

# Henry County

Community Health Status Assessment

# 2013



Examining the Health  
of Henry County



# FOREWORD

September 2013

Dear Community Member,

Thank you for your concern for the health of Henry County. The data presented in this publication is the result of the 2013 health status assessment of Henry County youth and adults. The data collected from Henry County residents is reported along with health information from the Ohio Department of Health and relevant national, state, and local data sources.

Monitoring the health status of local residents to identify community health problems is an essential public health service. This health status assessment is invaluable because it serves as a guide for strategic planning and decision-making. It can help our community identify new health concerns, measure the impact of current community health improvement efforts, and guide the judicious use of local resources. However, this is only one planning tool. A true plan of action for community health improvement will require taking a closer look at these survey results; seeking additional information from community residents, service providers, and others; identifying population(s) at risk for specific health conditions; and choosing effective strategies that will truly improve the health of Henry County residents when put into action.

This report would not exist without the financial support of community organizations and assistance of community leaders who all care about your health. The project was supported financially by the following organizations: Henry County Health Department, Henry County Hospital, Four County ADAMhs Board, and United Way of Henry County.

In addition, the following individuals worked on the planning committee: KC Ashbaugh, Anne Goon, Barbara Hoffman, Holli Horn, Sharon Meece, Connie Parker, Pam Pflum, and Melissa Sears. Special thanks are given to Britney Ward from the Healthy Communities Foundation of the Hospital Council of Northwest Ohio for guiding this process.

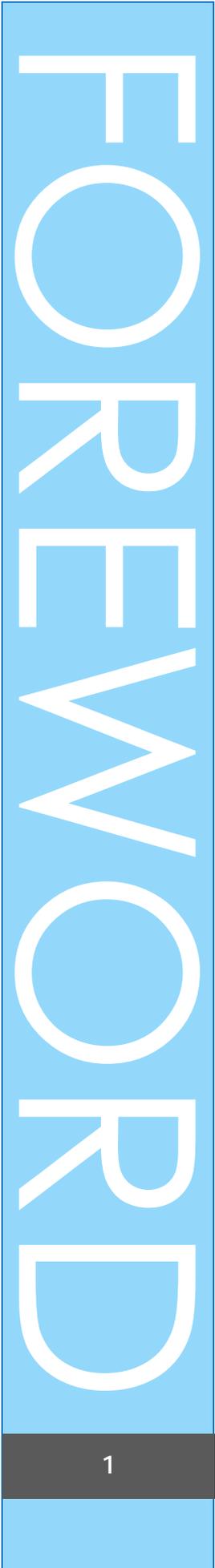
While data is useful, it is how people utilize this information that ultimately benefits the community. Please join the Henry County Health Partners as we work together to improve the health and well-being of Henry County residents. We encourage you to be open to new ideas and collaborations. We also encourage you to remain optimistic and positive about the excellent work this community can do together.

Sincerely,

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Health Commissioner  
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**Kimberly Bordenkircher, MBA, BSN, RN**  
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## ACKNOWLEDGEMENTS

### Funding for the Henry County Health Assessment Provided by:

Henry County Health Department  
Henry County Hospital

United Way of Henry County  
Four County ADAMhs Board

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# TABLE OF CONTENTS

EXECUTIVE SUMMARY	PAGES 4-15
TREND SUMMARY	PAGES 16-19

## Adult Health (Ages 19 and Over)

HEALTH STATUS PERCEPTIONS	PAGES 20-22
HEALTH CARE COVERAGE	PAGES 23-26
HEALTH CARE ACCESS AND UTILIZATION	PAGES 27-28
CARDIOVASCULAR HEALTH	PAGES 29-34
CANCER	PAGES 35-39
DIABETES	PAGES 40-42
ARTHRITIS	PAGES 43-45
ASTHMA AND OTHER RESPIRATORY DISEASE	PAGES 46-48
WEIGHT STATUS	PAGES 49-51
TOBACCO USE	PAGES 52-56
ALCOHOL CONSUMPTION	PAGES 57-61
MARIJUANA AND OTHER DRUG USE	PAGES 62-63
WOMEN'S HEALTH	PAGES 64-69
MEN'S HEALTH	PAGES 70-74
PREVENTIVE MEDICINE AND HEALTH SCREENINGS	PAGES 75-77
SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES	PAGES 78-84
QUALITY OF LIFE	PAGES 85-87
SOCIAL CONTEXT AND SAFETY	PAGES 88-90
MENTAL HEALTH AND SUICIDE	PAGES 91-94
ORAL HEALTH	PAGES 95-97
PARENTING	PAGES 98-99

## Youth Health (Ages 12-18)

WEIGHT CONTROL	PAGES 100-103
TOBACCO USE	PAGES 104-106
ALCOHOL CONSUMPTION	PAGES 107-110
MARIJUANA AND OTHER DRUG USE	PAGES 111-113
SEXUAL BEHAVIOR AND TEEN PREGNANCY OUTCOMES	PAGES 114-117
MENTAL HEALTH AND SUICIDE	PAGES 118-120
YOUTH SAFETY	PAGES 121-123
YOUTH VIOLENCE ISSUES	PAGES 124-126

## Appendices

HEALTH ASSESSMENT INFORMATION SOURCES	APPENDIX I PAGES 127-131
LIST OF ACRONYMS AND TERMS	APPENDIX II PAGES 132-133
WEIGHTING METHODS	APPENDIX III PAGES 134-136
SCHOOL PARTICIPATION	APPENDIX IV PAGE 137
DEMOGRAPHIC PROFILE	APPENDIX V PAGE 138
DEMOGRAPHICS AND HOUSEHOLD INFORMATION	APPENDIX VI PAGES 139-146

# EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Henry County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2013. 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 for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). 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.

## Primary Data Collection Methods

### DESIGN

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

### INSTRUMENT DEVELOPMENT

Two survey instruments were designed and pilot tested for this study: one for adults and one for adolescents. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. The majority of the survey items for the adolescent survey were derived from the YRBSS. This decision was based on being able to compare local data with state and national data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Henry County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Henry County planning committee, the Project Coordinator composed drafts of surveys containing 115 items for the adult survey and 75 items for the adolescent survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

### SAMPLING | *Adult Survey*

Adults ages 19 and over living in Henry County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Henry County. There were 21,121 persons ages 18 and over living in Henry County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 376 adults was needed to ensure this level of confidence. The response rate for the mailing was 50% (n=479). This return rate and sample size means that the responses in the health assessment should be representative of the entire county. The random sample of mailing addresses of adults from Henry County was obtained from American Clearinghouse in Louisville, KY.

## **SAMPLING | Adolescent Survey**

Youth in grades 6-12 were used as the sampling frame for the youth survey. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 345 adolescents was needed to ensure this level of confidence. The response rate was 91% (n=427).

## **PROCEDURE | Adult Survey**

Prior to mailing the survey to adults, an advance letter was mailed to 1,000 adults in Henry County. This advance letter was personalized, printed on Henry County Health Partners stationery and was signed by Anne Goon, Health Commissioner, Henry County Health Department and Kim Bordenkircher, CEO, Henry County Hospital. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Henry County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The entire mailing procedure for adults took place from January through April 2013.

## **PROCEDURE | Adolescent Survey**

Superintendents reviewed and approved the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The survey contained 75 questions and had a multiple choice response format. The students were surveyed in February 2013.

## **DATA ANALYSIS**

Individual responses were anonymous and confidential. Only group data is available. All data was analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Henry County, the adult data collected was weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

## LIMITATIONS

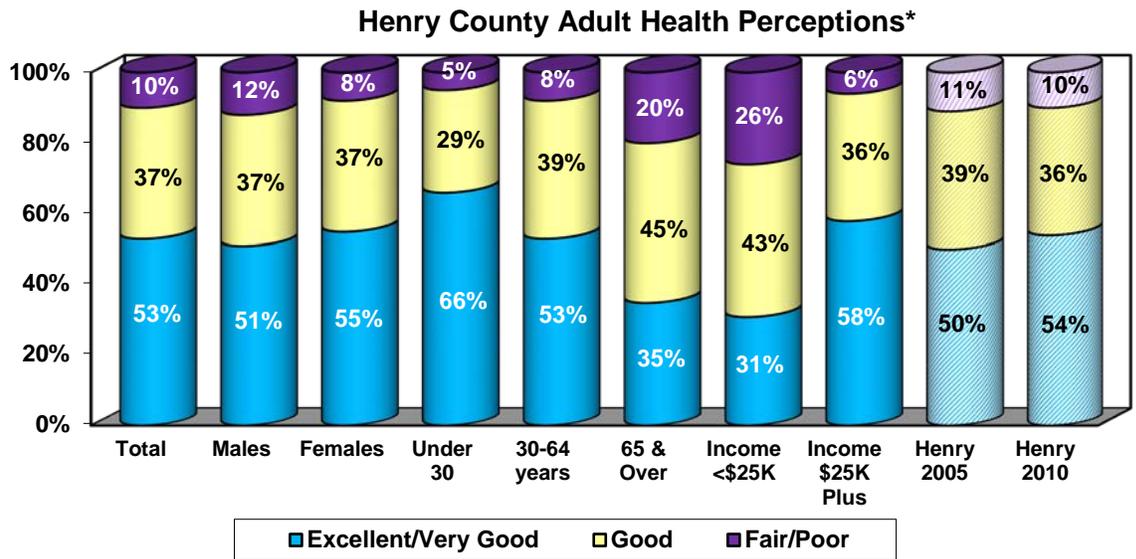
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Henry County adult assessment had a good response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked,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

Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey data collection was administered in schools in a similar fashion as this county health assessment.

## Data Summary

### HEALTH PERCEPTIONS

In 2013, slightly more than half (53%) of the Henry County adults rated their health status as excellent or very good. Conversely, 10% of adults, increasing to 20% of those over the age of 65, described their health as fair or poor.

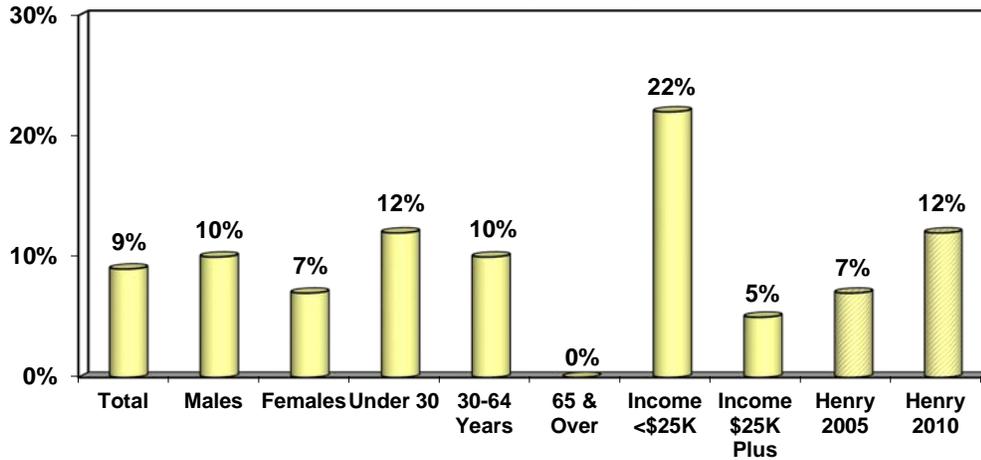


\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

### HEALTH CARE COVERAGE

The 2013 Health Assessment data has identified that 9% of Henry County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Henry County, 13.2% of residents live below the poverty level. (Source U.S. Census, American Community Survey 3 Year Estimates, 2009-2011)

**Uninsured Henry County Adults**



**HEALTH CARE ACCESS**

The 2013 Health Assessment project identified that 4% of Henry County adults were using a hospital emergency room as their usual place of health care, increasing to 7% of those with incomes less than \$25,000. In the past year, 59% of adults had visited a doctor for a routine checkup.

**CARDIOVASCULAR HEALTH**

Heart disease (23%) and stroke (8%) accounted for 31% of all Henry County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2013 Henry County Health Assessment found that 2% of adults had survived a heart attack and 1% had survived a stroke at some time in their life. Nearly one-third (30%) of Henry County adults have been diagnosed with high blood pressure, 30% had high blood cholesterol, 29% were obese, and 19% were smokers, four known risk factors for heart disease and stroke.

**Henry County  
Leading Types of Death  
2006-2008**

**Total Deaths: 786**

1. Cancers (25% of all deaths)
2. Heart Disease (23%)
3. Stroke (8%)
4. Accidents, Unintentional Injuries (6%)
5. Alzheimer's Disease (4%)

*(Source: ODH Information Warehouse, updated 4-15-10)*

**CANCER**

In 2013, 10% of Henry County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 551 Henry County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

**Henry County  
Incidence of Cancer, 2005-2009**

**All Types: 131 cases**

- Prostate: 18 cases (14%)
- Lung and Bronchus: 17 cases (13%)
- Breast: 15 cases (11%)
- Colon and Rectum: 13 cases (10%)

**In 2010, there were 63 cancer deaths in Henry County.**

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

## DIABETES

In 2013, 9% of Henry County adults had been diagnosed with diabetes.

## ARTHRITIS

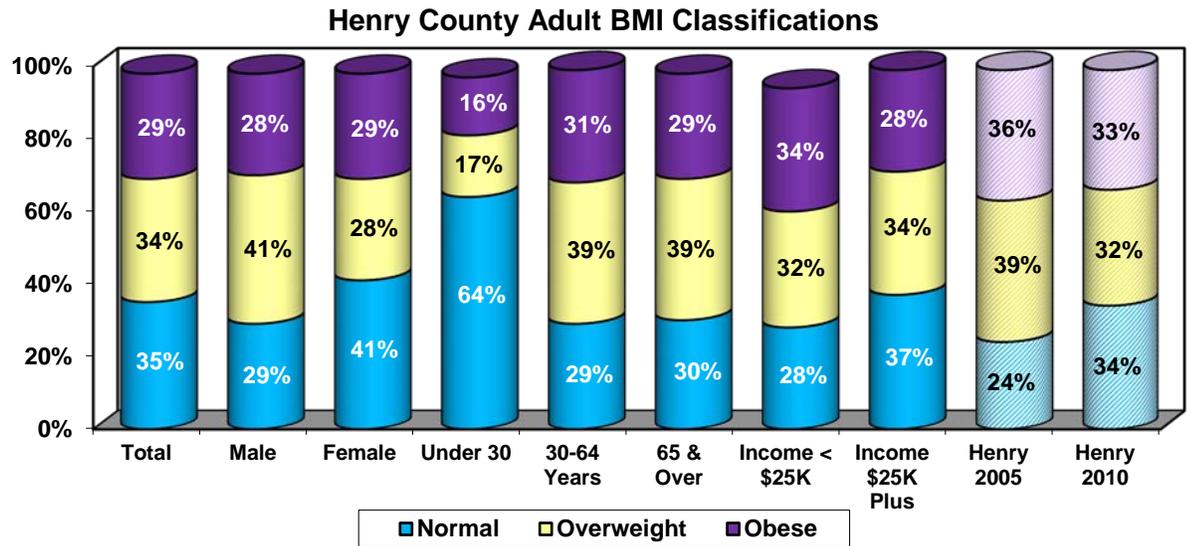
According to the Henry County survey data, 29% of Henry County adults were diagnosed with arthritis. According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.

## ASTHMA

According to the Henry County survey data, 10% of adults had been diagnosed with asthma.

## ADULT WEIGHT STATUS

The 2013 Health Assessment identified that 63% of Henry County adults were overweight or obese based on Body Mass Index (BMI). The 2012 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. Nearly one-third (29%) of Henry County adults were obese. Almost half (46%) of adults were trying to lose weight.

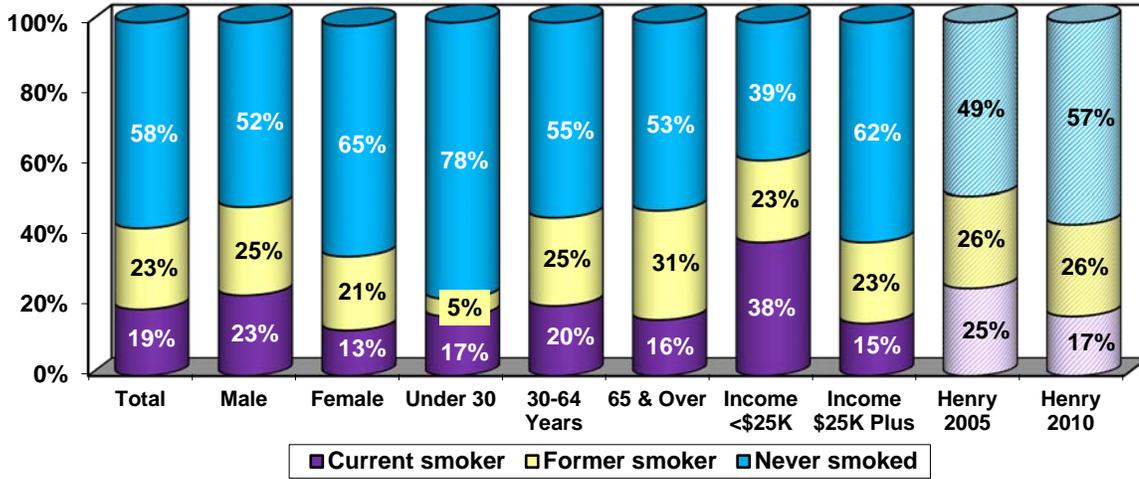


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

## ADULT TOBACCO USE

In 2013, 19% of Henry County adults were current smokers and 23% were considered former smokers. In 2013, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, and by 2030, this number is expected to increase to 8 million. (Source: Cancer Facts & Figures, American Cancer Society, 2013)

**Henry County Adult Smoking Behaviors**

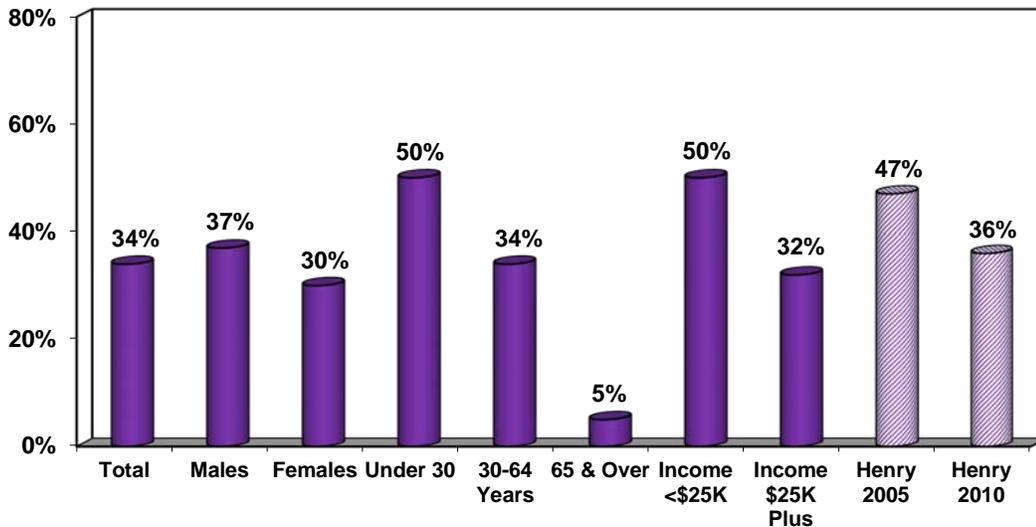


Respondents were asked:  
 "Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes every day, some days or not at all?"

**ADULT ALCOHOL CONSUMPTION**

In 2013, the Health Assessment indicated that 14% of Henry County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 34% of adults who drank had five or more drinks (for males) and 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Seven percent of adults drove after having perhaps too much to drink.

**Henry County Adult Drinkers Who Binge Drank in Past Month\***

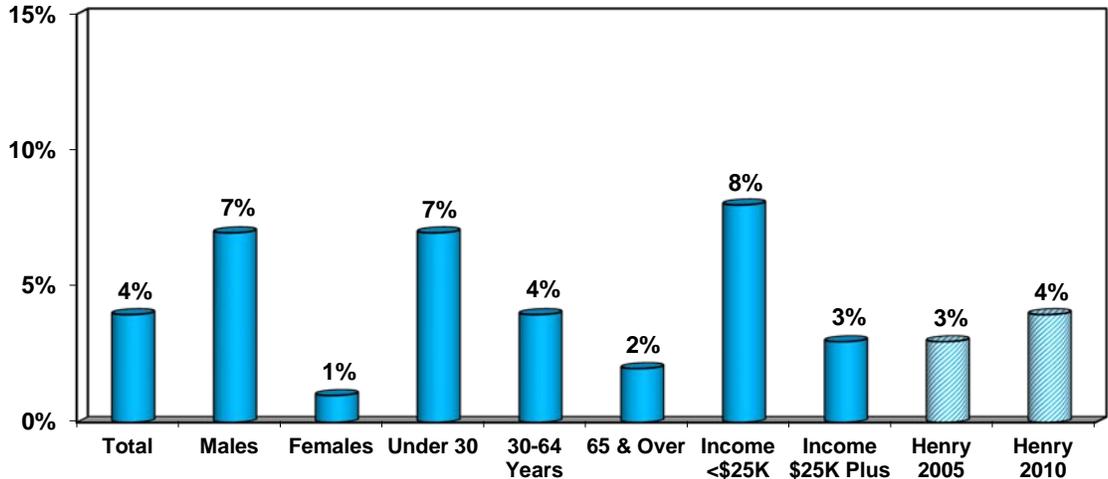


\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at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

**ADULT MARIJUANA AND OTHER DRUG USE**

In 2013, 4% of Henry County adults had used marijuana during the past 6 months. 4% 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.

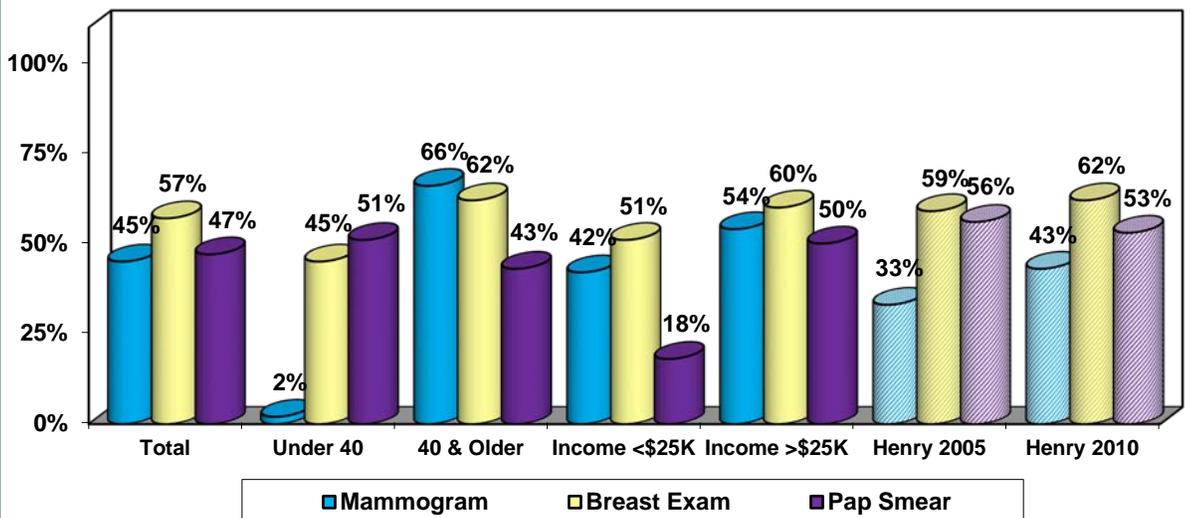
**Henry County Adult Marijuana Use in Past 6 Months**



**WOMEN'S HEALTH**

In 2013, nearly two-thirds (66%) of Henry County women over the age of 40 reported having a mammogram in the past year. 57% of Henry County women ages 19 and over had a clinical breast exam and 47% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 1% of women survived a heart attack and 2% survived a stroke at some time in their life. One-quarter (25%) had high blood pressure, 31% had high blood cholesterol, 29% were obese, and 13% were identified as smokers, known risk factors for cardiovascular diseases.

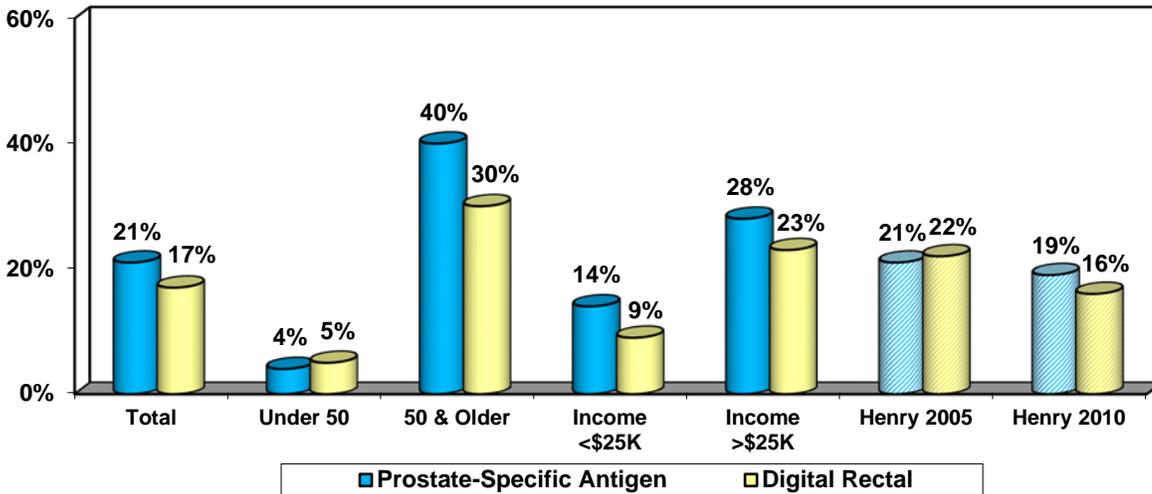
**Henry County Women's Health Exams Within the Past Year**



**MEN'S HEALTH**

In 2013, 40% of Henry County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Nearly one-third (30%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 28% of all male deaths in Henry County from 2006-2008. The Health Assessment determined that 4% of men survived a heart attack and 2% survived a stroke at some time in their life. More than one-third (34%) of men had been diagnosed with high blood pressure, 28% had high blood cholesterol, and 20% were identified as smokers, which, along with obesity (29%), are known risk factors for cardiovascular diseases.

**Henry County Men's Health Exams Within the Past Year**



**PREVENTIVE MEDICINE AND HEALTH SCREENINGS**

Over half (53%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (52%) of adults ages 50 and over had a colonoscopy/sigmoidoscopy within the past 5 years.

**ADULT SEXUAL BEHAVIOR & PREGNANCY OUTCOMES**

In 2013, over two-thirds (68%) of Henry County adults had sexual intercourse. Two percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (Source: CDC, *STDs in Adolescents and Young Adults, 2011 STD Surveillance*).

**QUALITY OF LIFE**

In 2013, 24% of Henry County adults were limited in some way because of a physical, mental or emotional problem.

**SOCIAL CONTEXT**

In 2013, 4% of Henry County adults were threatened or abused in the past year. 50% of adults kept a firearm in or around their home.

## MENTAL HEALTH AND SUICIDE

In 2013, 3% of Henry County adults considered attempting suicide. 8% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

## ORAL HEALTH

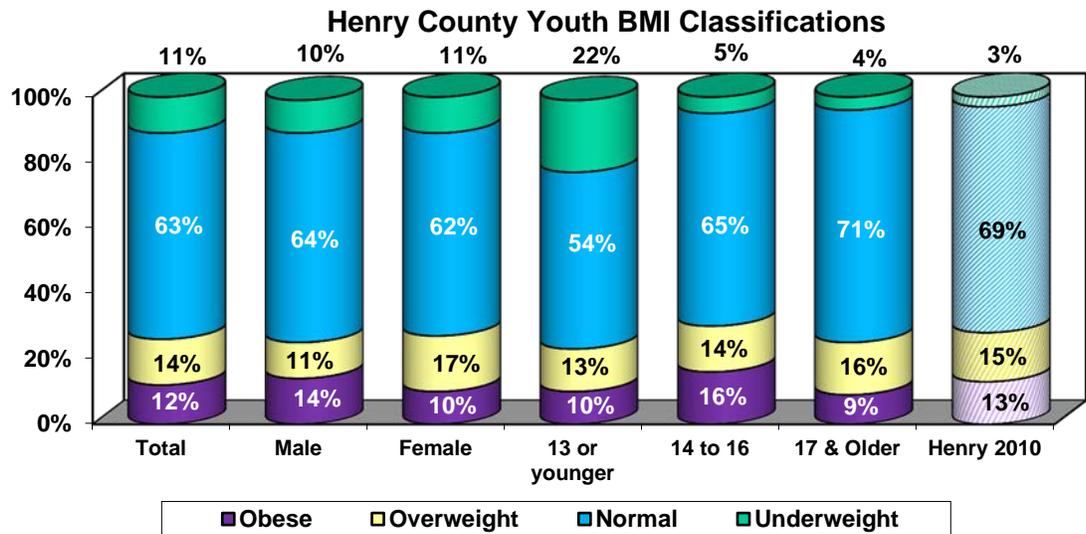
The 2013 Health Assessment project has determined that nearly three-fourths (72%) of Henry County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (72%) of Henry County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

## PARENTING

The 2013 Health Assessment project identified that 93% of children under the age of 4 always used a car seat while a passenger in a car. Nearly two-fifths (39%) of children were never breastfed. 71% of parents discussed screen time as well as dating and relationships with their 12-to-17 year old in the past year.

## YOUTH WEIGHT STATUS

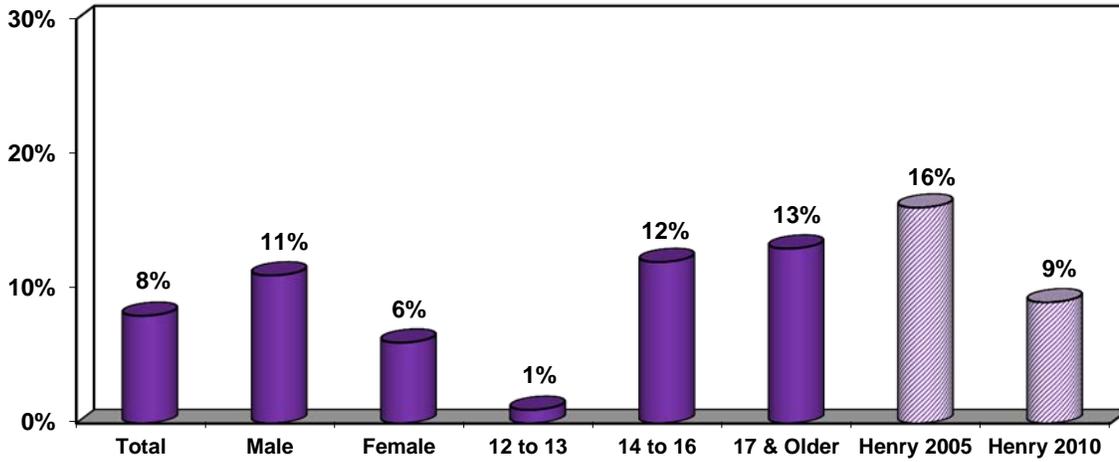
The 2013 Health Assessment identified that 12% of Henry County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 25% of Henry County youth reported that they were slightly or very overweight. 68% of youth were exercising for 60 minutes on 3 or more days per week. 91% of youth were involved in extracurricular activities. 23% of youth reported they went to bed hungry on at least one day per week because they did not have enough food.



## YOUTH TOBACCO USE

The 2013 Health Assessment identified that 8% of Henry County youth in grades 6-12 were smokers, increasing to 13% of those who were over the age of 17. Overall, 3% of Henry County youth in grades 6-12 indicated they had used chewing tobacco in the past month. Of those 6th-12th grade youth who currently smoked, 51% had tried to quit.

**Henry County Youth Who Are Current Smokers**

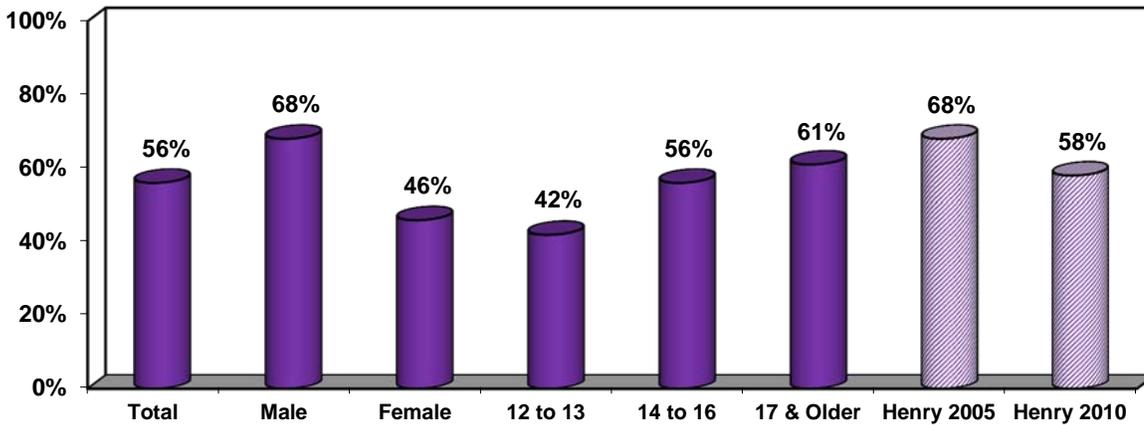


*Current smokers are those who have smoked at any time during the past 30 days.*

**YOUTH ALCOHOL CONSUMPTION**

In 2013, the Health Assessment results indicated that 44% of Henry County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 59% of youth seventeen and older. 42% of those 6th-12th graders who drank, took their first drink at 12 years old or younger. 18% of all Henry County 6th-12th grade youth and 29% of those over the age of 17 had at least one drink in the past 30 days. About half (56%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all high school youth had driven a car in the past month after they had been drinking alcohol.

**Henry County Youth Current Drinkers Binge Drinking in Past Month\***

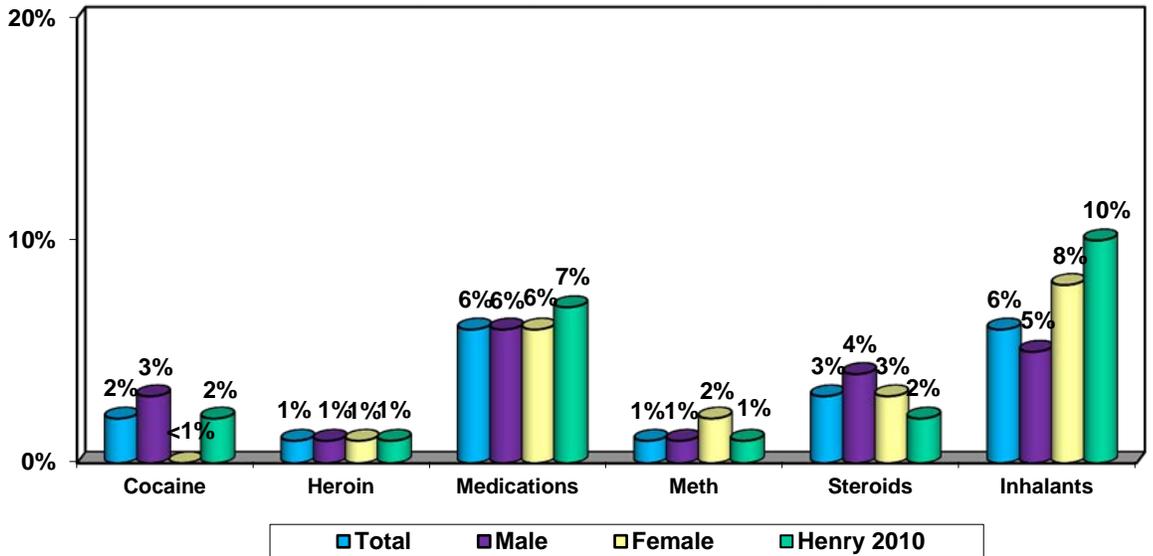


*\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.*

**YOUTH MARIJUANA AND OTHER DRUG USE**

In 2013, 6% of Henry County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 9% of those ages 17 and older. 6% of 6th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 8% of those over the age of 17.

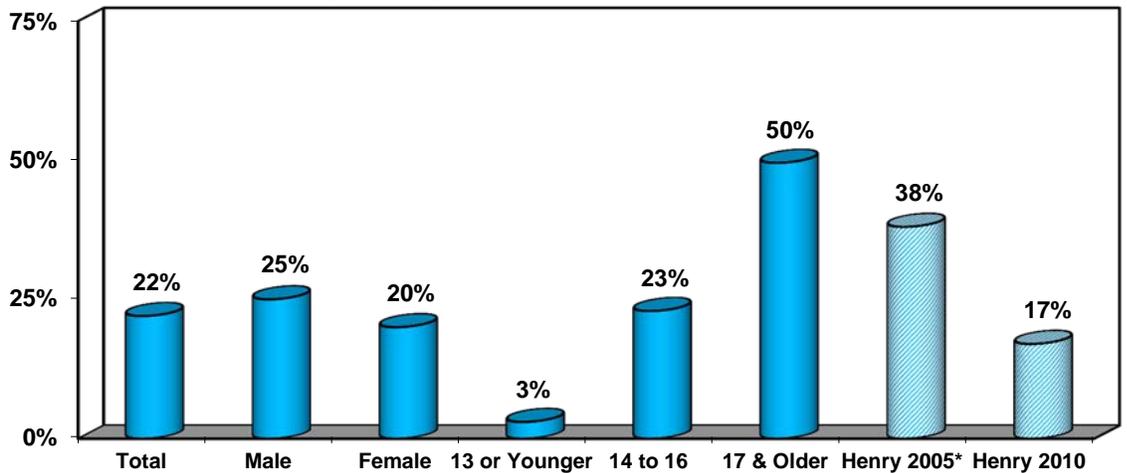
Henry County Youth Lifetime Drug Use



YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2013, more than one-fifth (22%) of Henry County youth have had sexual intercourse, increasing to 51% of those ages 17 and over. 18% of youth had participated in oral sex and 6% had participated in anal sex. 17% of youth participated in sexting. Of those who were sexually active, 44% had multiple sexual partners. One Henry County school asked limited sexual behavior questions.

Henry County Youth Who Had Sexual Intercourse

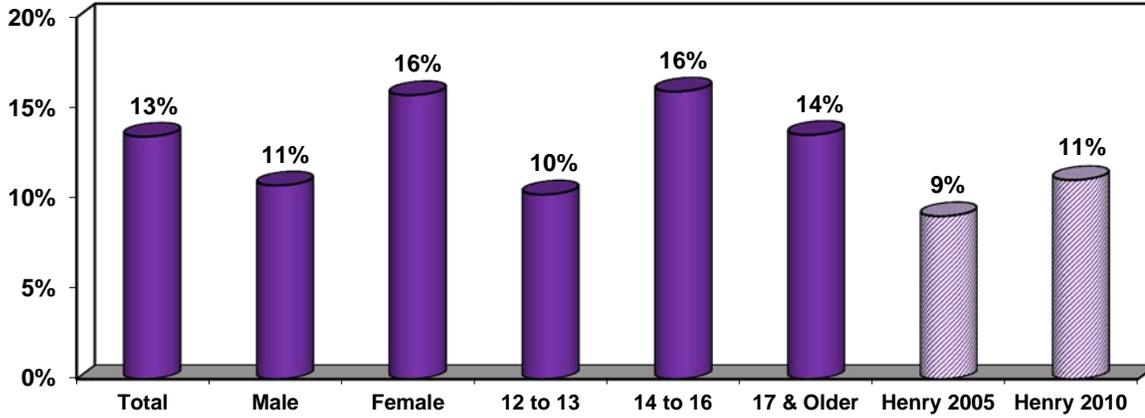


\*Henry County 2005 data for 9<sup>th</sup> – 12<sup>th</sup> grade youth

YOUTH MENTAL HEALTH AND SUICIDE

In 2013, the Health Assessment results indicated that 13% of Henry County 6th-12th grade youth had seriously considered attempting suicide in the past year and 7% admitted actually attempting suicide in the past year.

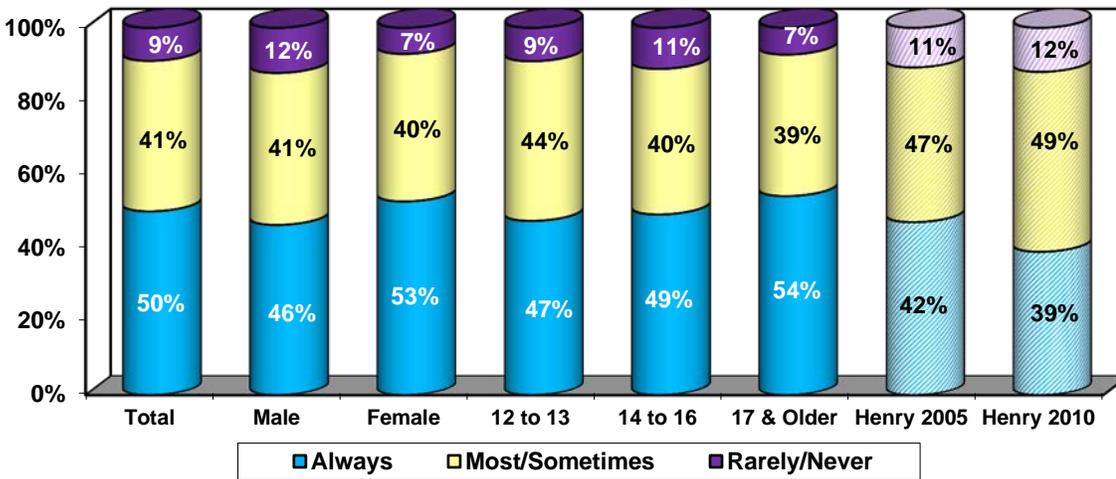
**Henry County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 Months**



**YOUTH SAFETY**

In 2013, 50% of Henry County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 32% of youth drivers texted while driving.

**Henry County Youth Seatbelt Use in the Past Month**



**YOUTH VIOLENCE**

In Henry County, 9% of youth had carried a weapon in the past month. 7% of youth had been threatened or injured with a weapon on school property in the past year. 53% of youth had been bullied in the past year and 33% had been bullied on school property.

