

# Henry County

Community Health Status Assessment

# 2016



Examining the Health  
of Henry County



# FOREWORD

Dear Community Member,

Thank you for your concern for the health of Henry County! The reports presents the data collected in 2016 from Henry County youth and adults about their health status. Additional information from the Ohio Department of Health and relevant national, state, and local data sources is also included.

Monitoring the health status of local residents is an essential public health service. This health status assessment is one of four assessments conducted regularly to paint a comprehensive picture of health in Henry County. It serves as a guide for local strategic planning and decision-making. It helps our community identify new health concerns, measure the impact of current health improvement efforts, and guide the wise use of local resources. However, this report is only one planning tool. A true plan of action for community health improvement requires taking a closer look at these survey results; seeking additional information from community residents, service providers, and others; identifying groups of people at risk for specific health conditions; and choosing effective strategies that can 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 the assistance of community leaders who care about your health. The project was supported financially by the following: Barb Hoffman, Henry County Health Department, Henry County Hospital, Four County ADAMhs Board, Community Health Services and United Way of Henry County.

In addition, the following individuals served on the planning committee: Michael Bodenbender, Kim Bordenkircher, Leah Budke, Kelli Burkhardt, Steve Fogo, Todd Foreman, Patty Frank, Kelvin Freeman, Anne Goon, Glenn Grisdale, Kathy Helmke, Barbara Hoffman, Jerri Holder, Tod Hug, Julie Lauf, Pam Pflum, Linda Thiel, and Bethany Wachter. 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 use this information that ultimately benefits our 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,

Anne Goon, MS, RD, LD  
Health Commissioner  
Henry County Health Department

Kimberly Bordenkircher, MBA, BSN, RN  
CEO  
Henry County Hospital

FOREWORD

**This report has been funded by:**

Barb Hoffman  
Henry County Health Department  
Henry County Hospital  
Four County ADAMhs Board  
United Way of Henry County  
Community Health Services

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Henry County Health Department  
Henry County Hospital  
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Henry County Senior Center  
Henry County Sheriff  
HOPE Services  
Napoleon Fire Department  
Northwest Ohio Community Action Commission-Head Start  
Together We Can Make a Difference Initiatives  
United Way of Henry County

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To see Henry County data compared to other counties, please visit the  
Hospital Council of Northwest Ohio's Data Link website  
at <http://www.hcno.org/community/data-indicator.html>.

The 2016 Henry County Health Assessment is available on the following websites:

**Henry County Health Department**  
<http://henrycohd.org/>

**Henry County Hospital**  
<https://www.henrycountyhospital.org/>

**Hospital Council of Northwest Ohio**  
<http://www.hcno.org/community/reports.html>

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# 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 2016. 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 114 items for the adult survey and 76 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 older living in Henry County were used as the sampling frame for the adult survey. There were 20,736 persons ages 19 and older 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 margin of error 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 377 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Henry County was obtained from Allegra Marketing Services in Louisville, KY.

### SAMPLING | *Adolescent Survey*

There were 2,919 persons ages 12 to 18 years old living in Henry County. A sample size of 340 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

## **PROCEDURE | *Adult Survey***

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Henry County. This advance letter was personalized, printed on Henry County Health Partners stationery and was signed by Kim Bordenkircher, CEO, Henry County Hospital and Anne Goon, Health Commissioner, Henry County Health Department. 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 (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 encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope was sent. 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 response rate for the mailing was 46% (n=529; CI= $\pm$ 4.21). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

## **PROCEDURE | *Adolescent Survey***

The survey was approved by all superintendents. 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 response rate was 93% (n=409; CI= $\pm$ 4.49).

## **DATA ANALYSIS**

Individual responses were anonymous and confidential. Only group data are 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**

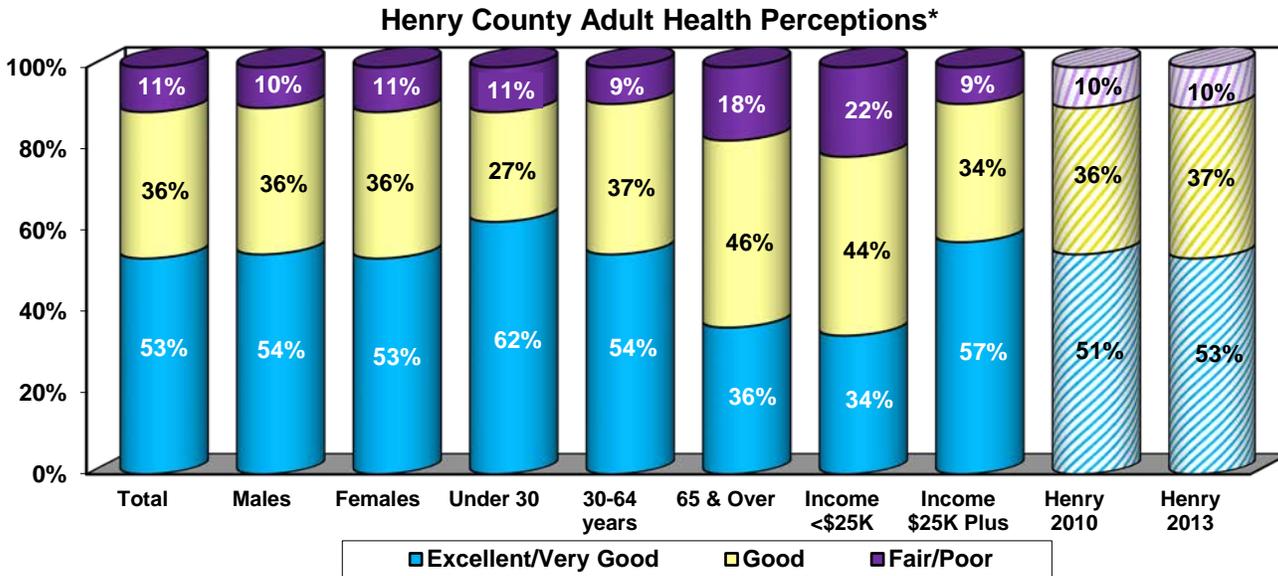
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Henry County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, 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 was administered in schools in a similar fashion as this county health assessment.

## Data Summary

### HEALTH PERCEPTIONS

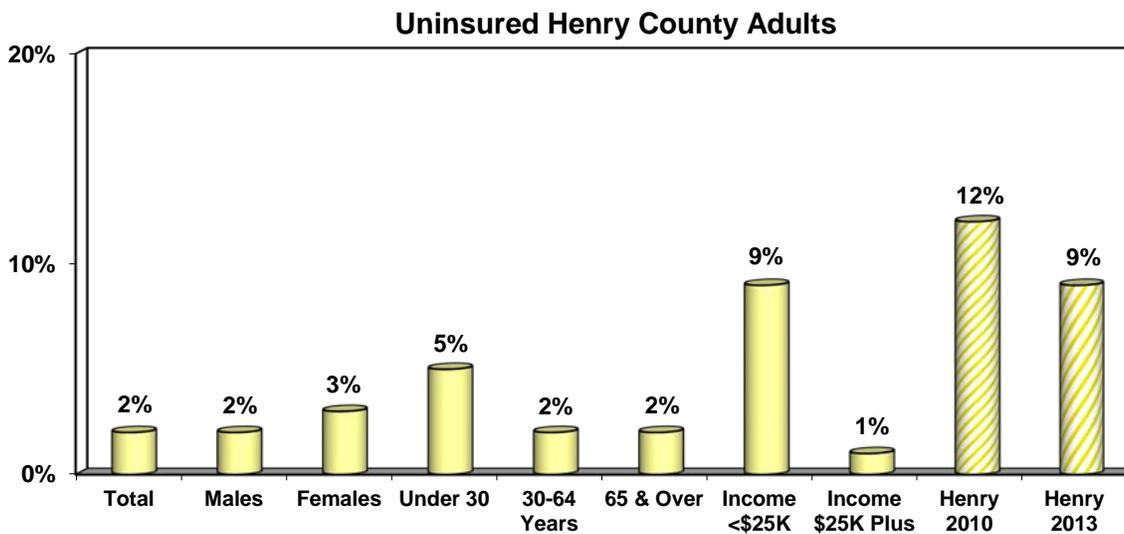
In 2016, more than half (53%) of the Henry County adults rated their health status as excellent or very good. Conversely, 11% of adults, increasing to 22% of those with incomes less than \$25,000, described their health as fair or poor.



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

### HEALTH CARE COVERAGE

The 2016 Health Assessment data identified that 2% of Henry County adults were without health care coverage. In Henry County, 12.7% of residents live below the poverty level (Source: U.S. Census, American Community Survey 5 Year Estimate, 2010-2014).



## HEALTH CARE ACCESS

The 2016 Health Assessment project identified that 62% of Henry County adults had visited a doctor for a routine checkup in the past year. 83% of adults went outside of Henry County for health care services in the past year.

## CARDIOVASCULAR HEALTH

Heart disease (29%) and stroke (10%) accounted for 39% of all Henry County adult deaths in 2014 (Source: CDC Wonder, 2014). The 2016 Henry County Health Assessment found that 4% of adults had survived a heart attack and 4% had survived a stroke at some time in their life. More than one-third (37%) of Henry County adults were obese, 32% had been diagnosed with high blood pressure, 31% had high blood cholesterol, 30% were sedentary, and 12% were smokers, five known risk factors for heart disease and stroke.

### Henry County Leading Causes of Death 2014

**Total Deaths: 276**

1. Heart Disease (29% of all deaths)
2. Cancer (20%)
3. Stroke (10%)
4. Influenza & Pneumonia (5%)
5. Chronic Lower Respiratory Diseases (4%)

(Source: CDC Wonder, 2014)

## CANCER

In 2016, 12% of Henry County adults had been diagnosed with cancer at some time in their life. The Centers for Disease Control and Prevention (CDC) indicates that from 2010-2014, a total of 312 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, 2008-2012

**All Types: 684 cases**

- Prostate: 109 cases (16%)
- Lung and Bronchus: 98 cases (14%)
- Breast: 97 cases (14%)
- Colon and Rectum: 62 cases (9%)

**In 2014, there were 55 cancer deaths in Henry County.**

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)

## DIABETES

In 2016, 8% of Henry County adults had been diagnosed with diabetes.

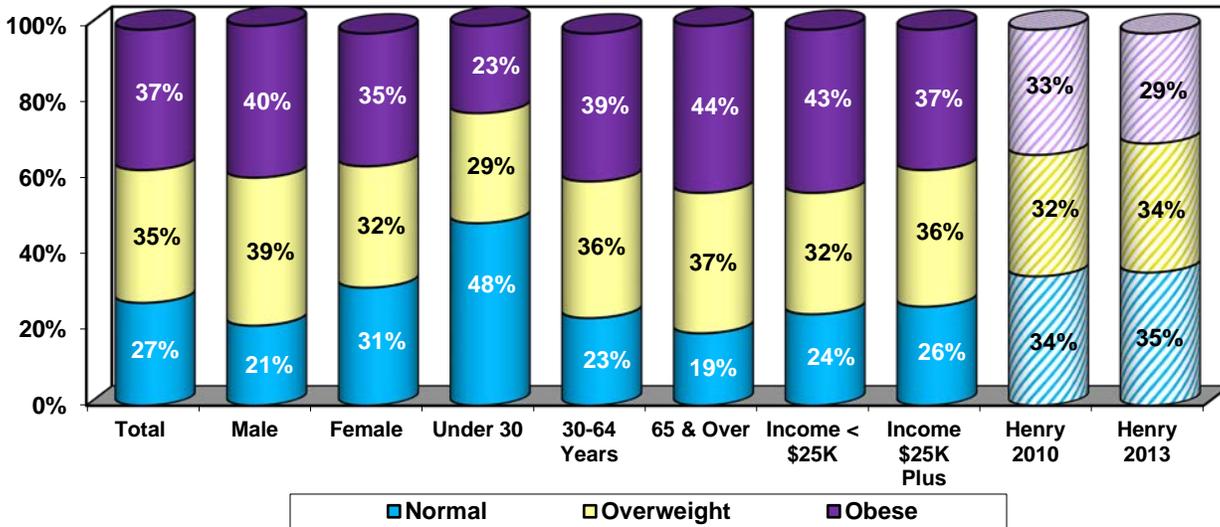
## ARTHRITIS

According to the Henry County survey data, 37% of Henry County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

**ADULT WEIGHT STATUS**

The 2016 Health Assessment identified that 72% of Henry County adults were overweight or obese based on Body Mass Index (BMI). More than one-third (37%) of Henry County adults were obese. The 2014 BRFSS indicates that 33% of Ohio and 30% of U.S. adults were obese by BMI. More than two-fifths (46%) of adults were trying to lose weight.

**Henry County Adult BMI Classifications**

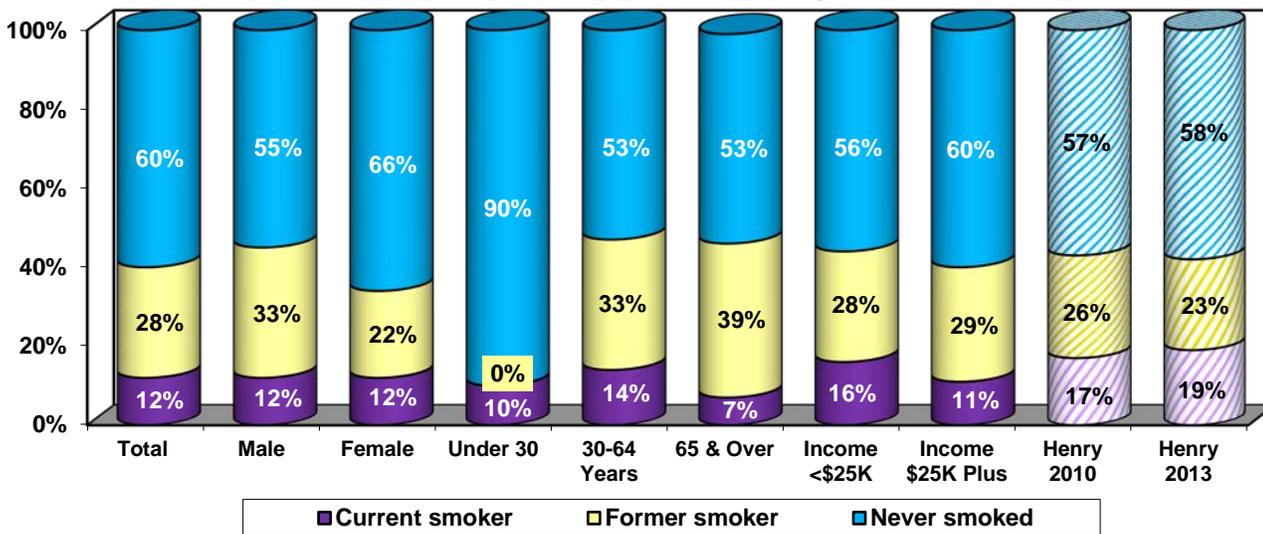


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

**ADULT TOBACCO USE**

In 2016, 12% of Henry County adults were current smokers and 28% were considered former smokers. In 2016, 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, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2016).

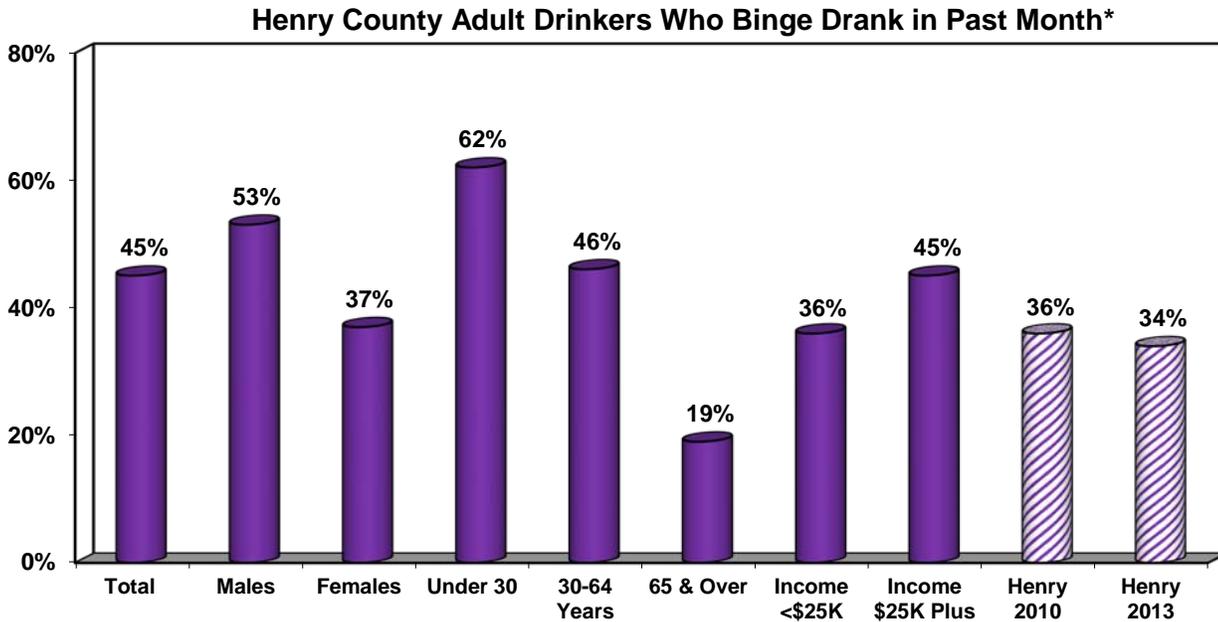
**Henry County Adult Smoking Behaviors**



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**

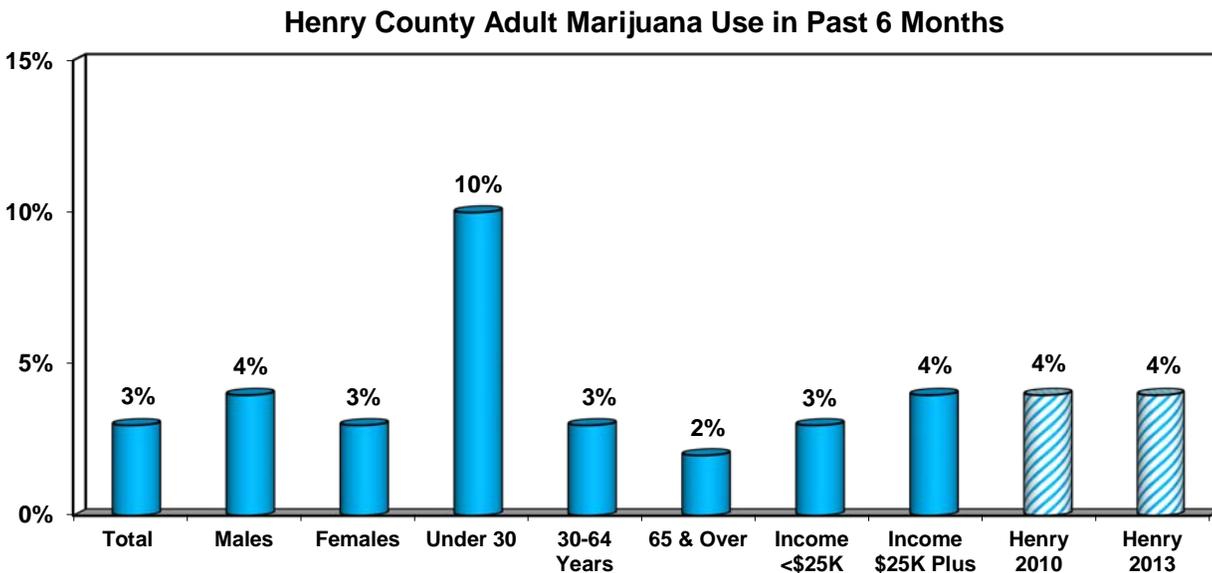
In 2016, the Health Assessment indicated that 10% of Henry County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 45% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.



*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.*

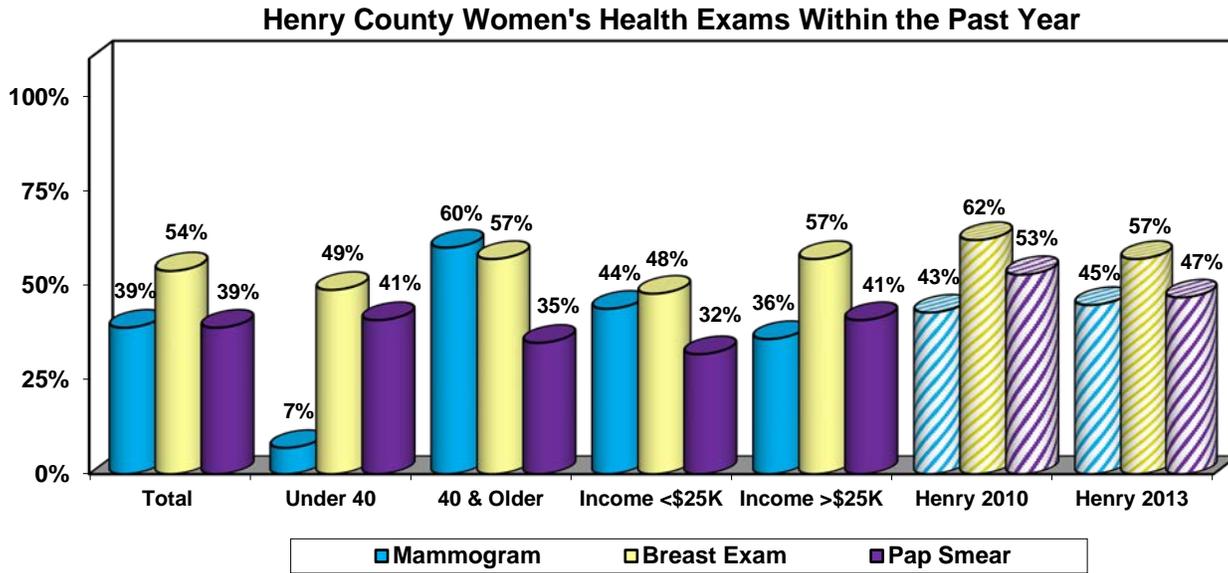
**ADULT MARIJUANA AND OTHER DRUG USE**

In 2016, 3% of Henry County adults had used marijuana during the past 6 months. 10% 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.



**WOMEN'S HEALTH**

In 2016, three-fifths (60%) of Henry County women over the age of 40 reported having a mammogram in the past year. 54% of Henry County women ages 19 and over had a clinical breast exam and 39% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 4% of women survived a heart attack and 3% survived a stroke at some time in their life. More than one-fourth (28%) had high blood pressure, 31% had high blood cholesterol, 35% were obese, and 12% were identified as smokers, known risk factors for cardiovascular diseases.



**MEN'S HEALTH**

From 2012-2014, major cardiovascular diseases (heart disease and stroke) accounted for 36% of all male deaths in Henry County (Source: CDC Wonder). Cancers accounted for 23% of all male deaths in Henry County from 2012-2014. 79% of Henry County males were overweight or obese.

**PREVENTIVE MEDICINE AND HEALTH SCREENINGS**

More than three-fifths (62%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (56%) of adults ages 50 and over had a colonoscopy/sigmoidoscopy within the past 5 years.

**ADULT SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES**

In 2016, two-thirds (67%) of Henry County adults had sexual intercourse. Five percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, STDs in Adolescents and Young Adults, 2014 STD Surveillance).

**QUALITY OF LIFE**

In 2016, 17% of Henry County adults were limited in some way because of a physical, mental or emotional problem.

## SOCIAL CONTEXT

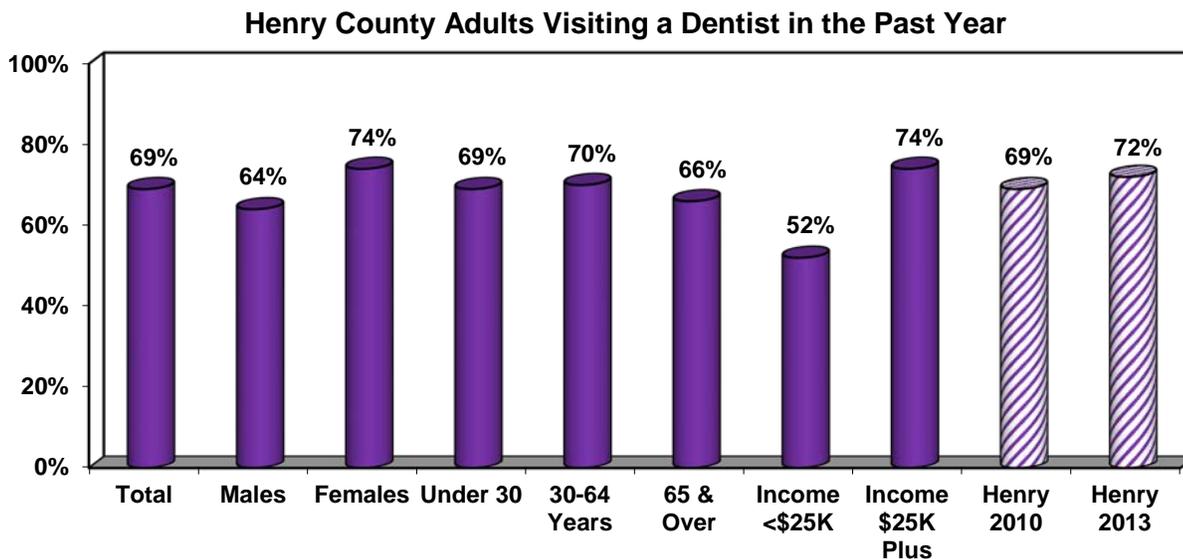
In 2016, 6% of Henry County adults were threatened or abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 49% of adults reported having firearms in and around their homes.

## MENTAL HEALTH AND SUICIDE

In 2016, 2% of Henry County adults considered attempting suicide. 7% 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 2016 Health Assessment project has determined that more than two-thirds (69%) of Henry County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of U.S. adults and 65% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost four-fifths (79%) 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, increasing to 82% of those ages 17 and older (2013 YRBS reported 75% for Ohio).

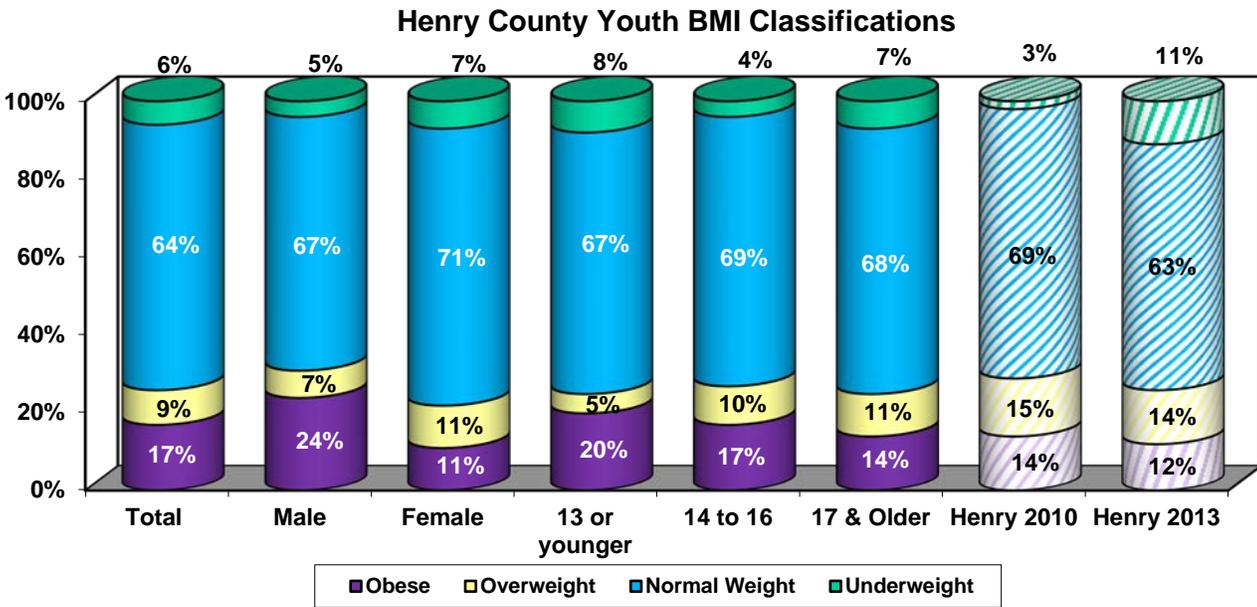


## PARENTING

70% of parents discussed screen time with their 12-to-17 year-old in the past year. 90% of parents reported their child had received all recommended immunization shots.

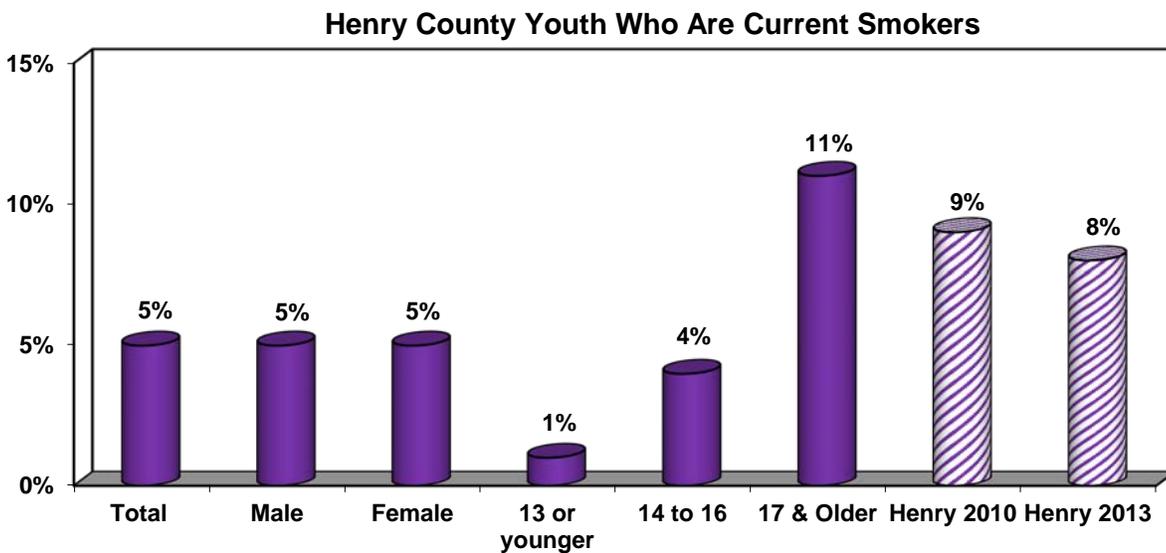
**YOUTH WEIGHT STATUS**

The 2016 Health Assessment identified that 17% of Henry County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 24% of Henry County youth reported that they were slightly or very overweight. 70% of youth were exercising for 60 minutes on 3 or more days per week. 89% of youth were involved in extracurricular activities.



**YOUTH TOBACCO USE**

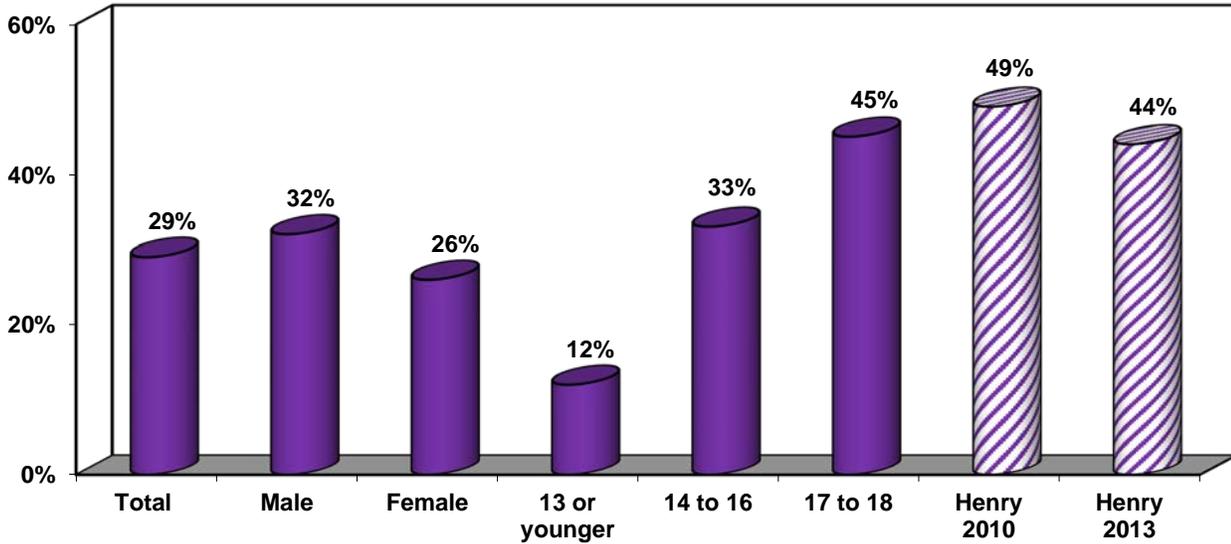
The 2016 Health Assessment identified that 5% of Henry County youth were smokers, increasing to 11% of those ages 17 and older. Less than two-fifths (37%) of Henry County youth who smoked in the past year had tried to quit smoking.



## YOUTH ALCOHOL CONSUMPTION

In 2016, the Health Assessment results indicated that 29% of Henry County youth had drunk at least one drink of alcohol in their life, increasing to 45% of youth 17 and older. 12% of all Henry County 6th-12th grade youth and 24% of those over the age of 17 had at least one drink in the past 30 days. More than (63%) of youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

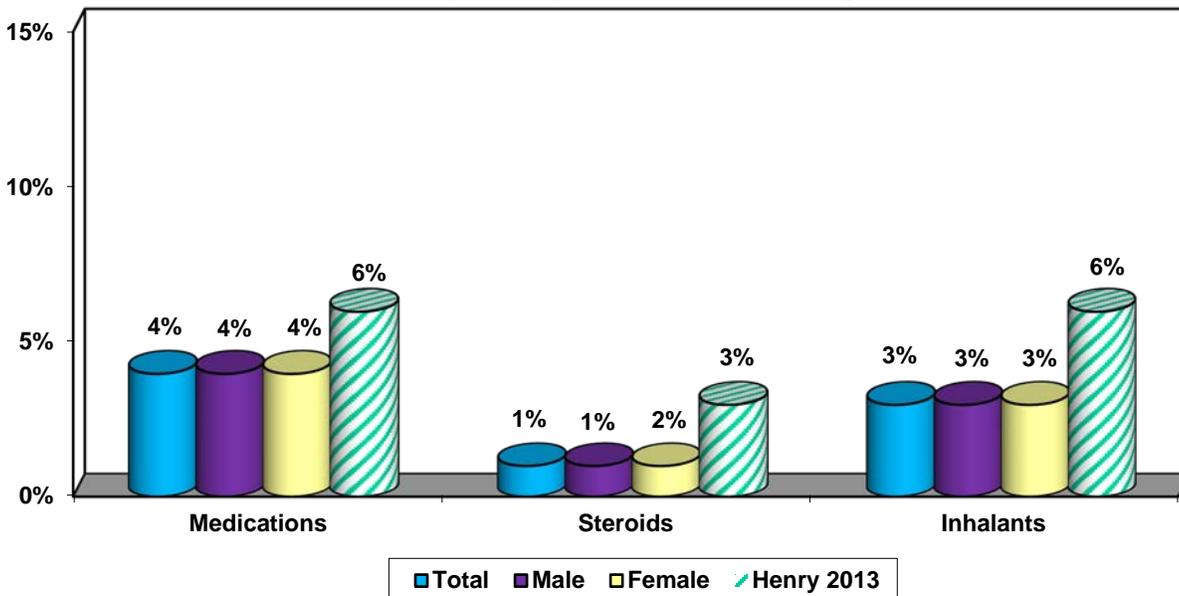
**Henry County Youth Having At Least One Drink In Their Lifetime**



## YOUTH DRUG USE

In 2016, 4% of Henry County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 7% of those ages 17 and older. 4% of 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 10% of those over the age of 17.

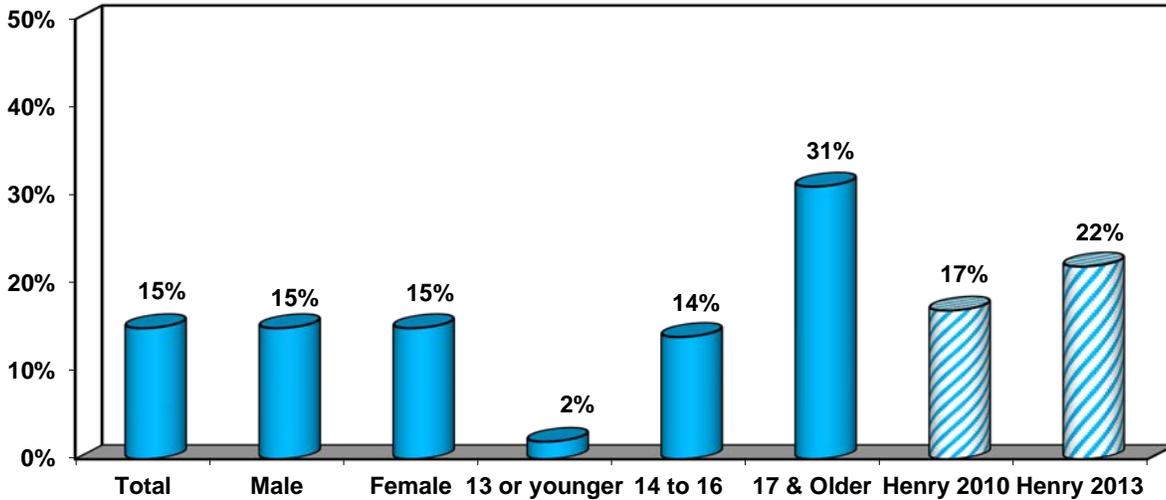
**Henry County Youth Lifetime Drug Use**



**YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES**

In 2016, nearly one-in-seven (15%) of Henry County youth have had sexual intercourse, increasing to 31% of those ages 17 and over. 15% of youth had participated in oral sex and 3% had participated in anal sex. 14% of youth participated in sexting. Of those who were sexually active, 71% had multiple sexual partners. \*One Henry County school district did not ask sexual behavior questions.

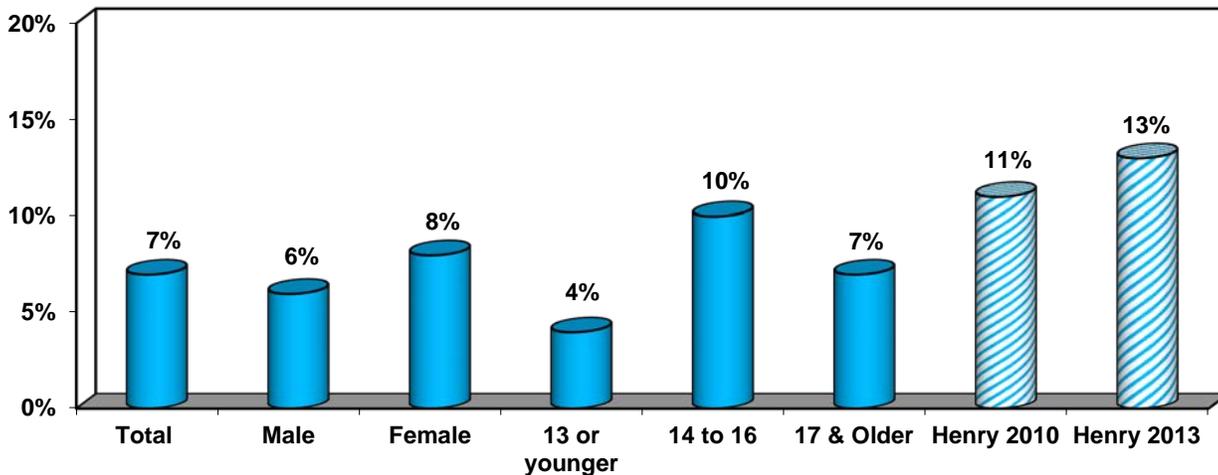
**Henry County Youth Who Had Sexual Intercourse**



**YOUTH MENTAL HEALTH AND SUICIDE**

In 2016, the Health Assessment results indicated that 7% of Henry County youth had seriously considered attempting suicide in the past year and 4% admitted actually attempting suicide in the past year, increasing to 5% of females.

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

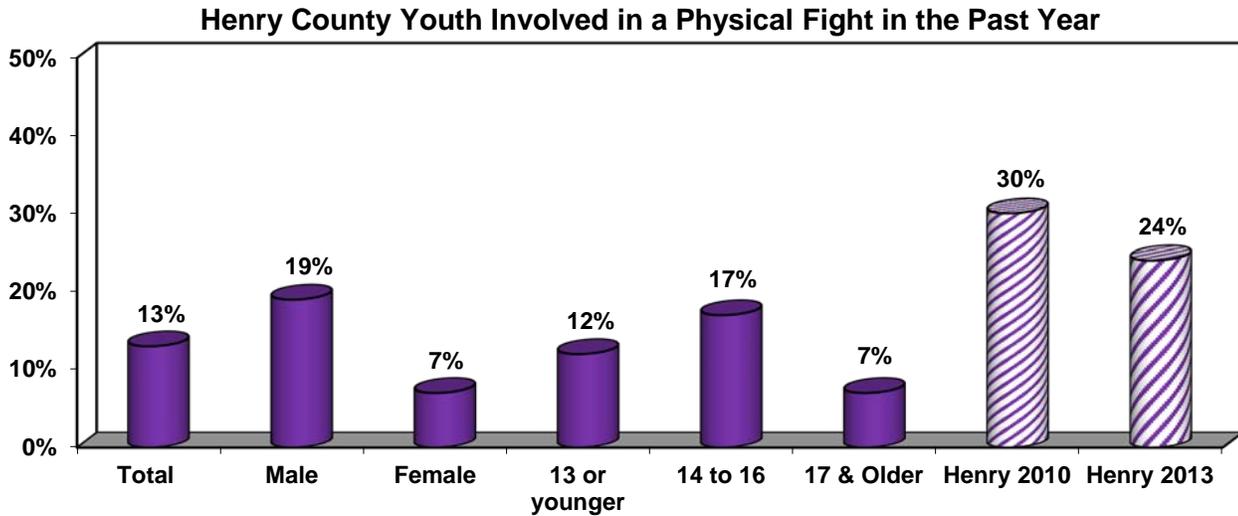


## YOUTH SAFETY

In 2016, 31% of youth drivers texted while driving. 12% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 3% of youth drivers had driven after drinking alcohol.

## YOUTH VIOLENCE

In Henry County, 33% of 6<sup>th</sup>-12<sup>th</sup> grade youth had been bullied in the past year. 20% of youth had been bullied on school property in the past year. 13% of youth had been involved in a physical fight in the past year. 3% of youth had been threatened or injured with a weapon on school property in the past year.



