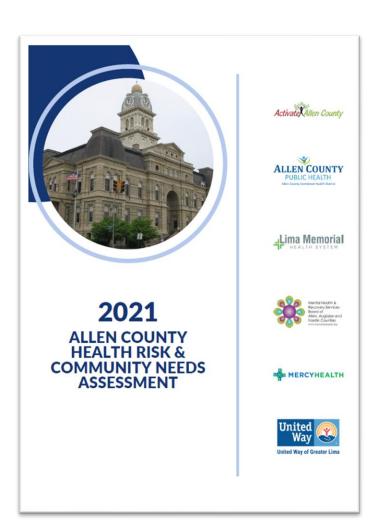
# 2021 Allen County Health Status Assessment Report



# Community Release Event Presented by:

Emily Gensler, MPH Hospital Council of Northwest Ohio

## **Funded and Commissioned By:**

### **Funders:**

Allen County Public Health Lima Memorial Health System Mental Health and Recovery Services Board of Allen, Auglaize, and Hardin Counties Mercy Health, St. Rita's Medical Center United Way of Greater Lima

# The Allen County Community Needs Assessment Steering Committee:

#### **Activate Allen County**

Josh Unterbrink Kayla Monfort

#### **Allen County Public Health**

Brandon Fischer Monica Harnish Becky Brooks

### **Lima Allen County Chamber of Commerce**

Jed Metzger

## **Funded and Commissioned By:**

# The Allen County Community Needs Assessment Steering Committee, continued:

### **Lima Memorial Health System**

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## Mental Health and Recovery Services Board of Allen, Auglaize, and Hardin Counties

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### Mercy Health, St. Rita's Medical Center

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### **United Way of Greater Lima**

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### **West Ohio Community Action Partnership**

Jackie Fox

# Acknowledgements

## Project Management, Primary Data Collection, Secondary Data Collection, and Report Development

#### **Hospital Council of Northwest Ohio**

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#### **Data Collection & Analysis**

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## Overview

- Health Care Coverage
- Health Care Access and Utilization
- Preventive Medicine
- Women's Health
- Men's Health
- Oral Health
- Health Status Perceptions
- Adult Weight Status
- Adult Tobacco Use
- Adult Alcohol Consumption
- Adult Drug Use
- Adult Sexual Behavior
- Adult Mental Health
- Cardiovascular Health
- Cancer

- Arthritis
- Asthma
- Diabetes
- Quality of Life
- Social Determinants of Health
- Environmental Conditions
- Parenting
- Youth Weight Status
- Youth Tobacco Use
- Youth Alcohol Consumption
- Youth Mental Health
- Youth Social Determinants of Health
- Youth Violence
- Youth Perceptions

# Methodology

### Design

- Adult: written surveys
- Youth: online surveys

### Instrument Development

Majority of questions from national surveys (BRFSS, YRBSS)

### Adult Procedure

- 2-wave mailing campaign
  - Advance wave
  - First wave
- \$2 dollar bill incentive

### Youth Procedure

- OHYES!
  - 7<sup>th</sup>-12<sup>th</sup> graders

# Methodology

### Adult

- 77,203 adults ages 19 and over
- Response Rate
  - 14% (n=281 CI=  $\pm$  5.84)
  - Power analysis #: 266

# Methodology

### Data Analysis

- Analyzed using SPSS 26.0
- Data weighted to reflect population statistics

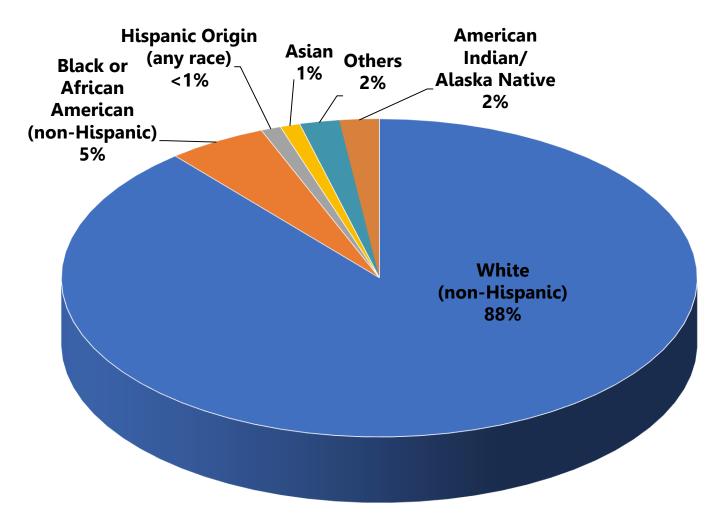
### Limitations

- Adult data collection: CDC-telephone surveys
- Self-reported data
- Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

