

Allen County Community Health Profile

March 2020



Revisions to the 2020 Community Health Profile

Date	Description of Changes	Pages Affected	Reviewed or Changed by

LETTER FROM THE HEALTH COMMISSIONER

Dear Friends and Neighbors:

I am pleased to share with you The Allen County Community Health Profile. Similar to our 2016 Health Profile, the county-level data in this assessment measure behavioral health, maternal and child health, chronic diseases, health risks, access to care, infectious diseases and community factors that influence health. New to this assessment is a greater emphasis on our community conditions. Why is all of this included in our Health Profile?

Think of the health of our community like a building – it depends on a strong and stable foundation. Things like quality education, safe and affordable housing, access to healthcare, and employment opportunities shape positive health outcomes for everyone in important ways.

As you look at this data, you will see a compelling story around disparities in health between population groups within Allen County. The purpose of sharing this data story is to empower all of us to come together to build that solid foundation that will support long-lasting good health for everyone in Allen County. The responsibility for good health and a fulfilling quality of life for individuals and for our community cannot rest on one agency alone. The data in this report come from many different sectors because fundamental change will only happen when we work across sectors. Working with our partners, we will be using this report to update the Allen County Community Health Improvement Plan (CHIP). I invite you to be part of the process. If you are not familiar with our CHIP, think of it like a GPS system: It's a way we chart out routes from where we are as a community to where we want to be. It also helps us identify critical intersections, anticipate roadblocks, and adapt to changes as needed along the way. Consider this report a check-point along our journey.

Everyone plays a role in the health of our community. Is there an area of concern for you – where our route is not yet taking us where we want to be? What experience can you share to boost our efforts? Working together and sharing resources and expertise is the only way we will be able to build a thriving community for everyone.

I hope this report energizes our collective resolve to invest our time, talent and resources now for the future health of our community. We are all worth the effort it takes to get us there.

Sincerely,



Kathleen A. Luhn, Health Commissioner
Allen County Public Health



TABLE OF CONTENTS

<i>Letter from the Health Commissioner</i>	2
<i>Table of Contents</i>	3
<i>List of Figures and Tables</i>	5
<i>About the Profile</i>	6
What shapes our health?	7
<i>Acknowledgements</i>	9
<i>A snapshot of Allen County</i>	10
<i>Equity Profiles</i>	13
Equity Profile: Disabilities.....	14
Equity Profile: Poverty.....	16
Equity Profile: Race - African Americans	18
<i>Community Conditions</i>	20
Housing	20
Access to Public Transportation.....	22
Active Transportation	23
Prevention & Safety	24
Climate, Health, and Resilience	26
<i>Access to Care</i>	28
Access to Medical Services	28
Oral Health	30
<i>Maternal and Infant Health</i>	32
Births and Preconception	32
Teen Pregnancy	34
<i>Infectious Diseases and Immunizations</i>	36
<i>Mental Health</i>	38
<i>Health Behaviors</i>	40
Active Living	40
Tobacco Use	41
Nutrition and Healthy Food Access	42

Substance Use	44
<i>Chronic Conditions.....</i>	46
Cancer and Cancer Screening.....	46
Diabetes	48
Heart Disease & Stroke	50
Asthma and Respiratory Diseases.....	52
<i>Overall Health Ratings and Health Outcomes.....</i>	53

LIST OF FIGURES AND TABLES

Chart 1: Allen County Age Group Trends.....	11
Chart 2: Household Income in Allen County.....	11
Chart 3: Population Distribution by Race and Ethnicity, 2017	12
Chart 4: Allen County and Ohio Unemployment Rates, 2006-2018.....	12
Chart 5: Risk Factors: Adults Reporting a Physical, Emotional, or Mental Limitation	15
Chart 6: Educational Attainment in Allen County, White vs. Black/African Americans	19
Chart 7: Renters Spending at Least 30% of Household Income on Rent.....	21
Chart 8: Youth Safety and Distractions While Driving	25
Chart 9: Allen County Youth Who Visited a Dentist in the Past Year	31
Chart 10: Allen County Adults Who Visited a Dentist in the Past Year	31
Chart 11: Infant Mortality- Allen County, Ohio, US	33
Chart 12: Allen County Teen Births, 2006-2016	35
Chart 13: Allen County Chlamydia Rate.....	37
Chart 14: Allen County Suicide Rate per 100,000, 2014-2018	39
Chart 15: Days per Week Allen County Adults are Physically Active.....	40
Chart 16: Percentage of Residents who Smoke, by Household Income	41
Chart 17: Food Insecurity in Allen County. Source: Feeding America	43
Chart 18: Number of Unintentional Drug Overdose Deaths by Year	45
Chart 19: Allen County Adults Diagnosed with Diabetes	49
Chart 20: Allen County Adults with Cardiovascular Disease Risk Factors	51
Chart 21: Percentage of Allen County Adults Diagnosed with Asthma.....	52
Chart 22: Allen County Adult Self-Rated Health	54
Figure 1: Public Health Framework for Reducing Health Inequities. Reprinted with permission.	7
Figure 2: Allen County CHIP Framework - 2018-2020	8
Figure 3: Allen County Adults' Self-Rated Health by Household Income"	17
Figure 4: Allen County Floodplain. Source: www.communitycommons.org	27
Figure 5: Health Professional Shortage Areas and Medical Underserved Areas/Populations.....	29
Table 1: Educational Attainment for Adults 25 Years and Older.....	13
Table 2: Cancer Deaths in Allen County.....	47

ABOUT THE PROFILE

Allen County has conducted community health assessments (CHAs) to measure and address the health status of our community since 1995. The goal of this assessment is to understand the health status of Allen County, to identify the populations that are at higher risk of poor health, and to inform priorities and strategies for the 2020-2023 Community Health Improvement Plan. The components of this assessment include qualitative and quantitative data and meets all the Public Health Accreditation Board (PHAB) standards. This assessment draws much of its local data from the following sources:

ALLEN COUNTY COMMUNITY HEALTH RISK AND COMMUNITY NEEDS ASSESSMENT is based on primary survey data. These assessments were completed in 2002, 2009, 2014, and 2017 and community residents were surveyed regarding health conditions and health behaviors.

COMMUNITY ASSESSMENT –West Ohio Community Action Partnership (WOCAP) completes a Community Assessment every three years. The purpose is to capture the state of well-being of people in their service area (Allen, Auglaize, and Mercer counties) and identify vulnerable populations within the community, specifically targeting the inclusion of low-income, elderly, young children, minority and disabled residents.

CONDUENT HEALTHY COMMUNITIES INSTITUTE DATA – Community partners assist with maintaining a dashboard and local trend data on the Lima Allen County Regional Planning Commission website.

MOBILIZING FOR ACTION THROUGH PLANNING AND PARTNERSHIPS (MAPP) is a community-driven strategic planning process for improving community health. This framework helps communities prioritize public health issues and identify resources to address them. The MAPP Process takes place approximately every five years, and the most recent MAPP took place the spring of 2018.

ADDITIONAL SECONDARY DATA: All data sources are referenced in the footnotes.

QUALITATIVE DATA (community engagement) - In 2017, facilitators from United Way held Community Conversations with local groups, especially those experiencing health disparities. The purpose was to better understand their perceptions of the community, including their health concerns. Using the same approach, in 2019, Activate Allen County Coordinators held six Community Conversations with 62 residents, and will continue to meet regularly with community groups. The information gathered informs the assessment and health improvement planning process.

WHAT SHAPES OUR HEALTH?

Changing the health care system and personal behaviors alone will not create the fair and just opportunities that are needed for all in Allen County to be as healthy as they can be. This assessment considers one's experience and health throughout the lifespan and has adopted "A Public Health Framework for Reducing Health Inequities."

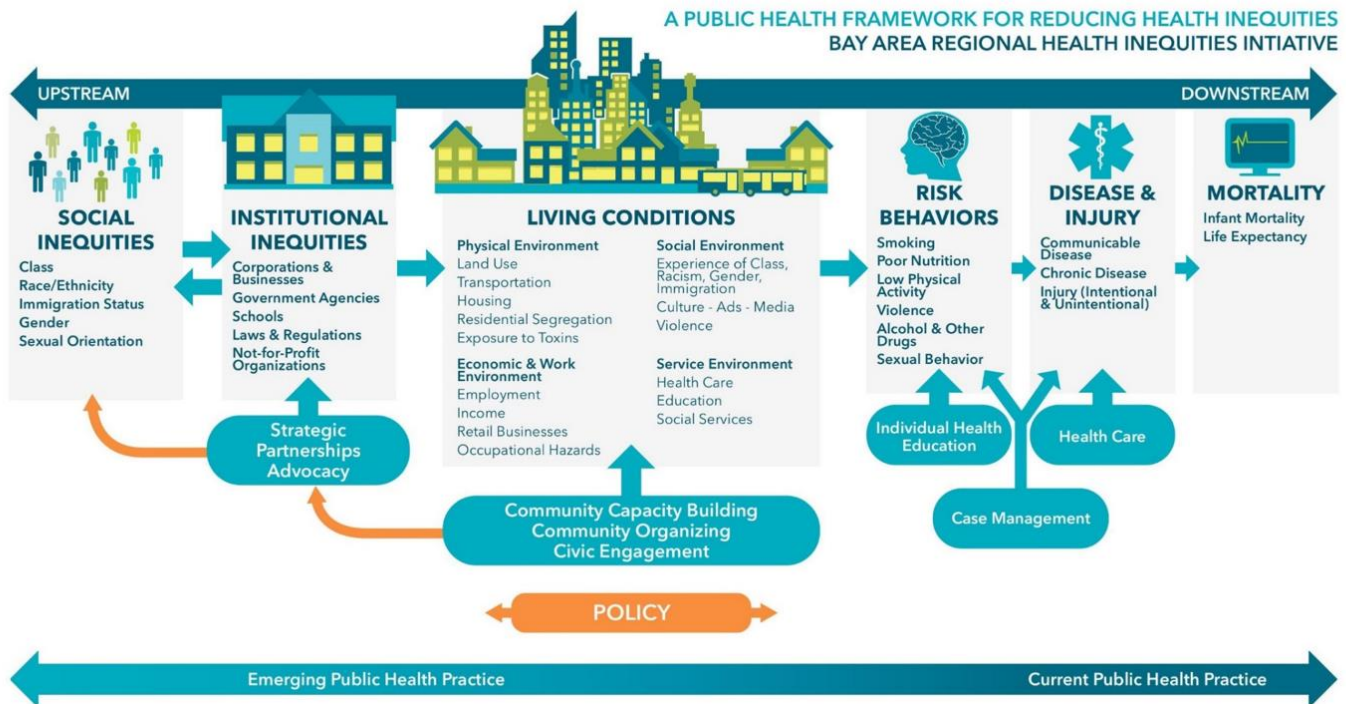


Figure 1: Public Health Framework for Reducing Health Inequities. Reprinted with permission.

This assessment identifies issues that are evident throughout the above framework of: social and institutional inequities, living conditions, risk behaviors, disease and injury and mortality. Poverty, race/ethnicity, and disability are all examples of people experiencing inequities throughout the framework.

This report also models the framework for the 2018-2020 Community Health Improvement Plan.

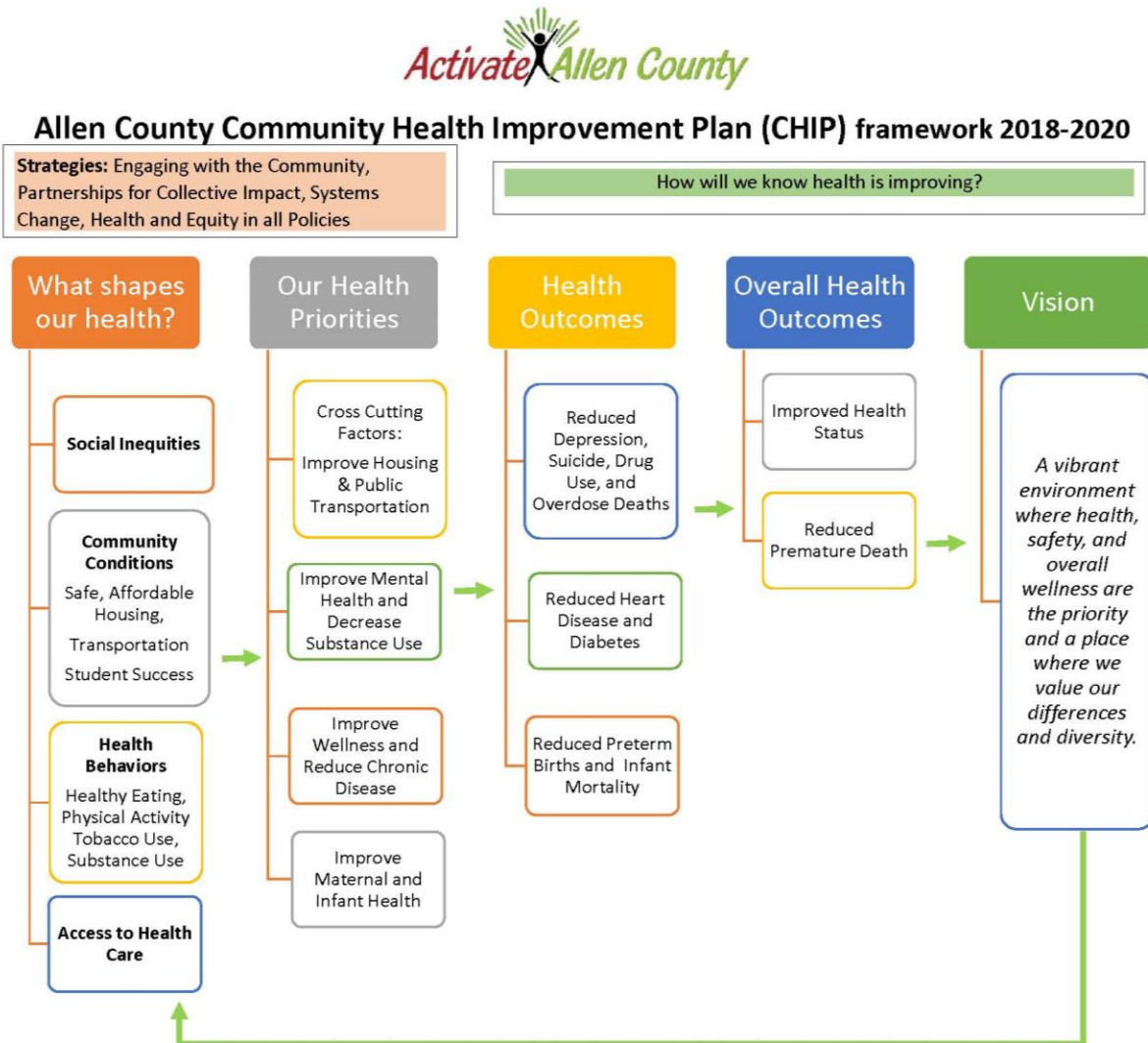


Figure 2: Allen County CHIP Framework - 2018-2020

ACKNOWLEDGEMENTS

Many agencies and individuals provided input to this document. The community health assessment committee provided guidance to the 2017 Allen County Community Health Risk and Community Needs Assessment, and members of the steering committee representing the organizations below reviewed and provided input to this Health Profile.

