

# Geauga County 2011 Health Assessment

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Hospital Council of Northwest Ohio

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# Funders

- Center for Health Affairs representing University Hospitals Geauga Medical Center
- United Way Services of Geauga
- Geauga Family First Council
- Geauga County Board of Mental Health & Recovery Services
- Geauga County Job and Family Services
- Geauga County Board of Health
- Ohio Department of Health
- Townships: Auburn, Burton, Chardon Chester, Claridon, Hambden, Middlefield, Montville, Munson, Russell, Thompson, and Troy
- Village of Burton
- City of Chardon

# Acknowledgements

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# Overview

- Health Perceptions
- Health Care Coverage
- Health Care Access
- Cardiovascular Health
- Cancer
- Diabetes
- Arthritis
- Asthma
- Adult and Youth Weight Status
- Adult and Youth Tobacco Use
- Adult and Youth Alcohol
- Adult and Youth Marijuana & Other Drugs
- Women's Health
- Men's Health
- Preventive Medicine
- Adult Sexual Behavior
- Quality of Life
- Social Context & Safety
- Adult and Youth Mental Health and Suicide
- Oral Health
- Youth Safety
- Youth Violence
- Children's Health & Functional Status
- Health Insurance, Access, Utilization & Medical Home
- Early Childhood (0-5 Years)
- Middle Childhood (6-11 Years)
- Family Functioning and Neighborhood & Community Characteristics
- Parent Health
- Kent State University – Campus Data

# Methodology

- **Design**
  - Written surveys
- **Instrument Development**
  - Majority of questions from BRFSS and YRBSS and NSCH (CDC)
- **Procedure**
  - Adults: 4-wave mailing campaign
  - Youth: schools & grades randomly selected, surveys administered in classrooms, passive permission slips
  - Children: 4-wave mailing campaign
  - KSU- Geauga Campus: Convenience sample
- **Sampling**
  - Adults
    - 800 adults ages 19 and older
    - 53% response rate (n=405)
    - 95% confidence interval
  - Youth
    - Need 372 to generalize
    - (n=433)
    - 97% response rate
  - Children
    - Need 369 to generalize
    - (n=507)

