

# Fairfield County

Health Assessment Project

# 2013

COMMUNITY



# Foreword

This health assessment provides us with a snapshot of Fairfield County, as well as our state and nation. The data presented in this report provides valuable information to develop strategies that focus on wellness, access to care, and unmet community needs. The assessment will provide additional insight in the areas of health and well-being and how they relate to our community structure.

The Fairfield County Health Assessment is being conducted for the second time. It complies with Healthcare Reform requirements and really provides good insight to develop future healthcare programming.

Through collaboration with The Hospital Council of Northwest Ohio and public health researchers at The University of Toledo, every effort has been made to assure that this report contains valid and reliable data. Various efforts have been made in the past to identify and assess the many varied health care needs of Fairfield County residents. These have been either focused studies involving one or a few issues, or have been initial efforts that used no standardized format and had no follow-through on the findings and recommendations. This study was developed in collaboration with area agencies and payors who can impact change in the health status of our county.

This study will be different. The partners, the health care leaders of Fairfield County, have made various commitments in order to ensure the success of this effort:

- (1.) The assessment will not “sit on a shelf.” The identified priorities and recommendations will be followed up and acted on.
- (2.) The assessment will not be done in a vacuum. In order to be successful, any and all stakeholders will need to be involved in current and future efforts. Every agency dealing in some aspect of health care in Fairfield County needs to be “at the table” and offering their particular areas of expertise and experience. The concept of “health care” is so broad that it cannot be the sole responsibility of any one agency. There can be no “silos” in these efforts or there will be no success.
- (3.) The assessment will continue to be repeated on a regular basis and data and results will be trended so that yearly results can be compared. This will ensure that benchmarking can occur and improvements (or degradation) in services as noted.
- (4.) The assessment will be flexible. As additional unmet needs are identified, or existing needs are met, the study itself must evolve to remain a meaningful and workable instrument for health planning in Fairfield County.

It is the hope of the Fairfield County Health Partners that this assessment will be a valuable tool to assist in efforts to improve the health and well being of Fairfield County residents. It is also the hope that this assessment will foster new collaborative opportunities and initiate quality programs to improve the lives of Fairfield County residents.

Sincerely,

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Fairfield Medical Center

Fairfield Community Health Center

Fairfield County Foundation

United Way of Fairfield County

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The complete report is available at the following websites:

[www.myfdh.org](http://www.myfdh.org)  
[www.fmchealth.org](http://www.fmchealth.org)  
[www.fairfieldchc.org](http://www.fairfieldchc.org)  
[www.hcno.org](http://www.hcno.org)

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# Fairfield County Community Health Assessment

## *Executive Summary*

This executive summary provides an overview of health-related data for Fairfield County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2013. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state *Behavioral Risk Factor Surveillance System* (BRFSS) and *Youth Risk Behavior Surveillance System* (YRBSS). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## Primary Data Collection Methods

### **Design**

This community health assessment was cross-sectional in nature and included a written survey of adults and adolescents within Fairfield 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 Fairfield County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Fairfield County planning committee, the Project Coordinator composed drafts of surveys containing 115 items for the adult survey and 75 items for the adolescent survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

## Primary Data Collection Methods

### Sampling

#### *Adult Survey*

Adults ages 19 and over living in Fairfield County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Fairfield County. There were 107,737 persons ages 18 and over living in Fairfield County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 383 adults was needed to ensure this level of confidence. The response rate for the mailing was 42% (n=394). This return rate and sample size means that the responses in the health assessment should be representative of the entire county. The random sample of mailing addresses of adults from Fairfield County was obtained from American Clearinghouse in Louisville, KY.

#### *Adolescent Survey*

Youth in grades 6-12 were used as the sampling frame for the youth survey. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 379 adolescents was needed to ensure this level of confidence. The response rate was 93% (n=486).

### Procedure

#### *Adult Survey*

Prior to mailing the survey to adults, an advance letter was mailed to 1,000 adults in Fairfield County. This advance letter was personalized, printed on Fairfield Medical Center stationery and was signed by Mina Ubbing, President and CEO, Fairfield Medical Center. 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 Fairfield Medical Center stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The entire mailing procedure for adults took place from April through June 2013.



## Primary Data Collection Methods

### *Adolescent Survey*

Superintendents reviewed and approved the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The survey contained 81 questions and had a multiple choice response format. The students were surveyed in May, 2013.

### **Data Analysis**

Individual responses were anonymous and confidential. Only group data is available. All data were 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 Fairfield 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**

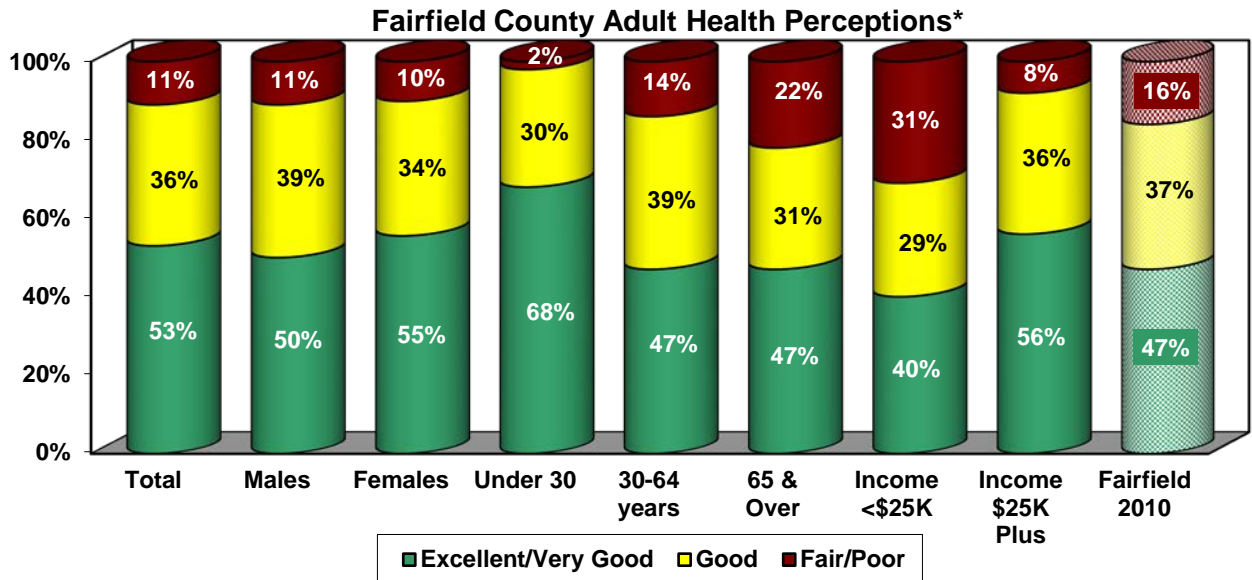
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Fairfield County adult assessment had a good response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Fairfield 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 questionnaire, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.

## Data Summary

### Health Perceptions

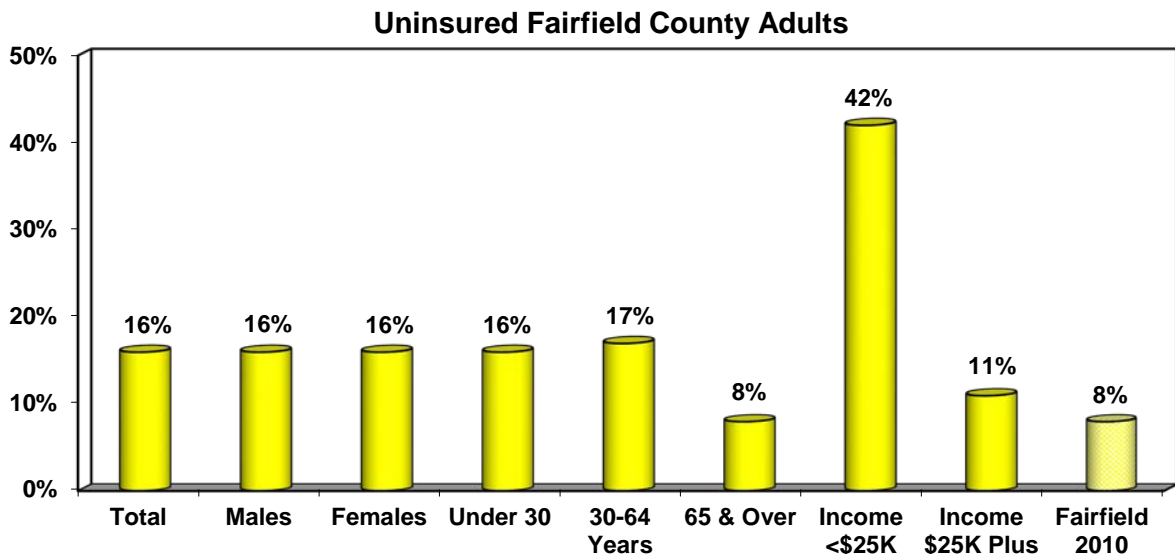
In 2013, more than half (53%) of the Fairfield County adults rated their health status as excellent or very good. Conversely, 11% of adults, increasing to 22% of those over the age of 65 and 31% of those with annual incomes less than \$25,000, described their health as fair or poor.



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

### Health Care Coverage

The 2013 Health Assessment data has identified that 16% of Fairfield County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Fairfield County, 11.8% of residents live below the poverty level. (Source U.S. Census, American Community Survey 1 Year Estimates, 2011)



## Data Summary

### Health Care Access

The 2013 Health Assessment project identified that 16% of Fairfield County adults were using a hospital emergency room as their usual place of health care, increasing to 18% of those with incomes less than \$25,000. In the past year, 61% of adults had visited a doctor for a routine checkup.

### Cardiovascular Health

Heart disease (22%) and stroke (6%) accounted for 28% of all Fairfield County adult deaths from 2006-2008 *(Source: ODH Information Warehouse)*. The 2013 Fairfield County Health Assessment found that 5% of adults had survived a heart attack and 2% had survived a stroke at some time in their life. Nearly one-third (30%) of Fairfield County adults have been diagnosed with high blood pressure, 37% have high blood cholesterol, 34% were obese, and 19% were smokers, four known risk factors for heart disease and stroke.

### Cancer

In 2013, 10% of Fairfield County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 2,250 Fairfield County residents died from cancer, the first 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 2013, 13% of Fairfield County adults had been diagnosed with diabetes.

### Arthritis

According to the Fairfield County survey data, 28% of Fairfield County adults were diagnosed with arthritis. According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.

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

**Total Deaths: 3,333**

1. Cancers (25% of all deaths)
2. Heart Diseases (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Accidents, Unintentional Injuries (4%)

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

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

**All Types: 689 cases**

- ❖ Lung and Bronchus: 110 cases (16%)
- ❖ Breast: 102 cases (15%)
- ❖ Prostate: 95 cases (14%)
- ❖ Colon and Rectum: 71 cases (10%)

**From 2006-2008, there were 312 cancer deaths in Fairfield County.**

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

#### Diabetes Facts

- ❖ Diabetes was the 6<sup>th</sup> leading cause of death in Fairfield County for 2006-2008.
- ❖ Diabetes was the 7<sup>th</sup> leading cause of death in Ohio for 2006-2008.
- ❖ For 2006-2008, the Fairfield County age-adjusted mortality rate per 100,000 population for diabetes was 39.2 deaths for males (34.5 Ohio) and 21.6 deaths for females (24.4 Ohio).

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

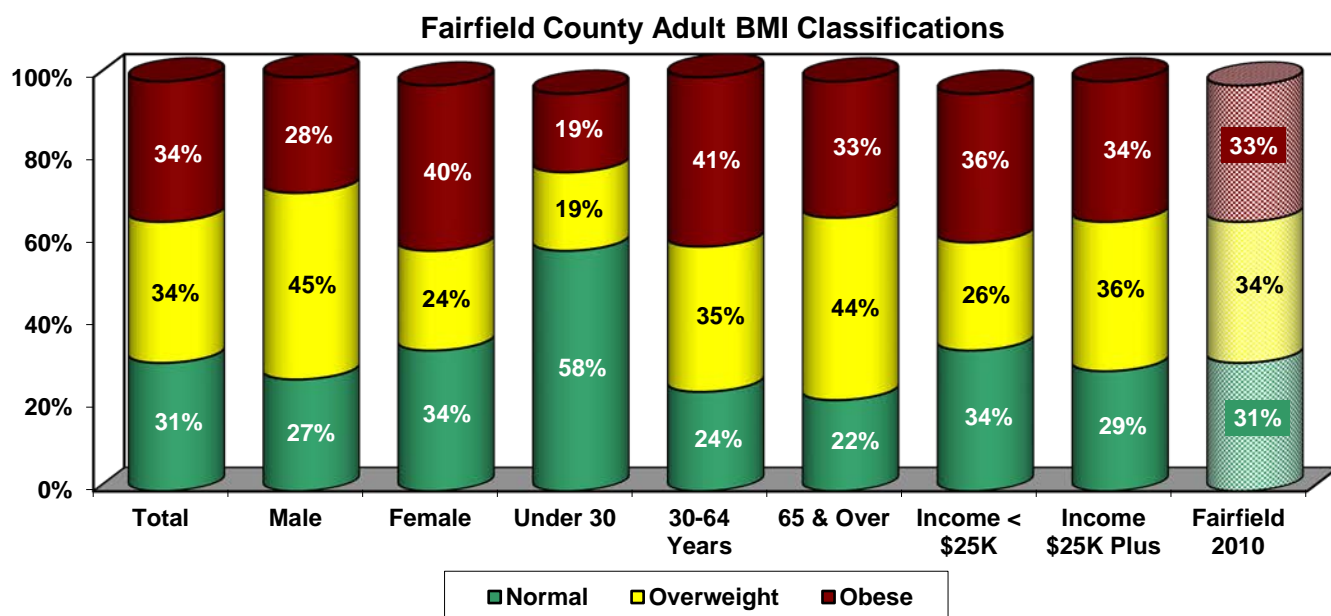
## Data Summary

### Asthma

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

### Adult Weight Status

The 2013 Health Assessment identified that 68% of Fairfield County adults were overweight or obese based on Body Mass Index (BMI). The 2012 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. Over one-third (34%) of Fairfield County adults were obese.

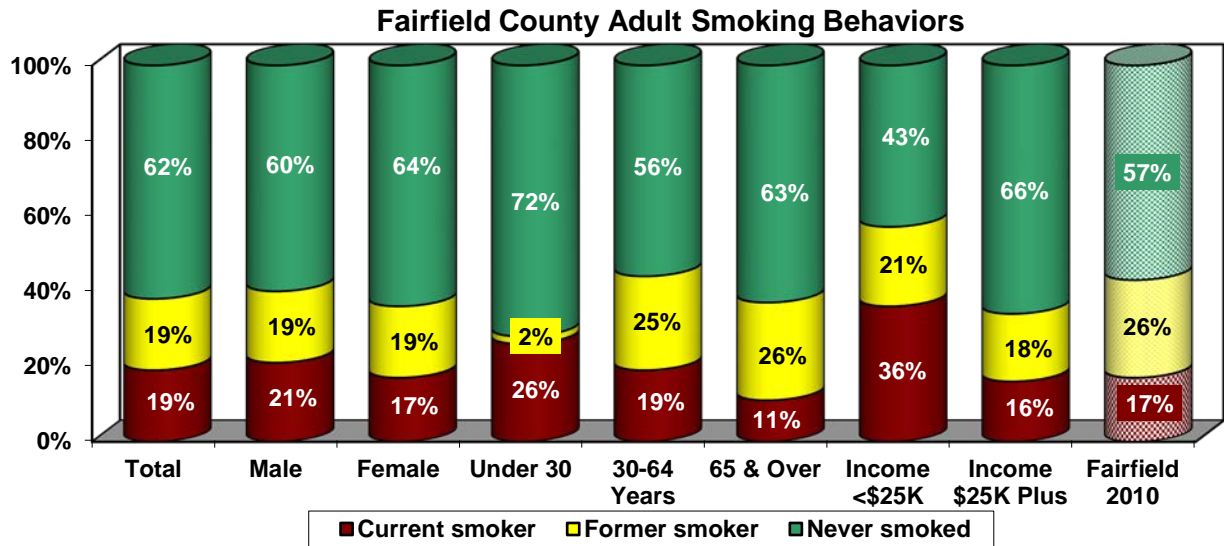


*(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)*

### Adult Tobacco Use

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

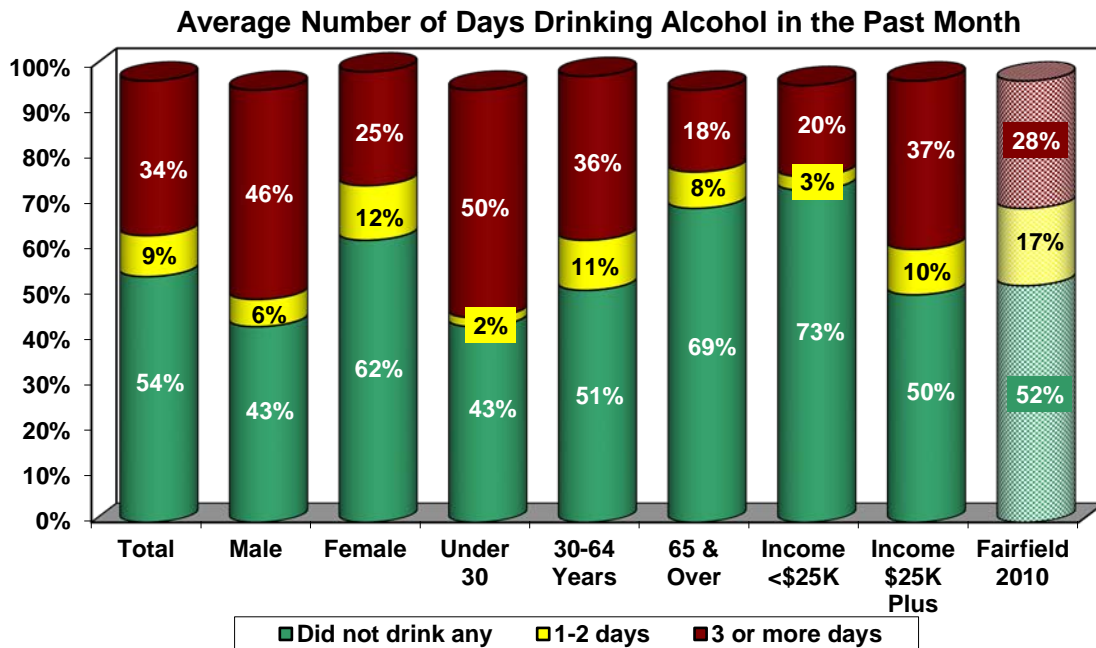
## Data Summary



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

## Adult Alcohol Consumption

In 2013, the Health Assessment indicated that 10% of Fairfield County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 40% 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. More than one-quarter (28%) of adults who drank drove after drinking any alcoholic beverages.



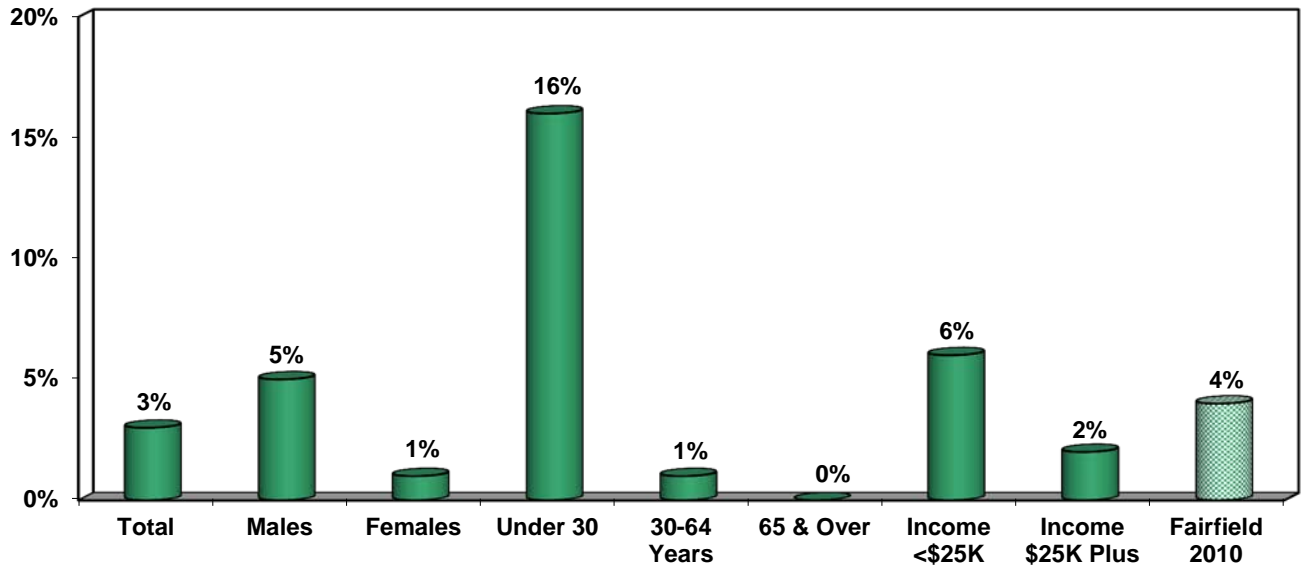
\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at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

## Data Summary

### Adult Marijuana and Other Drug Use

In 2013, 3% of Fairfield County adults had used marijuana during the past 6 months. 4% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

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

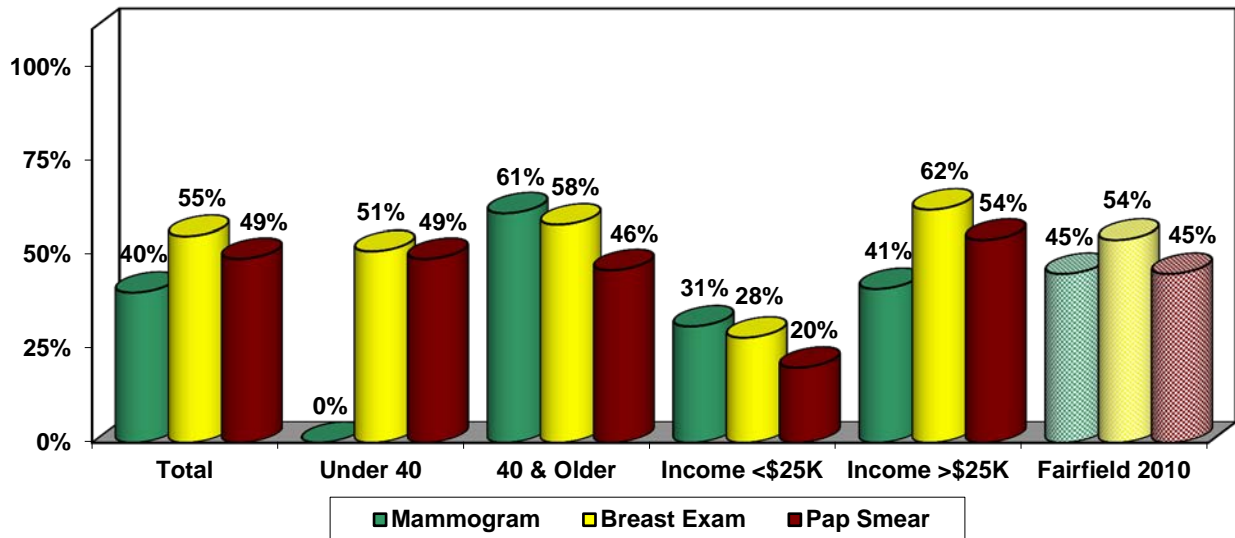


### Women's Health

In 2013, 61% of Fairfield County women over the age of 40 reported having a mammogram in the past year. 55% of Fairfield County women ages 19 and over had a clinical breast exam and 49% 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 3% survived a stroke at some time in their life. Under one-quarter (23%) had high blood pressure, 40% were obese, 35% had high blood cholesterol, and 17% were identified as smokers, known risk factors for cardiovascular diseases.

## Data Summary

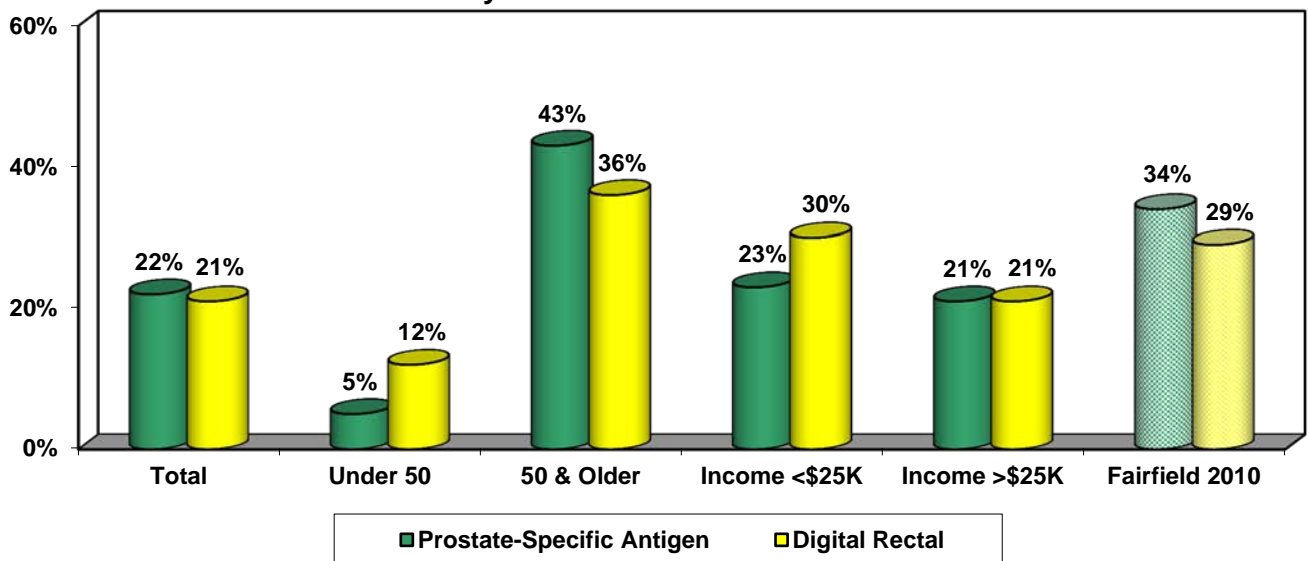
**Fairfield County Women's Health Exams Within the Past Year**



## Men's Health

In 2013, 43% of Fairfield County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. More than one-third (36%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 29% and cancers accounted for 25% of all male deaths in Fairfield County from 2006-2008. The Health Assessment determined that 7% of men survived a heart attack and 1% survived a stroke at some time in their life. More than one-third (35%) of men had been diagnosed with high blood pressure, 39% had high blood cholesterol, 28% were obese and 21% were identified as smokers, all are known risk factors for cardiovascular diseases.

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





## Data Summary

### Preventive Medicine and Health Screenings

Over half (55%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Almost three-fifths (59%) of adults ages 50 and over had a colonoscopy/sigmoidoscopy within the past 5 years.

### Environmental Health

Insects and mold were the two most important perceived environmental health issues that threatened Fairfield County adults' health in the past year. 41% of Fairfield County adults used a septic tank for their waste water, and 37% had a private source for drinking water.

### Adult Sexual Behavior & Pregnancy Outcomes

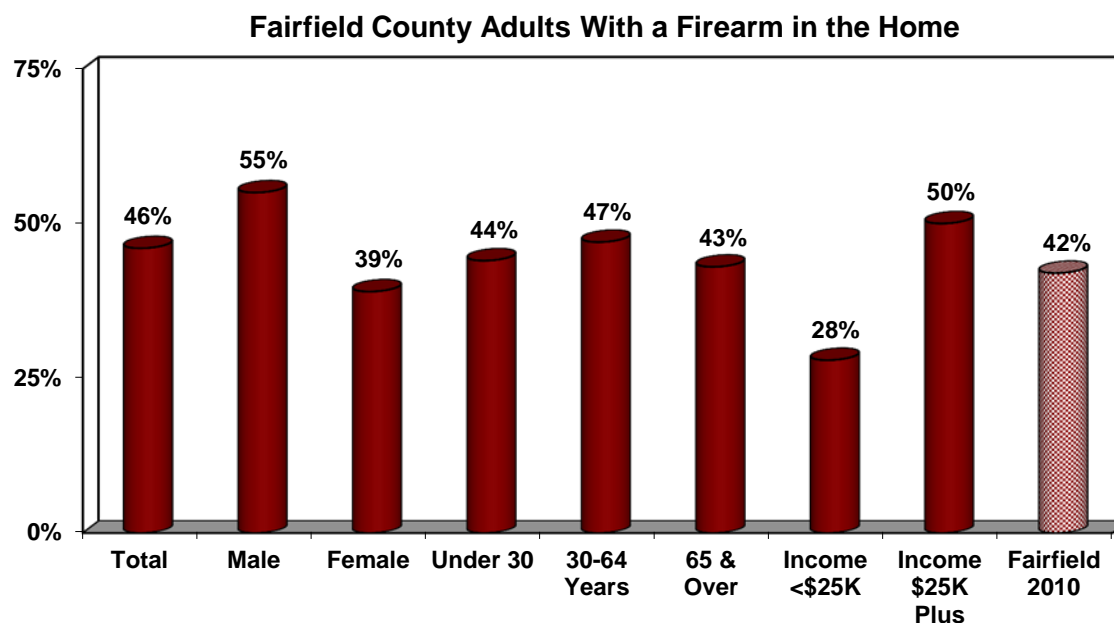
In 2013, almost three-fourths (73%) of Fairfield County adults had sexual intercourse. Seven percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (*Source: CDC, STDs in Adolescents and Young Adults, 2010 STD Surveillance*).

### Quality of Life

In 2013, 22% of Fairfield County adults were limited in some way because of a physical, mental or emotional problem.

### Social Context

In 2013, 3% of Fairfield County adults were abused in the past year. 46% of adults kept a firearm in or around their home.





## Data Summary

### Mental Health and Suicide

In 2013, 2% of Fairfield County adults considered attempting suicide. 11% of adults recently had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

### Oral Health

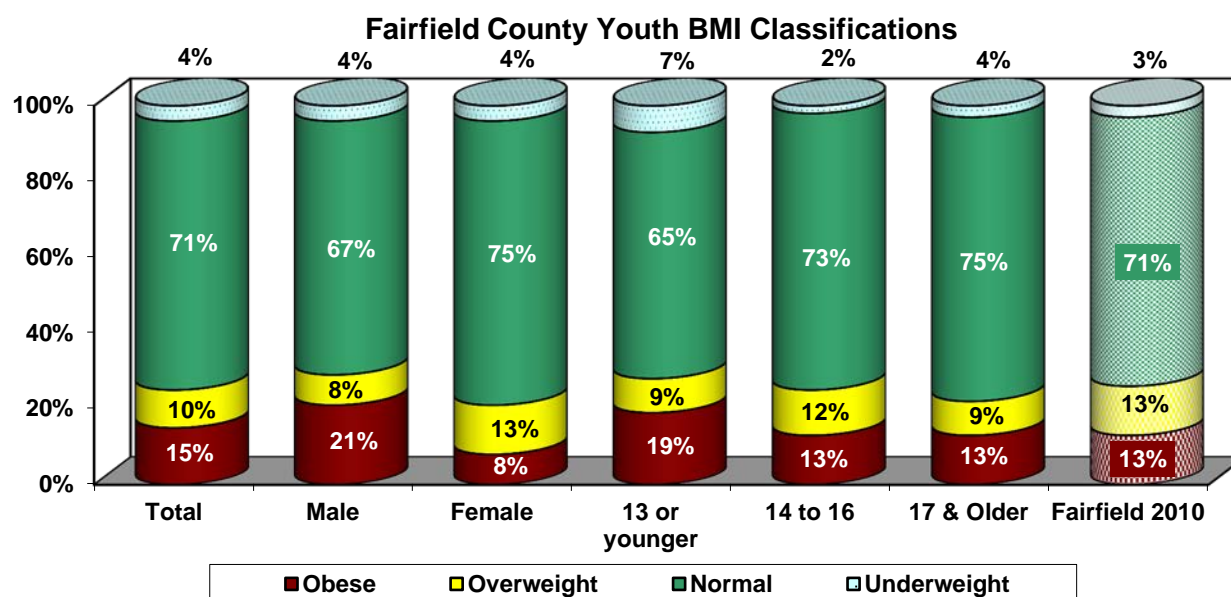
The 2013 Health Assessment project has determined that two-thirds (67%) of Fairfield County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Three-fourths (75%) of Fairfield youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

### Parenting

The 2013 Health Assessment project identified that 11% of parents reported their child was not covered by any health insurance at some time in the past year. 75% of parents identified they put their child to sleep on their back as an infant.

### Youth Weight Status

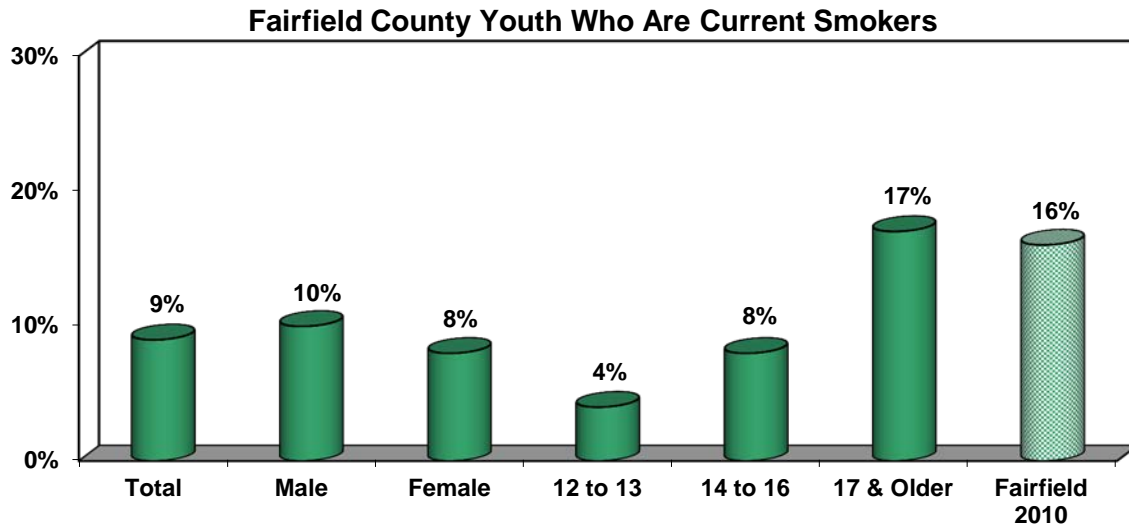
The 2013 Health Assessment identified that 15% of Fairfield County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Fairfield County youth reported that they were slightly or very overweight. 75% of youth were exercising for at least 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities. Youth spent an average of 3.5 hours per day on their cell phones.



## Data Summary

### Youth Tobacco Use

The 2013 Health Assessment identified that 9% of Fairfield County youth in grades 6-12 were smokers, increasing to 17% of those who were over the age of 17. Overall, 5% of Fairfield County youth in grades 6-12 indicated they had used chewing tobacco or snuff in the past month. Of those 6th-12th grade youth who currently smoked, 51% had tried to quit.



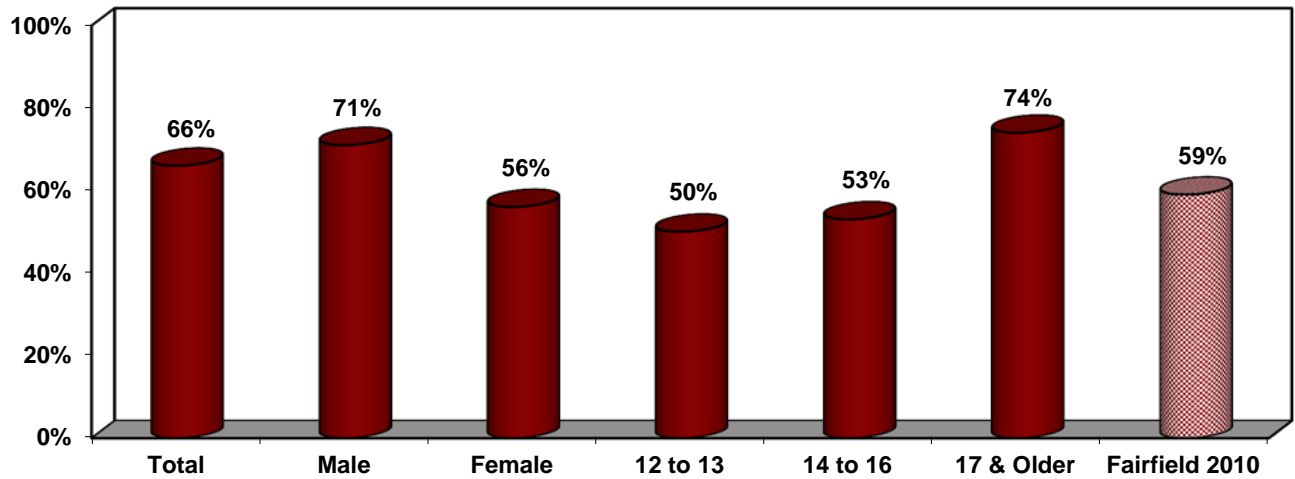
*Current smokers are those who have smoked at any time during the past 30 days.*

### Youth Alcohol Consumption

In 2013, the Health Assessment results indicated that 45% of Fairfield County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 71% of youth ages seventeen and older. 34% of those 6th-12th graders who drank, took their first drink at 12 years old or younger. 19% of all Fairfield County 6th-12th grade youth and 42% of those over the age of 17 had at least one drink in the past 30 days. Two-thirds (66%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 5% of all high school youth had driven a car in the past month after they had been drinking alcohol.

## Data Summary

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

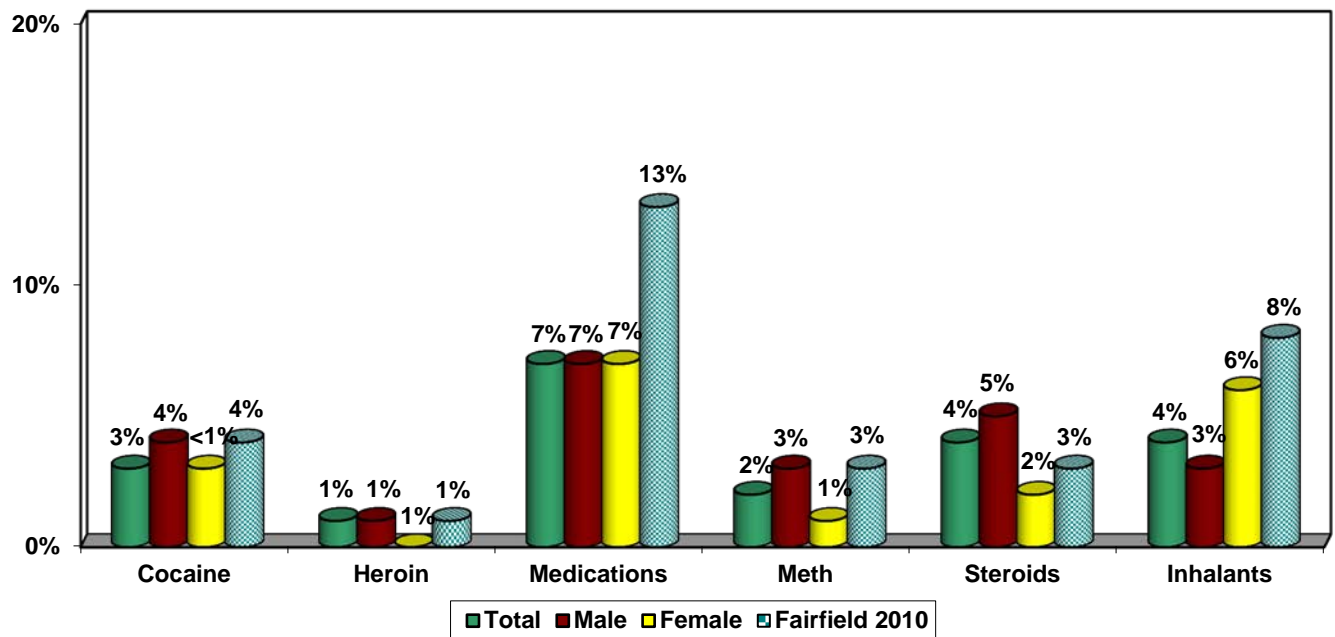


*\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.*

## Youth Marijuana and Other Drug Use

In 2013, 10% of Fairfield County youth had used marijuana at least once in the past 30 days, increasing to 23% of those ages 17 and older. 7% 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 13% of those over the age of 17.

**Fairfield County Youth Lifetime Drug Use**

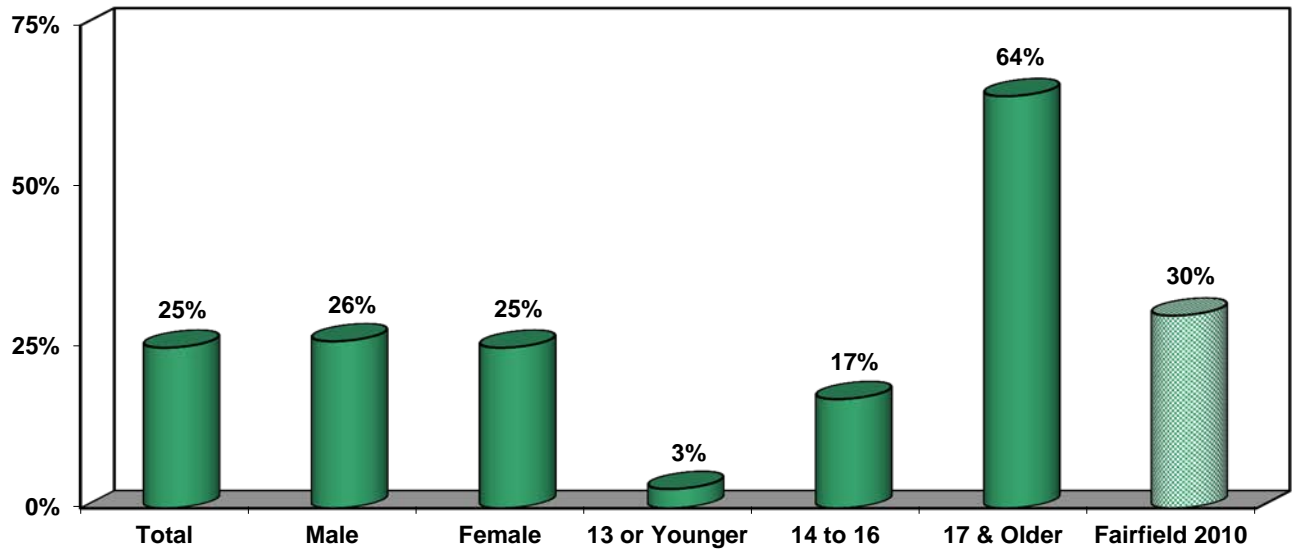


## Data Summary

### Youth Sexual Behavior

In 2013, one-quarter (25%) of Fairfield County youth have had sexual intercourse, increasing to 64% of those ages 17 and over. 25% of youth had participated in oral sex and 7% had participated in anal sex. 22% of youth participated in sexting. Of those who were sexually active, 73% had multiple sexual partners.

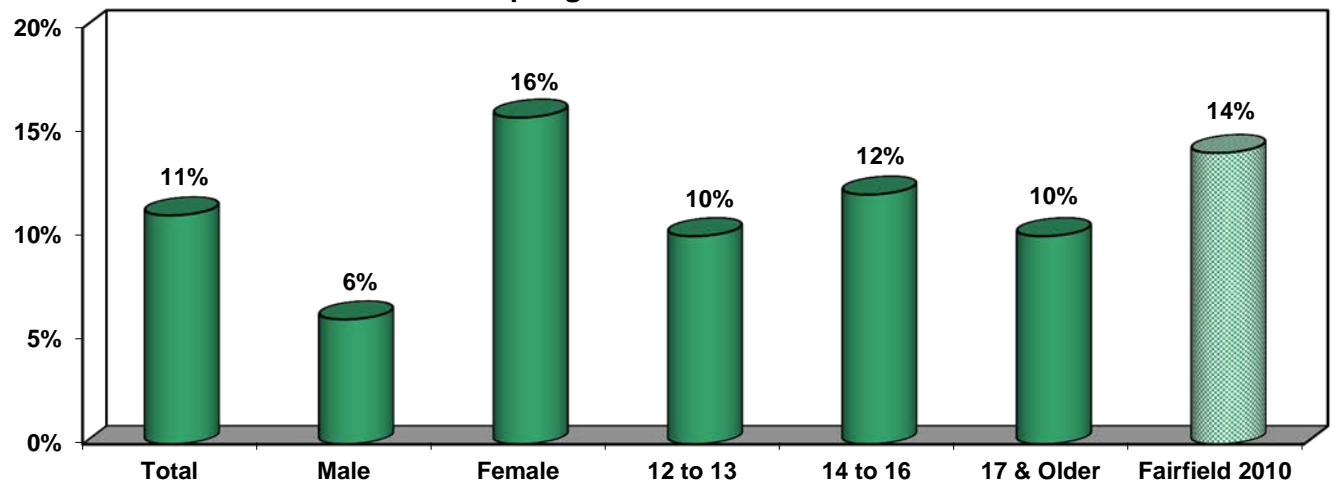
**Fairfield County Youth Who Had Sexual Intercourse**



### Youth Mental Health and Suicide

In 2013, the Health Assessment results indicated that 11% of Fairfield County 6th-12th grade youth had seriously considered attempting suicide in the past year and 7% admitted actually attempting suicide in the past year.