Activate Allen County, Kayla Monfort and Josh Unterbrink

Allen County Public Health, Kathy Luhn, Tami Gough, Shelly Miller, Monica Harnish

Lima Allen County Regional Planning Commission, Thom Mazur

Health Partners of Western Ohio, Jennifer Clark

Lima Memorial Health System, Jeff Utz

Mental Health and Recovery Services Board, Mike Schoenhofer, Tammie Colon

Mercy Health St. Rita's Health Partners, Amy Marcum, Amber Washington, Tyler Smith

The Ohio State University at Lima, John Snyder

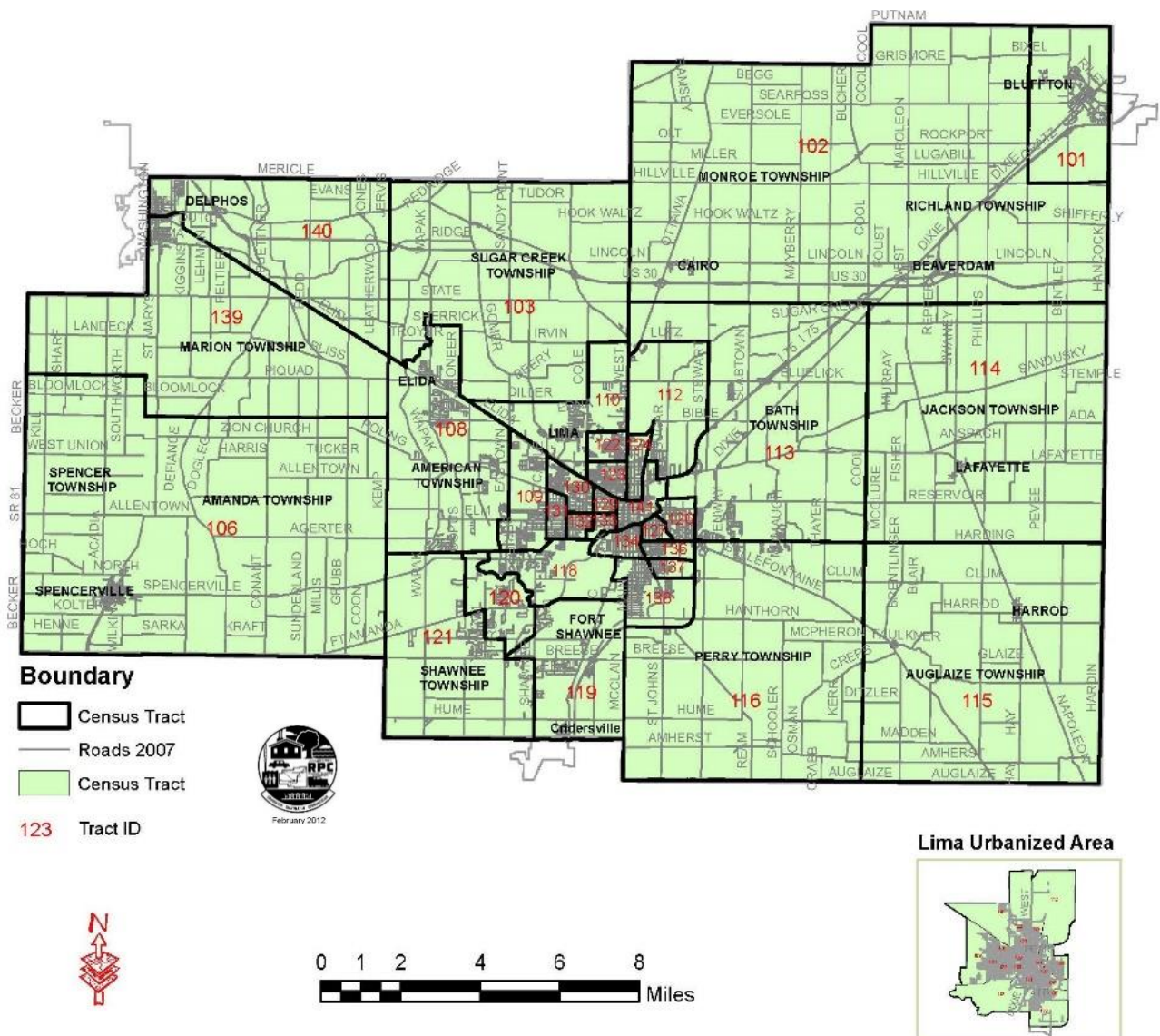
United Way of Greater Lima, Carol Braden-Clarke, Phil Hayne, Derek Steman

West Ohio Community Action Partnership, Jackie Fox

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A SNAPSHOT OF ALLEN COUNTY

Allen County is in northwest Ohio and is made up of two cities, 7 villages and 12 townships. According to the 2010 US Census, Allen County, has a population of 105,298 individuals. Lima, the county seat and largest city in Allen County has a population of 38,425. The population has steadily decreased since 1980.



Created: 9/13/2018
Last Revised: 9/13/2018

AN AGING POPULATION

The proportion of Allen County's population that is 65 years and older is expected to rise from 15% in 2017 to 21% in 2030. At the same time, it is estimated that the proportion of working age residents (25 to 64 years old) will decrease from 50% in 2017 to 47% in 2030. This shift could have implications for the provision of social services.

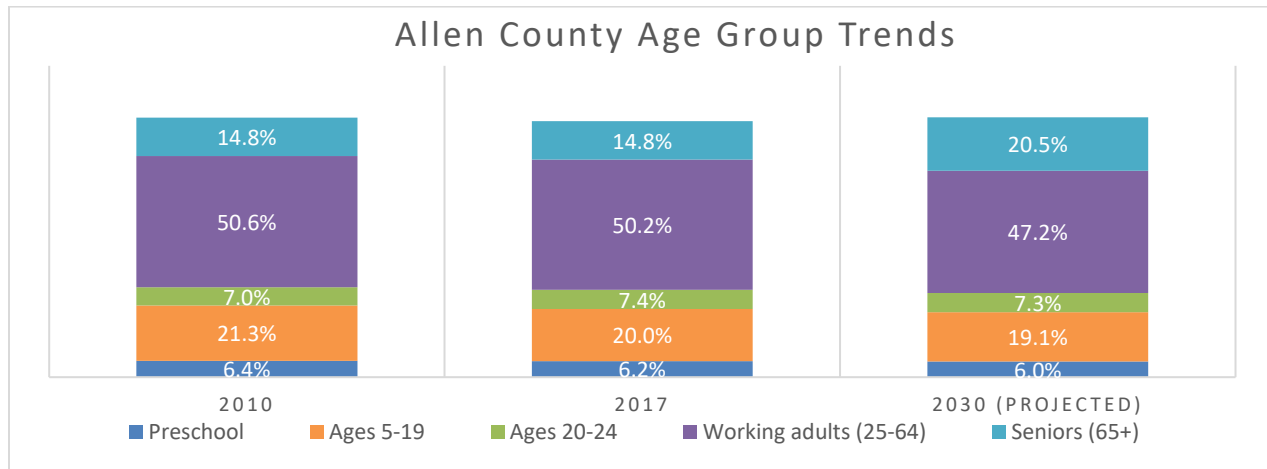


Chart 1: Allen County Age Group Trends¹

ECONOMIC DISTRIBUTION – ALLEN COUNTY

In 2017, approximately 1 in 4 of households in Allen County had incomes below \$25,000, and 19% had household incomes of \$100,000 or more. Between 2010 and 2017 the proportion of households with low (<\$25,000) and very low (<\$15,000) incomes decreased by 5.2% and 5.9% respectively.²

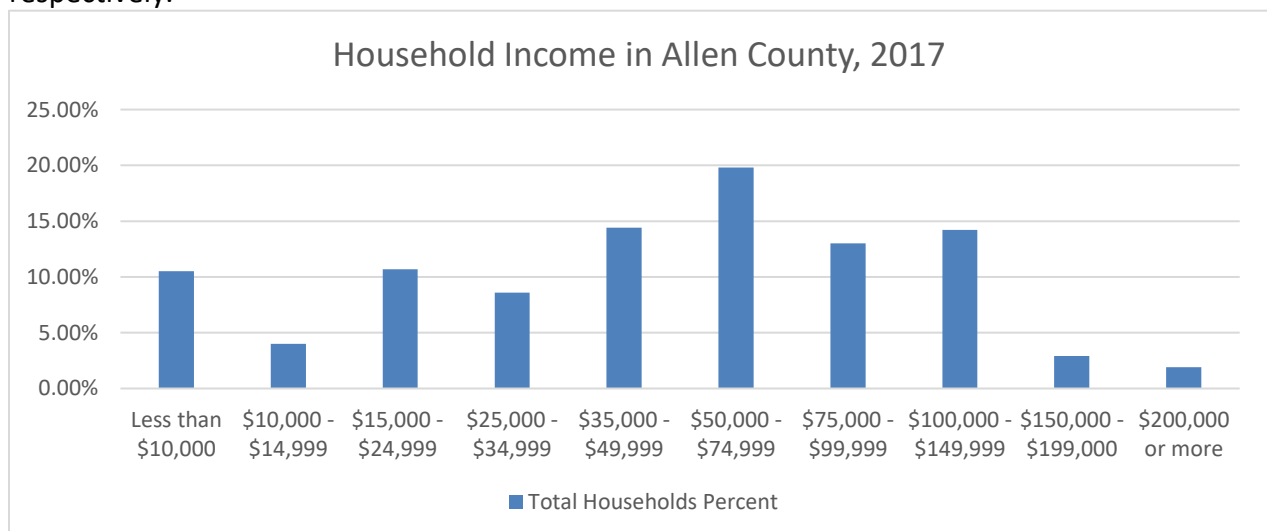


Chart 2: Household Income in Allen County²

¹ US Census Bureau, American Community Survey 2017

² West Ohio Community Action Partnership (WOCAP) Community Assessment, December 2019

RACE AND ETHNICITY

Allen County's population distribution is similar to Ohio's. The population is gradually becoming more diverse. The White non-Hispanic population is the largest at 81.2%, down from 83.3% in 2010, and the African American population second largest, at 11.7%, up from 11.5%.³

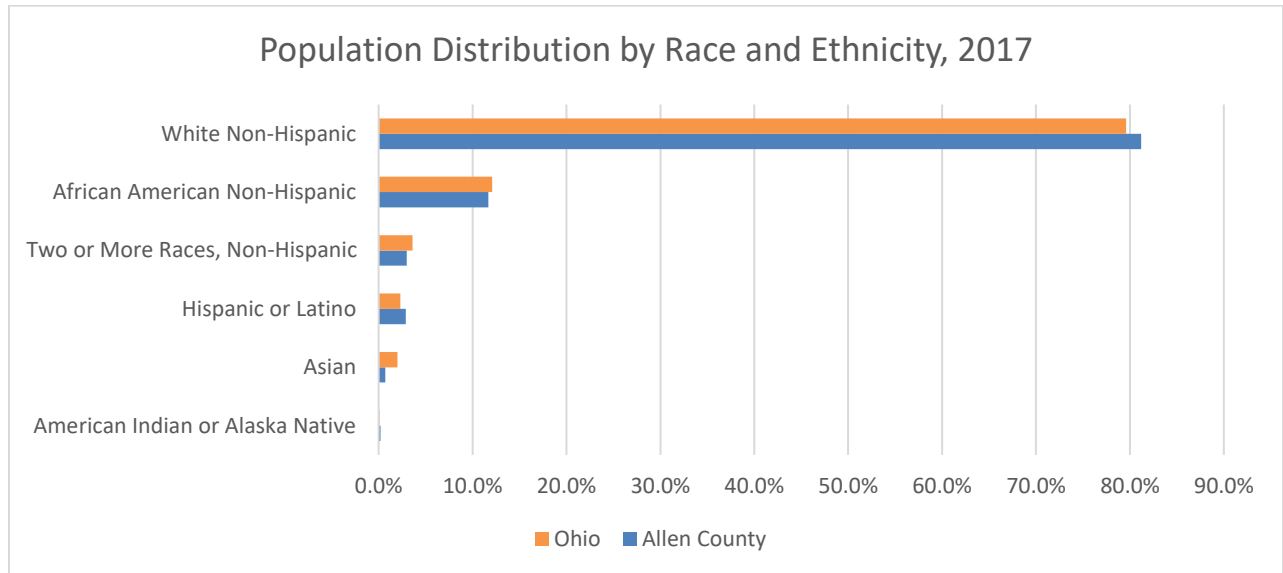


Chart 3: Population Distribution by Race and Ethnicity, 2017

UNEMPLOYMENT

Overall, there has been a steady decrease in unemployment rates since 2009, with Allen County rates the same as Ohio's rates from 2014-2018.⁴

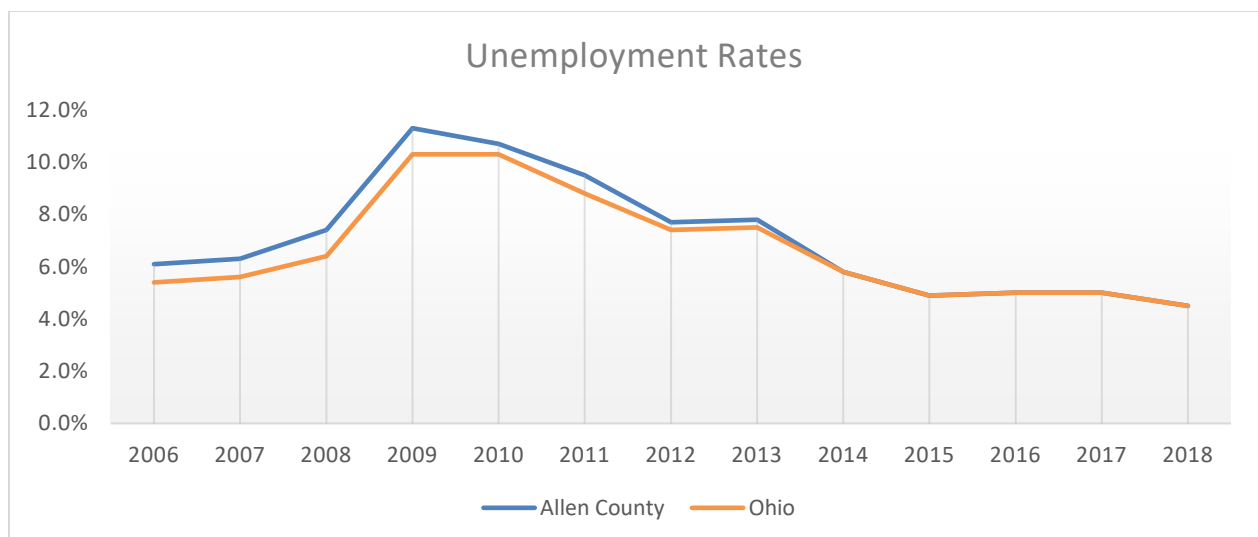


Chart 4: Allen County and Ohio Unemployment Rates, 2006-2018

³ Accessed from the Ohio Department of Health's State Health Assessment 2019 on December 20, 2019.

⁴ US Bureau of Labor Statistics

EDUCATION

In Allen County 84.9% of students graduated from high school within 4 years of their first enrollment in 9th grade for the 2016-2017 school year. The graduation rate for Allen County schools ranged from 73.5% to 98.8%.⁵

The percentage of adults with a bachelor's degree or higher in Allen County is lower than the percentage for all of Ohio.

Educational Attainment for Adults 25 Years and Older		
	Allen County 2017 ⁶	Ohio 2018 ⁷
Less than High School Diploma	10.8%	10.5%
High School Graduate or GED	38.3%	33.8%
Some College or Associates Degree	33.4%	29%
Bachelor's Degree or Higher	17.6%	26.7%

Table 1: Educational Attainment for Adults 25 Years and Older

EQUITY PROFILES

Inequalities that lead to poor health are bad for everyone, as our vitality as a community is influenced by our overall education, productivity, and skilled workforce.

The next pages provide a snapshot of three groups in our community who experience obstacles to living as healthy as possible. These obstacles include inadequate income, lack of education, and discrimination. It's important to note that local data are not available for some marginalized groups in Allen County, such as the LGBTQ and Hispanic communities; these groups are also more likely to experience greater health disparities.

⁵ LACRPC education/educational-attainment-in-adult-population/high-school-graduation

⁶ WOCAP Community Assessment, 2019

⁷ <https://statisticalatlas.com/state/Ohio/Educational-Attainment>

EQUITY PROFILE: DISABILITIES

About one in four people in Allen County report having a physical, emotional, or mental health limitation. People with disabilities are more likely to be unemployed, receive needed medical care, and have heart disease.⁸ Disabilities can be physical, emotional or cognitive; depending on the type and severity, people with disabilities may not be able to be employed and may need to rely on others for assistance. Those who reported having a health-related limitation were more likely to have a household income below \$25,000 and/or were over 65 years of age.

KEY DATA POINTS

- 1 in 4 (24%) of Allen County residents reported being **limited in some way** because of a physical, emotional or mental problem.⁹
- 14.9% of Allen County residents reported **having a disability**, compared to 12.8% in the U.S.¹⁰
- 6.1% of Allen County residents reported **having an independent living difficulty**, compared to 5.8% in the U.S.¹¹

TRENDS

Successes

- Americans with Disabilities Act (ADA) transition plans identify the physical barriers that limit the accessibility of programs, activities, and services. The plans also identify methods to remove the barriers and make the facilities accessible. To date, four Allen County communities have adopted ADA transition plans.