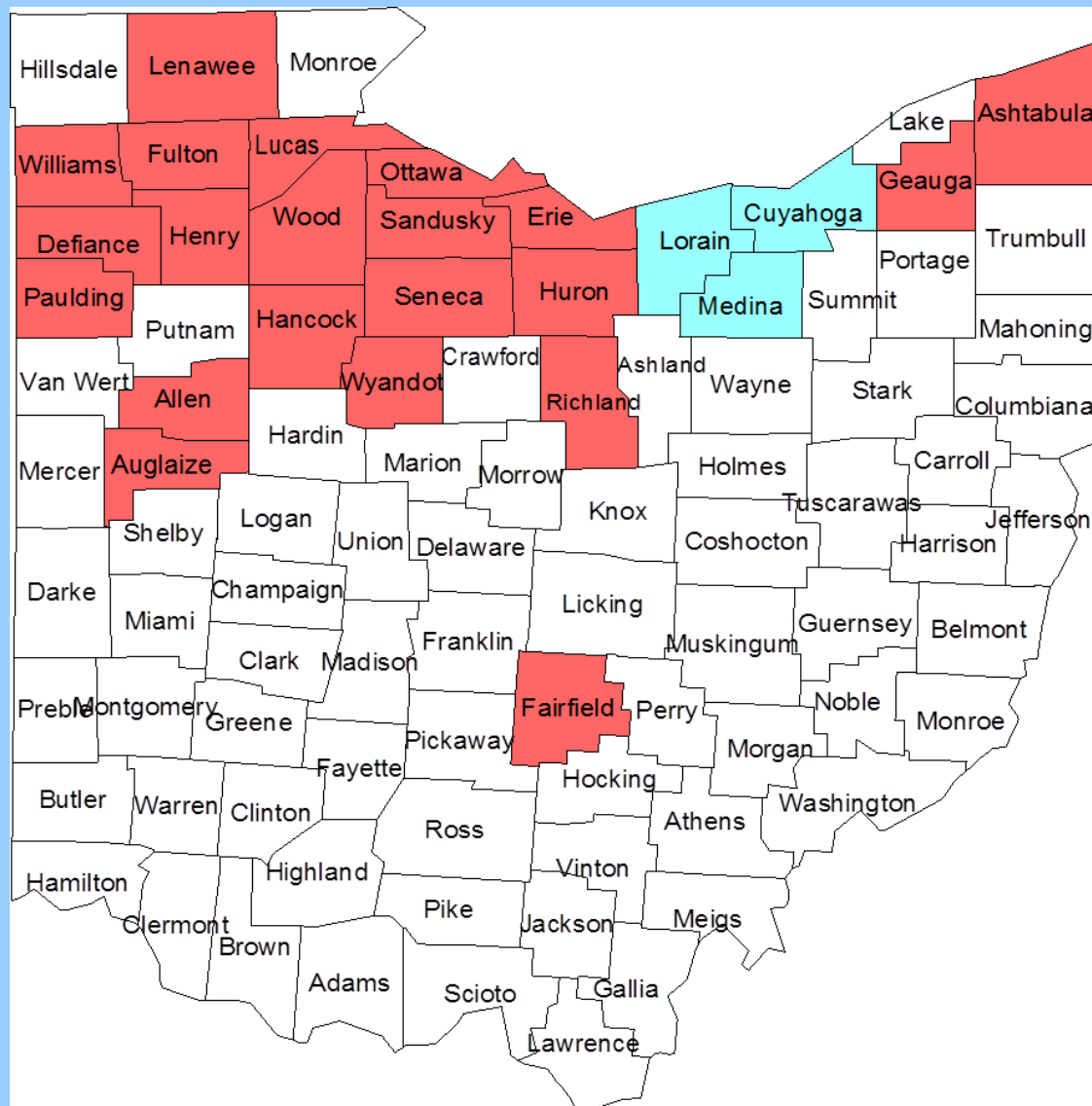
# Methodology

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

# Keep in Mind...

- Each graph
- Secondary Data
- Portion of report
- Regional comparisons

# County Comparisons

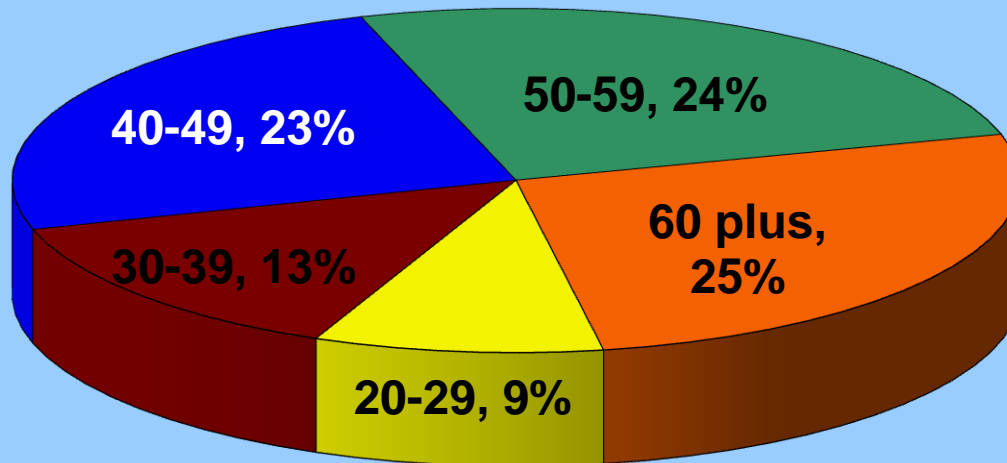


Visit The Hospital Council of Northwest Ohio website at <http://www.hcno.org> to view individual health assessments and a regional report for Northwest Ohio counties



