


## 2015 Union County Health Status Assessment Report



**2015 Union County  
Community Assessment**

### Community Release Event October 27<sup>th</sup> , 2015

## Community Assessment Advisory Committee:

- Amy Stephens- Memorial Hospital
- Beth Johnson- Memorial Hospital
- Brenda Rock- Council for Union Families
- Dick Douglass- Union County Senior Services
- Holly Zweizig- Mental Health & Recovery Board of Union County
- Jason Orcena- Union County Health Department
- Jason R. Stanford- Union County Chamber of Commerce
- Jean Shoemaker- Maryhaven
- Jerome F. Shapiro- World of Wonder Child Care & Learning Center
- Kandyce Reeves- Union County Health Department

- Kara Brown- Union County Board of Developmental Disabilities
- Kathy Brown- Union County Emergency Management Agency
- Mary Salimbene- Union County Health Department
- Rochelle Twining- Community Action Organization of Delaware, Madison, & Union Counties
- Shawn Sech- Union County Health Department
- Shari Marsh- United Way of Union County
- Tom McCarthy- Community Member
- Tony Brooks- City of Marysville, Division of Police

## Funders

Community Action Organization of Delaware, Madison, and Union Counties

Mental Health & Recovery Board of Union County

Memorial Hospital

Union County Senior Services

United Way of Union County

Union County Health Department

World of Wonders

## Acknowledgements

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## Overview

- Health Perceptions
- Health Care Coverage
- Health Care Access
- Cardiovascular Health
- Cancer
- Diabetes
- Arthritis
- Asthma
- Weight Status
- Tobacco Use
- Alcohol Use
- Drug Use
- Women's Health
- Men's Health
- Preventive Medicine
- Sexual Behavior
- Quality of Life
- Social Context and Safety
- Mental Health
- Oral Health
- Parenting

## Methodology:

- **Design**
  - Written surveys
- **Instrument Development**
  - Majority of questions from BRFSS
- **Procedure**
  - 4-wave mailing campaign
  - 1,200 adults ages 18 and over
  - Response Rate: 40% (n=459; CI= ± 4.55)

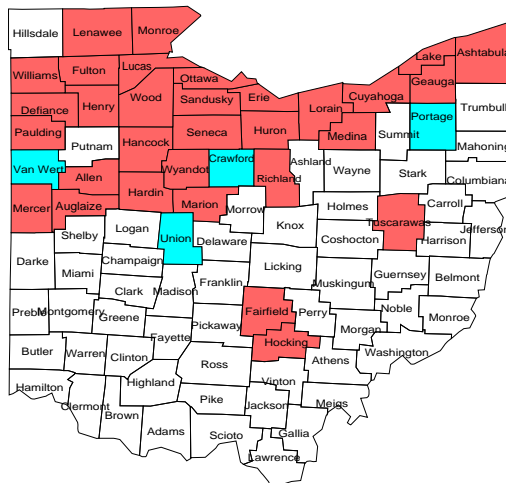
## Methodology

- **Data Analysis**
  - Analyzed using SPSS 17.0
  - Data weighted to reflect population statistics
- **Limitations**
  - Adult data collection:
    - CDC-telephone surveys
  - Self-reported Data
- **IRB Approval**
  - Chesapeake Research Review Inc., Columbia, Maryland
  - Review methodology, surveys, and letters

## Keep in Mind...

- Each graph
- Secondary Data
  - Multiple data sets provided by local agencies
- Portion of report
- Regional comparisons

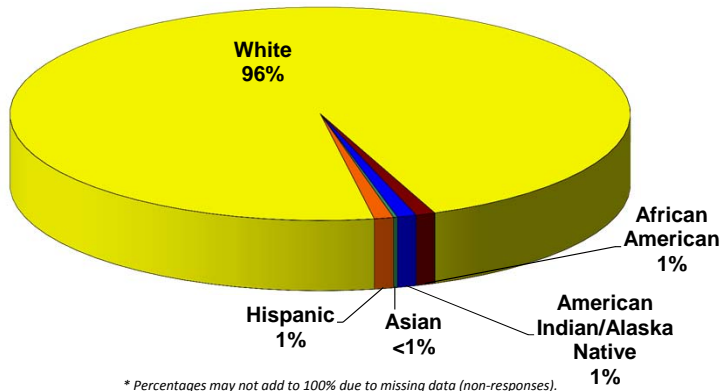
## Comparisons



Visit The Hospital Council of Northwest Ohio website at <http://www.hcno.org> to view individual health assessments and compare indicators through Data Link.

