



Activate  *Allen County*


ALLEN COUNTY
PUBLIC HEALTH
Allen County Combined Health District

 **Lima Memorial**
HEALTH SYSTEM

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

 **MERCYHEALTH**


United Way of Greater Lima

2021

ALLEN COUNTY HEALTH RISK & COMMUNITY NEEDS ASSESSMENT

May 2022

Msy

May 2022

FOREWORD

Dear Allen County Resident,

Thank you for your interest in the 2021 Allen County Community Health Assessment (CHA). This report marks the fifth community assessment undertaken by a broad group of community agencies, with the first being completed in 2002.

The information in this report was collected from surveys mailed to you or your neighbors - adults and youth living in Allen County. The adult surveys were conducted by the Hospital Council of Northwest Ohio, and youth surveys were collected from those who completed the Ohio Healthy Youth Environments Survey (OHYES!) developed by Ohio Department of Health, Ohio Department of Education and Ohio Mental Health and Addiction Services. These data are reported alongside information from national, state and data sources, including the Centers for Disease Control and Prevention, and Ohio Department of Health.

The information in the CHA provides a snapshot of the overall health and well-being of Allen County, and is important in helping us understand and address health needs in our community, especially in light of the COVID-19 pandemic. Community support is critical as we work to address the issues in this report, and long-term, as we evaluate our progress through future assessments.

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

Through our individual and group efforts, we can continue to work together to help make Allen County a better, healthier place to live.

Sincerely,

The Allen County Health Risk and Community Needs Assessment Committee

ACKNOWLEDGEMENTS

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Allen County Public Health
Lima Memorial Health System
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This report has been commissioned by 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

Lima Memorial Health System

Jeff Utz

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

Tammie Colon
Kelly Monroe

Mercy Health, St. Rita's Medical Center

Tyler Smith

United Way of Greater Lima

Derek Stemen

West Ohio Community Action Partnership

Jackie Fox

Contact Information:

Monica Harnish

Director of Health Planning
Allen County Public Health
219 E. Market St.
Lima, OH 45801
(419) 228-4457

Project Management, Secondary Data, Data Collection, and Report Development Hospital Council of Northwest Ohio

The Hospital Council of Northwest Ohio (HCNO) is a 501(c)3 non-profit regional hospital association located in Toledo, Ohio. They facilitate community health needs assessments and planning processes in 40+ counties in Ohio, Michigan, and Oregon. Since 2004, they have used a process that can be replicated in any county that allows for comparisons from county to county, within the region, the state, and the nation. HCNO works with coalitions in each county to ensure a collaborative approach to community health improvement that includes multiple key stakeholders, such as those listed above. All HCNO project staff have their master's degree in public health, with emphasis on epidemiology and health education.

Emily Gensler, MPH

Community Health Improvement Manager

Mallory Ohneck, MPH, CHES

Community Health Improvement Data Manager

Gabrielle MacKinnon, MPH

Community Health Improvement Manager

Jodi Franks, MPH, CHES

Community Health Improvement Coordinator

Data Collection & Analysis

Joseph A. Dake, Ph.D., MPH

Professor and Chair
School of Population Health
University of Toledo

Samantha Schroeder, MPA

Consultant

The 2021 Allen County Health Assessment is available on the following websites:

Allen County Public Health

<http://www.allencountypublichealth.org>

Activate Allen County

<http://www.activateallencounty.com>

Hospital Council of Northwest Ohio

<http://www.hcno.org/community/reports.html>

TABLE OF CONTENTS

EXECUTIVE SUMMARY	Page Number
Public Health Accreditation Board (PHAB)	6
Primary Data Collection Methods	6-8
Secondary Data Sources	8
Mobilizing for Action Through Planning and Partnerships (MAPP) Process Overview	9
2019 Ohio State Health Assessment (SHA)	10
Data Summary	11-21
Trend Summary	22-26
HEALTH CARE ACCESS	
Health Care Coverage	27-29
Access and Utilization	30-32
Preventive Medicine	33-36
Women's Health	37-38
Men's Health	39-40
Oral Health	41-42
HEALTH BEHAVIORS	
Health Status Perceptions	43-44
Adult Weight Status	45-48
Adult Tobacco Use	49-52
Adult Alcohol Consumption	53-56
Adult Drug Use	57-61
Adult Sexual Behavior	62-66
Adult Mental Health	67-69
CHRONIC DISEASE	
Cardiovascular Health	70-74
Cancer	75-78
Arthritis	79
Asthma	80-81
Diabetes	82-83
Quality of Life	84
SOCIAL CONDITIONS	
Social Determinants of Health	85-91
Environmental Health	92-93
Parenting	94
YOUTH HEALTH	
Youth Weight Status	95-97
Youth Tobacco Use	98-100
Youth Alcohol Consumption	101-103
Youth Drug Use	104-108
Youth Mental Health	109-111
Youth Social Determinants of Health	112-115
Youth Violence	116-118
Youth Perceptions	119-126

APPENDICES

APPENDIX I	Health Assessment Information Sources	127-129
APPENDIX II	Acronyms and Term	130
APPENDIX III	Weighting Methods	131-132
APPENDIX IV	Sample Demographic Profile	133
APPENDIX V	Demographics and Household Information	134-139
APPENDIX VI	2021 County Health Rankings	140-142
APPENDIX VII	2021 Activate Allen County Block Party Survey Data	143-144
APPENDIX VIII	Community Stakeholder Perceptions	145-147

EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Allen County adults who participated in a county-wide health assessment survey from September through November 2021. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention (CDC) for their national and state Behavioral Risk Factor Surveillance System (BRFSS). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Public Health Accreditation Board (PHAB)

National public health accreditation status through the Public Health Accreditation Board (PHAB) requires community health assessments (CHAs) to be completed at least every five years. The purpose of the community health assessment is to learn the health of the population, identify areas for health improvement, identify contributing factors that impact health outcomes, and identify community assets and resources that can be mobilized to improve population health.

PHAB standards highly recommend that national models of methodology are utilized in compiling CHAs. The 2021 CHA was completed using the National Association of County and City Health Officials (NACCHO) Mobilizing Action through Partnerships and Planning (MAPP) process. MAPP is a community-driven planning process for improving community health. This process was facilitated by HCNO in collaboration with various local agencies representing a variety of sectors.

This assessment includes a variety of data and information from various sources, focusing on primary data at the county level. Supporting data, such as secondary data, demographics, health disparities (including age, gender, and income-based disparities), and social determinants of health, can be found throughout the report. For a more detailed approach on primary data collection methods, please see the section below.

Primary Data Collection Methods

DESIGN

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

INSTRUMENT DEVELOPMENT

One adult survey instrument was designed for this study. As a first step in the design process, health education researchers from The University of Toledo and staff members from The Hospital Council of Northwest Ohio (HCNO) met to discuss potential sources of valid and reliable survey items that would be appropriate to assess the health status and health needs of adults. The investigators decided to derive the majority of the adult survey items from the BRFSS. This decision was based on being able to compare local data with state and national data.

The project coordinator from The Hospital Council of Northwest Ohio conducted a series of meetings with the Allen County Community Health Assessment Committee. During these meetings, HCNO and the Allen County Community Health Assessment Committee reviewed and discussed banks of potential survey questions from the BRFSS. Based on input from the Allen County Community Health Assessment Committee, the project coordinator composed a draft survey containing 115 items for the adult survey. Institutional Review Board (IRB) approval is granted to HCNO from Advarra in Columbia, Maryland.

SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and older living in Allen County. There were an estimated 77,203 people ages 19 and older living in Allen County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 6% (i.e., we can be 95% sure that the “true” population responses are within a 6% margin of error of the survey findings). A sample size of at least 266 adults was needed to ensure this level of confidence for the general population.

The random sample of mailing addresses of adults from Allen County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California. Surveys were mailed in September 2021 and returned through November 2021.

PROCEDURE | Adult Survey

Prior to mailing the survey, the project coordinator mailed an advance letter to 2,000 adults in Allen County. This advance letter was printed on Allen County Community Health Assessment Committee stationery and signed on behalf of the group by Kathy Luhn, Health Commissioner, Allen County Public Health. The letter introduced the county health assessment project and informed readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected, and it encouraged the readers to complete and return the survey promptly if they were selected.

Six weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized, hand signed cover letter (on Allen County Community Health Assessment Committee stationery). The letter was signed on behalf of the group by Brandon Fischer, Health Commissioner, Allen County Public Health. The mailing also included the questionnaire, a self-addressed stamped return envelope, and a \$2 incentive, which were all included in a large blue envelope. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the general population was 14% (n=281; CI=± 5.84). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

PROCEDURE | Adolescent Survey

The Ohio Healthy Youth Environments Survey (OHYES) is a youth health survey offered by the Ohio Department of Mental Health and Addiction Services, Ohio Department of Health, and Ohio Department of Education. OHYES was administered to Allen County youth in grades 7-12 in 2021. HCNO obtained data through the Ohio Department of Mental Health and Addiction Services through a data use and confidentiality agreement. The results of the survey reflect student responses from the middle schools and high schools that voluntarily participated.

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data were analyzed by health education researchers at the University of Toledo using Statistical Product and Service Solutions 26.0 (SPSS). Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Allen County, the adult data collected was weighted by age, gender, race, and income using Census data (Note: income data throughout the report represents annual household income). Multiple weightings were created based on this information to account for different types of analyses. For more information on how the adult weightings were created and applied, see Appendix III.

SPECIFIC POPULATIONS THAT EXPERIENCE DISPARITIES

Health disparities (including age, gender, and income-based disparities) can be identified throughout each section of the 2021 Allen County Health Assessment. Income-based disparities are particularly prevalent in Allen County. For example, those most likely to be uninsured were adults with annual household incomes under \$25,000 (6%) compared to the general uninsured population (4%). Additionally, the prevalence of chronic conditions (e.g., diabetes, high blood pressure, high blood cholesterol, etc.), was higher among those with annual household incomes under \$25,000 compared to the general population. As part of the community health improvement plan (CHIP) process, the Allen County Community Health Assessment Committee will identify specific populations that face disparities as part of the prioritization phase of the process.

RESOURCES TO ADDRESS NEEDS

Numerous resources will be identified through the MAPP planning process, resulting in a comprehensive community health improvement plan (CHIP).

LIMITATIONS

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

Furthermore, while surveys were sent to random households in Allen County, those responding to the survey were more likely to be older. While weightings were applied during calculations to help account for this, it still presents a potential limitation (to the extent that the responses from these individuals might be substantively different than the majority of Allen County adult residents younger than 30). Therefore, the age ranges are broken down by 19 to 64 years old and 65 years and older. Additionally, respondents were more likely to be white, male, and have household incomes of \$50,000 or more. See appendix III for demographic breakdowns of Allen County survey respondents.

Also, it is important to note that although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than via mail survey.

Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

Secondary Data Sources

HCNO collected secondary data, including county-level data, from multiple sources whenever possible. HCNO utilized sources such as the Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC webpages, U.S. Census data, Healthy People 2030, and other national and local sources. All primary data in this report are from the 2021 Allen County Community Health Assessment (CHA). All other data are cited accordingly.

Mobilizing for Action through Planning & Partnerships (MAPP) Process Overview

National Public Health Accreditation status through the Public Health Accreditation Board (PHAB) requires Community Health Assessments (CHAs) to be completed at least every five years. The purpose of the community health assessment is to learn about the health of our community, including health issues and disparities, contributing factors that impact health outcomes, and community assets and resources that can be mobilized to improve population health.

This 2021 CHA was developed using the Mobilizing Action through Partnerships and Planning (MAPP) process, which is a nationally adopted framework developed by the National Association of County and City Health Officials (NACCHO) (see Figure 1.1). MAPP is a community-driven planning process for improving community health and is flexible in its implementation, meaning that the process does not need to be completed in a specific order. This process was facilitated by HCNO in collaboration with a broad range of local agencies representing a variety of sectors of the community. The Community Health Improvement Process (CHIP) follows the CHA process, which will involve the following six phases:

1. Organizing for success and partnership development

During this first phase, community partners organize the planning process and develop the planning partnership. The purpose of this phase is to structure a planning process that builds commitment, engages participants as partners, uses participants' time well, and results in a plan that can be realistically implemented.

2. Visioning

During the second phase, visioning guides the community through a collaborative process that leads to a shared community vision and common values.

3. The four assessments

While each assessment yields valuable information, the value of the four MAPP assessments is multiplied, considering results as a whole. The four assessments include: The Community Health Status Assessment (CHSA), the Local Public Health System Assessment (LPHSA), the Forces of Change (FOC) Assessment, and the Community Themes and Strengths Assessment (CTSA).

4. Identifying strategic issues

The process to formulate strategic issues occurs during the prioritization process of the CHA/CHIP. The committee considers the results of the assessments, including data collected from community members (primary data) and existing statistics (secondary data) to identify key health issues. Upon identifying the key health issues, an objective ranking process is used to prioritize health needs for the CHIP.

5. Formulate goals and strategies

Following the prioritization process, a gap analysis is completed in which committee members note gaps within each priority area, identify existing resources and assets, and potential strategies to address the priority health needs. Following this analysis, various goals, objectives, and strategies are presented to the committee to meet the prioritized health needs.

6. Action cycle


The committee begins implementation of strategies as part of the next community health improvement cycle. Both progress data to track actions taken as part of the CHIP's implementation and health outcome data (key population health statistics from the CHA) are continually monitored through ongoing meetings. As the end of the CHIP cycle, partners review improvement to select new and/or updated strategic priorities based on progress and the latest health statistics.

Figure 1.1 The MAPP Framework



2019 Ohio State Health Assessment (SHA)

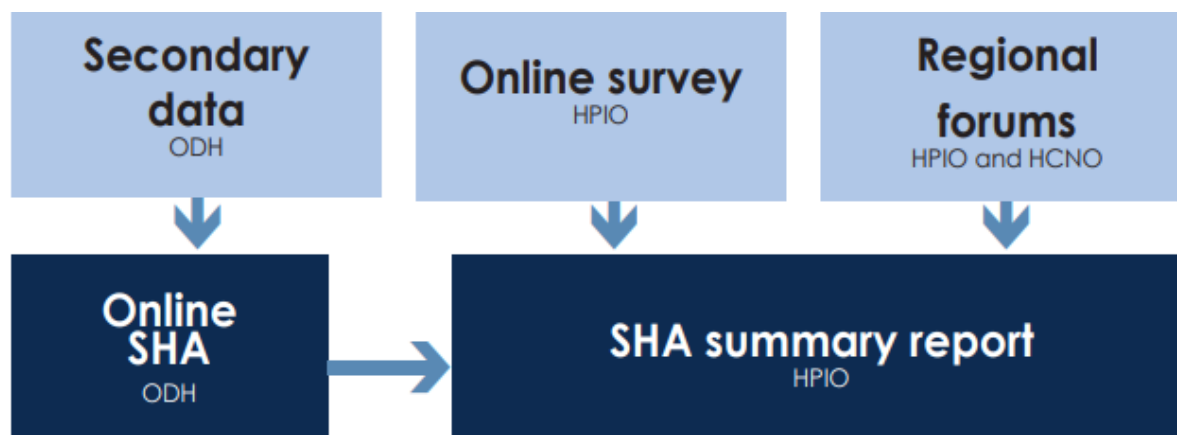
The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represent 13 state agencies, including sectors beyond health.

Similar to the 2019 Ohio SHA, the 2021 Allen County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. **Note: This symbol  will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA.**

The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration among a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is the Allen County Health Assessment Committee's hope that this CHA will serve as a foundation for such collaboration.

To view the full 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/about-us/sha-ship/>

FIGURE 1.1 | Components of the 2019 State Health Assessment (SHA)

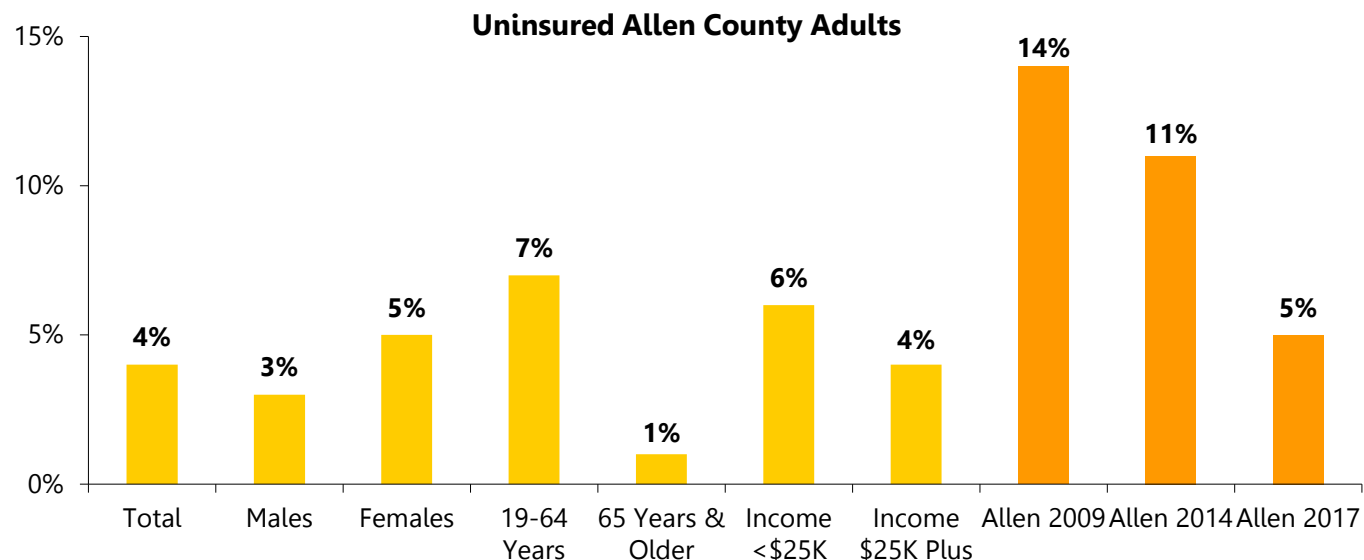


Note – “HPIO” refers to the Health Policy Institute of Ohio.

Data Summary

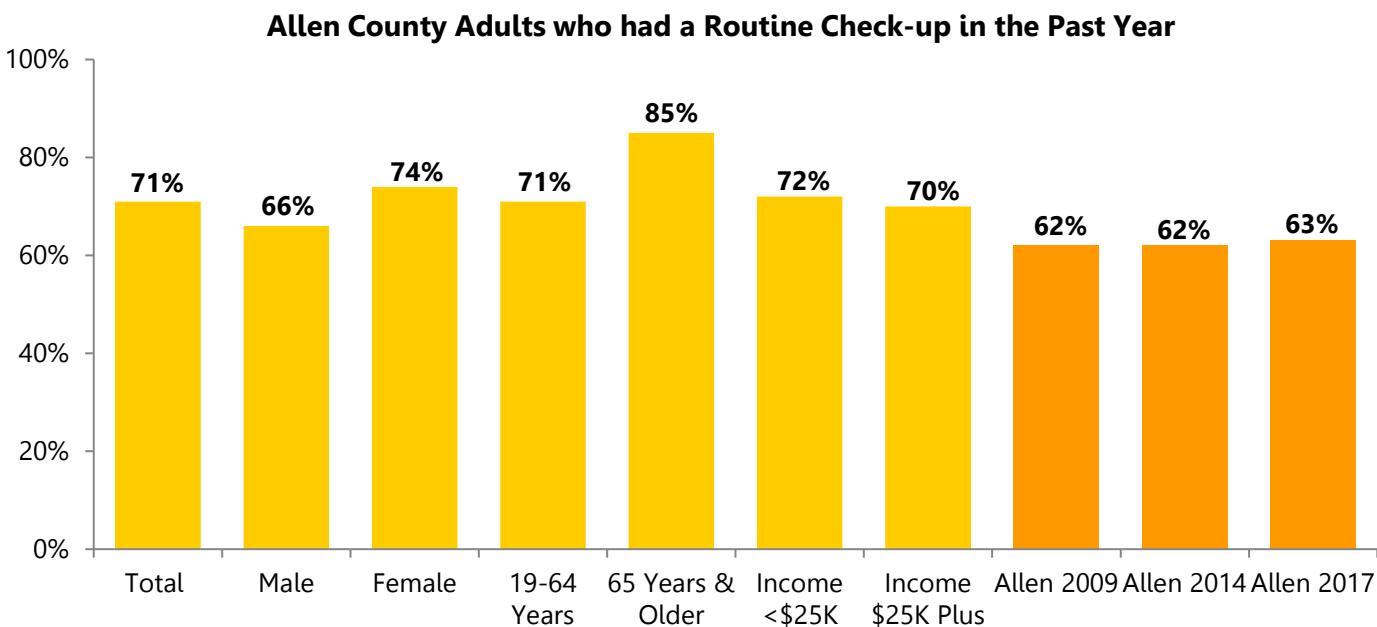
HEALTH CARE COVERAGE

In 2021, 4% of Allen County adults were without health care coverage. Those most likely to be uninsured were adults ages 19 to 64 (7%). The top three reasons for being without health coverage included: they became a part-time or temporary employee (27%), they lost their job or changed employers (25%), and cost (14%).



ACCESS AND UTILIZATION

Eighty-eight percent (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, increasing to 97% of those 65 years and older. More than one-fourth (27%) of adults went outside of Allen County for health care services in the past year.



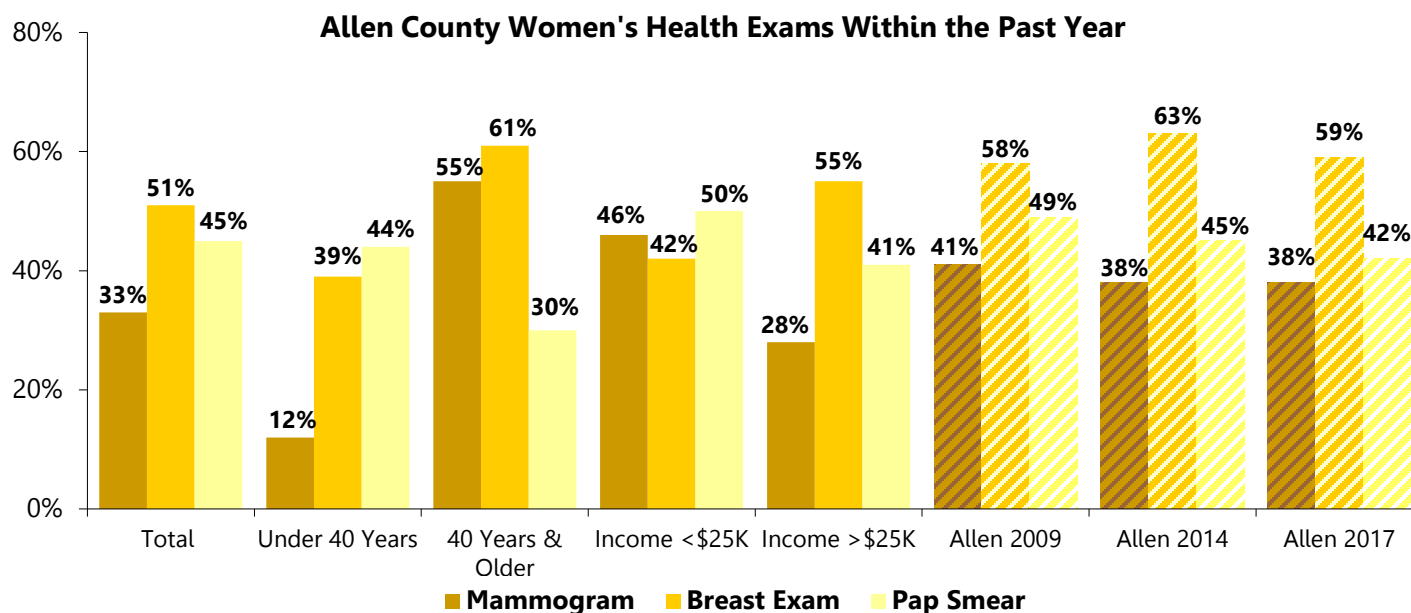
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PREVENTIVE MEDICINE

Nearly one quarter (23%) of adults 65 years and older had a pneumonia vaccination at some time in their life. More than half (54%) of Allen County adults had a flu vaccine during the past 12 months. More than three-quarters (77%) of Allen County adults 65 years and older had a flu vaccine in the past 12 months.

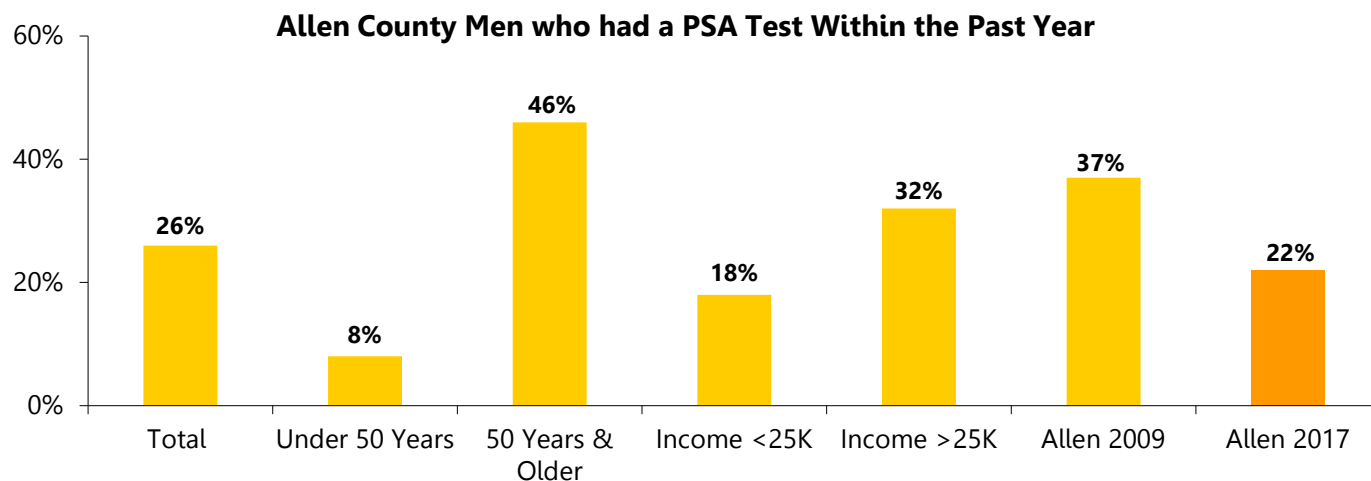
WOMEN'S HEALTH

In 2021, 55% of Allen County women 40 and above reported having a mammogram in the past year. Fifty-one percent (51%) of females ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. Three percent (3%) of women survived a heart attack at some time in their life. Nearly two-fifths (38%) were obese, 28% had high blood pressure, 28% had high blood cholesterol, and 16% currently smoke, all known risk factors for cardiovascular diseases.



MEN'S HEALTH

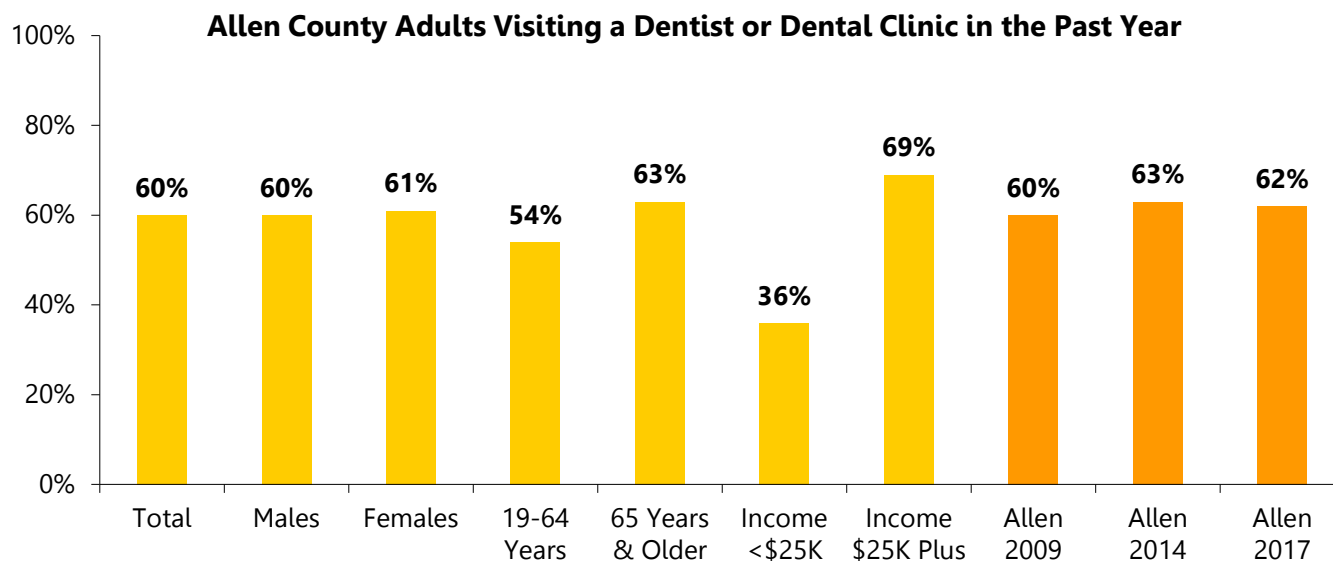
In 2021, 46% of Allen County males 50 years and older had a prostate-specific antigen (PSA) test. More than two-fifths (42%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity (40%), all known risk factors for cardiovascular diseases.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

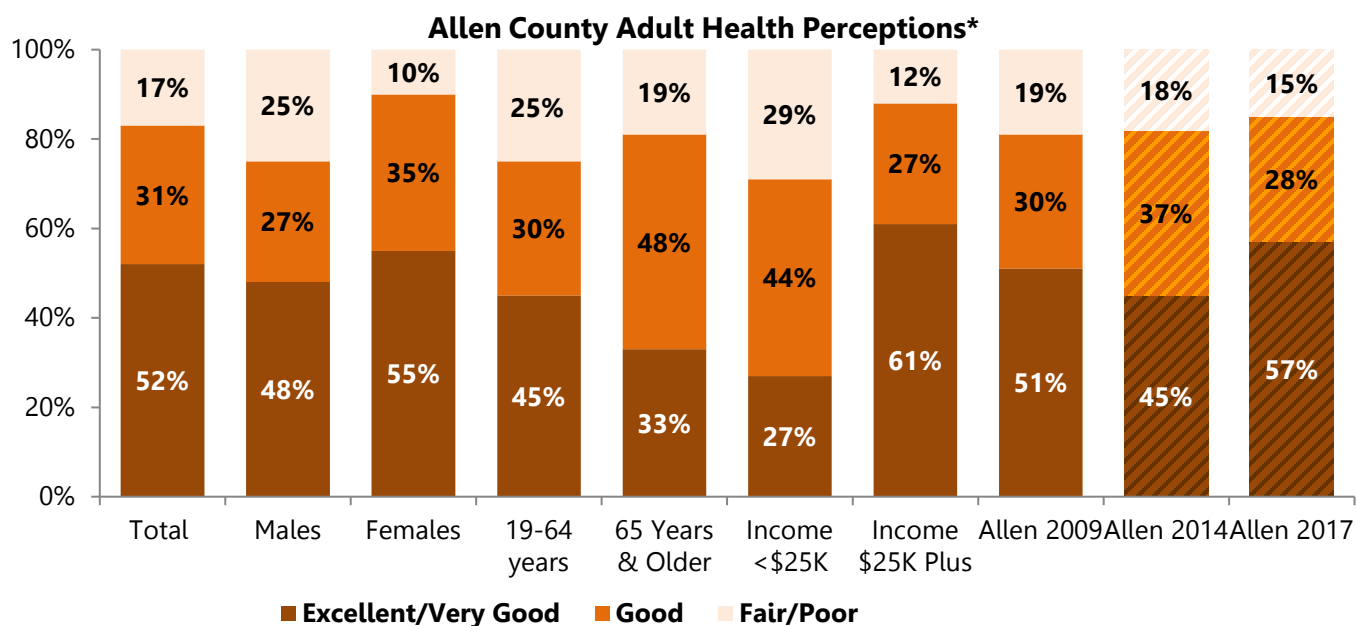
ORAL HEALTH

Three-fifths (60%) of Allen County adults visited a dentist or dental clinic in the past year.



HEALTH STATUS PERCEPTIONS

In 2021, 52% of Allen County adults rated their health status as excellent or very good. Conversely, 17% of adults described their health as fair or poor, increasing to 29% of those with incomes less than \$25,000.

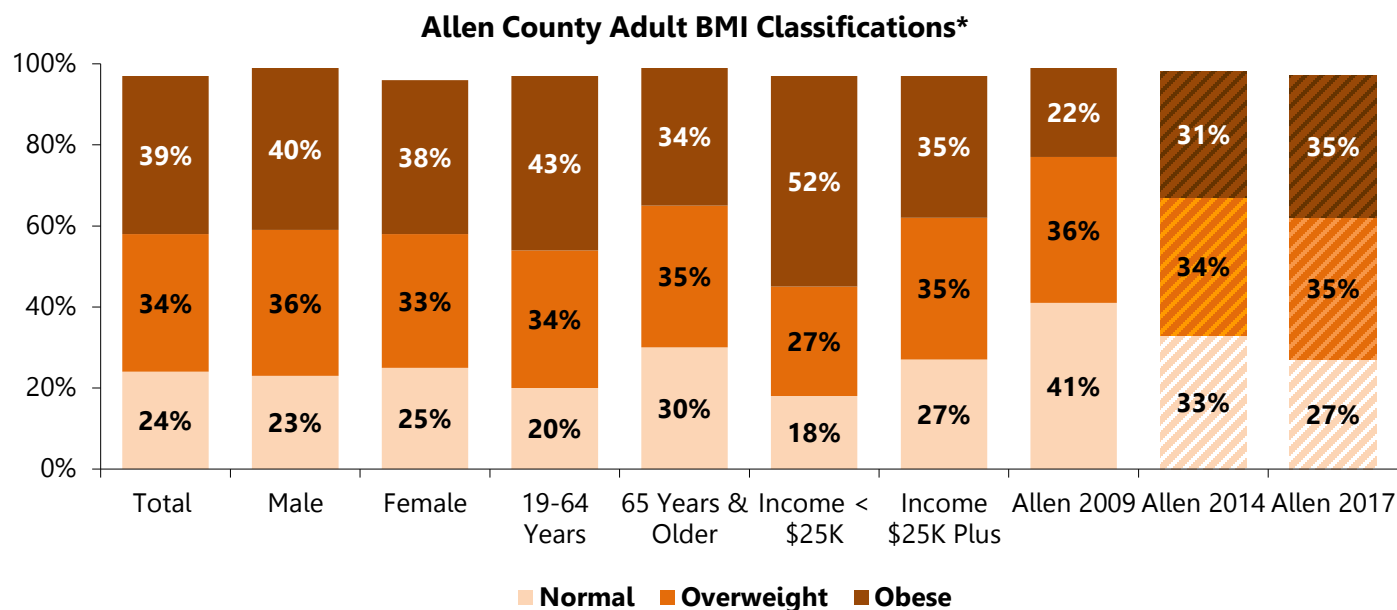


**Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"*

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT WEIGHT STATUS

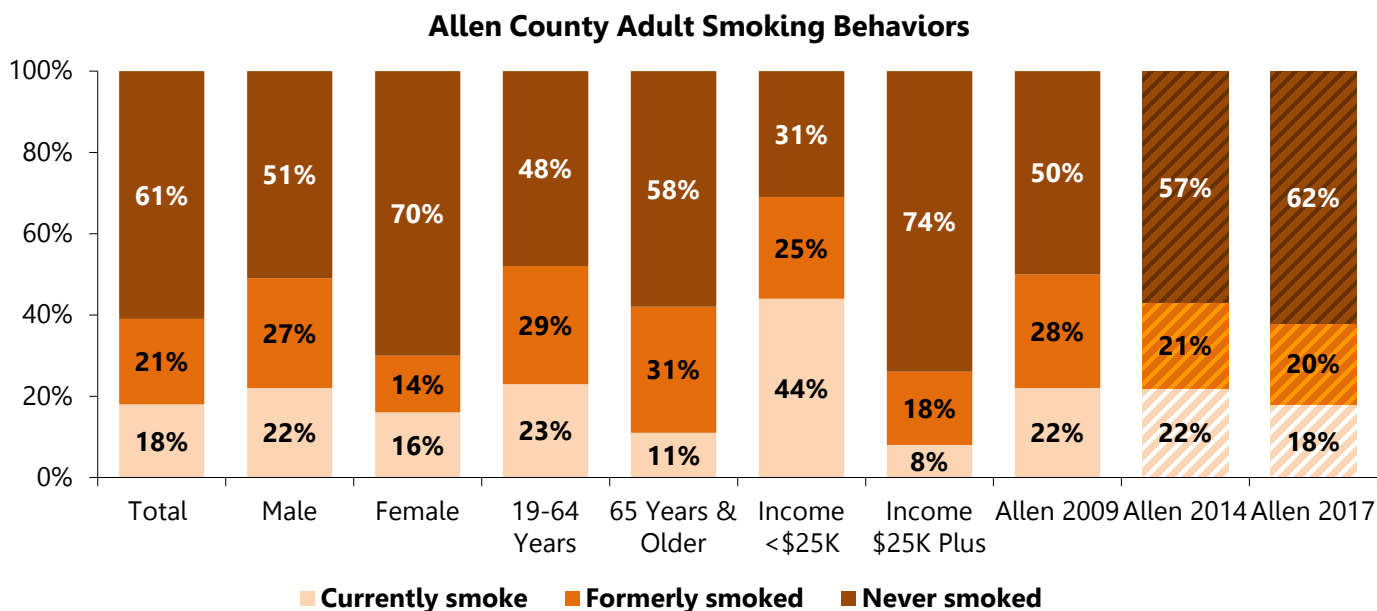
Seventy-three percent (73%) of Allen County adults were overweight or obese as measured by Body Mass Index (BMI). More than half (51%) of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.



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

ADULT TOBACCO USE

In 2021, 21% of Allen County adults formerly smoked cigarettes and 18% of adults currently smoke cigarettes. Seventy percent (70%) of Allen County adults would support an ordinance to ban smoking while driving a vehicle with a minor present.

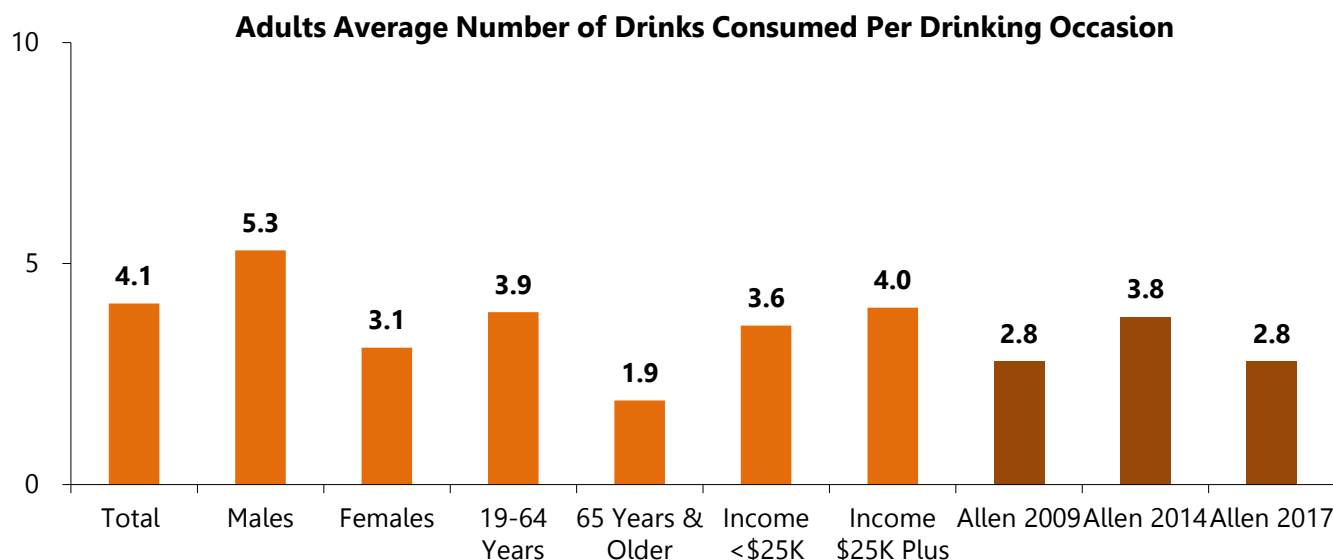


Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life?
If yes, do you now smoke cigarettes every day, some days or not at all?"

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

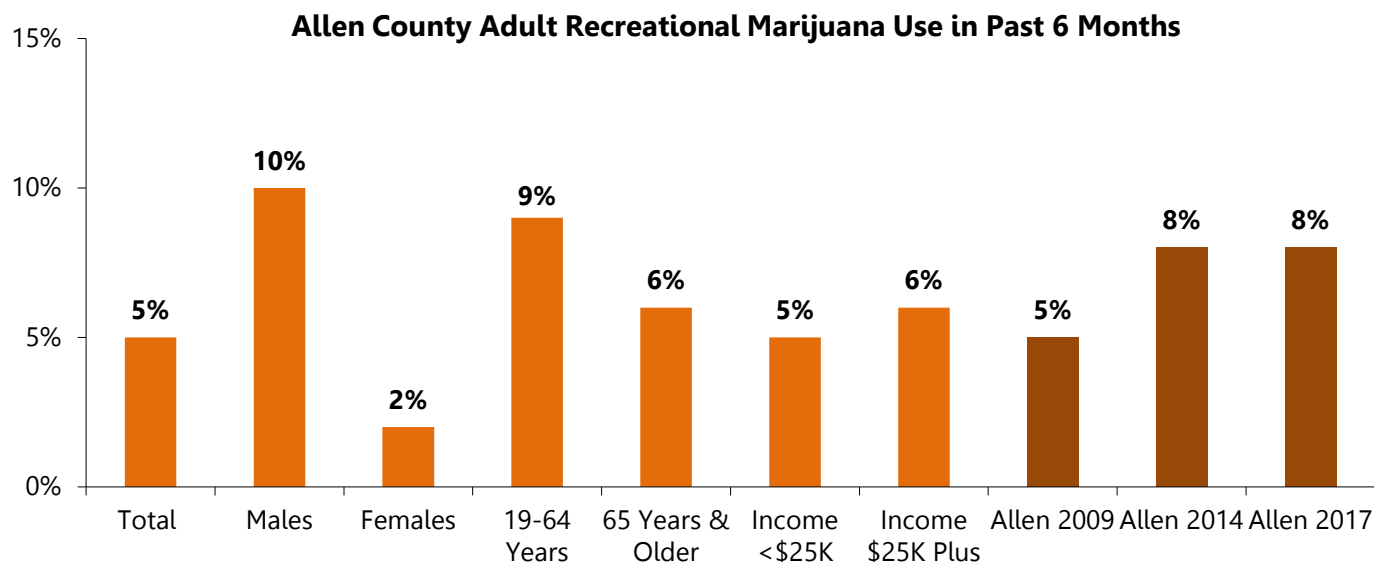
ADULT ALCOHOL CONSUMPTION

Seventeen percent (17%) of Allen County adults reported binge drinking in the past month (five or more alcoholic drinks [for males] or 4 or more drinks [for females] on an occasion in the last month). In the past month, 16% of adults reported driving after having any alcohol beverages, increasing to 27% of males.



ADULT DRUG USE

Five percent (5%) of Allen County adults had used marijuana during the past 6 months. Five percent (5%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT SEXUAL BEHAVIOR

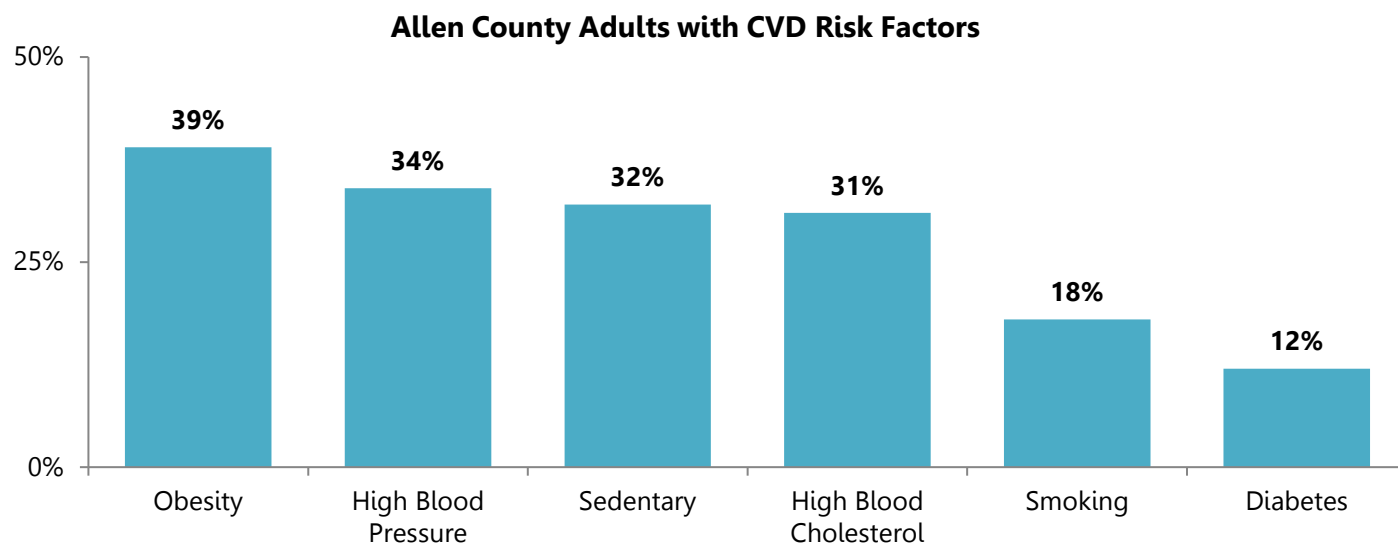
Thirty percent (30%) of Allen County adults had sexual intercourse without a condom in the past year. Twenty-four percent (24%) of adults had been tested for HIV. In 2021, 77% of Allen County adults had sexual intercourse.