# Adult | TREND SUMMARY

# TRENDS SUMMARY

Adult Variables	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
<b>Health Status</b>					
Rated health as excellent or very good	54%	53%	53%	51%	53%
Rated general health as fair or poor	10%	10%	11%	18%	17%
Rated their mental health as not good on four or more days	19%	19%	21%	N/A	N/A
Average days that physical health not good in past month	N/A	3.1	3.2	4.0	3.8
Average days that mental health not good in past month	N/A	3.2	3.6	4.3	3.7
<b>Health Care Coverage</b>					
Uninsured	12%	9%	2%	10%	13%
<b>Arthritis, Asthma, &amp; Diabetes</b>					
Has been diagnosed with arthritis	29%	29%	37%	31%	26%
Has been diagnosed with diabetes	6%	9%	8%	12%	10%
<b>Cardiovascular Health</b>					
Had a heart attack	6%	2%	4%	5%	4%
Had a stroke	2%	1%	4%	4%	3%
Has been diagnosed with high blood pressure	33%	30%	32%	34%*	31%*
Has been diagnosed with high blood cholesterol	29%	30%	31%	38%*	38%*
Had blood cholesterol checked within the past 5 years	N/A	83%	85%	78%*	76%*
<b>Weight Status</b>					
Overweight	32%	34%	35%	34%	35%
Obese	33%	29%	37%	33%	30%
<b>Alcohol Consumption</b>					
Had at least one alcoholic beverage in past month	50%	56%	56%	53%	53%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	19%	19%	25%	18%	16%
<b>Tobacco Use</b>					
Current smoker (currently smoke some or all days)	17%	19%	12%	21%	18%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	23%	28%	25%	25%
<b>Drug Use</b>					
Adults who used marijuana in the past 6 months	4%	4%	3%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	2%	4%	10%	N/A	N/A

N/A - not available

\* 2013 BRFSS Data

Adult Variables	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
<b>Preventive Medicine</b>					
Had a pneumonia vaccine (ages 65 and older)	65%	53%	62%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	N/A	72%	79%	56%	61%
Had a shingles or Zoster vaccination in lifetime	N/A	7%	10%	21%	22%
Had a mammogram in the past two years (ages 40 and older)	N/A	80%	80%	72%	73%
Had a pap smear in the past three years	N/A	76%	67%	74%	75%
<b>Quality of Life</b>					
Limited in some way because of physical, mental or emotional problem	N/A	24%	17%	22%	20%
<b>Mental Health</b>					
Considered attempting suicide in the past year	1%	3%	2%	N/A	N/A
<b>Oral Health</b>					
Adults who have visited the dentist in the past year	69%	72%	69%	65%	65%
Adults who had one or more permanent teeth removed	N/A	39%	40%	47%	43%
Adults 65 years and older who had all of their permanent teeth removed	N/A	19%	14%	18%	15%

N/A - not available

\*2013 BRFSS Data

# Youth | TREND SUMMARY

Youth Variables	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Control</b>						
Obese	14%	12%	17%	15%	13%	14%
Overweight	15%	14%	9%	11%	16%	16%
Described themselves as slightly or very overweight	30%	25%	24%	26%	28%	32%
Trying to lose weight	47%	46%	34%	31%	47%	46%
Exercised to lose weight	34%	43%	33%	34%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight	11%	30%	24%	28%	N/A	N/A
Went without eating for 24 hours or more	1%	5%	4%	5%	10%	13%*
Took diet pills, powders, or liquids without a doctor's advice	0%	2%	1%	1%	5%	5%*
Vomited or took laxatives	1%	1%	1%	1%	5%	4%*
Ate 1 to 4 servings of fruits and vegetables per day	N/A	77%	90%	93%	N/A	N/A
Ate 5 or more servings of fruits and vegetables per day	N/A	13%	6%	3%	N/A	N/A
Physically active at least 60 minutes per day on every day in past week	24%	24%	31%	35%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	50%	46%	55%	64%	48%	49%
Did not participate in at least 60 minutes of physical activity on any day in past week	11%	15%	13%	12%	13%	14%
Watched TV 3 or more hours per day	39%	36%	19%	17%	28%	25%
<b>Unintentional Injuries &amp; Violence</b>						
Carried a weapon on school property in past month	N/A	N/A	1%	1%	N/A	4%
Been in a physical fight in past year	30%	24%	13%	13%	20%	23%
Threatened or injured with a weapon on school property in past year	7%	7%	3%	1%	N/A	6%
Did not go to school because felt unsafe	5%	5%	3%	4%	5%	6%
Electronically/cyber bullied in past year	9%	14%	12%	12%	15%	16%
Bullied in past year	43%	53%	33%	33%	N/A	N/A
Bullied on school property in past year	N/A	33%	20%	18%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	6%	4%	4%	6%	7%	10%
Ever physically forced to have sexual intercourse	4%	4%	2%	3%	8%	7%
<b>Mental Health</b>						
Youth who had seriously considered attempting suicide in the past year	11%	13%	7%	9%	14%	18%
Youth who had attempted suicide in the past year	5%	7%	4%	6%	6%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	2%	3%	2%	2%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	21%	21%	18%	20%	26%	30%

N/A - Not available

\*Comparative YRBS data for U.S. is 2013

TRENDS SUMMARY

Youth Variables	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Tobacco Use</b>						
Ever tried cigarettes	15%	14%	10%	14%	52%**	32%
Current smokers	9%	8%	5%	7%	15%	11%
Smoked cigarettes on 20 or more days during the past month (of all youth)	4%	4%	3%	5%	7%	3%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	6%	6%	3%	3%	14%**	7%
Tried to quit smoking (of those youth who smoked in the past year)	46%	51%	37%	41%	56%**	45%
<b>Alcohol Consumption</b>						
Ever tried alcohol	49%	44%	29%	41%	71%**	63%
Current drinker	19%	19%	12%	19%	30%	33%
Binge drinker (of all youth)	11%	10%	18%	20%	16%	18%
Drank for the first time before age 13 (of all youth)	35%	16%	7%	5%	13%	17%
Rode with someone who was drinking	20%	17%	12%	11%	17%	20%
Drank and drove (of youth drivers)	5%	2%	4%	4%	4%	8%
Obtained the alcohol they drank by someone giving it to them	38%	39%	34%	37%	38%	44%
<b>Sexual Behavior</b>						
Ever had sexual intercourse	17%	22%	15%	31%	43%	41%
Used a condom at last intercourse	55%	48%	63%	70%	51%	57%
Used birth control pills at last intercourse	21%	32%	39%	43%	24%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	8%	8%	14%	14%	12%	14%
Had four or more sexual partners (of all youth)	8%	3%	6%	9%	12%	14%
Had sexual intercourse before age 13 (of all youth)	3%	4%	2%	3%	4%	4%
Drank alcohol or used drugs before last sexual intercourse	N/A	18%	18%	19%	18%	21%
<b>Drug Use</b>						
Youth who used marijuana in the past month	6%	6%	4%	7%	21%	22%
Ever used methamphetamines	1%	1%	1%	1%	N/A	3%
Ever used cocaine	2%	2%	2%	4%	4%	5%
Ever used heroin	1%	1%	1%	1%	2%	2%
Ever used steroids	2%	3%	1%	1%	3%	4%
Ever used inhalants	10%	6%	3%	3%	9%	7%
Ever used ecstasy/MDMA	N/A	2%	3%	4%	N/A	5%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	7%	5%	2%	3%	20%	22%
<b>Personal Health</b>						
Visited a dentist for a check-up within the past year	72%	72%	79%	83%	75%	74%
Rarely or never wore a seatbelt	12%	9%	9%	5%	8%	6%

N/A – Not available

\*Comparative YRBS data for U.S. is 2013

# Adult | HEALTH STATUS PERCEPTIONS

## Key Findings

In 2016, more than half (53%) of the Henry County adults rated their health status as excellent or very good. Conversely, 11% of adults, increasing to 22% of those with incomes less than \$25,000, described their health as fair or poor.

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

- Henry County 53% (2016)
- Ohio 51% (2014)
- U.S. 53% (2014)

(Source: BRFSS 2014 for Ohio and U.S.)

## General Health Status

- In 2016, more than half (53%) of Henry County adults rated their health as excellent or very good.
- Henry County adults with higher incomes (57%) were most likely to rate their health as excellent or very good, compared to 34% of those with incomes less than \$25,000.
- 11% of adults rated their health as fair or poor. The 2014 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 been diagnosed with diabetes (34%)
  - Had an annual household income under \$25,000 (22%)
  - Had high blood pressure (21%)
  - Were over age 65 (18%)
  - Were widowed or a member of an unmarried couple (16%)

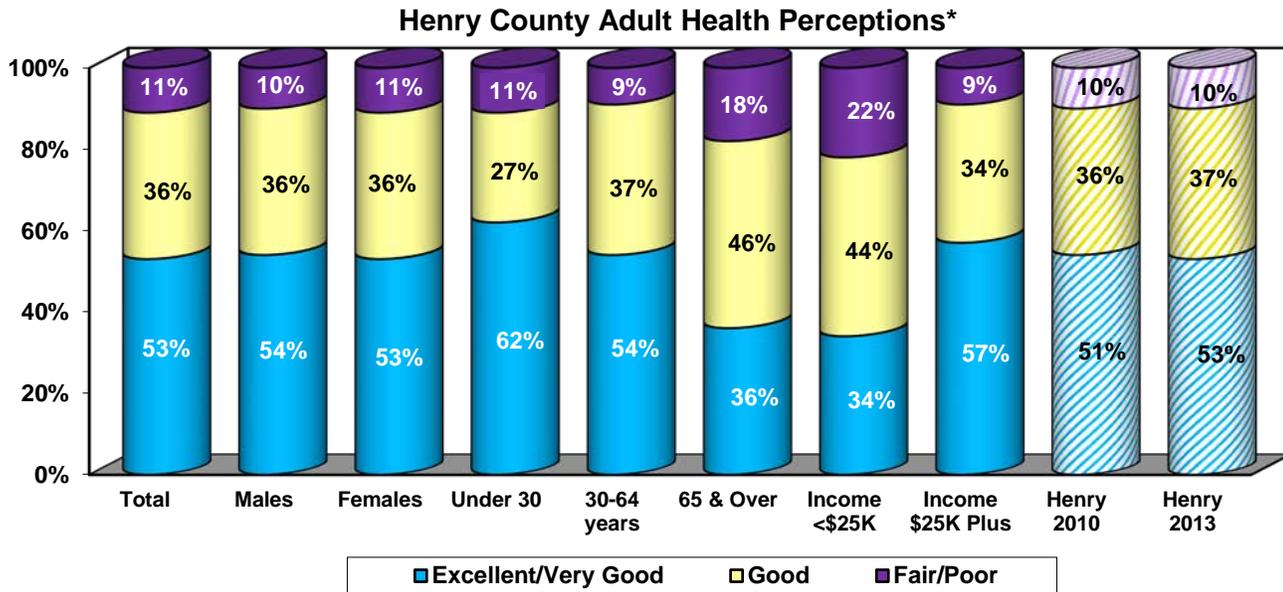
## Physical Health Status

- In 2016, 19% of Henry County adults rated their physical health as not good on four or more days in the previous month.
- Henry County adults reported their physical health as not good on an average of 3.2 days in the previous month.
- Henry County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (30%)
  - Were under age 30 (24%)

## Mental Health Status

- In 2016, 21% of Henry County adults rated their mental health as not good on four or more days in the previous month.
- Henry County adults reported their mental health as not good on an average of 3.6 days in the previous month.
- One-in-five (21%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation in the past month.
- Henry County adults were most likely to rate their mental health as not good if they:
  - Were under age 30 (40%)
  - Had an annual household income under \$25,000 (39%)
  - Were female (25%)

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, 62% of those under age 30, and 36% of those ages 65 and older rated their health as excellent or very good.



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

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	67%	10%	6%	2%	11%
Females	57%	17%	3%	2%	13%
Total	61%	13%	5%	2%	12%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	78%	6%	3%	1%	12%
Females	64%	11%	6%	2%	18%
Total	70%	9%	5%	1%	15%

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

# HEALTH PERCEPTIONS

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Rated health as excellent or very good	54%	53%	53%	51%	53%
Rated health as fair or poor	10%	10%	11%	18%	17%
Rated their mental health as not good on four or more days in the previous month	19%	19%	21%	N/A	N/A
Average days that physical health not good in past month	N/A	3.1	3.2	4.0	3.8
Average days that mental health not good in past month	N/A	3.2	3.6	4.3	3.7
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.3	2.2	2.3*	2.4*

N/A - Not available  
 \*2010 BRFSS Data



# Adult | HEALTH CARE COVERAGE

## Key Findings

The 2016 Health Assessment data identified that 2% of Henry County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Henry County, 12.7% of residents live below the federal poverty level (Source: U.S. Census, American Community Survey 5 Year Estimate, 2010-2014).

## General Health Coverage

- In 2016, 98% Henry County adults had health care coverage, leaving 2% who were uninsured. The 2014 BRFSS reports uninsured prevalence rates for Ohio (10%) and the U.S. (13%).
- In the past year, 2% of adults were uninsured, increasing to 9% of those with incomes less than \$25,000.
- 2% of adults with children did not have healthcare coverage, compared to 3% of those who did not have children living in their household.

**2% of Henry County adults were uninsured.**

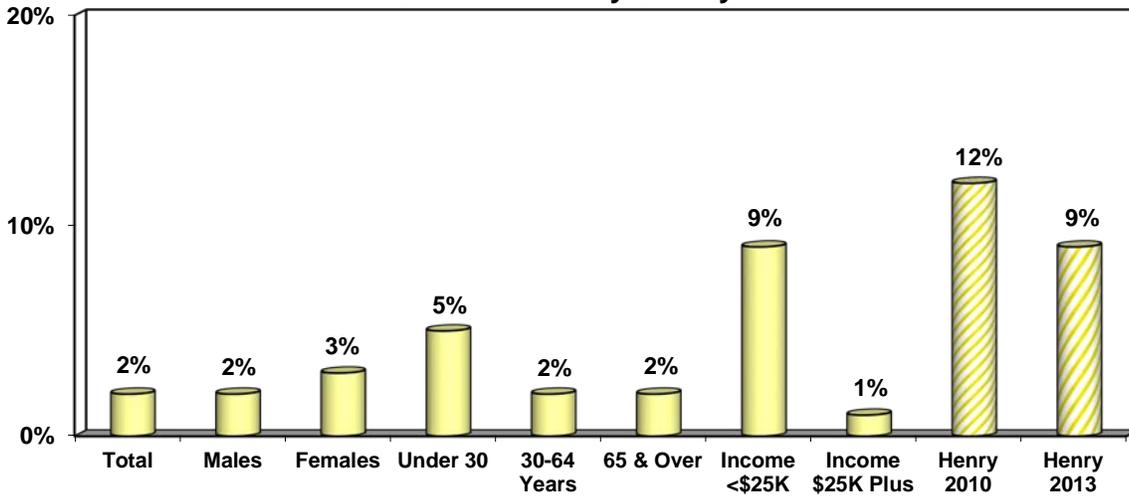
- The following types of health care coverage were used: employer (50%), Medicare (14%), someone else's employer (13%), Medicaid or medical assistance (6%), self-paid plan (5%), multiple-including private sources (5%), Health Insurance Marketplace (1%), military or VA (1%), multiple-including government sources (1%), and other (2%).
- Henry County adult health care coverage includes the following: medical (100%), prescription coverage (95%), preventive health (77%), immunizations (77%), physicians in Henry County (75%), facilities in Henry County (74%), outpatient therapy (70%), dental (69%), vision (69%), their spouse (62%), mental health (62%), their children (60%), mental health counseling (56%), alcohol and drug treatment (39%), home care (30%), their partner (30%), skilled nursing (26%), long-term care (25%), hospice (25%), transportation (11%), and assisted living (8%).
- The top reasons uninsured adults gave for being without health care coverage were:
  1. They lost their job or changed employers (45%)
  2. They could not afford to pay the insurance premiums (24%)
  3. They could not afford exchange premiums (18%)

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

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Uninsured	12%	9%	2%	10%	13%

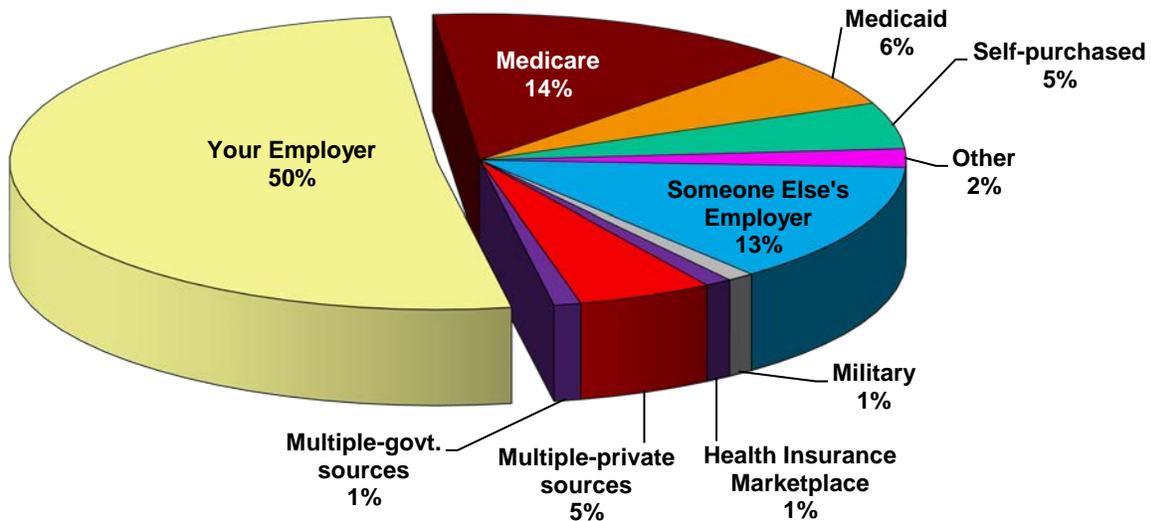
The following graph shows the percentages of Henry County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 2% of all Henry County adults were uninsured, 9% of adults with an income less than \$25,000 reported being uninsured, and 5% of those under age 30 lacked health care coverage. The pie chart shows the sources of Henry County adults' health care coverage.

**Uninsured Henry County Adults**



*9% of Henry County adults with incomes less than \$25,000 were uninsured.*

**Source of Health Coverage for Henry County Adults**



**Healthy People 2020**  
**Access to Health Services (AHS)**

Objective	Henry County 2016	Ohio 2014	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	90% age 20-24 98% age 25-34 98% age 35-44 99% age 45-54 96% age 55-64	87% age 18-24 80% age 25-34 89% age 35-44 90% age 45-54 91% age 55-64	100%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2014 BRFSS, 2016 Henry County Health Assessment)

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

Health Coverage Includes:	Yes	No	Don't Know
Medical	100%	<1%	0%
Prescription Coverage	95%	4%	1%
Preventive Health	77%	6%	17%
Immunizations	77%	6%	17%
Physicians in Henry County	75%	6%	19%
Facilities in Henry County	74%	7%	19%
Outpatient Therapy	70%	4%	26%
Dental	69%	29%	2%
Vision	69%	29%	2%
Their Spouse	62%	31%	7%
Mental Health	62%	7%	31%
Their Children	60%	33%	7%
Mental Health Counseling	56%	8%	36%
Alcohol and Drug Treatment	39%	9%	52%
Home Care	30%	10%	60%
Their Partner	30%	45%	25%
Skilled Nursing	26%	12%	62%
Long-Term Care	25%	20%	55%
Hospice	25%	11%	64%
Transportation	11%	29%	60%
Assisted Living	8%	23%	69%

# Adult | HEALTH CARE ACCESS AND UTILIZATION

## Key Findings

The 2016 Health Assessment project identified that 62% of Henry County adults had visited a doctor for a routine checkup in the past year. 83% of adults went outside of Henry County for health care services in the past year.

## Health Care Access

- More than three-fifths (62%) of Henry County adults visited a doctor for a routine checkup in the past year, increasing to 87% of those over the age of 65.
- More than half (58%) of Henry County adults reported they had one person they thought of as their personal doctor or healthcare provider. 31% of adults had more than one person they thought of as their personal healthcare provider, and 10% did not have one at all.
- Adults visited the following places for health care services or advice: doctor's office (65%), multiple places- including a physician (11%), urgent care center (6%), Internet (4%), family and friends (4%), public health clinic (1%), Community Health Services (1%), in-store health clinic (1%), walk-in health center (1%), chiropractor (1%), multiple places-not including a physician (1%), Health Partners of Western Ohio (<1%), Department of Veterans Affairs (VA) (<1%), hospital emergency room (<1%), hospital outpatient department (<1%), telemedicine (<1%), and alternative therapies (<1%). 3% of adults indicated they had no usual place for health care services.
- Henry County adults accessed information about their health or healthcare services from: their doctor (79%), a family member or friend (32%), Internet searches (31%), advertisings or mailings from hospitals, clinics or doctor's offices (10%), newspaper articles or radio/television news stories (8%), text messages (6%), social media (6%), and other places (4%).
- The following might prevent Henry County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (23%), hours not convenient (9%), difficult to get an appointment (8%), doctor would not take their insurance (8%), worried they might find something wrong (7%), could not get time off work (7%), frightened of the procedure or doctor (5%), difficult to find/no transportation (3%), do not trust or believe doctors (3%), no childcare (1%), discrimination (1%), and some other reason (3%).

### Disparities in Health and Health Care: Five Key Questions and Answers

- Health and health care disparities refer to differences in health and health care between population groups.
- Disparities in health and health care limit continued improvement in overall quality of care and population health and result in unnecessary costs.
- Today, a number of groups are at disproportionate risk of being uninsured, lacking access to care, and experiencing worse health outcomes, including people of color and low-income individuals.
- Recognizing the continuing problem of disparities, in 2010, the Department of Health and Human Services (HHS) developed an action plan for reducing racial and ethnic health disparities.
- The Affordable Care Act (ACA) advances efforts to reduce disparities and to improve health and health care for vulnerable populations.

(Source: KFF, *Disparities in Health and Health Care: Five Key Questions and Answers*, 2012)

<http://kff.org/disparities-policy/issue-brief/disparities-in-health-and-health-care-five-key-questions-and-answers/>

- Henry County adults had the following problems when they needed health care in the past year: could not get appointments when they wanted them (5%), did not have enough money to pay for health care (3%), did not have insurance (3%), had to change doctors because of their healthcare plan (2%), could not find a doctor they were comfortable with (2%), could not get time off work (2%), too busy to get the healthcare they needed (2%), could not find a doctor to take them as a patient (1%), healthcare plan did not allow them to see doctors in Henry County (1%), did not have transportation (1%), too embarrassed to seek help (1%), did not have child care (<1%), and did not get health services because they were concerned about their confidentiality (<1%).
- Henry County adults did not get the following major or preventive care because of cost: lab testing (5%), medication (5%), mammogram (4%), colonoscopy (3%), pap smear (2%), weight loss program (2%), immunizations (2%), mental health services (2%), surgery (1%), PSA test (1%), smoking cessation (1%), family planning services (<1%), and alcohol or drug treatment (<1%).
- 83% of adults went outside of Henry County for the following health care services in the past year: primary care (40%), dental services (34%), specialty care (26%), vision (21%), obstetrics/gynecology/NICU (10%), orthopedic care (9%), cardiac care (8%), pediatric care (6%), mental health care (5%), counseling (5%), cancer care (3%), pediatric therapies (2%), addiction services (<1%), palliative care (<1%), and other services (8%).
- Henry County adults had the following issues regarding their healthcare coverage: deductibles were too high (26%), premiums were too high (19%), co-pays were too high (15%), high HSA account deductible (15%), opted out of certain coverage because they could not afford it (5%), working with their insurance company (5%), could not understand their insurance plan (4%), limited visits (4%), provider/facility no longer covered (4%), service not deemed medically necessary (4%), opted out of certain coverage because they did not need it (3%), difficulty navigating the Marketplace (1%), service no longer covered (1%), and mental health services limited/not covered (1%).
- Henry County adults had the following transportation issues when they needed health services: no driver's license (4%), no car (3%), disabled (2%), limited public transportation available or accessible (2%), no public transportation available or accessible (2%), could not afford gas (1%), no car insurance (1%), did not feel safe to drive (1%), no transportation before or after 8 a.m.- 4:30 p.m. (1%), car did not work (<1%), and other car issues/expenses (1%).

#### Health Care Access and Utilization among Young Adults Ages 19-25

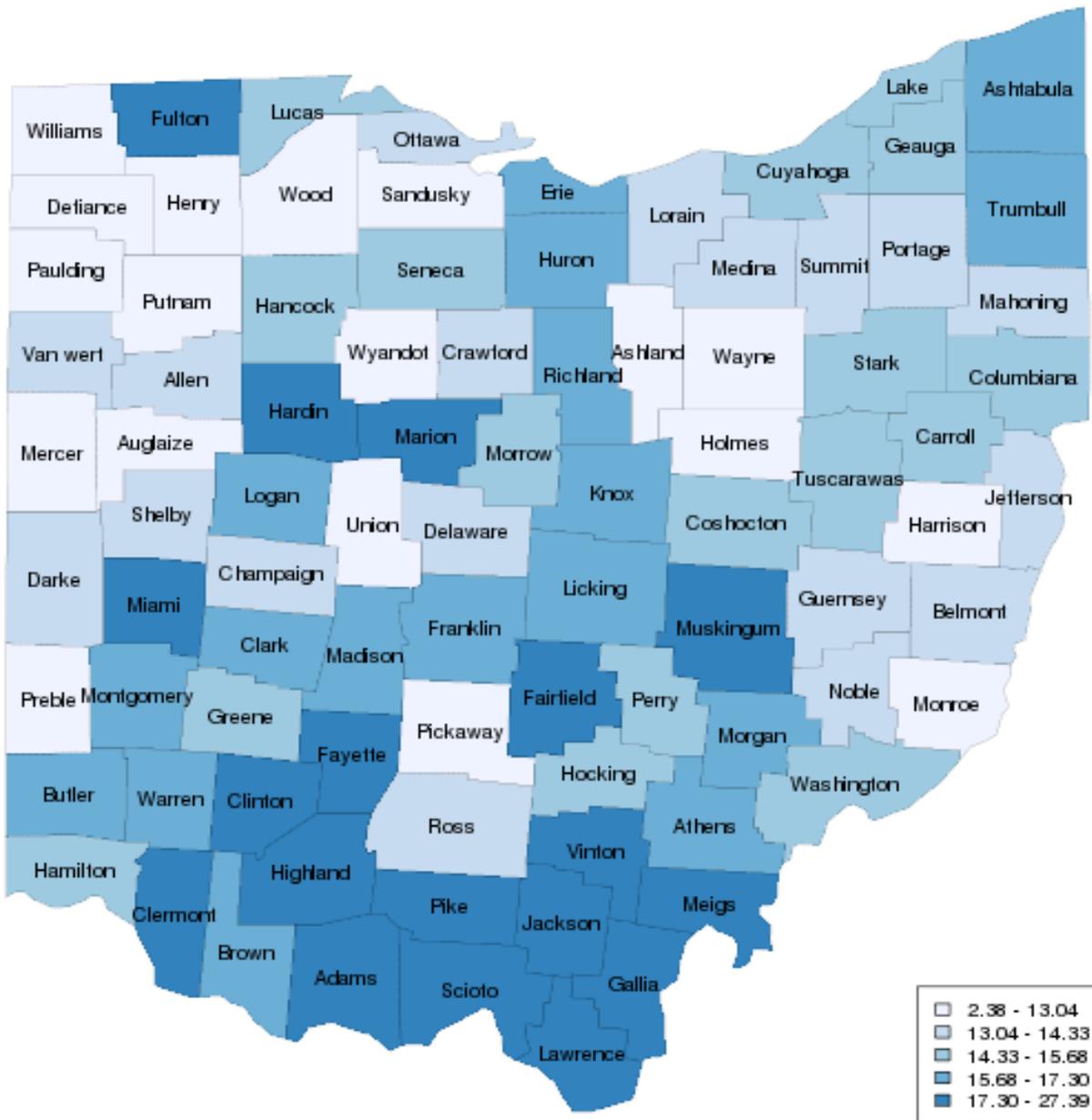
- From January through September 2011, 77.9% of women ages 19–25 had a usual place for health care compared with 62.5% of men in the same age group.
- Among adults ages 19–25, those with public health coverage were more likely to have had an emergency room visit in the past 12 months than those with private coverage or the uninsured.
- In 2011, 57.9% of Hispanic persons ages 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 ages 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 ages 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))

The following map shows the estimated proportion of all adults, ages 19 years and older with unmet needs in prescription medication.

- 12% of Henry County adults, ages 19 years and older had unmet needs in prescription medication.
- 15% of Ohio adults, ages 19 years and older had unmet needs in prescription medication.

### Estimated Proportion: Unmet Needs in Prescription Medication, All Adults, Ages 19 and Older



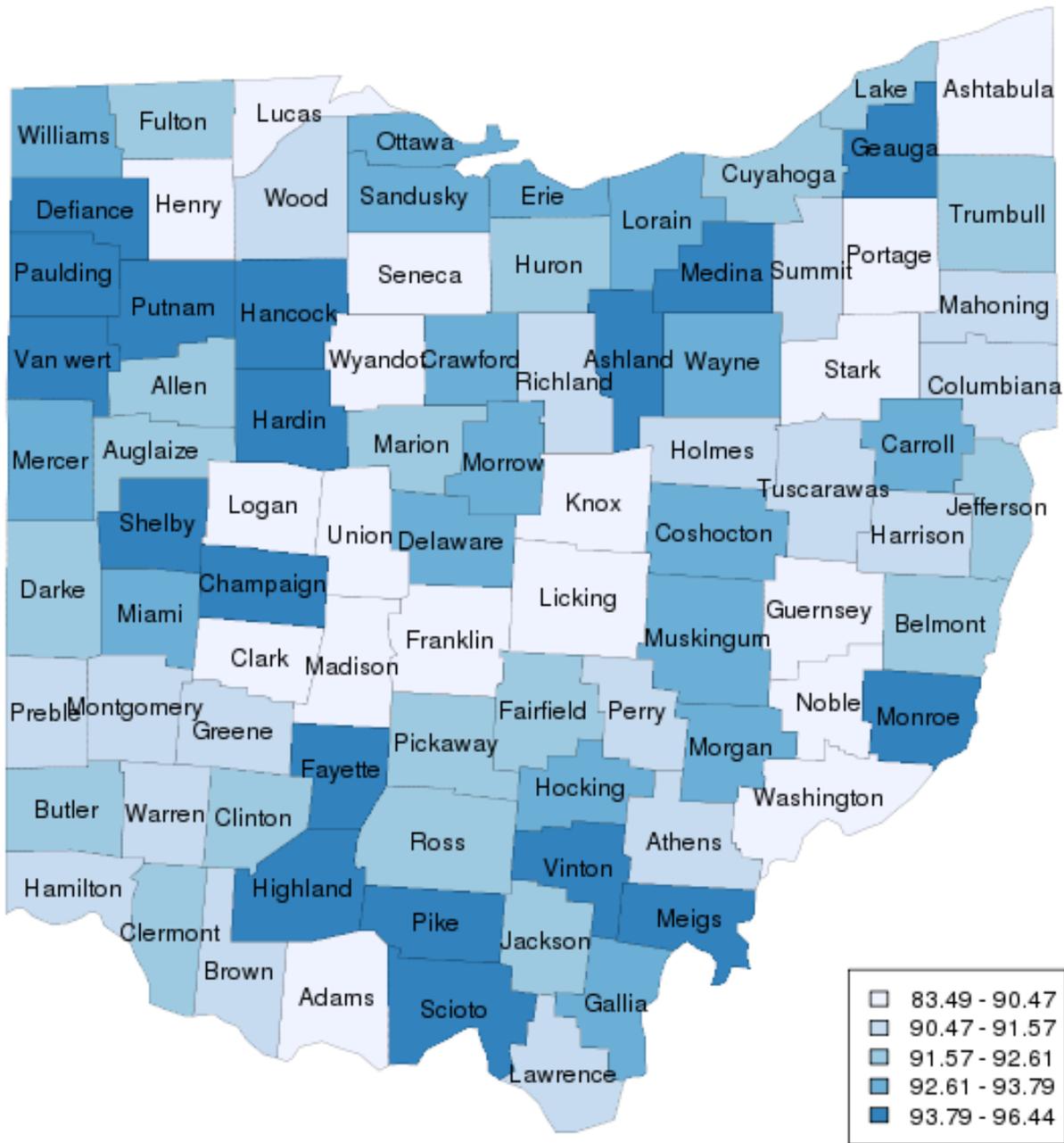
*\*Respondents were asked, "During the past 12 months, have you not filled a prescription because of cost? This includes refills."*

(Source: Ohio Medicaid Assessment Survey (OMAS) Adult Dashboard, 2015)

The following map shows the estimated proportion of all adults, ages 19 years and older with a usual source of care.

- 10% of Henry County adults, ages 19 years and older did not have a usual source of care.
- 9% of Ohio adults, ages 19 years and older did not have a usual source of care.

**Estimated Proportion: Usual Source of Care,  
All Adults, Ages 19 and Older (2015)**



(Source: Ohio Medicaid Assessment Survey (OMAS) Adult Dashboard, 2015)

# Adult | **CARDIOVASCULAR HEALTH**

## Key Findings

Heart disease (29%) and stroke (10%) accounted for 39% of all Henry County adult deaths in 2014 (Source: CDC Wonder, 2014). The 2016 Henry County Health Assessment found that 4% of adults had survived a heart attack and 4% had survived a stroke at some time in their life. More than one-third (37%) of Henry County adults were obese, 32% had been diagnosed with high blood pressure, 31% had high blood cholesterol, 30% were sedentary, and 12% were smokers, five known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- In 2016, 4% of Henry County adults reported they had survived a heart attack (myocardial infarction), increasing to 8% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported they had a heart attack or myocardial infarction in 2014 (Source: 2014 BRFSS).
- 4% of Henry County adults reported they had survived a stroke, increasing to 10% of those over the age of 65.
- 4% of Ohio and 3% of U.S. adults reported having had a stroke in 2014 (Source: 2014 BRFSS).

## High Blood Pressure (Hypertension)

- Almost one-third (32%) of adults had been diagnosed with high blood pressure. The 2013 BRFSS reports hypertension prevalence rates of 34% for Ohio and 31% for the U.S.
- 7% of adults were told they were pre-hypertensive/borderline high.
- 85% of adults with high blood pressure were taking medication for their high blood pressure.
- Henry County adults diagnosed with high blood pressure were more likely to:
  - Have rated their overall health as fair or poor (61%)
  - Have been age 65 years or older (59%)
  - Have been classified as obese by Body Mass Index-BMI (49%)

## High Blood Cholesterol

- Almost one-third (31%) of adults had been diagnosed with high blood cholesterol. The 2013 BRFSS reported that 38% of both Ohio and U.S. adults have been told they have high blood cholesterol.

### Henry County Leading Causes of Death 2014

Total Deaths: 276

1. Heart Disease (29% of all deaths)
2. Cancer (20%)
3. Stroke (10%)
4. Influenza & Pneumonia (5%)
5. Chronic Lower Respiratory Diseases (4%)

(Source: CDC Wonder, 2014)

### Ohio Leading Causes of Death 2014

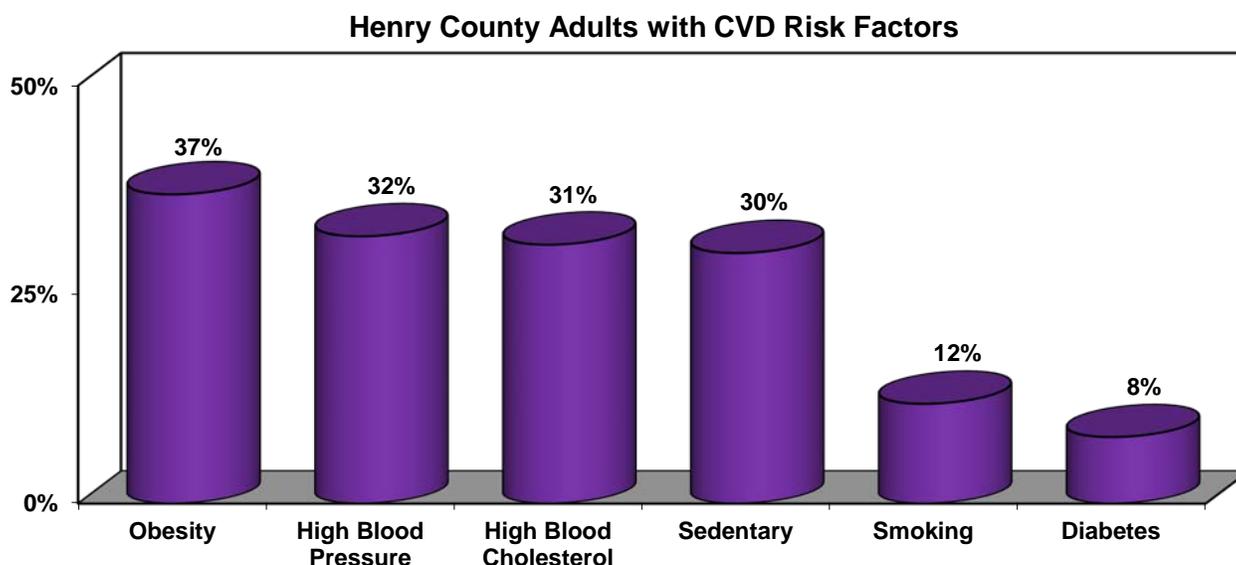
Total Deaths: 114,509

1. Heart Disease (24% of all deaths)
2. Cancers (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (5%)
5. Stroke (5%)

(Source: CDC Wonder, 2014)

- More than four-fifths (85%) of adults had their blood cholesterol checked within the past 5 years. The 2013 BRFSS reported 78% of Ohio and 76% of 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 (54%)
  - Have been classified as obese by Body Mass Index-BMI (40%)
  - Have rated their overall health as fair or poor (38%)

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



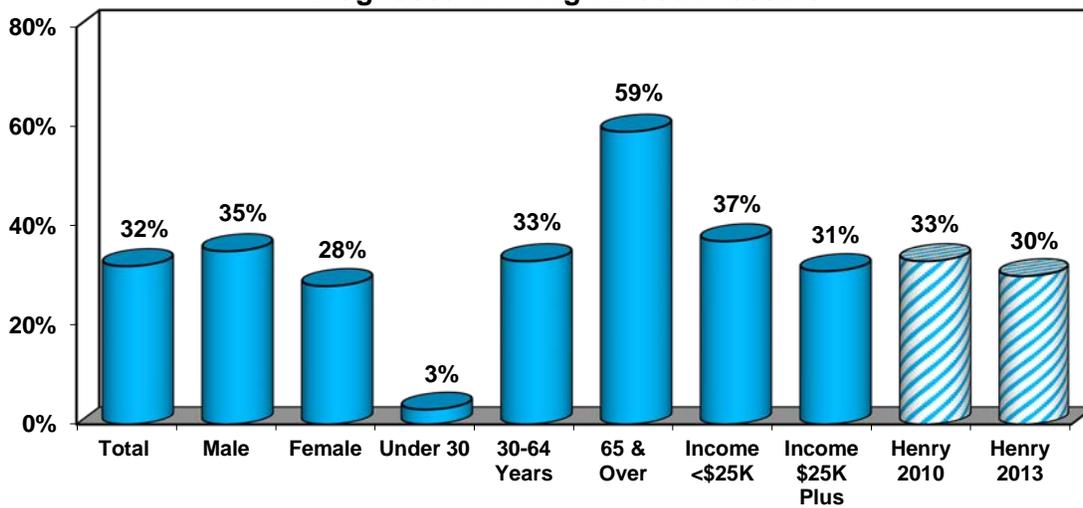
(Source: 2016 Henry County Health Assessment)

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Had a heart attack	6%	2%	4%	5%	4%
Had a stroke	2%	1%	4%	4%	3%
Had high blood pressure	33%	30%	32%	34%*	31%*
Had high blood cholesterol	29%	30%	31%	38%*	38%*
Had blood cholesterol checked within the past 5 years	N/A	83%	85%	78%*	76%*

N/A - Data is not available  
 \*2013 BRFSS Data

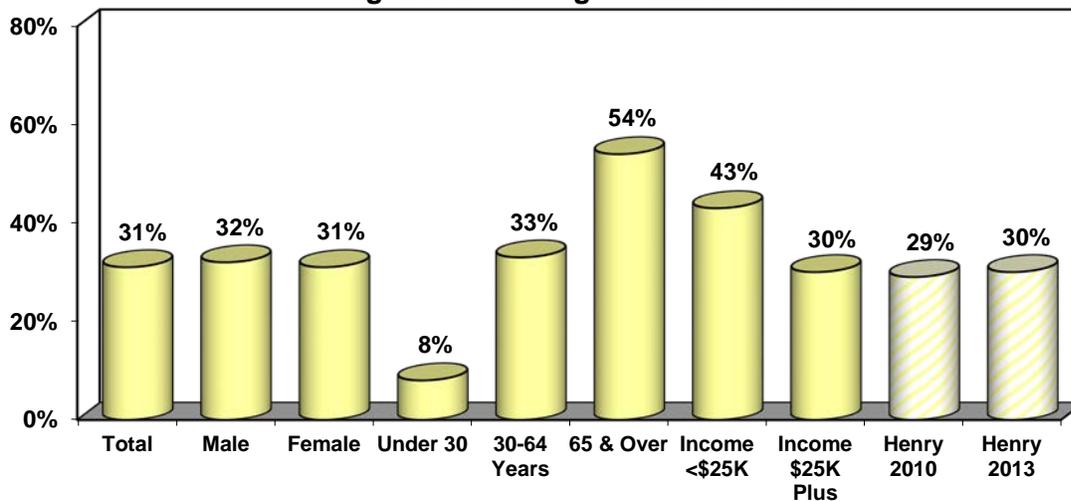
The following graphs show the number of Henry County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 32% of all Henry County adults have been diagnosed with high blood pressure, 35% of all Henry County males, 28% of all females, and 59% of those 65 years and older.

**Diagnosed with High Blood Pressure\***

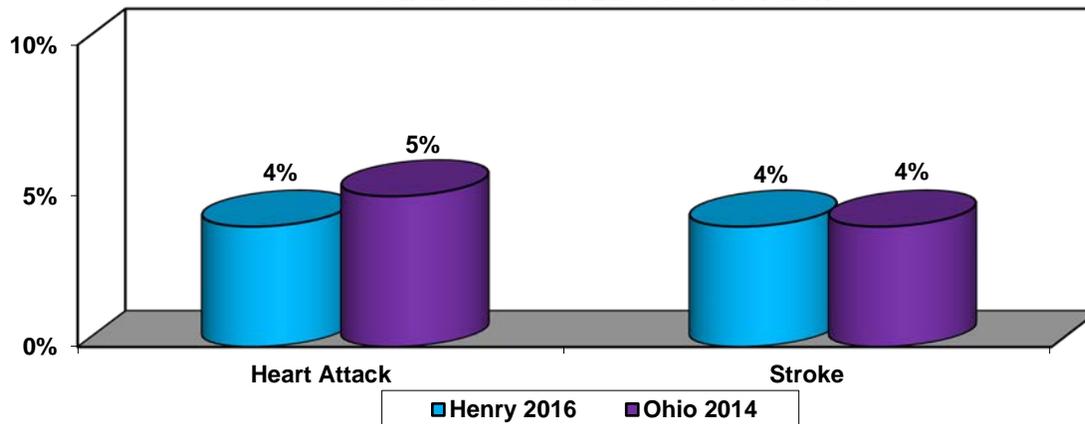


\*Does not include respondents who indicated high blood pressure during pregnancy only.

**Diagnosed with High Blood Cholesterol**



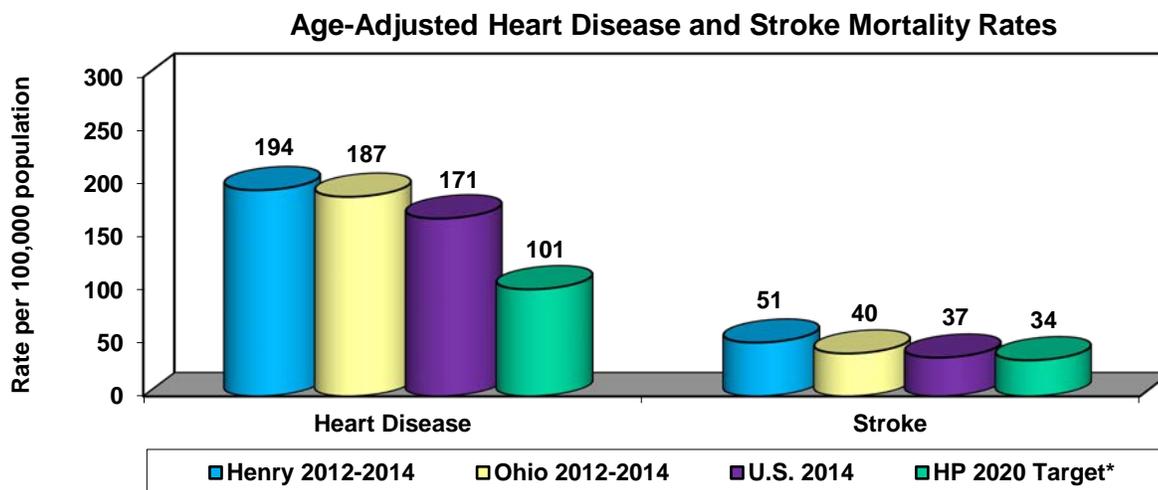
**Cardiovascular Disease Prevalence**



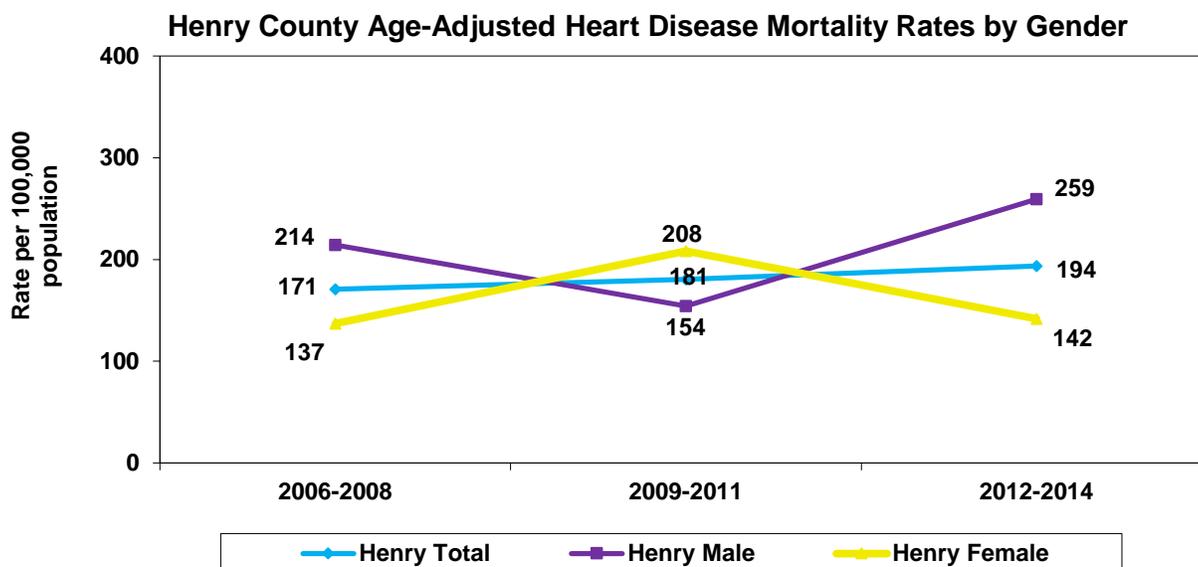
(Source: 2016 Henry Health Assessment and 2014 BRFSS)

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

- When age differences are accounted for, the statistics indicate that from 2012-2014 the Henry County heart disease mortality rate was higher than the figure for the state rate, the U.S. rate and the Healthy People 2020 target.
- The Henry County age-adjusted stroke mortality rate from 2012-2014 was higher than the state and the U.S. figures, and Healthy People 2020 target objective.
- From 2006-2014, the Henry County age-adjusted heart disease mortality rates had increased for both sexes.



\*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.  
 (Source: Health Indicators Warehouse, Healthy People 2020)



(Source: CDC Wonder, Underlying Cause of Death, 2006-2014)

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

- From 2012-2014, the Henry County stroke mortality rate was lower for males than for females.



(Source: CDC Wonder, About Underlying Cause of Death, 2012-2014)

### Healthy People 2020 Objectives Heart Disease and Stroke (HDS)

Objective	Henry Survey Population Baseline	2013 U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	32% (2016)	31% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	85% (2016)	76% Adults age 18 & up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	31% (2016)	38% Adults age 20 & up with TBC>240 mg/dl	14%

\*All U.S. figures age-adjusted to 2000 population standard.  
(Source: Healthy People 2020, 2013 BRFSS, 2016 Henry County Health Assessment)

#### Impact of Stroke

- About 795,000 Americans each year suffer a new or recurrent stroke. That means, on average, a stroke occurs every 40 seconds.
- Stroke kills nearly 129,000 people a year. It is the No. 5 cause of death.
- On average, every 4 minutes someone dies of stroke.
- About 40% of stroke deaths occur in males, and 60 percent in females.
- In 2010, worldwide prevalence of stroke was 33 million, with 16.9 million people having a first stroke. Stroke is the leading cause of adult disability.
- African-Americans have nearly twice the risk for a first-ever stroke than Caucasians and a much higher death rate from stroke.