## Youth | TREND SUMMARY

Youth Variables	Henry County 2005 (6-12 grade)	Henry County 2010 (6-12 grade)	Henry County 2013 (6-12 grade)	Henry County 2013 (9-12 grade)	Ohio 2011 (9-12 grade)	U.S. 2011 (9-12 grade)
<b>Weight Control</b>						
Obese	N/A	13%	12%	14%	15%	13%
Overweight	N/A	15%	14%	14%	15%	15%
Described themselves as slightly or very overweight	55%	30%	25%	26%	30%	29%
Trying to lose weight	49%	47%	46%	44%	N/A	N/A
Exercised to lose weight	45%	34%	43%	47%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	22%	11%	30%	35%	43%*	39%*
Went without eating for 24 hours or more	2%	1%	5%	7%	13%	12%
Took diet pills, powders, or liquids without a doctor's advice	N/A	0%	2%	4%	6%	5%
Vomited or took laxatives	2%	1%	1%	1%	6%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	N/A	77%	80%	85%*	78%*
Physically active at least 60 minutes per day on less than 7 days in past week	N/A	76%	76%	76%	75%	71%
Physically active at least 60 minutes per day on less than 5 days in past week	N/A	50%	54%	51%	55%	51%
Did not participate in at least 60 minutes of physical activity on any day in past week	N/A	11%	15%	10%	16%	14%
Watched TV 3 or more hours per day	37%	39%	36%	33%	31%	32%
<b>Unintentional Injuries and Violence</b>						
Always wore a seatbelt	42%	39%	50%	52%	N/A	N/A
Rarely or never wore a seatbelt	11%	12%	9%	9%	17%	8%
Carried a weapon in past month	10%	13%	9%	7%	16%	17%
Been in a physical fight in past year	31%	30%	24%	20%	31%	33%
Threatened or injured with a weapon on school property in past year	5%	7%	7%	5%	8%*	7%
Did not go to school because felt unsafe	2%	5%	5%	1%	6%	6%
Ever been electronically/cyber bullied in past year	N/A	9%	14%	16%	15%	16%
Bullied on school property in past year	N/A	N/A	33%	27%	23%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	6%	6%	4%	6%	N/A	9%
Seriously considered suicide in past year	9%	11%	13%	14%	14%	16%
Attempted suicide in past year	4%	5%	7%	8%	9%	8%
Felt sad or hopeless almost every day for 2 or more weeks in a row	16%	21%	21%	23%	27%	29%

N/A - not available

\*Comparative YRBSS data for Ohio is 2007 and U.S. is 2009

# TREND SUMMARY

Youth Variables	Henry County 2005 (6-12 grade)	Henry County 2010 (6-12 grade)	Henry County 2013 (6-12 grade)	Henry County 2013 (9-12 grade)	Ohio 2011 (9-12 grade)	U.S. 2011 (9-12 grade)
<b>Alcohol Consumption</b>						
Ever had at least one drink of alcohol in lifetime	55%	49%	44%	55%	71%	71%
Used alcohol during past month	29%	19%	19%	25%	38%	39%
Binged during past month (5 or more drinks in a couple of hours on an occasion)	20%	11%	10%	15%	24%	22%
Drank for the first time before age 13 (of all youth)	23%	35%	16%	15%	18%	21%
Rode with someone who was drinking in past month	26%	20%	17%	15%	21%	24%
Drank and drove	8%	5%	2%	4%	7%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	38%	39%	46%	N/A	40%
<b>Tobacco Use</b>						
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	38%	15%	14%	19%	52%	45%
Used cigarettes on one or more days during the past month	16%	9%	8%	13%	21%	18%
Smoked cigarettes on 20 or more days during the past month (of all youth)	6%	4%	4%	6%	10%	6%
Tried to quit smoking	41%	46%	51%	54%	56%	50%
Used chewing tobacco or snuff in past month	5%	5%	3%	4%	12%	8%
<b>Sexual Behavior</b>						
Ever had sexual intercourse	38%†	17%	22%	37%	45%*	47%
Used a condom at last intercourse	57%†	55%	48%	61%	60%*	60%
Used birth control pills at last intercourse	16%†	21%	32%	39%	23%	18%
<b>Drug Use</b>						
Used marijuana in the past month	12%	6%	6%	9%	24%	23%
Used cocaine in their lifetime	6%	2%	2%	2%	7%	7%
Used heroin in their lifetime	2%	1%	1%	1%	3%	3%
Used methamphetamines in their lifetime	3%	1%	1%	1%	6%*	4%
Used steroids in their lifetime	3%	2%	3%	3%	4%	4%
Used prescription medication in order to get high or feel good in their lifetime	13%	7%	6%	9%	N/A	N/A
Used inhalants in order to get high in their lifetime	12%	10%	6%	6%	12%**	11%
Ever used ecstasy/MDMA	N/A	N/A	2%	3%	N/A	8%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	22%	7%	5%	5%	24%	26%

N/A - not available

\*2007 YRBS Data

\*\*2005 YRBS Data

† Only 9<sup>th</sup>-12<sup>th</sup> graders were asked sexual health questions in 2005.

## Adult | TREND SUMMARY

Adult Variables	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
<b>Health Status</b>					
Rated health as excellent or very good	50%	54%	53%	50%	52%
Rated general health as fair or poor	11%	10%	10%	18%	17%
Rated their mental health as not good on four or more days	25%	19%	19%	N/A	N/A
Average days that physical health not good in past month	N/A	N/A	3.1	3.9**	3.7**
Average days that mental health not good in past month	N/A	N/A	3.2	3.9**	3.5**
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	N/A	2.3	2.3**	2.4**
<b>Health Care Coverage</b>					
Has health care coverage	92%	88%	91%	85%	83%
<b>Arthritis, Asthma &amp; Diabetes</b>					
Has been diagnosed with arthritis	30%	29%	29%	30%	26%
Has ever been diagnosed with asthma	11%	7%	10%	14%	13%
Has been diagnosed with diabetes	8%	6%	9%	13%	11%
<b>Cardiovascular Health</b>					
Had a heart attack	3%	6%	2%	5%	5%
Had a stroke	1%	2%	1%	3%	3%
Has been diagnosed with high blood pressure	34%	33%	30%	33%*	31%*
Has been diagnosed with high blood cholesterol	32%	29%	30%	39%*	38%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	83%	76%*	76%*
<b>Weight Status</b>					
Overweight	39%	32%	34%	35%	36%
Obese	36%	33%	29%	30%	28%
<b>Alcohol Consumption</b>					
Had at least one alcoholic beverage in past month	47%	50%	56%	54%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	22%	19%	19%	18%	17%
<b>Tobacco Use</b>					
Current smoker (currently smoke some or all days)	25%	17%	19%	23%	20%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	26%	23%	25%	25%
<b>Drug Use</b>					
Adults who used marijuana in the past 6 months	3%	4%	4%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	6%	2%	4%	N/A	N/A
<b>Preventive Medicine</b>					
Had a pneumonia vaccine in lifetime (age 65 and older)	N/A	66%	53%	69%	70%
Had a clinical breast exam in the past two years (age 40 and older)	N/A	N/A	78%	75%**	77%**
Had a mammogram in the past two years (age 40 and older)	N/A	N/A	80%	74%	74%
Had a pap smear in the past three years	N/A	N/A	76%	78%	78%
Had a PSA test in within the past two years (age 40 and older)	N/A	N/A	38%	45%	45%

N/A - not available

\* 2011 BFRSS Data

\*\*2010 BFRSS Data

Adult Variables	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
<b>Quality of Life</b>					
Limited in some way because of physical, mental or emotional problem	N/A	N/A	24%	20%	20%
<b>Mental Health</b>					
Considered attempting suicide in the past year	2%	1%	3%	N/A	N/A
<b>Oral Health</b>					
Adults who have visited the dentist in the past year	67%	69%	72%	68%	67%
Adults who had one or more permanent teeth removed	N/A	N/A	39%	46%	45%
Adults 65 years and older who had all of their permanent teeth removed	N/A	N/A	19%	20%	16%

N/A - not available

\* 2011 BFRSS Data

\*\*2010 BFRSS Data

# TREND SUMMARY

# Adult | HEALTH STATUS PERCEPTIONS

## Key Findings

In 2013, more than half (53%) of the Henry County adults rated their health status as excellent or very good. Conversely, 10% of adults, increasing to 20% of those over the age of 65, described their health as fair or poor.

### Adults Who Rated General Health Status Excellent or Very Good

- Henry County 53% (2013)
- Ohio 50% (2012)
- U.S. 52% (2012)

(Source: BRFSS 2012 for Ohio and U.S.)

## General Health Status

- In 2013, more than half (53%) of Henry County adults rated their health as excellent or very good. Henry County adults with higher incomes (58%) were most likely to rate their health as excellent or very good, compared to 31% of those with incomes less than \$25,000.
- 10% of adults rated their health as fair or poor. The 2012 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.
- Henry County adults were most likely to rate their health as fair or poor if they:
  - Had an annual household income under \$25,000 (26%)
  - Had been diagnosed with diabetes (24%)
  - Were widowed (22%) or divorced (19%)
  - Were 65 years of age or older (20%)
  - Had high blood pressure (14%) or high blood cholesterol (13%)

## Physical Health Status

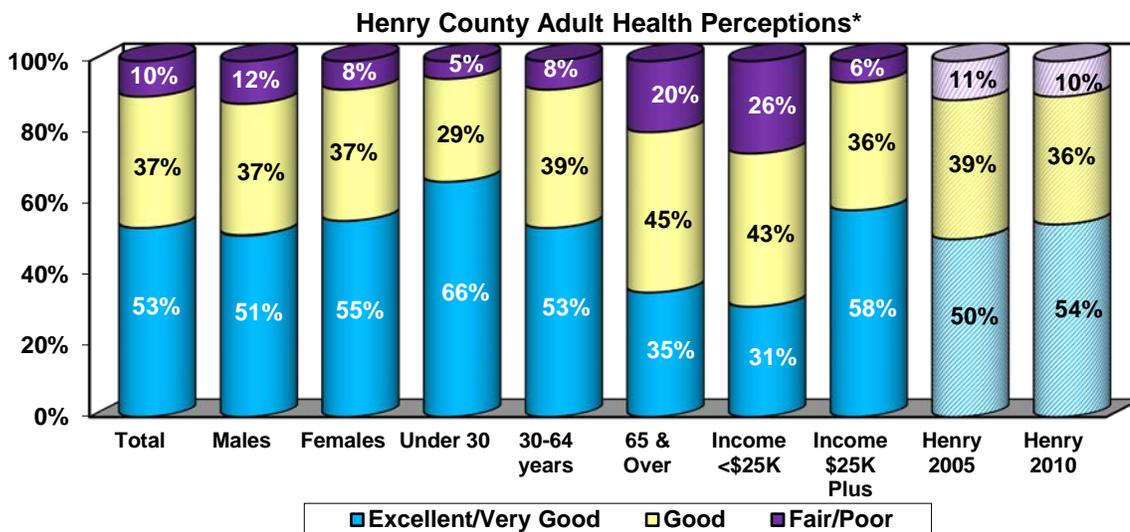
- In 2013, 18% of Henry County adults rated their physical health as not good on four days or more in the previous month.
- Henry County adults reported their physical health as not good on an average of 3.1 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 3.9 days and 3.7 days, respectively in the previous month (Source: 2010 BRFSS).
- Henry County adults were most likely to rate their physical health as not good if they:
  - Were 65 years of age or older (23%)
  - Had an annual household income under \$25,000 (22%)

## Mental Health Status

- In 2013, 19% of Henry County adults rated their mental health as not good on four days or more in the previous month.
- Henry County adults reported their mental health as not good on an average of 3.2 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 3.9 days and 3.5 days, respectively in the previous month (Source: 2010 BRFSS).

- Henry County adults were most likely to rate their mental health as not good if they:
  - Were female (28%)
  - Had an annual household income under \$25,000 (22%)
  - Were less than 30 years old (21%)
- More than one-fifth (22%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation, increasing to 26% of those under the age of 30.
- Henry County adults reported that poor physical or mental health kept them from doing their usual activities on an average of 2.3 days in the previous month. Ohio and U.S. adults reported that poor physical or mental health kept them from doing their usual activities on an average of 2.4 days and 2.3 days, respectively in the previous month (Source: 2010 BRFSS).

The following graph shows the percentage of Henry County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 53% of all Henry County adults, 66% of those under age 30, and 35% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	65%	9%	6%	1%	12%
Females	64%	11%	8%	<1%	9%
Total	64%	10%	7%	1%	11%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	75%	9%	2%	1%	7%
Females	57%	11%	7%	2%	17%
Total	66%	10%	4%	1%	12%

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

# HEALTH STATUS

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Rated health as excellent or very good	50%	54%	53%	50%	52%
Rated health as fair or poor	11%	10%	10%	18%	17%
Rated their mental health as not good on four or more days in the previous month	25%	19%	19%	N/A	N/A
Average days that physical health not good in past month	N/A	N/A	3.1	3.9*	3.7*
Average days that mental health not good in past month	N/A	N/A	3.2	3.9*	3.5*
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	N/A	2.3	2.3*	2.4*

N/A – Not available  
 \*2010 BRFSS data

# Adult | HEALTH CARE COVERAGE

## Key Findings

The 2013 Health Assessment data has identified that 9% of Henry County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Henry County, 13.2% of residents live below the poverty level. (Source: U.S. Census, American Community Survey 3 Year Estimates, 2009-2011)

## General Health Coverage

- In 2013, most (91%) Henry County adults had health care coverage, leaving 9% who were uninsured. The 2012 BRFSS reports uninsured prevalence rates for Ohio (15%) and the U.S. (17%).
- In the past year, 9% of adults were uninsured, increasing to 12% of those under the age of 30 and 22% of those with incomes less than \$25,000.
- 6% of adults with children did not have healthcare coverage, compared to 9% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (47%), someone else's employer (19%), Medicare (11%), multiple-including private sources (11%), self-paid plan (3%), Medicaid or medical assistance (3%), multiple-including government sources (3%), military, CHAMPUS, TriCare, or VA (1%), other (2%).

**9% of Henry County adults were uninsured.**

- Henry County adult health care coverage included the following: medical (99%), prescription coverage (93%), preventive care (74%), immunizations (71%), dental (67%), mental health (66%), their spouse (64%), vision (63%), their children (54%), alcohol and drug treatment (37%), home care (30%), skilled nursing (26%), and hospice (22%).

Calendar Year 2010	Henry County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Average Members per Year Ages 0-18	2,499 (60%)	1,159,095 (55%)
Average Members per Year Ages 19-64	1,437 (34%)	787,749 (38%)
Average Members per Year Ages 65 and Over	250 (6%)	155,896 (7%)

\*(Percent of Members Enrolled = Total Enrollment/Population per U.S. Census Bureau)

(Source: Ohio Department of Job & Family Services, Henry County 2008-2011 Profile, <http://jfs.ohio.gov/county/cntypro/pdf11/Henry.pdf>)

# HEALTH COVERAGE

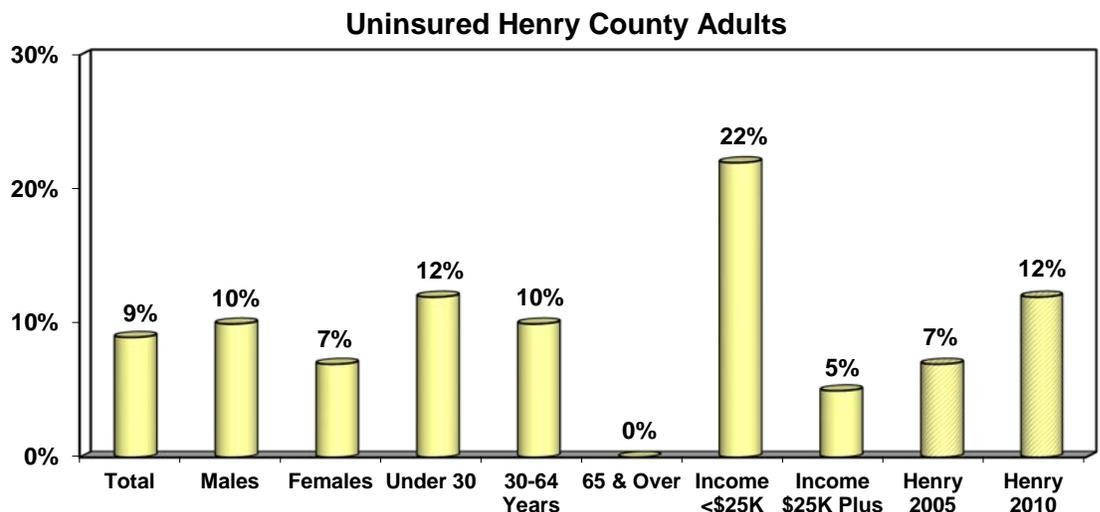
- The top reasons uninsured adults gave for being without health care coverage were:
  1. They lost their job or changed employers (38%)
  2. They could not afford to pay the insurance premiums (19%)
  3. Their employer does not/stopped offering coverage (17%)
  4. They became a part-time/temporary employee (15%)
  5. They became ineligible (11%)

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

*22% of Henry County adults with incomes less than \$25,000 were uninsured.*

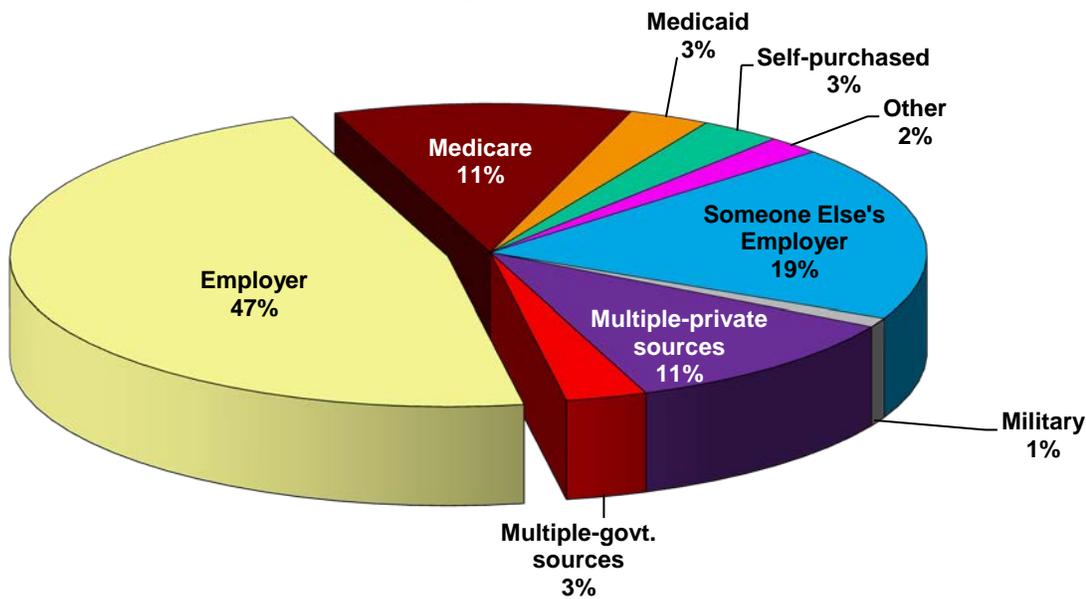
2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Uninsured	7%	12%	9%	15%	17%

The following graph shows the percentages of Henry County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 9% of all Henry County adults were uninsured, 22% of adults with an income less than \$25,000 reported being uninsured and 12% of those under age 30 lacked health care coverage.



The pie chart shows sources of Henry County adults' health care coverage.

Source of Health Coverage for Henry County Adults



The following chart shows what is included in Henry County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Medical	99%	<1%	<1%
Prescription Coverage	93%	4%	3%
Preventive Health	74%	4%	22%
Immunizations	71%	9%	20%
Dental	67%	30%	3%
Mental Health	66%	6%	28%
Their Spouse	64%	28%	8%
Vision	63%	34%	3%
Their Children	54%	39%	7%
Alcohol and Drug Treatment	37%	6%	57%
Home Care	30%	13%	57%
Skilled Nursing	26%	13%	61%
Hospice	22%	11%	67%

## Healthy People 2020 Access to Quality Health Services

Objective	Henry County 2013	Ohio 2012	U.S. 2012	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	85% age 20-24 93% age 25-34 88% age 35-44 91% age 45-54 90% age 55-64	77% age 18-24 78% age 25-34 83% age 35-44 84% age 45-54 87% age 55-64	75% age 18-24 73% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Health People 2020 Objectives, 2012 BRFSS, 2013 Henry County Health Assessment)

### Ohio Medicaid Assessment Survey

- More than 2.3 million Ohioans are enrolled in Medicaid.
- In 2012, 1.36 million Ohioans were uninsured (1,229,587 adults and 139,884 children).
- In Ohio, 19% of adults 18-64 years old and 5% of children were uninsured in 2010, compared respectively to 17% and 4% in 2008.
- In 2010, uninsured children had an 11.7 times higher rate of **not** having a usual source of care than insured children. Uninsured children had an almost 3 times higher rate of **not** having a usual source of coverage than uninsured adults.
- In Ohio, uninsured individuals reported greater issues with access to care, unmet needs, and paying for care than the insured.

(Source: Ohio Medicaid Assessment Survey, 2012 Presentation Slides, <https://ckm.osu.edu/sitetool/sites/omaspublic/documents/OMASStatewideRolloutPresentationSlides.pdf> & 2010 Ohio Family Health Survey Results, 03-08-2011)

# Adult | HEALTH CARE ACCESS AND UTILIZATION

## Key Findings

The 2013 Health Assessment project identified that 4% of Henry County adults were using a hospital emergency room as their usual place of health care, increasing to 7% of those with incomes less than \$25,000. In the past year, 59% of adults had visited a doctor for a routine checkup.

### Health Care Access among Employed and Unemployed Adults

- In 2009–2010, 48.1% of unemployed adults aged 18–64 years had health insurance compared with 81.4% of employed adults.
- The unemployed were less likely to receive needed prescriptions due to cost than the employed in all insurance categories.
- Unemployed adults in 2009–2010 were more likely to have fair or poor health than employed adults across all categories of insurance coverage.

(Source: CDC, Access to Health Care, 2012, [http://www.cdc.gov/nchs/fastats/access\\_to\\_health\\_care.htm](http://www.cdc.gov/nchs/fastats/access_to_health_care.htm))

## Health Care Access

- More than half (59%) of Henry County adults visited a doctor for a routine checkup in the past year, increasing to 80% of those over the age of 65.
- More than three-fifths (61%) of Henry County adults reported they had one particular doctor or healthcare professional they went to for routine medical care, decreasing to 48% of those with incomes less than \$25,000. 26% of adults had more than one particular doctor or healthcare professional they went to for routine medical care, and 13% did not have one at all.
- When adults were sick or needed advice about their health, they usually went to the following: a doctor's office (80%), the internet (15%), chiropractor (7%), urgent care center (6%), hospital emergency room (4%), alternative therapies (4%), public health clinic/community health center (2%), no usual place (2%), store clinic (1%), hospital outpatient department (1%), and some other place (2%).
- 4% of Henry County adults used a hospital emergency room as their usual place of health care, increasing to 7% of those with incomes less than \$25,000.
- The following might prevent Henry County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (35%), difficult to get an appointment (11%), hours not convenient (10%), could not get time off work (9%), worried they might find something wrong (8%), frightened of the procedure or doctor (7%), do not trust or believe doctors (3%), difficult to find/no transportation (1%), and some other reason (3%).
- Henry County adults had the following problems when they needed health care in the past year: did not have enough money to pay for health care or insurance (6%), could not get appointments when they wanted them (3%), too busy to get the healthcare they needed (2%), could not find a doctor they were comfortable with (2%), could not find a doctor to take them as a patient (2%), healthcare plan did not allow them to see doctors in Henry County (2%), did not have transportation (2%), had to change doctors because of their healthcare plan (1%), too embarrassed to seek help (1%), and other problems that prevented them from getting health care (1%).

- 80% of adults went outside of Henry County for the following health care services in the past year: primary care (36%), dental services (33%), specialty care (29%), obstetrics/gynecology/NICU (12%), pediatric care (6%), orthopedic care (6%), cardiac care (5%), mental health care (5%), cancer care (4%), hospice care (1%), developmental disability services (1%), addiction services (<1%), and other services (11%).
- Henry County adults preferred to get their health/healthcare services information from: their doctor (83%), a friend or family member (33%), the Internet (30%), newspaper articles or radio/television news stories (14%), advertisements or mailings from hospitals/clinics/doctor's offices (8%), text messages (2%), and other methods (3%).
- Henry County adults had the following transportation issues when they needed health services: no car (3%), no driver's license (3%), could not afford gas (3%), disabled (3%), car did not work (1%), no public transportation available or accessible (1%), no public transportation before 8 or after 4:30 (1%), limited public transportation available or accessible (1%), no car insurance (<1%), and other car issues/expenses (2%).
- Henry County adults did not receive the following major care or preventive care due to cost: mammogram (7%), pap smear (7%), colonoscopy (7%), medications (6%), immunizations (4%), mental health (3%), weight-loss program (3%), surgery (3%), smoking cessation (3%), family planning (1%), PSA test (1%), and alcohol and drug treatment (1%).

**Healthy People 2020  
Access to Quality Health Services**

Objective	Henry County 2013	Healthy People 2020 Target
AHS-3: Increase the proportion of persons with a usual primary care provider	61%	84%

**Health Care Access and Utilization among Young Adults Aged 19-25**

- From January through September 2011, 77.9% of women aged 19–25 had a usual place for health care compared with 62.5% of men in the same age group.
- Among adults aged 19–25, those with public health coverage were more likely to have had an emergency room visit in the past 12 months than those with private coverage or the uninsured.
- In 2011, 57.9% of Hispanic persons aged 19–25 had a usual place for health care. This was significantly less than non-Hispanic white (74.9%) and non-Hispanic black (68.4%) persons.
- In the first 9 months of 2011, adults aged 19–25 who were poor (67.2%) and those who were near poor (63.0%) were less likely than those who were not poor (76.0%) to have had a usual place for health care.
- 28% of uninsured adults aged 19–25 delayed or did not get needed medical care due to cost compared with 7.6% of those with private health insurance and 10.1% of those with public coverage.

*(Source: CDC, Health Care Access and Utilization among Young Adults Aged 19-25, 2012, [http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young\\_Adults\\_Health\\_Access\\_052012](http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young_Adults_Health_Access_052012))*

# Adult | **CARDIOVASCULAR HEALTH**

## Key Findings

Heart disease (23%) and stroke (8%) accounted for 31% of all Henry County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2013 Henry County Health Assessment found that 2% of adults had survived a heart attack and 1% had survived a stroke at some time in their life. Nearly one-third (30%) of Henry County adults had been diagnosed with high blood pressure, 30% had high blood cholesterol, 29% were obese, and 19% were smokers, four known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- In 2013, 2% of Henry County adults reported they had survived a heart attack or myocardial infarction, increasing to 6% of those over the age of 65. The average age of diagnosis was 57.5 years old.
- 5% of Ohio and U.S. adults reported they had a heart attack or myocardial infarction in 2011 (Source: 2012 BRFSS).
- 1% of Henry County adults reported they had survived a stroke, increasing to 6% of those over the age of 65. The average age of diagnosis was 59.5 years old.
- 3% of Ohio and U.S. adults reported having had a stroke in 2012 (Source: 2012 BRFSS).
- 25% of adults took aspirin daily or every other day, increasing to 54% of those ages 65 and over.

## High Blood Pressure (Hypertension)

- Almost one-third (30%) of Henry County adults had been diagnosed with high blood pressure. The 2011 BRFSS reports hypertension prevalence rates of 33% for Ohio and 31% for the U.S.
- 4% of adults were told they were pre-hypertensive/borderline high.
- 82% of those diagnosed with high blood pressure were taking medication for it.

### Henry County Leading Types of Death 2006-2008

**Total Deaths: 786**

1. Cancers (25% of all deaths)
2. Heart Disease (23%)
3. Stroke (8%)
4. Accidents, Unintentional Injuries (6%)
5. Alzheimer's Disease (4%)

(Source: ODH Information Warehouse, updated 4-15-10)

### Ohio Leading Types of Death 2006-2008

**Total Deaths: 322,264**

1. Heart Disease (25% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (5%)

(Source: ODH Information Warehouse, updated 4-15-10)

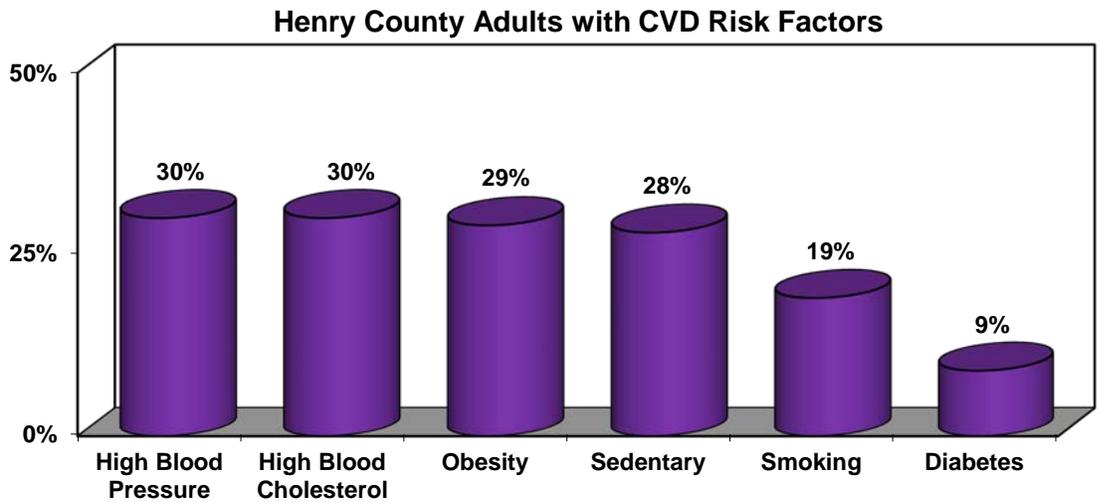
CARDIOVASCULAR

- Henry County adults diagnosed with high blood pressure were more likely to:
  - Have been age 65 years or older (55%)
  - Have rated their overall health as fair or poor (41%)
  - Have been classified as obese by Body Mass Index-BMI (40%)
  - Have annual household incomes less than \$25,000 (39%)

### High Blood Cholesterol

- Nearly one-third (30%) of adults had been diagnosed with high blood cholesterol. The 2011 BRFSS reported that 39% of Ohio adults and 38% of U.S. adults have been told they have high blood cholesterol.
- More than four-fifths (83%) of adults had their blood cholesterol checked within the past 5 years. The 2011 BRFSS reported 76% of Ohio and U.S. adults had their blood cholesterol checked within the past 5 years.
- Henry County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (49%)
  - Have been classified as obese by Body Mass Index-BMI (37%)
  - Have rated their overall health as fair or poor (36%)

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



(Source: 2013 Henry County Health Assessment)

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Had a heart attack	3%	6%	2%	5%	5%
Had a stroke	1%	2%	1%	3%	3%
Had high blood pressure	34%	33%	30%	33%*	31%*
Had high blood cholesterol	32%	29%	30%	39%*	38%*
Had blood cholesterol checked within past 5 years	N/A	N/A	83%	76%*	76%*

\*2011 BRFSS Data  
N/A - Not available

## Stroke Warning Signs and Symptoms

F.A.S.T. is an easy way to remember the sudden signs and symptoms of a stroke. When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help. This is important because the sooner a stroke victim gets to the hospital, the sooner they'll get treatment. Being prompt can make a remarkable difference in their recovery. F.A.S.T. is:

- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### Beyond F.A.S.T.- Other Symptoms to Know

- Sudden confusion or trouble understanding
- Sudden numbness or weakness of the leg
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

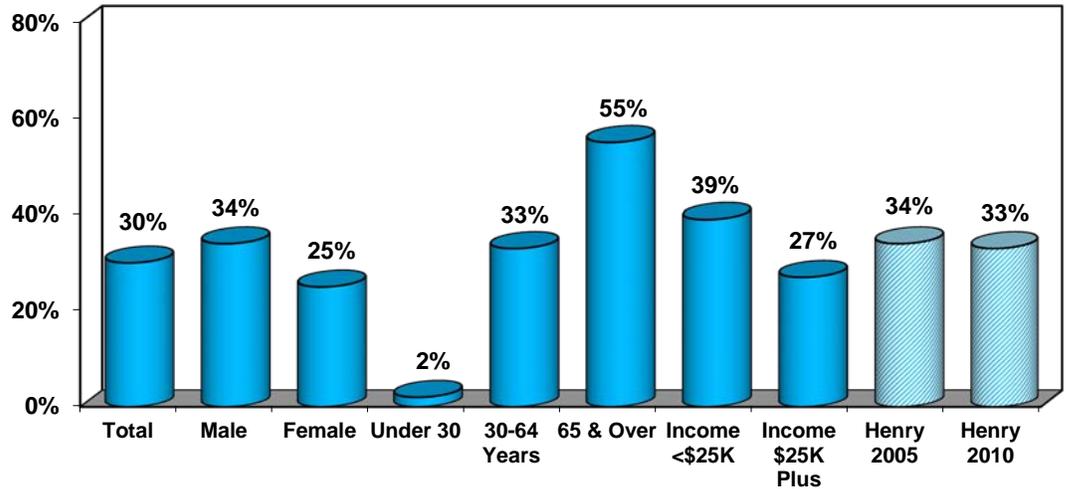


(Source: American Heart Association, *Stroke Warning Signs and Symptoms*, 2013, [http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp))

# CARDIOVASCULAR

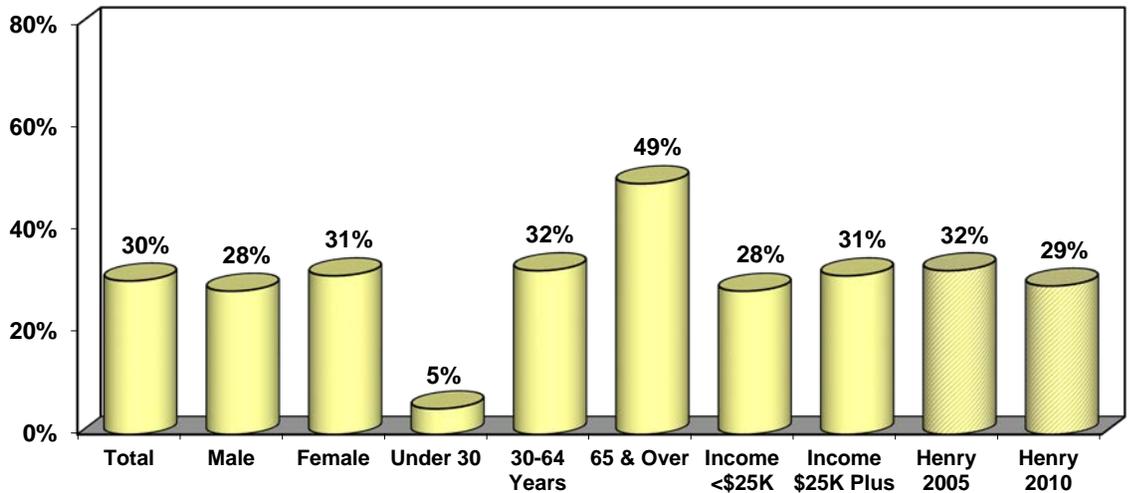
The following graphs show the number of Henry County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 30% of all Henry County adults have been diagnosed with high blood pressure, 34% of all Henry County males, 25% of all females, and 55% of those 65 years and older.

**Diagnosed with High Blood Pressure\***

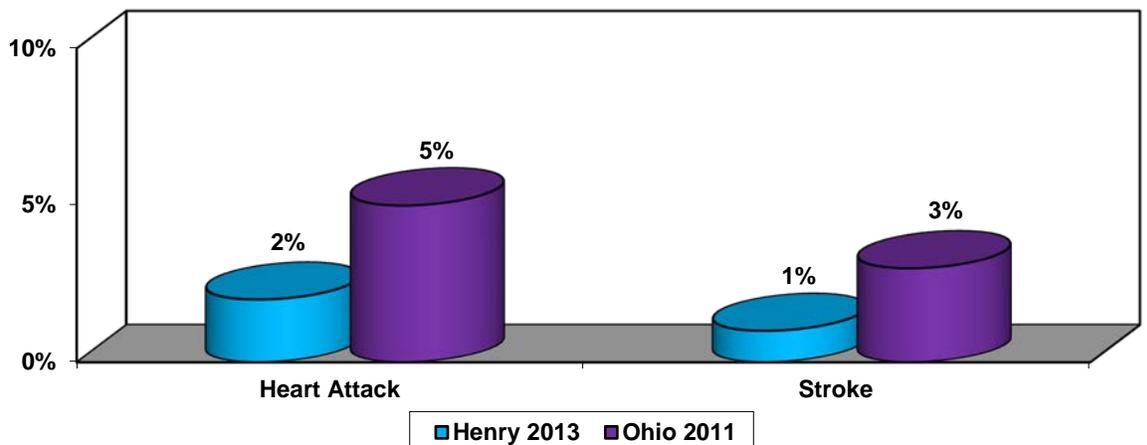


\*Does not include respondents who indicated high blood pressure during pregnancy only.

**Diagnosed with High Blood Cholesterol**



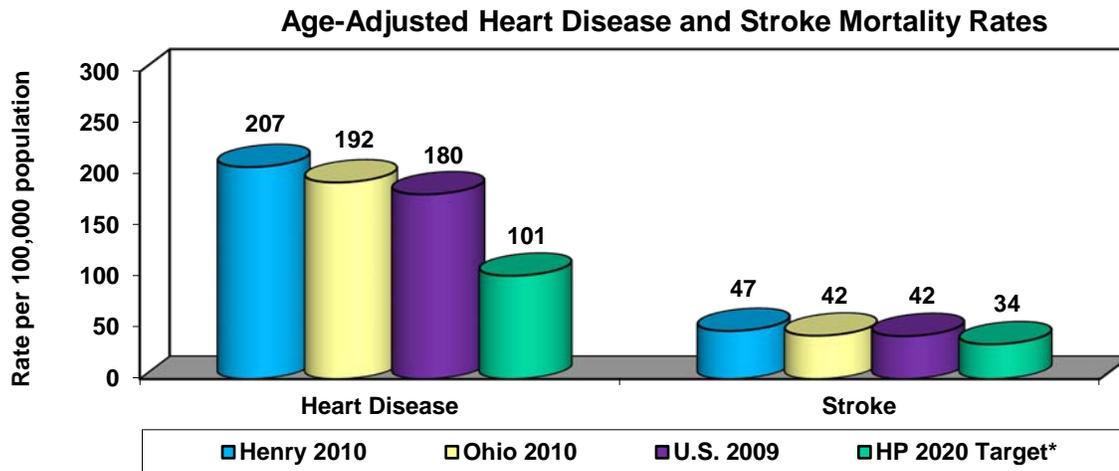
**Cardiovascular Disease Prevalence**



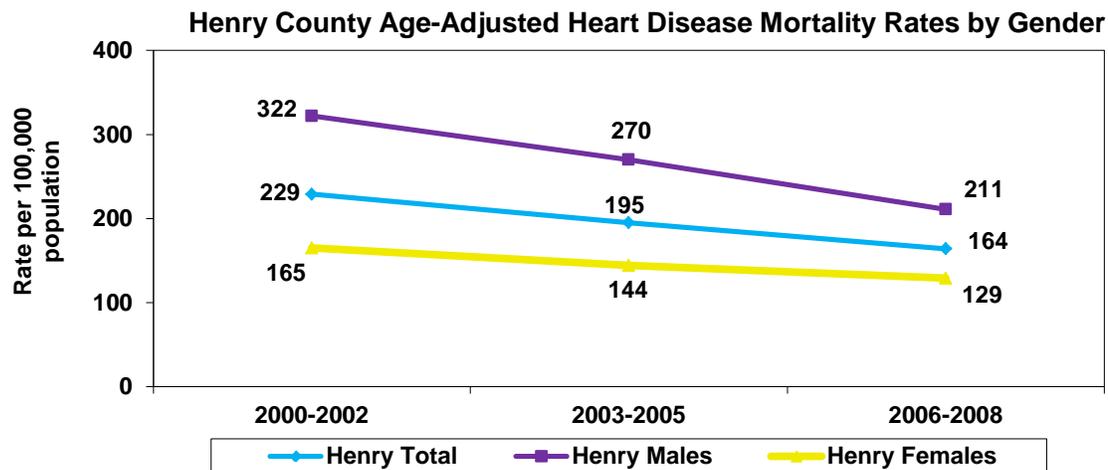
(Source: 2013 Henry Health Assessment and 2011 BRFSS)

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

- When age differences are accounted for, the statistics indicate that the 2010 Henry County heart disease mortality rate was higher than the figure for the state, the U.S. figure and the Healthy People 2020 target.
- The Henry County age-adjusted stroke mortality rate for 2010 was higher than the state, the U.S. figure and Healthy People 2020 target objective.
- Disparities exist for heart disease mortality rates by gender in Henry County.

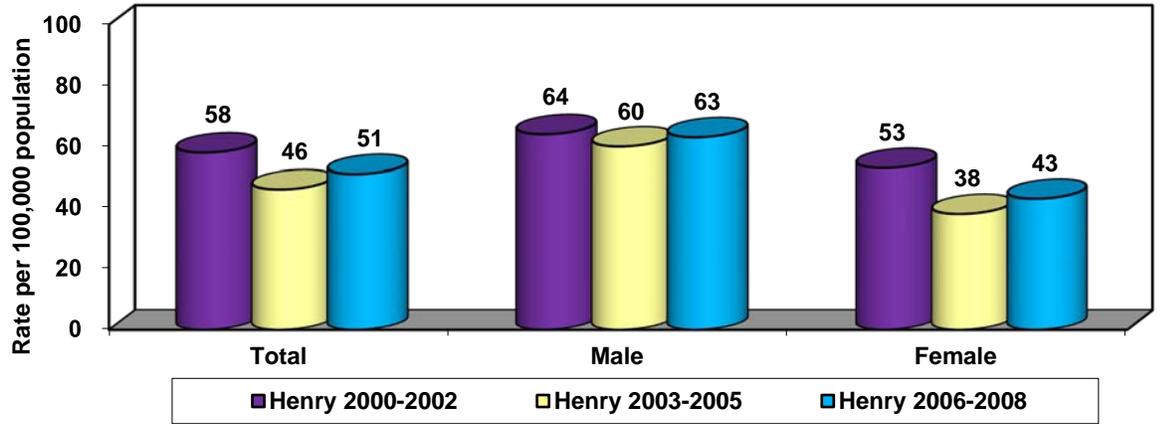


\*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality. (Source: ODH Information Warehouse, updated 5-23-12, Healthy People 2020)



(Source: ODH Information Warehouse, updated 4-15-10)

**Age-Adjusted Stroke Mortality Rates by Gender**



(Source: ODH Information Warehouse, updated 4-15-10)

## Healthy People 2020 Objectives

### Heart Disease and Stroke

Objective	Henry Survey Population Baseline	U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	30% (2013)	31% Adults age 18 and up (2011)	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	83% (2013)	76% Adults age 18 & up (2011)	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	30% (2013)	38% Adults age 2- & up with TBC > 240 mg/dl (2011)	14%

\*All U.S. figures age-adjusted to 2000 population standard.

(Source: Healthy People 2020, 2011 BRFSS, 2013 Henry County Health Assessment)

# Adult | CANCER

## Key Findings

In 2013, 10% of Henry County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 551 Henry County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

### Henry County Incidence of Cancer, 2005-2009

#### All Types: 131 cases

- Prostate: 18 cases (14%)
- Lung and Bronchus: 17 cases (13%)
- Breast: 15 cases (11%)
- Colon and Rectum: 13 cases (10%)

**In 2010, there were 63 cancer deaths in Henry County.**

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

**10% of Henry County adults had been diagnosed with cancer at some time in their life.**

## Adult Cancer

- One in ten (10%) Henry County adults were diagnosed with cancer at some point in their lives, increasing to 24% of those ages 65 and over.
- Of those diagnosed with cancer, they reported the following types: breast (45%), other skin cancer (34%), prostate (17%), melanoma (10%), cervical (9%), testicular (6%), endometrial (5%), ovarian (5%), colon (2%), leukemia (2%), non-Hodgkin's lymphoma (2%), head and neck (2%), pancreatic (2%), and other types of cancer (2%).

## Cancer Facts

- The Ohio Department of Health (ODH) vital statistics indicate that from 2000-2008, cancers caused 23% (551 of 2,368 total deaths) of all Henry County resident deaths. The largest percent (25%) of cancer deaths were from lung and bronchus cancer *(Source: ODH Information Warehouse)*.
- 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 2013 health assessment project has determined that 19% of Henry County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

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*A current smoker is defined as someone who has smoked over 100 cigarettes in their lifetime and currently smokes some or all days.*

## Lung Cancer

- The Ohio Department of Health reports that lung cancer (n=83) was the leading cause of male cancer deaths from 2000-2008 in Henry County. Prostate cancer caused 31 male deaths and colorectal cancer caused 28 male deaths during the same time period.
- In Henry County, 23% of male adults were current smokers<sup>1</sup> and 41% had stopped smoking for one or more days in the past 12 months because they were trying to quit (Source: 2013 Henry County Health Assessment).
- ODH reports that lung cancer was the leading cause of female cancer deaths (n=53) in Henry County from 2000-2008 followed by breast (n=40) and colon & rectum (n=40) cancers.
- Approximately 13% of female adults in the county were current smokers<sup>1</sup> and 55% had stopped smoking for one or more days in the past 12 months because they were trying to quit (Source: 2013 Henry County Health Assessment).
- According to the American Cancer Society, smoking causes 87% of lung cancer deaths in the U.S. The risk of developing lung cancer is about 23 times higher in male smokers and 13 times higher in female smokers, compared to lifelong nonsmokers (Source: American Cancer Society, Facts & Figures 2013).