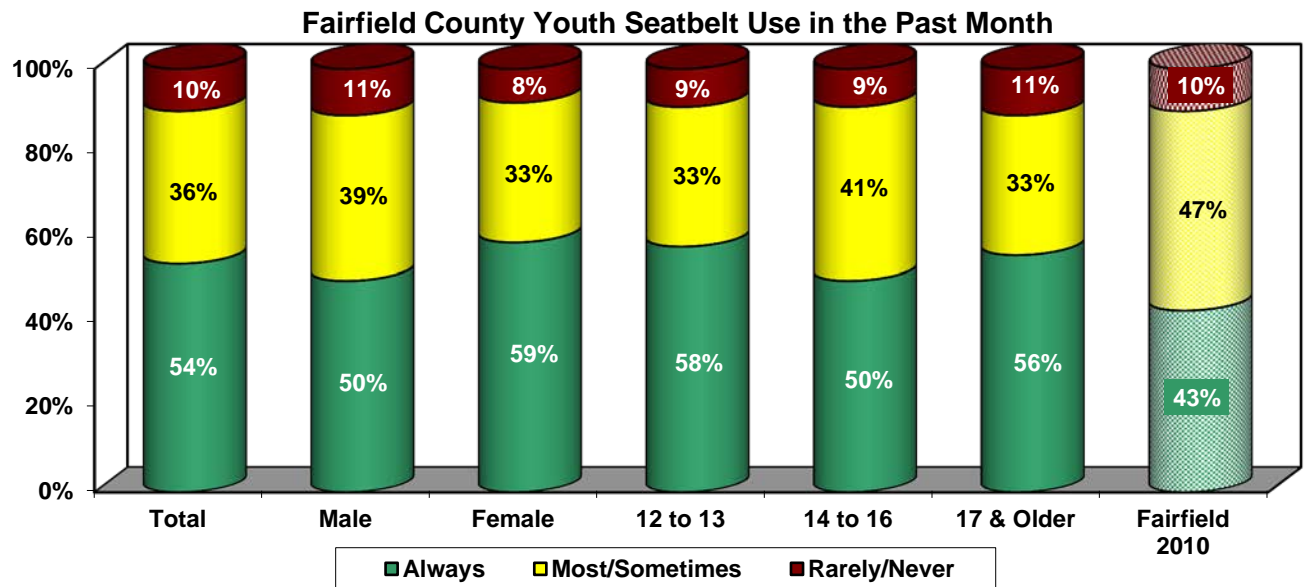
**Fairfield County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 Months**



## Data Summary

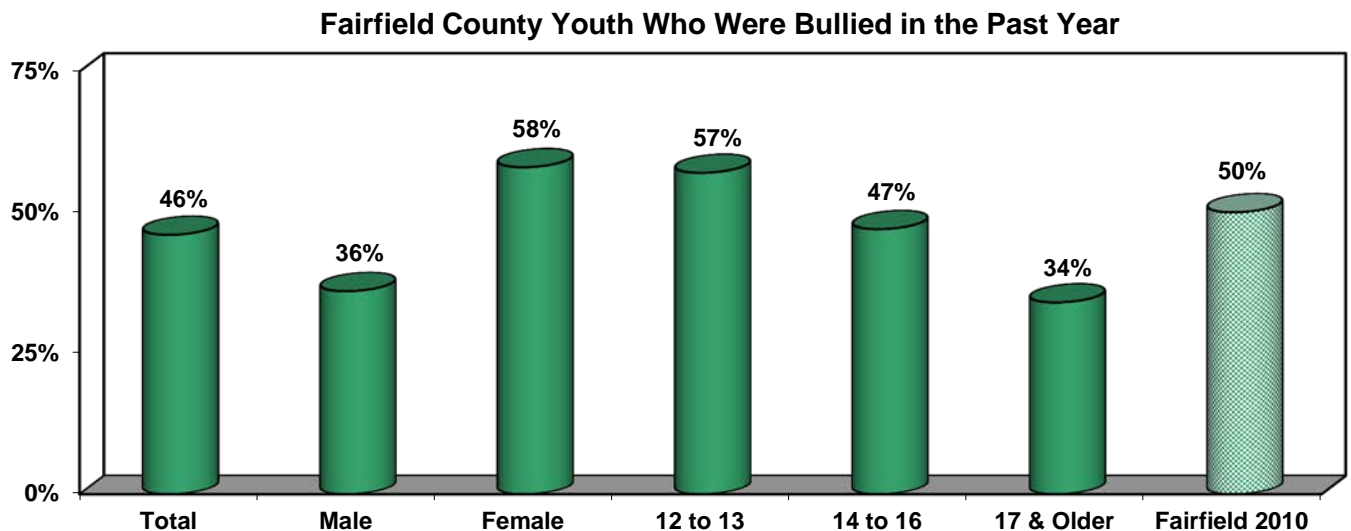
### Youth Safety

In 2013, 54% of Fairfield County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 40% of youth drivers texted while driving. 28% of youth purposefully hurt themselves at some time in their lives. 3% of youth participated in sexual activity with someone they met online.



### Youth Violence

In Fairfield County, 11% of youth had carried a weapon in the past month. 10% of youth had been threatened or injured with a weapon on school property in the past year. 46% of youth had been bullied in the past year and 31% had been bullied on school property.



## Fairfield County Trend Summary

Youth Variables	Fairfield County 2010 (6-12 grade)	Fairfield County 2013 (6-12 grade)	Fairfield County 2013 (9-12 grade)	Ohio 2011 (9-12 grade)	U.S. 2011 (9-12 grade)
<b>Weight Control</b>					
Obese	13%	15%	12%	15%	13%
Overweight	13%	10%	12%	15%	15%
Described themselves as slightly or very overweight	27%	28%	27%	30%	29%
Trying to lose weight	45%	46%	49%	N/A	N/A
Exercised to lose weight	46%	54%	56%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	24%	32%	34%	43%*	39%*
Went without eating for 24 hours or more	4%	6%	7%	13%	12%
Took diet pills, powders, or liquids without a doctor's advice	3%	3%	4%	6%	5%
Vomited or took laxatives	2%	1%	2%	6%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	80%	81%	85%*	78%*
Physically active at least 60 minutes per day on less than 7 days in past week	68%	68%	72%	75%	71%
Physically active at least 60 minutes per day on less than 5 days in past week	45%	44%	49%	55%	51%
Did not participate in at least 60 minutes of physical activity on any day in past week	11%	10%	11%	16%	14%
Watched TV 3 or more hours per day	38%	33%	35%	31%	32%
<b>Unintentional Injuries and Violence</b>					
Always wore a seatbelt	43%	54%	55%	N/A	N/A
Rarely or never wore a seatbelt	10%	10%	9%	17%	8%
Carried a weapon in past month	11%	11%	10%	16%	17%
Been in a physical fight on school property in past year	14%	6%	4%	9%	12%
Threatened or injured with a weapon on school property in past year	7%	10%	8%	8%*	7%
Did not go to school because felt unsafe	4%	7%	7%	6%	6%
Ever been electronically/cyber bullied in past year	15%	15%	14%	15%	16%
Bullied in past year	50%	46%	40%	N/A	N/A
Bullied on school property in past year	N/A	31%	25%	23%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	8%	4%	5%	N/A	9%
Seriously considered suicide in past year	14%	11%	11%	14%	16%
Attempted suicide in past year	7%	7%	7%	9%	8%
Felt sad or hopeless almost every day for 2 or more weeks in a row	25%	28%	32%	27%	29%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	2%	2%	2%	4%	2%

N/A - not available

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

## Fairfield County Trend Summary

Youth Variables	Fairfield County 2010 (6-12 grade)	Fairfield County 2013 (6-12 grade)	Fairfield County 2013 (9-12 grade)	Ohio 2011 (9-12 grade)	U.S. 2011 (9-12 grade)
<b>Alcohol Consumption</b>					
Ever had at least one drink of alcohol in lifetime	63%	45%	59%	71%	71%
Used alcohol during past month	33%	19%	30%	38%	39%
Binged during past month (5 or more drinks in a couple of hours on an occasion)	19%	13%	20%	24%	22%
Drank for the first time before age 13 (of all youth)	24%	13%	13%	18%	21%
Rode with someone who was drinking in past month	19%	13%	12%	21%	24%
Drank and drove	6%	3%	5%	7%	8%
Obtained the alcohol they drank by someone giving it to them	52%	36%	41%	N/A	40%
<b>Tobacco Use</b>					
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	36%	24%	33%	52%	45%
Used cigarettes on one or more days during the past month	16%	9%	12%	21%	18%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	10%	7%	12%	14%	10%
Smoked cigarettes on 20 or more days during the past month (of all youth)	6%	4%	7%	10%	6%
Tried to quit smoking	66%	51%	58%	56%	50%
Used chewing tobacco or snuff in past month	11%	5%	7%	12%	8%
<b>Sexual Behavior</b>					
Had sexual intercourse	30%	25%	43%	45%**	47%
Used a condom at last intercourse	65%	76%	74%	60%**	60%
Used birth control pills at last intercourse	36%	38%	40%	23%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	12%	8%	7%	10%	13%
Had four or more sexual partners	9%	8%	13%	18%	15%
Had sexual intercourse before age 13 (of all youth)	5%	7%	8%	6%	6%
<b>Drug Use</b>					
Used marijuana in the past month	13%	10%	15%	24%	23%
Used cocaine in their lifetime	4%	3%	3%	7%	7%
Used heroin in their lifetime	1%	1%	1%	3%	3%
Used methamphetamines in their lifetime	3%	2%	3%	6%*	4%
Used steroids in their lifetime	3%	4%	3%	4%	4%
Used prescription medication in order to get high or feel good in their lifetime	13%	7%	10%	N/A	N/A
Used inhalants in order to get high in their lifetime	8%	4%	3%	12%**	11%
Ever used ecstasy/MDMA	N/A	2%	2%	N/A	8%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	15%	10%	14%	24%	26%

N/A - not available; \*2007 YRBS Data; \*\*2005 YRBS Data

## Fairfield County Trend Summary

Adult Variables	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
<b>Health Status</b>				
Rated health as excellent or very good	47%	53%	50%	52%
Rated general health as fair or poor	16%	11%	18%	17%
Rated their mental health as not good on four or more days	25%	23%	N/A	N/A
Average days that physical health not good in past month	N/A	3.1	3.9**	3.7**
Average days that mental health not good in past month	N/A	3.5	3.9**	3.5**
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.2	2.3**	2.4**
<b>Health Care Coverage</b>				
Has health care coverage	92%	84%	85%	83%
<b>Arthritis, Asthma &amp; Diabetes</b>				
Has been diagnosed with arthritis	39%	28%	30%	26%
Has ever been diagnosed with asthma	11%	12%	14%	13%
Has been diagnosed with diabetes	15%	13%	13%	11%
<b>Cardiovascular Health</b>				
Had angina	9%	5%	5%	5%
Had a heart attack	7%	5%	5%	5%
Had a stroke	3%	2%	3%	3%
Has been diagnosed with high blood pressure	39%	30%	33%*	31%*
Has been diagnosed with high blood cholesterol	45%	37%	39%*	38%*
Had blood cholesterol checked within the past 5 years	N/A	78%	76%*	76%*
<b>Weight Status</b>				
Overweight	34%	34%	35%	36%
Obese	33%	34%	30%	28%
<b>Alcohol Consumption</b>				
Had at least one alcoholic beverage in past month	45%	43%	54%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion for males or 4 or more for females)	19%	17%	18%	17%
<b>Tobacco Use</b>				
Current smoker (currently smoke some or all days)	17%	19%	23%	20%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	19%	25%	25%
<b>Drug Use</b>				
Adults who used marijuana in the past 6 months	4%	3%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	5%	4%	N/A	N/A

N/A - not available

\*2011 BRFSS Data

\*\*2010 BRFSS Data



## Fairfield County Trend Summary

Adult Variables	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 20112
<b>Preventive Medicine</b>				
Had a pneumonia vaccine in lifetime (age 65 and older)	35%	55%	69%	70%
Had a clinical breast exam in the past two years (age 40 and older)	N/A	78%	75%**	77%**
Had a mammogram in the past two years (age 40 and older)	64%	79%	74%	74%
Had a pap smear in the past three years	77%	79%	78%	78%
Had a PSA test within the past two years (age 40 and older)	N/A	44%	45%	45%
<b>Quality of Life</b>				
Limited in some way because of physical, mental or emotional problem	N/A	22%	20%	20%
<b>Mental Health</b>				
Considered attempting suicide in the past year	2%	2%	N/A	N/A
<b>Oral Health</b>				
Adults who have visited the dentist in the past year	69%	67%	68%	67%
Adults who had one or more permanent teeth removed	N/A	33%	46%	45%
Adults 65 years and older who had all of their permanent teeth removed	N/A	15%	20%	16%

*N/A - not available*

*\*2011 BRFSS Data*

*\*\*2010 BRFSS Data*

# Health Status Perceptions

## Key Findings

*In 2013, more than half (53%) of the Fairfield County adults rated their health status as excellent or very good. Conversely, 11% of adults, increasing to 22% of those over the age of 65 and 31% of those with annual incomes less than \$25,000, described their health as fair or poor.*

## General Health Status

- ◆ In 2013, more than half (53%) of Fairfield County adults rated their health as excellent or very good. Fairfield County adults with higher incomes (56%) were most likely to rate their health as excellent or very good, compared to 40% of those with incomes less than \$25,000.
- ◆ 11% of adults rated their health as fair or poor. The 2012 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.
- ◆ Fairfield County adults were most likely to rate their health as fair or poor if they:
  - Had been diagnosed with diabetes (36%)
  - Had an annual household income under \$25,000 (31%)
  - Were widowed (31%)
  - Had high blood pressure (23%)
  - Were 65 years of age or older (22%)
  - Had high blood cholesterol (18%)

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

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

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

## Physical Health Status

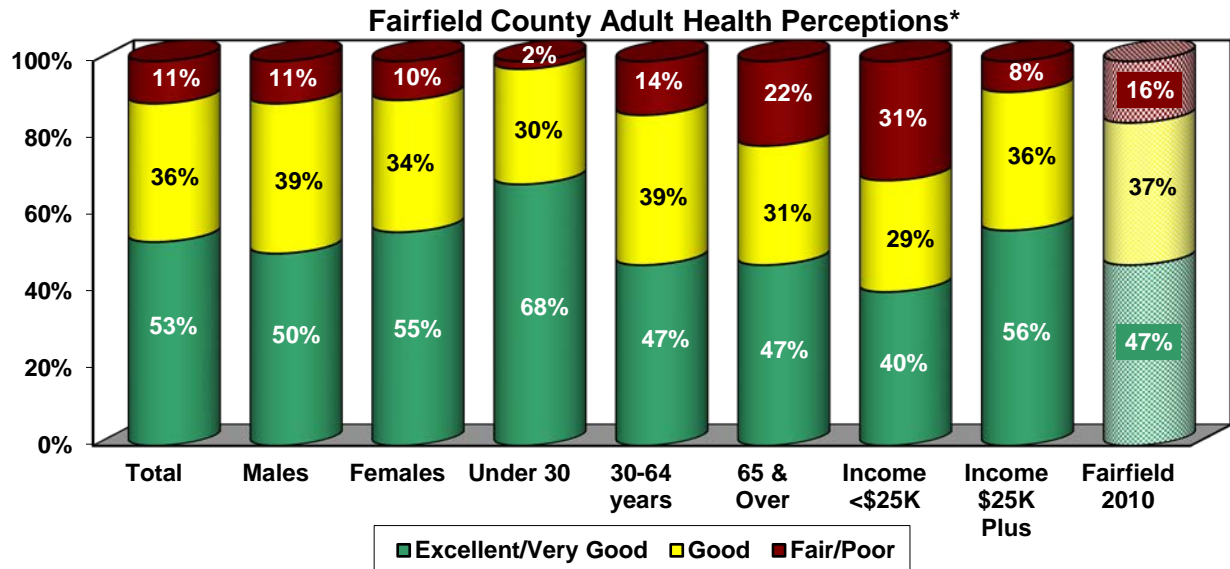
- ◆ In 2013, 20% of Fairfield County adults rated their physical health as not good on four days or more in the previous month.
- ◆ Fairfield County adults reported their physical health as not good on an average of 3.1 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 3.9 days and 3.7 days, respectively in the previous month *(Source: 2010 BRFSS)*.
- ◆ Fairfield County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (28%)
  - Were 65 years of age or older (23%)

## Mental Health Status

- ◆ In 2013, 23% of Fairfield County adults rated their mental health as not good on four days or more in the previous month.
- ◆ Fairfield County adults reported their mental health as not good on an average of 3.5 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 3.9 days and 3.5 days, respectively in the previous month *(Source: 2010 BRFSS)*.
- ◆ Fairfield County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under \$25,000 (31%)
  - Were less than 30 years old (29%)
  - Were female (25%)
- ◆ Nearly one-fourth (23%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation in the past month, increasing to 27% of those with incomes less than \$25,000.
- ◆ Fairfield County adults reported that poor physical or mental health kept them from doing their usual activities on an average of 2.2 days in the previous month. Ohio and U.S. adults reported that poor physical or mental health kept them from doing their usual activities on an average of 2.4 days and 2.3 days, respectively in the previous month *(Source: 2010 BRFSS)*.

## Health Status Perceptions

The following graph shows the percentage of Fairfield County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 53% of all Fairfield County adults, 68% of those under age 30, and 47% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	68%	8%	5%	1%	13%
Females	61%	9%	7%	4%	12%
Total	65%	8%	6%	3%	12%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	62%	14%	3%	1%	14%
Females	56%	15%	8%	5%	10%
Total	60%	14%	6%	3%	12%

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

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Rated health as excellent or very good	47%	53%	50%	52%
Rated health as fair or poor	16%	11%	18%	17%
Rated their mental health as not good on four or more days in the previous month	25%	23%	N/A	N/A
Average days that physical health not good in past month	N/A	3.1	3.9*	3.7*
Average days that mental health not good in past month	N/A	3.5	3.9*	3.5*
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.2	2.3*	2.4*

N/A – Not available

\*2010 BRFSS data

# Health Care Coverage

## Key Findings

*The 2013 Health Assessment data has identified that 16% of Fairfield County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Fairfield County, 11.8% of residents live below the poverty level. (Source U.S. Census, American Community Survey 1 Year Estimates, 2011)*

## General Health Coverage

- ◆ In 2013, most (84%) Fairfield County adults had health care coverage, leaving 16% who were uninsured. The 2012 BRFSS reports uninsured prevalence rates for Ohio (15%) and the U.S. (17%).
- ◆ In the past year, 16% of adults were uninsured, increasing to 42% of those with incomes less than \$25,000.
- ◆ 20% of adults with children did not have healthcare coverage, compared to 14% of those who did not have children living in their household.
- ◆ The following types of health care coverage were used: employer (48%), someone else's employer (22%), multiple-including private sources (8%), Medicare (7%), self-paid plan (6%), multiple-including government sources (4%), Medicaid or medical assistance (2%), military, CHAMPUS, TriCare, or VA (2%), and other (1%).
- ◆ Fairfield County adult health care coverage included the following: medical (100%), prescription coverage (95%), dental (83%), immunizations (80%), mental health (79%), their spouse (78%), outpatient therapy (77%), vision (76%), preventive care (76%), their children (63%), county physicians (52%), alcohol and drug treatment (44%), home care (34%), skilled nursing (32%), and hospice (30%).
- ◆ The top 3 reasons uninsured adults gave for being without health care coverage were:
  1. They lost their job or changed employers (42%)
  2. They could not afford to pay the insurance premiums (37%)
  3. Their spouse or parent lost their job or changed employers (18%)
 (Percentages do not equal 100% because respondents could select more than one reason)

### Fairfield County and Ohio Medicaid Statistics

Calendar Year 2010	Fairfield County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
<b>Average Members per Year Ages 0-18</b>	13,100 (55%)	1,159,095 (55%)
<b>Average Members per Year Ages 19-64</b>	8,898 (38%)	787,749 (38%)
<b>Average Members per Year Ages 65 and Over</b>	1,686 (7%)	155,896 (7%)

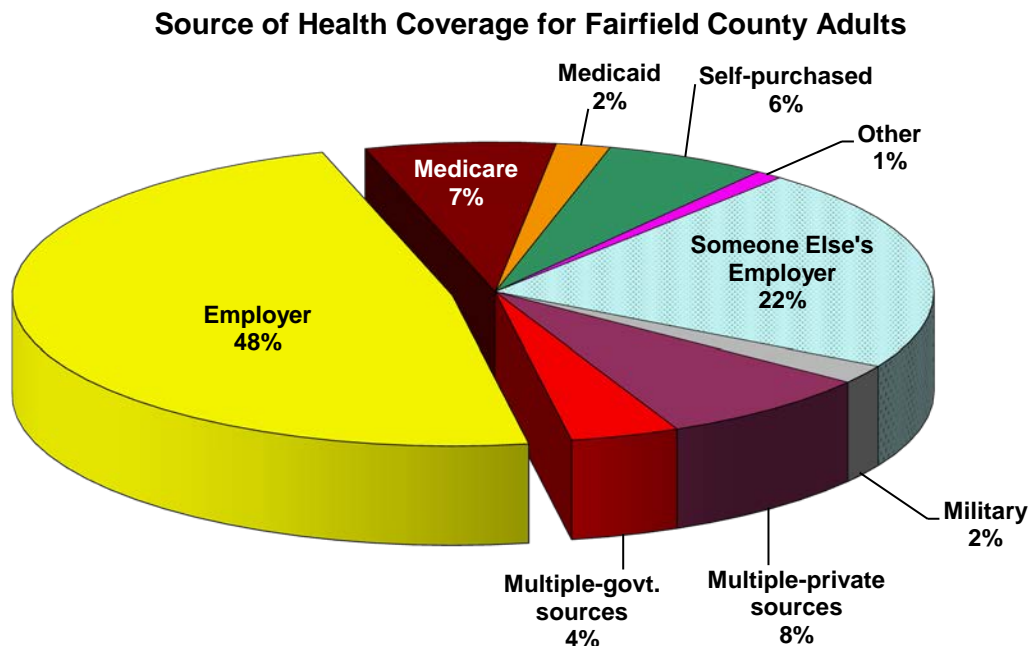
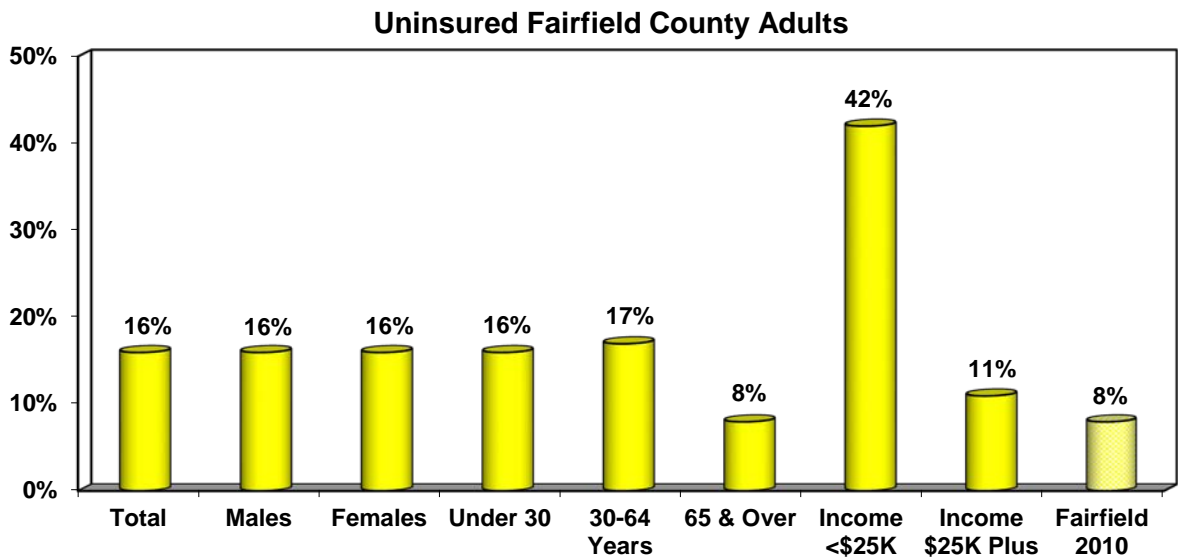
*\*(Percent of Members Enrolled = Total Enrollment/Population per U.S. Census Bureau)*

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

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Uninsured	8%	16%	15%	17%

## Health Care Coverage

The following graph shows the percentages of Fairfield County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the first graph include: 16% of all Fairfield County adults were uninsured, 42% of adults with an income less than \$25,000 reported being uninsured and 16% of those under age 30 lacked health care coverage. The pie chart shows sources of Fairfield County adults' health care coverage



## Health Care Coverage

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

Health Coverage Includes:	Yes	No	Don't Know
Medical	100%	0%	0%
Prescription Coverage	95%	3%	2%
Dental	83%	16%	1%
Immunizations	80%	4%	16%
Mental Health	79%	3%	18%
Their Spouse	78%	20%	2%
Outpatient Therapy	77%	2%	21%
Vision	76%	22%	2%
Preventive Health	76%	5%	19%
Their Children	63%	31%	6%
County Physicians	52%	3%	45%
Alcohol and Drug Treatment	44%	4%	52%
Home Care	34%	11%	55%
Skilled Nursing	32%	8%	60%
Hospice	30%	7%	63%

### Healthy People 2020 Access to Quality Health Services

Objective	Fairfield County 2013	Ohio 2012	U.S. 2012	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	82% age 20-24 83% age 25-34 84% age 35-44 77% age 45-54 87% age 55-64	77% age 18-24 78% age 25-34 83% age 35-44 84% age 45-54 87% age 55-64	75% age 18-24 73% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

\*U.S. baseline is age-adjusted to the 2000 population standard

(Sources: Healthy People 2020 Objectives, 2012 BRFSS, 2013 Assessment)

### Ohio Medicaid Assessment Survey

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

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



# Health Care Access and Utilization

## Key Findings

*The 2013 Health Assessment project identified that 16% of Fairfield County adults were using a hospital emergency room as their usual place of health care. In the past year, 61% of adults had visited a doctor for a routine checkup.*

## Health Care Access

- ◆ About three-fifths (61%) of Fairfield County adults visited a doctor for a routine checkup in the past year, increasing to 85% of those over the age of 65.
- ◆ When adults were sick or needed advice about their health, they usually went to the following: a doctor's office (80%), urgent care center (31%), hospital emergency room (16%), the internet (13%), store clinic (12%), no usual place (8%), chiropractor (7%), public health clinic/community health center (4%), hospital outpatient department (3%), alternative therapies (2%), and some other place (1%).
- ◆ Reasons for not having a usual source of medical care included: no insurance/could not afford insurance (38%), had not needed a doctor (26%), two or more usual places (21%), did not like/trust/believe in doctors (8%), previous doctor unavailable/moved (4%), outstanding bill (3%), did not know where to go (1%), and other reasons (8%).
- ◆ 16% of Fairfield County adults used a hospital emergency room as their usual place of health care, increasing to 18% of those with incomes less than \$25,000.
- ◆ Fairfield County adults did not get medical care in the past year for the following reasons: cost/no insurance (12%), office not open when they could get there (1%), too long of a wait in the waiting room (1%), no transportation (1%), too long of a wait for an appointment (<1%), and other reasons (10%).
- ◆ Fairfield County adults had the following problems when they needed health care in the past year: no insurance (11%), did not have enough money to pay for health care (10%), could not get appointments when they wanted them (5%), too busy to get the healthcare they needed (4%), could not find a doctor they were comfortable with (3%), had to change doctors because of their healthcare plan (2%), could not find a doctor to take them as a patient (2%), too embarrassed to seek help (1%), did not have childcare (1%), no transportation (1%), were concerned about their confidentiality (1%), experienced discrimination (<1%), and other problems that prevented them from getting health care (1%).
- ◆ 57% of adults went outside of Fairfield County for the following health care services in the past year: specialty care (23%), primary care (21%), dental services (17%), obstetrics/gynecology/NICU (14%), orthopedic care (5%), cancer care (4%), mental health care (4%), cardiac care (3%), pediatric care (3%), pediatric therapies (2%), addiction services (1%), hospice care (<1%), and other services (8%).
- ◆ Residents sought care outside of Fairfield County in the following places: Columbus (56%), Circleville (3%), Logan (2%), Chillicothe (1%), Cincinnati (1%), Athens (<1%), and other places (9%).
- ◆ Those who sought care outside of Fairfield County did so for the following reasons: better quality of program (23%), went where they previously lived (18%), service not locally available (15%), word of mouth (14%), went where they work (11%), insurance restrictions (8%), had a bad experience locally (6%), confidentiality/anonymity (2%), wait list too long in Fairfield County (2%), inconvenient hours (1%), and other reasons (21%).

## Health Care Access among Employed and Unemployed Adults

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

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

## Health Care Access & Utilization

- ◆ Fairfield County adults preferred to get their health/healthcare services information from: their doctor (74%), a friend or family member (26%), the Internet (20%), newspaper articles or radio/television news stories (7%), advertisements or mailings from hospitals/clinics/doctor's offices (4%), text messages (1%), billboards (<1%), and other methods (3%).
- ◆ Fairfield County adults had the following issues regarding their healthcare coverage: deductibles were too high (39%), premiums were too high (36%), co-pays were too high (23%), opted out of certain coverage because they could not afford it (10%), high HSA account deductible (8%), working with their insurance company (7%), could not understand their insurance plan (7%), limited visits (6%), provider no longer covered (5%), service no longer covered (3%), service not deemed medically necessary (3%), and opted out of certain coverage because they did not need it (3%).

### Availability of Services

- ◆ Fairfield County adults reported they had looked for the following programs for themselves or a loved one: depression or anxiety (21%), family planning (14%), and alcohol or drug abuse/addiction (4%).

#### Fairfield County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Fairfield County adults who have looked but did <u>NOT</u> find a specific program	Fairfield County adults who have looked and have found a specific program
<b>Depression or Anxiety</b> (21% of all adults looked)	19%	81%
<b>Family Planning</b> (14% of all adults looked)	18%	82%
<b>Alcohol or Drug Abuse/Addiction</b> (4% of all adults looked)	29%	71%

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

- ❖ From January through September 2011, 80% of women aged 19–25 had a usual place for health care compared with 62.5% of men in the same age group.
- ❖ Among adults aged 19–25, those with public health coverage were more likely to have had an emergency room visit in the past 12 months than those with private coverage or the uninsured.
- ❖ In 2011, 58% of Hispanic persons aged 19–25 had a usual place for health care. This was significantly less than non-Hispanic white (75%) and non-Hispanic black (68%) persons.
- ❖ In the first 9 months of 2011, adults aged 19–25 who were poor (67%) and those who were near poor (63%) were less likely than those who were not poor (76%) to have had a usual place for health care.
- ❖ 28% of uninsured adults aged 19–25 delayed or did not get needed medical care due to cost compared with 8% of those with private health insurance and 10% 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.pdf](http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young_Adults_Health_Access_052012.pdf))*



# Cardiovascular Health

## Key Findings

*Heart disease (22%) and stroke (6%) accounted for 28% of all Fairfield County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2013 Fairfield County Health Assessment found that 5% of adults had survived a heart attack and 2% had survived a stroke at some time in their life. Nearly one-third (30%) of Fairfield County adults have been diagnosed with high blood pressure, 37% had high blood cholesterol, 34% were obese, and 19% were smokers, four known risk factors for heart disease and stroke.*

## Heart Disease and Stroke

- ◆ In 2013, 5% of Fairfield County adults reported they had survived a heart attack or myocardial infarction, increasing to 19% of those over the age of 65.
- ◆ 5% of Ohio and U.S. adults reported they had a heart attack or myocardial infarction in 2012 (Source: 2012 BRFSS).
- ◆ 2% of Fairfield County adults reported having had survived a stroke, increasing to 7% of those over the age of 65.
- ◆ 3% of Ohio and U.S. adults reported having had a stroke in 2012 (Source: 2012 BRFSS).
- ◆ 5% of adults reported they had angina or coronary heart disease, increasing to 13% of those over the age of 65.
- ◆ 5% of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2012 (Source: 2012 BRFSS).
- ◆ 44% of adults who survived a heart attack or stroke received outpatient rehabilitation after leaving the hospital.
- ◆ More than two-thirds (69%) of adults reported having had CPR training at some time in their life
- ◆ About one-third (32%) of adults reported experiencing routine heartburn, GERD or acid reflux, increasing to 41% of those who were obese. 13% had been diagnosed by a physician. 10% were using prescription medication and 12% were using over-the-counter medication.

## High Blood Pressure (Hypertension)

- ◆ Nearly one-third (30%) of Fairfield County adults had been diagnosed with high blood pressure. The 2011 BRFSS reports hypertension prevalence rates of 33% for Ohio and 31% for the U.S.
- ◆ 10% of adults were told they were pre-hypertensive/borderline high.
- ◆ 89% of adults had their blood pressure checked within the past year.
- ◆ Fairfield County adults diagnosed with high blood pressure were more likely to:
  - Have been age 65 years or older (62%)
  - Have rated their overall health as fair or poor (61%)
  - Have been classified as obese by Body Mass Index-BMI (47%)

## High Blood Cholesterol

- ◆ More than one-third (37%) of adults had been diagnosed with high blood cholesterol. The 2011 BRFSS reported that 39% of Ohio adults and 38% of U.S. adults have been told they have high blood cholesterol.
- ◆ Over three-quarters (78%) of adults had their blood cholesterol checked within the past 5 years. The 2011 BRFSS reported 76% of Ohio and U.S. adults had theirs checked within the past 5 years.
- ◆ Fairfield County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (63%)
  - Have rated their overall health as fair or poor (57%)
  - Have been classified as obese by Body Mass Index-BMI (49%)
  - Have incomes less than \$25,000 (44%)

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

**Total Deaths: 3,333**

1. Cancers (25% of all deaths)
2. Heart Diseases (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Accidents, Unintentional Injuries (4%)

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

### Ohio Leading Types of Death 2006-2008

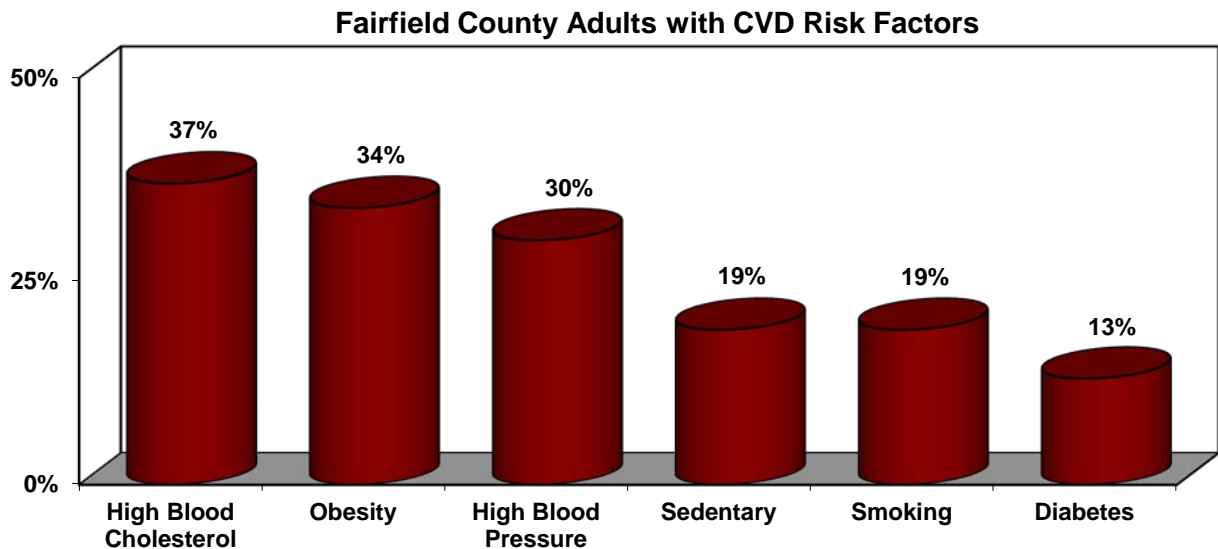
**Total Deaths: 322,264**

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

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

## Cardiovascular Health

The following graph demonstrates the percentage of Fairfield County adults who had major risk factors for developing cardiovascular disease (CVD). (Source: 2013 Fairfield 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.

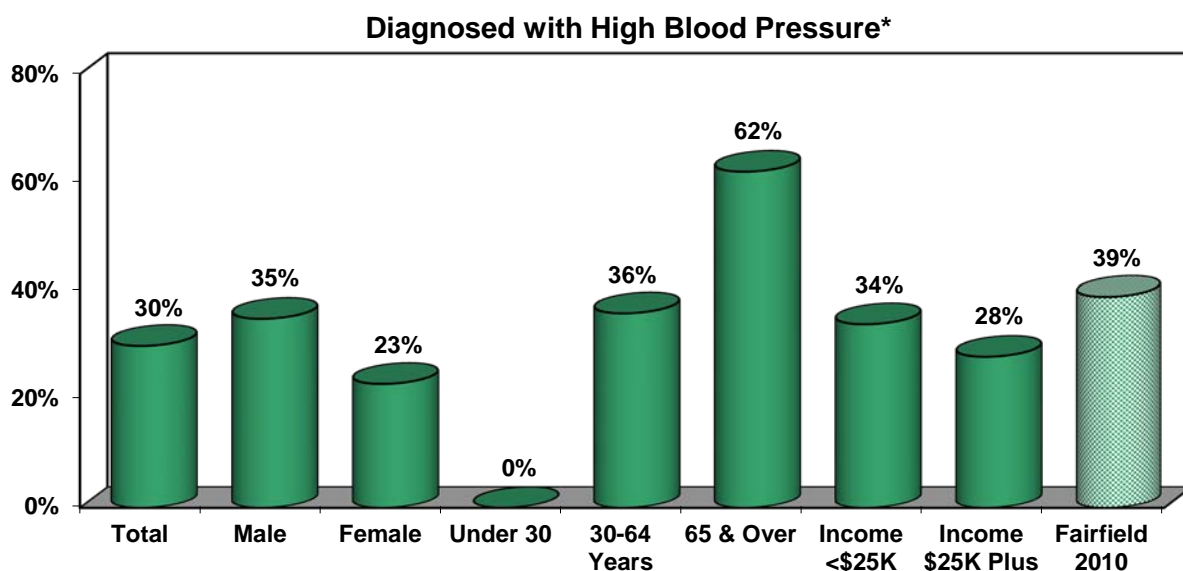
### Beyond F.A.S.T- Other Symptoms to Know

- ❖ 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.

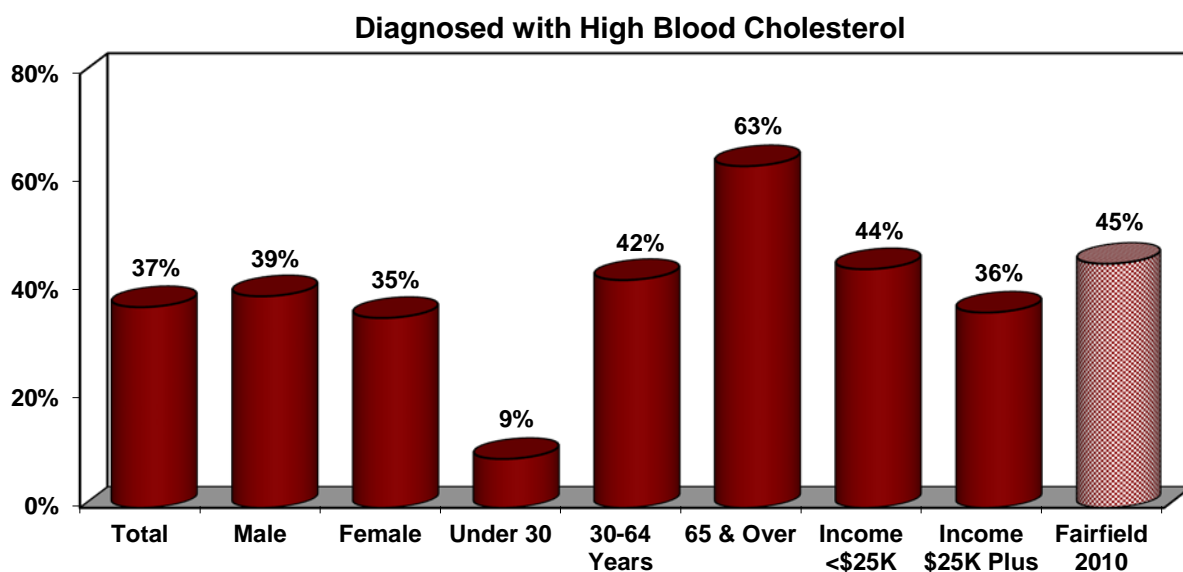
(Source: American Heart Association, *Stroke Warning Signs and Symptoms*, 2013, [http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp))

## Cardiovascular Health

The following graphs show the number of Fairfield County adults who have been diagnosed with high blood pressure or high blood cholesterol. Examples of how to interpret the information on the first graph include: 30% of all Fairfield County adults have been diagnosed with high blood pressure, 35% of all Fairfield County males, 23% of all females, and 62% of those 65 years and older.



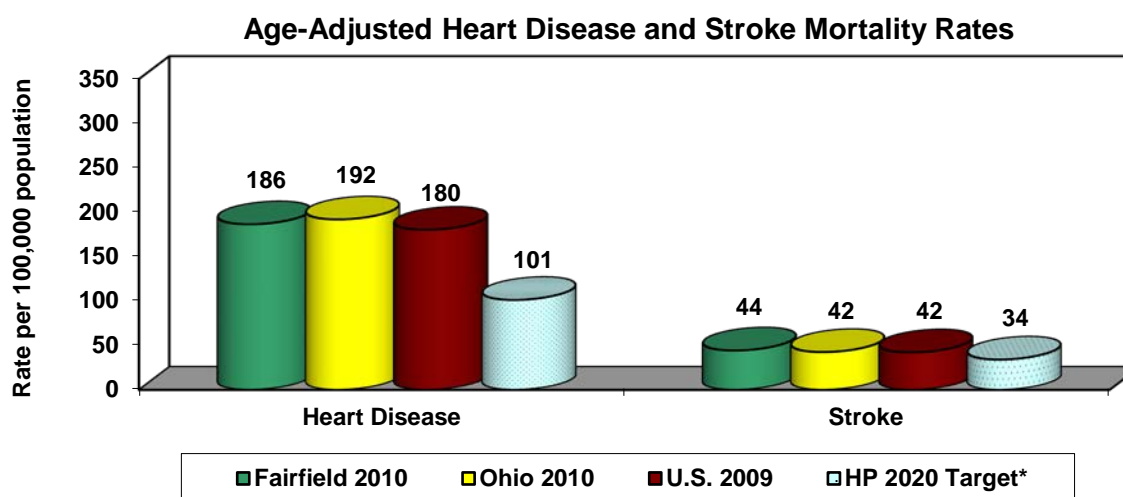
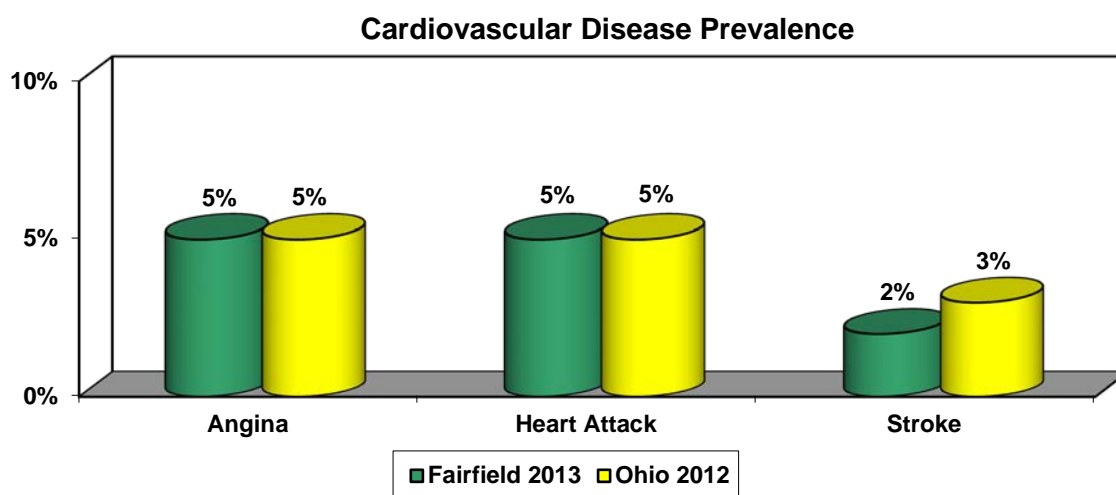
*\*Does not include respondents who indicated high blood pressure during pregnancy only.*



## Cardiovascular Health

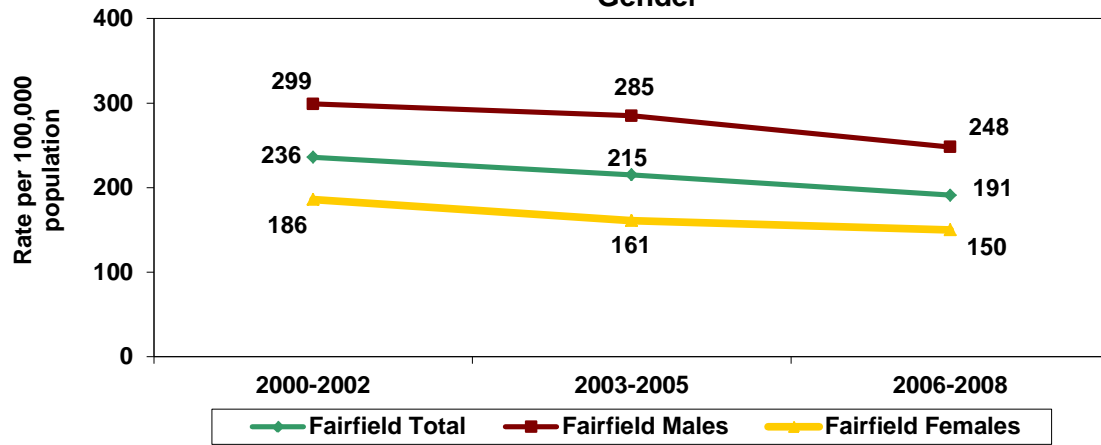
The following graphs show the Fairfield County and Ohio age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender and race/ethnicity.