(Source: American Heart Association, *Impact of Stroke (Stroke statistics)*, 2015, [http://strokeassociation.org/STROKEORG/AboutStroke/Impact-of-Stroke-Stroke-statistics\\_UCM\\_310728\\_Article.jsp#.VsdVrkrLIV](http://strokeassociation.org/STROKEORG/AboutStroke/Impact-of-Stroke-Stroke-statistics_UCM_310728_Article.jsp#.VsdVrkrLIV))

# Adult | CANCER

## Key Findings

In 2016, 12% of Henry County adults had been diagnosed with cancer at some time in their life. The Centers for Disease Control and Prevention (CDC) indicates that from 2010-2014, a total of 312 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, 2008-2012

#### All Types: 684 cases

- Prostate: 109 cases (16%)
- Lung and Bronchus: 98 cases (14%)
- Breast: 97 cases (14%)
- Colon and Rectum: 62 cases (9%)

#### In 2014, there were 55 cancer deaths in Henry County.

*(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)*

**12% of Henry County adults had been diagnosed with cancer at some time in their life.**

## Cancer Facts

- 12% of Henry County adults were diagnosed with cancer at some point in their lives, increasing to 33% of those over the age 65.
- Of those diagnosed with cancer, they reported the following types: other skin cancer (30%), prostate (29%), breast (17%), melanoma (12%), non-Hodgkin's lymphoma (7%), endometrial (5%), cervical (4%), bladder (4%), colon (4%), Hodgkin's lymphoma (2%), lung (2%), and other types of cancer (4%). 7% reported being diagnosed with multiple types of cancer.
- The Centers for Disease Control and Prevention (CDC) indicates that from 2010-2014, cancers caused 23% (312 of 1,349 total deaths) of all Henry County resident deaths. The largest percent (31%) of cancer deaths were from lung and bronchus cancer *(Source: CDC Wonder)*.
- 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 2016 health assessment project has determined that 12% of Henry County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

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

CANCER

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Diagnosed with skin cancer*	N/A	4%	5%	6%	6%
Diagnosed with any type of cancer, other than skin cancer	N/A	5%	7%	6%	7%

\*Melanoma and other skin cancers are included for "diagnosed with skin cancer"  
N/A – Not available

## Lung Cancer

- In Henry County, 12% of male adults and 12% of female adults were current smokers. (Source: 2016 Henry County Health Assessment).
- The CDC reports that lung cancer (n=52) was the leading cause of male cancer deaths from 2010-2014 in Henry County, followed by lymphatic cancer (n=21) and cancer of the colon, rectum, and anus (n=20) (Source: CDC Wonder).
- The CDC reports that lung cancer was the leading cause of female cancer deaths (n=44) in Henry County from 2010-2014 followed by breast (n=18) and colon, rectum, and anus (n=16) cancers (Source: CDC Wonder).
- According to the American Cancer Society, smoking causes 83% and 76% respectively of all lung cancer deaths in the U.S. Men and women who smoke are about 25 times more likely to develop lung cancer than nonsmokers (Source: American Cancer Society, Facts & Figures 2016).

**12% of Henry County male adults and 12% of female adults were current smokers.**

## Breast Cancer

- In 2016, 54% of Henry County females reported having had a clinical breast examination in the past year.
- 60% of Henry County females over the age of 40 had a mammogram in the past year.
- The 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99%. However, only 61% of breast cancer cases are diagnosed early at a localized stage (Source: American Cancer Society, Facts & Figures 2016).
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommended that those 40 to 44 years of age have the choice of annual mammography; those 45 to 54 have annual mammography, and those 55 years of age and older have biennial or annual mammography, continuing as long as their overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual screening using magnetic resonance imaging (MRI) in addition to mammography is recommended, typically starting at age 30 (Source: American Cancer Society, Facts & Figures 2016).

**Three-fifths (60%) of Henry County females over the age of 40 had a mammogram in the past year.**

## Colon and Rectum Cancer

- More than half (56%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- The CDC statistics indicate that colon, rectum, and anus cancer deaths accounted for 12% of all male and female cancer deaths from 2010-2014 in Henry County.
- 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.

## Prostate Cancer

- CDC statistics indicate that prostate cancer deaths accounted for 9% of all male cancer deaths from 2010-2014 in Henry County.
- Incidence rates for prostate cancer are 60% higher in African Americans than in whites and they are twice as likely to die of prostate cancer. In addition, about 56% 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. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world (Source: American Cancer Society, Facts & Figures 2016).

### 2016 Cancer Estimations

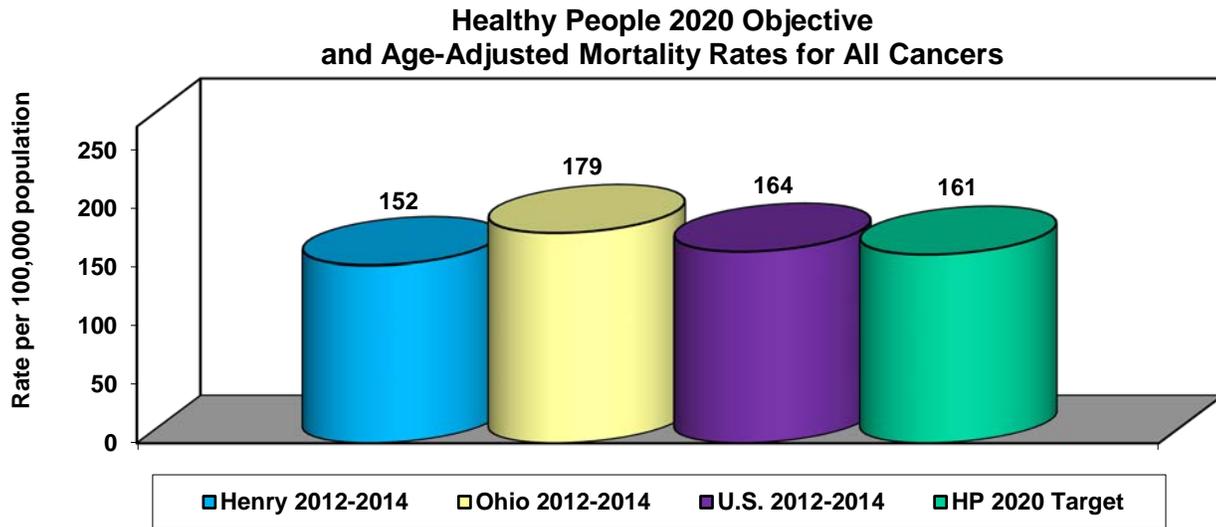
- In 2016, about 1,658,210 new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about twenty percent of the new cancer cases expected to occur in the U.S. in 2016 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 595,690 Americans are expected to die of cancer in 2016.
- In 2016, about 188,800 cancer deaths will be caused by tobacco use.
- In Ohio, 66,020 new cases of cancer are expected, and 25,510 cancer deaths are expected.
- The Ohio female new breast cancer cases are expected to be 9,390.
- About 16% of all new cancer cases in Ohio are expected to be from lung and bronchus cancers.
- About 5,340 (8%) of all new cancer cases in Ohio are expected to be from colon and rectum cancers.
- The Ohio new prostate cancer cases are expected to be 6,760 (10%).

(Source: American Cancer Society, Facts and Figures 2016,

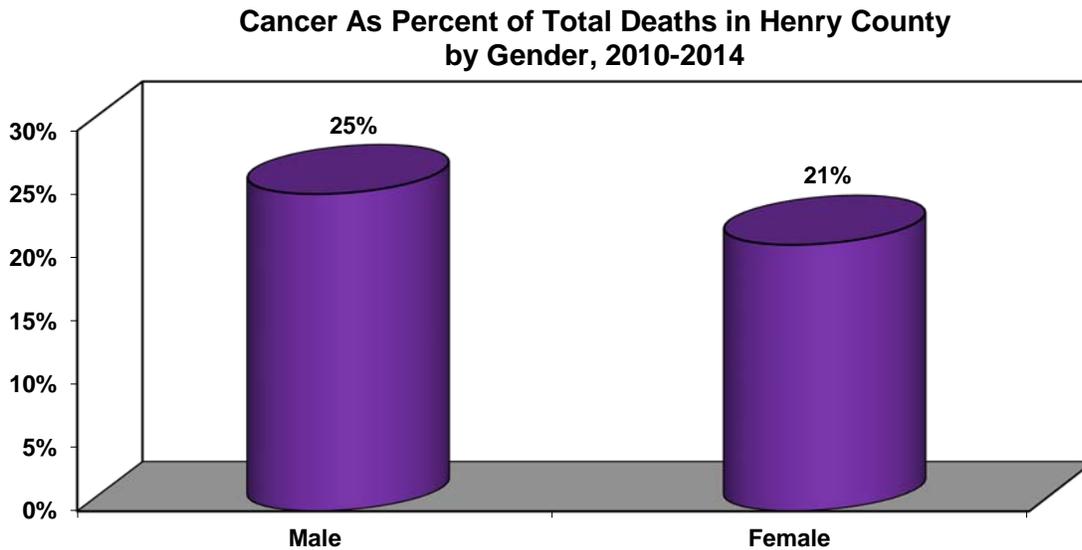
<http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>)

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, U.S. and the Healthy People 2020 target objective.
- The percentage of Henry County females who died from all cancers was lower than the percentage of Henry County males who died from all cancers.



(Source: Health Information Warehouse, Healthy People 2020)



(Source: CDC Wonder, 2010-2014)

**Henry County Incidence of Cancer  
2008-2012**

Type of Cancer	Number of Cases	Percent of Total Incidence of Cancer
Prostate	109	16%
Lung and Bronchus	98	14%
Breast	97	14%
Colon and Rectum	62	9%
Other/Unspecified	55	8%
Non-Hodgkins Lymphoma	40	6%
Cancer and Corpus Uteri	23	3%
Melanoma of Skin	22	3%
Bladder	21	3%
Thyroid	20	3%
Kidney and Renal Pelvis	19	3%
Leukemia	17	2%
Pancreas	17	2%
Esophagus	15	2%
Liver and Bile Ducts	15	2%
Oral Cavity & Pharynx	13	2%
Brain and CNS	12	2%
Multiple Myeloma	8	1%
Larynx	7	1%
Ovary	4	1%
Cancer of Cervix Uteri	3	<1%
Stomach	3	<1%
Testis	2	<1%
Hodgkins Lymphoma	2	<1%
<b>Total</b>	<b>684</b>	<b>100%</b>

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)

CANCER

# Adult | DIABETES

## Key Findings

In 2016, 8% of Henry County adults had been diagnosed with diabetes.

## Diabetes

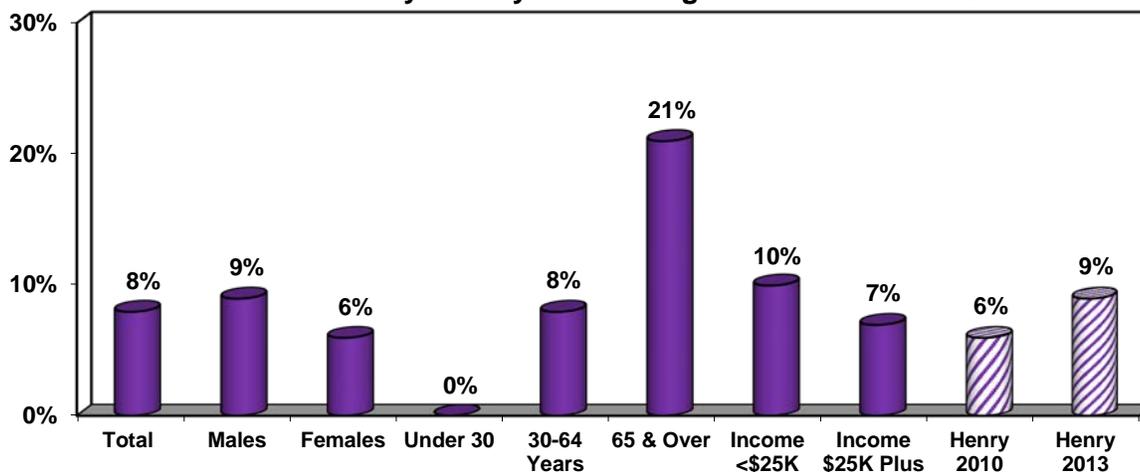
- The 2016 health assessment project has identified that 8% of Henry County adults had been diagnosed with diabetes, increasing to 21% of those age 65 and older. The 2014 BRFSS reports an Ohio prevalence of 12% and a U.S. prevalence of 10%.
- 6% of adults had been diagnosed with pre-diabetes.
- Adults with diabetes had seen a doctor, nurse, or other health professional for their diabetes an average of 2.4 times in the past year.
- More than one-third (34%) 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:
  - 95% were obese or overweight
  - 78% had been diagnosed with high blood pressure
  - 58% had been diagnosed with high blood cholesterol

**Diabetes Facts**

- Nearly 30 million children and adults in the United States have diabetes.
- 86 million Americans have prediabetes.
- 1.7 million Americans are diagnosed with diabetes every year.
- Nearly 10% of the entire U.S. population has diabetes, including over 25% of seniors.
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue.
- The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year.
- 8.1 million Americans have undiagnosed diabetes.
- Diabetes kills more Americans every year than AIDS and breast cancer combined.
- Diabetes is the primary cause of death for 69,071 Americans each year, and contributes to the death of 231,051 Americans annually.

(Source: American Diabetes Association, 2014 Fast Facts, [http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/14\\_fast\\_facts\\_june2014\\_final3.pdf](http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/14_fast_facts_june2014_final3.pdf))

**Henry County Adults Diagnosed with Diabetes**



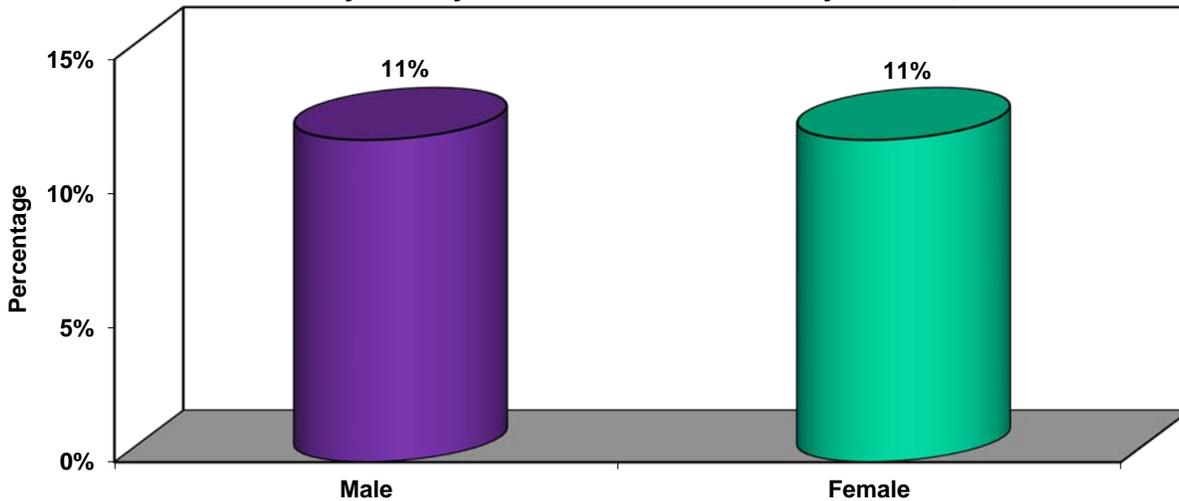
Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Diagnosed with diabetes	6%	9%	8%	12%	10%

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

- In 2010, the prevalence of diabetes was equal between males and females in Henry County.
- From 2011 to 2013, Henry County's age-adjusted diabetes mortality rate was less than the Ohio rate, U.S. rate and the Healthy People 2020 target objective.

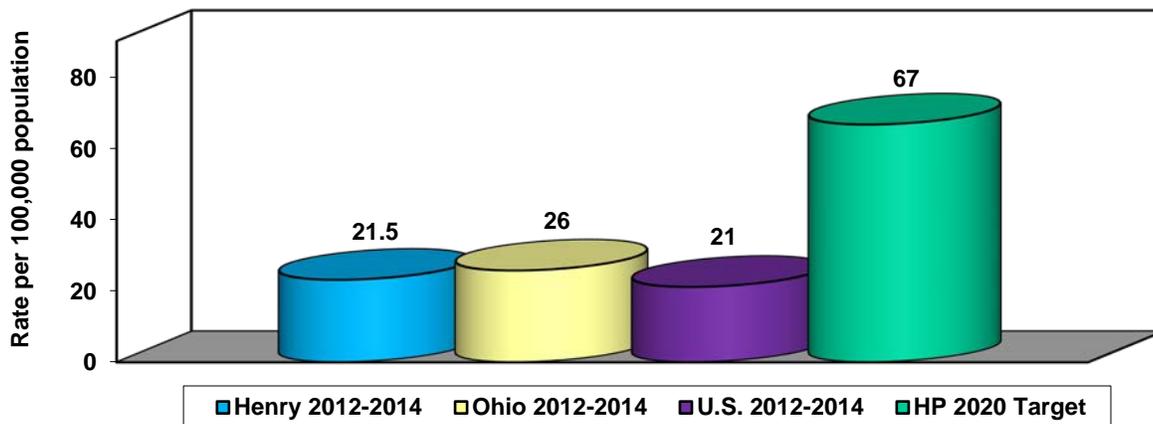
# DIABETES

**Henry County Prevalence of Diabetes by Gender, 2010**



(Source: Network of Care: Health Indicators, Public Health Assessment and Wellness)

**Healthy People 2020 Objectives and Age-Adjusted Mortality Rates for Diabetes**



(Source: Health Indicators Warehouse and Healthy People 2020)

# Adult | ARTHRITIS

## Key Findings

According to the Henry County survey data, 37% of Henry County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

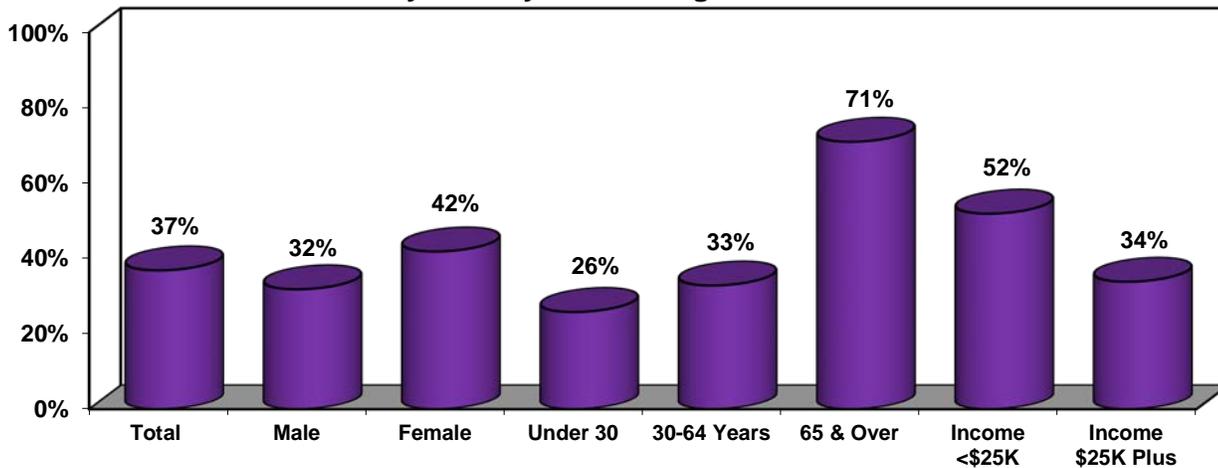
## Arthritis

- More than one-third (37%) of Henry County adults were told by a health professional that they had some form of arthritis, increasing to 71% of those over the age of 65.
- According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

*37% of Henry County adults were told by a health professional that they had some form of arthritis, increasing to 71% of those over the age of 65.*

- An estimated 50 million U.S. adults (about 1 in 5) report having doctor-diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030 (Source: CDC, Arthritis at a Glance 2013).
- 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).

**Henry County Adults Diagnosed with Arthritis**



Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Diagnosed with arthritis	29%	29%	37%	31%	26%

*17% 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, 49% were limited because of arthritis.*

### 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:

- **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 June 19, 2014)*

# Adult | WEIGHT STATUS

## Key Findings

The 2016 Health Assessment identified that 72% of Henry County adults were overweight or obese based on Body Mass Index (BMI). More than one-third (37%) of Henry County adults were obese. The 2014 BRFSS indicates that 33% of Ohio and 30% of U.S. adults were obese by BMI. More than two-fifths (46%) of adults were trying to lose weight.

**37% of Henry County adults are obese.**

## Adult Weight Status

- In 2016, the health assessment indicated that nearly three-fourths (72%) of Henry County adults were either overweight (35%) or obese (37%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (46%) of adults were trying to lose weight, 36% were trying to maintain their current weight or keep from gaining weight, and 1% 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 (47%), drank more water (45%), exercised (43%), ate a low-carb diet (8%), health coaching (2%), used a weight loss program (1%), participated in a prescribed dietary or fitness program (1%), smoked cigarettes (1%), took diet pills, powders or liquids without a doctor's advice (1%), bariatric surgery (1%), went without eating 24 or more hours (1%), took prescribed medications (1%), and took laxatives (<1%).

**In Henry County, 50% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.**

## Physical Activity

- In Henry County, 50% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 26% of adults were exercising 5 or more days per week. Nearly one-third (30%) of adults were not participating in any physical activity in the past week, including 5% who were unable to exercise.
- Reasons for not exercising included: time (29%), weather (23%), too tired (18%), laziness (16%), pain or discomfort (15%), chose not to exercise (13%), could not afford a gym membership (7%), no exercise partner (3%), no gym available (3%), poorly maintained/no sidewalks (2%), transportation (2%), no child care (1%), did not know what activities to do (1%), doctor advised them not to exercise (1%), no walking, biking trails or parks (1%), safety (1%), no access to parks (<1%), and other reasons (4%).
- 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*).
- Henry County adults spent an average of 2.6 hours watching TV, 1.5 hours on their cell phone, 1.2 hours on the computer (outside of work), and 0.2 hours playing video games on an average day of the week.

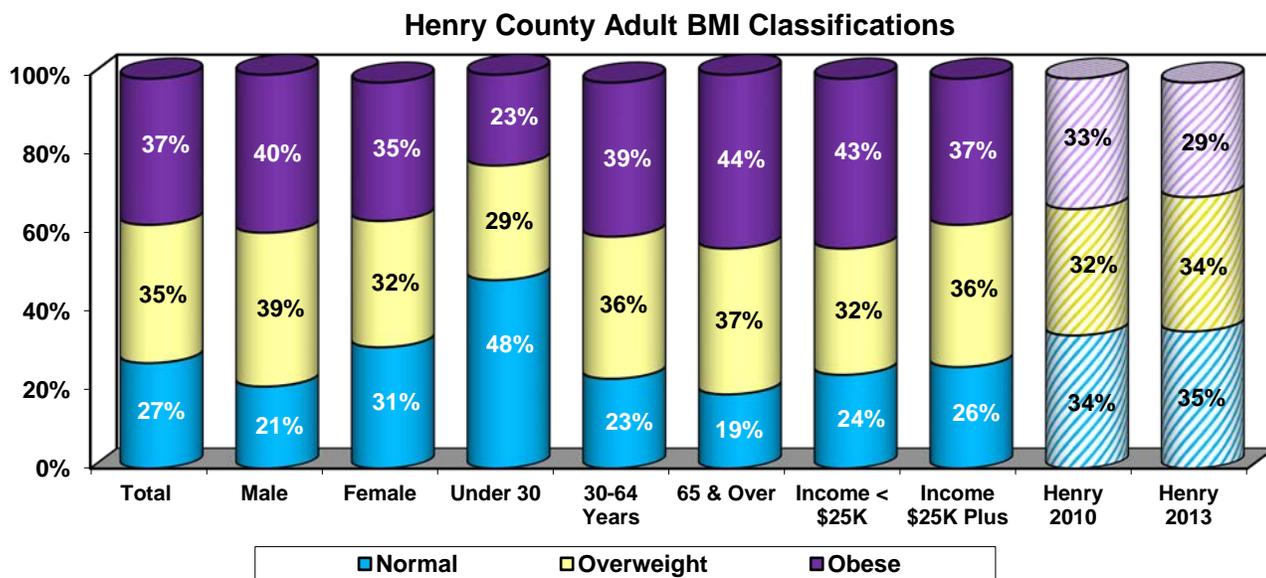
- Henry County adults had access to a wellness program through their employer or spouse's employer with the following features: free/discounted gym membership (12%), health risk assessment (11%), lower insurance premiums for participation in wellness program (9%), on-site health screenings (9%), on-site fitness facility (7%), gift cards or cash for participation in wellness program (7%), healthier food options in vending machines or cafeteria (6%), free/discounted weight loss program (3%), free/discounted smoking cessation program (3%), on-site health education classes (3%), gift cards or cash for positive changes in health status (3%), lower insurance premiums for positive changes in health status (2%), and other features (4%).
- 27% of Henry County adults did not have access to any wellness programs.

*More than two-fifths (46%) of Henry County adults were trying to lose weight.*

## Nutrition

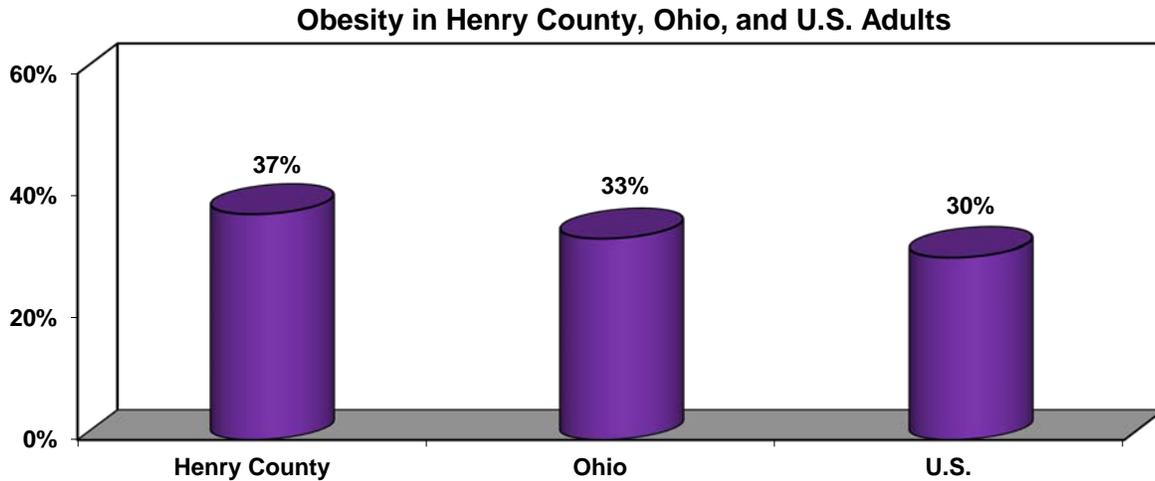
- In 2016, 4% of adults were eating 5 or more servings of fruits and vegetables per day. 61% were eating 1 to 2 servings per day and 32% were eating 3 to 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health.
- Adults ate out in a restaurant or brought home take-out food an average of 2.1 times per week.
- 31% of adults drank soda pop, punch, Kool-Aid, sports drinks, energy drinks, or other fruit-flavored drinks at least once per day in the past week.

The following graph shows the percentage of Henry County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 27% of all Henry County adults were classified as normal weight, 35% were overweight, and 37% 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.



(Source: 2016 Henry County Health Assessment and 2014 BRFSS)

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Obese	33%	29%	37%	33%	30%
Overweight	32%	34%	35%	34%	35%

### Obesity Facts

- More than one-third of U.S. adults (34.9%) 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.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.
- Non-Hispanic blacks have the highest age-adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%), and non-Hispanic Asians (10.8%).

(Source: CDC, Adult Obesity Facts, updated September 9, 2014, <http://www.cdc.gov/obesity/data/adult.html>)

# Adult | TOBACCO USE

## Key Findings

In 2016, 12% of Henry County adults were current smokers and 28% were considered former smokers. In 2016, 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, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2016).

**In 2016, 12% of Henry County adults were current smokers.**

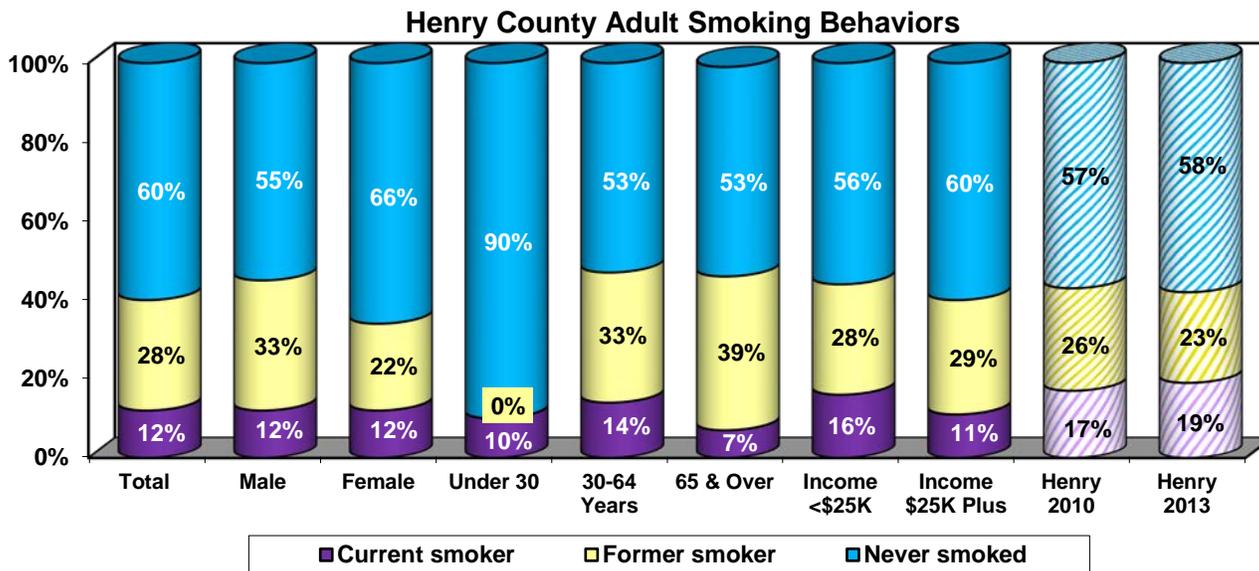
## Adult Tobacco Use Behaviors

- The 2016 health assessment identified that more than one-in-eight (12%) 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 2014 BRFSS reported current smoker prevalence rates of 21% for Ohio and 18% for the U.S.
- More than one-fourth (28%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2014 BRFSS reported former smoker prevalence rates of 25% for both Ohio and the U.S.
- Henry County adult smokers were more likely to:
  - Have been separated or a member of an unmarried couple (29%)
  - Have rated their overall health as poor (17%)
  - Have incomes less than \$25,000 (16%)
- Henry County adults used the following tobacco products in the past year: cigarettes (20%), e-cigarettes (5%), cigars (5%), chewing tobacco (3%), snuff (2%), Black and Milds (2%), little cigars (1%), roll-your-own (1%), pouch/snus (1%), swishers (1%), pipes (1%), and cigarillos (<1%).
- 50% of 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 had the following rules/practices about smoking in their home: never allowed (87%), no rules about smoking (6%), allowed sometimes/in some places (2%), not allowed with children around (2%), and always allowed (2%).

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Current smoker	17%	19%	12%	21%	18%
Former smoker	26%	23%	28%	25%	25%
Tried to quit smoking	53%	48%	50%	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: 12% of all Henry County adults were current smokers, 28% of all adults were former smokers, and 60% 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?"

### Smoke-free Living: Benefits and Milestones

According to the American Heart Association and the U.S. Surgeon General, this is how your body starts to recover:

- In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
- After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
- After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
- After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduce your risk of infection.
- One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.
- Five to 15 years after quitting smoking, a person's risk of stroke is similar to that of a nonsmoker.
- After 10 years of smoke-free living, your lung cancer death rate is about half that of a person who has continued to smoke. The risk of other cancers, such as throat, mouth, esophagus, bladder, cervix and pancreas decreases too.

(Source: AHA, *Smoke-free Living: Benefits & Milestones*, 2012, from:  
[http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp))

## Electronic Cigarettes Facts

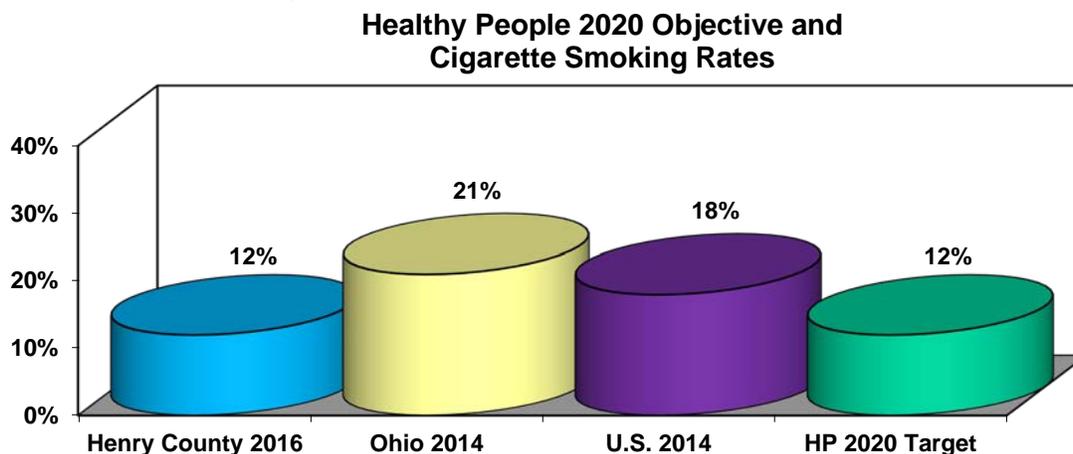
- Electronic cigarettes (e-cigarettes) are a type of electronic smoking device, resembling cigarettes. They can also look like pipes, pens, or USB memory sticks.
- E-cigarettes cost approximately \$30-60, and refill cartridges cost \$7-\$10. More recently, disposable e-cigarettes that “last up to two packs” are being sold for under \$10 in local and national convenience stores.
- Cartridges generally contain 10-20 mg of nicotine. However, as e-cigarettes are unregulated by the Food and Drug Administration (FDA), their contents and the level of these contents can be highly variable.
- Ever use of e-cigarettes is highest among current cigarette smoking adults in the U.S. and increased from 9.8% in 2010 to 21.2% in 2011 to 32% in 2012.
- Early studies by the FDA found varying levels of nicotine and other potentially harmful ingredients, including cancer-causing substances and di-ethylene glycol, which is found in anti-freeze. However, these substances were found at much lower levels than in traditional cigarettes.
- The awareness and use of electronic cigarettes are increasing. In 2011, 6 of 10 U.S. adults were aware of electronic cigarettes with 21% of smokers having ever used an electronic cigarette.
- Nicotine is found in both inhaled and exhaled vapor of electronic cigarettes. Studies have also found heavy metals, silicates, and cancer-causing compounds in exhaled e-cigarette vapor.

(Source: Philadelphia Department of Public Health, “Electronic Cigarette Fact sheet,” published February 2014, from: [http://www.smokefreephilly.org/smokfree\\_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet\\_2\\_27\\_14.pdf](http://www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf) & Legacy for Health, Tobacco Fact Sheet, May 2014, from: <http://www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf>)

28% 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:

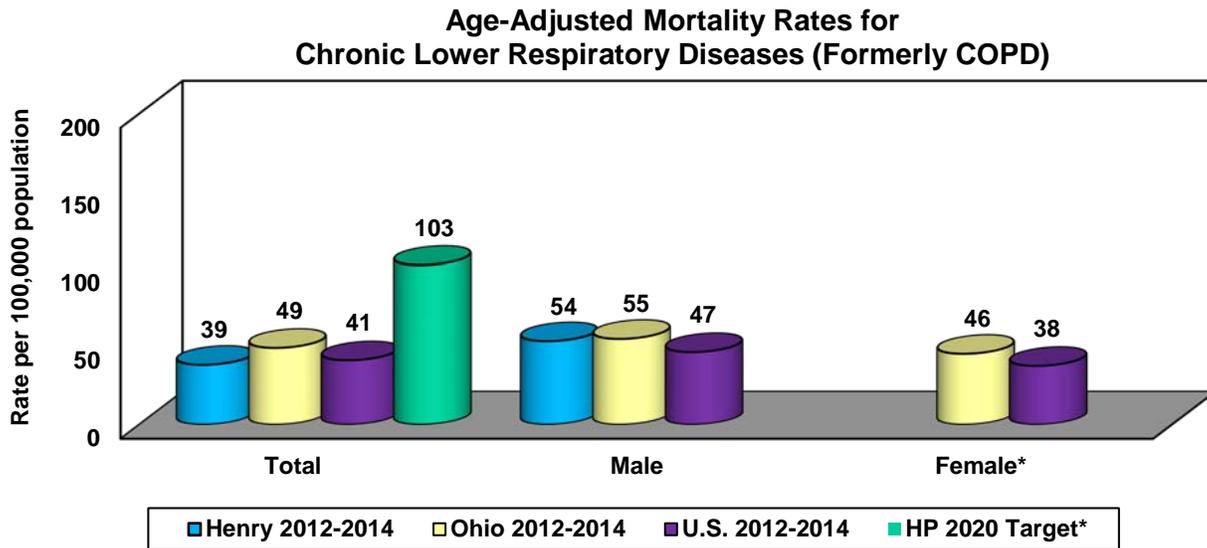
- Henry County adult cigarette smoking rate was lower than the Ohio and U.S. rates, and equivalent to the Healthy People 2020 Goal.



(Source: 2016 Henry County Health Assessment, 2014 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 objective. The graph shows:

- From 2012-2014, Henry County's age-adjusted mortality rate for chronic lower respiratory disease was lower than the Ohio rate, U.S. rate and the Healthy People 2020 target objective.
- Disparities existed by gender for chronic lower respiratory disease mortality rate. The 2011-2013 Henry County male rates were higher than the Henry County female rates.



(Source: Health Indicators Warehouse and Healthy People 2020)

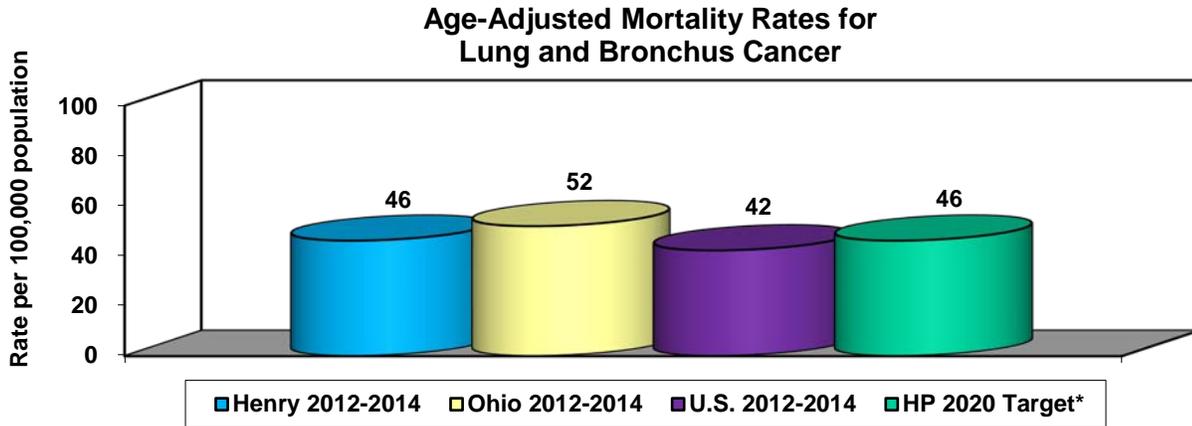
\*The Henry County Female rate is unavailable

\*\* 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.

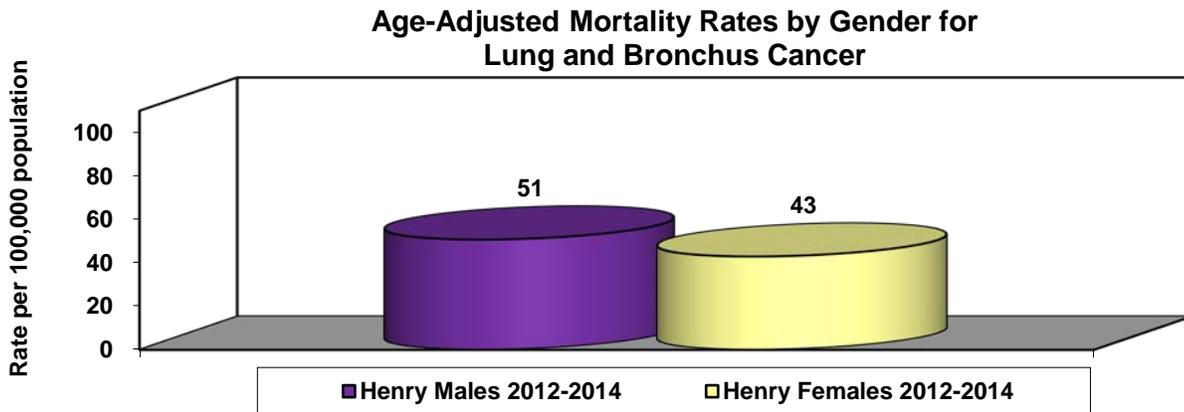
The following graphs show Henry County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for lung and bronchus cancer in comparison with the Healthy People 2020 objective and Henry County mortality rates by gender. These graphs show:

- Disparities existed by gender for Henry County lung and bronchus cancer age-adjusted mortality rates. The 2012-2014 Henry male rates were substantially higher than the Henry female rates.



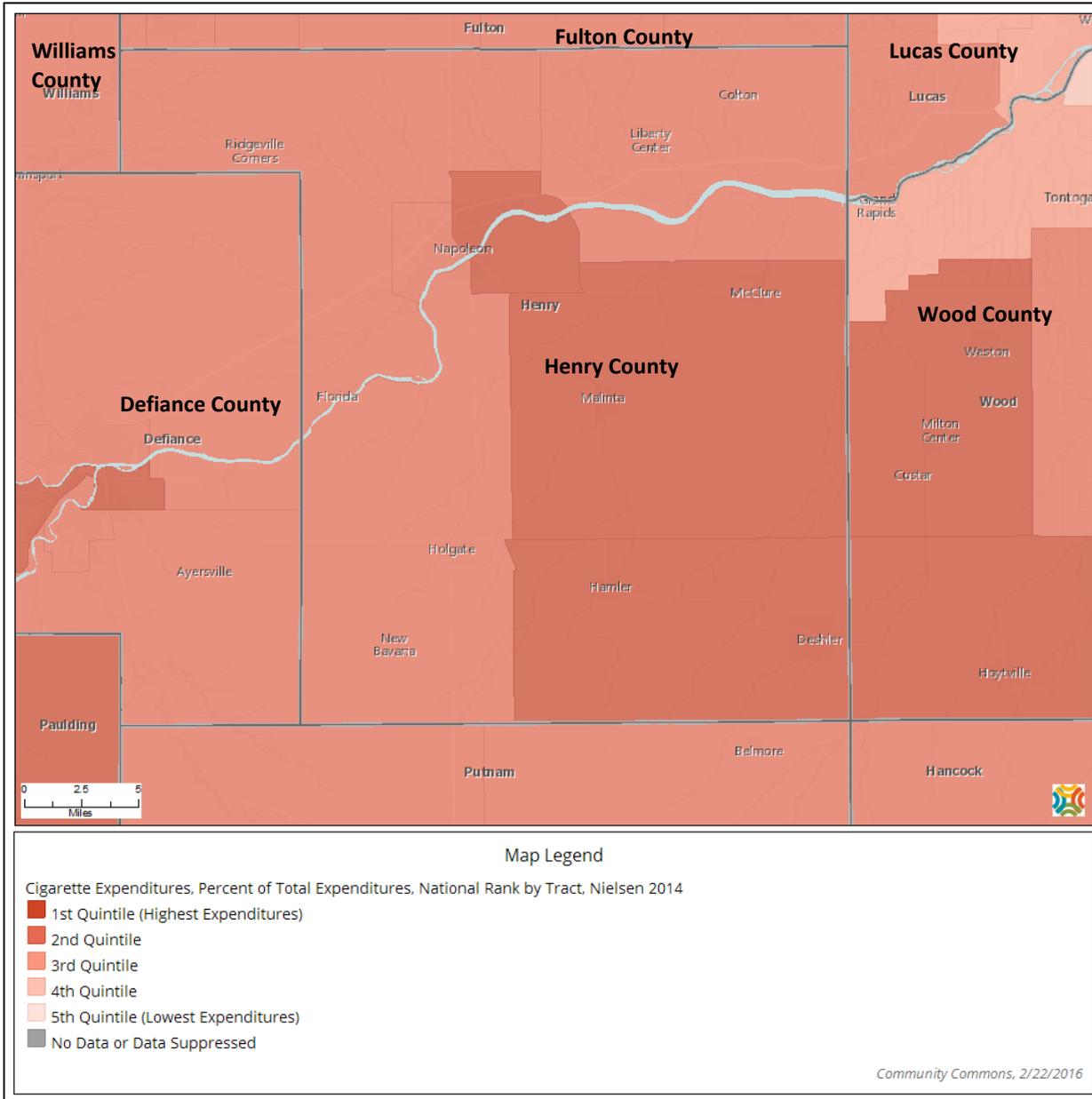
\*Healthy People 2020 Target data is for lung cancer only

(Sources: Healthy People 2020, National Cancer Institute, Health Indicators Warehouse)



(Source: Health Indicators Warehouse)

## Cigarette Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2014



(Source: Nielsen, Nielsen SiteReports: 2014, as compiled by Community Commons)

# Adult | ALCOHOL CONSUMPTION

## Key Findings

In 2016, the Health Assessment indicated that 10% of Henry County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 45% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Four 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.**

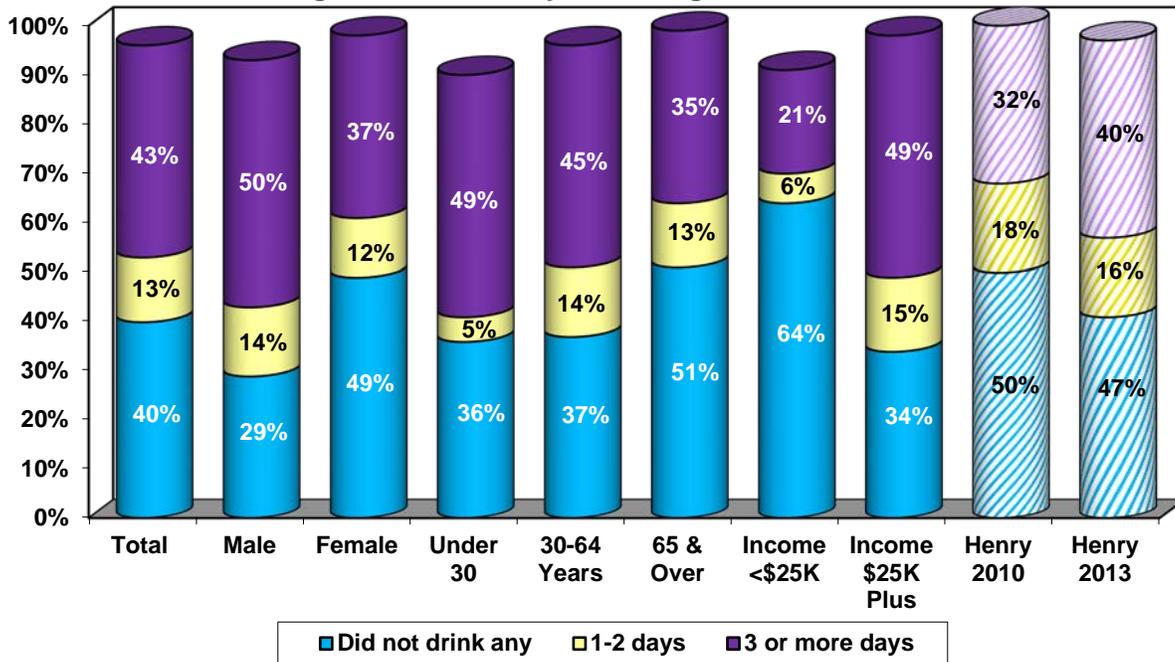
## Adult Alcohol Consumption

- In 2016, 56% of the Henry County adults had at least one alcoholic drink in the past month, increasing to 64% of males and those with incomes more than \$25,000.
- The 2014 BRFSS reported current drinker prevalence rates of 53% for both Ohio and the U.S.
- One-in-ten (10%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Henry County adults drank 2.7 drinks on average, increasing to 3.0 drinks for those under the age of 30.
- One-fourth (25%) of Henry County adults were considered binge drinkers. 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.
- The 2014 BRFSS reported binge drinking rates of 18% for Ohio and 16% for the U.S.
- 45% of 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.
- 4% of adults reported driving after having perhaps too much to drink.