ADULT MENTAL HEALTH

In 2021, 1% of Allen County adults considered attempting suicide. Six percent (6%) of Allen County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.

CARDIOVASCULAR HEALTH

Seven percent (7%) of adults had survived a heart attack at some time in their life. Nearly two-fifths (39%) of adults were obese, 34% had high blood pressure 31% had high blood cholesterol, and 18% were smokers, four known risk factors for heart disease and stroke.



CANCER

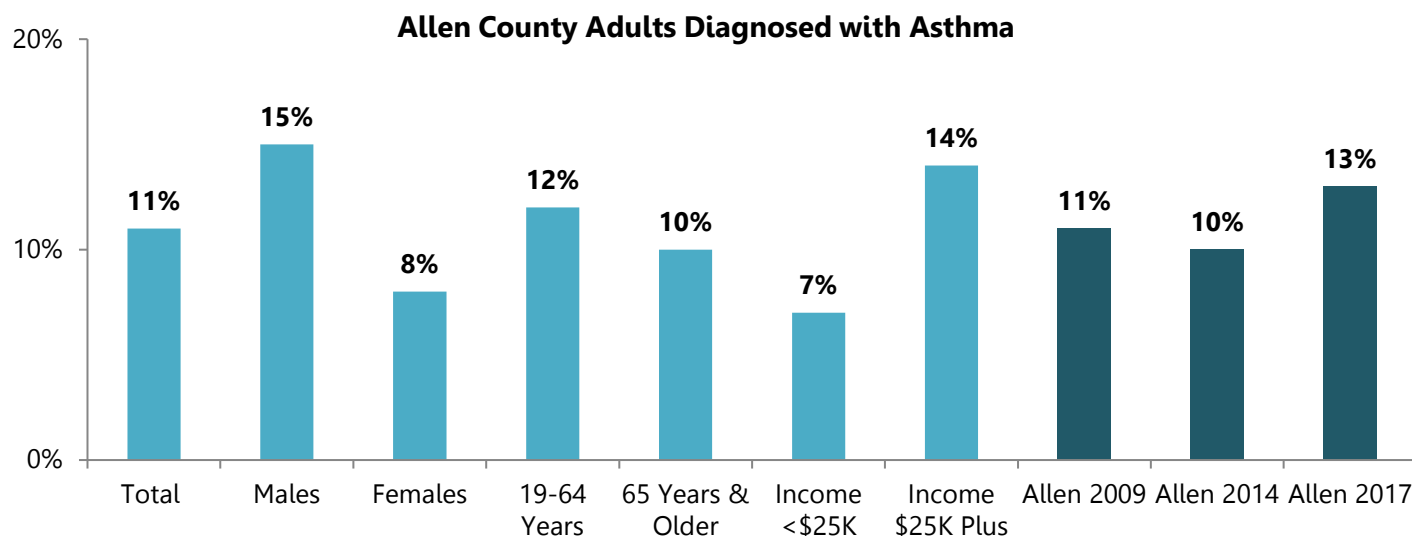
In 2021, 9% of Allen County adults had been diagnosed with cancer at some time in their life. The Ohio Department of Health indicates that from 2017 to 2019, a total of 708 Allen County residents died from cancer, the second leading cause of death in the county (Source: ODH Public Health Information Data Warehouse).

ARTHRITIS

More than one-third (37%) of Allen County adults were told by a doctor, nurse, or other health professional that they had arthritis.

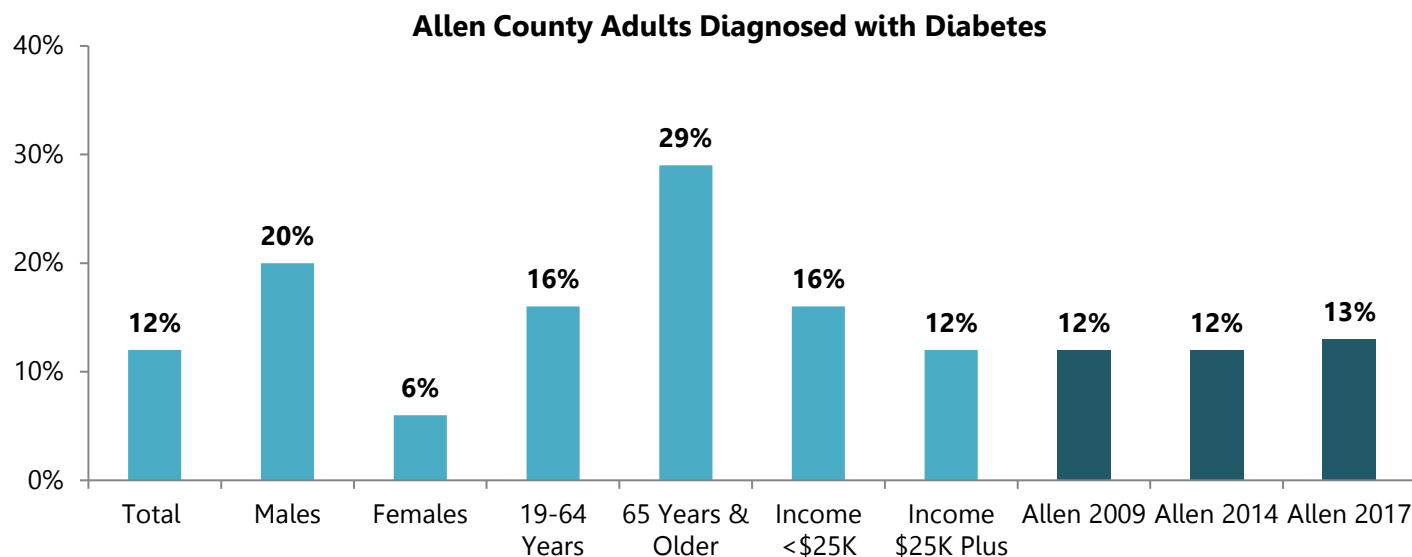
ASTHMA

Eleven percent (11%) of adults were told by a doctor, nurse, or other health professional that they had asthma.



DIABETES

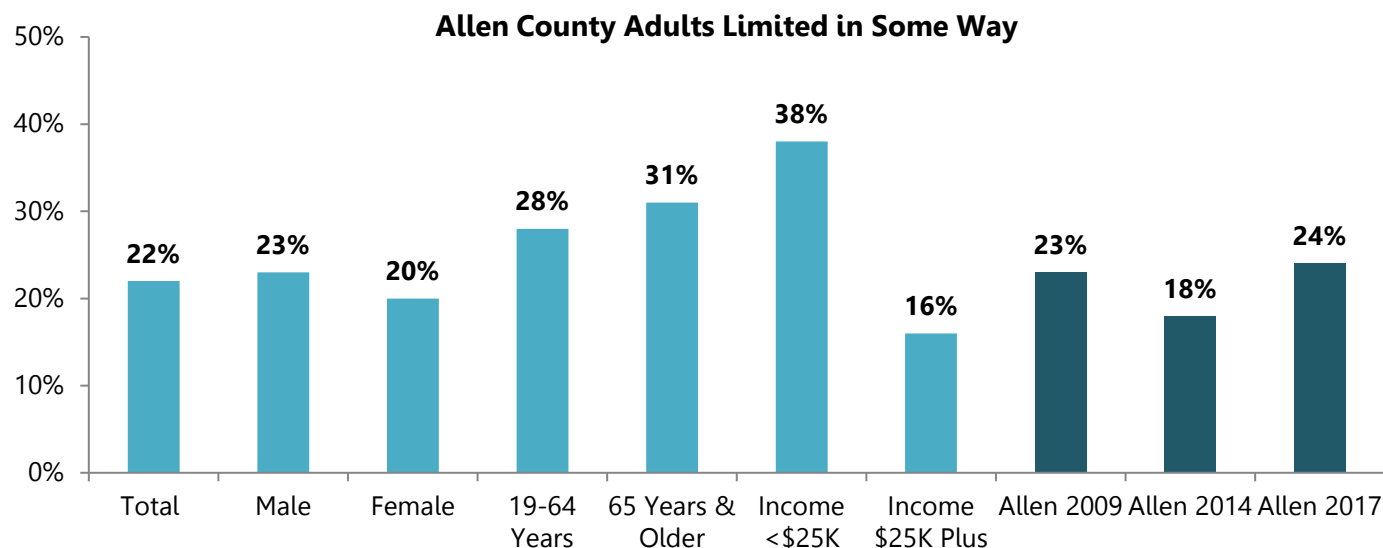
In 2021, 12% of Allen County adults were told by a doctor, nurse, or other health professional that they had diabetes. More than two-fifths (44%) of adults with diabetes rated their health as fair or poor.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

QUALITY OF LIFE

In 2021, 22% of Allen County adults were limited in some way because of a physical, mental, or emotional problem.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

SOCIAL DETERMINANTS OF HEALTH

In 2021, 10% of Allen County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Sixteen percent (16%) of adults experienced 4 or more adverse childhood experiences (ACEs) in their lifetime. In the past year, 10% of Allen County adults had to choose between paying bills and buying food. Thirteen percent (13%) of adults indicate that the COVID-19 pandemic impacted their mental health.

ENVIRONMENTAL HEALTH

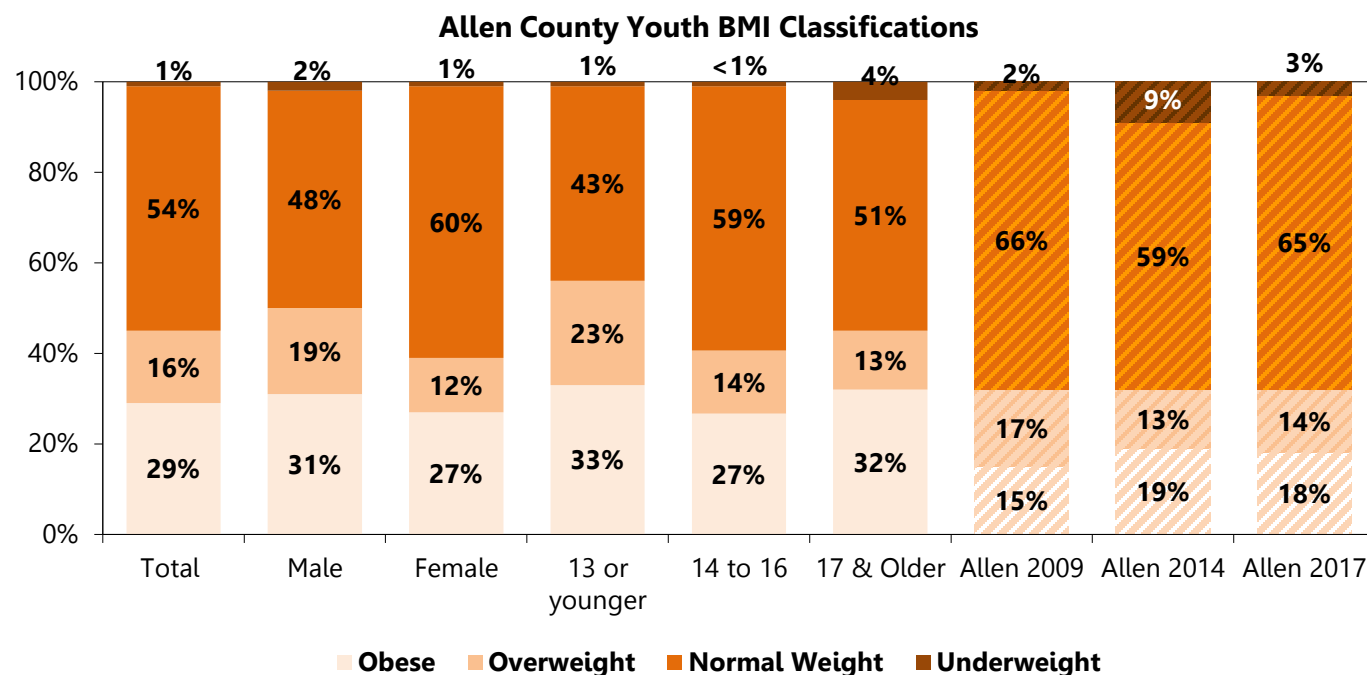
Allen County adults reported the following top three environmental issues that threatened their health in the past year: mold (11%), insects (9%), and moisture issues (7%).

PARENTING

Ten percent (10%) of Allen County mothers who had a child in the past five years never breastfed their child. More than half (58%) of parents put their infant to sleep on their back. Forty-three percent (43%) of parents discussed dating and relationships with their 10-to-17-year-old child.

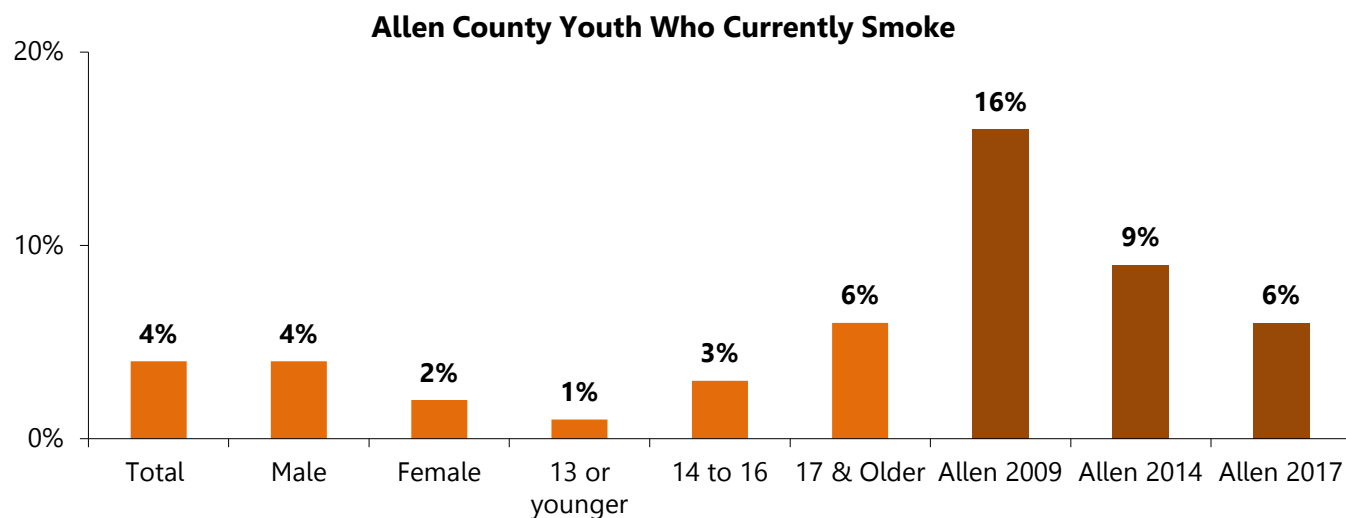
YOUTH WEIGHT STATUS

Twenty-nine percent (29%) of Allen County youth were obese, as measured by Body Mass Index (BMI) by age. Sixty-three percent (63%) of youth exercised for 60 minutes on 3 or more days per week.



YOUTH TOBACCO USE

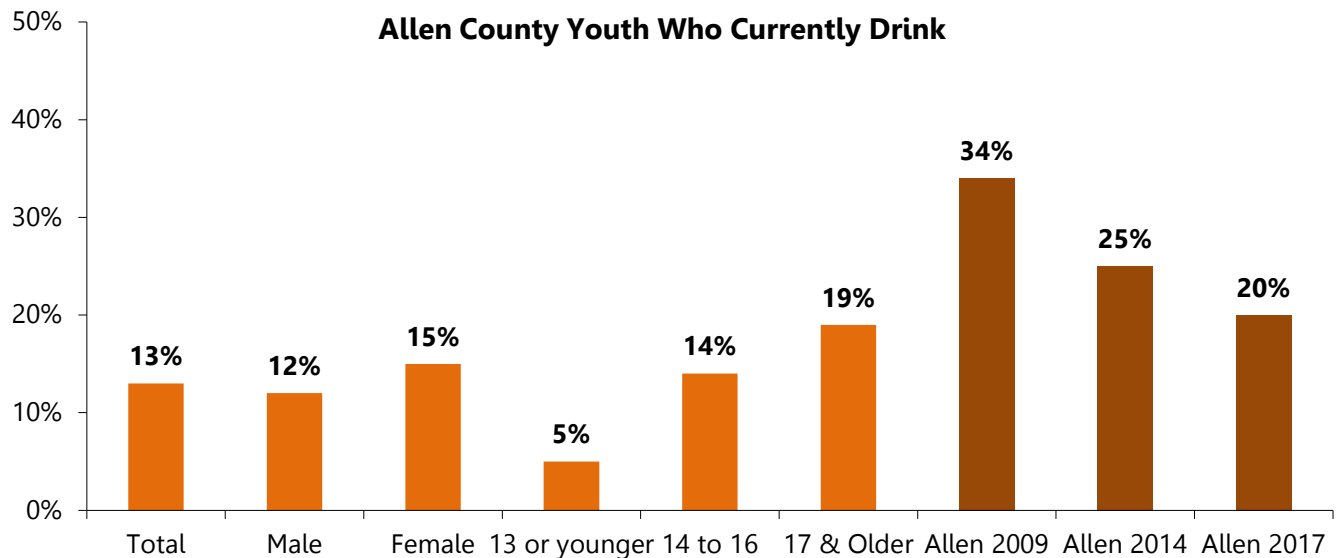
Four percent (4%) of Allen County youth currently smoke, increasing to 6% of those ages 17 and older. More than one-fourth (26%) of youth had used an electronic vapor product in their life.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

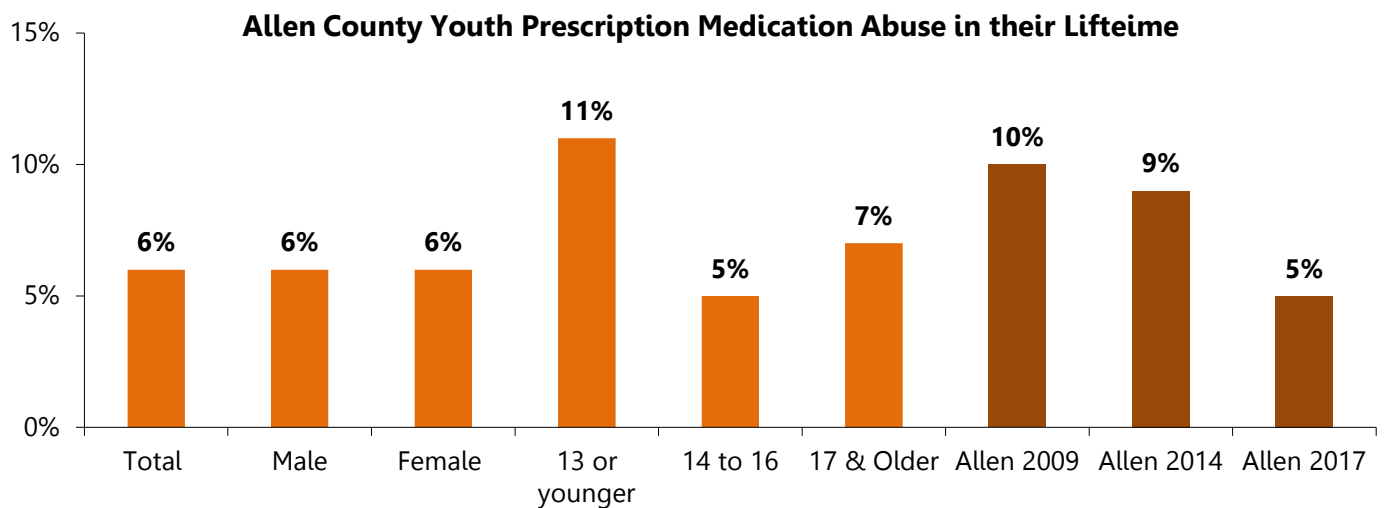
YOUTH ALCOHOL CONSUMPTION

Thirteen percent (13%) of youth had at least one drink of alcohol in the past 30 days. During the past 30 days, 11% of Allen County youth had ridden in a car driven by someone who had been drinking alcohol.



YOUTH DRUG USE

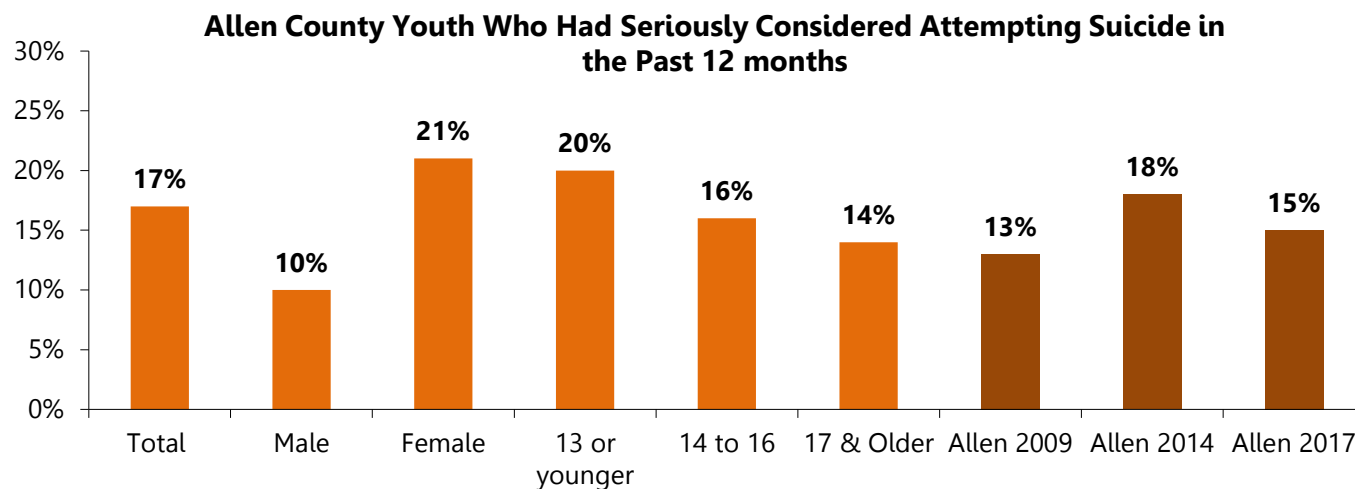
Thirteen percent (13%) of Allen County youth had used marijuana at least once in the past 30 days, increasing to 19% of those ages 17 and older. One percent (1%) of youth used prescription drugs not prescribed for them in the past month.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

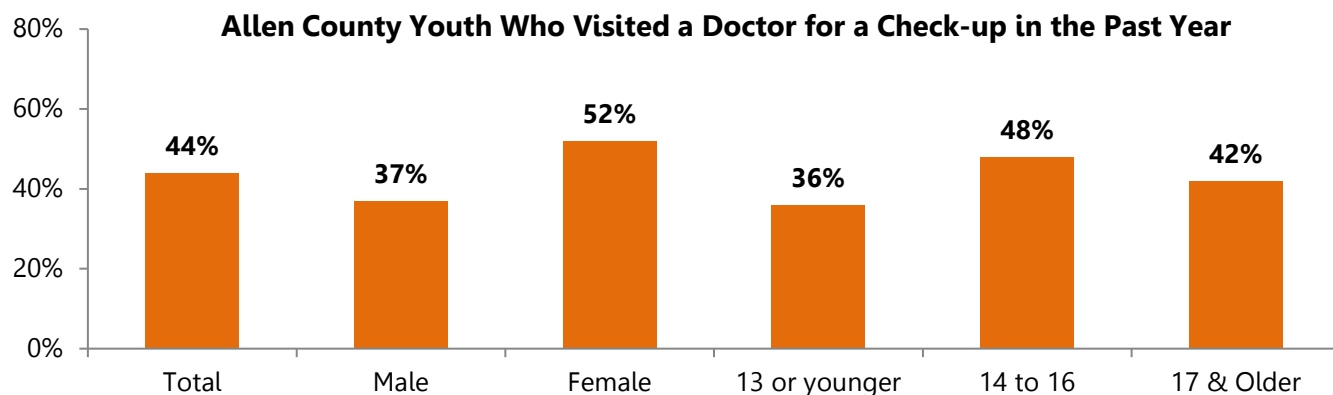
YOUTH MENTAL HEALTH

Seventeen percent (17%) of youth had seriously considered attempting suicide in the past year, and 8% attempted suicide in the past 12 months. Among youth in Allen County, 41% had ever visited a doctor, nurse, therapist, social worker, or counselor for a mental health problem.



YOUTH SOCIAL DETERMINANTS OF HEALTH

Nearly one-quarter (23%) of youth had three or more adverse childhood experiences (ACEs). Twenty-nine percent (29%) of Allen County youth drivers had texted or emailed while driving in the past 30 days.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.












YOUTH VIOLENCE

In the past year, 17% of youth had been involved in a physical fight, increasing to 21% of males. Thirty-four percent (34%) of youth had been bullied in the past year.

YOUTH PERCEPTIONS

In 2021, 43% of Allen County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. More than one-quarter (28%) of youth thought that there was no risk in harming themselves physically or in other ways if they smoke marijuana once or twice a week. Sixty percent (60%) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

ADULT TREND SUMMARY


Adult Variables	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Health Status						
Rated health as excellent or very good	51%	45%	57%	52%	55%	57%
Rated general 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
Health Care Coverage, Access, and Utilization						
Uninsured 	14%	11%	5%	4%	9%	11%
Visited a doctor for a routine checkup in the past year 	62%	62%	63%	71%	77%	76%
Arthritis, Asthma, & Diabetes						
Has been diagnosed with diabetes 	12%	12%	13%	12%	12%	11%
Has been diagnosed with arthritis	29%	27%	33%	37%	31% [†]	25% [†]
Has been diagnosed with asthma	11%	10%	13%	11%	14%	14%
Cardiovascular Health						
Had a heart attack 	7%	4%	5%	7%	5%	4%
Has been diagnosed with high blood pressure 	41%	33%	34%	34%	35% ^{††}	33% [†]
Has been diagnosed with high blood cholesterol	34%	32%	34%	31%	33% ^{††}	33% ^{††}
Had blood cholesterol checked within the past 5 years	N/A	71%	77%	81%	85% ^{††}	87% ^{††}
Weight Status						
Overweight (BMI of 25.0 – 29.9)	36%	34%	35%	34%	34%	35%
Obese (includes severely and morbidly obese, BMI of 30.0 and above) 	22%	31%	35%	39%	36%	32%
Alcohol Consumption						
Currently drink (had at least one drink of alcohol within the past month)	56%	47%	54%	56%	51%	53%
Currently binge drink (males having five or more drinks on one occasion, females having four or more drinks on one occasion) 	20%	18%	27%	17%	16%	16%
Tobacco Use						
Currently smoke (smoked on some or all days) 	22%	22%	18%	18%	19%	16%
Formerly smoked (smoked 100 cigarettes in lifetime and now do not smoke)	28%	21%	20%	21%	24%	25%
Tried to quit smoking in the past year (of those who currently smoke)	54%	52%	62%	69%	N/A	N/A

* 2018 BRFSS Data compiled by 2021 County Health Rankings

† 2019 BRFSS WEAT

†† 2019 BRFSS Data

N/A- Not available

 Indicates alignment with the Ohio State Health Assessment

Adult Variables	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Drug Use						
Adults who used marijuana in the past 6 months	5%	8%	8%	5%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	5%	1%	2%	5%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	2%	10%	8%	5%	N/A	N/A
Sexual Behavior						
Had more than one sexual partner in past year	5%	6%	7%	6%	N/A	N/A
Preventive Medicine						
Had a pneumonia vaccine (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 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%¥
Had a PSA test within the past two years (men 40 years and older)	N/A	N/A	47%	46%	32%	32%
Had a sigmoidoscopy/colonoscopy in the past 5 years (50 years and older) *	54%	53%	59%	57%	65%§	66%§
Quality of Life						
Limited in some way because of physical, mental or emotional problem	23%	18%	24%	22%	N/A	N/A
Mental Health						
Considered attempting suicide in the past year	5%	4%	3%	1%	N/A	N/A
Oral Health						
Adults who visited the dentist in the past year	60%	63%	62%	60%	65%	67%



N/A - Not available

§ 2018 BRFSS Data

*Note: two separate BRFSS indicators were combined (sigmoidoscopy & colonoscopy)


¥ Ohio and U.S. BRFSS reports women ages 21-65

YOUTH TREND SUMMARY

Youth Variables	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th - 12 th)	Allen County 2021 OHYES (9 th - 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Weight Control							
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%
Did not eat breakfast (during the past week)	N/A	N/A	N/A	25%	26%	20%	17%
Drank soda or pop (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%
Unintentional Injuries and Violence							
Were in a physical fight (in the past 12 months)	N/A	N/A	N/A	17%	13%	19%	22%
Did not go to school because they felt unsafe (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%
Experienced physical dating violence (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%
Electronically bullied (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%
Mental Health							
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%
Attempted suicide (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

 Indicates alignment with the Ohio State Health Assessment

Youth Variables	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Social Determinants of Health							
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
Did not get 8 or more hours of sleep (on an average school night)	N/A	N/A	N/A	72%	74%	81%	78%
Alcohol Consumption							
Ever drank alcohol (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%
Tobacco Use							
Currently smoke (smoked on at least 1 day during the past 30 days) 	16%	9%	6%	4%	4%	5%	6%
Ever used an electronic vapor product (including e-cigarettes, 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%
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

 Indicates alignment with the Ohio State Health Assessment

Youth Variables	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Drug Use							
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%
Ever used methamphetamines (in their lifetime)	2%	<1%	1%	0%	0%	N/A	2%
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	2%	3%	1%	1%	0%	4%	4%
Ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)	1%	<1%	<1%	0%	0%	2%	2%
Ever used inhalants (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%
Ever used ecstasy (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

*YRBS is for youth who were ever offered, sold, or given an illegal drug on school property

Health Care Access: Health Care Coverage

Key Findings

In 2021, 4% of Allen County adults were without health care coverage. Those most likely to be uninsured were adults ages 19 to 64 (7%). The top three reasons for being without health coverage included: they became a part-time or temporary employee (27%), they lost their job or changed employers (25%), and cost (14%).

General Health Coverage

- In 2021, 96% of Allen County adults had health care coverage, leaving 4% who were uninsured.
- Six percent (6%) of adults with children did not have health care coverage, compared to 2% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (30%), Medicaid or medical assistance (18%), Medicare (16%), someone else's employer (16%), self-paid plan (6%), multiple-including private sources (3%), multiple-including government sources (2%), military or VA (2%), and Health Insurance Marketplace (2%).

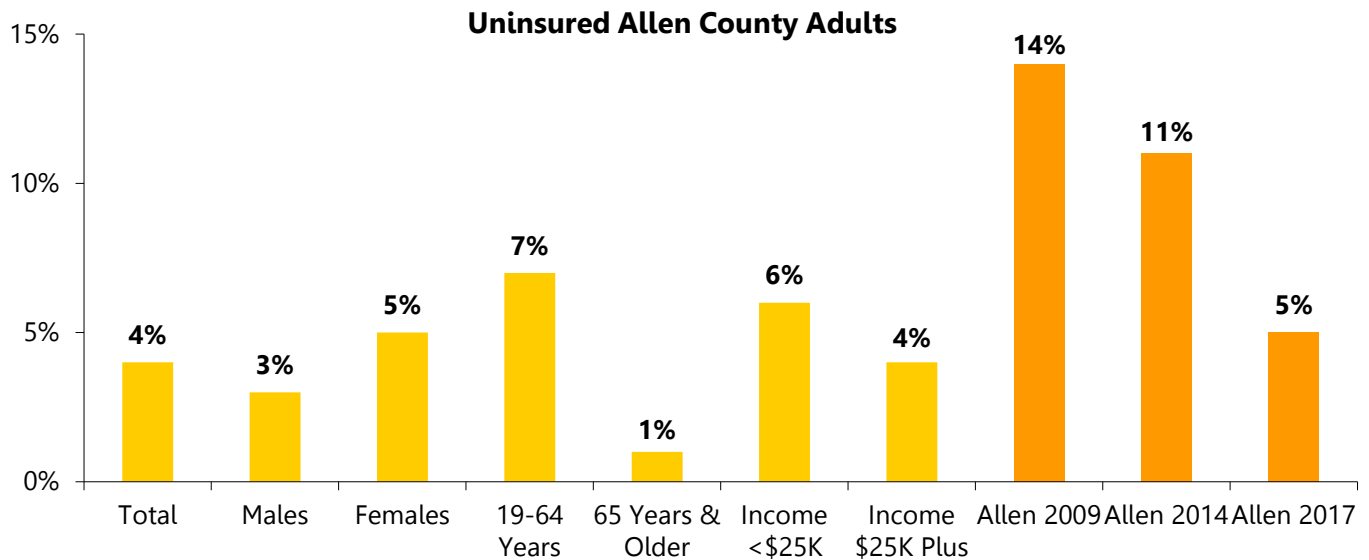
In the past year, 4% of adults, or approximately 3,088 adults, were uninsured.

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

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

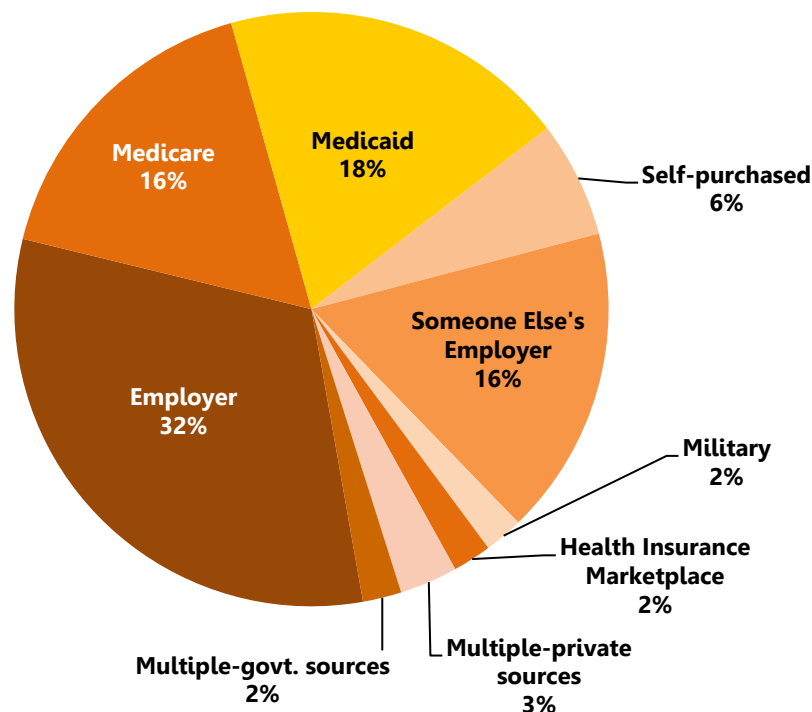
Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Uninsured	14%	11%	5%	4%	9%	11%

The following graph shows the percentages of Allen County adults who were uninsured. Examples of how to interpret the information in the graph include: 4% of all Allen County adults were uninsured; 6% of adults with incomes less than \$25,000 reported being uninsured, and 7% of those ages 19 to 64. The pie chart shows sources of Allen County adults' health care coverage.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Source of Health Coverage for Allen County Adults



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

Health Coverage Includes:	Yes	No	Don't Know
Medical	94%	1%	5%
Prescription coverage	92%	4%	4%
Preventive health	91%	2%	7%
Immunizations	87%	4%	9%
Vision	74%	17%	9%
Dental	69%	22%	9%
Outpatient therapy	66%	3%	31%
Mental health	64%	4%	32%
Durable medical equipment	49%	5%	46%
Alcohol and drug treatment	32%	13%	55%
Home care	31%	10%	59%
Skilled nursing/assisted living	29%	9%	62%
Hospice	27%	9%	64%
Tobacco cessation	27%	9%	64%
Transportation	22%	8%	70%
Air ambulance	15%	12%	73%

Healthy People 2030 Access to Health Services (AHS)

Objective	Allen County 2021	Ohio 2020	U.S. 2020	Healthy People 2030 Target
AHS-01: Increase the proportion of persons with medical insurance	100% age 20-24 100% age 25-34 86% age 35-44 86% age 45-54 90% age 55-64	86% age 18-24 85% age 25-34 89% age 35-44 90% age 45-54 92% age 55-64	82% age 18-24 80% age 25-34 84% age 35-44 86% age 45-54 91% age 55-64	92%

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

(Sources: Healthy People 2030 Objectives, 2020 BRFSS, 2021 Allen County Health Assessment)

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Health Care Access: Access and Utilization

Key Findings

Eighty-eight percent (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, increasing to 97% of those 65 years and older. More than one-fourth (27%) of adults went outside of Allen County for health care services in the past year.

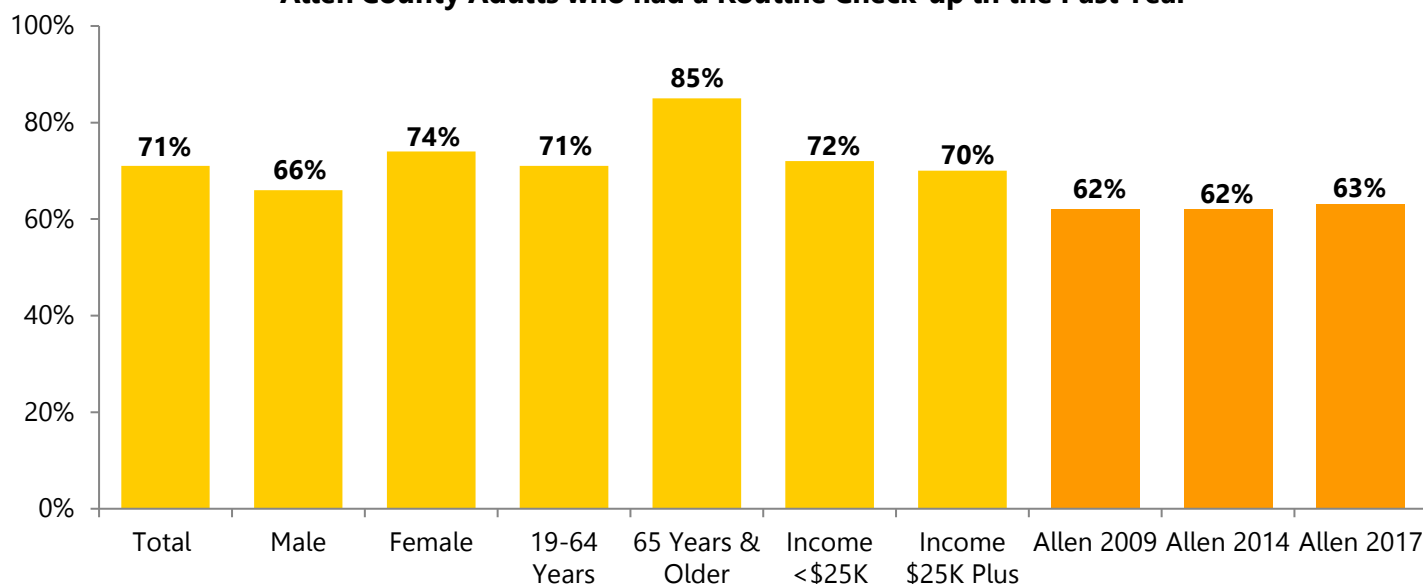
During the past year, 71% of adults, or approximately 54,814 adults, visited a doctor for a routine checkup in the past year.

Health Care Access and Utilization

- Seventy-one percent (71%) of Allen County adults visited a doctor for a routine checkup in the past year, increasing to 85% of those 65 years and older.

The following graph shows the percentage of Allen County adults who had a routine check-up in the past year. Examples of how to interpret the information on the first graph include: 71% of all Allen County adults had a routine check-up in the past year, including 74% of all Allen County females and 85% of those 65 years and older.

Allen County Adults who had a Routine Check-up in the Past Year



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Visited a doctor for a routine checkup in the past year	62%	62%	63%	71%	77%	76%

- Adults visited the following places for health care services or advice:
 - Doctor/health care provider's office (79%)
 - Urgent care center (27%)
 - Family and friends (19%)
 - Internet (15%)
 - Chiropractor (14%)
 - Hospital emergency room (13%)
 - In-store health clinic (10%)
 - Health Partners of Western Ohio (9%)
 - Alternative therapies (3%)
 - VA (3%)
 - Telemedicine (3%)
 - Community Health Services (2%)
 - Call 9-1-1/use ambulance service (1%)
 - Some other kind of place (5%)
 - Two percent (2%) of adults indicated they had no usual place for health care services.

The table below indicates telemedicine services adults accessed, would use again, and did not use but would be interested in.

Telemedicine Services	Accessed	Accessed and would use them again	Did not use but would be interested
Medical care	23%	12%	11%
Health care provider ordered a prescription for them via phone call or online	24%	17%	10%
Health care provider diagnosed them via phone call or online	13%	13%	10%
Mental or emotional care	4%	6%	8%
Other types of care	8%	3%	13%

- Eighty-eight percent (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, increasing to 97% of those 65 years and older.
- Adults without a usual source of medical care reported the following reasons: had not needed a doctor (42%), had two or more usual places (21%), could not afford (8%), no insurance (6%), do not like/trust/ believe in doctors (6%), previous doctor unavailable/moved (1%), not accepting new patients (1%), outstanding bill (1%), and other reasons (4%).
- The following prevented Allen County adults from getting medical care in the past year:
 - No need to go (64%)
 - Cost/no insurance (16%)
 - COVID-19 (10%)
 - Some other reason (9%)
 - Do not trust or believe doctors (5%)
 - Too embarrassed to seek help (1%)
 - Could access medical record online (1%)
 - Distance (1%)
 - Too long of a wait for an appointment (1%)

- Twenty-seven percent (27%) of adults went outside of Allen County for the following health care services in the past year. Adults who went out 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%)
 - Addiction services (4%)
 - Female health services (4%)
 - Obstetrics/ gynecology (3%)
 - Pediatric therapies (1%)
 - Hospice/palliative care (1%)
 - Podiatry care (1%)
 - Bariatric care (1%)
 - Other services (29%)
- More than one-fourth (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%), and they were taking too many medications (2%).

Health Care Access: Preventive Medicine

Key Findings

Nearly one quarter (23%) of adults 65 years and older had a pneumonia vaccination at some time in their life. More than half (54%) of Allen County adults had a flu vaccine during the past 12 months. More than three-quarters (77%) of Allen County adults 65 years and older had a flu vaccine in the past 12 months.

Preventive Health Screenings and Exams

- Seven percent (7%) of Allen County adults had a colonoscopy or sigmoidoscopy in the past year. Fifty-seven percent (57%) of adults 50 years and older had a colonoscopy or sigmoidoscopy in the past 5 years.
- Allen County adults have 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%)
- In the past year, 55% of Allen County women 40 years and older have had a mammogram.
- In the past year, 46% of men 50 years and older have had a PSA test.
- See the Women's and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Allen County adults.

Allen County Adult Health Screening Results

General Screening Results	Total
Diagnosed with arthritis	37%
Diagnosed with high blood pressure	34%
Diagnosed with high blood cholesterol	31%
Diagnosed with depression or anxiety	23%
Diagnosed with diabetes	12%
Diagnosed with asthma	11%
Diagnosed with cancer	9%
Diagnosed with serious mental illness	8%
Survived a heart attack	7%
Diagnosed with osteoporosis	7%
Diagnosed with chronic lung disease	6%
Diagnosed with congestive heart disease	3%
Diagnosed with sexually transmitted disease	3%

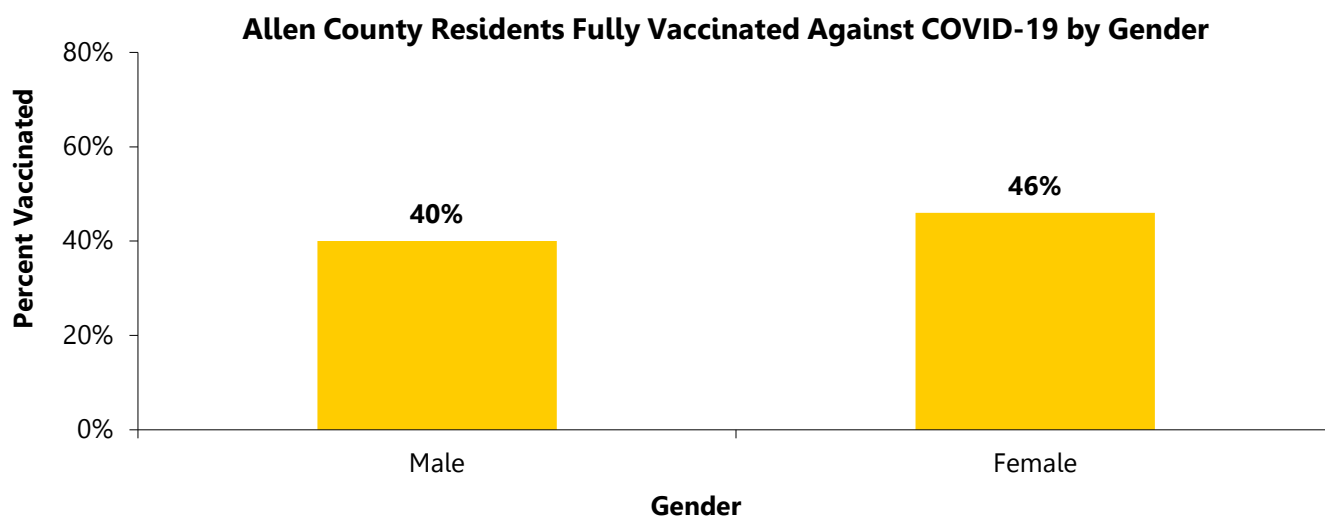
Note: Percentages based on all Allen County adults surveyed

Preventive Medicine

- More than half (54%) of Allen County adults had a flu vaccine during the past 12 months. More than three-quarters (77%) of Allen County adults 65 years and older had a flu vaccine in the past 12 months.
- Twenty-eight percent (28%) of adults have had a pneumonia shot in their life, increasing to 72% of those 65 years and older.
- Allen County adults have 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%)
 - Zoster (shingles) vaccine in their lifetime (24%)
 - Meningococcal vaccine in their lifetime (22%)
 - Human papillomavirus (HPV) vaccine in their lifetime (18%)

According to the Ohio COVID-19 Vaccination Dashboard, 43% of Allen County residents were fully vaccinated (as of 3/24/22). The below graph shows a breakdown of those who were fully vaccinated by gender. "Fully vaccinated" indicates that all recommended COVID-19 vaccine doses have been reported from an individual, and the person is considered fully immunized. Vaccine status accounts for the total number of doses needed to be fully immunized only, which is completion of the original vaccine series; other specific requirements (dose spacing, age restrictions) vary depending on COVID-19 vaccine product and the latest administration guidance.