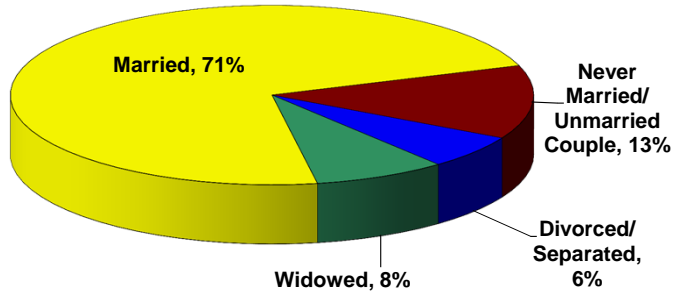
## Demographics of Survey Population

### Race/Ethnicity



## Demographics of Survey Population

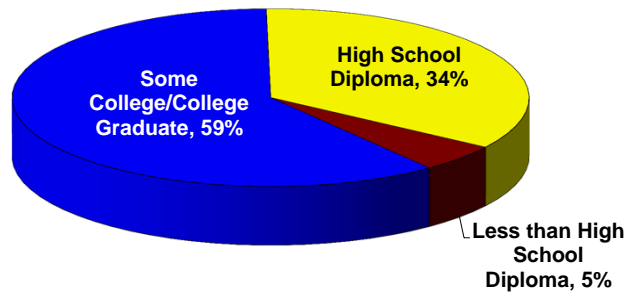
### Marital Status



*\* Percentages may not add to 100% due to missing data (non-responses).*

## Demographics of Survey Population

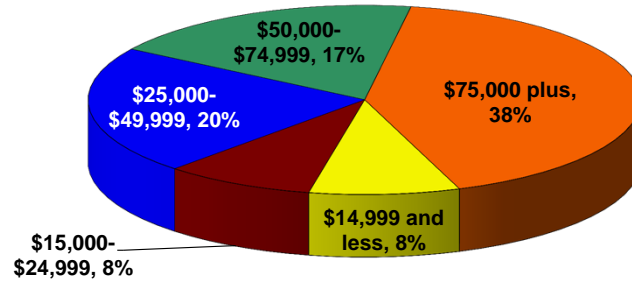
### Education



*\* Percentages may not add to 100% due to missing data (non-responses).*

## Demographics of Survey Population

### Income



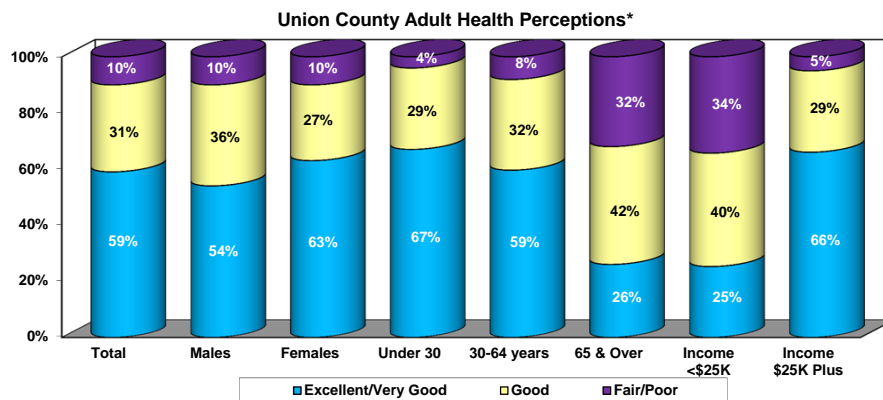
*\* Percentages may not add to 100% due to missing data (non-responses).*

## HEALTH STATUS PERCEPTIONS

## Adult Health Status Perceptions:

- General Health Status
  - 59% rated their health status as excellent or very good
  - 10% rated their health status as fair or poor
- 24% rated their mental health as not good on 4 or more days in the previous month
- 25% rated their physical health as not good on four or more days in the previous month

## Adult Health Status Perceptions



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



## Adult Health Status Perceptions

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Rated health as excellent or very good	59%	50%	52%
Rated health as fair or poor	10%	18%	17%

## HEALTH CARE COVERAGE

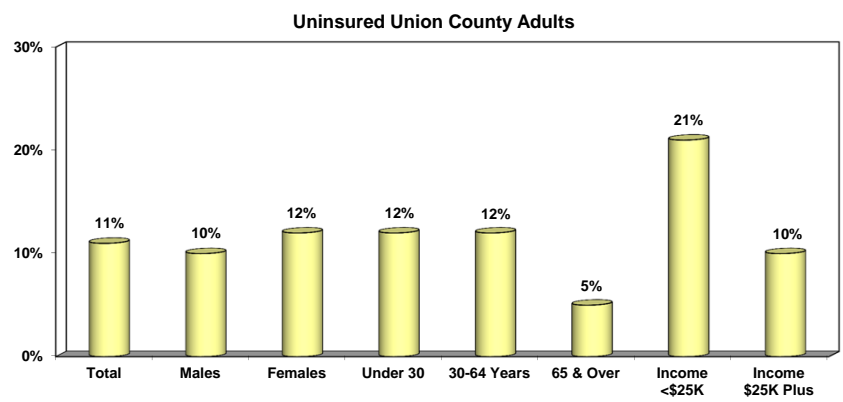
## Health Care Coverage

- 89% of adults had health care coverage
- 11% were without coverage
  - Ohio- 14%, U.S.- 17% (2013 BRFSS)
  - Increasing to 21% of those with incomes less than \$25,000
- 13% of adults with children did not have healthcare coverage, compared to 9% of those who did not have children living in their household

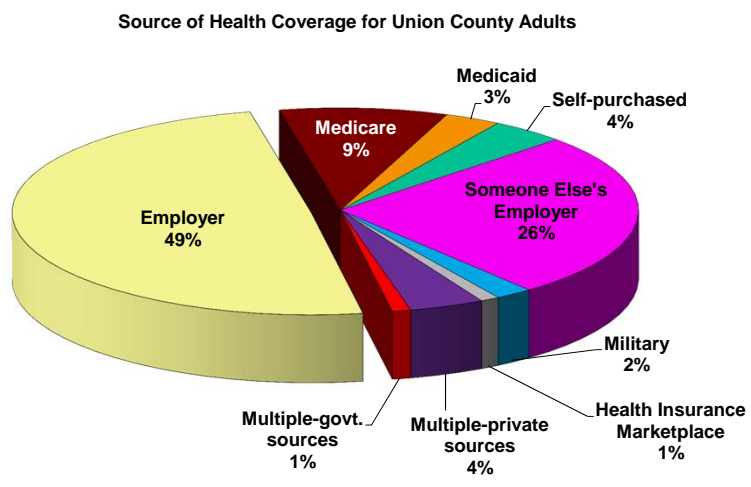
## Health Care Coverage

- The following types of health care coverage were used:
  - Employer (49%)
  - Someone else's employer (26%)
  - Medicare (9%)
  - Multiple - private sources (4%)
  - Medicaid or medical assistance (3%)
  - Military or VA (2%)
- Union County adult health care coverage included the following:
  - Medical (100%)
  - Prescription coverage (95%)
  - County physicians (82%)
  - Immunizations (81%)
  - Dental (79%)
  - Preventive Health (78%)
  - Vision (77%)
  - Their Spouse (74%)
  - Outpatient therapy (69%)
  - Mental health (68%)
  - Their children (66%)
  - Mental health counseling (61%)

# Health Care Coverage



# Health Care Coverage



# Health Care Coverage

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Uninsured	11%	14%	17%

# HEALTH CARE ACCESS

## Health Care Access

- 70% of Union County adults visited a doctor for a routine checkup in the past year
  - Increasing to 79% of those over the age of 65
- 57% of adults had one particular doctor or healthcare professional they went to for routine medical care
  - 32% had more than one doctor/healthcare professional
  - 11% had no doctor/healthcare professional

## Health Care Access

- The following might prevent Union County adults from seeing a doctor if they were sick, injured, or needed some kind of health care:
  - Cost (32%)
  - Could not get time off work (12%)
  - Hours not convenient (11%)
  - Difficult to get an appointment (10%)
  - Worried they might find something wrong (8%)
  - Doctor would not take their insurance (9%)

## Health Care Access

- 61% of adults went outside of Union County for the following health care services in the past year:
  - Specialty care (30%)
  - Primary care (24%)
  - Dental services (18%)
  - Obstetrics/gynecology/NICU (15%)
  - Orthopedic care (11%)
  - Pediatric care (7%)
  - Cardiac care (5%)
  - Counseling services (5%)
- Reasons for going outside of Union County for health care services included:
  - Multiple reasons (24%)
  - Used to live there (15%)
  - Service not locally available (12%)
  - Better quality program (8%)
  - Didn't like local services/providers (8%)
  - Insurance restriction (4%)
  - Word of mouth (4%)
  - Work there (3%)

## Health Care Access

- Union County adults had the following issues regarding their healthcare coverage:
  - Deductibles were too high (31%)
  - Premiums were too high (21%)
  - Co-pays were too high (20%)
  - High HSA account deductible (8%)
  - Working with their insurance company (7%)
  - Limited visits (6%)
  - Could not understand their insurance plan (5%)
  - Service not deemed medically necessary (4%)
  - Service no longer covered (4%)