Opportunities for Improvement

- The percentage of Allen County residents reporting a disability has increased from 18% in 2014 to 24% in 2017.⁹

⁸ <https://www.cdc.gov/ncbddd/disabilityandhealth/features/unrecognizedpopulation.html>

⁹ Allen County Health Risk and Community Needs Assessment, 2017

¹⁰ LACRPC health/disabilities/persons-with-a-disability

¹¹ LACRPC health/disabilities adults-with-an-independent-living-difficulty

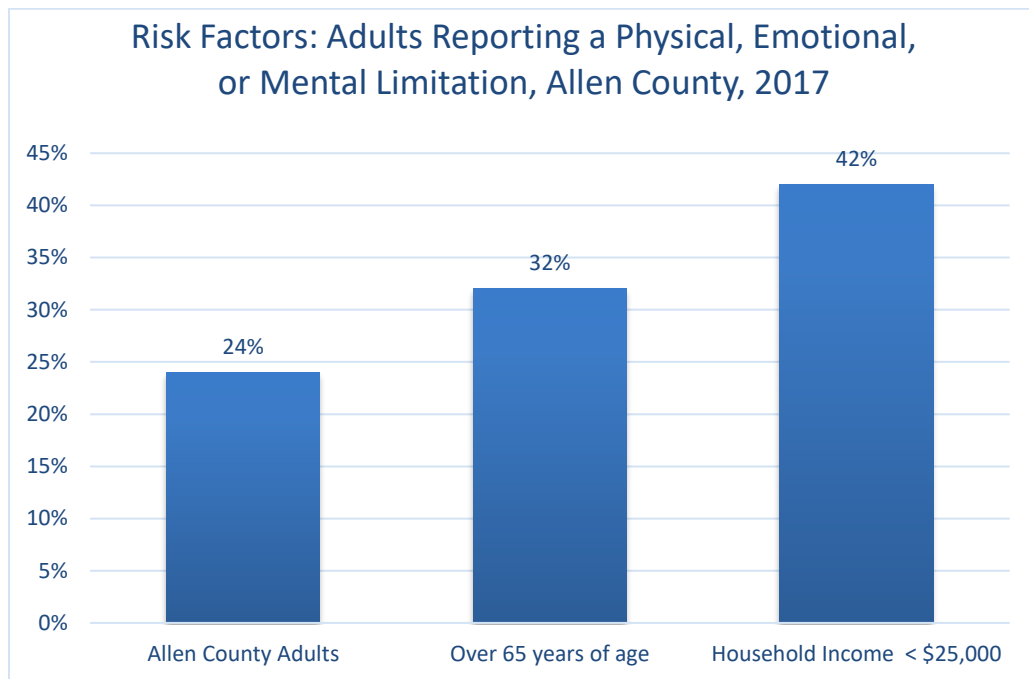


Chart 5: Risk Factors: Adults Reporting a Physical, Emotional, or Mental Limitation⁹

IN OUR COMMUNITY

Multiple agencies in the area provide services to those with disabilities through the use of Medicaid Waivers.

The Allen County Board of Developmental Disabilities (ACBDD) provides services through preschool programs, Marimor School and Marimor Industries.

Opportunities for Ohioans with Disabilities helps individuals with disabilities find employment.

The Allen County Council on Aging and Delphos Senior Citizens Center provide transportation and other services to Allen County residents age 60 and older.

The Children's Developmental Center of Lima serves children from birth to school-age who have a special need.

The ARC of Allen County empowers individuals with developmental and intellectual disabilities to reach their highest level of achievement, independence, self-esteem and improve their quality of life.

EQUITY PROFILE: POVERTY

Poverty is both a cause and a consequence of poor health. Low-income families are at higher risk of a wide range of health issues. Having an adequate income is important for covering basic needs, such as housing, food, transportation, child care and health care. People who live in communities with a greater income disparity have a greater risk of a wide range of health conditions, along with a shorter life expectancy.

ECONOMIC FACTORS

- 1 in 7 of all **individuals** (15%) in Allen County lives **below the poverty level**, the same as the national rate of 15%.¹³
- 1 in 5 of **children** (20.9%) in Allen County lives **below the poverty level**, compared to the national rate of 22%.¹³
- As noted in the County Health Rankings, adults and children in **single-parent households** are at risk for worse health outcomes.¹² The percentage of children who live in a household headed by a single mother ranges by census tract from 2.9% to 36% (2017).¹³

HEALTH OUTCOMES

- Allen County adults living in low-income households are more likely to be diagnosed with **asthma, diabetes, and heart disease**.¹⁴
- Three times as many adults living in households with incomes below \$25,000 (29% vs 9%) **rated their health as *fair or poor***.¹⁴

TRENDS

Successes

- Between 2010 and 2017, 1,820 Allen County residents rose from poverty status, representing a 10.9% drop in poverty status.¹³
- 96% of Allen County children have health insurance.¹⁵

¹² <https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model/health-factors/social-and-economic-factors/family-social-support/children-in-single-parent-households>

¹³ WOCAP Community Assessment, 2019

¹⁴ Allen County Health Risk and Community Needs Assessment, 2017

¹⁵ LACRPC health/access-to-health-services/children-with-health-insurance

AT A GLANCE

Allen County Adults' Self-Rated Health by Household Income

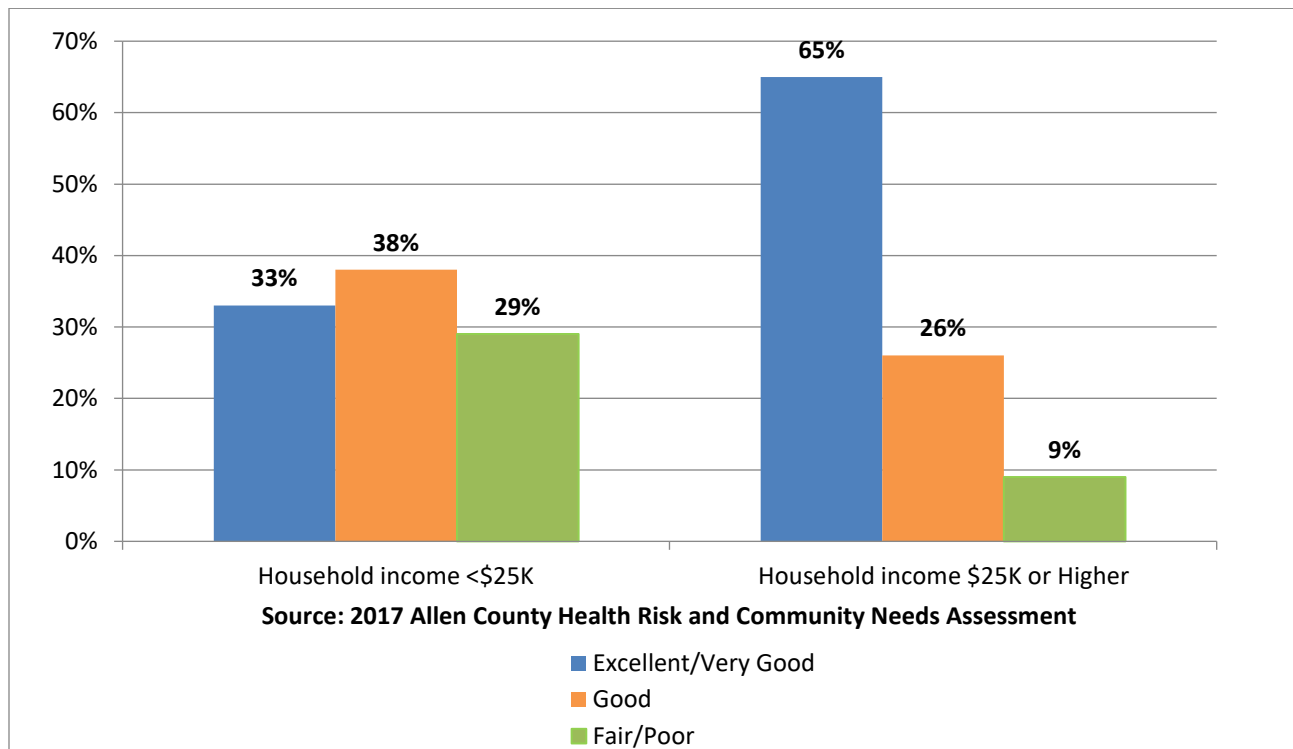


Figure 3: Allen County Adults' Self-Rated Health by Household Income"

IN OUR COMMUNITY

Lima-Allen County Neighborhoods in Partnership (LACNIP) is a non-profit organization whose mission is to improve safety and quality of life through community partnerships, individual action and advocacy

West Ohio Community Action Partnership (WOCAP) helps low-income people in our community who are struggling to make ends meet to become self-sufficient. They offer a broad range of programs that address issues such as hunger, education, employment and housing.

United Way of Greater Lima programs center on three areas – health, education, and financial stability. The United Way 2-1-1 line is a complete source for local services and information.

EQUITY PROFILE: RACE - AFRICAN AMERICANS

Every person in Allen County should have the same opportunity to achieve a healthy life. However, due to policies of the past and continued discrimination, African Americans in Allen County do not have the same opportunities to achieve a healthy life. About 12,000 African Americans live, work and play in Allen County and are more likely to face socioeconomic disparities affecting income, education and occupation. In turn, these disparities fundamentally impact health outcomes later in life, relative to Whites.

ECONOMIC FACTORS

POVERTY

In Allen County, compared to the White population:

- The rate of **poverty among children** is 5.9 times higher for African American children.¹⁶
- The **rate of poverty** is 3.8 times higher for African Americans.¹⁷
- **African Americans aged 65 and above** are just as likely to live in poverty.¹⁸
- African Americans' **median household income** is 2.1 times lower.¹⁹

COMMUNITY CONDITIONS

FOOD ACCESS, CRIME, AND HOUSING

In Allen County, compared to the White population:

- African Americans are 2.4 times more likely to live in a **food desert**.²⁰
- African Americans are 3.4 times more likely to live in areas with the **highest violence and property crime arrest rates**.²⁰
- African Americans are 2.7 times less likely than Whites to **own a home**.²¹
- African Americans are 3.4 times more likely to live in **areas with vacancy rates** greater than 5 times the national and state averages.^{22,20}

Compared to White children in Allen County, African American children are equally likely to live in an **area with the highest foreclosure rates**.²⁰

¹⁶ American Community Survey 5 year Poverty Estimates

¹⁷ LACRPC people living below poverty level

¹⁸ LACRPC people-65plus-living-below-poverty-level

¹⁹ LACRPC median-household-income

²⁰ WOCAP Community Assessment, 2019

²¹ American Community Survey Demographic Characteristics for Occupied Housing Units

²² <https://www.census.gov/housing/hvs/data/rates.html>

HEALTH OUTCOMES

In Allen County, compared to the White population:

- **Years of potential life lost** before the age of 75 is 1.6 times greater for African Americans.²³
- African Americans were 2 times more likely to have given birth to a baby with **low birth weight**; ²³ the **infant mortality rate** is approximately 2 times higher for African Americans.²⁴
- **Preventable hospital stays** were 1.6 times more frequent for African Americans.²³
- For African Americans, the prevalence of **HIV/AIDS** is 5.5 times higher, death rates due to **diabetes** for were 2.7 times higher, and death rates due to **cancer** were 1.6 times higher.²⁴

TRENDS

Successes

- There is no disparity for African Americans in regard to healthcare coverage. In Allen County, African American adults and children are just as likely to have healthcare coverage as the rest of the population. ²⁵

AT-A-GLANCE

Post-secondary education lays the foundation for employment and higher earnings. Compared to whites, African Americans 25 and older in Allen County are 2.4 times less likely to have a bachelor's degree.²⁶

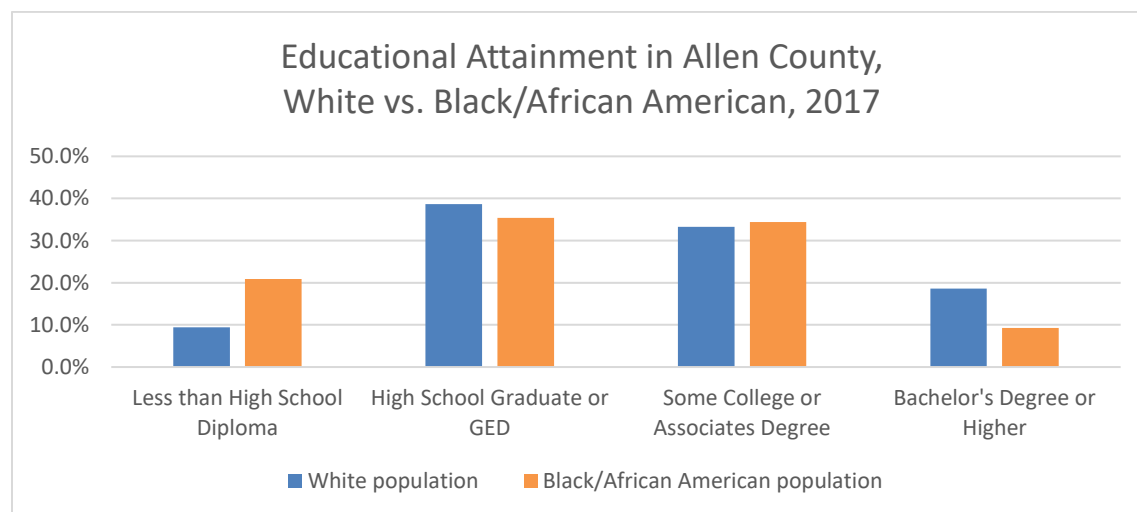


Chart 6: Educational Attainment in Allen County, White vs. Black/African Americans²⁰

²³ County Health Rankings 2019

²⁴ Ohio Public Health Information Warehouse, 2019. These data were provided by the Ohio Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions.

²⁵ LACRPC access-to-health-services

²⁶ LACRPC people-25plus-with-a-bachelors-degree-or-higher

COMMUNITY CONDITIONS

HOUSING

Housing is foundational to meeting people's most basic needs. Quality housing provides a place to prepare and store food, access to water and sanitation facilities, protection from the elements, and a safe place to rest. Health issues related to poor quality housing can include asthma and asthma-related conditions, communicable disease, skin disease, and lead poisoning. Stable and permanent housing can improve health.

KEY DATA POINTS

- **Homeownership** has many benefits. Homeowners are likely to improve their homes and be involved in civic affairs. The percentage of homeowners in Allen County varies significantly by zip code, from 44% in 45804 to 90% in 45809.²⁷
- 30.5% of the **housing stock** in Allen County is **assessed as fair or below average quality** (lowest grades) by the County Auditor's office, with housing in the central and southeast part of Lima having the lowest grades.²⁸
- African American adults were more likely to have **spent 50% or more of their household income** on housing (45% compared to 14% of the rest of Allen County).²⁹
- Given the age, vacancy rates, and occupancy status of the housing stock in Allen County, there may be **exposure to lead hazard** in ~ 6,400 units.²⁸
- 14% of households in Allen County have at least 1 of 4 **severe housing problems** reflecting/including overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities.³⁰
- **Evictions** happen when a landlord expels people from the landlord's property. Studies show that evictions can cause job loss; children to switch schools and disrupt a child's education; and affect occupants' mental health. The eviction rate in Lima and Allen County is higher than Ohio's rates, at 5.4%, 3.8%, 3.5%, and respectively.³¹

What kind of community do you want?

"One with affordable and safe housing."

"Inviting neighborhoods where people know and help each other."

