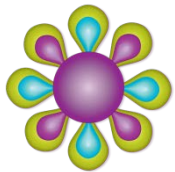




# Allen County

## Allen County Health Risk and Community Needs Assessment



Mental Health &  
Recovery Services  
Board of  
Allen, Auglaize and  
Hardin Counties  
[www.wecarepeople.org](http://www.wecarepeople.org)



**THE OHIO STATE  
UNIVERSITY**

LIMA



United Way  
of Greater Lima

# 2014



# FOREWORD

We are pleased to present the 2014 Allen County Community Needs Assessment.

Since the late 1980s a variety of Allen County agencies have prepared and administered individual needs assessments and community health assessments. This report marks the third community assessment undertaken by a broad group of community agencies, with the first being completed in 2002. Over the years, these assessments have shown that **individual health is closely linked to community health** – the health of the community and environment in which individuals live, work, and play. Likewise, the community is profoundly affected by the collective behaviors, attitudes, and beliefs of the people who live there. This assessment was designed to identify the **community issues, behavioral health issues, and physical health issues** that residents of Allen County currently face, and to track the progress from previous assessments, where applicable. As was the case in 2009, this assessment also includes data from an Allen County youth survey. These youth will be our young adults for the next community needs assessment. Needs assessments are generally time and money consuming projects and so, are only completed periodically. Consider this report a “snapshot” of where the county stands in 2014 on the identified issues.

We invite individuals, agencies and communities to take an active role in creating a better Allen County.

<b>Individuals can and must do more to promote their own health:</b>	<b>Individuals can also get involved in their community:</b>
• maintain an active lifestyle	• volunteering for /attending neighborhood events
• choose healthy foods	• volunteering for /attending community events
• avoid tobacco alcohol and drugs	• volunteering for /attending church events
• spend time with family and children	
• be a good role model in the community	

**Community agencies** can use this data to:

- develop action plans,
- seek funding to address the issues identified, and
- measure their impact on the community.

This report would not have been possible without the assistance of a number of community leaders and organizations. We thank them for their support in making this health assessment a reality. We especially thank the residents of Allen County who responded to our community survey.

Through individual and group efforts, as well as partnerships, we can continue to make Allen County a better, healthier place to live. Let's expand on achievements in the community, address the concerns identified, and reverse unfavorable trends. Community support is critical both now, and in the future, as we address the issues in this report, and long-term, as we evaluate our progress through future needs assessments.

Sincerely,

The Allen County Health Risk and Community Needs Assessment Committee

This report has been coordinated by:

Activate Allen County  
Allen County Healthy People 2020  
Allen County Public Health  
Lima Memorial Health System  
Mental Health and Recovery Services Board  
The Ohio State University at Lima  
St. Rita's Health Partners  
United Way of Greater Lima

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To see Allen County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at <http://www.hcno.org/community/data-indicator.html>.

The 2014 Allen County Health Assessment is available on the following websites:

Hospital Council of Northwest Ohio - <http://www.hcno.org/community/reports.html>

Allen County Public Health - <http://www.allencountypublichealth.org>

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# EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Allen County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2014. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## Primary Data Collection Methods

### DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults and adolescents within Allen County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

### INSTRUMENT DEVELOPMENT

Two survey instruments were designed and pilot tested for this study: one for adults and one for adolescents. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. The majority of the survey items for the adolescent survey were derived from the YRBSS. This decision was based on being able to compare local data with state and national data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Allen County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Allen County planning committee, the Project Coordinator composed drafts of surveys containing 128 items for the adult survey and 80 items for the adolescent survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

### SAMPLING | *Adult Survey*

Adults ages 19 and over living in Allen County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Allen County. There were 80,886 persons ages 18 and over living in Allen County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 383 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Allen County was obtained from American Clearinghouse in Louisville, KY.

### SAMPLING | *Adolescent Survey*

A sample size of 378 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

## **PROCEDURE | *Adult Survey***

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Allen County. This advance letter was personalized, printed on Allen County Community Health Assessment Committee stationery and was signed by Kathy Luhn, Health Commissioner, Allen County Public Health. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Allen County Community Health Assessment Committee stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope was sent. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 40% (n=447: CI= $\pm 4.62$ ). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

## **PROCEDURE | *Adolescent Survey***

The survey was approved by all superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 90% (n=413: CI= $\pm 4.73$ )

## **DATA ANALYSIS**

Individual responses were anonymous and confidential. Only group data are available. All data were analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Allen County, the adult data collected was weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

## **LIMITATIONS**

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Allen County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Allen County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

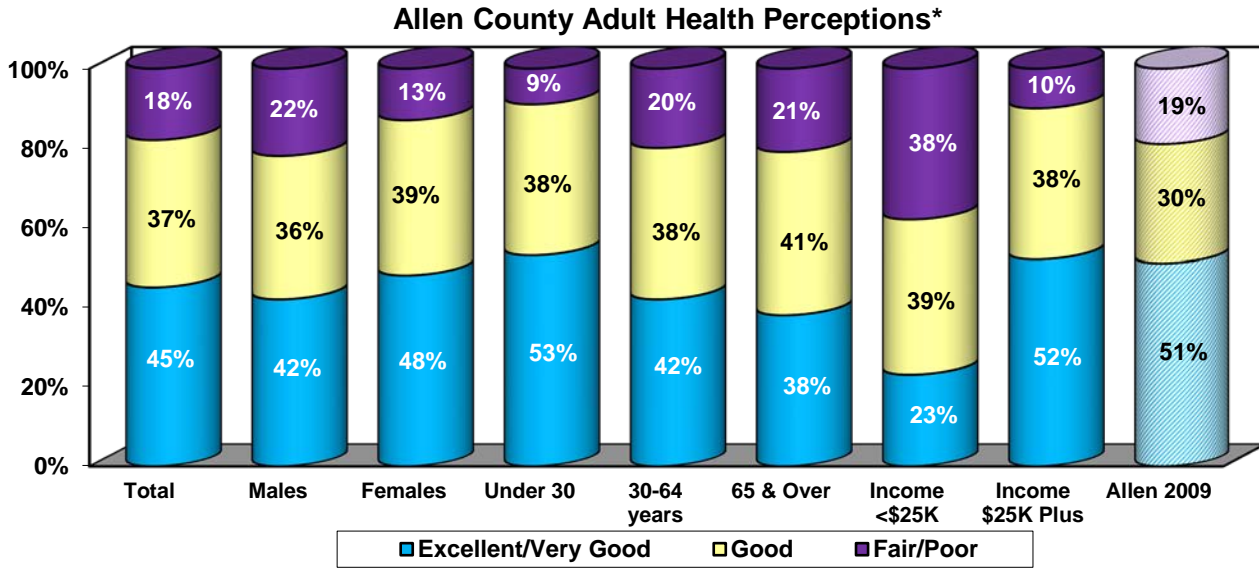
Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.



## Data Summary

### HEALTH PERCEPTIONS

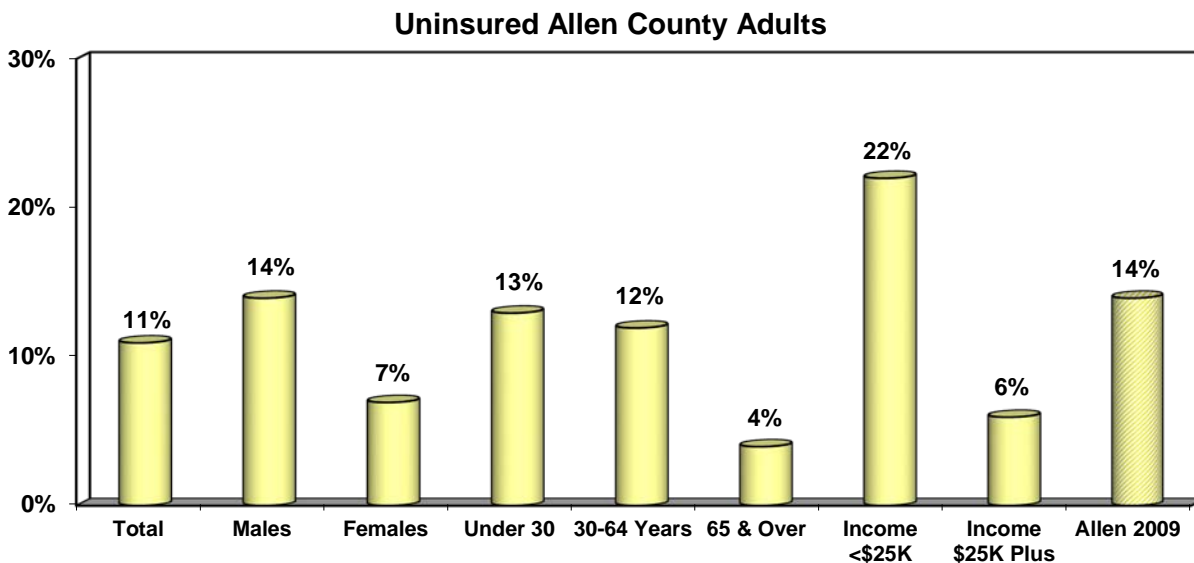
In 2014, nearly half (45%) of the Allen County adults rated their health status as excellent or very good. Conversely, 18% of adults, increasing to 21% of those over the age of 65, described their health as fair or poor.



\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

### HEALTH CARE COVERAGE

The 2014 Health Assessment data has identified that 11% of Allen County adults were without health care coverage. Those most likely to be uninsured were adult males and those with an annual income level under \$25,000. In Allen County, 15.0% of residents live below the poverty level (Source: U.S. Census, American Community Survey 1 Year Estimate, 2013).



## HEALTH CARE ACCESS

The 2014 Health Assessment project identified that 62% of Allen County adults had visited a doctor for a routine checkup in the past year. 33% of adults went outside of Allen County for health care services in the past year.

## CARDIOVASCULAR HEALTH

The 2014 Allen County Health Assessment found that 4% of adults had survived a heart attack and 3% had survived a stroke at some time in their life. One-third (33%) of Allen County adults had been diagnosed with high blood pressure, 32% had high blood cholesterol, 33% were obese, and 22% were smokers, four known risk factors for heart disease and stroke. Heart disease (18%) and stroke (3%) accounted for 21% of all Allen County adult deaths in 2013 (Source: ODH Information Warehouse).

### Allen County Leading Causes of Death 2013 (Preliminary)

**Total Deaths: 1,065**

1. Heart Disease (18% of all deaths)
2. Cancer (18%)
3. Chronic Lower Respiratory Diseases (5%)
4. Stroke (3%)
5. Accidents, Unintentional Injuries (2%)

(Source: ODH Information Warehouse, 2013)

## CANCER

In 2014, 11% of Allen County adults had been diagnosed with cancer at some time in their life. The Centers for Disease Control and Prevention (CDC) indicates that from 2007-2011, cancers caused 23% (1,190 of 5,259 total deaths) of all Allen County resident deaths, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

### Allen County Incidence of Cancer, 2007-2011

**All Types: 2,844 cases**

- Lung and Bronchus: 452 cases (16%)
- Breast: 365 cases (13%)
- Prostate: 360 cases (13%)
- Colon and Rectum: 265 cases (9%)

**In 2010, there were 233 cancer deaths in Allen County.**

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/9/2014)

## DIABETES

In 2014, 12% of Allen County adults had been diagnosed with diabetes.

## ARTHRITIS

According to the Allen County survey data, 27% of Allen County adults were diagnosed with arthritis. According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they had arthritis.

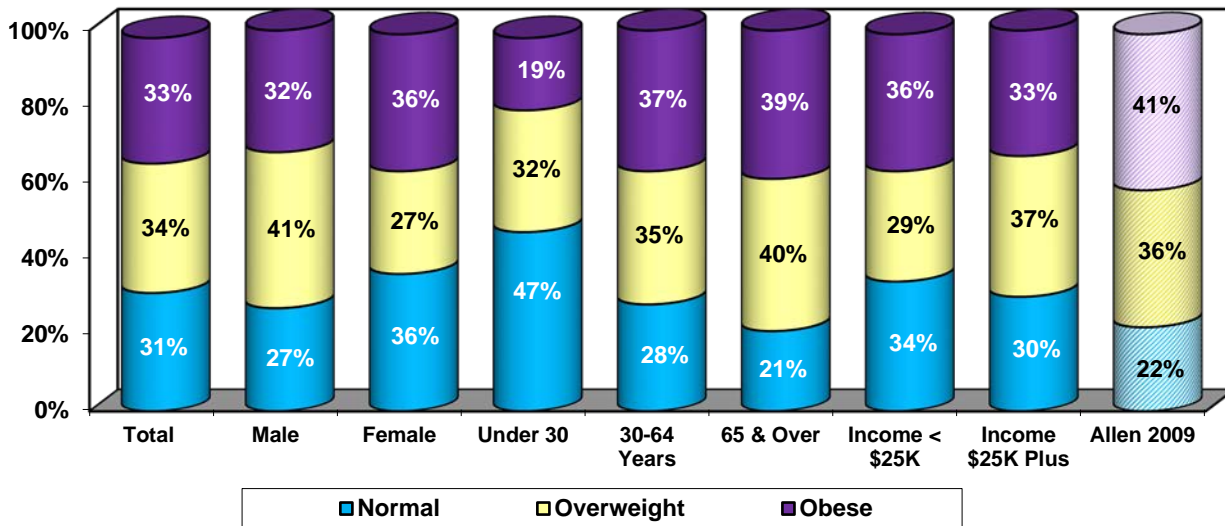
## ASTHMA

In 2014, 10% of Allen County adults had been diagnosed with asthma.

## ADULT WEIGHT STATUS

The 2014 Health Assessment identified that 67% of Allen County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 30% of Ohio and 29% of U.S. adults were obese by BMI. One-third (33%) of Allen County adults were obese. More than two-fifths (45%) of adults were trying to lose weight.

### Allen County Adult BMI Classifications

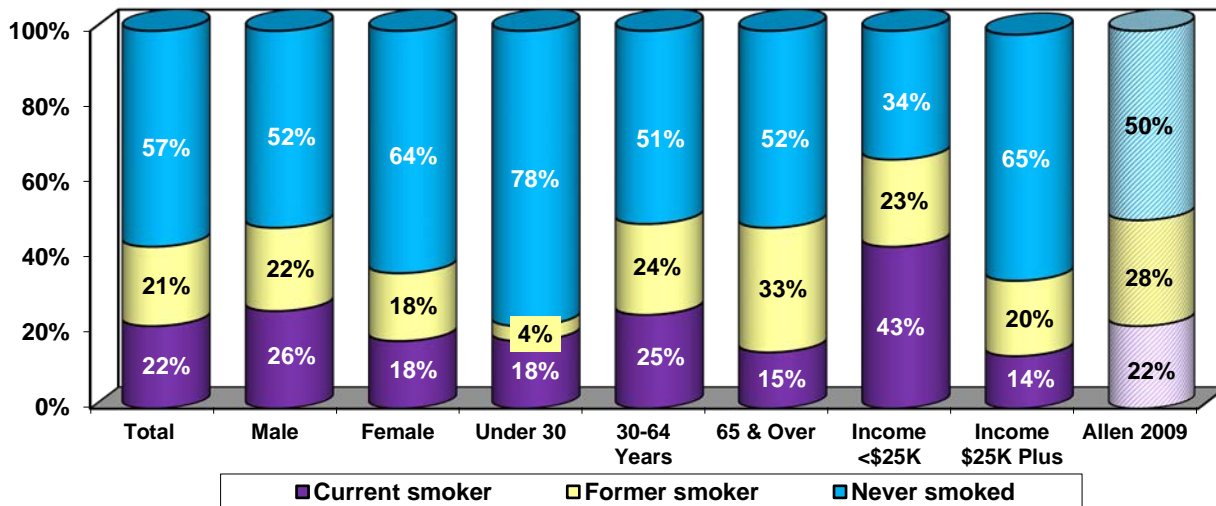


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

### ADULT TOBACCO USE

In 2014, 22% of Allen County adults were current smokers and 21% were considered former smokers. In 2014, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2014).

### Allen County Adult Smoking Behaviors

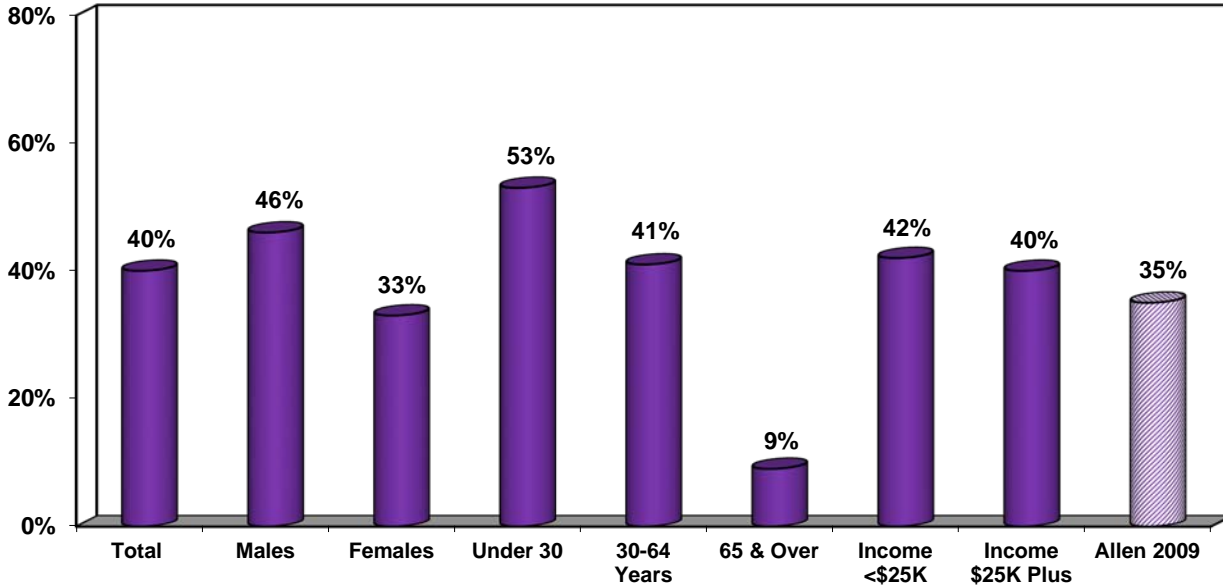


Respondents were asked:  
 "Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes every day, some days or not at all?"

## ADULT ALCOHOL CONSUMPTION

In 2014, the Health Assessment indicated that 9% of Allen County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 40% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Seven percent of adults drove after having perhaps too much to drink.

**Allen County Adult Drinkers Who Binge Drank in Past Month\***

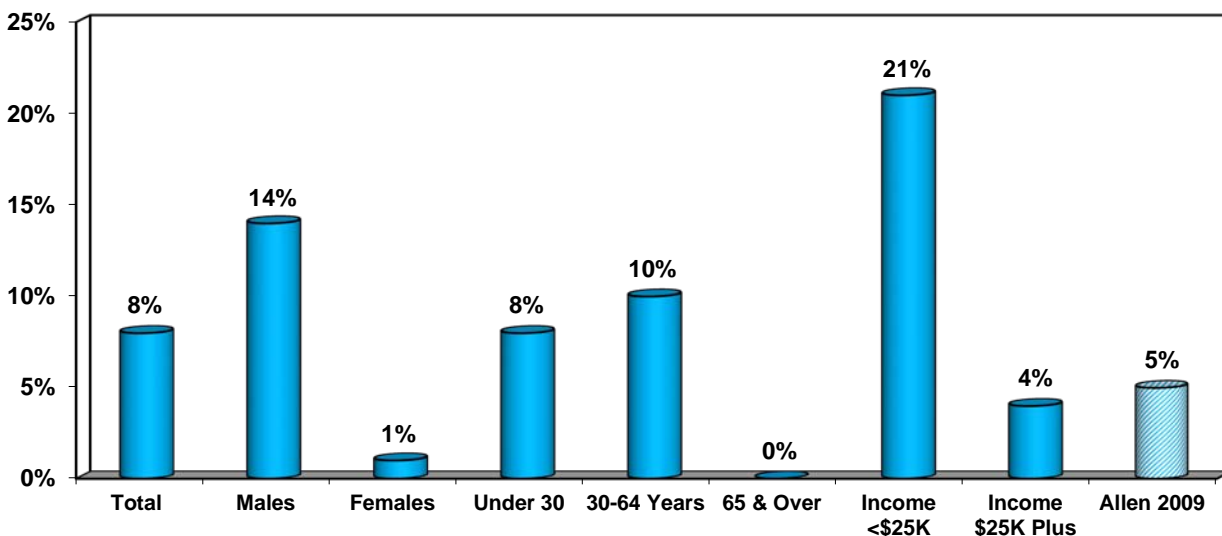


\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at least once in the previous month.

## ADULT DRUG USE

In 2014, 8% of Allen County adults had used marijuana during the past 6 months. 10% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

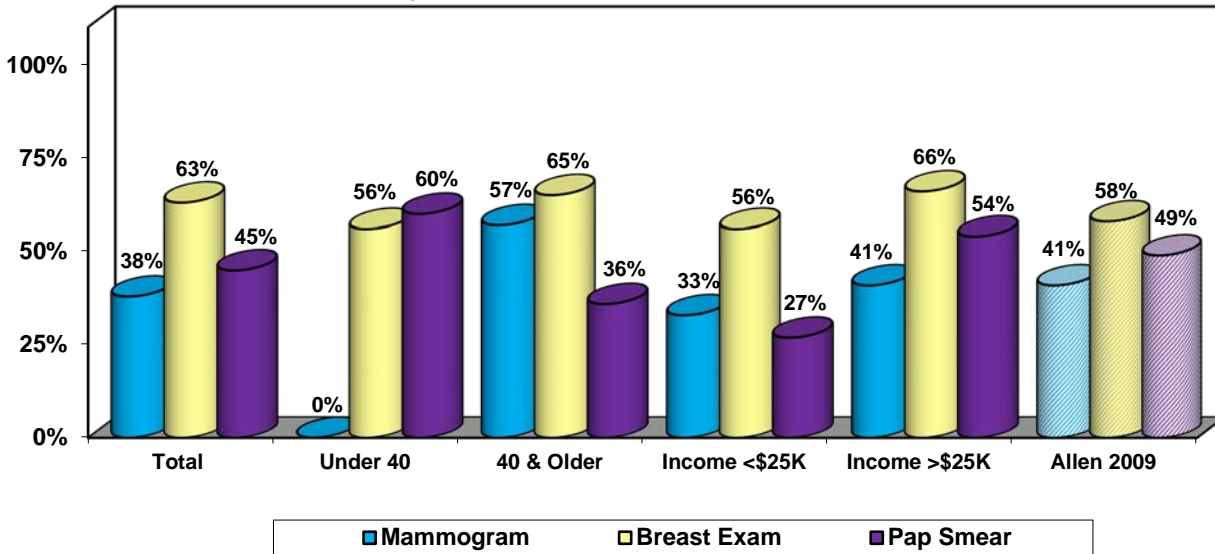
**Allen County Adult Marijuana Use in Past 6 Months**



**WOMEN'S HEALTH**

In 2014, more than half (57%) of Allen County women over the age of 40 reported having a mammogram in the past year. 63% of Allen County women ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 30% and cancers accounted for 20% of all female deaths in Allen County from 2009-2011. The Health Assessment determined that 2% of women had survived a heart attack and 1% had survived a stroke at some time in their life. One-third (33%) had high blood pressure, 30% had high blood cholesterol, 36% were obese, and 18% were identified as smokers, known risk factors for cardiovascular diseases.

**Allen County Women's Health Exams Within the Past Year**



**MEN'S HEALTH**

In 2014, 43% of Allen County males had a sigmoidoscopy or colonoscopy in the past five years. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 25% of all male deaths in Allen County from 2009-2011. The Health Assessment determined that 6% of men survived a heart attack and 5% survived a stroke at some time in their life. More than one-third (34%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 26% were identified as smokers, which, along with obesity (32%), are known risk factors for cardiovascular diseases.

**PREVENTIVE MEDICINE AND HEALTH SCREENINGS**

Half (50%) of Allen County adults had a flu vaccine during the past 12 months. Over half (55%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (53%) of adults ages 50 and over had a colonoscopy/ sigmoidoscopy within the past 5 years.

**ADULT SEXUAL BEHAVIOR & PREGNANCY OUTCOMES**

In 2014, two-thirds (67%) of Allen County adults had sexual intercourse. Six percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years in the U.S. acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV). (Source: CDC, *STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

**QUALITY OF LIFE**

In 2014, 18% of Allen County adults were limited in some way because of a physical, mental or emotional problem.

**SOCIAL CONTEXT**

In 2014, 5% of Allen County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). 93% of adults reported regularly using seat belts to reduce their risk of injury.

**MENTAL HEALTH AND SUICIDE**

In 2014, 4% of Allen County adults considered attempting suicide. 11% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

**ORAL HEALTH**

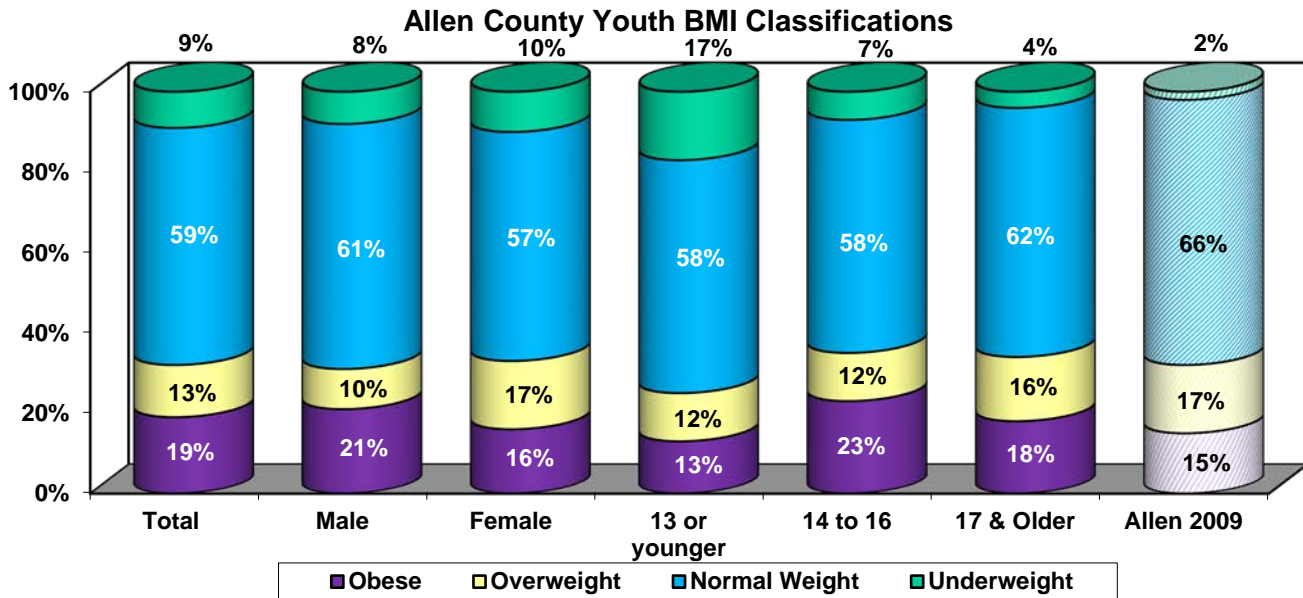
The 2014 Health Assessment project has determined that more than three-fifths (63%) of Allen County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. More than two-thirds (70%) of Allen County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year (2013 YRBS reported 75% for Ohio).

**PARENTING**

The 2014 Health Assessment project identified that 71% of parents discussed screen time with their 12 to-17 year-old in the past year. Almost three-fourths (72%) of parents said their child had been to the dentist within the past year.

**YOUTH WEIGHT STATUS**

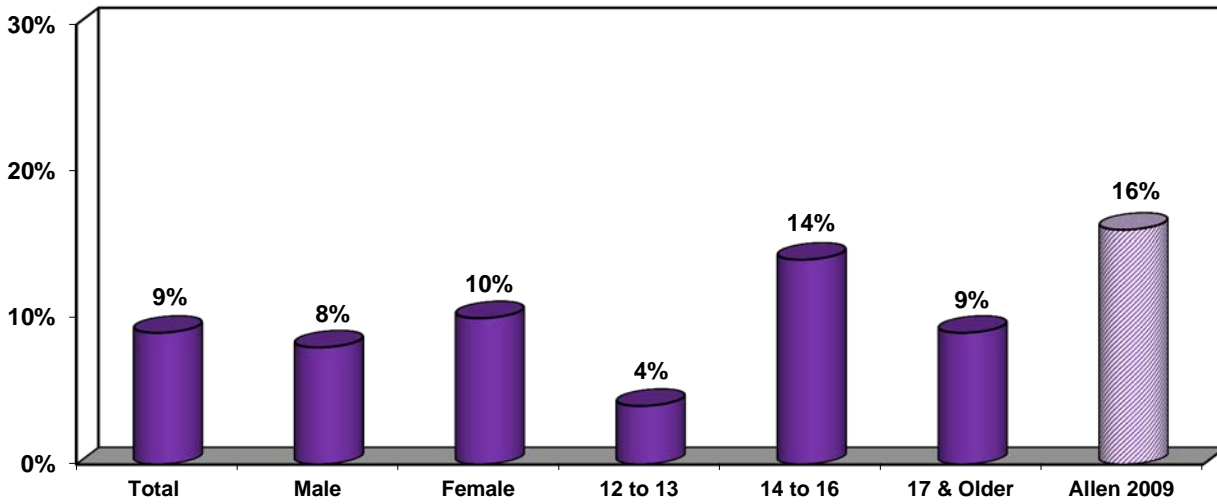
The 2014 Health Assessment identified that 19% of Allen County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 29% of Allen County youth reported that they were slightly or very overweight. 70% of youth were exercising for 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities.



**YOUTH TOBACCO USE**

The 2014 Health Assessment identified that 9% of Allen County youth in grades 6-12 were smokers, increasing to 14% of those ages 14-16. Of those 6th -12th grade youth who currently smoked, 57% had tried to quit.

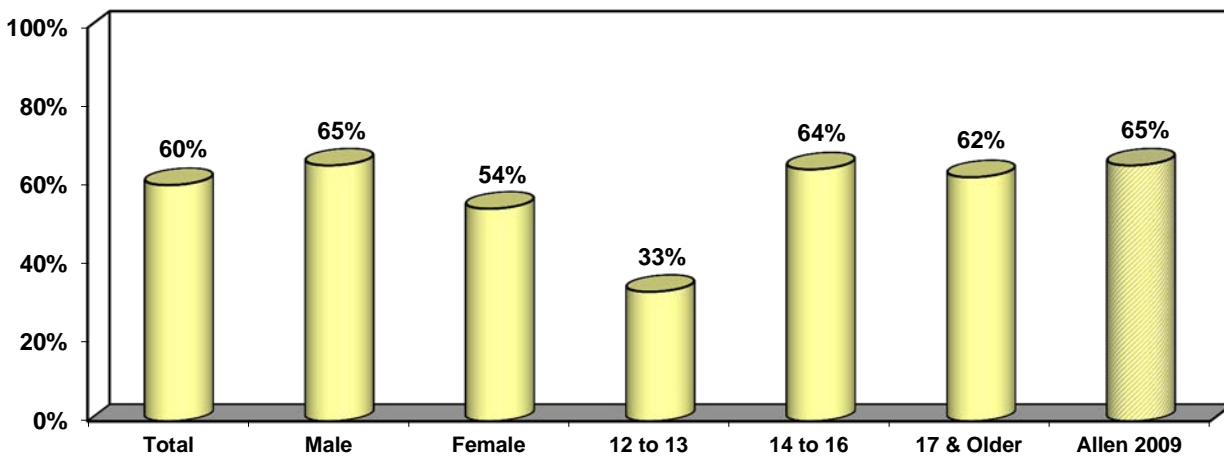
**Allen County Youth Who Are Current Smokers**



**YOUTH ALCOHOL CONSUMPTION**

In 2014, the Health Assessment results indicated that 54% of Allen County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 69% of youth seventeen and older. 32% of those 6th-12th graders who drank, took their first drink at 12 years or younger. 25% of all Allen County 6th-12th grade youth and 42% of those over the age of 17 had at least one drink in the past 30 days. Three-fifths (60%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

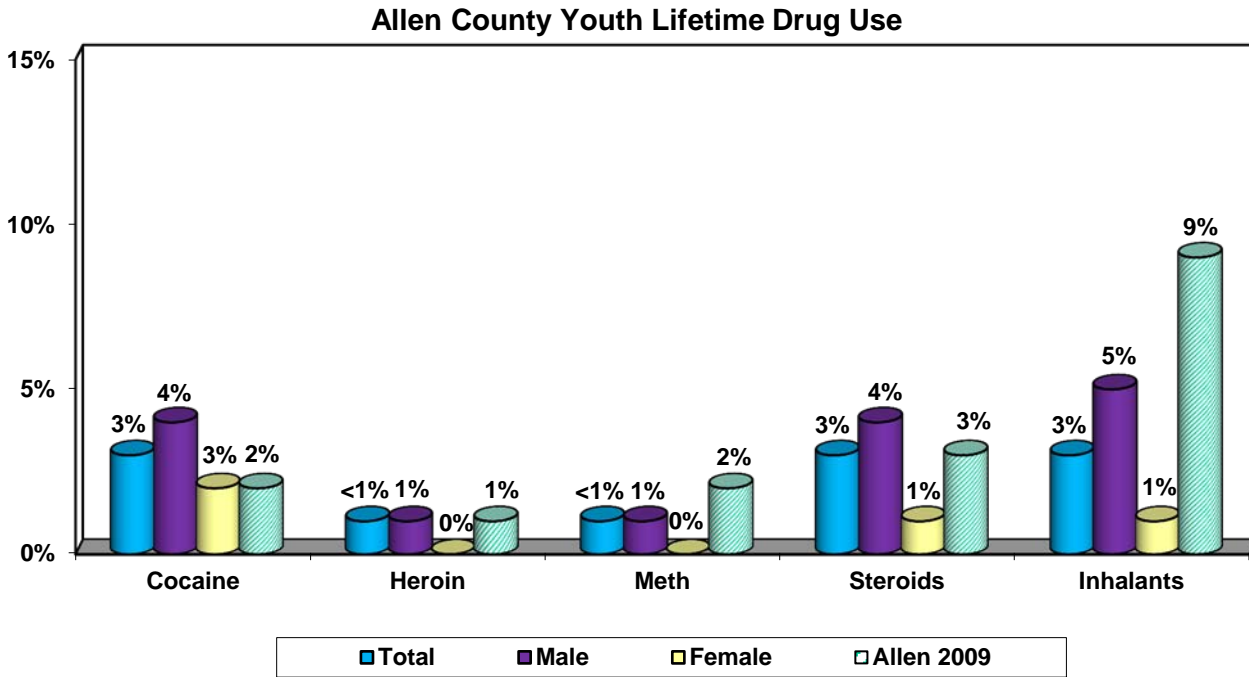
**Allen County Youth Current Drinkers Binge Drinking in Past Month\***



\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.

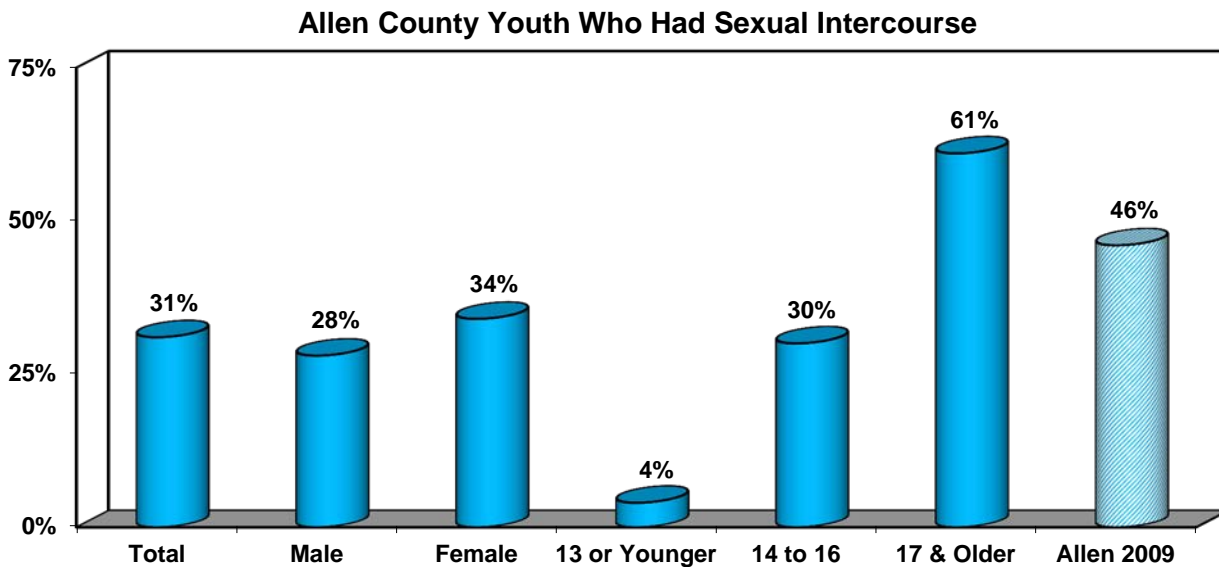
**YOUTH DRUG USE**

In 2014, 16% of Allen County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 23% of those ages 17 and older. 9% of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 19% of those over the age of 17.



**YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES**

In 2014, nearly one-third (31%) of Allen County youth have had sexual intercourse, increasing to 61% of those ages 17 and over. 27% of youth had participated in oral sex and 5% had participated in anal sex. 24% of youth participated in sexting. Of those who were sexually active, 55% had multiple sexual partners. One Allen County school did not ask sexual behavior questions.

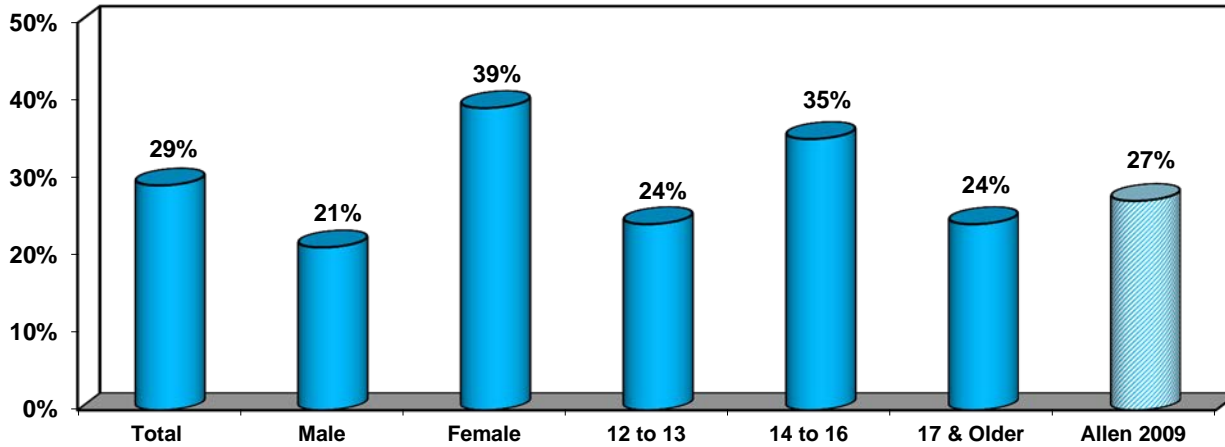




## YOUTH MENTAL HEALTH AND SUICIDE

In 2014, over one-quarter (29%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. In 2014, the Health Assessment results indicated that 18% of Allen County 6th-12th grade youth had seriously considered attempting suicide in the past year and 8% admitted actually attempting suicide in the past year.

**Allen County Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row**



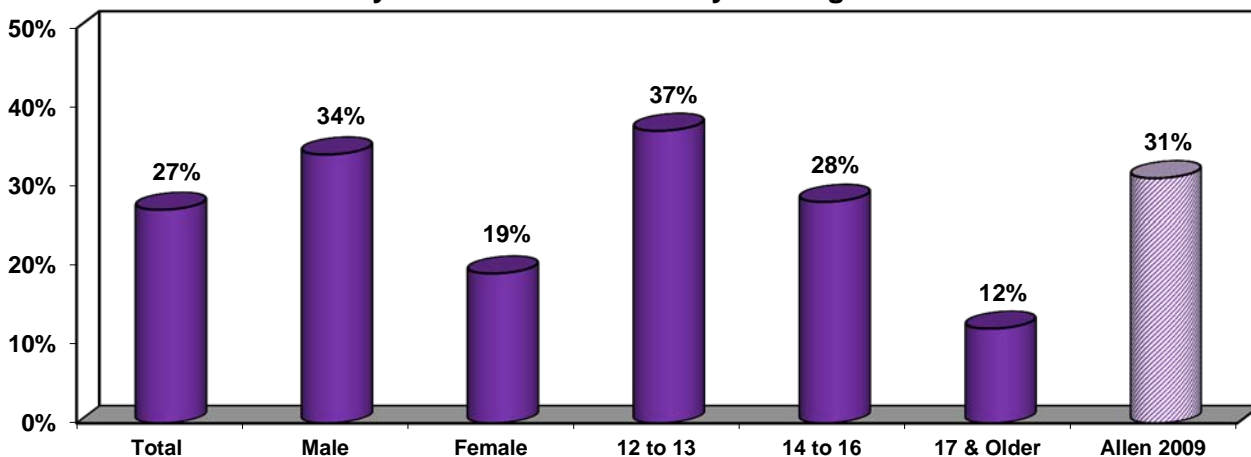
## YOUTH SAFETY

In 2014, 85% of Allen County youth self-reported that they wore a seatbelt when driving a car in the past month. 22% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 8% of youth drivers had driven after drinking alcohol. 49% of youth drivers texted while driving. 27% of youth had purposefully hurt themselves at some time in their lives.

## YOUTH VIOLENCE

In Allen County, 27% of youth had been involved in a physical fight in the past year. 8% of youth had been threatened or injured with a weapon on school property in the past year. 48% of youth had been bullied in the past year and 30% had been bullied on school property.

**Allen County Youth Involved in a Physical Fight in the Past Year**



# Adult | TREND SUMMARY

Adult Variables	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
<b>Health Status</b>				
Rated health as excellent or very good	51%	45%	50%	52%
Rated general health as fair or poor	19%	18%	18%	17%
Rated their mental health as not good on four or more days	22%	23%	N/A	N/A
Average days that physical health not good in past month	N/A	3.2	3.9**	3.7**
Average days that mental health not good in past month	N/A	3.3	3.9**	3.5**
<b>Health Care Coverage</b>				
Uninsured	14%	11%	14%	17%
<b>Arthritis, Asthma, &amp; Diabetes</b>				
Has been diagnosed with arthritis	29%	27%	30%	25%
Has been diagnosed with diabetes	12%	12%	11%	11%
Has been diagnosed with asthma	11%	10%	14%	14%
<b>Cardiovascular Health</b>				
Had a heart attack	7%	4%	5%	4%
Had a stroke	2%	3%	4%	3%
Has been diagnosed with high blood pressure	41%	33%	34%	31%
Has been diagnosed with high blood cholesterol	34%	32%	38%	38%
Had blood cholesterol checked within the past 5 years	N/A	71%	78%	76%
<b>Weight Status</b>				
Overweight	36%	34%	35%	35%
Obese	41%	33%	30%	29%
<b>Alcohol Consumption</b>				
Had at least one alcoholic beverage in past month	56%	47%	53%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	20%	18%	17%	17%
Drove after having perhaps too much to drink	4%	7%	N/A	N/A
<b>Tobacco Use</b>				
Current smoker (currently smoke some or all days)	22%	22%	23%	19%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	28%	21%	25%	25%
Tried to quit smoking	54%	52%	N/A	N/A
<b>Drug Use</b>				
Adults who used marijuana in the past 6 months	5%	8%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	2%	10%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	5%	1%	N/A	N/A

N/A - not available

\* 2012 BFRSS Data

\*\*2010 BRFSS Data

Adult Variables	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
<b>Preventive Medicine</b>				
Had a pneumonia vaccine in lifetime (age 65 and older)	61%	55%	71%	70%
Had a flu vaccine in the past year (ages 65 and over)	70%	75%	63%	63%
Had a clinical breast exam in the past two years (age 40 and older)	79%	80%	75%**	77%**
Had a mammogram in the past two years (age 40 and older)	69%	76%	74%*	74%*
Had a pap smear in the past three years	74%	74%	78%*	78%*
<b>Quality of Life</b>				
Limited in some way because of physical, mental or emotional problem	23%	18%	21%	20%
<b>Mental Health</b>				
Considered attempting suicide in the past year	5%	4%	N/A	N/A
Two or more weeks in a row felt sad or hopeless	26%	11%	N/A	N/A
<b>Social Context and Safety</b>				
Suffered a blow or jolt in the past 12 months	34%	38%	N/A	N/A
<b>Oral Health</b>				
Adults who have visited the dentist in the past year	60%	63%	68%*	67%*

N/A - not available  
 \* 2012 BFRSS Data  
 \*\*2010 BFRSS Data

# Youth | TREND SUMMARY

Youth Variables	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Control</b>					
Obese	15%	19%	21%	13%	14%
Overweight	17%	13%	14%	16%	17%
Described themselves as slightly or very overweight	29%	29%	30%	28%	31%
Trying to lose weight	43%	44%	45%	47%	48%
Exercised to lose weight	N/A	40%	44%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	N/A	27%	29%	43%*	39%*
Went without eating for 24 hours or more	14%	4%	3%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	4%	2%	2%	5%	5%
Vomited or took laxatives	4%	2%	1%	5%	4%
Did not eat any vegetables in the past week	8%	13%	11%	6%	7%
Drank 100% fruit juices one or more times during the past week	N/A	61%	60%	76%	N/A
Drank one or more glasses of milk per day during the past week	53%	44%	44%	43%	N/A
Drank pop or soda one or more times per day during the past week	N/A	21%	23%	21%	27%
Physically active at least 60 minutes per day on every day in past week	31%	28%	28%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	50%	50%	55%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	13%	17%	15%	13%	15%
Watched TV 3 or more hours per day	43%	28%	25%	28%	35%
<b>Unintentional Injuries and Violence</b>					
Carried a weapon in past month	15%	12%	12%	14%	18%
Carried a weapon on school property in past month	4%	2%	2%	4%*	5%
Been in a physical fight in past year	31%	27%	22%	20%	25%
Been in a fight on school property in past year	11%	9%	6%	6%	8%
Threatened or injured with a weapon on school property in past year	11%	8%	7%	8%*	7%
Did not go to school because felt unsafe	5%	5%	3%	5%	7%
Electronically/cyber bullied in past year	13%	13%	15%	15%	15%
Bullied in past year	47%	48%	50%	N/A	N/A
Bullied on school property in past year	N/A	30%	30%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	12%	5%	5%	7%	9%**
Suffered blow or jolt to head	N/A	12%	10%	12%	N/A
<b>Preventive Care</b>					
Visited a dentist for a check-up within the past year	68%	70%	76%	75%	N/A

N/A - Not available

\* Comparative YRBSS data for Ohio is 2007 and U.S. is 2009, \*\*2011 YRBS

Youth Variables	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Alcohol Consumption</b>					
Ever tried alcohol	68%	54%	68%	71%**	66%
Current drinker	34%	25%	35%	30%	35%
Binge drinker (of all youth)	22%	15%	22%	16%	21%
Drank for the first time before age 13 (of all youth)	27%	16%	13%	13%	19%
Rode with someone who was drinking	22%	22%	25%	17%	22%
Drank and drove (of youth drivers)	8%	8%	8%	4%	10%
Obtained the alcohol they drank by someone giving it to them	N/A	38%	39%	38%	42%
<b>Tobacco Use</b>					
Ever tried cigarettes	29%	21%	27%	52%**	41%
Current smokers	16%	9%	13%	15%	16%
Tried to quit smoking (of smokers)	56%	57%	68%	56%**	48%
Smoked cigarettes on 20 or more days during the past month (of all youth)	6%	2%	4%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	13%	9%	9%	14%**	9%
<b>Sexual Behavior</b>					
Ever had sexual intercourse	46%	31%	45%	43%	47%
Used a condom at last intercourse	70%	52%	60%	51%	59%
Used birth control pills at last intercourse	35%	32%	39%	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	14%	12%	13%	12%	14%
Had four or more sexual partners (of all youth)	14%	6%	9%	12%	15%
Had sexual intercourse before age 13 (of all youth)	13%	3%	3%	4%	6%
<b>Drug Use</b>					
Youth who used marijuana in the past month	16%	16%	21%	21%	23%
Ever used methamphetamines	2%	<1%	<1%	6%*	3%
Ever used cocaine	2%	3%	4%	4%	6%
Ever used heroin	1%	<1%	1%	2%	2%
Ever used steroids	3%	3%	3%	3%	3%
Ever used inhalants	9%	3%	4%	9%	9%
Ever misused medications	10%	9%	14%	N/A	N/A
Ever used ecstasy/MDMA	N/A	3%	4%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	16%	10%	14%	20%	22%
<b>Mental Health</b>					
Youth who had seriously considered attempting suicide in the past year	13%	18%	21%	14%	17%
Youth who had attempted suicide in the past year	5%	8%	7%	6%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	8%	1%	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	27%	29%	31%	26%	30%

N/A – Not available

\* Comparative YRBSS data for Ohio is 2007 and U.S. is 2009, \*\*2011 YRBS

# Adult | HEALTH STATUS PERCEPTIONS

## Key Findings

In 2014, nearly half (45%) of the Allen County adults rated their health status as excellent or very good. Conversely, 18% of adults, increasing to 21% of those over the age of 65, described their health as fair or poor.

### Adults Who Rated General Health Status Excellent or Very Good

- Allen County 45% (2014)
- Ohio 50% (2013)
- U.S. 52% (2013)

(Source: BRFSS 2013 for Ohio and U.S.)

## General Health Status

- In 2014, nearly half (45%) of Allen County adults rated their health as excellent or very good. Allen County adults with higher incomes (52%) were most likely to rate their health as excellent or very good, compared to 23% of those with incomes less than \$25,000.
- 18% of adults rated their health as fair or poor. The 2013 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.
- Allen County adults were most likely to rate their health as fair or poor if they:
  - Had been diagnosed with diabetes (42%)
  - Were a member of an unmarried couple (40%)
  - Had an annual household income under \$25,000 (38%)
  - Had high blood pressure (28%) or high blood cholesterol (24%)
  - Were 65 years of age or older (21%)

## Physical Health Status

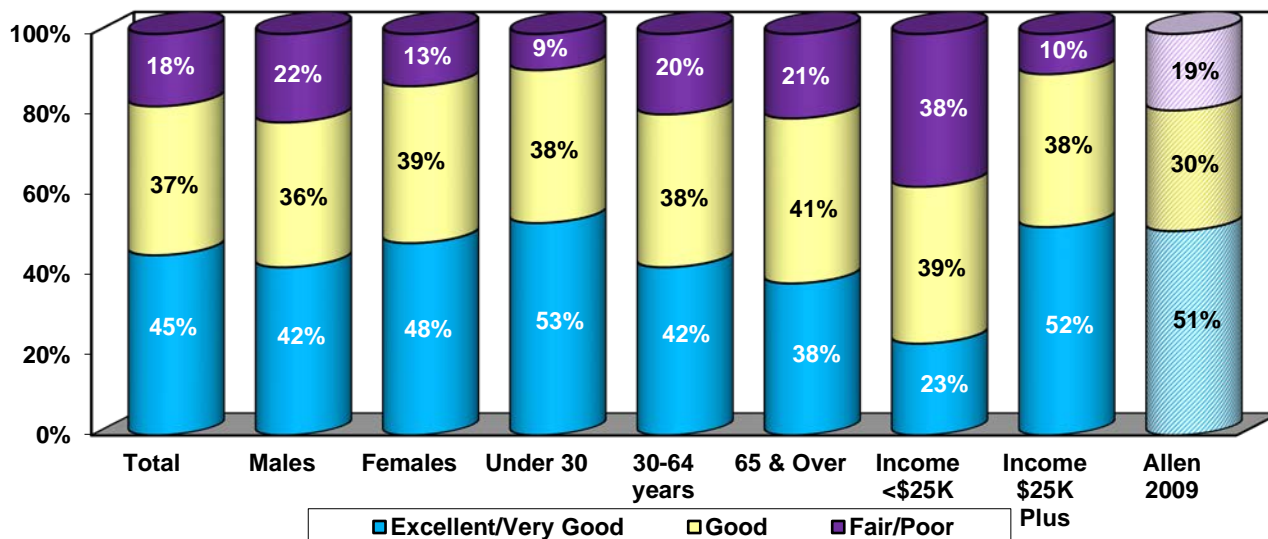
- In 2014, 18% of Allen County adults rated their physical health as not good on four or more days in the previous month.
- Allen County adults reported their physical health as not good on an average of 3.2 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 3.9 days and 3.7 days, respectively in the previous month (Source: 2010 BRFSS).
- Allen County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (28%)
  - Were ages 30-64 (22%)

## Mental Health Status

- In 2014, 23% of Allen County adults rated their mental health as not good on four or more days in the previous month.
- Allen County adults reported their mental health as not good on an average of 3.3 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 3.9 days and 3.5 days, respectively in the previous month (Source: 2010 BRFSS).
- About one in five (21%) adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.
- Allen County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under \$25,000 (32%)
  - Were under the age of 65 (26%)
  - Were female (25%)

The following graph shows the percentage of Allen County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 45% of all Allen County adults, 53% of those under age 30, and 38% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical or mental health in the past 30 days.

**Allen County Adult Health Perceptions\***



\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	64%	11%	3%	1%	14%
Females	60%	15%	7%	3%	9%
Total	62%	13%	5%	2%	12%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	67%	6%	8%	1%	11%
Females	60%	9%	7%	2%	13%
Total	63%	8%	7%	2%	12%

\*Totals may not equal 100% as some respondents answered "Don't know/Not sure".

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Rated health as excellent or very good	51%	45%	50%	52%
Rated health as fair or poor	19%	18%	18%	17%
Rated their mental health as not good on four or more days in the previous month	22%	23%	N/A	N/A
Average days that physical health not good in past month	N/A	3.2	3.9*	3.7*
Average days that mental health not good in past month	N/A	3.3	3.9*	3.5*

N/A - Not available  
\*2010 BRFSS data

# Adult | HEALTH CARE COVERAGE

## Key Findings

The 2014 Health Assessment data has identified that 11% of Allen County adults were without health care coverage. Those most likely to be uninsured were adult males and those with an annual income level under \$25,000. In Allen County, 15.0% of residents live below the poverty level. (Source: U.S. Census, American Community Survey 1 Year Estimate, 2013)

## General Health Coverage

- In 2014, 89% Allen County adults had health care coverage, leaving 11% who were uninsured. The 2013 BRFSS reports uninsured prevalence rates for Ohio (14%) and the U.S. (17%).
- In the past year, 11% of adults were uninsured, increasing to 14% of males and 22% of those with incomes less than \$25,000.
- 9% of adults with children did not have healthcare coverage, compared to 11% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (41%), someone else's employer (18%), Medicare (13%), multiple-including private sources (7%), self-purchased plan (6%), Medicaid or medical assistance (6%), multiple-including government sources (4%), military or VA (1%), and other (3%).

**11% of Allen County adults were uninsured.**

- Allen County adult health care coverage includes the following: medical (98%), prescription coverage (92%), immunizations (72%), dental (69%), preventive care (69%), County physicians (67%), their spouse (66%), vision (63%), mental health (63%), their children (55%), alcohol and drug treatment (39%), home care (32%), hospice (29%), their partner (29%), long term care (28%), and skilled nursing (27%).
- The top reasons uninsured adults gave for being without health care coverage were:
  - They lost their job or changed employers (55%)
  - They could not afford to pay the insurance premiums (24%)
  - Their employer does not/stopped offering coverage (17%)

*(Percentages do not equal 100% because respondents could select more than one reason)*

Calendar Year 2010		Allen County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Average Members per Year Ages 0-18	Number	11,760	1,159,095
	Percent	57%	55%
Average Members per Year Ages 19-64	Number	7,563	787,749
	Percent	37%	38%
Average Members per Year Ages 65 and Over	Number	1,346	155,896
	Percent	6%	7%

*\*(Percent of Members Enrolled = Total Enrollment/Population per U.S. Census Bureau)*

*(Source: Ohio Department of Job & Family Services, Allen County 2008-2011 Profile, <http://jfs.ohio.gov/county/cntypro/pdf11/Allen.pdf>)*

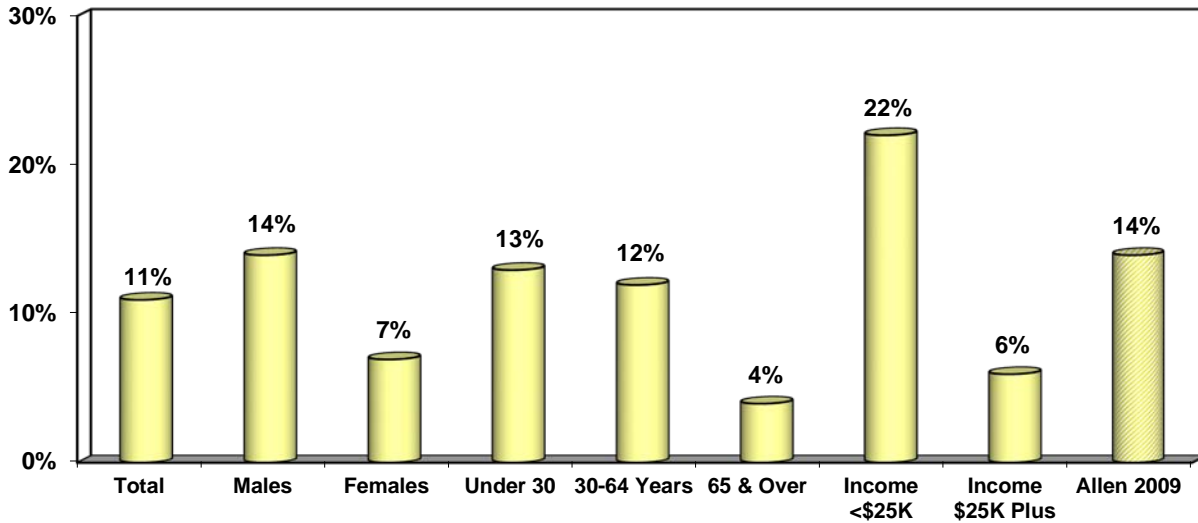
Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Uninsured	14%	11%	14%	17%



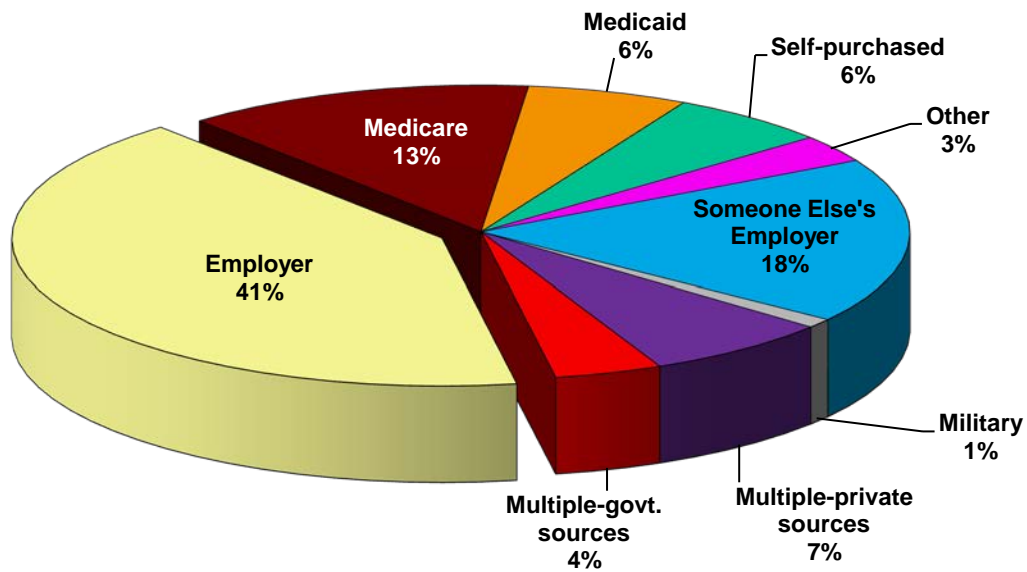
22% of Allen County adults with incomes less than \$25,000 were uninsured.

