

# Van Wert County

Community Health Status Assessment

# 2015



**Examining the Health of  
Van Wert County**

Released April, 2016

# FOREWORD

On behalf of the Van Wert County Health Collaborative, we are pleased to present the 2015 Van Wert County Community Health Needs Assessment. This report is the fifth community health assessment conducted by the health collaborative which consists of various social service, business, and government organizations in Van Wert County. Its purpose is to collect data to show the health and health behaviors of Van Wert County residents and then identify the health needs.

The members of the Van Wert County Health Collaborative, including the Van Wert County Health Department and Van Wert County Hospital, want to use this data and monitor it to know how to better serve the individuals in our community. We want to provide the best possible health care for our residents and we can use this report to guide us in our strategic planning and decision making concerning future programs, clinics, and healthcare resources provided.

The Van Wert County Health Needs Assessment would not have been possible without the help of the Van Wert County Health Collaboration as well as the groups who contributed financially. Both are acknowledged on the following pages. It is vital that assessments such as this continue so that we can know where to direct our resources and use them in the most advantageous ways. All contributions whether financial or expertise are greatly appreciated.

More importantly, the possibility of this report relies solely on the participation of individuals in our community, adults and youth who committed to honestly responding to the surveys they received each year. We are grateful for those individuals who are committed to the health of the community, as we are, and take the time to share their health behaviors.

The work of public health is a community job that involves various individual facets including our community members. Working together we can achieve a healthier Van Wert County.

Sincerely,

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FOREWORD

**This report has been funded by:**

Van Wert County Hospital  
Van Wert County Health Department  
Westwood Behavioral Health Center  
Tri County ADAMS Board Vancrest  
Health Care Center

**This report has been commissioned by the Van Wert County Health Collaborative:**

Crestview Local Schools Dental  
Center of Northwest Ohio Family  
Health Care of Northwest Ohio Head  
Start  
Lincolnview Local Schools  
Ohio Department of Health Breast and Cervical Cancer Project  
United Way  
Van Wert City Police Department  
Van Wert City Schools  
Van Wert County 911  
Van Wert County Commissioners  
Van Wert County Council on Aging  
Van Wert County Juvenile Court  
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To see Van Wert 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 2015 Van Wert County Health Assessment is available on the following websites:

Van Wert County Health Department  
<http://www.vanwertcountyhealth.org/community%20health%20improvement.php>

Van Wert Hospital <http://www.vanwerthospital.org/community/community-health-improvement>

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

ACKNOWLEDGEMENTS

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# EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Van Wert County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2015. 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 Van Wert 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 Van Wert County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Van Wert County planning committee, the Project Coordinator composed drafts of surveys containing 115 items for the adult survey and 74 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 Van Wert County were used as the sampling frame for the adult survey. There were 21,161 persons ages 19 and older living in Van Wert 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 Van Wert County was obtained from Allegra Marketing Services in Louisville, KY.

### SAMPLING | *Adolescent Survey*

There were 2,990 persons ages 12 to 18 years old living in Van Wert County. A sample size of 341 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 Van Wert County. This advance letter was personalized, printed on Health Collaborative of Van Wert County stationery and was signed by Kim Haas, Director of Nursing, Van Wert County Health Department and Ellen Rager, Patient & Community Relations, Van Wert County Hospital. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Health Collaborative of Van Wert County 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=517: CI= $\pm 4.26$ ). 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 90% (n=395: CI= $\pm 4.59$ ).

## **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 Van Wert 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 Van Wert 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 Van Wert County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

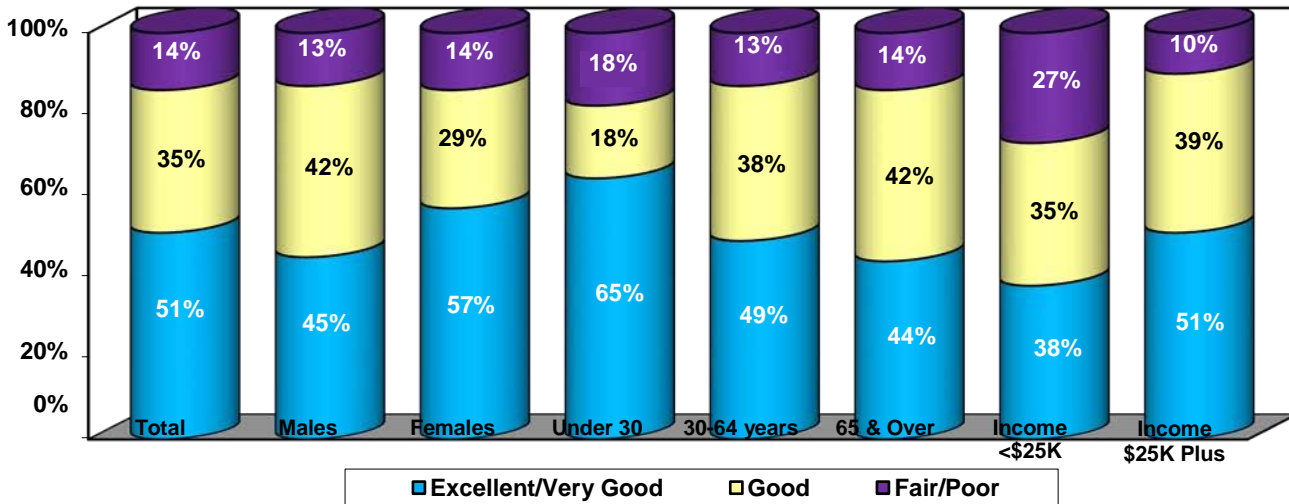
Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment. Finally, our survey suffers from all traditional limitations involved in cross-sectional study design (e.g., reliance on self-reported behaviors, recall bias by participants, socially desirable responses, and the inability to establish cause and effect relationships).

## Data Summary

### HEALTH PERCEPTIONS

In 2015, about half (51% or approximately 10,792) of the Van Wert County adults rated their health status as excellent or very good. Conversely, 14% of adults, increasing to 27% of those with incomes less than \$25,000, described their health as fair or poor.

Van Wert County Adult Health Perceptions\*

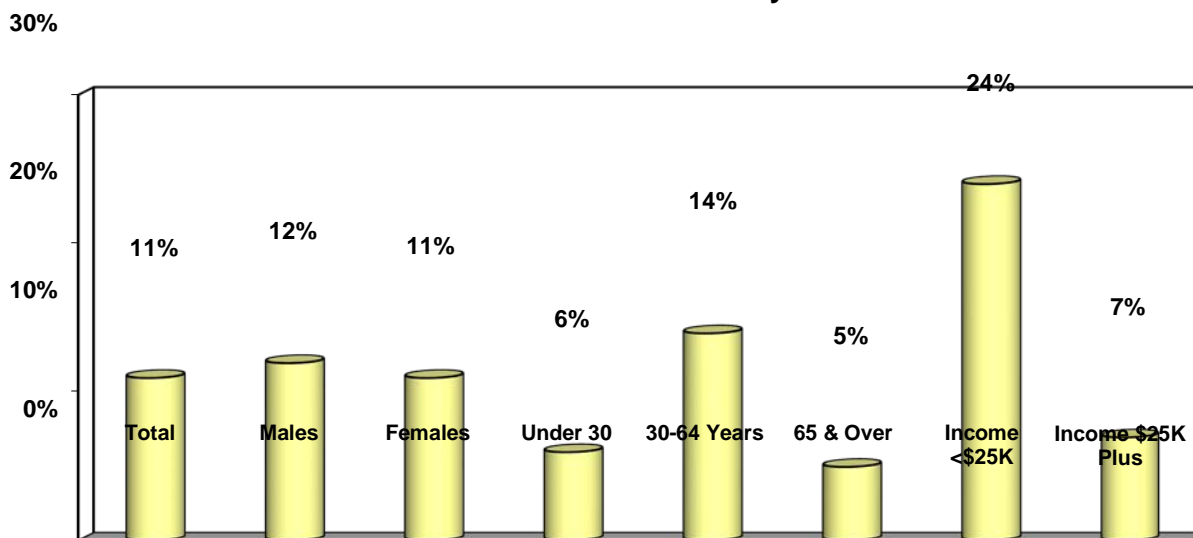


\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

### HEALTH CARE COVERAGE

The 2015 Health Assessment data has identified that 11% of Van Wert County adults were without health care coverage. In Van Wert County, 12.5% of residents live below the poverty level (Source: U.S. Census, American Community Survey 5 Year Estimate, 2009-2013).

Uninsured Van Wert County Adults





## HEALTH CARE ACCESS

The 2015 Health Assessment project identified that 68% or 14,389 of Van Wert County adults had visited a doctor for a routine checkup in the past year. 70% of adults went outside of Van Wert County for health care services in the past year.

## CARDIOVASCULAR HEALTH

Heart disease (22%) and stroke (5%) accounted for 27% of all Van Wert County adult deaths in 2013 (Source: CDC Wonder, 2013). The 2015 Van Wert County Health Assessment found that 4% of adults had survived a heart attack and 1% had survived a stroke at some time in their life. Over one-third (35%) of Van Wert County adults were obese, 31% had been diagnosed with high blood pressure, 26% were sedentary, 39% had high blood cholesterol, and 14% were smokers, five known risk factors for heart disease and stroke.

## CANCER

In 2015, 13% of Van Wert County adults had been diagnosed with cancer at some time in their life. The Centers for Disease Control and Prevention (CDC) indicates that from 2009-2013, a total of 335 Van Wert 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.

## DIABETES

In 2015, 10% (about 2,116) of Van Wert County adults had been diagnosed with diabetes.

## ASTHMA

In 2015, 12% of Van Wert County adults had been diagnosed with asthma.

## ARTHRITIS

According to the Van Wert County survey data, 36% of Van Wert 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 2015 Health Assessment identified that 72% of Van Wert County adults were overweight or obese based on Body Mass Index (BMI). More than one-third (35%) of Van Wert 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 (45%) of adults were trying to lose weight.

### Van Wert County Leading Causes of Death 2013

Total Deaths: 331

1. Heart Disease (22% of all deaths)
2. Cancer (21%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Diabetes (5%) TIE
5. Accidents (Unintentional Injuries) (5%) TIE

(Source: CDC Wonder, 2013)

### Van Wert County Incidence of Cancer, 2000-2014

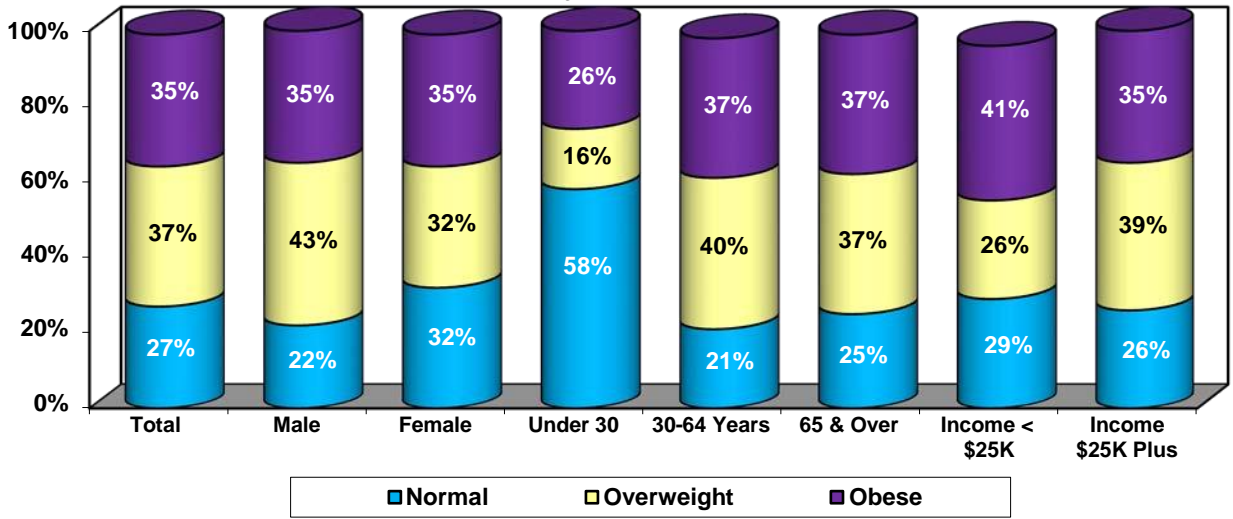
All Types: 790 cases

- Breast: 128 cases (16%)
- Lung and Bronchus: 109 cases (14%)
- Prostate: 97 cases (12%)
- Colon and Rectum: 87 cases (11%)

**In 2013, there were 70 cancer deaths in Van Wert County.**

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

**Van Wert County Adult BMI Classifications**

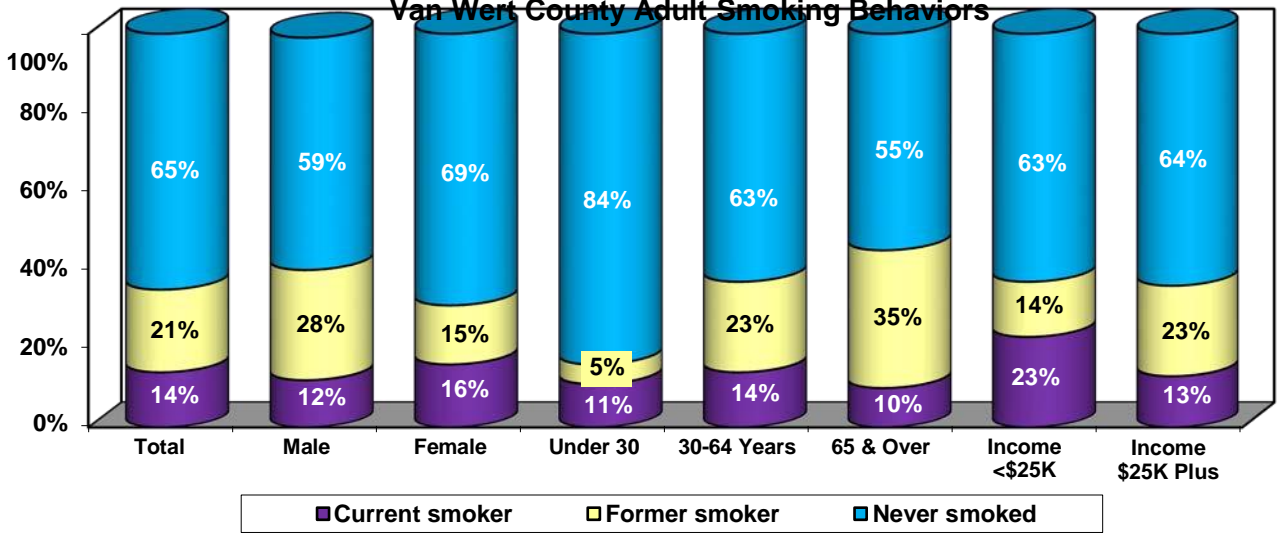


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

**ADULT TOBACCO USE**

In 2015, 14% of Van Wert County adults were current smokers and 21% were considered former smokers. In 2015, 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).

**Van Wert County Adult Smoking Behaviors**

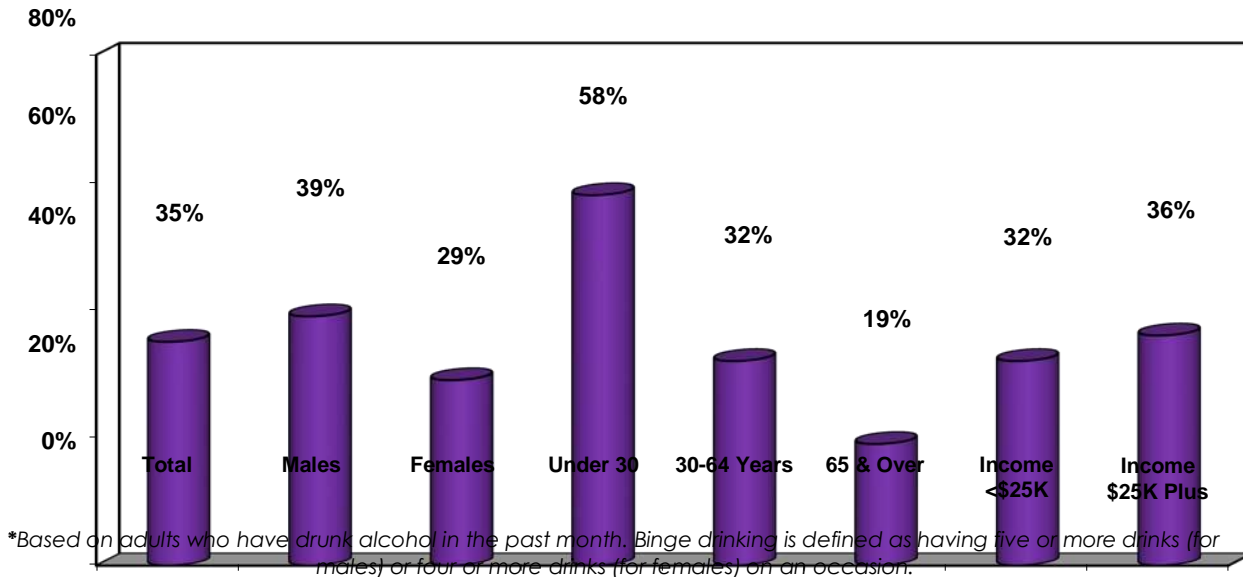


Respondents were asked:  
 "Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes every day, some days or not at all?"

## ADULT ALCOHOL CONSUMPTION

In 2015, the Health Assessment indicated that 11% of Van Wert County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 35% 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. Three percent of adults drove after having perhaps too much to drink.

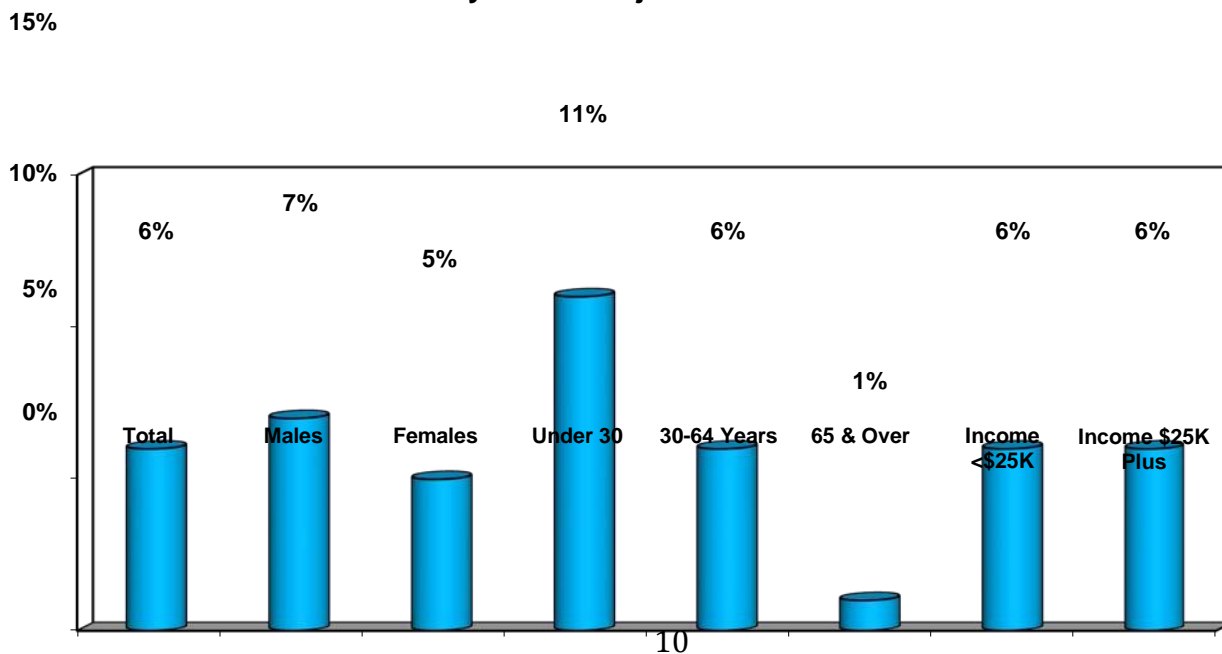
**Van Wert County Adult Drinkers Who Binge Drank in Past Month\***



## ADULT DRUG USE

In 2015, 6% of Van Wert County adults had used marijuana during the past 6 months. 11% 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.

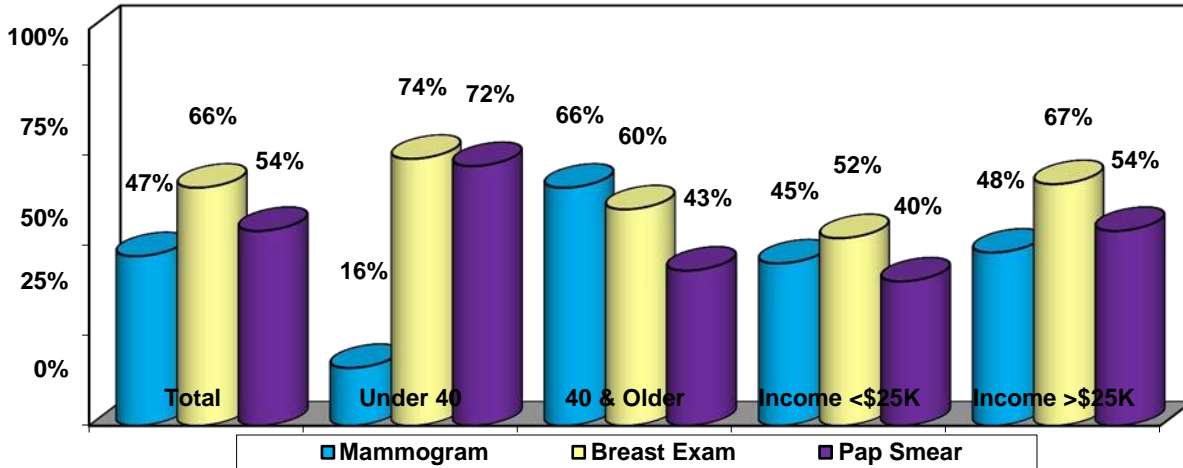
**Van Wert County Adult Marijuana Use in Past 6 Months**



**WOMEN'S HEALTH**

In 2015, nearly two-thirds (66%) of Van Wert County women over the age of 40 reported having a mammogram in the past year. 66% of Van Wert County women ages 19 and over had a clinical breast exam and 54% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 2% of women survived a heart attack and 1% survived a stroke at some time in their life. Almost one-third (30%) had high blood pressure, 39% had high blood cholesterol, 35% were obese, and 16% were identified as smokers, known risk factors for cardiovascular diseases.

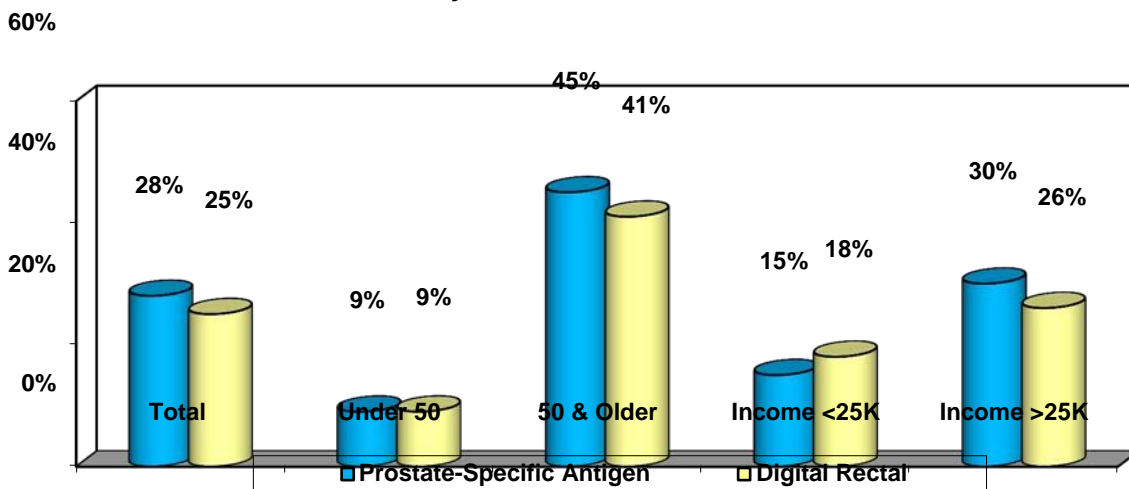
**Van Wert County Women's Health Exams Within the Past Year**



**MEN'S HEALTH**

In 2015, 45% of Van Wert County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 33% and cancers accounted for 23% of all male deaths in Van Wert County from 2009-2013. The Health Assessment determined that 5% of men survived a heart attack and 1% survived a stroke at some time in their life. One-third (33%) of men had been diagnosed with high blood pressure, 39% had high blood cholesterol, and 12% were identified as smokers, which, along with obesity (35%), are known risk factors for cardiovascular diseases.

**Van Wert County Men's Health Exams Within the Past Year**



## **PREVENTIVE MEDICINE AND HEALTH SCREENINGS**

Over two-thirds (70%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (54%) of adults ages 50 and over had a colonoscopy/sigmoidoscopy exam within the past 5 years.

## **ADULT SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES**

In 2015, more than three-fifths (64%) of Van Wert County adults had sexual intercourse. Three 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 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 2015, 21% of Van Wert County adults were limited in some way because of a physical, mental or emotional problem.

## **SOCIAL CONTEXT**

In 2015, 7% of Van Wert County adults were threatened or abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 48% of adults reported having firearms in and around their homes.

## **MENTAL HEALTH AND SUICIDE**

In 2015, 3% of Van Wert 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**

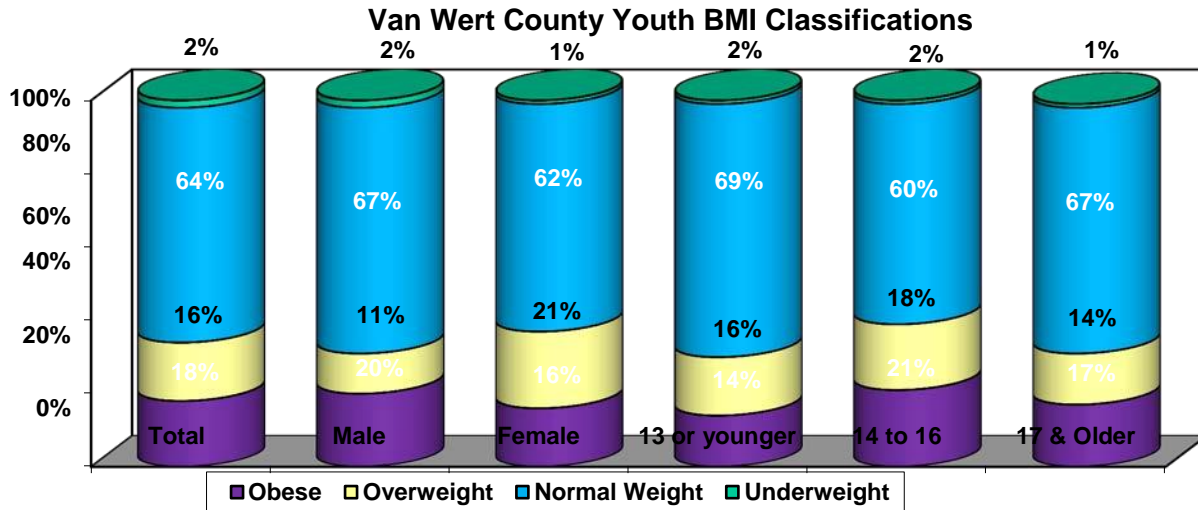
The 2015 Health Assessment project has determined that nearly three-fourths (72% or 15,236) of Van Wert County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of both Ohio and U.S. adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (73% or 2,183) of Van Wert 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**

85% of parents discussed dating and relationships with their 12-to-17 year-old in the past year. 92% of parents reported their child had received all recommended immunization shots.

**YOUTH WEIGHT STATUS**

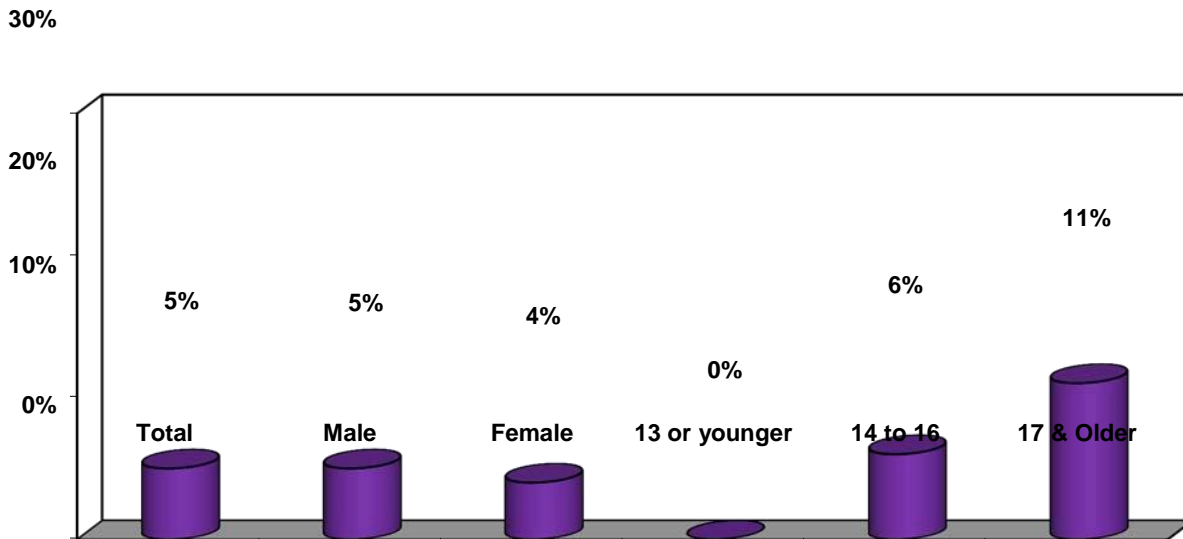
The 2015 Health Assessment identified that 18% (538) of Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 31% of Van Wert County youth reported that they were slightly or very overweight. 79% of youth were exercising for 60 minutes on 3 or more days per week. 93% of youth were involved in extracurricular activities.



**YOUTH TOBACCO USE**

The 2015 Health Assessment identified that approximately 150 (5%) of Van Wert County youth in grades 6-12 were current smokers, increasing to 11% of those ages 17 and older. 61% of youth reported they were exposed to second hand smoke.

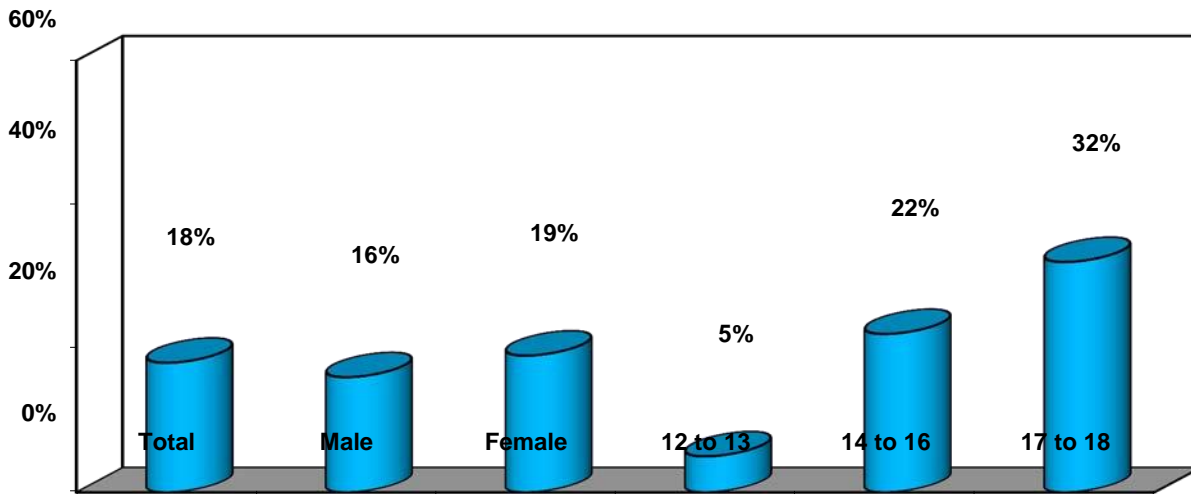
**Van Wert County 6th-12th Grade Youth Who Are Current Smokers**



## YOUTH ALCOHOL CONSUMPTION

In 2015, the Health Assessment results indicated that approximately 1,256 (42%) of Van Wert County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 59% of youth seventeen and older. 18% of all Van Wert County 6th-12th grade youth and 32% of those over the age of 17 had at least one drink in the past 30 days. Nearly three-fifths (59%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 7% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

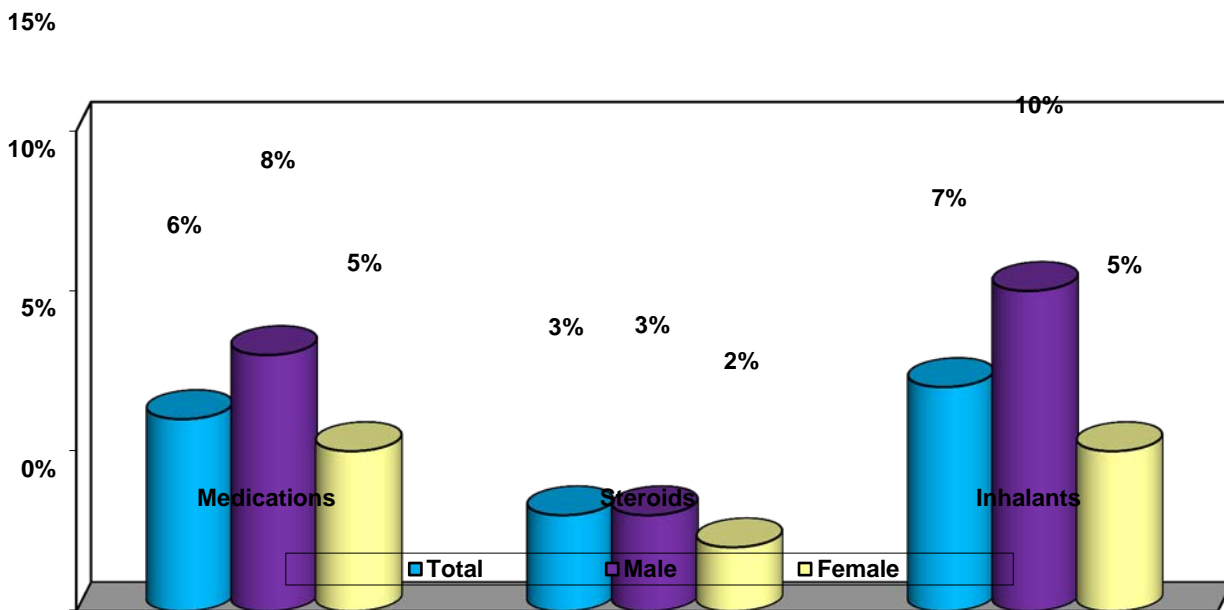
**Van Wert County 6th-12th Grade Youth Who Are Current Drinkers**



## YOUTH DRUG USE

In 2015, 7% of Van Wert County 7th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 13% of those ages 17 and older. 6% 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.

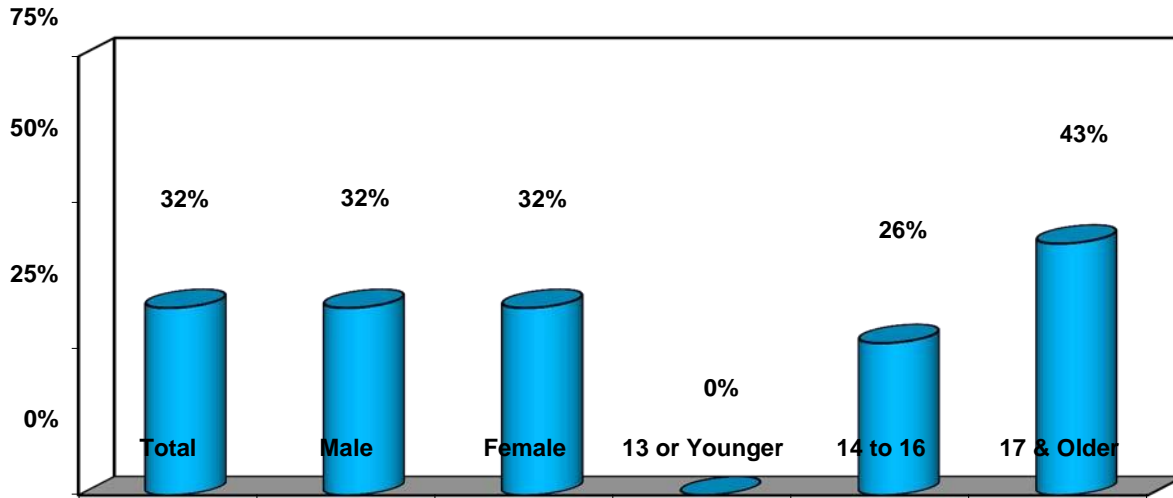
**Van Wert County 7th-12th Grade Youth Lifetime Drug Use**



**YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES**

In 2015, nearly one-third (32%) of Van Wert County 9<sup>th</sup>-12<sup>th</sup> grade youth have had sexual intercourse, increasing to 43% of those ages 17 and over. 30% of youth had participated in oral sex and 6% had participated in anal sex. 37% of youth participated in sexting. Of those who were sexually active, 56% had multiple sexual partners. Only students in grades 9-12 were asked sexual behavior questions.

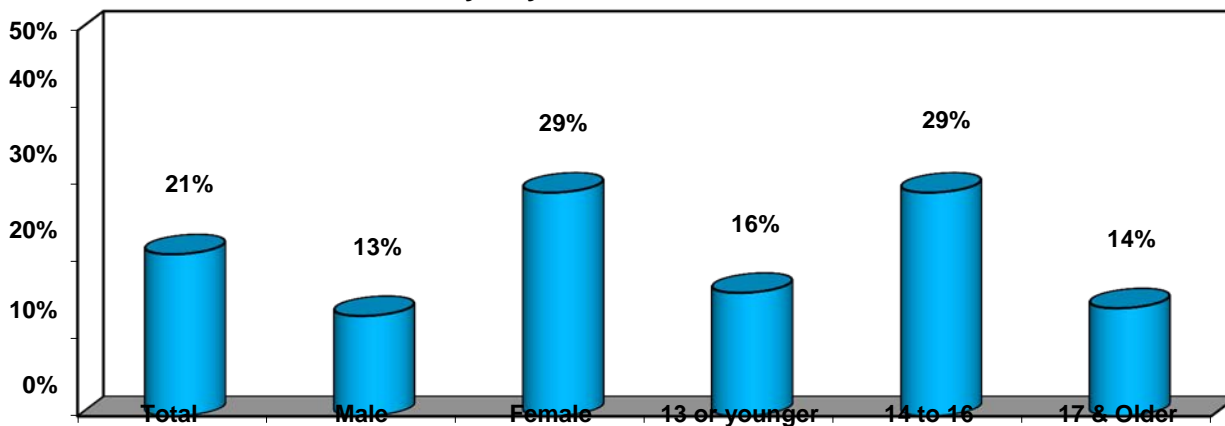
**Van Wert County 9th-12th Grade Youth Who Had Sexual Intercourse**



**YOUTH MENTAL HEALTH AND SUICIDE**

In 2015, the Health Assessment results indicated that 9% of Van Wert County 7<sup>th</sup>-12<sup>th</sup> grade youth had made a plan on how they would attempt suicide in the past year and 2% admitted actually attempting suicide in the past year, increasing to 4% of females.

**Van Wert County 6th-12th Grade Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row**





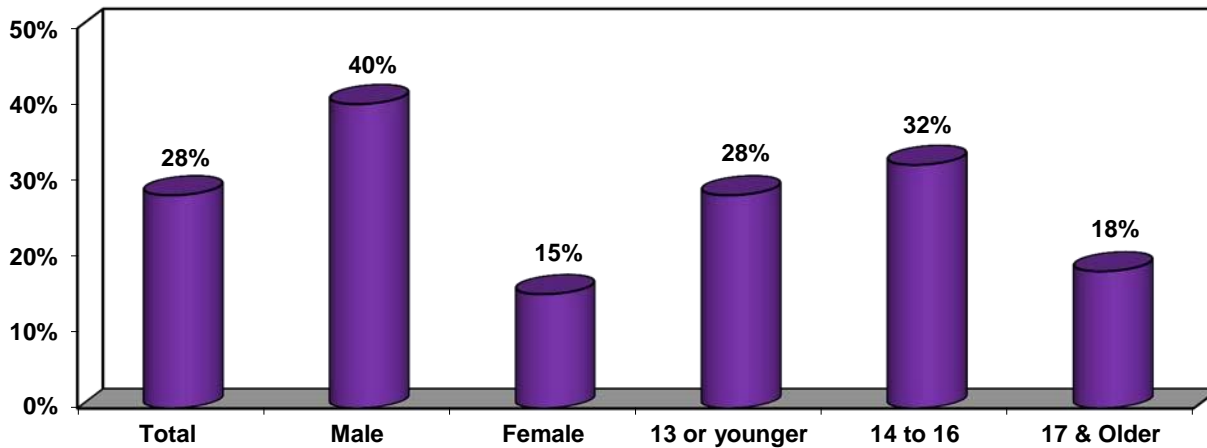
## YOUTH SAFETY

In 2015, 74% of Van Wert County 9<sup>th</sup>-12<sup>th</sup> grade youth self-reported that they wore a seatbelt when driving a car in the past month. Approximately 628 (21%) of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 7% of youth drivers had driven after drinking alcohol. 51% of youth drivers texted while driving.

## YOUTH VIOLENCE

In Van Wert County, 28% of 6<sup>th</sup>-12<sup>th</sup> grade youth had been involved in a physical fight in the past year. 8% of youth had been threatened or injured with a weapon on school property in the past year. 32% of youth had been bullied on school property in the past year.