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Drank alcohol at least once in past month	50%	56%	56%	53%	53%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	19%	19%	25%	18%	16%

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: 40% of all Henry County adults did not drink alcohol, 29% of Henry County males did not drink, and 49% of adult females reported they did not drink.

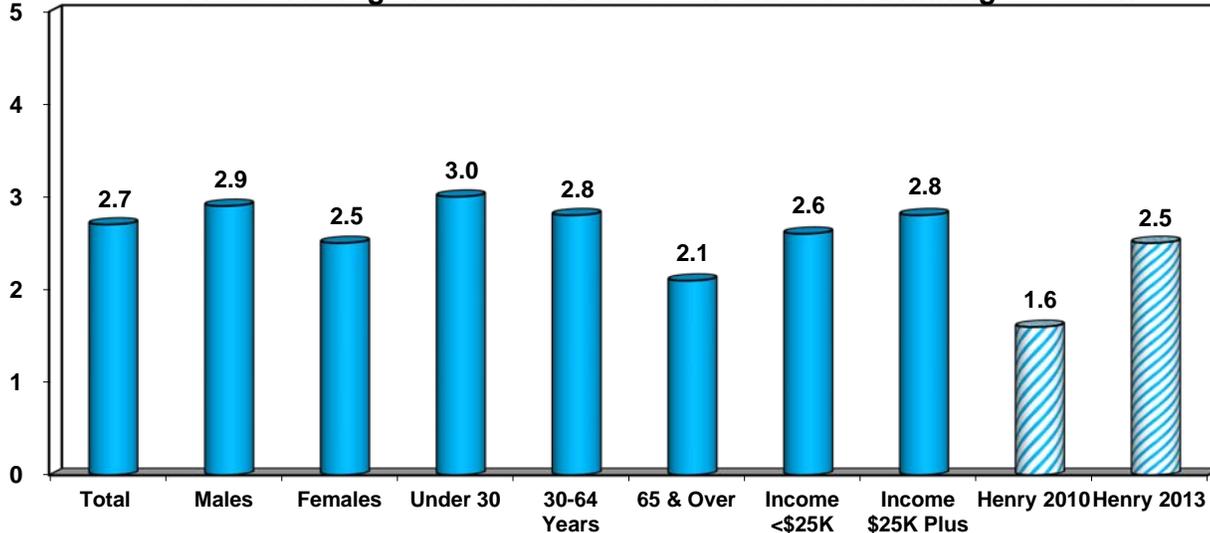
**Average Number of Days Drinking Alcohol in the Past Month**



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

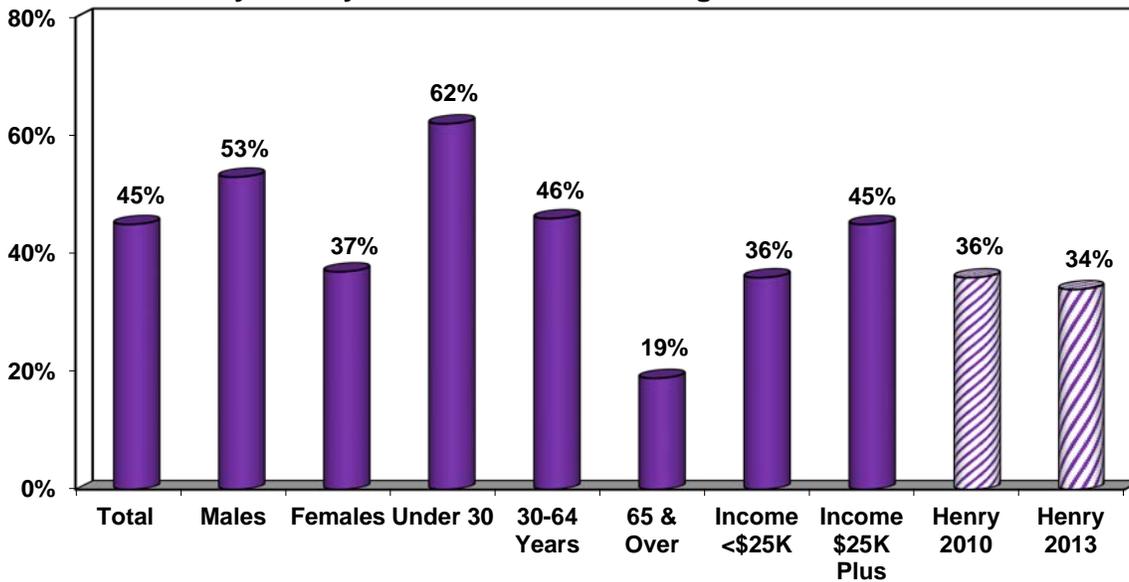
*10% of Henry County adults were considered frequent drinkers (drank on an average of three or more days per week).*

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



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

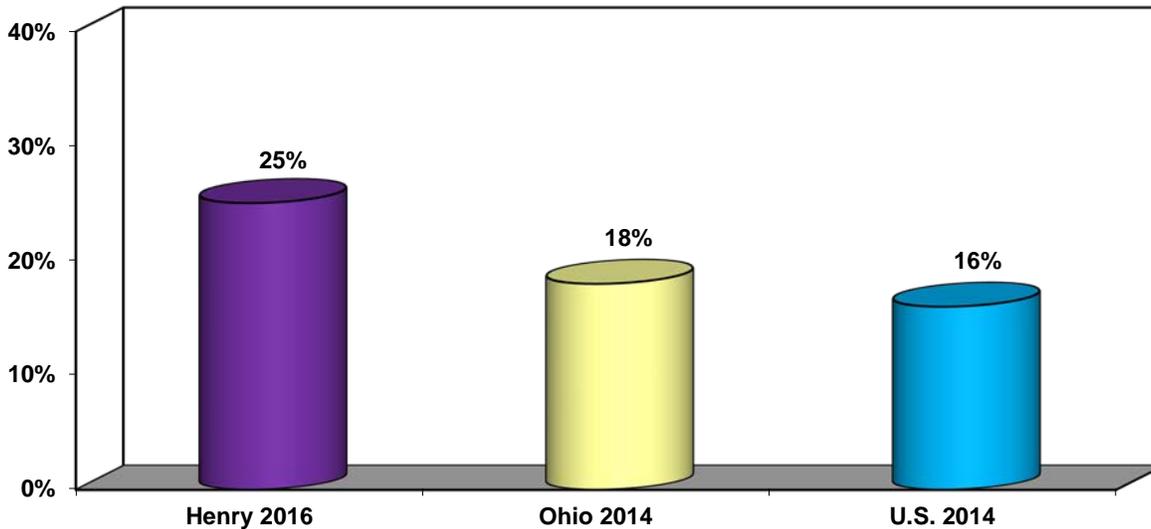
**Henry County Adult Drinkers Who Binge Drank in Past Month\***



\*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.

4% of Henry County adults reported driving after having perhaps too much to drink.

**Adult Binge Drinkers\***



\*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.

(Source: 2014 BRFSS, 2016 Henry County Health Assessment)

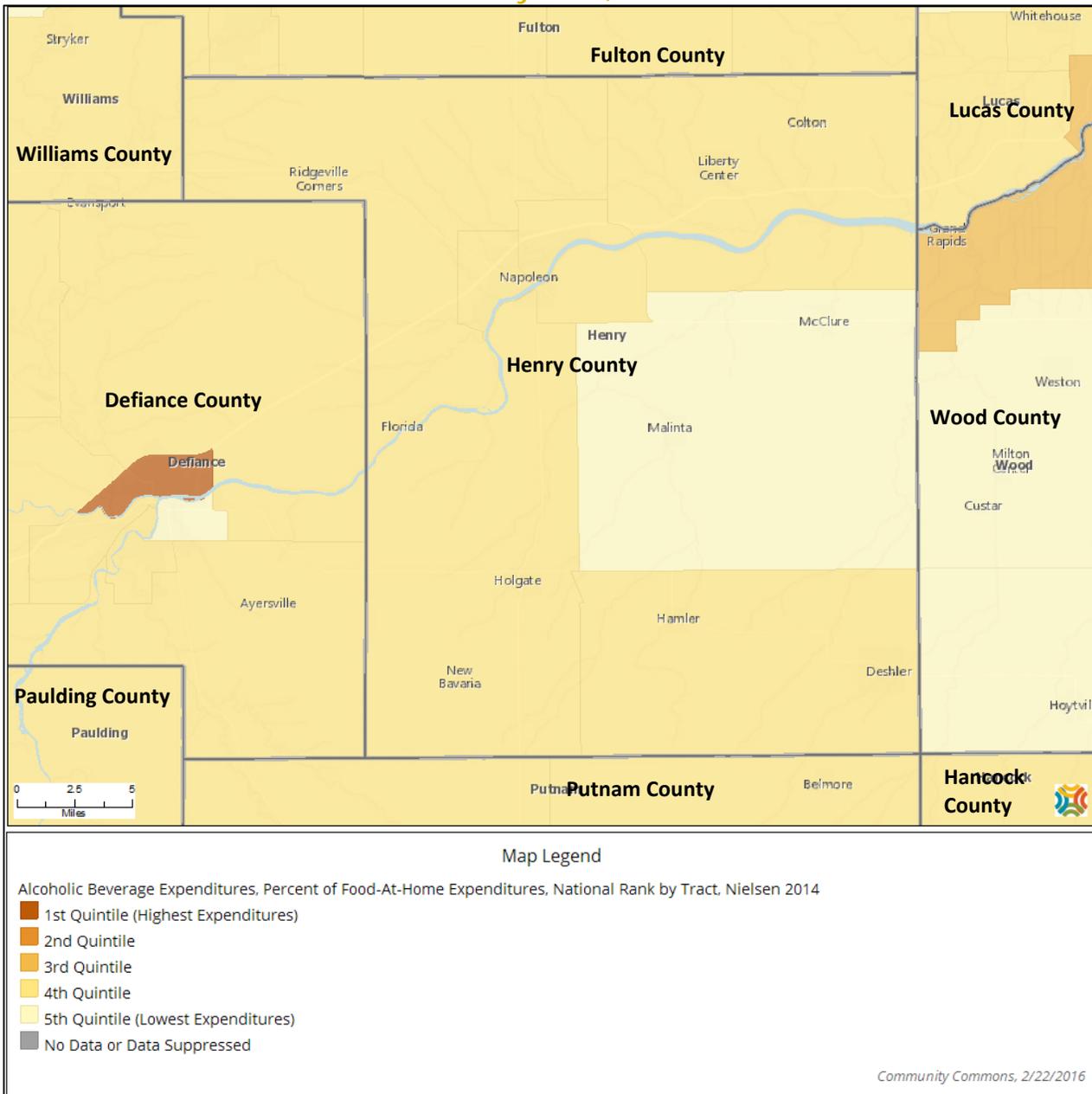
The following table shows the city of Napoleon, Henry County and Ohio motor vehicle accident statistics. The table shows:

- 5% of all crashes in Henry County were alcohol-related compared to 4% in Ohio.

	City of Napoleon 2015	Henry County 2015	Ohio 2015
Total Crashes	214	738	302,307
Alcohol-Related Total Crashes	9	34	12,526
Fatal Injury Crashes	0	9	1,029
Alcohol-Related Fatal Crashes	0	3	316
Alcohol Impaired Drivers in Crashes	9	34	12,304
Injury Crashes	25	153	75,109
Alcohol-Related Injury Crashes	0	13	5,090
Property Damage Only	189	576	226,169
Alcohol-Related Property Damage Only	9	18	7,120
Deaths	0	10	1,110
Alcohol-Related Deaths	0	4	346
Total Non-Fatal Injuries	35	225	108,394
Alcohol-Related Injuries	0	16	7,130

(Source: Ohio Department of Public Safety, Crash Reports, Updated 5/17/2016, Traffic Crash Facts)

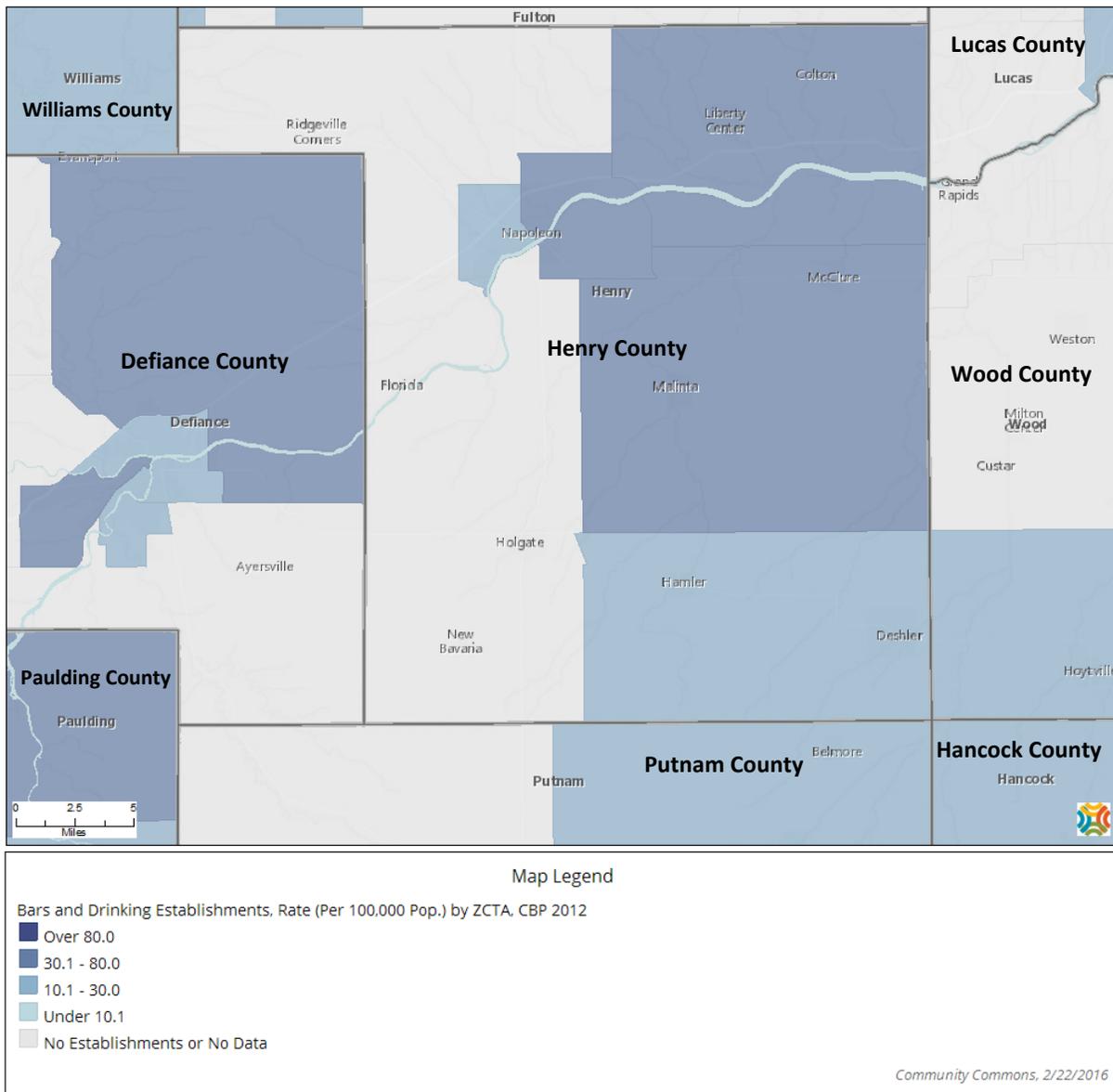
Alcohol Beverage Expenditures, Percent of Food-At-Home Expenditures, National Rank by Tract, Nielsen 2014



(Source: Nielsen, Nielsen Site Reports: 2014, as compiled by Community Commons)

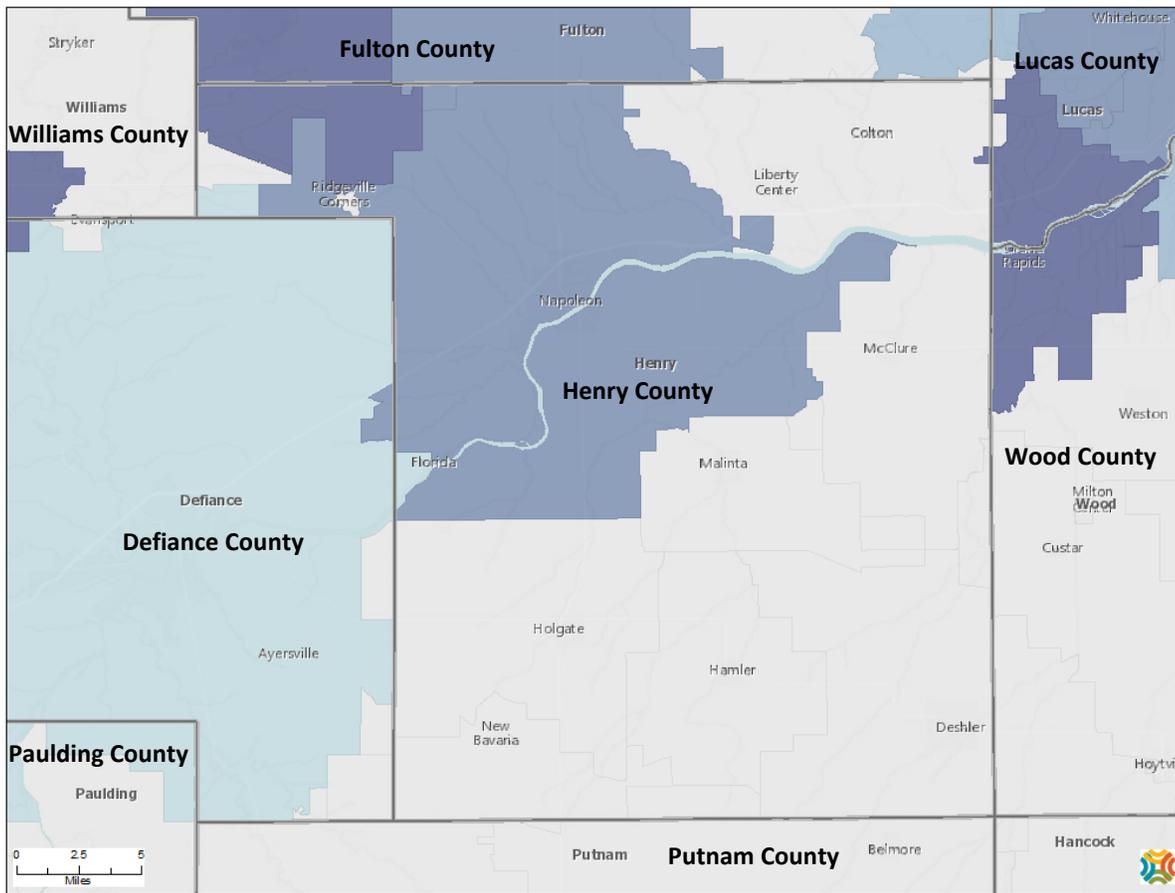
ADULT ALCOHOL

**Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012**



(Source: US Census Bureau, County Business Patterns: 2012, additional data analysis by CARES, as compiled by Community Commons)

Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012



(Source: US Census Bureau, County Business Patterns: 2012, additional data analysis by CARES, as compiled by Community Commons)

# Adult | DRUG USE

## Key Findings

In 2016, 3% of Henry County adults had used marijuana during the past 6 months. 10% 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

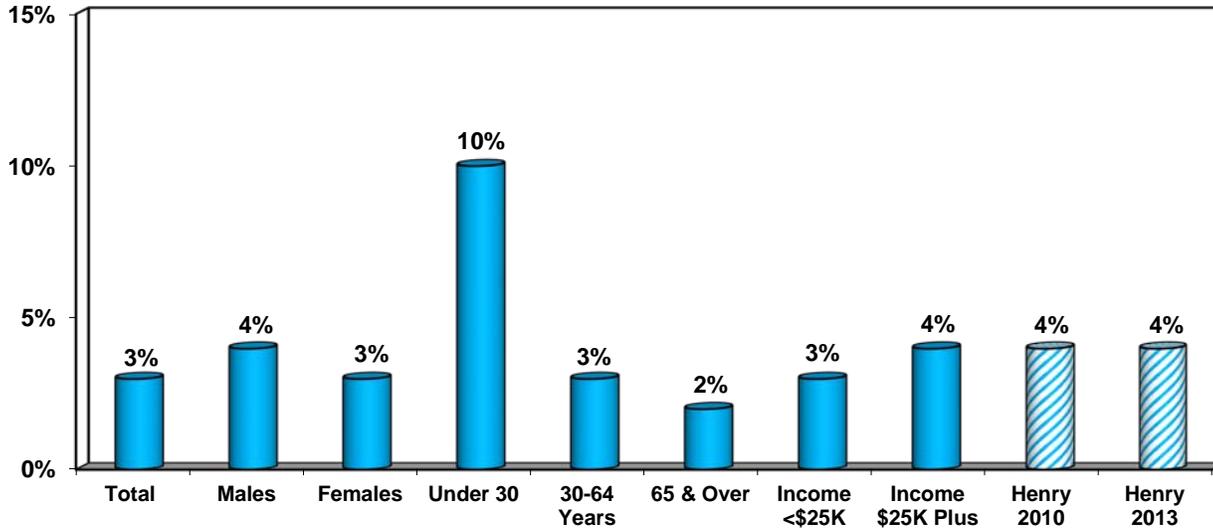
- 3% of Henry County adults had used marijuana in the past 6 months, increasing to 10% of those under the age of 30.
- 1% of Henry County adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 11% of Henry County adults who used drugs did so almost every day, and 32% did so less than once a month.
- 10% of adults had used medications 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 17% of those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 26% of Henry County adults who used these drugs did so almost every day, and 18% did so less than once a month.
- 2% of Henry County adults have used a program or service to help with drug problems for either themselves or a loved one. Reasons for not using such a program included: had not thought of it (4%), did not want to get in trouble (<1%), and stigma of seeking drug services (<1%). 94% of adults indicated they did not need a program or service to help with drug problems.
- Henry County adults indicated they did the following with their unused prescription medication: threw it in the trash (20%), took as prescribed (15%), kept it (14%), flushed it down the toilet (10%), took it in on drug-take-back days (7%), kept in a locked cabinet (4%), took it to the Sheriff's Office (4%), gave it away (<1%), traded it (<1%), mailed to ship back to pharmacy (<1%), and some other destruction method (2%). 45% of adults did not have unused medication.

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Adults who used marijuana in the past 6 months	4%	4%	3%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	1%	1%	1%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	2%	4%	10%	N/A	N/A

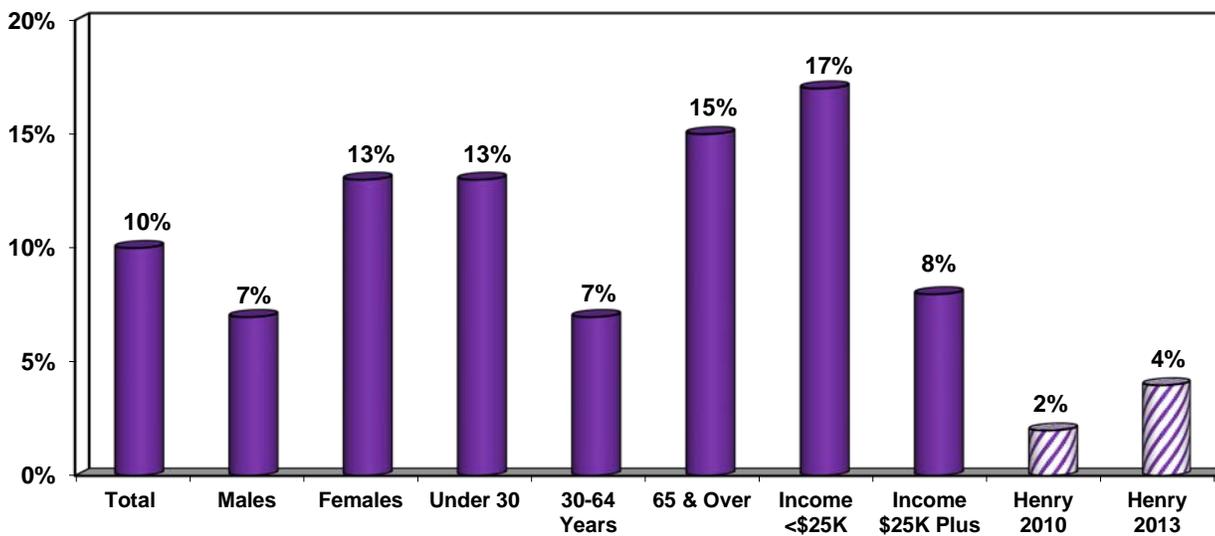
N/A – Not available

The following graphs are data from the 2016 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: 3% of all Henry County adults used marijuana in the past six months, 10% of adults under the age of 30 were current users, and 3% of adults with incomes less than \$25,000 were current users.

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

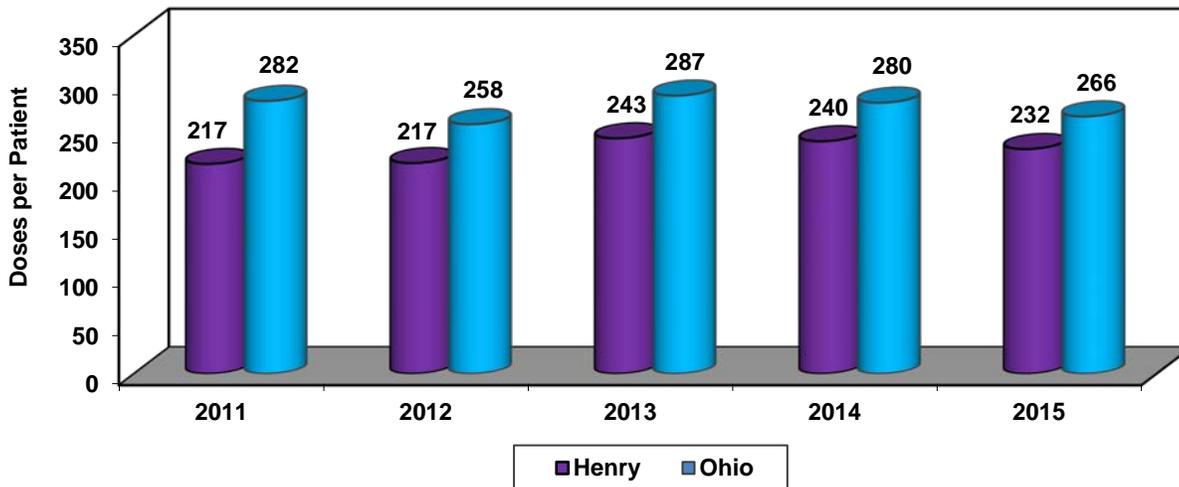


**Henry County Adult Medication Misuse in Past 6 Months**

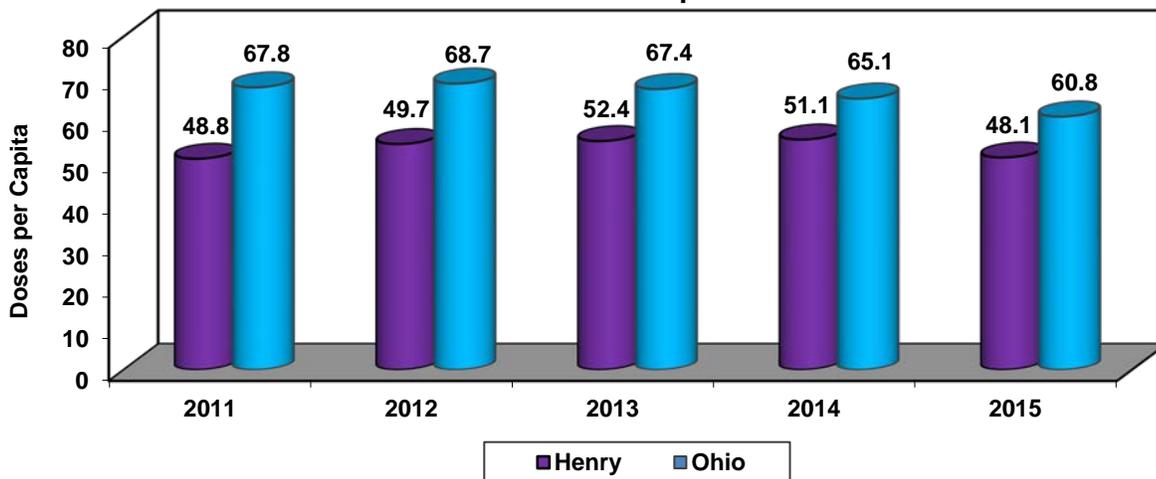


The following graphs are data from the Ohio Automated Prescription Reporting System indicating Henry County and Ohio opiate and pain reliever doses per patient, as well as opiate and pain reliever doses per capita.

**Henry County and Ohio Number of Opiate and Pain Reliever Doses Per Patient**



**Henry County and Ohio Number of Opiate and Pain Reliever Doses Per Capita**



(Source: Ohio Automated Rx Reporting System, from: <https://www.ohiopmp.gov/portal/docs.aspx>)

### Heroin

- Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant.
- In 2011, 4.2 million Americans aged 12 or older used heroin at least once in their lives.
- It is estimated that about 23% of individuals who use heroin become dependent on it.
- Heroin overdoses frequently involve a suppression of breathing. This can affect the amount of oxygen that reaches the brain, a condition called hypoxia.
- Heroin abuse is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis and HIV.
- Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, constipation and gastrointestinal cramping, and liver or kidney disease.

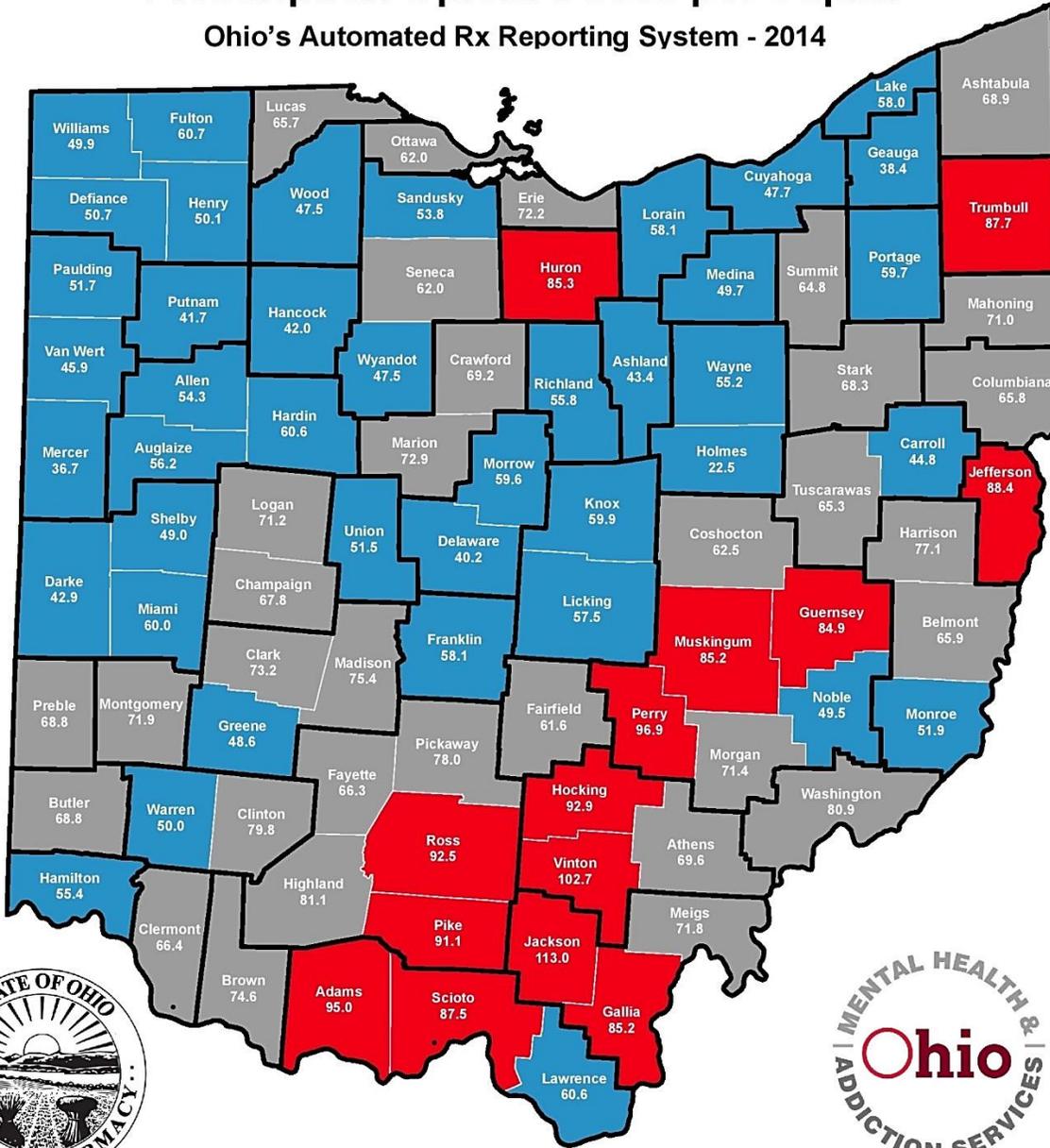
(Source: National Institute on Drug Abuse, Drug Facts: Heroin, October 2014, from: <http://www.drugabuse.gov/publications/drugfacts/heroin>)

## Prescription Analgesic Doses Per Capita

- In 2014, the statewide average per capita dosage rate was 61.2 doses per person.
- The average per capita dosage rate was 50.1 doses per person in Henry County in 2014.

## Prescription Opioid Doses per Capita

Ohio's Automated Rx Reporting System - 2014

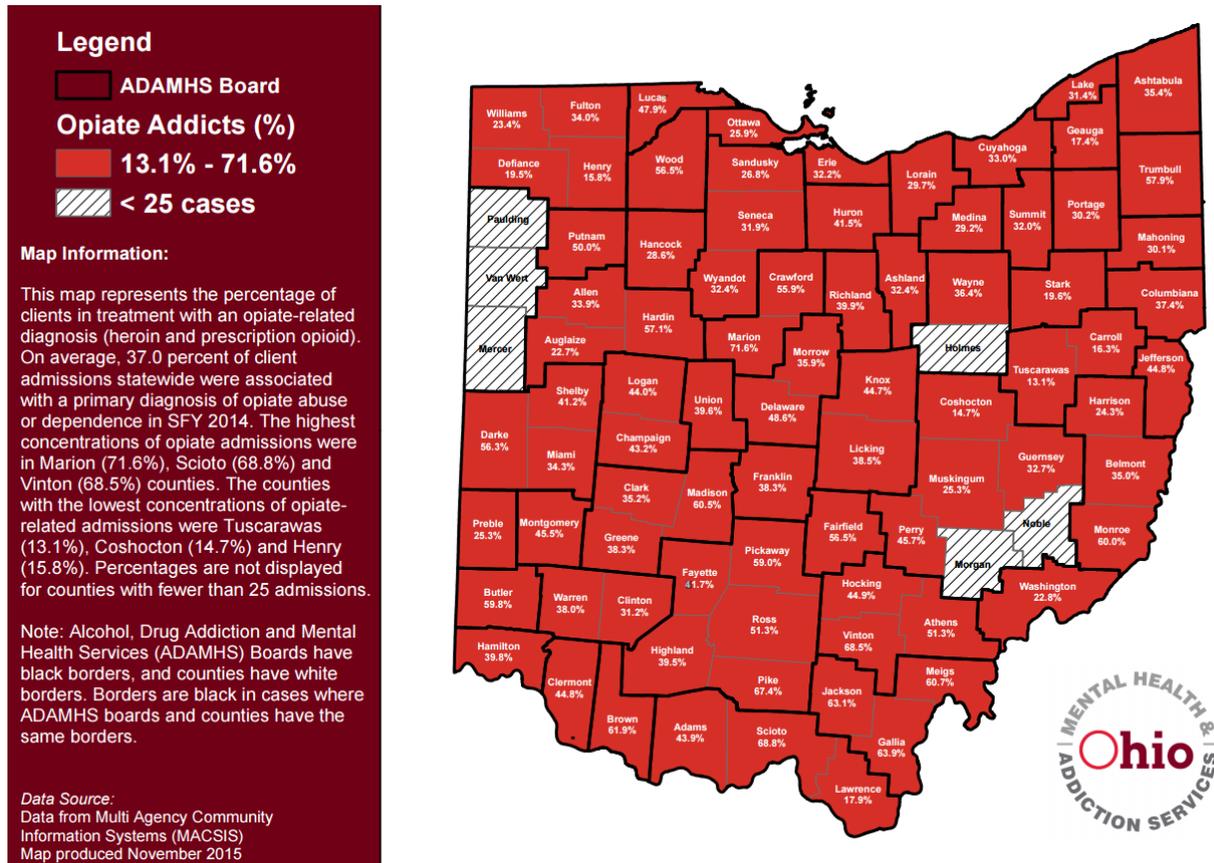


(Source: Ohio Mental Health and Addiction Services, Doses Per Capita June 2014)

ADULT DRUG USE

## Unduplicated Admissions for Opiate Abuse and Dependence

- In 2014, 37% of client admissions throughout Ohio were associated with a primary diagnosis of opiate abuse or dependence.
- In Henry County in 2014, approximately 16% of client admissions were opiate-related.



(Source: Ohio Mental Health and Addiction Services, Doses Per Capita September 2014)



# Adult | WOMEN'S HEALTH

## Key Findings

In 2016, three-fifths (60%) of Henry County women over the age of 40 reported having a mammogram in the past year. 54% of Henry County women ages 19 and over had a clinical breast exam and 39% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 4% of women survived a heart attack and 3% survived a stroke at some time in their life. More than one-fourth (28%) had high blood pressure, 31% had high blood cholesterol, 35% were obese, and 12% were identified as smokers, known risk factors for cardiovascular diseases.

## Women's Health Screenings

- In 2016, 63% of women had a mammogram at some time and nearly two-fifths (39%) had this screening in the past year.
- Three-fifths (60%) of women ages 40 and over had a mammogram in the past year and 80% had one in the past two years. The 2014 BRFSS reported that 72% of women 40 and over in Ohio and 73% in the U.S., had a mammogram in the past two years.
- Most (87%) Henry County women have had a clinical breast exam at some time in their life and 54% had one within the past year. More than three-fourths (76%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 75% of women 40 and over in Ohio and 77% in the U.S., had a clinical breast exam in the past two years.
- This assessment has identified that 86% of Henry County women have had a Pap smear and 39% reported having had the exam in the past year. 67% of women had a pap smear in the past three years. The 2014 BRFSS indicated that 74% of Ohio and 75% of U.S. women had a pap smear in the past three years.

## Pregnancy

- 19% of Henry County women had been pregnant in the past 5 years.
- During their last pregnancy, Henry County women: took a multi-vitamin (63%), got a prenatal appointment in the first 3 months (59%), got a dental exam (37%), took folic acid during pregnancy (35%), took folic acid pre-pregnancy (22%), experienced perinatal depression (6%), received WIC benefits (4%), and consumed alcoholic beverages (2%).

### Henry County Female Leading Causes of Death, 2012– 2014

1. Heart Diseases (27% of all deaths)
2. Cancers (20%)
3. Stroke (10%)
4. Alzheimer's disease (5%)
5. Chronic Lower Respiratory Diseases (4%)

(Source: CDC Wonder, 2012-2014)

### Ohio Female Leading Causes of Death, 2012 – 2014

1. Heart Diseases (22% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's disease (5%)

(Source: CDC Wonder, 2012-2014)

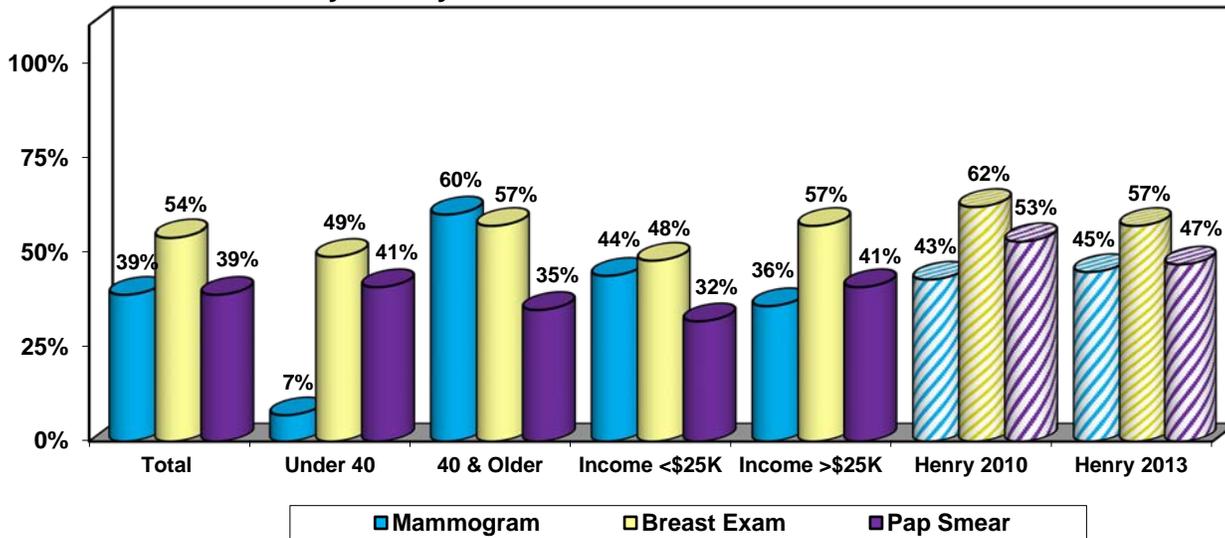
## Women's Health Concerns

- From 2012-2014, major cardiovascular diseases (heart disease and stroke) accounted for 37% of all female deaths in Henry County (Source: CDC Wonder, Underlying Cause of Death).
- Women used the following as their usual source of services for female health concerns: general or family physician (40%), private gynecologist (38%), nurse practitioner/physician's assistant (7%), midwife (2%), and health department/family planning clinic (2%). 10% indicated they did not have a usual source of services for female health concerns.
- In 2016, the health assessment determined that 4% of women had survived a heart attack and 3% 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 2016 Health Assessment has identified that:
  - 67% of women were overweight or obese (62% Ohio, 2014 BRFSS\*)
  - 31% were diagnosed with high blood cholesterol (36% Ohio, 37% U.S., 2013 BRFSS)
  - 28% were diagnosed with high blood pressure (32% Ohio, 30% U.S., 2013 BRFSS)
  - 12% of all women were current smokers (20% Ohio, 2014 BRFSS\*)
  - 6% had been diagnosed with diabetes (11% Ohio, 2014 BRFSS\*)

\* The U.S. data for the BRFSS is not able to be broken down by gender for 2014.

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: 39% of Henry County females had a mammogram within the past year, 54% had a clinical breast exam, and 39% had a Pap smear.