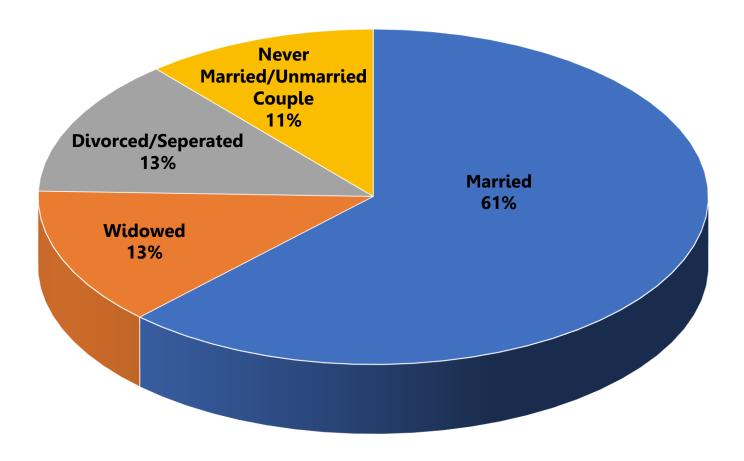
### IRB Approval

- Advarra: Columbia, Maryland
- Review methodology, surveys, and letters

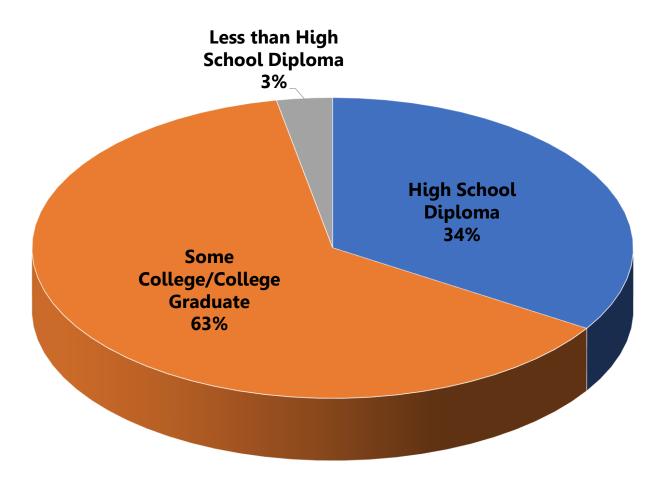
## **Demographics: Race/Ethnicity**



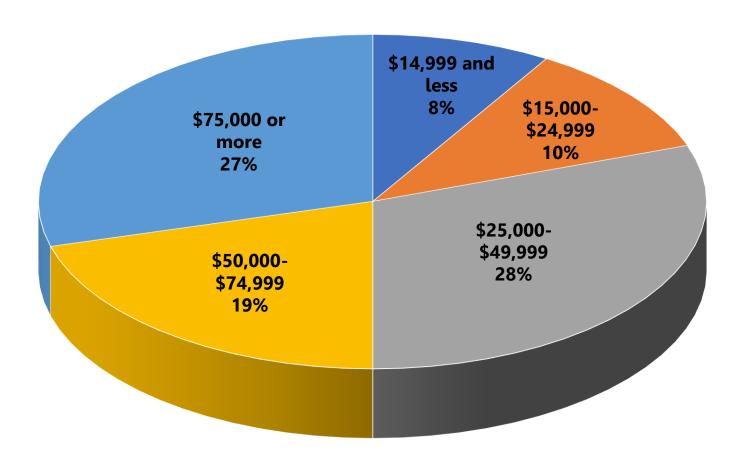
## **Demographics: Marital Status**



# **Demographics: Education**



## **Demographics: Income**



## **Health Care Access**

**Health Care Coverage** 

**Health Care Access and Utilization** 

**Preventive Medicine** 

Women's Health

Men's Health

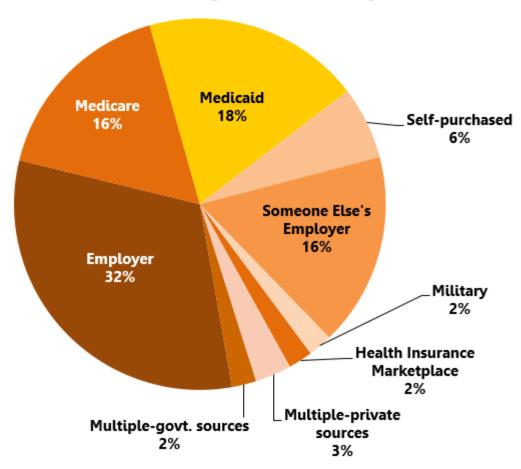
**Oral Health** 

# **Health Care Coverage**

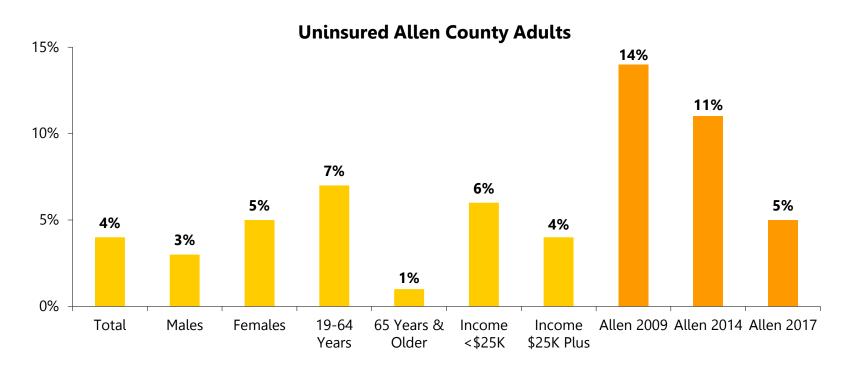
- 96% of adults had health care coverage
- 4% of adults were without coverage
- The top reasons uninsured adults gave for being without health care coverage were:
  - They became a part-time or temporary employee (27%)
  - They lost their job or changed employers (25%)
  - Cost (14%)
  - They became ineligible (8%)

# **Health Care Coverage**

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



# **Health Care Coverage**



Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Uninsured	14%	11%	5%	4%	9%	11%

### **Health Care Access & Utilization**

- 71% of Allen County adults visited a doctor for a routine checkup in the past year
- 88% of adults indicated they had one particular clinic, health center, doctor/health care provider's office, or other place that they usually go to us they are sick or need advice about their health.
- Allen County adults gave the following reasons for not having a usual source of medical care:
  - Had not needed a doctor (42%)
  - Had two or more usual places (21%)
  - Could not afford (8%)
  - Do not like/trust/ believe in doctors (6%)
  - Etc.

### **Health Care Access & Utilization**

- 27% of adults went outside of Allen County for health care services in the past year
- Adults who went outside of the county used the following services:
  - Specialty care (36%)
  - Dental services (36%)
  - Primary care (33%)
  - Dermatological care (14%)
  - Orthopedic care (10%)
  - Pediatric care (10%)
  - Cancer care (9%)
  - Mental health care/counseling services (8%)
  - Ear, nose, and throat care (6%)
  - Cardiac care (5%)
  - Etc.

### **Health Care Access & Utilization**

- 27% of adults did not get prescriptions from their doctor filled in the past year. Those who did not get their prescriptions filled gave the following reasons:
  - No prescriptions to be filled (74%)
  - Too expensive (13%)
  - They did not think they needed it (12%)
  - Side effects (5%)
  - No generic equivalent (4%)
  - They stretched their current prescription by taking less than prescribed (4%)
  - No insurance (4%)
  - They were taking too many medications (2%)

Adult Comparisons	Allen County 2009	Allen County 2014	County		Ohio 2020	U.S. 2020
Visited a doctor for a routine checkup in the past year	62%	62%	63%	71%	77%	76%

## **Preventive Medicine**

- 54% of Allen County adults had a flu vaccine in the past year
  - Increasing to 77% of adults ages 65 and older
- 28% of adults have had a pneumonia vaccine in their life
  - Increasing to 72% of those ages 65 and over
- Adults had the following vaccines:
  - MMR in their lifetime (72%)
  - Tetanus booster (including Tdap) in the past 10 years (70%)
  - Chicken pox in their lifetime (61%)
  - Hepatitis B vaccine in their lifetime (32%)
  - Hepatitis A vaccine in their lifetime (31%)
  - Haemophilus influenzae or influenza type B in their lifetime (27%)
  - Etc.

## **Preventive Medicine**

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had a pneumonia vaccination (65 years and older)	61%	55%	73%	72%	72%	72%
Had a flu vaccine in the past year (65 years and older)	70%	75%	72%	77%	65%	68%
Had a sigmoidoscopy/colonoscopy in the past 5 years (50 years and older)	54%	53%	59%	57%	65%*	66%*

<sup>\* 2018</sup> BRFSS Data

Note: Two separate BRFSS indicators were combined (sigmoidoscopy & colonoscopy).

## Women's Health

- 63% of all Allen County women had a mammogram at some time in their life and 33% had one in the past year
  - 55% of women ages 40 and over had a mammogram in the past year
- 97% of women had a Pap smear at some time in their life and 45% had one in the past year
  - 71% of women had a Pap smear in the past three years

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had a clinical breast exam in the past two years (40 years and older)	79%	80%	74%	73%	N/A	N/A
Had a mammogram in the past two years (40 years and older)	69%	76%	72%	72%	71%	72%
Had a Pap smear in the past three years	74%	74%	61%	71%	77%¥	78%¥

## Women's Health

- During their last pregnancy in the past five years, Allen County women:
  - Took a multi-vitamin with folic acid during pregnancy (68%)
  - Got a prenatal appointment in the first 3 months (49%)
  - Took a multi-vitamin with folic acid pre-pregnancy (49%)
  - Got a dental exam (35%)
  - Received WIC services (11%)
  - Experienced depression (5%)
  - Received opiate replacement therapy (3%)

## Men's Health

- 49% of men had a prostate-specific antigen (PSA) test at some time in their life
  - 26% had one in the past year
- 77% of males 50 years and older had a PSA test at some time in their life
  - 46% had one in the past year

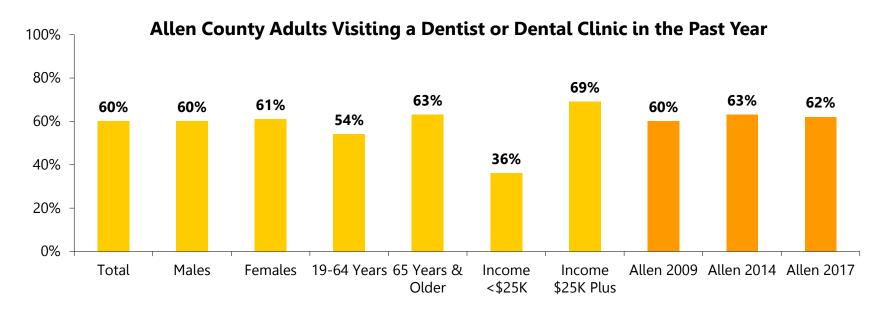
Adult Comparisons	Allen County 2009	County	Allen County 2017		Ohio 2020	U.S. 2020
Had a PSA test in within the past two years (men 40 years & older)	N/A	N/A	47%	46%	32%	32%

N/A - Not Available

## **Oral Health**

- 60% of adults had visited a dentist or dental clinic in the past year
  - Decreasing to 36% of those with incomes less than \$25,000
- When asked the main reason for not visiting a dentist in the last year, adults gave the following responses:
  - Fear, apprehension, nervousness, pain, and dislike going (27%)
  - Had dentures (12%)
  - Cost (11%)
  - No oral health problems/had not thought of it (8%)
  - Could not find a dentist taking new Medicaid patients (5%)
  - COVID-19 (4%)
  - Their dentist did not accept their medical insurance (3%)
  - Did not have/know a dentist (1%)

## **Oral Health**



\*Totals may not equal 100% as some respondents answered, "do not know."

