

Mental Health &
Recovery Services
Board of
Allen, Auglaize and
Hardin Counties
www.wecarepeople.org



United Way of
Greater Lima

2017 ALLEN COUNTY

Allen County Health Risk and
Community Needs Assessment

Community Progress Report

Introduction

This document provides an overview of health-related data from Allen County adults and youth who participated in a countywide health assessment survey during the spring of 2017. Only data related to our priority areas from the Allen County 2017-2018 Community Health Improvement Plan (CHIP) Addendum, along with a few additional key data points are included in this report. For the complete Health Assessment visit the health department's website at www.allencountypublichealth.org.

Explanation of the CHIP

Community partners came together in 2013 to develop the first coordinated 3-year plan (2014-2016 CHIP) to improve community health in Allen County. This document highlights some of the successes of this effort. Based on the input of multiple county agencies, the plan was updated for 2017-2018. The top three priority areas remained the same as the 2014-2016 CHIP. The 4th priority area was changed to address cross-cutting factors that affect health.

The 2017-2018 Priority Areas are:

- Decrease substance abuse and improve mental health
- Improve maternal and infant health
- Increase wellness and decrease chronic disease
- Address cross-cutting factors that impact health: housing; public transportation and active transportation; and exposure to second-hand smoke.

Challenge

Your opportunity for health starts long before you need medical care - it's not just doctors or hospitals that help us be healthier. It's all of us - leaders from business and government, educators, employers, citizens and organizations working together to create opportunities to live a healthy life. We encourage you to read the "Get Engaged" section of each priority area to learn how you can get involved.

Acknowledgements

Assessing the community's health and using that data to develop plans to improve the health of the community is an ongoing process. We would like to thank our many community partners who participated in this task. A special thanks to the following members of the Steering Committee agencies for coordinating this effort:

Activate Allen County Coordinators

Kayla Monfort and Josh Unterbrink

Allen County Public Health

Kathy Luhn, Monica Harnish and Jeanetta Franczy

Health Partners of Western Ohio

Gina Goodin

Lima Allen County Regional Planning Commission

Thom Mazur

Lima Memorial Health System

Jeff Utz

Mental Health and Recovery Services Board

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Amy Marcum

The Ohio State University at Lima

Dr. John Snyder

St. Rita's Health Partners

Amy Marcum

United Way of Greater Lima

Carol Braden-Clarke

West Ohio Community Action Partnership

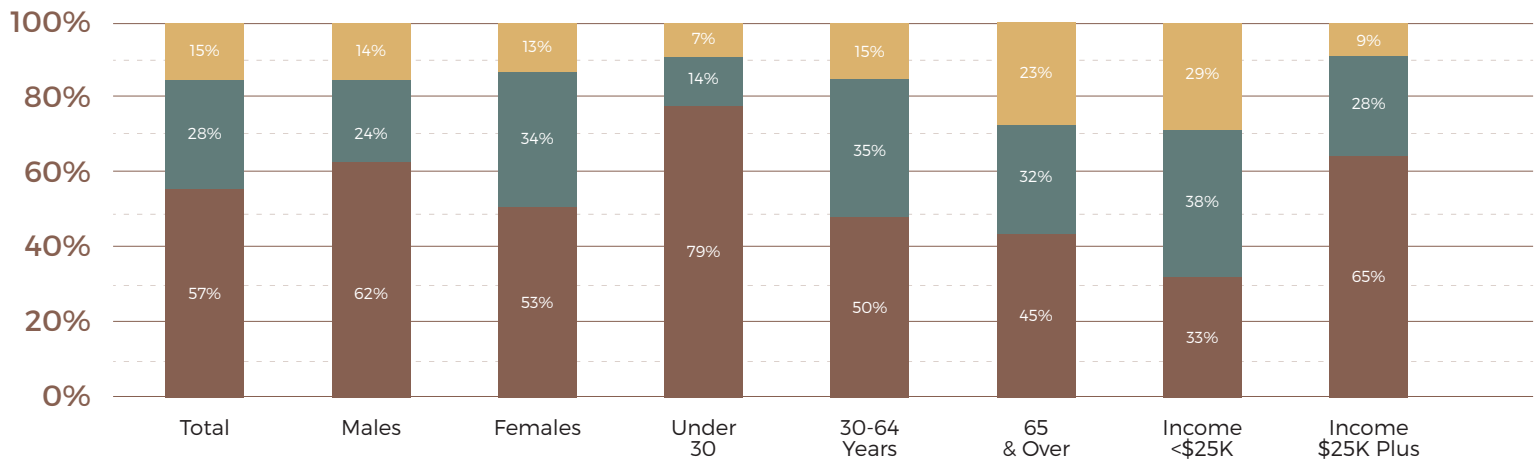
Jackie Fox

OVERALL HEALTH STATUS PERCEPTIONS

A community focus group conversation brought up the fact that many residents do not know or take advantage of the many places in the county available to access care, no matter their socio-economic status.

