adults aged 65+ in the Tri-County Area (25.5%) have heart disease.
- Adults living below 200% of poverty are more than twice as likely to have heart disease as those at or above 200% of poverty (18.1% compared with 7.7%).

**Across the Tri-County Area, approximately 13,700 adults (7.7%) have ever been diagnosed with cancer.**

- More than one in five older adults (65+) in the Tri-County Area (21.1%) has had cancer.
- Slightly more adults in the Daniel Boone (10.6%) and Owen J. Roberts (10.5%) Areas have been diagnosed with cancer than in the Tri-County Area overall (7.7%).
- Five Key Informants are concerned about the prevalence of cancer in the area. However, mortality rates for cancer in the Tri-County Area are similar to those for the adjacent counties and



the entire state.

**Approximately 28,300 adults in the Tri-County Area(15.9%) have been diagnosed with asthma.**

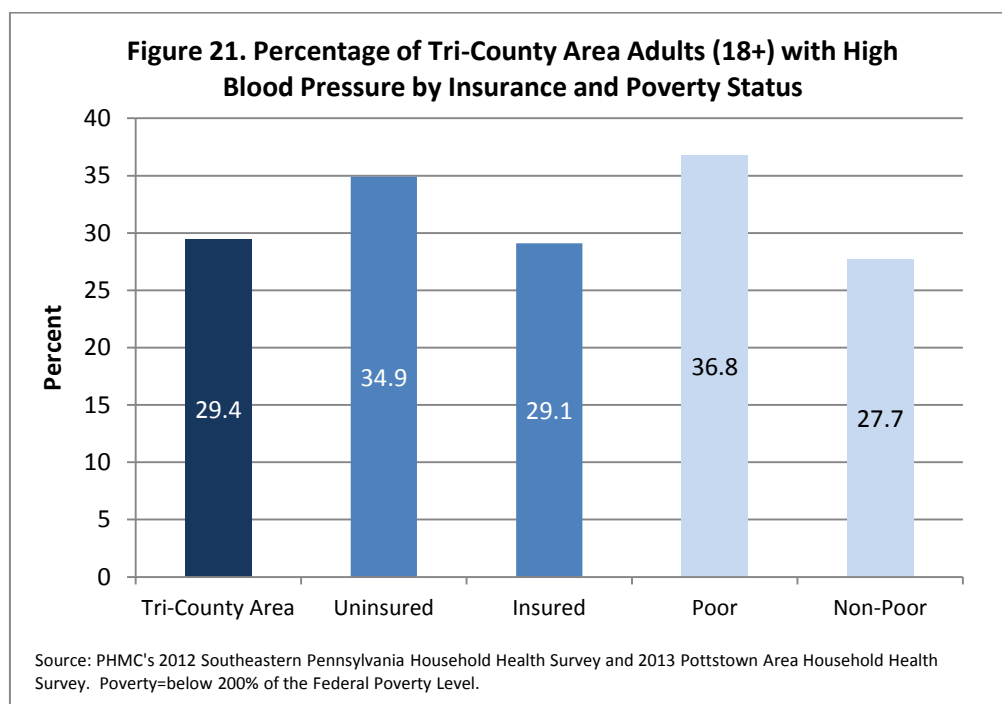
- One-quarter of uninsured adults (26.5%) have been diagnosed with asthma.
- Adult asthma varies across sub-areas in the Tri-County Area, from 10.2% in the Spring-Ford Area to 25.5% in Pottstown Borough.

**About 7,400 children ages 0-17 in the Tri-County Area (13.6%) have asthma.**

- Children living below 200% of poverty are more than twice as likely to have asthma as children living at or above 200% of poverty; 28.2% of children in poverty have asthma compared with 10.9% of children at or above poverty.
- Similar to adults, children in Pottstown Borough are twice as likely to have been diagnosed with asthma as children in the Tri-County Area as a whole (25.6% vs. 13.7%).

**Three in ten Tri-County Area adults (29.4% or about 52,400 persons) have been diagnosed with high blood pressure(Figure 21).**

- More than one-third of uninsured Tri-County Area adults (34.9%) have this diagnosis.
- The percentage of adults with high blood pressure is similar across the seven sub-areas in the Tri-County Area.



Chronic pain can have many causes. Across the Tri-County Area, about one-quarter of adults (23.4%) have chronic pain, described as pain lasting six months or longer. This represents 42,400 adults.

- Adults living below 200% of poverty and/or without health insurance are more likely to report chronic pain; four in ten adults in each group (40.0% of uninsured adults and 39.8% of adults below 200% of poverty) have chronic pain.



**Nearly one-quarter of Tri-County Area adults (23.7%) have some form of arthritis.**

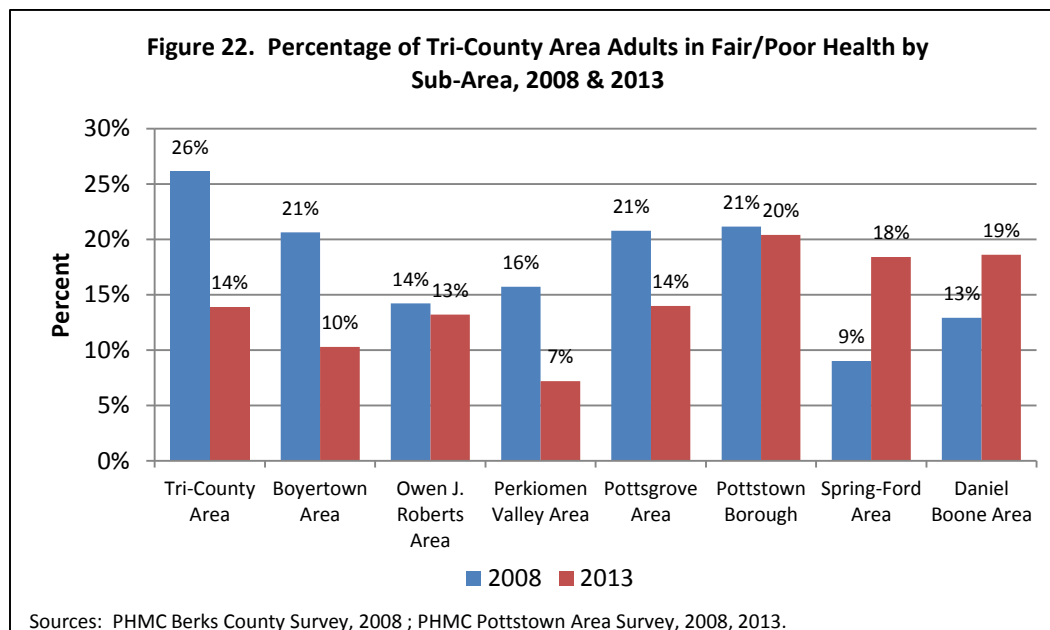
- As with many chronic conditions, arthritis is more common among older adults. One-half of adults aged 65+ in the Tri-County Area (49.3%) have arthritis.
- A greater percentage of adults in the Pottsgrove Area have arthritis than in the other sub-areas. Three in ten adults in the Pottsgrove Area (30.0%) have been diagnosed with arthritis.

Key Informants most frequently cite overweight and obesity in adults (n=15) and in children as the most common health problem in the region. They feel that obesity is often directly related to poor nutrition, and that children are skipping breakfast and eating fast food, even if parents are preparing fresh food at home. Three Key Informants feel that students in higher income areas have better access to healthy, locally produced foods.

Trends in Health Status, 2008-2013

The percentage of adults in fair or poor health in the Tri-County Area in 2013 is one-half the percentage in fair or poor health in 2008 (26.1% versus 13.9%) (Figure 22).

- The percentage of adults in fair or poor health remained relatively the same in Pottstown Borough between 2008 and 2013, decreased in four of the other sub-areas, and increased in the Spring-Ford and Daniel Boone Areas.

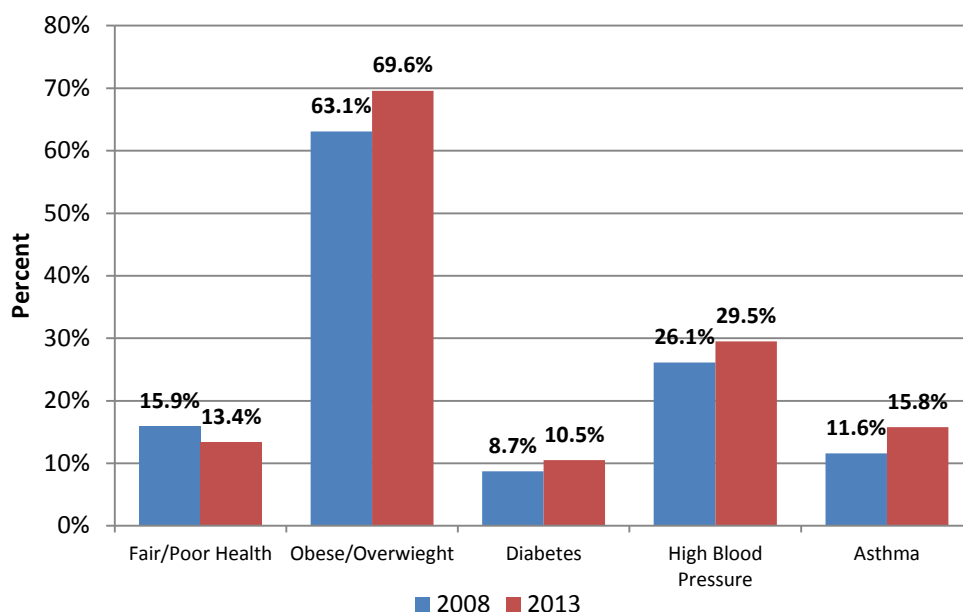


Although the percentage of adults in fair or poor health in the Tri-County Area has decreased slightly since 2008, the percentage of adults with diabetes, obesity and overweight, high blood pressure, and asthma, have all increased during the same time period (Figure 23).

- The percentage of adults with asthma, diabetes, and high blood pressure increased approximately 3% in the Tri-County Area, and the percentage of adults who are overweight or obese increased about 6%.



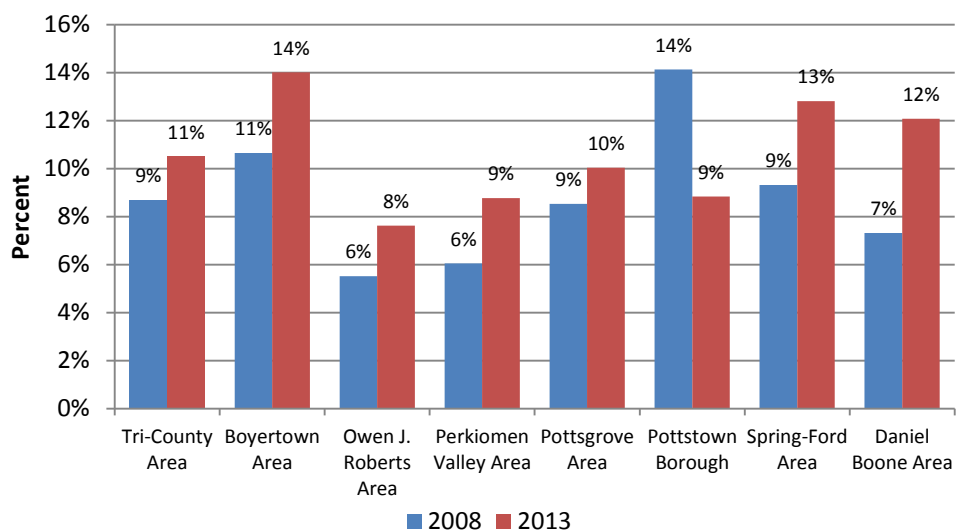
**Figure 23. Percentage of Tri-County Area Adults with Selected Conditions, 2008 & 2013**



Sources: PHMC Berks County Survey, 2008 ; PHMC Pottstown Area Survey, 2008, 2013.

For example, the percentage of adults who have been diagnosed with diabetes has increased in six of the seven sub-areas since 2008, particularly in the Boyertown Area (10.7% versus 16.0%), but has decreased by about 5% in Pottstown Borough, from 14.1% to 8.8% (Figure 24).

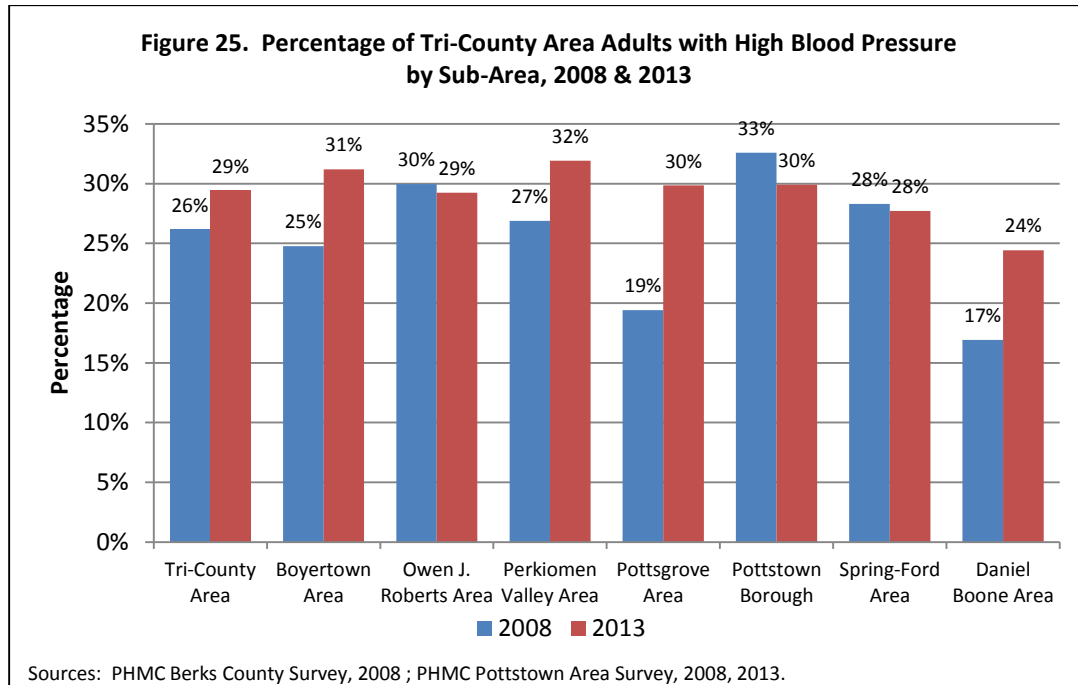
**Figure 24. Percentage of Tri-County Area Adults Diagnosed with Diabetes, 2008 & 2013**



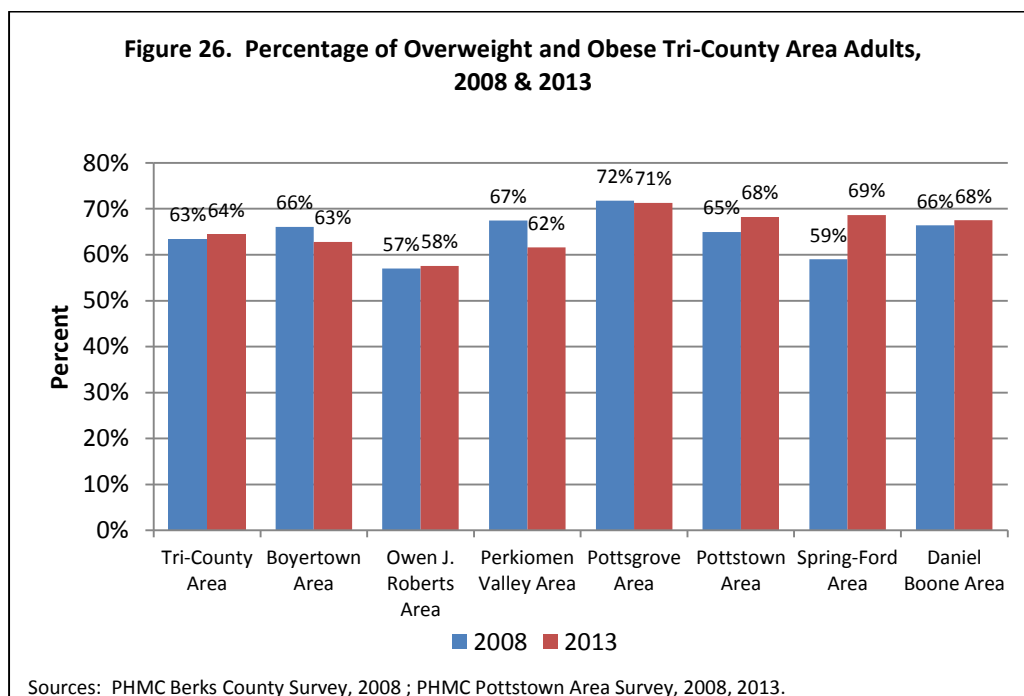
Sources: PHMC Berks County Survey, 2008 ; PHMC Pottstown Area Survey, 2008, 2013.



Similarly, the percentage of adults in the Tri-County Area with high blood pressure has increased in all of the sub-areas except in Pottstown Borough, where it decreased from 32.6% to 29.9%, and the Spring-Ford Area (28.3% versus 27.7%) (Figure 25).



The percentage of overweight and obese adults has increased slightly since 2008 in four sub-areas, and decreased slightly in the in the Boyertown and Perkiomen Valley Areas (Figure 26).





### Mental and Behavioral Health

#### **Nearly one-quarter of adults in the Tri-County Area, 24.4%, are under high levels of stress.**

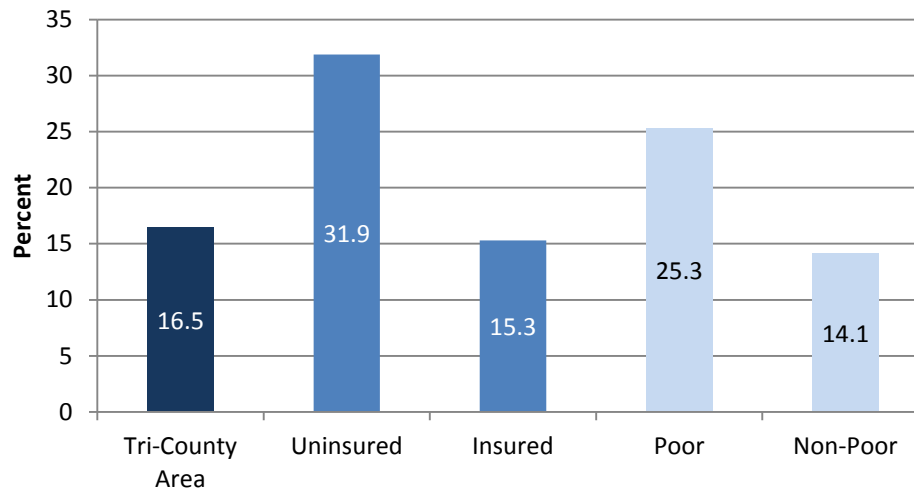
- This was consistent across age groups from 18 to 64; however older adults (65+) are less likely to report high stress (13.3%).
- While reports of high stress are similar among those below and at or above 200% of the Federal Poverty Level (27.1% and 28.8%), stark contrasts are seen between those with and without health insurance:
  - Uninsured adults (54.4%) are more than twice as likely to report high stress as the insured (21.0%).

#### **Approximately 29,400 adults across the Tri-County Area (16.5%) have been diagnosed with a mental health condition;** this is comparable with, or just slightly higher than, the percentage in neighboring counties (Figure 27).

- Pottsgrove Area adults (22.4%) are more likely to have a serious mental illness than adults in the other sub-areas, including Pottstown Borough (18.0%).
  - The percentage of adults with a diagnosed mental health condition ranges from 13.0% in the Daniel Boone Area and 13.4% in the Spring-Ford Area to 22.4% in the Pottsgrove Area.
- However, mentally ill adults in Pottstown Borough (48.5%; representing 1,500 adults) are least likely to report receiving treatment for their condition compared with adults in the other sub-areas.
  - Adults in the Daniel Boone Area are more likely to be receiving treatment (76.7%) than those in other sub-areas.
- Adults without health insurance are twice as likely to have a mental health diagnosis as those with health insurance (31.9% as compared with 15.3%).
  - Among those with mental health diagnoses, insured adults are more likely to be receiving treatment (64.0% as compared with 46.0%) than the uninsured.
- Across the population in the Tri-County Area, however, nearly one in ten adults (9.4%) have sought professional help for a mental or emotional condition in the past year, and uninsured adults are actually **more likely** than insured adults to have done so (19.5% as compared with 8.7%).
- Many Key Informants feel that serious chronic mental illness in adults (n=10), depression, and stress (n=6) are common mental health problems in the Tri-County Area.



**Figure 27. Percentage of Tri-County Area Adults (18+) Diagnosed with a Mental Health Condition by Insurance and Poverty Status**



Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Pottstown Area Household Health Survey. Poverty=below 200% of Federal Poverty Level.

Several Key Informants perceive that there are more adults with mental illness living in Pottstown Borough. They feel that this is, in part, attributable to the existence of a mental health treatment program in the Borough, and a corresponding lack of treatment programs in surrounding suburban areas. Opinions about mental illness among children in the region vary. Key Informants report that behavior problems, stress, self-esteem issues, promiscuous behaviors, disorders on the autism spectrum, and suicide are increasing among children in the area.

**Approximately 13,100 adults in the Tri-County Area (7.4%) are in recovery from alcohol or other drugs;** this percentage is much higher among the uninsured than the insured (25.1% as compared with 6.1%). Key Informants perceive drug, alcohol, and tobacco use and addiction to be issues of concern in the Tri-County Area.

### ***Access and Barriers to Care***

The Healthy People 2020 Goals for access to health care include:

- Increase the percentage of women initiating prenatal care in the first trimester to **77.9%**;
- Increase the proportion of the population with health insurance to **100%**;
- Reduce the proportion of individuals who are unable to obtain or delay in obtaining necessary medical care, dental care or prescription medicines to **9.0% overall** (4.2% for medical care, 5.0% for dental care and 2.8% for prescription medications); and
- Increase the proportion of persons with a usual primary care provider to **83.9%**.



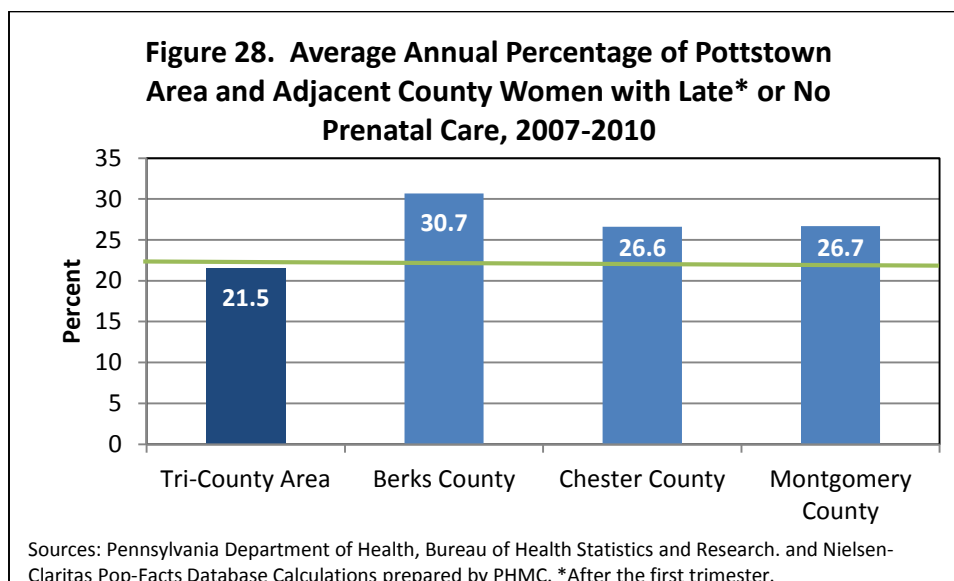
### Pre-Natal Care

Receiving pre-natal care during the first trimester of pregnancy can help ensure that health concerns are identified and addressed in a timely manner.

**More than one in five women in the Tri-County Area (21.5%) receives late or no prenatal care.** This represents almost 600 women annually.

- This percentage compares favorably to Berks (30.7%), Chester (26.6%), and Montgomery (26.7%) Counties, as well as to Pennsylvania as a whole (29.8%) (Figure 28).
- **Nearly eight in ten women in the Tri-County Area (78.5%) receive adequate prenatal care, a percentage meeting the Healthy People 2020 target goal (77.9%).**
- **One-third of pregnant women in Pottstown Borough (34.1%) receive late or no prenatal care; this percentage does not meet the Healthy People 2020 goal of 22.1%.**
- Pottstown Borough women are more likely to receive late or no prenatal care than all other sub-areas (Figure 29).

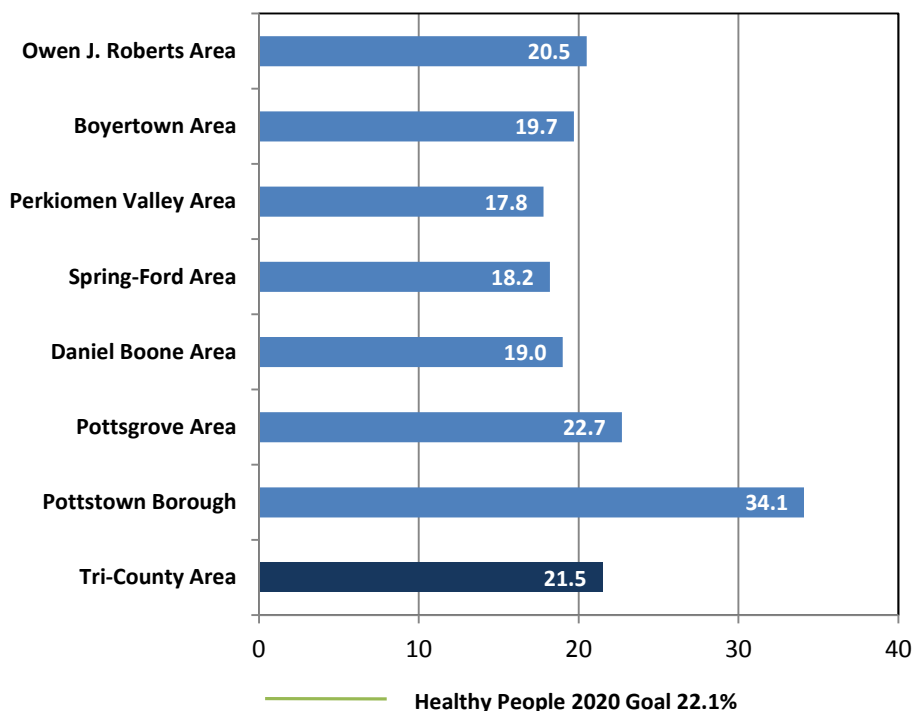
Several Key Informants discussed access to prenatal care in the Tri-County Area. Pottstown Memorial Medical Center provides prenatal and obstetrical care to insured and uninsured women. The addition of a hospital-affiliated obstetrician to the staff of the new High Street branch of Community Health and Dental Care is expected to increase access to services for many low-income women.







**Figure 29. Average Annual Percentage of Tri-County Area Women Receiving Late\* or No Prenatal Care by Sub-Area, 2007-2010**



Source: Pennsylvania Department of Health, Bureau of Health Statistics and Research . Calculations prepared by PHMC. \*After the first trimester.

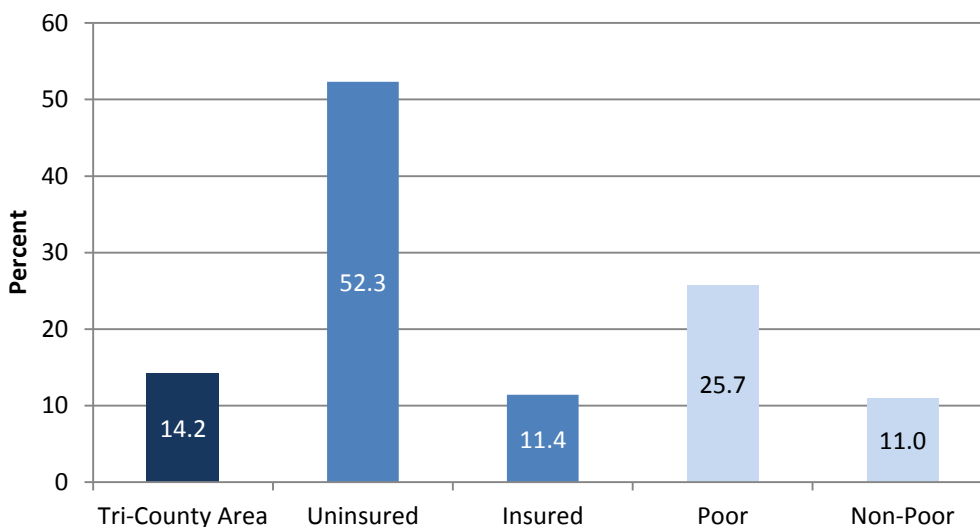
### Health Insurance Status

Having health insurance and a regular place to go when sick are important in ensuring continuity of care over time. The overwhelming majority of adults aged 18-64 in the Tri-County Area(92.2%) have health insurance coverage.

However, a sizable percentage of adults do not have any private or public health insurance; **7.8% of adults aged 18-64 in the service area are uninsured, representing 11,300 uninsured adults.**



**Figure 30. Percentage of Tri-County Area Adults (18+) who Did NOT Seek Care Due to Cost by Insurance and Poverty Status**



Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Pottstown Area Household Health Survey.  
Poor=Below 200% of Federal Poverty Level.

- **Adults ages 18-64 in Pottstown Borough (14.4%; representing 2,000 adults) are almost twice as likely to lack health insurance coverage as adults in the area overall (7.6%).**
- The percentage of adults without insurance coverage is highest in Pottstown Borough (14.4%) and lowest in the Spring-Ford Area (3.5%).
- The percentage of adults in the Tri-County Area without insurance is lower than for adults in Berks (13.3%), Chester (8.9%), and Montgomery (8.1%) Counties. It does not meet the Healthy People 2020 goal of 100% of adults with health insurance coverage.
- The percentage of adults without insurance coverage is higher for adults living below 200% of the Federal Poverty Level in the Tri-County Area compared with the non-poor (22.8% versus 4.3%).
- Nine out of 17 Key Informants identify low-income and uninsured individuals as a population that faces barriers to adequate access and services. In particular, Key Informants report that dental, behavioral health, preventive, and specialty care services are often inadequate for low-income individuals.<sup>7</sup>

#### Prescription Drug Coverage

**One in seven (14.1%) adults in the Tri-County Area does not have prescription drug coverage; this represents 24,800 adults.** The percentage of adults without prescription drug coverage in the Tri-County Area is higher than the percentage without prescription coverage in Berks County (10.8%), but lower than in Montgomery (14.5%) and Chester (16.7%) Counties.

- Young adults ages 18-29 in the Tri-County Area are more likely not to have prescription drug coverage (19.2%) compared with adults ages 30-44 (15.5%), 45-64 (13.1%), and 65+ (11.3%).

<sup>7</sup>Because there are very few non-English speaking residents in the Tri-County Area, Key Informants feel that language barriers to health care are uncommon.

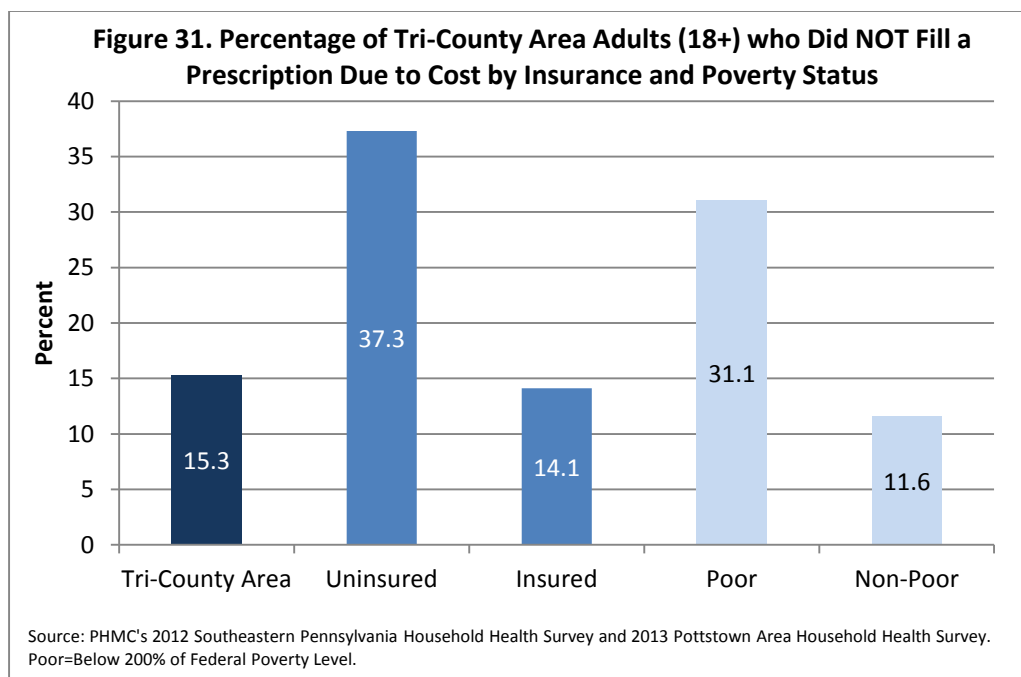


- Uninsured (92.6%) and poor adults (25.3%) in the Tri-County Area are much more likely not to have prescription drug coverage compared with the insured (8.7%) and the non-poor (11.0%).
- Adults in Pottstown Borough are most likely (20.4%) not to have prescription drug coverage, followed by adults in the Owen J. Roberts (16.8%), Daniel Boone (14.5%), Boyertown (14.2%), Spring-Ford (13.7%), Perkiomen Valley (9.1%), and Pottsgrove (8.4%) Areas.

#### Economic Barriers

With or without health insurance, **25,300 adults in the Tri-County Area are unable to get needed care due to the cost**; 14.2% of adults report that there was a time in the past year when they needed health care, but did not receive it due to the cost (Figure 30).