**Van Wert County 6th-12th Grade Youth Involved in a Physical Fight in the Past Year**



# Adult | TREND SUMMARY

# TREND SUMMARY

Adult Variables	Van Wert County 2015	Ohio 2014	U.S. 2014
<b>Health Status</b>			
Rated health as excellent or very good	51% (10,792)	51%	53%
Rated general health as fair or poor	14% (2,963)	18%	17%
Average days that physical health not good in past month	2.7	3.9**	3.7**
Average days that mental health not good in past month	2.6	3.9**	3.5**
<b>Health Care Coverage</b>			
Uninsured	11% (2,328)	10%	13%
<b>Arthritis, Asthma, &amp; Diabetes</b>			
Has been diagnosed with arthritis	36% (7,618)	31%	26%
Has been diagnosed with diabetes	10% (2,116)	12%	10%
Has been diagnosed with asthma	12% (2,539)	15%	14%
<b>Cardiovascular Health</b>			
Had angina	6% (1,270)	5%	4%
Had a heart attack	4% (846)	5%	4%
Had a stroke	1% (212)	4%	3%
Has been diagnosed with high blood pressure	31% (6,560)	34%*	31%*
Has been diagnosed with high blood cholesterol	39% (8,253)	38%*	38%*
Had blood cholesterol checked within the past 5 years	80% (16,929)	78%*	76%*
<b>Weight Status</b>			
Obese	35% (7,406)	33%	30%
Overweight	37% (7,830)	34%	35%
<b>Alcohol Consumption</b>			
Had at least one alcoholic beverage in past month	53% (11,215)	53%	53%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	18% (3,809)	18%	17%
<b>Tobacco Use</b>			
Current smoker (currently smoke some or all days)	14% (2,963)	21%	89%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	21% (4,444)	25%	25%
<b>Preventive Medicine</b>			
Had a pneumonia vaccine (age 65 and older)	70% (3,282)	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	75% (3,516)	56%	61%
Ever had a shingles/zoster vaccine	18% (3,809)	21%	22%
Had a mammogram in the past two years (age 40 and older)	78% (5,994)	72%	73%
Had a pap smear in the past three years	71% (7,798)	74%	75%
<b>Quality of Life</b>			
Limited in some way because of physical, mental or emotional problem	21% (4,444)	22%	20%
<b>Oral Health</b>			
Adults who have visited the dentist in the past year	72% (15,236)	65%	65%

The numbers in parentheses above are the approximate number of Van Wert County adults based off of 21,161 adults ages 19 and older in Van Wert County.

\* 2013 BFRSS Data

# Youth | TREND SUMMARY

Youth Variables	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Control</b>				
Obese	18% (538)	20% (434)	13%	14%
Overweight	16% (478)	17% (369)	16%	17%
Trying to lose weight	44% (1,316)	45% (976)	47%	48%
Exercised to lose weight	42% (1,256)	41% (889)	61%‡	61%‡
Ate less food, fewer calories, or foods lower in fat to lose weight	24% (718)	26% (564)	43%‡	39%‡
Went without eating for 24 hours or more	4% (120)	5% (108)	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	2% (60)	3% (65)	5%	5%
Vomited or took laxatives	1% (30)	2% (43)	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	84% (2,512)	86% (1,864)	85%‡	78%‡
Physically active at least 60 minutes per day on every day in past week	35% (1,047)	37% (802)	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	61% (1,824)	64% (1,388)	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	7% (209)	7% (152)	13%	15%
Watched TV 3 or more hours per day	39% (1,166)	38% (824)	28%	33%
<b>Unintentional Injuries &amp; Violence</b>				
Carried a weapon in past month	13% (389)	11% (238)	14%	18%
Threatened or injured with a weapon on school property in past year	8% (239)	8% (173)	N/A	7%
Did not go to school because felt unsafe	3% (90)	2% (43)	5%	7%
Electronically/cyber bullied in past year	15% (449)	15% (325)	15%	15%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	N/A	9% (195)	N/A	10%
<b>Alcohol Consumption</b>				
Ever tried alcohol	42% (1,256)	56% (1,214)	71%*	66%
Current drinker	18% (538)	27% (585)	30%	35%
Binge drinker (of all youth)	10% (299)	16% (347)	16%	21%
Drank for the first time before age 13 (of all youth)	12% (359)	12% (260)	13%	19%
Rode with someone who was drinking	21% (628)	23% (499)	17%	22%
Drank and drove (of youth drivers)	N/A	7%	4%	10%
Obtained the alcohol they drank by someone giving it to them (of drinkers)	48% (258)	48% (281)	38%	42%

The numbers in parentheses above are the approximate number of Van Wert County youth impacted based off of 2,990 youth ages 12 to 18 years old (6<sup>th</sup>-12<sup>th</sup> grade), 2,611 youth ages 13 to 18 years old (7<sup>th</sup>-12<sup>th</sup> grade) and 2,168 youth ages 14 to 18 years old (9<sup>th</sup>-12<sup>th</sup> grade) in Van Wert County.

N/A – Not available, £ - Data is for 7-12<sup>th</sup> grade youth, \* Comparative YRBS data for Ohio and U.S. is 2011, ‡ Comparative YRBS data for Ohio is 2007 and U.S. is 2009

# TRENDS SUMMARY

Youth Variables	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Tobacco Use</b>				
Ever tried cigarettes	19% (568)	29% (629)	52%*	41%
Current smokers	5% (150)	7% (152)	15%	16%
Smoked cigarettes on 20 or more days during the past month (of all youth)	1% (30)	1% (22)	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	4% (120)	5% (108)	14%*	9%
<b>Sexual Behavior</b>				
Ever had sexual intercourse	N/A	32% (694)	43%	47%
Used a condom at last intercourse	N/A	47% (1,019)	51%	59%
Used birth control pills at last intercourse	N/A	13% (282)	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	12% (260)	12%	14%
Had four or more sexual partners (of all youth)	N/A	6% (130)	12%	15%
Had sexual intercourse before age 13 (of all youth)	N/A	2% (43)	4%	6%
<b>Drug Use</b>				
Youth who used marijuana in the past month	7%£ (183)	10% (217)	21%	23%
Ever used methamphetamines	N/A	2% (43)	6%‡	3%
Ever used cocaine	N/A	3% (65)	4%	6%
Ever used heroin	N/A	1% (22)	2%	2%
Ever used steroids	3%£ (78)	2% (43)	3%	3%
Ever used inhalants	7%£ (183)	6% (130)	9%	9%
Ever misused medications	N/A	3% (65)	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	6% (179)	7% (152)	20%	22%
<b>Personal Health</b>				
Visited a dentist for a check-up within the past year	73% (2,183)	76% (1,648)	75%	N/A
<b>Mental Health</b>				
Youth who had attempted suicide in the past year	2%£ (52)	2% (43)	6%	8%
Made a plan about how they would attempt suicide in the past year	9%£ (235)	11% (238)	11%	14%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	21% (628)	26% (564)	26%	30%

The numbers in parentheses above are the approximate number of Van Wert County youth impacted based off of 2,990 youth ages 12 to 18 years old (6<sup>th</sup>-12<sup>th</sup> grade), 2,611 youth ages 13 to 18 years old (7<sup>th</sup>-12<sup>th</sup> grade) and 2,168 youth ages 14 to 18 years old (9<sup>th</sup>-12<sup>th</sup> grade) in Van Wert County.

N/A – Not available, £ - Data is for 7-12<sup>th</sup> grade youth, \* Comparative YRBS data for Ohio and U.S. is 2011,

‡ Comparative YRBS data for Ohio is 2007 and U.S. is 2009

# Adult | HEALTH STATUS PERCEPTIONS

## Key Findings

In 2015, about half (51% or approximately 10,792) of the Van Wert County adults rated their health status as excellent or very good. Conversely, 14% of adults, increasing to 27% 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

- Van Wert County 51% (2015)
- Ohio 51% (2014)
- U.S. 53% (2014)

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

## General Health Status

- In 2015, about half (51% or approximately 10,792) of Van Wert County adults rated their health as excellent or very good.
- Van Wert County adults with higher incomes (51%) were most likely to rate their health as excellent or very good, compared to 38% of those with incomes less than \$25,000.
- About 2,963 (14%) of Van Wert County 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.
- Van Wert County adults were most likely to rate their health as fair or poor if they:
  - Had an annual household income under \$25,000 (27%)
  - Had been diagnosed with diabetes (26%)
  - Were widowed or a member of an unmarried couple (22%)
  - Had high blood pressure (19%) or high blood cholesterol (18%)

## Physical Health Status

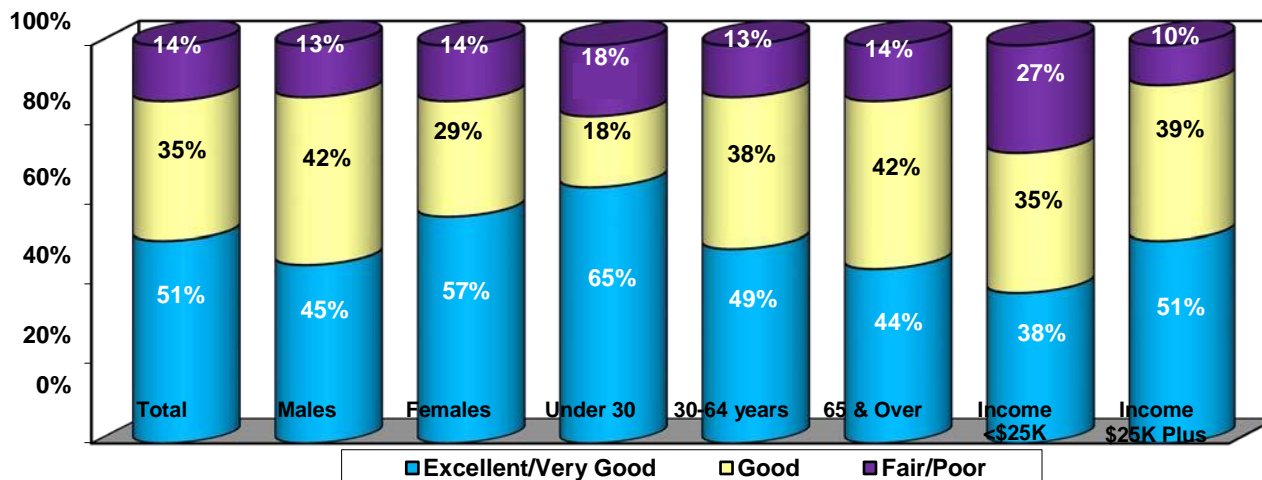
- In 2015, 16% of Van Wert County adults rated their physical health as not good on four or more days in the previous month.
- Van Wert County adults reported their physical health as not good on an average of 2.7 days in the previous month.
- Van Wert County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (33%)
  - Were under age 30 (19%)

## Mental Health Status

- In 2015, 19% of Van Wert County adults rated their mental health as not good on four or more days in the previous month.
- Van Wert County adults reported their mental health as not good on an average of 2.6 days in the previous month.
- One-in-six (17%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.
- Van Wert County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under \$25,000 (21%)
  - Were female (21%)

The following graph shows the percentage of Van Wert County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 51% of all Van Wert County adults, 65% of those under age 30, and 44% of those ages 65 and older rated their health as excellent or very good.

**Van Wert County Adult Health Perceptions\***



\*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	70%	8%	6%	2%	6%
Females	63%	8%	4%	3%	11%
Total	67%	7%	5%	2%	9%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	70%	9%	7%	1%	8%
Females	64%	7%	5%	<1%	14%
Total	67%	8%	6%	1%	11%

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

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Rated health as excellent or very good	51%	51%	53%
Rated health as fair or poor	14%	18%	17%

# Adult | HEALTH CARE COVERAGE

## Key Findings

The 2015 Health Assessment data has identified that 11% of Van Wert County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Van Wert County, 12.5% of residents live below the federal poverty level (Source: U.S. Census, American Community Survey 5 Year Estimate, 2013).

## General Health Coverage

- In 2015, 89% or 18,833 Van Wert County adults had health care coverage, leaving 11% (2,328 adults) who were uninsured. The 2014 BRFSS reports uninsured prevalence rates for Ohio (10%) and the U.S. (13%).
- In the past year, 11% of adults were uninsured, increasing to 24% of those with incomes less than \$25,000.
- 14% of adults with children did not have healthcare coverage, compared to 11% of those who did not have children living in their household.
- 13% of Van Wert County adults renewed or applied for Medicaid/Managed Care in the past year, increasing to 42% of those with incomes less than \$25,000. Of those who applied for Medicaid/Managed Care, 12% did not receive Medicaid benefits.
- 4% of Van Wert County adults did not know how or where to apply for Medicaid/Managed Care.

**11% of Van Wert County adults were uninsured.**

- The following types of health care coverage were used: employer (46%), someone else's employer (15%), Medicare (13%), multiple-including private sources (9%), multiple-including government sources (4%), self-paid plan (3%), Medicaid or medical assistance (3%), Health Insurance Marketplace (3%), military or VA (1%), and other (3%).
- Van Wert County adult health care coverage includes the following: medical (99%), prescription coverage (93%), physicians in Van Wert County (86%), preventive health (80%), immunizations (80%), dental (70%), outpatient therapy (70%), their spouse (67%), vision (67%), their children (60%), mental health (59%), mental health counseling (52%), alcohol and drug treatment (42%), long-term care (31%), home care (30%), skilled nursing (28%), their partner (25%), hospice (25%), and transportation (9%).
- The top reasons uninsured adults gave for being without health care coverage were:
  - They lost their job or changed employers (45%)
  - They could not afford to pay the insurance premiums (19%)
  - Their employer does not or stopped offering coverage (19%)

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

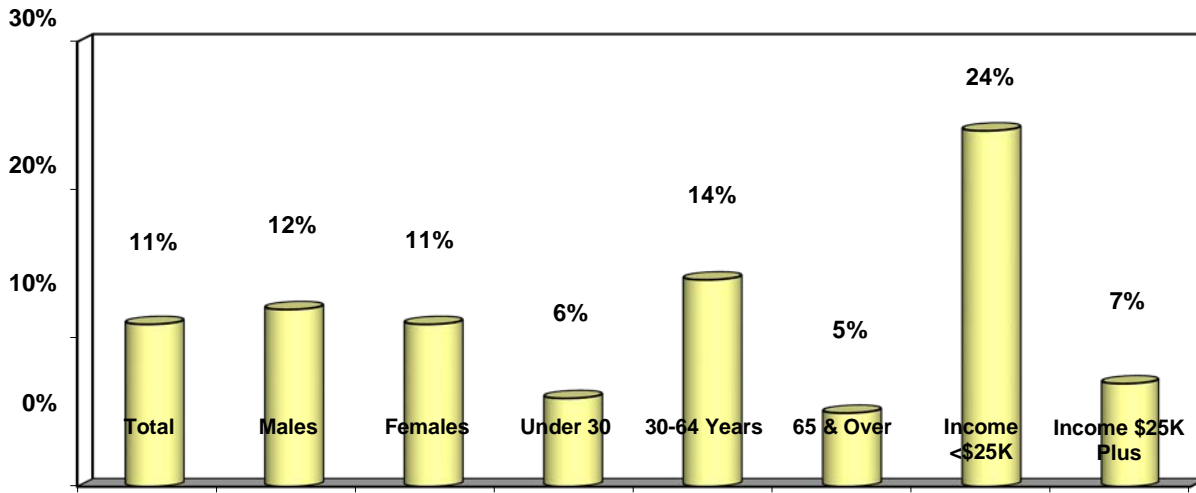
Average Members Per Year 2010	Van Wert County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Ages 0-18	2,711 (57%)	1,159,095 (55%)
Ages 19-64	1,731 (36%)	787,749 (38%)
Ages 65 and Over	320 (7%)	155,896 (7%)
Total	4,762 (100%)	2,102,740 (100%)

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

*(Source: Ohio Department of Job & Family Services, Van Wert County 2008-2011 Profile, [http://jfs.ohio.gov/county/cntypro/pdf11/Van\\_Wert.pdf](http://jfs.ohio.gov/county/cntypro/pdf11/Van_Wert.pdf))*

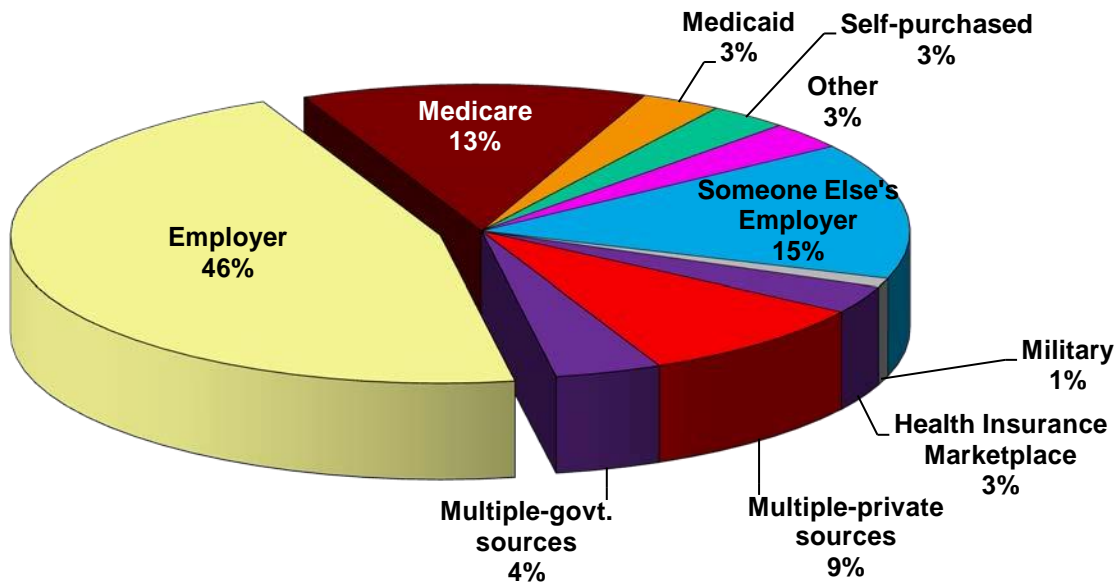
The following graph shows the percentages of Van Wert County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 11% of all Van Wert County adults were uninsured, 24% of adults with an income less than \$25,000 reported being uninsured and 6% of those under age 30 lacked health care coverage. The pie chart shows the sources of Van Wert County adults' health care coverage.

Uninsured Van Wert County Adults



24% of Van Wert County adults with incomes less than \$25,000 were uninsured.

Source of Health Coverage for Van Wert County Adults



Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Uninsured	11%	10%	13%



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

Objective	Van Wert County 2015	Ohio 2014	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	90% age 20-24 82% age 25-34 92% age 35-44 85% age 45-54 87% 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 Objective, 2014 BRFSS, 2015 Van Wert County Health Assessment)

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

Health Coverage Includes:	Yes	No	Don't Know
Medical	99%	1%	<1%
Prescription Coverage	93%	5%	2%
Physicians in Van Wert County	86%	5%	9%
Preventive Health	80%	5%	15%
Immunizations	80%	5%	15%
Dental	70%	29%	1%
Outpatient Therapy	70%	4%	26%
Their Spouse	67%	31%	2%
Vision	67%	31%	2%
Their Children	60%	35%	5%
Mental Health	59%	9%	32%
Mental Health Counseling	52%	7%	41%
Alcohol and Drug Treatment	42%	6%	52%
Long-Term Care	31%	21%	48%
Home Care	30%	10%	60%
Skilled Nursing	28%	12%	60%
Their Partner	25%	50%	25%
Hospice	25%	11%	64%
Transportation	9%	33%	57%

**Ohio Medicaid Assessment Survey**

- Half of Ohio's adult Medicaid enrollees or their spouses work, and another 30 percent are individuals living with disabilities.
- Ohio's uninsured rate has been cut in half, from 17.3 percent in 2012 to 8.7 percent today.
- The rate of uninsured children in Ohio also has been cut in half, from 4.7 percent in 2012 to 2.0 percent in 2015. Medicaid eligibility for children has not changed, but aggressive enrollment efforts have resulted in Medicaid covering 46.1 percent of insured children, up from 42 percent in 2012.
- The rate of employer-sponsored insurance has remained constant since 2010, with nearly 55 percent of Ohioans covered through an employer.

(Source: Office of Health Transformation, Extend Medicaid Coverage and Automate Enrollment, 8/19/2015, from: <http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=EtKWtYqgEZU%3d&tabid=160>)

# Adult | HEALTH CARE ACCESS AND UTILIZATION

## Key Findings

The 2015 Health Assessment project identified that 68% or 14,389 of Van Wert County adults had visited a doctor for a routine checkup in the past year. 70% of adults went outside of Van Wert County for health care services in the past year.

## Health Care Access

- More than two-thirds (68% or 14,389) of Van Wert County adults visited a doctor for a routine checkup in the past year, increasing to 81% of those over the age of 65.
- More than half (55% or 11,639) of Van Wert County adults reported they had one person they thought of as their personal doctor or healthcare provider. 35% of adults had more than one person they thought of as their personal healthcare provider, and 22% did not have one at all.
- Approximately 15,024 (71%) of Van Wert County adults reported they had a usual source of medical care.
- Reasons for not having a usual source of medical care included: had two or more usual places (33%), had not needed a doctor (20%), no insurance (12%), cost (10%), do not like/trust/believe in doctors (6%), previous doctor unavailable/moved (3%), did not accept Medicare, Medicaid, or Healthcare Exchange (1%), outstanding bill (1%), and other reasons (7%).
- Adults visited the following places for health care services or advice: doctor's office (64%), multiple places-including a physician (21%), Internet (3%), hospital emergency room (2%), multiple places-not including a physician (2%), public health clinic or community health department (1%), Department of Veterans Affairs (VA) (1%), chiropractor (<1%), and some other kind of place (2%). 4% of adults indicated they had no usual place for health care services.
- The following might prevent Van Wert County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (29%), worried they might find something wrong (10%), could not get time off work (9%), hours not convenient (7%), difficult to get an appointment (6%), doctor would not take their insurance (5%), frightened of the procedure or doctor (5%), difficult to find/no transportation (3%), do not trust or believe doctors (3%), no childcare (2%), discrimination (<1%), and some other reason (4%).
- Van Wert County adults had the following problems when they needed health care in the past year: could not get appointments when they wanted them (8%), did not have enough money to pay for health care or insurance (7%), had to change doctors because of their healthcare plan (4%), could not find a doctor they were comfortable with (4%), did not have insurance (4%), could not find a doctor to take them as a patient (3%), too busy to get the healthcare they needed (3%), healthcare plan did not allow them to see doctors in Van Wert County (2%), did not have transportation (1%), too embarrassed to seek help (1%), did not have child care (1%), did not get health services because they were concerned about their confidentiality (1%), did not get health services because of discrimination (<1%), and other problems that prevented them from getting health care (3%).

- Van Wert County adults did not get the following major or preventive care because of cost: lab testing (8%), medication (7%), mammogram (7%), pap smear (7%), colonoscopy (5%), surgery (4%), weight loss program (4%), immunizations (3%), PSA test (2%), mental health services (2%), family planning services (2%), smoking cessation (1%), and alcohol or drug treatment (<1%).
- About 14,813 or 70% of adults went outside of Van Wert County for the following health care services in the past year: specialty care (33%), dental services (20%), primary care (16%), obstetrics/gynecology/NICU (13%), pediatric care (8%), orthopedic care (8%), cardiac care (5%), cancer care (4%), mental health care (3%), counseling (2%), addiction services (<1%), developmental disability services (<1%), pediatric therapies (<1%), and other services (11%).
- Reasons for seeking health care services outside of Van Wert County included: needed care they could not get locally (33%), better care elsewhere (29%), provider referral (28%), closer to home/work (12%), insurance requirement (12%), cost less (10%), more privacy (6%), and other reasons (15%).
- 47% of adults traveled less than 20 miles for their health care needs, 40% traveled 20 to 40 miles, 10% traveled 41 to 60 miles, and 3% traveled more than 60 miles for their health care needs.
- Van Wert County adults had the following issues regarding their healthcare coverage: deductibles were too high (36%), premiums were too high (26%), co-pays were too high (20%), high HSA account deductible (14%), opted out of certain coverage because they could not afford it (7%), could not understand their insurance plan (6%), limited visits (6%), provider/facility no longer covered (5%), service not deemed medically necessary (5%), opted out of certain coverage because they did not need it (4%), difficulty navigating the Marketplace (3%), working with their insurance company (3%), service no longer covered (3%), and mental health services limited/not covered (2%).
- More than one-quarter (26% or 5,502) of adults did not get their prescriptions from their doctor filled in the past year, increasing to 49% of those who were uninsured.
- Those who did not get their prescriptions filled gave the following reasons: they could not afford the out of pocket expense (34%), they did not think they needed it (20%), there was no generic equivalent (16%), they stretched their current prescription by taking less than prescribed (14%), they had a high HSA account deductible (10%), side effects (9%), their co-pays were too high (9%), they did not have insurance (8%), their premiums were too high (6%), their deductibles were too high (5%), and they were taking too many medications (2%). Almost half (48%) of Van Wert County adults did not have prescriptions to be filled.
- Van Wert County adults had the following transportation issues when they needed health services: could not afford gas (3%), disabled (2%), no car (2%), no driver's license (1%), limited public transportation available or accessible (1%), no public transportation available or accessible (1%), car did not work (<1%), no transportation before or after 8 a.m.- 4:30 p.m. (<1%), and other car issues/expenses (3%).
- In the past year, adults missed work due to the following: illnesses or injuries (4.3 days), medical appointments (1.1 days), mental health (0.2 days), dental issues (0.1 days), and asthma (< 0.1 days).

## Availability of Services

- Van Wert County adults reported they had looked for the following programs for themselves or a loved one: depression, anxiety or mental health (16%), weight problems (11%), disability (6%), end-of-life/hospice care (6%), marital/family problems (5%), smoking cessation (3%), drug abuse (1%), alcohol abuse (<1%), and gambling abuse (<1%).

**Van Wert County Adults Able to Access Assistance Programs/Services**

Types of Programs (% of all adults who looked for the programs)	Van Wert County adults who have looked but have NOT found a specific program	Van Wert County adults who have looked and have found a specific program
<b>Depression or Anxiety</b> (16% of all adults looked)	14%	86%
<b>Weight Problems</b> (11% of all adults looked)	47%	53%
<b>Disability</b> (6% of all adults looked)	13%	87%
<b>End-of-Life/Hospice Care</b> (6% of all adults looked)	0%	100%
<b>Marital/Family Problems</b> (5% of all adults looked)	38%	62%
<b>Smoking Cessation</b> (3% of all adults looked)	40%	60%
<b>Drug Abuse</b> (1% of all adults looked)	50%	50%
<b>Alcohol Abuse</b> (<1% of all adults looked)	100%	0%
<b>Gambling Abuse</b> (<1% of all adults looked)	100%	0%

### 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))

# Adult | **CARDIOVASCULAR HEALTH**

## Key Findings

Heart disease (22%) and stroke (5%) accounted for 27% of all Van Wert County adult deaths in 2013 (Source: CDC Wonder, 2013). The 2015 Van Wert County Health Assessment found that 4% (about 846) of adults had survived a heart attack and 1% had survived a stroke at some time in their life. Over one-third (35%) of Van Wert County adults were obese. 31% had been diagnosed with high blood pressure, 26% were sedentary, 39% had high blood cholesterol, and 14% were smokers, five known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- In 2015, 4% (846) of Van Wert County adults reported they had survived a heart attack (myocardial infarction), increasing to 11% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported they had survived a heart attack (myocardial infarction) in 2014 (Source: 2014 BRFSS).
- 1% of Van Wert County adults reported they had survived a stroke, increasing to 4% 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).
- 6% of adults reported they had angina or coronary heart disease, increasing to 15% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported having angina or coronary heart disease in 2014 (Source: 2014 BRFSS).
- 1% of adults reported they had congestive heart failure, increasing to 4% of those over the age of 65.

## High Blood Pressure (Hypertension)

- Almost one-third (31% or 6,560) 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.
- 9% of adults were told they were pre-hypertensive/borderline high.
- 92% of adults had their blood pressure checked within the past year.
- Van Wert County adults diagnosed with high blood pressure were more likely to:
  - Have been age 65 years or older (66%)
  - Have been classified as obese by Body Mass Index-BMI (46%)
  - Have rated their overall health as fair or poor (45%)

### Van Wert County Leading Causes of Death 2013

**Total Deaths: 331**

1. Heart Disease (22% of all deaths)
2. Cancer (21%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Diabetes (5%) TIE
5. Accidents (Unintentional Injuries) (5%) TIE

(Source: CDC Wonder, 2013)

### Ohio Leading Causes of Death 2013

**Total Deaths: 113,258**

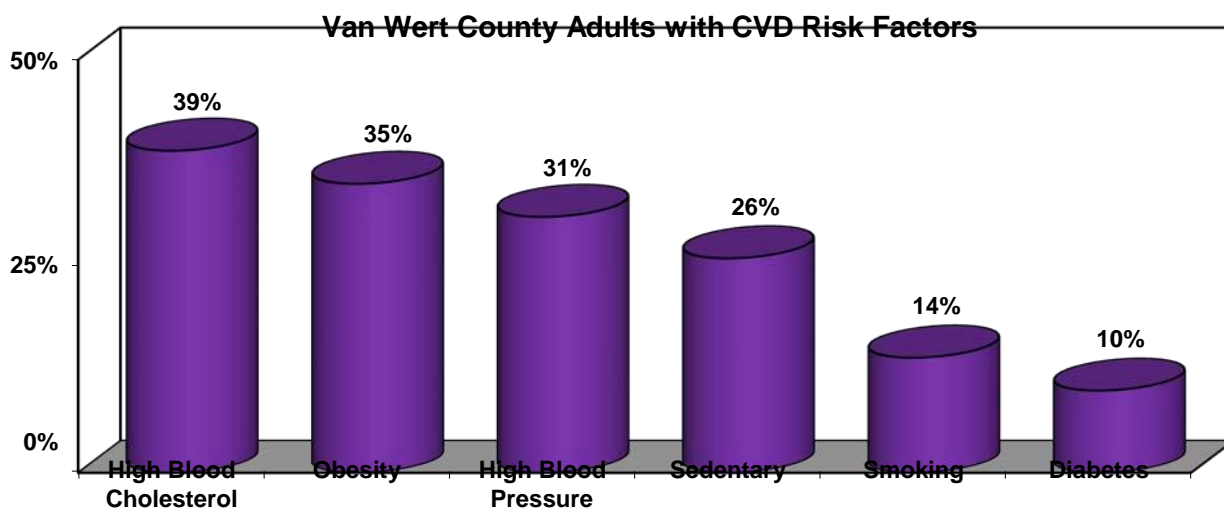
1. Heart Disease (24% of all deaths)
2. Cancers (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents (Unintentional Injuries) (5%)

(Source: CDC Wonder, 2013)

## High Blood Cholesterol

- More than one-third (39% or 8,253) 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.
- Four-fifths (80%) 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.
- Van Wert County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (69%)
  - Have rated their overall health as fair or poor (52%)
  - Have been classified as obese by Body Mass Index-BMI (51%)

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



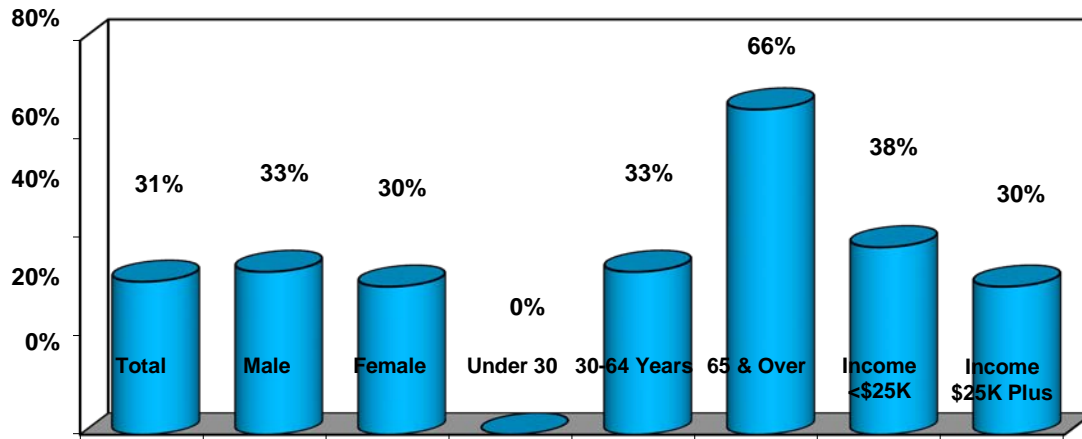
(Source: 2015 Van Wert County Health Assessment)

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Had angina	6%	5%	4%
Had a heart attack	4%	5%	4%
Had a stroke	1%	4%	3%
Had high blood pressure	31%	34%*	31%*
Had high blood cholesterol	39%	38%*	38%*
Had blood cholesterol checked within the past 5 years	80%	78%*	76%*

\*2013 BRFSS Data

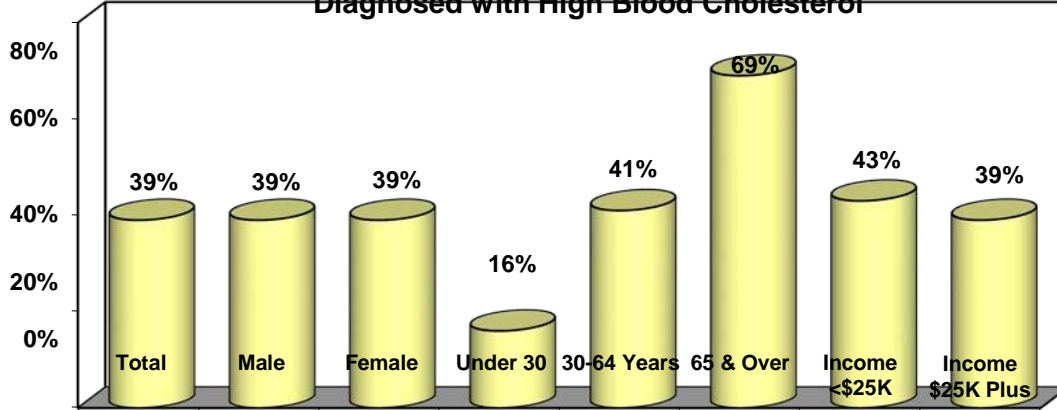
The following graphs show the number of Van Wert County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 31% of all Van Wert County adults have been diagnosed with high blood pressure, 33% of all Van Wert County males, 30% of all females, and 66% of those 65 years and older.

**Diagnosed with High Blood Pressure\***

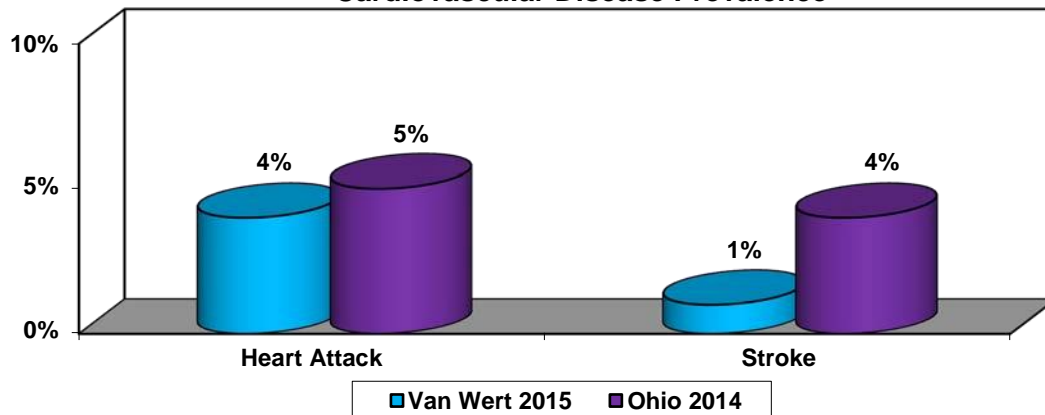


*\*Does not include respondents who indicated high blood pressure during pregnancy only.*

**Diagnosed with High Blood Cholesterol**



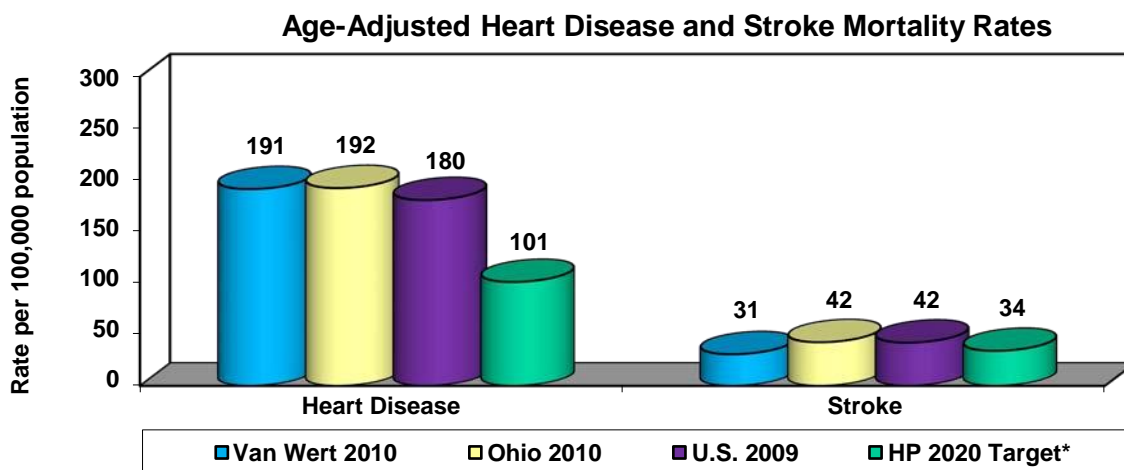
**Cardiovascular Disease Prevalence**



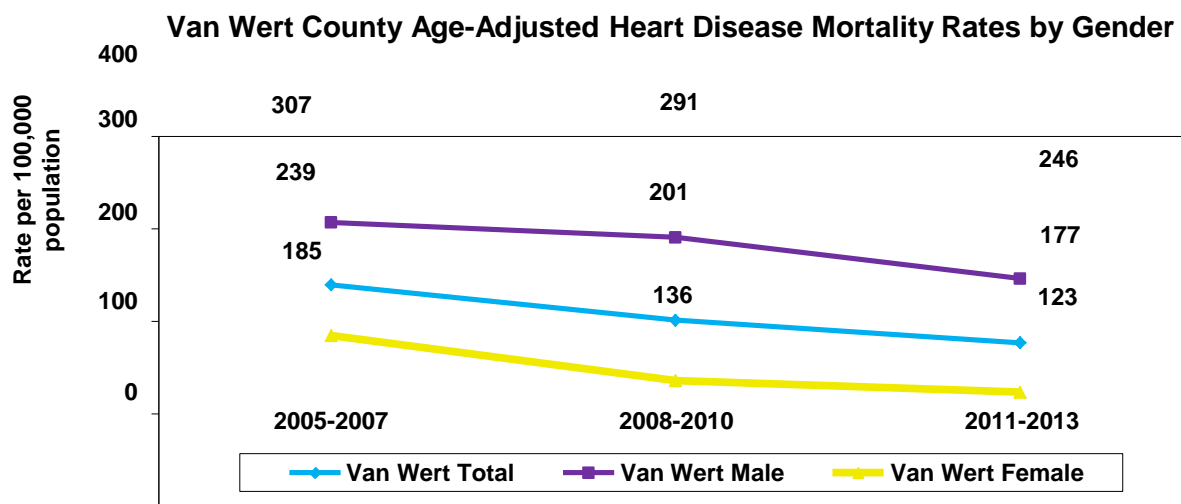
(Source: 2015 Van Wert Health Assessment and 2014 BRFSS)

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 the 2010 Van Wert County heart disease mortality rate was lower than the figure for the state rate, but higher than the U.S. rate and the Healthy People 2020 target.
- The Van Wert County age-adjusted stroke mortality rate for 2010 was lower than the state and the U.S. figure, and Healthy People 2020 target objective.
- From 2005-2013, the Van Wert County age-adjusted heart disease mortality rate has decreased for both sexes.



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



(Source: CDC Wonder, Underlying Cause of Death, 2005-2013)



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

- From 2011-2013, the Van Wert County stroke mortality rate was higher for males than for females.



(Source: CDC Wonder, About Underlying Cause of Death, 2011-2013)

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

Objective	Van Wert Survey Population Baseline	2013 U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	31% (2015)	31% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	80% (2015)	76% Adults age 18 & up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	39% (2015)	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, 2015 Van Wert County Health Assessment)

## Stroke Warning Signs and Symptoms

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

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

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

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



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

# Adult | CANCER

## Key Findings

In 2015, 13% of Van Wert County adults had been diagnosed with cancer at some time in their life. The Centers for Disease Control and Prevention (CDC) indicates that from 2009-2013, a total of 335 Van Wert 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.

### Van Wert County Incidence of Cancer, 2008-2012

#### All Types: 790 cases

- Breast: 128 cases (16%)
- Lung and Bronchus: 109 cases (14%)
- Prostate: 97 cases (12%)
- Colon and Rectum: 87 cases (11%)

**In 2013, there were 70 cancer deaths in Van Wert County.**

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

**13% of Van Wert County adults had been diagnosed with cancer at some time in their life.**

## Cancer Facts

- Approximately 2,751 (13%) of Van Wert County adults were diagnosed with cancer at some point in their lives, increasing to 25% of those over the age 65.
- The Centers for Disease Control and Prevention (CDC) indicates that from 2009-2013, cancers caused 29% (335 of 1,477 total deaths) of all Van Wert County resident deaths. The largest percent (21%) 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 2015 health assessment project has determined that 14% of Van Wert 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.**

## Lung Cancer

- The CDC reports that lung cancer (n=47) was the leading cause of male cancer deaths from 2009-2013 in Van Wert County, followed by lymphatic cancer (n=24) and cancer of the colon (n=12) *(Source: CDC Wonder)*.
- In Van Wert County, 12% of male adults were current smokers. *(Source: 2015 Van Wert County Health Assessment)*.
- The CDC reports that lung cancer was the leading cause of female cancer deaths (n=43) in Van Wert County from 2009-2013 followed by breast (n=27) and colon (n=19) cancers *(Source: CDC Wonder)*.

- Approximately 16% of female adults in the county were current smokers. (Source: 2015 Van Wert County Health Assessment).
- 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 Van Wert County male adults and 16% of female adults were current smokers.**

## Breast Cancer

- In 2015, 66% of Van Wert County females reported having had a clinical breast examination in the past year.
- 66% of Van Wert 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).

**Nearly two-thirds (66%) of Van Wert County females over the age of 40 had a mammogram in the past year.**

## Colon and Rectum Cancer

- More than half (54%) 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 11% of all male and female cancer deaths from 2009-2013 in Van Wert 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. In 2015, 70% of Van Wert County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life and 51% had been screened in the past 5 years.