source: Community Focus Group

Allen County Adult Health Perceptions*



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



Allen County adults were most likely to rate their health as fair or poor if they:

50%
Were separated

38%
Had been diagnosed with diabetes

29%
Had an annual household income under \$25,000

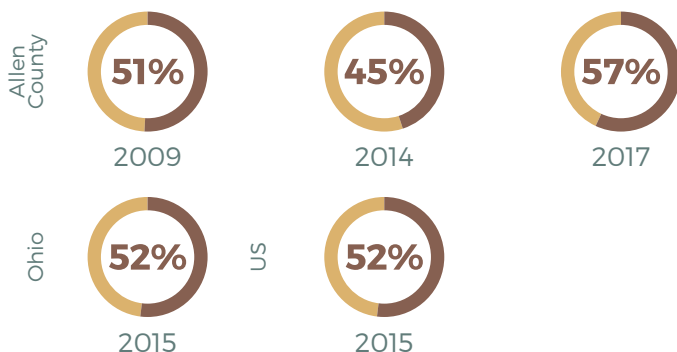
25%
Had high blood pressure

22%
Had high cholesterol

24%
Were African American

23%
Were 65 years of age or older

Adults who rated health as excellent or very good



“Often, I cut medicine in half- I take half one day and half the next”

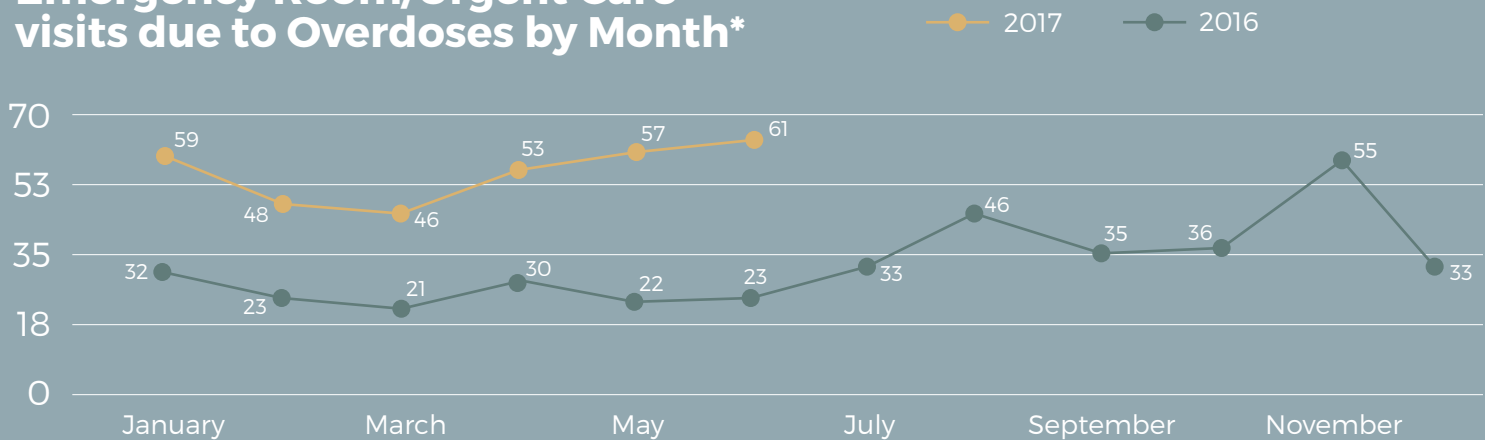
source:
Community Focus Group Participant