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017		Ohio 2020	U.S. 2020
Adults who had visited the dentist in the past year	60%	63%	62%	60%	65%	67%

### **Health Behaviors**

**Health Status Perceptions** 

**Weight Status** 

**Tobacco Use** 

**Alcohol Consumption** 

**Drug Use** 

**Sexual Behavior** 

**Mental Health** 

# **Health Status Perceptions**

### General health status

- 52% of Allen County adults rated their health as excellent or very good
- 17% rated their health as fair or poor
- 30% reported that poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation for at least one day during the past month

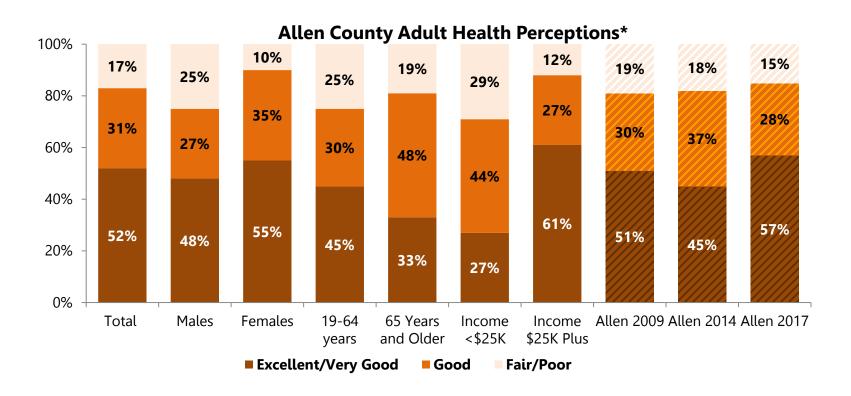
### Mental health status

 33% rated their mental health as not good on 4 or more days in the previous month

### Physical health status

 19% reported their physical health was not good on 4 or more days in the previous month

# **Health Status Perceptions**



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

# **Health Status Perceptions**

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Rated health as excellent or very good	51%	45%	57%	52%	55%	57%
Rated health as fair or poor	19%	18%	15%	17%	16%	13%
Rated their mental health as not good on four or more days in the previous month	22%	23%	27%	33%	29%†	26%†
Average days that physical health not good in past month	N/A	3.2	4.2	4.4	4.1*	3.7*
Average days that mental health not good in past month	N/A	3.3	4.2	5.1	4.8*	4.1*
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.2	2.8	2.8	N/A	N/A

<sup>\*2018</sup> BRFSS Data compiled by 2021 County Health Rankings † 2019 BRFSS

N/A – Not Available

# **Adult Weight Status**

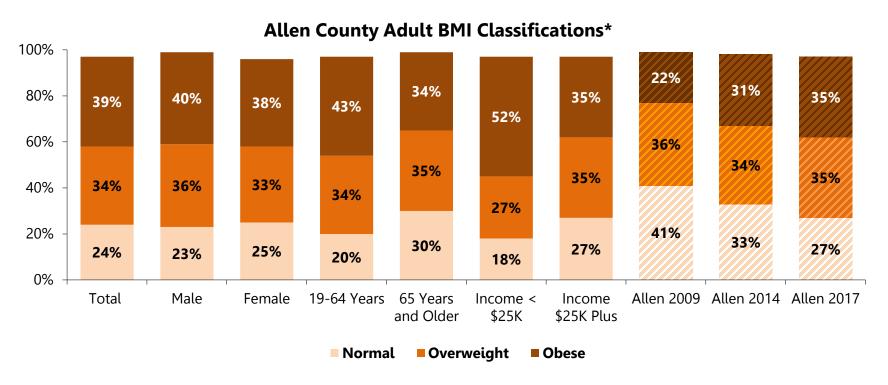
- 73% of Allen County adults were overweight (34%) or obese (39%) measured by body mass index (BMI)
- Adults did the following to lose weight or keep from gaining weight in the past month:
  - Drank more water (49%)
  - Exercised (40%)
  - Ate less food, fewer calories, or foods low in fat (36%)
  - Ate a low-carb diet (14%)
  - Health coaching (6%)
  - Etc.

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
<b>Obese</b> (includes severely and morbidly obese, BMI of 30.0 and above)	22%	31%	35%	39%	36%	32%
<b>Overweight</b> (BMI of 25.0 – 29.9)	36%	34%	35%	34%	34%	35%

# **Adult Weight Status**

- 20% of adults ate five or more servings of fruits and/or vegetables per day
  - 40% ate three to four servings per day
  - 36% ate one to two servings per day
  - 4% ate zero servings per day
- 51% of adults engaged in some type of physical activity at least 30 minutes on three or more days per week
  - 32% did not participate in any physical activity in the past week, and an additional 6% were unable to exercise

# **Adult Weight Status**



<sup>\*</sup>Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

## **Adult Tobacco Use**

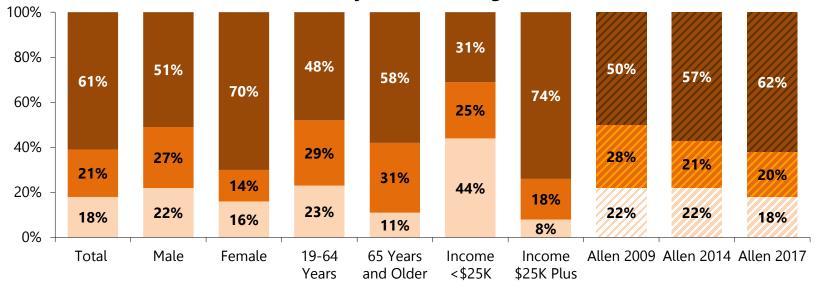
- 18% of Allen County adults currently smoke
- 21% of adults indicated that they formerly smoked
- Adults used the following tobacco products in the past year:
  - Cigarettes (20%)
  - Cigars (5%)
  - Chewing tobacco (4%)
  - Pouch (2%)
  - Cigarillos (2%)
  - Little cigars (2%)
  - E-cigarettes or other electronic vaping products (2%)
  - Pipes (<1%)

## **Adult Tobacco Use**

- 69% of adults who currently smoke responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking
- Adults who quit smoking in the past year used the following methods:
  - Cold turkey (67%)
  - Support groups (20%)
  - Nicotine patch (11%)
  - E-cigarette (11%)
  - Nicotine gum (7%)
  - Substitute behaviors (4%)
  - Prescribed Chantix (4%)
  - Acupuncture (2%)
  - Wellbutrin (2%)

## **Adult Tobacco Use**





**■ Currently smoke ■ Formerly smoked ■ Never smoked** 

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

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
<b>Currently smoke</b> (smoked on some or all days)	22%	22%	18%	18%	19%	16%
<b>Formerly smoked</b> (smoked 100 cigarettes in lifetime and now do not smoke)	28%	21%	20%	21%	24%	25%
<b>Tried to quit smoking in the past year</b> (of those who currently smoke)	54%	52%	62%	69%	N/A	N/A

