



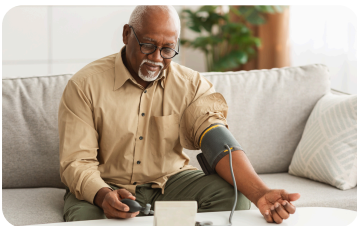
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2025

Cleveland

Health Survey

Trends 2005-2025



CITY OF CLEVELAND
Mayor Justin M. Bibb
PUBLIC HEALTH



CASE WESTERN RESERVE UNIVERSITY
School of Medicine



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

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Introduction

The Cleveland Health Survey is based on the Centers for Disease Control and Prevention’s (CDC) Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is the nation’s premier health survey collected among about 400,000 people in the U.S. each year. This annual phone-based survey collects information about health risk behaviors, chronic health conditions, and use of preventive services across various localities, states, and territories.

The Cleveland Health Survey is a modified version of the national BRFSS which allows the survey to be done both online and over the phone. While the CDC methodology uses phone-based sampling, the Cleveland Health Survey has adopted an address-based sampling approach. Between November 21, 2024—January 21, 2025, the Cleveland Health Survey was open for residents aged 18 and older across the city; Cleveland households were randomly chosen to receive a mailed postcard inviting them to participate.

This report presents the trends in health risk behaviors, chronic conditions, and use of preventive services among Cleveland adults (18+ years). Results from the 2025 Cleveland Health Survey are presented alongside the 2005 and 2015 Cleveland BRFSS. In this report, we present:

- **Demographic Characteristics**
- **General Health Status**
- **Chronic Health Conditions**
- **Mental Health**
- **Social Determinants of Health**
- **Neighborhood Safety & Violence**
- **Tobacco & Nicotine Product Use**

A total of **1,497** usable surveys were collected in the inaugural data collection. The prevalence is provided in bold with 95% confidence intervals below. Prevalence estimates and 95% confidence intervals were computed to allow for rapid comparisons. A more detailed description of the methodology including a copy of the questionnaire, weighting and sampling methodology is available at the PRCHN website, <http://prchn.org/clehealthsurvey/>.

Trend Data

The PRCHN has monitored health and health behavior across the City of Cleveland since 2005 using the traditional methods used by the national BRFSS. In this report, we examine how the prevalence of each available metric changed between 2005 (**1,154** usable surveys) and 2025 (**2,187** usable surveys). Please note that the Cleveland Health Survey differs in sampling methodology compared to the Cleveland BRFSS collected in prior years and results should be interpreted with that in mind. Please also note that the weighting methodology used in this report has been adapted from the *Overall Prevalence Report* to account for differences in age distribution across neighborhoods. For details and information about prior years and our current methodology, please refer to the ***Methodology Report*** on the PRCHN website.

Demographic Characteristics		2005	2015	2025
Age Group	18 to 34 years	31.4	34.8	27.1
	35 to 60 years	48.6	41.4	48.4
	60+ years	20.0	23.8	24.5
Race & Ethnicity	American Indian / Alaska Native Only ^a	0.9	0.5	<10
	Asian Only ^a	<10	1.1	2.7
	Black / African American Only ^a	50.2	47.2	42.5
	Middle Eastern / North African Only ^a	NC	NC	<10
	Native Hawaiian / Other Pacific Islander Only ^a	<10	<10	<10
	White Only ^a	38.8	40.9	37.8
	Multiracial ^a	<10	NC	5.4
	Some Other Race Only ^a	1.0	0.4	<10
	Hispanic or Latinx	7.9	9.5	9.9
Sex	Male	46.8	46.5	41.4
	Female	53.2	53.5	56.8

Data Notes: All percentages presented are weighted to represent the Cleveland adult population.

NC: Not Captured

^a Non-Hispanic.