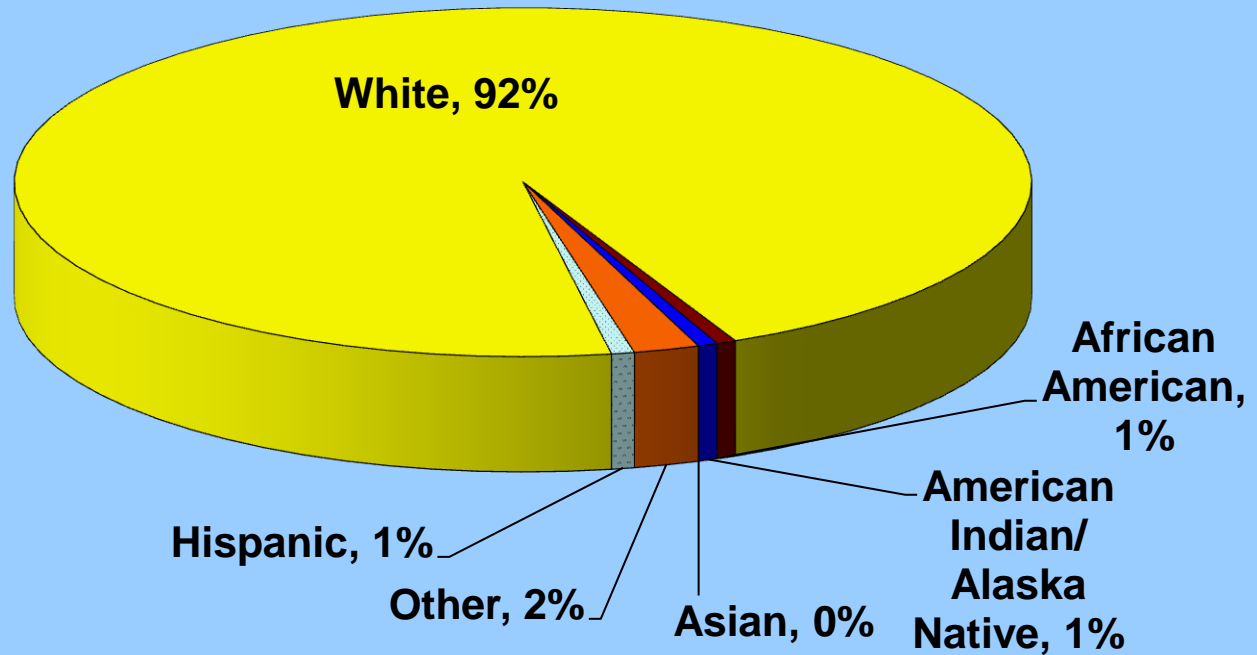
# Demographics of Survey Population

## Age



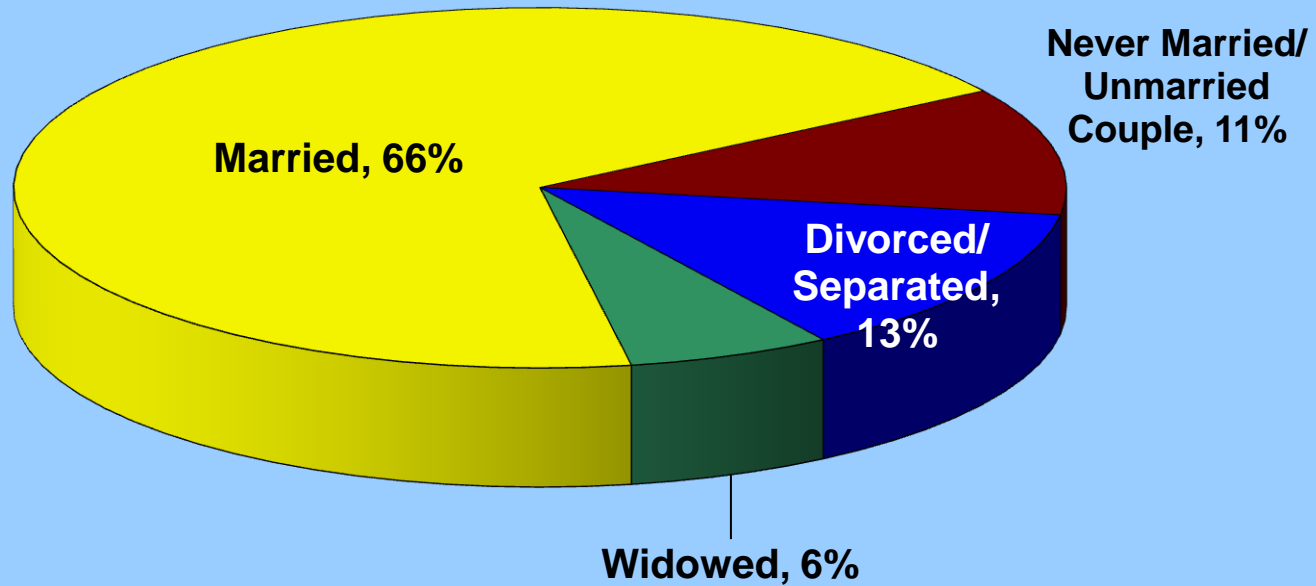
# Demographics of Survey Population

## Race/Ethnicity



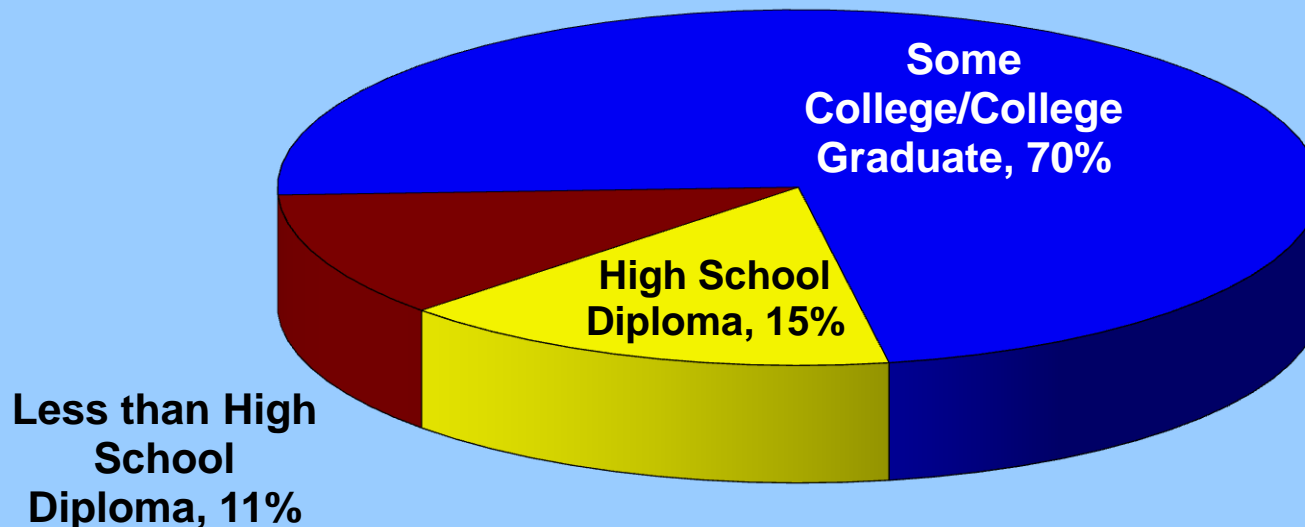
# Demographics of Survey Population

## Marital Status



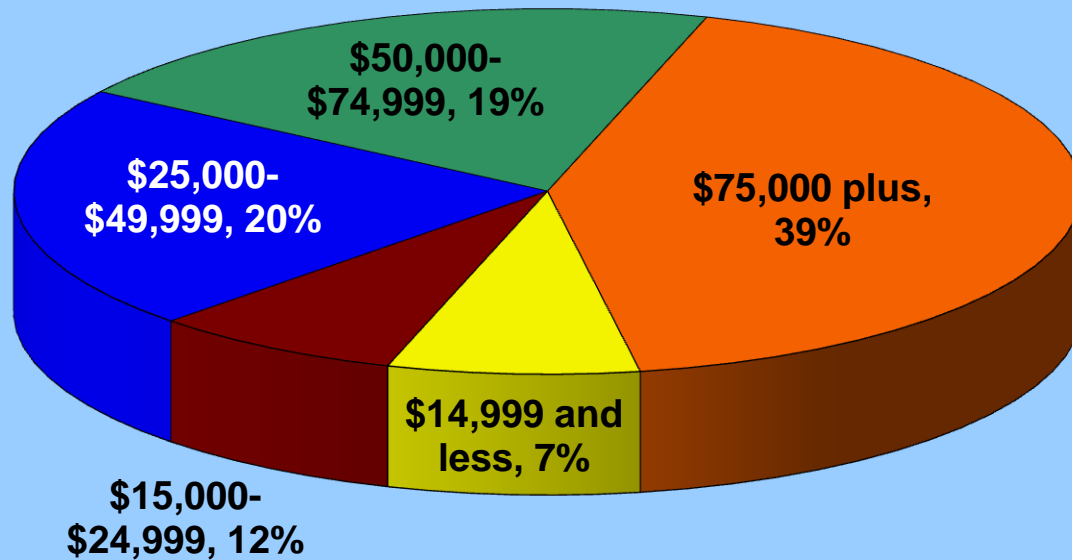