- **Adults in Pottstown Borough are more likely to lack prescription drug coverage (20.4%), to forego filling a prescription due to cost (21.9%), or not seek care due to transportation problems (7.0%) than adults in the other sub-areas.**
- Uninsured (52.3%) and poor (25.7%) adults are much more likely not to seek health care due to cost than are insured (11.4%) and non-poor (11.0%) adults.
- **About 27,200 adults in the Tri-County Area (15.3%) were prescribed a medication, but did not fill the prescription due to cost in the past year.** Uninsured (37.3%) and poor (31.1%) adults are more likely not to fill a prescription due to the cost than were insured (14.1%) or non-poor (11.6%) adults (Figure 31).



In general, Key Informants describe overall access to health care services in the Tri-County Area as adequate, but identify some areas for improvement. Key Informants are divided as to whether or not there are enough primary care physicians in the area. There are no public health clinics near suburban areas, which can be problematic for low-income populations in these areas. Outpatient specialty care may be problematic for Medicaid managed care patients in some areas because not all specialty physicians participate in these plans. Key Informants (n=9) feel that low-income and uninsured individuals are more



likely to have special healthcare access needs. Four Key Informants also identify affordable, accessible prescriptions as an unmet health need for many local residents.

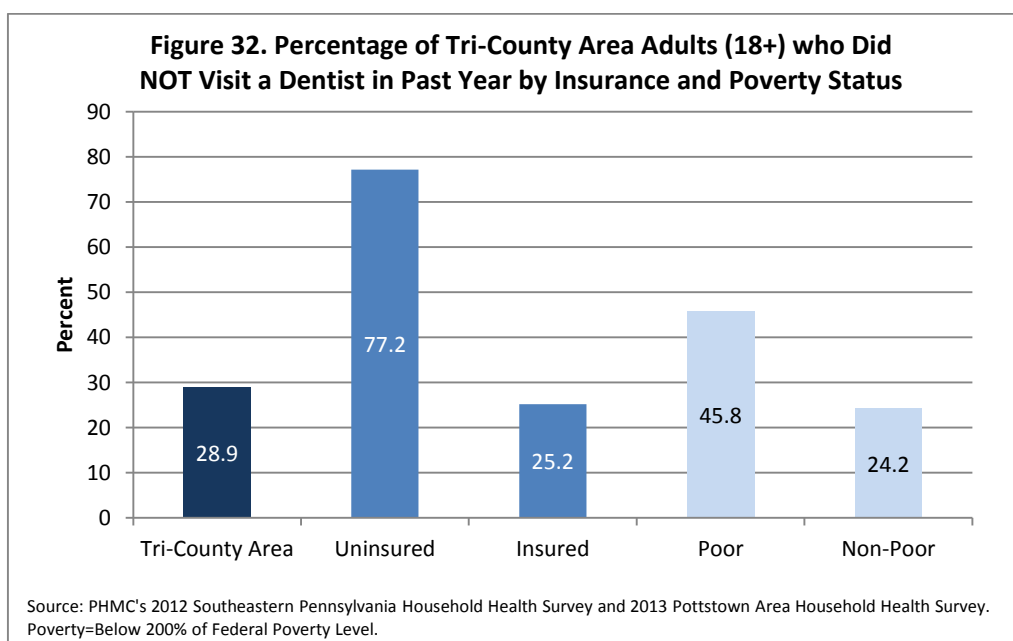
**About 6,800 adults (3.8%) in the Tri-County Area did not seek care in the past year due to transportation problems.**

- Adults in Pottstown Borough (7.0%) are most likely to face transportation barriers to care and adults in the Owen J. Roberts Area are least likely (1.2%) to forego care for this reason.
- Young adults ages 18-29 (5.5%) are slightly more likely to experience transportation barriers to health care than adults 30 years of age or older.
- Adults living below 200% of the Federal Poverty Level (13.3%) and the uninsured (8.5%) are much more likely not to access needed care than adults at or above the poverty level (1.4%) and the insured (3.4%) due to transportation problems.

Key Informants commented that transportation is a barrier to care for many low-income residents. With the exception of Pottstown Borough, many Tri-County Area communities are not walkable because there are no sidewalks. There is also very little public transportation outside of the Borough and between suburban communities. In addition, due to “suburban sprawl,” many businesses are located in the suburbs, not in the center of Pottstown Borough. As a result, residents must drive to many locations, and if they do not have a car they may not be able to access needed services. There are some low cost transportation services available, although many residents may be unaware of how to access these services.

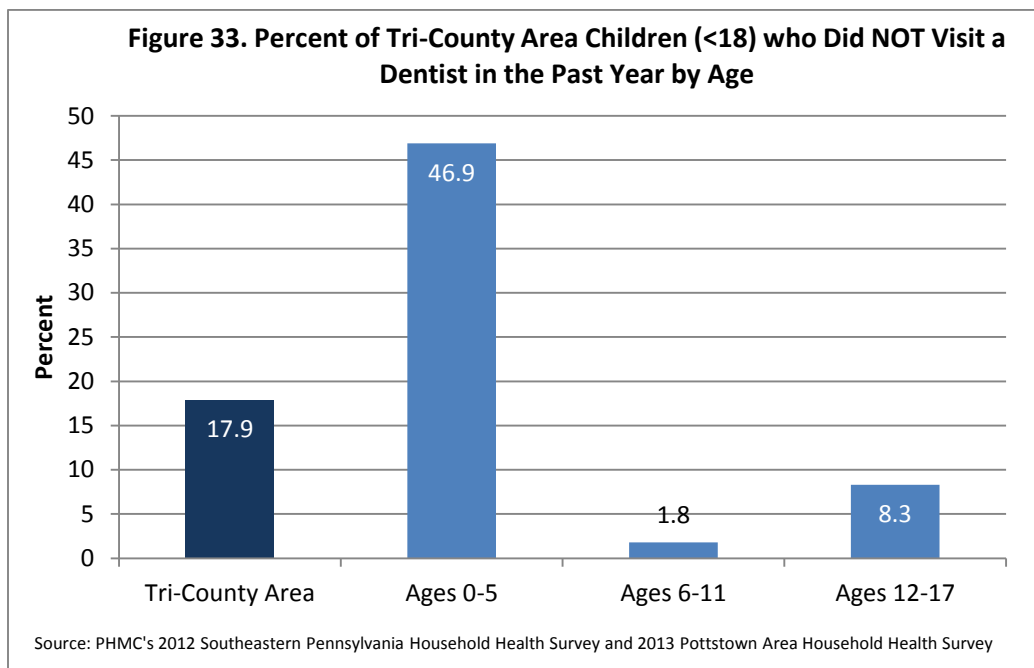
**Nearly three in ten adults in the Tri-County Area (28.9%) did not visit a dentist in the past year;** this percentage represents 51,300 adults. The percentage of adults who did not visit a dentist is highest (39.9%) for young adults ages 18-29 and lowest for adults ages 45-64 (24.5%) (Figure 32).

- The percentage of adults who did not visit a dentist is higher for uninsured (77.2%) and poor (45.8%) adults than for insured (25.2%) and non-poor (24.2%) adults.





- **About 9,800 (17.9%) children in the Tri-County Area did not visit a dentist in the past year.** This percentage is lower than the percentage for Chester (18.7%) and Montgomery (20.0%) Counties (Figure 33).
- The percentage of children who did not visit a dentist in the past year is highest for children 0-5 years of age (46.9%) compared with children 12-17 (8.3%) and children 6-11 (1.8%).



Key Informants report that poor oral health and access to dental care are issues among both children and adults in the Tri-County Area. They feel that dental problems in young children are caused by a lack of early and regular preventive care, poor tooth brushing, and poor diet. Adults may not make preventive dental care a priority due to cost, a lack of belief in the need for preventive care, and fear of the dentist. Adults may use the hospital emergency rooms either after dental offices have closed, or because they have no dentist.

However, many Key Informants describe availability and access to dental care in the region as adequate, citing plenty of dentists, hygienists, and clinics, as well as availability of services for uninsured patients. Community Health and Dental Care in Pottstown provides services on a sliding fee scale for uninsured patients, including \$20 for a routine cleaning. They treat about 200-300 dental care patients each month.

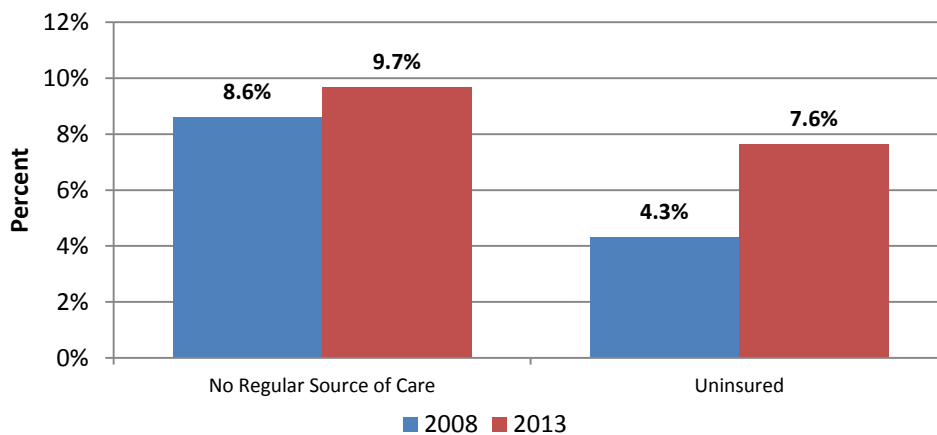
#### Trends in Access to Care, 2008-2013

Barriers to accessing health care have increased slightly since 2008 across the Tri-County Area.

- For example, as shown in Figure 34, the percentage of adults who had no regular source of care or are uninsured rose from 8.6% to 9.7% and from 4.3% to 7.6%, respectively.



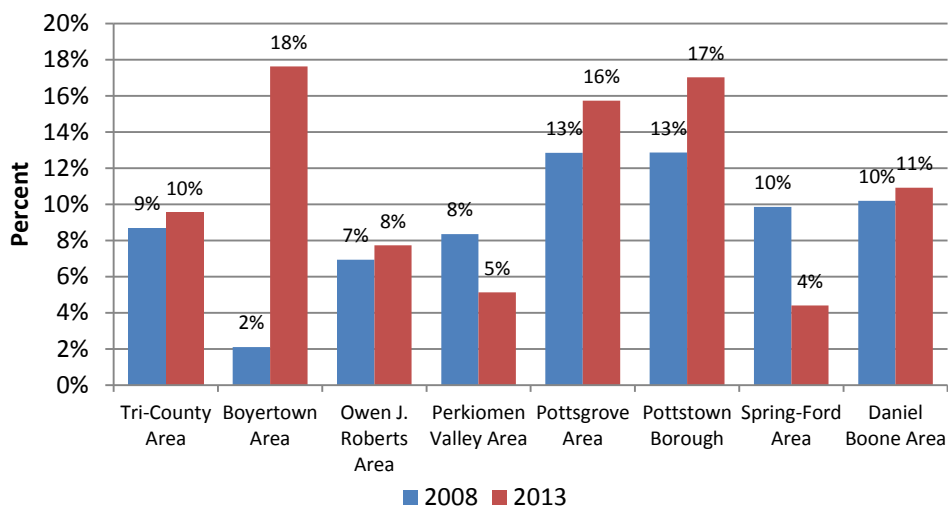
**Figure 34. Selected Barriers to Care for Tri-County Area Adults, 2008 & 2013**



Sources: PHMC Pottstown Area Household Health Survey, 2008 (n=596), 2013 (n=1,501).

Although the percentage of adults in the Tri-County Area with no regular source of care only increased slightly, from 8.6% to 9.7%, the percentage of adults experiencing this barrier to care increased greatly in the Boyertown Area, and also increased in the Pottsgrove and Owen J. Roberts Areas and in Pottstown Borough (Figure 35).

**Figure 35. Percentage of Tri-County Area Adults with No Regular Source of Care, 2008 & 2013**



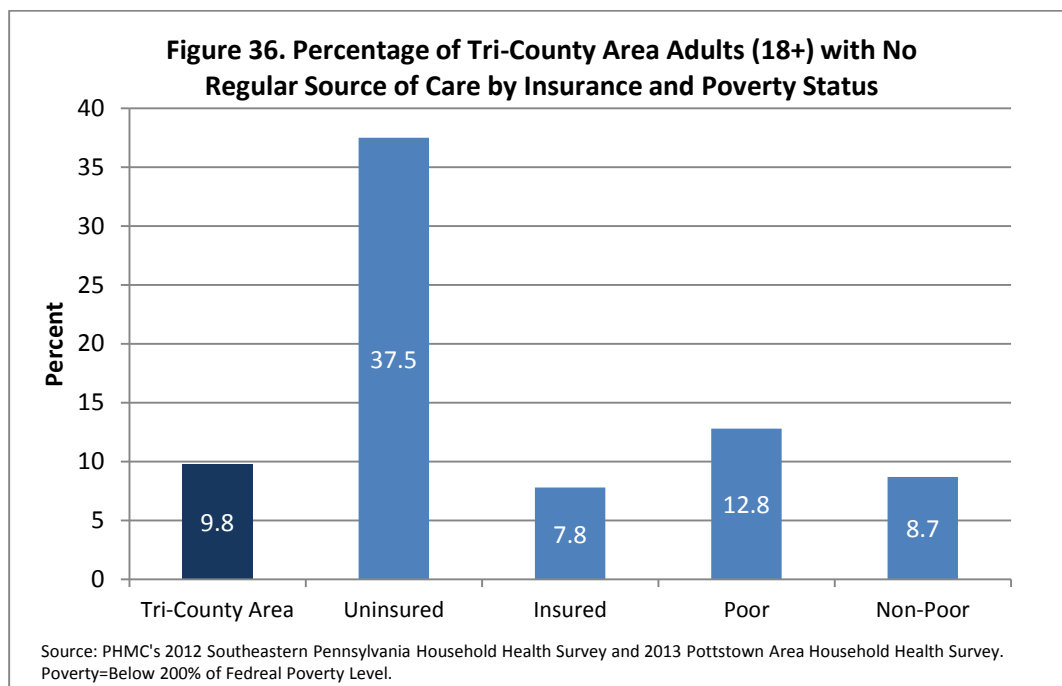
Sources: PHMC Berks County Survey, 2008 ; PHMC Pottstown Area Survey, 2008, 2013.



### Utilization of Services

Having a regular source of care is important since people who have a regular source of care are more likely to seek care when they are sick, as well as preventive care, compared with those who do not have a regular healthcare provider.

- In the Tri-County Area, one in ten (9.8%) adults does not have a regular source of care; this percentage represents approximately 17,500 adults (Figure 36).
- The overwhelming **majority of children (96.9%) in the Tri-County Area have a regular source of care**. Approximately 1,700 children in the service area do not have a regular source of care.
- Pottstown Borough (17.0%) has the highest percentage of adults who lack a regular source of care; this represents about 2,900 adults.
  - The Spring-Ford Area (4.4%) has the lowest percentage of adults without a regular source of care among the seven sub-areas.
  - The percentage of adults in the Tri-County Area with a regular source of care (90.2%) meets the Healthy People 2020 goal of 83.9%.
- Children in Pottstown Borough (10.9%) are more than three times as likely to lack a regular source of care as children in the area as a whole (3.1%). This represents 500 children in Pottstown Borough.





## **Health Behaviors**

### Nutrition

According to the USDA's MyPlate food guidelines, Americans should eat 4-5 servings of fruits and vegetables daily.<sup>8</sup> According to one focus group participant, many individuals in the Tri-County Area are unaware of these guidelines:

*"A lot of people they don't know, it's really public knowledge, it's ironic, it's right there on myplate.gov. It's a big national website, it's all there for you, it gives you recipes, little simple dishes, it gives you little tips and tricks to help you eat. Just to switch one of their meals a day, one step at a time, like switching out a bag of Doritos for a piece of fruit." (Young adult group)*

Focus group participants felt that education on nutrition could change people's eating habits:

*"Knowing what's good for your body, knowing your body weight, total body fat, knowing if you want to maintain your weight or lose weight or gain weight and then know what foods to get, what diets. Being aware of your health, I think, will help people to eat healthier if they are more aware of what unhealthy foods actually do." (Young adult group)*

*"If you teach kids to eat good food they will have better habits. Some people just don't know how to eat healthy. People in general don't know what's a fun healthy snack, they think it has to be an apple or fruit. There's other things out there that are healthy that kids can eat. You have to teach them to eat the colors of the rainbow." (Underserved adult group)*

Key Informants also agree that a lack of education regarding the importance of healthy eating and the availability of healthy foods is a barrier to healthy eating. According to Key Informants, many residents believe that healthier foods are more expensive. Other causes of poor nutrition, particularly among low-income residents, include cost, lack of time to prepare healthy meals, reliance on processed foods, smaller kitchen spaces, and limited knowledge of good nutrition and healthy cooking skills.

**In the Tri-County Area, approximately seven in ten adults (69.8%) do not reach the recommended goal of eating 4-5 servings of fruits and vegetables daily (Figure 37).**

- **Adults in Pottstown Borough (80.6%) are least likely to consume four or more servings of fruits and vegetables a day compared to the six other sub-areas in the Tri-County Area.**
- Adults between the ages of 30-44 are more likely not to reach this recommended goal compared with all other age categories (64.7% compared with 70.3% of adults 18-29 and 45-64 and 74.8% of adults 65+, respectively).
- The uninsured are more likely not to reach this recommended goal compared with the insured (75.5% compared with 69.1%, respectively).

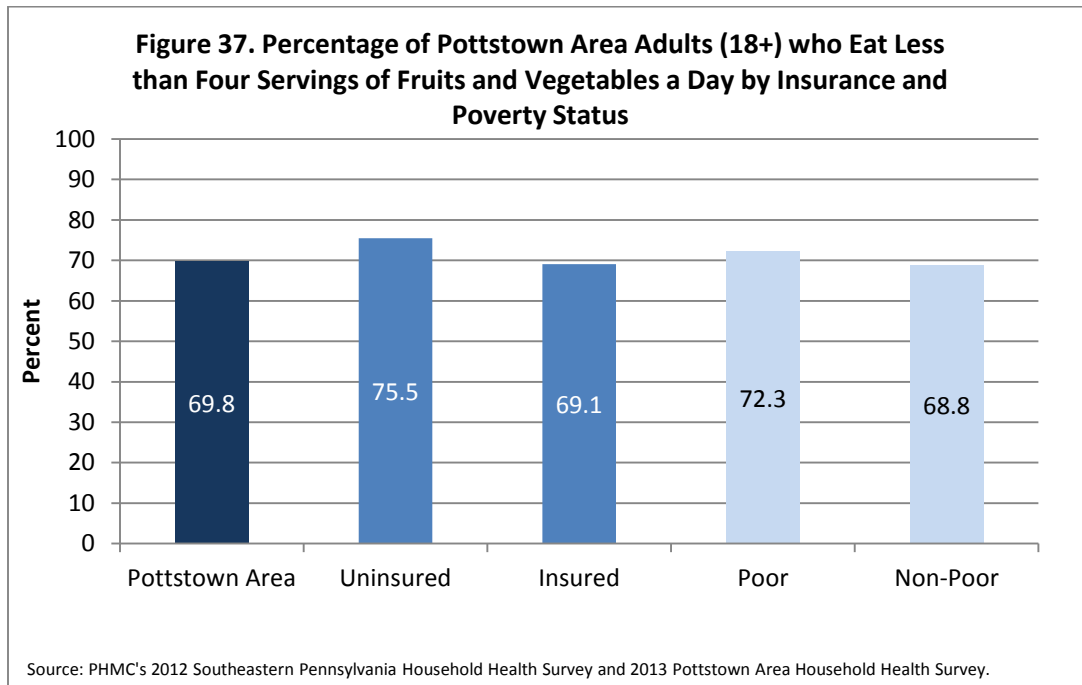
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<sup>8</sup>The U.S. Departments of Agriculture, (2011). Dietary Guidelines Consumer Brochure. Retrieved online on October 23, 2012 at <http://www.choosemyplate.gov/foodgroups/downloads/MyPlate/DG2010Brochure.pdf>





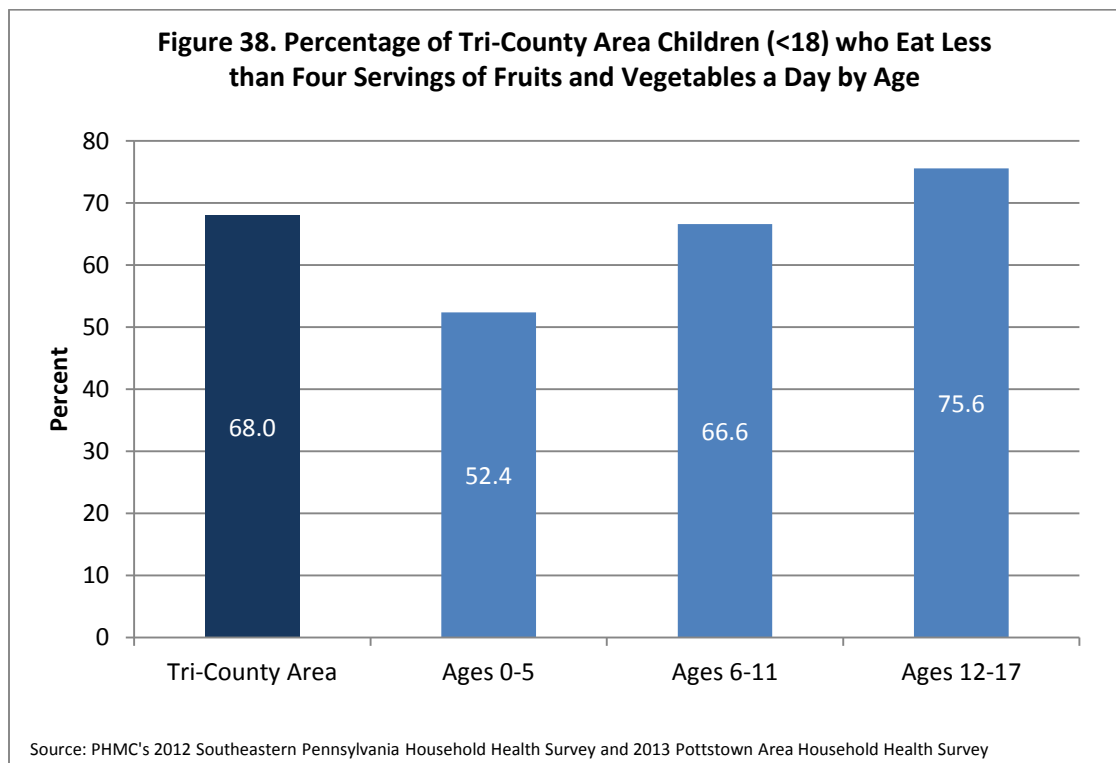
- Nationally, about three-quarters of adults (73.7%) do not eat three or more servings of fruits and vegetables daily<sup>9</sup>.
- 



**Two-thirds of children (68.0% or 31,300 children) in the Tri-County Area do not reach this recommended goal.** Three-quarters of children (75.6%) between the ages of 12-17 eat three or fewer servings of fruit and vegetables in a typical day (Figure 38).

- Children living below 200% of the Federal Poverty Level are less likely to meet the USDA recommended goal than non-poor children (73.7% compared with 66.9%, respectively).

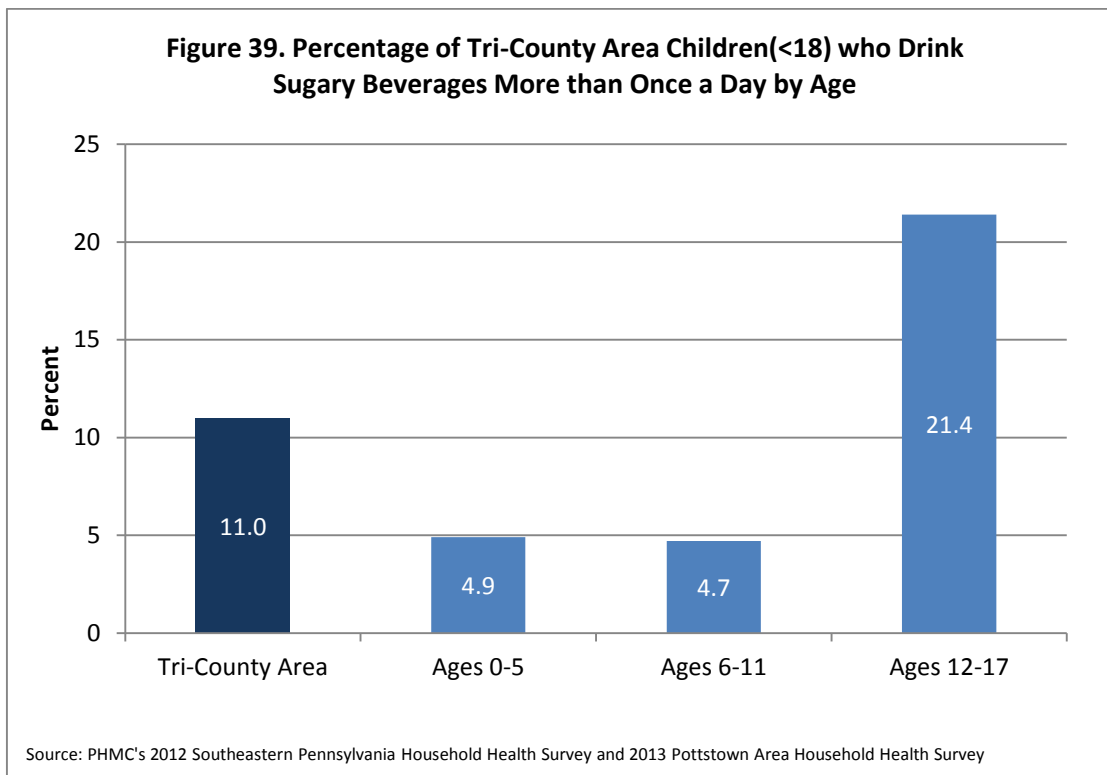
<sup>9</sup>U.S. Centers for Disease Control and Prevention. State-Specific Trends in Fruit and Vegetable Consumption Among Adults, 2000-2009 (2011).



Additionally, **more than one in ten children (11.0%) in the Tri-County Area drinks sugary beverages more than once a day** (Figure 39).

- Children 12 to 17 years old are more than four times as likely to drink sugary beverages more than once a day as children aged birth to 5 years old and 6 to 11 (21.4% compared with 4.9% and 4.7%, respectively).
- The percentage of poor children who drink sugary beverages more than once a day (20.8%) is more than double the percentage among non-poor children (8.7%).

In the judgment of Key Informants, unhealthy eating is common in the Tri-County Area. Most Key Informants feel that unhealthy eating is not confined to specific cultural groups in the Tri-County Area. Key Informants feel that children and teens do not eat healthy foods. Many students have the opportunity to eat a healthy breakfast and lunch in high school, and healthy snacks are available throughout many of the public schools, but this emphasis on healthful eating is not always reinforced at home.



Many focus group participants also felt that both children and adults do not eat healthy food:

*"No, the teens do not eat healthy. Sugar. Fast food, unhealthy foods are around every corner. It's more convenient to eat fast food. It's cheaper." (Teen group)*

*"White flour, potatoes, breads, microwavable dinners and things like that, they have tons and tons of sodium and preservatives. Sodas – a lot of people are drinking sodas and they have a lot of sugar in them. They might not be eating healthy but what they drink, they consume so much sugar." (Young adult group)*

Other focus group participants felt that unhealthy food is cheaper, and many low-income residents cannot afford healthy food, or cannot get transportation to the grocery stores where healthy fresh fruits and vegetables are sold.

*"McDonald's hamburgers are cheaper than their salad, so we go for the burger." (Teen group)*

*"I think it goes back to affording it. Some people want to eat healthy but can't afford it; they have to get what they can get. Most unhealthy food is the cheapest thing". (Underserved adult group)*

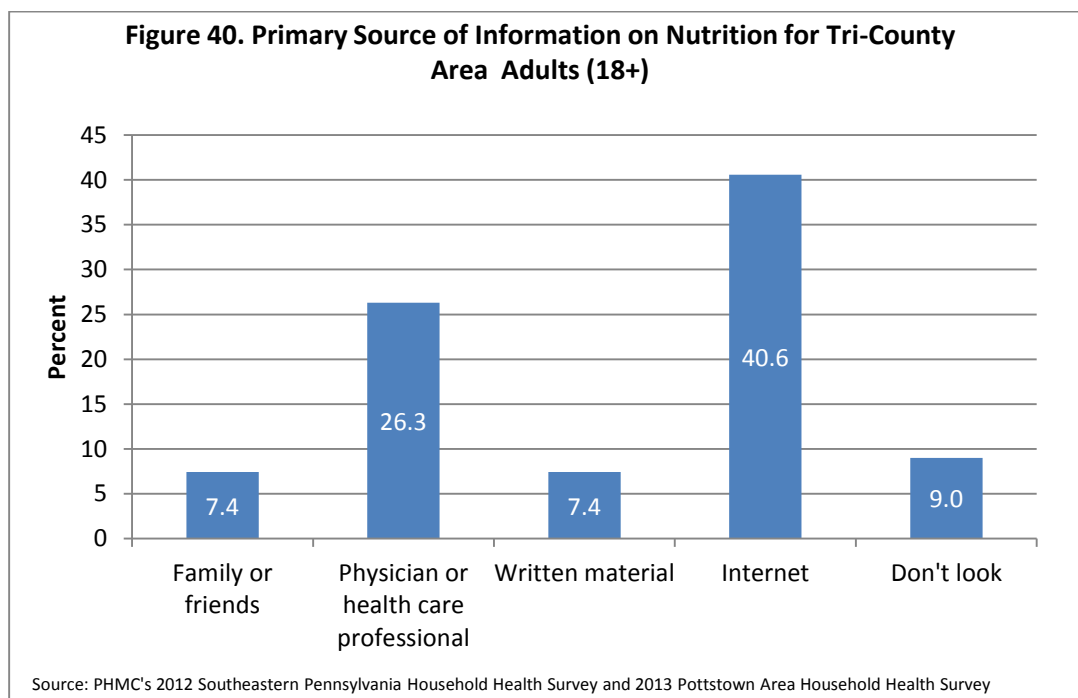


Focus group participants also felt that healthy food is not available in the restaurants in the Tri-County Area.

*“There’s not that many places around here that offer like healthier foods. Besides you might find a salad anywhere, but if you put a certain amount of dressing on it, it defeats the whole purpose of eating it. There’s not that many options for healthy foods around here unless you go to the grocery store. If I wanted to order from the local pizza shop or something, they don’t have anything healthy there.” (Young adult group)*

In addition, **the two most common sources of nutrition information used by adults in the Tri-County Area are the Internet (40.6%) and a physician or health care professional (26.3%).**

- Younger adults between the ages of 18-29 and 30-44 are most likely to get nutrition information from the Internet (56% and 57.2%, respectively).
- Nearly one-half of uninsured adults (45.3%) rely on the Internet as their primary source for nutrition information (compared with 40.4% of insured adults); and 42.7% of non-poor adults rely on the Internet as their primary source of nutrition information, compared with 31.8% of poor adults (Figure 40).



In contrast to information sources for adult nutrition, **the majority of parents (60.4%) report that their primary source of information on children’s nutrition is a physician or other health care professional.**

- This percentage is significantly higher for information on nutrition for children 0-5 years of age (74.1% compared with 58.5% for children 6-11; and 50.5% for children 12-17).
- About one-fourth (24.0%) of parents rely on the internet for their primary source of information on children’s nutrition.
- Non-poor parents are more likely to use the internet as their primary source than poor adults (27.5% compared with 5.0%, respectively).



According to the Economic Research Service within the USDA, limited access to affordable and nutritious food, and relatively easier access to less nutritious food, may be linked to poor diets and, ultimately, to obesity and diet-related diseases.<sup>10</sup>

According to Key Informants, poor nutrition among Tri-County Area residents is also related to transportation barriers to accessing fresh produce, the high cost of healthy foods at local grocery stores, and the ease of acquiring fast foods. Five Key Informants remarked that having a car significantly increases access to healthy foods, and it can be difficult to transport groceries if one has to take the bus.

In the Tri-County Area, 8,800 adults (4.9%) find it difficult or very difficult to find fruits or vegetables in their neighborhood. This percentage is highest among poor adults (11.3%), and those 65 years of age or older (8.0%).

- The Daniel Boone Area has the highest percentage of adults (14.0%) who find it difficult to find fruits or vegetables in their neighborhood compared with all other sub-areas.