*23% of Henry County male adults and 13% of female adults were current smokers.*

## Breast Cancer

- In 2013, 57% of Henry County females reported having had a clinical breast examination in the past year.
- 66% of Henry County females over the age of 40 had a mammogram in the past year.
- If detected early, the 5-year survival rate for breast cancer is 98% (Source: American Cancer Society, Facts & Figures 2013).
- For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended, beginning at age 40 (Source: American Cancer Society, Facts & Figures 2013).

*Two thirds (66%) of Henry County females over the age of 40 had a mammogram in the past year.*

## Colon and Rectum Cancer

- The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, rectum, anus (anal canal & anorectum), liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 22% of all cancer deaths in Henry County from 2000-2008 (Source: ODH Information 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; long-term smoking; and possibly very low intake of fruits and vegetables.
- In the U.S., 90% 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. In 2013, 66% of Henry County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life and 52% had been screened in the past 5 years

*The leading types of cancer diagnoses for Henry County adults were: breast (45%), other skin cancer (34%), prostate (17%), melanoma (10%), and cervical (9%).*

## Prostate Cancer

- In 2013, 40% of Henry County males over the age of 50 had a PSA test in the past year.
- The Ohio Department of Health statistics indicate that prostate cancer deaths accounted for 11% of all male cancer deaths from 2000-2008 in Henry County.
- Incidence rates for prostate cancer are 70% higher in African Americans than in whites and are twice as likely to die of prostate cancer. In addition, about 60% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older. Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. Prostate cancer is more common in North America and Northwestern Europe than in Asia and South America (Source: American Cancer Society, Facts & Figures 2013).

*In 2013, 40% of Henry County males over the age of 50 had a PSA test in the past year.*

## Henry County Cancer Deaths 2000-2008

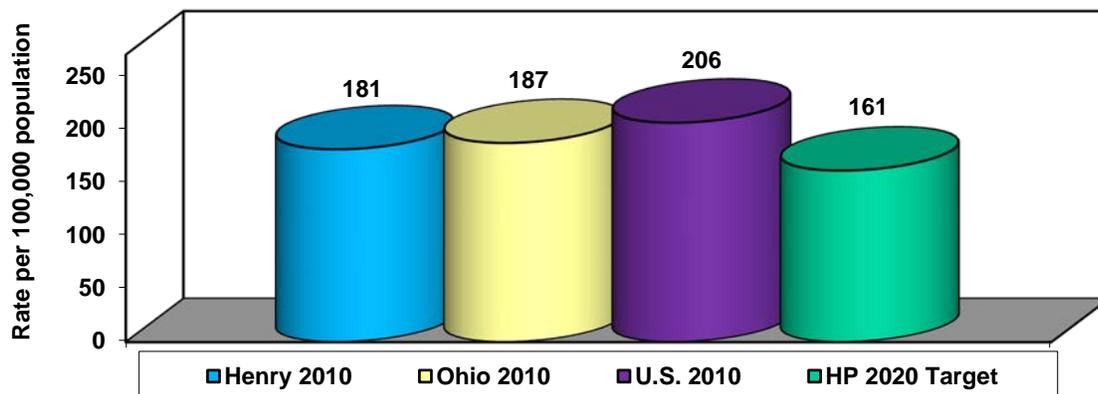
Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	136	25%
Other/Unspecified	69	13%
Colon, Rectum & Anus	68	12%
Breast	40	7%
Leukemia	33	6%
Prostate	31	6%
Non-Hodgkins Lymphoma	29	5%
Pancreas	27	5%
Bladder	16	3%
Multiple Myeloma	14	3%
Ovary	12	2%
Esophagus	11	2%
Brain and CNS	9	2%
Kidney and Renal Pelvis	9	2%
Liver and Bile Ducts	9	2%
Lip, Oral Cavity & Pharynx	8	1%
Stomach	8	1%
Cancer of Corpus Uteri	7	1%
Melanoma of Skin	5	< 1%
Cancer of Cervix Uteri	4	< 1%
Larynx	4	< 1%
Hodgkins Disease	2	< 1%
<b>Total</b>	<b>551</b>	<b>100%</b>

*(Source: ODH Information Warehouse, updated 4-15-10)*

The following graph shows the Henry 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 2020 objective. The graph indicates:

- When age differences are accounted for, Henry County had a lower cancer mortality rate than Ohio and the U.S., but a higher rate than the Healthy People 2020 target objective.

### Healthy People 2020 Objective and Age-Adjusted Mortality Rates for All Cancers

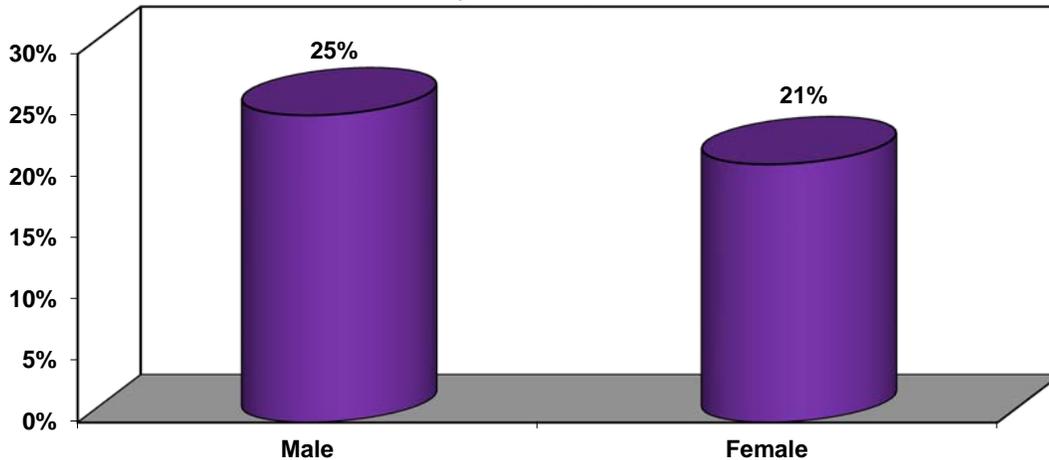


*(Source: ODH Information Warehouse, updated 5-23-12; Healthy People 2020, 2013 Henry County Health Assessment)*

The following graph shows cancer as a percentage of total deaths in Henry County by gender. The graphs indicate:

- The percentage of Henry County males who died from all cancers is higher than the percentage of Henry County females who died from all cancers.

**Cancer As Percent of Total Deaths in Henry County  
by Gender, 2000-2008**



(Source: ODH Information Warehouse, updated 4-15-10)

### 2013 Cancer Estimations

- In 2013, about 1,660,290 new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about one-quarter to one-third of the new cancer cases expected to occur in the U.S. in 2013 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 580,350 Americans are expected to die of cancer in 2013.
- In 2013, about 174,100 cancer deaths will be caused by tobacco use.
- In Ohio, 66,610 new cases of cancer are expected, and 25,130 cancer deaths are expected.
- The Ohio female new breast cancer cases are expected to be 9,060.
- About 15% of all new cancer cases in Ohio are expected to be from lung & bronchus cancers.
- About 5,890 (9%) of all new cancer cases in Ohio are expected to be from colon & rectum cancers.
- The Ohio male, new prostate cancer cases are expected to be 8,530 (13%).

(Source: American Cancer Society, *Facts and Figures 2013*,  
<http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-036845.pdf>)

# DIABETES

## Adult | DIABETES

### Key Findings

In 2013, 9% of Henry County adults had been diagnosed with diabetes.

### Diabetes

- The 2013 health assessment project has identified that 9% of Henry County adults had been diagnosed with diabetes, increasing to 17% of those over the age of 65. The 2012 BRFSS reports an Ohio prevalence of 13% and 11% for the U.S.
- 4% of adults had been diagnosed with pre-diabetes.
- Adults with diabetes had seen a doctor, nurse or other health professional an average of 3.0 times in the past year for their diabetes.
- Nearly one-fourth (24%) of adults with diabetes rated their health as fair or poor.
- Henry County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 81% were obese or overweight
  - 68% had been diagnosed with high blood pressure
  - 55% had been diagnosed with high blood cholesterol

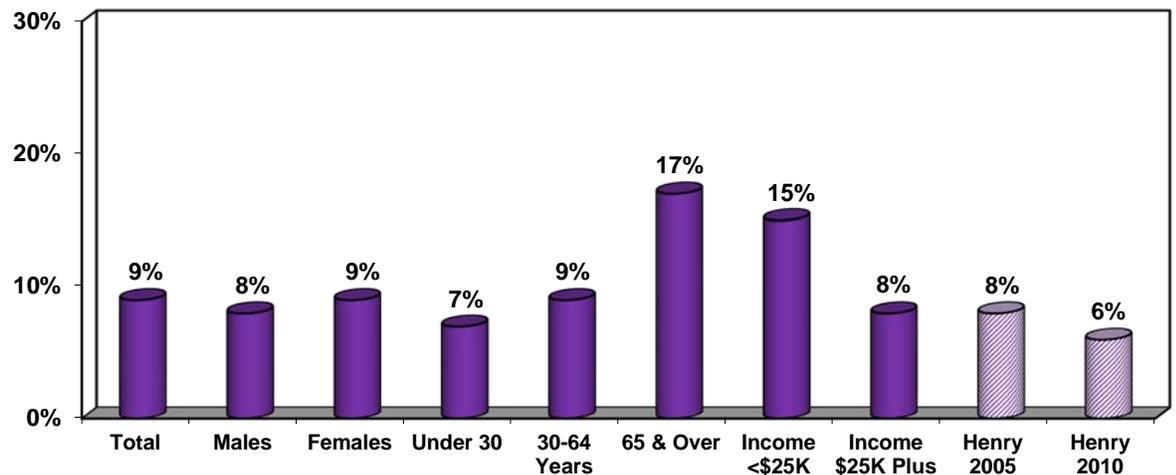
### Diabetes Facts

- Diabetes is a serious health condition that has continued to increase in Ohio.
- The estimated adult prevalence of diagnosed diabetes in Ohio from 2000-2009 has grown considerably (37%).
- If current trends continue as they have nationally, 1 in 3 Ohioans will develop diabetes sometime in their lifetime, and those with diabetes will lose an average of 10 -15 years of potential life.
- Diabetes can lead to serious health-related complications such as cardiovascular disease, blindness, kidney failure and non-traumatic lower extremity amputations among adults.
- Adults in Ohio with diabetes are 2 to 4 times more likely to have a heart attack or stroke than those without diabetes.

**In 2010, there were 63 cancer deaths in Henry County.**

(Source: ODH, Ohio Diabetes 2010 Facet Sheet, <http://www.healthyohioprogram.org/~media/ODH/ASSETS/Files/hpr/diabetes%20prevention%20and%20control/ohiosdiabetesfactsheet.ashx>)

**Henry County Adults Diagnosed with Diabetes**



2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Diagnosed with diabetes	8%	6%	9%	13%	11%

## Diabetes Symptoms

Many people with type 2 diabetes never show any signs, but some people do show symptoms caused by high blood sugar. The most common symptoms of type 2 diabetes are:

### TYPE 1 DIABETES

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### TYPE 2 DIABETES

- Any of the type 1 symptoms
- Blurred vision
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections
- Cuts/bruises that are slow to heal
- Frequent infections

(Source: American Diabetes Association, *Diabetes Basics, Symptoms*, <http://www.diabetes.org/diabetes-basics/symptoms/>)

## Who is at Greater Risk for Type 2 Diabetes

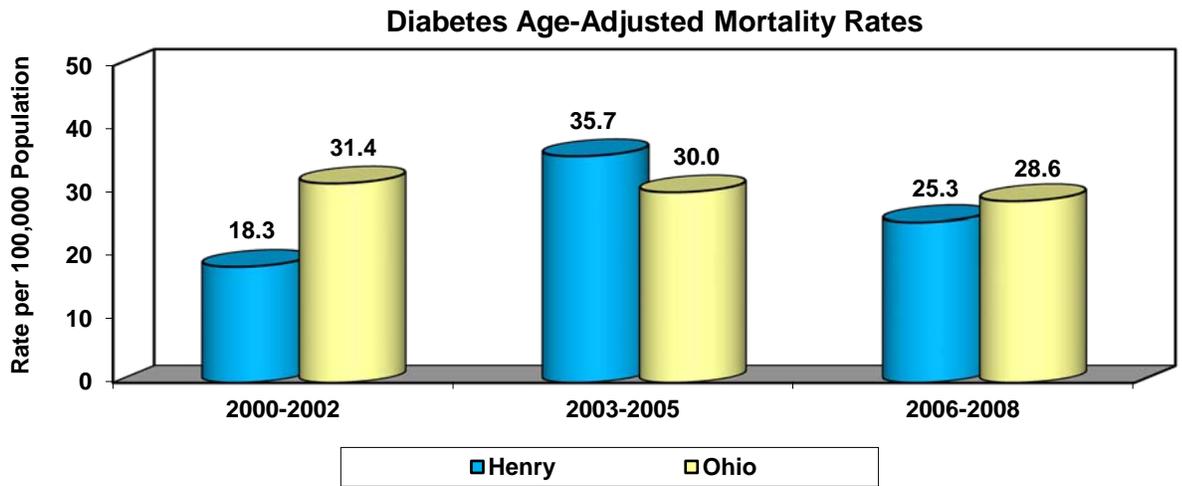
- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight or obese
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g. Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

(Source: American Diabetes Association, *Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes*, <http://www.diabetes.org/diabetes-basics/prevention/risk-factors>)

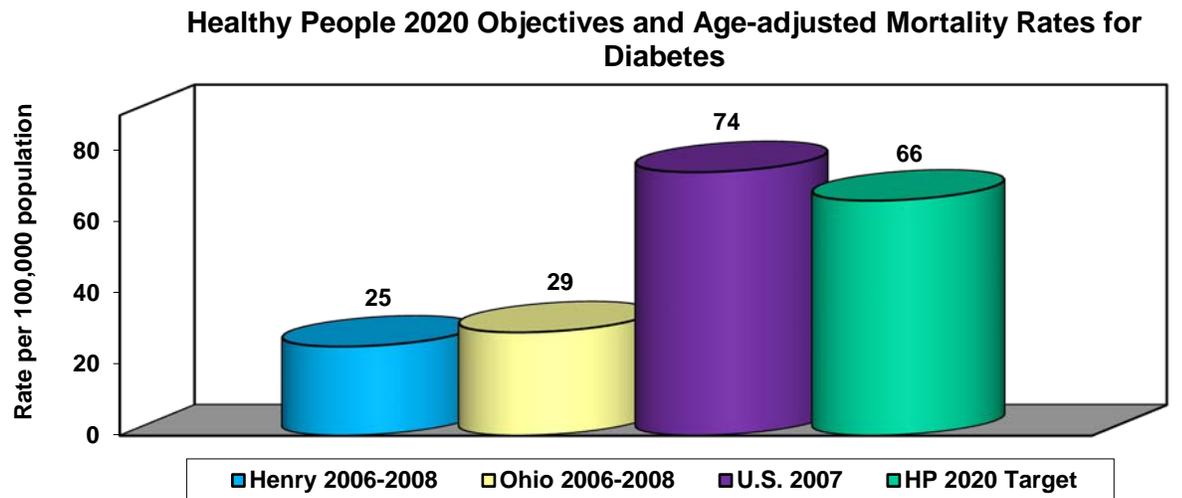
# DIABETES

The following graphs show age-adjusted mortality rates from diabetes for Henry County and Ohio residents with comparison to the Healthy People 2020 target objective.

- Henry County's age-adjusted diabetes mortality rate increased from 2000 to 2008.
- From 2006 to 2008, both Henry County and Ohio's age-adjusted diabetes mortality rates were less than the national rate and the Healthy People 2020 target objective.



(Source: ODH Information Warehouse, updated 4-15-10)



(Source: ODH Information Warehouse, updated 4-15-10 and Healthy People 2020, CDC)

# Adult | ARTHRITIS

## Key Findings

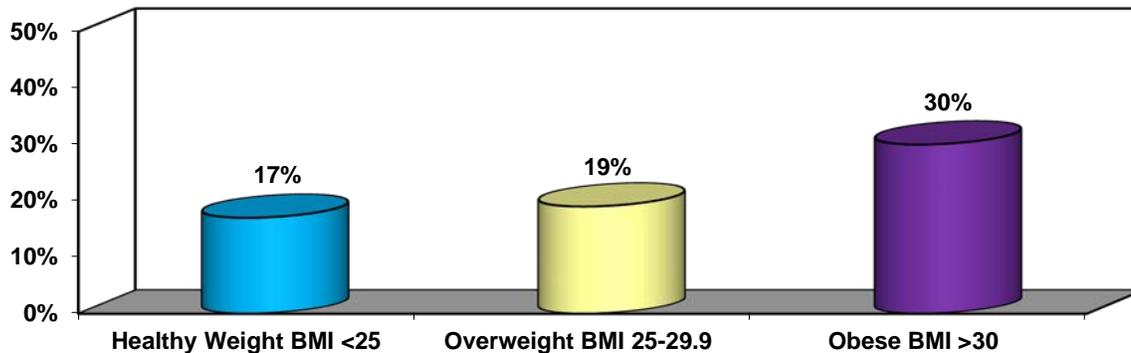
According to the Henry County survey data, 29% of Henry County adults were diagnosed with arthritis. According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.

**29% of Henry County adults were told by a health professional that they had some form of arthritis, increasing to 57% of those over the age of 65.**

## Arthritis

- More than one-quarter (29%) of Henry County adults were told by a health professional that they had some form of arthritis, increasing to 57% of those over the age of 65.
- Henry County adults were told by a health professional they had the following: fibromyalgia (4%), gout (3%), and rheumatoid arthritis (3%).
- According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.
- An estimated 50 million U.S. adults (about 1 in 5) have doctor diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work (Source: CDC, *Arthritis at a Glance 2012*).
- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have an occupation associated with arthritis, are overweight or obese, and/or have joint injuries or infections (Source: CDC).

**Arthritis Prevalence Increases With Body Weight**



(Source for graph: CDC Arthritis, *Morbidity and Mortality Weekly Report 2010; 59(39):1261-1265*)

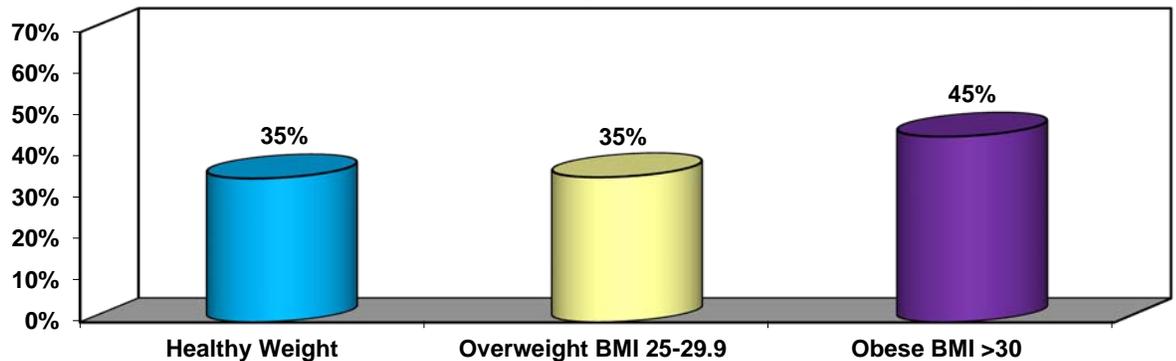
ARTHRITIS

# ARTHRITIS

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Diagnosed with arthritis	30%	29%	29%	30%	26%

24% of Henry County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 42% were limited because of arthritis.

**Arthritis-Attributable Activity Limitations Increase with Weight**



(Source for graph: CDC Arthritis, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003)

### What Can Be Done to Address Arthritis?

- Self-management education interventions such as the Arthritis Self-Management Program can teach people how to manage arthritis and lessen its effects. This intervention was found to improve people's health by reducing depression, fatigue, and health distress.
- Physical activities such as walking, bicycling, and swimming have shown to have significant benefits for people with arthritis. Benefits include improvements in physical function, mental health, quality of life, and reductions in pain.
- Weight control and injury prevention measures can lower a person's risk of developing osteoarthritis. Symptoms for overweight or obese people with knee osteoarthritis can be reduced through weight loss as well.
- Early diagnosis and proper management are essential for people with inflammatory arthritis. Consulting with a physician for recommendations is an influential factor for managing arthritis.

(Source: CDC, Arthritis at a Glance 2012)

## Arthritis: Key Public Health Messages

*Early diagnosis of arthritis and self-management activities can help people decrease their pain, improve function, and stay productive.*

Key self-management activities include the following:

**LEARN ARTHRITIS MANAGEMENT STRATEGIES** | Learning techniques to reduce pain and limitations can be beneficial to people with arthritis. Self-management education, such as the *Arthritis Self-Management Program (ASMP)*, or the *Chronic Disease Self-Management Program (CDSMP)* help you develop the skills and confidence to manage your arthritis on a day to day basis.

**BE ACTIVE** | Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 5 days a week. You can get activity in 10-minute intervals.

**WATCH YOUR WEIGHT** | The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence (incidence) of new knee osteoarthritis and a modest weight loss can help reduce pain and disability.

**SEE YOUR DOCTOR** | Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition

**PROTECT YOUR JOINTS** | Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

*(Source: Centers for Disease Control and Prevention, Arthritis: Key Public Health Messages, [www.cdc.gov/arthritis/basics/key.htm](http://www.cdc.gov/arthritis/basics/key.htm), updated September 2011)*

# ARTHRITIS

## Adult | ASTHMA AND OTHER RESPIRATORY DISEASE

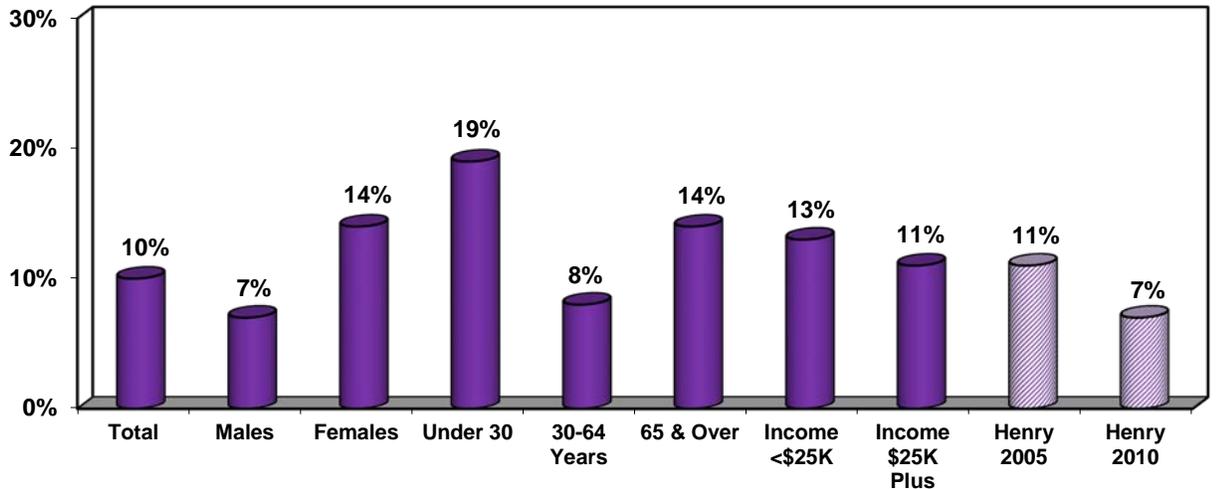
### Key Findings

According to the Henry County survey data, 10% of adults had been diagnosed with asthma.

### Asthma and Other Respiratory Disease

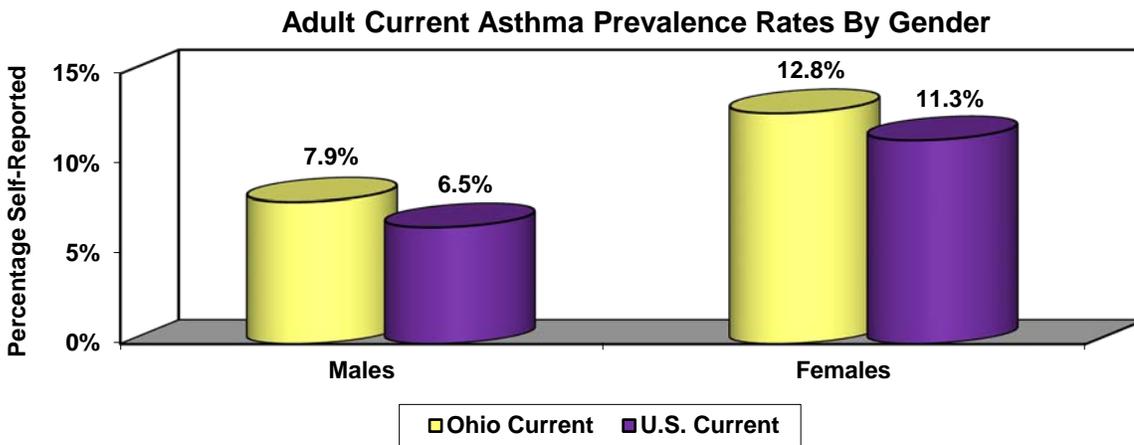
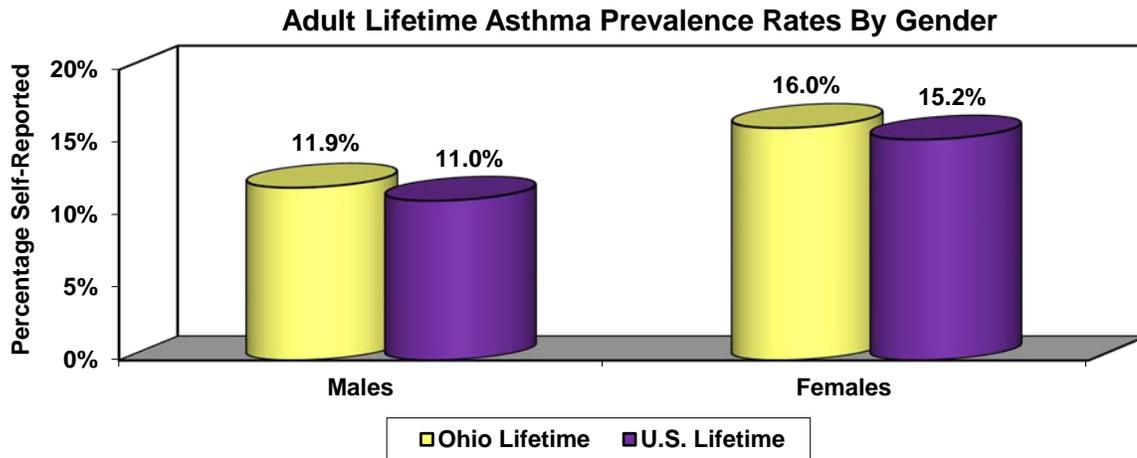
- In 2013, 10% of Henry County adults had been diagnosed with asthma.
- 14% of Ohio and 13% of U.S. adults have ever been diagnosed with asthma (Source: 2012 BRFSS).
- There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, smoke from burning wood or grass, infections linked to the flu, colds, and respiratory viruses (Source: CDC, 2012).
- Chronic lower respiratory disease was the 6th leading cause of death in Henry County and the 3rd leading cause of death in Ohio, from 2006-2008 (Source: ODH, Information Warehouse).

Henry County Adults Diagnosed with Asthma



2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Had been diagnosed with asthma	11%	7%	10%	14%	13%

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



(Source for graphs: 2012 BRFSS)

### Chronic Respiratory Conditions

- Asthma is a chronic lung disease that inflames and narrows airways. It can cause recurring periods of wheezing, chest tightness, shortness of breath and coughing.
- Chronic bronchitis is a condition where the bronchial tubes (the tubes that carry air to your lungs) become inflamed. Bronchitis can cause wheezing, chest pain or discomfort, a low fever, shortness of breath and a cough that brings up mucus. Smoking is the main cause of chronic bronchitis.
- Chronic Obstructive Pulmonary Disorder (COPD) is a disease that over time makes it harder to breathe. COPD can cause large amounts of mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Smoking is the main cause of COPD.

(Source: National Heart, Lung, Blood Institute, 2011)

## What Causes an Asthma Attack?

- **Tobacco Smoke:** People should never smoke near you, in your home, in your car, or wherever you may spend a lot of time if you have asthma.
- **Dust Mites:** If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself.
- **Outdoor Air Pollution:** This pollution can come from factories, automobiles, and other sources. Pay attention to air quality forecasts to plan activities when air pollution levels will be low.
- **Cockroach Allergens:** Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches and their droppings can trigger an asthma attack.
- **Pets:** Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home.
- **Mold:** Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks.

*(Source: Centers for Disease Control, Vital Signs, Asthma, updated August 3, 2012, <http://www.cdc.gov/asthma/faqs.htm>)*

# Adult | WEIGHT STATUS

## Key Findings

The 2013 Health Assessment identified that 63% of Henry County adults were overweight or obese based on Body Mass Index (BMI). The 2012 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. Nearly one-third (29%) of Henry County adults were obese. Almost half (46%) of adults were trying to lose weight.

## Adult Weight Status

- In 2013, the health assessment indicated that nearly two-thirds (63%) of Henry County adults were either overweight (34%) or obese (29%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- Almost half (46%) of adults were trying to lose weight, 32% were trying to maintain their current weight or keep from gaining weight, and 4% were trying to gain weight.
- Henry County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (51%), exercised (43%), ate a low-carb diet (9%), used a weight loss program (3%), took diet pills, powders or liquids without a doctor's advice (2%), smoked cigarettes (1%), participated in a prescribed dietary or fitness program (1%), went without eating 24 or more hours (1%), and took prescribed medications (1%).

*29% of Henry County adults are obese.*

## Physical Activity

- In Henry County, 51% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 27% of adults were exercising 5 or more days per week. More than one-quarter (28%) of adults were not participating in any physical activity in the past week, including 3% who 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, 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: time (21%), weather (20%), laziness (16%), too tired (13%), pain/discomfort (12%), chose not to exercise (12%), could not afford a gym membership (7%), no childcare (4%), no gym available (3%), did not know what activity to do (2%), safety (2%), doctor advised them not to exercise (2%), no sidewalks (2%), no walking/biking trails (1%), and other reasons (6%).
- On an average day, adults spent time doing the following: 2.8 hours watching television, 1.8 hours on the computer outside of work, 1.0 hour on their cell phone, and 0.2 hours playing video games.

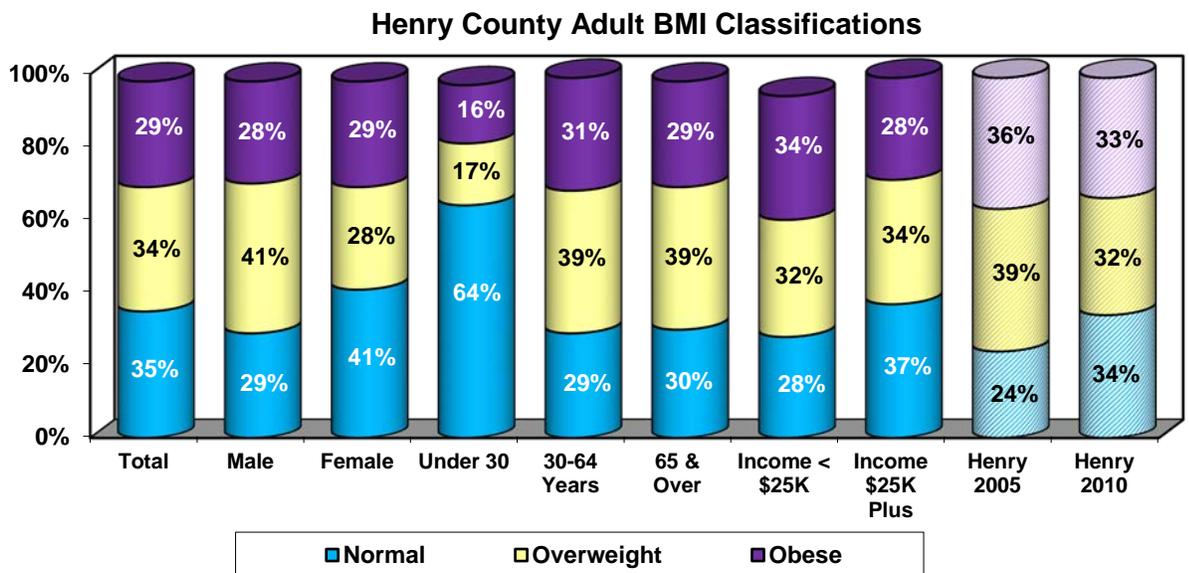
*In Henry County, 51% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.*

## Nutrition

- In 2013, 5% of adults were eating 5 or more servings of fruits and vegetables per day. 91% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- 35% of adults drank soda pop, punch, Kool-Aid, sports drinks, or other fruit-flavored drinks at least once per day.
- Adults ate out in a restaurant or brought home take-out food an average of 2.3 times per week.
- Henry County adults consumed the following sources of calcium daily: milk (66%), yogurt (28%), other dairy products (28%), calcium supplements (20%), calcium-fortified juice (10%), and other calcium sources (9%).

*Almost half (46%) of Henry County adults were trying to lose weight.*

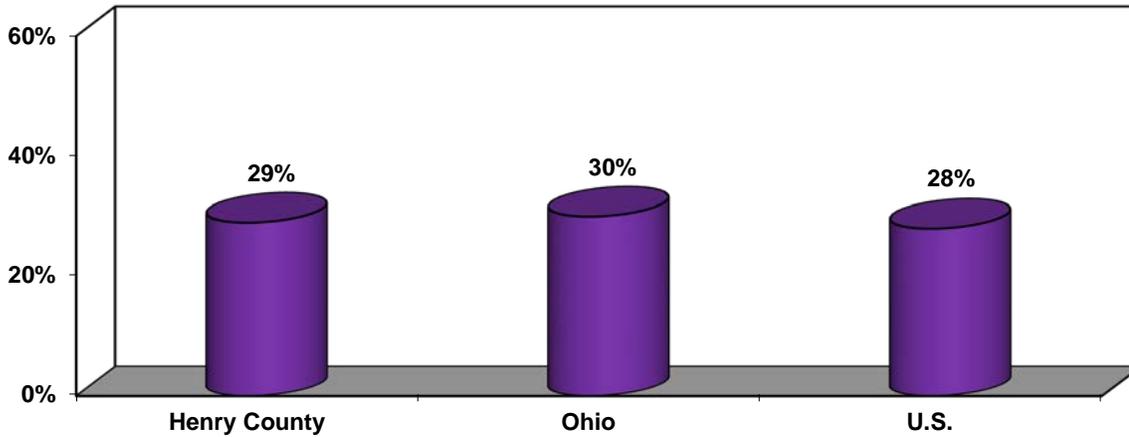
The following graphs show the percentage of Henry County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 35% of all Henry County adults were classified as normal weight, 34% were overweight, and 29% were obese.



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

The following graph shows the percentage of Henry County adults who are obese compared to Ohio and U.S.

**Obesity in Henry County, Ohio, and U.S. Adults**



(Source: 2013 Henry County Health Assessment and 2012 BRFSS)

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Obese	36%	33%	29%	30%	28%
Overweight	39%	32%	34%	35%	36%

### Obesity Facts

- More than one-third of U.S. adults (35.7%) are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- Persons who are obese have medical costs that are \$1,429 higher than those who are normal weight.
- No state has an obesity rate less than 15%, the national goal.

(Source: CDC, *Adult Obesity Facts*, updated August 13, 2012, <http://www.cdc.gov/obesity/data/adult.html>)

## Adult | TOBACCO USE

### Key Findings

In 2013, 19% of Henry County adults were current smokers and 23% were considered former smokers. In 2013, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, and by 2030, this number is expected to increase to 8 million. (Source: Cancer Facts & Figures, American Cancer Society, 2013)

**In 2013, 19% of Henry County adults were current smokers.**

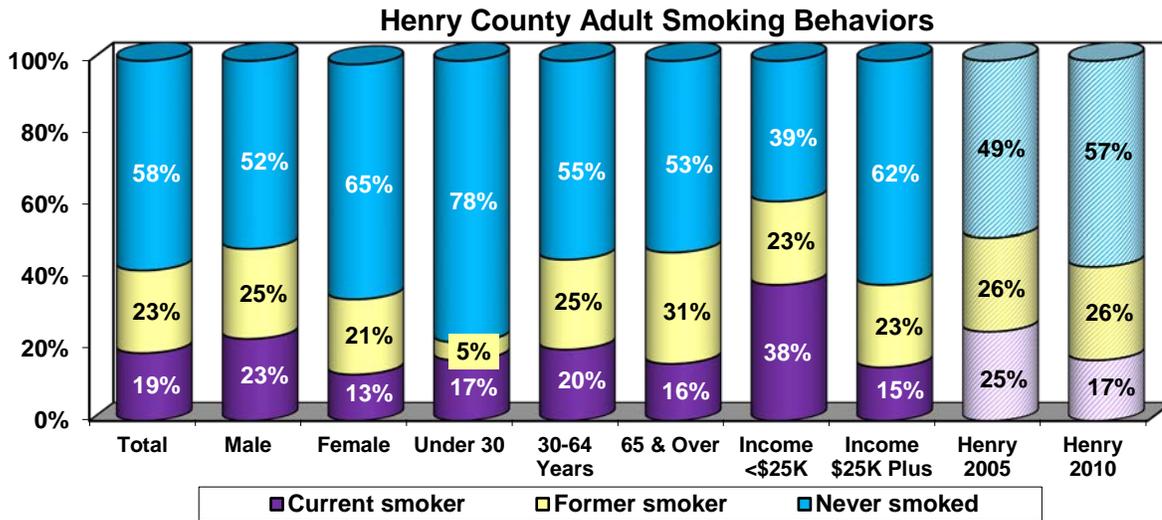
### Adult Tobacco Use Behaviors

- The 2013 health assessment identified that nearly one in five (19%) Henry County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2012 BRFSS reported current smoker prevalence rates of 23% for Ohio and 20% for the U.S.
- Just under one-quarter (23%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2012 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.
- Henry County adult smokers were more likely to:
  - Have been separated (50%)
  - Have rated their overall health as fair or poor (50%)
  - Have incomes less than \$25,000 (38%)
  - Have been male (23%)
- Henry County adults used the following tobacco products in the past year: cigarettes (24%), cigars (4%), chewing tobacco (3%), e-cigarettes (2%), snuff (2%), snus (2%), swishers (1%), Black and Milds (1%), cigarillos (1%), little cigars (1%), flavored cigarettes (1%), pipes (1%), and hookah (1%).
- 48% of the current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- Henry County adults reported the following rules about smoking inside their home: not allowed anywhere (80%), no smoking rules (9%), allowed in some places (6%), allowed anywhere (3%), and allowed some times (2%).

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Current smoker	25%	17%	19%	23%	20%
Former smoker	26%	26%	23%	25%	25%
Tried to quit smoking	49%	53%	48%	N/A	N/A

N/A - Not available

The following graph shows the percentage of Henry County adults who used tobacco. Examples of how to interpret the information include: 19% of all Henry County adults were current smokers, 23% of all adults were former smokers, and 58% had never smoked.



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

*48% of the current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.*

### Costs of Tobacco Use

- The average price for a pack of cigarettes in the United States is \$5.98.
- If a pack-a-day smoker spent approximately \$6/pack, they would spend: \$42/week, \$168/month, or \$2,190/year.
- There are 21,121 adults 18 years old and older living in Henry County.
- 19% of Henry County adults indicated they were smokers. That is approximately 4,013 adults.
- If 4,013 adults spent \$2,190/year, then \$8,788,470 is spent a year on cigarettes in Henry County.

*(Source: Campaign for Tobacco-Free Kids, State Cigarette Excise Tax Rates & Rankings, accessed from: <http://www.tobaccofreekids.org/research/factsheets/pdf/0097.pdf> and 2013 Henry County Health Assessment)*

## Flavored Cigar Smoking among U.S. Adults

Cigars contain the same toxic and cancer-causing chemicals found in cigarettes; they are not a safe alternative to cigarettes. Health consequences of regular cigar smoking can include cancers of the lung, larynx, oral cavity, and esophagus. Those who inhale cigar smoke and who smoke multiple cigars a day are also at increased risk for developing heart disease and COPD.

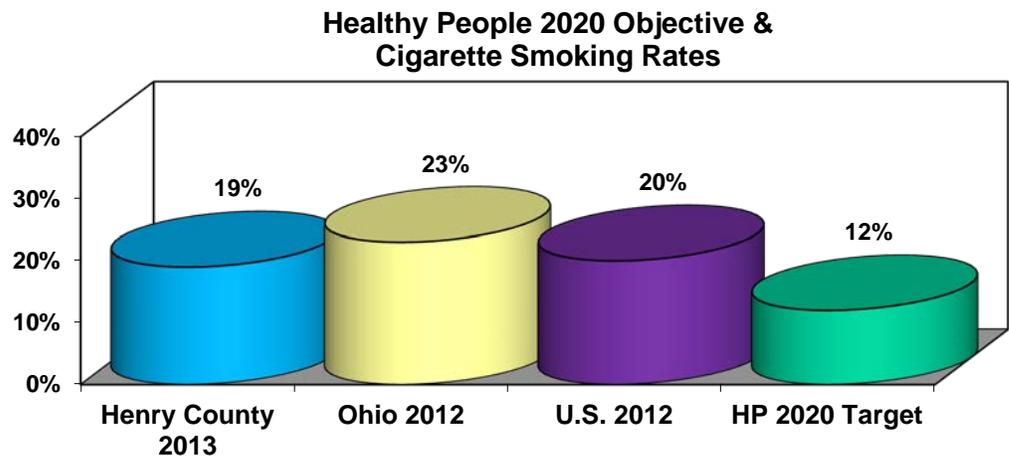
- From 2009-2010, 6.6% of adults in the U.S. smoke cigars and 2.8% smoke flavored cigars.
- Nearly 43% of all adult cigar smokers in the U.S. report using flavored cigars.
- More than 57% of cigar smokers in the 18-24 year-old age group, say they smoke flavored cigars.
- Flavored cigar smoking was more common among those with a Graduate Equivalency Degree (GED) (65%), and those with annual household income under \$20,000 (52%).
- Flavored cigar use was higher among Hispanic cigar smokers (62%); higher among female cigar smokers (61%); and higher among Lesbian, Gay, Bisexual, Transgendered (LGBT) cigar smokers (67%).

*(Source: Nicotine & Tobacco Research, "Flavored Cigar Smoking Among U.S. Adults: Findings From the 2009-2010 National Adult Tobacco Survey," published August 27, 2012)*

*23% of Henry County adults indicated that they were former smokers.*

The following graph shows Henry County, Ohio, and U.S. adult cigarette smoking rates. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. This graph shows:

- Henry County adult cigarette smoking rate was lower than the Ohio and U.S. rates, and higher than the Healthy People 2020 Goal.