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



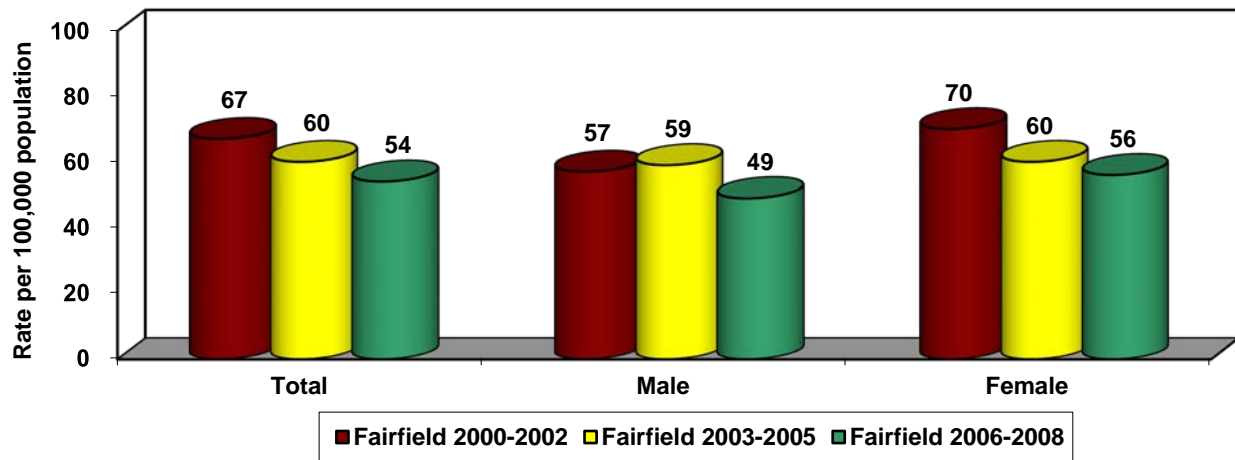
# Cardiovascular Health

**Fairfield County Age-Adjusted Heart Disease Mortality Rates by Gender**



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

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



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

# Cardiovascular Health

## Healthy People 2020 Objectives

### High Blood Pressure

Objective	Fairfield Survey Population Baseline	U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	30% (2013)	31% Adults age 18 and up (2011)	27%

*\*All U.S. figures age-adjusted to 2000 population standard.  
(Source: Healthy People 2020, 2011 BRFSS, 2013 Fairfield County Health Assessment)*

### Blood Cholesterol

Objective	Fairfield Survey Population Baseline	U.S. Baseline*	Healthy People 2020 Target
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	37% (2013)	38% Adults age 2- & up with TBC>240 mg/dl (2011)	14%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	78% (2013)	76% Adults age 18 & up (2011)	82%

*\*All U.S. figures age-adjusted to 2000 population standard.  
(Source: Healthy People 2020, 2011 BRFSS, 2013 Fairfield County Health Assessment)*

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Had angina	N/A	5%	5%	4%
Had a heart attack	7%	5%	5%	5%
Had a stroke	3%	2%	3%	3%
Had high blood pressure	39%	30%	33%*	31%*
Had high blood cholesterol	45%	37%	39%*	38%*
Had blood cholesterol checked within past 5 years	N/A	78%	76%*	76%*

*N/A – Not available*

*\*2011 BRFSS Data*

# Cancer

## Key Findings

*In 2013, 10% of Fairfield County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 2,250 Fairfield County residents died from cancer, the 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.*

## Adult Cancer

- ◆ 10% of Fairfield County adults were diagnosed with cancer at some point in their lives, increasing to 27% of those ages 65 and over.
- ◆ Of those diagnosed with cancer, they reported the following types: prostate (36%), breast (35%), other skin cancer (29%), endometrial (10%), ovarian (10%), melanoma (9%), leukemia (9%), colon (3%), and Hodgkin's lymphoma (3%).

## Cancer Facts

- ◆ The Ohio Department of Health (ODH) vital statistics indicate that from 2000-2008, cancers caused 23% (2,250 of 9,606 total deaths) of all Fairfield County resident deaths. The largest percent (30%) of cancer deaths were from lung and bronchus cancer (Source: ODH Information Warehouse).
- ◆ The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectum, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia. The 2013 health assessment project has determined that 19% of Fairfield County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

## Lung Cancer

- ◆ The Ohio Department of Health reports that lung cancer (n=397) was the leading cause of male cancer deaths from 2000-2008 in Fairfield County. Prostate cancer caused 124 male deaths and colorectal cancer caused 116 male deaths during the same time period.
- ◆ In Fairfield County, 21% of male adults were current smokers<sup>1</sup> (Source: 2013 Fairfield County Health Assessment).
- ◆ ODH reports that lung cancer was the leading cause of female cancer deaths (n=276) in Fairfield County from 2000-2008 followed by breast (n=188) and colon & rectum (n=121) cancers.
- ◆ Approximately 17% of female adults in the county were current smokers<sup>1</sup> (Source: 2013 Fairfield County Health Assessment).
- ◆ According to the American Cancer Society, smoking causes 87% of lung cancer deaths in the U.S. The risk of developing lung cancer is about 23 times higher in male smokers and 13 times higher in female smokers, compared to lifelong nonsmokers (Source: American Cancer Society, Facts & Figures 2013).

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

#### All Types: 689 cases

- ❖ Lung and Bronchus: 110 cases (16%)
- ❖ Breast: 102 cases (15%)
- ❖ Prostate: 95 cases (14%)
- ❖ Colon and Rectum: 71 cases (10%)

**In 2010, there were 312 cancer deaths in Fairfield County.**

*(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, 2012)*

<sup>1</sup>Have smoked over 100 cigarettes in lifetime and currently smoke some or all days.



# Cancer

## Breast Cancer

- ◆ In 2013, 55% of Fairfield County females reported having had a clinical breast examination in the past year.
- ◆ 61% of Fairfield County females over the age of 40 had a mammogram in the past year.
- ◆ If detected early, the 5-year survival rate for breast cancer is 98% *(Source: American Cancer Society, Facts & Figures 2013)*.
- ◆ For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended, beginning at age 40 *(Source: American Cancer Society, Facts & Figures 2013)*.

## Colon and Rectum Cancer

- ◆ The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, rectum, anus (anal canal & anorectum), liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 20% of all cancer deaths in Fairfield County from 2000-2008 *(Source: ODH Information Warehouse)*.
- ◆ The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meats; alcohol use; long-term smoking; and very low intake of fruits and vegetables.
- ◆ In the U.S., 90% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2013, 74% of Fairfield County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life.

## Prostate Cancer

- ◆ In 2013, 43% of Fairfield County males over the age of 50 had a PSA test in the past year.
- ◆ The Ohio Department of Health statistics indicate that prostate cancer deaths accounted for 11% of all male cancer deaths from 2000-2008 in Fairfield County.
- ◆ Incidence rates for prostate cancer are 70% higher in African Americans than in whites and are twice as likely to die of prostate cancer. In addition, about 60% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older. Other risk factors include strong familial predisposition, diet high in processed meats or dairy foods, and obesity. Prostate cancer is more common in North America and Northwestern Europe than in Asia and South America *(Source: American Cancer Society, Facts & Figures 2013)*.

### 2013 Cancer Estimations

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

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



# Cancer

## Fairfield County Cancer Deaths 2000-2008

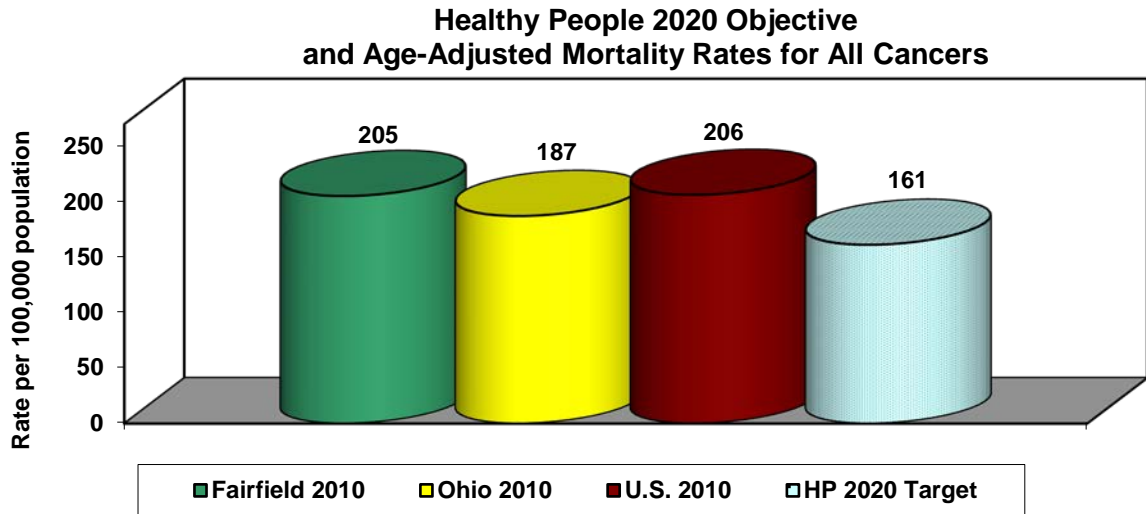
Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	673	30%
Colon, Rectum & Anus	237	11%
Breast	189	8%
Prostate	124	6%
Pancreas	106	5%
Leukemia	89	4%
Non-Hodgkins Lymphoma	86	4%
Bladder	59	3%
Ovary	56	2%
Brain and CNS	51	2%
Kidney and Renal Pelvis	49	2%
Multiple Myeloma	46	2%
Esophagus	45	2%
Liver and Bile Ducts	41	2%
Melanoma of Skin	29	1%
Stomach	25	1%
Cancer of Corpus Uteri	22	<1%
Lip, Oral Cavity & Pharynx	21	<1%
Cancer of Cervix Uteri	13	<1%
Larynx	9	<1%
Hodgkins Disease	6	<1%
Other/Unspecified	274	12%
Total	2,250	100%

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

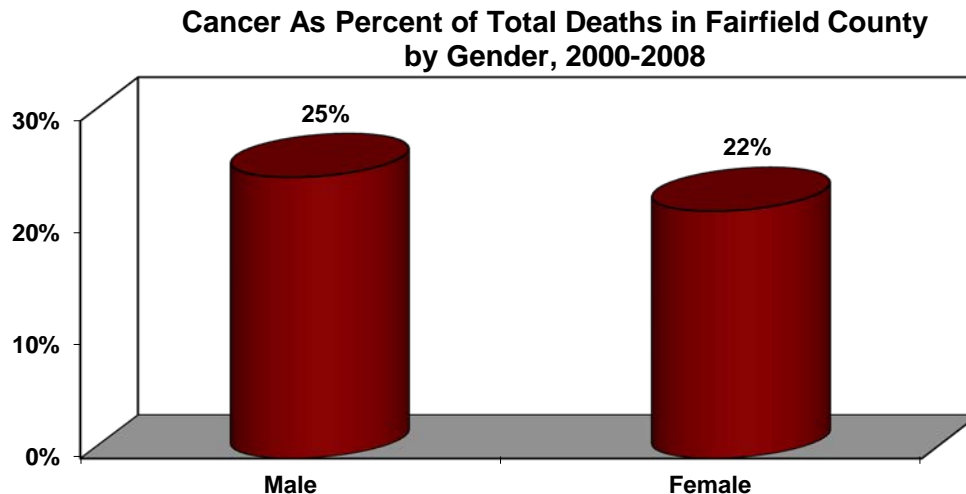
## Cancer

The following graphs show the Fairfield 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, and cancer as a percentage of total deaths in Fairfield County by gender. The graphs indicate:

- ◆ When age differences are accounted for, Fairfield County had a higher cancer mortality rate than Ohio and the Healthy People 2020 target objective, but a lower rate than the U.S.
- ◆ The percentage of Fairfield County males who died from all cancers is higher than the percentage of Fairfield County females who died from all cancers.



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



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

# Diabetes

## Key Findings

*In 2013, 13% of Fairfield County adults had been diagnosed with diabetes.*

## Diabetes

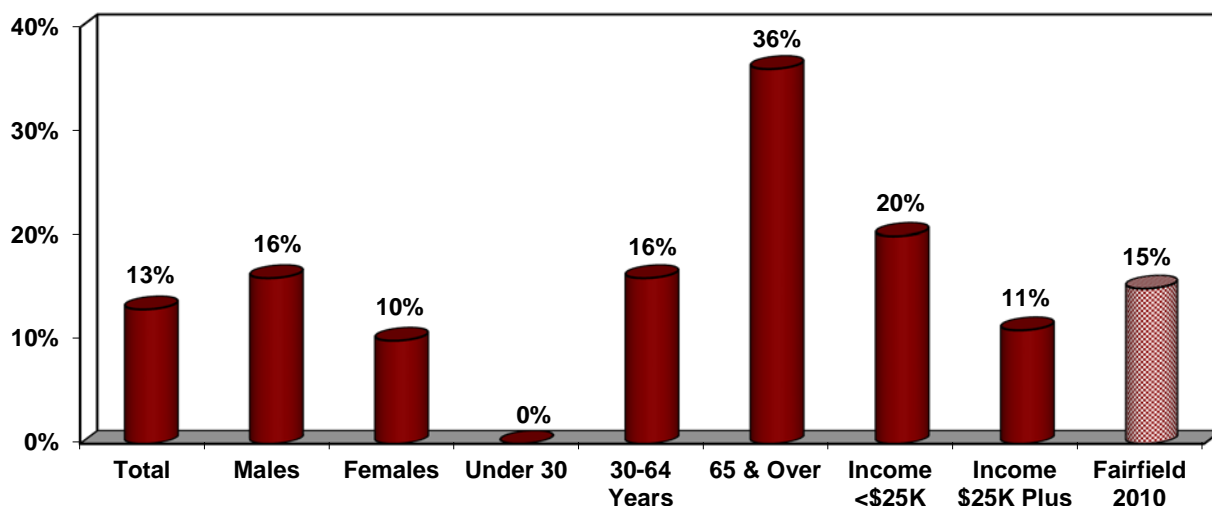
- ◆ The 2013 health assessment project has identified that 13% of Fairfield County adults had been diagnosed with diabetes, increasing to 36% of those over the age of 65. The 2012 BRFSS reports an Ohio prevalence of 13% and 11% for the U.S.
- ◆ 3% of adults had been diagnosed with pre-diabetes.
- ◆ Adults with diabetes had their A1C (glycosylated hemoglobin) checked an average of 2.6 times in the past year.
- ◆ More than one-third (35%) of adults with diabetes rated their health as fair or poor.
- ◆ Fairfield County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 93% were obese or overweight
  - 80% had been diagnosed with high blood pressure
  - 70% had been diagnosed with high blood cholesterol

## Diabetes Facts

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

(Source: ODH, Ohio Diabetes 2010 Facet Sheet, <http://www.healthiohioprogram.org/~media/ODH/ASSETS/Files/hprp/diabetes%20prevention%20and%20control/ohiodiabetesfactsheet.aspx>)

**Fairfield County Adults Diagnosed with Diabetes**



2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Diagnosed with diabetes	15%	13%	13%	11%

# Diabetes

## Diabetes Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. The most common symptoms of 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

If you have one or more of these diabetes symptoms, **see your doctor right away.**

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

## Who is at Greater Risk for Type 2 Diabetes

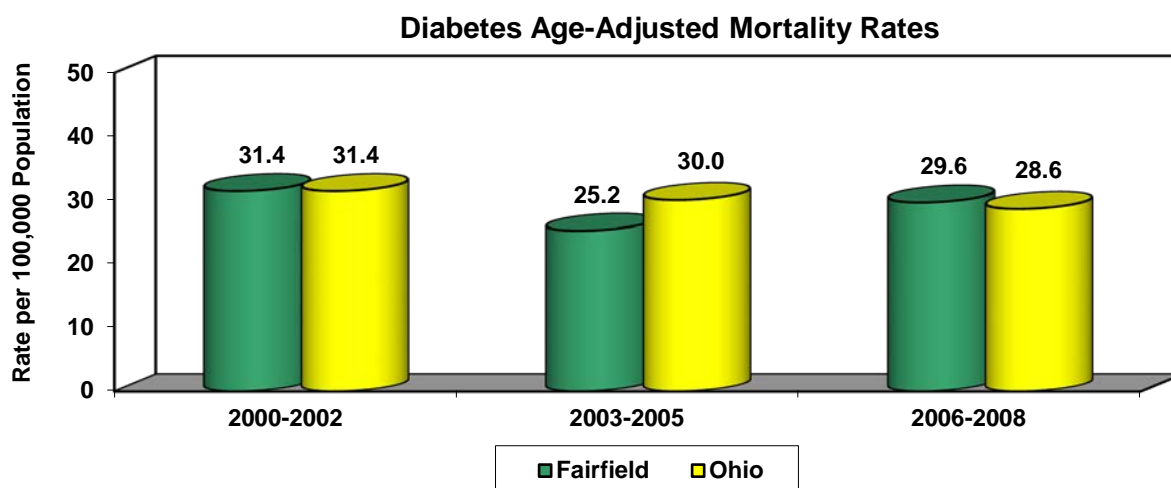
- ❖ People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- ❖ People over age 45
- ❖ People with a family history of diabetes
- ❖ People who are overweight or obese
- ❖ People who do not exercise regularly
- ❖ People with low HDL cholesterol or high triglycerides, high blood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

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

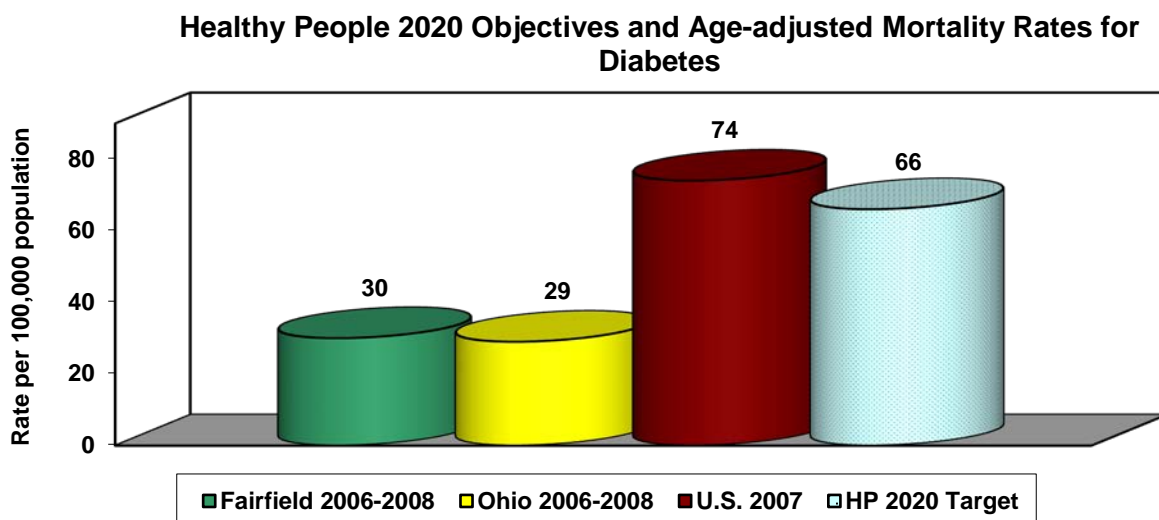
## Diabetes

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

- ◆ Fairfield County's age-adjusted diabetes mortality rate fluctuated from 2000 to 2008.
- ◆ The age-adjusted diabetes mortality rates for Fairfield County and Ohio from 2006-2008 were below the national rate and the Healthy People 2020 target objective.



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



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

# Arthritis

## Key Findings

*According to the Fairfield County survey data, 28% of Fairfield County adults were diagnosed with arthritis. According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.*

## Arthritis

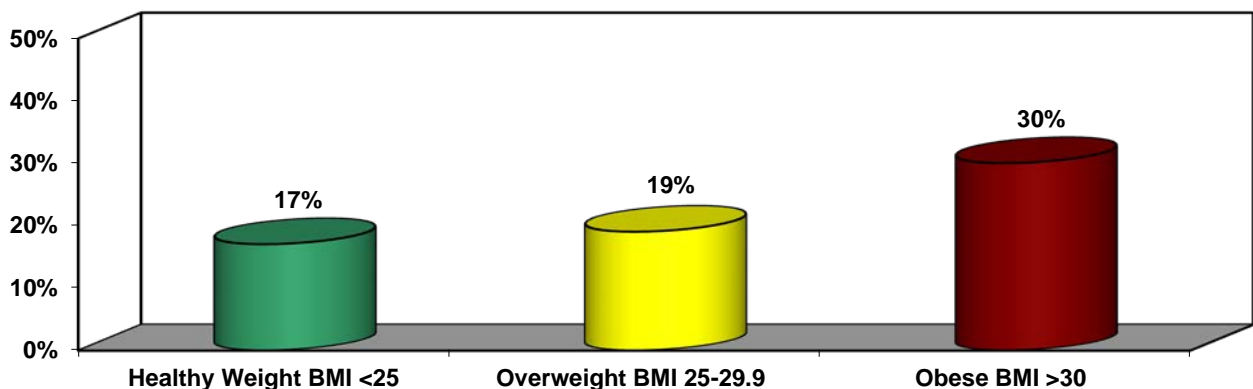
- ◆ More than one-quarter (28%) of Fairfield County adults were told by a health professional that they had some form of arthritis, increasing to 64% of those over the age of 65.
- ◆ Fairfield County adults were told by a health professional they had the following: fibromyalgia (6%), rheumatoid arthritis (5%), gout (4%), and lupus (<1%).
- ◆ According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.
- ◆ An estimated 50 million U.S. adults (about 1 in 5) have doctor diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work *(Source: CDC Arthritis at a Glance 2012)*.
- ◆ Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have an occupation associated with arthritis, are overweight or obese, and/or have joint injuries or infections *(Source CDC)*.

## The Impact of Arthritis

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

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

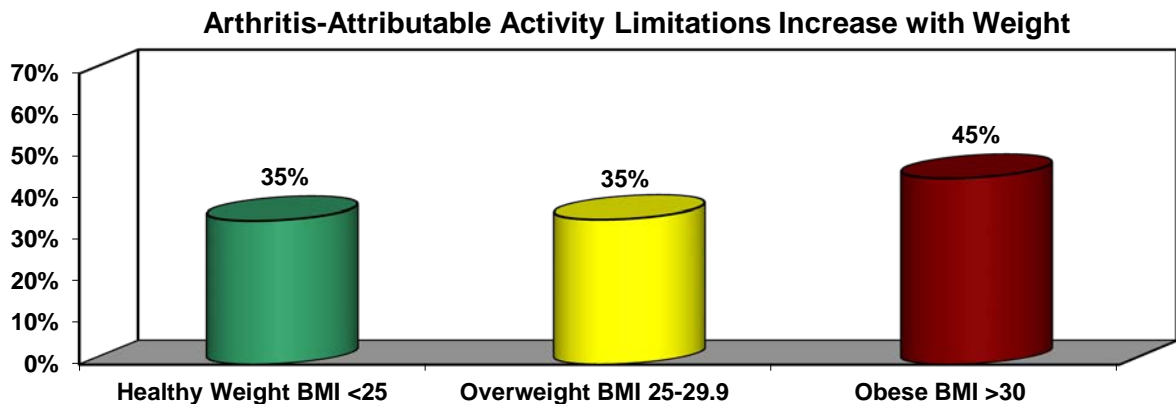
## Arthritis Prevalence Increases With Body Weight



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

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Diagnosed with arthritis	39%	28%	30%	26%

# 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:

- ❖ **Learn Arthritis Management Strategies** –Learning techniques to reduce pain and limitations can be beneficial to people with arthritis. Self-management education, such as the *Arthritis Self-Management Program* (ASMP), or the *Chronic Disease Self-Management Program* (CDSMP) help you develop the skills and confidence to manage your arthritis on a day to day basis.
- ❖ **Be Active** –Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 5 days a week. You can get activity in 10-minute intervals.
- ❖ **Watch your weight** –The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence (incidence) of new knee osteoarthritis and a modest weight loss can help reduce pain and disability.
- ❖ **See your doctor** –Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition.
- ❖ **Protect your joints** –Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

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

# Asthma and Other Respiratory Disease

## Key Findings

*In 2013, 12% of Fairfield County adults had been diagnosed with asthma and 5% of had been diagnosed with COPD or emphysema.*

## Asthma and Other Respiratory Disease

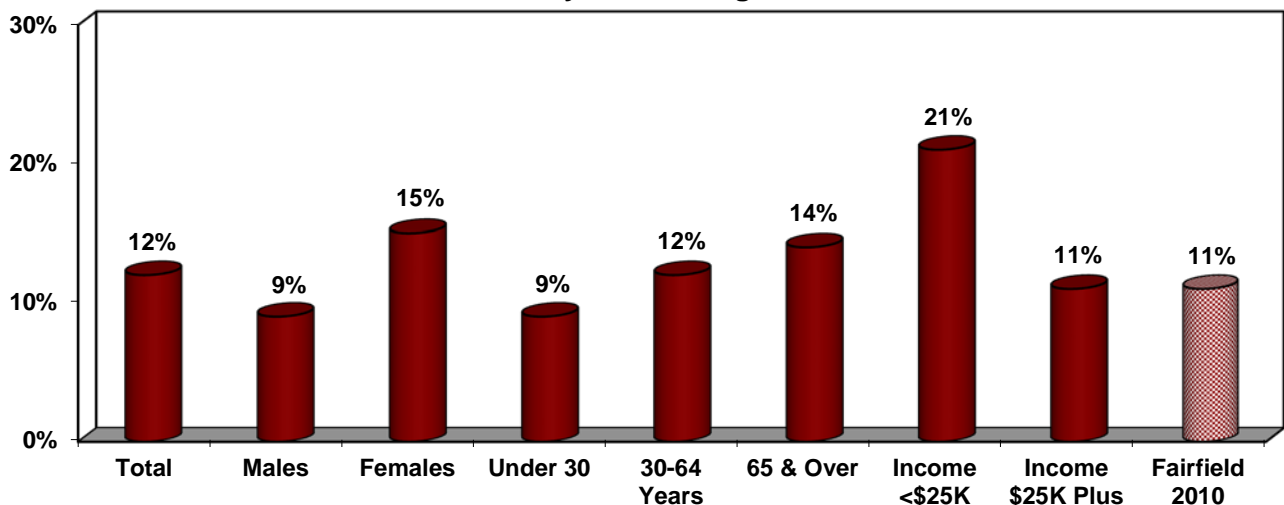
- ◆ In 2013, 12% of Fairfield County adults had been diagnosed with asthma.
- ◆ 14% of Ohio and 13% of U.S. adults have ever been diagnosed with asthma *(Source: 2012 BRFSS)*.
- ◆ Adults with asthma visited an emergency room or urgent care center because of their asthma an average of 0.1 times in the past year.
- ◆ 5% of adults had been diagnosed with COPD or emphysema.
- ◆ There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, smoke from burning wood or grass, infections linked to the flu, colds, and respiratory viruses *(Source: CDC, 2012)*.
- ◆ Chronic lower respiratory disease was the 3<sup>rd</sup> leading cause of death in Fairfield County and Ohio, from 2006-2008 *(Source: ODH, Information Warehouse)*.

### What Causes an Asthma Attack?

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

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

**Fairfield County Adults Diagnosed with Asthma**

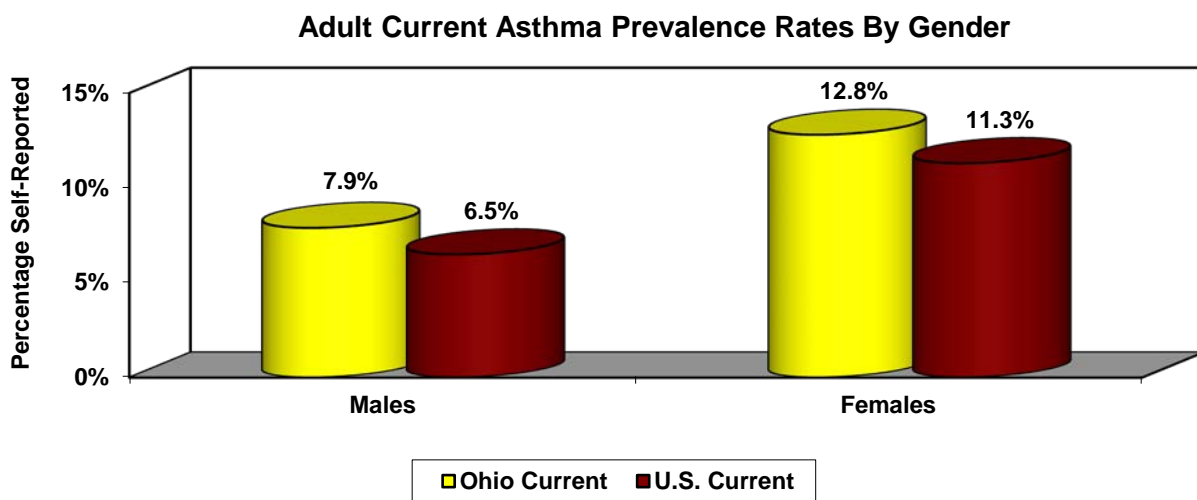
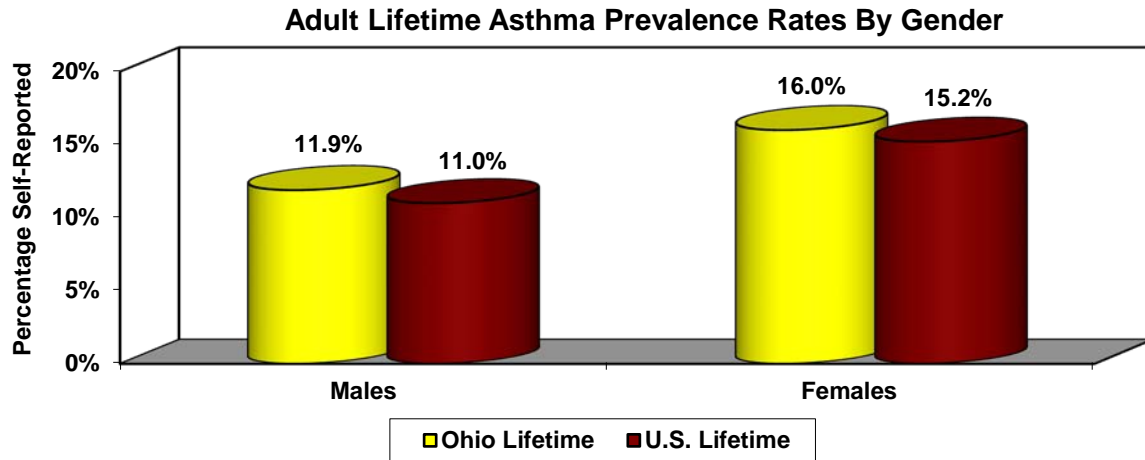


2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Had been diagnosed with asthma	11%	12%	14%	13%



## Asthma and Other Respiratory Disease

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



(Source for graphs: 2012 BRFSS)

### Asthma Statistics

- ❖ Approximately 1 in 12 people had asthma in the U.S. in 2009.
- ❖ 1 in 2 people with asthma had an asthma attack in 2008.
- ❖ Asthma rates for African American children increased about 50% from 2001-2009.
- ❖ 185 children and 3,262 adults died from asthma in 2007.
- ❖ Asthma cost the US about \$3,300 per person with asthma each year from 2002 to 2007 in medical expenses.
- ❖ More than half (59%) of children and one-third (33%) of adults who had an asthma attack missed school or work because of asthma in 2008.
- ❖ On average, in 2008 children missed 4 days of school and adults missed 5 days of work due to asthma.

(Source: Centers for Disease Control, *Vital Signs, Asthma in the US, Growing every year*, <http://www.cdc.gov/VitalSigns/pdf/2011-05-vitalsigns.pdf>)

# Adult Weight Status

## Key Findings

*The 2013 Health Assessment identified that 68% of Fairfield County adults were overweight or obese based on Body Mass Index (BMI). 19% of adults were not participating in any physical activity.*

## Adult Weight Status

- ◆ In 2013, the health assessment indicated that more than two-thirds (68%) of Fairfield County adults were either overweight (34%) or obese (34%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- ◆ Fairfield County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (52%), exercised (48%), ate a low-carb diet (16%), used a weight loss program (6%), smoked cigarettes (4%), took diet pills, powders or liquids without a doctor's advice (4%), went without eating 24 or more hours (2%), participated in a prescribed dietary or fitness program (1%), took prescribed medications (<1%), and vomited or took laxatives (<1%).

## Obesity Facts

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

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

## Physical Activity

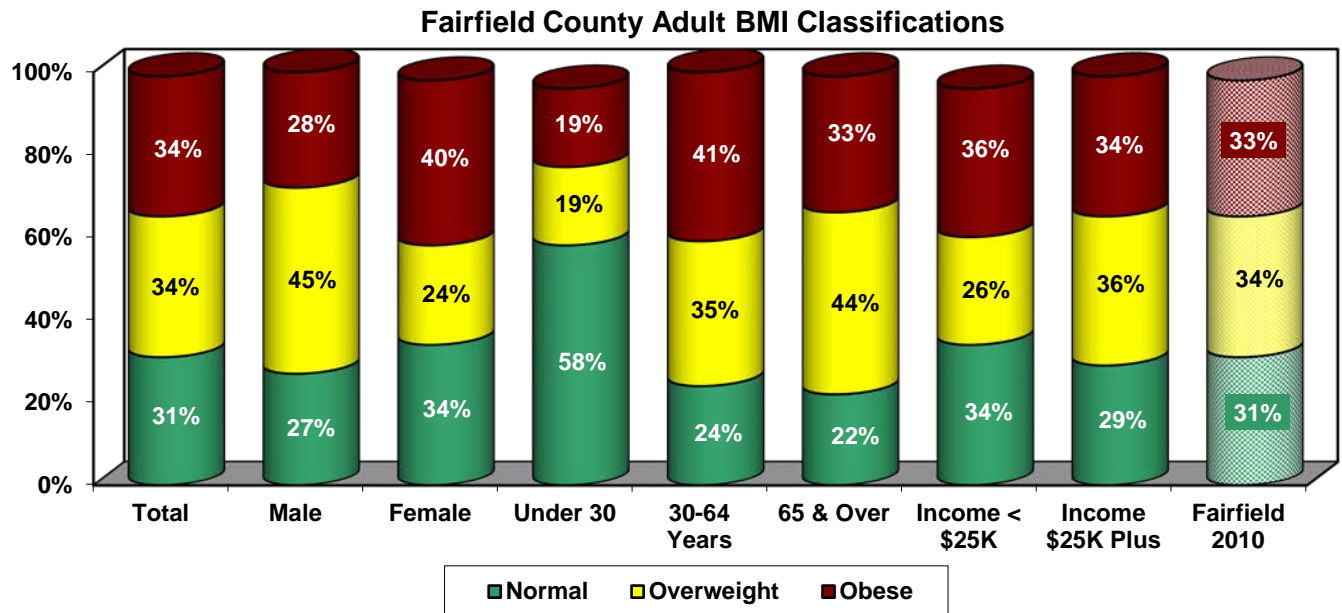
- ◆ Almost two-thirds (61%) of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 32% of adults were exercising 5 or more days per week. 19% of adults were not participating in any physical activity in the past week, including 3% who were unable to exercise.
- ◆ The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity for Everyone*).
- ◆ Reasons for not exercising included: time (24%), too tired (19%), pain/discomfort (15%), weather (12%), laziness (12%), chose not to exercise (7%), could not afford a gym membership (5%), did not know what activity to do (2%), no walking/biking trails (2%), no gym available (2%), no sidewalks (2%), safety (1%), no childcare (1%), doctor advised them not to exercise (1%), and other (4%).
- ◆ Fairfield County adults reported having access to the following wellness programs through their employer or spouse's employer: free/discounted gym membership (14%), lower insurance premiums for participation in wellness program (10%), health risk assessment (10%), on-site fitness facility (7%), on-site health screenings (7%), gift cards or cash for participation in wellness program (6%), lower insurance premiums for positive changes in health status (6%), gift cards or cash for positive changes in health status (4%), free/discounted smoking cessation program (4%), on-site health education classes (4%), healthier food options in vending machines/cafeteria (4%), free/discounted weight loss program (3%), and other wellness programs (3%).
- ◆ On an average day, adults spent time doing the following: 2.4 hours watching television, 1.4 hours on the computer outside of work, 1.3 hours on their cell phone, and 0.2 hours playing video games.

## Nutrition

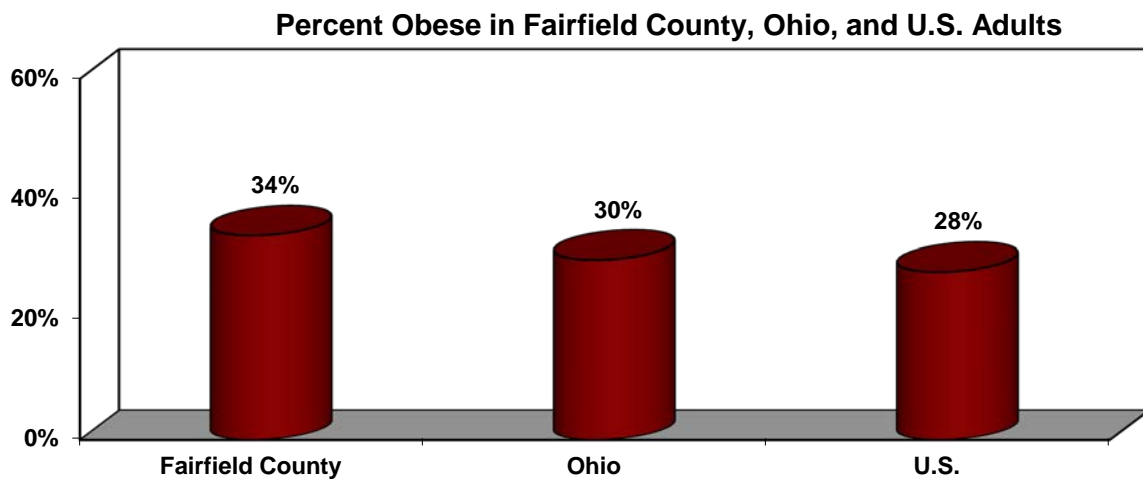
- ◆ In 2013, 7% of adults were eating 5 or more servings of fruits and vegetables per day. 88% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- ◆ 44% of adults consumed dairy products at least once per day in the past week. 2% of adults reported consuming no dairy products in the past week.
- ◆ Fairfield County adults reported that all family members in their household ate a meal together an average of 4.8 times per week.

## Adult Weight Status

The following graphs show the percentage of Fairfield County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Fairfield County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 31% of all Fairfield County adults were classified as normal weight, 34% were overweight, and 34% were obese.



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



*(Source: 2013 Fairfield County Health Assessment and 2012 BRFSS)*

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Obese	33%	34%	30%	28%
Overweight	34%	34%	35%	36%

# Adult Tobacco Use

## Key Findings

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

## Adult Tobacco Use Behaviors

- ◆ The 2013 health assessment identified that about one in five (19%) Fairfield County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2012 BRFSS reported current smoker prevalence rates of 23% for Ohio and 20% for the U.S.
- ◆ Nearly one-fifth (19%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2012 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.
- ◆ Fairfield County adult smokers were more likely to:
  - Have rated their overall health as poor (67%)
  - Have been a member of an unmarried couple (43%)
  - Have incomes less than \$25,000 (36%)
  - Have been under the age of 30 (26%)
  - Have been male (21%)
- ◆ Fairfield County adults used the following tobacco products in the past year: cigarettes (20%), cigars (3%), snuff (3%), e-cigarettes (2%), flavored cigarettes (1%), Black and Milds (1%), chewing tobacco (1%), little cigars (1%), snus (1%), pipes (1%), hookah (1%), and cigarillos (<1%).
- ◆ Fairfield County adult smokers reported using the following methods to try to quit smoking in the past year: cold turkey (35%), nicotine patch (15%), e-cigarette (13%), nicotine gum (8%), Chantix (7%), Wellbutrin (4%), and substitute behaviors (4%). 45% of smokers did not try to quit smoking.
- ◆ Fairfield County adults reported the following rules about smoking inside their home: not allowed anywhere inside home (87%), allowed in some places or at some times (5%), allowed anywhere (4%), and no rules about smoking (4%).

## 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:

- ◆ After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
- ◆ After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
- ◆ After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduce your risk of infection.
- ◆ One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.
- ◆ Five to 15 years after quitting smoking, a person's risk of stroke is similar to that of a nonsmoker.
- ◆ After 10 years of smoke-free living, your lung cancer death rate is about half that of a person who has continued to smoke.

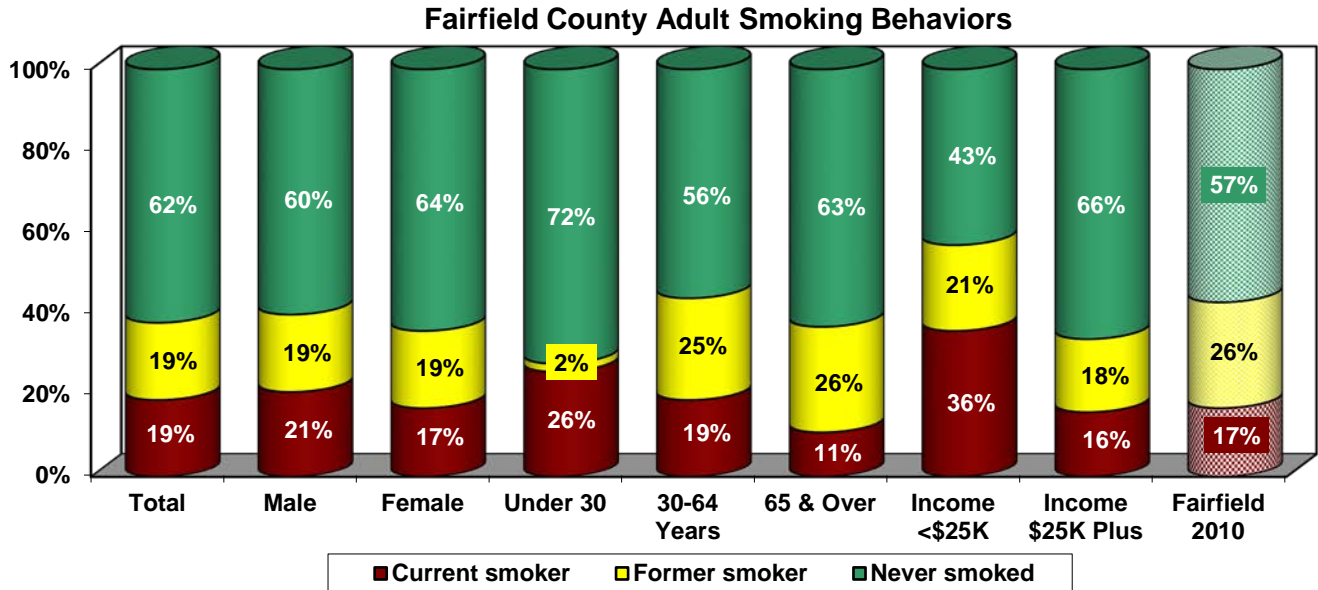
*(Source: American Heart Association, Smoke-free Living: Benefits & Milestones, 2012, from: [http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.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

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Current smoker	17%	19%	23%	20%
Former smoker	26%	19%	25%	25%
Tried to quit smoking	58%	55%	N/A	N/A

N/A – Not available

## Adult Tobacco Use

The following graph shows the percentage of Fairfield County adults who used tobacco. Examples of how to interpret the information include: 19% of all Fairfield County adults were current smokers, 19% of all adults were former smokers, and 62% had never smoked.