Henry County Women's Health Exams Within the Past Year



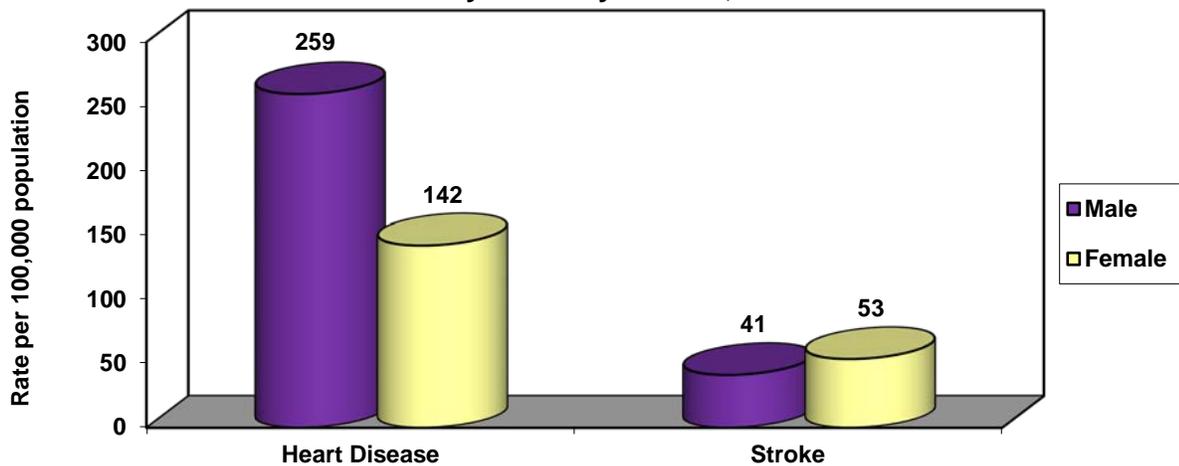
Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Had a clinical breast exam in the past two years (age 40 & over)	N/A	78%	76%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	N/A	80%	80%	72%	73%
Had a pap smear in the past three years	N/A	76%	67%	74%	75%

N/A- Data is not available  
\*2010 BRFSS Data

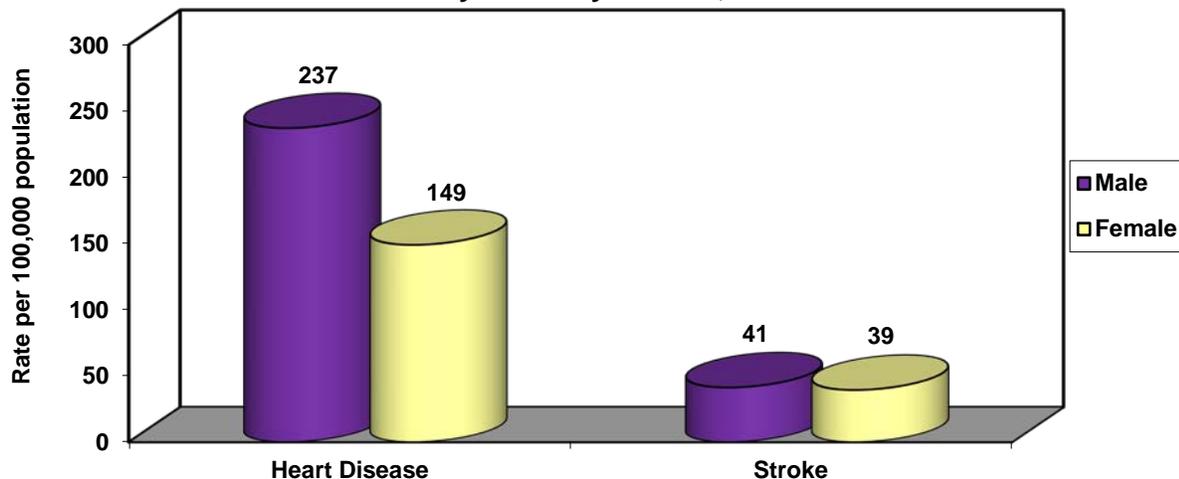
The following graphs show the Henry County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- From 2012 to 2014, the Henry County and Ohio female age-adjusted mortality rate was lower than the male rate for heart disease.
- The Henry County female heart disease mortality rate was lower than the Ohio female rate from 2012 to 2014.

**Henry County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2012-2014**



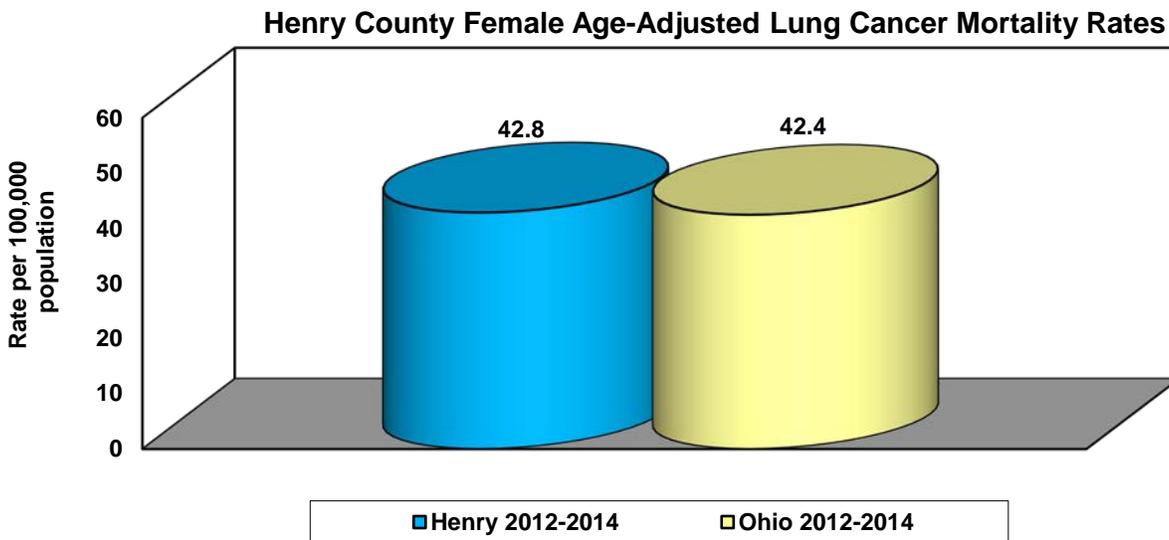
**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2012-2014**



(Source: Health Indicators Warehouse, 2012-2014)

The following graph shows the Henry County age-adjusted lung cancer mortality rates per 100,000 population for women with comparison to the Ohio mortality rate. The graph shows:

- From 2012 to 2014, the Henry County age-adjusted mortality rate for female lung cancer mortality rate was about the same as the Ohio rate.



(Source: CDC Wonder 2012-2014)

### Human Papilloma Virus (HPV) Vaccine

- Approximately 79 million Americans are infected with human papillomavirus (HPV); approximately 14 million people will become newly infected each year.
- Some HPV types can cause cervical, vaginal, and vulvar cancer among women, penile cancer among men, and anal and some oropharyngeal cancers among both men and women.
- Other HPV types can cause genital warts among both sexes. Each year in the United States an estimated 27,000 new cancers attributable to HPV occur, 17,600 among females (of which 10,400 are cervical cancer) and 9,300 among males (of which 7,200 are oropharyngeal cancers).
- There are, however, two HPV vaccines available (Gardasil® and Cervarix®) which protect against the types of HPV infection that cause most cervical cancers (HPV types 16 and 18). Both vaccines should be given as a three-shot series. Clinical trials and post-licensure monitoring data show that both vaccines are safe.
- CDC recommends HPV vaccination for the prevention of HPV infections responsible for most types of cervical cancer.

(Sources: Centers for Disease Control and Prevention, Vaccine Safety, Human Papillomavirus (HPV) Vaccine, updated January 26, 2015, from <http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html>)

# Adult | MEN'S HEALTH

## Key Findings

From 2012-2014, major cardiovascular diseases (heart disease and stroke) accounted for 36% of all male deaths in Henry County (Source: CDC Wonder). Cancers accounted for 23% of all male deaths in Henry County from 2012-2014. 79% of Henry County males were overweight or obese.

## Men's Health

- From 2012-2014, the leading cancer deaths for Henry County males were lung, colon and rectum, and cancers of the lymphoid. Statistics from the same period for Ohio males indicate that lung, lymphoid, colon and rectum, and prostate cancers were the leading cancer deaths (Source: CDC Wonder).
- In 2016, 2% of Henry County males did not have health care coverage.
- 54% of Henry County males rated their health as excellent or very good.
- Henry County males were more likely to have been diagnosed with:
  - High blood pressure (35% compared to 28% of females).
- Henry County males were less likely to have been diagnosed with:
  - Arthritis (32% compared to 42% of females).
- Henry County males were less likely to:
  - Have been to the dentist in the past year (64% compared to 74% of females).
  - Have misused prescription medications in the past 6 months (7% compared to 13% of females).
  - Have multiple sexual partners in the past year (2% compared to 9% of females).
- Henry County males were more likely to:
  - Be considered overweight or obese (79% compared to 67% of Henry County females).
  - Have consumed alcohol in the past 30 days (63% compared to 49% of females).
  - Be considered a binge drinker in the past 30 days (53% compared to 37% of females).
  - Have a firearm in the home (58% compared to 41% of females).

### Henry County Male Leading Causes of Death, 2012 – 2014

1. Heart Diseases (30% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (6%)

(Source: CDC Wonder, 2012-2014)

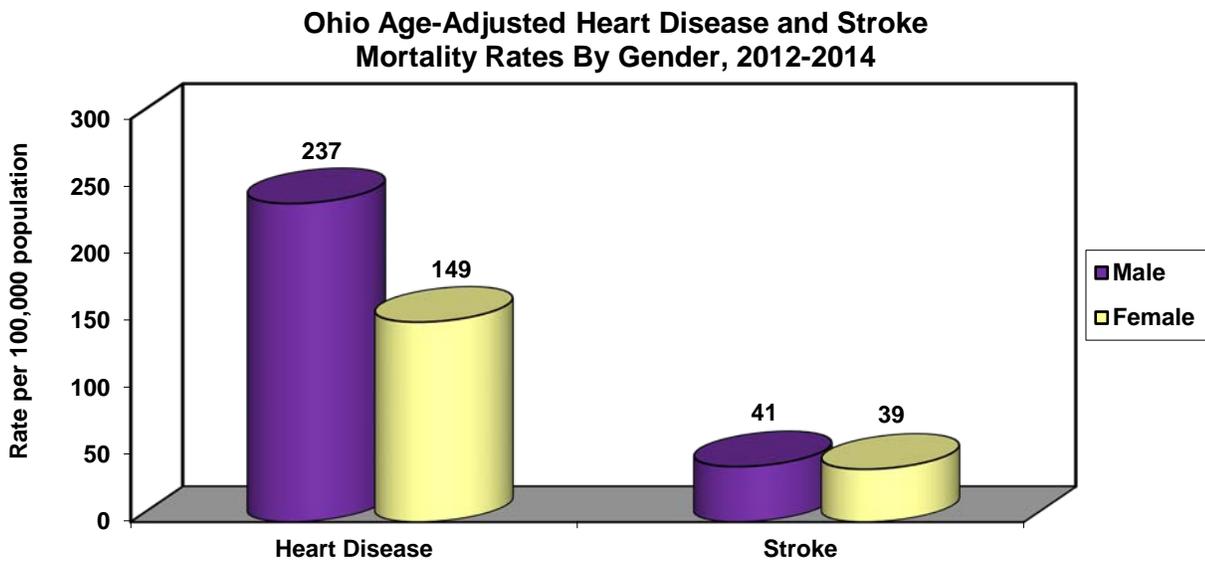
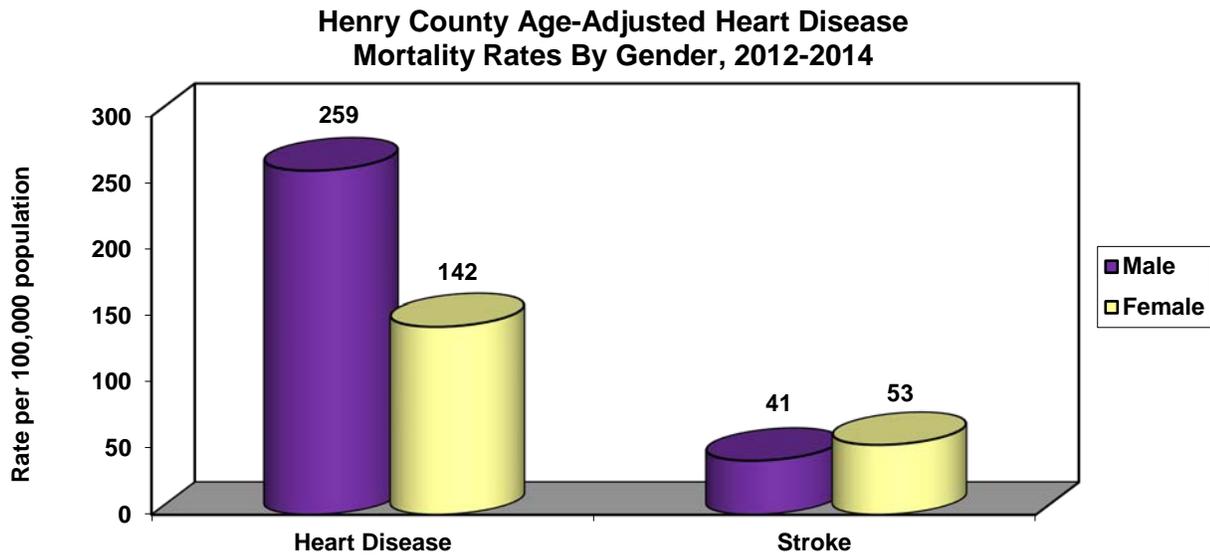
### Ohio Male Leading Causes of Death, 2012 – 2014

1. Heart Diseases (25% of all deaths)
2. Cancers (24%)
3. Accidents, Unintentional Injuries (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

(Source: CDC Wonder, 2012-2014)

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:

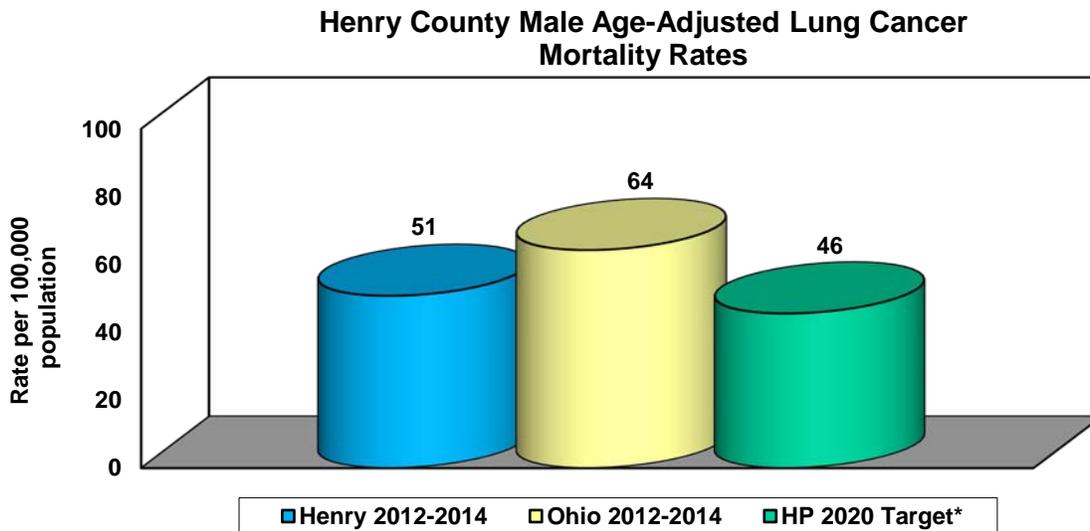
- From 2012-2014, the Henry County and Ohio male age-adjusted mortality rate was higher than the female rate for heart disease.
- The Henry County male age-adjusted heart disease mortality rate was higher than the Ohio male rate.



(Sources: Health Indicators Warehouse, 2012-2014)

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

- From 2012-2014, the Henry County age-adjusted mortality rate for male lung cancer was lower than the Ohio rate but higher than the Healthy People 2020 objective.



*\*Note: the Healthy People 2020 target rates are not gender specific.  
(Source: CDC Wonder 2012-2014 and Healthy People 2020)*

### Cancer and Men

- Every year, more than 300,000 men in America lose their lives to cancer.
- The most common kinds of cancer among men in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal cancer.
- Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light from the sun and tanning devices.
- More men in the U.S. die from lung cancer than any other type of cancer, and cigarette smoking accounts for 90% of lung cancer deaths.
- Smoking increases the risk of developing the following types of cancer: esophagus, pancreas, pharynx, larynx, lip, oral cavity, kidney, bladder, stomach, colorectum, 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. Adopting a lifestyle that includes healthy eating and regular physical activity can help lower the risk for several types of cancers.
- Prostate cancer is the most frequently diagnosed cancer in men aside from skin cancer. For unclear reasons, incidence rates are 63% higher in African Americans than in whites. It is the second most common cause of cancer death in men.

*(Source: Center for Disease Control and Prevention, Cancer Prevention and Control, June 9, 2015)*

# Adult | PREVENTIVE HEALTH AND DISASTER PREPAREDNESS

## Key Findings

More than three-fifths (62%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (56%) of adults ages 50 and over had a colonoscopy/ sigmoidoscopy within the past 5 years.

## Preventive Health

- Nearly half (48%) of Henry County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 99% had the shot and 1% had the nasal spray.
- 79% of Henry County adults ages 65 and over had a flu vaccine in the past 12 months. The 2014 BRFSS reported that 61% of U.S. and 56% of Ohio adults ages 65 and over had a flu vaccine in the past year.
- Adults received their last flu shot from the following places: doctor's office or health maintenance organization (42%), store or pharmacy (22%), emergency room (16%), health department (6%), workplace (3%), another type of clinic or health center (2%), a school (1%), a hospital (1%), and some other place (6%).
- Almost one-fourth (23%) of adults have had a pneumonia shot in their life, increasing to 62% of those ages 65 and over. The 2014 BRFSS reported that 70% of both Ohio and U.S. 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 (55%), MMR in their lifetime (41%), pneumonia vaccine in their lifetime (23%), pertussis vaccine in the past 10 years (12%), Zoster (shingles) vaccine in their lifetime (10%), and human papillomavirus vaccine in their lifetime (8%).
- The 2014 BRFSS reported that 21% of Ohio and 22% of U.S. adults had a Zoster (shingles) vaccine in their life.

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Had a pneumonia vaccination (ages 65 and over)	65%	53%	62%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	N/A	72%	79%	56%	61%
Had a shingles or Zoster vaccination in lifetime	N/A	7%	10%	21%	22%
Had a colonoscopy or sigmoidoscopy in the past 5 years. (ages 50 and over)	41%	52%	56%	N/A	N/A

N/A - Not available

## Preventive Health Screenings and Exams

- More than half (56%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- In the past year, 60% of Henry County women ages 40 and over have had a mammogram.
- 13% of adults had a skin cancer screening and 9% had an osteoporosis screening in the past 2 years.
- See the Women Health Section for further mammogram, clinical breast exam, and Pap smear screening test information for Henry County women.

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

HEALTHCARE TOPICS	Total 2013	Total 2016
Physical Activity or Exercise	40%	40%
Weight, Dieting or Eating Habits	38%	36%
Immunizations	34%	33%
Self-Breast or Self-Testicular Exam	27%	29%
Safe Use of Prescription Medication	N/A	22%
Significance of Family History	18%	19%
Depression, Anxiety, or Emotional Problems	17%	19%
Safe Use of Opiate-Based Pain Medication	N/A	10%
Alternative Pain Therapy	N/A	9%
Injury Prevention Such As Safety Belt Use & Helmet Use	9%	9%
Alcohol Use	7%	9%
Alcohol Use When Taking Prescription Drugs	8%	9%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	9%	8%
Quitting Smoking	8%	8%
Domestic Violence	2%	4%
Illicit Drug Abuse	3%	4%

N/A – Data is not available

## Healthy People 2020

### Immunization and Infectious Diseases (IID) - Pneumonia Vaccination

Objective	Henry County 2016	Ohio 2014	U.S. 2014	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	62%	70%	70%	90%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2014 BRFSS, 2016 Henry County Health Assessment)

## Disaster Preparedness

- Henry County households had the following disaster preparedness supplies: working flashlight and working batteries (85%), working smoke detector (82%), cell phone with texting (79%), computer/tablet (78%), 3-day supply of nonperishable food for everyone in the household (56%), working battery-operated radio and working batteries (50%), 3-day supply of prescription medication for each person who takes prescribed medicines (49%), home land-line telephone (49%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (41%), generator (28%), cell phone without texting (24%), communication plan (19%), family disaster plan (12%), and a disaster plan (8%).
- Henry County adults indicated the following methods or ways of getting information from authorities in a large-scale disaster or emergency: television (82%), radio (79%), friends/family (71%), internet (68%), neighbors (50%), Facebook (47%), County Emergency Alert System (45%), newspaper (44%), Twitter (13%), other social media (10%), and other methods (3%).
- Henry County adults indicated the following as their main method of communicating with friends and relatives in a large-scale disaster or emergency: cell phone (94%), text (57%), home telephone (38%), email (38%), internet (36%), 2-way radios (5%), Tracfone (4%), 2-1-1 (3%), senior emergency alert (2%), pager (1%), and other methods (1%).

### Basic Disaster Supplies Kit

A basic emergency supply kit could include the following recommended items:

- One gallon of water per person per day for at least three days, for drinking and sanitation.
- At least a three-day supply of non-perishable food.
- A working battery operated radio and working batteries.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask to help filter contaminated air.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Cell phone with chargers, inverter or solar charger.
- Manual can opener for food.

*(Source: Federal Emergency Management Agency (FEMA), Ready: Prepare. Basic Disaster Supplies Kit, Updated 6/10/2014, from: <http://www.ready.gov/basic-disaster-supplies-kit>)*

# Adult | SEXUAL BEHAVIOR

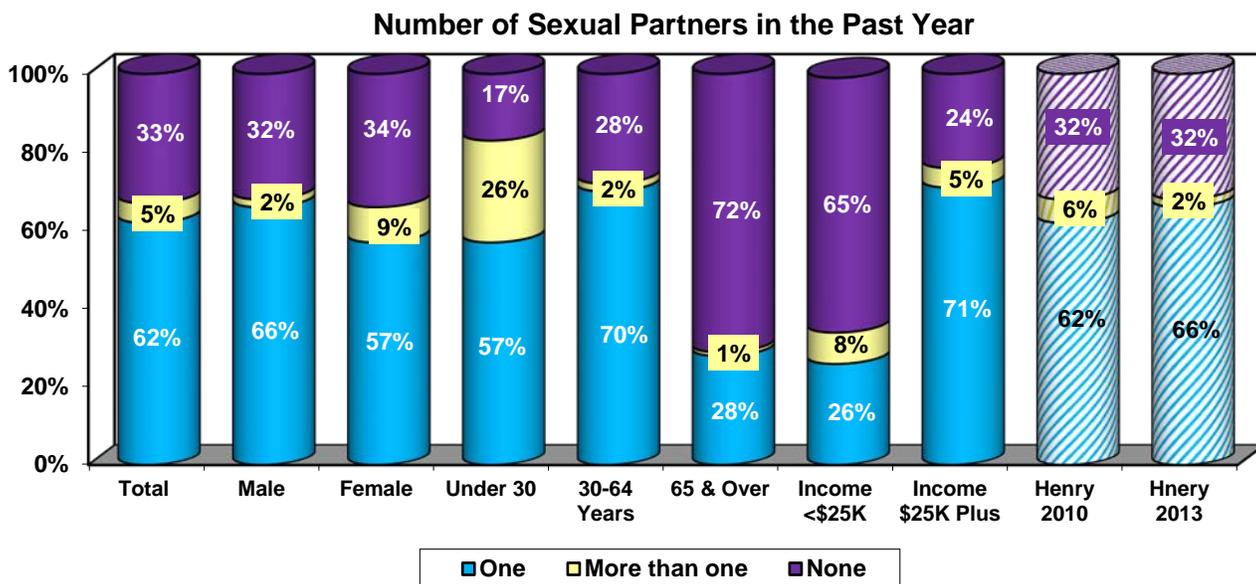
## Key Findings

In 2016, two-thirds (67%) of Henry County adults had sexual intercourse. Five percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papilloma virus (HPV) (Source: CDC, STDs in Adolescents and Young Adults, 2014 STD Surveillance).

## Adult Sexual Behavior

- 5% of adults reported they had intercourse with more than one partner in the past year, increasing to 26% of those under the age of 30.
- Henry County adults used the following methods of birth control: vasectomy (22%), they or their partner were too old (15%), condoms (14%), birth control pill (13%), tubes tied (12%), hysterectomy (8%), withdrawal (7%), IUD (5%), ovaries or testicles removed (4%), abstinence (4%), infertility (3%), rhythm method (1%), and diaphragm or cervical ring/cap (1%).
- 12% of Henry County adults were not using any method of birth control.
- The following situations applied to Henry County adults in the past year: had anal sex without a condom (2%), tested for an STD (1%), had sex with someone they did not know (<1%), treated for an STD (<1%), and thought they may have an STD (<1%).
- 7% of adults have engaged in sexual activity following alcohol or drug use that they would not have done if sober.
- 6% of adults have been forced to engage in sexual activity when they did not want to. Of those who were forced to engage in sexual activity, 88% did not report it.

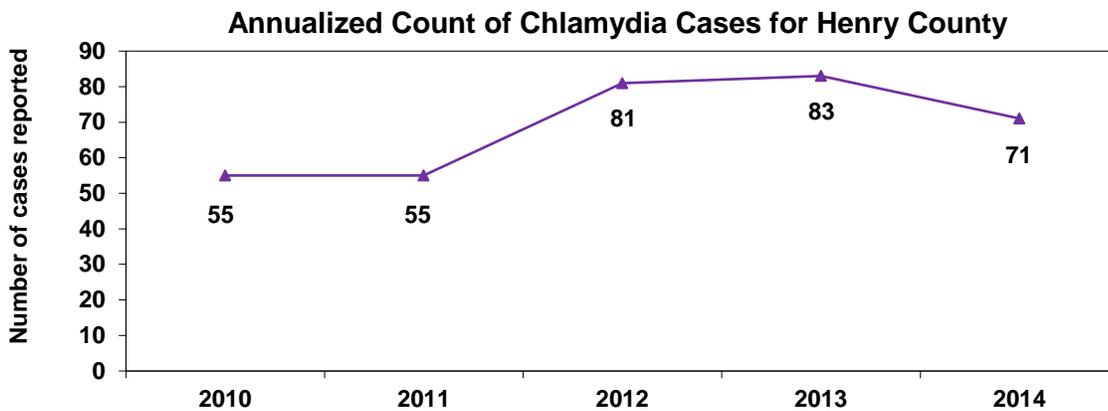
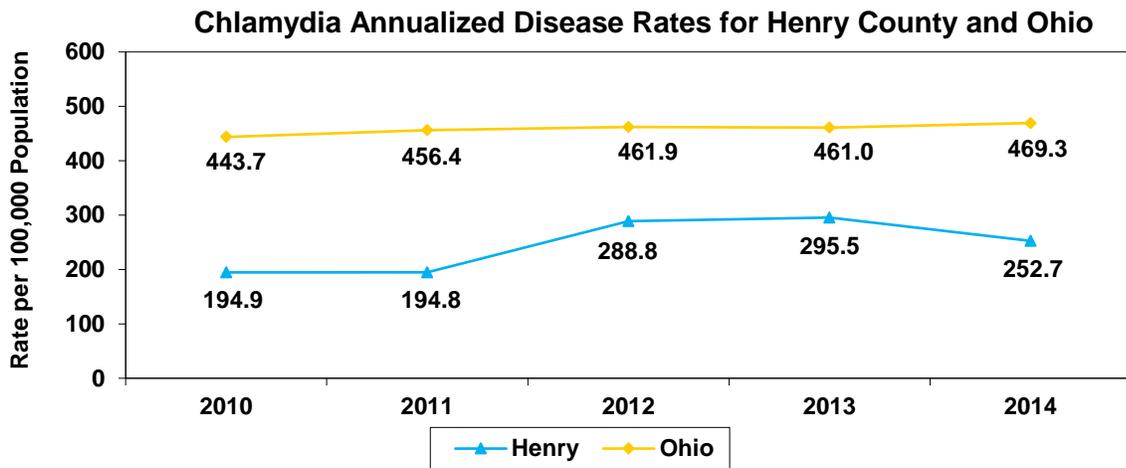
The following graph shows the sexual activity of Henry County adults. Examples of how to interpret the information in the graph include: 62% of all Henry County adults had one sexual partner in the last 12 months and 5% had more than one, and 66% of males had one partner in the past year.



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

The following graphs show Henry County chlamydia disease rates per 100,000 population reported through May 17, 2015 by the Ohio Department of Health. The graphs show:

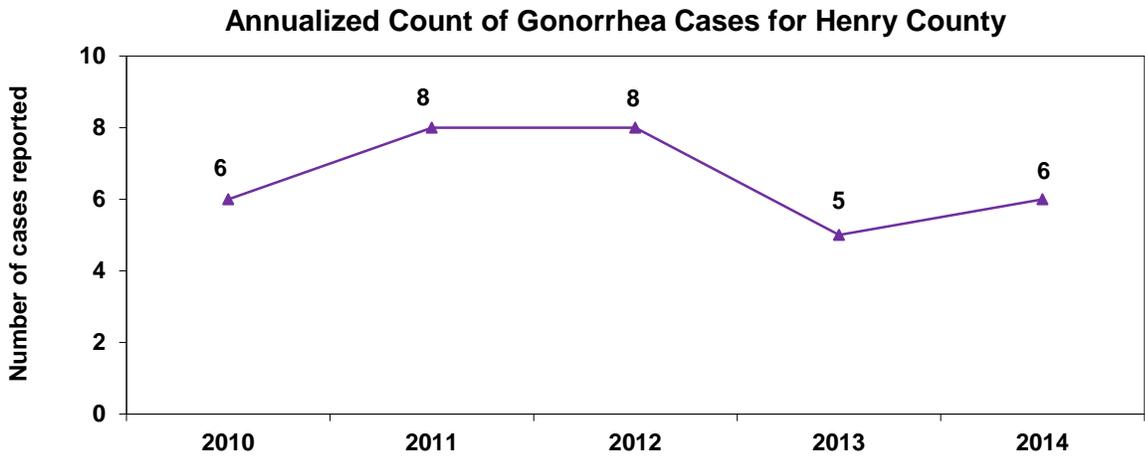
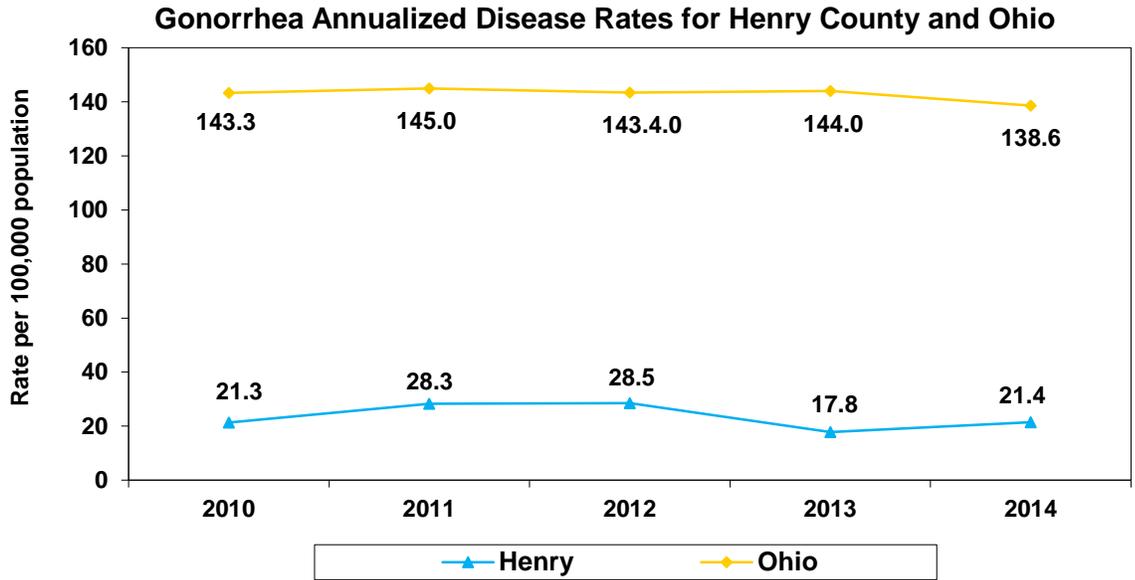
- Henry County chlamydia rates fluctuated from 2010 to 2014. Henry County rates remained below the Ohio rates.
- In 2013, the U.S. rate for new chlamydia cases was 456.7 per 100,000 population  
(Source: CDC, *STD Trends in the U.S., 2014*).



(Source for graphs: ODH, *STD Surveillance*, data reported through 5-17-15)

The following graphs show Henry County gonorrhea disease rates per 100,000 population reported through May 17, 2015 by the Ohio Department of Health. The graphs show:

- The Henry County gonorrhea rate fluctuated from 2010 to 2014. The Henry County gonorrhea rate remained below the Ohio rate.
- The Healthy People 2020 objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

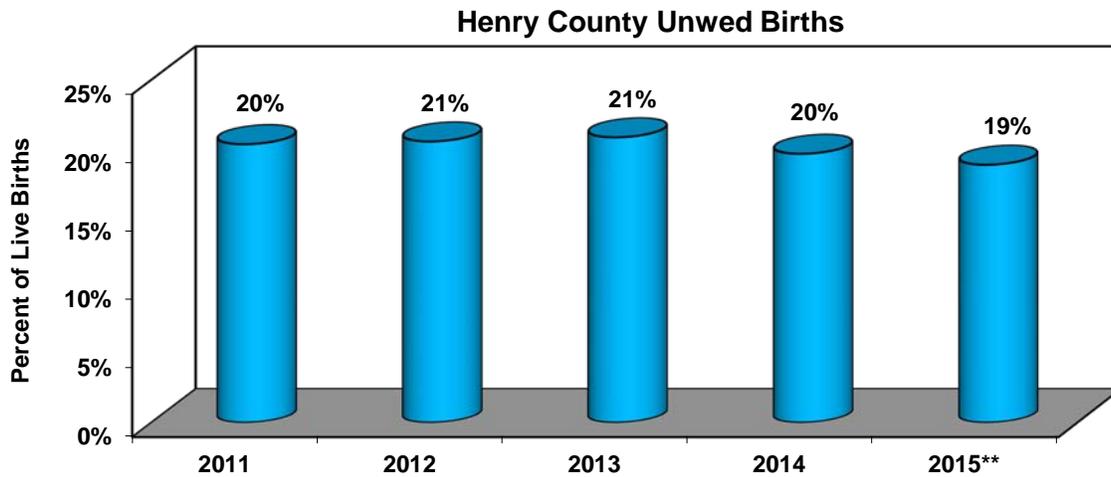
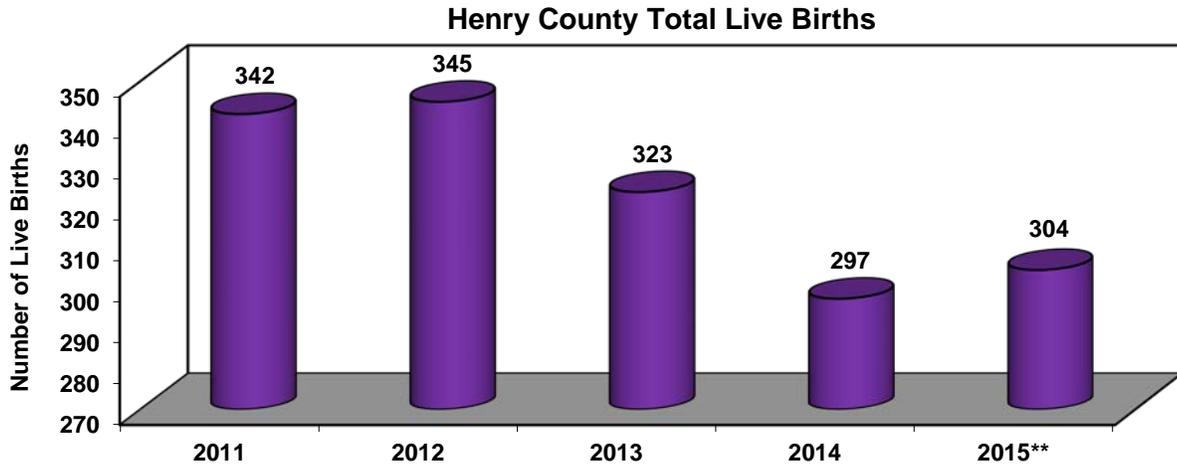


(Source for graphs: ODH, STD Surveillance, data reported through 5-17-15)

## Pregnancy Outcomes

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

- From 2011-2015, there was an average of 322 live births per year in Henry County.



(Source for graphs: ODH Information Warehouse Updated 4-6-15)

\*\* - Indicates preliminary data that may change

# Adult | QUALITY OF LIFE

## Key Findings

In 2016, 17% of Henry County adults were limited in some way because of a physical, mental or emotional problem.

## Impairments and Health Problems

- In 2016, one-in-six (17%) Henry County adults were limited in some way because of a physical, mental or emotional problem (22% Ohio, 20% U.S., 2014 BRFSS).
- Among those who were limited in some way, the following most limiting problems or impairments were reported: arthritis/rheumatism (49%), back or neck problems (36%), walking problems (25%), chronic pain (23%), eye/vision problems (18%), stress, depression, anxiety, or emotional problems (17%), hearing problems (15%), sleep problems (14%), fitness level (12%), fractures, bone/joint injuries (12%), diabetes (10%), high blood pressure (10%), lung/breathing problems (9%), heart problems (9%), incontinence (6%), mental health illness/disorder (5%), tobacco dependency (4%), cancer (2%), stroke-related problem (2%), dental problem (2%), learning disability (2%), developmental disability (2%), and alcohol dependency (1%).
- In the past year, Henry County adults reported needing the following services: eyeglasses or vision services (21%), pain management (8%), help with routine needs (7%), a cane (5%), help with personal care needs (4%), medical supplies (4%), a walker (4%), hearing aids or hearing care (4%), a wheelchair (3%), wheelchair ramp (2%), a special bed (2%), oxygen or respiratory support (2%), personal emergency response system (2%), mobility aids or devices (1%), a special telephone (<1%), and durable medical equipment (<1%).
- Henry County adults were responsible for providing regular care or assistance to the following: multiple children (13%), an elderly parent or loved one (7%), a friend, family member or spouse with a health problem (6%), grandchildren (3%), a friend, family member or spouse with a mental health issue (2%), someone with special needs (2%), an adult child (2%), children with discipline issues (1%), and a friend, family member or spouse with dementia (1%).
- 1% of adults reported at least one person in their household went to bed hungry at least one day per week because they could not afford food, increasing to 5% of those under the age of 30.

### Nine ways you can help protect your vision

Follow these simple guidelines for maintaining healthy eyes:

- Have a comprehensive dilated eye exam.
- Know your family's eye health history.
- Eat right to protect your sight.
- Maintain a healthy weight
- Wear sunglasses to protect your eyes from the sun's ultraviolet rays.
- Give your eyes a rest.
- Quit smoking or never start.
- Clean your hands and your contact lenses properly.
- Practice workplace eye safety.

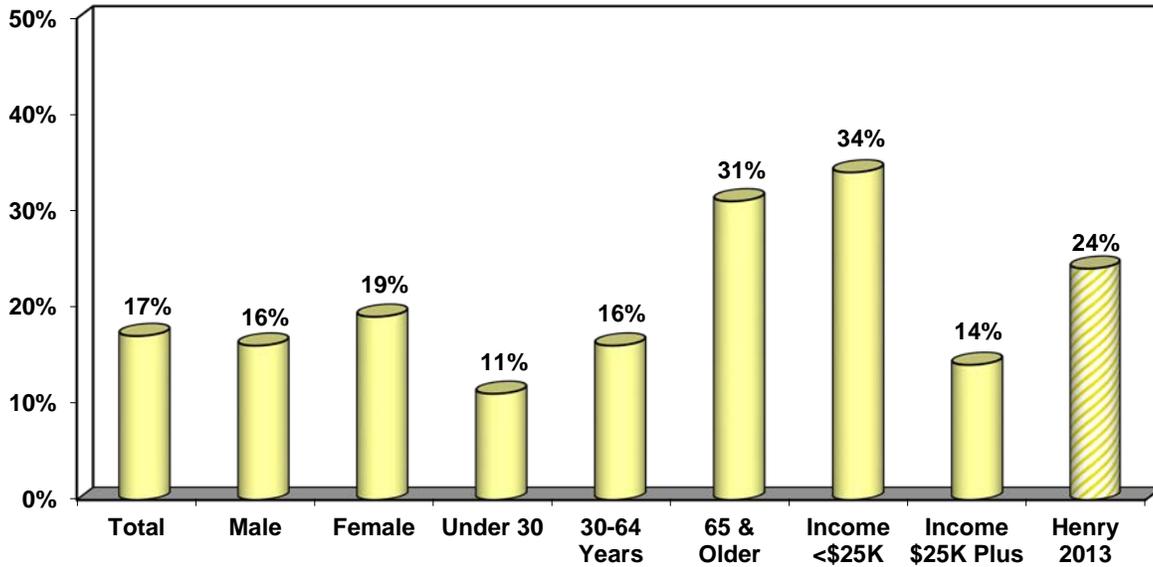
(Source: CDC, Vision Health Initiative, 2014, from: <http://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>)

Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S 2014
Limited in some way because of a physical, mental, or emotional problem	N/A	24%	17%	22%	20%

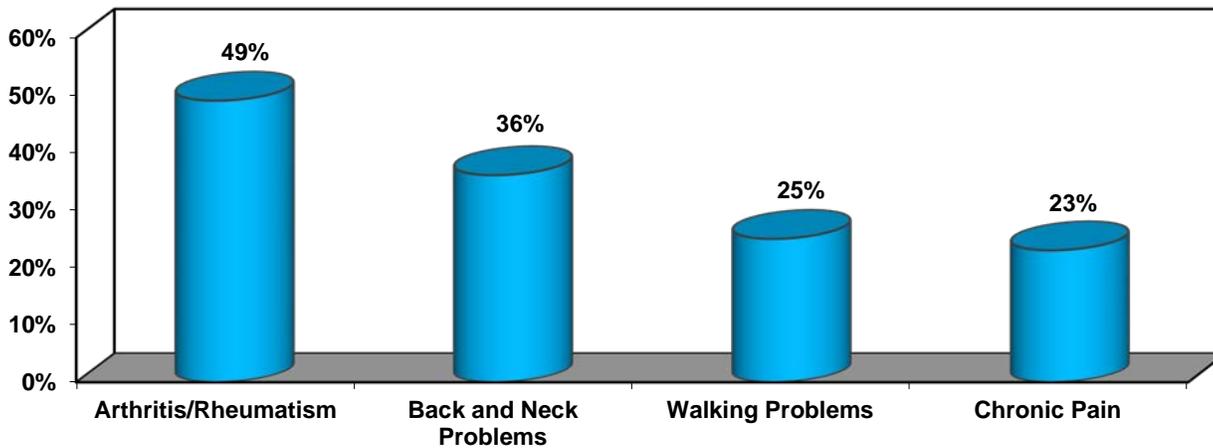
N/A – Data is not available

The following graphs show the percentage of Henry County adults who were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph includes: 17% of Henry County adults are limited in some way, 16% of males, and 31% of those 65 and older.

**Henry County Adults Limited in Some Way**



**Henry County Most Limiting Health Problems**



**Healthy People 2020**

**Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)**

Objective	Henry County 2016	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	49%	36%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2016 Henry County Health Assessment)*

# Adult | SOCIAL DETERMINANTS OF HEALTH

## Key Findings

In 2016, 6% of Henry County adults were threatened or abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 49% of adults reported having firearms in and around their homes.

## Healthy People 2020

- Healthy People 2020 developed five key determinants as a “place-based” organizing framework. These five determinants include:
  - Economic stability
  - Education
  - Social and community context
  - Health and health care
  - Neighborhood and built environment



## Economic Stability

- Henry County adults received assistance for the following in the past year: healthcare (10%), prescription assistance (8%), food (7%), dental care (7%), Medicare (5%), utilities (5%), mental illness issues (4%), free tax preparation (4%), transportation (3%), home repair (3%), rent/mortgage (2%), employment (2%), legal aid services (1%), affordable childcare (1%), unplanned pregnancy (1%), credit counseling (<1%), and clothing (<1%). (Source: 2016 Henry County Health Assessment)
- Henry County adults attempted to get assistance from the following social service agencies: Job & Family Services (8%), food pantries (4%), friend or family member (3%), church (2%), Northwest Ohio Community Action Commission (2%), WIC/Health Department (1%), 2-1-1/United Way (1%), personal debts/budgeting (1%), Legal Aid (<1%), other charities (<1%), and somewhere else (1%). 1% did not know where to look for assistance. (Source: 2016 Henry County Health Assessment)
- The median household income in Henry County was \$53,645. The U.S. Census Bureau reports median income levels of \$49,349 for Ohio and \$53,657 for the U.S. (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2014).
- 10% of all Henry County residents were living in poverty and 15% of children and youth ages 0-17 were living in poverty (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2014).
- The unemployment rate for Henry County was 4.5, as of July 2016 (Source: Ohio Department of Job and Family Services, Office of Workforce Development, Bureau of Labor Market Information).
- There were 11,946 housing units. The owner-occupied housing unit rate was 80%. Rent in Henry County cost an average of \$682 per month (Source: U.S. Census Bureau, American Community Survey, 2010-2014).

## Education

- 90% of Henry County adults 25 years and over had a high school diploma or higher (Source: U.S. Census Bureau, American Community Survey, 2010-2014).
- 14% of Henry County adults 25 years and over had at least a bachelor's degree (Source: U.S. Census Bureau, American Community Survey, 2010-2014).

### Social Determinants of Health

- Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.
- Conditions (e.g., social, economic, and physical) in these various environments and settings (e.g., school, church, workplace, and neighborhood) have been referred to as "place." In addition to the more material attributes of "place," the patterns of social engagement and sense of security and well-being are also affected by where people live.
- Resources that enhance quality of life can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-threatening toxins.
- Understanding the relationship between how population groups experience "place" and the impact of "place" on health is fundamental to the social determinants of health—including both social and physical determinants.