- Allen County females had a higher percentage of those who were fully vaccinated, in comparison to the male population.

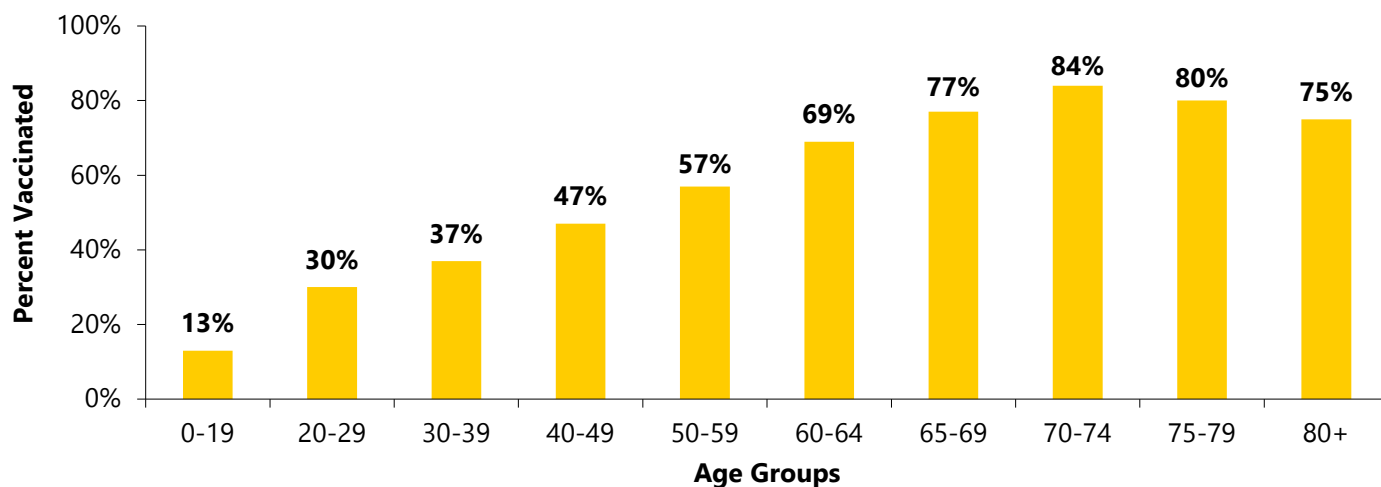


(Source: Ohio Department of Health, COVID-19 Vaccination Dashboard, Last Updated 3/24/22)

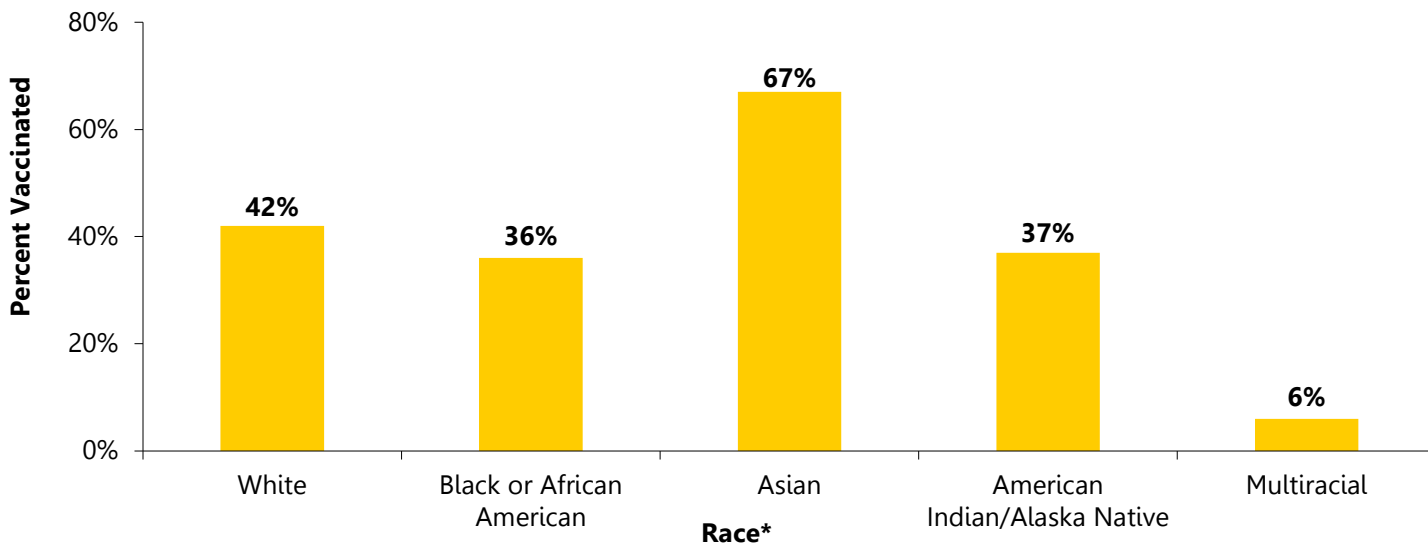
According to the Ohio COVID-19 Vaccination Dashboard, 43% of Allen County residents were fully vaccinated (as of March 13, 2022). The below graphs show a breakdown of those who were fully vaccinated by age and race.

- Allen County residents 70-74 years old had the highest percentage of those fully vaccinated.
- Asian Allen County residents had the highest percentage of those fully vaccinated.

Allen County Residents Fully Vaccinated Against COVID-19 by Age



Allen County Residents Fully Vaccinated Against COVID-19 by Race



(Source for graphs: Ohio Department of Health, COVID-19 Vaccination Dashboard, Last Updated 3/24/22)

*The "Native Hawaiian/Pacific Islander" race is excluded as it represents <1% of Allen County's population according to the Census.

Healthy People 2030
Immunization and Infectious Diseases (IID)

Objective	Allen County 2021	Healthy People 2030 Target
IID-09: Increase the proportion of persons who are vaccinated annually against seasonal influenza	54%	70%

(Sources: Healthy People 2030 Objectives and 2021 Allen County Health Assessment)

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%*

* 2018 BRFSS Data

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

Health Care Access: Women's Health

Key Findings

In 2021, 55% of Allen County women 40 and above reported having a mammogram in the past year. Fifty-one percent (51%) of females ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. Three percent (3%) of women survived a heart attack at some time in their life. Nearly two-fifths (38%) were obese, 28% had high blood pressure, 28% had high blood cholesterol, and 16% currently smoke, all known risk factors for cardiovascular diseases.

Women's Health Screenings

- Sixty-three percent (63%) of women had a mammogram at some time, and 33% had this screening in the past year.
- More than half (55%) of women 40 years and older had a mammogram in the past year, and 72% had one in the past two years.
- Ninety-one percent (91%) of Allen County women had a clinical breast exam at some time in their life, and 51% had one within the past year. Nearly three-fourths (73%) of women 40 years and older had a clinical breast exam in the past two years.
- Ninety-seven percent (97%) of Allen County women have ever had a Pap smear and 45% reported having had the exam in the past year. Seventy-one percent (71%) of women had a Pap smear in the past three years.

The following graph shows the percentage of Allen County females that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 33% of Allen County females had a mammogram within the past year; 51% had a clinical breast exam, and 45% had a Pap smear.

Allen County Female Leading Causes of Death, 2017 – 2019

Total Female Deaths: 1,704

1. Heart Disease (24% of all deaths)
2. Cancers (18%)
3. Chronic Lower Respiratory Diseases (7%)
4. Alzheimer's (6%)
5. Stroke (6%)

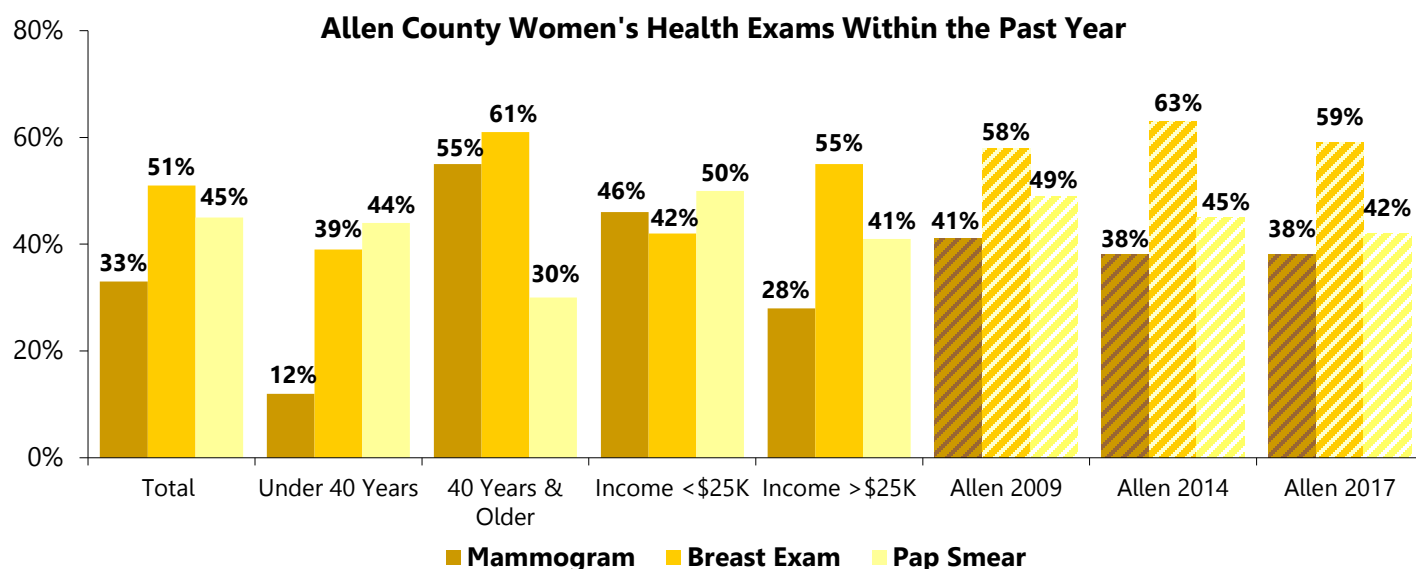
(Source: ODH Public Health Information Warehouse, 2017-2019)

Ohio Female Leading Causes of Death, 2017 – 2019

Total Female Deaths: 183,975

1. Heart Diseases (22% of all deaths)
2. Cancers (20%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's disease (6%)

(Source: ODH Public Health Information Warehouse, 2017-2019)



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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%‡

N/A – Not available

‡ Ohio and U.S. BRFSS reports women ages 21-65

Pregnancy

- Nearly one-fourth (24%) of Allen County women had been pregnant in the past five years.
- During their last pregnancy within the past five years, Allen County women experienced the following: 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%), and received opiate replacement therapy (3%).

Women's Health Concerns

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County, the 2021 health assessment has identified that:
 - 71% of women were overweight or obese (65% Ohio, 62%* U.S., 2020 BRFSS).
 - 28% were diagnosed with high blood pressure (32% Ohio, 31% U.S., 2019 BRFSS).
 - 28% were diagnosed with high blood cholesterol (32% Ohio, 32% U.S., 2019 BRFSS).
 - 16% of all women were current smokers (19% Ohio, 14%* U.S., 2020 BRFSS).
 - 6% had been diagnosed with diabetes (13% Ohio, 11%* U.S., 2020 BRFSS).
- From 2017 to 2019, major cardiovascular diseases (heart disease and stroke) accounted for 30% of all female deaths in Allen County (Source: ODH Public Health Information Warehouse).

*2019 BRFSS Data

Health Care Access: Men's Health

Key Findings

In 2021, 46% of Allen County males 50 years and older had a prostate-specific antigen (PSA) test. More than two-fifths (42%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity (40%), all known risk factors for cardiovascular diseases.

Men's Health Screenings

- Nearly half (49%) of Allen County males had a prostate-specific antigen (PSA) test at some time in their life, and 26% had one in the past year.
- More than three-fourths (77%) of males 50 years and older had a PSA test at some time in their life, and 46% had one in the past year.

The following graph shows the percentage of Allen County males that had a PSA test in the past year. Examples of how to interpret the information shown on the graph include: 26% of Allen County males had a PSA test within the past year, increasing to 46% of those 50 years and older.

Allen County Male Leading Causes of Death, 2017 – 2019

Total Male Deaths: 1,784

1. Heart Disease (26% of all deaths)
2. Cancers (22%)
3. Accidents, Unintentional Injury (7%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (5%)

(Source: ODH Public Health Information Warehouse, 2017-2019)

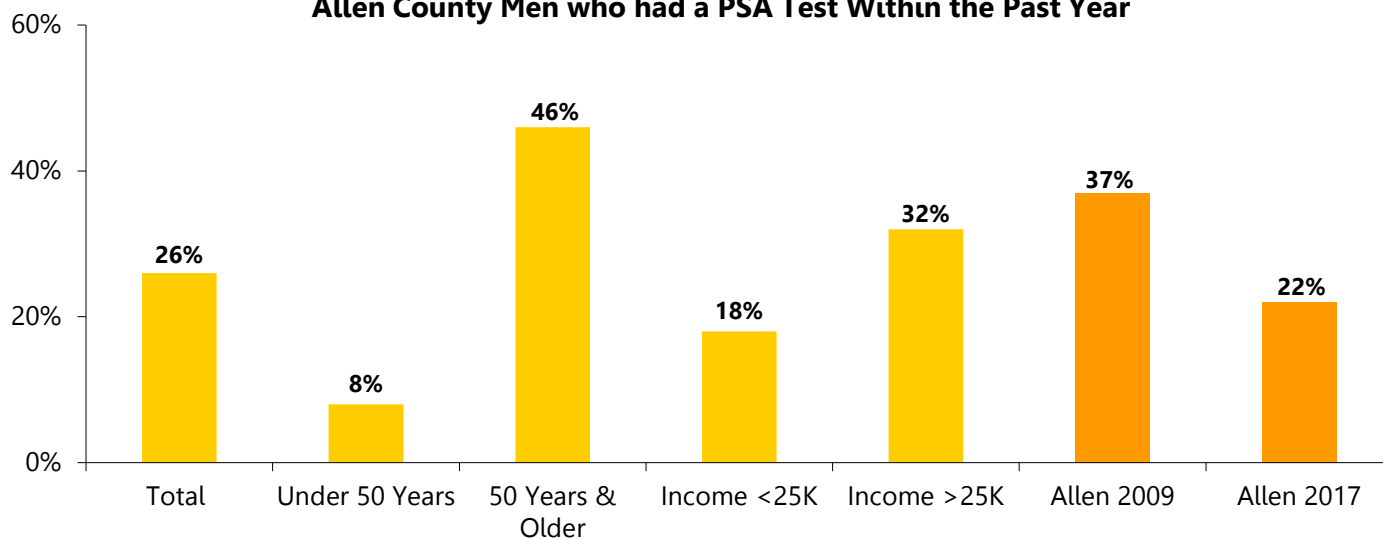
Ohio Male Leading Causes of Death, 2017 – 2019

Total Male Deaths: 187,665

1. Heart Diseases (24% of all deaths)
2. Cancers (21%)
3. Accidents, Unintentional Injuries (9%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

(Source: ODH Public Health Information Warehouse, 2017-2019)

Allen County Men who had a PSA Test Within the Past Year



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	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%

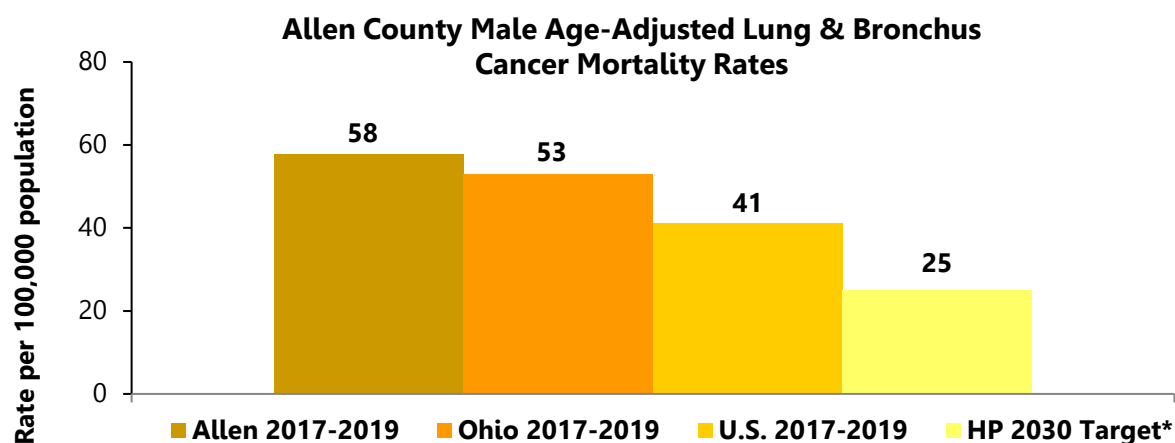
N/A- Not Available

Men's Health Concerns

- From 2017 to 2019, major cardiovascular diseases (heart disease and stroke) accounted for 31% of all male deaths in Allen County (*Source: ODH Public Health Information Warehouse*).
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County, the 2021 health assessment identified that:
 - 76% of men were overweight or obese (73% Ohio, 71%* U.S. 2020 BRFSS).
 - 42% were diagnosed with high blood pressure (38% Ohio, 35% U.S., 2019 BRFSS).
 - 34% were diagnosed with high blood cholesterol (34% Ohio, 34% U.S., 2019 BRFSS).
 - 22% of all men were current smokers (20% Ohio, 17%* U.S. 2020 BRFSS).
 - 20% had been diagnosed with diabetes (12% Ohio, 12%* U.S., 2020 BRFSS).**2019 BRFSS Data*
- From 2017 to 2019, the leading cancer deaths for Allen County males were lung/bronchus, prostate, and colon and rectum cancers. Statistics from the same period for Ohio males indicate that lung/bronchus, colon and rectum, and prostate cancers were the leading cancer deaths (*Source: ODH Public Health Information Warehouse*).

The following graph shows the Allen County age-adjusted lung cancer mortality rates per 100,000 population for men with comparison to the Healthy People 2030 objective. The graph shows:

- From 2017 to 2019, the Allen County age-adjusted mortality rate for male lung cancer was higher than the Ohio rate, U.S. rate, and the Healthy People 2030 objective.



**Note: The Healthy People 2030 target rates are not gender specific.
(Source: ODH Public Information Warehouse 2017-2019, CDC Wonder 2017-2019, and Healthy People 2030)*

Reducing Risk of Lung Cancer

You can help lower your risk of lung cancer in the following ways:

- Don't smoke:** Cigarette smoking caused about 80-90% of lung cancer deaths in the U.S. The most important thing you can do to prevent lung cancer is to not start smoking, or to quit smoking if you currently smoke.
- Avoid secondhand smoke:** Smoke from other people's cigarettes, cigars, or other tobacco products is called secondhand smoke. Make sure your home and car are smoke-free.
- Get your home tested for radon:** The U.S. Environmental Protection Agency (EPA) suggests that all homes be tested for radon.
- Be careful at work:** Health and safety guidelines in the workplace can help workers avoid carcinogens – things that can cause cancer.

(Source: CDC, Lung Cancer, Fast Stats, October 18, 2021)

Health Care Access: Oral Health

Key Findings

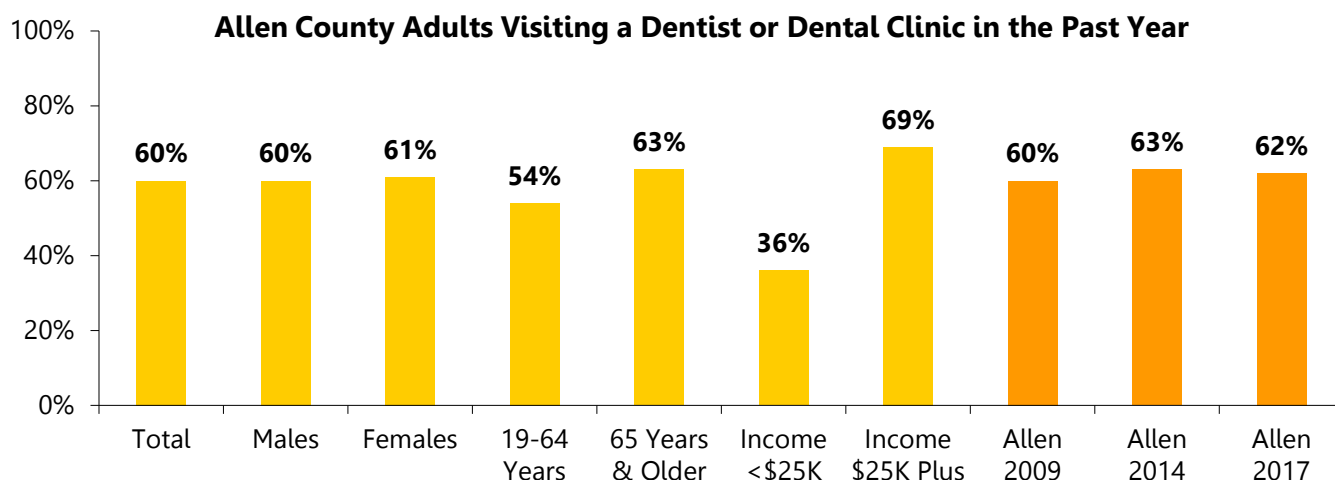
Three-fifths (60%) of Allen County adults visited a dentist or dental clinic in the past year.

During the past year, 60% of adults, or approximately 46,322 adults, visited a dentist or dental clinic.

Access to Dental Care

- In the past year, 60% of Allen County adults had visited a dentist or dental clinic, decreasing to 36% of those with incomes less than \$25,000.
- Adults reported the following reasons for not visiting a dentist in the past year:
 - 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%)
- Seven percent (7%) of adults selected multiple reasons for not visiting a dentist in the past year.

The following graph shows the percentages of Allen County adults who were uninsured. Examples of how to interpret the information in the graph include: 60% of all Allen County adults visited a dentist or a dental clinic in the past year, including 54% of those ages 19 to 64 and 36% of those with incomes less than \$25,000.



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Adults who had visited the dentist in the past year	60%	63%	62%	60%	65%	67%

Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More Years	Never
Time Since Last Visit to Dentist/Dental Clinic					
Males	60%	10%	10%	11%	0%
Females	61%	13%	15%	5%	1%
Total	60%	12%	13%	8%	1%

Oral Health Disparities

- The nation's oral health has greatly improved since the 1960s, but not all adults have equal access to these advancements. Some racial/ethnic and socioeconomic groups have worse oral health as a result of the social determinants of health (conditions in the places where people are born, live, work, and play). For example:
 - Some people cannot afford to pay out of pocket for dental care, do not have insurance or cannot get time off of work to get dental care.
 - Some people live in communities where they do not have access to fluoridated water and school sealant programs, healthy foods, and public transportation to get to appointments.
- Many groups experience oral health disparities. Below are examples of disparities among adults 65 or years and older:
 - Untreated cavities and racial or ethnic groups: More than 9 in 10 older adults have had cavities and 1 in 6 have untreated cavities. Older non-Hispanic Black or Mexican American adults have 2 to 3 times the rate of untreated cavities as older non-Hispanic White adults.
 - Untreated cavities and education: Older adults with less than a high school education have untreated cavities at nearly 3 times the rate of adults with at least some college education.
 - Complete tooth loss: Seventeen percent of older adults have lost all their teeth. Low-income older adults, those with less than a high school education, or those who are current smokers are more than 3 times as likely to have lost all of their teeth as adults with higher incomes, more than a high school education, and who have never smoked.

(Source: Centers for Disease Control and Prevention, Oral Health, National Center for Chronic Disease Prevention and Health Promotion, February 5, 2021)

Health Behaviors: Health Status Perceptions

Key Findings

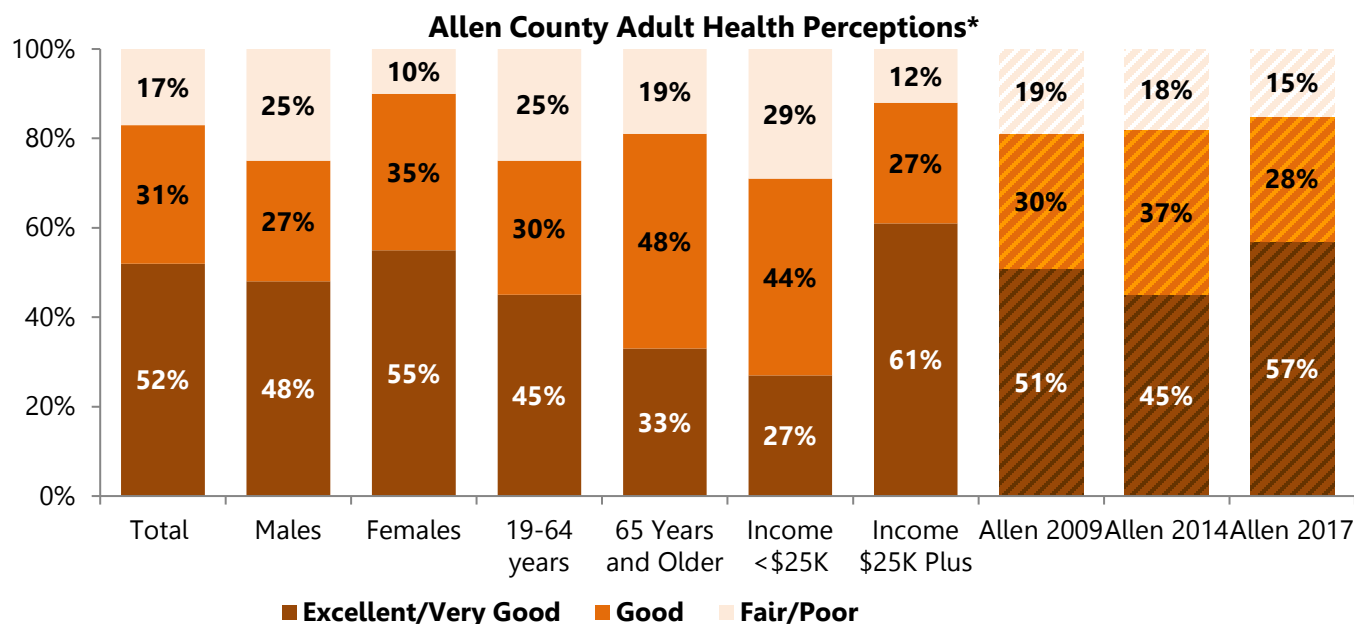
In 2021, 52% of Allen County adults rated their health status as excellent or very good. Conversely, 17% of adults described their health as fair or poor, increasing to 29% of those with incomes less than \$25,000.

In the past year, 17% of adults, or approximately 13,125 adults, rated their general health as fair or poor.

General Health Status

- In 2021, 52% of Allen County adults rated their health as excellent or very good. Allen County adults with higher incomes (61%) were most likely to rate their health as excellent or very good, compared to 27% of those with incomes less than \$25,000.
- In 2021, 17% of adults rated their health as fair or poor, increasing to 29% of those with incomes less than \$25,000.
- In the past month, 30% of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.
- Allen County adults were most likely to rate their health as fair or poor if they:
 - Had been diagnosed with diabetes (44%).
 - Had an annual household income under \$25,000 (29%).
 - Had high blood pressure (30%) or high blood cholesterol (29%).

The following graph shows the percentage of Allen County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 52% of all Allen County adults, 45% of those ages 19 to 64, and 33% of those 65 years and older rated their health as excellent or very good.



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Physical Health Status

- Nearly one-fifth (19%) of Allen County adults rated their physical health as not good on four or more days in the previous month.
- On average, Allen County adults reported their physical health was not good 4.4 days in the previous month.
- Allen County adults were most likely to rate their physical health as not good if they:
 - Were male (52%).
 - Were 65 years of age or older (52%).
 - Had an annual household income under \$25,000 (49%).

Mental Health Status

- One-third (33%) of Allen County adults rated their mental health as not good on four or more days in the previous month.
- On average, Allen County adults reported their mental health was not good 5.1 days in the previous month.
- Allen County adults were most likely to rate their mental health as not good if they:
 - Were female (56%).
 - Had an annual household income under \$25,000 (54%).

The below table shows the percentage of adults with poor physical and mental health in the past 30 days.

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	48%	20%	6%	1%	16%
Females	67%	12%	3%	0%	13%
Total	57%	16%	4%	1%	15%
Mental Health Not Good in Past 30 Days*					
Males	59%	11%	4%	3%	9%
Females	44%	8%	14%	0%	25%
Total	50%	9%	10%	1%	18%

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

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

**2018 BRFSS Data compiled by 2021 County Health Rankings*

† 2019 BRFSS

N/A – Not Available

Health Behaviors: Adult Weight Status

Key Findings

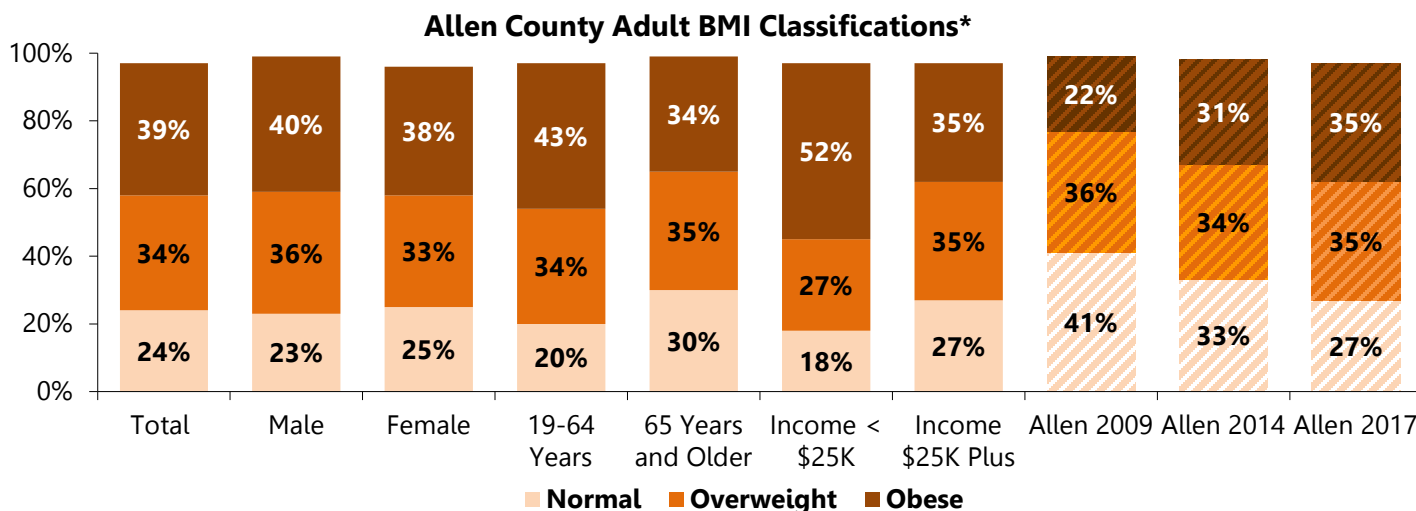
Seventy-three percent (73%) of Allen County adults were overweight or obese as measured by Body Mass Index (BMI). More than half (51%) of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.

39% of Allen County adults, or approximately 30,109 adults, were obese.

Adult Weight Status

- More than two-thirds (73%) of Allen County adults were either overweight (34%) or obese (39%), as measured by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- Two-fifths (40%) of adults were trying to lose weight, 32% were trying to maintain their current weight or keep from gaining weight, and <1% were trying to gain weight. More than one-fourth (28%) of Allen County adults were not doing anything to lose or gain weight.
- Allen County adults did the following to lose weight or keep from gaining weight: 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%); went without eating 24 or more hours (2%); took prescribed medications (2%); took diet pills, powders or liquids without a doctor's advice (1%); used a weight loss program (1%); took laxatives (1%); smoked cigarettes (<1%); and participated in a prescribed dietary or fitness program (<1%).

The following graph shows the percentage of Allen County adults who were overweight or obese, as measured by Body Mass Index (BMI). Examples of how to interpret the information include: 24% of all Allen County adults were classified as normal weight, 34% were overweight, and 39% were obese.



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

Physical Activity

- More than half (51%) of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. Twenty-two percent (22%) of adults exercised 5 or more days per week. Thirty-two percent (32%) of adults did not participate in any physical activity in the past week, and an additional 6% were unable to exercise.
- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, the CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (*Source: CDC, Physical Activity for Everyone*).
- Reasons for not exercising included the following:
 - Too tired (27%)
 - Time (21%)
 - Pain or discomfort (18%)
 - Weather (15%)
 - Do not like to exercise (15%)
 - Laziness (13%)
 - No exercise partner (7%)
 - Could not afford a gym membership (6%)
 - Did not know what activities to do (4%)
 - Lack of opportunities for those with physical impairments or challenges (3%)
 - Poorly maintained/no sidewalks (2%)
 - Doctor advised them not to exercise (2%)
 - No childcare (1%)
 - No gym available (1%)
 - Neighborhood safety (<1%)
 - No walking, biking trails or parks (<1%)
- In a typical week, 30% of adults reported they walked or used a bicycle for at least 10 minutes continuously to get to and from places such as work, school, or for shopping.
- Typically, Allen County adults spent an average of 3.1 hours watching TV, 2.3 hours on their cell phone, 1.1 hours on the computer/tablet (outside of work), and .2 hours playing non-active video games on an average day of the week.

Nutrition

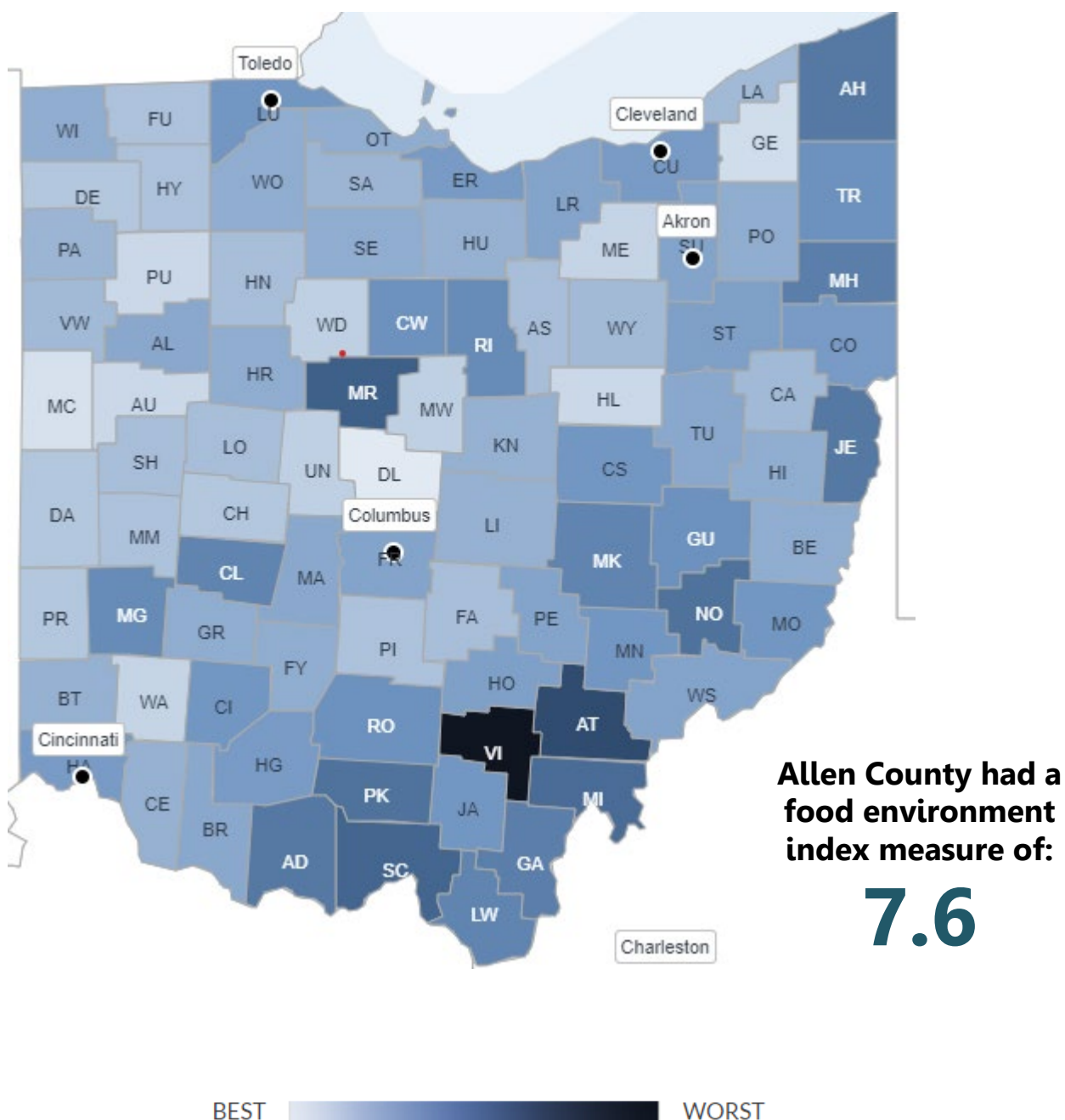
The table below indicates the number of servings of fruit, vegetables, sugar-sweetened beverages, and caffeinated beverages Allen County adults consumed daily.

	5 or more servings daily	3-4 servings daily	1-2 servings daily	0 servings daily
Fruit	2%	10%	72%	16%
Vegetables	4%	18%	73%	5%
Sugar-sweetened beverages	8%	8%	39%	45%
Caffeinated beverages	3%	19%	49%	29%

- In 2021:
 - Thirty-six percent (36%) of adults ate 1 to 2 servings of fruits, vegetables, or both fruits and vegetables per day.
 - Forty percent (40%) of adults ate 3 to 4 servings of fruits, vegetables, or both fruits and vegetables per day.
 - Twenty percent (20%) of adults ate 5 or more servings of fruits, vegetables, or both fruits and vegetables per day.
 - Four percent (4%) of adults ate 0 servings of fruits or vegetables per day.
- The 2020 to 2025 Dietary Guidelines for Americans suggest incorporating more fruits and vegetables into their daily diet as part of a healthy dietary pattern. Adults should consume 1.5 to 2 cups-equivalents of fruits and 2 to 3 cups-equivalents of vegetables per day (*Source: 2020-2025 Dietary Guidelines for Americans*).
- Allen County adults purchased their fruit and vegetables from the following places:
 - Large grocery stores (87%)
 - Farmer's Market (78%)
 - Local grocery stores (49%)
 - Grew their own/garden (27%)
 - Food pantry (6%)
 - Dollar store (4%)
 - Mail order food service (2%)
 - Veggie mobile/mobile produce (<1%)
 - Community Supported Agriculture (CSA) (<1%)
 - Community garden (<1%)
 - Other places (3%)
- Allen County adults reported the following barriers in consuming fruits and vegetables: too expensive (13%), did not like the taste (4%), did not know how to prepare them (4%), no variety (3%), distance to access (1%), transportation (1%), no access (<1%), and other reasons (6%). Eighty-two percent (82%) of adults reported no barriers to consuming fruits and vegetables.
- Adults had access to a wellness program through their employer or spouse's employer with the following features:
 - Health risk assessment (11%)
 - Gift cards or cash for participation in wellness program (9%)
 - Free/discounted gym membership (8%)
 - Lower insurance premiums for participation in wellness program (8%)
 - Gift cards or cash for positive changes in health status (6%)
 - On-site health screenings (5%)
 - On-site fitness facility (5%)
 - Free/discounted smoking cessation program (3%)
 - Free/discounted weight loss program (3%)
 - Healthier food options in vending machines or cafeteria (3%)
 - Lower insurance premiums for positive changes in health status (1%)
 - On-site health education classes (1%)
 - Other features (6%)
- More than one-fourth (27%) of adults did not have access to any wellness programs.

The Food Environment Index measures the quality of the food environment in a county on a scale from zero to 10 (zero being the worst value in the nation, and 10 being the best). The two variables used to determine the measure are limited access to healthy foods (i.e., the percentage of the population who are low income and do not live close to a grocery store) & food insecurity (i.e., the percentage of the population who did not have access to a reliable source of food during the past year).

- The food environment index in Allen County is 7.6.
- The food environment index in Ohio is 6.8.



(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2021)

Health Behaviors: Adult Tobacco Use

Key Findings

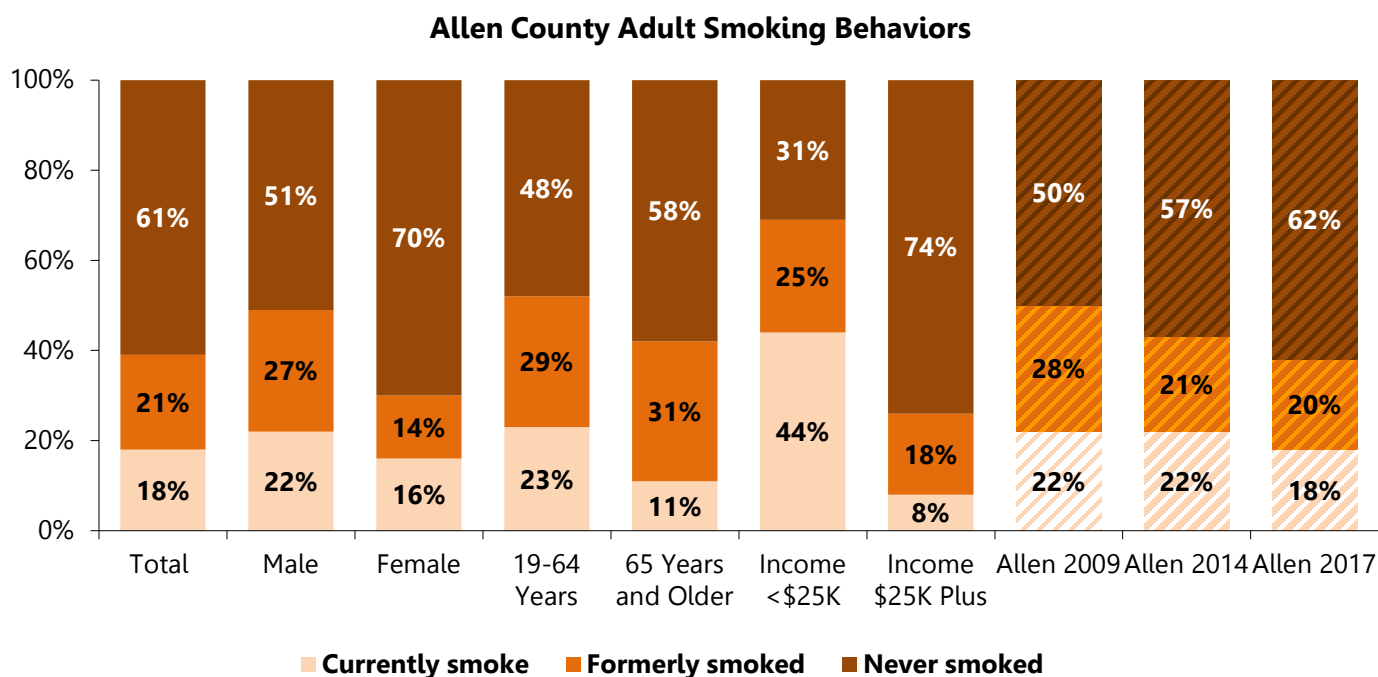
In 2021, 21% of Allen County adults formerly smoked cigarettes and 18% of adults currently smoke cigarettes. Seventy percent (70%) of Allen County adults would support an ordinance to ban smoking while driving a vehicle with a minor present.

18% of Allen County adults, or approximately 13,897 adults, currently smoke.