The following graph shows the percentages of Allen County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 11% of all Allen County adults were uninsured, 22% of adults with an income less than \$25,000 reported being uninsured and 13% of those under age 30 lacked health care coverage. The pie chart shows sources of Allen County adults' health care coverage.

**Uninsured Allen County Adults**



**Source of Health Coverage for Allen County Adults**



**Healthy People 2020**  
**Access to Quality Health Services**

Objective	Allen County 2014	Ohio 2013	U.S. 2013	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	92% age 20-24 84% age 25-34 90% age 35-44 89% age 45-54 87% age 55-64	79% age 18-24 76% age 25-34 87% age 35-44 86% age 45-54 88% age 55-64	76% age 18-24 74% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2013 BRFSS, 2014 Allen County Health Assessment)

The following chart shows what is included in Allen County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Medical	98%	<1%	1%
Prescription Coverage	92%	4%	4%
Immunizations	72%	9%	19%
Dental	69%	27%	4%
Preventive Health	69%	6%	25%
County Physicians	67%	3%	30%
Their Spouse	66%	27%	7%
Vision	63%	32%	5%
Mental Health	63%	4%	33%
Their Children	55%	36%	9%
Alcohol and Drug Treatment	39%	9%	52%
Home Care	32%	12%	56%
Hospice	29%	9%	62%
Their Partner	29%	47%	24%
Long Term Care	28%	19%	53%
Skilled Nursing	27%	12%	61%

**Ohio Medicaid Assessment Survey**

- More than 2.3 million Ohioans were enrolled in Medicaid in December 2012.
- An estimated 1.5 million Ohioans do not have health insurance, and most of them are from working families.
- In Ohio, 593,912 residents were uninsured with income below 138 percent of poverty in 2010, and 5,309 of these residents were from Allen County.
- Medicaid plays a critical role in protecting the health of low-income Ohioans, but it leaves out many people. Like many states, Ohio does not extend Medicaid coverage to adults unless they have children or are disabled.

(Source: Office of Health Transformation, *Extend Medicaid Coverage and Automate Enrollment*, 1/31/2013, from: <http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&tabid=160>)

# Adult | HEALTH CARE ACCESS AND UTILIZATION

## Key Findings

The 2014 Health Assessment project identified that 62% of Allen County adults had visited a doctor for a routine checkup in the past year. 33% of adults went outside of Allen County for health care services in the past year.

## Health Care Access

- More than three-fifths (62%) of Allen County adults visited a doctor for a routine checkup in the past year, increasing to 84% of those over the age of 65.
- In 2014, 87% of Allen County adults reported they had one particular place they usually went if they were sick or needed advice about their health.
- Adults without a usual source of medical care reported the following reasons for not having one: had not needed a doctor (22%), had two or more usual places (16%), cost (11%), no insurance (9%), previous doctor unavailable/moved (6%), did not know where to go (4%), did not like/trust/ believe in doctors (3%), not accepting Medicare or Medicaid (3%), not accepting new patients (2%), and other reasons (5%).
- The following are places that Allen County adults might go if they were sick or needed advice about their health: doctor's office or HMO clinic or health center (82%), urgent care center (26%), emergency room (18%), internet/web (14%), a hospital outpatient department (5%), 8<sup>th</sup> Street Clinic/ Southside Clinic (5%), In-store health clinic (ex: Health Partners of Western Ohio) (2%), and some other kind of place (3%).
- Allen County adults did not receive recommended major or preventive care in the past 6 months for the following reasons: cost (13%), no insurance (8%), did not know where to get care (2%), not enough sick leave/FMLA (2%), office wasn't open when needed (1%), insurance not accepted (1%), no transportation (1%), and other problems that prevented them from getting medical care (1%).
- Allen County adults did not receive the following major care or preventive care because of cost: colonoscopy (13%), medications (9%), mammogram (8%), Pap smear (8%), surgery (7%), lab testing (7%), weight loss program (6%), PSA test (4%), immunizations (4%), smoking cessation (3%), alcohol or drug treatment (3%), mental health services (3%), and family planning services (2%).
- 33% of adults went outside of Allen County for the following health care services in the past year: specialty care (11%), dental services (9%), primary care (7%), obstetrics/ gynecology/NICU (3%), orthopedic care (2%), cardiac care (2%), mental health care (2%), cancer care (2%), pediatric care (1%), developmental disability services (<1%), and other services (5%).

### Health Care Access among Employed and Unemployed Adults in the U.S.

- In 2009–2010, 48.1% of unemployed adults aged 18–64 years had health insurance compared with 81.4% of employed adults.
- The unemployed were less likely to receive needed prescriptions due to cost than the employed in all insurance categories.
- Unemployed adults in 2009–2010 were more likely to have fair or poor health than employed adults across all categories of insurance coverage.

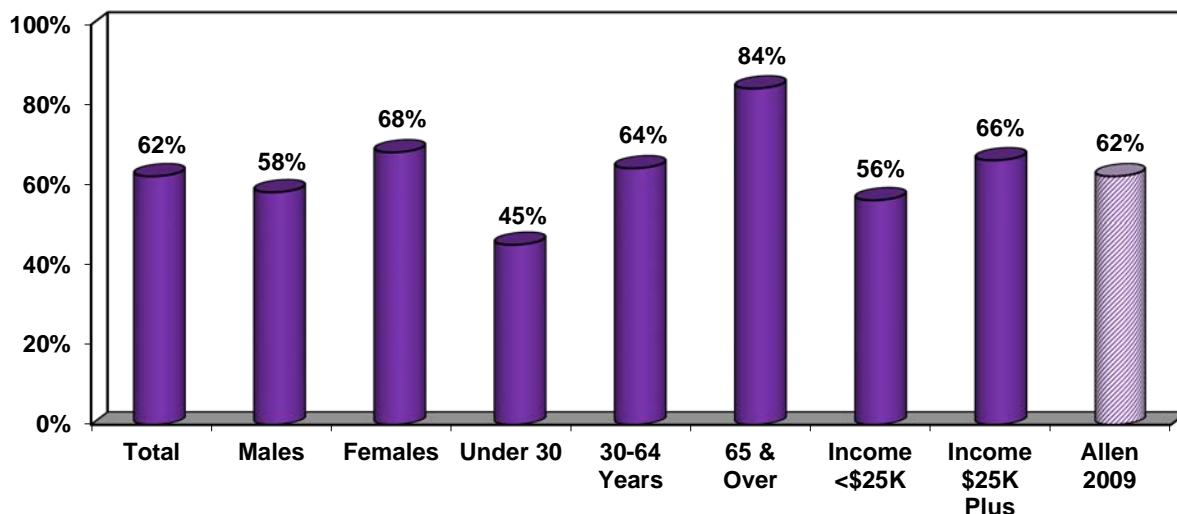
(Source: CDC, Access to Health Care, 2012, [http://www.cdc.gov/nchs/fastats/access to health care.htm](http://www.cdc.gov/nchs/fastats/access%20to%20health%20care.htm))

- The following might prevent Allen County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (30%), difficult to get an appointment (11%), hours not convenient (11%), doctor would not take their insurance (9%), worried they might find something wrong (8%), could not get time off work (6%), frightened of the procedure or doctor (5%), difficult to find/no transportation (3%), do not trust or believe doctors (1%), and some other reason (4%).
- One-in-six (17%) adults did not get their prescriptions from their doctor filled in the past year, increasing to 47% of those who were uninsured.
- Of those who did not get their prescriptions filled, they gave the following reasons: they could not afford the out of pocket expense (45%), they did not think they needed it (39%), they did not have insurance (22%), there was no generic equivalent (18%), their deductibles were too high (15%), their co-pay was too high (15%), they opted out of prescription coverage because they could not afford it (12%), they stretched their current prescription by taking less than prescribed (10%), side effects (10%), they had a high HSA account deductible (9%), their premiums were too high (7%), transportation (7%), and they were taking too many medications (3%).

### Availability of Services

- 12% of Allen County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.
- Adults gave the following reasons for not using a program or service to help with depression, anxiety, or emotional problems: had not thought of it (8%), could not afford to go (7%), stigma of seeking mental health services (5%), other priorities (4%), fear (3%), did not know how to find a program, (3%), co-pay/deductible was too high (3%), could not get to the office or clinic (2%), did not feel the services they had received were good (2%), transportation (2%), and other reasons (4%). 63% indicated this type of program was not needed.
- When seeking healthcare in the past year, Allen County residents felt their experiences in relation to other races were: the same as other races (53%), better than other races (3%), only encountered people of same race (4%), worse than other races (3%), and worse than some races but better than others (2%). 27% reported they did not know.

**Allen County Adults Visiting a Doctor for a Routine Check-up Within the Past Year**



### Health Care Access and Utilization among Young Adults Ages 19-25 in the U.S.

- From January through September 2011, 77.9% of women ages 19–25 had a usual place for health care compared with 62.5% of men in the same age group.
- Among adults ages 19–25, those with public health coverage were more likely to have had an emergency room visit in the past 12 months than those with private coverage or the uninsured.
- In 2011, 57.9% of Hispanic persons ages 19–25 had a usual place for health care. This was significantly less than non-Hispanic white (74.9%) and non-Hispanic black (68.4%) persons.
- In the first 9 months of 2011, adults ages 19–25 who were poor (67.2%) and those who were near poor (63.0%) were less likely than those who were not poor (76.0%) to have had a usual place for health care.
- 28% of uninsured adults ages 19–25 delayed or did not get needed medical care due to cost compared with 7.6% of those with private health insurance and 10.1% of those with public coverage.

(Source: CDC, *Health Care Access and Utilization among Young Adults Aged 19-25, 2012*, [http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young\\_Adults\\_Health\\_Access\\_052012](http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young_Adults_Health_Access_052012))

# Adult | **CARDIOVASCULAR HEALTH**

## Key Findings

The 2014 Allen County Health Assessment found that 4% of adults had survived a heart attack and 3% had survived a stroke at some time in their life. One-third (33%) of Allen County adults had been diagnosed with high blood pressure, 32% had high blood cholesterol, 33% were obese, and 22% were smokers, four known risk factors for heart disease and stroke. Heart disease (18%) and stroke (3%) accounted for 21% of all Allen County adult deaths in 2013 (Source: ODH Information Warehouse).

## Heart Disease and Stroke

- In 2014, 4% of Allen County adults reported they had survived a heart attack or myocardial infarction, increasing to 13% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported they had a heart attack or myocardial infarction in 2013 (Source: 2013 BRFSS).
- 3% of Allen County adults reported they had survived a stroke, increasing to 7% of those over the age of 65.
- 4% of Ohio and 3% of U.S. adults reported having had a stroke in 2013 (Source: 2013 BRFSS).
- 7% of Allen County adults reported they had angina or coronary heart disease, increasing to 23% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2013 (Source: 2013 BRFSS).

## High Blood Pressure (Hypertension)

- One-third (33%) of Allen County adults had been diagnosed with high blood pressure. The 2013 BRFSS reports hypertension prevalence rates of 34% for Ohio and 31% for the U.S.
- Adults with high blood pressure were doing the following to manage it: taking medication (85%), lowering salt or sodium intake (36%), and exercising (35%). 10% of adults were doing nothing to manage their high blood pressure.
- 6% of Allen County adults were told they were pre-hypertensive/borderline high.
- 85% of adults had their blood pressure checked within the past year.
- Allen County adults diagnosed with high blood pressure were more likely to:
  - Have been age 65 years or older (65%)
  - Have rated their overall health as fair or poor (54%)
  - Have been classified as obese by Body Mass Index-BMI (49%)

### Allen County Leading Causes of Death 2013 (Preliminary)

**Total Deaths: 1,065**

1. Heart Disease (18% of all deaths)
2. Cancer (18%)
3. Chronic Lower Respiratory Diseases (5%)
4. Stroke (3%)
5. Accidents, Unintentional Injuries (2%)

(Source: ODH Information Warehouse, 2013)

### Ohio Leading Causes of Death 2013 (Preliminary)

**Total Deaths: 110,001**

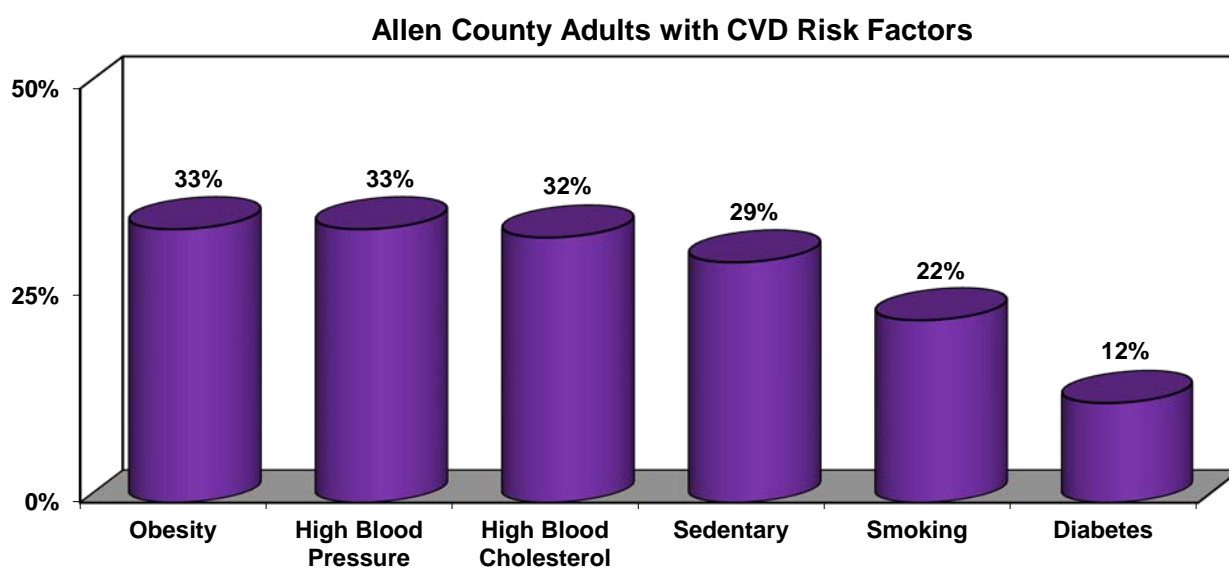
1. Heart Disease (17% of all deaths)
2. Cancers (15%)
3. Chronic Lower Respiratory Diseases (5%)
4. Stroke (4%)
5. Accidents, Unintentional Injuries (3%)

(Source: ODH Information Warehouse, 2013)

## High Blood Cholesterol

- Nearly one-third (32%) of Allen County adults had been diagnosed with high blood cholesterol. The 2013 BRFSS reported that 38% of Ohio and U.S. adults have been told they have high blood cholesterol.
- Adults with high blood cholesterol were doing the following to manage it: taking medication (73%), adjusting their diet (51%), and exercising (47%). 7% of adults were doing nothing to manage their high blood cholesterol.
- Almost three-fourths (71%) of Allen County adults had their blood cholesterol checked within the past 5 years. The 2013 BRFSS reported 78% of Ohio and 76% of U.S. adults had their blood cholesterol checked within the past 5 years.
- Allen County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (58%)
  - Have rated their overall health as fair or poor (45%)
  - Have been classified as obese by Body Mass Index-BMI (40%)

The following graph demonstrates the percentage of Allen County adults who had major risk factors for developing cardiovascular disease (CVD).



(Source: 2014 Allen County Health Assessment)

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Had angina	11%	7%	5%	4%
Had a heart attack	7%	4%	5%	4%
Had a stroke	2%	3%	4%	3%
Had high blood pressure	41%	33%	34%	31%
Had high blood cholesterol	34%	32%	38%	38%
Had blood cholesterol checked within past 5 years	N/A	71%	78%	76%

N/A - Not available

## Stroke Warning Signs and Symptoms

F.A.S.T. is an easy way to remember the sudden signs and symptoms of a stroke. When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help. This is important because the sooner a stroke victim gets to the hospital, the sooner they'll get treatment. Being prompt can make a remarkable difference in their recovery. F.A.S.T. is:

- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### Beyond F.A.S.T.- Other Symptoms to Know

- Sudden confusion or trouble understanding
- Sudden numbness or weakness of the leg
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

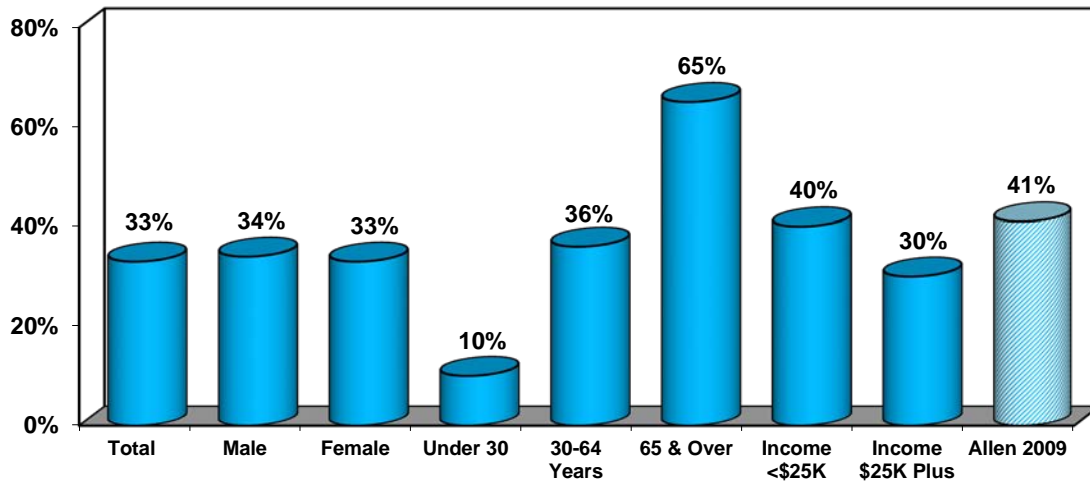


(Source: American Heart Association, *Stroke Warning Signs and Symptoms*, 2013, [http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp))



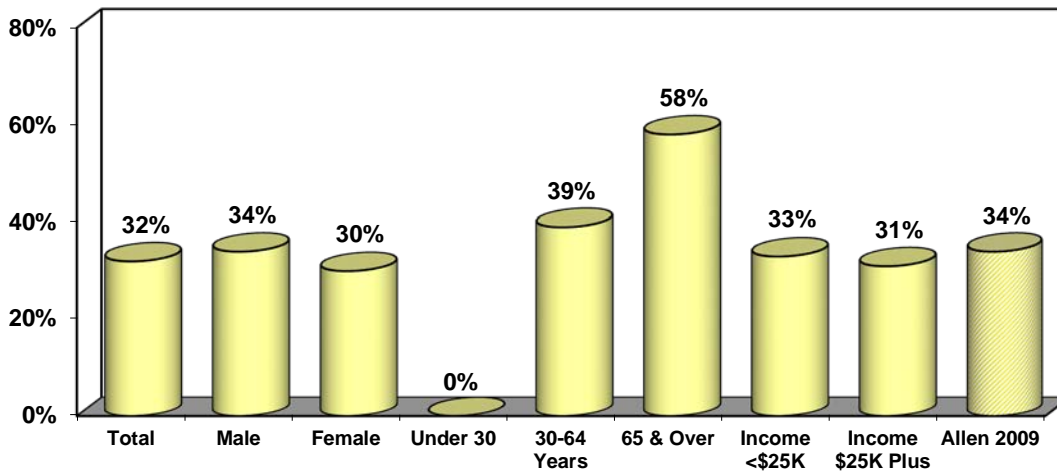
The following graphs show the number of Allen County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 33% of all Allen County adults have been diagnosed with high blood pressure, 34% of all Allen County males, 33% of all females, and 65% of those 65 years of age and older.

**Diagnosed with High Blood Pressure\***

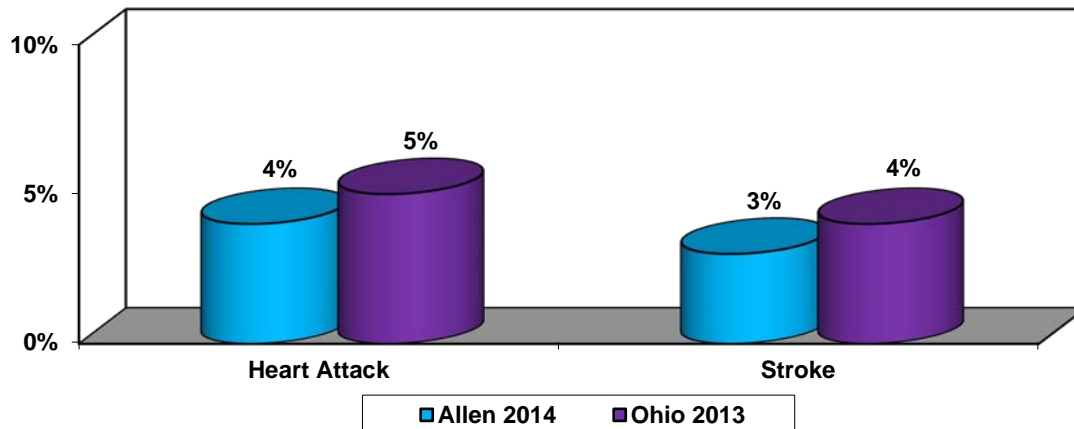


\*Does not include respondents who indicated high blood pressure during pregnancy only.

**Diagnosed with High Blood Cholesterol**



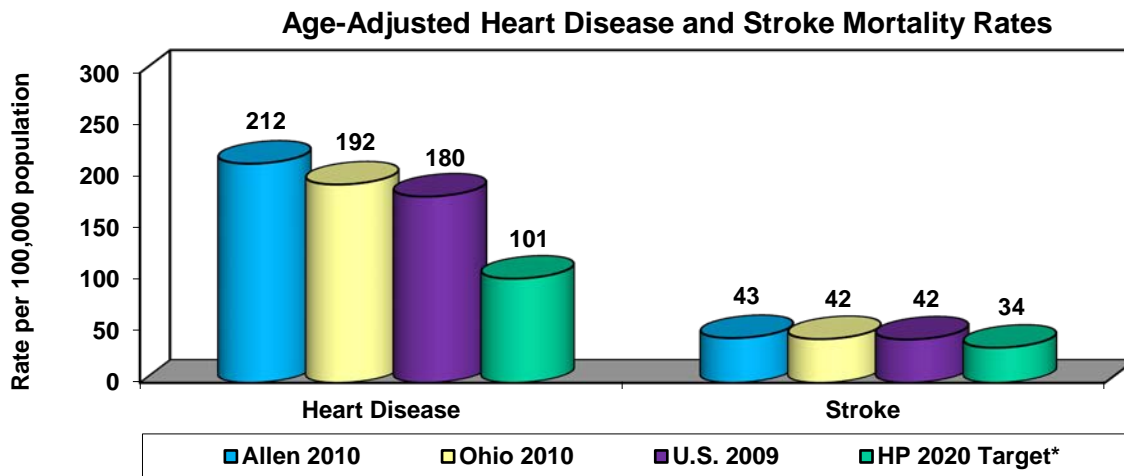
**Cardiovascular Disease Prevalence**



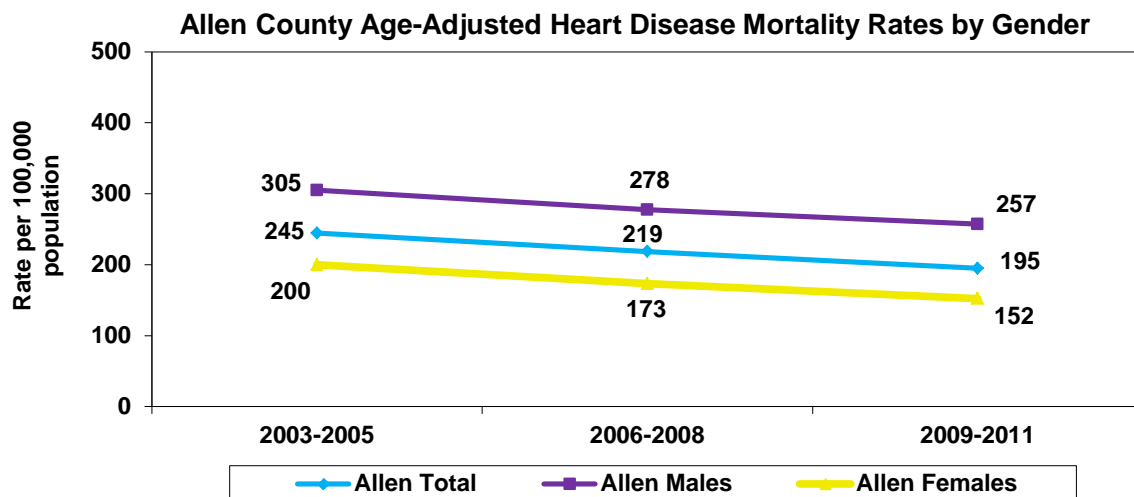
(Source: 2014 Allen Health Assessment and 2013 BRFSS)

The following graphs show the age-adjusted mortality rates per 100,000 population for heart disease and stroke.

- When age differences are accounted for, the statistics indicate that the 2010 Allen County heart disease mortality rate was higher than the figure for the state, the U.S. figure, and the Healthy People 2020 target.
- The Allen County age-adjusted stroke mortality rate for 2010 was about the same as the state, the U.S. figure, and higher than the Healthy People 2020 target objective.
- From 2003-2011, the Allen County age-adjusted heart disease mortality rate has decreased.



\*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.  
(Source: ODH Information Warehouse, updated 5-23-12, Healthy People 2020)

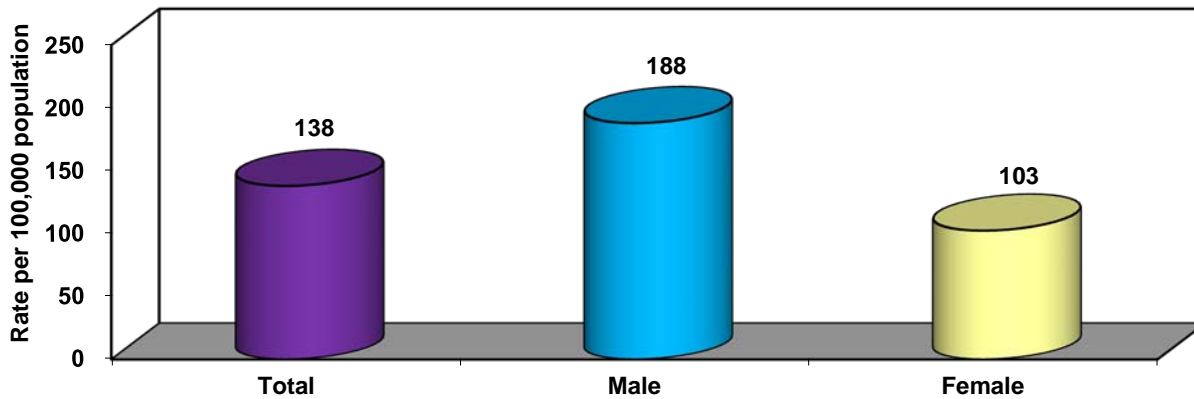


(Source: CDC Wonder, Underlying Cause of Death, 2003-2011)

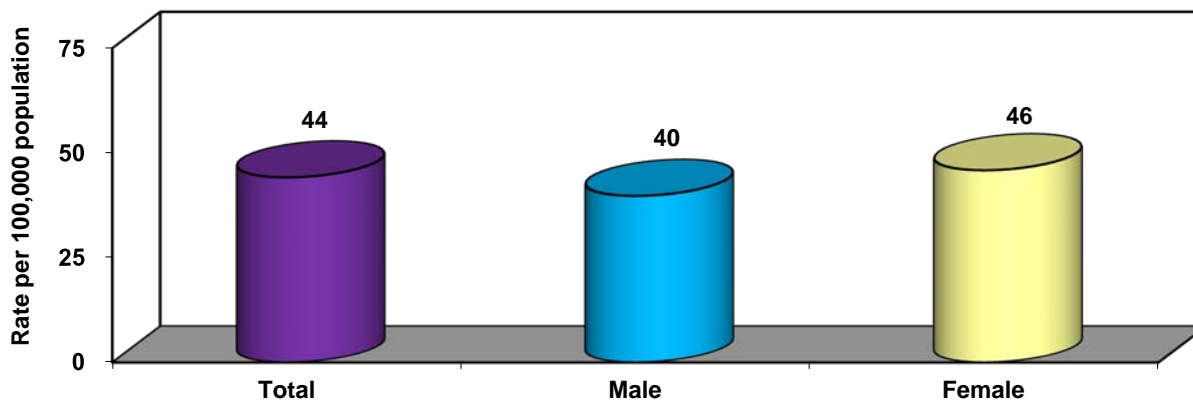
The following graphs show the age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender.

- From 2009-2011, the Allen County age-adjusted heart disease mortality rate was higher for males than for females

**Allen County 2009-2011 Age-Adjusted Death Rate due to Coronary Heart Disease by Gender**



**Allen County 2009-2011 Age-Adjusted Death Rate due to Stroke by Gender**



(Source: CDC, About Underlying Cause of Death, 2009-2011)

**Healthy People 2020 Objectives**  
Heart Disease and Stroke (HDS)

Objective	Allen Survey Population Baseline	2013 U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	33% (2014)	31% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	71% (2014)	76% Adults age 18 & up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	32% (2014)	38% Adults age 20 & up with TBC>240 mg/dl	14%

\*All U.S. figures age-adjusted to 2000 population standard.  
(Source: Healthy People 2020, 2013 BRFSS, 2014 Allen County Health Assessment)

# Adult | CANCER

## Key Findings

In 2014, 11% of Allen County adults had been diagnosed with cancer at some time in their life. The Centers for Disease Control and Prevention (CDC) indicates that from 2007-2011, cancers caused 23% (1,190 of 5,259 total deaths) of all Allen County resident deaths, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

**Allen County  
Incidence of Cancer, 2007-2011**

**All Types: 2,844 cases**

- Lung and Bronchus: 452 cases (16%)
- Breast: 365 cases (13%)
- Prostate: 360 cases (13%)
- Colon and Rectum: 265 cases (9%)

**In 2010, there were 233 cancer deaths in Allen County.**

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/9/2014)

**11% of Allen County adults had been diagnosed with cancer at some time in their life.**

## Adult Cancer

- 11% of Allen County adults were diagnosed with cancer at some point in their lives.
- Of those diagnosed with cancer, they reported the following types: melanoma (24%), other skin cancer (20%), breast (14%), cervical (14%), colon (12%), prostate (11%), endometrial (5%), ovarian (5%), lung (2%), leukemia (2%), and other types of cancer (5%).

## Cancer Facts

- The Centers for Disease Control and Prevention (CDC) indicates that from 2007-2011, cancers caused 23% (1,190 of 5,259 total deaths) of all Allen County resident deaths. The largest percent (29%) of cancer deaths were from lung and bronchus cancer (Source: CDC Wonder).
- The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectal, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia. The 2014 health assessment project has determined that 22% of Allen County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancers.

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Diagnosed with skin cancer	N/A	5%*	6%	6%
Diagnosed with any type of cancer, other than skin cancer	N/A	6%	7%	7%

N/A- Not available

\*Melanoma and other skin cancers are included for "diagnosed with skin cancer"

## Lung Cancer

- The CDC reports that lung cancer (n=205) was the leading cause of male cancer deaths from 2007-2011 in Allen County. Cancer of the colon, rectum, and anus caused 50 male deaths and prostate cancer caused 47 male deaths during the same time period.
- In Allen County, 26% of male adults were current smokers and 62% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- The CDC reports that lung cancer was the leading cause of female cancer deaths (n=147) in Allen County from 2007-2011 followed by breast (n=87) and colon, rectum, and anus (n=48) cancers.
- Approximately 18% of female adults in the county were current smokers<sup>1</sup> and 38% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- According to the American Cancer Society, smoking causes 87% of lung cancer deaths among men and 70% of lung cancer deaths among women in the U.S. The risk of developing lung cancer is about 23 times higher in male smokers and 13 times higher in female smokers, compared to lifelong nonsmokers (Source: American Cancer Society, Facts & Figures 2014).

*26% of Allen County male adults and 18% of female adults were current smokers (someone who has smoked over 100 cigarettes in their lifetime and currently smokes some or all days).*

## Breast Cancer

- In 2014, 63% of Allen County females reported having had a clinical breast examination in the past year.
- 57% of Allen County females over the age of 40 had a mammogram in the past year.
- The 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99% (Source: American Cancer Society, Facts & Figures 2014).
- For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended beginning at age 40 (Source: American Cancer Society, Facts & Figures 2014).

*More than half (57%) of Allen County females over the age of 40 had a mammogram in the past year.*

## Colon and Rectum Cancer

- More than half (53%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- The CDC statistics indicate that colon, rectum, and anus cancer deaths accounted for 8% of all male and female cancer deaths from 2007-2011 in Allen County.
- The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; long-term smoking; and possibly very low intake of fruits and vegetables.
- In the U.S., 90% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2014, 68% of Allen County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life and 53% had been screened in the past 5 years.

*The leading types of cancer diagnoses for Allen County adults were: melanoma (24%), other skin cancer (20%), breast (14%), and cervical (14%).*

## Prostate Cancer

- CDC statistics indicate that prostate cancer deaths accounted for 8% of all male cancer deaths from 2007-2011 in Allen County.
- Incidence rates for prostate cancer are 60% higher in African Americans than in whites and are twice as likely to die of prostate cancer. In addition, about 60% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older.
- Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world (*Source: American Cancer Society, Facts & Figures 2014*).

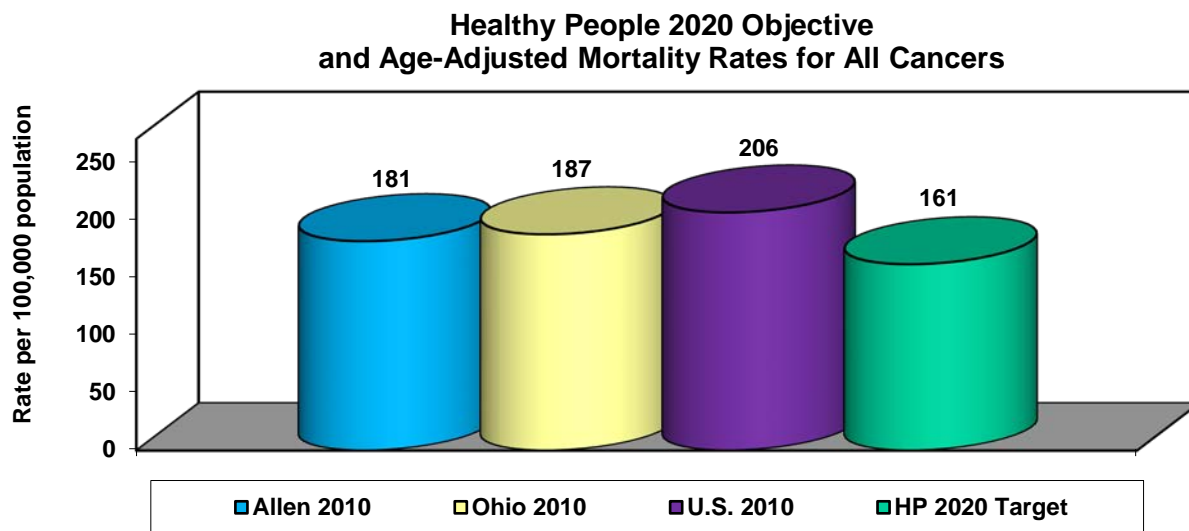
### 2014 Cancer Estimations

- In 2014, about 1,665,540 new cancer cases are expected to be diagnosed in the U.S.
- The World Cancer Research Fund estimates that about one-quarter to one-third of the new cancer cases expected to occur in the U.S. in 2014 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 585,720 Americans are expected to die of cancer in 2014.
- In 2014, about 176,000 cancer deaths will be caused by tobacco use.
- In Ohio, 67,000 new cases of cancer are expected, and 25,260 cancer deaths are expected.
- The Ohio female new breast cancer cases are expected to be 8,710.
- About 15% of all new cancer cases in Ohio are expected to be from lung and bronchus cancers.
- About 5,450 (8%) of all new cancer cases in Ohio are expected to be from colon and rectum cancers.
- The Ohio male, new prostate cancer cases are expected to be 8,690 (13%).

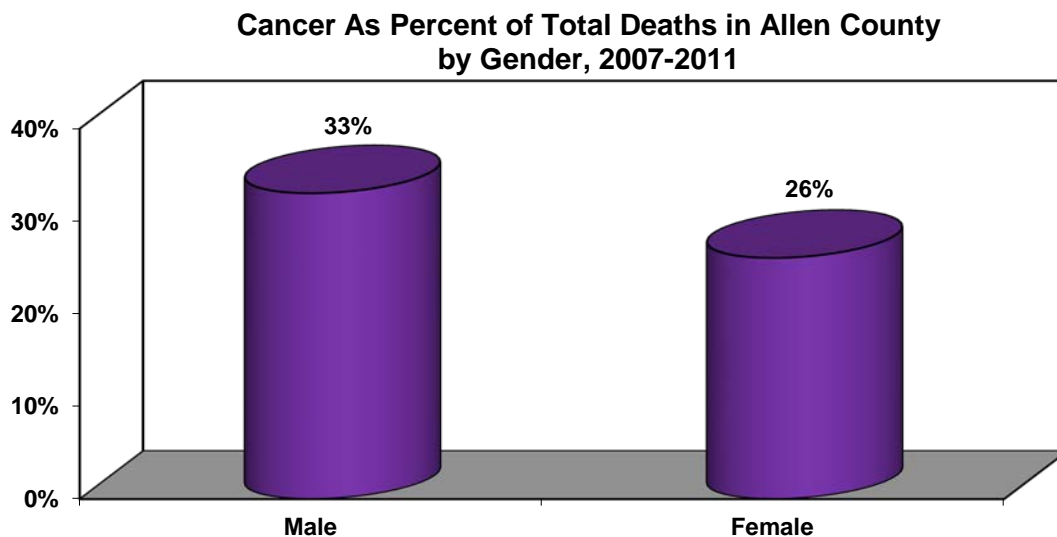
(*Source: American Cancer Society, Facts and Figures 2014*,  
<http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf>)

The following graph shows the Allen County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2020 objective. The graph indicates:

- When age differences are accounted for, Allen County had a lower cancer mortality rate than Ohio and the U.S., but a higher rate than the Healthy People 2020 target objective.
- The percentage of Allen County males who died from all cancers is higher than the percentage of Allen County females who died from all cancers.



(Source: ODH Information Warehouse, updated 5-23-12; Healthy People 2020)



(Source: CDC Wonder, 2007-2011)

# Adult | DIABETES

## Key Findings

In 2014, 12% of Allen County adults had been diagnosed with diabetes.

## Diabetes

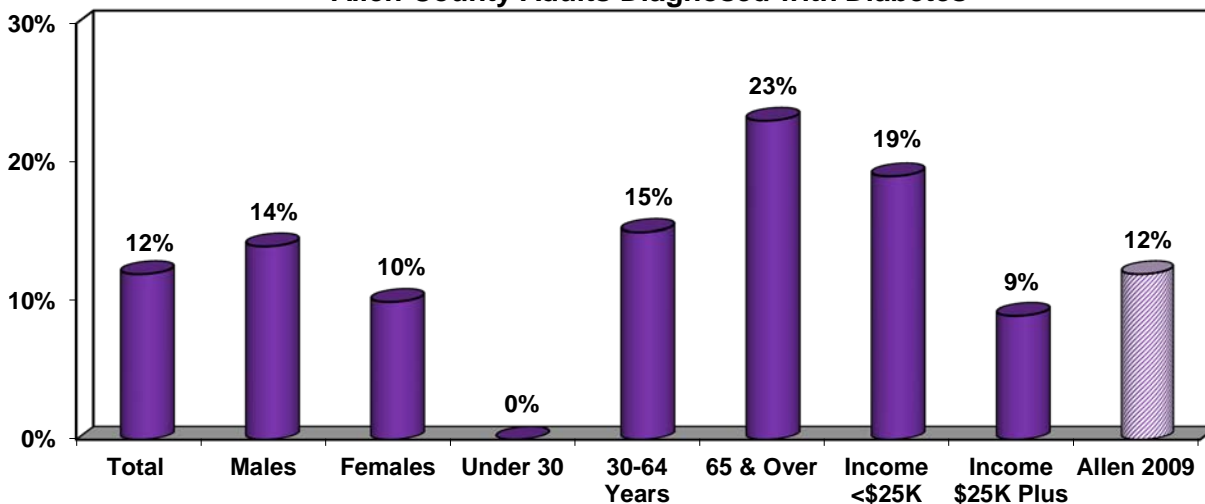
- The 2014 health assessment project has identified that 12% of Allen County adults had been diagnosed with diabetes, increasing to 23% of those over the age of 65. The 2013 BRFSS reports an Ohio and U.S. prevalence of 11%.
- The average age of diagnosis was 50.4 years.
- 5% of adults had been diagnosed with pre-diabetes.
- 68% of diabetic adults said they had taken a course or class on how to manage their diabetes.
- More than two-fifths (42%) of adults with diabetes rated their health as fair or poor.
- Allen County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 91% were obese or overweight
  - 75% had been diagnosed with high blood pressure
  - 74% had been diagnosed with high blood cholesterol

**Diabetes Facts**

- Nearly 26 million children and adults in the United States have diabetes.
- 79 million Americans have pre-diabetes.
- 1.9 million Americans are diagnosed with diabetes every year.
- Nearly 10% of the entire U.S. population has diabetes, including over 25% of seniors.
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue.
- The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year.
- 85.2% of people with type 2 diabetes are overweight or obese.
- Diabetes kills more Americans every year than AIDS and breast cancer combined.
- Diabetes is the primary cause of death for 71,382 Americans each year, and contributes to the death of 231,404 Americans annually.

(Source: American Diabetes Association, 2013 Fast Facts, <http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/FastFacts%20March%202013.pdf>)

**Allen County Adults Diagnosed with Diabetes**



Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Diagnosed with diabetes	12%	12%	11%	11%



## Diabetes Symptoms

The most common symptoms of type 1 and type 2 diabetes are:

### TYPE 1 DIABETES

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### TYPE 2 DIABETES

- Any of the type 1 symptoms
- Blurred vision
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections
- Cuts/bruises that are slow to heal
- Frequent infections

*(Source: American Diabetes Association, Diabetes Basics, Symptoms, <http://www.diabetes.org/diabetes-basics/symptoms/>)*

## Who is at Greater Risk for Type 2 Diabetes

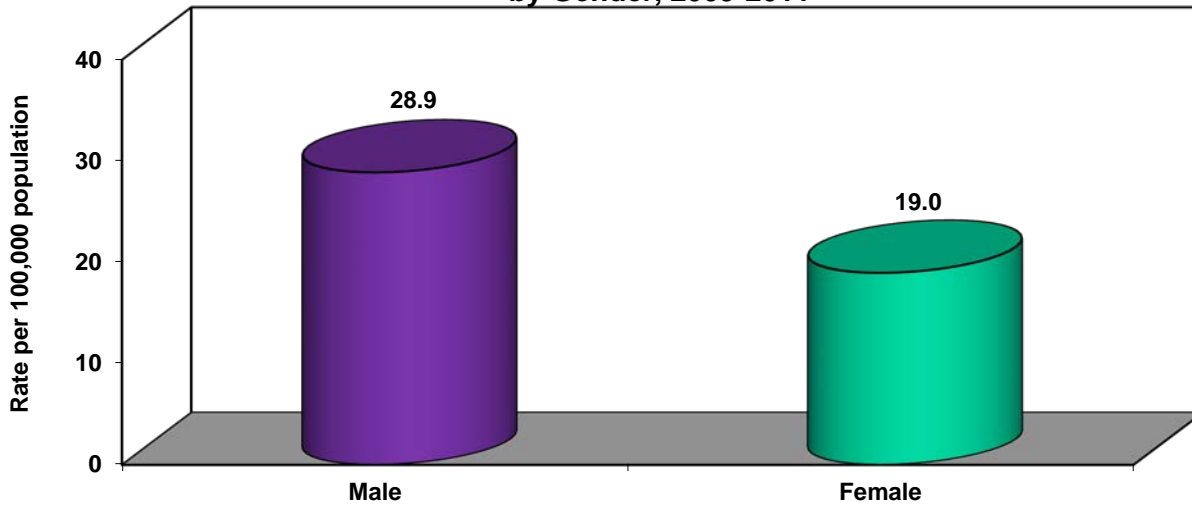
- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight or obese
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g. Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

*(Source: American Diabetes Association, Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes, <http://www.diabetes.org/diabetes-basics/prevention/risk-factors>)*

The following graphs show age-adjusted mortality rates from diabetes for Allen County and Ohio residents with comparison to the Healthy People 2020 target objective.

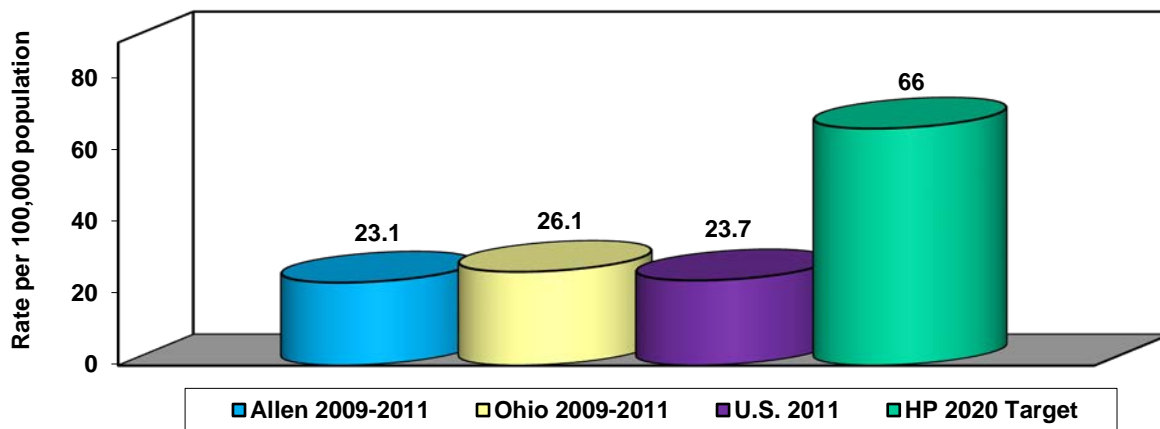
- The Allen County male age-adjusted diabetes mortality rate exceeded the female rate from 2009-2011.
- From 2009 to 2011, Allen County's age-adjusted diabetes mortality rate was less than the Ohio rate, the national rate, and the Healthy People 2020 target objective.

**Allen County Age-Adjusted Mortality Rates for Diabetes by Gender, 2009-2011**



(Source: Network of Care: Health Indicators Warehouse)

**Healthy People 2020 Objectives and Age-Adjusted Mortality Rates for Diabetes**

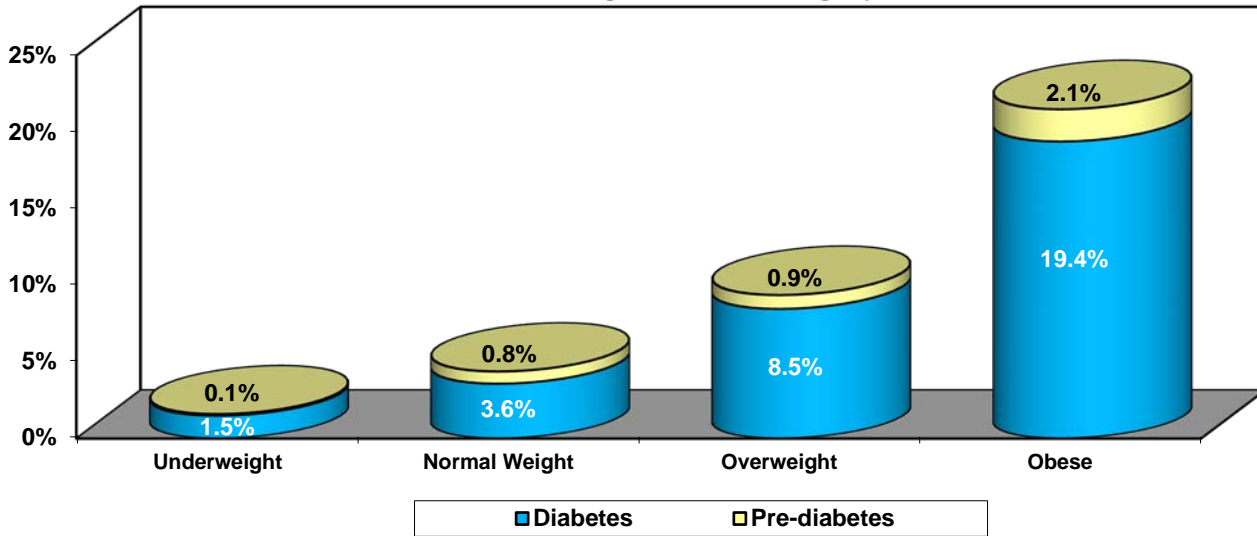


(Source: Network of Care: Health Indicators, CDC, and Healthy People 2020)

The following graph shows the Ohio prevalence of diabetes and pre-diabetes by BMI weight status category. The following graph shows:

- The chance of developing diabetes and pre-diabetes increases relative to increases in BMI weight status category.

**2011 Ohio Prevalence of Diabetes and Pre-diabetes by BMI Weight Status Category**



**Overweight and Obese Type 2 Diabetes Risk by Sex**

Category	Increase in Risk
Overweight Men	2.4
Overweight Women	3.9
Obese Men	6.7
Obese Women	12.4

(Source: ODH, Obesity and Diabetes in Ohio 2013, from [http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity\\_Diabetes\\_Supp\\_2013.ashx](http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity_Diabetes_Supp_2013.ashx))

# Adult | ARTHRITIS

## Key Findings

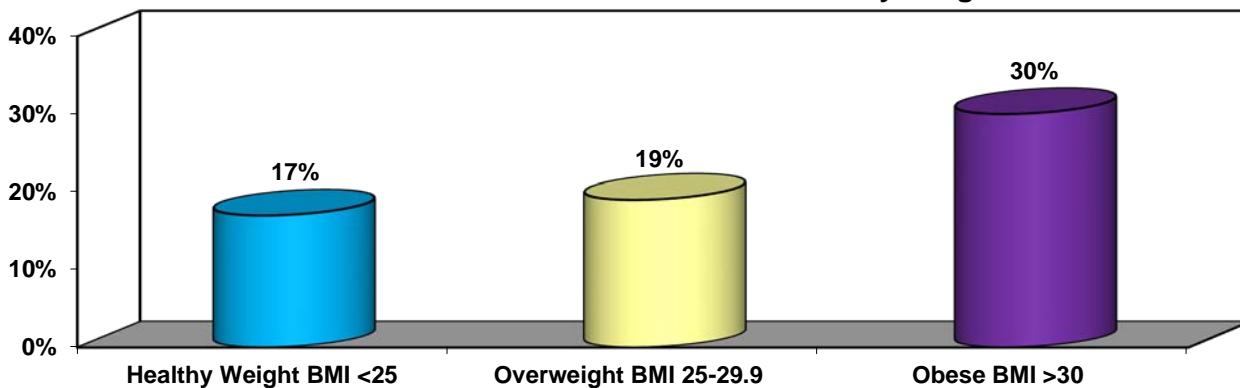
According to the Allen County survey data, 27% of Allen County adults were diagnosed with arthritis. According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they had arthritis.

**27% of Allen County adults were told by a health professional that they had some form of arthritis, increasing to 51% of those over the age of 65.**

## Arthritis

- More than one-fourth (27%) of Allen County adults were told by a health professional that they had some form of arthritis, increasing to 51% of those over the age of 65.
- According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they have arthritis.
- 18% of Allen County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 41% were limited because of arthritis.
- An estimated 50 million U.S. adults (about 1 in 5) report having doctor-diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030 (Source: CDC, *Arthritis at a Glance 2013*).
- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have an occupation associated with arthritis, are overweight or obese, and/or have joint injuries or infections (Source: CDC).

**Arthritis Prevalence Increases With Body Weight**

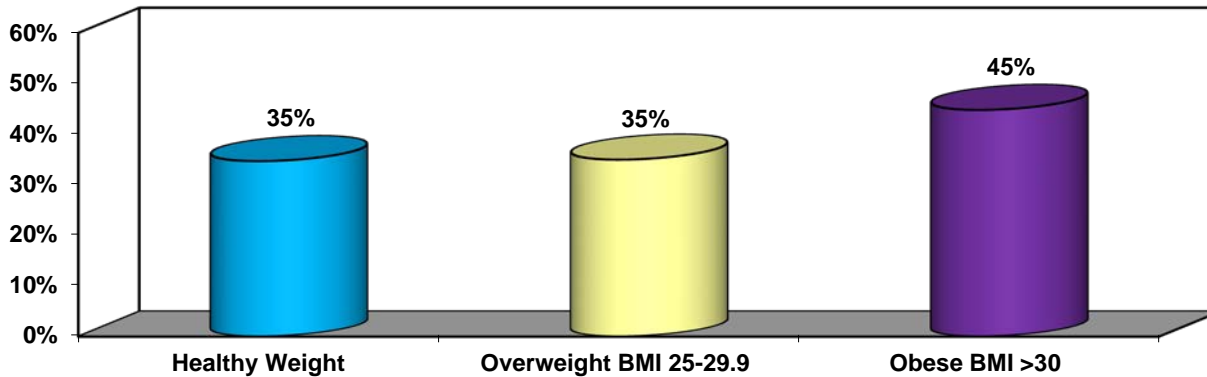


(Source for graph: CDC Arthritis, *Morbidity and Mortality Weekly Report 2010; 59(39):1261-1265*)

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Diagnosed with arthritis	29%	27%	30%	25%

18% of Allen County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 41% were limited because of arthritis.

### Arthritis-Attributable Activity Limitations Increase with Weight



(Source for graph: CDC Arthritis, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003)

### Arthritis: Key Public Health Messages

Early diagnosis of arthritis and self-management activities can help people decrease their pain, improve function, and stay productive.

Key self-management activities include the following:

- **Be Active** –Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 5 days a week. You can get activity in 10-minute intervals.
- **Watch your weight** –The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence (incidence) of new knee osteoarthritis and a modest weight loss can help reduce pain and disability.
- **See your doctor** –Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition.
- **Protect your joints** –Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

(Source: Centers for Disease Control and Prevention, Arthritis: Key Public Health Messages, [www.cdc.gov/arthritis/basics/key.htm](http://www.cdc.gov/arthritis/basics/key.htm), updated August, 2010)

# Adult | ASTHMA AND OTHER RESPIRATORY DISEASE

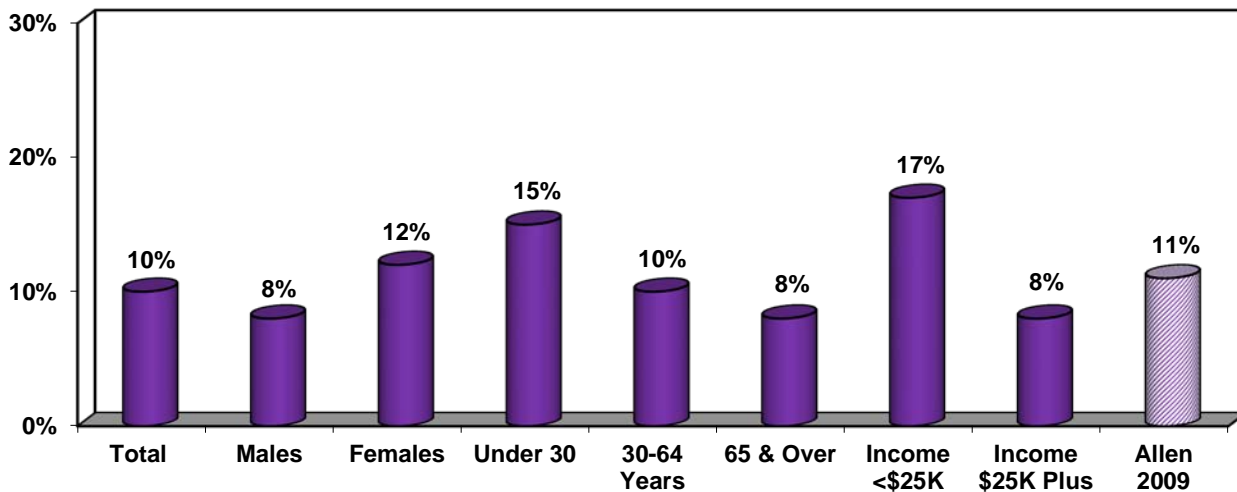
## Key Findings

According to the Allen County survey data, 10% of adults had been diagnosed with asthma.

