

Highlights of the 2010 Henry County Community Health Assessment

This brief report 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 2010. The findings are based on self-administered surveys using a structured questionnaire. 2010 survey results are compared with results from a similar survey administered in 2005. Significant



improvements and continuing areas of concern are noted between the two surveys. Trends will start to appear when the data is collected once again in the future. The full report, including 27 in-depth sections and the methodology, is available on several websites listed at the end of this summary.

Youth Results: 2005 vs. 2010

- ❖ Youth **tobacco use** decreased in most areas. Youth who have ever tried tobacco dropped from 38% to 15%. Current smokers decreased from 16% to 9% of youth. Smokeless tobacco rates remained the same at 5%.
- ❖ Youth **alcohol use** significantly decreased in all areas. Youth who have tried alcohol decreased from 55% to 49%. Current drinkers fell from 29% to 19%. Youth reporting binge drinking (drinking 5 or more drinks in a couple of hours) declined from 20% to 11%.
- ❖ Youth **mental health** issues increased slightly. Those who seriously contemplated suicide increased from 9% to 11%, and those who attempted suicide increased from 4% to 5%.
- ❖ Youth **drug use** decreased slightly across all drugs.

Other Youth Key Findings

- ❖ 86% of youth drivers made calls on their cell phone while driving, and 60% texted while driving.
- ❖ 20% of youth drinkers reported a parent gave them alcohol.
- ❖ Youth spent an average of 2.5 hours watching TV, 1.4 hours playing video games, and 2.0 hours on the computer on a typical day.
- ❖ Youth reported participating in the following sexual behaviors: sexual intercourse (17%), oral sex (15%), sexting- sexually suggestive wording or pictures sent via cell phone (14%), and anal sex (4%).
- ❖ 43% of youth ages 12 to 18 had been bullied in the past year. 31% of these youth were verbally bullied, 24% were indirectly bullied (by the spreading of rumors), 15% were physically bullied, and 9% experienced cyber-bullying (where rumors are spread through the Internet).

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Adult Results: 2005 vs. 2010

- ❖ **Tobacco use** dropped from 25% to 17% of adults.
- ❖ **The number of adults without health insurance** rose from 8% to 12%.
- ❖ Although high blood pressure and high blood cholesterol both decreased slightly, **cardiovascular health** can still be improved as those who had had a heart attack and/or stroke doubled.
- ❖ Although **obesity** and overweight rates decreased slightly, the Henry County obesity rate (33%) is still much higher than the state (29%) and national rates (27%).
- ❖ **Men's preventive health screenings** decreased. Men who had a PSA test within the past year decreased from 33% to 19% and men who had a digital rectal exam within the past year decreased from 25% to 16%. Prostate cancer increased slightly from 3% to 5%.

Other Adult Key Findings

- ❖ 7% of adults reported driving within a couple hours after having 5 or more drinks.
- ❖ Adults ate out in a restaurant or brought home take-out food an average of 2.2 times per week.
- ❖ 77% of adults reported smoking was not allowed anywhere inside their home.
- ❖ 64% of women ages 40 and over had a mammogram in the past year.
- ❖ 4% of adults reported using marijuana in the past 6 months, and 1% reported using other illegal drugs.
- ❖ 44% of adults had the seasonal flu vaccine, and 24% had the H1N1 flu vaccine, in the past year.
- ❖ Three in ten adults (29%) reported they have arthritis, while one in fourteen (7%) have asthma and one in sixteen (6%) have diabetes.

Key Priorities for the Next Three Years

The Henry County Health Assessment Steering Committee reviewed the health assessment data extensively and identified 5 key priorities for improving the health of Henry County residents:

- ❖ **Cancer/Cancer Screenings**
- ❖ **Adult & Childhood Obesity**
- ❖ **Adult & Youth Alcohol Use: Impaired Driving and Binge Drinking**
- ❖ **Traffic Safety: Use of Car Seats and Seat Belts**
- ❖ **Heart Disease, including High Blood Pressure, High Cholesterol, Smoking, and Physical Inactivity**