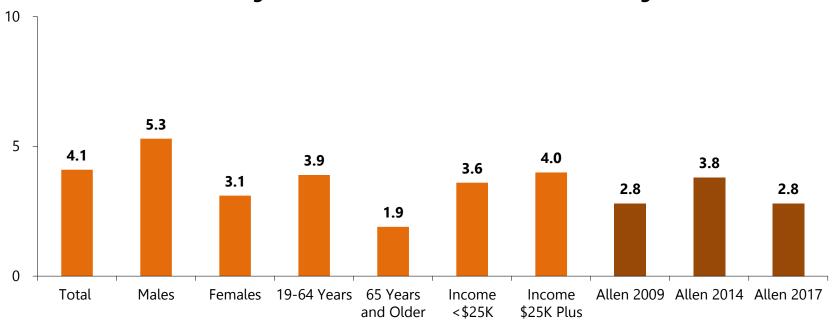
# **Adult Alcohol Consumption**

- 56% of Allen County adults had at least one alcoholic drink in the past month
- On the days when they drank, adults consumed 4.1 drinks on average
- 17% of all adults were considered binge drinkers

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
<b>Currently drink</b> (had at least one drink of alcohol within the past month)	56%	47%	54%	56%	51%	53%
<b>Currently binge drink</b> (males having five or more drinks on one occasion, females having four or more drinks on one occasion)	20%	18%	27%	17%	16%	16%

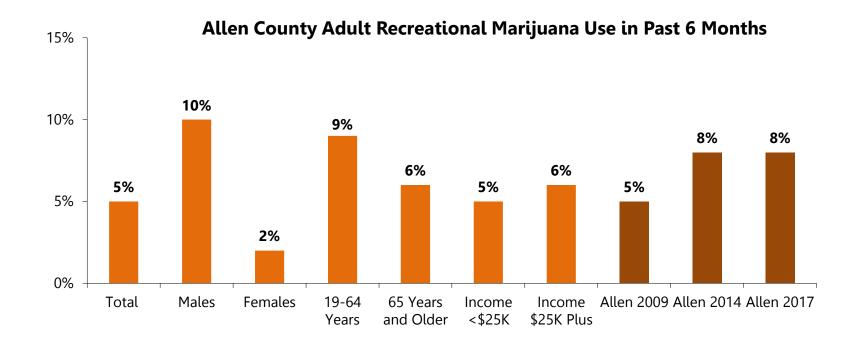
### **Adult Alcohol Consumption**

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



# **Adult Drug Use**

- Adults used the following in the past 6 months:
  - Recreational marijuana or hashish (5%)
  - Wax or oil with THC edibles (2%)
  - Medical marijuana (2%)
  - Synthetic marijuana or K2 (<1%)</li>



# **Adult Drug Use**

- 5% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past six months
- Allen County who misused prescription medications obtained them from the following:
  - Primary care physician (43%)
  - Multiple doctors/health care professionals (10%)
  - Oral surgeon (7%)
  - ER or urgent care doctor (5%)

Adult Comparisons	Allen County 2009	County			Ohio 2020	U.S. 2020
Adults who misused prescription drugs in the past 6 months	2%	10%	8%	5%	N/A	N/A

### **Adult Sexual Behavior**

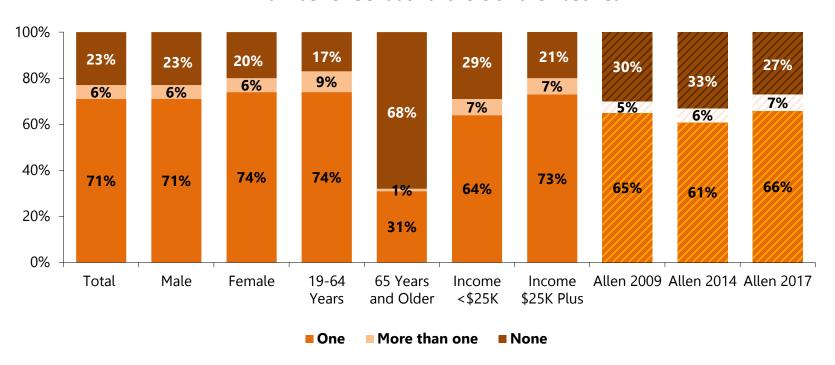
- 77% of adults had sexual intercourse in the past year
- The following situations applied to Allen County adults in the past year:
  - Had sex without a condom (30%)
  - Tested for an STD (6%)
  - Had anal sex without a condom (4%)
  - Had sexual activity with someone of the same gender (2%)
  - Had sex with someone they met on social media (2%)
  - Treated for an STD (2%)
  - Had sex with someone they did not know (<1%)</li>

### **Adult Sexual Behavior**

- 24% of adults had been tested for HIV. Those who had not been tested reported the following reasons for not doing so:
  - Did not think they could have it (41%)
  - Privacy (2%)
  - Did not want to know (1%)
  - Other reasons (10%)
- 45% of adults reported they had no reason to be tested for HIV

### **Adult Sexual Behavior**

#### **Number of Sexual Partners in the Past Year**



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

### **Adult Mental Health**

- 1% of adults considered attempting suicide in the past year
  - No adult reported attempting suicide in the past year
- Allen County adults would do the following if they knew someone who was suicidal:
  - Talk to them (69%)
  - Try to calm them down (46%)
  - Call a crisis line (HOPE line) (42%)
  - Call 911 (41%)
  - Take them to the ER (21%)
  - Call their spiritual leader (18%)
  - Call a friend (17%)
  - Text a crisis line (9%)
  - Nothing (1%)

### **Adult Mental Health**

- 6% of adults have used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one. Reasons for not using a program or service included the following:
  - Had not thought of it (8%)
  - Other priorities (7%)
  - Stigma of seeking mental health services (6%)
  - Could not afford to go (2%)
  - Did not know how to find a program (1%)
  - Transportation (1%)
  - Took too long to get in to see a doctor (1%)
  - Fear (1%)
  - Could not get to the office or clinic (<1%)</li>
  - Etc.

#### **Adult Mental Health**

- Allen County adults indicated the following caused them anxiety, stress, or depression:
  - Job stress (29%)
  - Financial stress (27%)
  - Death of close family member or friend (19%)
  - Raising/caring for children (16%)
  - Poverty/no money (13%)
  - Sick family member (12%)
  - Marital/dating relationship (9%)
  - Other stress at home (8%)
  - Fighting at home (8%)
  - Caring for a parent (7%)
  - Family member with mental illness (6%)
  - Not feeling safe in the community (3%)
  - Etc.

### **Chronic Disease**

**Cardiovascular Health** 

Cancer

**Arthritis** 

**Asthma** 

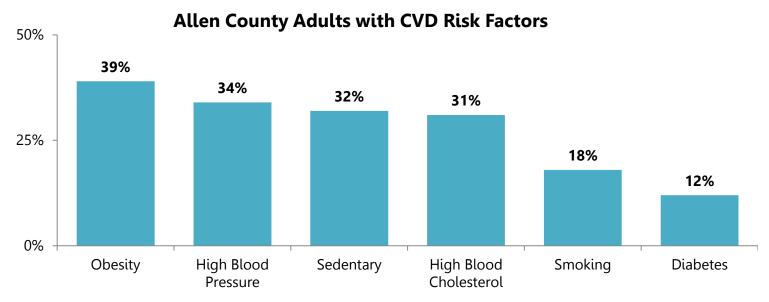
**Diabetes** 

**Quality of Life** 

### Cardiovascular Health

- 7% reported they had survived a heart attack
  - Increasing to 12% of males
- 6% reported they were diagnosed with angina or coronary heart disease
  - Increasing to 17% of those over the age of 65
- 34% were diagnosed with high blood pressure
- 31% were diagnosed with high blood cholesterol