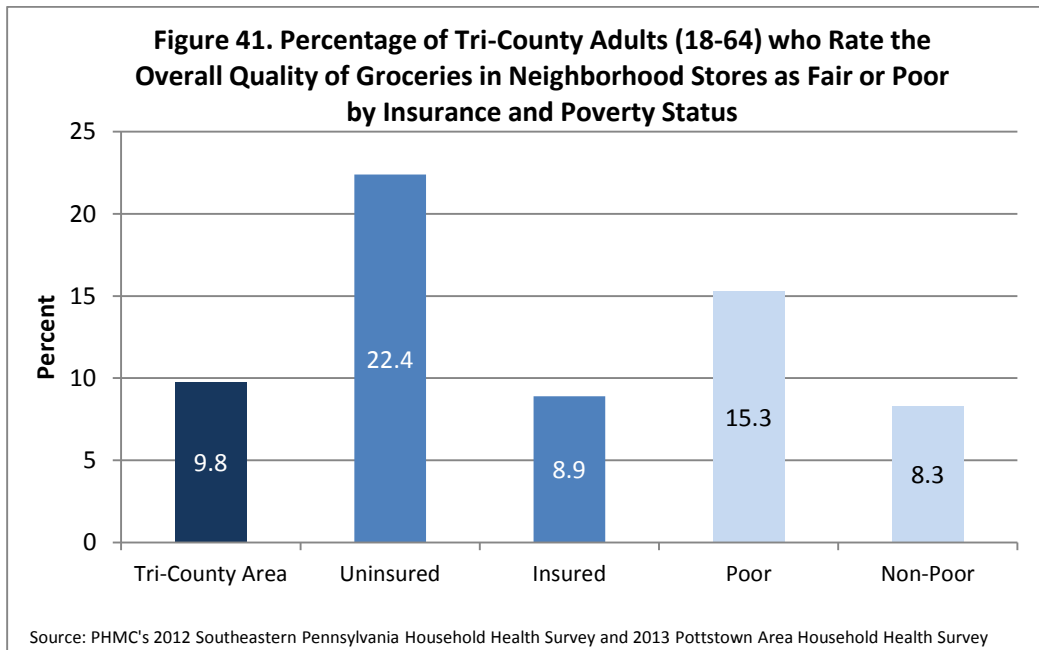
*“A lot of people would like to eat healthy but it is expensive. And if you don’t have a car it is harder to get to the cheaper supermarkets.”  
(Underserved adult group)*

*“A lot of people don’t have cars and stuff, so what is nearby is a corner store to get what you need to eat, they don’t have a lot of healthy options, they have frozen foods, little box stuff, TV dinners and all the unhealthy things. Before we had cars, we couldn’t bring back all the groceries. People that want to eat healthy but they had old habits, like, to buy a bottle of water is like a \$1.39 but a soda at Mickey D’s [McDonald’s] is \$1.00 for any size.” (Young adult group)*

Key Informants’ opinions on whether residents have access to quality fresh fruits, vegetables, and other healthy foods are mixed. Some Key Informants feel that there are supermarkets and local farmer’s markets that provide the opportunity to purchase healthy foods, but that these resources might be underutilized. Other Key Informants cited a lack of quality grocery stores (and a multitude of neighborhood convenience stores) in Pottstown Borough as a specific barrier to accessing healthy foods. Key Informants noted that the cost of healthy food is a barrier to many lower income residents. Fast food is cheaper, and there are convenience stores throughout the region that sell products at low cost and are accessible without a car. Grocery stores in general, and healthy foods, are more available in the suburbs.

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<sup>10</sup>United State Department of Agriculture: Economic Research Service (2009). Access to Affordable and Nutrition Food: Measuring and Understanding Food Deserts and their Consequences. Retrieved online on September 23, 2013 at <http://www.ers.usda.gov/publications/ap-administrative-publication/ap-036.aspx#.UkCOOn-PySo>



For example, about one in ten (9.8%) Tri-County Area adults rate the overall quality of groceries in the area to be fair or poor (Figure 41).

- Pottstown Borough has a higher percentage of adults who rate the overall quality of groceries as fair or poor (17.7%).
- Fast foods are high in unhealthy calories, saturated fats, sugar, and salt. **Two in five adults in the Tri-County Area (44.9%) eat fast food two or more times a week.** Younger adults ages 18-29 are most likely to eat at fast food restaurants. Two-thirds of those between the ages of 18-29 (66.8%) have eaten at a fast food restaurant one or more times in the past week compared with 46.5% of adults 40-33; 43.3% of adults 45-64; and 30.6% of adults 65 and over.
  - The percentage of adults who eat fast food two or more times a week in Pottstown Borough (50.9%) and the Perkiomen Valley Area (49.8%) is higher than the percentage in the Tri-County Area as a whole and all other sub-areas.
- Focus group participants felt that fast food was very attractive in terms of time and money.

*“Will power [and] time. Our culture, now, you can spend 20 minutes making a simple dish or go over to the fast food place and get it right away. It’s not only time but it’s also money. You don’t see a lot of kids walking around farmers markets shopping for fresh produces, you see them at the markets or fast food places.” (Young adult group)*

- In addition, **about two-thirds of adults (63.3%) in the Tri-County Area report that menu labeling does not influence their food choices.** This percentage is fairly consistent for adults between the ages of 18-64.
- However, adults 65 years of age or older are even less likely to be influenced by menu labeling: 73.3% report that menu labeling does not influence their food choices.
  - **More than three-quarters of adults in the Boyertown Area (75.7%) and a slightly lower percentage in Pottstown Borough (71.1%) report that menu labeling does not influence their food choices.** These percentages are higher than the Tri-County Area as a whole and all other sub-areas.



- Focus group participants felt there are healthy choices in restaurants in the area, but felt that the smaller, low calorie portions were “less bang for your buck.”

*“There are restaurants in the area that offer healthy choices and points for Weight Watchers and smaller portions. I know I eat more than I should. When you go out, you want more bang for your buck. I like to go to Friday’s, I have trouble ordering broccoli until I figured out that that’s the fattest food they have there, the broccoli – I was realizing that the butter they put on.” (Young adult group)*

*“A lot of restaurants changed their menus to low calorie. It may seem like a bad dish because they have smaller portions.” (Underserved adult group)*

Focus group participants felt that the PAHWF could encourage healthy eating by encouraging more stores and farmer’s markets with healthy fresh produce and longer service hours in the Borough, by educating residents on healthy eating, and by holding cooking classes that teach healthy ways to cook fruit and vegetables that also taste good.

*“Some way, somehow, educate people about everything that’s going on. Like healthy tips. Even if it’s holding another small group like this and just provide information.” (Young adult group)*

*“Make the groups more social, cooking lessons, stuff like that. They really need to advertise it. Some people read that Pottstown thing [the Mercury] that tells you what’s going on in the community but once a month it will come out, but you have to find a way to do it more often.” (Young Adult Group)*

*“I think it’s important to educate parents on how to cook. Many people don’t know how to cook. So making things that taste good without pouring tons of stuff in it that’s bad for you but also being able to find it.” (Parent group)*

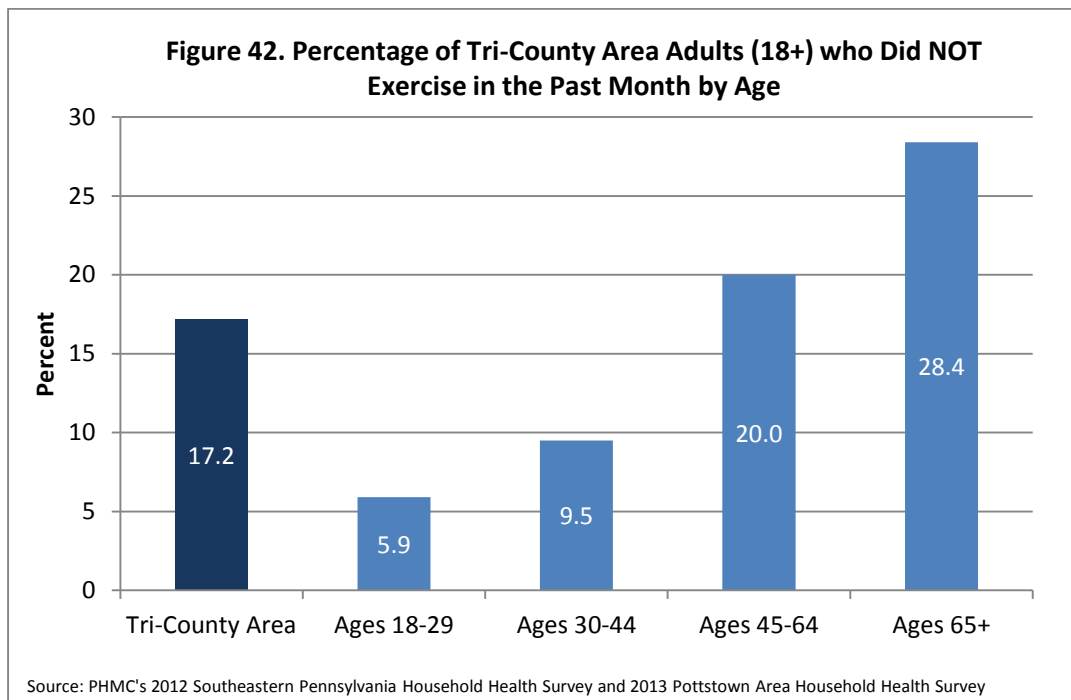
*“Farmers Markets, if they were open more. People can’t afford to always eat healthy. Discount prices. Food pantries.” (Young adult group)*

### Exercise

The U.S. Department of Health and Human Services’ 2008 Physical Activity Guidelines for Americans recommends that adults (ages 18-64) get 2.5 hours of moderate aerobic physical activity each week.<sup>11</sup>

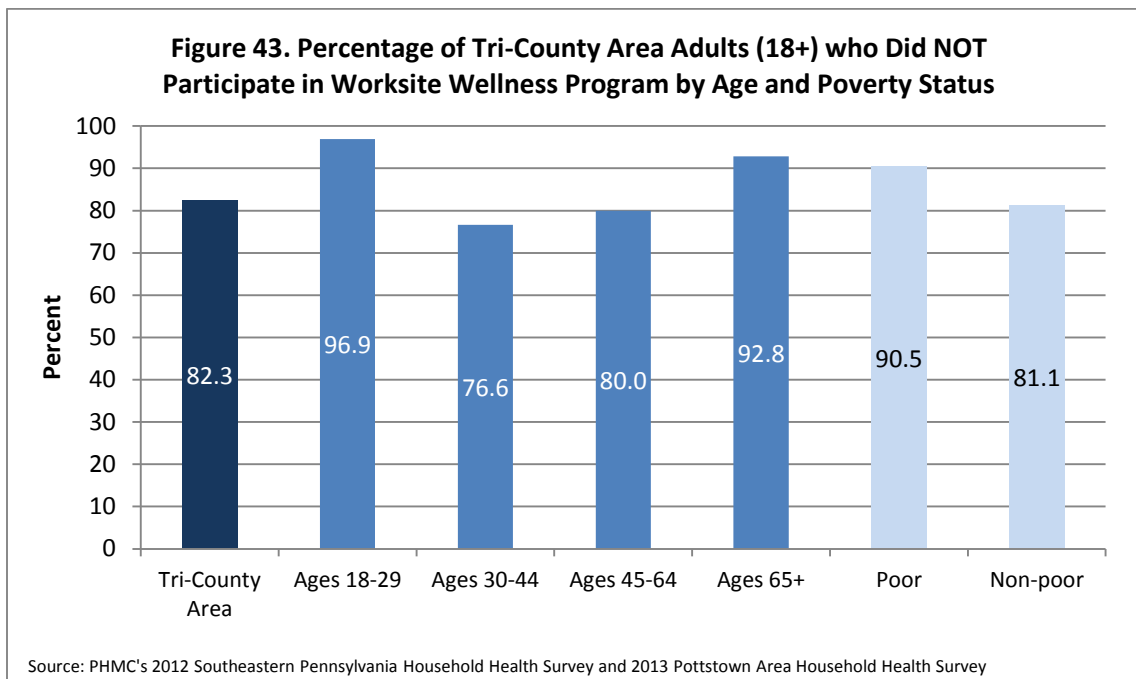
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<sup>11</sup>U.S.Department of Health and Human Services.2008 Physical Activity Guidelines for Americans, 2008.



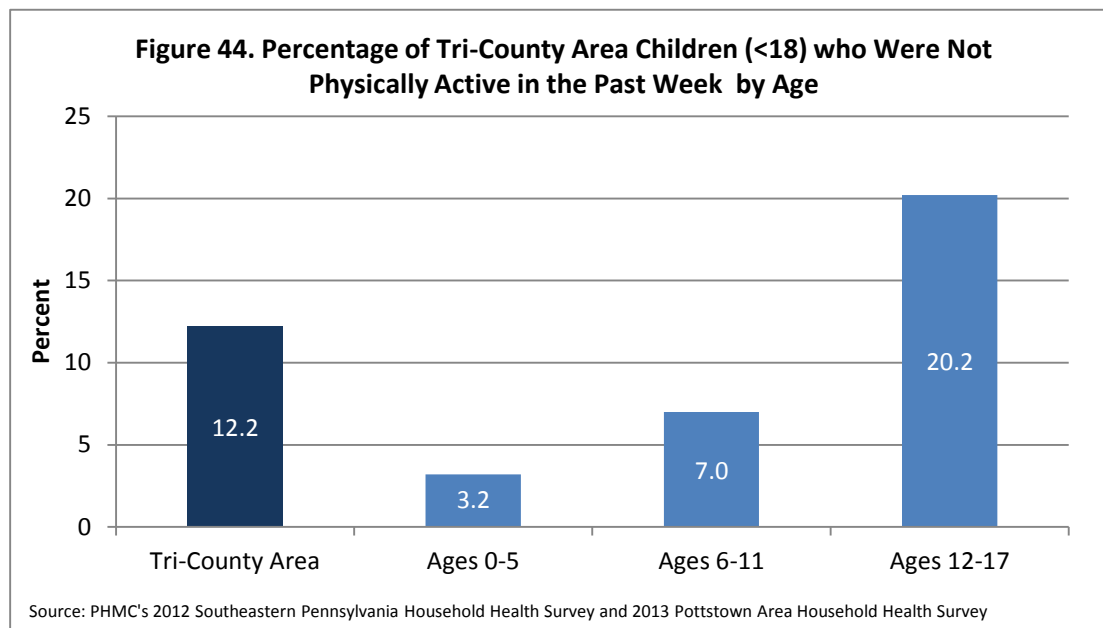
- Approximately 30,700 adults (17.2%) in the Tri-County Area did not participate in any exercise in the past month. However, more than one-half (57.3%) of adults exercise three or more days a week as recommended. The Healthy People 2020 goal is to reduce the percentage of adults who participate in no leisure time physical activity to 32.6% (Figure 42).
  - Adults in the Daniel Boone Area (50.0%) are less likely to exercise three times a week than adults in the other six sub-areas.
- The percentage of adults who did not participate in any exercise in the past month in the Tri-County Area (17.2%) is greater than the percentage in Berks (15.6%), Chester (9.0%), and Montgomery (9.0%) Counties.
- In addition, the overwhelming majority of adults (82.3%) in the Tri-County Area do not participate in a worksite wellness program (Figure 43).





The U.S. Department of Health and Human Services' 2008 Physical Activity Guidelines for Americans recommends that children and adolescents (ages 6-17) get 60 minutes or more of physical activity daily.

- Nearly one in eight children (12.2%) between the ages of 0-17 in the Tri-County Area exercise two or fewer times in a week. Specifically, **adolescents between the ages of 12-17 are the most likely to exercise two or fewer times in a week** (20.2% compared with 7% of children ages 6-11 and 3.2% of children ages 0-5, respectively) (Figure 44).
- The Pottsgrove and Spring-Ford Areas have the highest percentages of children participating in physical activity two or fewer times per week than all other sub-areas (15.8% and 14.7%, respectively).



Four Key Informants identify lack of physical exercise as negative health behavior. Key Informants feel that some people do not understand the importance of physical activity, and don't realize that exercise can be free. The most commonly cited barriers to exercise by Key Informants include cost (n=9), transportation (n=8), and a lack of personal motivation (n=5).

- Cost. One of the most commonly cited barriers to indoor exercise in inclement weather for Tri-County Area residents is the cost of gym membership.
- Transportation. Transportation to both indoor and outdoor activities is a barrier to exercise, according to eight Key Informants. For example, some parks and gym facilities are only accessible by car for those who live outside the immediate neighborhood. Even where public transportation may be available, cost and long distances between bus stops may be a barrier in poor weather.
- Lack of motivation. Facilities and programs encouraging exercise exist in the Tri-County Area, and that apathy or lack of motivation is the main barrier to a healthier lifestyle.
- Lack of knowledge about exercise. A lack of knowledge about the importance of exercise, as well as a lack of knowledge about where to go to exercise is another barrier to participation.
- Unsafe conditions. A lack of sidewalks and biking lanes in both urban and suburban areas makes it difficult to run, walk, or bike safely. Adults and children can safely bike on the trails, but must travel through dangerous traffic to get there.
- Daily struggles. When one is struggling day-to-day, as in many low-income households, healthy living and exercise often do not take priority.

Lack of time. Focus group participants also feel that lack of time is a barrier to getting regular physical exercise.

*"Like, because, for me, I barely work out. Sometimes I workout on my own time but I'm constantly going to school, walking to school, walking to work, so that's exercising time. I work out in my room. I have a few little weights in my room." (Young adult group)*



Cost and transportation are also barriers to working out for focus group participants, especially young adults.

*“Transportation is the big thing. You have to wait a long time to catch a bus and then catch another bus by the time you get to the gym you’re tired out.” (Young adult group)*

*“[I do not exercise] because they [my parents] don’t have enough money. Not enough close [basketball] courts to get to. There is not much in walking distance to places. Bridge Street is the only one I know about.” (Teen group)*

*“There is no place that is free like a rec center like in the winter time where you don’t have to have a membership. Because the Y[MCA] memberships are really expensive. It really comes down to how valuable is your time, and two hours here and there a couple of times a week isn’t going to satisfy a membership. A place where you can go when you have time and fits around your schedule I think would be awesome. I know that comes down to how much does the city have, employment, and losing equipment and things like that, but it’s definitely out there.” (Young adult group)*

Many parents felt that there were few family-based activities, and also that parents need to set a good example for their children, especially teenagers.

*“I still feel one of the missing pieces especially in the suburbs is we all run our kids to soccer and this and that all the adults either go do errands or sit in their cars on their phones and there’s not a lot of family things so you can do something as a family because a lot of people work all day. Family activities. We do love to do family things that’s a huge factor if the family participates together.” (Parent group)*

*“Once they get around age 12 or 13, those are the ones hardest to get to exercise or go out and play. The ones I see walk by are under age 12 and I don’t see any teenagers as much.” (Parent group)*

*“We try to be active in our own yard, but there aren’t many kids around. We have to go and make that effort. So I think that going back to the parents to do it, I think parents want to, I don’t think they don’t want to, I think you have to seek it out and make it part of your life, make it important. If there are other factors in your life that override that, then I think it becomes very low on the important priority.” (Parent group)*

In addition to family activities, focus group participants also suggested that better communication, a central source of information, and community-wide events would help people get more physically fit.



*“Even if it’s a free class, there’s marketing involved, getting the word out there, not to just certain people and places but everywhere out there, grocery stores, anywhere, post office, local churches, the Y and everywhere. Luckily through a group I have met, different women that I have asked, what can we do this summer that is relatively low cost, that I can take my kids that will be safe and active and something healthy for them and the whole family so it’s really hard to find that.” (Parent group)*

*“I think we have very little communications. You have to go to the calendar online or Facebook, the calendar for the school is not the best, so again you’re checking multiple places going back to knowing where things are being in Chester County we look at the Phoenixville calendar for what’s going on. You have all these different calendars; you got the parent resource coming home, that little brochure. There’s not one central place.” (Parent group)*

#### Tobacco Use

**About one in five (19.3%) adults in the Tri-County Area currently smokes;** this percentage is lower than the smoking rate statewide (22.4%) but is higher than for Southeastern Pennsylvania (SEPA) as a whole (18.2%) (Figure 45).

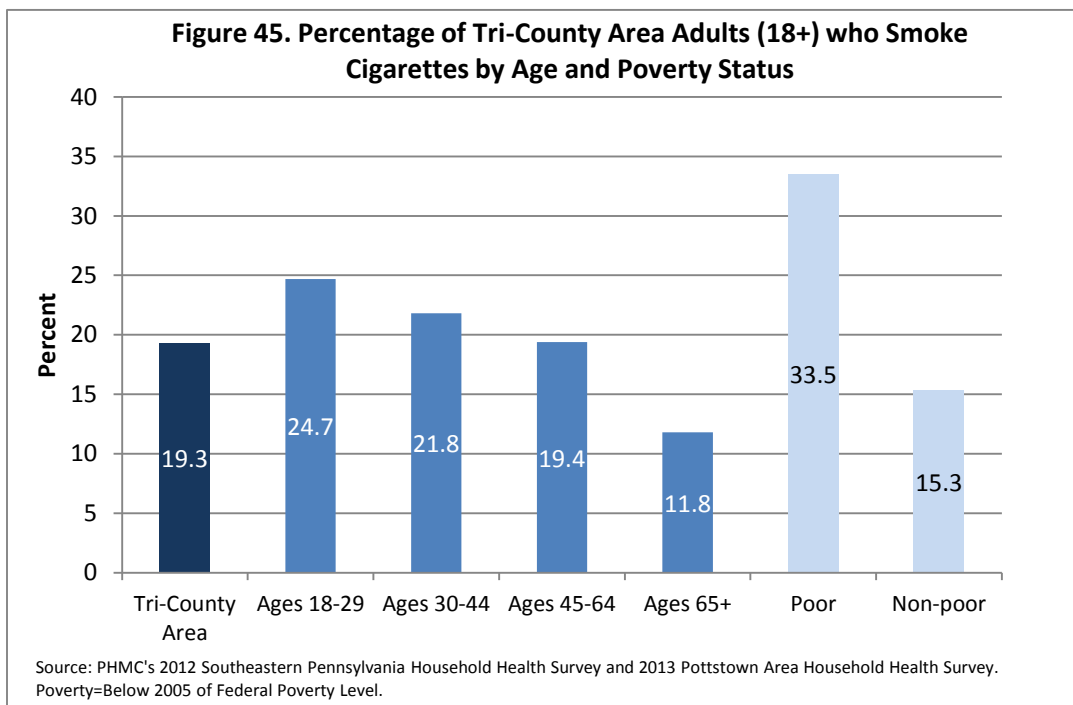
- The percentage of adult smokers is highest in Pottstown Borough (30.7%) compared with all other sub-areas.
- The percentage of smokers in the Tri-County Area is similar to the percentage in Berks County (20.4%) but higher than in Chester and Montgomery Counties (both 13.3%).
- Adults between the ages of 18-29 are more likely to smoke than any other age group (24.7% compared with 21.8% of adults 30-44; 19.4% of adults 45-64; and 11.8% of adults 65 and over, respectively).
- In addition, adults living below 200% of the Federal Poverty Level in the Tri-County Area are twice as likely to smoke as non-poor adults (33.5% compared with 15.3%, respectively).
- **The percentage of adults in the Tri-County Area who smoke does not meet the Healthy People 2020 goal of 12.0%.<sup>12</sup>**
- The majority (59.2%) of adults in the area who smoke tried to quit in the past year.

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<sup>12</sup>2011 Behavioral Risks of Pennsylvania Adults, PA Department of Health.



Key



Informants were asked their opinion on positive health behaviors among residents. The most common positive health behaviors include increased use of biking, walking and river trails; reduction in smoking rates; and organization and participation in healthy community activities. Among Key Informants, the most commonly cited health behavior with a negative health impact was substance use, including alcohol, tobacco, and other drugs. Key Informants believe strongly in the relationship between poverty, stress, depression, low educational attainment, and a pervasive acceptance of drug and alcohol use, including cigarette smoking.



### Screen Time

The American Academy of Pediatrics discourages media use by children younger than age two and recommends limiting older children's screen time to no more than one or two hours a day. Studies have shown that excessive screen time has been linked to obesity, irregular sleep, behavior problems, impaired academic performance, and violence.<sup>13</sup>

**Nearly one-third of children in the Tri-County Area watch more than two hours of television per day, and 17.8% of children in the Tri-County Area use the computer for more than two hours per day.**

- Nearly one-half (44.4%) of children between the ages of 12-17 watch two or more hours of television per day; an additional 33.3% use the computer for more than two hours per day.
- **54.2% of children in the Pottsgrove Area watch two or more hours of television per day.** This percentage is higher than the Tri-County Area average and any other sub-area. In addition, the Pottsgrove Area has the highest percentage of children using the computer for two or more hours per day (33.7%).
- The percentage of children watching two or more hours of television per day in the Tri-County Area is higher than in Chester and Montgomery Counties (31.3% compared with 23.4% and 26.3%, respectively).

In addition, **four in ten adults (41.5%) in the Tri-County Area watch more than two hours of television per day.** Adults living below 200% of the Federal Poverty Level are more likely to watch two or more hours of television than non-poor adults (50.3% compared with 39.8%, respectively).

- One in ten adults in the Tri-County Area uses the computer for more than two hours per day.
  - The percentage of adults who use the computer for more than two hours per day is highest among adults ages 18-29 (38.9%).
  - Uninsured adults are more likely to use the computer for more than two hours per day compared with adults with health insurance (35.4% compared with 17.0%, respectively).

### Social Capital

About **one-third of adults (32.9%), or nearly 58,300 adult residents in the Tri-County Area, report low social capital in their neighborhood.** Nearly one in five (19.1%) adults in Pottstown Borough does not go somewhere during the day due to safety; this is nearly three times the percentage in the overall Tri-County Area (6.6%).

- **Pottstown Borough has the highest percent of adults who report low social capital (42.2%), followed by the Boyertown Area (41.2%).**
- The percentage of adults in the Tri-County Area who report low social capital in their neighborhood (32.4%) is higher than in Chester and Montgomery Counties (25.3% and 24.1%, respectively).
- In addition, **three-quarters of adults (74.5%) have not heard of the PAHWF.**

### Public Recreation

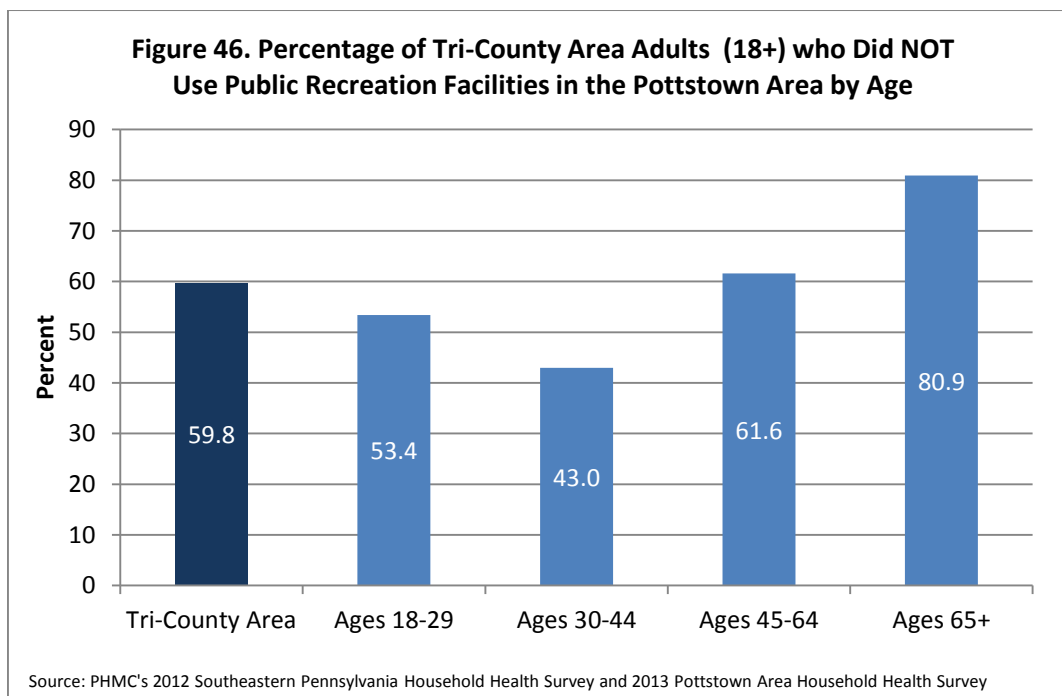
**Approximately 106,400 adult residents (59.8%) do not use public recreation facilities in the Tri-County Area.** Two in ten adults feel uncomfortable visiting a neighborhood outdoor space or park during the day.

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<sup>13</sup> 2013 Media and Children, The American Academy of Pediatrics. Retrieved on September 24, 2031 at <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx>



- Three-quarters of adults in the Daniel Boone Area (77.7%) and two-thirds of adults in the Boyertown Area (67.6%) do not use recreation facilities in the Tri-County Area; this is the highest percentage in the Tri-County Area.
- Uninsured and poor adults, and those age 65 and older (80.9%), are more likely not to utilize these recreation facilities as well(Figure 46).



Key Informants' opinions regarding whether or not Tri-County Area residents have enough safe, affordable places for outdoor or indoor exercise are mixed. Some Key Informants report that there are plenty of safe and affordable indoor and outdoor spaces for exercise, and others feel that there are not enough public playgrounds or organized outdoor sporting events. Several Key Informants suggested that there are enough public places for exercise, such as playgrounds, parks with fitness equipment, and trails, but that these places are not being used frequently. Residents might benefit from more outreach about available resources.

According to Key Informants, characteristics of people who exercise regularly are that they:

- Are employed and/or have high-incomes;
- Have transportation (cars);
- Are motivated to improve their physical health; and
- Are educated about the benefits of exercise.

According to Key Informants, Tri-County Area residents who exercise indoors most often go to:

- A YMCA branch (n=9). Some Key Informants mentioned that membership fees, even at the Y, may be too expensive for some. Key Informants suggested an increase in Y scholarship programs or free memberships.
- Local gyms (n=4). Some Key Informants noted, however, that gym access is not free, and some private health clubs are cost prohibitive for many.



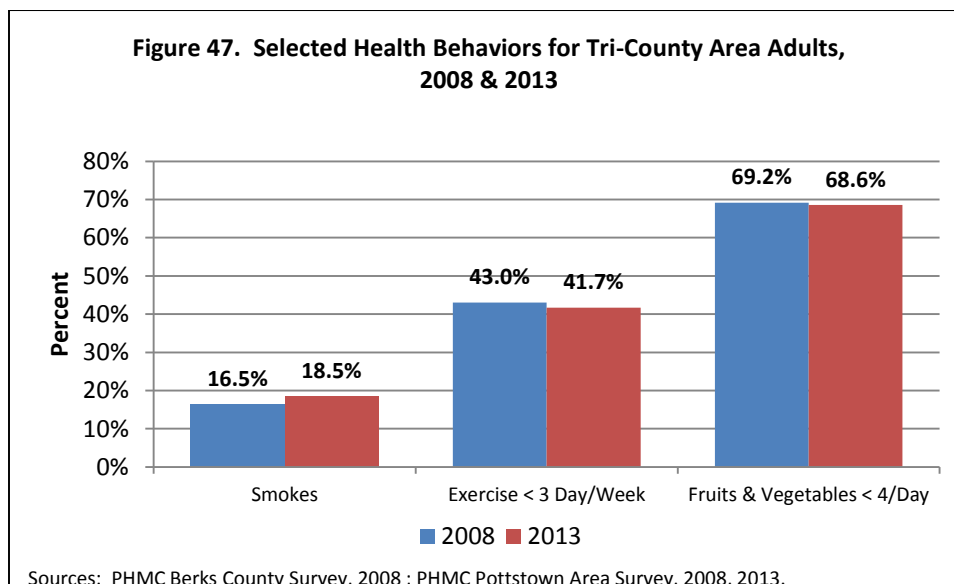
- Senior Centers (n=2).
- Private Swim Club (n=1).
- Olivet Boys and Girls Club (n=1).

Outdoor exercise opportunities in the Tri-County Area reported by Key Informants include:

- Walking and biking trails (n=10). Key Informants report that the biking and walking trails, such as the Schuylkill River Trail and the Perkiomen Trail, are accessible and popular outdoor exercise options.
- Public parks and playgrounds (n=10). Among the most popular outdoor public spaces for exercise are local parks and playgrounds. As one Key Informant noted, Pottstown Borough has an excellent Recreation Department, with parks in every neighborhood except for the North End. Key Informants feel that the playgrounds are safe and the equipment is in good condition. For younger children, in particular, there are great opportunities for play.
- School facilities (n=3). School facilities, such as tracks and playgrounds, are viable outdoor exercise resources for many residents.
- Bike share program (n=2). Two Key Informants and many focus group participants listed the free Bike Share Program as a tremendous resource in the area. The Bike Share Program, with PAHWF funding, bought 25 bicycles and distributed them in two locations – an office at the Schuylkill River Trail and a bike shop in town.

#### Trends in Health Behaviors, 2008-2013

Since 2008, smoking among Tri-County Area adults has increased slightly, from 16.5% to 18.5% (Figure 47). However, the percentage of adults who exercise less than three times a week has decreased slightly (43.0% and 41.7%, respectively).

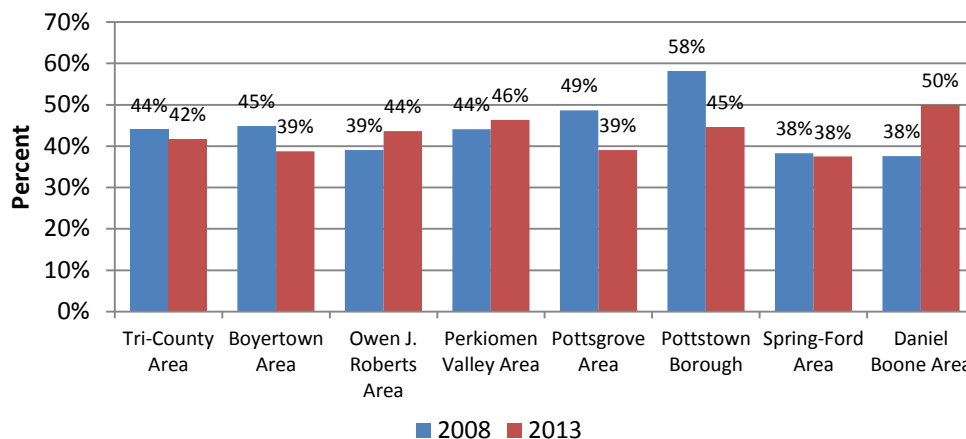


The percentage of adults who exercise less than the recommended three days a week decreased in Pottstown Borough from 58.2% to 44.6% between 2008 and 2013, but increased in the Owen J. Roberts, Perkiomen Valley, and Daniel Boone Areas (Figure 48).