- Community Conversations 2019

²⁷ LACRPC housing neighborhoods Allen County homeownership

²⁸ WOCAP Community Assessment, December 2019

²⁹ Allen County Health Risk and Community Needs Assessment, 2017

³⁰ County Health Rankings 2019, using Comprehensive Housing Affordability Strategy data, 2011-2015

³¹ www.evictionlab.org, Accessed August 23, 2019

- The annual Point in Time count estimated the number of **homeless** individuals in Allen County to be 118.²⁸

TRENDS

Successes

- Starting with the 2005-2009 measurement period, after a steady increase, the percentage of renters who spend 30% or more of household income on rent returned to 48.6% for the 2013-2017 period.²⁸

Opportunities for Improvement

- Homeownership in Allen County has decreased from 64% of all housing units that are occupied by homeowners in 2006-2010 to 59% in 2013-2017.²⁸

AT-A-GLANCE

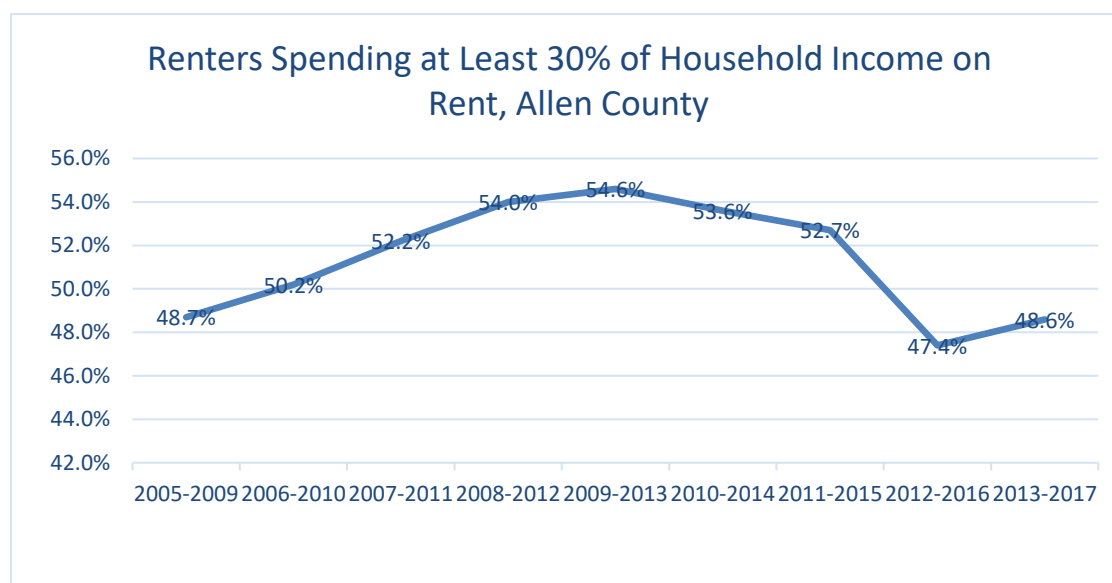


Chart 7: Renters Spending at Least 30% of Household Income on Rent²⁸

IN OUR COMMUNITY

The Allen County Housing Consortium is working to develop a system to increase the effectiveness of rent assistance programs; the City of Lima has hired a consultant to assist with creating a strategic plan to address affordability and substandard housing in the City.

West Ohio Community Action Partnership has designed a project for lead abatement and home repair for 87 homes in the City of Lima. The City of Lima contracts with WOCAP to provide down payment assistance to the low to middle income population.

ACCESS TO PUBLIC TRANSPORTATION

Everyone needs transportation to move consistently and safely between home, work, school, stores and more. For many in Allen County, access to public transportation affects their quality of life, including the ability to access jobs, education, and medical care, and to live independently longer. Individuals who use public transportation are more physically active than those who don't by walking to stops and final destinations.

KEY DATA POINTS

- More than 2 out of 5 Allen County **households are limited to one or no vehicles**. This makes it challenging to get to work and attend to family needs.³²
- African American adults were more likely to have **transportation issues** (37% compared to 6% of the county overall).³³
- 2 in 5 adults with ***fair or poor health*** (41%) reported transportation issues.³⁴

IN OUR COMMUNITY

The Allen County Regional Transit Authority (RTA) provides services throughout the community, and provides transportation accessibility to those with disabilities who would otherwise not be able to travel on public transit. Transit buses are equipped with bike racks on the front of each bus. In 2017, Allen County RTA ridership increased to nearly 350,000, and averaged nearly 1,000 wheelchair rides per month. These numbers dropped in 2018 due to state and federal funding cuts. A local levy was passed in November 2019 to restore some of the services that were dropped.

The Area Agency on Aging, Allen County Council on Aging, and Delphos Senior Citizens help link individuals who need transportation with a community transportation provider.

³² WOCAP Community Assessment, 2019

³³ Allen County Health Risk and Community Needs Assessment, 2017

³⁴ Data from the Allen County Health Risk and Community Needs Assessment, 2017, Prepared by the Hospital Council of Northwest Ohio, January 2020

ACTIVE TRANSPORTATION

Active transportation infrastructure allows more people to get to destinations by walking or riding bike and helps people stay more physically active. According to data from a 2017 Safe Routes to School Report, the CDC reports that each year, the US spends 7 times as much money on medical costs alone to treat people killed or injured while walking or biking than it does on preventing those deaths and injuries. Prevention involves putting in sidewalks, crosswalks, bike lanes and other infrastructure that keeps people safe.³⁵

WALKING AND BIKING IN ALLEN COUNTY

Successes

- Local jurisdictions and the Johnny Appleseed Metropolitan Park District have been continually working on walking and biking **infrastructure improvements**: the installation or improvement of sidewalks, bike paths, and ADA access in Allen County.

Opportunities for Improvement

- The **crash rates** for people walking and riding bikes continues to be among the highest in the state compared to similar-sized communities. Allen County ranked 1st in the number of bicycle and pedestrian crashes among Ohio counties with a population between 50,000 to 135,000 during the 2014-2018 measurement period.^{36 37}

IN OUR COMMUNITY

Lima Allen County Regional Planning Commission adopted an Active Transportation Plan in 2017, which provides a blueprint towards improving active transportation infrastructure.

Coalitions supporting bicycle and pedestrian infrastructure and safety in Allen County include the Bike and Pedestrian Task Force, the Move Safe Coalition, and the Bluffton Pathways Board.

The Wheelhouse: A Christian Bicycle Cooperative is a nonprofit organization that provides bicycles for those in need.

In 2016, the City of Lima adopted a Complete Streets policy. That same year, the City of Lima received a Bronze Bicycle Friendly Community Award from the League of American Bicyclists.

³⁵ <https://www.cdc.gov/policy/hst/hi5/saferoutes/index.html>

³⁶ LACRPC transportation/pedestrian-crashes-allen-county

³⁷ LACRPC transportation/bicycle-crashes-allen-county

PREVENTION & SAFETY

Accidents were the 4th leading cause of death in the United States between 2015-2017, compared to the 5th leading cause of death in Allen County.⁴⁰ Accidents (unintentional injury) are the leading cause of teen deaths in the United States.³⁸

KEY DATA POINTS

- The Allen County age-adjusted **death rate due to falls** in 2015-2017 was 9.0 per 100,000 and 10.0 per 100,000 in Ohio, compared to the Healthy People 2020 goal of 7.2 per 100,000.³⁹
- The age-adjusted **death rate for motor vehicle traffic deaths** in 2017 in Allen County was 15.5 per 100,000, compared to the Ohio rate of 11.1 per 100,000.⁴⁰
- 3 out of 4 youth (74%) in Allen County reported **never wearing a helmet** when riding a bicycle.⁴¹
- 39% of Allen County adults reported that they had hit their head hard enough that they were dizzy, **had a concussion**, were knocked out, and had their "bell rung", etc. at some time in their life.⁴¹
- 10% of Allen County adults reported not wearing their **seatbelt** while driving.⁴¹
- Ohio Department of Health's Healthy Homes and Lead Poisoning Prevention Program has identified eight zip codes in Allen County (45801, 45802, 45804, 45806, 45808, 45854, and 45887) that are considered high risk codes and require blood lead testing for children less than 6 years of age.

TRENDS

Opportunities for Improvement

- The Allen County age-adjusted death rate due to falls has increased steadily since 2006-2008 to the most recent data from 2015-2017.³⁹
- The number of Allen County youth that reported never wearing a helmet when riding a bicycle has increased from 53% in 2014 to 74% in 2017.⁴¹

³⁸ https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_06-508.pdf

³⁹ LACRPC health/prevention-safety/age-adjusted-death-rate-due-to-falls

⁴⁰ Ohio Department of Health Vital Statistics Mortality Data, 2017

⁴¹ Allen County Health Risk and Community Needs Assessment, 2017

AT-A-GLANCE

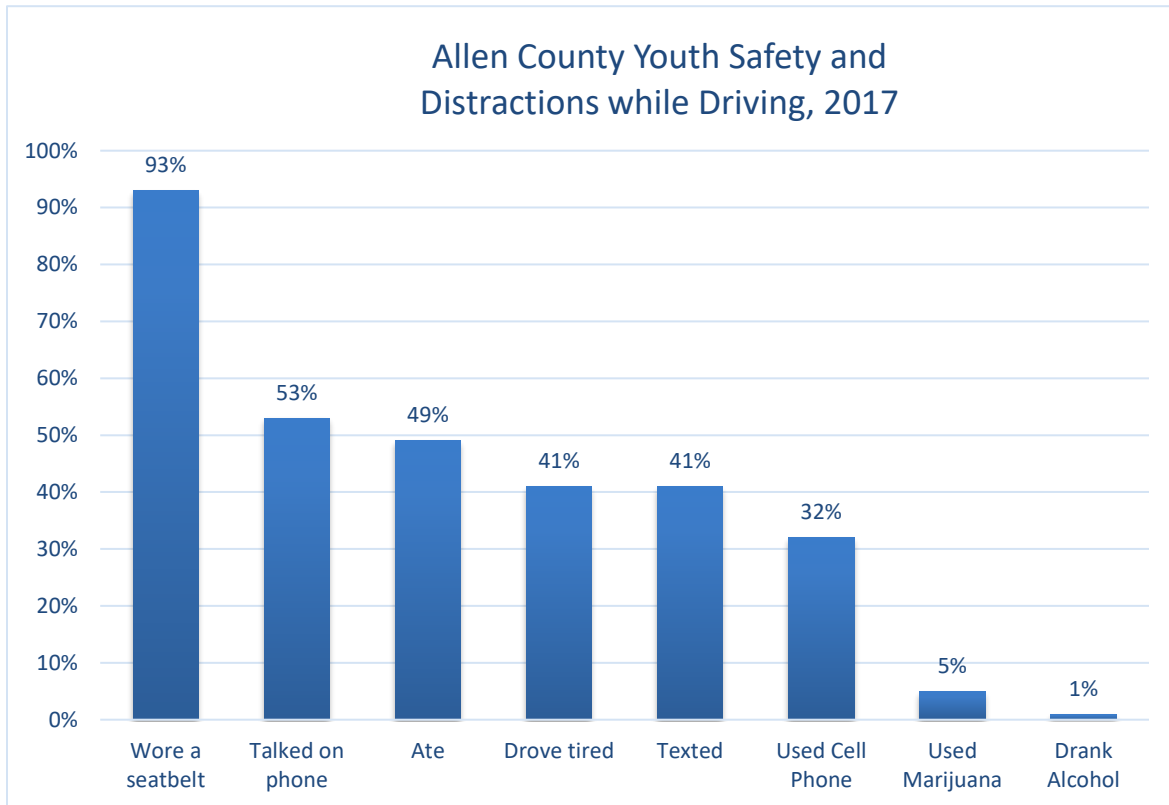


Chart 8: Youth Safety and Distractions While Driving⁴¹

IN OUR COMMUNITY

The Safe Community Coalition is coordinated by the Lima Allen County Regional Planning Commission. This coalition addresses multiple traffic safety issues such as seatbelt usage, drinking and driving and distracted driving.

MOVESafe Allen County is a product of the Allen County Safe Community Coalition, working to address safety issues related to active transportation.

Area Agency on Aging – “A Matter of Balance” is a program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Trained volunteer coaches teach eight two-hour sessions in the community.

Emergency room nurses from Lima Memorial Health System and Mercy Health St. Rita’s Medical Center participate in events throughout the year that promote safety.

CLIMATE, HEALTH, AND RESILIENCE

Our changing climate is leading to new and expanded public health threats. Extreme weather events, flooding, droughts, and extreme temperatures are becoming more frequent and more severe, creating health impacts that are affecting more people in more places.

POTENTIAL CLIMATE/HEALTH IMPACTS IN ALLEN COUNTY

HIGHER RISK OF FLOODING

- In 2011, Allen County had 1,417 housing units within a FEMA designated **flood hazard** area.⁴² A flood hazard involves the potential risk to life, health, and property.
- **Infrastructure vulnerabilities** - Damage to water and sewer facilities and pipes, as well as private wells and septic systems, can increase the potential for contamination that can cause waterborne illness.
- Water from flooding can result in **mold contamination**, a serious health concern.

Climate related disasters is a concern of community stakeholders, noted during a community assessment process called Mobilizing for Planning and Partnerships, “Forces of Change” assessment in 2018.

HIGHER RISK OF DISEASES

- Rising average temperatures and changes in weather patterns are creating conditions that increase the range and intensity of disease-causing microbes and pathogens, such as cryptosporidiosis and harmful algal blooms.
- Diseases spread by ticks are an increasing concern in Ohio and are being reported to Ohio Department of Health more frequently than in the past decade, with Lyme disease being the most common.⁴³

HIGHER RISKS TO VULNERABLE GROUPS

- Groups such as the elderly living alone may be more sensitive to heat exposure and may need additional assistance during extreme weather events.
- Factors including poverty, lack of access to transportation, and crowded housing may weaken a community’s ability to prevent human suffering and financial loss in the event of a disaster.

⁴² Accessed From: <https://ephtracking.cdc.gov/DataExplorer>. Accessed on 12/22/2019 (Search content: Climate Change, Flood Vulnerability, Allen County, OH)

⁴³ Annual Summary of Infectious Diseases Ohio 2017, Ohio Department of Health

AT-A-GLANCE

Flood plains in Allen County.

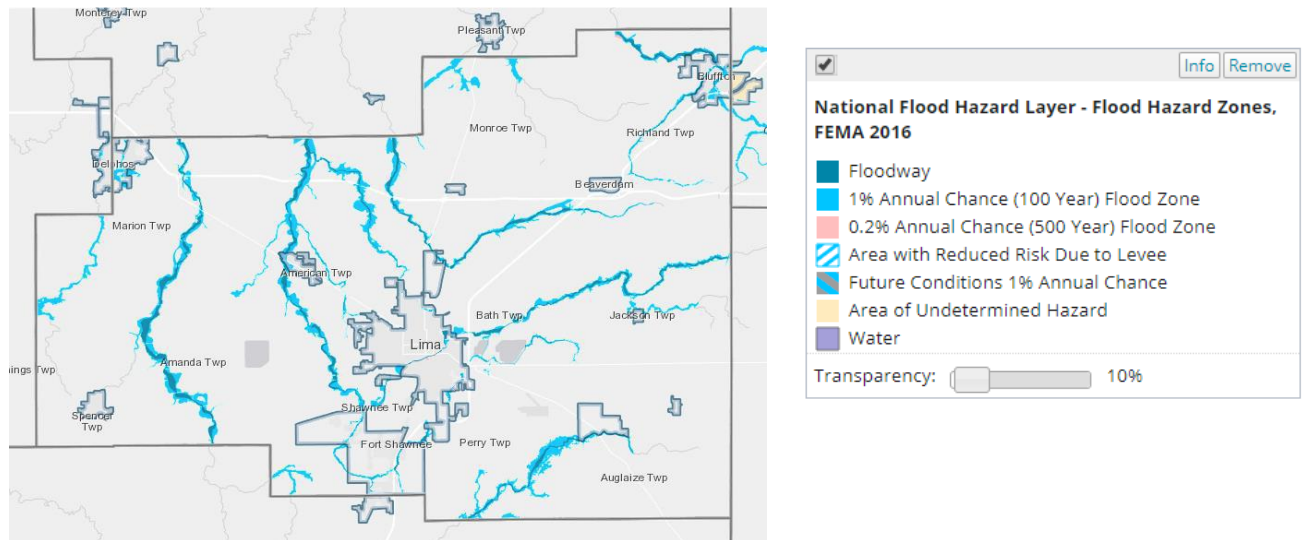


Figure 4: Allen County Floodplain. Source: www.communitycommons.org

IN OUR COMMUNITY

Ready Allen County is a registry that allows citizens with special needs and facilities that serve them to provide information to emergency response agencies, so emergency responders can better plan to assist them during a disaster or other emergencies.