## Health Care Access

- Union County adults had the following transportation issues when they needed health services:
  - No public transportation available or accessible (3%)
  - Could not afford gas (2%)
- Adults visited the following places for health care services:
  - Doctor's office (60%)
  - Urgent care center (8%)
  - Internet (7%)
  - Chiropractor (1%)
  - In-store health clinic (1%)
  - Hospital outpatient department (1%)
  - Hospital emergency room (<1%)

## Health Care Access

- 16% of Union County adults have looked for a program to assist in care for the elderly (either in-home or out-of-home) for either themselves or a loved one
  - 41% looked for in-home care
  - 29% looked for an assisted living program
  - 13% looked for out-of-home placement
  - 7% looked for day care
  - 5% looked for respite/overnight care
  - 4% looked for a disabled adult program

## CARDIOVASCULAR HEALTH

### Cardiovascular Health

- 3% of Union County adults reported they had survived a heart attack
  - Increasing to 15% of those over the age of 65
  - Compared to 5% for Ohio and 4% for the U.S. (2013 BRFSS)
- 2% of adults reported they had survived a stroke
  - Increasing to 13% of those over the age of 65
  - Compared to 4% for Ohio and 3% for U.S. (2013 BRFSS)
- 3% of adults reported they had angina or coronary heart disease
  - Increasing to 18% of those over the age of 65
  - Compared to 5% for Ohio and 4% for U.S. (2013 BRFSS)



## Cardiovascular Health

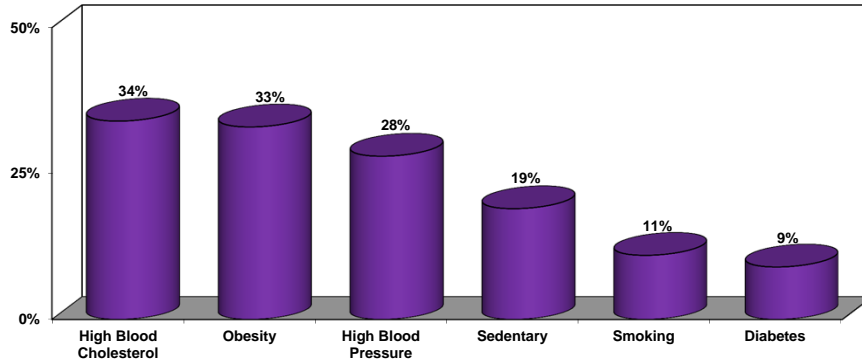
- 28% were diagnosed with high blood pressure
  - Compared to 34% for Ohio and 31% for the U.S. (2013 BRFSS)
- 9% of adults were told they were pre-hypertensive/ borderline high
- 92% have had their blood pressure checked within the past year
- Those with high blood pressure were more likely to:
  - Have been age 65 years or older (68%)
  - Have rated their overall health as fair or poor (60%)
  - Have incomes less than \$25,000 (42%)
  - Have been classified as obese by Body Mass Index-BMI (38%)

## Cardiovascular Health

- 34% were diagnosed with high blood cholesterol
  - Compared to 38% for both Ohio and U.S. (2013 BRFSS)
- 83% of adults had their blood cholesterol checked in the past 5 years
  - Compared to 78% for Ohio and 76% for U.S. (2013 BRFSS)
- Those with high blood cholesterol were more likely to:
  - Have been age 65 years or older (64%)
  - Have rated their overall health as fair or poor (47%)
  - Have incomes less than \$25,000 (45%)
  - Have been classified as obese by Body Mass Index-BMI (37%)

# Cardiovascular Health

Union County Adults with CVD Risk Factors



# Cardiovascular Health

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Had angina	3%	5%	4%
Had a heart attack	3%	5%	4%
Had a stroke	2%	4%	3%
Had high blood pressure	28%	34%	31%
Had high blood cholesterol	34%	38%	38%



## Cancer

- 13% of Union County adults were diagnosed with cancer at some point in their lives
- Of those diagnosed with cancer, they reported the following types:
  - Prostate (30%)
  - Other skin cancer (30%)
  - Breast (29%)
  - Melanoma (19%)
  - Cervical (16%)
  - Renal (11%)
  - Colon (9%)
  - Thyroid (7%)

# Cancer

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Diagnosed with skin cancer	6%*	6%	6%
Diagnosed with any type of cancer, other than skin cancer	7%	7%	7%

*\* Melanoma and other skin cancers are included for "diagnosed with skin cancer"*

# DIABETES

## Diabetes

- 9% of Union County adults were diagnosed with diabetes
  - Increasing to 22% of those over the age of 65
  - Ohio and U.S.- 11% (2012 BRFSS)
- 7% of adults had been diagnosed with pre-diabetes
- 28% of adults with diabetes rated their health as fair or poor

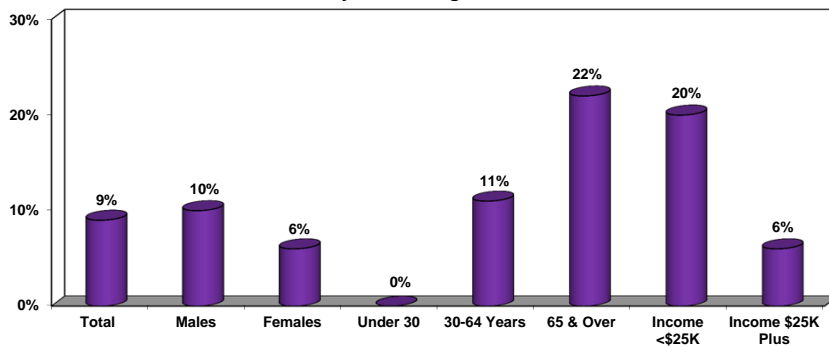
## Diabetes

- Adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 82% were obese or overweight
  - 63% had been diagnosed with high blood pressure
  - 73% had been diagnosed with high blood cholesterol

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Diagnosed with diabetes	9%	11%	11%

# Diabetes

Union County Adults Diagnosed with Diabetes



# ARTHRITIS

## Arthritis

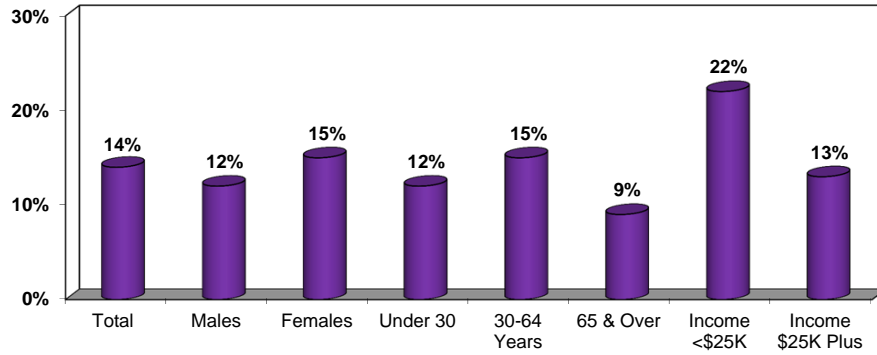
- 36% of Union County adults were told by a health professional that they had some form of arthritis
  - Increasing to 74% of those over the age of 65
  - Compared to 30% for Ohio and 25% for the U.S. (2013 BRFSS)

