

Healthy People 2010



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ALLEN COUNTY

Allen County Health Risk and Community Needs Assessment

2009

Foreword

We are pleased to present the 2009 Allen County Health Risk and 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 second 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. A new feature of this 2009 assessment is the inclusion of 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 2009 on the identified issues.

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

Individuals can and must do more to promote their own health:	Individuals can also get involved in their community:
• 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

Acknowledgements

Coordinated By

Allen County Healthy People 2010
The Allen County Health Department
Lima Memorial Health System
Mental Health and Recovery Services Board
The Ohio State University at Lima
St. Rita's Medical Center
United Way of Greater Lima

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Preface

A community health needs assessment is a method of bringing together primary and secondary data related to the health of a community to create a more realistic picture of the health status of the residents of that community. Community health needs assessments can be superficial or they can be very comprehensive and take many months and tens of thousands of dollars to complete. The more thorough the health needs assessment the more accurate is the picture created of the health status of the residents. The more thorough the health needs assessment the more useful the information will be for establishing health priorities to improve the health problems in the community. Thus, this needs assessment has expended considerable time and resources to provide the best picture possible on the health issues affecting Allen County residents.

Leading Types of Death Versus Actual Causes of Death

The number of deaths in the United States increases each year, primarily due to population growth and the increasing age of the population. Government and health agencies track changes in death rates by examining changes in the “Leading Types of Deaths,” that is the technique used in this needs assessment. Identifying the “Leading Types of Death” is a method of identifying the final pathological trauma (outcomes) from which Americans died (Table 1). However, these are not the “actual causes of death” (the major external modifiable factors that were actually the underlying insults to the body) that resulted in the premature mortality of Americans from the various types of death (Table 2).

Table 1
Leading Types of Death in the United States

Rank	Type of Death	No. of Deaths	Percent
1.	Heart disease	710,760	29.6 %
2.	Cancers	553,091	23.0 %
3.	Stroke (CVD)	167,661	7.0 %
4.	Chronic lower respiratory tract disease	122,009	5.1 %
5.	Unintentional injuries	97,900	4.1 %
6.	Diabetes mellitus	69,301	2.9 %
7.	Influenza and pneumonia	65,313	2.7 %
8.	Alzheimer disease	49,558	2.1 %
9.	Nephritis, nephritic syndrome, and Nephrosis	37,251	1.5 %
10.	Septicemia	31,224	1.3 %

Source: Mokdad AH, Marks JS, Stroup DF, & Gerberding JL. Actual causes of death in the United States, 2000. Journal of the American Medical Association 2004; 291:1238-1245.

Table 2 indicates that the “actual causes of death” are usually behaviors in which Americans engage in when they shouldn’t, or do not engage in other behaviors when they should.

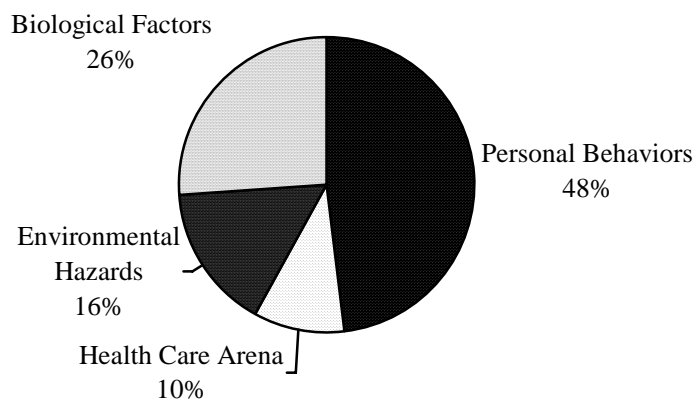
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Table 2
Actual Causes of Death in the United States

Rank	Actual Cause	No. of Deaths	Percent
1.	Tobacco	435,000	18.1
2.	Poor Diet and Physical Inactivity	365,000	15.2
3.	Alcohol Consumption	85,000	3.5
4.	Microbial Agents	75,000	3.1
5.	Toxic Agents	55,000	2.3
6.	Motor Vehicle	43,000	1.8
7.	Firearms	29,000	1.2
8.	Sexual Behavior	20,000	0.8
9.	Illicit Drug Use	17,000	0.7

Source: Mokdad AH, Marks JS, Stroup DF, & Gerberding JL. Actual causes of death in the United States, 2000. Journal of the American Medical Association 2004; 291:1238-1245.

Figure 1 – Risks To Good Health



Source: LaLonde, M. A New Perspective on the Health of Canadians: A Working Document. 1974.

In other words, Figure 1 indicates that the leading causes of premature loss of life in America are due to personal behaviors which cause chronic diseases and injuries, not because of inadequate numbers of medical specialists or hospitals. The major chronic disease killers are heart disease, lung and breast cancer, strokes, chronic lung disease, diabetes, and chronic liver disease. Injuries would include both unintentional ones (also called accidents) and intentional ones (suicides and homicides). These forms of death are caused primarily by personal behaviors, induced in part by environmental factors (social, educational and economic).

The modern epidemics in America today are not going to be “cured” by high-tech medicine. Using unintentional injuries as an example, “when state-of-the-art ambulance systems and specialized trauma emergency rooms are put in place to get patients high-tech

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medical care as quickly as possible, the number of injury deaths drops by only 8 percent...” In other words, even with the best care available, better than 90% of critically injured patients can not be saved!

Figure 1 indicates that changing the unhealthy behaviors of Americans is the most beneficial way of reducing premature mortality. In fact, Table 2 indicates that about 37% of US deaths are attributable to 4 behaviors: smoking, poor diet, physical inactivity, and alcohol use. For example, weight loss and exercise can reduce the progression of diabetes by 50%. Other examples of life-saving behaviors would include:

- About 20% of adults smoke, and one-third of smokers will die prematurely due to their smoking. Smoking cessation is beneficial at any age, yet only 28% of smokers are assisted by their physicians to quit smoking. If 90% of smokers were assisted to help quit then 42,000 fewer smokers would die each year. In contrast, if smokers continue to smoke and they develop lung cancer, 8 of 9 will die from their cancer, surgery and cancer treatments are of little benefit.
- Although aspirin is cheap and easily accessible, only about 40% of adults take aspirin daily or every other day. Encouraging age appropriate adults to take low-dose aspirin daily would lower the risk of heart disease. If 90% of adults took low-dose aspirin daily it would reduce the number of cardiovascular deaths by 45,000 a year.
- Fewer than 50% of adults are up to date with recommended colorectal cancer screenings. If we increased to 90% the portion of adults age 50 and older who were up to date with the recommended frequency of colorectal cancer screening we could save 14,000 lives each year.
- Between 5% and 20% of Americans get influenza each year. Most people will recover in less than 2 weeks, but more than 200,000 will need to be admitted to a hospital for treatment as a result of the flu and 36,000 people die annually from the flu. A little less than 40% of adults age 50 and older get vaccinated against influenza. If the vaccination rate for adults for influenza was increased to 90% 12,000 additional lives would be saved each year.

The Consequences of Misplaced Health Priorities

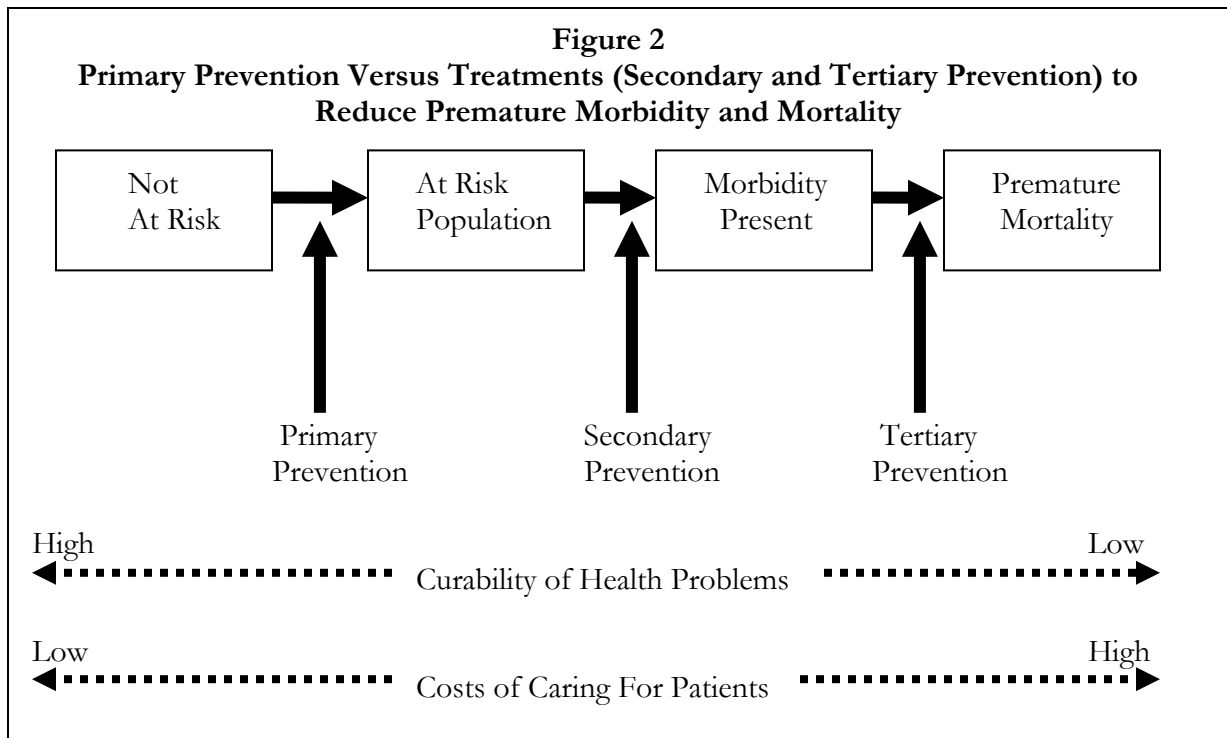
To maximize the health of citizens of a community, health professionals should pursue interventions in proportion to the ability of those interventions to improve the health of the community. A health intervention that is more effective than its alternative should receive more attention and resources, all else being equal. Inadequate decision making in establishing priorities can indirectly claim lives, contribute to the burden of disease in a community, and generate greater health care costs that would not occur if health intervention priorities were appropriately established for the community.

The effectiveness of available options for helping Americans live longer and have a better quality of life are often underappreciated. As an example, regular smoking cessation counseling would save America an estimated 1.3 million quality-adjusted life years (QALYs), whereas increased breast cancer screening would save an estimated 91,000 QALYs. A community that ignores these differences and provides few resources for smoking cessation and concentrates its resources on mammography screening can expect to reduce breast cancer deaths but ultimately more community members may die, primarily from smoking-related diseases. The point is that both interventions should be pursued, but giving

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community resources in proportion to the benefit to be derived from each intervention would maximize the number of lives saved and will more likely reduce health care costs.

Primary prevention of a disease is more effective than treating the complications of a disease (secondary or tertiary prevention) (Figure 2).



Unfortunately, the current health care enterprise concentrates the vast majority of its resources on late-stage disease. It has been estimated that only 2% to 3% of health spending goes to primary prevention. Unfortunately, society tends to under appreciate primary prevention through reduction of risk factors (unhealthy habits) and creating a health literate society. The propensity for spending resources on treatments but comparatively little on primary prevention plays a major role in why the United States was ranked by the World Health Organization 37th in health care systems out of 191 nations.

Identifying the threats to community health is but the first step in improving the health of the community. The more difficult step will be for wise strategists to establish a successful series of interventions in the face of competing agendas by a wide variety of agencies with self-interests.

James H. Price, PhD, MPH, FAAHB, FAAHE
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Allen County Health Risk and Community Needs Assessment

Executive Summary

This executive summary provides an overview of data for Allen County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide assessment survey during 2009. 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 (CDC) for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Healthy Communities Foundation of the Hospital Council of Northwest Ohio collected the data, guided the assessment process and integrated sources of primary and secondary data into the final report.

Executive Summary: Primary Data Collection Methods

Design

This community assessment was cross-sectional in nature and included a written survey of both 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 Behavioral Risk Factor Surveillance System Survey. The majority of the survey items for the adolescent survey were derived from the Youth Risk Behavior Surveillance System survey.

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 a draft of a survey containing 134 items. This draft was 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 15-74 year olds living in Allen County. There were 67,661 persons between the ages of 15-74 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 confidence interval of 5%

Executive Summary: Primary Data Collection Methods

(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 responding 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.

Procedure

Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 800 adults in Allen County. This advance letter was personalized, printed on Allen County Assessment Steering Committee stationery and was signed by Kathy Luhn, Allen County Health Department. The letter introduced the county 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 Assessment Steering 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 included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. 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 61% (n=446). This return rate and sample size means that the responses in the assessment should be representative of the entire county.

Adolescent Survey

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 95% (n=376). The number needed to have adequate power was 375. The survey contained 76 questions and had a multiple choice response format.

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 12.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Allen County, the data collected was weighted by age, gender, race, and income using 2000 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 v.

Executive Summary: Primary Data Collection Methods

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 very high response rate (61%). 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). In other words, if the one-third of those who were sent the survey would have answered the questions significantly differently than the two-thirds who did respond, the results of this assessment would under-represent or over-represent their perceptions and behaviors. If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Also, 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 assessment.

Executive Summary: Community Issues & Services

When asked to rank **community problems** from a prepared list in 2002 and 2009, Allen County residents chose **drug abuse, crime, and unemployment** as the three biggest problems, though in 2009 unemployment jumped to the top of the list. These same issues are among those named when residents were asked to identify, without a list, the single most important problem facing families and the community. In 2009, 43% of respondents noted unemployment as the single most important problem facing local **families**.

Many **community services** exist to address these problems. Residents identify **job training & employment services** as the single most important service need in the county in 2009. It was ranked the second most important community service in 2002 and the single most important/most needed service in previous United Way needs assessments. **Crime prevention services** was ranked the second most important/most needed service in 2009.

Other important and emerging community problems are family issues of **domestic violence, quality of life, and parenting**. Other important services included **health care services, youth programs and care of the elderly**. Almost one-quarter (24%) of Allen County adults reported in 2009 that they had attempted to get assistance from a social service agency. 58% of those adults did receive assistance and only 1% of adults reported they did not know where to look for assistance.

The following section summarizes the community's perceptions of the problems and service needs in Allen County.

Community Concerns

The 2009 assessment project identified that 61% of adults reported they thought their neighborhood was safe or extremely safe. Allen County adults reported the single most important problem facing local families and the community was unemployment.

Community Services

The 2009 assessment project identified healthcare is a very important community service. Allen County adults reported the single most important service that an organization is providing or should provide to the community is job training/employment services.

Health Care Access

The 2009 assessment project identified that about two-thirds (62%) of adults had visited a doctor for a routine visit within the past year. Almost one-quarter (24%) of adults had attempted to get assistance from a social service agency.

Quality of Life & Safety

About 1 in 4 (23%) of Allen County adults in 2009 reported they were limited in some way because of a physical, mental or emotional problem. The assessment identified that 10% of Allen County adults were abused in the past year.

Executive Summary: Community Issues & Services

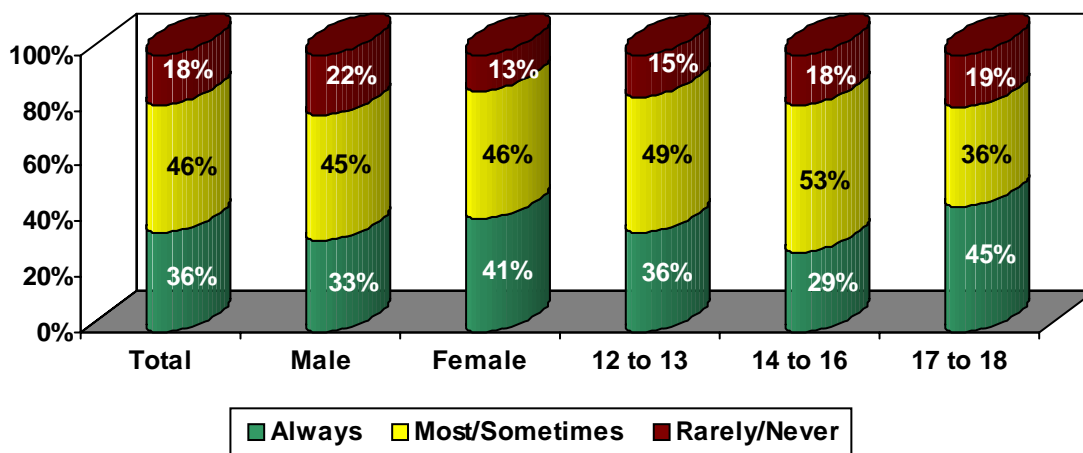
Parenting

The 2009 assessment project identified that 11% of parents reported their children did not have health insurance at some time in the past year. 61% of parents with an infant to 4-year-old child used the WIC program.

Youth Safety

In 2009, over one-third (36%) of Allen County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 50% of Allen County youth had been to the doctor for a routine check-up in the past year.

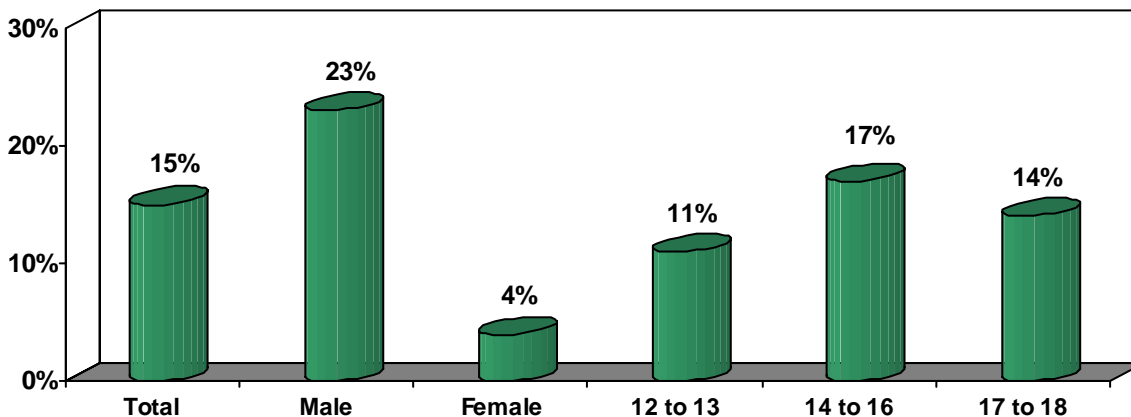
Allen County Youth Seatbelt Use in the Past Month



Youth Violence

In Allen County, 15% of the youth had carried a weapon in the past month and 4% indicated they brought it to school. 11% of youth had been threatened or injured by a weapon on school property.

Allen County Youth Carrying a Weapon during the Past 30 Days



Executive Summary: Physical Health Issues

Previous assessments brought to light some of the physical health challenges Allen County residents faced and high rates of **chronic disease**. Although Allen County death rates for heart disease, cancer, stroke, and diabetes have decreased, the number of **adults** who report having clinical indicators and lifestyle characteristics associated with them has increased in several areas. Two areas that have increased since 2002 and are considerably above state and national rates are **high blood pressure** and **excessive body weight**. About 3 out of 4 Allen County adults are considered overweight or obese by Body Mass Index standards (BMI).

Some positive changes were noted – fewer adults report no leisure time **activity**, indicating they are more active than previous assessments found, and **cigarette smoking** is down in Allen County, though still slightly higher than state and national rates.

Health care was identified as one of the top three most important services in Allen County and the majority of adults (86%) report having **health care coverage**. Despite this, fewer women are participating in **screenings for early detection of cancer**. A notable improvement from 2002 was the percentage of adults who have **visited a dentist** in the past year, though reported dental visits within the past year are still lower in Allen County compared to state and national rates.

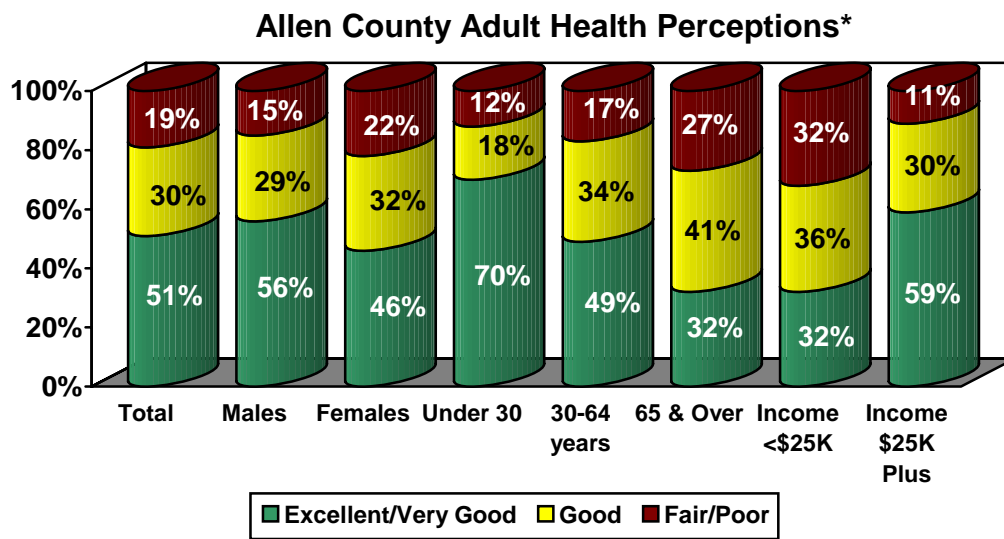
Lifestyle characteristics that correspond with reduced risk for chronic disease include a healthy body weight, adequate fruit and vegetable consumption, regular leisure-time physical activity, and not smoking, yet only 0.8% of Allen County adults engage in all four healthy lifestyle characteristics.

Some of the health issues facing Allen County **youth** include early **sexual activity and teen pregnancy**, **bullying**, and **lack of safety habits** such as wearing helmets when riding bicycles and ATVs, and lack of regular seatbelt use.

The following section summarizes key findings regarding physical health issues in Allen County.

Health Perceptions

In 2009, over half (51%) of the Allen County adults rated their health status as excellent or very good. Conversely, 19% of the adults increasing to 32% of those with incomes less than \$25,000 described their health as fair or poor.



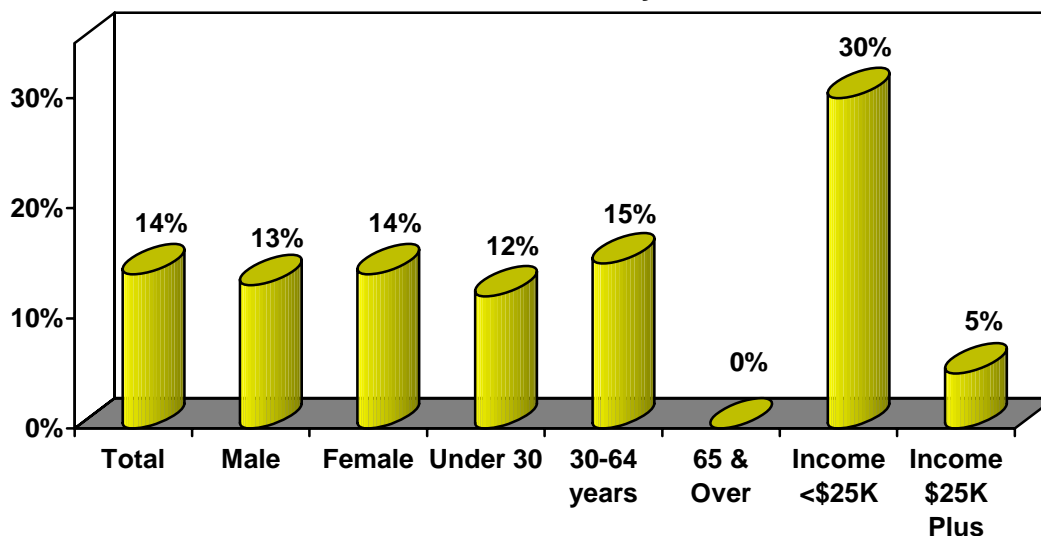
*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Executive Summary: Physical Health Issues

Health Care Coverage

The 2009 assessment data has identified that 14% of Allen County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Allen County, 12.1% of residents live below the poverty level. (Source U.S. Census, 2000)

Uninsured Allen County Adults



Cardiovascular Health

Major cardiovascular diseases (heart disease and stroke) accounted for 34% of all Allen County adult deaths from 2005-2007 (Source: ODH Information Warehouse). The 2009 Allen County assessment found that 7% of adults had a heart attack and 2% had a stroke at some time in their life. Over two-fifths (41%) of Allen County adults have been diagnosed with high blood pressure and 34% have high blood cholesterol, two known risk factors for heart disease and stroke.

Allen County Leading Types of Death 2005-2007

Total Deaths: 3,070

1. Heart Disease (28% of all deaths)
2. Cancers (23%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's Disease (4%)

(Source: ODH Information Warehouse, updated 3-15-09)

Executive Summary: Physical Health Issues

Cancer

The 2009 assessment indicated that 7% of Allen County adults were diagnosed with cancer. Ohio Department of Health statistics indicate that from 1999-2007, a total of 2,147 Allen County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that reducing tobacco use, increasing cancer education and awareness, changing diet and exercise habits, and early detection may reduce overall cancer deaths.

Allen County Incidence of Cancer, 2005 All Types: 540 cases

- ❖ Breast: 92 cases (17%)
- ❖ Lung and Bronchus: 82 cases (15%)
- ❖ Prostate: 72 cases (13%)
- ❖ Colon and Rectum: 54 cases (10%)
- ❖ Kidney: 25 cases (5%)

From 2004-2006, there were 310 cancer deaths in Allen County.

(Source: Ohio Cancer Incidence Surveillance System & ODH Information Warehouse)

Diabetes

In 2009, 12% of Allen County adults had been diagnosed with diabetes. The average age of onset of diabetes was 50 years old. 65% of those with diabetes had taken a class on how to manage their diabetes.

Diabetes Facts

- ❖ Diabetes was the 7th leading cause of death in Allen County for 2005-2007.
- ❖ In 2005-2007, Allen County age-adjusted mortality rates per 100,000 for diabetes by gender were 29.2 for males (35.6 Ohio) and 24.3 (25.2 Ohio) deaths for females.

(Source: American Heart Association, ODH, Information Warehouse)

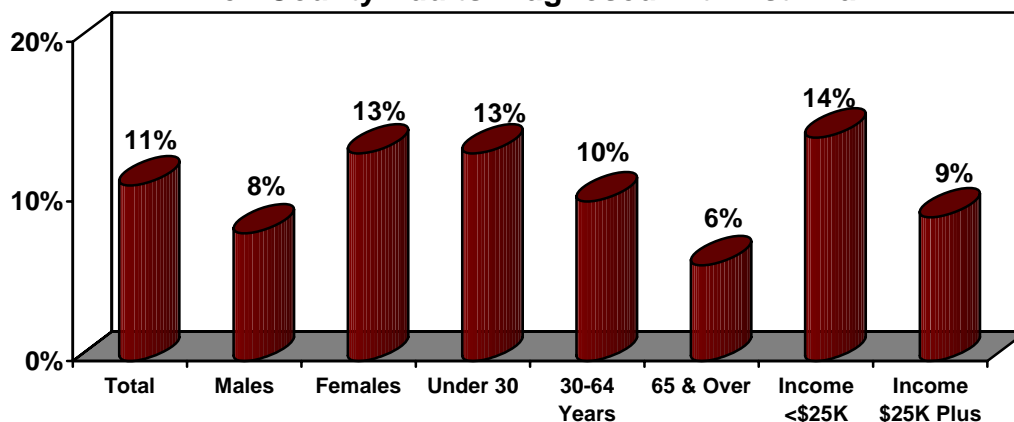
Arthritis

According to the Allen County survey data, 29% of Allen County adults were diagnosed with arthritis. According to the 2007 BRFSS, 32% of Ohio adults and 28% of U.S. adults were told they have arthritis.

Asthma & Other Respiratory Disease

According to the Allen County survey data, 11% of Allen County adults had been diagnosed with asthma. 11% of adults were diagnosed with chronic lung disease including bronchitis or emphysema.

Allen County Adults Diagnosed with Asthma

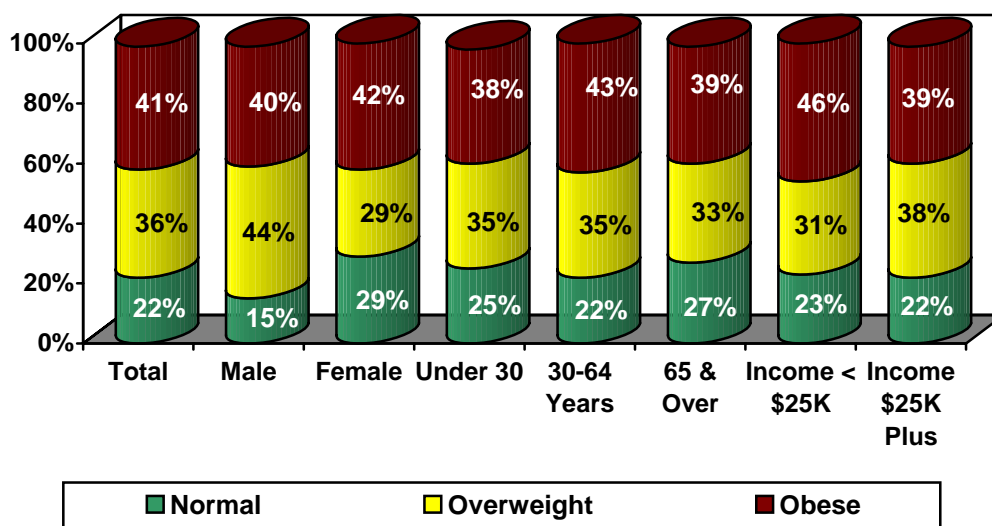


Executive Summary: Physical Health Issues

Adult Weight Control

The 2009 assessment project identified that 77% of Allen County adults were overweight or obese for their height and weight. The 2008 BRFSS had indicated that 29% of Ohio and 27% of U.S. adults were obese by BMI. Over two-fifths (41%) of Allen County adults were obese. Over half (55%) of adults were trying to lose weight. 30% of the adults had not been participating in any physical activity in the past week.

Adult BMI Classifications



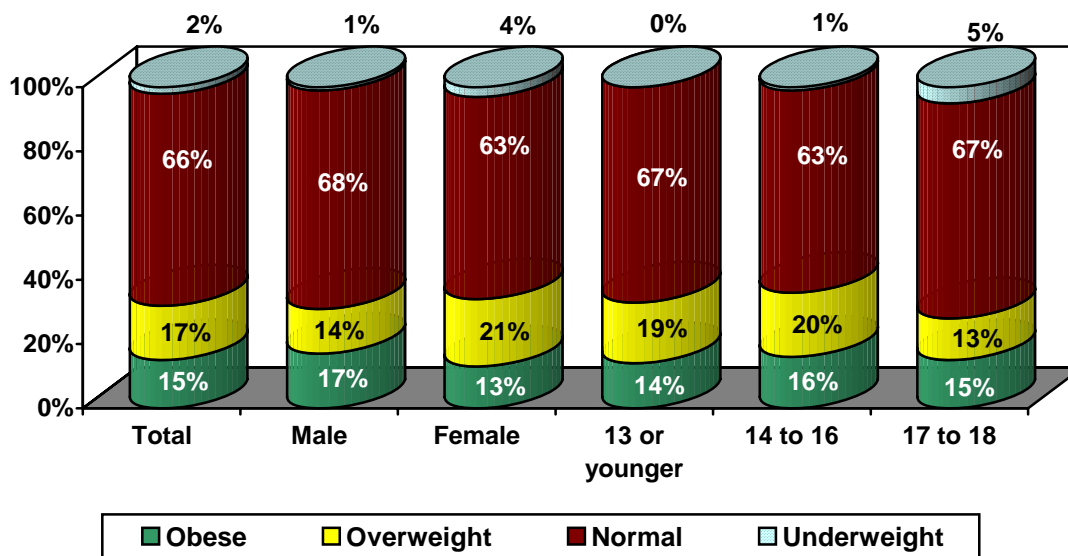
(Percentages may not equal 100% due to those who were classified as underweight are not included.)

Youth Weight Control

The 2009 assessment identified that 15% of Allen County youth were obese, according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 29% of Allen County youth reported that they were slightly or very overweight. Females (59%) were more likely to be trying to lose weight.

Executive Summary: Physical Health Issues

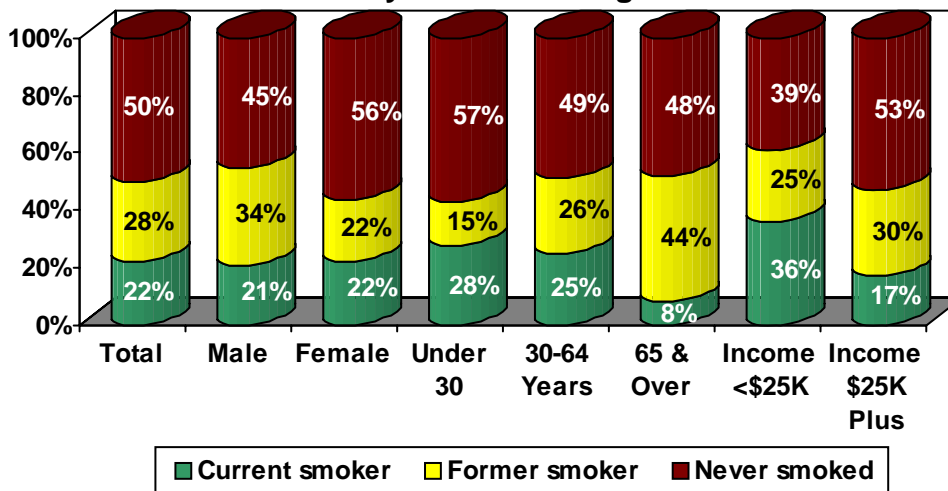
Allen County Youth BMI Classifications



Adult Tobacco Use

In 2009, 22% of Allen County adults were current smokers and 28% were considered former smokers. 4% of adults reported using chewing tobacco or snuff.

Allen County Adult Smoking Behaviors

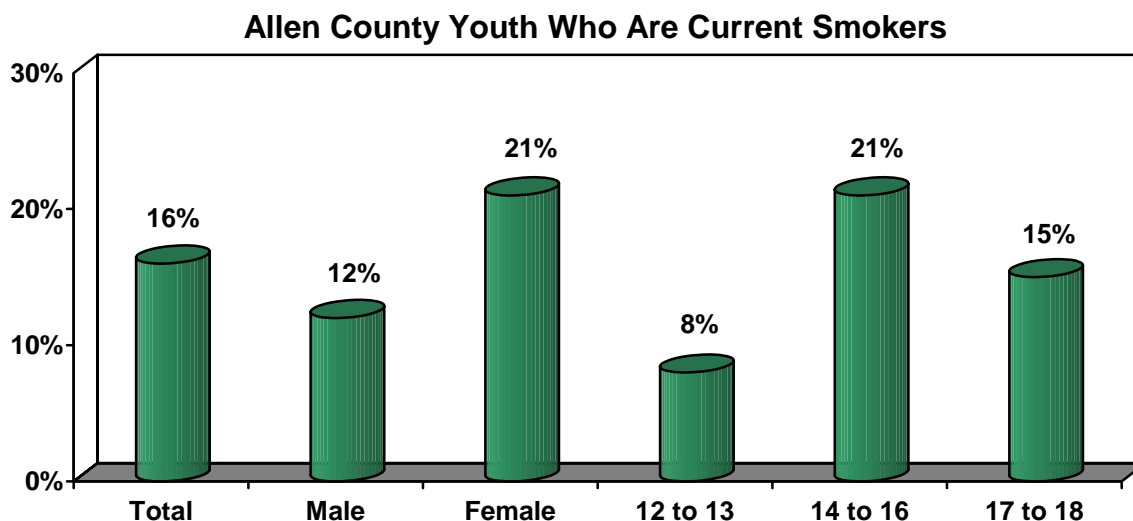


Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes everyday, some days or not at all?"

Executive Summary: Physical Health Issues

Youth Tobacco Use

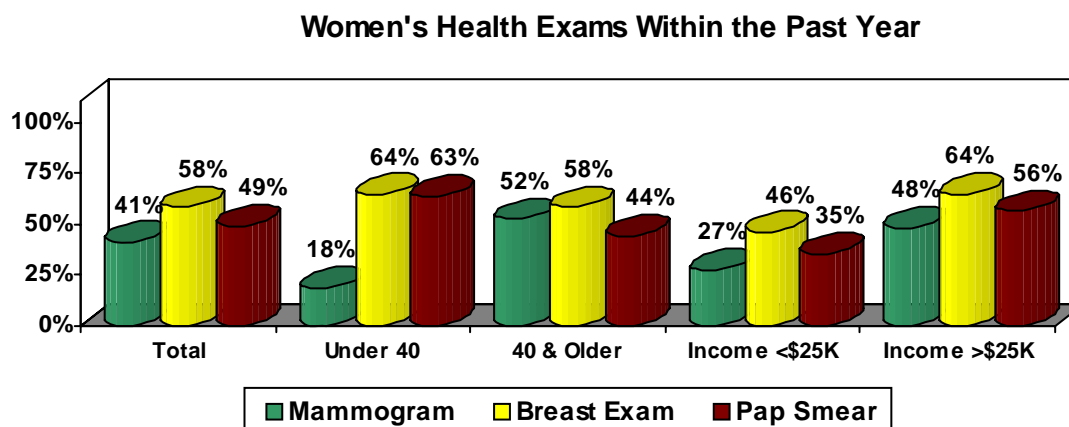
The 2009 assessment identified that 16% of Allen County youth (ages 12-18) were smokers increasing to 21% of those who were 14-16 years old. Overall, 8% of Allen County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 56% had tried to quit.



Current smokers are those who have smoked at any time during the past 30 days.

Women's Health

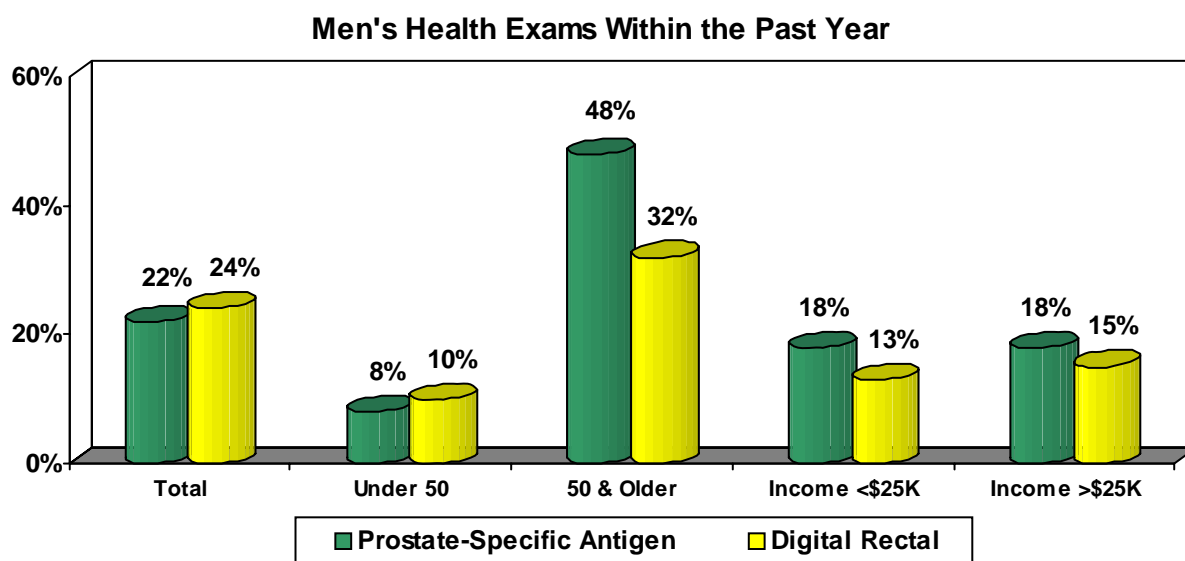
In 2009, over two-fifths (41%) of women reported having a mammogram in the past year increasing to 52% of women ages 40 and over. Over half (58%) of Allen County women ages 19 and over have had a clinical breast exam and 49% have had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 36% and cancers accounted 22% of all female deaths in Allen County from 2005-2007. The assessment determined that 4% of women had a heart attack, and 1% had a stroke at some time in their life. Over one-third (37%) had high blood pressure, 34% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.



Executive Summary: Physical Health Issues

Men's Health

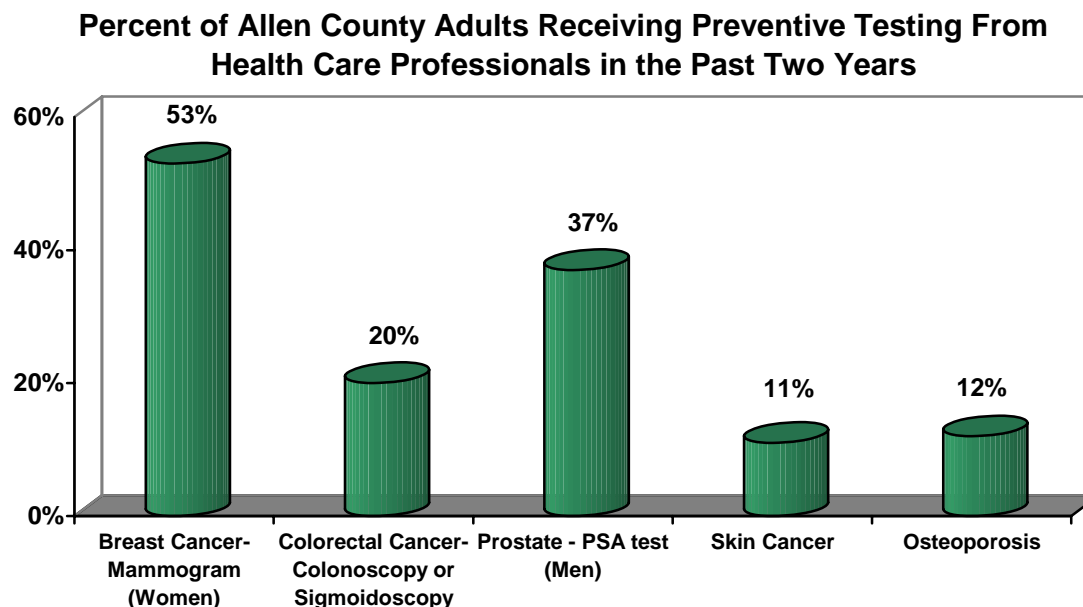
In 2009, over two-fifths of Allen County males (43%) had a Prostate-Specific Antigen (PSA) test during their lifetime. Over half (52%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 34% and cancers accounted for 23% of all male deaths in Allen County from 2005-2007. The assessment determined that 10% of men had a heart attack, and 3% had a stroke at some time in their life. Over two-fifths (45%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 21% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.



Preventive Medicine and Health Screenings

The 2009 assessment indicates that 23% of Allen County adults had received a pneumonia vaccination at sometime in their life. Over one-third (35%) of adults had a flu shot during the past 12 months.

Executive Summary: Physical Health Issues



Adult Sexual Behavior & Pregnancy Outcomes

In 2009, almost two-thirds (65%) of Allen County adults had sexual intercourse. Five percent of adults had more than one partner in the past year. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. *(Source: Planned Parenthood Federation of America, Inc.)*

Youth Sexual Behavior & Pregnancy Outcomes

Shawnee Middle School did not participate in the sexual health section of the health survey. In 2009, almost half (46%) of Allen County youth have had sexual intercourse, increasing to 63% of those ages 17 and over. Of those who were sexually active, 59% had more than one sexual partner. 11% of Allen County youth were sexually active by the age of 13.

Oral Health

The 2009 assessment project has determined that three-fifths (60%) of Allen County adults had visited a dentist or dental clinic in the past year. The 2008 BRFSS reported rates of 71% of U.S. adults and 72% of Ohioans had visited the dentist or dental clinic in the previous twelve months. Over two-thirds (68%) of Allen County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

Executive Summary: Behavioral Health Issues

The 2002 Allen County Community Needs Assessment reported that about 1 out of 3 Allen County adults felt sad, blue or **depressed** for two or more weeks in the past year. In 2009, that **decreased** to about 1 out of 4. An interesting finding in 2009 was that those same adults had significant physical health issues when compared to adults who did not report feeling sad, blue or depressed. About 2 out of 3 adults who looked for a program to address anxiety or depression were able to find one.

Suicide is an issue for Allen County adults and youth, with 5% of adults and 13% of youth reporting they seriously considered suicide in the past year.

An emerging issue in this 2009 assessment that affects mental health is **traumatic brain injury**. Only 17% of Allen County adults realized that a head injury at some point in their life could lead to feelings of anger and anxiety later in life. About 1/3 of Allen County adults and 1/3 of 6-12 grade youth reported hitting their head hard enough that they had a concussion, were knocked out, had their “bell rung” etc. at some time in their life.

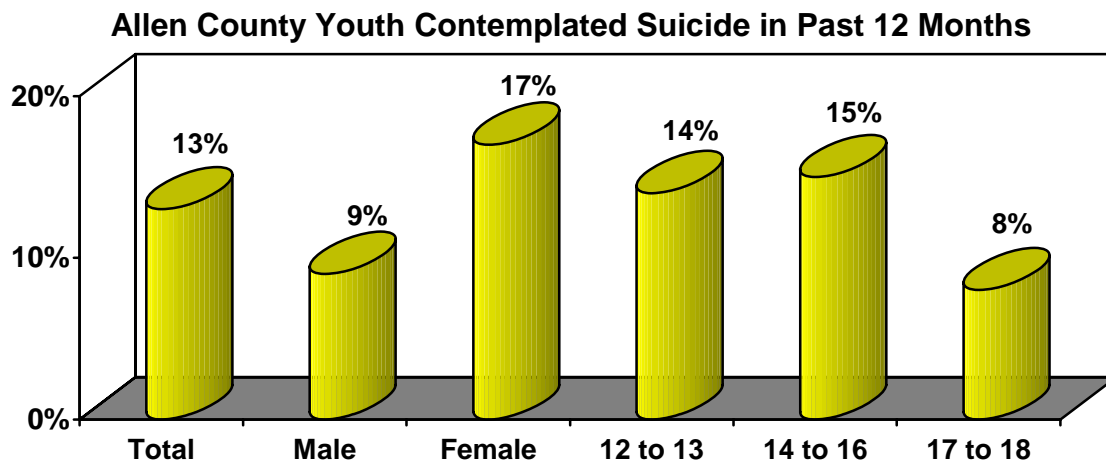
Stress and anxiety and the negative ways residents deal with stress continue to be a concern. Although more adults rated their stress level on a typical day as “low” or “very low” in 2009 compared to 2002, 14% of adults and almost one-fourth (22%) of 6-12 grade youth reported their stress level on a typical day to be “high” or “very high”.

Substance abuse issues continue to rank very high as a concern among Allen County residents. The rate of adults who **binge drink** in Allen County exceeds state and national rates. High school student rates of drinking and binge drinking are similar to state and national rates. 5% of Allen County adults reported using **recreational drugs** in the past six months and high school students’ reported rates of illegal drug use mirrors state and national high school rates. Marijuana use, binge drinking, and cigarette smoking seem to peak during early teen years compared to 17-18 year old Allen County students. About one-half of adults who looked for a program to help with alcohol or drugs found one.

The following section summarizes key findings regarding behavioral health and substance abuse issues.

Mental Health and Suicide

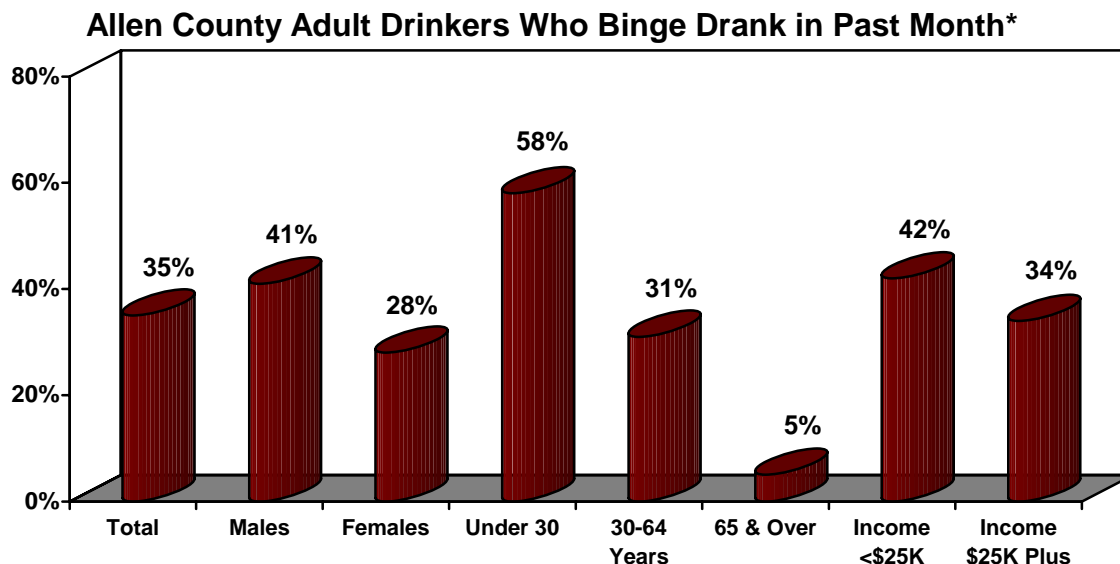
In 2009, 5% of Allen County adults considered attempting suicide. The assessment results indicated that 13% of Allen County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.



Executive Summary: Behavioral Health Issues

Adult Alcohol Consumption

In 2009, the assessment indicated that 12% of Allen County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). Thirty-five percent of adults who drink had five or more drinks on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.



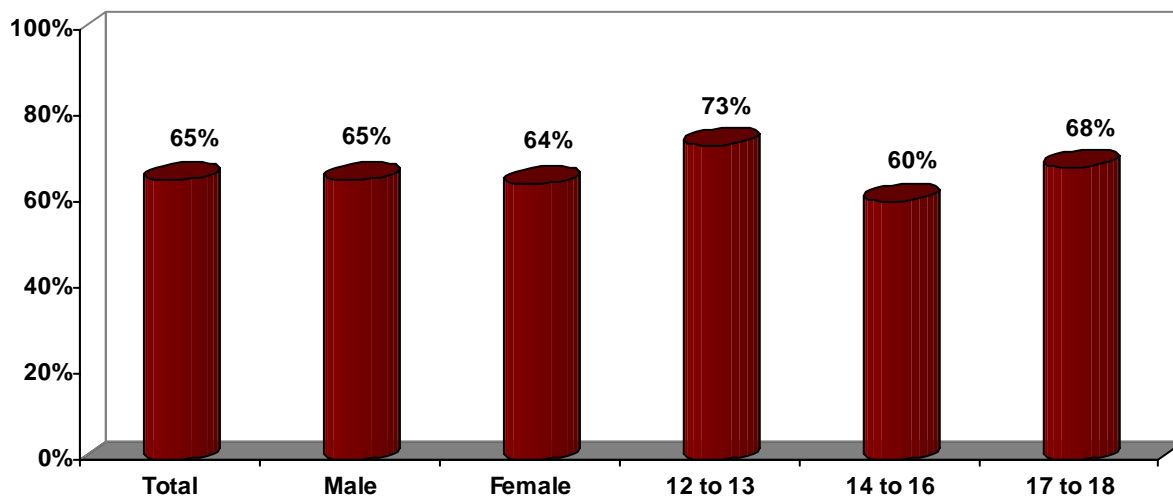
**Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks on an occasion. Adults must have reported drinking five or more drinks on an occasion at least once in the previous month.*

Youth Alcohol Consumption

In 2009, the assessment results indicated that 68% of Allen County youth had drunk at least one drink of alcohol in their life. Almost two-fifths (39%) of those who drank, took their first drink before the age of 12. Just over one-third (34%) of all Allen County youth and 40% of those 14-16 and 17-18 years had at least one drink in the past 30 days. Almost two-thirds (65%) of the 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.