Alert Allen County Residents can sign up with Alert Allen County. In the event of an emergency or severe weather condition, an alert may be sent to the phone number provided by voice, text and/or email.

ACCESS TO CARE

ACCESS TO MEDICAL SERVICES

People who have access to health services are more likely to receive the care they need to prevent and treat medical conditions. Regular access to quality health care reduces the number of unnecessary emergency room visits and can save public and private dollars. The groups at greatest risk of being unable to access medical care include the uninsured, the disabled, and those with household incomes below \$25,000.

KEY DATA POINTS

- In Allen County, the ratio of population to **primary care physicians** is 1,460:1. Ohio's ratio is 1,304:1. The U.S. benchmark is 1,030:1.⁴⁴
- Seven percent of Allen County residents are **uninsured** compared to 8% of Ohioans and 6% of U.S. residents.⁴⁵
- Most **children** in Allen County (96%) **have health insurance**.⁴⁶
- The low-income population in Allen County is designated as a **shortage area for mental health services**.⁴⁷

TRENDS

Successes

- The percentage of the population under the age of 65 without health insurance has decreased from 13% in 2011 to 7% in 2016.⁴⁸

Opportunities for Improvement

- The rate of preventable hospital stays in Allen County have trended consistently higher than Ohio rates. In 2016, the Allen County rate was 6,418 per 100,000 Medicare enrollees, compared to the Ohio rate of 5,135 per 100,000 Medicare enrollees.⁴⁴

⁴⁴ County Health Rankings 2019

⁴⁵ US Census Bureau, American Community Survey 2017

⁴⁶ LACRPC health/access-to-health-services/children-with-health-insurance

⁴⁷ <https://data.hrsa.gov/tools/shortage-area/hpsa-find>

⁴⁸ County Health Rankings, 2014 and 2019 (2011 and 2016 data)

AT-A-GLANCE

Health Professional Shortage Areas are designated by the Health Resources and Services Administration (HRSA). The **orange** census tracts (136, 137, 138) are Health Professional Shortage areas.

Medical Underserved Areas/Populations are areas or populations designated by HRSA as having high infant mortality, too few primary care providers, high poverty and/or high elderly population. In the map the **pink** (110, 112, 122, 124, 141) and **orange** census tracts indicate the Medical Underserved Areas/Populations.

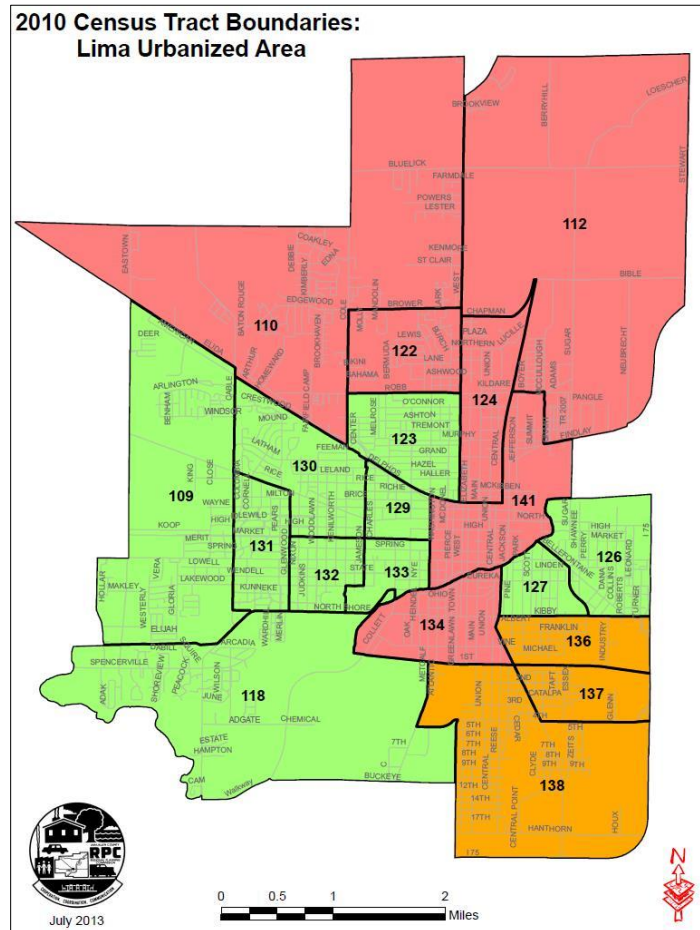


Figure 5: Health Professional Shortage Areas and Medical Underserved Areas/Populations

IN OUR COMMUNITY

Health Partners of Western Ohio, a Federally Qualified Health Center, opened in 2003. The clinic provides medical, dental, and behavioral health care, pharmacy services, chiropractic services, substance abuse treatment and social services.

Community Health Services (CHS) is a Federally Qualified Health Center located on 1005 Bellefontaine Avenue, and provides family practice services. CHS also has an assister, trained to help individuals apply and enroll in a health plan with savings or apply for Medicaid/Children's Health Insurance Program.

Lima Memorial Health System and Mercy Health St. Rita's Medical Center help individuals who need assistance in paying their medical bills through the Hospital Care Assurance Program (HCAP). Assistance is also given to individuals to obtain Medicaid.

ORAL HEALTH

Good oral health is a key component to good physical health. Studies show that gum disease (periodontitis) is associated with an increased risk of developing heart disease. Those without dental issues are more likely to be able to eat nutritious foods such as fruits and vegetables. Those least likely to see a dentist include those with lower household incomes (less than \$25,000) and adults under the age of 30.⁴⁹

KEY DATA POINTS

- About 3 in 5 (62%) Allen County **residents have visited a dentist** or dental clinic in the past year, compared to 65% of Ohioans and 65% of U.S. adults.⁴⁹
- The **ratio of population to dentists** in Allen County is 1,670:1. Ohio's ratio is 1,660:1 and the U.S. benchmark is 1,280:1.⁵⁰
- The percentage of **youth in Allen County who last saw a dentist** for a checkup, exam, teeth cleaning, or other dental work within the last year is 79%, compared to 75% in Ohio.⁴⁹
- The low-income population group in Allen County has been deemed a **Dental Health Professional Shortage Area**.⁵¹

TRENDS

Successes

- The ratio of population to dentist in Allen County has decreased from 1,837:1 in 2013 to 1,670:1 in 2018.⁵¹
- The percentage of youth seeing a dentist in the previous year increased from 2014 to 2017.⁴⁹

Opportunities for improvement

- Allen County residents living in low-income households were more than 2.5 times less likely to visit a dentist in the past year compared to residents with higher household incomes (27% vs. 72%).

⁴⁹ Allen County Health Risk and Community Needs Assessment, 2017

⁵⁰ County Health Rankings, 2019

⁵¹ <https://data.hrsa.gov/tools/shortage-area/hpsa-find>

AT-A-GLANCE

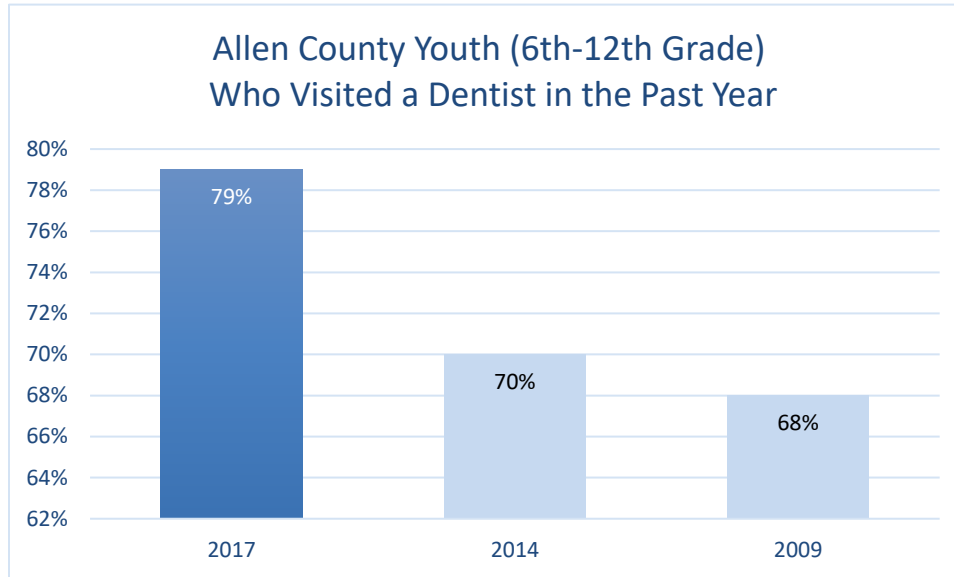


Chart 9: Allen County Youth Who Visited a Dentist in the Past Year⁴⁹

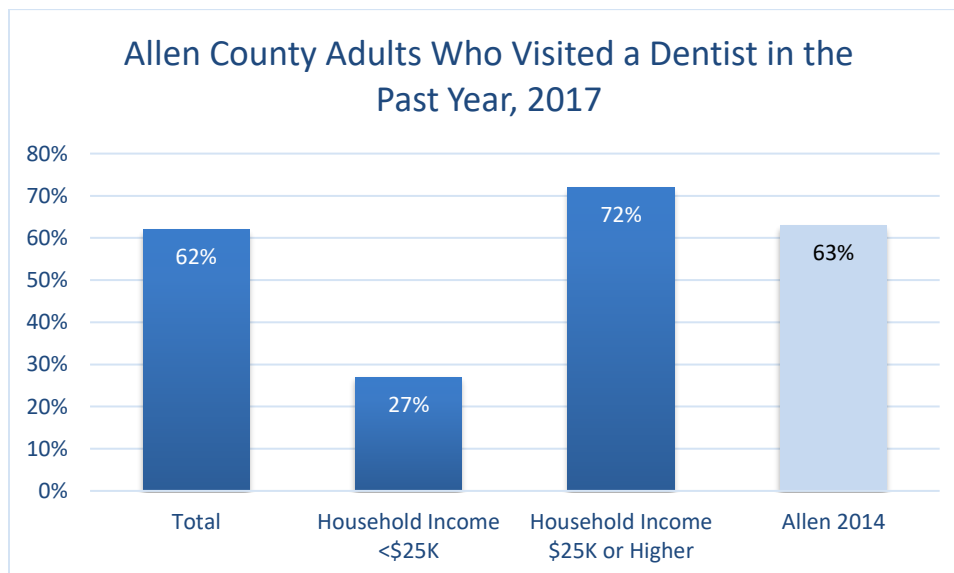


Chart 10: Allen County Adults Who Visited a Dentist in the Past Year⁴⁹

IN OUR COMMUNITY

Health Partners of Western Ohio provides dental services, as well as a school-based sealant program which targets schools with a high percentage of children eligible for federal free or reduced-cost lunch programs.

MATERNAL AND INFANT HEALTH

BIRTHS AND PRECONCEPTION

Infant mortality is one of the most important measures of a nation's health. In Allen County, the Black or African American infant mortality rate is higher than that of the White population infant mortality rate.

KEY DATA POINTS

- In 2017, 10.1% of Allen County births were **low birth weight babies**, compared to 8.5% of births in Ohio.⁵²
- In 2017, 12.3% of the babies born in Allen County were **pre-term or very pre-term** compared to 12.2% in Ohio.⁵⁵
- The percentage of live births that occur at Baby-Friendly facilities in Ohio is 16.5%. The CDC's 2018 Breastfeeding Report Card shows that "**Ever Breastfed**" rate in Ohio's baby friendly facilities in Ohio was 81.0% compared to 83.2% in the United States.⁵³ Allen County WIC's "Ever Breastfed" rate was 60% in 2018 and 2019.⁵⁴

TRENDS

Opportunities for Improvement

- The low birth weight rate has increased slightly from 9.4 per 1,000 live births in 2010 to 10.1 per 1,000 live births in 2016.⁵⁵
- Early prenatal care (care that occurred in the first trimester) decreased from 79.1% in 2010 to 71.8% in 2016.⁵⁶

⁵² <http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths>

⁵³ <https://www.cdc.gov/breastfeeding/pdf/2018breastfeedingreportcard.pdf>

⁵⁴ Allen County WIC office, 2019

⁵⁵ Vital Stats Annual County Birth Summary, 2010 and 2016, Center for Public Health Statistics and Informatics, Ohio Department of Health

⁵⁶ Ohio Department of Health, Ohio Public Health Data Warehouse, 2017.

AT-A-GLANCE

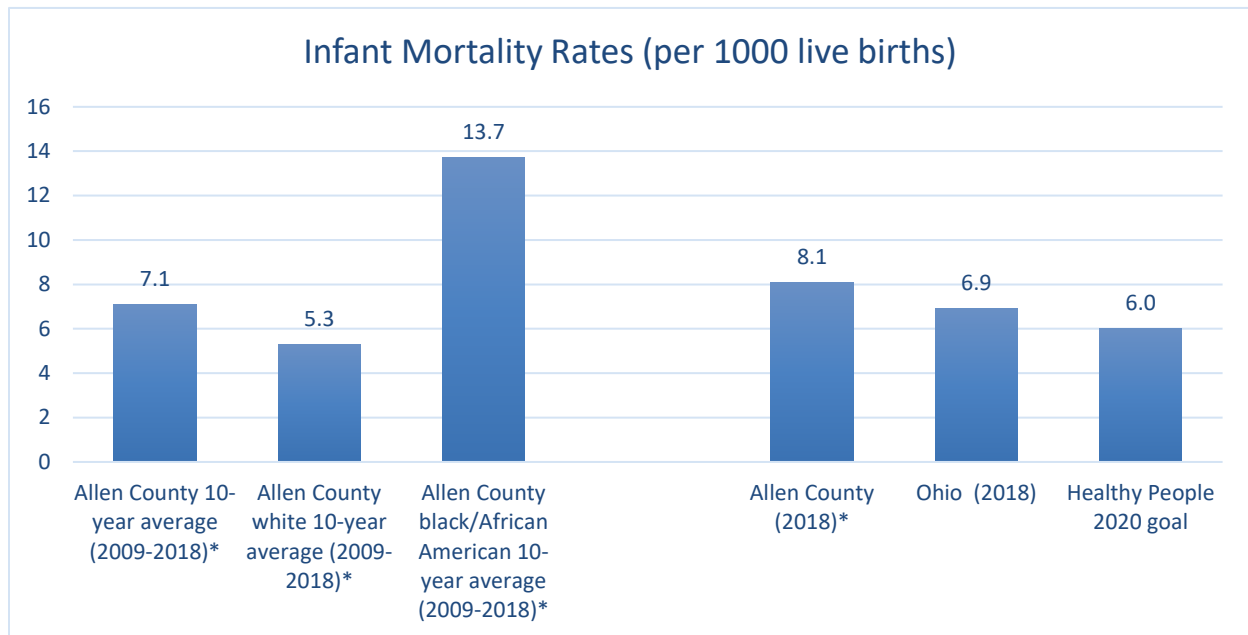


Chart 11: Infant Mortality- Allen County, Ohio, US⁵⁷

**Due to the low frequency of live births/deaths in Allen County, the infant mortality rate should be interpreted with caution.*

IN OUR COMMUNITY

The Maternal Infant Task Force was convened in 2015 through the Community Health Improvement Planning process. The group is working to improve prenatal and infant health through the coordination of services.

Moms & Babies First is a neighborhood outreach program. Community health workers provide in-home visits during and after pregnancy. The program provides care coordination services to eligible participants.

⁵⁷ Ohio Department of Health, Ohio Public Health Data Warehouse, accessed 2/19/2020. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions.

TEEN PREGNANCY

Allen County's teen pregnancy rate has decreased overall. A review of the 2016 Allen County teen births shows that most births (74%) among teens occurred in 18- to 19-year-olds.