IMPROVE MENTAL HEALTH AND DECREASE SUBSTANCE ABUSE

“ I feel like there are a lot of resources ... I go to Coleman down the street; there all these helpful things I didn't know about. ”

source- Community Focus Group Participant

Emergency Room/Urgent Care visits due to Overdoses by Month*



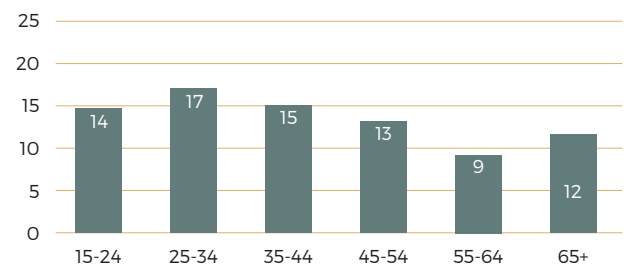
Considered attempting suicide in the past year

Allen County

5% 2009 4% 2014 3% 2017

Number of Suicide Deaths by Age Group

Allen County Number of Suicide Deaths By Age Group 2011-2017*
Total Deaths = 80



*From 2011-2017, 21% of Allen County suicide deaths occurred to those ages 25-34 years old.

Allen County adults indicated the following caused them anxiety, stress or depression

33%	Job Stress	6%	Unemployment
31%	Financial Stress	6%	Caring for a Parent
20%	Death of Close Family Member or Friend	4%	Divorce/Separation
17%	Marital/Dating Relationship	3%	Not Feeling Safe in the Community
14%	Poverty/No Money	2%	Not Feeling Safe at Home
11%	Sick Family Member	2%	Not Having Enough to Eat
11%	Other Stress at Home	1%	Not Having a Place to Live
8%	Fighting at Home	1%	Sexual Orientation
8%	Family Member with Mental Illness	12%	And Other Causes

***Note:** Drug overdose data is retrieved from the state's EpiCenter surveillance database. Overdose cases include all emergency room or urgent care visits in which drugs were identified as the cause of traumatic injury. The overdoses cases were further refined by selecting only those cases where the chief complaint included the terms "OD" or "overdose". Traumatic injuries due to drugs caused by suicide attempts or accidental overdoses of everyday drugs (such as Tylenol or Ibuprofen) were removed where identified. **This data is an estimated number rather than a final count** because initial diagnoses and/or details of a particular case may change from a patient's initial examination to his/her final outcome. It is important to note that case notes available through EpiCenter rarely identify the specific drug or drugs involved in an overdose. Therefore, the figures can be associated with any drug, not just heroin and/or fentanyl.

2017-2018 ACTION STEPS

1. Increase the number of parents who are intentionally talking to their children about their strengths, about the harmful effects of drugs, and know the signs of suicidal thoughts.
2. Increase consumer awareness of the dangers of prescription opioid pain medication.
3. Address first responder fatigue
4. Link people to treatment services
5. Work on developing an Overdose Death Review Board

WORK GROUP

Allen County Opiate Community Action Commission:

Contact Mike Schoenhofer at the Mental Health and Recovery Services Board: 419-222-5120.

*Please note that this group is comprised of representation from the city, EMS, Police, schools, Allen County Public Health, our local Health Systems and others.

SUCCESSSES

- PAX Good Behavior Game teaches students self-regulation, self-control, and self-management in the context of collaborating with others for peace, productivity, health and happiness. Since 2014, 239 Teachers in 14 Allen County schools have been trained to implement PAX in the classroom. In addition, 104 parents at seven local schools have been trained to implement the games at home.
- Let's Talk Campaign, website and toolkit has been launched and is being used in the community.
- The Opiate Community Action Commission has been established and is focusing on: opiate prescribing practices, adding additional detox beds, increasing medication drop box locations, Narcan initiatives, first responder fatigue, as well as prevention and education initiatives. All local physicians are screening for depression as part of a standard of care.

GET ENGAGED

- Parents must begin talking to their kids about drugs, suicide, and encourage them by talking about their strengths and talents www.letstalk.care.
- Learn more about strategies in process by the Allen County Opiate Community Action Commission and considering joining us.
- Take a course on Mental Health First Aid - www.mhfa.care
- Put the Hope Line for information or crisis 1-800-567-4673 or text line 741741 into your phone in case you or someone you know needs to access this support network.
- Become informed about the risks of taking ANY opioid pain medication either legally prescribed or illegally gotten.