## Asthma and Other Respiratory Disease

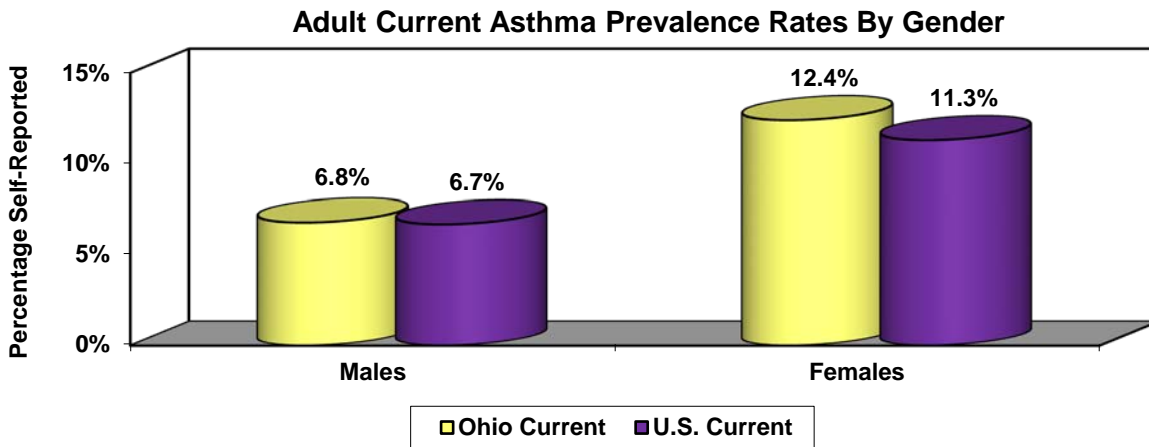
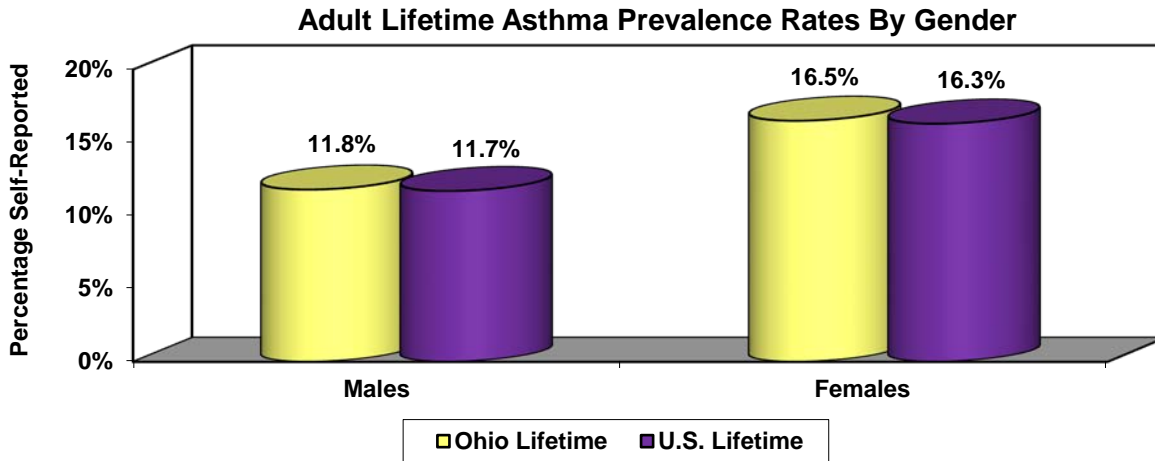
- In 2014, 10% of Allen County adults had been diagnosed with asthma.
- 14% of Ohio and U.S. adults have ever been diagnosed with asthma (Source: 2013 BRFSS).
- 8% of Allen County adults had been diagnosed with a chronic lung disease, including bronchitis and emphysema, increasing to 16% of adults over the age of 65 and 18% of those with incomes less than \$25,000.
- There are several important factors that may trigger an asthma attack. Some of these triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, smoke from burning wood or grass, infections linked to the flu, colds, and respiratory viruses (Source: CDC, 2013).
- Chronic lower respiratory disease was the 3<sup>rd</sup> leading cause of death in Allen County and in Ohio, in 2013 (Source: ODH, Leading Causes of Death: 2013 Preliminary Data).

**Allen County Adults Diagnosed with Asthma**



Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Had been diagnosed with asthma	11%	10%	14%	14%

The following graphs demonstrate the lifetime and current prevalence rates of asthma by gender for Ohio and U.S. residents.



(Source for graphs: 2013 BRFSS)

## Asthma Statistics

- In 2011, it was estimated that 25.9 million Americans currently have asthma, including 7.1 million children under 18. Of these, 13.2 million Americans (4.1 million children) had an asthma attack.
- Close to 2.1 million emergency room visits were attributed to asthma in 2009.
- In 2009, there were 3,388 deaths attributed to asthma – an age-adjusted rate of 1.1 per 100,000. Approximately 63% of these deaths occurred in women.
- In 2008, asthma accounted for an estimated 14.2 million lost work days in adults.

(Source: American Lung Association, *Asthma in Adults Fact Sheet*, October 2012, from: <http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-in-adults.html>)

## What Causes an Asthma Attack?

- **Tobacco Smoke:** People should never smoke near you, in your home, in your car, or wherever you may spend a lot of time if you have asthma. Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking.
- **Dust Mites:** If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Do not use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.
- **Outdoor Air Pollution:** This pollution can come from factories, automobiles, and other sources. Pay attention to air quality forecasts to plan activities when air pollution levels will be low.
- **Cockroach Allergens:** Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. Cockroaches and their droppings can trigger an asthma attack, so vacuum or sweep areas that might attract cockroaches at least every 2 to 3 days.
- **Pets:** Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for a pet, keep it out of the person with asthma's bedroom.
- **Mold:** Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help keep the humidity level low.
- **Smoke from Burning Wood or Grass:** Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home.
- **Other Triggers:** Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks. Physical exercise, some medicines, bad weather, breathing in cold air, some foods, and fragrances can also trigger an asthma attack.

*(Source: Centers for Disease Control, Vital Signs, Asthma, updated November 21, 2013, <http://www.cdc.gov/asthma/faqs.htm>)*



# Adult | WEIGHT STATUS

## Key Findings

The 2014 Health Assessment identified that 67% of Allen County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 30% of Ohio and 29% of U.S. adults were obese by BMI. One-third (33%) of Allen County adults were obese. More than two-fifths (45%) of adults were trying to lose weight.

## Adult Weight Status

- In 2014, the health assessment indicated that nearly two-thirds (67%) of Allen County adults were either overweight (34%) or obese (33%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (45%) of adults were trying to lose weight, 35% were trying to maintain their current weight or keep from gaining weight, and 3% were trying to gain weight.
- Allen County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (49%), exercised (46%), ate a low-carb diet (16%), took diet pills, powders or liquids without a doctor's advice (4%), used a weight loss program (2%), smoked cigarettes (2%), took prescribed medications (2%), went without eating 24 or more hours (2%), participated in a prescribed dietary or fitness program (1%), Bariatric surgery (1%), and took laxatives (<1%).

**33% of Allen County adults are obese.**

## Physical Activity

- In Allen County, 70% of adults were engaging in some type of physical activity or exercise an average of 3.1 times per week, for an average of 62 minutes each time. More than one-fourth (29%) of adults did not participate in any physical activity in the past month.
- Allen County adults reported that they did not exercise for the following reasons: time (24%), too tired (20%), pain or discomfort (17%), lazy (13%), weather (13%), could not afford a gym membership (12%), they chose not to exercise (10%), safety (4%), did not know what activities to do (3%), no sidewalks (3%), no available gym (2%), no walking or biking trails (2%), no child care (2%), doctor advised them not to exercise (2%), and other reasons (5%).
- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity for Everyone*).
- On an average day, adults spent time doing the following: 2.8 hours watching television, 1.5 hours on the computer outside of work, 1.3 hours on their cell phone, and 0.2 hours playing video games.

## Obesity Facts

- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancers, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.
- Non-Hispanic blacks have the highest age-adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%), and non-Hispanic Asians (10.8%).
- In 2012, no state had a prevalence of obesity less than 20%.

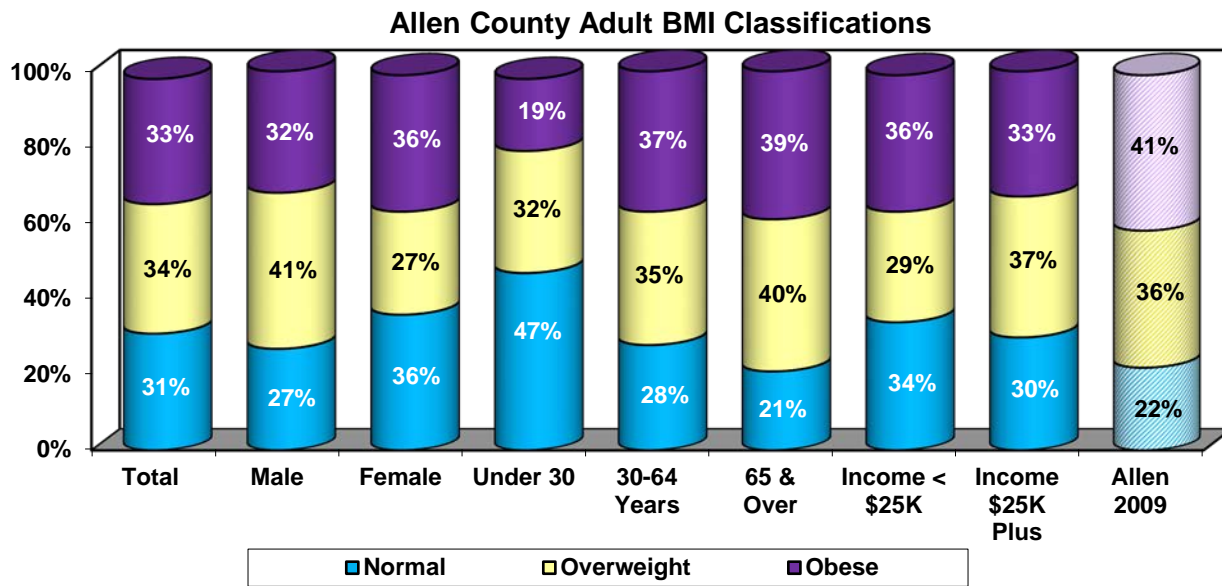
(Source: CDC, *Adult Obesity Facts*, updated March 28, 2014, <http://www.cdc.gov/obesity/data/adult.html>)

*In Allen County, 70% of adults were engaging in some type of physical activity or exercise in the past month.*

## Nutrition

- During the past 7 days, Allen County adults reported eating fruit or drinking 100% fruit juice: 1 to 3 times (34%), 4 to 6 times (20%), 1 time per day (15%), 2 times per day (15%), 3 times per day (4%), and 4 or more times per day (3%). 10% of adults reported they did not eat any fruit in the past 7 days.
- During the past 7 days, Allen County adults reported eating vegetables: 1 to 3 times (29%), 4 to 6 times (27%), 1 time per day (15%), 2 times per day (18%), 3 times per day (5%), and 4 or more times per day (3%). 3% of adults reported they did not eat any vegetables in the past 7 days.
- The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- Allen County adults purchased their fruit and vegetables from the following places: large grocery stores (74%), local grocery stores (56%), grew their own/garden (26%), Farmer's Market (15%), restaurants (7%), food pantry (6%), mobile produce market (1%), convenience stores (1%), Community Supported Agricultural (CSA) (<1%), and other places (2%).
- During the past week, adults drank an average of 19.8 glasses of water, 4.9 beverages containing sugar, and 2.6 glasses of milk.
- Allen County adults usually drank the following types of milk: 2% fat milk (55%), 1% fat milk (19%), whole milk (15%), skim, nonfat or ½% milk (14%), soy milk (3%), rice milk (1%), raw unpasteurized milk (<1%), and other types of milk (5%).
- Allen County adults reported eating most of their food at: home (82%), restaurants (5%), work (3%), and fast food (3%).
- Allen County adults reported the following barriers in consuming fruits and vegetables: too expensive (16%), did not like the taste (4%), did not know how to prepare them (4%), no variety (3%), did not take EBT (1%), transportation (<1%), and other reasons (3%). 76% reported no barriers to consuming fruits and vegetables.
- Allen County adults had access to a wellness program through their employer or spouse's employer with the following features: health risk assessment (15%), lower insurance premiums for participation in wellness program (14%), free/discounted gym membership (13%), on-site health screenings (10%), on-site fitness facility (9%), gift cards or cash for participation in wellness program (9%), healthier food options in vending machines or cafeteria (6%), free/discounted smoking cessation program (6%), lower insurance premiums for positive changes in health status (6%), gift cards or cash for positive changes in health status (5%), free/discounted weight loss program (5%), on-site health education classes (4%), and other (3%).
- 19% of Allen County adults did not have access to any wellness programs, and 22% had access to more than one wellness program.

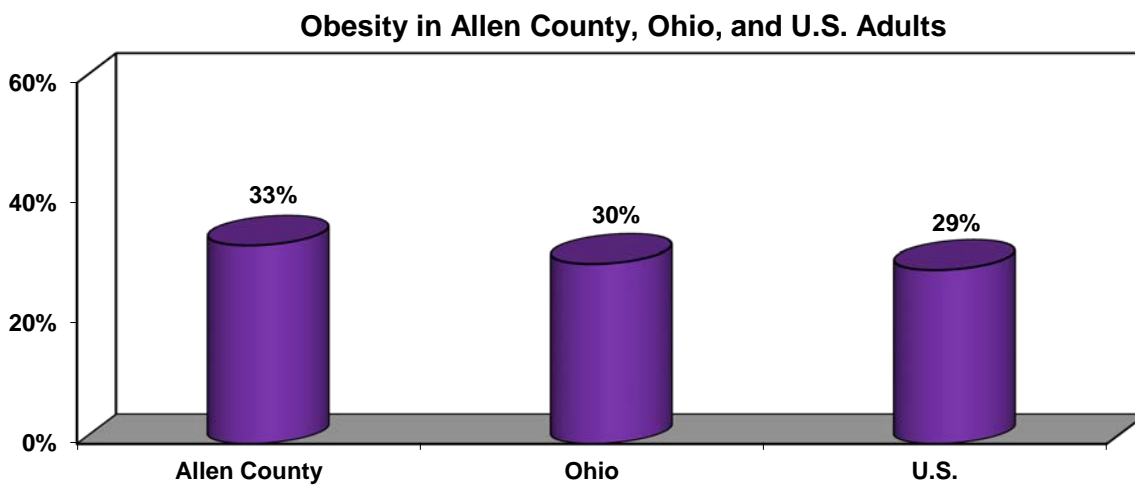
The following graph shows the percentage of Allen County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 31% of all Allen County adults were classified as normal weight, 34% were overweight, and 33% were obese.



(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

*More than two-fifths (45%) of Allen County adults were trying to lose weight.*

The following graph shows the percentage of Allen County adults who are obese compared to Ohio and U.S.



(Source: 2014 Allen County Health Assessment and 2013 BRFSS)

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Obese	41%	33%	30%	29%
Overweight	36%	34%	35%	35%

# Adult | TOBACCO USE

## Key Findings

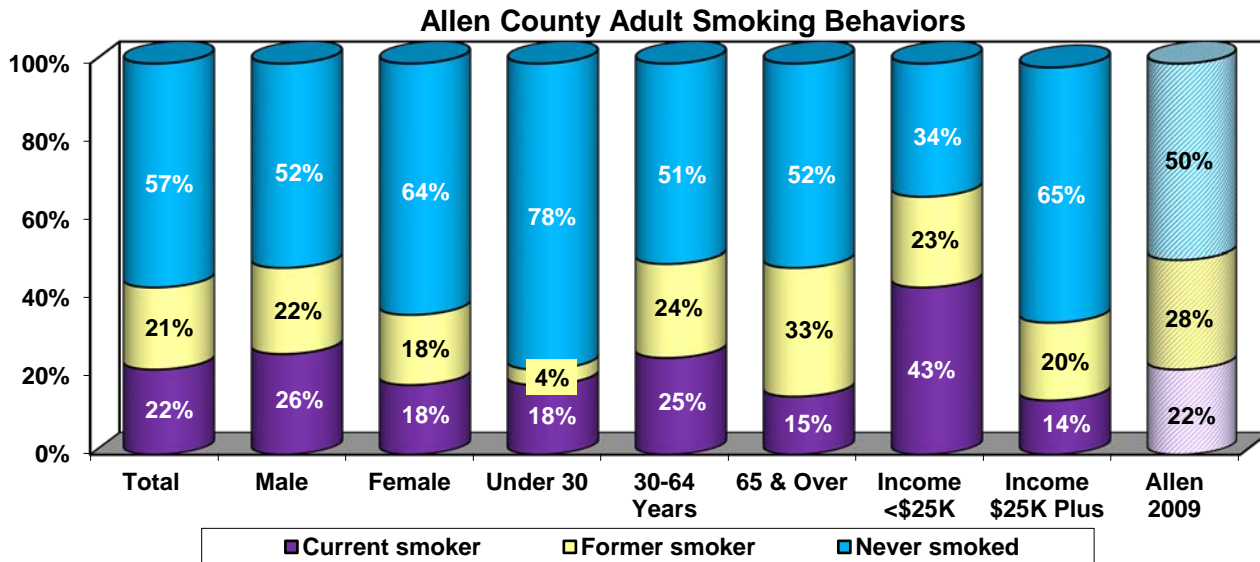
*In 2014, 22% of Allen County adults were current smokers and 21% were considered former smokers. In 2014, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2014).*

***In 2014, 22% of Allen County adults were current smokers.***

## Adult Tobacco Use Behaviors

- The 2014 health assessment identified that more than one-in-five (22%) Allen County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2013 BRFSS reported current smoker prevalence rates of 23% for Ohio and 19% for the U.S.
- More than one-fifth (21%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2013 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.
- Allen County adult smokers were more likely to:
  - Have been a member of an unmarried couple (57%)
  - Have incomes less than \$25,000 (43%)
  - Have rated their overall health as poor (42%)
  - Have been male (26%)
  - Have been ages 30-64 (25%)
- Current and former smokers indicated they had last smoked a cigarette: within the past month (43%), within the past 6 months (1%), within the past 5 years (13%), within the past 10 years (10%), or 10 years or more (28%).
- Allen County adults used the following tobacco products in the past year: cigarettes (28%), e-cigarettes (6%), cigars (5%), chewing tobacco (3%), Black and Milds (3%), roll their own (3%), swishers (2%), cigarillos (2%), pipes (2%), snuff (2%), hookah (1%), flavored cigarettes (1%), little cigars (1%), and snus (1%).
- 52% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- Allen County had the following rules about smoking in their home: never allowed (80%), always allowed (11%), and sometimes allowed (8%).
- Allen County adults thought that smoking outdoors should: always be allowed (33%), never be allowed (33%), and sometimes be allowed (18%).
- Half (50%) of adults would favor a policy that bans smoking in all areas of multi-unit housing, including personal living spaces, balconies and patios.

The following graph shows the percentage of Allen County adults who used tobacco. Examples of how to interpret the information includes: 22% of all Allen County adults were current smokers, 21% of all adults were former smokers, and 57% had never smoked.



Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes every day, some days or not at all?"

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Current smoker	22%	22%	23%	19%
Former smoker	28%	21%	25%	25%
Tried to quit smoking	54%	52%	N/A	N/A

N/A – Not available

### Smoke-free Living: Benefits & Milestones

According to the American Heart Association and the U.S. Surgeon General, this is how your body starts to recover:

- In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
- After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
- After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
- After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduces your risk of infection.
- One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.
- Five to 15 years after quitting smoking, a person's risk of stroke is similar to that of a nonsmoker. After 10 years of smoke-free living, your lung cancer death rate is about half that of a person who has continued to smoke. The risk of other cancers, such as throat, mouth, esophagus, bladder, cervix and pancreas decreases too.

(Source: AHA, *Smoke-free Living: Benefits & Milestones*, 2012, from: [http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp))

## Flavored Cigar Smoking among U.S. Adults

Cigars contain the same toxic and cancer-causing chemicals found in cigarettes; they are not a safe alternative to cigarettes. Health consequences of regular cigar smoking can include cancers of the lung, larynx, oral cavity, and esophagus. Those who inhale cigar smoke and who smoke multiple cigars a day are also at increased risk for developing heart disease and COPD.

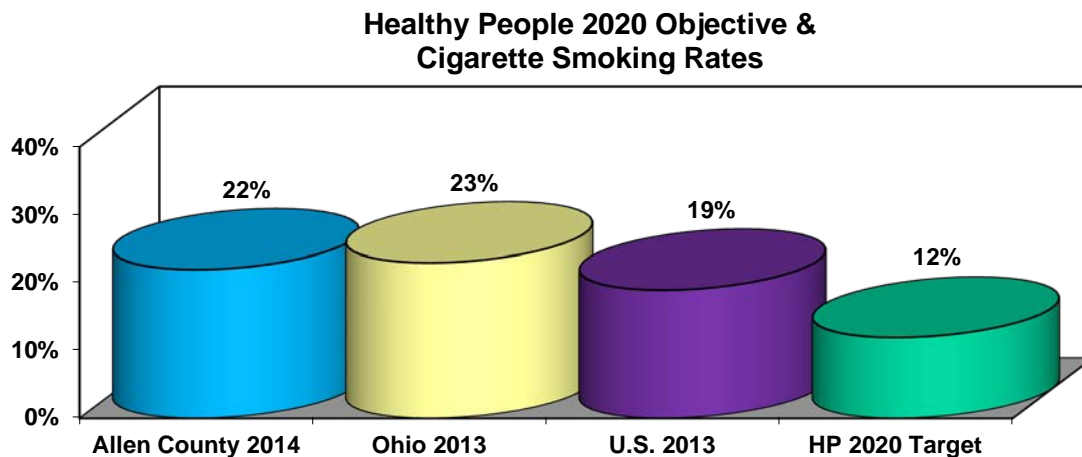
- From 2009-2010, 6.6% of adults in the U.S. smoke cigars and 2.8% smoke flavored cigars.
- Nearly 43% of all adult cigar smokers in the U.S. report using flavored cigars.
- More than 57% of cigar smokers in the 18-24 year-old age group, say they smoke flavored cigars.
- Flavored cigar smoking was more common among those with a Graduate Equivalency Degree (GED) (65%), and those with annual household income under \$20,000 (52%).
- Flavored cigar use was higher among Hispanic cigar smokers (62%); higher among female cigar smokers (61%); and higher among lesbian, gay, bisexual, transgendered (LGBT) cigar smokers (67%).

(Source: Nicotine & Tobacco Research, "Flavored Cigar Smoking Among U.S. Adults: Findings From the 2009-2010 National Adult Tobacco Survey," published August 27, 2012)

*21% of Allen County adults indicated that they were former smokers.*

The following graph shows Allen County, Ohio, and U.S. adult cigarette smoking rates. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. This graph shows:

- Allen County adult cigarette smoking rate was about the same as the Ohio rate, and higher than the U.S. rate and the Healthy People 2020 Goal.

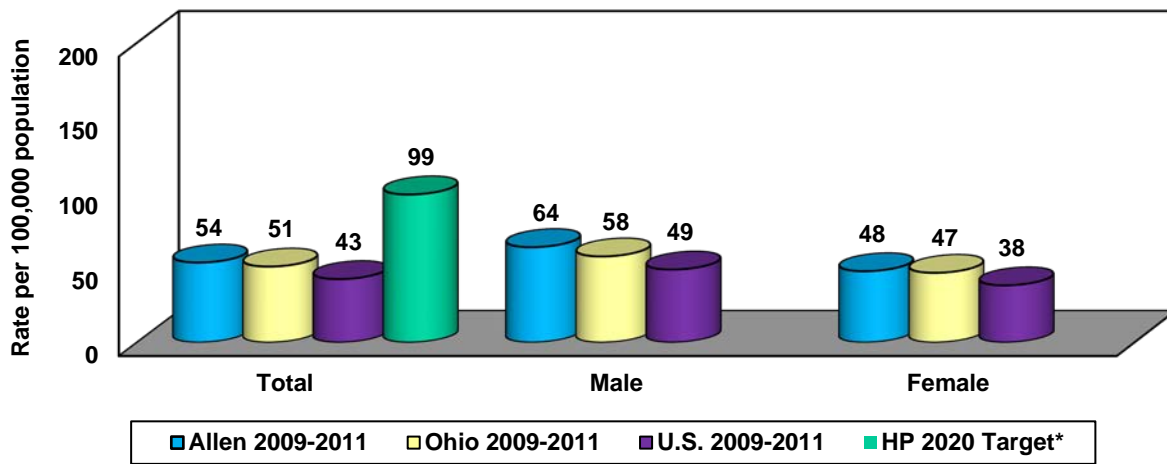


(Source: 2014 Allen County Health Assessment, 2013 BRFSS and Healthy People 2020)

The following graphs show Allen County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objectives and the percentage of Allen County and Ohio mothers who smoked during pregnancy. These graphs show:

- From 2009-2011, Allen County's age-adjusted mortality rate for chronic lower respiratory disease was higher than the Ohio and the U.S. rate, but lower than the Healthy People 2020 target objective.
- Disparities existed by gender for Allen County chronic lower respiratory disease mortality rate. The 2009-2011 Allen male rates were higher than the Allen female rates.
- From 2006-2010 the percentage of mothers who smoked during pregnancy in Allen County was higher than the Ohio rate.

**Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)**

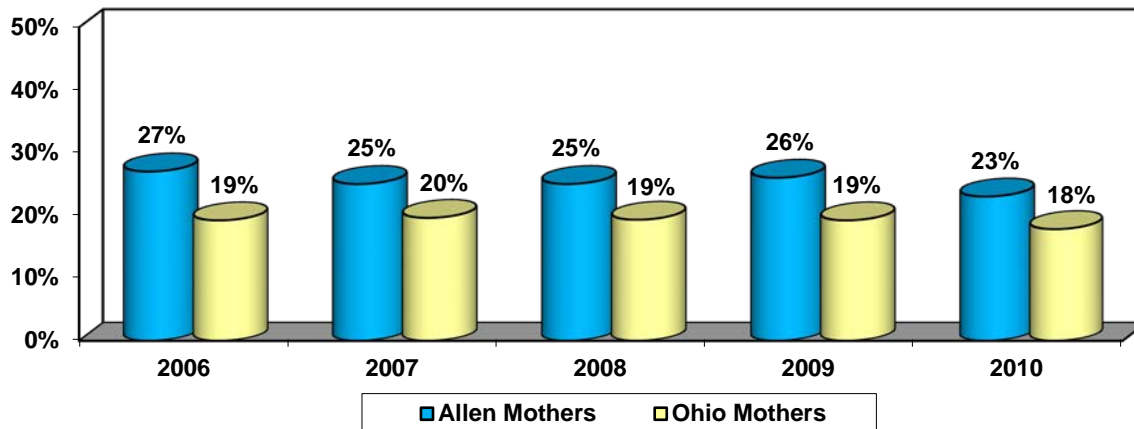


(Source: ODH Information Warehouse and Healthy People 2020)

\* Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

\*\*HP2020 does not report different goals by gender.

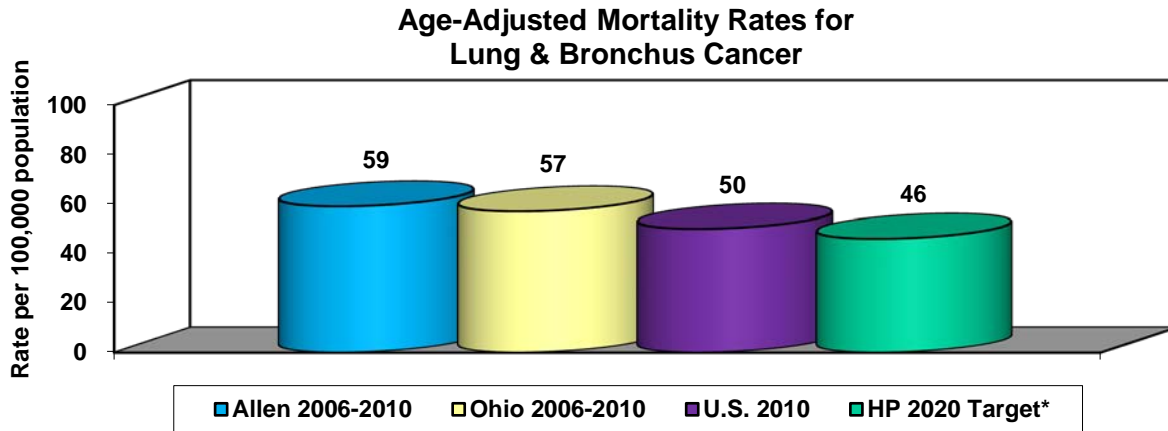
**Allen County and Ohio Births to Mothers Who Smoked During Pregnancy**



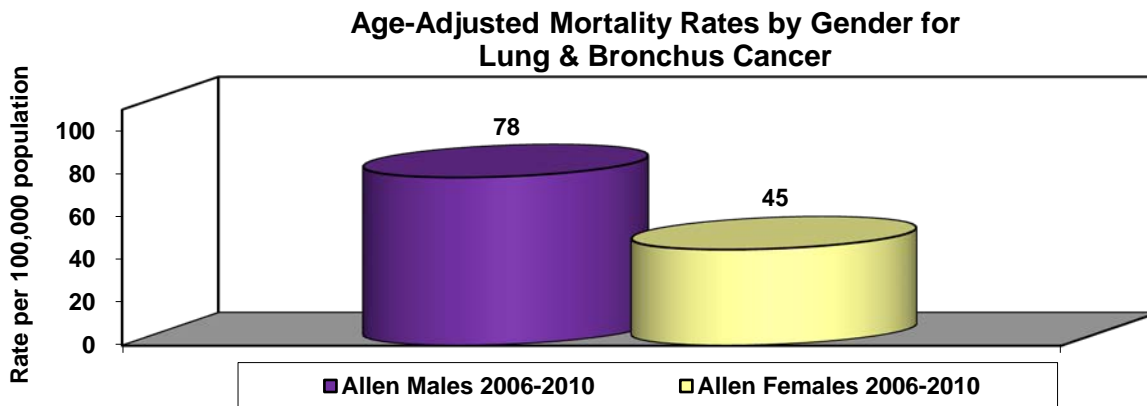
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2006-2010)

The following graphs show Allen County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for lung and bronchus cancer in comparison with the Healthy People 2020 objectives and Allen County mortality rates by gender. These graphs show:

- Disparities existed by gender for Allen County lung and bronchus cancer age-adjusted mortality rates. The 2006-2010 Allen male rates were substantially higher than the Allen female rates.



\*Healthy People 2020 Target data is for lung cancer only  
 (Sources: Healthy People 2020, National Cancer Institute, ODH Information Warehouse, updated 2014)



(Source: ODH Information Warehouse, updated 2014)

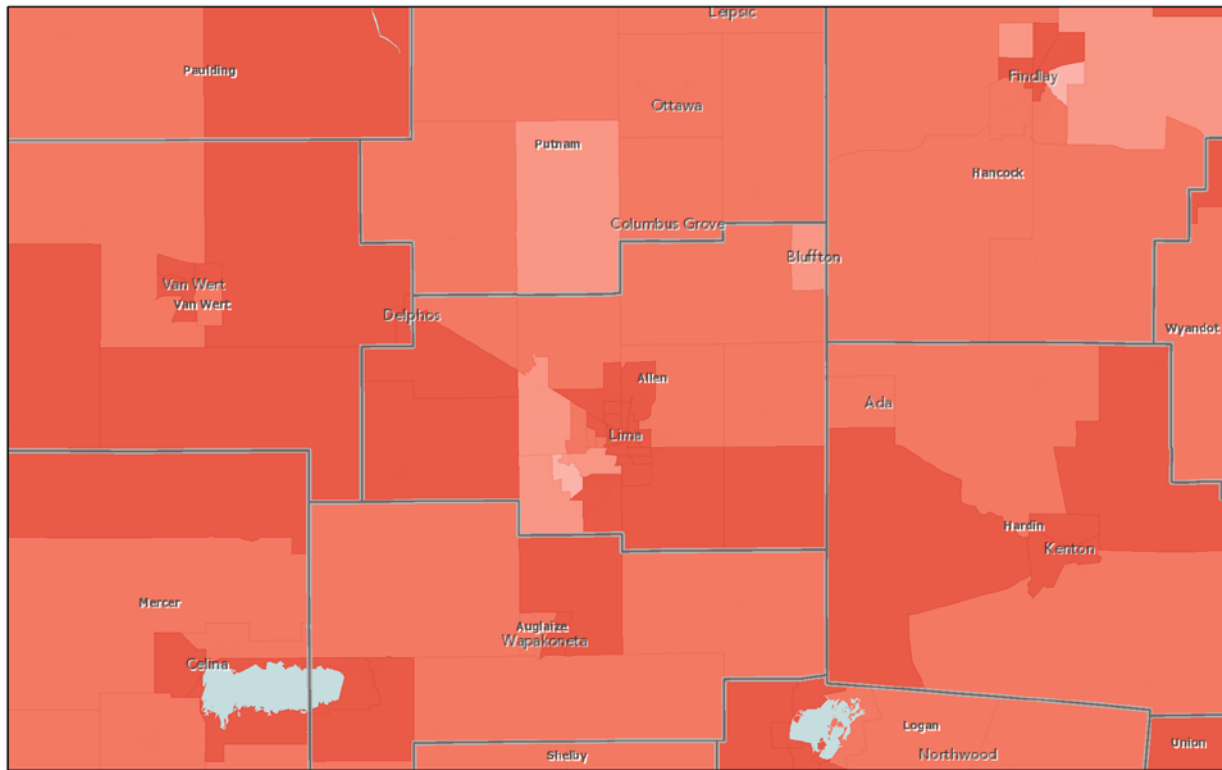
### U.S. Adult Smoking Facts

- The percentage of American adults who smoke decreased from (20.9%) in 2005 to (19.3%) in 2010.
- About 1 in 5 (46.6 million) adults still smoke.
- 443,000 Americans die of smoking or exposure to secondhand smoke each year.
- More men (about 22%) than women (about 17%) smoke.
- Adults living below poverty level (29%) are more likely to smoke than adults living at or above poverty level (18%).
- Smoking rates are higher among people with a lower education level.

(Source: CDC, Vital Signs, Tobacco Use: Smoking & Secondhand Smoke, September 2011, <http://www.cdc.gov/VitalSigns/AdultSmoking/#LatestFindings>)

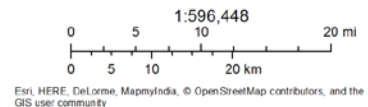


Cigarette Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2011



June 27, 2014

- Top 80th Percentile (Highest Expenditures)
- 60th - 80th Percentile
- 40th - 60th Percentile
- 20th - 40th Percentile
- Bottom 20th Percentile (Lowest Expenditures)
- No Data or Data Suppressed



Map by Community Commons

ADULT TOBACCO

# Adult | ALCOHOL CONSUMPTION

## Key Findings

In 2014, the Health Assessment indicated that 9% of Allen County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 40% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Seven percent of adults drove after having perhaps too much to drink.

**47% of Allen County adults had at least one alcoholic drink in the past month.**

## Adult Alcohol Consumption

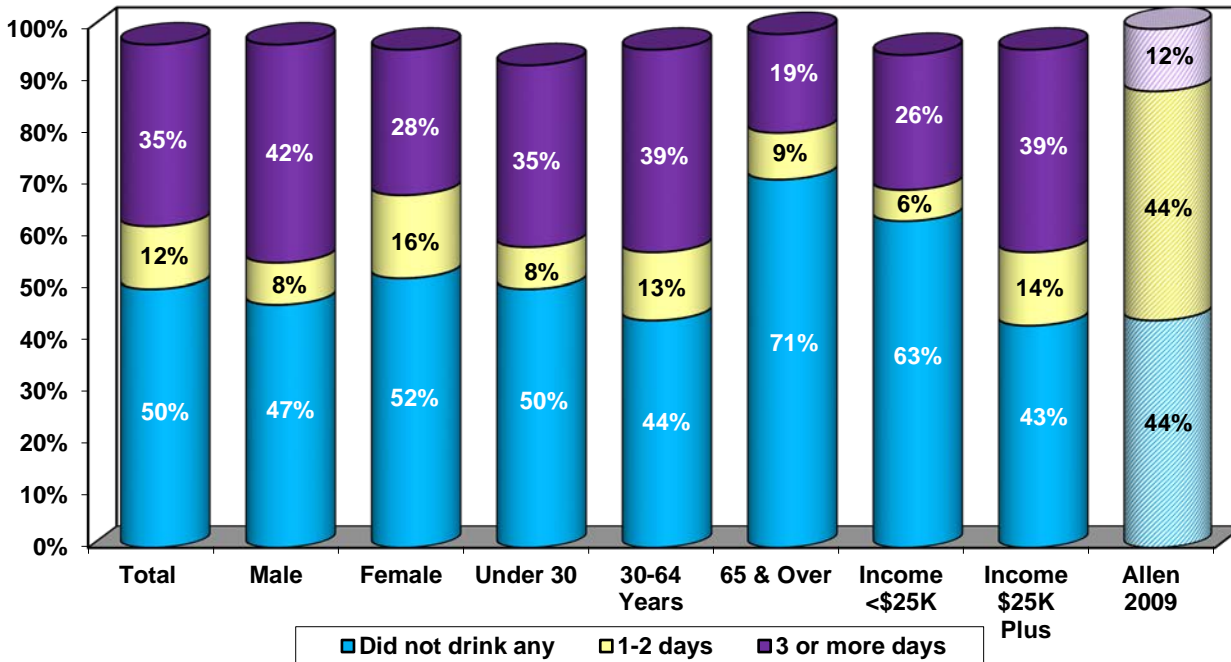
- In 2014, 47% of the Allen County adults had at least one alcoholic drink in the past month, increasing to 52% of those ages 30-64 and 53% of those with incomes more than \$25,000. The 2013 BRFSS reported current drinker prevalence rates of 53% for Ohio and 55% for the U.S.
- One in eleven (9%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Allen County adults drank 3.8 drinks per occasion on average, increasing to 6.3 drinks for males.
- Almost one-fifth (18%) of Allen County adults were considered binge drinkers. The 2013 BRFSS reported binge drinking rates of 17% for Ohio and for the U.S.
- 40% of current drinkers reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers by definition.
- 7% of adults reported driving after having perhaps too much to drink, increasing to 13% of those with incomes less than \$25,000.
- 4% of Allen County adults reported that as a result of drinking, they or a family member repeatedly failed to fulfill obligations at work or at home, placed themselves or a family member in dangerous situations, or experienced legal problems.

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Drank alcohol at least once in past month	56%	47%	53%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	20%	18%	17%	17%
Drove after having perhaps too much to drink	4%	7%	N/A	N/A

N/A – Not available

The following graphs show the percentage of Allen County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph includes: 50% of all Allen County adults did not drink alcohol, 47% of Allen County males did not drink, and 52% of adult females reported they did not drink.

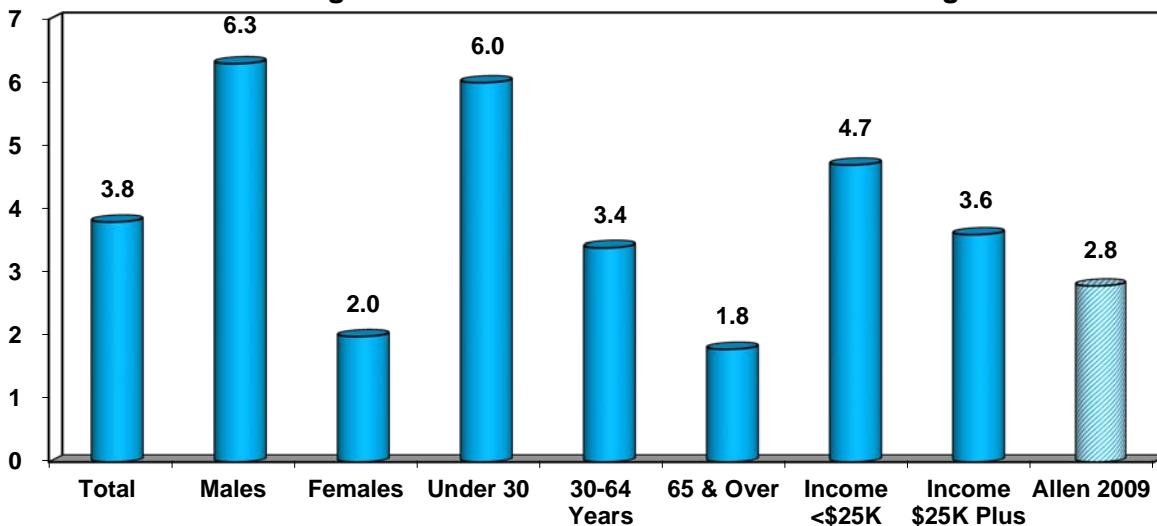
**Average Number of Days Drinking Alcohol in the Past Month**



Percentages may not equal 100% as some respondents answered "don't know"

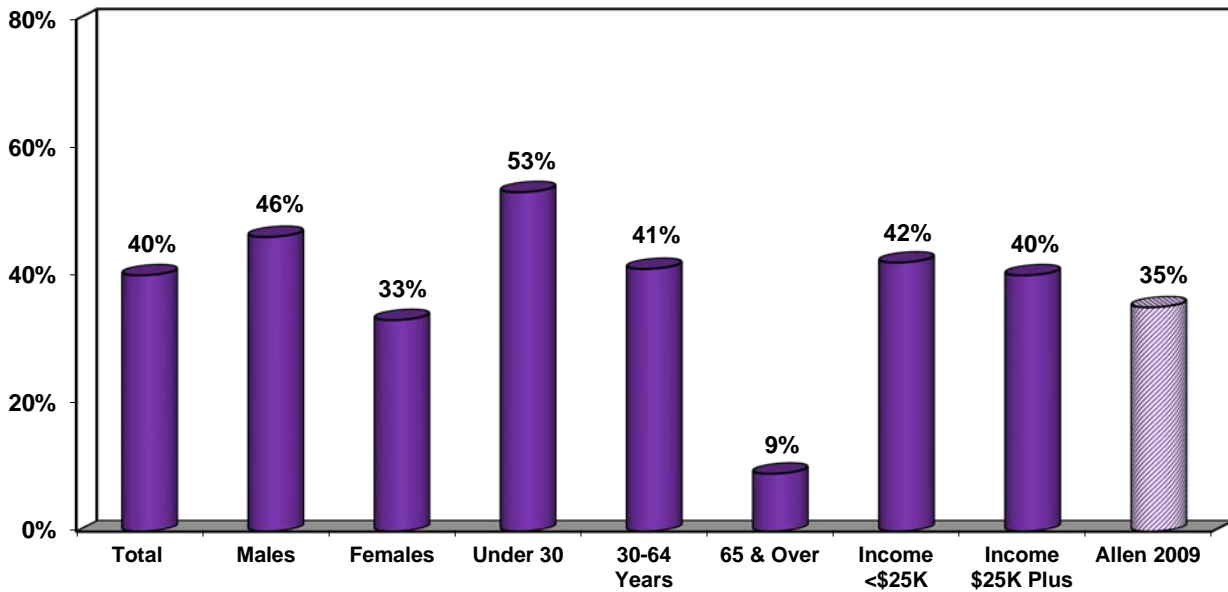
9% of Allen County adults were considered frequent drinkers (drank on an average of three or more days per week).

**Adults Average Number of Drinks Consumed Per Drinking Occasion**



The following graphs show the percentage of Allen County drinkers who binge drank in the past month and a comparison of Allen County binge drinkers with Ohio and U.S.

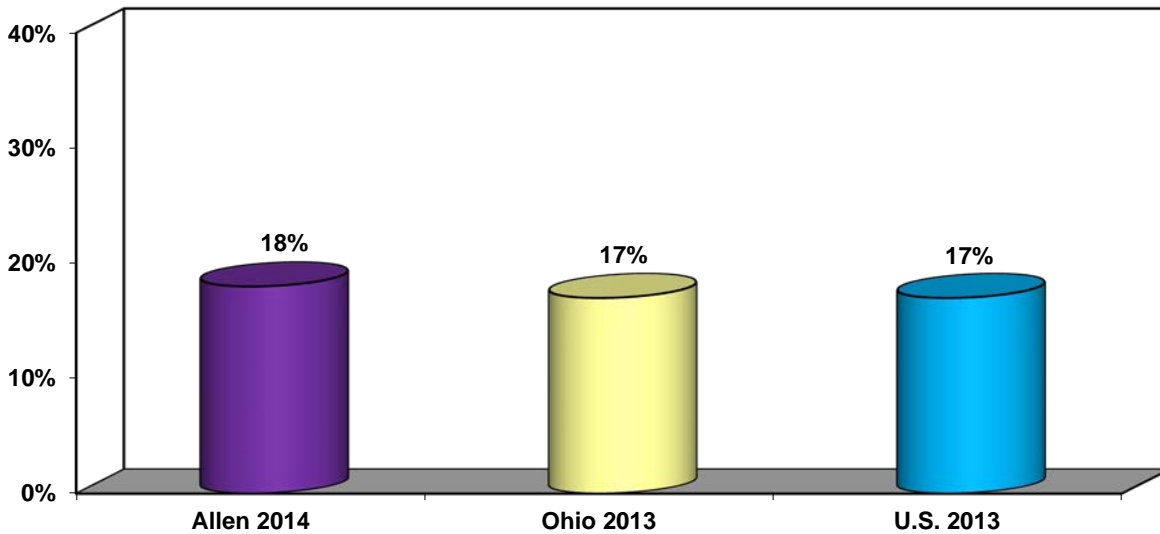
**Allen County Adult Drinkers Who Binge Drank in Past Month\***



*\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at least once in the previous month.*

*7% of Allen County adults reported driving after having perhaps too much to drink.*

**Adult Binge Drinkers\***



*\*Based on all adults. Binge drinking is defined as males having five or more drinks on an occasion, females having four or more drinks on one occasion.  
(Source: 2013 BRFSS, 2014 Allen County Health Assessment)*

The following table shows the city of Lima, Allen County, and Ohio motor vehicle accident statistics. The table shows:

	City of Lima 2014	Allen County 2014	Ohio 2014
Total Crashes	982	3,056	281,074
Alcohol-Related Total Crashes	59	127	12,401
Fatal Crashes	2	8	920
Alcohol-Related Fatal Crashes	1	127	270
Alcohol Impaired Drivers in Crashes	57	123	12,274
Injury Crashes	281	750	69,658
Alcohol-Related Injury Crashes	23	52	5,021
Property Damage Only	699	2,298	210,496
Alcohol-Related Property Damage Only	35	73	7,110
Deaths	2	8	1,007
Alcohol-Related Deaths	1	2	295
Total Non-Fatal Injuries	405	1,092	100,186
Alcohol-Related Injuries	34	71	6,985

(Source: Ohio Department of Public Safety, Crash Reports, Obtained on 3/6/2015, Traffic Crash Facts)

### Caffeinated Alcoholic Beverages

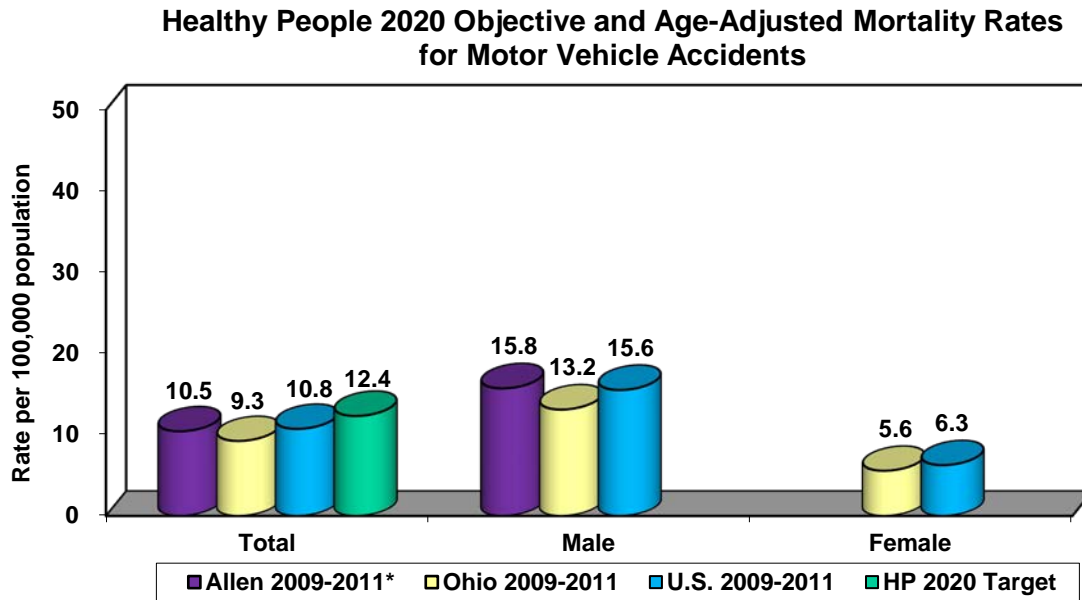
- Excessive alcohol consumption is responsible for about 88,000 deaths and 2.5 million years of potential life lost (YPLL) in the United States each year.
- Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks.
- Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.

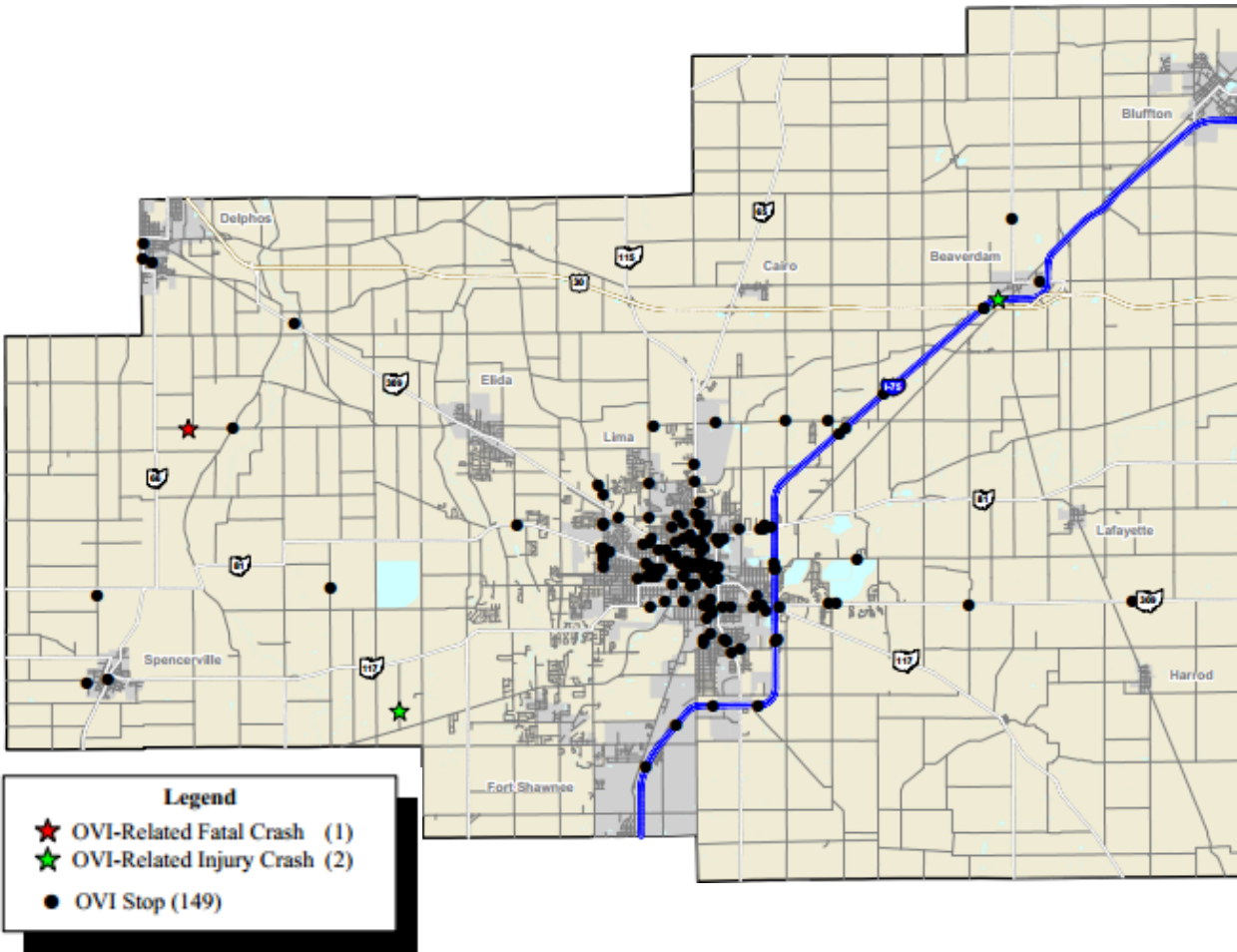
(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, March 2014, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

## Motor Vehicle Accidents

The following graph shows Allen County and Ohio age-adjusted motor vehicle accident mortality rates per 100,000 population with comparison to Healthy People 2020 objectives. The graph shows:

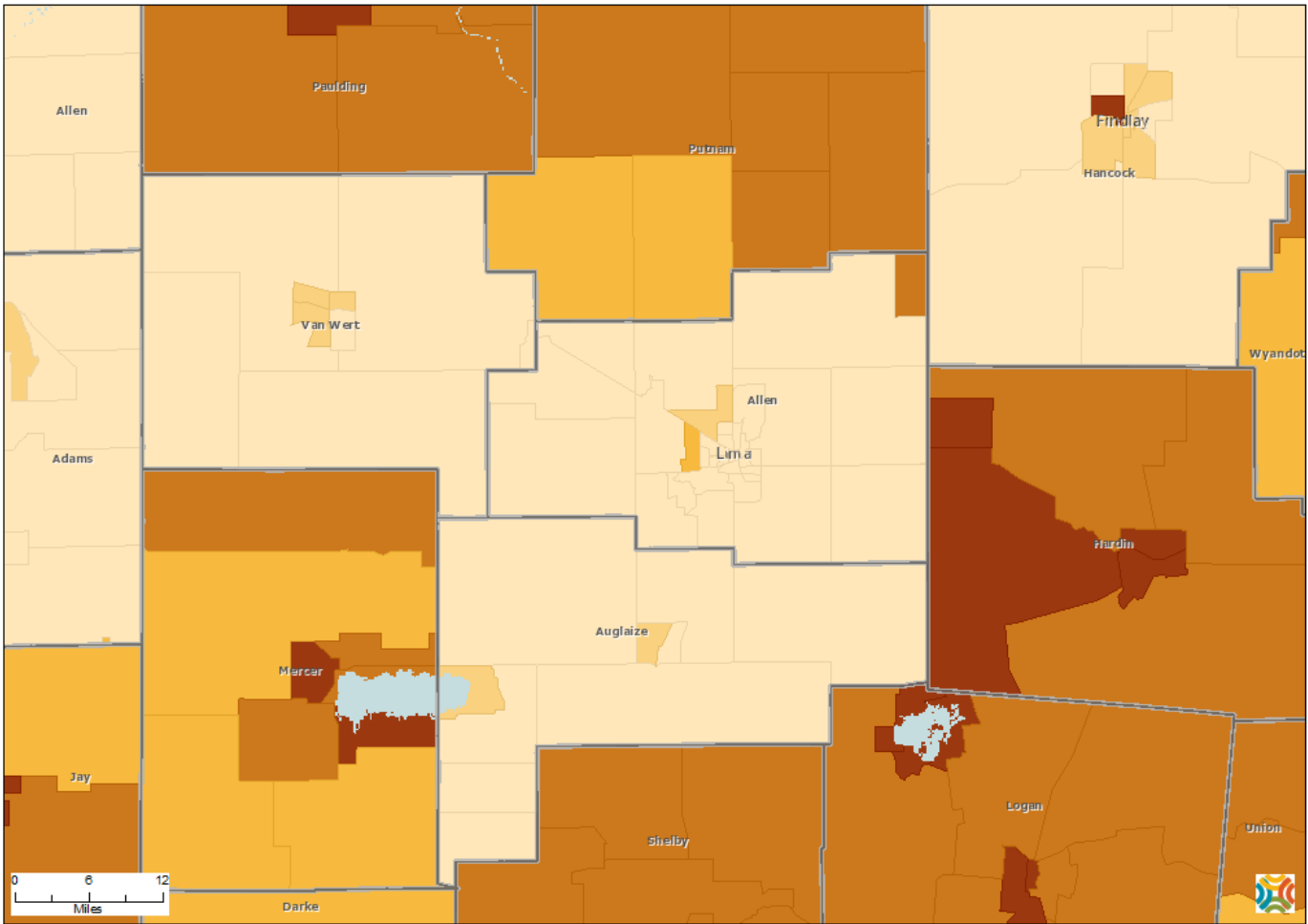
- From 2009-2011, the Allen County motor vehicle age-adjusted mortality rate of 10.5 deaths per 100,000 population was greater than the state rate, about the same as the national rate, and lower than the Healthy People 2020 objective.
- The state and national age-adjusted motor vehicle accident mortality rate for males was higher than the female rate from 2009 to 2011.