Executive Summary: Behavioral Health Issues

Allen County Youth Current Drinkers Binge Drinking in Past Month*

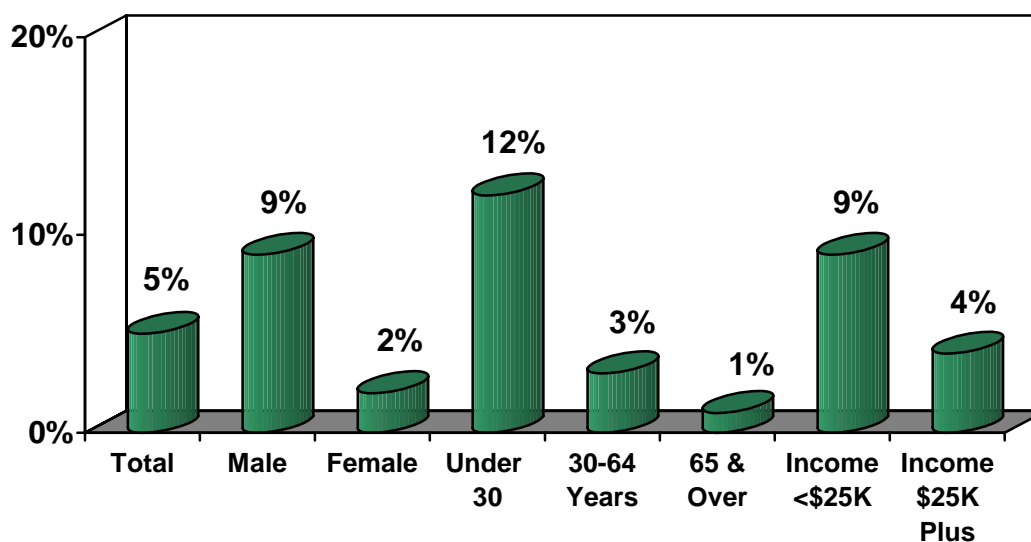


**Binge drinking is defined as having five or more drinks on an occasion.*

Adult and Youth Marijuana and Other Drug Use

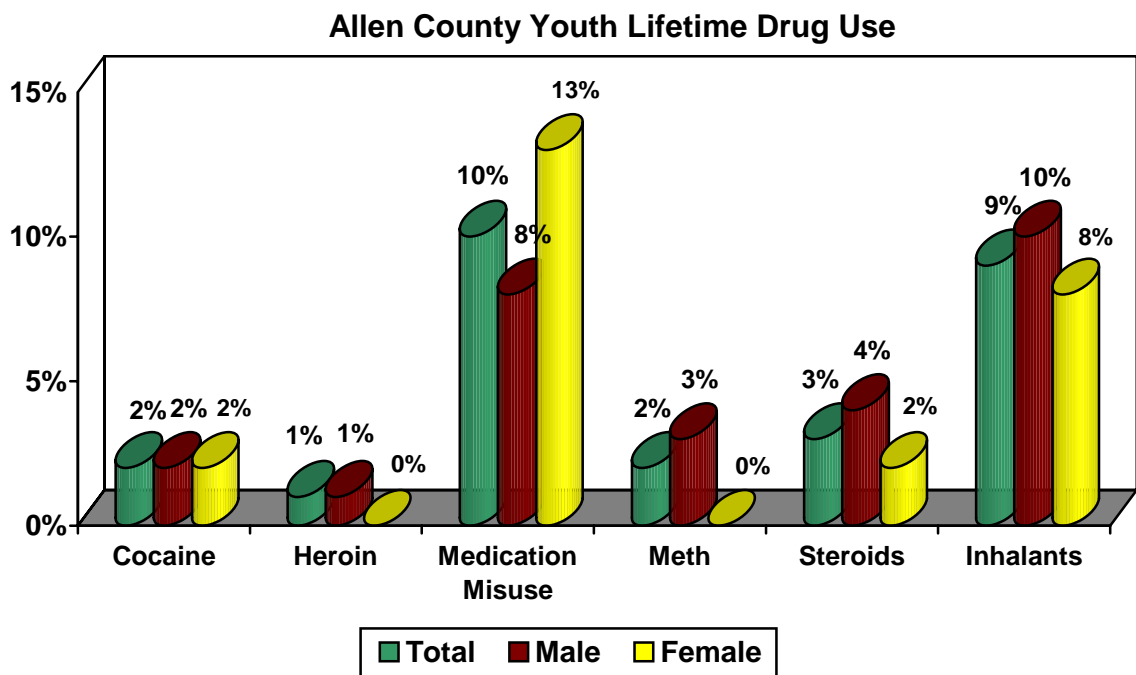
In 2009, 5% of Allen County adults had used recreational drugs during the past 6 months. 16% of Allen County youth had used marijuana at least once in the past 30 days, increasing to 22% of youth ages 14-16. During the past 12 months, 16% of Allen County youth had someone offer, sell, or give them an illegal drug on school property.

Allen County Adult Recreational Drug Use in Past 6 Months*



**Includes marijuana, methamphetamines, cocaine, heroin, LSD, inhalants and Ecstasy*

Executive Summary: Behavioral Health Issues & Additional Data



African American Data

The African American data was collected by convenience sampling, due to low response rates from the mailing campaign. Additional surveys were administered at a selected community venue. According to the 2000 U.S. Census approximately 13,225 African Americans live in Allen County (12%). The 2009 Assessment found that 16% of African Americans were diagnosed with diabetes. 23% African Americans were current smokers. 74% of African Americans were either overweight or obese.

Executive Summary: Youth Data Summary Table

Youth Variables	Allen County 2009 (6-8 grade)	Allen County 2009 (9-12 grade)	Ohio 2007 (9-12 grade)	U.S. 2007 (9-12 grade)
Injury-Related Behaviors				
Rode with a drunk driver in past 30 days	26%	21%	23%	29%
Carried a weapon in past 30 days	13%	15%	17%	18%
Involved in a physical fight in past 12 months	36%	29%	30%	36%
Involved in a physical fight on school property in past 12 months	16%	9%	9%	12%
Threatened or injured with a weapon on school property in past 12 months	13%	10%	8%	8%
Seriously considered suicide in past 12 months	17%	11%	13%	15%
Attempted suicide in past 12 months	11%	2%	7%	7%
Alcohol Use				
Ever had at least one drink of alcohol in lifetime	55%	75%	76%	75%
Used alcohol during past 30 days	19%	41%	46%	45%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	10%	28%	29%	26%
Tobacco Use				
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	17%	35%	51%	50%
Used cigarettes on one or more of the past 30 days	9%	20%	22%	20%
Used smokeless tobacco in past 30 days	2%	11%	10%	8%
Sexual Behavior				
Ever had sexual intercourse	19%	57%	45%	48%
Had four or more sexual partners	5%	17%	14%	15%
Used a condom at last sexual intercourse	68%	70%	60%	62%
Used birth control pills at last sexual intercourse	16%	38%	17%	16%
Drug Use				
Used marijuana in the past 30 days	7%	20%	18%	20%
Used cocaine in their lifetime	3%	2%	8%	7%
Used heroin in their lifetime	1%	1%	4%	2%
Used methamphetamines in their lifetime	1%	2%	6%	4%
Used steroids in their lifetime	3%	3%	5%	4%
Used prescription medication in order to get high or feel good	5%	13%	N/A	N/A
Used inhalants in order to get high in their lifetime	5%	11%	12%*	13%
Used a needle to inject drugs in their lifetime	0%	1%	3%	2%
Offered, sold or given an illegal drug on school property during the past 12 months	15%	16%	27%	22%

N/A= not available

*2005 YRBS Data

Executive Summary: Adult Data Summary Table

Adult Variables	Allen County 2002	Allen County 2009	Ohio 2008	U.S. 2008
Alcohol Consumption				
Had at least one alcoholic beverage in past month	N/A	56%	54%	54%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	16.9%	20%	16%	16%
Tobacco Use				
Current Smoker (currently smoke some or all days)	26.2%	22%	20%	18%
Former Smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	28%	25%	25%
Arthritis, Asthma, & Diabetes (comparative data from 2007 and 2008)				
Has been diagnosed with arthritis	N/A	29%	32%	28%
Has been diagnosed with asthma	11.6%	11%	14%	14%
Has been diagnosed with diabetes	12.8%	12%	11%	9%
Hypertension and Cholesterol Awareness (comparative data from 2007)				
Has been diagnosed with high blood pressure	33.8%	41%	28%	28%
Has been diagnosed with high blood cholesterol	32.2%	34%	40%	38%
Health Care Access				
Has health care coverage	85.5%	86%	88%	85%
Visited a doctor for a routine checkup in past year	N/A	62%	N/A	N/A
Health Status				
Rated general health as fair or poor	N/A	19%	16%	15%
Preventive Behaviors (comparative data from 2006 and 2008)				
Has had a flu shot in past 12 months	N/A	35%	N/A	N/A
Age 65 plus having had a pneumonia vaccine in lifetime	N/A	61%	67%	67%
Dental visit within past year	51.2%	60%	72%	71%
Women age 40 & over had mammogram in past two years	75.3%	69%	76%	76%
Had clinical breast exam in past year	N/A	58%	N/A	N/A
Weight Control				
Obese	29.6%	41%	29%	27%
Overweight	37.8%	36%	34%	36%
Mental Health				
Depressed 2 or more weeks in a row	36.5%	26%	N/A	N/A
Rank stress level as high or very high	18.3%	14%	N/A	N/A

N/A= not available

Community Issues

Community Concerns
Community Services
Health Care Access
Quality of Life & Safety
Youth Safety
Youth Violence
Parenting

Community Concerns

Key Findings

Allen County adults reported the single most important problem facing local families and the community was unemployment.

Community Concerns

As part of the community survey, respondents were presented with the following table and asked to rank each issue as a big, medium, or small problem, or not a problem. These 11 community issues were identified as areas of concern on previous community assessments.

2002 Allen County Comparisons

- ❖ In 2002, Allen County adults ranked the following as the top 5 big problems in the community:
1. Drug abuse
 2. Crime
 3. Unemployment
 4. Underage alcohol consumption
 5. Domestic Violence

(Source: 2002 Community Needs Assessment)

This table is sorted in order of respondents' opinion of the severity of the community issue.

Tell us whether you think each issues is a ____:		Big Problem	Medium Problem	Small Problem	Not a Problem
1	Unemployment	77%	19%	2%	2%
2	Drug abuse	73%	22%	4%	1%
3	Crime	71%	22%	6%	1%
4	Poverty	47%	38%	13%	2%
5	Child abuse	41%	41%	16%	2%
6	Juvenile delinquency	38%	41%	20%	1%
7	Domestic Violence	37%	46%	15%	2%
8	Underage drinking	37%	38%	22%	3%
9	Teenage pregnancy	33%	50%	16%	1%
10	Lack of recreational programs and resources	23%	32%	35%	10%
11	Lack of support for local business community	18%	40%	30%	12%

Source: 2009 Allen County Health Risk and Community Needs Assessment

Respondents' Most Important Family and Community Problems

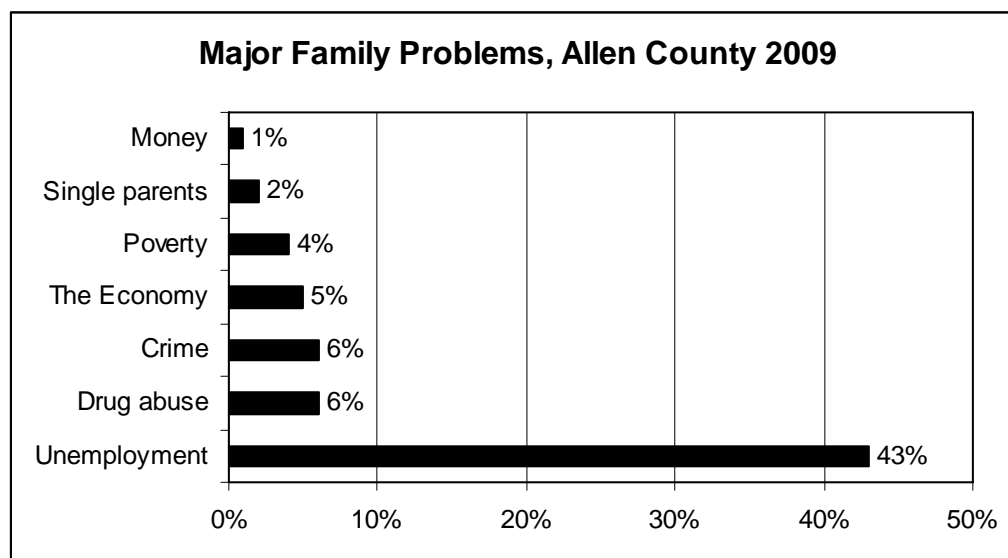
The community survey also included two open-ended questions about family and community problems. The questions asked respondent to identify the single most important problem facing local **families** and the single most important problem facing **their community**. Respondents wrote in their answers to the following questions.

1. What do you think is the single most important problem facing local **families** at the present time?
2. What do you think is the single most important problem facing your **community** at the present time?

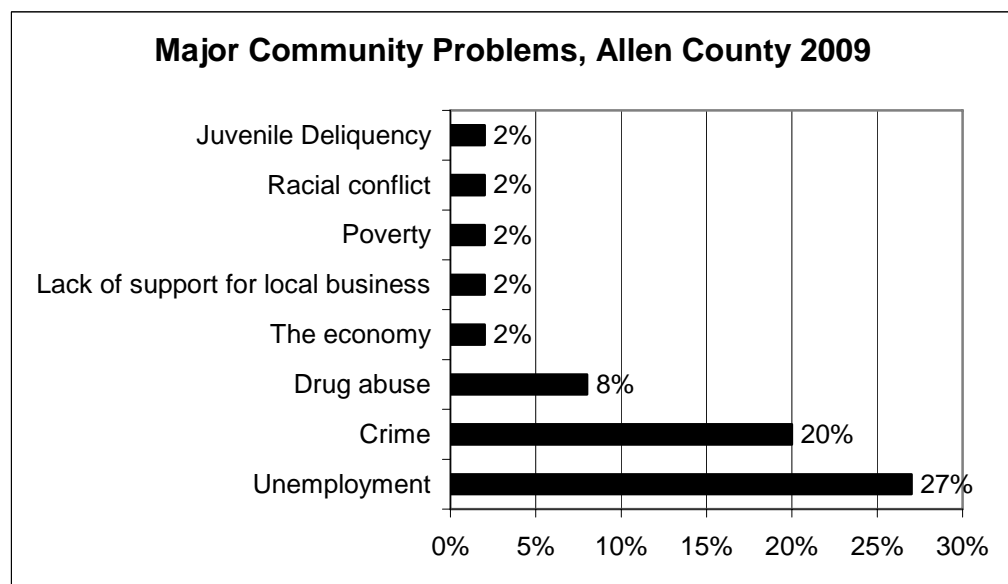
Community Concerns

The responses were compiled.

- ◆ When asked what the single most important problem facing **local families** was, Allen County adults reported the following: unemployment (43%), drug abuse (6%), crime (6%), poverty (4%), the economy (5%), single parents (2%), and money (1%).
- ◆ When asked what the single most important problem facing the **community** was, Allen County adults reported the following: unemployment (27%), crime (20%), drug abuse (8%), the economy (2%), the lack of support for local businesses (2%), poverty (2%), racial conflict (2%), and juvenile delinquency (2%).



Source: 2009 Allen County Health Risk and Community Needs Assessment



Source: 2009 Allen County Health Risk and Community Needs Assessment

Community Services

Key Findings

The 2009 assessment project identified healthcare as a very important community service. Allen County adults reported the single most important service that an organization is providing or should provide to the community is job training/employment services.

Community Services

As part of the community survey, respondents were presented with the following table and asked to rank each of the following services as very important, important, somewhat important, or not important.

2002 Allen County Comparisons

- ❖ In 2002, Allen County adults ranked the following services as the top 5 very important services:
 1. Care of the elderly
 2. Health care
 3. Crime prevention services
 4. Services for people with disabilities
 5. Youth programs

(Source: 2002 Community Needs Assessment)

This table is sorted in order of respondents' opinion of the importance of each community service.

Tell us what you think about the importance of each service:		Very Important	Important	Somewhat Important	Not Important
1	Health care	61%	30%	9%	0%
2	Care of the elderly	57%	38%	4%	1%
3	Crime prevention services	53%	32%	14%	1%
4	Job training/employment services	51%	35%	13%	1%
5	Services for people with disabilities	48%	44%	7%	1%
6	Youth programs (such as after school, summer, weekends)	39%	44%	16%	1%
7	Child care	38%	44%	15%	2%
8	Poverty relief programs	38%	39%	19%	4%
9	Alcohol and substance abuse	34%	47%	18%	1%
10	Neighborhood services (property upkeep, noise & traffic control)	25%	41%	29%	5%

Source: 2009 Allen County Health Risk and Community Needs Assessment

Community Services

Respondents' Most Important Community Service

The survey asked respondents to write in their answer to an open-ended question about community services. Respondents wrote in their answer to the following question:

What is the most important service that an organization is providing or should provide to your community at the present time?

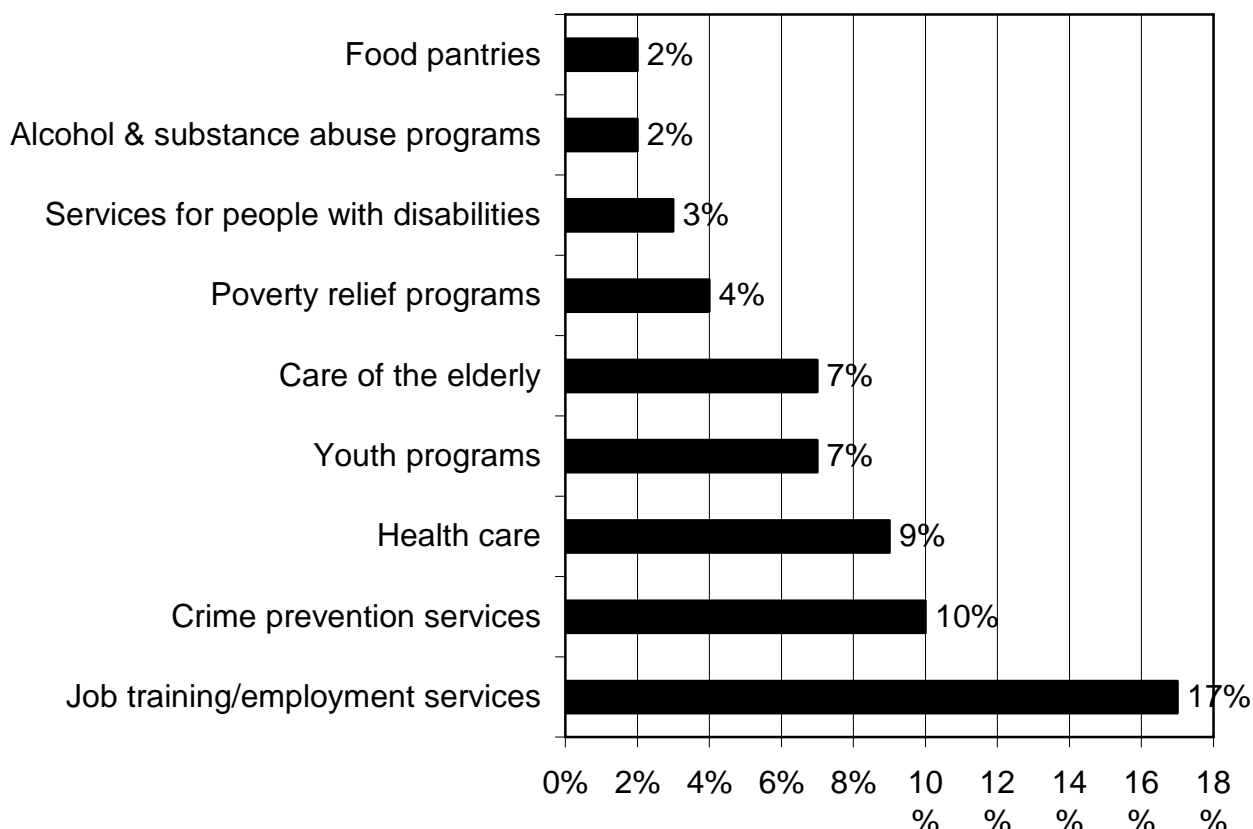
- ♦ Allen County adults reported the following: job training/employment services (17%), crime prevention services (10%), health care (9%), youth programs (7%), care of the elderly (7%), poverty relief programs (4%), services for people with disabilities (3%), alcohol and substance abuse programs (2%), and food pantries (2%).

2002 Allen County Comparisons

- ♦ In 2002, Allen County adults reported the top 5 most important services were:
 1. Youth programs
 2. Job training
 3. Crime prevention services
 4. Elderly care
 5. Health care

(Source: 2002 Community Needs Assessment)

Important Community Services, Allen County 2009



Source: 2009 Allen County Health Risk and Community Needs Assessment

Community Services

Community Services – A Longitudinal Analysis

During previous community needs assessments, the United Way of greater Lima surveyed Allen County on what were the **most needed** community services. The 2002 and 2009 Community Needs Assessments surveys asked adult county residents to list the single **most important** service that an organization is providing or should provide to the community. The following table compares how Allen County residents ranked community services through the years in terms of the most needed/most important community services.

	2009	2002	1997	1991
#1	Job training/employment services	Youth programs (after school, summer programs, etc.)	Job training/employment	Job creation
#2	Crime prevention services	Job training/employment services	Crime prevention	Alcohol & substance abuse treatment
#3	Health care	Crime prevention services	Treatment & prevention of alcohol & substance abuse and related domestic violence	Illiteracy training TIE WITH Family services, including domestic violence & crisis counseling re: child & elder abuse
#4	Youth programs	Care of the elderly	Elder care: services permitting seniors to remain in homes: health, nutrition & housekeeping	Teen pregnancy prevention and parenting support
#5	Care of the elderly	Health care	Youth programs (after school, weekend and summer programs)	Comprehensive health care
#6	Poverty relief programs	Poverty relief programs	Health care, including medications for chronic conditions	Job training & employment
#7	Services for people with disabilities	Child care TIE WITH Alcohol/substance abuse programs	Child care	Crisis intervention
#8	Alcohol & substance abuse programs	Fire and rescue services	Services for people with disabilities	Juvenile offender intervention
#9	Food pantries	Services for people with disabilities	Neighborhood issues; property upkeep	Service referral & interagency cooperation

Source: 1991, 1997, 2002, & 2009 Allen County Health Risk and Community Needs Assessment

Health Care Access

Key Findings

The 2009 assessment project identified that almost two-thirds (62%) of adults had visited a doctor for a routine visit within the past year. Almost one-quarter (24%) of adults had attempted to get assistance from a social service agency.

Health Care Access

- ◆ The following prevented Allen County adults from seeing a doctor if they needed healthcare: cost (33%), cannot get time off work (9%), difficult to get an appointment (9%), worried they might find something wrong (8%), and hours not convenient (7%).
- ◆ Almost two-thirds (62%) of adults had visited a doctor for a routine visit within the past year, decreasing to 44% of those under 30 years old.
- ◆ About three-fourths (76%) of Allen County adults go to the doctor's office when they are sick or need health advice. 8% go to the urgent care center, 5% go to the emergency room, and 4% go to a public health clinic. 2% of adults do not have a usual place they go.
- ◆ 58% of Allen County adults reported they had one particular doctor or healthcare professional they go to for routine medical care. Of those who do not have a usual source of medical care, 36% reported they did not have insurance or could not afford it, 23% reported they did not need a doctor, 14% reported they go to two or more places, and 10% reported they did not like, trust, or believe in doctors.
- ◆ Almost one quarter (22%) of adults chose to go outside of Allen County to get health care services.
- ◆ Over one quarter (27%) of Allen County adults did not fill a prescription they received from a doctor.

Availability of Services

- ◆ When Allen County adults were asked what programs they have looked for, for themselves or a loved one, demand was highest for the following programs:
 - Depression, anxiety or some other mental health problem (19%)
 - Drug or alcohol abuse (12%)
 - See Table on page 2 of this section.
- ◆ Almost one-quarter (24%) of adults had attempted to get assistance from a social service agency. 58% of those adults received assistance, leaving 42% who did not receive assistance. 1% of adults reported they did not know where to look for assistance.
- ◆ Allen County adults received assistance from the following: the welfare department/Job & Family Services (8%), a family or friend (5%), multiple places (4%), church (4%), LACCA (3%), United Way Agency (1%), and somewhere else (3%).

Primary Care Professionals

- ◆ In 2009, Allen County was reported as having Health Professional Shortage Area (HPSA) in all designated areas for primary care, mental health, and dental health.
- ◆ A shortage of primary medical care physicians is defined through many factors, one of which being an area with a physician to population ratio of at least 1:3,500.

Source: U.S. Department of Health and Human Services, Health Resources and Services Administration, HPSA by State and County, Updated October, 2008; U.S. Department of Health and Human Services, Bureau of Health Professionals

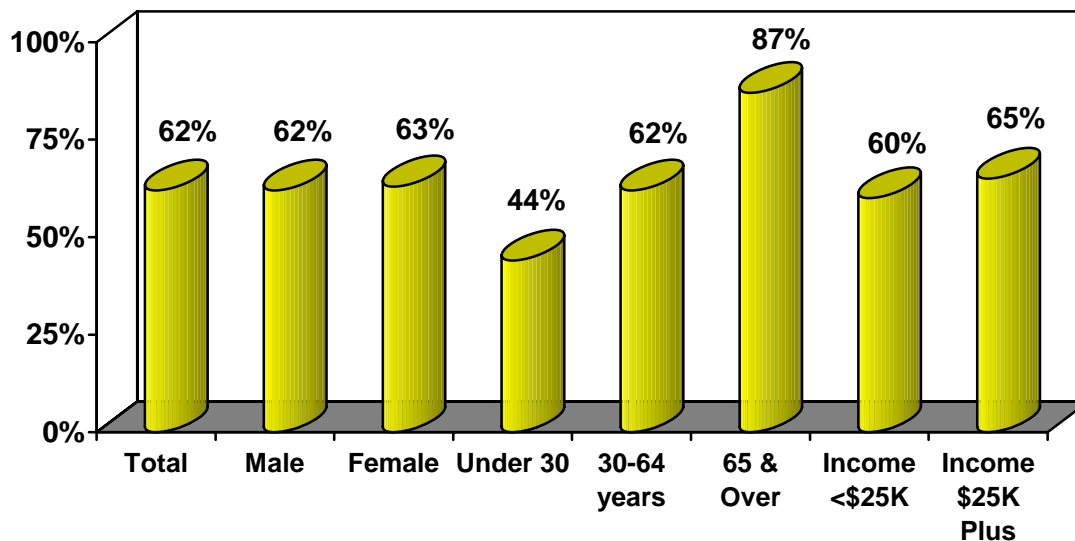
2002 Allen County Comparison Data

- ◆ 13.1% of Allen County adults reported they were prevented from getting the healthcare they needed because they couldn't pay for needed prescription medications.
- ◆ 87.2% of Allen County residents say they have a health care provider to consult for advice and/or illness.

(Source: Allen County Assessment 2002)

Health Care Access

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



Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Allen County adults who have looked but have <u>NOT</u> found a specific program	Allen County adults who have looked and have found a specific program
Depression, Anxiety, or Other Mental Health Problem (19% of all adults looked)	31%	69%
Drug or Alcohol Abuse (12% of all adults looked)	48%	52%

Source: 2009 Allen County Health Risk and Community Needs Assessment

Health Care Access

Healthy People 2010 Access to Quality Health Services

Objective	Healthy People 2010 Target	Allen County 2009 Survey Results	Ohio	U.S.
01-01: Persons under age of 65 years with health care insurance	100%	71% age 20-24 84% age 25-34 84% age 35-44 82% age 45-54 94% age 55-64 (2009)	70% age 18-24 84% age 25-34 88% age 35-44 90% age 45-54 89% age 55-64 (2008)	72% age 18-24 79% age 25-34 86% age 35-44 88% age 45-54 90% age 55-64 (2008)
Persons who report a usual primary care provider	85%	58% (2009)	N/A	78%* (2006)
16-06: Females who received prenatal care in first trimester	90%	74% (2009)	71% (2007)	84% (2005)*

*U.S. baseline is age-adjusted to the 2000 population standard

(Sources: Healthy People 2010 Objectives, BRFSS, ODH Information Warehouse, 1-14-09, 2009 Assessment)

Quality of Life and Safety

Key Findings

About 1 in 4 (23%) of Allen County adults in 2009 reported they were limited in some way because of a physical, mental or emotional problem. The assessment identified that 10% of Allen County adults were abused in the past year.

Impairments and Care Giving Needs

- ◆ About one in four (23%) of Allen County adults are limited in some way because of a physical, mental or emotional problem, increasing to 28% of those over the age of 65 and 34% of those with incomes less than \$25,000.
- ◆ 3% of adults needed help handling their personal care needs such as eating, bathing, dressing, or getting around the house, due to a health impairment or problem, increasing to 7% of those with incomes less than \$25,000.
- ◆ 9% of adults needed help handling their routine needs such as everyday household chores, doing necessary business, shopping, or getting around for other purposes, due to a health impairment or problem, increasing to 18% of those with incomes less than \$25,000.
- ◆ The following were reported as the most limiting health problems: back or neck problems (17%), arthritis (17%), walking problems (10%), lung/breathing problem (5%), and depression (5%).

Food Security in the United States

- ◆ In 2007, 11.1% of households were uncertain of having, or unable to acquire, enough food to meet the needs of all of their members because they had insufficient money or other resources for food (food insecure).
- ◆ Approximately 36.2 million people lived in food insecure households in 2007, including 12.4 million children.
- ◆ Some groups had higher rates of food insecurity than the national average of 11.1%. These groups were:
 - Household with incomes below official poverty line (\$21,027 for a family of four in 2007) (37.7%)
 - Households with children, headed by a single woman (30.2%)
 - Black households (22.2%)
 - Hispanic households (20.1%)

(Source: U.S. Department of Agriculture, Food Security; Statistics and Graphics, 2007)

Safety and Violence

- ◆ 61% of adults considered their neighborhood to be extremely or quite safe from crime. 29% of adults considered their neighborhood to be slightly safe and 8% said not safe at all.
- ◆ 5% of adults were threatened to be abused either physically, sexually, emotionally, or verbally in the past year and 10% of adults had been abused.
- ◆ Of those who were threatened or abused, 52% were by their spouse or partner, 8% by their parent, 6% by another family member and 34% were threatened or abused by someone else.
- ◆ 2% of adults were hit, slapped or physically hurt on purpose in their home.

Quality of Life

- ◆ 14% of adults needed help meeting their general daily needs such as food, clothing, shelter, or paying utility bills, increasing to 24% of those under the age of 30 and 29% of those with incomes less than \$25,000.
- ◆ Allen County adults would have a problem getting the following if they needed them today: someone to loan them \$50 (12%), someone to help if they were sick or in bed (11%), someone to talk to about problems (11%), and someone to take them to a clinic or doctor's office (9%).

2002 Allen County Comparison Data

- ◆ 7.9% of Allen County residents needed help with daily chores due to a disability or health problem.
- ◆ 1.5% of Allen County residents needed help with self-care due to a disability or health problem.
- ◆ 14.1% of Allen County residents reported having a disability.
- ◆ 9.3% of Allen County residents had experienced violence in the past year.
- ◆ 6.6% of Allen County residents had been frightened for the safety of themselves, family, or friends because of the anger or threats of an intimate partner.

(Source: Allen County Assessment 2002)

Youth Safety

Key Findings

In 2009, over one-third (36%) of Allen County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 50% of Allen County youth had been to the doctor for a routine check-up in the past year.

Personal Safety

- ◆ Just over one-third (36%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 45% of those 17-18 years old.
- ◆ In the past 30 days, 22% of youth had ridden in a car driven by someone who had been drinking alcohol and 8% had driven a car themselves after drinking alcohol, increasing to 12% of 17-18 year olds.
- ◆ 15% of youth played the choking game, increasing to 18% of those ages 14-16.
- ◆ Allen County youth never wore a helmet when they rode the following in the past year: a bicycle (87%), skateboard, (88%), ATV (50%), or moped (47%).
- ◆ Over three-fourths (76%) of youth had a MySpace or facebook account. Of those who had an account, they reported the following: their parents had their password (12%), their friends had their password (10%), they knew all of “my friends” (70%), their account was currently checked private (78%), and they had problems as a result of their account (11%).
- ◆ 9% of youth had been asked to participate in sexual activity with someone they had met in a chat room. 2% of youth had participated in sexual activity with someone they had met in a chat room.

Allen County Youth Leading Causes of Death 2004-2006

Total Deaths: 90

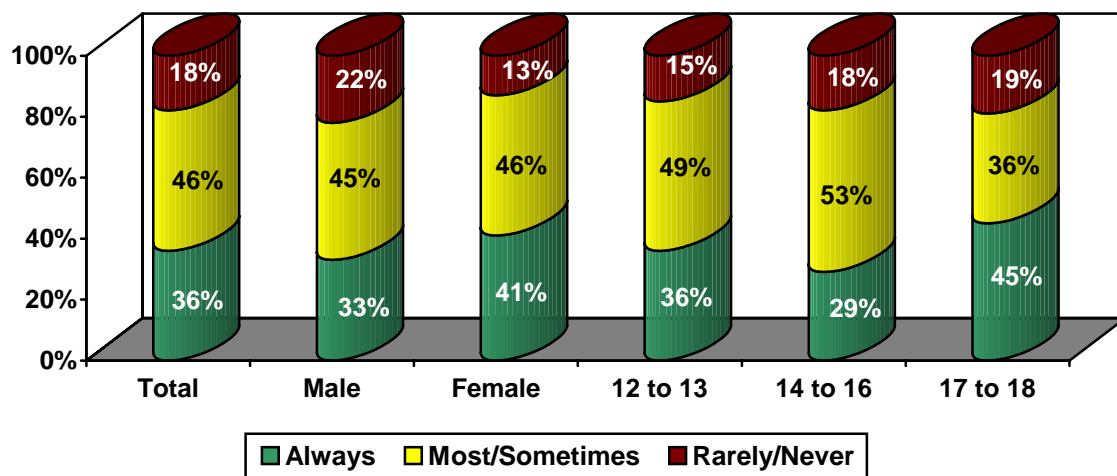
- ◆ Accidents (Unintentional injuries)
- ◆ Malignant Neoplasms
- ◆ Influenza/Pneumonia

(Source: ODH Information Warehouse, updated 12-5-07)

General Health

- ◆ Half (50%) of youth had been to a doctor for a routine check-up in the past year.
- ◆ In the past year, 68% of Allen County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work. 13% reported more than one year but less than 2 years, and 5% responded more than 2 years ago.
- ◆ Three-fourths (75%) of youth were involved in extracurricular activities. Allen County youth were involved in the following extracurricular activities: a sports or intramural program (49%), a school club or social organization (21%), a church youth group (17%), a church or religious organization (14%), and some other organized activity such as 4H, Scouts, etc. (11%).

Allen County Youth Seatbelt Use in the Past Month



Youth Violence Issues

Key Findings

In Allen County, 15% of the youth had carried a weapon in the past month and 4% indicated they brought it to school. 11% of youth had been threatened or injured by a weapon on school property.

Violence-Related Behaviors

- ◆ In 2009, 15% of all Allen County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 23% of males. 15% of high school youth carried a weapon (2007 YRBS reported 17% for Ohio and 18% for the U.S.)
- ◆ 4% of all youth had carried weapons to school in the past 30 days.
- ◆ 11% of all youth were threatened or injured with a weapon on school property.
- ◆ 5% of all 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, decreasing to 4% of high school youth. (2007 YRBS reported 4% for Ohio high school youth and 6% for U.S. high school youth).
- ◆ 27% of all youth purposefully hurt themselves at least once by cutting, burning, scratching, hitting, or biting at some time in their life, increasing to 39% of females. 3% of youth had purposefully hurt themselves 40 or more times.
- ◆ 47% of all youth had been bullied in the past year. The following types of bullying were reported:
 - 38% were verbally bullied (teased, taunted or called you harmful names)
 - 22% were indirectly bullied (spread mean rumors about you or kept you out of a “group”)
 - 17% were physically bullied (you were hit, kicked, punched or people took your belongings)
 - 13% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- ◆ In the past year, 31% of all youth had been involved in a physical fight; 18% on more than one occasion. 29% of Allen County high school youth had been in a fight. The 2007 YRBS reports 30% of Ohio high school youth had been in a physical fight and 36% of U.S. high school youth.
- ◆ 11% of all youth had been in a physical fight on school property, increasing to 14% of males.
- ◆ 7% of all youth considered themselves to be a member of a gang, increasing to 9% of males and 10% of those ages 14-16 years old.
- ◆ 12% of all youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, while 19% reported being hit, slapped or physically hurt by an adult or caregiver.
- ◆ 7% of all youth were physically forced to have sexual intercourse when they did not want to decreasing to 6% of high school youth (2007 YRBS reported 10% for Ohio high school youth and 8% for the U.S. high school youth).

Facts Concerning Youth Violence

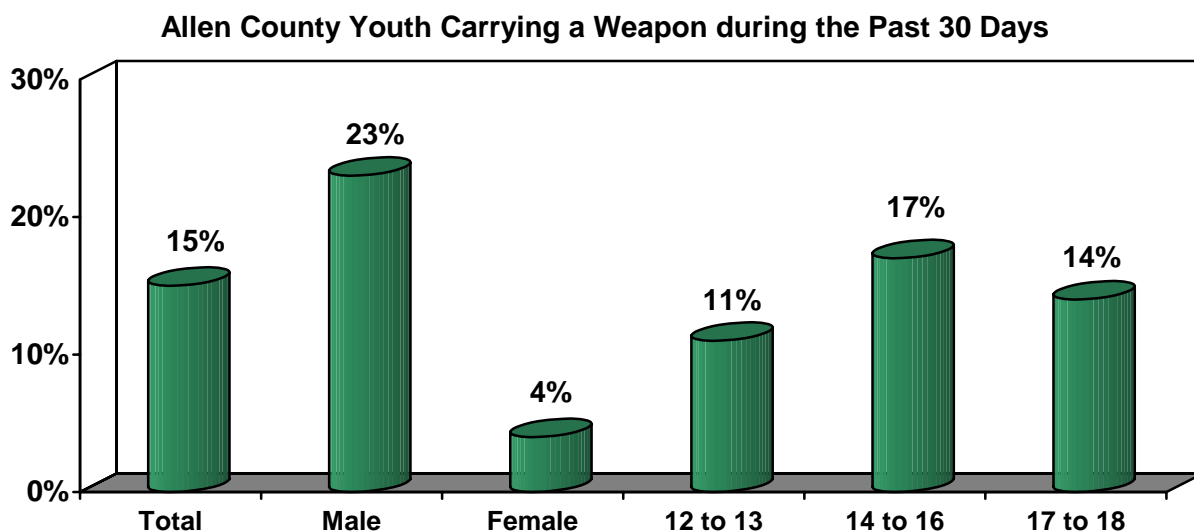
- ❖ Youth violence is defined by the CDC as “harmful behaviors that can start early and continue into young adulthood.”
- ❖ In 2005, 5,686 youth ages 10-24 were murdered, averaging 16 per day.
- ❖ Emergency rooms treated in excess of 720,000 youth ages 10-24 for violence-related injuries in 2006.
- ❖ Approximately 30% of kids (6th to 10th grade) reported being involved in bullying.

(Source: CDC, Understanding Youth Violence Fact Sheet, 2008)

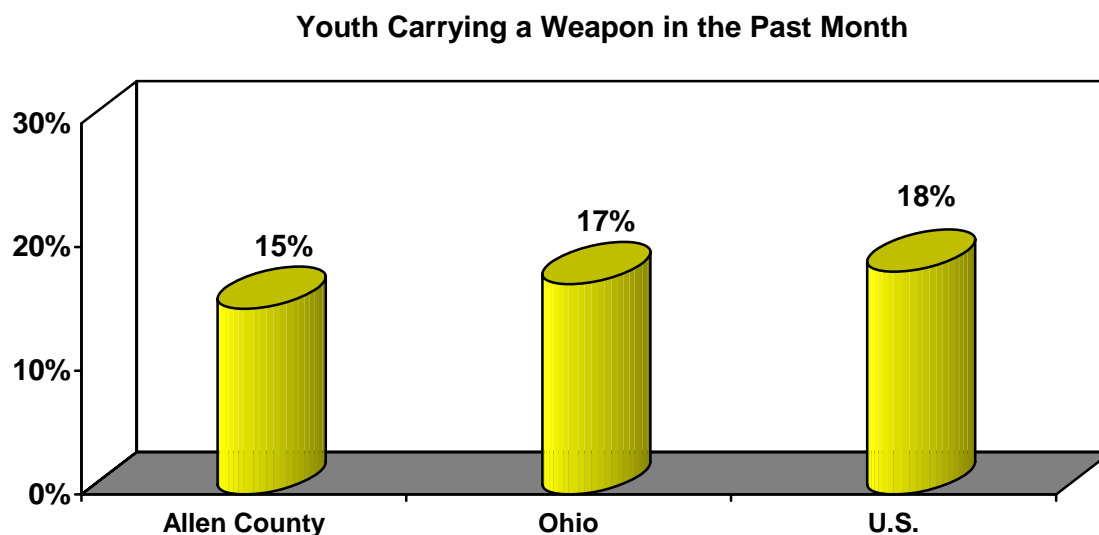
Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2009 (6 th -8 th)	Allen County 2009 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2007 (9 th -12 th)
Carried a weapon in past month	15%	13%	15%	17%	18%
Been in a physical fight in past year	31%	36%	29%	30%	36%
Did not go to school because felt unsafe	5%	5%	4%	4%	6%
Forced to have sexual intercourse	7%	10%	6%	10%	8%

Youth Violence Issues

The following graphs show Allen County youth carrying a weapon in the past 30 days and those involved in a physical fight in the past year. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 15% of all youth carried a weapon in the past 30 days, 23% of males and 4% of females).



Source: 2009 Allen County Health Risk and Community Needs Assessment

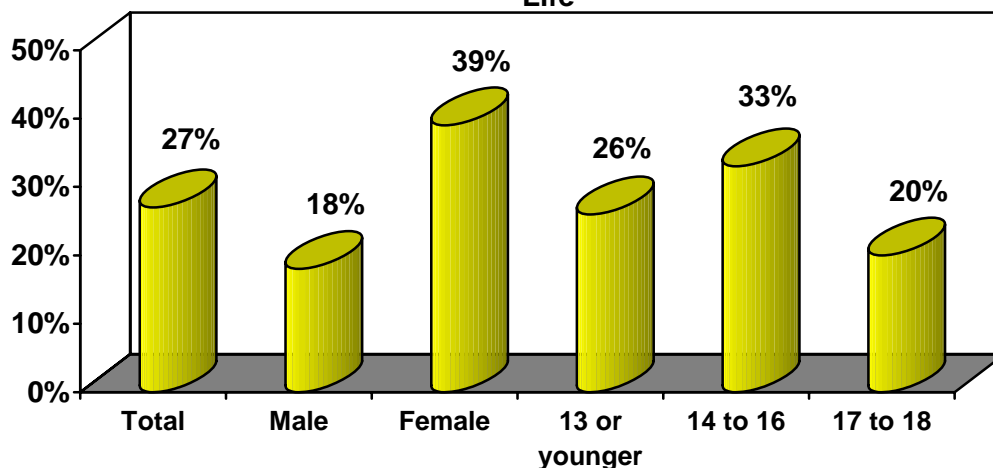


(Source: 2009 Allen County Assessment and 2007 YRBS)

Youth Violence Issues

The following graph shows Allen County youth who purposefully hurt themselves at some time in their life. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 27% of all youth hurt themselves at some time in their life, 18% of males and 39% of females).

Allen County Youth Who Purposefully Hurt Themselves During Their Life



Source: 2009 Allen County Health Risk and Community Needs Assessment

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
Physically Bullied	17%	18%	17%	24%	18%	12%
Verbally Bullied	38%	34%	43%	46%	43%	29%
Indirectly Bullied	22%	17%	28%	26%	23%	18%
Cyber Bullied	13%	6%	21%	19%	12%	10%

Source: 2009 Allen County Health Risk and Community Needs Assessment

Key Risk Factors for Youth Violence

- ❖ Prior history of violence
- ❖ Poor family functioning
- ❖ Poverty in the community
- ❖ Drug, alcohol, or tobacco use
- ❖ Poor grades in school
- ❖ Association with delinquent peers

(Source: CDC, Understanding Youth Violence Fact Sheet, 2008)

Parenting

Key Findings

The 2009 assessment project identified that 11% of parents reported their children did not have health insurance at some time in the past year. 61% of parents with an infant to 4-year-old child used the WIC program.

Parenting

- ◆ 11% of parents reported their children did not have health care coverage at some time in the past year.
- ◆ Allen County parents reported using the following programs for their infant to 4-year-old child:
 - WIC (61%)
 - Help Me Grow (28%)
 - Out of home daycare (28%)
 - Head Start (13%)
 - Newborn home visits (9%)
 - Early intervention services (2%)
- ◆ When asked how parents put their infant to sleep, 63% said on their back, 23% said on their stomach, 34% said on their side, 16% said in bed with them or another person, and 10% said multiple ways.
- ◆ A doctor or other health professional had told parents that their children had the following:
 - Chronic respiratory condition such as asthma, chronic bronchitis or sinusitis (17%)
 - Hearing or speech impairment (7%)
 - Mental health disorder such as anxiety, mood, or disruptive disorders (6%)
 - Heart condition such as heart murmurs or congenital defects (4%)
 - Deformity or orthopedic impairment (3%)
 - Autism spectrum disorder (2%)
 - Asperger's Disease (1%)
 - Sickle Cell Disease (1%)
- ◆ Parents with children ages 12 to 17 discussed the following topics with their children in the past year:
 - Dating and relationships (67%)
 - Abstinence and how to refuse sex (64%)
 - Eating habits (60%)
 - Screen time (TV or computer) (57%)
 - Negative effects of alcohol (57%)
 - Negative effects of tobacco (56%)
 - Negative effects of marijuana (54%)
 - Body Image (47%)
 - Birth Control (43%)
 - Condoms, safer sex, and STD prevention (40%)
 - Refusal skills (21%)

Child Passenger Safety: A four-step process

- ❖ Step 1: Rear-Facing Infant Seats in the back seat from birth to at least one year old and at least 20 lbs.
- ❖ Step 2: Forward-facing Toddler Seats in the back seat from age one and 20 lbs. to about age four and 40 lbs.
- ❖ Step 3: Booster Seats in the back seat from about age four to at least age eight, unless 4'9"
- ❖ Step 4: Safety Belts in the back seat at age eight or older or taller than 4'9"

(Source: United States Department of Transportation, NHTSA, www.nhtsa.dot.gov 9-9-05)

2002 Allen County Comparison Data

- ❖ In 2002, 15% of parents reported their child(ren) did not have health care coverage.
- ❖ Parents who reported talking to their children about alcohol, tobacco, and drugs has decreased since 2002. However, parents who talked to their children about sex, birth control, and abstinence has increased.

(Source: Allen County Assessment 2002)

Physical Health Issues

Health Perceptions
Health Care Coverage
Cardiovascular Health
Cancer
Diabetes
Arthritis
Asthma
Adult Weight Control
Youth Weight Control
Adult Tobacco Use
Youth Tobacco Use
Women's Health
Men's Health
Preventive Health Screenings & Behaviors
Adult Sexual Behavior & Pregnancy Outcomes
Youth Sexual Behavior
Oral Health

Health Status Perceptions

Key Findings

In 2009, over half (51%) of the Allen County adults rated their health status as excellent or very good. Conversely, 19% of the adults increasing to 32% of those with incomes less than \$25,000 described their health as fair or poor.

General Health Status

- ◆ In 2009, over half (51%) of Allen County adults rated their health as excellent or very good. Allen County adults with higher incomes (59%) were most likely to rate their health as excellent or very good, compared to 32% of those with incomes less than \$25,000.
- ◆ 19% of adults rated their health as fair or poor. The 2008 BRFSS has identified that 16% of Ohio and 14% 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:
 - Were 65 years of age or older (27%)
 - Had an annual household income under \$25,000 (32%)
 - Had high blood cholesterol (29%) or high blood pressure (28%)
 - Were widowed (50%) or separated (39%)

Adults Who Rated General Health Status Excellent or Very Good

- ◆ Allen County 51% (2009)
- ◆ Ohio 55% (2008)
- ◆ U.S. 55% (2008)

(Source: BRFSS 2008 for Ohio and U.S.)

Physical Health Status

- ◆ In 2009, 21% of Allen County adults rated their physical health as not good on four days or more in the previous month, increasing to 40% of those with incomes less than \$25,000.
- ◆ 31% of those who did not exercise reported poorer physical health in the past 30 days as compared to 19% of those who did exercise.

Mental Health Status

- ◆ In 2009, 22% of Allen County adults rated their mental health as not good on four days or more in the previous month, increasing to 29% of those with incomes less than \$25,000.
- ◆ 83% of those who seriously considered attempting suicide reported poorer mental health in the past 30 days as compared to 18% of those who did not contemplate suicide.
- ◆ About one in five (22%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation, increasing to 31% of those with incomes less than \$25,000.

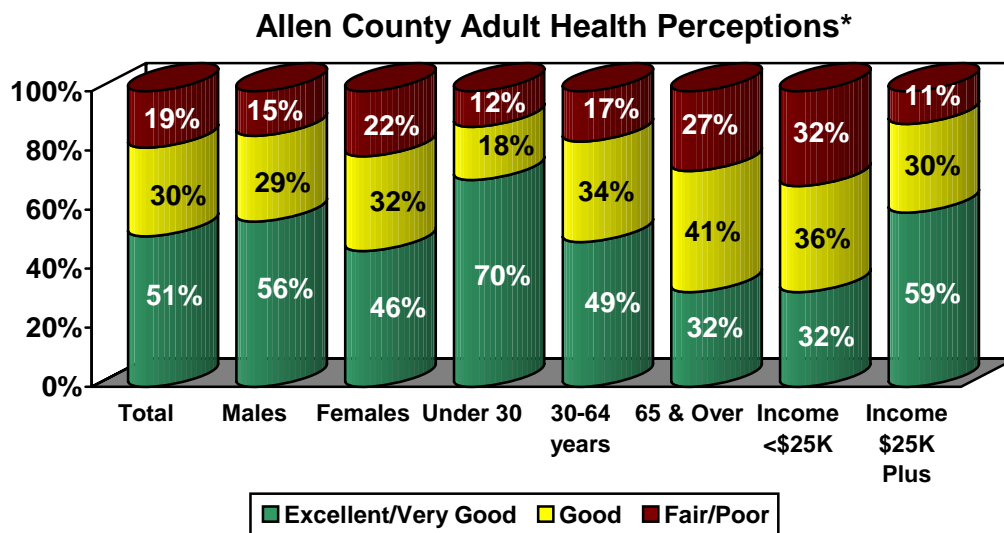
2002 Allen County Comparison Data

- ◆ 47% of Allen County adults rated their health as excellent or very good.
- ◆ 25.9% of Allen County adults considered their mental health to be poor or okay/fair.

(Source: Allen County Assessment 2002)

Health Status Perceptions

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: 51% of all Allen County adults, 70% of those under age 30, and 32% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Source: 2009 Allen County Health Risk and Community Needs Assessment

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	62%	12%	6%	1%	15%
Females	56%	14%	5%	2%	18%
Total	59%	13%	5%	1%	16%
Mental Health Not Good in Past 30 Days*					
Males	70%	4%	5%	1%	14%
Females	54%	13%	5%	0%	19%
Total	62%	9%	5%	1%	16%

*Totals may not equal 100% as some respondents answered not sure.