IMPROVE MATERNAL AND INFANT HEALTH OUTCOMES

57%

of pregnant women enter prenatal care in the first trimester

10%

(1 in 10) pregnant women smoke

Infant Mortality 2015

Overall 6.2

African American 13.1

per 1,000 live births in Allen County (10 year average)

source: Ohio Department of Health, Bureau of Vital Statistics November 2016

26%

of Allen County mothers never breastfed

6.6%

of Allen County babies are born at low-birth weight

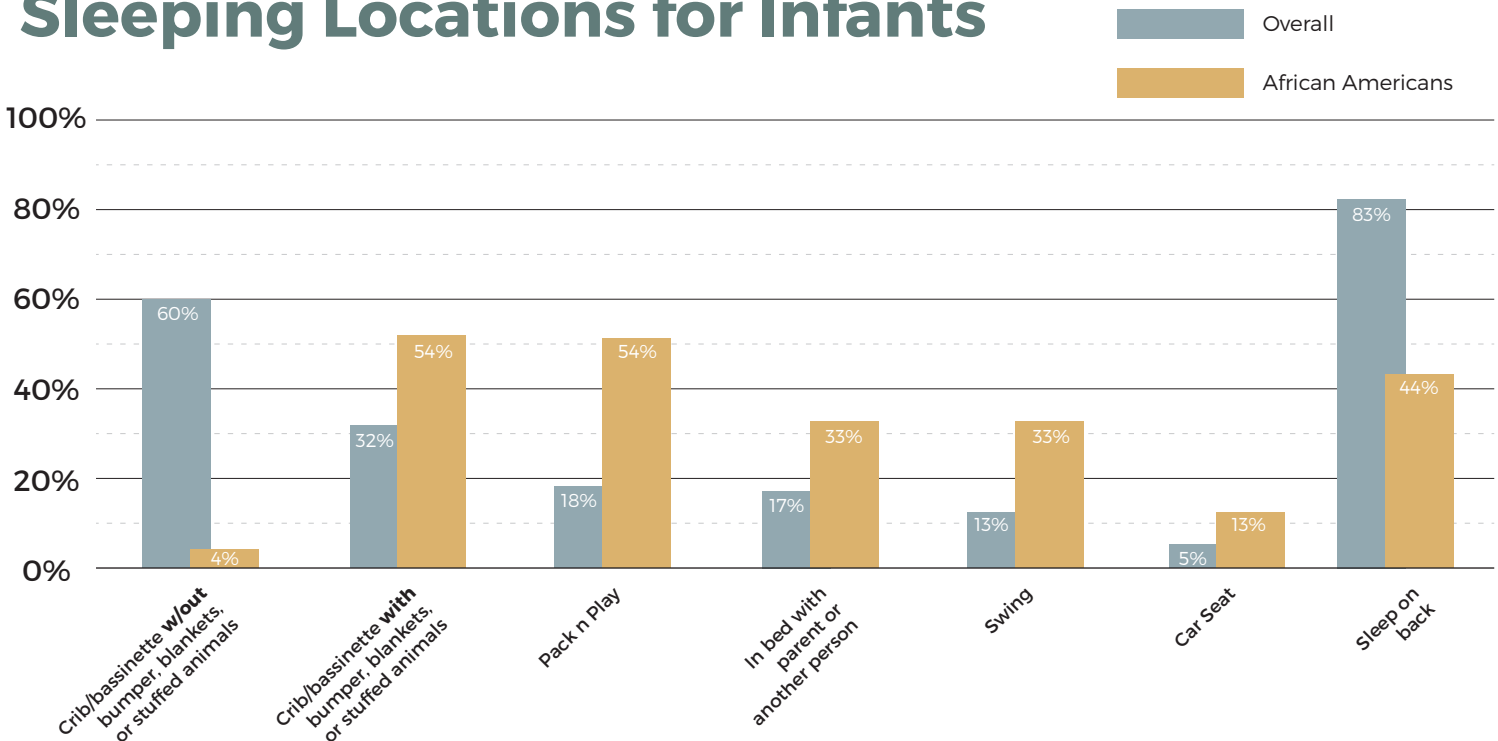
source: 2015 Perinatal Statistics, Region III+

7.6%

of Allen County babies are born pre-term

source: 2015 Perinatal Statistics, Region III+t

Sleeping Locations for Infants



2017-2018 ACTION STEPS

1. Prevent sleep related infant deaths.
2. Strengthen local resources for women at high risk for poor birth outcomes.
3. Increase the number of breastfeeding support policies through the Activated Business Challenge and also Breastfeeding Friendly Pledges.