KEY DATA POINTS

- 35% of Allen County High School **youth reported having sexual intercourse** compared to 43% of Ohio youth and 41% of United States youth.⁵⁸
- 8% of Allen County **teens** who are sexually active do not use a **reliable form of birth control**.⁵⁸
- In 2018, the **birth rate for females aged 15-17 years** in Allen County was 10.4 per 1,000 live births, compared to Ohio's rate of 7.5 per 1,000.⁵⁹

TRENDS

Successes

- The teen birth rate has decreased overall in Allen County, from 31.2 per 100,000 live births in 2007 to 10.4 per 100,000 live births in 2018.⁶⁰

⁵⁸ Allen County Health Risk and Community Needs Assessment, 2017

⁵⁹ Allen County Data Dashboard, Lima Allen County Regional Planning Commission

⁶⁰ Vital Statistics Department, Allen County Public Health, 2017

AT-A-GLANCE

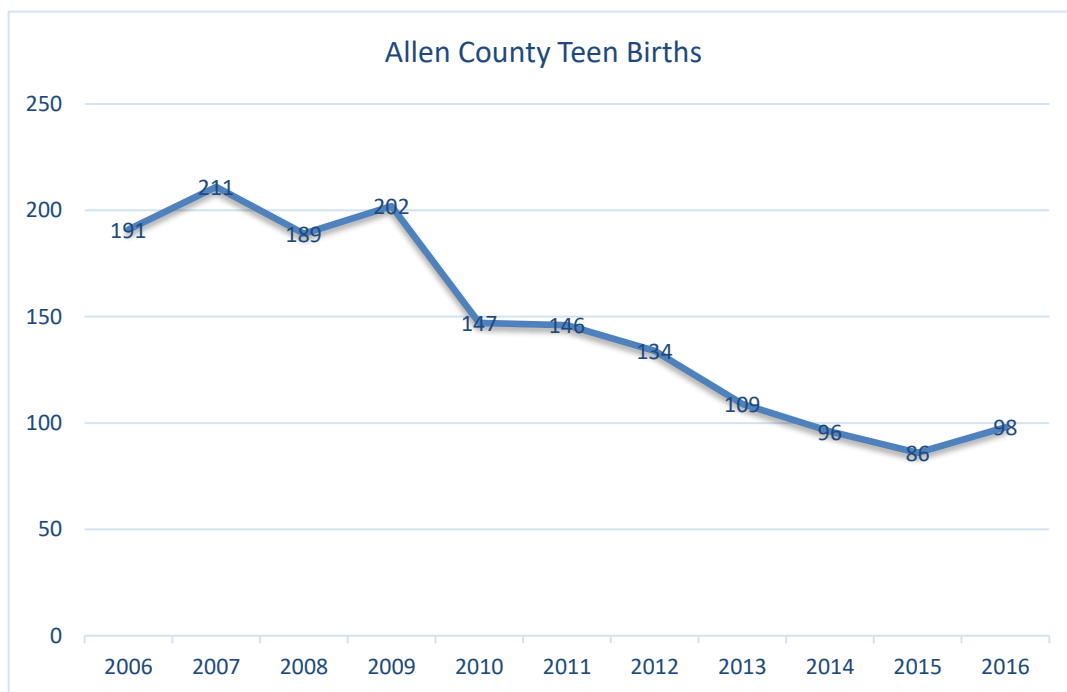


Chart 12: Allen County Teen Births, 2006-2016

IN OUR COMMUNITY

Guiding Light is a house for pregnant teens and young mothers that teach women hands-on life skills, nutritious ways of eating, and goal setting.

INFECTIOUS DISEASES AND IMMUNIZATIONS

Infectious diseases are caused by microorganisms, including bacteria, viruses, fungi, and parasites. Depending on how they are spread, infectious diseases may be prevented in a variety of ways, including handwashing, safe sex, water treatment, proper food handling, and immunizations. Influenza and pneumonia are a leading cause of death in the United States.

Immunizations are recommended throughout life to reduce vaccine-preventable diseases. The recommended childhood vaccines help protect children from 17 different diseases and there are additional diseases that can be prevented by vaccines not on the regular child/adult schedule. The CDC recommends annual flu vaccinations to everyone over 6 months of age to prevent the spread of influenza.

KEY DATA POINTS

Sexually transmitted infections (STIs) can lead to long-term health consequences such as infertility and pelvic inflammatory disease. STIs are more likely to occur in young adults (15-24 years of age) and African Americans.

- The **Chlamydia** rate in Allen County in 2018 was higher than Ohio's rate: 599.8 cases vs. 543.4 per 100,000, respectively.⁶¹
- The **Gonorrhea** rate in Allen County in 2018 was also higher than Ohio's rate: 288.8 vs. 216.3 per 100,000, respectively.⁶²

Influenza and pneumonia: The flu can cause severe illness and life-threatening complications.

- The age-adjusted **death rate due to influenza and pneumonia** in Allen County has steadily increased, from 12.5 deaths per 100,000 in 2005-2007 to 33.7 per 100,000 in 2015-2017.⁶³
- 72% of Allen County residents ages 65 and older reported receiving the **flu vaccine** in the past year.⁶⁴

TRENDS

Opportunities for Improvement

- The gonorrhea rate in Allen County increased from 145.6 per 100,000 in 2014 to 288.8 cases per 100,000 in 2018.⁶²

⁶¹ Ohio Department of Health, Chlamydia: Five-Year Report 2014-2018

⁶² Ohio Department of Health, Gonorrhea: Five-Year Report 2014-2018

⁶³ LACRPC health/immunizations-infectious-diseases/age-adjusted-death-rate-due-to-influenza-and-pneumonia

⁶⁴ Allen County Health Risk and Community Needs Assessment, 2017

- The Allen County Chlamydia rate has been consistently higher than the Ohio rate.

AT-A-GLANCE

Allen County Chlamydia Rate

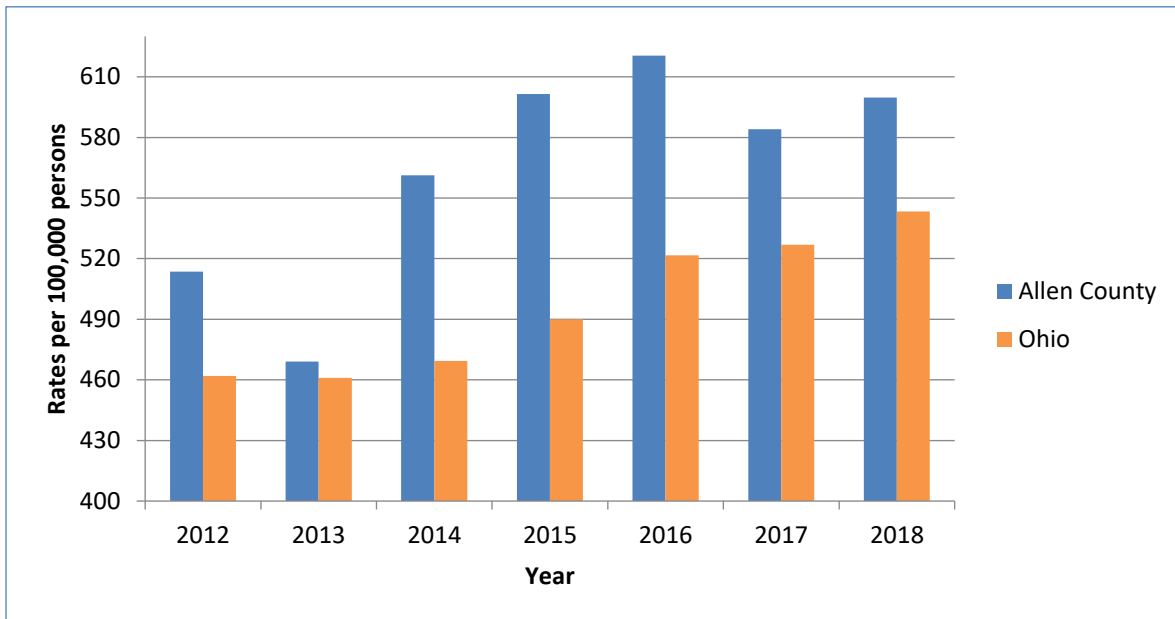


Chart 13: Allen County Chlamydia Rate

** This chart reflects the rate of Chlamydia for Allen County compared to Ohio. Rates are shown per 100,000 cases of disease.⁶¹*

IN OUR COMMUNITY

Women's Reproductive Health and Wellness/STD clinic serves both men and women regardless of financial situations. Screening exams include pap tests, breast health exams, male reproductive health exams, and screening tests for sexually-transmitted infections. HIV and Hepatitis C testing are also available along with pregnancy testing. Various forms of reversible contraceptive products are also available through this clinic.

Adult and Child Immunizations are available for infants, children, adolescents and adults through Allen County Public Health, who also participates in the Vaccines for Children (VFC) Program through the Ohio Department of Health. Adult vaccinations are also available, including Hepatitis A and B, and some travel vaccinations such as Typhoid.

Lima Memorial Health System and Mercy Health - To prevent the spread of pertussis (whooping cough) these hospitals provide the Tdap vaccine to all new mothers before they leave the hospital with their baby.

MENTAL HEALTH

Good mental health is important for overall physical health and well-being. Those suffering from poor mental health have been shown to have higher incidences of physical health problems. Women are more likely than men to suffer from mental illness. Reports from Allen County Vital Statistics indicate that middle-aged White men were more likely to commit suicide. Nationally, suicide was the 10th leading cause of death in 2017.⁶⁵

KEY DATA POINTS

- The average number of "**poor mental health days**" reported in the last 30 days was 4.0 in Allen County, compared to 4.3 in Ohio and 3.1 in the U.S.⁶⁶
- **Adverse childhood experiences (ACEs)** include childhood abuse, neglect, and exposure to other traumatic stressors. 1 in 3 (33%) of Allen County youth experiencing 3 or more ACEs contemplated suicide, and 17% attempted suicide, compared to 4% and 2% respectively, of youth who did not experience any ACEs.⁶⁷
- Fifteen percent of Allen County **youth reported that they seriously considered attempting suicide** in 2017, compared to 14% for Ohio youth and 18% of the youth in the U.S.⁶⁷
- From 2011-2017, 21% of all Allen County **suicides** occurred among those 25-34 years old.⁶⁶

1 in 3 (33%) of Allen County youth experiencing 3 or more Adverse Childhood Experiences (ACEs) contemplated suicide, and 17% attempted suicide, compared to 4% and 2% respectively, of youth who did not experience any ACEs.

TRENDS

Successes

- The percentage of Allen County youth seriously considering attempting suicide decreased from 18% in 2014 to 15% in 2017.⁶⁷

⁶⁵ <https://www.cdc.gov/nchs/fastats/suicide.htm>

⁶⁶ County Health Rankings 2018

⁶⁷ Allen County Health Risk and Community Needs Assessment, 2017

AT-A-GLANCE

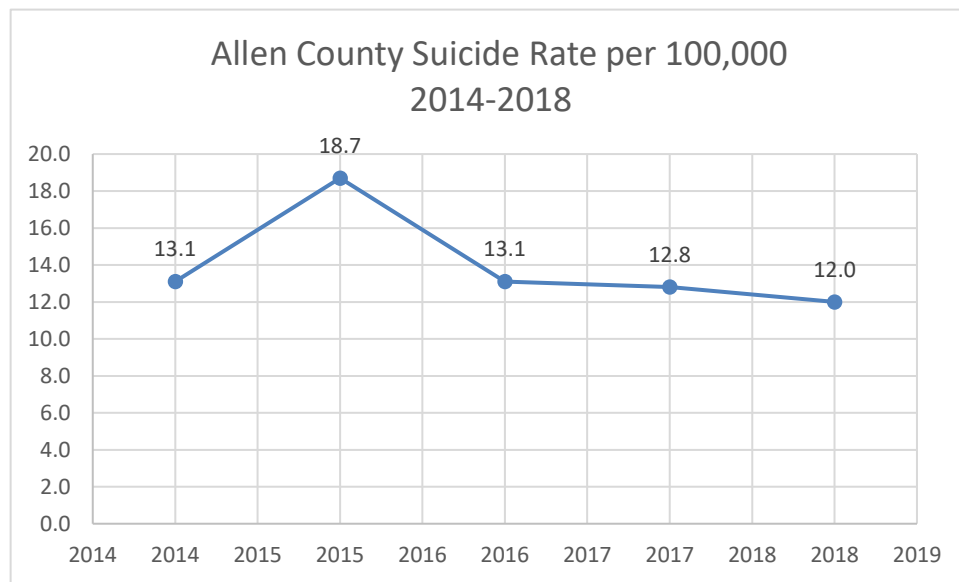


Chart 14: Allen County Suicide Rate per 100,000, 2014-2018⁶⁸

IN OUR COMMUNITY

Prevention Awareness Support Services (PASS) provides education, programming, and resource referral for the prevention focus areas of child abuse, alcohol and other drugs, mental illness, suicide and problem gambling.

Mental Health and Recovery Services Board (We Care People) of Allen, Auglaize and Hardin Counties and partnering agencies work to provide prevention and treatment services to area residents.

Health Partners of Western Ohio provides on-site behavioral health services for their clients.

⁶⁸ Ohio Department of Health, Ohio Public Health Data Warehouse, 2020. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions.

HEALTH BEHAVIORS

ACTIVE LIVING

Being physically active has positive effects on both the body and the brain. Exercise decreases the risk of many types of cancer, depression, obesity, stress, diabetes, heart disease and stroke.

KEY DATA POINTS

- 26% of Allen County adults reported **no leisure time physical activity**, compared to 25% of Ohio adults.⁶⁹
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. Forty-eight percent of **Allen County youth** did so on **5 or more days in the past week** (2013 YRBS reports 48% for Ohio and 2015 YRBS reports 49% for the U.S.)⁶⁹

AT-A-GLANCE

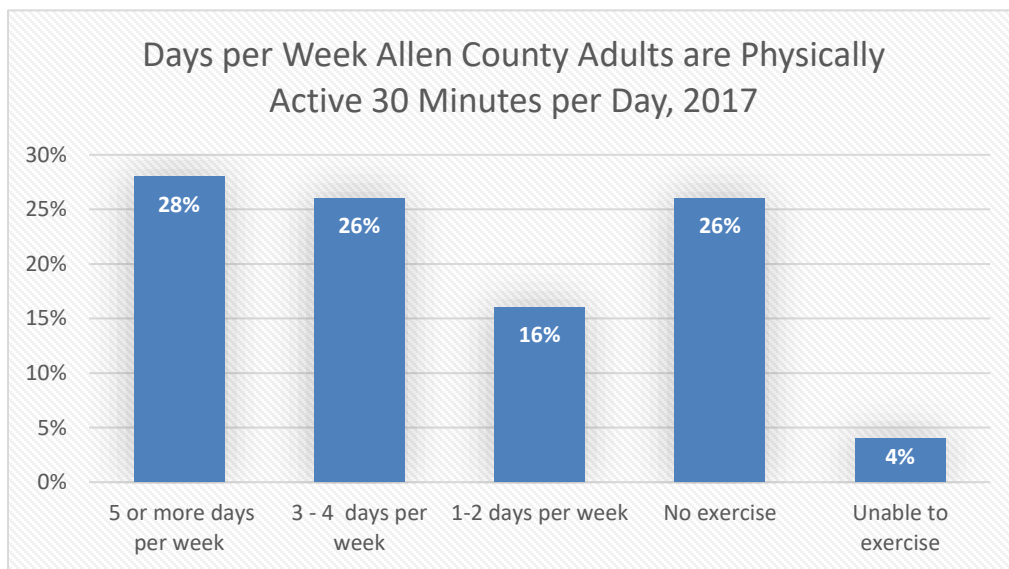


Chart 15: Days per Week Allen County Adults are Physically Active⁶⁹

IN OUR COMMUNITY

Schools and preschools, faith organizations, businesses, and neighborhoods can all take steps to support physical activity in their settings. Activated Community Challenges can provide resources to promote active living, health and wellness in each of these settings.

⁶⁹ Allen County Health Risk and Community Needs Assessment, 2017

TOBACCO USE

Tobacco is most responsible for avoidable illness and death in America today. According to the Centers for Disease Control and Prevention, tobacco use brings premature death to almost a half million Americans each year, and it contributes to disability and pain. Exposure to secondhand smoke causes numerous health problems in infants and children, including ear infections and asthma attacks.