(Source: ODPS Electronic Crash System; OSHP Computer-Aided Dispatch (CAD) System, April 14, 2014)

Alcoholic Beverage Expenditures, National Rank by Tract, Nielsen 2011



Map Legend

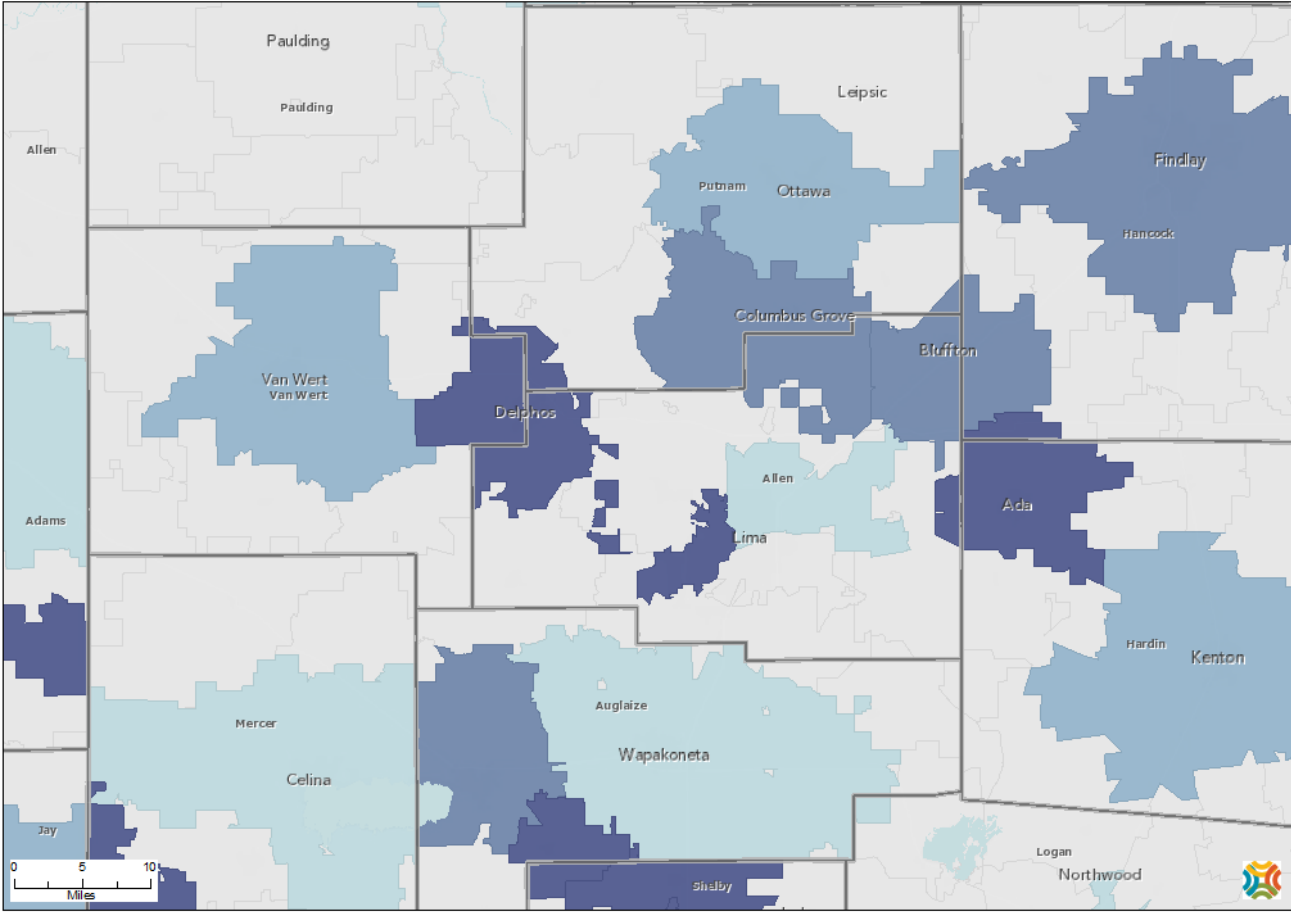
Alcoholic Beverage Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2011

- Top 80th Percentile (Highest Expenditures)
- 60th - 80th Percentile
- 40th - 60th Percentile
- 20th - 40th Percentile
- Bottom 20th Percentile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 2/17/2015



Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012



Map Legend

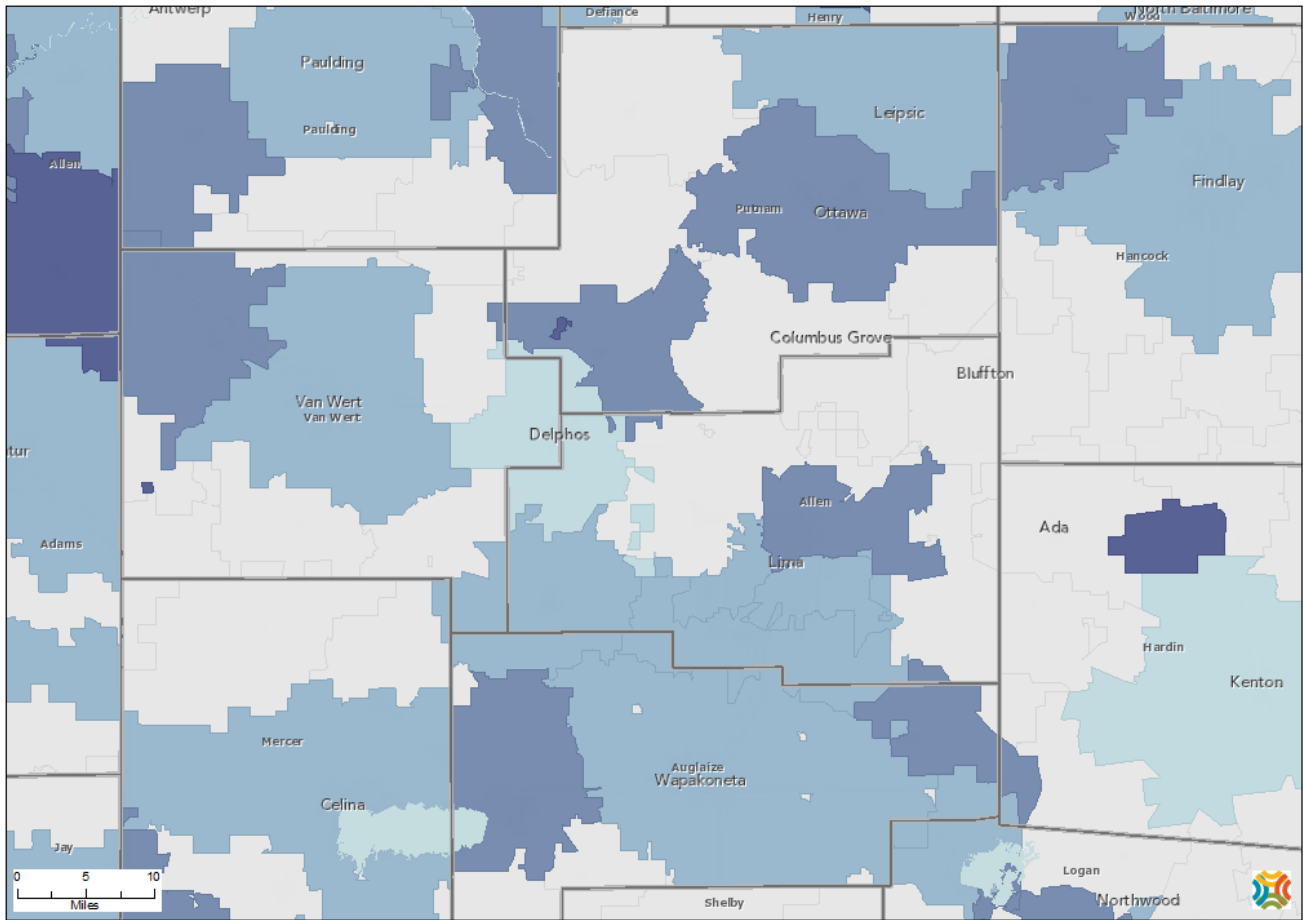
Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012

- Over 18.0
- 12.1 - 18.0
- 6.1 - 12.0
- Under 6.1
- No Establishments or No Data

Community Commons, 7/11/2014

ZCTA – ZIP Code tabulation area  
 CBP – County Business Patterns, U.S. Census Bureau

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012



Map Legend

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012

- Over 80.0
- 30.1 - 80.0
- 10.1 - 30.0
- Under 10.1
- No Establishments or No Data

Community Commons, 7/11/2014

ZCTA – ZIP Code tabulation area  
 CBP – County Business Patterns, U.S. Census Bureau

# Adult | DRUG USE

## Key Findings

In 2014, 8% of Allen County adults had used marijuana during the past 6 months. 10% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

## Adult Drug Use

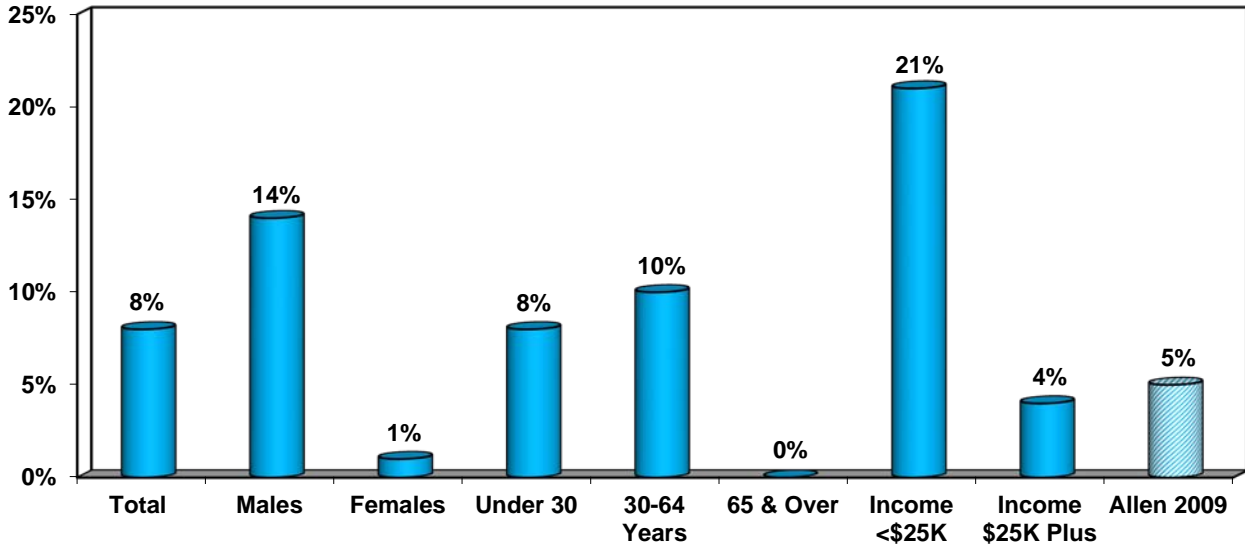
- 8% of Allen County adults had used marijuana in the past 6 months, increasing to 21% of those with incomes less than \$25,000.
- 1% of Allen County adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 17% of Allen County adults who used drugs did so almost every day, and 6% did so less than once a month.
- 10% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 17% of those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 17% of Allen County adults who used these drugs did so almost every day, and 17% did so less than once a month.

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Adults who used marijuana in the past 6 months	5%	8%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	5%	1%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	2%	10%	N/A	N/A

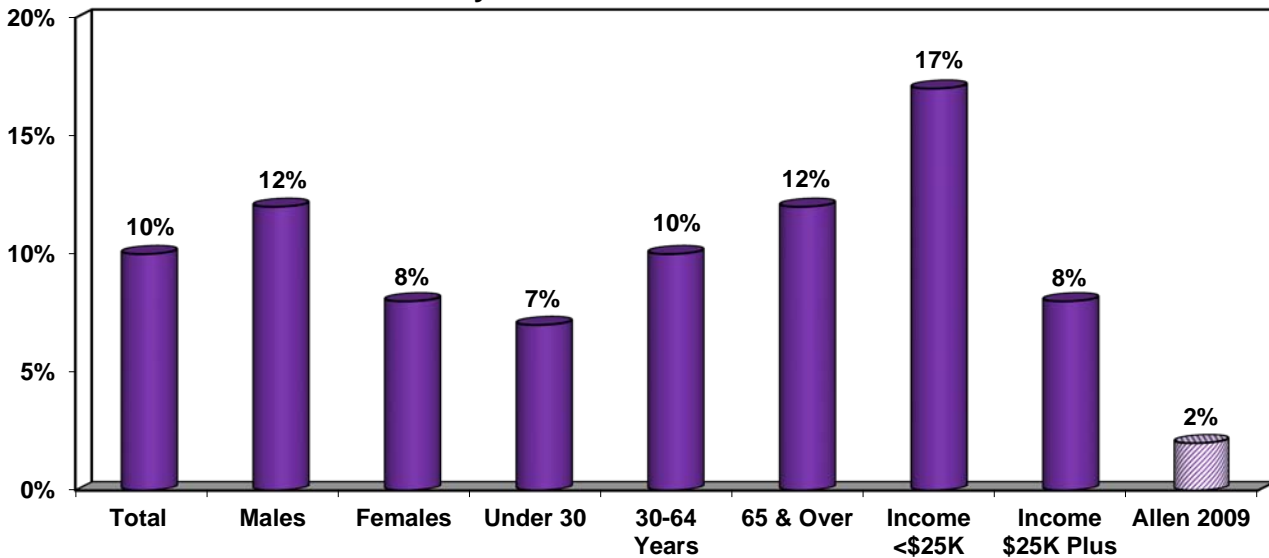
N/A – Not available

The following graphs are data from the 2014 Allen County Health Assessment indicating adult marijuana use in the past six months and medication misuse in the past six months. Examples of how to interpret the information includes: 8% of all Allen County adults used marijuana in the past six months, 8% of adults under the age of 30 were current users, and 21% of adults with incomes less than \$25,000 were current users.

**Allen County Adult Marijuana Use in Past 6 Months**



**Allen County Adult Medication Misuse in Past 6 Months**



## Bath Salts

- “Bath salt” stimulant products are sold in powder form in small plastic or foil packages of 200 and 500 milligrams under various brand names. Mephedrone is a fine white, off-white, or slightly yellow-colored powder. It can also be found in tablet and capsule form. MDPV is a fine white or off-white powder.
- “Bath salts” are usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins.
- People who abuse these substances have reported agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, and panic attacks. Users have also reported effects including impaired perception of reality, reduced motor control, and decreased ability to think clearly.
- Cathinone derivatives act as central nervous system stimulants causing rapid heart rate (which may lead to heart attacks and strokes), chest pains, nosebleeds, sweating, nausea, and vomiting.

(Source: U.S. Department of Justice : DEA Briefs & Background, Drug Fact Sheets, June 2012, from: <http://www.justice.gov/dea/druginfo/factsheets.shtml>)

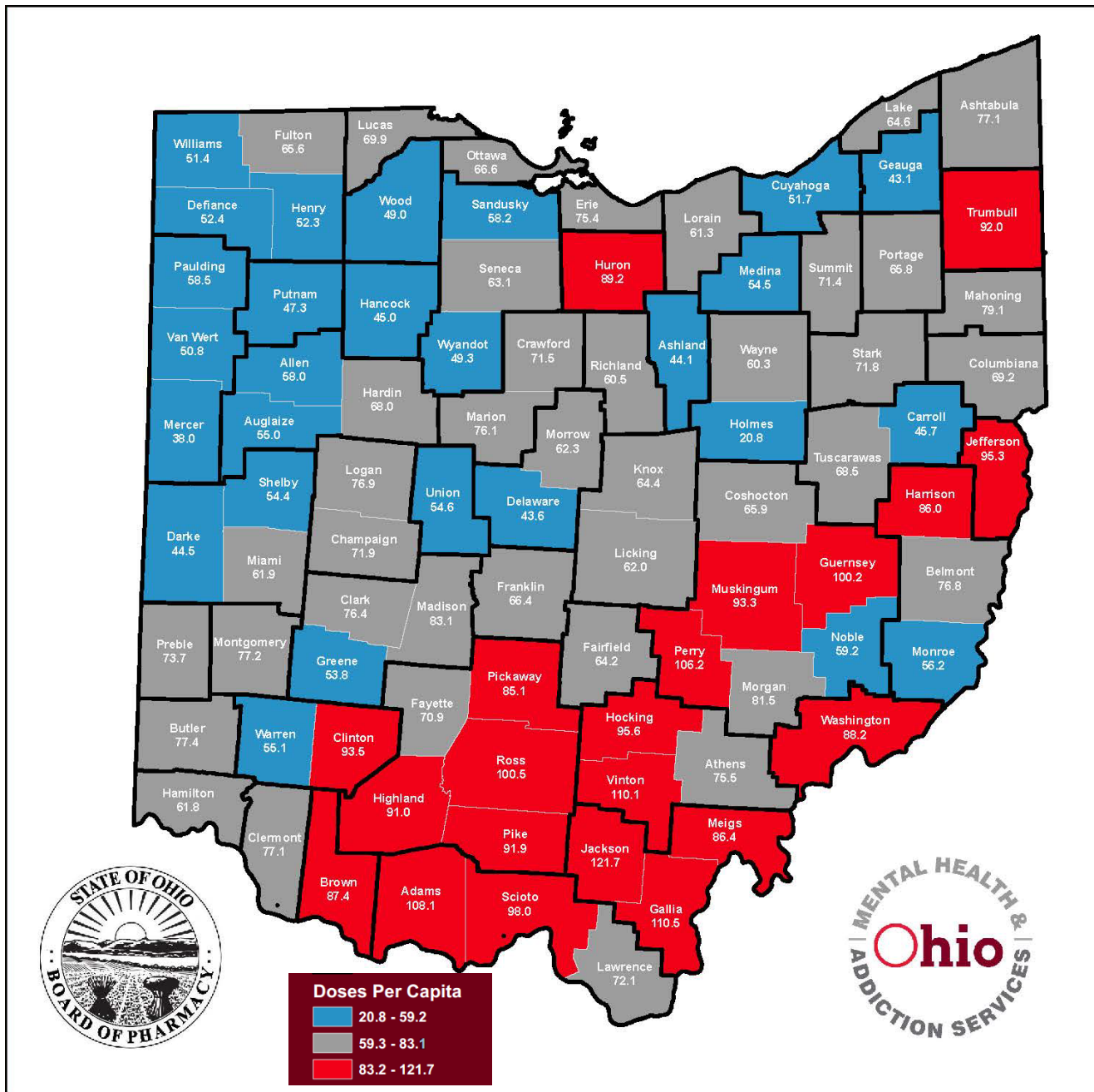
### Abuse of Prescription (Rx) Drugs in the U.S.

- Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD, stimulants, and anti-anxiety drugs.
- Reasons for abusing these drugs include: getting high, relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, and having a good time with friends.
- In 2010, almost 3,000 young adults died from prescription drug (mainly opioid) overdoses. This was a 250% increase from 1999.
- Among young adults, for every death due to Rx drug overdose, there were 17 treatment admissions and 66 emergency room visits.

(Source: National Institute on Drug Abuse, Abuse of Prescription (Rx) Drugs Affects Young Adults Most, June 2013, from: <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>)

## Prescription Analgesic Doses Per Capita

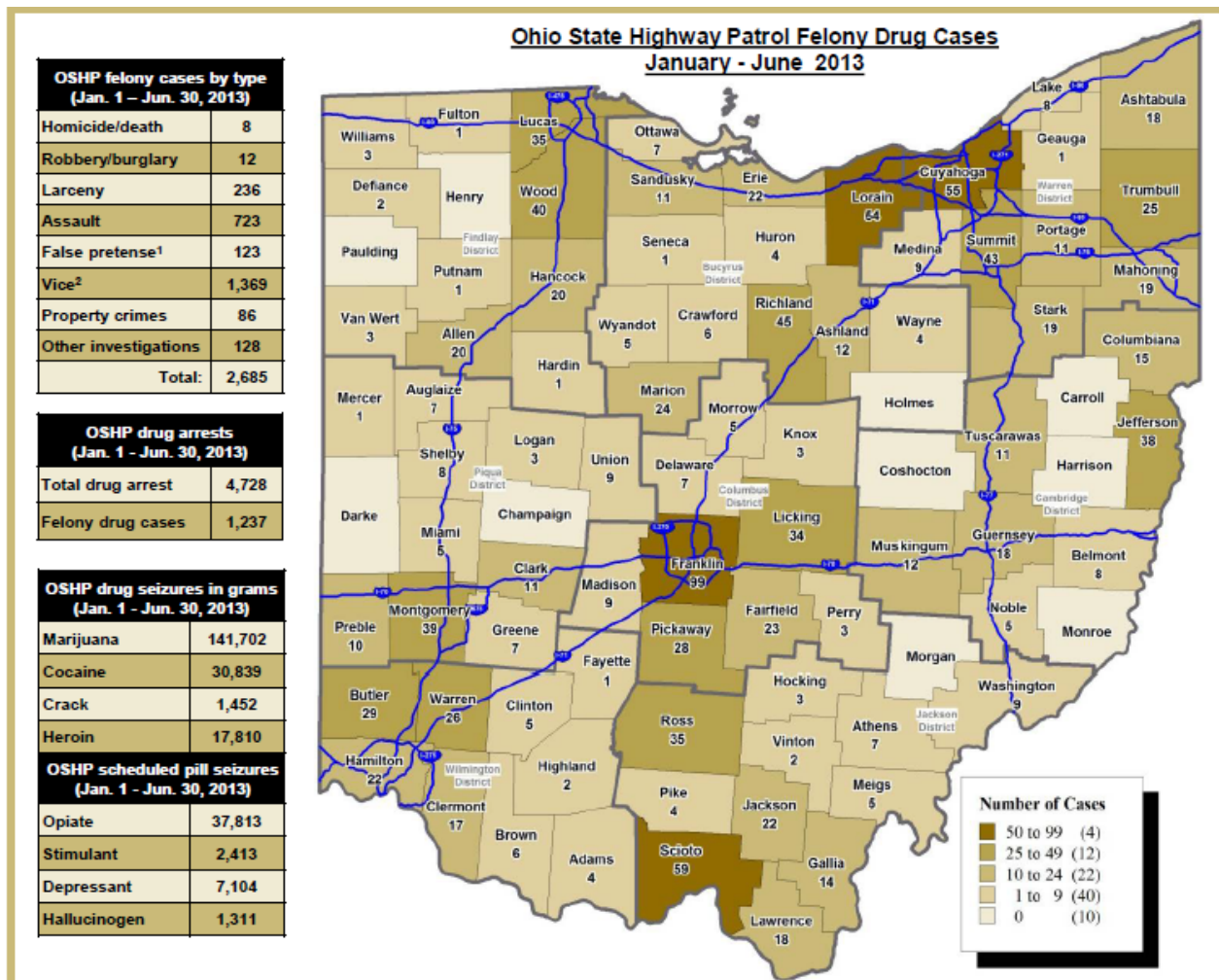
- In 2012, the statewide average per capita dosage rate was 66.7 doses per person.
- The average per capita dosage rate was 58.0 doses per person in Allen County in 2012.



(Source: Ohio Mental Health and Addiction Services, Doses Per Capita September 2013, obtained from: [http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio\\_OARRS\\_Opioids\\_2012\\_v2.pdf](http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf))

## Felony Cases and Drug Arrests January – June 2013

- OSHP investigated a wide range of felony offenses during the first half of 2013, including vice (1,369); assault (723); larceny (236); false pretense (123); property crimes (86); robbery/burglary (12); homicide/death (8); and various other types of felony offenses (128).
- OSHP Troopers made 4,728 total drug arrests during the first 6 months of 2013 – an 18% increase compared to 2012 and a 42% increase compared to the previous 3-year average (2010-2012).
- Of the 4,728 drug arrests, over one-quarter (1,237 or 26%) included one or more felony drug charges. This represents a 26% increase over the previous 3-year average (2010-2012).
- The number of marijuana, cocaine, crack and heroin arrests/cases have all increased substantially. The heroin increase has been especially notable: the total number of heroin cases has increased 100% and the total amount seized has increased 26% compared to the previous 3-year average (2010-2012).
- Increases in scheduled pills seized have also been notable: significantly more opiates (+101%), stimulants (+103%), depressants (+87%), and hallucinogens (+77%) have been seized compared to the 2010-2012 average.



(Source: Ohio State Highway Patrol, Felony Cases and Drug Arrests, 2013, from <http://statepatrol.ohio.gov/>)

# Adult | WOMEN'S HEALTH

## Key Findings

In 2014, more than half (57%) of Allen County women over the age of 40 reported having a mammogram in the past year. 63% of Allen County women ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 30% and cancers accounted for 20% of all female deaths in Allen County from 2009-2011. The Health Assessment determined that 2% of women had survived a heart attack and 1% had survived a stroke at some time in their life. One-third (33%) had high blood pressure, 30% had high blood cholesterol, 36% were obese, and 18% were identified as smokers, known risk factors for cardiovascular diseases.

## Women's Health Screenings

- In 2014, 66% of women had a mammogram at some time and nearly two-fifths (38%) had this screening in the past year.
- More than half (57%) of women ages 40 and over had a mammogram in the past year and 76% had one in the past two years. The 2012 BRFSS reported that 74% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- Most (93%) Allen County women have had a clinical breast exam at some time in their life and 63% had one within the past year. Four-fifths (80%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 75% in Ohio, had a clinical breast exam in the past two years.
- This assessment has identified that 93% of Allen County women have had a Pap smear and 45% reported having had the exam in the past year. 74% of women had a pap smear in the past three years. The 2012 BRFSS indicated that 78% of U.S. and Ohio women had a pap smear in the past three years.

## Pregnancy

- 20% of Allen County women had been pregnant in the past 5 years.
- During their last pregnancy, Allen County women: got a prenatal appointment in the first 3 months (71%), took a multi-vitamin (71%), took folic acid during pregnancy (59%), took folic acid pre-pregnancy (44%), experienced perinatal depression (15%), and used an e-cigarette (3%).

## Women's Health Concerns

- From 2009-2011, major cardiovascular diseases (heart disease and stroke) accounted for 30% of all female deaths in Allen County (Source: CDC Wonder, Underlying Cause of Death).

### Allen County Female Leading Causes of Death, 2009 – 2011

1. Heart Diseases (23% of all deaths)
2. Cancers (20%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (7%)
5. Alzheimer's Disease (6%)

(Source: CDC Wonder, 2009-2011)

### Ohio Female Leading Causes of Death, 2009 – 2011

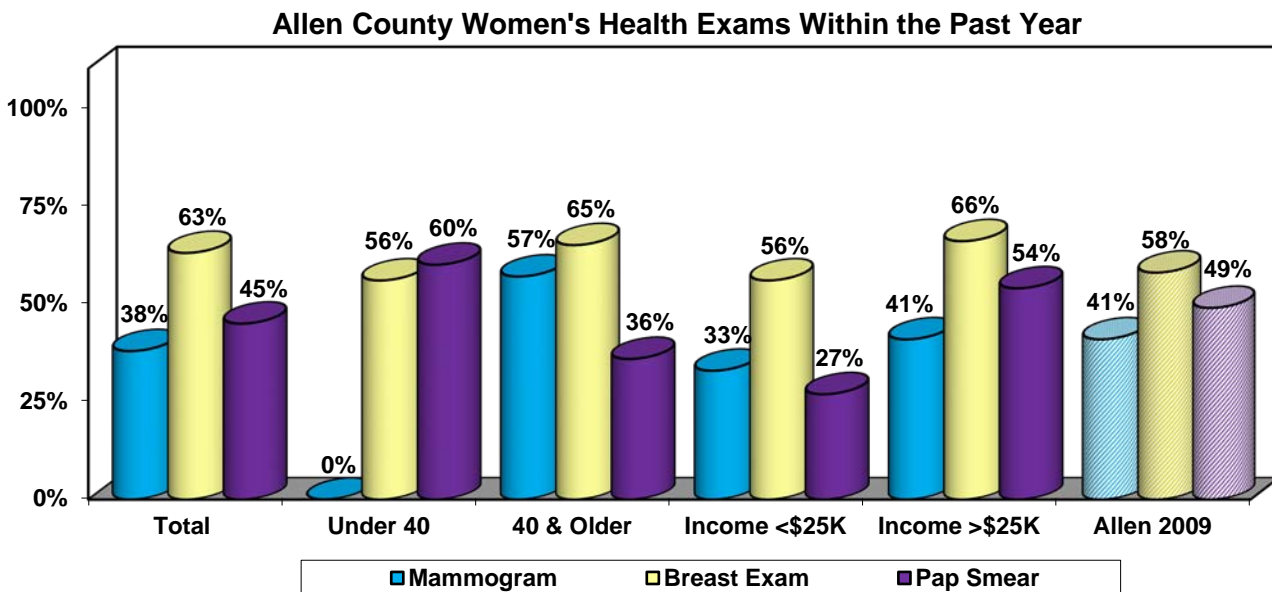
1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (6%)
5. Alzheimer's disease (5%)

(Source: CDC Wonder, 2009-2011)



- The 2014 health assessment determined that 2% of women had survived a heart attack and 1% had survived a stroke at some time in their life.
- Major risk factors for cardiovascular disease among women include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County the 2014 Health Assessment has identified that:
  - 63% were overweight or obese (58% U.S., 60% Ohio, 2013 BRFSS)
  - 33% were diagnosed with high blood pressure (30% U.S. and 32% Ohio, 2013 BRFSS)
  - 30% were diagnosed with high blood cholesterol (37% U.S., 36% Ohio, 2013 BRFSS)
  - 18% of all women were current smokers (17% U.S., 23% Ohio, 2013 BRFSS)
  - 10% had been diagnosed with diabetes (12% U.S., 12% Ohio, 2013 BRFSS)

The following graph shows the percentage of Allen County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph includes: 38% of Allen County females had a mammogram within the past year, 63% had a clinical breast exam, and 45% had a Pap smear.



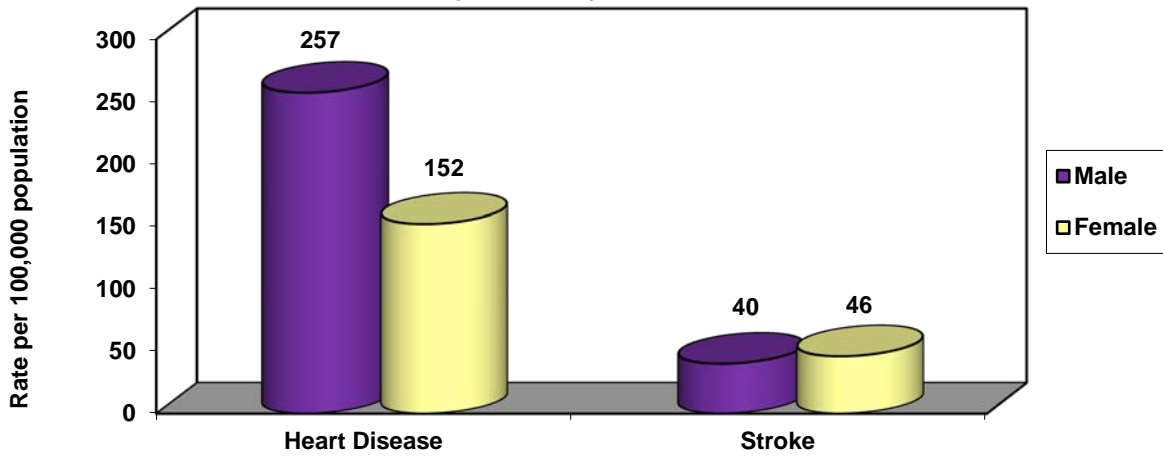
Adult Comparisons	Allen County 2009	Allen County 2014	Ohio	U.S.
Had a clinical breast exam in the past two years (age 40 & over)	79%	80%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	69%	76%	74%**	74%**
Had a pap smear in the past three years	74%	74%	78%**	78%**

N/A - Not Available  
 \*2010 BRFSS Data  
 \*\* 2012 BRFSS Data

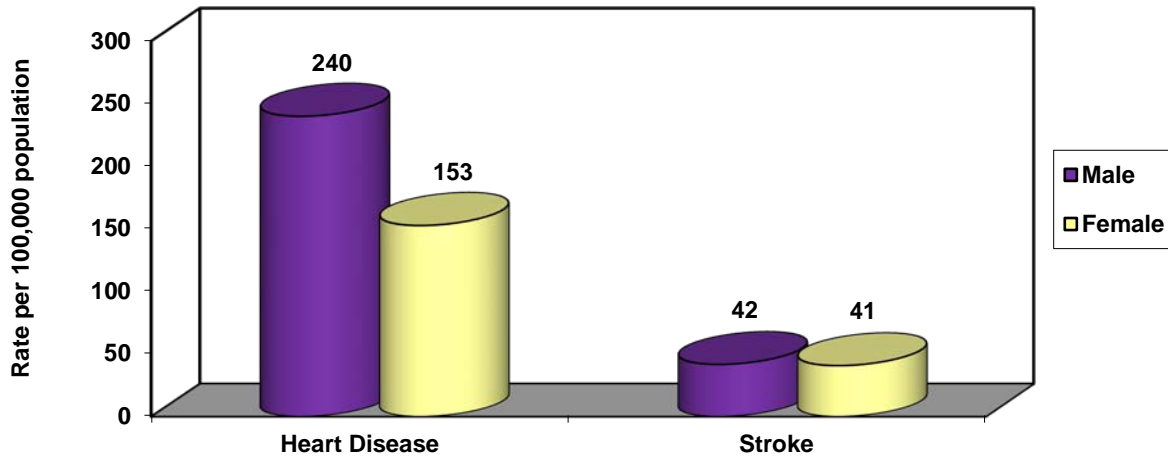
The following graphs show the Allen County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- From 2009-2011, the Allen County and Ohio female age-adjusted mortality rate was lower than the male rate for heart disease.
- The Allen County female heart disease mortality rate was lower than the Ohio female rate from 2009 to 2011.

**Allen County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2009-2011**



**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2009-2011**

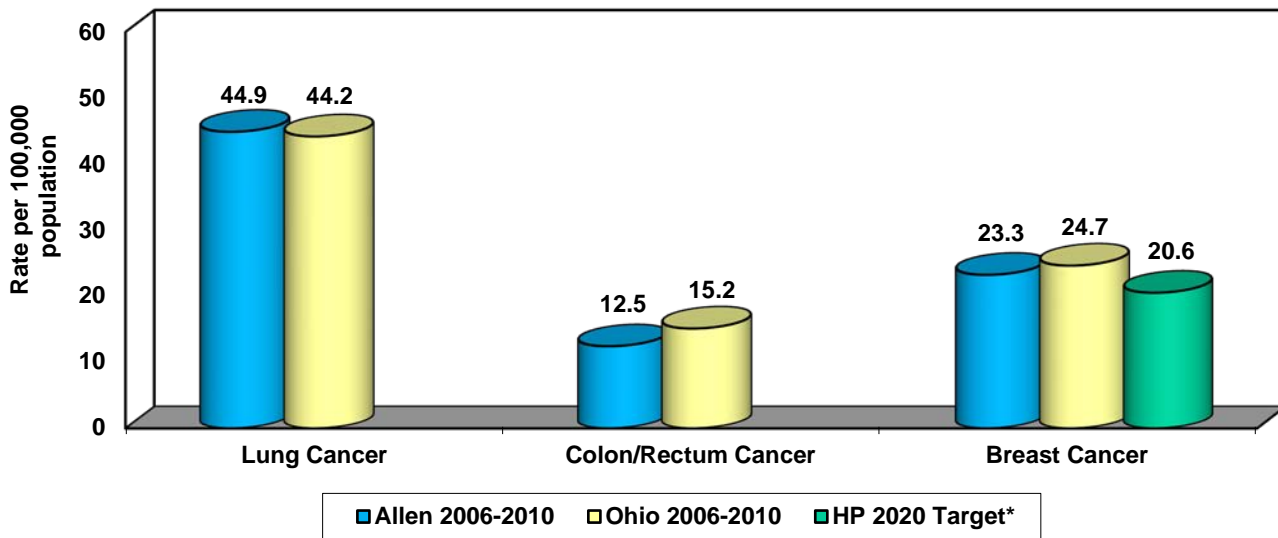


(Source: Health Indicators Warehouse, 2009-2011)

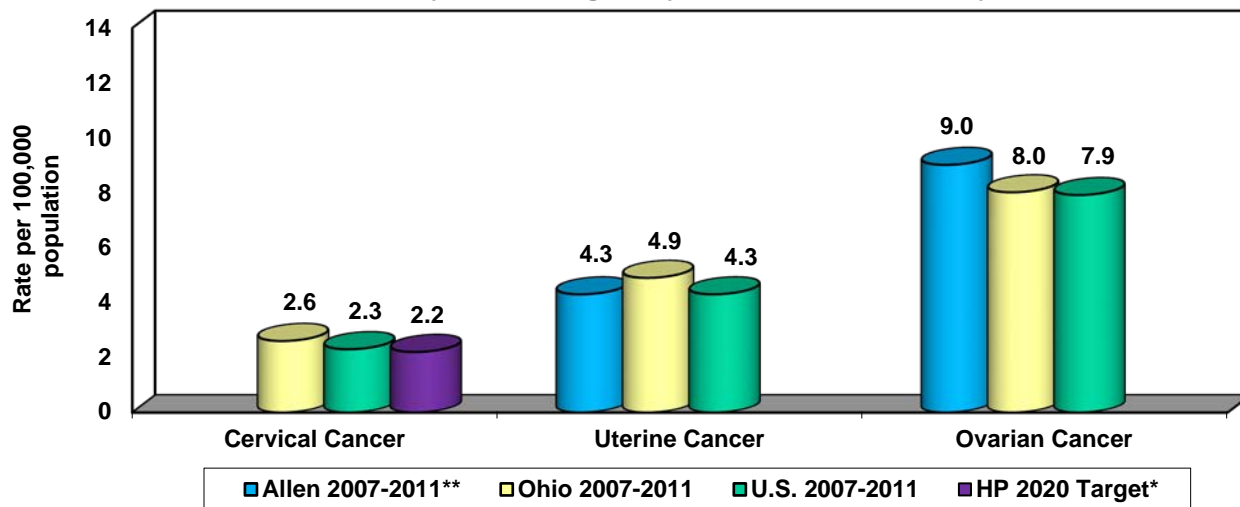
The following graphs show the Allen County age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2020 objectives when available. The graphs show:

- From 2006-2010, the Allen County age-adjusted mortality rate for female lung cancer was about the same as the Ohio rate, and the colon/rectum cancer and breast cancer mortality rate was less than the Ohio rate.
- From 2006-2010, the Allen County age-adjusted breast cancer mortality rate was less than the Ohio rate and greater than the Healthy People 2020 target objective.
- The Allen County age-adjusted ovarian cancer mortality rate from 2007-2011 was higher than the state and national rate.

**Allen County Female Age-Adjusted Cancer Mortality Rates**



**Allen County Female Age-Adjusted Cancer Mortality Rates**



\*Note: Healthy People 2020 target rates are not gender specific; Healthy People 2020 Targets may not be available for all diseases.

\*\* Allen County Data is too sparse to provide stable estimates of annual rates needed to calculate trend for cervical cancer.

(Source: ODH Information Warehouse, National Cancer Institute, and Healthy People 2020)

# Adult | MEN'S HEALTH

## Key Findings

In 2014, 43% of Allen County males had a sigmoidoscopy or colonoscopy in the past five years. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 25% of all male deaths in Allen County from 2009-2011. The Health Assessment determined that 6% of men survived a heart attack and 5% survived a stroke at some time in their life. More than one-third (34%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 26% were identified as smokers, which, along with obesity (32%), are known risk factors for cardiovascular diseases.

## Men's Health Screenings and Concerns

- One in eight (12%) Allen County males had a sigmoidoscopy or colonoscopy in the past year and 43% had one in the past five years.
- 23% of Allen County males reported that they had erectile dysfunction, increasing to 40% of those over the age of 50.
- 2% of males in Allen County reported have sexual contact with another man in the past two years.
- From 2009-2011, major cardiovascular diseases (heart disease and stroke) accounted for 31% of all male deaths in Allen County (Source: CDC Wonder).
- In 2014, the health assessment determined that 6% of men had survived a heart attack and 5% had survived a stroke at some time in their life.

**43% of Allen County males had a sigmoidoscopy or colonoscopy in the past 5 years.**

- Major risk factors for cardiovascular disease among men include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County the 2014 health assessment has identified that:
  - 73% were overweight or obese (71% U.S., 71% Ohio, 2013 BRFSS)
  - 34% were diagnosed with high blood pressure (34% U.S., 36% Ohio, 2013 BRFSS)
  - 34% were diagnosed with high blood cholesterol (40% U.S., 40% Ohio, 2013 BRFSS)
  - 26% of all men were current smokers (22% U.S., 24% Ohio, 2013 BRFSS)
  - 14% had been diagnosed with diabetes (10% U.S., 10% Ohio, 2013 BRFSS)
- From 2006-2010, the leading cancer deaths for Allen County males were lung, prostate, and colon and rectum cancers. Statistics from the same period for Ohio males show lung, prostate, and colon and rectum cancers as the leading cancer deaths (Source: ODH Information Warehouse).

### Allen County Male Leading Causes of Death, 2009 – 2011

1. Heart Diseases (27% of all deaths)
2. Cancers (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (4%)
5. Stroke (4%)

(Source: CDC Wonder, 2009-2011)

### Ohio Male Leading Causes of Death, 2009 – 2011

1. Cancers (25% of all deaths)
2. Heart Diseases (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (4%)

(Source: CDC Wonder, 2009-2011)

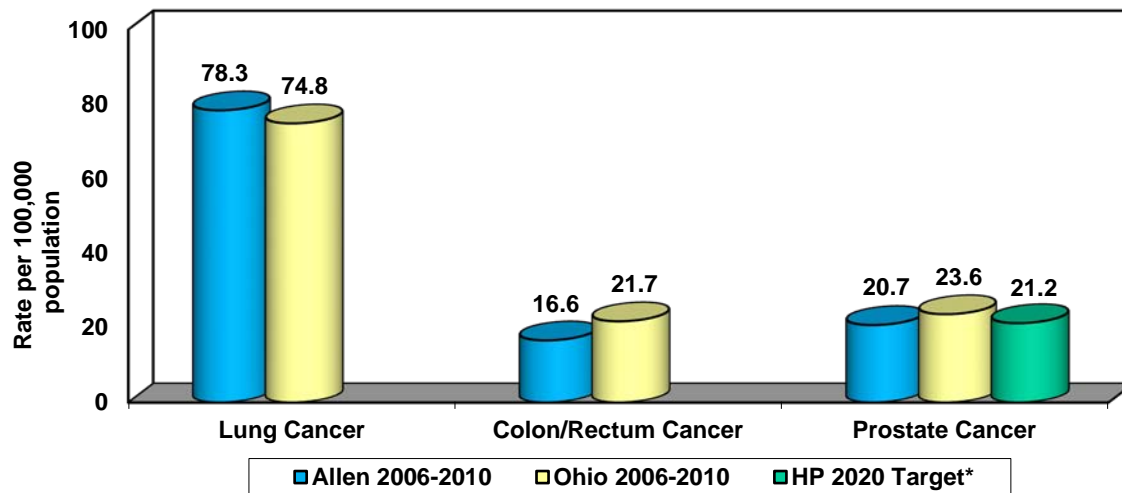
Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Been diagnosed with prostate cancer	4%	1%	N/A	N/A

N/A – Not Available

The following graph shows the Allen County age-adjusted cancer mortality rates per 100,000 population for men with comparison to Healthy People 2020 objective. The graph shows:

- From 2006-2010, the Allen County age-adjusted mortality rate for male lung cancer was higher than the state average, and colon/rectum cancer was lower than the Ohio rates.
- The age-adjusted prostate cancer mortality rate in Allen County for 2006-2010 was lower than the Ohio rate and the Healthy People 2020 objective.

**Allen County Male Age-Adjusted Cancer Mortality Rates**



\*Note: the Healthy People 2020 target rates are not gender specific.  
(Source: ODH Information Warehouse and Healthy People 2020)

**Men's Health Data in the United States**

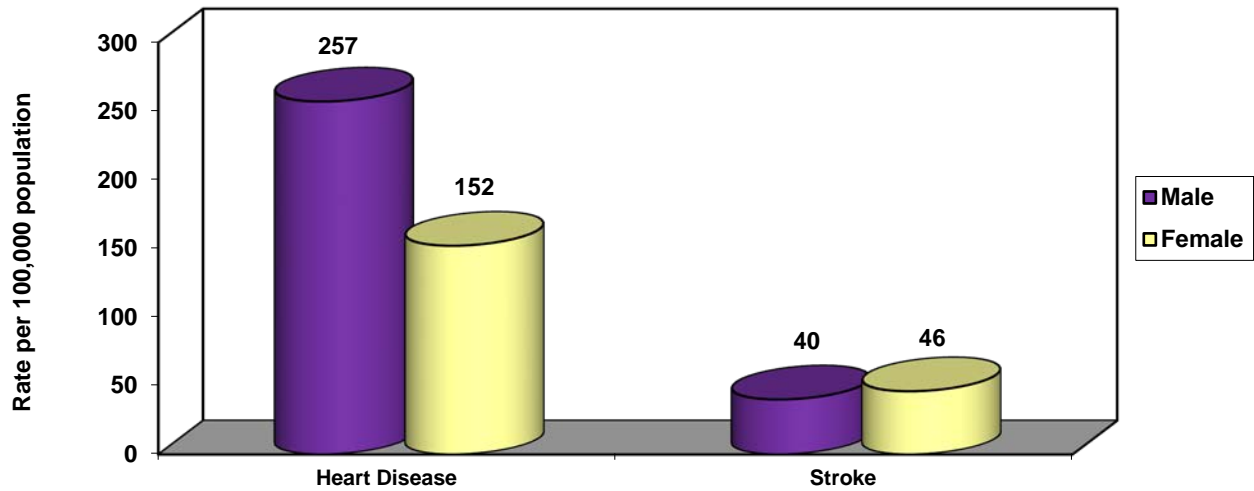
- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- 21% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 54% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 35% of men 20 years and over are obese.
- There are 19% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, May 14, 2014, from [http://www.cdc.gov/nchs/fastats/mens\\_health.htm](http://www.cdc.gov/nchs/fastats/mens_health.htm))

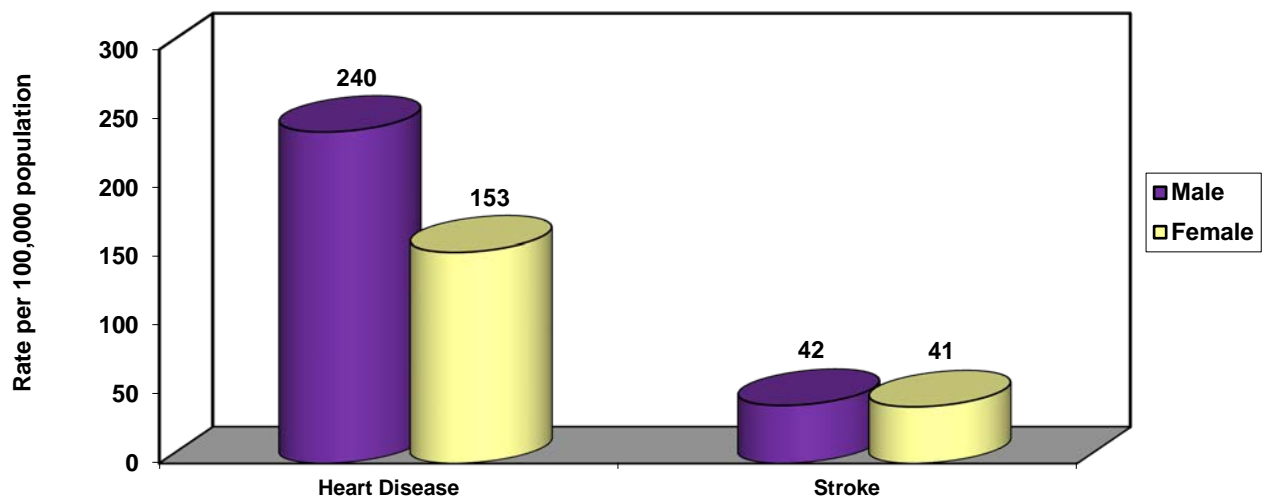
The following graphs show the Allen County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases by gender. The graphs show:

- From 2009-2011, the Allen County and Ohio male age-adjusted mortality rates were higher than the female rates for heart disease.
- The Allen County male age-adjusted stroke mortality rate was lower than the Ohio male rate.

**Allen County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2009-2011**



**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2009-2011**



(Source: Health Indicators Warehouse, 2009-2011)

## Heart Health and Stroke Facts for Men

- Heart disease is the leading cause of death for men in the United States, killing 307,225 men in 2009—that's 1 in every 4 male deaths.
- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.
- Between 70% and 89% of sudden cardiac events occur in men
- High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at higher risk for heart disease, including:
  - Diabetes
  - Physical inactivity
  - Excessive Alcohol Use
  - Poor diet
  - Overweight and obesity

(Source: CDC, *Men and Heart Disease Fact Sheet*, August 26, 2013, from: [http://www.cdc.gov/dhdsdp/data\\_statistics/fact\\_sheets/fs\\_men\\_heart.htm](http://www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_men_heart.htm))

# Adult | PREVENTIVE MEDICINE AND ENVIRONMENTAL HEALTH

## Key Findings

Half (50%) of Allen County adults had a flu vaccine during the past 12 months. Over half (55%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (53%) of adults ages 50 and over had a colonoscopy/ sigmoidoscopy within the past 5 years.

## Preventive Medicine

- Half (50%) of Allen County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 98% had the shot and 2% had the nasal spray.
- 75% of Allen County adults ages 65 and over had a flu vaccine in the past 12 months. The 2013 BRFSS reported that 63% of U.S. and Ohio adults ages 65 and over had a flu vaccine in the past year.
- Allen County adults received their last flu shot from the following places: doctor's office/health maintenance organization (19%), workplace (15%), store/pharmacy (13%), health department (3%), hospital (2%), another type of clinic or health center (2%), school (1%), senior, recreation or community center (<1%), emergency room (<1%), and some other place (1%).
- One-fourth (26%) of adults have had a pneumonia shot in their life, increasing to 55% of those ages 65 and over. The 2013 BRFSS reported that 70% of U.S. and 71% of Ohio adults ages 65 and over had a pneumonia shot in their life.
- Allen County adults have had the following vaccines: tetanus booster (including Tdap) in the past 10 years (45%), pneumonia vaccine in their lifetime (26%), Zoster (shingles) vaccine in their lifetime (11%), pertussis vaccine in the past 10 years (10%), and human papillomavirus vaccine in their lifetime (3%).

## Preventive Health Screenings and Exams

- More than half (53%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- Allen County adults had the following preventive screenings or exams in the past two years: prostate cancer-male (26%), colorectal cancer (14%), skin cancer (11%), and osteoporosis (8%).
- In the past year, 57% of Allen County women ages 40 and over have had a mammogram.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Allen County adults.

### Skin Cancer Prevention Recommendations

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

(CDC, *Skin Cancer Prevention*, Updated 2/15/2013, [http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm))



Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Had a pneumonia vaccination (ages 65 and over)	61%	55%	71%	70%
Had a flu vaccine in the past year (ages 65 and over)	70%	75%	63%	63%

**Allen County Adults Having Discussed Healthcare Topics With Their Healthcare Professional in the Past 12 Months**

HEALTHCARE TOPICS	Total 2014
Physical Activity or Exercise	39%
Weight, Dieting or Eating Habits	38%
Self-Breast or Self-Testicular Exam	28%
Immunizations	22%
Significance of Family History	18%
Depression, Anxiety, or Emotional Problems	17%
Quitting Smoking	10%
Injury Prevention Such As Safety Belt Use & Helmet Use	9%
Alcohol Use	7%
Alcohol Use When Taking Prescription Drugs	6%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	5%
Ways to Prepare for a Healthy Pregnancy and Baby	5%
Drug Abuse	4%
Domestic Violence	2%

**Allen County Adult Health Screening Results**

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	33%
Diagnosed with High Blood Cholesterol	32%
Diagnosed with Diabetes	12%
Diagnosed with a Heart Attack	4%
Diagnosed with a Stroke	3%

*(Percentages based on all Allen County adults surveyed)*

## Healthy People 2020 Pneumonia Vaccination

Objective	Allen County 2014	Ohio 2013	U.S. 2013	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	55%	71%	70%	90%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2013 BRFSS, 2014 Allen County Health Assessment)*

### Who Should Get a Yearly Flu Shot?

The following groups are recommended to get a yearly flu vaccine:

- All persons aged 6 months and older should be vaccinated annually.
- When vaccine supply is limited, vaccination efforts should focus on delivering vaccination to persons who:
  - Are aged 6 months through 4 years.
  - Are aged 50 years and older.
  - Have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus).
  - Are or will be pregnant during the influenza season.
  - Are American Indians/Alaska Natives.
  - Are morbidly obese (body-mass index is 40 or greater).
  - Are health-care personnel.
  - Are household contacts and caregivers of children aged younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months.
  - Are household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

*(Source: CDC, Seasonal Influenza (Flu), Who Should Get Vaccinated Against Influenza, Updated in 2011, from: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>)*

## Environmental Health

- Allen County households had the following disaster preparedness supplies: cell phone with texting (83%), working flashlight and working batteries (80%), cell phone (79%), working battery-operated radio and working batteries (54%), 3-day supply of nonperishable food for everyone in the household (50%), 3-day supply of prescription medication for each person who takes prescribed medicines (49%), home land-line telephone (41%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (40%), generator (33%), communication plan (20%), a disaster plan (11%), and a family disaster plan (10%).
- Allen County adults thought the following threatened their health in the past year.
  - Mold (10%)
  - Insects (7%)
  - Bed bugs (4%)
  - Rodents (3%)
  - Temperature regulation (3%)
  - Unsafe water supply/wells (3%)
  - Sewage/waste water problems (2%)
  - Chemicals found in products (2%)
  - General living conditions (1%)
  - Asbestos (1%)
  - Safety hazards (1%)
  - Plumbing problems (1%)
  - Lead paint (1%)
  - Cockroaches (1%)
  - Lice (<1%)
  - Radon (<1%)

### Basic Disaster Supplies Kit

A basic emergency supply kit could include the following recommended items:

- One gallon of water per person per day for at least three days, for drinking and sanitation.
- At least a three-day supply of non-perishable food.
- A working battery operated radio and working batteries.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask to help filter contaminated air.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Cell phone with chargers, inverter or solar charger.
- Manual can opener for food.

*(Source: Federal Emergency Management Agency (FEMA), Ready: Prepare. Basic Disaster Supplies Kit, Updated 3/13/2013, from: <http://www.ready.gov/basic-disaster-supplies-kit>)*

# Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

## Key Findings

In 2014, two-thirds (67%) of Allen County adults had sexual intercourse. Six percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years in the U.S. acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, *STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

## Adult Sexual Behavior

- Two-thirds (67%) of Allen County adults had sexual intercourse in the past year.
- 6% of adults reported they had intercourse with more than one partner in the past year, increasing to 10% of those under the age of 30.
- Allen County adults used the following methods of birth control: they or their partner were too old (21%), vasectomy (17%), birth control pill (15%), tubes tied (13%), condoms (12%), hysterectomy (11%), withdrawal (2%), abstinence (2%), IUD (2%), rhythm method (2%), shots (2%), and diaphragm (1%).
- 15% of Allen County adults were not using any method of birth control.
- Allen County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (31%)
  - They or their partner were too old (20%)
  - They did not think they or their partner could get pregnant (8%)
  - They did not want to use birth control (4%)
  - No regular partner (4%)
  - They or their partner did not like birth control/fear of side effects (2%)
  - Their partner did not want to use birth control (2%)
  - They or their partner were currently pregnant (2%)
  - They or their partner had just had a baby (2%)
  - Religious preferences (2%)
  - They did not care if they or their partner got pregnant (1%)
  - They or their partner were breast-feeding (1%)
  - They wanted to get pregnant (1%)
  - They had a problem getting birth control when they needed it (<1%)
  - Lapse in use of method (<1%)

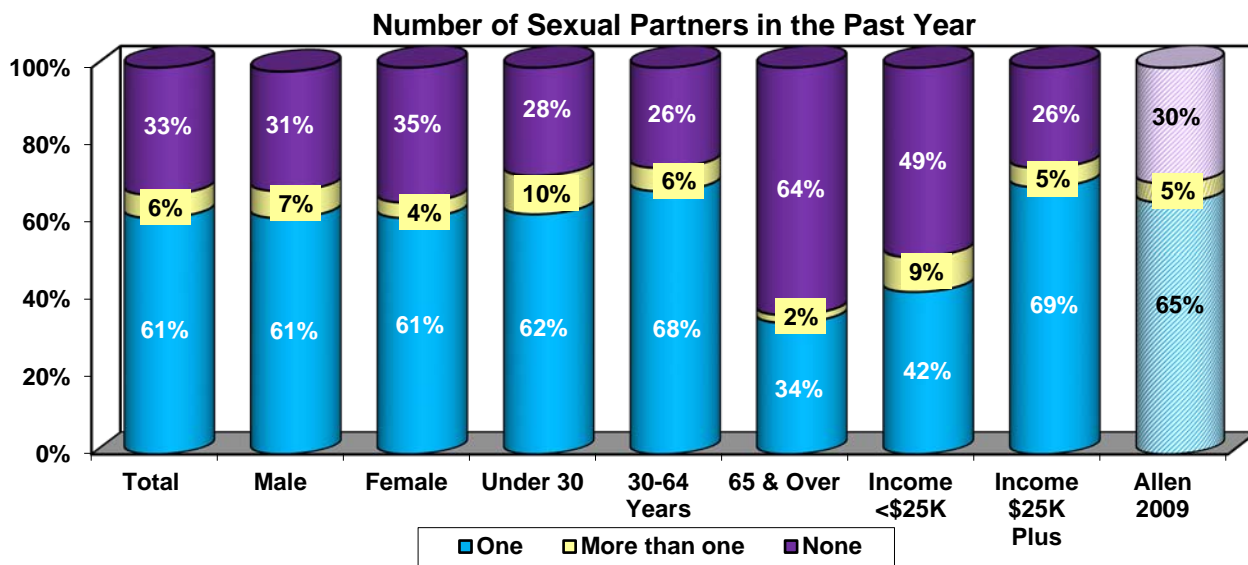
## HIV in the United States

- More than 1.1 million people in the United States are living with HIV infection, and almost 1 in 6 (15.8%) are unaware of their infection.
- By race, African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year.
- In 2011, an estimated 49,273 people were diagnosed with HIV infection in the United States. In that same year, an estimated 32,052 people were diagnosed with AIDS. Since the epidemic began, an estimated 1,155,792 people in the United States have been diagnosed with AIDS
- An estimated 15,529 people with an AIDS diagnosis died in 2010, and approximately 636,000 people in the United States with an AIDS diagnosis have died since the epidemic.

(Source: CDC, *HIV in the United States: At a Glance, 12/3/2013*, from: <http://www.cdc.gov/hiv/statistics/basics/ata glance.html>)

- The following situations applied to Allen County adults in the past year: had anal sex without a condom (3%), tested for an STD (2%), had sex with someone they did not know (1%), thought they may have an STD (1%), treated for an STD (1%), used intravenous drugs (1%), and tested positive for Hepatitis C (<1%).
- 23% of adults had been tested for HIV. Those who had not been tested reported the following reasons for not getting tested: did not think they could have it (43%), privacy (2%), did not know where to get tested (2%), did not want to know (1%), and other reasons (12%). 41% of adults reported no reason for not being tested for HIV.
- 5% of Allen County adults reported being forced to have sexual activity when they did not want to, increasing to 9% of females.

The following graph shows the sexual activity of Allen County adults. Examples of how to interpret the information in the graph includes: 61% of all Allen County adults had one sexual partner in the last 12 months and 6% had more than one, and 61% of males had one partner in the past year.



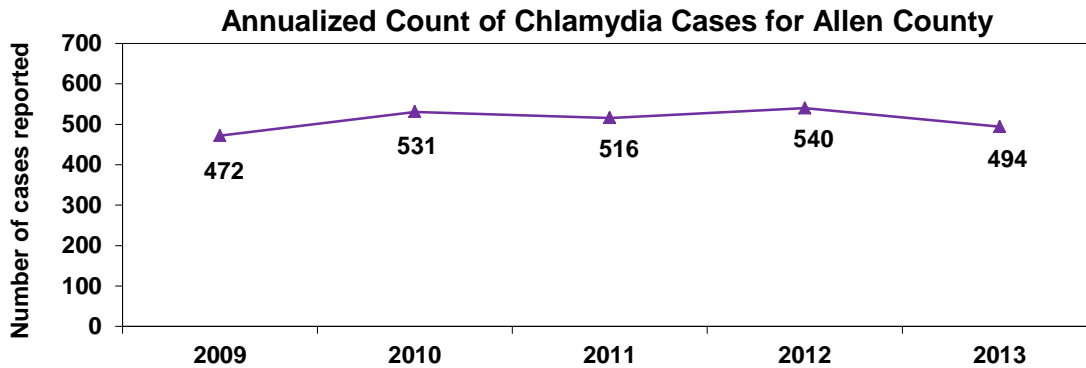
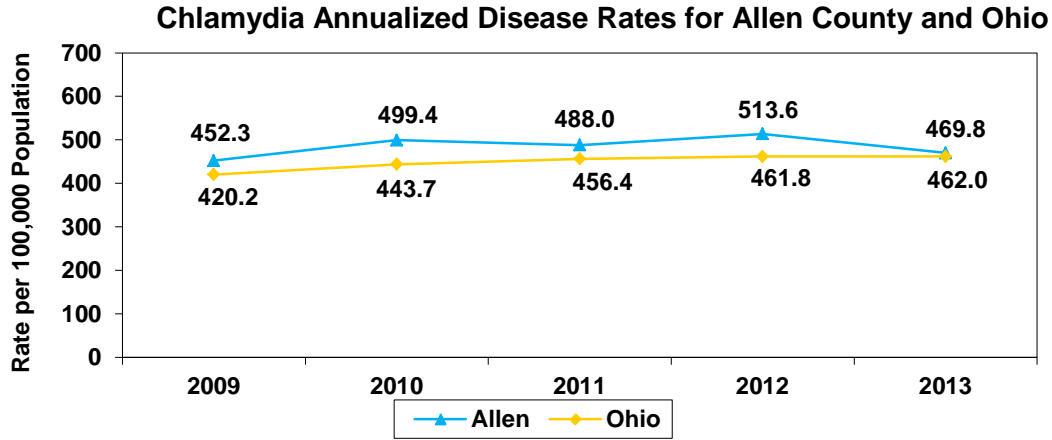
Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Had more than one sexual partner in past year	5%	6%	N/A	N/A

N/A - Not available

The following graphs show Allen County chlamydia disease rates per 100,000 population updated June 27, 2014 by the Ohio Department of Health. The graphs show:

- Allen County chlamydia rates fluctuated from 2009 to 2013. Allen County rates remained above the Ohio rates.
- In 2012, the U.S. rate for new chlamydia cases was 456.7 per 100,000 population (Source: CDC, *STD Trends in the U.S., 2014*).