## Prostate Cancer

- CDC statistics indicate that prostate cancer deaths accounted for 9% of all male cancer deaths from 2009-2013 in Van Wert 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).

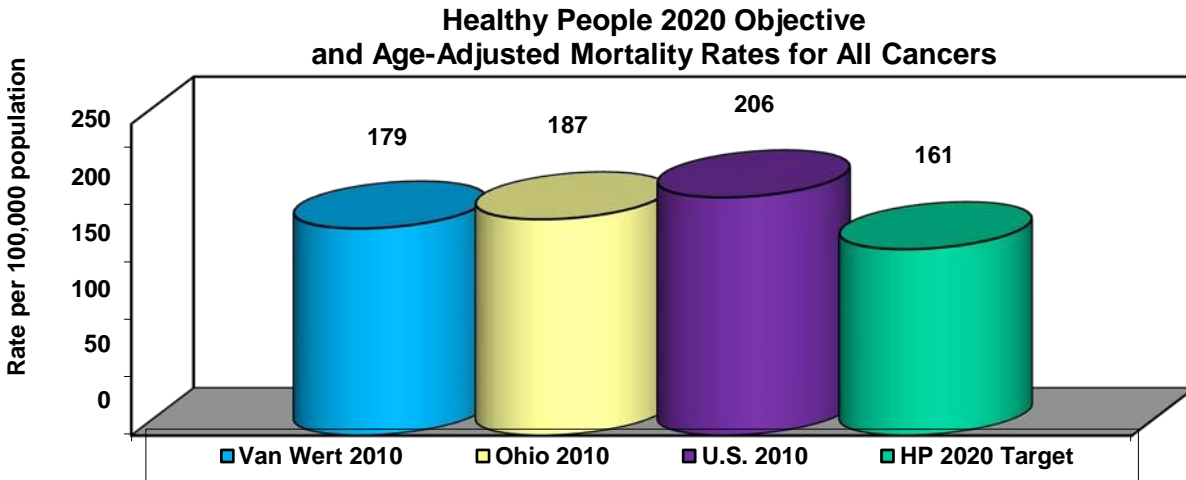
### Van Wert County Incidence of Cancer 2008-2012

Type of Cancer	Number of Cases	Percent of Total Incidence of Cancer
Breast	128	16%
Lung and Bronchus	109	14%
Prostate	97	12%
Colon and Rectum	87	11%
Other/Unspecified	60	8%
Bladder	39	5%
Non-Hodgkins Lymphoma	31	4%
Pancreas	30	4%
Melanoma of Skin	28	4%
Leukemia	23	3%
Kidney and Renal Pelvis	23	3%
Cancer and Corpus Uteri	18	2%
Oral Cavity & Pharynx	16	2%
Ovary	14	2%
Thyroid	13	2%
Liver and Bile Ducts	13	2%
Esophagus	12	1%
Multiple Myeloma	11	1%
Cancer of Cervix Uteri	8	1%
Stomach	7	<1%
Hodgkins Lymphoma	7	<1%
Testis	6	<1%
Larynx	5	<1%
Brain and CNS	5	<1%
Total	790	100%

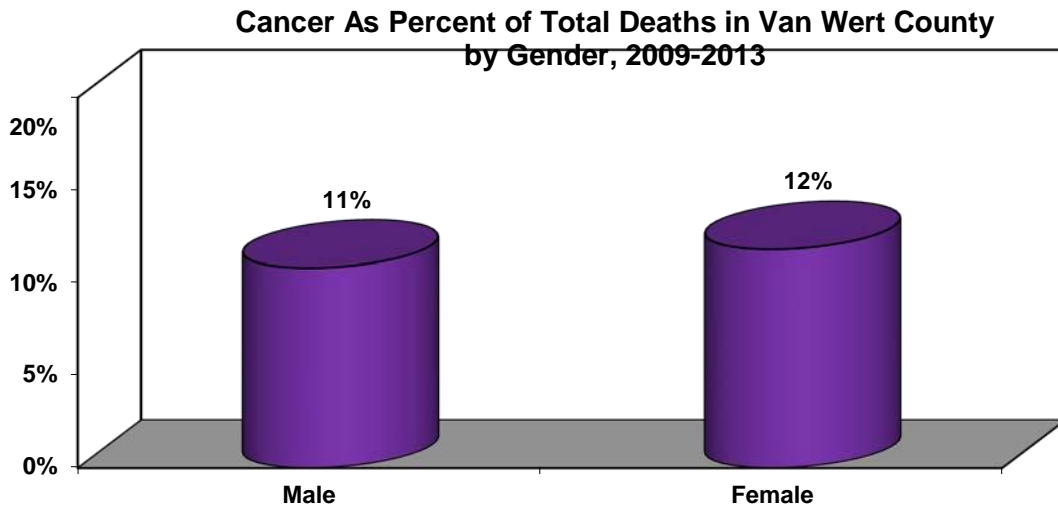
(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)

The following graph shows the Van Wert 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, Van Wert County had a lower cancer mortality rate than Ohio and the U.S., but a higher rate than the Healthy People 2020 target objective.
- The percentage of Van Wert County females who died from all cancers was slightly higher than the percentage of Van Wert County males who died from all cancers.



(Source: ODH Information Warehouse, updated 10-27-14; Healthy People 2020)



(Source: CDC Wonder, 2009-2013)

## 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 male, 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>)*

# Adult | DIABETES

## Key Findings

In 2015, 10% (about 2,116) of Van Wert County adults had been diagnosed with diabetes.

## Diabetes

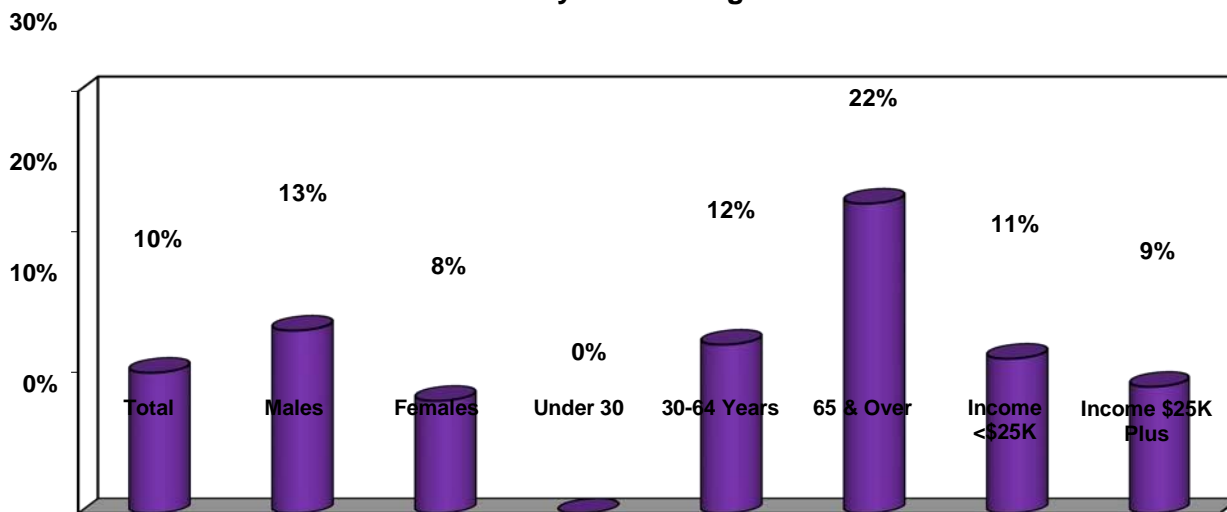
- The 2015 health assessment project has identified that 10% (about 2,116) of Van Wert County adults had been diagnosed with diabetes, increasing to 22% of those age 65 and older. The 2014 BRFSS reports an Ohio prevalence of 12% and U.S. prevalence of 10%.
- Adults with diabetes were using the following to treat their diabetes: checking blood sugar (79%), diabetes pills (70%), checking A1C annually (67%), diet control (65%), annual vision exam (63%), checking their feet (53%), exercise (49%), insulin (35%), dental exam (19%), and taking a class (5%).
- More than one-fourth (26%) of adults with diabetes rated their health as fair or poor.
- Van Wert County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 88% were obese or overweight
  - 76% had been diagnosed with high blood cholesterol
  - 68% had been diagnosed with high blood pressure

## 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))

**Van Wert County Adults Diagnosed with Diabetes**



DIABETES



Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Diagnosed with diabetes	10%	12%	11%

## Diabetes Symptoms

The most common symptoms of type 1 and type 2 diabetes are:

### TYPE 1 DIABETES

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

### TYPE 2 DIABETES

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

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

## Who is at Greater Risk for Type 2 Diabetes

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

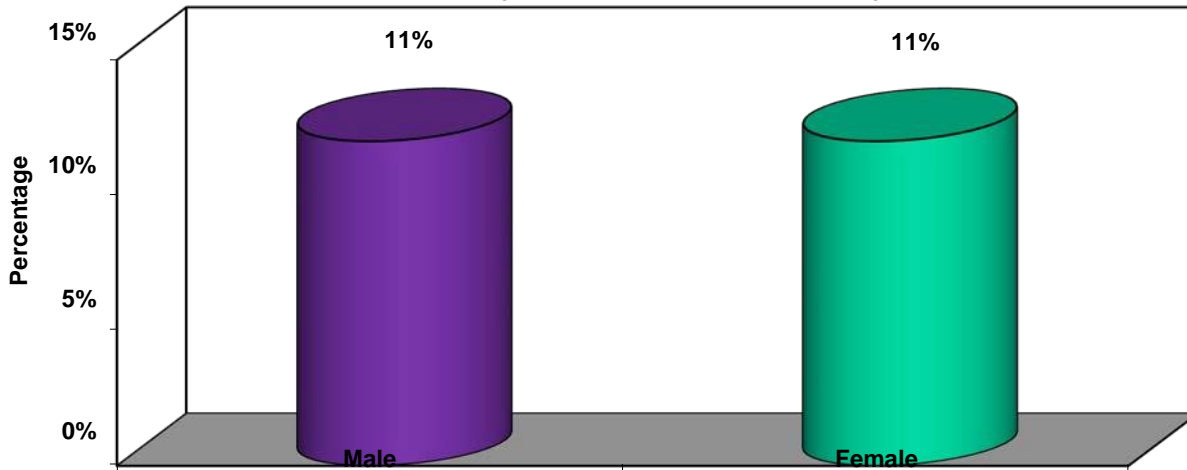
*(Source: American Diabetes Association, Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes, <http://www.diabetes.org/diabetes-basics/prevention/risk-factors>)*

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

- In 2010, the prevalence of diabetes was equal among males than females in Van Wert County.
- From 2011 to 2013, Van Wert County's age-adjusted diabetes mortality rate was greater than the Ohio, and the national rate, but less than the Healthy People 2020 target objective.

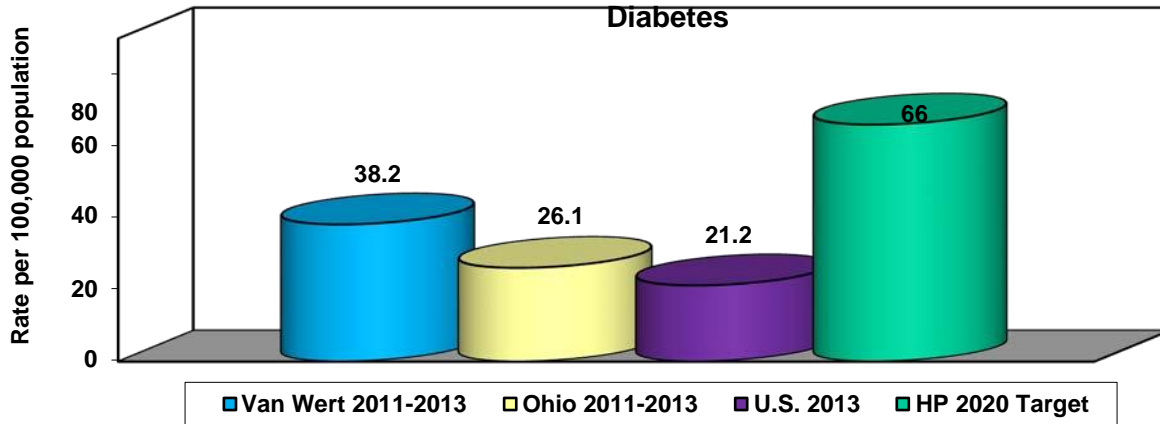
# DIABETES

**Van Wert 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**

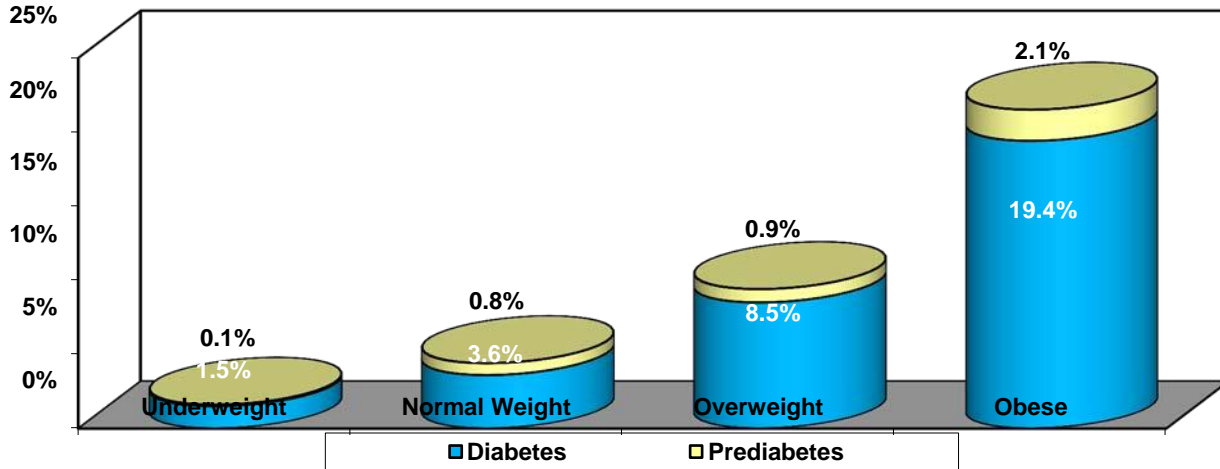


(Source: Network of Care, Health Indicators, CDC, and Healthy People 2020)

The following graph shows the Ohio prevalence of diabetes and prediabetes by BMI weight status category. The following graph shows:

- The chance of developing diabetes and prediabetes increases relative to increases in BMI weight status category.

**2011 Ohio Prevalence of Diabetes and Prediabetes by BMI Weight Status Category**



**Overweight and Obese Type 2 Diabetes Risk by Sex in Ohio**

Category	Increase in Risk
Overweight Men	2.4
Overweight Women	3.9
Obese Men	6.7
Obese Women	12.4

(Source: ODH, Obesity and Diabetes in Ohio 2013, from [http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity\\_Diabetes\\_Supp\\_2013.ashx](http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity_Diabetes_Supp_2013.ashx))

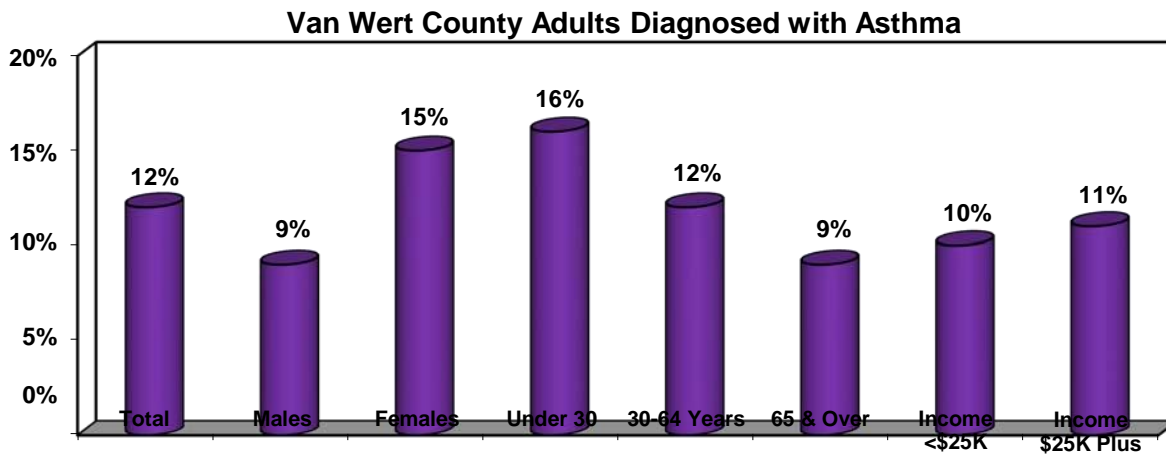
# Adult | ASTHMA AND OTHER RESPIRATORY DISEASE

## Key Findings

According to the Van Wert County survey data, 12% of adults had been diagnosed with asthma.

## Asthma and Other Respiratory Disease

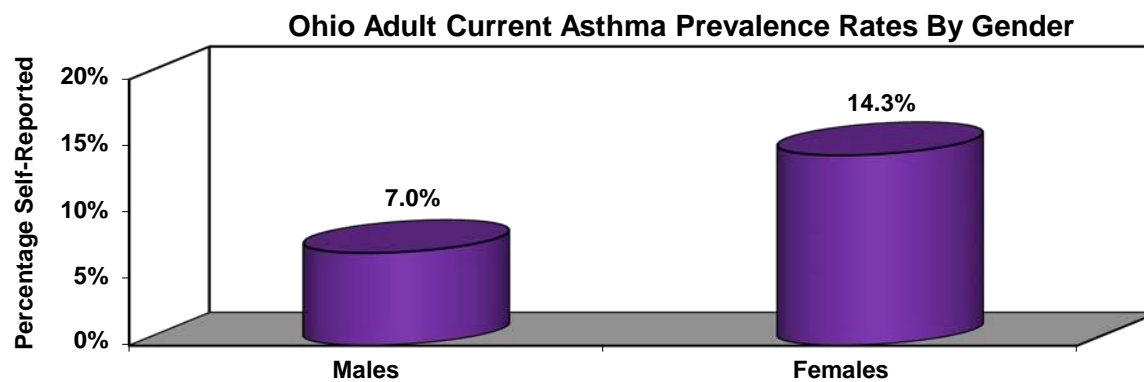
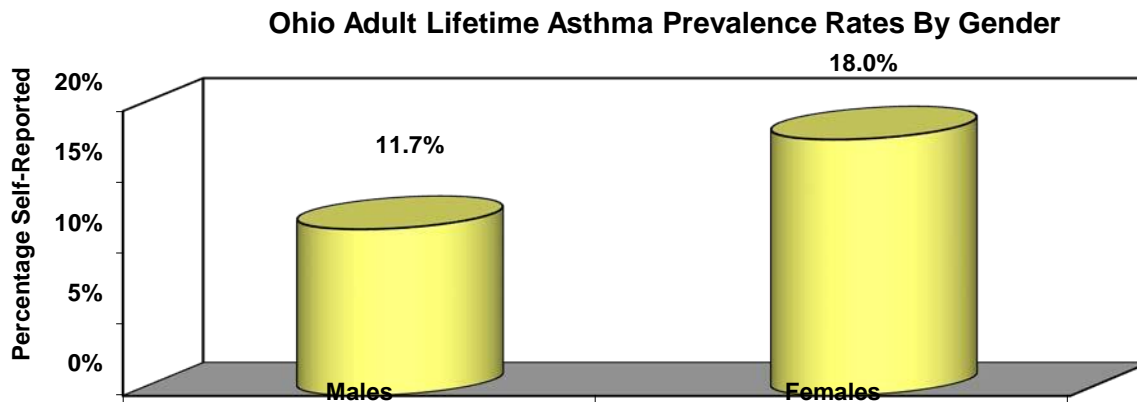
- In 2015, 12% or about 2,539 of Van Wert County adults had been diagnosed with asthma.
- 15% of Ohio and 14% of U.S. adults have ever been diagnosed with asthma (Source: 2014 BRFSS).
- Approximately 1,270 (6%) Van Wert County adults had been diagnosed with COPD or emphysema, increasing to 12% of those over the age of 65.
- There are several important factors that may trigger an asthma attack. Some of these triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, smoke from burning wood or grass, infections linked to the flu, colds, and respiratory viruses (Source: CDC, 2013).
- Chronic lower respiratory disease was the 3<sup>rd</sup> leading cause of death in Van Wert County and in Ohio, in 2013 (Source: CDC Wonder, 2013).



Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Had been diagnosed with asthma	12%	15%	14%

ASTHMA

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



*(Source for graphs: 2014 BRFSS)*

## Asthma Facts

- The number of Americans with asthma grows every year. Currently, 26 million Americans have asthma.
- Asthma mortality is almost 4,000 deaths per year.
- Asthma results in 456,000 hospitalizations and 2.1 million emergency room visits annually.
- Patients with asthma reported 13.9 million visits to a doctor's office and 1.4 million visits to hospital outpatient departments.
- Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

*(Source: American College of Allergy, Asthma, & Immunology, Asthma Facts, from: <http://acaai.org/news/facts-statistics/asthma>)*

### What Causes an Asthma Attack?

- **Tobacco Smoke:** People should never smoke near you, in your home, in your car, or wherever you may spend a lot of time if you have asthma. Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking.
- **Dust Mites:** If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Do not use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.
- **Outdoor Air Pollution:** This pollution can come from factories, automobiles, and other sources. Pay attention to air quality forecasts to plan activities when air pollution levels will be low.
- **Cockroach Allergens:** Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. Cockroaches and their droppings can trigger an asthma attack, so vacuum or sweep areas that might attract cockroaches at least every 2 to 3 days.
- **Pets:** Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for a pet, keep it out of the person with asthma's bedroom.
- **Mold:** Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help keep the humidity level low.
- **Smoke from Burning Wood or Grass:** Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home.
- **Other Triggers:** Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks. Physical exercise, some medicines, bad weather, breathing in cold air, some foods, and fragrances can also trigger an asthma attack.

*(Source: Centers for Disease Control, Vital Signs, Asthma, updated November 18, 2014, <http://www.cdc.gov/asthma/faqs.htm>)*

# Adult | ARTHRITIS

## Key Findings

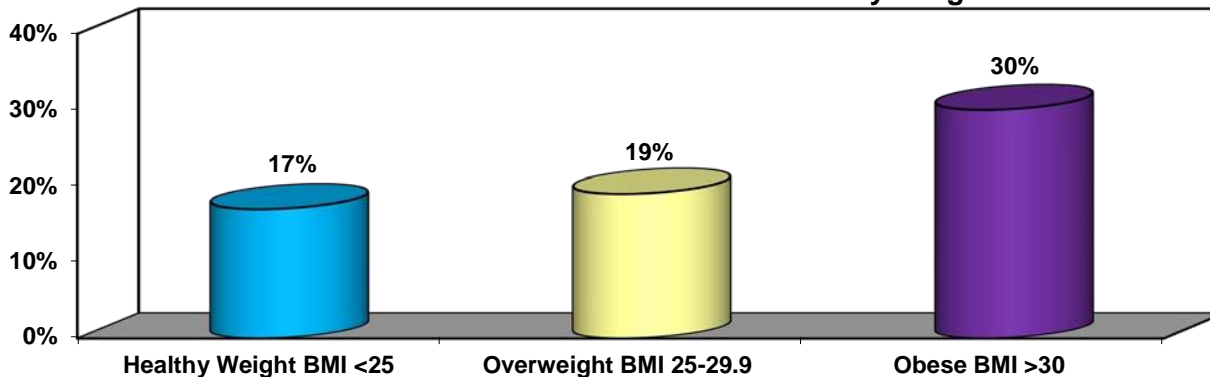
According to the Van Wert County survey data, 36% of Van Wert County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

**36% of Van Wert County adults were told by a health professional that they had some form of arthritis, increasing to 67% of those over the age of 65.**

## Arthritis

- More than one-third (36% or 7,618) of Van Wert County adults were told by a health professional that they had some form of arthritis, increasing to 67% 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.
- 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).

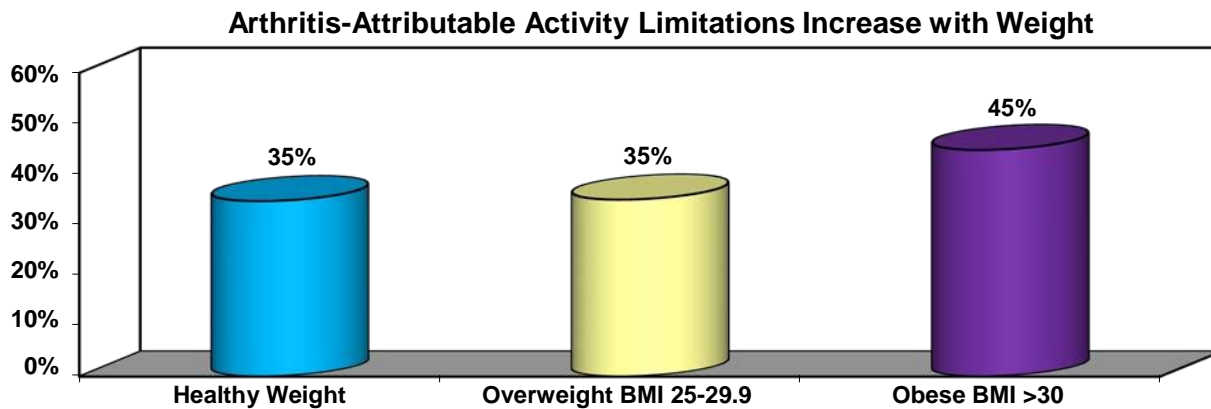
**Arthritis Prevalence Increases With Body Weight**



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

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Diagnosed with arthritis	36%	31%	26%

21% of Van Wert County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 77% were limited because of arthritis.



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

### 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 2015 Health Assessment identified that 72% of Van Wert County adults were overweight or obese based on Body Mass Index (BMI). More than one-third (35%) of Van Wert 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 (45%) of adults were trying to lose weight.

## Adult Weight Status

- In 2015, the health assessment indicated that nearly three-fourths (72% or 15,236) of Van Wert County adults were either overweight (37%) or obese (35%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (45%) of adults were trying to lose weight, 34% were trying to maintain their current weight or keep from gaining weight, and 1% were trying to gain weight.
- Van Wert County adults did the following to lose weight or keep from gaining weight: exercised (48%), ate less food, fewer calories, or foods low in fat (47%), ate a low-carb diet (13%), used a weight loss program (4%), health coaching (4%), participated in a prescribed dietary or fitness program (3%), smoked cigarettes (3%), 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%), took laxatives (<1%), and vomited after eating (<1%).

*35% of Van Wert County adults are obese.*

## Physical Activity

- In Van Wert County, 55% or approximately 11,639 adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 33% of adults were exercising 5 or more days per week. More than one-fourth (26%) of adults were not participating in any physical activity in the past week, including 6% who were unable to exercise.
- Reasons for not exercising included: time (22%), too tired (19%), laziness (14%), pain or discomfort (12%), chose not to exercise (11%), weather (10%), could not afford a gym membership (6%), no sidewalks (6%), no exercise partner (5%), no gym available (2%), no child care (2%), did not know what activities to do (2%), doctor advised them not to exercise (2%), no walking, biking trails or parks (1%), safety (1%), transportation (<1%), and other reasons (4%).

*In Van Wert County, 55% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.*

- Van Wert County adults had access to a wellness program through their employer or spouse's employer with the following features: free/discounted gym membership (11%), health risk assessment (9%), lower insurance premiums for participation in wellness program (9%), on-site health screenings (8%), on-site fitness facility (6%), healthier food options in vending machines or cafeteria (5%), lower insurance premiums for positive changes in health status (5%), gift cards or cash for participation in wellness program (4%), free/discounted weight loss program (3%), free/discounted smoking cessation program (2%), on-site health education classes (2%), gift cards or cash for positive changes in health status (2%), and other (2%).
- 31% of Van Wert County adults did not have access to any wellness programs, and 14% had access to more than one wellness program.

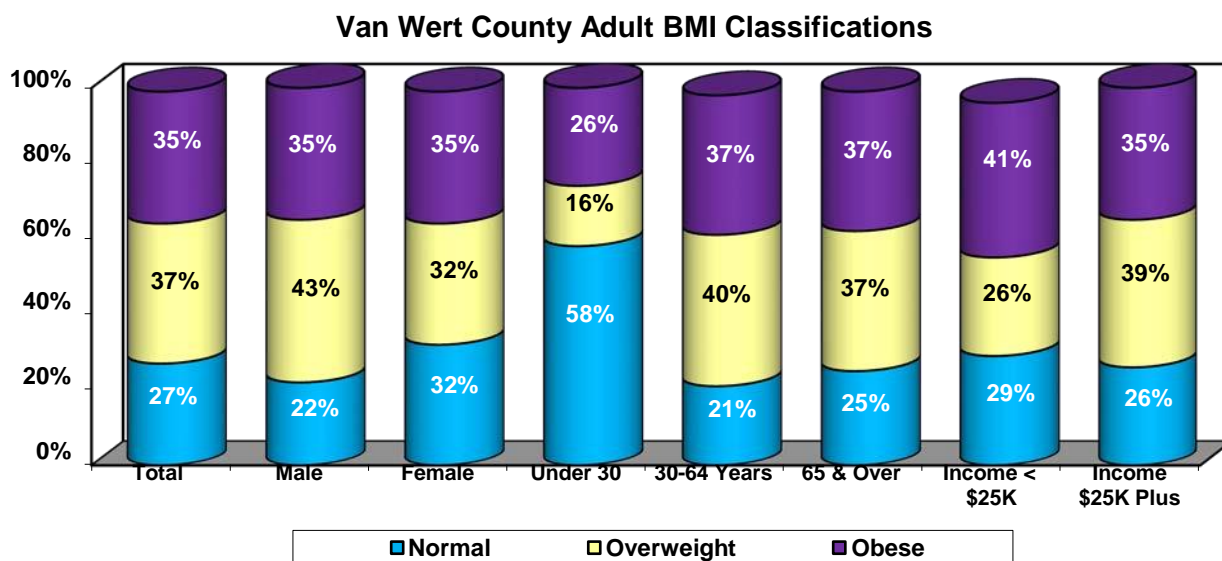
- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity for Everyone*).

## Nutrition

- In 2015, 7% of adults were eating 5 or more servings of fruits and vegetables per day. 89% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- Van Wert County adults reported the following reasons they chose the types of food they ate: taste (67%), enjoyment (52%), cost (49%), ease of preparation (45%), healthiness of food (45%), availability (37%), food they were used to (36%), time (33%), what their spouse prefers (25%), nutritional content (24%), calorie content (24%), what their child prefers (17%), if it is organic (7%), if it is genetically modified (5%), gluten free (4%), lactose free (3%), health care provider's advice (3%), other food sensitivities (3%), and other reasons (2%).
- Adults ate out in a restaurant or brought home take-out food an average of 2.9 times per week.
- 27% of adults drank soda pop, punch, Kool-Aid, sports drinks, energy drinks, or other fruit-flavored drinks at least once per day.

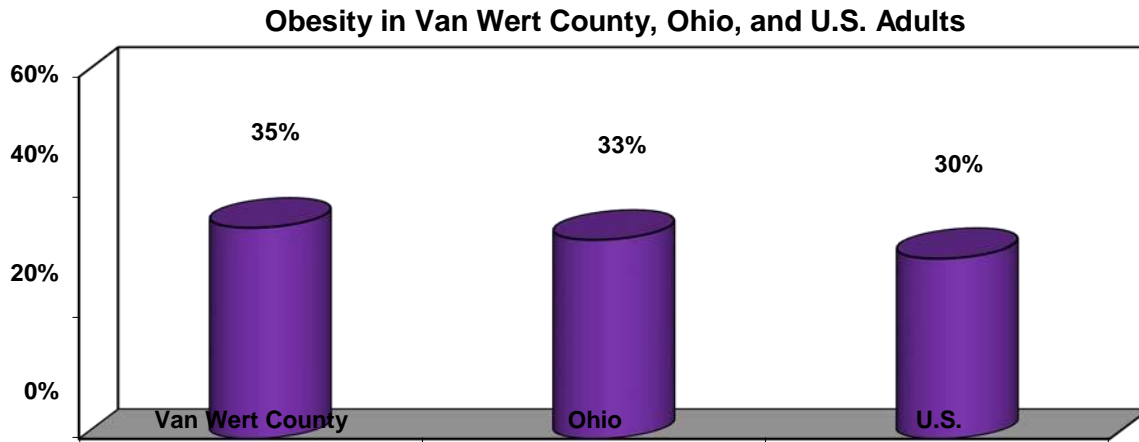
*More than two-fifths (45%) of Van Wert County adults were trying to lose weight.*

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



(Source: 2015 Van Wert County Health Assessment and 2014 BRFSS)

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Obese	35%	33%	30%
Overweight	37%	34%	35%

# Adult | TOBACCO USE

## Key Findings

In 2015, 14% or approximately 2,963 of Van Wert County adults were current smokers and 21% were considered former smokers. In 2015, 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).

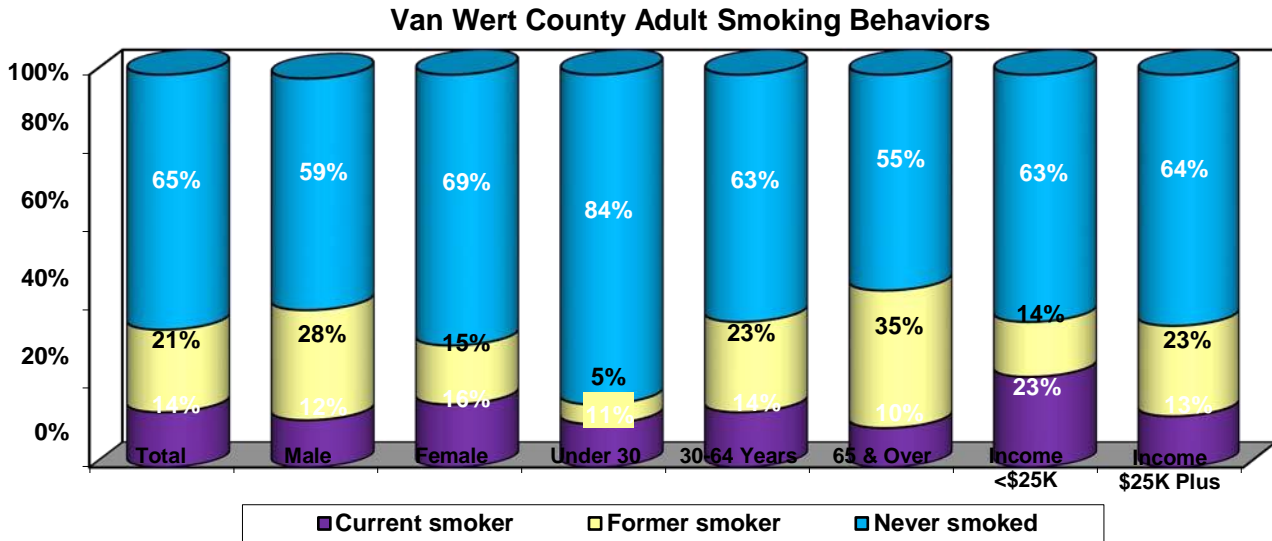
**In 2015, 14% of Van Wert County adults were current smokers.**

## Adult Tobacco Use Behaviors

- The 2015 health assessment identified that more than one-in-seven (14% or 2,963) Van Wert 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-fifth (21% or 4,444) of Van Wert County 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.
- Van Wert County adult smokers were more likely to:
  - Have been separated or a member of an unmarried couple (50%)
  - Have rated their overall health as fair or poor (25%)
  - Have incomes less than \$25,000 (23%)
- Van Wert County adults used the following tobacco products in the past year: cigarettes (19%), e-cigarettes (5%), cigars (3%), roll-your-own (2%), chewing tobacco (1%), snuff (1%), hookah (1%), Black and Milds (1%), little cigars (1%), pouch/snus (1%), swishers (1%), pipes (1%), and cigarillos (<1%).
- Van Wert County adults had the following rules/practices about smoking in their home: never allowed (86%), sometimes allowed (7%), and always allowed (7%).
- Van Wert County adults indicated they would support an ordinance to ban smoking in the following places: vehicle with a minor present (76%), parks or ball fields (55%), college/university campuses (52%), fairgrounds (49%), and other places (7%).

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Current smoker	14%	21%	18%
Former smoker	21%	25%	25%

The following graph shows the percentage of Van Wert County adults who used tobacco. Examples of how to interpret the information include: 14% of all Van Wert County adults were current smokers, 21% of all adults were former smokers, and 65% 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 & 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 reduces 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

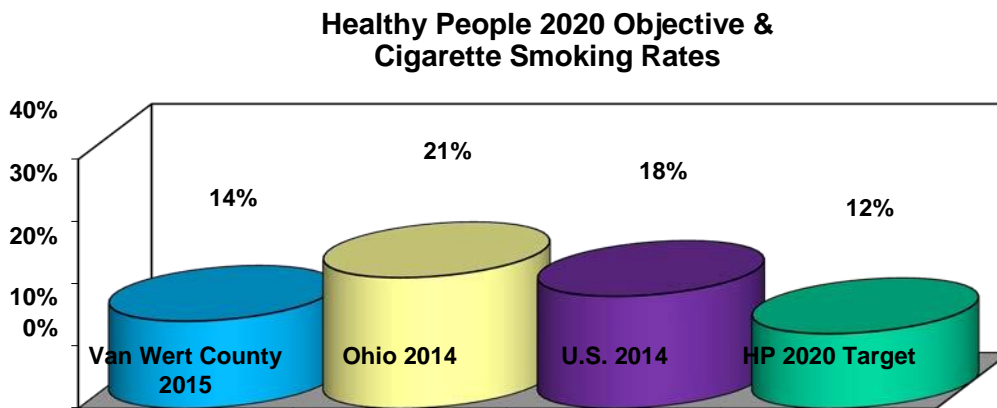
- Electronic cigarettes (e-cigarettes) are a type of electronic smoking device, resembling cigarettes. They can also look like pipes, pens, or USB memory sticks.
- E-cigarettes cost approximately \$30-60, and refill cartridges cost \$7-\$10. More recently, disposable e-cigarettes that “last up to two 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>)

*21% of Van Wert County adults indicated that they were former smokers.*

The following graph shows Van Wert 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:

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

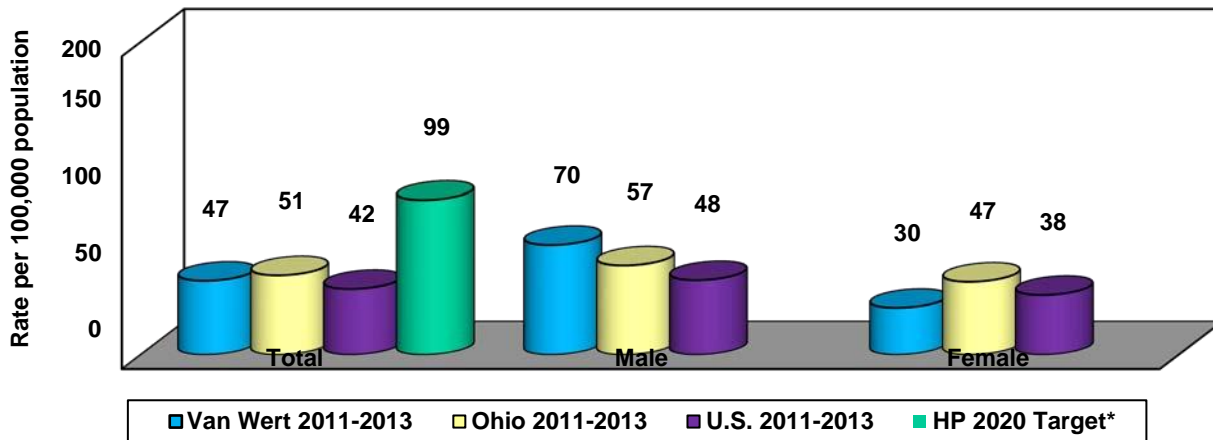


(Source: 2015 Van Wert County Health Assessment, 2014 BRFSS and Healthy People 2020)

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

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

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

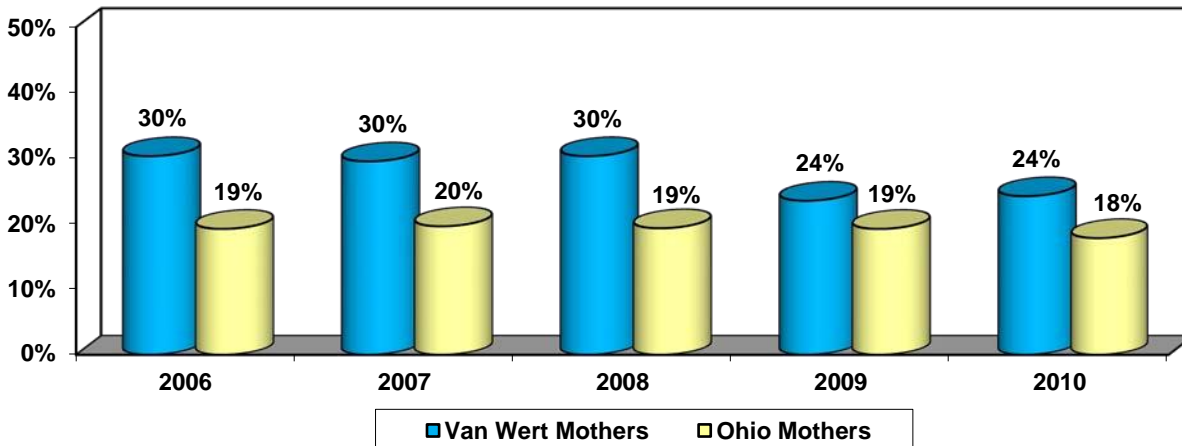


(Source: Health Indicators Warehouse and Healthy People 2020)

\* Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

\*\*HP2020 does not report different goals by gender.