### Cardiovascular Health

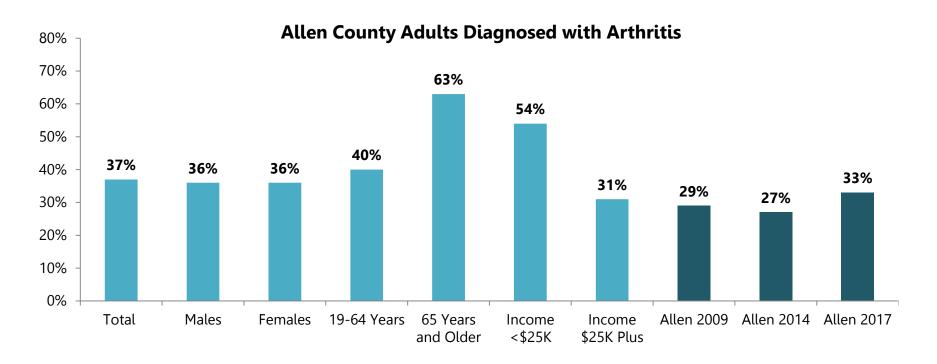


Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had a heart attack	7%	4%	5%	7%	5%	4%
Had high blood pressure	41%	33%	34%	34%	35%*	33%*
Had high blood cholesterol	34%	32%	34%	31%	33%*	33%*
Had blood cholesterol checked within past 5 years	N/A	71%	77%	81%	85%*	87%*

#### Cancer

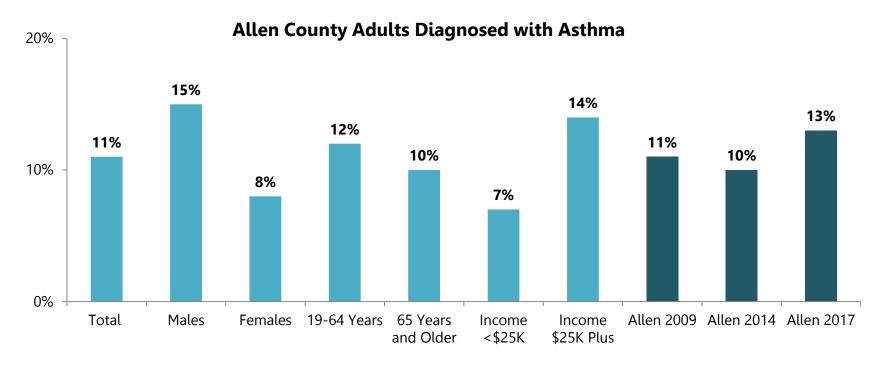
- 9% of Allen County adults were diagnosed with cancer at some point in their lives
  - Increasing to 23% of those 65 years and older
- Allen County adults had the following cancer screenings:
  - Colorectal cancer in the past 5 years (35%)
  - Oral cancer in the past year (16%)
  - Skin cancer in the past year (9%)
  - Lung cancer in the past 3 years (6%)

### **Arthritis**



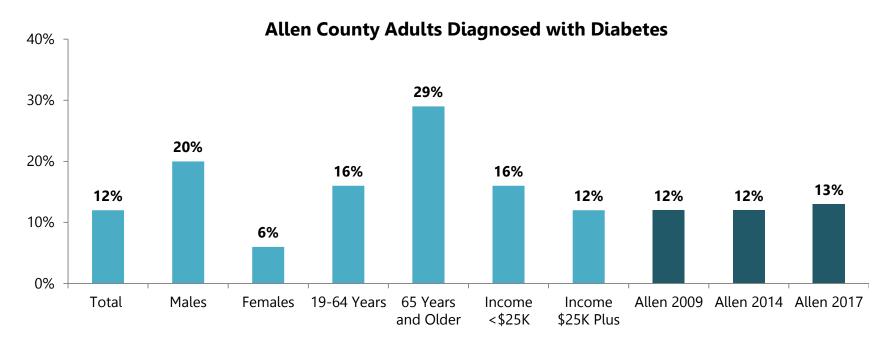
Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen Count y 2021	Ohio 2019	U.S. 2019
Diagnosed with arthritis	29%	27%	33%	37%	31%	25%

### **Asthma**



Adult Comparisons	Allen County 2009			Allen County 2021	Ohio 2020	U.S. 2020
Had been diagnosed with asthma	11%	10%	13%	11%	14%	14%

### **Diabetes**

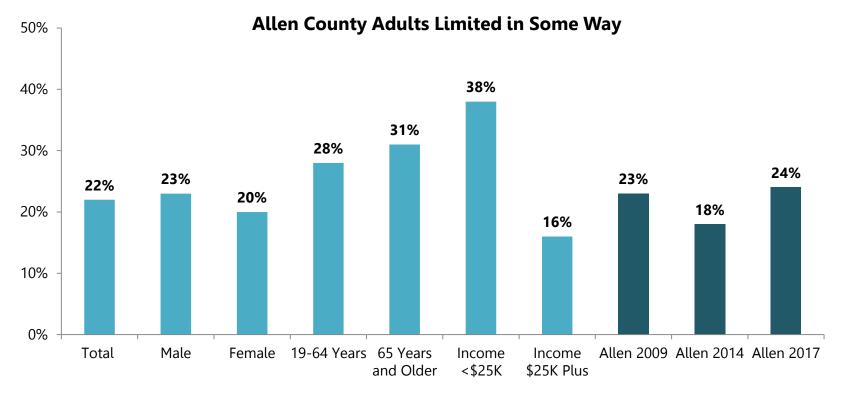


Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017		Ohio 2020	U.S. 2020
Diagnosed with diabetes	12%	12%	13%	12%	12%	11%

# **Quality of Life**

- 22% of adults reported they were limited in some way because of a physical, mental or emotional problem
  - Increasing to 38% of those with incomes less than \$25,000
- Adults would have a problem getting the following if they needed it today:
  - Someone to loan them \$50 (11%)
  - Someone to help them pay for medical expenses (11%)
  - Someone to help if they were sick in bed (10%)
  - Someone to talk to about their problems (8%)
  - Someone to take them to the doctor (8%)
  - Someone to accompany them to their doctor appointments (7%)
  - Back-up child care (5%)
  - Someone to explain directions from their doctor (4%)
- 83% of adults reported they would not have problems getting any of the above things if they needed them

# **Quality of Life**



Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S 2020
Limited in some way because of a physical, mental, or emotional problems	23%	18%	24%	22%	N/A	N/A

#### **Social Conditions**

Social Determinants of Health
Environmental Conditions
Parenting

- Adults experienced the following food insecurity issues during the past year:
  - Had to choose between paying bills and buying food (10%)
  - Food assistance was cut (7%)
  - Loss of income led to food insecurity issues (7%)
  - Went hungry/ate less to provide more food for their family (4%)
  - Worried food would run out (3%)
  - Were hungry but did not eat because they did not have money for food (1%)
- 8% of Allen County adults experienced more than one food insecurity issue in the past year

- Allen County adults reported the following adverse childhood experiences (ACEs):
  - A parent or adult in their home swore at, insulted, or put them down (18%)
  - Their parents became separated or were divorced (16%)
  - Lived with someone who was a problem drinker or alcoholic (15%)
  - Lived with someone who was depressed, mentally ill, or suicidal (13%)
  - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (9%)
  - Their parents were not married (9%)
  - An adult at least 5 years older than them or an adult touched them sexually (8%)
  - Etc.
- 16% of adults experienced four or more ACEs

- 26% of Allen County adults reported that their neighborhood was extremely safe
  - 57% reported it to be quite safe
  - 15% reported it to be slightly safe
  - 1% reported it to be not safe at all
- Adults reported the following transportation issues:
  - No car (4%)
  - Disabled (4%)
  - Suspended/no driver's license (3%)
  - Other car issues/expenses (3%)
  - Limited public transportation available or accessible (3%)
  - Did not feel safe to drive (3%)
  - Could not afford gas (2%)
  - No public transportation available or accessible (<1%)</li>

- The COVID-19 pandemic negatively impacted adults or their family's health or well-being in the following ways:
  - Loss of household income (16%)
  - Change in mental health (13%)
  - Financial instability (13%)
  - Change in physical health (9%)
  - Not seeking dental care (7%)
  - Educational challenges (7%)
  - Death or serious illness of loved one(s) (7%)
  - Changes to employment status (7%)
  - Not seeking health care (6%)
  - Unable to afford food (6%)
  - Increased alcohol use (4%)
  - Lack of childcare (2%)
  - Unable to afford medicine (2%)
  - Etc.