KEY DATA POINTS

- One in ten (9%) of Allen County **high school students currently smokes**, compared to 15% of Ohio and 11% of U.S. high school students.⁶⁹
- 18% of Allen County **adults are considered current smokers**, compared to 22% in Ohio and 18% in the U.S.⁷⁰
- In 2017, 9% of Allen County **youth reported using e-cigarettes** in the past year.⁶⁹ Nationally, in 2019, more than 1 in 4 high school students (27.5%) reported e-cigarette use, up from 1.5% in 2011.⁷¹
- 56% of Allen County youth were **exposed to secondhand smoke**.⁶⁹

TRENDS

Successes

- The overall percentage of Allen County residents who smoke has decreased from 23% in 2014 to 20% in 2017.⁶⁹

What are some of the most important concerns you have when it comes to the community?

“Health is not prominent enough. There should be an effort around tobacco free parks and events, healthy food options at events and more pressure to make sure that health is a focus.”

- Community Conversations 2019

AT A GLANCE

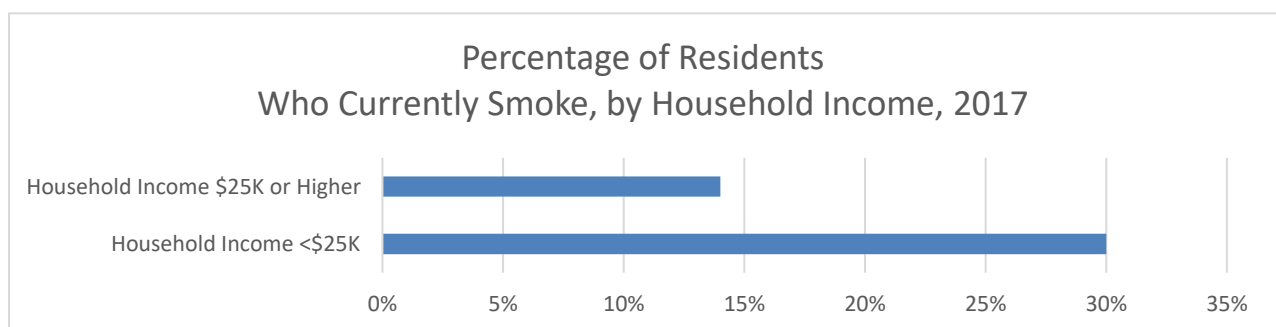


Chart 16: Percentage of Residents who Smoke, by Household Income⁶⁹

⁷⁰ County Health Rankings 2018

⁷¹ https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

NUTRITION AND HEALTHY FOOD ACCESS

A healthy diet is important to overall health, but access to affordable and nutritious foods is a challenge for many in Allen County. Food security is one of the largest factors impacting health-related quality of life.⁷² A poor diet is associated with leading causes of death in the United States, including heart disease and stroke, cancer, and diabetes.

KEY DATA POINTS

- **Food insecurity** is the disruption of food intake or eating patterns because of lack of money or other resources. An estimated 15,600 people (14.8%) in Allen County experience food insecurity.⁷³
- Nearly one-third (32%) of **adults with fair or poor health** reported at least one food insecurity issue during the past year.
- Children who are food insecure are more likely to be hospitalized and may be more likely for developing chronic diseases such as diabetes. Approximately 1 in 5 Allen County **children lives in a household that experienced food insecurity** at some point during the year.⁷³
- Fruits and vegetables provide fiber and other important nutrients that help promote good health. Nearly 1 in 5 (18%) Allen County adults **ate 0 servings of fruits and vegetables per day**.⁷⁴
- Excess weight increases an individual's risk for diabetes, heart disease, and some cancers. Over two-thirds (70%) of Allen County adults are **overweight or obese**, compared to 67% of Ohio adults and 66% of U.S. adults.⁷⁴

TRENDS

Successes

- The percentage of people who were food insecure decreased from 26.1% in 2013 to 20.1% in 2017.

⁷² National Academies of Sciences, Engineering, and Medicine 2019. Investing in Interventions That Address Non-Medical, Health-Related Social Needs: Proceedings of a Workshop. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25544>.

⁷³ www.feedingamerica.org

⁷⁴ Allen County Health Risk and Community Needs Assessment, 2017

AT-A-GLANCE

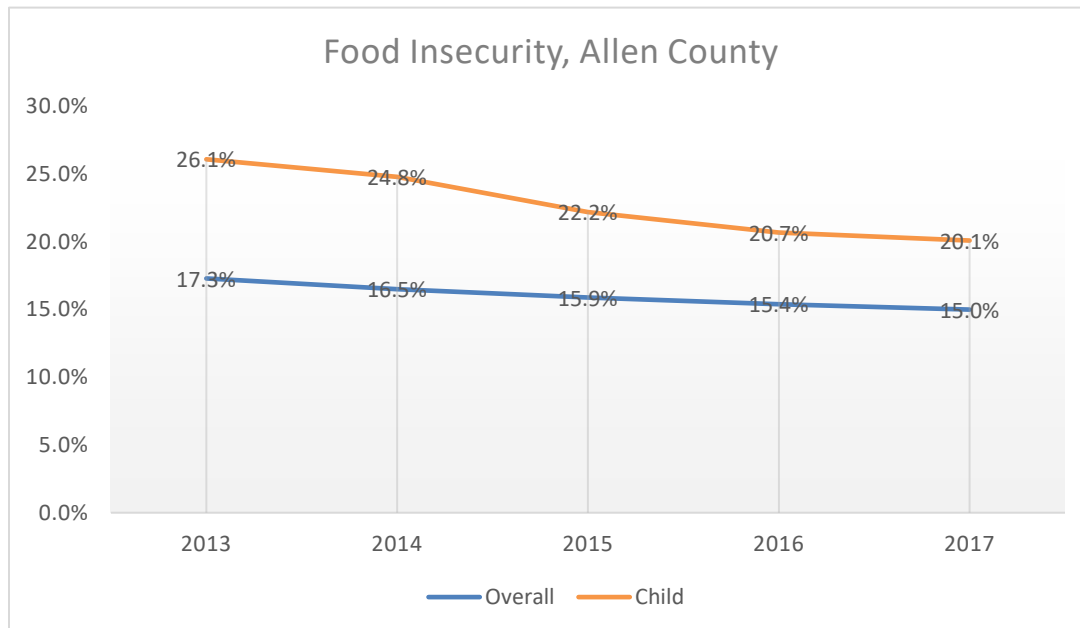


Chart 17: Food Insecurity in Allen County. Source: Feeding America⁷³

IN OUR COMMUNITY

West Ohio Food Bank is working to help people overcome food insecurity and find their way towards self-sufficiency.

Activate Allen County's Activated Challenges support businesses, schools, places of worship/faitn organizations, childcare centers and neighborhoods by creating environments that make the healthy choice the easy choice.

Allen County Public Health's Creating Healthy Communities program works to improve physical activity and nutrition in the community. Activities support community gardening and supporting healthy food retail.

Lima Allen County Neighborhoods in Partnership (LACNIP), is working to increase the number of community gardens, urban farms, community supported agriculture, and farmers markets.

Support has been made available to seniors, WIC clients, and residents receiving SNAP benefits to increase access to local produce at farm markets and farm stands.

SUBSTANCE USE

The use and abuse of alcohol and drugs, specifically opioids, is a major community health concern in Allen County. Substance use and abuse can increase the risk for violence, injuries, HIV infection and other diseases. In Allen County, the rate of unintentional drug overdose deaths increased to a high of 42 deaths per 100,000 in 2017.⁷⁵

KEY DATA POINTS

- 30% of Allen County **youth in grades 9-12 reported currently drinking alcohol**, compared to 30% in Ohio and 33% in the U.S.⁷⁶
- 14% of Allen County **high school youth** were defined as **binge drinkers*** compared to 16% for Ohio and 18% for U.S. high school youth.⁷⁶
- 27% of Allen County **adults reported binge drinking*** alcoholic beverages in the past month compared to 18% in Ohio (2015), and 15% in the U.S. (2015).⁷⁶
- 2% of Allen County **adults have used recreational drugs** during the past 6 months. 8% of adults reported misusing prescription drugs during the last six months.⁷⁶
- 19% of all Allen County **youth in 9th-12th grades had used marijuana** at least once in the past 30 days, compared to 21% of Ohio youth (2013) and 22% of U.S. youth (2015).⁷⁶

TRENDS

Successes

- Deaths due to unintentional drug overdose in Allen County have decreased since 2017.

Opportunities for Improvement

- The percentage of Allen County adults who reported driving after having too much to drink increased from 7% in 2014 to 8% in 2017.⁷⁶
- The percentage of Allen County adults who reported binge drinking* increased from 18% in 2014 to 27% in 2017.⁷⁶

* Binge drinking is defined as five or more alcoholic drinks on one occasion or in a short period of time.

⁷⁵ Ohio Department of Health, Ohio Public Health Data Warehouse, 2017. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions.

⁷⁶ Allen County Health Risk and Community Needs Assessment, 2017

AT-A-GLANCE

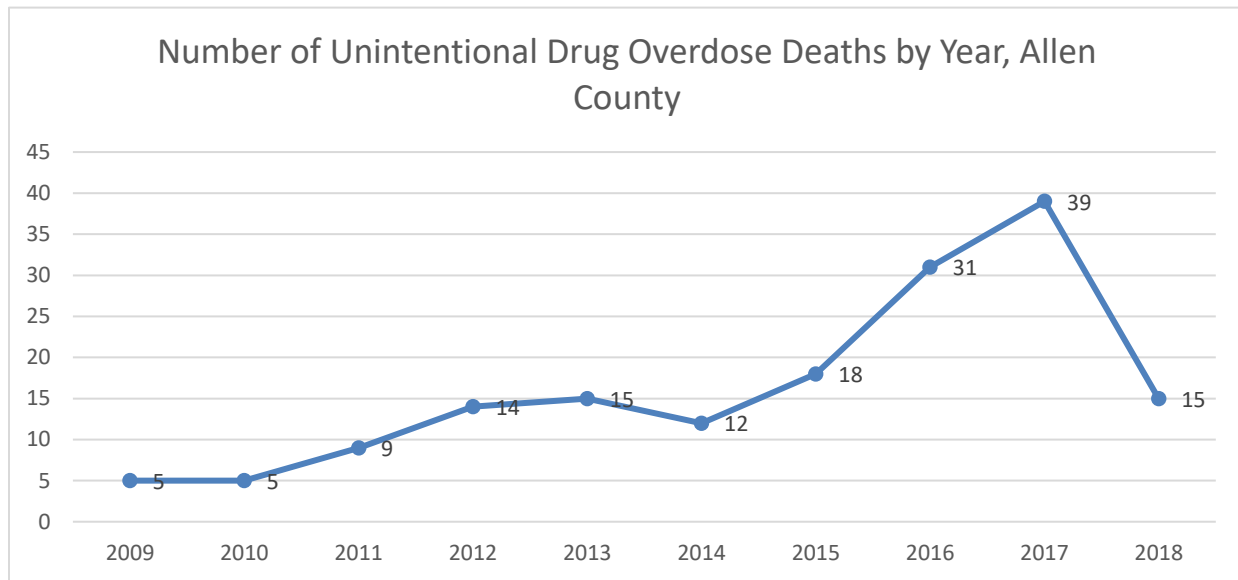


Chart 18: Number of Unintentional Drug Overdose Deaths by Year⁷⁷

IN OUR COMMUNITY

The Allen County Opiate Action Commission is addressing the opioid crisis through a variety of strategies, including quick response teams, withdrawal management and treatment, programs addressing secondary trauma, prescriber practice, youth and college prevention, and Project DAWN (Deaths Avoided With Naloxone).

Agencies and organizations providing behavioral health services and substance abuse treatment include Coleman Professional Services, Lutheran Social Services, Lima UMADAOP (Urban Minority Alcoholism and Drug Abuse Outreach Program) and Health Partners of Western Ohio.

Mercy Health St. Rita's Medical Center Behavioral Health treats adults with addiction disorders. The programming involves partial hospitalization, intensive outpatient, aftercare groups and traditional services.

⁷⁷ Ohio Department of Health, 2018 Ohio Drug Overdose Data: Geographic Summary.

CHRONIC CONDITIONS

CANCER AND CANCER SCREENING

Cancer is the leading cause of death in Allen County. Cancer can affect anyone but is more common in aging individuals, men and African Americans. The four most common cancer types of cancer are lung/bronchus, colon/rectum, breast and prostate, with lung/bronchus cancer having the highest incidence rate in Allen County. A healthy lifestyle, including a healthy diet, physical activity, not smoking or drinking too much, avoiding excess sun exposure and tanning beds, obtaining screenings, and getting certain vaccinations can reduce an individual's risk of developing cancer.

KEY DATA POINTS

- The **incidence rate of cancers** (all sites/types) in Allen County is higher than Ohio's rate.
 - Allen County: 480.5 per 100,000
 - Ohio: 456.1 per 100,000.⁷⁸
- The **incidence rate for lung/bronchus cancer** is higher in Allen County than Ohio's rate; the Allen County breast cancer rate is lower than Ohio's rate.
 - Lung/Bronchus - 75.0 in Allen, 64.9 per 100,000 in Ohio
 - Breast (female) - 114.2 in Allen; 128.7 per 100,000 in Ohio.⁷⁸
- In 2017, 55% of Allen County **women over the age of 40 reported having a mammogram** within the past year, compared to 57% in 2014.⁷⁹

TRENDS

Successes

- The percentage of Allen County adults over 50 who tested for colon cancer within the last 5 years has increased from 53% in 2014 to 59% in 2017.⁷⁹

Opportunities for Improvement

- In 2017, there was a slight decrease in the percentage of women over 40 who report having a mammogram based on the current recommendations.⁷⁹

⁷⁸ Ohio Department of Health Cancer Report 2019

⁷⁹ Allen County Health Risk and Community Needs Assessment, 2017

2016	Allen County		Ohio
Cause of Death	Number of Deaths	ADR*	ADR*
All Types	237	172.9	173.5
Lung and Bronchus	76	55.2	47.8
Colon and Rectum	17	13.3	15.5
Breast (female)	16	20.9	21.6
Prostate	13	22.2	19.7

Table 2: Cancer Deaths in Allen County

**ADR: Age-adjusted death rate; the number of deaths per 100,000 population.⁷⁸*

IN OUR COMMUNITY

The American Cancer Society (<http://www.cancer.org>) offers many programs for those diagnosed with cancer including programs to assist patients and their family members in finding information about their recent diagnosis, help patients in meeting their day-to-day needs and provide emotional support.

The Breast Cancer Coalition was established in 2011. Goals of this group include raising awareness, providing education to the community and begin providing continuing education for area health professionals.

The Colorectal Cancer Coalition was established in 2003. This group has been successful in providing information to the medical community about the importance of early screening and the latest, most effective technology. This group has also provided awareness and education to the community.