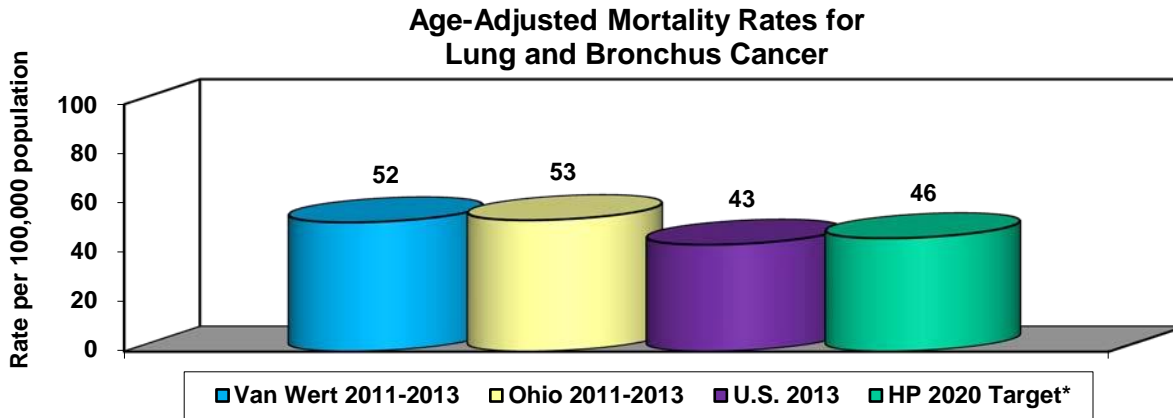
**Van Wert County and Ohio Births to Mothers Who Smoked During Pregnancy**



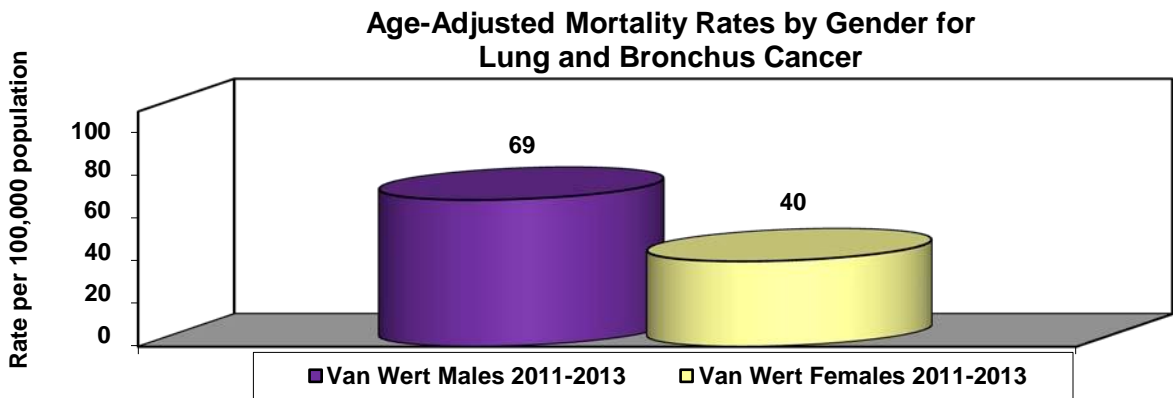
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2006-2010)

The following graphs show Van Wert 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 Van Wert County mortality rates by gender. These graphs show:

- Disparities existed by gender for Van Wert County lung and bronchus cancer age-adjusted mortality rates. The 2011-2013 Van Wert male rates were substantially higher than the Van Wert 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, updated 2014)

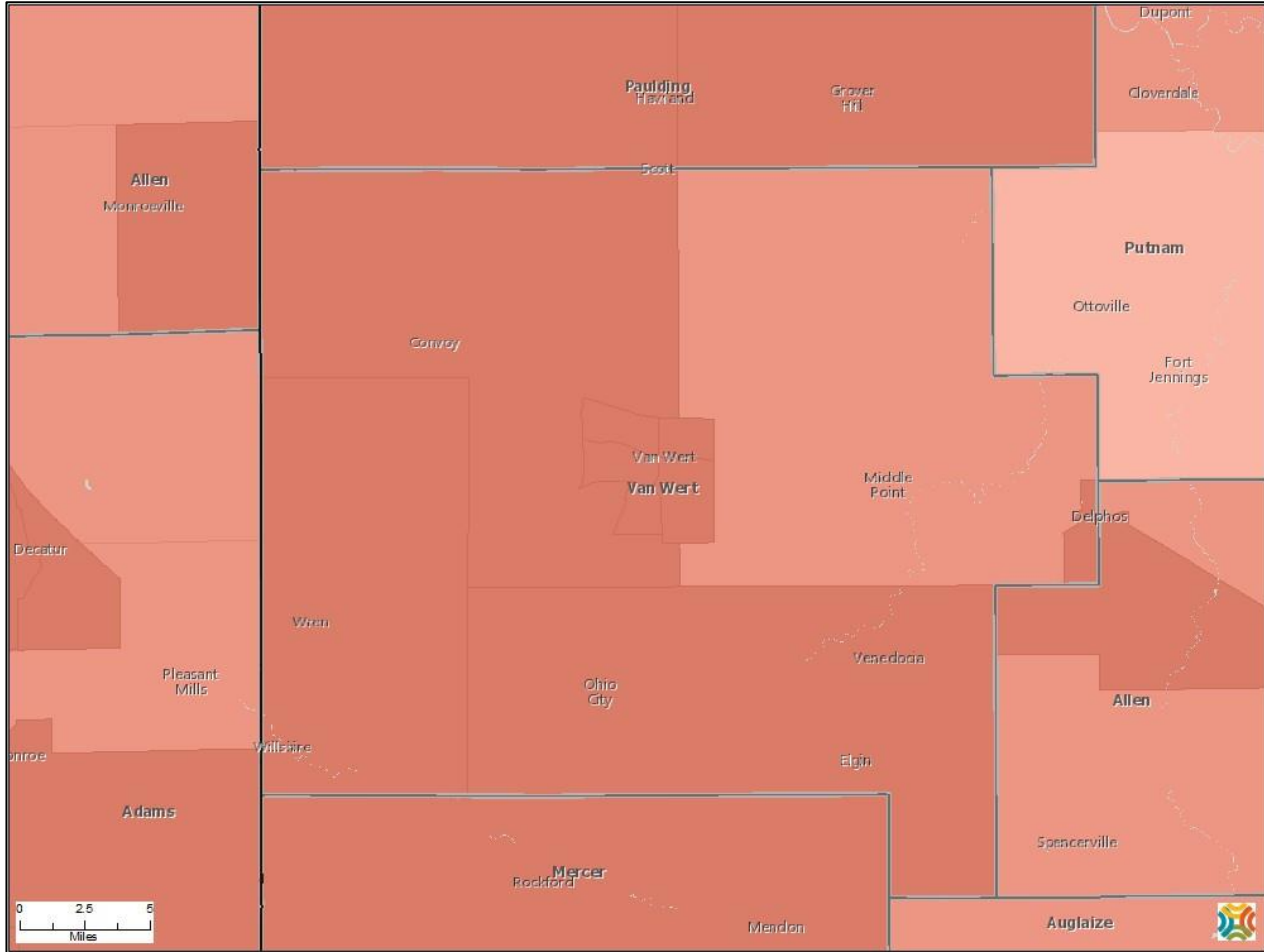
#### U.S. Adult Smoking Facts

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

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



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



**Map Legend**

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

- 1st Quintile (Highest Expenditures)
- 2nd Quintile
- 3rd Quintile
- 4th Quintile
- 5th Quintile (Lowest Expenditures)
- No Data or Data Suppressed

*Community Commons, 8/14/2015*

*(Source: Community Commons, updated 8/14/2015)*

# Adult | ALCOHOL CONSUMPTION

## Key Findings

In 2015, the Health Assessment indicated that 11% of Van Wert County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 35% 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. Three percent of adults drove after having perhaps too much to drink.

**53% of Van Wert County adults had at least one alcoholic drink in the past month.**

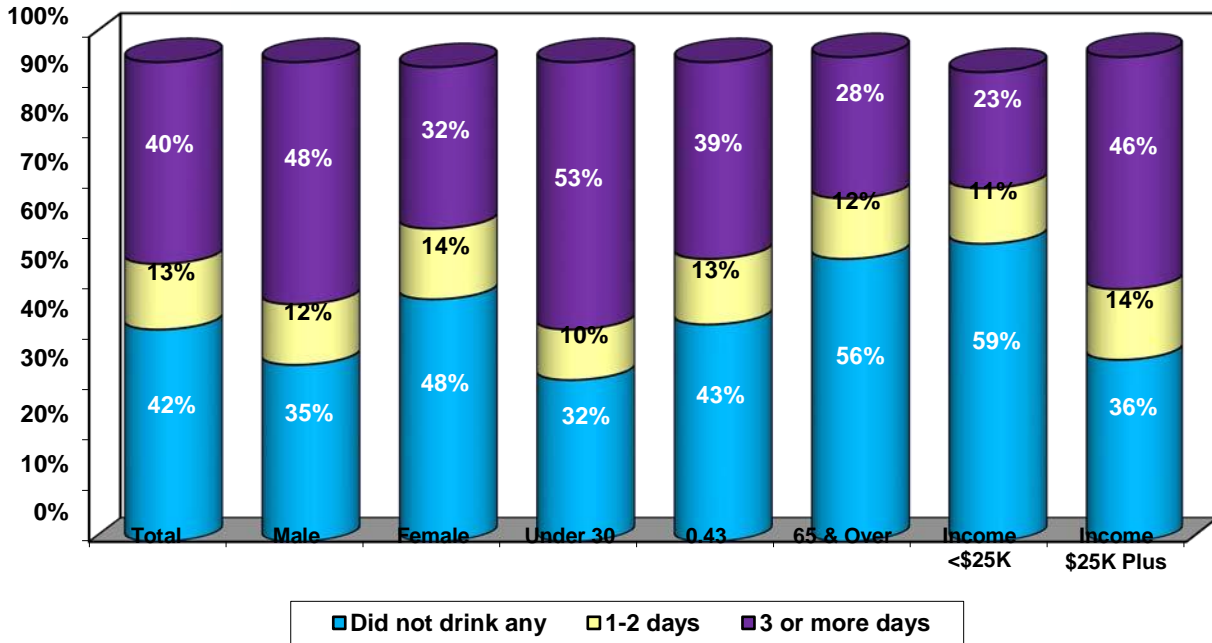
## Adult Alcohol Consumption

- In 2015, 53% (about 11,215) of Van Wert County adults had at least one alcoholic drink in the past month, increasing to 63% of those under the age of 30. The 2014 BRFSS reported current drinker prevalence rates of 53% for Ohio and 53% for the U.S.
- One-in-nine (11%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Van Wert County adults drank 3.4 drinks on average, increasing to 3.9 drinks for males and those under the age of 30.
- Nearly one-fifth (18% or 3,809) of Van Wert County adults were considered binge drinkers. The 2014 BRFSS reported binge drinking rates of 18% for Ohio and 16% for the U.S.
- 35% of those current drinkers reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers by definition.
- 3% of adults reported driving after having perhaps too much to drink, increasing to 8% of those under the age of 30.
- Van Wert County adults experienced the following in the past six months: drove after having any alcoholic beverage (9%), drank more than they expected (8%), spent a lot of time drinking (4%), continued to drink despite problems caused by drinking (2%), gave up other activities to drink (2%), tried to quit or cut down but could not (2%), failed to fulfill duties at home, work or school (2%), drank more to get the same effect (1%), and drank to ease withdrawal symptoms (1%).

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Drank alcohol at least once in past month	53%	53%	53%
Binge drinker (drank 5 or more drinks for males or 4 or more for females on an occasion)	18%	18%	16%

The following graphs show the percentage of Van Wert County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 42% of all Van Wert County adults did not drink alcohol, 35% of Van Wert County males did not drink, and 48% of adult females reported they did not drink.

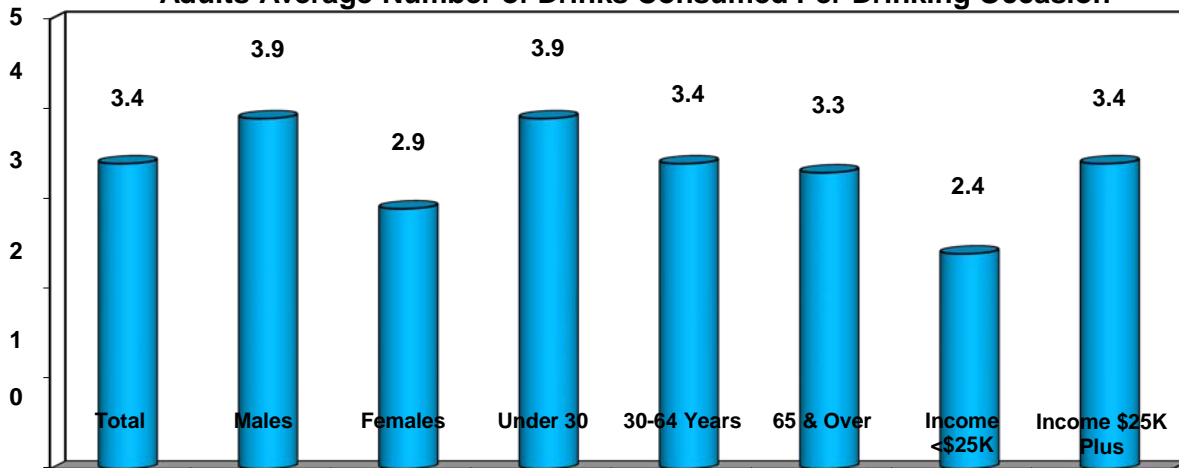
**Average Number of Days Drinking Alcohol in the Past Month**



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

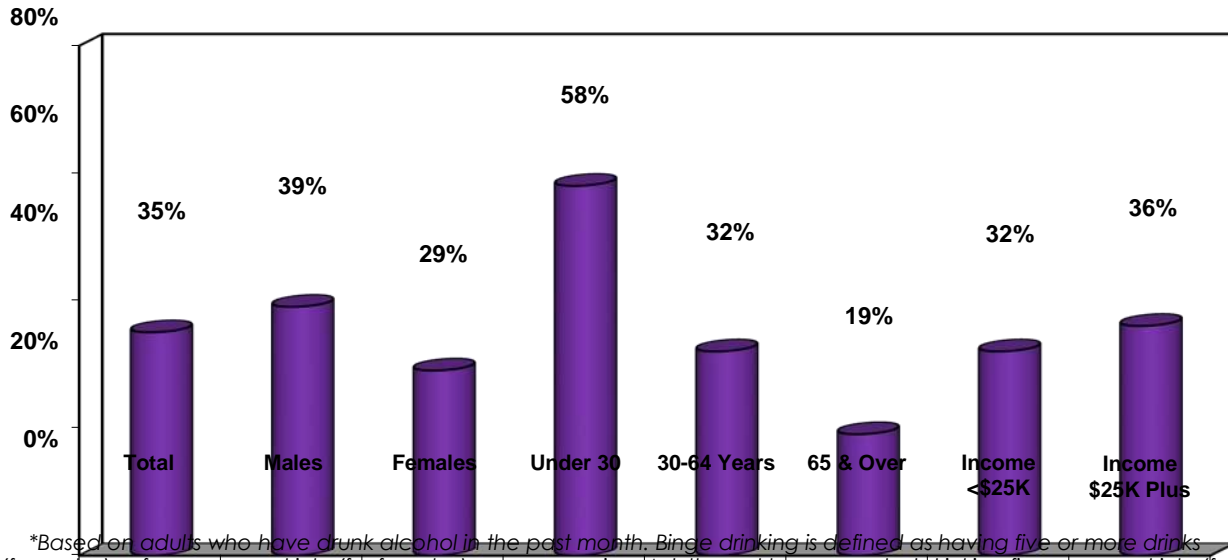
*11% of Van Wert County adults were considered frequent drinkers (drank on an average of three or more days per week).*

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



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

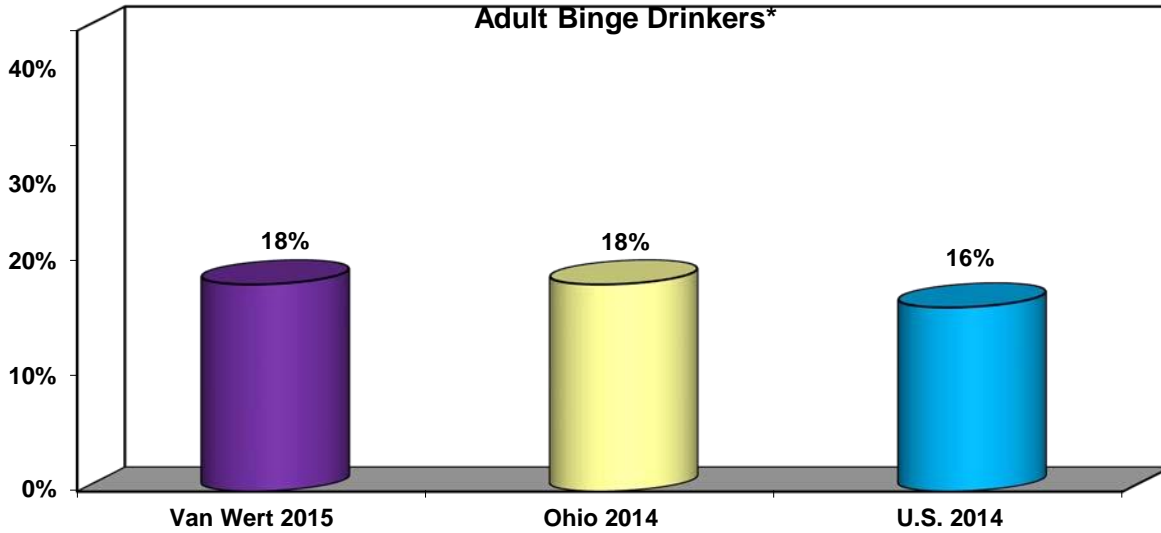
**Van Wert County Adult Drinkers Who Binge Drank in Past Month\***



*\*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.*

*3% of Van Wert 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, 2015 Van Wert County Health Assessment)*

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

- 3% of all crashes in Van Wert County were alcohol-related compared to 4% in Ohio.

	City of Van Wert 2015	Van Wert County 2015	Ohio 2015
Total Crashes	14	688	302,307
Alcohol-Related Total Crashes	1	21	12,526
Fatal Injury Crashes	0	3	1,030
Alcohol-Related Fatal Crashes	1	0	316
Alcohol Impaired Drivers in Crashes	1	19	12,304
Injury Crashes	3	171	75,108
Alcohol-Related Injury Crashes	0	7	5,090
Property Damage Only	11	514	226,169
Alcohol-Related Property Damage Only	1	14	7,120
Deaths	0	3	1,110
Alcohol-Related Deaths	0	0	346
Total Non-Fatal Injuries	0	267	108,394
Alcohol-Related Injuries	0	8	7,130

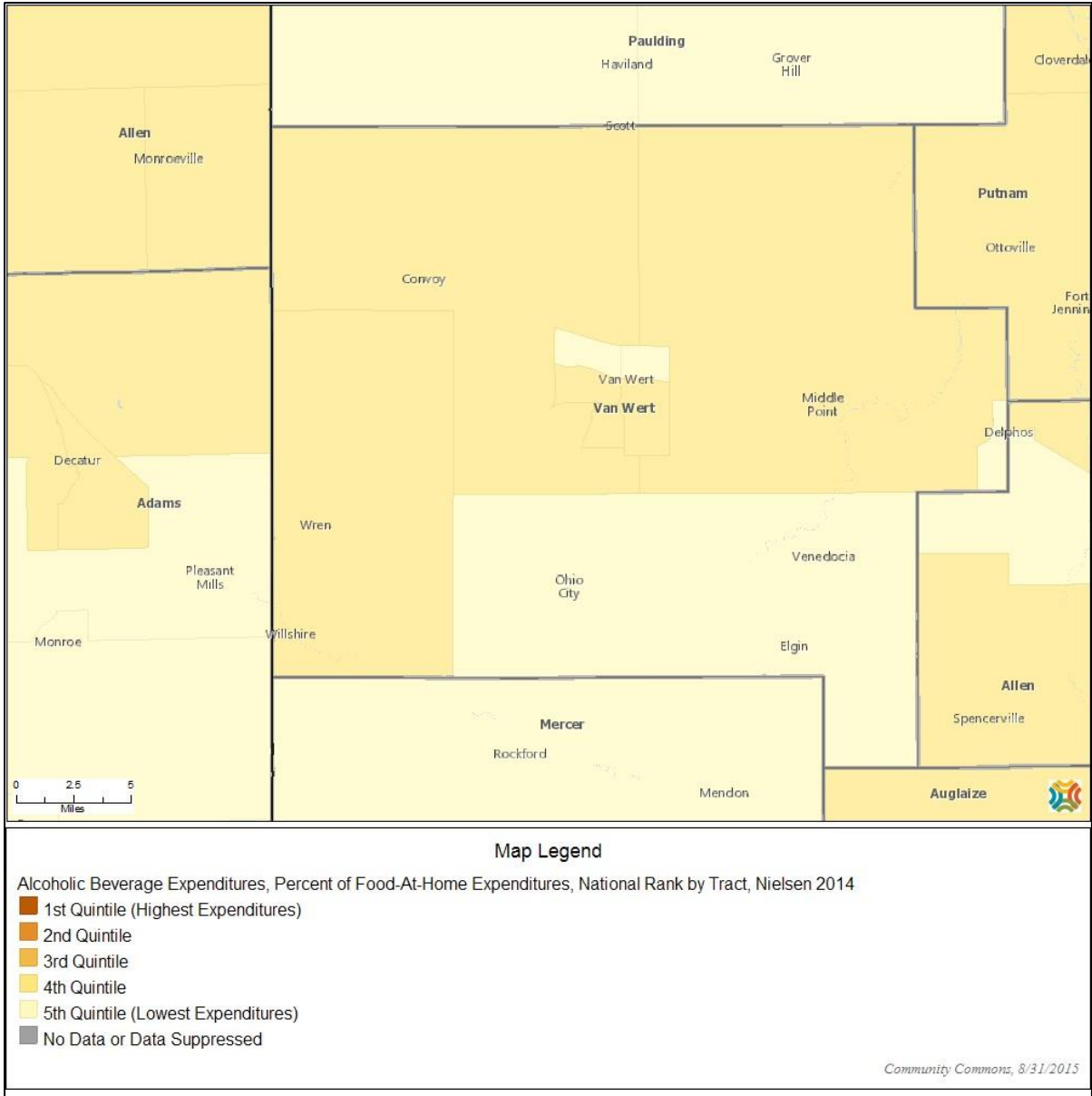
(Source: Ohio Department of Public Safety, Crash Reports, Updated 4/12/2016, Traffic Crash Facts)

## Caffeinated Alcoholic Beverages

- Excessive alcohol consumption is responsible for about 88,000 deaths and 2.5 million years of potential life lost (YPLL) in the United States each year.
- Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks.
- Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.

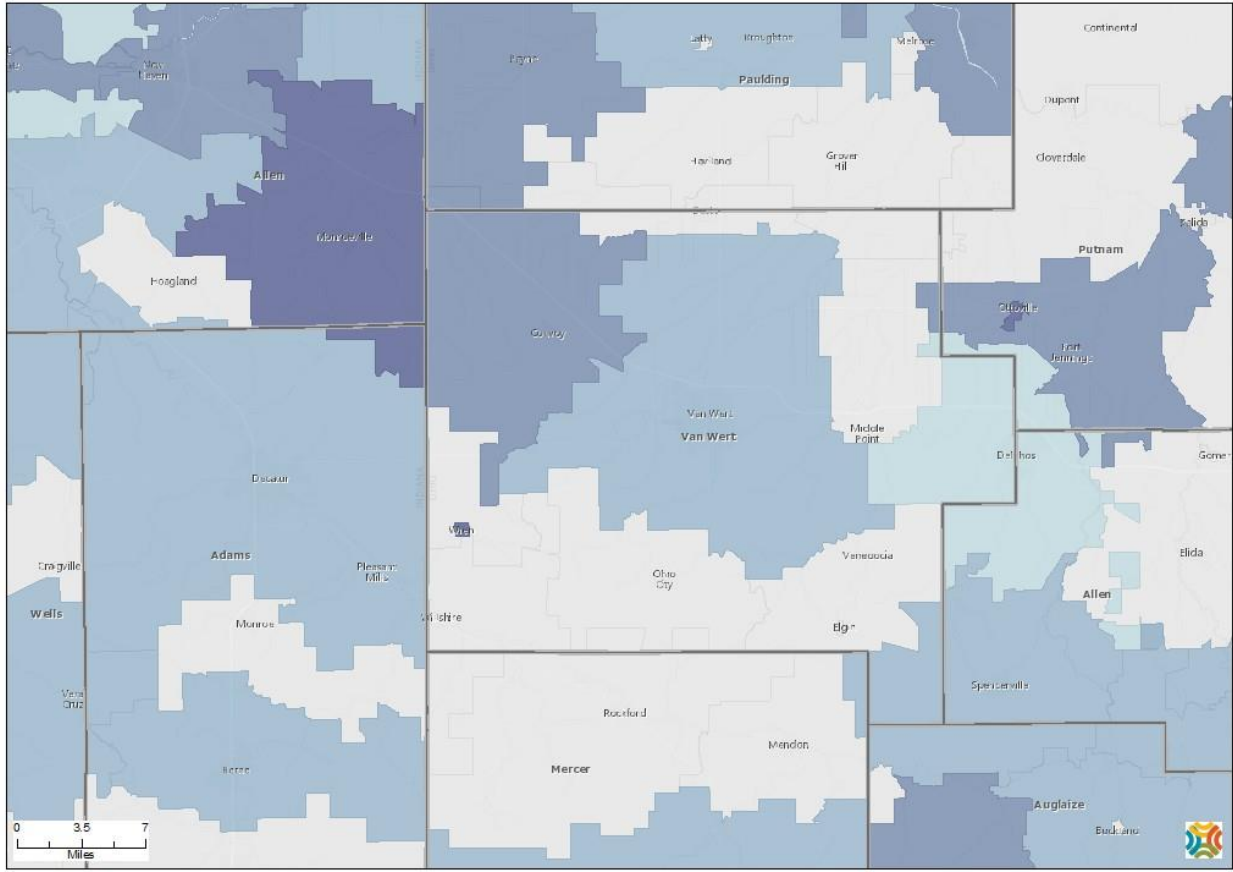
(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, November 2014, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

**Alcohol Beverage Expenditures, Percent of Total Expenditures,  
National Rank by Tract, Nielsen 2014**



(Source: Community Commons, updated 8/31/2015)

# Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by Zip Code Tabulation Area (ZCTA), Census Business Patterns (CBP) 2012



### Map Legend

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

- Over 80.0
- 30.1 - 80.0
- 10.1 - 30.0
- Under 10.1
- No Establishments or No Data

*Community Commons, 12/18/2015*

*(Source: Community Commons, updated 12/18/2015)*





# Adult | DRUG USE

## Key Findings

*In 2015, 6% of Van Wert County adults had used marijuana during the past 6 months. 11% 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

- Approximately 1,270 (6%) of Van Wert County adults had used marijuana in the past 6 months, increasing to 11% of those under the age of 30.
- <1% of Van Wert 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, 48% of Van Wert County adults who used drugs did so almost every day, and 24% did so less than once a month.
- About 2,328 (11%) of Van Wert County 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 16% of those under the age of 30.
- When asked about their frequency of medication misuse in the past six months, 25% of Van Wert County adults who used these drugs did so 3 to 4 days a week, and 32% did so less than once a month.
- 1% of Van Wert 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 (1%), could not afford to go (1%), fear (1%), did not want to miss work (1%), did not know how to find a program (1%), stigma of seeking drug services (<1%), no program available (<1%), and other reasons (2%). 97% of adults indicated they did not need a program or service to help with drug problems.
- 26% of adults agreed with the legalization of medical marijuana, and 18% agreed with the legalization of both medical and recreational marijuana. 56% of adults did not agree with the legalization of medical or recreational marijuana. No one reported that they agreed with the legalization of recreational marijuana on its own.

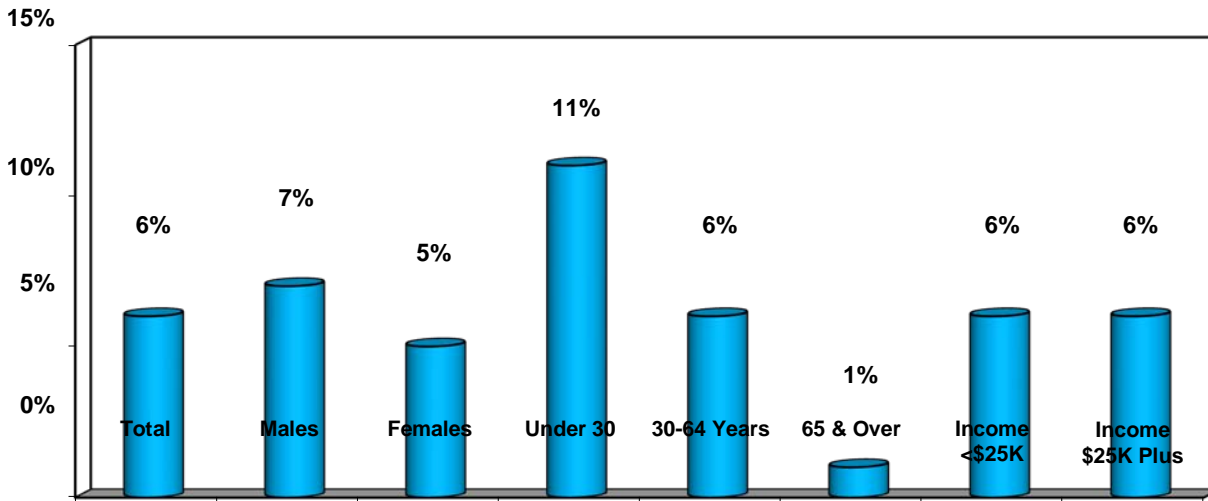
### Heroin

- 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.

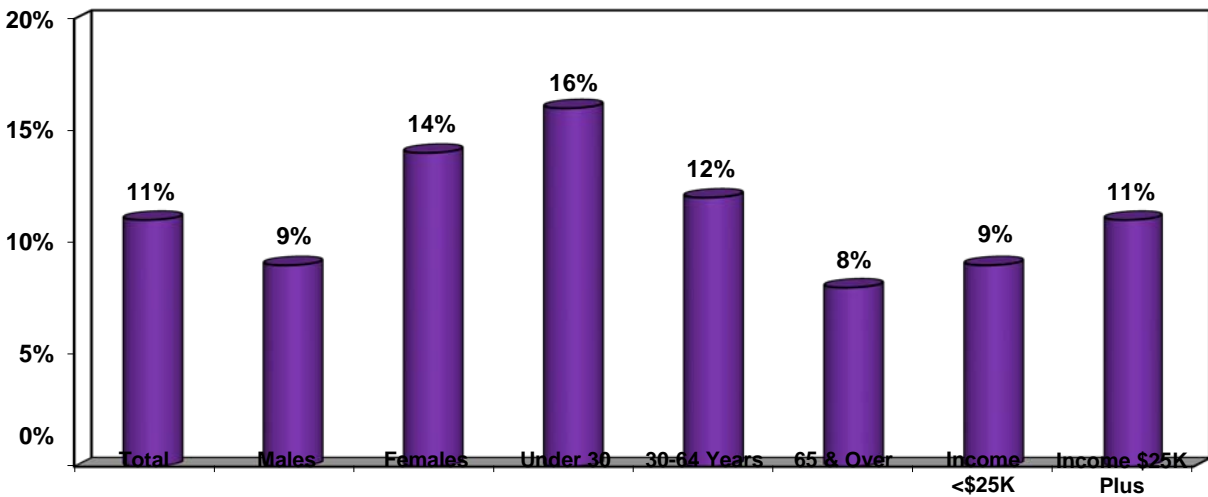
*(Source: National Institute on Drug Abuse, Drug Facts: Heroin, October 2014, from: <http://www.drugabuse.gov/publications/drugfacts/heroin>)*

The following graphs are data from the 2015 Van Wert 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: 6% of all Van Wert County adults used marijuana in the past six months, 11% of adults under the age of 30 were current users, and 6% of adults with incomes less than \$25,000 were current users.

**Van Wert County Adult Marijuana Use in Past 6 Months**



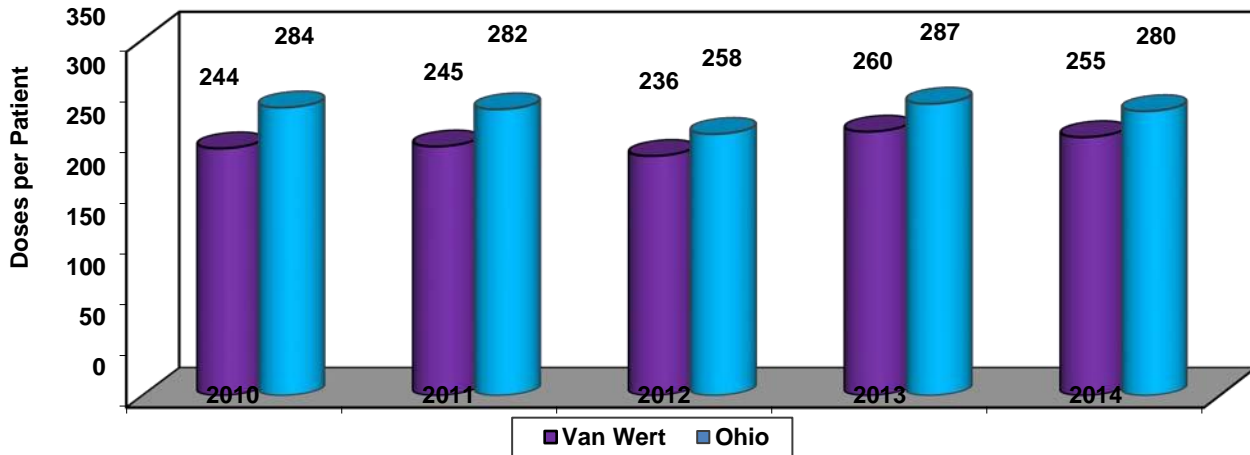
**Van Wert County Adult Medication Misuse in Past 6 Months**



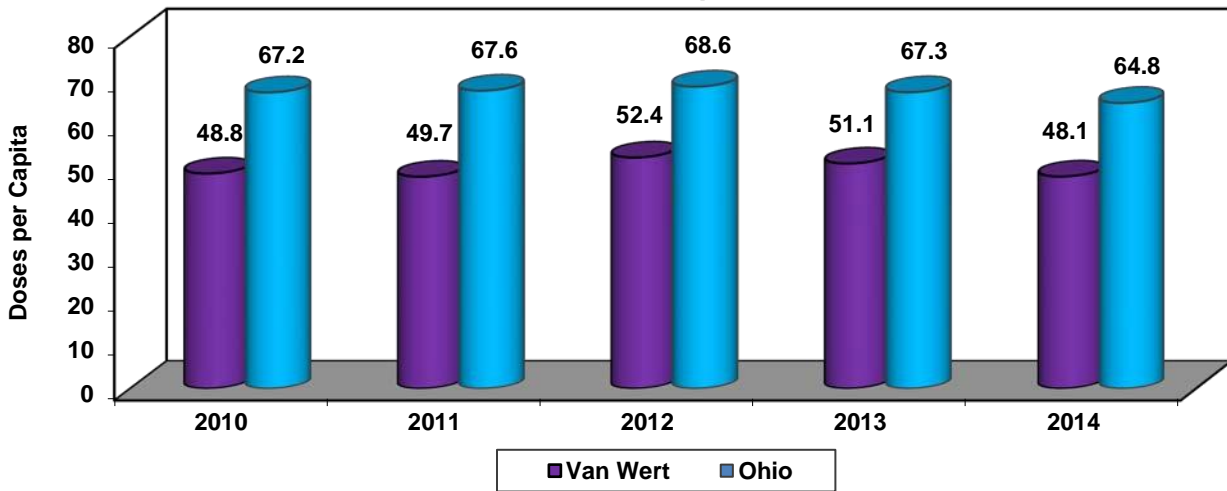
ADULT DRUG USE

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

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



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



(Source: Ohio Automated Rx Reporting System, April 22, 2015, from: <https://www.ohiopmp.gov/portal/docs.aspx>)

## 2015 Drug Offense Statistics from Van Wert Police Department

Offense Description	Total Count
Illegal Use or Possession of Marijuana Drug Paraphernalia	64
Drug Abuse – Marijuana	56
Possession of Drugs – Heroin	23
Possessing Drug Abuse Instruments	16
Trafficking in Drugs – Containing Heroin	14
Illegal Use or Possession of Drug Paraphernalia	9
Drug Abuse – Cocaine	9
Drug Abuse – Schedule I or II substance	8
Abusing Harmful Intoxicants	7
Drug Abuse – Schedule III, IV or V	4
Corrupt Another with Drugs – Furnish/Administer to a Juvenile	3
Drug Abuse – Obtain, Possess or Use a Controlled Substance	2
Possession of Controlled Substances	2
Trafficking in Drugs – Included in Schedule 1 or 2	1
Trafficking in Drugs – Included in Schedule 2, 4 or 5	1
Trafficking in Drugs – Containing Marijuana other than Hashish	1
Possession of Drugs – LSD	1
Illegal Manufacture of Drugs or Cultivation of Marijuana	1
Unlawful Purchase of Pseudoephedrine – More than 9 grams 30 consecutive days	1

(Source: Van Wert Police Department, Offense Class Statistics from 1/1/2015 to 12/31/2015)

### Van Wert County 2015 Drug Court Overview

- There were 36 referrals to drug court that were received in 2015. Of those referrals, 18 were admitted to a program (9 males and 9 females).
- The average age for participants admitted to the program was 29.5 years old.
- 89% of drug court participants were diagnosed with Opioid Dependence.
- Of those diagnosed with Opioid Dependence, 56% have chosen the Medication Assistance Treatment protocol (Vivitrol).
- 14 of the 18 total admissions are still active in or had successfully completed Drug Court. This is a 78% non-recidivism/positive retention rate.
- Half (7 of the 14) active Drug Court clients are employed.
- Individuals do not have to be in Drug Court to get into the program at Westwood.
- At this time, there was a 35% reduction in drug offenses in Common Pleas court.

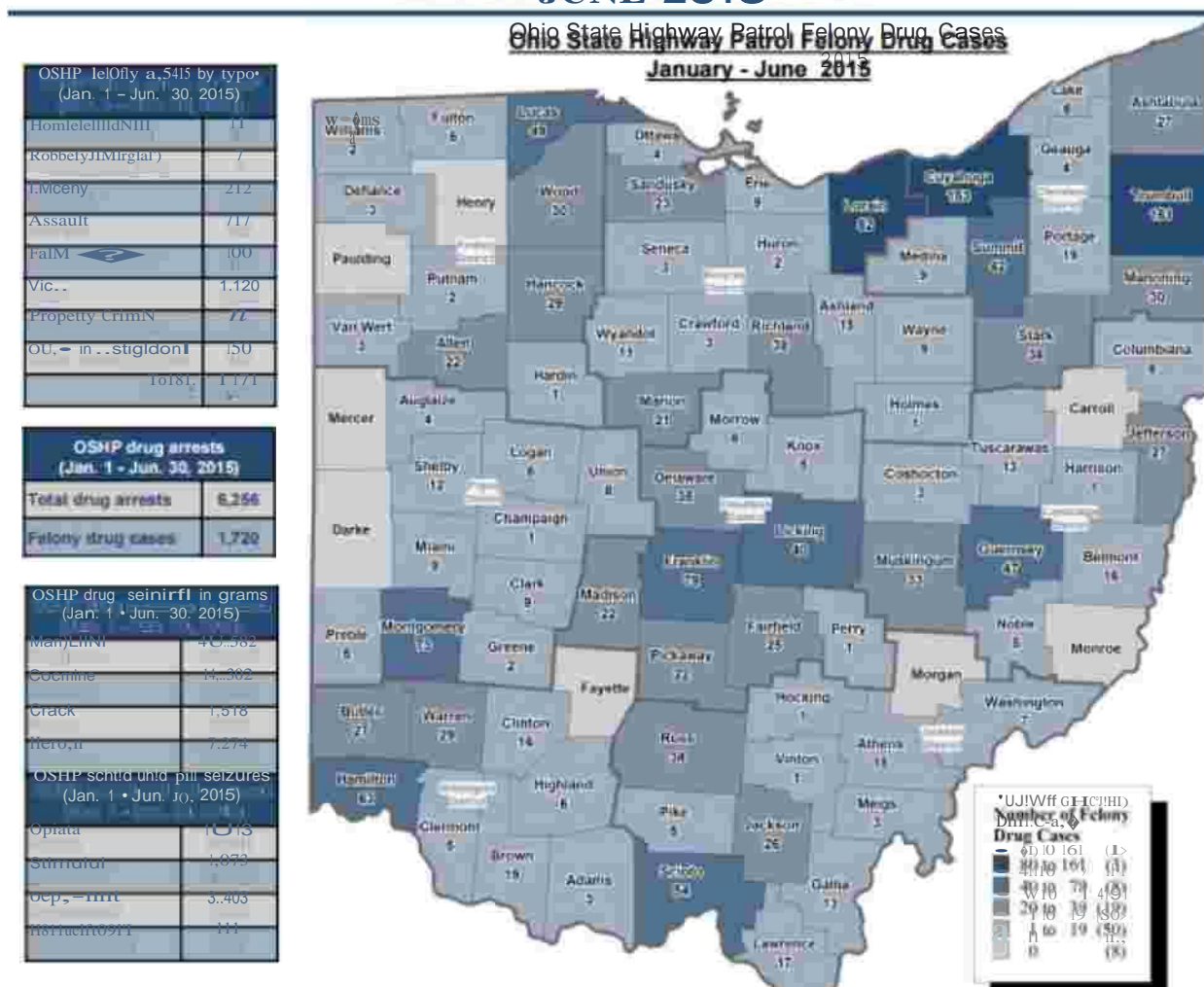
(Source: Westwood Behavioral Health Center, 2015 Drug Court Statistics)



## Felony Cases and Drug Arrests January – June 2015

- OSHP investigated a wide range of felony offenses during the first half of 2015, including vice (1,820); assault (717); larceny (292); false pretense (100); property crimes (77); homicide/death (16); robbery/burglary (7); and various other types of felony offenses (150).
- OSHP Troopers made 6,256 total drug arrests during the first 6 months of 2015 – a 10% increase compared to 2014 and a 30% increase compared to the previous 3-year average (2012-2014).
- Of the 6,256 drug arrests, over one-quarter (1,720 or 27%) included one or more felony drug charges. This represents a 36% increase over the previous 3-year average (2012-2014).