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?"

### Smoking and Tobacco Use

- ❖ Tobacco use is the most preventable cause of death in the U.S. and in the world.
- ❖ Smoking causes cancer, heart disease, stroke, and lung diseases (including emphysema, bronchitis, and chronic airway obstruction).
- ❖ For every person who dies from a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.
- ❖ Worldwide, tobacco use causes more than 5 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.
- ❖ On average, smokers die 10 years earlier than nonsmokers.
- ❖ Each year in the United States, cigarette smoking and exposure to secondhand smoke causes 443,000—or 1 in 5 deaths.
- ❖ The cigarette industry spends billions each year on advertising and promotions. A total of \$8.37 billion was spent in 2011 (almost \$23 million spent every day).
- ❖ Cigarette smoking costs more than \$193 billion annually (\$97 billion in lost productivity plus \$96 billion in health care expenditures).
- ❖ In Ohio, the percentage of adults (ages 18+) who currently smoke cigarettes was 25.1% in 2011. Across all states and D.C., the prevalence of cigarette smoking among adults ranged from 11.8% to 29.0%. Ohio ranked 44th among the states.
- ❖ The percentage of adults who currently use smokeless tobacco was 5.0% in 2011. Across all states and D.C., the prevalence ranged from 1.4% to 9.8%. Ohio ranked 34th among the states.

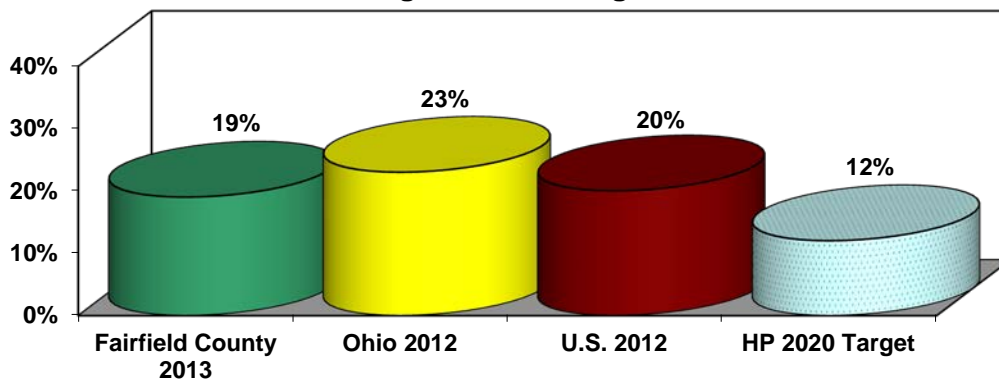
(Source: CDC, *Smoking and Tobacco Use*, 5/24/2013, from: [http://www.cdc.gov/tobacco/data\\_statistics/state\\_data/state\\_highlights/2012/index.htm](http://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2012/index.htm))

## Adult Tobacco Use

The following graphs show Fairfield County, Ohio, and U.S. adult cigarette smoking rates and age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) and trachea, bronchus and lung cancers in comparison with the Healthy People 2020 objectives. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. These graphs show:

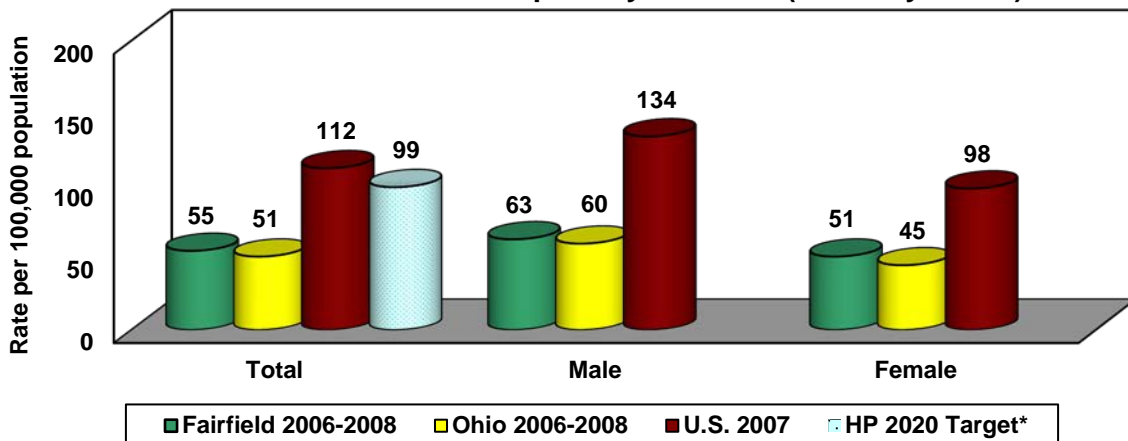
- ◆ Fairfield County adult cigarette smoking rate was lower than the Ohio and U.S. rates, but higher than the Healthy People 2020 objective.
- ◆ From 2006-2008, Fairfield County's age-adjusted mortality rate for chronic lower respiratory disease was higher than the Ohio rate, but lower than the U.S. rate and the Healthy People 2020 target objective. Smoking is the major risk factor for this disease.
- ◆ From 2006-2010 the percentage of mothers who smoked during pregnancy in Fairfield County fluctuated slightly from year to year, but was lower than the Ohio rate in 2010.
- ◆ Disparities existed by gender for Fairfield County trachea, bronchus, and lung cancer age-adjusted mortality rates, as well as chronic lower respiratory disease mortality rates. The 2006-2008 Fairfield male rates were higher than the Fairfield female rates in both cases.

**Healthy People 2020 Objective & Cigarette Smoking Rates**



(Source: 2013 Assessment, 2012 BRFSS and Healthy People 2020)

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



(Source: ODH Information Warehouse and Healthy People 2020)

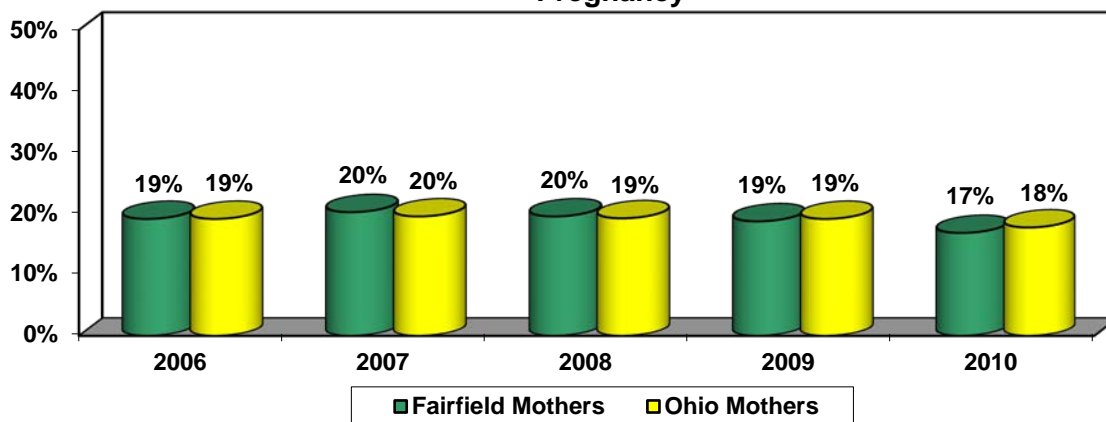
\* Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

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



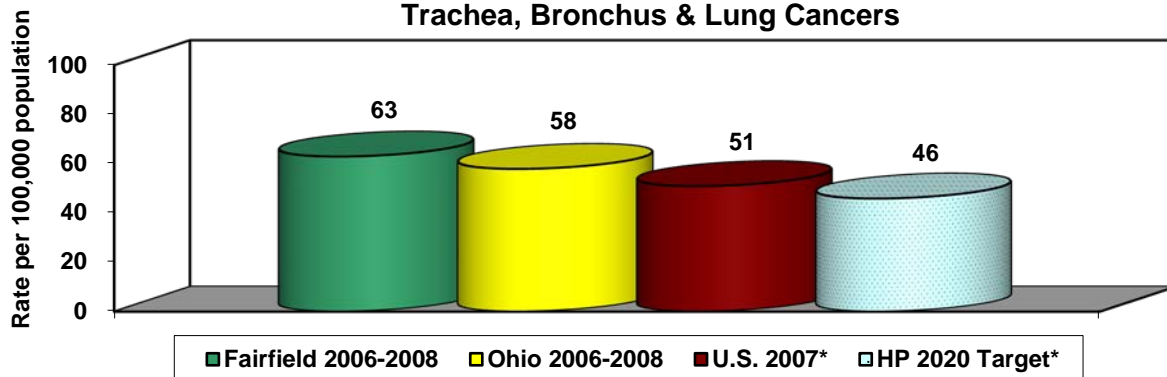
# Adult Tobacco Use

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



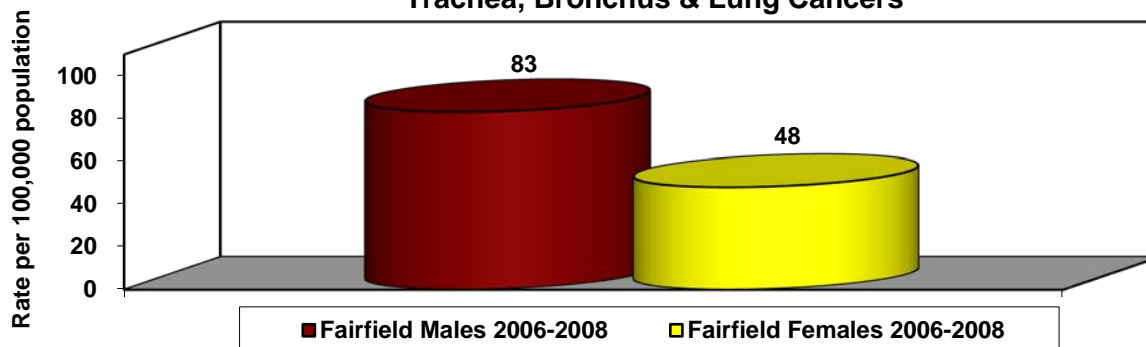
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2006-2010)

**Age-Adjusted Mortality Rates for Trachea, Bronchus & Lung Cancers**



\*Healthy People 2020 Target and U.S. 2007 data are for lung cancer only  
(Source: Healthy People 2020, ODH Information Warehouse, updated 8-19-10)

**Age-Adjusted Mortality Rates by Gender for Trachea, Bronchus & Lung Cancers**



(Source: ODH Information Warehouse, updated 8-19-10)

## Adult Alcohol Consumption

### Key Findings

*In 2013, the Health Assessment indicated that 10% of Fairfield County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 40% 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. More than one-quarter (28%) of adults who drank, drove after drinking any alcoholic beverages.*

### Adult Alcohol Consumption

- ◆ In 2013, 43% of the Fairfield County adults had at least one alcoholic drink in the past month, increasing to 52% of males and those under the age of 30. The 2012 BRFSS reported current drinker prevalence rates of 54% for Ohio and 55% for the U.S.
- ◆ One in ten (10%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- ◆ Of those who drank, Fairfield County adults drank 3.3 drinks on average, increasing to 3.9 drinks for those under the age of 30.
- ◆ About one in six (17%) of all Fairfield County adults were considered binge drinkers. The 2012 BRFSS reported binge drinking rates of 18% for Ohio and 17% for the U.S.
- ◆ 40% 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 (See box above).
- ◆ 28% of adults who drank reported driving after drinking any alcoholic beverages, increasing to 34% of males.

#### Binge Drinking

- ❖ Binge drinking is defined as men drinking five or more drinks or women drinking 4 or more drinks on one occasion or in a short period of time.
- ❖ The prevalence of binge drinking among men is twice the prevalence among women.
- ❖ The age group with the most binge drinkers is those 18-34 years old.
- ❖ The age group that binge drinks most often is those over the age of 65.
- ❖ More than 50% of the alcohol adults drink is done while binge drinking.
- ❖ More than 90% of the alcohol that youth drink is done while binge drinking.
- ❖ Most people who binge drink are not alcohol dependent or alcoholics.
- ❖ Binge drinking can lead to more than 54 different injuries and diseases, including car crashes, violence and STDs.
- ❖ Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.

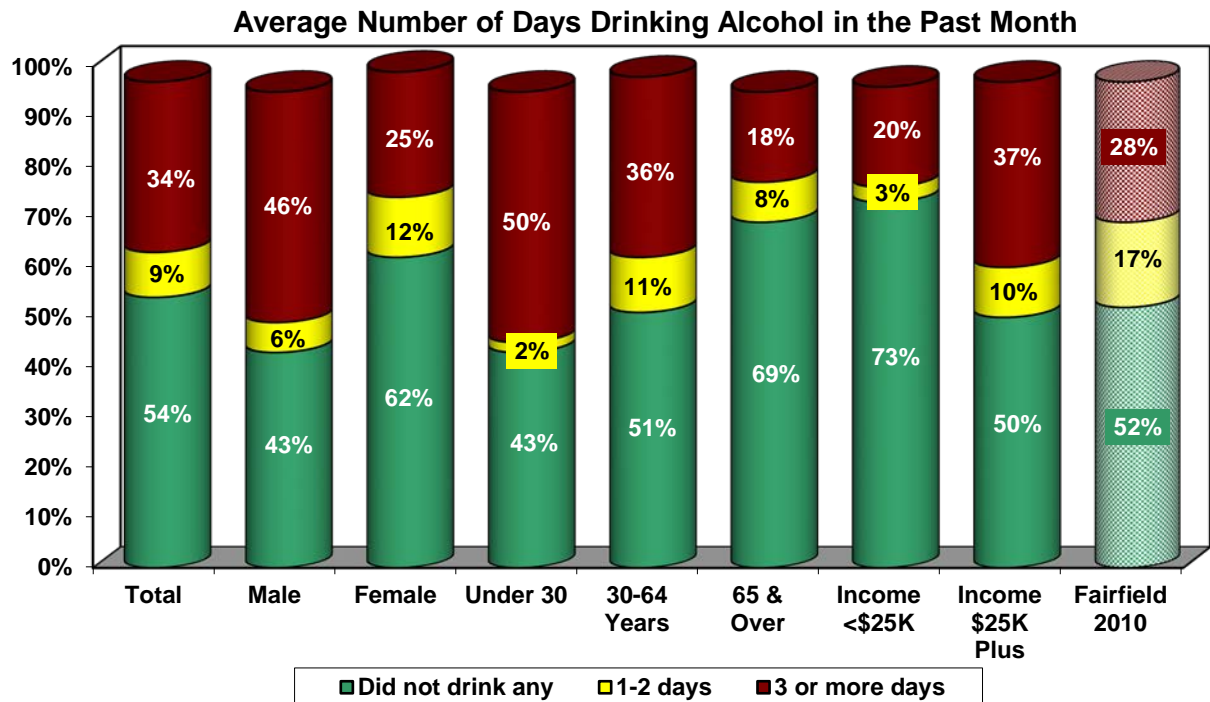
(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Vital Signs, Binge Drinking, January 2012 & CDC, Alcohol and Public Health, November 2012)

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Drank alcohol at least once in past month	45%	43%	54%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	19%	17%	18%	17%

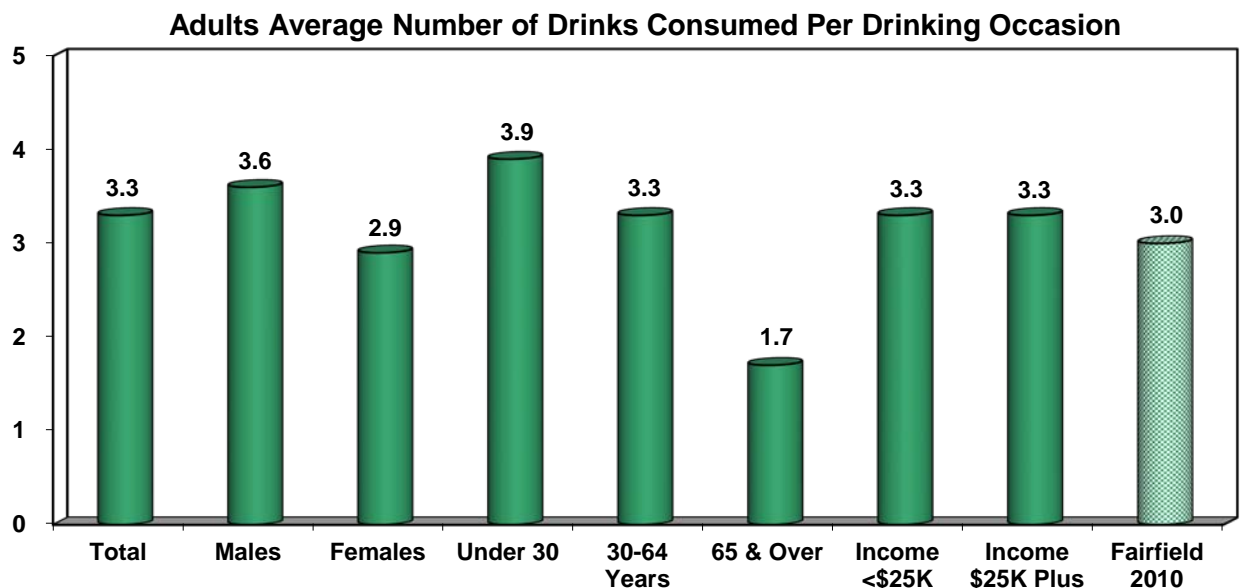


## Adult Alcohol Consumption

The following graphs show the percentage of Fairfield County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 54% of all Fairfield County adults did not drink alcohol, 43% of Fairfield County males did not drink, and 62% of adult females reported they did not drink.

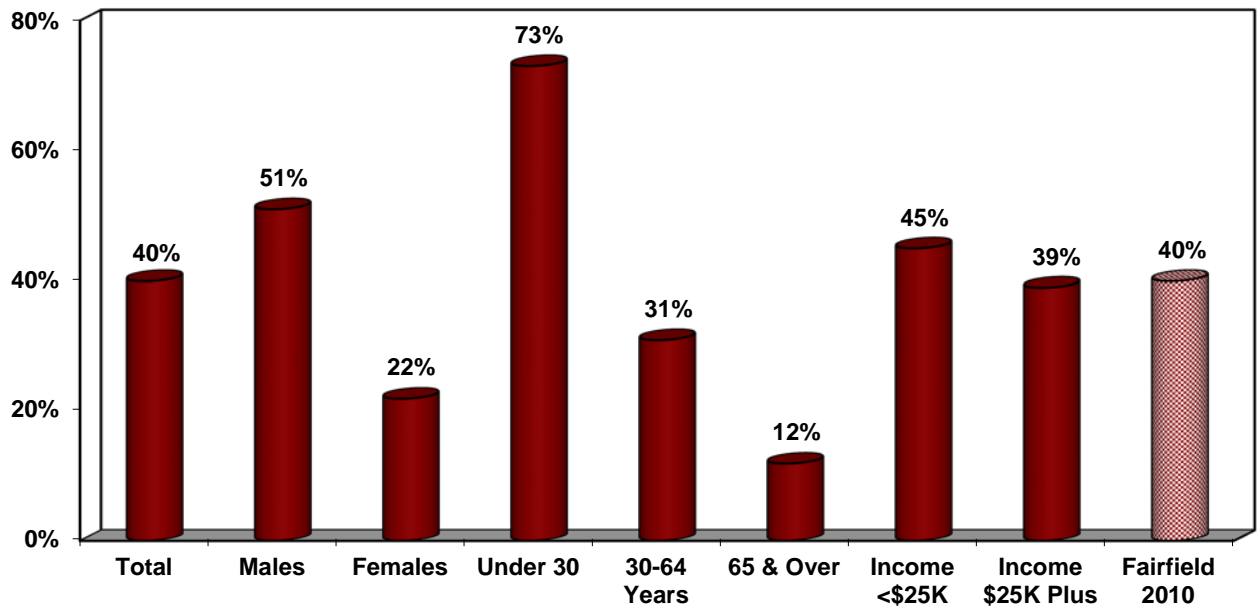


*Percentages may not equal 100% as some respondents answered "don't know"*



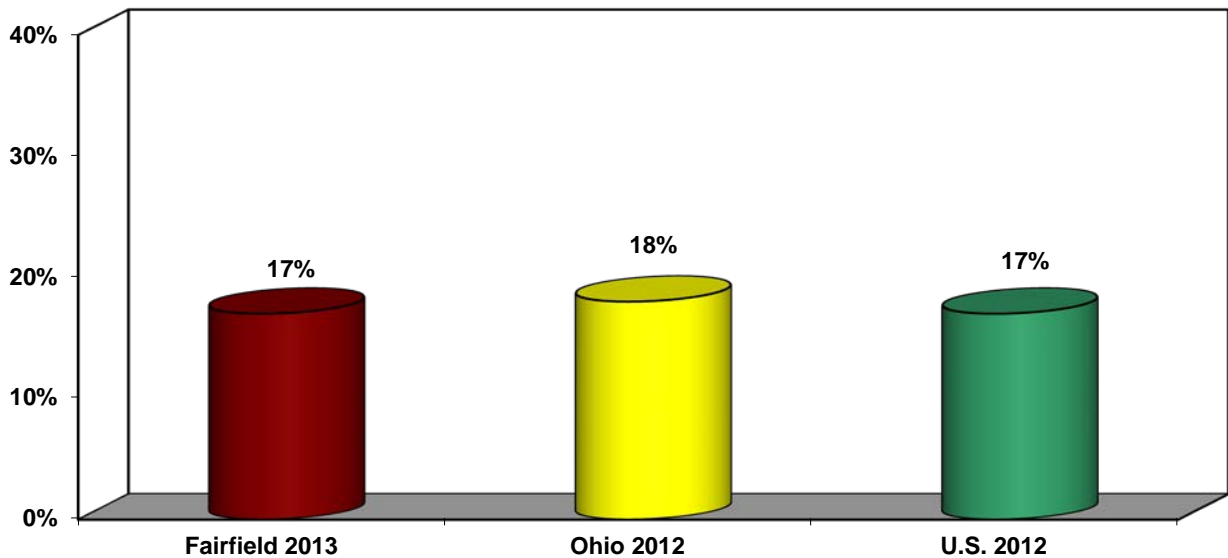
## Adult Alcohol Consumption

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



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

**Adult Binge Drinkers\***



*(Source: 2012 BRFSS, 2013 Fairfield County Health Assessment)*

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

## Fairfield County Crash Statistics

The following table shows select cities in Fairfield County, Fairfield County, and Ohio motor vehicle accident statistics. The table shows:

- ◆ 18% of all fatal crashes in Fairfield County were alcohol-related compared to 42% in Ohio.

	City of Pickerington 2012	City of Lancaster 2012	Fairfield County 2012	Ohio 2012
Total Crashes	386	1,110	2,896	286,448
Alcohol-Related Total Crashes	17	36	146	12,518
Fatal Crashes	0	3	11	1,024
Alcohol-Related Fatal Crashes	0	1	2	431
Alcohol Impaired Drivers in Crashes	N/A	N/A	144	12,370
Injury Crashes	69	260	826	71,972
Alcohol-Related Injury Crashes	5	14	70	5,312
Property Damage Only	317	847	2,059	213,452
Alcohol-Related Property Damage Only	12	21	74	6,775
Deaths	0	3	13	1,122
Alcohol-Related Deaths	0	1	3	470
Total Non-Fatal Injuries	99	363	1,183	104,964
Alcohol-Related Injuries	5	17	86	7,576

N/A – Not Available

(Source: Ohio Department of Public Safety, Crash Reports, Updated 7/22/2013, Traffic Crash Facts)

### Caffeinated Alcoholic Beverages

- ❖ Caffeinated Alcoholic Beverages (CABs) are premixed beverages that combine alcohol, caffeine, and other stimulants.
- ❖ Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks.
- ❖ Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.
- ❖ Currently, more than 25 brands CABs are sold in retail alcohol outlets, including convenience stores.

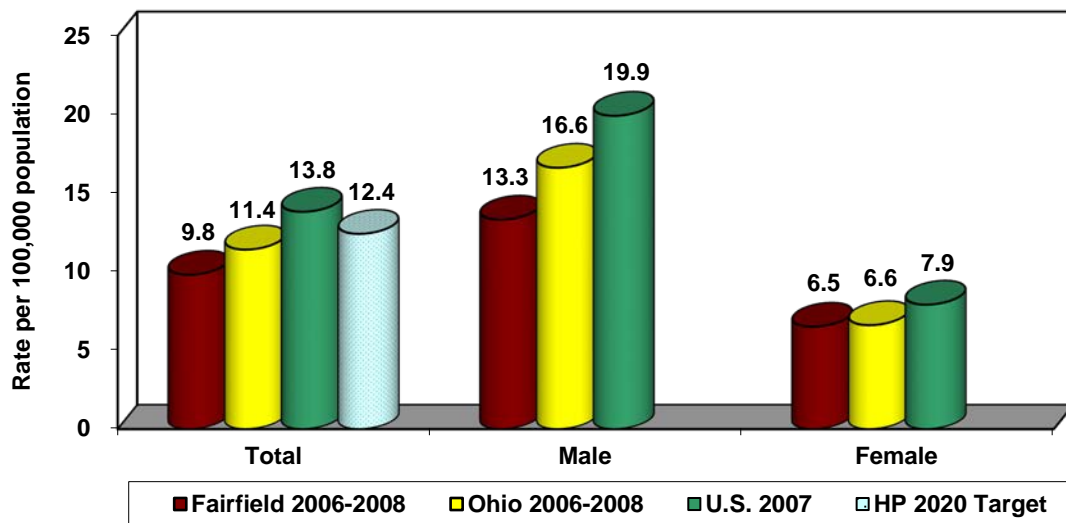
(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, July 2010, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

## Motor Vehicle Accidents

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

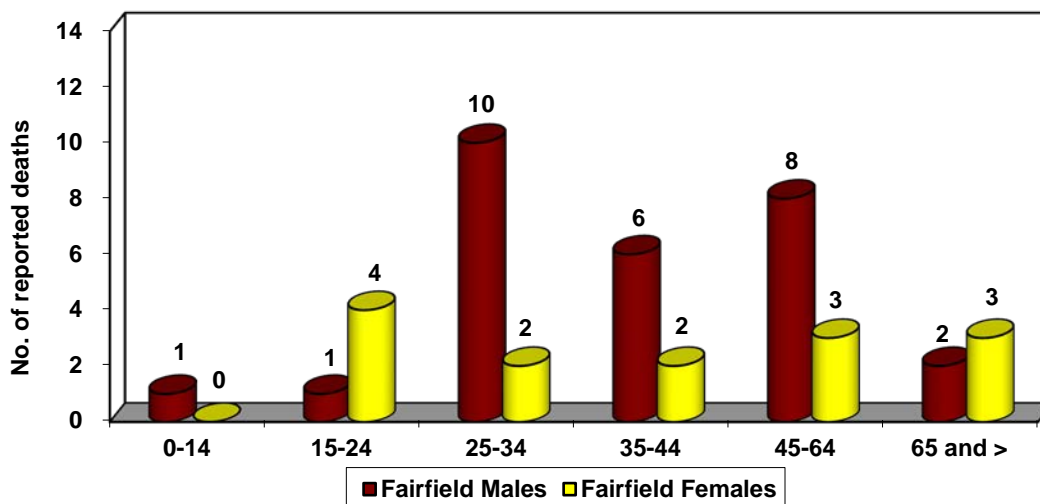
- ◆ From 2006-2008, the Fairfield County motor vehicle age-adjusted mortality rate of 9.8 deaths per 100,000 population was less than the state rate, the national rate, and the Healthy People 2020 objective.
- ◆ The Fairfield County age-adjusted motor vehicle accident mortality rate for males was higher than the female rate from 2006 to 2008.
- ◆ 28 Fairfield County males died in motor vehicle accidents from 2006-2008 while 14 Fairfield County females died in motor vehicle accidents during the same period.

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



*(Source: ODH Information Warehouse, updated 8-19-10 and Healthy People 2020)*

**Fairfield County Number of Motor Vehicle Deaths By Age and Gender, 2006-2008**  
N= 42



*(Source: ODH Information Warehouse, updated 8-19-10)*

## Adult Marijuana and Other Drug Use

### Key Findings

*In 2013, 3% of Fairfield County adults had used marijuana during the past 6 months. 4% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.*

### Adult Drug Use

- ◆ 3% of Fairfield County adults had used marijuana in the past 6 months, increasing to 16% of those under the age of 30.
- ◆ 1% of Fairfield County adults reported using other recreational drugs such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- ◆ When asked about their frequency of marijuana and other recreational drug use in the past six months, 40% of Fairfield County adults who used drugs did so almost every day, and 20% did so one to three days a month.
- ◆ 4% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 8% of those with incomes less than \$25,000.
- ◆ When asked about their frequency of medication misuse in the past six months, 39% of Fairfield County adults who used these drugs did so almost every day, and 15% did so less than once a month.
- ◆ 6% of adults reported having taken prescription opiates (Oxycontin, codeine, Demerol, etc.) on a regular basis for more than 2 weeks, increasing to 10% of those under the age of 30.

### Drug-Related Emergency Department Visits Involving Synthetic Cannabinoids

- ❖ In the U.S. in 2010, an estimated 11,406 emergency department (ED) visits involved a synthetic cannabinoid product, sometimes referred to as “synthetic marijuana” and commonly known by street names such as “Spice” or “K2”.
- ❖ Three fourths of these ED visits involved patients aged 12 to 29 (75 percent), of which 78 percent were male.
- ❖ The majority (76 percent) of these ED visits did not receive follow-up care upon discharge from the ED.

(Source: SAMHSA, Drug Abuse Warning Network Report, December 4, 2012, <http://www.samhsa.gov/data/2k12/DAWN105/SR105-synthetic->

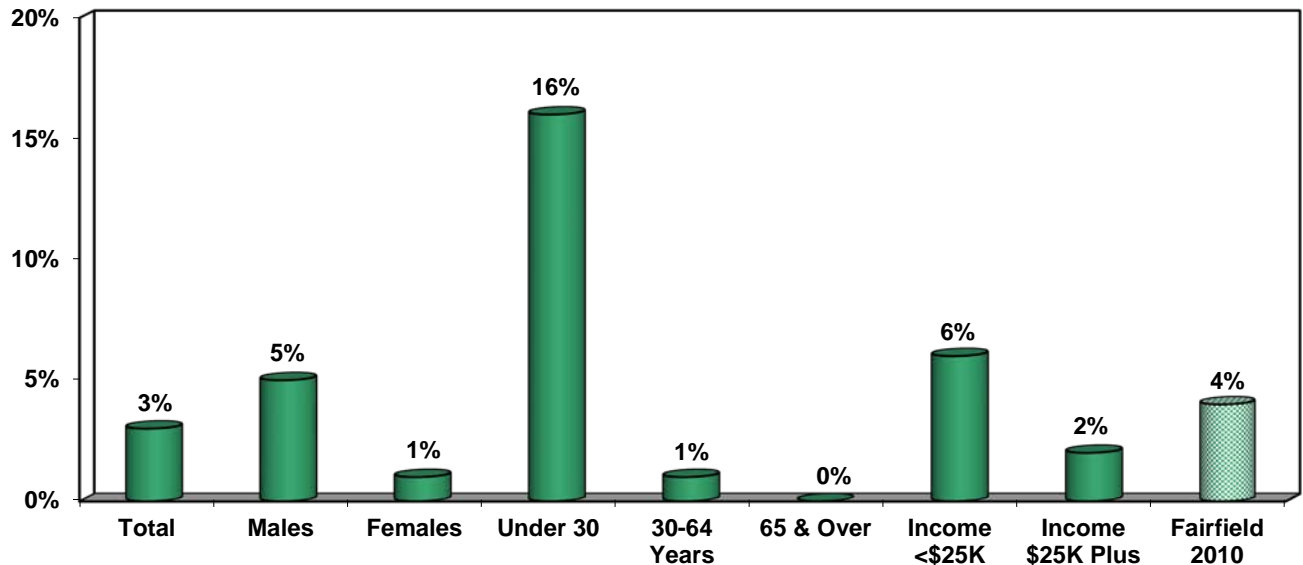
2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Adults who used marijuana in the past 6 months	4%	3%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	5%	4%	N/A	N/A

*N/A – Not available*

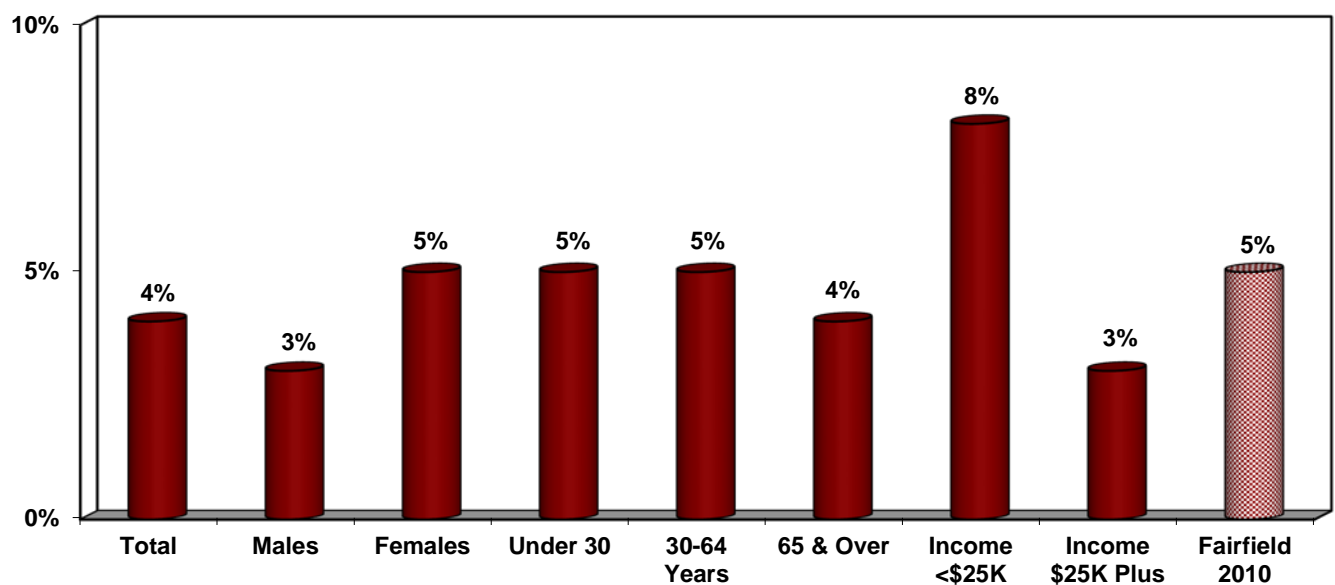
## Adult Marijuana and Other Drug Use

The following graphs are data from the 2013 Fairfield County Health Assessment indicating adult marijuana use in the past six months and medication misuse. Examples of how to interpret the information include: 3% of all Fairfield County adults used marijuana in the past six months, 16% of adults under the age of 30 were current users, and 6% of adults with incomes less than \$25,000 were current users.

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



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



# Women's Health

## Key Findings

*In 2013, 61% of Fairfield County women over the age of 40 reported having a mammogram in the past year. 55% of Fairfield County women ages 19 and over had a clinical breast exam and 49% 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 3% survived a stroke at some time in their life. Under one-quarter (23%) had high blood pressure, 40% were obese, 35% had high blood cholesterol, and 17% were identified as smokers, known risk factors for cardiovascular diseases.*

## Women's Health Screenings

- ◆ In 2013, 66% of women had a mammogram at some time and two-fifths (40%) had this screening in the past year.
- ◆ More than three-fifths (61%) of women ages 40 and over had a mammogram in the past year and 79% had one in the past two years. The 2012 BRFSS reported that 74% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- ◆ Most (95%) Fairfield County women have had a clinical breast exam at some time in their life and 55% had one within the past year. Nearly four-fifths (78%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 75% in Ohio, had a clinical breast exam in the past two years.
- ◆ This assessment has identified that 96% of Fairfield County women have had a pap smear and 49% reported having had the exam in the past year. 79% of women had a pap smear in the past three years. The 2012 BRFSS indicated that 78% of U.S. and Ohio women had a pap smear in the past three years.
- ◆ 71% of Fairfield County women reported doing a self-breast exam in the past year.

## Pregnancy

- ◆ Women used the following as their usual source of services for female health concerns: private gynecologist (65%), general or family physician (19%), community health center (3%), nurse practitioner/physician's assistant (2%), family planning clinic (1%), health department clinic (1%), and some other place (1%). 9% indicated they did not have a usual source of services for female health concerns.
- ◆ 25% of Fairfield County women had been pregnant in the past 5 years. During their last pregnancy, Fairfield County women: got a prenatal appointment in the first 3 months (74%), took a multi-vitamin (63%), took folic acid during pregnancy (56%), took folic acid pre-pregnancy (40%), experienced perinatal depression (7%), drank alcohol (7%), smoked (5%), and received opiate replacement therapy (2%).

## Women's Health Concerns

- ◆ 44% of women experienced menopause, increasing to 82% of those ages 50-59 and 93% of those ages 60-69.
- ◆ 13% of women used hormone replacement therapy, increasing to 20% of those ages 50-59.
- ◆ 12% of women experienced incontinence, increasing to 21% of those ages 60-69.
- ◆ 8% of women had osteoporosis, increasing to 31% of those ages 60-69.
- ◆ 2% of women survived a heart attack and 3% survived a stroke at some time in their life.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Fairfield County the 2013 Health Assessment has identified that:
  - 64% were overweight or obese (57% U.S., 59% Ohio, 2012 BRFSS)
  - 35% were diagnosed with high blood cholesterol (37% U.S., 37% Ohio, 2011 BRFSS)
  - 23% were diagnosed with high blood pressure (30% U.S., 32% Ohio, 2011 BRFSS)
  - 17% of all women were current smokers (17% U.S., 21% Ohio, 2012 BRFSS)
  - 10% had been diagnosed with diabetes (11% U.S., 13% Ohio, 2012 BRFSS)

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

1. Cancers (24% of all deaths)
2. Heart Diseases (21%)
3. Stroke (8%)
4. Chronic Lower Respiratory Diseases (7%)
5. Alzheimer's Disease (4%)

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

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

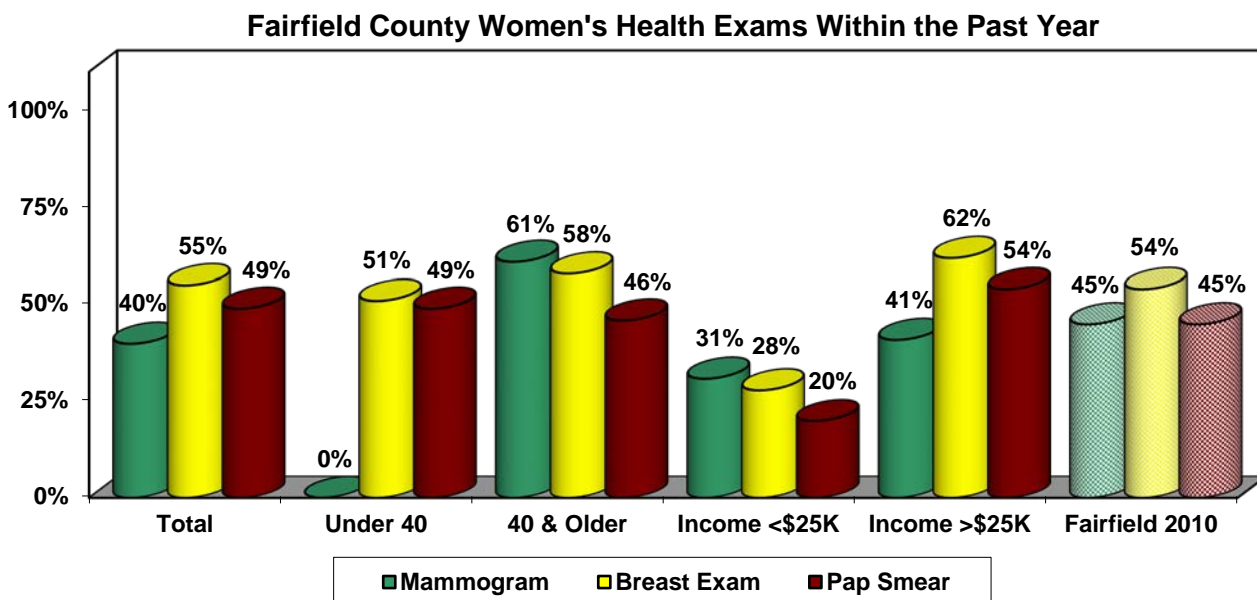
1. Heart Diseases (25% of all deaths)
2. Cancers (22%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's Disease (5%)

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



## Women's Health

The following graph shows the percentage of Fairfield County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 40% of Fairfield County females had a mammogram within the past year, 55% had a clinical breast exam, and 49% had a Pap smear.



### Cancer and Women

- ❖ More women in the U.S. die from lung cancer than any other type of cancer. One of the most important things you can do to prevent lung cancer is to stop smoking if you smoke, and avoid secondhand smoke.
- ❖ Breast cancer is the most common cause of cancer and the second most common cause of cancer deaths in American women. Mammograms are the best way to find breast cancer early, before it can be felt, and when it is easier to treat.
- ❖ Colorectal cancer is the third leading cause of cancer deaths in America women. Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Everyone should be tested for colorectal cancer regularly, starting at age 50.
- ❖ Gynecologic cancers (cervix, ovaries, and uterus) can be prevented by pap tests, which can find abnormal cells and detect cancer early.

*(Source: CDC, Cancer and Women, updated May 14, 2012, <http://www.cdc.gov/features/womenandcancer/>)*

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Had a clinical breast exam in the past two years (age 40 & over)	N/A	78%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	64%	79%	74%	74%
Had a pap smear in the past three years	77%	79%	78%	78%

N/A – Not Available  
\*2010 BRFSS Data

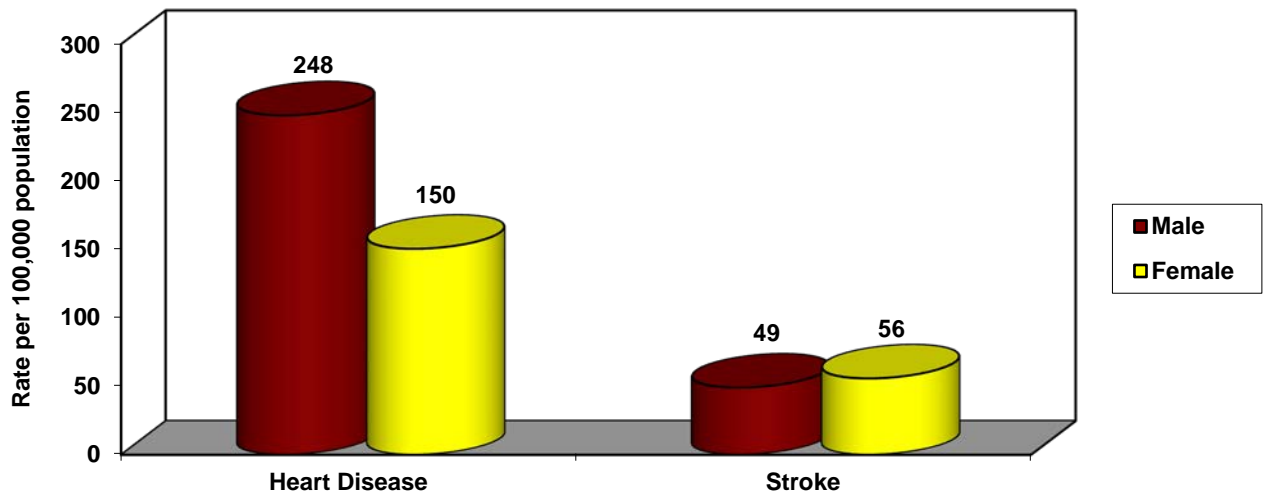


## Women's Health

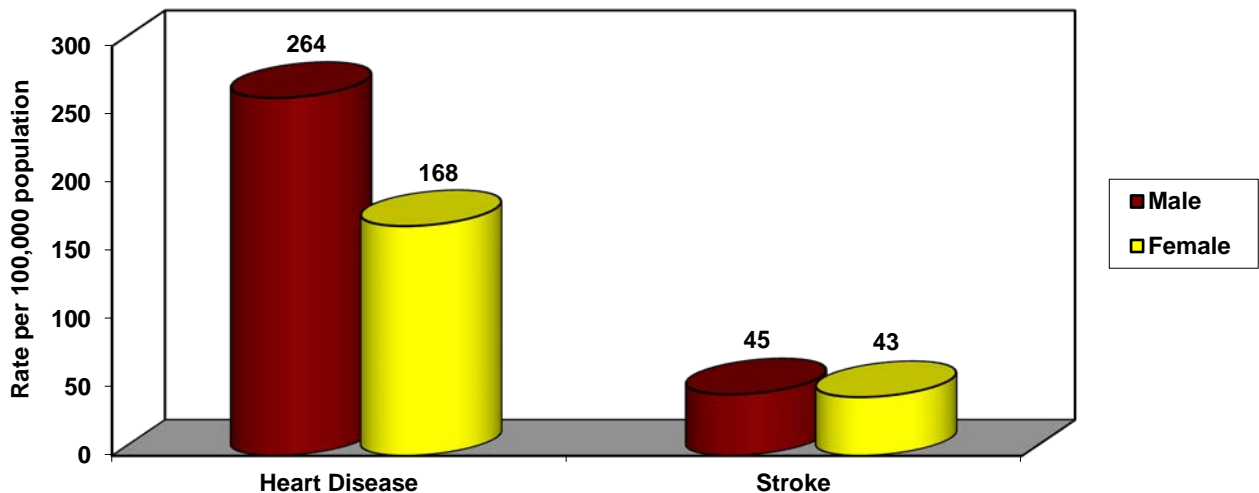
The following graphs show the Fairfield County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- ◆ From 2006-2008, the Fairfield County and Ohio female age-adjusted heart disease mortality rates were lower than the male rates.
- ◆ The Fairfield County female stroke mortality rate was higher than the Ohio female rate from 2006 to 2008.