# Demographics of Survey Population

## Education



# Demographics of Survey Population

## Income



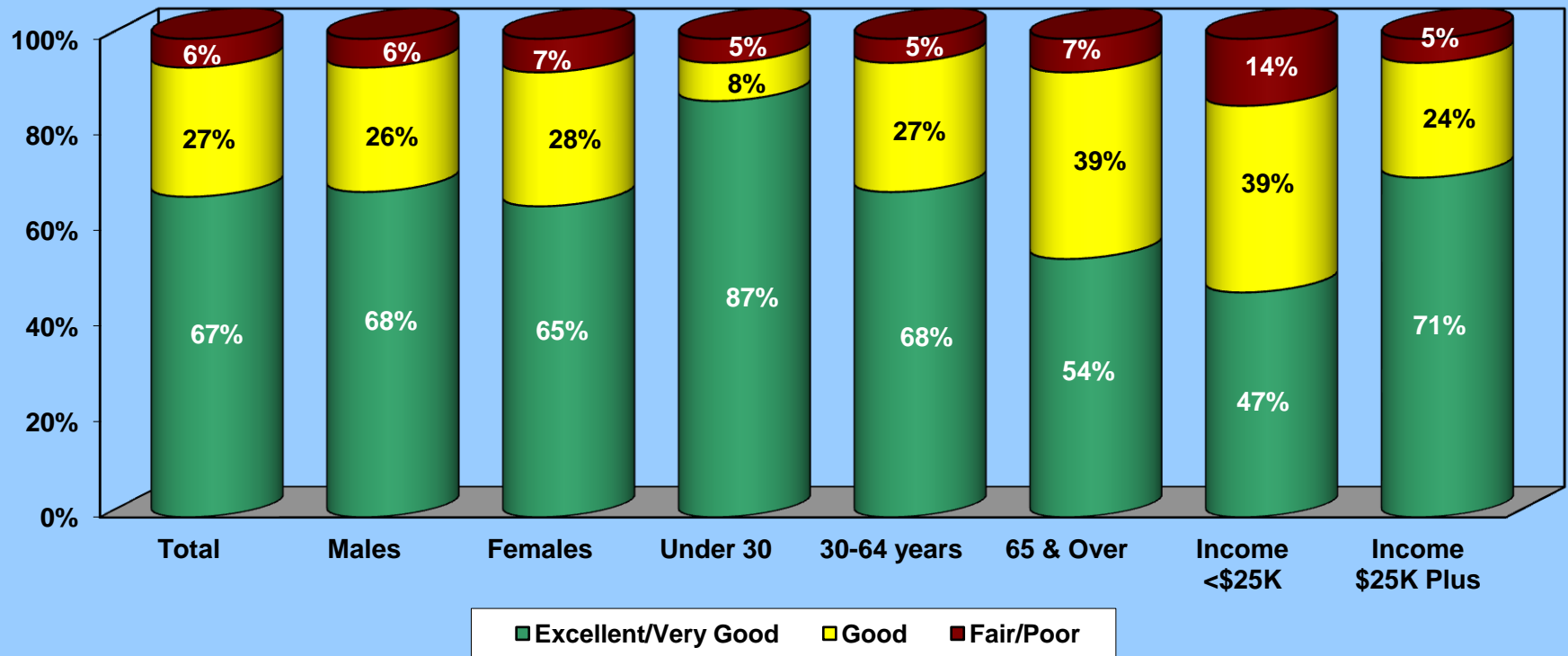
# Health Status Perceptions

# Adult Health Status Perceptions

- General Health Status
  - 67% of all adults rated health status as excellent or very good
    - Ohio- 53%, U.S.- 55% (2010 BRFSS)