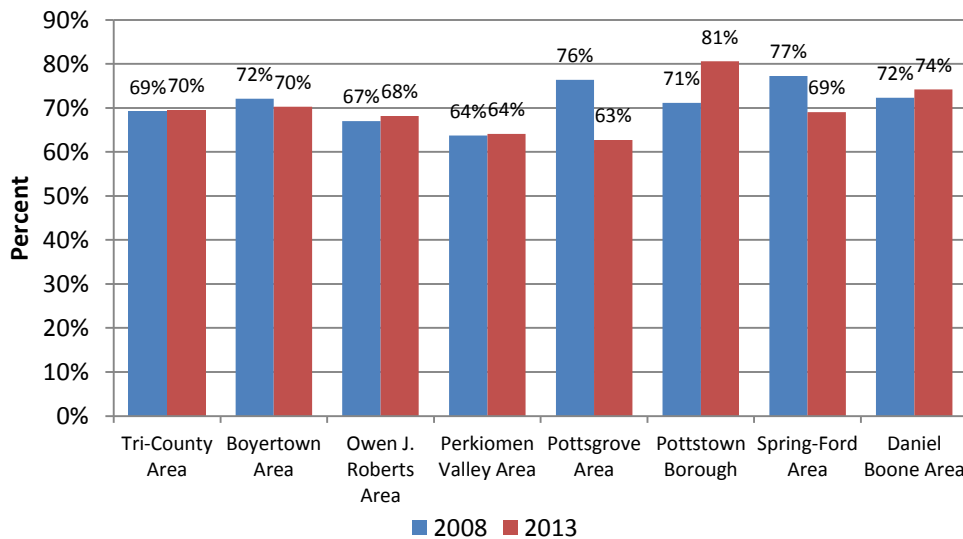
**Figure 48. Percentage of Tri-County Area Adults who Exercise <3 Days/Week, 2008 & 2013**



Sources: PHMC Berks County Survey, 2008 ; PHMC Pottstown Area Survey, 2008, 2013.

Since 2008, the percentage of adults who eat less than four fruits and vegetables a day has increased in only one sub-area, Pottstown Borough, from 71.2% to 80.6% (Figure 49).

**Figure 49. Percentage of Tri-County Area Adults who Eat <4 Fruits or Vegetables/Day, 2008 & 2013**



Sources: PHMC Berks County Survey, 2008 ; PHMC Pottstown Area Survey, 2008, 2013.



## Health Screenings

Regular health screenings can help identify problems before they start. Early detection can improve chances for treatment and help individuals to live longer, healthier lives.

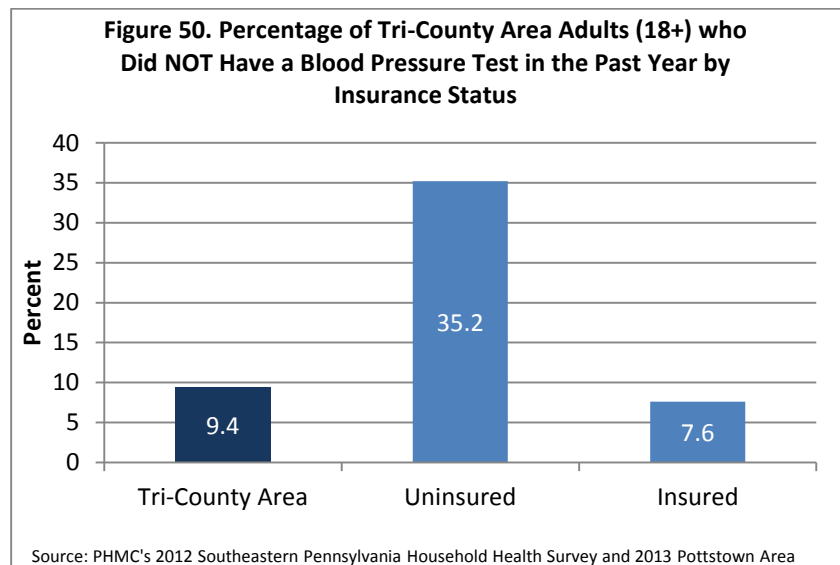
Key Informants were asked to describe any barriers to receiving preventive screenings for Tri-County Area residents. The greatest barriers to preventive screenings identified included insurance coverage/screening cost (n=6), the location of screening services and available transportation (n=5), awareness of screening availability, including free or reduced cost services (n=3), and a lack of personal motivation to complete screenings (n=2).

### Recommended Screenings

#### *Blood Pressure*

In the Tri-County Area, **9.4% of residents 18 years of age or older did not have a blood pressure test in the past year**, representing approximately 16,600 adults. This percentage is comparable with that of Chester County (9.0%) and lower than that of Montgomery and Berks Counties (10.7% and 13.2% respectively).

- The Boyertown Area has the highest percentage of adults who have not had a blood pressure test in the past year (15.1%).
- Younger adults (ages 18-29) are more likely not to have had their blood pressure tested in the past year (15.9%), compared with adults ages 30-44 (12.8%), 45-64 (8.4%), and 65 and over (3.1%).



Uninsured adults are nearly five times as likely not to have had a blood pressure test in the past year (35.2%) compared with insured adults (7.6%) (Figure 50).



### *Blood Cholesterol*

**Three in ten adults aged 18 and older (30.1%) did not have a blood cholesterol test in the past year;** this percentage represents approximately 51,700 adults.

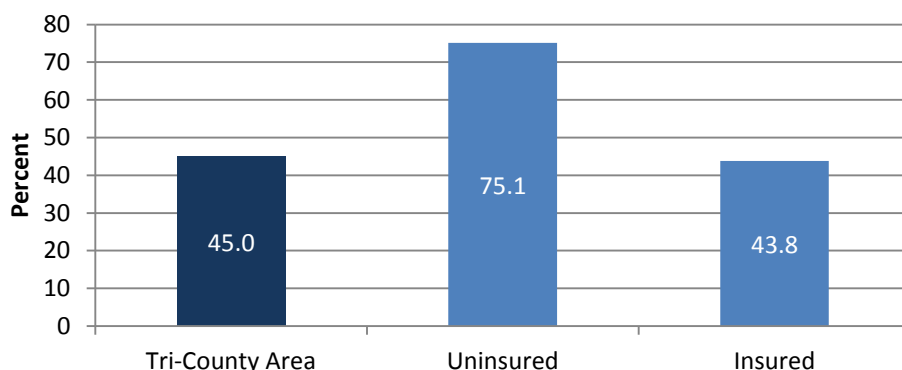
- Adults (18+) in the Daniel Boone Area are the most likely not to have had a blood cholesterol check in the past year (39.8%).
- Adults between the ages of 18-29 are the most likely not to have had their blood cholesterol checked in the past year (57.3%), followed by adults 30-44 (40.7%), 45-64 (26.1%), and 65 and over (9.8%).
- More than one-half of uninsured adults (18+) did not have a blood cholesterol check in the past year (54.9%) in comparison with 28.3% of insured adults.

### *Colonoscopy and Sigmoidoscopy*

Regular screenings beginning at age 50 are fundamental in preventing colorectal cancer. Of adults 50 years of age or older, **three in ten (31.5%) did not have a colonoscopy or Sigmoidoscopy in the past ten years**, which represents 27,200 adults.

- Adults aged 50+ in Perkiomen Valley Area are the most likely not to have had a colonoscopy or Sigmoidoscopy in the past year (89.9%).
- Adults aged 50+ in the Tri-County Area are slightly more likely not to have had a colonoscopy or Sigmoidoscopy in the past ten years compared with adults in Berks (30.6%), Montgomery (26.3%), and Chester (28.6%) Counties.
- Reviewing screening *in the past year*, 83.1% of Tri-County Area adults (50+) have not been screened.
- Nearly 100% of uninsured adults age 50+ did not have a colonoscopy or Sigmoidoscopy in the past year (99.2%), compared with 82.3% of insured adults.

**Figure 51. Percentage of Tri-County Area Adult Women (18+) who Did Not Receive a Pap Test in the Past Year by Insurance Status**



Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Pottstown Area Household Health

### *Pap Test*

**More than four in ten women 18 years of age or older did not have a Pap test in the past year (45.0%),** representing approximately 40,100 women (Figure 51).

- More than one-half of women (18+) in the Boyertown Area did not have a Pap test in the past year (55.4%); women (18+) in Owen J. Roberts Area were the least likely not to have been screened in the past year (37.1%) compared with the other sub-areas.



- More than one-half of women between the ages of 18-29 did not have a Pap test in the past year (51.9%). This number decreases for women ages 30-44 (28.2%) and then increases again for women ages 45-64 (43.7%) and 65 and over (63.2%).
- Three-quarters of uninsured women (18+) did not have a Pap test in the past year (75.1%) compared with 44.0% of insured women.
- In addition, women (18+) living below 200% of the Federal Poverty Level are less likely to have had a Pap test in the past year (55.5%) compared with 42.2% of non-poor women.

#### *Mammogram*

The American Cancer Society recommends annual mammograms beginning at age 40 for women in good health, although longer intervals for screening have recently been recommended by other organizations.

**Approximately 28,800 women 40 years of age or older did not have a mammogram in the past year (43.2%).** This percentage is comparable with that of Berks and Chester Counties (40.6% and 40.3% respectively), but higher than for women (40+) in Montgomery County (34.8%).

- Women in the Daniel Boone and Boyertown Areas were the most likely to have gone without mammograms (52.3% for both).
- Seven in ten uninsured women (40+) did not have a mammogram in the past year (70.8%) compared with 41.5% of insured women.

#### *PSA/Rectal Exam*

Thirty-seven percent of men aged 45 and older in the area **(36.9%) did not have a PSA or rectal exam for prostate cancer in the past year**, representing approximately 15,300 men. Men (45+) in the Tri-County Area (36.9%) are less likely to have been screened for prostate cancer in the past year compared with men in Chester (42.3%), Montgomery (44.3%), and Berks (47.4%) Counties.

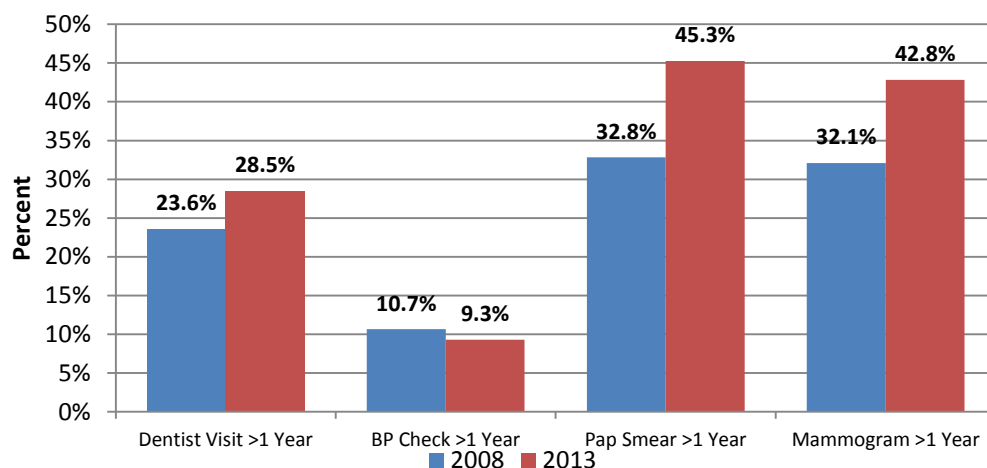
- More than one-half of men (45+) in Pottstown Borough (55.0%) were not tested for prostate cancer in the past year, which is comparable with that of the Daniel Boone Area (52.9%), but higher than for the other sub-areas.
- Nearly one-half of men between the ages of 45-64 were not tested for prostate cancer in the past year (46.6%), compared with 17.9% of men age 65 or older.
- Eight in ten uninsured men (45+) did not have a PSA or rectal exam in the past year in comparison with 34.9% of men with health insurance.
- In addition, 45.7% of men (45+) living below 200% of the Federal Poverty Level did not have a PSA or rectal exam in the past year compared with 34.7% of non-poor men.

#### Trends in Health Screenings, 2008-2013

The percentage of adults who did not receive recommended screenings, such as for oral health problems (23.6% versus 28.5%), and cervical (32.8% versus 45.3%) and breast (32.1% versus 42.8%) cancer, in the Tri-County Area increased between 2008 and 2013 (Figure 52).



**Figure 52. Selected Health Screenings for Tri-County Area Adults, 2008 & 2013**



Sources: PHMC Berks County Survey, 2008 ; PHMC Pottstown Area Survey, 2008, 2013. Pap smear= women 18+; Mammogram=women 40+

The health care, recreational, nutritional, and social service resources in the Tri-County Area that are available to address these gaps in health status and access to care are discussed in the next section, Existing Resources.



## EXISTING RESOURCES

### Public Health Resources

Pennsylvania has a total of six county and four city health departments. The purpose of public health departments is to prevent disease, protect people from hazards to their health, and promote healthy living through an organized, community-based approach. Health departments conduct health screenings, ensure environmental and food safety, monitor and test for communicable diseases, administer immunizations, support maternal and child health, and provide health education. Local health departments ensure that these services are provided to the public using an organized approach. Services are provided free or at low cost to the general public in order to reach as many residents as possible. The nearest Montgomery County Health Department office is located in Norristown.

### Acute Care

**Acute care resources located in the Tri-County Area include one for-profit acute care general hospital** (Pottstown Memorial Medical Center in Pottstown). **Pottstown Memorial Medical Center** is a 234-bed general medical and surgical hospital in Pottstown, offering a full range of health services including inpatient and outpatient, medical and surgical, and diagnostic and emergency care. In fiscal year 2012, the hospital served patients through approximately 43,500 emergency room visits, 10,000 admissions, 129,500 outpatient visits, and 4,200 inpatient surgeries.<sup>14</sup>

**Phoenixville Hospital** is a 137-bed non-profit general medical and surgical hospital in Phoenixville, which is located just outside of the Tri-County Area. The hospital has clinical partnerships with the University of Pennsylvania Health System, The Children's Hospital of Philadelphia, The Philadelphia Hand Center, the Moore Eye Institute, and Abington Memorial Hospital. Annually, the hospital provides comprehensive medical services through approximately 25,000 emergency room visits, 8,200 inpatient admissions, and more than 500 community outreach programs.<sup>15</sup> Phoenixville Hospital has four Outpatient Centers and employs 161 active physicians.<sup>16</sup> In 2012, its physicians performed 3,492 inpatient and 9,947 outpatient surgeries.<sup>17</sup> There were 621 and 887 births at each hospital, respectively, in fiscal year 2012.<sup>18</sup>

**Acute care resources in the Reading Area in Berks County include two not-for-profit acute care general hospitals** (St. Joseph Regional Health Network in Bern Township and Reading Health System in West Reading), which are approximately 15 miles from Pottstown Borough. Both acute care general hospitals are teaching hospitals that are located just outside the municipal boundaries of the City of Reading. St. Joseph Regional Health Network admitted 8,122 inpatients and reported 226,586 outpatient (emergency and non-emergency) visits in fiscal year 2012.<sup>19</sup> St. Joseph Regional Health Network consists of:

- A 204 acute care bed facility, located in Bern Township;
- 20 outpatient centers, including physician offices, diagnostic, and therapeutic satellite locations;
- 100 employed physician and mid-level providers; and

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<sup>14</sup> U.S. News Best Hospitals Rankings, available at <http://health.usnews.com/best-hospitals/area/pa/pottstown-memorial-medical-center-6232770>

<sup>15</sup> Phoenixville Hospital website, <http://www.phoenixvillehospital.com>

<sup>16</sup> Phoenixville Hospital Fact Sheet, available at the hospital website, [phoenixvillehospital.com](http://www.phoenixvillehospital.com).

<sup>17</sup> U.S. News Best Hospitals Rankings, available at <http://health.usnews.com/best-hospitals/area/pa/phoenixville-hospital-6232390/details>

<sup>18</sup> U.S. News Best Hospitals Rankings, available at <http://health.usnews.com/best-hospitals/area/pa/>

<sup>19</sup> Pennsylvania Health Care Cost Containment Council, 2012.



- A comprehensive ambulatory care facility in downtown Reading.

Reading Health System has:

- 600 acute care beds;
- 40 primary care and diagnostic centers;
- The Center for Mental Health including a 35-bed psychiatric hospital (adult and adolescent beds); and a
- 110-bed post-acute hospital.

There were 800 and 3,586 births at each hospital, respectively, in fiscal year 2011.

#### Primary Care

Primary care patient medical homes are an important resource in ensuring continuous and comprehensive care that can prevent or ameliorate chronic disease. **Montgomery County, where Pottstown Borough and several other sub-areas in the Tri-County Area are located, has a higher ratio of primary care physicians per person, 747:1, compared with both the state and the nation as a whole.** On the other hand, **Berks County, where several sub-areas in the Tri-County Area are located, has fewer primary care physicians per person than Pennsylvania as a whole.** According to the **County Health Rankings**,<sup>20</sup> the ratio of primary care physicians to the population of Berks County is 1,580:1. This is lower than the U.S. ratio of 1,067:1 and the Pennsylvania ratio of 1,273:1. Chester County, the location of the Owen J. Roberts Area, fares slightly better, with a ratio of 1,175:1.

However, the mere presence of more primary care physicians does not ensure that more individuals in the population get primary care.<sup>21</sup>

**In addition to the providers listed above, access to primary care for low-income residents of the Tri-County Area is also provided at a Federally Qualified Health Center, Community Health & Dental Care, Inc.** in Pottstown. Services provided by Community Health & Dental Care, Inc. include: women's health exams, flu shots, on-site lab services, on-site pharmacy, childhood immunizations, preventive screenings, pediatric care, case management and referral assistance, and dental services for adults and children. In addition to Community Health & Dental Care Inc., dental care is available to low-income residents through the Community Medical and Dental Center Rahns, located in Rahns, Montgomery County.

#### Other Health Care Services

Primary episodic care services are also provided by **three urgent care centers**: Premier Immediate Medical Care in Douglasville, Premier Urgent Care in Limerick, and Premier Immediate Medical Care in Royersford.

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<sup>20</sup>[www.countyhealthrankings.org](http://www.countyhealthrankings.org), 2013.

<sup>21</sup>Shi, L. and Starfield, B. The Effect of Primary Care Physician Supply and Income Inequality on Mortality Among Blacks and Whites in US Metropolitan Areas. American Journal of Public Health. August 2001, Vol. 91, No. 8, pp. 1246-1250.



## Social Services

As shown in Appendix E, there are many social service agencies in the Tri-County Area, including mental health services, substance abuse treatment, homeless/emergency shelters, and nutrition services.

**Five agencies provide mental health and substance abuse services** to Tri-County Area residents, offering recovery oriented behavioral health and supportive services through individual, group and family therapy. Four of these agencies are located in Pottstown: Pennsylvania Forensic Associates (mental health services), Rehab After Work - Outpatient Treatment Centers (substance abuse services), and Resources For Human Development (substance abuse services). Creative Health Services Inc., in Pottstown provides substance abuse and mental health services through outpatient, intensive outpatient, residential treatment, case management and children's programs as well as other services. Spring-Ford Counseling Services in Royersford offers various counseling sessions, programs and treatments for individuals and families to meet their mental health and substance abuse needs.

There are three **senior centers in the Tri-County Area** which provide health, education, arts, and fitness programming; information and referrals; assistance with grocery shopping; socialization opportunities; and communal meals for older adults. There is one center in Pottstown, Pottstown Area Senior Center. There are also two senior centers in Berks County, Berks Encore located in Birdsboro and The Center at Spring Street in Boyertown.

There are two **shelter programs** in the Tri-County Area for homeless men, women, women with children, and entire families. The Ministries at Main Street provides seasonal homeless shelter services in Pottstown. The Berks County Housing Authority offers shelter and housing services in Birdsboro.

The Tri-County Area has several agencies and organizations that provide services directed to improving nutrition. Three **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** offices in the area, located in Boyertown, Pottstown, and Spring City, provide supplemental nutritious foods, information on healthy eating, including breastfeeding promotion and support, and referrals to health care for low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age five who are at nutritional risk.

The **Pottstown Cluster of Religious Communities** supplies food, community meals, dry goods, support and referrals and financial assistance for individuals and families. Services include: an Emergency Food Pantry which provides food and infant formula; a Community Meals Program with complete weekday and holiday lunches and dinners, cooked and served by volunteers; a Dry Goods Department with clothing, shoes, personal hygiene items and housewares; an emergency financial assistance program; Meals on Wheels; the Getting Ahead Initiative, an educational program on overcoming poverty; personal care; and support and referrals to community social agencies and health care.

Other non-profit agencies that provide services to a substantial number of Tri-County Area residents include the Salvation Army and the Pottstown Family Center.

The **Pottstown Family Center** offers a wealth of programs for families and children. These programs include: Alternative Response, which provides support to families who have a concrete need for assistance; The Parent-Child Playgroup; Parents As Teachers Home Visitation; Parent Education; The PEAK (Pottstown Early Action for Kindergarten Readiness) Initiative, which works with the Tri-County Area to





coordinate community early childhood education and related services and make them more readily available; the Pregnant and Parenting Teen Program; the SHARE Food Program, which gives community members quality food at affordable costs; the Time-Limited Family Reunification Program; the Toy and Book Lending Library; and the Volunteer Income Tax Assistance (VITA) program offers free income tax preparation to low-income families.

The **Salvation Army** of Pottstown provides many services, including adoption and foster care, adult rehabilitation, community centers, children's camps, residential supports for persons with developmental disabilities, emergency disaster services, music and arts programming, emergency shelter and transitional housing, and social services, including food pantries, soup kitchens, and meal services.

### **Nutritional Resources**

Nutritional assistance is provided through the **16 food pantries** and other meal programs distributed throughout the Tri-County Area, including five in Pottstown Borough. There are food pantry locations throughout the Tri-County Area in Boyertown, Stowe, Schwenksville, Spring City, Glenmoore, and Royersford. Many food pantries, soup kitchens, and meal programs are located in churches.

**Twenty chain grocery store locations**, including Acme Markets, ALDI, Costco, Genuardi's, Giant Food, Redner's Market, Super Fresh, Thriftway, Walmart, Wegmans, Weis Markets, and Whole Foods Market, are situated in the Tri-County Area. These chain grocery stores are located in Chester Springs, Royersford, Pottstown, Boyertown, Collegeville, Douglassville, Bechtelsville, and Gilbertsville. However, none of these chain grocery stores are located in the downtown area of Pottstown Borough, making shopping for those without a car difficult.

There are **23 farmers' markets and produce stands** providing access to fresh produce in the Tri-County Area, although all are located in either Montgomery or Chester Counties. In Montgomery County, seven farmers' markets or produce stands are located in Collegeville, five are located in Pottstown, three are in Gilbertsville, and one is in Frederick. In Chester County, three farmers' markets or produce stands are located in Chester Springs, two are in Elverson, one is in Spring City, and one is located in Glenmoore.

Currently, the **Pottstown Community Garden at 4<sup>th</sup> and Chestnut Streets is the only community garden** in the area. The community garden staffs a farm stand each fall to sell the vegetables they have grown, along with other fresh produce and locally harvested honey. The Pottstown Community Garden is scheduled to expand to a second location.

### **Public Schools**

There are **seven school districts** serving Tri-County Area students in grades K-12: Pottstown School District, which serves approximately 3,200 students; Pottsgrove School District, a suburban district serving approximately 3,350 students; Daniel Boone School District, which serves a student population of approximately 3,900; Owen J. Roberts School District, serving approximately 5,000 students from seven townships; Spring-Ford Area School District, serving more than 7,700 students from Montgomery and Chester Counties; Perkiomen Valley School District serving nearly 5,900 students in the communities of Collegeville, Lower Frederick, Perkiomen, Schwenksville, Skippack, and Trappe; and Boyertown Area School District, which serves over 7,000 students spread out across a geographically widespread farming district that is shifting to a more suburban residential community.



### **Parks and Recreation Services**

There is an **abundance of township and municipal parks available for public use** (more than 130 public parks) in the Tri-County Area. These parks offer access to: playgrounds; walking, hiking and biking trails; pavilions and amphitheaters; restroom facilities; spray parks; basketball and tennis courts; baseball, softball, football, and soccer fields; fitness stations; street hockey; BMX tracks and skate parks; volleyball courts; picnics; boating access; and fishing and wildlife. There are also **three state parks**, two dog parks, **two outdoor municipal pools** and 11 outdoor public school running tracks in the Tri-County Area.

### **Additional Resources**

There are **five YMCA and one YWCA** locations throughout the Tri-County Area. All of the YMCAs are located in Montgomery County. Philadelphia Freedom Valley YMCA locations in the Tri-County Area include: Pottstown, Limerick, Gilbertsville, and Upper Perkiomen Valley. Another YMCA serves the Boyertown Area. YMCAs provide programming for children, adults, and seniors, including: group fitness classes; personal training; aquatics instruction and pool use; childcare and pre-school activities; youth and teen activities; sports programming, summer camp; and massage therapy. The YWCA Tri-County, located in Pottstown, aims to empower women and families and to eliminate racism. YWCA programs include the Adult Literacy Center, day care for young children, and Women Excel, a business and professional women's networking and support group.



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## VI. COMMUNITY HEALTH AND WELLNESS NEEDS

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The health and wellness needs for the Tri-County Area were identified and prioritized by comparing the health status, access to care, health behaviors, and utilization of services for residents of the service area with results for the surrounding counties. Input from focus groups and Key Informant interviews were also used to further identify and prioritize unmet needs.

Overall, the health status and access to care of Tri-County Area adults and children compares favorably with health indicators for surrounding Montgomery, Chester, and Berks County, the Commonwealth, and the U.S. Surgeon General's Healthy People 2020 goals for the nation. However, the health of Pottstown Borough adults and children is substantially worse than the health of residents of the Tri-County Area as a whole. Tri-County Area adults and children who are poor or uninsured also experience poorer health.

For some health indicators, the findings for the service area are **statistically significantly worse** than the surrounding region, comprised of Berks, Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties and, therefore should be prioritized for improvement. These indicators are:

- Pap test in past year ( $p < 0.05$ );
- Mammogram in past year ( $p < 0.01$ );
- Low social capital ( $p < 0.01$ ); and
- (Child) dental visit in past year (age 4-17) ( $p < 0.01$ ).

Data from Vital Statistics, the Tri-County Area Household Health Survey, Key Informant interviews, and Focus Groups identified two key areas of unmet needs: obesity/overweight and access to care. Healthy behaviors, such as eating habits and physical activity, have a direct effect on an individual's weight. There is an unmet need for more programming that will improve health behaviors in the Tri-County Area.

### Health Behaviors

#### Healthy Eating

Several health behaviors in the Tri-County Area represent unmet needs for education and services. Health education is also a top priority among Key Informants and many focus group participants.

- In the Tri-County Area, **approximately seven in ten adults (69.8%) do not reach** the USDA's MyPlate food guidelines of 4-5 servings of fruits and vegetables a day. Additionally, **the majority of children (68% or 31,300 children) in the Tri-County Area do not reach this recommended goal.** Key Informants and focus group participants attributed poor nutrition to cost, education, lack of time, different priorities and preferences, and transportation problems.

To help Tri-County Area residents eat healthier foods, PHMC recommends the following:

- Increase public **knowledge about healthy foods** and their availability, including farmers' markets. Ensure that the educational campaign emphasizes the role parents play in healthy behaviors in children.
- Increase **access to fresh produce** through more affordable local farmers markets.
- Expand community gardens.
- Bring in an affordable grocery store in downtown Pottstown.
- Work with community groups to promote healthy eating behaviors.



### Physical Activity

Nearly one in eight children (12.2%) between the ages of 0-17 in the Tri-County Area exercised two or fewer times in the past week. The U.S. Department of Health and Human Services' 2008 Physical Activity Guidelines for Americans recommends that children and adolescents (ages 6-17) get 60 minutes or more of physical activity daily.

- The Pottsgrove and Spring-Ford Areas have the highest percentage of children participating in physical activity two or fewer times per week than all other sub-areas (15.8% and 14.7%, respectively).
- Focus groups and key informant interviews identified cost, transportation, motivation, and time, among other issues, as barriers to exercise.

**Nearly one-third of children in the Tri-County Area watch more than two hours of television per day; an additional 17.8% of children in the Tri-County Area use the computer for more than two hours per day.** Studies have shown that excessive screen time has been linked to obesity, irregular sleep, behavior problems, impaired academic performance, and violence.

- **Approximately 106,400 adult residents (59.8%) do not use public recreation facilities in the Tri-County Area.** Uninsured and poor adults are more likely not to utilize these recreation facilities (64.8% and 74.2%, respectively).

**One-half of children in poverty are overweight or obese**, which may indicate difficulty accessing healthy foods, poor diet, and/or lack of access to safe places for play. Obesity rates also differ between lower and higher income areas.

To help Tri-County Area residents exercise, PHMC recommends the following strategies:

- Increase the use of existing faith communities to educate and provide physical activity opportunities, because many adults and families in the region belong to a church.
- Provide more **low cost or free opportunities for adults, teens, and young adults to participate in organized sports.**
- Use social media to promote more group physical activities, especially for youth and young adults.
- Provide a central electronic resource center for information on physical activities, and promote its existence using social media and other forms of publicity.
- Encourage residents to **make exercise a priority**, such as through a public awareness campaign.
- Reach more children through schools and by educating more parents on the importance of modeling a healthy lifestyle.
- Increase healthy family activities and programs for children.

### **Access to Health Care**

Many adults in the Tri-County Area have unmet needs for physical and behavioral health care. Key Informants mentioned difficulty accessing care, particularly due to economic and **transportation problems.**

Insurance coverage is a barrier to care nationally. In the Tri-County Area, a sizable number of adults do not have any private or public health insurance; 7.8% of adults aged 18-64 in the service area are uninsured, representing 11,300 adults.



- With or without health insurance, **25,300 adults in the Tri-County Area are unable to get needed care due to the cost of that care**; 14.2% of adults reported that there was a time in the past year when they needed health care, but did not receive it due to the cost.
- One in seven (14.1%) adults in the Tri-County Area does not have prescription drug coverage; this represents 24,800 adults. And about 27,200 adults in the Tri-County Area were prescribed a medication but did not fill the prescription due to cost in the past year. Finally, about 6,800 adults (3.8%) in the Tri-County Area did not seek care in the past year due to transportation problems.
- Uninsured adults with mental health conditions may not be accessing services.
- Uninsured adults are less likely to get preventive health screenings overall when compared with insured adults.

Many of these priority unmet needs are already being addressed in the Tri-County area. This information can be used to improve health and wellness in the Tri-County Area in the next few years, working within the changing national healthcare environment.