Adult Tobacco Use Behaviors

- Almost one-fifth (18%) of Allen County adults currently smoke (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- More than one-fifth (21%) of adults indicated that they formerly smoked (smoked 100 cigarettes in their lifetime and now do not smoke).
- Allen County adults who currently smoke were more likely to:
 - Have one or more kids under 18 (59%).
 - Have incomes less than \$25,000 (44%).
 - Be male (22%).
 - Have rated their overall health as poor (21%).
- 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%)
- Sixty-nine percent (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%), and Wellbutrin (2%).
- Adults had the following rules/practices about smoking tobacco products in their **home**: never allowed (72%), allowed anywhere (9%), not allowed with children around (7%), and allowed only in certain rooms (5%).
- Allen County adults had the following rules/practices about smoking tobacco products in their **car**: never allowed (72%), allowed only when one or more windows are open (5%), not allowed with children around (5%), and allowed inside their car (2%).
- Allen County adults would support an ordinance to ban smoking in the following places: vehicle with a minor present (70%), college/university campuses (46%), multi-unit housing (45%), rental home (43%), parks or ball fields (41%), and fairgrounds (40%). More than one-fourth (27%) of adults would not support any ordinance to ban smoking.

The following graph shows the percentage of Allen County adults who smoked cigarettes. Examples of how to interpret the information include: 18% of all Allen County adults currently smoke, 21% of all adults formerly smoked and 61% had never smoked.



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

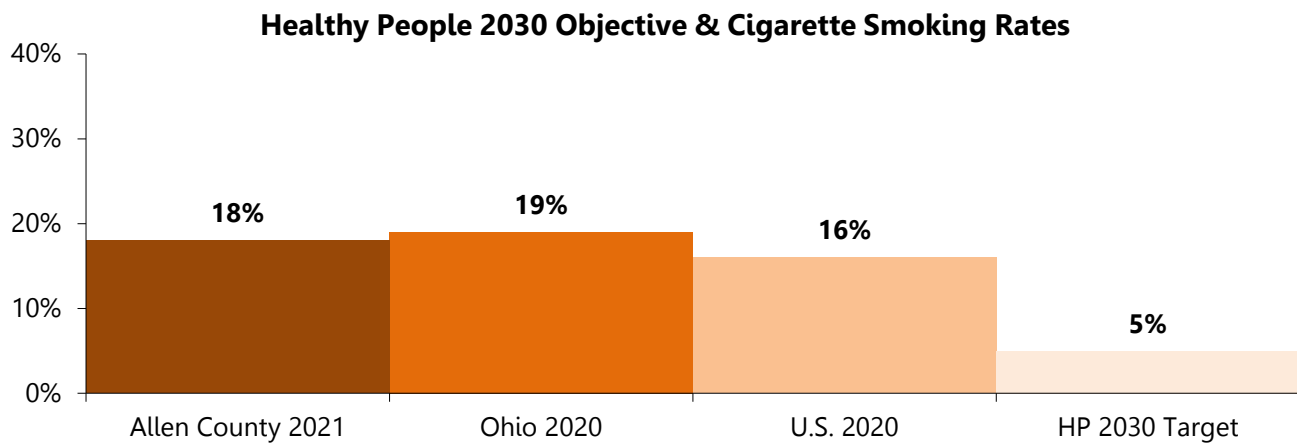
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

N/A – Not Available

The following graph shows Allen County, Ohio, and U.S. adult cigarette smoking rates. This graph shows:

- The Allen County adult cigarette smoking rate was slightly lower than the Ohio rate, but higher than the Healthy People 2030 target objective.



(Source: 2021 Allen County Health Assessment, 2020 BRFSS, and Healthy People 2030)

Tobacco and Health Outcomes

Tobacco use and exposure to secondhand smoke contribute to many negative health outcomes across all ages. Over 20,000 Ohioans die as a result of smoking each year.

- **Cigarettes:** smoking and secondhand smoke exposure contribute to leading causes of infant mortality, including low birth weight, preterm delivery, and sudden infant death syndrome. Secondhand smoke exposure at a young age can lead to respiratory and ear infections. Beginning tobacco use early can result in lifelong nicotine addiction and can lead to a multitude of health issues such as heart disease, lung disease, diabetes, reproductive problems, and more.
- **E-cigarettes:** although we do not know as much about the long-term consequences of e-cigarette use, there is evidence that completely substituting cigarettes for combustible cigarettes reduced exposure to many harmful substances and carcinogens. However, current research indicated that e-cigarette use can result in acute health effects such as elevated heart rate and blood pressure, as well as biological changes that could contribute to long-term health problems.

Due to factors such as trauma, discrimination and marketing strategies, some groups of Ohioans are at higher risk of tobacco use and associated harm. The below groups have 30% higher rates of cigarette smoking than Ohio's overall rate:

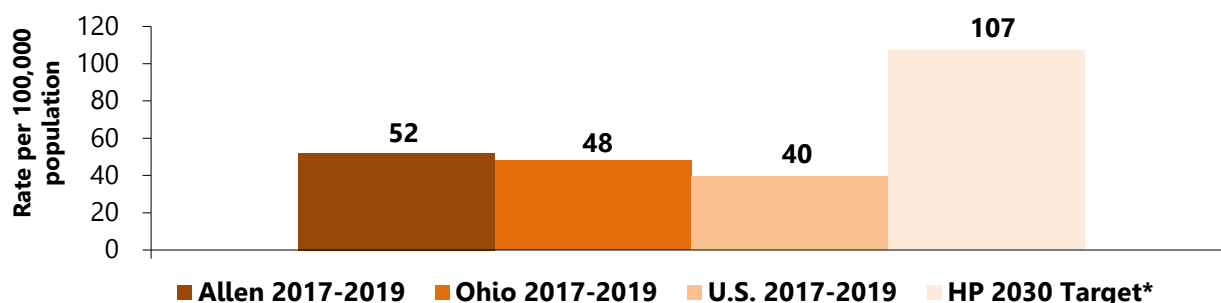
- Male youth
- 9th grade youth
- Youth who are gay, lesbian or bisexual
- Adults who have experienced two or more adverse childhood experiences
- People with low incomes
- People with disabilities
- People with 14 or more poor mental health days in the past month

(Source: Healthy Policy Institute of Ohio, Health Impacts of Tobacco Use in Ohio, December 3, 2021)

The following graphs show Allen County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for chronic lower respiratory diseases (formerly COPD) and lung and bronchus cancer in comparison with the Healthy People 2030 objective. Allen County age-adjusted mortality rates for lung and bronchus cancer by gender is shown below as well. These graphs show:

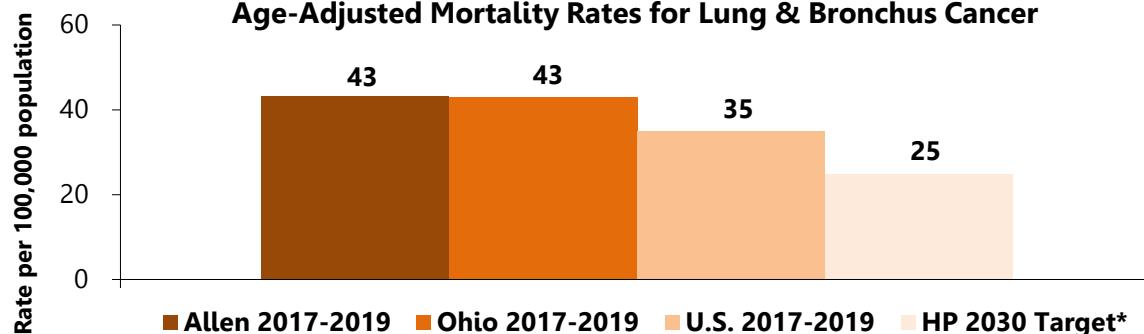
- From 2017 to 2019, Allen County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was higher than the U.S. and Ohio rates, but lower than the Healthy People 2030 target objective.
- For the age-adjusted mortality rates for lung and bronchus cancer, Allen County was equal to Ohio, and higher than the U.S. rate and Healthy People 2030 target.
- Disparities existed by gender for Allen County lung and bronchus cancer age-adjusted mortality rates. The 2017 to 2019 Allen County male rate was substantially higher than the Allen County female rate.

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



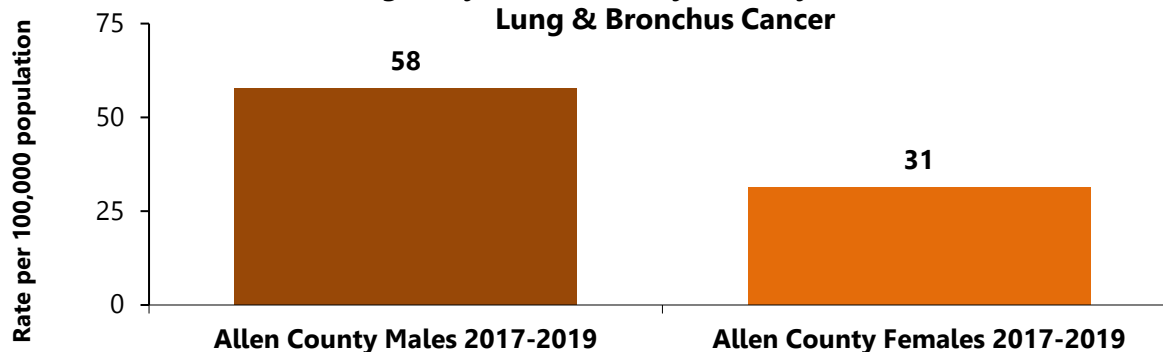
Note: Healthy People 2030's target rate and the U.S. rate is for adults aged 45 years and older.

Age-Adjusted Mortality Rates for Lung & Bronchus Cancer



Note: Healthy People 2030's target rate is for lung cancer only

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



(Sources for graphs: Ohio Public Health Information Data Warehouse, 2017-2019, Healthy People 2030, CDC Wonder 2017-2019.)

Health Behaviors: Adult Alcohol Consumption

Key Findings

Seventeen percent (17%) of Allen County adults reported binge drinking in the past month (five or more alcoholic drinks [for males] or 4 or more drinks [for females] on an occasion in the last month). In the past month, 16% of adults reported driving after having any alcohol beverages, increasing to 27% of males.

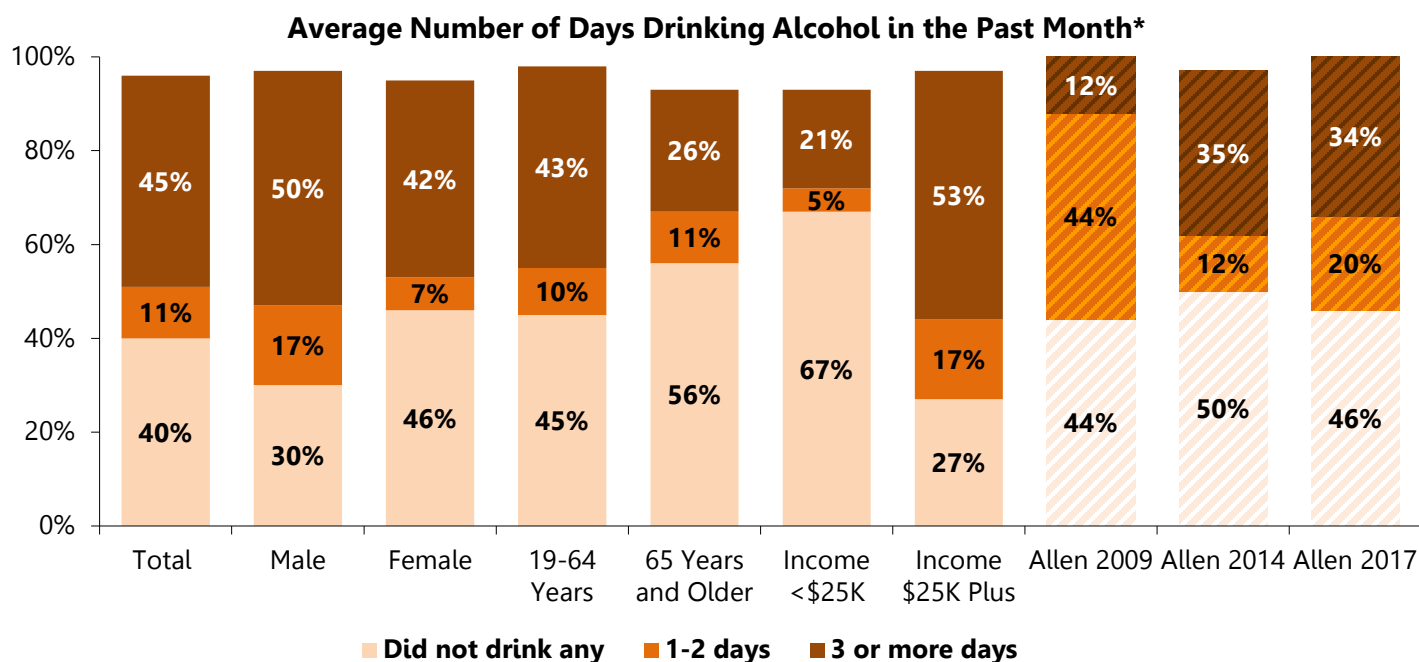
17% of Allen County adults, or approximately 13,125 adults, were considered binge drinkers.

Adult Alcohol Consumption

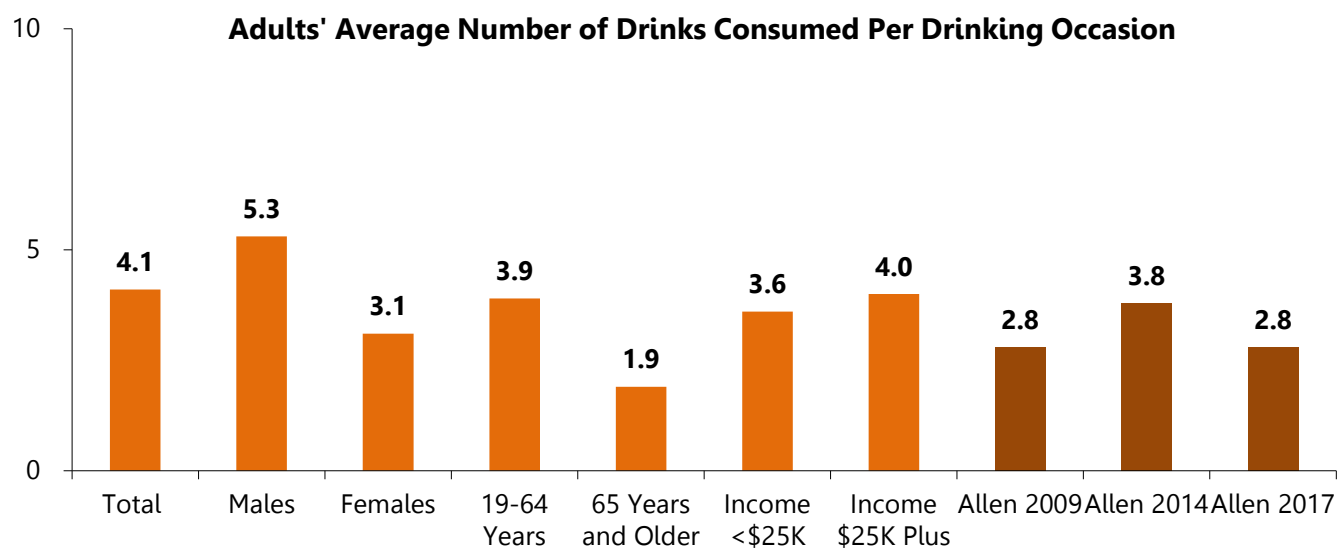
- More than half (56%) of Allen County adults had at least one alcoholic drink in the past month, increasing to 67% of males and 70% of those with annual household incomes of at least \$25,000.
- Of those who drank, adults drank 4.1 drinks per occasion, increasing to 5.3 drinks for males.
- In the past month, 16% of adults reported driving after having any alcoholic beverages, increasing to 27% of males.
- Seventeen percent (17%) of Allen County adults reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered adults who currently binge drink by definition. Of those who drank in the past month, 36% had at least one episode of binge drinking.

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

The following graphs show the percentage of Allen County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 40% of all Allen County adults did not drink alcohol in the past month, including 30% of males and 46% of females.



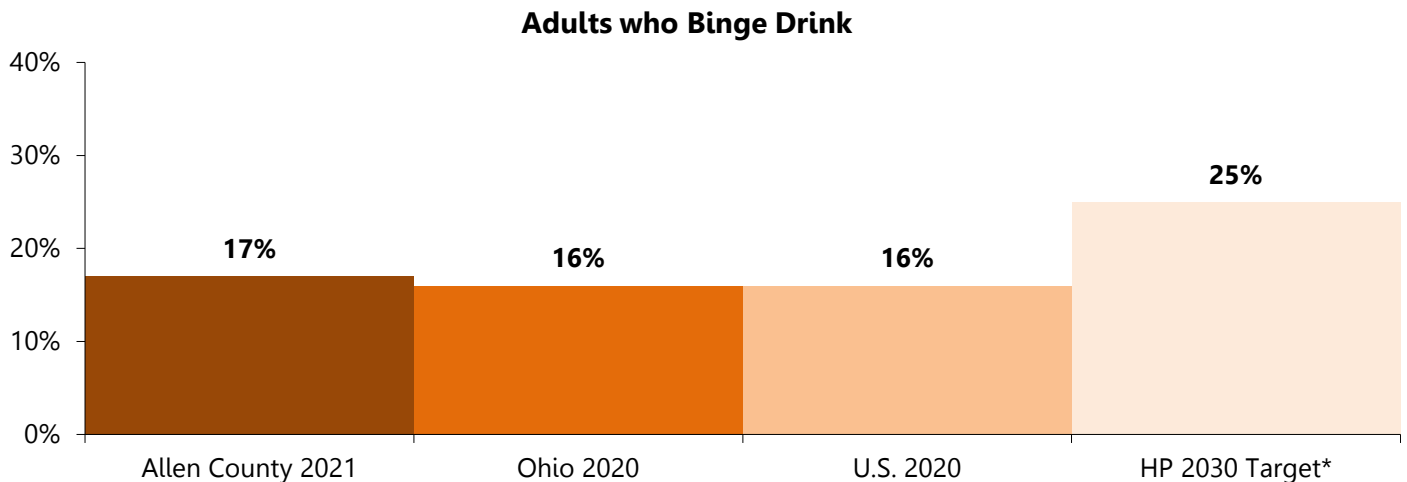
Note: Percentages may not equal 100% as some respondents answered, "don't know."



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows Allen County, Ohio, and U.S. adult binge drinking rates. This graph shows:

- The Allen County adult binge drinking rate was slightly higher than the Ohio and U.S. rates, but lower than the Healthy People 2030 target objective.



(Source: 2021 Allen County Health Assessment, 2020 BRFSS, Healthy People 2030)

**Based on all adults aged 21 and over. Binge drinking is defined as males having five or more drinks on an occasion, and females having four or more drinks on one occasion.*

Disparities and Alcohol Use

Many factors drive trends and disparities in alcohol use, including the COVID-19 pandemic, toxic stress, poor mental health, marketing, and retail density.

- **COVID-19 pandemic:** The pandemic seems to have accelerated alcohol consumption trends that began during the past decade. The sharp increase in the amount of liquor sold in Ohio from 2017 to 2020 indicated that an existing upward trend in alcohol consumption may have increased by social isolation and stress during the pandemic.
- **Trauma and toxic stress:** Repeated exposure to traumatic events creates toxic stress that can cause lasting poor physical and mental health outcomes, including excessive drinking.
- **Poor mental health:** Alcohol use disorder and mental health conditions often co-occur. Stress and trauma, along with environmental factors, can lead to the development of mental health conditions. People with mental health conditions can turn to alcohol as a form of self-medication to cope with toxic stress. In Ohio, people who self-reported a high number of days when their mental health was “not good” were 1.2 times more likely to report binge drinking than those who reported fewer days of “not good” mental health in a month.
- **Discrimination:** Lesbian, gay and bisexual youth in Ohio are more likely to binge drink. Discrimination is a primary driver of alcohol use for these youth.
- **Marketing and retail density:** Alcohol marketing often targets young adults. A national study found that urban census tracts with higher proportions of poor, Black, and Latino residents had greater density of alcohol retailers.

(Source: Health Policy Institute of Ohio, Health Impacts of Excessive Alcohol Use in Ohio, December 3, 2021)

The following table shows Allen County and Ohio motor vehicle accident statistics. The table shows:

- In 2020, 4.7% of the total crashes in Allen County were alcohol-related, compared to 4.2% for Ohio.
- Three-fifths (60%) of all fatal crashes in Allen County involved an alcohol-impaired driver, compared to 33% for Ohio in 2020.
- Of the total number of alcohol-related crashes (135) in Allen County, 50% were property damage only, 45% were non-fatal injury, and 4% were fatal injury.
- There were 10,268 alcohol-related crashes in Ohio in 2020. Of those crashes, 55% were property damage only, 41% were non-fatal injury, and 4% were fatal injury.

	Allen County 2020	Ohio 2020
Crash Severities		
Property Damage Only Crashes	2,079	180,720
Injury Crashes (suspected minor, suspected serious, & possible)	797	64,410
Fatal Crashes	10	1,166
Total Crashes	2,886	246,296
Person Injuries		
Property Damage Only Crashes	5,157	428,962
Injury Crashes (suspected minor, suspected serious, & possible)	1,188	92,344
Fatal Crashes	10	1,243
Total Injuries	6,467	538,811
Person Types		
Total Drivers in Crashes	4,654	406,309
Total Passengers in Crashes	1,787	129,819
Total Pedestrians in Crashes	26	2,683
Alcohol-Related		
Property Damage Only Crashes	68	5,650
Injury (non-fatal) Crashes	61	4,231
Fatal Crashes	6	387
Total Alcohol-Related Crashes	135	10,268
Total Impaired Drivers	133	10,198
Total Alcohol-Related Deaths	6	409

(Source: Ohio Department of Public Safety, Crash Reports, Traffic Crash Facts, Updated 12/23/2021)

Health Behaviors: Adult Drug Use

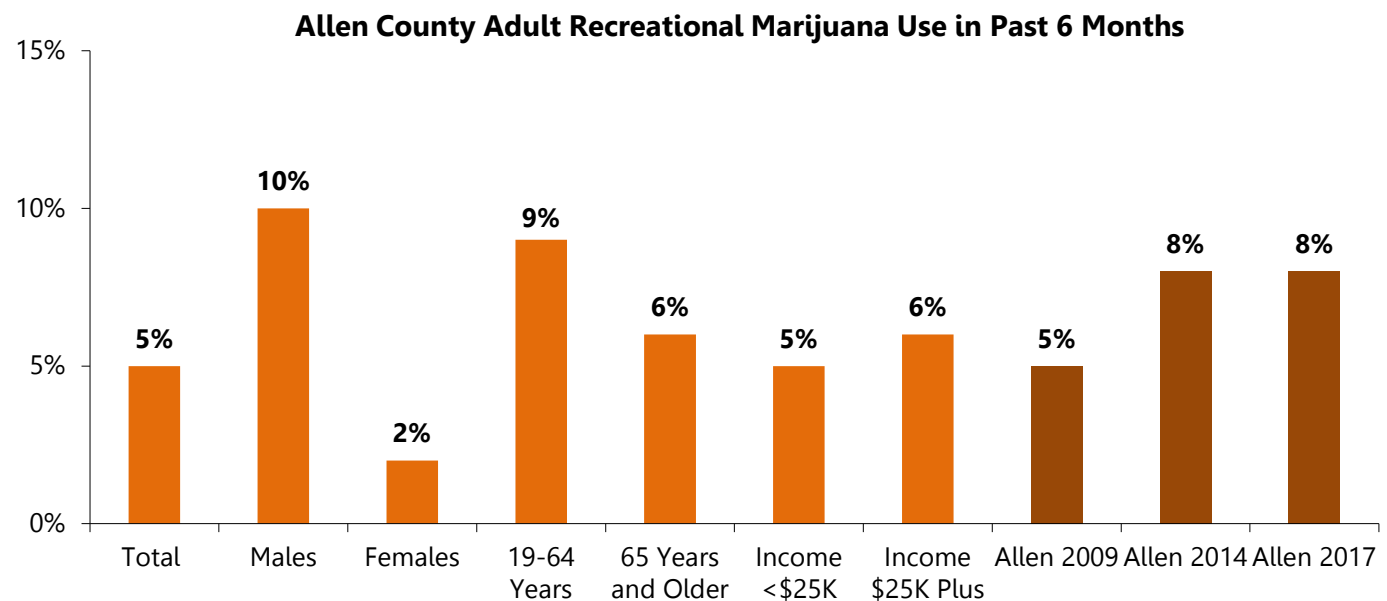
Key Findings

Five percent (5%) of Allen County adults had used marijuana during the past 6 months. Five percent (5%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Adult Drug Use

- In the past 6 months, Allen County adults used: recreational marijuana or hashish (5%), wax or oil with THC edibles (2%), medical marijuana (2%), and synthetic marijuana or K2 (<1%).

The following graph indicates adult recreational marijuana use in the past six months. Examples of how to interpret the information include: 5% of all Allen County adults used marijuana in the past six months, including 10% of males and 6% of those with incomes of \$25,000 or higher.

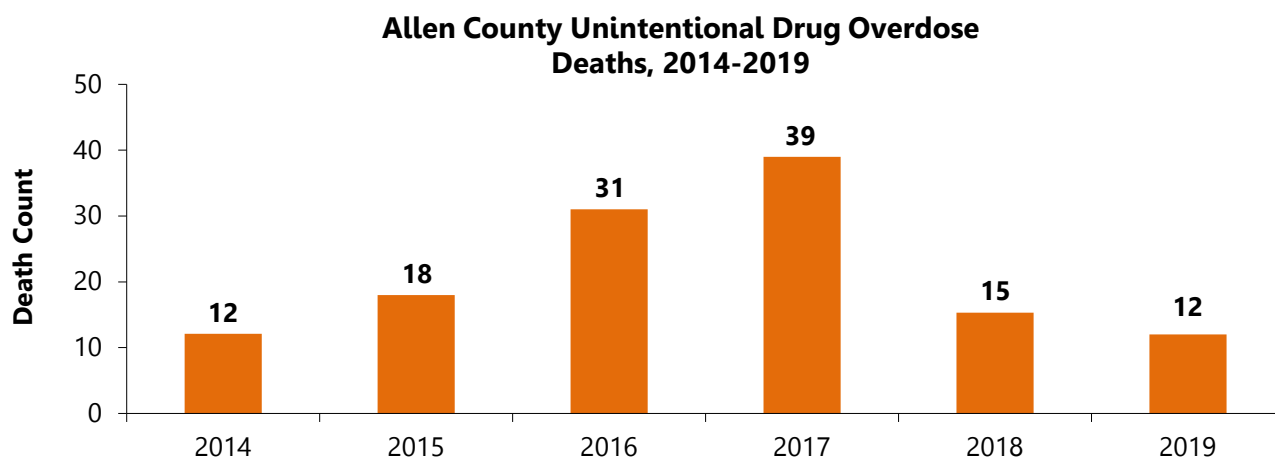


Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Adults who used marijuana in the past 6 months	5%	8%	8%	5%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	5%	1%	2%	5%	N/A	N/A

N/A – Not Available

- In the past 6 months, Allen County adults reported they and/or an immediate family member or someone in their household used the following:
 - LSD, mescaline, peyote, psilocybin, or mushrooms (3%)
 - Inhalants such as glue, toluene, gasoline, or paint (2%)
 - Ecstasy or E, or GHB (2%)
 - Cocaine, crack, or coca leaves (2%)
 - Bath salts (2%)
 - Amphetamines, methamphetamine, or speed (2%)
 - Heroin/fentanyl (2%)
 - Inappropriate use of over-the-counter medication (2%)
 - Other drugs (2%)
- In the past year, 1% of adults injected any drug other than those prescribed.
- Among adults who reported using recreational drugs in the past six months, 16% reported using less than once a month, 14% had used 1 to 3 days a month, 5% had used 1 or 2 days a week, 7% had used 3 to 4 days a week, and 51% had used almost every day. Seven percent (7%) of adults reported they did not know how frequently they used recreational drugs.
- Allen County adults indicated they or someone in their household experienced the following: failed a drug screen (1%), regularly failed to fulfill obligations at work or home (1%), had legal problems (1%), were placed in dangerous situations (1%), and overdosed and required EMS/hospitalization (1%).
- Two percent (2%) of Allen County adults had used a program or service to help with an alcohol or drug problem for themselves or a loved one. Reasons for not using a program or service to help with a drug or alcohol problem included:
 - Had not thought of it (1%)
 - Did not know how to find a program (1%)
 - Could not afford to go (1%)
 - Stigma of seeking alcohol or drug services (1%)
 - Did not have any openings (1%)
 - Other reasons (2%)
- Ninety-three percent (93%) of adults indicated this type of program was not needed.

The following graph indicates data from Ohio's Public Health Data Warehouse indicating the number of unintentional drug overdose deaths from 2014 to 2019 in Allen County.



(Source: Ohio Public Health Data Warehouse, 2014-2019)

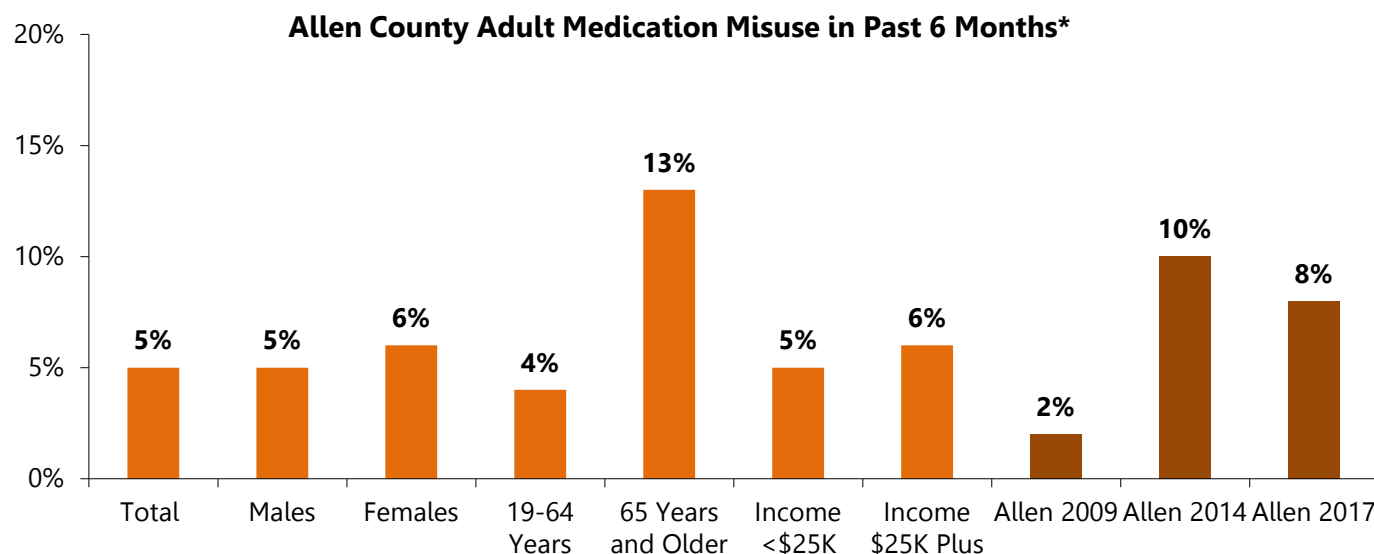
Adult Medication Misuse

- In the past 6 months, Allen County adults reported they and/or an immediate family member or someone in their household used the following medications that were not prescribed or took more than was prescribed to feel good or high, more active or alert:
 - Steroids (4%)
 - Vicodin (2%)
 - Tranquilizers (1%)
 - Codeine (1%)
 - Suboxone (1%)
 - Neurontin (1%)
 - Ritalin (1%)
 - Oxycontin (<1%)
 - Other medications (4%)
- When asked about their frequency of medication misuse in the past six months, 27% of Allen County adults who used these drugs did so almost every day, 7% did so 1 or 2 days a week, 3% did so 1 to 3 days a month, and 23% did so less than once a month. Forty percent (40%) of adults reported they did not know how frequently they misused medication.
- Five percent (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 6 months, increasing to 13% of those 65 years and older.
- Adults who misused prescription medications obtained them from the following:
 - Primary care physician (43%)
 - Oral surgeon (7%)
 - Multiple doctors/health care professionals (10%)
 - ER or urgent care doctor (5%)

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Adults who misused prescription drugs in the past 6 months	2%	10%	8%	5%	N/A	N/A

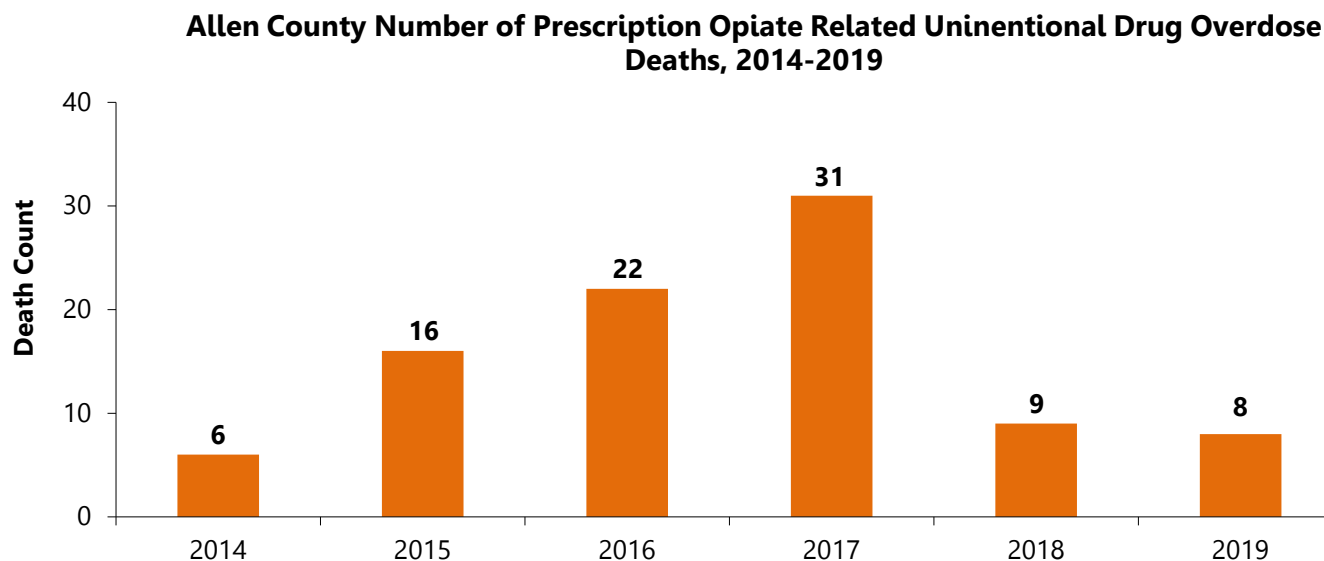
N/A – Not Available

The following graph indicates adult medication misuse in the past six months. Examples of how to interpret the information include: 5% of all Allen County adults misused medication in the past six months, including 6% of females and 13% of those 65 years and older.



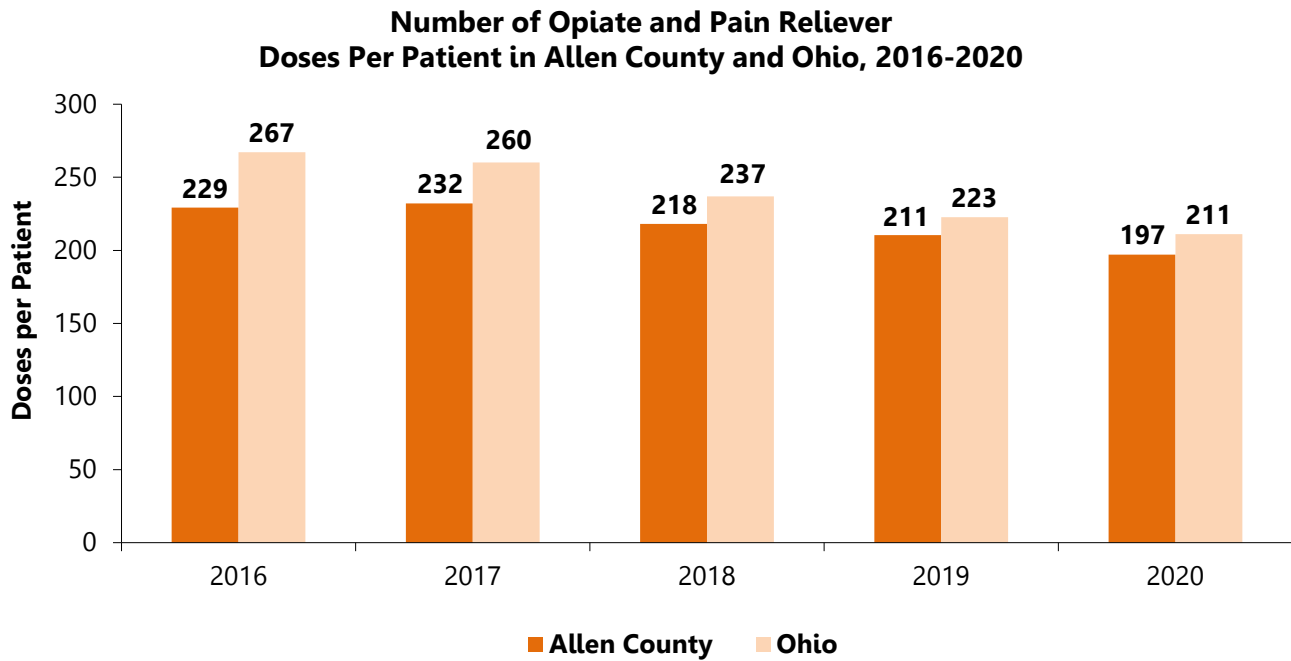
Notes Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.
 Note: Respondents were asked: in the past 6 months, did you use medication not prescribed or took more than prescribed to feel good or high and/or more active or alert?

The following graph indicates the number of unintentional prescription opiate related drug overdose deaths from 2014 to 2019 in Allen County.



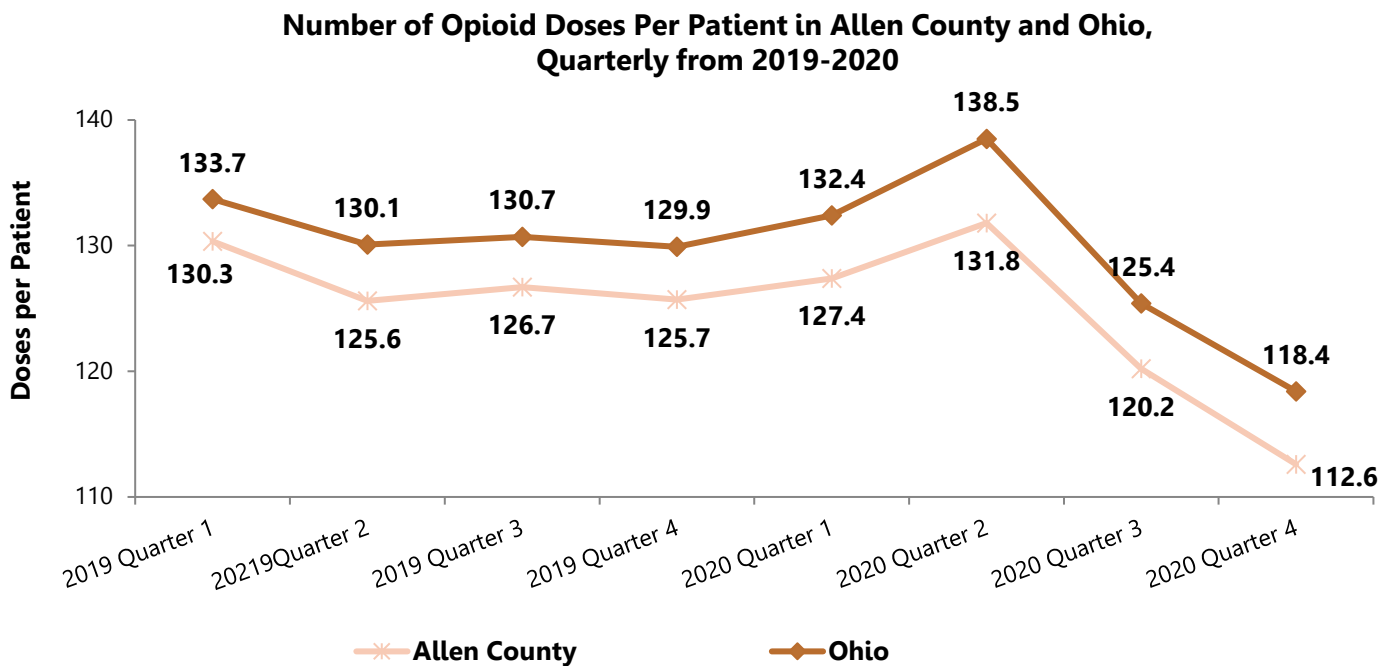
(Source: Ohio Public Health Data Warehouse, 2014-2019)

The following graph indicates Allen County and Ohio opiate and pain reliever doses per patient from 2016 to 2020.



(Source: Ohio Automated Rx Reporting System (OARRS), Quarterly County Data, Accessed on December 23, 2021)

The following graph indicates Allen County and Ohio quarterly opiate and pain reliever doses per patient from 2019 to 2020.



(Source: Ohio's Automated Rx Reporting System (OARRS), 2019-2020)

Note for graphs: OARRS is a system that collects information on all outpatient prescriptions for controlled substances that are dispensed by Ohio licensed pharmacies and personally furnished by licensed prescribers in Ohio. The information in OARRS is available to prescribers when they treat patients, pharmacists when presented with prescriptions from patients, and law enforcement officers and health care regulatory boards during active investigations.

Health Behaviors: Adult Sexual Behavior

Key Findings

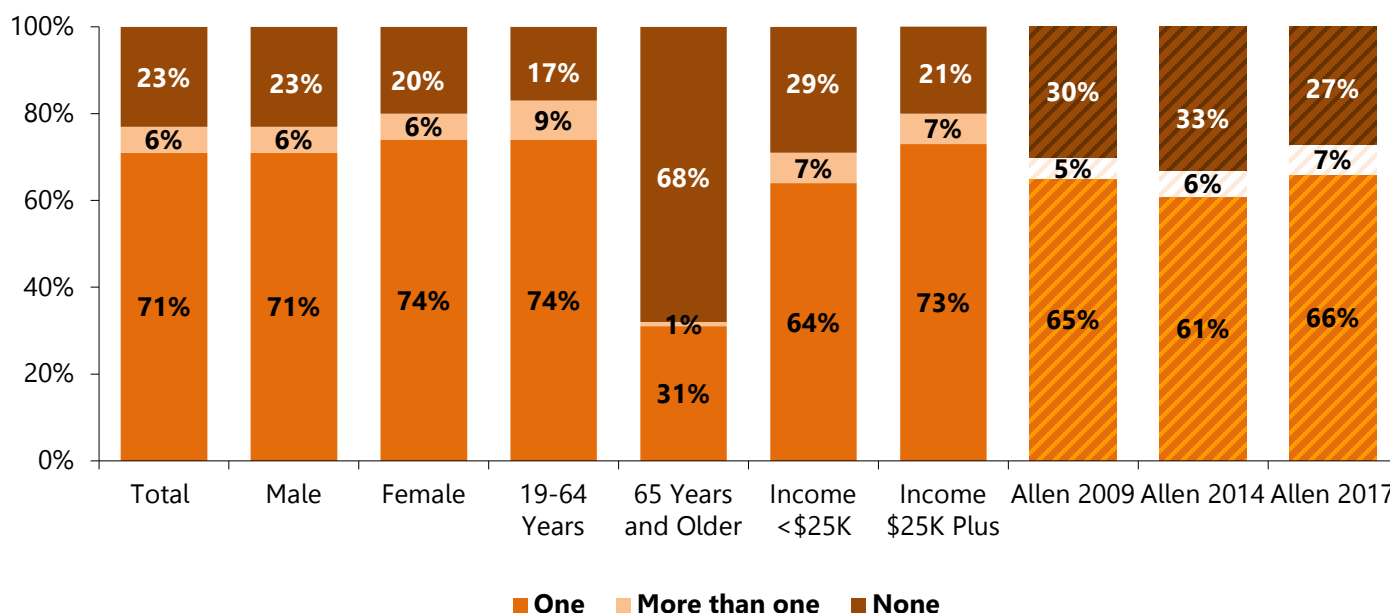
Thirty percent (30%) of Allen County adults had sexual intercourse without a condom in the past year. Twenty-four percent (24%) of adults had been tested for HIV. In 2021, 77% of Allen County adults had sexual intercourse.

Adult Sexual Behavior

- In 2021, 77% of adults had sexual intercourse. Six percent (6%) of adults reported they had intercourse with more than one partner in the past year.

The following graph shows the number of sexual partners Allen County adults had in the past year. Examples of how to interpret the information in the graph include: 71% of all Allen County adults had one sexual partner in the past 12 months, 6% had more than one partner, and 23% had none.

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?"

*Totals may not equal 100% as some respondents answered, "Don't know".

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey)

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had more than one sexual partner in past year	5%	6%	7%	6%	N/A	N/A

N/A – Not Available

- Allen County adults had been diagnosed with the following sexually transmitted diseases (STDs) in the past 5 years: human papilloma virus (HPV) (6%), and genital herpes (1%).
- 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%)
- Six percent (6%) of Allen County adults reported being forced to have sexual activity when they did not want to, increasing to 11% of females and 9% of those with incomes less than \$25,000. Of those who were forced to have sexual activity, no adult reported it.
- Twenty-four percent (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%)
- Forty-five percent (45%) of adults reported they had no reason to be tested for HIV.