(Source: HealthyPeople2020, Retrieved May 19, 2016, <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>)

## Health and Health Care

- In the past year, 2% of adults were uninsured, increasing to 9% of those with incomes less than \$25,000.
- Henry County adults had the following issues regarding their healthcare coverage: deductibles were too high (26%), premiums were too high (19%), co-pays were too high (15%), high HSA account deductible (15%), opted out of certain coverage because they could not afford it (5%), working with their insurance company (5%), could not understand their insurance plan (4%), limited visits (4%), provider/facility no longer covered (4%), service not deemed medically necessary (4%), opted out of certain coverage because they did not need it (3%), difficulty navigating the Marketplace (1%), service no longer covered (1%), and mental health services limited/not covered (1%).
- Henry County adults had the following transportation issues when they needed health services: no driver's license (4%), no car (3%), disabled (2%), limited public transportation available or accessible (2%), no public transportation available or accessible (2%), could not afford gas (1%), no car insurance (1%), did not feel safe to drive (1%), no transportation before or after 8 a.m.- 4:30 p.m. (1%), car did not work (<1%), and other car issues/expenses (1%).
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Henry County adults.

## Social and Community Context

- Henry County adults experienced the following in the past 12 months: a close family member went to the hospital (34%), death of a family member or close friend (31%), had bills they could not pay (10%), moved to a new address (9%), someone in their household lost their job (6%), someone close to them had a problem with drinking or drugs (5%), someone in their household had their hours at work reduced (5%), household income was cut by 50% (4%), became separated or divorced (4%), were abused by someone physically, emotionally, sexually or verbally (4%), were threatened by someone close to them (2%), were hit or slapped by their spouse or partner (2%), someone in their household went to jail (1%), were financially exploited (1%), had someone homeless living with them (1%), were involved in a physical fight (1%), knew someone who lived in a hotel (1%), they or a member family were incarcerated (1%), were homeless (<1%), lost a large sum of money due to gambling activities (<1%), failed a drug screen (<1%), their child was threatened by someone close to them (<1%), and their child was hit or slapped by their spouse or partner (<1%).
- Henry County adults experienced the following adverse childhood experiences (ACEs): a parent or adult in their home swore at, insulted, or put them down (18%), their parents became separated or were divorced (16%), lived with someone who was a problem drinker or alcoholic (14%), lived with someone who was depressed, mentally ill, or suicidal (10%), someone at least 5 years older than them or an adult touched them sexually (8%), a parent or adult in their home hit, beat, kicked, or physically hurt them (8%), someone at least 5 years older than them or an adult tried to make them touch them sexually (7%), their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (6%), lived with someone who used illegal stress drugs, or who abused prescription medications (4%), lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (4%), someone at least 5 years older than them or an adult forced them to have sex (3%), and their parents were not married (2%).
- 29% of Henry County adults had 3 or more ACEs in their lifetime, increasing to 45% of those with incomes less than \$25,000.
- 6% of Henry County adults were threatened or abused in the past year. They were threatened or abused by the following: a spouse or partner (70%), a child (18%), someone outside their home (15%), a parent (6%), and someone else (6%).
- Adults who were abused were abused in the following ways: emotionally (76%), verbally (74%), through electronic methods (24%), financially (15%), and physically (6%).

### Adverse Childhood Experiences (ACE)

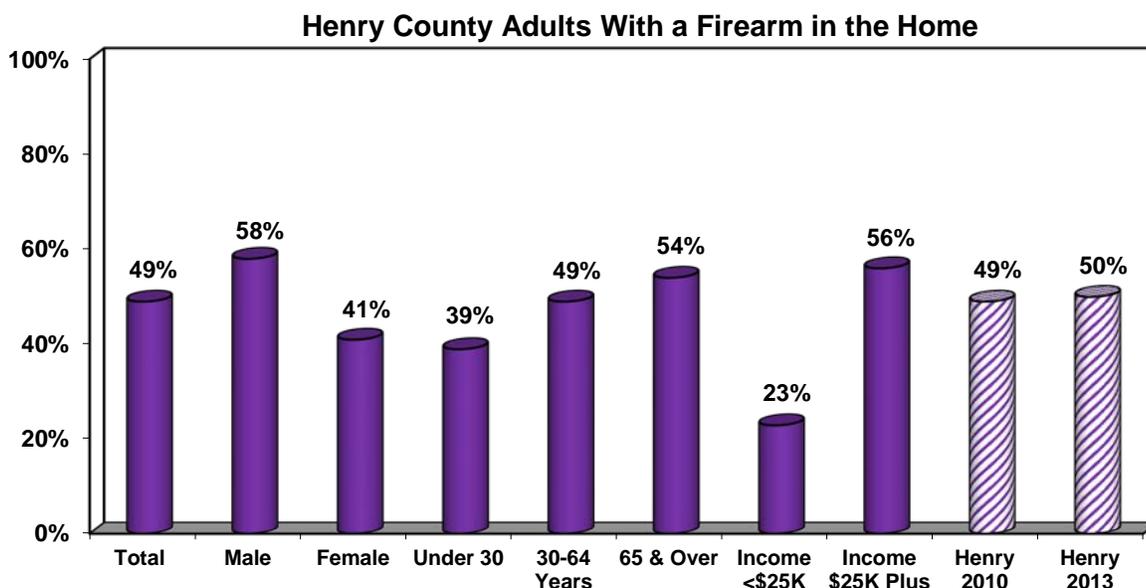
- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common. The most common are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in 5 states in 2009 reported having had at least one ACE while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
  - Depression
  - Fetal death
  - Illicit drug use
  - Liver disease
  - STD's
  - Multiple sexual partners
  - Alcoholism and alcohol abuse
  - COPD
  - Unintended pregnancies
  - Suicide attempts
  - Early initiation of smoking
  - Risk for intimate partner violence

(Source: CDC, Adverse Childhood Experiences (ACE) Study, May13, 2014, <http://www.cdc.gov/ace/about.htm> & Adverse Childhood Experiences Reported by Adults, Last Reviewed: June 3, 2011, <http://www.cdc.gov/features/dsaces/index.html>)

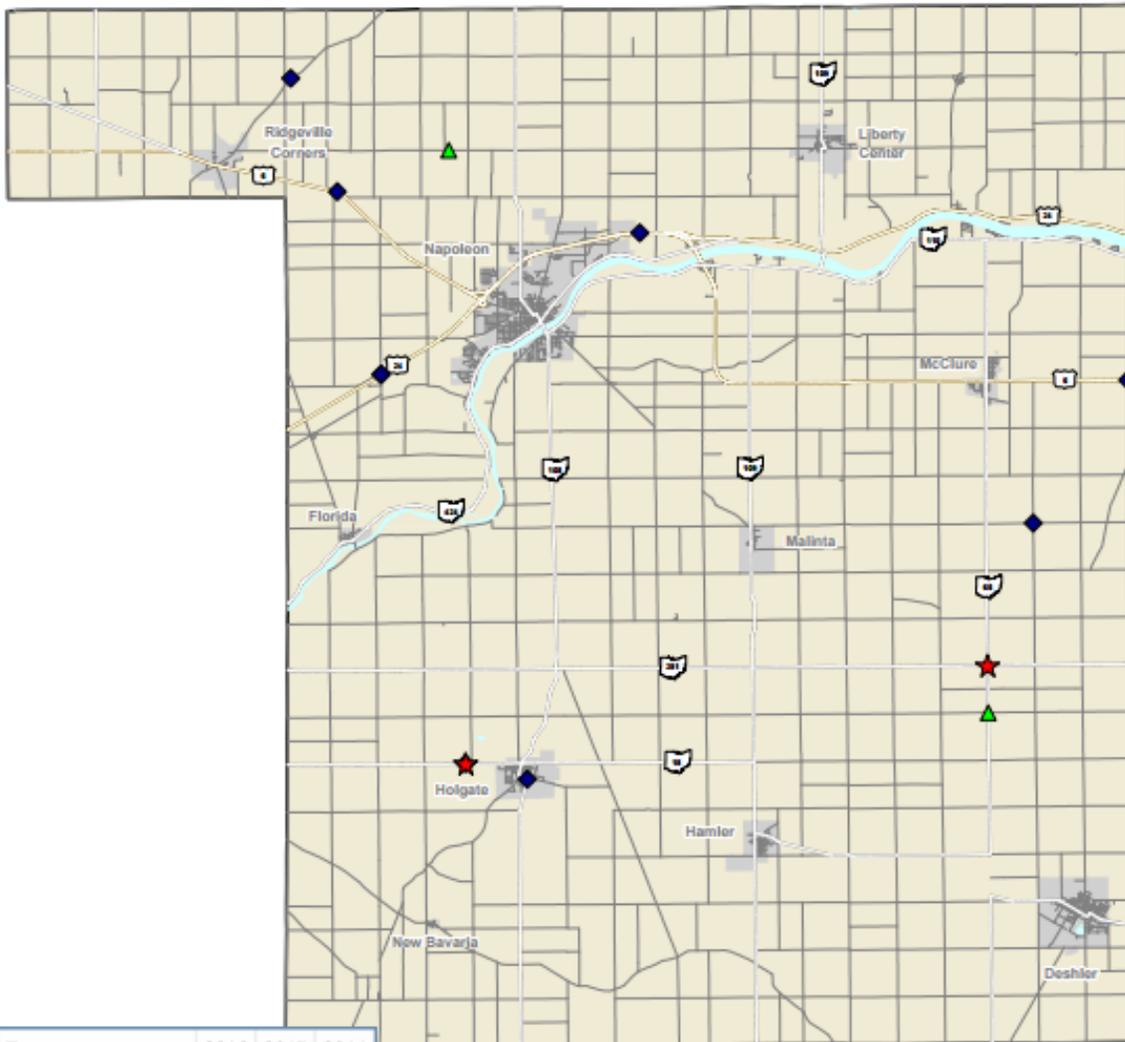
## Neighborhood and Built Environment

- Nearly half (49%) of Henry County adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.
- 69% of adults deliberately tested the smoke detectors in their home within the past year.
- 45% of adults had a carbon monoxide detector in their home.
- Henry County adults reported doing the following while driving: wearing a seatbelt (92%), eating (45%), talking on hand-held cell phone (41%), talking on hands-free cell phone (28%), texting (13%), not wearing a seatbelt (8%), checking email on their cell phone (6%), using internet on their cell phone (5%), checking social media on their cell phone (5%), being under the influence of alcohol (3%), being under the influence of prescription drugs (2%), reading (1%), being under the influence of recreational drugs (<1%), and other activities (such as applying makeup, shaving, etc.) (2%).
- 23% of adults reported always wearing a helmet while riding an ATV, racing bike, or motorcycle, and 41% reported never wearing a helmet.
- Henry County adults thought the following threatened their health in the past year.
  - Insects (4%)
  - Rodents (3%)
  - Mold (3%)
  - Agricultural chemicals (2%)
  - Indoor air quality (2%)
  - Moisture issues (2%)
  - Temperature regulation (1%)
  - Sewage/waste water problems (1%)
  - Unsafe water supply/wells (1%)
  - Plumbing problems (1%)
  - Outdoor air quality (1%)
  - Bed bugs (1%)
  - Lice (1%)
  - Chemicals found in products (<1%)
  - Sanitation issues (<1%)
  - Asbestos (<1%)

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: 49% of all Henry County adults kept a firearm in their home, 58% of males, and 49% of those ages 30-64 kept a firearm in their home.



## Henry County Fatal Traffic Crashes 2014 to 2016 Year To Date



Type	2016	2015	2014
# Rural	2	9	2
# Urban	0	0	0
# OVI Related	1	2	0
# Commercial Related	1	4	1
# Motorcycle Related	0	2	0

**Fatal Crashes**

- ★ 2016 (2)
- ◆ 2015 (9)
- ▲ 2014 (2)



STATE  
HIGHWAY  
PATROL  
OHIO

Data Source: OSHP LINC'S Database  
Map Design and Layout: OSHP Statistical Analysis Unit  
Ohio State Highway Patrol  
August 15, 2016



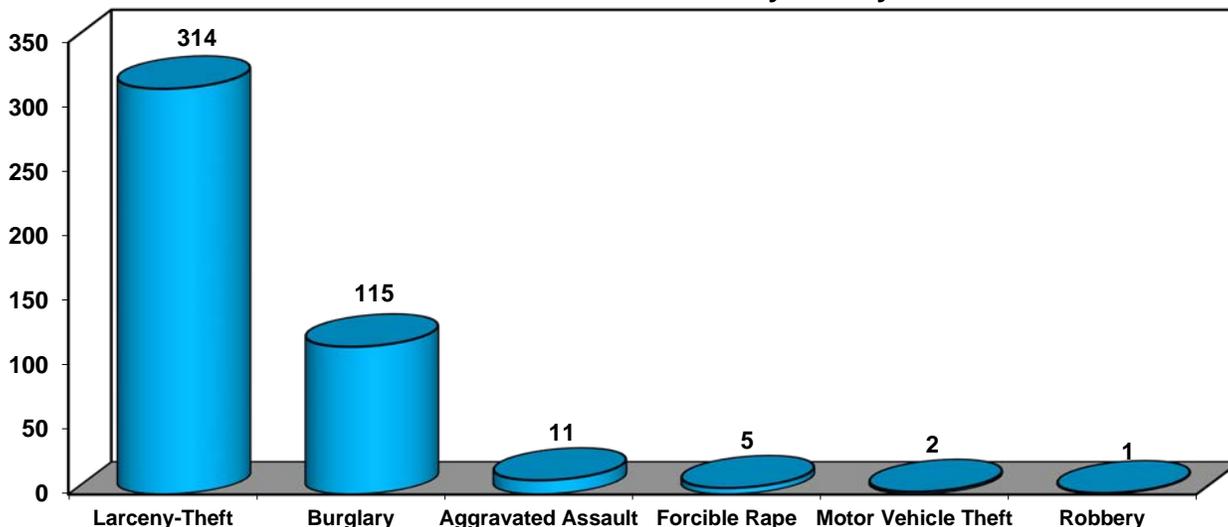
0 2.5 5  
Miles

(Source: Ohio State Highway Patrol Statistics, Henry County Fatal Traffic Crash Statistics, Updated 8/15/2016, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage.asp?Area1=26&B2=Submit>)

## Crime Data

- In 2014, the total population in Henry County was 26,824.
- There were a total of 431 property crimes and 17 violent crimes in 2014.

**Total Number of Crimes in Henry County in 2014**



There were no murders or acts of arson in Henry County in 2014.

(Source: Office of Criminal Justice Services, Crime Statistics and Crime Reports, 2014, from [http://www.ocjs.ohio.gov/crime\\_stats\\_reports.stm](http://www.ocjs.ohio.gov/crime_stats_reports.stm))

### Victims of Gun Violence in America

- More than 100,000 people are shot in murders, assaults, suicides, and suicide attempts, accidents or by police intervention in America in an average year.
  - 31,537 people die from gun violence and 71,386 people survive gun injuries.
- Every day, an average of 282 people are shot in America. Of those 282 people, 86 people die and 196 are shot, but survive.
  - Of the 282 people who are shot every day, an average of 50 are children and teens.
  - Of the 86 people who die, 32 are murdered, 51 are suicides, 2 die accidentally and 1 with an unknown intent.
  - Of the 196 people who are shot but survive, 140 are from assault, 43 are shot accidentally, 10 are suicide attempts, 2 are police interventions and 1 is of unknown intent.

(Source: Brady Campaign to Prevent Gun Violence, "There Are Too Many Victims of Gun Violence" fact sheet, retrieved from: <http://www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf>)

# Adult | MENTAL HEALTH AND SUICIDE

## Key Findings

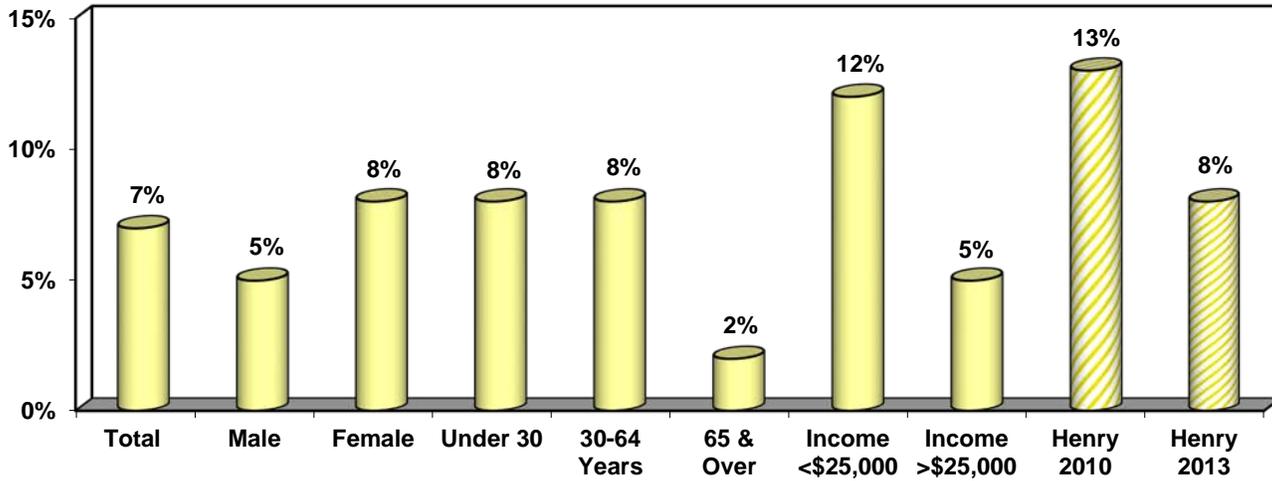
*In 2016, 2% of Henry County adults considered attempting suicide. 7% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.*

## Adult Mental Health

- In the past year, 7% 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.
- 10% of adults felt so worried, tense, or anxious almost every day for two or more weeks that they stopped doing usual activities, increasing to 14% of females and those under the age of 30.
- 2% of Henry County adults considered attempting suicide in the past year.
- Less than one percent (<1%) reported attempting suicide in the past year.
- Henry County adults received the social and emotional support they needed from the following: family (84%), friends (71%), church (40%), neighbors (10%), community (10%), a professional (10%), internet (5%), online support group (2%), self-help group (1%), and other (4%).
- 13% of Henry County adults used a program or service 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 (5%), stigma of seeking mental health services (3%), did not know how to find a program (3%), could not afford to go (2%), fear (2%), co-pay/deductible too high (1%), other priorities (1%), transportation (1%), could not get to the office (<1%), and other reasons (1%). 76% of adults indicated they did not need such a program.
- Henry County adults indicated the following caused them anxiety, stress or depression: job stress (30%), financial stress (29%), death of close family member or friend (18%), sick family member (16%), marital/dating relationship (15%), raising/caring for children (15%), poverty/no money (14%), pressure to be successful (14%), fighting at home (12%), other stress at home (8%), unemployment (7%), pressure to fit in (6%), caring for parent (6%), family member with substance abuse problem (4%), fighting with friends (4%), divorce/separation (4%), family member with mental illness (3%), caring for someone with special needs (3%), raising/caring for grandchildren (2%), alcohol or drug use at home (2%), family member in the military (2%), not feeling safe at home (2%), not having enough to eat (1%), not having a place to live (1%), and sexual orientation/gender identity (<1%).
- Adults indicated they would do the following if they knew someone who was suicidal: talk to them (70%), try to calm them down (43%), call a crisis hotline (37%), call 9-1-1 (35%), call a friend (19%), take them to the ER (17%), nothing (3%), and something else (3%).

The following graph shows Henry County adults who felt sad or hopeless for two or more weeks in a row in the past year. Examples of how to interpret the information in the graph include: 7% of all Henry County adults felt sad or hopeless for two or more weeks in a row, 5% of males, and 8% of females.

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



Adult Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Two or more weeks in a row felt sad or hopeless	13%	8%	7%	N/A	N/A
Considered attempting suicide	1%	3%	2%	N/A	N/A

N/A - Not available

### Suicide Facts

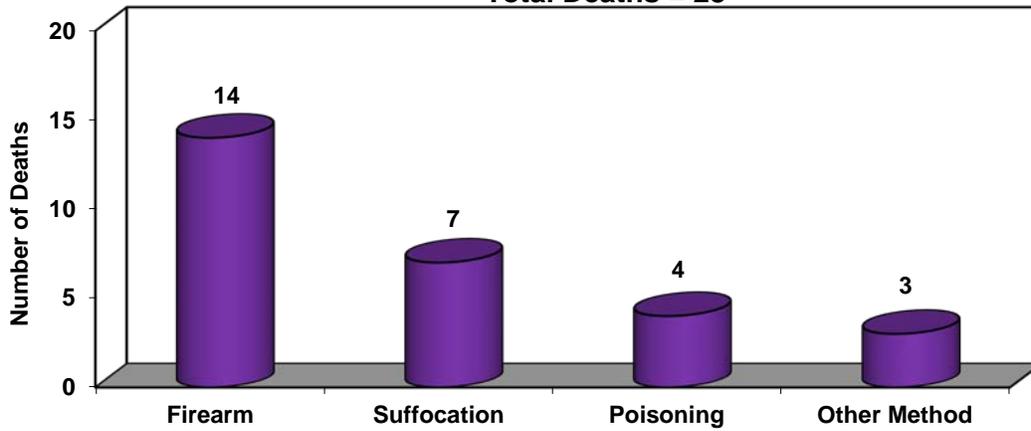
- 42,773 people in the U.S. died from suicide, and 1,069,325 people attempted suicide in the 2014.
- An average of one person killed themselves every 12.3 minutes
- Suicide is the 10<sup>th</sup> ranking cause of death in the U.S.
- For every female death by suicide, there are 3.4 male deaths.
- In 2014, there were 1,491 suicide deaths in Ohio.
- The leading suicide methods included:
  - Firearm suicides (49.9%)
  - Suffocation/Hanging (26.7%)
  - Poisoning (15.9%)
  - Cutting/Piercing (1.7%)
  - Drowning (0.9%)

(Sources: American Association of Suicidology, Facts & Statistics, from: <http://www.suicidology.org/resources/facts-statistics>)

The graphs below shows the Henry County number of suicide deaths by means, gender and age group. The data was obtained from the Henry County Coroner's Office where suicide was reported on the death certificate.

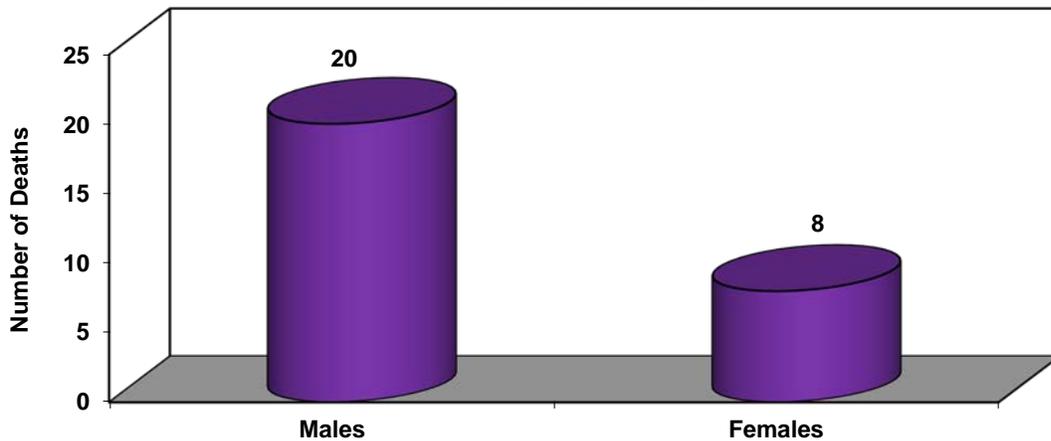
**Henry County Number of Suicide Deaths By Means  
2008-2015**

**Total Deaths = 28**



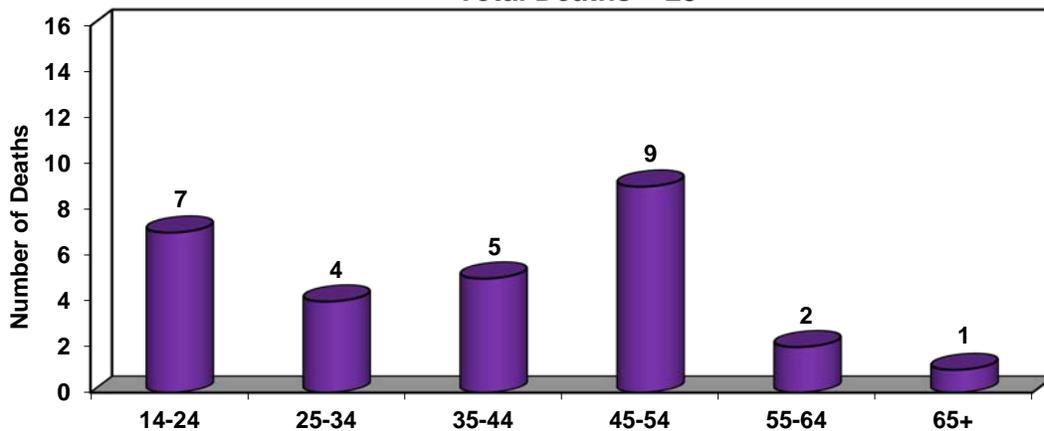
**Henry County Number of Suicide Deaths By Gender  
2008-2015**

**Total Deaths = 28**



**Henry County Number of Suicide Deaths By Age Group  
2008-2015**

**Total Deaths = 28**



(Source for graphs: Henry County Coroner, 2008-2015 Death Certificates)

# Adult and Youth | ORAL HEALTH

## Key Findings

The 2016 Health Assessment project has determined that more than two-thirds (69%) of Henry County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of U.S. adults and 65% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost four-fifths (79%) 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, increasing to 82% of those ages 17 and older (2013 YRBS reported 75% for Ohio).

### Henry County Dental Care Resources – 2012

- Number of licensed dentists- 8
- Number of primary care dentists- 7
- Ratio of population per dentist- 3,506:1
- Number of dentists who treat Medicaid patients- 9
- Ratio of Medicaid population per dentist who treats Medicaid patients- 599:1

(Source: ODH Ohio Oral Health Surveillance System, 2012, obtained from:  
<http://publicapps.odh.ohio.gov/oralhealth/default.aspx>)

## Access to Dental Care

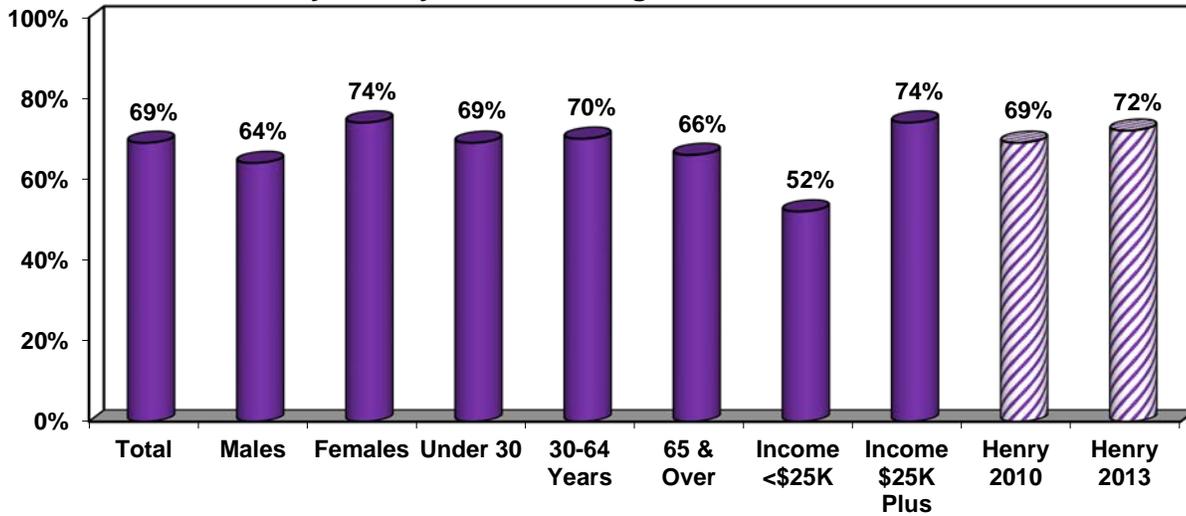
- In the past year, 69% of Henry County adults had visited a dentist or dental clinic, decreasing to 52% of adults with annual household incomes less than \$25,000.
- The 2014 BRFSS reported that 65% of Ohio adults and 65% of U.S. adults had visited a dentist or dental clinic in the previous twelve months.
- More than three-fourths (79%) of Henry County adults with dental insurance have been to the dentist in the past year, compared to 56% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 22% had no oral health problems, 19% said cost, 16% said fear, apprehension, nervousness, pain, and dislike going, 3% had not thought of it, 3% could not find a dentist taking new Medicaid patients, 2% had other priorities, 1% said the wait for an appointment was too long, 1% said their dentist did not accept their medical coverage, 1% could not get to the office or clinic, 1% could not get into a dentist, 1% could not find a dentist who treated special needs clients, 1% used the emergency room for their dental issues. 15% of adults indicated multiple reasons for not visiting the dentist.
- Two-fifths (40%) of adults had one or more of their permanent teeth removed, increasing to 72% of those ages 65 and over. The 2014 BRFSS reported that 47% of Ohio adults and 43% of U.S. adults have had any permanent teeth removed.
- 14% of Henry County adults ages 65 and over had all of their permanent teeth removed. The 2014 BRFSS reported that 18% of Ohio and 15% of U.S. adults ages 65 and over have had all of their permanent teeth removed.
- Henry County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (79%), 1 to 2 years ago (6%), 2 or more years ago (4%), never (2%), and do not know (9%).

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	64%	6%	10%	14%	1%
Females	74%	7%	7%	9%	<1%
Total	69%	7%	8%	11%	1%

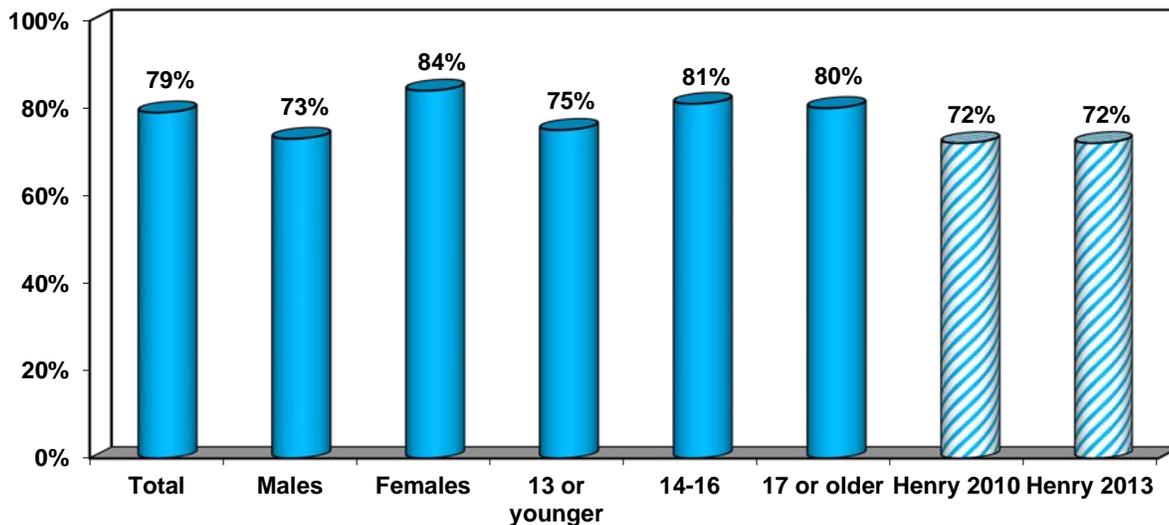
Totals may not equal 100% as some respondents answered do not know.

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: 69% of all Henry County adults had been to the dentist in the past year, 69% of those under the age of 30, and 52% 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 Comparisons	Henry County 2010	Henry County 2013	Henry County 2016	Ohio 2014	U.S. 2014
Adults who have visited the dentist in the past year	69%	72%	69%	65%	65%
Adults who had one or more permanent teeth removed	N/A	39%	40%	47%	43%
Adults 65 years and older who had all of their permanent teeth removed	N/A	19%	14%	18%	15%

N/A – Not Available

### Oral Health in Older Adults

- Older adults are at risk for getting cavities, gum disease and mouth cancer – and these may not cause any pain or discomfort until they are advanced.
- Everyone needs to see their dentist for a checkup at least once a year – preferably more often.
- People without natural teeth are at risk for mouth cancer as well as gum problems. Denture wearers need to have their mouth and their dentures checked at least once a year.
- As with many other cancers, older adults are more likely to get mouth cancer than younger people.
- Everyone is at a greater risk of getting mouth cancer if they use tobacco, drink alcohol a lot, or are repeatedly exposed to the sunlight.
- Severe gum disease has also been associated with pneumonia in long-term care patients, heart disease, stroke, and poor diabetic control.
- Periodontal disease can be prevented by:
  - Cleaning your teeth and gums thoroughly every day.
  - Getting regular checkups from your dentist.
  - Following the advice of your dentist and dental hygienist.

(Source: American Dental Association: Oral Longevity Questions and Answers, from: <http://www.ada.org/en/>)

### What You Can Do to Maintain Good Oral Health

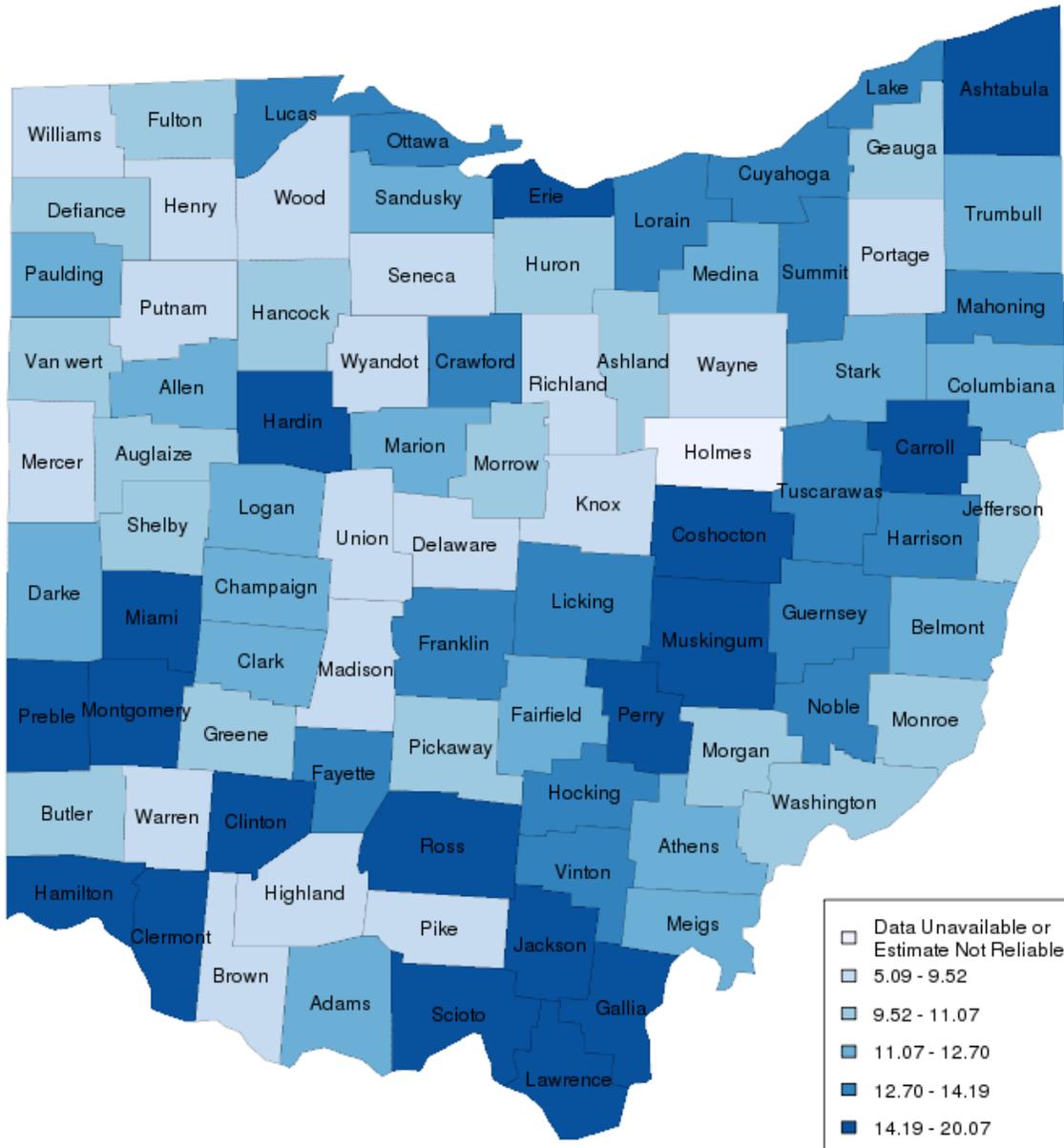
- Drink fluoridated water and use fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.
- Take care of your teeth and gums. Thorough tooth brushing and flossing to reduce dental plaque can prevent gingivitis—the mildest form of gum disease.
- Avoid tobacco. In addition to the general health risks posed by tobacco, smokers have 4 times the risk of developing gum disease compared to non-smokers.
- Limit alcohol. Heavy use of alcohol is a risk factor for oral and throat cancers.
- Eat wisely. Adults should avoid snacks full of sugars and starches.
- Visit the dentist regularly. Check-ups can detect early signs of oral health problems and can lead to treatments that will prevent further damage, and in some cases, reverse the problem.

(Source: CDC: Oral Health for Adults, July 2013, from: [http://www.cdc.gov/OralHealth/publications/factsheets/adult\\_oral\\_health/adults.htm](http://www.cdc.gov/OralHealth/publications/factsheets/adult_oral_health/adults.htm))

The following map shows the estimated proportion of all adults, ages 19 years and older, with unmet needs in dental care.

- 9% of Henry County adults, ages 19 years and older had unmet needs in dental care.
- 13% of Ohio adults, ages 19 years and older had unmet needs in dental care.

### Estimated Proportion: Unmet Needs in Dental Care, All Adults, Ages 19 Years and Older (2015)



(Source: The Adult Ohio Medicaid Assessment Survey (OMAS) Dashboard, 2015)

# Adult | PARENTING

## Key Findings

70% of parents discussed screen time with their 12-to-17 year-old in the past year. 90% of parents reported their child had received all recommended immunization shots.

## Parenting

- Mothers breastfed their child: more than 9 months (19%), 6 months to 9 months (23%), 4 to 5 months (9%), 7 weeks to 3 months (9%), 3 to 6 weeks (4%), 2 weeks or less (9%), still breastfeeding (13%), and never breastfed (13%).
- 90% of parents reported their child had received all recommended immunization shots.
- Reasons for not receiving all recommended immunization shots included: did not think immunization was necessary (2%), personal beliefs (2%), and other reasons (3%).
- 93% of parents reported their infant to 4-year-old child always rode in a car seat/booster seat when a passenger in a car.
- 32% of parents reported their 0-11 year-old always wore a helmet when riding a bike, in a pull-behind bike trailer, or in a child bike seat with an adult, and 28% reported their child never wore a helmet.
- Parents discussed the following health topics with their 12-to-17 year-old in the past year:
  - Screen-time (70%)
  - Peer pressure (67%)
  - Dating and relationships (65%)
  - Physical activity (65%)
  - Bullying (64%)
  - Career plan/post-secondary education (63%)
  - Negative effects of tobacco (59%)
  - Negative effects of alcohol (59%)
  - Social media issues (58%)
  - Volunteering (57%)
  - Eating habits (55%)
  - Negative effects of marijuana and other drugs (53%)
  - Abstinence/how to refuse sex (51%)
  - Body image (47%)
  - Energy drinks (41%)
  - Birth control (36%)
  - School/legal consequences of using tobacco/alcohol/other drugs (35%)
  - Refusal skills/peer pressure (34%)
  - Weight status (34%)
  - Condom use/safer sex/STD prevention (30%)
  - Anxiety/depression/suicide (26%)
  - Negative effects of misusing prescription medication (24%)

### Talking to your teen about drinking

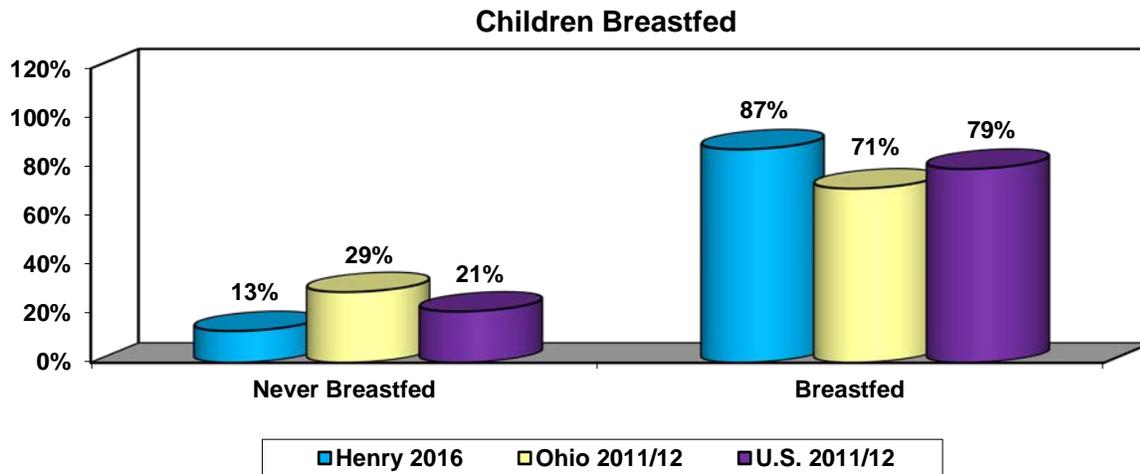
- Be honest and direct.
- Encourage your teen to talk to you about drinking, remain calm when listening.
- Try not to judge or criticize. Make it comfortable for your teen to talk honestly.
- Remind your teen that drinking comes with serious risks.
- Emphasize that your teen should never drink and drive or ride with a driver who has been drinking.

(Source: MedlinePlus, Talking to your teen about drinking <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000505.html>, May 14, 2014)

## Breastfeeding

The following graph shows the percent of infants who have been breastfed or given breast milk from Henry County, Ohio, and U.S.

- Compared to the Ohio and U.S. percentages, Henry County had a higher percent of children breastfed.



(Source: National Survey of Children's Health, Data Resource Center, and 2016 Henry County Health Assessment)

## 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 to it becoming 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")

# Youth | WEIGHT STATUS

## Key Findings

The 2016 Health Assessment identified that 17% of Henry County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 24% of Henry County youth reported that they were slightly or very overweight. 70% of youth were exercising for 60 minutes on 3 or more days per week. 89% of youth were involved in extracurricular activities.

## 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 2016, 17% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and the 2015 YRBS reported 14% for the U.S.). 9% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and the 2015 YRBS reported 16% for the U.S.). 68% were normal weight, and 6% were underweight.

*17% of Henry County youth were classified as obese.*

- 24% of youth described themselves as being either slightly or very overweight. The 2013 YRBS reported 28% for Ohio and the 2015 YRBS reported 32% for the U.S.
- Over one-third (34%) of all youth were trying to lose weight, increasing to 38% of Henry County female youth (compared to 30% of males) (2013 YRBS reported 47% for Ohio and the 2015 YRBS reported 46% for the U.S.).
- Henry County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 33% of youth exercised.
  - 31% of youth drank more water.
  - 24% of youth ate less food, fewer calories, or foods lower in fat.
  - 21% of youth ate more fruits and vegetables.
  - 9% of youth skipped meals.
  - 4% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.).
  - 2% reported smoking to lose weight.
  - 1% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and the U.S.).
  - 1% vomited or took laxatives (2013 YRBS reported 5% for Ohio and 4% for the U.S.).

## Nutrition

- 62% of Henry County youth ate 1 to 2 servings of fruits and vegetables per day. 28% at 3 to 4 servings of fruits and vegetables per day and 6% at 5 or more servings per day.
- 28% of youth drank soda pop (not diet), punch, Kool-Aid, sports drinks, energy drinks or other fruit flavored drinks at least once per day during the past week.
- 6% of youth went to bed hungry on at least one day because their family did not have enough money for food. 1% went to bed hungry on every day of the week.
- 17% of youth had a drink that was high in caffeine such as coffee, espresso or energy drinks at least 1 to 3 times during the past week. 4% had a drink that was high in caffeine at least 4 to 6 times during the past week. 73% of youth did not drink any high caffeine drinks in the past week.

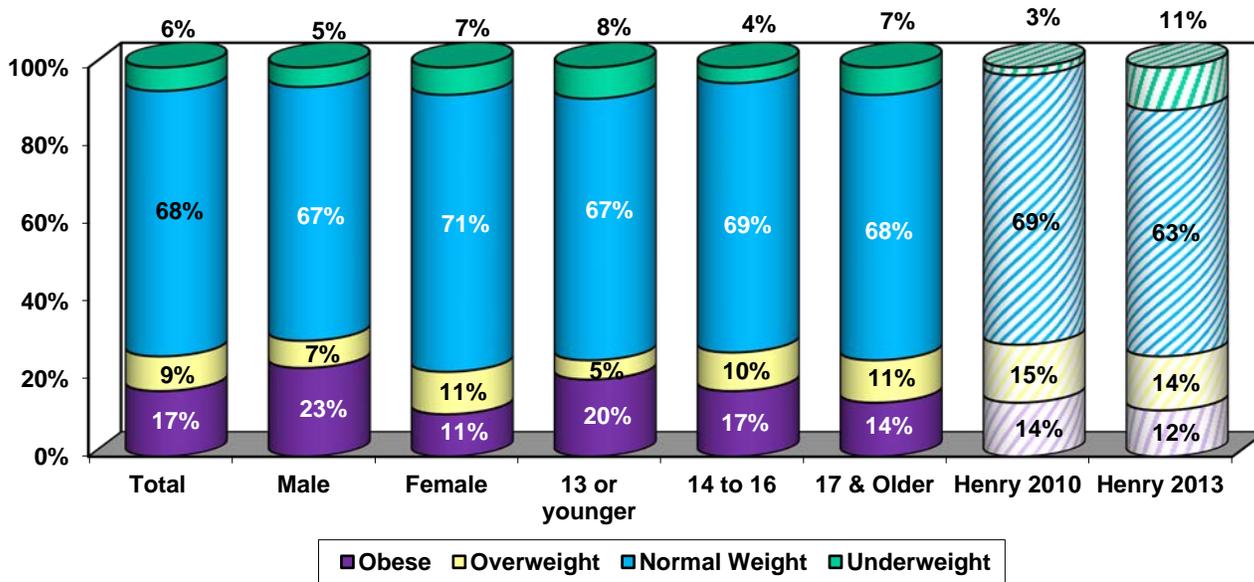
## Physical Activity

- 70% of Henry County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 55% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and the 2015 YRBS reported 49% for the U.S ), and 31% did so every day in the past week (2013 YRBS reports 26% for Ohio and the 2015 YRBS reports 27% for the U.S.).13% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and the 2015 YRBS reports 14% 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 2.5 hours on their cell phone, 1.6 hours watching TV, 1.5 hours on their computer/tablet and 1.2 hours playing video games on an average day of the week.
- Almost one-fifth (19%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and the 2015 YRBS reported 25% for the U.S.).
- 89% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (60%), school clubs or social organizations (45%), exercising (outside of school) (42%), church or religious organizations (38%), church youth groups (34%), babysitting for other kids (21%), some other organized activity (Scouts, 4H, etc.) (20%), part-time job (18%), caring for siblings after school (14%), volunteering in the community (12%), and caring for parents or grandparents (2%).