## APPENDIX A: LIST OF KEY INFORMANTS



**Tri-County Area Community Health Needs Assessment**

List of Key Informants

Richard Saylor, M.D.  
Chief Medical Officer  
Pottstown Memorial Medical Center  
Pottstown, PA

Bridgette Madden  
Chief Executive Officer  
Community Health and Dental Care  
Pottstown, PA

William H. Ball, III  
Pastor  
Mount Olive Baptist Church  
Pottstown, PA

Melissa D. Patschke, Ed.D.  
Principal  
Health and Wellness Coordinator  
Upper Providence Elementary School  
Royersford, PA

Mary Rieck  
Pottstown Early Action for Kindergarten (PEAK)  
Coordinator  
Tri-County Area  
Pottstown, PA

Mark Flanders  
Borough Manager  
Pottstown, PA

Kurt Zwikl  
Executive Director  
Schuylkill River Greenways Association  
Pottstown, PA

Kay Dougherty  
Former Board Member  
Tri-County Area Health and Wellness Foundation  
Pottstown, PA



Karen Youse  
Executive Director  
Boyertown Area Multi-Service Center  
Boyertown, PA

JoAnn Rehtin  
Health and Wellness Coordinator  
Community Engagement Specialist  
Owen J. Roberts Area  
Pottstown, PA

Jennifer M. Doyle, M.P.A.  
Executive Director  
TriCounty Community Network  
Pottstown, PA

Evan Brandt  
Reporter  
The Mercury  
Pottstown, PA

Eileen Dautrich  
President  
TriCounty Area Chamber of Commerce  
Pottstown, PA

Barbara Wilhelmy  
Executive Director  
Pottstown Cluster of Religious Communities  
Pottstown, PA

Ann Marie Traynor, Ed.D.  
Former Assistant to the Superintendent  
Daniel Boone Area  
Birdsboro, PA

Andrew Trentacoste, Ph.D., M.B.A.  
Chief Executive Officer  
Creative Health Services  
Pottstown, PA

Adamino Ortiz  
President Emeritus  
Former Executive Director  
AcciónComunal Latino Americano de Montgomery County (ACLAMO) Family Centers  
Pottstown, PA  
Norristown, PA





**PUBLIC HEALTH**  
management corporation

## APPENDIX B: U.S. CENSUS TABLES



**Tri-County Area**

**Table 1. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		193,542		228,856		233,441		240,040	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	50,206	25.9	57,631	25.2	58,167	24.9	58,728	24.5
	18-44	77,711	40.2	78,649	34.4	77,627	33.3	76,391	31.8
	45-64	43,090	22.3	64,648	28.2	67,220	28.8	69,767	29.1
	65+	22,535	11.6	27,928	12.2	30,427	13.0	35,154	14.6
Gender	Male	96,823	50.0	114,092	49.9	116,313	49.8	119,485	49.8
	Female	96,719	50.0	114,764	50.1	117,128	50.2	120,555	50.2
Race/Ethnicity*	White	176,717	91.3	200,120	87.4	201,877	86.5	204,049	85.0
	Black	9,622	5.0	12,573	5.5	13,093	5.6	13,957	5.8
	Asian	1,867	1.0	5,505	2.4	6,434	2.8	7,824	3.3
	Other	2,221	1.1	4,019	1.8	4,468	1.9	5,184	2.2
	Latino	3,115	1.6	6,639	2.9	7,569	3.2	9,026	3.8
Language Spoken at Home	English	N/A	N/A	197,583	94.4	204,461	93.7	210,070	93.7
	Spanish	N/A	N/A	3,426	1.6	4,548	2.1	4,622	2.1
	Asian Language	N/A	N/A	2,070	1.0	2,376	1.1	2,450	1.1
	Other European Language	N/A	N/A	5,333	2.5	6,222	2.9	6,401	2.9
	Other	N/A	N/A	964	0.5	547	0.3	562	0.3

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 2. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		193,542		228,856		233,441		240,040	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	19,870	15.2	15,326	10.3	13,269	8.5	13,394	8.4
	HS graduate	77,089	59.2	87,062	58.4	89,677	57.4	91,500	57.3
	College or more	33,345	25.6	46,586	31.3	53,411	34.2	54,793	34.3
Employment	Employed	98,868	95.6	118,363	95.9	119,663	92.8	124,030	92.9
	Unemployed	4,519	4.4	5,039	4.1	9,231	7.2	9,549	7.1
Poverty Status	Families living in poverty	1,707	3.4	2,456	4.1	2,398	3.9	2,455	3.9
	Families living in poverty with children	1,317	5.1	1,893	6.1	1,820	5.8	1,851	5.7
Housing Unit Type	Renter-occupied	16,156	22.8	18,111	21.5	18,420	21.5	18,905	21.5
	Owner-occupied	54,840	77.2	66,085	78.5	67,106	78.5	68,932	78.5
Commute to Work	60 min. or more	9,615	10.2	12,979	11.6	14,008	12.1	14,453	12.1
Median Household Income		\$57,670		\$64,866		\$75,911		\$81,663	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Pottstown Borough**

**Table 3. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		21,894		22,377		22,444		22,532	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	5,610	25.6	5,333	23.8	5,419	24.1	5,615	24.9
	18-44	8,402	38.4	8,414	37.6	8,249	36.8	7,963	35.3
	45-64	4,337	19.8	5,623	25.1	5,673	25.3	5,633	25.0
	65+	3,545	16.2	3,007	13.4	3,103	13.8	3,321	14.7
Gender	Male	11,493	52.5	11,646	52.0	11,645	51.9	11,638	51.7
	Female	10,401	47.5	10,731	48.0	10,799	48.1	10,894	48.3
Race/Ethnicity*	White	16,962	77.5	15,377	68.7	14,975	66.7	14,342	63.7
	Black	3,225	14.7	4,147	18.5	4,322	19.3	4,609	20.5
	Asian	140	0.6	196	0.9	208	0.9	226	1.0
	Other	576	2.6	872	3.9	956	4.3	1,074	4.8
	Latino	991	4.5	1,785	8.0	1,983	8.8	2,281	10.1
Language Spoken at Home	English	N/A	N/A	19,535	94.2	19,606	94.3	18,564	93.9
	Spanish	N/A	N/A	631	3.2	911	4.4	913	4.4
	Asian Language	N/A	N/A	47	0.2	42	0.2	116	0.6
	Other European Language	N/A	N/A	228	1.1	229	1.1	351	1.8
	Other	N/A	N/A	7	0.0	7	0.0	7	0.0

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 4. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		21,894		22,377		22,444		22,532	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	3,369	23.0	2,367	16.7	2,272	15.1	2,271	15.0
	HS graduate	9,471	64.7	9,595	67.8	10,115	67.2	10,170	67.4
	College or more	1,807	12.3	2,197	15.5	2,655	17.7	2,656	17.6
Employment	Employed	10,431	95.2	10,194	95.6	10,809	89.9	10,722	89.9
	Unemployed	524	4.8	465	4.4	1,212	10.1	1,204	10.1
Poverty Status	Families living in poverty	519	9.4	621	11.5	537	9.7	532	9.6
	Families living in poverty with children	442	15.2	536	18.4	413	13.8	411	13.6
Housing Unit Type	Renter-occupied	4,012	43.8	4,169	44.7	4,222	45.0	4,292	45.3
	Owner-occupied	5,147	56.2	5,152	55.3	5,166	55.0	5,179	54.7
Commute to Work	60 min. or more	731	7.1	796	8.0	979	9.3	968	9.3
Median Household Income		\$36,150		\$43,656		\$44,340		\$46,533	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Pottsgrove Area**

**Table 5. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		19,073		21,248		21,566		22,047	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	5,342	28.0	5,440	25.6	5,403	25.1	5,372	24.4
	18-44	7,239	38.0	7,313	34.4	7,242	33.6	7,104	32.2
	45-64	4,214	22.1	5,901	27.8	6,093	28.3	6,270	28.4
	65+	2,278	11.9	2,594	12.2	2,828	13.1	3,301	15.0
Gender	Male	9,290	48.7	10,328	48.6	10,496	48.7	10,746	48.7
	Female	9,783	51.3	10,920	51.4	11,070	51.3	11,301	51.3
Race/Ethnicity*	White	17,122	89.8	17,972	84.6	17,990	83.4	17,996	81.6
	Black	1,276	6.7	1,827	8.6	1,939	9.0	2,116	9.6
	Asian	163	0.9	334	1.6	371	1.7	429	1.9
	Other	251	1.3	519	2.4	580	2.7	680	3.1
	Latino	261	1.4	596	2.8	686	3.2	826	3.7
Language Spoken at Home	English	N/A	N/A	19,079	95.3	19,506	95.3	18,867	95.1
	Spanish	N/A	N/A	199	1.0	203	1.0	301	1.5
	Asian Language	N/A	N/A	153	0.8	153	0.7	162	0.8
	Other European Language	N/A	N/A	473	2.4	484	2.4	397	2.0
	Other	N/A	N/A	126	0.6	130	0.6	119	0.6

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 6. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		19,073		21,248		21,566		22,047	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	1,931	15.4	1,443	10.3	1,355	9.4	1,370	9.3
	HS graduate	7,717	61.5	8,629	61.5	9,115	63.2	9,322	63.2
	College or more	2,896	23.1	3,959	28.2	3,957	27.4	4,063	27.5
Employment	Employed	9,824	95.5	11,435	96.1	11,244	91.9	11,559	91.8
	Unemployed	462	4.5	462	3.9	993	8.1	1,030	8.2
Poverty Status	Families living in poverty	268	5.1	359	6.1	327	5.5	322	5.3
	Families living in poverty with children	214	7.5	297	9.2	308	10.1	301	9.7
Housing Unit Type	Renter-occupied	1,340	19.3	1,446	18.4	1,473	18.4	1,516	18.5
	Owner-occupied	5,593	80.7	6,433	81.6	6,521	81.6	6,669	81.5
Commute to Work	60 min. or more	1,033	10.9	1,327	12.1	1,746	16.2	1,790	16.1
Median Household Income		\$54,731		\$71,634		\$71,976		\$76,283	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Daniel Boone Area**

**Table 7. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		17,390		21,249		21,452		21,803	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	4,682	26.9	5,789	27.2	5,693	26.5	5,555	25.5
	18-44	6,600	38.0	7,002	33.0	6,925	32.3	6,871	31.5
	45-64	4,187	24.1	5,862	27.6	6,049	28.2	6,288	28.8
	65+	1,921	11.0	2,596	12.2	2,785	13.0	3,089	14.2
Gender	Male	8,631	49.6	10,559	49.7	10,658	49.7	10,826	49.7
	Female	8,759	50.4	10,690	50.3	10,794	50.3	10,977	50.3
Race/Ethnicity*	White	16,675	95.9	19,582	92.2	19,579	91.3	19,568	89.7
	Black	253	1.5	561	2.6	625	2.9	736	3.4
	Asian	79	0.5	281	1.3	327	1.5	394	1.8
	Other	198	1.1	314	1.5	336	1.6	375	1.7
	Latino	185	1.1	511	2.4	585	2.7	730	3.3
Language Spoken at Home	English	N/A	N/A	18,731	95.6	19,216	95.7	19,505	95.8
	Spanish	N/A	N/A	235	1.2	476	2.4	472	2.3
	Asian Language	N/A	N/A	130	0.7	46	0.2	46	0.2
	Other European Language	N/A	N/A	498	2.5	326	1.6	331	1.6
	Other	N/A	N/A	1	0.0	16	0.1	15	0.1

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.





**Table 8. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		17,390		21,249		21,452		21,803	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	1,869	16.0	1,624	11.9	1,167	8.3	1,176	8.3
	HS graduate	7,468	64.0	8,724	63.9	9,065	64.8	9,203	64.8
	College or more	2,335	20.0	3,304	24.2	3,748	26.8	3,819	26.9
Employment	Employed	9,193	96.9	11,422	96.6	11,138	92.5	11,460	92.5
	Unemployed	298	3.1	396	3.4	907	7.5	927	7.5
Poverty Status	Families living in poverty	121	2.5	206	3.5	238	4.1	244	4.1
	Families living in poverty with children	105	4.2	175	6.0	186	6.2	192	6.3
Housing Unit Type	Renter-occupied	1,176	18.4	1,342	17.7	1,343	17.7	1,353	17.7
	Owner-occupied	5,222	81.6	6,239	82.3	6,234	82.3	6,297	82.3
Commute to Work	60 min. or more	890	10.1	1,362	12.7	1,473	13.9	1,509	13.8
Median Household Income		\$57,128		\$72,165		\$71,656		\$72,019	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Owen J. Roberts Area**

**Table 9. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		26,860		32,804		33,682		34,912	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	6,760	25.2	8,273	25.2	8,286	24.6	8,219	23.5
	18-44	9,237	34.4	9,930	30.3	9,900	29.4	10,052	28.8
	45-64	7,145	26.6	10,228	31.2	10,612	31.5	10,833	31.0
	65+	3,718	13.8	4,373	13.3	4,884	14.5	5,808	16.6
Gender	Male	13,414	49.9	16,364	49.9	16,781	49.8	17,362	49.7
	Female	13,446	50.1	16,440	50.1	16,901	50.2	17,550	50.3
Race/Ethnicity*	White	25,770	95.9	30,407	92.7	30,968	91.9	31,727	90.9
	Black	479	1.8	827	2.5	897	2.7	997	2.9
	Asian	162	0.6	485	1.5	571	1.7	691	2.0
	Other	227	0.8	443	1.4	495	1.5	576	1.6
	Latino	222	0.8	642	2.0	751	2.2	921	2.6
Language Spoken at Home	English	N/A	N/A	29,945	95.1	30,102	95.2	31,154	95.2
	Spanish	N/A	N/A	258	0.8	478	1.5	484	1.5
	Asian Language	N/A	N/A	299	0.9	228	0.7	235	0.7
	Other European Language	N/A	N/A	818	2.6	798	2.5	827	2.5
	Other	N/A	N/A	178	0.6	24	0.1	22	0.1

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.  
Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 10. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		26,860		32,804		33,682		34,912	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	2,386	12.9	1,829	7.9	1,318	5.8	1,356	5.7
	HS graduate	10,220	55.1	12,363	53.3	11,927	52.1	12,302	51.9
	College or more	5,934	32.0	9,023	38.9	9,632	42.1	10,026	42.3
Employment	Employed	13,432	97.3	17,327	97.0	17,575	93.7	18,447	93.7
	Unemployed	369	2.7	536	3.0	1,763	6.3	1,230	6.3
Poverty Status	Families living in poverty	246	3.3	428	4.6	329	3.6	343	3.6
	Families living in poverty with children	169	4.9	275	6.4	227	5.1	236	5.1
Housing Unit Type	Renter-occupied	1,915	19.4	2,358	19.5	2,417	19.6	2,509	19.7
	Owner-occupied	7,973	80.6	9,705	80.5	9,905	80.4	10,212	80.3
Commute to Work	60 min. or more	1,240	9.9	1,767	11.0	1,883	11.6	1,969	11.5
Median Household Income		\$63,304		\$85,300		\$85,327		\$94,623	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Spring-Ford Area**

**Table 11. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		36,450		47,368		49,096		51,598	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	9,716	26.7	12,633	26.7	13,030	26.5	13,480	26.1
	18-44	15,826	43.4	16,720	35.3	16,584	33.8	16,366	31.7
	45-64	7,235	19.8	12,828	27.1	13,760	28.0	14,926	28.9
	65+	3,673	10.1	5,187	11.0	5,722	11.7	6,826	13.2
Gender	Male	17,753	48.7	23,123	48.8	23,982	48.8	25,234	48.9
	Female	18,697	51.3	24,245	51.2	25,114	51.2	26,364	51.1
Race/Ethnicity*	White	34,137	93.7	41,462	87.5	42,256	86.1	43,281	83.9
	Black	815	2.2	1,664	3.5	1,872	3.8	2,216	4.3
	Asian	658	1.8	2,364	5.0	2,818	5.7	3,515	6.8
	Other	362	1.0	780	1.6	883	1.8	1,058	2.1
	Latino	478	1.3	1,098	2.3	1,267	2.6	1,528	3.0
Language Spoken at Home	English	N/A	N/A	38,525	93.1	41,376	90.5	43,506	90.5
	Spanish	N/A	N/A	650	1.6	959	2.1	997	2.1
	Asian Language	N/A	N/A	688	1.7	1,294	2.8	1,358	2.8
	Other European Language	N/A	N/A	1,132	2.7	1,862	4.1	1,947	4.1
	Other	N/A	N/A	383	0.9	235	0.5	249	0.5

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 12. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		36,450		47,368		49,096		51,598	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	2,683	10.9	2,082	7.1	1,823	5.6	1,880	5.5
	HS graduate	13,519	54.9	15,594	52.8	16,997	52.1	17,680	52.2
	College or more	8,439	34.2	11,844	40.1	13,812	42.3	14,315	42.3
Employment	Employed	20,177	97.5	25,204	97.9	25,786	93.1	27,269	93.1
	Unemployed	509	2.5	548	2.1	1,919	6.9	2,036	6.9
Poverty Status	Families living in poverty	174	1.8	232	1.9	312	2.4	322	2.4
	Families living in poverty with children	137	2.5	186	2.8	212	3.1	216	3.0
Housing Unit Type	Renter-occupied	3,299	23.9	3,927	22.0	4,032	21.9	4,198	21.9
	Owner-occupied	10,531	76.1	13,959	78.0	14,340	78.1	15,008	78.1
Commute to Work	60 min. or more	2,077	10.8	2,813	11.8	2,719	11.0	2,869	11.0
Median Household Income		\$63,892		\$88,857		\$84,376		\$93,353	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Perkiomen Valley Area**

**Table 13. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		31,356		37,677		38,433		39,409	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	7,535	24.0	9,193	24.4	9,376	24.4	9,540	24.2
	18-44	15,346	48.9	14,847	39.4	14,535	37.8	14,055	35.7
	45-64	6,228	19.9	10,098	26.8	10,579	27.5	11,162	28.3
	65+	2,247	7.2	3,539	9.4	3,943	10.3	4,652	11.8
Gender	Male	17,162	54.7	20,212	53.6	20,529	53.4	20,882	53.0
	Female	14,194	45.3	17,465	46.4	17,904	46.6	18,527	47.0
Race/Ethnicity*	White	26,720	85.2	31,322	83.1	31,730	82.6	32,220	81.8
	Black	3,067	9.8	3,048	8.1	2,934	7.6	2,732	6.9
	Asian	463	1.5	1,390	3.7	1,622	4.2	1,967	5.0
	Other	363	1.2	599	1.6	663	1.7	767	1.9
	Latino	743	2.4	1,318	3.5	1,484	3.9	1,723	4.4
Language Spoken at Home	English	N/A	N/A	32,020	93.2	33,057	91.8	33,884	91.9
	Spanish	N/A	N/A	795	2.3	1,019	2.8	1,034	2.8
	Asian Language	N/A	N/A	377	1.1	474	1.3	478	1.3
	Other European Language	N/A	N/A	1,041	3.0	1,311	3.6	1,343	3.6
	Other	N/A	N/A	124	0.4	130	0.4	129	0.3

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.  
Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 14. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		31,356		37,677		38,433		39,409	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	2,936	14.1	2,192	9.3	1,690	6.8	1,672	6.6
	HS graduate	11,160	53.4	12,213	52.0	12,264	49.1	12,342	48.9
	College or more	6,785	32.5	9,071	38.6	11,048	44.2	11,208	44.4
Employment	Employed	14,383	88.7	17,506	89.6	18,641	94.8	19,421	94.8
	Unemployed	1,835	11.3	2,029	10.4	1,023	5.2	1,062	5.2
Poverty Status	Families living in poverty	174	2.4	237	2.7	338	3.7	351	3.7
	Families living in poverty with children	114	2.8	157	3.4	233	4.7	239	4.6
Housing Unit Type	Renter-occupied	1,760	17.8	1,777	14.9	1,820	14.9	1,886	14.9
	Owner-occupied	8,122	82.2	10,179	85.1	10,379	85.1	10,747	85.1
Commute to Work	60 min. or more	1,708	12.4	2,270	13.7	2,386	12.2	2,453	12.2
Median Household Income		\$69,883		\$94,448		\$92,961		\$99,869	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Boyertown Area**

**Table 15. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		40,519		46,133		46,768		47,739	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	10,561	26.1	10,970	23.8	10,960	23.4	10,947	22.9
	18-44	15,061	37.2	14,423	31.3	14,192	30.3	13,980	29.3
	45-64	9,744	24.0	14,108	30.6	14,454	30.9	14,655	30.7
	65+	5,153	12.7	6,632	14.4	7,162	15.3	8,157	17.1
Gender	Male	20,172	49.8	22,775	49.4	23,068	49.3	23,541	49.3
	Female	20,347	50.2	23,358	50.6	23,700	50.7	24,198	50.7
Race/Ethnicity*	White	39,331	97.1	43,998	95.4	44,379	94.9	44,915	94.1
	Black	507	1.3	499	1.1	504	1.1	551	1.2
	Asian	202	0.5	455	1.0	517	1.1	602	1.3
	Other	244	0.6	492	1.1	555	1.2	654	1.4
	Latino	235	0.6	689	1.5	813	1.7	1,017	2.1
Language Spoken at Home	English	N/A	N/A	40,931	95.3	42,096	95.7	42,909	95.7
	Spanish	N/A	N/A	556	1.3	506	1.2	518	1.2
	Asian Language	N/A	N/A	298	0.7	134	0.3	138	0.3
	Other European Language	N/A	N/A	1,096	2.6	1,224	2.8	1,240	2.8
	Other	N/A	N/A	47	0.1	9	0.0	10	0.0

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.  
Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.





**Table 16. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		40,519		46,133		46,768		47,739	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	4,696	17.2	3,789	12.3	3,644	11.2	3,669	11.2
	HS graduate	17,534	64.0	19,944	64.6	20,194	62.3	20,481	62.3
	College or more	5,149	18.8	7,188	23.2	8,559	26.4	8,706	26.5
Employment	Employed	21,428	97.6	24,275	97.7	24,470	92.4	25,152	92.4
	Unemployed	522	2.4	603	2.3	2,004	7.6	2,060	7.6
Poverty Status	Families living in poverty	205	1.8	373	2.9	317	2.4	341	2.5
	Families living in poverty with children	136	2.4	267	4.2	241	3.9	256	4.1
Housing Unit Type	Renter-occupied	2,654	17.8	3,092	17.7	3,113	17.6	3,151	17.5
	Owner-occupied	12,252	82.2	14,418	82.3	14,561	82.4	14,820	82.5
Commute to Work	60 min. or more	1,936	9.5	2,644	11.1	2,822	12.1	2,895	12.1
Median Household Income		\$54,883		\$71,576		\$69,152		\$72,265	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Berks County**

**Table 17. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		373,638		411,442		414,193		418,339	
		#	%	#	%	#	%	#	%
Age	0-17	91,909	(24.6)	98,136	(23.9)	96,516	(23.3)	94,880	(22.7)
	18-44	140,980	(37.7)	141,140	(34.3)	140,705	(34.0)	140,718	(33.6)
	45-64	84,559	(22.6)	112,608	(27.4)	113,592	(27.4)	112,180	(26.8)
	65+	56,190	(15.0)	59,558	(14.5)	63,380	(15.3)	70,561	(16.9)
Gender	Male	182,956	(49.0)	201,864	(49.1)	203,159	(49.0)	205,129	(49.0)
	Female	190,682	(51.0)	209,578	(50.9)	211,034	(51.0)	213,210	(51.0)
Race/Ethnicity*	White	317,025	(84.8)	316,406	(76.9)	310,624	(75.0)	302,093	(72.2)
	Black	12,478	(3.3)	16,517	(4.0)	17,267	(4.2)	18,475	(4.4)
	Asian	3,713	(1.0)	5,244	(1.3)	5,527	(1.3)	5,904	(1.4)
	Other	4,065	(1.1)	5,920	(1.4)	6,323	(1.5)	6,937	(1.7)
	Latino	36,357	(9.7)	67,355	(16.4)	74,452	(18.0)	84,930	(20.3)
Language Spoken at Home	English	N/A	N/A	324,576	(85.1)	323,776	(83.3)	326,764	(83.4)
	Spanish	N/A	N/A	40,504	(10.6)	47,785	(12.3)	47,940	(12.2)
	Asian Language	N/A	N/A	2,612	(0.7)	3,165	(0.8)	3,180	(0.8)
	Other	N/A	N/A	13,864	(3.6)	13,865	(3.6)	13,940	(3.6)

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 18. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		373,638		411,442		414,193		418,339	
		#	%	#	%	#	%	#	%
Education	Less than HS	54,651	(22.0)	46,556	(17.1)	42,986	(15.7)	43,650	(15.7)
	HS graduate	148,202	(59.6)	165,193	(60.5)	169,624	(61.9)	172,689	(61.9)
	College or more	46,011	(18.5)	61,261	(22.4)	61,554	(22.5)	62,465	(22.4)
Employment	Employed	180,881	(94.9)	206,721	(94.6)	197,088	(90.3)	200,220	(90.3)
	Unemployed	9,671	(5.1)	11,879	(5.4)	21,259	(9.7)	21,597	(9.7)
Poverty Status	Families living in poverty	6,172	(6.3)	8,544	(8.0)	10,823	(10.2)	10,906	(10.2)
	Families living in poverty with children	4,942	(10.3)	6,895	(13.3)	9,015	(17.9)	9,071	(17.9)
Housing Unit Type	Renter-occupied	36,851	(26.0)	43,703	(28.3)	43,840	(28.4)	44,165	(28.4)
	Owner-occupied	104,719	(74.0)	110,653	(71.7)	110,632	(71.6)	111,088	(71.6)
Commute to Work	60 min. or more	9,815	(5.7)	13,888	(7.2)	14,953	(7.9)	15,189	(7.9)
Median Household Income		\$45,118		\$54,775		\$51,448		\$51,546	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Chester County**

**Table 19. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		433,501		498,886		509,675		524,577	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	113,582	(26.2)	124,055	(24.9)	124,080	(24.3)	123,382	(23.5)
	18-44	166,042	(38.3)	167,808	(33.6)	167,546	(32.9)	168,881	(32.2)
	45-64	103,200	(23.8)	143,148	(28.7)	147,848	(29.0)	149,455	(28.5)
	65+	50,677	(11.7)	63,875	(12.8)	70,201	(13.8)	82,859	(15.8)
Gender	Male	212,739	(49.1)	245,161	(49.1)	250,390	(49.1)	257,559	(49.1)
	Female	220,762	(50.9)	253,725	(50.9)	259,285	(50.9)	267,018	(50.9)
Race/Ethnicity*	White	377,925	(87.2)	409,561	(82.1)	412,368	(80.9)	415,683	(79.2)
	Black	26,395	(6.1)	29,388	(5.9)	29,587	(5.8)	29,519	(5.6)
	Asian	8,400	(1.9)	19,216	(3.9)	21,948	(4.3)	26,089	(5.0)
	Other	4,655	(1.1)	8,218	(1.6)	9,133	(1.8)	10,538	(2.0)
	Latino	16,126	(3.7)	32,503	(6.5)	36,639	(7.2)	42,748	(8.1)
Language Spoken at Home	English	N/A	N/A	418,025	(89.3)	421,292	(88.2)	433,227	(88.2)
	Spanish	N/A	N/A	19,797	(4.2)	26,730	(5.6)	27,330	(5.6)
	Asian Language	N/A	N/A	9,605	(2.1)	10,618	(2.2)	10,836	(2.2)
	Other	N/A	N/A	20,652	(4.4)	19,196	(4.0)	19,670	(4.0)

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 20. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		433,501		498,886		509,675		524,577	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	30,576	(10.7)	24,246	(7.3)	24,692	(7.3)	25,425	(7.3)
	HS graduate	133,888	(46.8)	148,540	(44.7)	146,489	(43.5)	151,418	(43.6)
	College or more	121,352	(42.5)	159,684	(48.0)	165,691	(49.2)	170,841	(49.1)
Employment	Employed	221,255	(96.4)	261,832	(96.1)	261,549	(94.1)	271,920	(94.1)
	Unemployed	8,214	(3.6)	10,697	(3.9)	16,449	(5.9)	17,081	(5.9)
Poverty Status	Families living in poverty	3,710	(3.3)	4,829	(3.7)	4,759	(3.6)	4,900	(3.6)
	Families living in poverty with children	2,728	(4.6)	3,143	(4.8)	3,381	(5.1)	3,472	(5.1)
Housing Unit Type	Renter-occupied	37,477	(23.7)	43,572	(23.8)	44,551	(23.9)	45,936	(24.0)
	Owner-occupied	120,428	(76.3)	139,328	(76.2)	141,794	(76.1)	145,483	(76.0)
Commute to Work	60 min. or more	18,528	(8.9)	24,201	(9.8)	24,255	(9.9)	25,185	(9.9)
Median Household Income		\$65,996		\$85,389		\$85,554		\$92,894	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Montgomery County**

**Table 21. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		750,097		799,874		809,053		822,203	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	181,145	(24.1)	183,499	(22.9)	183,286	(22.7)	182,630	(22.2)
	18-44	281,973	(37.6)	267,385	(33.4)	263,919	(32.6)	260,802	(31.7)
	45-64	175,182	(23.4)	228,263	(28.5)	233,294	(28.8)	233,804	(28.4)
	65+	111,797	(14.9)	120,727	(15.1)	128,554	(15.9)	144,967	(17.6)
Gender	Male	362,554	(48.3)	387,964	(48.5)	392,569	(48.5)	399,188	(48.6)
	Female	387,543	(51.7)	411,910	(51.5)	416,484	(51.5)	423,015	(51.4)
Race/Ethnicity*	White	640,019	(85.3)	631,784	(79.0)	626,936	(77.5)	619,176	(75.3)
	Black	55,303	(7.4)	67,582	(8.4)	70,247	(8.7)	74,266	(9.0)
	Asian	30,126	(4.0)	51,354	(6.4)	56,447	(7.0)	63,856	(7.8)
	Other	9,349	(1.2)	14,921	(1.9)	16,357	(2.0)	18,554	(2.3)
	Latino	15,300	(2.0)	34,233	(4.3)	39,066	(4.8)	46,351	(5.6)
Language Spoken at Home	English	N/A	N/A	654,214	(89.2)	669,076	(87.9)	679,404	(88.0)
	Spanish	N/A	N/A	16,948	(2.3)	23,062	(3.0)	23,284	(3.0)
	Asian Language	N/A	N/A	22,771	(3.1)	27,506	(3.6)	27,739	(3.6)
	Other	N/A	N/A	39,600	(5.4)	41,309	(5.4)	41,847	(5.4)

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.



**Table 22. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		750,097		799,874		809,053		822,203	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	59,307	(11.5)	41,948	(7.8)	39,186	(7.0)	39,773	(7.0)
	HS graduate	256,777	(49.8)	259,216	(48.4)	269,687	(48.2)	274,348	(48.3)
	College or more	199,787	(38.7)	234,304	(43.8)	250,134	(44.7)	253,861	(44.7)
Employment	Employed	384,688	(95.5)	410,333	(96.1)	418,816	(93.3)	427,658	(93.3)
	Unemployed	17,965	(4.5)	16,794	(3.9)	30,110	(6.7)	30,730	(6.7)
Poverty Status	Families living in poverty	5,786	(2.9)	7,913	(3.8)	7,753	(3.7)	7,895	(3.7)
	Families living in poverty with children	4,277	(4.4)	5,875	(5.8)	5,701	(5.7)	5,797	(5.7)
Housing Unit Type	Renter-occupied	75,865	(26.5)	82,749	(26.9)	84,104	(27.0)	86,149	(27.1)
	Owner-occupied	210,233	(73.5)	225,001	(73.1)	227,789	(73.0)	232,023	(72.9)
Commute to Work	60 min. or more	29,033	(7.9)	34,457	(8.9)	37,050	(9.2)	37,791	(9.2)
Median Household Income		\$61,538		\$77,987		\$76,825		\$84,513	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



**Pennsylvania**

**Table 23. Socio-Demographic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		12,281,026		12,702,379		12,785,546		12,910,005	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Age	0-17	2,922,256	(23.8)	2,792,155	(22.0)	2,760,909	(21.6)	2,735,591	(21.2)
	18-44	4,602,793	(37.5)	4,388,169	(34.5)	4,360,018	(34.1)	4,329,955	(33.5)
	45-64	2,836,833	(23.1)	3,562,748	(28.0)	3,572,415	(27.9)	3,485,718	(27.0)
	65+	1,919,144	(15.6)	1,959,307	(15.4)	2,092,204	(16.4)	2,358,741	(18.3)
Gender	Male	5,929,727	(48.3)	6,190,363	(48.7)	6,233,014	(48.8)	6,296,695	(48.8)
	Female	6,351,299	(51.7)	6,512,016	(51.3)	6,552,532	(51.2)	6,613,310	(51.2)
Race/Ethnicity*	White	10,484,203	(84.4)	10,094,652	(79.5)	10,010,316	(78.3)	9,886,505	(76.6)
	Black	1,224,612	(9.9)	1,327,091	(10.4)	1,363,150	(10.7)	1,416,944	(11.0)
	Asian	219,813	(1.8)	346,288	(2.7)	377,857	(3.0)	423,710	(3.3)
	Other	93,350	(0.8)	214,688	(1.7)	233,021	(1.8)	260,790	(2.0)
	Latino	394,095	(3.2)	719,660	(5.7)	801,202	(6.3)	922,056	(7.1)
Language Spoken at Home	English	N/A	N/A	10,772,932	(89.9)	10,833,087	(89.9)	10,922,744	(89.9)
	Spanish	N/A	N/A	515,279	(4.3)	508,744	(4.2)	512,994	(4.2)
	Asian Language	N/A	N/A	203,715	(1.7)	205,074	(1.7)	206,626	(1.7)
	Other	N/A	N/A	491,312	(4.1)	498,532	(4.1)	502,797	(4.1)

\*White, Black, Asian and Other races exclude Latinos. N/A = not available due to a change in question wording.

Source: Nielsen-Claritas Pop-Facts Database and 2000, 2010 U.S. Census.





**Table 24. Socio-Economic Indicators, U.S. Census**

Total Population		2000		2010		2013		2018	
		12,281,026		12,702,379		12,785,546		12,910,005	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
Education	Less than HS	1,494,731	(18.1)	1,003,960	(11.6)	1,032,950	(11.8)	1,052,892	(11.8)
	HS graduate	4,922,960	(59.6)	5,314,065	(61.4)	5,353,792	(61.3)	5,457,313	(61.3)
	College or more	1,846,734	(22.3)	2,336,804	(27.0)	2,347,391	(26.9)	2,392,861	(26.9)
Employment	Employed	5,653,298	(94.4)	5,842,995	(90.4)	5,964,251	(91.1)	6,042,982	(91.1)
	Unemployed	338,413	(5.6)	620,495	(9.6)	581,125	(8.9)	588,741	(8.9)
Poverty Status	Families living in poverty	254,108	(7.9)	297,387	(9.3)	298,155	(9.1)	301,570	(9.1)
	Families living in poverty with children	191,818	(12.3)	211,119	(15.9)	228,177	(15.3)	230,672	(15.3)
Housing Unit Type	Renter-occupied	1,370,694	(28.7)	1,527,182	(30.4)	1,543,211	(30.5)	1,566,008	(30.6)
	Owner-occupied	3,406,307	(71.3)	3,491,722	(69.6)	3,517,143	(69.5)	3,555,242	(69.4)
Commute to Work	60 min. or more	408,090	(7.6)	460,195	(8.1)	479,184	(8.4)	485,738	(8.4)
Median Household Income		\$41,440		\$49,288		\$51,142		\$53,619	

Source: Nielsen-Claritas Pop-Facts Database and 2010 U.S. Census.



## APPENDIX C: VITAL STATISTICS TABLES



<b>Table 1. Average Annualized Rates of Births and Birth Outcomes for Tri-County Area Women and for Women in Adjacent Counties, 2007-2010</b>					
	<b>Tri-County Area</b>	<b>Berks County</b>	<b>Chester County</b>	<b>Montgomery County</b>	<b>Pennsylvania</b>
	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)
Births per 1,000 live births to women 15-44 years old	64.0 (2,762)	62.1 (4,936)	58.1 (5,505)	60.2 (9,117)	57.4 (141,196)
Births per 1,000 live births to women 10-17 years old	2.7 (34)	8.6 (188)	2.8 (77)	2.8 (115)	6.3 (4,062)
Low Birth Weight Births (<2,500 grams) per 1,000 live births	66.5 (184)	79.2 (392)	66.1 (365)	71.4 (654)	82.7 (11,718)
Percentage of women with late or no prenatal care	21.5 (589)	30.7 (1,479)	26.6 (1,450)	26.7 (2,343)	29.8 (40,611)
Infant mortality per 1,000 live births	4.0 (11)	7.7 (38)	4.7 (26)	4.8 (44)	7.1 (999)
Sources: Pennsylvania Department of Health, Bureau of Health Statistics and Research and Nielsen-Claritas Pop-Facts Database. Calculations prepared by PHMC.					



**Table 2. Average Annualized Rates of Births and Birth Outcomes for Tri-County Area Women by Area, 2007-2010**

	<b>Tri-County Area</b>	<b>Pottstown Borough</b>	<b>Pottsgrove Area</b>	<b>Daniel Boone Area</b>	<b>Spring-Ford Area</b>	<b>Perkiomen Valley Area</b>	<b>Boyertown Area</b>	<b>Owen J. Roberts Area</b>
	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)
Births per 1,000 live births to women 15-44 years old	64.0 (2,762)	86.9 (408)	67.9 (284)	62.7 (250)	63.1 (584)	64.9 (466)	54.5 (449)	57.0 (321)
Births per 1,000 live births to women 10-17 years old	2.7 (34)	11.7 (12)	*	*	*	*	*	*
Low Birth Weight Births (<2,500 grams) per 1,000 live births	66.5 (184)	73.2 (30)	57.1 (16)	56.9 (14)	74.1 (44)	61.0 (29)	73.9 (33)	57.4 (19)
Percentage of women with late or no prenatal care	21.5 (589)	34.1 (138)	22.7 (64)	19.0 (47)	18.2 (106)	17.8 (82)	19.7 (87)	20.5 (66)
Infant mortality per 1,000 live births	4.0 (11)	*	*	*	*	*	*	*

Sources: Pennsylvania Department of Health, Bureau of Health Statistics and Research and Nielsen-Claritas Pop-Facts Database. Calculations prepared by PHMC.