HIV Testing

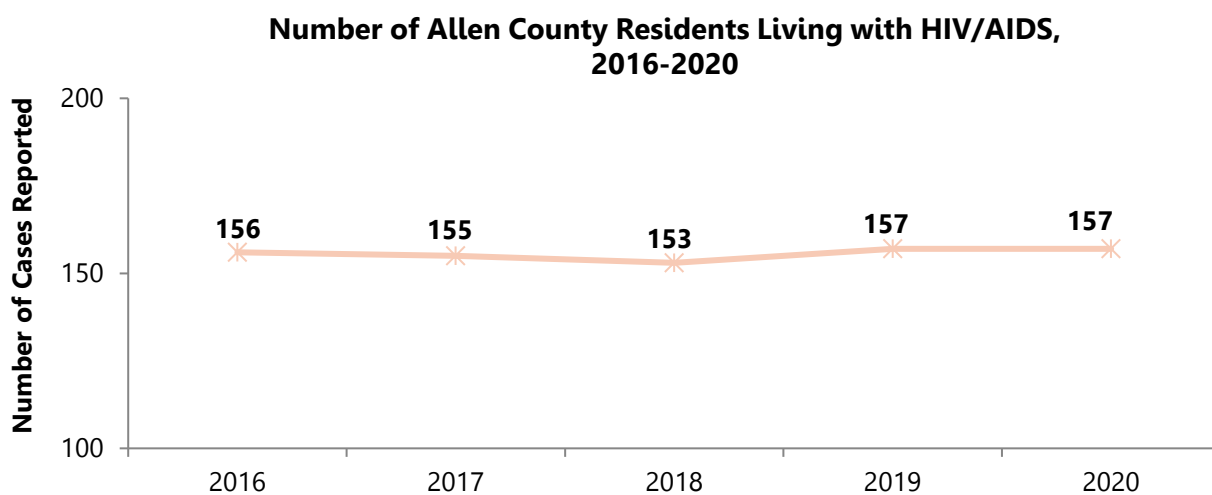
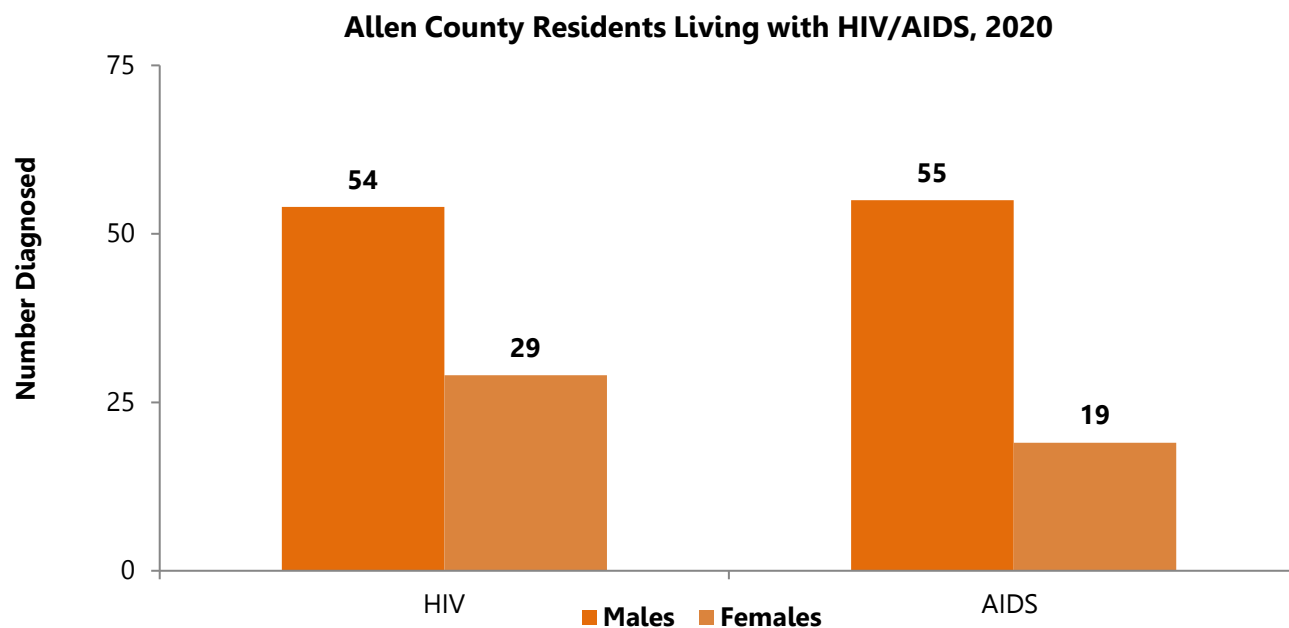
The CDC recommends everyone between the ages of 13 and 64 get tested for HIV at least once. People at higher risk should get tested more often. If you were HIV-negative the last time you were tested, the test was more than one year ago, and you can answer yes to any of the following questions, you should get an HIV test as soon as possible:

- Are you a man who has had sex with another man?
- Have you had sex with a partner who has HIV?
- Have you had more than one sex partner since your last HIV test?
- Have you injected drugs and shared needles, syringes, or other drug injection equipment with others?
- Have you exchanged sex or drugs for money?
- Have you been diagnosed with or treated for another STD?
- Have you been diagnosed or treated for hepatitis or tuberculosis?
- Have you had sex with someone who could answer yes to any of the above questions?

(Source: CDC, Getting Tested, April 9, 2021)

The following graphs show the number of Allen County residents diagnosed with HIV/AIDS and the annual number of cases reported from 2016 to 2020. The graphs show:

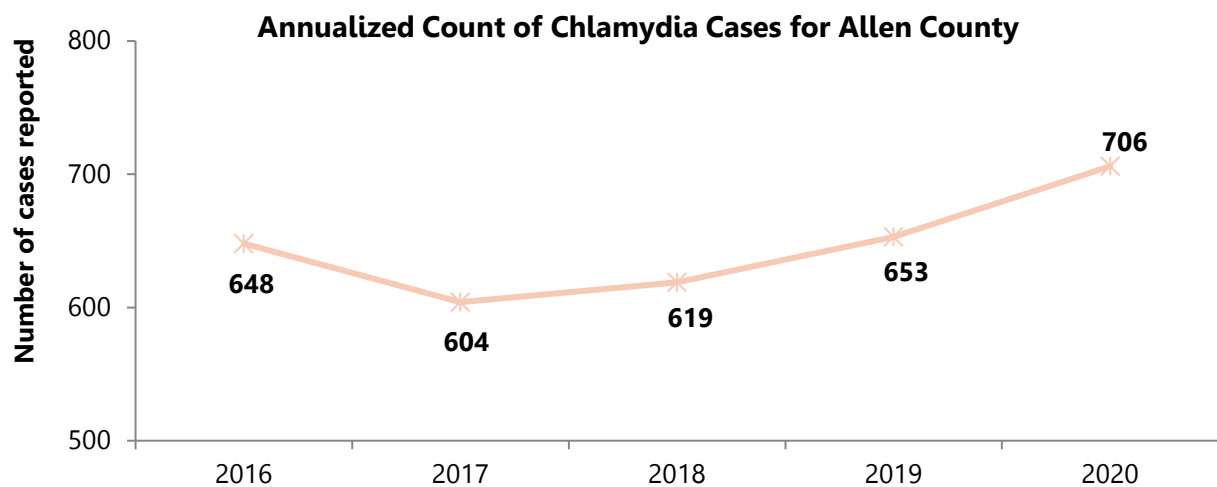
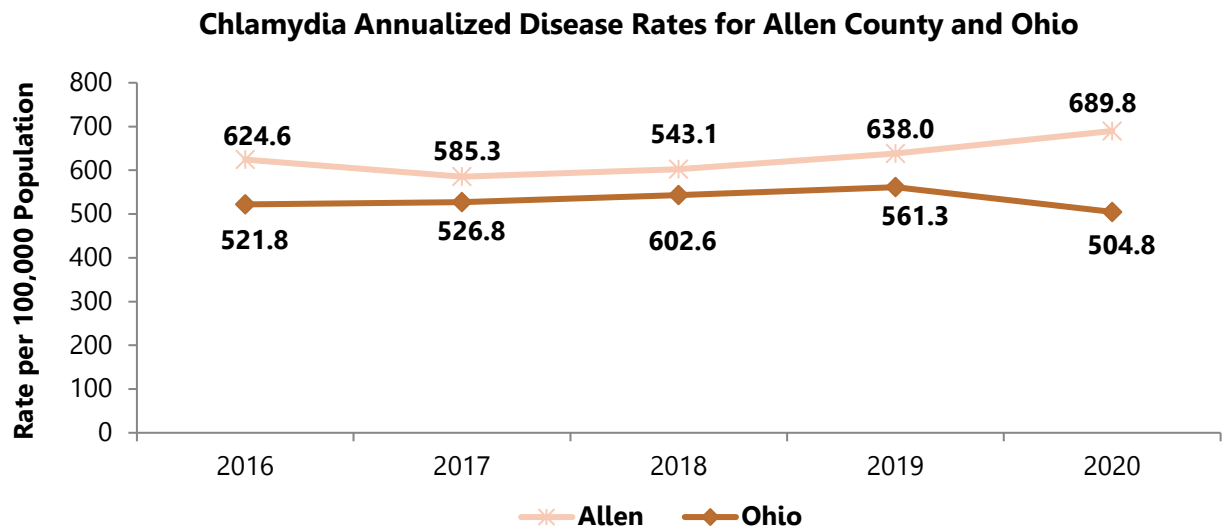
- Allen County males were almost three times more likely than females to be living with HIV/AIDS in 2020.
- From 2016 to 2020, the number of people living with HIV/AIDS in Allen County remained relatively steady.



(Source for graphs: ODH HIV/AIDS Surveillance Program, data reported through June 30, 2021)

The following graphs show Allen County chlamydia disease rates per 100,000 population. The graphs show:

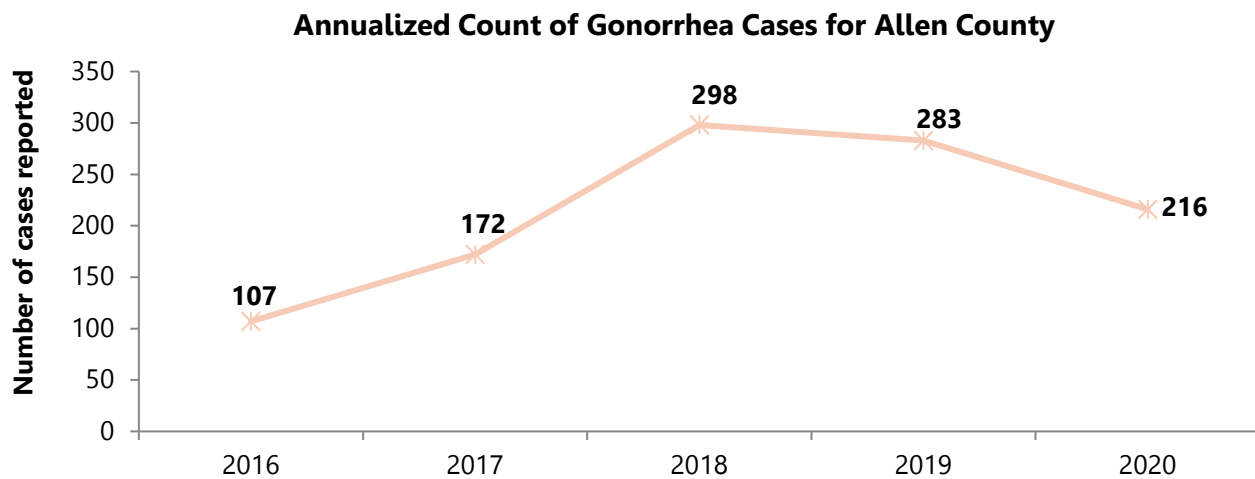
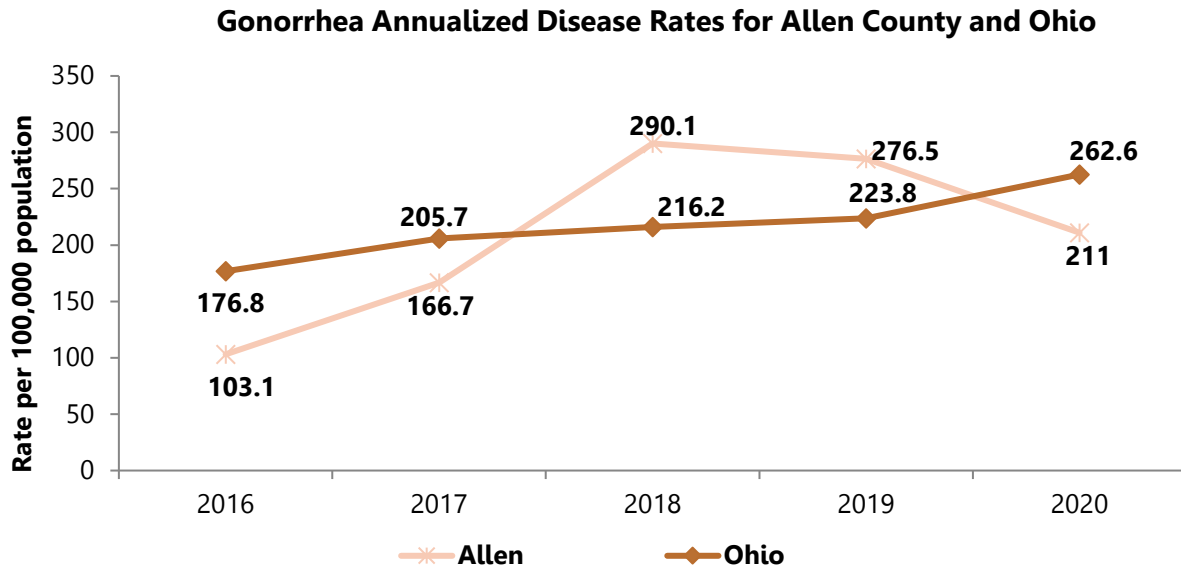
- Allen County chlamydia rates fluctuated from 2016 to 2020, but were always higher than the Ohio rates.
- The number of chlamydia cases in Allen County steadily increased from 2017 to 2020.



(Source for graphs: ODH, STD Surveillance, data reported through December 9, 2021)

The following graphs show Allen County gonorrhea disease rates per 100,000 population. The graphs show:

- The Allen County gonorrhea rate peaked in 2018, then declined from 2019 to 2020.
- The Ohio gonorrhea rate steadily increased from 2016 to 2020.



(Source for graphs: ODH, STD Surveillance, data reported through December 9, 2021)

Health Behaviors: Adult Mental Health

Key Findings

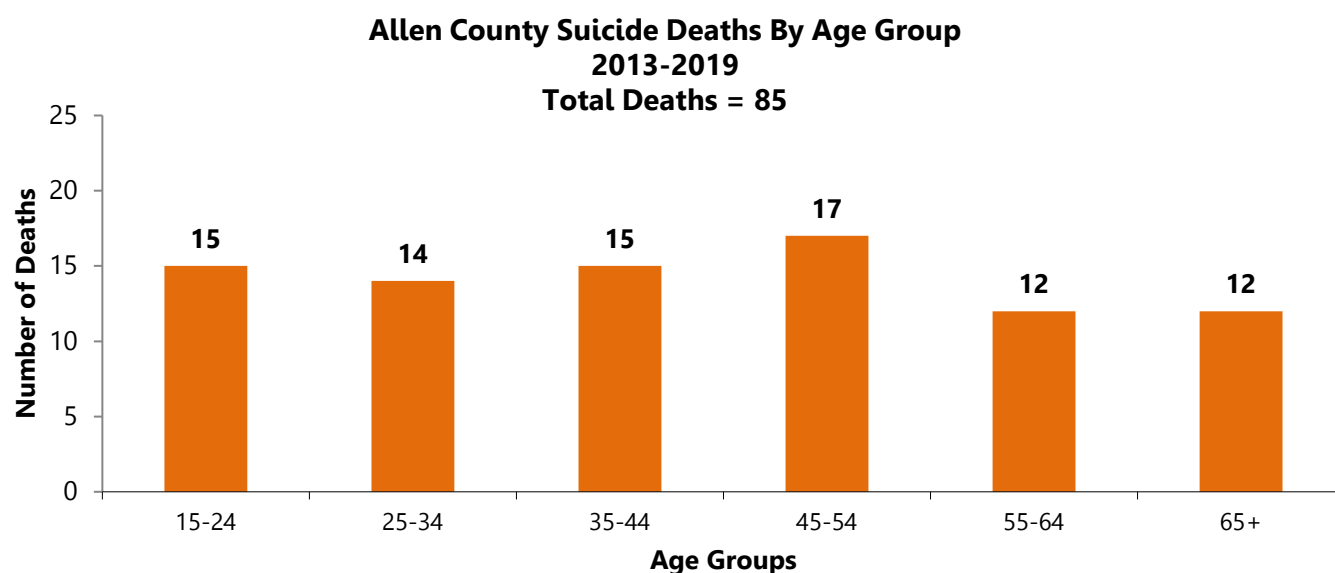
In 2021, 1% of Allen County adults considered attempting suicide. Six percent (6%) of Allen County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.

Adult Mental Health

- One percent (1%) of Allen County adults considered attempting suicide in the past year.
- Less than one percent (<1%) of Allen County adults had made a plan about how they would attempt suicide in the past year.
- No adult (0%) reported attempting suicide in the past year.

The graph below shows the number of suicide deaths by age group in Allen County. The graph shows:

- From 2013 to 2019, 20% of all Allen County suicide deaths occurred among those ages 45 to 54 years old.



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 12/15/2021)

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Considered attempting suicide in the past year	5%	4%	3%	1%	N/A	N/A

N/A – Not Available

- 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%)

The table below indicates the frequency that adults had little interest of pleasure in doing things; felt down, depressed, or hopeless; and felt nervous, anxious, or on edge within the past two weeks:

	Never	Several Days	More than Half the Days	Nearly Every Day
Had little pleasure in doing things	71%	23%	3%	3%
Felt down, depressed, or hopeless	72%	21%	4%	3%
Felt nervous, anxious, or on edge	66%	26%	5%	3%

- Allen County adults reported they and/or a family member were diagnosed with or treated for the following mental health issues: depression (45%), anxiety or emotional problems (30%), an anxiety disorder (25%), alcohol and illicit drug abuse (21%), bipolar (20%), attention deficit disorder (ADD/ADHD) (16%), autism spectrum (12%), developmental disability (11%), post-traumatic stress disorder (PTSD) (11%), psychotic disorder (11%), other trauma (8%), eating disorder (5%), problem gambling (4%), life-adjustment disorder/issue (3%), and some other mental health disorder (13%). Forty-three percent (43%) indicated they or a family member had taken medication for one or more mental health issues.
- Adults received the social and emotional support they needed from the following: family (71%), friends (55%), God/prayer (36%), church (25%), neighbors (8%), a professional (5%), Internet (4%), community (1%), self-help group (1%), online support group (<1%), and other (4%). Nineteen percent (19%) of adults reported they did not need support/they can handle it themselves and 7% reported they did not get the social and emotional support they needed.
- Six percent (6%) of Allen County 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 to help with depression, anxiety, or emotional problems 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%)
 - Co-pay/deductible was too high (<1%)
 - Other reasons (5%)
- Seventy-four percent (74%) indicated this type of program was not needed.

- Allen County adults indicated the following caused them anxiety, stress, or depression:
 - Job stress (29%)
 - Financial stress (27%)
 - Raising/caring for children (16%)
 - Death of close family member or friend (19%)
 - 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%)
 - Divorce/separation (3%)
 - Unemployment (2%)
 - Not feeling safe at home (1%)
 - Not having enough to eat (1%)
 - Sexual orientation (1%)
 - Other causes (16%)
- Twenty-three percent (23%) of adults reported none of the above caused them anxiety, stress, or depression.
- On a typical day, adults rated their stress level as:
 - Very high (1%)
 - High (4%)
 - Moderate (43%)
 - Low (27%)
 - Very low (26%)
- Allen County adults dealt with stress in the following ways: talked to someone they trust (40%), listened to music (35%), slept (35%), prayer/meditation (33%), ate more or less than normal (29%), exercised (25%), worked on a hobby (24%), worked (23%), drank alcohol (16%), smoked tobacco (9%), took it out on others (7%), talked to a professional (4%), used prescription drugs as prescribed (4%), used illegal drugs (3%), misused prescription drugs (1%), and other ways (16%).

Chronic Disease: Cardiovascular Health

Key Findings

Seven percent (7%) of adults had survived a heart attack at some time in their life. Nearly two-fifths (39%) of adults were obese, 34% had high blood pressure 31% had high blood cholesterol, and 18% were smokers, four known risk factors for heart disease and stroke.

Heart Disease and Stroke

- In 2021, 7% of Allen County adults reported they had survived a heart attack or myocardial infarction, increasing to 12% of males.
- Six percent (6%) of adults reported they had coronary heart disease, increasing to 17% of those 65 years and older.
- Three percent (3%) of adults reported they had congestive heart failure, increasing to 10% of those 65 years and older.

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

Allen County Leading Causes of Death 2017-2019 (total deaths: 3,488)

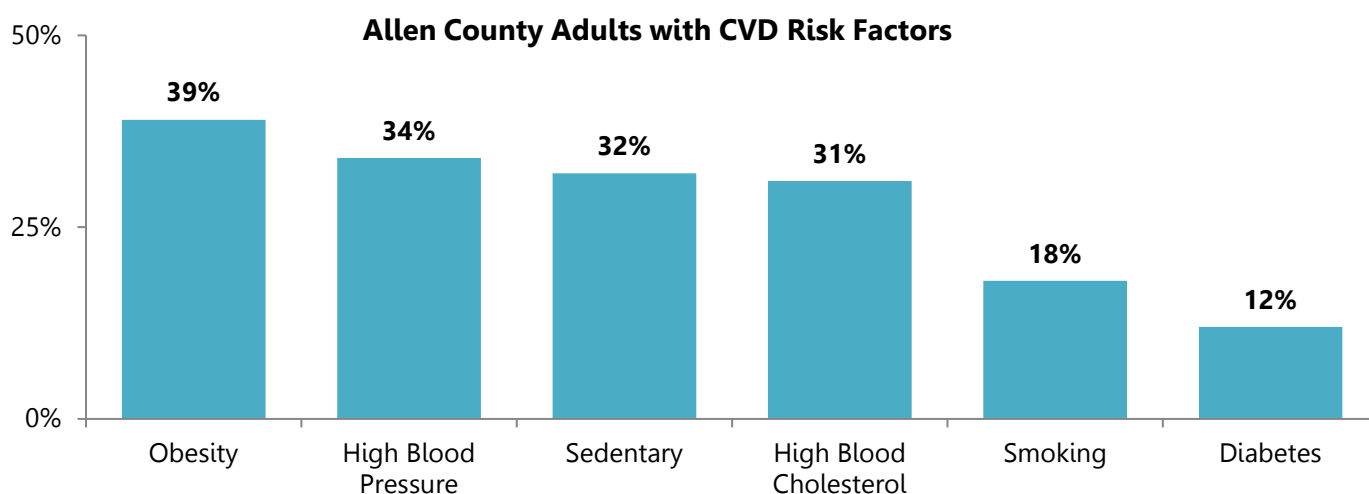
- Heart Disease (25% of all deaths)
- Cancer (20%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (5%)
- Accidents, Unintentional Injuries (5%)

(Source: ODH Public Health Information Warehouse, 2017-2019)

Ohio Leading Causes of Death 2017-2019 (total deaths: 371,649)

- Heart Disease (23% of all deaths)
- Cancers (20%)
- Accidents, Unintentional Injuries (7%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (5%)

(Source: ODH Public Health Information Warehouse, 2017-2019)



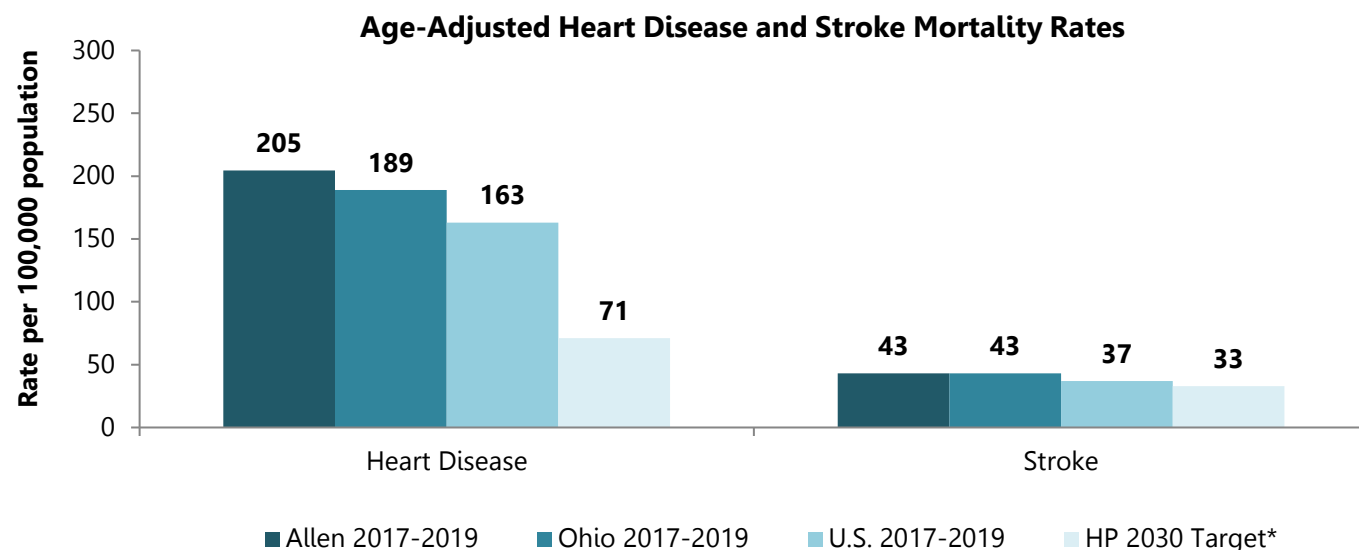
Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had a heart attack	7%	4%	5%	7%	5%	4%
Had high blood pressure	41%	33%	34%	34%	35%*	33%*
Had high blood cholesterol	34%	32%	34%	31%	33%*	33%*
Had blood cholesterol checked within past 5 years	N/A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

*2019 BRFFS

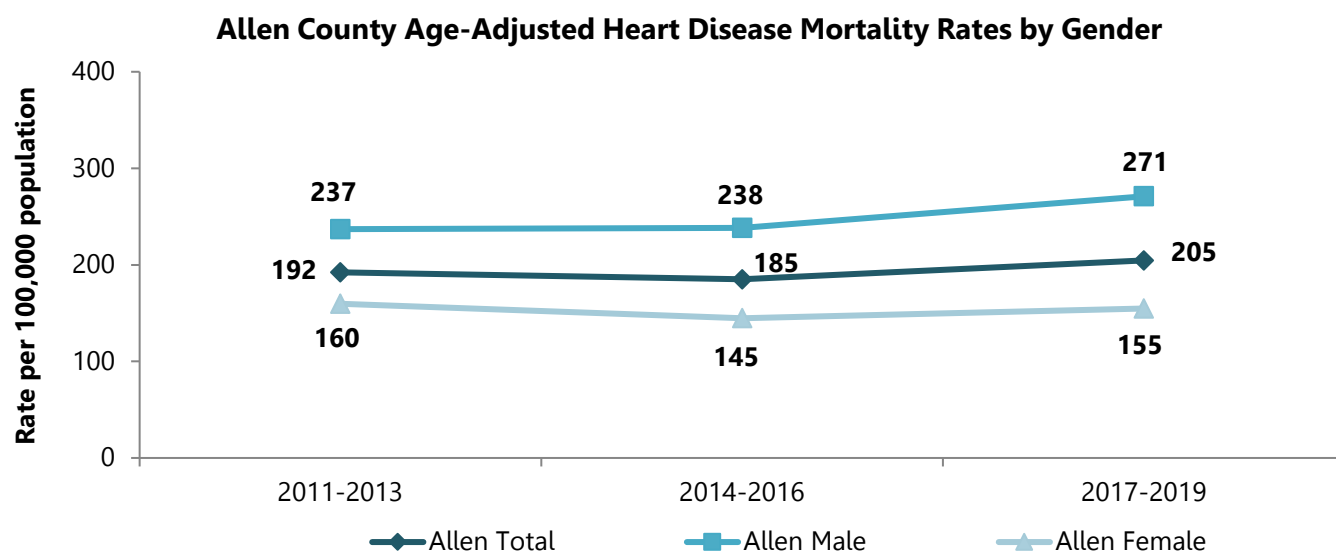
N/A – Not Available

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

- When age differences are accounted for, the statistics indicate that from 2017 to 2019, Allen County heart disease mortality rate was higher than the Ohio and U.S. rates, as well as the Healthy People 2030 target.
- The Allen County age-adjusted stroke mortality rate from 2017 to 2019 was equal to the Ohio rate, and higher than the U.S. rate and the Healthy People 2030 target objective.
- From 2014 to 2019, the total Allen County age-adjusted heart disease mortality rate increased.



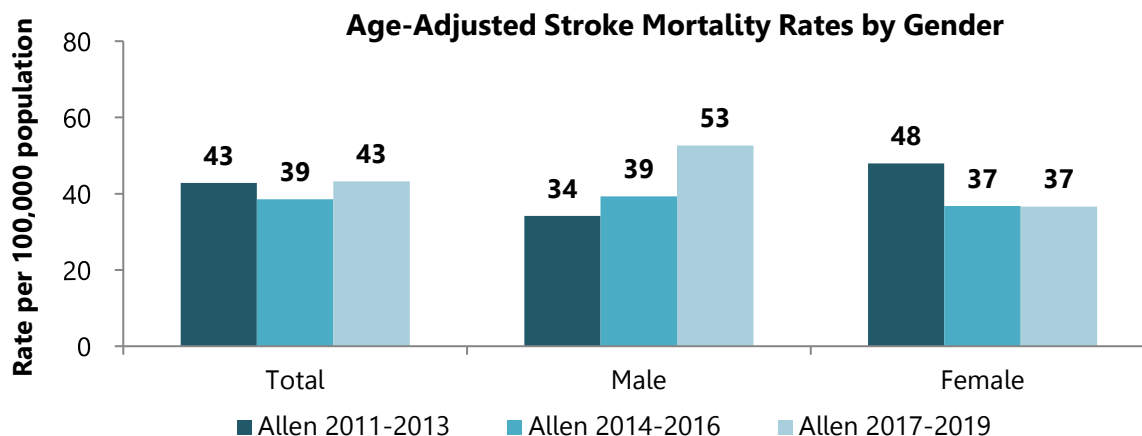
*Note: The Healthy People 2030 Target objective for Coronary Heart Disease is reported for heart attack mortality.
(Source: ODH Public Health Information Data Warehouse 2017-2019, CDC Wonder 2017-2019, Healthy People 2030)*



(Source: ODH Public Health Information Data Warehouse, 2011-2019)

The following graph shows age-adjusted mortality rates per 100,000 population for stroke by gender.

- From 2017 to 2019, the Allen County stroke mortality rate was higher for males than for females.



(Source: ODH Public Health Information Data Warehouse, 2011-2019)

Stroke Signs and Symptoms

- During a stroke, every minute counts. Fast treatment can lessen brain damage that stroke can cause. By knowing the signs and symptoms, you can take quick action to potentially save a life. Call 9-1-1 immediately if you or someone else has any of these problems:
 - Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
 - Sudden confusion, trouble speaking, or difficulty understanding speech
 - Sudden trouble seeing in one or both eyes
 - Sudden trouble walking, dizziness, loss of balance, or lack of coordination
 - Sudden severe headache with no known cause

Acting F.A.S.T. is key to help stroke patients get the treatment they need. If you think someone may be having a stroke, act F.A.S.T and do the following simple test:

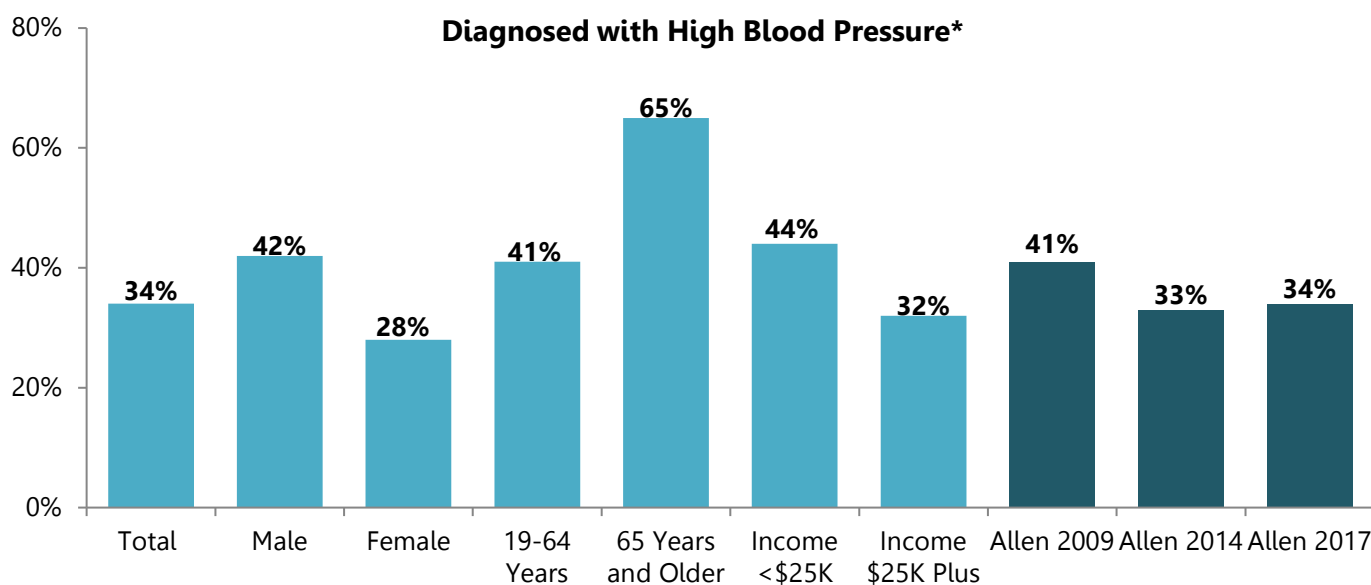
- F – Face: Ask the person to smile. Does one side of the face droop?
- A – Arms: Ask the person to raise both arms. Does one arm shift downward?
- S – Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- T – Time: If you see any of these signs, call 9-1-1

(Source: CDC, Stroke Signs and Symptoms, August 28, 2020)

High Blood Pressure (Hypertension)

- More than one-third (34%) of adults had been diagnosed with high blood pressure.
- Six percent (6%) of adults were told they were pre-hypertensive/borderline high.
- Ninety-three percent (93%) of adults had their blood pressure checked within the past year.
- Allen County adults diagnosed with high blood pressure were more likely to:
 - Be ages 65 years and older (65%).
 - Be classified as obese by Body Mass Index - (BMI) (51%).
 - Have incomes less than \$25,000 (44%).
 - Have rated their overall health as fair or poor (30%).

The following graph shows the number of Allen County adults who had been diagnosed with high blood pressure. Examples of how to interpret the information include: 34% of all Allen County adults had been diagnosed with high blood pressure, including 42% of males and 65% of those 65 years and older.



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

Healthy People 2030 Objectives Heart Disease and Stroke

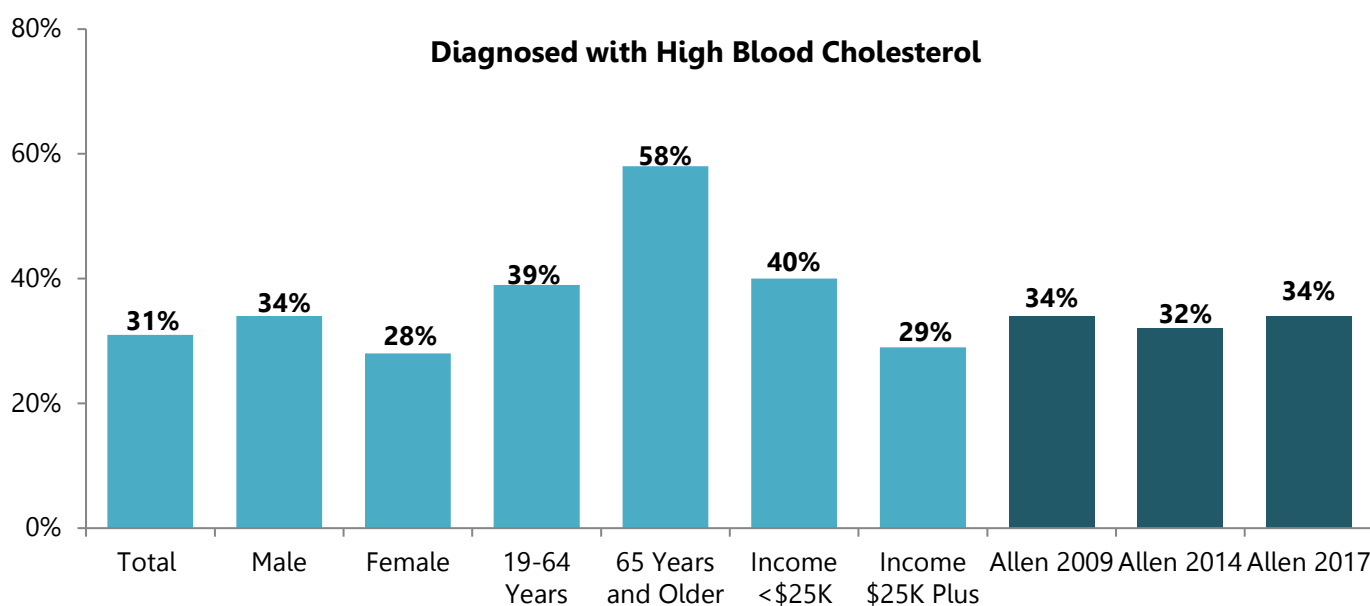
Objective	Allen Survey Population Baseline	2020 Ohio Baseline*	2020 U.S. Baseline*	Healthy People 2030 Target
HDS-04: Reduce proportion of adults with hypertension	34% (2021)	35%	33% Adults age 18 and up	28%

*Note: All U.S. figures age-adjusted to 2000 population standard.
(Source: 2021 Allen County Health Assessment, 2020 BRFSS, Healthy People 2030)*

High Blood Cholesterol

- Nearly one-third (31%) of adults had been diagnosed with high blood cholesterol.
- Eight-one percent (81%) of adults had their blood cholesterol checked within the past 5 years.
- Allen County adults with high blood cholesterol were more likely to:
 - Be ages 65 years and older (58%).
 - Be classified as obese by Body Mass Index - (BMI) (44%).
 - Have incomes less than \$25,000 (40%).
 - Have rated their overall health as fair or poor (29%).

The following graphs show the number of Allen County adults who had been diagnosed with high blood cholesterol. Examples of how to interpret the information include: 31% of all Allen County adults had been diagnosed with high blood cholesterol, including 34% of males and 58% of those 65 years and older.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Chronic Disease: Cancer

Key Findings

In 2021, 9% of Allen County adults had been diagnosed with cancer at some time in their life. The Ohio Department of Health indicates that from 2017 to 2019, a total of 708 Allen County residents died from cancer, the second leading cause of death in the county (Source: ODH Public Health Information Data Warehouse).

Adult Cancer

- Nine percent (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%)

Allen County Incidence of Cancer, 2014-2018

All Types: 3,112 cases

- Lung and Bronchus: 460 cases (15%)
- Prostate: 431 cases (14%)
- Breast: 404 cases (13%)
- Colon and Rectum: 287 cases (9%)

From 2017-2019, there were 708 cancer deaths in Allen County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 3/19/2021)

9% of Allen County adults, or approximately 6,948 adults, were diagnosed with cancer at some point in their lifetime.

Cancer Facts

- The Ohio Department of Health indicates that from 2017 to 2019, cancers caused 20% (708 of 3,488 total deaths) of all Allen County resident deaths. The largest percent (25%) of cancer deaths were from lung and bronchus cancers (Source: ODH Public Health Information Data Warehouse).
- The health assessment has determined that 18% of Allen County adults were current smokers. The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectal, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia.
- The American Cancer Society states that about 608,570 Americans are expected to die of cancer in 2021. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease.

Lung Cancer

- In Allen County, 22% of male adults currently smoke, and 61% of males who currently smoke stopped smoking for one or more days in the past 12 months because they were trying to quit.
- The Ohio Department of Health reports that lung and bronchus cancer n=106 was the leading cause of male cancer deaths from 2017 to 2019 in Allen County. Cancer of the colon n=31 male deaths and prostate cancer caused n=36 male deaths during the same time (Source: ODH Public Health Information Data Warehouse).
- Approximately 16% of Allen County female adults currently smoke, and 42% of females who currently smoke stopped smoking for one or more days in the past 12 months because they were trying to quit.

- The Ohio Department of Health reports that lung cancer was the leading cause of female cancer deaths n=72 in Allen County from 2017 to 2019, followed by breast n=40 and colon n=28 cancers (*Source: ODH Public Health Information Data Warehouse*).
- According to the American Cancer Society, smoking causes approximately 80% of lung cancer deaths in the U.S. Men and women who smoke are about 25 times more likely to develop lung cancer than nonsmokers (*American Cancer Society, Facts & Figures 2021*).

Breast Cancer

- In 2021, 51% of Allen County females reported having had a clinical breast examination in the past year.
- More than half (55%) of Allen County females over the age of 40 had a mammogram in the past year.
- In the U.S., the 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99% (*Source: American Cancer Society, Facts & Figures 2021*).
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommend that those 40-to-44 years of age have the option to begin annual mammography, those 45-to-54 should undergo annual mammography, and those 55 years of age and older may transition to biennial mammography or continue annual mammography. Women should continue mammography as long as overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual magnetic resonance imaging (MRI) is recommended in addition to mammography, typically starting at age 30 (*Source: American Cancer Society, Facts & Figures 2021*).

Prostate Cancer

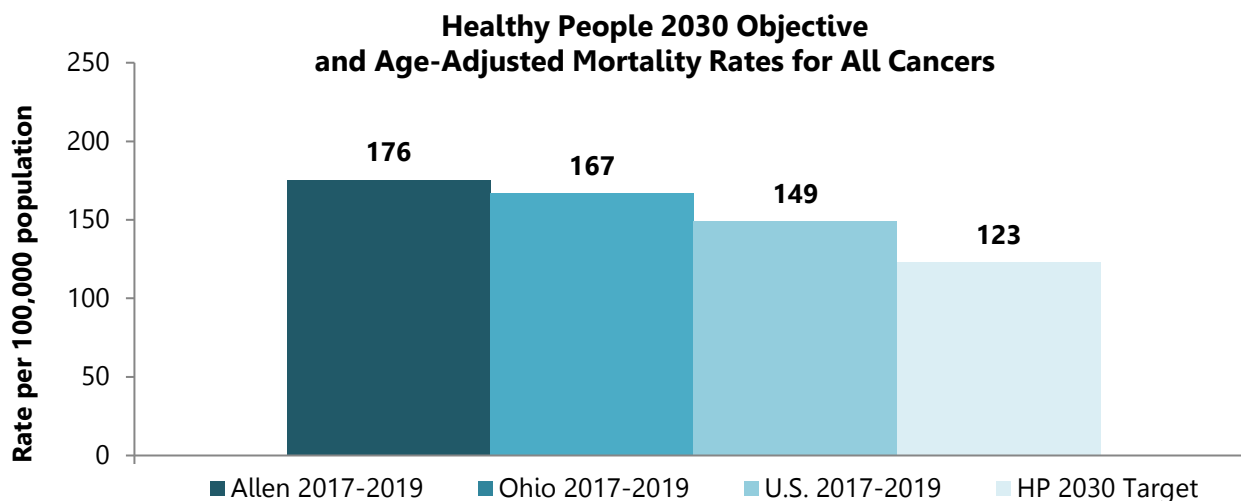
- Nearly half (49%) of Allen County males had a Prostate-Specific Antigen (PSA) test at some time in their lives and 26% had one in the past year.
- ODH statistics indicate that prostate cancer deaths accounted for 9% of all male cancer deaths from 2017 to 2019 in Allen County (*Source: ODH Public Health Information Data Warehouse*).
- Incidence rates for prostate cancer are 80% higher in African Americans than in Whites, and they are twice as likely to die of prostate cancer. Other risk factors include strong familial predisposition, smoking, and obesity. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world (*Source: American Cancer Society, Facts & Figures 2021*).