Source: 2009 Allen County Health Risk and Community Needs Assessment

Health Care Coverage

Key Findings

The 2009 assessment data has identified that 14% of Allen County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Allen County, 12.1% of residents live below the poverty level. (Source U.S. Census, 2000)

General Health Coverage

- ◆ In 2009, most (86%) Allen County adults had health care coverage, leaving 14% who were uninsured. The 2008 BRFSS reports 12% of Ohio adults and 15% of U.S. adults are uninsured.
- ◆ 5% of adults reported they received Medicaid and 14% received Medicare.
- ◆ In the past year 14% of adults were without healthcare coverage, increasing to 30% of those with incomes less than \$25,000.
- ◆ Those with health care plans included the following coverage: dental (62%), vision (56%), mental health (56%), prescription coverage (90%), home care (25%), skilled nursing (21%), hospice (20%), your spouse (72%), and your children (56%).
- ◆ Households with incomes less than \$25,000 had the following health care coverage: dental (51%), vision (47%), mental health (36%), prescription coverage (80%), home care (23%), skilled nursing (18%), hospice (12%), your spouse (49%), and your children (38%).
- ◆ The top five reasons uninsured adults gave for being without health care coverage were:
 1. They could not afford to pay the insurance premiums (32%)
 2. They lost their job or changed employers (22%)
 3. They lost Medicaid eligibility (10%)
 4. Their employer does not/stopped offering coverage (9%)
 5. Their benefits from their employer/former employer ran out (8%)
 (Percentages do not equal 100% because respondents could select more than one reason).

Allen County and Ohio Medicaid Statistics

	Residents Enrolled in Medicaid	Annual Medicaid Expenditures*
Allen County 2007	15,731	\$107,544,583
State of Ohio 2007	1,651,697	\$11,893,762,808
Allen County 2006	15,776	\$107,171,136
State of Ohio 2006	1,682,053	\$11,952,173,555

*(Payments made directly to providers as well as capitation payments to HMOs)
 (Source: Ohio Job & Family Services, Allen County Profile, Published July 2008,
<http://jfs.ohio.gov/County/cntypro/pdf07/Allen.pdf>)

2002 Allen County Comparison Data

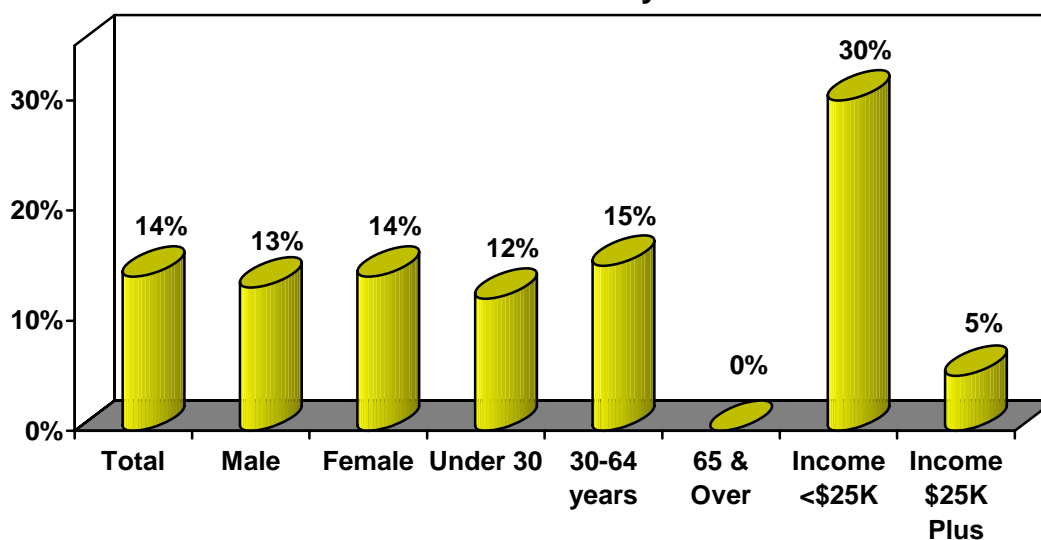
- ❖ 85.5% of Allen County residents had health care coverage, leaving 14.5% who were uninsured.
- ❖ The top 3 reasons Allen County residents reported not having health insurance were: could not afford it (65.7%), not offered through their employer (19.5%) and do not qualify for Medicaid (19.1%).
- ❖ Of those who had health care insurance, their insurance was paid for by: their employer (42.5%), themselves or their spouse (25.9%), Medicare (25.5%), or their spouse's employer (20.1%).
- ❖ 11% of residents reported they received medical assistance/Medicaid.

(Source: Allen County Assessment 2002)

Health Care Coverage

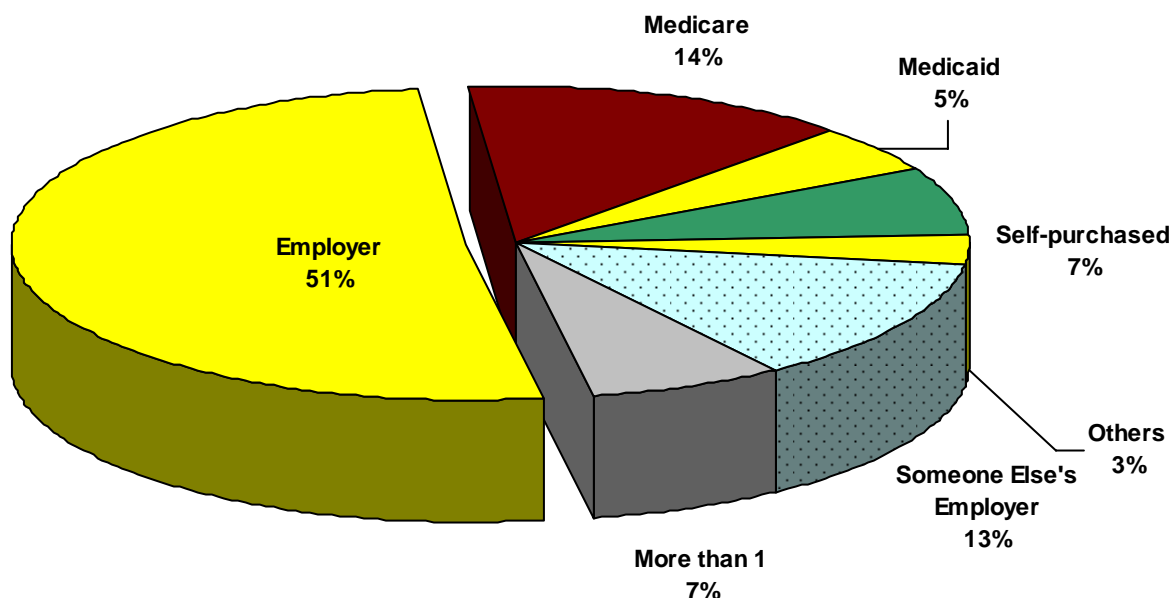
The following graph shows the percentages of Allen County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the first graph include: 14% of all Allen County adults were uninsured, 12% of those under age 30, and 30% of adults with an income less than \$25,000 reported being uninsured lacked health care coverage. The pie chart shows sources of Allen County adults' health care coverage.

Uninsured Allen County Adults



Source: 2009 Allen County Health Risk and Community Needs Assessment

Source of Health Coverage for Allen County Adults



Source: 2009 Allen County Health Risk and Community Needs Assessment

Health Care Coverage

The following table shows insurance sources for the U.S., Ohio, and Allen County populations.

Health Insurance Source	Allen County Assessment 2009	Ohio-2006*	U.S.-2006*
All ages			
Employer	56%	67%	60%
Individual	7%	7%	9%
Government (Medicare, Medicaid, VA, IHS)	18%	29%	27%
Uninsured	14%	10%	16%
Children under age 18			
Employer	NA	67%	60%
Individual	NA	3%	5%
Government (Medicare, Medicaid, VA, IHS)	NA	31%	30%
Uninsured	NA	6%	12%
Residents under 65 years old			
Employer	78%	69%	63%
Individual	8%	5%	7%
Government (Medicare, Medicaid, VA, IHS)	8%	19%	18%
Uninsured	15%	12%	18%

Data Source: U.S. Census: Table HI05. Health Insurance Coverage Status and Type of Coverage by State and Age for All People: 2006

** The U.S. and Ohio information comes from a different dataset than the Allen County information and comparisons between the data should be done with caution.*

Allen County Health Care Coverage

Source: 2009 Allen County Health Risk and Community Needs Assessment

Health Coverage Includes:	Yes	No	Don't Know
Medical	98%	1%	1%
Dental	62%	36%	2%
Vision	56%	41%	3%
Mental Health	56%	18%	26%
Prescription Coverage	90%	8%	2%
Home Care	25%	25%	50%
Skilled Nursing	21%	24%	55%
Hospice	20%	24%	56%
Your Spouse	72%	25%	3%
Your Children	56%	40%	4%

Health Care Coverage

Allen County Medicaid and Medicare Enrollees

In 2006, there were approximately 9,280 adults and 11,704 children eligible for Medicaid in Allen County. Of the adults eligible, 7,966 adults were under the age of 65 and 1,314 adults were 65 years and older. As of July 2007, there were approximately 18,093 people enrolled in Medicare in Allen County. Of these enrollees, 15,400 were 65 years of age or older and 2,693 were disabled. (Source: Ohio Department of Job and Family Services, Ohio Medicaid Report, SFY 2006; Center for Medicare & Medicaid Services, Medicare County Enrollment, July 1, 2007)

Medicaid Recipients by Aid Category 2006	Allen County	Ohio
Healthy Families		
Fee for Service	11,421 (10.7%)	738,842 (6.4%)
Managed Care Plan	--	94,044 (0.8%)
Healthy Start		
Fee for Service	3,597 (3.4%)	204,333 (1.8%)
Managed Care Plan	--	12,058 (0.1%)
SCHIP		
Fee for Service	1,508 (1.4%)	122,351 (1.1%)
Managed Care Plan	--	12,401 (0.1%)
Aged, Blind, & Disabled (ABD)*	2,355 (2.2%)	252,395 (2.2%)
Dual Eligible**	2,128 (2.0%)	231,363 (2.0%)
TOTAL	21,009 (19.8%)	1,673,155 (14.6%)

* People who are elderly, blind or who have a disability are categorized as having ABD Medicaid.

** People designated as a dual eligible are eligible for both the ABD Medicaid and Covered Families and Children Medicaid simultaneously.
(Source: Ohio Department of Job and Family Services, Ohio Medicaid Report, SFY 2006)

Cardiovascular Health

Key Findings

Major cardiovascular diseases (heart disease and stroke) accounted for 34% of all Allen County adult deaths from 2005-2007 (Source: ODH Information Warehouse). The 2009 Allen County assessment found that 7% of adults had a heart attack and 2% had a stroke at some time in their life. Over two-fifths (41%) of Allen County adults have been diagnosed with high blood pressure and 34% have high blood cholesterol, two known risk factors for heart disease and stroke.

Heart Disease and Stroke

- ◆ In 2009, 7% of Allen County adults reported they had a heart attack or myocardial infarction, increasing to 18% of those over the age of 65, 12% of those with incomes less than \$25,000, and 10% of males.
- ◆ 11% of adults reported they had angina or coronary heart disease, increasing to 26% of those over the age of 65.
- ◆ 2% of Allen County adults reported having had a stroke.

High Blood Pressure (Hypertension)

- ◆ Over two-fifths (41%) of Allen County adults had been diagnosed with high blood pressure. The 2007 BRFSS reports hypertension prevalence rates of 28% for Ohio and the U.S.
- ◆ 80% of adults who were diagnosed with high blood pressure were taking blood pressure medication.
- ◆ 68% of adults had their blood pressure checked in the past 6 months and 84% had it taken in the past year.
- ◆ Allen County adults diagnosed with high blood pressure were more likely to:
 - Be male (45%)
 - Be age 65 years or older (66%)
 - Be classified as obese by Body Mass Index-BMI (60%)

High Blood Cholesterol

- ◆ Over one-third (34%) of adults had been diagnosed with high blood cholesterol. The 2007 BRFSS reported that 40% of Ohio adults and 38% of U.S. adults have been told they have high blood cholesterol.
- ◆ Half (50%) of adults had their blood cholesterol checked in the past year.
- ◆ Allen County adults with high blood cholesterol were more likely to:
 - Be age 65 years and older (55%)
 - Be classified as obese by Body Mass Index-BMI (41%)

Allen County Leading Types of Death 2005-2007

Total Deaths: 3,070

1. Heart Disease (28% of all deaths)
2. Cancers (23%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's Disease (4%)

(Source: ODH Information Warehouse, updated 3-15-09)

Ohio Leading Types of Death 2005-2007

1. Heart Disease (26% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents- Unintentional Injuries (4%)

(Source: ODH Information Warehouse, updated 3-15-09)

United States Leading Types of Death 2005

1. Heart Disease (27% of all deaths)
2. Cancers (23%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (5%)
5. Accidents- Unintentional Injury (5%)

(Source: CDC, FASTATS)

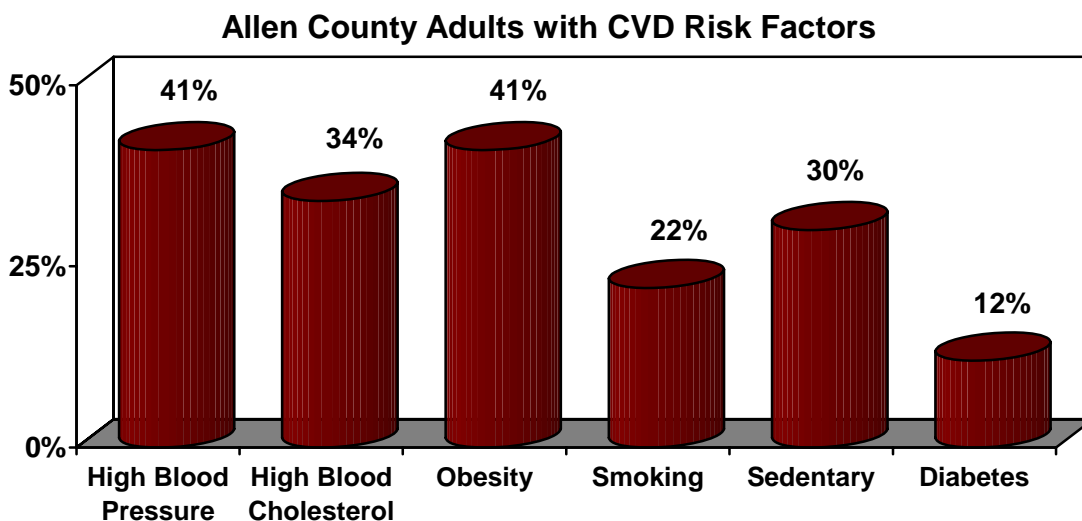
2002 Allen County Comparisons

- ◆ 6.7% of Allen County residents reported they had a heart attack.
- ◆ 33.8% of adults were told by a health care professional that they had high blood pressure.
- ◆ 32.2% of adults were told by a health care professional that they had high blood cholesterol.

(Source: Allen County Assessment 2002)

Cardiovascular Health

The following graph demonstrates the percentage of Allen County adults who had major risk factors for developing cardiovascular disease (CVD). (Source: 2009 Allen County Assessment)



Source: 2009 Allen County Health Risk and Community Needs Assessment

Risk Factors for Cardiovascular Disease That Can Be Modified or Treated:

Cholesterol – High blood cholesterol alone increases the risk for stroke and heart disease; however, the risk is even greater when high blood cholesterol is compounded with other risk factors such as smoking, sedentary lifestyle, and obesity.

High Blood Pressure – High blood pressure causes the heart to enlarge and weaken over time. Other risks associated with high blood pressure include stroke, heart attack, congestive heart failure, and kidney failure. When compounded with risk factors such as smoking, sedentary lifestyle, and obesity, the risk for heart attack and stroke dramatically increases.

Obesity and Overweight – Excess weight increases strain on the heart, which could lead to heart disease or stroke even with no other existing risk factors. Being overweight or obese affects blood cholesterol and blood pressure. It can increase the risk of developing diabetes and it may make this disease more difficult to control.

Smoking – Smokers are 2 to 4 times more likely to develop heart disease than nonsmokers. For smokers the risk for sudden death related to heart disease is twice the risk for nonsmokers. Smokers are also ten times more likely to develop peripheral vascular disease than nonsmokers, a disease typically in the peripheral (surface) arteries of the legs in which fatty deposits narrow the arteries, decreasing circulation. Environmental tobacco smoke (secondhand smoke) also increases risk of heart disease.

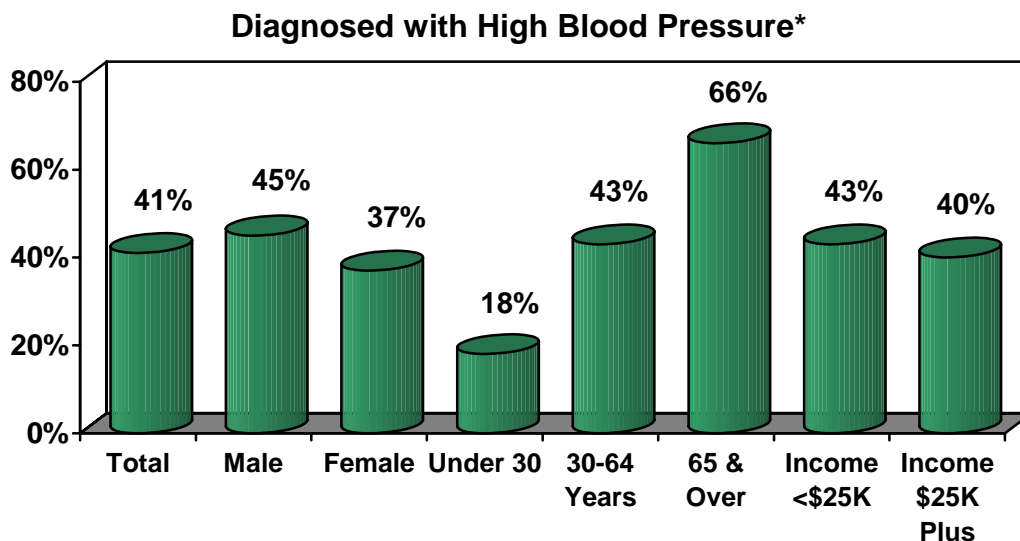
Physical Inactivity – Exercise can lower blood cholesterol and blood pressure, decreases the incidence of diabetes, and help with weight management. Vigorous exercise is most beneficial in preventing cardiovascular disease; however, moderate intensity is also beneficial if done long term.

Diabetes Mellitus – 75% of people with diabetes die from some type of disease affecting blood vessels or the heart. Controlling blood sugar (glucose) is very important, although there remains an increased risk for heart disease even when blood glucose levels are managed.

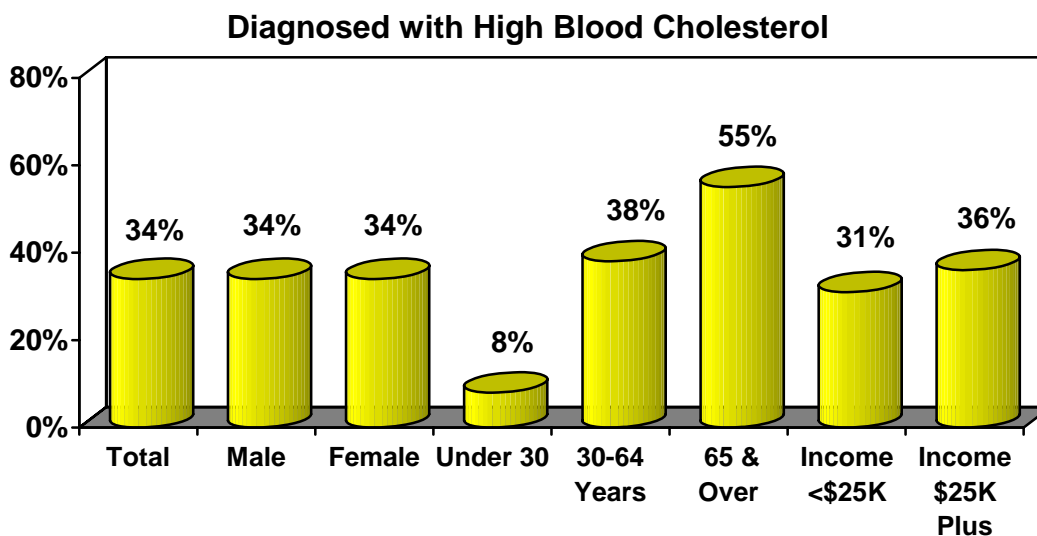
(Source: American Heart Association, Risk Factors for Coronary Heart Disease, 2-9-05)

Cardiovascular Health

The following graphs show the number of Allen County adults who have been diagnosed with high blood pressure or high blood cholesterol. Examples of how to interpret the information on the first graph include: 41% of all Allen County adults have been diagnosed with high blood pressure, 45% of all Allen County males, 37% of all females, and 66% of those 65 years and older.



**Does not include respondents who indicated high blood pressure during pregnancy only.
Source: 2009 Allen County Health Risk and Community Needs Assessment*



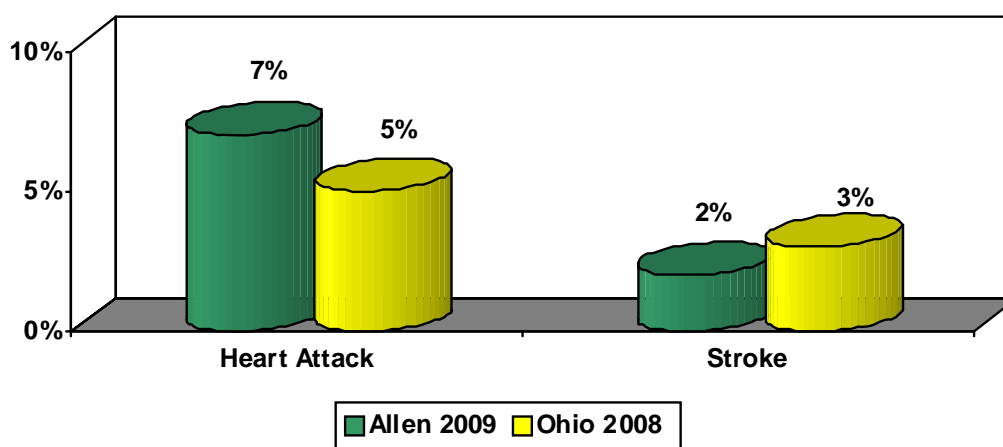
Source: 2009 Allen County Health Risk and Community Needs Assessment

Cardiovascular Health

The following graphs show the Allen County and Ohio age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender and race/ethnicity.

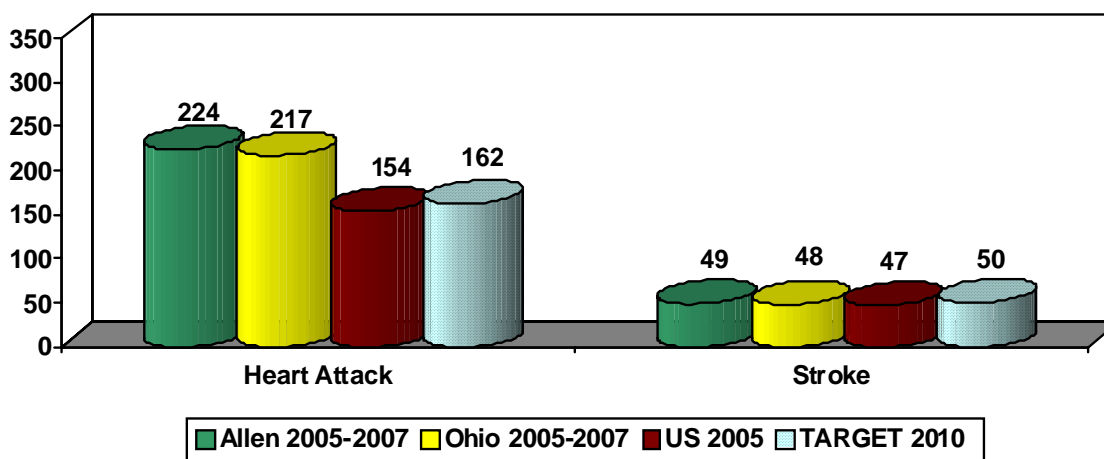
- When age differences are accounted for, the statistics indicate that from 2005-2007 the Allen County heart disease mortality rate is higher than the figures for the state, the U.S and the Healthy People 2010 target.
- The Allen County age-adjusted stroke mortality rate for 2005-2007 is above the state figures and the nation and below the target rate.
- Disparities exist for heart disease mortality rates by gender in Allen County and Ohio.

Cardiovascular Disease Prevalence



(Source: 2009 Allen Assessment and BRFSS)

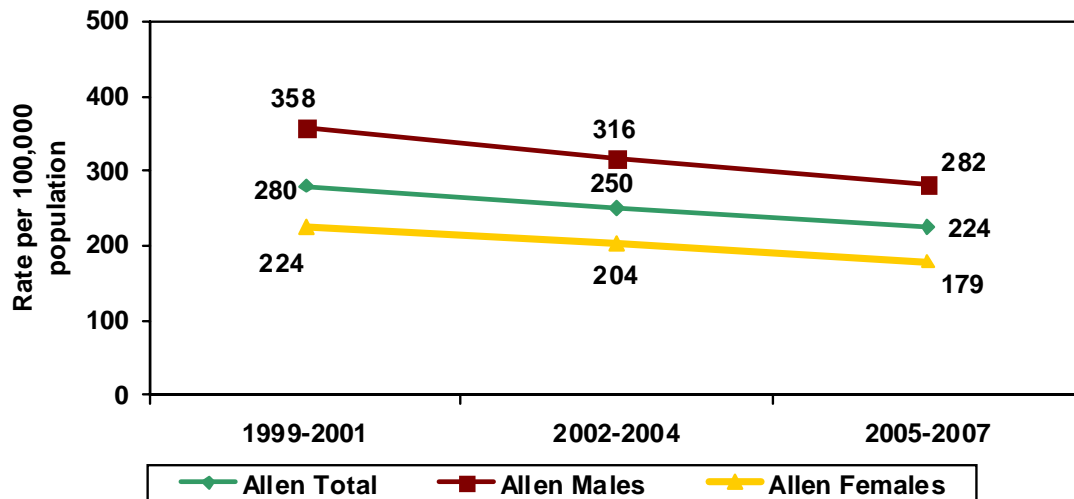
Age-Adjusted Heart Disease and Stroke Mortality Rates



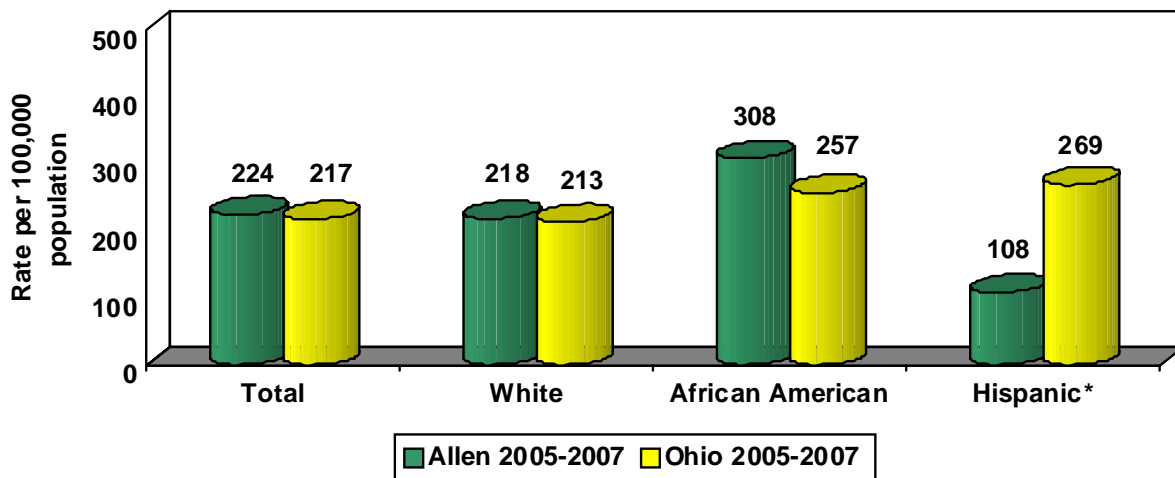
Graph reports age-adjusted rates/100,000 population, 2000 standard
The Healthy People 2010 Target goal of heart attack mortality is reported for Coronary Heart Disease
 (Source: ODH Information Warehouse, updated 3-15-09, CDC Wonder Data 2010)

Cardiovascular Health

Allen County Age-Adjusted Heart Disease Mortality Rates by Gender



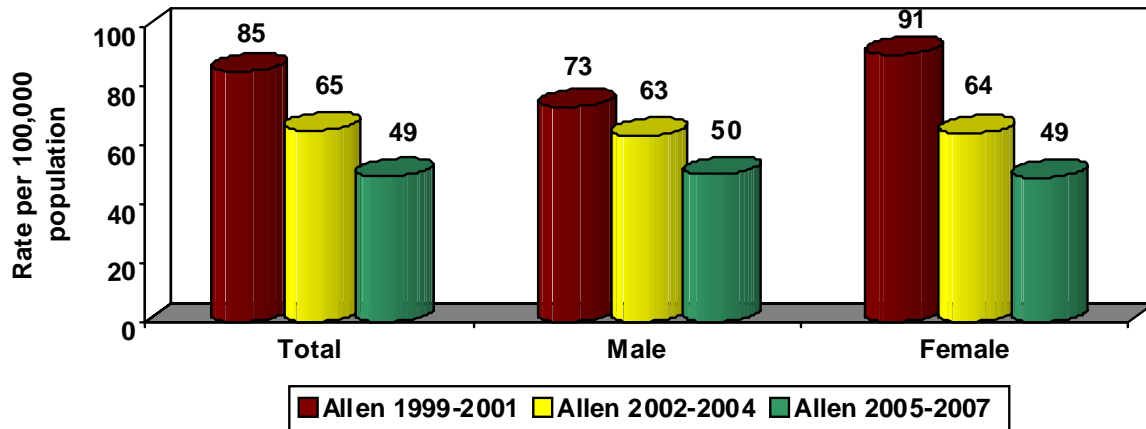
Age-Adjusted Heart Disease Mortality Rates by Race/Ethnicity



**There were less than 5 Hispanic heart disease deaths in Allen County, so the rate should be used with caution.
(Source for graphs: ODH Information Warehouse, updated 3-15-09)*

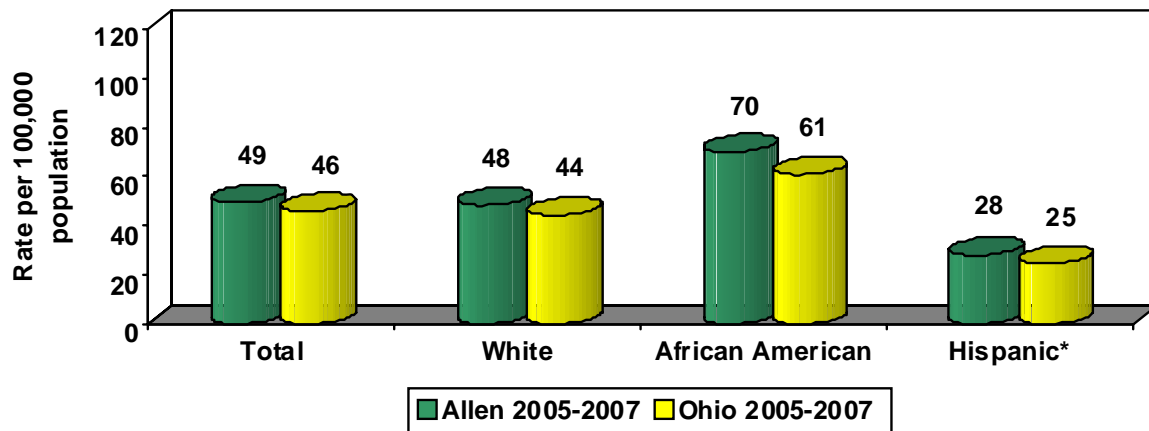
Cardiovascular Health

Age-Adjusted Stroke Mortality Rates by Gender



(Source: ODH Information Warehouse, updated 3-15-09)

Age-Adjusted Stroke Mortality Rates by Race/Ethnicity



*There were less than 5 Hispanic stroke deaths in Allen County between the years 2005-2007, so the rate should be used with caution.

(Source: ODH Information Warehouse, updated 3-15-09)

Cardiovascular Health

Healthy People 2010 Objectives

High Blood Pressure

Objective	Target	U.S. Baseline	Allen Survey Population (2009)
12-09: Reduce proportion of adults with high blood pressure (HBP)	14%	31%* Adults age 20 and older (2004)	41%
12-10: Increase proportion of adults with high blood pressure whose BP is under control	68%	36% Adults age 18 and up (2004)	80%
12-11: Increase proportion of adults with high BP who are taking action (i.e., losing weight, increased exercise, decreased sodium intake) to control BP	98%	93% Adults age 18 and up (2003)	N/A
12-12: Increase proportion of adults who had BP measured within the preceding 2 years and can state whether BP is normal or higher	95%	90% Adults age 18 and up (2003)	93%

N/A= not available

*All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2010, DATA 2010)

Blood Cholesterol

Objective	Target	U.S. Baseline*	Allen Survey Population (2009)
12-13: Decrease mean total blood cholesterol levels among adults	199 mg/dl	202 mg/dl Adults age 20 and up (2004)	N/A
12-14: Decrease proportion of adults with high total blood cholesterol (TBC)	17%	17% Adults age 20 & up with TBC>240 mg/dl (2004)	34%
12-15: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	80%	73% Adults age 18 and up (2003)	69%

*All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2010, DATA 2010)

Cancer

Key Findings

The 2009 assessment indicated that 7% of Allen County adults were diagnosed with cancer. Ohio Department of Health statistics indicate that from 1999-2007, a total of 2,147 Allen County residents died from cancer, the second leading cause of death in the county.

Cancer Facts

- ◆ 7% of Allen County adults reported they had been told by a doctor, nurse, or other health professional that they had cancer, increasing to 20% of those over the age of 65 and 15% of those with incomes less than \$25,000.
- ◆ The Ohio Department of Health (ODH) vital statistics indicate that from 1999-2007, cancers caused 22% (2,147 of 9,567 total deaths) of all Allen County resident deaths. The largest percent (28%) of cancer deaths were from lung and bronchus cancer. (Source: ODH Information Warehouse)
- ◆ Age-adjusted cancer mortality rates (calculated by ODH per 100,000 population) have decreased for Allen County from 206.8 in 1999-2001 to 190.2 for 2005-2007. Ohio cancer death rates show a downward trend as well from 211.7 for 1999-2001 to 197.5 for 2005-2007. (Source: ODH Information Warehouse)
- ◆ The American Cancer Society reports that smoking tobacco is associated with cancers of the esophagus, pharynx, oral cavity, larynx, and lung. Also, smoking has been associated with cancers of the bladder, cervix, kidney, pancreas, stomach, uterus, and certain types of leukemia. The 2009 assessment project has determined that 22% of Allen County adults are current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

Allen County Incidence of Cancer, 2005

All Types: 540 cases

- ◆ Breast: 92 cases (17%)
- ◆ Lung and Bronchus: 82 cases (15%)
- ◆ Prostate: 72 cases (13%)
- ◆ Colon and Rectum: 54 cases (10%)
- ◆ Kidney: 25 cases (5%)

From 2005-2007, there were 695 cancer deaths in Allen County.

(Source: Ohio Cancer Incidence Surveillance System & ODH Information Warehouse)

Lung Cancer

- ◆ ODH reports that lung cancer was the leading cause of male cancer deaths (365) from 1999-2007. Colon cancer caused 107 deaths and prostate cancer caused 105 deaths during the same time period. In Allen County, 21% of male adults are current smokers¹ and 50% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2009 Allen County Assessment)
- ◆ The Ohio Department of Health reports that lung cancer was the leading cause of female cancer deaths (237) followed by breast (160 deaths) and colon & rectum (106 deaths) cancers in Allen County from 1999-2007. Approximately 22% of female adults in the county are current smokers¹ and 59% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2009 Allen County Assessment)

Breast Cancer

- ◆ In 2009, 58% of Allen County females over the age of 18 reported having had a clinical breast examination in the past year and another 18% had an exam more than a year but less than two years ago.
- ◆ If detected early, the 5-year survival rate for breast cancer is 98%. (Source: American Cancer Society Facts & Figures 2008).
- ◆ For women age 40 and older, the American Cancer Society recommends annual mammograms and annual clinical breast exams. 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. (Source: American Cancer Society Facts & Figures 2008).

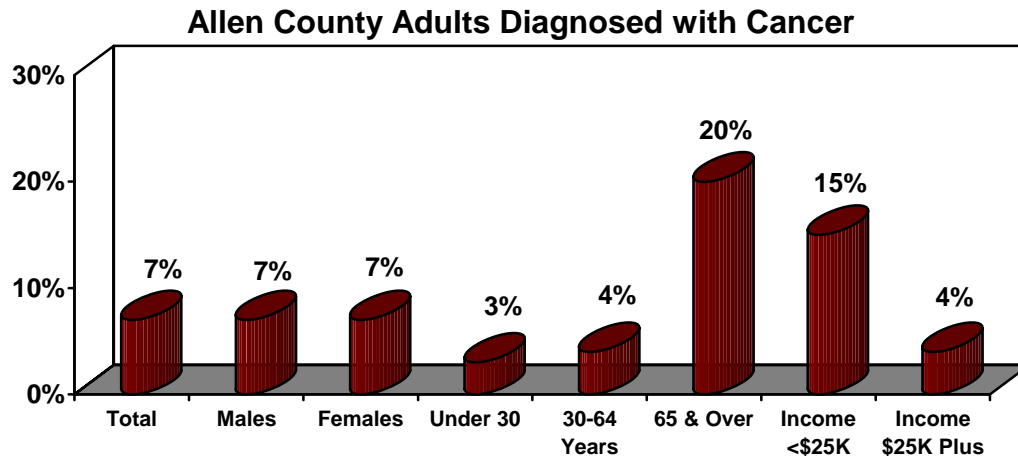
Risk Factors for Cancer:

- ◆ Tobacco Use (Smoking alone causes 1/3 of all cancer deaths)
- ◆ Physical Inactivity
- ◆ Unprotected Exposure to Strong Sunlight
- ◆ Overweight and Obesity
- ◆ Unhealthy Diet
- ◆ Alcohol Use

(Source: American Cancer Society, Detailed Guide: Cancer, What are the risk factors for cancer?)

Cancer

The following graph demonstrates the percentage of Allen County adults who had been diagnosed with cancer. Examples of how to interpret the information include: 7% of all Allen County adults had been diagnosed with cancer, 3% of adults under age 30 had been diagnosed, and 20% of adults 65 and older reported they had cancer.



Source: 2009 Allen County Health Risk and Community Needs Assessment

Colon and Rectum Cancer

- ◆ In 2009, under one-fifth (18%) of Allen County adults ages 50 and over reported having been screened for colorectal cancers within the past year and another 17% had this screening more than a year ago but less than 2 years ago. In the U.S., most cases of colon cancer occur to 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.
- ◆ The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 21% of all cancer deaths in Allen County from 1999-2007. *(Source: ODH Information Warehouse, Updated 3-15-09)*
- ◆ 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; alcohol use; a high-fat or low-fiber diet and not eating enough fruits and vegetables; physical inactivity; obesity; diabetes; and, smoking.

Prostate Cancer

- ◆ The Ohio Department of Health statistics indicate that prostate cancer deaths accounted for 9% of all male cancer deaths from 1999-2007 in Allen County.
- ◆ In the U.S., African American men are twice as likely as white men to develop prostate cancer and are more likely to die of prostate cancer. In addition, about 63% of prostate cancers occur in men over the age of 65. Other risk factors include diet, family history and nationality. Prostate cancer is more common in North America and Northwestern Europe, occurring rarely in Asia or South America. *(Source: Cancer Facts & Figures 2009, The American Cancer Society)*

Cancer

Allen County Cancer Deaths 1999-2007

Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	602	28%
Other/Unspecified	239	11%
Colon, Rectum & Anus	213	10%
Breast	162	8%
Prostate	105	5%
Pancreas	101	5%
Leukemia	91	4%
Non-Hodgkins Lymphoma	90	4%
Ovary	69	3%
Kidney and Renal Pelvis	60	3%
Esophagus	52	2%
Bladder	51	2%
Multiple Myeloma	48	2%
Brain and CNS	47	2%
Liver and Bile Ducts	44	2%
Stomach	40	2%
Lip, Oral Cavity & Pharynx	36	2%
Melanoma of Skin	34	2%
Cancer of Corpus Uteri	22	1%
Larynx	19	< 1%
Cancer of Cervix Uteri	15	< 1%
Hodgkins Disease	6	< 1%
Total	2,147	100%

(Source: ODH Information Warehouse)

Allen County Number of Cancer Cases, 1998-2005

Year	All Sites	Female Breast	Colon & Rectum	Lung	Prostate
1998	541	92	78	85	47
1999	546	86	51	88	63
2000	560	92	59	86	69
2001	522	81	56	107	65
2002	559	86	68	73	80
2003	543	91	64	76	64
2004	512	68	54	91	65
2005	540	88	54	82	72

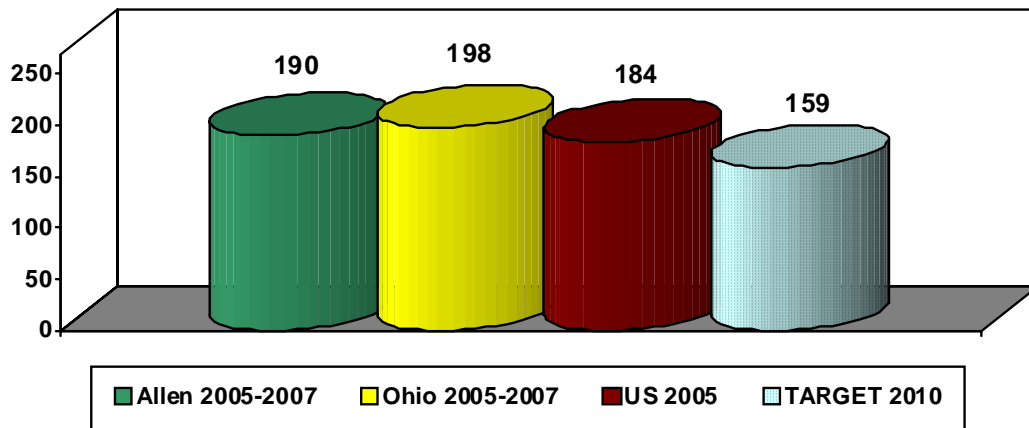
(Source: Ohio Cancer Incidence Surveillance System)

Cancer

The following graphs show 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 2010 objective, totaled and by gender. The graphs indicate that:

- ◆ When age differences are accounted for, Allen County had a lower mortality rate than the state. The Allen rate exceeded the Healthy People 2010 target objective and the nation.
- ◆ The percentage of Allen County males who died from all cancers is higher than the percentage for Allen County females.

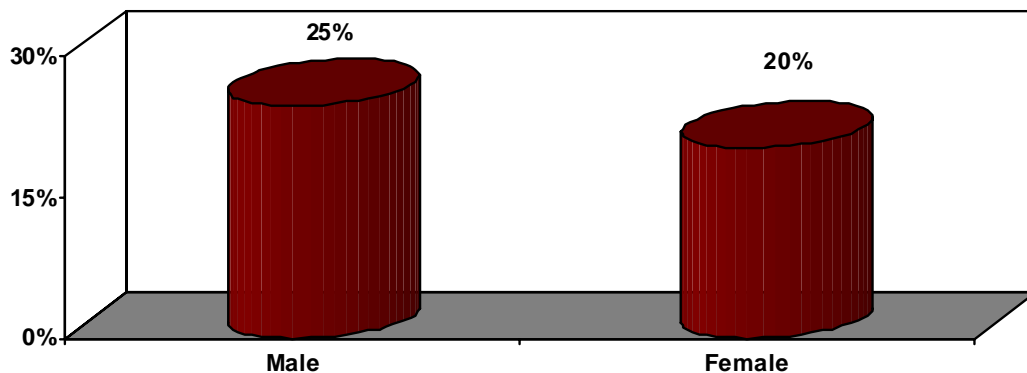
**Healthy People 2010 Objective
and Age-Adjusted Mortality Rates for All Cancers***



**Age-adjusted rates/ 100,000 population, 2000 standard*

(Source: ODH Information Warehouse, CDC Wonder: DATA 2010 the Healthy People 2010 Database)

**Cancer As Percent of Total Deaths in Allen County by Gender,
1999-2007**



(Source: ODH Information Warehouse)

Diabetes

Key Findings

In 2009, 12% of Allen County adults had been diagnosed with diabetes. The average age of onset of diabetes was 50 years old. 65% of those with diabetes had taken a class on how to manage their diabetes.

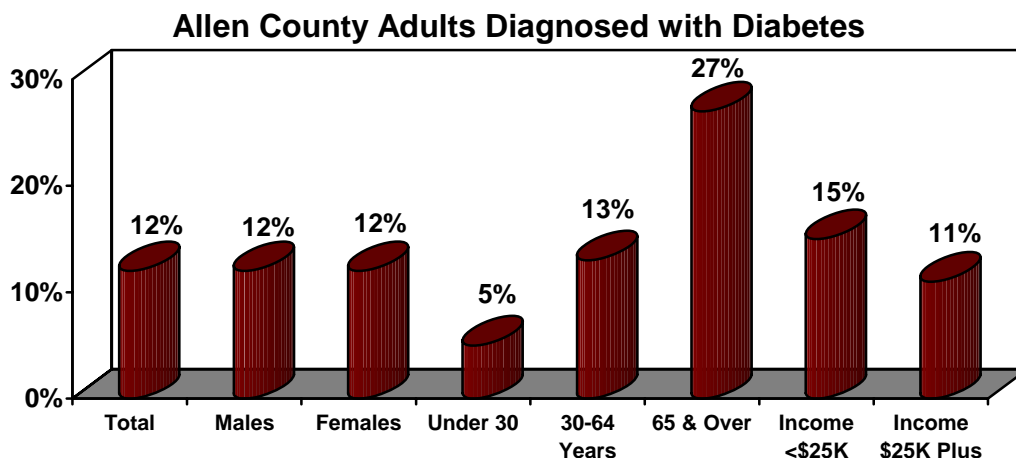
Diabetes

- ◆ The 2009 assessment project has identified that 12% of Allen County adults had been diagnosed with diabetes, increasing to 15% of those with incomes less than \$25,000 and 27% of those over the age of 65. The 2008 BRFSS reports an Ohio prevalence of 11% and 9% for U.S.
- ◆ The average age of onset of diabetes was 50 years old. 16% of adults with diabetes were diagnosed between the ages of 20-39, 61% were diagnosed between the ages of 40 and 59, and 23% were diagnosed age 60 or over.
- ◆ Of those adults diagnosed with diabetes, 65% had taken a class on how to manage their diabetes themselves.
- ◆ Allen County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 60% had been diagnosed with high blood cholesterol (compared to 40% of those not diagnosed with diabetes)
 - 73% had been diagnosed with high blood pressure (compared to 27% of those not diagnosed with diabetes)
 - 55% were age 60 or older (compared to 45% ages 59 and under)
 - 83% were obese or overweight (compared to 17% of those not diagnosed with diabetes)

Diabetes Complications

- ◆ Heart disease and stroke
- ◆ Kidney disease
- ◆ Glaucoma
- ◆ Cataracts
- ◆ Retinopathy
- ◆ Neuropathy
- ◆ Foot complications
- ◆ Skin complications
- ◆ Gastroparesis

(Source: American Diabetes Association, *All about Diabetes, Type 2 Diabetes, Complications*)



Source: 2009 Allen County Health Risk and Community Needs Assessment

2002 Allen County Comparisons

- ◆ 12.8% of Allen County residents were told they had diabetes.

(Source: Allen County Assessment 2002)

Diabetes

Adult Diabetes Screening Standards

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin, most likely because the insulin is defective.

The American Diabetes Association maintains that community screening is not recommended since there is no sufficient evidence that community screening for type 2 diabetes is cost-effective, as well as the potential harm caused by lack of continuous care following diagnosis; therefore, screening should be based upon clinical judgment and patient preference. Health care provider type 2 diabetes **screening standards for adults** are as follows:

- ❖ Every three years for those age 45 and over, especially for those with a Body Mass Index (BMI) of 25 or greater;
- ❖ Testing can be done more frequently for those at younger ages who are overweight and have one or more of the risk factors listed in the box on page 1;
- ❖ Patients who experience one or more of the known symptoms for diabetes (e.g. frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, blurry vision, etc.);
- ❖ Patients who have a family history of type 2 diabetes;
- ❖ Patients who belong to certain race/ethnic groups (specifically, African American, American Indian, Pacific Islander, or Hispanic American/Latino);
- ❖ Patients who have signs of or conditions associated with insulin resistance (e.g., high blood pressure, abnormal cholesterol, polycystic ovary syndrome, etc.); and,
- ❖ As deemed necessary by the health care professional.

Youth Diabetes Screening Standards

Since the incidence of type 2 diabetes for children and adolescents has been on the increase, it is important that health care providers also follow the standards for screening youth. The American Diabetes Association has a set of standards that have been developed for youth screening. The **standards for screening children and adolescents** are similar to those for adults and are as follows:

- ❖ Only children at high risk for developing or the presence of type 2 diabetes;
- ❖ Overweight youth defined as >85 percentile for BMI or 120% of ideal for weight;
- ❖ Youth experiencing any of the two known symptoms for diabetes (e.g. frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, blurry vision, etc.); and
- ❖ Every two years starting at age ten or at the onset of puberty for those experiencing symptoms or are overweight.

For more information about diabetes, please visit the American Diabetes Association's website at www.diabetes.org.

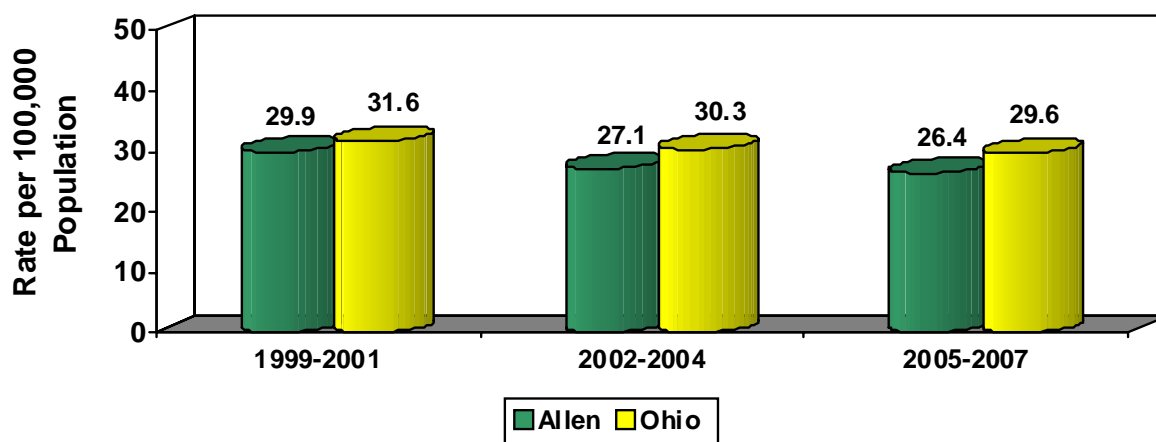
(Source: American Diabetes Association, Diabetes Care, Screening for Type 2 Diabetes, 2005)

Diabetes

The following graphs demonstrate age-adjusted deaths from diabetes for Allen County and Ohio residents with comparison to the Healthy People 2010 target objective.