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Diagnosed with arthritis	36%	30%	25%

## ASTHMA

# Asthma

Union County Adults Diagnosed with Asthma



- 14% of Union County adults were diagnosed with asthma
  - Ohio and U.S.- 14% (2013 BRFSS)

# ADULT WEIGHT STATUS



## Adult Weight Status

- 68% of all Union County adults were either overweight or obese by Body Mass Index (BMI)
- 33% of adults were obese
  - Ohio- 30%, U.S.- 29% (2013 BRFSS)
- 50% of adults were trying to lose weight
  - 36% were trying to maintain their current weight or keep from gaining weight
  - 1% were trying to gain weight

## Adult Weight Status

- Union County adults did the following to lose weight or keep from gaining weight:
  - Exercised (58%)
  - Ate less food, fewer calories, or foods low in fat (54%)
  - Ate a low-carb diet (14%)
  - Health coaching (5%)
  - Used a weight loss program (4%)
  - Took diet pills, powders or liquids without a doctor's advice (4%)
  - Smoked cigarettes (3%)
  - Participated in a prescribed dietary or fitness program (3%)
  - Went without eating 24 or more hours (2%)
  - Vomited after eating (2%)
  - Bariatric surgery (1%)

## Adult Weight Status

- 87% of adults ate 1-4 servings of fruits and vegetables per day
  - 8% ate 5 or more servings per day
- Union County adults purchased their fruit and vegetables from the following places:
  - Large grocery store (94%)
  - Grow their own/garden (32%)
  - Farmer's Market (31%)
  - Local grocery store (19%)

## Adult Weight Status

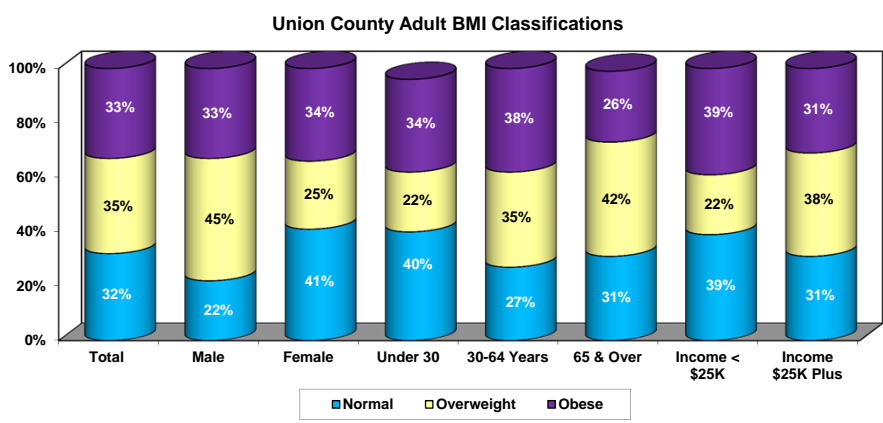
- Union County adults reported the following reasons they chose the types of food they ate:
 

– Healthiness of food (62%)	– Ease of preparation (49%)
– Cost (61%)	– Availability (41%)
– Taste (60%)	– Time (37%)
– Enjoyment (57%)	– Nutritional content (35%)
- 11% of Union County adults indicated they always used calorie information when deciding what to order at fast food and chain restaurants
- Adults ate out in a restaurant or brought home take-out food an average of 2.6 times per week

## Adult Weight Status

- 54% of adults engaged in some type of physical activity at least 30 minutes on 3 or more days per week
  - 19% of adults did not participate in any physical activity in the past week
  
- Union County adults had access to a wellness program through their employer or spouse’s employer with the following features:
  - Free/discounted gym membership (29%)
  - On-site fitness facility (24%)
  - Health risk assessment (23%)
  - Lower insurance premiums for participation in wellness program (22%)
  - 27% of adults did not have access to any wellness programs

## Adult Weight Status



## Adult Weight Status

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Obese	33%	30%	29%
Overweight	35%	35%	35%

## ADULT TOBACCO USE

## Adult Tobacco Use

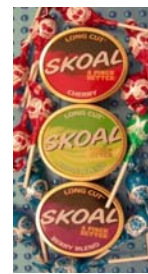
- 11% of all Union County adults were current smokers
  - Ohio- 23%, U.S.- 19% (2013 BRFSS)
- Union County adult smokers were more likely to:
  - Have rated their overall health as poor (40%)
  - Have been widowed (26%) or separated (25%)
  - Have incomes less than \$25,000 (15%)
- 23% were former smokers
  - Ohio- 25%, and U.S. (2013 BRFSS)

## Adult Tobacco Use

- Union County adults used the following tobacco products in the past year:
 

– Cigarettes (17%)	– Chewing tobacco (2%)
– Snuff (5%)	– Roll-your-own (2%)
– E-cigarettes (4%)	– Snus (2%)
– Cigars (2%)	
- 45% 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

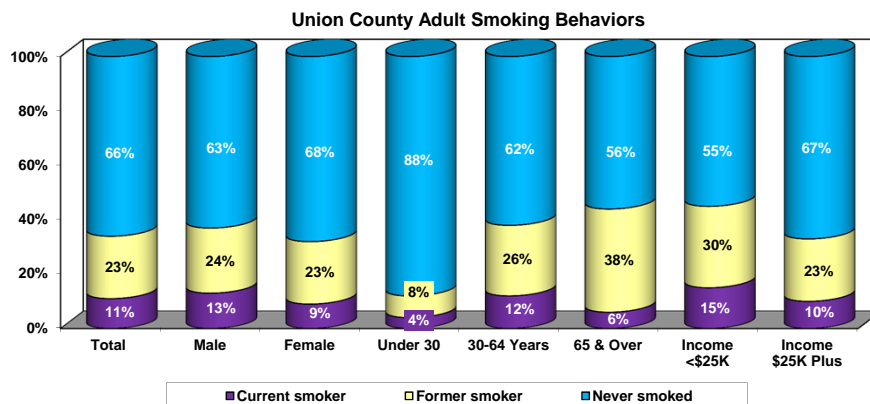
## Adult Tobacco Use



## Adult Tobacco Use

- 91% of adults believed that secondhand tobacco smoke was harmful to themselves and their family's health
  - Decreasing to 79% of current smokers
- Union County had the following rules/practices about smoking in their home:
  - Never allowed (89%)
  - Allowed in some places or at some times (5%)
  - No rules about smoking (5%)
  - Allowed anywhere (2%)