General Health Status		2005	2015	2025
General Health Status	General Health Status <i>(Rated health as good or better)</i>	74.8 (71.7, 77.9)	71.2 (68.7, 73.8)	72.5 (69.1, 75.9)
	Physical Health^a <i>(In the past 30 days, had 14+ days of poor physical health)</i>	15.7 (13.1, 18.3)	15.4 (13.4, 17.4)	18.1 (15.1, 21.2)
	Mental Health^b <i>(In the past 30 days, had 14+ days of poor mental health)</i>	12.7 (10.4, 15.0)	20.0 (17.6, 22.3)	24.8 (21.4, 28.2)
	Health Impacted^c <i>(In the past 30 days, had 14+ days where poor health impacted usual activities)</i>	11.0 (8.7, 13.3)	13.0 (11.1, 15.0)	16.6 (13.8, 19.5)
Healthcare Utilization	Visited a Doctor <i>(For a routine check-up or physical exam in the past 12 months)</i>	75.4 (72.0, 78.7)	75.2 (72.6, 77.7)	76.6 (73.3, 49.8)
	Had Teeth Examined <i>(Visited a dentist or dental clinic for any reason in the past 12 months)</i>	NC	57.4 (54.6, 60.2)	57.3 (53.5, 61.2)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.

NC: Not captured

^a Including physical illness and injury.

^b Including stress, depression, problems with emotions.

^c Poor physical or mental health impacted activities including self-care, work, or recreation.

Chronic Health Conditions		2005	2015	2025
Heart and Metabolic Conditions	Obesity <i>(Body Mass Index is 30 or greater)</i>	33.8 (30.2, 37.5)	35.0 (32.3, 37.7)	41.2 (37.5, 44.5)
	Overweight <i>(Body Mass Index is 25 or greater but less than 30)</i>	33.5 (29.8, 37.1)	32.6 (29.9, 35.4)	26.0 (22.7, 29.3)
	Diabetes^a <i>(Has ever been told by a doctor or other health professional)</i>	10.3 (8.4, 12.3)	14.6 (12.8, 16.3)	13.0 (10.5, 15.4)
	High Blood Pressure^a <i>(Has ever been told by a doctor or other health professional)</i>	33.1 (29.7, 36.5)	37.9 (35.3, 40.5)	39.5 (35.8, 43.3)
	High Cholesterol <i>(Has ever been told by a doctor or other health professional)</i>	26.4 (23.3, 29.5)	NC	40.9 (37.1, 44.7)
Other	Asthma <i>(Has ever been told by a doctor or other health professional)</i>	16.0 (13.2, 18.9)	21.3 (19.0, 23.7)	25.0 (21.6, 28.4)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.

NC: Not Captured

^a Excludes those told during pregnancy.

Mental Health		2005	2015	2025
	Depression Disorder^a <i>(Has ever been told by a doctor or other health professional)</i>	NC	26.0 (23.5, 28.6)	41.9 (38.0, 45.8)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.

NC: Not captured

^a Including depression, major depression, dysthymia, or minor depression

Social Determinants of Health		2005	2015	2025
Employment	Employed	54.8 (51.1, 58.5)	45.9 (43, 48.7)	56.4 (42.7, 60.2)
	Out of Work	10.2 (7.7, 12.6)	11.8 (9.8, 13.7)	9.4 (7.1, 11.9)
	Unable to Work	11.2 (8.9, 13.5)	14.8 (12.9, 16.7)	14.1 (7.1, 11.9)
	Student	5.4 (3.4, 7.6)	7.2 (5.3, 9.1)	3.5 (1.9, 5.1)
	Homemaker	4.2 (3.0, 5.5)	3.8 (2.6, 5.0)	3.4 (2.2, 4.6)
	Retired	14.2 (12.0, 16.4)	16.6 (14.9, 18.2)	13.4 (4.7, 8.5))
Education	Less than High School	16.8 (14.1, 19.5)	21.2 (18.7, 23.7)	5.8 (4.0, 7.7)
	High School / Equivalent	42.1 (38.3, 45.8)	32.1 (29.5, 34.6)	25.2 (21.8, 28.5)
	Some College / Technical School	25.9 (22.6, 29.2)	31.0 (28.4, 33.7)	29.4 (26.0, 32.8)
	Completed College	15.3 (13.0, 17.5)	15.7 (13.9, 17.6)	39.6 (36.0, 43.3)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.