WORK GROUP

Maternal Infant Task Force:

Contact Tami Gough at Allen County Public Health: 419-228-4457

SUCSESSES

- The Maternal-Infant Task Force was formed in December of 2014. Sub-groups were formed to address breastfeeding, safe sleep, and early and consistent prenatal care.
- A screening referral process was established for OB offices to connect with local Medically Assisted Treatment Centers for treatment of opiate-addicted pregnant women.
- Lima Memorial Hospital, St. Rita's Health Partners, and Bluffton Hospital have adopted supportive breastfeeding policies and are working through the Ohio First Steps for Healthy Babies program where all 3 are earning state recognition for their work in breastfeeding support, protection and promotion.
- Over 20 workplaces have adopted supportive breastfeeding policies.

GET ENGAGED

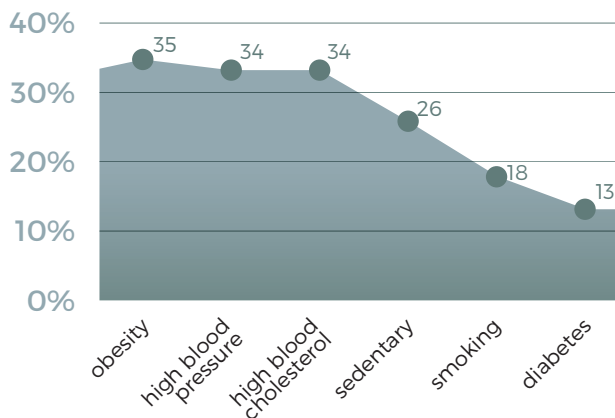
- Implement company policies in your workplace to support breastfeeding women.
- Promote the ABCs of safe sleep spaces for infants – Alone, on their Backs, in a Crib without bumper pads, loose bedding, or soft toys.
- Encourage women to get early prenatal care.
- Join the Maternal Infant Task Force or a subgroup, listed above.
- Encourage your favorite restaurant, store or organization to sign the "Breastfeeding Welcome Here" pledge and commit to being a Breastfeeding Friendly location for nursing mothers.

INCREASE WELLNESS/ DECREASE CHRONIC DISEASE

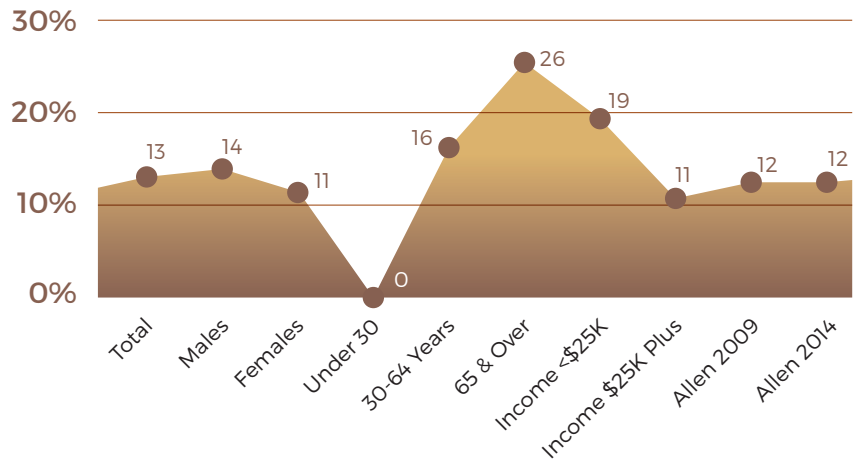
“Through talking with residents during evaluations, we learned that programs like Cooking for Change and Healthy Happens Here are helping residents understand more about how to prepare healthy foods and they also now have more places to buy such foods.”