Colon and Rectum Cancers

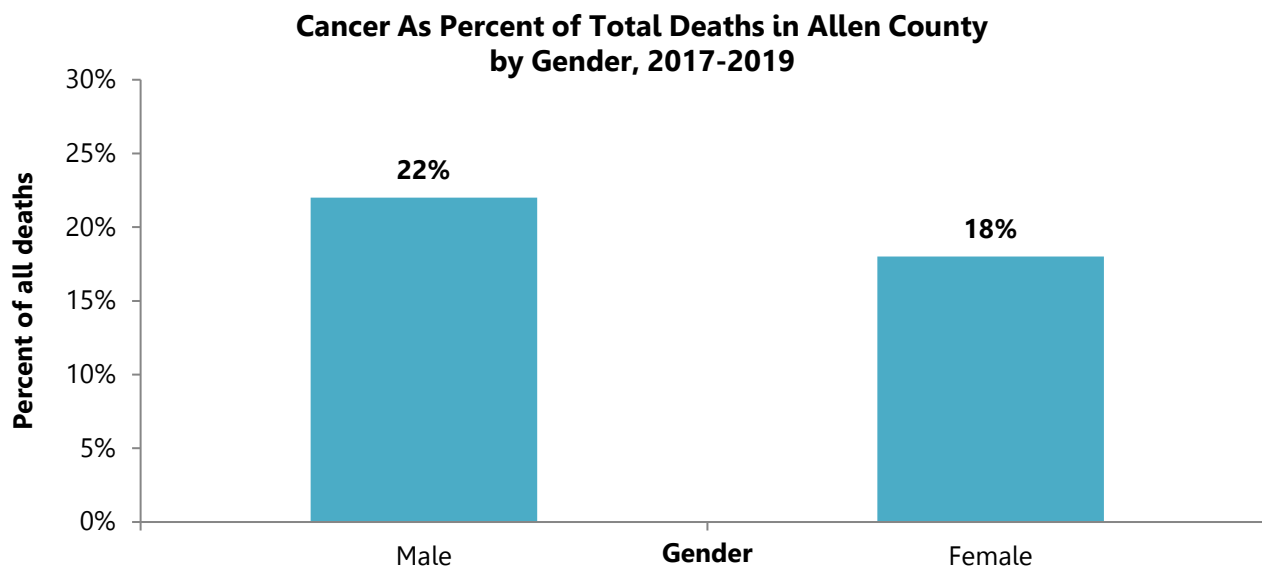
- In 2021, 57% of Allen County adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- ODH statistics indicate that colon and rectum cancer deaths accounted for 8% of all male and female cancer deaths from 2017 to 2019 in Allen County (*Source: ODH Public Health Information Data Warehouse*).
- The American Cancer Society reports several risk factors for colorectal cancer, including age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; and long-term smoking. Very low intake of fruits and vegetables is also potentially a risk factor for colorectal cancer (*Source: American Cancer Society, Facts & Figures 2021*).
- In the U.S., 88% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings (*Source: American Cancer Society, Facts & Figures 2021*).

The following graphs show the Allen County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2030 objective, as well as the percent of total cancer deaths in Allen County. The graphs indicate:

- When age differences are accounted for, Allen County had a higher cancer mortality rate than Ohio, the U.S., and the Healthy People 2030 target.
- The percentage of Allen County males who died from all cancers was higher than the percentage of Allen County females who died from all cancers.



(Source: ODH Public Health Information Data Warehouse 2017-2019, CDC Wonder 2017-2019, Healthy People 2030)



(Source: ODH Public Health Information Data Warehouse 2017-2019)

Allen County Incidence of Cancer 2014-2018

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer
Lung and Bronchus	460	15%
Prostate	431	14%
Breast	404	13%
Colon and Rectum	287	9%
Other/Unspecified	221	7%
Bladder	182	6%
Kidney and Renal Pelvis	132	4%
Melanoma of Skin	130	4%
Non-Hodgkins Lymphoma	125	4%
Uterus	94	3%
Pancreas	91	3%
Thyroid	84	3%
Oral Cavity & Pharynx	76	2%
Leukemia	74	2%
Brain and CNS	49	2%
Multiple Myeloma	48	2%
Stomach	43	1%
Esophagus	39	1%
Ovary	39	1%
Liver and Bile Ducts	37	1%
Larynx	25	1%
Cervix	14	<1%
Hodgkins Lymphoma	14	<1%
Testis	13	<1%
Total	3,112	100%

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 3/19/2021)

2021 Cancer Estimates

- In 2021, more than 1.9 million new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about 18% of the new cancer cases expected to occur in the U.S. will be related to being overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 608,570 Americans are expected to die of cancer in 2021.
- 80% of lung cancer deaths in the U.S are attributed to smoking.
- In 2021, estimates predict that there will be 73,320 new cases of cancer and 25,140 cancer deaths in Ohio.
 - Of the new cancer cases in Ohio, approximately 10,350 (14%) will be from lung and bronchus cancers and 5,860 (8%) will be from colon and rectum cancers.
 - About 10,450 new cases of female breast cancer are expected in Ohio.
 - New cases of male prostate cancer in Ohio are expected to be 9,010 (12%).

(Source: American Cancer Society, Facts and Figures 2021)

Chronic Disease: Arthritis

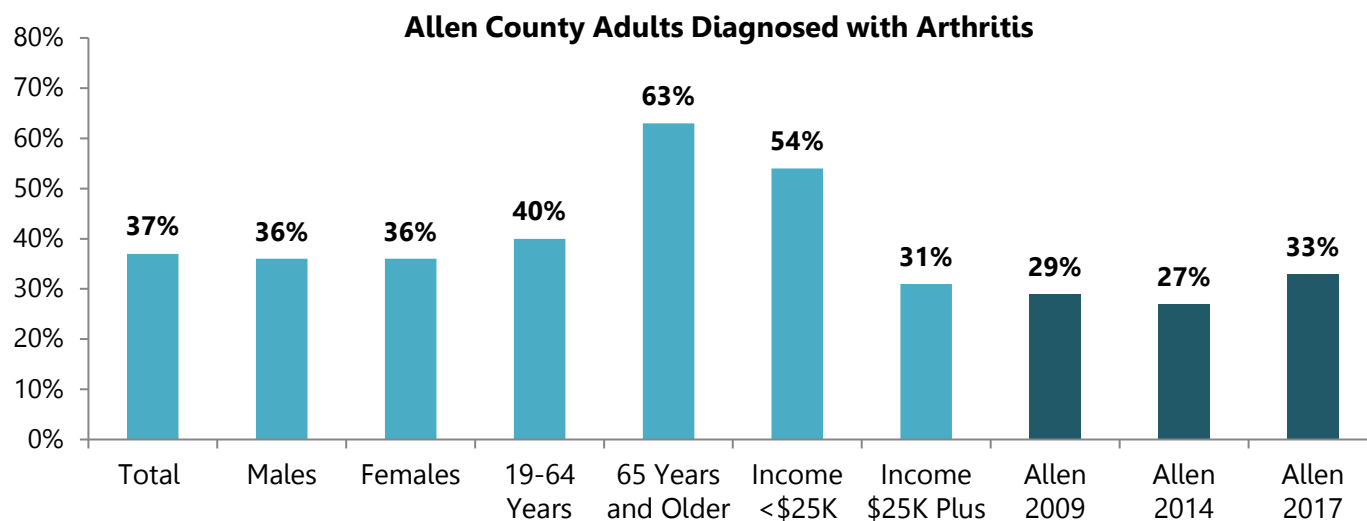
Key Findings

More than one-third (37%) of Allen County adults were told by a doctor, nurse, or other health professional that they had arthritis.

Arthritis

- More than one-third (37%) of Allen County adults were told by a doctor, nurse or other health professional that they had arthritis, increasing to 63% of those 65 years and older.
- Eighty-five percent (85%) of adults diagnosed with arthritis were overweight or obese.
- Seven percent (7%) of adults were told by a doctor, nurse, or other health professional that they had osteoporosis.
- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have occupations associated with arthritis, are overweight or obese, and/or have joint injuries or infections (Source: CDC, Arthritis Risk Factors, 2021).
- An estimated over 58.5 million U.S. adults (about 24%) report having doctor-diagnosed arthritis. By 2040, over 78 million people will have arthritis. Arthritis is more common among women (24%) than men (18%), and it affects all racial and ethnic groups. Arthritis commonly occurs with other chronic diseases, like diabetes, heart disease, and obesity, and can make it harder for people to manage these conditions (Source: CDC, Arthritis at a Glance 2021).

The following graph shows the number of Allen County adults who had been diagnosed with arthritis. Examples of how to interpret the information on the first graph include: 37% of all Allen County adults had been diagnosed with arthritis, including 63% of those 65 years and older and 54% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

Chronic Disease: Asthma

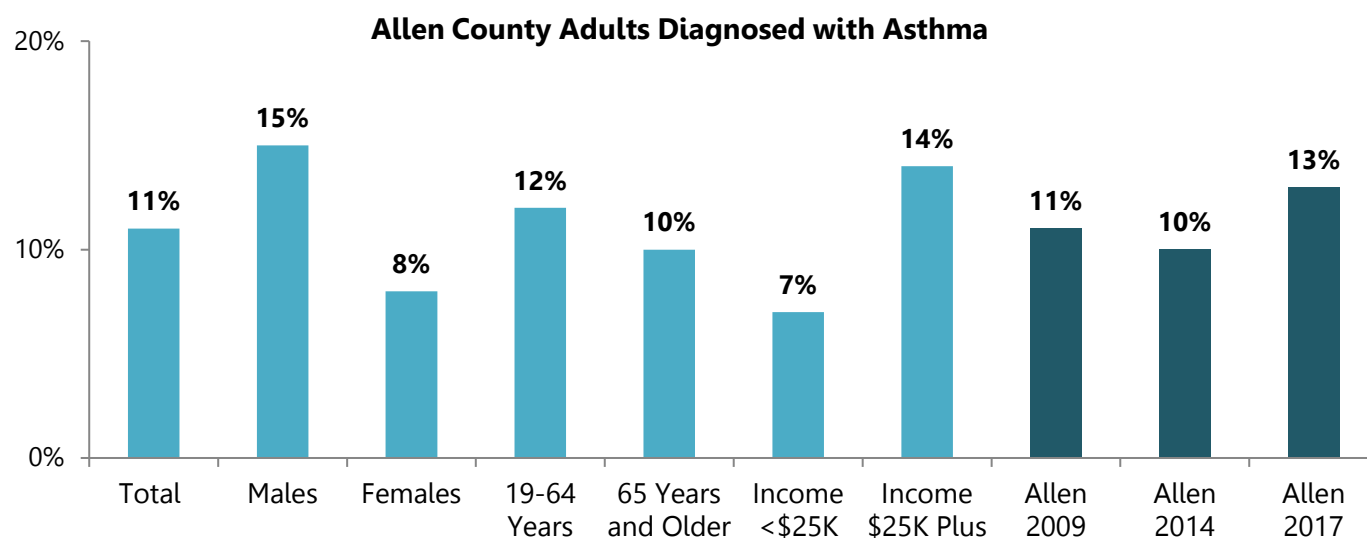
Key Findings

Eleven percent (11%) of adults were told by a doctor, nurse, or other health professional that they had asthma.

Asthma and Other Respiratory Disease

- Eleven percent (11%) of Allen County adults were told by a doctor, nurse, or other health professional that they had asthma, increasing to 15% of males.
- Six percent (6%) of adults were told by a doctor, nurse, or other health professional that they had a chronic lung disease (including bronchitis or emphysema), increasing to 9% of those with incomes less than \$25,000 and 16% of those 65 years and older.
- Some of these triggers are tobacco smoke; dust mites; outdoor air pollution; cockroach allergens; pets; mold; smoke from burning wood or grass; and infections linked to the flu, cold, and respiratory viruses (Source: CDC, *Asthma*, 2021).
- Chronic lower respiratory disease was the 3rd leading cause of death in Allen County and the 4th leading cause of death in Ohio from 2017 to 2019 (Source: ODH Public Health Information Warehouse, 2017-2019).

The following graph shows the number of Allen County adults who had been diagnosed with asthma. Examples of how to interpret the information on the first graph include: 11% of all Allen County adults had been diagnosed with asthma, including 10% of those 65 years and older and 14% of those with incomes \$25,000 or higher.

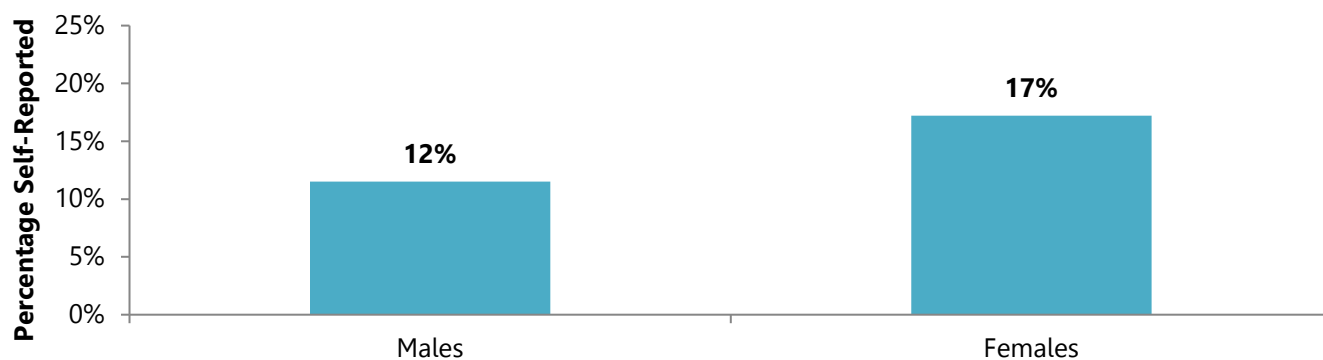


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

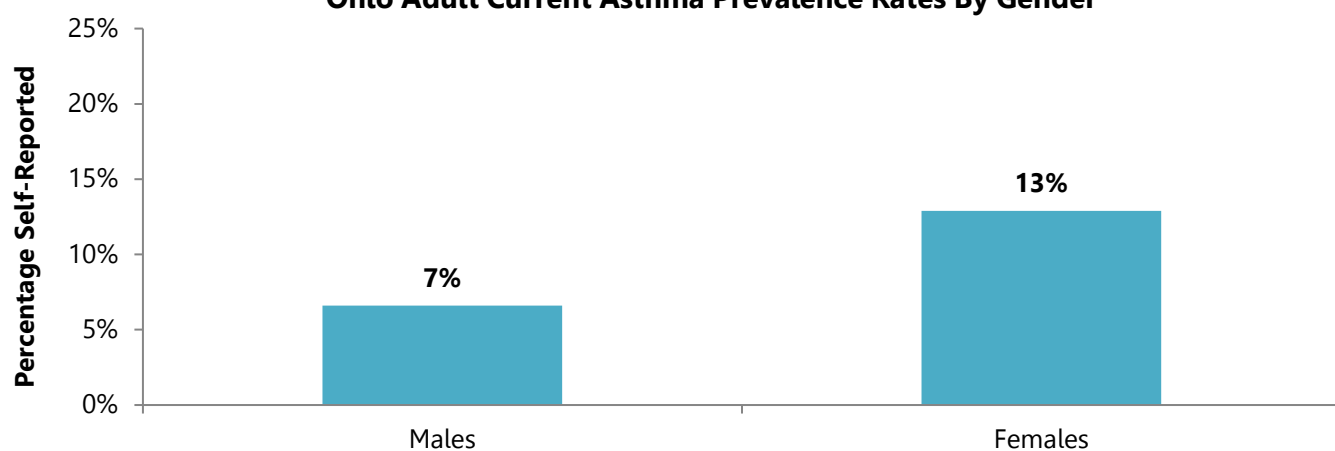
Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had been diagnosed with asthma	11%	10%	13%	11%	14%	14%

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

Ohio Adult Lifetime Asthma Prevalence Rates By Gender



Ohio Adult Current Asthma Prevalence Rates By Gender



(Source: 2020 BFRSS)

Chronic Disease: Diabetes

Key Findings

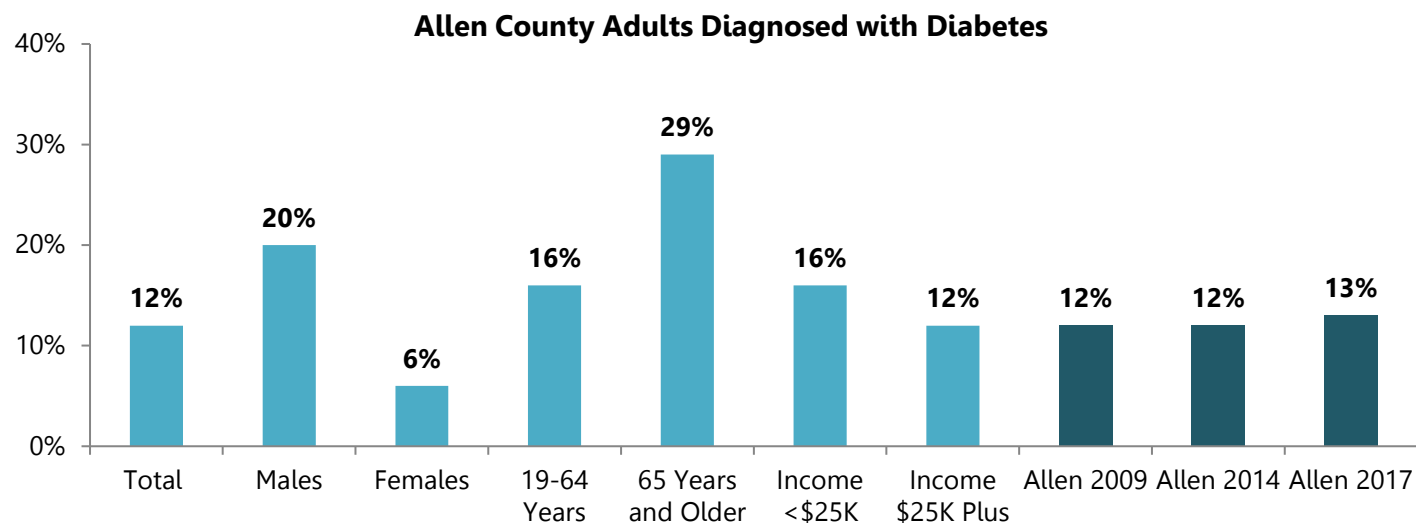
In 2021, 12% of Allen County adults were told by a doctor, nurse, or other health professional that they had diabetes. More than two-fifths (44%) of adults with diabetes rated their health as fair or poor.

12% of Allen County adults, or approximately 9,264 adults, were diagnosed with diabetes.

Diabetes

- Twelve percent (12%) of Allen County adults were told by a doctor, nurse, or other health professional that they had diabetes, increasing to 29% of those 65 years and older.
- Twelve percent (12%) of adults were told by a doctor, nurse, or other health professional that they had prediabetes or borderline diabetes.
- More than two-fifths (44%) of adults with diabetes rated their health as fair or poor.
- Allen County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 83% had been diagnosed with high blood pressure.
 - 82% were obese or overweight.
 - 66% had been diagnosed with high blood cholesterol.

The following graph shows the number of Allen County adults who had been diagnosed with diabetes. Examples of how to interpret the information on the first graph include: 12% of all Allen County adults had been diagnosed with diabetes, including 29% of those 65 years and older and 16% of those with incomes less than \$25,000.

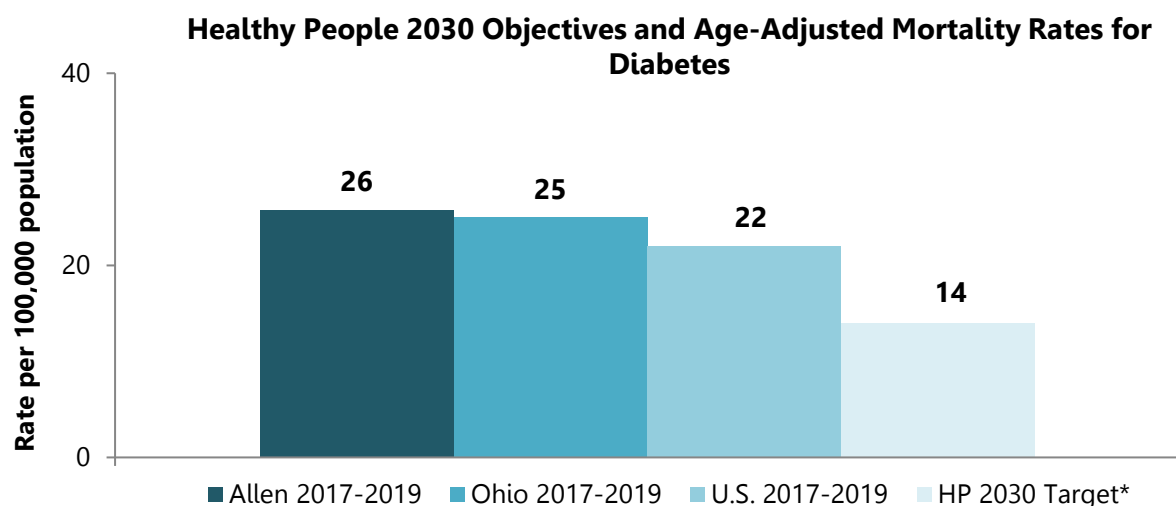


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Diagnosed with diabetes	12%	12%	13%	12%	12%	11%

The following graph shows the age-adjusted mortality rates from diabetes for Allen County, Ohio, and U.S. residents with comparison to the Healthy People 2030 target objective.

- From 2017 to 2019, Allen County's age-adjusted diabetes mortality rate was greater than the Ohio rate, the U.S. rate, and the Healthy People 2030 target objective.



**The Healthy People 2030 rate is for all deaths among those diagnosed with diabetes per 1,000 people.
(Source: ODH Public Health Information Data Warehouse 2017-2019, CDC Wonder 2017-2019, and Healthy People 2030)*

Prediabetes

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. About 96 million American adults – more than 1 in 3 – have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

You can have prediabetes for years but have no clear symptoms. It is important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for diabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome
- Race and ethnicity are also a factor – African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at a higher risk.

(Source: Centers for Disease Control and Prevention, Diabetes, December 21, 2021)

Chronic Disease: Quality of Life

Key Findings

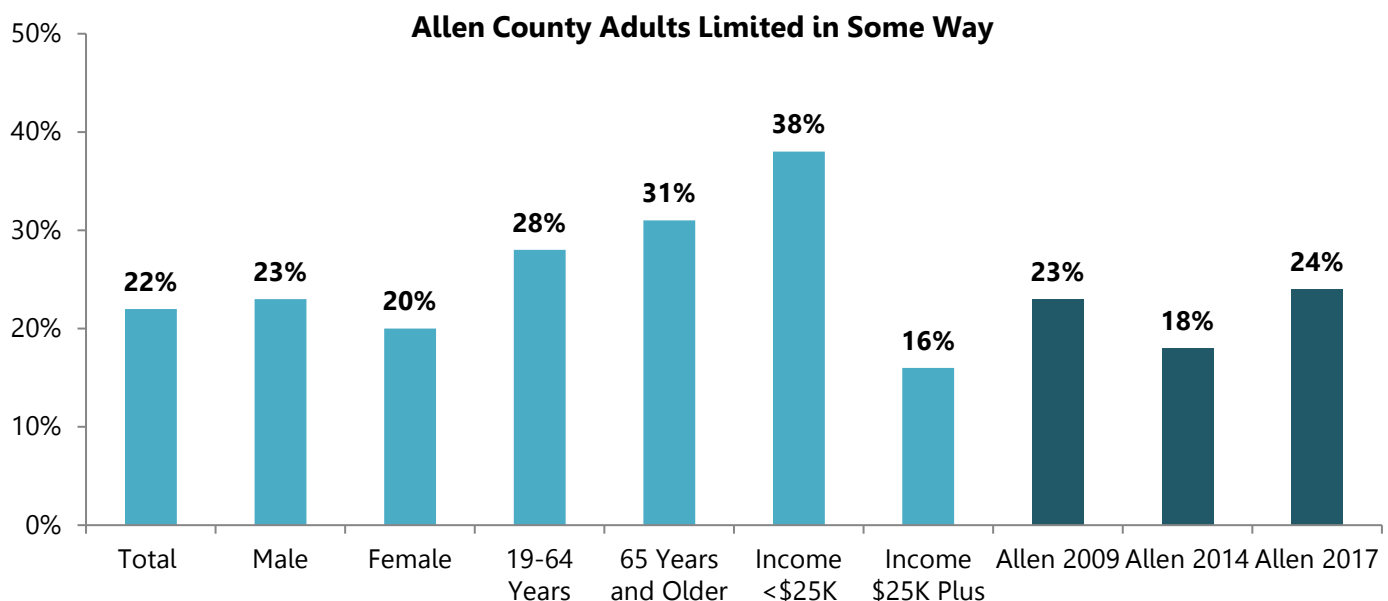
In 2021, 22% of Allen County adults were limited in some way because of a physical, mental, or emotional problem.

22% of Allen County adults, or approximately 16,985 adults, were limited in some way because of a physical, mental, or emotional problem.

Impairments and Health Problems

- In 2021, 22% of Allen County adults were limited in some way because of a physical, mental, or emotional problem, increasing to 38% of those with incomes less than \$25,000.
- Allen County 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%), and someone to explain directions from their doctor (4%). Eighty-three percent (83%) of adults reported they would not have problems getting any of the above things if they needed them.

The following graph shows the percentage of Allen County adults who were limited in some way. Examples of how to interpret the information include: 22% of Allen County adults were limited in some way, including 23% of males and 38% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

N/A – Not Available

Social Conditions: Social Determinants of Health

Key Findings

In 2021, 10% of Allen County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Sixteen percent (16%) of adults experienced 4 or more adverse childhood experiences (ACEs) in their lifetime. In the past year, 10% of Allen County adults had to choose between paying bills and buying food. Thirteen percent (13%) of adults indicate that the COVID-19 pandemic impacted their mental health.

Healthy People 2030

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality of life outcomes and risks. One of Healthy People 2030's 5 overarching goals is specifically related to SDOH: "Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all."

Healthy People 2030 has classified social determinants of health into five domains:

- Economic stability
- Education access and quality
- Social and community context
- Health care access and quality
- Neighborhood and built environment

Social Determinants of Health



Social Determinants of Health

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods.
- Racism, discrimination, and violence.
- Education, job opportunities, and income.
- Access to nutritious foods and physical activity opportunities.
- Polluted air and water.
- Language and literacy skills.

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

(Source: HealthyPeople2030, Retrieved December 26, 2021)

Education

- Ninety-one percent (91%) of Allen County adults 25 years and over had a high school diploma or higher *(Source: U.S. Census Bureau, 2019 American Community Survey 1-year Estimate)*.
- Nineteen percent (19%) of Allen County adults 25 years and over had at least a bachelor's degree *(Source: U.S. Census Bureau, 2019 American Community Survey 1-year Estimate)*.

Health and Health Care

- In the past year, 4% of adults were uninsured, increasing to 6% of those with incomes below \$25,000.
- When seeking health care, 2% of Allen County adults felt their experiences were worse than other races. Forty-one percent (41%) felt their experiences were the same, and 8% reported their experiences were better than other races. Two percent (2%) of adults reported only encountering people of the same race and 39% did not know.
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Allen County adults.

Economic Stability

- Adults reported the following percent of their household income goes to their housing: less than 30% (46%), 30-50% (29%), 50% or higher (19%), and did not know (6%).

8% of Allen County adults, or approximately 6,176 adults, experienced more than one food insecurity issue in the past year.

- Within the past year, 7% of adults indicated they were always worried or stressed about having enough money to pay their rent or mortgage. Three percent (3%) reported they were usually worried and 11% reported they were sometimes worried about having enough money to pay their rent or mortgage. Seventy-eight percent (78%) of adults reported they were rarely or never worried or stressed about having enough money to pay their rent or mortgage.
- Adults experienced the following food insecurity issues during the past 12 months:
 - 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%)
- Eight percent (8%) of Allen County adults experienced two or more food insecurity issues in the past year.
- The median household income in Allen County was \$58,271. The U.S. Census Bureau reports median income levels of \$58,642 for Ohio and \$65,712 for the U.S. *(Sources: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2019)*
- Nearly thirteen percent (12.9%) of all Allen County residents were living in poverty, and 19.6% of children and youth ages 0-17 were living in poverty *(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2019)*.
- The unemployment rate for Allen County in November 2021 was 3.5% *(Source: Bureau of Labor Statistics, Local Area Unemployment Statistics)*.

- There were 45,188 housing units. The owner-occupied housing unit rate was 69.9%. Rent in Allen County cost an average of \$735 per month (*Source: U.S. Census Bureau, 2019 American Community Survey 1-year Estimate*).

Social and Community Context

- Allen County adults reported the following as the top problems in their community:

— Alcohol/drug abuse (45%)	— Child abuse (16%)
— Crime (45%)	— Childcare (14%)
— Poverty (38%)	— Access to health care (14%)
— Opiate/prescription drug abuse (33%)	— Underage alcohol consumption (14%)
— Mental health issues (30%)	— Neighborhood violence (13%)
— Unemployment (28%)	— School funding (11%)
— Obesity (26%)	— Lack of recreational programs and resources (9%)
— Lack of safe and affordable housing (24%)	— Traffic (8%)
— Gang violence (23%)	— Teenage pregnancy (8%)
— Juvenile delinquency (21%)	— Elder abuse (7%)
— Underemployment (20%)	— Preconception/maternal health (3%)
— Domestic violence (19%)	— Infant health (2%)
— Lack of affordable health care (19%)	— Transportation (2%)
— Lack of support for local businesses (17%)	
- One percent (1%) of adults have called 2-1-1, a non-emergency information referral number, for assistance. Of those who called 2-1-1 for assistance, 100% received information that assisted them in getting the help they needed. Seventy-four percent (74%) of adults reported they have never heard of 2-1-1. Twenty five percent (25%) of adults reported they did not need assistance.
- Three percent (3%) of Allen County adults were threatened to be abused in the past year. They were threatened to be abused by the following: someone outside their home (50%), and a spouse or partner (13%).
- Ten percent (10%) of Allen County adults were abused in the past year. They were abused by the following: a someone outside their home (32%), a parent (18%), another family member living in their household (7%), and someone else (4%).
- Allen County adults were abused in the following ways: verbally (73%) and emotionally (47%).

Intimate Partner Violence in the U.S.

Intimate partner violence (IPV) is abuse or aggression that occurs in a romantic relationship. IPV can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years. IPV can include the following types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm another partner mentally or emotionally and/or to exert control over another partner.

IPV is connected to other forms of violence and is related to serious health issues and economic consequences.

(*Source: CDC, Violence Prevention, November 2, 2021*)

Allen County adults and their loved ones needed the following types of assistance in the past year:

Type of Assistance	Received Assistance	Was Not Eligible	Did Not Know Where to Look	Did Not Need Assistance
Health care	17%	3%	1%	79%
Medicare	14%	1%	1%	84%
Prescription assistance	14%	2%	<1%	84%
Employment	12%	0%	1%	87%
Dental care	12%	2%	2%	84%
Food	11%	2%	1%	85%
Mental illness issues including depression	10%	2%	<1%	87%
Utilities	7%	1%	2%	90%
Home repair	7%	3%	3%	87%
Rent/mortgage/eviction	6%	2%	1%	91%
Free tax preparation	6%	<1%	5%	86%
Transportation	3%	0%	<1%	97%
Drug or alcohol addiction	2%	0%	1%	98%
Clothing	1%	1%	1%	97%
Credit counseling	1%	1%	3%	95%
Diapers	1%	0%	<1%	98%
Affordable childcare	1%	3%	<1%	96%
Post-incarceration issues	1%	0%	0%	99%
Emergency shelter	<1%	1%	0%	99%
Legal aid services	<1%	<1%	2%	98%
Gambling addiction	0%	0%	0%	100%
Homelessness	0%	0%	0%	100%
Unplanned pregnancy	0%	0%	0%	100%

- Adults in Allen County experienced 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%)
 - Lived with someone who used illegal street drugs, or who abused prescription medications (7%)
 - A parent or adult in their home hit, beat, kicked, or physically hurt them (7%)
 - Their family did not look out for each other, feel close to each other or support each other (6%)
 - Someone at least 5 years older than them or an adult tried to make them touch them sexually (5%)
 - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (2%)
 - Lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (2%)
 - Someone at least 5 years older than them or an adult forced them to have sex (1%)
- Sixteen percent (16%) of adults experienced 4 or more ACEs in their lifetime, increasing to 23% of those who had an income less than \$25,000.

Behaviors of Allen County Adults
Experienced 4 or More ACEs vs. Did Not Experience Any ACEs

Adult Behaviors	Experienced 4 or More ACEs	Did Not Experience Any ACEs
Were overweight or obese	84%	67%
Had at least one alcoholic beverage in past month	50%	56%
Current smoker (currently smoke some or all days)	24%	18%
Had an income less than \$25,000	23%	18%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	16%	36%
Used medications not prescribed	6%	6%

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are potentially traumatic events that occur in childhood (0-17 years). For example:

- Experiencing violence, abuse, or neglect.
- Witnessing violence in the home or community.
- Having a family member attempt or die by suicide.

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with:

- Substance use problems.
- Mental health problems.
- Instability due to a parental separation or household members being in jail or prison.

ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood. ACEs can negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented.

(Source: CDC, Violence Prevention, April 6, 2021)

Neighborhood and Built Environment

- More than one-fourth (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, and 1% reported it to be not safe at all. One percent (1%) of adults reported that they did not know how safe from crime their neighborhood was.
- 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%), and no public transportation available or accessible (<1%). Eighty-nine percent (89%) of adults did not have any transportation issues.
- Six percent (6%) of adults experienced two or more transportation issues.
- Adults used the following forms of transportation regularly: their vehicle or their family vehicle (94%), rides from friends or family members (15%), walk (14%), ride share apps (6%), bike (2%), and other (2%).
- Allen County adults reported doing the following while driving:
 - Talking on hands-free cell phone (41%)
 - Eating (37%)
 - Talking on hand-held cell phone (24%)
 - Texting (13%)
 - Not wearing a seatbelt (8%)
 - Using internet on their cell phone (8%)
 - Being under the influence of alcohol (3%)
 - Being under the influence of recreational drugs (2%)
 - Being under the influence of prescription drugs (1%)
 - Reading (1%)
 - Other activities (such as applying makeup, shaving, etc.) (1%)
- Thirty-nine percent (39%) of adults reported two or more distractions while driving.
- Adults in Allen County reported the following would help them use community parks, bike trails, and walking paths more frequently: designated safe routes (22%), more available/accessible parks, bike trails, and walking paths (21%); better promotion and advertising of existing parks, trails, and paths (19%); more public events and programs involving parks, trails, and paths (17%); and improvements to existing parks, trails, and paths (15%). Fifty-two percent (52%) of adults reported none of the above would help them use parks, bike trails, and walking paths more frequently.

COVID-19

- Allen County adults and their families were negatively affected by the COVID-19 pandemic 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%)
 - Unable to afford basic needs, such as personal, household, or baby care (2%)
 - Increased drug use (1%)
 - Housing instability (1%)
 - Lack of Internet access (1%)
 - Other (6%)

The Impact of the COVID-19 Pandemic on ACEs

The COVID-19 pandemic has resulted in many health, social, and economic challenges. The full extent of the impact of the pandemic on children and youth will take years to learn. However, early indicators point to substantial impacts on Ohio's health, well-being, and economic vitality for years to come. Below are three key findings for policymakers:

1. Exposure to specific ACEs may increase as a result of the pandemic: early data suggested that exposure to certain ACEs may increase mental illness and substance use in the household, intimate partner violence, and child maltreatment.
2. The pandemic has increased risk factors for ACEs: the economic downturn and social distancing measures implemented in response to the pandemic have increased the prevalence of risk factors for ACEs, for example, economic hardship and social isolation.
3. Existing disparities in ACEs exposure are likely to be exacerbated by the pandemic: Ohioans of color, those with low incomes, those with disabilities, and who are residents of urban or Appalachian counties are more likely to be exposed to ACEs as a result of the pandemic.

(Source: Health Policy Institute of Ohio, The Impact of COVID-19 Pandemic on ACEs, March 3, 2021)

Social Conditions: Environmental Health

Key Findings

Allen County adults reported the following top three environmental issues that threatened their health in the past year: mold (11%), insects (9%), and moisture issues (7%).

11% of Allen County adults, or approximately 8,492 adults, reported that mold threatened their or their family members' health in the past year.

Environmental Health

- Allen County adults reported the following environment threats to 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%)
 - Safety hazards (1%)
 - Sewage/wastewater problems (1%)

Moisture and Mold Prevention and Control Tips

Moisture control is key to mold control:

- When water leaks or spills occur indoors – act quick. If wet or damp materials or areas are dried 24-48 hours after a leak or spill, in most cases mold will not grow.
- Clean and repair roof gutters regularly.
- Make sure the ground slopes away from the building foundation, so that water does not enter or collect around the foundation.
- Keep air conditioning drip pans clean and the drain lines unobstructed and flowing properly.
- Keep indoor humidity low. If possible, keep indoor humidity below 60 percent relative humidity.
- If you see condensation or moisture collecting on windows, walls or pipes, act quickly to dry the wet surface and reduce the moisture/water source.

(Source: Environmental Protection Agency, Mold, Violence Prevention, August 24, 2021)

Disaster Preparedness

- Adults in Allen County indicated that they would use the following methods or ways of getting information from authorities in a large-scale disaster or emergency: television (81%), friends/family (78%), internet (62%), radio (53%), Allen County emergency Alert System (51%), social media (50%), neighbors (46%), newspaper (22%), and other (2%).
- Sixteen percent (16%) of adults experienced more than one environmental issue in the past year.

Social Conditions: Parenting

Key Findings

Ten percent (10%) of Allen County mothers who had a child in the past five years never breastfed their child. More than half (58%) of parents put their infant to sleep on their back. Forty-three percent (43%) of parents discussed dating and relationships with their 10-to-17-year-old child.

Parenting

- 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.
- Children were put to sleep in the following places: crib/bassinet without bumper, blankets, or stuffed animals (51%); crib/bassinet 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%) and floor (8%).
- Mothers who had a child in the past five years breastfed their child: more than 9 months (24%), 4 to 6 months (31%), 7 weeks to 3 months (14%), 3 to 6 weeks (8%), still breastfeeding (14%), and never breastfed (10%).
- Parents discussed the following topics with their 10-to-17-year-old child: 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%); refusal skills/peer pressure (30%); school/legal consequences of using alcohol, tobacco, or other drugs (24%); body image (15%); and volunteering (9%).
- Three percent (3%) of parents reported they did not talk to their child about any of the above topics in the past year.

The ABC's of Safe Sleep

Below are best practices for safe sleeping, as recommended by the American Academy of Pediatrics. Safe sleep is as easy as A, B, C: Alone, Back, and Crib.

- Baby should always sleep **alone**.
 - Don't sleep in the same bed as baby. The safest place for baby to sleep is the same room as their caregiver. You can place the crib next to the bed. Keep the room smoke-and pollutant-free, and keep the room cool to prevent overheating.
- Baby should sleep on their **back**.
 - Place baby on their back to sleep and tummy to play. Help to prevent flat spots on the head by changing sleep directions daily.
- Baby should always sleep in a **crib**.
 - Use a crib or bassinet that meets current safety standards. Provide your baby with a firm sleep surface.
 - Keep the crib empty. Remove loose bedding, bumpers, and toys as they can put safety at risk.
 - There is no evidence that sleep positioning devices are effective and in some cases, they pose a danger to baby if they roll out of the device.

(Source: Pathways.org, The ABC's of Safe Sleep, Retrieved 2/2/22)

Youth Health: Weight Status

Key Findings

Twenty-nine percent (29%) of Allen County youth were obese, as measured by Body Mass Index (BMI) by age. Sixty-three percent (63%) of youth exercised for 60 minutes on 3 or more days per week.

Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender-and-age specific as children's body fat changes as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- Twenty-nine percent (29%) of Allen County youth were classified as obese as measured by Body Mass Index (BMI) calculations, 16% of youth were classified as overweight, 54% were normal weight, and 1% were underweight.

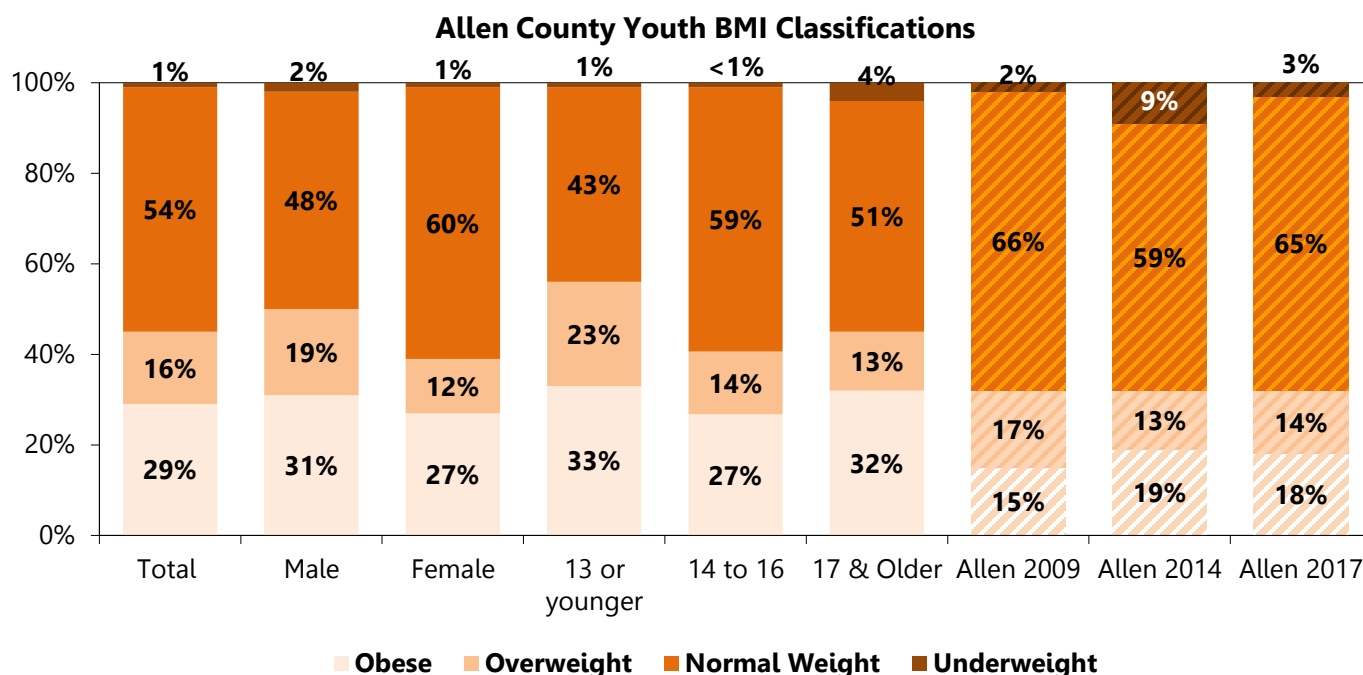
Nutrition

- 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%); and 0 servings, they could not afford fruits or vegetables (2%).
- During the past week, youth reported drinking a can, bottle, or glass of soda or pop at the following frequencies: 1 to 3 times during the past week (40%), 4 to 6 times during the past week (11%), 1 time per day (8%), 2 times per day, (6%), 3 times per day (3%), and 4 or more times per day (5%). Twenty-seven percent (27%) of youth reported they did not drink soda or pop during the past week.
- 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%)

Physical Activity

- Sixty-three percent (63%) of youth participated in at least 60 minutes of physical activity on 3 or more days in the past week, 46% did so on 5 or more days in the past week, and 24% did so every day in the past week. Nineteen percent (19%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. Aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week (*CDC, Physical Activity Basics, 5/8/21*).

The following graph shows the percentage of Allen County youth who were classified as obese, overweight, normal weight or underweight measured by Body Mass Index (BMI) by age. Examples of how to interpret the information in the graph include: 54% of all Allen County youth were classified as normal weight, 29% were obese, 16% were overweight, and 1% were underweight for their age and gender.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Childhood Obesity Causes and Consequences

Obesity during childhood can harm the body in a variety of ways. Children who have obesity are more likely to have:

Immediate health risks:

- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease.
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes.
- Breathing problems, such as asthma and sleep apnea.
- Joint problems and musculoskeletal discomfort.
- Fatty liver disease, gallstones, and gastro-esophageal reflux (i.e., heartburn).

Future health effects:

- More likely to become adults with obesity. Adult obesity is associated with increased risk of several serious health conditions including heart disease, type 2 diabetes, and cancer.
- Obesity and disease risk factors in adulthood are likely to be more severe.

Childhood obesity is also related to psychological problems such as anxiety and depression, low self-esteem and lower self-reported quality of life, and social problems such as bullying and stigma.

(Sources: CDC, *Childhood Overweight and Obesity*, Updated: March 19, 2021)

Healthy People 2030 Nutrition and Weight Status (NWS)

Objective	Allen County 2021 OHYES	Ohio 2019	U.S. 2019	Healthy People 2030 Target
NWS-04 Reduce the proportion of children and adolescents with obesity	29% (7-12 Grade) 28% (9-12 Grade)	17% (9-12 Grade)	16% (9-12 Grade)	16%* (Youth 2-19 years)

**Note: The Healthy People 2030 target is for children and youth aged 2-19 years.
(Sources: Healthy People 2030 Objectives, 2019 YRBS, 2021 Allen County OHYES)*

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
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%
Did not eat breakfast (during the past week)	N/A	N/A	N/A	25%	26%	20%	17%
Drank soda or pop (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

Youth Health: Tobacco Use

Key Findings

Four percent (4%) of Allen County youth currently smoke, increasing to 6% of those ages 17 and older. More than one-fourth (26%) of youth had used an electronic vapor product in their life.