Note: \* Not Displayed. Rates are not calculated and displayed when the count is less than 10.



**Table 3. Average Annualized Age-Adjusted Mortality Rates for Selected Major Causes of Death for Tri-County Area and Adjacent County Residents, 2007-2010**

	<b>Tri-County Area</b>	<b>Berks County</b>	<b>Chester County</b>	<b>Montgomery County</b>	<b>Pennsylvania</b>
	Rate <sup>1</sup> (Number) <sup>2</sup>	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)
All Causes	720.9 (1,632)	712.1 (3,503)	645.3 (3,346)	671.9 (6,906)	763.6 (122,469)
Coronary Heart Disease	114.4 (262)	113.8 (572)	117.6 (617)	105.2 (1,126)	128.1 (21,222)
Cerebrovascular Disease	44.1 (99)	51.3 (264)	34.3 (177)	39.9 (428)	40.0 (6,679)
All Cancers	165.8 (377)	167.7 (808)	167.1 (869)	165.6 (1,636)	179.9 (28,389)
Lung Cancer	45.3 (103)	42.6 (205)	43.5 (225)	42.3 (414)	49.1 (7,715)
Female Breast Cancer <sup>3</sup>	19.5 (26)	23.1 (63)	21.8 (65)	21.6 (119)	23.4 (2,072)
Prostate Cancer <sup>4</sup>	17.0 (15)	18.1 (35)	20.1 (41)	22.6 (90)	22.1 (1,386)
Colorectal Cancer	14.7 (32)	15.5 (74)	17.2 (89)	14.6 (146)	17.2 (2,731)
Pneumonia/Influenza	22.2 (50)	14.1 (74)	11.6 (61)	13.5 (147)	14.8 (2,480)
Diabetes Mellitus	17.8 (41)	17.9 (88)	10.5 (56)	12.5 (126)	20.3 (3,245)
Accidents/Drugs	35.6 (78)	29.3 (130)	24.2 (120)	30.0 (268)	36.5 (5,003)
Motor Vehicle Accidents	53.3 (118)	55.6 (240)	38.1 (191)	46.2 (407)	57.6 (7,806)
Suicide	11.0 (25)	11.6 (49)	9.7 (49)	10.8 (91)	11.3 (1,488)

Sources: Pennsylvania Department of Health, Bureau of Health Statistics and Research and Nielsen-Claritas Pop-Facts Database. Calculations prepared by PHMC.

<sup>1</sup>Age-adjusted rates are computed by the direct method using the 2000 U.S. standard million population. Rates are per 100,000 persons based on an interpolation between U.S. Census 2000 and 2010 population figures.

<sup>2</sup>The number of deaths is an annual average of deaths occurring to PA residents between 2007 and 2010.

<sup>3</sup>Age-adjusted rates were calculated using females rather than all persons as the denominator

<sup>4</sup>Age-adjusted rates were calculated using males rather than all persons as the denominator.



**Table 4. Average Annualized Age-Adjusted Mortality Rates for Top Five Causes of Death for Tri-County Area Residents by Area, 2007-2010**

	<b>Tri-County Area</b>	<b>Pottstown Borough</b>	<b>Pottsgrove Area</b>	<b>Daniel Boone Area</b>	<b>Spring-Ford Area</b>	<b>Perkiomen Valley Area</b>	<b>Boyertown Area</b>	<b>Owen J. Roberts Area</b>
	Rate <sup>1</sup> (Number) <sup>2</sup>	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)
All Causes	720.9 (1,632)	1,075.5 (271)	646.0 (144)	646.9 (133)	747.5 (314)	673.2 (180)	682.3 (358)	656.8 (231)
All Cancers	165.8 (377)	231.1 (58)	153.6 (34)	161.6 (33)	174.1 (53)	152.8 (44)	156.8 (83)	148.8 (53)
Coronary Heart Disease	114.4 (262)	144.4 (38)	122.0 (28)	103.0 (22)	119.1 (51)	111.3 (29)	110.1 (59)	103.1 (37)
Motor Vehicle Accidents	53.3 (118)	99.4 (23)	*	67.5 (14)	44.5 (19)	41.4 (13)	56.9 (27)	43.9 (14)
Lung Cancer	45.3 (103)	65.5 (16)	47.7 (11)	*	46.4 (20)	42.8 (12)	43.7 (23)	36.3 (13)
Cerebrovascular Disease	44.1 (99)	66.8 (17)	*	*	46.7 (19)	56.4 (14)	42.6 (23)	32.4 (12)

Sources: Pennsylvania Department of Health, Bureau of Health Statistics and Research and Nielsen-Claritas Pop-Facts Database. Calculations prepared by PHMC.

<sup>1</sup>Age-adjusted rates are computed by the direct method using the 2000 U.S. standard million population. Rates are per 100,000 persons based on an interpolation between U.S. Census 2000 and 2010 population figures.

<sup>2</sup>The number of deaths is an annual average of deaths occurring to PA residents between 2007 and 2010.

Note: \* Not Displayed. Rates are not calculated and displayed when the count is less than 10.



**Table 5. Reported Incidence and Average Annual Rate (per 100,000 persons) for Selected Notifiable Diseases by County, 2012**

	<b>Berks County</b>	<b>ChesterCounty</b>	<b>Montgomery County</b>	<b>Pennsylvania</b>
	Rate (Number)	Rate (Number)	Rate (Number)	Rate (Number)
Pertussis	3.7 (35)	5.1 (76)	11.9 (280)	5.5 (2,089)
Varicella	16.5 (202)	15.1 (225)	11.9 (280)	14.6 (5,494)
Lyme Disease	23.0 (281)	158.3 (2,357)	57.1 (1,347)	35.8 (13,518)
AIDS	8.0 (98)	2.4 (35)	4.9 (116)	6.5 (2,455)
Tuberculosis	1.4 (17)	1.7 (26)	2.7 (64)	2.3 (861)
Hepatitis B, Chronic	11.5 (140)	7.3 (109)	20.8 (492)	13.6 (5,137)
Chlamydia	299.3 (3,658)	170.3 (2,536)	183.8 (4,337)	351.8 (132,819)
Gonorrhea	39.9 (488)	29.7 (442)	33.9 (800)	90.3 (34,092)
Syphilis, Primary and Secondary	1.0 (12)	*	2.0 (47)	2.6 (982)

\*Crude rates based on less than 10 events are considered statistically unreliable and are not displayed.  
Notifiable disease rates are calculated per 100,000 population.  
Source: Pennsylvania Department of Health, Bureau of Health Statistics and Research, County Health Profiles.



## APPENDIX D: HOUSEHOLD HEALTH SURVEY TABLES





**Table 1. Health Status of Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

		Tri-County Area	Age				Insurance Status		Poverty Status*	
			18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-poor
		N (%)	N (%)				N (%)		N (%)	
Health Status	Excellent/Very Good/Good	153,100 (86.1)	22,800 (93.9)	36,400 (90.0)	68,500 (84.6)	25,500 (78.7)	8,900 (78.1)	148,200 (86.6)	24,000 (65.8)	132,800 (91.2)
	Fair/Poor	24,800 (13.9)	1,500 (6.1)	4,000 (10.0)	12,400 (15.4)	6,900 (21.3)	2,500 (21.9)	22,900 (13.4)	12,500 (34.2)	12,800 (8.8)
Mental Health	Diagnosed with mental health condition	29,400 (16.5)	5,500 (22.9)	6,700 (16.6)	14,400 (17.7)	2,800 (8.8)	3,700 (31.9)	26,000 (15.3)	9,200 (25.3)	20,400 (14.1)
	Sought professional help for a mental or emotional problem	16,600 (9.4)	4,000 (16.6)	4,500 (11.1)	6,800 (8.4)	1,300 (3.9)	2,200 (19.5)	14,900 (8.7)	6,700 (18.5)	10,400 (7.1)
	Receiving treatment for mental health condition	18,200 (62.1)	1,900 (33.6)	4,500 (66.7)	9,900 (69.4)	2,000 (70.3)	1,700 (46.0)	16,700 (64.0)	6,900 (75.2)	11,400 (55.8)
	High level of stress	41,200 (23.4)	5,500 (22.7)	10,700 (26.4)	21,000 (25.9)	4,200 (13.3)	6,200 (54.4)	35,700 (21.0)	9,900 (27.1)	41,600 (28.8)
	Currently in recovery	13,100 (7.4)	1,100 (4.7)	3,900 (9.6)	6,900 (8.5)	1,200 (3.9)	2,900 (25.1)	10,400 (6.1)	5,100 (13.9)	8,100 (5.6)
Body Mass Index	Overweight	60,600 (34.3)	6,200 (25.5)	14,900 (37.7)	27,400 (34.0)	12,000 (37.7)	2,700 (23.5)	59,400 (35.1)	10,900 (30.5)	50,800 (35.2)
	Obese	53,200 (30.2)	3,200 (13.4)	11,500 (29.1)	28,100 (34.8)	19,400 (32.4)	2,800 (24.9)	51,300 (30.3)	13,200 (36.9)	40,900 (28.3)
Chronic Health Conditions	Cancer	13,700 (7.7)	---	900 (2.3)	6,000 (7.4)	6,800 (21.1)	700 (6.0)	13,800 (8.1)	3,400 (9.5)	11,000 (7.6)
	Asthma	28,300 (15.9)	5,400 (22.4)	8,200 (20.3)	11,400 (14.0)	3,300 (10.3)	3,000 (26.5)	25,900 (15.1)	7,500 (20.6)	21,400 (14.7)
	Diabetes	19,400 (10.9)	20 (0.1)	1,900 (4.6)	10,200 (12.7)	7,300 (22.5)	2,100 (18.4)	17,600 (10.3)	6,700 (18.3)	13,000 (8.9)
	High blood pressure	52,400 (29.4)	1,700 (7.0)	7,200 (17.8)	27,300 (33.7)	16,200 (50.0)	4,000 (34.9)	49,800 (29.1)	13,400 (36.8)	40,300 (27.7)
	Arthritis	42,100 (23.7)	1,100 (4.6)	3,900 (9.6)	21,300 (26.3)	15,800 (49.3)	3,100 (27.2)	40,400 (23.6)	12,100 (33.3)	31,300 (21.5)
	Heart disease	17,300 (9.7)	600 (2.4)	1,700 (4.3)	6,7800 (8.3)	8,300 (25.5)	1,300 (11.3)	16,600 (9.7)	6,600 (18.1)	11,200 (7.7)
	Pain lasting six months or more	41,600 (23.4)	2,500 (10.5)	6,300 (15.7)	23,800 (29.5)	8,900 (27.5)	4,600 (40.0)	37,800 (22.1)	14,500 (39.8)	27,800 (19.1)

Note: ---- equals insufficient cases for analysis (n<30). \* Poverty is defined as income below 200% of the Federal Poverty Level.

High level of stress is defined as seven or higher on a 10 point scale.

Overweight is defined as having a BMI of 25-29 and obese is defined as having a BMI of 30 or greater.

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



<b>Table 2. Selected Health Status and Access to Care Indicators for Tri-County Area Children by Socioeconomic and Demographic Characteristics</b>							
		Tri-County Area	Age			Poverty Status*	
			0-5	6-11	12-17	Poor	Non-poor
		N (%)	N (%)			N (%)	
Health Status	Excellent/Very Good/Good	54,300 (97.7)	16,100 (97.0)	17,200 (98.4)	20,000 (97.6)	8,100 (94.4)	45,300 (98.3)
	Fair/Poor	1,300 (2.3)	500 (3.0)	300 (1.6)	500 (2.4)	483 (5.6)	800 (1.7)
Body Mass Index	Overweight	6,900 (18.9)	N/A	3,900 (23.6)	3,000 (15.1)	1,700 (28.7)	5,200 (17.0)
	Obese	5,700 (15.6)	N/A	2,900 (17.5)	2,800 (14.1)	1,300 (21.8)	4,400 (14.4)
Ever diagnosed with asthma		7,400 (13.6)	2,000 (12.2)	2,200 (12.8)	3,200 (15.4)	2,500 (28.2)	5,000 (10.9)
No regular source of care		1,700 (3.1)	600 (3.4)	400 (2.1)	800 (3.7)	500 (6.2)	1,200 (2.5)
Source of information on children's health	Family or friends	1,900 (3.6)	300 (1.8)	500 (3.2)	1,100 (5.4)	100 (1.2)	1,800 (4.1)
	Physician or other health care professional	47,300 (88.9)	14,400 (89.1)	15,500 (91.4)	17,400 (86.5)	8,500 (98.4)	39,000 (87.1)
	Internet	4,000 (7.5)	1,500 (9.1)	900 (5.4)	1,600 (8.0)	40 (0.4)	4,000 (8.9)
Did not visit dentist in the past year		9,800 (17.9)	7,800 (46.9)	300 (1.8)	1,700 (8.3)	1,500 (16.9)	8,300 (18.1)
Notes: N/A = not applicable. * Poverty is defined as income below 200% of the Federal Poverty Level.							
Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey							



**Table 3. Health Insurance and Source of Care of Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

	Tri-County Area	Age				Insurance Status		Poverty Status*	
		18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-poor
	N (%)	N (%)				N (%)		N (%)	
Uninsured (18-64)	11,300 (7.8)	1,700 (7.2)	3,400 (8.4)	6,100 (7.6)	N/A	11,300 (100.0)	N/A	5,800 (22.8)	5,400 (4.3)
No prescription drug coverage	24,800 (14.1)	4,500 (19.2)	6,200 (15.5)	10,500 (13.1)	3,600 (11.3)	10,300 (92.6)	14,600 (8.7)	9,100 (25.3)	15,900 (11.0)
No regular source of care	17,500 (9.8)	3,700 (15.4)	5,300 (13.0)	7,000 (8.6)	1,500 (4.7)	4,400 (37.5)	13,300 (7.8)	4,700 (12.8)	12,700 (8.7)
Did not visit dentist in past year	51,300 (28.9)	9,700 (39.9)	12,000 (29.6)	19,800 (24.5)	10,000 (30.8)	8,800 (77.2)	43,100 (25.2)	16,600 (45.8)	35,200 (24.2)

Notes: N/A = not applicable. \* Poverty is defined as income below 200% of the Federal Poverty Level.

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



**Table 4. Cost Barriers to Care for Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

	Tri-County Area	Age				Insurance Status		Poverty Status*	
		18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-poor
	N (%)	N (%)				N (%)		N (%)	
<b>In the past year DID NOT...</b>									
Seek health care due to cost	25,300 (14.2)	3,900 (16.1)	6,900 (17.1)	13,400 (16.6)	1,000 (3.2)	6,000 (52.3)	19,500 (11.4)	9,400 (25.7)	16,100 (11.0)
Seek health care due to transportation problems	6,800 (3.8)	1,300 (5.5)	1,900 (4.7)	2,500 (3.1)	1,000 (3.1)	1,000 (8.5)	5,900 (3.4)	4,900 (13.3)	2,000 (1.4)
Fill prescription due to cost	27,200 (15.3)	3,500 (14.5)	9,200 (22.8)	12,100 (15.0)	2,400 (7.3)	4,300 (37.3)	24,000 (14.1)	11,300 (31.3)	16,900 (11.6)
<b>Last year</b>									
Found it difficult or very difficult to pay housing costs	74,100 (42.6)	7,200 (31.8)	19,600 (48.7)	36,500 (45.5)	10,800 (34.6)	8,800 (77.3)	66,900 (40.0)	26,300 (72.5)	49,100 (34.6)
* Poverty is defined as income below 200% of the Federal Poverty Level.									
Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey									



**Table 5. Nutrition of Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

		Tri-County Area	Age				Insurance Status		Poverty Status*	
			18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-poor
		N (%)	N (%)				N (%)		N (%)	
Primary sources of information on nutrition	Family or friends	12,600 (7.4)	1,600 (7.0)	2,600 (6.7)	5,500 (7.1)	2,800 (9.7)	1,400 (13.1)	11,500 (7.0)	2,100 (6.3)	10,800 (7.7)
	Physician or health care professional	44,700 (26.3)	5,100 (21.7)	9,800 (24.9)	20,200 (25.7)	9,700 (33.7)	1,700 (15.9)	43,500 (26.6)	13,100 (39.5)	32,100 (22.8)
	Written material	12,500 (7.4)	900 (3.7)	400 (0.9)	6,000 (7.6)	5,300 (18.5)	1,100 (10.1)	12,400 (7.6)	1,800 (5.4)	11,700 (8.3)
	Internet	69,000 (40.6)	13,100 (56.0)	22,500 (57.2)	30,200 (38.5)	3,100 (10.9)	4,800 (45.3)	66,100 (40.4)	10,600 (31.8)	60,100 (42.7)
	Don't look	15,400 (9.0)	700 (2.8)	1,600 (4.1)	8,000 (10.2)	5,100 (17.8)	800 (7.1)	14,700 (9.0)	2,700 (8.1)	12,800 (9.1)
Number of fruits and vegetables consumed in typical day	0-3 servings	122,300 (69.8)	16,900 (70.3)	25,800 (64.7)	56,300 (70.3)	23,400 (74.8)	8,300 (75.5)	116,600 (69.1)	25,300 (72.3)	99,200 (68.8)
	4 or more servings	52,900 (30.2)	7,100 (29.7)	14,100 (3.3)	23,800 (29.7)	7,900 (25.2)	2,700 (24.5)	52,100 (30.9)	9,700 (27.7)	45,000 (31.2)
Difficult or very difficult to find fruits or vegetables in their neighborhood		8,800 (4.9)	1,300 (5.4)	1,700 (4.3)	3,200 (3.9)	2,600 (8.0)	600 (5.1)	8,300 (4.9)	4,100 (11.3)	4,800 (3.3)
Overall quality of groceries in neighborhood stores is fair or poor		17,200 (9.8)	3,400 (14.0)	3,500 (8.7)	8,400 (10.4)	2,000 (6.5)	2,500 (22.4)	15,000 (8.9)	5,500 (15.3)	12,000 (8.3)
Cut meal size or skip a meal due to cost		19,400 (11.0)	2,800 (11.4)	5,500 (13.6)	9,800 (12.2)	1,400 (4.3)	3,400 (30.0)	16,100 (9.4)	11,900 (32.7)	7,500 (5.2)
How many times eaten at fast food restaurant in past week	None	98,000 (55.1)	8,000 (33.2)	21,600 (53.5)	45,800 (56.7)	22,500 (69.4)	5,300 (46.1)	95,600 (56.0)	20,800 (57.0)	79,700 (54.8)
	1 or more times	79,900 (44.9)	16,200 (66.8)	18,800 (46.5)	34,900 (43.3)	9,900 (30.6)	6,200 (53.9)	75,300 (44.0)	15,700 (43.0)	65,800 (45.2)
Menu labeling did not influence food choice		66,700 63.3%	11,500 (59.5)	15,300 (57.8)	28,600 (64.9)	11,300 (73.3)	4,700 (73.8)	63,500 (62.6)	14,900 (73.7)	53,400 (60.8)
Dieted to lose weight in the past year		99,200 (56.2)	10,900 (45.2)	28,400 (70.3)	45,700 (57.0)	14,200 (44.7)	5,100 (46.3)	97,000 (57.0)	17,600 (48.3)	84,100 (58.4)

\* Poverty is defined as income below 200% of the Federal Poverty Level.

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



**Table 6. Physical Activity of Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

		Tri-County Area	Age				Insurance Status		Poverty Status*	
			18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-poor
		N (%)	N (%)						N (%)	
Number of times exercised in past month	None	30,700 (17.2)	1,400 (5.9)	3,900 (9.5)	16,200 (20.0)	9,100 (28.4)	1,900 (16.5)	29,100 (17.1)	8,900 (24.6)	22,000 (15.1)
	1-2 days per week	45,200 (25.5)	6,100 (25.1)	11,100 (27.5)	20,800 (25.8)	7,200 (22.4)	2,400 (20.9)	44,900 (26.3)	8,500 (23.5)	38,500 (26.5)
	3 or more days per week	101,800 (57.3)	16,700 (69.0)	25,400 (62.9)	43,800 (54.2)	15,800 (49.2)	7,200 (62.6)	96,700 (56.6)	18,900 (51.9)	84,900 (58.4)
Watched television more than two hours per day		73,900 (41.5)	8,900 (36.9)	12,100 (30.0)	33,100 (40.9)	19,700 (61.2)	5,400 (46.8)	71,000 (41.6)	18,300 (50.3)	58,000 (39.8)
Used computer more than two hours per day		3,300 (10.3)	9,400 (38.9)	5,700 (14.2)	14,000 (17.3)	3,300 (10.3)	4,000 (35.4)	29,100 (17.0)	4,000 (11.1)	28,800 (19.8)
Did not participate in worksite wellness program		91,400 (82.3)	17,400 (96.9)	24,200 (76.6)	45,200 (80.0)	4,600 (92.8)	---	85,300 (80.7)	10,100 (90.5)	83,100 (81.1)
Commutes to work more than 60 minutes		7,100 (7.1)	1,600 (9.7)	2,600 (8.9)	2,900 (5.8)	---	500 (7.1)	6,800 (7.2)	300 (3.1)	7,000 (7.6)
Method of getting to work	Car, truck, or van	95,700 (86.4)	15,800 (88.3)	27,600 (87.6)	48,000 (85.1)	4,300 (86.8)	7,200 (91.0)	90,800 (86.0)	9,400 (84.2)	88,600 (86.6)
	Public transit	1,000 (0.9)	200 (0.9)	400 (1.2)	500 (0.8)	---	100 (1.7)	900 (0.8)	200 (2.1)	800 (0.7)
	Walking	2,900 (2.6)	700 (3.7)	500 (1.6)	1,700 (3.0)	---	400 (4.8)	2,500 (2.3)	300 (2.4)	2,600 (2.5)
	Other	700 (0.6)	100 (0.4)	100 (0.5)	400 (0.7)	100 (1.2)	---	700 (0.6)	---	700 (0.7)
Uncomfortable visiting neighborhood outdoor space or park during day		39,000 (22.1)	4,400 (18.1)	6,000 (14.9)	17,900 (22.2)	10,700 (34.5)	3,800 (33.1)	35,600 (21.0)	11,100 (30.9)	28,300 (19.6)
Did not go somewhere during the day due to safety		11,600 (6.5)	2,200 (9.3)	3,800 (9.3)	4,000 (5.0)	1,600 (5.0)	1,300 (11.4)	10,700 (6.3)	4,800 (13.1)	7,300 (5.0)
Low social capital in neighborhood		58,300 (32.9)	9,900 (41.4)	13,600 (33.6)	23,400 (29.0)	11,300 (35.7)	5,700 (49.7)	53,200 (31.2)	18,300 (50.2)	40,500 (28.0)
Not active in a faith community		95,400 (54.1)	15,600 (64.8)	21,900 (54.3)	42,600 (52.9)	15,400 (48.5)	7,600 (66.1)	89,400 (52.7)	18,200 (50.2)	78,600 (54.5)
Did not use public recreation facilities in the Tri-County Area		106,400 (59.8)	12,900 (53.4)	17,400 (43.0)	49,900 (61.6)	26,300 (80.9)	7,400 (64.8)	101,100 (59.1)	27,100 (74.2)	81,400 (55.8)
Has not heard of the Tri-County Area Health & Wellness Foundation		131,300 (74.5)	19,200 (79.4)	33,300 (82.3)	58,600 (73.3)	20,200 (63.9)	9,300 (81.9)	124,600 (73.7)	27,600 (76.1)	106,300 (73.8)

\* Poverty is defined as income below 200% of the Federal Poverty Level. --- equals insufficient cases for analysis (n < 30).

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



**Table 7. Nutrition and Physical Activity of Tri-County Area Children by Age and Poverty Status**

		Tri-County Area	Age			Poverty Status*	
			0-5	6-11	12-17	Poor	Non-poor
		N (%)	N (%)			N (%)	
Number of fruits and vegetables consumed in typical day	0-3	31,300 (68.0)	4,300 (52.4)	11,700 (66.6)	15,300 (75.6)	5,500 (73.7)	25,800 (66.9)
	4+	14,700 (32.0)	3,900 (47.6)	5,900 (33.4)	4,900 (24.4)	2,000 (26.3)	12,700 (33.1)
Drinks sugary beverage more than once a day		5,000 (11.0)	700 (4.9)	700 (4.7)	3,600 (21.4)	1,800 (20.8)	3,200 (8.7)
Source of information on children's nutrition	Family or friends	2,500 (4.6)	500 (2.8)	1,200 (7.1)	800 (4.0)	400 (4.8)	2,000 (4.6)
	Physician or other health care professional	32,200 (60.4)	12,300 (74.1)	10,100 (58.5)	9,900 (50.5)	7,300 (84.6)	25,000 (55.8)
	Books or pamphlets	1,500 (2.7)	200 (1.5)	600 (3.2)	700 (3.3)	----	1,500 (3.2)
	Internet	12,800 (24.0)	3,000 (17.9)	4,300 (25.0)	5,500 (28.1)	400 (5.0)	12,300 (27.5)
	Don't look	1,200 (2.2)	----	100 (0.6)	1,100 (5.6)	30 (0.3)	1,200 (2.6)
Number of times physically active in past week for 30 minutes or more	0-2	5,600 (12.2)	300 (3.2)	1,200 (7.0)	4,100 (20.2)	900 (11.7)	4,800 (12.3)
	3 or more	40,600 (87.8)	8,000 (96.8)	16,300 (79.8)	16,300 (79.8)	6,600 (88.3)	34,000 (87.7)
Watched television more than two hours per day		14,400 (31.3)	1,100 (13.2)	4,300 (24.6)	9,000 (44.4)	2,900 (39.7)	11,500 (29.7)
Used computer more than two hours per day		8,200 (17.8)	200 (2.9)	1,200 (6.7)	6,800 (33.3)	1,400 (18.3)	6,800 (17.7)
Less than one hour per week in early childhood education setting		8,000 (50.0)	8,000 (50.0)	N/A	N/A	1,400 (68.9)	6,600 (47.2)
Notes: ---- equals insufficient cases for analysis (n<30). N/A = not applicable * Poverty is defined as income below 200% of the Federal Poverty Level.							
Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey							



**Table 8. Health Behaviors of Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

	Tri-County Area	Age				Insurance Status		Poverty Status*	
		18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-Poor
	N (%)	N (%)				N (%)		N (%)	
Smokes Cigarettes	34,300 (19.3)	6,000 (24.7)	8,800 (21.8)	15,700 (19.4)	3,800 (11.8)	5,700 (49.7)	28,700 (16.8)	12,200 (33.5)	22,200 (15.3)
Have tried quitting smoking in past year (among smokers)	20,300 (59.2)	4,500 (74.6)	6,300 (71.4)	7,600 (48.6)	1,900 (50.1)	4,000 (70.9)	16,300 (56.8)	8,500 (69.6)	11,900 (53.4)
Someone smokes inside the home	20,500 (11.5)	3,700 (15.3)	3,500 (8.6)	10,600 (13.1)	2,700 (8.4)	4,100 (37.2)	16,400 (9.6)	7,500 (20.5)	13,100 (9.0)
Consumed 5 or more drinks in past month on five or more occasions	5,100 (2.9)	1,000 (4.3)	1,700 (4.3)	2,200 (2.7)	200 (0.6)	600 (4.9)	4,500 (2.7)	1,200 (3.2)	3,900 (2.7)
* Poverty is defined as income below 200% of the Federal Poverty Level.									
Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County AreaHousehold Health Survey									





**Table 9. Health Screenings for Tri-County Area Adults by Socioeconomic and Demographic Characteristics**

	Tri-County Area	Age				Insurance Status		Poverty Status*	
		18-29	30-44	45-64	65+	Uninsured	Insured	Poor	Non-poor
	N (%)	N (%)				N (%)		N (%)	
Adults who did NOT receive:									
Blood pressure test in the past year	16,600 9.4%	3,700 15.9%	5,200 12.8%	6,700 8.4%	1,000 3.1%	3,900 35.2%	12,900 7.6%	3,300 9.1%	13,200 9.2%
Blood cholesterol test in the past year	51,700 30.1%	11,800 57.3%	15,900 40.7%	20,800 26.1%	3,200 9.8%	6,100 54.9%	46,600 28.3%	10,400 29.7%	42,100 29.9%
Colonoscopy in past year (adults 50+)	70,500 83.3%	N/A	N/A	44,600 84.9%	25,900 80.7%	3,900 99.2%	67,700 82.3%	17,100 85.0%	54,500 82.4%
Pap smear in the past year (women 18+)	40,100 45.0%	5,800 51.9%	5,400 28.2%	18,400 43.7%	10,500 63.2%	3,200 75.1%	38,200 43.8%	11,600 55.5%	29,800 42.2%
Mammogram in the past year (women 40+)	28,800 43.2%	N/A	3,700 46.2%	19,200 45.5%	5,900 35.6%	2,200 70.8%	26,800 41.5%	7,400 46.0%	21,500 41.8%
PSA or rectal exam for prostate cancer in past year (men 45+)	15,300 36.9%	N/A	N/A	12,800 46.6%	2,500 17.9%	1,200 80.9%	14,300 34.9%	3,000 45.7%	12,400 34.7%
* Poverty is defined as income below 200% of the Federal Poverty Level.N/A = Not applicable.									
Source: PHMC’s 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey									



**Table 10. Health Status of Tri-County Area Adults by Area**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Health Status	Excellent/Very Good/Good	157,100 (86.1)	13,600 (79.6)	13,900 (86.0)	12,800 (81.4)	28,300 (86.8)	29,400 (81.6)	27,000 (92.8)	32,100 (89.7)
	Fair/Poor	25,400 (13.9)	3,500 (20.4)	2,300 (14.0)	2,900 (18.6)	4,300 (13.2)	6,600 (18.4)	2,100 (7.2)	3,700 (10.3)
Mental Health	Diagnosed with mental health condition	29,700 (16.3)	3,000 (18.0)	3,600 (22.4)	2,000 (13.0)	5,100 (15.7)	4,800 (13.4)	5,200 (17.9)	5,800 (16.3)
	Sought professional help for a mental or emotional problem	17,100 (9.4)	2,000 (11.5)	1,200 (7.7)	1,800 (11.4)	3,700 (11.2)	3,500 (9.6)	1,500 (5.2)	3,500 (9.9)
	Receiving treatment for mental health condition	18,300 (61.8)	1,500 (48.5)	2,500 (69.1)	1,600 (76.7)	3,200 (63.5)	3,000 (62.2)	3,200 (61.7)	3,300 (57.2)
	High level of stress	41,900 (23.2)	5,300 (31.7)	4,600 (28.4)	3,800 (24.3)	7,800 (24.0)	6,500 (18.0)	6,800 (23.6)	7,100 (20.3)
	Currently in recovery	13,200 (7.3)	1,800 (10.5)	1,800 (11.1)	1,300 (8.1)	2,400 (7.2)	2,300 (6.5)	1,800 (6.3)	1,900 (5.4)
Body Mass Index	Overweight	62,000 (34.4)	5,900 (35.5)	5,400 (33.7)	4,900 (32.0)	11,700 (35.8)	13,000 (36.3)	9,500 (33.2)	11,700 (32.8)
	Obese	54,100 (30.0)	5,400 (32.7)	6,000 (37.6)	5,500 (35.5)	7,100 (21.8)	11,500 (32.3)	8,100 (28.4)	10,500 (29.3)
Chronic Health Conditions	Cancer	14,500 (7.9)	1,300 (7.4)	1,000 (6.1)	1,700 (10.6)	3,400 (10.5)	2,100 (5.8)	1,700 (5.9)	3,300 (9.3)
	Asthma	28,900 (15.9)	4,300 (25.5)	2,500 (15.6)	2,700 (17.4)	4,500 (13.6)	3,700 (10.2)	5,800 (19.8)	5,500 (15.4)
	Diabetes	19,700 (10.8)	1,500 (8.8)	1,600 (10.0)	1,900 (12.1)	2,500 (7.6)	4,600 (12.8)	2,500 (8.8)	5,000 (14.0)
	High blood pressure	53,800 (29.4)	5,100 (29.9)	4,800 (29.8)	3,800 (24.4)	9,600 (29.2)	10,000 (27.7)	9,300 (31.9)	11,200 (31.2)
	Arthritis	43,500 (23.9)	4,000 (23.8)	4,900 (30.0)	3,400 (21.6)	7,800 (23.8)	7,600 (21.0)	6,300 (21.5)	9,500 (26.7)
	Heart disease	17,900 (9.8)	2,000 (11.7)	1,400 (8.9)	1,900 (11.8)	2,400 (7.4)	4,300 (11.9)	2,900 (10.0)	3,000 (8.3)
	Pain lasting six months or more	42,400 (23.3)	4,200 (24.5)	3,200 (19.9)	3,400 (21.3)	8,100 (24.7)	7,900 (22.0)	7,200 (25.0)	8,500 (23.6)

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



**Table 11. Selected Health Status and Access to Care Indicators of Tri-County Area Children by Area**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Health Status	Excellent/Very Good/Good	53,400 (97.7)	4,400 (94.6)	5,100 (99.3)	—	9,300 (97.7)	11,500 (97.0)	8,300 (98.0)	9,800 (97.6)
	Fair/Poor	1,270 (2.3)	200 (5.4)	30 (0.7)	---	200 (2.3)	400 (3.0)	200 (2.0)	200 (2.4)
Body Mass Index	Overweight	6,900 (18.9)	800 (29.3)	400 (11.6)	800 (22.6)	700 (11.7)	1,600 (19.0)	1,500 (25.2)	1,100 (17.2)
	Obese	5,700 (15.6)	700 (26.5)	700 (20.4)	700 (18.2)	1,300 (21.0)	800 (8.8)	600 (10.0)	1,000 (16.2)
Ever diagnosed with asthma		7,500 (13.7)	1,200 (26.5)	900 (18.3)	800 (16.4)	900 (9.7)	1,500 (12.8)	700 (8.4)	1,300 (13.3)
No regular source of care		1,700 (3.1)	500 (10.9)	100 (2.0)	---	300 (2.9)	---	100 (1.0)	700 (7.3)
Source of information on children's health	Family or friends	1,900 (3.6)	200 (3.5)	100 (2.0)	---	100 (1.4)	300 (2.8)	300 (4.2)	900 (8.8)
	Physician or other health care professional	47,500 (88.9)	4,100 (88.7)	4,500 (88.0)	4,800 (95.1)	8,700 (91.1)	10,000 (93.7)	7,000 (83.9)	8,300 (83.1)
	Internet	4,000 (7.5)	400 (7.8)	500 (10.0)	200 (4.9)	700 (7.5)	400 (3.5)	1,000 (11.9)	800 (8.1)
Did not visit dentist in the past year		9,800 (17.9)	1,100 (23.0)	600 (12.5)	400 (8.4)	1,900 (19.8)	2,400 (20.1)	1,100 (12.3)	2,400 (23.6)

Note: ---- equals insufficient data for analysis (n<30).