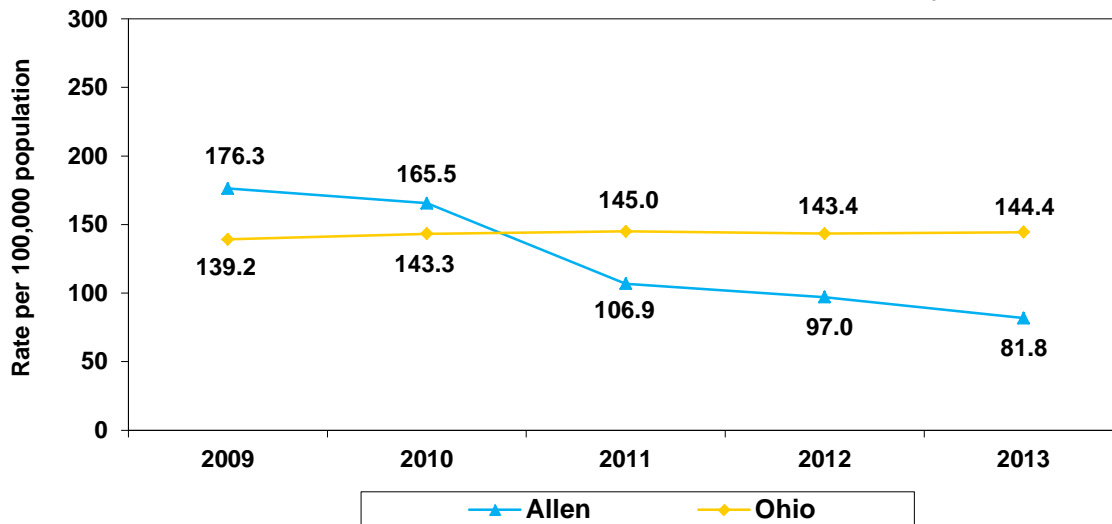


(Source for graphs: ODH, STD Surveillance, data reported through 6-27-14)

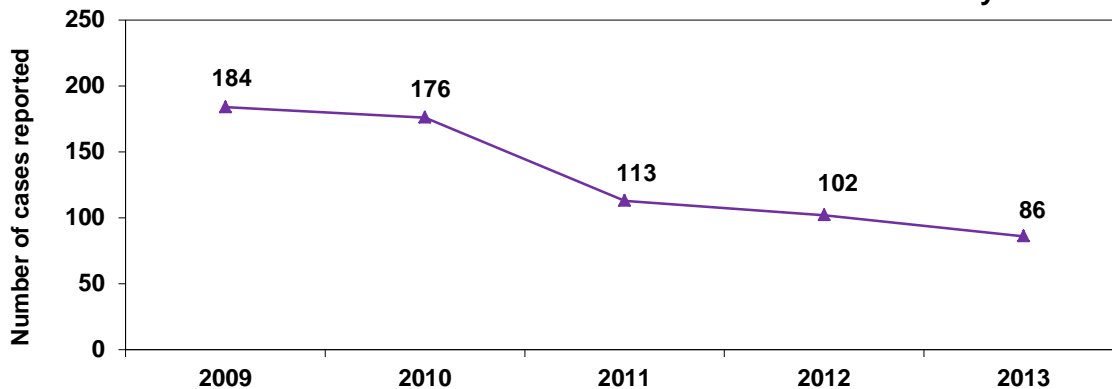
The following graphs show Allen County gonorrhea disease rates per 100,000 population updated June 27, 2014 by the Ohio Department of Health. The graphs show:

- The Allen County gonorrhea rate decreased from 2009 to 2013, and decreased below the Ohio rate.
- The Ohio gonorrhea rate increased slightly from 2009 to 2013.
- In 2012, the U.S. rate for new gonorrhea cases for the total population was 107.5 per 100,000 population (Source: CDC, *STD Trends in the U.S., 2014*).
- The Healthy People 2020 Objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

**Gonorrhea Annualized Disease Rates for Allen County and Ohio**



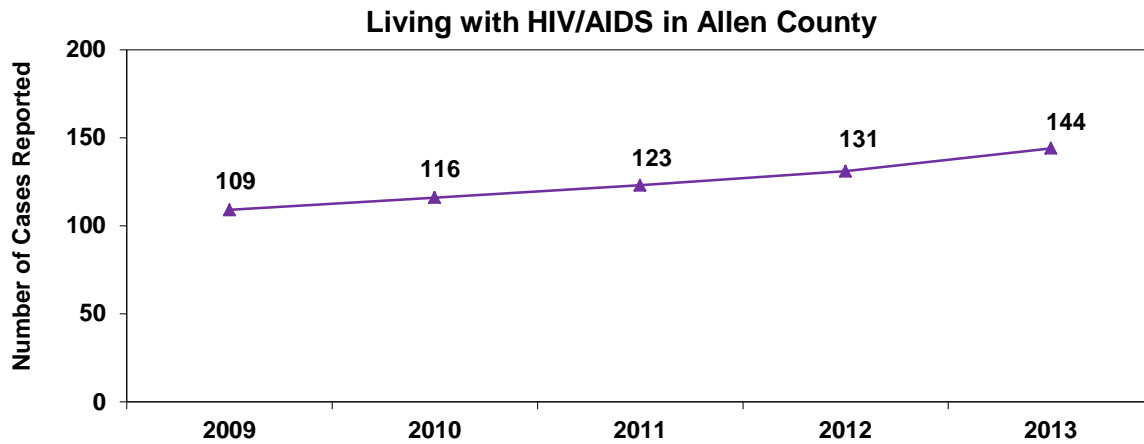
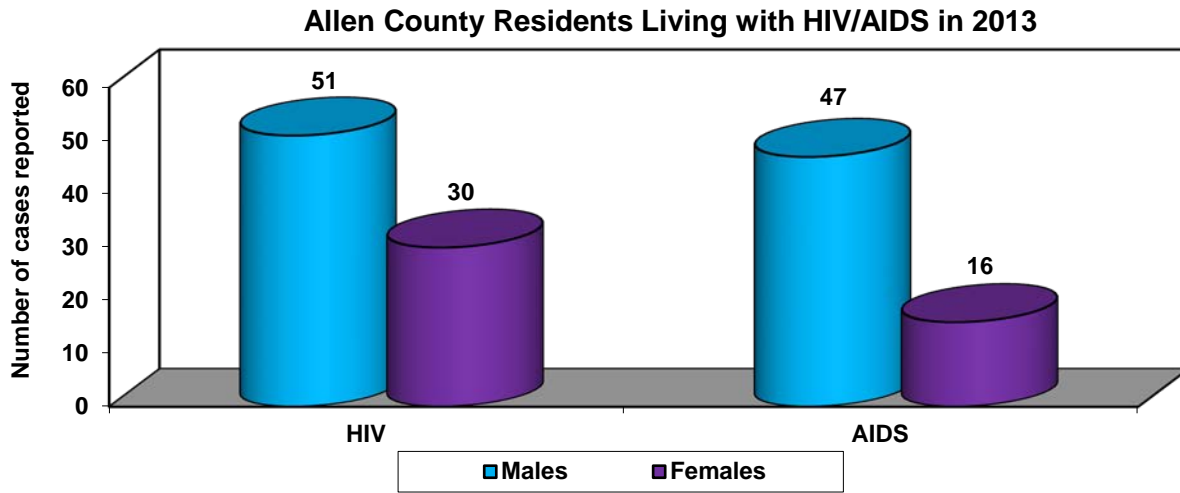
**Annualized Count of Gonorrhea Cases for Allen County**



(Source for graphs: ODH, STD Surveillance, data reported through 6-27-2014)

The following graphs show the Allen County HIV/AIDS counts, as of June 30, 2014 by the Ohio Department of Health. The graphs show:

- The 2013 Allen County rate of 184.9 per 100,000 males living with HIV/AIDS was higher than the female rate of 88.2 per 100,000 population.



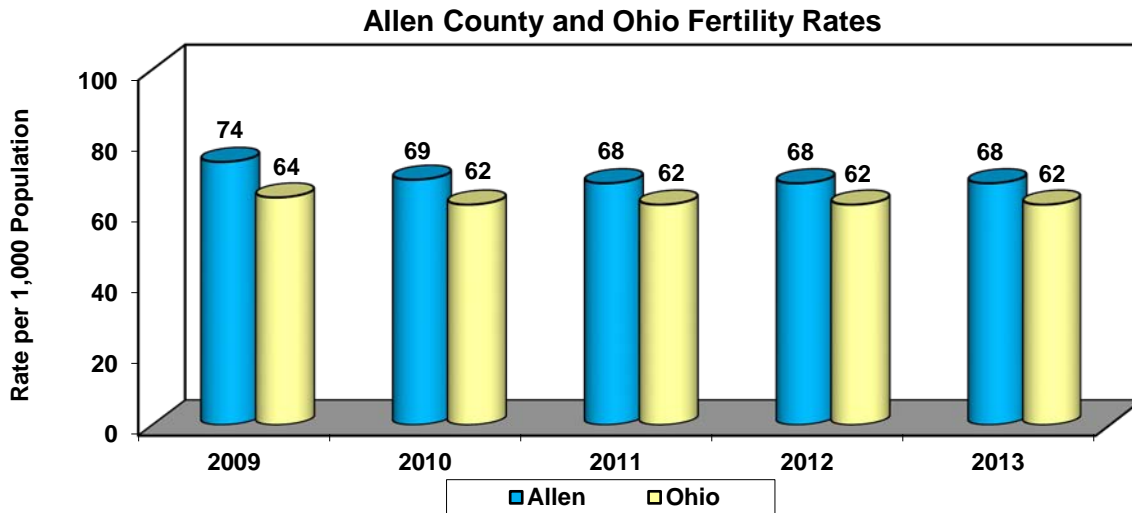
(Source for graphs: ODH HIV/AIDS Surveillance Program, Updated 6-30-2014)



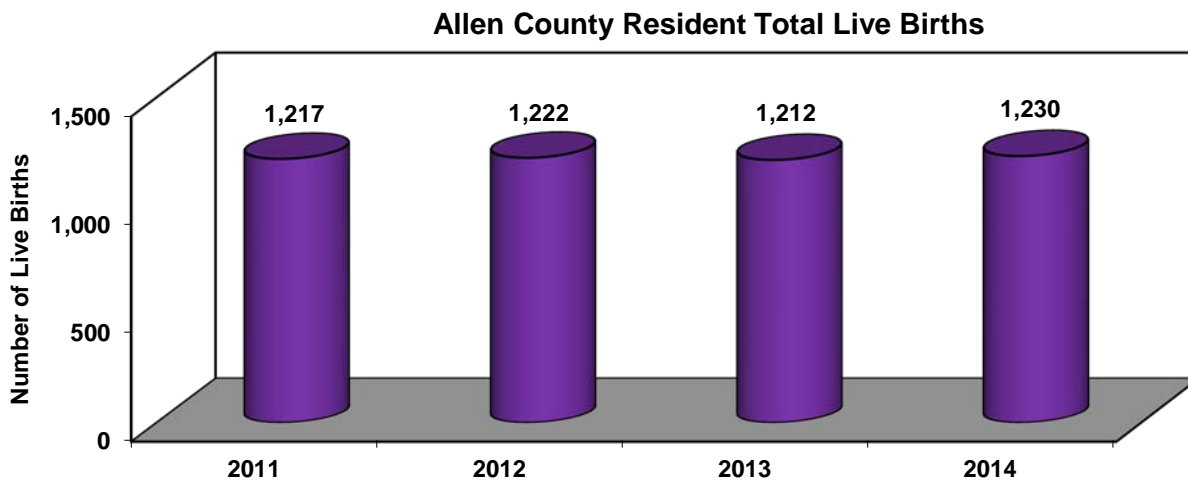
## Pregnancy Outcomes

\*Please note that the pregnancy outcomes data includes all births to adults and adolescents.

- In 2012, the U.S. fertility rate was 63.0 per 1,000 women ages 15-44 (Source: National Vital Statistics Report 2012).
- From 2011-2014, there was an average of 1,220 live births per year in Allen County.



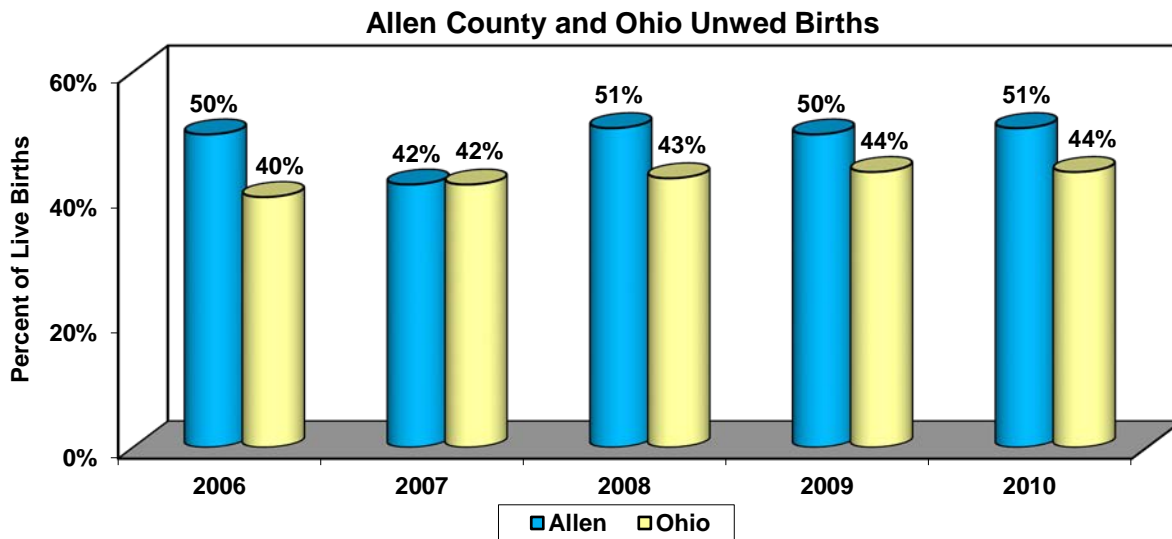
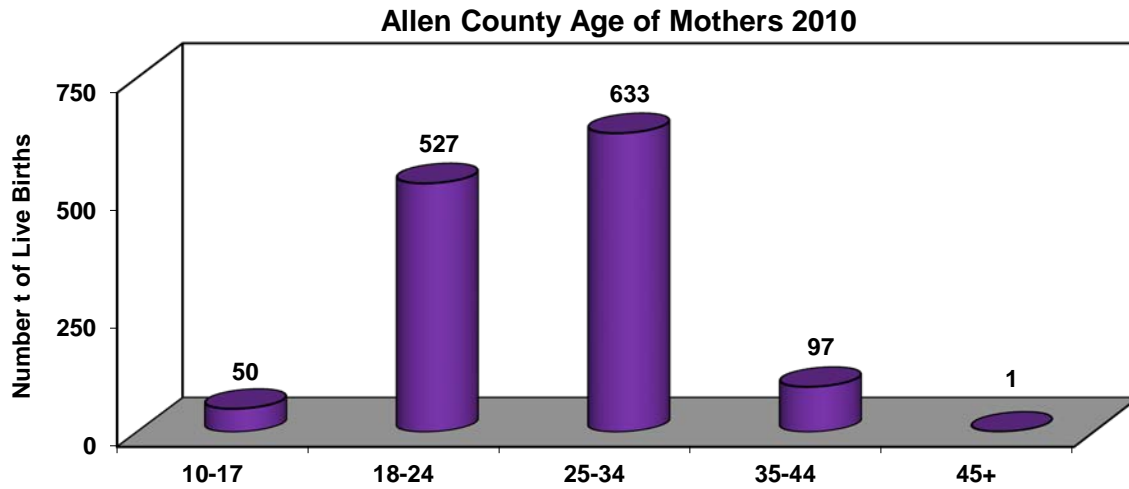
(Source for graph: ODH Information Warehouse Updated 5-24-13)



(Source for graph: Allen County Public Health Vital Statistics)

The following graphs show Allen County total number of live births by age of the mother and Allen County and Ohio percentage of unwed births updated May 24, 2013 by the Ohio Department of Health. The graphs show:

- The percentage of births to unwed mothers in Allen County fluctuated from year to year, and was above the Ohio percentage in 2008-2010.
- In 2012, 41% of U.S. births were to unwed mothers (Source: National Vital Statistics Report 2012).

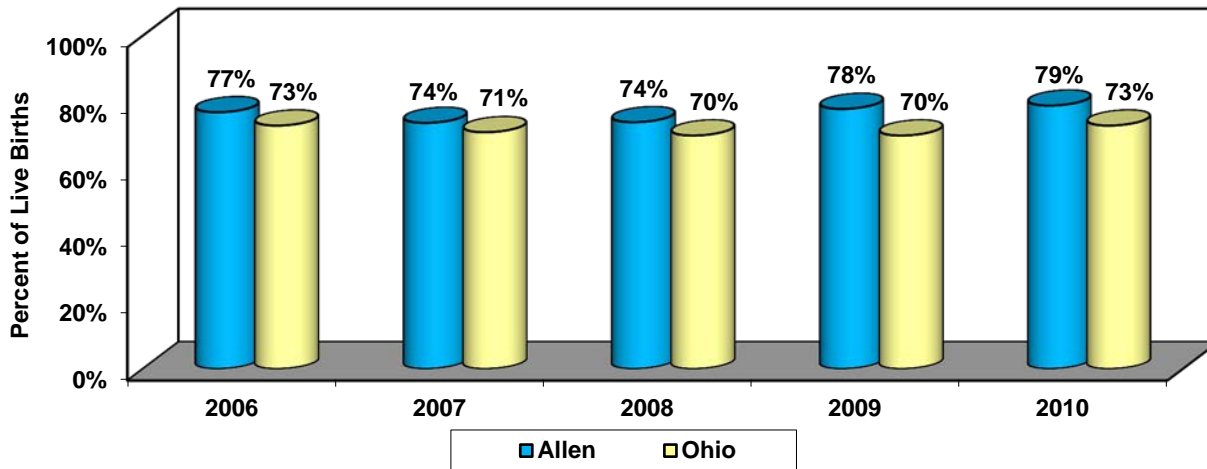


(Source for graphs: ODH Information Warehouse Updated 5-24-13)

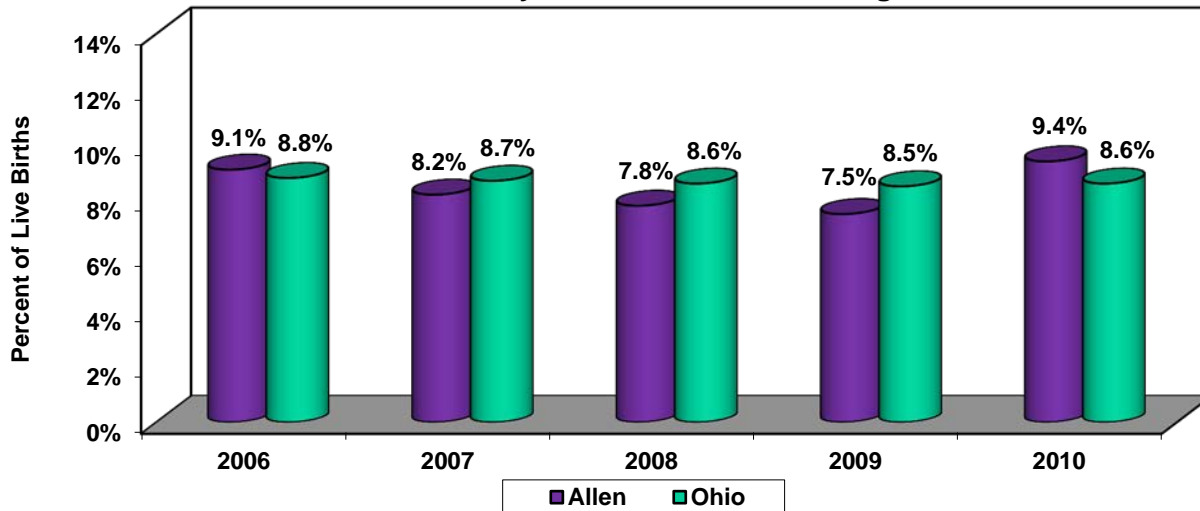
The following graphs show Allen County and Ohio percentage of births with first trimester prenatal care and low birth weight rates updated May 24, 2013 by the Ohio Department of Health. The graphs show:

- In 2010, 79% of Allen County mothers received prenatal care during the first trimester (Source: ODH, Birth Statistics, 2010).
- In 2012, 8% of all U.S. live births were low birth weight births (Source: National Vital Statistics Report 2012).

**Allen County and Ohio Births with First Trimester Prenatal Care**



**Allen County and Ohio Low Birth Weight Births\***



\*Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.  
(Source for graphs: ODH Information Warehouse Updated 5-24-13)

# Adult | QUALITY OF LIFE

## Key Findings

In 2014, 18% of Allen County adults were limited in some way because of a physical, mental or emotional problem.

## Impairments and Health Problems

- In 2014, nearly one-fifth (18%) of Allen County adults were limited in some way because of a physical, mental or emotional problem (21% Ohio, 20% U.S., 2013 BRFSS), increasing to 33% of those with incomes less than \$25,000.
- Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (43%), arthritis (41%), walking problems (22%), stress, depression, anxiety, or emotional problems (21%), chronic pain (21%), sleep problems (18%), high blood pressure (17%), heart problems (17%), lung/breathing problems (16%), diabetes (16%), hearing problems (10%), eye/vision problems (10%), a learning disability (7%), fractures, bone/joint injuries (6%), tobacco dependency (5%), mental health illness/disorder (4%), stroke-related problems (3%), a developmental disability (3%), incontinence (2%), cancer (1%), and alcohol dependency (1%).
- Allen County adults would have a problem getting the following if they needed it today: someone to loan them \$50 (12%), someone to help if they were sick in bed (11%), someone to help them pay for medical expenses (10%), someone to take them to the doctor (9%), someone to talk to about their problems (7%), someone to accompany them to their doctor appointments (5%), someone to explain directions from their doctor (4%), and back-up child care (4%).
- In the past year, Allen County adults reported needing the following services: eyeglasses or vision services (26%), pain management (11%), help with routine needs (6%), hearing aids or hearing care (5%), a walker (5%), a cane (5%), help with personal care (4%), a wheelchair (3%), medical supplies (3%), oxygen or respiratory support (2%), wheelchair ramp (2%), mobility aids or devices (2%), a special bed (1%), a special telephone (1%), durable medical equipment (1%), and communication aids (<1%).
- Allen County adults needed help with the following because of an impairment or health problem: household chores (6%), shopping (5%), getting around for other purposes (3%), doing necessary business (3%), bathing (2%), dressing (2%), getting around the house (1%), and eating (1%).

**Back Pain Prevention**

The best things you can do to prevent back pain are:

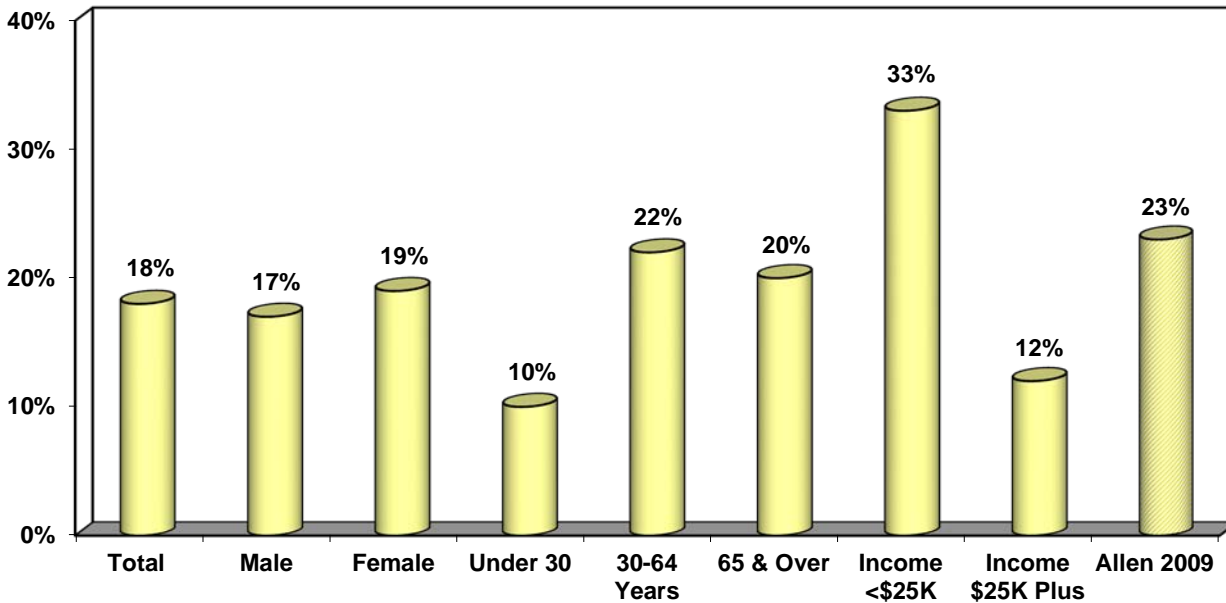
- Exercise and keep your back muscles strong.
- Maintain a healthy weight or lose weight if you weigh too much.
- Make sure you are getting enough calcium and vitamin D every day. This is very important to keep bones strong.
- Try to stand up straight and avoid heavy lifting when you can. If you do lift something heavy, bend your legs and keep your back straight.

(Source: National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases, [http://www.ninds.nih.gov/disorders/backpain/detail\\_backpain.htm](http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm))

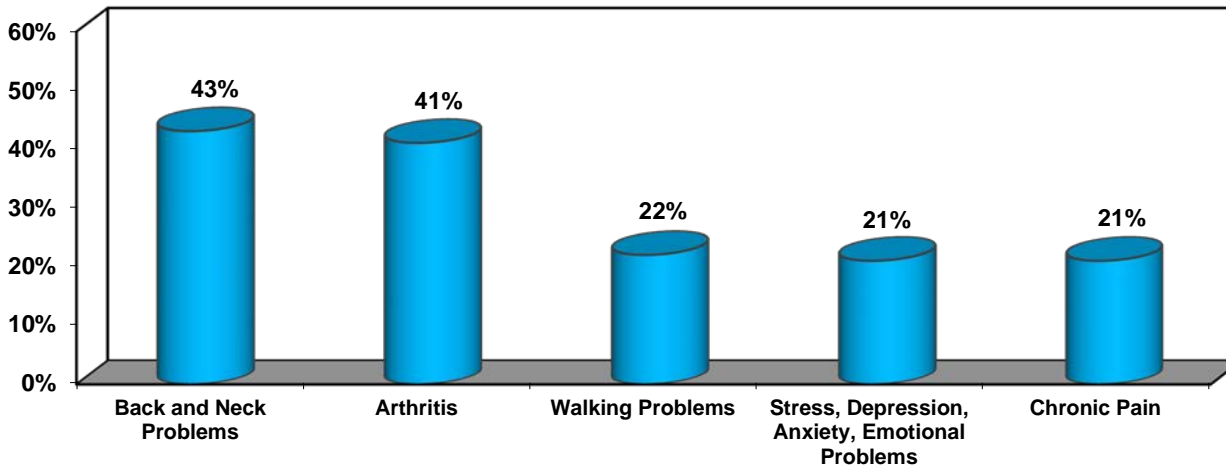
Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S 2013
Limited in some way because of a physical, mental, or emotional problem	23%	18%	21%	20%

The following graphs show the percentage of Allen County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph includes: 18% of Allen County adults are limited in some way, 17% of males, and 20% of those 65 and older.

**Allen County Adults Limited in Some Way**



**Allen County Most Limiting Health Problems**



## Healthy People 2020

### Arthritis

Objective	Allen County 2014	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	41%	36%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2014 Allen County Health Assessment)*

#### The Impact of Arthritis

- Arthritis is the most frequent cause of disability among adults in the United States, with osteoarthritis (OA) being the most common type.
- 67 million (25%) adults aged 18 years or older will have doctor-diagnosed arthritis by the year 2030.
- Data indicates that lack of exercise and age are marked risk factors for developing arthritis.
- Arthritis is a co-morbidity of diabetes, heart disease, high cholesterol, high blood pressure and obesity.
- Anxiety and depression can develop in people with diagnosed arthritis. Health care providers should screen all people with arthritis, for both anxiety and depression.

*(Source: CDC, Arthritis Data and Statistics, 2011, [http://www.cdc.gov/arthritis/data\\_statistics.htm](http://www.cdc.gov/arthritis/data_statistics.htm)& Murphy, LB. 2012. "Anxiety and depression among US adults with arthritis: Prevalence and correlates," <http://www.ncbi.nlm.nih.gov/pubmed/22550055>)*

# Adult | SOCIAL CONTEXT AND SAFETY

## Key Findings

In 2014, 5% of Allen County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). 93% of adults reported regularly using seat belts to reduce their risk of injury.

## Social Context

- 3% of Allen County adults were threatened to be abused in the past year. They were threatened to be abused by the following: a spouse or partner (62%), a parent (8%), another family member (8%), and someone else (54%).
- 5% of Allen County adults were abused in the past year. They were abused by the following: a spouse or partner (45%), a parent (14%), another family member (9%), and someone else (55%).
- They were abused in the following ways: verbally (74%), emotionally (64%), through electronic methods (23%), financially (17%), physically (14%), and sexually (9%).

*5% of Allen County adults were abused in the past year.*

- Allen County adults received assistance for the following in the past year: food (12%), prescription assistance (11%), healthcare (10%), mental health issues (9%), utilities (8%), home repair (8%), transportation (6%), rent/mortgage (6%), employment (6%), free tax preparation (4%), legal aid services (3%), credit counseling (3%), homelessness (2%), clothing (1%), alcohol or other substance abuse dependency (1%), abuse or neglect issues (1%), unplanned pregnancy (<1%), and emergency shelter (<1%).
- 3% of adults had called 2-1-1, a non-emergency information referral number, for assistance, increasing to 9% of those with incomes less than \$25,000. Of those who called 2-1-1 for assistance, 77% received information that assisted them in getting the help they needed.
- 6% of adults reported they went to bed hungry because they cannot afford food at least one night per week, increasing to 17% of those with incomes less than \$25,000. <1% of adults went to bed hungry every night of the week.
- Allen County adults reported the following as the top 5 issues in their community:
  - Crime
  - Unemployment
  - Alcohol/drug use
  - Obesity
  - Poverty

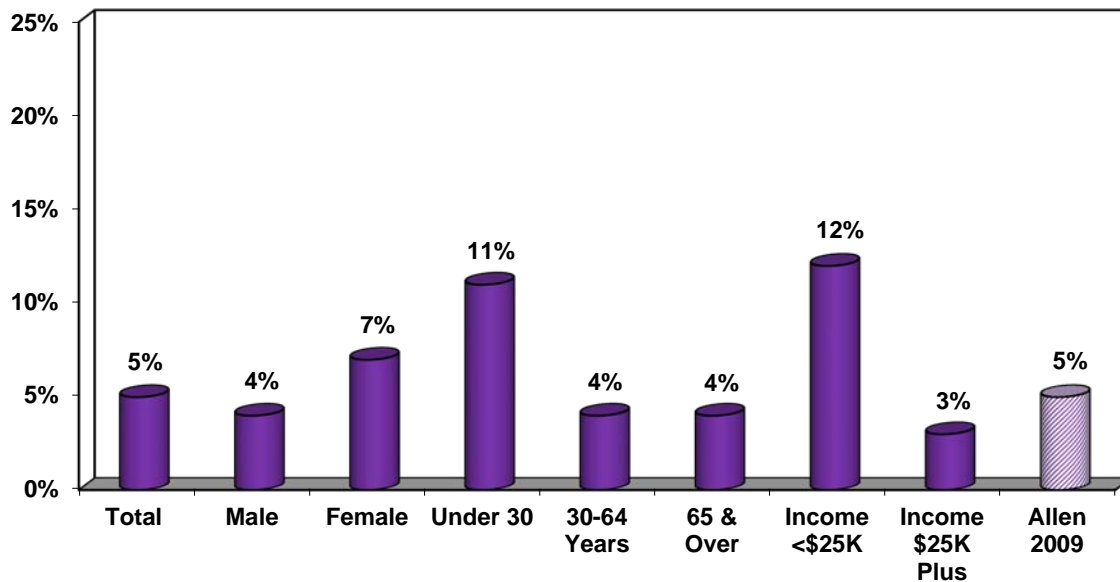
## Safety

- 17% Allen County adults reported that their neighborhood was extremely safe, 60% reported it to be quite safe, 17% reported it to be slightly safe, and 6% reported it to be not safe at all.

- Allen County adults reported doing the following while driving: wearing a seatbelt (88%), eating (42%), talking on hand-held cell phone (39%), talking on hands-free cell phone (25%), texting (14%), using internet on their cell phone (6%), checking facebook on their cell phone (4%), being under the influence of alcohol (2%), reading (2%), being under the influence of drugs (<1%), and other activities (such as applying makeup, shaving, etc.) (3%).
- Allen County adults reported using the following items regularly to reduce their risk of injury: seat belts (93%), sunscreen (42%), life jackets (14%), bike helmets (12%), and motorcycle/ATV/snowmobile helmets (7%).
- 38% of adults reported they hit their head hard enough to feel dizzy, had a concussion, were knocked out, had their "bell rung", etc., increasing to 50% of males.

The following graph shows the percentage of Allen County adults that have been threatened or abused in the past year. Examples of how to interpret the information shown on the first graph include: 5% of all Allen County adults have been abused, 4% of males, and 4% of those ages 30-64 have been abused.

**Allen County Adults Who Were Abused in the Past Year**



### Distracted Driving

- Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.
- Each day, more than 9 people are killed and more than 1,060 people are injured in crashes that were reported to involve a distracted driver.
- In 2011, 3,331 people were killed in crashes involving a distracted driver. An additional 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011
- 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving, and 31% reported that they had read or sent text messages or email messages while driving at least once within the last 30 days.
- Nearly half of all U.S. high school students aged 16 years or older text or email while driving.

(Source: CDC, *Distracted Driving*, updated May 23, 2013, [http://www.cdc.gov/motorvehiclesafety/distracted\\_driving/index.html](http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html))



## Ohio State Patrol Activity Statistics

- The table below shows activity that has been produced by the Ohio State Highway Patrol for Allen County from 1/1/2013 through 7/13/2014.
- The table also shows a previous year comparison for the same time frame.

Year to Date Activity	2013	2014
Enforcement Stops	4,700	5,832
Non-Enforcement Activity	7,151	8,297
Warnings	3,848	4,980
Motorist Assists	1,824	2,319
Crashes Investigated	414	485
OVI Enforcement	258	283
Driving Under Suspension Enforcement	294	378
Seat Belt Enforcement	1,115	1,304
Commercial Vehicle Enforcement	222	237
Case Investigations Initiated	90	112
Felony Arrests	30	42
Felony Warrants Served	8	4
Misdemeanor Summons Issued	148	208
Misdemeanor Warrants Served	33	27
Drug Violations	88	159
Identity Theft Enforcements	5	1
Resisting Arrest Violations	13	12
Weapons Violations	5	10

(Source: Ohio State Highway Patrol Statistics, Allen County Activity Statistics, updated 7/13/2014, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage.asp?Area1=26&B2=Submit>)

## Ohio State Highway Patrol Statistics

- Below are the yearly activity summaries and officer complaints from 2009-2013.
- In 2013, there were 64,468 total crashes in the state of Ohio.

Crashes Investigated	2009	2010	2011	2012	2013	5 Year Total
Total Crashes	67,695	69,077	66,628	64,561	64,468	333,429
Fatal	494	514	499	535	468	2,510
Injury	20,271	20,741	20,118	19,498	18,586	99,214
Property/Unknown	46,930	47,822	46,011	44,528	46,414	231,705

Traffic Enforcement	2009	2010	2011	2012	2013	5 Year Total
Total Contacts	1,428,830	1,386,383	1,404,060	1,495,564	1,582,694	7,307,531
Enforcement	523,525	514,247	512,125	567,858	601,371	2,719,126
Non-Enforcement	915,305	872,136	891,935	927,706	981,323	4,588,405
OVI Arrests	24,254	22,090	23,747	24,529	24,128	118,748
Speed Citations	318,543	325,423	323,477	362,821	381,500	1,711,765
Safety Belt Citations	98,039	86,623	84,176	91,595	97,463	457,896
Driver License Citations	26,019	25,367	25,656	28,299	32,344	137,685
Traffic Warnings	410,659	371,085	367,739	409,029	440,349	1,998,861
Motorist Assists	324,906	308,573	312,104	304,293	291,837	1,541,713

Crime Enforcement	2009	2010	2011	2012	2013	5 Year Total
Cases	11,191	11,209	9,040	9,244	9,975	50,659
Stolen Vehicles Recovered	673	676	653	735	654	3,391
Drug Arrests	5,327	5,665	6,164	7,644	9,628	34,428
Illegal Weapon Arrests	315	332	362	395	568	1,972
Resisting Arrests	733	682	726	721	731	3,593

(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 01/30/2014)

## Traffic Stop Data

- This data is compiled from all traffic stops in which a citation, inspection, warning, or vehicle defect notice was issued by Ohio State Highway Patrol Troopers in 2013.

Crime Enforcement	Asian	Black	Hispanic	White	Unknown	Total
Traffic Stop Contacts	13,558	131,805	21,701	818,994	4,278	991,001

(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 01/30/2014)

## Complaint Data

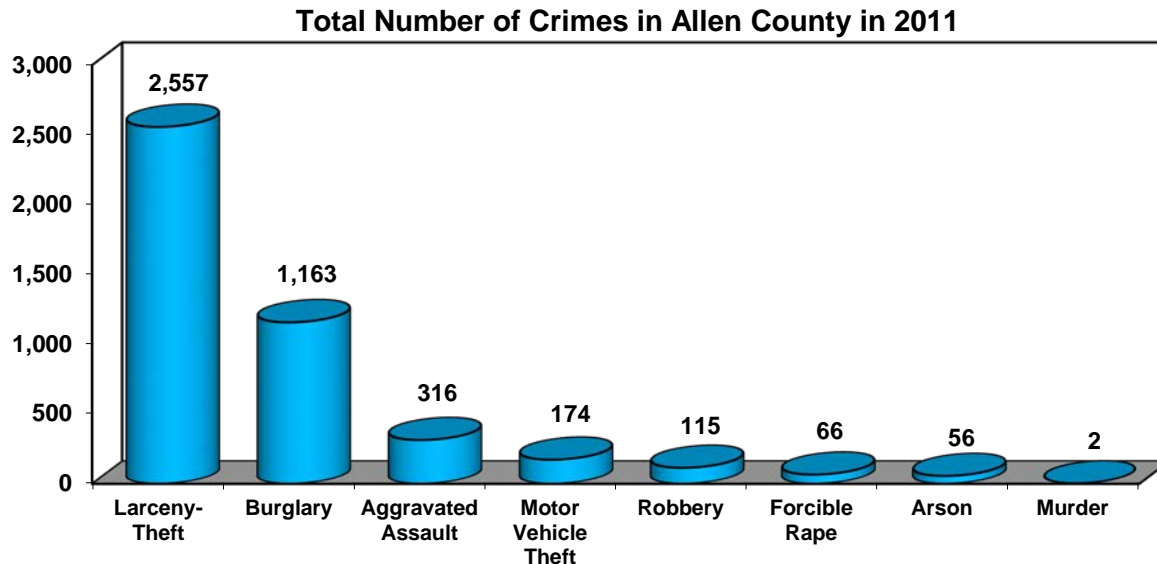
- This data represents all citizen complaints filed with the Ohio State Highway Patrol from January – December 2013.
- In 2013, there were a total of 30 filed citizen complaints.

	Citizen Complaints Filed	Chargeable Findings	Non-Chargeable Findings
Harassment	2	0	2
Sexual Harassment	0	0	0
Racial Harassment	0	0	0
Improper or Unfair Enforcement Practices	1	0	1
Arrest Complaint	6	1	5
Mistakes and/or Poor Quality Reports	0	0	0
Failure to Assist Public	1	1	0
Improper Vehicle Operation	1	1	0
Dishonesty, Untruthfulness, Falsification	0	0	0
Improper Use of Electronic Equipment	0	0	0
Personal Activity of Employee	1	0	1
Failure to Act	0	0	0
Care of Recovered Property	0	0	0
Excessive Force	0	0	0
Other Agency / Beyond Our Control	0	0	0
Negligence by Employee	2	0	2
Improper Interaction with Other Public Service Agencies	0	0	0
Verbal Abuse	2	2	0
Unprofessional Demeanor (attitude)	7	4	3
Racially Biased Traffic Stop or Enforcement	1	0	1
Personal Conduct while Off Duty	1	0	1
Misuse of LEADS	0	0	0
Lost or Damaged Property	0	0	0
Request for Bribes or Gratuities by Employee	4	3	1
Use of Position for Personal Gain	1	0	1
Conducting Personal Business While on Duty	0	0	0
<b>Total Complaints</b>	<b>30</b>	<b>12</b>	<b>18</b>

(Source: Ohio State Highway Patrol Statistics, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage2.asp>)

## Crime Data

- In 2011, the total population in Allen County was 106,409.
- There were a total of 3,894 property crimes and 499 violent crimes in 2011.



(Source: Office of Criminal Justice Services, Crime Statistics and Crime Reports, 2011, from [http://www.ocjs.ohio.gov/crime\\_stats\\_reports.stm](http://www.ocjs.ohio.gov/crime_stats_reports.stm))

## Arrests/Incarceration Data

- In 2012, the total inmate population in the state of Ohio was 50,616.
- In FY 2014, the total budget was \$1,581,403,588. The budget has increased \$18,304,782 since FY 2013.
- The average daily cost per inmate in 2012 was \$62.57, and the annual budget was \$22,836.34.

Ohio Department of Rehabilitation and Correction Counts	2012
Inmates Under 18 Years of Age	20
Inmates Over 50 Years of Age	7,400
Pregnant Females	46
Mothers/Babies in the ABC Nursery	2
Inmates Serving Life Without Parole (LWOP)	447

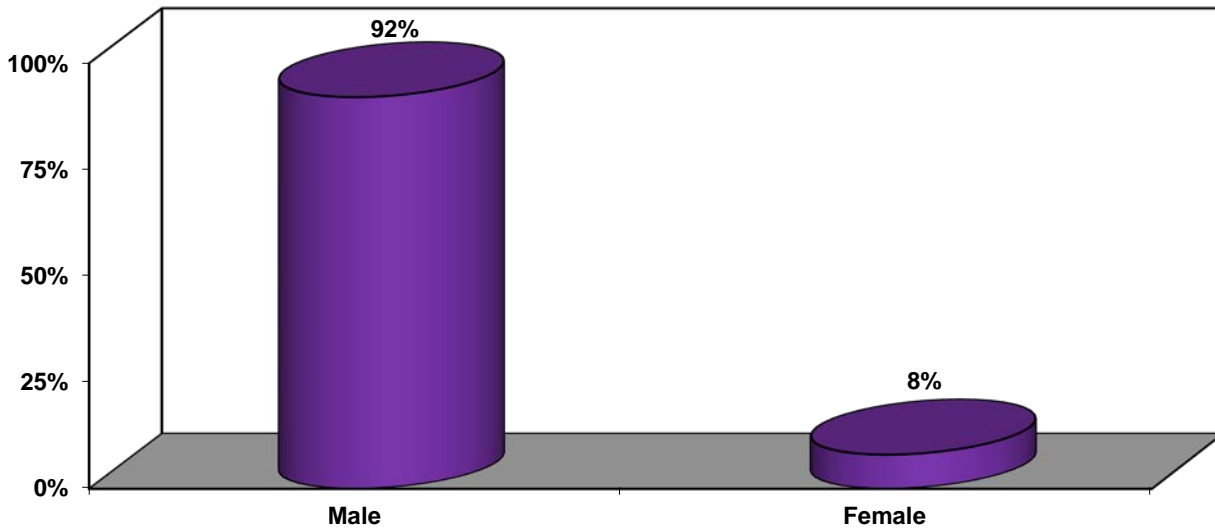
Age Range of Offender Population	2012
Male	37.00 years
Female	36.92 years
Average Stay in Prison	2.03 years

(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, January 2014, from <http://www.drc.ohio.gov/web/Reports/FactSheet/January%202014.pdf>)

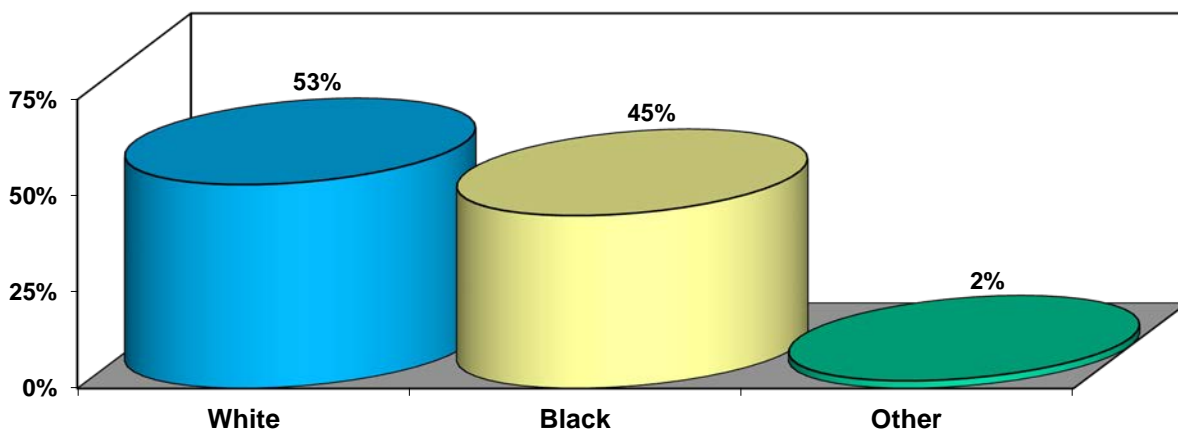
The following graphs show the Ohio inmate population in 2012 by gender and race. These graphs show:

- The percentage of Ohio males who are incarcerated is extremely higher than the percentage of females.
- More than half of the Ohio population that is incarcerated is White, followed by African Americans at 45%.

**Inmate Population by Gender, 2012**



**Inmate Population by Race, 2012**



(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, January 2014, from <http://www.drc.ohio.gov/web/Reports/FactSheet/January%202014.pdf>)

# Adult | MENTAL HEALTH AND SUICIDE

## Key Findings

In 2014, 4% of Allen County adults considered attempting suicide. 11% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

## Adult Mental Health

- In the past year, 11% of Allen County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 14% of females and 16% of those with incomes less than \$25,000.
- 4% of Allen County adults considered attempting suicide in the past year.
- Less than one percent (<1%) of adults reported attempting suicide in the past year.
- Allen County adults reported they or a family member were diagnosed with or treated for the following mental health issues: depression (25%), anxiety or emotional problems (19%), an anxiety disorder (15%), bipolar (12%), attention deficit disorder (ADD/ADHD) (12%), post-traumatic stress disorder (PTSD) (7%), a psychotic disorder (7%), illicit drug abuse (5%), life-adjustment disorder/issue (5%), and some other mental health disorder (5%). 23% indicated they or a family member had taken medication for one or more mental health issues.
- Allen County adults received the social and emotional support they needed from the following: family (83%), friends (73%), church (37%), neighbors (13%), community (5%), a professional (5%), self-help group (1%), and other (6%).
- Allen County adults indicated the following caused them anxiety, stress or depression: job stress (38%), financial stress (38%), poverty/no money (20%), death of close family member or friend (20%), marital/dating relationship (18%), sick family member (15%), fighting at home (14%), other stress at home (14%), unemployment (12%), caring for parent (8%), family member with mental illness (6%), not having enough to eat (5%), divorce/separation (4%), raising/caring for grandchildren (4%), family member with substance abuse problem (4%), caring for someone with special needs (3%), fighting with friends (3%), alcohol or drug use at home (2%), family member in the military (2%), not feeling safe at home (2%), not feeling safe in the community (2%), not having a place to live (1%), and sexual orientation (<1%).
- Allen County adults do the following to deal with their stress: talk to someone they trust (55%), listen to music (39%), exercise (38%), sleep (34%), eat more or less than normal (32%), work on a hobby (28%), work (24%), drink alcohol (13%), smoke tobacco (12%), take it out on others (11%), meditate (11%), use prescription drugs (4%), use herbs or home remedies (3%), use illegal drugs (2%), gamble (2%), and others things (10%).

## Suicide Facts

- 38,364 people in the U.S. died from suicide, and 959,100 people attempted suicide in the 2010.
- Every 13.7 minutes an average of one person kills themselves, and every 32 seconds a person attempts suicide in the United States.
- Suicide is the 10<sup>th</sup> ranking cause of death in the U.S.
- For every female death by suicide, there are 3.7 male deaths.
- In 2010, there were 1,439 suicide deaths in Ohio.
- The leading suicide methods included:
  - Firearm suicides (50.5%)
  - Suffocation/Hanging (24.7%)
  - Poisoning (17.2%)
  - Cutting/Piercing (1.8%)
  - Drowning (1.1%)

(Sources: American Association of Suicidology, Statistics, September 21, 2012, from: <http://www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics>)

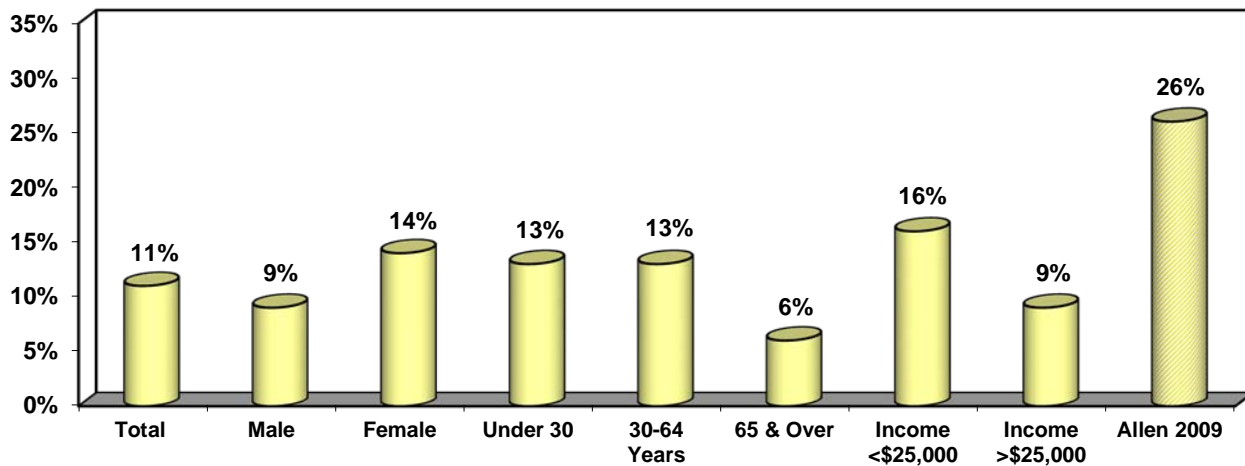
- 12% of Allen County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one. Reasons for not using a program or service to help with depression, anxiety, or emotional problems include: had not thought of it (8%), could not afford to go (7%), stigma of seeking mental health services (5%), other priorities (4%), fear (3%), did not know how to find a program, (3%), co-pay/deductible was too high (3%), did not know how to find a program (3%), could not get to the office or clinic (2%), did not feel the services they had received were good (2%), transportation (2%), and other reasons (4%). 63% indicated this type of program was not needed.

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Two or more weeks in a row felt sad or hopeless	26%	11%	N/A	N/A
Considered attempting suicide	5%	4%	N/A	N/A

N/A - Not available

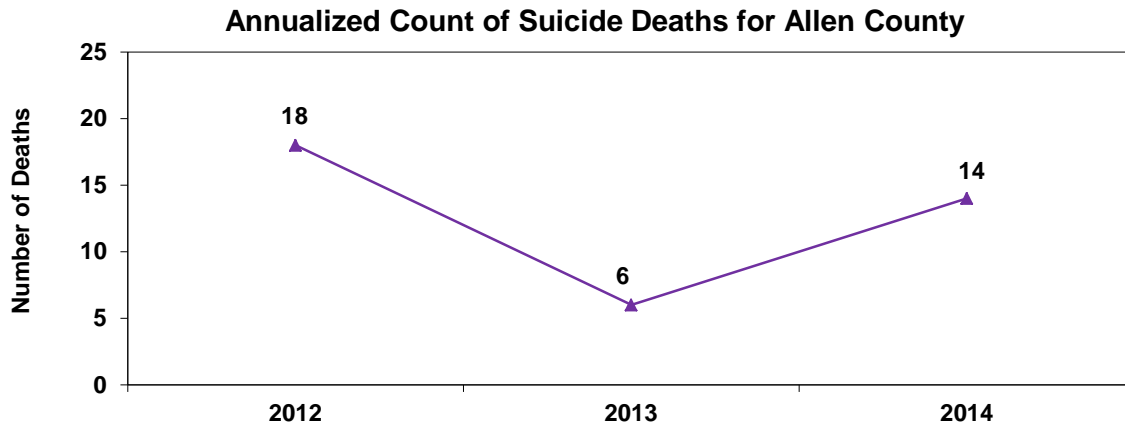
The following graph shows Allen County adults who felt sad or hopeless for two or more weeks in a row in the past year. Examples of how to interpret the information in the graph include: 11% of all Allen County adults felt sad or hopeless for two or more weeks in a row, 9% of males, and 14% of females.

**Allen County Adults Feeling Sad or Hopeless for Two or More Weeks in a Row**



The following graph shows the Allen County suicide counts. The graph shows:

- The Allen County suicide count fluctuated from year to year.
- From 2012-2014, there have been 38 suicide deaths in Allen County.



*(Source: Allen County Public Health Vital Statistics)*

### **Mental Health Services in Ohio**

*(Ohio Facts 2012, FY 2011\*)*

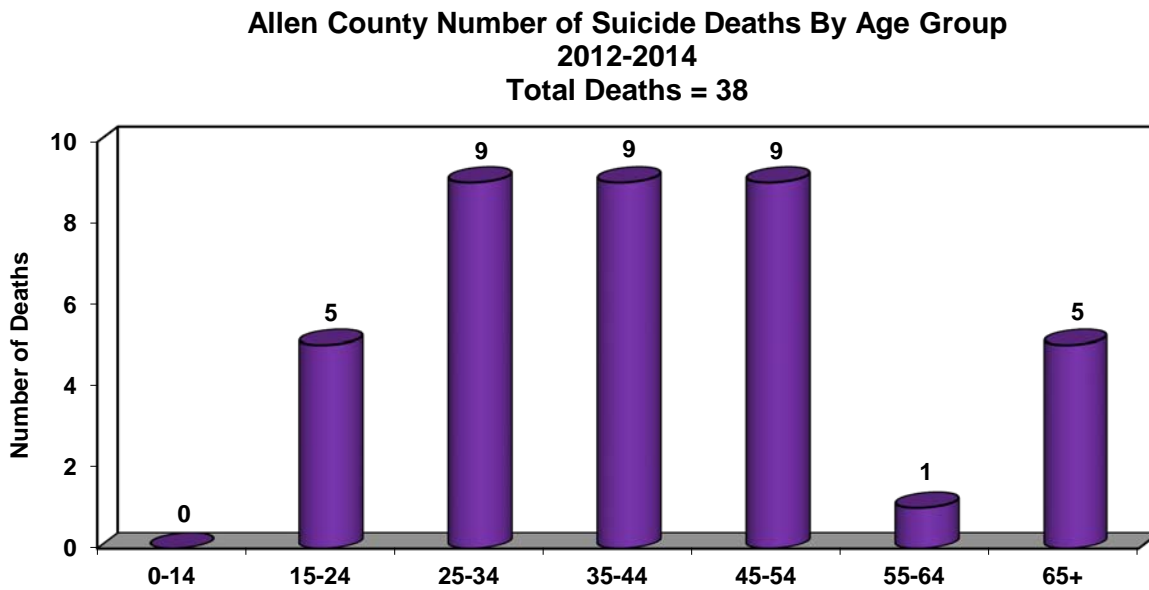
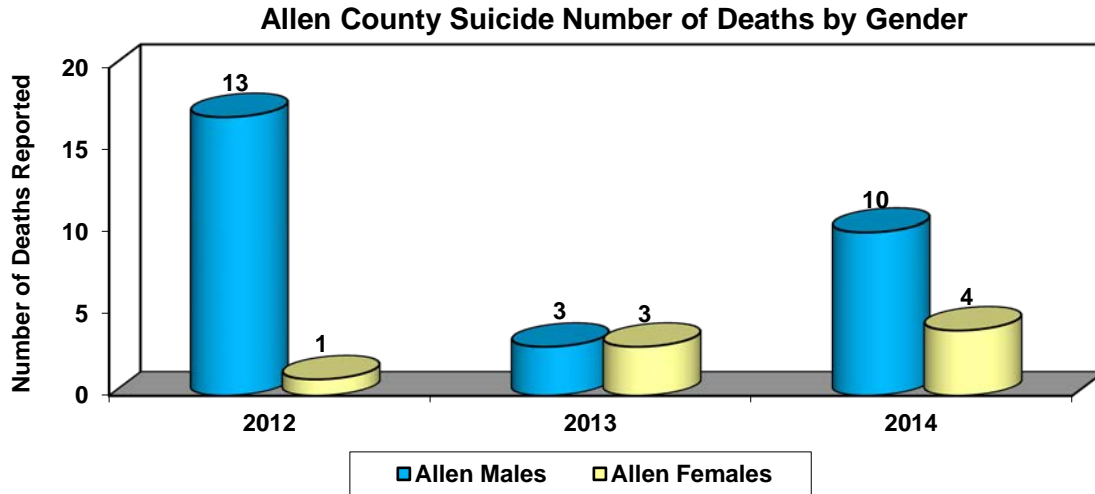
- In FY 2011, mental health services spending totaled \$1.33 billion in Ohio. In FY 2011, state hospitals served 6,730 individuals at a cost of \$214.6 million. Average daily cost per resident was \$602.
- In FY 2011, Ohio's 50 community-based behavioral health boards served over 360,000 individuals throughout the state.
- In FY 2011, approximately 268,500 individuals received Medicaid mental health services through ODMH.

*(Sources: U.S. Department of Health and Human Services, Ohio Department of Mental Health, <http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&humanservices.pdf>)*



The following graphs show the Allen County suicide counts. The graphs show:

- The Allen County male age-adjusted suicide count exceeded the female count in 2012 and 2014.
- In 2014, 71% of suicide deaths were males.



(Source: Allen County Public Health Vital Statistics)

## Warning Signs for Suicide

More than 90 percent of people who kill themselves are suffering from one or more psychiatric disorders, in particular:

- Major depression
- Bipolar depression
- Schizophrenia
- Drug abuse & dependence
- Alcohol abuse & dependence
- Post-Traumatic Stress Disorder (PTSD)
- Eating disorders
- Personality disorders

The core symptoms of major depression are a “down” or depressed mood most of the day or a loss of interest or pleasure in activities that were previously enjoyed for at least two weeks, as well as:

- Changes in sleeping patterns
- Change in appetite or weight
- Intense anxiety, agitation, restlessness
- Fatigue or loss of energy
- Decreased concentration, indecisiveness, or poorer memory
- Feelings of hopelessness, worthlessness, self-reproach or excessive or inappropriate guilt
- Recurrent thoughts of suicide

## Prevention: Take it Seriously

Fifty to 75% of all suicides give some warning of their intentions to a friend or family member. Recognize the *Imminent Dangers*:

- Threatening to hurt or kill oneself
- Talking or writing about death, dying, or suicide
- Looking for ways to kill oneself (weapons, pills, or other means)
- Has made plans or preparations for a potentially serious attempt

(Source: American Foundation for Suicide Prevention, *When You Fear Someone May Take Their Life*, <https://www.afsp.org/>)

# Adult and Youth | ORAL HEALTH

## Key Findings

The 2014 Health Assessment project has determined that more than three-fifths (63%) of Allen County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. More than two-thirds (70%) of Allen County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year (2013 YRBS reported 75% for Ohio).