DIABETES

In the United States, diabetes is the 7th leading cause of death and is a major contributor for heart disease and strokes. While adults over the age of 65 have the highest rate of diabetes, all age groups are affected by this disease. In 1995, 1 in 20 Ohio adults had diabetes. In 2018, the number rose to 1 in 9. African Americans have a greater risk of diabetes than Whites. Diabetes is also more common in individuals living in households with incomes less than \$25,000 and those with less than a high school diploma.⁸⁰

KEY DATA POINTS

- Thirteen percent of Allen County residents have been **diagnosed with diabetes**, compared to Ohio, (11%) and the U.S. (10%).⁸¹
- The age-adjusted **death rate due to diabetes** in Allen County is 28.2 deaths per 100,000 compared to Ohio's rate of 25.4 deaths per 100,000.⁸¹
- The percentage of Allen County Medicare enrollees with diabetes that receive a **Hemoglobin A1c screening** is 86% compared to Ohio at 85% and the U.S. Benchmark of 91%.⁸²

TRENDS

Successes

- The percentage of Allen County Medicare enrollees that received a Hemoglobin A1c screening increased from 83% in 2014 to 86% in 2017.⁸²

Opportunities for Improvement

- 19% of low-income adults (<\$25,000 household income) in Allen County have diabetes, compared to 11% of adults with household incomes higher than \$25,000.⁸¹

⁸⁰ Ohio Department of Health, Diabetes Action Plan, 2018

⁸¹ Allen County Health Risk and Community Needs Assessment, 2017

⁸² County Health Rankings, 2018

AT-A-GLANCE

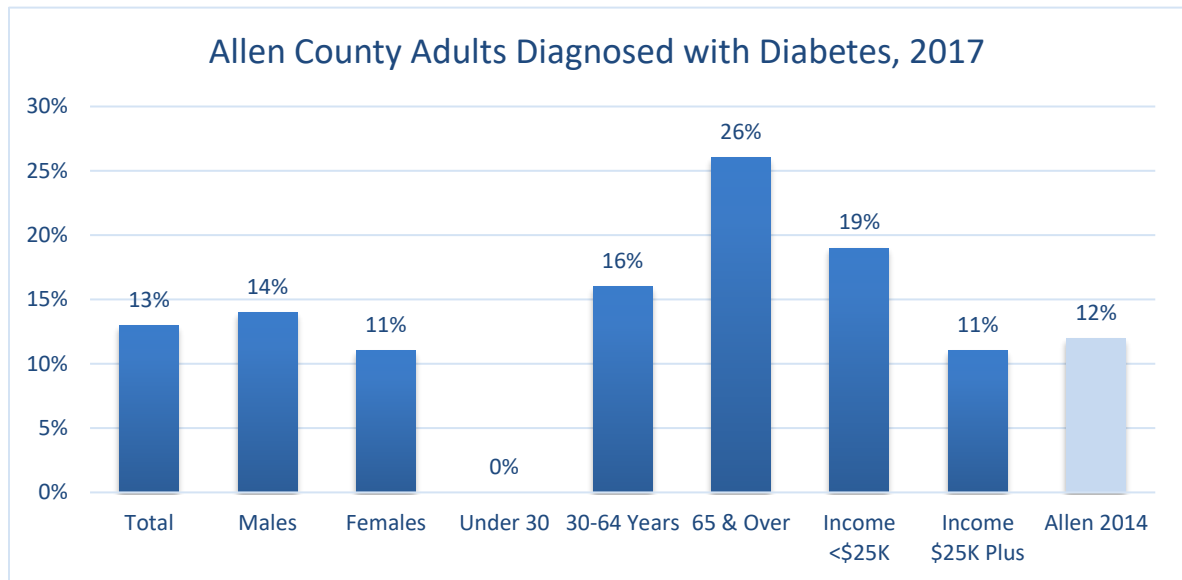


Chart 19: Allen County Adults Diagnosed with Diabetes

IN OUR COMMUNITY

Healthy U, also known as Chronic Disease Self-Management Program, is a workshop offered by the Area Agency on Aging 3 (AAA3). The 6, 2.5-hour sessions are led by a pair of trained, volunteer leaders. AAA3 also offers a program similarly structured called Diabetes Self-Management. AAA3 is also partnering with the Ohio Commission on Minority Health in its Minority Diabetes Initiative to reach those diagnosed with pre-diabetes or diabetes 1 & 2.

Diabetes Clinics (Mercy Health St. Rita's Medical Center and Lima Memorial Health System) Certified Diabetes Educator nurses and dietitians work with clinical pharmacists to provide education on their health conditions, how medications work and how to manage any problems. Care is closely coordinated with the referring provider and any other providers involved in the patient's care.

The Diabetes Empowerment Education Program is a diabetes self-management program available through the Area Agency on Aging.

HEART DISEASE & STROKE

Heart Disease is the 2nd leading cause of death in Allen County and stroke is the 4th leading cause of death. Cardiovascular disease accounts for 24% of all deaths in Allen County. In Allen County, the older population, men, individuals with an income less than \$25,000 and those with less than a high school diploma have been shown to have a higher risk of heart disease.

KEY DATA POINTS

- 1 in 3 (34%) Allen County adults has been **diagnosed with high blood pressure**. The rate for Ohio was the same (34%); the rate for the United States was 31%.⁸³
- The 2015-2017 age-adjusted **death rate for heart disease** in Allen County was 124.6 per 100,000 people, with the rate significantly higher for males at 172.1. Ohio's rate was 104.8 per 100,000 people. The Healthy People 2020 goal is 103.4 per 100,000 people.⁸⁴
- The 2015-2017 age-adjusted **death rate for stroke** in Allen County was 38.6 per 100,000 people, compared to the Ohio rate of 40.4 per 100,000.⁸⁵
- The age-adjusted **death rate for stroke among Black or African Americans** is significantly higher at 56.9 relative to the rest of the population.⁸⁵

TRENDS

Successes

- The age-adjusted death rate due to stroke has steadily decreased from 50.5 per 100,000 in 2005-2007 to 38.6 for the most recent period, 2015-2017.⁸⁵

Opportunities for Improvement

- A comparison of 2014 Allen County Needs Assessment data and 2017 Allen County Needs Assessment data show an increase in the percentage of individuals who reported having had a heart attack, high blood pressure and high cholesterol.⁸³

⁸³ Allen County Health Risk and Community Needs Assessment, 2017

⁸⁴ LACRPC health/heart-disease-stroke/age-adjusted-death-rate-due-to-coronary-heart-disease

⁸⁵ LACRPC health/heart-disease-stroke/age-adjusted-death-rate-due-to-cerebrovascular-disease-stroke

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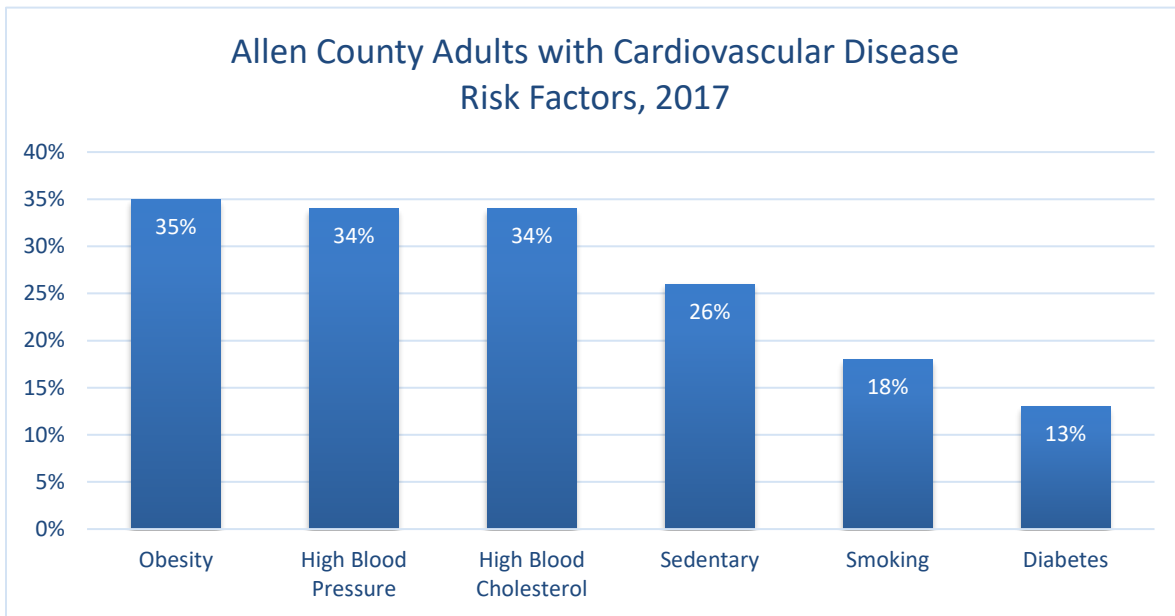


Chart 20: Allen County Adults with Cardiovascular Disease Risk Factors⁸³

IN OUR COMMUNITY

Healthy U, also known as Chronic Disease Self-Management Program, is a workshop offered by the Area Agency on Aging 3.

Activate Allen County and the Creating Healthy Communities Program are addressing cardiovascular risk factors in Allen County. The programs are focusing on policy, system and environmental changes so that the benefits of these actions will last long into the future.

Mended Hearts Chapter 111 is a support group serving both Lima Memorial Health System and Mercy Health St. Rita's Medical Center for individuals who have undergone any heart surgery procedure. This group addresses cardiovascular risk factors and provides education about how to live a healthy lifestyle.

ASTHMA AND RESPIRATORY DISEASES

Common respiratory diseases include asthma, pneumonia, influenza and Chronic Obstructive Pulmonary Disease (COPD). The prevalence of asthma in the United States has increased since 1980. The disease can affect anyone, but the risk of asthma illnesses and deaths is significantly higher among African Americans and people living below the federal poverty level. In Allen County, lung disease is more common in those with household incomes below \$25,000.

KEY DATA POINTS

- The age-adjusted rate for **chronic lower respiratory disease mortality** in Allen County (2013-2015) is higher than Ohio's rate, 56.0 vs 49.0 per 100,000, respectively.⁸⁶
- 13% of adults have **asthma**. More than 1 in 4 (26%) adults with household incomes below \$25,000 are diagnosed with asthma, compared to 9% of adults with incomes above \$25,000.⁸⁶

Opportunities for Improvement

- 9% of Allen County adults were diagnosed with chronic lung disease including bronchitis or emphysema, compared to 8% in 2014.⁸⁶

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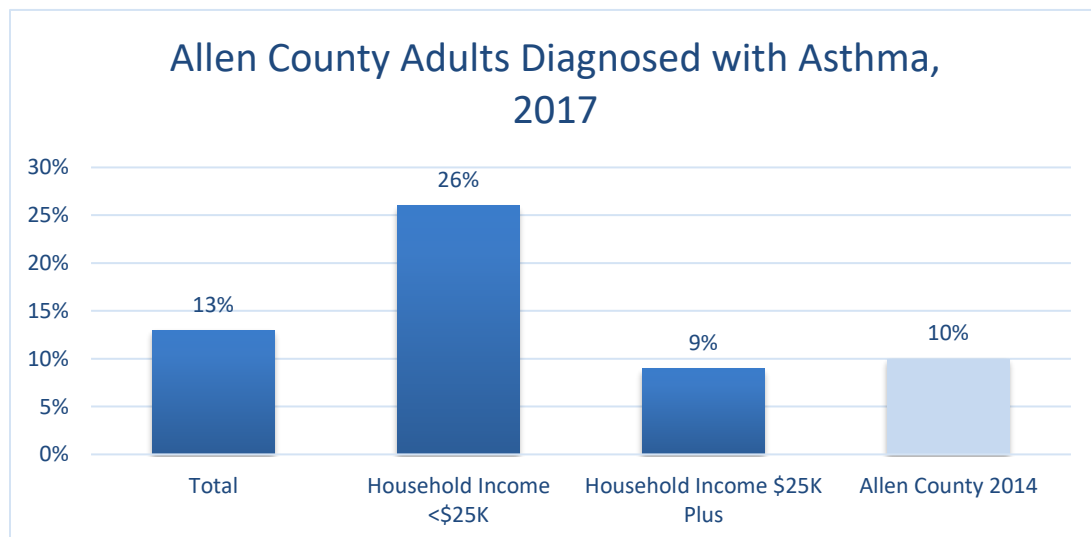


Chart 21: Percentage of Allen County Adults Diagnosed with Asthma⁸⁶

⁸⁶ Allen County Health Risk and Community Needs Assessment, 2017

OVERALL HEALTH RATINGS AND HEALTH OUTCOMES

According to the 2017 Allen County Health Risk and Community Needs Assessment, nearly 3 out of 5 (57%) Allen County adults rated their health status as very good or excellent.⁸⁷

Residents more likely to rate their health as *fair or poor* were

- those who were 65 years of age or older,
- had an annual household income under \$25,000, and/or
- had high blood cholesterol or high blood pressure.

KEY DATA POINTS

- 15% of Allen County adults reported ***poor or fair health*** compared to 17% of Ohio adults and the national benchmark of 10%. Nearly three times as many adults living in households with incomes below \$25K (29%) reported ***poor or fair health***, compared to those with household incomes \$25,000 or above (9%).⁸⁷
- According to the Allen County Health Risk and Community Needs Assessment, the average number of **poor mental health days** per month reported by Allen County adults in 2017 is 4.2 compared to 4.0 in Ohio (2015).⁸⁷
- **Years of potential life lost** (YPLL) is a measure to show the potential years of life lost to those who die before the age of 75, is 9,000 years per 100,000 in Allen County (age-adjusted, data from 2015-2017).⁸⁸
- **Years of potential life lost** increases to 13,100 years per 100,000 for **African Americans** in Allen County.⁸⁸ **Error! Bookmark not defined.**
- **Life expectancy** at birth in Allen County is 76.5 years, based on current mortality rates, slightly lower than Ohio's life expectancy of 77 years.⁸⁸

TRENDS

Successes

- The percentage of Allen County adults reporting only *fair or poor health* decreased from 18% in 2014 to 15% in 2017. The average number of poor physical health days also decreased.

⁸⁷ Allen County Health Risk and Community Needs Assessment, 2017

⁸⁸ County Health Rankings, 2015-2019

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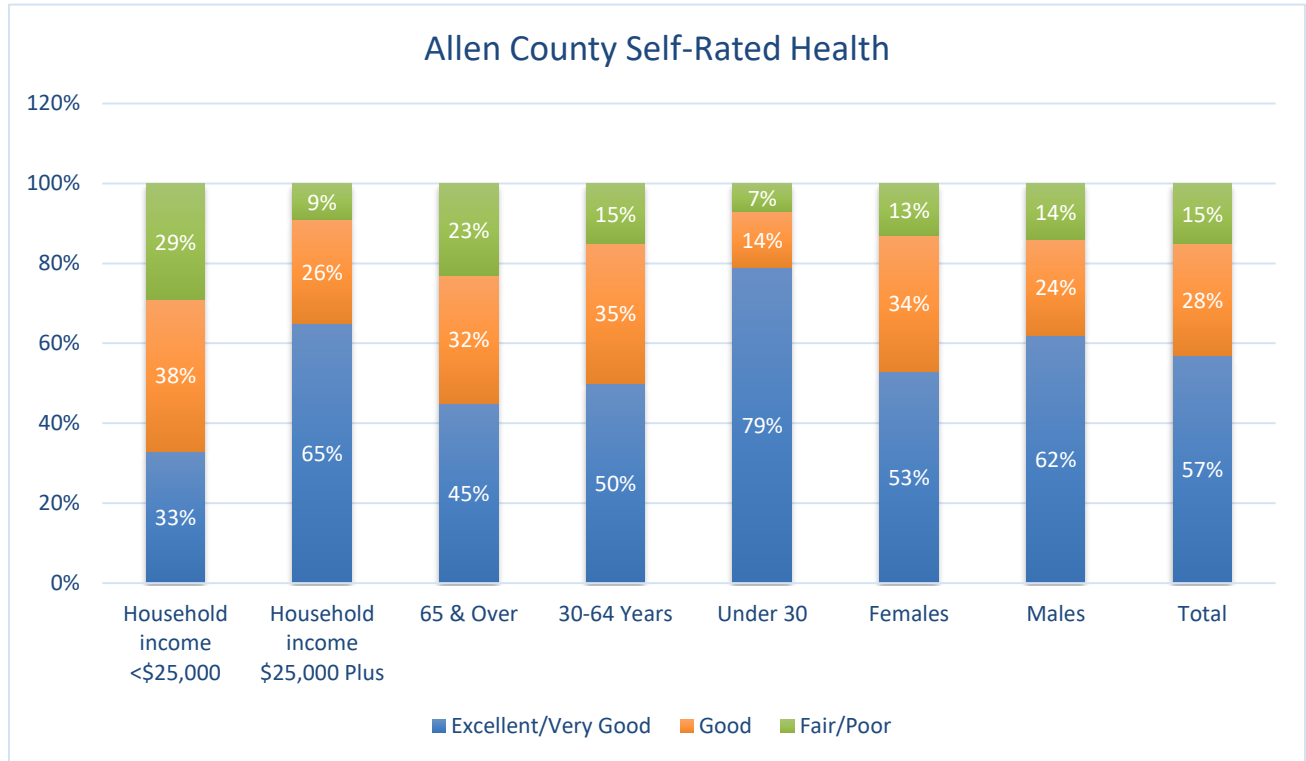


Chart 22: Allen County Adult Self-Rated Health

Source: **2017 Allen County Health Risk and Community Needs Assessment**

IN OUR COMMUNITY

Activate Allen County is a community collaborative working to improve health and quality of life in Allen County by addressing the four priorities of the Allen County Community Health Improvement Plan (CHIP). These are:

1. Mental health and substance use
2. Chronic disease and wellness
3. Maternal and infant health
4. Housing and transportation