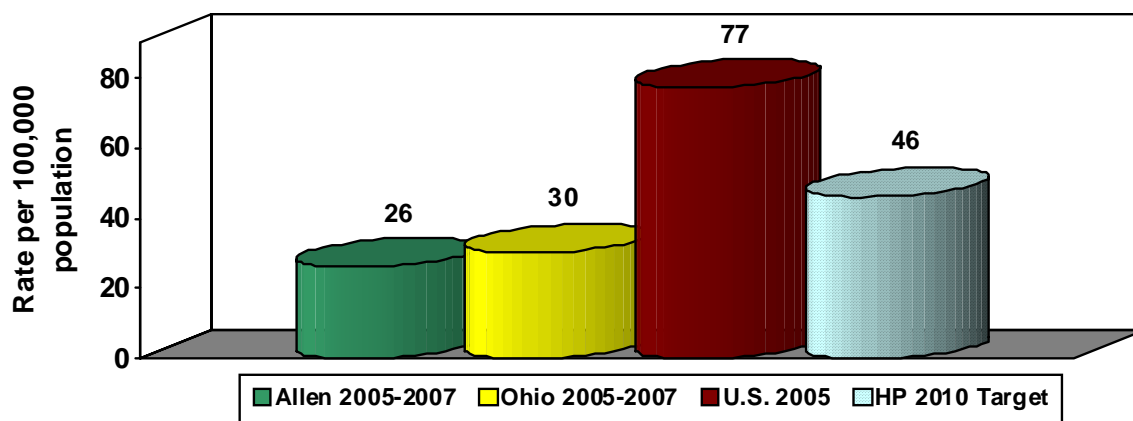
- ♦ Allen County's age-adjusted diabetes mortality rates decreased from 1999-2001 to 2005-2007.
- ♦ The 2005-2007 rates for Allen County are lower than for Ohio.

Diabetes Age-Adjusted Mortality Rates



(Source: ODH Information Warehouse)

Healthy People 2010 Objectives and Age-adjusted Mortality Rates for Diabetes*



*Age-adjusted rates/100,000 population, 2000 standard

(Source: ODH Information Warehouse and Healthy People 2010, CDC)

Arthritis

Key Findings

According to the Allen County survey data, 29% of Allen County adults were diagnosed with arthritis. According to the 2007 BRFSS, 32% of Ohio adults and 28% of U.S. adults were told they have arthritis.

Arthritis

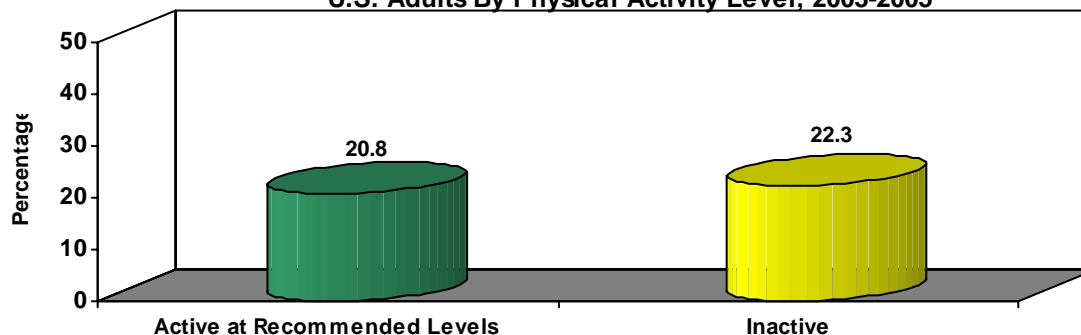
- ◆ Just over one-quarter (29%) of Allen County adults were told by a health professional that they had some form of arthritis. According to the 2007 BRFSS, 32% of Ohio adults and 28% of U.S. adults were told they have arthritis.
- ◆ In 2006, arthritis/rheumatism was the leading cause of disability among U.S. adults accounting for 9,500 deaths, 750,000 hospitalizations and 36 million ambulatory care visits (Source: CDC Arthritis at a Glance 2007).
- ◆ Adults are at higher risk of developing arthritis if they have any of the following characteristics: female, Caucasian, 65 years of age or older, have less than 8 years of education, overweight, and live an inactive lifestyle (Source CDC).

What Can Be Done to Target Arthritis?

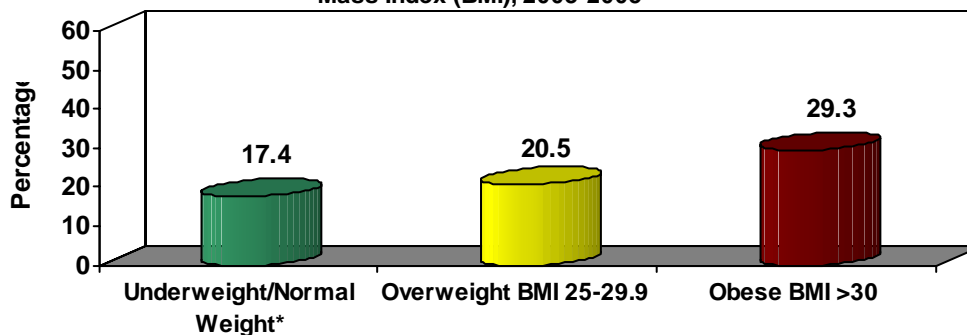
- ◆ Physical activity can have significant benefits for people with arthritis. The benefits include improvements in physical function, mental health, quality of life, and reductions in pain.
- ◆ Weight management and injury prevention are two ways to lower a person's risk for developing osteoarthritis.
- ◆ Early diagnosis and proper management can decrease or avoid the amount of pain that a person may experience or disability that accompanies arthritis.

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Arthritis at a Glance 2008)

Age-Adjusted Prevalence of Arthritis or Chronic Joint Symptoms Among U.S. Adults By Physical Activity Level, 2003-2005



Age-Adjusted Prevalence of Doctor-Diagnosed Arthritis Among U.S. Adults By Body Mass Index (BMI), 2003-2005



*Underweight is defined as a BMI of less than 18.5. Normal weight is defined as a BMI of 18.5-24.9.

(Source for graphs: CDC, MMWR Weekly, Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation – U.S. 2003-2005)

Asthma & Other Respiratory Disease

Key Findings

According to the Allen County survey data, 11% of Allen County adults had been diagnosed with asthma. 11% of adults were diagnosed with chronic lung disease including bronchitis or emphysema.

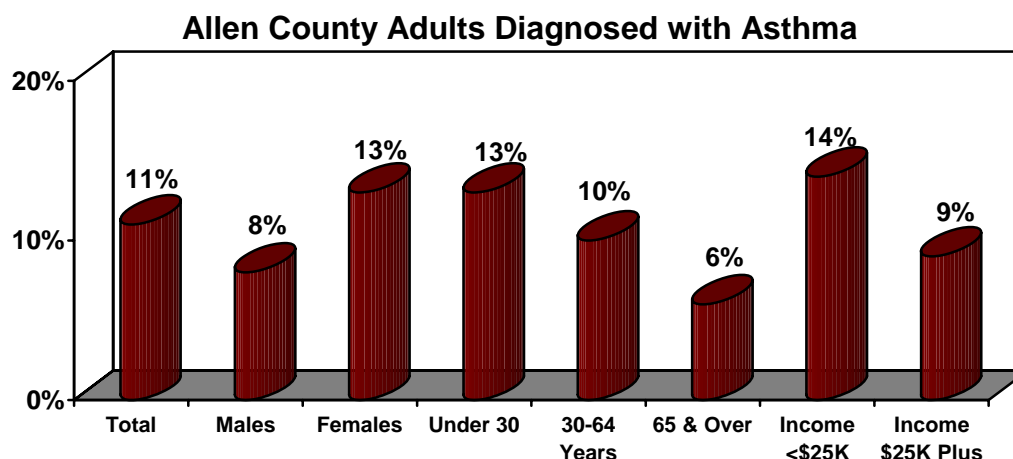
Asthma & Other Respiratory Disease

- ◆ In 2009, 11% of Allen County adults had been diagnosed with asthma, increasing to 13% of females, 13% of those under the age of 30 and 14% of those with incomes less than \$25,000.
- ◆ 14% of Ohio adults have ever been diagnosed with asthma (Source: 2008 BRFSS).
- ◆ 11% of Allen County adults were diagnosed with chronic lung disease including bronchitis or emphysema, increasing to 20% of those ages 65 and over, and 19% of those with incomes less than \$25,000.

Recommendations for Asthma Control

- ❖ Tracking: routinely collect and analyze asthma data to determine who is most affected in Allen County.
- ❖ Interventions: assure that research-based public health practices and programs are implemented to reduce the burden of asthma within the county.
- ❖ Partnerships: make sure that all stakeholders have the opportunity to be involved in developing, implementing and evaluating the local asthma control programs.

(Source: www.cdc.gov)



Source: 2009 Allen County Health Risk and Community Needs Assessment

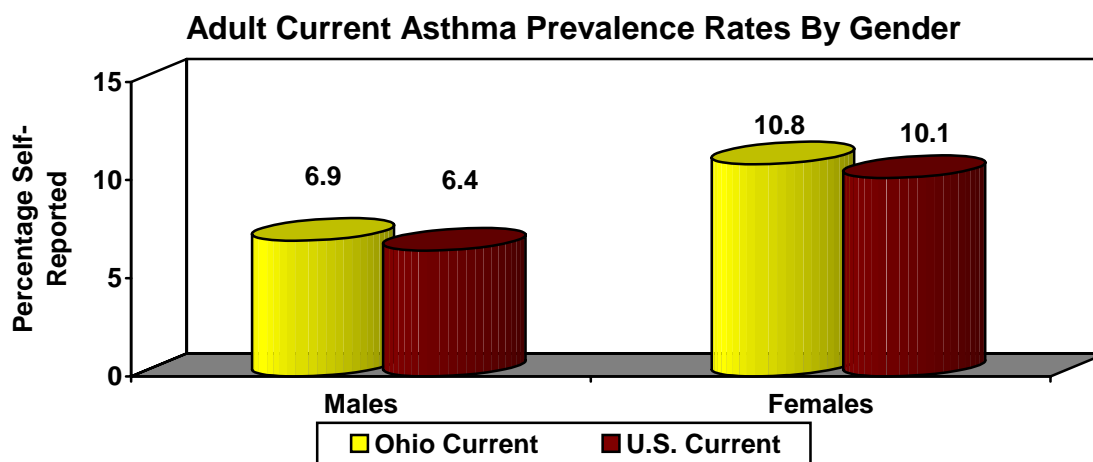
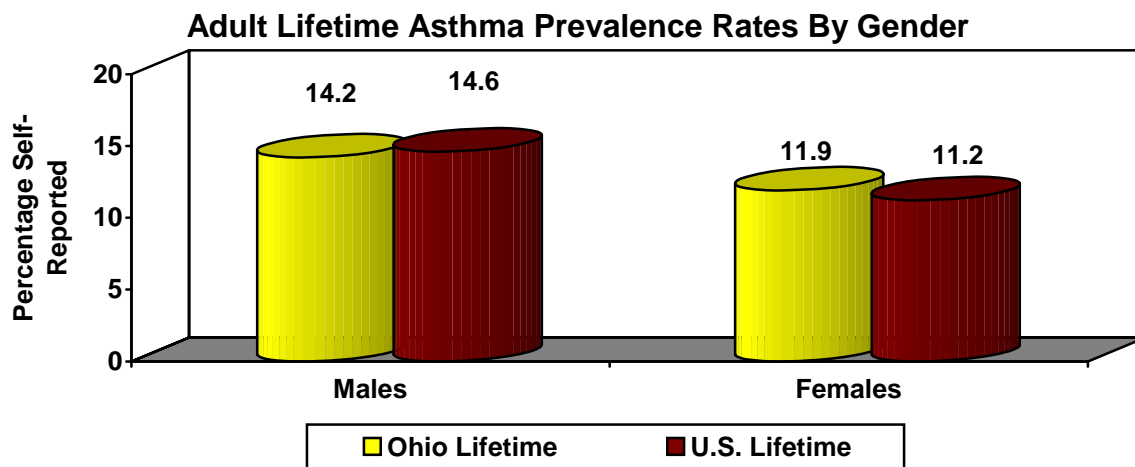
2002 Allen County Comparisons

- ❖ 11.6% of Allen County residents were told they had asthma.
- ❖ 8.7% of Allen County residents were told they had chronic lung disease.

(Source: Allen County Assessment 2002)

Asthma

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



(Source: Data from BRFSS 2006, reported by Air Pollution and Respiratory Health Branch, National Center for Environmental Health, Centers for Disease Control and Prevention)

Adult Weight Status

Key Findings

The 2009 assessment project identified that 77% of Allen County adults were overweight or obese for their height and weight. The 2008 BRFSS had indicated that 29% of Ohio and 27% of U.S. adults were obese by BMI. Over two-fifths (41%) of Allen County adults were obese. Over half (55%) of adults were trying to lose weight. 30% of the adults had not been participating in any physical activity outside of their job.

Adult Weight Status

- ◆ In 2009, the assessment indicated that over three-fourths (77%) of Allen County adults were either overweight (36%) or obese (41%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases (see below).
- ◆ Over four-fifths (84%) of males were overweight or obese, compared to females (71%).
- ◆ Over half (55%) of adults were trying to lose weight, 29% were trying to maintain their current weight or keep from gaining weight and 2% were trying to gain weight.
- ◆ Allen County adults did the following to lose weight or keep from gaining weight: ate fewer calories and less fat (57%), exercised (40%), smoked cigarettes (6%), took diet pills, powders, or liquids without a doctor's advice (3%), went without eating for 24 hours (1%), and vomited or took laxatives (1%).

Physical Activity

- ◆ In Allen County, 70% of adults were engaging in physical activity other than their regular job, such as brisk walking, cycling, swimming, golfing or yard work. About one-third (30%) of adults were not participating in any physical activity. The CDC recommends that adults participate in moderate exercise for at least 30 minutes on five or more days of the week or vigorous exercise for 20 minutes or more on three or more weekdays.
- ◆ 26% of adults exercised 5 or more times per week. 36% exercised 3-4 times per week and 25% reported exercising 1-2 times per week. 21% of adults reported they did not exercise outside of their job.
- ◆ Of those who were physically active, 59% of adults reported exercising 60 minutes or longer each time.
- ◆ Allen County adults spent an average of 3.0 hours watching television, 0.3 hours playing video games, and 1.0 hours on the computer outside of work on an average day.

Nutrition

- ◆ Adults ate at a restaurant or brought take-out food home an average of 2.3 times per week.
- ◆ 60% of adults read food labels or consider nutritional content when choosing foods they eat.
- ◆ In 2009, 30% of adults ate fruit or drank 100% fruit juices at least once per day in the past week, and 41% had eaten vegetables such as green salad, carrots and potatoes. The American Cancer Society recommends that adults eat 5-9 servings of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2007 BRFSS reported that only 21% of Ohioans were eating the recommended number of servings of fruits and vegetables.

Defining the Terms

- ◆ Obesity: An excessively high amount of body fat compared to lean body mass.
- ◆ Body Mass Index (BMI): The contrasting measurement/relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- ◆ Underweight: Adults with a BMI less than 18.5.
- ◆ Normal: Adults with a BMI of 18.5 to 24.9.
- ◆ Overweight: Adults with a BMI of 25 to 29.9.
- ◆ Obese: Adults with a BMI of 30 or greater.

(Source: CDC)

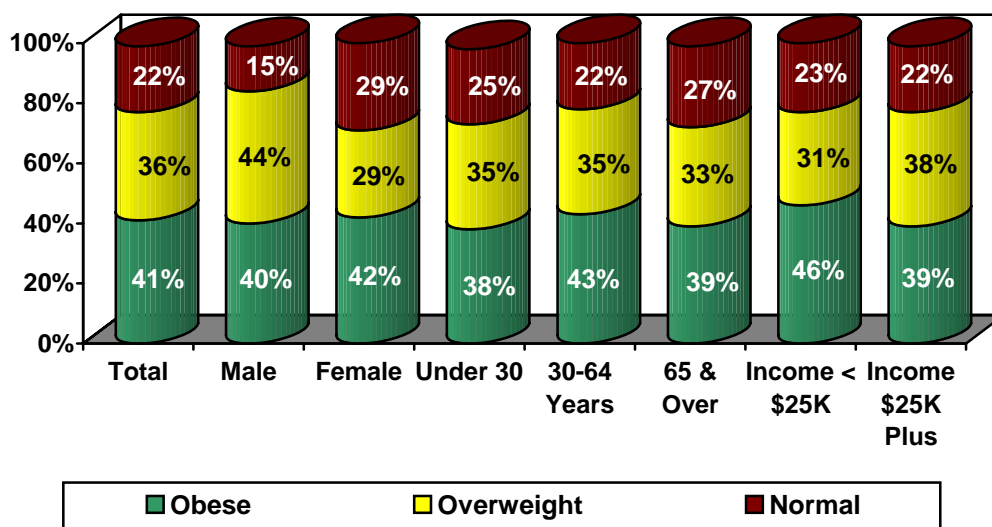
2002 Allen County Comparison Data

- ◆ 67.4% of Allen County residents were obese (29.6%) or overweight (37.8%).
- ◆ 58.1% of Allen County residents were trying to lose weight.
- ◆ 35.6% of Allen County residents reported they did not participate in physical activities outside of their jobs. (Source: Allen County Assessment 2002)

Adult Weight Status

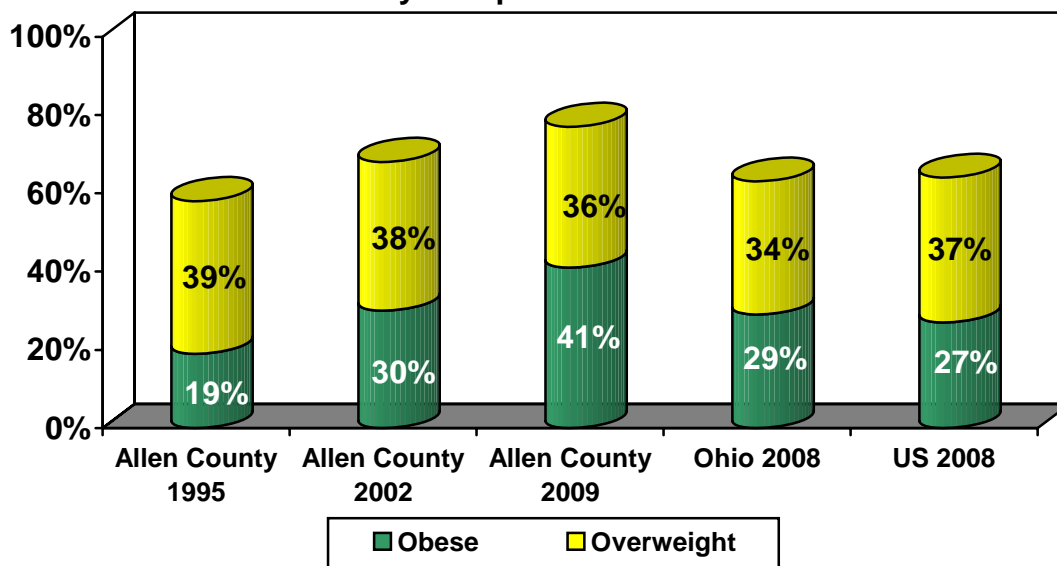
The following graphs show the percentage of Allen County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Allen County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 22% of all Allen County adults were classified as normal weight and 36% are overweight, etc.

Adult BMI Classifications



*Percentages may not equal 100% because those who were classified as underweight are not included.
Source: 2009 Allen County Health Risk and Community Needs Assessment*

Obesity Comparisons in Adults



(Source: 1995, 2002, & 2009 Allen County Assessments and 2008 BRFSS)

Youth Weight Status

Key Findings

The 2009 assessment identified that 15% of Allen County youth were obese, according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 29% of Allen County youth reported that they were slightly or very overweight. Females (59%) were more likely to be trying to lose weight.

BMI-for-age

- ❖ BMI is used differently in children than with 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, body mass index is used to assess underweight, normal, overweight, and obese. (Source: CDC)

Youth Weight Control

- ◆ In 2009, 15% of all youth were classified as obese by Body Mass Index (BMI) calculations. 14% of Allen County high school youth were obese (2007 YRBS reported 12% for Ohio and 13% for the U.S.). 17% of youth were classified as overweight, 66% were normal weight, and 2% were underweight.
- ◆ 29% of all youth described themselves as being either slightly or very overweight. 28% of high school youth described themselves the same (2007 YRBS reported 30% for Ohio and 29% for the U.S.).
- ◆ Over two-fifths (43%) of all Allen County youth were trying to lose weight increasing to 59% of Allen County female youth (compared to 29% of males). 39% of Allen County high school youth were trying to lose weight (2007 YRBS reported 47% for Ohio and 45% for the U.S.)
- ◆ In the past 30 days, 14% of all Allen County youth reported going without eating for 24 hours or more. 12% of Allen County high school youth went without eating for 24 hours or more (2007 YRBS reported 11% for Ohio and 12% for the U.S.). 4% of all Allen County youth took diet pills, powders, or liquids without a doctor's advice to lose weight. 4% vomited or took laxatives to lose weight.

Physical Activity

- ◆ 71% of youth participated in at least 60 minutes of physical activity three or more days in the past week. Half (50%) participated in at least 60 minutes of physical activity five or more days in the past week and 31% participated in 60 minutes of physical activity every day in the past week.
- ◆ Allen County youth spent an average of 2.6 hours watching TV, 1.3 hours playing video games, and 1.9 hours on the computer on an average day of the week. 43% of all youth spent 3 or more hours watching TV on an average day of the week (2007 YRBS reported 32% for Ohio and 35% for the U.S.)

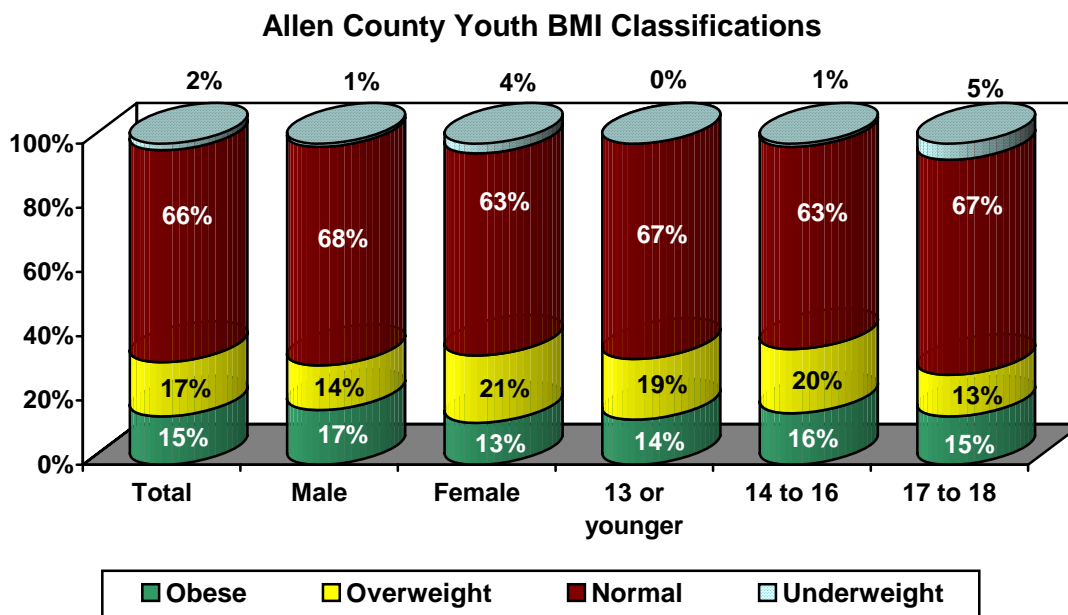
Nutrition

- ◆ 33% of youth ate fruit or drank 100% fruit juices at least once per day in the past week, 37% had eaten vegetables such as green salad, carrots and potatoes, and 53% drank at least one glass of milk.
- ◆ Allen County youth ate out in a restaurant or ate take-out food an average of 2.8 times in the past week.

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2009 (6 th - 8 th)	Allen County 2009 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2007 (9 th -12 th)
Obese	15%	17%	14%	12%	13%
Went without eating for 24 hours or more	14%	18%	12%	11%	12%
Trying to lose weight	43%	53%	39%	47%	45%
Spent 3 or more hours watching TV	43%	48%	40%	32%	35%
Described themselves as slightly or very overweight	29%	32%	28%	30%	29%

Youth Weight Control

The following graph shows the percentage of Allen County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). The table shows the unhealthy ways youth lost weight. Examples of how to interpret the information in the first graph include: 15% of Allen County youth were classified as obese, 17% were overweight, 66% were normal weight, and 2% were calculated to be underweight for their age and gender.



Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Youth did the following to lose weight in the past 30 days:	Percent
Went without eating for 24 hours	14%
Took diet pills, powders, or liquids without a doctor's advice	4%
Vomited or took laxatives	4%

Source: 2009 Allen County Health Risk and Community Needs Assessment

Obese Adolescents

- ❖ Obese adolescents have a 70% chance of being overweight or obese as adults. If the parents are overweight as well, the risk increases to 80%.
- ❖ Poor self-esteem and depression are additional consequences of childhood obesity.
- ❖ Sedentary activities, such as television, computer and video games, contribute to the children's inactive lifestyles.
- ❖ Youth who are obese have an increased frequency for heart disease, diabetes, and other health problems than those children who have a healthy weight.

(Source: Surgeon General's Call to Action To Prevent and Decrease Overweight and Obesity 2001 and 2007 YRBS)

Adult Tobacco Use

Key Findings

In 2009, 22% of Allen County adults were current smokers and 28% were considered former smokers. 4% of adults reported using chewing tobacco or snuff.

Adult Tobacco Use Behaviors

- ◆ The 2009 assessment identified that more than one-fifth (22%) of 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 2008 BRFSS reported current smoker prevalence rates of 20% for Ohio and 18% for the U.S. Over one-quarter (28%) of Allen County adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- ◆ Over one-quarter (28%) of those Allen County adults under the age of 30 were smokers.
- ◆ Over one-third (36%) of those Allen County adults with incomes less than \$25,000 were smokers compared to 17% of those with higher incomes.
- ◆ Allen County current smokers were more likely to:
 - Be married (54%) compared to divorced (16%) or other (30%)
 - Not have children (61%) compared to 39% of those who have children
- ◆ 54% of the Allen County current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- ◆ Almost half (47%) of Allen County smokers reported their doctor talked to them about quitting smoking in the past year.
- ◆ 4% of Allen County adults reported using chewing tobacco or snuff. 2% used it every day.

Tobacco Use and Health

- ◆ Tobacco use is the most preventable cause of death in the U.S. and in the world.
- ◆ 87% of all lung cancers deaths and at least 30% of all cancer deaths in the U.S. can be attributed to smoking.
- ◆ When compared to non-smokers, the risk of developing lung cancer is 23 times higher in male smokers and 13 times higher in females.
- ◆ Tobacco use is also associated with at least 15 types of cancer such as cervical, mouth, pharyngeal, esophageal, pancreatic, kidney and bladder.
- ◆ Tobacco use contributes to heart disease, stroke, bronchitis, emphysema, COPD, chronic sinusitis, severity of colds, pneumonia and low birth weight in infants.

(Source: Cancer Facts & Figures, American Cancer Society, 2009)

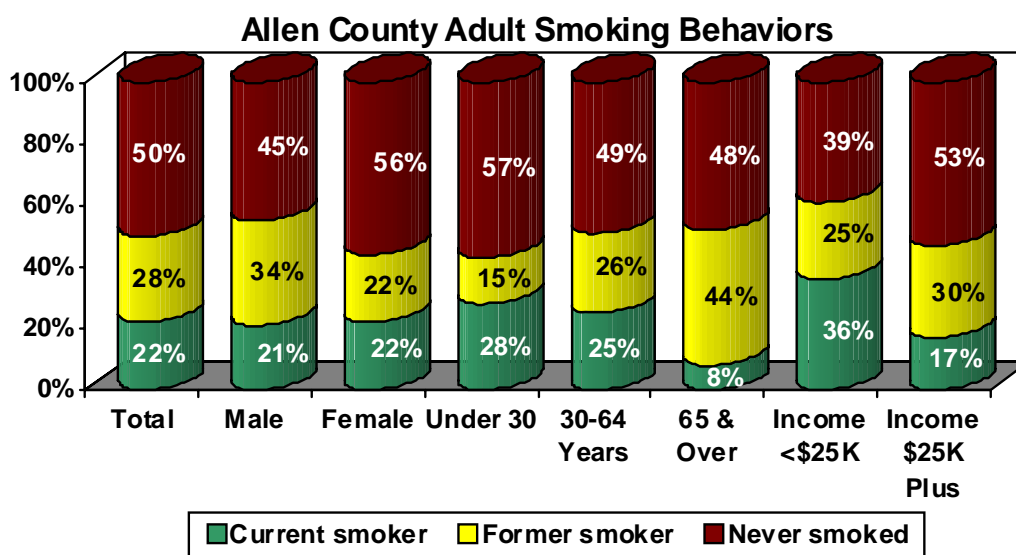
2002 Allen County Comparison Data

- ◆ 26.2% of Allen County adults were current smokers (20.9% in 1999).
- ◆ 80.3% of Allen County adult current smokers wanted to quit smoking.
- ◆ 76.7% of Allen County adult current smokers tried to quit smoking.
- ◆ The average Allen County adult smoker smoked 18.6 cigarettes a day.
- ◆ 50.5% of Allen County households reported smoking was not allowed anywhere inside their house.
- ◆ 2.8% of Allen County adult residents used smokeless tobacco.

(Source: Allen County Assessment 2002)

Adult Tobacco Use

The following graph shows the percentage of Allen County adults who used tobacco. Examples of how to interpret the information include: 22% of all Allen County adults were current smokers, 28% of all adults were former smokers, 50% had never smoked, 21% of males were current smokers, and 22% of females were current smokers.



Respondents were asked:
"Have you smoked at least 100 cigarettes in your entire life?"
If yes, do you now smoke cigarettes everyday, some days or not at all?"
 Source: 2009 Allen County Health Risk and Community Needs Assessment

Smoking and Tobacco Facts

- ❖ Tobacco use is the most preventable cause of death in the U.S.
- ❖ Approximately 38,000 deaths per year in the U.S. are from secondhand smoke exposure.
- ❖ Typically, smokers die 13 to 14 years earlier than non-smokers.
- ❖ Cigarette smoking is highest in prevalence among American Indians/Native Americans (32%), whites (21.9%), African Americans (21.5%), Hispanics (16.2%), and Asians (13.3%).
- ❖ Smoking costs over \$167 billion in lost productivity (\$92 billion) and health care expenses (\$75.7 billion) per year.
- ❖ In 2003, the cigarette industry spent more than \$41 million per day on advertising and promotional expenses.

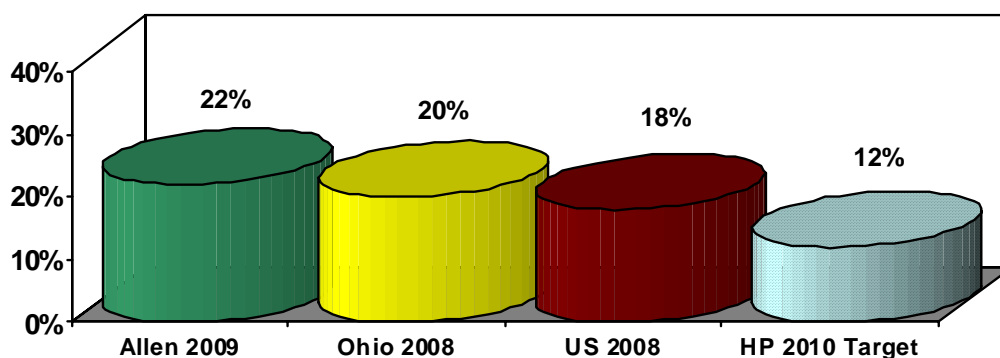
(Source: CDC: Fast Facts on Smoking and Tobacco Use)

Adult Tobacco Use

The following graphs show Allen County, Ohio, and U.S. adult cigarette smoking rates and age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) and trachea, bronchus and lung cancers in comparison with the Healthy People 2010 objectives. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. These graphs show that:

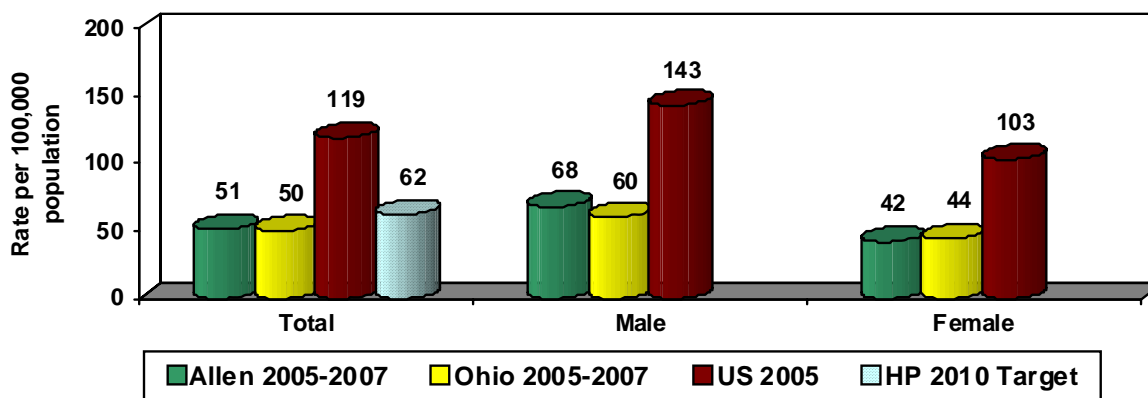
- ◆ The Allen County adult cigarette smoking rate was higher than the rates for Ohio, the U.S. and the Healthy People 2010 Goal.
- ◆ From 2005-2007, Allen County's age-adjusted mortality rates for Chronic Lower Respiratory Disease was slightly higher than the Ohio rates. Both the rates met the Healthy People 2010 Goals.
- ◆ The percentage of mothers who smoked during pregnancy in Allen County fluctuated slightly from year to year, but was always higher than Ohio.
- ◆ Large rate disparities existed by gender for Allen County trachea, bronchus, and lung cancer age-adjusted mortality rates. The 2005-2007 male rate of 74 deaths per 100,000 population was almost double the female rate of 46.

**Healthy People 2010 Objectives &
Cigarette Smoking Rates**



(Source: BRFSS and HP2010)

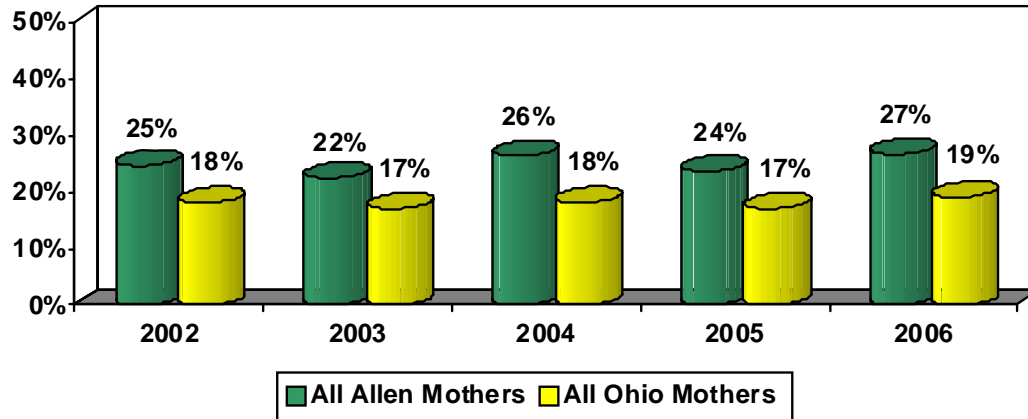
**Age-Adjusted Mortality Rates for
Chronic Lower Respiratory Diseases (Formerly COPD)**



(Source: BRFSS, ODH Information Warehouse and HP2010)
HP2010 does not report different goals by gender.

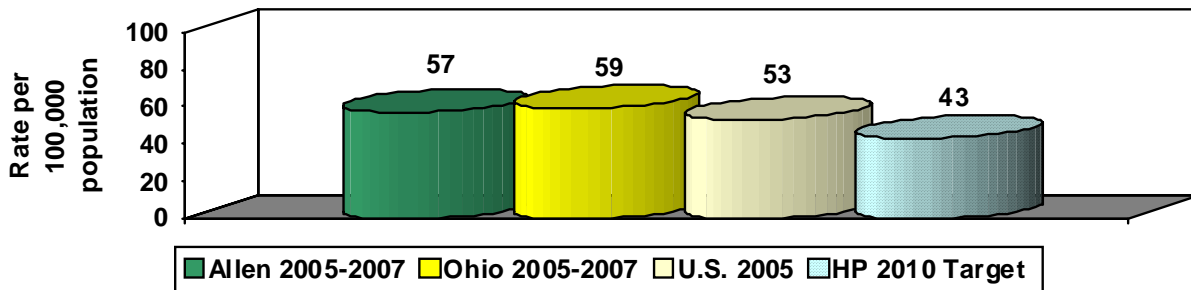
Adult Tobacco Use

Births to Mothers Who Smoked During Pregnancy



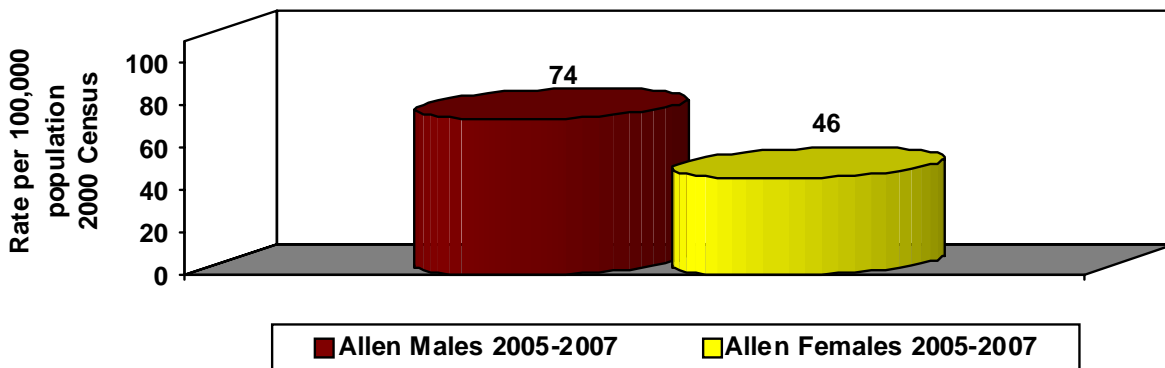
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2002-2006)

Age-Adjusted Mortality Rates for Trachea, Bronchus & Lung Cancer



(Source: Healthy People 2010, ODH Information Warehouse, updated 3-15-09)

Age-Adjusted Mortality Rates by Gender for Trachea, Bronchus & Lung Cancer



(Source: ODH Information Warehouse, updated 3-15-09)

Youth Tobacco Use

Key Findings

The 2009 assessment identified that 16% of Allen County youth (ages 12-18) were smokers increasing to 21% of those who were 14-16 years old. Overall, 8% of Allen County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 56% had tried to quit.

Youth Tobacco Use Behaviors

- ◆ The 2007 YRBS reports that 51% of high youth in Ohio had tried cigarette smoking and the 2009 assessment indicated that 35% of Allen County high school youth had done the same. 29% of all youth had tried smoking.
- ◆ Over one-fifth (22%) of those Allen County youth who have smoked a whole cigarette did so under 10 years old and almost half (45%) had done so under the age of 12.
- ◆ In 2009, 16% of Allen County youth were current smokers, having smoked at some time in the past 30 days. 20% of high school youth were current smokers (2007 YRBS reported 22% for Ohio and 20% for the U.S.). Over one-fifth (21%) of 14-16 year olds were current smokers compared to 8% of 12-13 year olds and 15% of 17-18 year olds.
- ◆ Of those who smoked, 25% smoked less than 1 cigarette per day and 8% smoked 11 or more cigarettes per day. One-quarter (25%) of current smokers, smoked cigarettes daily.
- ◆ Over three-fourths (78%) of the Allen County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ Over one-fifth (21%) of youth smokers bought cigarettes from a store or gas station, 27% borrowed cigarettes from someone else, 22% asked someone else to buy them cigarettes, 10% took them from a store or family member and 8% said an adult gave them the cigarettes.
- ◆ Almost two-thirds (65%) of smokers who bought or tried to buy cigarettes were not asked to show proof of age.
- ◆ In the past 30 days, 8% of all Allen County youth used chewing tobacco or snuff. 11% of Allen County high school youth used chewing tobacco or snuff (2007 YRBS reported 10% for Ohio and 8% for U.S.).
- ◆ 15% of youth smoked cigars, cigarillos or little cigars in the past 30 days, increasing to 20% of those 17-18 years old.
- ◆ Over half (56%) of all Allen County youth smokers had tried to quit smoking in the past year. 65% of high school youth had tried to quit smoking (2007 YRBS reported 49% for Ohio and 50% of the U.S.).

2008 Ohio Youth Tobacco Survey

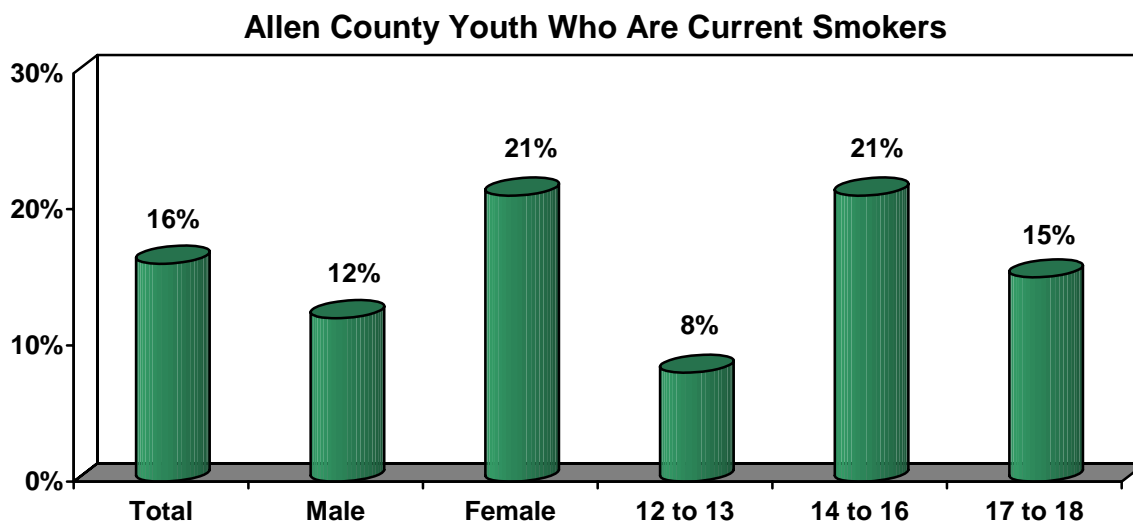
- ◆ In 2008, 57.2% of Ohio high school students had used some form of tobacco during their lifetime.
- ◆ 6% of high school students and 4.8% of middle school students had started smoking by age 11.
- ◆ 10.4% of high school and 4.9% of middle school students had ever smoked a bidi.
- ◆ 11% of middle school and 20.8% of high school students reported using smokeless tobacco in their lifetime.
- ◆ According to the survey results, 19.1% of middle school students and 20.6% of high school students had never smoked a cigarette.

(Source: Ohio Youth Tobacco Survey, 2008, Office of Healthy Ohio, Tobacco Use Prevention and Cessation Program)

Youth Comparisons	Allen County 2009 (6 th – 12 th)	Allen County 2009 (6 th – 8 th)	Allen County 2009 (9 th – 12 th)	Ohio 2007 (9 th – 12 th)	U.S. 2007 (9 th – 12 th)
Ever tried cigarettes	29%	17%	35%	51%	50%
Current smokers	16%	9%	20%	22%	20%
Used chewing tobacco or snuff	8%	2%	11%	10%	8%
Tried to quit smoking	56%	52%	65%	49%	50%

Youth Tobacco Use

The following graph shows the percentage of Allen County youth who smoke cigarettes. Examples of how to interpret the information include: 16% of all Allen County youth were current smokers, 12% of males smoked, and 21% of females were current smokers. The table shows differences in specific risk behaviors between current smokers and non-current smokers (nonsmokers).



*Current smokers are those who have smoked at any time during the past 30 days.
Source: 2009 Allen County Health Risk and Community Needs Assessment*

Behaviors of Allen Youth

Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Have been in a physical fight in the past 12 months	49%	27%
Have seriously considered attempting suicide in the past 12 months	26%	10%
Have had at least one drink of alcohol in the past 30 days	78%	25%
Have used marijuana in the past 30 days	53%	9%
Have had sexual intercourse	72%	41%
Involved in extracurricular activities	72%	76%

*Current smokers are those youth surveyed who have self-reported smoking at any time during the past 30 days.
Source: 2009 Allen County Health Risk and Community Needs Assessment*

Women's Health

Key Findings

In 2009, over two-fifths (41%) of women reported having a mammogram in the past year increasing to 52% of women ages 40 and over. Over half (58%) of Allen County women ages 19 and over have had a clinical breast exam and 49% have had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 36% and cancers accounted for 22% of all female deaths in Allen County from 2005-2007. The assessment determined that 4% of women had a heart attack, and 1% had a stroke at some time in their life. Over one-third (37%) had high blood pressure, 34% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.

Women's Health Screenings

- ◆ In 2009, 73% of women had a mammogram at some time and over two-fifths (41%) had this screening in the past year, increasing to 52% of those ages 40 and over.
- ◆ 69% of women ages 40 and over had a mammogram in the past 2 years. The 2008 BRFSS reported that 76% of women 40 and over in the U.S. and 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 over half (58%) had one within the past year.
- ◆ This assessment has identified that 94% of Allen County women have ever had a Pap smear and 49% report having had the exam in the past year. 74% of women had a pap smear in the past three years. The 2008 BRFSS indicated that 83% of U.S. and Ohio women had a pap smear in the past three years.

Pregnancy

- ◆ Almost one-fifth (19%) of Allen County women were pregnant in the past 5 years.
- ◆ During their last pregnancy, women reported the following:
 - 94% were married
 - 83% took a multi-vitamin
 - 5% lived with a smoker
 - 88% received prenatal care in the first 3 months
 - 7% smoked cigarettes

Women's Health Concerns

- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County the 2009 assessment has identified that:
 - 22% of all women were current smokers (17% U.S., 19% Ohio, 2008 BRFSS)
 - 71% were overweight or obese (56% U.S., 57% Ohio, 2008 BRFSS)
 - 34% were diagnosed with high blood cholesterol (36% U.S., 37% Ohio, 2007 BRFSS)
 - 37% were diagnosed with high blood pressure (27% U.S. and 28% Ohio, 2007 BRFSS)
 - 12% have been diagnosed with diabetes (8% U.S., 9% Ohio, 2008 BRFSS)

Allen County - Female

Leading Causes of Death, 2005 - 2007

1. Heart Diseases (28% of all deaths)
2. Cancers (22%)
3. Stroke (8%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's disease (5%)

(Source: ODH Information Warehouse)

Ohio - Female

Leading Causes of Death, 2005 - 2007

1. Heart Diseases (26% of all deaths)
2. Cancers (22%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's disease (5%)

(Source: ODH Information Warehouse)

2002 Allen County Comparison Data

- ❖ 75.3% of women age 40 and older had a mammogram within the past 2 years.
- ❖ 80.4% of women had a pap smear within the past 3 years
- ❖ 59.5% of women were overweight or obese. *(Source: Allen County Assessment 2002)*

Women's Health

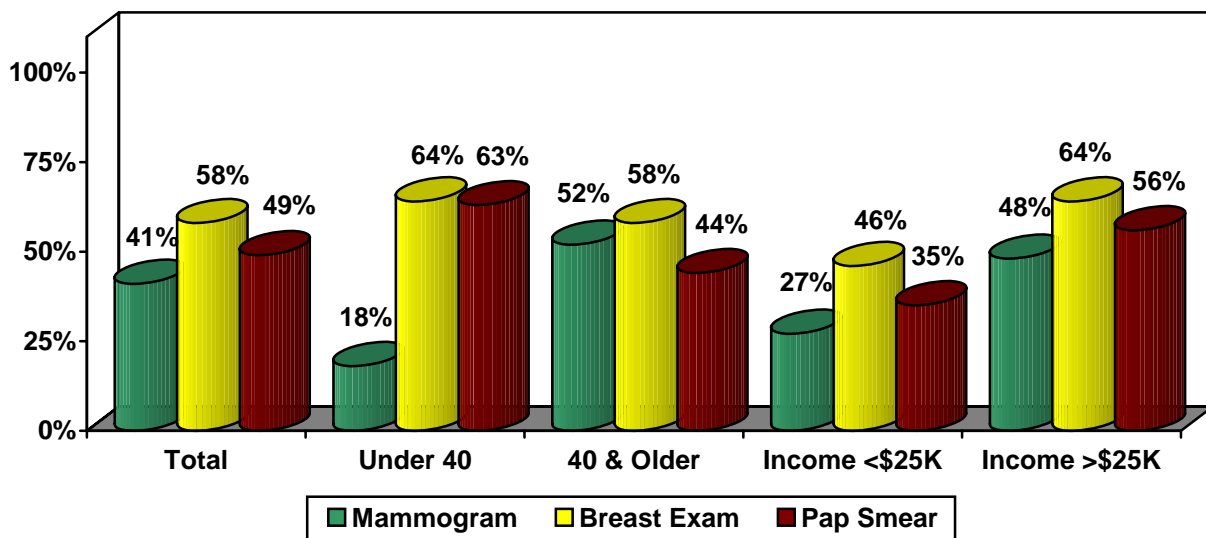
Cancer Screening Tips for Early Detection in Women

- ❖ Yearly mammograms should begin at age 40, unless there is an increased risk (e.g. family history, genetic tendency, past breast cancer).
- ❖ In the case of an increased risk, the physician should be consulted to talk about starting mammograms early, having extra testing or more frequent exams.
- ❖ Women in their 20s and 30s should have a clinical breast exam about every 3 years.
- ❖ Clinical breast exams should be part of the yearly exam for women 40 years and older.
- ❖ Starting at age 50, screening for colon and rectum cancer should begin with one of the following screening schedules depending on risk: fecal occult blood test every year, a flexible sigmoidoscopy every 5 years, a double-contrast barium enema every 5 years, a colonoscopy every 10 years.
- ❖ Cervical cancer screenings should be done every year with regular Pap tests.
- ❖ At age 30 or after, women with 3 normal pap test results in a row may be able to get screened every 2 to 3 years. However, doctors recommend being screened more often if at higher risk.
- ❖ The American Cancer Society recommends women should be informed about the risks and symptoms of endometrial cancer at the point of menopause. Any unexpected bleeding or spotting should be discussed with a doctor.

(Source: American Cancer Society: Cancer Prevention & Early Detection Facts and Figures 2007)

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 include: 41% of Allen County females have had a mammogram within the past year, 58% have had a clinical breast exam, and 49% have had a Pap smear.