# Adult Tobacco Use



# Adult Tobacco Use

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Current smoker	11%	23%	19%
Former smoker	23%	25%	25%

## ADULT ALCOHOL CONSUMPTION

### Adult Alcohol Consumption

- 57% of Union County adults had at least one alcoholic drink in the past month
  - Increasing to 67% of those under the age of 30 and 62% of males
  - Compared to 53% for Ohio and 55% for the U.S. (2013 BRFSS)
- 12% of all adults were considered frequent drinkers (drank an average of three or more days per week)
- Of those who drank, Union County adults drank 3.0 drinks on average
- 19% of all adults were binge drinkers
  - 37% of current drinkers were binge drinkers
  - Compared to 17% for Ohio and U.S. (2013 BRFSS)

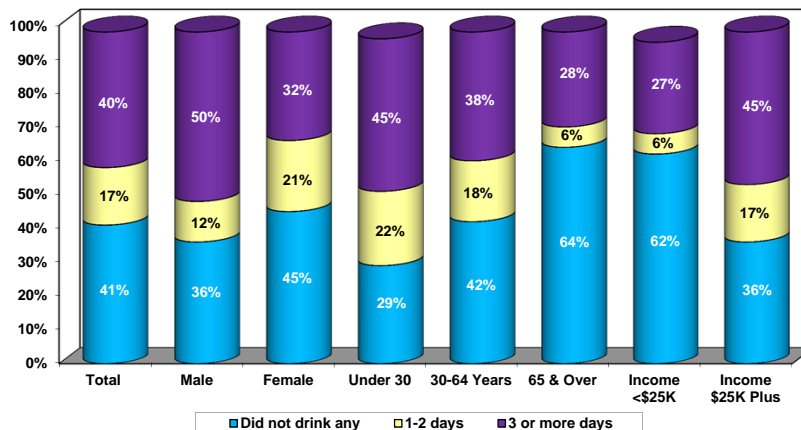


## Adult Alcohol Consumption

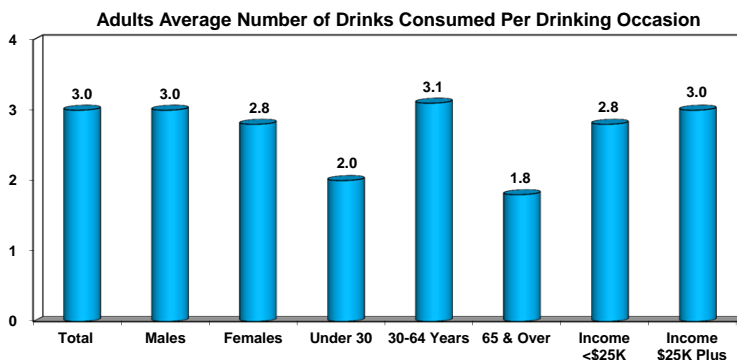
- 8% of Union County adults reported driving after having perhaps too much to drink
- 3% of adults reported that as a result of drinking they or a family member repeatedly failed to fulfill obligations at work or at home, or placed themselves or a family member in dangerous situations or experienced legal problems

## Adult Alcohol Consumption

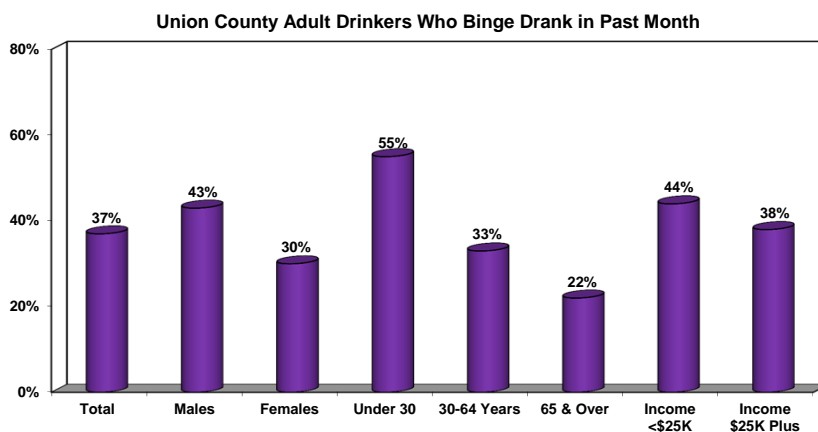
Average Number of Days Drinking Alcohol in the Past Month



# Adult Alcohol Consumption



# Adult Alcohol Consumption



## Adult Alcohol Consumption

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Drank alcohol at least once in past month	57%	53%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	19%	17%	17%

## ADULT DRUG USE

## Adult Drug Use

- 5% of Union County adults had used marijuana in the past 6 months
  - Increasing to 13% of those with incomes less than \$25,000
- <1% of adults reported using other recreational drugs such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts and methamphetamines
- When asked about their frequency of marijuana and other recreational drug use in the past 6 months:
  - 12% of adults who used drugs did so almost every day
  - 32% did so less than once a month

## Adult Drug Use

- 14% of adults had used a medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert in the past 6 months
  - 25% reported that they misused medication almost every day
  - 25% did so less than once a month
- Union County adults indicated they did the following with their unused prescription medication:
  - Took as prescribed (34%)
  - Threw it in the trash (27%)
  - Kept it (19%)
  - Took it to the Medication Collection program (18%)
  - Flushed it down the toilet (16%)
  - Disposed in Drop Box (8%)

## Adult Drug Use

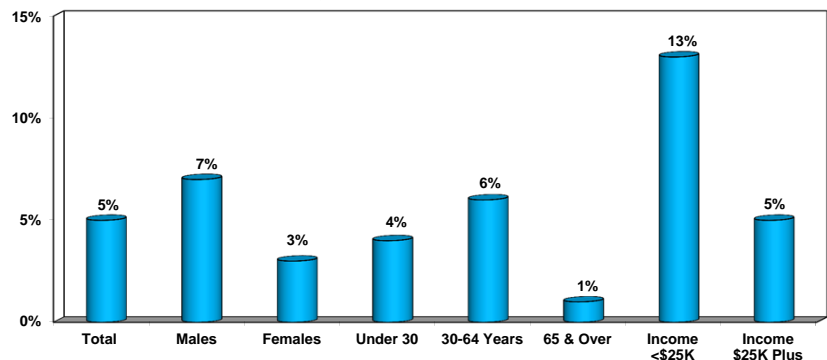
- Adults thought the following substances were most commonly used/abused by Union County **adults**:
  - Alcohol (64%)
  - Prescription medications (33%)
  - Marijuana (44%)
  - Methamphetamines (13%)
  - Heroin (33%)
  - Cocaine (12%)
  