Henry County Youth did the following to lose weight in the past 30 days:	Percent
Exercised	33%
Drank more water	31%
Ate less food, fewer calories, or foods lower in fat	24%
Ate more fruits and vegetables	21%
Skipped meals	9%
Went without eating for 24 hours	4%
Smoked cigarettes	2%
Took diet pills, powders, or liquids without a doctor's advice	1%
Vomited or took laxatives	1%

The following graph shows the percentage of Henry County youth who were classified as obese, overweight, normal weight or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph include: 68% of all Henry County youth were classified as normal weight, 17% were obese, 9% were overweight, and 6% were underweight for their age and gender.

**Henry County Youth BMI Classifications**



**Physical Activity Facts**

- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.
- In 2013, 27.1% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey, and only 29% attended physical education class daily.
- Regular physical activity:
  - Helps build and maintain healthy bones and muscles.
  - Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.
  - Reduces feelings of depression and anxiety and promotes psychological well-being.
  - May help improve students' academic performance, including academic achievement and academic behavior.

*(Sources: CDC, Adolescent and School Health, Updated: 6/17/2015, from <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)*

Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	14%	12%	17%	15%	13%	14%
Overweight	15%	14%	9%	11%	16%	16%
Described themselves as slightly or very overweight	30%	25%	24%	26%	28%	32%
Trying to lose weight	47%	46%	34%	31%	47%	46%
Exercised to lose weight	34%	43%	33%	34%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight	11%	30%	24%	28%	N/A	N/A
Went without eating for 24 hours or more	1%	5%	4%	5%	10%	13%*
Took diet pills, powders, or liquids without a doctor's advice	0%	2%	1%	1%	5%	5%*
Vomited or took laxatives	1%	1%	1%	1%	5%	4%*
Ate 1 to 4 servings of fruits and vegetables per day	N/A	77%	90%	93%	N/A	N/A
Ate 5 or more servings of fruits and vegetables per day	N/A	13%	6%	3%	N/A	N/A
Physically active at least 60 minutes per day on every day in past week	24%	24%	31%	35%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	50%	46%	55%	64%	48%	49%
Did not participate in at least 60 minutes of physical activity on any day in past week	11%	15%	13%	12%	13%	14%
Watched TV 3 or more hours per day	39%	36%	19%	17%	28%	25%

N/A- Not available

\*Comparative YRBS data for U.S. is 2013

### Healthy People 2020 Nutrition and Weight Status (NWS)

Objective	Henry County 2016	Ohio 2013	U.S. 2015	Healthy People 2020 Target
NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese	17% (6-12 Grade)  15% (9-12 Grade)	13% (9-12 Grade)	14% (9-12 Grade)	15%*

\*Note: The Healthy People 2020 target is for children and youth aged 2-19 years.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., NHANES, CDC/NCHS, 2016 Henry County Health Assessment)

# Youth | TOBACCO USE

## Key Findings

The 2016 Health Assessment identified that 5% of Henry County youth were smokers, increasing to 11% of those ages 17 and older. Less than two-fifths (37%) of Henry County youth who smoked in the past year had tried to quit smoking

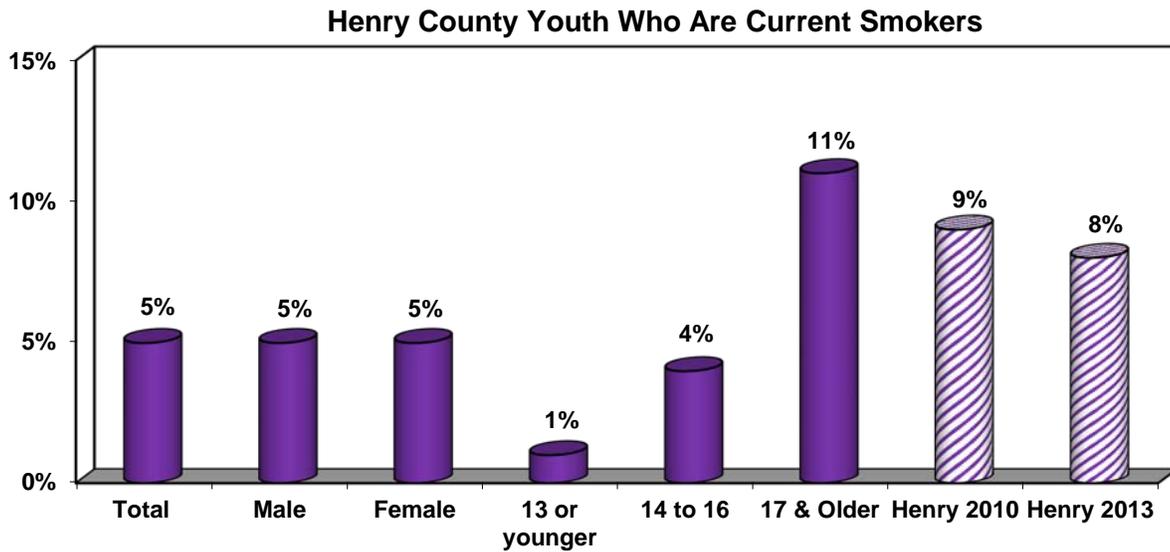
## Youth Tobacco Use Behaviors

- The 2016 health assessment indicated that 10% of Henry County youth had tried cigarette smoking (2015 YRBS reported 32% for the U.S.).
- 13% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 13% had done so by 12 years old. The average age of onset for smoking was 13.7 years old.
- 2% of all Henry County youth had smoked a whole cigarette for the first time before the age of 13 (2011 YRBS reported 14% for Ohio and the 2015 YRBS reported 7% for the U.S.).
- In 2016, 5% of Henry County youth were current smokers, having smoked at some time in the past 30 days (2013 YRBS reported 15% for Ohio and the 2015 YRBS reported 11% for the U.S.).
- 26% of current smokers smoked cigarettes daily.
- 3% of all Henry County youth smoked cigarettes on 20 or more days during the past month (2013 YRBS reported 7% for Ohio and the 2015 YRBS reported 3% for the U.S.)

*In 2016, 5% of Henry County youth were current smokers, having smoked at some time in the past 30 days.*

- Over three-fourths (79%) of Henry County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 67% of youth smokers borrowed cigarettes from someone else, 38% took them from a family member, 33% indicated they bought cigarettes from a store or gas station (2015 YRBS reported 13% for the U.S.), 33% gave someone else money to buy them cigarettes, 29% said a person 18 years or older gave them the cigarettes, 8% took them from a store, 8% got them off the internet, 4% got them from a vending machine and 17% got them some other way.
- Henry County youth used the following forms of tobacco the most in the past year: e-cigarette (7%), cigarettes (6%), Black and Milds (4%), hookah (3%), swishers (3%), chewing tobacco or snuff (3%), cigars (3%), snus (2%), cigarillos (2%), little cigars (1%), dissolvable tobacco products (<1%), bidis (<1%) and other forms of tobacco (<1%).
- Less than two-fifths (37%) of Henry County youth who smoked in the past year had tried to quit smoking (2015 YRBS reported 45% for the U.S.).
- Over four-fifths (85%) of Henry County youth reported that their parents would disapprove of them smoking cigarettes.

The following graph shows the percentage of Henry County youth who smoke cigarettes. Examples of how to interpret the information include: 5% of all Henry County youth were current smokers, 5% of males smoked, and 5% of females were current smokers.



*3% of all Henry County youth had smoked a whole cigarette for the first time before the age of 13.*

#### Electronic Cigarettes and Teenagers in the U.S.

- The percentage of U.S. middle and high school students who tried electronic cigarettes more than doubled from 2011 to 2012.
- E-cigarettes look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- The percentage of high school students who had ever used e-cigarettes rose from 4.7% in 2011 to 10% in 2012. In the same time period, high school students using e-cigarettes within the past 30 days rose from 1.5% to 2.8%.
- The percentage of middle school students who had ever used e-cigarettes also doubled from 1.4% to 2.7%.
- Altogether, as of 2012 more than 1.78 million middle and high school students in the US had tried e-cigarettes.
- 76% of current young e-cigarette users also smoked regular cigarettes. Some experts fear that e-cigarettes may encourage children to try regular cigarettes.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes."

(Source: CDC, Press Release, September 5, 2013, <http://www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html> & ACS, *Electronic Cigarette Use Doubles Among Teenagers*, September 9, 2013, <http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers>)

## Behaviors of Henry County Youth

### Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Been bullied in any way in the past year	89%	47%
Participated in extracurricular activities	79%	90%
Have had at least one drink of alcohol in the past 30 days	79%	8%
Misused prescription medications in the past 30 days	68%	1%
Have used marijuana in the past 30 days	63%	2%
Contemplated suicide in the past 12 months	58%	4%
Felt sad or hopeless for 2 or more weeks in a row	57%	16%

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

Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried cigarettes	15%	14%	10%	14%	52%**	32%
Current smokers	9%	8%	5%	7%	15%	11%
Smoked cigarettes on 20 or more days during the past month (of all youth)	4%	4%	3%	5%	7%	3%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	6%	6%	3%	3%	14%**	7%
Tried to quit smoking (of those youth who smoked in the past year)	46%	51%	37%	41%	56%**	45%

\*\* Comparative YRBS data for Ohio is 2011

### Healthy People 2020 Tobacco Use (TU)

Objective	Henry County 2016	Ohio 2013	U.S. 2015	Healthy People 2020 Target
TU-2.2 Reduce use of cigarettes by adolescents (past month)	5% (6-12 Grade) 7% (9-12 Grade)	15% (9-12 Grade)	11% (9-12 Grade)	16%*

\*Note: The Healthy People 2020 target is for youth in grades 9-12.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016 Henry County Health Assessment)

# Youth | ALCOHOL CONSUMPTION

## Key Findings

In 2016, the Health Assessment results indicated that 29% of Henry County youth had drunk at least one drink of alcohol in their life, increasing to 45% of youth 17 and older. 12% of all Henry County 6th-12th grade youth and 24% of those over the age of 17 had at least one drink in the past 30 days. More than (63%) of youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

*In Henry County in 2016, 12% of youth had at least one drink in the past 30 days.*

## Youth Alcohol Consumption

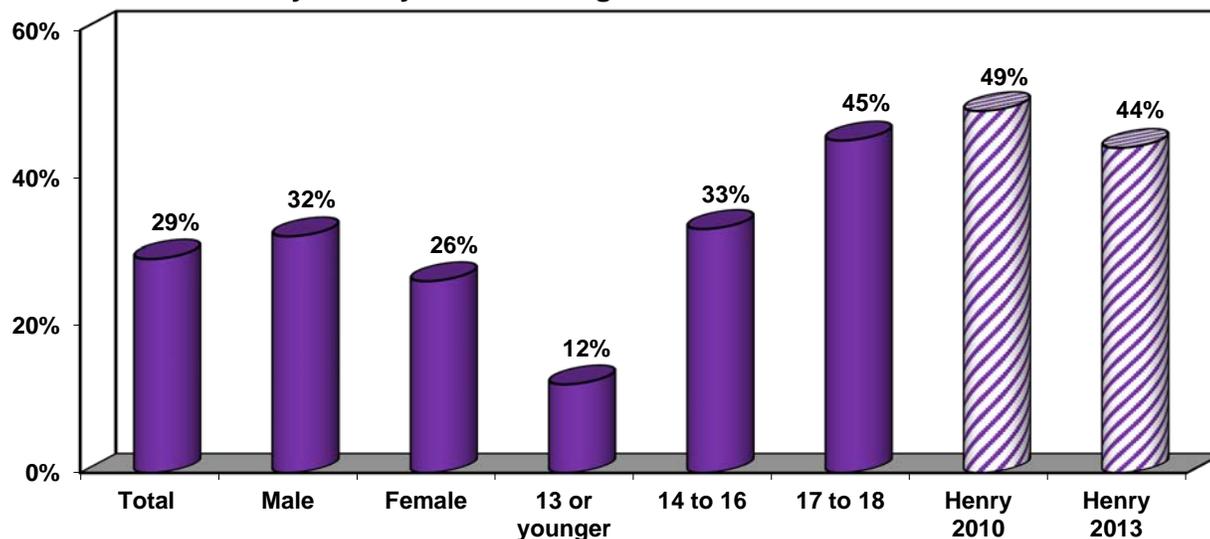
- In 2016, the Health Assessment results indicated that over one-quarter (29%) of all Henry County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 45% of those ages 17 and older (2015 YRBS reports 63% for the U.S.).
- Nearly one-fifth (12%) of youth had at least one drink in the past 30 days, increasing to 24% of those ages 17 and older (2013 YRBS reports 30% for Ohio and the 2015 YRBS reports 33% for the U.S.).
- Of those who drank, 63% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers, defined as having five or more drinks on one occasion, increasing to 75% of males.
- Based on all youth surveyed, 18% were defined as binge drinkers, increasing to 20% of those ages 17 and older (2013 YRBS reports 16% for Ohio and the 2015 YRBS reported 18% for the U.S.).
- Over one-third (27%) of Henry County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 24% took their first drink between the ages of 13 and 14, and 49% started drinking between the ages of 15 and 18. The average age of onset was 13.5 years old.
- Of all Henry County youth, 7% had drunk alcohol for the first time before the age of 13 (2013 YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 and the 2015 YRBS reported 17% for the U.S.).
- Henry County youth drinkers reported they got their alcohol from the following: someone gave it to them (34%) (2013 YRBS reports 38% for Ohio and the 2015 YRBS reported 44% for the U.S.), a parent gave it to them (34%), someone older bought it (23%), an older friend or sibling bought it (23%), gave someone else money to buy it (20%), a friend's parent gave it to them (16%), some other way (14%), took it from a store or family member (11%), used a fake ID to buy alcohol (4%), bought it at a public event (3%), bought it in a liquor store/convenience store/gas station (2%), or bought alcohol in a restaurant bar or club (2%).
- Youth drinkers usually drank alcohol in the following places: a friend's home (63%), their own home (49%), another person's home (35%), while riding in or driving a car or other vehicle (5%), a public place such as a park, beach or parking lot (4%), on school property (4%), a public event such as a concert or sporting event (2%). No one reported drinking at a restaurant, bar or club.

- During the past month, 12% of all Henry County youth had ridden in a car driven by someone who had been drinking alcohol (2013 YRBS reports 17% for Ohio and the 2015 YRBS reported 20% for the U.S.).
- 4% of youth drivers had driven a car in the past month after they had been drinking alcohol (2013 YRBS reports 4% for Ohio and the 2015 YRBS reported 8% for the U.S.).
- Over three-fourths (80%) of Henry County youth reported that their parents would disapprove of them drinking alcohol.

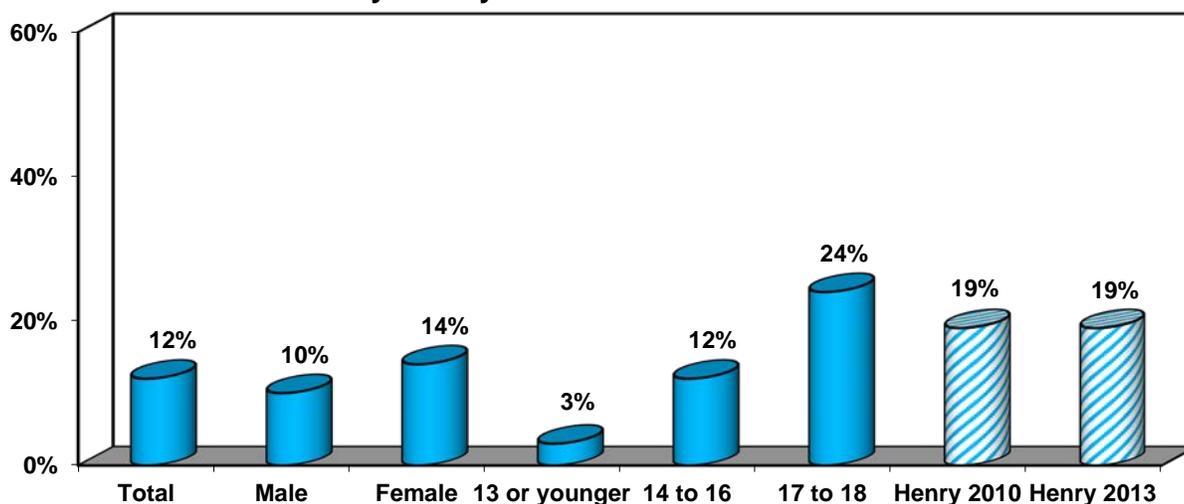
*Of all Henry County youth, 7% had drunk alcohol for the first time before the age of 13.*

The following graphs show the percentage of Henry County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 29% of all Henry County youth have drunk at some time in their life: 32% of males and 26% of females.

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

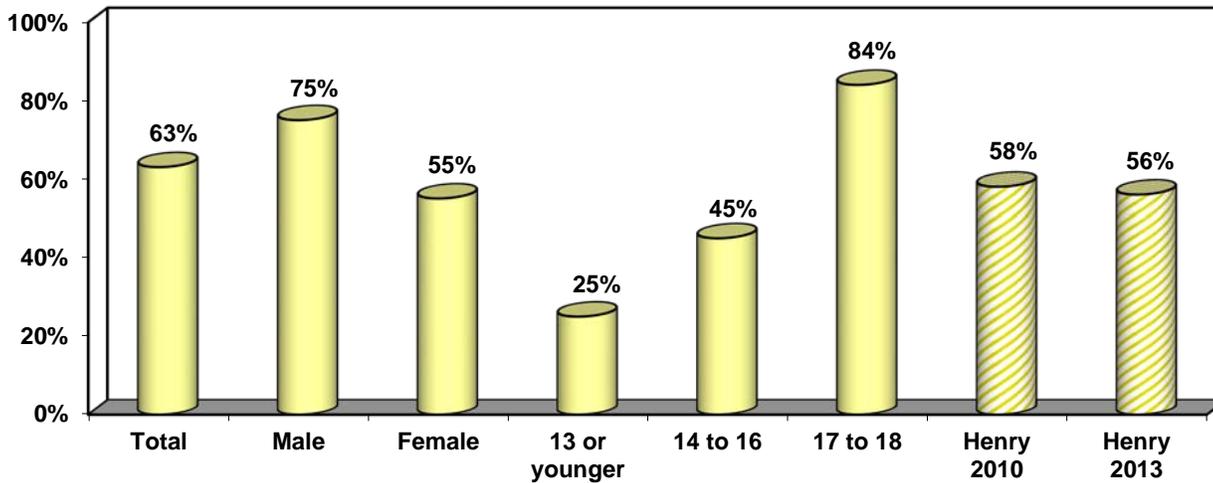


**Henry County Youth Who Are Current Drinkers**



The following graph shows the percentage of Henry County youth current drinkers who were binge drinkers. Examples of how to interpret the information include: 63% of current drinkers binge drank in the past month, 75% of males, and 55% 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.

*Based on all Henry County youth surveyed, 18% were defined as binge drinkers.*

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

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	86%	90%
Had been bullied in the past 12 months	78%	45%
Have had sexual intercourse	74%	8%
Had been depressed	49%	14%
Had smoked cigarettes in the past 30 days	31%	1%
Had used marijuana in the past 30 days	29%	1%
Misused prescription medications at some time in their life	25%	1%
Attempted suicide in the past 12 months	16%	3%

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

Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried alcohol	49%	44%	29%	41%	71%**	63%
Current drinker	19%	19%	12%	19%	30%	33%
Binge drinker (of all youth)	11%	10%	18%	20%	16%	18%
Drank for the first time before age 13 (of all youth)	19%	16%	7%	5%	13%	17%
Rode with someone who was drinking	20%	17%	12%	11%	17%	20%
Drank and drove (of youth drivers)	5%	2%	4%	4%	4%	8%
Obtained the alcohol they drank by someone giving it to them	38%	39%	34%	37%	38%	44%

\*\*Comparative YRBS data for Ohio is 2011

### Healthy People 2020 Substance Abuse (SA)

Objective	Henry County 2016	Ohio 2013	U.S. 2015	Healthy People 2020 Target
SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month	18% (6-12 Grade)	16% (9-12 Grade)	21% (9-12 Grade)	9%*
	20% (9-12 Grade)			

\*Note: The Healthy People 2020 target is for youth aged 12-17 years

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio, 2015 YRBS for U.S., 2016 Henry County Health Assessment)

### Teen Binge Drinking: All Too Common

#### Risks Associated with Binging:

- It is estimated that alcohol consumption is responsible for about 80,000 deaths in the US each year.
- Binge drinking has also been associated with many health problems, including:
  - Heart disease
  - Cancer
  - Chemical dependency
  - STDs
  - Stroke
  - Liver disease
  - Pregnancy
  - Alcohol poisoning
- MRI scans of the brains of teens that drank heavily showed damaged nerve tissue compared to those who did not.
- Studies have shown that alcohol can cause long-term damage to the brain and impair memory, coordination and movement.

(Source: Psychology Today, Teen Angst, Teen Binge Drinking: All Too Common, 1/26/2013, from: <http://www.psychologytoday.com/blog/teen-angst/201301/teen-binge-drinking-all-too-common>)

# Youth | DRUG USE

## Key Findings

*In 2016, 4% of Henry County youth had used marijuana at least once in the past 30 days, increasing to 7% of those ages 17 and older. 4% of 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 10% of those over the age of 17.*

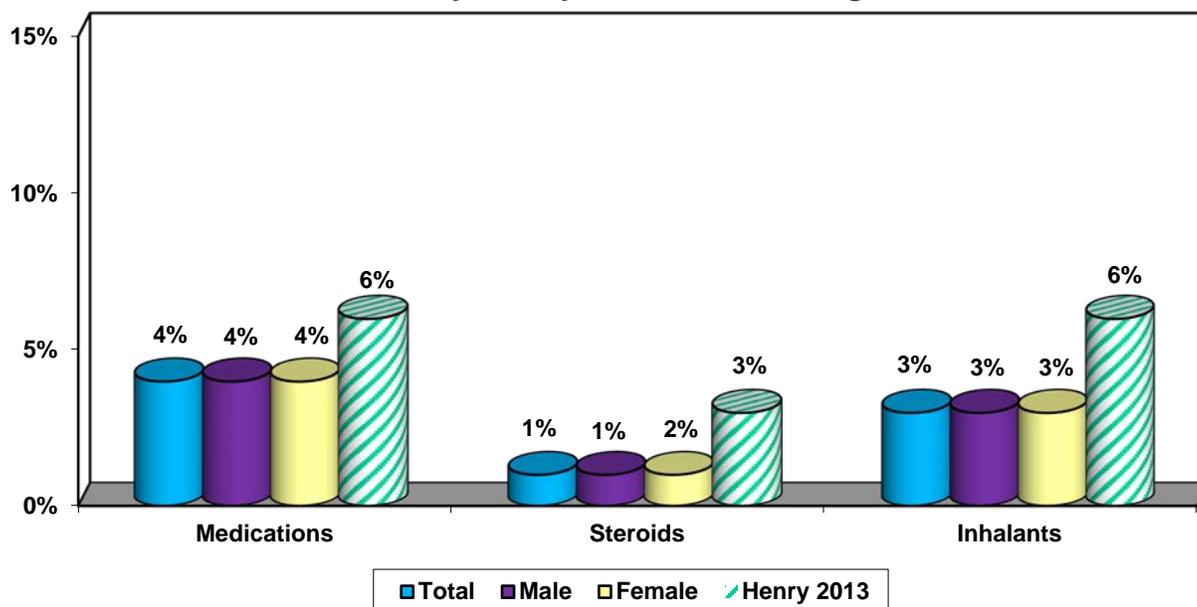
## Youth Drug Use

- In 2016, 4% of all Henry County youth had used marijuana at least once in the past 30 days, increasing to 7% of those over the age of 17. The 2013 YRBS found a prevalence of 21% for Ohio youth and the 2015 YRBS found a prevalence of 22% for U.S. youth.
- Over one-quarter (28%) of youth who reported they used marijuana in the past month had begun using at 12 years old or younger; 41% used for the first time between the ages of 13 and 14, and 46% started using marijuana between the ages of 15 and 18. The average age of onset was 14 years old.
- Henry County youth have tried the following in their life:
  - 3% of youth used inhalants, (2013 YRBS reports 9% for Ohio, 2015 YRBS reports 7% for the U.S.)
  - 3% used ecstasy/MDMA (2015 YRBS reports 5% for the U.S.)
  - 2% misused cough syrup
  - 2% used cocaine, (2013 YRBS reports 4% for Ohio, 2015 YRBS reports 5% for the U.S.)
  - 1% used K2/spice
  - 1% used steroids, (2013 YRBS reports 3% for Ohio, 2015 YRBS reports 4% for the U.S.)
  - 1% misused over-the-counter medications
  - 1% used posh/salvia/synthetic marijuana
  - 1% used liquid THC
  - 1% used bath salts
  - 1% used methamphetamines, (2015 YRBS reports 3% for the U.S.)
  - 1% used Opana
  - 1% had been to a pharm party/used skittles
  - 1% used Cloud 9
  - 1% used GhB
  - 1% used hand sanitizer
  - 1% used heroin, (2013 YRBS reports 2% for Ohio, 2015 YRBS reports 2% for the U.S.)
- During the past 12 months, 2% of all Henry County youth reported that someone had offered, sold, or given them an illegal drug on school property. The 2013 YRBS reports 20% for Ohio and the 2015 YRBS reports 22% for the U.S.
- 4% 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 10% of those over the age of 17.
- Youth who misused prescription medications got them in the following ways: a friend gave it to them (60%), they took it from a friend or family member (35%), a parent gave it to them (25%), bought it from a friend (20%), bought it from someone else (15%), another family member gave it to them (5%), and the internet (5%).
- Youth reported their parents would disapprove of them doing the following: misusing prescription drugs (86%) and using marijuana (85%).

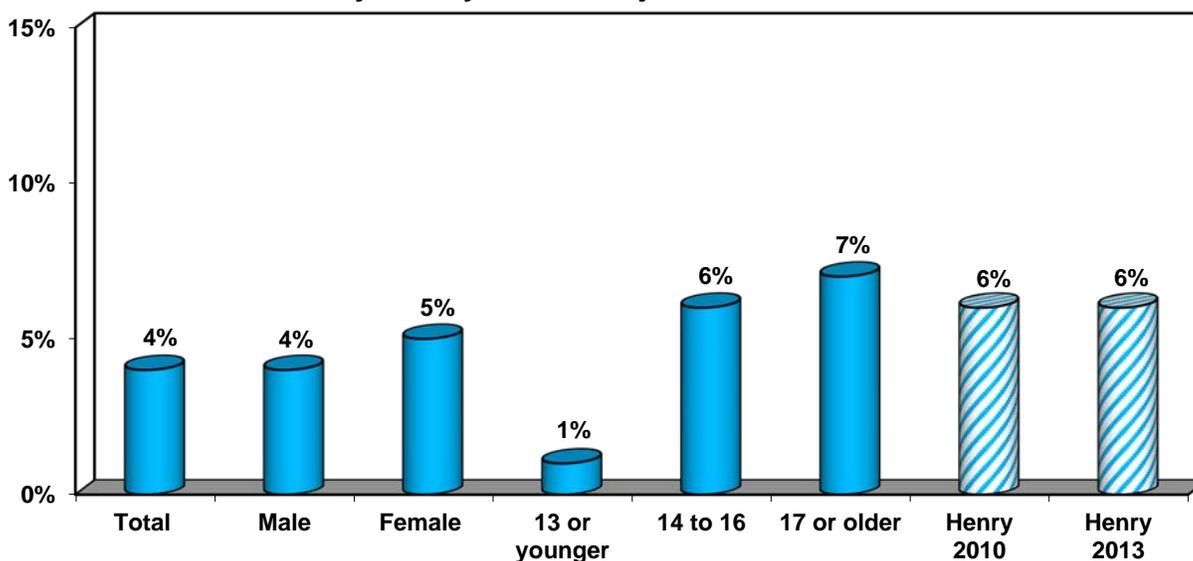
- In the past 30 days, youth reported being on school property under the influence of the following:
  - 3% marijuana
  - 1% prescription drugs not prescribed for them
  - 1% synthetic marijuana/K2/spice/posh
  - <1% inhalants
  - <1% bath salts
  - <1% other illegal drugs

The following graphs are data from the 2016 Henry County Health Assessment indicating youth lifetime drug use and youth marijuana use in the past 30 days. Examples of how to interpret the information include: 4% of youth have misused medication at some point in their life, 4% of males and 4% of females.

**Henry County Youth Lifetime Drug Use**



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



Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who used marijuana in the past month	6%	6%	4%	7%	21%	22%
Ever used methamphetamines	1%	1%	1%	1%	N/A	3%
Ever used cocaine	2%	2%	2%	4%	4%	5%
Ever used heroin	1%	1%	1%	1%	2%	2%
Ever used steroids	2%	3%	1%	1%	3%	4%
Ever used inhalants	10%	6%	3%	3%	9%	7%
Ever used ecstasy/MDMA	N/A	2%	3%	4%	N/A	5%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	7%	5%	2%	3%	20%	22%

N/A – Not available

### Prescription Drug Abuse in Youth

- After marijuana and alcohol, prescription drugs are the most commonly abused substances by Americans ages 14 and older.
- Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing.
- When prescription drugs are abused, they can be addictive and put the person at risk for harmful health effects such as overdoses, especially when mixed with alcohol.
- Commonly abused prescription drugs include opioids like Vicodin and OxyContin, depressants such as Valium and stimulants such as Adderall or Ritalin.
- Boys and girls tend to abuse these prescription drugs for different reasons. Boys are more likely to abuse prescription stimulants to get high while girls tend to abuse them to stay alert or to lose weight.
- It is considered abuse if you are taking someone else's prescription medication, taking a prescription medication in a way other than prescribed or taking a prescription medication to get high.

(Source: National Institute on Drug Abuse: Drug Facts- High School and Youth Trends  
<http://www.drugabuse.gov/publications/drugfacts/high-school-youth-trends>)

# Youth | SEXUAL BEHAVIOR

## Key Findings

*In 2016, nearly one-in-seven (15%) of Henry County youth have had sexual intercourse, increasing to 31% of those ages 17 and over. 15% of youth had participated in oral sex and 3% had participated in anal sex. 14% of youth participated in sexting. Of those who were sexually active, 71% had multiple sexual partners. \*One Henry County school district did not ask sexual behavior questions.*

**31% of Henry County youth ages 17 and over have had sexual intercourse.**

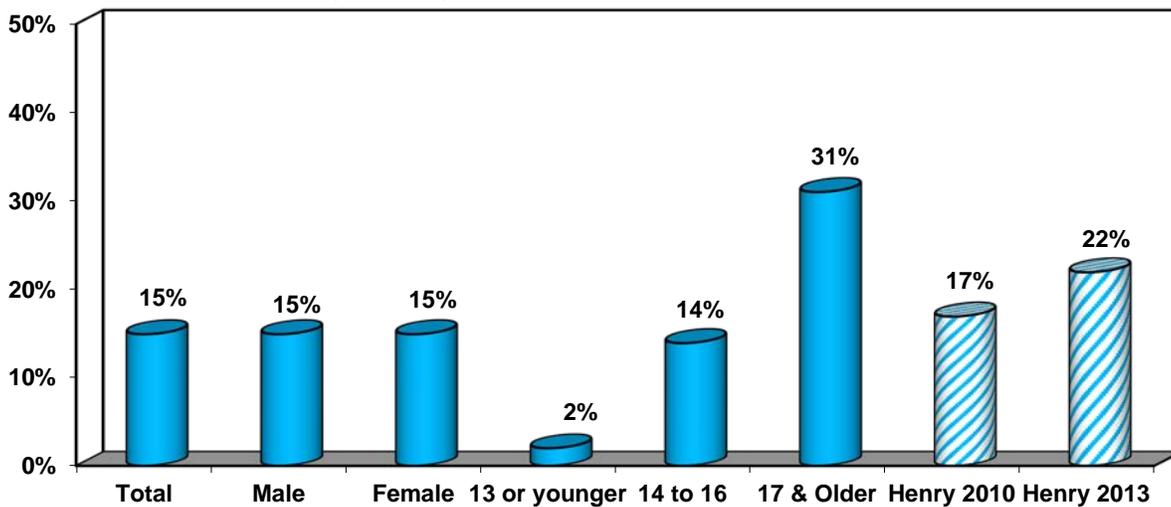
## Youth Sexual Behavior

- One Henry County school district did not ask sexual behavior questions.
- About one-in-seven (15%) of Henry County youth have had sexual intercourse, increasing to 31% of those ages 17 and over. The 2013 YRBS reports 43% for Ohio and the 2015 YRBS reports 41% of U.S. youth have had sexual intercourse.
- 15% of youth had participated in oral sex, increasing to 33% of those ages 17 and over.
- 3% of youth had participated in anal sex, increasing to 7% of those ages 17 and over.
- 14% of youth had participated in sexting, increasing to 33% of those ages 17 and over.
- 19% of youth had viewed pornography, increasing to 29% of males and 34% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 29% had one sexual partner and 71% had multiple partners.
- 6% of all Henry County youth had 4 or more sexual partners (2013 YRBS reports 12% for Ohio and the 2015 YRBS reports 12% for the U.S.).
- 38% of all Henry County sexually active youth had 4 or more partners
- Of those youth who were sexually active, 16% had done so by the age of 13. Another 47% had done so by 15 years of age. The average age of onset was 14.9 years old.
- Of all youth, 2% were sexually active before the age of 13 (2013 YRBS reports 4% for Ohio and the 2015 YRBS reports 4% 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 22% of those ages 17 and older. The 2013 YRBS reports 18% for Ohio and the 2015 YRBS reports 21% for the U.S.
- Henry County youth had experienced the following: had sex in exchange for something of value such as food, drugs, shelter or money (1%), tried to get pregnant (1%), wanted to get pregnant (1%), had been treated for an STD (1%), been pregnant (<1%), got someone pregnant (<1%) had an abortion (<1%), had a miscarriage (<1%), and had a child (<1%).

- 63% of youth who were sexually active used condoms to prevent pregnancy, 39% used birth control pills, 12% used the withdrawal method, 6% used some other method, 4% used a shot, patch or birth control ring, and 4% reported they were gay or lesbian. However, 14% were engaging in intercourse without a reliable method of protection, and 10% reported they were unsure. No one reported using an IUD.
- 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 (3%), did not want to use protection (3%), it did not occur to me (2%), and my partner did not want to use protection (2%).

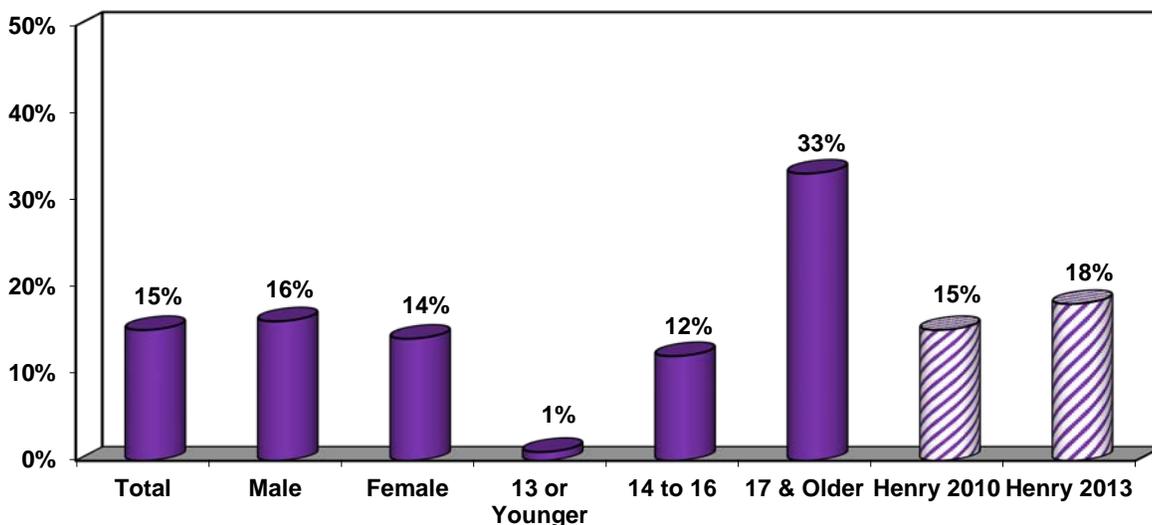
The following graphs show the percentage of Henry County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 15% of all Henry County youth had sexual intercourse, 15% of males, and 15% of females had sex.

**Henry County Youth Who Had Sexual Intercourse**



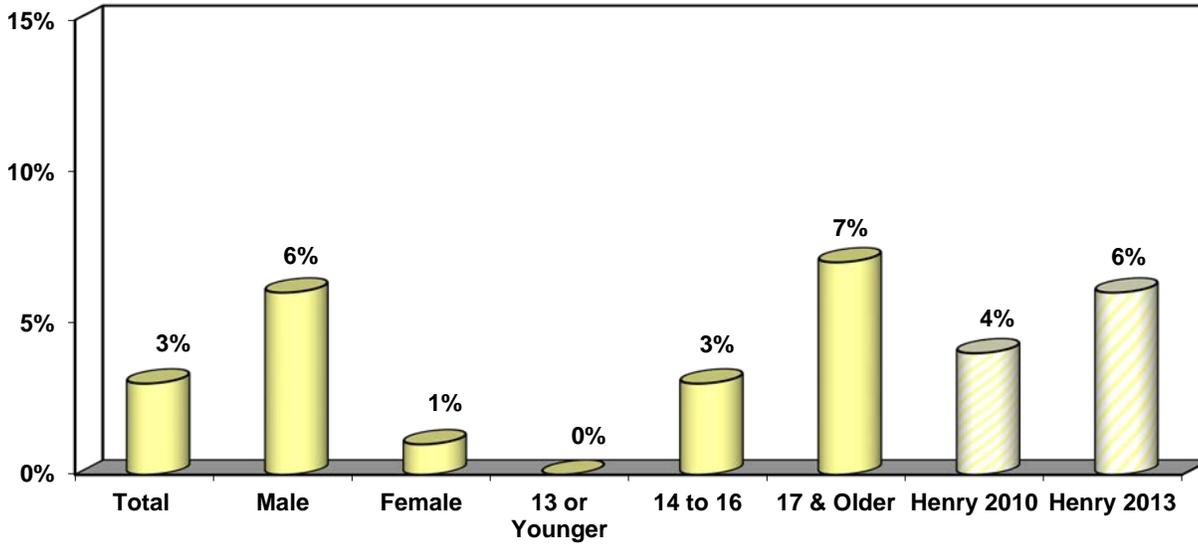
*14% of Henry County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.*

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

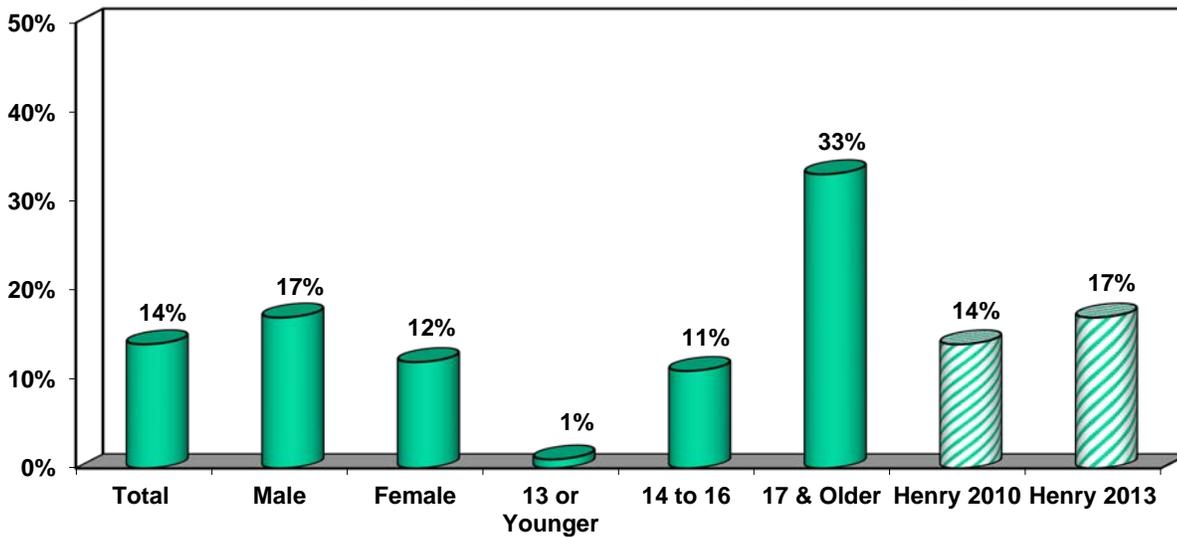


The following graphs show the percentage of Henry County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 3% of all Henry County youth participated in anal sex, 6% of males, and 1% of females.

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



**Henry County Youth Who Participated in Sexting**



Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever had sexual intercourse	17%	22%	15%	31%	43%	41%
Used a condom at last intercourse	55%	48%	63%	70%	51%	57%
Used birth control pills at last intercourse	21%	32%	39%	43%	24%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	8%	8%	14%	14%	12%	14%
Had four or more sexual partners (of all youth)	8%	3%	6%	9%	12%	14%
Had sexual intercourse before age 13 (of all youth)	3%	4%	2%	3%	4%	4%
Drank alcohol or used drugs before last sexual intercourse	N/A	18%	18%	19%	18%	21%

N/A – Not available

### Sexual Risk Behavior

Many young people engage in sexual risk behaviors that can result in unintended health outcomes. For example, among U.S. high school students surveyed in 2013:

- 47% had ever had sexual intercourse
  - 34% had had sexual intercourse during the previous 3 months, and, of these
  - 41% did not use a condom the last time they had sex
  - 15% had had sex with 4 or more people during their life
  - Only 22% of sexually experienced students have ever been tested for HIV
- Sexual risk behaviors place adolescents at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy
- Approximately 10,000 young people aged 13–24 years were diagnosed with HIV infection in the United States in 2013
  - Nearly half of the 20 million new STDs each year are among young people aged 15–24 years
  - In 2013, about 273,000 babies were born to teenage girls

(Source: CDC, *Adolescent and School Health*, updated 3/25/2015, from: <http://www.cdc.gov/HealthyYouth/sexualbehaviors/>)

# Youth | MENTAL HEALTH AND SUICIDE

## Key Findings

In 2016, the Health Assessment results indicated that 7% of Henry County youth had seriously considered attempting suicide in the past year and 4% admitted actually attempting suicide in the past year, increasing to 5% of females.

## Youth Mental Health

- In 2016, nearly one-fifth (18%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 21% of females (2013 YRBS reported 26% for Ohio and the 2015 YRBS reported 30% for the U.S.).
- 7% of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 8% of females. 9% of high school youth had seriously considered attempting suicide, compared to the 2013 YRBS rate 14% for Ohio youth and the 2015 YRBS rate of 18% for U.S. youth.
- In the past year, 4% of Henry County youth had attempted suicide, increasing to 5% of females. 2% of youth had made more than one attempt. The 2015 YRBS reported a suicide attempt prevalence rate of 9% for U.S. youth and the 2013 YRBS reported a 6% rate for Ohio youth.
- Of all youth, 2% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse, (2013 YRBS reported 1% for Ohio and the 2015 YRBS reported 3% for the U.S.).
- Of those who attempted suicide, 8% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

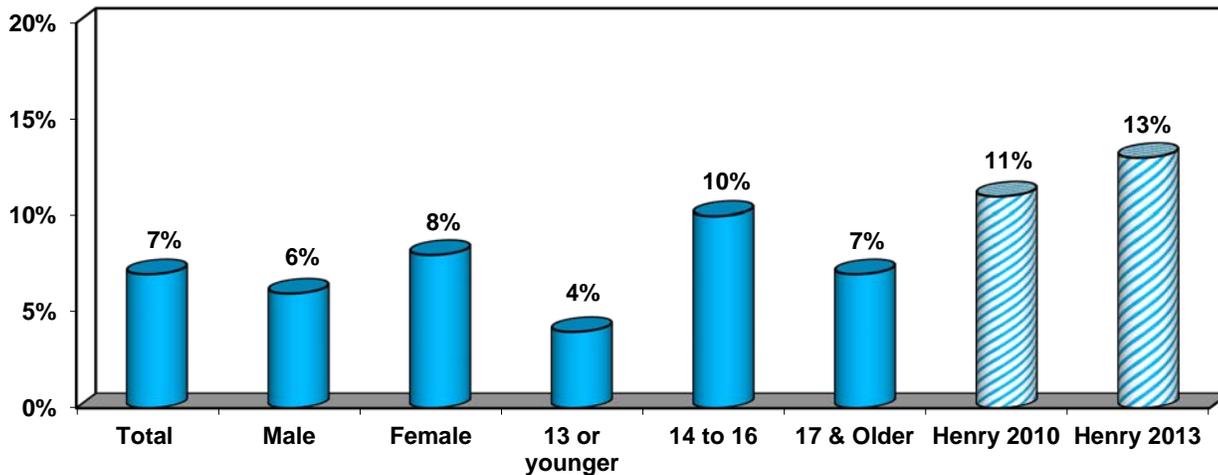
*18% of Henry County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.*

- Henry County youth reported the following causes of anxiety, stress and depression: academic success (42%), sports (39%), fighting with friends (27%), peer pressure (25%), death of close family member or friend (20%), fighting at home (19%), pressure to fit in (19%), self-image (18%), breakup (18%), dating relationship (15%), being bullied (13%), poverty/no money (13%), parent divorce/separation (10%), caring for younger siblings (9%), parent lost their job (8%), ill parent (4%), not having enough to eat (3%), not feeling safe at home (3%), alcohol or drug use at home (3%), parent/caregiver with a substance abuse problem (3%), parent with a mental illness (2%), family member in the military (2%), not having a place to live (2%), sexual orientation (2%), not feeling safe in the community (1%) and other stress at home (20%).
- Henry County youth reported the following ways of dealing with anxiety, stress, or depression: being by themselves (48%), sleeping (43%), hobbies (38%), praying (31%), texting someone (30%), exercising (27%), talking to someone in their family (23%), playing video games (21%), talking to a peer (17%), eating (16%), reading the Bible (10%), using social media (9%), shopping (7%), breaking something (5%), self-harm (5%), using prescribed medication (5%), writing in a journal (5%), talk to a counselor /teacher (4%), smoking/using tobacco (4%), drinking alcohol (3%), using illegal drugs (3%), talking to a medical professional (2%), vandalism/violent behavior (2%), text or call Teen Line (1%), using un-prescribed medication (1%), harming someone else (1%) and gambling (<1%). 21% of youth reported they did not have anxiety, stress, or depression.