source: Community Evaluation Response

Allen County Adults with CVD Risk Factors

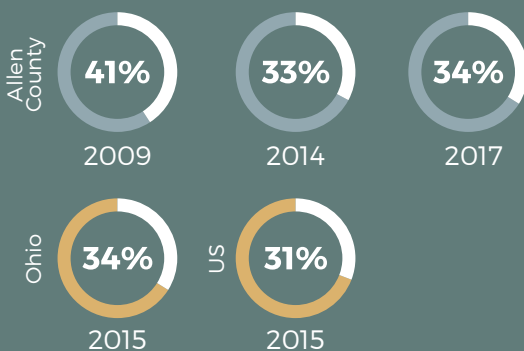


Allen County Adults Diagnosed with Diabetes



Cardiovascular Health trend data

Been Diagnosed with High Blood Pressure

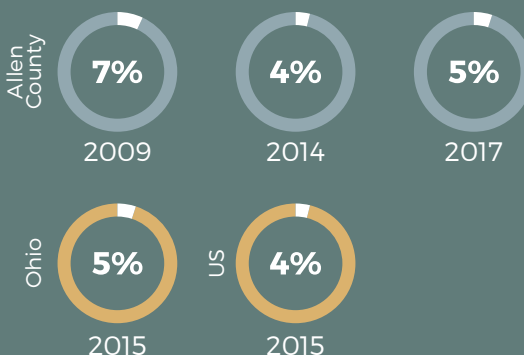


15%
of adults did not
have access to
any wellness
programs



70%
of Allen County
adults are
overweight
or obese

Had a Heart Attack



Over half
53%
of Allen County
adults eat less
than 1 vegetable
serving per day



Nearly
1 out of 5
(18%) of adults did
not have any servings
of fruit in the past 7
days, increasing to
25%
of African Americans

2017-2018 ACTION STEPS

1. Increase the number of businesses impacted by the Activated Business Challenge
2. Increase the number of schools and childcare settings impacted by the Activated School and Childcare Challenges.
3. Expand fresh produce access through the Lima Farmer's market and local garden initiatives.

WORK GROUPS

Allen County Food Policy Council:

Contact Kayla Monfort at Activate Allen County: 419-303-2868

Allen County Worksite Wellness Collaborative:

Contact Robin Johnson at West Central Ohio Regional Healthcare Alliance: 419-226-9167 419-226-9167

Allen County Creating Healthy Communities:

Contact Shelly Miller at Allen County Public Health: 419-228-4457

SUCSESSES

- The Allen County Food Policy Council was established in 2014.
- The Healthy Happens Here small store program was started in October 2014 and currently 11 small stores in Allen County are a part of the program, providing fresh produce and healthy snack options to customers.
- The Downtown Lima Farmer's Market was brought back in the Summer of 2015 after not being available for multiple years. This market allows for local growers and produces to sell their products in Downtown Lima and increases the access to fresh and local food choices to residents.
- The LACNIP Community Garden program continues to grow and now includes an aquaponics system located at the Resource Center on Spring Street. Plans are in the works to continue to expand the gardens as well as increase our growing season with greenhouses.
- Approximately 4700 employees in 19 Allen County businesses are participating in the Activated Business Challenge.
- Three school districts have implemented safer walking and biking routes to school, Two school districts implemented 100% tobacco free policies.
- Five schools joined the Activated School Challenge, impacting about 4500 Allen County students.
- 20 restaurants are taking part in our Active Menu Challenge and offering labeled healthy options for customers to choose.

GET ENGAGED

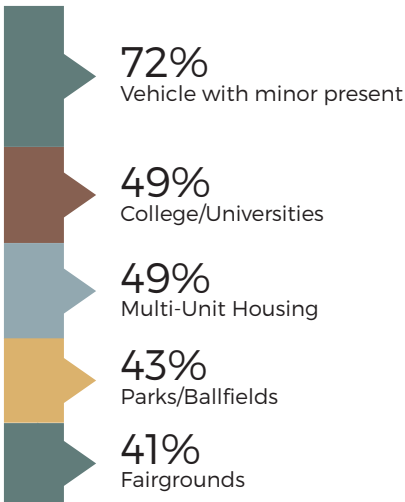
- Support local businesses and farmer's markets selling fresh produce.
- Work to Activate your child's school or preschool, your workplace and your favorite restaurant by telling them about the programs they can join for free.
- If you or someone you know has been diagnosed with pre-diabetes, check into the Lima Family YMCA's Diabetes Prevention Program.
- JOIN a workgroup listed above to assist in continuing the work around wellness and disease prevention in Allen County.

TRANSPORTATION, HOUSING AND TOBACCO USE

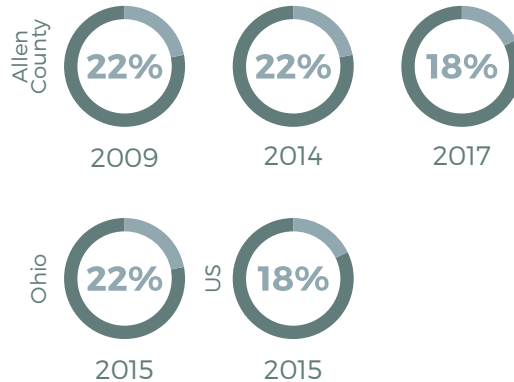
“The landlord is there just to collect the money and not to take care of properties....How do we keep landlords accountable?”