- Adults thought the following substances were most commonly used/abused by Union County **youth**:
  - Marijuana (56%)
  - Prescription medications (25%)
  - Alcohol (53%)
  - Inhalants (13%)
  - Heroin (30%)
  - Cocaine (10%)

## Adult Drug Use

- 5% of Union County adults have used a program or service to help with drug problems for either themselves or a loved one. Reasons for not using a program included:
  - Had not thought of it (4%)
  - Could not afford to go (2%)
  
- 51% of Union County adults did not agree with legalization of marijuana, in any form
  - 26% of adults agreed with the legalization of both types of marijuana
  - 24% adults agreed with the legalization of medical marijuana
  - 1% agreed with the legalization of recreational marijuana

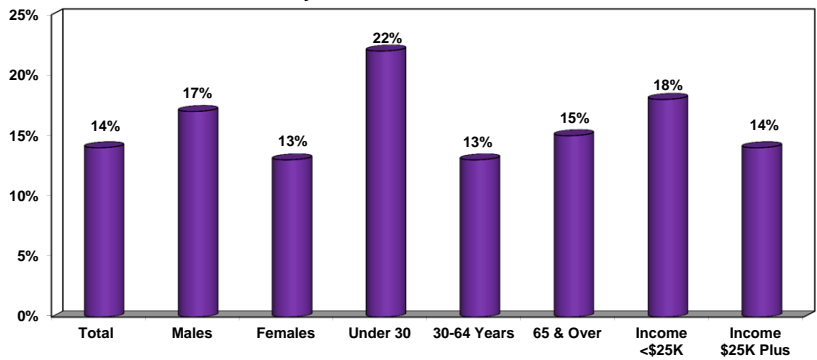
# Adult Drug Use

Union County Adult Marijuana Use in Past 6 Months



# Adult Drug Use

Union County Adult Medication Misuse in Past 6 Months



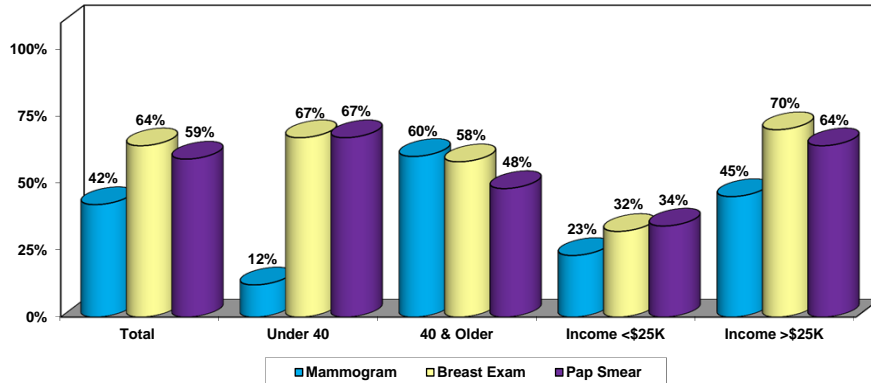
## WOMEN'S HEALTH

### Women's Health

- 66% of all Union County women had a mammogram at some time in their life and 42% had one in the past year
  - 60% of women age 40 and over had a mammogram in the past year
- 93% of women had a clinical breast exam at some time in their life and 64% had one in the past year
  - 76% of women age 40 and over had a clinical breast exam in the past 2 years
- 93% of women had a pap smear at some time in their life and 59% had one in the past year
  - 84% of women had a pap smear the past 3 years
  - Compared to 78% for Ohio and U.S. (2013 BRFSS)

## Women's Health

Union County Women's Health Exams Within the Past Year



## Women's Health

- 21% of Union County women had been pregnant in the past 5 years
- During their last pregnancy, Union County women:
  - Took a multi-vitamin (86%)
  - Got a prenatal appointment in the first 3 months (84%)
  - Took folic acid during pregnancy (65%)
  - Took folic acid pre-pregnancy (53%)
  - Experienced perinatal depression (16%)
  - Smoked cigarettes (12%)
  - Used e-cigarettes (8%)



## Women's Health

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Had a clinical breast exam in the past two years (age 40 & over)	76%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	78%	74%**	74%**
Had a pap smear in the past three years	84%	78%**	78%**

N/A - Not Available  
 \*2010 BRFSS Data  
 \*\*2012 BRFSS Data

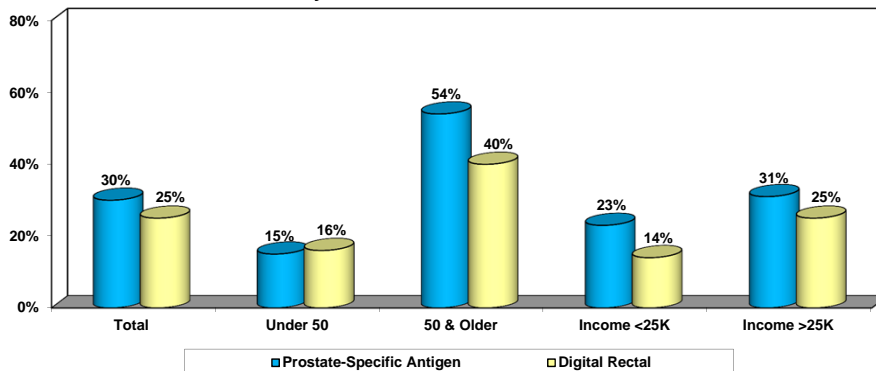
## MEN'S HEALTH

## Men's Health

- 44% of Union County males had a Prostate-Specific Antigen (PSA) test at sometime in their life 30% had one in the past year
  - 80% of males age 50 and over had a PSA test at some time in their life
- 55% of men have had a digital rectal exam at some time in their life and 25% had one in the past year

## Men's Health

Union County Men's Health Exams Within the Past Year



## PREVENTIVE MEDICINE/ ENVIRONMENTAL HEALTH

### Preventive Medicine/ Environmental Health

- 55% of adults had a flu vaccine in the past 12 months
  - 97% had the shot and 3% had the nasal spray
- 82% of Union County adults ages 65 and over had a flu vaccine in the past 12 months.
  - Compared to 63% of U.S. and Ohio adults (2013 BRFSS)
- Union County adults received their last flu shot from the following places
  - Doctor's office/health maintenance organization (28%)
  - Workplace (19%)
  - Store or pharmacy (15%)

## Preventive Medicine/ Environmental Health

- Union County adults had the following vaccines:
  - Tetanus booster (including Tdap) in the past 10 years (58%)
  - Pneumonia vaccine in their lifetime (19%)
  - Pertussis vaccine in the past 10 years (17%)
  - Zoster (shingles) vaccine in their lifetime (6%)
  - Human papillomavirus vaccine in their lifetime (3%)
  