### OHIO STATE HIGHWAY PATROL FELONY CASES AND DRUG ARRESTS JANUARY – JUNE 2015



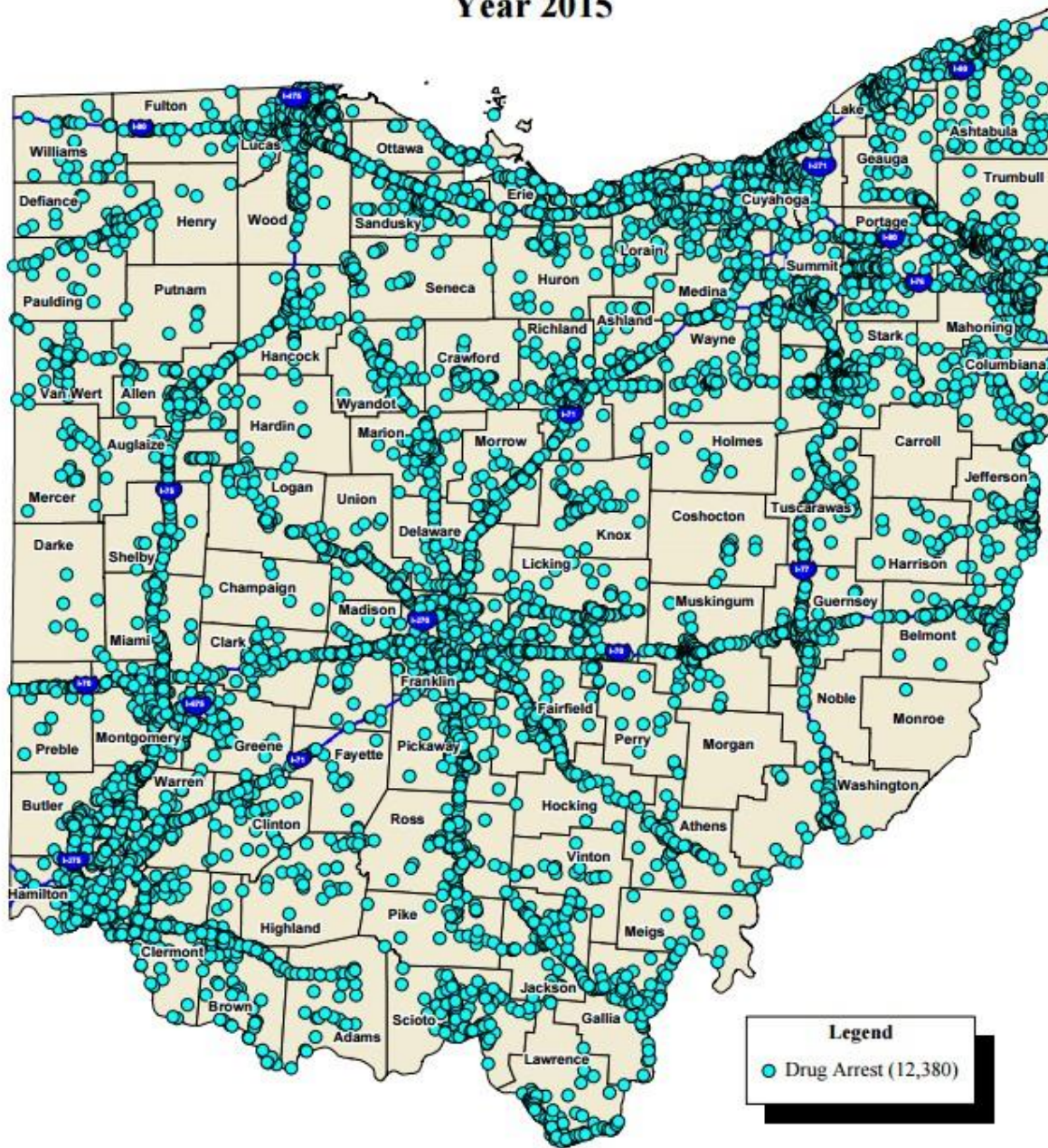
(Source: Ohio State Highway Patrol, Felony Cases and Drug Arrests, January – June 2015, from <http://statepatrol.ohio.gov/>)

ADULT DRUG USE

## Ohio Drug Arrests 2015

- Ohio State Highway Patrol (OSHP) made 12,380 drug arrests in Ohio in 2015.

### Ohio State Highway Patrol Drug Arrests Year 2015



(Source: Ohio State Highway Patrol, Drug Arrests, 2015, updated January 4, 2016, from [http://statepatrol.ohio.gov/statistics/statdocs/crimemaps/2015/15\\_Drug\\_Violations.pdf](http://statepatrol.ohio.gov/statistics/statdocs/crimemaps/2015/15_Drug_Violations.pdf))

# Adult | WOMEN'S HEALTH

## Key Findings

In 2015, nearly two-thirds (66%) of Van Wert County women over the age of 40 reported having a mammogram in the past year. 66% of Van Wert County women ages 19 and over had a clinical breast exam and 54% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 2% of women survived a heart attack and 1% survived a stroke at some time in their life. Almost one-third (30%) had high blood pressure, 39% had high blood cholesterol, 35% were obese, and 16% were identified as smokers, known risk factors for cardiovascular diseases.

## Women's Health Screenings

- In 2015, 71% of women had a mammogram at some time and nearly half (47%) had this screening in the past year.
- Nearly two-thirds (66%) of women ages 40 and over had a mammogram in the past year and 78% had one in the past two years. The 2014 BRFSS reported that 72% of women 40 and over in Ohio and 74% in the U.S., had a mammogram in the past two years.
- Most (95%) Van Wert County women have had a clinical breast exam at some time in their life and 66% had one within the past year. More than three-fourths (77%) of women ages 40 and over had a clinical breast exam in the past two years.
- This assessment has identified that 93% of Van Wert County women have had a Pap smear and 54% reported having had the exam in the past year. 71% of women had a pap smear in the past three years. The 2014 BRFSS indicated that 74% of Ohio and 75% in the U.S. women had a pap smear in the past three years.

## Women's Health Concerns

- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 30% of all female deaths in Van Wert 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 (48%), private gynecologist (45%), nurse practitioner/physician's assistant (11%), community health center (3%), family planning clinic (2%), and health department clinic (1%). 8% indicated they did not have a usual source of services for female health concerns.
- In 2015, the health assessment determined that 2% of women had survived a heart attack and 1% had survived a stroke at some time in their life.

### Van Wert County Female

#### Leading Types of Death, 2009–2013

1. Cancers (23% of all deaths)
2. Heart Diseases (22%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's Disease (5%)

(Source: CDC Wonder, 2009-2013)

### Ohio Female

#### Leading Types of Death, 2009 – 2013

1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (6%)
5. Alzheimer's Disease (5%)

(Source: CDC Wonder, 2009-2013)

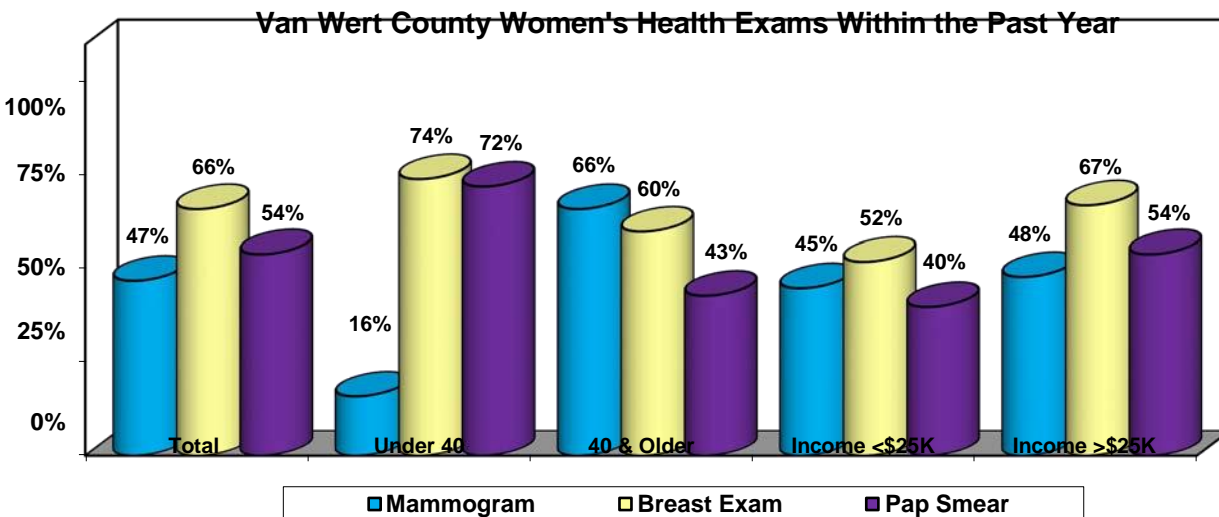


- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Van Wert County, the 2015 Health Assessment has identified that:
    - 67% of all women were overweight or obese (62% Ohio, 2014 BRFSS\*)
    - 39% were diagnosed with high blood cholesterol (38% Ohio, 37% U.S., 2013 BRFSS)
    - 30% were diagnosed with high blood pressure (32% Ohio, 30% U.S., 2013 BRFSS)
    - 16% of all women were current smokers (20% Ohio, 2014 BRFSS\*)
    - 8% 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.*

## Pregnancy

- 22% of Van Wert County women had been pregnant in the past 5 years.
- During their last pregnancy, Van Wert County women: got a prenatal appointment in the first 3 months (76%), took a multi-vitamin (76%), took folic acid during pregnancy (42%), took folic acid pre-pregnancy (20%), received WIC benefits (20%), smoked cigarettes (20%), experienced perinatal depression (12%), used marijuana (10%), and used e-cigarettes (2%).

The following graph shows the percentage of Van Wert County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 47% of Van Wert County females had a mammogram within the past year, 66% had a clinical breast exam, and 54% had a Pap smear.

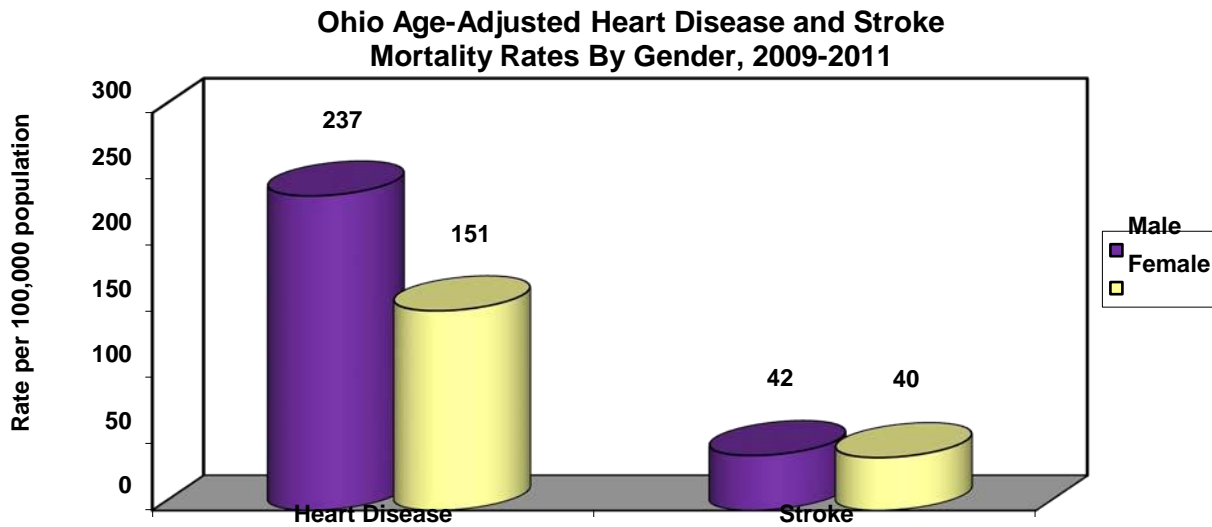
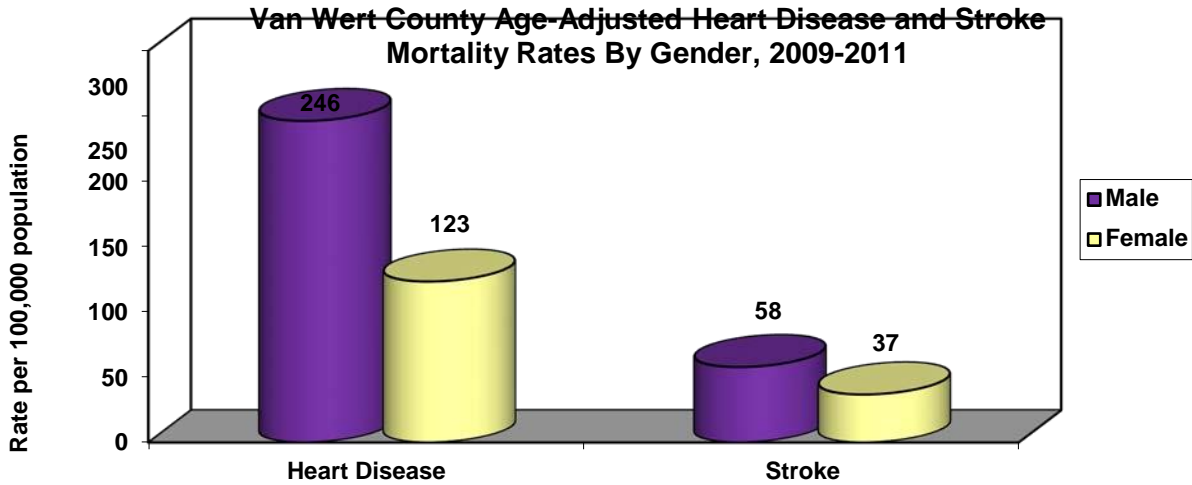


Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Had a mammogram in the past two years (age 40 & over)	78%	72%	73%
Had a pap smear in the past three years	71%	74%	75%

N/A – Not Available

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

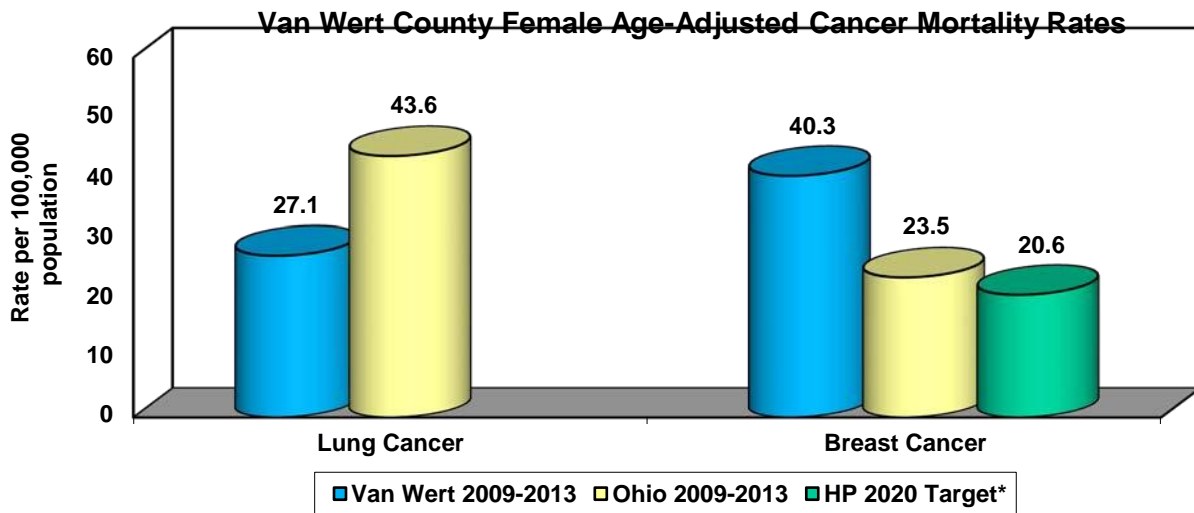
- From 2009-2011, the Van Wert County and Ohio female age-adjusted mortality rate was lower than the male rate for heart disease.
- The Van Wert County female heart disease mortality rate was lower than the Ohio female rate from 2009 to 2011.



(Source: Health Indicators Warehouse, 2009-2011)

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

- From 2009-2013, the Van Wert County age-adjusted mortality rate for female lung cancer mortality rate was less than the Ohio rate.
- The Van Wert County breast cancer rate was greater than the Ohio rate and the Healthy People 2020 objective.



(Source: CDC Wonder 2009-2013 and Healthy People 2020)

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

### Human Papilloma Virus (HPV and 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

In 2015, 45% of Van Wert County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 33% and cancers accounted for 23% of all male deaths in Van Wert County from 2009-2013. The Health Assessment determined that 5% of men survived a heart attack and 1% survived a stroke at some time in their life. One-third (33%) of men had been diagnosed with high blood pressure, 39% had high blood cholesterol, and 12% were identified as smokers, which, along with obesity (35%), are known risk factors for cardiovascular diseases.

## Men's Health Screenings and Concerns

- More than two-fifths (44%) of Van Wert County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 28% had one in the past year.
- 69% of males age 50 and over had a PSA test at some time in their life, and 45% had one in the past year.
- 49% of men had a digital rectal exam in their lifetime and 25% had one in the past year.
- From 2009-2013, major cardiovascular diseases (heart disease and stroke) accounted for 33% of all male deaths in Van Wert County (Source: CDC Wonder).
- In 2015, the health assessment determined that 5% of men had a heart attack and 1% had a stroke at some time in their life.

**25% of Van Wert County males had a digital rectal exam in the past year.**

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Van Wert County the 2015 health assessment has identified that:
  - 78% of all men were overweight or obese (72% Ohio, 2014 BRFSS\*)
  - 39% were diagnosed with high blood cholesterol (39% Ohio, 40% U.S., 2013 BRFSS)
  - 33% were diagnosed with high blood pressure (36% Ohio, 34% U.S., 2013 BRFSS)
  - 13% had been diagnosed with diabetes (22% Ohio, , 2014 BRFSS\*)
  - 12% of all men were current smokers (12% Ohio, 2014 BRFSS)

\*The U.S. data for the BRFSS is not able to be broken down by gender for 2014.
- From 2009-2013, the leading cancer deaths for Van Wert County males were lung, lymphatic, colon and rectum, and prostate cancers. Statistics from the same period for Ohio males show lung, colon and rectum, prostate cancers as the leading cancer deaths (Source: CDC Wonder).

### Van Wert County Male

#### Leading Types of Death, 2009 – 2013

1. Heart Diseases (28% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (5%)

(Source: CDC Wonder, 2009-2013)

### Ohio Male

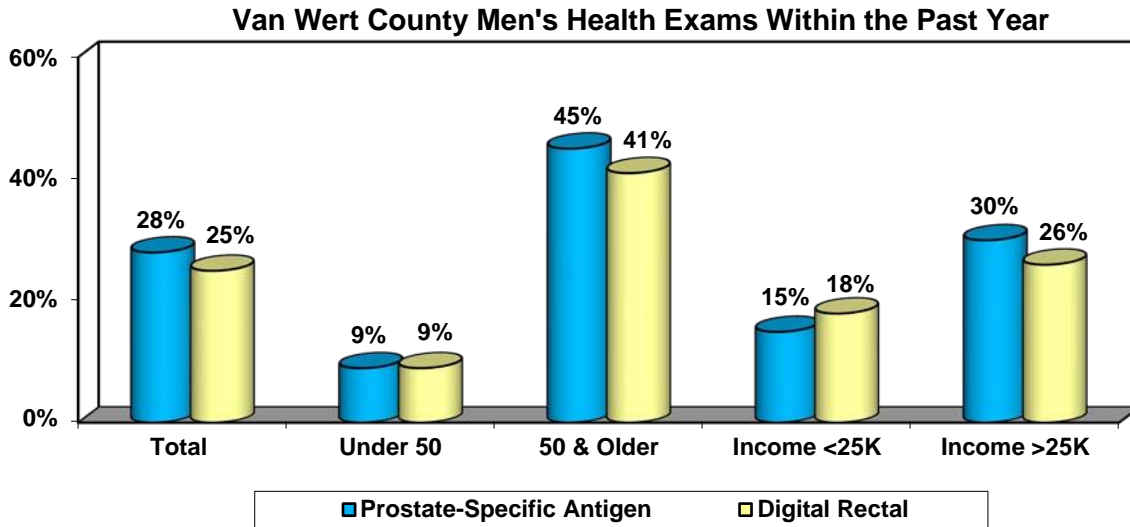
#### Leading Types of Death, 2009 – 2013

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

(Source: CDC Wonder, 2009-2013)

MEN'S HEALTH

The following graph shows the percentage of Van Wert County male adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 28% of Van Wert County males had a PSA test within the past year and 25% had a digital rectal exam.



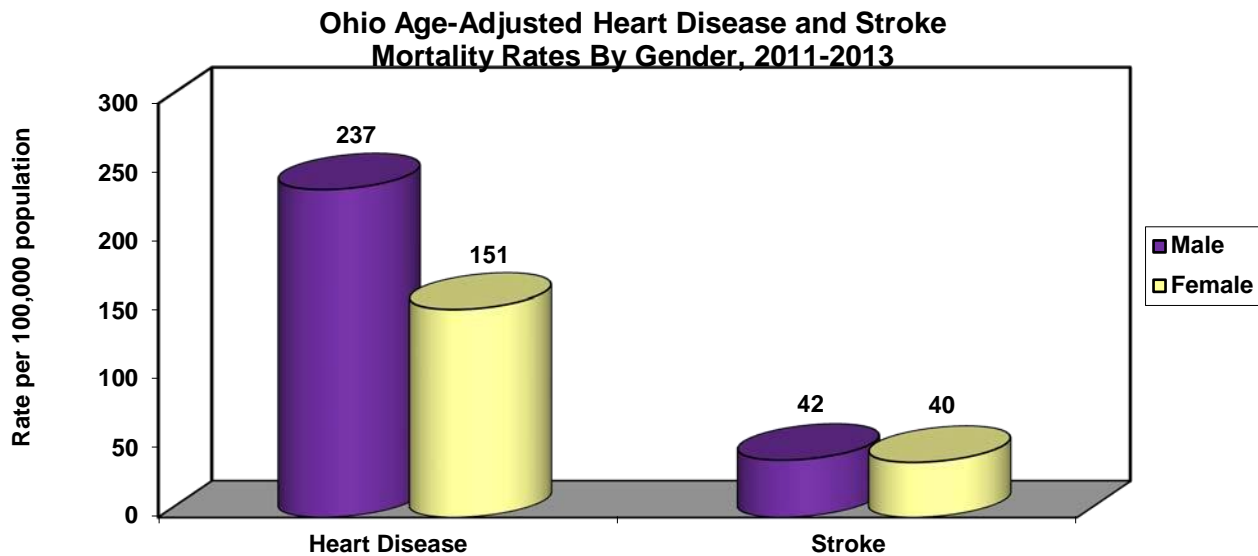
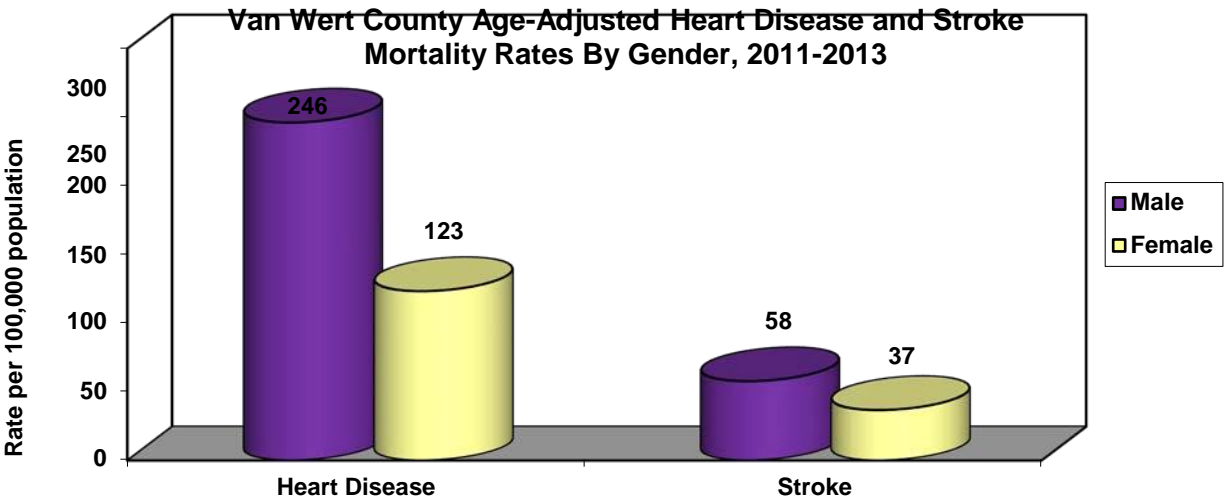
### Cancer and Men

- 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, colorectal, 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, March 26, 2016, <http://www.cdc.gov/features/cancerandmen/>, and American Cancer Society, Cancer Facts & Figures 2016, <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>)*

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

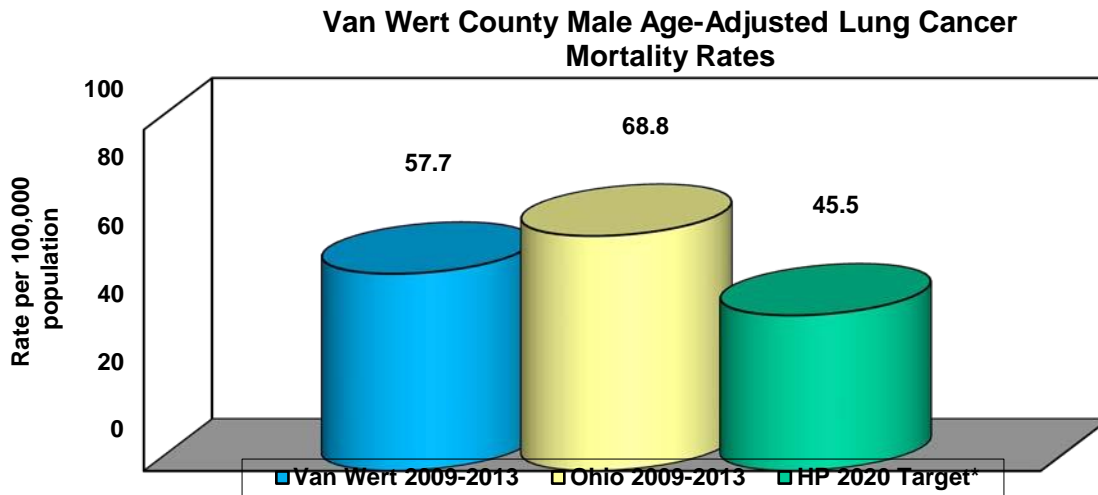
- From 2011-2013, the Van Wert County and Ohio male age-adjusted mortality rate was higher than the female rate for heart disease.
- The Van Wert County male age-adjusted mortality rate was higher than the female rate for stroke in 2011-2013.
- The Van Wert County male age-adjusted heart disease mortality rate was higher than the Ohio male rate.



(Source: Health Indicators Warehouse, 2011-2013)

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

- From 2009-2013, the Van Wert County age-adjusted mortality rate for male lung cancer was lower than the Ohio average, but still higher than the Healthy People 2020 objective.



*\*Note: the Healthy People 2020 target rates are not gender specific.  
(Source: CDC Wonder 2009-2013 and Healthy People 2020)*

### Men's Health Data

- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- 21% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 53% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 35% of men 20 years and over are obese.
- There are 15% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

*(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, February 22, 2016, from <http://www.cdc.gov/nchs/fastats/mens-health.htm>)*

# Adult | PREVENTIVE MEDICINE AND ENVIRONMENTAL HEALTH

## Key Findings

Over two-thirds (70%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (54%) of adults ages 50 and over had a colonoscopy/sigmoidoscopy exam within the past 5 years.

## Preventive Medicine

- More than half (58% or 12,273) of Van Wert County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 92% had the shot and 8% had the nasal spray.
- 75% of Van Wert County adults ages 65 and over had a flu vaccine in the past 12 months. The 2014 BRFSS reported that 56% of Ohio and 61% of U.S. adults ages 65 and over had a flu vaccine in the past year.
- Almost one-third (30%) of adults have had a pneumonia shot in their life, increasing to 70% of those ages 65 and over. The 2014 BRFSS reported that 70% of Ohio and 70% of U.S. adults ages 65 and over had a pneumonia shot in their life.
- Van Wert County adults have had the following vaccines: MMR in their lifetime (70%), tetanus booster (including Tdap) in the past 10 years (59%), chicken pox vaccine in their lifetime (40%), Hepatitis B (32%), pneumonia vaccine in their lifetime (30%), Hepatitis A (24%), pertussis vaccine in the past 10 years (19%), Zoster (shingles) vaccine in their lifetime (18%), and human papillomavirus vaccine in their lifetime (7%).

## Preventive Health Screenings and Exams

- More than half (54%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- In the past year, 66% of Van Wert County women ages 40 and over have had a mammogram.
- In the past year, nearly half (45%) of men ages 50 and over have had a PSA test.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Van Wert County adults.

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Had a pneumonia vaccination (ages 65 and over)	70%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	75%	56%	61%
Ever had a shingles/zoster vaccine	18%	21%	22%



**Van Wert County Adults Having Discussed Healthcare Topics  
With Their Healthcare Professional in the Past 12 Months**

<b>HEALTHCARE TOPICS</b>	<b>Total 2015</b>
Physical Activity or Exercise	39%
Weight, Dieting or Eating Habits	33%
Self-Breast or Self-Testicular Exam	32%
Immunizations	29%
Significance of Family History	19%
Depression, Anxiety, or Emotional Problems	15%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	9%
Quitting Smoking	8%
Alternative Pain Therapy	7%
Injury Prevention Such As Safety Belt Use & Helmet Use	7%
Alcohol Use	5%
Alcohol Use When Taking Prescription Drugs	5%
Domestic Violence	3%
Illicit Drug Abuse	3%

**Van Wert County Adult Health Screening Results**

<b>GENERAL SCREENING RESULTS</b>	<b>Total Sample</b>
Diagnosed with High Blood Cholesterol	39%
Diagnosed with High Blood Pressure	31%
Diagnosed with Diabetes	10%
Diagnosed with a Heart Attack	4%
Diagnosed with a Stroke	1%

**Healthy People 2020**

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

<b>Objective</b>	<b>Van Wert County 2015</b>	<b>Ohio 2014</b>	<b>U.S. 2014</b>	<b>Healthy People 2020 Target</b>
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	70%	70%	70%	90%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2014 BRFSS, 2015 Van Wert County Health Assessment)*

## Environmental Health

- 49% of Van Wert County adults had a private water source for drinking water. Of those who had a private water source, 9% had it tested within the past year, and 26% have never had it tested. 17% did not know the last time their water source had been tested.
- Van Wert County households had the following disaster preparedness supplies: working flashlight and working batteries (88%), cell phone (85%), working smoke detector (84%), cell phone with texting (81%), 3-day supply of nonperishable food for everyone in the household (53%), working battery-operated radio and working batteries (52%), 3-day supply of prescription medication for each person who takes prescribed medicines (45%), home land-line telephone (43%), generator (43%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (36%), communication plan (22%), family disaster plan (14%), and a disaster plan (13%).
- Van Wert County adults thought the following threatened their health in the past year.
  - Insects (18%)
  - Agricultural chemicals (7%)
  - Mold (6%)
  - Rodents (6%)
  - Moisture issues (5%)
  - Chemicals found in products (5%)
  - Temperature regulation (4%)
  - Indoor air quality (4%)
  - Outdoor air quality (3%)
  - Plumbing problems (2%)
  - Unsafe water supply/wells (1%)
  - Sewage/waste water problems (1%)
  - Excess medications in home (1%)
  - General living conditions (1%)
  - Food safety/food-borne infections (1%)
  - Bed bugs (1%)
  - Safety hazards (1%)
  - Lice (1%)
  - Lead paint (1%)
  - Sanitation issues (<1%)
  - Radiation (<1%)
  - Radon (<1%)
  - Hazardous waste incidents, storage, and transport (<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 AND PREGNANCY OUTCOMES

## Key Findings

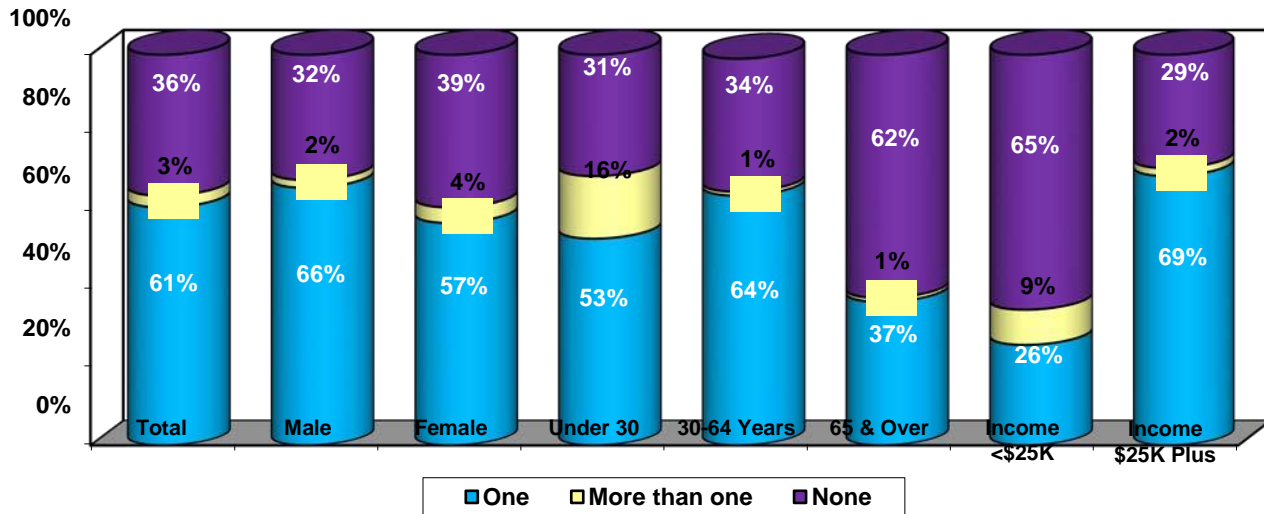
*In 2015, more than three-fifths (64% or 13,543) of Van Wert County adults had sexual intercourse. Three percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papilloma virus (HPV) (Source: CDC, STDs in Adolescents and Young Adults, 2014 STD Surveillance).*

## Adult Sexual Behavior

- In 2015, more than three-fifths (64% or 13,543) of Van Wert County adults had sexual intercourse.
- 3% of adults reported they had intercourse with more than one partner in the past year, increasing to 16% of those under the age of 30.
- Van Wert County adults used the following methods of birth control: abstinence (37%), they or their partner were too old (15%), vasectomy (13%), hysterectomy (9%), tubes tied (8%), condoms (8%), birth control pill (7%), IUD (5%), withdrawal (3%), rhythm method (1%), contraceptive implants (1%), and shots (1%).
- Approximately 1,693 (8%) of Van Wert County adults were not using any method of birth control.
- Van Wert County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (36%)
  - They or their partner were too old (24%)
  - They wanted to get pregnant (6%)
  - They did not think they or their partner could get pregnant (5%)
  - They did not care if they or their partner got pregnant (3%)
  - They did not want to use birth control (2%)
  - They or their partner did not like birth control/fear of side effects (1%)
  - They or their partner were currently breast feeding (1%)
  - Their partner did not want to use birth control (1%)
  - They or their partner were currently pregnant (1%)
  - They or their partner had just had a baby (1%)
  - Religious preferences (1%)
  - No regular partner (1%)
- Van Wert County adults were diagnosed with the following sexually transmitted diseases in the past five years: genital herpes (3%), human papilloma virus (HPV) (2%), chlamydia (1%), and hepatitis C (<1%).
- The following situations applied to Van Wert County adults in the past year: had anal sex without a condom (2%), tested for an STD (1%), treated for an STD (1%), used intravenous drugs (1%), and tested positive for Hepatitis C (<1%).

The following graph shows the sexual activity of Van Wert County adults. Examples of how to interpret the information in the graph include: 61% of all Van Wert County adults had one sexual partner in the last 12 months and 3% had more than one, and 66% of males had one partner in the past year.

**Number of Sexual Partners in the Past Year**



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

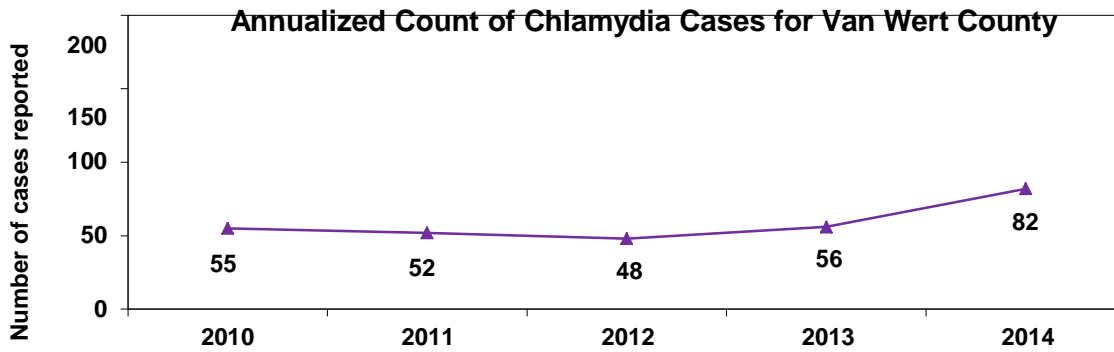
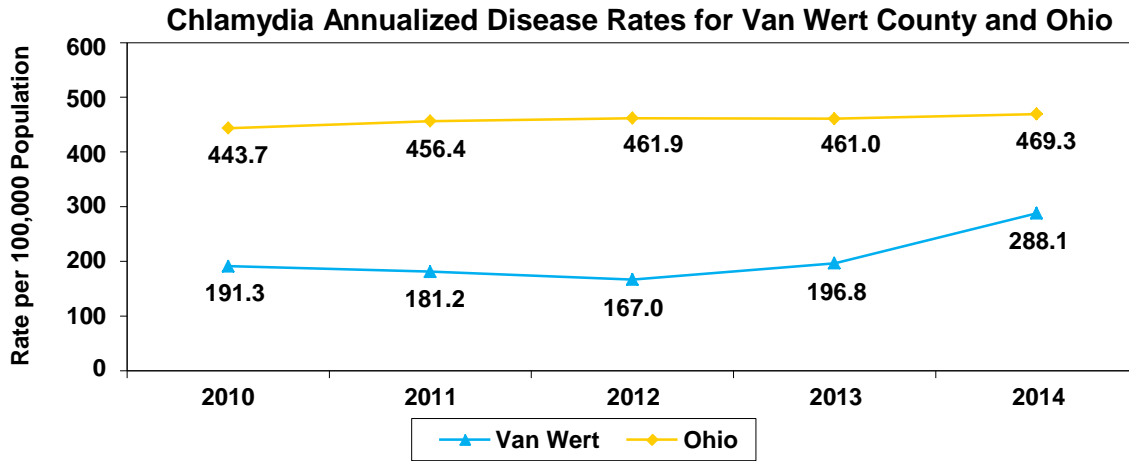
### HIV in the United States

- More than 1.2 million people in the United States are living with HIV infection, and almost 1 in 7 (14%) are unaware of their infection.
- By race, African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year.
- In 2012, an estimated 47,989 people were diagnosed with HIV infection in the United States. In that same year, an estimated 27,928 people were diagnosed with AIDS. Since the epidemic began, an estimated 1,170,989 people in the United States have been diagnosed with AIDS
- An estimated 13,834 people with an AIDS diagnosis died in 2010, and approximately 648,459 people in the United States with an AIDS diagnosis have died since the epidemic.

(Source: CDC, HIV in the United States: At a Glance, 11/25/2014, from: <http://www.cdc.gov/hiv/statistics/basics/ataglance.html>)

The following graphs show Van Wert County chlamydia disease rates per 100,000 population updated July 14, 2015 by the Ohio Department of Health. The graphs show:

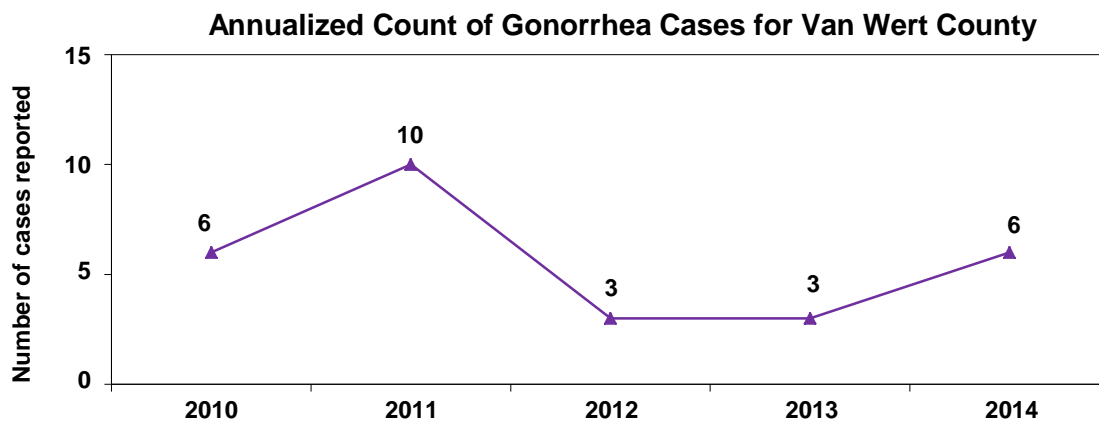
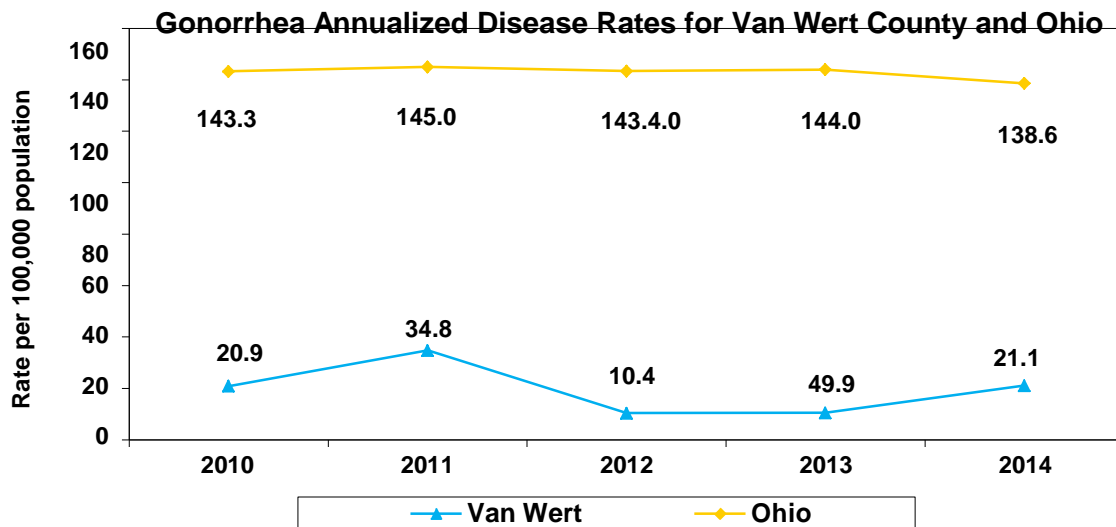
- Van Wert County chlamydia rates fluctuated from 2010 to 2014. Van Wert County rates remained below the Ohio rates.
- In 2013, the U.S. rate for new chlamydia cases was 456.7 per 100,000 population (Source: CDC, *STD Trends in the U.S., 2014*).