Tobacco Use Behaviors

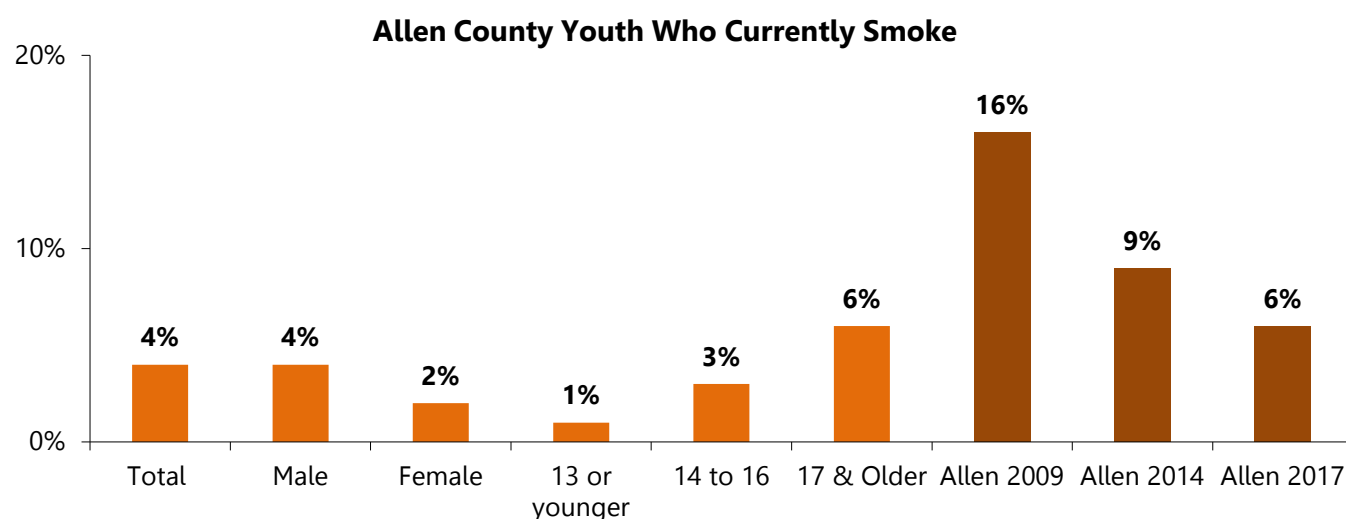
- Four percent (4%) of youth had smoked part or all of a cigarette within the past 30 days.
- Four percent (4%) of youth currently smoke, having smoked sometime time in the past 30 days.
- Four percent (4%) of Allen County youth had smoked cigars, cigarillos, or little cigars in the past 30 days.
- Two percent (2%) of Allen County youth had used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products 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%); and some other way (21%).
- More than one-fourth (26%) of youth had used an electronic vapor product in their life.
- Fifteen percent (15%) had 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 reported the following as main reasons for using electronic vapor products: friend used them (42%); available in flavors, such as mint, candy, fruit, or chocolate (26%); boredom (25%); family member used them (17%); less harmful than other forms of tobacco (13%); their friends pressured them (10%); easier to get than other tobacco products (7%); cost less than other tobacco products (3%); they tried to quit using other tobacco products (2%); and some other reasons (44%).

The table below indicates the frequency with which youth in Allen County used the following tobacco and electronic vapor products among current users.

Frequency of Tobacco/Electronic Vapor Product Use Among Current Allen County Youth Users (Past 30 Day Use)

Tobacco/Vapor Product	1 or 2 days	3 to 5 days	6 to 9 days	10 to 19 days	20 to 29 days	All 30 days
Cigarettes	43%	29%	14%	7%	0%	7%
Electronic vapor products	27%	14%	7%	10%	12%	30%

The following graph shows the percentage of Allen County youth who currently smoke. Examples of how to interpret the information include: 4% of all Allen County currently smoke, including 4% of males and 6% of those ages 17 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Healthy People 2030 Tobacco Use (TU)

Objective	Allen County 2021 OHYES	Ohio 2019	U.S. 2019	Healthy People 2030 Target
TU-06 Reduce current cigarette smoking in adolescents (in the past month)	4% (7-12 Grade) 4% (9-12 Grade)	5% (9-12 Grade)	6% (9-12 Grade)	3% (6-12 Grade)

(Sources: Healthy People 2030 Objectives, 2019 Ohio YRBS, 2019 U.S. YRBS, 2021 Allen County OHYES)

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th - 12 th)	Allen County 2021 OHYES (9 th - 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Currently smoke (smoked on at least 1 day during the past 30 days)	16%	9%	6%	4%	4%	5%	6%
Ever used an electronic vapor product (including e-cigarettes, 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%
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

*Among those who used electronic vapor products in the past 30 days

Youth Health: Alcohol Consumption

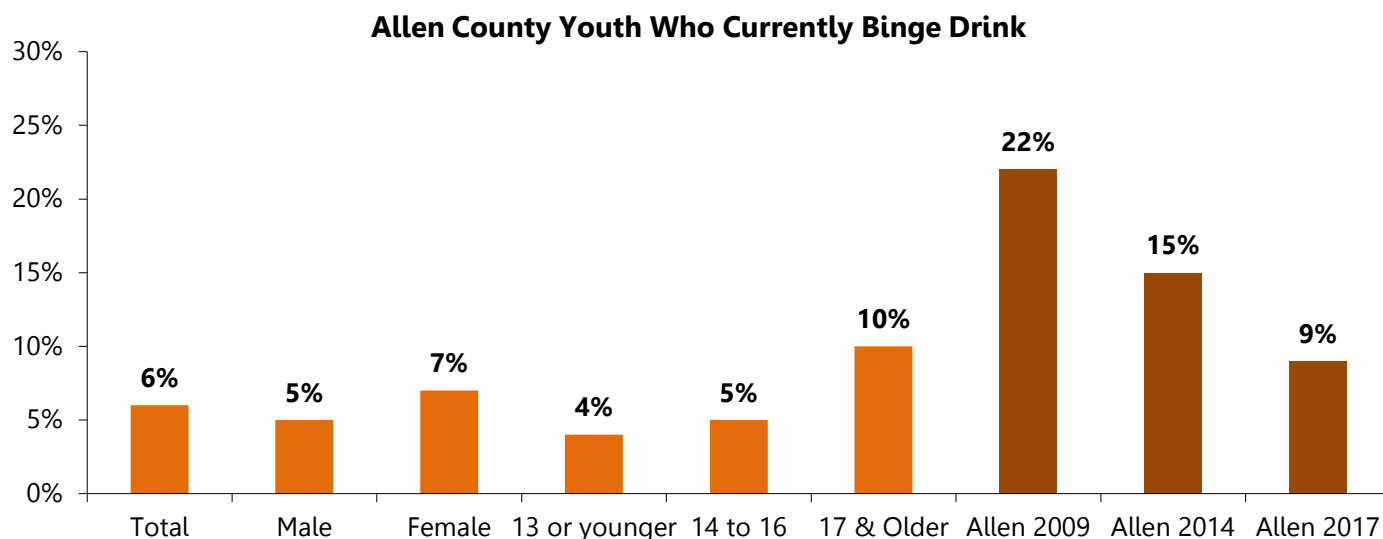
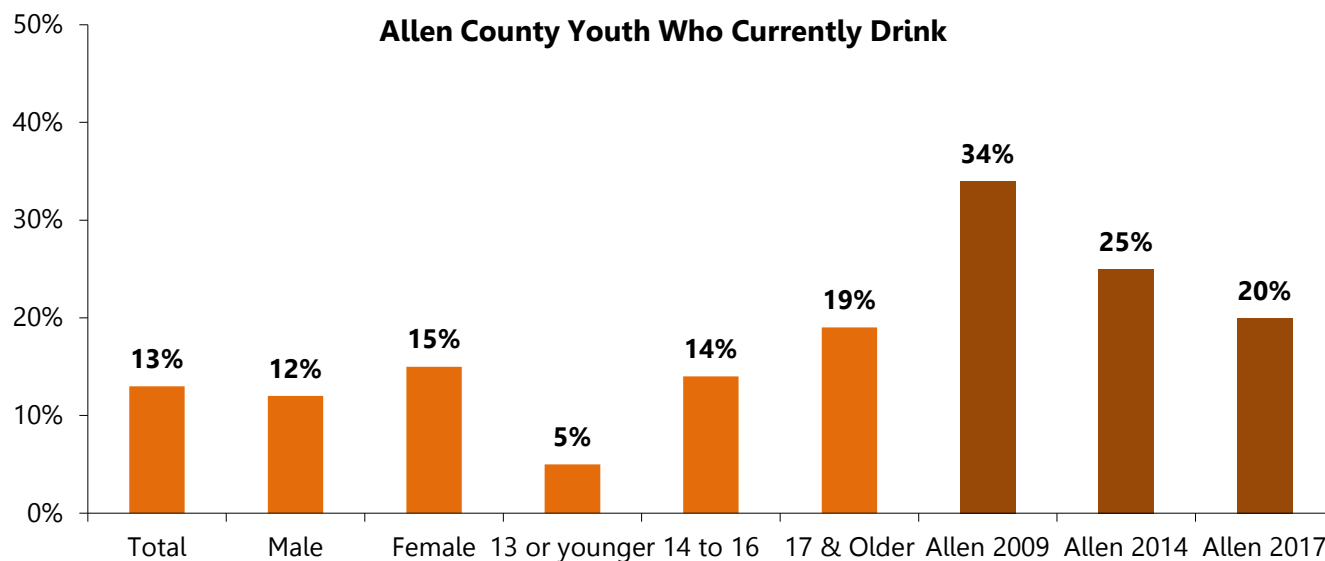
Key Findings

Thirteen percent (13%) of youth had at least one drink of alcohol in the past 30 days. During the past 30 days, 11% of Allen County youth had ridden in a car driven by someone who had been drinking alcohol.

Alcohol Consumption

- Thirteen percent (13%) of youth had at least one drink of alcohol in the past 30 days (defining them as youth who currently drink alcohol), increasing to 19% of those ages 17 and older.
- Among youth who currently drink, Allen County youth reported drinking at the following frequencies within the past 30 days:
 - 1 or 2 days (72%)
 - 3 to 5 days (12%)
 - 6 to 9 days (7%)
 - 10-19 days (7%)
 - All 30 days (2%)
- 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 and would be considered binge drinkers, increasing to 10% of those ages 17 and older.
- Twelve percent (12%) of youth had their first drink of alcohol before the age of 13.
- Thirty percent (30%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 24% took their first drink between the ages of 13 and 14, 39% took their first drink between the ages of 15 and 16, and 6% started drinking at the age of 17 or older.
- Youth who currently drink 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%), and some other way (32%).
- Among youth who currently drink, 94% of youth reported drinking alcohol on the weekends.
- During the past 30 days, 11% of Allen County youth had ridden in a car driven by someone who had been drinking alcohol.
- In the past month, 2% of youth drivers had driven a car after they had been drinking alcohol.

The following graphs show the percentage of Allen County youth who were current drinkers and youth who currently binge drink. Examples of how to interpret the information include: 6% of youth currently binge drink, including 7% of females and 10% of those ages 17 and older.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Healthy People 2030 Substance Use (SU)

Objective	Allen County 2021 OHYES	Ohio 2019	U.S. 2019	Healthy People 2030 Target
SU-04 Reduce the proportion of adolescents who drank alcohol in the past month	13% (7-12 Grade) 15% (9-12 Grade)	26% (9-12 Grade)	29% (9-12 Grade)	6%*

Note: The Healthy People 2030 target is for youth aged 12-17 years.

(Sources: Healthy People 2030 Objectives, 2019 Ohio YRBS, 2019 U.S. YRBS, 2021 Allen County OHYES)

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Ever drank alcohol (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

Youth Health: Drug Use

Key Findings

Thirteen percent (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. One percent (1%) of youth used prescription drugs not prescribed for them in the past month.

Marijuana Use

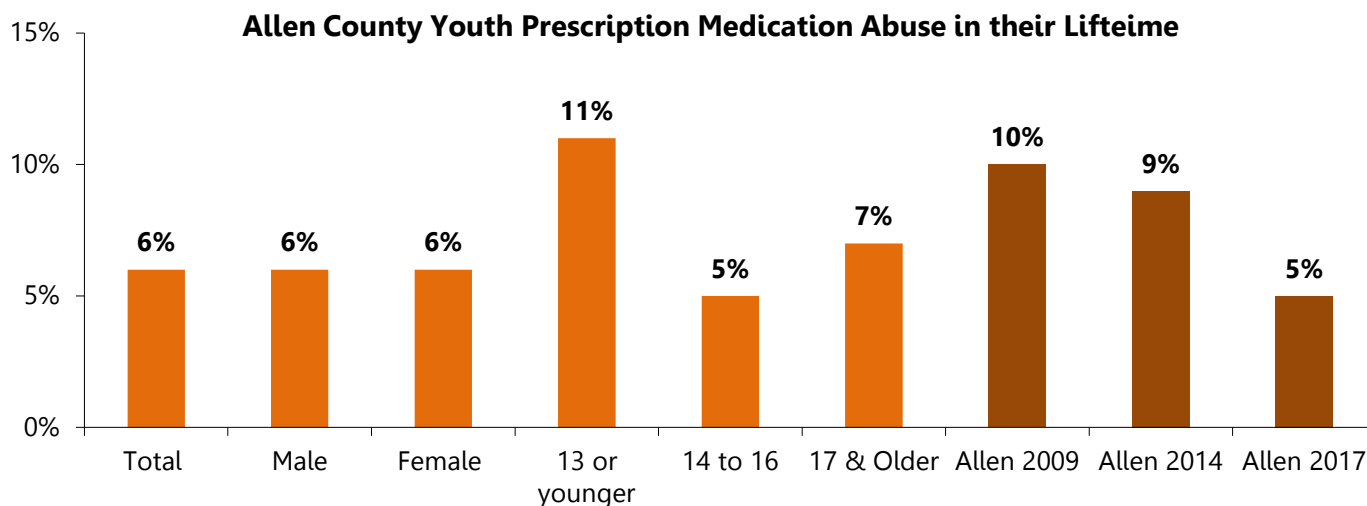
- In 2021, 33% of youth who had tried marijuana did so by the age of 13.
- Thirteen percent (13%) of Allen County youth had used marijuana at least once in the past 30 days, increasing to 19% of those ages 17 and older.
- Among current marijuana users, youth reported using marijuana in the following 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%)
- Among current marijuana users, youth reported using marijuana at the following times:
 - Weekends (49%)
 - After school (25%)
 - Weeknights (16%)
 - Before school (6%)
 - During school (4%)
- Ten percent (10%) of youth in Allen County reported using marijuana 3 or more times in the past month, increasing to 80% of current youth marijuana users.

Prescription Drug Misuse and Abuse

- Six percent (6%) of youth in Allen County reported ever using prescription drugs (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.
- Three percent (3%) of youth in Allen County reported ever using prescription pain medicine (e.g., codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told them in their lifetime.
- Two percent (2%) of youth reported using prescription pain medicine not prescribed for them or differently than how the doctor instructed in the past 30 days.
- Among those who reported using prescription drugs without a doctor's prescription or differently than instructed, Allen County youth reported they used the following drugs most often:
 - Pain relievers or painkillers, such as OxyContin, Percocet, Vicodin, Lortab, or codeine (33%)
 - Sleeping pills, sedatives, and other depressants such as Ambien, or phenobarbital (21%)
 - Tranquilizers or anti-anxiety drugs such as Xanax, or Valium (4%)

- Youth in Allen County reported using prescription drugs not prescribed to them at the following times:
 - After school (37%)
 - Weekends (21%)
 - Weeknights (16%)
 - Before school (16%)
 - During school (11%)
- Eight percent (8%) of youth in Allen County reported ever using over-the-counter medications such as cold medicines, allergy medicine, or pain relievers to get high in their lifetime.

The following graph shows youth lifetime prescription medication abuse. Examples of how to interpret the information include: 6% of youth have misused prescription medication in their lifetime, including 11% of youth ages 13 and younger.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates the frequency with which youth in Allen County used the following drugs.

Frequency of Youth Lifetime Medication Misuse and Abuse

Drug	0 times	1 or 2 times	3 to 9 times	10 to 19 times	20 to 39 times	40 or more times
Prescription drugs without a doctor's prescription or differently than how a doctor instructed	94%	4%	1%	<1%	<1%	1%
Prescription pain medication without a doctor's prescription or differently than how a doctor instructed	97%	1%	1%	0%	0%	<1%
Over-the-counter medications such as cold medicine, allergy medicine, or pain reliever to get high	92%	2%	2%	1%	1%	2%

Other Drug Use

- 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%)
- Allen County youth had used the following in the past 12 months:
 - Inhalants (1%)
 - Hallucinogenic drugs (1%)
 - Synthetic marijuana (1%)
 - Ecstasy/MDMA/Molly (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%), in their neighborhood (4%) and at a friend's house (5%).
- Fifty-nine percent (59%) of youth recalled hearing, reading, or watching an advertisement about the prevention of substance use in the past 12 months.
- Forty-six percent (46%) of youth reported they had talked with at least one parent about the dangers of tobacco, alcohol, or drug use in the past 12 months.

Youth High-Risk Drug Use

High-risk drug use refers to any use by adolescents of drugs with a high risk of adverse outcomes, such as injury, criminal justice involvement, school dropout, and loss of life. This includes:

- Misuse of prescription drugs.
- Use of illegal drugs like cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy.
- Use of injection drugs, which have a high risk of transmitting HIV and hepatitis.

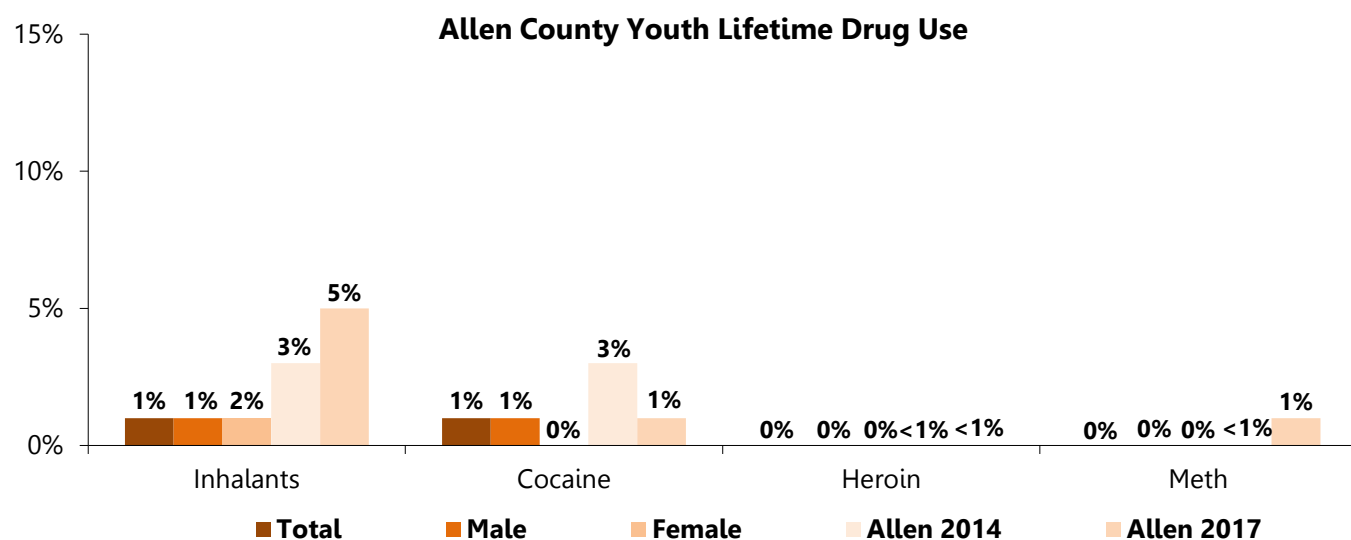
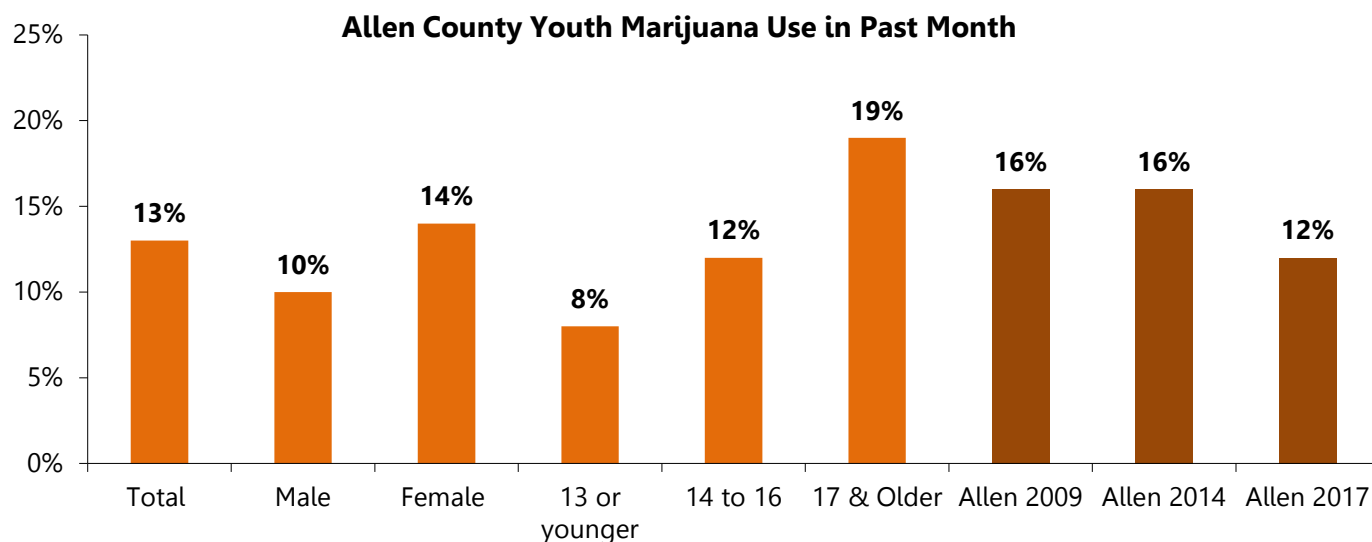
Youth who use high-risk drugs are more likely to also:

- Engage in risky sexual behaviors, such as not using a condom or having multiple partners.
- Experience violence, such as physical and sexual dating violence, and being bullied, threatened, or injured.
- Be at greater risk for mental health problems and suicide.

These health risk behaviors and experiences put youth at greater risk for sexually transmitted infections, like HIV and other STDs, and unintended pregnancy. Some of these behaviors, like drug use and having sex at an early age, are also consistently linked to poor grades, test scores, and lower educational attainment.

(Source: CDC, High-Risk Substance Use Among Youth, updated on November 6, 2020)

The following graphs indicate youth marijuana use in the past 30 days and youth lifetime drug use. Examples of how to interpret the information include: 13% of youth have used marijuana in the past 30 days, including 14% of females and 19% of those ages 17 years or older.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
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%
Ever used methamphetamines (in their lifetime)	2%	<1%	1%	0%	0%	N/A	2%
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	2%	3%	1%	1%	0%	4%	4%
Ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)	1%	<1%	<1%	0%	0%	2%	2%
Ever used inhalants (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%
Ever used ecstasy (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

*YRBS is for youth who were ever offered, sold, or given an illegal drug on school property

Youth Health: Mental Health

Key Findings

Seventeen percent (17%) of youth had seriously considered attempting suicide in the past year, and 8% attempted suicide in the past 12 months. Among youth in Allen County, 41% had ever visited a doctor, nurse, therapist, social worker, or counselor for a mental health problem.

Mental Health

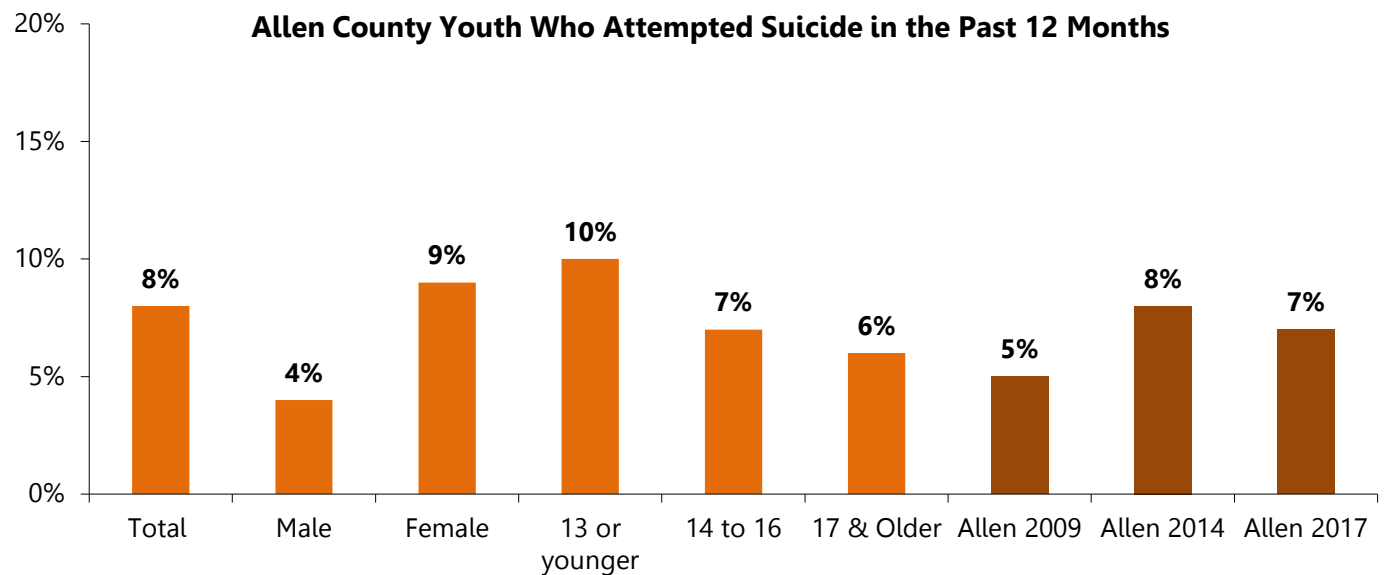
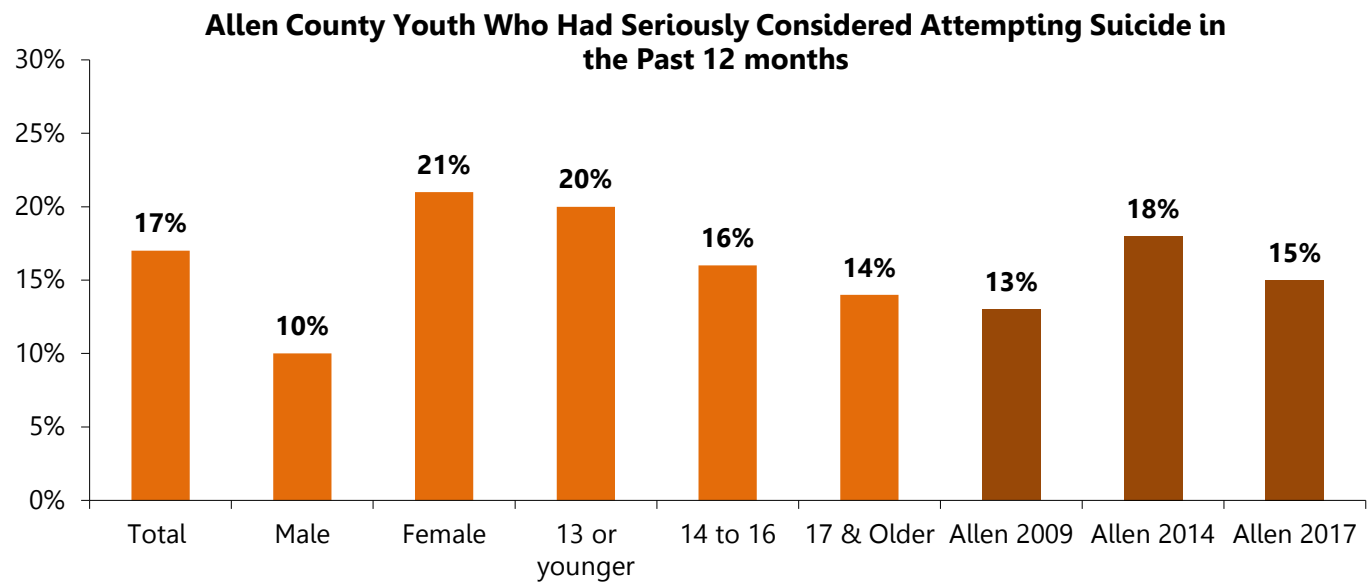
- Nearly one-third (32%) of Allen County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 40% of females.
- Seventeen percent (17%) of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 20% of youth ages 13 or younger.
- In the past 12 months, 8% of youth had attempted suicide.
- Among youth who had attempted suicide in the past year, 36% reported their suicide attempt resulted in injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- Allen County youth reported being bothered nearly every day within the past 2 weeks by the following: feeling nervous, anxious, or on edge (19%); feeling down, depressed, or hopeless (13%); having little interest or pleasure in doing things (13%); and not being able to stop or control worrying (12%).
- 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%); and limit exposure to social media (15%). Eighteen percent (18%) of youth reported they did not have stress.
- More than two-fifths (41%) of youth in Allen County reported they had ever visited a doctor, nurse, therapist, social worker, or counselor for a mental health problem. Twenty-nine percent (29%) of youth had visited a mental health provider within the past 12 months, and 12% had visited more than a year ago.

Mental Health Impacts

Allen County youth reported they were bothered by the following within the past 2 weeks:

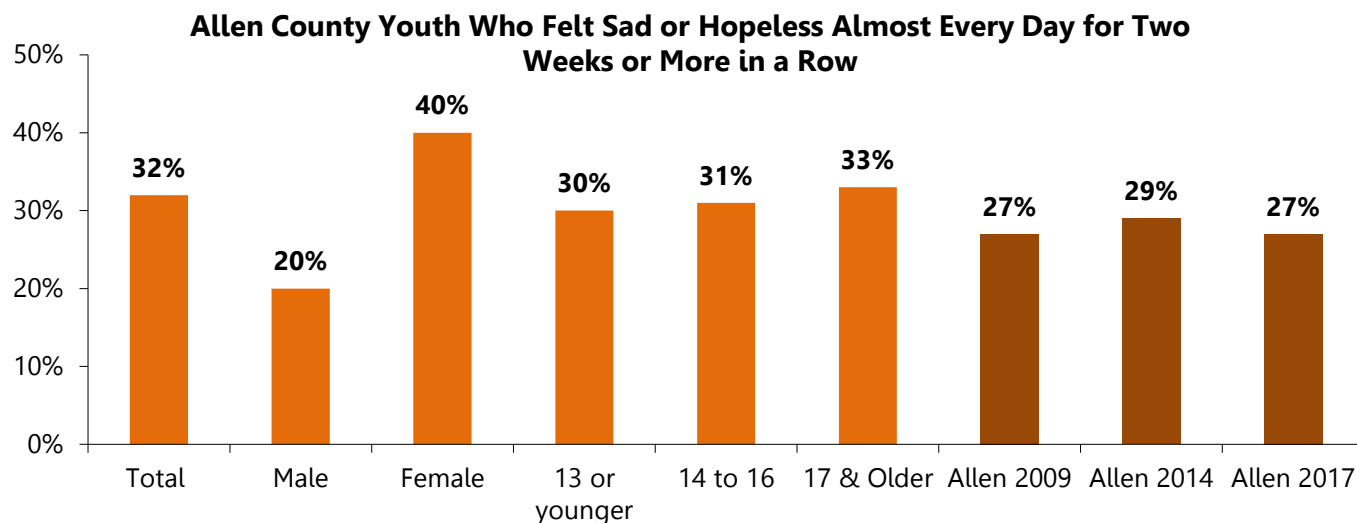
Mental Health	Not at All	Several Days	More Days Than Not	Nearly Every Day
Feeling nervous, anxious, or on edge	40%	31%	10%	19%
Not being able to stop or control worrying	55%	24%	9%	12%
Feeling down, depressed, or hopeless	56%	22%	9%	13%
Little interest or pleasure in doing things	59%	20%	8%	13%

The following graphs show Allen County youth who had seriously considered attempting suicide in the past year and had attempted suicide in the past year. Examples of how to interpret the information include: 17% of youth seriously considered attempting suicide in the past year, including 21% of females and 20% of those ages 13 or younger.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows Allen County youth who felt sad or hopeless almost every day for two weeks or more in a row. Examples of how to interpret the information include: 32% of youth felt sad or hopeless almost every day for two weeks or more in a row, including 20% of males and 40% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
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%
Attempted suicide (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

Youth Health: Social Determinants of Health

Key Findings

Nearly one-quarter (23%) of youth had three or more adverse childhood experiences (ACEs). Twenty-nine percent (29%) of Allen County youth drivers had texted or emailed while driving in the past 30 days.

Personal Safety

- In the past 30 days, 29% of youth drivers reported they had texted or emailed on at least one day while driving a car or other vehicle. Five percent (5%) of youth drivers reported texting or emailing on 10-29 days in the past month, and 6% reported doing so on all 30 days.
- Eighteen percent (18%) of youth had a concussion in the past year from playing a sport or being physically active, increasing to 29% of those aged 13 or younger. Six percent (6%) of youth reported having more than one concussion in the past 12 months.

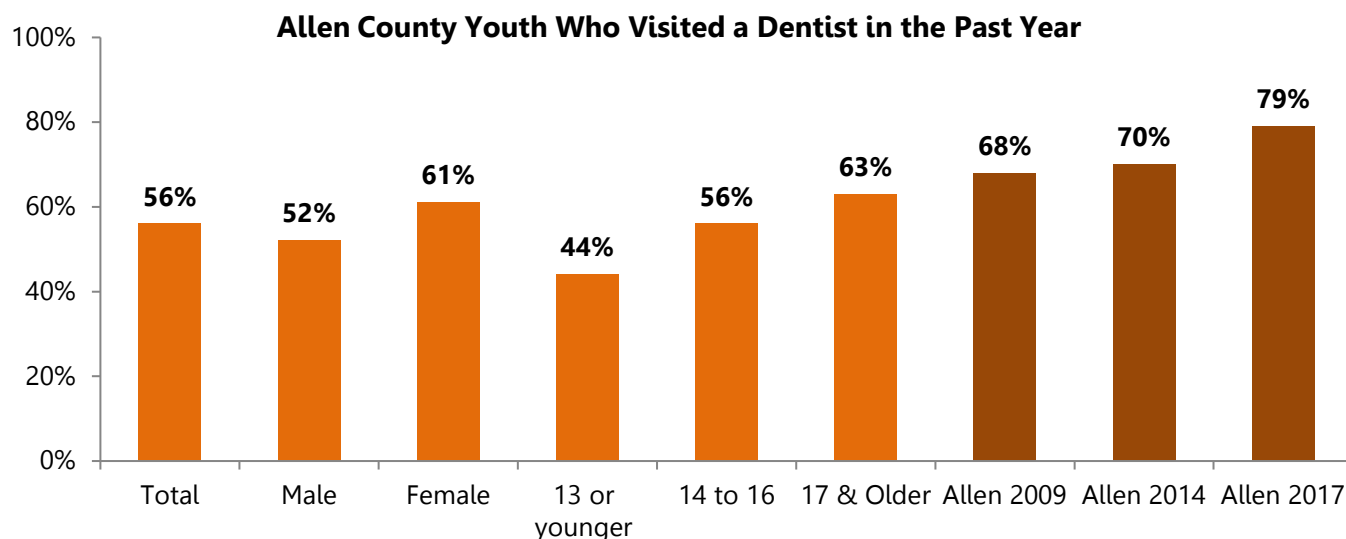
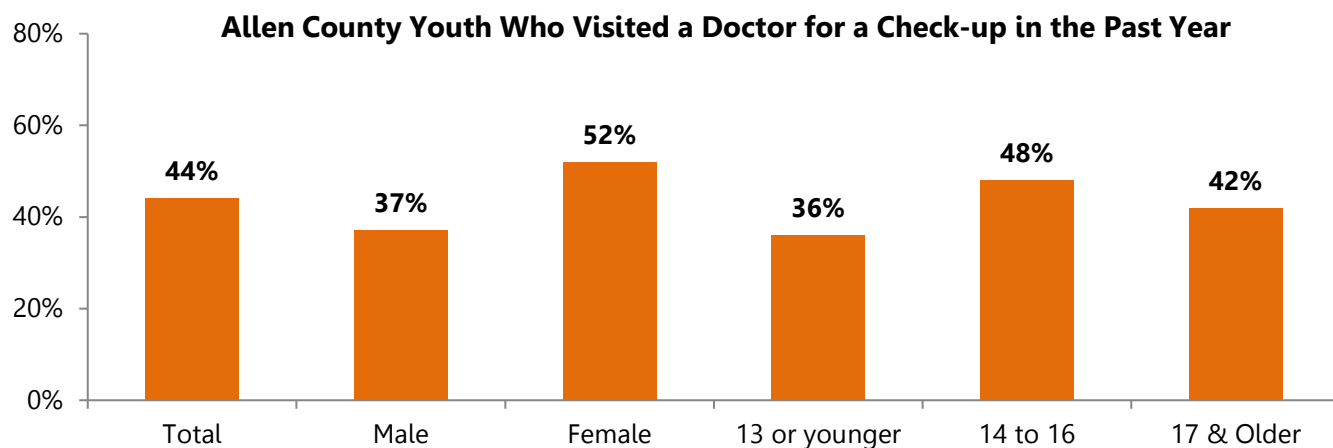
Neighborhood and Built Environment

- Seventeen percent (17%) of youth reported they did not feel safe in their neighborhood.
- Nearly half (48%) of youth in Allen County reported there were a lot of adults in their neighborhood that they could talk to about something important.
- Youth in Allen County reported they had ever moved to a new address at the following frequencies:
 - 0 times (22%)
 - 1 time (21%)
 - 2 times (9%)
 - 3 times (17%)
 - 4 or more times (31%)

Personal Health

- Forty-four percent (44%) of Allen County youth had visited the doctor for a check-up when they were not sick or injured in the past year. Twelve percent (12%) reported getting a check-up between 12-24 months ago, and 5% reported last getting a check-up over 2 years ago. Twelve percent (12%) of youth said they had never been to the doctor for a check-up when they were not sick or injured in the past year.
- Seven percent (7%) of youth reported they had a disability or long-term health problem that prevented them from doing everyday activities.
- Eight percent (8%) of youth had been told by a doctor, nurse, or parent they had a disability or long-term health problem that prevented them from doing everyday activities.
- 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%), and do not know (17%).
- Allen County youth reported they got the following amounts of sleep on an average school night: four hours or less (14%), five hours (16%), six hours (22%), seven hours (20%), eight hours (21%), nine hours (5%) and ten hours or more (2%).
- Youth reported their parents limited the times of day or length of time they used their electronic devices for non-school related purposes at the following frequencies: never (54%), rarely (21%), sometimes (16%), and often (9%).

The following graphs show Allen County youth who visited a doctor for a check-up and who visited a dentist for a check-up, exam, teeth cleaning, or other dental work in the past year. Examples of how to interpret the information include: 44% of youth had gotten a check-up in the past year, including 37% of males and 52% of females.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Social and Community Context

- 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%)
 - Parents or adults in the home slapped, hit, kicked, punched, or beat each other up (12%)
 - Parents or adults in home hit, beat, kicked, or physically hurt them (9%)
- More than one-quarter (27%) of youth had experienced three or more ACEs.
- During the past year, youth played on the following number of sports teams:
 - 0 teams (45%)
 - 1 team (21%)
 - 2 teams (15%)
 - 3 or more teams (19%)
- Youth who did not participate in organized after-school activities gave the following reasons: none interested them (42%), no time because of school work (27%), no time because of a job (26%), did not like the students (23%), did not think they were good enough (22%), afraid other kids would make fun of them (21%), no time because of family responsibilities (13%), they were concerned about their weight (12%), cost (11%), transportation problems (11%), not chosen for the team (7%), they had health problems that made it difficult (5%), and parents did not allow (3%).

Education

- In the past year, Allen County youth described their grades in school as the following:
 - Mostly A's (33%)
 - Mostly B's (32%)
 - Mostly C's (15%)
 - Mostly D's (7%)
 - Mostly F's (6%)
- 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%), and all the time (25%).
- 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 learn 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%).

School Perceptions

Allen County youth reported the following about school:

Perceptions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My parents push me to work hard in school.	4%	2%	19%	37%	38%
My parents talk to me about what I do in school.	8%	8%	25%	43%	16%
My school provides various opportunities to learn about and appreciate different cultures and ways of life.	11%	8%	35%	35%	11%
I can go to adults at my school for help if I needed it.	14%	14%	28%	27%	17%
I feel like I belong at my school.	19%	10%	31%	30%	10%
I enjoy coming to school.	21%	15%	36%	23%	5%

Gambling

- In the past 12 months, 15% of youth in Allen County reported gambling money or things while playing cards, betting on personal skills or sports teams, buying lottery tickets or scratch-offs, or in internet gaming.
- Among youth who had gambled in the past 12 months, youth reported gambling at the following frequencies: less than once a month (34%), about once a month (30%), about once a week (20%), and daily (16%).
- 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%), and 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 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th - 12 th)	Allen County 2021 OHYES (9 th - 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
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
Did not get 8 or more hours of sleep (on an average school night)	N/A	N/A	N/A	72%	74%	81%	78%

N/A-Not Available

Youth Health: Violence

Key Findings

In the past year, 17% of youth had been involved in a physical fight, increasing to 21% of males. Thirty-four percent (34%) of youth had been bullied in the past year.

Violence-Related Behaviors in School

- 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%), and all of the time (28%).
- Fourteen percent (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.
- Twelve percent (12%) of youth were threatened or injured with a weapon on school property in the past year.
- Of those who had been threatened or injured with a weapon on school property, 44% had been threatened or injured on more than one occasion.

Physical Violence

- In the past 12 months, 17% of youth had been involved in a physical fight, increasing to 21% of males.
- Of those who had been in a physical fight, 47% had been in a fight on more than one occasion.
- In the past 12 months, 7% of youth had been involved in a physical fight on school property, increasing to 10% of males.
- Of those who had been in a physical fight on school property, 31% had been in a fight on more than one occasion.
- 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.
- Of those who had been physically hurt by someone they were dating, 10% reported it had happened more than once in the past year.

Bullying

- Thirty-four percent (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).
- Twelve percent (12%) of youth reported they had ever been electronically bullied through email, cell phone, or other electronic methods.
- In the past 12 months, 22% of youth had been bullied on school property.

Types of Bullying Allen County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	26%	19%	28%	25%	27%	23%
Indirectly Bullied	17%	12%	21%	12%	20%	13%
Cyber Bullied	7%	5%	8%	7%	8%	7%
Physically Bullied	13%	14%	12%	24%	11%	9%
Sexually Bullied	3%	2%	3%	4%	4%	0%

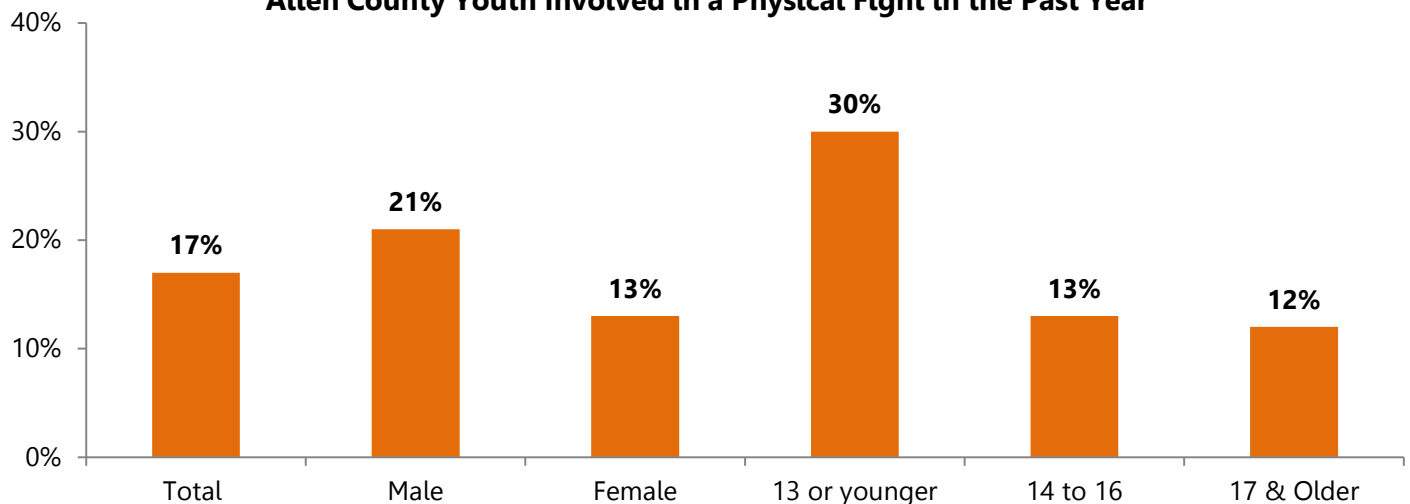
Healthy People 2030 Injury and Violence Prevention (IVP)

Objective	Allen County 2021	Ohio 2019	U.S. 2019	Healthy People 2030 Target
IVP-11 Reduce physical fighting among adolescents	17% (7-12 Grade) 13% (9-12 Grade)	19% (9-12 Grade)	22% (9-12 Grade)	21% (9-12 grade)

(Sources: Healthy People 2030 Objectives, 2019 Ohio YRBS, 2019 U.S. YRBS, 2021 Allen County OHYES)

The following graph shows the percentage of Allen County youth who were involved in a physical fight in the past year. Examples of how to interpret the information include: 17% of youth had been in a fight in the past year, including 21% of males and 30% of those ages 13 or younger.