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



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

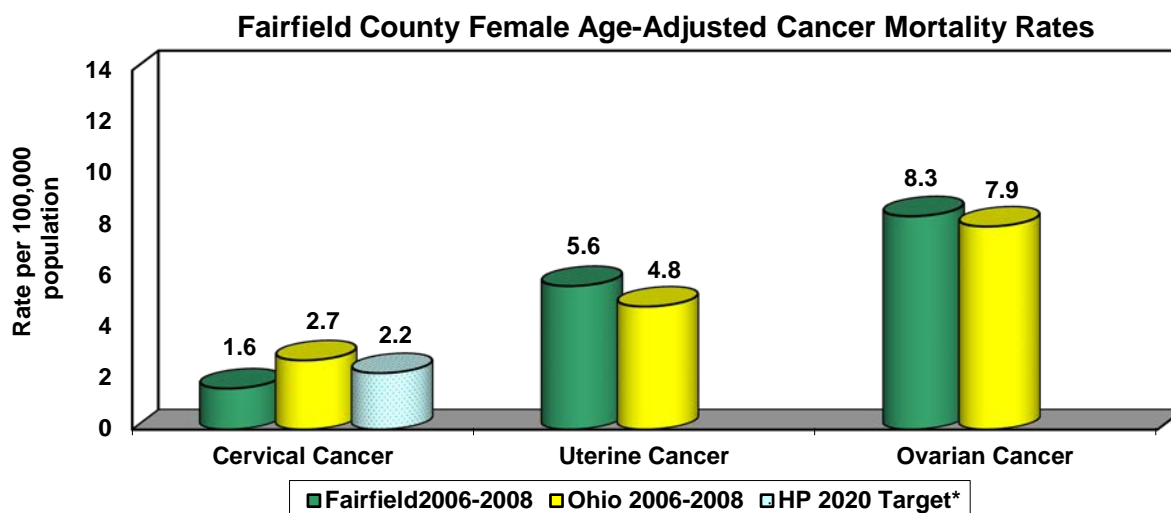
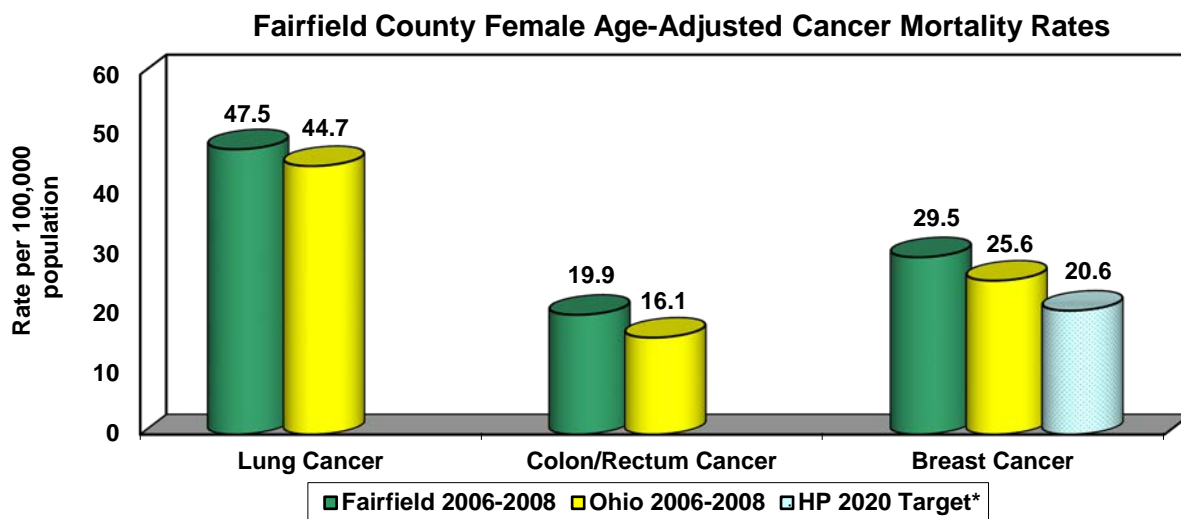


*(Source for graphs: ODH Information Warehouse, updated 4-15-10)*

## Women's Health

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

- ◆ From 2006-2008, the Fairfield County age-adjusted mortality rate for female lung cancer and colon cancer were higher than the Ohio rate.
- ◆ From 2006-2008, the Fairfield County age-adjusted breast cancer mortality rate was greater than the Ohio rate and the Healthy People 2020 target objective.
- ◆ The Fairfield County age-adjusted cervical cancer mortality rate for 2006-2008 was lower than the state rate and the Healthy People 2020 target objective. Uterine and ovarian cancers were greater than the state rates.



*\*Note: Healthy People 2020 target rates are not gender specific; Healthy People 2020 Targets may not be available for all diseases.  
(Source: ODH Information Warehouse, updated 4-15-10, and Healthy People 2020)*

## Women's Health

### Human Papilloma Virus (HPV) and Vaccine

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

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

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

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

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

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

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

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

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

# Men's Health

## Key Findings

*In 2013, 43% of Fairfield County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. More than one-third (36%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 29% and cancers accounted for 25% of all male deaths in Fairfield County from 2006-2008. The Health Assessment determined that 7% of men survived a heart attack and 1% survived a stroke at some time in their life. More than one-third (35%) of men had been diagnosed with high blood pressure, 39% had high blood cholesterol, 28% were obese and 21% were identified as smokers, known risk factors for cardiovascular diseases.*

## Men's Health Screenings

- ◆ More than one-third (35%) of Fairfield County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 22% had one in the past year.
- ◆ More than two-fifths (44%) of men ages 40 and over had a PSA in the past two years. The 2012 BRFSS reported that 45% of men 40 and over in the U.S. and in Ohio, had a PSA test in the past two years.
- ◆ Nearly three-fifths (59%) of men had a digital rectal exam in their lifetime and 21% had one in the past year.
- ◆ 66% of males ages 50 and over had a PSA test at some time in their life, and 43% had one in the past year.
- ◆ 85% of males ages 50 and over had a digital rectal exam at some time in their life, and 36% had one in the past year.
- ◆ More than one-quarter (26%) of males reported doing a self-testicular exam in the past year.
- ◆ 23% of males reported having erectile dysfunction, increasing to half (50%) of males over the age of 50.

## Men's Health Concerns

- ◆ From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 29% of all male deaths in Fairfield County (Source: ODH Information Warehouse).
- ◆ In 2013, the health assessment determined that 7% of men survived a heart attack and 1% survived a stroke at some time in their life.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Fairfield County the 2012 health assessment has identified that:
  - 73% were overweight or obese (70% U.S., 65% Ohio, 2012 BRFSS)
  - 39% were diagnosed with high blood cholesterol (40% U.S., 41% Ohio, 2011 BRFSS)
  - 35% were diagnosed with high blood pressure (32% U.S., 34% Ohio, 2011 BRFSS)
  - 21% of all men were current smokers (22% U.S., 25% Ohio, 2012 BRFSS)
  - 16% have been diagnosed with diabetes (10% U.S., 10% Ohio, 2012 BRFSS)
- ◆ From 2006-2008, the leading cancer deaths for Fairfield County males were lung, prostate, colorectal cancers, and leukemia. Statistics from the same period for Ohio males show lung, prostate, colorectal, pancreas, and esophagus cancers as the leading cancer deaths (Source: ODH Information Warehouse).

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

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

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

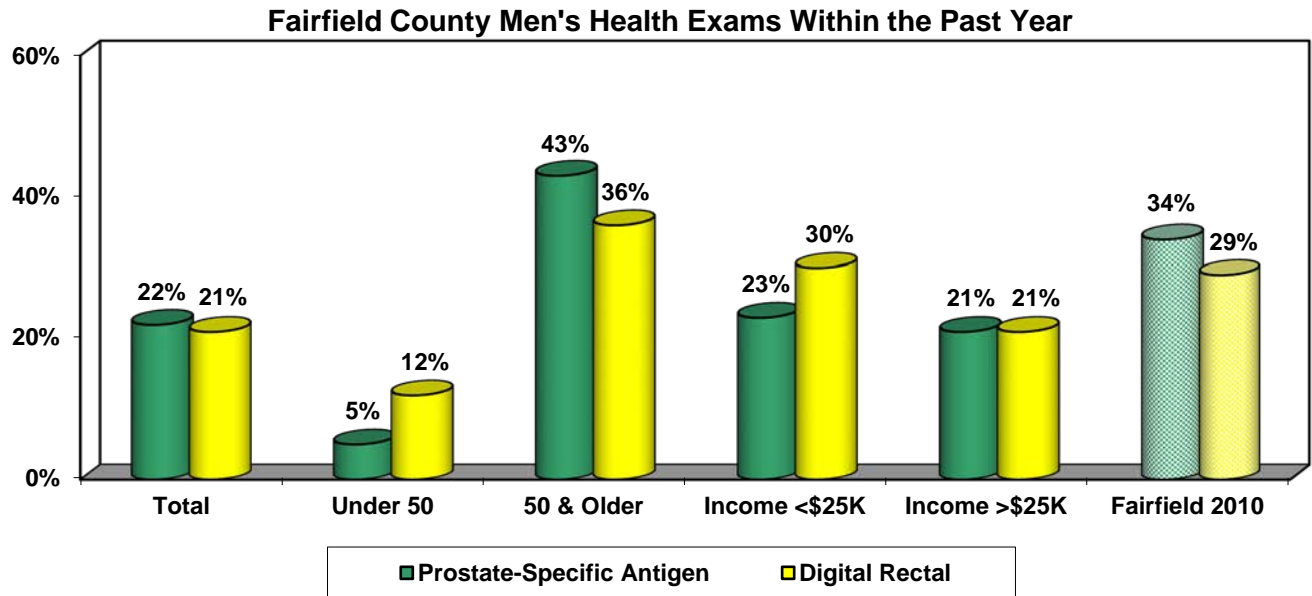
### Ohio Male Leading Types of Death, 2006 – 2008

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

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

## Men's Health

The following graph shows the percentage of Fairfield County males surveyed that have had a PSA test and digital rectal exam in the past year. Examples of how to interpret the information shown on the graph include: 22% of Fairfield County males had a PSA test within the past year and 21% had a digital rectal exam.



### Men's Health Data

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

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

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Had a PSA test in within the past two years (age 40 and older)	N/A	44%	45%	45%

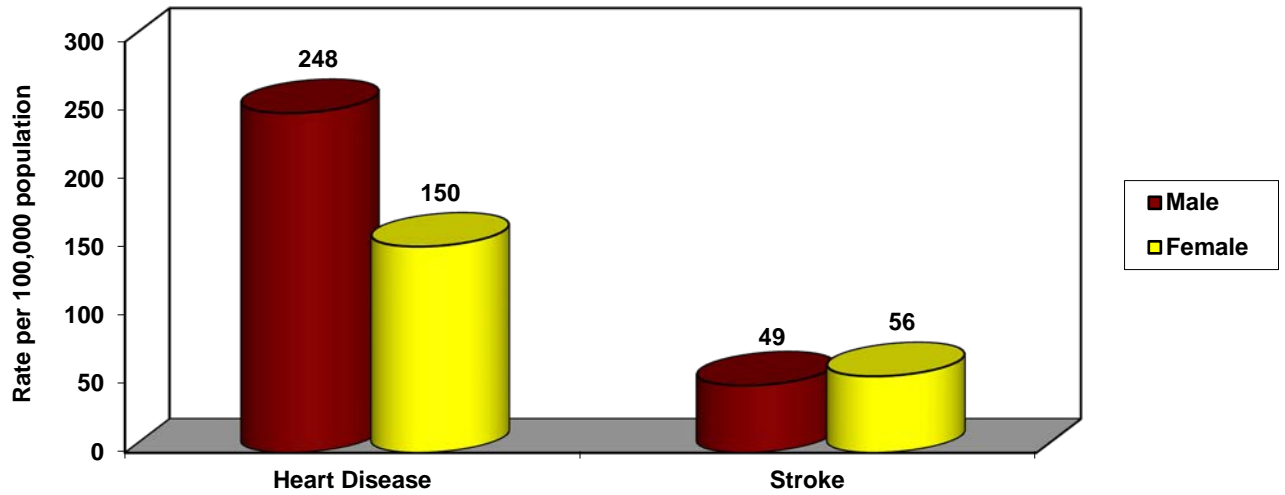
N/A – Not Available

## Men's Health

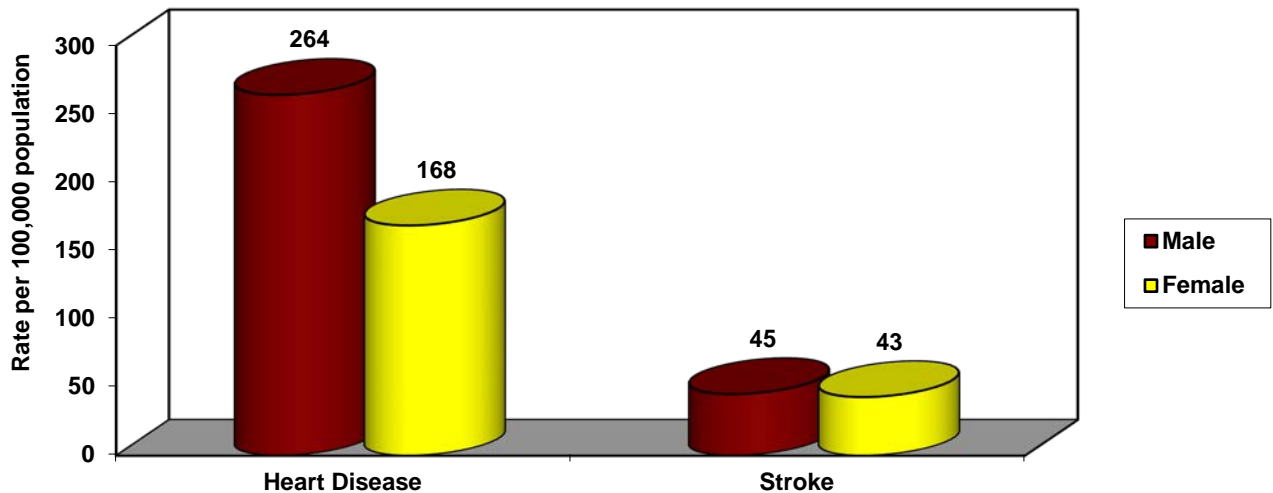
The following graphs show the Fairfield County and Ohio age-adjusted mortality rates per 100,000 population for men's cardiovascular diseases. The graphs show:

- ◆ From 2006-2008, the Fairfield County and Ohio male age-adjusted mortality rate was higher than the female rate for heart disease.
- ◆ The Fairfield County male heart disease and stroke mortality rates were higher than the Ohio male rates.

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



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



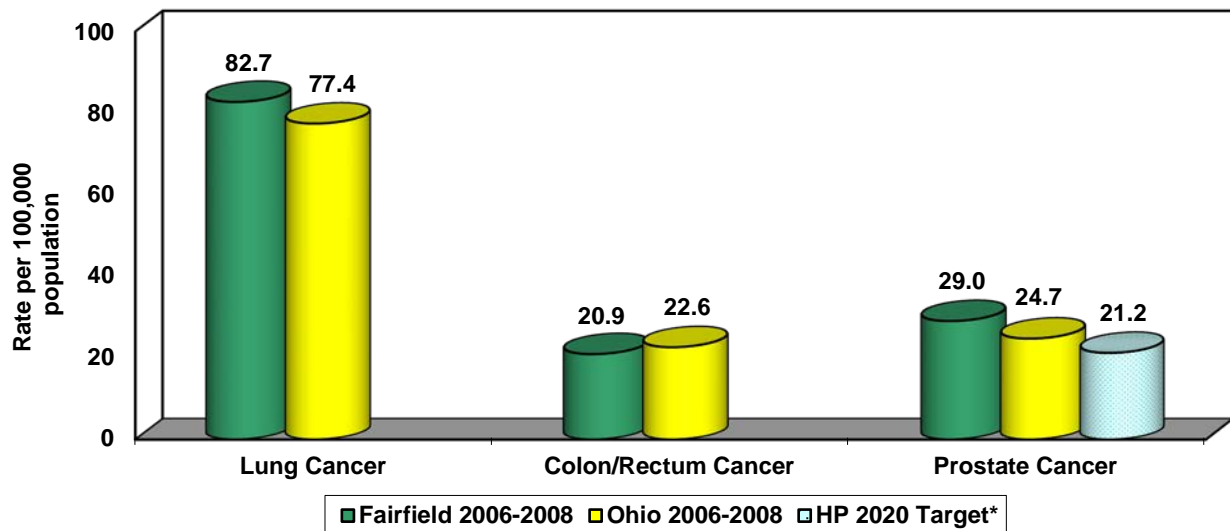
*(Source for graphs: ODH Information Warehouse, updated 4-15-10)*

## Men's Health

The following graph shows the Fairfield County age-adjusted mortality rates per 100,000 population for men's health with comparison to Healthy People 2020 objectives. The graph shows:

- ◆ From 2006-2008, the Fairfield County age-adjusted mortality rate for male lung cancer was higher than the Ohio rate.
- ◆ The age-adjusted prostate cancer mortality rate in Fairfield County for 2006-2008 was higher than the Ohio rate and the Healthy People 2020 objective.

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



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

### Cancer and Men

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

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



# Adult Preventive Medicine and Health Screenings

## Key Findings

*Over half (55%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Almost three-fifths (59%) of adults ages 50 and over had a colonoscopy/ sigmoidoscopy within the past 5 years.*

## Preventive Medicine

- ◆ Nearly half (49%) of Fairfield County adults had a flu vaccine during the past 12 months.
- ◆ Of those who had a flu vaccine, 99% had the shot and 1% had the nasal spray.
- ◆ 76% of Fairfield County adults ages 65 and over had a flu vaccine in the past 12 months. The 2012 BRFSS reported that 60% of U.S. and 61% of Ohio adults ages 65 and over had a flu vaccine in the past year.
- ◆ Fairfield County adults received their last flu shot from the following places: doctor's office/health maintenance organization (21%), store/pharmacy (12%), workplace (11%), another type of clinic or health center (2%), hospital (1%), health department (1%), a school (1%), and some other place (2%).
- ◆ More than one-fifth (22%) of adults have had a pneumonia shot in their life, increasing to 55% of those ages 65 and over.
- ◆ The 2012 BRFSS reported that 69% of U.S. and 70% of Ohio adults ages 65 and over had a pneumonia shot in their life.
- ◆ Fairfield County adults have had the following vaccines: tetanus booster (including Tdap) in the past 10 years (49%), pertussis in the past 10 years (17%), Zoster (shingles) vaccine in their lifetime (9%), and human papillomavirus vaccine in their lifetime (5%).

## Preventive Actions to Help Fight the Flu

1. Get vaccinated each year.
2. Avoid close contact with people who are sick.
3. Stay home when you are sick for at least 24 hours.
4. Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
5. Wash your hands often with soap and water.
6. Avoid touching your eyes, nose, and mouth.
7. Clean and disinfect surfaces and objects that may be contaminated with germs.
8. Practice other good health habits, such as get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

(Source: CDC, Seasonal Influenza (Flu), updated November 8, 2012, <http://www.cdc.gov/flu/protect/habits/index.htm>)

## Preventive Health Screenings and Exams

- ◆ Nearly three-fifths (59%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years. The 2010 BRFSS reported that 53% of U.S. and Ohio adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- ◆ In the past year, 61% of Fairfield County women ages 40 and over have had a mammogram.
- ◆ In the past year, 43% of men ages 50 and over had a Prostate-Specific Antigen (PSA) test.
- ◆ See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Fairfield County adults.

2010/2013 Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Had a pneumonia vaccination (ages 65 and over)	35%	55%	69%	70%
Had a flu vaccine in past year (age 65 and older)	N/A	76%	60%	61%
Had a colonoscopy or sigmoidoscopy in lifetime (ages 50 and older)	N/A	74%	65%	67%

*N/A – Not available*



## Adult Preventive Medicine and Health Screenings

### Fairfield County Adults at Risk for Health Issues Based on Family History

HEALTH ISSUES	Total 2013
High Blood Pressure	54%
Heart Disease	44%
Cancer	42%
Diabetes	40%
High Blood Cholesterol	32%
Alzheimer's Disease	14%
Alcohol Addiction	14%
Mental Illness	13%
Drug Addiction	4%
Sudden Unexplained Death	2%

### Fairfield County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Cholesterol	37%
Diagnosed with High Blood Pressure	30%
Diagnosed with Diabetes	13%
Diagnosed with a Heart Attack	5%
Diagnosed with a Stroke	2%

*(Percents based on all Fairfield County adults surveyed)*

### Healthy People 2020 Pneumonia Vaccination

Objective	Fairfield County 2013	Ohio 2012	U.S. 2012	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	55%	69%	70%	90%

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

## Environmental Health

### Key Findings

*Insects and mold were the two most important perceived environmental health issues that threatened Fairfield County adults' health in the past year. 41% of Fairfield County adults used a septic tank for their waste water, and 37% had a private source for drinking water.*

### Environmental Health

- ◆ Fairfield County adults thought the following threatened their health in the past year:
  - Insects (10%)
  - Mold (5%)
  - Temperature regulation (4%)
  - Rodents or mice (4%)
  - Safety hazards (1%)
  - Bed Bugs (1%)
  - Radon (1%)
  - Lice (1%)
  - Plumbing problems (1%)
  - Chemicals found in household products (1%)
  - Unsafe water supply/wells (1%)
  - General living conditions (<1%)
  - Sewage/waste water problems (<1%)
  - Asbestos (<1%)
  - Excess medications in the home (<1%)
- ◆ 41% of Fairfield County adults used a septic tank for their waste water. Of those who had a septic tank, 58% had it pumped in the past 5 years. 11% had never had it pumped and 19% did not know the last time their septic tank was pumped.
- ◆ 37% of Fairfield County adults had a private source (well, spring, cistern, etc.) for drinking water. Of those who had a private water source, 19% had it tested in the past year. 15% had never had it tested, and 18% did not know the last time their water source was tested.

### Things You Should Know About Mold

- ❖ Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints.
- ❖ There is no practical way to eliminate all molds and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.
- ❖ In areas where there is a perpetual moisture problem, do not install carpeting.
- ❖ Clean mold off hard surfaces with water and detergent, and dry completely.
- ❖ If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.

(Source: Environmental Protection Agency, Mold and Moisture, 2012, <http://www.epa.gov/mold/moldresources.html>)

### Health Effects from Biological Contaminants

Common biological contaminants include mold, dust mites, pet dander, droppings and body parts from cockroaches, rodents, and other pests, insects, viruses and bacteria.

#### Health Effects:

- ❖ Allergic reactions including hypersensitivity pneumonitis and asthma. Infectious illnesses such as influenza, measles, and chicken pox are transmitted through the air.
- ❖ Molds and mildews release disease-causing toxins and cause symptoms such as sneezing, watery eyes, coughing, shortness of breath, dizziness, lethargy, fever, and digestive problems

#### Reducing Exposure:

- ❖ Install and use exhaust fans
- ❖ Ventilate the attic and crawl spaces to prevent moisture build-up
- ❖ Clean appliances according to manufacturer's instructions
- ❖ Thoroughly clean and dry water-damaged carpets and building materials, or consider removal and replacement
- ❖ Regularly clean your house and disinfect the basement floor drain regularly.

(Source: EPA, U.S. Environmental Protection Agency, Biological Pollutants, <http://www.epa.gov/iaq/biologic.html>, updated June 2012)

# Adult Sexual Behavior and Pregnancy Outcomes

## Key Findings

*In 2013, almost three-fourths (73%) of Fairfield County adults had sexual intercourse. Seven percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (Source: CDC, STDs in Adolescents and Young Adults, 2011 STD Surveillance).*

## Adult Sexual Behavior

- ◆ Nearly three-fourths (73%) of Fairfield County adults had sexual intercourse in the past year.
- ◆ 7% of adults reported they had intercourse with more than one partner in the past year, increasing to 20% of those under the age of 30.
- ◆ Fairfield County adults used the following methods of birth control: vasectomy (23%), they or their partner were too old (20%), condoms (18%), hysterectomy (14%), tubes tied (12%), birth control pill (9%), withdrawal (4%), IUD (3%), rhythm method (2%), abstinence (2%), shots (1%), and diaphragm (1%).
- ◆ 14% of Fairfield County adults were not using any method of birth control.
- ◆ Fairfield County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (35%)
  - They or their partner were too old (19%)
  - They wanted to get pregnant (7%)
  - They did not think they or their partner could get pregnant (5%)
  - They did not care if they or their partner got pregnant (4%)
  - They or their partner did not like birth control/had a fear of side effects (4%)
  - They did not want to use birth control (2%)
  - Religious preferences (2%)
  - Their partner was currently pregnant (2%)
  - Their partner did not want to use birth control (1%)
  - They or their partner had just had a baby (1%)
  - They or their partner were breast-feeding (1%)
  - They had a same-sex partner (1%)
  - No regular partner (1%)
  - Lapse in use of method (<1%)
- ◆ The following situations applied to Fairfield County adults in the past year: had anal sex without a condom (4%), tested for an STD (2%), thought they may have had an STD (1%), treated for an STD (1%), used intravenous drugs (1%), gave or received money or drugs in exchange for sex (1%), and tested positive for Hepatitis C (<1%).
- ◆ Fairfield County adults had been diagnosed with the following sexually transmitted diseases (STDs) in the past 5 years: human papilloma virus (HPV) (2%), chlamydia (1%), gonorrhea (1%), genital herpes (1%), and hepatitis C (1%).

## 2011 STD Trends in the United States

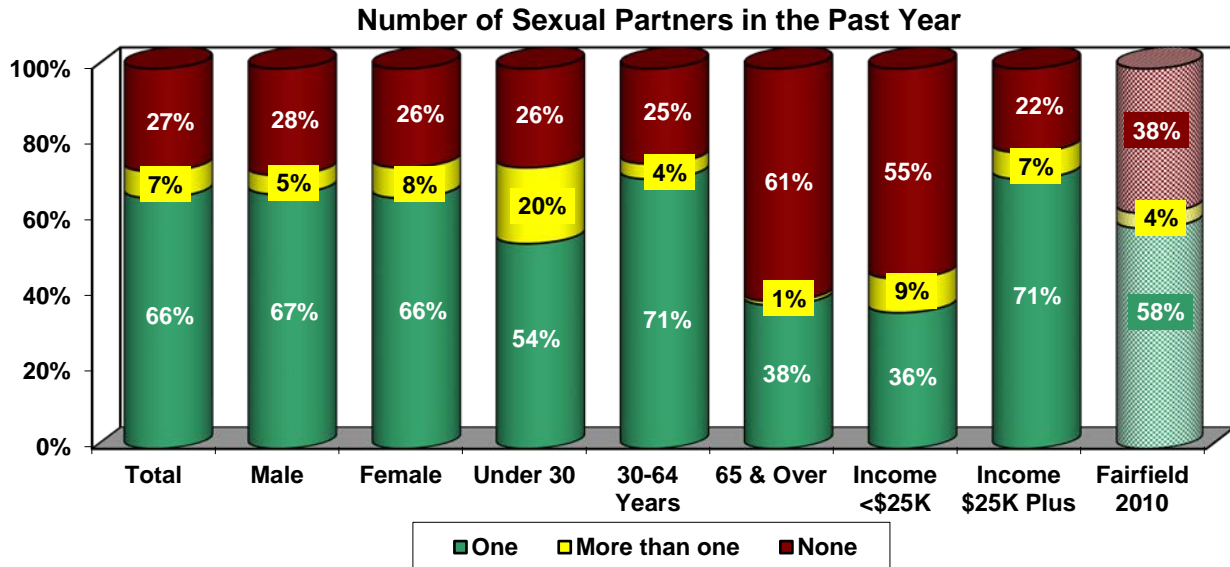
The CDC estimates that 19 million new STD infections occur every year in the United States, nearly half among young people ages 15-24. STDs are a potential threat to an individual's immediate and long-term health and well-being. STDs cost the nation about \$17 billion in health care costs every year.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

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

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

## Adult Sexual Behavior and Pregnancy Outcomes

The following graph shows the sexual activity of Fairfield County adults. Examples of how to interpret the information in the graph include: 66% of all Fairfield County adults had one sexual partner in the last 12 months and 7% had more than one, and 67% of males had one partner in the past year.



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

### Chlamydia Profile: U.S. and Ohio

- ❖ Chlamydia is the most frequently reported bacterial sexually transmitted infection in the United States.
- ❖ 1,412,791 chlamydial infections were reported to CDC from 50 states and the District of Columbia, in 2011.
- ❖ In 2011, 10.1% of women ages 15-24, who were tested for chlamydia in family planning clinics in Ohio, tested positive.
- ❖ In 2011, 52,653 cases of Chlamydia were reported in Ohio.
- ❖ It is estimated that 1 in 15 sexually active females aged 14-19 years has chlamydia.
- ❖ Sexually active females 25 years old and younger need testing every year.
- ❖ Chlamydia can infect both men and women and can cause serious, permanent damage to a woman's reproductive organs.
- ❖ Chlamydia can be easily treated and cured with antibiotics.

(Source: CDC, *Chlamydia Statistics and Chlamydia-CDC Facts Sheet*, <http://www.cdc.gov/std/chlamydia/stats.htm> & <http://www.cdc.gov/std/chlamydia/STDFact-Chlamydia.htm>)

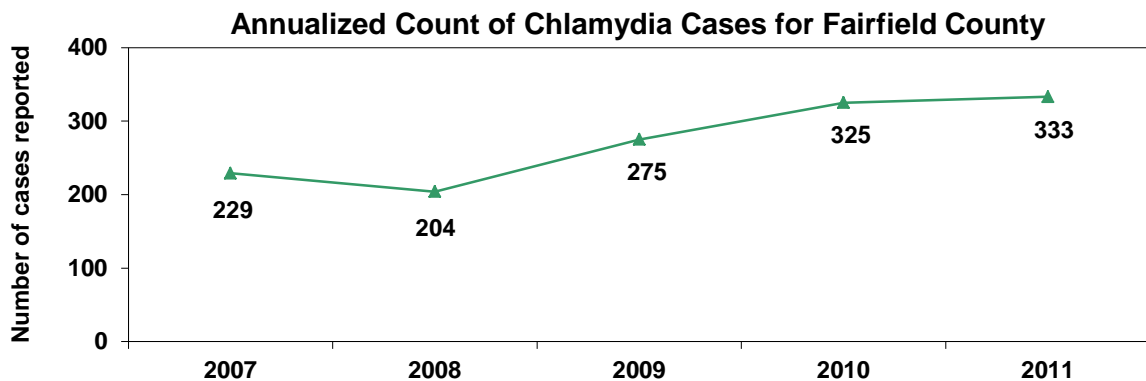
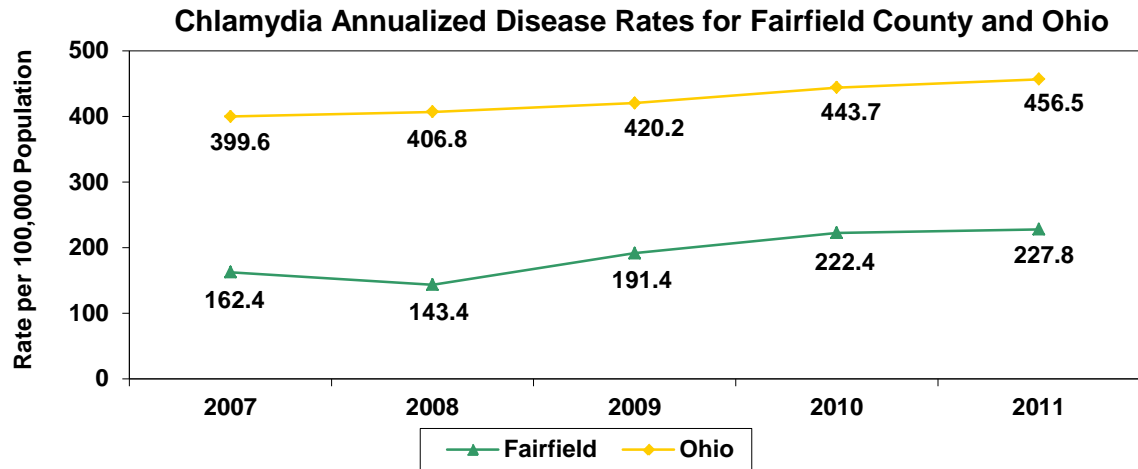
2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Had more than one sexual partner in past year	4%	7%	N/A	N/A

N/A – Not available

## Adult Sexual Behavior and Pregnancy Outcomes

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

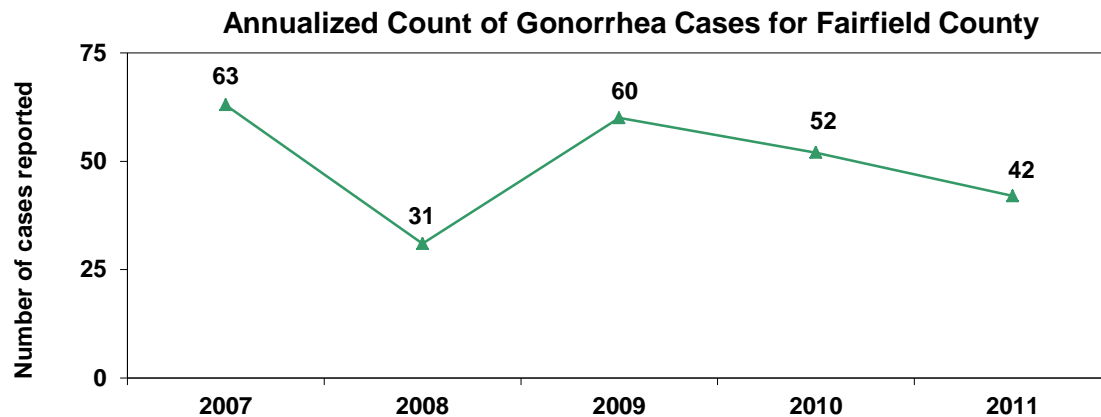
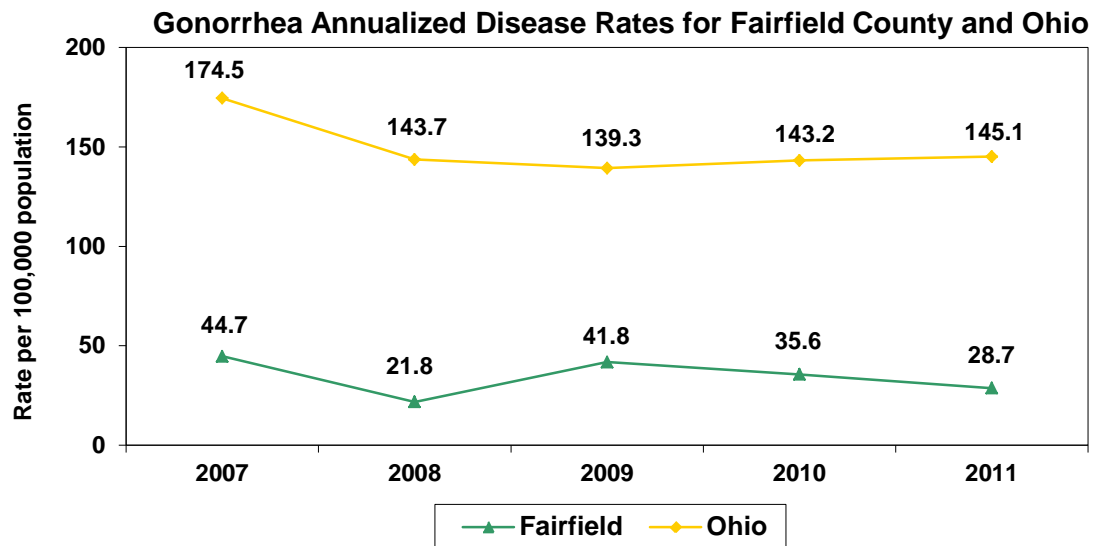
- ◆ Fairfield County chlamydia rates increased overall from 2007 to 2011. Fairfield County rates remained below the Ohio rates.
- ◆ In 2011, the U.S. rate for new chlamydia cases was 457.6 per 100,000 population. (Source: CDC, *STD Trends in the U.S., 2013*)



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

## Adult Sexual Behavior and Pregnancy Outcomes

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



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

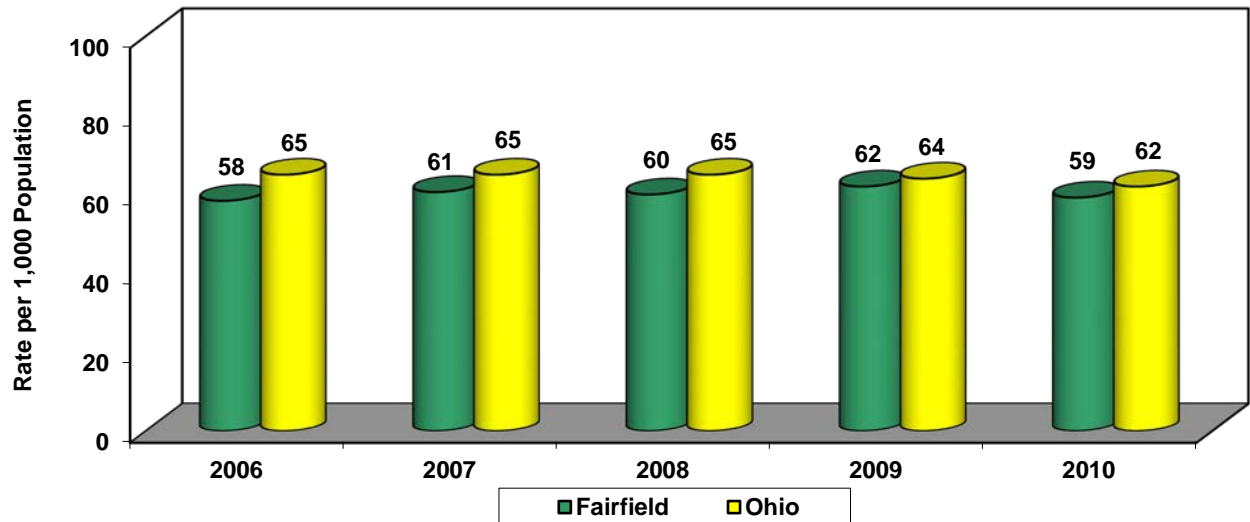
## Adult Sexual Behavior and Pregnancy Outcomes

### Pregnancy Outcomes

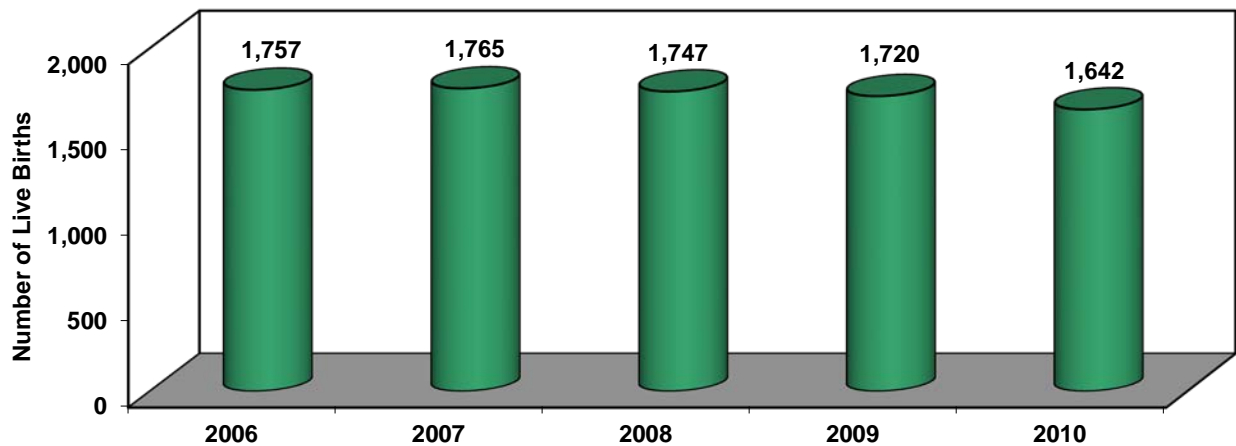
*\*Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ From 2006-2010, there was an average of 1,726 live births per year in Fairfield County.
- ◆ In 2010, the U.S. fertility rate was 64.1 per 1,000 women ages 15-44 (*Source: National Vital Statistics Report 2012*).