- Adults reported they were at risk for the following based on family history
  - High blood pressure (52%)
  - High blood cholesterol (31%)
  - Heart disease (48%)
  - Alzheimer’s disease (13%)
  - Diabetes (42%)
  - Mental illness (12%)
  - Cancer (40%)
  - Alcohol addiction (12%)

## Preventive Medicine/ Environmental Health

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

HEALTHCARE TOPICS	Total 2015
Physical Activity or Exercise	42%
Weight, Dieting or Eating Habits	34%
Immunizations	32%
Self-breast or Self-testicular Exams	31%
Significance of Family History	25%
Depression, Anxiety, or Emotional Problems	23%
Alternative Pain Therapy	12%
Injury Prevention Such As Safety Belt Use & Helmet Use	11%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	10%
Alcohol Use When Taking Prescription Drugs	9%
Alcohol Use	8%
Quitting Smoking	7%
Illicit Drug Abuse	4%
Domestic Violence	3%

## Preventive Medicine/ Environmental Health

- Union County households had the following disaster preparedness supplies:
  - Cell phone with texting (84%)
  - Cell phone (83%)
  - Working flashlight and working batteries (81%)
  - 3-day supply of nonperishable food for everyone in the household (48%)
  - working battery-operated radio and working batteries (48%)
  - 3-day supply of prescription medication for each person who takes prescribed medicines (46%)
  - Home land-line telephone (39%)
  - 3-day supply of water for everyone in the household (1 gallon of water per person per day) (38%)
  - Communication plan (24%)
  - Generator (23%)

## Preventive Medicine/ Environmental Health

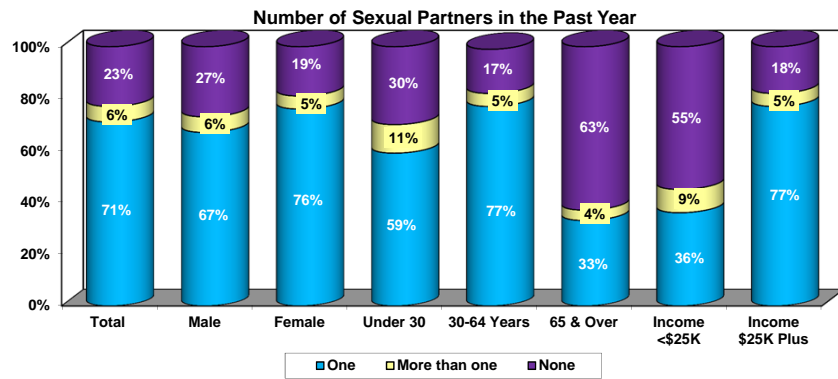
- Union County adults thought the following threatened their health in the past year:
  - Insects (15%)
  - Outdoor air quality (7%)
  - Agricultural chemicals (7%)
  - Rodents (7%)
  - Indoor air quality (6%)
  - Mold (6%)
  - Unsafe water supply/wells (6%)
  - Plumbing problems (6%)
  - Temperature regulation (5%)
  - Sewage/waste water problems (5%)
  - Moisture issues (4%)

## Preventive Medicine/ Environmental Health

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Had a pneumonia vaccination (ages 65 and over)	66%	71%	70%
Had a flu vaccine in the past year (ages 65 and over)	80%	63%	63%

## ADULT SEXUAL BEHAVIOR

## Adult Sexual Behavior



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

- 77% of Union County adults had sexual intercourse in the past year
- 6% had intercourse with more than one partner in the past year

## Adult Sexual Behavior

- Union County adults used the following methods of birth control:
  - Vasectomy (23%)
  - They or their partner were too old (14%)
  - Tubes tied (12%)
  - Hysterectomy (12%)
  - Condoms (10%)
  - Birth control pill (10%)
  - IUD (6%)
  - Infertility (6%)
  - Withdrawal (4%)
  - Abstinence (3%)
- 13% of Union County adults were not using any method of birth control
- The following situations applied to Union County adults in the past year:
  - Had anal sex without a condom (2%)
  - Tested for an STD (2%)

## QUALITY OF LIFE

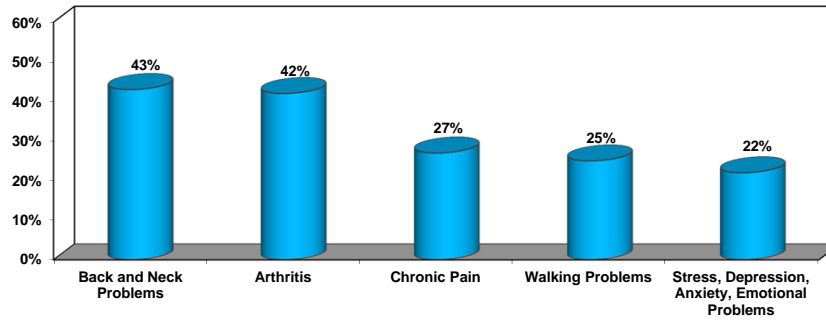
### Quality of Life

- 21% of reported they were limited in some way because of a physical, mental or emotional problem
  - Increasing to 47% of those with income less than \$25,000 and 44% of those ages 65 and older
  - Compared to 21% for Ohio and 20% for U.S. adults (2013 BRFSS)
- 21% of Union County adults had fallen in the past year
  - Increasing to 46% of those ages 65 and over and 51% of those who rated their health as fair or poor
  - 11% of adults had fallen 2 or more times.
  - Of those who fell, 50% resulted in an injury that either limited their activities that day and/or they had to see a doctor for their injury



# Quality of Life

Union County Most Limiting Health Problems



# Quality of Life

Adult Comparisons	Union County 2015	Ohio 2013	U.S 2013
Limited in some way because of a physical, mental, or emotional problem	21%	21%	20%

## SOCIAL CONTEXT AND SAFETY

### Social Context and Safety

- Adults sought assistance for the following in the past year:
  - Food (9%)
  - Utilities (7%)
  - Rent/mortgage (6%)
  - Free medical care
  - Personal debts (4%)
  - Free tax preparation (4%)
- 8% of Union County adults attempted to get assistance from a social service agency. They looked for assistance from the following:
  - Job & Family Services (7%)
  - Friend or family member (5%)
  - Community action organization (4%)
  - The Hope Center (3%)

## Social Context and Safety

- 3% of adults reported they went to bed hungry because they could not afford food at least one night per week
  - Increasing to 16% of those with incomes less than \$25,000
- 84% of Union County adults reported always wearing a seat belt in a car
  - 1% reported never wearing a seat belt

## Social Context and Safety

- Union County adults reported the following as important/very important community issues:
  - Underemployment and unemployment (92%)
  - Community safety (91%)
  - Basic need concerns (91%)
  - School safety (90%)
  - Traffic (89%)
  - Substance abuse (86%)
  - Mental health issues (84%)
  - Lack of affordable healthcare (83%)
  - Physical activity (80%)
  - Human trafficking (79%)