### Allen County Dental Care Resources – 2012

- Number of licensed dentists- 46
- Number of primary care dentists- 39
- Ratio of population per dentist- 2,286:1
- Number of dentists who treat Medicaid patients- 32
- Ratio of Medicaid population per dentist who treats Medicaid patients- 830:1

(Source: ODH Ohio Oral Health Surveillance System, 2012)

## Access to Dental Care

- In the past year, 63% of Allen County adults had visited a dentist or dental clinic, decreasing to 37% of adults with annual household incomes less than \$25,000.
- The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.
- More than two-thirds (71%) of Allen County adults with dental insurance have been to the dentist in the past year, compared to 64% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 27% said cost, 9% had no oral health problems, 8% said fear, apprehension, nervousness, pain, and dislike going, 8% did not have/know a dentist, 4% had other priorities, 3% had not thought of it, 3% could not find a dentist who took Medicaid, and 1% could not get into a dentist.
- More than two-thirds (70%) of Allen County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year (2013 YRBS reported 75% for Ohio).

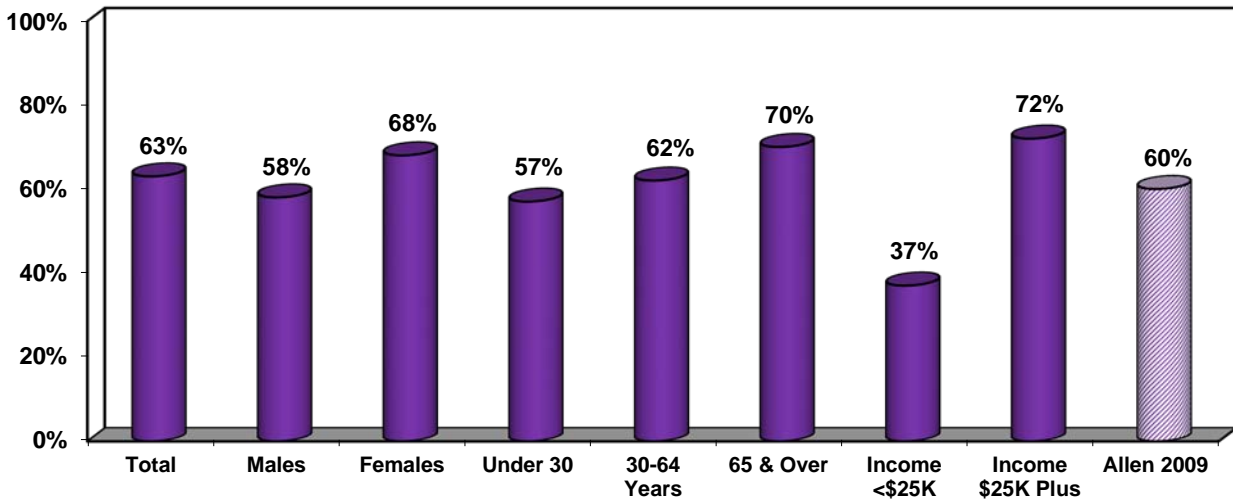
### What You Can Do to Maintain Good Oral Health

- Drink fluoridated water and use fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.
- Take care of your teeth and gums. Thorough tooth brushing and flossing to reduce dental plaque can prevent gingivitis—the mildest form of gum disease.
- Avoid tobacco. In addition to the general health risks posed by tobacco, smokers have 4 times the risk of developing gum disease compared to non-smokers.
- Limit alcohol. Heavy use of alcohol is a risk factor for oral and throat cancers.
- Eat wisely. Adults should avoid snacks full of sugars and starches.
- Visit the dentist regularly. Check-ups can detect early signs of oral health problems and can lead to treatments that will prevent further damage, and in some cases, reverse the problem.

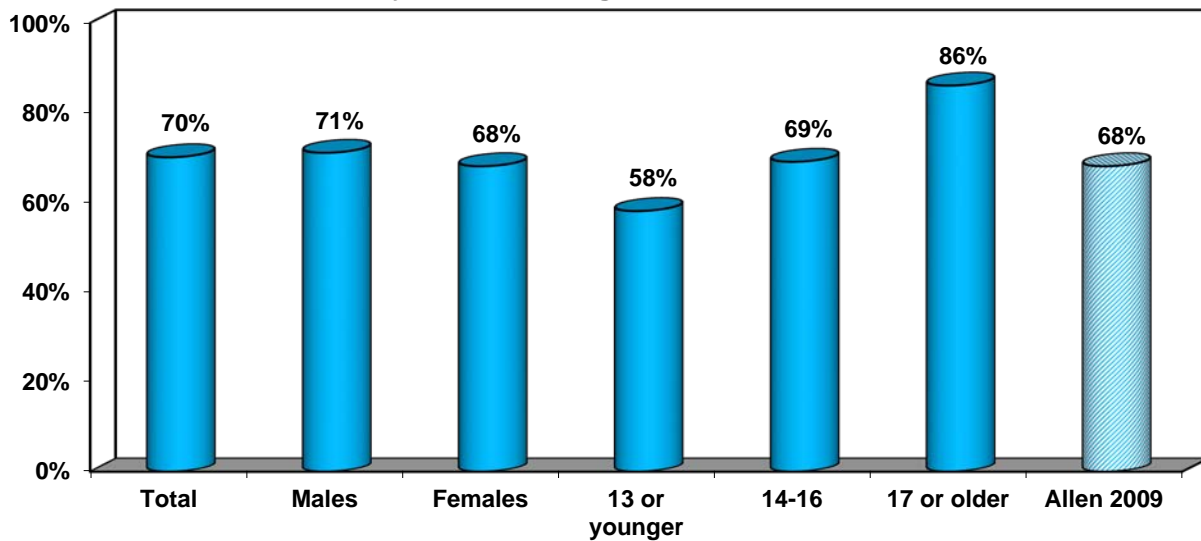
(Source: CDC: Oral Health for Adults, July 2013, from:  
[http://www.cdc.gov/OralHealth/publications/factsheets/adult\\_oral\\_health/adults.htm](http://www.cdc.gov/OralHealth/publications/factsheets/adult_oral_health/adults.htm))

The following graphs provide information about the frequency of Allen County adult and youth dental visits. Examples of how to interpret the information includes: 63% of all Allen County adults had been to the dentist in the past year, 57% of those under the age of 30, and 37% of those with incomes less than \$25,000.

**Allen County Adults Visiting a Dentist in the Past Year**



**Allen County Youth Visiting a Dentist in the Past Year**



Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
<b>Time Since Last Visit to Dentist/Dental Clinic</b>					
Males	58%	14%	8%	15%	3%
Females	68%	11%	9%	9%	0%
Total	63%	12%	9%	12%	1%

Totals may not equal 100% as some respondents answered do not know.

Adult Comparisons	Allen County 2009	Allen County 2014	Ohio 2013	U.S. 2013
Adults who have visited the dentist in the past year	60%	63%	68%*	67%*

\*2012 BRFSS Data

# Adult | PARENTING

## Key Findings

The 2014 Health Assessment project identified that 71% of parents discussed screen time with their 12-to-17 year-old in the past year. Almost three-fourths (72%) of parents said their child had been to the dentist within the past year.

## Parenting

- 72% of parents said that their child had been to the dentist within the past year, 10% had been within the past two years and 4% had been within the past five years. 11% of parents indicated their child was not old enough to visit the dentist.
- In 2014, Allen County parents were told that their child had the following chronic conditions: chronic respiratory condition such as asthma, chronic bronchitis or sinusitis (10%), hearing or speech impairment (6%), heart conditions such as heart murmurs or congenital defects (3%), mental health disorder such as anxiety, mood, or disruptive disorders (3%), or another chronic condition (5%).
- 90% of parents reported their child always rode in a car seat/booster seat when a passenger in a car, and 2% reported their child seldom rode in a car seat/booster seat.
- Parents indicated they usually put their child to sleep as an infant in the following ways: on his/her back (49%), on his/her side (24%), on his/her stomach (9%), and in bed with them or another person (7%).
- 20% of Allen County parents reported that their child had been tested for lead poisoning.
- Parents discussed the following topics with their 12-to-17 year-old in the past year:
  - Screen-time (71%)
  - Dating and relationships (70%)
  - Physical activity (65%)
  - Bullying (63%)
  - Abstinence/how to refuse sex (62%)
  - Body image (57%)
  - Eating habits (56%)
  - Negative effects of marijuana and other drugs (49%)
  - School/legal consequences of using tobacco/alcohol/other drugs (48%)
  - Social media issues (48%)
  - Weight status (46%)
  - Negative effects of alcohol (46%)
  - Refusal skills/peer pressure (43%)
  - Energy drinks (43%)
  - Negative effects of tobacco (41%)
  - Anxiety/depression/suicide (37%)
  - Condom use/safer sex/STD prevention (35%)
  - Birth control (29%)
  - Negative effects of misusing prescription medication (27%)

### How to Talk to your Teen about Safe Sex

- Talk calmly and honestly about safe sex.
- Practice talking about safe sex with another adult before approaching your adolescent.
- Listen to your adolescent and answer his/her questions honestly.
- Topics that are appropriate for a safe sex discussion may include: STDs and prevention, peer pressure to have sex, birth control, different forms of sexuality, and date rape.

(Source: American Academy of Pediatrics (AAP), Safer Sex Guidelines, <http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safesex.html>)

## Tips for Parents – Ideas to Help Children Maintain a Healthy Weight

- Encourage healthy eating habits by providing fruits, vegetables, whole grains, low-fat or non-fat dairy products, and lean meats and proteins for your family.
- Find ways to make your family's favorite dishes in a healthier way.
- Limit or reduce the consumption of calorie-rich, sugary and/or saturated fat in your home.
- Adding physical activity into the family's routine will lead to it becoming a healthy habit. Some examples of moderate intensity physical activity include brisk walking, playing tag, jumping rope, playing soccer, swimming and dancing.
- Encourage fun activities to reduce the amount of sedentary time watching TV, playing video games or on the computer.
- The goal is to reduce the rate of weight gain in overweight and obese children and teens while still accounting for normal growth and development. Children and teens should not be placed on a diet without consulting a doctor.

(Source: CDC, *Healthy Weight, "Tips for Parents – Ideas to Help Children Maintain a Healthy Weight"*, <http://www.cdc.gov/healthyweight/children/index.html>, October 31, 2011)

# Youth | WEIGHT STATUS

## Key Findings

The 2014 Health Assessment identified that 19% of Allen County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 29% of Allen County youth reported that they were slightly or very overweight. 70% of youth were exercising for 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities.

## Youth Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- In 2014, 19% of Allen County youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S.). 13% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 17% for the U.S.). 59% were normal weight, and 9% were underweight.

**19% of Allen County youth were classified as obese.**

- 29% of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 31% for the U.S.).
- Nearly half (44%) of all youth were trying to lose weight, increasing to 54% of Allen County female youth (compared to 36% of males) (2013 YRBS reported 47% for Ohio and 48% for the U.S.).
- Allen County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 40% of youth exercised.
  - 35% of youth drank more water.
  - 30% of youth ate more fruits and vegetables.
  - 27% of youth ate less food, fewer calories, or foods lower in fat.
  - 15% of youth skipped meals.
  - 4% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.).
  - 2% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and the U.S.).
  - 2% vomited or took laxatives (2013 YRBS reported 5% for Ohio and 4% for the U.S.).
  - 2% reported smoking to lose weight.

## Nutrition

- 22% of Allen County youth ate vegetables 4 to 6 times during the past week.
- 13% of youth reported they had not eaten any vegetables in the past week (2013 YRBS reported 6% for Ohio and 7% for the U.S.)
- 21% of youth drank a can, bottle, or glass of soda or pop (not including diet pop) at least once per day during the past week (2013 YRBS reports 21% for Ohio and 27% for the U.S.).
- 44% of youth drank at least one glass of milk per day in the past week. (2013 YRBS reported 43% for Ohio)

- 13% of youth reported they had not drank any milk in the past week (2013 YRBS reported 18% for Ohio and 19% for the U.S.).
- 61% of youth reported drinking 100% fruit juice at least one or more times during the past week. (2013 YRBS reports 76% for Ohio)
- Youth reported they ate most of their food at the following places: home (79%), from a fast food place (5%), school (4%), a restaurant (1%) and a convenience store (1%).

### Physical Activity

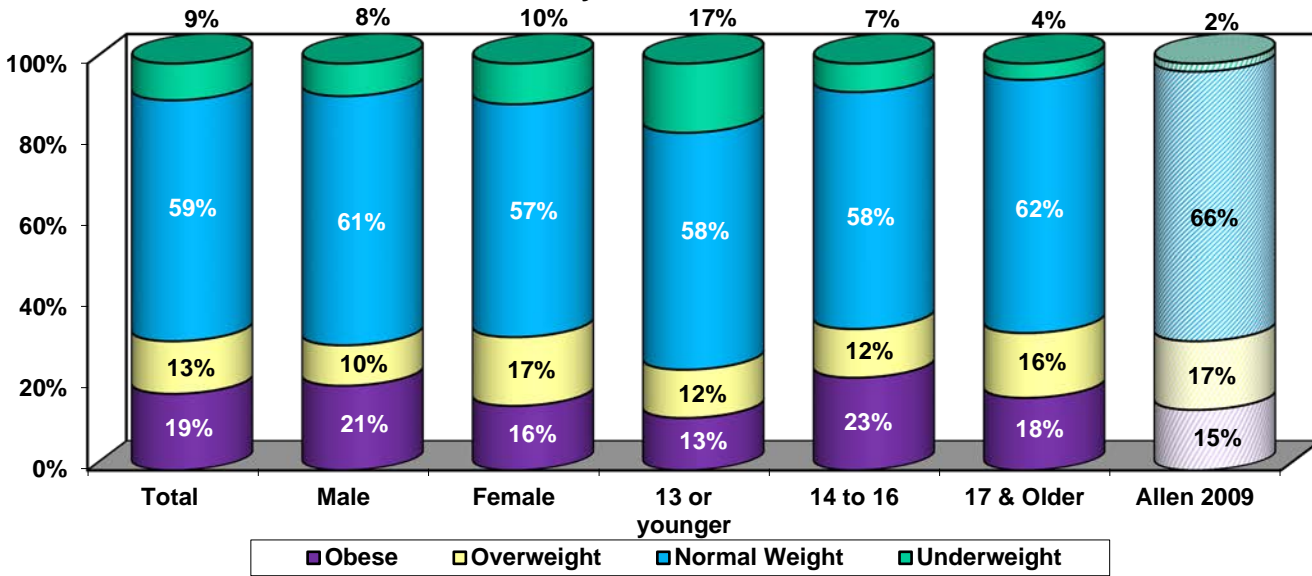
- 70% of Allen County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 50% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 47% for the U.S.), and 28% did so every day in the past week (2013 YRBS reports 26% for Ohio and 27% for the U.S.). 17% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and 15% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.
- Allen County youth spent an average of 3.4 hours on their cell phone, 1.8 hours watching TV, 1.7 hours on their computer/tablet and 1.0 hours playing video games on an average day of the week.
- Over one-quarter (28%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 33% for the U.S.).
- 87% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (53%), exercising (outside of school) (37%), school club or social organization (28%), part-time job (23%), caring for siblings after school (20%), church or religious organization (18%), babysitting for other kids (16%), church youth group (15%), volunteering in the community (12%), caring for parents or grandparents (2%) or some other organized activity (Scouts, 4H, etc.) (7%).

Allen County 6 <sup>th</sup> -12 <sup>th</sup> Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	40%
Drank more water	35%
Ate more fruits and vegetables	30%
Ate less food, fewer calories, or foods lower in fat	27%
Skipped meals	15%
Went without eating for 24 hours	4%
Took diet pills, powders, or liquids without a doctor's advice	2%
Vomited or took laxatives	2%
Smoked cigarettes	2%



The following graph shows the percentage of Allen County youth who were classified as obese, overweight, normal weight, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph includes: 59% of all Allen County youth were classified as normal weight, 19% were obese, 13% were overweight, and 9% were underweight for their age and gender.

**Allen County Youth BMI Classifications**



**Physical Activity Facts**

- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- The U.S. Department of Health and Human Services recommends that young people ages 6–17 years participate in at least 60 minutes of physical activity daily.
- The percentage of high school students who attended physical education classes daily decreased from 42% in 1991 to 25% in 1995 and remained stable at that level until 2011 (31%).
- Regular physical activity:
  - Helps build and maintain healthy bones and muscles.
  - Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.
  - Reduces feelings of depression and anxiety and promotes psychological well-being.
  - May help improve students' academic performance, including academic achievement and academic behavior.

(Sources: CDC, *Adolescent and School Health*, Updated: 2/19/2013, from: <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)

YOUTH WEIGHT

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	15%	19%	21%	13%	14%
Overweight	17%	13%	14%	16%	17%
Described themselves as slightly or very overweight	29%	29%	30%	28%	31%
Trying to lose weight	43%	44%	45%	47%	48%
Exercised to lose weight	N/A	40%	44%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	N/A	27%	29%	43%*	39%*
Went without eating for 24 hours or more	14%	4%	3%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	4%	2%	2%	5%	5%
Vomited or took laxatives	4%	2%	1%	5%	4%
Did not eat any vegetables in the past week	8%	13%	11%	6%	7%
Drank 100% fruit juices one or more times during the past week	N/A	61%	60%	76%	N/A
Drank one or more glasses of milk per day during the past week	53%	44%	44%	43%	N/A
Drank pop or soda one or more times per day during the past week	N/A	21%	23%	21%	27%
Physically active at least 60 minutes per day on every day in past week	31%	28%	28%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	50%	50%	55%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	13%	17%	15%	13%	15%
Watched TV 3 or more hours per day	43%	28%	25%	28%	35%

N/A - Not available

\* Comparative YRBSS data for Ohio is 2007 and U.S. is 2009

# Youth | TOBACCO USE

## Key Findings

The 2014 Health Assessment identified that 9% of Allen County youth in grades 6-12 were smokers, increasing to 14% of those ages 14-16. Of those 6th -12th grade youth who currently smoked, 57% had tried to quit.

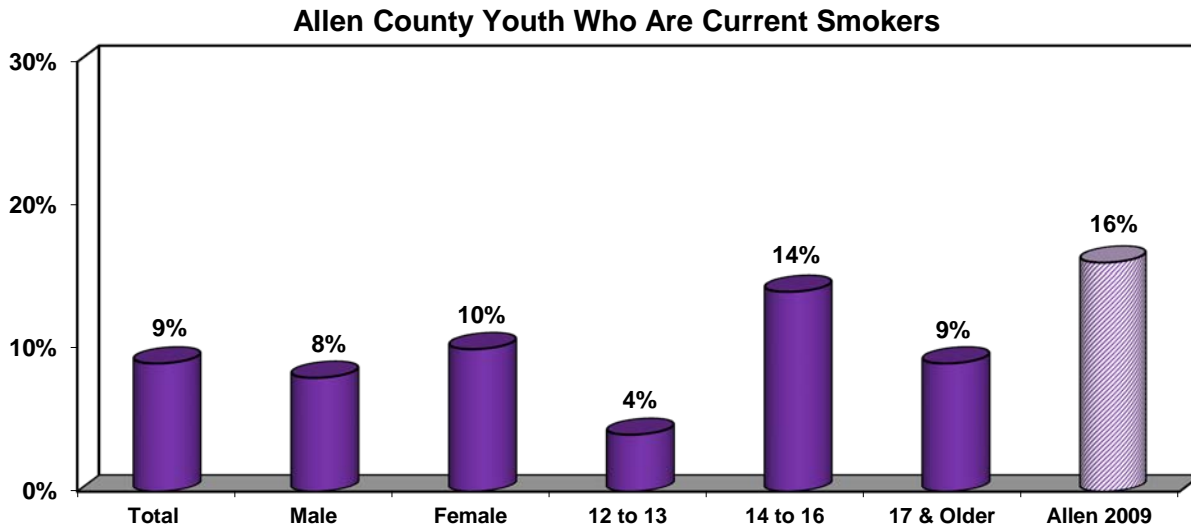
*In 2014, 9% of Allen County youth were current smokers, having smoked at some time in the past 30 days.*

## Youth Tobacco Use Behaviors

- The 2014 health assessment indicated that 21% of Allen County youth had tried cigarette smoking (2013 YRBS reported 41% for the U.S.).
- 16% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 27% had done so by 12 years old. The average age of onset for smoking was 12.3 years old.
- 9% of all Allen County youth had smoked a whole cigarette for the first time before the age of 13 (2013 YRBS reported 9% for the U.S.).
- In 2014, 9% of Allen County youth were current smokers, having smoked at some time in the past 30 days (2013 YRBS reported 15% for Ohio and 16% for the U.S.).
- 16% of current smokers smoked cigarettes daily.
- 2% of all Allen County youth smoked cigarettes on 20 or more days during the past month (2013 YRBS reported that 7% of youth in Ohio smoked cigarettes on 20 or more days during the past month and 6% for the U.S.).
- Over three-fourths (78%) of Allen County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 39% of youth smokers borrowed cigarettes from someone else, 30% took them from a family member, 27% gave someone else money to buy them cigarettes, 18% indicated they bought cigarettes from a store or gas station (2013 YRBS reported 18% for the U.S.), 11% said a person 18 years or older gave them the cigarettes, 2% got them from a vending machine and 14% got them some other way. No one reported getting them from the internet or taking them from a store.
- Allen County youth used the following forms of tobacco the most in the past year: e-cigarette (13%), Black and Milds (12%), cigarettes (11%), swishers (8%), hookah (7%), cigarillos (6%), cigars (5%), chewing tobacco or snuff (4%), flavored cigarettes (4%), snus (1%), little cigars (1%), and bidis (<1%). No one reported using dissolvable tobacco products.
- Nearly three-fifths (57%) of Allen County 6th-12th grade youth smokers had ever tried to quit smoking in the past year (2013 YRBS reported 48% for the U.S.).
- Three-fifths (60%) of Allen County youth were exposed to second hand smoke. Youth reported being exposed to second hand smoke in the following places; home (38%), another relative's home (30%), in the car (27%) and at a friend's home (21%).

- Of those youth who purchased cigarettes in a store during the past month, 95% reported that they were not asked to show proof of age.
- More than four-fifths (84%) of Allen County youth reported that their parents would disapprove of them smoking cigarettes.

The following graph shows the percentage of Allen County youth who smoke cigarettes. Examples of how to interpret the information include: 9% of all Allen County youth were current smokers, 8% of males smoked, and 10% of females were current smokers.



*9% of all Allen County youth had smoked a whole cigarette for the first time before the age of 13.*

**Behaviors of Allen County Youth**  
Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Exposed to second hand smoke	92%	56%
Participated in extracurricular activities	84%	88%
Have had at least one drink of alcohol in the past 30 days	78%	20%
Have had sexual intercourse	59%	27%
Have used marijuana in the past 30 days	57%	12%
Have been bullied in the past 12 months	46%	48%
Misused prescription medications in the past 30 days	46%	5%
Attempted suicide in the past 12 months	14%	7%

*Current smokers are those youth surveyed who have self-reported smoking at any time during the past 30 days.*

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried cigarettes	29%	21%	27%	52%*	41%
Current smokers	16%	9%	13%	15%	16%
Tried to quit smoking (of smokers)	56%	57%	68%	56%*	48%
Smoked cigarettes on 20 or more days during the past month (of all youth)	6%	2%	4%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	13%	9%	9%	14%*	9%

\*Comparative data YRBSS data for Ohio is 2011

### Electronic Cigarettes and Teenagers in the U.S.

- The percentage of U.S. middle and high school students who tried electronic cigarettes more than doubled from 2011 to 2012.
- E-cigarettes look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- The percentage of high school students who had ever used e-cigarettes rose from 4.7% in 2011 to 10% in 2012. In the same time period, high school students using e-cigarettes within the past 30 days rose from 1.5% to 2.8%.
- The percentage of middle school students who had ever used e-cigarettes also doubled from 1.4% to 2.7%.
- Altogether, as of 2012 more than 1.78 million middle and high school students in the US had tried e-cigarettes.
- 76% of current young e-cigarette users also smoked regular cigarettes. Some experts fear that e-cigarettes may encourage children to try regular cigarettes.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes."

(Source: CDC, Press Release, September 5, 2013, <http://www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html> & ACS, *Electronic Cigarette Use Doubles Among Teenagers*, September 9, 2013, <http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers>)

# Youth | ALCOHOL CONSUMPTION

## Key Findings

*In 2014, the Health Assessment results indicated that 54% of Allen County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 69% of youth seventeen and older. 32% of those 6th-12th graders who drank, took their first drink at 12 years or younger. 25% of all Allen County 6th-12th grade youth and 42% of those over the age of 17 had at least one drink in the past 30 days. Three-fifths (60%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all youth drivers had driven a car in the past month after they had been drinking alcohol.*

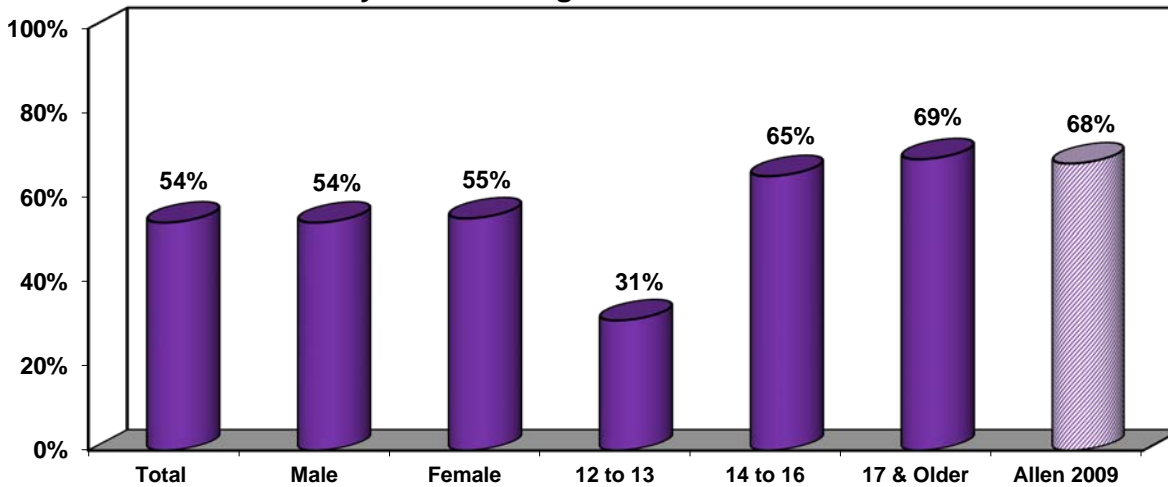
*In Allen County in 2014, 25% of youth had at least one drink in the past 30 days.*

## Youth Alcohol Consumption

- In 2014, the Health Assessment results indicated that over half (54%) of all Allen County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 69% of those ages 17 and older (2013 YRBS reports 66% for the U.S.).
- One quarter (25%) of youth had at least one drink in the past 30 days, increasing to 42% of those ages 17 and older (2013 YRBS reports 30% for Ohio and 35% for the U.S.).
- Of those who drank, 60% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 65% of males.
- Based on all youth surveyed, 15% were defined as binge drinkers, increasing to 26% of those ages 17 and older (2013 YRBS reports 16% for Ohio and 21% for the U.S.).
- Nearly one-third (32%) of Allen County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 32% took their first drink between the ages of 13 and 14, and 35% started drinking between the ages of 15 and 18. The average age of onset was 13.3 years old.
- Of all Allen County youth, 16% had drunk alcohol for the first time before the age of 13 (2013 YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 and 19% for the U.S.).
- Allen County youth drinkers reported they got their alcohol from the following: someone gave it to them (38%) (2013 YRBS reports 38% for Ohio and 42% for the U.S.), someone older bought it (29%), a parent gave it to them (25%), an older friend or sibling bought it (23%), gave someone else money to buy it (17%), a friend's parent gave it to them (11%), took it from a store or family member (8%), bought it in a liquor store/ convenience store/gas station (8%), bought it at a public event (3%), bought it at a restaurant/bar/club (2%), and some other way (21%). No one reported using a fake ID to buy alcohol.
- During the past month 22% of all Allen County youth had ridden in a car driven by someone who had been drinking alcohol (2013 YRBS reports 17% for Ohio and 22% for the U.S.).
- 8% of youth drivers had driven a car in the past month after they had been drinking alcohol (2013 YRBS reports 4% for Ohio and 10% for the U.S.).
- More than three-fourths (79%) of Allen County youth reported that their parents would disapprove of them drinking alcohol.

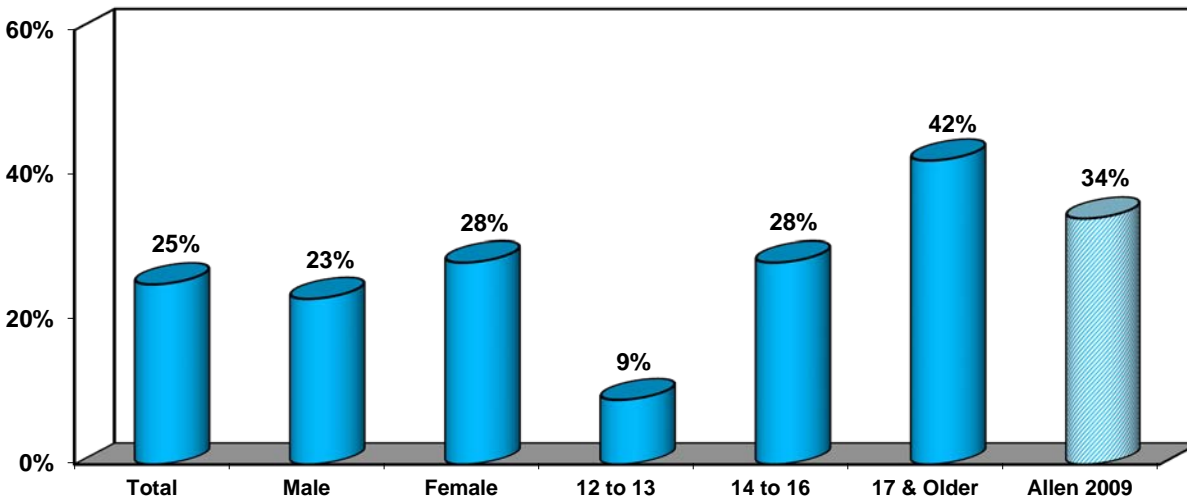
The following graphs show the percentage of Allen County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 54% of all Allen County youth have drunk at some time in their life: 54% of males and 55% of females.

**Allen County Youth Having At Least One Drink In Their Lifetime**



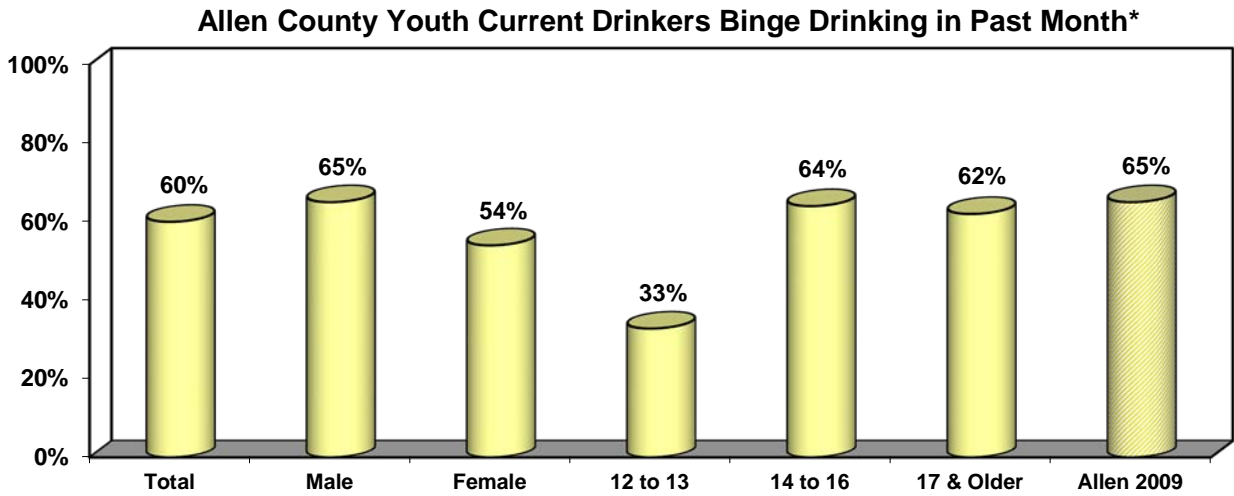
*Of all Allen County youth, 16% had drunk alcohol for the first time before the age of 13.*

**Allen County Youth Who Are Current Drinkers**



*\*A current drinker is any youth who had at least one drink in the past 30 days.*

The following graph shows the percentage of Allen County youth who were binge drinkers. Examples of how to interpret the information include: 60% of current drinkers binge drank in the past month, 65% of males, and 54% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.



*\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.*

*25% of Allen County youth drinkers reported they got their alcohol from a parent giving it to them.*

**Behaviors of Allen County Youth**  
Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	93%	86%
Parent disapproves of drinking alcohol	65%	83%
Have had sexual intercourse	59%	20%
Have been bullied in the past 12 months	56%	46%
Have had 3 or more adverse childhood experiences	46%	24%
Have used marijuana in the past 30 days	37%	9%
Have smoked cigarettes in the past 30 days	28%	3%
Misused prescription medications in the past 30 days	26%	3%
Attempted suicide in the past 12 months	11%	7%

*Current drinkers are those youth surveyed who have self-reported drinking at any time during the past 30 days.*

*Based on all Allen County youth surveyed, 15% were defined as binge drinkers.*



Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried alcohol	68%	54%	68%	71%*	66%
Current drinker	34%	25%	35%	30%	35%
Binge drinker (of all youth)	22%	15%	22%	16%	21%
Drank for the first time before age 13 (of all youth)	27%	16%	13%	13%	19%
Rode with someone who was drinking	22%	22%	25%	17%	22%
Drank and drove (of youth drivers)	8%	8%	8%	4%	10%
Obtained the alcohol they drank by someone giving it to them	N/A	38%	39%	38%	42%

N/A – Not available

\*Comparative YRBSS data for Ohio is 2011

### Underage Drinking

Youth who drink alcohol are more likely to experience:

- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Higher risk for suicide and homicide.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

(Source: CDC, Alcohol and Public Health, 10/29/2012, from: <http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>)

# Youth | DRUG USE

## Key Findings

In 2014, 16% of Allen County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 23% of those ages 17 and older. 9% of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 19% of those over the age of 17.

## Youth Drug Use

- In 2014, 16% of all Allen County youth had used marijuana at least once in the past 30 days, increasing to 23% of those over the age of 17. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 9% Allen County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 19% of those over the age of 17.
- Allen County youth have tried the following in their life:
  - 4% misused cough syrup
  - 3% of youth used inhalants, (2013 YRBS reports 9% for Ohio and U.S.)
  - 3% used cocaine, increasing to 6% of high school youth (2013 YRBS reports 4% for Ohio and 6% for U.S.)
  - 3% used steroids, (2013 YRBS reports 3% for Ohio and U.S.)
  - 3% misused over-the-counter medications
  - 3% used ecstasy/MDMA (2013 YRBS reports 7% for the U.S.)
  - 2% used K2/spice
  - 2% used posh/salvia/synthetic marijuana
  - 1% misused hand sanitizer
  - <1% used methamphetamines, (2013 YRBS reports 3% for the U.S.)
  - <1% used heroin, (2013 YRBS reports 2% for Ohio and U.S.)
  - <1% had been to a pharm party/used skittles
  - <1% used bath salts
  - No one reported using GhB
- During the past 12 months, 10% of all Allen County youth reported that someone had offered, sold, or given them an illegal drug on school property, increasing to 14% of high school youth (2013 YRBS reports 20% for Ohio and 22% for the U.S.).
- In the past 30 days, youth reported being on school property under the influence of the following: marijuana (5%), alcohol (2%), and prescription drugs not prescribed for them (1%). No youth reported being on school property under the influence of synthetic marijuana/K2/spice/posh, inhalants, bath salts, or any other illegal drugs.
- More than four-fifths (81%) of Allen County youth reported that their parents would disapprove of them using marijuana, and 83% reported their parents would disapprove of them misusing prescription drugs.

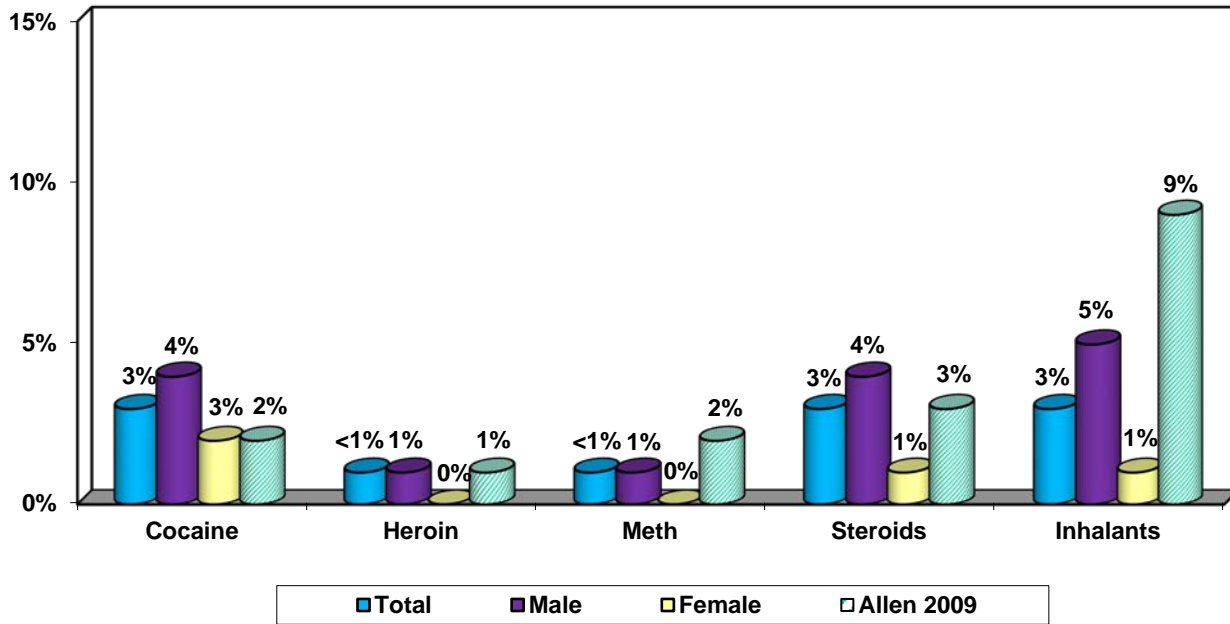
## Synthetic Marijuana

- "K2" and "Spice" are street names for synthetic marijuana. It is a mixture of herbs or other plant materials that have been sprayed with artificial chemicals that are supposed to mimic the effects of marijuana.
- The physical signs of using synthetic marijuana are very troubling and include increased agitation, profuse sweating, pale skin, vomiting and uncontrolled/spastic body movements.
- While these drugs may be "new" to many parents, more than one in 10 American high school seniors used synthetic marijuana in the prior year according to the "Monitoring the Future" study, conducted by the University of Michigan.
- Calls to poison control centers for exposure to synthetic marijuana doubled between 2010 and 2011 and is on track to continue rising in 2012.

(Source: The Partnership at Drugfree.Org, Parents 360 Synthetic Drugs: Bath Salts, K2/Spice: A Guide for parents and other influencers, [www.drugfree.org](http://www.drugfree.org), 2-16-12)

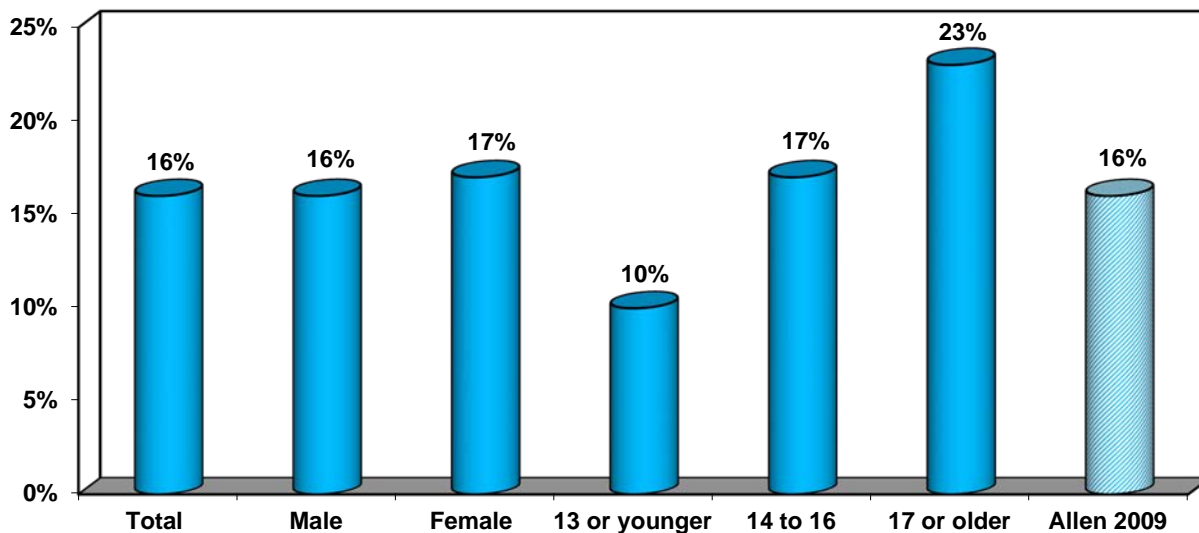
The following graphs are data from the 2014 Allen County Health Assessment indicating youth lifetime drug use and marijuana use in the past 30 days. Examples of how to interpret the information includes: 3% of youth have used cocaine at some point in their lives, and 3% of youth have used inhalants at some point in their life.

**Allen County Youth Lifetime Drug Use**

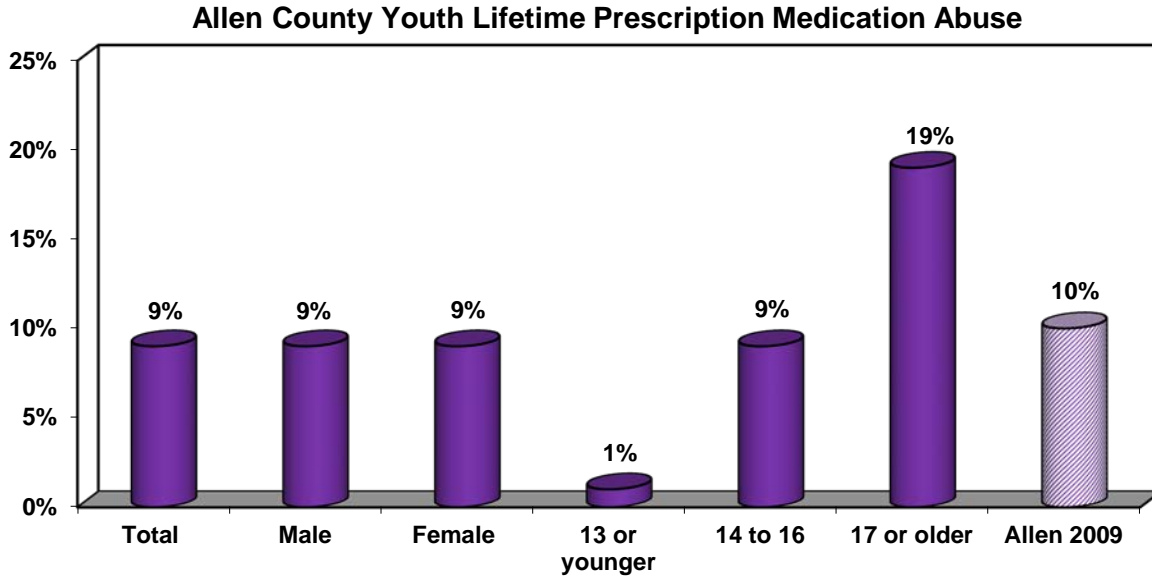


*21% of Allen County high school youth had used marijuana in the past month.*

**Allen County Youth Marijuana Use in Past Month**



The following graph is data from the 2014 Allen County Health Assessment indicating youth lifetime prescription medication abuse. Examples of how to interpret the information includes: 9% of youth have misused medication at some point in their life.



Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who used marijuana in the past month	16%	16%	21%	21%	23%
Ever used methamphetamines	2%	<1%	<1%	6%*	3%
Ever used cocaine	2%	3%	4%	4%	6%
Ever used heroin	1%	<1%	1%	2%	2%
Ever used steroids	3%	3%	3%	3%	3%
Ever used inhalants	9%	3%	4%	9%	9%
Ever misused medications	10%	9%	14%	N/A	N/A
Ever used ecstasy/MDMA	N/A	3%	4%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	16%	10%	14%	20%	22%

N/A - Not available  
 \*2007 YRBS Data

## Characteristics of New Marijuana Users

There are several ways to tell if someone is habitually smoking marijuana. Below it is broken down into two categories, behavioral and physical, to help you identify if a child or loved one is habitually abusing marijuana.

- Behavioral signs of marijuana use:
  - Lack of motivation or ambition for activities that once excited the user.
  - In many cases, participation in sports, social groups, or other pursuits will wane or even cease entirely.
  - Performance in school or in the workplace will begin to decline, coupled with a sense of apathy towards this decline.
  - Withdrawal from the family system – This is most often the case with adolescents and young adults, but can be a warning sign for adults as well.
  - Drastic change in peer group – An addict will often abandon peer groups in favor of those who share similar desires and behaviors, namely those engaging in drug use.
  - Personal hygiene may begin to suffer as he or she is less concerned with their public appearance.
  - Depressive style of mood. Marijuana addicts manifest many of the same characteristics as those suffering from depression. An addict will have a flat affect and mood; he or she will appear lazy and day-to-day functioning will start to deteriorate on every major life level.
  - Aversive, avoidant behavior.
- Physical signs of marijuana use:
  - Bloodshot eyes.
  - Slowed speech.
  - Averting eye contact or an unsteady gaze.

(Source: Caron Pennsylvania, *Signs of Pot Use: Guide to Signs & Symptoms of Marijuana Use*, 2013, from: <http://www.caron.org/signs-of-pot-use-5827.html>)

# Youth | SEXUAL BEHAVIOR AND TEEN PREGNANCY OUTCOMES

## Key Findings

In 2014, nearly one-third (31%) of Allen County youth have had sexual intercourse, increasing to 61% of those ages 17 and over. 27% of youth had participated in oral sex and 5% had participated in anal sex. 24% of youth participated in sexting. Of those who were sexually active, 55% had multiple sexual partners. One Allen County school did not ask sexual behavior questions.

**61% of Allen County youth ages 17 and over have had sexual intercourse.**

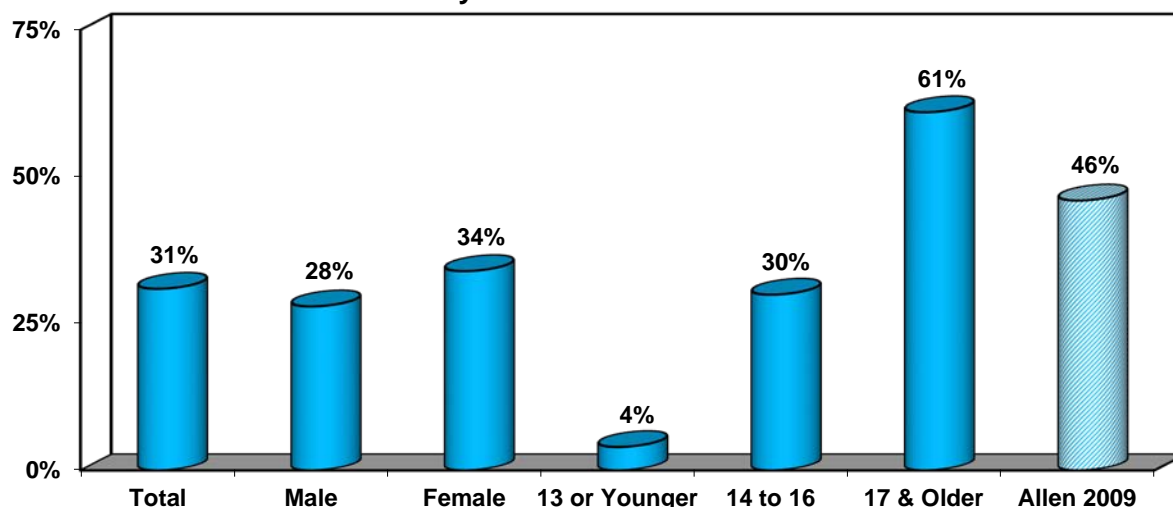
## Youth Sexual Behavior

- One Allen County school did not ask sexual behavior questions.
- Nearly one-third (31%) of Allen County youth have had sexual intercourse, increasing to 61% of those ages 17 and over (The 2013 YRBS reports 43% for Ohio and 47% of U.S. youth have had sexual intercourse).
- 27% of youth had participated in oral sex, increasing to 55% of those ages 17 and over.
- 5% of youth had participated in anal sex, increasing to 10% of those ages 17 and over.
- 24% of youth had participated in sexting, increasing to 40% of those ages 17 and over.
- 27% of youth had viewed pornography, increasing to 36% of males and 46% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 45% had one sexual partner and 55% had multiple partners.
- 20% of all Allen County sexually active youth had 4 or more partners (2013 YRBS reports 28% for Ohio).
- 6% of all Allen County youth had 4 or more sexual partners (2013 YRBS reports 12% for Ohio and 15% for the U.S.).
- Of those youth who were sexually active, 16% had done so by the age of 13. Another 54% had done so by 15 years of age. The average age of onset was 14.8 years old.
- Of all youth, 3% were sexually active before the age of 13 (2013 YRBS reports 4% for Ohio and 6% for the U.S.).
- 52% of youth who were sexually active used condoms to prevent pregnancy, 32% used birth control pills, 11% used the withdrawal method, 7% used a shot, patch or birth control ring, 1% used an IUD and 2% used some other method. 1% reported they were gay or lesbian. However, 12% were engaging in intercourse without a reliable method of protection and 16% reported they were unsure.
- Allen County youth had experienced the following: had sex in exchange for something of value such as food, drugs, shelter or money (3%), wanted to get pregnant (2%), been pregnant (1%), had a miscarriage (1%), had been treated for an STD (1%), got someone pregnant (1%), had an abortion (1%) and had a child (<1%). No one reported trying to get pregnant.

- When asked where they were taught about pregnancy prevention, STDs, AIDS/HIV, and birth control, Allen County youth reported the following: school (75%), parents (55%), doctor (30%), friends (27%), the internet (27%), siblings (15%), church (6%), and somewhere else (7%). 14% of youth reported they had not been taught about any of these subjects.
- Youth described themselves in the following ways: heterosexual (86%), bi-sexual (6%), not sure (5%) and other (3%).

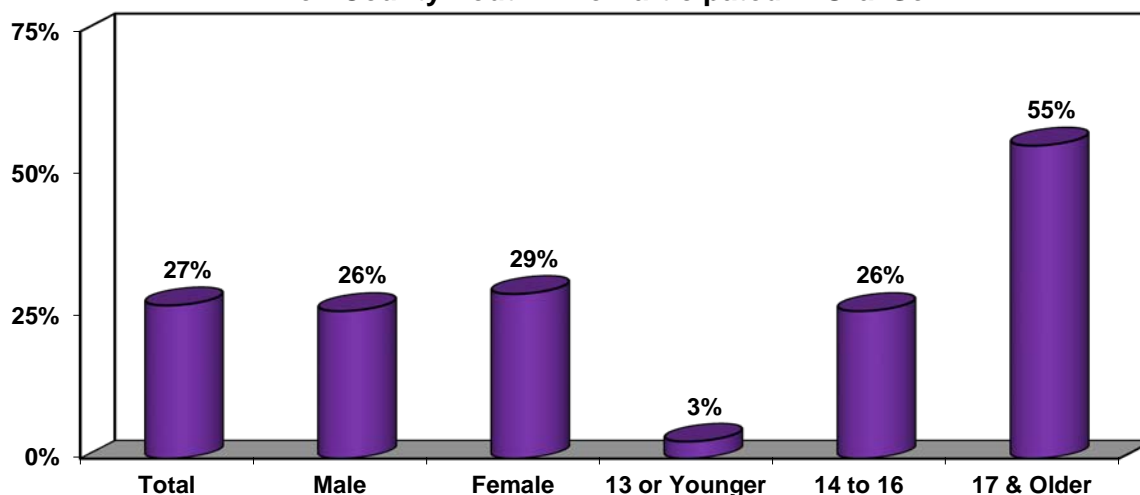
The following graphs show the percentage of Allen County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 31% of all Allen County youth had sexual intercourse, 28% of males, and 34% of females had sex.

**Allen County Youth Who Had Sexual Intercourse**



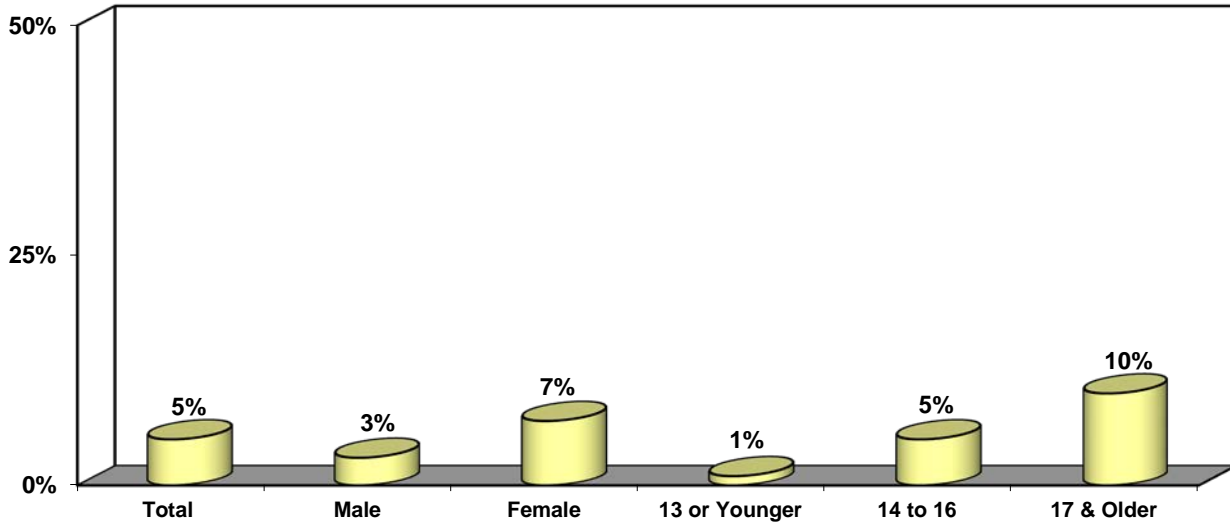
*12% of Allen County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.*

**Allen County Youth Who Participated in Oral Sex**

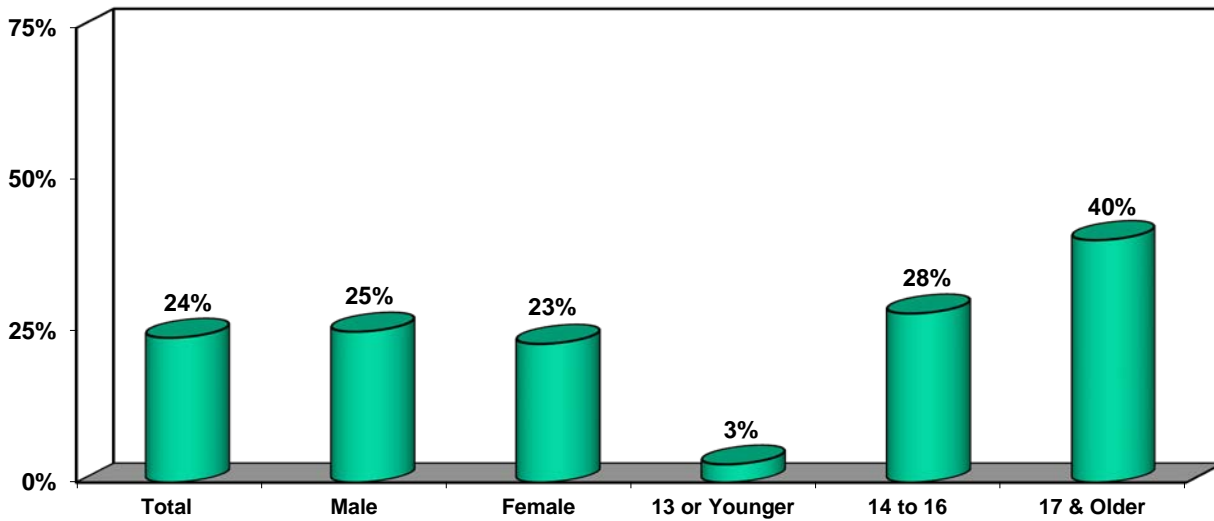


The following graphs show the percentage of Allen County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 5% of all Allen County youth participated in anal sex, 3% of males, and 7% of females.

**Allen County Youth Who Participated in Anal Sex**



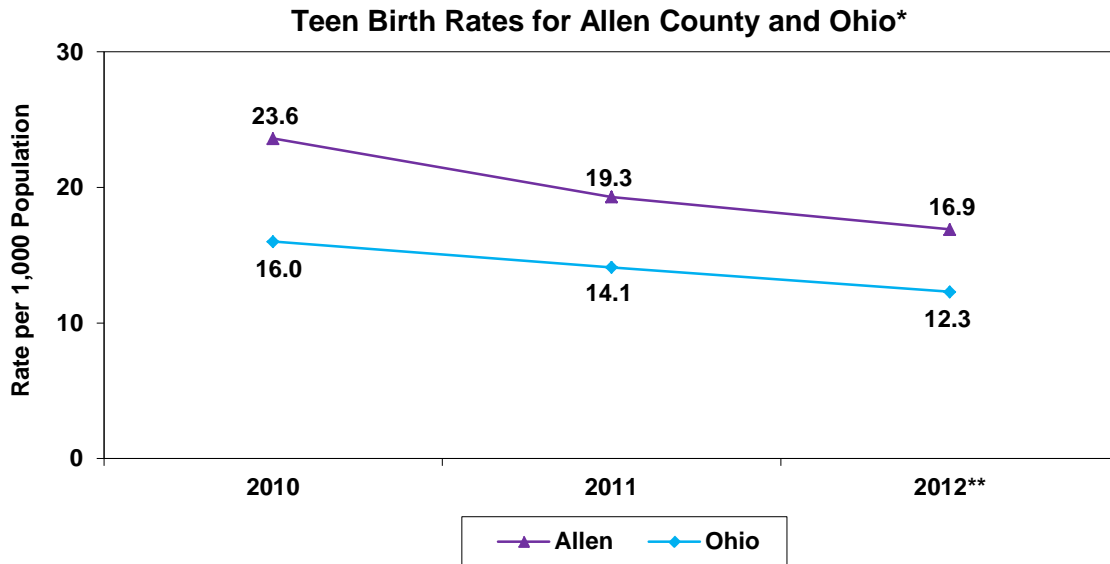
**Allen County Youth Who Participated in Sexting**





The following graph shows the Allen County and Ohio teen birth rates. The graph shows:

- Since 2010, the teen birth rates for Allen County and Ohio have decreased.