Women's Health Exams Within the Past Year

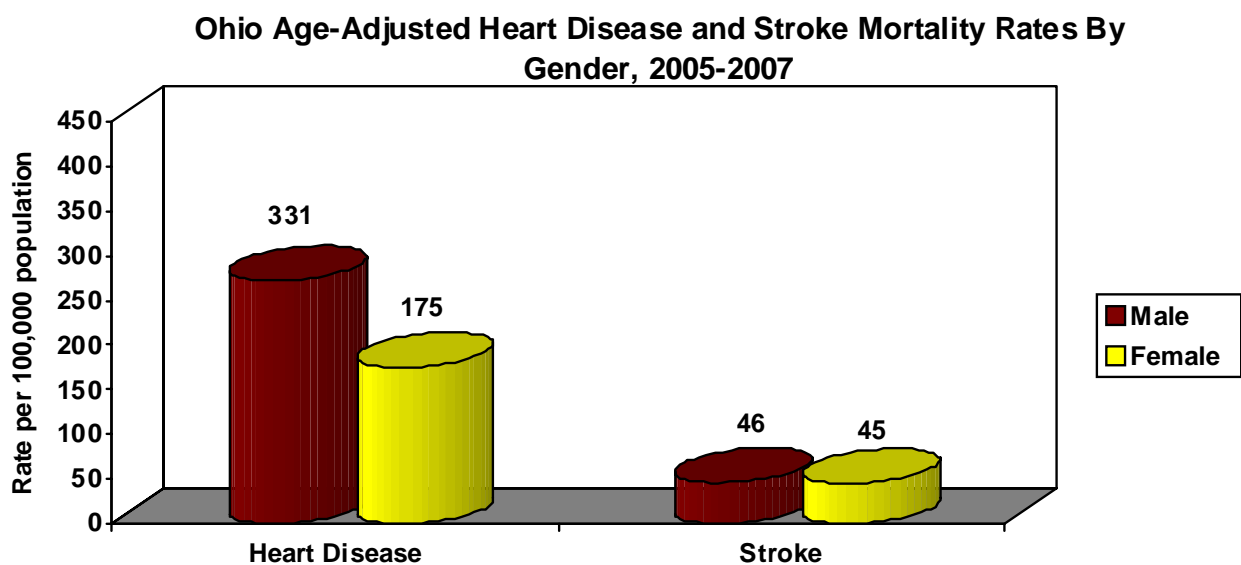
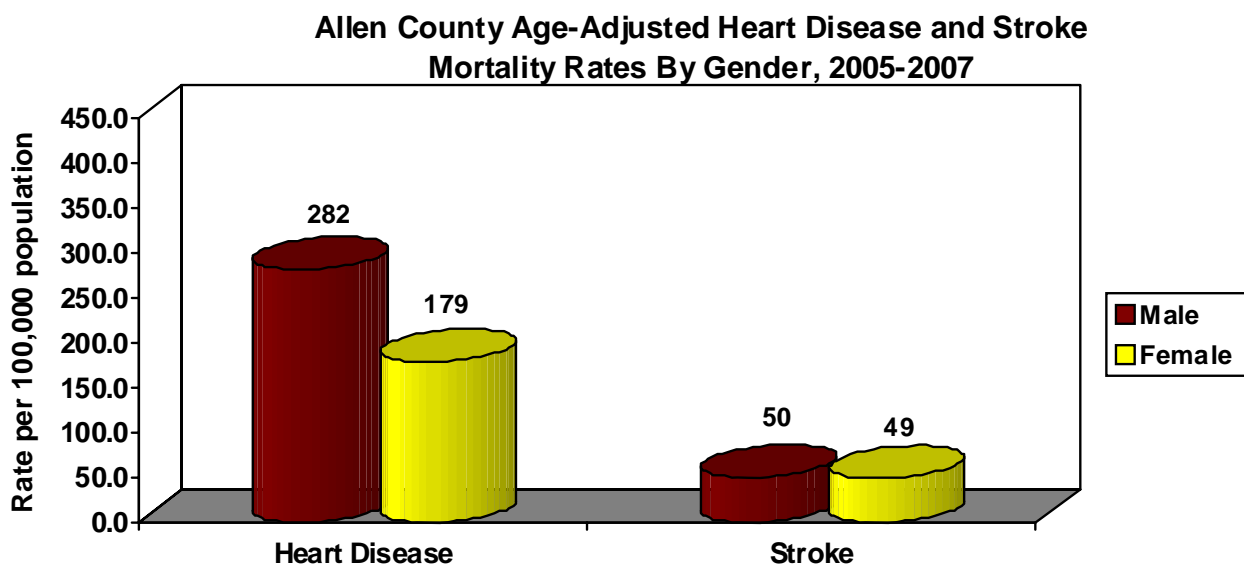


Source: 2009 Allen County Health Risk and Community Needs Assessment

Women's Health

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

- ◆ From 2005-2007, the Allen County and Ohio female heart disease age-adjusted mortality rate was less than the male rates.
- ◆ The female age-adjusted stroke rate was slightly lower than the male rate in Allen County and Ohio.



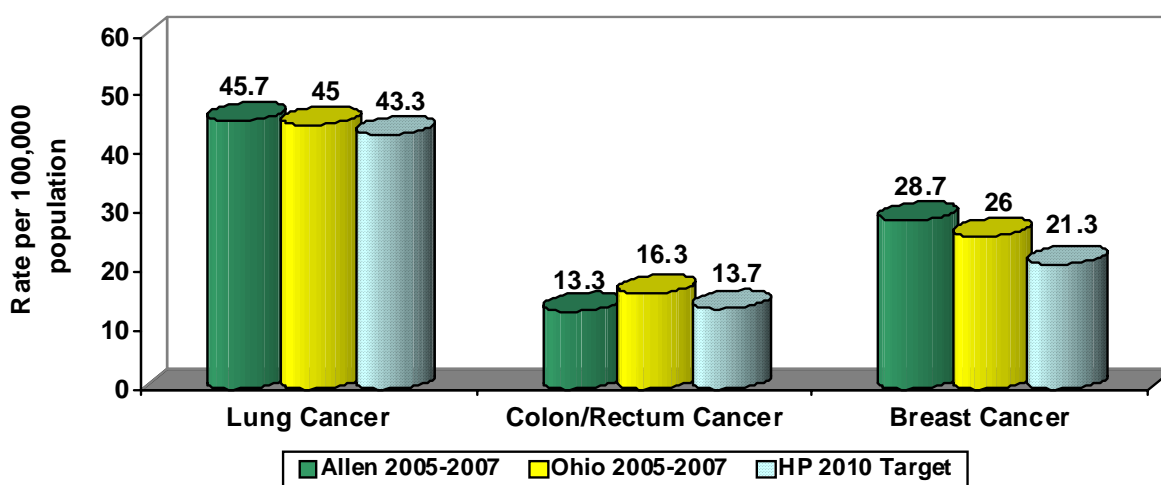
(Source for graphs: ODH Information Warehouse)

Women's Health

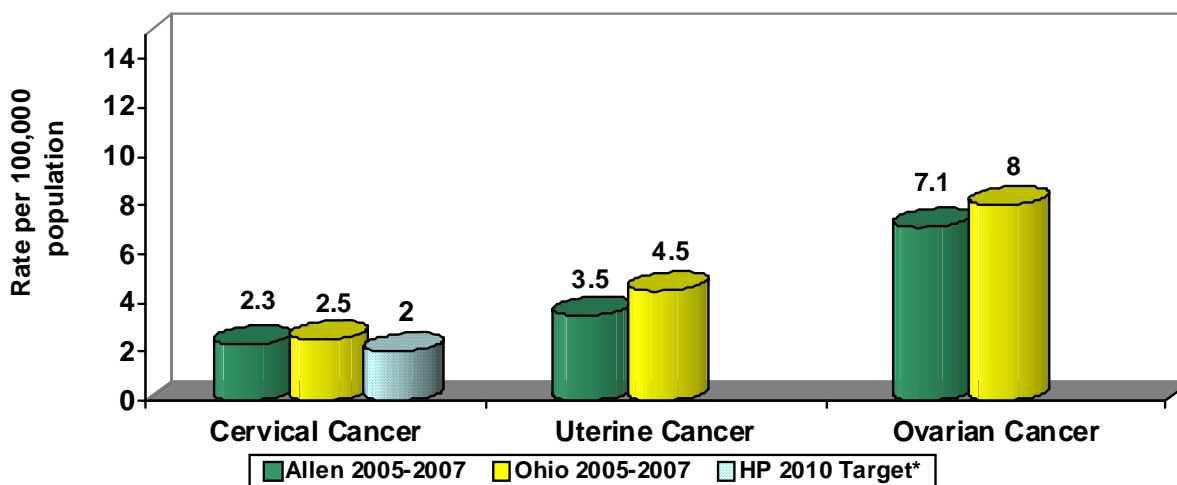
The following graphs show the Allen County age-adjusted mortality rates per 100,000 population for women's health with comparison to Healthy People 2010 objectives when available. The graphs show:

- ◆ From 2005-2007, the Allen County age-adjusted mortality rate of 45.7 for female lung cancer was less than the male rate of 73.5 deaths per 100,000 population.
- ◆ Additional information from the ODH Information Warehouse indicates that lung, trachea, and bronchus cancer took the lives of 92 women and 114 men in Allen County from 2005-2007.
- ◆ For 2005-2007, the Allen County age-adjusted breast cancer mortality rate of 28.7 deaths per 100,000 population exceeded the Healthy People 2010 target goal of 21.3.
- ◆ The Allen County age-adjusted ovarian cancer mortality rate for 2005-2007 was below the state rate.

Allen County Female Age-Adjusted Cancer Mortality Rates



Allen County Female Age-Adjusted Cancer Mortality Rates



(Source: ODH Information Warehouse and Healthy People 2010)

*Healthy People 2010 Targets may not be available for all diseases.

Please note the Healthy People 2010 target rates are not gender specific.

Men's Health

Key Findings

In 2009, over two-fifths of Allen County males (43%) had a Prostate-Specific Antigen (PSA) test during their lifetime. Over half (52%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 34% and cancers accounted for 23% of all male deaths in Allen County from 2005-2007. The assessment determined that 10% of men had a heart attack, and 3% had a stroke at some time in their life. Over two-fifths (45%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 21% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.

Men's Health Screenings

- ◆ Over two-fifths (43%) of Allen County males had a Prostate-Specific Antigen (PSA) test and 52% had a digital rectal exam in their lifetime.
- ◆ 77% of males age 50 and over had a PSA test at some time in their life, and 49% had one in the past year.
- ◆ 81% of males age 50 and over had a digital rectal exam at some time in their life, and 42% have had one in the past year.
- ◆ 4% of men had been told they had prostate cancer, increasing to 11% of those with incomes less than \$25,000.

Men's Health Concerns

- ◆ From 2005-2007, major cardiovascular diseases (heart disease and stroke) accounted for over one-third (34%) of all male deaths in Allen County (Source: ODH Information Warehouse).
- ◆ In 2009, the assessment determined that 10% of men had a heart attack and 3% had a stroke at some time in their life.
- ◆ The ODH Information Warehouse reports Allen County and Ohio heart disease and cancer age-adjusted mortality rates much higher in men than in women.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County the 2009 assessment has identified that:
 - 21% of all men were current smokers (20% U.S., 21% Ohio, 2008 BRFSS)
 - 84% were overweight or obese (70% U.S., 69% Ohio, 2008 BRFSS)
 - 34% were diagnosed with high blood cholesterol (39% U.S., 42% Ohio, 2007 BRFSS)
 - 45% were diagnosed with high blood pressure (28% U.S. and 29% Ohio, 2007 BRFSS)
 - 12% have been diagnosed with diabetes (8% U.S., 10% Ohio, 2008 BRFSS)
- ◆ From 2005-2007, the Ohio Department of Health Information Warehouse statistics showed that 23% of all male deaths in Allen County were from cancers.
- ◆ In Allen County and in Ohio lung cancer mortality rates are higher in men than in women.

Allen County - Male Leading Causes of Death, 2005 - 2007

1. Heart Diseases (29% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (5%)
5. Accidents – Unintentional Injuries (4%)

(Source: ODH Information Warehouse)

Ohio - Male Leading Causes of Death, 2005 - 2007

1. Heart Diseases (26% of all deaths)
2. Cancers (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents- Unintentional Injuries (6%)
5. Stroke (4%)

(Source: ODH Information Warehouse)

2002 Allen County Comparison Data

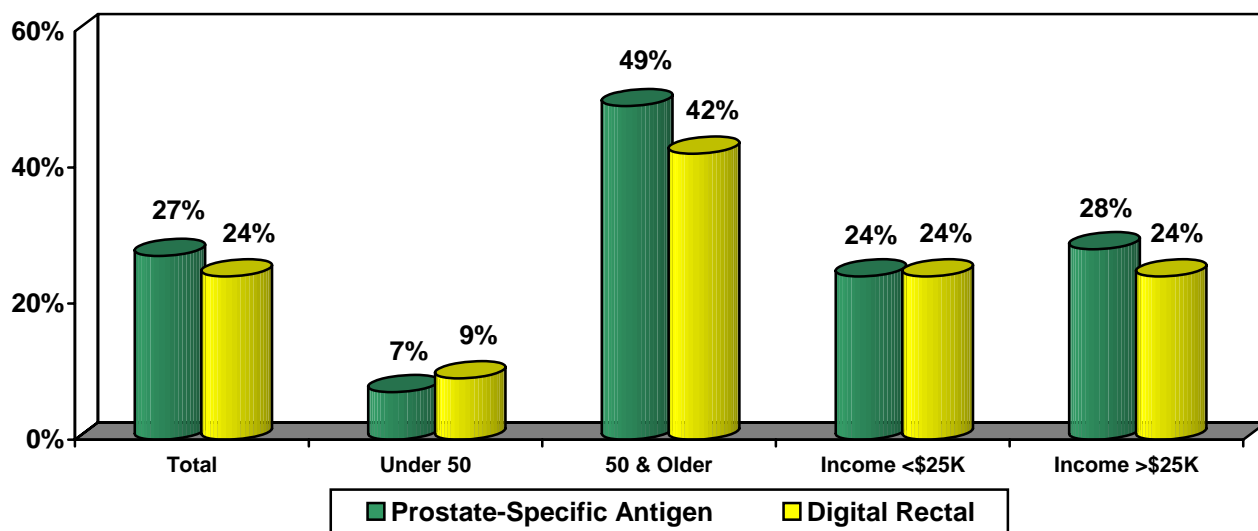
- ◆ 48.2% of Allen County men ages 40 and older were screened for prostate cancer in the past year.
- ◆ 74.7% of men were overweight or obese.

(Source: Allen County Assessment 2002)

Men's Health

The following graph shows the percentage of Allen County males surveyed that have had the listed health exams in the past year. Examples of how to interpret the information shown on the graph include: 27% of Allen County males have had a PSA test within the past year and 24% have had a digital rectal exam.

Men's Health Exams Within the Past Year



Source: 2009 Allen County Health Risk and Community Needs Assessment

Men's Health Issues

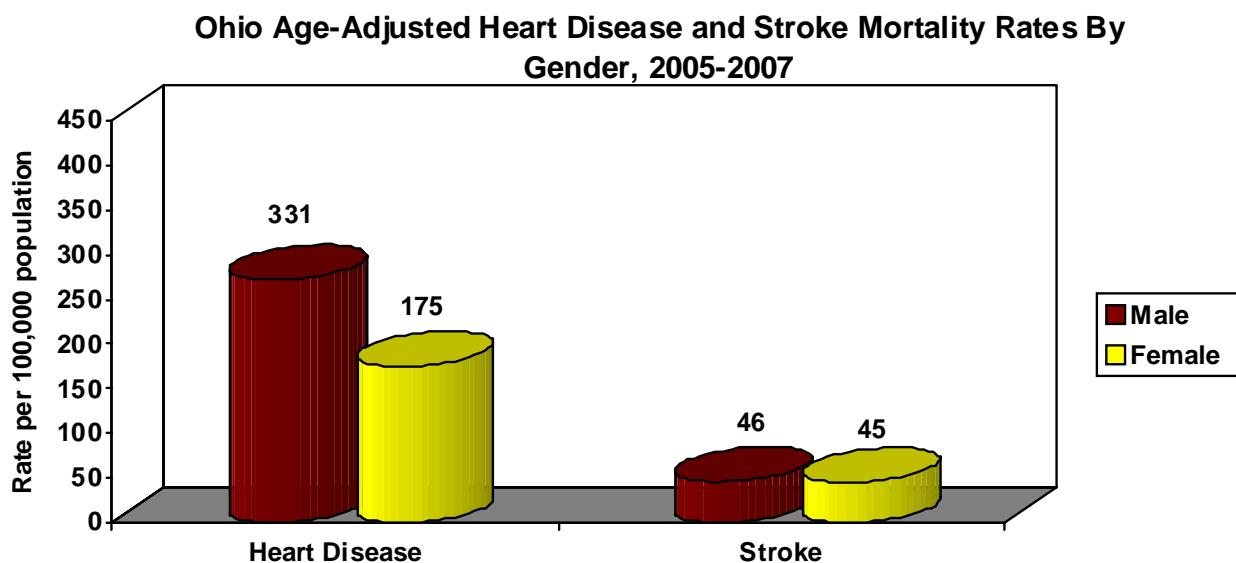
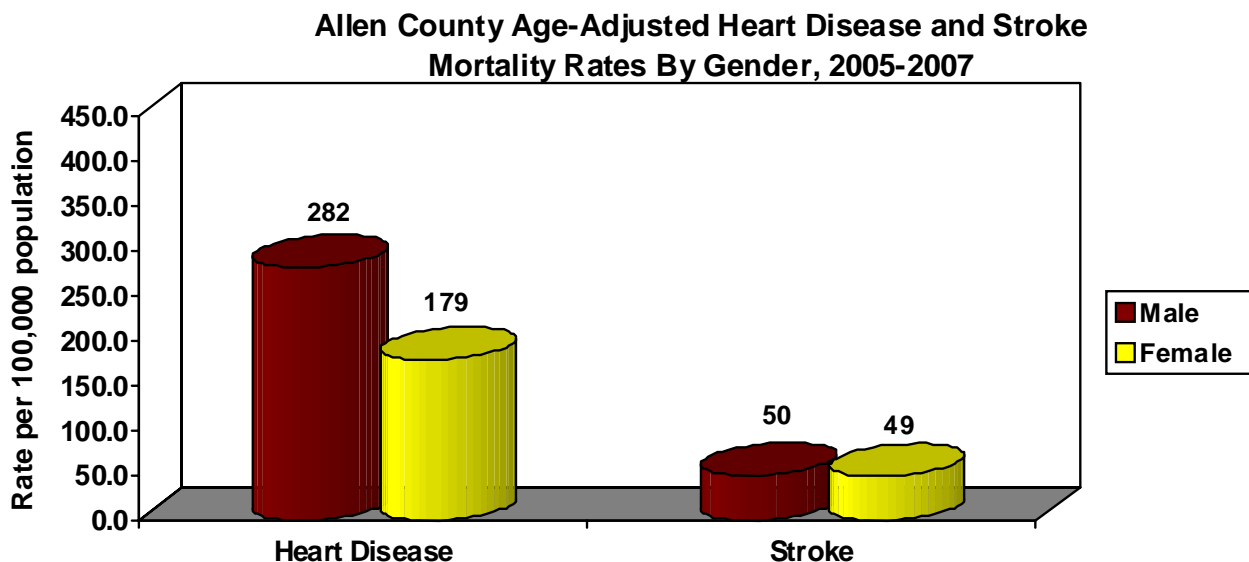
- ❖ Heart disease and cancer are the top two leading causes of death for males of all races.
- ❖ The most commonly diagnosed cancers among men are prostate, lung and colorectal.
- ❖ Cigarette smoking is more common among men than women.
- ❖ During 2000-2006, men were more likely than women to be deaf or have trouble hearing.
- ❖ In 2006, almost three quarters of HIV/AIDS diagnoses among adolescents and adults were for males.
- ❖ Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration of 0.08% or greater.
- ❖ In 2004, males accounted for 78% of fatal unintentional drownings in the U.S.
- ❖ In almost every age group, traumatic brain injury rates are higher for males than for females.
- ❖ In 2005, males were injured by fireworks more than twice as often as females.
- ❖ Males take their own lives at nearly four times the rate of females and represent 78.8% of all U.S. suicides.

(Source: CDC, Men's Health at CDC, 6/9/2008 from <http://www.cdc.gov/Features/MensHealthatCDC/>)

Men's Health

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

- ◆ From 2005-2007, the Allen County and Ohio male heart disease age-adjusted mortality rates exceed the female rates.
- ◆ In Allen County, the age-adjusted stroke rate is slightly greater in males than in females. Ohio's age-adjusted stroke rate was slightly higher for males than females.



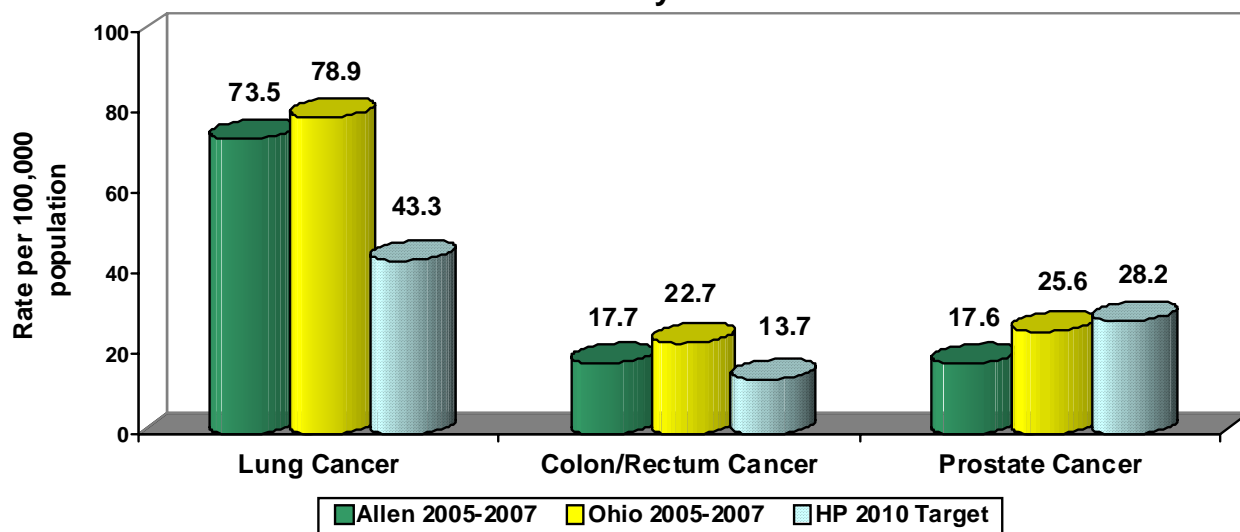
(Source for graphs: ODH Information Warehouse)

Men's Health

The following graph shows the Allen County age-adjusted mortality rates per 100,000 population for men's health with comparison to Healthy People 2010 objectives when available. The graph shows:

- ◆ From 2005-2007, the Allen County age-adjusted mortality rate of 73.5 for male lung cancer was about twice the female rate of 45.7 deaths per 100,000 population.
- ◆ Additional information from the ODH Information Warehouse indicates that lung cancer took the lives of 92 women and 114 men in Allen County from 2005-2007.
- ◆ The age-adjusted prostate cancer mortality rate in Allen County for 2005-2007 was below the Ohio rate and the Healthy People 2010 objective.

Allen County Male Age-Adjusted Cancer Mortality Rates



(Source: ODH Information Warehouse and Healthy People 2010)
Please note the Healthy People 2010 target rates are not gender specific.

Adult Preventive Medicine and Health Screenings

Key Findings

The 2009 assessment indicates that 23% of Allen County adults had received a pneumonia vaccination at sometime in their life. Over one-third (35%) of adults had a flu shot during the past 12 months.

Preventive Medicine

- ◆ About one-quarter (23%) of all Allen County adults have had a pneumonia vaccination at sometime in their life, increasing to 61% of those ages 65 plus.
- ◆ Over one-third (35%) of Allen County adults had a flu shot during the past 12 months, increasing to 70% of those ages 65 and over.

Ways to Prevent Seasonal Flu

1. Get vaccinated each year.
2. Avoid close contact with people who are sick.
3. Stay home when you are sick.
4. Cover your mouth and nose.
5. Wash your hands.
6. Avoid touching eyes, nose, or mouth.
7. Practice other good health habits, such as get plenty of sleep, exercise routinely, drink plenty of fluids, eat a nutritious diet.

(Source: Centers for Disease Control, National Center for Immunization and Respiratory Diseases (NCIRD), Fact Sheet: Good Health Habits for Preventing Seasonal Flu)

Preventive Health Screenings and Exams

- ◆ 10% of Allen County adults had a colonoscopy or sigmoidoscopy in the past year, increasing to 18% of those over the age of 50. 54% of adults over the age of 50 had a colonoscopy or sigmoidoscopy in the past 5 years. 39% of adults over the age of 50 had never had a colonoscopy or sigmoidoscopy.
- ◆ 11% of Allen County adults were screened for skin cancer in the past 2 years.
- ◆ 12% of adults were tested for osteoporosis in the past 2 years.
- ◆ In the past year, 52% of Allen County women ages 40 and over had a mammogram.
- ◆ In the past year, 49% of men ages 50 and over had a Prostate-Specific Antigen (PSA) test.
- ◆ See the Women and Men's Health Section for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Allen County adults.

Common Risk Factors for Osteoporosis

- | | |
|------------------------------------|--|
| ❖ Older age | ❖ Being female |
| ❖ Family history of osteoporosis | ❖ Low body weight/ being small and thin |
| ❖ Being Caucasian, Asian or Latino | ❖ Having a history of broken bones |
| ❖ Having gone through menopause | ❖ Having low sex hormone levels (such as estrogen or testosterone) |
| ❖ Inactive lifestyle | ❖ Smoking |

(Source: National Osteoporosis Foundation – Risk Factors for Osteoporosis)

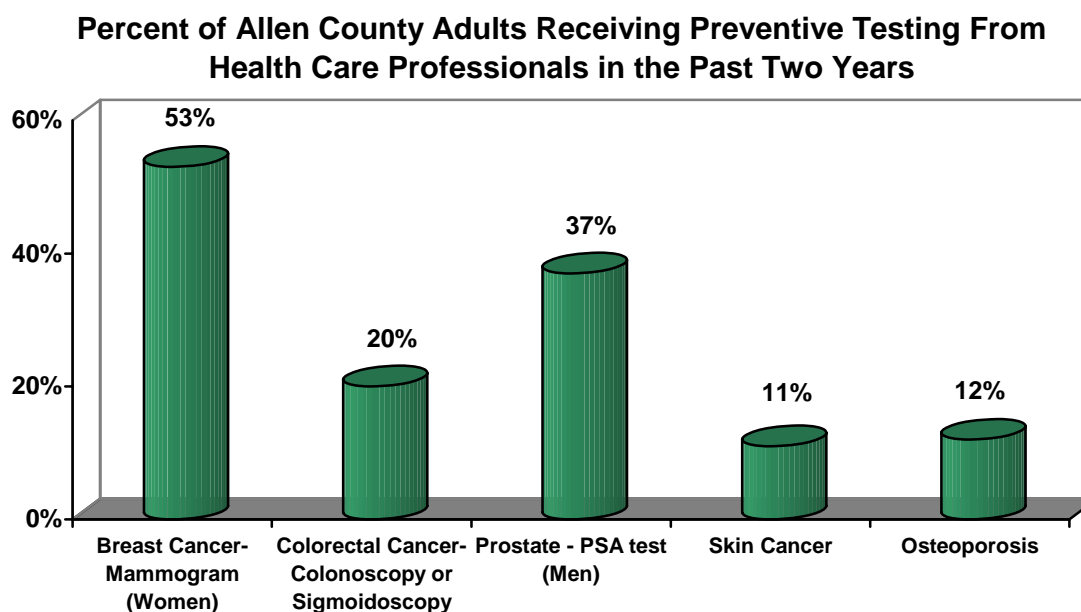
2002 Allen County Comparison Data

- ❖ 33.0% of Allen County adults reported receiving a flu shot in the past year (29.0% in 1999).
- ❖ 29.2% of adults reported having been tested for colon cancer within the past 2 years.
- ❖ Of adults over the age of 50, 37.6% had been tested for colon cancer in the past year, 63.2% had been tested in the past 5 years, and 28.0% had never been tested for colon cancer.

(Source: Allen County Assessment 2002)

Adult Preventive Medicine and Health Screenings

The following graph indicates the percentage of Allen County adults who received preventive screenings by a health care professional for several health risk factors and disease categories. They show the number of adults in each segment giving each answer (i.e., the first graph shows that 53% of all women had received a screening for breast cancer in the past two years, 37% of males had received a prostate cancer screening, 20% of adults had received a screening for colon cancer, 11% of adults had received a skin cancer screening and 12% had received an osteoporosis screening).



Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	41%
Diagnosed with High Blood Cholesterol	34%
Diagnosed with Diabetes	12%
Diagnosed with a Heart Attack	7%
Diagnosed with a Stroke	2%

Percents based on all Allen County adults surveyed.

Source: 2009 Allen County Health Risk and Community Needs Assessment

Adult Preventive Health Behaviors

Key Findings

In 2009, just over two-thirds (68%) of Allen County adults stated they always wear a seatbelt when riding in or driving a car. Over two-thirds (68%) of Allen County adults had deliberately tested their smoke detectors in the past year.

Preventive Health Behaviors

- ◆ Just over two-thirds (68%) of Allen County adults reported always wearing a seatbelt in the car with an additional 19% who reported they used seatbelts most of the time.
- ◆ Smoke detectors had been deliberately tested in homes by 68% of Allen County adults in the past year. Approximately 5% reported having no smoke detectors in their Allen County home.
- ◆ Allen County adults reported their doctor or other health professional had talked to them in the past year about the following topics:
 - Physical activity or exercise (34%)
 - Dieting or eating habits (31%)
 - Quitting Smoking (14%), increasing to 47% of current smokers.
 - Immunization Status (12%)
 - Mental Health Issues (11%)
 - Injury Prevention (9%)
 - Alcohol Use (7%)
 - Drug Abuse (6%)
 - Sexual practices (6%)
 - Domestic violence (2%)

Environmental Health

- ◆ Allen County adults thought the following threatened their health in the past year:
 - Insects (10%)
 - Mold (10%)
 - Temperature regulation (6%)
 - Chemicals found in household products (4%)
 - Unsafe water supply (3%)
 - Plumbing problems (3%)
 - Safety hazards (2%)
 - Rodents or mice (1%)
 - Asbestos (1%)
 - Sewage water problems (0%)
 - Lead paint (0%)

Community Action Steps to Promote and Facilitate Healthy Lifestyles

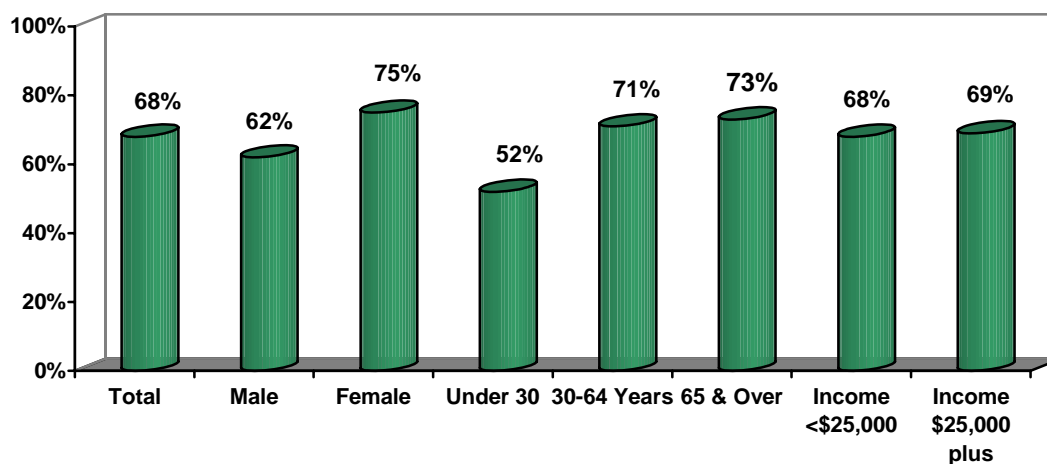
- ◆ Create safe walking and cycling trails.
- ◆ Provide low-fat/high-fruit-and-vegetable menu selections in restaurants, schools, and employee cafeterias.
- ◆ Institute smoke-free policies in workplaces and public areas.
- ◆ Fluoridate community water supplies.
- ◆ Establish health promotion programs such as smoking cessation and exercise programs where people work and gather.

Source: CDC, Chronic Disease Prevention, Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease, November 2000.

Adult Preventive Health Behaviors

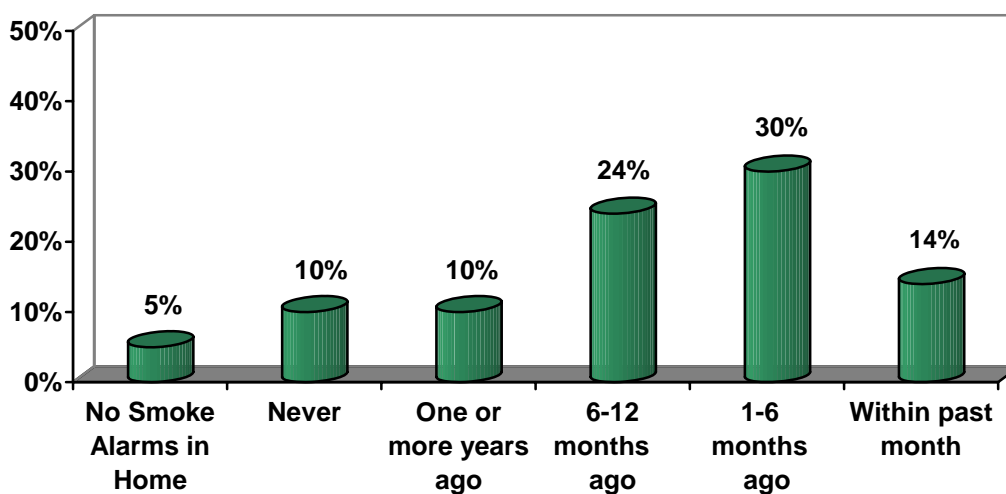
The following graphs show Allen County adult seatbelt use and those testing household smoke alarms. The graph shows the number of adults in each segment giving each answer (i.e., the graph shows that 68% of all Allen County adults always used a seatbelt when driving or riding in a car).

Allen County Adults Always Wearing Their Seatbelt



Respondents were asked: "How often do you use seatbelts when you drive or ride in a car?"
Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Adults Testing All Household Smoke Alarms



Respondents were asked: "When was the last time you or someone else deliberately tested all of the smoke alarms in your home?"
Source: 2009 Allen County Health Risk and Community Needs Assessment

Adult Sexual Behavior and Pregnancy Outcomes

Key Findings

In 2009, almost two-thirds (65%) of Allen County adults had sexual intercourse. Five percent of adults had more than one partner in the past year. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. (Source: Planned Parenthood Federation of America, Inc.)

Adult Sexual Behavior

- ◆ Almost two-thirds (65%) of Allen County adults had sexual intercourse in the past year.
- ◆ 5% of adults reported they had intercourse with more than one partner in the past year, increasing to 10% of those with incomes less than \$25,000.
- ◆ Allen County adults used the following methods for birth control: tubes tied (24%), vasectomy (20%), hysterectomy (15%), condoms (10%), birth control pill (10%), withdrawal (6%), shots (3%), rhythm method (2%), IUD (2%), and emergency contraception (1%). 2% of adults were not using a birth control method because they had a same sex partner.
- ◆ Allen County adults did not use birth control for the following reasons:
 - They or their partner had a hysterectomy, vasectomy, or their tubes tied (45%)
 - They thought they were too old (21%)
 - They did not think they could get pregnant (10%)
 - They or their partner did not want to use birth control (9%)
 - They wanted to get pregnant (8%)
- ◆ Allen County adults last used a condom to: prevent pregnancy (52%), both to prevent pregnancy and STDs (25%), don't know (16%), prevent STDs (2%), or some other reason (5%).
- ◆ 5% of Allen County adults were told by a health professional they had an STD, increasing to 30% of adults who had two or more sexual partners in the past year.
- ◆ 5% of Allen County adults have been tested for HIV in the past year, not including any tests they may have had as part of blood donations.
- ◆ 8% of Allen County adults had one or more of the following situations that puts them at risk for a developing or spreading a sexually transmitted disease (STD): using intravenous drugs, been treated for an STD in the past year, tested positive for HIV, or had anal sex without a condom in the past year.
- ◆ 9% of adults were forced to have sexual intercourse when they did not want to, increasing to 17% of females, 14% of those with incomes less than \$25,000, and 13% of those ages 30-64.

Allen County STD Data

- ◆ Allen County rates for Chlamydia and Gonorrhea between 2001 and 2005 were generally higher than the rates for Ohio.
- ◆ More females than males have been diagnosed with Chlamydia and Gonorrhea in Allen County. Between 2002 and 2005, 1,171 females and 290 males were diagnosed with Chlamydia and 487 females and 414 males were diagnosed with Gonorrhea.
- ◆ When looking at Chlamydia and Gonorrhea cases in 2002-2005, the highest number of cases was seen in 15-19 year old females and 20-24 year old males.
- ◆ The rate of females living with HIV/AIDS is higher for Allen County than Ohio. In both Allen County and Ohio, blacks are disproportionately affected by HIV/AIDS.

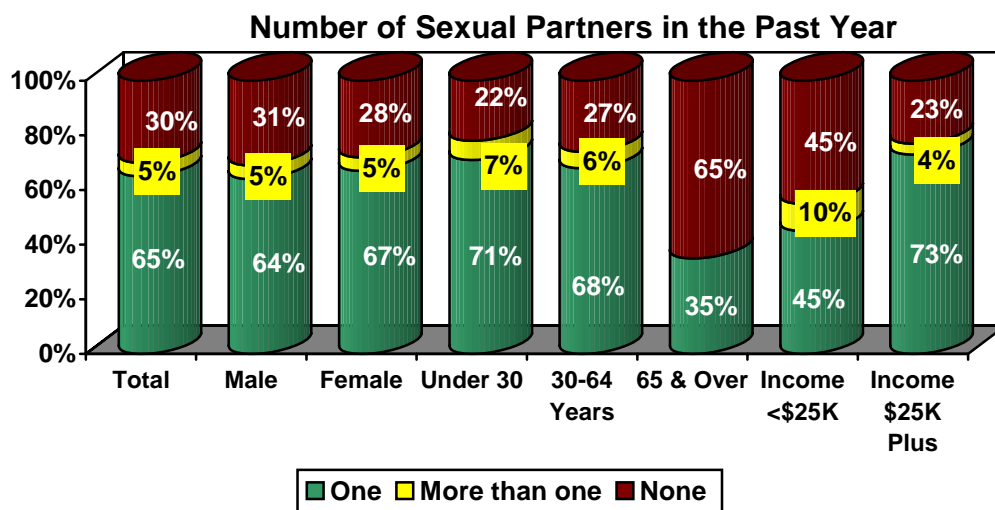
Source: ODH Information Warehouse, updated 3/1/07 and ODH HIV/AIDS Surveillance Program

2002 Allen County Comparison Data

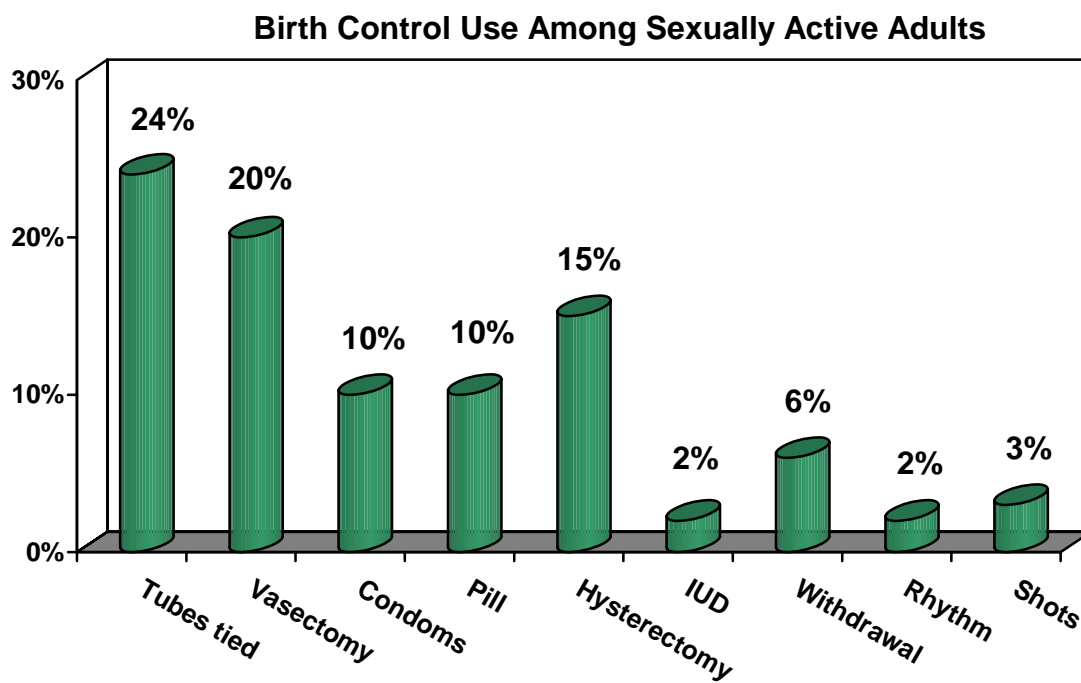
- ◆ 8.2% of Allen County residents reported having had more than one sex partner.
- ◆ 10.2% of Allen County residents reported they always used a condom with their sexual partner.
- ◆ 5.5% of Allen County residents reported they were told by a health care professional that they had a sexually transmitted disease (STD).
- ◆ 7.0% of Allen County residents had been tested for HIV in the past year. (Source: Allen County Assessment 2002)

Adult Sexual Behavior and Pregnancy Outcomes

The following graphs show the sexual activity of the Allen County adults and the percentage that used various forms of birth control. Examples of how to interpret the information in graph one include: 65% of all Allen County adults had one sexual partner in the last 12 months and 5% had more than one, and 64% 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?"
Source: 2009 Allen County Health Risk and Community Needs Assessment



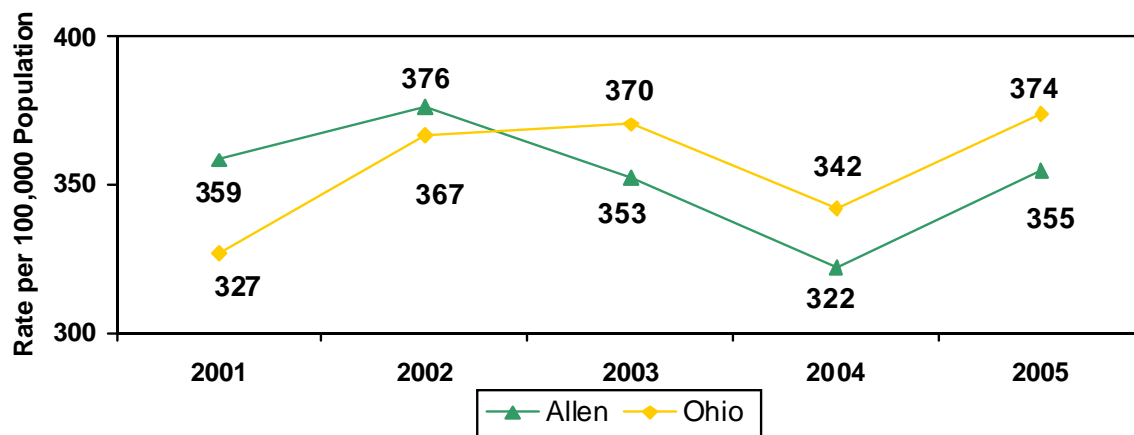
Source: 2009 Allen County Health Risk and Community Needs Assessment

Adult Sexual Behavior and Pregnancy Outcomes

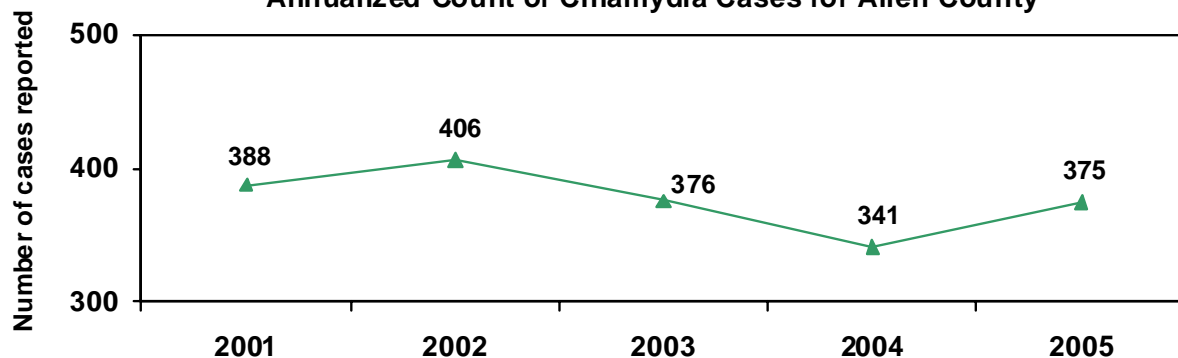
The following graphs show Allen County Chlamydia and gonorrhea disease rates per 100,000 population updated March 1, 2007 by the Ohio Department of Health. The graphs show that:

- ♦ Allen County Chlamydia rates decreased in 2004 only to increase in 2005. These rates remained well above state rates.
- ♦ In 2005, the U.S. rate for Chlamydia cases was 332.5 per 100,000 population.

Chlamydia Annualized Disease Rates for Allen County and Ohio



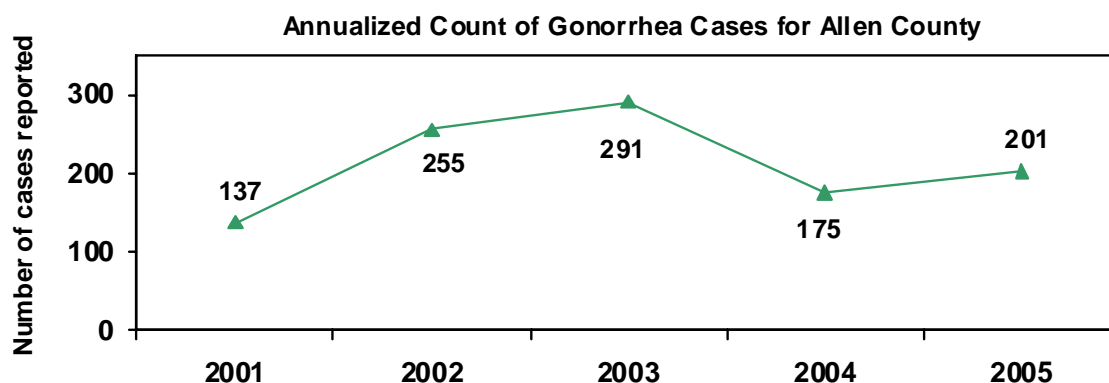
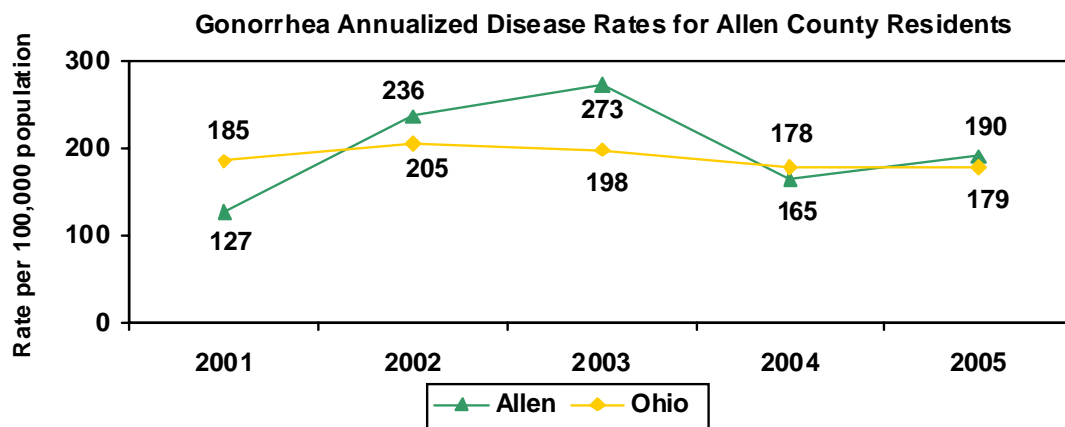
Annualized Count of Chlamydia Cases for Allen County



(Source: ODH Information Warehouse Updated 3-1-07)

Adult Sexual Behavior and Pregnancy Outcomes

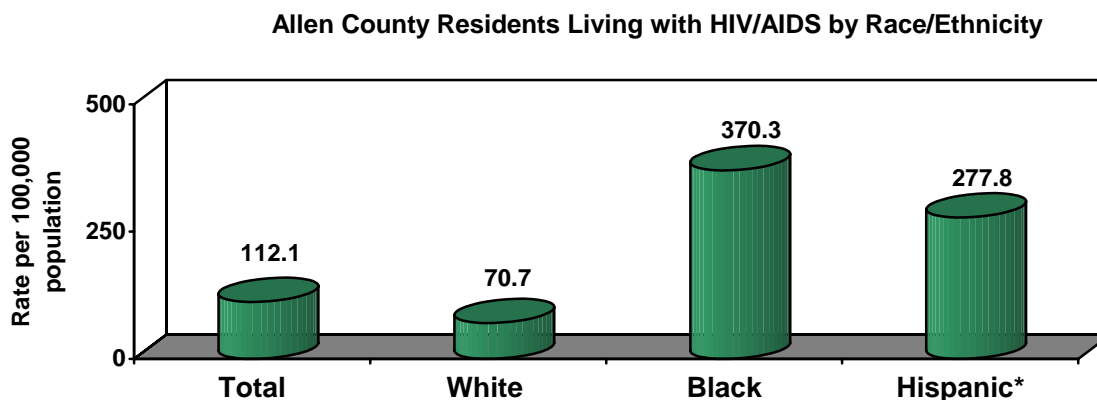
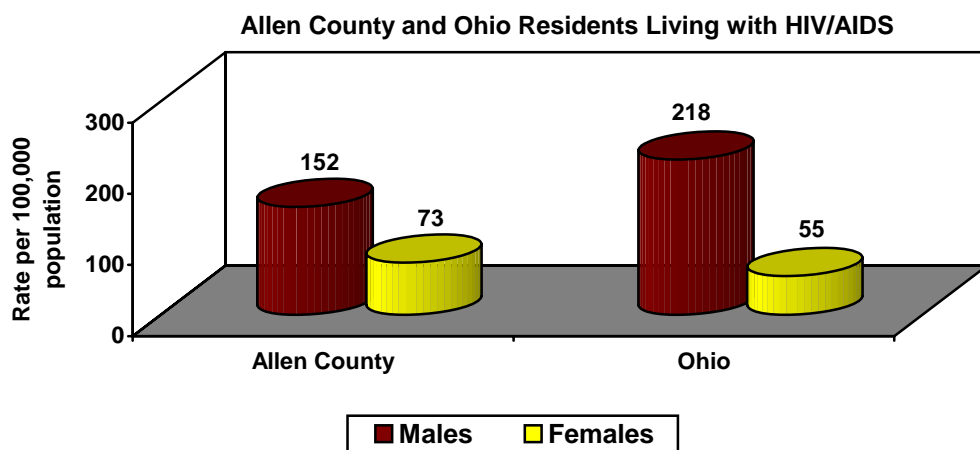
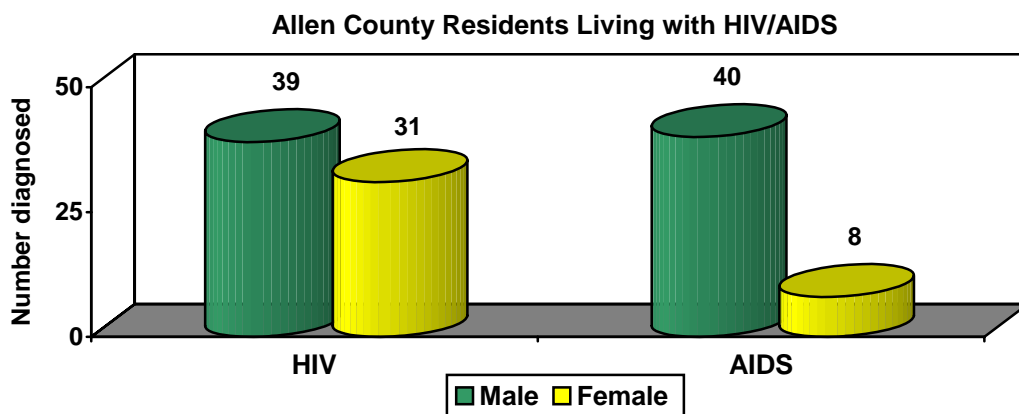
- ◆ The Allen County gonorrhea rate fluctuated from 2001 to 2005.
- ◆ The Ohio gonorrhea rate decreased from 2002 to 2004 and then increased slightly in 2005.
- ◆ In 2005, the U.S. rate for gonorrhea cases for the total population was 115.6 per 100,000 population.
- ◆ The Healthy People 2010 objective for gonorrhea is 19.0 per 100,000 population.