Social Determinants of Health		2005	2015	2025
Social Context	Married / Unmarried Couple	42.0 (38.3, 45.7)	32.3 (29.6, 34.9)	33.2 (29.7, 36.6)
	Separated / Divorced	17.8 (15.2, 20.4)	19.6 (17.5, 21.6)	17.9 (15.1, 20.7)
	Widowed	8.5 (7.0, 10.1)	8.3 (7.2, 9.4)	3.7 (2.4, 5.0)
	Never Married	31.7 (28.0, 35.4)	39.8 (37.0, 42.7)	45.3 (41.5, 49.0)
	Lives Alone <i>(Single person household)</i>	20.9 (18.6, 23.3)	25.7 (22.3, 29.1)	40.5 (36.7, 44.2)
	Lives with Children <i>(One or more children live in household)</i>	40.4 (36.6, 44.2)	37.3 (34.4, 40.2)	24.0 (20.8, 27.3)
Access to Healthcare	Healthcare Insecurity^a <i>(In the past 12 months)</i>	19.6 (16.5, 22.6)	NC	16.9 (13.9, 19.9)
	Healthcare Coverage <i>(Private or government health insurance)</i>	78.5 (75.1, 81.9)	87.0 (84.9, 89.0)	95.8 (94.3, 97.2)
	Has a Doctor(s) <i>(Has one or more doctors that are personal healthcare provider(s))</i>	73.2 (69.6, 76.9)	74.3 (71.6, 77.0)	82.6 (79.6, 85.6)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.

NC: Not Captured

^a Needed to see a doctor but could not because they could not afford it.

Neighborhood Safety & Violence		2005	2015	2025
	Neighborhood Safety <i>(Neighborhood is not at all safe)</i>	NC	16.5 (14.4, 18.5)	12.4 (9.9, 14.9)
	Victim of Crime <i>(Any household member in the past 12 months)</i>	NC	17.7 (15.3, 20.1)	14.3 (11.5, 17.1)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.
 NC: Not Captured

Tobacco & Nicotine Product Use		2005	2015	2025
Product Use	Any Tobacco / Nicotine^a <i>(Every day or some days)</i>	NC	38.6 (35.8, 41.4)	28.3 (24.6, 31.9)
	Combustible Tobacco^b <i>(Every day or some days)</i>	34.3 (30.7, 37.9)	37.8 (35.0, 40.6)	25.1 (21.5, 28.6)
	Cigarettes <i>(Every day or some days)</i>	30.8 (27.3, 34.3)	35.2 (32.4, 37.9)	19.4 (16.2, 22.6)
	Cigar Products^c <i>(Every day or some days)</i>	6.1 (4.0, 8.1)	3.7 (2.5, 4.8)	6.7 (4.7, 8.8)
	Little Cigars or Cigarillos^d <i>(Every day or some days)</i>	6.8 (4.5, 9.1)	6.5 (4.9, 8.1)	9.1 (6.5, 11.6)
	Vape Products^e <i>(Every day or some days)</i>	NC	5.5 (4.1, 7.0)	7.8 (5.6, 10.0)
	Oral Nicotine Products^f <i>(Every day or some days)</i>	0.9 (0.4, 1.4)	NC	1.8 (0.6, 3.0)

Prevalence (%) in bold with 95% CI in parentheses; data are weighted to the general adult population.
 NC: Not Captured

^a Includes use of cigarettes, cigar products, little cigars or cigarillos, and/or electronic vapor products.

^b Includes use of cigarettes, cigar products, little cigars and/or cigarillos.

^c Does not include little cigars or cigarillos, such as Black & Milds.

^d Such as Black & Milds.

^e Includes e-cigarettes or other electronic vaping products.

^f In 2005, included chewing tobacco or snuff but in 2025 this was expanded to include nicotine pouches and snus.

Contact Information

For more information on the methods used or questions asked in the Cleveland Health Survey, please visit the PRCHN website: www.prchn.org/clehealthsurvey. If you would like to be added to our mailing list to receive more information about future results or to participate in other surveys or studies, please visit: <https://clehs2024.org>

For questions about how the information is being used to inform local programs, policies, and resources, please contact:

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Thank You, *Cleveland*