**Fairfield County and Ohio Fertility Rates**



**Fairfield County Total Live Births**



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



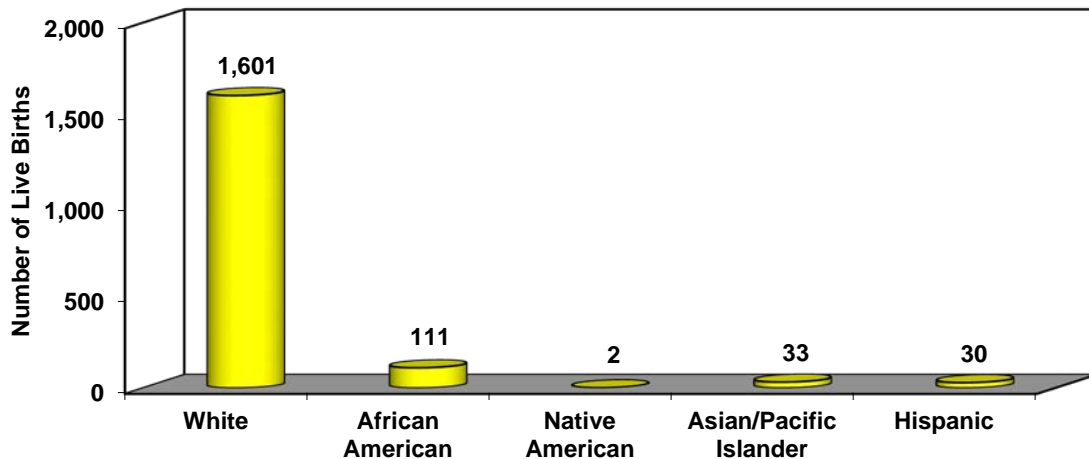
## Adult Sexual Behavior and Pregnancy Outcomes

### Pregnancy Outcomes

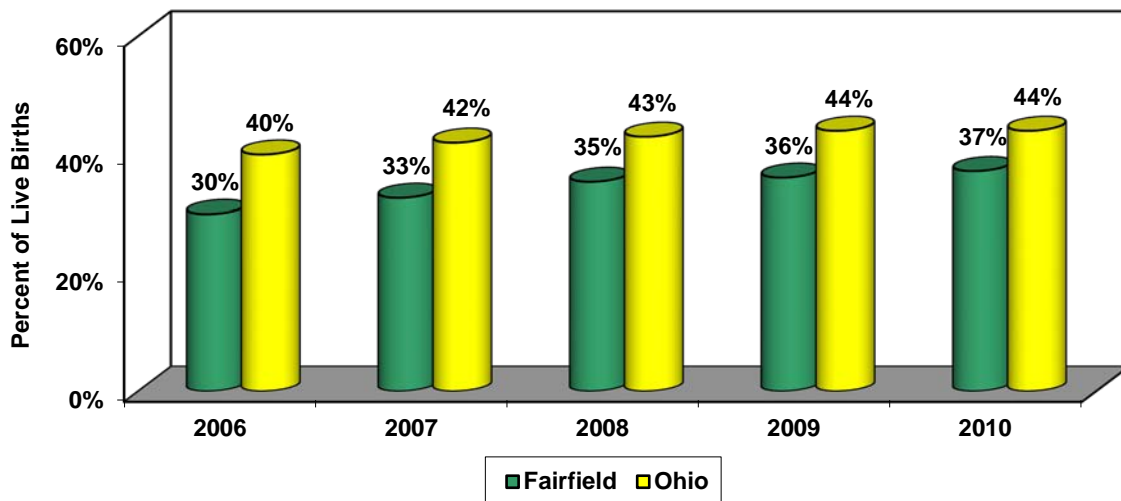
*\*Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

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

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



**Fairfield County and Ohio Unwed Births**



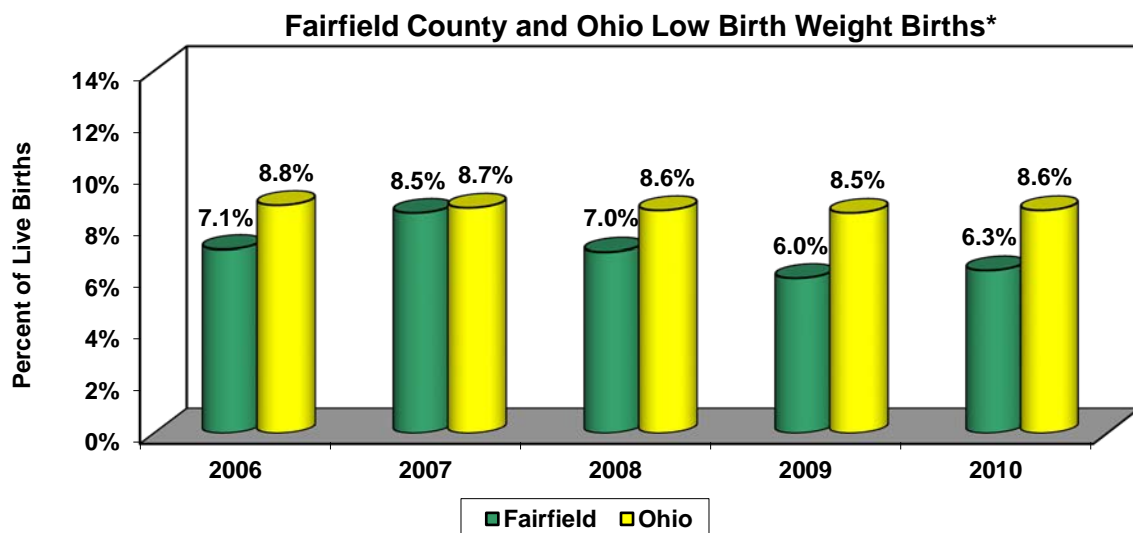
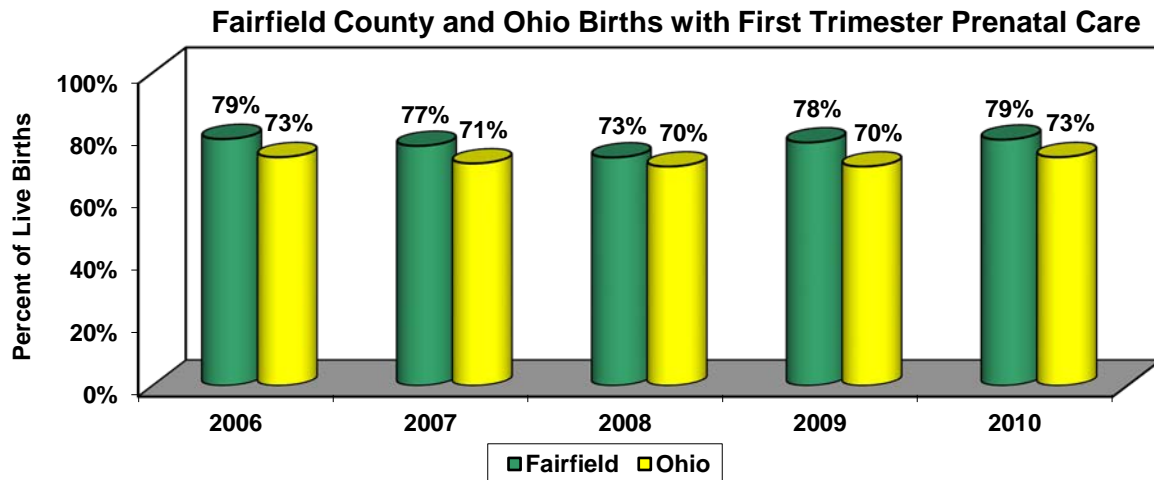
*(Source for graphs: ODH Information Warehouse Updated 4-12-12)*

## Adult Sexual Behavior and Pregnancy Outcomes

### Pregnancy Outcomes

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

- ◆ The percentage of live births with first trimester prenatal care in Fairfield County fluctuated from 2006 to 2010, but was above the Ohio percentage during the five year period.
- ◆ In 2010, 8.2% of all U.S. live births were low birth weight births. (Source: National Vital Statistics Report 2012)



*\*Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.  
(Source for graphs: ODH Information Warehouse Updated 4-12-12)*

# Quality of Life

## Key Findings

*In 2013, 22% of Fairfield County adults were limited in some way because of a physical, mental or emotional problem.*

## Impairments and Health Problems

- ◆ In 2013, more than one-fifth (22%) Fairfield County adults were limited in some way because of a physical, mental or emotional problem (20% Ohio and U.S., 2012 BRFSS), increasing to 35% of those ages 65 and older and 36% of those with incomes less than \$25,000.
- ◆ Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (43%), arthritis/rheumatism (41%), walking problems (32%), lung/breathing problems (20%), stress, depression, anxiety, or emotional problems (15%), diabetes (12%), fractures, bone/joint injuries (11%), heart problems (10%), high blood pressure (10%), eye/vision problems (10%), tobacco dependency (10%), hearing problems (10%), cancer (3%), drug addiction (1%), stroke-related problems (1%), and a learning disability (1%).
- ◆ Fairfield County adults needed the following services in the past year: eyeglasses or vision care (26%), help with routine needs (6%), a cane (6%), medical supplies (5%), a walker (4%), hearing aids or hearing care (3%), a wheelchair (3%), help with personal care needs (2%), oxygen or respiratory support (2%), durable medical equipment (2%), a special bed (1%), mobility aids or devices (1%), and communication aids (<1%).

### Back Pain Prevention

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

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

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

## Healthy People 2020 Arthritis

Objective	Fairfield County 2013	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	41%	36%

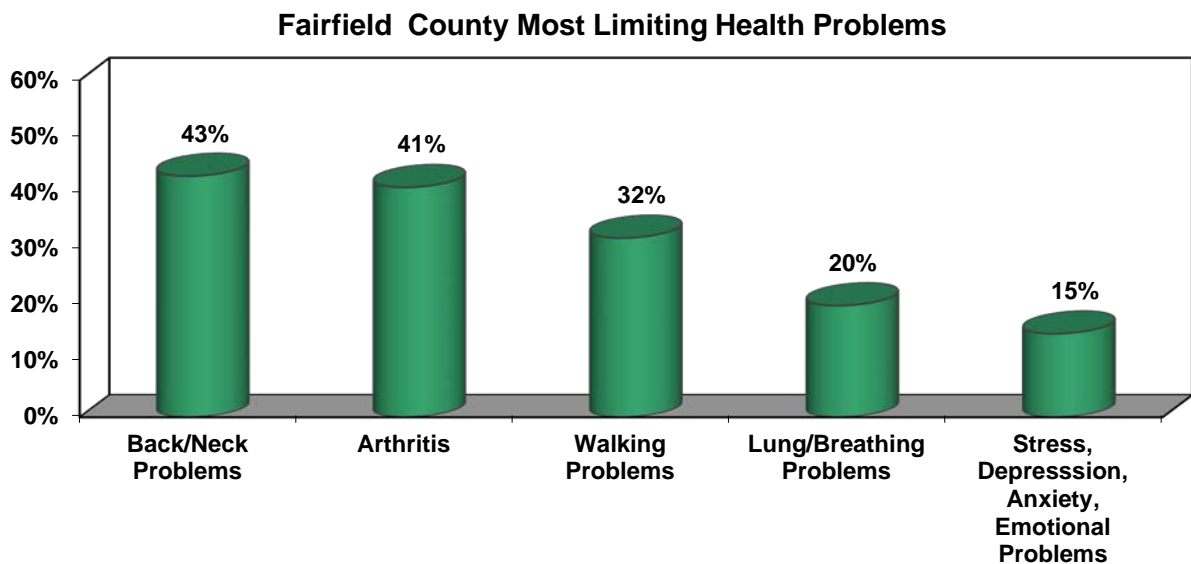
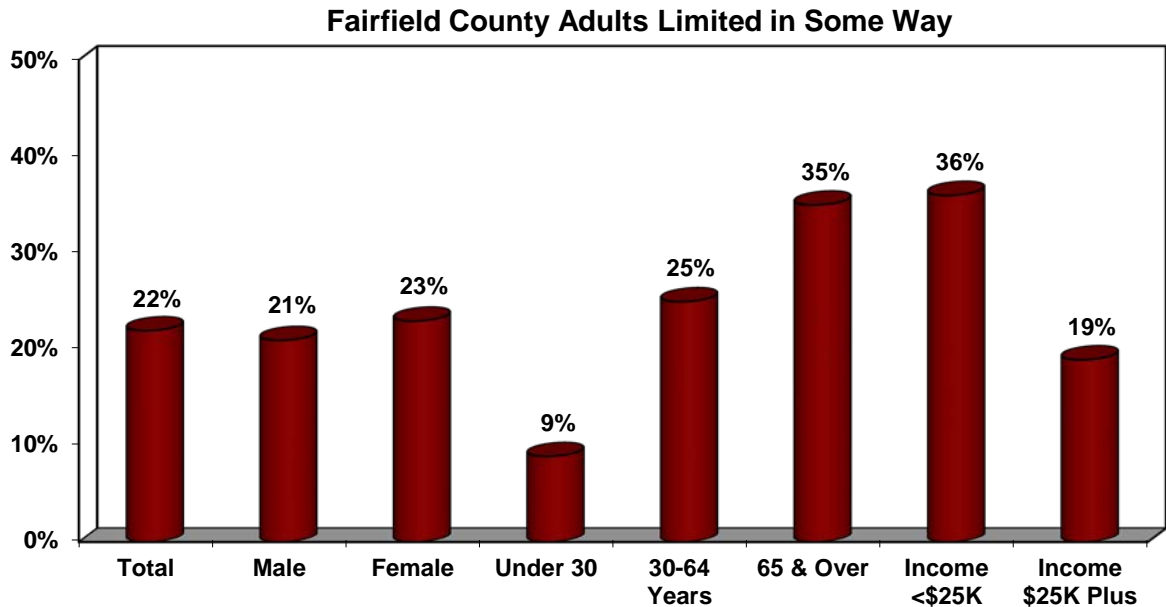
\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Health People 2020 Objectives, 2013 Fairfield County Health Assessment)

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Limited in some way because of a physical, mental, or emotional problem	N/A	22%	20%	20%

*N/A – Not available*

## Quality of Life

The following graphs show the percentage of Fairfield County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph include: 22% of Fairfield County adults are limited in some way, 21% of males, and 35% of those 65 and older.



## Social Context and Safety

### Key Findings

*In 2013, 3% of Fairfield County adults were abused in the past year. 46% of adults kept a firearm in or around their home. 14% of adults reported texting and driving.*

### Social Context

- ◆ 3% of Fairfield County adults were abused in the past year. They were threatened or abused by the following: a spouse or partner (42%), a person outside the home (42%), a child (33%), another family member (17%), and a parent (8%).
- ◆ Fairfield County adults received assistance for the following in the past year: food (8%), free medical or mental health care (6%), utilities (3%), free tax preparation (3%), transportation (1%), rent/mortgage (1%), credit counseling (1%), and clothing (1%).
- ◆ Nearly one-fifth (19%) Fairfield County adults attempted to get assistance from a social service agency. Of those adults who looked for assistance, they received it from the following: Job and Family Services (41%), a friend or family member (37%), a church (21%), food pantries (18%), a hospital (13%), Lancaster Fairfield Community Action Agency (10%), Lutheran Social Services (6%), 2-1-1 (6%), United Way (4%), Maywood Mission (4%), Fairfield Metropolitan Housing Authority (4%), Lancaster Public Transit (3%), Board of Developmental Disabilities (3%), WIC or Health Department (3%), Center for Disabilities (1%), and somewhere else (10%).
- ◆ 42% of adults reported gambling in the past year. They reported the following types of gambling: lottery (28%), casinos (21%), at work with co-workers (8%), at home with friends (6%), online (3%), horse track (2%), dog track (1%), and other types of gambling (1%).
- ◆ 51% of those who engaged in some type of gambling did so once or twice a year, and 1% did so daily.

### Safety

- ◆ More than two-fifths (46%) of Fairfield County adults kept a firearm in or around their home. 7% of adults reported they were unlocked and loaded.
- ◆ Fairfield County adults reported doing the following while driving: wearing their seatbelt (90%), talking on hand-held cell phone (52%), eating (47%), talking on hands-free cell phone (23%), texting (14%), using internet on their cell phone (10%), checking facebook on their cell phone (4%), being under the influence of alcohol (2%), reading (2%), being under the influence of drugs (1%), and other activities (such as applying makeup, shaving, etc.) (3%).
- ◆ Fairfield County households had the following disaster preparedness supplies: cell phone (86%), working flashlight and working batteries (86%), cell phone with texting (78%), home land-line telephone (55%), working battery-operated radio and working batteries (53%), 3-day supply of nonperishable food for everyone in the household (47%), 3-day supply of prescription medication for each person who takes prescribed medicines (45%), and 3-day supply of water for everyone in the household (1 gallon of water per person per day) (39%), generator (32%), a communication plan (19%), and a disaster plan (12%).

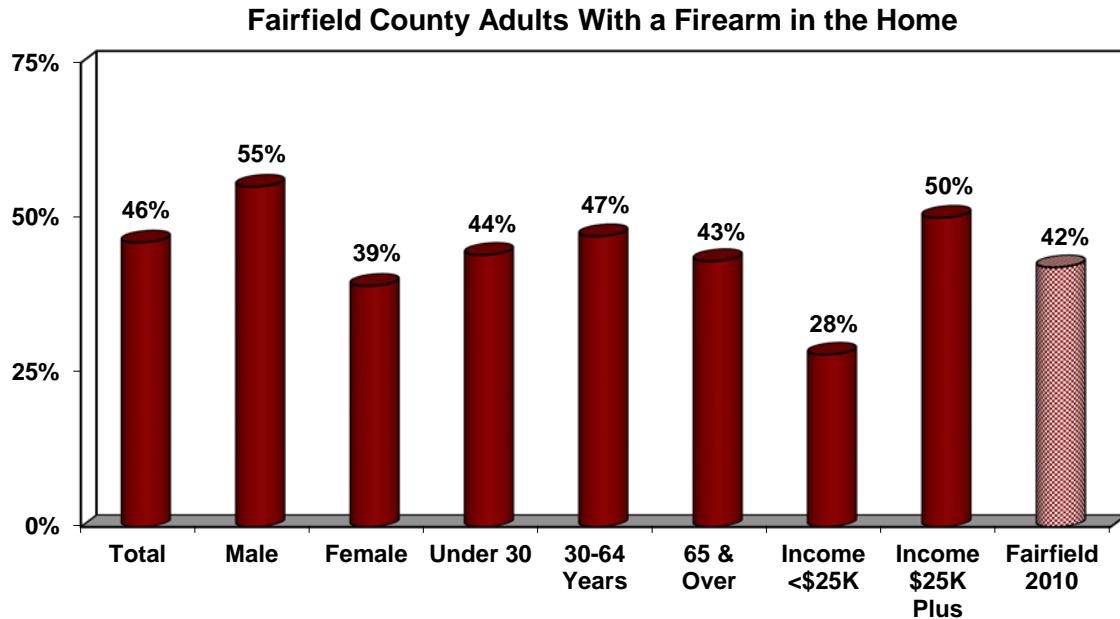
### Distracted Driving

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

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

## Social Context and Safety

The following graph shows the percentage of Fairfield County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 46% of all Fairfield County adults kept a firearm in their home, 55% of males, and 44% of those under 30 kept a firearm in their home.



### Firearm Injury Prevention

According to The American College of Emergency Physicians (ACEP), the improper use of firearms results in death and injury. Below are some of the College supported efforts to prevent firearm-related injuries and deaths:

- ❖ Aggressively enforce current laws against illegal possession, purchase, sale, or use of firearms;
- ❖ Encourage the creation and evaluation of community and school-based education programs targeting the prevention of firearm injuries;
- ❖ Educate the public about the risks of improperly stored firearms, especially in the home;
- ❖ Increase funding for the development, evaluation, and implementation of evidence-based programs and policies to reduce firearm-related injury and death
- ❖ Work with stakeholders to develop comprehensive strategies to prevent firearm injury and death

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

2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Firearms kept in or around their home	42%	46%	N/A	N/A
Had been abused in the past year	6%	3%	N/A	N/A

*N/A – Not available*

# Mental Health and Suicide

## Key Findings

*In 2013, 2% of Fairfield County adults considered attempting suicide. 11% of adults recently 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, 11% of Fairfield County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing some usual activities, increasing to 23% of those with incomes less than \$25,000.
- ◆ 2% of Fairfield County adults considered attempting suicide in the past year.
- ◆ <1% of adults reported attempting suicide in the past year.
- ◆ Fairfield County adults were diagnosed with or treated for the following mental health issues: a mood disorder (11%), an anxiety disorder (9%), and some other mental health disorder (2%). 9% indicated they had taken medication for one or more mental health issues.

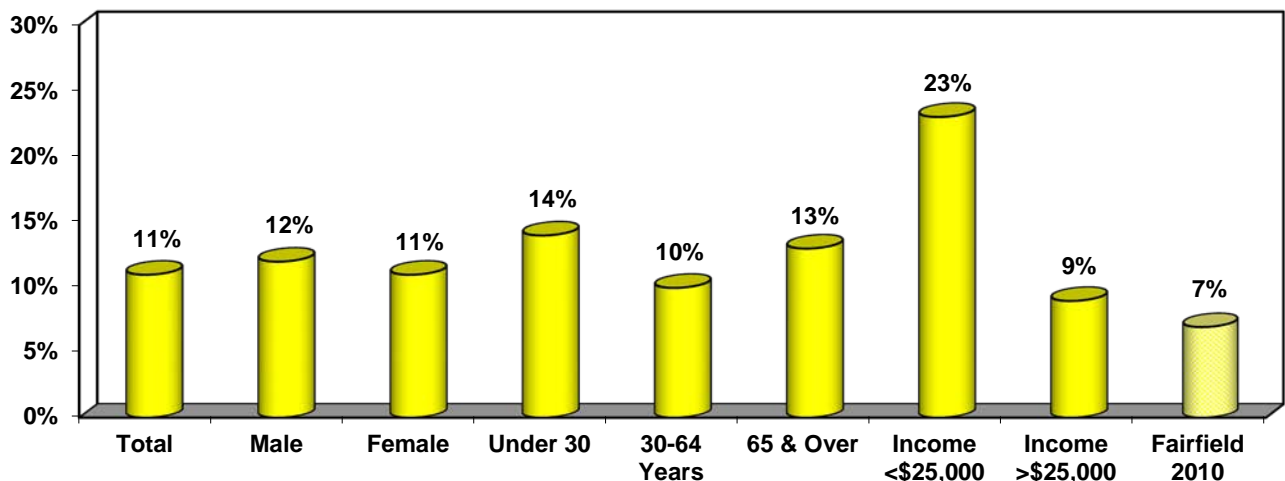
## Mental Health Services in Ohio

(Ohio Facts 2010, FY 2009\*)

- ◆ In FY 2009, mental health services spending totaled \$1.34 billion in Ohio. In FY 2009, state hospitals served 6,790 individuals at a cost of \$217.7 million. Average daily cost per resident was \$589.
- ◆ In FY 2009, Ohio's 50 community-based mental health boards served 325,000 individuals throughout the state.
- ◆ An average of 109,000 individuals each month received Medicaid mental health services through ODMH.

(Sources: U.S. Department of Health and Human Services, Ohio Department of Mental Health,  
<http://www.lsc.state.oh.us/fiscal/ohiofacts/sep2010/healthandhumanservices.pdf>)

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



2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Two or more weeks in a row felt sad or hopeless	7%	11%	N/A	N/A
Considered attempting suicide	2%	2%	N/A	N/A

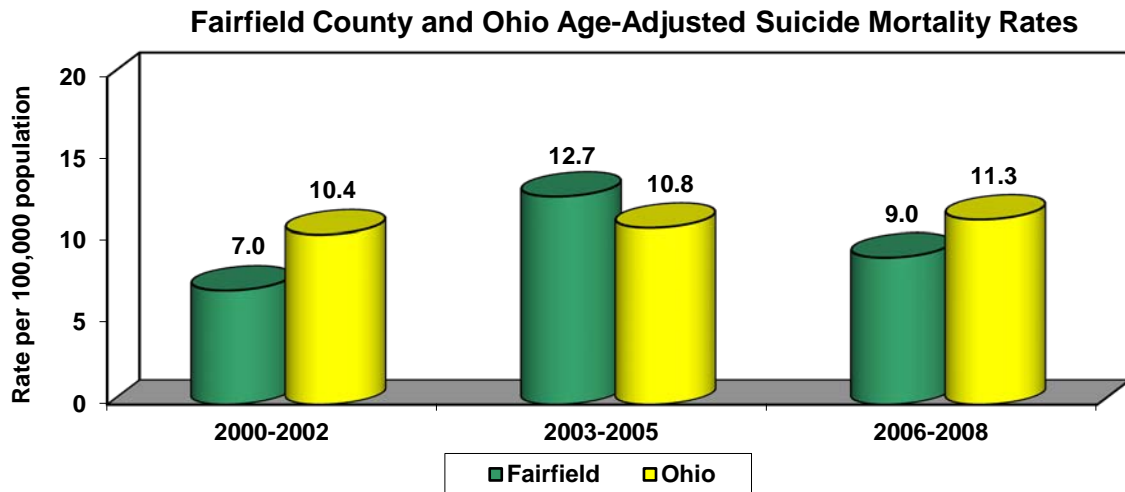
N/A – Not available



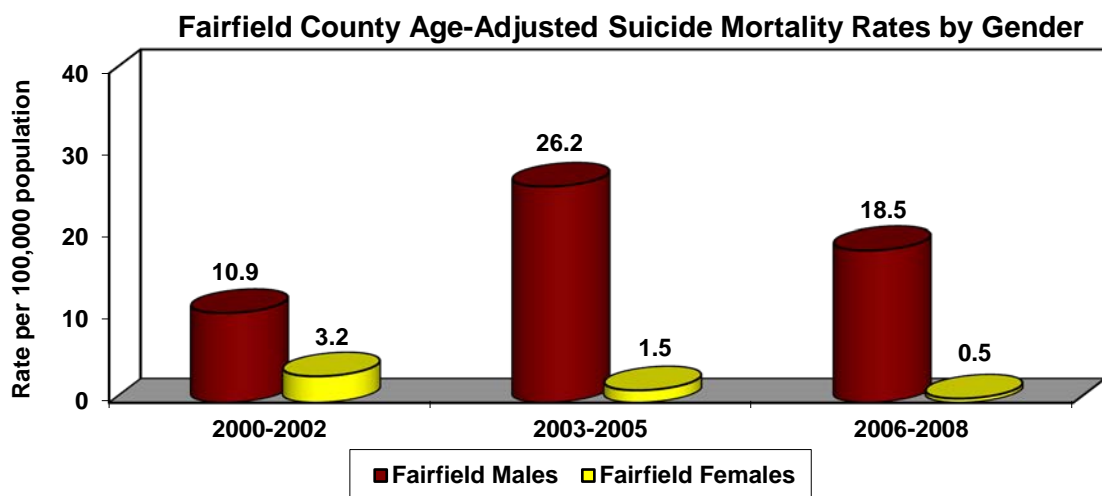
## Mental Health and Suicide

The following graphs show the Ohio and Fairfield County age-adjusted suicide mortality rates per 100,000 population and the number of suicide deaths by age group for the county. The graphs show:

- ◆ The Fairfield County age-adjusted suicide mortality rate increased overall from 2000-2002 to 2006-2008.
- ◆ The Fairfield County male age-adjusted suicide rate consistently exceeded the female rate from 2000 to 2008.
- ◆ From 2006-2008, 24% of all Fairfield County suicide deaths occurred to those ages 15-24 years old.



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

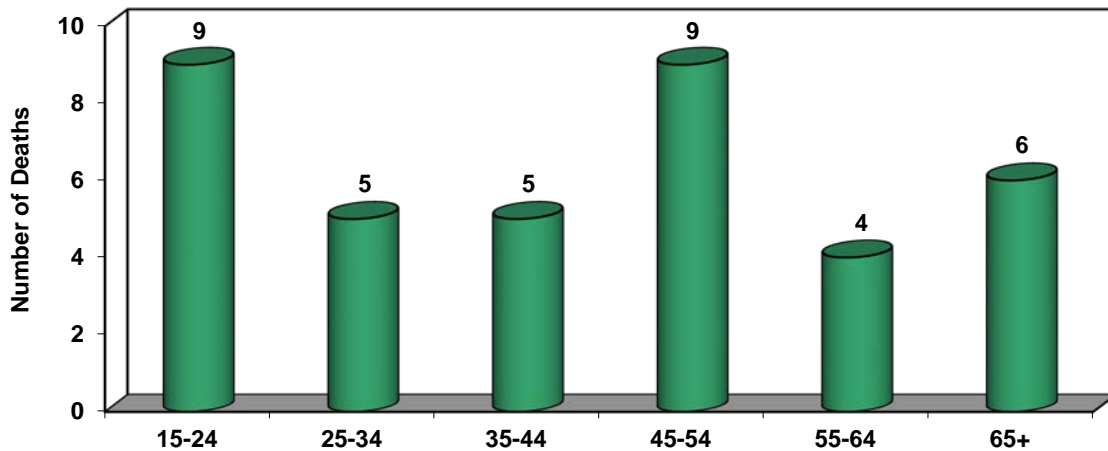


(Source: ODH Information Warehouse, updated 4-15-10)

## Mental Health and Suicide

**Fairfield County Number of Suicide Deaths By Age Group  
2006-2008**

**Total Deaths = 38**



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

### 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
- ❖ Bi-polar depression
- ❖ Drug abuse and dependence
- ❖ Alcohol abuse and dependence
- ❖ Schizophrenia
- ❖ 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/>)*

# Oral Health

## Key Findings

*The 2013 Health Assessment project has determined that two-thirds (67%) of Fairfield County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Three-fourths (75%) of Fairfield youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.*

## Access to Dental Care

- ◆ In the past year, 67% of Fairfield County adults had visited a dentist or dental clinic, decreasing to 33% of adults with annual household incomes less than \$25,000.
- ◆ The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.
- ◆ When asked how long it had been since their last visit to a dentist or dental clinic, 11% of Fairfield County adults reported that it had been more than one year but less than two years, 11% reported that it had been more than two years but less than five years, and 9% responded it had been five or more years ago.
- ◆ Nearly four-fifths (79%) of Fairfield County adults with dental insurance have been to the dentist in the past year, compared to 59% of those without dental insurance.
- ◆ When asked the main reason for not visiting a dentist in the last year, 38% said cost, 17% had no reason to go, 16% said fear, apprehension, nervousness, pain, and dislike going, 7% had other priorities, 6% did not have/know a dentist, 4% had not thought of it, 2% could not get into a dentist, 2% said their dentist did not accept their medical coverage, 2% could not find a dentist who took Medicaid, and 2% could not get to the office/clinic.
- ◆ One-third (33%) of adults had one or more of their permanent teeth removed, increasing to 61% of those ages 65 and over. The 2012 BRFSS reported that 45% of U.S. adults and 46% of Ohio adults had one or more permanent teeth removed.
- ◆ The 2013 Health Assessment reports that 15% of Fairfield County adults ages 65 and over had all of their permanent teeth removed. The 2012 BRFSS reported that 16% of U.S. adults and 20% of Ohio adults ages 65 and over had all of their permanent teeth removed.
- ◆ In the past year, 75% of Fairfield County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work. 9% responded more than one year but less than 2 years, and 3% responded more than 2 years ago.

### Fairfield County Dental Care Resources – 2011

- ◆ Number of licensed dentists- 64
- ◆ Number of primary care dentists- 54
- ◆ Ratio of population per dentist- 2,246:1
- ◆ Number of dentists who treat Medicaid patients- 11
- ◆ Ratio of Medicaid population per dentist who treats Medicaid patients- 2,490:1

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

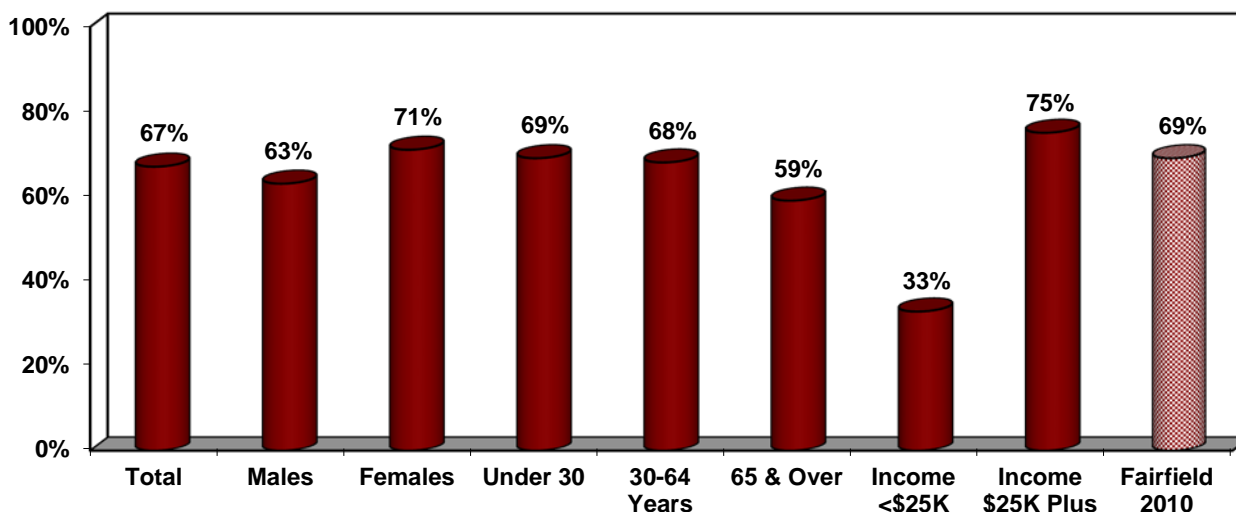
Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
<b>Time Since Last Visit to Dentist/Dental Clinic</b>					
Males	63%	11%	11%	13%	1%
Females	71%	10%	11%	6%	1%
Total	67%	11%	11%	9%	1%

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

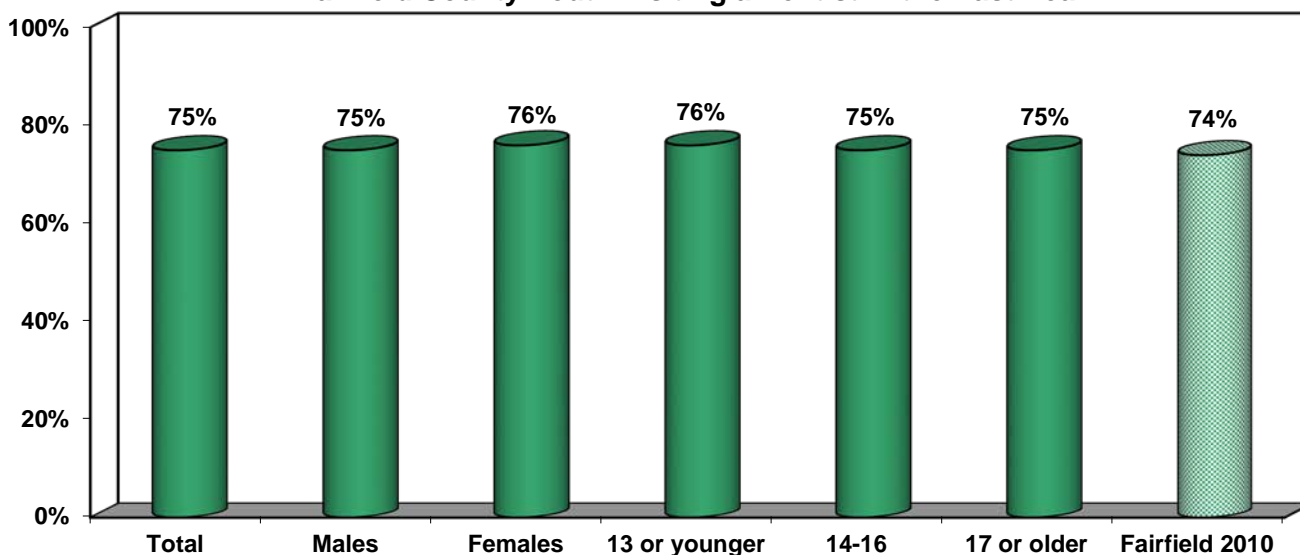
## Oral Health

The following graphs provide information about the frequency of Fairfield County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 67% of all Fairfield County adults had been to the dentist in the past year, 69% of those under the age of 30, and 33% of those with incomes less than \$25,000.

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



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



2010/2013 Adult Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Adults who have visited the dentist in the past year	69%	67%	68%	67%
Adults who had one or more permanent teeth removed	N/A	33%	46%	45%
Adults 65 years and older who had all of their permanent teeth removed	N/A	15%	20%	16%

N/A – Not Available

# Parenting

## Key Findings

*The 2013 Health Assessment identified that 11% of parents reported their child was not covered by any health insurance at some time in the past year. 75% of parents identified they put their child to sleep on their back as an infant.*

## Parenting

- ◆ In 2013, 11% of parents reported that their child was not covered by any health insurance at some time in the past year.
- ◆ Parents gave the following reasons for not getting dental care for their child: child was not old enough to go to the dentist (10%), cost (5%), and could not find a dentist who accepted child's insurance (1%).
- ◆ When asked how parents put their child to sleep as an infant, 75% said on their back, 11% said on their stomach, 10% said on their side, and 4% said in bed with parent or another person.
- ◆ Fairfield County parents indicated they knew which immunizations their child needed through the following: physician or nurse told them (86%), received a card in the mail (27%), their own personal files (11%), memory (1%), and other (2%).

## Sudden Infant Death Syndrome (SIDS)

SIDS is the diagnosis given when an infant under one year of age dies suddenly, and the incident cannot be explained by recent illness, medical history, an autopsy or the death scene itself. Risk factors for SIDS have been identified and include:

- ❖ Sleeping in the prone position (stomach sleeping)
- ❖ Soft bedding or unsafe beds (couches, daybeds, waterbeds)
- ❖ Loose bedding such as blankets and pillows.
- ❖ Overheating due to clothing, blankets or room temperature
- ❖ Exposure to secondhand smoke
- ❖ Mother receiving late or no prenatal care
- ❖ Premature birth or low birth weight

*(Source: National Sleep Foundation, Sudden Infant Death Syndrome and Sleep 2011, <http://www.sleepfoundation.org/>)*

2010/2013 Comparisons	Fairfield County 2010	Fairfield County 2013	Ohio 2012	U.S. 2012
Children without health insurance coverage at some time in the past year	12%	11%	9%*	10%*

*\* Comparison data from Ohio and U.S. for this table is from the Kaiser Family Foundation for children 0-18 years old.*

## 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>, October, 2011)*

# Youth Weight Status

## Key Findings

*The 2013 Health Assessment identified that 15% of Fairfield County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Fairfield County youth reported that they were slightly or very overweight. 75% of youth were exercising for at least 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities. Youth spent an average of 3.5 hours per day on their cell phones.*

## Youth Weight Status

- ◆ BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obesity.
- ◆ In 2013, 15% of youth were classified as obese by Body Mass Index (BMI) calculations (2011 YRBS reported 15% for Ohio and 13% for the U.S.). 10% of youth were classified as overweight (2011 YRBS reported 15% for Ohio and 15% for the U.S.). 71% were normal weight, and 4% were underweight.
- ◆ 28% of youth described themselves as being either slightly or very overweight (2011 YRBS reported 30% for Ohio and 29% for the U.S.).
- ◆ Almost half (46%) of all youth were trying to lose weight, increasing to 60% of Fairfield County female youth (compared to 34% of males).
- ◆ Fairfield County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 54% of youth exercised.
  - 32% of youth ate less food, fewer calories, or foods lower in fat.
  - 6% reported going without eating for 24 hours or more (2011 YRBS reported 13% for Ohio and 12% for the U.S.).
  - 3% reported smoking to lose weight.
  - 3% reported taking diet pills, powders, or liquids without a doctor's advice (2011 YRBS reported 6% for Ohio and 5% for the U.S.).
  - 1% vomited or took laxatives to lose weight. (2011 YRBS reported 6% for Ohio and 4% for the U.S.).

## Soft Drinks & Adolescent Weight

- ◆ Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2–18 years, affecting the overall quality of their diets. Approximately half of these empty calories come from 6 sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.
- ◆ Adolescents drink more full-calorie soda per day than milk. Males aged 12–19 years drink an average of 22 ounces of full-calorie soda per day, more than twice their intake of fluid milk (10 ounces), and females drink an average of 14 oz. of full-calorie soda and only 6 oz. of fluid milk.

(Source: CDC, Adolescent and School Health, <http://www.cdc.gov/healthyyouth/nutrition/facts.htm>, 9-15-11)

Fairfield County 6 <sup>th</sup> -12 <sup>th</sup> Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	54%
Ate less food, fewer calories, or foods lower in fat	32%
Went without eating for 24 hours	6%
Smoked cigarettes	3%
Took diet pills, powders, or liquids without a doctor's advice	3%
Vomited or took laxatives	1%



## Youth Weight Status

### Nutrition

- ◆ 13% of Fairfield County youth ate 5 or more servings of fruits and vegetables per day. 80% ate 1 to 4 servings of fruits and vegetables per day.
- ◆ About one-third (30%) of youth drank pop, punch, Kool-aid, sports drinks, energy drinks fruit flavored drinks, etc. at least once per day.
- ◆ Fairfield County youth consumed the following sources of calcium daily: milk (81%), other dairy products (57%), yogurt (35%), calcium-fortified juice (12%), and calcium supplements (8%).
- ◆ 35% of youth reported drinking energy drinks for the following reasons: to stay awake (20%), to get pumped up (7%), before games or practice (6%), to help them perform (4%), to mix with alcohol (2%), and some other reason (16%).
- ◆ Fairfield County youth used the following performance enhancing supplements in the past year: energy drinks (21%), whey protein (13%), Muscle milk (13%), pre work-out shakes (12%), creatine (6%), diet/caffeine pills such as Hydroxycut (2%), testosterone boosters (1%), and other dietary supplements (4%).

### Physical Activity

- ◆ 75% of Fairfield County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 56% did so on 5 or more days in the past week and 32% did so every day in the past week. 10% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2011 YRBS reports 16% for Ohio and 14% for the U.S.).
- ◆ 72% of Fairfield County youth were physically active at least 60 minutes per day on less than 7 days, (2011 YRBS reported 75% for Ohio and 71% for the U.S.) and 49% were physically active at least 60 minutes per day on less than 5 days (2011 YRBS reported 55% for Ohio and 51% for the U.S.).
- ◆ The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.
- ◆ Fairfield County youth spent an average of 3.5 hours on their cell phone, 2.1 hours watching TV, 1.8 hours on the computer/tablet, and 1.1 hours playing video games on an average day of the week.
- ◆ One-third (33%) of youth spent 3 or more hours watching TV on an average day (2011 YRBS reported 31% for Ohio and 32% for the U.S.).
- ◆ 87% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (52%), school club or social organization (31%), part-time job (23%), caring for siblings after school (19%), church or religious organization (17%), church youth group (16%), babysitting for other kids (15%), volunteering in the community (12%), caring for parents or grandparents (3%) or some other organized activity (Scouts, 4H, etc.) (11%).

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

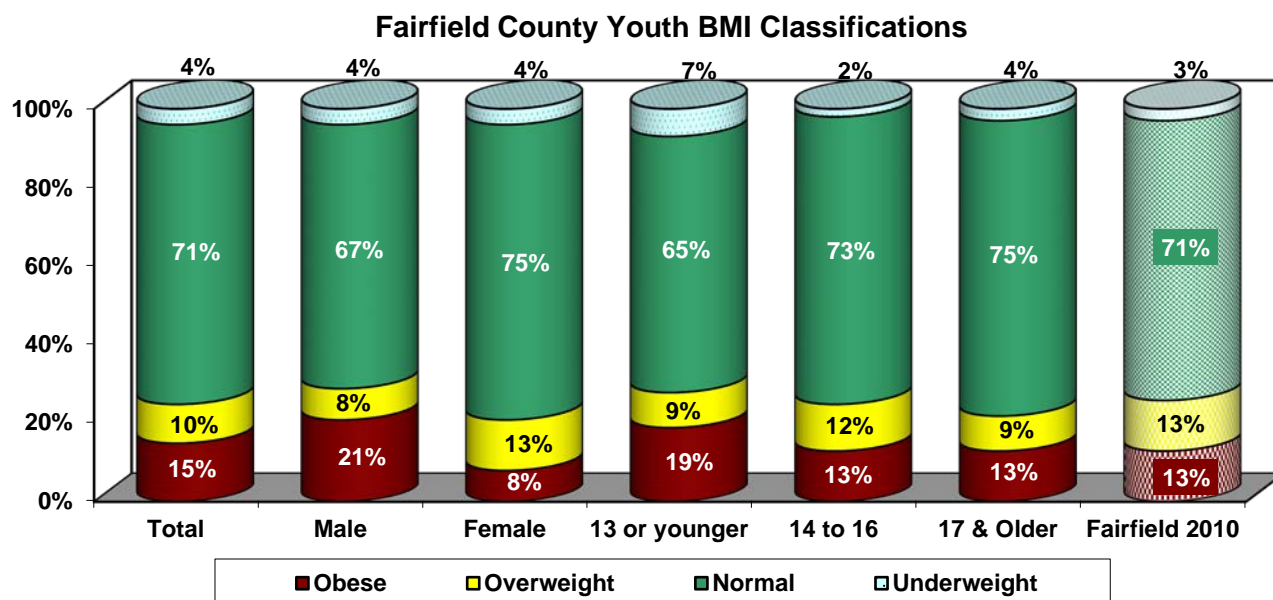
- ◆ Getting active can also improve academic performance. In a study of 214 middle-school students by researchers from Michigan State University, those who participated in vigorous physical activity did about 10% better in core classes like math, science and English.
- ◆ Exercise breaks during the day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

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



## Youth Weight Status

The following graph shows the percentage of Fairfield County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph include: 71% of all Fairfield County youth were classified as normal weight, 15% were obese, 10% were overweight, and 4% were calculated to be underweight for their age and gender.



2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	13%	15%	12%	15%	13%
Overweight	13%	10%	12%	15%	15%
Described themselves as slightly or very overweight	27%	28%	27%	30%	29%
Trying to lose weight	45%	46%	49%	N/A	N/A
Exercised to lose weight	46%	54%	56%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	24%	32%	34%	43%*	39%*
Went without eating for 24 hours or more	4%	6%	7%	13%	12%
Took diet pills, powders, or liquids without a doctor's advice	3%	3%	4%	6%	5%
Vomited or took laxatives	2%	1%	2%	6%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	80%	81%	85%*	78%*
Physically active at least 60 minutes per day on less than 7 days in past week	68%	68%	72%	75%	71%
Physically active at least 60 minutes per day on less than 5 days in past week	45%	44%	49%	55%	51%
Did not participate in at least 60 minutes of physical activity on any day in past week	11%	10%	11%	16%	14%
Watched TV 3 or more hours per day	38%	33%	35%	31%	32%

N/A – Not available

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

## Youth Tobacco Use

### Key Findings

*The 2013 Health Assessment identified that 9% of Fairfield County youth in grades 6-12 were smokers, increasing to 17% of those who were over the age of 17. Overall, 5% of Fairfield County youth in grades 6-12 indicated they had used chewing tobacco or snuff in the past month. Of those 6<sup>th</sup> -12<sup>th</sup> grade youth who currently smoked, 51% had tried to quit.*

### Youth Tobacco Use Behaviors

- ◆ The 2013 health assessment identified that 24% of youth had tried cigarette smoking at some time in their life. The 2011 YRBS reports 52% of Ohio youth and 45% of U.S. youth had done the same.
- ◆ 25% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 32% had done so by 12 years old. The average age of onset for smoking was 12.9 years old.
- ◆ 7% of all Fairfield County youth had smoked a whole cigarette for the first time before the age of 13, increasing to 12% of high school youth. The 2011 YRBS reported that 14% of youth in Ohio had smoked a whole cigarette for the first time before age 13 and 2011 YRBS reported 10% for the U.S.
- ◆ In 2013, 9% of Fairfield County youth were current smokers, having smoked at some time in the past 30 days (2011 YRBS reported 21% for Ohio and 18% for the U.S.). 17% of those ages 17 and older were current smokers, compared to 3% of 12-13 year olds.
- ◆ About one-third (30%) of current smokers smoked cigarettes daily.
- ◆ 4% of all Fairfield County youth smoked cigarettes on 20 or more days during the past month, increasing to 7% of high school youth (2011 YRBS reported that 10% of youth in Ohio smoked cigarettes on 20 or more days during the past month and 6% for the U.S.).
- ◆ Two-thirds (66%) of the Fairfield County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ 44% of youth smokers borrowed cigarettes from someone else, 39% asked someone else to buy them cigarettes, 34% indicated they bought cigarettes from a store or gas station, 20% said a person 18 years or older gave them the cigarettes, 20% took them from a family member, 7% took them from a store, 2% got them from a vending machine, and 17% got them some other way.
- ◆ Fairfield County youth used the following forms of tobacco the most in the past year: cigarettes (13%), Black and Milds (11%), hookah (6%), cigars (6%), cigarillos (5%), swishers (5%), e-cigarette (5%), chewing tobacco or snuff (5%), flavored cigarettes (3%), snus (3%), little cigars (2%), and bidis (1%).
- ◆ In the past 30 days, 5% of Fairfield County youth used chewing tobacco or snuff (2011 YRBS reported 12% for Ohio and 8% for the U.S.) increasing to 9% of males and of those ages 17 and older.
- ◆ About half (51%) of Fairfield County 6<sup>th</sup>-12<sup>th</sup> grade youth smokers had tried to quit smoking in the past year (2011 YRBS reported 56% for Ohio and 50% for the U.S.).