(Source for graphs: ODH Information Warehouse)

Adult Sexual Behavior and Pregnancy Outcomes

- ◆ In 2007, the Allen County HIV/AIDS rate for males of 151.7 cases per 100,000 was two times the rate of the females of 73.4 cases per 100,000 population.
- ◆ The Ohio rate of 218.4 per 100,000 for males living with HIV/AIDS was 4 times as great as the female rate of 54.5 cases per 100,000 population in 2007. (Source: ODH HIV/AIDS Surveillance Program)



*The Hispanic rate was calculated with 5 cases and should be used with caution.
(Source for graphs: ODH HIV/AIDS Surveillance Program)

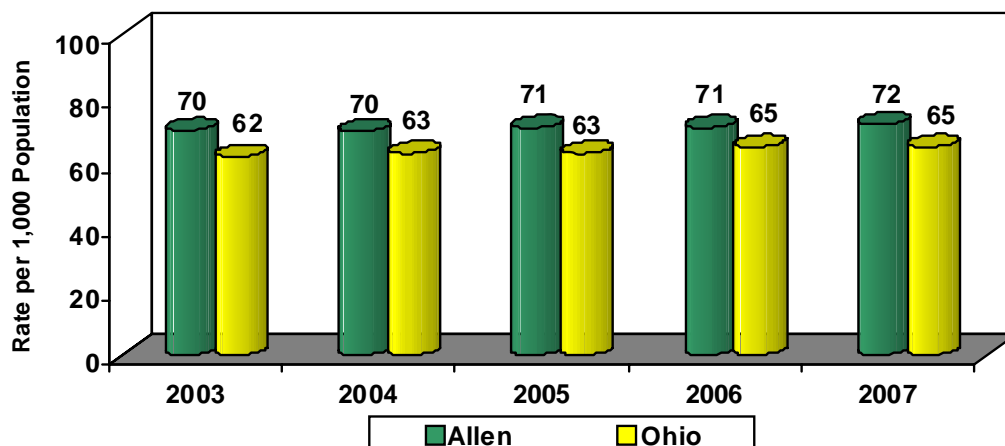
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

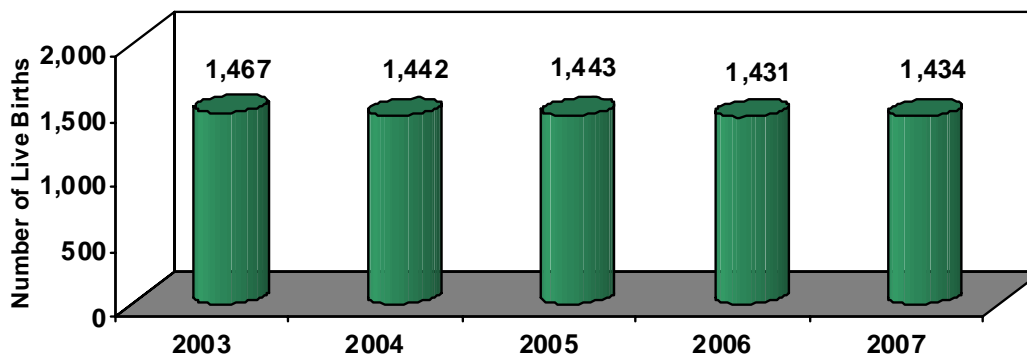
**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ In 2006, the U.S. birth rate was 68.5 per 1,000 women (*Source: National Center for Health Statistics 2006*).
- ◆ From 2003-2007, there was an average of 1,443 live births per year in Allen County.

Allen County and Ohio Birth Rates



Allen County Total Live Births



(Source: ODH Information Warehouse)

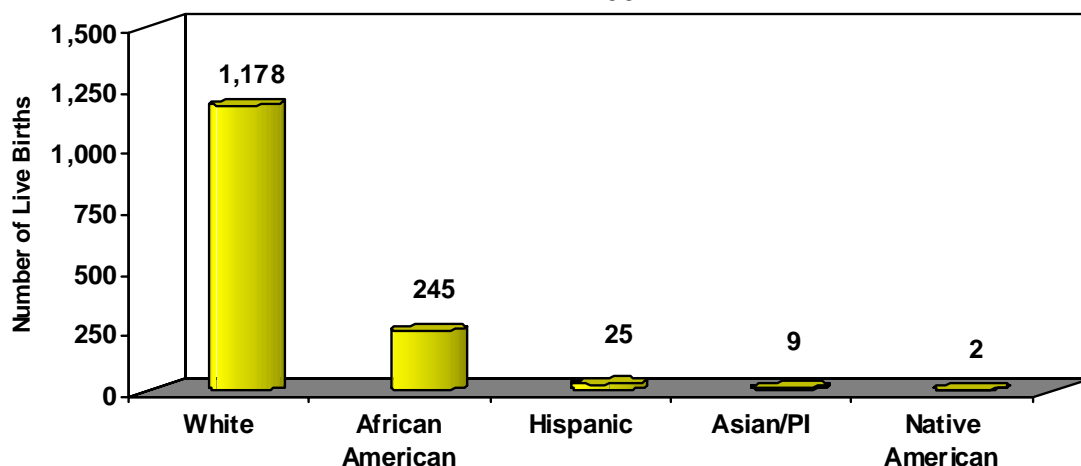
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

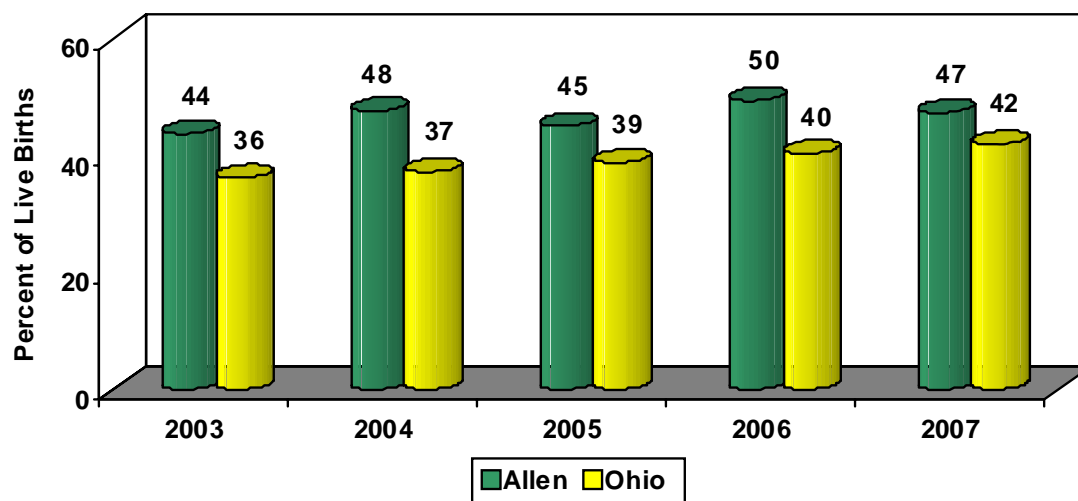
**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ♦ In 2006, 38.5% of U.S. births were to unwed mothers (Source: National Center for Health Statistics 2006).

**Allen County Total Live Births By Race/Ethnicity
2007**



Allen County Unwed Births



(Source for Graphs: ODH Information Warehouse)

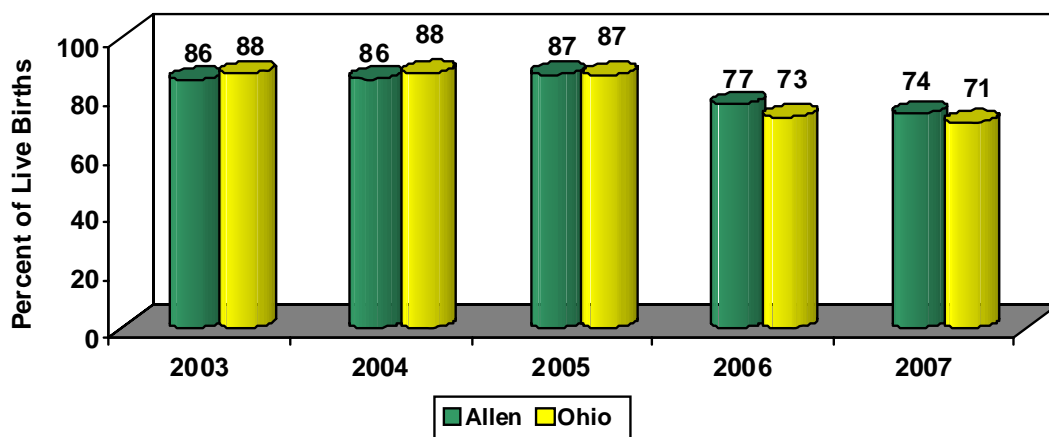
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

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

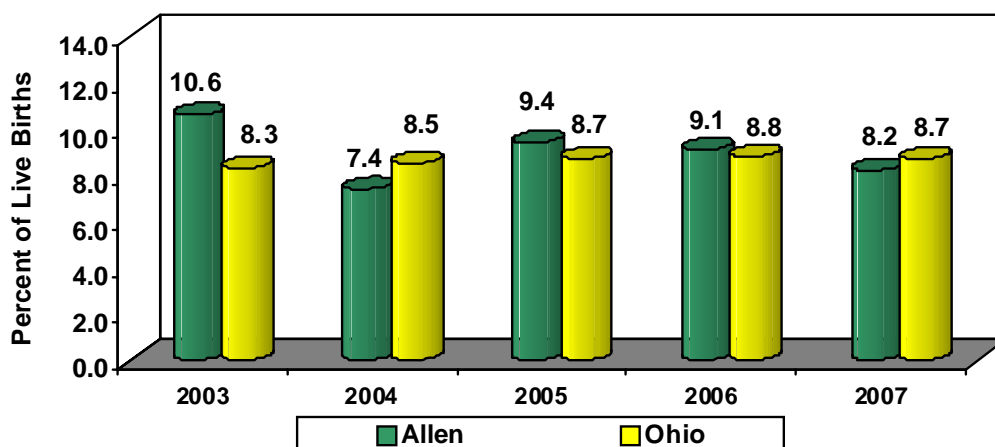
- ◆ In 2006, 83% of U.S. mothers received prenatal care during the first three months of pregnancy (Source: National Center for Health Statistics 2006).
- ◆ In 2006, 8.3% of all U.S. live births were low birth weight births (Source: National Center for Health Statistics 2006).

Allen County Births with First Trimester Prenatal Care



Source for Graphs: ODH Information Warehouse

Allen County Low Birth Weight Births



Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.

Source for Graph: ODH Information Warehouse

Youth Sexual Behavior and Teen Pregnancy Outcomes

Key Findings

Shawnee Middle School did not participate in the sexual health section of the health survey. In 2009, almost half (46%) of Allen County youth have had sexual intercourse, increasing to 63% of those ages 17 and over. Of those who were sexually active, 59% had more than one sexual partner. 11% of Allen County youth were sexually active by the age of 13.

Youth Sexual Behavior

- ◆ Almost half (46%) of Allen County youth have had sexual intercourse, increasing to 63% of those ages 17 and over. Over half (57%) of Allen County high school youth had sexual intercourse (2007 YRBS shows that 45% of Ohio youth and 48% of U.S. youth have had sexual intercourse).
- ◆ Of those Allen County youth who were sexually active in their lifetime, 41% have had one sexual partner and 59% have had multiple partners. 17% of all Allen County high school youth had 4 or more partners (2007 YRBS reports 14% for Ohio and 15% for the U.S.).
- ◆ Of those Allen County youth who were sexually active, 23% had done so by the age of 13. Another 34% had done so by 15 years of age.
- ◆ 11% of all Allen County youth were sexually active by the age of 13. Of all high school youth, 11% were sexually active by the age of 13 (2007 YRBS reports 6% for Ohio and 7% for the U.S.).
- ◆ Just over two-thirds (70%) of Allen County youth who were sexually active used condoms to prevent pregnancy, 35% used birth control pills, 7% used Depo-Provera and 14% used the withdrawal method. However, 14% were engaging in intercourse without a reliable method of protection. (Totals are greater than 100% because more than one answer could be chosen).
- ◆ Allen County youth were taught about the following: AIDS or HIV infection (92%), safe dating/healthy relationships (91%), sexually transmitted diseases (90%), reproductive health (70%), and contraception (49%).
- ◆ When asked where they were taught about these issues, youth answered the following: school (95%), at home (55%), friends (32%), my doctor (29%), internet (20%), or somewhere else (10%).

Facts on American Teens' Sexual and Reproductive Health

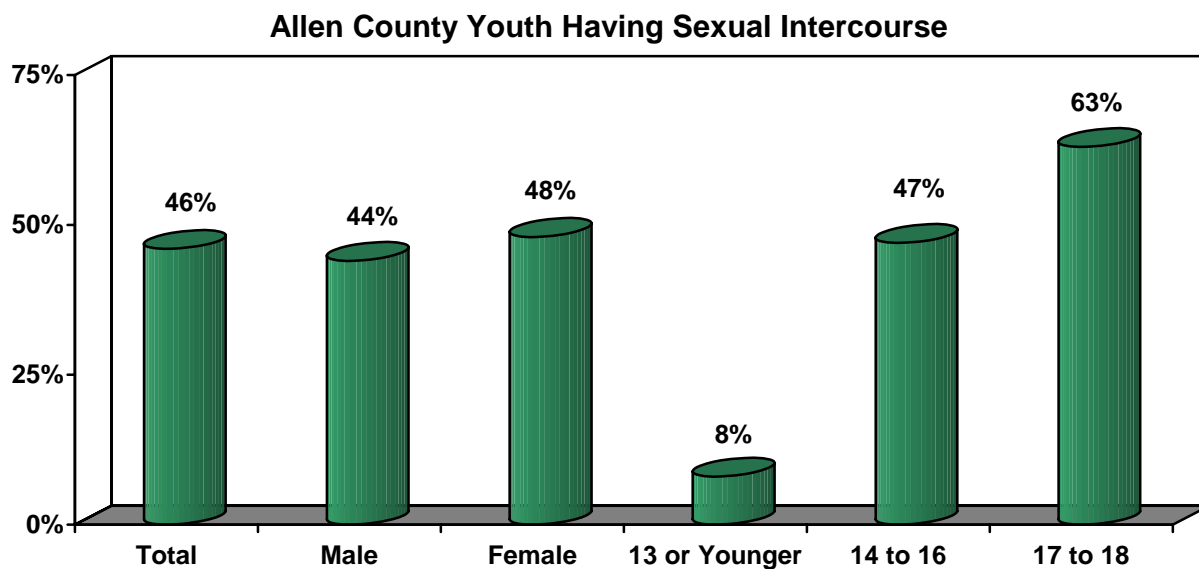
- ❖ Almost half (46%) of all 15-19 year olds in the U.S. have had sex at least once.
- ❖ By age 15, 13% of teens have had sex, increasing to 70% by age 19.
- ❖ About 25% of sexually active teens acquire an STD.
- ❖ A sexually active teen who does not use contraceptives has a 90% chance of becoming pregnant within a year.
- ❖ Eleven percent of all U.S. births are to teens.
- ❖ The majority of decline in teen pregnancy rates is due to more consistent contraceptive use; the rest is due to higher proportions of teens choosing to delay sexual activity.

(Source: The Alan Guttmacher Institute, Facts on American Teens' Sexual and Reproductive Health)

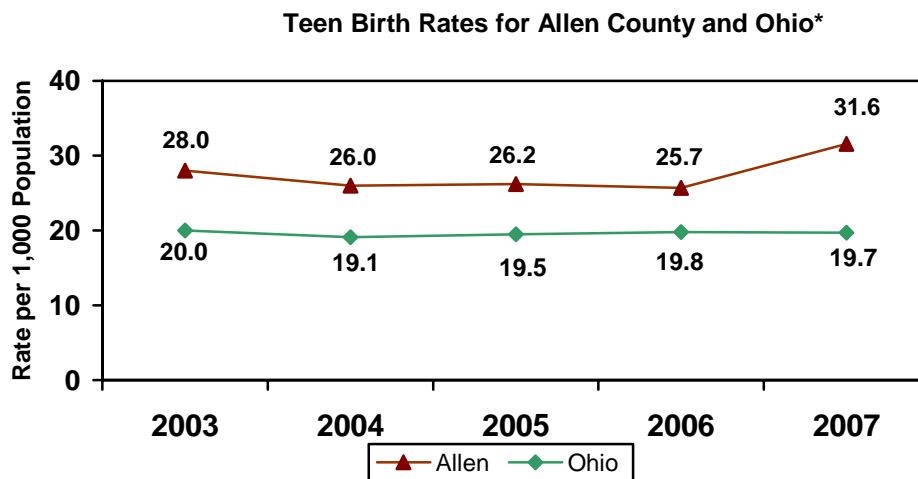
Youth Comparisons	Allen County 2009 (6 th – 12 th)	Allen County 2009 (6 th – 8 th)	Allen County 2009 (9 th – 12 th)	Ohio 2007 (9 th – 12 th)	U.S. 2007 (9 th – 12 th)
Ever had sexual intercourse	46%	19%	57%	45%	48%
Used a condom at last intercourse	70%	68%	70%	60%	62%
Used birth control pills at last intercourse	35%	16%	38%	17%	16%
Had four or more sexual partners	14%	5%	17%	14%	15%
Sexually active by age 13	11%	10%	11%	6%	7%

Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graphs show the percentage of Allen County youth who participated in sexual intercourse and teen birth rates. Examples of how to interpret the information include: 46% of all Allen County youth had sexual intercourse, 44% of males, and 48% of females had sex.



Source: 2009 Allen County Health Risk and Community Needs Assessment



*Teen birth rates include women ages 15-17
 (Source: Ohio Department of Health Information Warehouse Updated 1-14-09)

Oral Health

Key Findings

The 2009 assessment project has determined that three-fifths (60%) of Allen County adults had visited a dentist or dental clinic in the past year. The 2008 BRFSS reported rates of 71% of U.S. adults and 72% of Ohioans had visited the dentist or dental clinic in the previous twelve months. Over two-thirds (68%) of Allen County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

Access to Dental Care

- ◆ In the past year, 60% of Allen County adults had visited a dentist or dental clinic. Those least likely to have visited a dentist in the last year were adults with annual household incomes less than \$25,000 (33%) and those under the age of 30 (46%).
- ◆ When asked how long it had been since their last visit to a dentist or dental clinic, 11% of Allen County adults reported that it had been more than one year but less than two years, 8% reported that it had been more than two years but less than five years, and 13% responded it had been five or more years ago.
- ◆ Two-thirds (66%) of Allen County adults with health care insurance have been to the dentist in the past year compared to 19% of those without health insurance.
- ◆ When asked the main reason for not visiting a dentist in the last year, one-third (37%) said because of cost, 20% said they had no reason to go, 12% said they do not have/know a dentist, and 9% said fear, apprehension, nervousness, pain, and dislike going.
- ◆ In the past year, 68% of Allen County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work. 13% responded more than one year but less than 2 years, and 5% responded more than 2 years ago.

Allen County Dental Care Resources

- ❖ Number of licensed dentists- 47
- ❖ Number of primary care dentists- 36
- ❖ Ratio of population per dentist- 2,251:1
- ❖ Number of dentists who treat Medicaid patients- 21
- ❖ Ratio of Medicaid population per dentist who treats Medicaid patients- 975: 1

(Source: ODH Ohio Oral Health Surveillance System, 2008, Ohio Dental Board, 2008)

Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or more years	Never
Time Since Last Visit to Dentist/Dental Clinic					
Males	61%	13%	6%	12%	2%
Females	60%	10%	10%	15%	<1%
Total	60%	11%	8%	13%	1%

Percentages may not equal 100% due to those who responded don't know.

Source: 2009 Allen County Health Risk and Community Needs Assessment

2002 Allen County Comparison Data

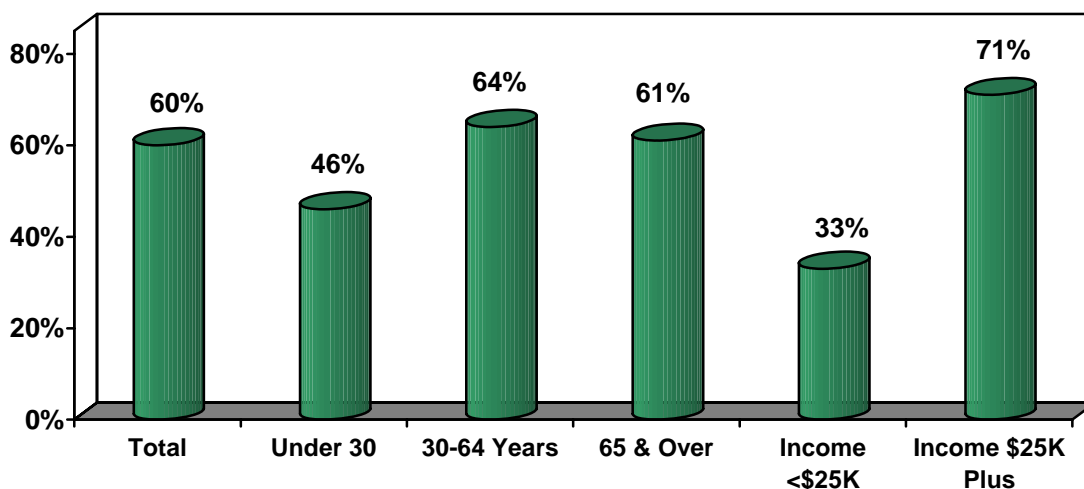
- ❖ 51.2% of Allen County adults visited a dentist for a regular checkup within the past year.
- ❖ 64% of Allen County youth visited the dentist for a regular checkup within the past year.

(Source: Allen County Assessment 2002)

Oral Health

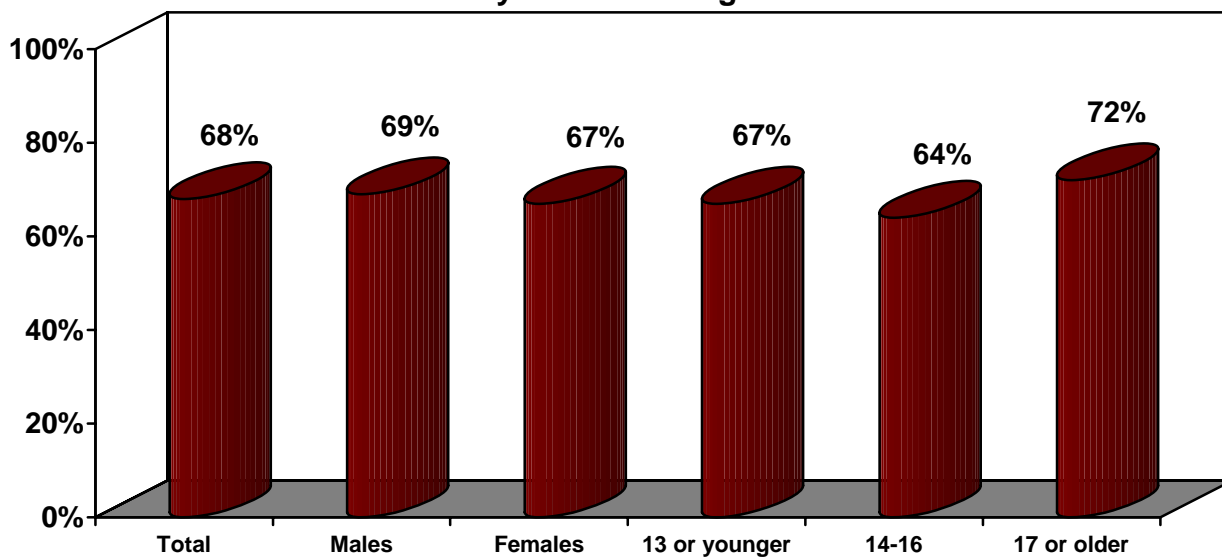
The following graphs provide information about the frequency of Allen County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 60% of all Allen County adults had been to the dentist in the past year, 46% of those under the age of 30 and 33% of those with incomes less than \$25,000.

Allen County Adults Visiting a Dentist in the Past Year



Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Youth Visiting a Dentist in the Past Year



Source: 2009 Allen County Health Risk and Community Needs Assessment

Behavioral Health Issues

Mental Health & Suicide
Adult Alcohol Consumption
Youth Alcohol Consumption
Marijuana & Other Drug Use

Mental Health and Suicide

Key Findings

In 2009, 5% of Allen County adults seriously considered attempting suicide. The assessment results indicated that 13% of Allen County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.

Adult Mental Health

- ◆ Over one-quarter (26%) of Allen County adults reported they felt sad, blue, or depressed for 2 weeks or more in the past month.
- ◆ 5% of Allen County adults seriously considered attempting suicide in the past year, increasing to 12% of those with incomes less than \$25,000.
- ◆ 1% of adults reported attempting suicide.
- ◆ 20% of adults were told by a health care professional they had depression or anxiety.
- ◆ 1% of adults were told by a health care professional they had a serious mental illness.
- ◆ On a typical day, Allen County adults rated their stress level as follows: very high or high (14%), moderate (45%), and low or very low (41%).
- ◆ Just over one-third (34%) of adults reported they had hit their head hard enough that they were dizzy, had a concussion, were knocked out, had their “bell rung”, etc. at some time in their life.
- ◆ 17% of adults knew that a head injury at some time in their life could create anger and anxiety.
- ◆ When Allen County adults feel stressed, they deal with it in the following ways:
 - Talk to someone they trust (40%)
 - Eat more or less than usual (34%)
 - Listen to music (33%)
 - Exercise (30%)
 - Sleep (29%)
 - Work on a hobby (22%)
 - Smoke tobacco (16%)
 - Take it out on others (14%)
 - Drink alcohol (12%)
 - Other (12%)
 - Meditate (7%)
 - Use illegal drugs (4%)
 - Use home remedies (3%)
 - Use prescription drugs (2%)
- ◆ In 2009, 22% of Allen County adults rated their mental health as not good on four days or more in the previous month, increasing to 29% of those with incomes less than \$25,000.
- ◆ 83% of those who seriously considered attempting suicide reported poorer mental health in the past 30 days as compared to 18% of those who did not contemplate suicide.
- ◆ 22% of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation, increasing to 31% of those with incomes less than \$25,000.
- ◆ Those adults that were depressed also had the following physical health issues: physical health impairment (61%), heart attack (14%), coronary heart disease (14%), cancer (7%), arthritis (39%) and STDs (9%).
- ◆ Those adults that reported their mental health was not good on 4 or more days in the past month also had the following physical health issues: physical health impairment (54%), heart attack (16%), coronary heart disease (17%), asthma (19%), arthritis (38%) and an STD (13%).
- ◆ See tables on next page for more information on mental health as it relates to physical health.

Mental Health and Suicide Facts

- ❖ Suicide is the 2nd leading cause of death among 25-34 year olds and the 3rd leading cause of death among 15-24 year olds.
- ❖ Firearms were used most often in suicides among males, while poisoning was the most common method for females.
- ❖ In 2007, 13.4% of Ohio high school youth indicated that they had seriously considered attempting suicide in the past 12 months with more females (16%) considering suicide than males (10.6%).
- ❖ 7.2% of Ohio high school youth actually attempted suicide in the past 12 months (9.4% of all females and 4.9% of all males). 2.3% of Ohio high school youth indicated that their suicide attempt required medical attention by a doctor or nurse in the past 12 months.

(Sources: CDC, NCIPC, Suicide, 2008; CDC, National Center for Chronic Disease Prevention and Health Promotion, YRBSS, Unintentional Injuries and Violence, 5/20/2008)

2002 Allen County Comparison Data

- ❖ 36.5% of Allen County adults reported feeling sad, blue, or depressed for 2 or more weeks over the past year.
- ❖ 22.7% of Allen County adults were told by a health care professional that they had anxiety or depression.
- ❖ 1% of Allen County adults were told they had a serious mental illness.
- ❖ 18% of Allen County adults ranked their stress level as high or very high.

(Sources: Allen County Assessment 2002)

Mental Health and Suicide

Mental Health Effects on Physical Health

(Those who reported they had 2 or more weeks in a row during which they felt sad, blue, or depressed)

Physical Health Issue	Depressed	Not Depressed
Physical health impairment	61%	27%
Heart attack	14%	5%
Coronary heart disease	14%	9%
Stroke	1%	2%
Cancer	7%	6%
Asthma	13%	10%
Chronic lung disease	14%	8%
Diagnosed with depression/anxiety	46%	9%
Serious mental illness	5%	0%
Arthritis	39%	26%
STD	9%	3%

Mental Health Effects on Physical Health

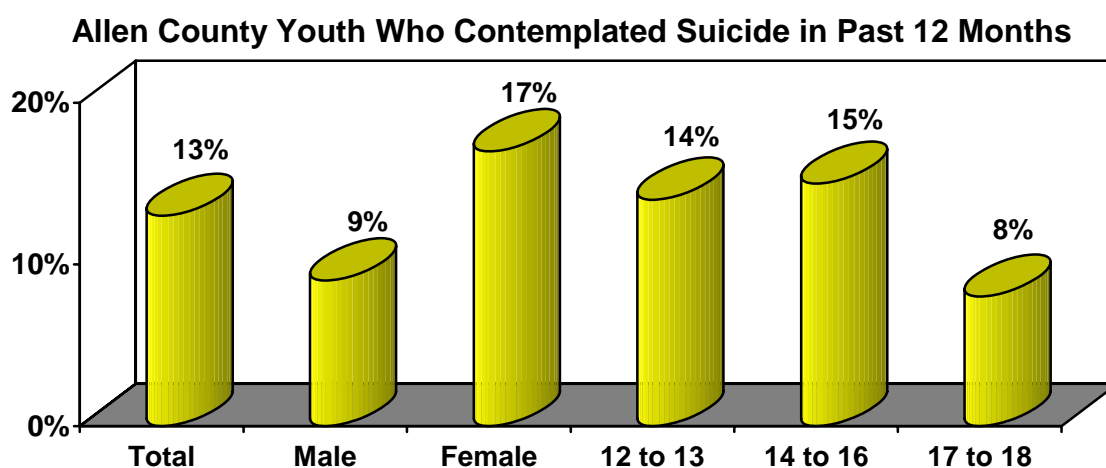
(Those who reported their mental health was not good on 4 or more days in the past month)

Physical Health Issue	4 or more days	3 or less days
Physical health impairment	54%	14%
Heart attack	16%	4%
Coronary heart disease	17%	3%
Stroke	2%	2%
Cancer	5%	6%
Asthma	19%	7%
Chronic lung disease	21%	7%
Diagnosed with depression/anxiety	52%	10%
Serious mental illness	7%	0%
Arthritis	38%	25%
STD	13%	2%

Mental Health and Suicide

Youth Mental Health

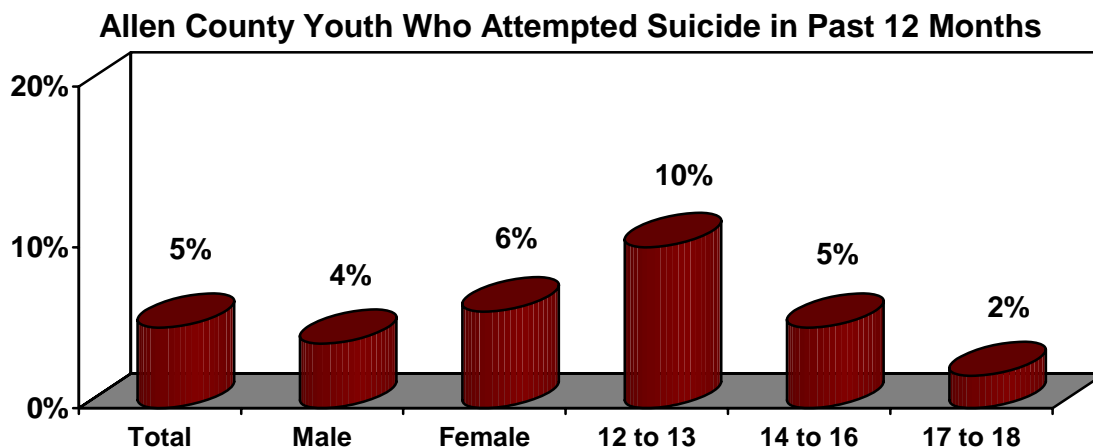
- ◆ In 2009, 13% of Allen County youth reported seriously considering attempting suicide in the past twelve months. 11% of high school youth seriously considered attempting suicide in the past year compared to the 2007 YRBS rates of 15% for the U.S. and 13% for Ohio high school youth.
- ◆ In the past year, 5% of Allen County youth had attempted suicide and 2% had made more than one attempt. 2% of high school youth attempted suicide and the 2007 YRBS reported a suicide attempt prevalence rate of 11% for the U.S. and 10% for Ohio high school youth.
- ◆ Of those Allen County youth who attempted suicide, 8% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- ◆ Over one-fourth (27%) of all Allen County youth and 27% of high school youth reported they felt sad or hopeless almost every day for two weeks or more in a row in the past year that stopped them from doing some usual activities (2007 YRBS reported 25% for Ohio and 29% for the U.S.).
- ◆ On a typical day Allen County youth rated their stress level as follows: high or very high (22%), moderate (38%), or low or very low (40%).
- ◆ Over one-third (36%) of Allen County youth reported they had hit their head hard enough that they were dizzy, had a concussion, were knocked out, or had their “bell rung”, increasing to 46% of males.



Source: 2009 Allen County Health Risk and Community Needs Assessment

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2009 (6 th -8 th)	Allen County 2009 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2007 (9 th -12 th)
Youth who had seriously considered suicide	13%	17%	11%	13%	15%
Youth who had attempted suicide	5%	11%	2%	10%	11%
Felt sad or hopeless almost every day for two or more weeks in a row	27%	27%	27%	25%	29%

Mental Health and Suicide



Source: 2009 Allen County Health Risk and Community Needs Assessment

Teen Suicide Signals

The strongest risk factors for attempted suicide in teens are:

- ❖ Depression
- ❖ Alcohol abuse
- ❖ Aggressive or disruptive behaviors

In 2005, the *American Psychiatric Association* advises one should consult a mental health professional, parent, or school counselor if several of the following symptoms, experiences, or behaviors are present:

- ❖ Depressed mood
- ❖ Substance abuse
- ❖ Difficulties in dealing with sexual orientation
- ❖ Family loss or instability; significant problems with parents
- ❖ Unplanned pregnancy
- ❖ Frequent episodes of running away or being incarcerated
- ❖ Withdrawal from family and friends
- ❖ Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- ❖ Loss of interest in or enjoyment in activities that were once pleasurable
- ❖ Impulsive, aggressive behavior, frequent expressions of rage

Suicide Risk Factors

A risk factor is anything that increases the likelihood that persons will harm themselves including:

- ❖ Previous suicide attempt(s)
- ❖ History of mental disorders, particularly depression
- ❖ History of alcohol and substance abuse
- ❖ Family history of suicide
- ❖ Family history of child maltreatment
- ❖ Feelings of hopelessness
- ❖ Impulsive or aggressive tendencies
- ❖ Physical illness
- ❖ Feeling socially isolated
- ❖ Barriers to accessing mental health treatment
- ❖ Loss (relational, social, work, or financial)
- ❖ Has easy access to lethal suicide methods (for instance, firearms)
- ❖ Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts
- ❖ Cultural and religious beliefs (i.e., the belief that suicide is not a resolution of a personal dilemma)
- ❖ Local epidemics of suicide

(Source: CDC, National Center for Injury Prevention and Control, *Suicide Fact Sheet*)

For additional resources please see:

U.S. Public Health Service, *The Surgeon General's Call to Action to Prevent Suicide*. Washington, DC: 1999.

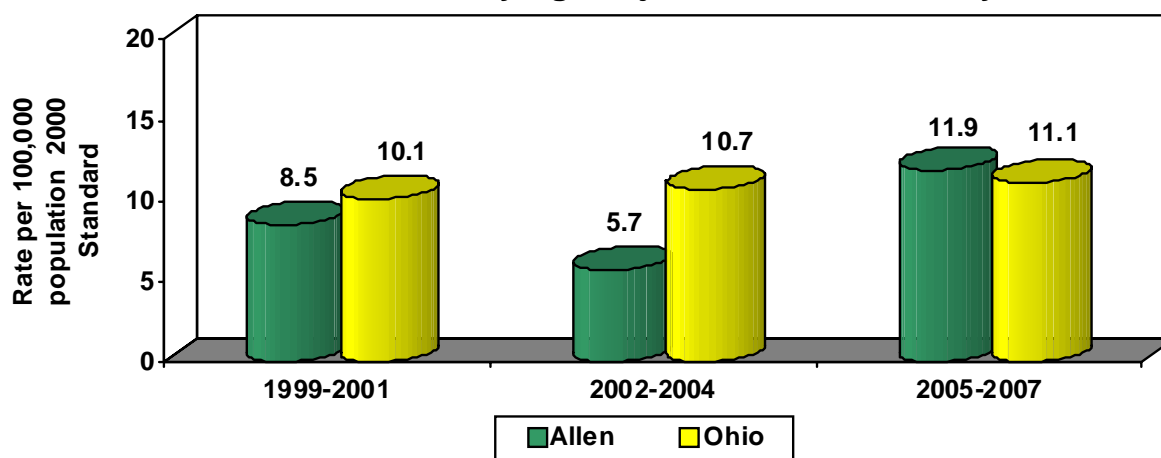
U.S. Department of Health and Human Services. *National Strategy for Suicide Prevention*. Washington, DC: 2001.

Mental Health and Suicide

The following graphs show the Ohio and Allen County age-adjusted suicide mortality rates per 100,000 population and the number of suicide deaths by age group for the county. The graphs show that:

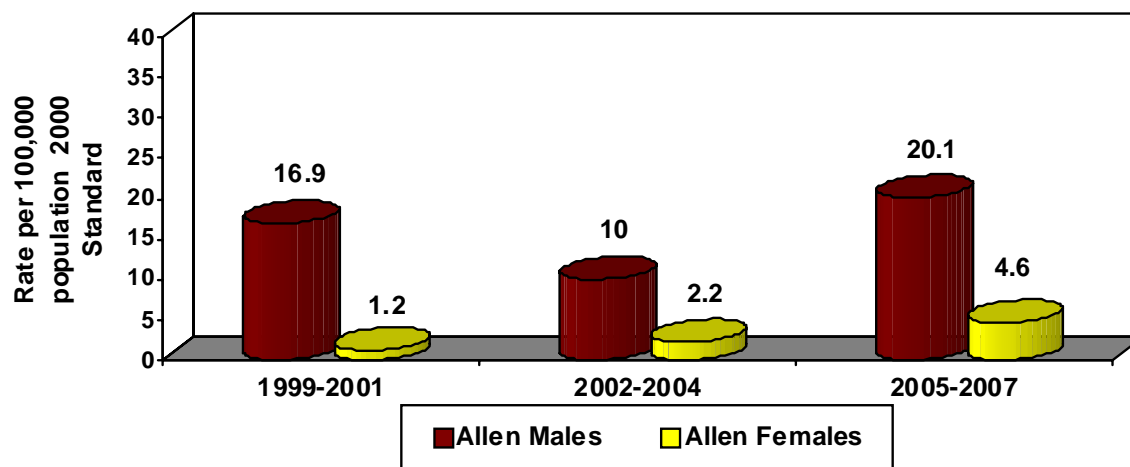
- ◆ The Allen County age-adjusted suicide mortality rate increased from 2002 to 2007.
- ◆ Allen County male age-adjusted suicide rates far exceeded female rates for all reported years.
- ◆ From 2005-2007, 36% of all Allen County suicide deaths occurred to those ages 45-54 years old.

Allen County Age-Adjusted Suicide Mortality Rates



(Source: ODH Information Warehouse)

Allen County Age-Adjusted Suicide Mortality Rates by Gender

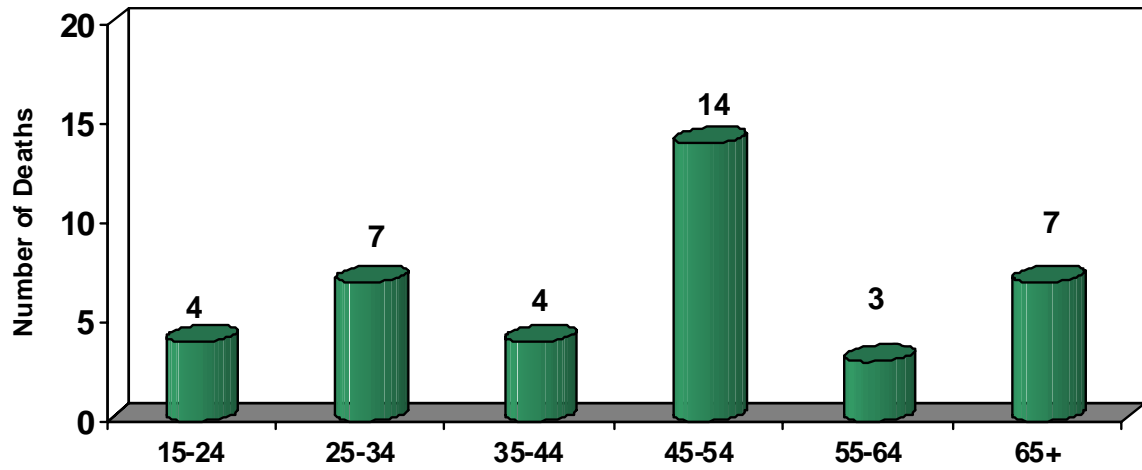


(Source: ODH Information Warehouse)

Mental Health and Suicide

Allen County Number of Suicide Deaths By Age Group 2005-2007

Total Deaths = 39



(Source: ODH Information Warehouse, updated 3-15-09)

Adult Alcohol Consumption

Key Findings

In 2009, the assessment indicated that 12% of Allen County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). One in five (20%) of all adults were considered binge drinkers, having 5 or more drinks on occasion. Four percent of adults drove after having perhaps too much to drink.

Allen County Adult Alcohol Consumption

- ◆ In 2009, over half (56%) of Allen County adults had at least one alcoholic drink in the past month, increasing to 68% of males. The 2008 BRFSS reported current drinker prevalence rates of 54% for Ohio and 54% for the U.S.
- ◆ About one in eight (12%) of Allen County adults were considered frequent drinkers (drank on an average of three or more days per week).
- ◆ Of those Allen County adults who drank, they drank 2.8 drinks on average, increasing to 3.4 drinks for those under the age of 30 and 3.2 drinks for those with incomes less than \$25,000.
- ◆ One in five (20%) of all adults were considered binge drinkers. The 2008 BRFSS reported binge drinking rates of 16% for Ohio and 16% for the U.S.
- ◆ 35% of those who drink reported they had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition (See box above). 58% of drinkers under the age of 30 were binge drinkers.
- ◆ 4% of adults reported driving after having perhaps too much to drink.
- ◆ As a result of drinking, 8% of adults reported that they or a family member failed to fulfill obligations at work or home, placed themselves in a dangerous situation or had legal problems.
- ◆ 12% of adults reported they drank alcohol to deal with stress.

Binge Drinking Dangers

- ❖ Binge drinking is defined as five or more drinks on one occasion or in a short period of time.
- ❖ About 92% of U.S. adults who drink excessively reported binge drinking in the past month.
- ❖ The prevalence of males binge drinking is twice the prevalence of females binge drinking.
- ❖ Approximately 75% of the alcohol consumed in the U.S. is in the form of binge drinks.
- ❖ The highest proportion age group to binge drink is in the 18-20 year old group at 51%.
- ❖ Most people who binge drink are not alcohol dependent.
- ❖ Unintentional injuries, violence, alcohol poisoning, hypertension, sexually transmitted diseases, cardiovascular diseases, sexual dysfunction and unintentional pregnancy are a few of the adverse health effects of binge drinking.

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Binge Drinking, 8-6-08)

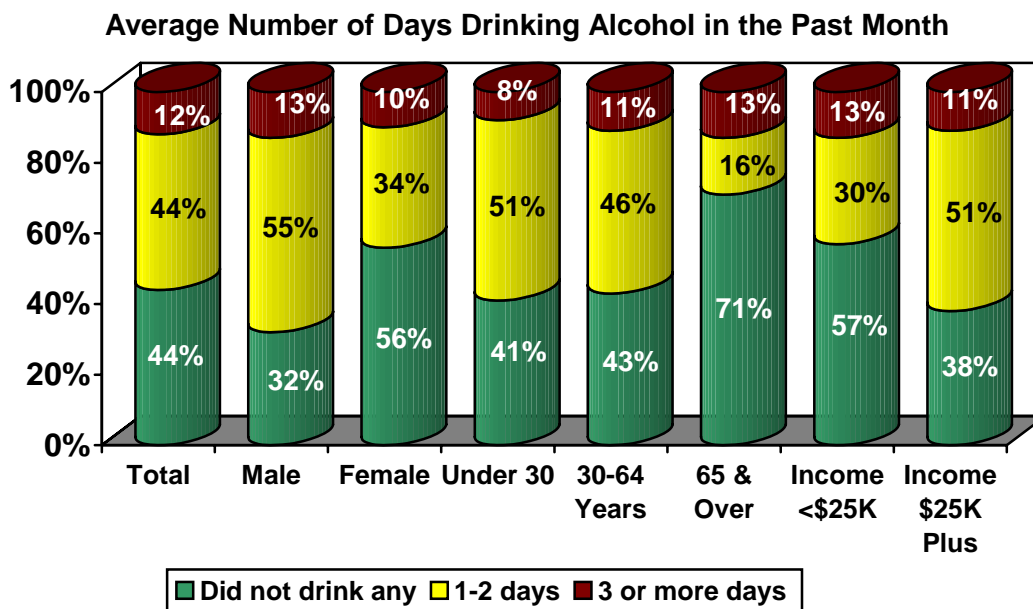
2002 Allen County Comparison Data

- ❖ 37.3% of adults had at least one drink the in the past month.
- ❖ 16.9% of Allen County adults reported binge drinking in a typical month (19.9% in 1995).
- ❖ 4.8% of Allen County adults were chronic drinkers (someone who averages two or more drinks per day).
- ❖ 8.7% of Allen County adults reported they drove a car/truck after they may have had too much alcohol in the past year.
- ❖ 12.6% of Allen County adults drank alcohol to deal with stress.

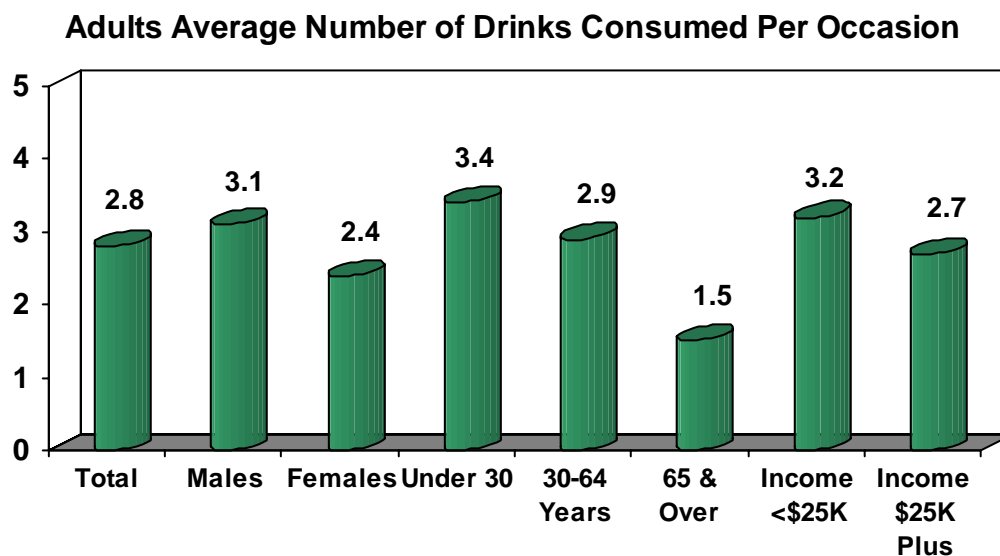
(Source: Allen County Assessment 2002)

Adult Alcohol Consumption

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 include: 44% of all Allen County adults did not drink alcohol, 32% of Allen County males did not drink and 56% of adult females reported they did not drink.

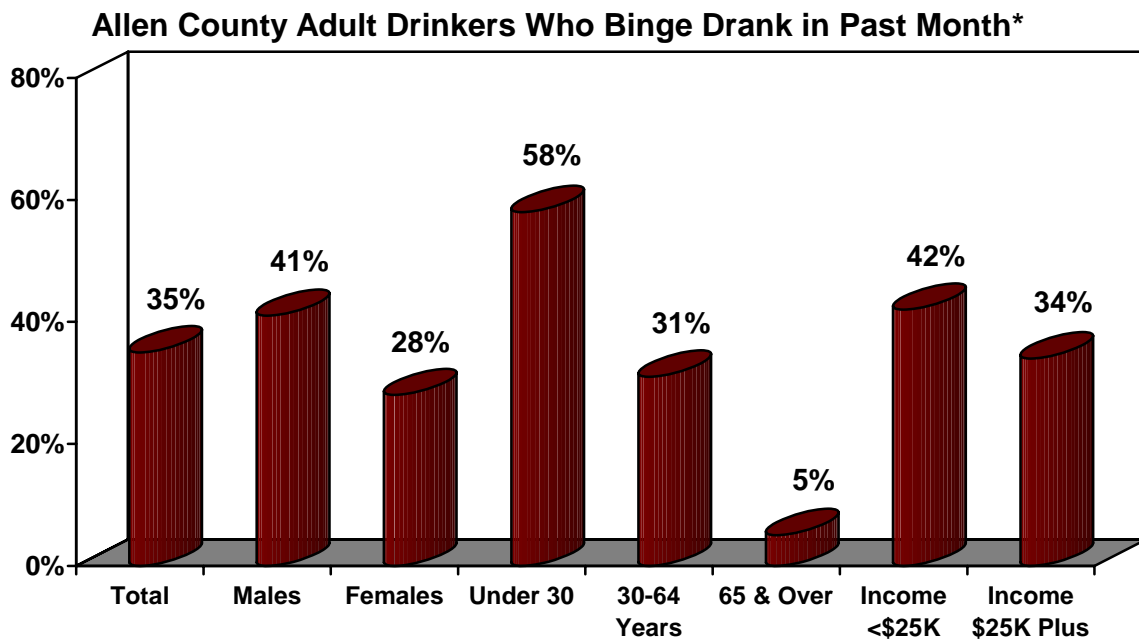


Source: 2009 Allen County Health Risk and Community Needs Assessment



Source: 2009 Allen County Health Risk and Community Needs Assessment

Adult Alcohol Consumption



**Based on adults who drank alcohol in the past month. Binge drinking is defined as having five or more drinks on an occasion. Adults must have reported drinking five or more drinks on an occasion at least once in the previous month.*

Source: 2009 Allen County Health Risk and Community Needs Assessment

Consequences of Alcohol and Drug Misuse

Alcohol and other drugs are associated with:

- ❖ Drownings (69%)
- ❖ Manslaughter charges (68%)
- ❖ Assaults (62%)
- ❖ Rapes (52%)
- ❖ Spouse abuse (50%)
- ❖ Traffic fatalities (50%)
- ❖ Murders (49%)
- ❖ Child abuse (38%)
- ❖ Suicide (25%)

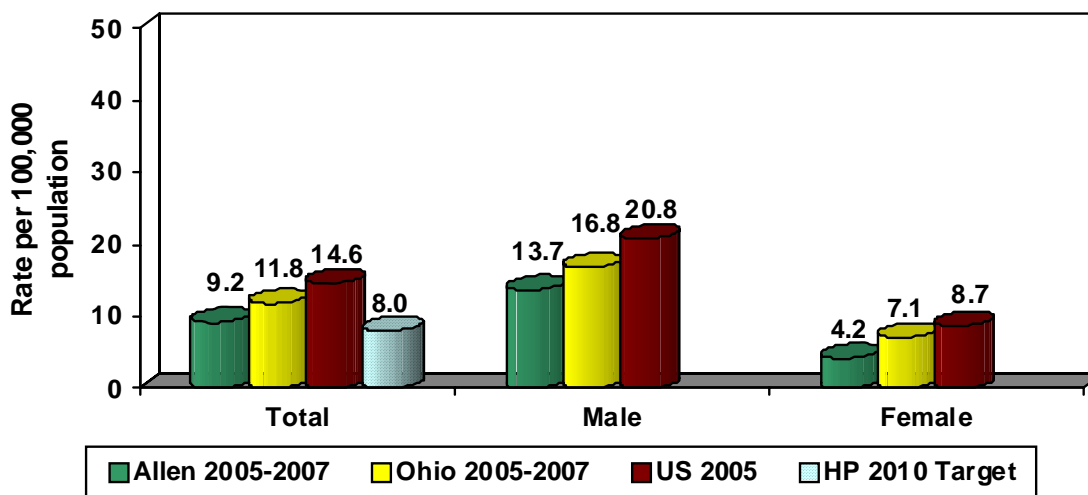
(Source: Healthy People 2010 and CDC)

Adult Alcohol Consumption

The following graphs show Allen County and Ohio age-adjusted motor vehicle accident mortality rates per 100,000 population with comparison to the Healthy People 2010 goals. The graphs show that:

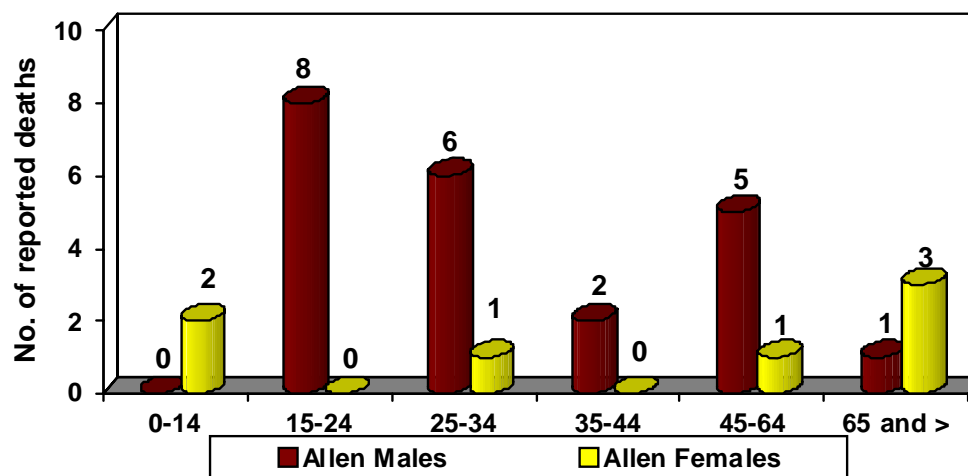
- ◆ From 2005-2007, the Allen County motor vehicle age-adjusted mortality rate of 9.2 deaths per 100,000 population is lower than the state rate and national rate. However, it exceeds the Healthy People 2010 target goal of 8 deaths per 100,000.
- ◆ The Allen County motor vehicle age-adjusted mortality rate for males is higher than the female rate.
- ◆ 34% of the motor vehicle accident deaths in 2005-2007 occurred to those ages 45 or older.