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Youth Data Summary

Youth Variables	Henry County 2005 (6-12 grade)	Henry County 2010 (6-12 grade)	Henry County 2010 (9-12 grade)	Ohio 2007 (9-12 grade)	U.S. 2009 (9-12 grade)
Injury-Related Behavior					
Rode with a driver who had been drinking in past 30 days	26%	20%	21%	23%	28%
Carried a weapon in past 30 days	10%	13%	17%	17%	18%
Involved in a physical fight in past 12 months	31%	30%	22%	30%	32%
Threatened or injured with a weapon on school property in past 12 months	5%	7%	9%	8%	8%
Seriously considered suicide in past 12 months	9%	11%	12%	13%	14%
Attempted suicide in past 12 months	4%	5%	6%	7%	6%
Alcohol Use					
Ever had at least one drink of alcohol in lifetime	55%	49%	57%	76%	73%
Used alcohol during past 30 days	29%	19%	29%	46%	42%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	20%	11%	18%	29%	24%
Tobacco Use					
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	38%	15%	22%	51%	46%
Used cigarettes on one or more of the past 30 days	16%	9%	14%	22%	20%
Used smokeless tobacco in past 30 days	5%	5%	8%	10%	9%
Sexual Behavior*					
Ever had sexual intercourse	38%	17%	32%	45%	46%
Had four or more sexual partners	N/A	4%	8%	14%	14%
Used a condom at last sexual intercourse	57%	55%	56%	60%	61%
Used birth control pills at last sexual intercourse	16%	21%	19%	17%	20%
Drug Use					
Used marijuana in the past 30 days	12%	6%	9%	18%	21%
Used cocaine in their lifetime	6%	2%	2%	8%	6%
Used heroin in their lifetime	2%	1%	1%	4%	3%
Used methamphetamines in their lifetime	3%	1%	1%	6%	4%
Used steroids in their lifetime	3%	2%	3%	5%	3%
Used prescription medication in order to get high or feel good	13%	7%	12%	N/A	N/A
Used inhalants in order to get high in their lifetime	12%	10%	10%	12%**	12%
Offered, sold or given an illegal drug on school property during the past 12 months	22%	7%	10%	27%	23%

N/A= not available

*Data for 9th – 12th grade youth

**2005 YRBS Data

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Adult Data Summary

Adult Variables	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Alcohol Consumption				
Had at least one alcoholic beverage in past month	47%	50%	54%	54%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	22%	19%	16%	16%
Tobacco Use				
Current smoker (currently smoke some or all days)	25%	17%	20%	18%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	26%	26%	26%
Arthritis, Asthma, & Diabetes				
Has been diagnosed with arthritis	30%	29%	31%	26%
Has been diagnosed with asthma	11%	7%	15%	13%
Has been diagnosed with diabetes	8%	6%	11%	9%
Hypertension & Cholesterol Awareness				
Has been diagnosed with high blood pressure	34%	33%	32%	29%
Has been diagnosed with high blood cholesterol	32%	29%	40%	38%
Health Care Access/Coverage				
Has health care coverage	92%	88%	88%	86%
Health Status				
Rated general health as fair or poor	11%	10%	16%	14%
Preventive Health				
Has had a flu shot in past 12 months	N/A	44%	N/A	N/A
Age 65 & over had a pneumonia vaccine in lifetime	N/A	66%	67%	69%
Dental visit within past year	67%	69%	72%*	71%*
Had mammogram in past year	33%	43%	N/A	N/A
Had clinical breast exam in past year	59%	62%	N/A	N/A
Weight Status				
Obese	36%	33%	30%	27%
Overweight	39%	32%	37%	36%

N/A= not available
*2008 BRFSS Data

Additional Information

- ❖ The full Henry County Health Assessment report is available at the following websites:
Henry County Health Department website: www.henrycohd.org
Henry County Hospital website: www.henrycountyhospital.org
- ❖ Reports for the NW region or other NW Ohio counties are available at the following site:
Hospital Council of NW Ohio website: www.hcno.org.
- ❖ For more information, please contact:
Anne Goon, Henry County Health Commissioner, 419-599-5545
Kim Bordenkircher, Henry County Hospital Chief Executive Officer, 419-592-4015