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

The following graphs show Van Wert County gonorrhea disease rates per 100,000 population updated July 14, 2015 by the Ohio Department of Health. The graphs show:

- The Van Wert County gonorrhea rate fluctuated from 2010 to 2014. The Van Wert County gonorrhea rate remained below the Ohio rate.
- In 2013, the U.S. rate for new gonorrhea cases for the total population was 107.5 per 100,000 population (Source: CDC, *STD Trends in the U.S., 2014*).
- The Healthy People 2020 objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

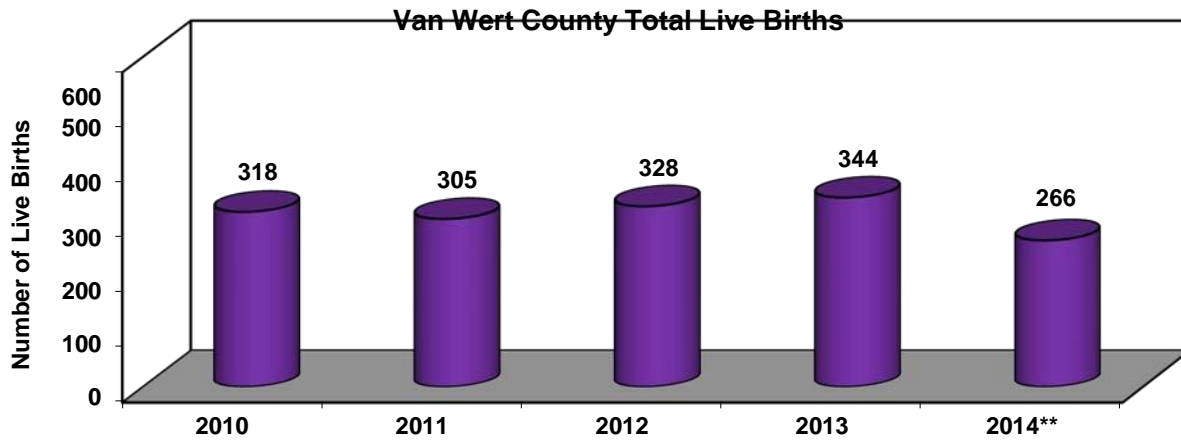


(Source for graphs: ODH, *STD Surveillance*, data reported through 5-17-15)

## Pregnancy Outcomes

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

- From 2010-2014, there was an average of 312 live births per year in Van Wert County.



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

\*\* - Indicates preliminary data that may change

# Adult | QUALITY OF LIFE

## Key Findings

In 2015, 21% of Van Wert County adults were limited in some way because of a physical, mental or emotional problem.

## Impairments and Health Problems

- In 2015, about one-fifth (21% or 4,444) of Van Wert 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: back or neck problems (47%), arthritis/rheumatism (40%), stress, depression, anxiety, or emotional problems (25%), chronic pain (19%), fitness level (19%), walking problems (19%), sleep problems (16%), lung/breathing problems (11%), eye/vision problems (11%), diabetes (10%), high blood pressure (9%), heart problems (9%), fractures, bone/joint injuries (8%), hearing problems (7%), tobacco dependency (5%), incontinence (4%), mental health illness/disorder (3%), alcohol dependency (2%), cancer (2%), other mental health issue (2%), learning disability (1%), developmental disability (1%), and drug addiction (1%).
- Van Wert County adults needed help with the following because of an impairment or health problem: yard work (19%), household chores (13%), transportation (8%), shopping (8%), cooking (6%), doing necessary business (4%), bills (4%), bathing (3%), getting around the house (3%), getting around for other purposes (2%), child care (2%), dressing (2%), toileting (1%), and eating (1%).
- In the past year, Van Wert County adults reported needing the following services: eyeglasses or vision services (24%), pain management (10%), help with routine needs (7%), a cane (5%), help with personal care needs (4%), medical supplies (4%), a wheelchair (3%), a walker (3%), hearing aids or devices (3%), durable medical equipment (3%), wheelchair ramp (2%), mobility aids or devices (2%), a special bed (1%), oxygen or respiratory support (1%), a special telephone (1%), personal emergency response system (1%), and communication aids or devices (<1%).

### 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>)

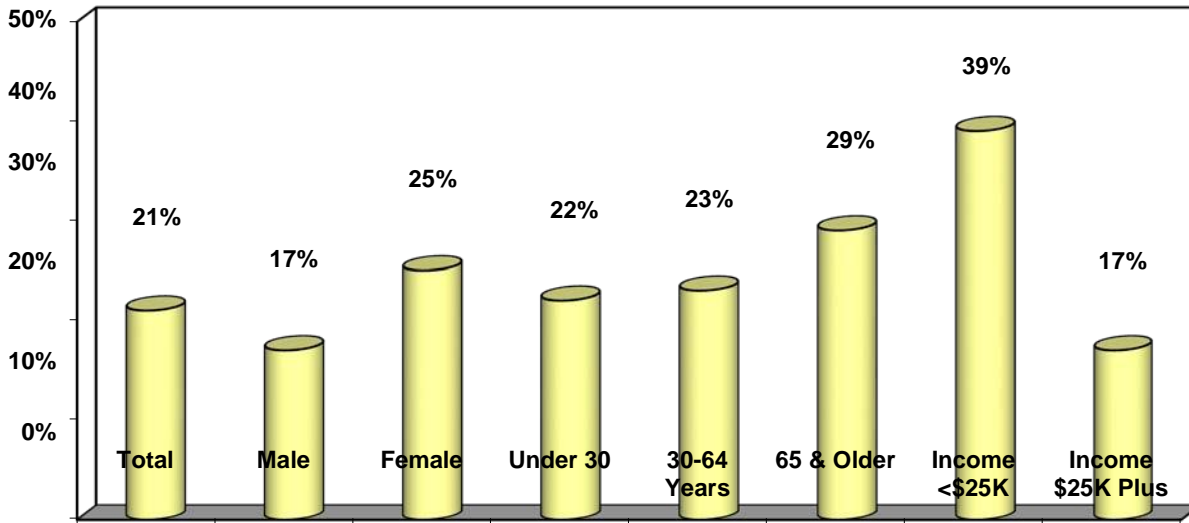
QUALITY OF LIFE

Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S 2014
Limited in some way because of a physical, mental, or emotional problem	21%	22%	20%

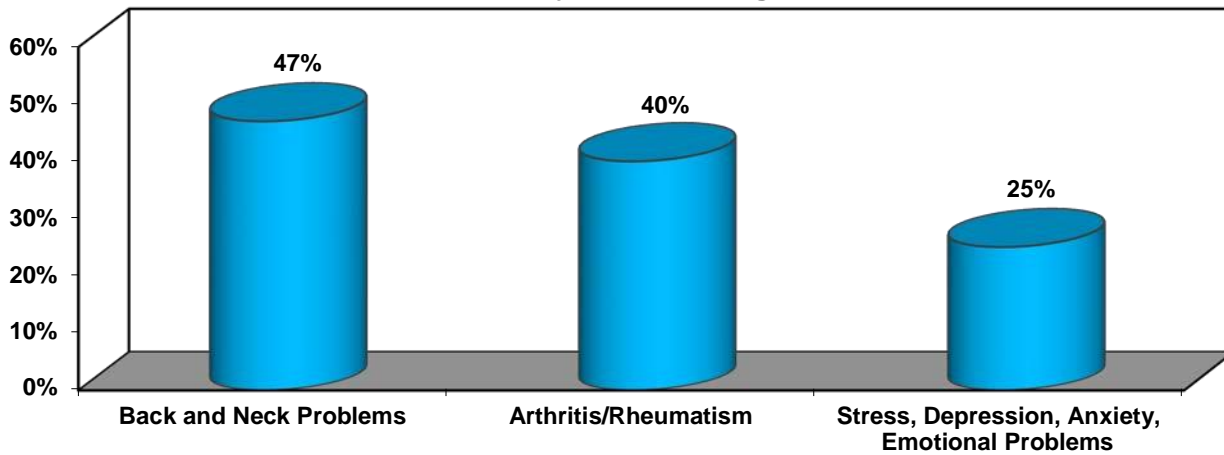


The following graphs show the percentage of Van Wert County adults who were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph includes: 21% of Van Wert County adults are limited in some way, 17% of males, and 29% of those 65 and older.

**Van Wert County Adults Limited in Some Way**



**Van Wert County Most Limiting Health Problems**



**Healthy People 2020**

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

Objective	Van Wert County 2015	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	40%	36%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2015 Van Wert County Health Assessment)*

# Adult | SOCIAL CONTEXT AND SAFETY

## Key Findings

In 2015, approximately 1,481 (7%) of Van Wert County adults were threatened or abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 48% of adults reported having firearms in and around their homes.

## Social Context

- In 2015, approximately 1,481 (7%) of Van Wert County adults were threatened or abused in the past year. They were threatened or abused by the following: a spouse or partner (46%), someone outside their home (21%), a parent (11%), a child (11%), another family member (7%), and someone else (36%).
- Adults who were abused were abused in the following ways: emotionally (81%), verbally (64%), financially (32%), physically (24%), through electronic methods (20%), and sexually (12%).

## Distracted Driving

- Distracted driving is driving while doing another activity that takes your attention away from driving.
- Each day, more than 9 people are killed and more than 1,060 people are injured in crashes that were reported to involve a distracted driver.
- In 2011, 3,331 people were killed and an additional 387,000 people were injured in crashes involving a distracted driver.
- 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving, and 31% reported that they had read or sent text messages or email messages while driving at least once within the last 30 days.
- Nearly half of all U.S. high school students aged 16 years or older text or email while driving.

(Source: CDC, *Distracted Driving*, updated October 10, 2014, [http://www.cdc.gov/motorvehiclesafety/distracted\\_driving/index.html](http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html))

*7% of Van Wert County adults were threatened or abused in the past year.*

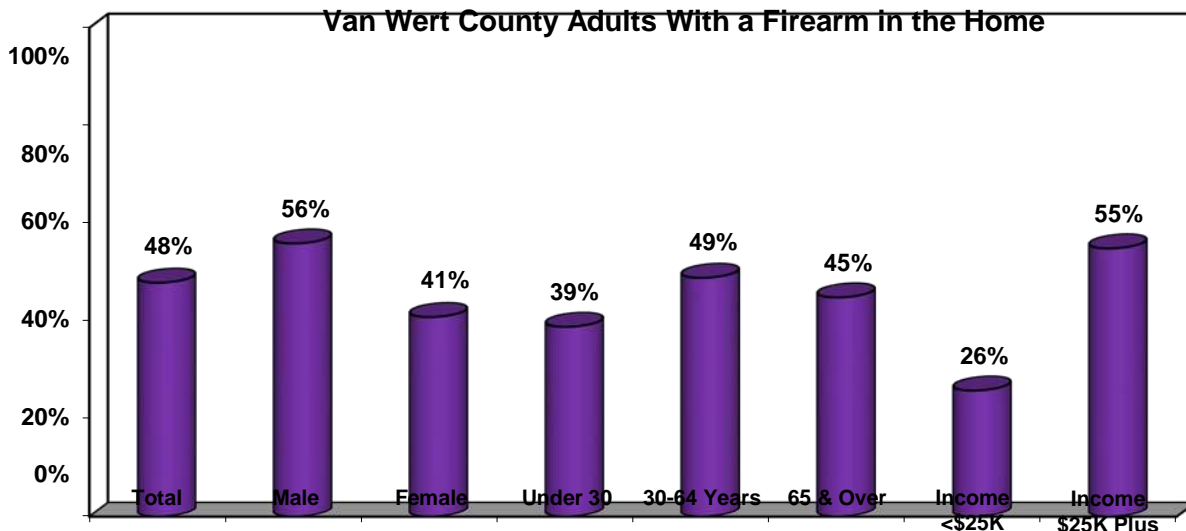
- Van Wert County adults experienced the following as a child: their parents became separated or were divorced (18%), a parent or adult in their home swore at, insulted, or put them down (14%), lived with someone who was depressed, mentally ill, or suicidal (11%), lived with someone who was a problem drinker or alcoholic (10%), someone at least 5 years older than them or an adult touched them sexually (7%), a parent or adult in their home hit, beat, kicked, or physically hurt them (6%), their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (6%), someone at least 5 years older than them or an adult tried to make them touch them sexually (5%), lived with someone who used illegal stress drugs, or who abused prescription medications (3%), lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (3%), someone at least 5 years older than them or an adult forced them to have sex (2%), and their parents were not married (1%).
- 12% of Van Wert County adults had three or more adverse childhood experiences, increasing to 19% of those with incomes less than \$25,000.
- In the past month, approximately 1,693 (8%) of Van Wert County adults needed help meeting their general daily needs, such as food, clothing, shelter or paying utility bills, increasing to 26% of those with incomes less than \$25,000.
- Van Wert County adults received assistance for the following in the past year: healthcare (10%), food (9%), utilities (9%), dental care (9%), prescription assistance (7%), rent/mortgage (6%), mental illness issues (5%), employment (4%), transportation (3%), home repair (3%), legal aid services (2%), affordable childcare (2%), clothing (2%), credit counseling (1%), free tax preparation (1%), unplanned pregnancy (<1%), and emergency shelter (<1%).

- Van Wert County adults attempted to get assistance from the following social service agencies: Job & Family Services/Welfare Department (11%), friend or family member (5%), church (4%), food pantries (4%), Northwest Ohio Community Action Commission (3%), WIC (3%), Salvation Army (2%), health department (2%), American Red Cross (1%), YWCA (1%), Crisis Care Line (1%), 2-1-1/United Way (<1%), and somewhere else (2%). 1% did not know where to look for assistance.

## Safety

- Nearly half (48% or 10,157) of Van Wert County adults kept a firearm in or around their home. 6% of adults reported they were unlocked and loaded.
- Van Wert County adults reported doing the following while driving: wearing a seatbelt (94%), eating (44%), talking on hand-held cell phone (39%), talking on hands-free cell phone (22%), texting (13%), not wearing a seatbelt (8%), using internet on their cell phone (7%), checking Facebook on their cell phone (4%), being under the influence of prescription drugs (3%), reading (2%), being under the influence of alcohol (1%), being under the influence of recreational drugs (1%), and other activities (such as applying makeup, shaving, etc.) (1%).

The following graph shows the percentage of Van Wert County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 48% of all Van Wert County adults kept a firearm in their home, 56% of males, and 49% of those ages 30-64 kept a firearm in their home.



## 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, 51 are suicides, 32 are murdered, 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.bradiycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf>)

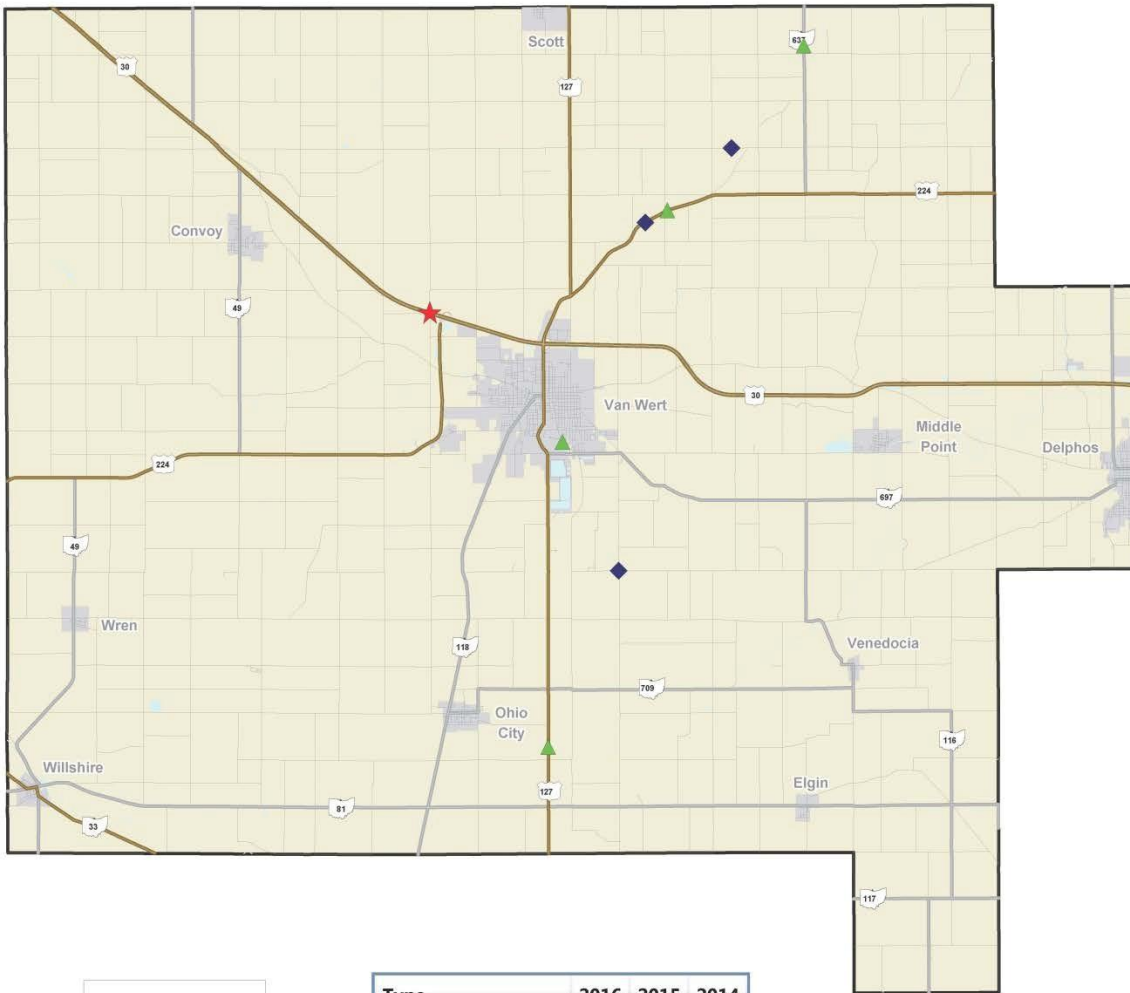
## Ohio State Patrol Activity Statistics

- The table below shows activity that has been produced by the Ohio State Highway Patrol for Van Wert County from 1/1/2015 through 8/9/2015.
- The table also shows a previous year comparison for the same time frame.

Year to Date Activity	2014	2015
Enforcement Stops	2,696	3,367
Non-Enforcement Activity	3,913	4,758
Warnings	1,514	2,326
Motorist Assists	981	1,054
Crashes Investigated	180	185
OVI Enforcement	60	48
Driving Under Suspension Enforcement	40	60
Seat Belt Enforcement	415	691
Commercial Vehicle Enforcement	952	1,124
Felony Arrests	2	3
Felony Warrants Served	0	2
Misdemeanor Summons Issued	31	51
Misdemeanor Warrants Served	2	3
Drug Violations	12	25
Identity Theft Enforcements	1	1
Resisting Arrest Violations	0	1
Weapons Violations	2	0

(Source: Ohio State Highway Patrol Statistics, Van Wert County Activity Statistics, Updated 8/9/2015, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage.asp?Area1=26&B2=Submit>)


## Van Wert County Fatal Traffic Crashes 2014 to 2016 YTD




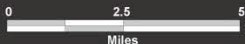
**Fatal Crashes**

- ★ 2016 (1)
- ◆ 2015 (3)
- ▲ 2014 (4)

Type	2016	2015	2014
# Rural	1	3	3
# Urban	0	0	1
# OVI Related	0	0	0
# Commercial Related	0	1	1
# Motorcycle Related	0	1	0



Data Source: OSHP LINCS Database  
 Map Design and Layout: OSHP Statistical Analysis Unit  
 Ohio State Highway Patrol  
 March 17, 2016

(Source: Ohio State Highway Patrol Statistics, Van Wert County Fatal Traffic Crash Statistics, Updated 3/17/2016, obtained from: [http://www.statepatrol.ohio.gov/statistics/statdocs/Fatals\\_16/VanWert\\_Fatals\\_16.pdf](http://www.statepatrol.ohio.gov/statistics/statdocs/Fatals_16/VanWert_Fatals_16.pdf))

## Ohio State Highway Patrol Statistics

- Below are the yearly activity summaries and officer complaints from 2010-2014.
- In 2014 there were 68,904 total crashes in the state of Ohio.

Crashes Investigated	2010	2011	2012	2013	2014	5 Year Total
Total Crashes	69,077	66,628	64,561	64,468	68,904	334,638
Fatal	514	499	535	468	453	2,469
Injury	20,741	20,118	19,498	18,586	19,197	98,140
Property/Unknown	47,822	46,011	44,528	46,414	49,254	234,029

Traffic Enforcement	2010	2011	2012	2013	2014	5 Year Total
Total Contacts	1,386,383	1,404,060	1,495,564	1,582,694	1,583,785	7,452,486
Enforcement	514,247	512,125	567,858	601,371	615,100	2,810,701
Non-Enforcement	872,136	891,935	927,706	981,323	968,685	4,641,785
OVI Arrests	22,090	23,747	24,529	24,128	24,705	119,199
Speed Citations	325,423	323,477	362,821	381,500	385,451	1,778,672
Safety Belt Citations	86,623	84,176	91,595	97,463	108,193	468,050
Driver License Citations	25,367	25,656	28,299	32,344	33,407	145,073
Traffic Warnings	371,085	367,739	409,029	440,349	433,277	2,021,479
Motorist Assists	308,573	312,104	304,293	291,837	289,958	1,506,765

Crime Enforcement	2010	2011	2012	2013	2014	5 Year Total
Cases	11,458	9,281	9,432	10,394	10,047	50,612
Stolen Vehicles Recovered	676	653	735	654	526	3,244
Drug Arrests	5,665	6,164	7,644	9,630	11,157	40,260
Illegal Weapon Arrests	332	362	395	572	489	2,150
Resisting Arrests	682	726	721	732	708	3,569

(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 02/11/2014)

## Traffic Stop Data

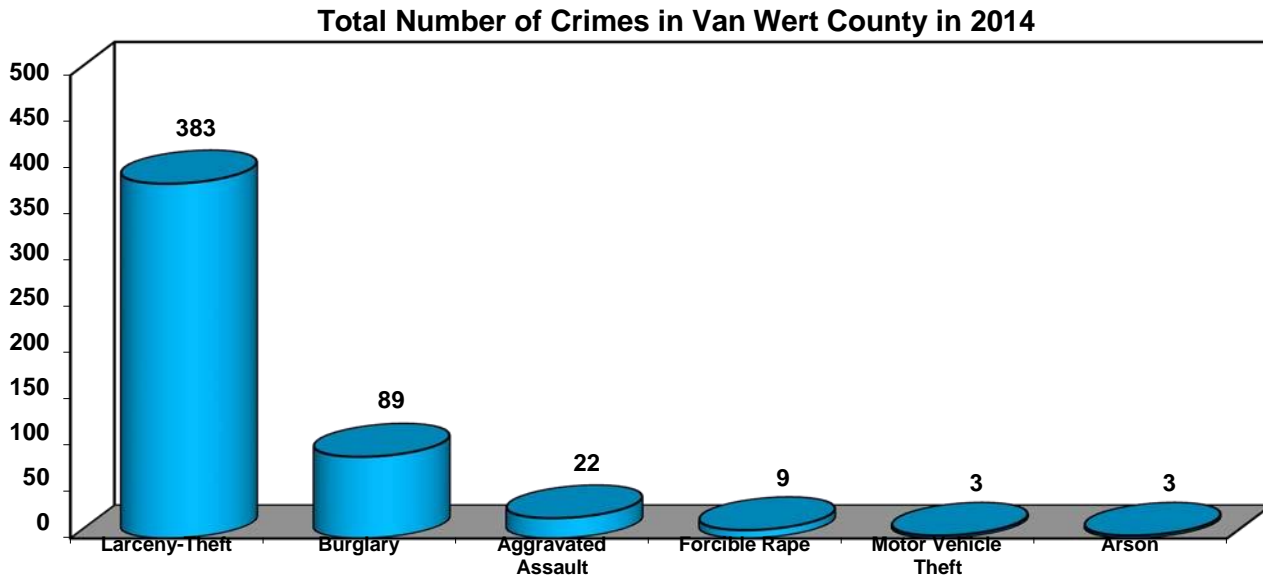
- This data is compiled from all traffic stops in which a citation, inspection, warning, or vehicle defect notice was issued by Ohio State Highway Patrol Troopers in 2014.

Crime Enforcement	Asian	Black	Hispanic	White	Unknown	Total
Traffic Stop Contracts	13,490	131,211	21,810	808,830	3,413	979,381

(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 02/11/2014)

## Crime Data

- In 2014, the total population in Van Wert County was 28,446.
- There were a total of 475 property crimes and 32 violent crimes 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))

## Arrests/Incarceration Data

- In July 2015, the total inmate population in the state of Ohio was 50,403.
- In FY 2015, the total budget was \$1,619,085,171. The budget has increased \$19,390,404 since FY 2014.
- The average daily cost per inmate in 2015 was \$62.57, and the annual budget is \$22,836.34.

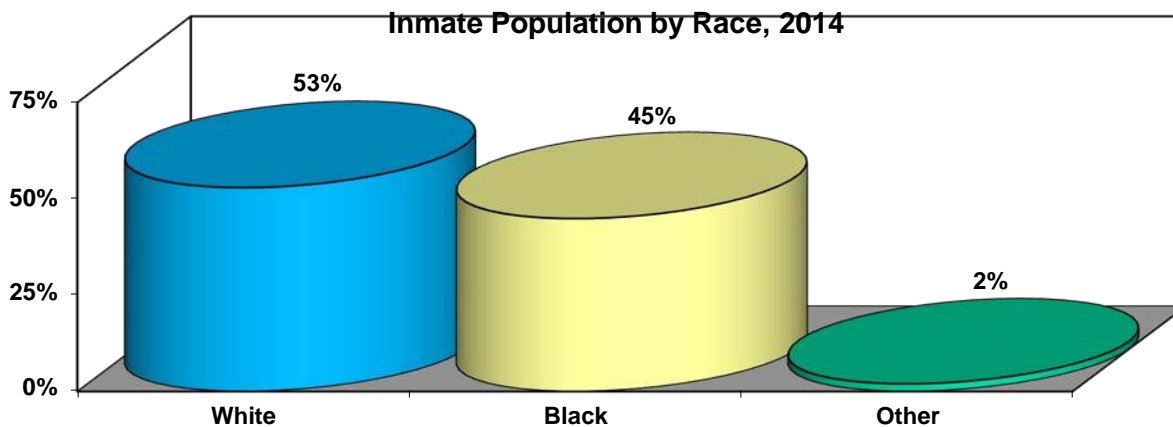
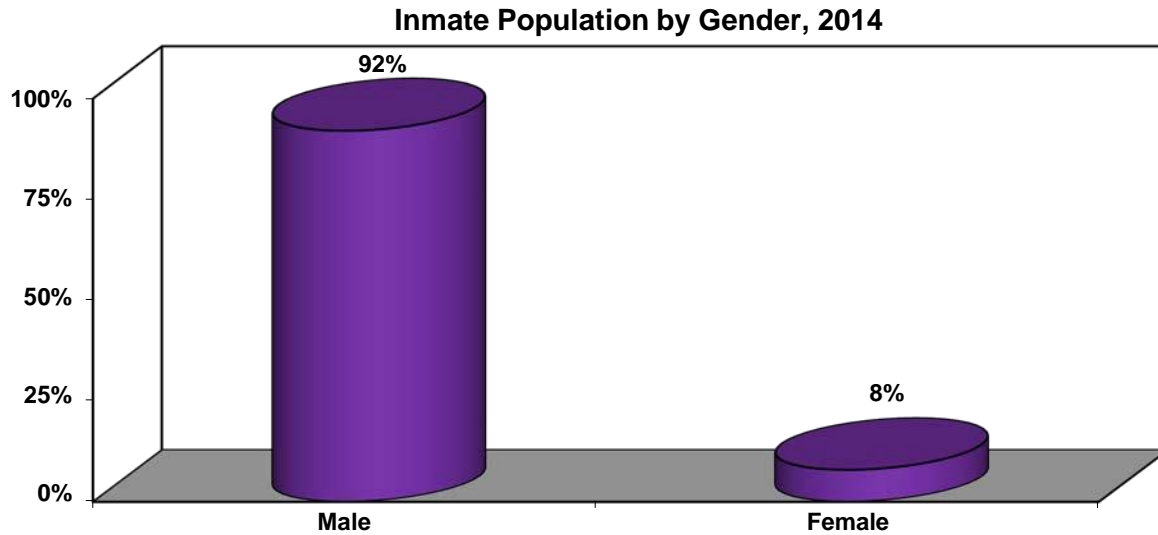
Ohio Department of Rehabilitation and Correction Counts	2014
Inmates Under 18 Years of Age	38
Inmates Over 50 Years of Age	8,071
Pregnant Females	53
Mothers/Babies in the ABC Nursery	9
Inmates Serving Life Without Parole (LWOP)	531

Age Range of Offender Population	2014
Male	37.09 years
Female	35.11 years
Average Stay in Prison	2.26 years

(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, July 2015, from <http://www.drc.ohio.gov/web/Reports/FactSheet/July%202015.pdf>)

The following graphs show the Ohio inmate population in 2014 by gender and race. These graphs show:

- The percentage of Ohio males who are incarcerated is considerably higher than the percentage of females.
- More than half (53%) of the Ohio population that is incarcerated is White, followed by African Americans at 45%.



(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, July 2015, from <http://www.drc.ohio.gov/web/Reports/FactSheet/July%202015.pdf>)



# Adult | MENTAL HEALTH AND SUICIDE

## Key Findings

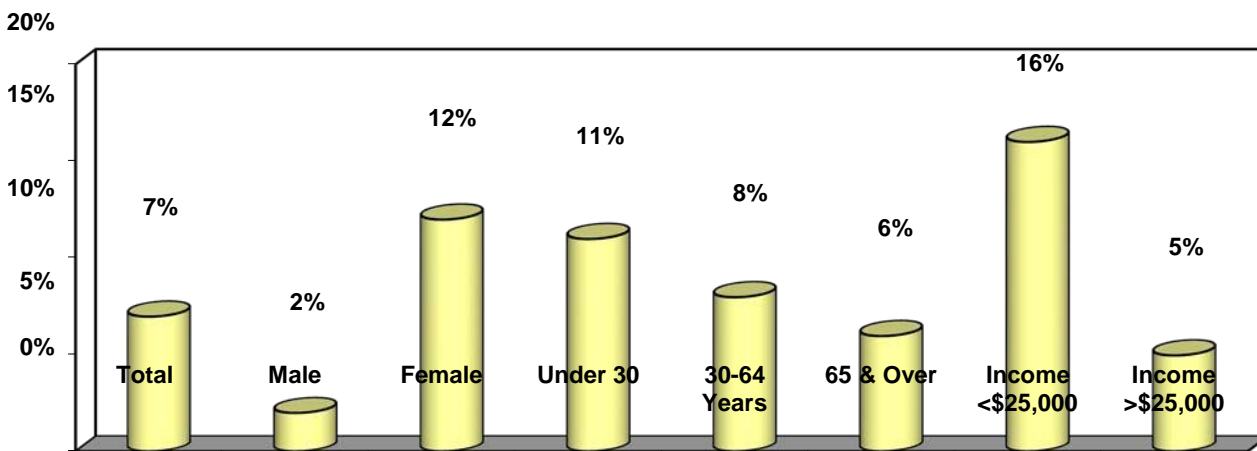
In 2015, 3% of Van Wert County adults considered attempting suicide. 7% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

## Adult Mental Health

- In the past year, 7% of Van Wert 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.
- Approximately 635 (3%) of Van Wert County adults considered attempting suicide in the past year.
- No adults reported actually attempting suicide in the past year.
- Van Wert County adults reported they or a family member had been diagnosed with or treated for the following mental health issues: depression (21%), anxiety or emotional problem (16%), anxiety disorder (14%), bipolar (6%), attention deficit disorder (4%), developmental disability (3%), alcohol and illicit drug abuse (3%), life adjustment disorder (3%), psychotic disorder (2%), autism spectrum (2%), post-traumatic stress disorder (2%), other trauma (2%), and another mental health disorder (2%). 18% of adults indicated they or a family member had taken medication for a mental health issue.
- Adults dealt with stress in the following ways: talking to someone they trust (52%), listening to music (35%), sleeping (34%), eating more or less than normal (34%), exercising (33%), working (28%), working on a hobby (28%), drinking alcohol (11%), smoking tobacco (10%), taking it out on others (10%), meditating (10%), using prescription drugs (3%), using herbs or home remedies (2%), using illegal drugs (1%), gambling/lottery (1%), and other ways (16%).

The following graph shows Van Wert 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 includes: 7% of all Van Wert County adults felt sad or hopeless for two or more weeks in a row, 2% of males, and 12% of females.

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



## Warning Signs for Suicide

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

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

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

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

## Prevention: Take it Seriously

Fifty to 75% of all suicides give some warning of their intentions to a friend or family member.

Recognize the *Imminent Dangers*:

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

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

## Suicide Facts

- 41,149 people in the U.S. died from suicide, and 1,028,725 people attempted suicide in 2013.
- An average of one person killed themselves every 12.8 minutes
- Suicide is the 10<sup>th</sup> ranking cause of death in the U.S.
- For every female death by suicide, there are 3.5 male deaths.
- In 2013, there were 1,526 suicide deaths in Ohio.
- The leading suicide methods included:
  - Firearm suicides (51.5%)
  - Suffocation/Hanging (24.5%)
  - Poisoning (16.1%)
  - Cutting/Piercing (1.9%)
  - Drowning (1.0%)

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

# Adult and Youth | ORAL HEALTH

## Key Findings

The 2015 Health Assessment project has determined that nearly three-fourths (72% or 15,236) of Van Wert County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of both Ohio and U.S. adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (73% or 2,183) of Van Wert 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).

**Van Wert County**  
**Dental Care Resources – 2012**

- Number of licensed dentists- 10
- Number of primary care dentists- 8
- Ratio of population per dentist- 2,874:1
- Number of dentists who treat Medicaid patients- 2
- Ratio of Medicaid population per dentist who treats Medicaid patients- 2,976:1

*(Source: ODH Ohio Oral Health Surveillance System, 2012)*

## Access to Dental Care

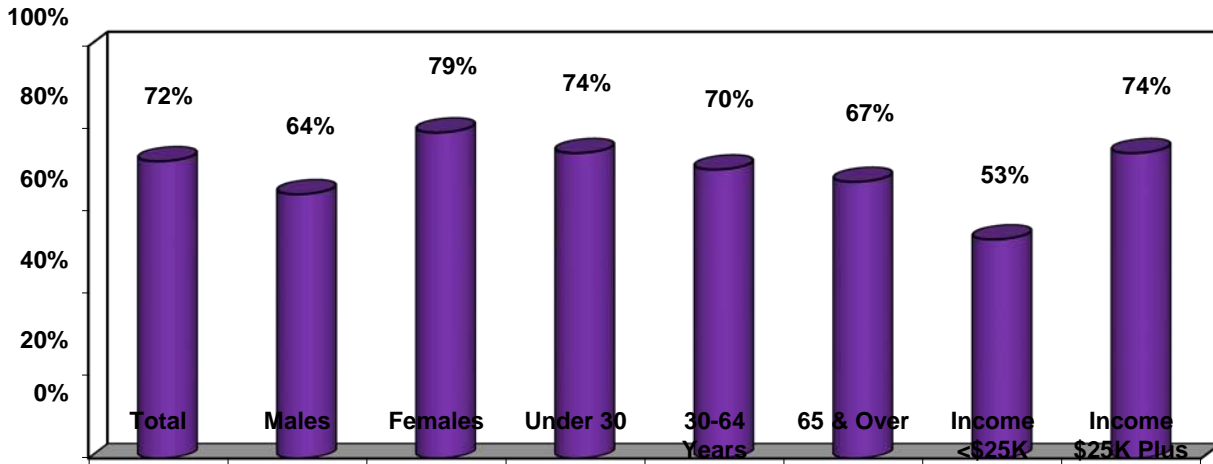
- In the past year, 72% (15,236) of Van Wert County adults had visited a dentist or dental clinic, decreasing to 53% of adults with annual household incomes less than \$25,000.
- The 2014 BRFSS reported that 65% of both Ohio and U.S. adults had visited a dentist or dental clinic in the previous twelve months.
- More than three-fourths (78%) of Van Wert County adults with dental insurance have been to the dentist in the past year, compared to 62% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 48% said cost, 21% said fear, apprehension, nervousness, pain, and dislike going, 19% had no oral health problems, 8% had not thought of it, 7% said their dentist did not accept their medical coverage, 6% had other priorities, 4% said the wait for an appointment was too long, 3% did not have/know a dentist, 3% could not find a dentist to who took Medicaid, 1% could not get into a dentist, and 1% used the emergency room for their dental issues.
- Nearly two-fifths (39%) of adults had one or more of their permanent teeth removed, increasing to 65% 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.
- 15% of Van Wert 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.
- Van Wert County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (73%), 1 to 2 years ago (9%), 2 or more years ago (4%), never (1%), and do not know (13%).

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%	11%	7%	15%	2%
Females	79%	4%	4%	9%	2%
Total	72%	7%	6%	12%	2%

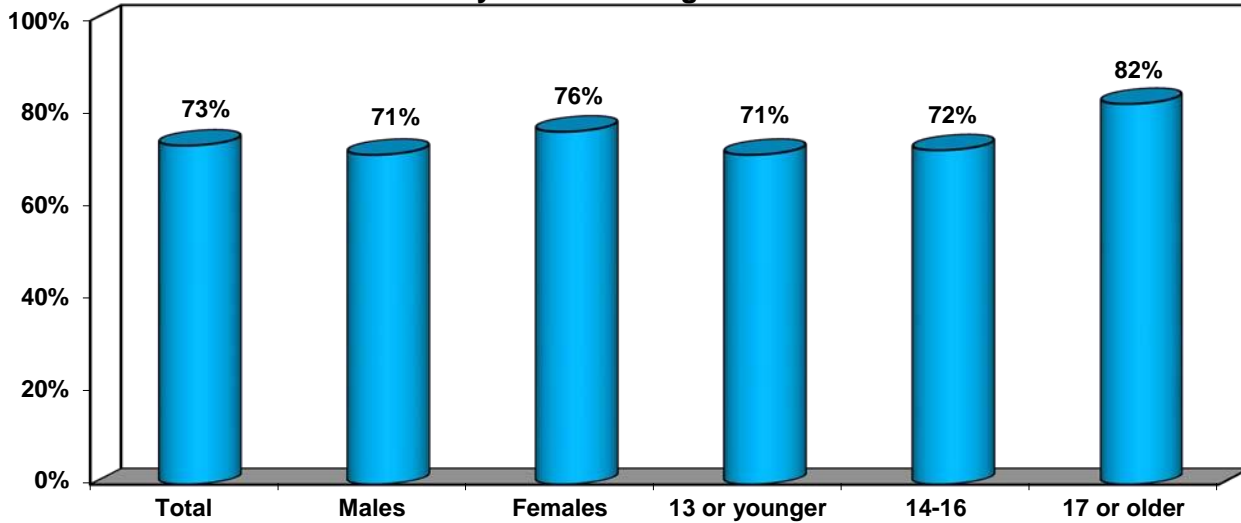
Totals may not equal 100% as some respondents answered do not know.

The following graphs provide information about the frequency of Van Wert County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 72% of all Van Wert County adults had been to the dentist in the past year, 74% of those under the age of 30, and 53% of those with incomes less than \$25,000.

**Van Wert County Adults Visiting a Dentist in the Past Year**



**Van Wert County Youth Visiting a Dentist in the Past Year**



Adult Comparisons	Van Wert County 2015	Ohio 2014	U.S. 2014
Adults who have visited the dentist in the past year	72%	65%	65%
Adults who had one or more permanent teeth removed	39%	47%	43%
Adults 65 years and older who had all of their permanent teeth removed	15%	18%	15%

### 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))*

# Adult | PARENTING

## Key Findings

85% of parents discussed dating and relationships with their 12-to-17 year-old in the past year. 92% of parents reported their child had received all recommended immunization shots.

## Parenting

- Mothers breastfed their child: more than 9 months (20%), 6 months to 9 months (12%), 4 to 6 months (15%), 7 weeks to 3 months (19%), 3 to 6 weeks (11%), 2 weeks or less (5%), and never breastfed (19%).
- Parents reported using the following types of discipline: taking away privileges (69%), time out (51%), grounding (46%), spanking (42%), yelling (40%), washing mouth out (6%), and other forms of discipline (8%). 11% of parents reported their child had not been disciplined.
- 92% of parents reported their child had received all recommended immunization shots.
- Reasons for not receiving all recommended immunization shots included: doctor did not recommend them (27%), fear of immunizations (7%), did not think immunization was necessary (7%), and other reasons (33%).
- Parents discussed the following sexual health and other health topics with their 12-to-17 year-olds in the past year:
  - Dating and relationships (85%)
  - Peer Pressure (71%)
  - Screen-time (67%)
  - Physical activity (65%)
  - Social media issues (64%)
  - Abstinence/how to refuse sex (61%)
  - Eating habits (60%)
  - Body image (54%)
  - Bullying (51%)
  - Negative effects of alcohol (47%)
  - Weight status (46%)
  - Energy drinks (43%)
  - Negative effects of marijuana and other drugs (39%)
  - Negative effects of tobacco (36%)
  - Condom use/safer sex/STD prevention (35%)
  - Refusal skills/peer pressure (33%)
  - Anxiety/depression/suicide (32%)
  - Birth control (26%)
  - School/legal consequences of using tobacco/alcohol/other drugs (25%)
  - Negative effects of misusing prescription medication (14%)

### 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)

## 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", <http://www.cdc.gov/healthyweight/children/index.html>, November 25, 2014)*

# Youth | WEIGHT STATUS

## Key Findings

The 2015 Health Assessment identified that 18% (538) of Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 31% of Van Wert County youth reported that they were slightly or very overweight. 79% of youth were exercising for 60 minutes on 3 or more days per week. 93% of youth were involved in extracurricular activities.