Healthy People 2010 Objective and Age-Adjusted Mortality Rates for Motor Vehicle Accidents



(Source: ODH Information Warehouse and CDC- Wonder Data 2010)

Allen County Number of Motor Vehicle Deaths By Age and Gender, 2005-2007
N=29



(Source: ODH Information Warehouse, updated 3-15-09)

Allen County Crash Statistics

	City of Lima 2007	Allen County 2007	Ohio 2007
Total crashes	1,316	3,705	328,742
Alcohol related total crashes	70	160	15,054
Fatal crashes	1	11	1,163
Alcohol related fatal crashes	1	5	435
Alcohol Impaired Drivers in Crashes	N/A	N/A	14,935
Injury crashes	367	884	79,674
Alcohol related injury crashes	24	64	6,248
Property Damage Only (PDO)	902	2,745	241,682
Alcohol related Property Damage Only (PDO)	41	85	8,153
Deaths	1	12	1,257
Alcohol related deaths	1	6	473
Total Non-Fatal Injuries	532	1,291	116,382
Alcohol related injuries	33	83	8,971

(Source: Ohio Department of Public Safety, Crash Reports, 2007 Traffic Crash Facts)

Youth Alcohol Consumption

Key Findings

In 2009, the assessment results indicated that 68% of Allen County youth had drunk at least one drink of alcohol in their life. Almost two-fifths (39%) of those who drank, took their first drink before the age of 12. Just over one-third (34%) of all Allen County youth and 40% of those 14-16 and 17-18 years had at least one drink in the past 30 days. Almost two-thirds (65%) of the 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.

Youth Risk Behavior Survey Results, 2007 Alcohol Use

- ❖ 46% of Ohio high school students drank alcohol in the past month compared with 45% of U.S. high school youth.
- ❖ 29% of Ohio and 26% of U.S. high school students reported binge drinking in the past month.
- ❖ Current drinking prevalence was the same for female (45%) and male (45%) U.S. high school students: binge drinking incidence was higher for males (28%) than females (24%).

(Source: CDC: YRBS, Updated 5/20/08)

Youth Alcohol Consumption

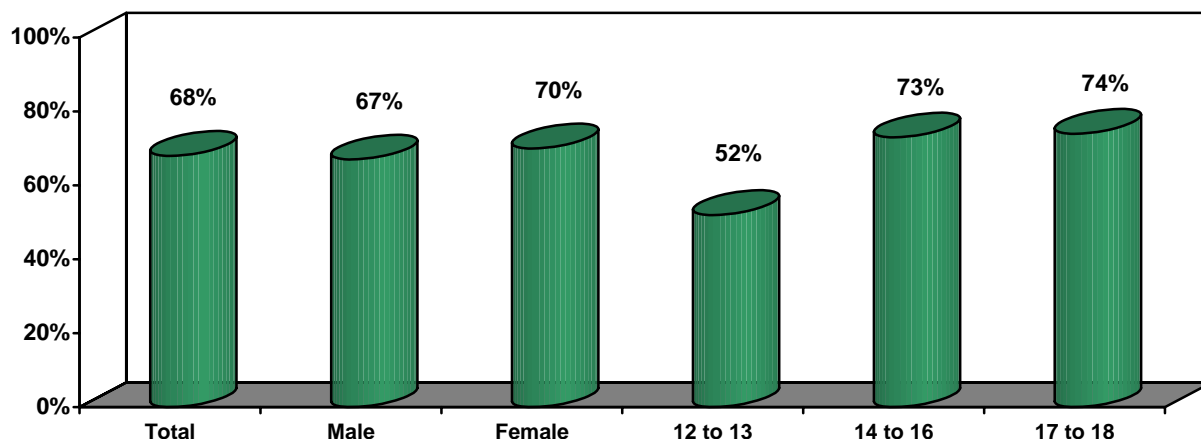
- ◆ In 2009, over two-thirds (68%) of all Allen County youth (ages 12 to 18) have had at least one drink of alcohol in their life. 75% of high school youth had drunk at some time in their life (2007 YRBS reports 76% for Ohio and 75% for the U.S. high school youth).
- ◆ Just over one-third (34%) of all youth had at least one drink in the past 30 days. 41% of high school youth at least one drink in the past month (2007 YRBS reports 46% for Ohio and 45% for the U.S.).
- ◆ 2% of Allen County youth drank alcohol on school property.
- ◆ Of those who drank, 65% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 73% of 12-13 year olds.
- ◆ Based on all youth surveyed, 22% were defined as binge drinkers. 28% of high school youth were binge drinkers (2007 YRBS reports 29% for Ohio and 26% for the U.S. high school youth).
- ◆ About one in eleven (9%) Allen County youth who reported drinking in the past 30 days, drank on at least 10 or more days during the month.
- ◆ Almost two-fifths (39%) of Allen County youth who reported drinking at sometime in their life had their first drink under the age of 12, 22% took their first drink between the ages of 13 and 14, and 39% drank between the ages of 15 and 18.
- ◆ When asked where they got their alcohol, youth reported the following: someone gave it to them (52%), a parent gave it to them (11%), they took it from a store or family member (8%), they bought it at a store (5%), or they bought it at a restaurant, bar, or club (2%) and 23% got it some other way.
- ◆ During the past month 22% of all Allen County youth had ridden in a car driven by someone who had been drinking alcohol. 21% of high school youth had ridden with someone who had been drinking (2007 YRBS reports 23% for Ohio and 29% for the U.S. high school youth).
- ◆ 8% of all youth drivers had driven a car in the past month after they had been drinking alcohol and 9% of high school youth had done the same (2007 YRBS reports 10% for Ohio and 11% for the U.S.).

Youth Comparisons	Allen County 2009 (6 th – 12 th)	Allen County 2009 (6 th – 8 th)	Allen County 2009 (9 th – 12 th)	Ohio 2007 (9 th – 12 th)	U.S. 2007 (9 th – 12 th)
Ever tried alcohol	68%	55%	75%	76%	75%
Current drinker	34%	19%	41%	46%	45%
Binge drinker	22%	10%	28%	29%	26%
Rode with someone who was drinking	22%	26%	21%	23%	29%
Drank and drove	8%	5%	9%	10%	11%

Youth Alcohol Consumption

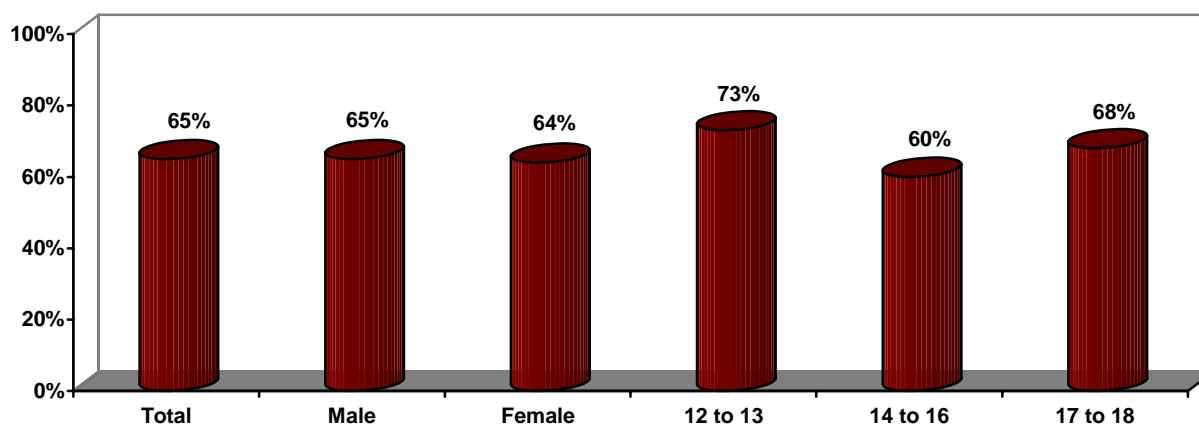
The following graphs show the percentage of Allen County youth who have drunk in their lifetime and those who binge drink. Examples of how to interpret the information include: 68% of all Allen County youth have drunk at some time in their life, 67% of males, and 70% of females had drunk.

Allen County Youth Having At Least One Drink In Their Lifetime



Source: 2009 Allen County Health Risk and Community Needs Assessment

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.

Source: 2009 Allen County Health Risk and Community Needs Assessment

Behaviors of Allen Youth: Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Have been in a physical fight in the past 12 months	45%	23%
Have seriously considered attempting suicide in the past 12 months	16%	11%
Have smoked in the past 30 days	38%	5%
Have used marijuana in the past 30 days	34%	7%
Have had sexual intercourse	71%	33%
Involved in extracurricular activities	77%	75%

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

Source: 2009 Allen County Health Risk and Community Needs Assessment

Adult and Youth Marijuana and Other Drug Use

Key Findings

In 2009, 5% of Allen County adults had used recreational drugs during the past 6 months. 16% of Allen County youth had used marijuana at least once in the past 30 days, increasing to 22% of youth ages 14-16. During the past 12 months, 16% of Allen County youth had someone offer, sell, or give them an illegal drug on school property.

Adult Drug Use

- ◆ 5% of Allen County adults had used recreational drugs (including marijuana, methamphetamines, cocaine, and Ecstasy) in the past 6 months. No one reported using heroin, LSD, or inhalants.
- ◆ When asked about their frequency of recreational drug use in the past six months, 41% of Allen County adults who used these drugs did so every day, and 9% did so less than once a month.
- ◆ The 2009 assessment identified that 5% of Allen County adults reported using marijuana within the past six months.
- ◆ 2% 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.
- ◆ When asked about their frequency of medication misuse in the past six months, 33% of Allen County adults who used these drugs did so every day and 17% did so less than once a month.

Ohio Drug and Drug Abuse Facts

- ❖ Marijuana is the most abused drug in Ohio.
- ❖ The number of treatment center admissions for 2006 for cocaine in Ohio was 11,600 as reported by the Ohio Department of Alcohol and Drug Addiction Services (ODADAS).
- ❖ Club drug use has steadily increased in Ohio. Some examples of club drugs are Ecstasy, GHB, Ketamine and LSD.
- ❖ Heroin distribution and abuse are increasing in Ohio.
- ❖ In regards to prescription drugs, Benzodiazepines (such as Valium or Xanax) and alprazolam were reported as the most commonly abused and diverted prescriptions in Ohio.
- ❖ According to the DEA, there were 691 drug violation arrests

Youth Drug Use

- ◆ In 2009, 16% of all Allen County youth had used marijuana at least once in the past 30 days. 20% of high school youth had used marijuana in the past month. The 2007 YRBS found a prevalence of 18% for Ohio and 20% of U.S. high school youth who had used marijuana one or more times during the past 30 days.
- ◆ One in ten (10%) of Allen County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at sometime in their lives, 9% used inhalants, 3% used steroids, 2% used cocaine, 2% used methamphetamines, and 1% used heroin. 1% of youth used a needle to inject an illegal drug into their body.
- ◆ During the past 12 months, 16% of all Allen County youth and 16% of high school youth reported that someone had offered, sold, or given them an illegal drug on school property. (2007 YRBS reports 27% for Ohio and 22% for the U.S.). 28% of current marijuana users had been offered, sold, or given illegal drugs on school property, as compared to 14% of non-marijuana users.

Youth Comparisons	Allen County 2009 (6 th - 12 th)	Allen County 2009 (6 th - 8 th)	Allen County 2009 (9 th - 12 th)	Ohio 2007 (9 th - 12 th)	U.S. 2007 (9 th - 12 th)
Youth who used marijuana in the past 30 days	16%	7%	20%	18%	20%
Youth who reported that someone offered, sold, or gave them an illegal drug on school property	16%	15%	16%	27%	22%

2002 Allen County Comparison Data

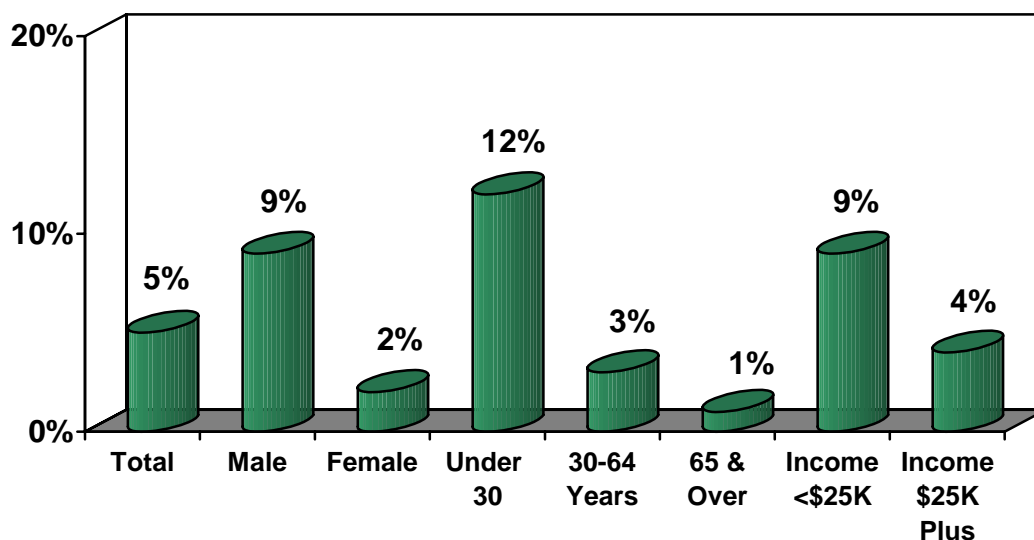
- ❖ 6.5% of Allen County residents reported using illegal drugs in the past year.
- ❖ 3.4% of Allen County adults reported smoking marijuana “now” and 21.8% smoked “in the past”.

(Source: Allen County Assessment 2002)

Adult Marijuana and Other Drug Use

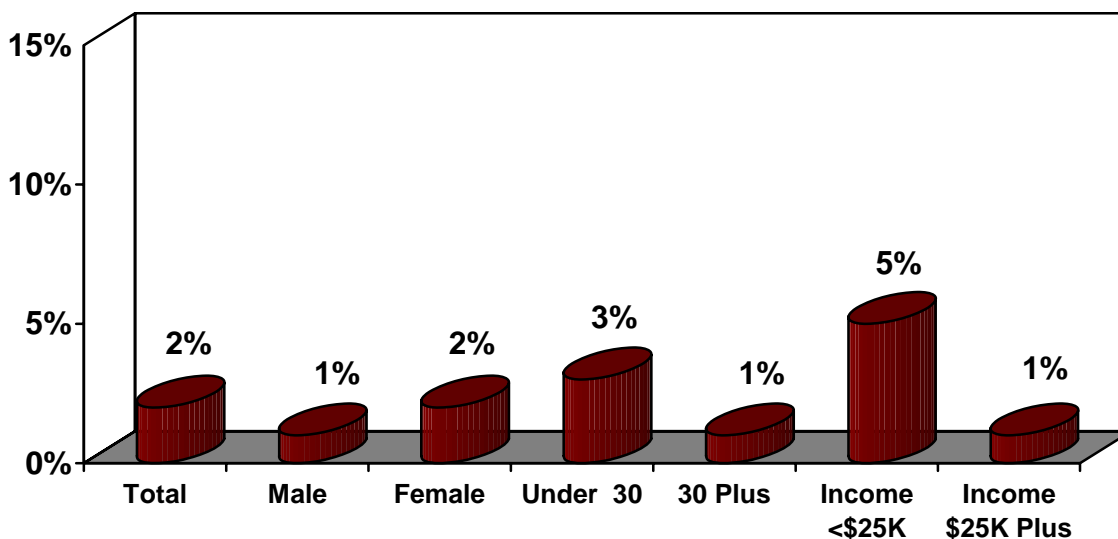
The following graphs are data from the 2009 Allen County assessment indicating adult recreational drug use and medication misuse in the past six months and youth lifetime drug use, marijuana use in the past 30 days, and the percent of youth who had been offered, sold, or given an illegal drug on school property in the past month. Examples of how to interpret the information include: 5% of all Allen County adults used recreational drugs in the past six months, 12% of adults under the age of 30 were current users and 9% of adults with incomes less than \$25,000 were current users.

Allen County Adult Recreational Drug Use in Past 6 Months*



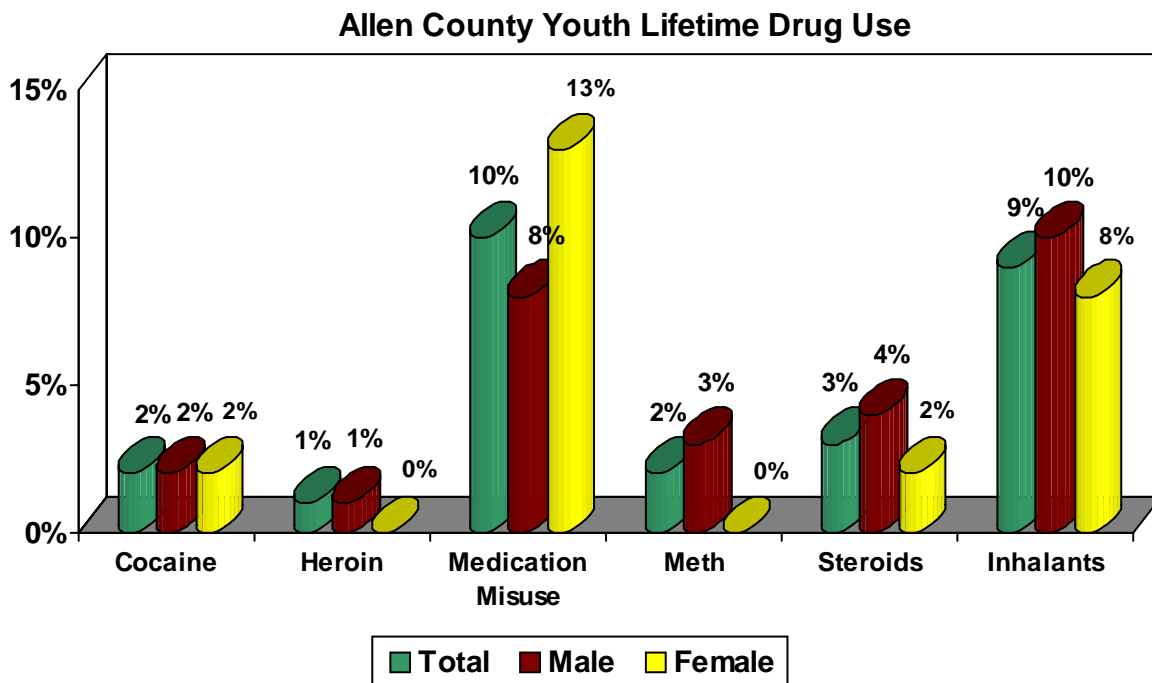
*Includes marijuana, methamphetamines, cocaine, and Ecstasy. No one reported using heroin, LSD, or inhalants.
Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Adult Medication Misuse in Past 6 Months

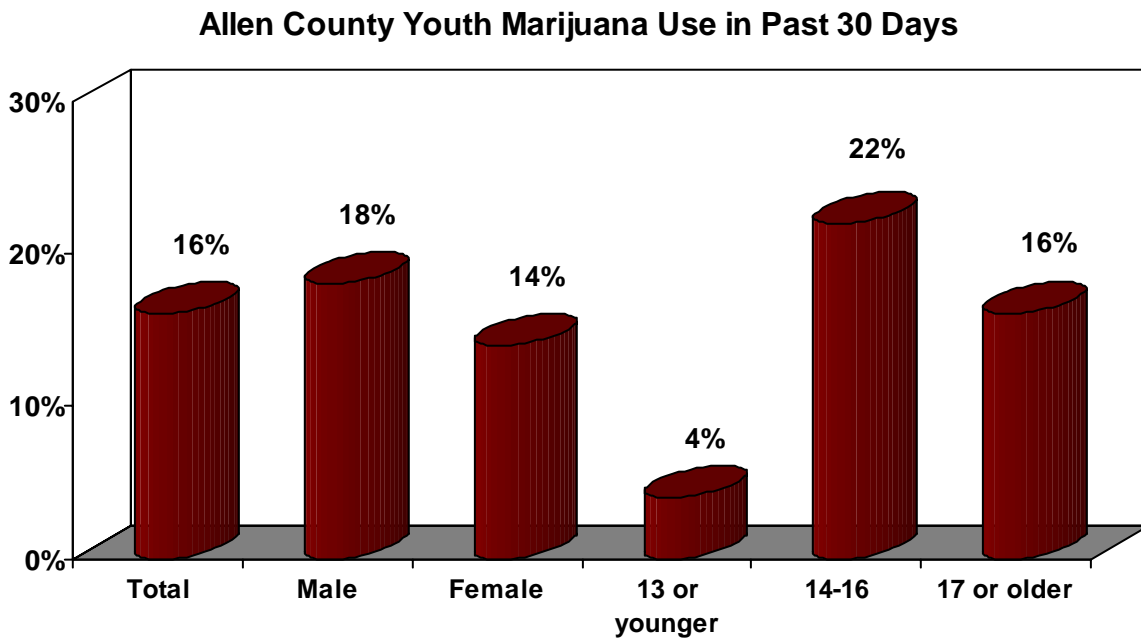


Source: 2009 Allen County Health Risk and Community Needs Assessment

Youth Marijuana and Other Drug Use

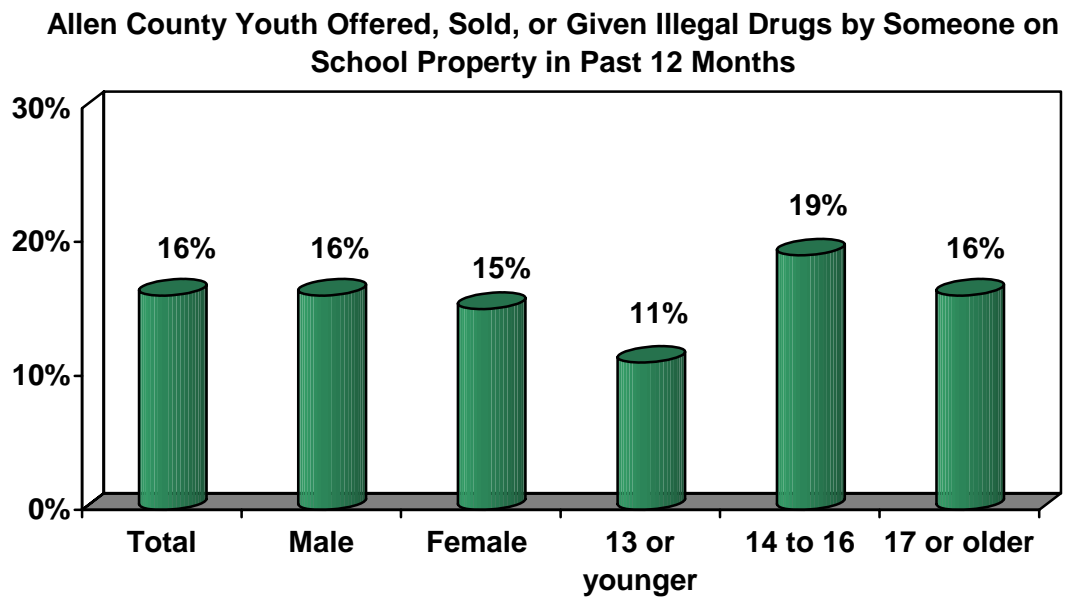


Source: 2009 Allen County Health Risk and Community Needs Assessment



Source: 2009 Allen County Health Risk and Community Needs Assessment

Youth Marijuana and Other Drug Use



Source: 2009 Allen County Health Risk and Community Needs Assessment

African American Data

African American Data

Key Findings

The African American data was collected by convenience sampling, due to low response rates from the mailing campaign. Additional surveys were administered at a selected community venue. According to the 2000 U.S. Census approximately 13,225 African Americans live in Allen County (12%). The 2009 Assessment found that 16% of African Americans were diagnosed with diabetes. 23% African Americans were current smokers. 74% of African Americans were either overweight or obese.

General Health

- ◆ In 2009, Allen County African Americans were more likely to rate their health status as fair or poor (24%) when compared to Whites (17%).
- ◆ 21% of African American adults did not have health care coverage compared to 11% of Whites. 20% of Ohio African Americans did not have health care insurance. *(Source: 2008 BRFSS)*
- ◆ Almost one-quarter (23%) of African American adults had been tested for HIV in the past year, compared to 5% of Whites.

Allen County African American Males Leading Causes of Death 2005-2007

Total Deaths: 167

1. Heart Disease (26% of all deaths)
2. Cancers (22%)
3. Accidents (Unintentional Injuries) (5%)
4. Stroke (4%)
5. Chronic Lower Respiratory Disease (4%)

(Source: ODH Information Warehouse, updated 3-15-09)

Allen County African American Females Leading Causes of Death 2005-2007

Total Deaths: 154

1. Cancers (28% of all deaths)
2. Heart Disease (25%)
3. Alzheimer's Disease (7%)
4. Stroke (6%)
5. Diabetes Mellitus (5%)

(Source: ODH Information Warehouse, updated 3-15-09)

Adult African American Comparisons	Allen County 2009 African Americans	Allen County 2009 Whites	Ohio 2007/2008 African Americans
Diagnosed with high blood pressure	40%	41%	37%
Diagnosed with high cholesterol	30%	34%	34%
Diagnosed with diabetes	16%	12%	16%
Limited because of physical, mental, or emotional problems	17%	23%	22%
Had a mammogram in the past year	27%	41%	N/A
Had a PSA test in the past 2 years	38%	39%	54%
Been to the dentist in the past year	49%	62%	62%
Consider their neighborhood to be extremely or quite safe	44%	63%	N/A
Were overweight or obese	74%	77%	63%
Were current smokers	23%	20%	24%
Had attempted suicide	10%	1%	N/A
Had multiple sex partners	13%	3%	N/A
Used illegal drugs in past 6 months	24%	3%	N/A
Misused prescription drugs in the past 6 months	11%	1%	N/A
Used marijuana in past 6 months	13%	3%	N/A
Consumed alcohol in the past 30 days	29%	57%	42%
Drank alcohol and drove a vehicle	7%	3%	N/A
Had been tested for HIV	23%	5%	N/A
Needed help meeting their general daily needs	25%	11%	N/A

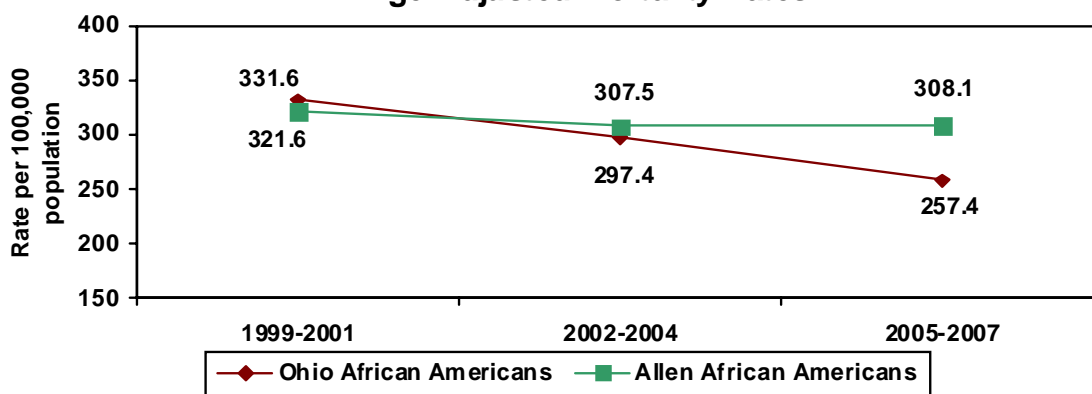
(Sources: 2009 Allen County Assessment and 2008 BRFSS)

African American Data

The following graph shows the Allen County age-adjusted mortality rates per 100,000 population for several leading causes of death. The graphs show that:

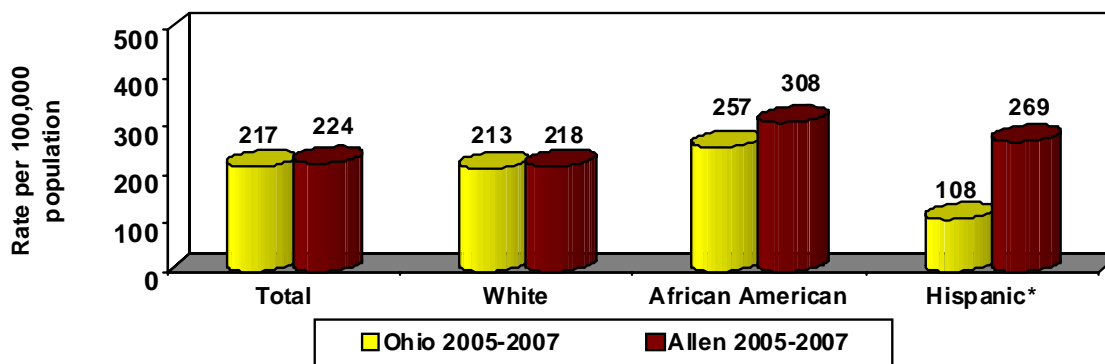
- ◆ For the reporting years of 2005-2007, the Allen County age-adjusted heart disease mortality rate for African Americans was higher than the rate for any other racial or ethnic group.
- ◆ The 2005-2007 Allen County age-adjusted cancer mortality rate for African Americans (290) was higher than the rate for Whites and for the state.
- ◆ The 2005-2007 Allen County age-adjusted diabetes mortality rate for African Americans was much higher than the rate for Whites.
- ◆ The 2005-2007 age-adjusted rate of African American deaths from chronic lower respiratory diseases (formerly COPD) in Allen County was lower than the rate for Whites.

Allen County and Ohio African American Heart Disease Age-Adjusted Mortality Rates



(Source: ODH Information Warehouse)

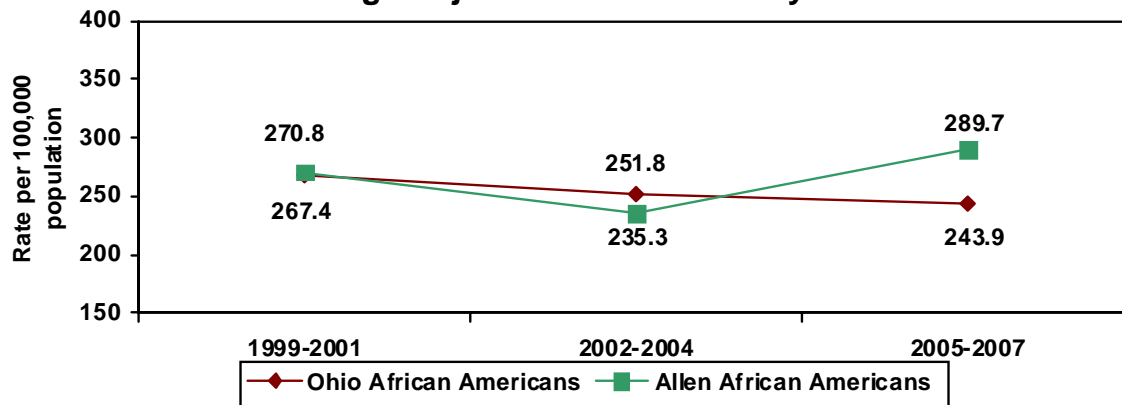
Age-Adjusted Heart Disease Mortality Rates by Race/Ethnicity



(Source: ODH Information Warehouse)

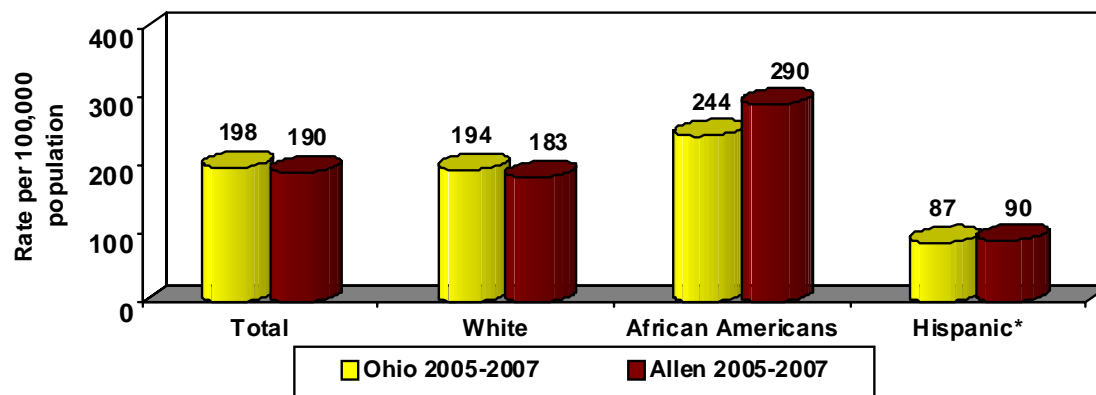
African American Data

**Allen County and Ohio African American
Age-Adjusted Cancer Mortality Rates**



(Source; ODH Information Warehouse)

Age-Adjusted Cancer Mortality Rates by Race/Ethnicity



(Source; ODH Information Warehouse)

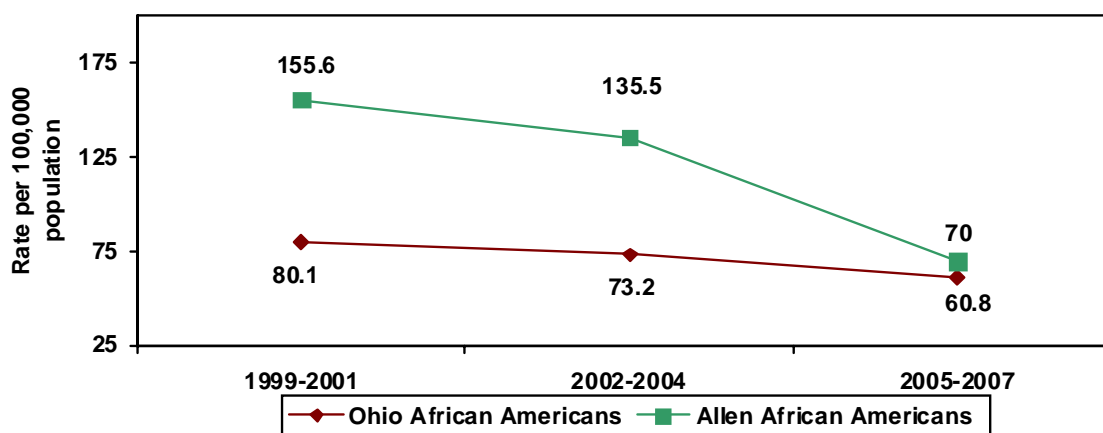
African American Data

Allen County Cancer Mortality - 2005-2007

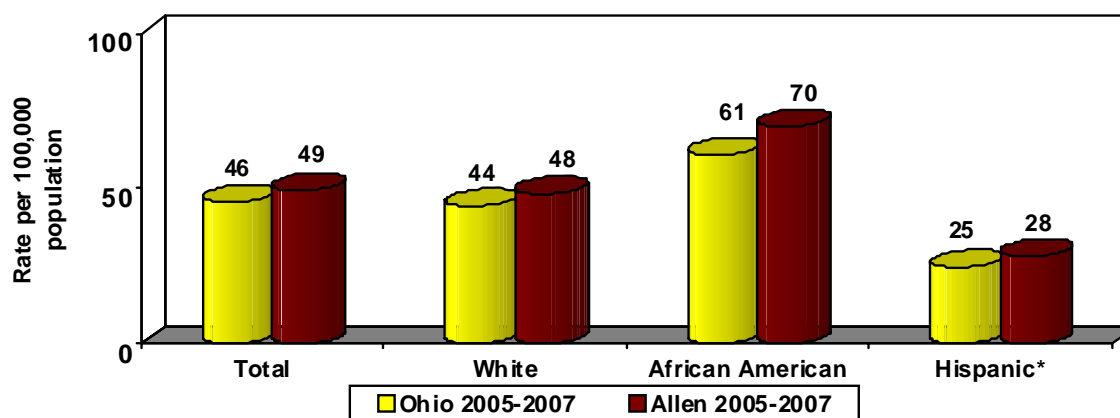
Type of Cancer	Percent of Total White Deaths	Type of Cancer	Percent of Total African American Deaths
Trachea, Bronchus & Lung	30%	Trachea, Bronchus & Lung	29%
Other & Unspecified Cancer	11%	Other & Unspecified Cancer	10%
Female Breast	8%	Female Breast	10%
Colon, Rectum & Anus	8%	Pancreas	9%
Pancreas	6%	Colon, Rectum & Anus	8%
Prostate	3%	Prostate	6%
Total Number of Deaths	615	Total Number of Deaths	79

(Source: ODH Information Warehouse)

Allen County and Ohio African American Stroke Age-Adjusted Mortality Rates



Age-Adjusted Stroke Mortality Rates by Race/Ethnicity

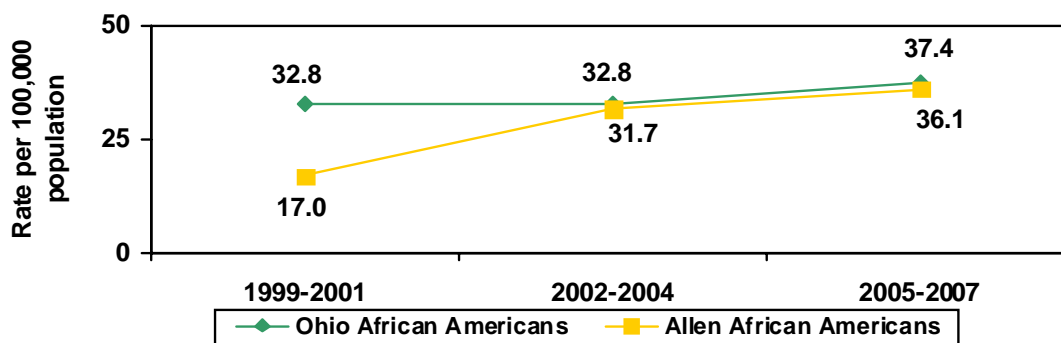


*The age-adjusted accident mortality rate for Hispanics in Allen County was calculated with less than 5 deaths. Please, use this rate with caution.

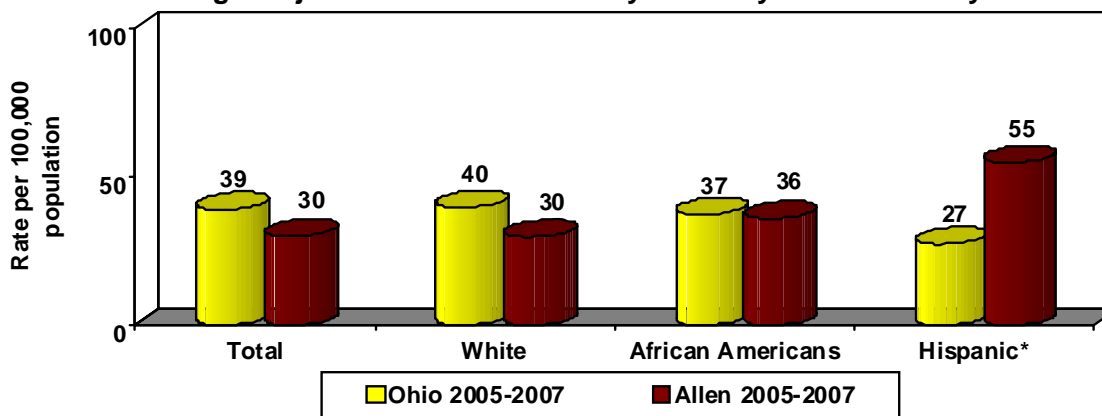
(Source for graphs: ODH Information Warehouse)

African American Data

Allen County and Ohio African American Accident (Unintentional Injuries) Age-Adjusted Mortality Rates

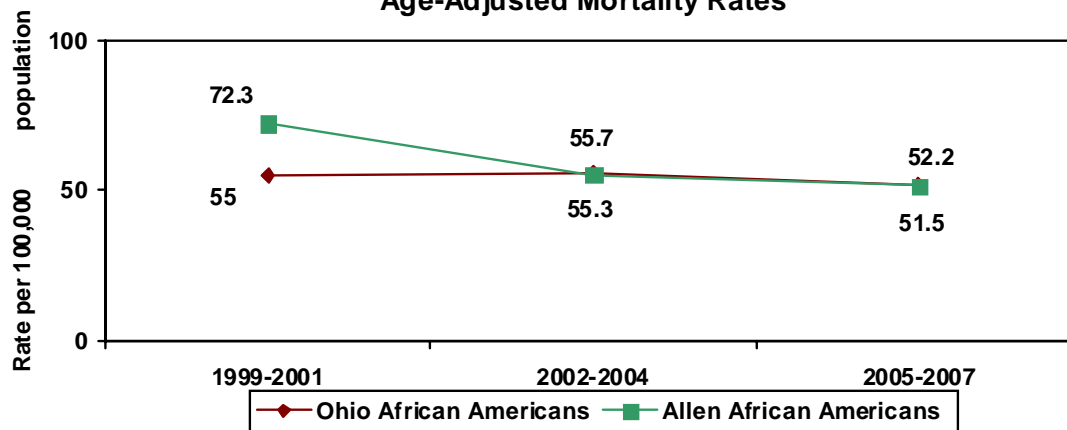


Age-Adjusted Accident Mortality Rates by Race/Ethnicity



*The age-adjusted accident mortality rate for Hispanics in Allen County was calculated with less than 5 deaths. Please, use this rate with caution.

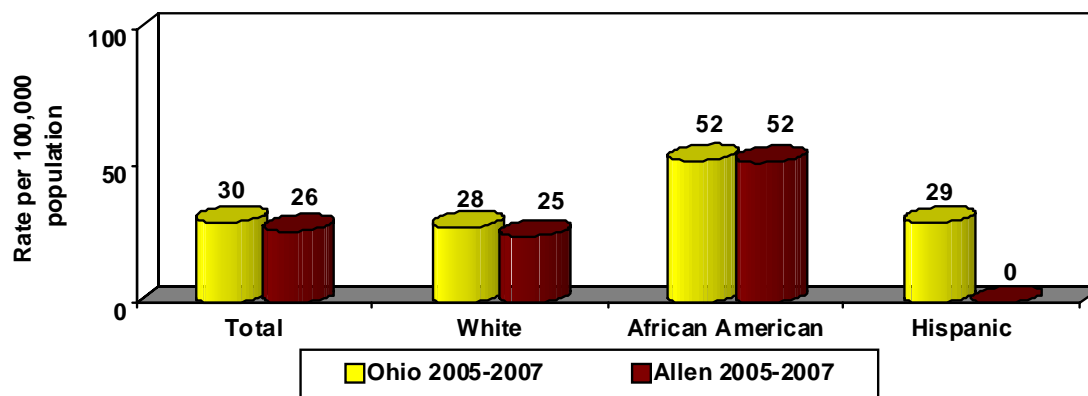
Allen County and Ohio African American Diabetes Age-Adjusted Mortality Rates



(Source for graphs: ODH Information Warehouse)

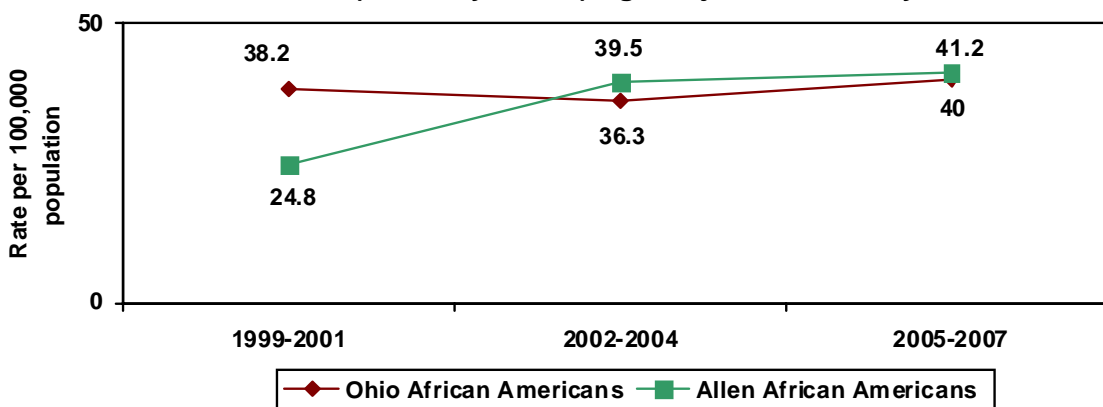
African American Data

Age-Adjusted Diabetes Mortality Rates by Race/Ethnicity

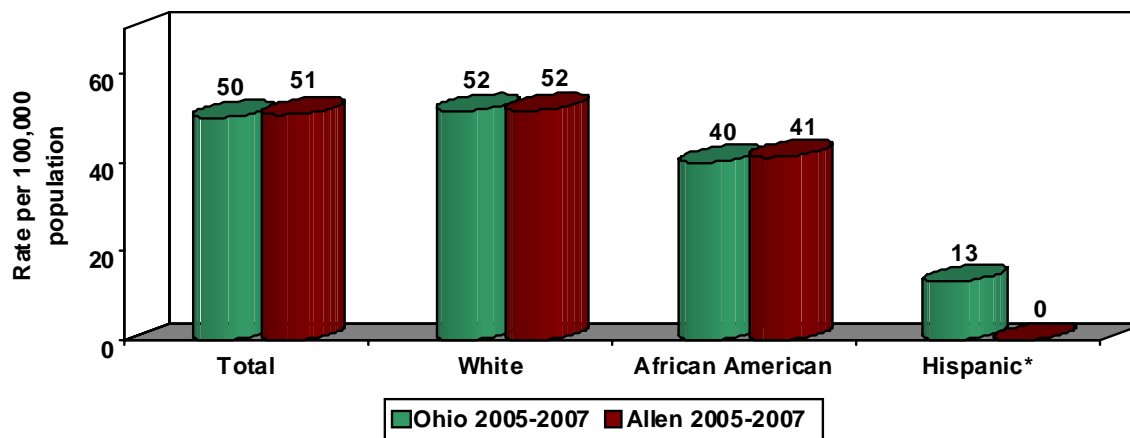


**The age-adjusted diabetes mortality rate for Hispanics in Allen County was calculated with less than 5 deaths. Please, use this rate with caution.*

Allen County and Ohio African American Chronic Lower Respiratory Diseases (Formerly COPD) Age-Adjusted Mortality Rates



Age-Adjusted Chronic Lower Respiratory Disease Mortality Rates by Race/Ethnicity



**The age-adjusted diabetes mortality rate for Hispanics in Allen County was calculated with less than 5 deaths. Please, use this rate with caution.*

(Source: ODH Information Warehouse)

African American Data

Allen County African American Demographics
(Source: 2000 Census Data)

Gender	Number	Percent
Total African American Population	13,225	100%
Male	7,107	53.7%
Female	6,118	46.3%
 Age		
Total African American Population	13,225	100%
0-18 Years	4,282	32.4%
19-64 Years	7,950	60.1%
65 Years and Older	993	7.5%
 Income		
Total African American Households	4,469	100%
Households with less than \$25,000	2,285	51.1%
Households with more than \$25,000	2,184	48.9%
 <i>Educational Attainment</i>		
Population 25 Years and Over	7,415	100%
< 9 th Grade Education	639	8.6%
9 th to 12 th Grade, No Diploma	1,729	23.3%
High School Graduate (Includes Equivalency)	2,777	37.5%
Some College, No Degree	1,242	16.7%
Associate Degree	476	6.4%
Bachelor's Degree	359	4.8%
Graduate Or Professional Degree	193	2.6%
High School Graduate or Higher	5,047	68.1%
Bachelor's Degree or Higher	552	7.4%

Appendices

Allen County Sample Demographic Profile

Demographic and County Profile

Allen County Assessment Information Source List

List of Acronyms and Terms

Methods for Weighing the 2009 Allen County Assessment Data

Allen County Schools

Adult Questionnaire

Youth Questionnaire

Allen County Sample Demographic Profile*

Variable	2009 Survey Sample	Allen County Census 2000	Ohio Census 2000
Age			
20-29	18.6%	12.6%	12.9%
30-39	18.5%	13.5%	14.7%
40-49	16.4%	15.4%	15.5%
50-59	21.2%	11.1%	11.3%
60 plus	23.8%	18.1%	17.3%
Race / Ethnicity			
White	86.6%	84.9%	85.0%
Black or African American**	8.8%	12.2%	11.5%
American Indian and Alaska Native	1.6%	0.2%	0.2%
Asian	1.4%	0.6%	1.2%
Other	1.4%	0.6%	0.8%
Hispanic Origin (may be of any race)	1.6%	1.4%	1.9%
Marital Status			
Married Couple	63.0%	54.0%	54.5%
Never been married/member of an unmarried couple	14.0%	26.0%	26.2%
Divorced/Separated	14.2%	12.2%	12.2%
Widowed	4.5%	7.7%	7.1%
Education			
Less than High School Diploma	8.5%	17.5%	17.8%
High School Diploma	28.7%	42.6%	35.5%
Some college/ College graduate	61.9%	40.0%	46.7%
Income			
\$14,999 and less	14.1%	18.3%	15.6%
\$15,000 to \$24,999	11.9%	14.4%	13.4 %
\$25,000 to \$49,999	28.8%	32.4%	30.9%
\$50,000 to \$74,999	18.3%	19.8%	20.4%
\$75,000 or more	20.0%	15.0%	19.7%

* 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).