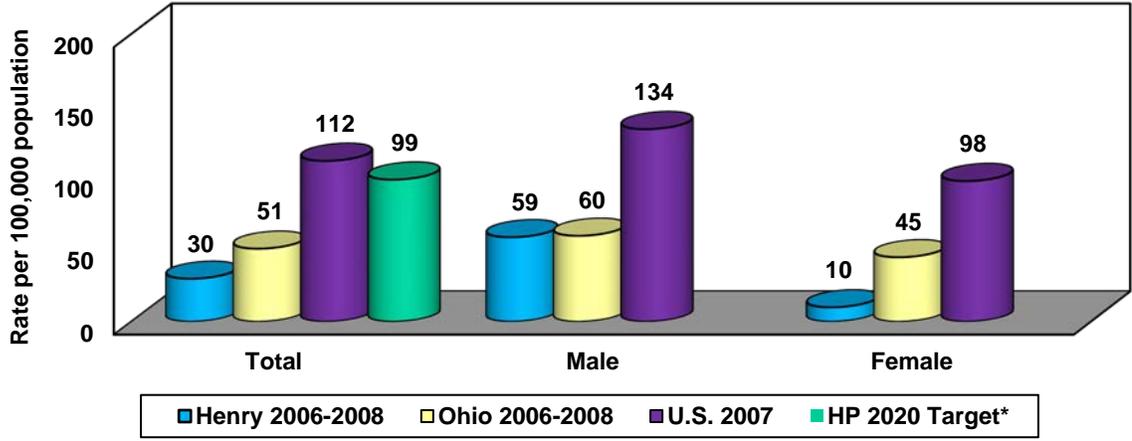


*(Source: 2013 Henry County Health Assessment, 2012 BRFSS and Healthy People 2020)*

The following graphs show Henry County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objectives and the percentage of Henry County and Ohio mothers who smoked during pregnancy. These graphs show:

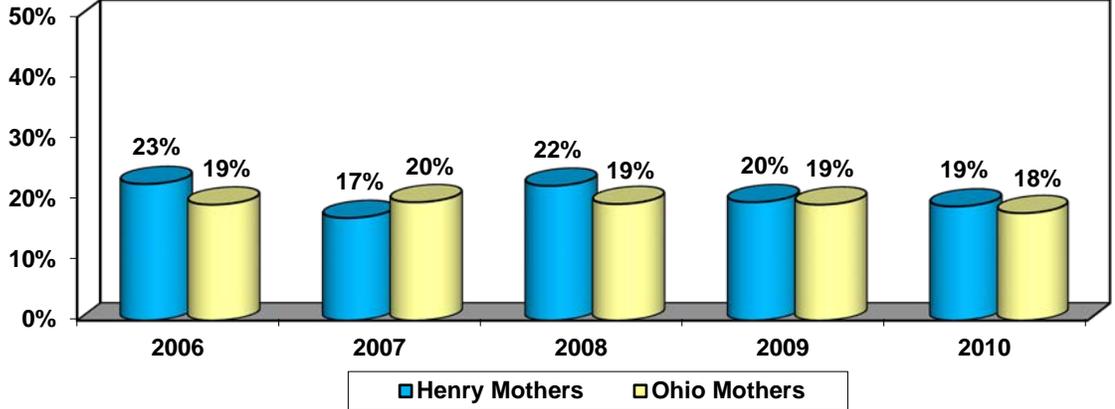
- From 2006-2008, Henry County’s age-adjusted mortality rate for Chronic Lower Respiratory Disease was lower than the Ohio rate, the U.S. rate and the Healthy People 2020 target objective.
- From 2006-2010 the percentage of mothers who smoked during pregnancy in Henry County fluctuated slightly from year to year, but was generally higher than the Ohio rate.

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



(Source: ODH Information Warehouse and Healthy People 2020)  
 \* Healthy People 2020’s target rate and the U.S. rate is for adults aged 45 years and older.  
 \*\*HP2020 does not report different goals by gender.

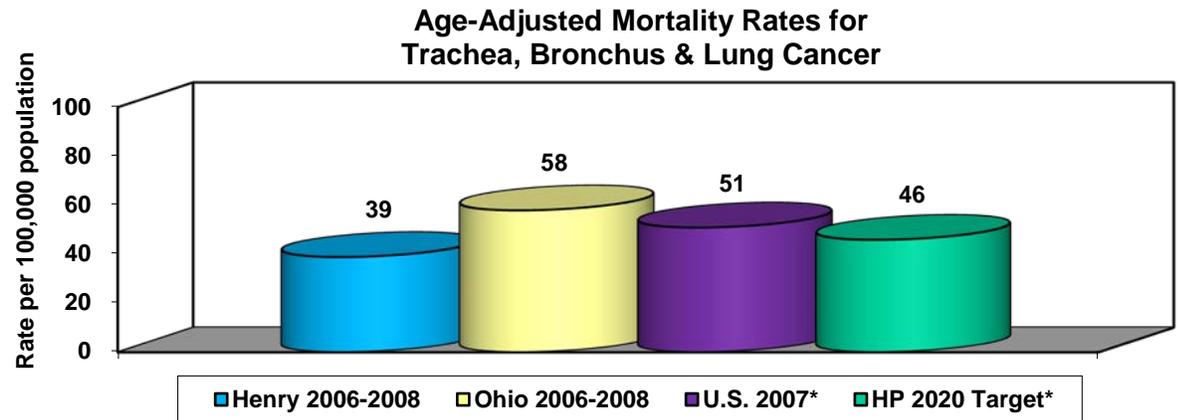
**Henry County and Ohio Births to Mothers Who Smoked During Pregnancy**



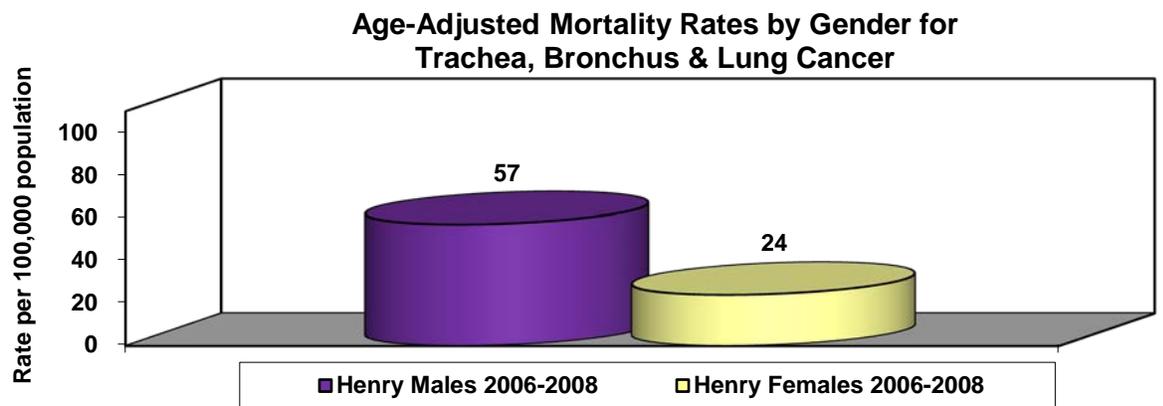
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2006-2010)

The following graphs show Henry County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for trachea, bronchus and lung cancers in comparison with the Healthy People 2020 objectives and Henry County mortality rates by gender. These graphs show:

- Disparities existed by gender for Henry County trachea, bronchus, and lung cancer age-adjusted mortality rates, as well as chronic lower respiratory disease mortality rates. The 2006-2008 Henry male rates were higher than the Henry female rates in both cases.



\*Healthy People 2020 Target and U.S. 2007 data are for lung cancer only  
(Source: Healthy People 2020, ODH Information Warehouse, updated 4-15-10)



(Source: ODH Information Warehouse, updated 4-15-10)

#### U.S. Adult Smoking Facts

- The percentage of American adults who smoke decreased from (20.9%) in 2005 to (19.3%) in 2010.
- About 1 in 5 (46.6 million) adults still smoke.
- 443,000 Americans die of smoking or exposure to secondhand smoke each year.
- More men (about 22%) than women (about 17%) smoke.
- Adults living below poverty level (29%) are more likely to smoke than adults living at or above poverty level (18%).
- Smoking rates are higher among people with a lower education level.

(Source: CDC, Vital Signs, Tobacco Use: Smoking & Secondhand Smoke, September 2011, <http://www.cdc.gov/VitalSigns/AdultSmoking/#LatestFindings>)

# Adult | ALCOHOL CONSUMPTION

## Key Findings

In 2013, the Health Assessment indicated that 14% of Henry County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 34% of adults who drank had five or more drinks (for males) and 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Seven percent of adults drove after having perhaps too much to drink.

**56% of Henry County adults had at least one alcoholic drink in the past month.**

## Adult Alcohol Consumption

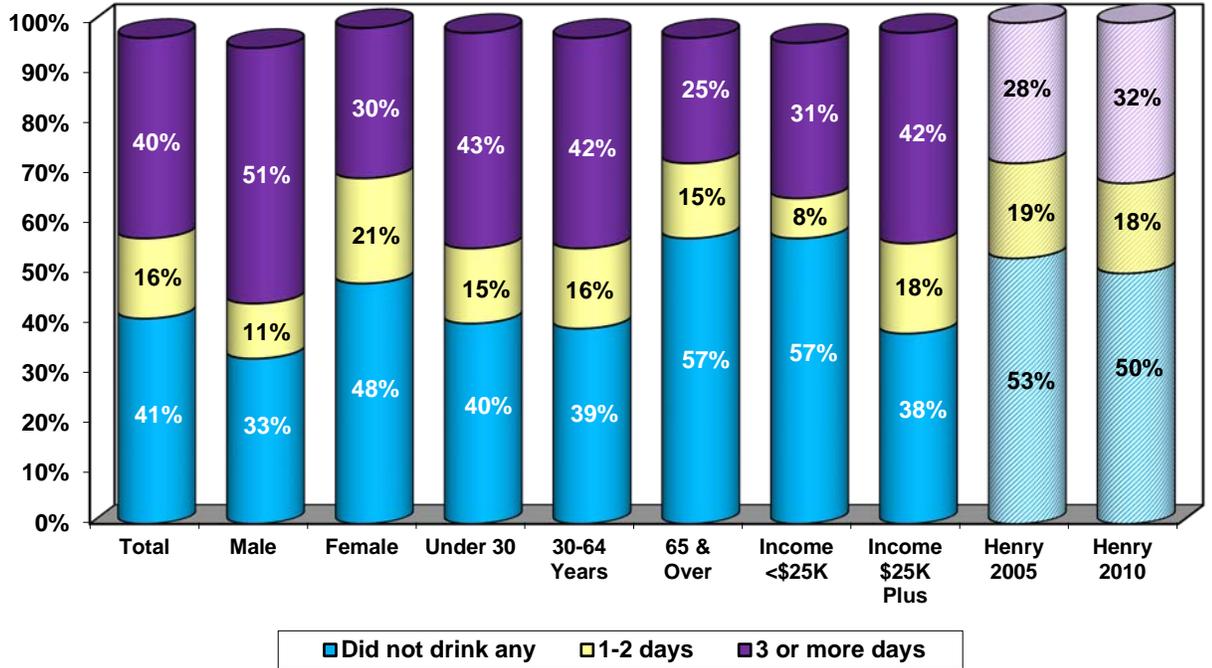
- In 2013, 56% of the Henry County adults had at least one alcoholic drink in the past month, increasing to 60% of those with incomes more than \$25,000 and 62% of males. The 2012 BRFSS reported current drinker prevalence rates of 54% for Ohio and 55% for the U.S.
- One in seven (14%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Henry County adults drank 2.5 drinks on average, increasing to 3.0 drinks for those under the age of 30 and 3.4 drinks for those with incomes less than \$25,000.
- Nearly one in five (19%) Henry County adults were considered binge drinkers. The 2012 BRFSS reported binge drinking rates of 18% for Ohio and 17% for the U.S.
- 34% of those current drinkers 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 binge drinkers by definition.
- 7% of adults reported driving after having perhaps too much to drink, increasing to 17% of those with incomes less than \$25,000.

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Drank alcohol at least once in past month	47%	50%	56%	54%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	22%	19%	19%	18%	17%

# ADULT ALCOHOL

The following graphs show the percentage of Henry County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 41% of all Henry County adults did not drink alcohol, 33% of Henry County males did not drink, and 48% of adult females reported they did not drink.

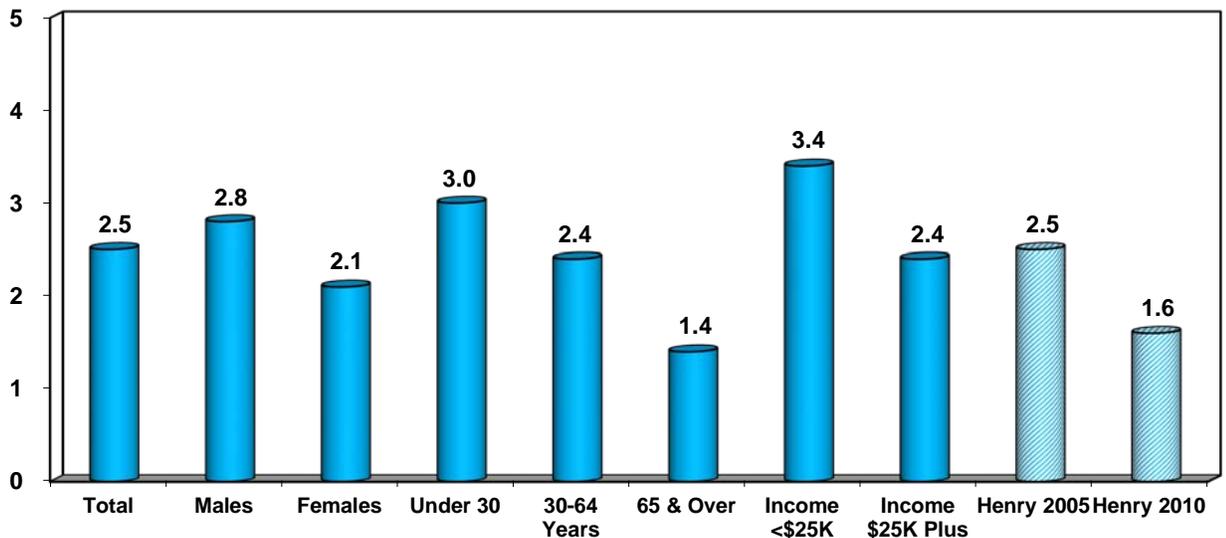
**Average Number of Days Drinking Alcohol in the Past Month**



Percentages may not equal 100% as some respondents answered "don't know"

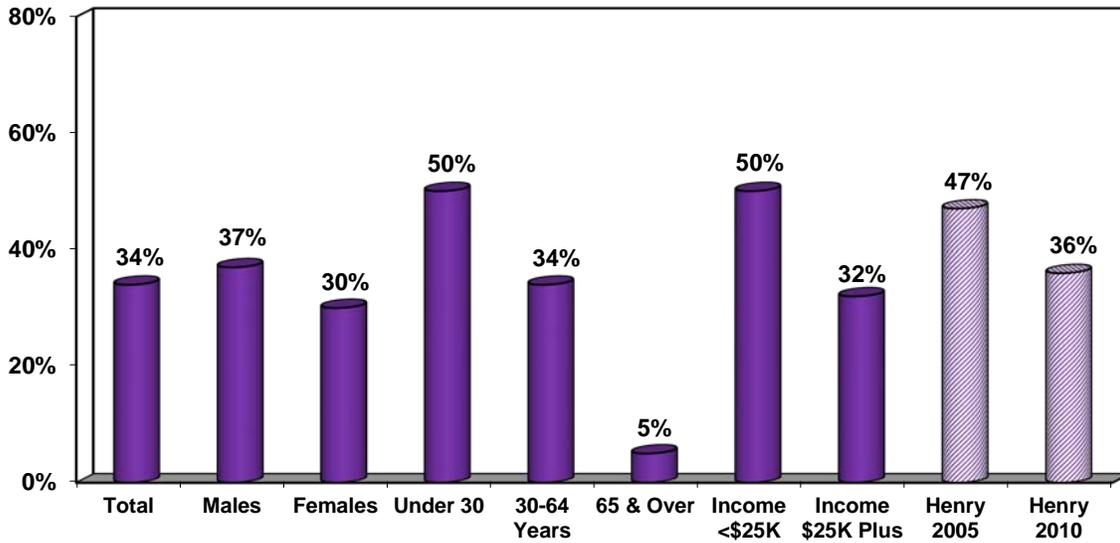
*14% of Henry County adults were considered frequent drinkers (drank on an average of three or more days per week).*

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



The following graphs show the percentage of Henry County drinkers who binge drink in the past month and a comparison of Henry County binge drinkers with Ohio and U.S.

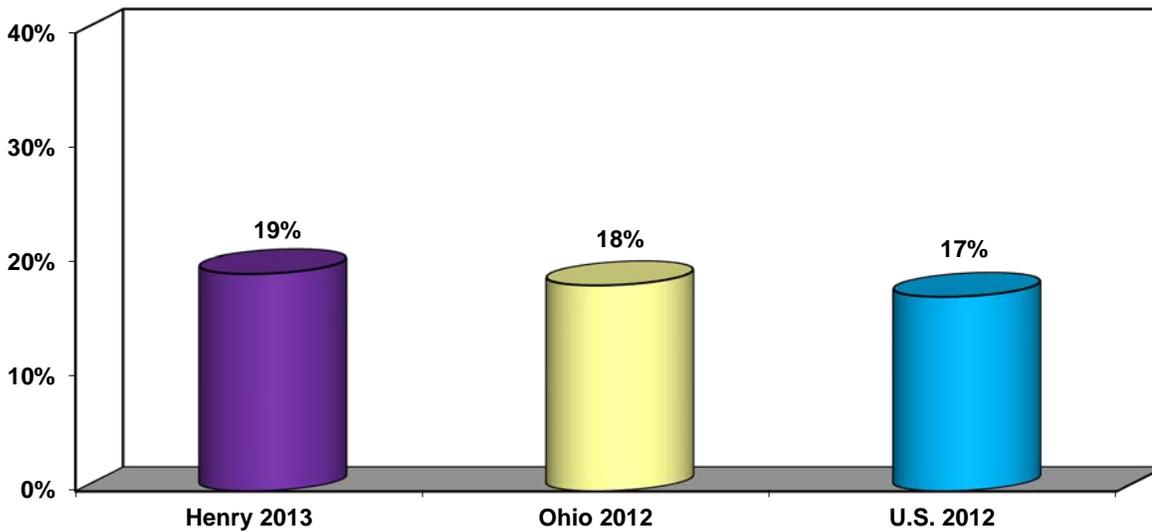
**Henry County Adult Drinkers Who Binge Drank in Past Month\***



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

*7% of Henry County adults reported driving after having perhaps too much to drink.*

**Adult Binge Drinkers\***



(Source: 2012 BRFSS, 2013 Henry County Health Assessment)

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

# ADULT ALCOHOL

The following table shows the city of Napoleon, Henry County, and Ohio motor vehicle accident statistics. The table shows:

- 71% of all fatal crashes in Henry County were alcohol-related compared to 42% in Ohio.

	City of Napoleon 2012	Henry County 2012	Ohio 2012
Total Crashes	194	677	286,448
Alcohol-Related Total Crashes	3	35	12,518
Fatal Crashes	0	7	1,024
Alcohol-Related Fatal Crashes	0	5	431
Alcohol Impaired Drivers in Crashes	N/A	35	12,370
Injury Crashes	25	155	71,972
Alcohol-Related Injury Crashes	1	11	5,312
Property Damage Only	169	515	213,452
Alcohol-Related Property Damage Only	3	19	6,775
Deaths	0	9	1,122
Alcohol-Related Deaths	0	5	470
Total Non-Fatal Injuries	35	248	104,964
Alcohol-Related Injuries	0	14	7,576

N/A - Not available

(Source: Ohio Department of Public Safety, Crash Reports, Updated 5/14/2013, Traffic Crash Facts)

## Caffeinated Alcoholic Beverages

- Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks.
- Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.
- Currently, more than 25 brands of caffeinated alcoholic beverages are sold in retail alcohol outlets, including convenience stores.

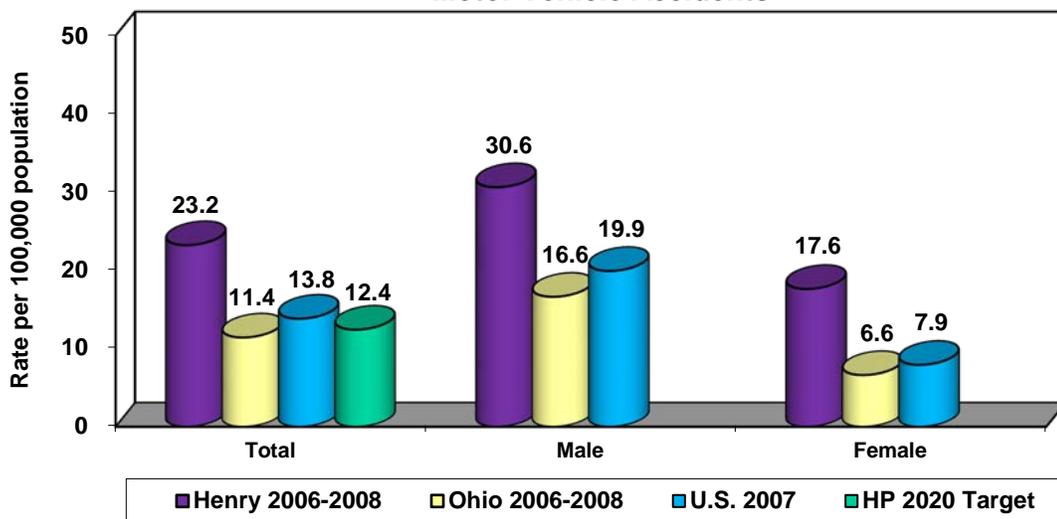
(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, July 2010, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

## Motor Vehicle Accidents

The following graphs show Henry County and Ohio age-adjusted motor vehicle accident mortality rates per 100,000 population with comparison to Healthy People 2020 objectives and number of Henry County deaths due to motor vehicle accidents. The graphs show:

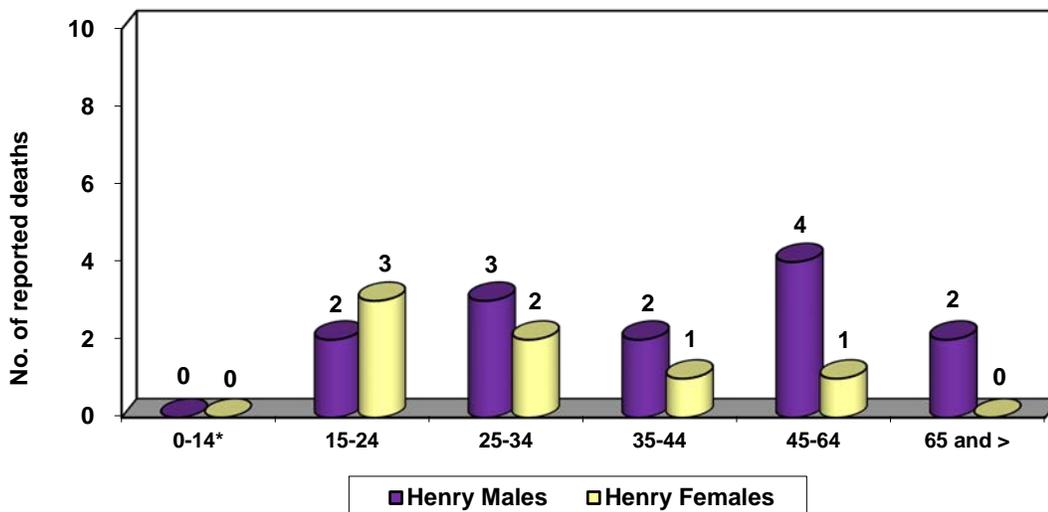
- From 2006-2008, the Henry County motor vehicle age-adjusted mortality rate of 23.2 deaths per 100,000 population was greater than the state rate, the national rate, and the Healthy People 2020 objective.
- The Henry County age-adjusted motor vehicle accident mortality rate for males was higher than the female rate from 2006 to 2008.
- 13 Henry County males died of motor vehicle accidents from 2006-2008 while 7 Henry County females died of motor vehicle accidents during the same period.

**Healthy People 2020 Objective and Age-Adjusted Mortality Rates for Motor Vehicle Accidents**



(Source: ODH Information Warehouse, updated 4-15-10 and Healthy People 2020)

**Henry County Number of Motor Vehicle Deaths By Age and Gender, 2006-2008**  
N= 20



\* ODH Information Warehouse found zero motor vehicle accident deaths for ages 1 to 4 and 5 to 14  
(Source: ODH Information Warehouse, updated 4-15-10)

## Adult | MARIJUANA AND OTHER DRUG USE

### Key Findings

In 2013, 4% of Henry County adults had used marijuana during the past 6 months. 4% 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

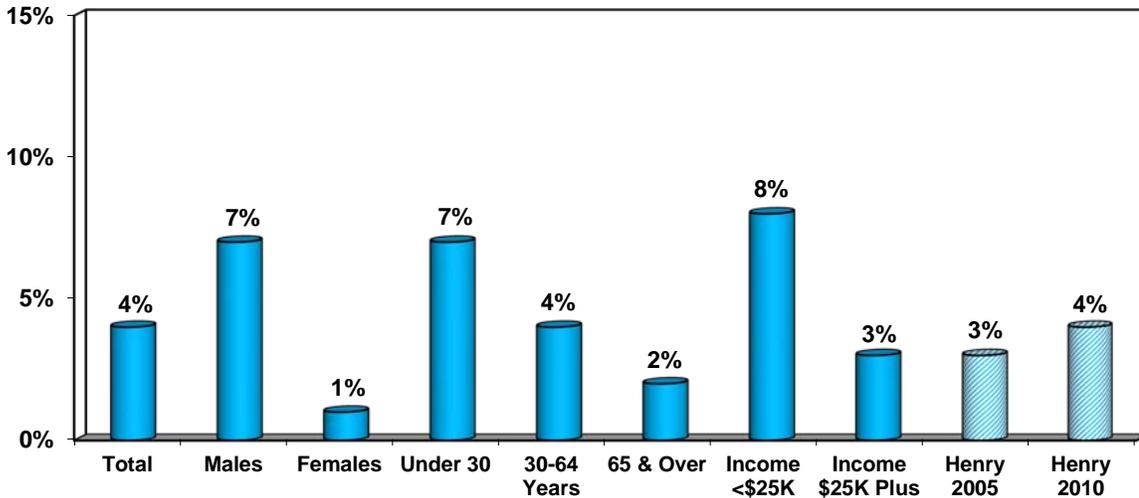
- 4% of Henry County adults had used marijuana in the past 6 months, increasing to 8% of those with incomes less than \$25,000.
- 1% of Henry County adults reported using other recreational drugs such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 17% of Henry County adults who used drugs did so almost every day, and 28% did so less than once a month.
- 4% 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 8% of those over the age of 65 and those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 56% of Henry County adults who used these drugs did so almost every day, and 25% did so 1-3 days per month.
- Henry County adults indicated they did the following with their unused prescription medication: took as prescribed (39%), threw it in the trash (28%), flushed it down the toilet (21%), kept it (17%), took it to the Medication Collection program (9%), gave it away (<1%), and some other destruction method (4%).
- 1% of Henry County adults have used a program or service to help with alcohol or other drug problems for either themselves or a loved one. Reasons for not using such a program included: did not want to get in trouble (2%), stigma of seeking alcohol services (1%), did not want to miss work (1%), could not get into the office or clinic (1%), could not afford to go (1%), had not thought of it (1%), and other reasons (4%). 93% of adults indicated they did not need a program or service to help with drug problems.

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Adults who used marijuana in the past 6 months	3%	4%	4%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	3%	1%	1%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	6%	2%	4%	N/A	N/A

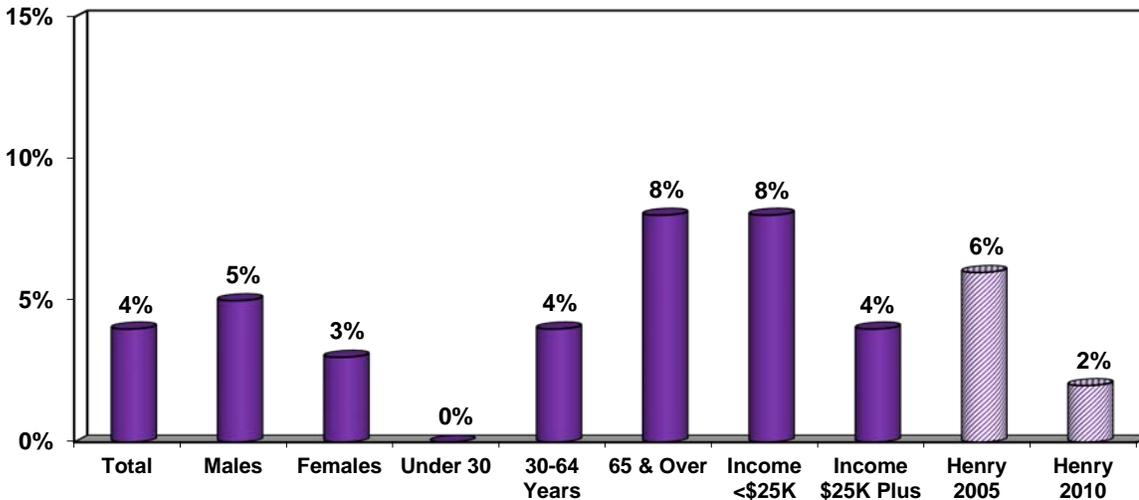
N/A - Not available

The following graphs are data from the 2013 Henry County Health Assessment indicating adult marijuana use in the past six months and medication misuse in the past six months. Examples of how to interpret the information include: 4% of all Henry County adults used marijuana in the past six months, 7% of adults under the age of 30 were current users, and 8% of adults with incomes less than \$25,000 were current users.

**Henry County Adult Marijuana Use in Past 6 Months**



**Henry County Adult Medication Misuse in Past 6 Months**



### Abuse of Prescription (Rx) Drugs

Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD, stimulants, and anti-anxiety drugs.

Reasons for abusing these drugs include: getting high, relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, and having a good time with friends.

In 2010, almost 3,000 young adults died from prescription drug (mainly opioid) overdoses. This was a 250% increase from 1999.

Among young adults, for every death due to Rx drug overdose, there were 17 treatment admissions and 66 emergency room visits.

(Source: National Institute on Drug Abuse, Abuse of Prescription (Rx) Drugs Affects Young Adults Most, June 2013, from: <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>)

## Adult | WOMEN'S HEALTH

### Key Findings

*In 2013, nearly two-thirds (66%) of Henry County women over the age of 40 reported having a mammogram in the past year. 57% of Henry County women ages 19 and over had a clinical breast exam and 47% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 1% of women survived a heart attack and 2% survived a stroke at some time in their life. One-quarter (25%) had high blood pressure, 31% had high blood cholesterol, 29% were obese, and 13% were identified as smokers, known risk factors for cardiovascular diseases.*

### Women's Health Screenings

- In 2013, 69% of women had a mammogram at some time and more than two-fifths (45%) had this screening in the past year.
- Nearly two-thirds (66%) of women ages 40 and over had a mammogram in the past year and 80% had one in the past two years. The 2012 BRFSS reported that 74% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- Most (90%) Henry County women have had a clinical breast exam at some time in their life and 57% had one within the past year. More than three-quarters (78%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 75% in Ohio, had a clinical breast exam in the past two years.
- This assessment has identified that 94% of Henry County women have had a Pap smear and 47% reported having had the exam in the past year. 76% of women had a pap smear in the past three years. The 2012 BRFSS indicated that 78% of U.S. and Ohio women had a pap smear in the past three years.

### Pregnancy

- Women used the following as their usual source of services for female health concerns: general or family physician (48%), private gynecologist (30%), health department/family planning clinic (6%), nurse practitioner/physician's assistant (6%), community health center (1%), midwife (1%), and some other place (1%). 6% indicated they did not have a usual source of services for female health concerns.
- 16% of Henry County women had been pregnant in the past 5 years. During their last pregnancy, Henry County women: got a prenatal appointment in the first 3 months (74%), took a multi-vitamin (71%), took folic acid during pregnancy (45%), took folic acid pre-pregnancy (23%), experienced perinatal depression (3%), and looked for options for an unwanted pregnancy (3%).

#### Henry County Female Leading Types of Death, 2006 – 2008

1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Stroke (8%)
4. Alzheimer's Disease (6%)
5. Accidents, Unintentional Injuries (5%)

*(Source: ODH Information Warehouse, updated 4-15-10)*

#### Ohio Female Leading Types of Death, 2006 – 2008

1. Heart Diseases (25% of all deaths)
2. Cancers (22%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's disease (5%)

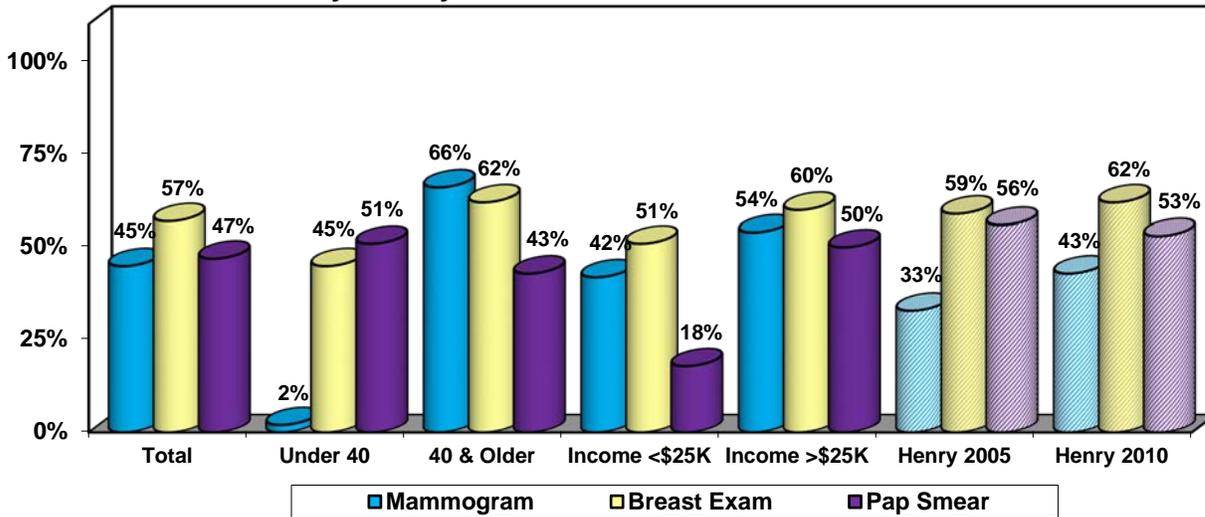
*(Source: ODH Information Warehouse, updated 4-15-10)*

## Women's Health Concerns

- From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 31% of all female deaths in Henry County (Source: ODH Information Warehouse).
- In 2013, the health assessment determined that 1% of women had survived a heart attack and 2% had survived a stroke at some time in their life.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Henry County the 2013 Health Assessment has identified that:
  - 57% were overweight or obese (57% U.S., 59% Ohio, 2012 BRFSS)
  - 31% were diagnosed with high blood cholesterol (37% U.S., 37% Ohio, 2011 BRFSS)
  - 25% were diagnosed with high blood pressure (30% U.S. and 32% Ohio, 2011 BRFSS)
  - 13% of all women were current smokers (17% U.S., 21% Ohio, 2012 BRFSS)
  - 9% had been diagnosed with diabetes (11% U.S., 13% Ohio, 2012 BRFSS)

The following graph shows the percentage of Henry County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 45% of Henry County females had a mammogram within the past year, 57% had a clinical breast exam, and 47% had a Pap smear.

**Henry County Women's Health Exams Within the Past Year**



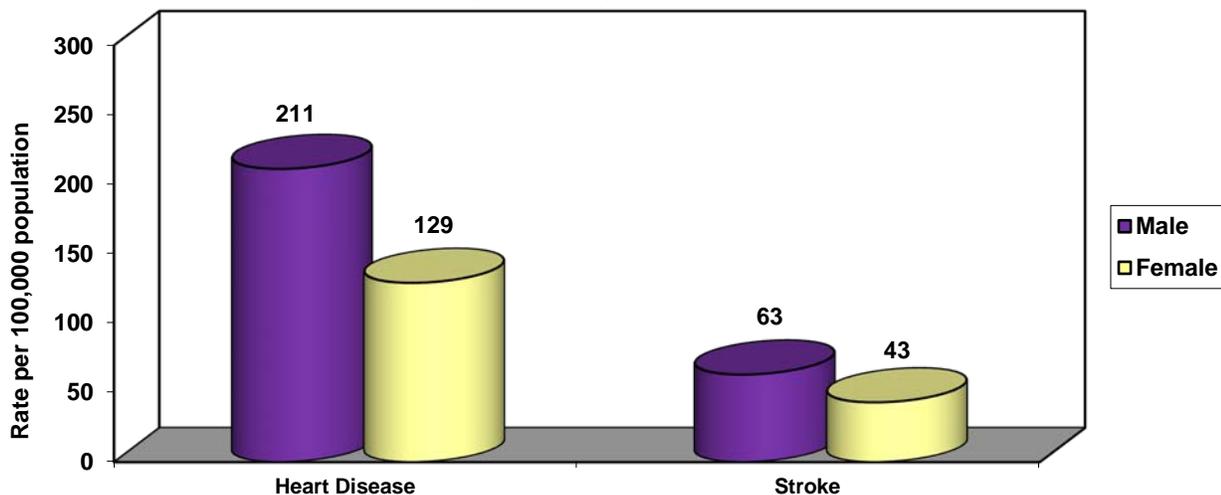
2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Had a clinical breast exam in the past two years (age 40 & over)	N/A	N/A	78%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	N/A	N/A	80%	74%	74%
Had a pap smear in the past three years	N/A	N/A	76%	78%	78%

N/A - Not Available  
\*2010 BRFSS Data

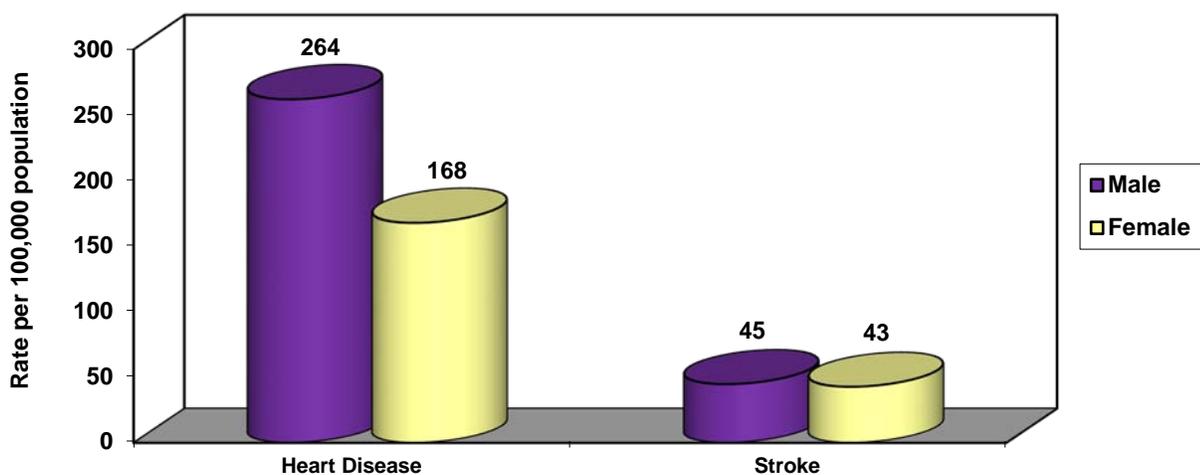
The following graphs show the Henry County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- From 2006-2008, the Henry County and Ohio female age-adjusted mortality rate was lower than the male rate for both heart disease and stroke.
- The Henry County female heart disease mortality rate was lower than the Ohio female rate from 2006 to 2008.

**Henry County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008**



**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008**

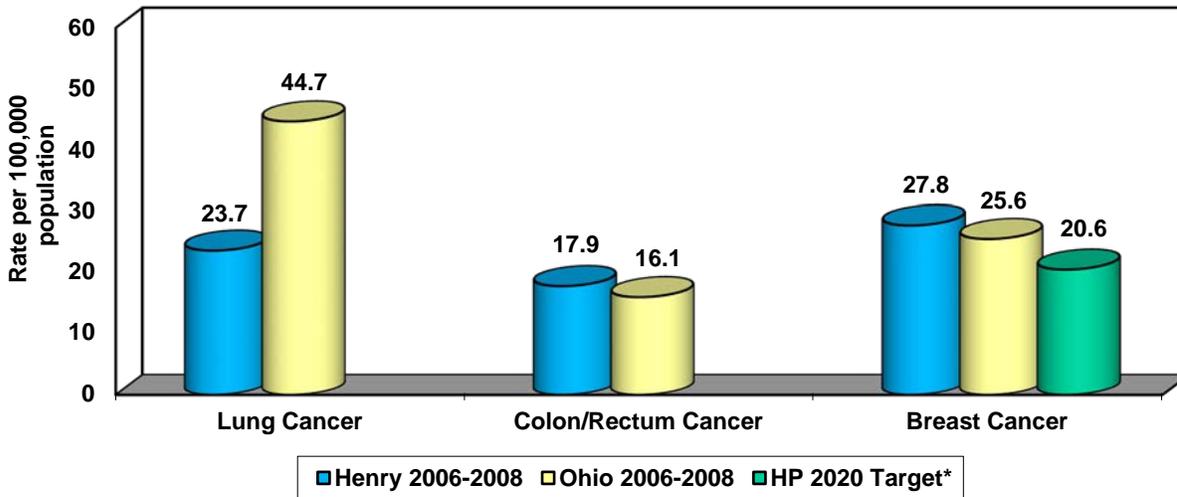


(Source for graphs: ODH Information Warehouse, updated 4-15-10)

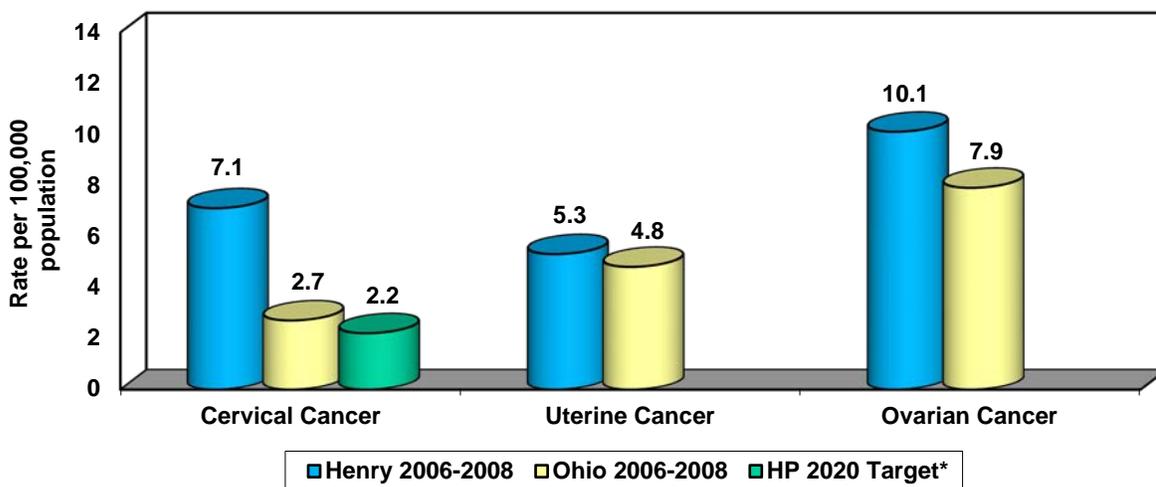
The following graphs show the Henry County age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2020 objectives when available. The graphs show:

- From 2006-2008, the Henry County age-adjusted mortality rate for female lung cancer was less than the Ohio rate.
- From 2006-2008, the Henry County age-adjusted breast cancer mortality rate was greater than the Ohio rate and the Healthy People 2020 target objective.
- The Henry County age-adjusted cervical, uterine, and ovarian cancer mortality rates for 2006-2008 were all higher than the state rates.

**Henry County Female Age-Adjusted Cancer Mortality Rates**



**Henry County Female Age-Adjusted Cancer Mortality Rates**



\*Note: Healthy People 2020 target rates are not gender specific; Healthy People 2020 Targets may not be available for all diseases.