## 6<sup>th</sup>-12<sup>th</sup> Grade 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 weight categories as underweight, normal, overweight, and obese.
- In 2015, 18% (538) of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S.). 16% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 17% for the U.S.). 64% were normal weight, and 2% were underweight.

*18% of Van Wert County youth were classified as obese.*

- Approximately 927 (31%) of Van Wert County youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 31% for the U.S.).
- Nearly half (44%) of all youth were trying to lose weight, increasing to 54% of Van Wert County female youth (compared to 34% of males) (2013 YRBS reported 47% for Ohio and 48% for the U.S.).
- Van Wert County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 42% of youth exercised.
  - 37% of youth drank more water.
  - 26% of youth ate more fruits and vegetables.
  - 24% of youth ate less food, fewer calories, or foods lower in fat.
  - 10% 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 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.).
  - 1% reported smoking to lose weight.

## Nutrition

- 12% of Van Wert County youth ate 5 or more servings of fruits and vegetables per day. 84% ate 1 to 4 servings of fruits and vegetables per day.
- Van Wert County youth consumed the following sources of calcium daily: milk (86%), yogurt (32%), other dairy products (57%), calcium-fortified juice (11%), calcium supplements (5%) and other sources (10%).



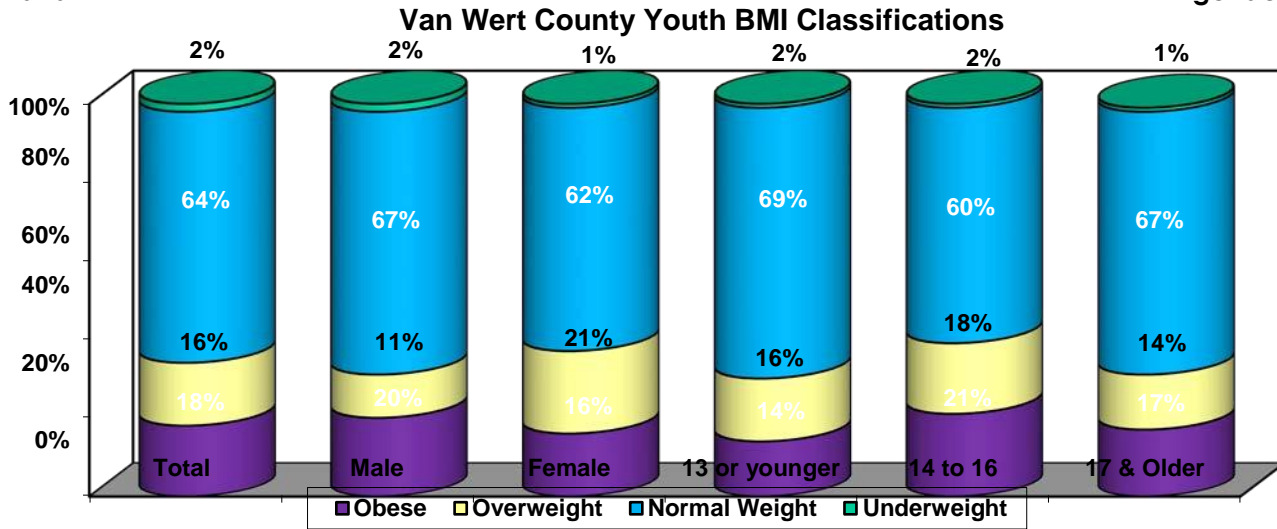
- 28% of youth drank soda pop (not diet), punch, Kool-Aid, sports drinks, energy drinks or other fruit flavored drinks at least once per day during the past week.
- In the past month, youth reported they went to bed hungry because there was not enough food in their home: sometimes (10%), most of the time (2%), and always (1%). 87% of youth reported they rarely or never went to bed hungry.

### Physical Activity

- 79% of Van Wert County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 61% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 47% for the U.S.), and 35% did so every day in the past week (2013 YRBS reports 26% for Ohio and 27% for the U.S.). 7% 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 15% 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.
- Van Wert County youth spent an average of 3.5 hours on their cell phone, 2.4 hours watching TV, 2.1 hours on their computer/tablet and 1.2 hours playing video games on an average day of the week.
- Over one-third (39%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 33% for the U.S.).
- 93% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (65%), church youth group (38%), school club or social organization (37%), exercising (outside of school) (35%), church or religious organization (31%), part-time job (23%), caring for siblings after school (16%), babysitting for other kids (14%), volunteering in the community (14%), caring for parents or grandparents (4%) or some other organized activity (Scouts, 4H, etc.) (20%).
- 7% of youth did not participate in extracurricular activities for the following reasons: not interested (17%), cannot afford it (8%), have a job (6%), transportation issues (5%), have to watch younger siblings (5%), does not exist/not offered (5%), have to take care of parents or grandparents (2%) and parents will not take me to activities (1%).

Van Wert County 6 <sup>th</sup> -12 <sup>th</sup> Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	42%
Drank more water	37%
Ate more fruits and vegetables	26%
Ate less food, fewer calories, or foods lower in fat	24%
Skipped meals	10%
Went without eating for 24 hours	4%
Took diet pills, powders, or liquids without a doctor's advice	2%
Vomited or took laxatives	1%
Smoked cigarettes	1%

The following graph shows the percentage of Van Wert 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: 64% of all Van Wert County youth were classified as normal weight, 18% were obese, 16% were overweight, and 2% were underweight for their age and gender.



Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	18%	20%	13%	14%
Overweight	16%	17%	16%	17%
Described themselves as slightly or very overweight	31%	31%	28%	31%
Trying to lose weight	44%	45%	47%	48%
Exercised to lose weight	42%	41%	61%‡	61%‡
Ate less food, fewer calories, or foods lower in fat to lose weight	24%	26%	43%‡	39%‡
Went without eating for 24 hours or more	4%	5%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	2%	3%	5%	5%
Vomited or took laxatives	1%	2%	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	84%	86%	85%‡	78%‡
Physically active at least 60 minutes per day on every day in past week	35%	37%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	61%	64%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	7%	7%	13%	15%
Watched TV 3 or more hours per day	39%	38%	28%	33%

‡ Comparative YRBS data for Ohio is 2007 and U.S. is 2009

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

Objective	Van Wert County 2015	Ohio 2013	U.S. 2013	Healthy People 2020 Target
NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese	18% (6-12 Grade)  20% (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, NHANES, CDC/NCHS, 2015 Van Wert County Health Assessment)*

**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 | TOBACCO USE

## Key Findings

The 2015 Health Assessment identified that approximately 150 (5%) of Van Wert County youth in grades 6-12 were current smokers, increasing to 11% of those ages 17 and older. 61% of youth reported they were exposed to second hand smoke.

### 6<sup>th</sup>-12<sup>th</sup> Grade Youth Tobacco Use Behaviors

- The 2015 health assessment indicated that 19% (568) of Van Wert County youth had tried cigarette smoking (2013 YRBS reported 41% for the U.S.).
- 20% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 10% had done so by 12 years old. The average age of onset for smoking was 12.9 years old.
- 4% of all Van Wert County youth had smoked a whole cigarette for the first time before the age of 13 (2013 YRBS reported 9% for the U.S.).
- In 2015, approximately 150 (5%) of Van Wert County youth were current smokers, having smoked at some time in the past 30 days (2013 YRBS reported 15% for Ohio and 16% for the U.S.).
- 17% of current smokers smoked cigarettes daily.
- 1% of all Van Wert County youth smoked cigarettes on 20 or more days during the past month (2013 YRBS reported that 7% of youth in Ohio smoked cigarettes on 20 or more days during the past month and 6% of U.S. youth).

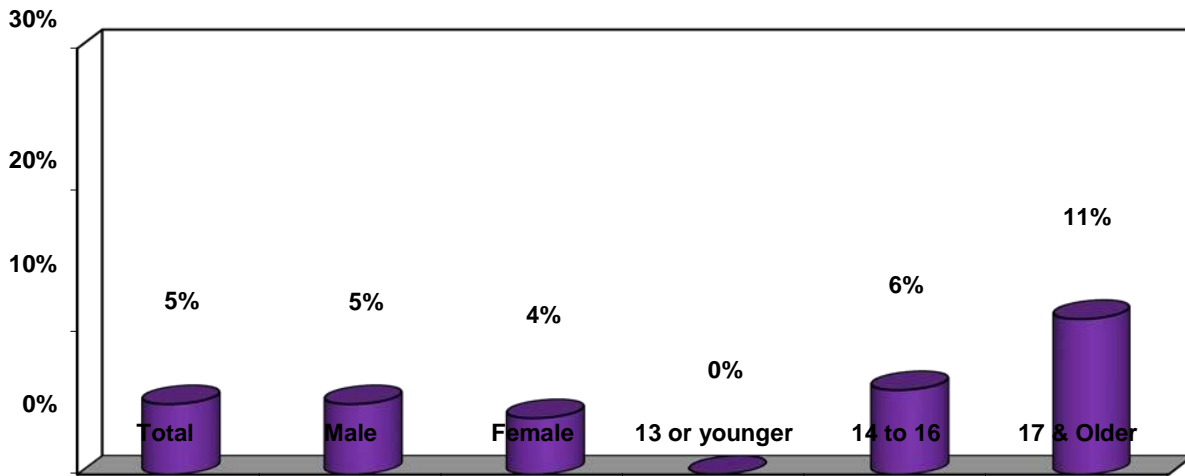
*In 2015, 5% of Van Wert County youth were current smokers, having smoked at some time in the past 30 days.*

- Over three-fourths (76%) of Van Wert County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 56% of youth smokers borrowed cigarettes from someone else, 39% gave someone else money to buy them cigarettes, 22% said a person 18 years or older gave them the cigarettes, 17% indicated they bought cigarettes from a store or gas station (2013 YRBS reported 18% for the U.S.), 11% took them from a family member, 6% got them from a vending machine and 17% got them some other way. No one reported taking them from a store or getting them from the internet.
- Of those youth who purchased cigarettes in a store during the past month, 58% reported that they were not asked to show proof of age.
- Van Wert County youth used the following forms of tobacco the most in the past year: e-cigarette (10%), cigarettes (9%), hookah (6%), swishers (5%), chewing tobacco or snuff (5%), cigars (4%), Black and Milds (3%), flavored cigarettes (3%), snus (3%), cigarillos (2%), dissolvable tobacco products (1%), little cigars (1%) and other forms of tobacco (1%). No one reported using bidis.
- Three-fifths (61% or 1,824) of Van Wert County youth were exposed to second hand smoke.

- Youth reported being exposed to second hand smoke in the following places; home (31%), another relative's home (30%), the car (23%), at the fairgrounds (23%), a friend's home (20%) and a park or ball field (13%).

The following graph shows the percentage of Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth who smoke cigarettes. Examples of how to interpret the information include: 5% of all Van Wert County youth were current smokers, 5% of males smoked, and 4% of females were current smokers.

**Van Wert County 6th-12th Grade Youth Who Are Current Smokers**



*4% of all Van Wert 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 Van Wert County Youth

### Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Participated in extracurricular activities	89%	94%
Have had at least one drink of alcohol in the past 30 days	76%	15%
Been bullied in any way in the past year	67%	53%
Been in a physical fight in the past month	56%	27%
Felt sad or hopeless for 2 or more weeks in a row	44%	20%
Carried a weapon in the past month	33%	12%

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

### Healthy People 2020 Tobacco Use (TU)

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

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

*(Sources: Healthy People 2020 Objectives, 2013 YRBS, CDC/NCHHSTP, 2015 Van Wert County Health Assessment)*

Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried cigarettes	19%	29%	52%*	41%
Current smokers	5%	7%	15%	16%
Smoked cigarettes on 20 or more days during the past month (of all youth)	1%	1%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	4%	5%	14%*	9%

\* Comparative YRBS data for Ohio is 2011

# Youth | ALCOHOL CONSUMPTION

## Key Findings

In 2015, the Health Assessment results indicated that approximately 1,256 (42%) of Van Wert County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 59% of youth seventeen and older. 18% of all Van Wert County 6th-12th grade youth and 32% of those over the age of 17 had at least one drink in the past 30 days. Nearly three-fifths (59%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 7% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

*In Van Wert County in 2015, 18% of youth had at least one drink in the past 30 days.*

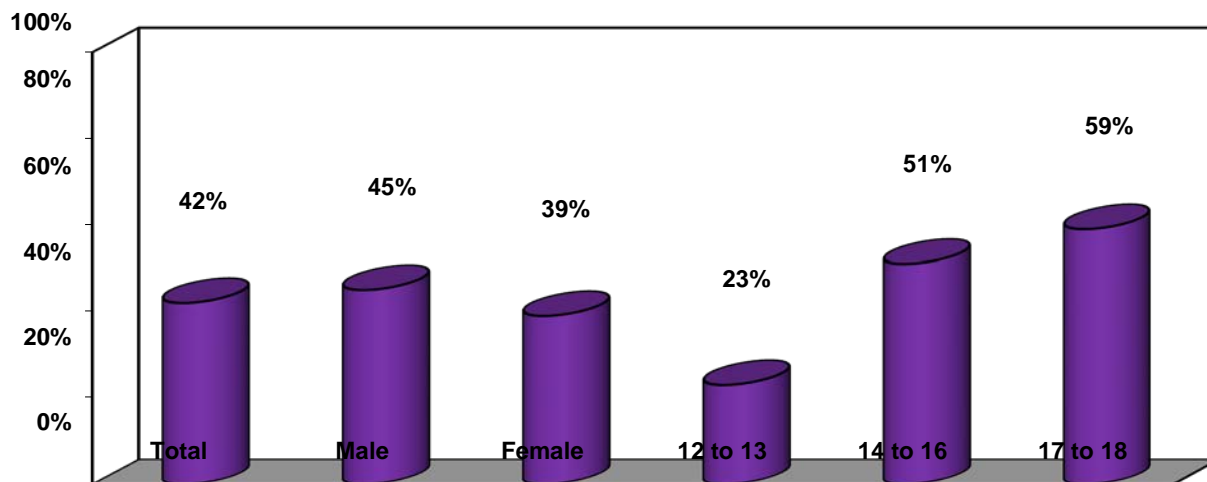
## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Alcohol Consumption

- In 2015, the Health Assessment results indicated that over two-fifths (42% or 1,256) of all Van Wert County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 59% of those ages 17 and older (2013 YRBS reports 66% for the U.S.).
- Nearly one-fifth (18%) of youth had at least one drink in the past 30 days, increasing to 32% of those ages 17 and older (2013 YRBS reports 30% for Ohio and 35% for the U.S.).
- Of those who drank, 59% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 74% of males.
- Based on all youth surveyed, 10% were defined as binge drinkers, increasing to 23% of those ages 17 and older (2013 YRBS reports 16% for Ohio and 21% for the U.S.).
- Over one-third (35%) of Van Wert County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 33% took their first drink between the ages of 13 and 14, and 32% started drinking between the ages of 15 and 18. The average age of onset was 13.0 years old.
- Of all Van Wert County youth, 12% 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 19% of U.S. youth).
- Van Wert County youth drinkers reported they got their alcohol from the following: someone gave it to them (48%) (2013 YRBS reports 38% for Ohio and 42% for the U.S.), someone older bought it (33%), a parent gave it to them (29%), a friend's parent gave it to them (12%), took it from a store or family member (9%), bought it at a public event (3%), bought it in a liquor store/convenience store/gas station (1%), and some other way (19%). No one reported buying alcohol in a restaurant bar or club or using a fake ID to buy alcohol.
- Youth drinkers usually drank alcohol in the following places: home (51%), a friend's home (48%), another person's home (21%), a public event such as a concert or sporting event (9%), a public place such as a park, beach or parking lot (4%), while riding in or driving a car or other vehicle (1%), a restaurant, bar or club (1%), or on school property (1%).
- 27% of youth reported their parents had talked to them about the dangers of underage drinking and drug use within the past month. 18% said their parents talked to them in the past 2-3 months, 7% said 4-6 months ago, 3% said 7-12 months ago, and 15% said it had been more than a year ago. 30% of youth reported their parents had never talked with them about the dangers of underage drinking and drug use.

- During the past month, approximately 628 (21%) of all Van Wert County youth had ridden in a car driven by someone who had been drinking alcohol (2013 YRBS reports 17% for Ohio and 22% for the U.S.).
- 7% of youth drivers had driven a car in the past month after they had been drinking alcohol (2013 YRBS reports 4% for Ohio and 10% for the U.S.).

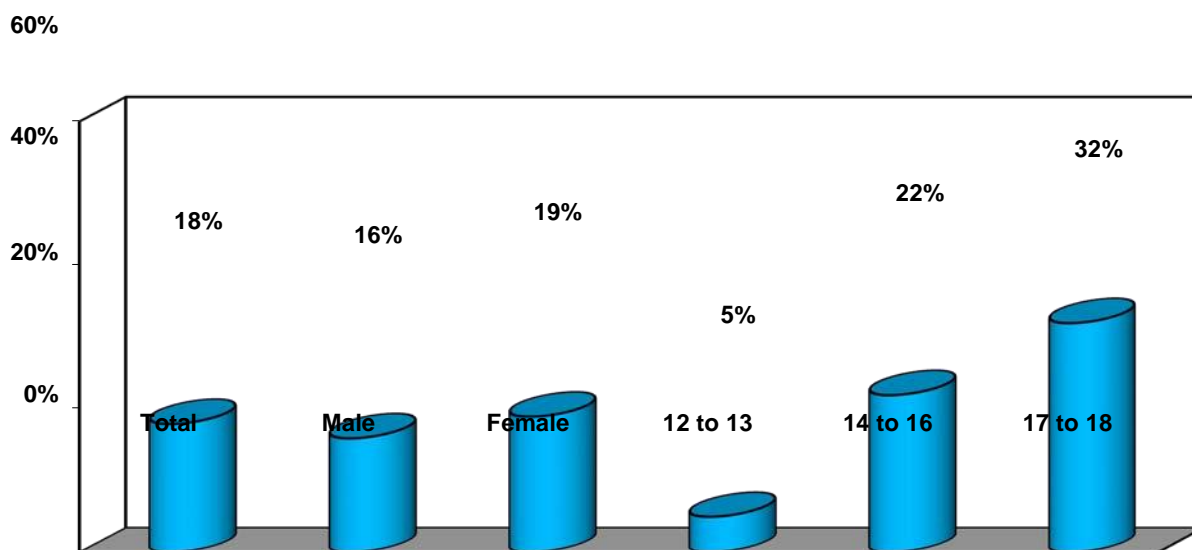
The following graphs show the percentage of Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 42% of all Van Wert County youth have drunk at some time in their life: 45% of males and 39% of females.

**Van Wert County 6th-12th Grade Youth Having At Least One Drink In Their Lifetime**



*Of all Van Wert County youth, 12% had drunk alcohol for the first time before the age of 13.*

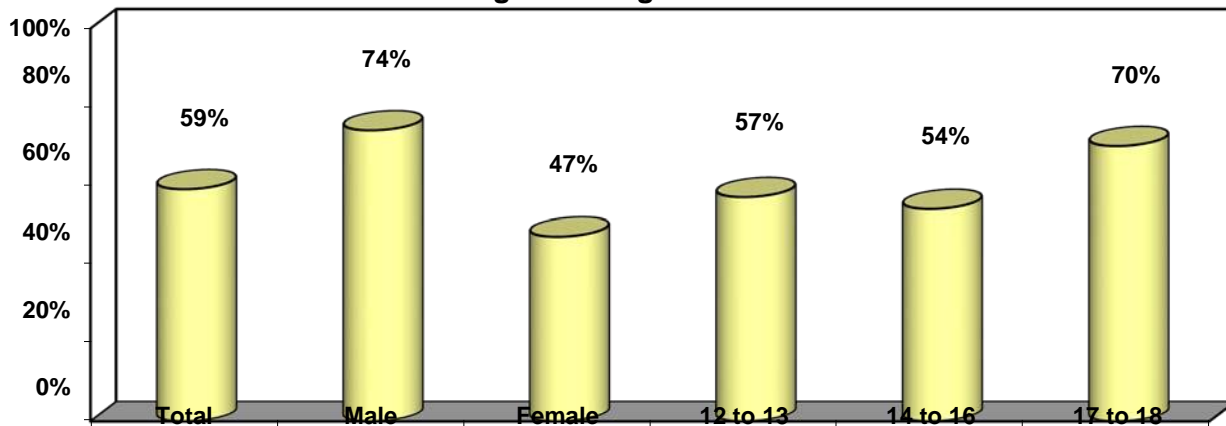
**Van Wert County 6th-12th Grade Youth Who Are Current Drinkers**





The following graph shows the percentage of Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth who were binge drinkers. Examples of how to interpret the information include: 59% of current drinkers binge drank in the past month, 74% of males, and 47% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.

**Van Wert County 6th-12th Grade 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 Van Wert County youth surveyed, 10% were defined as binge drinkers.

**Behaviors of Van Wert County Youth  
Current Drinkers vs. Non-Current Drinkers**

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	97%	92%
Been bullied in any way in the past year	62%	50%
Been in a physical fight in the past month	46%	24%
Felt sad or hopeless for 2 or more weeks in a row	35%	18%
Carried a weapon in the past month	24%	10%
Have smoked cigarettes in the past 30 days	19%	1%

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

**Healthy People 2020  
Substance Abuse (SA)**

Objective	Van Wert County 2015	Ohio 2013	U.S. 2013	Healthy People 2020 Target
SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month	10% (6-12 Grade) 16% (9-12 Grade)	16% (9-12 Grade)	21% (9-12 Grade)	9%*

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

(Sources: Healthy People 2020 Objectives, 2013 YRBS, 2015 Van Wert County Health Assessment)

Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried alcohol	42%	56%	71%*	66%
Current drinker	18%	27%	30%	35%
Binge drinker (of all youth)	10%	16%	16%	21%
Drank for the first time before age 13 (of all youth)	12%	12%	13%	19%
Rode with someone who was drinking	21%	23%	17%	22%
Drank and drove (of youth drivers)	N/A	7%	4%	10%
Obtained the alcohol they drank by someone giving it to them	48%	48%	38%	42%

N/A – Not available

\*Comparative YRBS data for Ohio is 2011

### 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 2015, 7% of Van Wert County 7th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 13% of those ages 17 and older. 6% 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.*

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Drug Use

- During the past 12 months, approximately 179 (6%) of all Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth reported that someone had offered, sold, or given them an illegal drug on school property (2013 YRBS reports 20% for Ohio and 22% for the U.S.).
- Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth reported using alcohol, tobacco and other drugs: on the weekends (18%), on holidays or special occasions (18%), on weekdays (8%), and every day (5%).

## 7<sup>th</sup>-12<sup>th</sup> Grade Youth Drug Use

- In 2015, 7% of all Van Wert County youth had used marijuana at least once in the past 30 days, increasing to 13% of those over the age of 17. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 3% of all youth tried marijuana for the first time before the age of 13. The 2013 YRBS found a prevalence of 6% for Ohio youth and a prevalence of 9% for U.S. youth. The average age of onset for marijuana use was 14.0 years old.
- 6% Van Wert 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.
- Van Wert County youth have tried the following in their life:
  - 7% of youth used inhalants, (2013 YRBS reports 9% for both Ohio and U.S.)
  - 3% used steroids, (2013 YRBS reports 3% for Ohio and U.S.)

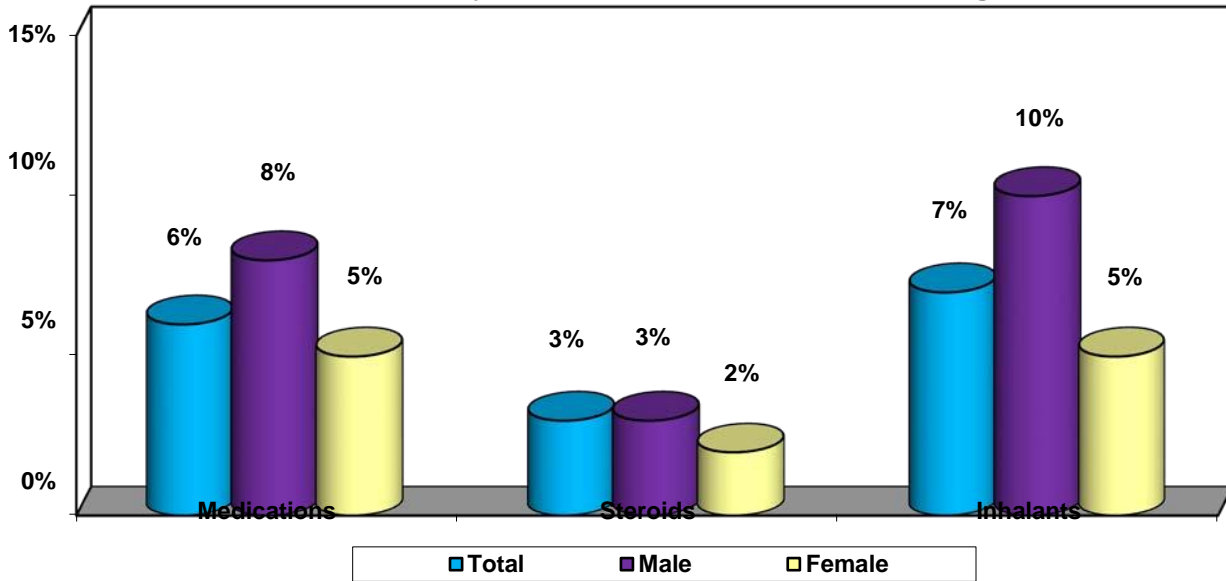
## 9<sup>th</sup>-12<sup>th</sup> Grade Youth Drug Use

- Van Wert County youth have tried the following in their life:
  - 5% used K2/spice
  - 5% used posh/salvia/synthetic marijuana
  - 3% misused cough syrup
  - 3% used cocaine, (2013 YRBS reports 4% for Ohio and 6% for U.S.)
  - 3% misused over-the-counter medications
  - 3% used ecstasy/MDMA (2013 YRBS reports 7% for the U.S.)
  - 3% used Liquid THC
  - 2% used methamphetamines, (2013 YRBS reports 3% for the U.S.)
  - 1% misused hand sanitizer
  - 1% used heroin, (2013 YRBS reports 2% for both Ohio and U.S.)
  - 1% had been to a pharm party/used skittles
  - 1% used Cloud 9
  - 1% used bath salts
  - No one reported using GhB or Opana.

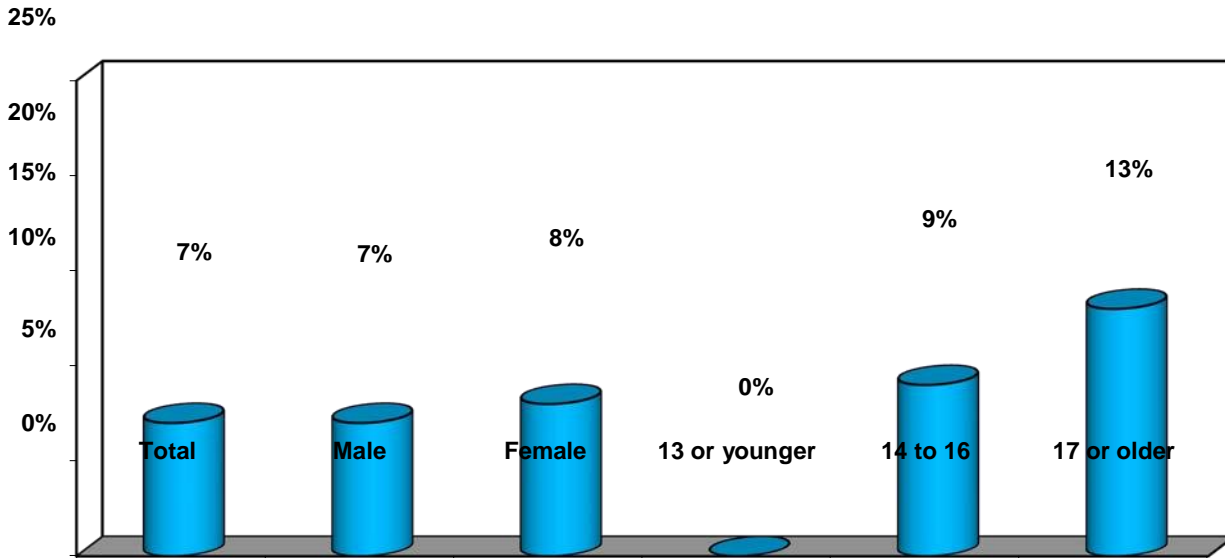
The following graphs are data from the 2015 Van Wert County Health Assessment indicating 7th-12th grade youth lifetime drug use and youth marijuana use in the past 30 days. Examples of how to interpret the information include: 6% of youth have misused medications at some point in their life, 8% of males and 5% of females.

# YOUTH DRUG USE

Van Wert County 7th-12th Grade Youth Lifetime Drug Use



Van Wert County 7th-12th Grade Youth Marijuana Use in Past Month



## Accessibility of Substances to Van Wert County 6<sup>th</sup>-12<sup>th</sup> Grade Youth

Substance	Available	Not Available	Don't Know
Tobacco	24%	50%	26%
Alcohol	33%	41%	27%
Marijuana	15%	59%	26%
Prescription drugs not prescribed to you	23%	46%	30%
Synthetic drugs (ex. K2, Spice, etc.)	6%	64%	30%
Heroin	3%	68%	29%

Youth Comparisons	Van Wert County 2015 (7 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who used marijuana in the past month	7%	10%	21%	23%
Tried marijuana for the first time before the age of 13	3%	4%	6%	9%
Ever used methamphetamines	N/A	2%	6%‡	3%
Ever used cocaine	N/A	3%	4%	6%
Ever used heroin	N/A	1%	2%	2%
Ever used steroids	3%	2%	3%	3%
Ever used inhalants	7%	6%	9%	9%
Ever used ecstasy/MDMA	N/A	3%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	6%*	7%	20%	22%

‡ Comparative YRBS data for Ohio is 2007

N/A – Not available

\*6<sup>th</sup>-12<sup>th</sup> grade

### Drug Facts: Drugged Driving

- Vehicle accidents are the leading cause of death among young people aged 16 to 19. When teens' relative lack of driving experience is combined with the use of marijuana or other substances that affect cognitive and motor abilities, the results can be tragic.
- According to the 2013 National Survey on Drug Use and Health (NSDUH), an estimated 9.9 million people aged 12 or older reported driving under the influence of illicit drugs during the year prior to being surveyed.
- After alcohol, THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and motor vehicle crash victims. Studies in several localities have found that approximately 4 to 14 percent of drivers who sustained injury or died in traffic accidents tested positive for THC.

(Source: National Institute on Drug Abuse, *The Science of Drug Abuse & Addiction: Drug Facts: Drugged Driving*, <http://www.drugabuse.gov/publications/drugfacts/drugged-driving>, revised 12-14)

# Youth | SEXUAL BEHAVIOR

## Key Findings

In 2015, nearly one-third (32%) of Van Wert County 9<sup>th</sup>-12<sup>th</sup> grade youth have had sexual intercourse, increasing to 43% of those ages 17 and over. 30% of youth had participated in oral sex and 6% had participated in anal sex. 37% of youth participated in sexting. Of those who were sexually active, 56% had multiple sexual partners. Only students in grades 9-12 were asked sexual behavior questions.

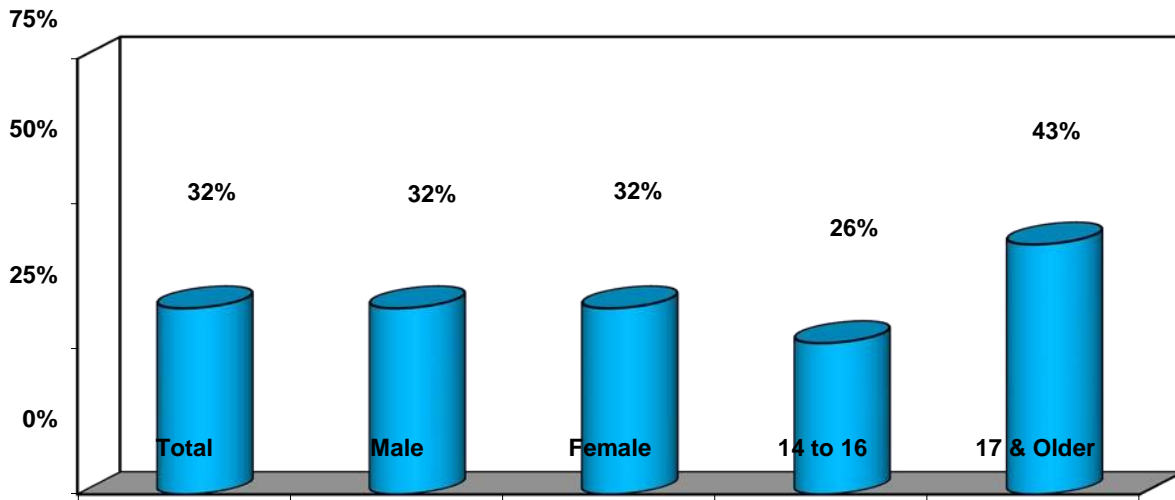
*43% of Van Wert County youth ages 17 and over have had sexual intercourse.*

## 9<sup>th</sup>-12<sup>th</sup> Grade Youth Sexual Behavior

- Nearly one-third (32%) of Van Wert County youth have had sexual intercourse, increasing to 43% of those ages 17 and over (The 2013 YRBS reports 43% for Ohio and 47% of U.S. youth have had sexual intercourse).
- 30% of youth had participated in oral sex, increasing to 39% of those ages 17 and over.
- 6% of youth had participated in anal sex, increasing to 8% of those ages 17 and over.
- 37% of youth had participated in sexting, increasing to 43% of those ages 17 and over.
- 36% of youth had viewed pornography, increasing to 49% of males and 44% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 44% had one sexual partner and 56% had multiple partners.
- 6% of all Van Wert County youth had 4 or more sexual partners (2013 YRBS reports 12% for Ohio and 15% for the U.S.).
- 17% of all Van Wert County sexually active youth had 4 or more partners (2013 YRBS reports 28% for Ohio).
- Of all youth, 2% were sexually active before the age of 13 (2013 YRBS reports 4% for Ohio and 6% for the U.S.).
- Of those youth who were sexually active, 21% had done so by the age of 13. Another 54% had done so by 15 years of age. The average age of onset was 14.7 years old.
- 47% of youth who were sexually active used condoms to prevent pregnancy, 13% used birth control pills, 7% used the withdrawal method, 7% used a shot, patch or birth control ring, and 1% used an IUD. 3% reported they were gay or lesbian. However, 12% were engaging in intercourse without a reliable method of protection, and 11% reported they were unsure.
- Van Wert County youth had experienced the following: had sex in exchange for something of value such as food, drugs, shelter or money (1%), wanted to get pregnant (1%), been pregnant (1%), had been treated for an STD (1%), got someone pregnant (1%) and had an abortion (1%). No one reported trying to get pregnant, having a miscarriage, or having a child.

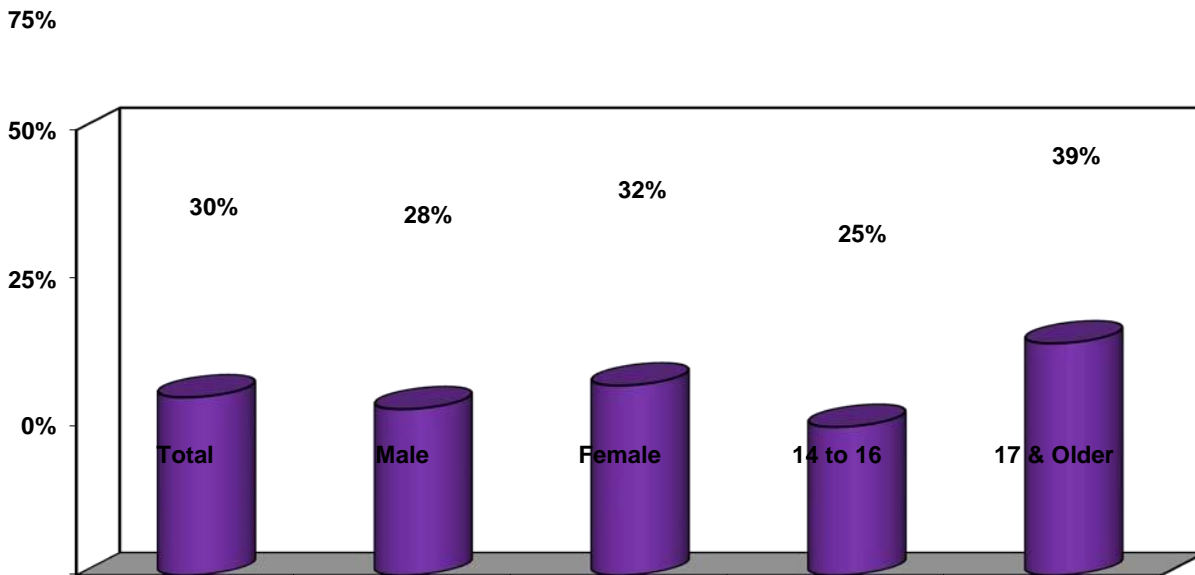
The following graphs show the percentage of Van Wert County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 32% of all Van Wert County youth had sexual intercourse, 32% of males, and 32% of females had sex.

**Van Wert County 9th-12th Grade Youth Who Had Sexual Intercourse**



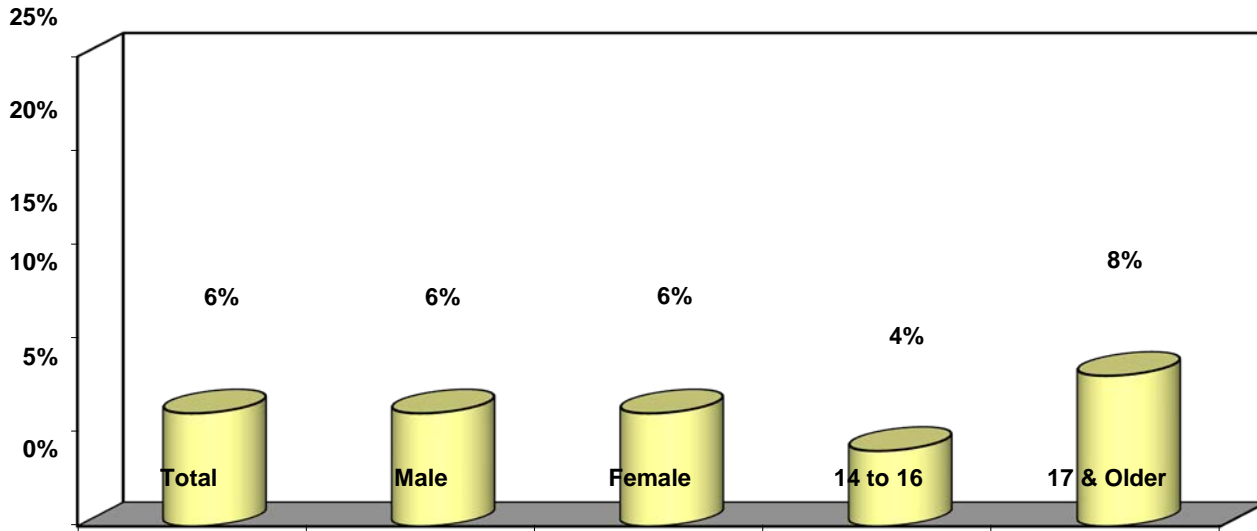
*12% of Van Wert County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.*

**Van Wert County 9th-12th Grade Youth Who Participated in Oral Sex**

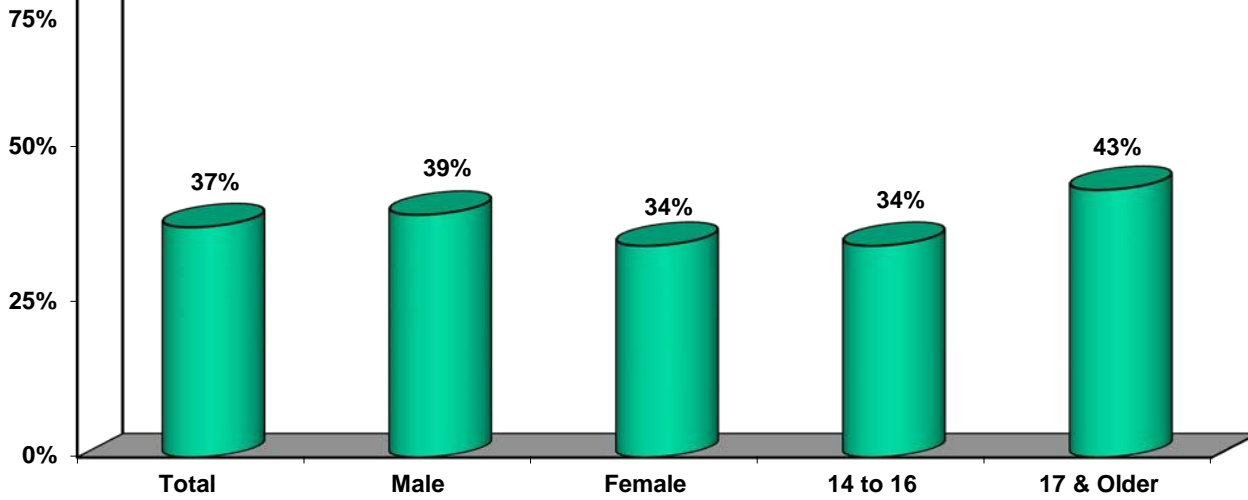


The following graphs show the percentage of Van Wert County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 6% of all Van Wert County youth participated in anal sex, 6% of males, and 6% of females.