## Social Context and Safety

- Union 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 (18%)
  - Lived with someone who was a problem drinker or alcoholic (14%)
  - Lived with someone who was depressed, mentally ill, or suicidal (12%)
  - Someone at least 5 years older than them or an adult touched them sexually (9%)
  - A parent or adult in their home hit, beat, kicked, or physically hurt them (9%)
- 14% of adults experienced 3 or more ACEs

## Social Context

- 19% of adults reported someone in their immediate family served in the military in the past 15 years
- As a result of military service, the following have affected veterans' immediate family members:
  - Had problems getting VA benefits (10%)
  - Access to medical care at a VA facility (9%)
  - Had problems getting information on VA eligibility and applying (7%)
  - Post-traumatic stress disorder (PTSD) (6%)
  - Access to mental health treatment (6%)
  - Access to medical care at a non-VA facility (5%)
  - Major health problems due to injury (5%)

## MENTAL HEALTH AND SUICIDE

### Adult Mental Health

- 10% of Union County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities
  - Increasing to 26% those with incomes less than \$25,000
- 2% of Union County adults made a plan about attempting suicide in the past year.
- <1% of adults reported attempting suicide in the past year

## Adult Mental Health

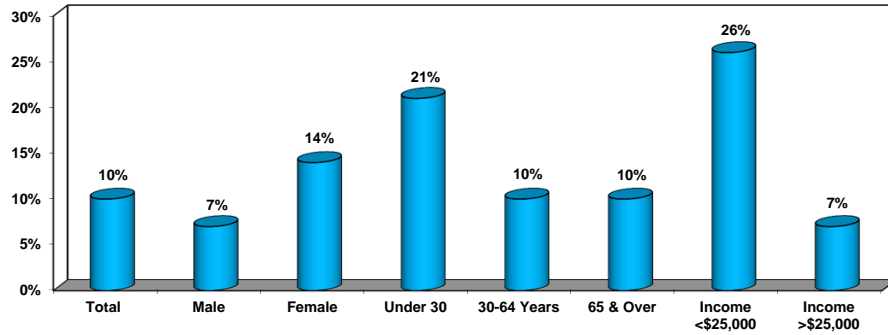
- Union County adults reported they or a family member had been diagnosed with or treated for the following mental health issues:
  - Depression (17%)
  - Anxiety disorder (9%)
  - Bipolar (4%)
  - Attention deficit disorder (4%)
- Union County adults received the social and emotional support they needed from the following:
  - Family (81%)
  - Friends (68%)
  - Church (30%)
  - Neighbors (15%)
  - A professional (10%)
  - Community (8%)

## Adult Mental Health

- Union County adults do the following to deal with their stress:
  - Talk to someone they trust (59%)
  - Exercise (42%)
  - Listen to music (37%)
  - Sleep (35%)
  - Eat more or less than normal (35%)
  - Work on a hobby (24%)
  - Work (22%)
  - Drink alcohol (12%)
  - Take it out on others (12%)
  - Meditate (7%)
  - Smoke tobacco (5%)
  - Use herbs/home remedies (3%)

# Adult Mental Health

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

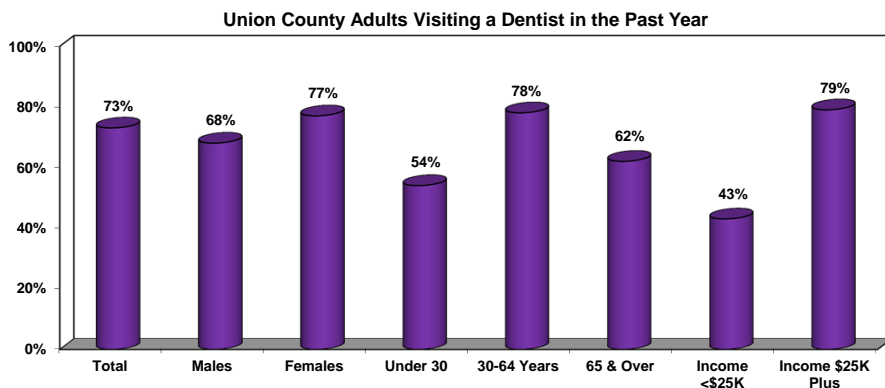


# ORAL HEALTH

## Oral Health

- 73% of Union County adults had visited a dentist or dental clinic in the past year
  - Decreasing to 43% of adults with incomes less than \$25,000
  - Compared to 67% for the U.S. and 68% for Ohio (2012 BRFSS)
- 77% of Union County adults with dental insurance have been to the dentist in the past year, compared to 60% of those without dental insurance
- 34% of adults had one or more of their permanent teeth removed
  - Increasing to 73% of those ages 65 and over
  - 20% of Union County adults ages 65 and over had all of their permanent teeth removed

## Oral Health





## Oral Health

Adult Comparisons	Union County 2015	Ohio 2013	U.S. 2013
Adults who have visited the dentist in the past year	73%	68%*	67%*
Adults who have had all of their permanent teeth removed (aged 65 and older)	20%	20%*	16%*

\*2012 BRFSS Data

## PARENTING

## Parenting

- Parents put their child to sleep in the following places as an infant:
  - Crib/bassinet (no bumper, blankets, stuffed animals) (62%)
  - Crib/bassinet (with bumper, blankets, stuffed animals) (33%)
  - Pack n' play (31%)
  - Swing (18%)
  - Car seat (16%)
  - Couch or chair (13%)
  - In bed with parent or another person (9%)

## Parenting

- Parents faced the following challenges in regards to the day-to-day demands of parenthood and raising children:
  - Demands of multiple children (25%)
  - Finding affordable extracurricular activities for child (23%)
  - Managing child's behavior (22%)
  - Financial burdens (16%)
  - Affordable childcare (11%)
  - Finding reliable childcare (10%)
  - Transporting child to extracurricular activities (7%)
  - Child with special needs (6%)
  - Difficulty with lifestyle change (5%)
  - Loss of freedom (5%)

## Parenting

- Parents discussed the following topics with their 12-to-17 year-old in the past year:
  - Screen time (73%)
  - Physical activity (60%)
  - Peer pressure (67%)
  - Dating and relationships (67%)
  - Eating habits (66%)
  - Bullying (63%)
  - Social media issues (59%)
  - Negative effects of alcohol (56%)
  - Negative effects of marijuana and other drugs (54%)
  - Negative effects of tobacco (54%)
  - Abstinence/how to refuse sex (51%)
  - Body image (49%)

Thank you!

Questions?

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## Group Questions

- What surprised you the most?
- What would you like to see covered in the report next time?
- What will you/your organization do with this data?
- Are there programs in other communities that Union County should be looking in to?
- If Union County can only focus on 2 or 3 of the issues found in this report, what would you want them to be?