### **Environmental Conditions**

- Allen County adults thought the following threatened their health in the past year:
  - Mold (11%)
  - Insects (9%)
  - Moisture issues (7%)
  - Air quality (5%)
  - Rodents (4%)
  - Agricultural chemicals (4%)
  - Bed bugs (3%)
  - Plumbing problems (3%)
  - Temperature regulation (3%)
  - Chemicals found in products (3%)
  - Cockroaches (2%)
  - Unsafe water supply/wells (2%)
  - Asbestos (1%)
  - Sanitation issues (1%)
  - Lead paint (1%)
  - Etc.

# **Parenting**

- Parents discussed the following topics with their 10-to-17-year-old child in the past year:
  - Career plan/post-secondary education (65%)
  - Bullying (59%)
  - Abstinence and how to refuse sex (59%)
  - Weight status (52%)
  - Social media issues (46%)
  - Dating and relationships (43%)
  - Birth control, condoms, safer sex and STD prevention (39%)
  - Negative effects of alcohol, tobacco, illegal drugs, or misusing prescription drugs (37%)
  - Screen time (37%)
  - Energy drinks (33%)
  - Depression, anxiety, and suicide (30%)
  - Etc.

### **Parenting**

- Children were put to sleep in the following places:
  - Crib/bassinette without bumper, blankets, or stuffed animals (51%)
  - Crib/bassinette with bumper, blankets, or stuffed animals (42%)
  - In bed with parent or another person (38%)
  - Car seat (36%)
  - Swing (29%)
  - Pack n' play (22%)
  - Couch or chair (9%)
  - Floor (8%)
- When asked how parents put their child to sleep as an infant, 58% said on their back, 23% said on their stomach, 20% said on their side, and 14% said in bed with them or another person

#### **Youth Health**

**Weight Status** 

**Tobacco Use** 

**Alcohol Consumption** 

**Drug Use** 

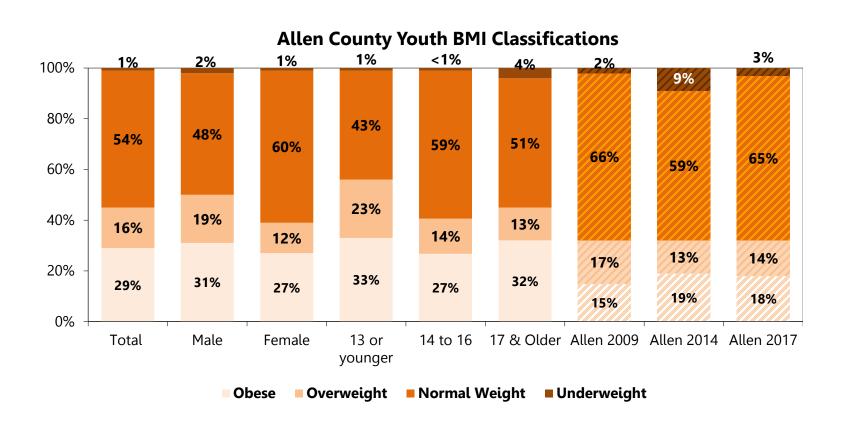
**Mental Health** 

**Social Determinants of Health** 

**Violence** 

**Perceptions** 

 45% of Allen County youth were either overweight (16%) or obese (29%) by BMI-for-age



- During the past week, youth participated in at least 60 minutes of physical activity at the following frequencies:
  - 3 or more days (63%)
  - 5 or more days (46%)
  - Every day (24%)
- 19% of youth did not participate in at least 60 minutes of physical activity on any day in the past week

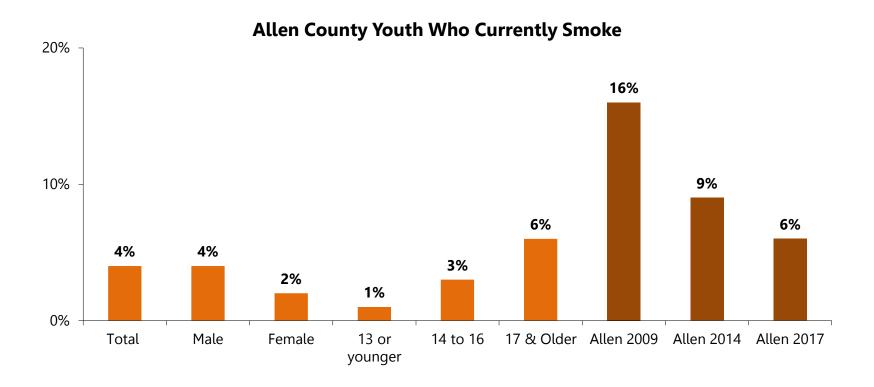
- During the past week, youth reported eating fruits and vegetables at the following frequencies per day:
  - 1 to 4 servings (75%)
  - 5 or more servings (10%)
  - 0 servings, they did not like fruits or vegetables (8%)
  - 0 servings they did not have access to fruits or vegetables (5%)
  - 0 servings, they could not afford fruits or vegetables (2%)
- During the past week, youth reported eating breakfast:
  - 0 days (25%)
  - 1 day (10%)
  - 2 days (10%)
  - 3 days (11%)
  - 4 days (8%)
  - 5 days (9%)
  - 6 days (4%)
  - 7 days (23%)

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	15%	19%	18%	29%	28%	17%	16%
Overweight	17%	13%	14%	16%	14%	12%	16%
Physically active at least 60 minutes per day on every day in past week	31%	28%	24%	24%	24%	24%	23%
Physically active at least 60 minutes per day on 5 or more days in past week	50%	50%	48%	46%	48%	43%	44%
Did not participate in at least 60 minutes of physical activity on any day in past week	13%	17%	10%	19%	15%	21%	17%
<b>Did not eat breakfast</b> (during the past week)	N/A	N/A	N/A	25%	26%	20%	17%
<b>Drank soda or pop</b> (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the past week)	N/A	N/A	N/A	73%	72%	65%	68%

N/A – Not Available

- 4% of youth had smoked part or all of a cigarette within the past 30 days
- 4% of youth currently smoke, having smoked sometime in the past 30 days
- Of those who smoked in the past 30 days, youth reported getting their cigarettes from the following:
  - Bought them in a convenience store, supermarket, discount store, or gas station (50%)
  - Borrowed (bummed) them from someone else (43%)
  - Took them from a family member (36%)
  - Gave someone else money to buy them (21%)
  - A person 18 years or older gave them (7%)
  - Took them from a store (7%)
  - Some other way (21%)

- 26% of youth had used an electronic vapor product in their life
  - 15% of youth used an electronic vapor product in the past 30 days
- Of those who obtained electronic vapor products in the past 30 days, youth reported obtaining them following ways:
  - Borrow (bummed) them from someone else (75%)
  - Some other way (51%)
  - Gave someone else money to buy them (39%)
  - A legal purchaser gave them vape products (31%)
  - Bought them in a convenience store, supermarket, discount store, or vape store (31%)
  - Stole vape products from a store or person (12%)
  - Bought them on the Internet (2%)



Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Currently smoke</b> (smoked on at least 1 day during the past 30 days)	16%	9%	6%	4%	4%	5%	6%
<b>Ever used an electronic vapor product</b> (including ecigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	N/A	N/A	N/A	26%	29%	48%	50%
Currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past month)	N/A	N/A	N/A	15%	15%	30%	33%