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



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2014 (6 th -12 th)	Allen County 2017 (6 th -12 th)	Allen County 2021 OHYES (7 th – 12 th)	Allen County 2021 OHYES (9 th – 12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Were in a physical fight (in the past 12 months)	N/A	N/A	N/A	17%	13%	19%	22%
Did not go to school because they felt unsafe (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%
Experienced physical dating violence (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%
Electronically bullied (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%

N/A – Not Available

Youth Health: Perceptions

Key Findings

In 2021, 43% of Allen County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. More than one-quarter (28%) of youth thought that there was no risk in harming themselves physically or in other ways if they smoke marijuana once or twice a week. Sixty percent (60%) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

Perceived Risk of Drug Use

- Over one-quarter (26%) of youth thought there was a great risk in harming themselves physically or in other ways if they drank five or more alcoholic beverages once or twice a week. Twenty-one percent (21%) of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.
- Forty-three percent (43%) of Allen County youth thought there was a great risk in harming themselves physically or in other ways if they smoked one or more packs of cigarettes per day. Nineteen percent (19%) of youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- Twenty-nine percent (29%) of youth thought there was a great risk in harming themselves physically or in other ways if they used electronic vapor products every day. Twenty-three percent (23%) of youth thought that there was no risk in using electronic vapor products.
- Nearly one-quarter (23%) of youth thought there was great risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Twenty-eight percent (28%) of youth thought that there was no risk if they smoked marijuana once or twice a week.
- More than half (51%) of youth thought there was a great risk in harming themselves physically or in other ways if they used prescription drugs that were not prescribed for them. Fifteen percent (15%) of youth thought that there was no risk in misusing prescription drugs.

Youth Disapproval of Use

- More than half (59%) of Allen County youth reported they somewhat or strongly disapproved of someone their age trying marijuana or hashish once or twice.
- Fifty-seven percent (57%) of youth reported they somewhat or strongly disapproved of someone their age using marijuana once a month or more.
- Three-quarters (75%) of youth reported they somewhat or strongly disapproved of someone their age having one or two drinks of an alcoholic beverage nearly every day.

Perceived Parental Disapproval of Use

- Seventy-seven percent (77%) of youth reported their parents would feel it was very wrong for them to misuse prescription medications.
- Nearly three-fourths (71%) of Allen County youth reported their parents would feel it was very wrong for them to smoke tobacco.
- Sixty-three percent (63%) of youth reported their parents would feel it was very wrong for them to smoke marijuana.
- Sixty-one percent (61%) of Allen County youth reported their parents would feel it was very wrong for them to use electronic vapor products.
- Sixty percent (60%) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

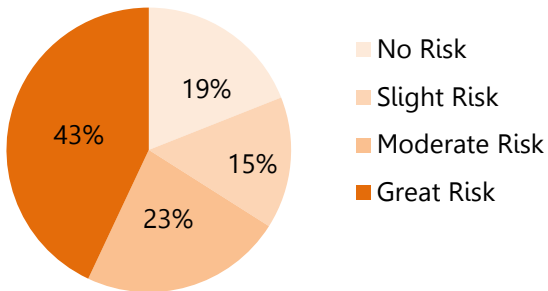
Perceived Friends' Disapproval of Use

- More than half (55%) of youth reported their friends would feel it was very wrong for them to misuse prescription medications.
- Thirty-seven (37%) of youth reported their friends would feel it was very wrong for them to smoke marijuana.
- Forty-two percent (42%) of Allen County youth reported their friends would feel it was very wrong for them to smoke tobacco.
- Thirty-one percent (31%) of youth reported their friends would feel it was very wrong for them to use electronic vapor products.
- More than one-third (34%) of youth reported their friends would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

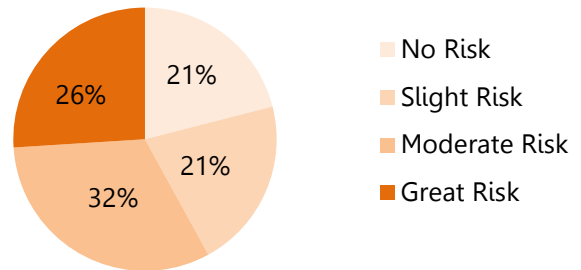
Perceived Risk of Drug Use

How much do you think people risk harming themselves if they:

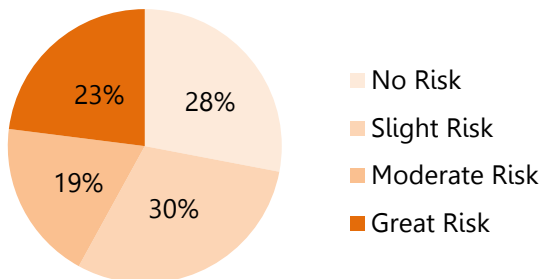
Smoke one or more packs of cigarettes per day



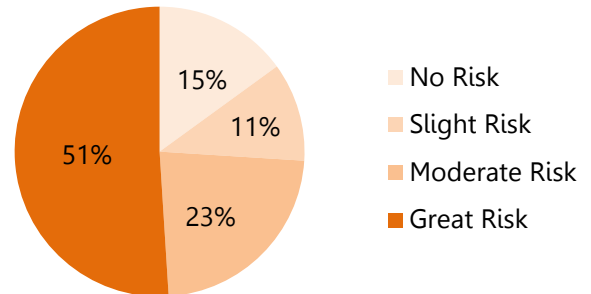
Have five or more drinks of an alcoholic beverage once or twice a week



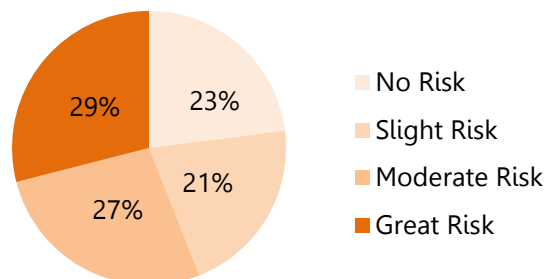
Smoke marijuana once or twice a week



Misuse prescription drugs



Use electronic vapor products every day



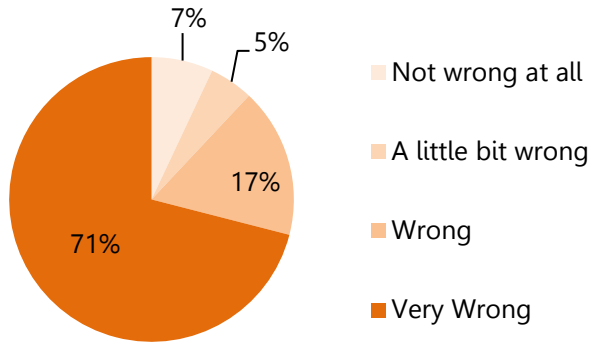
Perceived Great Risk of Substance Use

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%

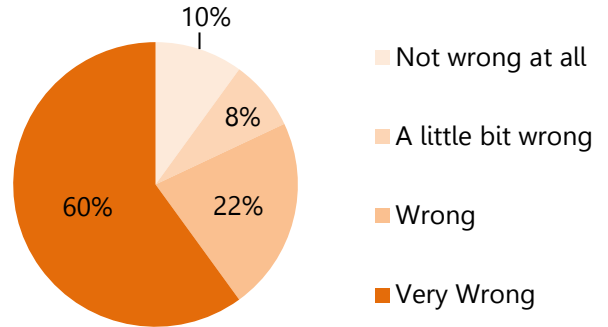
Perceived Parental Disapproval

How wrong do your parents feel it would be for you to do the following:

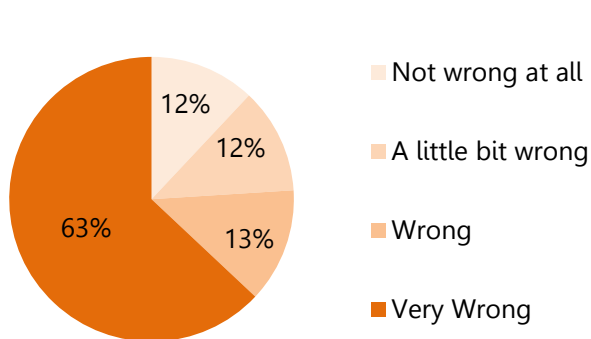
Smoke Tobacco



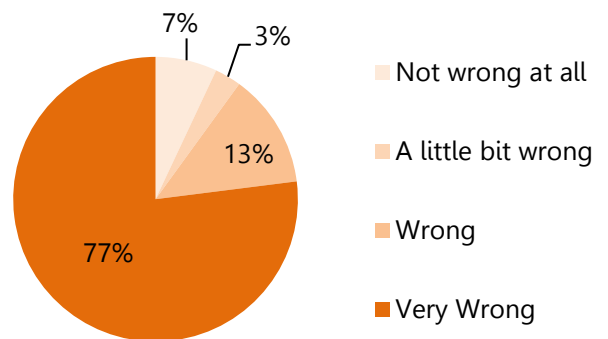
Have one or two drinks of an alcoholic beverage nearly every day



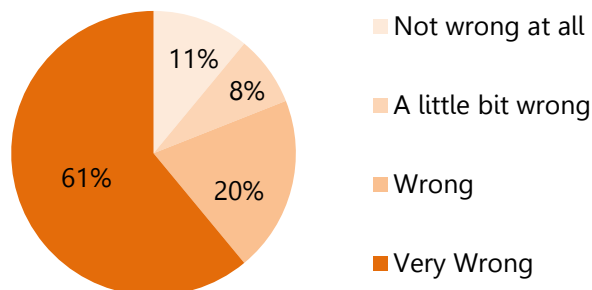
Smoke marijuana



Misuse prescription drugs



Use electronic vapor products



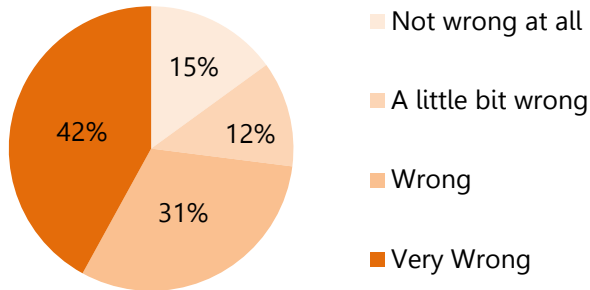
Perceived Degree of Great Disapproval by Parents

Parents feel it would be <u>very 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%

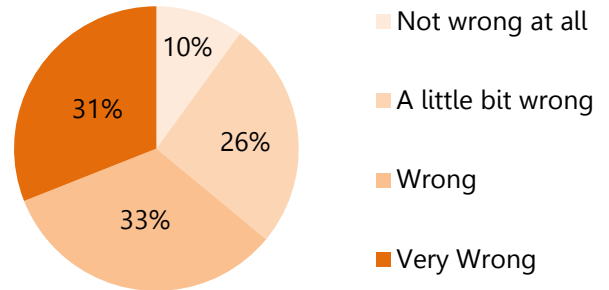
Perceived Friend Disapproval

How wrong do your friends feel it would be for you to do the following:

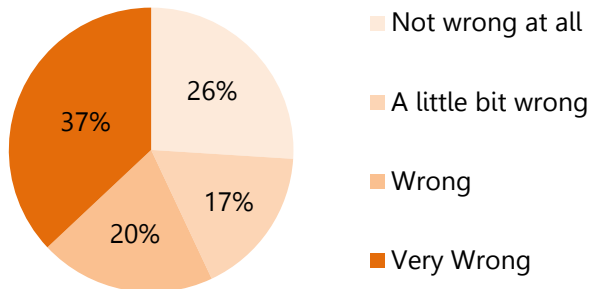
Smoke Tobacco



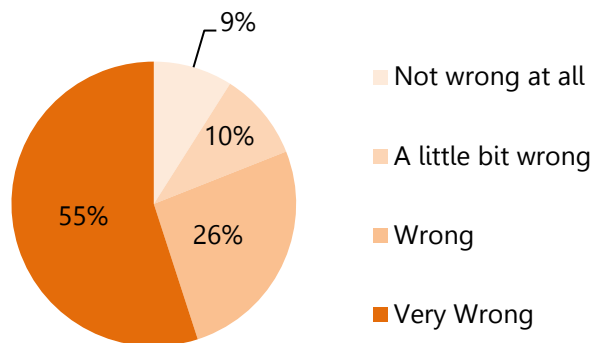
Have one or two drinks of an alcoholic beverage nearly every day



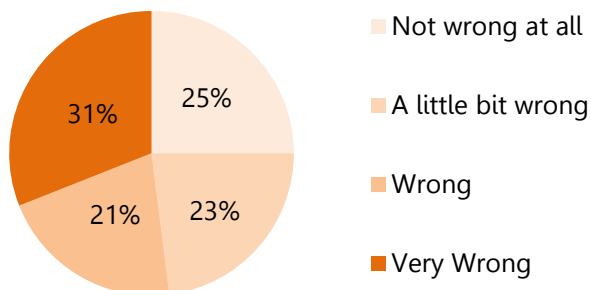
Smoke marijuana



Misuse prescription drugs



Use electronic vapor products



Perceived Degree of Great Disapproval by Friends

Friends feel it would be <u>very 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%

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Academy of Pediatrics, Healthy Children	<ul style="list-style-type: none"> Breastfeeding Benefits 	https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Benefits-Your-Babys-Immune-System.aspx
American Cancer Society, Cancer Facts and Figures 2021	<ul style="list-style-type: none"> 2021 Cancer Facts, Figures, and Estimates 	https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2021.html
American Diabetes Association, 2018	<ul style="list-style-type: none"> Statistics About Diabetes, Overall Numbers, Diabetes and Prediabetes 	https://www.diabetes.org/resources/statistics/statistics-about-diabetes
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> 2019, 2020 Adult Ohio and U.S. Correlating Statistics 	https://www.cdc.gov/brfss/index.html
CDC, Arthritis, 2021	<ul style="list-style-type: none"> Arthritis Risk Factors 	https://www.cdc.gov/arthritis/basics/risk-factors.htm
	<ul style="list-style-type: none"> Fast Facts About Arthritis 	https://www.cdc.gov/arthritis/basics/arthritis-fast-facts.html
	<ul style="list-style-type: none"> Key Public Health Messages 	https://www.cdc.gov/arthritis/about/key-messages.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Farthritis%2Fbasics%2Fkey.htm
CDC, Asthma	<ul style="list-style-type: none"> Learn How to Control Asthma 	https://www.cdc.gov/asthma/faqs.htm
CDC, Breastfeeding	<ul style="list-style-type: none"> Facts about Breastfeeding 	https://www.cdc.gov/breastfeeding/data/facts.html
CDC, Cancer Prevention and Control	<ul style="list-style-type: none"> Prostate Cancer Awareness 	https://www.cdc.gov/cancer/prostate/index.htm
CDC, Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion, 2021	<ul style="list-style-type: none"> Oral Health Disparities 	https://www.cdc.gov/oralhealth/oral_health_disparities/index.htm
CDC, HIV/AIDS	<ul style="list-style-type: none"> HIV Testing 	https://www.cdc.gov/hiv/basics/hiv-testing/getting-tested.html
CDC, Lung Cancer	<ul style="list-style-type: none"> Reducing Risk of Lung Cancer 	https://www.cdc.gov/cancer/lung/basic_info/prevention.htm
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> Men's Health 	https://www.cdc.gov/nchs/fastats/mens-health.htm
CDC, Overweight and Obesity	<ul style="list-style-type: none"> Obesity Facts 	https://www.cdc.gov/obesity/data/adult.html
CDC, Physical Activity Basics	<ul style="list-style-type: none"> Youth Physical Activity Basics 	https://www.cdc.gov/physicalactivity/basics/children/index.htm#:~:text=Children%20and%20adolescents%20ages%206,doing%20push%2Dups)%20%E2%80%93%203
CDC, Prediabetes	<ul style="list-style-type: none"> Prediabetes 	https://www.cdc.gov/diabetes/basics/prediabetes.html

Source	Data Used	Website
CDC, Stroke	<ul style="list-style-type: none"> Stroke Signs and Symptoms 	https://www.cdc.gov/stroke/signs_symptoms.htm
CDC, Violence Prevention	<ul style="list-style-type: none"> Adverse Childhood Experiences Intimate Partner Violence in the U.S. 	https://www.cdc.gov/violenceprevention/aces/fastfact.html https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html
CDC, Wonder, U.S.	<ul style="list-style-type: none"> About Underlying Cause of Death, 2017-2019 U.S. age-adjusted mortality rates 	http://wonder.cdc.gov/ucd-icd10.html
Health Policy Institute of Ohio	<ul style="list-style-type: none"> Disparities and Alcohol Use The Impact of the COVID-19 Pandemic on ACEs Tobacco and Health Outcomes 	https://www.healthpolicyohio.org/health-impacts-of-excessive-alcohol-use-in-ohio/ https://2ub9uy20anky3zjffr2svyxq-wpengine.netdna-ssl.com/wp-content/uploads/2021/03/FactSheet_COVID_ACEs_Final.pdf https://www.healthpolicyohio.org/health-impacts-of-tobacco-use-in-ohio/
Healthy People 2030: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> Access to Health Services All Healthy People 2020 Target Data Points Predictors of Access to Health Care Social Determinants of Health Some U.S. Baseline Statistics 	https://health.gov/healthypeople
Ohio Automated Rx Reporting System (OARRS)	<ul style="list-style-type: none"> Allen County Number of Opiate and Pain Reliever Doses Per 100k Residents and Per Patient Ohio Number of Opiate and Pain Reliever Doses Per 100k Residents and Per Patient 	https://www.ohiopmp.gov/Reports.aspx
Ohio Department of Health, COVID Vaccination Dashboard	<ul style="list-style-type: none"> COVID-Vaccination Data 	https://coronavirus.ohio.gov/dashboards/covid-19-vaccine/covid-19-vaccination-dashboard
Ohio Department of Health, STD Surveillance Data	<ul style="list-style-type: none"> Allen County and Ohio Chlamydia and Gonorrhea Disease Rates Allen County Chlamydia and Gonorrhea Cases 	www.odh.ohio.gov/odhprograms/stdsurv/stdsur1.aspx

Source	Data Used	Website
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> Allen County and Ohio Birth Statistics 	https://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths
	<ul style="list-style-type: none"> Incidence of Cancer 	https://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/StateLayoutLockdownCancers
	<ul style="list-style-type: none"> Leading Causes of Death & Mortality 	https://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality
Ohio Department of Job and Family Services	<ul style="list-style-type: none"> Ohio Civilian Labor Force Estimates 	https://ohiolmi.com/_docs/LAUS/OhioCivilianLaborForceEstimates.pdf
Ohio Department of Public Safety	<ul style="list-style-type: none"> 2020 Allen County and Ohio Crash Facts 	https://ohtrafficdata.dps.ohio.gov/CrashStatistics/Home
Pathways.org	<ul style="list-style-type: none"> The ABC's of Safe Sleep 	https://pathways.org/abcs-of-safe-sleep/
United States Environmental Protection Agency	<ul style="list-style-type: none"> Moisture and Mold Prevention and Control Tips 	https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> American Community Survey 5-year estimate, 2011-2015 	https://www.census.gov/programs-surveys/acs/
	<ul style="list-style-type: none"> Federal Poverty Thresholds 	https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html
	<ul style="list-style-type: none"> Small Area Income and Poverty Estimates 	https://www.census.gov/data/datasets/2019/demo/saipe/2019-state-and-county.html
U. S. Department of Commerce, Bureau of Economic Analysis	<ul style="list-style-type: none"> GDP & Personal Income 	https://apps.bea.gov/iTable/index_regional.cfm

Appendix II: Acronyms and Terms

AHS	Access to Health Services , Topic of Healthy People 2020 objectives
Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Adult Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
BRFSS	Behavior Risk Factor Surveillance System , an adult survey conducted by the CDC.
CDC	Centers for Disease Control and Prevention .
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
HCNO	Hospital Council of Northwest Ohio
HDS	Heart Disease and Stroke , Topic of Healthy People 2020 objectives
HP 2030	Healthy People 2020 , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic ≥ 140 and Diastolic ≥ 90
IID	Immunizations and Infectious Diseases , Topic of Healthy People 2020 objectives
N/A	Data are not available.
NSCH	National Survey of Children's Health
ODH	Ohio Department of Health
Race/Ethnicity	Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as "a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race." Data are presented as "Hispanic or Latino" and "Not Hispanic or Latino." Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, "White alone" or "Black alone", means the respondents reported only one race.
SHA/SHIP	Ohio State Health Assessment and Ohio State Health Improvement Plan
Weapon	Defined in the YRBS as "a weapon such as a gun, knife, or club"
Youth	Defined as 12 through 18 years of age
YPLL/65	Years of Potential Life Lost before age 65. Indicator of premature death.
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile Overweight is defined as BMI-for-age 85 th percentile to $< 95^{\text{th}}$ percentile. Obese is defined as $\geq 95^{\text{th}}$ percentile.
YRBS	Youth Risk Behavior Survey , a youth survey conducted by the CDC

Appendix III: Methods for Weighting the 2021 Allen County Health Assessment Data

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

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2021 Allen County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual population of Allen County based on age, gender, race, and income.

Weightings were created for each category within gender (male, female), race (White, Black or African American, others), Age (8 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Allen County within the specific category and dividing that by the percent of the sample within that same specific category. Using gender as an example, the following represents the data from the 2021 Allen County Survey and the 2019 Census estimates.

<u>2021 Allen Survey</u>			<u>2019 Census Estimate</u>		<u>Weight</u>
<u>Gender</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	150	55.55556	52,045	50.44342	0.90798
Female	120	44.44444	51,130	49.55658	1.11502

In this example, it shows that there was a larger proportion of males in the sample compared to the actual portion in Allen County. The weighting for males was calculated by taking the percent of males in Allen County (based on Census information) (50.44342%) and dividing that by the percent found in the 2021 Allen County sample (55.55556%) [$50.44342/55.55556 = \text{weighting of } 0.90798 \text{ for males}$]. The same was done for females [$49.55658/44.44444 = \text{weighting of } 1.11502 \text{ for females}$]. Thus, males' responses are weighted less by a factor of 0.90798 and females' responses weighted heavier by a factor of 1.11502.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.98187 [$1.115023 \text{ (weight for females)} \times 0.912083 \text{ (weight for White)} \times 2.096538 \text{ (weight for age 35-44)} \times 0.929511 \text{ (weight for income \$50-\$75k)}$]. Thus, each individual in the 2021 Allen County sample has their own individual weighting based on their combination of age, race, gender, and income. See next page for each specific weighting and the numbers from which they were calculated.

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

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

Category	Allen Sample	%	2019 Census*	%	Weighting Value
Gender:					
Male	150	55.55556	52,045	50.44342	0.907982
Female	120	44.44444	51,130	49.55658	1.115023
Age:					
20 to 34 years	14	5.09091	19,729	25.89651	5.08682
35 to 44 years	21	7.63636	12,197	16.00992	2.09654
45 to 54 years	28	10.18182	12,382	16.25276	1.59625
55 to 59 years	25	9.09091	7,100	9.31954	1.02515
60 to 64 years	Have 37	13.45455	7,029	9.22635	0.68574
65 to 74 years	92	33.45455	10,025	13.15893	0.39334
75 to 84 years	45	16.36364	5,341	7.01066	0.42843
85+ years	13	4.72727	2,381	3.12533	0.66113
Race:					
White (non-Hispanic)	246	88.48921	83,272	80.70947	0.91208
Black or African-American (non-Hispanic)	13	4.67626	12,215	11.83911	2.53175
All other races/ethnicities	19	6.83453	7,688	7.45142	1.09026
Household Income:					
Less than \$25,000	26	11.25541	9,532	23.45069	2.08350
\$25,000 to \$34,999	33	14.28571	4,156	10.22462	0.71572
\$35,000 to \$49,999	45	19.48052	5,724	14.08222	0.72289
\$50,000 to \$74,999	52	22.51082	8,505	20.92405	0.92951
\$75,000 to \$99,000	28	12.12121	5,562	13.68367	1.12890
\$100,000 to \$149,999	29	12.55411	4,842	11.91232	0.94888
\$150,000 or more	18	7.79221	2,326	5.72244	0.73438
Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Allen County in each subcategory by the proportion of the sample in the Allen County survey for that same category. * Allen County population figures taken from the 2019 Census American Community Survey estimates.					

Appendix IV: Allen County Sample Demographic Profile*

Variable	2021 Survey Sample	Allen County Census 2019 (1-year estimates)	Ohio Census 2019 (1-year estimates)
Age			
20-29	2.8%	12.9%	13.2%
30-39	6.0%	11.5%	12.6%
40-49	7.1%	12.8%	11.9%
50-59	15.3%	14.5%	13.1%
60 plus	66.5%	20.4%	24.4%
Race/Ethnicity			
White	87.5%	82.3%	83.5%
Black or African American	4.6%	11.1%	14.4%
American Indian and Alaska Native	2.1%	0.3%	0.8%
Asian	1.4%	0.9%	3.0%
Other	1.8%	0.7%	1.3%
Hispanic Origin (may be of any race)	0.4%	3.3%	4.0%
Marital Status†			
Married Couple	60.9%	46.9%	47.0%
Never been married/member of an unmarried couple	11.4%	31.4%	32.7%
Divorced/Separated	12.8%	14.8%	13.9%
Widowed	12.5%	6.9%	6.3%
Education†			
Less than High School Diploma	3.2%	9.1%	9.2%
High School Diploma	33.8%	41.9%	32.6%
Some college/ College graduate	62.6%	49.0%	58.1%
Income (Families)			
\$14,999 and less	7.9%	6.2%	6.0%
\$15,000 to \$24,999	9.6%	4.9%	5.9%
\$25,000 to \$49,999	27.7%	20.4%	18.7%
\$50,000 to \$74,999	18.5%	23.0%	19.4%
\$75,000 or more	26.7%	45.4%	49.9%

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

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

Appendix V: Demographics and Household Information

ALLEN COUNTY PROFILE

(Source: U.S. Census Bureau, 2019)

2019 ACS estimates

General Demographic Characteristics

	Number	Percent (%)
Total Population		
2019 Total Population	102,351	100%
Largest City – Lima*		
2019 Total Population	37,117	100%
Population by Race/Ethnicity		
Total Population	102,351	100%
White	88,739	86.7%
Black or African American	15,000	14.7%
Two or more races	4,657	4.6%
Hispanic or Latino (of any race)	3,421	3.3%
Asian	1,277	1.2%
Some other race	1,249	1.2%
American Indian and Alaska Native	990	1.0%
<i>Note: Race is reported "Race alone or in combination with one or more races."</i>		
Population by Age		
Under 5 years	5,709	5.6%
5 to 14 years	13,668	13.3%
15 to 24 years	13,923	13.6%
25 to 44 years	25,371	24.8%
45 to 64 years	25,316	24.8%
65 years and older	18,364	17.9%
Median age (years)	38.7	N/A
Household by Type		
Total households	40,460	100%
Total families	25,936	64.1%
Households with own children <18 years	10,678	26.4%
Married-couple family household	18,198	44.9%
Married-couple family household with children <18 years	5,966	14.7%
Female householder, no spouse present	5,808	14.4%
Female householder, no spouse present with children <18 years	3,666	9.1%
Nonfamily household	14,524	35.9%
Nonfamily household (single person) living alone	11,881	29.4%
Nonfamily household (single person) living alone >65	5,534	13.7%
Households with one or more people <18 years	12,866	31.8%
Households with one or more people >60	17,398	43.0%
Average household size	2.44 people	N/A
Average family size	3.00 people	N/A

*5-year estimates used due to unavailable data for 1-year estimates

General Demographic Characteristics, Continued

Housing Occupancy		
Median value of owner-occupied units	\$128,700	N/A
Median owner costs for housing units with a mortgage	\$1,097	N/A
Median owner costs for housing units without a mortgage	\$442	N/A
Average rent	\$735	N/A
Median rooms per total housing unit	6.1	N/A
Total occupied housing units	40,460	89.5%
No telephone service available	183	0.5%
Lacking complete kitchen facilities	143	0.4%
Lacking complete plumbing facilities	170	0.4%
Total household with a computer	37,596	92.9%
Total households with a broadband internet subscription	35,619	88.0%
Language Spoken at Home*		
Population 5 years and over	96,854	-
Speak only English	93,877	96.9%
Speak a language other than English	2,977	3.1%
Spanish	1,149	1.2%
Other Indo-European languages	982	1.0%
Asian and Pacific Island languages	521	0.5%
Other languages	325	0.3%

Selected Social Characteristics

School Enrollment		
Population 3 years and older enrolled in school	25,537	100%
Nursery & preschool	1,556	6.1%
Kindergarten	474	1.9%
Elementary School (Grades 1-8)	11,662	45.7%
High School (Grades 9-12)	6,268	24.5%
College or Graduate School	5,577	21.8%
Educational Attainment		
Population 25 years and older	69,051	100%
< 9 th grade education	1,319	1.9%
9 th to 12 th grade, no diploma	4,951	7.2%
High school graduate (includes equivalency)	28,962	41.9%
Some college, no degree	15,008	21.7%
Associate degree	5,424	7.9%
Bachelor's degree	9,208	13.3%
Graduate or professional degree	4,179	6.1%
High school graduate or higher	62,781	90.9%
Bachelor's degree or higher	13,387	19.4%
Marital Status*		
Population 15 years and older	83,498	100%
Now married, excluding separated	39,161	46.9%
Never married	26,218	31.4%
Divorced	11,105	13.3%
Divorced females	5,832	7.0%
Widowed	5,761	6.9%
Widowed females	4,541	5.4%
Separated	1,252	1.5%

*5-year estimates used due to unavailable data for 1-year estimates

Selected Social Characteristics, Continued

<i>Veteran Status</i>		
Civilian population 18 years and older	78,702	100%
Veterans 18 years and older	6,338	8.1%
<i>Disability Status of the Civilian Non-Institutionalized Population</i>		
Total civilian noninstitutionalized population	99,762	100%
Civilian with a disability	17,954	18.0%
Under 18 years	23,585	100%
Under 18 years with a disability	2,617	18.5%
18 to 64 years	58,610	100%
18 to 64 years with a disability	9,690	30.9%
65 Years and older	17,567	100%
65 Years and older with a disability	5,647	67.0%

Selected Economic Characteristics

<i>Employment Status</i>		
Population 16 years and older	81,560	100%
16 years and older in labor force	49,316	60.5%
16 years and older not in labor force	32,244	39.5%
Females 16 years and older	40,761	100%
Females 16 years and older in labor force	23,022	56.5%
Population living with own children <6 years	6,117	100%
All parents in family in labor force	3,950	64.6%
<i>Class of Worker</i>		
Civilian employed population 16 years and older	47,165	100%
Private wage and salary workers	39,385	83.5%
Government workers	5,447	11.5%
Self-employed workers in own not incorporated business	2,333	4.9%
Unpaid family workers	0	0%
<i>Occupations</i>		
Employed civilian population 16 years and older	47,165	100%
Management, business, science, and art occupations	12,590	26.7%
Production, transportation, and material moving occupations	10,883	23.1%
Service occupations	10,093	21.4%
Sales and office occupations	9,313	19.7%
Natural resources, construction, and maintenance occupations	4,286	9.1%
<i>Leading Industries</i>		
Employed civilian population 16 years and older	47,165	100%
Educational services, health care, and social assistance	11,315	24.0%
Manufacturing	10,601	22.5%
Trade (retail and wholesale)	6,270	13.3%
Arts, entertainment, recreation, accommodation, and food services	5,733	12.2%
Retail trade	5,503	11.7%
Professional, scientific, management, administrative, and waste management services	3,281	7.0%
Transportation and warehousing, and utilities	2,537	5.4%
Construction	2,446	5.2%
Public administration	1,652	3.5%

Selected Economic Characteristics, Continued

<i>Leading Industries, continued</i>		
Finance, insurance, real estate and rental and leasing	1,254	2.7%
Other services (except public administration)	1,174	2.5%
Wholesale trade	767	1.6%
Information	500	1.1%
Agriculture, forestry, fishing and hunting, and mining	402	0.9%
<i>Income In 2019</i>		
Households	40,460	100%
< \$10,000	2,185	5.4%
\$10,000 to \$14,999	1,479	3.7%
\$15,000 to \$24,999	3,544	8.8%
\$25,000 to \$34,999	4,307	10.6%
\$35,000 to \$49,999	5,974	14.8%
\$50,000 to \$74,999	8,702	21.5%
\$75,000 to \$99,999	7,057	17.4%
\$100,000 to \$149,999	5,139	12.7%
\$150,000 to \$199,999	1,001	2.5%
\$200,000 or more	1,072	2.6%
Median household income	\$60,429	N/A
<i>Income in 2019</i>		
Families	25,936	100%
< \$10,000	918	3.5%
\$10,000 to \$14,999	709	2.7%
\$15,000 to \$24,999	1,266	4.9%
\$25,000 to \$34,999	1,939	7.5%
\$35,000 to \$49,999	3,354	12.9%
\$50,000 to \$74,999	5,963	23.0%
\$75,000 to \$99,999	5,652	21.8%
\$100,000 to \$149,999	4,211	16.2%
\$150,000 to \$199,999	920	3.5%
\$200,000 or more	1,004	3.9%
Median family income	\$69,534	N/A
Per capita income in 2019	\$27,215	N/A
<i>Poverty Status in 2019</i>		
Families	N/A	9.4%
All People	N/A	12.0%

(Source: U.S. Census Bureau, 2019)

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

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2020	\$46,500	45 th of 88 counties
BEA Per Capita Personal Income 2019	\$43,268	42 nd of 88 counties
BEA Per Capita Personal Income 2018	\$42,427	44 th of 88 counties
BEA Per Capita Personal Income 2017	\$40,688	42 nd of 88 counties
BEA Per Capita Personal Income 2016	\$39,256	43 rd of 88 counties

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

Source: Bureau of Economic Analysis, https://apps.bea.gov/iTable/index_regional.cfm

Employment Statistics

Category	Allen	Ohio
Labor Force	47,800	5,681,800
Employed	46,100	5,485,600
Unemployed	1,700	196,200
Unemployment Rate* in November 2021	3.5	3.5
Unemployment Rate* in October 2021	4.2	3.8
Unemployment Rate* in November 2020	4.4	4.9

**Rate equals unemployment divided by labor force.*

*(Source: Ohio Department of Job and Family Services, December 2021,
https://ohiolmi.com/_docs/LAUS/OhioCivilianLaborForceEstimates.pdf)*

Estimated Poverty Status in 2019

Age Groups	Number	90% Lower Confidence Interval	90% Upper Confidence Interval	Percent	90% Lower Confidence Interval	90% Upper Confidence Interval
Allen County						
All ages in poverty	12,452	10,185	14,719	12.9	10.5	15.3
Ages 0-17 in poverty	4,492	3,428	5,556	19.6	15.0	24.2
Ages 5-17 in families in poverty	3,065	2,285	3,845	18.3	13.6	23.0
Median household income	\$58,271	\$54,137	\$62,405			
Ohio						
All ages in poverty	1,474,285	1,449,452	1,499,118	13.0	12.8	13.2
Ages 0-17 in poverty	458,134	443,797	472,471	18.1	17.5	18.7
Ages 5-17 in families in poverty	306,068	293,671	318,465	16.6	15.9	17.3
Median household income	\$58,704	\$58,147	\$59,261			
United States						
All ages in poverty	39,490,096	39,248,096	39,732,096	12.3	12.2	12.4
Ages 0-17 in poverty	12,000,470	11,865,995	12,134,945	16.8	16.6	17.0
Ages 5-17 in families in poverty	8,258,906	8,160,650	8,357,162	15.8	15.6	16.0
Median household income	\$65,712	\$65,594	\$65,830			

(Source: U.S. Census Bureau, 2019 Poverty and Median Income Estimates, <https://www.census.gov/data/datasets/2019/demo/saie/2019-state-and-county.html>)

Federal Poverty Thresholds in 2021 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$ 14,097					
1 Person 65 and >	\$ 12,996					
2 people Householder < 65 years	\$ 18,145	\$ 18,677				
2 People Householder 65 and >	\$ 16,379	\$ 18,606				
3 People	\$ 21,196	\$ 21,811	\$ 21,831			
4 People	\$ 27,949	\$ 28,406	\$ 27,479	\$ 27,575		
5 People	\$ 33,705	\$ 34,195	\$ 33,148	\$ 32,338	\$ 31,843	
6 People	\$ 38,767	\$ 38,921	\$ 38,119	\$ 37,350	\$ 36,207	\$ 35,529
7 People	\$ 44,606	\$ 44,885	\$ 43,925	\$ 43,255	\$ 42,009	\$ 40,554
8 People	\$ 49,888	\$ 50,329	\$ 49,423	\$ 48,629	\$ 47,503	\$ 46,073
9 People or >	\$ 60,012	\$ 60,303	\$ 59,501	\$ 58,828	\$ 57,722	\$ 56,201

(Source: U. S. Census Bureau, Poverty Thresholds 2020, <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html>)

Appendix VI: County Health Rankings

	Allen County 2021	Ohio 2021	U.S. 2021
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2017-2019)	8,200	8,500	6,900
Overall health. Percentage of adults reporting fair or poor health (age-adjusted) (2018)	19%	18%	17%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2018)	4.5	4.1	3.7
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2018)	5.0	4.8	4.1
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2013-2019)	9%	9%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2018)	24%	21%	17%
Obesity. Percentage of adults that report a BMI of 30 or more (2017)	36%	34%	30%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2015 & 2018)	7.6	6.8	7.8
Physical inactivity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2017)	27%	26%	23%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2019)	76%	84%	84%
Excessive drinking. Percentage of adults reporting binge or heavy drinking (2018)	17%	18%	19%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2015-2019)	33%	32%	27%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2018)	597.9	542.3	539.9
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2013-2019)	29	22	21

(Source: 2021 County Health Rankings for Allen County, Ohio and U.S. data)

	Allen County 2021	Ohio 2021	U.S. 2021
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2018)	7%	8%	10%
Access to health care/medical care. Ratio of population to primary care physicians (2018)	1,470:1	1,300:1	1,320:1
Access to dental care. Ratio of population to dentists (2019)	1,680:1	1,560:1	1,400:1
Access to behavioral health care. Ratio of population to mental health providers (2020)	440:1	380:1	380:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2018)	6,228	4,901	4,236
Mammography screening. Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2018)	44%	43%	42%
Flu vaccinations. Percentage of Medicare enrollees that had an annual flu vaccination (2018)	49%	51%	48%
Social and Economic Environment			
Education. Percentage of adults ages 25 and over with a high school diploma or equivalent (2015-2019)	90%	90%	88%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2015-2019)	61%	66%	66%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2019)	4.0%	4.1%	3.7%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2019)	20%	18%	17%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2015-2019)	4.3	4.7	4.9
Family and social support. Percentage of children that live in a household headed by single parent (2015-2019)	31%	27%	26%
Family and social support. Number of membership associations per 10,000 population (2018)	16.5	11.0	9.3
Violence. Number of reported violent crime offenses per 100,000 population (2014 & 2016)	395	293	386
Injury. Number of deaths due to injury per 100,000 population (2015-2019)	75	91	72

(Source: 2021 County Health Rankings for Allen County, Ohio and U.S. data)

	Allen County 2021	Ohio 2021	U.S. 2021
Physical Environment			
Air, water, and toxic substances. Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2016)	8.0	9.0	7.2
Air, water, and toxic substances. Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation (2019)	No	N/A	N/A
Housing. Percentage of households with at least 1-of-4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2013-2017)	14%	14%	18%
Transportation. Percentage of the workforce that drives alone to work (2015-2019)	86%	83%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2015-2019)	20%	31%	37%

(Source: 2021 County Health Rankings for Allen County, Ohio and U.S. data)

N/A – Not Available

Appendix VII: 2021 Activate Allen County Block Party Survey Data

Activate Allen County hosted four block parties during the summer of 2021 to bring the community together and get outside with their neighbors. There were several agencies there to promote the importance of health screenings, give COVID-19 vaccinations, discuss healthy eating habits, hold fun events for kids, and much more. During this event, organizers asked the attendees to answer a few questions regarding their community. The total number of surveys received was 350.

Locations

South Jackson Community Garden
Bradfield Community Center Mercy Health
Martin Luther King Jr. Park

Four survey questions were asked:

1. Who do you trust in our community? (most common answers in rank order below)

- God (Jesus Christ, local church)
- Police (law enforcement)
- First responders
- No one
- Neighbors
- Family
- "Myself"
- Hospitals and healthcare facilities (Doctors).

2. Do you feel safe in the neighborhood/community that you live in?

Safety	Yes	No	Sometimes
South Jackson	49	12	15
Bradfield	122	41	27
Mercy Health	39	2	0
MLK	38	5	0
Totals	248	60	42

- 248 out of 350, or 48% of those surveyed said they felt safe in their neighborhood.
- 17% said they did not feel safe in their neighborhood.
- 12% said they sometimes felt safe in their neighborhood.

3. Please rank the following concerns from 1 to 5 (1 being what you are most concerned about and 5 being what you are least concerned about)

Concerns	1	2	3	4	5
Drug Abuse	167	62	24	48	50
Healthcare Access	101	47	74	50	63
Housing	96	110	53	50	27
Transportation	47	24	39	48	92
Community Violence	100	40	39	31	45

- The highest ranked concern in the community was drug abuse, as 48% of those surveyed said that drug abuse was their primary concern.
- Of those surveyed, 33% ranked housing as their second concern.
- Transportation was of a lesser concern for the community, with 37% of those surveyed ranking it 5th.

4. In your opinion, what is Lima's best asset? (most common answers in rank order below)

- Downtown
- Strong community presence (community events)
- Parks (lots to do for kids, outside)
- Jobs (tank plant, office work)
- The people
- Family oriented
- Cost of living
- Healthcare
- Ability to keep growing

Appendix VIII: Community Stakeholder Perceptions

On May 12, 2022, results of the 2021 Allen County Community Health Assessment (CHA) were released for community stakeholder viewing and input. Those who attended the event or who viewed an online video presentation were directed to submit feedback via an electronic survey platform. Results of the participant feedback are included below:

What surprised you the most?

- Suicide among adults and youth (4)
- Obesity (2)
- Percentage of population vaccinated (for example, COVID) (2)
- Rent issues
- Causes of stress, anxiety, and depression among adults (for example, job and family stress)
- Mental illness within schools
- Youth violence
- Allen County being lower in smoking and alcohol use
- African American infant mortality
- Increase in overdoses
- Decrease in alcohol consumption from 2014 to 2021
- Learning about all of the different projects underway
- Very skeptical of youth marijuana data
- How much information is available by zip code or census level

What would you like to see covered in the report next time?

- Older adult health
- Combating disease with diet and exercise
- Updates from YMCA and other physical health and wellness updates
- Mental health
- Infant mortality rates
- Information regarding sexual violence
- Community attitudes towards different groups (for example, LGBTQ, view of people on opposite end of political belief spectrum, view of people of different nationalities or race)
- More firsthand reports and a shorter review of data. Data is important but difficult to see all the charts. The charts included in the booklet could have been highlighted with more detail
- Rates of birth control usage and perceptions in youth and adults
- More crime data by zip code/census

What will you or your organization do with this data?

- Use for planning, programming, and prevention work (for example, maternal substance use, chronic disease, nutrition, youth mental health, and youth violence prevention) (7)
- Grant applications (2)
- Utilize information to offer services to individuals with the greatest need (2)
- Share information about each program to social media pages and with business partners
- Marketing/outreach
- Be aware of it

Based on the community health assessment, what health topics do you see as the most important? Please list 2 or more choices.

- Food insecurity issues (2)
- Mental health (2)
- Social determinants of health (2)
- Students not feeling safe at school
- Food and nutrition as medicine
- Rent/housing
- Infant mortality
- Access to health care
- Vaccination rates especially among those entering school
- Youth unhappiness and risk to self-harm
- Overweight
- Violence
- Suicide
- Adult health
- Youth health

In your opinion, what is the best way to communicate the information from the community health assessment to the rest of the public?

- Social media and boosted posts (for example, asking agencies to share on their social media) (3)
- Share with agencies/encourage agencies to include assessment data in messaging and in planning – so there are more shared messages (2)
- Television (2)
- Newspaper (2)
- Webinar
- Community forum
- Create infographic to post around community/newspaper
- Newsletters
- Noon Edition
- Short video clips of data and why it matters
- Presentations at local organizations and community groups
- The data needs to be presented in a way that is easy to digest (percentages and probabilities do not work great) as well as the potential cost to the local health care system and the benefit to all individuals to make an investment in improving the health and wellbeing of all citizens

What are some barriers that your community or organization may face regarding the issues identified?

- Physical barriers – even though close, our campus students feel disconnected from the community
- Getting people to utilize programming and resources
- Recently lost grant funding and have had to reprioritize involvement in community initiatives
- New leadership – may have different priorities
- Stigma and cultural acceptance
- Access to youth in schools
- If people lack access to health care, despite having insurance, they may not be as willing to express their views in a meeting because of limited time that can be spent on a meeting
- Data
- Community collaboration – multiple funding sources can cause duplicative work
- Education/awareness in community and professionals

Are there any groups or agencies you think would be valuable resources or partners to work towards the priority health issues?

- Crime Victim Services (3)
- Prevention Awareness Support Services (PASS) (2)
- YMCA
- Johnny Appleseed Metropolitan Park District (JAMPD)
- Family and Consumer Science – Central State University
- Community and Economic Development
- 4-H (OSU Extension)
- Agriculture and Natural Resources
- Lima UMADAOP (Urban Minority Alcoholism and Drug Abuse Outreach Program)
- Neighborhood association groups

Other comments or concerns

- Great presentation on many important local programs
- Thank you for the wonderful updates
- Physical fitness for younger people – children and teens. How to eat healthy with low income. How to eat healthy when you can no longer cook easily
- “Green Prescription” for 75+ older adults and lack of nutritional options