(Source: ODH Information Warehouse, updated 4-15-10, and Healthy People 2020))

## Human Papilloma Virus (HPV and Vaccine)

HPV is the most common sexually transmitted infection in the U.S., with 6.2 million people becoming newly infected annually. There are more than 100 types of HPV, more than 40 of which can infect the genitals. Most HPV infections are benign and transient; however, almost all cervical cancers are related to infections by HPV.

The Centers for Disease Control and Prevention report that every year in the U.S., about 11,000 women are diagnosed with cervical cancer and almost 4,000 of them die from this disease.

- Most cases of cervical cancer and all cases of genital warts are caused by human papillomavirus (HPV).
  - 70% of cervical cancers are caused by HPV types 16 and 18.
- There are two HPV vaccines available to protect against types 16, 18, and other subtypes of HPV that cause cervical cancers. These vaccinations include:
  - **Cervarix:** The Federal Food and Drug Administration (FDA) licensed Cervarix in 2009. This vaccine is recommended for female's ages 10 through 25.
  - **Gardasil:** The FDA licensed Gardasil in 2006. This vaccine is recommended for 11 and 12 year-old girls as well as females ages 13 through 26, who were not previously vaccinated. The vaccine protects females against HPV types 6, 11, 16, and 18. Gardasil is also recommended for 9 through 26 year-old males to protect against some genital warts.
- HPV Vaccines are approximately \$130 per dose and are available in all 50 states through the Vaccine for Children (VFC) program, which covers vaccine costs for children and teens who do not have insurance and for some children and teens who are underinsured or eligible for Medicaid.

### Recent data from the National Immunization Survey of Teens showed:

- Among U.S. girls ages 13 to 17, uptake of the HPV vaccine initiation increased from 25.1% in 2007 to 48.7% in 2010.
- 32% or about one-third of girls had the complete three-shot vaccine series by 2010.
- Catch-up vaccine uptake improved for women between the ages of 13 and 26; from 10.5% in 2008 to 17.1% in 2009.
  - Non-Hispanic women had the highest catch-up HPV vaccine uptake (19.8%) in 2009. Following were African American women (13.3%) and Hispanic women (12.6%).

*(Sources: Centers for Disease Control and Prevention, Vaccine Safety, Human Papillomavirus (HPV) Vaccine, updated January 24, 2013, from <http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html> and American Cancer Society. Cancer Prevention & Early Detection Facts & Figures 2012; p. 40-41. Atlanta: American Cancer Society; 2012)*

## Binge Drinking: A Serious, Under Recognized Problem among Women and Girls

- Binge drinking for women is defined as consuming 4 or more alcohol drinks (beer, wine, or liquor) on an occasion.
- Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem.
- Drinking too much results in about 23,000 deaths in women and girls each year.
- Binge drinking increases the chances of breast cancer, heart disease, sexually transmitted diseases, unintended pregnancy, and many other health problems.
- If women binge drink while pregnant, they risk exposing their developing baby to high levels of alcohol, increasing the chances the baby will be harmed by the mother's alcohol use.
- Drinking during pregnancy can lead to sudden infant death syndrome and fetal alcohol spectrum disorders.
- About 1 in 8 women aged 18 years and older and 1 in 5 high school girls binge drink. Women who binge drink do so frequently – about 3 times a month – and have about 6 drinks per binge.

(Sources: Centers for Disease Control and Prevention, *Binge Drinking*, January 2013, <http://www.cdc.gov/vitalsigns/BingeDrinkingFemale/index.html>)

## Adult | MEN'S HEALTH

### Key Findings

In 2013, 40% of Henry County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Nearly one-third (30%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 28% of all male deaths in Henry County from 2006-2008. The Health Assessment determined that 4% of men survived a heart attack and 2% survived a stroke at some time in their life. More than one-third (34%) of men had been diagnosed with high blood pressure, 28% had high blood cholesterol, and 20% were identified as smokers, which, along with obesity (29%), are known risk factors for cardiovascular diseases.

#### Henry County Male Leading Types of Death, 2006 – 2008

1. Cancers (28% of all deaths)
2. Heart Diseases (24%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (7%)
5. Accidents, Unintentional Injuries (6%)

(Source: ODH Information Warehouse, updated 4-15-10)

#### Ohio Male Leading Types of Death, 2006 – 2008

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

(Source: ODH Information Warehouse, updated 4-15-10)

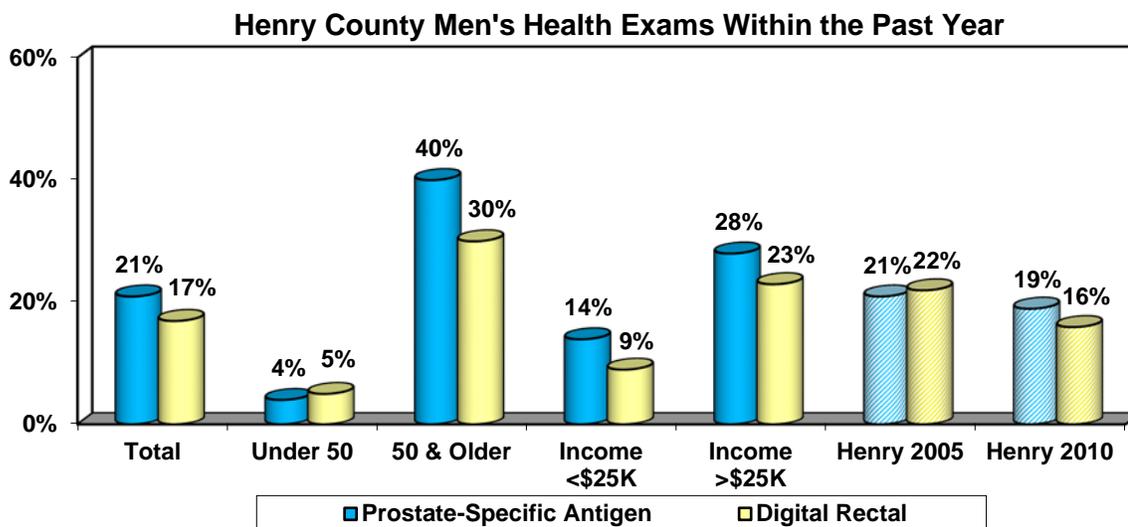
### Men's Health Screenings and Concerns

- More than one-third (35%) of Henry County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 21% had one in the past year.
- Nearly two-fifths (38%) of men ages 40 and over had a PSA in the past two years. The 2012 BRFSS reported that 45% of men 40 and over in the U.S. and in Ohio, had a PSA test in the past two years.
- Nearly half (47%) of men had a digital rectal exam in their lifetime and 17% had one in the past year.
- 63% of males age 50 and over had a PSA test at some time in their life, and 40% had one in the past year.
- 75% of males age 50 and over had a digital rectal exam at some time in their life, and 30% had one in the past year.
- From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 31% of all male deaths in Henry County (Source: ODH Information Warehouse).
- In 2013, the health assessment determined that 4% of men had a heart attack and 2% had a stroke at some time in their life.

**35% of Henry County males had a Prostate-Specific Antigen (PSA) test at some time in their life.**

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Henry County the 2013 health assessment has identified that:
  - 69% were overweight or obese (70% U.S., 65% Ohio, 2012 BRFSS)
  - 34% were diagnosed with high blood pressure (32% U.S., 34% Ohio, 2011 BRFSS)
  - 28% were diagnosed with high blood cholesterol (40% U.S., 41% Ohio, 2011 BRFSS)
  - 23% of all men were current smokers (22% U.S., 25% Ohio, 2012 BRFSS)
  - 9% had been diagnosed with diabetes (10% U.S., 10% Ohio, 2012 BRFSS)
- From 2006-2008, the leading cancer deaths for Henry County males were lung, colorectal, prostate, bladder, and pancreas cancers. Statistics from the same period for Ohio males show lung, prostate, colorectal, pancreas, and esophagus cancers as the leading cancer deaths (*Source: ODH Information Warehouse*).

The following graph shows the percentage of Henry County males surveyed that had a PSA test and digital rectal exam in the past year. Examples of how to interpret the information shown on the graph include: 21% of Henry County males had a PSA test within the past year and 17% had a digital rectal exam.



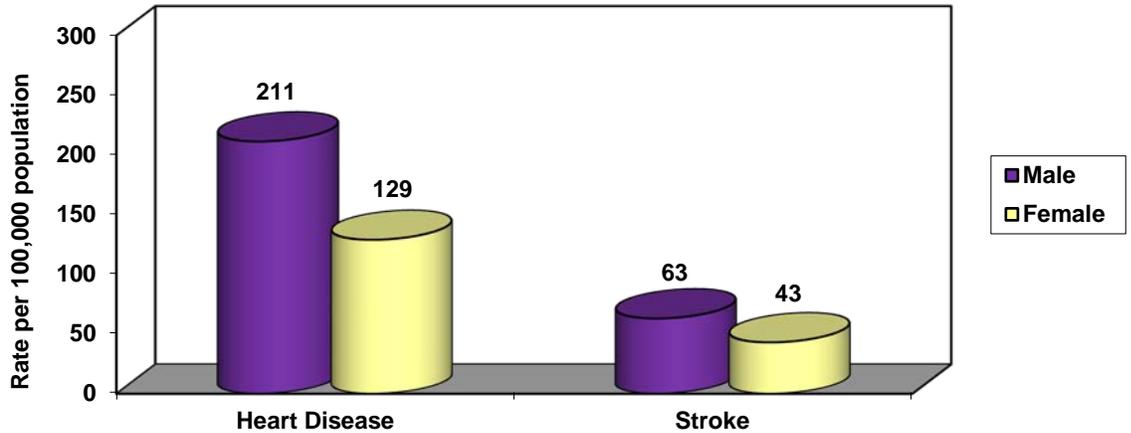
2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Had a PSA test in within the past two years (age 40 and older)	N/A	N/A	38%	45%	45%

N/A - Not Available

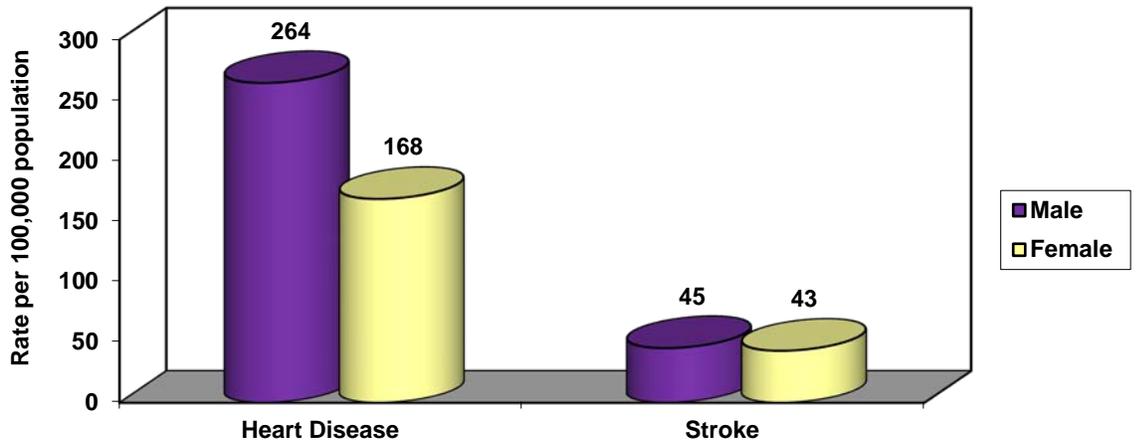
The following graphs show the Henry County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases by gender. The graphs show:

- From 2006-2008, the Henry County and Ohio male age-adjusted mortality rate was higher than the female rate for both heart disease and stroke.
- The Henry County male age-adjusted heart disease mortality rate was lower than the Ohio male rate.

**Henry County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008**



**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008**

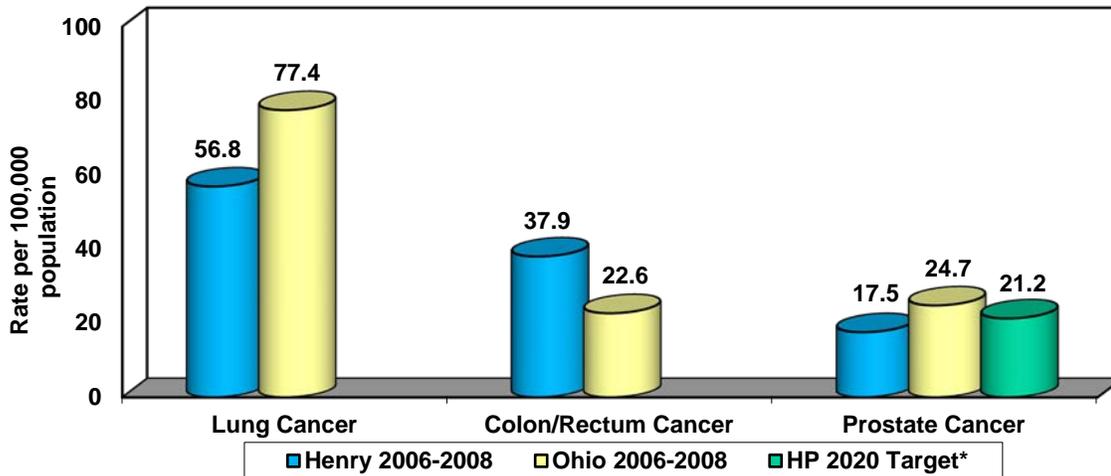


(Source for graphs: ODH Information Warehouse, updated 4-15-10)

The following graph shows the Henry County age-adjusted cancer mortality rates per 100,000 population for men with comparison to Healthy People 2020 objective. The graph shows:

- From 2006-2008, the Henry County age-adjusted mortality rate for male colon/rectum cancer was higher than the Ohio rate.
- The age-adjusted prostate cancer mortality rate in Henry County for 2006-2008 was lower than the Ohio rate and the Healthy People 2020 objective.

**Henry County Male Age-Adjusted Cancer Mortality Rates**



\*Note: the Healthy People 2020 target rates are not gender specific.  
(Source: ODH Information Warehouse and Healthy People 2020)

### Men's Health Data

- Approximately 13% of adult males aged 18 years or older reported fair or poor health.
- 22% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 52% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 34% of men 20 years and over are obese.
- There are 19% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, 1/11/2013 from [http://www.cdc.gov/nchs/fastats/mens\\_health.htm](http://www.cdc.gov/nchs/fastats/mens_health.htm))

## Cancer and Men

- Every year, cancer claims the lives of nearly 300,000 men in America.
- More men in the U.S. die from lung cancer than any other type of cancer. The most important thing you can do to prevent lung cancer is not to start smoking, or to quit if you smoke.
- Smoking causes cancers of the esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and acute myeloid leukemia.
- In men, the following cancers are associated with being overweight: colorectal cancer, esophageal adenocarcinoma (a type of cancer of the tube that connects your throat to your stomach), and cancer of the kidney and pancreas.
- Prostate cancer is the most common cancer in men in the U.S., not counting skin cancer. It is the second most common cause of cancer death in men. While all men are at risk for prostate cancer, some factors increase risk. These include:
  - older age
  - family history of prostate cancer
  - being African American
- Colorectal cancer is the third leading cause of cancer deaths in America men. Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Everyone should be tested for colorectal cancer regularly, starting at age 50.

*(Source: Center for Disease Control and Prevention, National Cancer Institute, June 18, 2012, <http://www.cdc.gov/features/cancerandmen/>)*

# Adult | PREVENTIVE MEDICINE AND HEALTH SCREENINGS

## Key Findings

Over half (53%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (52%) of adults ages 50 and over had a colonoscopy/sigmoidoscopy within the past 5 years.

## Preventive Medicine

- Half (50%) of Henry County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 98% had the shot and 2% had the nasal spray.
- 72% of Henry County adults ages 65 and over had a flu vaccine in the past 12 months. The 2012 BRFSS reported that 60% of U.S. and 61% of Ohio adults ages 65 and over had a flu vaccine in the past year.
- Henry County adults received their last flu shot from the following places: doctor's office/health maintenance organization (21%), workplace (13%), store (9%), health department (5%), another type of clinic or health center (3%), hospital (1%), a school (1%), emergency room (<1%), senior, recreation or community center (<1%), and some other place (4%).
- One-fifth (21%) of adults have had a pneumonia shot in their life, increasing to 53% of those ages 65 and over. The 2012 BRFSS reported that 69% of U.S. and 70% of Ohio adults ages 65 and over had a pneumonia shot in their life.
- Henry County adults have had the following vaccines: tetanus booster (including Tdap) in the past 10 years (44%), pneumonia vaccine in their lifetime (21%), pertussis vaccine in the past 10 years (13%), Zoster (shingles) vaccine in their lifetime (7%), and human papillomavirus vaccine in their lifetime (4%).

## Preventive Health Screenings and Exams

- More than half (52%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- 13% of Henry County adults received preventive testing for skin cancer in the past 2 years, increasing to 22% of those ages 65 and over.

### Skin Cancer Prevention Recommendations

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

(CDC, *Skin Cancer Prevention*, Updated 2/15/2013, [http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm))

- 10% of Henry County adults had been screened for osteoporosis in the past 2 years, increasing to 27% of those ages 65 and over.
- In the past year, 66% of Henry County women ages 40 and over have had a mammogram.
- In the past year, 40% of men ages 50 and over had a Prostate-Specific Antigen (PSA) test.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Henry County adults.

2005/2010/2013 Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Had a pneumonia vaccination (ages 65 and over)	N/A	66%	53%	69%	70%
Had a flu vaccine in the past year (ages 65 and over)	N/A	N/A	72%	60%	61%

N/A - Not available

### Henry County Adults Having Discussed Healthcare Topics With Their Healthcare Professional in the Past 12 Months

HEALTHCARE TOPICS	Total 2013
Physical Activity or Exercise	40%
Weight, Dieting or Eating Habits	38%
Immunizations	34%
Self-Breast or Self-Testicular Exam	27%
Significance of Family History	18%
Depression, Anxiety, or Emotional Problems	17%
Injury Prevention Such As Safety Belt Use & Helmet Use	9%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	9%
Alcohol Use When Taking Prescription Drugs	8%
Quitting Smoking	8%
Alcohol Use	7%
Ways to Prepare for a Healthy Pregnancy and Baby	4%
Drug Use	3%
Domestic Violence	2%

### Henry County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	30%
Diagnosed with High Blood Cholesterol	30%
Diagnosed with Diabetes	9%
Diagnosed with a Heart Attack	2%
Diagnosed with a Stroke	1%

(Percentages based on all Henry County adults surveyed)

### Healthy People 2020 Pneumonia Vaccination

Objective	Henry County 2013	Ohio 2012	U.S. 2012	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	53%	69%	70%	90%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2012 BRFSS, 2013 Henry County Health Assessment)

# Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

## Key Findings

In 2013, over two-thirds (68%) of Henry County adults had sexual intercourse. Two percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (Source: CDC, *STDs in Adolescents and Young Adults, 2011 STD Surveillance*).

## Adult Sexual Behavior

- Over two-thirds (68%) of Henry County adults had sexual intercourse in the past year.
- 2% of adults reported they had intercourse with more than one partner in the past year, increasing to 4% of those with incomes less than \$25,000.
- Henry County adults used the following methods of birth control: vasectomy (21%), they or their partner were too old (19%), condoms (17%), tubes tied (16%), birth control pill (12%), hysterectomy (9%), withdrawal (4%), shots (2%), abstinence (2%), contraceptive patch (1%), IUD (1%), rhythm method (1%), emergency contraception (1%), diaphragm (<1%), and contraceptive implants (<1%).
- 11% of Henry County adults were not using any method of birth control.
- Henry County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (32%)
  - They or their partner were too old (19%)
  - They did not care if they or their partner got pregnant (9%)
  - They wanted to get pregnant (6%)
  - They did not think they or their partner could get pregnant (4%)
  - They did not want to use birth control (2%)
  - Their partner did not want to use birth control (2%)
  - Religious preferences (2%)
  - No regular partner (2%)
  - They or their partner were currently pregnant (2%)
  - They or their partner had just had a baby (<1%)
  - They had a same-sex partner (<1%)
  - They could not pay for birth control (<1%)

## 2011 STD Trends in the United States

The CDC estimates that 19 million new STD infections occur every year in the United States, nearly half among young people ages 15-24. STDs are a potential threat to an individual's immediate and long-term health and well-being. STDs cost the nation about \$17 billion in health care costs every year. Below are the reported STD cases and rates in 2011.

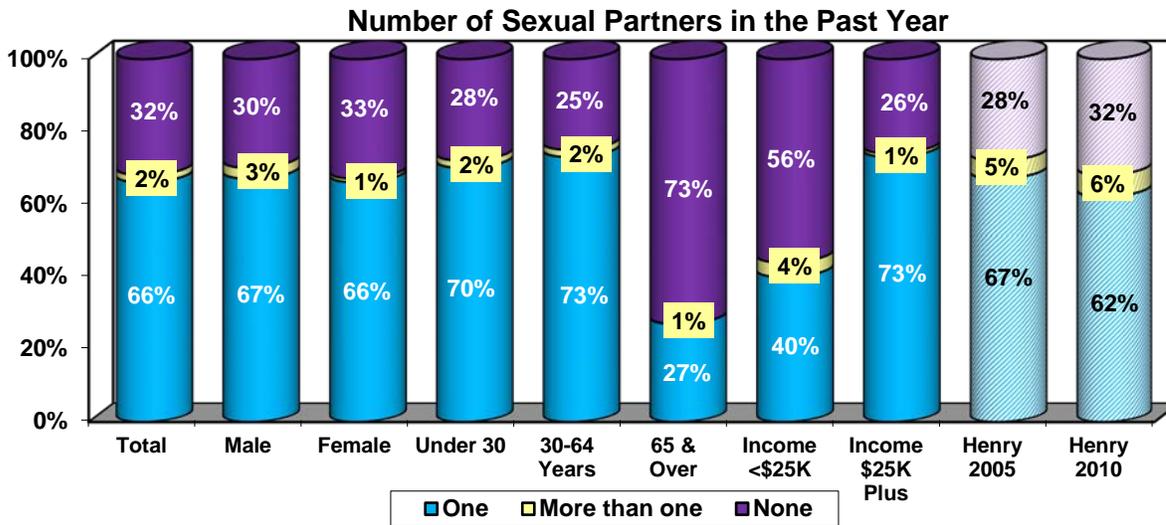
- Chlamydia cases: 1,412,791.
- Chlamydia rates per 100,000 people: 457.6; increase in 8% since 2010.
- Gonorrhea cases: 321,849.
- Gonorrhea rate per 100,000 people: 104.2; increase in 4% since 2010.
- Syphilis (primary and secondary) cases: 13,970.
- Syphilis rate per 100,000 people: 4.5; unchanged from 2010.
- Syphilis (congenital) cases: 360
- Syphilis rate per 100,000 live births: 8.5; decrease in 7% since 2010.

(Source: CDC, *Sexually Transmitted Diseases, Sexually Transmitted Diseases Surveillance, 2011*, <http://www.cdc.gov/std/stats/>)

- The following situations applied to Henry County adults in the past year: tested for an STD (3%), had anal sex without a condom (1%), had sex with someone they did not know (1%), treated for an STD (<1%), and used intravenous drugs (<1%).
- 5% of adults had been forced to participate in sexual activity when they did not want to, increasing to 8% of females and those with incomes less than \$25,000.
- 11% of adults engaged in sexual activity following alcohol or other drug use that they would not have done if sober, increasing to 16% of those under 30 and 20% of those with incomes less than \$25,000.
- 7% of adults reported their chances of getting infected with HIV were low, and 87% reported there was no chance of them getting infected with HIV.
- Henry County adults received their last HIV test in the following places: private doctor (8%), health department (4%), blood bank/plasma center/Red Cross (3%), hospital/emergency room/outpatient clinic (3%), military induction or military service site (3%), prenatal clinic/OB's office (2%), insurance company clinic (1%), community health clinic (<1%), other public clinic (<1%), home visit by nurse of health worker (<1%), and some other place (2%). 71% of adults had not been tested for HIV.

*11% of Henry County adults were not using any method of birth control.*

The following graph shows the sexual activity of Henry County adults. Examples of how to interpret the information in the graph include: 66% of all Henry County adults had one sexual partner in the last 12 months and 2% had more than one, and 67% of males had one partner in the past year.



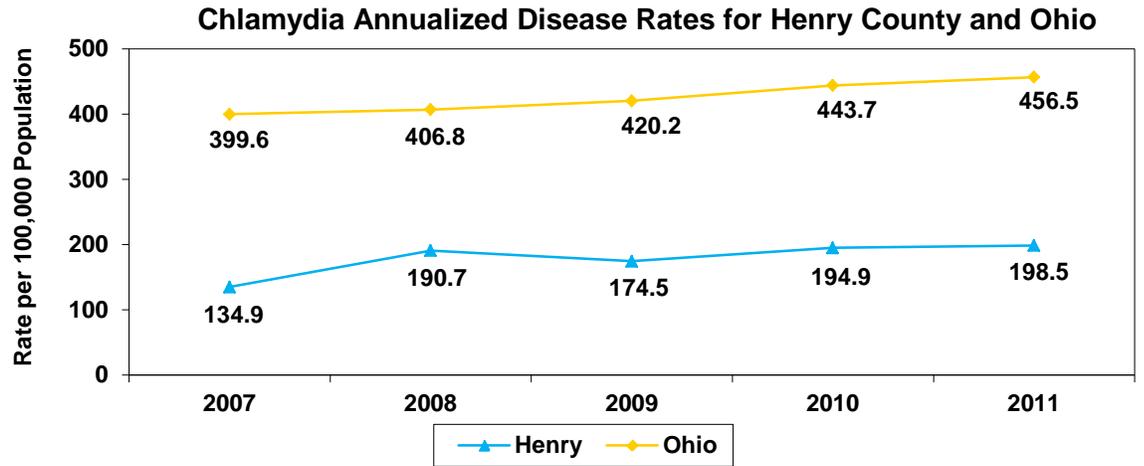
Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Had more than one sexual partner in past year	5%	6%	2%	N/A	N/A

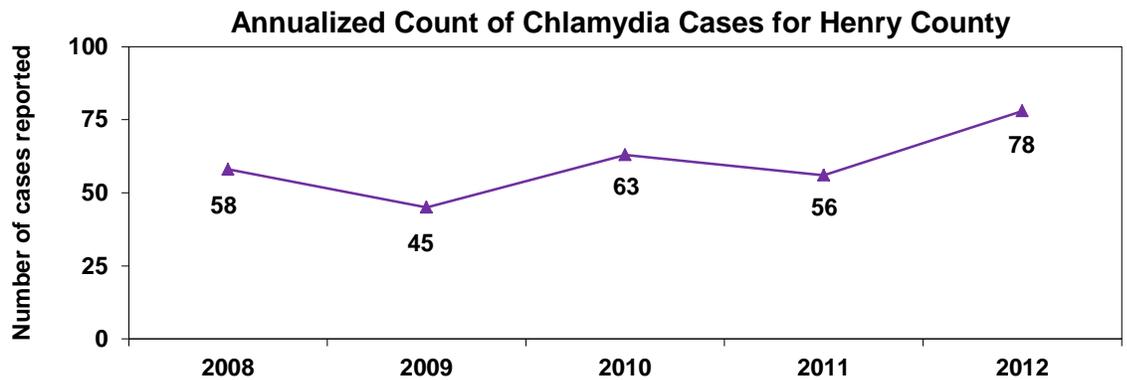
N/A - Not available

The following graphs show Henry County chlamydia disease rates per 100,000 population updated April 18, 2012 by the Ohio Department of Health. The graphs show:

- Henry County chlamydia rates increased overall from 2007 to 2011. Henry County rates remained below the Ohio rates.
- In 2011, the U.S. rate for new chlamydia cases was 457.6 per 100,000 population.  
(Source: CDC, *STD Trends in the U.S., 2013*)



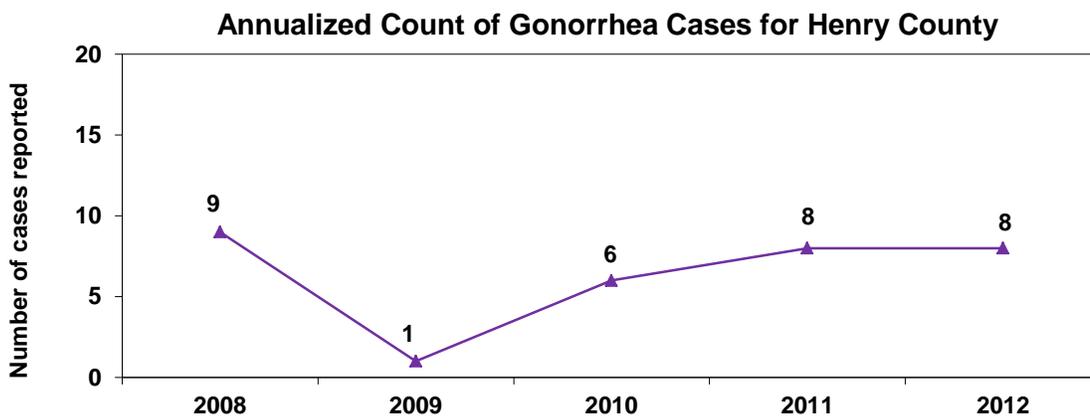
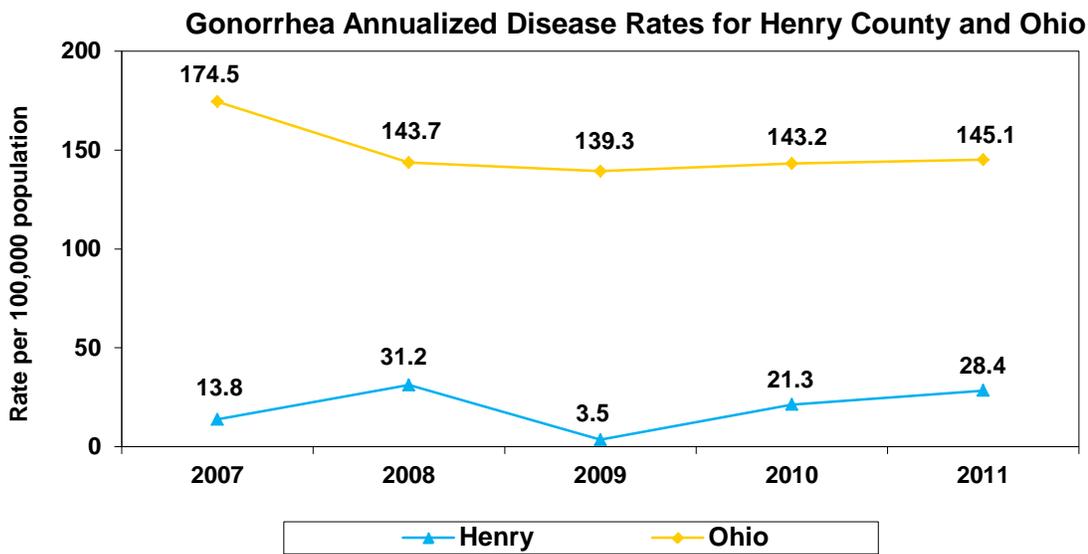
(Source for graph: ODH, *STD Surveillance*, data reported through 4-18-12)



(Source for graph: Henry County Health Department, *Communicable Disease Summary*, data reported through 2013)

The following graphs show Henry County gonorrhea disease rates per 100,000 population updated April 18, 2012 by the Ohio Department of Health. The graphs show:

- The Henry County gonorrhea rate decreased from 2007 to 2009, and then increased in 2010 and 2011.
- The Ohio gonorrhea rate fluctuated from 2007 to 2011.
- In 2011, the U.S. rate for new gonorrhea cases for the total population was 104.2 per 100,000 population (Source: CDC, *STD Trends in the U.S., 2013*)
- The Healthy People 2020 Objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.



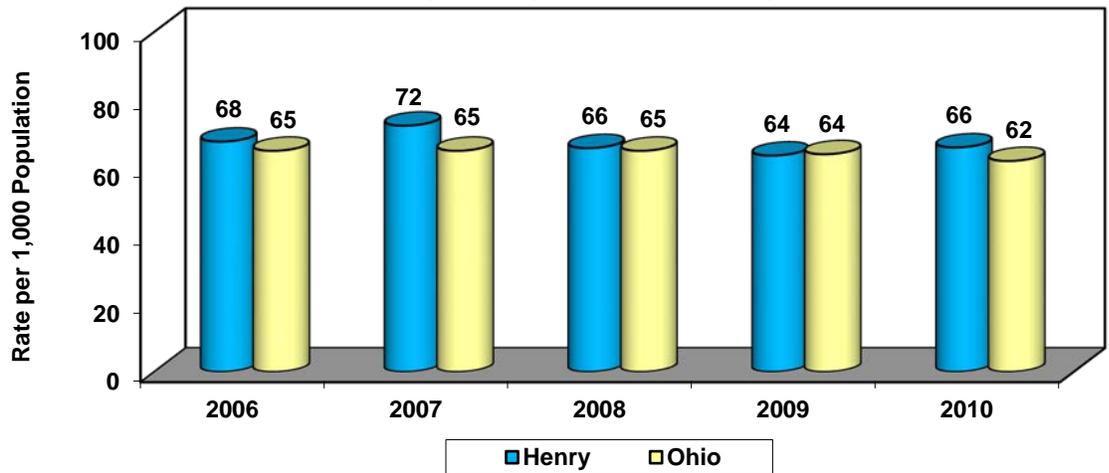
(Source for graphs: ODH, STD Surveillance, data reported through 4-18-12)

## Pregnancy Outcomes

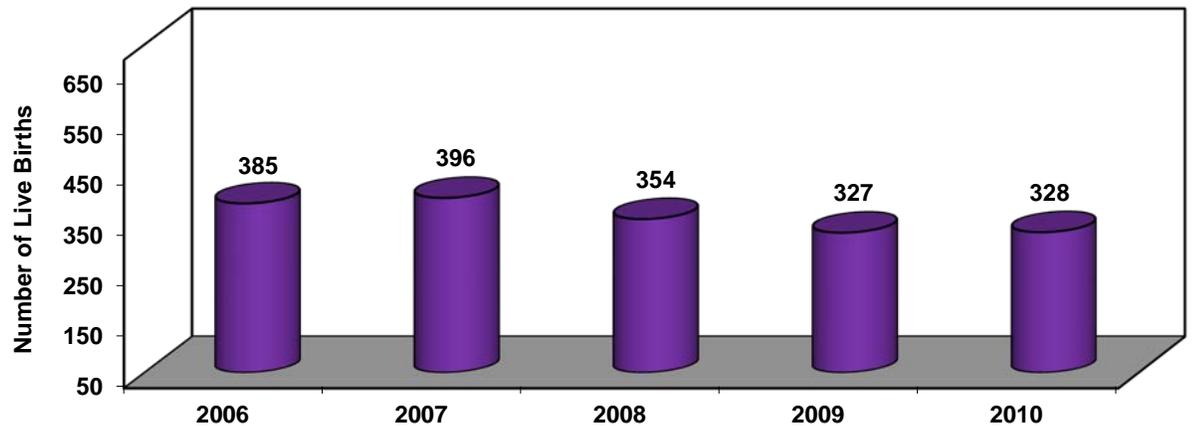
\*Please note that the pregnancy outcomes data includes all births to adults and adolescents.

- In 2010, the U.S. fertility rate was 64.1 per 1,000 women ages 15-44 (Source: National Vital Statistics Report 2012).
- From 2006-2010, there was an average of 358 live births per year in Henry County.

**Henry County and Ohio Fertility Rates**



**Henry County Total Live Births**

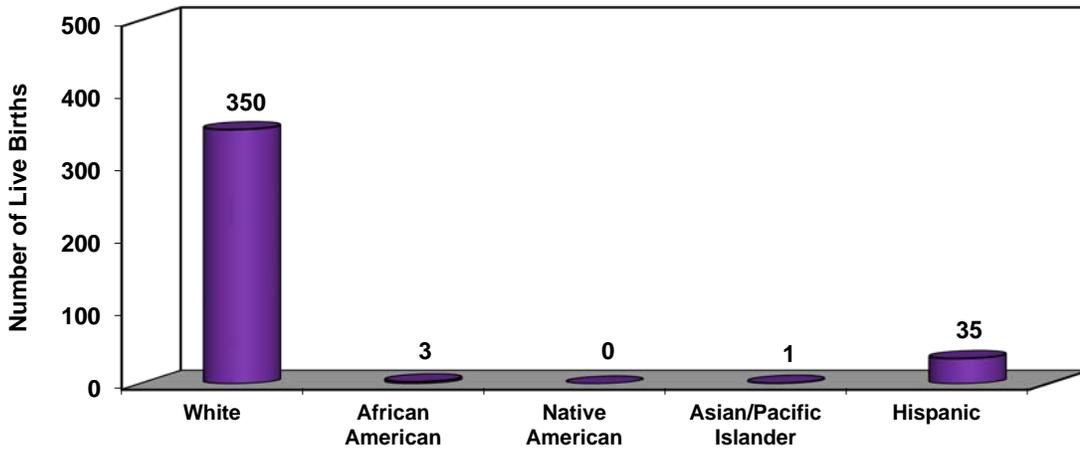


(Source for graphs: ODH Information Warehouse Updated 4-13-12)

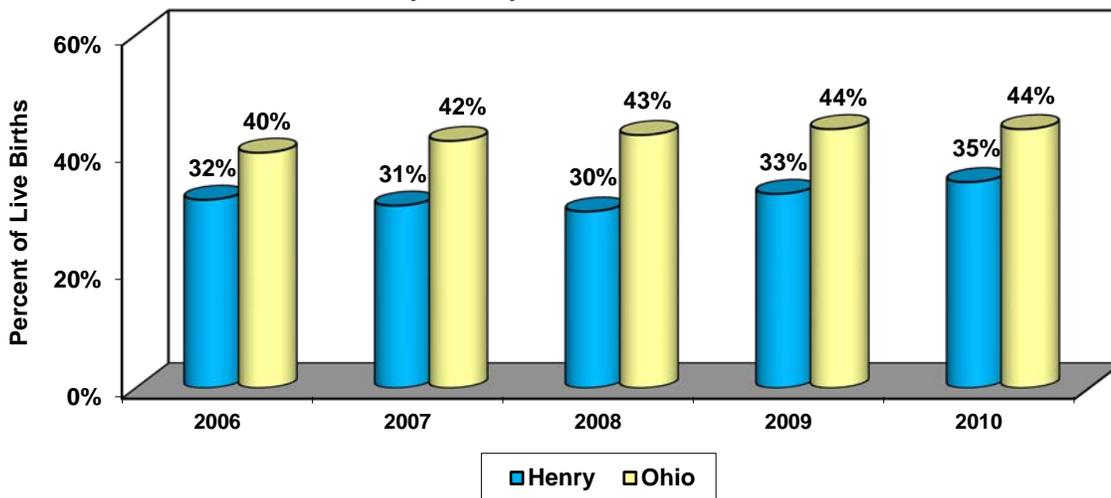
The following graphs show Henry County total number of live births by race/ethnicity and Henry County and Ohio percentage of unwed births updated January 13, 2012 by the Ohio Department of Health. The graphs show:

- The percentage of births to unwed mothers in Henry was below the Ohio percentage each year from 2006 to 2010, and fluctuated during the five year period.
- In 2010, 41% of U.S. births were to unwed mothers. (Source: National Vital Statistics Report 2012)

**Henry County Total Live Births By Race/Ethnicity  
2008**



**Henry County and Ohio Unwed Births**

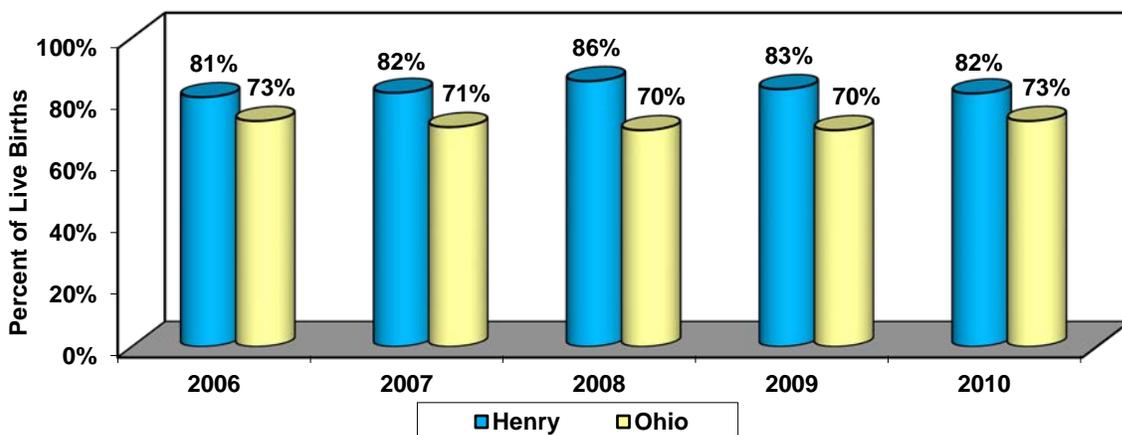


(Source for graphs: ODH Information Warehouse Updated 1-13-12)

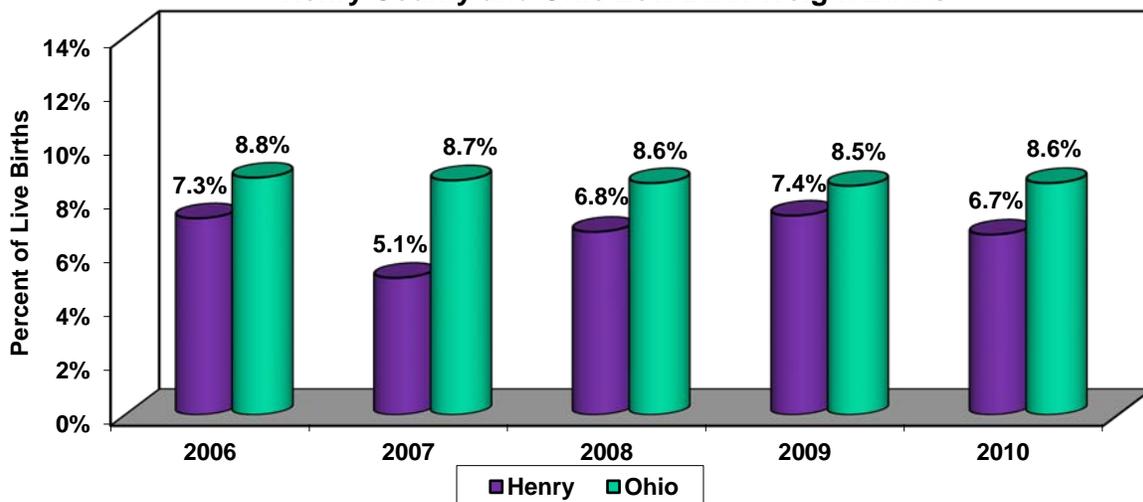
The following graphs show Henry County and Ohio percentage of births with first trimester prenatal care and low birth weight rates updated January 13, 2012 by the Ohio Department of Health. The graphs show:

- In 2010, 82% of Henry County mothers received prenatal care during the first trimester. (Source: ODH, Birth Statistics, 2010)
- In 2010, 8.2% of all U.S. live births were low birth weight births. (Source: National Vital Statistics Report 2012)

**Henry County and Ohio Births with First Trimester Prenatal Care**



**Henry County and Ohio Low Birth Weight Births\***



\*Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces. (Source for graphs: ODH Information Warehouse Updated 1-13-12)

# Adult | QUALITY OF LIFE

## Key Findings

In 2013, 24% of Henry County adults were limited in some way because of a physical, mental or emotional problem.