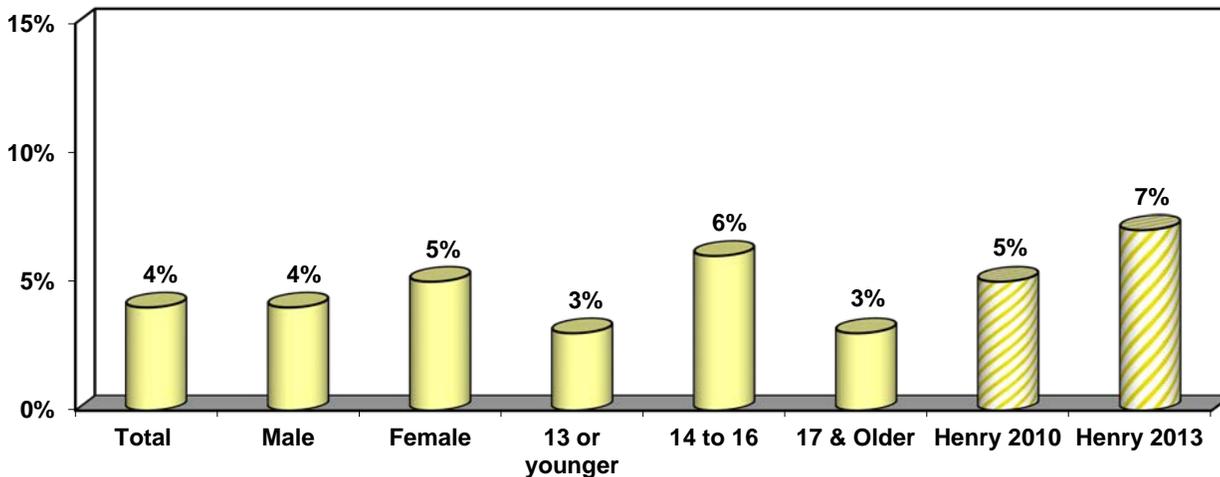
- When Henry County youth are dealing with feelings of depression or suicide, they usually talk to the following: best friend (17%), parent/guardian (11%), girlfriend/boyfriend (9%), adult relative (6%), brother/sister (5%), caring adult (4%), professional counselor (3%), adult friend (2%), school counselor (2%), teacher (2%), coach (2%), pastor/priest/religious leader (2%), call Teen Line (1%), youth minister (1%), scout master/club advisor (<1%), and someone else (3%). 10% reported they talk to no one. 65% of youth reported they did not have anxiety, stress, or depression.

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 7% of all youth had seriously considered attempting suicide in the past 12 months, 6% of males and 8% of females).

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



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



**Healthy People 2020**  
**Mental Health and Mental Disorders (MHMD)**

Objective	Henry County 2016	Ohio 2013	U.S. 2015	Healthy People 2020 Target
HMD-2 Reduce suicide attempts by adolescents ‡	2% (9-12 Grade)	1% (9-12 Grade)	3% (9-12 Grade)	2%*

\*Note: The Healthy People 2020 target is for youth in grades 9-12.

‡This objective is based upon attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016 Henry County Health Assessment)

Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had seriously considered attempting suicide in the past year	11%	13%	7%	9%	14%	18%
Youth who had attempted suicide in the past year	5%	7%	4%	6%	6%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	2%	3%	2%	2%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	21%	21%	18%	20%	26%	30%

# Youth | SAFETY

## Key Findings

*In 2016, 31% of youth drivers texted while driving. 12% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 3% of youth drivers had driven after drinking alcohol.*

**31% of Henry County youth drivers texted while driving in the past month.**

## Personal Safety

- More than half (61%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 64% of those ages 17 and older.
- 5% of youth rarely or never wore a seatbelt when riding in a car driven by someone else (2013 YRBS reported 8% for Ohio and the 2015 YRBS reported 6% for the U.S.).
- In the past 30 days, 12% of youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and the 2015 YRBS reported 20% for the U.S.)
- 4% of youth drivers had driven a car themselves after drinking alcohol, (2013 YRBS reported 4% for Ohio and the 2015 YRBS reported 8% for the U.S.).
- Henry County youth drivers did the following while driving in the past month: wore a seatbelt (85%), ate (41%), drove while tired or fatigued (34%), talked on their cell phone (33%), texted (31%), used the internet on their cell phone (14%), used cell phone for other things (9%), used marijuana (6%), applied makeup (2%), drank alcohol (2%), played electronic games on cell phone (2%), used illegal drugs (2%), read (2%), checked Facebook on their cell phone (1%). No one reported misusing prescription drugs.
- 95% of youth had a Twitter, Instagram, Facebook, online gaming, or other social network account.
- Of those who had an account, they reported the following:
  - They knew all of “my friends” (56%)
  - Their account was currently checked private (46%)
  - Their parents had their password (41%)
  - They knew all of the people they play online (23%)
  - They had been asked to share personal info (6%)
  - Their friends had their password (6%)
  - They had been asked to meet someone they met online (4%)
  - They were bullied because of their accounts (4%)
  - They share personal information (3%)
  - Their parents do not know they have an account (2%)
  - They had problems as a result of their account (2%)
  - They had participated in sexual activity with someone they met online (1%)
- More than half (55%) of the youth who had a Twitter, Instagram, Facebook, online gaming, or other social network account believed that sharing information online is dangerous.

## Personal Health

- Henry County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (79%), (2013 YRBS reported 75% for Ohio), 1 to 2 years ago (6%), more than 2 years ago (4%), never (2%), and do not know (9%).
- 20% of youth had purposefully hurt themselves at some time in their lives. Of those youth who had purposefully hurt themselves, 49% had done so 1 or 2 times and 17% had done so 40 or more times.
- Youth reported their parents or guardians regularly did the following: talked to them about school (71%), asked them about homework (69%), made the family eat a meal together (62%), went to meetings or events at their school (58%), helped them with school work (53%), talked to them about healthy choices (41%), talked to them about social media (36%), and talked to them about alcohol, drug use and/or sex (33%). 11% of youth reported their parents or guardians did not do any of the above.
- Youth reported they got the following hours of sleep on an average school night; 4 hours or less (3%), 5-7 hours (45%), 8-9 hours (49%), 10 hours or more (3%).

Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Visited a dentist for a check-up within the past year	72%	72%	79%	83%	75%	74%
Rarely or never wore a seatbelt	12%	9%	5%	6%	8%	6%
Rode with someone who had been drinking alcohol in past month	20%	17%	12%	11%	17%	20%
Drove a car after drinking alcohol (of youth drivers)	5%	2%	4%	4%	4%	8%

# Youth | VIOLENCE ISSUES

## Key Findings

*In Henry County, 33% of 6<sup>th</sup>-12<sup>th</sup> grade youth had been bullied in the past year. 20% of youth had been bullied on school property in the past year. 13% of youth had been involved in a physical fight in the past year. 3% of youth had been threatened or injured with a weapon on school property in the past year.*

## Violence-Related Behaviors

- 1% of Henry County youth had carried a weapon (such as a gun, knife or club) on school property in the past 30 days (2015 YRBS reported 4% for the U.S.).
- 3% 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 (2013 YRBS reported 5% for Ohio and the 2015 YRBS reported 6% for the U.S.).
- 3% of youth were threatened or injured with a weapon on school property in the past year (2015 YRBS reported 6% for the U.S.).
- In the past year, 13% of youth had been involved in a physical fight, increasing to 19% of males. 6% had been in a fight on more than one occasion (2013 YRBS reported 20% for Ohio and the 2015 YRBS reported 23% for the U.S.).
- 8% of youth reported they felt threatened or unsafe in their home in the past 12 months.
- In the past year, 20% of youth had been bullied on school property (2013 YRBS reported 21% for Ohio and the 2015 YRBS reported 20% for the U.S.).
- 33% of youth had been bullied in the past year. The following types of bullying were reported:
  - 24% were verbally bullied (teased, taunted or called harmful names)
  - 18% were indirectly bullied (spread mean rumors about them or kept them out of a "group")
  - 12% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2013 YRBS reported 15% for Ohio and the 2015 YRBS reported 16% for the U.S.)
  - 8% were physically bullied (were hit, kicked, punched or people took their belongings)
  - 3% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, youth had been the victim of teasing or name calling because of the following: their weight, size or physical appearance (80%), because someone thought they were gay, lesbian or bisexual (19%), their race or ethnic background (10%), and their gender (8%).
- 4% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2015 YRBS reported 10% for the U.S.).
- Henry County youth had been forced to engage in the following: touched in an unsafe sexual way (4%), sexual intercourse (2%), other sexual activity (1%), and oral sex (1%).
- Youth had experienced the following situations in the past 30 days: had received a text or e-mail with a revealing photo of someone (7%), had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (5%), and a revealing or sexual photo of themselves was texted, e-mailed, or posted electronically without their permission (1%).

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

Youth Behaviors	Total	Male	Female	14-16 Years old	17 and older
Verbally Bullied	24%	22%	25%	27%	19%
Indirectly Bullied	18%	15%	19%	18%	18%
Cyber Bullied	12%	8%	16%	13%	13%
Physically Bullied	8%	13%	4%	10%	4%
Sexually Bullied	3%	4%	1%	2%	5%

### Behaviors of Henry County Youth

*Bullied vs. Non-Bullied*

Youth Behaviors	Bullied	Non-Bullied
Have drank alcohol in the past 30 days	20%	6%
Contemplated suicide in the past 12 months	12%	2%
Have smoked cigarettes in the past 30 days	9%	1%
Attempted suicide in the past 12 months	8%	1%
Misused prescription medications in the past 30 days	7%	1%
Have used marijuana in the past 30 days	7%	2%

### Healthy People 2020

#### Injury and Violence Prevention (IVP)

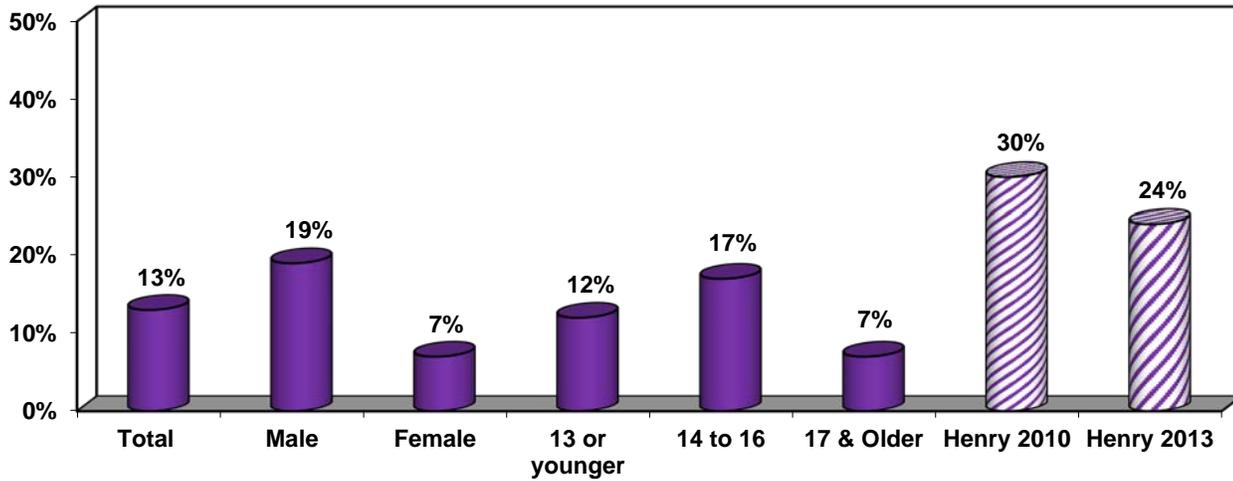
Objective	Henry County 2016	Ohio 2013	U.S. 2015	Healthy People 2020 Target
IVP-35 Reduce bullying among adolescents on school property	20% (6-12 Grade)	21% (9-12 Grade)	20% (9-12 Grade)	18%*
	18% (9-12 Grade)			

\*Note: The Healthy People 2020 target is for youth in grades 9-12 who reported they were bullied on school property in the past year.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio, 2015 YRBS for U.S., CDC/NCHHSTP, 2016 Henry County Health Assessment)

The following graph shows Henry County youth involved in a physical fight in the past year. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 13% of all youth had been in a fight in the past year, 19% of males and 7% of females).

**Henry County Youth Involved in a Physical Fight in the Past Year**



Youth Comparisons	Henry County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Henry County 2016 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2015 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon on school property in past month	N/A	N/A	1%	1%	N/A	4%
Been in a physical fight in past year	30%	24%	13%	13%	20%	23%
Threatened or injured with a weapon on school property in past year	7%	7%	3%	1%	N/A	6%
Did not go to school because felt unsafe	5%	5%	3%	4%	5%	6%
Electronically/cyber bullied in past year	9%	14%	12%	12%	15%	16%
Bullied in past year	43%	53%	33%	33%	N/A	N/A
Bullied on school property in past year	N/A	33%	20%	18%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	6%	4%	4%	6%	N/A	10%
Ever physically forced to have sexual intercourse	4%	4%	2%	3%	8%	7%

N/A - Not available

# Appendix I | HENRY COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

# APPENDIX I

Source	Data Used	Website
American Association of Suicidology	<ul style="list-style-type: none"> <li>Suicide Facts</li> </ul>	<a href="http://www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics">www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics</a>
American Cancer Society, Cancer Facts and Figures 2015. Atlanta: ACS, 2015	<ul style="list-style-type: none"> <li>2015 Cancer Facts, Figures, and Estimates</li> <li>Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org">www.cancer.org</a>
American Cancer Society, Electronic Cigarette Use Doubles Among Teenagers, 2013	<ul style="list-style-type: none"> <li>Electronic Cigarettes and Teenagers in the U.S.</li> </ul>	<a href="http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers">www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers</a>
American College of Allergy, Asthma & Immunology	<ul style="list-style-type: none"> <li>Asthma Facts</li> </ul>	<a href="http://acaai.org/news/facts-statistics/asthma">http://acaai.org/news/facts-statistics/asthma</a>
American Dental Association	<ul style="list-style-type: none"> <li>Oral Health in Older Adults</li> </ul>	<a href="http://www.ada.org/sections/publicResources/pdfs/faq.pdf">www.ada.org/sections/publicResources/pdfs/faq.pdf</a>
American Diabetes Association	<ul style="list-style-type: none"> <li>Type 1 and 2 Diabetes</li> <li>Risk Factors for Diabetes</li> <li>Diabetes Facts</li> </ul>	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> <li>Warning Signs for Suicide</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> <li>Smoke-free Living: Benefits &amp; Milestones</li> </ul>	<a href="http://www.heart.org/HEARTORG/">www.heart.org/HEARTORG/</a>
Arthritis at a Glance, 2012, Centers for Disease Control & Prevention, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003 & 59(39):1261-1265	<ul style="list-style-type: none"> <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 - 2014 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>

Source	Data Used	Website
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> <li>Victims of Gun Violence</li> </ul>	<a href="http://www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf">www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf</a>
Caron Pennsylvania	<ul style="list-style-type: none"> <li>Characteristics of New Marijuana Users</li> </ul>	<a href="http://www.caron.org/signs-of-pot-use-5827.html">www.caron.org/signs-of-pot-use-5827.html</a>
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> <li>Adverse Childhood Experiences (ACE)</li> <li>Asthma Attacks</li> <li>Binge Drinking Among Women</li> <li>Caffeinated Alcohol Beverages</li> <li>Cancer and Men</li> <li>Distracted Driving</li> <li>Electronic Cigarettes and Teenagers</li> <li>Health Care Access Among the Employed and Unemployed</li> <li>Health Care Access and Utilization</li> <li>Healthy Eyes</li> <li>HIV in the U.S.</li> <li>Heart Health and Stroke Facts</li> <li>Obesity Facts</li> <li>Oral Health</li> <li>Smoking facts</li> <li>Tips for Parents</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Adolescent and School Health	<ul style="list-style-type: none"> <li>Sexual Risk Behavior: HIV, STD, &amp; Teen Pregnancy Prevention</li> </ul>	<a href="http://www.cdc.gov/HealthyYouth/sexualbehaviors/">www.cdc.gov/HealthyYouth/sexualbehaviors/</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, Healthy Schools	<ul style="list-style-type: none"> <li>Physical Activity Facts</li> </ul>	<a href="http://www.cdc.gov/healthyouth/physicalactivity/facts.htm">www.cdc.gov/healthyouth/physicalactivity/facts.htm</a>
CDC, Injury Center: Violence Prevention 2014	<ul style="list-style-type: none"> <li>Youth Suicide Factors</li> </ul>	<a href="http://www.cdc.gov/violenceprevention/pub/youth_suicide.html">www.cdc.gov/violenceprevention/pub/youth_suicide.html</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> </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, Press Release, 2013	<ul style="list-style-type: none"> <li>Electronic Cigarettes and Teenagers in the U.S.</li> </ul>	<a href="http://www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html">www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html</a>

# APPENDIX I

Source	Data Used	Website
CDC, Sexually Transmitted Diseases Surveillance, 2014	<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</li> </ul>	<a href="http://www.cdc.gov/std/stats/">www.cdc.gov/std/stats/</a>
CDC, Vaccine Safety, Human Papillomavirus (HPV)	<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>
CDC, Wonder	<ul style="list-style-type: none"> <li>About Underlying Cause of Death, 1999-2014</li> <li>Henry County and Ohio Leading Causes of Death</li> </ul>	<a href="http://wonder.cdc.gov/ucd-icd10.html">http://wonder.cdc.gov/ucd-icd10.html</a>
Community Commons	<ul style="list-style-type: none"> <li>Cigarette Expenditures</li> <li>Alcohol Beverage Expenditures</li> <li>Beer, Wine and Liquor Stores</li> <li>Bars and Drinking Establishments</li> </ul>	<a href="http://www.communitycommons.org/">www.communitycommons.org/</a>
Federal Emergency Management Agency (FEMA)	<ul style="list-style-type: none"> <li>Basic Disaster Supplies Kit</li> </ul>	<a href="http://www.ready.gov/basic-disaster-supplies-kit">www.ready.gov/basic-disaster-supplies-kit</a>
Health Indicators Warehouse	<ul style="list-style-type: none"> <li>Heart Disease and Stroke Mortality Rates</li> </ul>	<a href="http://www.healthindicators.gov/Indicators/Selection">www.healthindicators.gov/Indicators/Selection</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/topicsobjectives2020">www.healthypeople.gov/2020/topicsobjectives2020</a>
Legacy for Health	<ul style="list-style-type: none"> <li>Tobacco Fact Sheet</li> </ul>	<a href="http://www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf">www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf</a>
National Cancer Institute	<ul style="list-style-type: none"> <li>Age-Adjusted Cancer Mortality Rates</li> </ul>	<a href="http://statecancerprofiles.cancer.gov/index.html">http://statecancerprofiles.cancer.gov/index.html</a>
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>Drug Facts: Heroin</li> <li>Drug Facts: Drugged Driving</li> </ul>	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
National Institute of Health, Senior Health	<ul style="list-style-type: none"> <li>Hearing Loss</li> </ul>	<a href="http://nihseniorhealth.gov/hearingloss/hearinglossdefined/01.html">http://nihseniorhealth.gov/hearingloss/hearinglossdefined/01.html</a>

Source	Data Used	Website
Office of Criminal Justice Services	<ul style="list-style-type: none"> <li>Crime Statistics and Crime Reports</li> </ul>	<a href="http://www.ocjs.ohio.gov/crime_stats_reports.stm">www.ocjs.ohio.gov/crime_stats_reports.stm</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>Obesity and Diabetes in Ohio</li> <li>Henry County and Ohio Mortality Statistics</li> <li>Henry County and Ohio Birth Statistics</li> <li>Sexually Transmitted Diseases</li> <li>Incidence of Cancer</li> <li>HIV/AIDS Surveillance Program</li> <li>Statistics: Access to Health Services</li> <li>Teen Birth Rates</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 Dental Care Resources</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>Henry County and Ohio Medicaid 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>2015 Henry County and Ohio Crash Facts</li> <li>OSHP Computer-Aided Dispatch (CAD) System</li> </ul>	<a href="https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx">https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx</a>
Ohio Labor Market Information	<ul style="list-style-type: none"> <li>Unemployment rate by month</li> </ul>	<a href="http://ohiolmi.com/asp/laus/LAUS.asp">http://ohiolmi.com/asp/laus/LAUS.asp</a>
Ohio Medicaid Assessment Survey	<ul style="list-style-type: none"> <li>Healthcare Coverage</li> <li>Unmet Healthcare Needs</li> <li>Unmet Dental Needs</li> </ul>	<a href="http://grcapps.osu.edu/dashboards/OMAS/adult">http://grcapps.osu.edu/dashboards/OMAS/adult</a>
Ohio Mental Health and Addiction Services	<ul style="list-style-type: none"> <li>Opiate and Pain Reliever Doses Per Capita</li> <li>Opiate and Pain Reliever Doses Per Patient</li> </ul>	<a href="http://www.ohiopmp.gov/portal/docs.aspx">www.ohiopmp.gov/portal/docs.aspx</a>
The Ohio Poverty Report, Ohio Development Services Agency	<ul style="list-style-type: none"> <li>Poverty rates, 5 year averages</li> </ul>	<a href="http://www.development.ohio.gov/files/research/P7005.pdf">http://www.development.ohio.gov/files/research/P7005.pdf</a>

Source	Data Used	Website
Ohio State Highway Patrol	<ul style="list-style-type: none"> <li>Electronic Crash Records</li> <li>Felony Cases and Drug Arrests</li> <li>Henry County Activity Statistics</li> </ul>	<a href="http://statepatrol.ohio.gov/">http://statepatrol.ohio.gov/</a>
Philadelphia Department of Public Health	<ul style="list-style-type: none"> <li>Electronic Cigarette Factsheet</li> </ul>	<a href="http://www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf">www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf</a>
Psychology Today	<ul style="list-style-type: none"> <li>Health problems</li> <li>Teen Binge Drinking: All Too Common</li> </ul>	<a href="http://www.psychologytoday.com/blog/teen-angst/201301/teen-binge-drinking-all-too-common">http://www.psychologytoday.com/blog/teen-angst/201301/teen-binge-drinking-all-too-common</a>
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>American Community Survey 5 year estimate, 2014</li> <li>Ohio and Henry County 2014 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;human-services.pdf">www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf</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 - 2015 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="https://nccd.cdc.gov/youthonline/App/Default.aspx?SID=HS">https://nccd.cdc.gov/youthonline/App/Default.aspx?SID=HS</a>

# Appendix II | HENRY COUNTY ACRONYMS AND TERMS

<b>AHS</b>	Access to <b>H</b> ealth <b>S</b> ervices, Topic of Healthy People 2020 objectives
<b>Adult</b>	Defined as 19 years of age and older.
<b>ACS</b>	<b>A</b> merican <b>C</b> ommunity <b>S</b> urvey
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Adult Binge Drinking</b>	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>AOCBC</b>	<b>A</b> rthritis, <b>O</b> steoporosis, and <b>C</b> hronic <b>B</b> ack <b>C</b> onditions
<b>BMI</b>	<b>B</b> ody <b>M</b> ass <b>I</b> ndex is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	<b>B</b> ehavior <b>R</b> isk <b>F</b> actor <b>S</b> urveillance <b>S</b> ystem, an adult survey conducted by the CDC.
<b>CBP</b>	<b>C</b> ounty <b>B</b> usiness <b>P</b> artners
<b>CDC</b>	<b>C</b> enters for <b>D</b> isease <b>C</b> ontrol and <b>P</b> revention.
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>CY</b>	<b>C</b> alendar <b>Y</b> ear
<b>FY</b>	<b>F</b> iscal <b>Y</b> ear
<b>HCNO</b>	<b>H</b> ospital <b>C</b> ouncil of <b>N</b> orthwest <b>O</b> hio
<b>HDS</b>	<b>H</b> eat <b>D</b> isease and <b>S</b> troke, Topic of Healthy People 2020 objectives
<b>HP 2020</b>	<b>H</b> ealthy <b>P</b> eople <b>2020</b> , 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.
<b>High Blood Cholesterol</b>	240 mg/dL and above
<b>High Blood Pressure</b>	Systolic $\geq 140$ and Diastolic $\geq 90$
<b>IID</b>	<b>I</b> mmunizations and <b>I</b> nfectious <b>D</b> iseases, Topic of Healthy People 2020 objectives
<b>IVP</b>	<b>I</b> njury and <b>V</b> iolence <b>P</b> revention, Topic of Healthy People 2020 objectives
<b>MHMD</b>	<b>M</b> ental <b>H</b> ealth and <b>M</b> ental <b>D</b> isorders, Topic of Healthy People 2020 objectives
<b>N/A</b>	Data is not available.

NWS	Nutrition and <b>Weight Status</b> , Topic of Healthy People 2020 objectives
ODH	Ohio <b>D</b> epartment of <b>H</b> ealth
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.
SA	Substance <b>A</b> buse, Topic of Healthy People 2020 objectives
TU	Tobacco <b>U</b> se, Topic of Healthy People 2020 objectives
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 <b>P</b> otential <b>L</b> ife <b>L</b> ost before age 65. Indicator of premature death.
Youth BMI Classifications	<b>Underweight</b> is defined as BMI-for-age $\leq$ 5 <sup>th</sup> 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 <sup>th</sup> percentile.
YRBSS	Youth <b>R</b> isk <b>B</b> ehavior <b>S</b> urveillance <b>S</b> ystem, a youth survey conducted by the CDC
ZCTA	Zip Code Tabulation <b>A</b> rea

# Appendix III | METHODS FOR WEIGHTING THE 2016 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 2016 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 (9 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 2016 Henry County Survey and the 2014 Census Estimates.

<u>Sex</u>	<u>2016 Henry Survey</u>		<u>2014 Census Estimates</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	259	49.239544	13,886	49.4621358	1.00452
Female	267	50.760456	14,188	50.5378642	0.99561

In this example, it shows that there was nearly the same distribution of males and females in the county as there was in the census. However, 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) (49.4621358%) and dividing that by the percent found in the 2016 Henry County sample (49.239544%) [ $49.4621358 / 49.239544 =$  weighting of 1.00452 for males]. The same was done for females [ $50.5378642 / 50.760456 =$  weighting of 0.99561 for females]. Thus males' responses are weighted heavier by a factor of 1.00452 and females' responses weighted less by a factor of 0.99561.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.413414 [0.995614 (weight for females) x 0.946659 (weight for White) x 1.418205 (weight for age 35-44) x 1.057416 (weight for income \$50-\$75k)]. Thus, each individual in the 2016 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 23.0) 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.

Category	Henry Sample	%	2014 Census Estimate*	%	Weighting Value
<b>Sex:</b>					
Male	259	49.239544	13,886	49.4621358	1.00452
Female	267	50.760456	14,188	50.5378642	0.99561
<b>Age:</b>					
20-24	20	3.868472	1,541	7.49185668	1.93664
25-34	43	8.317215	3,226	15.683796	1.88570
35-44	59	11.411992	3,329	16.1845496	1.41821
45-54	88	17.021277	4,014	19.5148038	1.14649
55-59	61	11.798839	2,106	10.2387087	0.86777
60-64	70	13.539652	1,707	8.2988964	0.61293
65-74	118	22.823985	2,370	11.5221936	0.50483
75-84	52	10.058027	1,622	7.88565317	0.78402
85+	6	1.160542	654	3.17954203	2.73971
<b>Race:</b>					
White	506	96.197719	25,566	91.0664672	0.94666
Non-White	20	3.802281	2,508	8.93353281	2.34952
<b>Household Income:</b>					
Less than \$10,000	16	3.375527	417	3.76524	1.11545
\$10k-\$15k	20	4.219409	746	6.73589	1.59641
\$15k-\$25k	61	12.869198	1,276	11.52144	0.89527
\$25k-\$35k	68	14.345992	1,257	11.34989	0.79115
\$35k-\$50	83	17.510549	1,609	14.52822	0.82968
\$50k-\$75k	92	19.409283	2,273	20.52370	1.05742
\$75k or more	134	28.270042	3,497	31.57562	1.11693
<p>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.</p> <p>* Henry County population figures taken from the 2014 Census estimates.</p>					

# Appendix IV | HENRY COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2016 Henry County Health Assessment:

## Holgate Local Schools

Holgate Middle School/High School

## Liberty Center Local Schools

Liberty Center Middle School

Liberty Center High School

## Napoleon Area City Schools

Napoleon Elementary School

Napoleon Jr. /Sr. High School

## Patrick Henry Local Schools

Patrick Henry Middle School

Patrick Henry High School

# Appendix V | HENRY COUNTY

## SAMPLE DEMOGRAPHIC PROFILE\*

Variable	2016 Survey Sample	Henry County Census 2010-2014 (5 year estimate)	Ohio Census 2014
<b>Age</b>			
20-29	13.7%	11.0%	13.1%
30-39	18.4%	11.7%	12.1%
40-49	15.3%	12.7%	13.4%
50-59	22.4%	15.3%	14.6%
60 plus	28.0%	22.6%	20.7%
<b>Race/Ethnicity</b>			
White	88.7%	94.8%	82.6%
Black or African American	1.3%	0.3%	12.2%
American Indian and Alaska Native	2.7%	0.1%	0.2%
Asian	0.4%	0.4%	1.8%
Other	3.7%	2.5%	1.6%
Hispanic Origin (may be of any race)	7.3%	7.0%	3.3%
<b>Marital Status†</b>			
Married Couple	61.3%	57.7%	48.5%
Never been married/member of an unmarried couple	19.1%	24.0%	31.1%
Divorced/Separated	12.0%	11.3%	13.9%
Widowed	6.8%	7.3%	6.5%
<b>Education†</b>			
Less than High School Diploma	5.5%	9.7%	11.2%
High School Diploma	33.7%	44.0%	34.5%
Some college/ College graduate	50.2%	46.3%	54.4%
<b>Income (Families)</b>			
\$14,999 and less	11.6%	6.6%	8.6%
\$15,000 to \$24,999	9.2%	6.3%	7.9%
\$25,000 to \$49,999	20.5%	22.0%	23.0%
\$50,000 to \$74,999	17.6%	24.2%	20.5%
\$75,000 or more	30.9%	30.8%	40.1%

\* 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 2014)*

*2010-2014 ACS 5-year estimate*

## **Total Population**

2014 Total Population	28,074	100%
2000 Total Population	29,210	100%

## **Largest City-Napoleon**

2014 Total Population	8,940	100%
2000 Total Population	9,318	100%

## **Population By Race/Ethnicity**

Total Population	28,074	100%
White Alone	26,623	94.8%
Hispanic or Latino (of any race)	1,954	7.0%
African American	92	0.3%
Asian	117	0.4%
Two or more races	487	1.7%
Other	714	2.5%
American Indian and Alaska Native	23	0.1%

## **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	28.1%
65 years and more	4,349	15.4%
<b>Median age (years)</b>	<b>40.8</b>	

## **Household By Type**

Total Households	11,075	100%
Family Households (families)	7,779	70.2%
With own children <18 years	3,239	29.2%
Married-Couple Family Households	6,295	56.8%
With own children <18 years	2,271	20.5%
Female Householder, No Husband Present	971	8.8%
With own children <18 years	645	5.8%
Non-family Households	3,296	29.8%
Householder living alone	2,747	24.8%
Householder 65 years and >	1,246	11.3%
Households With Individuals < 18 years	3,489	31.5%
Households With Individuals 65 years and >	2,996	27.1%
Average Household Size	2.49 people	
Average Family Size	2.98 people	

**General Demographic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2014)

**2010-2014 ACS 5-year estimate**

Median Value of Owner-Occupied Units	\$110,600
Median Monthly Owner Costs (With Mortgage)	\$1,140
Median Monthly Owner Costs (Not Mortgaged)	\$428
Median Gross Rent for Renter-Occupied Units	\$682
Median Rooms Per Housing Unit	6.4
Total Housing Units	11,946
No Telephone Service	242
Lacking Complete Kitchen Facilities	65
Lacking Complete Plumbing Facilities	38

**Selected Social Characteristics**  
(Source: U.S. Census Bureau, Census 2014)

**2010-2014 ACS 5-year estimates**

**School Enrollment**

Population 3 Years and Over Enrolled In School	7,154	100%
Nursery & Preschool	495	6.9%
Kindergarten	406	5.7%
Elementary School (Grades 1-8)	3,080	43.1%
High School (Grades 9-12)	1,666	23.3%
College or Graduate School	1,507	21.1%

**Educational Attainment**

Population 25 Years and Over	19,028	100%
< 9 <sup>th</sup> Grade Education	454	2.4%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	1,392	7.3%
High School Graduate (Includes Equivalency)	8,376	44.0%
Some College, No Degree	3,738	19.6%
Associate Degree	2,256	11.9%
Bachelor's Degree	1,766	9.3%
Graduate Or Professional Degree	1,047	5.5%
Percent High School Graduate or Higher	*(X)	90.3%
Percent Bachelor's Degree or Higher	*(X)	14.8%

\*(X) - Not available

**Selected Social Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2014)

2010-2014 ACS 5-year estimate

**Marital Status**

Population 15 Years and Over	22,434	100%
Never Married	5,378	24.0%
Now Married, Excluding Separated	12,939	57.7%
Separated	208	0.9%
Widowed	1,576	7.3%
Female	1,204	5.4%
Divorced	2,333	10.4%
Female	1,203	5.4%

**Veteran Status**

Civilian Veterans 18 years and over	2,215	10.5%
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**Disability Status of the Civilian Non-institutionalized Population**

Total Civilian Noninstitutionalized Population	27,727	100%
With a Disability	3,626	13.1%
Under 18 years	6,864	100%
With a Disability	396	5.8%
18 to 64 years	16,481	100%
With a Disability	1,931	11.7%
65 Years and Over	4,382	100%
With a Disability	1,299	29.6%

**Selected Economic Characteristics**  
(Source: U.S. Census Bureau, Census 2014)  
2010-2014 ACS 5-year estimate

**Employment Status**

Population 16 Years and Over	22,036	100%
In Labor Force	14,426	65.5%
Not In Labor Force	7,610	34.5%
Females 16 Years and Over	11,201	100%
In Labor Force	6,594	58.9%

Population Living With Own Children <6 Years	2,094	100%
All Parents In Family In Labor Force	1,585	75.7%

**Class of Worker**

Employed Civilian Population 16 Years and Over	13,316	100%
Private Wage and Salary Workers	11,020	82.8%
Government Workers	1,609	12.1%
Self-Employed Workers in Own Not Incorporated Business	661	5.0%
Unpaid Family Workers	26	0.2%

**Median Earnings**

Male, Full-time, Year-Round Workers	\$48,153
Female, Full-time, Year-Round Workers	\$37,218

**Selected Economic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2014)

**2010-2014 ACS 5-year estimate**

**Occupations**

Employed Civilian Population 16 Years and Over	13,316	100%
Production, Transportation, and Material Moving Occupations	3,525	26.5%
Management, business, science, and art occupations	3,794	28.5%
Sales and Office Occupations	2,355	17.7%
Service Occupations	2,238	16.8%
Natural Resources, Construction, and Maintenance Occupations	1,404	10.5%

**Leading Industries**

Employed Civilian Population 16 Years and Over	13,316	100%
Manufacturing	3,314	24.9%
Educational, health and social services	3,053	22.9%
Trade (retail and wholesale)	1,468	11.0%
Arts, entertainment, recreation, accommodation, and food services	854	6.4%
Professional, scientific, management, administrative, and waste management services	639	4.8%
Transportation and warehousing, and utilities	856	6.4%
Finance, insurance, real estate and rental and leasing	535	4.0%
Other services (except public administration)	635	4.8%
Construction	891	6.7%
Public administration	581	4.4%
Information	124	0.9%
Agriculture, forestry, fishing and hunting, and mining	366	2.7%

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

	<b>Income</b>	<b>Rank of Ohio Counties</b>
BEA Per Capita Personal Income 2014	\$37,953	35 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2013	\$37,635	32 <sup>nd</sup> of 88 counties
BEA Per Capita Personal Income 2012	\$36,130	33 <sup>rd</sup> of 88 counties
BEA Per Capita Personal Income 2011	\$35,076	31 <sup>st</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)*

**Selected Economic Characteristics, Continued**  
 (Source: U.S. Census Bureau, Census 2014)

**2010-2014 ACS 5-year estimate**

**Income In 2013**

Households	11,075	100%
< \$10,000	417	3.8%
\$10,000 to \$14,999	746	6.7%
\$15,000 to \$24,999	1,276	11.5%
\$25,000 to \$34,999	1,257	11.3%
\$35,000 to \$49,999	1,609	14.5%
\$50,000 to \$74,999	2,273	20.5%
\$75,000 to \$99,999	1,708	15.4%
\$100,000 to \$149,999	1,302	11.8%
\$150,000 to \$199,999	295	2.7%
\$200,000 or more	192	1.7%

**Median Household Income** **\$61,823**

**Income In 2013**

Families	7,779	100%
< \$10,000	259	3.3%
\$10,000 to \$14,999	257	3.3%
\$15,000 to \$24,999	492	6.3%
\$25,000 to \$34,999	646	8.3%
\$35,000 to \$49,999	1,068	13.7%
\$50,000 to \$74,999	1,879	24.2%
\$75,000 to \$99,999	1,561	20.1%
\$100,000 to \$149,999	1,186	15.2%
\$150,000 to \$199,999	258	3.3%
\$200,000 or more	173	2.2%

**Median Household Income (families)** **\$64,272**

**Per Capita Income In 2010-2014** **\$24,604**

**Poverty Status In 2014**

	<b>Number Below Poverty Level</b>	<b>% Below Poverty Level</b>
Families	*(X)	9.3%
Individuals	*(X)	12.7%

\*(X) – Not available

**Poverty Rates, 5-year averages  
2010 to 2014**

Category	Henry	Ohio
Population in poverty	12.7%	15.8%
< 125% FPL (%)	15.9%	20.3%
< 150% FPL (%)	20.8%	24.9%
< 200% FPL (%)	29.3%	34.1%
Population in poverty (1999)	7.0%	10.6%

*(Source: The Ohio Poverty Report, Ohio Development Services Agency, January 2015)*

**Employment Statistics**

Category	Henry	Ohio
Labor Force	13,600	5,854,000
Employed	13,000	5,574,400
Unemployed	600	279,600
Unemployment Rate* in July 2016	4.5	4.8
Unemployment Rate* in June 2016	5.2	4.9
Unemployment Rate* in July 2015	4.9	5.0

*\*Rate equals unemployment divided by labor force.  
(Source: Ohio Department of Job and Family Services, July 2016)*

### Estimated Poverty Status in 2014

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Henry County</b>				
All ages in poverty	2,808	2,273 to 3,343	10.2%	15.4 to 15.6
Ages 0-17 in poverty	974	770 to 1,178	15.0%	11.9 to 18.1
Ages 5-17 in families in poverty	687	542 to 832	14.3%	11.3 to 17.3
Median household income	\$53,645	\$49,637 to \$57,653		
<b>Ohio</b>				
All ages in poverty	1,778,288	1,755,728 to 1,800,848	15.8%	15.6 to 16.0
Ages 0-17 in poverty	588,618	574,885 to 602,351	22.7%	22.2 to 23.2
Ages 5-17 in families in poverty	395,792	383,745 to 407,839	20.8%	20.2 to 21.4
Median household income	\$49,349	\$48,991 to \$49,707		
<b>United States</b>				
All ages in poverty	48,208,387	47,966,830 to 48,449,944	15.5%	15.4 to 15.6
Ages 0-17 in poverty	15,686,012	15,564,145 to 15,807,879	21.7%	21.5 to 21.9
Ages 5-17 in families in poverty	10,714,518	10,632,252 to 10,796,784	20.4%	20.2 to 20.6
Median household income	\$53,657	\$53,564 to \$53,750		

*(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates)*

### Federal Poverty Thresholds in 2015 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	\$12,331					
1 Person 65 and >	\$11,367					
2 people Householder < 65 years	\$15,871	\$16,337				
2 People Householder 65 and >	\$14,326	\$16,275				
3 People	\$18,540	\$19,078	\$19,096			
4 People	\$24,447	\$24,847	\$24,036	\$24,120		
5 People	\$29,482	\$29,911	\$28,995	\$28,286	\$27,853	
6 People	\$33,909	\$34,044	\$33,342	\$32,670	\$31,670	\$31,078
7 People	\$39,017	\$39,260	\$38,421	\$37,835	\$36,745	\$35,473
8 People	\$43,637	\$44,023	\$43,230	\$42,536	\$41,551	\$40,300
9 People or >	\$52,493	\$52,747	\$52,046	\$51,457	\$50,490	\$49,159

*(Source: U. S. Census Bureau, Poverty Thresholds 2015)*

# Appendix VII | HENRY COUNTY HEALTH RANKINGS

	Henry County	Ohio	U.S
<b>Clinical Care</b>			
<b>Coverage and affordability.</b> Percentage of population under age 65 without health insurance (2013)	12%	13%	17%
<b>Access to health care/medical care.</b> Ratio of population to primary care physicians (2013)	2,554:1	1,296:1	1,320:1
<b>Access to dental care.</b> Ratio of population to dentists (2014)	2,540:1	1,713:1	1,540:1
<b>Access to behavioral health care.</b> Ratio of population to mental health providers (2015)	1,552:1	642:1	490:1
<b>Hospital utilization.</b> Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2013)	65	65	54
<b>Diabetes.</b> Percentage of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring (2013)	92%	85%	85%
<b>Cancer.</b> Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2013)	70%	60%	63%
<b>Social and Economic Environment</b>			
<b>Education.</b> Percentage of ninth-grade cohort that graduates in four years (2012-2013)	94%	83%	82%
<b>Education.</b> Percentage of adults ages 25-44 years with some post-secondary education (2010-2014)	61%	63%	64%
<b>Employment, poverty, and income.</b> Percentage of population ages 16 and older unemployed but seeking work (2014)	6%	6%	6%
<b>Employment, poverty, and income.</b> Percentage of children under age 18 in poverty (2014)	15%	23%	22%
<b>Employment, poverty, and income.</b> Ratio of household income at the 80th percentile to income at the 20th percentile (2010-2014)	4.0	4.8	4.7
<b>Family and social support.</b> Percentage of children that live in a household headed by single parent (2010-2014)	30%	35%	34%
<b>Family and social support.</b> Number of membership associations per 10,000 population (2013)	17.8	11.4	9.0
<b>Violence.</b> Number of reported violent crime offenses per 100,000 population (2010-2012)	82	307	392
<b>Injury.</b> Number of deaths due to injury per 100,000 population (2009-2013)	58	63	60

(Source: 2016 County Health Rankings for Henry County, Ohio and U.S. data)

	Henry County	Ohio	U.S.
<b>Health Outcomes</b>			
<b>Premature death.</b> Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2011-2013)	5,885	7,534	6,600
<b>Overall health.</b> Percentage of adults reporting fair or poor health (age-adjusted) (2014)	15%	17%	18%
<b>Physical health.</b> Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2014)	3.5	4.0	3.8
<b>Mental health.</b> Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2014)	3.9	4.3	3.7
<b>Maternal and infant health.</b> Percentage of live births with low birthweight (< 2500 grams) (2007-2013)	6%	9%	8%
<b>Health Behaviors</b>			
<b>Tobacco.</b> Percentage of adults who are current smokers (2014)	19%	21%	17%
<b>Obesity.</b> Percentage of adults that report a BMI of 30 or more (2012)	30%	30%	27%
<b>Food environment.</b> Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2013)	7.8	6.9	7.2
<b>Physical activity.</b> Percentage of adults aged 20 and over reporting no leisure-time physical activity (2012)	26%	26%	23%
<b>Active living environment.</b> Percentage of population with adequate access to locations for physical activity (2010 & 2014)	42%	83%	84%
<b>Drug and alcohol abuse.</b> Percentage of adults reporting binge or heavy drinking (2014)	17%	19%	17%
<b>Drug and alcohol abuse and injury.</b> Percentage of driving deaths with alcohol involvement (2010-2014)	35%	35%	31%
<b>Infectious disease.</b> Number of newly diagnosed chlamydia cases per 100,000 population (2013)	292	460	447
<b>Sexual and reproductive health.</b> Teen birth rate per 1,000 female population, ages 15-19 (2007-2013)	28	34	35

(Source: 2016 County Health Rankings for Henry County, Ohio and U.S. data)

	Henry County	Ohio	U.S.
<b>Physical Environment</b>			
<b>Air, water, and toxic substances.</b> Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2011)	13.1	13.5	11.4
<b>Air, water, and toxic substances.</b> Indicator of the presence of health-related drinking water violations. 1 - indicates the presence of a violation, 0 - indicates no violation (FY 2013-2014)	Yes	N/A	N/A
<b>Housing.</b> Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2008-2012)	11%	15%	19%
<b>Transportation.</b> Percentage of the workforce that drives alone to work (2010-2014)	87%	84%	76%
<b>Transportation.</b> Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2010-2014)	28%	29%	31%

(Source: 2016 County Health Rankings for Henry County, Ohio and U.S. data)  
 N/A – Data is not available