Van Wert County 9th-12th Grade Youth Who Participated in Anal Sex



Van Wert County 9th-12th Grade Youth Who Participated in Sexting





Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> –12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> –12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> –12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> –12 <sup>th</sup> )
Ever had sexual intercourse	N/A	32%	43%	47%
Used a condom at last intercourse	N/A	47%	51%	59%
Used birth control pills at last intercourse	N/A	13%	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	12%	12%	14%
Had four or more sexual partners (of all youth)	N/A	6%	12%	15%
Had sexual intercourse before age 13 (of all youth)	N/A	2%	4%	6%

N/A – Data is 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 2015, the Health Assessment results indicated that 9% of Van Wert County 7<sup>th</sup>-12<sup>th</sup> grade youth had made a plan on how they would attempt suicide in the past year and 2% admitted actually attempting suicide in the past year, increasing to 4% of females.

### 6<sup>th</sup>-12<sup>th</sup> Grade Youth Mental Health

- In 2015, approximately 628 (21%) of Van Wert County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 29% of females (2013 YRBS reported 26% for Ohio and 30% for the U.S.).
- Van Wert County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (49%), hobbies (39%), texting someone (34%), praying (29%), exercising (27%), talking to someone in their family (27%), talking to a peer (26%), eating (25%), using social media (17%), reading the Bible (12%), shopping (10%), breaking something (9%), talk to a counselor /teacher (8%), drinking alcohol (6%), self-harm (6%), writing in a journal (6%), using prescribed medication (4%), vandalism/violent behavior (3%), smoking/using tobacco (3%), using illegal drugs (2%), gambling (2%), using un-prescribed medication (1%), talking to a medical professional (1%), and harming someone else (1%). 23% of youth reported they did not have anxiety, stress, or depression.

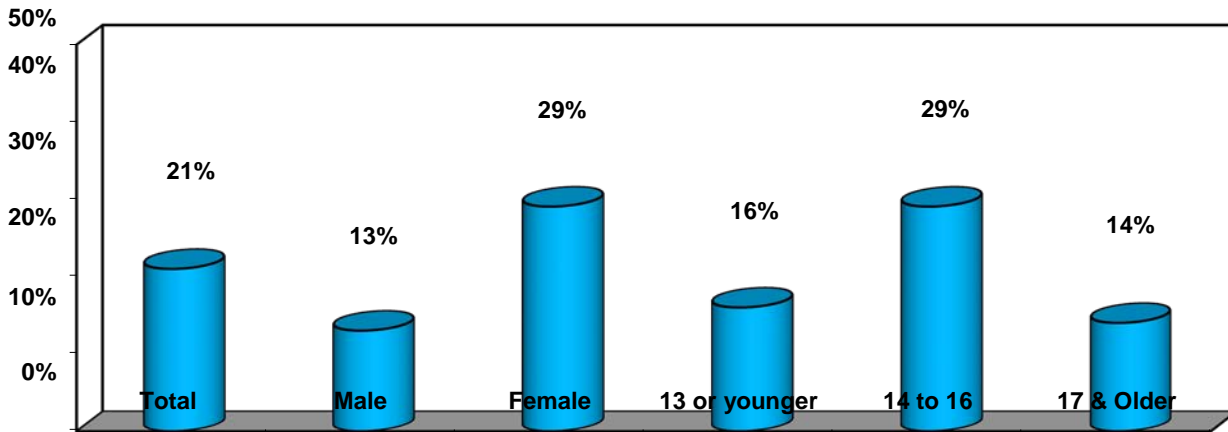
*21% of Van Wert County 6<sup>th</sup>-12<sup>th</sup> grade youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.*

### 7<sup>th</sup>-12<sup>th</sup> Grade Youth Mental Health

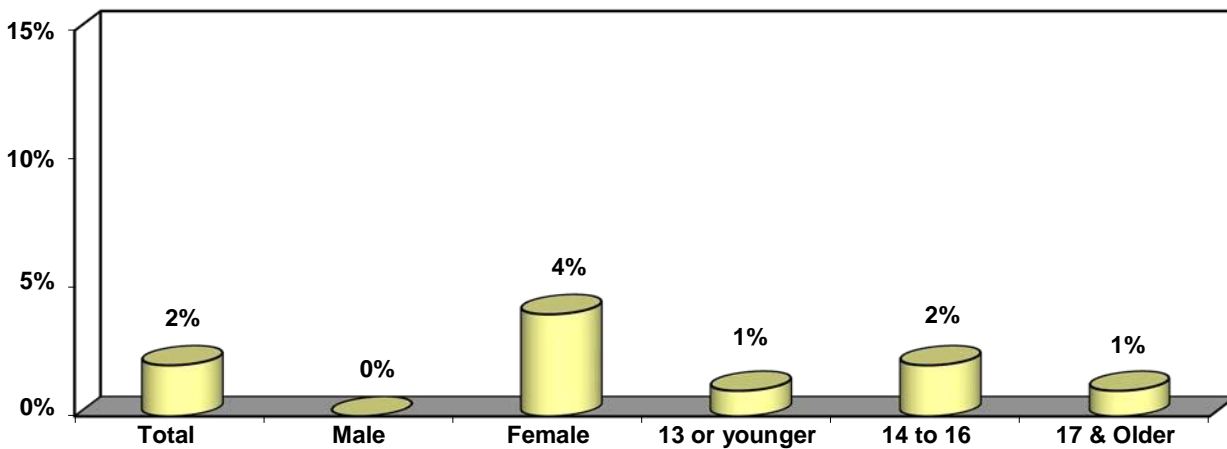
- 9% of youth reported they had made a plan on how they would attempt suicide in the past 12 months (2013 YRBS reported 11% for Ohio and 14% for the U.S.).
- In the past year, 2% of Van Wert County youth had attempted suicide, increasing to 4% of females. 1% of youth had made more than one attempt. The 2013 YRBS reported a suicide attempt prevalence rate of 6% for Ohio youth and a rate of 8% for U.S. youth.
- Of all youth, 1% 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 3% for the U.S.).
- 52% of youth reported they would seek help if they were dealing with anxiety, stress, depression or thoughts of suicide. Of youth who reported they would not seek help, the following reasons were reported: they can handle it themselves (76%), worried what others might think (59%), did not know where to go (22%), cost (21%), no time (18%), their family would not support them (14%), and transportation (6%).

The following graphs show the percentage of Van Wert County youth who had felt sad or hopeless almost every day for two weeks or more in a row and attempted suicide in the past 12 months (i.e., the first graph shows that 21% of all youth had felt sad or hopeless for two weeks or more, 13% of males and 29% of females).

**Van Wert County 6th-12th Grade Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row**



**Van Wert County 7th-12th Grade Youth Who Attempted Suicide in the Past 12 Months**



**2013 Ohio Suicide Statistics for Youth Grades 9-12**

- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 11% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 6% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 1% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

*(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBS 2013)*

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

Objective	Van Wert County 2015	Ohio 2013	U.S. 2013	Healthy People 2020 Target
HMD-2 Reduce suicide attempts by adolescents ‡	1% (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, CDC/NCHHSTP, 2015 Van Wert County Health Assessment)

Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had attempted suicide in the past year	2%£	2%	6%	8%
Made a plan about how they would attempt suicide in the past year	9%£	11%	11%	14%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	1%£	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	21%	26%	26%	30%

£ - Data is for 7-12<sup>th</sup> grade youth

### Youth Suicide

Suicide affects all youth, but some groups are at a higher risk than others. Boys are more likely than girls to die from suicide. Girls, however, are more likely to report attempting suicide than boys. Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

**Risk Factors Include:**

- History of previous suicide attempts
- History of depression or other mental illness
- Stressful life event or loss
- Exposure to the suicidal behavior of others
- Family history of suicide
- Alcohol or drug abuse
- Easy access to lethal methods
- Incarceration

(Source: CDC 2014, Injury Center: Violence Prevention; Suicide Prevention; Youth Suicide [http://www.cdc.gov/violenceprevention/pub/youth\\_suicide.html](http://www.cdc.gov/violenceprevention/pub/youth_suicide.html))

# Youth | SAFETY

## Key Findings

In 2015, 74% of Van Wert County 9<sup>th</sup>-12<sup>th</sup> grade youth self-reported that they wore a seatbelt when driving a car in the past month. Approximately 628 (21%) of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 7% of youth drivers had driven after drinking alcohol. 51% of youth drivers texted while driving.

## 6<sup>th</sup>-12<sup>th</sup> Grade Personal Safety

- In the past 30 days, approximately 628 (21%) of Van Wert County youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and 22% for the U.S.)
- 90% 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” (51%)
  - Their account was currently checked private (47%)
  - Their parents had their password (23%)
  - They had been asked to share personal info (17%)
  - They knew all of the people they play online (15%)
  - They had been asked to meet someone they met online (12%)
  - They were bullied because of their accounts (8%)
  - Their friends had their password (7%)
  - Their parents do not know they have an account (7%)
  - They share personal information (6%)
  - They had problems as a result of their account (5%)
  - They had participated in sexual activity with someone they met online (5%)
- Half (50%) of the youth who had a Twitter, Instagram, Facebook, online gaming, or other social network account believed that sharing information online is dangerous.

*51% of Van Wert County youth drivers texted while driving in the past month.*

## 9<sup>th</sup>-12<sup>th</sup> Grade Personal Safety

- 7% of youth drivers had driven a car themselves after drinking alcohol, (2013 YRBS reported 4% for Ohio and 10% for the U.S.).
- Van Wert County youth drivers did the following while driving in the past month: wore a seatbelt (74%), drove while tired or fatigued (58%), ate (53%), talked on their cell phone (51%), texted (51%), used the internet on their cell phone (18%), used cell phone for other things (12%), checked Facebook on their cell phone (7%), used marijuana (7%), applied makeup (3%), drank alcohol (3%), played electronic games on cell phone (3%), used illegal drugs (2%), read (1%) and misused prescription drugs (1%).

## 6<sup>th</sup>-12<sup>th</sup> Grade Personal Health

- Van Wert County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (73%), (2013 YRBS reported 75% for Ohio), 1 to 2 years ago (9%), more than 2 years ago (4%), never (1%), and do not know (13%).

- In the past year, 9% of youth reported that they gambled money or personal items while playing cards, betting on personal skills or sports teams, buying lottery tickets or scratch-offs or using the internet.
- Of those youth who had gambled in the past year: 64% reported they gambled less than once a month, 19% reported about once a month, 6% reported once a week and 11% reported they gambled every day.

## 7<sup>th</sup>-12<sup>th</sup> Grade Personal Health

- Van Wert County 7<sup>th</sup>-12<sup>th</sup> grade youth reported the following adverse childhood experiences (ACE): parents became separated or were divorced (28%), parents or adults in home swore at them, insulted them or put them down (28%), lived with someone who was depressed, mentally ill or suicidal (19%), lived with someone who was a problem drinker or alcoholic (22%), lived with someone who served time or was sentenced to serve time in prison or jail (13%), parents were not married (11%), lived with someone who used illegal drugs or misused prescription drugs (12%), parents or adults in home abused each other (8%), parents or adults in home abused them (7%), an adult or someone 5 years older than them touched them sexually (3%), an adult or someone 5 years older tried to make them touch them sexually (1%), and an adult or someone 5 years older than them forced them to have sex (1%).
- 24% of youth had three or more adverse childhood experiences.

Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Visited a dentist for a check-up within the past year	73%	76%	75%	N/A
Gambled money or personal items in the past year	9%	8%	27%	N/A

N/A – Not available

### 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
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.

(Source: CDC, Adverse Childhood Experiences (ACE) Study, January 18, 2013, <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>)

# Youth | VIOLENCE ISSUES

## Key Findings

In Van Wert County, 28% of 6<sup>th</sup>-12<sup>th</sup> grade youth had been involved in a physical fight in the past year. 8% of youth had been threatened or injured with a weapon on school property in the past year. 32% of youth had been bullied on school property in the past year.

## 6<sup>th</sup>-12<sup>th</sup> Grade Violence-Related Behaviors

- In 2015, approximately 389 (13%) of Van Wert County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 21% of males (2013 YRBS reported 14% for Ohio and 18% for the U.S.).
- 2% of Van Wert County youth had carried a weapon (such as a gun, knife or club) on school property in the past 30 days (2013 YRBS reported 5% 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 7% for the U.S.).
- 8% of youth were threatened or injured with a weapon on school property in the past year (2013 YRBS reported 7% for the U.S.).
- In the past year, 28% of youth had been involved in a physical fight, increasing to 40% of males. 15% had been in a fight on more than one occasion (2013 YRBS reported 20% for Ohio and 25% for the U.S.).
- In the past year, 7% of youth had been involved in a physical fight on school property (2013 YRBS reported 6% for Ohio and 8% for the U.S.).
- 9% of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months.
- 12% of youth purposefully hurt themselves without wanting to die by cutting, burning, scratching, hitting, biting, etc. in the past year, increasing to 18% of females.
- In the past year, 957 (32%) of Van Wert County youth had been bullied on school property (2013 YRBS reported 21% for Ohio and 20% for the U.S.).

## Types of Bullying

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

(Source: RESPECT, *Bullying Definitions*, obtained from: <http://www.respect2all.org/parents/bullying-definitions> & *Teens Health, Sexual Harassment and Sexual Bullying*, obtained from: [http://kidshealth.org/teen/sexual\\_health/guys/harassment.html](http://kidshealth.org/teen/sexual_health/guys/harassment.html))

## 9th-12th Grade Violence-Related Behaviors

- 54% of youth had been bullied in the past year. The following types of bullying were reported:
  - 40% were verbally bullied (teased, taunted or called harmful names)
  - 36% were indirectly bullied (spread mean rumors about them or kept them out of a "group")
  - 15% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2013 YRBS reported 15% for both Ohio and the U.S.).
  - 10% were physically bullied (were hit, kicked, punched or people took their belongings)
  - 5% 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)
- 9% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2013 YRBS reported 10% for the U.S.).
- Van Wert County youth had been forced to engage in the following: touched in an unsafe sexual way (10%), other sexual activity (4%), sexual intercourse (3%), and oral sex (3%).

### Types of Bullying Van Wert County 9th-12th Grade Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	14-16 Years old	17 and older
Verbally Bullied	40%	31%	48%	46%	28%
Indirectly Bullied	36%	18%	53%	37%	33%
Cyber Bullied	15%	6%	24%	18%	9%
Physically Bullied	10%	13%	8%	13%	4%
Sexually Bullied	5%	2%	8%	6%	3%

### Healthy People 2020 Injury and Violence Prevention (IVP)

Objective	Van Wert County 2015	Ohio 2013	U.S. 2013	Healthy People 2020 Target
IVP-35 Reduce bullying among adolescents (of those youth bullied on school property)	32% (6-12 Grade) 33% (9-12 Grade)	21% (9-12 Grade)	20% (9-12 Grade)	18%*

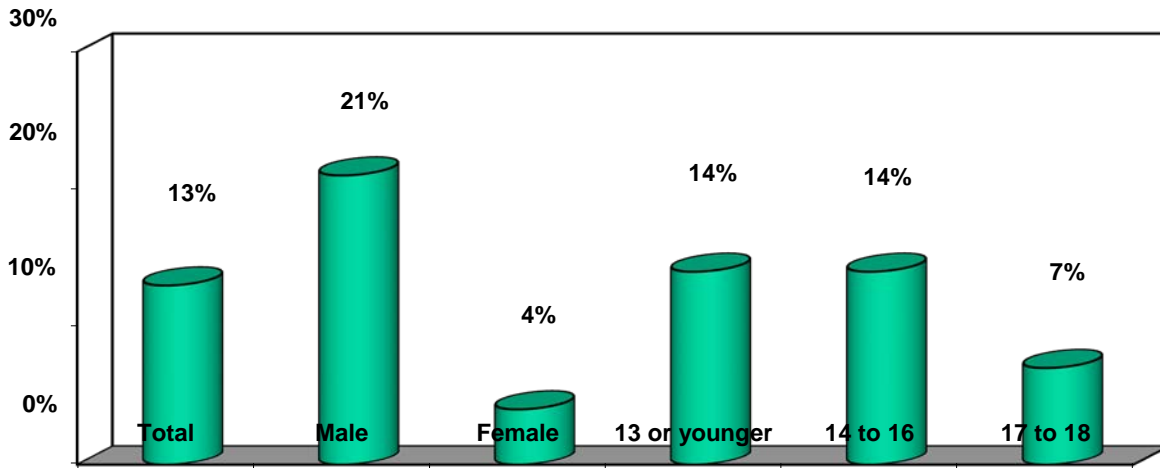
\*Note: The Healthy People 2020 target is for youth in grades 9-12.

(Sources: Healthy People 2020 Objectives, 2013 YRBS, CDC/NCHHSTP, 2015 Van Wert County Health Assessment)

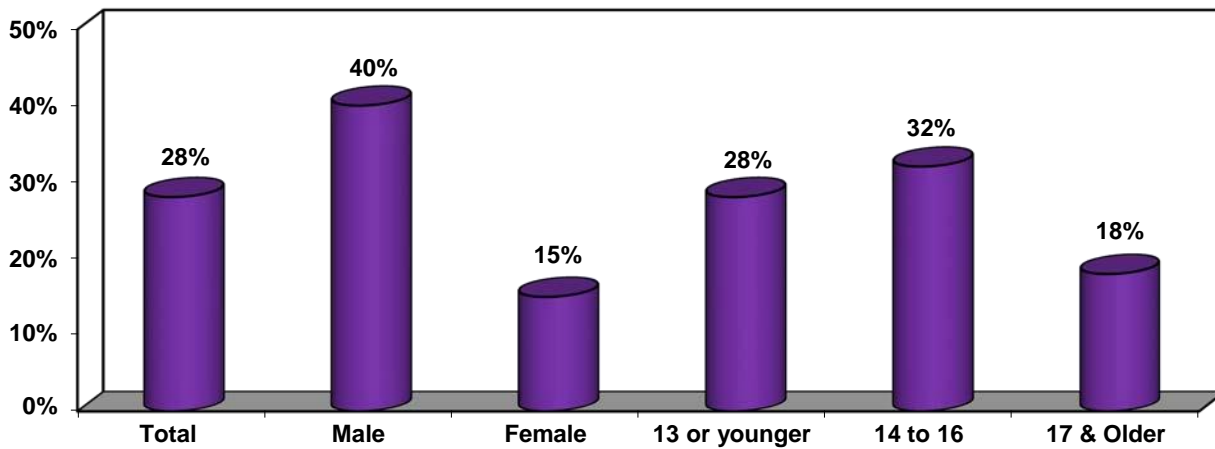


The following graphs show Van Wert County youth carrying a weapon in the past 30 days and those involved in a physical fight in the past year. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 13% of all youth carried a weapon in the past 30 days, 21% of males and 4% of females).

**Van Wert County Youth Carrying a Weapon during the Past 30 Days**



**Van Wert County Youth Involved in a Physical Fight in the Past Year**



# YOUTH VIOLENCE

Youth Comparisons	Van Wert County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Van Wert County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	13%	11%	14%	18%
Carried a weapon on school property in past month	2%	3%	4%‡	5%
Been in a physical fight in past year	28%	27%	20%	25%
Been in a fight on school property in past year	7%	7%	6%	8%
Did not go to school because felt unsafe	3%	2%	5%	7%
Threatened or injured with a weapon on school property in past year	8%	8%	N/A	7%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	N/A	9%	7%	9%‡
Electronically/cyber bullied in past year	15%	15%	15%	15%
Bullied on school property in past year	32%	33%	21%	20%

N/A – Not available

‡ Comparative YRBS data for Ohio is 2007 and U.S. is 2009

# Appendix I | VAN WERT COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

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 2016. Atlanta: ACS, 2016	<ul style="list-style-type: none"> <li>2016 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>
<i>Arthritis at a Glance, 2012, Centers for Disease Control &amp; Prevention, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003 &amp; 59(39):1261-1265</i>	<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/physicalactivity/facts.htm">www.cdc.gov/healthyyouth/physicalactivity/facts.htm</a>
CDC, Arthritis	<ul style="list-style-type: none"> <li>Key Public Health Messages</li> </ul>	<a href="http://www.cdc.gov/arthritis/basics/key.htm">www.cdc.gov/arthritis/basics/key.htm</a>
CDC, Healthy Schools	<ul style="list-style-type: none"> <li>Physical Activity Facts</li> </ul>	<a href="http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm">www.cdc.gov/healthyyouth/physicalactivity/facts.htm</a>
CDC, Injury Center: Violence Prevention 2014	<ul style="list-style-type: none"> <li>Suicide Prevention</li> <li>Youth Suicide</li> <li>Understanding Bullying Fact Sheet</li> </ul>	<a href="http://www.cdc.gov/violenceprevention/pub">www.cdc.gov/violenceprevention/pub</a>
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>Leading Causes of Death in U.S.</li> <li>Men's Health</li> <li>U.S. Female Fertility Rate</li> </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>

Source	Data Used	Website
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/mediareleases/2013/p0905-ecigarette-use.html">www.cdc.gov/mediareleases/2013/p0905-ecigarette-use.html</a>
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, 1999-2013</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>Age-Adjusted Mortality Rates for Motor Vehicle Accidents</li> <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
National Vital Statistics Report	<ul style="list-style-type: none"> <li>Live Birth Data</li> </ul>	<a href="http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01">www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01</a>
Network of Care	<ul style="list-style-type: none"> <li>Health Indicators</li> <li>Age-Adjusted Mortality Rates</li> </ul>	<a href="http://VanWert.oh.networkofcare.org/ph/county-indicators.aspx#cat1">http://VanWert.oh.networkofcare.org/ph/county-indicators.aspx#cat1</a>
Office of Health Transformation	<ul style="list-style-type: none"> <li>Ohio Medicaid Assessment Survey</li> </ul>	<a href="http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&amp;tabid=160">http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&amp;tabid=160</a>
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>Van Wert County and Ohio Mortality Statistics</li> <li>Van Wert County and Ohio Birth Statistics</li> <li>Van Wert County and Ohio Leading Causes of Death</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>Van Wert 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>Van Wert County and Ohio Medicaid Statistics</li> </ul>	<a href="http://jfs.ohio.gov/county/cntypro/pdf11/VanWert.pdf">http://jfs.ohio.gov/county/cntypro/pdf11/VanWert.pdf</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>2015 Van Wert 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 Department of Rehabilitation and Correction	<ul style="list-style-type: none"> <li>Arrests/Incarceration Data</li> <li>Inmate Population by Gender and Race</li> </ul>	<a href="http://www.drc.ohio.gov/web/Reports/FactSheet/July%202015.pdf">www.drc.ohio.gov/web/Reports/FactSheet/July%202015.pdf</a>
Ohio Mental Health and Addiction Services, OARRS Data	<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>	

Source	Data Used	Website
Ohio State Highway Patrol	<ul style="list-style-type: none"> <li>Compliant Data</li> <li>Electronic Crash Records</li> <li>Felony Cases and Drug Arrests</li> <li>Van Wert County Activity Statistics</li> </ul>	<a href="http://statepatrol.ohio.gov/">http://statepatrol.ohio.gov/</a>
Ohio Suicide Prevention Foundation	<ul style="list-style-type: none"> <li>Suicide Deaths by Gender and Age Group</li> </ul>	<a href="http://www.ohiospf.org/content.php?pageurl=ohio_statistics">www.ohiospf.org/content.php?pageurl=ohio_statistics</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>Teen Angst</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">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 estimates, 2009-2013</li> <li>Ohio and Van Wert County 2013 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>
Van Wert Police Department, Offense Class Statistics	<ul style="list-style-type: none"> <li>2015 Drug Offense statistics</li> </ul>	
Westwood Behavioral Health Center, 2015 Drug Court	<ul style="list-style-type: none"> <li>Van Wert County 2015 Drug Court statistics</li> </ul>	
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 - 2013 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx">http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx</a>

# Appendix II | VAN WERT COUNTY

## ACRONYMS AND TERMS

<b>AHS</b>	<b>A</b> ccess 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>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>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> eart <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.



<b>NWS</b>	<b>N</b> utrition and <b>W</b> eight <b>S</b> tatus, Topic of Healthy People 2020 objectives
<b>ODH</b>	<b>O</b> hio <b>D</b> epartment of <b>H</b> ealth
<b>Race/Ethnicity</b>	<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.
<b>SA</b>	<b>S</b> ubstance <b>A</b> buse, Topic of Healthy People 2020 objectives <b>TU</b>
<b>Tobacco Use</b>	Topic of Healthy People 2020 objectives <b>W</b> eapon
	Defined in the YRBSS as “a weapon such as a gun, knife, or club”
<b>Youth</b>	Defined as 12 through 18 years of age
<b>YPLL/65</b>	<b>Y</b> ears of <b>P</b> otential <b>L</b> ife <b>L</b> ost before age 65. Indicator of premature death.
<b>Youth BMI Classifications</b>	<b>U</b> nder <b>w</b> eight is defined as BMI-for-age $\leq$ 5 <sup>th</sup> percentile <b>O</b> ver <b>w</b> eight is defined as BMI-for-age 85 <sup>th</sup> percentile to < 95 <sup>th</sup> percentile. <b>O</b> bese is defined as $\geq$ 95 <sup>th</sup> percentile.
<b>YRBSS</b>	<b>Y</b> outh <b>R</b> isk <b>B</b> ehavior <b>S</b> urveillance <b>S</b> ystem, a youth survey conducted by the CDC

# Appendix III | METHODS FOR WEIGHTING THE 2015 VAN WERT 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 2015 Van Wert County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Van Wert 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 Van Wert 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 2015 Van Wert County Survey and the 2013 Census Estimates.

<u>Sex</u>	<u>2015 Van Wert Survey</u>		<u>2013 Census Estimates</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	179	42.822967	14,035	48.928011	1.142565
Female	239	57.177033	14,650	51.071989	0.893226

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Van Wert County. The weighting for males was calculated by taking the percent of males in Van Wert County (based on Census information) (48.928011%) and dividing that by the percent found in the 2015 Van Wert County sample (42.822967%) [48.928011 / 42.822967 = weighting of 1.142565 for males]. The same was done for females [51.071989 / 57.177033% = weighting of 0.893226 for females]. Thus males' responses are weighted heavier by a factor of 1.142565 and females' responses weighted less by a factor of 0.893226.

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 1.933170 [0.893226 (weight for females) x 1.000872 (weight for White) x 1.811556 (weight for age 35-44) x 1.193654 (weight for income \$50-\$75k)]. Thus, each individual in the 2015 Van Wert 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 21.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

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

# APPENDIX III

Category	Van Wert Sample	%	2013 Census Estimate*	%	Weighting Value
<b>Sex:</b>					
Male	179	42.822967	14,035	48.928011	1.142565
Female	239	57.177033	14,650	51.071989	0.893226
<b>Age:</b>					
20-24	11	2.702703	1,534	7.498656	2.774503
25-34	24	5.896806	3,215	15.715892	2.665153
35-44	37	9.090909	3,369	16.468690	1.811556
45-54	76	18.673219	4,211	20.584641	1.102362
55-59	57	14.004914	2,065	10.094344	0.720772
60-64	51	12.530713	1,704	8.329667	0.664740
65-74	106	26.044226	2,539	12.411400	0.476551
75-84	44	10.810811	1,758	8.593635	0.794911
85+	1	0.245700	62	0.303075	1.233514
<b>Race:</b>					
White	406	96.666667	27,753	96.750915	1.000872
Non-White	14	3.333333	932	3.249085	0.974725
<b>Household Income:</b>					
Less than \$10,000	26	6.824147	720	6.292606	0.922109
\$10k-\$15k	21	5.511811	618	5.401154	0.979924
\$15k-\$25k	45	11.811024	1,516	13.249432	1.121785
\$25k-\$35k	53	13.910761	1,588	13.878693	0.997695
\$35k-\$50	85	22.309711	1,779	15.547981	0.696915
\$50k-\$75k	72	18.897638	2,581	22.557245	1.193654
\$75k or more	79	20.734908	2,640	23.072889	1.112756
<p><b>Note:</b> The weighting ratios are calculated by taking the ratio of the proportion of the population of Van Wert County in each subcategory by the proportion of the sample in the Van Wert County survey for that same category.</p> <p>* Van Wert County population figures taken from the 2013 Census estimates.</p>					

# Appendix 44 | VAN WERT COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2015 Van Wert County Health Assessment:

## **Crestview Local Schools**

Crestview High School  
Crestview Middle School

## **Lincolnview Local Schools**

Lincolnview Junior/Senior High School  
Lincolnview Elementary School

## **Van Wert Local Schools**

Van Wert High School  
Van Wert Middle School

# Appendix 5 | VAN WERT COUNTY SAMPLE DEMOGRAPHIC PROFILE\*

Variable	2015 Survey Sample	Van Wert County Census 2009-2013 (5 year estimate)	Ohio Census 2013
<b>Age</b>			
20-29	11.8%	10.4%	13.2%
30-39	17.7%	11.8%	11.9%
40-49	16.6%	13.0%	13.2%
50-59	21.8%	15.0%	14.7%
60 plus	28.3%	23.0%	21.3%
<b>Race/Ethnicity</b>			
White	97.3%	96.8%	82.5%
Black or African American	0.6%	1.2%	12.1%
American Indian and Alaska Native	1.3%	0.2%	0.2%
Asian	0.3%	0.1%	1.8%
Other	1.2%	0.8%	0.8%
Hispanic Origin (may be of any race)	0.8%	2.6%	3.3%
<b>Marital Status†</b>			
Married Couple	59.6%	58.2%	47.8%
Never been married/member of an unmarried couple	19.4%	22.4%	31.8%
Divorced/Separated	11.9%	11.6%	14.0%
Widowed	7.1%	6.5%	6.4%
<b>Education†</b>			
Less than High School Diploma	3.8%	9.2%	11.0%
High School Diploma	34.8%	48.1%	34.2%
Some college/ College graduate	61.2%	42.6%	54.8%
<b>Income (Families)</b>			
\$14,999 and less	11.2%	6.8%	8.7%
\$15,000 to \$24,999	8.2%	6.6%	8.2%
\$25,000 to \$49,999	29.0%	28.1%	23.4%
\$50,000 to \$74,999	21.6%	27.1%	20.3%
\$75,000 or more	22.1%	31.4%	39.4%

\* 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 Van Wert 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

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

Age	Total	Males	Females
<b>Van Wert County</b>	<b>28,744</b>	<b>14,001</b>	<b>14,743</b>
<b>0-4 years</b>	<b>1,893</b>	<b>951</b>	<b>942</b>
1-4 years	1,558	775	783
< 1 year	335	176	159
1-2 years	767	380	387
3-4 years	791	395	396
<b>5-9 years</b>	<b>1,922</b>	<b>963</b>	<b>959</b>
5-6 years	752	367	385
7-9 years	1,170	596	574
<b>10-14 years</b>	<b>2,005</b>	<b>1,033</b>	<b>972</b>
10-12 years	1,157	583	574
13-14 years	848	450	398
12-18 years	2,990	1,533	1,457
<b>15-19 years</b>	<b>2,072</b>	<b>1,038</b>	<b>1,034</b>
15-17 years	1,344	676	668
18-19 years	728	362	366
20-24 years	1,389	679	710
25-29 years	1,622	839	783
30-34 years	1,652	813	839
35-39 years	1,715	895	820
40-44 years	1,728	874	854
45-49 years	2,112	1,014	1,098
50-54 years	2,235	1,111	1,124
55-59 years	2,008	1,021	987
60-64 years	1,703	809	894
65-69 years	1,337	636	701
70-74 years	998	452	546
75-79 years	857	356	501
80-84 years	731	288	443
85-89 years	513	170	343
90-94 years	189	45	144
95-99 years	54	12	42
100-104 years	9	2	7
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>765</b>	<b>229</b>	<b>536</b>
<b>Total 65 years and over</b>	<b>4,688</b>	<b>1,961</b>	<b>2,727</b>
<b>Total 19 years and over</b>	<b>21,161</b>	<b>10,178</b>	<b>10,983</b>

# VAN WERT COUNTY PROFILE

## General Demographic Characteristics (Source: U.S. Census Bureau, Census 2013)

2009-2013 ACS 5-year estimate

### Total Population

2013 Total Population	28,685
2000 Total Population	29,659

### Largest City-Van Wert

2013 Total Population	10,787	100%
2000 Total Population	10,690	100%

### Population By Race/Ethnicity

Total Population	28,685	100%
White Alone	27,753	96.8%
Hispanic or Latino (of any race)	754	2.6%
African American	349	1.2%
Asian	34	0.1%
Two or more races	261	0.9%
Other	223	0.8%
American Indian and Alaska Native	65	0.2%

### Population By Age 2010

Under 5 years	1,893	6.6%
5 to 17 years	5,271	18.3%
18 to 24 years	2,117	7.4%
25 to 44 years	6,717	23.6%
45 to 64 years	8,058	28.0%
65 years and more	4,688	16.3%

### Median age (years)

41.1

### Household By Type

Total Households	11,442	100%
Family Households (families)	7,933	69.3%
With own children <18 years	3,034	26.5%
Married-Couple Family Households	6,455	56.4%
With own children <18 years	2,341	20.5%
Female Householder, No Husband Present	1,080	9.4%
With own children <18 years	520	4.5%
Non-family Households	3,509	30.7%
Householder living alone	3,115	27.2%
Householder 65 years and >	1,409	12.3%
Households With Individuals < 18 years	3,387	29.6%
Households With Individuals 65 years and >	3,331	29.1%
Average Household Size	2.47 people	
Average Family Size	3.01 people	



**General Demographic Characteristics, Continued**  
**(Source: U.S. Census Bureau, Census 2013)**

**2009-2013 ACS 5-year estimate**

Median Value of Owner-Occupied Units	\$88,600
Median Monthly Owner Costs (With Mortgage)	\$984
Median Monthly Owner Costs (Not Mortgaged)	\$348
Median Gross Rent for Renter-Occupied Units	\$618
Median Rooms Per Housing Unit	6.3
Total Housing Units	12,624
No Telephone Service	240
Lacking Complete Kitchen Facilities	87
Lacking Complete Plumbing Facilities	16

**Selected Social Characteristics**  
**(Source: U.S. Census Bureau, Census 2013)**

**2009-2013 ACS 5-year estimates**

**School Enrollment**

Population 3 Years and Over Enrolled In School	7,028	100%
Nursery & Preschool	494	7.0%
Kindergarten	595	8.5%
Elementary School (Grades 1-8)	3,011	42.8%
High School (Grades 9-12)	1,770	25.2%
College or Graduate School	1,158	16.5%

**Educational Attainment**

Population 25 Years and Over	19,482	100%
< 9 <sup>th</sup> Grade Education	410	7.0%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	1,384	7.1%
High School Graduate (Includes Equivalency)	9,380	48.1%
Some College, No Degree	3,547	18.2%
Associate Degree	1,765	9.1%
Bachelor's Degree	1,798	9.2%
Graduate Or Professional Degree	1,198	6.1%

Percent High School Graduate or Higher	*(X)	90.8%
Percent Bachelor's Degree or Higher	*(X)	15.4%

\*(X) - Not available

**Selected Social Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2013)

**2009-2013 ACS 5-year estimate**

**Marital Status**

Population 15 Years and Over	23,024	100%
Never Married	5,156	22.4%
Now Married, Excluding Separated	13,389	58.2%
Separated	297	1.3%
Widowed	1,506	6.5%
Female	1,222	5.3%
Divorced	2,676	11.6%
Female	1,458	6.3%

**Veteran Status**

Civilian Veterans 18 years and over	2,146	9.9%
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**Disability Status of the Civilian Non-institutionalized Population**

Total Civilian Noninstitutionalized Population	28,365	100%
With a Disability	4,190	14.8%
Under 18 years	6,959	100%
With a Disability	235	3.4%
18 to 64 years	16,693	100%
With a Disability	2,002	12.0%
65 Years and Over	4,713	100%
With a Disability	1,953	41.4%

**Selected Economic Characteristics**  
(Source: U.S. Census Bureau, Census 2013)  
**2009-2013 ACS 5-year estimate**

**Employment Status**

Population 16 Years and Over	22,502	100%
In Labor Force	14,569	64.7%
Not In Labor Force	7,933	35.3%
Females 16 Years and Over	11,640	100%
In Labor Force	6,856	58.9%

Population Living With Own Children <6 Years	1,933	100%
All Parents In Family In Labor Force	1,222	63.2%

**Class of Worker**

Employed Civilian Population 16 Years and Over	13,010	100%
Private Wage and Salary Workers	10,728	82.5%
Government Workers	1,436	11.0%
Self-Employed Workers in Own Not Incorporated Business	789	6.1%
Unpaid Family Workers	57	0.4%

**Median Earnings**

Male, Full-time, Year-Round Workers	\$40,899
Female, Full-time, Year-Round Workers	\$31,933

**Selected Economic Characteristics, Continued**  
**(Source: U.S. Census Bureau, Census 2013)**

**2009-2013 ACS 5-year estimate**

**Occupations**

Employed Civilian Population 16 Years and Over	22,502	100%
Production, Transportation, and Material Moving Occupations	3,891	29.9%
Management, business, science, and art occupations	3,361	25.8%
Sales and Office Occupations	2,560	19.7%
Service Occupations	2,086	16.0%
Natural Resources, Construction, and Maintenance Occupations	1,112	8.5%

**Leading Industries**

Employed Civilian Population 16 Years and Over	13,010	100%
Manufacturing	3,812	29.3%
Educational, health and social services	3,105	23.9%
Trade (retail and wholesale)	1,227	11.0%
Arts, entertainment, recreation, accommodation, and food services	827	6.4%
Professional, scientific, management, administrative, and waste management services	661	5.1%
Transportation and warehousing, and utilities	530	4.1%
Finance, insurance, real estate and rental and leasing	562	4.3%
Other services (except public administration)	554	4.3%
Construction	682	5.2%
Public administration	413	3.2%
Information	102	0.8%
Agriculture, forestry, fishing and hunting, and mining	335	2.6%

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

	<b>Income</b>	<b>Rank of Ohio Counties</b>
BEA Per Capita Personal Income 2013	\$38,745	26 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2010	\$33,591	28 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2003	\$26,503	44 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$25,526	38 <sup>th</sup> of 88 counties

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

**Selected Economic Characteristics, Continued**  
 (Source: U.S. Census Bureau, Census 2013)

**2009-2013 ACS 5-year estimate**

**Income In 2013**

Households	11,442	100%
< \$10,000	720	6.3%
\$10,000 to \$14,999	618	5.4%
\$15,000 to \$24,999	1,516	13.2%
\$25,000 to \$34,999	1,588	13.9%
\$35,000 to \$49,999	1,779	15.5%
\$50,000 to \$74,999	2,581	22.6%
\$75,000 to \$99,999	1,255	11.0%
\$100,000 to \$149,999	1,059	9.3%
\$150,000 to \$199,999	209	1.8%
\$200,000 or more	117	1.0%

**Median Household Income** **\$45,355**

**Income In 2013**

Families	7,933	100%
< \$10,000	318	4.0%
\$10,000 to \$14,999	225	2.8%
\$15,000 to \$24,999	524	6.6%
\$25,000 to \$34,999	975	12.3%
\$35,000 to \$49,999	1,257	15.8%
\$50,000 to \$74,999	2,147	27.1%
\$75,000 to \$99,999	1,151	14.5%
\$100,000 to \$149,999	1,013	12.8%
\$150,000 to \$199,999	206	2.6%
\$200,000 or more	117	1.5%

**Median Household Income (families)** **\$57,364**

**Per Capita Income In 2011-2013** **\$22,790**

**Poverty Status In 2013**

	<b>Number Below Poverty Level</b>	<b>% Below Poverty Level</b>
Families	*(X)	9.3%
Individuals	*(X)	12.5%

\*(X) – Not available

**Poverty Rates, 5-year averages  
2009 to 2013**

Category	Van Wert	Ohio
Population in poverty	12.5%	15.8%
< 125% FPL (%)	16.7%	20.3%
< 150% FPL (%)	21.9%	24.9%
< 200% FPL (%)	34.1%	34.1%
Population in poverty (1999)	5.5%	10.6%

*(Source: The Ohio Poverty Report, Ohio Development Services Agency, January 2015,  
<http://www.development.ohio.gov/files/research/P7005.pdf>)*

**Employment Statistics**

Category	Van Wert	Ohio
Labor Force	14,500	5,715,900
Employed	13,800	5,396,600
Unemployed	700	319,400
Unemployment Rate* in February 2016	4.6	5.6
Unemployment Rate* in January 2016	4.8	5.7
Unemployment Rate* in February 2015	4.6	5.6

*\*Rate equals unemployment divided by labor force.*

*(Source: Ohio Department of Job and Family Services, February 2016, <http://ohiolmi.com/laus/current.htm>)*

**Estimated Poverty Status in 2014**

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Van Wert County</b>				
All ages in poverty	2,837	2,315 to 3,359	10.1%	15.4 to 15.6
Ages 0-17 in poverty	957	742 to 1,172	14.8%	11.5 to 18.1
Ages 5-17 in families in poverty	672	516 to 828	14.0%	10.8 to 17.2
Median household income	\$49,565	\$45,344 to \$53,786		
<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	\$48,138	\$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, <http://www.census.gov/did/www/saie/data/interactive/#>)

**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, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)

**2015 Community Health Assessment  
Van Wert County  
Community Event  
4/27/16  
n=35 (community participants)**

A community event held on April 27, 2016, allowed for key stakeholders and members of the community to discuss and contribute to the community health assessment. Below are the questions posed to participants and a summary list of the responses gathered.

**What surprised you the most?**

- Youth sex (2)
- Percent of binge drinkers in youth
- Percent of youth sexting
- Texting and driving in youth
- Youth sexual behaviors
- Adult prescription misuse/ binge drinking associated with income disparities
- Adult obesity rates
- Adult violence and abuse
- Youth fruits and veggies
- Youth use and access to drugs/alcohol
- Youth drinking and driving

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

- Input on activities/suggestions to improvement
- More info about youth mental health
- Youth household income information (food security)
- Where are the drugs coming from?
- How old when first introduced to drugs and alcohol
- Parent involvement
- Correlation between the data
- Why parents chose not to immunize

**What will you/your organization do with this data?**

- Educate parents how to educate kids
- United Way programming for higher needs
- Most would like to address wellness and preventing obesity
- Program increase in schools for preventive programs (Texting-drug use-alcohol use) \*Ft. Wayne's Eyes Forward program\*

**If Van Wert County can only focus on 2 or 3 of the issues found in this report, what would you want them to be?**

- Youth sexual activity (2)
- Youth behavior awareness
- Parental education
- Substance abuse
- Managing mental health early and appropriately
- Focus on treatment
- Obesity
- Texting and driving