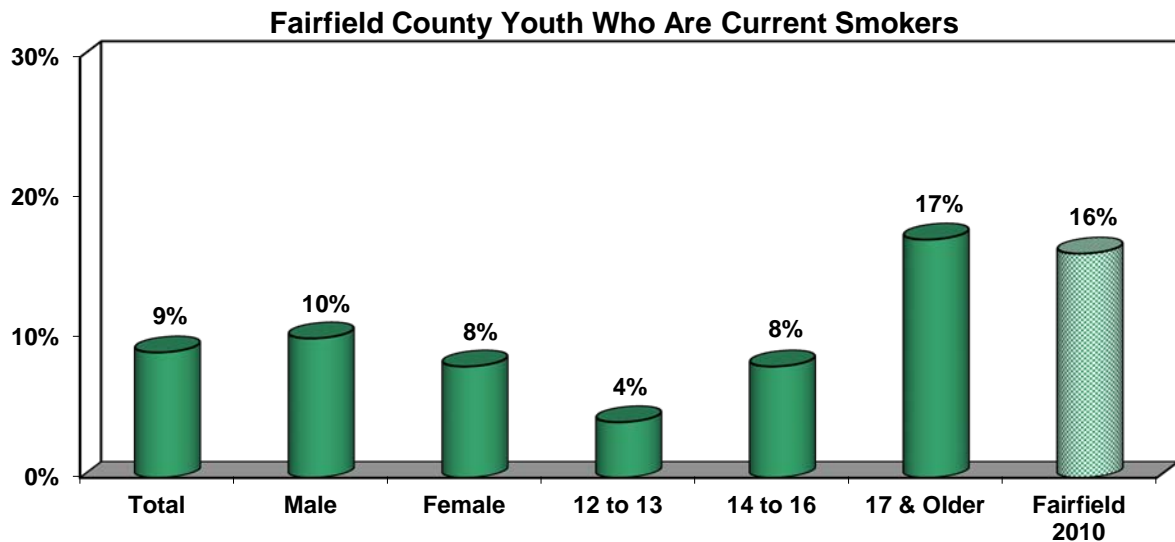
### Tobacco Sales and Promoting to Youth

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

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

## Youth Tobacco Use

The following graph shows the percentage of Fairfield County youth who smoke cigarettes. Examples of how to interpret the information include: 9% of all Fairfield County youth were current smokers, 10% of males smoked, and 8% of females were current smokers.



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

Youth Behaviors	Current Smoker	Non-Current Smoker
Participated in extracurricular activities	90%	87%
Participated in sexual intercourse	76%	21%
Have had at least one drink of alcohol in the past 30 days	66%	14%
Felt depressed in past 12 months	63%	25%
Have been bullied in the past 12 months	57%	45%
Have been in a physical fight in the past 12 months	51%	21%
Have used marijuana in the past 30 days	46%	7%
Misused prescription medications at some time in their life	32%	5%
Attempted suicide in the past 12 months	21%	6%

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

2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )
Ever tried cigarettes	36%	24%	33%	52%	45%
Current smokers	16%	9%	12%	21%	18%
Smoked cigarettes on 20 or more days during the past month (of all youth)	6%	4%	7%	10%	6%
Used chewing tobacco or snuff in past month	11%	5%	7%	12%	8%
Tried to quit smoking (of smokers)	66%	51%	58%	56%	50%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	10%	7%	12%	14%	10%

# Youth Alcohol Consumption

## Key Findings

*In 2013, the Health Assessment results indicated that 45% of Fairfield County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 71% of youth ages seventeen and older. 34% of those 6<sup>th</sup>-12<sup>th</sup> graders who drank, took their first drink at 12 years old or younger. 19% of all Fairfield County 6<sup>th</sup>-12<sup>th</sup> grade youth and 42% of those over the age of 17 had at least one drink in the past 30 days. Two-thirds (66%) of the 6<sup>th</sup>-12<sup>th</sup> grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 5% of all high school youth had driven a car in the past month after they had been drinking alcohol.*

## Youth Alcohol Consumption

- ◆ In 2013, the Health Assessment results indicated that almost half (45%) of all Fairfield County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 71% of those ages 17 and older (2011 YRBS reports 71% for Ohio and 71% for the U.S.).
- ◆ About one-fifth (19%) of youth had at least one drink in the past 30 days, increasing to 42% of those ages 17 and older (2011 YRBS reports 38% for Ohio and 39% for the U.S.).
- ◆ Of those who drank, 66% 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 those ages 17 and older.
- ◆ Based on all youth surveyed, 13% were defined as binge drinkers, increasing to 31% of those ages 17 and older (2011 YRBS reports 24% for Ohio and 22% for the U.S.).
- ◆ 2% of Fairfield County youth who reported drinking in the past 30 days drank on at least 10 or more days during the month.
- ◆ About one-third (34%) of Fairfield County youth who reported drinking at sometime in their life had their first drink at 12 years old or younger; 24% took their first drink between the ages of 13 and 14, and 42% drank between the ages of 15 and 18. The average age of onset was 13.4 years old.
- ◆ Of all Fairfield County youth, 13% had drank alcohol for the first time before the age of 13. (2011 YRBS reports 18% of Ohio youth drank alcohol for the first time before the age of 13 and 21% for the U.S.).
- ◆ Fairfield County youth drinkers reported they got their alcohol from the following: someone gave it to them (36%), (2011 YRBS reports 40% for the U.S.), someone older bought it for them (35%), an older friend or sibling bought it for them (31%), a parent gave it to them (21%), a friend's parent gave it to them (10%), bought it in a liquor store/convenience store/gas station (9%), took it from a store or family member (8%), bought it at a public event such as a concert or sporting event (3%), and some other way (12%). No one reported buying it with a fake ID or at a restaurant, bar, or club.
- ◆ During the past month 13% of all Fairfield County youth had ridden in a car driven by someone who had been drinking alcohol (2011 YRBS reports 21% for Ohio and 2011 YRBS reports 24% for the U.S.).
- ◆ 5% of all high school youth had driven a car in the past month after they had been drinking alcohol, increasing to 9% of those 17 and older (2011 YRBS reports 7% for Ohio and 8% for the U.S.).

## Underage Drinking in Ohio

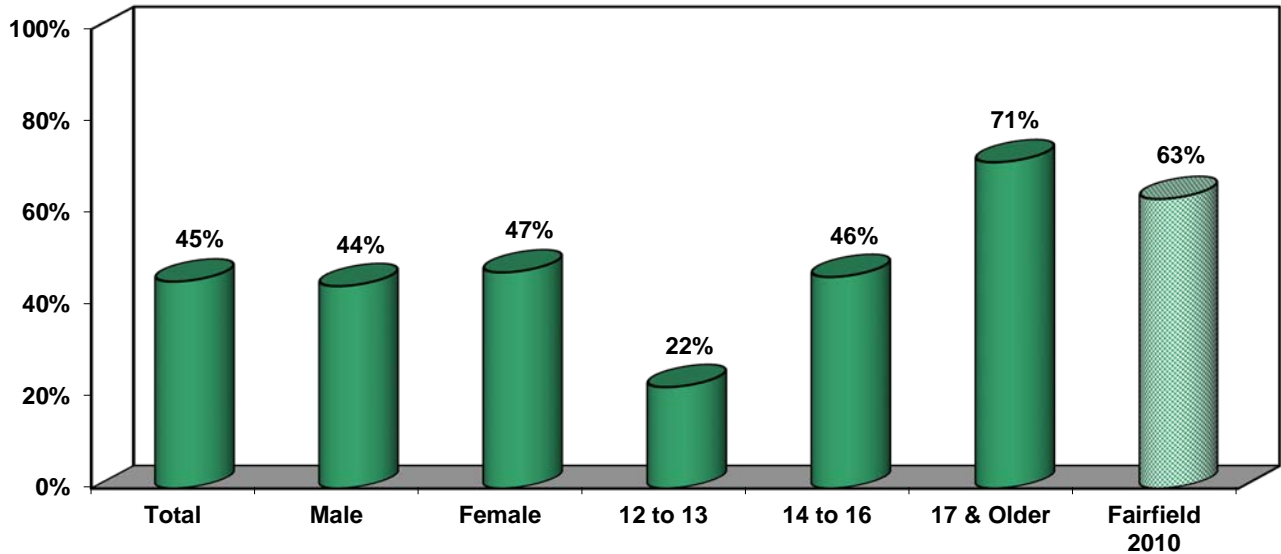
- ❖ The price for underage drinking on Ohio residents was \$2.9 billion in 2010.
- ❖ The figure of \$2.9 billion translates to a cost of \$2,596 per year for each youth in Ohio or \$3.19 per drink consumed underage.
- ❖ In 2009, there were 4,178 youth ages 12-20 who were admitted to an alcohol treatment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

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

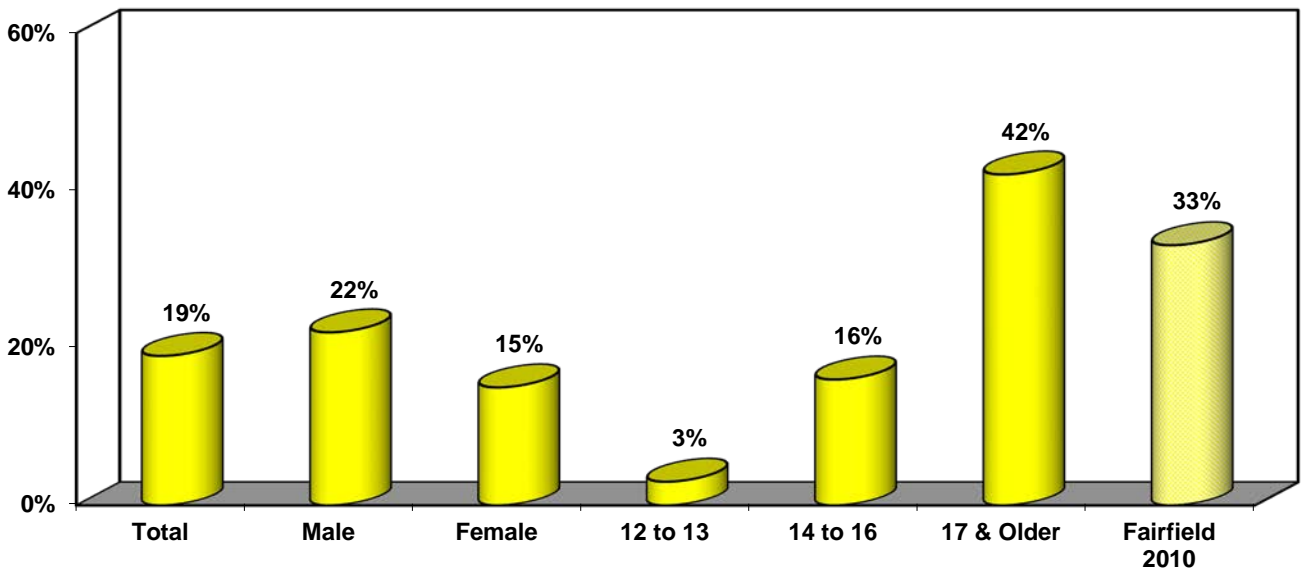
## Youth Alcohol Consumption

The following graphs show the percentage of Fairfield County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 45% of all Fairfield County youth have drunk at some time in their life: 44% of males and 47% of females.

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

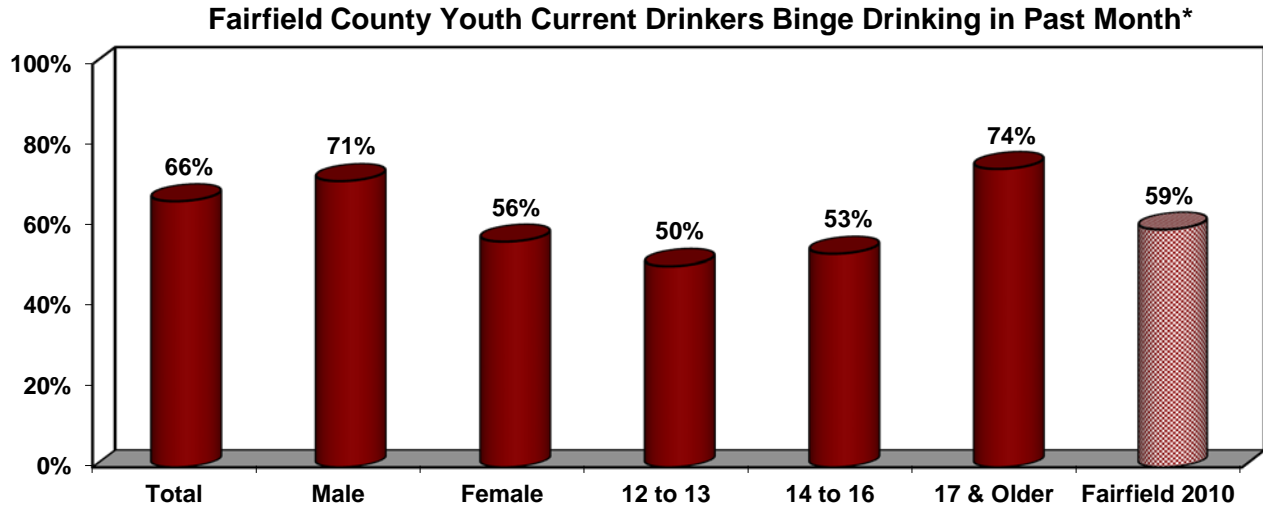


**Fairfield County Youth Current Drinkers**



## Youth Alcohol Consumption

The following graph shows the percentage of Fairfield County youth who were binge drinkers. Examples of how to interpret the information include: 66% of current drinkers binge drank in the past month, 71% of males, and 56% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.



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

### Behaviors of Fairfield County Youth Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	90%	85%
Participated in sexual intercourse	69%	16%
Felt depressed in past 12 months	46%	24%
Have been in a physical fight in the past 12 months	36%	20%
Have used marijuana in the past 30 days	34%	5%
Have smoked cigarettes in the past 30 days	31%	4%
Misused prescription medications at some time in their life	26%	3%
Attempted suicide in the past 12 months	16%	5%

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

2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> - 12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )
Ever tried alcohol	63%	45%	59%	71%	71%
Current drinker	33%	19%	30%	38%	39%
Binge drinker (of all youth)	19%	13%	20%	24%	22%
Drank for the first time before age 13 (of all youth)	24%	13%	13%	18%	21%
Rode with someone who was drinking	19%	13%	12%	21%	24%
Drank and drove	6%	3%	5%	7%	8%
Obtained the alcohol they drank by someone giving it to them	52%	36%	41%	N/A	40%

*N/A – Not available*



# Youth Marijuana and Other Drug Use

## Key Findings

*In 2013, 10% of Fairfield County youth had used marijuana at least once in the past 30 days, increasing to 23% of those ages 17 and older. 7% 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 13% of those over the age of 17.*

## Youth Drug Use

- ◆ In 2013, 10% of all Fairfield County youth had used marijuana at least once in the past 30 days, increasing to 23% of those over the age of 17. The 2011 YRBS found a prevalence of 24% for Ohio youth and a prevalence of 23% for U.S. youth that had used marijuana one or more times during the past 30 days.
- ◆ 7% of Fairfield 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 13% of those over the age of 17.
- ◆ Fairfield County youth reported they got the medication that was not prescribed for them from the following: a friend gave it to them (62%), a parent gave it to them (35%), took it from a friend or family member (29%), another family member gave it to them (21%), bought them from a friend (18%), and bought them from someone else (12%).
- ◆ 37% of youth reported they had been prescribed pain medication for an injury or surgery sometime in their life, increasing to 51% of those ages 17 and over.
- ◆ Fairfield County youth have tried the following in their life:
  - 8% used K2/spice /posh/salvia/synthetic marijuana
  - 4% of youth used inhalants, (2011 YRBS reports 11% for U.S.)
  - 4% used steroids, (2011 YRBS reports 4% for Ohio and 4% for U.S.)
  - 3% used cocaine, (2011 YRBS reports 7% for Ohio and 7% for U.S.)
  - 2% misused over-the-counter medications
  - 2% used ecstasy/MDMA, (2011 YRBS reports 8% for U.S.)
  - 2% used methamphetamines, (2011 YRBS reports 4% for the U.S.)
  - 1% used heroin, (2011 YRBS reports 3% for Ohio and 3% for U.S.)
  - 1% misused hand sanitizer
  - 1% had been to a pharm party/used skittles
  - <1% used bath salts
- ◆ During the past 12 months, 10% of all Fairfield County youth reported that someone had offered, sold, or given them an illegal drug on school property, increasing to 14% of high school youth (2011 YRBS reports 24% for Ohio and 26% for the U.S.).
- ◆ Youth reported using the following during the school day on school property:
  - Alcohol (4%)
  - Chewing tobacco (4%)
  - Prescription drugs not prescribed for them (3%)
  - Cigarettes (3%)
  - Illegal drugs (2%)

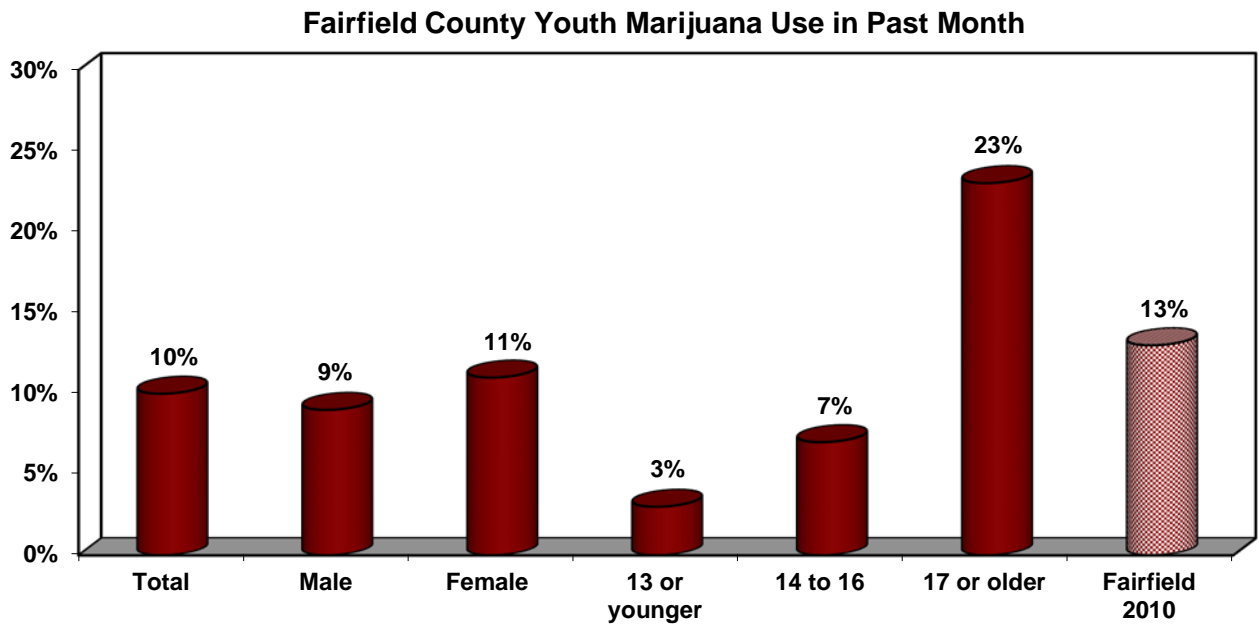
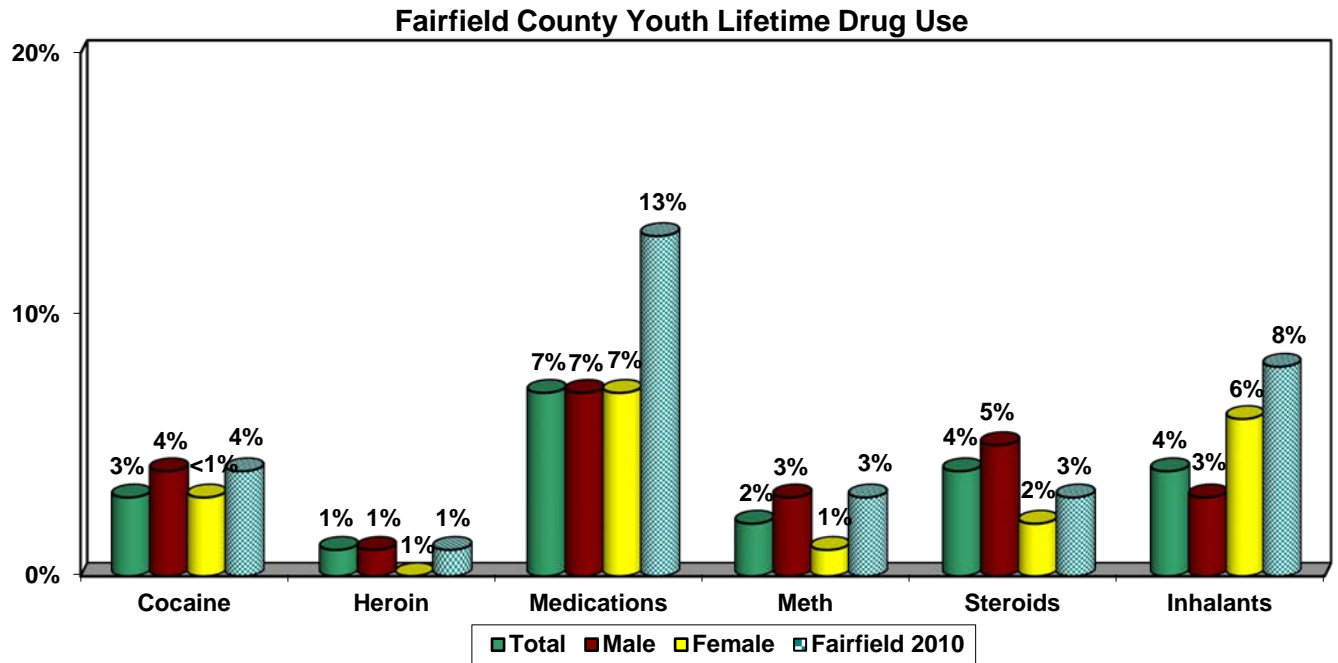
## Synthetic Marijuana

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

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



# Youth Marijuana and Other Drug Use



## Youth Marijuana and Other Drug Use

2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who used marijuana in the past month	13%	10%	15%	24%	23%
Ever used methamphetamines	3%	2%	3%	6%*	4%
Ever used cocaine	4%	3%	3%	7%	7%
Ever used heroin	1%	1%	1%	3%	3%
Ever used steroids	3%	4%	3%	4%	4%
Ever used inhalants	8%	4%	3%	12%**	11%
Ever used ecstasy/MDMA	N/A	2%	2%	N/A	8%
Ever misused medications	13%	7%	10%	N/A	N/A
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	15%	10%	14%	24%	26%

N/A - Not available

\*2007 YRBS Data

\*\*2005 YRBS Data

### Prescription Drug Abuse Facts

- ❖ Among youth who are 12 to 17 years old, 7.4 percent reported past-year nonmedical use of prescription medications.
- ❖ According to the 2011 Monitoring the Future survey, prescription and over-the-counter drugs are among the most commonly abused drugs by 12th graders, after alcohol, marijuana, and tobacco.
- ❖ Youth who abuse prescription medications are also more likely to report use of other drugs.

(Source: National Institute on Drug Abuse: The Science Behind Drug Abuse; Prescription Drugs, [http://teens.drugabuse.gov/facts/facts\\_rx1.php](http://teens.drugabuse.gov/facts/facts_rx1.php))

# Youth Sexual Behavior and Teen Pregnancy Outcomes

## Key Findings

*In 2013, one-quarter (25%) of Fairfield County youth have had sexual intercourse, increasing to 64% of those ages 17 and over. 25% of youth had participated in oral sex and 7% had participated in anal sex. 22% of youth participated in sexting. Of those who were sexually active, 73% had multiple sexual partners.*

## Youth Sexual Behavior

- ◆ One-quarter (25%) of Fairfield County youth have had sexual intercourse, increasing to 64% of those ages 17 and over. (The 2011 YRBS reports 47% of U.S. youth have had sexual intercourse.).
- ◆ 25% of youth had participated in oral sex, increasing to 62% of those ages 17 and over.
- ◆ 7% of youth had participated in anal sex, increasing to 14% of those ages 17 and over.
- ◆ 22% of youth had participated in sexting, increasing to 50% of those ages 17 and over.
- ◆ 23% of youth had viewed pornography, increasing to 33% of males and 46% of those ages 17 and over.
- ◆ Of those youth who were sexually active in their lifetime, 27% had one sexual partner and 73% had multiple partners.
- ◆ 13% of all Fairfield County high school youth had 4 or more partners (2011 YRBS reports 18% for Ohio and 15% for the U.S.).
- ◆ Of those youth who were sexually active, 27% had done so by the age of 13. Another 46% had done so by 15 years of age. The average age of onset was 14.6 years old.
- ◆ Of all high school youth, 8% were sexually active before the age of 13 (2011 YRBS reports 6% for Ohio and 6% for the U.S.).
- ◆ Fairfield County youth had experienced the following: wanted to get pregnant (2%), had a miscarriage (1%), got someone pregnant (1%), had a child (1%), been treated for an STD (1%), exchanged sex for something of value (<1%), been pregnant (<1%), had an abortion (<1%), and tried to get pregnant (<1%).
- ◆ About three-fourths (76%) of youth who were sexually active used condoms to prevent pregnancy (2011 YRBS reports 60% for the U.S.); 38% used birth control pills (2011 YRBS reports 23% for Ohio and 18% for the U.S.), 19% used the withdrawal method, 11% used Depo-Provera, and 7% used some other method. However, 8% were engaging in intercourse without a reliable method of protection (2011 YRBS reports 10% for Ohio and 13% for the U.S.).

## Facts About “Sexting”

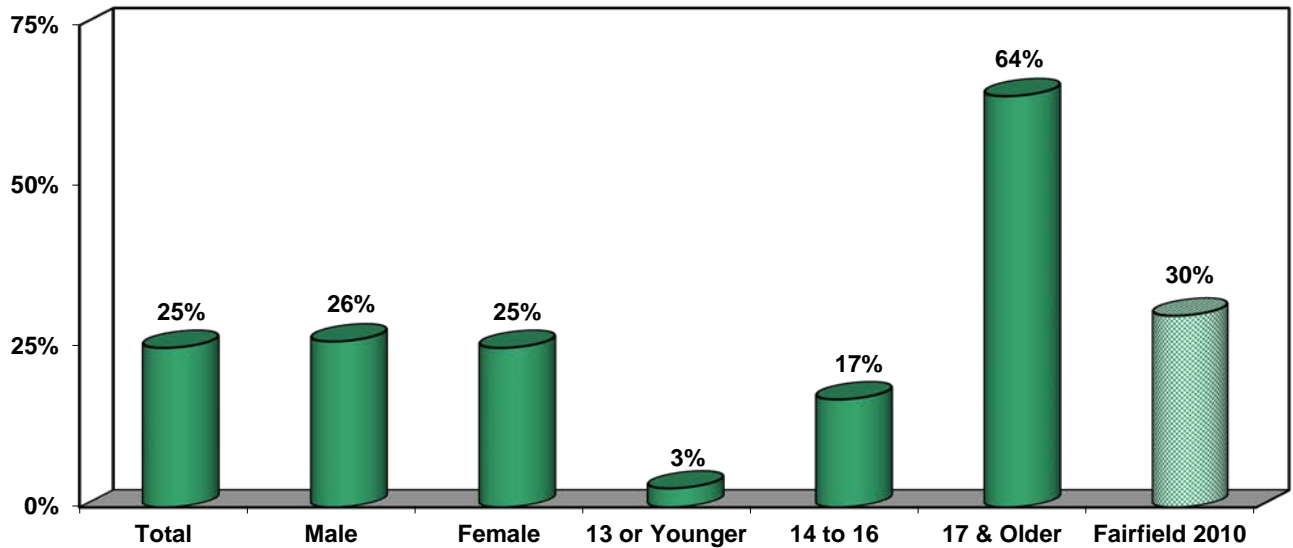
- ❖ 22% of teen girls say they have electronically sent or posted online, nude or semi-nude images of themselves.
- ❖ Almost one in five teen boys (18%) say they have sent or posted nude/semi-nude images of themselves.
- ❖ One-third (33%) of teen boys and one-quarter (25%) of teen girls say they have had nude/semi-nude images—originally meant to be private—shared with them.
- ❖ 15% of teens who have sent sexually suggestive content such as text messages, email, photographs or video say they have done so with someone *they only know online*.

(Source: National Campaign to Prevent Teen Pregnancy, 2011, obtained from: [http://www.thenationalcampaign.org/sextech/PDF/SexTech\\_PressReleaseFIN.pdf](http://www.thenationalcampaign.org/sextech/PDF/SexTech_PressReleaseFIN.pdf))

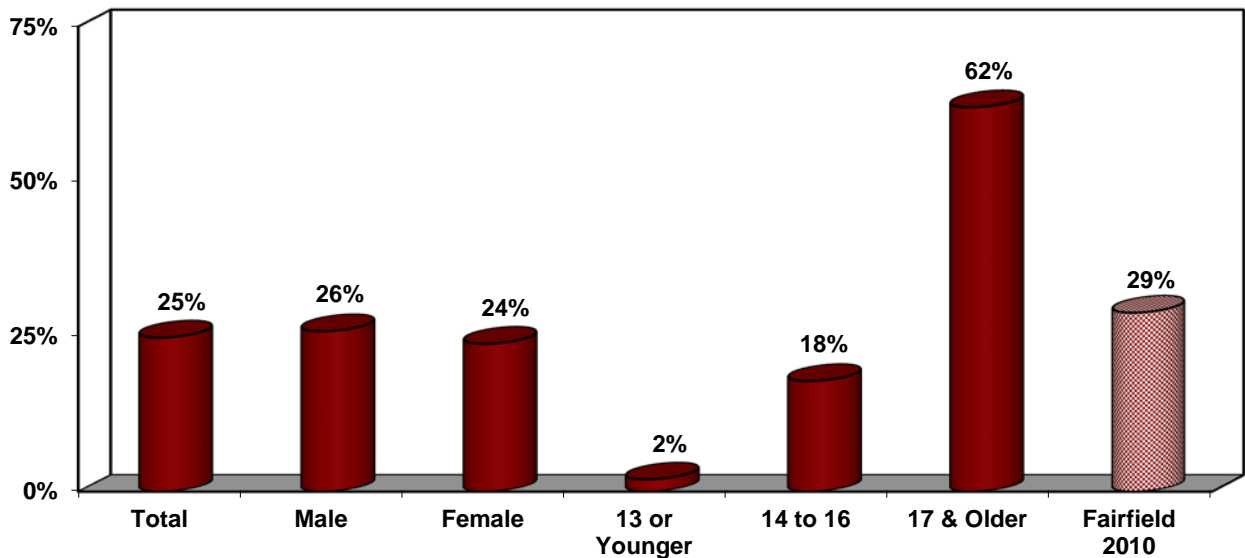
## Youth Sexual Behavior and Teen Pregnancy Outcome

The following graph shows the percentage of Fairfield County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 25% of all Fairfield County youth had sexual intercourse, 26% of males, and 25% of females had sexual intercourse.

**Fairfield County Youth Who Had Sexual Intercourse**

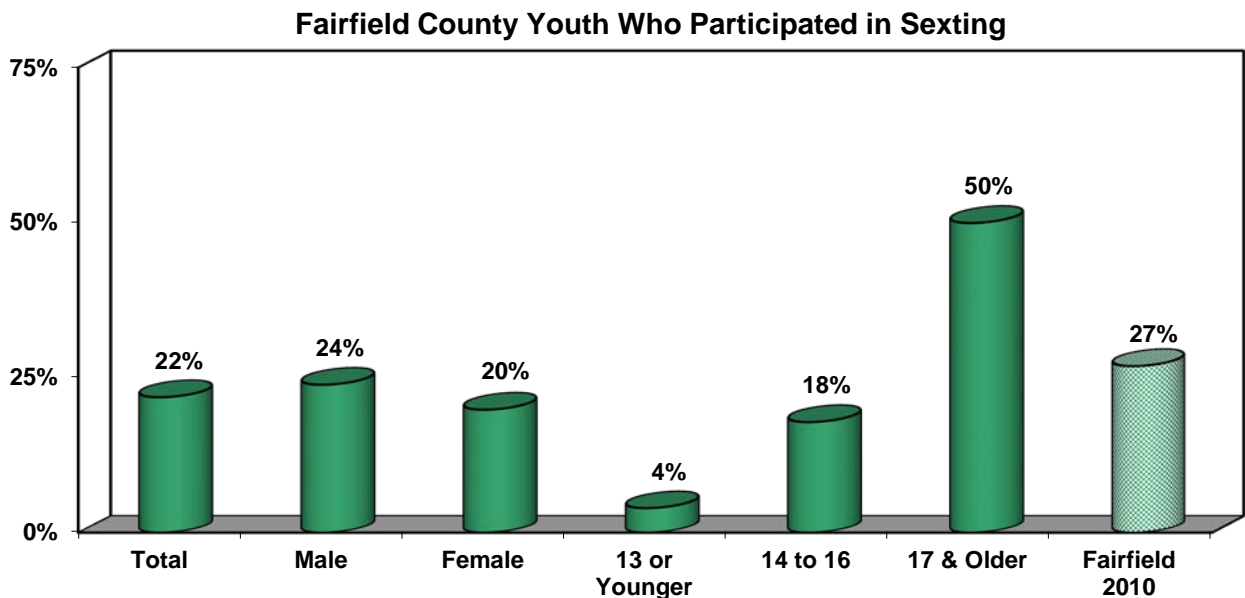
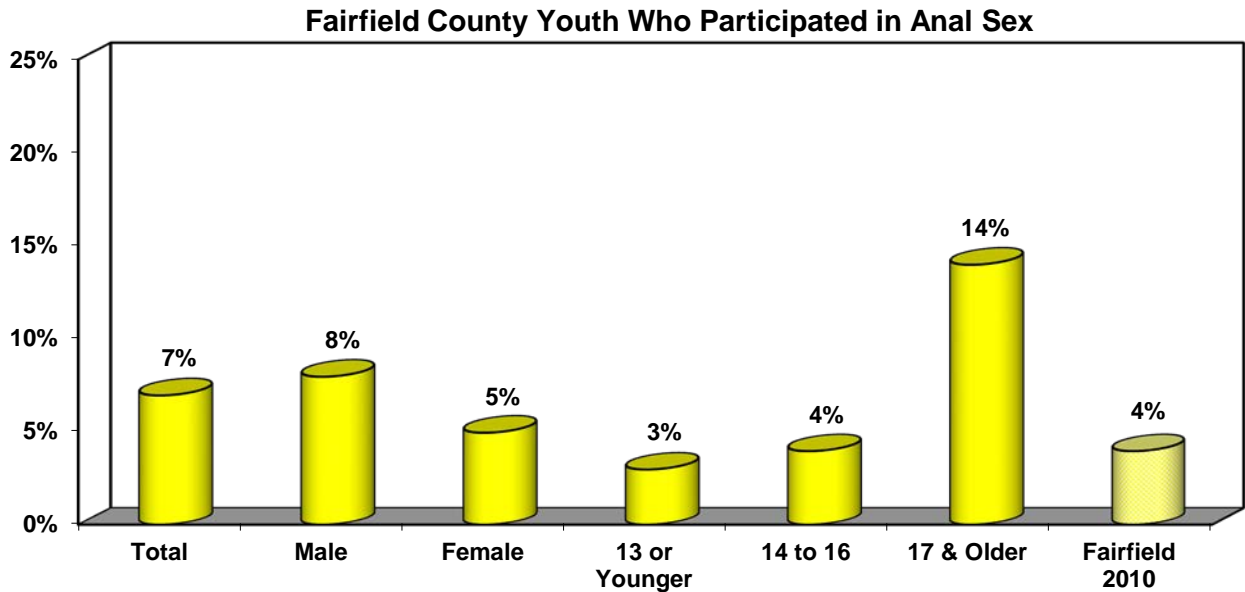


**Fairfield County Youth Who Participated in Oral Sex**

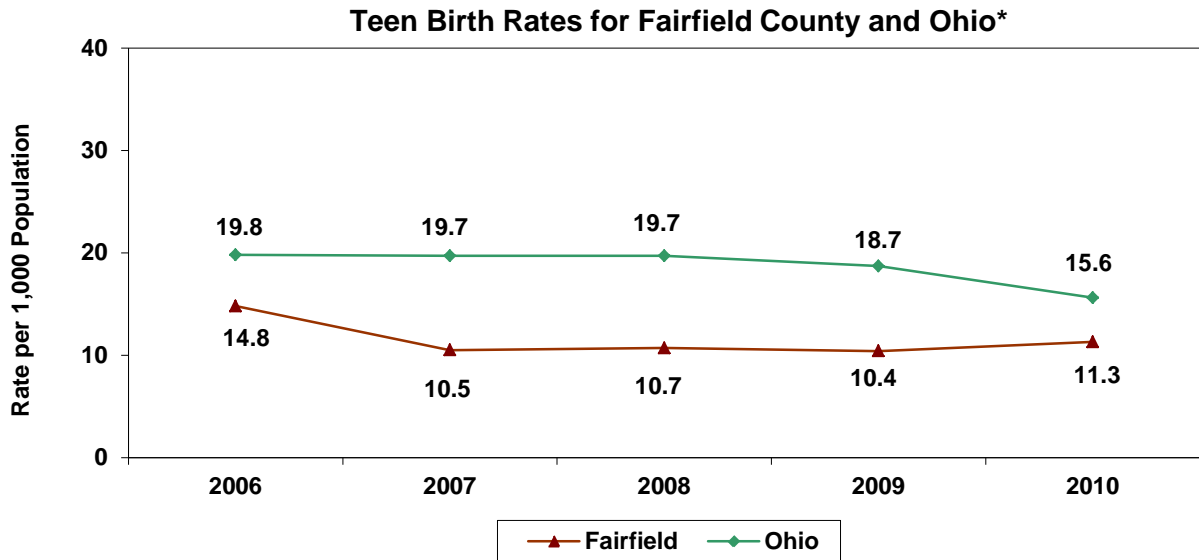


## Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graph shows the percentage of Fairfield County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 7% of all Fairfield County youth participated in anal sex, 8% of males, and 5% of females.



# Youth Sexual Behavior and Teen Pregnancy Outcomes



\*Teen birth rates include women ages 15-17  
 (Source: Ohio Department of Health Information Warehouse Updated 4-12-12)

2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> – 12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> – 12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )
Ever had sexual intercourse	30%	25%	43%	45%**	47%
Used a condom at last intercourse	65%	76%	74%	60%**	60%
Used birth control pills at last intercourse	36%	38%	40%	23%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	12%	8%	7%	10%	13%
Had four or more sexual partners	9%	8%	13%	18%	15%
Had sexual intercourse before age 13 (of all youth)	5%	7%	8%	6%	6%

\*\*2007YRBS data

# Youth Mental Health and Suicide

## Key Findings

*In 2013, the Health Assessment results indicated that 11% of Fairfield County 6<sup>th</sup>-12<sup>th</sup> grade youth had seriously considered attempting suicide in the past year and 7% admitted actually attempting suicide in the past year.*

## Youth Mental Health

- ◆ In 2013, over one-quarter (28%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 37% of females (2011 YRBS reported 27% for Ohio and 29% for the U.S.).
- ◆ 11% of youth reported they had seriously considered attempting suicide in the past 12 months compared to the 2011 YRBS rate of 16% for U.S. youth and 14% for Ohio youth.
- ◆ In the past year, 7% of Fairfield County youth had attempted suicide and 4% had made more than one attempt. The 2011 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 9% rate for Ohio youth.
- ◆ Of those who attempted suicide, 24% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- ◆ Of all Fairfield County youth, 2% had to be treated by a doctor or nurse as a result of a related injury, poisoning or overdose due to a suicide attempt (2011 YRBS reported 4% for Ohio and 2% for the U.S.).
- ◆ Fairfield County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (51%), hobbies (46%), texting someone (36%), exercising (31%), talking to a peer (31%), eating (30%), talking to someone in their family (28%), praying (23%), using social media (14%), reading the Bible (13%), shopping (13%), writing in a journal (12%), breaking something (11%), smoking/using tobacco (8%), drinking alcohol (8%), talking to a counselor (7%), self-harm (7%), using prescribed medication (6%), using illegal drugs (4%), vandalism/violent behavior (3%), harming someone else, such as bullying (1%), using un-prescribed medication (1%), and gambling (1%). 18% of youth reported they do not have anxiety, stress, or depression.
- ◆ Fairfield County youth reported the following reasons would keep them from seeking help if there were dealing with anxiety, stress, depression or thoughts of suicide: can handle it themselves (40%), worried what others might think (25%), do not know where to go (15%), no time (14%), paying for it (9%), family would not support them in getting help (6%), and transportation (4%). 39% of youth reported they would seek help.

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

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

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

## Recognizing Warning Signs of Suicide in Others

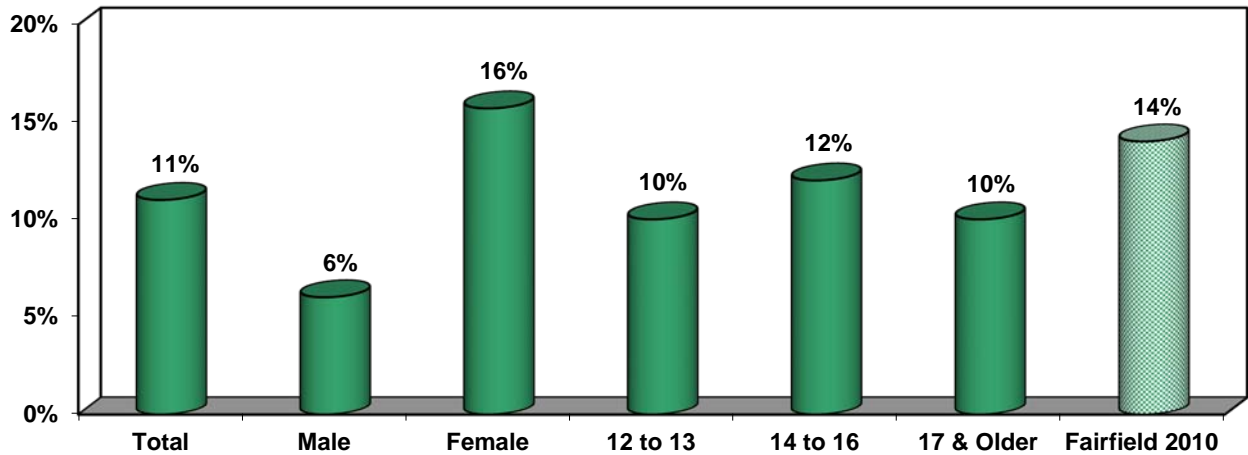
- ❖ Feelings of despair or hopelessness
- ❖ Taking care of business-preparing for the family's welfare
- ❖ Drug or alcohol abuse
- ❖ Rehearsing suicide or seriously discussing specific suicide methods
- ❖ Shows signs of improvement, but in reality, relief comes from having made the decision to commit suicide

*(Source: CDC, National Depression and Manic Depression Association)*

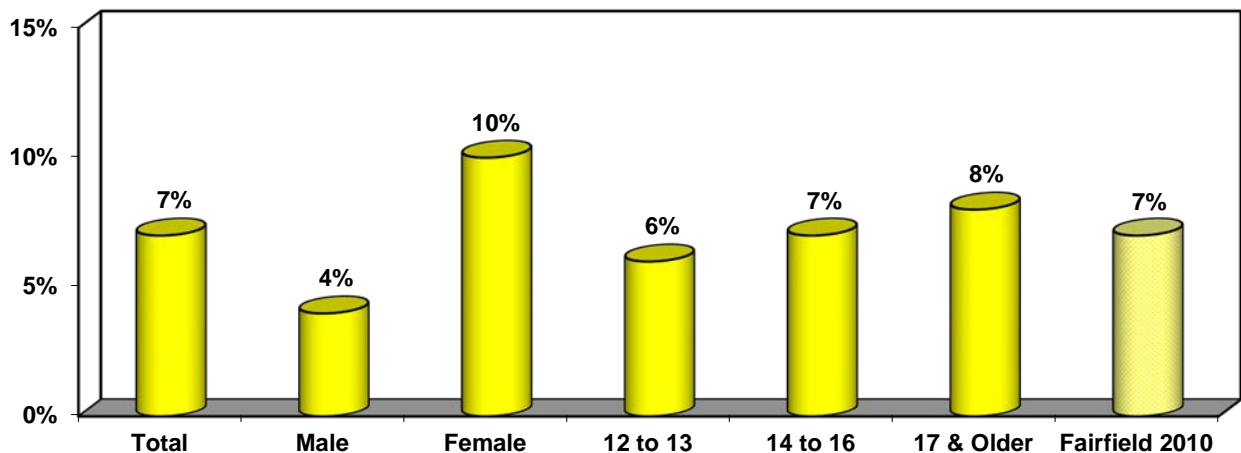
## Youth Mental Health and Suicide

The following graphs show the percentage of Fairfield County youth who had seriously considered attempting suicide and attempted suicide in the past 12 months (i.e., the first graph shows that 11% of all youth had seriously considered attempting suicide, 6% of males and 16% of females).