N/A – Not Available

### **Youth Tobacco Use**

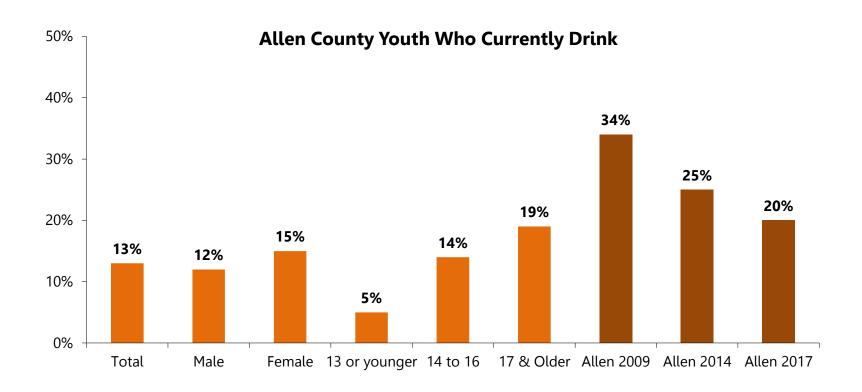
Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
Usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store)*	N/A	N/A	N/A	31%	33%	13%	8%
Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, not counting any electronic vapor products, on at least one day during the past month)	N/A	N/A	N/A	2%	1%	10%	4%

N/A – Not Available

<sup>\*</sup>Among those who used electronic vapor products in the past 30 days

- 13% of youth had at least one drink of alcohol in the past 30 days
  - Increasing to 19% of those ages 17 and older
- Based on the youth surveyed, 6% had five or more alcoholic drinks (males) or four or more alcoholic drinks (females) on an occasion in the last 30 days
- 12% of youth had their first drink of alcohol before the age of 13

- Youth drinkers reported they got their alcohol from the following:
  - Someone gave it to them (49%)
  - A parent gave it to them (21%)
  - Gave someone else money to buy it for them (15%)
  - A friend's parent gave it to them (11%)
  - Took it from a store or family member (11%)
  - Bought it in a liquor store, convenience store, supermarket, discount store, or gas station (4%)
  - Bought it at a public event such as a concert or sporting event (2%)
  - Some other way (32%)

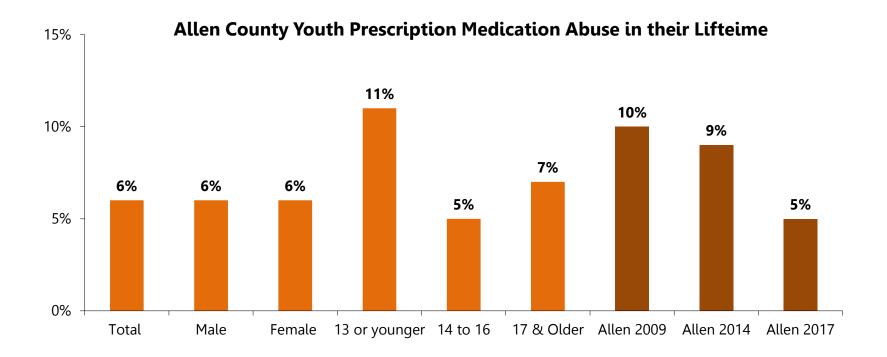


Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> –12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> –12 <sup>th</sup> )
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least 1 day during their life)	68%	54%	43%	40%	44%	N/A	N/A
Currently drink (at least one drink of alcohol on at least 1 day during the past 30 days)	34%	25%	20%	13%	15%	26%	29%
Currently binge drink (drank five or more alcoholic drinks (males) or four or more alcoholic drinks (females) on an occasion in the last 30 days	22%	15%	9%	6%	7%	13%	14%
Drank for the first time before age 13 (of all youth)	27%	16%	14%	12%	9%	16%	15%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on 1 or more occasion during the past 30 days)	22%	22%	13%	11%	11%	N/A	17%
Obtained the alcohol they drank by someone giving it to them (of youth who currently drink)	N/A	38%	28%	49%	49%	N/A	41%

N/A- Not Available

- 13% of Allen County youth had used marijuana at least once in the past 30 days
  - Increasing to 19% of those ages 17 and older
- Among current marijuana users, youth reported using marijuana in the following ways:
  - Smoked it in a joint, bong, pipe, or blunt (82%)
  - Vaporized it (12%)
  - Some other way (4%)
  - Ate it in a food such as brownies, cakes, cookies, or candy (2%)

- 6% of youth reported ever using <u>prescription drugs</u> (e.g., OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription or differently than how a doctor told them in their lifetime
- In the past 30 days, 1% of all youth reported using prescriptions drugs not prescribed for them
- 3% of youth reported ever using <u>prescription pain</u> <u>medicine</u> (e.g., codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told them in their lifetime



- Allen County youth had used the following in their life:
  - Inhalants (1%)
  - Hallucinogenic drugs (1%)
  - Cocaine (1%)
  - Ecstasy/MDMA/Molly (1%)
  - Synthetic marijuana (1%)
  - Steroids without a doctor's prescription (1%)
- During the past 12 months, 5% of Allen County youth reported that someone had offered, sold, or given them an illegal drug on school property
  - Other places reported by youth included on the school bus (2%),
     at a friend's house (5%), and in their neighborhood (4%)

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
Currently using marijuana (also called grass, pot, or weed, one or more times during the past month)	16%	16%	12%	13%	14%	16%	22%
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, Hydrocodone, and Percocet, one or more times during their life)	N/A	N/A	N/A	3%	3%	12%	14%
<b>Ever used methamphetamines</b> (in their lifetime)	2%	<1%	1%	0%	0%	N/A	2%
<b>Ever used cocaine</b> (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	2%	3%	1%	1%	0%	4%	4%

N/A-Not Available

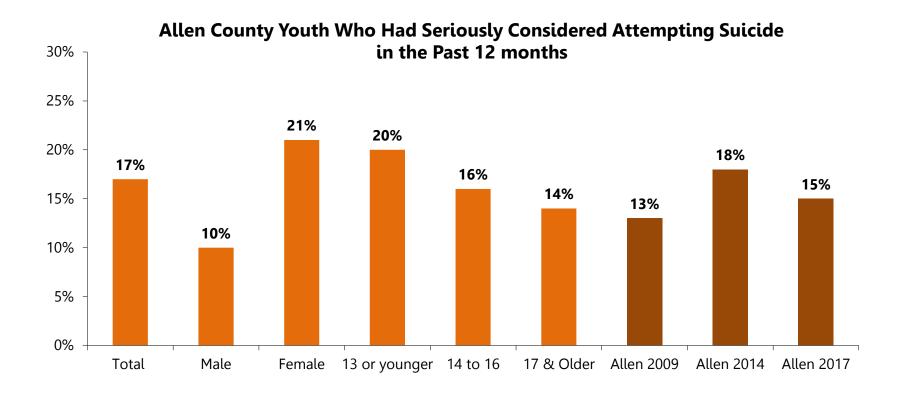
Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Ever used heroin</b> (also called "smack," "junk," or "China White," one or more times during their life)	1%	<1%	<1%	0%	0%	2%	2%
<b>Ever used inhalants</b> (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)	9%	3%	5%	1%	1%	8%	6%
Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)	3%	3%	1%	1%	0%	N/A	2%
<b>Ever used ecstasy</b> (also called "MDMA," one or more times during their life)	N/A	3%	1%	1%	1%	N/A	4%
Were offered, sold, or given an illegal drug on school property (during the past year)	16%	10%	8%	5%	6%	15%*	22%*

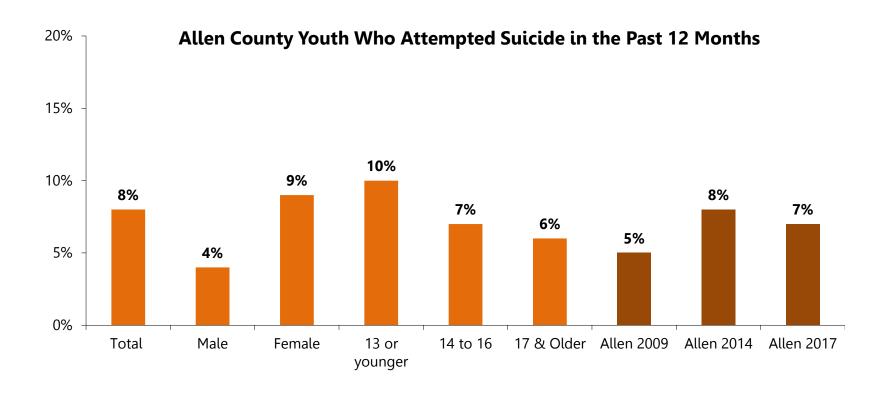
N/A-Not Available

<sup>\*</sup>YRBS is for youth who were ever offered, sold, or given an illegal drug on school property