\*Teen birth rates include women ages 15-17

\*\*2012 data is preliminary

(Source: Ohio Department of Health Information Warehouse Updated 2-26-13)

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever had sexual intercourse	46%	31%	45%	43%	47%
Used a condom at last intercourse	70%	52%	60%	51%	59%
Used birth control pills at last intercourse	35%	32%	39%	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	14%	12%	13%	12%	14%
Had four or more sexual partners (of all youth)	14%	6%	9%	12%	15%
Had sexual intercourse before age 13 (of all youth)	13%	3%	3%	4%	6%

N/A - Not available

\*2011 YRBS data, \*\*2007 YRBS data

# Youth | MENTAL HEALTH AND SUICIDE

## Key Findings

*In 2014, over one-quarter (29%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. In 2014, the Health Assessment results indicated that 18% of Allen County 6th-12th grade youth had seriously considered attempting suicide in the past year and 8% admitted actually attempting suicide in the past year.*

## Youth Mental Health

- In 2014, over one-quarter (29%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 39% of females (2013 YRBS reported 26% for Ohio and 30% for the U.S.).
- 18% of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 29% of females. 21% of high school youth had seriously considered attempting suicide, compared to the 2013 YRBS rate of 17% for U.S. youth and 14% for Ohio youth.
- In the past year, 8% of Allen County youth had attempted suicide, increasing to 12% of females. 3% of youth had made more than one attempt. The 2013 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 6% rate for Ohio youth.
- Of all youth, 1% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse, (2013 YRBS reported 1% for Ohio and 3% for the U.S.).
- Of those who attempted suicide, 5% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- Allen County youth reported the following causes of anxiety, stress and depression: academic success (39%), fighting with friends (36%), sports (33%), fighting at home (29%), death of close family member or friend (29%), dating relationship (29%), peer pressure (28%), breakup (26%), being bullied (21%), poverty/no money (17%), caring for younger siblings (16%), parent divorce/separation (13%), ill parent (8%), not having enough to eat (7%), parent lost their job (6%), not feeling safe at home (6%), parent/caregiver with a substance abuse problem (5%), alcohol or drug use at home (5%), family member in the military (4%), not feeling safe in the community (4%), sexual orientation (3%), not having a place to live (3%), parent with a mental illness (2%), and other stress at home (26%).
- Allen County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (49%), texting someone (35%), hobbies (34%), praying (27%), exercising (26%), talking to someone in their family (25%), talking to a peer (23%), eating (22%), using social media (17%), breaking something (12%), shopping (12%), reading the Bible (11%), drinking alcohol (8%), using illegal drugs (8%), self-harm (7%), writing in a journal (6%), smoking/using tobacco (6%), talk to a counselor /teacher (6%), using prescribed medication (5%), vandalism/violent behavior (5%), using un-prescribed medication (2%), gambling (2%), talking to a medical professional (1%), and harming someone else (1%). 17% of youth reported they did not have anxiety, stress, or depression.

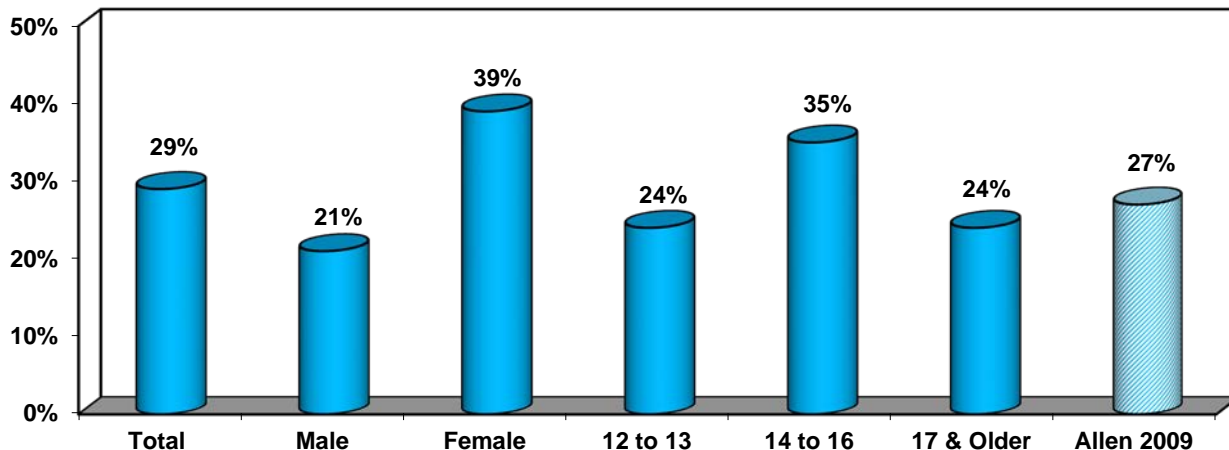
## 2013 Ohio Suicide Statistics for Youth Grades 9-12

- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 11% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 6% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 1% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

*(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBSS 2013)*

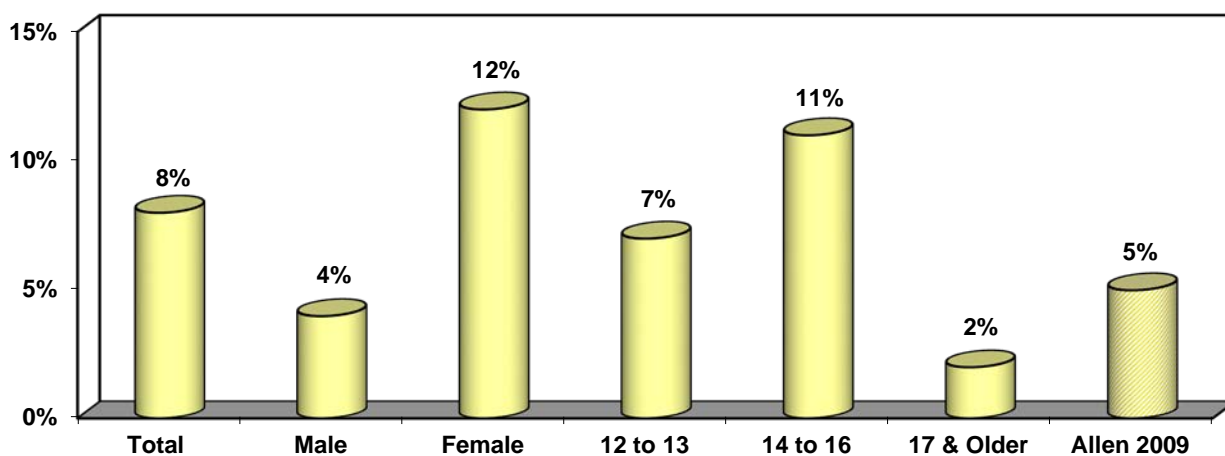
The following graphs show the percentage of Allen County youth who had felt sad or hopeless almost every day for two weeks or more in a row and attempted suicide in the past 12 months (i.e., the first graph shows that 29% of all youth had felt sad or hopeless for two weeks or more, 21% of males and 39% of females).

**Allen County Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row**



*29% of Allen County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.*

**Allen County Youth Who Attempted Suicide in Past 12 Months**



*Allen County youth reported the following leading causes of anxiety, stress and depression: academic success (39%), fighting with friends (36%), sports (33%), and fighting at home (29%).*

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had seriously considered attempting suicide in the past year	13%	18%	21%	14%	17%
Youth who had attempted suicide in the past year	5%	8%	7%	6%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	8%	1%	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	27%	29%	31%	26%	30%

### Youth Suicide

Suicide affects all youth, but some groups are at a higher risk than others. Boys are more likely than girls to die from suicide. Girls, however, are more likely to report attempting suicide than boys. Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

**Risk Factors Include:**

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

*(Source: CDC 2014, Injury Center: Violence Prevention; Suicide Prevention; Youth Suicide  
[http://www.cdc.gov/violenceprevention/pub/youth\\_suicide.html](http://www.cdc.gov/violenceprevention/pub/youth_suicide.html))*

# Youth | SAFETY

## Key Findings

In 2014, 85% of Allen County youth self-reported that they wore a seatbelt when driving a car in the past month. 22% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 8% of youth drivers had driven after drinking alcohol. 49% of youth drivers texted while driving. 27% of youth had purposefully hurt themselves at some time in their lives.

**12% of Allen County youth had suffered a blow or jolt to their head while playing with a sports team in the past year.**

## Personal Safety

- In the past 30 days, 22% of youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and 22% for the U.S.) and 8% of youth drivers had driven a car themselves after drinking alcohol, (2013 YRBS reported 4% for Ohio and 10% for the U.S.).
- Allen County youth drivers did the following while driving in the past month: wore a seatbelt (85%), talked on their cell phone (54%), ate (54%), texted (49%), used the internet on their cell phone (20%), used cell phone for other things (20%), checked facebook on their cell phone (11%), used illegal drugs (8%), applied makeup (4%), drank alcohol (4%), played electronic games on cell phone (3%), read (3%) and misused prescription drugs (1%).
- 91% of youth had a Twitter, Instagram, facebook, online gaming, or other social network account.
- Of those who had an account, they reported the following:
  - They knew all of "my friends" (45%)
  - Their account was currently checked private (40%)
  - Their parents had their password (18%)
  - They knew all of the people they play online (13%)
  - They had been asked to share personal info (12%)
  - They had been asked to meet someone they met online (10%)
  - Their friends had their password (9%)
  - They were bullied because of their accounts (8%)
  - They share personal information (5%)
  - They had problems as a result of their account (5%)
  - Their parents do not know they have an account (5%)
  - They had participated in sexual activity with someone they met online (5%)
- Over half (52%) of the youth who had a Twitter, Instagram, facebook, online gaming, or other social network accounts believed that sharing information online is dangerous.
- 27% of youth purposefully hurt themselves at some time in their life, increasing to 35% of females. Of those youth who had purposefully hurt themselves, 52% had done so 1 or 2 times and 12% had done so 40 or more times.
- 11% of youth played the choking game.
- 5% of youth considered themselves a member of a gang.
- Allen County youth reported the following plans for their future: attend a 4-year college (65%), follow their career path (51%), attend a community college or technical/trade school (26%), join the military (11%), and not finish high school (2%). 1% had no hope for their future.

- When asked how they would describe their grades in the past year, youth reported the following: mostly A's (34%), mostly B's (36%), mostly C's (19%), mostly D's (3%), and mostly F's (<1%).

## Personal Health

- Youth reported they always wore a helmet when riding the following: a bicycle (2%), an ATV (7%), moped (5%), and a skateboard (1%).
- Youth reported they never wore a helmet when riding the following: a bicycle (53%), an ATV (16%), moped (10%), and a skateboard (21%).
- 12% of youth reported in the past year they had suffered a blow or jolt to their head while playing with a sports team (either during a game or during practice) which caused them to get "knocked out", have memory problems, double or blurry vision, headaches or "pressure" in the head, or nausea or vomiting (2013 YRBS reported 12% for Ohio).
- More than two-thirds (70%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year, increasing to 86% of youth ages 17 and older (2013 YRBS reported 75% for Ohio).
- Allen County youth reported the following adverse childhood experiences (ACE): parents became separated or were divorced (33%), parents or adults in home swore at them, insulted them or put them down (36%), lived with someone who was a problem drinker or alcoholic (23%), lived with someone who was depressed, mentally ill or suicidal (21%), lived with someone who served time or was sentenced to serve in prison or jail (24%), parents were not married (18%), lived with someone who used illegal drugs or misused prescription drugs (17%), parents or adults in home abused them (10%), parents or adults in home abused each other (10%), an adult or someone 5 years older than them touched them sexually (3%), an adult or someone 5 years older tried to make them touch them sexually (2%), and an adult or someone 5 years older than them forced them to have sex (<1%).
- 30% of youth had three or more adverse childhood experiences.

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ridden with someone who had been drinking alcohol in past month	22%	22%	25%	17%	22%
Drove a car after drinking alcohol (of all youth drivers)	8%	8%	8%	4%	10%
Visited a dentist for a check-up within the past year	68%	70%	76%	75%	N/A
Suffered blow or jolt to head	N/A	12%	10%	12%	N/A

N/A - Not available

## Adverse Childhood Experiences (ACE)

- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common. The most common are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in 5 states in 2009 reported having had at least one ACE while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
  - Depression
  - Fetal death
  - Illicit drug use
  - Liver disease
  - STD's
  - Multiple sexual partners
  - Alcoholism and alcohol abuse
  - COPD
  - Unintended pregnancies
  - Suicide attempts
  - Early initiation of smoking
  - Risk for intimate partner violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.

*(Source: CDC, Adverse Childhood Experiences (ACE) Study, January 18, 2013, <http://www.cdc.gov/ace/about.htm> & Adverse Childhood Experiences Reported by Adults, Last Reviewed: June 3, 2011, <http://www.cdc.gov/features/dsaces/index.html>)*

# Youth | VIOLENCE ISSUES

## Key Findings

In Allen County, 27% of youth had been involved in a physical fight in the past year. 8% of youth had been threatened or injured with a weapon on school property in the past year. 48% of youth had been bullied in the past year and 30% had been bullied on school property.

## Violence-Related Behaviors

- In 2014, 12% of youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 17% of males (2013 YRBS reported 14% for Ohio and 18% for the U.S.).
- 2% of youth had carried a weapon (such as a gun, knife or club) on school property in the past 30 days (2013 YRBS reported 5% for the U.S.).
- 8% of youth were threatened or injured with a weapon on school property in the past year (2013 YRBS reported 7% for the U.S.).
- 5% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (2013 YRBS reported 5% for Ohio and 7% for the U.S.).
- 48% of youth had been bullied in the past year. The following types of bullying were reported:
  - 38% were verbally bullied (teased, taunted or called harmful names)
  - 25% were indirectly bullied (spread mean rumors about them or kept them out of a "group")
  - 13% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2013 YRBS reported 15% for Ohio and the U.S.).
  - 10% were physically bullied (were hit, kicked, punched or people took their belongings)
  - 3% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 30% of youth had been bullied on school property (2013 YRBS reported 21% for Ohio and 20% for the U.S.).
- In the past year, 27% of youth had been involved in a physical fight, increasing to 34% of males. 14% had been in a fight on more than one occasion (2013 YRBS reported 20% for Ohio and 25% for the U.S.).
- In the past year, 9% of youth had been involved in a physical fight on school property (2013 YRBS reported 6% for Ohio and 8% for the U.S.).
- 5% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2013 YRBS reported 7% for Ohio).
- 19% of youth reported an adult hit or slapped them in the past 12 months.
- 7% of youth were physically forced to participate in any sexual activity when they did not want to, increasing to 13% of females.

### Types of Bullying

- **Verbal Bullying:** Any bullying that is done by speaking. Calling names, teasing, threatening somebody, and making fun of others are all forms of verbal bullying.
- **Indirect Bullying:** A form of bullying that involves mean rumors being spread about someone or keeping someone out of a "group".
- **Physical Bullying:** Any bullying that hurts someone's body or damages their possessions. Stealing, shoving, hitting, fighting, and destroying property all are types of physical bullying.
- **Cyber Bullying:** Any bullying that happens over any technological device. This includes email, instant messaging, social networking sites (such as Facebook), text messages, and cell phones.
- **Sexual Bullying:** Any bullying that involves comments, gestures, actions or attention that is intended to hurt, offend or intimidate someone that focuses on appearance, body parts, or sexual orientation.

(Source: RESPECT, *Bullying Definitions*, obtained from: <http://www.respect2all.org/parents/bullying-definitions> & *Teens Health, Sexual Harassment and Sexual Bullying*, obtained from: [http://kidshealth.org/teen/sexual\\_health/guys/harassment.html](http://kidshealth.org/teen/sexual_health/guys/harassment.html))



### Behaviors of Allen Youth

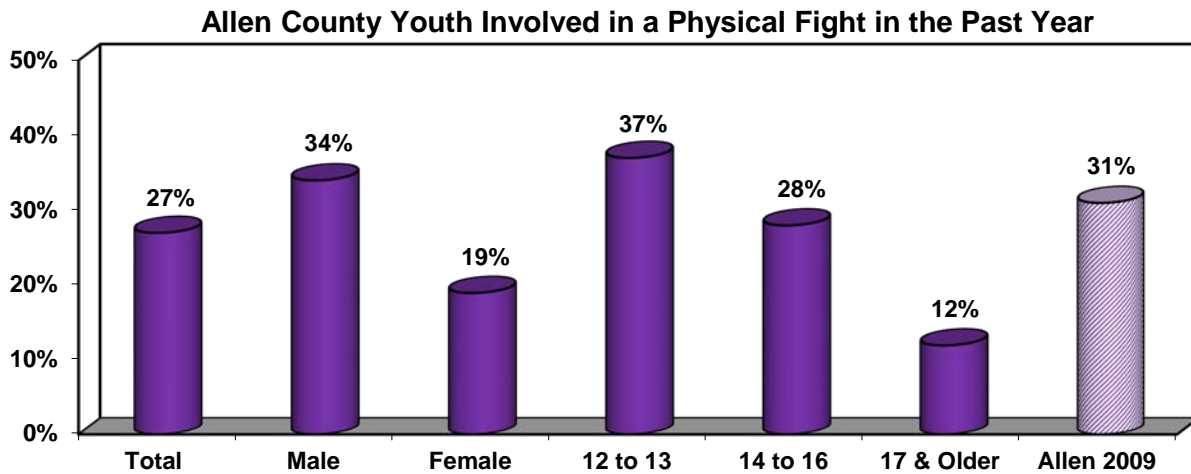
*Bullied vs. Non-Bullied*

Youth Behaviors	Bullied	Non-Bullied
Contemplated suicide in the past 12 months	29%	9%
Have drank alcohol in the past 30 days	29%	22%
Have used marijuana in the past 30 days	20%	13%
Attempted suicide in the past 12 months	13%	3%
Misused prescription medications in the past 30 days	9%	10%
Have smoked cigarettes in the past 30 days	9%	10%

### Types of Bullying Allen County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	38%	33%	44%	36%	44%	30%
Indirectly Bullied	25%	13%	38%	18%	31%	24%
Cyber Bullied	13%	6%	21%	9%	17%	12%
Physically Bullied	10%	14%	7%	12%	13%	4%
Sexually Bullied	3%	2%	5%	1%	6%	2%

The following graph shows Allen County youth involved in a physical fight in the past year. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 27% of all youth had been in a fight in the past year, 34% of males and 19% of females).



Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	15%	12%	12%	14%	18%
Carried a weapon on school property in past month	4%	2%	2%	4%*	5%
Been in a physical fight in past year	31%	27%	22%	20%	25%
Been in a fight on school property in past year	11%	9%	6%	6%	8%
Threatened or injured with a weapon on school property in past year	11%	8%	7%	8%*	7%
Did not go to school because felt unsafe	5%	5%	3%	5%	7%
Electronically/cyber bullied in past year	13%	13%	15%	15%	15%
Bullied in past year	47%	48%	50%	N/A	N/A
Bullied on school property in past year	N/A	30%	30%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	12%	5%	5%	7%	9%**

N/A –Not available

\*2007 YRBS

\*\*2011 YRBS

# Appendix I | ALLEN COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

Source	Data Used	Website
American Academy of Pediatrics (AAP)	<ul style="list-style-type: none"> <li>▪ Safer Sex Guidelines</li> </ul>	<a href="http://www.lpch.org/DiseasesHealthInfo/HealthLibrary/adolescent/safesex.html">www.lpch.org/DiseasesHealthInfo/HealthLibrary/adolescent/safesex.html</a>
American Association of Suicidology	<ul style="list-style-type: none"> <li>▪ Suicide Facts</li> </ul>	<a href="http://www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics">www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics</a>
American Cancer Society, Cancer Facts and Figures 2014. Atlanta: ACS, 2014	<ul style="list-style-type: none"> <li>▪ 2014 Cancer Facts, Figures, and Estimates</li> <li>▪ Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org">www.cancer.org</a>
American Diabetes Association	<ul style="list-style-type: none"> <li>▪ Type 1 and 2 Diabetes</li> <li>▪ Risk Factors for Diabetes</li> <li>▪ Diabetes Facts</li> </ul>	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> <li>▪ Warning Signs for Suicide</li> </ul>	<a href="http://www.afsp.org/">www.afsp.org/</a>
American Heart Association, 2013	<ul style="list-style-type: none"> <li>▪ Stroke Warning Signs and Symptoms</li> <li>▪ Smoke-free Living: Benefits &amp; Milestones</li> </ul>	<a href="http://www.heart.org/HEARTORG/">www.heart.org/HEARTORG/</a>
American Lung Association, 2012	<ul style="list-style-type: none"> <li>▪ Asthma Statistics</li> </ul>	<a href="http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-in-adults.html">http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-in-adults.html</a>
<i>Arthritis at a Glance, 2012, Centers for Disease Control &amp; Prevention, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003 &amp; 59(39):1261-1265</i>	<ul style="list-style-type: none"> <li>▪ Arthritis Statistics</li> </ul>	<a href="http://www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm">www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm</a>
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> <li>▪ 2009 - 2013 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>

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Source	Data Used	Website
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> <li>Victims of Gun Violence</li> </ul>	<a href="http://www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf">www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf</a>
Caron Pennsylvania	<ul style="list-style-type: none"> <li>Characteristics of New Marijuana Users</li> </ul>	<a href="http://www.caron.org/signs-of-pot-use-5827.html">www.caron.org/signs-of-pot-use-5827.html</a>
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> <li>Adverse Childhood Experiences (ACE)</li> <li>Asthma Attacks</li> <li>Binge Drinking Among Women</li> <li>Caffeinated Alcohol Beverages</li> <li>Cancer and Men</li> <li>Distracted Driving</li> <li>Electronic Cigarettes and Teenagers</li> <li>Impact of Arthritis</li> <li>Health Care Access Among the Employed and Unemployed</li> <li>Health Care Access and Utilization</li> <li>HIV in the U.S.</li> <li>Heart Health and Stroke Facts</li> <li>Obesity Facts</li> <li>Oral Health</li> <li>Skin Cancer Prevention</li> <li>Smoking facts</li> <li>Tips for Parents</li> <li>Yearly Flu Shots</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Alcohol and Public Health, 2012	<ul style="list-style-type: none"> <li>Underage Drinking</li> </ul>	<a href="http://www.cdc.gov/alcohol/factsheets/underage-drinking.htm">www.cdc.gov/alcohol/factsheets/underage-drinking.htm</a>
CDC, Adolescent and School Health, 2013	<ul style="list-style-type: none"> <li>Youth Physical Activity Facts</li> </ul>	<a href="http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm">www.cdc.gov/healthyyouth/physicalactivity/facts.htm</a>
CDC, Arthritis	<ul style="list-style-type: none"> <li>Key Public Health Messages</li> </ul>	<a href="http://www.cdc.gov/arthritis/basics/key.htm">www.cdc.gov/arthritis/basics/key.htm</a>
CDC, Injury Center: Violence Prevention 2014	<ul style="list-style-type: none"> <li>Youth Suicide</li> </ul>	<a href="http://www.cdc.gov/violenceprevention/pub/youth_suicide.html">www.cdc.gov/violenceprevention/pub/youth_suicide.html</a>

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Source	Data Used	Website
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>Leading Causes of Death in U.S.</li> <li>Men's Health</li> <li>U.S. Female Fertility Rate</li> <li>U.S. Births to Unwed Mothers</li> <li>U.S. Low Birth Weight, Live Births</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/">www.cdc.gov/nchs/fastats/</a>
CDC, Physical Activity for Everyone	<ul style="list-style-type: none"> <li>Physical Activity Recommendations</li> </ul>	<a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html">www.cdc.gov/physicalactivity/everyone/guidelines/adults.html</a>
CDC, Sexually Transmitted Diseases Surveillance, 2014	<ul style="list-style-type: none"> <li>U.S. Chlamydia and Gonorrhea Rates</li> <li>STD's in Adolescents and Young Adults</li> <li>U.S. STD Surveillance Profile</li> </ul>	<a href="http://www.cdc.gov/std/stats/">www.cdc.gov/std/stats/</a>
CDC, Vaccine Safety, Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>Human Papillomavirus</li> </ul>	<a href="http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html">www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html</a>
CDC, Wonder	<ul style="list-style-type: none"> <li>About Underlying Cause of Death, 1999-2011</li> </ul>	<a href="http://wonder.cdc.gov/ucd-icd10.html">http://wonder.cdc.gov/ucd-icd10.html</a>
Community Commons	<ul style="list-style-type: none"> <li>Cigarette Expenditures</li> <li>Alcohol Beverage Expenditures</li> <li>Beer, Wine and Liquor Stores</li> <li>Bars and Drinking Establishments</li> </ul>	<a href="http://www.communitycommons.org/">www.communitycommons.org/</a>
Federal Emergency Management Agency (FEMA)	<ul style="list-style-type: none"> <li>Basic Disaster Supplies Kit</li> </ul>	<a href="http://www.ready.gov/basic-disaster-supplies-kit">www.ready.gov/basic-disaster-supplies-kit</a>
Health Indicators Warehouse	<ul style="list-style-type: none"> <li>Age-Adjusted Mortality Rates for Motor Vehicle Accidents</li> <li>Heart Disease and Stroke Mortality Rates</li> </ul>	<a href="http://www.healthindicators.gov/Indicators/Selection">www.healthindicators.gov/Indicators/Selection</a>
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>All Healthy People 2020 Target Data Points</li> <li>Some U.S. Baseline Statistics</li> <li>Predictors of Access to Health Care</li> </ul>	<a href="http://www.healthypeople.gov/2020/topicsobjectives2020">www.healthypeople.gov/2020/topicsobjectives2020</a>
National Cancer Institute	<ul style="list-style-type: none"> <li>Age-Adjusted Cancer Mortality Rates</li> </ul>	<a href="http://statecancerprofiles.cancer.gov/index.html">http://statecancerprofiles.cancer.gov/index.html</a>
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>Abuse of Prescription Drugs</li> </ul>	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
National Institute of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases	<ul style="list-style-type: none"> <li>Back Pain Prevention</li> </ul>	<a href="http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm">www.ninds.nih.gov/disorders/backpain/detail_backpain.htm</a>

Source	Data Used	Website
National Vital Statistics Report	<ul style="list-style-type: none"> <li>Live Birth Data</li> </ul>	<a href="http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01">www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01</a>
Network of Care	<ul style="list-style-type: none"> <li>Health Indicators</li> <li>Age-Adjusted Mortality Rates</li> </ul>	<a href="http://allen.oh.networkofcare.org/ph/county-indicators.aspx#cat1">http://allen.oh.networkofcare.org/ph/county-indicators.aspx#cat1</a>
Nicotine & Tobacco Research, "Flavored Cigar Smoking Among U.S. Adults: Findings from the 2009-2010 National Adult Tobacco Survey," 2012	<ul style="list-style-type: none"> <li>Flavored Cigar Smoking Among U.S. Adults</li> </ul>	<a href="http://ntr.oxfordjournals.org/content/early/2012/08/17/ntr.nts178.abstract">http://ntr.oxfordjournals.org/content/early/2012/08/17/ntr.nts178.abstract</a>
Office of Health Transformation	<ul style="list-style-type: none"> <li>Ohio Medicaid Assessment Survey</li> </ul>	<a href="http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&amp;tabid=160">http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&amp;tabid=160</a>
Office of Criminal Justice Services	<ul style="list-style-type: none"> <li>Crime Statistics and Crime Reports</li> </ul>	<a href="http://www.ocjs.ohio.gov/crime_stats_reports.stm">http://www.ocjs.ohio.gov/crime_stats_reports.stm</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>Obesity and Diabetes in Ohio</li> <li>Allen County and Ohio Mortality Statistics</li> <li>Allen County and Ohio Birth Statistics</li> <li>Allen County and Ohio Leading Causes of Death</li> <li>Sexually Transmitted Diseases</li> <li>Incidence of Cancer</li> <li>HIV/AIDS Surveillance Program</li> <li>Statistics: Access to Health Services</li> <li>Teen Birth Rates</li> </ul>	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> <li>Allen County Dental Care Resources</li> </ul>	<a href="http://publicapps.odh.ohio.gov/oralhealth/default.aspx">http://publicapps.odh.ohio.gov/oralhealth/default.aspx</a>
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> <li>Allen County and Ohio Medicaid Statistics</li> </ul>	<a href="http://jfs.ohio.gov/county/cntypro/pdf11/Allen.pdf">http://jfs.ohio.gov/county/cntypro/pdf11/Allen.pdf</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>2014 Allen County and Ohio Crash Facts</li> <li>OSHP Computer-Aided Dispatch (CAD) System</li> </ul>	<a href="https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx">https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx</a>
Ohio Department of Rehabilitation and Correction	<ul style="list-style-type: none"> <li>Arrests/Incarceration Data</li> <li>Inmate Population by Gender and Race</li> </ul>	<a href="http://www.drc.ohio.gov/web/Reports/FactSheet/January%202014.pdf">www.drc.ohio.gov/web/Reports/FactSheet/January%202014.pdf</a>
Ohio Mental Health and Addiction Services	<ul style="list-style-type: none"> <li>Doses Per Capita</li> </ul>	<a href="http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf">http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf</a>

# APPENDIX I

Source	Data Used	Website
Ohio State Highway Patrol	<ul style="list-style-type: none"> <li>Compliant Data</li> <li>Electronic Crash Records</li> <li>Felony Cases and Drug Arrests</li> <li>Allen County Activity Statistics</li> </ul>	<a href="http://statepatrol.ohio.gov/">http://statepatrol.ohio.gov/</a>
Ohio Suicide Prevention Foundation	<ul style="list-style-type: none"> <li>Suicide Deaths by Gender and Age Group</li> </ul>	<a href="http://www.ohiospf.org/content.php?pageurl=ohio_statistics">www.ohiospf.org/content.php?pageurl=ohio_statistics</a>
RESPECT	<ul style="list-style-type: none"> <li>Bullying Definitions</li> </ul>	<a href="http://www.respect2all.org/parents/bullying-definitions">www.respect2all.org/parents/bullying-definitions</a>
Teens Health	<ul style="list-style-type: none"> <li>Sexual Harassment and Sexual Bullying</li> </ul>	<a href="http://kidshealth.org/teen/sexual_health/guys/harassment.html">http://kidshealth.org/teen/sexual_health/guys/harassment.html</a>
The Partnership at Drugfree.org, Parents 360, 2012	<ul style="list-style-type: none"> <li>Synthetic Drugs: Bath Salts, K2/Spice A guide for parents and other influencers</li> </ul>	<a href="http://www.drugfree.org">www.drugfree.org</a>
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>American Community Survey 1 year estimate, 2013</li> <li>Ohio and Allen County 2013 Census Demographic Information</li> <li>Ohio and U.S. Health Insurance Sources</li> <li>Small Area Income and Poverty Estimates</li> <li>Federal Poverty Thresholds</li> </ul>	<a href="http://www.census.gov">www.census.gov</a>
U.S. Department of Health and Human Services, Ohio Department of Mental Health	<ul style="list-style-type: none"> <li>Mental Health Services in Ohio</li> </ul>	<a href="http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf">www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf</a>
U.S. Department of Justice	<ul style="list-style-type: none"> <li>Bath Salts</li> </ul>	<a href="http://www.justice.gov/dea/druginfo/factsheets.shtml">www.justice.gov/dea/druginfo/factsheets.shtml</a>
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> <li>2005 - 2013 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx">http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx</a>

# Appendix II | ALLEN COUNTY ACRONYMS AND TERMS

<b>AHS</b>	<b>Access to Health Services</b> (topic area for Healthy People 2020)
<b>Adult</b>	Defined as 19 years of age and older.
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Adult Binge Drinking</b>	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>BMI</b>	<b>Body Mass Index</b> is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	<b>Behavior Risk Factor Surveillance System</b> , an adult survey conducted by the CDC.
<b>CBP</b>	U.S. Census Bureau's <b>County Business Patterns</b> data series.
<b>CDC</b>	<b>Centers for Disease Control</b> and Prevention.
<b>CVD</b>	<b>Cardiovascular Disease</b>
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>HCNO</b>	<b>Hospital Council of Northwest Ohio</b>
<b>HDS</b>	<b>Heart Disease and Stroke</b> (topic area for Healthy People 2020)
<b>HP 2020</b>	Healthy People 2020, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>Health Indicator</b>	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
<b>High Blood Cholesterol</b>	240 mg/dL and above
<b>High Blood Pressure</b>	Systolic $\geq 140$ and Diastolic $\geq 90$
<b>IID</b>	<b>Immunization and Infectious Diseases</b> (topic area for Healthy People 2020)
<b>N/A</b>	Data is not available.
<b>ODH</b>	<b>Ohio Department of Health</b>



<b>Race/Ethnicity</b>	<b>Census 2010:</b> U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
<b>SAMHSA</b>	<b>Substance and Mental Health Services Administration</b>
<b>Weapon</b>	Defined in the YRBSS as “a weapon such as a gun, knife, or club”
<b>Youth</b>	Defined as 12 through 18 years of age
<b>Youth BMI Classifications</b>	<b>Underweight</b> is defined as BMI-for-age $\leq$ 5 <sup>th</sup> percentile <b>Overweight</b> is defined as BMI-for-age 85 <sup>th</sup> percentile to $<$ 95 <sup>th</sup> percentile. <b>Obese</b> is defined as $\geq$ 95 <sup>th</sup> percentile.
<b>Youth Binge Drinking</b>	Consumption of five alcoholic beverages or more on one occasion.
<b>YRBSS</b>	<b>Youth Risk Behavior Surveillance System</b> , a youth survey conducted by the CDC

# Appendix III | METHODS FOR WEIGHTING THE 2014 ALLEN COUNTY ASSESSMENT DATA

Data from sample surveys have the potential for bias if there are different rates of response for different segments of the population. In other words, some subgroups of the population may be more represented in the completed surveys than they are in the population from which those surveys are sampled. If a sample has 25% of its respondents being male and 75% being female, then the sample is biased towards the views of females (if females respond differently than males). This same phenomenon holds true for any possible characteristic that may alter how an individual responds to the survey items.

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2014 Allen County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Allen County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (9 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Allen County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2014 Allen County Survey and the 2010 Census.

<u>2014 Allen Survey</u>			<u>2010 Census</u>		<u>Weight</u>
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	201	46.420323	53,630	50.436843	1.086525
Female	232	53.579677	52,701	49.563157	0.925037

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Allen County. The weighting for males was calculated by taking the percent of males in Allen County (based on Census information) (50.436843%) and dividing that by the percent found in the 2014 Allen County sample (46.420323%) [50.436843/46.420323= weighting of 1.086525 for males]. The same was done for females [49.563157/53.579677 = weighting of 0.925037 for females]. Thus males' responses are weighted heavier by a factor of 1.086525 and females' responses weighted less by a factor of 0.925037.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.291068 [0.925036 (weight for females) x 0.926346 (weight for White) x 1.573018 (weight for age 35-44) x 0.957819 (weight for income \$50-\$75k)]. Thus, each individual in the 2014 Allen County sample

has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 21.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

- 1) **Total weight** (product of 4 weights) – for all analyses that did not separate age, race, sex, or income.
- 2) **Weight without sex** (product of age, race, and income weights) – used when analyzing by sex.
- 3) **Weight without age** (product of sex, race, and income weights) – used when analyzing by age.
- 4) **Weight without race** (product of age, sex, and income weights) – used when analyzing by race.
- 5) **Weight without income** (product of age, race, and sex weights) – used when analyzing by income.
- 6) **Weight without sex or age** (product of race and income weights) – used when analyzing by sex and age.
- 7) **Weight without sex or race** (product of age and income weights) – used when analyzing by sex and race.
- 8) **Weight without sex or income** (product of age and race weights) – used when analyzing by sex and income.

Category	Allen Sample	%	2010 Census *	%	Weighting Value
<b>Sex:</b>					
Male	201	46.420323	53,630	50.4368434	1.086525035
Female	232	53.579677	52,701	49.5631566	0.9250365
<b>Age:</b>					
20-24	25	5.827506	7,471	9.71104727	1.666415712
25-34	48	11.188811	12,443	16.1738136	1.445534589
35-44	44	10.256410	12,412	16.1335188	1.573018081
45-54	89	20.745921	15,479	20.1201045	0.969834251
55-59	48	11.188811	7,336	9.53556991	0.852241561
60-64	52	12.121212	6,095	7.922478	0.653604435
65-74	90	20.979021	7,928	10.3050706	0.491208367
75-84	33	7.692308	5,298	6.88651164	0.895246513
85+	0	0	2,471	3.21188567	NA
<b>Race:</b>					
White	382	89.044289	87,708	82.4858226	0.926346018
Non-White	47	10.955711	18,623	17.5141774	1.598634493
<b>Household Income</b>					
Less than \$10,000	28	7.179487	3,863	9.50963	1.324554956
\$10k-\$15k	21	5.384615	2,736	6.73527	1.250835227
\$15k-\$25k	43	11.025641	5,340	13.14559	1.192274091
\$25k-\$35k	45	11.538462	4,806	11.83103	1.025355719
\$35k-\$50	63	16.153846	5,963	14.67924	0.908714724
\$50k-\$75k	81	20.769231	8,081	19.89316	0.957818879
\$75k or more	109	27.948718	9,833	24.20610	0.866089645
<p>Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Allen County in each subcategory by the proportion of the sample in the Allen County survey for that same category.</p> <p>* Allen County population figures taken from the 2010 Census.</p>					

# Appendix IV | ALLEN COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2014 Allen County Health Assessment:

## Allen East Local Schools

Allen East High School

## Bath Local Schools

Bath High School  
Bath Middle School

## Delphos City Schools

Jefferson High School  
Jefferson Middle School

## Elida Local Schools

Elida High School  
Elida Middle School

## Lima City Schools

Lima Senior High School  
Lima West Middle School  
Lima North Middle School

## Perry Local Schools

Perry High School

## Shawnee Local Schools

Shawnee High School  
Shawnee Middle School

## Spencerville Local Schools

Spencerville High School  
Spencerville Middle School

# Appendix V | ALLEN COUNTY

## SAMPLE DEMOGRAPHIC

### PROFILE\*

Variable	2014 Survey Sample	Allen County Census 2013 (1 year estimate)	Ohio Census 2013
<b>Age</b>			
20-29	18.3%	13.5%	13.2%
30-39	13.5%	12.7%	11.9%
40-49	17.1%	11.2%	13.2%
50-59	22.3%	13.6%	14.7%
60 plus	26.2%	22.8%	21.3%
<b>Race/Ethnicity</b>			
White	79.9%	83.3%	82.5%
Black or African American	8.7%	11.5%	12.1%
American Indian and Alaska Native	0.4%	0.4%	0.2%
Asian	0.8%	0.9%	1.8%
Other	6.2%	0.5%	0.8%
Hispanic Origin (may be of any race)	1.2%	2.7%	3.3%
<b>Marital Status†</b>			
Married Couple	59.1%	48.1%	47.8%
Never been married/member of an unmarried couple	25.8%	31.7%	31.8%
Divorced/Separated	9.9%	13.3%	14.0%
Widowed	3.8%	6.9%	6.4%
<b>Education†</b>			
Less than High School Diploma	6.2%	11.3%	11.0%
High School Diploma	30.4%	38.3%	34.2%
Some college/ College graduate	62.3%	50.4%	54.8%
<b>Income (Families)</b>			
\$14,999 and less	15.4%	7.0%	8.7%
\$15,000 to \$24,999	10.0%	9.3%	8.2%
\$25,000 to \$49,999	21.5%	27.4%	23.4%
\$50,000 to \$74,999	18.8%	21.9%	20.3%
\$75,000 or more	22.3%	34.4%	39.4%

\* The percents reported are the actual percent within each category who responded to the survey. The data contained within the report however are based on weighted data (weighted by age, race, sex, and income). Percents may not add to 100% due to missing data (non-responses).

† The Ohio and Allen County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

# Appendix VI | DEMOGRAPHICS AND HOUSEHOLD INFORMATION

Allen County Population by Age Groups and Gender  
U.S. Census 2010

Age	Total	Males	Females
<b>Allen County</b>	<b>106,331</b>	<b>53,630</b>	<b>52,701</b>
<b>0-4 years</b>	<b>6,761</b>	<b>3,501</b>	<b>3,260</b>
1-4 years	5,437	2,819	2,618
< 1 year	1,324	682	642
1-2 years	2,693	1,363	1,330
3-4 years	2,744	1,456	1,288
<b>5-9 years</b>	<b>7,083</b>	<b>3,602</b>	<b>3,481</b>
5-6 years	2,772	1,418	1,354
7-9 years	4,311	2,184	2,127
<b>10-14 years</b>	<b>7,160</b>	<b>3,645</b>	<b>3,515</b>
10-12 years	4,317	2,203	2,114
13-14 years	2,843	1,442	1,401
12-18 years	10,337	5,397	4,940
<b>15-19 years</b>	<b>8,394</b>	<b>4,719</b>	<b>3,675</b>
15-17 years	4,441	2,295	2,146
18-19 years	3,953	2,424	1,529
20-24 years	7,471	4,226	3,245
25-29 years	6,283	3,345	2,938
30-34 years	6,160	3,095	3,065
35-39 years	6,096	3,136	2,960
40-44 years	6,316	3,241	3,075
45-49 years	7,365	3,619	3,746
50-54 years	8,114	4,185	3,929
55-59 years	7,336	3,701	3,635
60-64 years	6,095	3,027	3,068
65-69 years	4,423	2,061	2,362
70-74 years	3,505	1,609	1,896
75-79 years	2,866	1,225	1,641
80-84 years	2,432	950	1,482
85-89 years	1,636	552	1,084
90-94 years	668	161	507
95-99 years	147	24	123
100-104 years	20	6	14
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>2,471</b>	<b>743</b>	<b>1,728</b>
<b>Total 65 years and over</b>	<b>15,697</b>	<b>6,588</b>	<b>9,109</b>
<b>Total 19 years and over</b>	<b>79,189</b>	<b>39,635</b>	<b>39,554</b>

# ALLEN COUNTY PROFILE

## General Demographic Characteristics (Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimate

### Total Population

2013 Total Population	105,298
2000 Total Population	108,473

### Largest City-Lima

2013 Total Population	38,425	100%
2000 Total Population	40,081	100%

### Population By Race/Ethnicity

Total Population	105,298	100%
White Alone	87,735	83.3%
Hispanic or Latino (of any race)	2,808	2.7%
African American	12,079	11.5%
American Indian and Alaska Native	402	0.4%
Asian	960	0.9%
Two or more races	3,619	3.4%
Other	503	0.5%

### Population By Age 2010

Under 5 years	6,761	6.4%
5 to 17 years	18,684	17.6%
18 to 24 years	11,424	10.7%
25 to 44 years	24,855	23.3%
45 to 64 years	28,910	27.2%
65 years and more	15,697	14.8%
<b>Median age (years)</b>	<b>38.2</b>	

### Household By Type

Total Households	40,359	100%
Family Households (families)	26,567	65.8%
With own children <18 years	11,416	28.3%
Married-Couple Family Households	18,918	46.9%
With own children <18 years	7,426	18.4%
Female Householder, No Husband Present	5,879	14.6%
With own children <18 years	3,071	7.6%
Non-family Households	13,792	34.2%
Householder living alone	11,692	29.0%
Householder 65 years and >	4,477	11.1%
Households With Individuals < 18 years	13,084	32.4%
Households With Individuals 65 years and >	11,663	28.9%

Average Household Size	2.50 people
Average Family Size	3.11 people



**General Demographic Characteristics, Continued**  
 (Source: U.S. Census Bureau, Census 2013)

**2013 ACS 1-year estimate**

Median Value of Owner-Occupied Units	\$111,200
Median Monthly Owner Costs (With Mortgage)	\$1,047
Median Monthly Owner Costs (Not Mortgaged)	\$388
Median Gross Rent for Renter-Occupied Units	\$651
Median Rooms Per Housing Unit	5.9
Total Housing Units	44,755
No Telephone Service	898
Lacking Complete Kitchen Facilities	617
Lacking Complete Plumbing Facilities	112

**Selected Social Characteristics**  
 (Source: U.S. Census Bureau, Census 2013)

**2013 ACS 1-year estimates**

**School Enrollment**

Population 3 Years and Over Enrolled In School	26,563	100%
Nursery & Preschool	1,418	5.3%
Kindergarten	1,557	5.9%
Elementary School (Grades 1-8)	11,013	41.5%
High School (Grades 9-12)	5,373	20.2%
College or Graduate School	7,202	27.1%

**Educational Attainment**

Population 25 Years and Over	69,555	100%
< 9 <sup>th</sup> Grade Education	1,521	2.2%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	6,360	9.1%
High School Graduate (Includes Equivalency)	26,625	38.3%
Some College, No Degree	16,860	24.2%
Associate Degree	6,286	9.0%
Bachelor's Degree	7,046	10.1%
Graduate Or Professional Degree	4,587	7.0%

Percent High School Graduate or Higher	*(X)	88.7%
Percent Bachelor's Degree or Higher	*(X)	17.1%

\*(X) – Not available

**Selected Social Characteristics, Continued**  
**(Source: U.S. Census Bureau, Census 2013)**

**2013 ACS 1-year estimate**

**Marital Status**

Population 15 Years and Over	84,792	100%
Never Married	26,835	31.6%
Now Married, Excluding Separated	40,793	48.1%
Separated	982	1.2%
Widowed	5,849	6.9%
Female	4,645	11.0%
Divorced	10,333	12.2%
Female	6,108	14.5%

**Grandparents As Caregivers**

Grandparent Living in Household with 1 or more own grandchildren <18 years	1,901	100%
Grandparent Responsible for Grandchildren	1,025	53.9%

**Veteran Status**

Civilian Veterans 18 years and over	7,743	9.6%
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**Disability Status of the Civilian Non-institutionalized Population**

Total Civilian Noninstitutionalized Population	102,659	100%
With a Disability	15,717	15.3%
Under 18 years	24,496	100%
With a Disability	1,658	6.8%
18 to 64 years	62,137	100%
With a Disability	8,644	13.9%
65 Years and Over	16,026	100%
With a Disability	5,415	33.8%

**Selected Economic Characteristics**  
**(Source: U.S. Census Bureau, Census 2013)**

**2013 ACS 1-year estimate**

**Employment Status**

Population 16 Years and Over	83,630	100%
In Labor Force	53,863	64.4%
Not In Labor Force	29,767	35.6%
Females 16 Years and Over	41,653	100%
In Labor Force	25,662	61.6%
Population Living With Own Children <6 Years	7,890	100%
All Parents In Family In Labor Force	11,052	71.9%

**Selected Economic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2013)

**2013 ACS 1-year estimate**

**Occupations**

Employed Civilian Population 16 Years and Over	48,626	100%
Production, Transportation, and Material Moving Occupations	10,835	22.3%
Management, business, science, and art occupations	12,545	25.8%
Sales and Office Occupations	11,458	23.6%
Service Occupations	10,270	21.1%
Natural Resources, Construction, and Maintenance Occupations	3,518	7.2%

**Leading Industries**

Employed Civilian Population 16 Years and Over	48,626	100%
Manufacturing	9,625	19.8%
Educational, health and social services	11,471	23.6%
Trade (retail and wholesale)	6,425	13.2%
Arts, entertainment, recreation, accommodation, and food services	6,143	12.6%
Professional, scientific, management, administrative, and waste management services	3,752	7.7%
Transportation and warehousing, and utilities	1,658	3.4%
Finance, insurance, real estate and rental and leasing	2,793	5.7%
Other services (except public administration)	2,101	4.3%
Construction	2,054	4.2%
Public administration	1,791	3.7%
Information	622	1.3%
Agriculture, forestry, fishing and hunting, and mining	191	0.4%

**Class of Worker**

Employed Civilian Population 16 Years and Over	48,626	100%
Private Wage and Salary Workers	41,595	85.5%
Government Workers	4,933	10.1%
Self-Employed Workers in Own Not Incorporated Business	2,098	4.3%
Unpaid Family Workers	0	0.0%

**Median Earnings**

Male, Full-time, Year-Round Workers	\$45,554
Female, Full-time, Year-Round Workers	\$30,417

**Selected Economic Characteristics, Continued**  
 (Source: U.S. Census Bureau, Census 2013)

**2013 ACS 1-year estimate**

**Income In 2013**

Households	40,359	100%
< \$10,000	3,772	9.3%
\$10,000 to \$14,999	1,878	4.7%
\$15,000 to \$24,999	5,421	13.4%
\$25,000 to \$34,999	5,634	14.0%
\$35,000 to \$49,999	6,027	14.9%
\$50,000 to \$74,999	7,349	18.2%
\$75,000 to \$99,999	5,106	12.7%
\$100,000 to \$149,999	3,724	9.2%
\$150,000 to \$199,999	607	1.5%
\$200,000 or more	841	2.1%
<b>Median Household Income</b>	<b>\$43,030</b>	

**Income In 2013**

Families	26,567	100%
< \$10,000	1,232	4.6%
\$10,000 to \$14,999	623	2.3%
\$15,000 to \$24,999	2,465	9.3%
\$25,000 to \$34,999	3,319	12.5%
\$35,000 to \$49,999	3,950	14.9%
\$50,000 to \$74,999	5,831	21.9%
\$75,000 to \$99,999	4,453	16.8%
\$100,000 to \$149,999	3,429	12.9%
\$150,000 to \$199,999	516	1.9%
\$200,000 or more	749	2.8%

**Median Household Income (families)** **\$59,510**

**Per Capita Income In 2013** \$21,962

**Poverty Status In 2013**

	<b>Number Below Poverty Level</b>	<b>% Below Poverty Level</b>
Families	*(X)	10.3%
Individuals	*(X)	15.0%

\*(X) – Not available

**Selected Economic Characteristics, Continued**  
(Source: U.S. Bureau of Economic Analysis)

**Bureau of Economic Analysis (BEA) Per Capita Personal Income Figures**

	<b>Income</b>	<b>Rank of Ohio Counties</b>
BEA Per Capita Personal Income 2012	\$33,044	55 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2011	\$32,034	54 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2010	\$30,513	50 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2009	\$30,071	51 <sup>st</sup> of 88 counties
BEA Per Capita Personal Income 2001	\$25,739	40 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$24,935	42 <sup>nd</sup> of 88 counties

*(BEA PCPI figures are greater than Census figures for comparable years due to deductions for retirement, Medicaid, Medicare payments, and the value of food stamps, among other things)*

**Poverty Rates, 5-year averages  
2008 to 2012**

<b>Category</b>	<b>Allen</b>	<b>Ohio</b>
Population in poverty	18.8%	15.4%
< 125% FPL (%)	23.3%	19.7%
< 150% FPL (%)	27.9%	24.3%
< 200% FPL (%)	38.0%	33.5%
Population in poverty (1999)	12.1%	10.6%

*(Source: The Ohio Poverty Report, Ohio Development Services Agency, February 2014, <http://www.development.ohio.gov/files/research/P7005.pdf>)*

**Employment Statistics**

<b>Category</b>	<b>Allen</b>	<b>Ohio</b>
Labor Force	48,200	5,707,400
Employed	46,000	5,439,600
Unemployed	2,200	267,700
Unemployment Rate* in December 2014	4.5	4.7
Unemployment Rate* in November 2014	4.4	4.5
Unemployment Rate* in November 2013	6.9	6.6

*\*Rate equals unemployment divided by labor force.*

*(Source: Ohio Department of Job and Family Services, October 2014, <http://ohiolmi.com/laus/current.htm>)*

### Estimated Poverty Status in 2012

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Allen County</b>				
All ages in poverty	19,903	18,060 to 21,746	20.1%	18.2 to 22.0
Ages 0-17 in poverty	6,832	5,880 to 7,784	28.2%	24.3 to 32.1
Ages 5-17 in families in poverty	4,824	4,139 to 5,509	27.3%	23.4 to 31.2
Median household income	\$42,173	39,804 to 44,542		
<b>Ohio</b>				
All ages in poverty	1,818,886	1,797,356 to 1,840,416	16.2%	16.0 to 16.4
Ages 0-17 in poverty	617,006	603,764 to 630,248	23.6%	23.1 to 24.1
Ages 5-17 in families in poverty	411,818	400,008 to 423,628	21.4%	20.8 to 22.0
Median household income	\$46,873	46,582 to 47,164		
<b>United States</b>				
All ages in poverty	48,760,123	48,528,543 to 48,991,703	15.9%	15.8 to 16.0
Ages 0-17 in poverty	16,396,863	16,275,868 to 16,517,858	22.6%	22.4 to 22.8
Ages 5-17 in families in poverty	11,086,537	10,995,403 to 11,177,671	21.0%	20.8 to 21.2
Median household income	\$51,371	51,318 to 51,424		

(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/did/www/saipe/data/interactive/#>)

### Federal Poverty Thresholds in 2013 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$12,119					
1 Person 65 and >	\$11,173					
2 people Householder < 65 years	\$15,600	\$16,057				
2 People Householder 65 and >	\$14,081	\$15,996				
3 People	\$18,222	\$18,751	\$18,769			
4 People	\$24,028	\$24,421	\$23,624	\$23,707		
5 People	\$28,977	\$29,398	\$28,498	\$27,801	\$27,376	
6 People	\$33,329	\$33,461	\$32,771	\$32,110	\$31,128	\$30,545
7 People	\$38,349	\$38,588	\$37,763	\$37,187	\$36,115	\$34,865
8 People	\$42,890	\$43,269	\$42,490	\$41,807	\$40,839	\$39,610
9 People or >	\$51,594	\$51,844	\$51,154	\$50,575	\$49,625	\$48,317

(Source: U. S. Census Bureau, Poverty Thresholds 2013, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)



# 2014 Allen County Community Needs Assessment Survey

**Answers Will Remain Confidential!**

We all know the importance of a strong community and strong community services. Several local organizations are working together to identify the needs of our Allen County community. The sponsoring organizations are:

- Activate Allen County
- Allen County Public Health
- Lima Memorial Health System
- Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties
- The Ohio State University at Lima
- St. Rita's Medical Center
- United Way of Greater Lima

**We need your help!** We are asking you to complete this survey and return it to us within the next 7 days. We have enclosed a \$2.00 bill as a “thank you” for your time. We have also enclosed a postage-paid envelope for your convenience.

If you have any questions or concerns, please contact Kim Rieman or Kathy Luhn, at 419-228-4457 or by email at [krieman@allenhealthdept.org](mailto:krieman@allenhealthdept.org).

## **Instructions:**

- Please complete the survey now rather than later.
- Please do NOT put your name on the survey. Your responses to this survey will be kept confidential. No one will be able to link your identity to your survey.
- Please be completely honest as you answer each question.
- Answer each question by selecting the response that best describes you.
- Please place your completed survey in the pre-stamped and addressed envelope provided and mail today!
- If you include your name on the return envelope, we will remove you from the mailing list and you will not receive any additional information.

Thank you for your assistance. Your responses will help to make Allen County a healthier place for all of our residents.