## Impairments and Health Problems

- In 2013, nearly one in four (24%) Henry County adults were limited in some way because of a physical, mental or emotional problem (20% Ohio and U.S., 2012 BRFSS), increasing to 42% of those ages 65 and older.
- Henry County adults were limited in the following ways: physical problems (22%), emotional problems (4%), or mental problems (3%).
- Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (42%), arthritis (42%), walking problems (24%), stress, depression, anxiety, or emotional problems (18%), fractures, bone/joint injuries (13%), lung/breathing problems (12%), eye/vision problems (11%), heart problems (8%), high blood pressure (8%), diabetes (6%), hearing problems (4%), tobacco dependency (3%), alcohol dependency (3%), stroke-related problems (2%), a learning disability (2%), cancer (1%), drug addiction (1%), and a developmental disability (1%).
- Henry County adults needed the following services in the past year: eyeglasses or vision care (21%), help with routine needs (7%), a cane (5%), medical supplies (5%), help with personal care needs (4%), a walker (3%), hearing aids or hearing care (2%), wheelchair (2%), mobility aids or devices (1%), oxygen or respiratory support (1%), durable medical equipment (1%), a special bed (<1%), a special telephone (<1%), and communication aids (<1%).
- Pain made it hard for Henry County adults to do their usual activities an average of 2.7 days in the past month, increasing to 4.3 days for those ages 65 and older and 5.3 days for those with incomes less than \$25,000.
- Henry County adults were responsible for providing regular care or assistance to the following: multiple children (16%), a friend, family member or spouse who has a health problem (6%), an elderly parent or loved one (5%), someone with special needs (3%), children with discipline issues (2%), an adult child (2%), a friend, family member or spouse with a mental health issue (1%), and a friend, family member or spouse with dementia (1%).
- 2% of Henry County adults reported that at least one person in their household went to bed hungry at least one day per week because they did not have enough food. <1% reported someone went to bed hungry every night.

### Back Pain Prevention

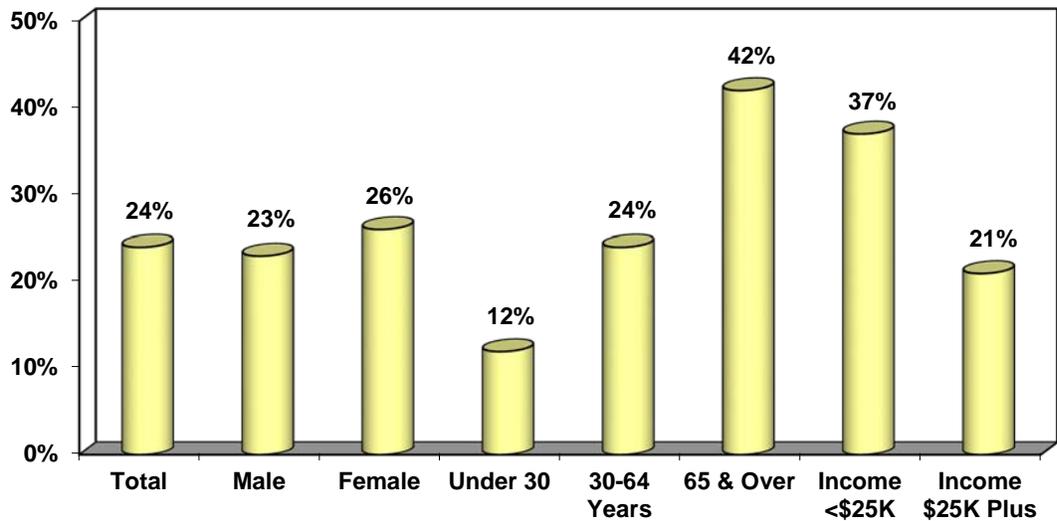
The best things you can do to prevent back pain are:

- Exercise often and keep your back muscles strong.
- Maintain a healthy weight or lose weight if you weigh too much.
- Make sure you are getting enough calcium and vitamin D every day. This is very important to keep bones strong.
- Try to stand up straight and avoid heavy lifting when you can. If you do lift something heavy, bend your legs and keep your back straight.

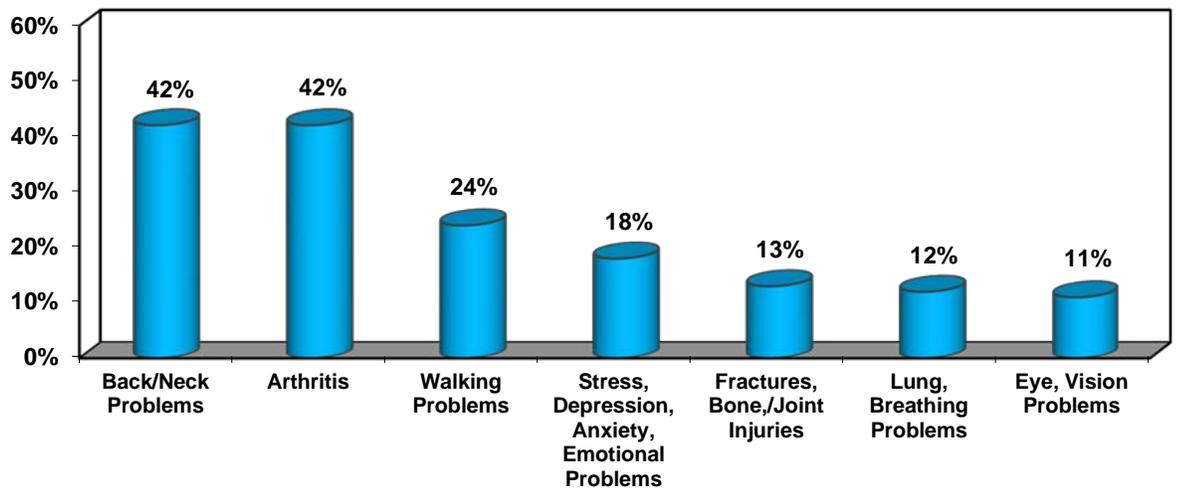
(Source: National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases, [http://www.ninds.nih.gov/disorders/backpain/detail\\_backpain.htm](http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm))

The following graphs show the percentage of Henry County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph include: 24% of Henry County adults are limited in some way, 23% of males, and 42% of those 65 and older.

**Henry County Adults Limited in Some Way**



**Henry County Most Limiting Health Problems**



**Healthy People 2020  
Arthritis**

Objective	Henry County 2013	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	31%	36%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Health People 2020 Objectives, 2013 Henry County Health Assessment)*

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S 2012
Limited in some way because of a physical, mental, or emotional problem	N/A	N/A	24%	20%	20%

*N/A – Not available*

**The Impact of Arthritis**

- Arthritis is the most frequent cause of disability among adults in the United States, with osteoarthritis (OA) being the most common type.
- 67 million (25%) adults aged 18 years or older will have doctor-diagnosed arthritis by the year 2030.
- Data indicates that lack of exercise and age are marked risk factors for developing arthritis.
- Arthritis is a co-morbidity of diabetes, heart disease, high cholesterol, high blood pressure and obesity.
- Anxiety and depression can develop in people with diagnosed arthritis. Health care providers should screen all people with arthritis, for both anxiety and depression.

*(Source: CDC, Arthritis Data and Statistics, 2011, [http://www.cdc.gov/arthritis/data\\_statistics.htm](http://www.cdc.gov/arthritis/data_statistics.htm) & Murphy, LB. 2012. "Anxiety and depression among US adults with arthritis: Prevalence and correlates," <http://www.ncbi.nlm.nih.gov/pubmed/22550055>)*

## Adult | SOCIAL CONTEXT AND SAFETY

### Key Findings

In 2013, 4% of Henry County adults were threatened or abused in the past year. 50% of adults kept a firearm in or around their home.

### Social Context

- 4% of Henry County adults were threatened or abused in the past year. They were threatened or abused by the following: a spouse or partner (30%), another family member (10%), and someone else (60%).
- They were abused in the following ways: verbally (67%), emotionally (56%), physically (21%), sexually (17%), any abuse through electronic methods (17%), and financially (11%).

**4% of Henry County adults were threatened or abused in the past year.**

- Henry County adults received assistance for the following in the past year: healthcare (5%), utilities (4%), food (4%), prescription assistance (4%), transportation (4%), home repair (4%), rent/mortgage (2%), employment (2%), free tax preparation (2%), legal aid services (1%), credit counseling (1%), and emergency shelter (1%).
- One in seven (14%) Henry County adults attempted to get assistance from a social service agency. Of those adults who looked for assistance, they received it from the following: Job and Family Services/JFS/Welfare Department (33%), a friend or family member (22%), Northwest Ohio Community Action Commission (20%), a food pantry (17%), health department (15%), a church (12%), WIC (10%), Together We Can Grow (8%), United Way (3%), Together We Can Make a Difference (3%), 2-1-1 (2%), St. Vincent's DePaul (2%), Associated Charities (2%), and somewhere else (13%).
- Henry County adults experienced the following as a child (under the age of 18): lived with someone who was a problem drinker or alcoholic (16%), parents became separated or were divorced (16%), parents or adults in home swore at them, insulted them or put them down (12%), lived with someone who was depressed, mentally ill or suicidal (9%), an adult or someone 5 years older than them touched them sexually (6%), parents or adults in home abused them (5%), parents or adults in home abused each other (3%), parents were not married (2%), lived with someone who used illegal drugs or misused prescription drugs (2%), lived with someone who served time or was sentenced to serve in prison or jail (2%), an adult or someone 5 years older made them touch them sexually (2%), and an adult or someone 5 years older than them raped them (2%).

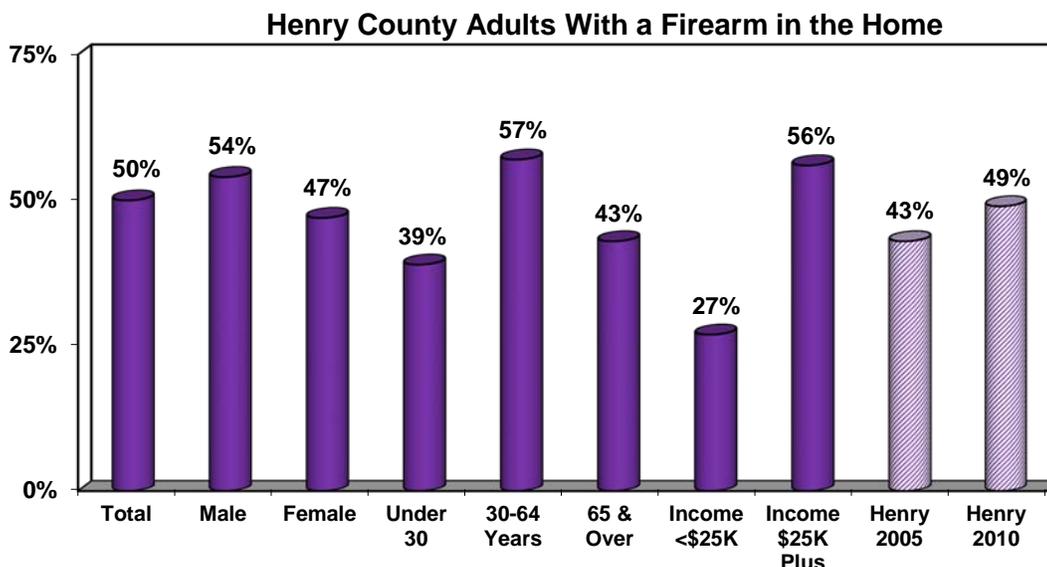
2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Firearms kept in or around their home	41%	49%	50%	N/A	N/A

N/A - Not available

## Safety

- Half (50%) of Henry County adults kept a firearm in or around their home. 2% of adults reported they were unlocked and loaded.
- 73% of Henry County adults deliberately tested all of the smoke detectors in their home in the past year. 15% of adults had tested their smoke detectors in the past month. Approximately 4% reported having no smoke detectors in their Henry County home.
- 43% of Henry County adults reported they had a carbon monoxide detector in their home.
- One-third (33%) of Henry County adults always wore a helmet while riding an ATV, racing bike or motorcycle in the past year. 41% of adults reported never wearing a helmet.
- Henry County households had the following disaster preparedness supplies: working flashlight and working batteries (88%), cell phone (85%), cell phone with texting (71%), 3-day supply of nonperishable food for everyone in the household (62%), working battery-operated radio and working batteries (53%), 3-day supply of prescription medication for each person who takes prescribed medicines (52%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (42%), generator (29%), communication plan (21%), and a disaster plan (9%).
- Henry County adults indicated the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: television (68%), radio (63%), internet (37%), newspaper (20%), neighbors (19%), social media (16%), and other methods (2%).
- Henry County residents reported the following method or way of communicating with relatives and family in a large-scale disaster or emergency: cell phones (91%), regular home phones (27%), email (18%), two-way radios (2%), 2-1-1 (1%), and pagers (<1%). 3% reported they did not know what would be their main method of communicating.

The following graph shows the percentage of Henry County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 50% of all Henry County adults kept a firearm in their home, 54% of males, and 57% of those ages 30-64 kept a firearm in their home.



## Firearm Injury Prevention

- According to The American College of Emergency Physicians (ACEP), the improper use of firearms results in death and injury. Below are some of the College supported efforts to prevent firearm-related injuries and deaths:
- Aggressively enforce current laws against illegal possession, purchase, sale, or use of firearms.
- Encourage the creation and evaluation of community and school-based education programs targeting the prevention of firearm injuries.
- Educate the public about the risks of improperly stored firearms, especially in the home.
- Increase funding for the development, evaluation, and implementation of evidence-based programs and policies to reduce firearm-related injury and death.
- Work with stakeholders to develop comprehensive strategies to prevent firearm injury and death.

(Source: *Firearm Injury Prevention, Annals of Emergency Medicine*, v. 57 issue 6, 2011, p. 691)

### Distracted Driving

- Each day, more than 15 people are killed and more than 1,200 people are injured in crashes that were reported to involve a distracted driver.
- Among those killed or injured in these crashes, nearly 1,000 deaths and 24,000 injuries included cell phone use as the major distraction.
- 52% of U.S. drivers ages 18-29 reported texting or e-mailing while driving at least once in the last 30 days.

(Source: CDC, *Distracted Driving*, updated September 20, 2012, [http://www.cdc.gov/motorvehiclesafety/distracted\\_driving/index.html](http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html))

# Adult | MENTAL HEALTH AND SUICIDE

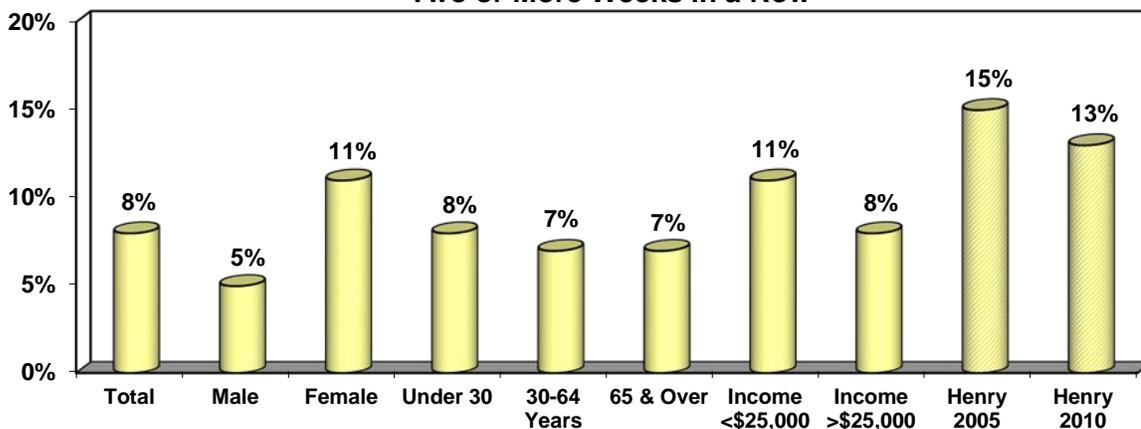
## Key Findings

In 2013, 3% of Henry County adults considered attempting suicide. 8% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

## Adult Mental Health

- In the past year, 8% of Henry County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 11% of females and those with incomes less than \$25,000.
- 3% of Henry County adults considered attempting suicide in the past year.
- One percent (1%) of adults reported attempting suicide in the past year.
- In the past year, 13% of Henry County adults had a period of two or more weeks when they felt so worried, tense or anxious almost every day that they stopped doing usual activities.
- Henry County adults received the social and emotional support they needed from the following: family (83%), friends (65%), church (35%), neighbors (7%), a professional (6%), community (4%), self-help group (1%), and other (3%).
- 9% of Henry County adults used a program or services for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included: had not thought of it (4%), could not afford to go (3%), did not know how to find a program (2%), co-pay/deductible too high (2%), stigma of seeking mental health services (2%), fear (2%), transportation (1%), other priorities (1%), and other reasons (2%). 78% of adults indicated they did not need such a program.

**Henry County Adults Feeling Sad or Hopeless for Two or More Weeks in a Row**



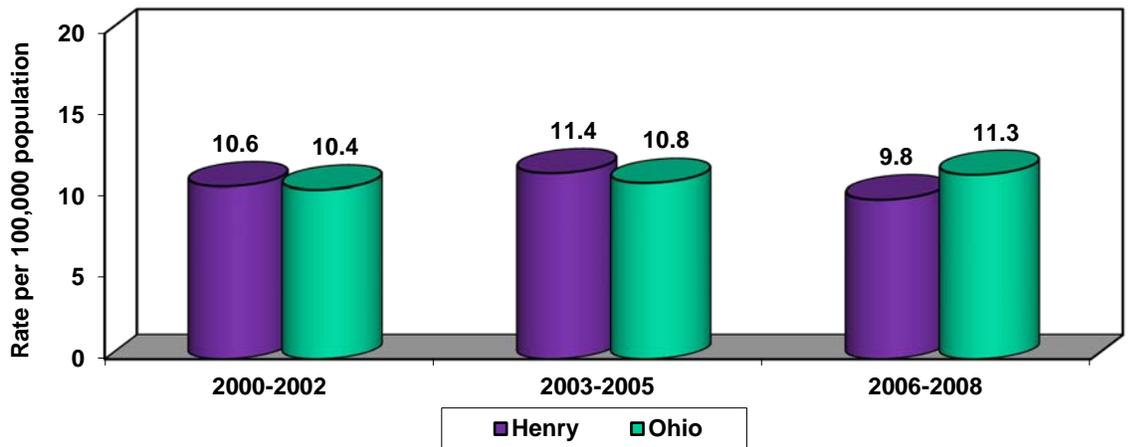
2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Two or more weeks in a row felt sad or hopeless	15%	13%	8%	N/A	N/A
Considered attempting suicide	2%	1%	3%	N/A	N/A

N/A – Not available

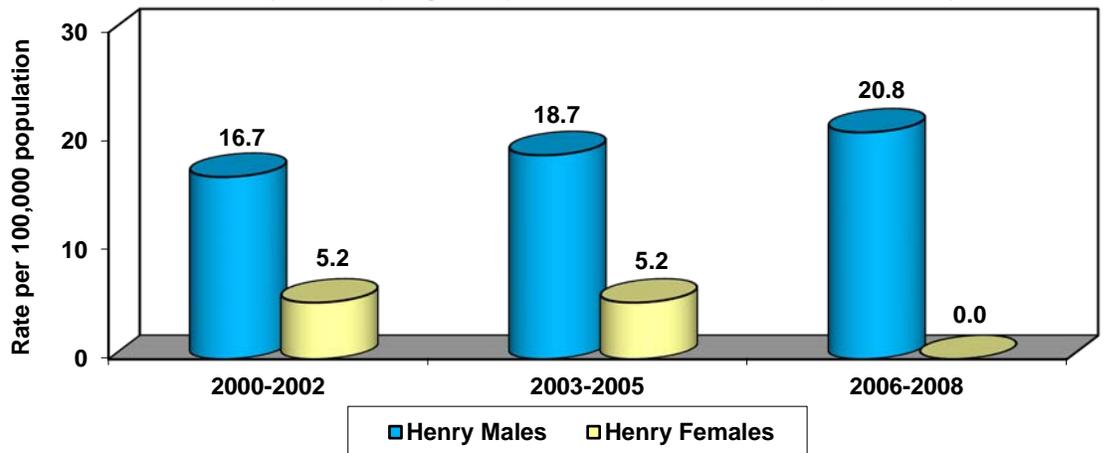
The following graphs show the Ohio and Henry County age-adjusted suicide mortality rates per 100,000 population. The graphs show:

- The Henry County age-adjusted suicide mortality rate decreased overall to a rate below the Ohio rate from 2000 to 2008.
- The Henry County male age-adjusted suicide rate consistently exceeded the female rate from 2000 to 2008.

**Henry County and Ohio Age-Adjusted Suicide Mortality Rates**



**Henry County Age-Adjusted Suicide Mortality Rates by Gender**

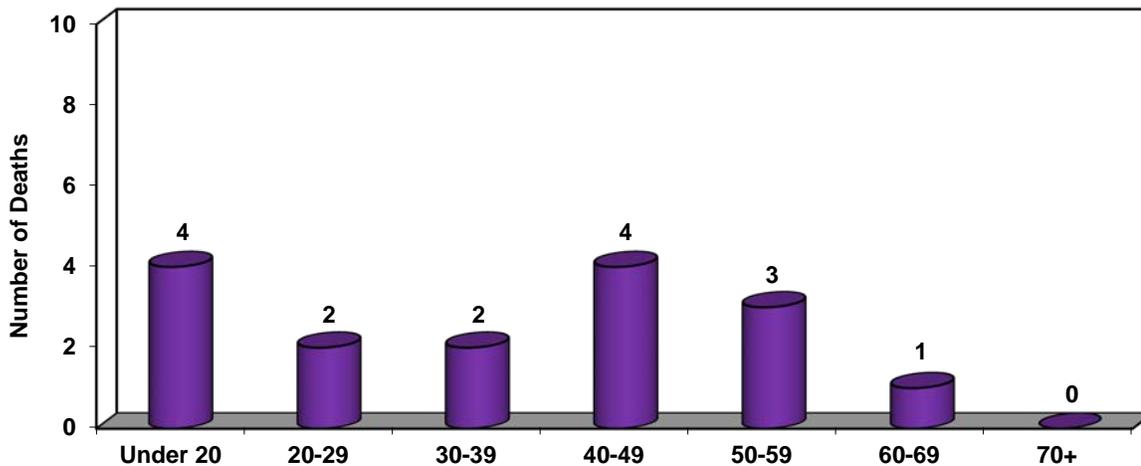


(Source: ODH Information Warehouse, updated 4-15-10)

The following graph shows the number of suicide deaths by age group for the county. The graph shows:

- From 2008-2012, 50% of all Henry County suicide deaths occurred to those ages 20 and younger and 40-49 years old.

**Henry County Number of Suicide Deaths By Age Group  
2008-2012  
Total Deaths = 16**



(Source: Four County ADAMhs Board, Suicide Statistics, Obtained 7/24/2013)

### Mental Health Services in Ohio

(Ohio Facts 2012, FY 2011\*)

- In FY 2011, mental health services spending totaled \$1.33 billion in Ohio. In FY 2011, state hospitals served 6,730 individuals at a cost of \$214.6 million. Average daily cost per resident was \$602.
- In FY 2011, Ohio's 50 community-based behavioral health boards served over 360,000 individuals throughout the state.
- In FY 2011, approximately 268,500 individuals received Medicaid mental health services through ODMH.

(Sources: U.S. Department of Health and Human Services, Ohio Department of Mental Health, <http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&humanservices.pdf>)

## Warning Signs for Suicide

More than 90 percent of people who kill themselves are suffering from one or more psychiatric disorders, in particular:

- Major depression
- Bipolar depression
- Schizophrenia
- Drug abuse & dependence
- Alcohol abuse & dependence
- Post-Traumatic Stress Disorder (PTSD)
- Eating disorders
- Personality disorders

The core symptoms of major depression are a “down” or depressed mood most of the day or a loss of interest or pleasure in activities that were previously enjoyed for at least two weeks, as well as:

- Changes in sleeping patterns
- Change in appetite or weight
- Intense anxiety, agitation, restlessness
- Fatigue or loss of energy
- Decreased concentration, indecisiveness or poorer memory
- Feelings of hopelessness, worthlessness, self-reproach or excessive or inappropriate guilt
- Recurrent thoughts of suicide

## Prevention: Take it Seriously

Fifty to 75% of all suicides give some warning of their intentions to a friend or family member. Recognize the *Imminent Dangers*:

- Threatening to hurt or kill oneself
- Talking or writing about death, dying, or suicide
- Looking for ways to kill oneself (weapons, pills, or other means)
- Has made plans or preparations for a potentially serious attempt

(Source: American Foundation for Suicide Prevention, *When You Fear Someone May Take Their Life*, <https://www.afsp.org/>)

# Adult and Youth | ORAL HEALTH

## Key Findings

The 2013 Health Assessment project has determined that nearly three-fourths (72%) of Henry County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (72%) of Henry County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

### Henry County Dental Care Resources – 2011

- Number of licensed dentists- 8
- Number of primary care dentists- 7
- Ratio of population per dentist- 3,581:1
- Number of dentists who treat Medicaid patients- 6
- Ratio of Medicaid population per dentist who treats Medicaid patients- 823:1

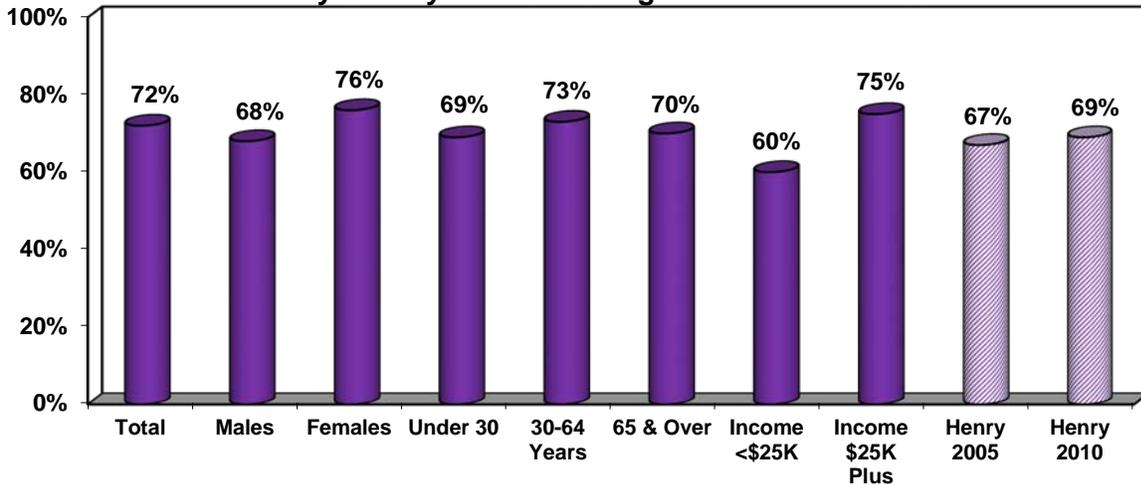
(Source: ODH Ohio Oral Health Surveillance System, 2011)

## Access to Dental Care

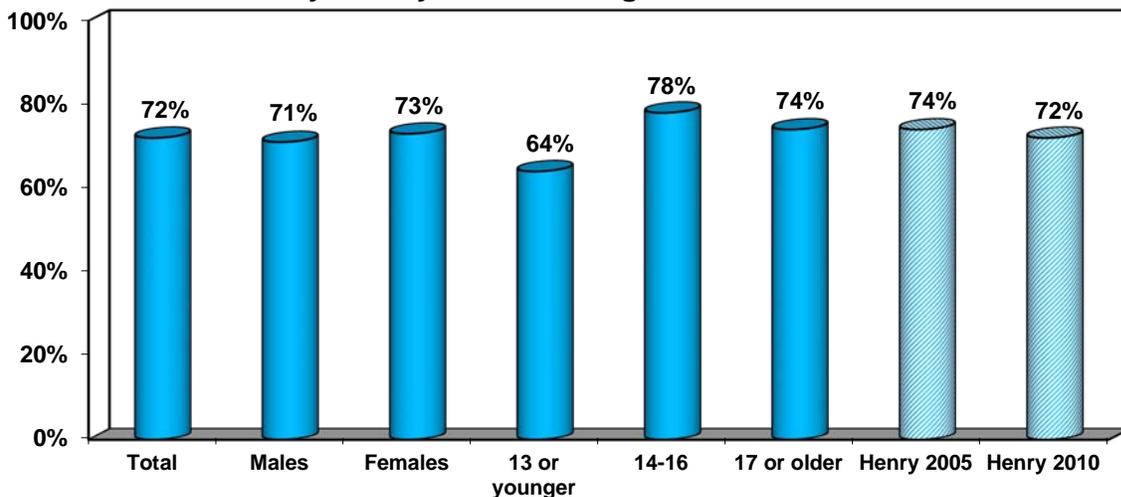
- In the past year, 72% of Henry County adults had visited a dentist or dental clinic, decreasing to 60% of adults with annual household incomes less than \$25,000.
- The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.
- When asked how long it had been since their last visit to a dentist or dental clinic, 10% of Henry County adults reported that it had been more than one year but less than two years, 8% reported that it had been more than two years but less than five years, and 7% responded it had been five or more years ago.
- More than four-fifths (83%) of Henry County adults with dental insurance have been to the dentist in the past year, compared to 67% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 42% said cost, 28% had no reason to go, 22% said fear, apprehension, nervousness, pain, and dislike going, 4% had other priorities, 3% had not thought of it, 3% did not have/know a dentist, 2% said their dentist did not accept their medical coverage, and 2% could not get to the office/clinic.
- Nearly two-fifths (39%) of adults had one or more of their permanent teeth removed, increasing to 64% of those ages 65 and over. The 2012 BRFSS reported that 45% of U.S. adults and 46% of Ohio adults had one or more permanent teeth removed.
- The 2013 Health Assessment reports that 19% of Henry County adults ages 65 and over had all of their permanent teeth removed. The 2012 BRFSS reported that 16% of U.S. adults and 20% of Ohio adults ages 65 and over had all of their permanent teeth removed.
- In the past year, 72% of Henry County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work. 9% responded more than one year but less than 2 years, and 4% responded more than 2 years ago.

The following graphs provide information about the frequency of Henry County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 72% of all Henry County adults had been to the dentist in the past year, 69% of those under the age of 30, and 60% of those with incomes less than \$25,000.

**Henry County Adults Visiting a Dentist in the Past Year**



**Henry County Youth Visiting a Dentist in the Past Year**



Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
<b>Time Since Last Visit to Dentist/Dental Clinic</b>					
Males	68%	9%	10%	8%	2%
Females	76%	9%	6%	6%	<1%
Total	72%	10%	8%	7%	1%

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

2005/2010/2013 Adult Comparisons	Henry County 2005	Henry County 2010	Henry County 2013	Ohio 2012	U.S. 2012
Adults who have visited the dentist in the past year	67%	69%	72%	68%	67%
Adults who had one or more permanent teeth removed	N/A	N/A	39%	46%	45%
Adults 65 years and older who had all of their permanent teeth removed	N/A	N/A	19%	20%	16%

N/A - Not Available

## Adult | PARENTING

### Key Findings

The 2013 Health Assessment project identified that 93% of children under the age of 4 always used a car seat while a passenger in a car. Nearly two-fifths (39%) of children were never breastfed. 71% of parents discussed screen time as well as dating and relationships with their 12-to-17 year old in the past year.

### Parenting

- 93% of parents whose child was under the age of 4 reported their child always used a car seat while a passenger in a car.
- 36% of parents reported their 0-11 year old always wore a helmet when riding a bicycle, riding in a pull-behind bike trailer, or riding in a child bike seat with an adult.
- 17% of parents reported their 0-11 year old never wore a helmet when riding a bicycle, riding in a pull-behind bike trailer, or riding in a child bike seat with an adult.
- Nearly three-fifths (59%) of parents said they would get their child vaccinated with the HPV vaccine. 25% said they did not have an adolescent child. 10% said they would not have their child vaccinated because their child is not going to have sex, and 6% said they did not have the money.
- Children were breastfed: more than 9 months (6%), 6 to 9 months (11%), 7 weeks to 3 months (13%), 3 to 6 weeks (17%), 2 weeks or less (8%), still breastfeeding (6%), and never breastfed (39%).
- Parents discussed the following with their 12-to-17 year old in the past year:
  - Screen time (71%)
  - Dating and relationships (71%)
  - Bullying (63%)
  - Physical activity (61%)
  - Eating habits (61%)
  - Negative effects of alcohol (61%)
  - Abstinence/how to refuse sex (61%)
  - Negative effects of tobacco (59%)
  - Body image (53%)
  - Negative effects of marijuana and other drugs (53%)
  - Social media issues (49%)
  - School/legal consequences of using tobacco/alcohol/other drugs (43%)
  - Refusal skills/peer pressure (39%)
  - Weight status (33%)
  - Birth control (33%)
  - Condom use/safer sex/STD prevention (29%)
  - Negative effects of misusing prescription medication (27%)
  - Anxiety/depression/suicide (27%)
  - Energy drinks (27%)

### How to Talk to your Teen about Safe Sex

- Talk calmly and honestly about safe sex.
- Practice talking about safe sex with another adult before approaching your adolescent.
- Listen to your adolescent and answer his/her questions honestly.
- Topics that are appropriate for a safe sex discussion may include: STDs and prevention, peer pressure to have sex, birth control, different forms of sexuality, and date rape.

(Source: American Academy of Pediatrics (AAP), Safer Sex Guidelines, <http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safesex.html>)

## Tips for Parents – Ideas to Help Children Maintain a Healthy Weight

- Encourage healthy eating habits by providing fruits, vegetables, whole grains, low-fat or non-fat dairy products, and lean meats and proteins for your family.
- Find ways to make your family's favorite dishes in a healthier way.
- Limit or reduce the consumption of calorie-rich, sugary and/or saturated fat in your home.
- Adding physical activity into the family's routine will lead for it to become a healthy habit. Some examples of moderate intensity physical activity include brisk walking, playing tag, jumping rope, playing soccer, swimming and dancing.
- Encourage fun activities to reduce the amount of sedentary time watching TV, playing video games or on the computer.
- The goal is to reduce the rate of weight gain in overweight and obese children and teens while still accounting for normal growth and development. Children and teens should not be placed on a diet without consulting a doctor.

(Source: CDC, Healthy Weight, "Tips for Parents – Ideas to Help Children Maintain a Healthy Weight", <http://www.cdc.gov/healthyweight/children/index.html>, October 31, 2011)

## Youth | WEIGHT STATUS

### Key Findings

The 2013 Health Assessment identified that 12% of Henry County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 25% of Henry County youth reported that they were slightly or very overweight. 68% of youth were exercising for 60 minutes on 3 or more days per week. 91% of youth were involved in extracurricular activities. 23% of youth reported they went to bed hungry on at least one day per week because they did not have enough food.

### Youth 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 fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- In 2013, 12% of youth were classified as obese by Body Mass Index (BMI) calculations (2011 YRBS reported 15% for Ohio and 13% for the U.S.). 14% of youth were classified as overweight (2011 YRBS reported 15% for Ohio and 15% for the U.S.). 63% were normal weight, and 11% were underweight.

*12% of Henry County youth were classified as obese.*

- 25% of youth described themselves as being either slightly or very overweight (2011 YRBS reported 30% for Ohio and 29% for the U.S.).
- Almost half (46%) of all youth were trying to lose weight, increasing to 60% of Henry County female youth (compared to 30% of males).
- Henry County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 43% of youth exercised.
  - 30% of youth ate less food, fewer calories, or foods lower in fat.
  - 5% reported going without eating for 24 hours or more (2011 YRBS reported 13% for Ohio and 12% for the U.S.).
  - 3% reported smoking to lose weight.
  - 2% reported taking diet pills, powders, or liquids without a doctor's advice (2011 YRBS reported 6% for Ohio and 5% for the U.S.).
  - 1% vomited or took laxatives to lose weight. (2011 YRBS reported 6% for Ohio and 4% for the U.S.).

## Nutrition

- 13% of Henry County youth ate 5 or more servings of fruits and vegetables per day. 77% ate 1 to 4 servings of fruits and vegetables per day.
- Over one-third (34%) of youth drank pop, punch, Kool-aid, sports drinks, fruit flavored drinks, etc. at least once per day.
- Henry County youth consumed the following sources of calcium daily: milk (85%), other dairy products (37%), yogurt (36%), calcium-fortified juice (11%), calcium supplements (7%), and other calcium sources (12%).
- 31% of youth reported drinking energy drinks for the following reasons: to stay awake (48%), to get pumped up (21%), before games or practice (11%), to help them perform (7%), to mix with alcohol (3%), and some other reason (49%).
- Almost one-quarter (23%) of youth reported they went to bed hungry because they did not have enough food at least one night per week. 5% of youth went to bed hungry every night of the week.

## Physical Activity

- 68% of Henry County 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. 15% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2011 YRBS reports 16% for Ohio and 14% for the U.S.).
- 76% of Henry County youth were physically active at least 60 minutes per day on less than 7 days, (2011 YRBS reported 75% for Ohio and 71% for the U.S.) and 54% were physically active at least 60 minutes per day on less than 5 days (2011 YRBS reported 55% for Ohio and 51% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes 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.
- Henry County youth spent an average of 3.4 hours on their cell phone, 2.4 hours watching TV, 2.1 hours on the computer/tablet, and 1.2 hours playing video games on an average day of the week.
- Over one-third (36%) of youth spent 3 or more hours watching TV on an average day (2011 YRBS reported 31% for Ohio and 32% for the U.S.).
- 91% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (59%), school club or social organization (38%), church youth group (30%), church or religious organization (26%), babysitting for other kids (24%), caring for siblings after school (19%), volunteering in the community (15%), part-time job (13%), caring for parents or grandparents (3%) or some other organized activity (Scouts, 4H, etc.) (23%).

- Henry County youth gave the following reasons for not participating in extracurricular activities: not interested (20%), transportation (6%), could not afford it (6%), had to watch younger siblings (6%), had a job (4%), extracurricular they would like did not exist (2%), parents would not take them to activities (1%), and had to take care of parents or grandparents (1%).

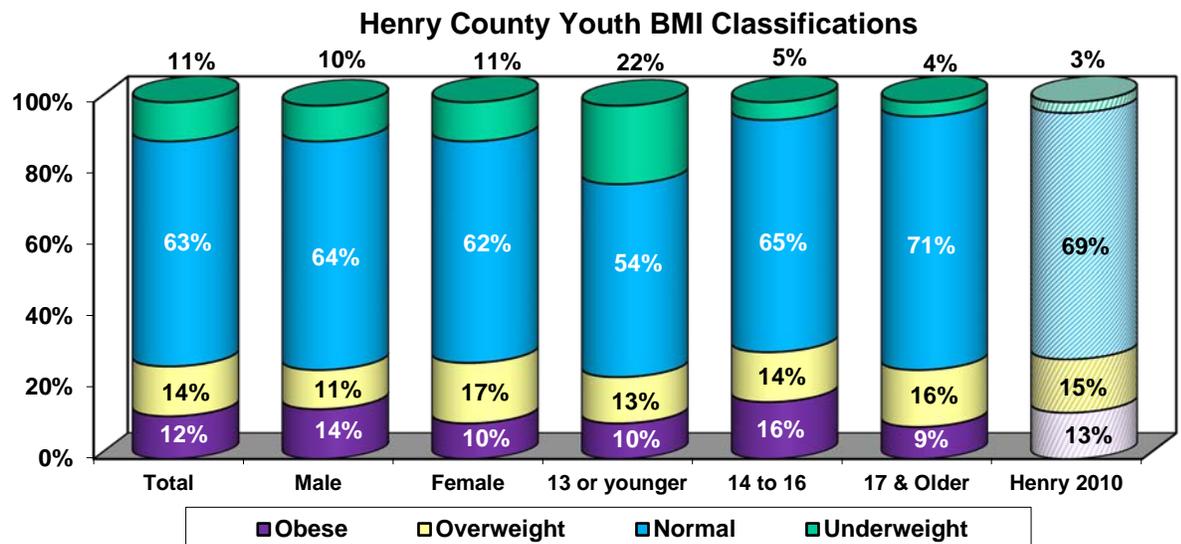
Henry County 6 <sup>th</sup> -12 <sup>th</sup> Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	43%
Ate less food, fewer calories, or foods lower in fat	30%
Went without eating for 24 hours	5%
Smoked cigarettes	3%
Took diet pills, powders, or liquids without a doctor's advice	2%
Vomited or took laxatives	1%

## Learning To Get Fit; Stronger Bodies, Sharper Minds

- Getting active can also improve academic performance. In a study of 214 middle-school students by researchers from Michigan State University, those who participated in vigorous physical activity did about 10% better in core classes like math, science and English.
- Exercise breaks during the day have been shown to improve learning and classroom behavior, and regular physical activity has psychological benefits that can help kids cope socially and deal with peer pressure.
- Current guidelines call for kids to get at least 60 minutes of exercise a day. Yet, according to a study published in *Medicine and Science in Sports and Exercise*, only 42% of children ages 6 to 11 and a mere 8% of adolescents meet that goal.

(Source: National Dairy Council, 2010; Newsweek Back-To-School Guidebook: In Association with Fuel up to Play 60, obtained from: [www.nationaldairycouncil.org/childnutrition](http://www.nationaldairycouncil.org/childnutrition))

The following graph shows the percentage of Henry County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph include: 63% of all Henry County youth were classified as normal weight, 12% were obese, 14% were overweight, and 11% were underweight for their age and gender.



# YOUTH WEIGHT

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	N/A	13%	12%	14%	15%	13%
Overweight	N/A	15%	14%	14%	15%	15%
Described themselves as slightly or very overweight	55%	30%	25%	26%	30%	29%
Trying to lose weight	49%	47%	46%	44%	N/A	N/A
Exercised to lose weight	45%	34%	43%	47%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	22%	11%	30%	35%	43%*	39%*
Went without eating for 24 hours or more	2%	1%	5%	7%	13%	12%
Took diet pills, powders, or liquids without a doctor's advice	N/A	0%	2%	4%	6%	5%
Vomited or took laxatives	2%	1%	1%	1%	6%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	N/A	77%	80%	85%*	78%*
Physically active at least 60 minutes per day on less than 7 days in past week	N/A	76%	76%	76%	75%	71%
Physically active at least 60 minutes per day on less than 5 days in past week	N/A	50%	54%	51%	55%	51%
Did not participate in at least 60 minutes of physical activity on any day in past week	N/A	11%	15%	10%	16%	14%
Watched TV 3 or more hours per day	37%	39%	36%	33%	31%	32%

N/A - Not available

\* Comparative YRBSS data for Ohio is 2007 and U.S. is 2009

## Youth | TOBACCO USE

### Key Findings

The 2013 Health Assessment identified that 8% of Henry County youth in grades 6-12 were smokers, increasing to 13% of those who were over the age of 17. Overall, 3% of Henry County youth in grades 6-12 indicated they had used chewing tobacco in the past month. Of those 6th -12th grade youth who currently smoked, 51% had tried to quit.