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County AreaHousehold Health Survey



**Table 12. Health Insurance and Source of Care of Tri-County Area Adults by Area**

	Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Uninsured (18-64)	11,400 (7.6)	2,000 (14.4)	600 (4.7)	1,000 (7.9)	2,400 (9.0)	1,100 (3.5)	1,800 (7.1)	2,600 (9.1)
No prescription drug coverage	24,900 (13.8)	3,400 (20.4)	1,400 (8.4)	2,300 (14.5)	5,500 (16.8)	4,900 (13.7)	2,600 (9.1)	5,000 (14.2)
No regular source of care	17,600 (9.7)	2,900 (17.0)	2,500 (15.7)	1,700 (10.9)	2,500 (7.7)	1,600 (4.4)	1,500 (5.1)	4,900 (13.8)
Did not visit dentist in past year	51,900 (28.5)	6,600 (39.1)	4,900 (30.9)	4,700 (30.1)	7,800 (23.8)	10,700 (29.8)	5,700 (19.7)	11,400 (31.8)
Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey								



**Table 13. Cost Barriers to Care for Tri-County Area Adults by Area**

	Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
<b>In the past year DID NOT...</b>	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Seek health care due to cost	25,500 (14.0)	3,300 (19.2)	1,800 (11.1)	2,300 (14.3)	5,400 (16.4)	5,600 (15.5)	3,800 (13.1)	3,400 (9.5)
Seek health care due to transportation problems	6,800 (3.7)	1,200 (7.0)	800 (5.1)	300 (1.8)	400 (1.2)	2,200 (6.0)	1,300 (4.4)	700 (1.9)
Fill prescription due to cost	28,300 (15.5)	3,700 (21.9)	2,100 (13.0)	3,500 (22.3)	4,700 (14.5)	7,000 (19.5)	3,200 (11.1)	4,000 (11.1)
<b>Last year</b>								
Found it difficult or very difficult to pay housing costs	75,700 (42.4)	9,900 (58.4)	8,400 (53.6)	6,800 (44.3)	10,600 (33.3)	15,100 (42.1)	11,000 (38.6)	14,000 (40.5)
Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County AreaHousehold Health Survey								



**Table 14. Nutrition of Tri-County Area Adults by Area**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Primary sources of information on nutrition	Family or friends	12,900 (7.4)	900 (5.3)	600 (4.1)	1,000 (6.4)	4,100 (12.9)	2,300 (6.4)	1,900 (6.9)	2,100 (6.5)
	Physician or other health care professional	45,200 (26.0)	5,500 (33.9)	5,000 (32.7)	4,900 (32.3)	6,100 (19.3)	9,700 (27.8)	5,300 (18.8)	8,800 (26.6)
	Written material	13,500 (7.8)	1,100 (6.6)	1,600 (10.4)	1,100 (7.3)	2,200 (7.0)	1,900 (5.6)	2,500 (8.9)	3,100 (9.4)
	Internet	70,900 (40.7)	5,300 (32.7)	6,500 (42.5)	5,100 (33.7)	12,400 (39.3)	14,900 (42.5)	15,200 (54.1)	4,400 (35.1)
	Don't look	15,500 (8.9)	1,100 (6.9)	700 (4.7)	1,000 (6.3)	4,100 (13.0)	2,700 (7.6)	1,500 (5.5)	4,400 (13.3)
Number of fruits and vegetables consumed in typical day	0-3 servings	124,800 (69.5)	13,300 (80.6)	10,100 (62.7)	11,300 (74.1)	22,200 (68.2)	24,600 (69.1)	18,600 (64.1)	24,800 (71.6)
	4 or more servings	54,700 (30.5)	3,200 (19.4)	6,000 (37.3)	3,900 (25.8)	10,300 (31.8)	11,000 (30.9)	10,400 (35.9)	9,900 (28.4)
Difficult or very difficult to find fruits or vegetables in their neighborhood		8,900 (4.9)	1,400 (8.2)	900 (5.6)	2,200 (14.0)	1,100 (3.2)	1,100 (3.1)	1,000 (3.5)	1,200 (3.5)
Overall quality of groceries in neighborhood stores is fair or poor		17,500 (9.7)	3,000 (17.7)	1,500 (9.9)	2,000 (12.8)	2,500 (7.7)	2,500 (7.0)	1,700 (5.8)	4,300 (12.2)
Cut meal size or skip a meal due to cost		19,500 (10.7)	2,800 (16.3)	1,300 (8.2)	1,800 (11.3)	3,100 (9.6)	5,200 (14.5)	2,400 (8.4)	2,900 (8.0)
How many times eaten at fast food restaurant in past week	None	100,900 (55.3)	8,400 (49.1)	9,500 (58.8)	7,400 (46.9)	19,700 (60.4)	21,900 (60.8)	14,600 (50.2)	19,400 (54.5)
	1 or more times	81,500 (44.7)	8,600 (50.9)	6,700 (41.2)	8,400 (53.1)	13,000 (39.6)	14,100 (39.2)	14,500 (49.8)	16,200 (45.5)
Menu labeling did not influence food choice		68,300 (63.3)	8,000 (71.1)	6,800 (62.8)	7,300 (62.4)	9,200 (59.7)	11,100 (57.8)	9,000 (52.2)	16,800 (75.7)
Dieted to lose weight in the past year		102,100 (56.4)	9,000 (53.3)	9,900 (61.1)	9,200 (58.8)	18,300 (56.2)	22,700 (63.0)	15,300 (52.7)	17,600 (51.0)

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



**Table 15. Nutrition and Physical Activity of Tri-County Area Children by Area**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Number of fruits and vegetables consumed in typical day	0-3	31,300 (68.0)	2,300 (64.8)	2,700 (65.1)	2,600 (55.8)	5,700 (69.8)	6,900 (72.8)	4,600 (61.5)	6,400 (76.5)
	4+	14,700 (32.0)	1,300 (35.2)	1,500 (34.9)	2,100 (44.2)	2,500 (30.2)	2,600 (27.2)	2,900 (38.5)	1,900 (23.5)
Drinks sugary beverage more than once a day		5,000 (11.0)	700 (17.2)	700 (13.8)	900 (18.1)	500 (6.5)	700 (7.4)	400 (6.2)	1,200 (13.3)
Source of information on children's nutrition	Family or friends	2,500 (4.6)	200 (3.4)	300 (5.5)	200 (4.2)	900 (9.4)	500 (3.9)	200 (2.6)	300 (3.0)
	Physician or other health care professional	32,300 (60.5)	3,500 (76.9)	2,900 (61.8)	3,100 (61.0)	5,600 (61.4)	6,000 (51.2)	4,900 (57.3)	6,400 (64.7)
	Books or pamphlets	1,500 (2.7)	30 (0.6)	100 (2.6)	100 (2.0)	100 (1.1)	400 (3.5)	500 (5.5)	20 (2.2)
	Internet	12,800 (23.9)	500 (10.4)	900 (20.1)	1,300 (25.1)	1,800 (20.1)	3,500 (30.1)	2,500 (29.4)	2,200 (22.7)
Number of times physically active in past week for 30 minutes or more	0-2	5,600 (12.2)	400 (12.0)	700 (15.8)	500 (10.2)	900 (10.5)	1,400 (14.7)	900 (12.2)	900 (10.5)
	3 or more	40,600 (87.8)	3,300 (88.0)	3,500 (84.2)	4,300 (89.8)	7,300 (89.5)	8,100 (85.3)	6,500 (87.8)	7,600 (89.5)
Watched television more than two hours per day		14,400 (31.3)	1,100 (29.2)	2,200 (54.2)	1,500 (31.1)	1,900 (23.5)	2,400 (24.9)	2,400 (31.8)	3,000 (35.7)
Used computer more than two hours per day		8,200 (17.8)	600 (15.1)	1,400 (33.7)	1,100 (22.5)	700 (9.0)	2,000 (21.5)	1,200 (15.5)	1,300 (15.0)
Less than one hour per week in early childhood education setting		8,000 (50.0)	1,400 (80.9)	1,300 (74.0)	500 (41.8)	800 (26.4)	1,600 (49.8)	1,300 (54.2)	1,100 (42.3)

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey



**Table 16. Physical Activity of Tri-County Area Adults by Area**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Number of times exercised in past month	None	31,000 (17.0)	2,500 (14.7)	3,500 (21.8)	3,500 (22.3)	5,800 (17.8)	4,600 (12.8)	4,800 (16.6)	6,300 (17.5)
	1-2 days per week	47,300 (26.0)	5,100 (29.9)	2,800 (17.3)	4,400 (27.7)	8,400 (25.8)	8,900 (24.7)	8,700 (29.8)	9,100 (25.6)
	3 or more days per week	103,800 (57.0)	9,400 (55.4)	9,900 (60.9)	7,900 (50.0)	18,400 (56.4)	22,400 (62.5)	15,600 (53.6)	20,300 (56.9)
Watched television more than two hours per day		76,400 (41.9)	7,400 (43.3)	6,500 (40.4)	8,300 (52.5)	11,700 (35.9)	16,100 (44.7)	11,800 (40.7)	14,600 (40.9)
Used computer more than two hours per day		33,100 (18.2)	2,900 (17.2)	4,100 (25.3)	2,200 (13.8)	5,800 (17.8)	6,500 (17.9)	5,400 (18.7)	6,200 (17.6)
Did not participate in worksite wellness program		93,200 (82.0)	8,800 (83.9)	7,500 (73.8)	7,700 (82.1)	18,400 (88.2)	15,400 (73.5)	16,600 (85.1)	18,700 (84.3)
Commutes to work more than 60 minutes		7,300 (7.2)	1,100 (10.7)	1,100 (11.7)	1,100 (12.0)	200 (1.3)	600 (3.3)	1,100 (6.4)	2,100 (10.1)
Method of getting to work	Car, truck, or van	98,000 (86.4)	9,000 (85.4)	9,000 (88.1)	8,000 (85.9)	16,500 (78.9)	18,500 (87.9)	16,700 (86.6)	20,400 (91.6)
	Public transit	1,000 (0.9)	200 (2.3)	---	---	200 (1.0)	300 (1.2)	300 (1.5)	---
	Bicycle	2,900 (2.5)	1,000 (9.9)	100 (1.2)	500 (5.1)	900 (4.3)	---	300 (1.6)	---
	Walking	6,500 (5.7)	100 (1.2)	700 (7.3)	400 (4.7)	2,100 (9.9)	1,100 (5.3)	1,100 (5.9)	900 (3.9)
No neighborhood outdoor space or park they feel comfortable visiting during day		39,400 (21.8)	4,900 (29.1)	4,400 (27.1)	3,300 (21.2)	8,800 (26.9)	7,200 (20.1)	2,600 (8.9)	8,300 (23.8)
Did not go somewhere during the day due to safety		12,000 (6.6)	3,200 (19.1)	900 (5.3)	800 (5.4)	800 (2.5)	1,300 (3.6)	2,800 (9.5)	2,300 (6.3)
Low social capital in neighborhood		58,800 (32.4)	7,200 (42.2)	6,400 (39.5)	5,200 (33.7)	10,200 (31.2)	8,700 (24.0)	6,700 (23.2)	14,500 (41.2)
Not active in a faith community		96,900 (53.6)	9,700 (57.0)	8,800 (55.2)	9,000 (57.9)	19,100 (58.4)	18,100 (50.7)	13,400 (46.1)	18,900 (53.8)
Did not use public recreation facilities in the Tri-County Area		108,500 (59.4)	9,300 (54.8)	8,800 (54.6)	12,200 (77.7)	19,200 (58.5)	19,800 (54.9)	14,900 (51.4)	24,200 (67.6)
Has not heard of the Tri-County Area Health & Wellness Foundation		134,000 (74.2)	11,000 (65.1)	9,800 (61.4)	11,500 (73.3)	22,900 (70.9)	28,400 (78.9)	25,400 (88.2)	25,000 (71.5)

Note: ---- equals insufficient cases for analysis (n<30).

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County Area Household Health Survey





**Table 17. Health Behaviors of Tri-County Area Adults by Area**

	Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Smokes Cigarettes	34,400 (18.9)	5,200 (30.7)	3,500 (21.8)	4,100 (25.7)	4,900 (15.1)	5,700 (15.7)	4,700 (16.0)	6,400 (17.9)
Someone smokes inside the home	20,600 (11.3)	2,000 (12.2)	2,200 (13.5)	2,200 (13.9)	4,800 (14.6)	2,800 (7.9)	2,700 (9.4)	3,800 (10.7)
Have tried quitting smoking in past year (among smokers)	20,300 (59.1)	3,200 (62.5)	1,600 (45.7)	2,300 (56.2)	2,900 (58.2)	2,800 (49.5)	4,000 (85.3)	3,600 (55.9)
Consumed 5 or more drinks in past month on five or more occasions	5,100 (2.8)	600 (3.6)	800 (4.9)	500 (3.1)	600 (1.9)	1,000 (2.9)	200 (0.7)	1,400 (4.0)

Source: PHMC's 2012 Southeastern Pennsylvania Household Health Survey and 2013 Tri-County AreaHousehold Health Survey



**Table 18. Health Screenings for Tri-County Area Adults by Area**

	Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
<b>Adults who did NOT receive:</b>								
Blood pressure test in the past year	16,800 9.3%	2,400 14.3%	500 3.2%	1,500 9.6%	2,500 7.7%	2,300 6.5%	2,200 7.6%	5,400 15.1%
Blood cholesterol test in the past year	52,700 30.0%	4,600 29.1%	4,900 31.0%	6,000 39.8%	11,000 34.3%	8,300 23.1%	6,900 25.0%	11,000 32.6%
Colonoscopy in past year (adults 50+)	71,700 83.1%	5,800 80.5%	6,500 88.0%	6,400 88.1%	14,700 87.6%	12,600 75.4%	10,800 89.9%	14,900 78.6%
Pap smear in the past year (women)	41,400 45.3%	3,300 40.1%	3,500 46.3%	3,500 44.4%	6,200 37.1%	7,400 44.8%	7,500 45.2%	10,100 55.4%
Mammogram in the past year (women 40+)	29,000 42.8%	3,400 38.6%	2,500 41.9%	2,500 52.3%	3,900 27.7%	5,900 50.2%	5,200 41.9%	6,800 52.3%
PSA or rectal exam for prostate cancer in past year (men 45+)	15,400 36.4%	1,800 55.0%	600 23.9%	2,200 52.9%	2,700 34.0%	3,200 29.7%	2,100 37.9%	2,900 35.0%

Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey



**Table 19. Health Status of Tri-County Area and Adjacent Area Adults**

		Tri-County Area	Berks County	Chester County	Montgomery County
		N %	N %	N %	N %
Health Status	Excellent/Very Good/Good	153,100 86.0%	266,700 84.1%	348,000 90.4%	556,100 89.2%
	Fair/Poor	24,800 14.0%	50,400 15.9%	36,900 9.6%	67,500 10.8%
Mental Health	Diagnosed with mental health condition	29,400 16.5%	46,200 14.6%	52,000 13.5%	86,500 13.8%
	Sought professional help for a mental or emotional problem	16,600 9.4%	N/A	N/A	N/A
	Receiving treatment for mental health condition	18,200 62.1%	28,400 61.5%	28,500 55.0%	59,500 69.6%
	High level of stress	41,200 23.4%	108,600 34.5%	N/A	N/A
	Currently in recovery	13,100 7.4%	N/A	16,000 4.2%	35,400 5.7%
Body Mass Index	Overweight	60,600 34.3%	110,600 35.9%	142,800 38.0%	228,400 37.2%
	Obese	53,200 30.2%	93,100 30.2%	79,300 21.1%	181,000 23.5%
Chronic Health Conditions	Cancer	13,700 7.7%	28,300 8.9%	36,900 9.6%	52,200 8.3%
	Asthma	28,300 15.9%	49,200 15.5%	48,900 12.7%	87,200 14.0%
	Diabetes	19,400 10.9%	44,000 13.9%	31,600 8.2%	63,500 10.2%
	High blood pressure	52,400 29.4%	105,400 33.4%	92,200 24.0%	167,000 26.8%
	Arthritis	42,100 23.7%	N/A	88,800 23.1%	153,600 24.6%
	Heart disease	17,300 9.7%	N/A	N/A	N/A
	Pain lasting six months or more	41,600 23.4%	N/A	104,400 19.1%	130,600 20.9%

Notes: N/A equals not asked. Overweight is defined as having a BMI of 25-29 and obese is defined as having a BMI of 30 or greater. High level of stress is defined as seven or higher on a 10 point scale.  
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey



**Table 20. Selected Health Status and Access to Care Indicators of Tri-County Area and Adjacent County Children**

		Tri-County Area	Chester County	Montgomery County
		N (%)	N (%)	N (%)
Health Status	Excellent/Very Good/Good	54,300 97.7%	118,400 95.7%	180,900 99.1%
	Fair/Poor	1,300 2.3%	5,400 4.3%	1,600 0.9%
Body Mass Index	Overweight	6,900 18.9%	12,800 16.5%	15,300 13.4%
	Obese	5,700 15.6%	10,400 13.3%	20,900 18.3%
Ever diagnosed with asthma		7,400 13.6%	16,500 13.3%	23,400 12.8%
No regular source of care		1,700 3.1%	3,300 2.7%	3,700 2.1%
Source of information on children's health	Family or friends	1,900 3.6%	4,900 4.0%	7,200 3.9%
	Physician or other health care professional	47,300 88.9%	112,300 90.7%	166,200 90.9%
	Internet	4,000 7.5%	4,300 3.5%	7,500 4.1%
Did not visit dentist in the past year		9,800 17.9%	23,200 18.7%	36,600 20.0%

Note: These questions were not asked in the Berks County Household Health Survey.

Source: PHMC's 2012 Southeastern Pennsylvania and 2013 Tri-County Area Household Health Survey



**Table 21. Health Insurance and Source of Care of Tri-County Area and Adjacent County Adults**

	Tri-County Area	Berks County	Chester County	Montgomery County
	N %	N %	N %	N %
Uninsured (18-64)	11,300 7.8%	33,000 13.3%	26,100 8.9%	38,900 8.1%
No prescription drug coverage	24,800 14.1%	30,200 10.8%	63,900 16.7%	89,900 14.5%
No regular source of care	17,500 9.8%	37,500 11.8%	41,000 10.6%	64,000 10.3%

Note: N/A equals not asked

Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey



**Table 22. Cost Barriers to Care for Tri-County Area and Adjacent County Adults**

	Tri-County Area	Berks County	Chester County	Montgomery County
	N %	N %	N %	N %
<b>In the past year DID NOT...</b>				
Seek health care due to cost	25,300 14.2%	37,900 12.0%	37,900 9.8%	63,300 9.7%
Seek health care due to transportation problems	6,800 3.8%	19,200 6.1%	N/A	N/A
Fill prescription due to cost	27,200 15.3%	43,400 13.7%	43,900 11.4%	70,400 11.3%
<b>Last year</b>				
Difficult or very difficult to pay housing costs	74,100 42.6%	N/A	140,000 37.6%	229,700 37.9%
Note: N/A equals not asked				
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey				



**Table 23. Nutrition of Tri-County Area and Adjacent County Adults**

		Tri-County Area	Berks County	Chester County	Montgomery County
		N %	N %	N %	N %
Number of fruits and vegetables consumed in typical day	0-3 servings	122,300 69.8%	221,100 71.9%	264,700 69.4%	433,700 70.6%
	4 or more servings	52,900 30.2%	86,200 28.1%	116,600 30.6%	181,000 29.4%
Difficult or very difficult to find fruits or vegetables in their neighborhood		8,800 4.9%	10,500 3.3%	11,000 2.9%	9,500 1.6%
Overall quality of groceries in neighborhood stores is fair or poor		17,200 9.8%	35,100 11.2%	32,100 8.4%	39,800 6.4%
Cut meal size or skip a meal due to cost		19,500 11.0%	45,500 14.4%	26,200 6.8%	49,000 7.8%
How many times eaten at fast food restaurant in past week	None	98,000 55.1%	164,600 51.9%	229,900 59.9%	371,900 59.5%
	1 or more times	79,900 44.9%	152,600 48.1%	154,600 40.2%	252,700 40.5%
Note: N/A equals not asked					
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey					



**Table 24. Physical Activity of Tri-County Area and Adjacent County Adults**

		Tri-County Area	Berks County	Chester County	Montgomery County
		N (%)	N (%)	N (%)	N (%)
Number of times exercised in past month	None	30,600 17.2%	49,000 15.6%	34,600 9.0%	56,000 9.0%
	1-2 days per week	45,200 25.5%	92,400 29.4%	131,300 34.1%	199,400 32.0%
	3 or more days per week	101,800 57.3%	172,800 55.0%	218,700 56.9%	368,600 59.1%
Watched television more than two hours per day		76,400 41.9%	N/A	147,700 38.5%	257,400 41.2%
Used computer more than two hours per day		33,100 18.2%	N/A	77,100 20.0%	125,000 20.1%
No neighborhood outdoor space or park they feel comfortable visiting during day		39,400 21.8%	74,500 23.9%	71,900 19.1%	100,900 16.3%
Did not go somewhere during the day due to safety		11,600 6.5%	26,000 8.3%	14,300 3.7%	31,600 5.1%
Low social capital in neighborhood		58,800 32.4%	85,500 31.0%	96,200 25.3%	149,500 24.1%
Note: N/A equals not asked					
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey					





**Table 25. Nutrition and Physical Activity of Tri-County Area and Adjacent County Children**

		Tri-County Area	Chester County	Montgomery County
		N %	N %	N %
Number of fruits and vegetables consumed in typical day	0-3	31,300 68.0%	68,400 67.7%	98,900 64.7%
	4+	14,700 32.0%	32,600 32.3%	53,900 35.3%
Watched television more than two hours per day		14,400 (31.3)	26,100 (23.4)	43,100 (26.3)
Used computer more than two hours per day		8,200 (17.8)	15,800 (14.2)	22,900 (14.0)
Less than one hour per week in early childhood education setting		8,000 (50.0)	15,200 (41.3)	23,700 (42.1)
Note: N/A equals not asked				
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey				



**Table 26. Health Behaviors of Tri-County Area and Adjacent County Adults**

	Tri-County Area	Berks County	Chester County	Montgomery County
	N %	N %	N %	N %
Smokes Cigarettes	34,300 19.3%	64,500 20.4%	51,100 13.3%	83,000 13.3%
Have tried quitting smoking in past year (among smokers)	20,400 59.2%	34,900 54.3%	28,700 56.2%	44,400 54.6%
Someone smokes inside the home	20,500 11.5%	43,900 13.8%	30,100 7.8%	53,000 8.5%
Consumed five or more drinks in past month on five or more occasions	5,100 2.9%	18,100 5.8%	14,100 3.8%	20,000 3.2%
Note: N/A equals not asked				
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey				



**Table 27. Health Screenings for Tri-County Area Adults and Adjacent Counties**

	Tri-County Area	Berks County	Chester County	Montgomery County
	N %	N %	N %	N %
<b>Adults who did NOT receive:</b>				
Blood pressure test in the past year	16,800 9.3%	41,400 13.2%	34,500 9.0%	66,200 10.7%
Pap smear in the past year (women)	41,400 45.3%	66,300 41.0%	82,600 42.0%	138,300 41.5%
Mammogram in the past year (women 40+)	29,000 42.8%	44,800 40.6%	53,800 40.3%	82,500 34.8%
Colonoscopy/Sigmoidoscopy in the past year (adults 50+)	71,700 83.1%	132,800 86.5%	163,800 84.3%	274,300 83.7%
Colonoscopy/Sigmoidoscopy in the past 10 years (adults 50+)	27,200 31.5%	46,900 30.6%	55,600 28.6%	86,200 26.3%
PSA or rectal exam for prostate cancer in past year (men 45+)	15,000 36.4%	43,200 47.4%	44,600 42.3%	73,100 44.3%
Source: PHMC's 2012 Southeastern Pennsylvania and Berks County Household Health Surveys, and 2013 Tri-County Area Household Health Survey				



**Table 28. Health Status of Tri-County Area Adults by Sub-Area, 2008**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		2008	2008	2008	2008	2008	2008	2008	2008
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Health Status	Excellent/Very Good/Good	138,439 84.1%	12,383 78.8%	12,410 79.2%	12,986 87.1%	21,484 85.8%	29,311 91.0%	22,887 84.3%	26,978 79.4%
	Fair/Poor	26,250 15.9%	3,323 21.2%	3,256 20.8%	1,925 12.9%	3,560 14.2%	2,903 9.0%	4,270 15.7%	7,013 20.6%
Body Mass Index	Overweight	62,225 38.5%	6,137 39.5%	5,738 37.7%	6,046 42.2%	10,263 42.3%	11,192 35.1%	10,775 39.8%	12,074 36.3%
	Obese	39,774 24.6%	3,952 25.4%	5,190 34.1%	3,473 24.2%	3,568 14.7%	7,634 23.9%	7,461 27.6%	8,496 25.5%
Chronic Health Conditions	Asthma	19,113 11.6%	2,338 14.9%	4,113 26.3%	1,453 9.7%	2,528 10.1%	3,764 11.7%	2,188 8.1%	2,729 8.0%
	Diabetes	14,244 8.7%	2,208 14.1%	1,336 8.5%	1,075 7.3%	1,377 5.5%	3,008 9.3%	1,605 6.1%	3,635 10.7%
	High blood pressure	43,083 26.1%	5,118 32.6%	3,042 19.4%	2,523 16.9%	7,504 30.0%	9,141 28.3%	7,302 26.9%	8,453 24.8%

Source: PHMC's 2008 Pottstown Borough Household Health Survey (n=596)



**Table 29. Health Insurance and Source of Care of Tri-County Area Adults by Sub-Area, 2008**

	Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Uninsured (18-64)	5,843 4.3%	1,919 14.6%	630 4.9%	214 1.6%	965 4.6%	762 2.8%	—	1,353 5.0%
No regular source of care	14,180 8.6%	2,019 12.9%	1,955 12.8%	1,520 10.2%	1,737 6.9%	3,182 9.8%	2,269 8.4%	1,498 4.4%
Did not visit dentist in past year	38,969 23.6%	4,861 30.9%	5,245 33.8%	4,652 31.2%	6,280 25.1%	5,622 17.4%	3,932 14.3%	8,377 24.6%
Source: PHMC's 2008 Pottstown Borough Household Health Survey (n=596) ____ indicates insufficient cases for analysis								



**Table 30. Health Behaviors of Tri-County Area Adults by Sub-Area. 2008**

		Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Number of fruits and vegetables consumed in typical day	0-3	8,377 24.6%	10,631 71.2%	11,745 76.4%	10,392 72.3%	16,583 67.0%	24,418 77.2%	17,277 63.8%	17,277 63.8%
	4+	49,469 30.8%	4,303 28.8%	3,629 23.6%	3,982 27.7%	8,162 33.0%	7,201 22.8%	9,816 36.2%	12,376 38.2%
Number of times physically active in past week for 30 minutes or more	None	30,996 17.0%	2,501 14.7%	3,517 21.8%	3,505 22.3%	5,795 17.8%	4,597 12.8%	4,816 16.6%	6,265 17.5%
	1-2 days per week	47,308 26.0%	5,096 29.9%	2,798 17.3%	4,359 27.7%	8,415 25.8%	8,855 24.7%	8,654 29.8%	9,131 25.6%
	3 or more days per week	103,833 57.0%	9,428 55.4%	9,849 60.9%	7,861 50.0%	18,381 56.4%	22,396 62.5%	15,587 53.6%	20,331 56.9%
Smokes cigarettes		34,380 18.9%	5,192 30.7%	3,487 21.8%	4,051 25.7%	4,935 15.1%	5,662 15.7%	4,654 16.0%	6,399 17.9%
Low social capital		58,847 32.4%	7,171 42.2%	6,381 39.5%	5,246 33.7%	10,177 31.2%	8,662 24.0%	6,724 23.2%	14,486 41.2%

Source: PHMC's 2008 Pottstown Borough Household Health Survey



**Table 31. Health Screenings for Pottstown Borough Adults by School District, 2008**

	Tri-County Area	Pottstown Borough	Pottsgrove Area	Daniel Boone Area	Owen J. Roberts Area	Spring-Ford Area	Perkiomen Valley Area	Boyertown Area
	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
<b>Adults who did NOT receive:</b>								
Blood pressure test in the past year	16,808 9.3%	2,406 14.3%	496 3.2%	1,519 9.6%	2,496 7.7%	2,324 6.5%	2,163 7.6%	5,404 15.1%
Pap smear in the past year (women)	41,435 45.3%	3,274 40.1%	3,525 46.3%	3,485 44.4%	6,187 37.1%	7,380 44.8%	7,506 45.2%	10,078 55.4%
Mammogram in the past year (women 40+)	28,998 42.8%	2,159 38.6%	2,494 41.9%	2,539 52.3%	3,916 27.7%	5,921 50.2%	5,234 41.9%	6,735 52.3%
Source: PHMC's 2008 Pottstown BoroughHousehold Health Survey (n=596)								



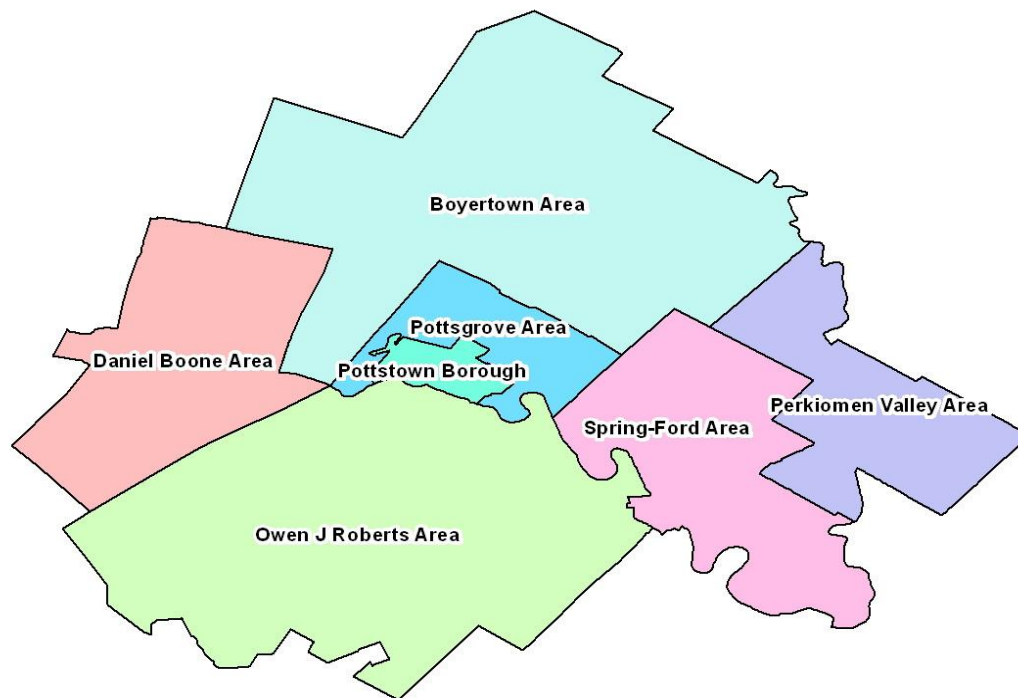
**PUBLIC HEALTH**  
management corporation