** There is a separate African American Section.

Demographics

Allen County Population by Age Groups and Gender U.S. Census 2000

Category	Total	Males	Females
Allen County	108,473	54,229	54,244
0-4 years	7,258	3,663	3,595
1-4 years	5,714	2,902	2,812
< 1 year	1,544	761	783
1-2 years	2,854	1,465	1,389
3-4 years	2,860	1,437	1,423
5-9 years	7,833	3,995	3,838
5-6 years	2,940	1,496	1,444
7-9 years	4,893	2,499	2,394
10-14 years	8,116	4,214	3,902
10-12 years	4,873	2,518	2,355
13-14 years	3,243	1,696	1,547
12-18 years	11,508	6,071	5,437
15-19 years	8,551	4,630	3,921
13-15 years	4,934	2,600	2,334
15-17 years	4,885	2,580	2,305
16-18 years	4,953	2,639	2,314
18-19 years	3,666	2,050	1,616
19-20 years	3,617	2,028	1,589
20-24 years	7,105	3,761	3,344
25-29 years	6,156	3,440	3,076
30-34 years	6,774	3,559	3,215
35-39 years	7,932	4,018	3,914
40-44 years	8,671	4,543	4,128
45-49 years	7,983	4,097	3,886
50-54 years	6,882	3,495	3,387
55-59 years	5,212	2,580	2,632
60-64 years	4,274	2,041	2,233
65-69 years	3,973	1,852	2,121
70-74 years	3,904	1,731	2,173
75-79 years	3,327	1,315	2,012
80-84 years	2,239	786	1,453
85-89 years	1,247	379	868
90 years & over	676	130	546
Total 85 years and over	1,923	509	1,414
Total 65 years and over	15,366	6,193	9,173
Total 19 years and over	78,622	38,814	39,808

Allen County Profile

General Demographic Characteristics (Source: U.S. Census Bureau, Census 2000)

Total Population

2007 Total Population Estimate (July 1)	105,233
2000 Total Population	108,473
1990 Total Population	109,755

Largest City-Lima	
2000 Total Population	40,081
1990 Total Population	45,549

City of Delphos- Allen County portion	3,901
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Population By Race/Ethnicity

Total Population	108,473	100%
White Alone	92,147	84.9%
African American	13,225	12.2%
Two or more races	1,577	1.5%
Hispanic or Latino (of any race)	1,545	1.4%
Asian	601	0.6%
American Indian and Alaska native	224	0.2%

Population By Age

Under 5 years	7,258	6.7%
5 to 17 years	20,834	19.2%
18 to 24 years	10,771	9.9%
25 to 44 years	29,893	27.6%
45 to 64 years	24,351	22.4%
65 years and more	15,366	14.2%
Median age (years)	36.3	

Household By Type

Total Households	40,646	100%
Family Households (families)	28,213	69.4%
With own children <18 years	13,378	32.9%
Married-Couple Family Households	21,562	53.0%
With own children <18 years	9,177	22.6%
Female Householder, No Husband Present	5,043	12.4%
With own children <18 years	3,281	8.1%
Non-family Households	12,433	30.6%
Householder living alone	10,696	26.3%
Householder 65 years and >	4,572	11.2%
Households With Individuals < 18 years	14,558	35.8%
Households With Individuals 65 years and >	10,461	25.7%

Allen County Profile

General Demographic Characteristics, Continued (Source: U.S. Census Bureau, Census 2000)

Median Value of Owner-Occupied Units	\$81,800
Median Monthly Owner Costs (With Mortgage)	\$774
Median Monthly Owner Costs (Not Mortgaged)	\$244
Median Gross Rent for Renter-Occupied Units	\$446
Median Rooms Per Housing Unit	5.9
Total Housing Units	44,245
No Telephone Service	1,364
Lacking Complete Kitchen Facilities	200
Lacking Complete Plumbing Facilities	88

Selected Social Characteristics (Source: U.S. Census Bureau, Census 2000)

School Enrollment

Population 3 Years and Over Enrolled In School	28,722	100%
Nursery & Preschool	1,603	5.6%
Kindergarten	1,648	5.7%
Elementary School (Grades 1-8)	13,136	45.7%
High School (Grades 9-12)	6,921	24.1%
College or Graduate School	5,414	18.8%

Educational Attainment

Population 25 Years and Over	69,669	100%
< 9 th Grade Education	3,080	4.4%
9 th to 12 th Grade, No Diploma	9,110	13.1%
High School Graduate (Includes Equivalency)	29,666	42.6%
Some College, No Degree	13,016	18.7%
Associate Degree	5,437	7.8%
Bachelor's Degree	5,891	8.5%
Graduate Or Professional Degree	3,469	4.9%
Percent High School Graduate or Higher	57,477	82.5%
Percent Bachelor's Degree or Higher	9,336	13.4%

Allen County Profile

Selected Social Characteristics, Continued
(Source: U.S. Census Bureau, Census 2000)

Marital Status

Population 15 Years and Over	85,295	100%
Never Married	22,205	26.0%
Now Married, Excluding Separated	46,069	54.0%
Separated	1,139	1.3%
Widowed	6,590	7.7%
Female	5,353	6.3%
Divorced	9,292	10.9%
Female	4,842	5.7%

Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	1,644	100%
Grandparent Responsible for Grandchildren	822	50.0%

Veteran Status

Civilian Veterans 18 years and over	11,358	14.1%
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Disability Status of the Civilian Non-institutionalized Population

Population 5 to 15 Years	17,693	100%
With a Disability	826	4.7%
Population 21 to 64 Years	56,252	100%
With a Disability	10,455	
Percent Employed		56.2%
No Disability	45,797	
Percent Employed		77.8%
Population 65 Years and Over	14,131	100%
With a Disability	5,797	41.0%

Selected Economic Characteristics
(Source: U.S. Census Bureau, Census 2000)

Employment Status

Population 16 Years and Over	83,540	100%
In Labor Force	50,866	60.9%
Not In Labor Force	32,674	39.1%
Females 16 Years and Over	42,188	100%
In Labor Force	23,502	55.7%
Population Living With Own Children <6 Years	8,187	100%
All Parents In Family In Labor Force	5,292	64.6%

Allen County Profile

Selected Economic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2000)

Employed Civilian Population 16 Years and Over	47,919	100%
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Occupations

Production, Transportation, and Material Moving Occupation	12,264	25.6%
Management, Professional, and Related Occupations	11,966	25.0%
Sales and Office Occupations	11,082	23.1%
Service Occupations	8,031	16.8%
Construction, Extraction, and Maintenance Occupations	4,413	9.2%
Farming, Fishing, and Forestry Occupations	163	0.3%

Leading Industries

Employed Civilian Population 16 Years and Over	47,919	100%
Agriculture, Forestry, Fishing and Hunting, and Mining	490	1.0%
Construction	2,741	5.7%
Manufacturing	11,510	24.0%
Trade (Retail and Wholesale)	8,000	16.7%
Transportation and warehousing, and utilities	2,086	4.4%
Information	856	1.8%
Finance, insurance, real estate and rental and leasing	1,678	3.5%
Professional, scientific, management, administrative, and waste management services	2,219	4.6%
Educational, Health and Social Services	9,927	20.7%
Arts, Entertainment, Recreation, Accommodation, & Food Services	4,044	8.4%
Other Services (except public administration)	2,167	4.5%
Public Administration	2,201	4.6%

Class of Worker

Employed Civilian Population 16 Years and Over	47,919	100%
Private For-Profit Wage and Salary Workers	35,522	74.1%
Private Not-For-Profit Wage and Salary Workers	4,365	9.1%
Local Government Workers	3,136	6.6%
State Government Workers	1,847	3.9%
Federal Government Workers	484	1.0%
Self-Employed Workers in Own Not Incorporated Business	2,382	5.0%
Unpaid Family Workers	156	0.3%

Median Earnings

Male, Full-time, Year-Round Workers	\$35,546
Female, Full-time, Year-Round Workers	\$23,537

Allen County Profile

Selected Economic Characteristics

(Source: U.S. Census Bureau, Census 2000)

Income In 1999

Households	40,625	100%
< \$10,000	4,432	10.9%
\$10,000 to \$14,999	2,996	7.4%
\$15,000 to \$19,999	2,809	6.9%
\$20,000 to \$24,999	3,051	7.5%
\$25,000 to \$29,999	3,064	7.5%
\$30,000 to \$34,999	2,824	7.0%
\$35,000 to \$39,999	2,436	6.0%
\$40,000 to \$44,999	2,617	6.4%
\$45,000 to \$49,999	2,231	5.5%
\$50,000 to \$59,999	4,096	10.1%
\$60,000 to \$74,999	3,959	9.7%
\$75,000 to \$99,999	3,396	8.4%
\$100,000 to \$124,999	1,419	3.5%
\$125,000 to \$149,999	577	1.4%
\$150,000 or \$199,999	259	0.6%
\$200,000 or more	459	1.1%

Median Household Income

\$37,048

Income In 1999

Families	28,474	100%
< \$10,000	1,902	6.7%
\$10,000 to \$14,999	1,179	4.1%
\$15,000 to \$19,999	1,472	5.2%
\$20,000 to \$24,999	1,905	6.7%
\$25,000 to \$29,999	1,983	7.0%
\$30,000 to \$34,999	2,082	7.3%
\$35,000 to \$39,999	1,870	6.6%
\$40,000 to \$44,999	1,945	6.8%
\$45,000 to \$49,999	1,740	6.1%
\$50,000 to \$59,999	3,379	11.9%
\$60,000 to \$74,999	3,483	12.2%
\$75,000 to \$99,999	3,055	10.7%
\$100,000 to \$124,999	1,312	4.6%
\$125,000 to \$149,999	544	1.9%
\$150,000 or \$199,999	228	0.8%
\$200,000 or more	395	1.4%

Median Household Income

\$37,048

Per Capita Income In 1999

\$17,511

Poverty Status In 1999

	<i>Number Below Poverty Level</i>	<i>% Below Poverty Level</i>
Families	2,742	9.6%
Individuals	12,374	12.1%

Allen County Profile

Selected Economic Characteristics Continued (Source: U.S. Census Bureau, Census 2000)

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

	Income	Rank of Ohio counties
BEA Per Capita Income 2006	\$28,793	40 th of 88 counties
BEA Per Capita Income 2005	\$27,719	38 th of 88 counties
BEA Per Capita Income 2004	\$26,910	39 th of 88 counties
BEA Per Capita Income 2000	\$24,249	42 nd of 88 counties
BEA Per Capita Income 1996	\$19,940	48 th of 88 counties

(BEA PCI figures are greater than Census figures for comparable years because including deductions for retirement, Medicaid, Medicare payments, and the value of food stamps, among other things)

Selected Poverty Related Statistics

Category	Allen	Ohio
Persons of All Ages - Below 150% of Poverty Threshold, 2003/2004	20,279 (18.7%)	1,931,825 (16.9%)
Children (under 18) - Below 150% of Poverty Threshold, 2003/2004	7,734 (27.4%)	605,439 (21.0%)
Persons 18 and Older - Below 150% of Poverty Threshold, 2003/2004	12,545 (15.7%)	1,326,386 (15.6%)
Total Employment, Second Quarter 2000-2006	-4,329 (-7.2%)	-189,976 (-3.5%)
Mean Earnings of a Job, Second Quarter of 2006	\$33,026	\$36,685

(Source: The State of Poverty in Ohio 2007, Ohio Association of Community Action Agencies, 2007 Annual Report)

Employment Statistics

Category	Allen	Ohio
Labor Force	52,700	6,031,600
Employed	46,500	5,357,600
Unemployed	6,200	674,000
Unemployment Rate* in June 2009	11.7	11.2
Unemployment Rate* in May 2009	11.5	10.4
Unemployment Rate* in June 2008	7.4	6.6

* Rate equals unemployment divided by labor force.

(Source: Ohio Department of Job and Family Services, June 2009)

Allen County Profile

Estimated Poverty Status in 2007

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Allen County				
All ages in poverty	14,529	12,538 to 16,520	14.5%	12.5 to 16.4
Ages 0-17 in poverty	5,260	4,300 to 6,219	20.6%	16.9 to 24.4
Ages 5-17 in families in poverty	3,201	2,519 to 3,883	17.5%	13.8 to 21.2
Median household income	\$43,840	41,116 to 46,564		
Ohio				
All ages in poverty	1,458,625	1,436,688 to 1,480,562	13.1%	12.9 to 13.3
Ages 0-17 in poverty	497,554	483,970 to 511,139	18.4%	17.9 to 18.9
Ages 5-17 in families in poverty	323,397	311,542 to 335,252	16.5%	15.9 to 17.1
Median household income	\$46,645	46,344 to 46,946		
United States				
All ages in poverty	38,052,247	37,829,283 to 38,275,211	13.0%	12.9 to 13.0
Ages 0-17 in poverty	13,097,100	12,981,173 to 13,213,027	18.0%	17.9 to 18.2
Ages 5-17 in families in poverty	8,499,844	8,419,720 to 8,579,968	16.4%	16.2 to 16.5
Median household income	\$50,740	50,665 to 50,815		

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/hhes/www/saipa/county.html>

Federal Poverty Thresholds in 2008 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	\$11,201					
1 Person 65 and >	\$10,326					
2 people Householder < 65 years	\$14,417	\$14,840				
2 People Householder 65 and >	\$13,014	\$14,784				
3 People	\$16,841	\$17,330	\$17,346			
4 People	\$22,207	\$22,570	\$21,834	\$21,910		
5 People	\$26,781	\$27,170	\$26,338	\$25,694	\$25,301	
6 People	\$30,803	\$30,925	\$30,288	\$29,677	\$28,769	\$28,230
7 People	\$35,442	\$35,664	\$34,901	\$34,369	\$33,379	\$32,223
8 People	\$39,640	\$39,990	\$39,270	\$38,639	\$37,744	\$36,608
9 People or >	\$47,684	\$47,915	\$47,278	\$46,743	\$45,864	\$44,656

Source: U. S. Census Bureau, Poverty Thresholds 2008, <http://www.census.gov/hhes/www/poverty/threshld/thresh08.html>

Allen County Assessment Information Sources

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2006 - 2009. Atlanta: ACS, 2009.	<ul style="list-style-type: none"> ◆ 2009 Cancer rates ◆ ACS cancer detection guidelines ◆ 2006 Cancer estimates 	www.cancer.org
American Diabetes Association	<ul style="list-style-type: none"> ◆ Risk factors for diabetes ◆ All about Diabetes: Type 2 Diabetes ◆ Diabetes Care: Screening for Type 2 	www.diabetes.org
American Heart Association. <i>Risk Factors for Coronary Heart Disease</i> , 2005.	<ul style="list-style-type: none"> ◆ Cardiovascular disease risk factors 	www.americanheart.org
<i>Arthritis at a Glance</i> , 2007, Centers for Disease Control & Prevention	<ul style="list-style-type: none"> ◆ Arthritis statistics 	www.cdc.gov/nccdc/php/aag/aag-arthritis.htm
American Psychiatric Association Let's Talk Facts About Teen Suicide	<ul style="list-style-type: none"> ◆ Teen suicide statistics 	www.psych.org/public_info/teen.cfm
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control & Prevention	<ul style="list-style-type: none"> ◆ 1999 - 2008 adult Ohio and U.S. correlating statistics 	www.cdc.gov
CDC WONDER DATA 2010	<ul style="list-style-type: none"> ◆ U.S. mortality statistics 	http://wonder.cdc.gov
CDC, Youth Violence & Suicide Prevention	<ul style="list-style-type: none"> ◆ Youth Violence Fact Sheet, 2008 ◆ Intimate Partner Violence Fact Sheet 	http://www.cdc.gov/ncipc/dvp/dvp.htm
FASTATS A to Z, U.S. Department of Health & Human Services, Centers for Disease Control & Prevention, National Center for Health Statistics, Division of Data Services	<ul style="list-style-type: none"> ◆ U.S. mortality statistics 	www.cdc.gov/nchs/fastats
Healthy People 2010: Data 2010, U.S. Department of Health & Human Services, January 2000	<ul style="list-style-type: none"> ◆ All Healthy People 2010 target data points ◆ Some U.S. baseline statistics 	www.health.gov/healthypeople
Healthy Youth: Addressing Asthma in Schools, CDC, 2006	<ul style="list-style-type: none"> ◆ Strategies for addressing asthma within schools 	www.cdc.gov/HealthyYouth/asthma/pdf/asthma.pdf
<i>Measuring Healthy Days</i> , Centers for Disease Control & Prevention, Atlanta, GA, November 2000	<ul style="list-style-type: none"> ◆ Health-Related Quality of Life (HRQOL) ◆ Definition of quality of life 	www.cdc.gov
<i>Naked Truth About Sexually Transmitted Diseases</i> , Pfizer, Inc.	<ul style="list-style-type: none"> ◆ Risk factors for contracting sexually transmitted diseases 	www.unspeakable.com
National Arthritis Action Plan: A Public Health Strategy, Arthritis Foundation, the Association of State & Territorial Health Officials, & Centers for Disease Control & Prevention, 1999	<ul style="list-style-type: none"> ◆ Risk factors for arthritis 	www.arthritis.org/resources

Allen County Assessment Information Sources

Source	Data Used	Website
National Asthma Control Program, Centers for Disease Control & Prevention	♦ Asthma control	http://www.cdc.gov/asthma/default.htm
National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control & Prevention	♦ US alcohol-related motor vehicle crashes and intentional injury stats ♦ Type 2 diabetes ♦ Nutrition and physical activity ♦ Alcohol and Public Health ♦ Arthritis	www.cdc.gov
National Center for Environmental Health, CDC	♦ Asthma Prevalence Rates	N/A
National Depression and Manic Depression Association	♦ US depression facts	www.ndmda.org
National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services	♦ Commonly abused prescription drug facts	www.nida.nih.gov
Ohio Department of Health, Information Warehouse	♦ Allen County and Ohio mortality statistics ♦ Allen County and Ohio birth statistics ♦ Allen County and Ohio sexually transmitted disease statistics	www.odh.state.oh.us
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	♦ Allen County and Ohio cancer mortality ♦ Allen County and Ohio cancer incidence	www.odh.state.oh.us
Ohio Department of Health, Ohio Oral Health Surveillance System, 2008	♦ Allen County oral health resources	http://publicapps.odh.ohio.gov/oralhealth/default.aspx
Ohio Department of Job & Family Services, 2003	♦ Poverty statistics	http://jfs.ohio.gov/
Ohio Department of Public Safety	♦ 2007 Traffic Crash Facts ♦ Allen County and Ohio crash facts	www.state.oh.us/odps
Ohio Family Health Survey Results, 2008	♦ Allen County and Ohio uninsured rates	http://ofhs.webexone.com
Ohio Medicaid Report, January 2005 and 2006 Update, Office of Ohio Health Plans (OHP), Ohio Job & Family Services	♦ Allen County Medicaid statistics ♦ Ohio Medicaid statistics	http://jfs.ohio.gov/ohp/bhnp/reports/
Planned Parenthood Federation of America, Inc.	♦ Sexually Transmitted Infection (STI) facts	www.plannedparenthood.org
<i>Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation – US, 2003-2005</i> , Morbidity and Mortality Weekly Report, Centers for Disease Control & Prevention	♦ Arthritis prevalence facts	www.cdc.gov/mmwr/preview/mmwr.html/mm5540a2.htm

Allen County Assessment Information Sources

Source	Data Used	Website
Price, J.H. (2005) Firearm Trauma Presentation; University of Toledo	♦ Firearm statistics	N/A
<i>School Health Policies and Programs Study, 2000</i> , Centers for Disease Control & Prevention, National Center for Chronic Disease Prevention and Health Promotion	♦ School physical activity facts	www.cdc.gov/nccd/php/dash/shpps
Sexually Transmitted Disease Surveillance, Centers for Disease Control & Prevention	♦ Sexually Transmitted Disease (STD) facts	www.cdc.gov
<i>State of Poverty in Ohio, 2007</i> , Ohio Association of Community Action Agencies	♦ Poverty in Ohio statistics	www.communitysolutions.com/images/upload/resources/Poverty_Report_Final_2007.pdf
Surgeon General's Call to Action	♦ Costs of obesity	N/A
<i>Surgeon General's Call To Action To Prevent Suicide</i> . Washington, DC: 1999.	♦ Suicide as a public health problem	N/A
The Alan Guttmacher Institute	♦ Facts on American Teens' Sexual and Reproductive Health	http://www.guttmacher.org/pubs/fb_ATSRH.html
U.S. Census Bureau, United States Department of Commerce	♦ Ohio and Allen County 2000 Census demographic information ♦ Small Area Income and Poverty Estimates ♦ Federal Poverty Thresholds	www.census.gov
U. S. Department of Health and Human Services, Bureau of Health Professions	♦ Health Professional Shortage Area designation criteria	http://bhpr.hrsa.gov/shortage/hpsacritpcm.htm
U. S. Department of Health and Human Services, Centers for Medicare and Medicaid Services, Medicare Enrollment Reports	♦ Allen County Medicare enrollment	www.cms.hhs.gov/MedicareEnrpts/
U. S. Department of Health and Human Services, National Strategy for Suicide Prevention, 2001	♦ Suicide prevention facts	N/A
<i>Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease</i> , Centers for Disease Control & Prevention, National Center for Chronic Disease Prevention and Health Promotion, November 2000.	♦ Facts and recommended action steps to reduce the health and economic burden of chronic disease	www.cdc.gov/nccd/php/upo/into.htm

List of Acronyms and Terms

Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Binge drinking	Consumption of five alcoholic beverages or more on one occasion.
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
BRFSS	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
CDC	Centers for Disease Control and Prevention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
Crude Mortality Rates	Number of deaths/estimated mid-year population times 100,000.
HCF	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
HP 2010	Healthy People 2010, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic ≥ 140 and Diastolic ≥ 90
Morbidity	Illness or disease
Mortality	Death

List of Acronyms and Terms

N/A	Data not available.
ODH	Ohio Department of Health
Race/Ethnicity	Census 2000: U.S. Census data consider race and Hispanic origin separately. Census 2000 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 2000 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.
Weapon	Defined in the YBRSS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
YPLL/65	Years of P otential L ife L ost before age 65. Indicator of premature death.
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile. Overweight is defined as BMI-for-age 85^{th} percentile to $< 95^{\text{th}}$ percentile. Obese is defined as $\geq 95^{\text{th}}$ percentile.
YRBSS	Youth Risk Behavior Surveillance System, a youth survey conducted by the Centers for Disease Control & Prevention (CDC)

Methods for Weighting the 2009 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 2009 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 (7 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 the Allen County population 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 2009 Allen County Survey and the Census's 2007 American Community Survey Allen County Population Estimates.

<u>Sex</u>	<u>2009 Allen Survey</u>		<u>2007 Allen County Census Estimate*</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	192	46.601942	52,231	49.5592603	1.063459127
Female	220	53.398058	53,160	50.4407397	0.944617489

* from the Census's American Community Survey

In this example, it shows that there was a slightly smaller portion of males 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) (49.5592603%) and dividing that by the percent found in the 2009 Allen County sample (46.601942%) [$49.5592603 / 46.601942 =$ weighting of 1.063459127 for males]. The same was done for females [$50.4407397 / 53.398058 =$ weighting of 0.944617489]. Thus males' responses are weighted heavier by a factor of 1.063459127 and females' responses weighted less by a factor of 0.944617489.

Methods for Weighting the 2009 Allen County Assessment Data

This same thing was done for each of the 18 specific categories as described above. For example, a respondent who was male, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.334091839 [1.063459127 (weight for males) x 0.940161006 (weight for White) x 1.426689192 (weight for age 35-44) x 0.935262064 (weight for income \$50-\$75k)]. Thus, each individual in the 2009 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 15.0) 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 were 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 of 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.

Methods for Weighting the 2009 Allen County Assessment Data

Category	Allen County Sample	%	2000 Census Data	%	Weighting Value
Sex:					
Male	192	46.601942	52,231	49.5592603	1.063459127
Female	220	53.398058	53,160	50.4407397	0.944617489
Age:					
20-24	15	3.333333	7,113	9.41146895	2.823440684
25-34	48	10.666667	12,706	16.8117706	1.576103496
35-44	57	12.666667	13,658	18.0713964	1.426689192
45-54	108	24.000000	15,514	20.5271375	0.855297397
55-59	46	10.222222	6,736	8.91264654	0.871889335
60-64	47	10.444444	4,667	6.1750774	0.591230815
65-74	74	16.444444	7,305	9.66551113	0.587767569
75-84	13	2.888889	5,871	7.76813358	2.688969317
85+	0	0.000000	2,008	2.65685782	
Race:					
White	376	91.041162	89,077	85.5933506	0.940161006
Other	37	8.958838	14,993	14.4066494	1.608093565
Household Income					
Less than \$10,000	25	6.544503	2,991	7.36772	1.125787762
\$10k-\$15k	22	5.759162	2,618	6.44891	1.119765494
\$15k-\$25k	58	15.183246	5,325	13.11706	0.863916438
\$25k-\$35k	49	12.827225	5,519	13.59494	1.059850071
\$35k-\$50	62	16.230366	7,130	17.56331	1.082126318
\$50k-\$75k	79	20.680628	7,852	19.34181	0.935262064
\$75k or more	87	22.774869	9,161	22.56626	0.9908405
Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Allen County (determined from Census's 2007 American Community Survey Eestimates) in each subcategory by the proportion of the sample in the Allen County survey for that same category.					

Allen County Schools

The following schools were randomly chosen and agreed to participate in the 2009 Allen County assessment:

Allen East Local
Allen East High School

Delphos City
Jefferson High School

Elida Local
Elida High School
Elida Middle School

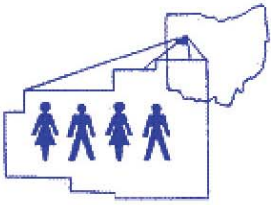
Lima City
High School of Multiple Intelligences
Performance Based School
Progressive Academy
Lima West Middle School

Perry Local
Perry High School

Shawnee Local
Shawnee High School
Shawnee Middle School

Spencerville Local
Spencerville High School

* Bath and Bluffton school districts chose not to participate.



Healthy People 2010



Call 1-800-567-HOPE
(4673)
24 Hours/7 Days
www.wecarepeople.org



2009 Allen County Community Needs Assessment Survey

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:

- The Allen County Health Department
- Healthy People 2010
- Lima Memorial Health System
- Mental Health and Recovery Services Board
- St. Rita's Medical Center
- The Ohio State University at Lima
- 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 Dave Rosebrock or Kathy Luhn at 419-228-4457 or email: kluhn@allenhealthdept.org

Answers Will Remain Confidential!

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.

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 →

Community Issues

Please think about the following community issues. Tell us whether you think each issue is a _____ : (Please check mark your answer)	Big Problem	Medium Problem	Small Problem	Not a Problem
1. Lack of support for local business community	①	②	③	④
2. Domestic violence	①	②	③	④
3. Crime	①	②	③	④
4. Drug abuse	①	②	③	④
5. Teenage pregnancy	①	②	③	④
6. Unemployment	①	②	③	④
7. Juvenile delinquency	①	②	③	④
8. Lack of recreational programs and resources	①	②	③	④
9. Child abuse	①	②	③	④
10. Poverty	①	②	③	④
11. Underage alcohol consumption	①	②	③	④

12. What do you think is the single most important problem facing local families at the present time? *(Feel free to select an issue from the above table or choose one not listed above.)* _____

13. What do you think is the single most important problem facing your community at the present time? *(Feel free to select an issue from the above table or choose one not listed above.)* _____

Please think about the following community services. Tell us what you think about the importance of each service. (Please check mark your answer)	Very Important	Important	Somewhat Important	Not Important
14. Care of the elderly	①	②	③	④
15. Services for people with disabilities	①	②	③	④
16. Youth programs <i>(such as after school, summer, weekends)</i>	①	②	③	④
17. Alcohol and substance abuse programs	①	②	③	④
18. Child care	①	②	③	④
19. Job training/employment services	①	②	③	④
20. Crime prevention services	①	②	③	④
21. Neighborhood services <i>(property upkeep, noise & traffic control)</i>	①	②	③	④
22. Health care	①	②	③	④
23. Poverty relief programs	①	②	③	④

24. What is the most important service that an organization is providing or should provide to your community at the present time? *(Feel free to select a service from the above table or choose one not listed above.)* _____

Community Issues

25. How safe from crime do you consider your neighborhood to be?
- ☐ Extremely safe
 - ☐ Quite safe
 - ☐ Slightly safe
 - ☐ Not at all safe
 - ☐ Don't know
26. Have you looked for a program to help with depression, anxiety, or some other mental health problem for you or for a loved one?
- ☐ Yes, and I found one
 - ☐ Yes, and I have not found one
 - ☐ No, I have not looked
27. Have you looked for a program to control drug or alcohol abuse for you or for a loved one?
- ☐ Yes, and I found one
 - ☐ Yes, and I have not found one
 - ☐ No, I have not looked
28. Have you attempted to get assistance from any social service agencies such as a United Way agency, church, Welfare/Job & Family Services agency, LACCA or other human services organization?
- ☐ Yes, I looked for and received assistance
 - ☐ Yes, I looked for but did not receive any assistance
 - ☐ No, I chose not to look
 - ☐ No, I did not know where to look
 - ☐ No, I did not need to look
 - ☐ Don't know

29. Where did you get assistance?
- ☐ I did not look for assistance
 - ☐ I looked for assistance but did not get any
 - ☐ A friend or family member
 - ☐ A church
 - ☐ LACCA
 - ☐ The Welfare Department/Job & Family Services
 - ☐ United Way agency
 - ☐ Somewhere else: _____

Health Status

30. Would you say that in general your health is:
- ☐ Excellent
 - ☐ Very good
 - ☐ Good
 - ☐ Fair
 - ☐ Poor
31. 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
32. 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
33. 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

34. Is there one particular doctor or health professional who you usually go to when you need routine medical care?
- ☐ Yes, only one
 - ☐ More than one
 - ☐ No
 - ☐ Don't know
35. What kind of place do you usually go to if you are sick or need advice about your health? (**CHECK ONLY ONE**)
- ☐ A doctor's office
 - ☐ A hospital outpatient department
 - ☐ A hospital emergency room
 - ☐ An urgent care center
 - ☐ Med-Care Clinic
 - ☐ Lima Community Health Center/ Allen County Health Partners (8th Street Clinic/ Southside Clinic)
 - ☐ Some other kind of place
 - ☐ Internet/Web
 - ☐ Don't know
36. 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
 - ☐ Don't know

37. 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 would prevent me
 - ☐ Cost
 - ☐ 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

Health Care Coverage

38. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMO's, or governmental plans such as Medicare?
- ☐ Yes
 - ☐ No – **GO TO QUESTION 41**
 - ☐ Don't know
39. What type of health care coverage do you use to pay for most of your medical care?
- ☐ Your employer's plan
 - ☐ Someone else's employer's plan
 - ☐ A plan that you or someone else buys on your own
 - ☐ Medicare
 - ☐ Medicaid or Medical Assistance
 - ☐ The military, CHAMPUS, TriCare, or the VA
 - ☐ The Indian Health Service
 - ☐ Some other source
 - ☐ None
 - ☐ Don't know

40. 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
Your spouse?	<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

41. What is the reason you are 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
- ☐ None of the above

Health Care Access

42. 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.)
- ☐ 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
 - ☐ Don't know/Not sure
 - ☐ Never
43. In the past 12 months, have you chosen to go outside of Allen County to get health care services?
- ☐ Yes
 - ☐ No
44. During the past 12 months, did you get a prescription from your doctor which you did **not** get filled?
- ☐ Yes
 - ☐ No
 - ☐ Don't know

Oral Health

45. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.
- ☐ Within the past year (anytime less than 12 months ago) – **GO TO QUESTION 47**
 - ☐ 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

46. What is the main reason you have not visited the dentist in the last year?

- ☐ Fear, apprehension, nervousness, pain, dislike going
- ☐ Cost
- ☐ Do not have/know a dentist
- ☐ Cannot get to the office/clinic (too far away, no transportation)
- ☐ No appointments available
- ☐ Dentist does not accept my insurance (Medicaid)
- ☐ No reason to go (no problems, no teeth)
- ☐ Other priorities
- ☐ Have not thought of it
- ☐ Other
- ☐ Don't know

Alcohol Consumption

47. During the past month, how many days did you have at least one drink of any alcoholic beverage?

Days per month _____

- ☐ Don't know
- ☐ Do not drink - **GO TO QUESTION 51**

48. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days you drank, about how many drinks did you consume on average?

Number of drinks _____

- ☐ Don't know

49. Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

Number of times _____

- ☐ None
- ☐ Don't know

50. 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

51. As a result of drinking, have you or a family member failed to fulfill obligations at work or home, or placed yourself in dangerous situations, or had legal problems?

- ☐ Yes
- ☐ No
- ☐ Don't know

Preventive Medicine & Health Screenings

52. Have you ever been told by a doctor, nurse, or other health professional that you had diabetes (sugar)?

- ☐ Yes
- ☐ No - **GO TO QUESTION 55**
- ☐ Don't know

53. How old were you when you were told you have diabetes?

Age in years _____

- ☐ Don't know

54. Have you ever taken a course or class on how to manage your diabetes yourself?

- ☐ Yes
- ☐ No
- ☐ Don't know

55. Have you ever been told by a doctor, nurse, or other health professional that you had high blood pressure?

- ☐ Yes
- ☐ No- **GO TO QUESTION 57**
- ☐ Don't know

56. Are you currently taking medication for your high blood pressure?

- ☐ Yes
- ☐ No
- ☐ Don't know

57. When did you last have your blood pressure taken by a doctor, nurse, or other health professional?

- ☐ Less than six months ago
- ☐ 6 to 12 months ago
- ☐ 1 to 2 years ago
- ☐ 3 to 4 years ago
- ☐ 5 or more years ago
- ☐ Don't know
- ☐ Never
- ☐ Never, did myself at self-operated location

58. Has a doctor, nurse, or other health professional ever told you that you had high blood cholesterol?

- ☐ Yes
- ☐ No
- ☐ Don't know

59. Blood cholesterol is a fatty substance found in the blood. When did you last have your blood cholesterol checked?

- ☐ 1 to 12 months ago
- ☐ 1 to 2 years ago
- ☐ 3 to 4 years ago
- ☐ 5 or more years ago
- ☐ Have never had it checked
- ☐ Don't know

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

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

61. 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 (for example herpes, genital warts, gonorrhea, Chlamydia, etc)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know

62. A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot (or flu mist)?

- ☐ Yes
- ☐ No
- ☐ Don't know

63. A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia vaccination?

- ☐ Yes
- ☐ No
- ☐ Don't know

64. 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

Preventive Counseling Services

65. 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 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"/>
Drug abuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol use?	<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"/>
Domestic violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunization status?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tobacco Use

66. Have you smoked at least 100 cigarettes in your entire life?
- ☐ Yes
 - ☐ No – **GO TO QUESTION 69**
 - ☐ Don't know
67. Do you now smoke cigarettes everyday, some days, or not at all?
- ☐ Everyday
 - ☐ Some days
 - ☐ Not at all
68. During the past 12 months, have you quit smoking for 1 day or longer because you were trying to quit smoking?
- ☐ Yes
 - ☐ No
 - ☐ Don't know
69. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?
- ☐ Every day
 - ☐ Some days
 - ☐ Not at all

Marijuana & Other Drug Use

70. During the past six months, have you used any of the following: (**CHECK ALL THAT APPLY**)
- ☐ Marijuana or hashish
 - ☐ 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
 - ☐ I have not used any of these substances in the past six months

71. How frequently have you used the drugs checked in #70 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
72. Have you misused 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
 - ☐ Tranquilizers such as Valium or Xanax, sleeping pills, barbituates, or Seconal
 - ☐ Codeine, Demerol, Morphine, Percodan, Methadone, Darvon, or Dilaudid
 - ☐ I have not misused any of these medications in the past six months
73. How frequently have you misused 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 misused any of these medications during the past six months
 - ☐ Don't know/Not sure

Women's Health

MEN, GO TO MEN'S HEALTH SECTION, QUESTION 78

74. 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
 - ☐ Don't know
75. 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
 - ☐ Don't know
76. 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

77. If you were 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
 - ☐ Smoke cigarettes
 - ☐ Use alcohol
 - ☐ Use marijuana
 - ☐ Use any drugs
 - ☐ Experience domestic violence
 - ☐ Live with a smoker
 - ☐ Did not experience/use any of these

Men's Health

WOMEN, GO TO SEXUAL BEHAVIOR SECTION, QUESTION 81

78. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. When was your last PSA test?
- ☐ Have never had a PSA test
 - ☐ Within the past year (any time less than 12 months ago)
 - ☐ 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
79. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- ☐ Yes
 - ☐ No
 - ☐ Don't know

80. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. When was your last digital rectal exam?
- ☐ Have never had a digital rectal 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
 - ☐ Don't know

Sexual Behavior

81. Except for tests you may have had as part of blood donations, have you been tested for HIV in the past year? Include saliva tests.
- ☐ Yes
 - ☐ No
 - ☐ Don't know
82. Do any of the following situations apply to you? You do not need to say which one.
- You have used intravenous drugs in the past year;
- You have been treated for a sexually transmitted or venereal disease in the past year;
- You tested positive for HIV (the virus that causes AIDS);
- You had anal sex without a condom in the past year
- ☐ Yes
 - ☐ No
 - ☐ Don't know
83. During the past twelve 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 87**

84. What are you or your partner doing now to keep from getting pregnant? (**CHECK ALL THAT APPLY**)

- ☐ No partner/not sexually active (abstinent)
- ☐ My partner is same sex
- ☐ Not using birth control
- ☐ 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 (Jadelle)
- ☐ Diaphragm, cervical ring or cap (Nuvaring or others)
- ☐ Shots (Depo-Provera, Lunelle, etc.)
- ☐ Emergency contraception (EC)
- ☐ Withdrawal
- ☐ Having sex only at certain times (rhythm)
- ☐ Other method (foam, jelly, cream, etc.)
- ☐ Don't know/Not sure

85. What are your reasons for not using any birth control now? (**CHECK ALL THAT APPLY**)

- ☐ I am not having sex
- ☐ My partner is same sex
- ☐ I am using a birth control method
- ☐ I want to get pregnant
- ☐ My partner or I don't want to use birth control
- ☐ I don't think my partner or I can get pregnant
- ☐ I can't pay for birth control
- ☐ My partner or I had a hysterectomy/vasectomy/tubes tied
- ☐ Too old

86. The last time you had sexual intercourse, was a condom used :

- ☐ To prevent pregnancy
- ☐ To prevent diseases like syphilis, gonorrhea, and AIDS
- ☐ For both of these reasons
- ☐ For some other reason
- ☐ Did not use a condom
- ☐ Don't know

87. Have you ever been forced to have sexual activity when you didn't want to?

- ☐ Yes
- ☐ No

Exercise

88. Other than your regular job, do you take part in physical activities or exercise, such as brisk walking, cycling, swimming, golfing, or yard work for exercise?

- ☐ Yes
- ☐ No

89. Generally, how many times per week do you take part in these physical activities or exercise?

_____ times per week

90. How much time do you usually spend each time you take part in these physical activities/exercise?

_____ hours and/or _____ minutes

Weight Control

91. Are you now trying to...

- ☐ Maintain your current weight, that is, to keep from gaining weight
- ☐ Lose weight
- ☐ Gain weight
- ☐ None of the above

92. 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
- ☐ Exercise
- ☐ Go without eating for 24 hours
- ☐ Take any diet pills, powders, or liquids without a doctor's advice
- ☐ Vomit or take laxatives
- ☐ Smoke cigarettes

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

TV	Video Games (Sitting)	Computer (outside of work)
<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"/> 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"/> 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"/> 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

Diet & Nutrition

94. 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 or drink 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

95. 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

96. In a typical week, how many meals do you eat out in a restaurant or bring take out food home to eat?

_____ meals

97. In general, do you read food labels or consider nutritional content when choosing foods you eat?

- ☐ Yes
- ☐ No
- ☐ Don't know

Mental Health & Suicide

98. In the past year, have you had 2 weeks or more during which you felt sad, blue, or depressed, or when you lost all interest or pleasure in things you usually cared about or enjoyed?

- ☐ Yes
- ☐ No
- ☐ Don't know/Not sure

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

- ☐ Yes
- ☐ No

100. 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

101. On a typical day, how would you rate your stress level?

- ☐ Very low stress level
- ☐ Low stress level
- ☐ Moderate stress level
- ☐ High stress level
- ☐ Very high stress level

102. 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
- ☐ Other

Safety/Injury Prevention

103. 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

104. Did you know a head injury at some time in your life can create anger and anxiety?

- ☐ Yes
- ☐ No
- ☐ Don’t know

105. How often do you wear a seat belt when in a car?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

106. When was the last time you or someone else deliberately tested all of the smoke detectors in your home?

- ☐ Less than a month ago
- ☐ 1 to 5 months ago
- ☐ 6 to 12 months ago
- ☐ One or more years ago
- ☐ Never
- ☐ No smoke detectors in home
- ☐ Don’t know/not sure

107. When you rode an ATV, racing bike, or motorcycle during the past 12 months, how often did you wear a helmet?

- ☐ I did not ride an ATV, racing bike, or motorcycle during the past 12 months
- ☐ Never wore a helmet
- ☐ Rarely wore a helmet
- ☐ Sometimes wore a helmet
- ☐ Most of the time wore a helmet
- ☐ Always wore a helmet

Quality of Life/Care Giving Needs

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

- ☐ Yes
- ☐ No
- ☐ Don’t know

109. Because of any impairment or health problem, do you need the help of other persons with your personal care needs, such as eating, bathing, dressing, or getting around the house?

- ☐ Yes
- ☐ No
- ☐ Don’t know

110. Because of any impairment or health problem, do you need the help of other persons in handling your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?
- ☐ Yes
- ☐ No
- ☐ Don't know
111. What major impairments or health problems limit your activities?
- ☐ I am not limited by any impairments or health problems
- ☐ Arthritis/rheumatism
- ☐ Back or neck problem
- ☐ 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
- ☐ Depression/anxiety/emotional problems
- ☐ Other impairment/problem
112. 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
- ☐ I would not have problems getting any of these things if I needed them

113. In the past 30 days, have you needed help meeting your general daily needs such as food, clothing, shelter, or paying utility bills?
- ☐ Yes
- ☐ No
- ☐ Don't know

Violence

114. 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 months
115. 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
116. During the past 12 months, has anyone ever hit, slapped or physically hurt you on purpose in your home?
- ☐ Yes
- ☐ No
- ☐ Don't know

Parenting

If there are no children in your household or your children are 18 or older, go to question 122.

117. During the past 12 months, was there any time that any of your children did not have any health insurance coverage?
- ☐ Yes, and at least one child does not have health insurance now
- ☐ Yes, but all of my children have health insurance now
- ☐ No
- ☐ Don't know

118. Have you used any of the following programs for your infant to 4-year-old child? **(CHECK ALL THAT APPLY)**

- ☐ I do not have an infant to 4-year-old child
- ☐ WIC (Women, Infants and Children Supplemental Food Program)
- ☐ Head Start
- ☐ Help Me Grow
- ☐ Newborn home visits
- ☐ Early Intervention Services
- ☐ Out of home daycare

119. 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
- ☐ Screen time (TV or computer)
- ☐ Refusal skills
- ☐ Negative effects of alcohol
- ☐ Negative effects of tobacco
- ☐ Negative effects of marijuana and other drugs
- ☐ Did not discuss any of these

120. How did you put your child to sleep most of the time as an infant? **(CHECK ALL THAT APPLY)**

- ☐ On his or her side
- ☐ On his or her back
- ☐ On his or her stomach
- ☐ In bed with you or another person

121. Has a doctor ever told you that any of your children have any of the following chronic condition(s)? **(CHECK ALL THAT APPLY)**

- ☐ 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, aspergers disease
- ☐ Yes, sickle cell disease
- ☐ Yes, a genetic disorder
- ☐ No

Miscellaneous Health

122. 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)
- ☐ Unsafe water supply
- ☐ Plumbing problems
- ☐ Sewage/waste water problems
- ☐ Temperature regulation (heating and air conditioning)
- ☐ Safety hazards (structural problems)
- ☐ Lead paint
- ☐ Chemicals found in household products (such as cleaning agents, pesticides, automotive products)
- ☐ Mold
- ☐ Asbestos
- ☐ None

Demographics

123. What is your zip code? _____

124. What is your age? _____

125. What is your gender?

☐ Male

☐ Female

126. What is your race?

☐ American Indian/Alaska Native

☐ Asian

☐ Black or African-American

☐ Native Hawaiian/ Other Pacific Islander

☐ White

☐ Other: _____

☐ Don't know

127. Are you Hispanic or Latino?

☐ Yes

☐ No

☐ Don't know

128. Are you...

☐ Married

☐ Divorced

☐ Widowed

☐ Separated

☐ Never been married

☐ A member of an unmarried couple

129. 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

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

☐ Never attended school or only attended kindergarten

☐ Elementary

☐ Some high school

☐ High school graduate

☐ Some college or technical school

☐ College graduate

131. 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

132. 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

133. About how much do you weigh without shoes?

POUNDS _____

☐ Don't know

134. About how tall are you without shoes?

FEET _____

INCHES _____

☐ Don't know

***Thank you for your time and opinions!
Please place your completed survey in
the pre-stamped and addressed envelope
provided and mail today!***

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, 2003-2007.

2009 Allen County Youth Health Needs Questionnaire

The following will be included at the top of each survey:

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.

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 in a different order than the person sitting next to you so that anyone who sees your survey cannot tell what you have 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 folder 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.....A
 - 13 years old.....B
 - 14 years old.....C
 - 15 years old.....D
 - 16 years old.....E
 - 17 years old.....F
 - 18 years old.....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
 - Graduated from high school.....H
 - Ungraded or other grade.....I

4. How do you describe yourself?
(SELECT 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
5. Do you live with...?
 - Both of your parents.....A
 - One of your parents.....B
 - Mother and step-father.....C
 - Father and step-mother.....D
 - Grandparents.....E
 - Another relative.....F
 - On your own or with friends.....G

6. 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
 None of these grades.....F
 Not sure.....G

7. Which of these activities do you currently participate in?

A school club or social organization.....A
 A church or religious organization.....B
 A church youth group.....C
 A sports or intramural program.....D
 Some other organized activity (4H, Scouts).....E
 Don't participate in any of these activities....F

Personal Safety

8. How often do you wear a seat belt when riding in a car driven by someone else?

Never.....A
 Rarely.....B
 Sometimes.....C
 Most of the time.....D
 Always.....E

9. 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

10. During the past 30 days, how many times did you drive a car or other vehicle when you 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
 Do not drive.....F

11. 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

12. Have you ever played the choking game (pass-out game, space monkey, dream game)?

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

13. Have you ever hit your head hard enough that you were dizzy, had a concussion, were knocked out, had your "bell rung", etc.?

Yes.....A
 No.....B
 Don't know.....C

Violence Related Behavior

14. During the past 30 days, 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
15. 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
16. 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
17. 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
18. 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
19. 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 more times.....E
20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap or physically hurt you on purpose?
 - Yes.....A
 - No.....B
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. What types of bullying have you experienced in the last year? (**CHECK 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, an other electronic methods).....D

None of the above.....E

23. 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

24. Have you ever been forced to participate in any sexual activity when you did not want to?

Yes.....A

No.....B

Mental Health

25. 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

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

Yes.....A

No.....B

27. 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

28. **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

29. On a typical day, how would you rate your stress level?

Very low stress level.....A

Low stress level.....B

Moderate stress level.....C

High stress level.....D

Very high stress level.....E

Tobacco

30. How old were you when you smoked a whole cigarette for the first time?

8 years old or younger.....A

9 or 10 years old.....B

11 or 12 years old.....C

13 or 14 years old.....D

15 or 16 years old.....E

17 years old or older.....F

I have never smoked a whole cigarette.....G

31. 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

32. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- I did not smoke during the past 30 days.....A
 Less than 1 cigarette a day.....B
 1 cigarette per day.....C
 2 to 5 cigarettes per day.....D
 6 to 10 cigarettes per day.....E
 11 to 20 cigarettes per day.....F
 More than 20 cigarettes per day.....G

33. During the past 30 days, how did you usually get your cigarettes? (**Select only one response**)

- I did not smoke during the past 30 days.....A
 In a store or gas station.....B
 From a vending machine.....C
 Someone else bought them for me.....D
 I borrowed them from someone else.....E
 A person 18 years or older gave them to me.....F
 I took them from a store or family member.....G
 I got them some other way.....H

34. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal Bandits or Copenhagen?

- 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 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

- 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

36. 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

37. 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

Alcohol

38. 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
39. How old were you when you had your first drink of alcohol other than a few sips?
- 8 years old or younger A
- 9 or 10 years old B
- 11 or 12 years old C
- 13 or 14 years old D
- 15 or 16 years old E
- 17 years old or older F
- Have never had a drink of alcohol G
40. 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
41. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?
- 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

42. 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

43. During the past 30 days, how did you usually get your alcohol? (**Select only one response**)

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

I bought it at a public event such as a concert or sporting event E

My parent gave it to me F

I took it from a store or family member G

I got it some other way H

Drug Use

44. 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

45. 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

46. 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

47. 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

48. 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 29 times.....E
 40 or more times.....F

49. 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

50. 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?

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 a needle to inject any illegal drug into your body?

0 times.....A
 1 time.....B
 2 or more times.....C

52. During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

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

Sexual Health

53. Have you ever had sexual intercourse?

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

54. How old were you when you had sexual intercourse for the first time?

- 11 years old or younger.....A
- 12 years old.....B
- 13 years old.....C
- 14 years old.....D
- 15 years old.....E
- 16 years old.....F
- 17 years old or older.....G
- I have never had sexual intercourse.....H

55. During your life, with how many people have you had sexual intercourse?

- 1 person.....A
- 2 people.....B
- 3 people.....C
- 4 people.....D
- 5 people.....E
- 6 or more people.....F
- I have never had sexual intercourse.....G

56. The last time you had sexual intercourse, what methods did you or your partner use to prevent pregnancy?

(CHECK ALL THAT APPLY)

- I have never had sexual intercourse.....A
- No method was used to prevent pregnancy...B
- Birth control pills.....C
- Condoms.....D
- Depo-Provera (injectable birth control).....E
- Withdrawal.....F
- Some other method.....G
- Not sure.....H

57. Have you ever been taught about following? **(CHECK ALL THAT APPLY)**

- Safe dating/ Healthy relationships.....A
- Sexually transmitted diseases.....B
- AIDS or HIV infection.....C
- Contraception.....D
- Reproductive Health.....E

58. If yes, where? **(CHECK ALL THAT APPLY)**

- School.....A
- My doctor.....B
- At home.....C
- Friends.....D
- Internet.....E
- Somewhere else.....F
- Have not been taught about these subjects...G

Diet & Nutrition

59. How do you describe your weight?

- Very underweight.....A
- Slightly underweight.....B
- About the right weight.....C
- Slightly overweight.....D
- Very overweight.....E

60. 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

61. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or keep from gaining weight?

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

62. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight? (Do not include meal replacement products such as Slim Fast.)

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

63. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

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

64. 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.)

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 eat fruit during the past 7 days.....G

65. 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

66. During the past 7 days, how many times did you eat vegetables such as green salad, carrots, and potatoes? (Do not count french fries, fried potatoes, or potato chips)

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 eat vegetables during the past 7 days.....G

67. In a typical week, how many meals did you eat out in a restaurant or bring take out food home to eat?

_____ meals

Exercise

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

TV	Video Games (sitting down)	Computer
<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"/> 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"/> 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"/> 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

69. 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 spend in any kind of physical activity that increases your heart rate and makes 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

Miscellaneous

70. When did you last visit your doctor for a routine check-up?

Less than a year ago.....A

1 to 2 years ago.....B

2 to 5 years ago.....C

5 or more years ago.....D

Don't know.....E

Never.....

71. 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
72. During your participation in chat rooms, has anyone ever asked you to meet them or participate in sexual activity?
- I do not participate in chat rooms.....A
- Yes, I have been asked to meet someone.....B
- Yes, I have participated in sexual activity with someone I met on a chat room.....C
- No.....D
- Not sure.....E
73. If you have a MySpace or facebook account, please check all that apply:
- I do not have a MySpace or facebook account.....A
- My parents have my password.....B
- I know all of the people in "my friends".....C
- My account is currently checked private.....D
- My friends have my password.....E
- I have had problems as a result of my MySpace or facebook account.....F
74. Do you consider yourself a member of a gang?
- Yes.....A
- No.....B
75. How tall are you without your shoes on?
- _____ Feet
- _____ Inches
76. How much do you weigh without your shoes on?
- _____ Pounds

Please put your questionnaire in the envelope at the front of the room.
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, 2007