***In 2013, 8% of Henry County youth were current smokers, having smoked at some time in the past 30 days.***

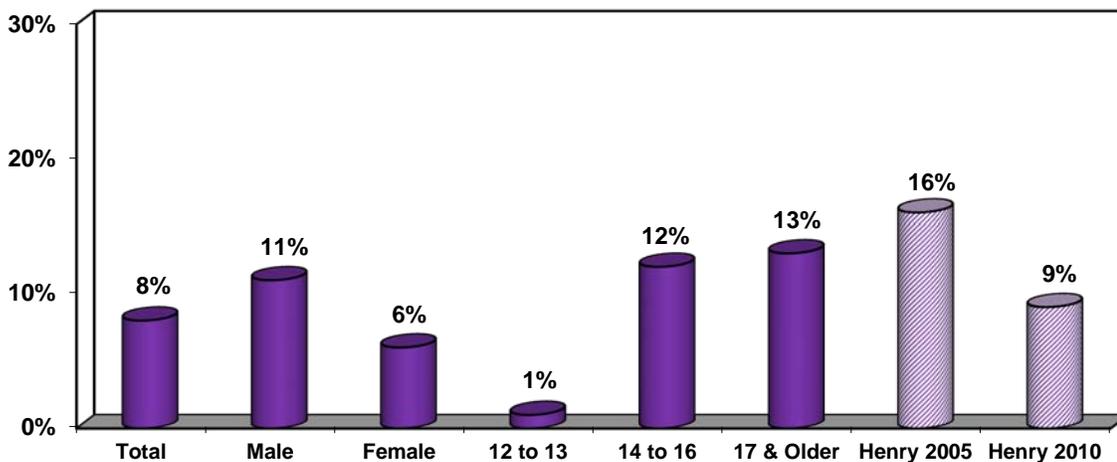
### Youth Tobacco Use Behaviors

- The 2011 YRBS reports that 52% of youth in Ohio had tried cigarette smoking (2011 YRBS reports 45% of U.S. youth and the 2013 health assessment indicated that 14% of Henry County youth had done the same.)
- 29% of those who had smoked a whole cigarette did so at 10 years old or younger, and 34% had done so by 12 years old. The average age of onset for smoking was 12.4 years old.
- 6% of all Henry County youth had smoked a whole cigarette for the first time before the age of 13. The 2011 YRBS reported that 14% of youth in Ohio had smoked a whole cigarette for the first time before age 13 and 2011 YRBS reported 10% for the U.S.
- In 2013, 8% of Henry County youth were current smokers, having smoked at some time in the past 30 days (2011 YRBS reported 21% for Ohio and 18% for the U.S). One-eighth (13%) of those ages 17 years old and older were current smokers, compared to 1% of 12-13 year olds.
- Two-fifths (40%) of current smokers smoked cigarettes daily.
- 3% of all Henry County youth smoked cigarettes on 20 or more days during the past month (2011 YRBS reported that 10% of youth in Ohio smoked cigarettes on 20 or more days during the past month and 6% for the U.S).
- More than three-fifths (68%) of the Henry County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 54% of youth smokers borrowed cigarettes from someone else, 46% asked someone else to buy them cigarettes, 37% said a person 18 years or older gave them the cigarettes, 31% took them from a family member, 23% indicated they bought cigarettes from a store or gas station, 3% got them from a vending machine, and 31% got them some other way. No one reported taking them from a store.
- Henry County youth used the following forms of tobacco the most in the past year: cigarettes (12%), Black and Milds (6%), cigars (6%), flavored cigarettes (5%), swishers (4%), hookah (4%), chewing tobacco or snuff (3%), snus (3%), e-cigarette (3%), cigarillos (2%), little cigars (2%), and bidis (1%).

- In the past 30 days, 3% of Henry County youth used chewing tobacco or snuff (2011 YRBS reported 12% for Ohio and 8% for the U.S.) increasing to 5% of males and of those ages 17 and older.
- About half (51%) of Henry County 6th-12th grade youth smokers had tried to quit smoking in the past year (2011 YRBS reported 56% for Ohio and 50% for the U.S.).
- Three-quarters (75%) of Henry County youth reported that their parents would disapprove of them smoking cigarettes, increasing to 82% of those ages 14-16.

The following graph shows the percentage of Henry County youth who smoke cigarettes. Examples of how to interpret the information include: 8% of all Henry County youth were current smokers, 11% of males smoked, and 6% of females were current smokers.

**Henry County Youth Who Are Current Smokers**



*6% of all Henry County youth had smoked a whole cigarette for the first time before the age of 13.*

**Behaviors of Henry County Youth**  
Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Participated in extracurricular activities	84%	92%
Participated in some form of sexual activity	79%	16%
Have had at least one drink of alcohol in the past 30 days	68%	14%
Have been bullied in the past 12 months	55%	46%
Have used marijuana in the past 30 days	47%	2%
Have been in a physical fight in the past 12 months	47%	21%
Misused prescription medications at some time in their life	42%	2%
Attempted suicide in the past 12 months	26%	4%

*Current smokers are those youth surveyed who have self-reported smoking at any time during the past 30 days.*

# YOUTH TOBACCO

2005/2009/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried cigarettes	38%	15%	14%	19%	52%	45%
Current smokers	16%	9%	8%	13%	21%	18%
Smoked cigarettes on 20 or more days during the past month (of all youth)	6%	4%	4%	6%	10%	6%
Used chewing tobacco or snuff in past month	5%	5%	3%	4%	12%	8%
Tried to quit smoking	41%	46%	51%	54%	56%	50%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	9%	6%	6%	7%	14%	10%

## Tobacco Sales and Promoting to Youth

- All states have laws making it illegal to sell cigarettes to anyone under the age of 18, yet 14% of students under the age of 18 who currently smoke cigarettes reported they usually obtained their own cigarettes by buying them in a store or gas station during the 30 days before the survey.
- Cigarette companies spent more than \$15.2 billion in 2003 to promote their products.
- Children and teenagers constitute the majority of all new smokers, and the industry's advertising and promotion campaigns often have special appeal to these young people.
- 83% of young smokers (aged 12-17) choose the three most heavily advertised brands.

(Source: <http://www.cdc.gov/healthyyouth/tobacco/facts.htm>, retrieved 11-3-11)

# Youth | ALCOHOL CONSUMPTION

## Key Findings

In 2013, the Health Assessment results indicated that 44% of Henry County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 59% of youth seventeen and older. 42% of those 6th-12th graders who drank, took their first drink at 12 years old or younger. 19% of all Henry County 6th-12th grade youth and 29% of those over the age of 17 had at least one drink in the past 30 days. About half (56%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all high school youth had driven a car in the past month after they had been drinking alcohol.

*In Henry County, 18% of youth had at least one drink in the past 30 days.*

## Youth Alcohol Consumption

- In 2013, the Health Assessment results indicated that about two-fifths (44%) of all Henry County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 59% of those ages 17 and older (2011 YRBS reports 71% for Ohio and 71% for the U.S.).
- About one-fifth (19%) of youth had at least one drink in the past 30 days, increasing to 29% of those ages 17 and older (2011 YRBS reports 38% for Ohio and 39% for the U.S.).
- Of those who drank, 56% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 61% of those ages 17 and older.
- Based on all youth surveyed, 10% were defined as binge drinkers, increasing to 18% of those ages 17 and older (2011 YRBS reports 24% for Ohio and 22% for the U.S.).
- 5% of Henry County youth who reported drinking in the past 30 days drank on at least 10 or more days during the month.
- Over two-fifths (42%) of Henry County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 23% took their first drink between the ages of 13 and 14, and 35% drank between the ages of 15 and 18. The average age of onset was 12.9 years old.
- Of all Henry County youth, 16% had drunk alcohol for the first time before the age of 13. (2011 YRBS reports 18% of Ohio youth drank alcohol for the first time before the age of 13 and 21% for the U.S.).
- Henry County youth drinkers reported they got their alcohol from the following: a parent gave it to them (58%), someone gave it to them (39%), (2011 YRBS reports 40% for the U.S.), someone older bought it for them (27%), an older friend or sibling bought it for them (24%), took it from a family member (14%), a friend's parent gave it to them (8%), bought it in a liquor store/ convenience store/gas station (3%), bought it at a restaurant/bar/club (3%), and some other way (18%). No one reported taking it from a store.

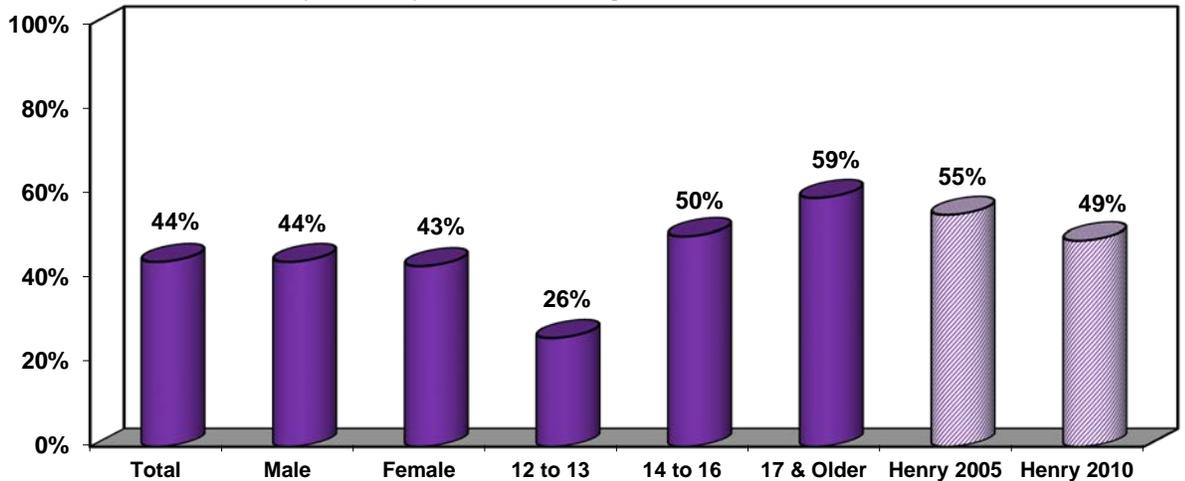
# YOUTH ALCOHOL

- 1% of youth reported they were on school property under the influence of alcohol during the past month.
- During the past month 17% of all Henry County youth had ridden in a car driven by someone who had been drinking alcohol (2011 YRBS reports 21% for Ohio and 2011 YRBS reports 24% for the U.S.).
- 4% of all high school youth had driven a car in the past month after they had been drinking alcohol, increasing to 6% of those 17 and older (2011 YRBS reports 7% for Ohio and 8% for the U.S.).
- Almost three-quarters (70%) of Henry County youth reported that their parents would disapprove of them drinking alcohol, increasing to 78% of those ages 14-16.

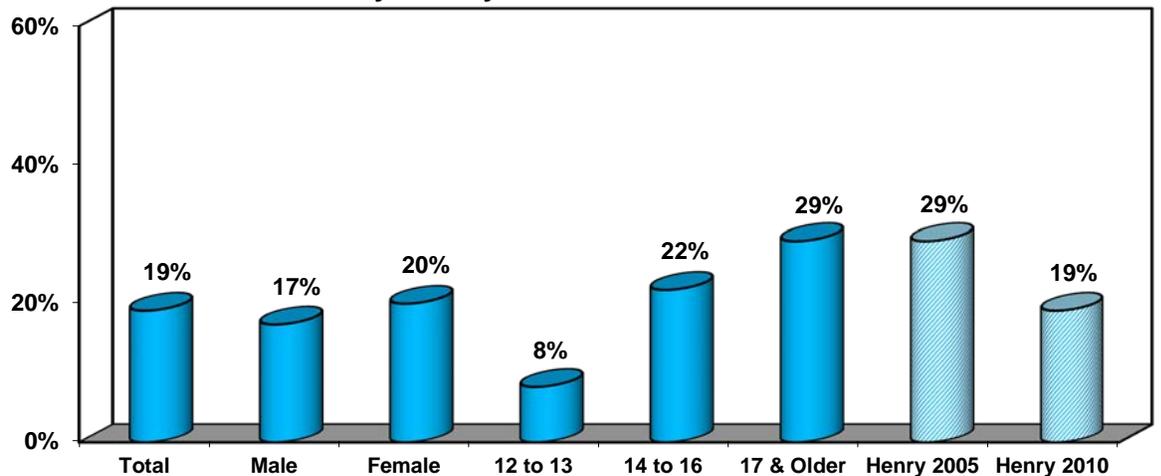
*Of all Henry County youth, 16% had drank alcohol for the first time before the age of 13.*

The following graphs show the percentage of Henry County youth who have drank in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 44% of all Henry County youth have drank at some time in their life: 44% of males and 43% of females.

**Henry County Youth Having At Least One Drink In Their Lifetime**



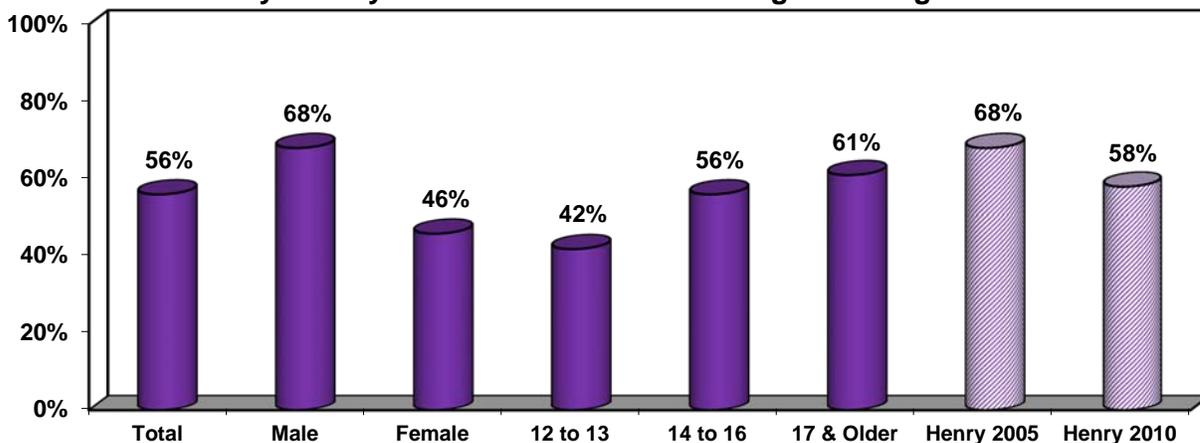
**Henry County Youth Who Are Current Drinkers**



Based on all Henry County youth surveyed, 10% were defined as binge drinkers.

The following graph shows the percentage of Henry County youth who were binge drinkers. Examples of how to interpret the information include: 56% of current drinkers binge drank in the past month, 68% of males, and 46% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.

Henry County Youth Current Drinkers Binge Drinking in Past Month\*



\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.

58% of Henry County youth drinkers reported they got their alcohol from a parent giving it to them.

Behaviors of Henry County Youth  
Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	92%	91%
Have been bullied in the past 12 months	58%	44%
Participated in some form of sexual activity	47%	16%
Have been in a physical fight in the past 12 months	41%	20%
Have smoked cigarettes in the past 30 days	33%	4%
Have used marijuana in the past 30 days	23%	2%
Misused prescription medications at some time in their life	23%	2%
Attempted suicide in the past 12 months	19%	4%

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

# YOUTH ALCOHOL

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried alcohol	55%	49%	44%	55%	71%	71%
Current drinker	29%	19%	19%	25%	38%	39%
Binge drinker (of all youth)	20%	11%	10%	15%	24%	22%
Drank for the first time before age 13 (of all youth)	23%	35%	16%	15%	18%	21%
Rode with someone who was drinking	26%	20%	17%	15%	21%	24%
Drank and drove	8%	5%	2%	4%	7%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	38%	39%	46%	N/A	40%

N/A - Not available

## Underage Drinking in Ohio

- The price for underage drinking on Ohio residents was \$2.9 billion in 2010.
- The figure of \$2.9 billion translates to a cost of \$2,596 per year for each youth in Ohio or \$3.19 per drink consumed underage.
- In 2009, there were 4,178 youth ages 12-20 who were admitted to an alcohol treatment program in Ohio, which was 11% of all alcohol abuse treatment admissions.
- Approximately 1,253 teen pregnancies and 36,019 teens engaging in risky sex can be attributed to underage drinking in 2009.
- In 2009, about 31 traffic fatalities and 1,872 nonfatal injuries were associated with driving after underage drinking.

(Source: Pacific Institute for Research and Evaluation (PIRE) with funding from the Office of Juvenile Justice and Delinquency Prevention, *Underage Drinking in Ohio: The Facts*, September 2011, <http://www.udetc.org/factsheets/OH.pdf>)

# Youth | MARIJUANA AND OTHER DRUG USE

## Key Findings

In 2013, 6% of Henry County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 9% of those ages 17 and older. 6% of 6th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 8% of those over the age of 17.

## Youth Drug Use

- In 2013, 6% of all Henry County youth had used marijuana at least once in the past 30 days, increasing to 9% of those over the age of 17. The 2011 YRBS found a prevalence of 24% for Ohio youth and a prevalence of 23% for U.S. youth that had used marijuana one or more times during the past 30 days.
- Over one-quarter (26%) of youth who tried marijuana did so before the age of 12. The average age of onset was 13.4 years old.
- 6% of Henry County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 8% of those over the age of 17.
- Henry County youth reported they got the medication that was not prescribed for them from the following: a friend gave it to them (77%), a parent gave it to them (35%), took it from a friend or family member (35%), bought them from someone else (35%), bought them from a friend (19%), and another family member gave it to them (8%).
- Henry County youth have tried the following in their life:
  - 6% of youth used inhalants, (2011 YRBS reports 11% for U.S.)
  - 5% used K2/spice /posh/salvia/synthetic marijuana
  - 3% misused over-the-counter medications
  - 3% used steroids, (2011 YRBS reports 4% for Ohio and 4% for U.S.)
  - 2% used ecstasy/MDMA, (2011 YRBS reports 8% for U.S.)
  - 2% had been to a pharm party/used skittles
  - 2% used cocaine, (2011 YRBS reports 7% for Ohio and 7% for U.S.)
  - 1% used bath salts
  - 1% used methamphetamines, (2011 YRBS reports 4% for the U.S.)
  - 1% used heroin, (2011 YRBS reports 3% for Ohio and 3% for U.S.)

### Synthetic Marijuana

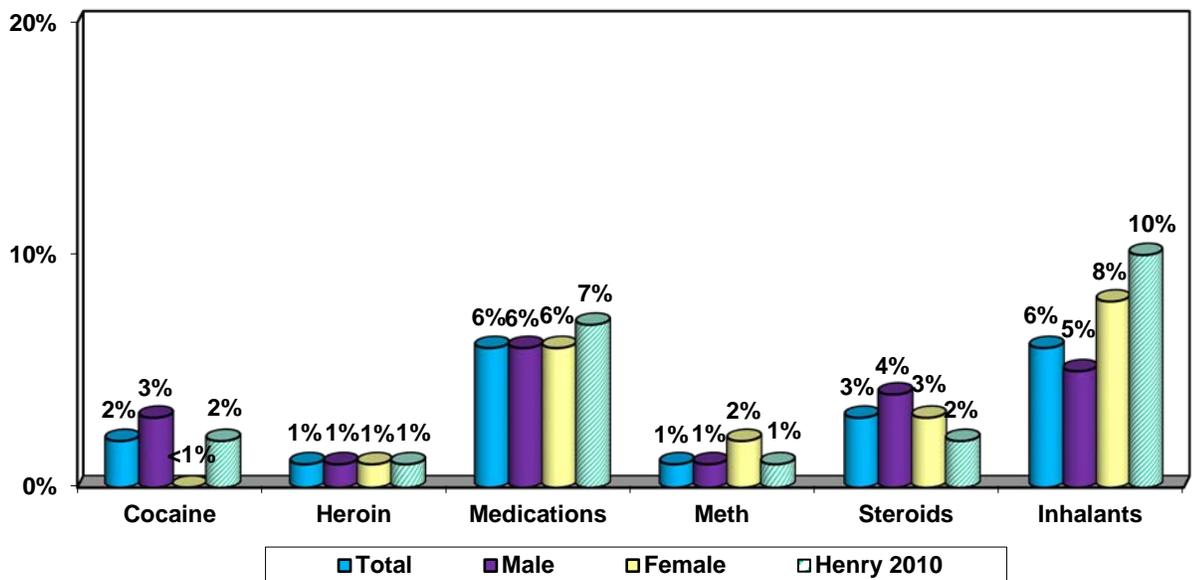
- "K2" and "Spice" are street names for synthetic marijuana. It is a mixture of herbs or other plant materials that have been sprayed with artificial chemicals that are supposed to mimic the effects of marijuana.
- The physical signs of using synthetic marijuana are very troubling and include increased agitation, profuse sweating, pale skin, vomiting and uncontrolled/spastic body movements.
- While these drugs may be "new" to many parents, more than one in 10 American high school seniors used synthetic marijuana in the prior year according to the "Monitoring the Future" study, conducted by the University of Michigan.
- Calls to poison control centers for exposure to synthetic marijuana doubled between 2010 and 2011 and is on track to continue rising in 2012.

(Source: The Partnership At Drugfree.Org, Parents 360 Synthetic Drugs : Bath Salts, K2/Spice : A Guide for parents and other influencer, [www.drugfree.org](http://www.drugfree.org), 2-16-12)

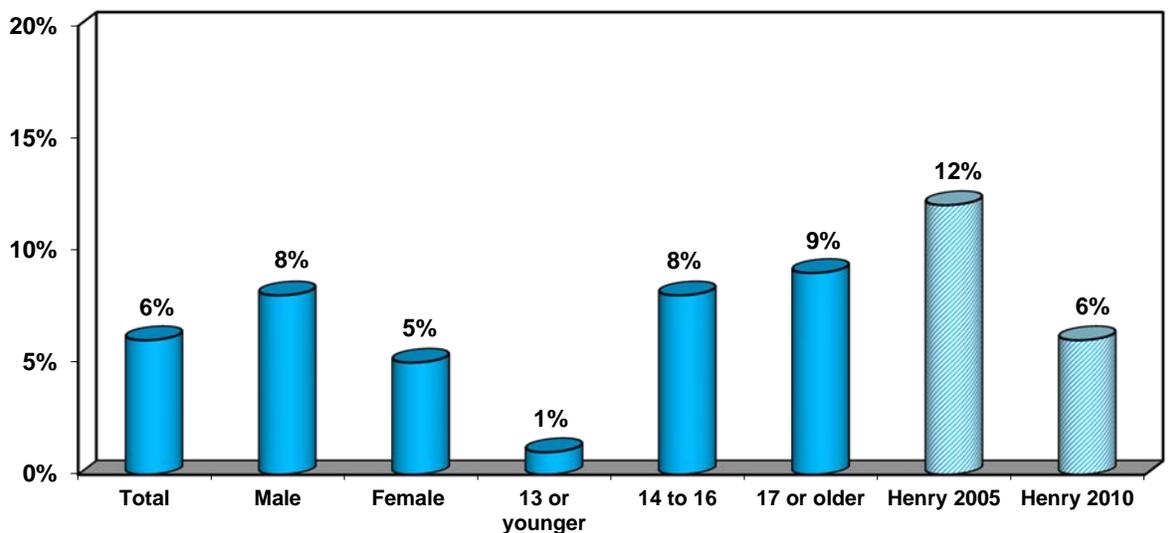
# YOUTH MARIJUANA

- During the past 12 months, 5% of all Henry County youth reported that someone had offered, sold, or given them an illegal drug on school property, increasing to 7% of males (2011 YRBS reports 24% for Ohio and 26% for the U.S.).
- In the past 30 days youth reported being on school property under the influence of the following:
  - 3% marijuana
  - 2% prescription drugs not prescribed for them
  - 1% synthetic marijuana/K2/spice/posh
  - 1% inhalants
  - 1% other illegal drugs
- More than three-quarters (77%) of Henry County youth reported that their parents would disapprove of them using marijuana, and 75% reported their parents would disapprove of them misusing prescription drugs.

**Henry County Youth Lifetime Drug Use**



**Henry County Youth Marijuana Use in Past Month**



# YOUTH MARIJUANA

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who used marijuana in the past month	12%	6%	6%	9%	24%	23%
Ever used methamphetamines	3%	1%	1%	1%	6%*	4%
Ever used cocaine	6%	2%	2%	2%	7%	7%
Ever used heroin	2%	1%	1%	1%	3%	3%
Ever used steroids	3%	2%	3%	3%	4%	4%
Ever used inhalants	12%	10%	6%	6%	12%**	11%
Ever used ecstasy/MDMA	N/A	N/A	2%	3%	N/A	8%
Ever misused medications	13%	7%	6%	9%	N/A	N/A
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	22%	7%	5%	5%	24%	26%

N/A - Not available  
 \*2007 YRBS Data  
 \*\*2005 YRBS Data

# Youth | SEXUAL BEHAVIOR AND TEEN PREGNANCY OUTCOMES

## Key Findings

*In 2013, more than one-fifth (22%) of Henry County youth have had sexual intercourse, increasing to 51% of those ages 17 and over. 18% of youth had participated in oral sex and 6% had participated in anal sex. 17% of youth participated in sexting. Of those who were sexually active, 44% had multiple sexual partners. One Henry County school asked limited sexual behavior questions.*

**51% of Henry County youth ages 17 and over have had sexual intercourse.**

## Youth Sexual Behavior

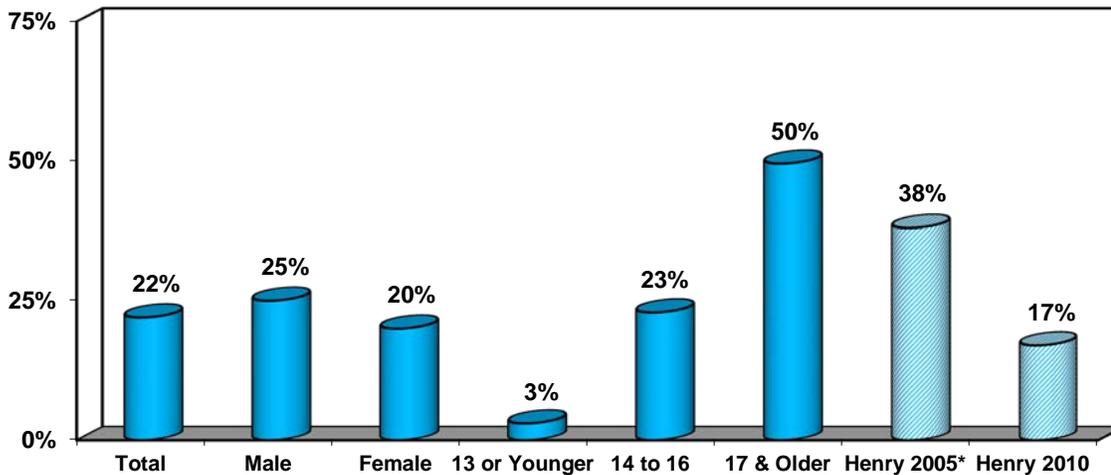
- One Henry County school asked limited sexual behavior questions.
- More than one-fifth (22%) of Henry County youth have had sexual intercourse, increasing to 51% of those ages 17 and over. (The 2011 YRBS reports 47% of U.S. youth have had sexual intercourse.).
- 18% of youth had participated in oral sex, increasing to 41% of those ages 17 and over.
- 6% of youth had participated in anal sex, increasing to 12% of those ages 17 and over.
- 17% of youth had participated in sexting, increasing to 26% of those ages 17 and over.
- 21% of youth had viewed pornography, increasing to 37% of males.
- Of those youth who were sexually active in their lifetime, 56% had one sexual partner and 44% had multiple partners.
- 5% of all Henry County high school youth had 4 or more partners (2011 YRBS reports 18% for Ohio and 15% for the U.S.).
- Of those youth who were sexually active, 19% had done so by the age of 13. Another 30% had done so by 15 years of age. The average age of onset was 14.6 years old.
- Of all high school youth, 8% were sexually active before the age of 13 (2011 YRBS reports 6% for Ohio and 6% for the U.S.).
- Of the youth who were sexually active, 18% had drunk alcohol or used drugs before their last sexual encounter, increasing to 24% of those ages 14 to 16. (2011 YRBS reports 19% for Ohio and 22% for the U.S.).
- Henry County youth had experienced the following: wanted to get pregnant (2%), been pregnant (2%), had a miscarriage (1%), had an abortion (1%), got someone pregnant (1%), tried to get pregnant (1%), and had a child (1%), exchanged sex for something of value (1%), had an STD (<1%), and been treated for an STD (<1%).

**8% of Henry County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.**

- Nearly half (48%) of youth who were sexually active used condoms to prevent pregnancy (2011 YRBS reports 60% for the U.S); 32% used birth control pills (2011 YRBS reports 23% for Ohio and 18% for the U.S), 15% used the withdrawal method, 5% used Depo-Provera, and 3% used some other method. However, 8% were engaging in intercourse without a reliable method of protection, increasing to 12% of females (2011 YRBS reports 10% for Ohio and 13% for the U.S.).
- Henry County youth that reported not always using protection when engaging in oral, anal, or sexual intercourse gave the following reasons: did not have protection available to me (6%), did not want to use protection (5%), it did not occur to me (4%), and my partner did not want to use protection (3%).

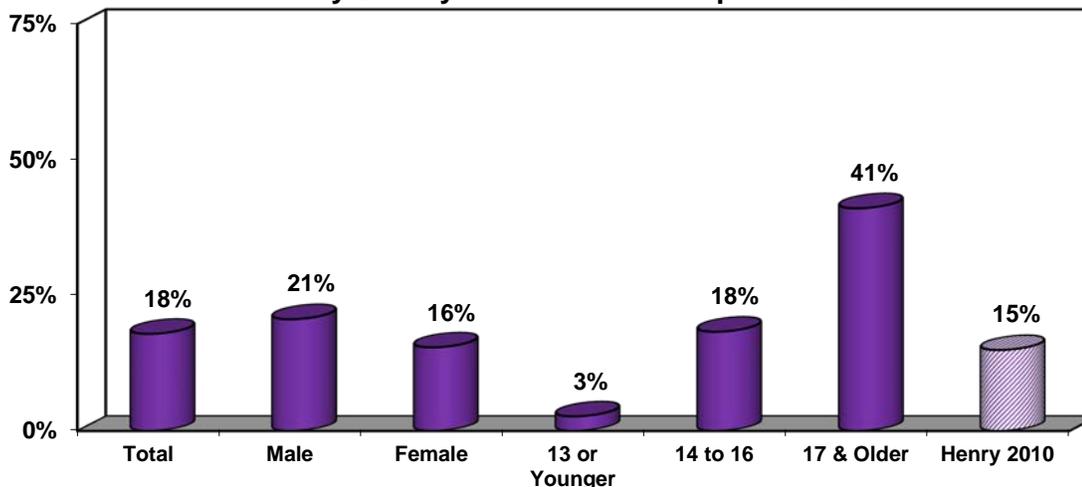
The following graphs show the percentage of Henry County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 22% of all Henry County youth had sexual intercourse, 25% of males, and 20% of females had sex.

**Henry County Youth Who Had Sexual Intercourse**



\*Only 9th-12th graders were asked sexual health questions in 2005.

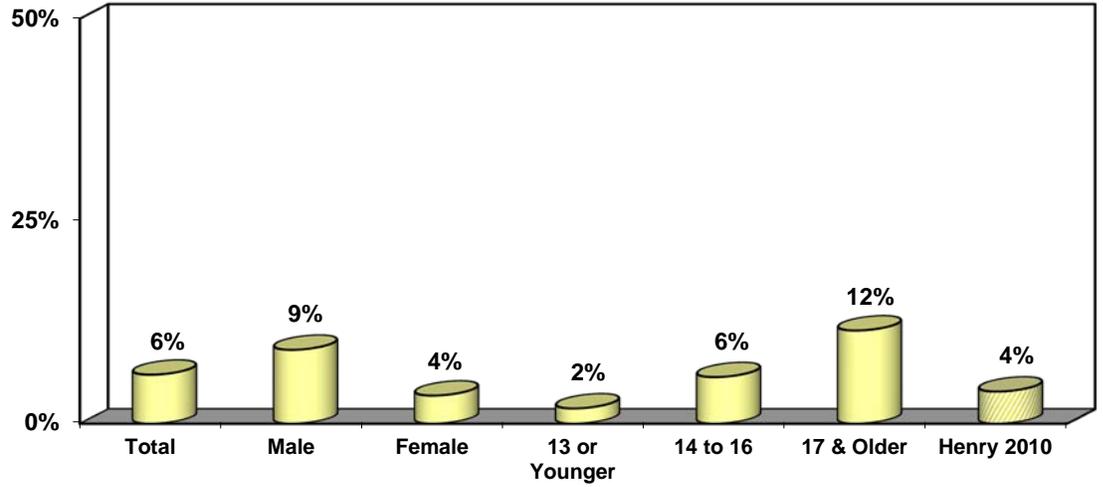
**Henry County Youth Who Participated in Oral Sex**



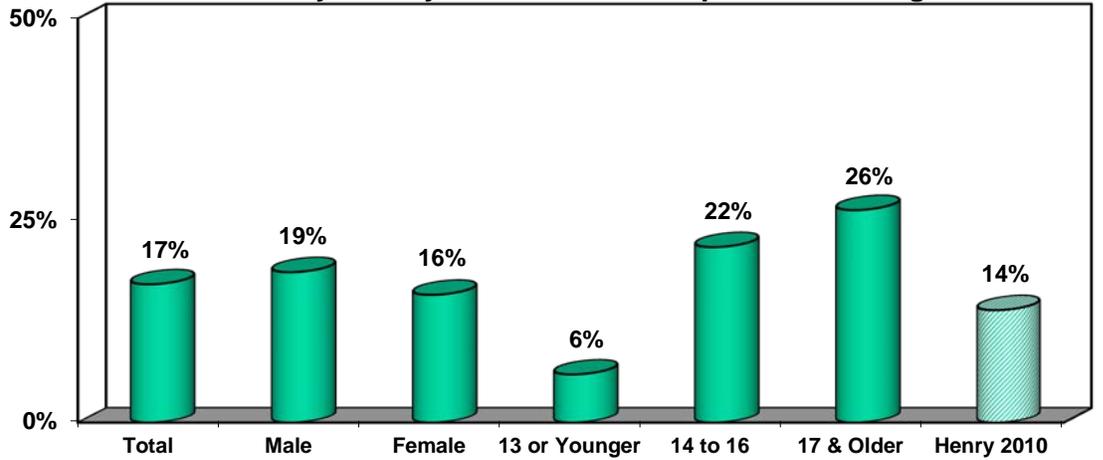
# SEXUAL BEHAVIOR

The following graph shows the percentage of Henry County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 6% of all Henry County youth participated in anal sex, 9% of males, and 4% of females.

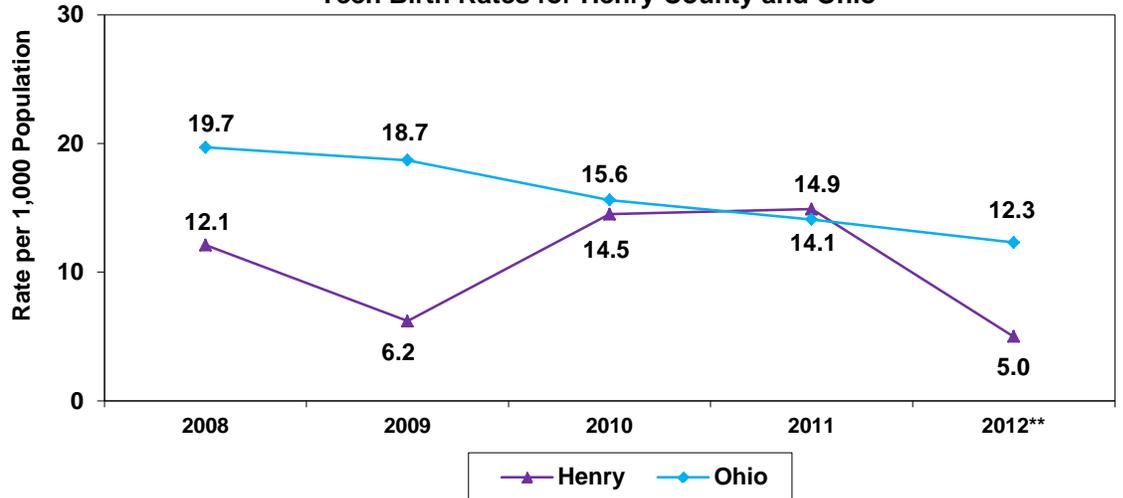
**Henry County Youth Who Participated in Anal Sex**



**Henry County Youth Who Participated in Sexting**



**Teen Birth Rates for Henry County and Ohio\***



\*Teen birth rates include women ages 15-17

\*\*2012 data is preliminary

(Source: Ohio Department of Health Information Warehouse Updated 2-26-13)

# SEXUAL BEHAVIOR

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )*	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever had sexual intercourse	38%	17%	22%	37%	45%**	47%
Used a condom at last intercourse	57%	55%	48%	61%	60%**	60%
Used birth control pills at last intercourse	16%	21%	32%	39%	23%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	14%	8%	8%	10%	10%	13%
Had four or more sexual partners	N/A	8%	3%	5%	18%	15%
Had sexual intercourse before age 13 (of all youth)	N/A	3%	4%	3%	6%	6%
Drank alcohol or used drugs before last sexual intercourse	17%	N/A	18%	17%	19%	22%

\*Only 9th-12th graders were asked sexual health questions in 2005.

N/A- Not available

\*\*2007YRBS data

## Youth | MENTAL HEALTH AND SUICIDE

### Key Findings

*In 2013, the Health Assessment results indicated that 13% of Henry County 6th-12th grade youth had seriously considered attempting suicide in the past year and 7% admitted actually attempting suicide in the past year.*

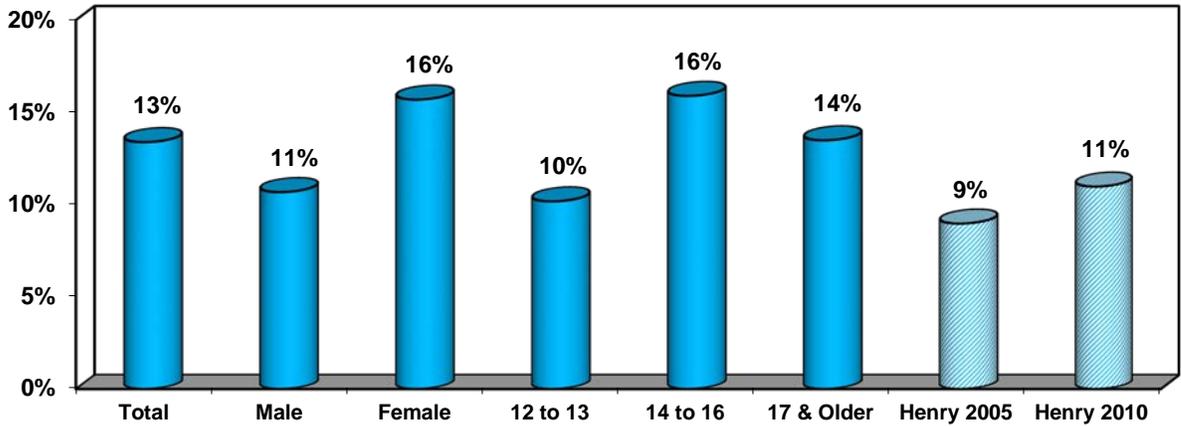
### Youth Mental Health

- In 2013, over one-fifth (21%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (2011 YRBS reported 27% for Ohio and 29% for the U.S.).
- 13% of youth reported they had seriously considered attempting suicide in the past 12 months. 14% of high school youth had seriously considered attempting suicide, compared to the 2011 YRBS rate of 16% for U.S. youth and 14% for Ohio youth.
- In the past year, 7% of Henry County youth had attempted suicide and 4% had made more than one attempt. The 2011 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 9% rate for Ohio youth.
- Of those who attempted suicide, 9% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- Of all Henry County youth, 3% had to be treated by a doctor or nurse as a result of a related injury, poisoning or overdose due to a suicide attempt (2011 YRBS reported 4% for Ohio and 2% for the U.S.).
- Henry County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (43%), texting someone (36%), hobbies (33%), talking to someone in their family (30%), talking to a peer (30%), exercising (25%), eating (24%), praying (24%), using social media (14%), shopping (12%), breaking something (12%), writing in a journal (11%), reading the Bible (10%), self-harm (7%), smoking/using tobacco (5%), drinking alcohol (4%), using illegal drugs (4%), using prescribed medication (3%), vandalism/violent behavior (3%), harming someone else (3%), talking to a medical professional (3%), using un-prescribed medication (2%), and gambling (1%). 28% of youth reported they do not have anxiety, stress, or depression.
- Henry County youth reported the following causes of anxiety, stress and depression: academic success (31%), fighting with friends (26%), sports (25%), fighting at home (23%), dating relationship (16%), breakup (16%), being bullied (16%), death of close family member or friend (16%), peer pressure (14%), parent divorce/separation (9%), caring for younger siblings (9%), poverty/no money (8%), ill parent (4%), alcohol or drug use at home (3%), parent lost their job (3%), family member in the military (2%), parent/caregiver with a substance abuse problem (2%), and other stress at home (17%).
- When dealing with feelings of depression or suicide, Henry County youth talk about their concerns with the following: a best friend (25%), girlfriend/boyfriend (18%), their parents (16%), brother/sister (10%), professional counselor (5%), teacher (3%), pastor/priest/religious leader (2%), youth minister (2%), school counselor (2%), coach (2%), scout master/club advisor (1%), or other (6%). 11% of youth talked to no one when feeling depressed or suicidal. 52% of youth reported they do not have thoughts of depression or suicide.

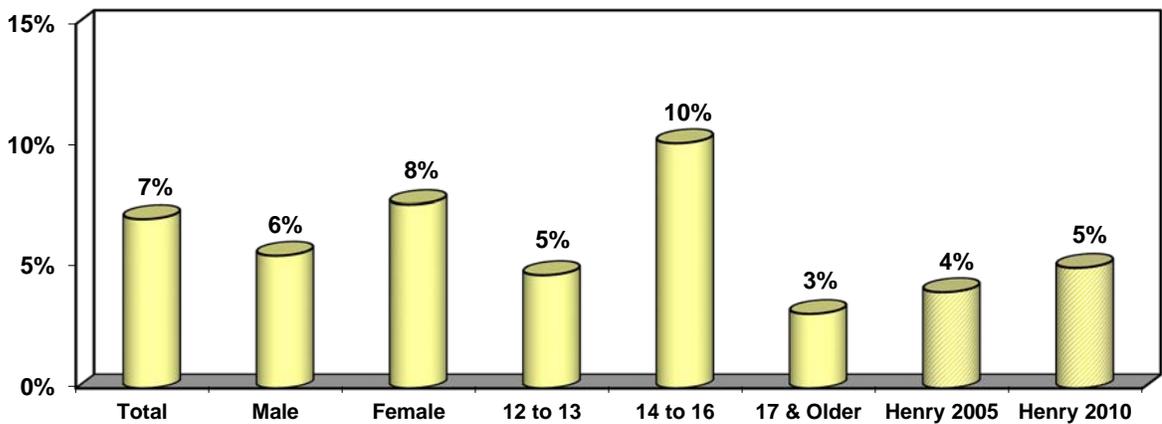
*21% of Henry County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.*

The following graphs show the percentage of Henry County youth who had seriously considered attempting suicide and attempted suicide in the past 12 months (i.e., the first graph shows that 13% of all youth had seriously considered attempting suicide, 11% of males and 16% of females).