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



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



2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had seriously considered attempting suicide in the past year	14%	11%	11%	14%	16%
Youth who had attempted suicide in the past year	7%	7%	7%	9%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	2%	2%	2%	4%	2%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	25%	28%	32%	27%	29%



# Youth Safety

## Key Findings

*In 2013, 54% of Fairfield County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 40% of youth drivers texted while driving. 28% of youth purposefully hurt themselves at some time in their lives. 3% of youth participated in sexual activity with someone they met online.*

## Personal Safety

- ◆ Over half (54%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 59% of females.
- ◆ 10% of youth rarely or never wore a seatbelt when riding in a car driven by someone else (2011 YRBS reported 17% for Ohio and 8% for the U.S.).
- ◆ In the past 30 days, 13% of youth had ridden in a car driven by someone who had been drinking alcohol, (2011 YRBS reported 21% for Ohio and 24% for the U.S.) and 5% of high school youth had driven a car themselves after drinking alcohol, increasing to 6% of those ages 17 and older (2011 YRBS reported 7% for Ohio and 8% for the U.S.).
- ◆ 42% of youth had CPR training at some time in their life, increasing to 49% of those ages 17 and older.
- ◆ Three-fourths (75%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year.
- ◆ Fairfield County youth drivers did the following while driving in the past month: wore a seatbelt (81%), ate (51%), talked on their cell phone (50%), texted (40%), used the Internet on their cell phone (15%), used cell phone for other things (12%), applied makeup (7%), checked Facebook on their cell phone (5%), read (4%), and played electronic games on cell phone (2%).
- ◆ Most youth (91%) had a Twitter, Facebook, online gaming, or other social network account. Of those who had an account, they reported the following: they knew all of “my friends” (44%), their account was currently checked private (44%), their parents had their password (22%), they knew all of the people they play online (14%), they had been asked to share personal information (12%), they had been bullied as a result of their account (9%), they shared personal information, such as where they live (8%), they were asked to meet someone they met online (8%), their friends had their password (7%), they had problems as a result of their account (7%), they participated in sexual activity with someone they met online (3%), and their parents did not know they had an account (3%). Over half (53%) of the youth who had a Twitter, Facebook, online gaming, or other social network account believed that sharing information online is dangerous.
- ◆ 28% of youth had purposefully hurt themselves at some time in their lives. Of those youth who had purposefully hurt themselves, 43% had done so 1 or 2 times and 11% had done so 40 or more times.
- ◆ About half (48%) of youth had been hit hard enough that they were dizzy, had a concussion, were knocked out, had their “bell rung”, etc, increasing to 53% of males. 15% of youth did not know if they had been hit hard enough to cause these issues.
- ◆ Over two-thirds (69%) of Fairfield County youth reported there was a firearm in or around their home. 2% of youth reported they were unlocked and loaded.

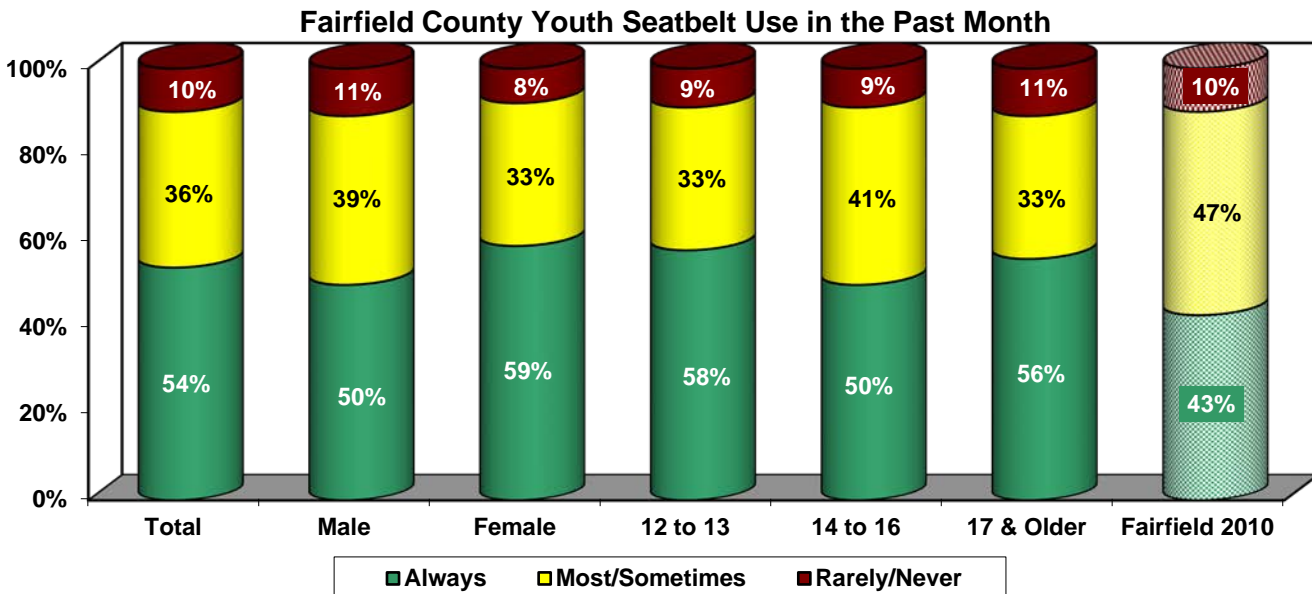
### Fairfield County Leading Causes of Death (Youth Ages 0-14) 2006-2008

#### Total Deaths: 13

- ❖ Accidents, Unintentional Injuries
- ❖ Malignant Neoplasms
- ❖ Diseased of the Heart

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

## Youth Safety



2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Always wore a seatbelt	43%	54%	55%	N/A	N/A
Rarely or never wore a seatbelt	10%	10%	9%	17%	8%
Ridden with someone who had been drinking alcohol in past month	19%	13%	12%	21%	24%
Drove a car after drinking alcohol	6%	3%	5%	7%	8%

N/A - Not available

### Texting While Driving Statistics and Information

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

### Teen Seat Belt Use

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

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

# Youth Violence Issues

## Key Findings

*In Fairfield County, 11% of youth had carried a weapon in the past month. 10% of youth had been threatened or injured with a weapon on school property in the past year. 46% of youth had been bullied in the past year and 31% had been bullied on school property.*

## Violence-Related Behaviors

- ◆ In 2013, 11% of Fairfield County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 18% of males (2011 YRBS reported 16% for Ohio and 17% for the U.S.).
- ◆ 2% of youth carried a weapon on school property in the past month (2011 YRBS reported 5% for the U.S.).
- ◆ 10% of youth were threatened or injured with a weapon on school property in the past year. (2011 YRBS reported 7% for the U.S.)
- ◆ 7% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (2011 YRBS reported 6% for Ohio and 6% for the U.S.).
- ◆ 46% of youth had been bullied in the past year. The following types of bullying were reported:
  - 37% were verbally bullied (teased, taunted or called you harmful names)
  - 26% were indirectly bullied (spread mean rumors about you or kept you out of a “group”)
  - 15% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2011 YRBS reported 15% for Ohio and 16% for the U.S.)
  - 11% were physically bullied (you were hit, kicked, punched or people took your belongings)
  - 3% were sexually bullied (using nude or semi-nude pictures to pressure someone to have sex, blackmail or intimidate)
- ◆ In the past year, 31% of youth had been bullied on school property, decreasing to 25% of high school youth (2011 YRBS reported 23% for Ohio and 20% for the U.S.).
- ◆ In the past year, 23% of youth had been involved in a physical fight (2011 YRBS reported 31% for Ohio and 33% for the U.S.).
- ◆ 6% of youth had been in a physical fight on school property, increasing to 9% of those under 13 (2011 YRBS reported 9% for Ohio and 12% for the U.S.).
- ◆ 4% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, (2011 YRBS reported 9% for the U.S.).
- ◆ 10% of youth reported being hit, slapped or physically hurt by an adult or caregiver.
- ◆ 7% of youth reported they had been forced to participate in sexual activity when they did not want to, increasing to 13% of females.

## Types of Bullying

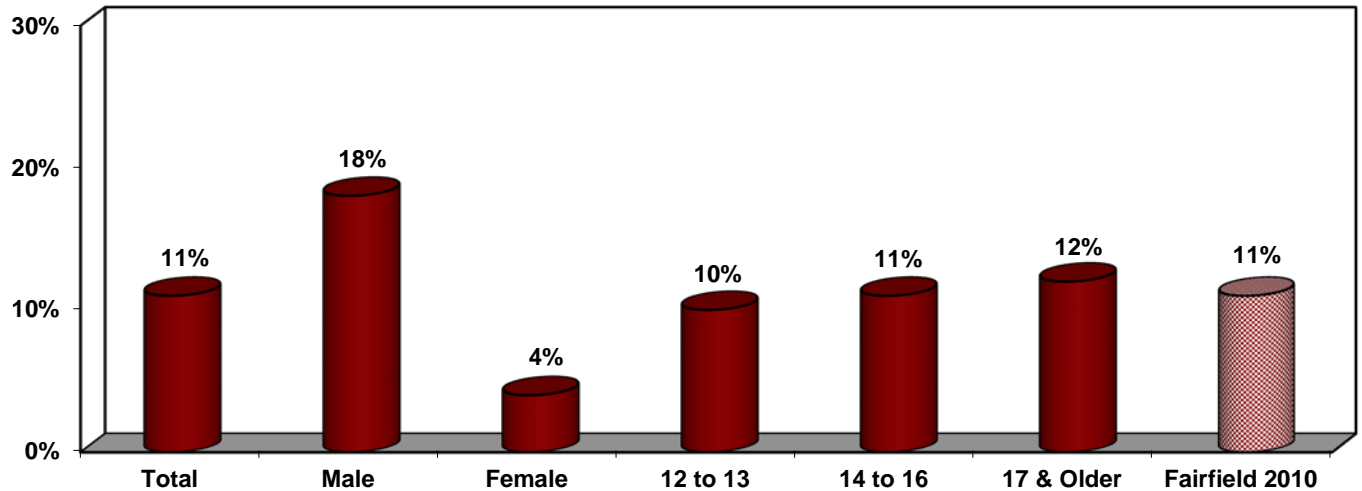
- ❖ **Verbal Bullying:** Any bullying that is done by speaking. Calling names, teasing, threatening somebody, and making fun of others are all forms of verbal bullying.
- ❖ **Indirect Bullying:** A form of bullying that involves mean rumors being spread about someone or keeping someone out of a “group”.
- ❖ **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:** A form of bullying where someone uses nude or semi-nude pictures to pressure someone to have sex that does not want to; blackmail, intimidate, or exploit another person.

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

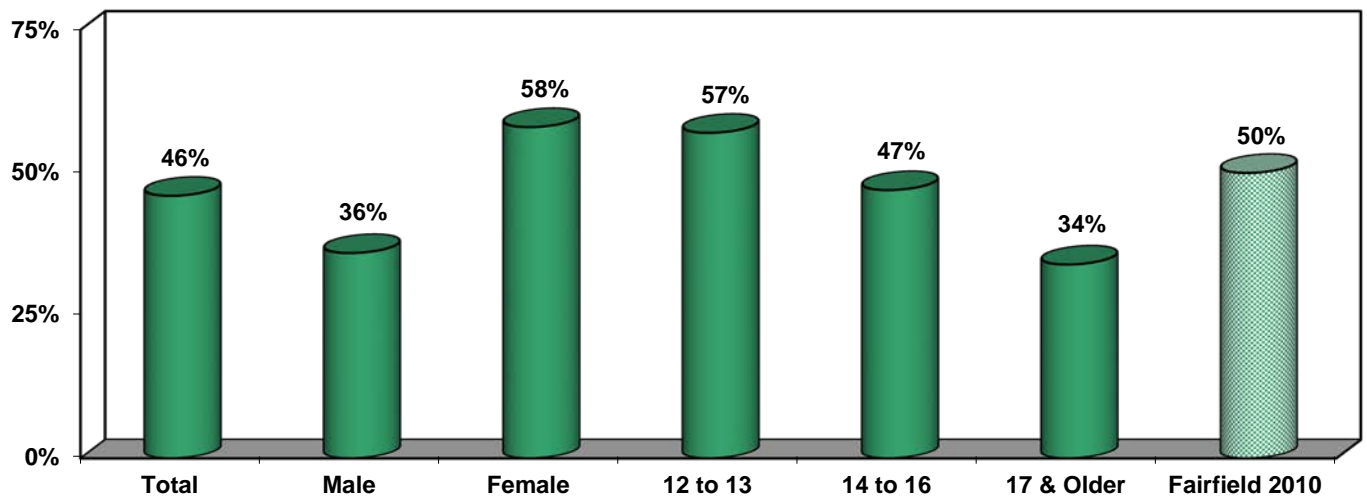
## Youth Violence Issues

The following graphs show Fairfield County youth carrying a weapon in the past 30 days and those who were bullied in the past year. The graph shows the percent of youths in each segment giving each answer (i.e., the first graph shows that 11% of all youth carried a weapon in the past 30 days, 18% of males and 4% of females).

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



**Fairfield County Youth Who Were Bullied in the Past Year**



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

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	37%	29%	46%	45%	36%	29%
Indirectly Bullied	26%	15%	38%	31%	27%	19%
Physically Bullied	11%	13%	9%	20%	8%	6%
Cyber Bullied	15%	9%	22%	20%	11%	16%
Sexually Bullied	3%	1%	5%	3%	3%	2%

## Youth Violence Issues

### Behaviors of Fairfield Youth

*Bullied vs. Non-Bullied*

Youth Behaviors	Bullied	Non-Bullied
Were depressed in the past 12 months	40%	18%
Have had at least one drink of alcohol in the past 30 days	20%	18%
Contemplated suicide in past 12 months	19%	4%
Attempted suicide in the past 12 months	13%	2%
Have smoked cigarettes in the past 30 days	11%	7%
Have used marijuana in the past 30 days	11%	10%
Misused prescription medications at some time in their life	8%	6%

2010/2013 Youth Comparisons	Fairfield County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Fairfield County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	11%	11%	10%	16%	17%
Carried a weapon on school property in past month	3%	2%	2%	N/A	5%
Been in a physical fight in past year	30%	23%	18%	31%	33%
Been in a physical fight on school property in past year	14%	6%	4%	9%	12%
Threatened or injured with a weapon on school property in past year	7%	10%	8%	8%*	7%
Did not go to school because felt unsafe	4%	7%	7%	6%	6%
Electronically/cyber bullied in past year	15%	15%	14%	15%	16%
Bullied in past year	50%	46%	40%	N/A	N/A
Bullied on school property in past year	N/A	31%	25%	23%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	8%	4%	5%	N/A	9%

N/A – Not available

\* 2007 YRBS

## Fairfield County Health Assessment Information Sources

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2013. Atlanta: ACS, 2013	<ul style="list-style-type: none"> <li>◆ 2013 Cancer Facts, Figures, and Estimates</li> <li>◆ Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-036845.pdf">http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-036845.pdf</a>
American Diabetes Association	<ul style="list-style-type: none"> <li>◆ Type 1 and 2 Diabetes</li> <li>◆ Risk factors for diabetes</li> </ul>	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> <li>◆ When You Fear Someone May Take Their Life</li> </ul>	<a href="https://www.afsp.org/">https://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</li> </ul>	<a href="http://www.heart.org/HEARTORG/">http://www.heart.org/HEARTORG/</a>
Annals of Emergency Medicine, v. 57, issue 6, 2011, p. 691	<ul style="list-style-type: none"> <li>◆ Firearm Injury Prevention</li> </ul>	<a href="http://journals.ohiolink.edu/ejc/pdf.cgi/EJC_Article.pdf?issn=0196-0644&amp;issue=v57i0006&amp;article=691_fip">http://journals.ohiolink.edu/ejc/pdf.cgi/EJC_Article.pdf?issn=0196-0644&amp;issue=v57i0006&amp;article=691_fip</a>
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> <li>◆ 2009 - 2011 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
Center for Disease Control and Prevention	<ul style="list-style-type: none"> <li>◆ Asthma statistics</li> <li>◆ Binge Drinking</li> <li>◆ Binge Drinking Among Women</li> <li>◆ Caffeinated Alcoholic Beverages</li> <li>◆ Cancer and Men</li> <li>◆ Cancer and Women</li> <li>◆ Chlamydia Profile: U.S. &amp; Ohio</li> <li>◆ Distracted Driving</li> <li>◆ Health Care Access and Utilization</li> <li>◆ Human Papillomavirus (HPV)</li> <li>◆ Obesity Facts</li> <li>◆ Seasonal Flu</li> <li>◆ Smoking and Tobacco Use</li> <li>◆ U.S. Adult Smoking Facts</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Adolescent & School Health	<ul style="list-style-type: none"> <li>◆ Soft drinks &amp; adolescent weight</li> </ul>	<a href="http://www.cdc.gov/healthyyouth/nutrition/facts.htm">http://www.cdc.gov/healthyyouth/nutrition/facts.htm</a>
CDC, Arthritis	<ul style="list-style-type: none"> <li>◆ Key Public Health Messages</li> <li>◆ Morbidity and Mortality Weekly Report 2010; 59(39):1261-1265</li> <li>◆ Morbidity and Mortality Weekly Report 2010; 59(39):999-1003</li> </ul>	<a href="http://www.cdc.gov/arthritis/basics/key.htm">www.cdc.gov/arthritis/basics/key.htm</a> & <a href="http://www.cdc.gov/arthritis/data_statistics/national_nhis.htm">http://www.cdc.gov/arthritis/data_statistics/national_nhis.htm</a>
CDC, Healthy Weight	<ul style="list-style-type: none"> <li>◆ Tips for Parents</li> </ul>	<a href="http://www.cdc.gov/healthyweight/children/index.html">http://www.cdc.gov/healthyweight/children/index.html</a>



## Fairfield County Health Assessment Information Sources

Source	Data Used	Website
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>◆ Leading Causes of Death in U.S.</li> <li>◆ Men's Health</li> <li>◆ U.S. Female Fertility Rate</li> <li>◆ U.S. Births to Unwed Mothers</li> <li>◆ U.S. Low Birth Weight, Live Births</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/">http://www.cdc.gov/nchs/fastats/</a>
CDC, National Depressive and Manic Depression Association	<ul style="list-style-type: none"> <li>◆ Warning Signs of Suicide</li> </ul>	N/A
CDC, Sexually Transmitted Diseases Surveillance, 2011	<ul style="list-style-type: none"> <li>◆ U.S. Chlamydia and Gonorrhea Rates</li> <li>◆ STD's in Adolescents and Young Adults</li> <li>◆ U.S. STD Surveillance Profile, 2011</li> </ul>	<a href="http://www.cdc.gov/std/stats/">http://www.cdc.gov/std/stats/</a>
CDC, Vaccine Safety, Human Papillomavirus (HPV), updated January 24 2013	<ul style="list-style-type: none"> <li>◆ Human Papillomavirus</li> </ul>	<a href="http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html">http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html</a>
Environmental Protection Agency (EPA)	<ul style="list-style-type: none"> <li>◆ Biological Pollutants</li> <li>◆ Mold</li> </ul>	<a href="http://www.epa.gov/">http://www.epa.gov/</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">http://www.healthypeople.gov/2020/topicsobjectives2020</a>
Healthy Youth: Tobacco, CDC	<ul style="list-style-type: none"> <li>◆ Tobacco Sales &amp; Promoting to Youth</li> </ul>	<a href="http://www.cdc.gov/healthyouth/tobacco/facts.htm">http://www.cdc.gov/healthyouth/tobacco/facts.htm</a>
National Campaign to Prevent Teen and Unplanned Pregnancy	<ul style="list-style-type: none"> <li>◆ Facts about "Sexting"</li> </ul>	<a href="http://www.thenationalcampaign.org/sextech/PDF/SexTech_PressReleaseFIN.pdf">www.thenationalcampaign.org/sextech/PDF/SexTech_PressReleaseFIN.pdf</a>
National Center for Environmental Health, CDC, 2012	<ul style="list-style-type: none"> <li>◆ Asthma Trigger Factors</li> </ul>	<a href="http://www.cdc.gov/asthma/faqs.htm">http://www.cdc.gov/asthma/faqs.htm</a>
National Dairy Council, 2010; <i>Newsweek Back-To-School Guidebook</i>	<ul style="list-style-type: none"> <li>◆ Learning to get fit; stronger bodies, sharper minds</li> </ul>	<a href="http://www.nationaldairycouncil.org/childnutrition">www.nationaldairycouncil.org/childnutrition</a>
National Highway Traffic Safety Administration	<ul style="list-style-type: none"> <li>◆ Teen drivers-seat belt use</li> </ul>	<a href="http://www.nhtsa.gov/Driving+Safety/Driver+Education/Teen+Drivers/Teen+Drivers+-+Seat+Belt+Use">http://www.nhtsa.gov/Driving+Safety/Driver+Education/Teen+Drivers/Teen+Drivers+-+Seat+Belt+Use</a>
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>◆ NIDA for Teens: Prescription drug abuse facts</li> </ul>	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
National Institute of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases	<ul style="list-style-type: none"> <li>◆ Back Pain Prevention</li> </ul>	<a href="http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm">http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm</a>
National Sleep Foundation	<ul style="list-style-type: none"> <li>◆ Sudden Infant Death Syndrome</li> </ul>	<a href="http://www.sleepfoundation.org/">http://www.sleepfoundation.org/</a>



## Fairfield County Health Assessment Information Sources

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">http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>◆ Diabetes Facts</li> <li>◆ Fairfield County and Ohio Mortality Statistics</li> <li>◆ Fairfield County and Ohio Birth Statistics</li> <li>◆ Fairfield County and Ohio Sexually Transmitted Diseases</li> <li>◆ HIV/AIDS Surveillance Program</li> <li>◆ Statistics Access to Health Services</li> </ul>	<a href="http://www.odh.ohio.gov/">http://www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> <li>◆ Fairfield County and Ohio Cancer Mortality</li> <li>◆ Fairfield County and Ohio Cancer Incidence</li> </ul>	<a href="http://www.odh.ohio.gov/">http://www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> <li>◆ Fairfield County Oral Health Resources for Adults and Children</li> </ul>	<a href="http://publicapps.odh.ohio.gov/oralhealth/default.aspx">http://publicapps.odh.ohio.gov/oralhealth/default.aspx</a>
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> <li>◆ Poverty Statistics</li> <li>◆ Fairfield County and Ohio Medicaid Statistics</li> <li>◆ Fairfield County Health Care Statistics</li> </ul>	<a href="http://jfs.ohio.gov/">http://jfs.ohio.gov/</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>◆ 2013 Traffic Crash Facts</li> <li>◆ Fairfield County and Ohio Crash Facts</li> </ul>	<a href="https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx">https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx</a>
Ohio Family Health Survey Results, 2010	<ul style="list-style-type: none"> <li>◆ Fairfield County and Ohio uninsured rates</li> </ul>	<a href="http://grc.osu.edu/ofhs/">http://grc.osu.edu/ofhs/</a>
Ohio Medicaid Assessment Survey, 2012	<ul style="list-style-type: none"> <li>◆ Ohio Statistics</li> </ul>	<a href="https://ckm.osu.edu/sitetoool/sites/omaspublic/documents/OMASStatewideRolloutPresentationSildes.pdf">https://ckm.osu.edu/sitetoool/sites/omaspublic/documents/OMASStatewideRolloutPresentationSildes.pdf</a>
Pacific Institute for Research and Evaluation, "Underage Drinking in Ohio: The Facts," September 2011	<ul style="list-style-type: none"> <li>◆ Underage drinking in Ohio fact sheet</li> </ul>	<a href="http://www.udetc.org/factsheets/OH.pdf">http://www.udetc.org/factsheets/OH.pdf</a>
The Partnership at Drugfree.org, Parents 360, 2012	<ul style="list-style-type: none"> <li>◆ Synthetic Drugs: Bath Salts, K2/Spice A guide for parents and other influencers</li> </ul>	<a href="http://www.drugfree.org">www.drugfree.org</a>
Respect2All	<ul style="list-style-type: none"> <li>◆ Types of Bullying</li> </ul>	<a href="http://www.respect2all.org/parents/bullying-definitions">www.respect2all.org/parents/bullying-definitions</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	<ul style="list-style-type: none"> <li>◆ Drug-Related Emergency Department Visits Involving Synthetic Cannabinoids</li> </ul>	<a href="http://www.samhsa.gov/data/2k12/DAWN105/SR105-synthetic-marijuana.pdf">http://www.samhsa.gov/data/2k12/DAWN105/SR105-synthetic-marijuana.pdf</a>

## Fairfield County Health Assessment Information Sources

Source	Data Used	Website
The Henry J. Kaiser Family Foundation	♦ Health Insurance Coverage for Children	<a href="http://kff.org/other/state-indicator/children-0-18/">http://kff.org/other/state-indicator/children-0-18/</a>
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	♦ American Community Survey 1 year estimates, 2011 ♦ Ohio and Fairfield County 2010 Census demographic information ♦ Ohio and U.S. health insurance sources ♦ Small Area Income and Poverty Estimates ♦ Federal Poverty Thresholds	<a href="http://www.census.gov">www.census.gov</a>
U.S. Department of Health and Human Services, Ohio Department of Mental Health	♦ Mental Health Services in Ohio	<a href="http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf">http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf</a>
Virginia Tech Transportation Institute, 2009	♦ Texting while driving	<a href="http://www.vtti.vt.edu/">http://www.vtti.vt.edu/</a>
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	♦ 2005 - 2011 youth Ohio and U.S. correlating statistics	<a href="http://www.cdc.gov">www.cdc.gov</a>

## List of Acronyms and Terms

<b>Adult</b>	Defined as 19 years of age and older.
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Binge drinking</b>	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>BMI</b>	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
<b>CDC</b>	Centers for Disease Control and Prevention.
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>CY</b>	Calendar Year
<b>FY</b>	Fiscal Year
<b>HCF</b>	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
<b>HP 2020</b>	Healthy People 2020, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>Health Indicator</b>	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
<b>High Blood Cholesterol</b>	240 mg/dL and above
<b>High Blood Pressure</b>	Systolic $\geq 140$ and Diastolic $\geq 90$
<b>N/A</b>	Data not available.
<b>ODH</b>	Ohio Department of Health

## List of Acronyms and Terms

<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>Weapon</b>	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>Youth BMI Classifications</b>	<b>Underweight</b> is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile. <b>Overweight</b> is defined as BMI-for-age $85^{\text{th}}$ percentile to $< 95^{\text{th}}$ percentile. <b>Obese</b> is defined as $\geq 95^{\text{th}}$ percentile.
<b>YRBSS</b>	<b>Youth Risk Behavior Surveillance System</b> , a youth survey conducted by the CDC

## Methods for Weighting the 2013 Fairfield County Assessment Data

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

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

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

<u>Sex</u>	<u>2013 Fairfield Survey</u>		<u>2010 Census</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	164	44.204852	72,450	49.57032212	1.121377
Female	207	55.795148	73,706	50.42967788	0.903836

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Fairfield County. The weighting for males was calculated by taking the percent of males in Fairfield County (based on Census information) (49.57032212%) and dividing that by the percent found in the 2013 Fairfield County sample (44.204852%) [ $49.57032212 / 44.204852 =$  weighting of 1.121377 for males]. The same was done for females [ $50.42967788 / 55.795148 =$  weighting of 0.903836 for females]. Thus males' responses are weighted heavier by a factor of 1.121377 and females' responses weighted less by a factor of 0.903836.

## Methods for Weighting the 2013 Fairfield County Assessment Data

This same thing was done for each of the 18 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.1528043 [0.903836 (weight for females) x 0.969565 (weight for White) x 1.500786 (weight for age 35-44) x 0.876537 (weight for income \$50-\$75k)]. Thus, each individual in the 2013 Fairfield 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 19.0) 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.

## Methods for Weighting the 2013 Fairfield County Assessment Data

Category	Fairfield Sample	%	2010 Census *	%		Weighting Value
<b>Sex:</b>						
Male	164	44.204852	72,450	49.57032212		1.121377
Female	207	55.795148	73,706	50.42967788		0.903836
<b>Age:</b>						
20-24	27	7.317073	7,785	7.47558551		1.021663
25-34	29	7.859079	17,381	16.69019292		2.123683
35-44	49	13.279133	20,754	19.92913318		1.500786
45-54	74	20.054201	22,437	21.54524242		1.074351
55-59	57	15.447154	9,506	9.12818444		0.590930
60-64	46	12.466125	8,201	7.87505161		0.631716
65-74	65	17.615176	10,417	10.00297679		0.567861
75-84	22	5.962060	5,559	5.33805778		0.895338
85+	0	0.000000	2,099	2.01557533		-----
<b>Race:</b>						
White	347	93.029491	131,830	90.19814445		0.969565
Non-White	26	6.970509	14,326	9.80185555		1.406189
<b>Household Income</b>						
Less than \$10,000	18	5.232558	2,419	4.61447483		0.881877
\$10k-\$15k	7	2.034884	2,284	4.35694937		2.141129
\$15k-\$25k	45	13.081395	4,948	9.43878524		0.721543
\$25k-\$35k	28	8.139535	5,144	9.81267406		1.205557
\$35k-\$50	47	13.662791	7,412	14.13910190		1.034862
\$50k-\$75k	80	23.255814	10,686	20.38457136		0.876537
\$75k or more	119	34.593023	19,529	37.25344321		1.076906
Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Fairfield County in each subcategory by the proportion of the sample in the Fairfield County survey for that same category. * Fairfield County population figures taken from the 2010 Census.						



## Fairfield County Schools

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

**Amanda-Clearcreek Local**

Amanda-Clearcreek High School

**Berne Union Local**

Berne Union High School

**Bloom-Carroll Local**

Bloom Carroll High School

**Fairfield Union Local**

Rushville Middle School

Fairfield Union High School

**Lancaster City**

Thomas Ewing Junior High

Lancaster High School

**Liberty Union-Thurston Local**

Liberty Union Middle School

**Pickerington Local**

Harmon Middle School

Lakeview Junior High

Ridgeview Junior High

Pickerington High School Central

Pickerington High School North

**Walnut Township Local**

Millersport Junior/Senior High School

## Fairfield County Sample Demographic Profile\*

Variable	2013 Survey Sample	Fairfield County Census 2011	Ohio Census 2011
<b>Age</b>			
20-29	16.1%	10.8%	12.9%
30-39	14.8%	12.1%	12.1%
40-49	22.8%	15.5%	13.7%
50-59	19.0%	14.9%	14.6%
60 plus	22.3%	18.2%	20.4%
<b>Race/Ethnicity</b>			
White	90.1%	89.3%	82.9%
Black or African American	3.6%	4.4%	12.1%
American Indian and Alaska Native	2.6%	0.2%	0.2%
Asian	2.1%	1.5%	1.7%
Other	2.0%	1.5%	0.9%
Hispanic Origin (may be of any race)	0.6%	1.8%	3.2%
<b>Marital Status†</b>			
Married Couple	69.7%	56.6%	48.3%
Never been married/member of an unmarried couple	17.2%	25.4%	31.2%
Divorced/Separated	9.6%	12.0%	14.1%
Widowed	3.5%	6.0%	6.5%
<b>Education†</b>			
Less than High School Diploma	1.9%	7.6%	11.7%
High School Diploma	26.6%	36.4%	34.8%
Some college/ College graduate	71.4%	56.0%	53.5%
<b>Income (Families)</b>			
\$14,999 and less	7.7%	6.3%	9.3%
\$15,000 to \$24,999	7.1%	5.8%	8.5%
\$25,000 to \$49,999	21.4%	21.0%	24.4%
\$50,000 to \$74,999	18.4%	18.9%	21.3%
\$75,000 or more	34.5%	48.0%	36.5%

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

† The Ohio and Fairfield 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.

## Demographics and Household Information

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

Category	Total	Males	Females
<b>Fairfield County</b>	<b>146,156</b>	<b>72,450</b>	<b>73,706</b>
<b>0-4 years</b>	<b>9,354</b>	<b>4,824</b>	<b>4,530</b>
1-4 years	7,618	3,953	3,665
< 1 year	1,736	871	865
1-2 years	3,679	1,930	1,749
3-4 years	3,939	2,023	1,916
<b>5-9 years</b>	<b>10,637</b>	<b>5,373</b>	<b>5,264</b>
5-6 years	4,048	2,027	2,021
7-9 years	6,589	3,346	3,243
<b>10-14 years</b>	<b>11,481</b>	<b>5,954</b>	<b>5,527</b>
10-12 years	6,890	3,501	3,389
13-14 years	4,591	2,453	2,138
12-18 years	15,835	8,268	7,567
<b>15-19 years</b>	<b>10,545</b>	<b>5,534</b>	<b>5,011</b>
15-17 years	6,937	3,566	3,371
18-19 years	3,608	1,968	1,640
20-24 years	7,785	4,134	3,651
25-29 years	8,366	4,286	4,080
30-34 years	9,015	4,475	4,540
35-39 years	9,943	4,895	5,048
40-44 years	10,811	5,410	5,401
45-49 years	11,604	5,727	5,877
50-54 years	10,833	5,342	5,491
55-59 years	9,506	4,584	4,922
60-64 years	8,201	4,000	4,201
65-69 years	6,006	2,833	3,173
70-74 years	4,411	2,048	2,363
75-79 years	3,181	1,422	1,759
80-84 years	2,378	962	1,416
85-89 years	1,378	483	895
90-94 years	578	139	439
95-99 years	129	25	104
100-104 years	14	0	14
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>2,099</b>	<b>647</b>	<b>1,452</b>
<b>Total 65 years and over</b>	<b>18,075</b>	<b>7,912</b>	<b>10,163</b>
<b>Total 19 years and over</b>	<b>105,735</b>	<b>51,640</b>	<b>54,095</b>

# Fairfield County Profile

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

### ***Total Population***

2011 Total Population	147,066
2000 Total Population	122,759

### ***Largest City-Lancaster***

2011 Total Population	38,866	100%
2000 Total Population	35,335	100%

### ***Population By Race/Ethnicity***

Total Population	147,066	100%
White Alone	131,333	89.3%
Hispanic or Latino (of any race)	2,671	1.8%
African American	6,528	4.5%
American Indian and Alaska Native	342	0.2%
Asian	2,198	1.5%
Two or more races	4,452	3.0%
Other	2,213	1.5%

### ***Population By Age 2010***

Under 5 years	9,354	6.4%
5 to 17 years	29,055	19.9%
18 to 24 years	11,393	7.8%
25 to 44 years	38,135	26.1%
45 to 64 years	40,144	27.5%
65 years and more	18,075	12.3%
<b>Median age (years)</b>	<b>38.4</b>	

### ***Household By Type***

Total Households	55,064	100%
Family Households (families)	39,238	71.3%
With own children <18 years	17,589	31.9%
Married-Couple Family Households	31,927	58.0%
With own children <18 years	13,587	24.7%
Female Householder, No Husband Present	5,880	10.7%
With own children <18 years	3,249	5.9%
Non-family Households	15,826	28.7%
Householder living alone	12,566	22.8%
Householder 65 years and >	4,604	8.4%
Households With Individuals < 18 years	19,515	35.4%
Households With Individuals 65 years and >	12,240	22.2%
Average Household Size	2.62 people	
Average Family Size	3.11 people	

# Fairfield County Profile

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

*2011 ACS 1-year estimates*

Median Value of Owner-Occupied Units	\$166,900
Median Monthly Owner Costs (With Mortgage)	\$1,433
Median Monthly Owner Costs (Not Mortgaged)	\$401
Median Gross Rent for Renter-Occupied Units	\$770
Median Rooms Per Housing Unit	6.2
 Total Housing Units	 59,095
No Telephone Service	2,452
Lacking Complete Kitchen Facilities	1,089
Lacking Complete Plumbing Facilities	772

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

*2011 ACS 1-year estimates*

### *School Enrollment*

Population 3 Years and Over Enrolled In School	40,563	100%
Nursery & Preschool	3,638	9.0%
Kindergarten	1,996	4.9%
Elementary School (Grades 1-8)	16,309	40.2%
High School (Grades 9-12)	10,538	26.0%
College or Graduate School	8,082	19.9%

### *Educational Attainment*

Population 25 Years and Over	97,792	100%
< 9 <sup>th</sup> Grade Education	1,778	1.8%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	5,686	5.8%
High School Graduate (Includes Equivalency)	35,603	36.4%
Some College, No Degree	21,552	22.0%
Associate Degree	8,486	8.7%
Bachelor's Degree	15,233	15.6%
Graduate Or Professional Degree	9,454	9.7%

Percent High School Graduate or Higher	*(X)	92.4%
Percent Bachelor's Degree or Higher	*(X)	25.2%

\*(X) – Not available

# Fairfield County Profile

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

*2011 ACS 1-year estimates*

### ***Marital Status***

Population 15 Years and Over	116,641	100%
Never Married	29,583	25.4%
Now Married, Excluding Separated	66,050	56.6%
Separated	1,215	1.1%
Widowed	7,039	6.0%
Female	5,219	9.0%
Divorced	12,754	10.9%
Female	7,092	12.1%

### ***Grandparents As Caregivers \****

Grandparent Living in Household with 1 or more own grandchildren <18 years	3,237	100%
Grandparent Responsible for Grandchildren	2,002	61.8%

### ***Veteran Status***

Civilian Veterans 18 years and over	12,079	11.0%
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### ***Disability Status of the Civilian Non-institutionalized Population***

Total Civilian Noninstitutionalized Population	144,387	100%
With a Disability	17,832	12.4%
Under 18 years	37,495	100%
With a Disability	2,629	7.0%
18 to 64 years	89,410	100%
With a Disability	9,893	11.0%
65 Years and Over	17,482	100%
With a Disability	5,310	30.4%

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

*2011 ACS 1-year estimates*

### ***Employment Status***

Population 16 Years and Over	114,415	100%
In Labor Force	76,107	66.5%
Not In Labor Force	38,308	33.5%
Females 16 Years and Over	56,999	100%
In Labor Force	34,896	61.2%
Population Living With Own Children <6 Years	11,433	100%
All Parents In Family In Labor Force	7,492	65.5%

# Fairfield County Profile

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

2011 ACS 1-year estimates

### **Occupations**

Employed Civilian Population 16 Years and Over	69,091	100%
Management, business, science, and art occupations	26,586	38.5%
Production, Transportation, and Material Moving Occupations	8,701	12.6%
Sales and Office Occupations	16,897	24.5%
Service Occupations	11,703	16.9%
Natural Resources, Construction, and Maintenance Occupations	5,204	7.5%

### **Leading Industries**

Employed Civilian Population 16 Years and Over	69,091	100%
Manufacturing	7,038	10.2%
Educational, health and social services	17,015	24.6%
Trade (retail and wholesale)	11,586	16.8%
Arts, entertainment, recreation, accommodation, and food services	5,992	8.7%
Professional, scientific, management, administrative, and waste management services	5,009	7.2%
Transportation and warehousing, and utilities	4,270	6.2%
Finance, insurance, real estate and rental and leasing	4,322	6.3%
Other services (except public administration)	2,680	3.9%
Construction	4,735	6.8%
Public administration	5,201	7.5%
Information	524	0.8%
Agriculture, forestry, fishing and hunting, and mining	719	1.0%

### **Class of Worker**

Employed Civilian Population 16 Years and Over	69,091	100%
Private Wage and Salary Workers	52,782	76.4%
Government Workers	12,376	17.9%
Self-Employed Workers in Own Not Incorporated Business	3,874	5.6%
Unpaid Family Workers	59	0.1%

### **Median Earnings**

Male, Full-time, Year-Round Workers	\$57,057
Female, Full-time, Year-Round Workers	\$37,170

# Fairfield County Profile

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

2011 ACS 1-year estimates

### ***Income In 2011***

Households	55,064	100%
< \$10,000	2,397	4.4%
\$10,000 to \$14,999	3,535	6.4%
\$15,000 to \$24,999	4,635	8.4%
\$25,000 to \$34,999	5,838	10.6%
\$35,000 to \$49,999	7,419	13.5%
\$50,000 to \$74,999	10,131	18.4%
\$75,000 to \$99,999	8,376	15.2%
\$100,000 to \$149,999	9,253	16.8%
\$150,000 to \$199,999	1,819	3.3%
\$200,000 or more	1,661	3.0%

### ***Median Household Income***

***\$59,607***

### ***Income In 2011***

Families	39,238	100%
< \$10,000	839	2.1%
\$10,000 to \$14,999	1,629	4.2%
\$15,000 to \$24,999	2,281	5.8%
\$25,000 to \$34,999	3,713	9.5%
\$35,000 to \$49,999	4,545	11.6%
\$50,000 to \$74,999	7,411	18.9%
\$75,000 to \$99,999	7,475	19.1%
\$100,000 to \$149,999	8,216	20.9%
\$150,000 to \$199,999	1,558	4.0%
\$200,000 or more	1,571	4.0%

### ***Median Household Income (families)***

***\$71,615***

### ***Per Capita Income In 2011***

***\$27,477***

### ***Poverty Status In 2011***

	<b><i>Number Below Poverty Level</i></b>	<b><i>% Below Poverty Level</i></b>
Families	*(X)	7.8%
Individuals	*(X)	11.8%

\*(X) – Not available



# Fairfield County Profile

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

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

	Income	Rank of Ohio counties
BEA Per Capita Personal Income 2011	\$33,569	40 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2010	\$32,301	35 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2009	\$32,118	32 <sup>nd</sup> of 88 counties
BEA Per Capita Personal Income 2008	\$32,885	33 <sup>rd</sup> of 88 counties
BEA Per Capita Personal Income 2001	\$29,357	17 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$28,745	17 <sup>th</sup> of 88 counties

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

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

Category	Fairfield	Ohio
Overall (%)	10.4%	14.2%
Children under 18 (%)	14.7%	20.2%
Age 65 and over (%)	6.7%	8.3%
< 50% FPL, i.e. severe poverty (%)	4.5%	6.5%
< 200% FPL, i.e. below self-sufficiency (%)	25.3%	31.8%

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

### Employment Statistics

Category	Fairfield	Ohio
Labor Force	76,300	5,821,100
Employed	71,500	5,396,100
Unemployed	4,800	425,000
Unemployment Rate* in July 2013	6.3	7.3
Unemployment Rate* in June 2013	6.4	7.5
Unemployment Rate* in July 2012	6.5	7.5

\*Rate equals unemployment divided by labor force.

(Source: Ohio Department of Job and Family Services, July 2013)

## Fairfield County Profile

### Estimated Poverty Status in 2011

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Fairfield County</b>				
All ages in poverty	16,328	13,852 to 18,804	11.3%	9.6 to 13.0
Ages 0-17 in poverty	5,840	4,747 to 6,933	15.7%	12.8 to 18.6
Ages 5-17 in families in poverty	3,656	2,901 to 4,411	13.0%	10.3 to 15.7
Median household income	\$58,829	56,106 to 61,552		
<b>Ohio</b>				
All ages in poverty	1,836,098	1,811,265 to 1,860,931	16.3%	16.1 to 16.5
Ages 0-17 in poverty	634,234	618,946 to 649,522	23.9%	23.3 to 24.5
Ages 5-17 in families in poverty	417,165	404,352 to 429,978	21.5%	20.8 to 22.2
Median household income	\$45,803	45,487 to 46,119		
<b>United States</b>				
All ages in poverty	48,452,035	48,217,869 to 48,686,201	15.9%	15.8 to 16.0
Ages 0-17 in poverty	16,386,500	16,262,247 to 16,510,753	22.5%	22.3 to 22.7
Ages 5-17 in families in poverty	10,976,987	10,882,675 to 11,071,299	20.8%	20.6 to 21.0
Median household income	\$50,502	50,429 to 50,575		

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

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

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

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