- 32% of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
  - Increasing to 40% of females
- 17% of youth reported they had seriously considered attempting suicide in the past 12 months
- 8% of Allen County youth had attempted suicide in the past year

- Youth reported the following ways of dealing with stress:
  - Physical activity (40%)
  - Avoid people who create drama (38%)
  - Express oneself through the arts and literature (31%)
  - Get support from others (27%)
  - Participate in hobbies or community service (22%)
  - Meditate, pray, or use relaxation techniques (21%)
  - Limit exposure to social media (15%)
- 41% of youth reported they had ever visited a doctor, nurse, therapist, social worker, or counselor for a mental health problem





Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	27%	29%	27%	32%	32%	33%	37%
Seriously considered attempting suicide (in the past 12 months)	13%	18%	15%	17%	16%	16%	19%
<b>Attempted suicide</b> (in the past 12 months)	5%	8%	7%	8%	7%	7%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth during the past year)	N/A	N/A	N/A	3%	2%	3%	3%

N/A - Not Available

- 44% of youth had been to the doctor or healthcare professional for a check-up when they were not sick or injured in the past year
- Youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work at the following frequencies:
  - Less than a year ago (56%)
  - 1 to 2 years ago (14%)
  - More than 2 years ago (10%)
  - Never (3%)
  - Do not know (17%)
- 28% of youth got 8 or more hours of sleep on an average school night

- Youth reported the following adverse childhood experiences (ACEs):
  - Parents became separated or divorced (38%)
  - Lived with someone who was depressed, mentally ill, or suicidal (32%)
  - Parents or adults in home swore at them, insulted them, or put them down (28%)
  - Lived with someone who was a problem drinker or alcoholic (27%)
  - Parents were not married (23%)
  - Lived with someone who served time or was sentenced to serve time in a prison, jail, or other correctional facility (18%)
  - Lived with someone who used illegal street drugs or who abused prescription medication (16%)
  - Etc.
- 27% of youth had experienced three or more ACEs

- Allen County youth reported they agreed or strongly agreed with the following statements about school:
  - My parents push me to work hard in school (75%)
  - My parents talk to me about what I do in school (59%)
  - My school provides various opportunities to learns about and appreciate different cultures and ways of life (46%)
  - I can go to adults at my school for help if I needed it (44%)
  - I feel like I belong at my school (40%)
  - I enjoy coming to school (28%)
- In the past year, youth reported their parents checked whether they had done their homework at the following frequencies:
  - Never or almost never (28%)
  - Sometimes (24%)
  - Often (23%)
  - All the time (25%)

- In the past 12 months, 15% of youth reported gambling money or things while playing cards, betting on personal skills or sports teams, buying lottery tickets or scratchoffs, or in internet gaming
- Youth gamblers experienced the following in the past 12 months:
  - Gambled more than they planned to (32%)
  - Lied to important people about gambling (27%)
  - Felt bad about the amount they bet, or about what happened when they bet on money or things (25%)
  - Hid from family or friends any betting slips, I.O.U.s, lottery tickets, money, or things they won, or other signs of gambling (9%)

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
Did not play on at least one sports team (counting any teams run by their school or community groups, during the past year)	N/A	N/A	N/A	45%	44%	43%	43%
Had a concussion from playing a sport or being physically active one or more times (during the past year)	N/A	N/A	N/A	18%	15%	13%	15%
Visited a dentist within the past year (for a check-up, exam, teeth cleaning, or other dental work)	68%	70%	79%	56%	59%	N/A	N/A
<b>Did not get 8 or more hours of</b> <b>sleep</b> (on an average school night)	N/A	N/A	N/A	72%	74%	81%	78%

N/A-Not Available

- Allen County youth reported they felt safe and secure at school at the following frequencies:
  - Never (7%)
  - Rarely (8%)
  - Sometimes (16%)
  - Most of the time (41%)
  - All of the time (28%)
- 14% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school
- 12% of youth were threatened or injured with a weapon on school property in the past year

- In the past 12 months, 17% of youth had been involved in a physical fight
  - Increasing to 21% of males
- In the past 12 months, 7% of youth had been involved in a physical fight on school property
  - Increasing to 10% of males
- In the past 12 months, 14% of Allen County youth who were dating or going out with someone reported they were physically hurt by them on purpose

- 34% of youth had been bullied in the past year. The following types of bullying were reported:
  - 26% of youth were **verbally bullied** (teased, taunted or called harmful names)
  - 17% of youth were **indirectly bullied** (spread mean rumors about them or kept them out of a "group")
  - 13% of youth were **physically bullied** (were hit, kicked, punched or people took their belongings)
  - 7% of youth were cyber bullied (teased, taunted or threatened by e-mail, cell phone or other electronic methods)
  - 3% of youth were **sexually bullied** (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)

Youth Comparisons	Allen County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Allen County 2021 OHYES (7 <sup>th</sup> – 12 <sup>th</sup> )	Allen County 2021 OHYES (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2019 (9 <sup>th</sup> -12 <sup>th</sup> )
Were in a physical fight (in the past 12 months)	N/A	N/A	N/A	17%	13%	19%	22%
<b>Did not go to school because</b> <b>they felt unsafe</b> (at school or on their way to or from school in the past 30 days)	5%	5%	4%	14%	11%	N/A	9%
Threatened or injured with a weapon on school property (in the past 12 months)	11%	8%	7%	12%	9%	N/A	7%
<b>Experienced physical dating violence</b> (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past 12 months)	12%	5%	5%	14%	13%	10%	8%
<b>Electronically bullied</b> (in the past year)	N/A	N/A	N/A	12%	12%	13%	16%
Bullied (in the past year)	47%	48%	41%	34%	31%	N/A	N/A
Were bullied on school property (during the past 12 months)	N/A	30%	28%	22%	19%	14%	20%

## **Youth Perceptions**

#### **Perceived Great Risk of Substance Use**

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke one or more packs of cigarettes per day	43%	47%	38%	30%	47%	44%
Have five or more drinks of an alcoholic beverage once or twice a week	26%	29%	19%	21%	28%	23%
Smoke marijuana once or twice a week	23%	24%	19%	24%	24%	17%
Misuse prescription drugs	51%	55%	44%	36%	55%	53%
Use electronic vapor products every day	29%	33%	23%	18%	33%	29%

# **Youth Perceptions**

#### **Perceived Degree of Great Disapproval by Parents**

Parents feel it would be <u>very</u> <u>wrong</u> for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke tobacco	71%	76%	66%	84%	72%	60%
Have one or two drinks of an alcoholic beverage nearly every day	60%	66%	55%	63%	62%	54%
Smoke marijuana	63%	66%	61%	69%	67%	47%
Misuse prescription drugs	77%	83%	72%	69%	80%	73%
Use electronic vapor products	61%	66%	58%	64%	64%	51%

### **Youth Perceptions**

#### **Perceived Degree of Great Disapproval by Friends**

Friends feel it would be <u>very</u> <u>wrong</u> for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke tobacco	42%	45%	38%	51%	41%	34%
Have one or two drinks of an alcoholic beverage nearly every day	34%	37%	30%	44%	32%	32%
Smoke marijuana	37%	39%	35%	45%	39%	25%
Misuse prescription drugs	55%	60%	49%	58%	54%	52%
Use electronic vapor products	31%	32%	32%	41%	32%	21%

# Questions?

You will now be given an opportunity to provide participant feedback.

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### Participant Feedback

#### https://www.surveymonkey.com/r/feedback-allen

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Community S	takeholder Perceptions
What surprised you the m	ost?
	e covered in the report next time?
, , ,	anization do with this data?
Based on the 2021 commu important? Please list 2 or	unity health needs assessment, what health topics do you see as the most r more choices.
In your opinion, what is th	ne best way to communicate the information from the community health
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