## **APPENDIX E: RESOURCE MAPS AND LIST**



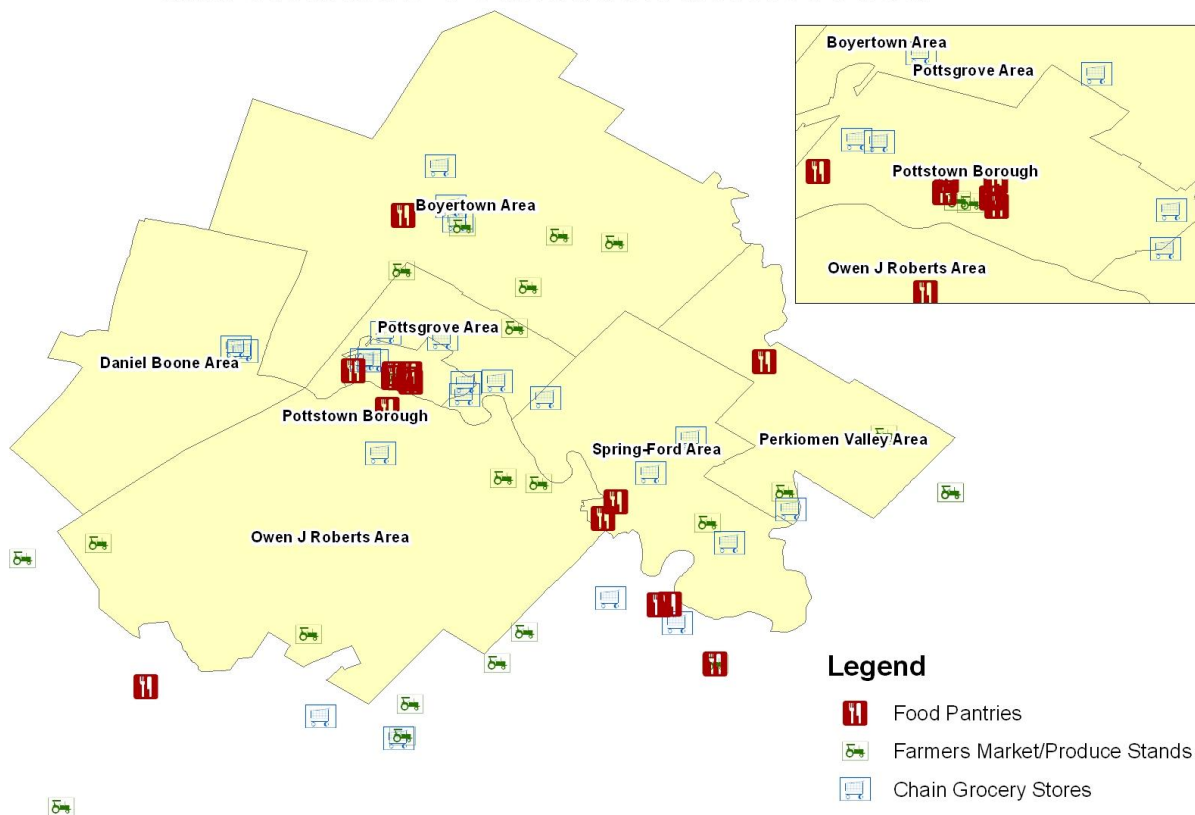


### Tri-County Area Map



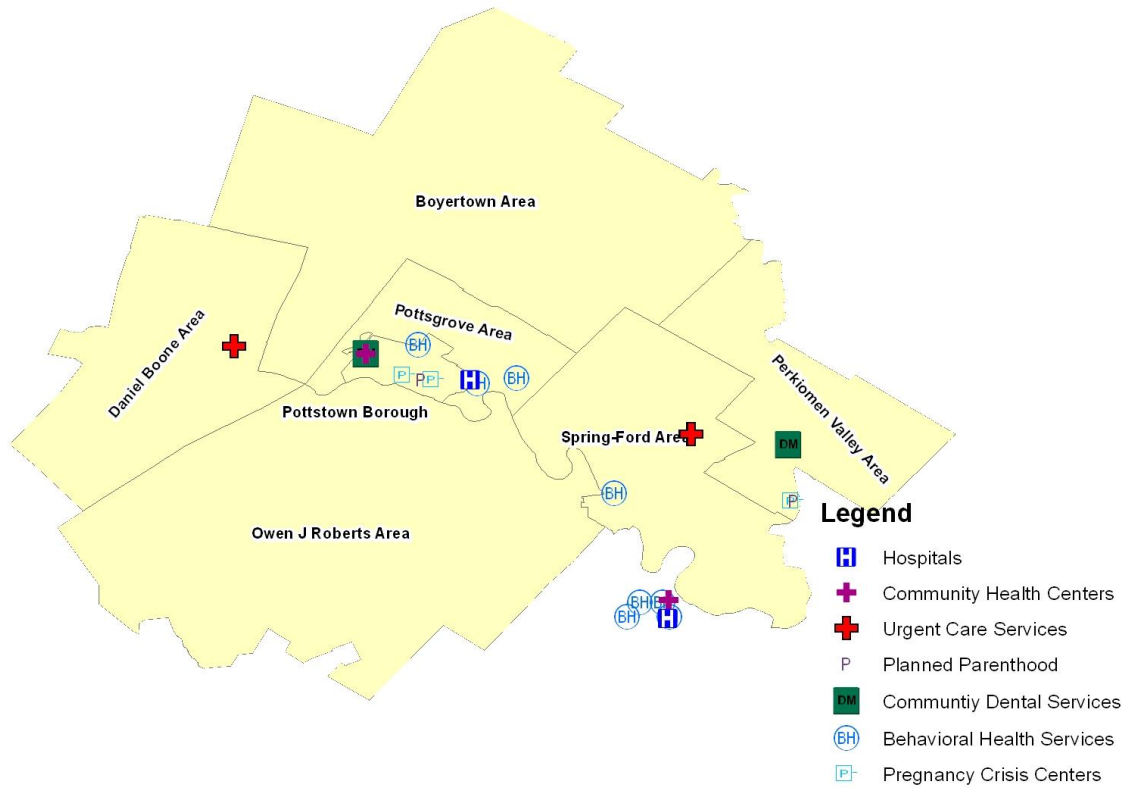


## Food Assets in the Pottstown Area Health and Wellness Foundation Service Area





## Health Assets in the Tri-County Area





HEALTH ASSETS		TRI-COUNTY AREA RESOURCES AND ASSETS		
Name	Address	City	State	Zip
<b>Community Health Centers</b>				
Community Health & Dental Care Inc.	11 Robinson St	Pottstown	PA	19464
The Clinic	143 Church Street	Phoenixville	PA	19460
<b>Community Dental Services</b>				
Community Health & Dental Care Inc.	11 Robinson St	Pottstown	PA	19464
Community Medical and Dental Center Rahns	309 Gravel Pike	Rahns	PA	19426
<b>Hospitals</b>				
Phoenixville Hospital	140 Nutt Road	Phoenixville	PA	19460
Pottstown Memorial Med Center	1600 East High Street	Pottstown	PA	19464
<b>Behavioral Health Services</b>				
Chester Counseling Center	701 South Main St	Phoenixville	PA	19460
Community Services of Devereux	1041 West Bridge Street	Phoenixville	PA	19460
Creative Health Services	11 Robinson Street	Pottsville	PA	19464
Fellowship Health Resources	723 Wheatland Street	Phoenixville	PA	19460
Holcomb Behavioral Health Systems	224 Hall Street	Phoenixville	PA	19460
Pennsylvania Forensic Associates	871 N Hanover St	Pottstown	PA	19464
Rehab After Work - Outpatient Treatment Centers	2500 East High St, Building 800	Pottstown	PA	19464
Resources For Human Development	100 Porter Rd	Pottstown	PA	19464
Spring-Ford Drug and Alcohol Counseling S	201 N. Fourth Avenue	Royersford	PA	19468
<b>Planned Parenthood</b>				
Planned Parenthood Collegeville Health Center	78 Second Avenue	Collegeville	PA	19426
Planned Parenthood Pottstown	644 E. High Street	Pottstown	PA	19464
<b>Urgent Care Services</b>				
Premier Immediate Medical Care	1139 West Ben Franklin Highway	Douglassville	PA	19518
Premier Urgent Care (Immediate Medical Care)	43 West Ridge Pike	Limerick	PA	19468
Premier Immediate Medical Care	35 West Ridge Pike	Royersford	PA	19468



Genesis Pregnancy Care Center	888 High Street	Pottstown	PA	19464
A Baby's Breath	78 2nd Street	Collegeville	PA	19426
Birthright	327 King Street	Pottstown	PA	19464
<b>COMMUNITY GARDENS</b>				
Pottstown community garden	423 Chestnut St	Pottstown	PA	19464
Pottstown community garden	615 Chestnut St	Pottstown	PA	19464
<b>FOOD ASSETS</b>				
<b>Name</b>	<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Chain Grocery Stores</b>				
Acme Markets	785 Starr Street	Phoenixville	PA	19460
Acme Markets	400 Simpson Drive	Chester Springs	PA	19425
Acme Markets	31 W Ridge Pike	Royersford	PA	19468
ALDI	297 Armand Hammer Blvd.	Pottstown	PA	19464
Costco	14 W Lightcap Rd,	Pottstown	PA	19464
Genuardi's	70 Buckwalter Rd Ste 211	Royersford	PA	19468
Giant Food	86 Glocker Way	Pottstown	PA	19465
Giant Food	180 Upland SqDr	Pottstown	PA	19464
Redner's Market	116 County Line Road	Boyertown	PA	19512
Redner's Market	447 Uwchlan Avenue	Chester Springs	PA	19425
Redner's Market	201 Second Avenue	Collegeville	PA	19426
Redner's Market	11 Douglassville Shopping Center	Douglassville	PA	19518
Redner's Market	202 Schuylkill Road	Phoenixville	PA	19460
Redner's Market	1300 North Charlotte Street	Pottstown	PA	19464
Super Fresh	1500 E High St	Pottstown	PA	19464
Thriftway	2190 E High St	Pottstown	PA	19464
Walmart	233 Shoemaker Rd	Pottstown	PA	19464



Walmart Supercenter	567 Route 100 N	Bechtelsville	PA	19505
Wegmans	600 Commerce Drive	Collegeville	PA	19426
Weis Markets	223 Shoemaker Rd Ste 105A	Pottstown	PA	19464
Weis Markets	1050 E Philadelphia Ave	Gilbertsville	PA	19525
Whole Foods Market	1139 Ben Franklin Hwy W,	Douglassville	PA	19518
<b>Farmers Market/Produce Stands</b>				
Anselma Farmers & Artisans Market	1730 Conestoga Rd.	Chester Springs	PA	19425
Bauder Farms	1151 Collegeville Rd	Collegeville	PA	19426
Clover Mill Farm	1439 Clover Mill Road	Chester Springs	PA	19425
Collegeville Farmers Market	460 East Main Street	Collegeville	PA	19426
Cooper Creek Farm Market	1856 Farmington Avenue	Pottstown	PA	19464
Daniel's Produce and Dairy	219 East High Street	Pottstown	PA	19464
Elverson Farmers Market	83 West Main Street	Elverson	PA	19520
Greener Partners	3215 Stump Hall Rd	Collegeville	PA	19426
Happy Ewe Sheep And Wool Farm	2431 Hoffmansville Road	Frederick	PA	19435
Hickory Run Produce	2145 Big Road	Gilbertsville	PA	19525
Hopewell Furnace Farm Market	2 Mark Bird Lane	Elverson	PA	19520
King Produce & Dairy	219 East High St	Pottstown	PA	19464
Kolb's Farm Store	151 Kolb Road	Spring City	PA	19475
Longview Center for Agriculture	3215 Stump Hall Rd	Collegeville	PA	19426
Ludwigs Corner Hardware	1230 Pottstown Pike	Glenmoore	PA	19343
Milky Way Farm	521 Uwchlan Avenue	Chester Springs	PA	19425
Phoenixville Farmers Market	Corner Of Bridge & Taylor Alley	Phoenixville	PA	19460
Pottstown Farmers Market	300 High Street	Pottstown	PA	19464
Ringling Hill Orchards	1453 Bliem Road	Pottstown	PA	19464
Sulomans Milk Store	2782 Leidy Road	Gilbertsville	PA	19525
The Farmer's Daughter Farm Market	3190 Schuylkill Road	Spring City	PA	19475
Varner Farms	746 South Trappe Road	Collegeville	PA	19426
Vollmecke Orchards FS	155 Cedar Knoll Road	Coatesville	PA	19520



Willow Creek Orchards	3215 Stump Hall Road	Collegeville	PA	19426
Yeagers Farm & Market Inc.	1015 Pike Springs Road	Phoenixville	PA	19460
Zern's Farmers Market FS	1100 East Philadelphia Avenue	Gilbertsville	PA	19525
<b>Food Pantries</b>				
Baptist Church of Phoenixville	248 Church St	Phoenixville	PA	19460
Bethel A.M.E. Church	401 Beech Street	Pottstown	PA	19464
Boyertown Salvation Army	409 S. Reading Avenue	Boyertown	PA	19512
Bright Hope	468 W. King St	Stowe	PA	19464
Cluster Outreach Center	137 Walnut Street	Pottstown	PA	19464
Jerusalem Lutheran Church	311 Second Street	Schwenksville	PA	19473
North Coventry Food Pantry	845 S Hanover Street	Pottstown	PA	19464
Phoenixville Area Community Services	257 Church St	Phoenixville	PA	19460
Phoenixville Area Community Services (PACS)	.	Phoenixville	PA	19460
Pottstown Bible Church	431 High Street	Pottstown	PA	19464
Pottstown Cluster of Religious Communities	57 North Franklin Street	Pottstown	PA	19464
Pottstown Salvation Army Cupboard	137 King Street	Pottstown	PA	19464
Project Outreach Food Pantry	145 Chestnut St	Spring City	PA	19475
Salvation Army Service Unit	570 Fairview Rd	Glenmoore	PA	19343
St. PeterÆs Episcopal Church	121 Church St	Phoenixville	PA	19460
The Open Door	350 Main Street	Royersford	PA	19468
<b>PARKS</b>				
<b>PARK NAME</b>	<b>STREET</b>	<b>CITY</b>	<b>STATE</b>	<b>ZIP</b>
<b>Township, Municipal, and Other Parks</b>				
Bickel Run Park	Kemp Road	Pottstown	PA	19465
Alfred B Miles Park	545 Sunnybrook Rd	Sanatoga		



Amity Community Park	2004 Weavertown Rd	Douglassville	PA	19518
Amity Park Road Recreation Area	55 Amity Park Road	Douglassville	PA	19518
Anderson Farm Park	499 Hopwood Rd	Collegeville	PA	19426
Barto Community Park	120 Barto Road	Barto	PA	19504
Bechtelsville Community Park	S. Main Street	Bechtelsville	PA	19505
Black Rock Sanctuary	953 Black Rock Rd.	Phoenixville	PA	19460
Boyertown Community Park	419 South Madison Street	Boyertown	PA	19512
Brookside Park	Virginia St & Brookside Ave	Pottstown	PA	19464
Brown Street Park	50 Brown St	Spring City	PA	19475
Cedarville Trail	S Hanover Street & E Cedarville Rd	Pottstown	PA	19465
Central Perkiomen Valley Park	1 Plank Rd	Schwenksville	PA	19473
Cherry Street Park	108 Micklitz Drive	Pottstown	PA	19464
Chestnut Street Park	5th Ave & Chestnut St	Royersford	PA	19468
Church Road Park	Rt. 73 & Church Road	Skippack	PA	19474
Coble Park	Rt. 29 & Little Rd	Schwenksville	PA	19492
Collegeville Community Park	Park and Third Avenues	Collegeville	PA	19426
Community Park on the Ridge	262 Ridge Road	Spring City	PA	19475





Connie Batdorf Park	2350 Pottstown Pike	Pottstown	Pa	19465
Coventry Woods	2145 Coventryville Rd	Pottstown	PA	19465
Crimson Lane Open Space	910 Crimson Lane	Pottstown		19464
David Meyers Park	Rt. 29	Collegeville	PA	19426
Deep Creek Nature Park	Deep Creek Rd & Pleasant Run Rd	Perkiomenville	PA	18074
Douglass Park	1320 East Philadelphia Avenue	Gilbertsville	PA	19525
Douglass Township Municipal Park	1068 Douglass Drive	Boyertown	PA	19512
Earl Township Park	Mountain Rd	Earl	PA	19512
Ellis Woods Park	855 Ellis Woods Rd	Pottstown	PA	19465
Forgedale Park	Forgedale Rd	Barto	PA	19504
Fountain of Youth Spray Park	255 Manatawny St	Pottstown	PA	19464



Franklin St Mini-Park	Franklin and 5th Streets	Boyertown	PA	19512
Frederick Friendship Park	3205 Big Road	Obelisk	PA	19492
Ganshawawny Park	343 Old Philadelphia Pike	Boyertown	PA	19512
Gerald D. Richards Park	2130 Buchert Rd	Sanatoga	PA	19464
Goose Run Park	1600 Levengood Road	Boyertown	PA	19512
Hall Street Park	6 S. Church Street	Spring City	PA	19475
Hanover Meadows Park	S Hanover Street & Pottstown Pike	Pottstown	PA	19465
Heather Place Park	1420 Heather Place	Pottstown	PA	19465
Hickory Park	2140 Big Rd	Gilbertsville	PA	19525
Hill Road Recreation Area	133 Hill Road	Douglassville	PA	19518
Hollenboch Park				
Howard Street Playground	Howard St & School Lane	Stowe	PA	19464
Hunsberger Woods	E Ninth Avenue	Collegeville	PA	19426
Ironstone Park	141 Grist Mill Road	Boyertown	PA	19512
Jeanne Rosset French Memorial Park	Township Line Rd & Collegeville Rd			



Keim Street Open Space	Keim and Mulberry Streets	Pottstown		19464
Kenilworth Park	Brown St & Keller Rd	Kenilworth	Pa	19465
Kimberton Community Park and Fairgrounds	2202 Kimberton Rd	Phoenixville	PA	19460
Kulp Field & Hoffman Field	Gilbertsville Road & West Moyer Road	Pottstown	PA	19464
Lake Drive Park	520 Lake Drive	Douglassville	PA	19518
Layfield Park	Dotterer Road	Perkiomenville	PA	18064
Liberty Hill Open Space	2525 Allison Drive	Sanatoga	PA	19464
Limerick Community Park & Manderach Memorial Playground	Swamp Pike & Ziegler Road	Limerick	PA	19468
Lincoln Park	Orange & High Sts	Birdsboro	PA	19508
Linfield Sports Park	Longview Road	Linfield	PA	19468
Livingood Park	S. Chestnut St.	Elverson	PA	19520
Locust Grove Recreation Area	43 3rd St	Douglassville	PA	19518
Main Bird Park	Main & Water Sts	Birdsboro	PA	19508
Main Street Park	W Main Street	Trappe	PA	19426
Manatawny Park	Manatawny St & Sell Rd	Stowe	PA	19464
Maple Street Park	1431 Maple St	Pottstown	PA	19464



Meadow Park	300 Main St	Schwenksville	PA	19473
Memorial/Manatawny Park	255 Manatawny St	Pottstown	PA	19464
Mocharniuk Meadows				
Monocacy Hill Recreation Area	Geiger Road	Douglassville	PA	19518
Municipal Park	Franklin and 3rd Streets	Boyertown	PA	19512
Myron S. Wheeler Recreation Area/Township Field	2004 Weavertown Road	Douglassville	PA	19518
New Chestnut Street Park	Chestnut & N. Washington Sts	Pottstown	PA	
New Chestnut Street Park	N Washington St & Chestnut St	Pottstown	PA	19464
New Hanover Community Park	2766 Gail Drive	Gilbertsville	PA	19525
Norton Park				
Old Chestnut Street Park	417 Washington St	Pottstown	PA	19464
Old Timer's Field	900 Grosstown Rd	Stowe	PA	19464
Olivet Boys' and Girls' Club at the Richard J. Ricketts Center	640 BeechSt	Pottstown	PA	19464
Optimist Club & Middle Creek Fields	3065 N Charlotte St	Gilbertsville	PA	19525
Palmer Park	Heckler & Creamery Rds	Skippack	PA	19474
Penn Street Courts				
Pickering Grove Park	Pike Springs Rd	Chester Springs	PA	19425
Pine Creek Park	1488 Yellow Springs Rd	Chester Springs	PA	19425
Pineland Park	401 Pineland Rd	Birdsboro	PA	19508
Pleasant Run Park	600 Schultz Road	Perkiomenville	PA	18074



Pleasantview Park	1903 Bleim Rd	Sanatoga	PA	19464
Pollock Park	South & Cross Sts	Pottstown	PA	19464
Potts Drive Park	Potts Dr & W Beech St	Pottstown	PA	19464
Pruss Hill Barn and Open Space	2595 Pruss Hill Road	Sanatoga		19464
Rambo Park	W Fifth Avenue	Trappe	PA	19426
Reeves Park	2nd Ave	Phoenixville	PA	19460
Ringing Rocks Lower Nature Park	1800 N Keim Street	Pottstown	PA	19464
Ringing Rocks Upper Park	815 White Pine Lane	Pottstown	PA	19464
River Road Recreation Area				
Riverbend Park & Anderson Field	River Rd	Pottstown	PA	19465
Riverfront Park	140 College Dr	Pottstown	PA	19464
Riverside Park				
Riverside Park, Location 1	E Schuylkill Ave & Penn St	Pottstown	PA	19465
Riverside Park, Location 2	River Rd & S York St	Pottstown	PA	19465
Rustic Park	1314 Hay Creek Rd	Birdsboro	PA	19508
Sanatoga Park	223 S. Sanatoga Road	Sanatoga	PA	19464
Schuylkill River Park	2116 Sanatoga Station Rd	Sanatoga	PA	19464
Schuylkill River Trail		Pottstown	PA	19464
Shaner's Grove	1900 N. Keim Street	Pottstown	pa	19464
Smith Family Plaza	100 E High St	Pottstown	PA	19464
Snell Park & Norton Park	1302 Snell Rd	Sanatoga	PA	19464
South Street Park	South St & Washington St	Pottstown	PA	19464
Spring City Boat Ramp				
Spring City Schuylkill River Trail	10 E. Bridge Street	Spring City	PA	19475
Sprogel's Run Park	53-54 Doe Lane	Sanatoga		19464
Spruce Street Park	Spruce St & Gay Street	Pottstown	PA	19464
Swamp Creek Park				
Terrace Lane Park	Mineral St & Terrace La	Pottstown	PA	19464
Towpath Park	Route 724	Pottstown	PA	19465
Trappe Borough Hall Park	525 W Main Street	Trappe	PA	19426



Trilogy Park	75 W King St	Pottstown	PA	19464
Trinley River Park	Railroad Street & Trinley Road	Linfield	PA	19468
Turnberry Farms				
Union Twp Recreation Area	991 E Main St	Birdsboro	PA	19508
Upper Providence Township Recreation Center	499 Hopwood Rd	Collegeville	PA	19426
Upper Schuylkill Valley Park	1600 Black Rock Rd	Royersford	PA	19468
Vest Pocket Park	W. First St	Birdsboro	PA	19508
Veterans Park	646 West Ridge Pike	Limerick	PA	19468
Victory Park	2nd Ave & Green St	Royersford	pa	19468
Vine Street Playground	Vine & Quinter Streets	Stowe	PA	19464
Walnut Street Park	600 Walnut St	Pottstown	PA	19464
Warwick County Park	382 County Park Rd	Pottstown	PA	19465
Washington Street Park	N Washington St & West St	Pottstown	PA	19464
Washington Township Park	Victoria Dr & Niantic Rd	Barto	PA	19504
Water Works Park	W First Avenue	Trappe	PA	19426
Waterworks Park	Waterworks Park	Collegeville	PA	19426
Welkinweir	1368 Prizer Road	Pottstown	Pa	19465
West Vincent Township Park	Conestoga & St. Matthew's Rd	Chester Springs	PA	19425
West Vincent Township Park	Conestoga Road and St. Matthews Road	Chester Springs	PA	19425
Woody's Woods	3131 Coventryville Road	Pottstown	PA	19465
<b>Outdoor Municipal Pools</b>				
Beulah Land Park	2675 E High St	Pottstown	PA	19464
North End Swimming Club	901 North Adams Street	Pottstown	PA	19464



State Parks				
French Creek State Park	843 Park Rd	Elverson	PA	19520
Marsh Creek State Park		Chester Springs	PA	19425
Evansburg State Park	851 May Hall Rd	Collegeville	PA	19426
National Historic Site				
Hopewell Furnace	2 Mark Bird Ln	Elverson	PA	19520
Dog Parks				
Bark Park	75 W King St	Pottstown	PA	19464
Memorial Park	255 Manatawny St	Pottstown	PA	19464
School Outdoor Tracks				
Boyertown Jr High School West	380 S Madison St	Boyertown	PA	19512



Boyertown East Junior High School	2020 Big Road	Gilbertsville	PA	19525
Boyertown Area Senior High School	120 North Monroe Street	Boyertown	PA	19512
Daniel Boone High School	501 Chestnut St	Birdsboro	PA	19508
Owen J Roberts Middle School	881 Ridge Rd	Pottstown	PA	19465
Owen J Roberts High School	981 Ridge Rd	Pottstown	PA	19465
Perkiomen Valley Middle School	100 Kagey Rd	Collegeville	PA	19426
Perkiomen Valley Middle School West	220 Big Rd	Zieglersville	PA	19492
Perkiomen Valley High School	509 Gravel Pike,	Collegeville	PA	19426
Pottsgrove Middle School	1351 N Hanover St	Pottstown	PA	19464
Pottsgrove Senior High School	1345 Kauffman Rd	Pottstown	PA	19464
Pottstown Middle School	600 N Franklin St	Pottstown	PA	19464





Pottstown Senior High School	750 N Washington St	Pottstown	PA	19464
Spring-Ford Middle School	700 Washington St	Royersford	PA	19468
Spring-Ford Senior High School	350 S Lewis Rd	Royersford	PA	19468
<b>SOCIAL SERVICES</b>				
Name	Address	City	State	Zip
<b>Senior Centers</b>				
Berks Encore - Birdsboro	201 East Main Street	Birdsboro	PA	19508
Phoenixville Senior Adult Activity Center	153 Church St	Phoenixville	PA	19460
Pottstown Borough Seniors' Center	724 North Adams St	Pottstown	PA	19464
The Center at Spring Street in Boyertown	200 West Spring Street	Boyertown	PA	19512
<b>Shelter Services</b>				
Berks County Housing Authority	256 Haycreek Rd	Birdsboro	PA	19508
Good Samaritan Shelter	141 High Street	Phoenixville	PA	19460
St. Mary's Franciscan Shelter	209 Emmett Street	Phoenixville	PA	19460
The Ministries At MAIN St	Main St	Pottstown	PA	19465
<b>YMCA/YWCA</b>				
Boyertown Area YMCA	301 W Spring St	Boyertown	PA	19512
Freedom Valley YMCA	19 W. Linfield-Trappe Road	Limerick	PA	19468
Gilbertsville Center YMCA	144 Holly Rd	Gilbertsville	PA	19525
Phoenixville Branch YMCA	400 E Pothouse Rd	Phoenixville	PA	19460



Pottstown YMCA	724 N Adams St	Pottstown	PA	19464
Spring Valley Branch YMCA	19 W. Linfield-Trappe Road	Limerick	PA	19468
William S. Hollenbach Center	3065 N Charlotte St	Gilbertsville	PA	19525
YWCA Tri-County	315 King St	Pottstown	PA	19464
<b>WIC Offices</b>				
Boyertown Center	200 West Spring Street	Boyertown	PA	19512
Pottstown WIC Clinic	262 King St	Pottstown	PA	19464
WIC Satellite Clinic - Spring City	145 Chestnut Street	Spring City	PA	19475
<b>Additional Social Services</b>				
Berks and Beyond Employment Services, Inc.	1304 E. High St.	Pottstown	PA	19464
Phoenixville Area Community Services	257 Church St	Phoenixville	PA	19460
Pottstown Family Center	1976 East High Street	Pottstown	PA	19464
Salvation Army	137 King St	Pottstown	PA	19464
<b>SCHOOLS</b>				
<b>High Schools</b>				
Boyertown Area Senior High School	120 North Monroe St	Boyertown	PA	19512
Daniel Boone Area High School	501 Chestnut St	Birdsboro	PA	19508
Owen J. Roberts High School	981 Ridge Rd	Pottstown	PA	19465
Perkiomen Valley High School	509 Gravel Pike	Collegeville	PA	19426
Pottsgrove High School	1345 Kauffman Rd	Pottstown	PA	19464
Pottstown High School	750 N. Washington Street	Pottstown	PA	19464
Spring-Ford Area High School 10-12 Grade Center	350 S Lewis Rd	Royersford	PA	19468
Spring-Ford Area High School 9th Grade Center	400 S Lewis Rd	Royersford	PA	19468
Western Montgomery Career and Technology Center	77 Graterford Road	Limerick	PA	19468



<b>Middle Schools</b>				
Boyertown Area Junior High School-East	2020 Big Rd	Gilbertsville	PA	19525
Boyertown Area Junior High School-West	380 South Madison St	Boyertown	PA	19512
Daniel Boone Middle School	1845 Weavertown Rd	Douglassville	PA	19518
Owen J. Roberts Middle School	881 Ridge Rd	Pottstown	PA	19465
Perkiomen Valley Middle School East	100 Kagey Road	Collegeville	PA	19426
Perkiomen Valley Middle School West	220 Big Road	Zieglerville	PA	19492
Pottsgrove Middle School	1351 N Hanover Rd	Pottstown	PA	19464
Pottstown Middle School	600 North Franklin Street	Pottstown	PA	19464
Spring-Ford Area 7th Grade Center	833 S Lewis Rd	Royersford	PA	19468
Spring-Ford Area 8th Grade Center	700 Washington St	Royersford	PA	19468
Spring-Ford Area Intermediate School 5th-6th Grade Center	833 S Lewis Rd	Royersford	PA	19468
<b>Elementary Schools</b>				
Amity Elementary Center	200 Boone Dr	Douglassville	PA	19512
Birdsboro Elementary Center	400 W Second St	Birdsboro	PA	19512
Boyertown Elementary School	641 E Second St	Boyertown	PA	19512
Brooke Elementary School	339 N Lewis Rd	Royersford	PA	19525
Colebrookdale Elementary School	1001 Montgomery Ave	Boyertown	PA	19435
Earl Elementary School	22 Schoolhouse Rd	Boyertown	PA	19512
East Coventry Elementary School	932 Sanatoga Rd	Pottstown	PA	19504
East Vincent Elementary School	340 Ridge Rd	Spring City	PA	19464
Edgewood Elementary School	920 Morris Street	Pottstown	PA	19464
Elizabeth B. Barth Elementary School	467 W Walnut Street	Pottstown	PA	19464
Evans Elementary School	125 Sunset Rd	Limerick	PA	19464
Evergreen Elementary School	98 Kagey Road	Collegeville	PA	19464
Franklin Elementary School	970 N. Franklin Street	Pottstown	PA	19464
French Creek Elementary	3590 Coventryville Rd	Pottstown	PA	19464
Gilbertsville Elementary School	36 Congo Rd	Gilbertsville	PA	19464
Limerick Elementary School	81 Limerick Center Rd	Royersford	PA	19518



Lincoln Elementary School	461 N York Street	Pottstown	PA	19508
Lower Pottsgrove Elementary School	1329 Buchert Rd	Pottstown	PA	19508
Monocacy Elementary Center	576 Monocacy Creek Rd	Birdsboro	PA	19425
New Hanover-Upper Frederick Elementary School	2547 Big Rd	Frederick	PA	19465
North Coventry Elementary School	475 Kemp Rd	Pottstown	PA	19465
Oaks Elementary School	Oaks School Drive	Oaks	PA	19475
Pine Forge Elementary School	8 Glendale Rd	Boyertown	PA	19465
Ringin Rocks Elementary School	1401 Kauffman Rd	Pottstown	PA	19468
Royersford Elementary School	450 Spring St	Royersford	PA	19468
Rupert Elementary School	1230 South Street	Pottstown	PA	19468
Schwenksville Elementary School	55 Second Street	Schwenksville	PA	19456
Skippack Elementary School	4081 Heckler Road	Collegeville	PA	19468
South Elementary School	200 East Third Avenue	Trappe	PA	19475
Spring City Elementary Hybrid Learning School	190 South Wall Street	Spring City	PA	19468
Upper Providence Elementary School	833 South Lewis Road	Royersford	PA	19426
Washington Elementary School	1406 Route 100	Barto	PA	19426
West Pottsgrove Elementary School	25 Grosstown Rd	Stowe	PA	19426
West Vincent Elementary School	2570 Conestoga Rd	Chester Springs	PA	19473



## **APPENDIX F: STATISTICAL SIGNIFICANCE TESTING RESULTS**



**Statistical Significance of Tri-County Area Health Indicators Compared with the Remainder of Berks, Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties**

**Adults**

Health Indicator	Tri-County Area	Remainder of SEPA & Berks County	Significance
In recovery for alcohol or other drugs	7.5%	8.4%*	ns
In fair or poor health	14.4%	16.1%	ns
Ever diagnosed with asthma	16.0%	16.0%	ns
Ever diagnosed with diabetes	10.9%	12.5%	ns
Ever diagnosed with cancer	7.9%	8.8%	ns
Ever diagnosed with high blood pressure	29.3%	31.2%	ns
Currently has health insurance (ages18-64)	92.3%	87.6%	.001
Currently has prescription drug coverage	86.0%	81.9%	.001
Has a regular source of healthcare	90.0%	88.7%	ns
Did not fill prescription in past year due to cost.	15.9%	14.6%	ns
Did not receive care in past year due to cost	14.0%	12.3%	ns
Overweight or obese (BMI 25 or higher)	64.9%	62.9%	ns
Fewer than 4 servings of fruits and vegetables per day	70.0%	74.0%	.01
Consumed fast food one or more times in past week	44.8%	42.6%	ns
Fewer than 3 days with 30 minutes of exercise per week in past month	42.8%	44.4%	ns
Currently smokes cigarettes	19.4%	18.4%	ns
Tried to quit smoking in past year	58.2%	56.4%	ns



Problem drinking (5+ drinks in 5 days during past month)	<b>3.0%</b>	<b>4.3%</b>	<b>.05</b>
Dental visit in past year	<b>70.8%</b>	<b>68.1%</b>	<b>.05</b>
Blood pressure taken in past year	<b>90.6%</b>	<b>89.3%</b>	<b>ns</b>
Pap test in past year (female)	<b>54.5%</b>	<b>58.3%</b>	<b>.05</b>
Breast exam in past year (female)	<b>65.9%</b>	<b>67.0%</b>	<b>ns</b>
Mammogram in past year (female 40+)	<b>56.5%</b>	<b>63.0%</b>	<b>.01</b>
Prostate screening in past year (male 45+)	<b>63.1%</b>	<b>54.3</b>	<b>.01</b>
Colonoscopy or sigmoidoscopy in past year (50+)	<b>17.3%</b>	<b>18.3%</b>	<b>ns</b>
Low Social Capital	<b>33.0%</b>	<b>25.9%</b>	<b>.001</b>

### Children

Health Indicator	Pottstown Area	Remainder of SEPA & Berks County	Significance
In fair or poor health	<b>2.4%</b>	<b>4.7%*</b>	<b>.05</b>
Has a regular source of healthcare	<b>96.9%</b>	<b>97.1%*</b>	<b>ns</b>
Dental visit in past year (ages 4+)	<b>95.3%</b>	<b>90.6%*</b>	<b>.01</b>
Overweight or obese (BMI percentile >= 85)	<b>34.8%</b>	<b>33.4%*</b>	<b>ns</b>

\* Data only available for remainder of SEPA because this question was not asked in the Berks County Household Health Survey.

**KEY:**    **ns** = not significant,  
**.05** = statistically significant  
**.01** = very statistically significant  
**.001** = very highly statistically significant  
**Green** = statistically significantly better than remainder of SEPA+Berks  
**Red** = statistically significantly worse than remainder of SEPA+Berks