Turn the page to start the survey →



## Health Status

1. Would you say that in general your health is:
  - Excellent
  - Very good
  - Good
  - Fair
  - Poor
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health **not** good?  
Number of days \_\_\_\_\_
  - None
  - Don't know
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health **not** good?  
Number of days \_\_\_\_\_
  - None
  - Don't know
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?  
Number of days \_\_\_\_\_
  - None
  - Don't know

## Health Care Utilization

5. Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?
  - Yes
  - No
  - Don't know
6. What kind of place do you usually go to if you are sick or need advice about your health? **(CHECK ALL THAT APPLY)**
  - A doctor's office or HMO clinic or health center
  - A hospital outpatient department
  - A hospital emergency room
  - An urgent care center
  - In-store health clinic (ex: Health Partners of Western Ohio)
  - 8<sup>th</sup> Street Clinic/Southside Clinic
  - Some other kind of place
  - Internet/Web
  - Don't know

7. What is the main reason you do not have a usual source of medical care?
  - I do have a usual source of medical care
  - Two or more usual places
  - Have not needed a doctor
  - Do not like/trust/believe in doctors
  - Do not know where to go
  - Previous doctor is unavailable/has moved
  - No insurance
  - Cannot afford
  - Speak a different language
  - No place is available/close enough
  - Not accepting new patients
  - Not accepting Medicare or Medicaid
  - Outstanding bill
  - Other: \_\_\_\_\_
  - Don't know
8. What might prevent you from seeing a doctor if you were sick, injured, or needed some type of health care? **(CHECK ALL THAT APPLY)**
  - Nothing
  - Cost
  - Doctor will not take my insurance
  - Frightened of the procedure or doctor
  - Worried they might find something wrong
  - Cannot get time off from work
  - Hours not convenient
  - Difficult to get an appointment
  - Do not trust or believe doctors
  - No transportation or difficult to find transportation
  - Some other reason
  - Don't know

## Health Care Coverage

9. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMO's, or governmental plans such as Indian Health Services?
  - Yes
  - No – **GO TO QUESTION 12**
  - Don't know/Not sure
10. What type of health care coverage do you use to pay for most of your medical care?
  - Your employer
  - Someone else's employer
  - A plan that you or someone else buys on your own
  - Medicare
  - Medicaid or Medical Assistance
  - The military or the VA
  - The Indian Health Service
  - Health Insurance Marketplace
  - Some other source
  - None
  - Don't know





11. Does your health coverage include:

Medical?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Dental?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Vision?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Mental health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Prescription coverage?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Home care?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Skilled nursing?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Hospice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Preventive health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Your spouse?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Your partner?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Your children?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Immunizations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Long term care?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Alcohol and drug treatment?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Allen County Physicians?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know

12. What was the reason you were without health care coverage? **(CHECK ALL THAT APPLY)**

- Never without health care coverage
- Lost job or changed employers
- Spouse or parent lost job or changed employers
- Became divorced or separated
- Spouse or parent died
- Became ineligible (age or left school)
- Employer doesn't/stopped offering coverage
- Became a part time or temporary employee
- Benefits from employer/former employer ran out
- Couldn't afford to pay the premiums
- Insurance company refused coverage
- Lost Medicaid eligibility
- Unable to access the exchange
- Do not have the internet to access the exchange
- Confused about choices on exchange
- Cannot afford exchange premiums
- Other
- Don't know

### Health Care Access

13. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- Less than a year ago
- 1 to 2 years ago
- 2 to 5 years ago
- 5 or more years ago
- Don't know
- Never

14. Have you not gotten any of the following recommended major care or preventive care due to cost? **(CHECK ALL THAT APPLY)**

- I have gotten the recommended care
- Mammogram
- Pap smear test
- PSA test
- Colonoscopy
- Surgery
- Medications
- Smoking cessation
- Weight loss program
- Alcohol and/or drug treatment
- Mental health services
- Immunizations
- Lab testing
- Family planning services

15. In the past 12 months, have you chosen to go outside of Allen County for any of these health care services? **(CHECK ALL THAT APPLY)**

- Don't use any services outside of Allen County
- Specialty care
- Primary care
- Dental services
- Cardiac care
- Orthopedic care
- Cancer care
- Mental health care
- Hospice care
- Palliative care
- Pediatric care
- Pediatric therapies (ex. physical therapy, occupational therapy, speech therapy)
- Obstetrics/Gynecology/NICU
- Developmental disability services
- Addiction services
- Another service: \_\_\_\_\_
- Don't know

16. Thinking of the most recent time within the past 6 months, have you or someone in your household went without recommended major care or preventive care? If so, what were the main reasons? **(CHECK ALL THAT APPLY)**

- Someone in my household has not went without treatment prescription medication
- It costs too much
- Didn't have insurance
- Didn't know where to get care
- Insurance wasn't accepted
- Wasn't open when needed
- Didn't have transportation
- Not enough sick leave or FMLA
- Don't know
- Other: \_\_\_\_\_



17. During the past 12 months, why did you not get a prescription from your doctor filled? (**CHECK ALL THAT APPLY**)
- I had all prescriptions filled
  - I have no insurance
  - I am taking too many medications
  - I couldn't afford to pay the out of pocket expenses
  - My co-pays are too high
  - My premiums are too high
  - My deductibles are too high
  - I have a high deductible with HSA account
  - I opted out of prescription coverage because I couldn't afford it
  - There was no generic equivalent of what was prescribed
  - I stretched my current prescription by taking less than what was prescribed
  - Transportation
  - Side effects
  - I did not think I needed it

### Oral Health

18. How long has it been since you last visited a dentist or a dental clinic? Include visits to dental specialists, such as orthodontists.
- Within the past year (anytime less than 12 months ago) – **GO TO QUESTION 20**
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 5 years (2 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know/Not sure
  - Never
19. What is the main reason you have not visited the dentist in the last year?
- I have been to the dentist in the last year
  - Fear, apprehension, nervousness, pain, dislike going
  - Cost
  - I cannot get into a dentist
  - My dentist does not accept my medical coverage
  - I cannot find a dentist that takes Medicaid
  - I do not have/know a dentist
  - I cannot get to the office/clinic (no transportation)
  - I cannot find a dentist that treats special needs clients
  - No oral health problems
  - Other priorities
  - Have not thought of it
  - Other: \_\_\_\_\_
  - Don't know

### Alcohol Consumption

20. During the past 30 days, how many days per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
- Days per month \_\_\_\_\_
- No drinks in past 30 days – **GO TO QUESTION 24**
  - Don't know
21. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with 1 shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
- Number of drinks \_\_\_\_\_
- Don't know
22. Considering all types of alcoholic beverages, how many times during the past 30 days did you have (for males) 5 or more drinks on an occasion, or (for females) 4 or more drinks on an occasion?
- Number of times \_\_\_\_\_
- None
  - Don't know
23. During the past month, how many times have you driven when you've had perhaps too much to drink?
- Number of times \_\_\_\_\_
- None
  - Don't know
24. As a result of drinking, have you or a family member repeatedly failed to fulfill obligations at work or home, or placed yourself or a family member in dangerous situations, or had legal problems?
- Yes
  - No
  - Don't know

### Preventive Medicine and Health Screenings

25. Have you ever been told by a doctor that you have diabetes (sugar)?
- Yes
  - Yes, but only during pregnancy
  - No, pre-diabetes or borderline diabetes
  - No – **GO TO QUESTION 28**
  - Don't know
26. How old were you when you were told you have diabetes?
- Age in years \_\_\_\_\_
- Don't know
27. Have you ever taken a course or class on how to manage your diabetes yourself?
- Yes
  - No
  - Don't know



28. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?
- Yes
  - Yes, but female told only during pregnancy
  - Told borderline high or pre-hypertensive
  - No – **GO TO QUESTION 30**
  - Don't know
29. Which of the following are you currently doing to manage your blood pressure? **(CHECK ALL THAT APPLY)**
- Exercising
  - Taking medication
  - Lowering sodium or salt intake
  - Nothing
  - Other: \_\_\_\_\_
30. When did you last have your blood pressure taken by a doctor, nurse, or other health professional?
- Less than 6 months ago
  - 6 to 12 months ago
  - 1 to 2 years ago
  - 3 to 5 years ago
  - 5 or more years ago
  - Don't know
  - Never
  - Never, did myself at self-operated location
31. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
- Yes
  - No – **GO TO QUESTION 33**
  - Don't know
32. Which of the following are you currently doing to manage your cholesterol? **(CHECK ALL THAT APPLY)**
- Exercising
  - Taking medication
  - Adjusting your diet
  - Nothing
  - Other: \_\_\_\_\_
33. Blood cholesterol is a fatty substance found in the blood. About how long has it been since you last had your blood cholesterol checked?
- 1 to 12 months ago
  - 1 to 2 years ago
  - 2 to 5 years ago
  - 5 or more years ago
  - Don't know
  - Never

34. Has a doctor, nurse or other health professional ever told you that you had any of the following?

Heart attack	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Coronary heart disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Stroke	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Cancer	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Asthma	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Chronic lung disease including bronchitis or emphysema	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Depression or anxiety	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Serious mental illness	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Arthritis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Sexually Transmitted Disease (ex: herpes, genital warts, gonorrhea, Chlamydia, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know

35. Have you had any of the following vaccines? **(CHECK ALL THAT APPLY)**

- Annual seasonal flu vaccine-shot in the past year
- Annual seasonal flu vaccine-nasal spray in the past year
- Tetanus booster (including Tdap) in the past 10 years
- Pertussis in the past 10 years
- Pneumonia vaccine in your lifetime
- Human Papillomavirus (HPV) vaccine in lifetime
- Zoster (Shingles) vaccine in lifetime
- None of the above
- Don't know

36. Where did you get your last flu shot?

- I did not get a flu shot
- A doctor's office or health maintenance organization
- A health department
- Another type of clinic or health center
- A senior, recreation, or community center
- A store or pharmacy
- A hospital (inpatient)
- Emergency room
- Workplace
- A school
- Some other kind of place \_\_\_\_\_
- Don't know

37. Have you had the following screenings or exams within the past 24 months?

Colorectal cancer?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Prostate cancer?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Skin cancer?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Osteoporosis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know



38. A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. When did you have your last sigmoidoscopy or colonoscopy?
- Within the past year (anytime less than 12 months ago)
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 5 years (2 years but less than 5 years ago)
  - 5 or more years ago
  - Never
  - Don't know/Not sure
39. With your most recent diagnoses of cancer, what type of cancer was it?
- I have never been diagnosed with cancer
  - Breast cancer
  - Cervical cancer
  - Endometrial (uterus) cancer
  - Ovarian cancer
  - Head and neck cancer
  - Oral cancer
  - Pharyngeal (throat) cancer
  - Thyroid cancer
  - Colon (intestine) cancer
  - Esophageal cancer
  - Liver cancer
  - Pancreatic cancer
  - Rectal cancer
  - Stomach cancer
  - Hodgkin's Lymphoma
  - Leukemia (blood) cancer
  - Non-Hodgkin's Lymphoma
  - Prostate cancer
  - Testicular cancer
  - Melanoma
  - Other skin cancer
  - Heart cancer
  - Lung cancer
  - Bladder cancer
  - Renal (kidney) cancer
  - Bone cancer
  - Brain cancer
  - Neuroblastoma
  - Other

### Preventive Counseling Services

40. Has a doctor or other health professional talked to you about the following topics? Please check the box that indicates if you have discussed this topic within the past year, before the past year, or not at all.

	Within past year	Before the past year	Not at all
Your weight, diet or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity or exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Injury prevention such as safety belt use, helmet use, or smoke detectors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illicit drug abuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use of alcohol when taking prescriptions drugs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quitting smoking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual practices, including family planning, sexually transmitted diseases, AIDS, or the use of condoms?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression, anxiety or emotional problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Domestic violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Significance of family history?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunizations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-breast or self-testicular exams?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ways to prepare for a healthy pregnancy and baby?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Tobacco Use

41. Have you smoked at least 100 cigarettes in your entire life?
- Yes
  - No – **GO TO QUESTION 45**
  - Don't know
42. Do you now smoke cigarettes every day, some days, or not at all?
- Every day
  - Some days
  - Not at all – **GO TO QUESTION 44**
43. During the past 12 months, have you stopped smoking for 1 day or longer because you were trying to quit smoking?
- Yes
  - No
  - Don't know



44. How long has it been since you last smoked a cigarette?
- Within the past month (less than 30 days)
  - Within the past 3 months ago (>1 month but less than 3 months ago)
  - Within the past 6 months (>3 months but less than 6 months ago)
  - Within the past year (>6 months but less than 1 year ago)
  - Within the past 5 years (>1 year but less than 5 years ago)
  - Within the past 10 years (>5 years but less than 10 years ago)
  - 10 years or more
  - Don't know
45. Which forms of tobacco listed below have you used in the past year? **(CHECK ALL THAT APPLY)**
- Cigarettes
  - Flavored cigarettes
  - E-cigarette (Vaporizer, PV, e-hookah, hookah pens, vape pipes)
  - Roll your own
  - Bidis
  - Cigars
  - Black & Milds
  - Cigarillos
  - Little cigars
  - Swishers
  - Chewing tobacco
  - Snuff
  - Snus
  - Hookah
  - Pipes
  - None of the above
  - Other: \_\_\_\_\_
46. Is smoking allowed in your home? (Do not include smoking on decks, porches, or in garages.)
- Always allowed
  - Sometimes allowed
  - Never allowed
  - Don't know
47. At workplaces, do you think smoking outdoors should be...?
- Always allowed
  - Sometimes allowed
  - Never allowed
  - Don't know
48. Would you favor a policy that bans smoking in all areas of multi-unit housing, including personal living spaces, such as balconies and patios?
- Yes
  - No
  - Don't know

## Marijuana and Drug Use

49. During the past six months, have you used any of the following: **(CHECK ALL THAT APPLY)**
- Marijuana or hashish
  - Synthetic marijuana/K2
  - Amphetamines, methamphetamines or speed
  - Cocaine, crack, or coca leaves
  - Heroin
  - LSD, mescaline, peyote, psilocybin, DMT, or mushrooms
  - Inhalants such as glue, toluene, gasoline, or paint
  - Ecstasy or E, or GHB
  - Bath salts (used illegally)
  - I have an immediate family member that uses at least one of the drugs above
  - I have someone that lives in my household that uses at least one of the drugs above
  - I have not used any of these substances in the past six months – **GO TO QUESTION 51**
  - Don't know
50. How frequently have you used drugs checked above during the past six months?
- Almost every day
  - 3 to 4 days a week
  - 1 or 2 days a week
  - 1 to 3 days a month
  - Less than once a month
  - I have not used any of these substances in the past six months
  - Don't know
51. Have you used any of the following medications during the past six months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert? **(CHECK ALL THAT APPLY)**
- OxyContin
  - Vicodin
  - Ultram
  - Tranquilizers such as Valium or Xanax, sleeping pills, barbiturates, Seconal, Ativan or Klonopin
  - Codeine, Demerol, Morphine, Percodan, or Dilaudid
  - Suboxone or Methadone
  - Steroids
  - Ritalin, Adderall, Concerta or other ADHD medications
  - I have an immediate family member that uses at least one of the drugs above
  - I have someone that lives in my household that uses at least one of the drugs above
  - I have not used any of these medications in the past six months – **GO TO QUESTION 53**
  - Don't know/Not sure



52. How frequently have you used the medications checked above during the past six months?
- Almost every day
  - 3 to 4 days a week
  - 1 or 2 days a week
  - 1 to 3 days a month
  - Less than once a month
  - I have not used any of these medications during the past six months
  - Don't know/Not sure

### Women's Health

#### MEN – GO TO QUESTION 57, MEN'S HEALTH SECTION

53. A mammogram is an x-ray of each breast to look for breast cancer. When was your last mammogram?
- Have never had a mammogram
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Breasts were removed
  - Don't know
54. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. When was your last breast exam?
- Have never had a breast exam
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Breasts were removed
  - Don't know
55. A Pap smear is a test for cancer of the cervix. How long has it been since you had your last Pap smear?
- Have never had a Pap smear
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know/Not sure

56. If you have been pregnant in the past 5 years, during your last pregnancy, did you?... **(CHECK ALL THAT APPLY)**
- I was not pregnant in the past 5 years
  - Get prenatal care within the first 3 months
  - Take a multi-vitamin
  - Take folic acid pre-pregnancy
  - Take folic acid during pregnancy
  - Smoke cigarettes
  - Use other tobacco products
  - Use E-cigarettes
  - Consume alcoholic beverages
  - Use marijuana
  - Use any drugs not prescribed
  - Experience perinatal depression (during or after pregnancy)
  - Experience domestic violence
  - Look for options for an unwanted pregnancy
  - Have an abortion
  - Give up child for adoption
  - Received opiate replacement therapy (ex. suboxone)
  - Do none of these things

### Men's Health

#### WOMEN -- GO TO QUESTION 59, SEXUAL BEHAVIOR SECTION

57. Erectile dysfunction can be a side effect of medication, some diseases and other things. Do you have an erectile dysfunction?
- Yes
  - No
  - Don't know
58. In the past 2 years, have you had any sexual contact with another man?
- Yes
  - No

### Sexual Behavior

59. During the past 12 months, with how many different people have you had sexual intercourse?  
Number of people \_\_\_\_\_
- Don't know
  - Have not had intercourse in past 12 months – **GO TO QUESTION 62**



60. What are you or your partner doing now to keep from getting pregnant? **(CHECK ALL THAT APPLY)**
- No partner/not sexually active (abstinent) – **GO TO QUESTION 62**
  - Not using birth control
  - My partner and I are trying to get pregnant
  - I am gay or a lesbian
  - Tubes tied (female sterilization)
  - Hysterectomy (female sterilization)
  - Vasectomy (male sterilization)
  - Pill, all kinds (Ortho Tri-Cyclen, etc.)
  - IUD (including Mirena)
  - Condoms (male or female)
  - Contraceptive implants (Implanon or implants)
  - Diaphragm, cervical ring or cap (Nuvaring or others)
  - Shots (Depo-Provera, etc.)
  - Contraceptive patch
  - Emergency contraception (EC)
  - Withdrawal
  - Having sex only at certain times (rhythm)
  - Other method (foam, jelly, cream, etc.)
  - You or your partner is too old
  - Don't know/Not sure
61. What is the main reason for not doing anything to keep from getting pregnant? **(CHECK ALL THAT APPLY)**
- I am using a birth control method
  - I did not think I was going to have sex/no regular partner
  - I want to get pregnant
  - I am gay or a lesbian
  - I do not want to use birth control
  - My partner does not want to use any
  - You or your partner don't like birth control/fear side effects
  - I do not think my partner or I can get pregnant
  - I cannot pay for birth control
  - I had a problem getting birth control when needed it
  - My partner or I had a hysterectomy/vasectomy/tubes tied
  - You or your partner is too old
  - Lapse in use of method
  - You or your partner is currently breast-feeding
  - You or your partner just had a baby/postpartum
  - You or your partner is pregnant now
  - Do not care if you or your partner gets pregnant
  - Religious preferences
  - Don't know
62. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.
- Yes – **GO TO QUESTION 64**
  - No
  - Don't know

63. Why have you not been tested for HIV? **(CHECK ALL THAT APPLY)**
- I have been tested
  - Privacy
  - I don't know where to get tested
  - I don't think I could have it
  - I don't want to know
  - No reason
  - Other \_\_\_\_\_
64. Do any of the following situations apply to you? **(CHECK ALL THAT APPLY)**
- You used intravenous drugs in the past year
  - You have been treated for a sexually transmitted or venereal disease in the past year
  - You have been tested for a sexually transmitted or venereal disease in the past year
  - You think you may have a sexually transmitted or venereal disease
  - You had anal sex without a condom in the past year
  - You had tested positive for HIV
  - You had tested positive for Hepatitis C
  - You had sex with someone you do not know
  - You have given or received money or drugs in exchange for sex in the past year
  - None of the above
  - Don't know
65. Have you ever been forced to have sexual activity when you didn't want to?
- Yes, and I reported it
  - Yes, and I did not report it
  - No

### Weight Control

66. Are you now trying to...
- Maintain your current weight, that is, to keep from gaining weight
  - Lose weight
  - Gain weight
  - None of the above



67. During the past 30 days, did you do any of the following to lose weight or keep from gaining weight? **(CHECK ALL THAT APPLY)**
- I did not do anything to lose weight or keep from gaining weight
  - Eat less food, fewer calories, or foods low in fat
  - Eat a low-carb diet
  - Exercise
  - Go without eating for 24 hours
  - Take any diet pills, powders, or liquids without a doctor's advice
  - Vomit after eating
  - Take laxatives
  - Smoke cigarettes
  - Bariatric surgery
  - Use a weight loss program such as Weight Watchers, Jenny Craig, etc.
  - Participate in a dietary or fitness program prescribed by a health professional
  - Take medications prescribed by a health professional

### Diet/Nutrition

68. During the past 7 days, how many times did you eat fruit or drink 100% fruit juice? (Do not count punch, Kool-aid, sports drinks, or other fruit flavored drinks.)
- I did not eat any the past 7 days
  - 1 to 3 times during the past 7 days
  - 4 to 6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
69. During the past 7 days, how many times did you eat vegetables such as green salad, carrots, or potatoes? (Do not count french fries, fried potatoes, or potato chips.)
- I did not eat any during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4 to 6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
70. During the past week, how many beverages containing sugar did you drink? (Include sweetened fruit drinks, sweetened fruit drinks mixed with alcohol, and energy drinks. Do NOT include 100% fruit juice, black coffee, unsweetened tea, or artificially sweetened beverages.)
- Number of beverages per week \_\_\_\_\_
- Don't know
71. During the past week, how many times did you drink milk as a beverage that was not in coffee and not in cereal? (Include chocolate milk and hot chocolate.)
- Number of times per week \_\_\_\_\_
- Don't know

72. What kind of milk did you usually drink? **(CHECK ALL THAT APPLY)**
- Whole milk
  - 2% fat milk
  - 1% fat milk
  - Skim, nonfat or 1/2% fat milk
  - Soy milk
  - Rice milk
  - Raw unpasteurized milk
  - Other: \_\_\_\_\_
  - Don't know
73. During the past week, how many times did you drink water? (Include tap, bottled, and flavored sparkling water.)
- Number of times per week \_\_\_\_\_
- Don't know
74. Where do you eat most of your food?
- Home
  - Work
  - Fast food
  - Restaurant
  - Convenience store
75. Where do you purchase/obtain your fresh fruits and vegetables? **(CHECK ALL THAT APPLY)**
- Grow your own/garden
  - Large grocery store (ex. Wal-Mart, Meijer)
  - Local grocery store (ex. Chief, Save-A-Lot)
  - Restaurants
  - Farmer's Market
  - Food Pantry
  - Mobile produce Market (bus)
  - Group Purchasing, Community Supported Agriculture (CSA)
  - Corner/Convenience Stores
  - Other
  - I do not purchase fruits and vegetables
76. Where are your barriers in consuming fruits and vegetables? **(CHECK ALL THAT APPLY)**
- I do not like the taste
  - Too expensive
  - No variety
  - Do not know how to prepare
  - Do not take Electronic Benefit Transfer (EBT)
  - Transportation
  - Other
  - I have no barriers in consuming fruits and vegetables





### Physical Activity

77. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
- Yes  
 No  
 Don't know
78. How many times per week do you take part in these physical activities or exercise?  
 Times per week: \_\_\_\_\_
79. How much time do you usually spend each time you take part in these physical activities/exercise?  
 \_\_\_\_\_ hours and/or \_\_\_\_\_ minutes
80. For what reasons do you not exercise? **(CHECK ALL THAT APPLY)**
- I do exercise  
 Weather  
 Time  
 Cannot afford a gym membership  
 Gym is not available  
 No walking or biking trails  
 Safety  
 I do not have child care  
 I do not know what activity to do  
 Doctor advised me not to exercise  
 Pain/discomfort  
 I choose not to exercise  
 Too tired  
 Lazy  
 No sidewalks or poorly maintained sidewalks  
 Other: \_\_\_\_\_

81. On an average day, how many hours do you spend doing the following activities?

TV	Video Games (non-active)	Computer/ Tablet (outside of work)	Cell Phone (text, talk, internet)
<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours
<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour
<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour
<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours
<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours
<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours
<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours
<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours

### Safety/Injury Prevention

82. Have you ever hit your head hard enough that you were dizzy, had a concussion, were knocked out, had your "bell rung", etc.?
- Yes  
 No  
 Don't know

83. Do you do any of the following while driving?

**(CHECK ALL THAT APPLY)**

- Wear your seatbelt  
 Talk on hand-held cell phone  
 Talk on hands-free cell phone  
 Text  
 Are under the influence of alcohol  
 Are under the influence of drugs  
 Read  
 Eat  
 Use Internet on cell phone  
 Check facebook on cell phone  
 Other (e.g., apply make-up, shave)  
 I do not drive  
 None of the above

84. Which of the following do you regularly use to reduce your risk of injury? **(CHECK ALL THAT APPLY)**

- Seat belts  
 Bike helmets  
 Motorcycle/ATV/Snowmobile helmet  
 Life jackets  
 Sunscreen  
 None of the above

### Mental Health and Suicide

85. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- Yes  
 No

86. During the past 12 months, did you ever seriously consider attempting suicide?

- Yes  
 No – **GO TO QUESTION 88**

87. During the past 12 months, how many times did you actually attempt suicide?

- 0 times  
 1 time  
 2 or 3 times  
 4 or 5 times  
 6 or more times

88. Where do you get the social and emotional support you need? **(CHECK ALL THAT APPLY)**

- I don't get the social and emotional support I need  
 Friends  
 Family  
 Neighbors  
 Church  
 Community  
 A professional  
 Self-help group  
 Other: \_\_\_\_\_



89. What causes you anxiety, stress, or depression? **(CHECK ALL THAT APPLY)**

- Fighting in home
- Family member in military
- Unemployment
- Poverty/no money
- Marital/dating relationship
- Fighting with friends
- Alcohol or drug use in the home
- Death of close family member or friend
- Divorce/separation
- Family member is sick
- Caring for a parent
- Caring for someone with special needs
- Raising/caring for grandchildren
- Family member with a substance abuse problem
- Family member with a mental illness
- Not having a place to live
- Not feeling safe at home
- Job stress
- Financial stress
- Other stress at home
- Not feeling safe in the community
- Sexual orientation
- Not having enough to eat
- None of the above

90. What are your reasons for not using a program or service to help with depression, anxiety, or other emotional problems for you or for a loved one?

- Have used a program or service
- Not needed
- Transportation
- Fear
- Co-pay/deductible is too high
- Cannot afford to go
- Cannot get to the office or clinic
- Don't know how to find a program
- Stigma of seeking mental health services
- Didn't feel the services you had received were good
- Other priorities
- Have not thought of it
- Other: \_\_\_\_\_
- Don't know

91. In the past 12 months, have you or a family member been diagnosed or treated for a mental health issue?

**(CHECK ALL THAT APPLY)**

	You	Family Member	Not at all
Depression?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bipolar?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attention Deficit Disorder (ADD/ADHD)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illicit drug abuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety Disorder (i.e., panic attacks, phobia, obsessive-compulsive disorder)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychotic Disorder (i.e., schizophrenia, schizoaffective disorder)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other mental health disorder?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety or emotional problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post-Traumatic Stress Disorder (PTSD)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life Adjustment Disorder?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have taken medication for one or more of the mental health issues above.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

92. When you feel stressed, how do you deal with it?

**(CHECK ALL THAT APPLY)**

- Exercise
- Either eat more or less than normal
- Talk to someone you trust (friends, relatives, etc.)
- Sleep
- Listen to music
- Work
- Drink alcohol
- Use herbs or home remedies (like Ginseng, etc.)
- Smoke tobacco
- Use illegal drugs
- Use prescription drugs
- Work on a hobby
- Take it out on others
- Meditate
- Gambling/lottery
- Other

### Quality of Life

93. Are you limited in any way in any activities because physical, mental, or emotional problems?

- Yes
- No
- Don't know



94. What major impairments or health problems limit your activities? **(CHECK ALL THAT APPLY)**
- I am not limited by any impairments or health problems
  - Arthritis/rheumatism
  - Back or neck problem
  - Chronic pain
  - Fractures, bone/joint injury
  - Walking problem
  - Lung/breathing problem
  - Hearing problem
  - Eye/vision problem
  - Heart problem
  - Stroke-related problem
  - Hypertension/high blood pressure
  - Diabetes
  - Cancer
  - Stress/anxiety/depression/emotional problems/PTSD
  - Tobacco dependency
  - Alcohol dependency
  - Drug addiction
  - Learning disability
  - Developmental disability
  - Mental health illness/Disorder
  - Sleep problems
  - Incontinence
  - Other impairment/problem
95. In past 12 months, was there any time when you needed the following services: **(CHECK ALL THAT APPLY)**
- Help with personal care needs (such as eating, bathing, dressing, or getting around the house)
  - Help with routine needs (such as everyday household chores, doing necessary business, shopping, or getting around for other purposes)
  - Oxygen or respiratory support
  - Cane
  - Wheelchair
  - Wheelchair ramp
  - Pain management
  - Walker
  - Special bed
  - Special telephone
  - Eyeglasses or vision
  - Hearing aids or hearing care
  - Mobility aids or devices (adaptive equipment)
  - Communication aids or devices
  - Medical supplies
  - Durable medical equipment (Kaiser-Wells or O.E. Meyer)
  - Personal emergency response system
  - None of the above

96. Because of any impairment or health problem, do you need the help of other persons with any of the following needs? **(CHECK ALL THAT APPLY)**
- Eating
  - Bathing
  - Dressing
  - Getting around the house
  - Household chores
  - Doing necessary business
  - Shopping
  - Getting around for other purposes
  - None of the above
97. Would you have any problems getting the following if you needed them today? **(CHECK ALL THAT APPLY)**
- Someone to loan me \$50
  - Someone to help me if I were sick and needed to be in bed
  - Someone to take me to the clinic or doctor's office if I needed a ride
  - Someone to talk to about my problems
  - Someone to explain directions from my doctor
  - Someone to accompany me to my doctor's appointments
  - Someone to help me pay for my medical expenses
  - Back-up child care
  - I would not have problems getting any of these things if I needed them

### Social Context

98. During the past 12 months, have any of the following threatened to abuse you?
- A spouse or partner
  - A parent
  - Another family member living in your household
  - Someone else
  - No one has threatened to abuse me in the past 12 month
99. During the past 12 months, were you abused by any of the following? Include physical, sexual, emotional, and verbal abuse.
- A spouse or partner
  - A parent
  - Another family member living in your household
  - Someone else
  - I was not abused in the past 12 months – **GO TO QUESTION 101**
100. How were you abused? **(CHECK ALL THAT APPLY)**
- Physically abused
  - Sexually abused
  - Verbally abused
  - Emotionally abused
  - Financially abused
  - Any of the above through electronic methods (such as texts, facebook, etc.)
  - I was not abused in the past year



101. 2-1-1 is a non-emergency information referral telephone number. Have you ever called 2-1-1 for assistance?
- Yes, I did receive information that assisted me in getting the help I needed
  - Yes, I did receive information but it did not help me with my needs
  - No, I did not need assistance
  - No, I never heard of 2-1-1

### Parenting

***IF THERE ARE NO CHILDREN IN YOUR HOUSEHOLD OR YOUR CHILDREN ARE 18 OR OLDER, GO TO QUESTION 108.***

102. Has a doctor ever told you that any of your children have any chronic condition(s)?
- Yes, a deformity or orthopedic impairment
  - Yes, a chronic respiratory condition such as asthma, chronic bronchitis or sinusitis
  - Yes, a heart condition such as heart murmurs or congenital defects
  - Yes, a hearing or speech impairment
  - Yes, a mental health disorder such as anxiety, mood, or disruptive disorders
  - Yes, autism spectrum disorder
  - Yes, Asperger's syndrome
  - Yes, sickle cell disease
  - Yes, another chronic condition:
  - No
103. Has your child been tested for lead poisoning?
- Yes, and the results were in normal limits
  - Yes, and the results were elevated and needed medical follow-up
  - Yes, and the results were elevated, but no medical follow-up was needed
  - No
  - Don't know
104. How long has it been since your child last saw a dentist? (include all types of dentists, such as orthodontists, oral surgeons, and all other dental specialists)
- My child is not old enough to go to the dentist
  - Within the past year (anytime less than 12 months ago)
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 5 years (2 years but less than 5 years ago)
  - 5 or more years ago
  - Never
105. How did you put your child to sleep most of the time as an infant?
- On his or her side
  - On his or her back
  - On his or her stomach
  - In bed with you or another person

106. How often does your child ride in a car seat/booster seat when a passenger in a car?
- I do not have a child that requires a car seat/booster seat
  - My child does not need a booster seat because he/she is taller than the recommended height (4 feet 9 inches)
  - Never
  - Seldom
  - Sometimes
  - Nearly always
  - Always
  - Child never rides in a car

107. What did you discuss with your 12 to 17 year old in the past year? (**CHECK ALL THAT APPLY**)
- I do not have a child 12 to 17 years old
  - Abstinence and how to refuse sex
  - Birth control
  - Condoms/Safer sex/STD prevention
  - Dating and relationships
  - Eating habits
  - Body image
  - Physical activity
  - Weight status
  - Screen time (TV, phone, video games, texting, or computer)
  - Bullying (cyber, indirect, physical, verbal)
  - Social media issues
  - Energy drinks
  - Depression, anxiety, suicide
  - Refusal skills/peer pressure
  - Negative effects of alcohol
  - Negative effects of tobacco
  - Negative effects of marijuana and other illegal drugs
  - School/legal consequences using alcohol, tobacco or other drugs
  - Negative effects of misusing prescription drugs
  - Did not discuss

### Miscellaneous Health

108. Within the past 12 months, when seeking health care, do you feel your experiences were worse than, the same as, or better than for people of other races?
- Worse than other races
  - The same as other races
  - Better than other races
  - Worse than some races, better than others
  - Only encountered people of the same race
  - No health care in past 12 months
  - Don't know



109. How many days per week do you go to bed hungry because you cannot afford food?
- 0 days
  - 1 day
  - 2 days
  - 3 days
  - 4 days
  - 5 days
  - 6 days
  - 7 days
110. The following problems are sometimes associated with poor health. In or around your household, which of the following do you think have threatened you or your family's health in the past year? **(CHECK ALL THAT APPLY)**
- Rodents (mice or rats)
  - Insects (mosquitoes, ticks, flies)
  - Bed bugs
  - Cockroaches
  - Lice
  - Unsafe water supply/wells
  - Plumbing problems
  - Sewage/waste water problems
  - Temperature regulation (heating and air conditioning)
  - Safety hazards (structural problems)
  - Lead paint
  - Chemicals found in household products (i.e. cleaning agents, pesticides, automotive products)
  - Mold
  - Asbestos
  - Radiation
  - Fracking
  - Radon
  - Excess medications in the home
  - General living conditions
  - None
111. Does your household have any of the following disaster/emergency supplies? **(CHECK ALL THAT APPLY)**
- 3-day supply of water for everyone who lives there (1 gallon of water per person per day)
  - 3-day supply of nonperishable food for everyone who lives there
  - 3-day supply of prescription medication for each person who takes prescribed medicines
  - A working battery operated radio and working batteries
  - A working flashlight and working batteries
  - Cell phone
  - Cell phone with texting
  - Home land line telephone
  - Generator
  - Disaster plan
  - A family disaster plan
  - Communication plan (ways to contact family and friends)
  - None of the above
  - Don't know

112. Do you have access to a wellness program through your employer or spouse's employer that includes any of the following? **(CHECK ALL THAT APPLY)**
- My spouse or I are not employed
  - I do not have access to any wellness programs
  - Gift cards or cash for participation in wellness program
  - Lower insurance premiums for participation in wellness program
  - Gift cards or cash for positive changes in health status
  - Lower insurance premiums for positive changes in health status
  - Health risk assessment
  - Free/discounted gym membership
  - Free/discounted weight loss program (ex: Weight Watchers, etc.)
  - Free/discounted smoking cessation program
  - On-site fitness facility
  - On-site health education classes
  - On-site health screenings
  - Healthier food options in vending machines or cafeteria
  - Other: \_\_\_\_\_
  - None of the above

### Community Issues

113. How safe from crime do you consider your neighborhood to be?
- Extremely safe
  - Quite safe
  - Slightly safe
  - Not at all safe
  - Don't know

114. In the past year, have you or a loved one sought assistance for any of the following? **(CHECK ALL THAT APPLY)**

	Received assistance	Did not know where to look	Did not need assistance
Rent/mortgage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Utilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency shelter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legal aid services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Free tax preparation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Credit counseling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home repair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Employment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthcare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol or other substance dependency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Abuse or neglect issues (child or adult/elder)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental illness issues including depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unplanned pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homelessness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Affordable child care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post incarceration transition issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

115. Please think about the following community issues. Rank the top 5 issues that are a problem in the community.

Rank the top 5 issues (1-most important, 5-least important)	
	Lack of support for local business community
	Domestic violence
	Crime
	Juvenile delinquency
	Neighborhood violence
	Gang violence
	Alcohol/drug use
	Opiate/prescription drug abuse
	Underage alcohol consumption
	Mental health issues
	Teenage pregnancy
	Unemployment
	Underemployment
	School funding
	Childcare
	Lack of safe and affordable housing
	Access to healthcare
	Lack of affordable healthcare
	Transportation
	Traffic
	Lack of recreational programs and resources
	Child abuse
	Poverty
	Obesity
	Preconception/maternal health
	Infant health

### Demographics

116. What is your zip code? \_\_\_\_\_

117. What is your age? \_\_\_\_\_

118. What is your gender?

- Male
- Female

119. Which one or more of the following would you say is your race? **(CHECK ALL THAT APPLY)**

- American Indian/Alaska Native
- Asian
- Black or African-American
- Native Hawaiian/other Pacific Islander
- White
- Other: \_\_\_\_\_
- Don't know

120. Are you Hispanic or Latino?

- Yes
- No
- Don't know

121. How would you describe yourself?

- Heterosexual
- Gay
- Lesbian
- Bi-sexual
- Transgender
- Other

122. Are you...

- Married
- Divorced
- Widowed
- Separated
- Never married
- A member of an unmarried couple

123. What is the highest grade or year of school you completed?

- Never attended school or only attended kindergarten
- Grades 1 through 8 (Elementary)
- Grades 9 through 11 (Some high school)
- Grade 12 or GED (High school graduate)
- College 1 year to 3 years (Some college or technical school)
- College 4 years or more (College graduate)
- Post-graduate

124. Are you currently...

- Employed for wages full-time
- Employed for wages part-time
- Self-employed
- Out of work for more than 1 year
- Out of work for less than 1 year
- Homemaker
- Student
- Retired
- Unable to work

125. Is your annual household income from all sources...

- Less than \$10,000
- \$10,000 to \$14,999
- \$15,000 to \$19,999
- \$20,000 to \$24,999
- \$25,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 or more
- Don't know

126. How many children live in your household who are...

- Less than 5 years old \_\_\_\_\_
- 5 to 12 years old \_\_\_\_\_
- 13 to 17 years old \_\_\_\_\_
- None

127. About how much do you weigh without shoes?

- POUNDS \_\_\_\_\_
- Don't know

128. About how tall are you without shoes?

- FEET \_\_\_\_\_
- INCHES \_\_\_\_\_
- Don't know

*Certain questions provided by: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007-2013. Other questions are © 2014 Hospital Council of NW Ohio.*

## 2014 Allen County Youth Health Needs Questionnaire

**Directions:** Please listen to the instructions of the leader. Do NOT put your name on this survey. This survey asks you about your health and things you do in your life that affect your health. The information you give us will be used to develop better health education and services for people your age. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

**Completing the survey is voluntary.** Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank. The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

**Please read and answer each question carefully.** Please pick the letter of the answer that best describes you and your views. Circle the letter next to the best answer on your survey. The questions are out of order so that anyone who sees your survey cannot tell what you answered. No one will know what you write, but you must be honest. If you feel you can't be honest, please DO NOT answer the question at all. Just leave it blank. When you are done with the survey, fold it and place it in the brown envelope at the front of the class. Thank you for doing your best on this!

### Information About You

1. How old are you?
  - 12 years old or younger.....A
  - 13 years old.....B
  - 14 years old.....C
  - 15 years old.....D
  - 16 years old.....E
  - 17 years old.....F
  - 18 years old or older.....G
  
2. What is your gender?
  - Female.....A
  - Male.....B
  
3. In what grade are you?
  - 6th grade.....A
  - 7th grade.....B
  - 8th grade.....C
  - 9th grade.....D
  - 10th grade.....E
  - 11th grade.....F
  - 12th grade.....G
  
4. What is your zip code? \_\_\_\_\_
  
5. How do you describe yourself?  
**(CIRCLE ONE OR MORE RESPONSES)**
  - American Indian/Alaska Native.....A
  - Asian.....B
  - Black or African American.....C
  - Hispanic or Latino.....D
  - Native Hawaiian or Other Pacific Islander.....E
  - White.....F
  
6. Do you live with...?
  - Both of your parents.....A
  - One of your parents.....B
  - Mother and step-father.....C
  - Father and step-mother.....D
  - Mother and partner.....E
  - Father and partner.....F
  - Grandparents.....G
  - Another relative.....H
  - Guardians/foster parents.....I
  - On your own or with friends.....J

7. During the past 12 months, how would you describe your grades in school?
  - Mostly A's.....A
  - Mostly B's.....B
  - Mostly C's.....C
  - Mostly D's.....D
  - Mostly F's.....E
  
8. Which of these activities do you currently participate in?  
**(CIRCLE ALL THAT APPLY)**
  - A school club or social organization.....A
  - A church or religious organization.....B
  - A church youth group.....C
  - A sports or intramural program.....D
  - Exercising (outside of school).....E
  - A part time job.....F
  - Take care of your siblings after school.....G
  - Take care of parents or grandparents.....H
  - Babysit for other kids.....I
  - Some other organized activity (4H, Scouts).....J
  - Volunteer in the community.....K
  - Don't participate in any of these activities.....L

### Personal Safety

9. Have you ever played the choking game (pass-out game, space monkey, dream game)?
  - Yes.....A
  - No.....B
  - I have never heard of the choking game.....C
  
10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
  - 0 times.....A
  - 1 time.....B
  - 2 or 3 times.....C
  - 4 or 5 times.....D
  - 6 or more times.....E
  
11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
  - I do not drive.....A
  - 0 times.....B
  - 1 time.....C
  - 2 or 3 times.....D
  - 4 or 5 times.....E
  - 6 or more times.....F

12. During the past 30 days, did you drive a car or other vehicle while doing the following? **(CIRCLE ALL THAT APPLY)**

- I do not drive.....A
- Texting.....B
- Talking on cell phone.....C
- Using Internet on cell phone.....D
- Checking facebook on cell phone.....E
- Playing electronic games.....F
- Reading.....G
- Applying makeup.....H
- Eating.....I
- Other cell phone usage.....J
- Drinking alcohol.....K
- Using illegal drugs.....L
- Misusing prescription drugs.....M
- Wear a seatbelt.....N
- I do not do any of the above while driving.....O

13. During the past 12 months, did you suffer a blow or jolt to your head while playing with a sports team (either during a game or during practice) which caused you to get “knocked out,” have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting?  
 Yes.....A  
 No.....B  
 Don't know.....C

14. During the past 12 months, how often did you wear a helmet while riding the following?

Bike	ATV	Moped	Skateboard
<input type="checkbox"/> Did not ride during the past 12 months	<input type="checkbox"/> Did not ride during the past 12 months	<input type="checkbox"/> Did not ride during the past 12 months	<input type="checkbox"/> Did not ride during the past 12 months
<input type="checkbox"/> Never wore a helmet	<input type="checkbox"/> Never wore a helmet	<input type="checkbox"/> Never wore a helmet	<input type="checkbox"/> Never wore a helmet
<input type="checkbox"/> Rarely wore a helmet	<input type="checkbox"/> Rarely wore a helmet	<input type="checkbox"/> Rarely wore a helmet	<input type="checkbox"/> Rarely wore a helmet
<input type="checkbox"/> Sometimes wore a helmet	<input type="checkbox"/> Sometimes wore a helmet	<input type="checkbox"/> Sometimes wore a helmet	<input type="checkbox"/> Sometimes wore a helmet
<input type="checkbox"/> Most of the time wore a helmet	<input type="checkbox"/> Most of the time wore a helmet	<input type="checkbox"/> Most of the time wore a helmet	<input type="checkbox"/> Most of the time wore a helmet
<input type="checkbox"/> Always wore a helmet	<input type="checkbox"/> Always wore a helmet	<input type="checkbox"/> Always wore a helmet	<input type="checkbox"/> Always wore a helmet

**Violence Related Behavior**

15. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club? (Do not include Swiss Army or other field or hunting knives)

- 0 days.....A
- 1 day.....B
- 2 or 3 days.....C
- 4 or 5 days.....D
- 6 or more days.....E

16. During the past 30 days, on how many days did you carry a weapon such as a gun, knife or club on school property?

- 0 days.....A
- 1 day.....B
- 2 or 3 days.....C
- 4 or 5 days.....D
- 6 or more days.....E

17. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- 0 days.....A
- 1 day.....B
- 2 or 3 days.....C
- 4 or 5 days.....D
- 6 or more days.....E

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

- 0 times.....A
- 1 time.....B
- 2 or 3 times.....C
- 4 or 5 times.....D
- 6 or 7 times.....E
- 8 or 9 times.....F
- 10 or 11 times.....G
- 12 or more times.....H

19. During the past 12 months, how many times were you in a physical fight?

- 0 times.....A
- 1 time.....B
- 2 or 3 times.....C
- 4 or 5 times.....D
- 6 or 7 times.....E
- 8 or 9 times.....F
- 10 or 11 times.....G
- 12 or more times.....H

20. During the past 12 months, how many times were you in a physical fight on school property?

- 0 times.....A
- 1 time.....B
- 2 or 3 times.....C
- 4 or 5 times.....D
- 6 or 7 times.....E
- 8 or 9 times.....F
- 10 or 11 times.....G
- 12 or more times.....H

21. During the past 12 months, on how many days did an adult hit or slap you?

- 0 days.....A
- 1 day.....B
- 2 or 3 days.....C
- 4 or 5 days.....D
- 6 or more days.....E

22. During the past 12 months, did your boyfriend or girlfriend ever hit, slap or physically hurt you on purpose?

- Yes.....A
- No.....B



23. Have you ever been forced to participate in any sexual activity when you did not want to?  
 Yes.....A  
 No.....B
24. During your life, how many times have you purposely hurt yourself (for example, cutting, burning, scratching, hitting, biting, etc.)?  
 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 times or more.....F
25. What types of bullying have you experienced on more than one occasion in the last year? (**CIRCLE ALL THAT APPLY**)  
**Physically bullied** (e.g., you were hit, kicked, punched, or people took your belongings).....A  
**Verbally bullied** (e.g., teased, taunted, or called you harmful names).....B  
**Indirectly bullied** (e.g., spread mean rumors about you or kept you out of a “group”).....C  
**Cyber bullied** (e.g., teased, taunted, or threatened by e-mail, cell phone, or other methods).....D  
**Sexually bullied** (e.g., using nude or semi-nude pictures to pressure someone to have sex that does not want to, blackmail, intimidate, or exploit another person).....E  
**None of the above**.....F
26. During the past 12 months, have you ever been bullied on school property?  
 Yes.....A  
 No.....B

**Mental Health**

27. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?  
 Yes.....A  
 No.....B
28. During the past 12 months, did you ever **seriously** consider attempting suicide?  
 Yes.....A  
 No.....B
29. During the past 12 months, how many times did you actually attempt suicide?  
 0 times.....A  
 1 time.....B  
 2 or 3 times.....C  
 4 or 5 times.....D  
 6 or more times.....E
30. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?  
 Yes.....A  
 No.....B  
 Did not attempt suicide during the past 12 months.....C

31. What causes you anxiety, stress, or depression?  
**(CIRCLE ALL THAT APPLY)**  
 Peer pressure.....A  
 Fighting in home.....B  
 Family member in military.....C  
 Parent lost job (unemployment).....D  
 Breakup.....E  
 Poverty/no money.....F  
 Dating relationship.....G  
 Fighting with friends.....H  
 Being bullied.....I  
 Sports.....J  
 Academic success.....K  
 Taking care of younger siblings.....L  
 Alcohol or drug use in the home.....M  
 Death of close family member or friend.....N  
 Parent divorce/separation.....O  
 Parent is sick.....P  
 Parent/caregiver with a substance abuse problem.....Q  
 Parent with a mental illness.....R  
 Not having a place to live.....S  
 Not feeling safe at home.....T  
 Other stress at home.....U  
 Not feeling safe in the community.....V  
 Sexual orientation.....W  
 Not having enough to eat.....X  
 None of the above.....Y
32. How do you deal with anxiety, stress, or depression?  
**(CIRCLE ALL THAT APPLY)**  
 I do not have anxiety, stress, or depression.....A  
 Talk to someone in my family.....B  
 Talk to a peer.....C  
 Exercise.....D  
 Eat.....E  
 Drink alcohol.....F  
 Smoke/use tobacco.....G  
 Use illegal drugs.....H  
 Sleep.....I  
 Use medication that is prescribed for me.....J  
 Use medication that is not prescribed for me.....K  
 Hobbies.....L  
 Journal.....M  
 Gamble.....N  
 Shop.....O  
 Break something.....P  
 Vandalism or violent behavior.....Q  
 Self-harm, such as cutting.....R  
 Harm someone else, such as bullying.....S  
 Pray.....T  
 Read the Bible.....U  
 Use social media (i.e., facebook).....V  
 Text someone.....W  
 Talk to a medical professional.....X  
 Talk to a counselor/teacher.....Y

### Tobacco Use

33. How old were you when you smoked a whole cigarette for the first time?
- I have never smoked a whole cigarette .....A
  - 8 years old or younger.....B
  - 9 years old.....C
  - 10 years old.....D
  - 11 years old.....E
  - 12 years old.....F
  - 13 years old.....G
  - 14 years old.....H
  - 15 years old.....I
  - 16 years old.....J
  - 17 years old or older.....K
34. During the past 30 days, on how many days did you smoke cigarettes?
- 0 days.....A
  - 1 or 2 days.....B
  - 3 to 5 days.....C
  - 6 to 9 days.....D
  - 10 to 19 days.....E
  - 20 to 29 days.....F
  - All 30 days.....G
35. During the past 12 months, did you ever try to quit smoking cigarettes?
- I did not smoke during the past 12 months.....A
  - Yes.....B
  - No.....C
36. Are you exposed to second hand smoke in any of the following places? **(CIRCLE ALL THAT APPLY)**
- I am not exposed to second hand smoke.....A
  - Home.....B
  - Friend's home.....C
  - Other relative's home.....D
  - Car.....E
37. During the past 30 days, how did you usually get your own cigarettes? **(CIRCLE ALL THAT APPLY)**
- I did not smoke cigarettes during the past 30 days.....A
  - I bought them in a store such as a convenience store, supermarket, discount store, or gas station.....B
  - I got them on the Internet.....C
  - I bought them from a vending machine.....D
  - I gave someone else money to buy them for me.....E
  - I borrowed (or bummed) them from someone else.....F
  - A person 18 years or older gave them to me.....G
  - I took them from a store.....H
  - I took them from a family member.....I
  - I got them some other way.....J

38. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?
- I did not try to buy cigarettes in a store during the past 30 days.....A
  - Yes, I was asked to show proof of age.....B
  - No, I was not asked to show proof of age.....C
39. Which forms of tobacco listed below have you used in the past year? **(CIRCLE ALL THAT APPLY)**
- Cigarettes.....A
  - Flavored cigarettes.....B
  - Bidis.....C
  - Cigars.....D
  - Black & Milds.....E
  - Cigarillos.....F
  - Little cigars.....G
  - Swishers.....H
  - Chewing tobacco, snuff.....I
  - Snus.....J
  - Hookah.....K
  - E-cigarette (blu, NJOY, Starbuzz, Vaporizer, PV, e-hookah, hookah pens, vape pipes).....L
  - Dissolvable tobacco products (Aria, Stonewall, Camel Orbs, Camel Sticks, Camel Strips).....M
  - Other.....N
  - None.....O

### Alcohol Consumption

40. During your life, how many days have you had at least one drink of alcohol?
- 0 days.....A
  - 1 or 2 days.....B
  - 3 to 9 days.....C
  - 10 to 19 days.....D
  - 20 to 39 days.....E
  - 40 to 99 days.....F
  - 100 or more days.....G
41. How old were you when you had your first drink of alcohol other than a few sips?
- I have never had a drink of alcohol, other than a few sips.....A
  - 8 years old or younger.....B
  - 9 years old.....C
  - 10 years old.....D
  - 11 years old.....E
  - 12 years old.....F
  - 13 years old.....G
  - 14 years old.....H
  - 15 years old.....I
  - 16 years old.....J
  - 17 years old or older.....K

42. During the past 30 days, on how many days did you have at least one drink of alcohol?
- 0 days.....A  
 1 or 2 days.....B  
 3 to 5 days.....C  
 6 to 9 days.....D  
 10 to 19 days.....E  
 20 to 29 days.....F  
 All 30 days.....G
43. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- 0 days.....A  
 1 day.....B  
 2 days.....C  
 3 to 5 days.....D  
 6 to 9 days.....E  
 10 to 19 days.....F  
 20 days or more.....G
44. During the past 30 days, how did you usually get your alcohol? **(CIRCLE ALL THAT APPLY)**
- I did not drink during the past 30 days.....A  
 I bought it in a store such as a liquor store, convenience store, supermarket, discount store or gas station.....B  
 I bought it at a restaurant, bar or club.....C  
 Someone gave it to me.....D  
 An older friend or sibling bought it for me.....E  
 Someone older bought it for me.....F  
 I bought it at a public event such as a concert or sporting event.....G  
 I gave someone else money to buy it for me.....H  
 My parent gave it to me.....I  
 My friend's parent gave it to me.....J  
 I took it from a store or family member.....K  
 I bought it with a fake ID.....L  
 I got it some other way.....M

**Drug Use**

45. During the past 30 days, how many times did you use marijuana?
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 times or more.....F
46. During your life, how many times have you used any form of cocaine, including powder, crack or freebase?
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 or more times.....F

47. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 or more times.....F
48. During your life, how many times have you used heroin (also called smack, junk, or China White)?
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 or more times.....F
49. During your life, how many times have you used methamphetamines (also called speed, crystal, crack or ice)?
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 or more times.....F
50. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 or more times.....F
51. During your life, how many times have you used medications that were either not prescribed for you, or took more than was prescribed to feel good or high? (examples include Oxycontin, Vicodin, Adderall, Concerta or Ritalin)
- 0 times.....A  
 1 or 2 times.....B  
 3 to 9 times.....C  
 10 to 19 times.....D  
 20 to 39 times.....E  
 40 or more times.....F
52. During your life, have you tried any of the following? **(CIRCLE ALL THAT APPLY)**
- Ecstasy/MDMA/Molly.....A  
 Over-the-counter medications (to get high).....B  
 A pharm party/skittles.....C  
 GhB.....D  
 Bath salts.....E  
 K2/spice.....F  
 Posh/salvia/synthetic marijuana.....G  
 Misuse hand sanitizer.....H  
 Misuse cough syrup.....I  
 I have never tried any of these.....J

53. Would your parent disapprove of you doing any of the following? **(CIRCLE ALL THAT APPLY)**
- Smoking cigarettes.....A
  - Drinking alcohol.....B
  - Using marijuana.....C
  - Misusing prescription drugs.....D
  - None of the above.....E
54. During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?
- Yes.....A
  - No.....B
55. In the past 30 days, were you on school property under the influence of any of the following? **(CIRCLE ALL THAT APPLY)**
- Alcohol.....A
  - Marijuana.....B
  - Other illegal drugs (ex., cocaine, LSD, etc.).....C
  - Prescription drugs, not prescribed to you or you took more than what was prescribed to feel good or get high.....D
  - Synthetic marijuana (ex., K2, spice, etc.).....E
  - Inhalants.....F
  - Bath salts.....G
  - Other: \_\_\_\_\_
  - I have not been under the influence of any of these on school property.....H
  - I have never been under the influence of any of these.....I

**Sexual Behavior**

56. Have you ever participated in the following? **(CIRCLE ALL THAT APPLY)**
- Sexual Intercourse.....A
  - Oral sex.....B
  - Anal sex.....C
  - Sexting.....D
  - View pornography.....E
  - None of the above.....F
57. How old were you when you had sexual intercourse for the first time?
- I have never had sexual intercourse.....A
  - 11 years old or younger.....B
  - 12 years old.....C
  - 13 years old.....D
  - 14 years old.....E
  - 15 years old.....F
  - 16 years old.....G
  - 17 years old or older.....H
58. During your life, with how many people have you had sexual intercourse?
- I have never had sexual intercourse.....A
  - 1 person.....B
  - 2 people.....C
  - 3 people.....D
  - 4 people.....E
  - 5 people.....F
  - 6 or more people.....G

59. Have you ever...? **(CIRCLE ALL THAT APPLY)**
- Been pregnant.....A
  - Got someone pregnant.....B
  - Wanted to get pregnant.....C
  - Tried to get pregnant.....D
  - Had an abortion.....E
  - Had a miscarriage.....F
  - Had a child.....G
  - Been treated for an STD.....H
  - Had sex in exchange for something of value, such as food, drugs, shelter or money.....I
  - None of the above.....J
60. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? **(CIRCLE ALL THAT APPLY)**
- I have never had sexual intercourse.....A
  - No method was used to prevent pregnancy.....B
  - Birth control pills.....C
  - Condoms.....D
  - A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing).....E
  - An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon).....F
  - Withdrawal.....G
  - I am gay or lesbian.....H
  - Some other method.....I
  - Not sure.....J
61. Where have you been taught about pregnancy prevention, sexually transmitted diseases, AIDS or HIV infection, or the use of condoms? **(CIRCLE ALL THAT APPLY)**
- School.....A
  - My doctor.....B
  - Parents.....C
  - Friends.....D
  - Siblings.....E
  - Church.....F
  - Internet.....G
  - Somewhere else.....H
  - Have not been taught about these subjects.....I
62. Which of the following best describes you?
- Heterosexual (straight).....A
  - Gay or lesbian.....B
  - Bi-sexual.....D
  - Not sure.....E
  - Other.....F

**Diet & Nutrition**

63. How do you describe your weight?
- Very underweight.....A
  - Slightly underweight.....B
  - About the right weight.....C
  - Slightly overweight.....D
  - Very overweight.....E



64. Which of the following are you trying to do about your weight?
- Lose weight.....A
  - Gain weight.....B
  - Stay the same weight.....C
  - I am not trying to do anything about my weight.....D
65. During the past 30 days, did you do any of the following to lose weight or keep from gaining weight? (**CIRCLE ALL THAT APPLY**)
- I did not do anything to lose weight or keep from gaining weight.....A
  - Eat less food, fewer calories, or foods low in fat.....B
  - Eat more fruits and vegetables.....C
  - Drink more water.....D
  - Exercise.....E
  - Skip meals.....F
  - Go without eating for 24 hours.....G
  - Take any diet pills, powders, or liquids without a doctor's advice.....H
  - Vomit or take laxatives.....I
  - Smoke cigarettes.....J
66. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- I did not drink 100% fruit juice during the past 7 days.....A
  - 1 to 3 times during the past 7 days.....B
  - 4 to 6 times during the past 7 days.....C
  - 1 time per day.....D
  - 2 times per day.....E
  - 3 times per day.....F
  - 4 or more times per day.....G
67. During the past 7 days, how many times did you eat vegetables such as green salad, carrots, and potatoes? (Do not include French fries, fried potatoes, or potato chips.)
- I did not eat vegetables during the past 7 days.....A
  - 1 to 3 times during the past 7 days.....B
  - 4 to 6 times during the past 7 days.....C
  - 1 time per day.....D
  - 2 times per day.....E
  - 3 times per day.....F
  - 4 or more times per day.....G
68. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)
- 1 to 3 times during the past 7 days.....A
  - 4 to 6 times during the past 7 days.....B
  - 1 time per day.....C
  - 2 times per day.....D
  - 3 times per day.....E
  - 4 or more times per day.....F
  - I did not drink soda or pop during the past 7 days.....G

69. During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half-pint of milk served at school as equal to one glass.)
- 1 to 3 glasses during the past 7 days.....A
  - 4 to 6 glasses during the past 7 days.....B
  - 1 glass per day.....C
  - 2 glasses per day.....D
  - 3 glasses per day.....E
  - 4 or more glasses per day.....F
  - I did not drink milk during the past 7 days.....G
70. Where do you eat most of your food?
- Home.....A
  - School.....B
  - Fast food.....C
  - Restaurant.....D
  - Convenience store.....E

### Exercise

71. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate and made you breathe hard some of the time.)
- 0 days.....A
  - 1 day.....B
  - 2 days.....C
  - 3 days.....D
  - 4 days.....E
  - 5 days.....F
  - 6 days.....G
  - 7 days.....H
72. On an average school day, how many hours do you spend doing the following activities?

TV	Video Games (non- active)	Computer/ Tablet	Cell phone (text, talk, internet)
<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours
<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour
<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour
<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours
<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours
<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours
<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours
<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours

### Miscellaneous

73. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
- Less than 1 year ago.....A
  - 1 to 2 years ago.....B
  - More than 2 years ago.....C
  - Never.....D
  - Don't know/not sure.....E

74. If you have a Twitter, Instagram, Snapchat or facebook account, online gaming account (such as World of Warcraft, Call of Duty, etc.) or other social network account, which of the following apply? **(CIRCLE ALL THAT APPLY)**

- I do not have any of these accounts.....A
- I know all of the people in “my friends” .....B
- I know all of the people I play online.....C
- I share personal information about myself, such as where I live.....D
- I have been asked to share personal information about myself.....E
- My account is currently checked private.....F
- My friends have the password to some or all of these accounts.....G
- My parents have the password to these accounts.....H
- My parents do not know I have an account.....I
- I believe sharing personal information online is dangerous.....J
- I have had problems as a result of these accounts.....K
- I have been bullied as a result of these accounts.....L
- I have been asked to meet someone I met online.....M
- I have participated in sexual activity with someone I met online.....N
- None of the above.....O

75. What are your plans for the future? **(CIRCLE ALL THAT APPLY)**

- Won't finish high school.....A
- Will graduate from high school.....B
- Will attend a community college or technical/trade school.....C
- Will attend a 4 year college.....D
- Will join the military .....E
- Will follow my career path.....F
- No hope for my future .....G

76. Do you consider yourself a member of a gang?

- Yes.....A
- No.....B

77. Have you ever experienced any of the following? **(CIRCLE ALL THAT APPLY)**

**ALL THAT APPLY**

- Lived with someone who was depressed, mentally ill or suicidal.....A
- Lived with someone who was a problem drinker or an alcoholic.....B
- Lived with someone who used illegal street drugs, or who abused prescription medication....C
- Lived with someone who served time or was sentenced to serve time in a prison, jail, or other correctional facility.....D
- Your parents became separated or were divorced.....E
- Your parents were not married.....F
- Your parents or adults in your home slapped, hit, kicked, punched or beat each other up.....G
- A parent or adult in your home hit, beat, kicked, or physically hurt you in any way (not including spanking).....H
- A parent or adult in your home swore at you, insulted you, or put you down.....I
- Someone at least 5 years older than you or an adult touched you sexually.....J
- Someone at least 5 years older than you or an adult tried to make you touch them sexually.....K
- Someone at least 5 years older than you or an adult, forced you to have sex.....L
- None of the above has happened to me.....M

78. How many people live in your household who are...

- Less than 5 years old \_\_\_\_\_
- 5 to 12 years old \_\_\_\_\_
- 13 to 17 years old \_\_\_\_\_
- 18 years old or older \_\_\_\_\_

79. How tall are you without your shoes on?

- \_\_\_\_\_ Feet
- \_\_\_\_\_ Inches

80. How much do you weigh without your shoes on?

- \_\_\_\_\_ Pounds

**Thank you for giving us your opinions!**

*Certain questions provided by: Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System, Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005-2013. Other questions provided by Hospital Council of NW Ohio, 2004-2014.*