**Henry County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 Months**



**Henry County Youth Who Attempted Suicide in Past 12 Months**



*11% of Henry County youth did not talk to anyone when feeling depressed or suicidal.*

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had seriously considered attempting suicide in the past year	9%	11%	13%	14%	14%	16%
Youth who had attempted suicide in the past year	4%	5%	7%	8%	9%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth) (of all youth)	1%	2%	3%	3%	4%	2%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	16%	21%	21%	23%	27%	29%

*Henry County youth reported the following leading causes of anxiety, stress and depression: academic success (31%), fighting with friends (26%), sports (25%), fighting at home (23%), dating relationship (16%), breakup (16%), being bullied (16%), and death of close family member or friend (16%).*

#### 2011 Ohio Suicide Statistics for Youth Grades 9-12

- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 15% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 9% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 4% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

*(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBSS 2011)*

# Youth | SAFETY

## Key Findings

*In 2013, 50% of Henry County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 32% of youth drivers texted while driving.*

***29% of Henry County youth had purposefully hurt themselves at some time in their lives.***

## Personal Safety

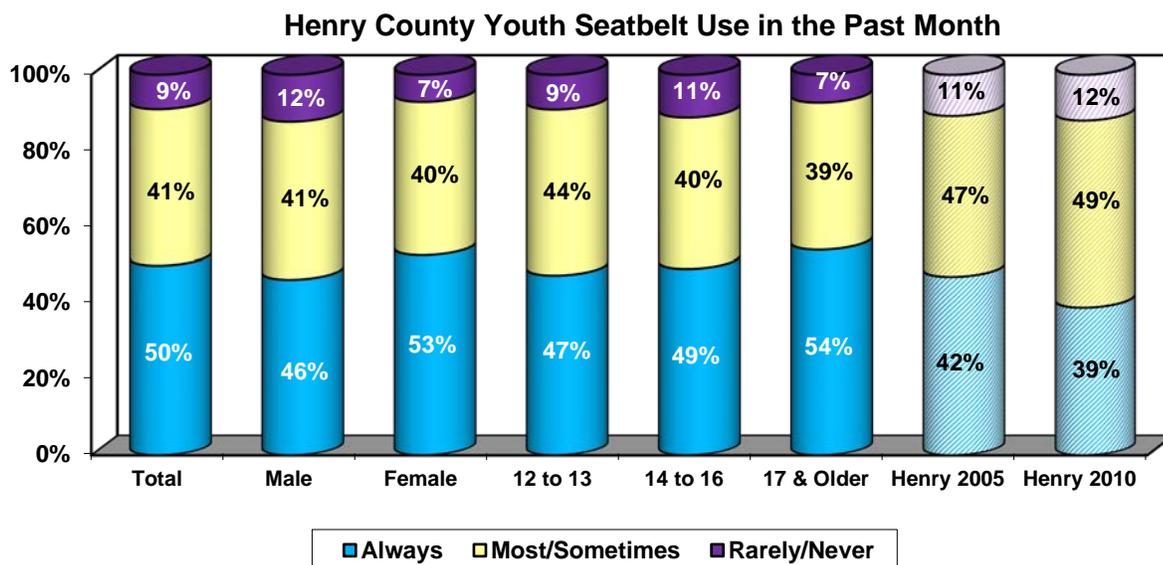
- Half (50%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 54% of those ages 17 and older.
- 9% of youth rarely or never wore a seatbelt when riding in a car driven by someone else (2011 YRBS reported 17% for Ohio and 8% for the U.S.).
- In the past 30 days, 17% of youth had ridden in a car driven by someone who had been drinking alcohol, (2011 YRBS reported 21% for Ohio and 24% for the U.S.) and 4% of high school youth had driven a car themselves after drinking alcohol, increasing to 6% of those ages 17 and older (2011 YRBS reported 7% for Ohio and 8% for the U.S.).
- Henry County youth drivers did the following while driving in the past month: wore a seatbelt (76%), talked on their cell phone (40%), ate (39%), texted (32%), used the Internet on their cell phone (12%), checked Facebook on their cell phone (7%), used cell phone for other things (5%), read (3%), played electronic games on cell phone (2%), and applied makeup (2%).
- 57% of Henry County youth always wore a helmet when they rode a motorcycle or moped during the past 12 months, 33% always wore a helmet when they rode an ATV, 9% wore a helmet when they rode a skateboard, and 4% always wore a helmet when they rode a bicycle.
- Henry County youth never wore a helmet when they rode the following in the past year: a skateboard (79%), a bicycle (79%), an ATV (41%), or a motorcycle/moped (22%).
- Over four-fifths (85%) of youth had a Twitter, Facebook, online gaming, or other social network account. Of those who had an account, they reported the following: they knew all of "my friends" (58%), their account was currently checked private (40%), their parents had their password (27%), they knew all of the people they play online (16%), they have been asked to share personal info (10%), they share personal info (8%), their friends had their password (7%), and they had problems as a result of their account (3%). Almost half (46%) of the youth who had a Twitter, Facebook, online gaming, or other social network account believed that sharing information online is dangerous.
- 29% of youth had purposefully hurt themselves at some time in their lives. Of those youth who had purposefully hurt themselves, 48% had done so 1 or 2 times and 15% had done so 40 or more times.

32% of Henry County youth drivers texted while driving in the past month.

## Texting While Driving Statistics and Information

- 80% of Americans admit to using cell phones, 20% admit to texting while driving, which amounts to about 100 million drivers (Source: National Safety Council).
- Texting while operating a motor vehicle can take nearly 40% of your brain capacity off the road (Source: National Safety Council, [fnal.gov](http://fnal.gov)).
- In 2009, 5,500 fatal crashes were reported to have involved cell phones as a distraction and over 440,000 people were reported with injuries (Source: The National Highway Traffic and Safety Administration; [basheinlaw.com](http://basheinlaw.com)).
- Cell phone using drivers' are 23 times more likely to be involved in an accident while texting and driving (Source: Virginia Tech Transportation Institute, 2009).

The following graph shows the percentage of Henry County youth who always, sometimes, and rarely/never wear a seatbelt (i.e., the graph shows that 50% of all youth always wear a seatbelt, 41% do so sometimes or most of the time and 9% rarely or never wear their seatbelt).



### Teen Seat Belt Use

- Teens buckle up far less frequently than adults do.
- Despite efforts aimed at increasing seat belt use among teens, observed seat belt use among teens and young adults (16 to 24 years old) stood at 80% in 2008-the lowest of any age group.
- In 2009, the majority (56%) of young people 16 to 20 years old involved in fatal car crashes were unbuckled.

(Source: National Highway Traffic Safety Administration: Teen Drivers-Seat Belt Use, <http://www.nhtsa.gov/Driving+Safety/Driver+Education/Teen+Drivers/Teen+Drivers++Seat+Belt+Use>)

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Always wore a seatbelt	42%	39%	50%	52%	N/A	N/A
Rarely or never wore a seatbelt	11%	12%	9%	9%	17%	8%
Ridden with someone who had been drinking alcohol in past month	26%	20%	17%	15%	21%	24%
Drove a car after drinking alcohol	8%	5%	2%	4%	7%	8%
Always wore a helmet when riding an ATV	14%	11%	33%	27%	N/A	N/A
Always wore a helmet when riding a bicycle	2%	2%	4%	4%	N/A	N/A
Always wore a helmet when riding a skateboard	1%	1%	9%	4%	N/A	N/A

N/A - Not available

## Understanding Self Harm

- Self-harm is often a behavior that is used to cope with difficult situations. It may bring an immediate sense of relief, but it is not a long-term solution and it can cause permanent damage to the body by injuring nerves.
- Self-harm is correlated with the following behaviors and symptoms but it is NOT caused by these:
  - Depression
  - Hopelessness
  - Impulsivity
  - Anxiety, self-blaming
  - Hypercritical parents
  - Loneliness/isolation
  - Perfectionism
  - Impaired family communication
  - Low self-esteem
  - Awareness of self-harm by peers
- Typically teens who self-harm are trying to feel better, while a teen who attempts suicide is trying to end all feelings, BUT the intent of the behavior can vary and needs to be assessed. Self-harm can be a risk factor for suicide; the higher the frequency of self-harm, the greater the risk of suicide.

(Source: Youth Suicide Prevention Program, Understanding Self Harm, [http://www.yspp.org/about\\_suicide/self\\_harm.htm](http://www.yspp.org/about_suicide/self_harm.htm))

## Youth | VIOLENCE ISSUES

### Key Findings

*In Henry County, 9% of youth had carried a weapon in the past month. 7% of youth had been threatened or injured with a weapon on school property in the past year. 53% of youth had been bullied in the past year and 33% had been bullied on school property.*

### Violence-Related Behaviors

- In 2013, 9% of Henry County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 15% of males (2011 YRBS reported 16% for Ohio and 17% for the U.S.).
- 7% of youth were threatened or injured with a weapon on school property in the past year (2011 YRBS reported 7% for the U.S.).
- 5% 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 (2011 YRBS reported 6% for Ohio and 6% for the U.S.).
- 53% of youth had been bullied in the past year. The following types of bullying were reported:
  - 35% were verbally bullied (teased, taunted or called you harmful names)
  - 28% were indirectly bullied (spread mean rumors about you or kept you out of a "group")
  - 15% were physically bullied (you were hit, kicked, punched or people took your belongings)
  - 14% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2011 YRBS reported 15% for Ohio and 16% for the U.S.)
- In the past year, 33% of youth had been bullied on school property (2011 YRBS reported 23% for Ohio and 20% for the U.S.).
- In the past year, 24% of youth had been involved in a physical fight (2011 YRBS reported 31% for Ohio and 33% for the U.S.).
- 4% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, (2011 YRBS reported 9% for the U.S.).
- 15% of youth reported they felt threatened or unsafe in their home in the past 12 months.
- Henry County youth had been forced to engage in the following: touched in an unsafe sexual way (4%), sexual intercourse (4%), (2011 YRBS reported 9% for Ohio and 8% for the U.S.), oral sex (4%), and other sexual activity (2%).

### Types of Bullying

- **Verbal Bullying:** Any bullying that is done by speaking. Calling names, teasing, threatening somebody, and making fun of others are all forms of verbal bullying.
- **Indirect Bullying:** A form of bullying that involves mean rumors being spread about someone or keeping someone out of a "group".
- **Physical Bullying:** Any bullying that hurts someone's body or damages their possessions. Stealing, shoving, hitting, fighting, and destroying property all are types of physical bullying.
- **Cyber Bullying:** Any bullying that happens over any technological device. This includes email, instant messaging, social networking sites (such as Facebook), text messages, and cell phones.

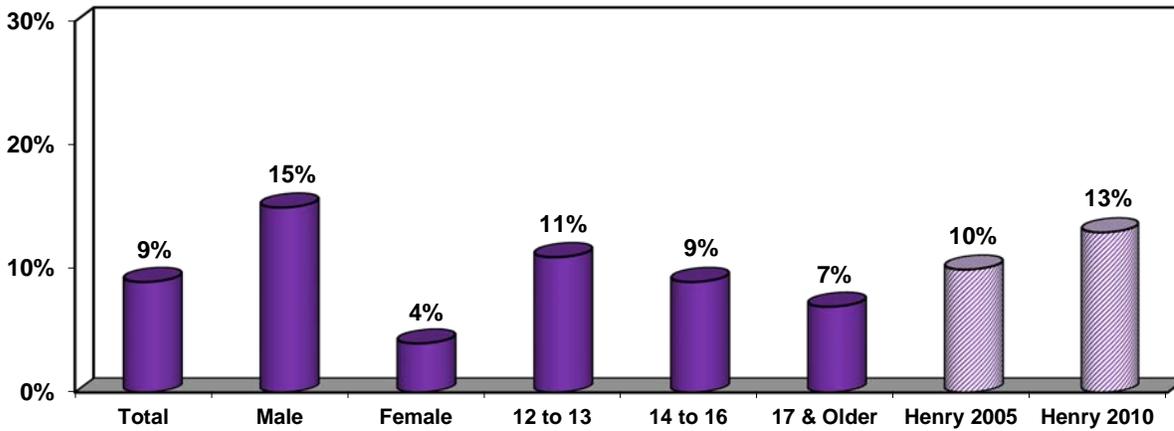
*(Source: RESPECT, Bullying Definitions, obtained from: <http://www.respect2all.org/parents/bullying-definitions>)*

**Behaviors of Henry Youth**  
*Bullied vs. Non-Bullied*

Youth Behaviors	Bullied	Non-Bullied
Misused prescription medications at some time in their life	9%	4%
Attempted suicide in the past 12 months	11%	5%
Have had at least one drink of alcohol in the past 30 days	24%	15%
Have smoked cigarettes in the past 30 days	11%	8%
Have used marijuana in the past 30 days	9%	4%

The following graph shows Henry County youth carrying a weapon in the past 30 days. The graph shows the number of youth in each segment giving each answer (i.e., the first graph shows that 9% of all youth carried a weapon in the past 30 days, 15% of males and 4% of females).

**Henry County Youth Carrying a Weapon During the Past 30 Days**



**Types of Bullying Henry County Youth Experienced in Past Year**

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	35%	28%	42%	36%	43%	19%
Indirectly Bullied	28%	14%	41%	25%	37%	17%
Physically Bullied	15%	17%	12%	17%	16%	8%
Cyber Bullied	14%	6%	21%	12%	20%	7%

# YOUTH VIOLENCE

2005/2010/2013 Youth Comparisons	Henry County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	10%	13%	9%	7%	16%	17%
Been in a physical fight in past year	31%	30%	24%	20%	31%	33%
Threatened or injured with a weapon on school property in past year	5%	7%	7%	5%	8%*	7%
Did not go to school because felt unsafe	2%	5%	5%	1%	6%	6%
Electronically/cyber bullied in past year	N/A	9%	14%	16%	15%	16%
Bullied in past year	N/A	43%	53%	41%	N/A	N/A
Bullied on school property in past year	N/A	N/A	33%	27%	23%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	6%	6%	4%	6%	N/A	9%
Ever physically forced to have sexual intercourse	3%	4%	4%	6%	9%	8%

N/A - Not available, \*2007 YRBS

# Appendix I | HENRY COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

# APPENDIX I

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2013. Atlanta: ACS, 2013	<ul style="list-style-type: none"> <li>2013 Cancer Facts, Figures, and Estimates</li> <li>Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org">www.cancer.org</a>
American Diabetes Association	<ul style="list-style-type: none"> <li>Type 1 and 2 Diabetes</li> <li>Risk Factors for Diabetes</li> </ul>	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> <li>When You Fear Someone May Take Their Life</li> </ul>	<a href="http://www.afsp.org/">www.afsp.org/</a>
American Heart Association, 2013	<ul style="list-style-type: none"> <li>Stroke Warning Signs and Symptoms</li> </ul>	<a href="http://www.heart.org/HEARTORG/">www.heart.org/HEARTORG/</a>
Annals of Emergency Medicine, v. 57, issue 6, 2011, p. 691	<ul style="list-style-type: none"> <li>Firearm Injury Prevention</li> </ul>	<a href="http://journals.ohiolink.edu/ejc/pdf.cgi/EJC_Article.pdf?issn=01960644&amp;issue=v57i0006&amp;article=691_fip">http://journals.ohiolink.edu/ejc/pdf.cgi/EJC_Article.pdf?issn=01960644&amp;issue=v57i0006&amp;article=691_fip</a>
<i>Arthritis at a Glance, 2012</i> , Centers for Disease Control & Prevention, <i>Morbidity and Mortality Weekly Report 2010</i> ; 59(39):999-1003 & 59(39):1261-1265	<ul style="list-style-type: none"> <li>What Can Be Done to Address Arthritis?</li> <li>Arthritis Statistics</li> </ul>	<a href="http://www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm">www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm</a>
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"> <li>2009 - 2011 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
Campaign for Tobacco Free Kids, State Cigarette Excise Tax Rates & Rankings, July 2012	<ul style="list-style-type: none"> <li>Costs of Tobacco</li> </ul>	<a href="http://www.tobaccofreekids.org/research/factsheets/pdf/0097.pdf">www.tobaccofreekids.org/research/factsheets/pdf/0097.pdf</a>

# APPENDIX I

Source	Data Used	Website
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> <li>▪ Asthma Statistics</li> <li>▪ Binge Drinking</li> <li>▪ Binge Drinking Among Women</li> <li>▪ Caffeinated Alcoholic Beverages</li> <li>▪ Cancer and Men</li> <li>▪ Cancer and Women</li> <li>▪ Chlamydia Profile: U.S. &amp; Ohio</li> <li>▪ Distracted Driving</li> <li>▪ Immunization Schedules</li> <li>▪ Human Papillomavirus (HPV)</li> <li>▪ Health Care Access and Utilization</li> <li>▪ Obesity Statistics</li> <li>▪ Skin Cancer Prevention</li> <li>▪ U.S. Adult Smoking Facts</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Adolescent & School Health	<ul style="list-style-type: none"> <li>▪ Soft drinks &amp; adolescent weight</li> </ul>	<a href="http://www.cdc.gov/healthyyouth/nutrition/facts.htm">www.cdc.gov/healthyyouth/nutrition/facts.htm</a>
CDC, Arthritis	<ul style="list-style-type: none"> <li>▪ Key Public Health Messages</li> </ul>	<a href="http://www.cdc.gov/arthritis/basics/key.htm">www.cdc.gov/arthritis/basics/key.htm</a>
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>▪ Leading Causes of Death in U.S.</li> <li>▪ Men's Health</li> <li>▪ U.S. Female Fertility Rate</li> <li>▪ U.S. Births to Unwed Mothers</li> <li>▪ U.S. Low Birth Weight, Live Births</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/">www.cdc.gov/nchs/fastats/</a>
CDC, Physical Activity for Everyone	<ul style="list-style-type: none"> <li>▪ Physical Activity Recommendations</li> </ul>	<a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html">www.cdc.gov/physicalactivity/everyone/guidelines/adults.html</a>
CDC, Sexually Transmitted Diseases Surveillance, 2011	<ul style="list-style-type: none"> <li>▪ U.S. Chlamydia and Gonorrhea Rates</li> <li>▪ STD's in Adolescents and Young Adults</li> <li>▪ U.S. STD Surveillance Profile, 2011</li> </ul>	<a href="http://www.cdc.gov/std/stats/">www.cdc.gov/std/stats/</a>
CDC, Vaccine Safety, Human Papillomavirus (HPV), updated January 24 2013	<ul style="list-style-type: none"> <li>▪ Human Papillomavirus</li> </ul>	<a href="http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html">www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html</a>
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>▪ All Healthy People 2020 Target Data Points</li> <li>▪ Some U.S. Baseline Statistics</li> <li>▪ Predictors of Access to Health Care</li> </ul>	<a href="http://www.healthypeople.gov/2020/topics/objectives2020">www.healthypeople.gov/2020/topics/objectives2020</a>

# APPENDIX I

Source	Data Used	Website
Healthy Youth: Tobacco, CDC	<ul style="list-style-type: none"> <li>Tobacco Sales &amp; Promoting to Youth</li> </ul>	<a href="http://www.cdc.gov/healthyouth/tobacco/facts.htm">www.cdc.gov/healthyouth/tobacco/facts.htm</a>
National Campaign to Prevent Teen and Unplanned Pregnancy	<ul style="list-style-type: none"> <li>Facts about "Sexting"</li> </ul>	<a href="http://www.thenationalcampaign.org/sextech/PDF/SexTech_PressReleaseFIN.pdf">www.thenationalcampaign.org/sextech/PDF/SexTech_PressReleaseFIN.pdf</a>
National Center for Environmental Health, CDC, 2012	<ul style="list-style-type: none"> <li>Asthma Trigger Factors</li> </ul>	<a href="http://www.cdc.gov/asthma/faqs.htm">www.cdc.gov/asthma/faqs.htm</a>
National Dairy Council, 2010; <i>Newsweek Back-To-School Guidebook</i>	<ul style="list-style-type: none"> <li>Learning to get fit; stronger bodies, sharper minds</li> </ul>	<a href="http://www.nationaldairycouncil.org/childnutrition">www.nationaldairycouncil.org/childnutrition</a>
National Heart, Lung, Blood Institute, 2011	<ul style="list-style-type: none"> <li>Chronic Respiratory Conditions</li> </ul>	<a href="http://www.nhlbi.nih.gov/">www.nhlbi.nih.gov/</a>
National Highway Traffic Safety Administration	<ul style="list-style-type: none"> <li>Teen drivers-seat belt use</li> </ul>	<a href="http://www.nhtsa.gov/Dri ving+Safety/Driver +Education/Teen+ Drivers/Teen+Drive rs+- +Seat+Belt+Use">www.nhtsa.gov/Dri ving+Safety/Driver +Education/Teen+ Drivers/Teen+Drive rs+- +Seat+Belt+Use</a>
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>Abuse of Prescription Drugs</li> </ul>	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
National Institute of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases	<ul style="list-style-type: none"> <li>Back Pain Prevention</li> </ul>	<a href="http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm">www.ninds.nih.gov/disorders/backpain/detail_backpain.htm</a>
National Safety Council	<ul style="list-style-type: none"> <li>Distracted Driving</li> <li>Texting while Driving</li> </ul>	<a href="http://www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx">www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx</a>
Nicotine & Tobacco Research, "Flavored Cigar Smoking Among U.S. Adults: Findings from the 2009-2010 National Adult Tobacco Survey," 2012	<ul style="list-style-type: none"> <li>Flavored Cigar Smoking Among U.S. Adults</li> </ul>	<a href="http://ntr.oxfordjournals.org/content/early/2012/08/17/ntr.nts178.abstract">http://ntr.oxfordjournals.org/content/early/2012/08/17/ntr.nts178.abstract</a>
National Vital Statistics Report	<ul style="list-style-type: none"> <li>Live Birth Data</li> </ul>	<a href="http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01">www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>Diabetes Facts</li> <li>Henry County and Ohio Mortality Statistics</li> <li>Henry County and Ohio Birth Statistics</li> <li>Henry County and Ohio Sexually Transmitted Diseases</li> <li>HIV/AIDS Surveillance Program</li> <li>Statistics: Access to Health Services</li> </ul>	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>

# APPENDIX I

Source	Data Used	Website
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> <li>Henry County and Ohio Cancer Mortality</li> <li>Henry County and Ohio Cancer Incidence</li> </ul>	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> <li>Henry County Oral Health Resources for Adults and Children</li> </ul>	<a href="http://publicapps.odh.ohio.gov/oralhealth/default.aspx">http://publicapps.odh.ohio.gov/oralhealth/default.aspx</a>
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> <li>Poverty Statistics</li> <li>Henry County and Ohio Medicaid Statistics</li> <li>Henry County Health Care Statistics</li> </ul>	<a href="http://jfs.ohio.gov/county/cntypro/pdf11/Henry.pdf">http://jfs.ohio.gov/county/cntypro/pdf11/Henry.pdf</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>2013 Henry County and Ohio Crash Facts</li> </ul>	<a href="https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx">https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx</a>
Ohio Family Health Survey Results, 2010	<ul style="list-style-type: none"> <li>Henry County and Ohio Uninsured Rates</li> </ul>	<a href="http://grc.osu.edu/omas/">http://grc.osu.edu/omas/</a>
Ohio Medicaid Assessment Survey, 2012	<ul style="list-style-type: none"> <li>Ohio Statistics</li> </ul>	<a href="https://ckm.osu.edu/sitetool/sites/omaspublic/documents/OMASStatewideRolloutPresentationSlides.pdf">https://ckm.osu.edu/sitetool/sites/omaspublic/documents/OMASStatewideRolloutPresentationSlides.pdf</a>
Pacific Institute for Research and Evaluation, "Underage Drinking in Ohio: The Facts," September 2011	<ul style="list-style-type: none"> <li>Underage drinking in Ohio fact sheet</li> </ul>	<a href="http://www.udetc.org/factsheets/OH.pdf">www.udetc.org/factsheets/OH.pdf</a>
The Partnership at Drugfree.org, Parents 360, 2012	<ul style="list-style-type: none"> <li>Synthetic Drugs: Bath Salts, K2/Spice A guide for parents and other influencers</li> </ul>	<a href="http://www.drugfree.org">www.drugfree.org</a>
Respect2All	<ul style="list-style-type: none"> <li>Types of Bullying</li> </ul>	<a href="http://www.respect2all.org/parents/bullying-definitions">www.respect2all.org/parents/bullying-definitions</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	<ul style="list-style-type: none"> <li>Drug-Related Emergency Department Visits Involving Synthetic Cannabinoids</li> </ul>	<a href="http://www.samhsa.gov/data/2k12/DAWN105/SR105-synthetic-marijuana.pdf">www.samhsa.gov/data/2k12/DAWN105/SR105-synthetic-marijuana.pdf</a>
U.S. Department of Agriculture	<ul style="list-style-type: none"> <li>Household Food Security</li> </ul>	<a href="http://www.ers.usda.gov/publications/err-economic-research-report/err141/report-summary.aspx">www.ers.usda.gov/publications/err-economic-research-report/err141/report-summary.aspx</a>

Source	Data Used	Website
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>American Community Survey 3 year estimates, 2009-2011</li> <li>Ohio and Henry County 2010 Census Demographic Information</li> <li>Ohio and U.S. Health Insurance Sources</li> <li>Small Area Income and Poverty Estimates</li> <li>Federal Poverty Thresholds</li> </ul>	<a href="http://www.census.gov">www.census.gov</a>
U.S. Department of Health and Human Services, Ohio Department of Mental Health	<ul style="list-style-type: none"> <li>Mental Health Services in Ohio</li> </ul>	<a href="http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;humanservices.pdf">www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;humanservices.pdf</a>
U. S. Department of Health and Human Services, SAMHSA, NSDUH, 2007, 2008, 2010	<ul style="list-style-type: none"> <li>National Survey on Drug Use and Health</li> </ul>	<a href="http://www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm">www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm</a>
Virginia Tech Transportation Institute, 2009	<ul style="list-style-type: none"> <li>Texting while driving</li> </ul>	<a href="http://www.vtti.vt.edu">www.vtti.vt.edu</a>
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> <li>2005 - 2011 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx">http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx</a>

# APPENDIX I

## Appendix II | LIST OF ACRONYMS AND TERMS

<b>Adult</b>	Defined as 19 years of age and older.
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Binge drinking</b>	Adult consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>BMI</b>	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
<b>CDC</b>	Centers for Disease Control and Prevention.
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>Crude Mortality Rates</b>	Number of deaths/estimated mid-year population times 100,000.
<b>CY</b>	Calendar Year
<b>FY</b>	Fiscal Year
<b>HCF</b>	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
<b>HP 2020</b>	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.
<b>Health Indicator</b>	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 $\geq 140$ and Diastolic $\geq 90$
N/A	Data not available.
ODH	Ohio Department of Health
Race/Ethnicity	<b>Census 2010:</b> 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.
Weapon	Defined in the YRBSS 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	<b>Underweight</b> is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile. <b>Overweight</b> is defined as BMI-for-age 85 <sup>th</sup> percentile to < 95 <sup>th</sup> percentile. <b>Obese</b> is defined as $\geq 95^{\text{th}}$ percentile.
YRBSS	Youth Risk Behavior Surveillance System, a youth survey conducted by the CDC

# APPENDIX III

## Appendix III | METHODS FOR WEIGHTING THE 2013 HENRY COUNTY ASSESSMENT DATA

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

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2013 Henry County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Henry County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (7 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Henry County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2013 Henry County Survey and the 2010 Census.

<u>Sex</u>	<u>2013 Henry Survey</u>		<u>2010 Census</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	209	45.336226	13,974	49.5268474	1.09243429
Female	252	54.663774	14,241	50.4731526	0.92333823

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Henry County. The weighting for males was calculated by taking the percent of males in Henry County (based on Census information) (49.5268474%) and dividing that by the percent found in the 2013 Henry County sample (45.336226%) [49.5268474/45.336226= weighting of 1.09243429 for males]. The same was done for females [50.4731526/54.663774 = weighting of 0.92333823 for females]. Thus males' responses are weighted heavier by a factor of 1.09243429 and females' responses weighted less by a factor of 0.92333823.

This same thing was done for each of the 18 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 1.361659867 [0.923338228 (weight for females) x 1.006076268 (weight for White) x 1.7908856807 (weight for age 35-44) x 0.818481848 (weight for income \$50-\$75k)]. Thus, each individual in the 2013 Henry County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 17.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

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

# APPENDIX III

Category	Henry Sample	%	2010 Census *	%	Weighting Value
<b>Sex:</b>					
Male	209	45.336226	13,974	49.526847	1.092434
Female	252	54.663774	14,241	50.473153	0.923338
<b>Age:</b>					
20-24	34	7.538803	1,424	6.976972	0.925474
25-34	41	9.090909	3,236	15.854973	1.744047
35-44	43	9.534368	3,485	17.074963	1.790885
45-54	105	23.281596	4,372	21.420872	0.920077
55-59	70	15.521064	1,988	9.740323	0.627555
60-64	49	10.864745	1,556	7.623714	0.701692
65-74	76	16.851441	2,176	10.661440	0.632672
75-84	33	7.317073	1,491	7.305243	0.998383
85+	0	0.000000	682	3.341499	na
<b>Race:</b>					
White	439	94.612069	26,857	95.186957	1.006076
Non-White	25	5.387931	1,358	4.813043	0.893300
<b>Household Income</b>					
Less than \$10,000	21	4.772727	459	4.131413	0.86562942
\$10k-\$15k	20	4.545455	796	7.164716	1.576237624
\$15k-\$25k	37	8.409091	1,240	11.161116	1.327267862
\$25k-\$35k	54	12.272727	1,313	11.818182	0.962962963
\$35k-\$50	84	19.090909	1,838	16.543654	0.866572372
\$50k-\$75k	120	27.272727	2,480	22.322232	0.818481848
\$75k or more	104	23.636364	2,984	26.858686	1.136329018

*Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Henry County in each subcategory by the proportion of the sample in the Henry County survey for that same category.*

# Appendix IV | HENRY COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2013 Henry County Health Assessment:

## **HOLGATE LOCAL SCHOOLS**

Holgate Middle/High School

## **LIBERTY CENTER LOCAL SCHOOLS**

Liberty Center Middle School  
Liberty Center High School

## **NAPOLEON AREA CITY SCHOOLS**

Napoleon Middle School  
Napoleon High School

## **PATRICK HENRY LOCAL SCHOOLS**

Patrick Henry Middle School  
Patrick Henry High School

## Appendix V | HENRY COUNTY SAMPLE DEMOGRAPHIC PROFILE\*

Variable	2013 Survey Sample	Henry County Census 2011	Ohio Census 2011
<b>Age</b>			
20-29	16.6%	10.8%	12.9%
30-39	13.1%	12.8%	12.1%
40-49	18.7%	12.7%	13.7%
50-59	20.9%	15.7%	14.6%
60 plus	25.2%	20.9%	20.4%
<b>Race/Ethnicity</b>			
White	94.9%	96.0%	82.9%
Black or African American	0%	0.5%	12.1%
American Indian and Alaska Native	1.0%	0.2 %	0.2%
Asian	0.2%	0.4%	1.7%
Other	1.1%	1.6%	0.9%
Hispanic Origin (may be of any race)	3.0%	6.5%	3.2%
<b>Marital Status†</b>			
Married Couple	66.3%	56.1%	48.3%
Never been married/member of an unmarried couple	19.1%	23.5%	31.2%
Divorced/Separated	7.4%	12.9%	14.1%
Widowed	3.9%	7.4%	6.5%
<b>Education†</b>			
Less than High School Diploma	3.1%	9.2%	11.7%
High School Diploma	38.9%	45.7%	34.8%
Some college/ College graduate	55.6%	45.1%	53.5%
<b>Income (Families)</b>			
\$14,999 and less	9.8%	8.4%	9.3%
\$15,000 to \$24,999	9.4%	6.2%	8.5%
\$25,000 to \$49,999	25.6%	27.6%	24.4%
\$50,000 to \$74,999	21.2%	21.7%	21.3%
\$75,000 or more	26.8%	36.1%	36.5%

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

† The Ohio and Henry 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 VI | DEMOGRAPHICS AND HOUSEHOLD INFORMATION

Henry County Population by Age Groups and Gender  
U.S. Census 2010

Age	Total	Males	Females
<b>Henry County</b>	<b>28,215</b>	<b>13,974</b>	<b>14,241</b>
<b>0-4 years</b>	<b>1,825</b>	<b>951</b>	<b>874</b>
1-4 years	1,496	776	720
< 1 year	329	175	154
1-2 years	735	393	342
3-4 years	761	383	378
<b>5-9 years</b>	<b>1,957</b>	<b>982</b>	<b>975</b>
5-6 years	759	394	365
7-9 years	1,198	588	610
<b>10-14 years</b>	<b>2,033</b>	<b>1,054</b>	<b>979</b>
10-12 years	1,195	607	588
13-14 years	838	447	391
12-18 years	2,919	1,527	1,392
<b>15-19 years</b>	<b>1,990</b>	<b>1,036</b>	<b>954</b>
15-17 years	1,279	659	620
18-19 years	711	377	334
20-24 years	1,424	732	692
25-29 years	1,624	818	806
30-34 years	1,612	825	787
35-39 years	1,725	865	860
40-44 years	1,760	878	882
45-49 years	2,063	1,028	1,035
50-54 years	2,309	1,194	1,115
55-59 years	1,988	970	1,018
60-64 years	1,556	786	770
65-69 years	1,174	550	624
70-74 years	1,002	459	543
75-79 years	837	368	469
80-84 years	654	263	391
85-89 years	451	161	290
90-94 years	174	49	125
95-99 years	50	5	45
100-104 years	7	0	7
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>682</b>	<b>215</b>	<b>467</b>
<b>Total 65 years and over</b>	<b>4,349</b>	<b>1,855</b>	<b>2,494</b>
<b>Total 19 years and over</b>	<b>20,736</b>	<b>10,118</b>	<b>10,618</b>

# HENRY COUNTY PROFILE

*General Demographic Characteristics  
(Source: U.S. Census Bureau, Census 2011)*

**Total Population**

2011 Total Population	28,190
2000 Total Population	29,210

**Largest City-Napoleon**

2011 Total Population	8,889	100%
2000 Total Population	9,318	100%

**Population By Race/Ethnicity**

Total Population	28,190	100%
White Alone	27,049	96.0%
Hispanic or Latino (of any race)	1,830	6.5%
African American	132	0.5%
American Indian and Alaska Native	43	0.1%
Asian	115	0.4%
Two or more races	383	1.4%
Other	463	1.6%

**Population By Age 2010**

Under 5 years	1,825	6.5%
5 to 17 years	5,269	18.7%
18 to 24 years	2,135	7.6%
25 to 44 years	6,721	23.8%
45 to 64 years	7,916	28.0%
65 years and more	4,349	15.4%
<b>Median age (years)</b>	<b>39.3</b>	

**Household By Type**

Total Households	11,049	100%
Family Households (families)	7,513	68.0%
With own children <18 years	3,371	30.5%
Married-Couple Family Households	6,096	55.2%
With own children <18 years	2,367	21.4%
Female Householder, No Husband Present	964	8.7%
With own children <18 years	677	6.1%
Non-family Households	3,536	32.0%
Householder living alone	2,788	25.2%
Householder 65 years and >	1,165	10.5%
Households With Individuals < 18 years	3,610	32.7%
Households With Individuals 65 years and >	2,788	25.2%
Average Household Size	2.49 people	
Average Family Size	3.03 people	

**General Demographic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2011)

**2011 ACS 3-year estimates**

Median Value of Owner-Occupied Units	\$117,100
Median Monthly Owner Costs (With Mortgage)	\$1,185
Median Monthly Owner Costs (Not Mortgaged)	\$442
Median Gross Rent for Renter-Occupied Units	\$652
Median Rooms Per Housing Unit	6.2
Total Housing Units	11,952
No Telephone Service	188
Lacking Complete Kitchen Facilities	35
Lacking Complete Plumbing Facilities	27

**Selected Social Characteristics**  
(Source: U.S. Census Bureau, Census 2011)

**2011 ACS 3-year estimates**

**School Enrollment**

Population 3 Years and Over Enrolled In School	7,366	100%
Nursery & Preschool	581	7.9%
Kindergarten	443	6.0%
Elementary School (Grades 1-8)	3,183	43.2%
High School (Grades 9-12)	1,623	22.0%
College or Graduate School	1,536	20.9%

**Educational Attainment**

Population 25 Years and Over	19,091	100%
< 9 <sup>th</sup> Grade Education	447	2.3%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	1,302	6.8%
High School Graduate (Includes Equivalency)	8,732	45.7%
Some College, No Degree	4,000	21.0%
Associate Degree	2,018	10.6%
Bachelor's Degree	1,770	9.3%
Graduate Or Professional Degree	822	4.3%

Percent High School Graduate or Higher	*(X)	90.8%
Percent Bachelor's Degree or Higher	*(X)	13.6%

\*(X) - Not available

*Selected Social Characteristics, Continued  
(Source: U.S. Census Bureau, Census 2011)*

*2011 ACS 3-year estimates*

**Marital Status**

Population 15 Years and Over	22,518	100%
Never Married	5,292	23.5%
Now Married, Excluding Separated	12,635	56.1%
Separated	328	1.2%
Widowed	1,678	7.4%
Female	1,386	12.2%
Divorced	2,649	11.8%
Female	1,257	11.0%

**Grandparents As Caregivers \***

Grandparent Living in Household with 1 or more own grandchildren <18 years	502	100%
Grandparent Responsible for Grandchildren	224	44.6%

**Veteran Status**

Civilian Veterans 18 years and over	2,390	11.3%
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**Disability Status of the Civilian Non-institutionalized Population**

Total Civilian Noninstitutionalized Population	27,808	100%
With a Disability	3,076	11.1%
Under 18 years	6,933	100%
With a Disability	197	2.8%
18 to 64 years	16,843	100%
With a Disability	1,803	10.7%
65 Years and Over	4,032	100%
With a Disability	1,076	26.7%

*Selected Economic Characteristics  
(Source: U.S. Census Bureau, Census 2011)*

*2011ACS 3-year estimates*

**Employment Status**

Population 16 Years and Over	21,970	100%
In Labor Force	14,624	66.6%
Not In Labor Force	7,346	33.4%
Females 16 Years and Over	11,206	100%
In Labor Force	6,846	61.1%
Population Living With Own Children <6 Years	2,108	100%
All Parents In Family In Labor Force	1,714	81.3%

**Selected Economic Characteristics, Continued**  
 (Source: U.S. Census Bureau, Census 2011)

**2011 ACS 3-year estimates**

**Occupations**

Employed Civilian Population 16 Years and Over	12,922	100%
Management, business, science, and art occupations	3,375	26.1%
Production, Transportation, and Material Moving	3,339	25.8%
Occupations		
Sales and Office Occupations	2,501	19.4%
Service Occupations	2,281	17.7%
Natural Resources, Construction, and Maintenance	1,426	11.0%
Occupations		

**Leading Industries**

Employed Civilian Population 16 Years and Over	12,922	100%
Manufacturing	3,084	23.9%
Educational, health and social services	2,920	22.6%
Trade (retail and wholesale)	1,470	11.4%
Arts, entertainment, recreation, accommodation, and food services	850	6.6%
Professional, scientific, management, administrative, and waste management services	491	3.8%
Transportation and warehousing, and utilities	865	6.7%
Finance, insurance, real estate and rental and leasing	676	5.2%
Other services (except public administration)	619	4.8%
Construction	859	6.6%
Public administration	695	5.4%
Information	170	1.3%
Agriculture, forestry, fishing and hunting, and mining	223	1.7%

**Class of Worker**

Employed Civilian Population 16 Years and Over	12,922	100%
Private Wage and Salary Workers	10,329	79.9%
Government Workers	1,809	14.0%
Self-Employed Workers in Own Not Incorporated Business	771	6.0%
Unpaid Family Workers	13	0.1%

**Median Earnings**

Male, Full-time, Year-Round Workers	\$43,319
Female, Full-time, Year-Round Workers	\$31,466

Selected Economic Characteristics, Continued  
(Source: U.S. Census Bureau, Census 2011)

2011 ACS 3-year estimates

**Income In 2011**

Households	11,049	100%
< \$10,000	454	4.1%
\$10,000 to \$14,999	1,046	9.5%
\$15,000 to \$24,999	1,208	10.9%
\$25,000 to \$34,999	1,560	14.1%
\$35,000 to \$49,999	1,756	15.9%
\$50,000 to \$74,999	2,180	19.7%
\$75,000 to \$99,999	1,292	11.7%
\$100,000 to \$149,999	1,319	11.9%
\$150,000 to \$199,999	158	1.4%
\$200,000 or more	76	0.7%
<b>Median Household Income</b>	<b>\$45,916</b>	

**Income In 2011**

Families	7,513	100%
< \$10,000	293	3.9%
\$10,000 to \$14,999	335	4.5%
\$15,000 to \$24,999	468	6.2%
\$25,000 to \$34,999	906	12.1%
\$35,000 to \$49,999	1,170	15.6%
\$50,000 to \$74,999	1,632	21.7%
\$75,000 to \$99,999	1,219	16.2%
\$100,000 to \$149,999	1,283	17.1%
\$150,000 to \$199,999	131	1.7%
\$200,000 or more	76	1.0%

**Median Household Income (families)** **\$58,405**

**Per Capita Income In 2011** **\$22,085**

**Poverty Status In 2011**

	<b>Number Below Poverty Level</b>	<b>% Below Poverty Level</b>
Families	*(X)	10.5%
Individuals	*(X)	13.2%

\*(X) - Not available

**Selected Economic Characteristics, Continued**  
(Source: U.S. Bureau of Economic Analysis)

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

	<b>Income</b>	<b>Rank of Ohio counties</b>
BEA Per Capita Personal Income 2011	\$35,491	28 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2010	\$32,938	32 <sup>nd</sup> of 88 counties
BEA Per Capita Personal Income 2009	\$32,057	33 <sup>rd</sup> of 88 counties
BEA Per Capita Personal Income 2008	\$32,641	37 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2001	\$26,165	34 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$25,960	34 <sup>th</sup> 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)

**Poverty Rates, 5-year averages**  
**2006 to 2010**

<b>Category</b>	<b>Henry</b>	<b>Ohio</b>
Overall (%)	10.6%	14.2%
Children under 18 (%)	13.5%	20.2%
Age 65 and over (%)	5.9%	8.3%
< 50% FPL, i.e. severe poverty (%)	4.4%	6.5%
< 200% FPL, i.e. below self-sufficiency (%)	29.1%	31.8%

(Source: The State of Poverty in Ohio 2012, Ohio Association of Community Action Agencies, 2012 Annual Report, [http://issuu.com/oacaa/docs/state\\_of\\_poverty\\_2012\\_final?mode=window](http://issuu.com/oacaa/docs/state_of_poverty_2012_final?mode=window))

**Employment Statistics**

<b>Category</b>	<b>Henry</b>	<b>Ohio</b>
Labor Force	15,000	5,696,700
Employed	13,800	5,315,700
Unemployed	1,200	381,100
Unemployment Rate* in April 2013	7.8	6.7
Unemployment Rate* in March 2013	8.9	7.3
Unemployment Rate* in April 2012	8.4	7.1

\*Rate equals unemployment divided by labor force.  
(Source: Ohio Department of Job and Family Services, April 2013)

### Estimated Poverty Status in 2011

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Henry County</b>				
All ages in poverty	2,858	2,315 to 3,401	10.4%	8.4 to 12.4
Ages 0-17 in poverty	1,029	802 to 1,256	15.3%	11.9 to 18.7
Ages 5-17 in families in poverty	685	524 to 846	13.7%	10.5 to 16.9
Median household income	\$48,859	44,778 to 52,940		
<b>Ohio</b>				
All ages in poverty	1,836,098	1,811,265 to 1,860,931	16.3%	16.1 to 16.5
Ages 0-17 in poverty	634,234	618,946 to 649,522	23.9%	23.3 to 24.5
Ages 5-17 in families in poverty	417,165	404,352 to 429,978	21.5%	20.8 to 22.2
Median household income	\$45,803	45,487 to 46,119		
<b>United States</b>				
All ages in poverty	48,452,035	48,217,869 to 48,686,201	15.9%	15.8 to 16.0
Ages 0-17 in poverty	16,386,500	16,262,247 to 16,510,753	22.5%	22.3 to 22.7
Ages 5-17 in families in poverty	10,976,987	10,882,675 to 11,071,299	20.8%	20.6 to 21.0
Median household income	\$50,502	50,429 to 50,575		

(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/did/www/saipe/data/interactive/#>)

### Federal Poverty Thresholds in 2012 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$11,945					
1 Person 65 and >	\$11,011					
2 people Householder < 65 years	\$15,374	\$15,825				
2 People Householder 65 and >	\$13,878	\$15,765				
3 People	\$17,959	\$18,480	\$18,498			
4 People	\$23,681	\$24,069	\$23,283	\$23,364		
5 People	\$28,558	\$28,974	\$28,087	\$27,400	\$26,981	
6 People	\$32,847	\$32,978	\$32,298	\$31,647	\$30,678	\$30,104
7 People	\$37,795	\$38,031	\$37,217	\$36,651	\$35,594	\$34,362
8 People	\$42,271	\$42,644	\$41,876	\$41,204	\$40,249	\$39,038
9 People or >	\$50,849	\$51,095	\$50,416	\$49,845	\$48,908	\$47,620

(Source: U. S. Census Bureau, Poverty Thresholds 2012, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)