source- Community Focus Group Participant

Adults who would support an ordinance to ban smoking in the following places



Current Allen County Adult Smokers



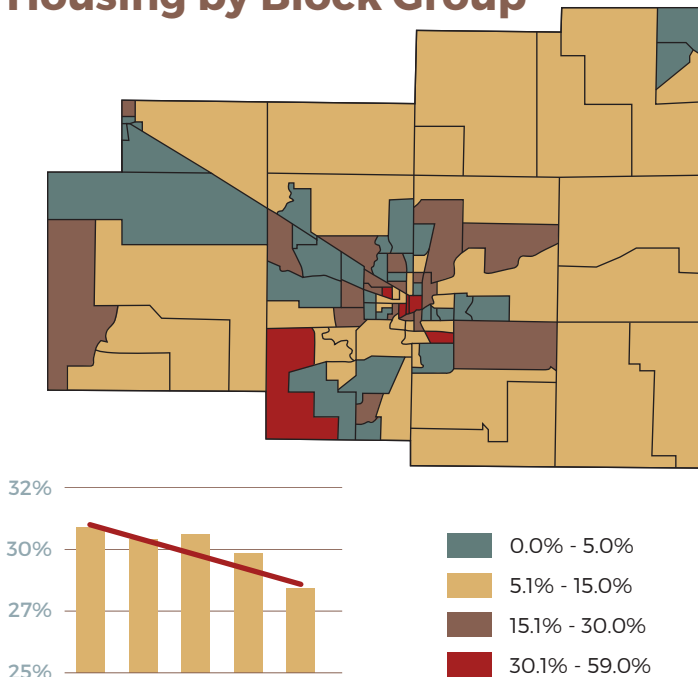
62%

of current smokers stopped smoking at least 1 day in the last year because they were trying to quit

Allen County Adult Current Smokers

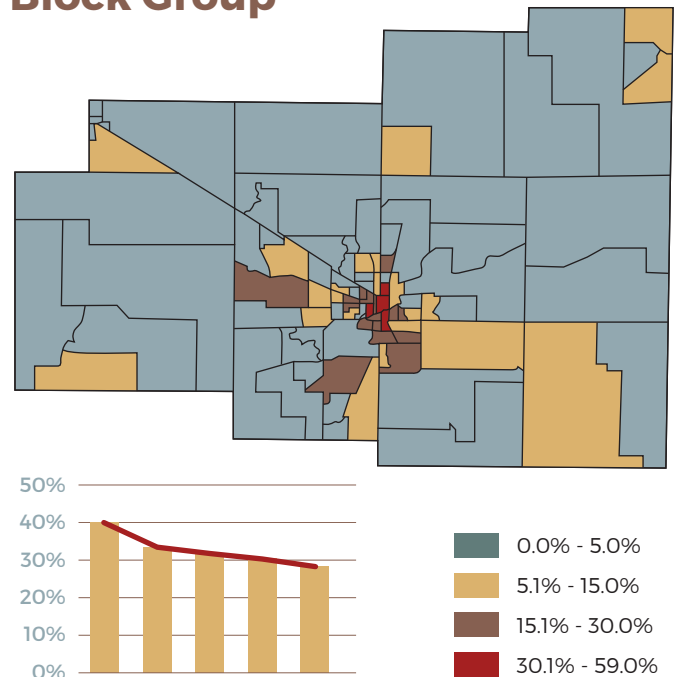
30% Income <\$25K
14% Income \$25K Plus

Percent of Population Spending More Than 30% of Income on Housing by Block Group



Source: United States Census Bureau

Percentage of Households with No Vehicles by Block Group



Source: United States Census Bureau

2017-2018 ACTION STEPS

1. Increase access to healthier and safer modes of transportation.
2. Improve access to affordable quality housing.
3. Increase the number of tobacco free workplaces and public spaces in Allen County.

WORK GROUPS

Allen County Bike and Pedestrian Task Force

Contact Monica Harnish at Allen County Public Health: 419-228-4457

Allen County Housing Consortium

Contact Dan Faraglia at Coleman Professional Services: 567-242-6082

Allen County Free Tobacco Coalition

Contact Shelly Miller at Allen County Public Health: 419-228-4457

FACTS Coalition (Future of Accessible-Coordinated Transportation Services):

Contact Erica Petrie at Area Agency on Aging 3 at 419-227-3947

SUCSESSES

- In 2015, the Allen County Housing Consortium standardized the definition of safe, sanitary, secure, habitable homes and worked collaboratively to develop a checklist to assess standard housing quality.
- In 2014, the Lima Allen County Regional Planning Commission used community input to develop a report that generated transportation recommendations based on 15 strategies.
- In 2015, the Lima/Allen County Regional Transit Authority created a fixed route to the Heart Institute and Occupational Health facilities. Additionally, all vehicles now have wheelchair capacity and bike racks have been added to all vehicles.
- In 2016, the City of Lima received a Bronze Award as a Bike Friendly Community by the League of American Bicyclists.
- The FACTS Coalition continues to meet with representatives from numerous community organizations to address meeting the transportation needs of those in our community.
- Since 2014, two school districts have adopted 100% tobacco free policies, and ten worksites have adopted tobacco free policies.

GET ENGAGED

- Try commuting to your destination by foot, bike, or bus when possible.
- Support policies that protect people from secondhand smoke such as tobacco free workplaces and public spaces (ie. parks)
- Promote Allen County walking, hiking and bicycling resources including the trail map located in the resource section of the Activate Allen County website.
- Join a workgroup listed above to assist in continuing the work around housing, transportation and tobacco use in Allen County.

YOUTH OUTCOMES

“ Obesity in children is very high. They play video games, eat fast food, and do not go out and play anymore ”

source- Community Focus Group Participant



32%
of youth in 6th-12th
grades are classified as
overweight or obese

88%

of youth in 6th-12th
grades are eating 1-4
servings of fruits and
vegetables per day



Youth who WERE physically active at least 60 minutes 5 or more days in the past week

Allen County

2009 (6th-12th Grade)	50%
2014 (6th-12th Grade)	50%
2017 (6th-12th Grade)	48%
2017 (9th-12th Grade)	50%

US

2009 (9th-12th Grade)	49%
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Youth who DID NOT participate in at least 60 minutes of physical activity on any day in the last week

Allen County

2009 (6th-12th Grade)	13%
2014 (6th-12th Grade)	17%
2017 (6th-12th Grade)	10%
2017 (9th-12th Grade)	9%

US

2009 (9th-12th Grade)	14%
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6%

of Allen County
youth are current
smokers

56%

of Allen County youth
were exposed to
secondhand smoke



Youth were exposed at the following places

29%
Home



17%
Friend's Home

29%
Another Relative's
Home



9%
Park/Ballfield



17%
Car



13%
Fairgrounds

YOUTH OUTCOMES

5% 
Misused
Prescription Drugs

12%
Smoked Marijuana
in the last 30 days

	Allen County 2009 <small>(6th-12th)</small>	Allen County 2014 <small>(6th-12th)</small>	Allen County 2017 <small>(6th-12th)</small>	Allen County 2017 <small>(9th-12th)</small>	Ohio 2013 <small>(9th-12th)</small>	U.S. 2015 <small>(9th-12th)</small>
Youth who had seriously considered attempting suicide in the past year	13%	18%	15%	18%	14%	18%
Youth who had attempted suicide in the past year	5%	8%	7%	8%	6%	9%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	27%	29%	27%	31%	26%	30%

Youth contemplating suicide said they would talk to

a close friend
52%

a parent
36%

Youth who didn't use drugs said that the reason they did not use was because it would upset their parents

73%

Parents who said they talked to their kids about: Harmful effects of

Drugs
61%

Suicide
33%

Parents who provided youth

Alcohol
33%

Prescription drugs
38%

Behaviors of Allen County Youth

Current Smokers
vs.
Non-Current Smokers

Youth Behaviors	Current Smokers	Non-Current Smokers
Have had at least one drink of alcohol in the past 90 days	83%	17%
Participated in extracurricular activities	83%	94%
Have used marijuana in the past 30 days	74%	8%
Had sexual intercourse in the past 12 months	68%	23%
Been bullied in any way in the past year	52%	37%
Experienced 3 or more adverse childhood experiences (ACEs) in their lifetime	48%	26%
Seriously considered attempting suicide in the past 12 months	43%	13%
Misused prescription drugs	39%	3%
Attempted suicide in the past 12 months	26%	5%

Current Youth Smoking Trend

16%-2009 **9%-2014** **6%-2017**

[illegible]

NOTES

“ We need to stop with arguing about who is right and who is wrong and focus on how we can make it work. Then you get people who will come together and all work together. ”

Source: Community Focus Group



www.ActivateAllenCounty.com