  - 6% as fair or poor
    - Ohio- 15%, U.S.- 16% (2010 BRFSS)
- Those most likely to have rated health status as fair or poor:
  - Had high blood pressure (17%)
  - Had an annual household income under \$25,000 (14%)
  - Had high blood cholesterol (12%)
  - Were 65 years of age or older (7%)

# Adult Health Status Perceptions

Geauga County Adult Health Perceptions\*





# Adult Health Status Perceptions

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Rated health as excellent or very good	67%	53%	55%
Rated health as fair or poor	6%	16%	15%

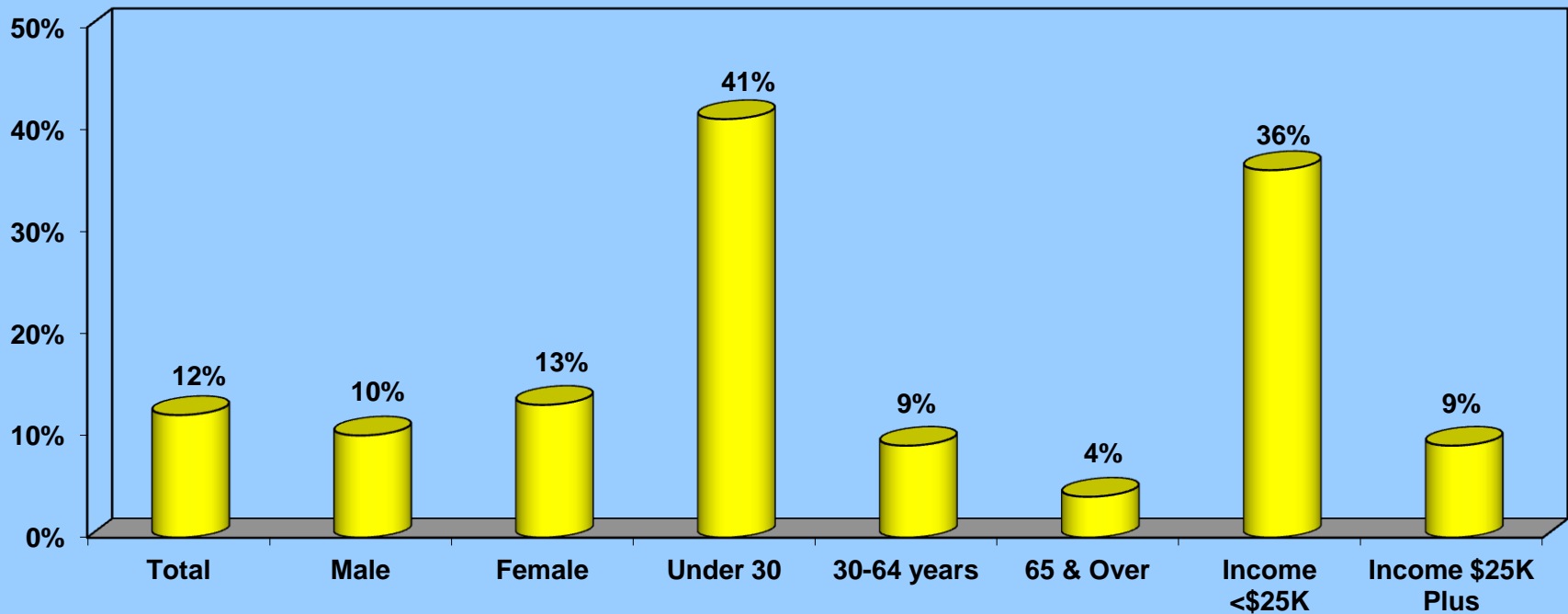
# Health Care Coverage

# Health Care Coverage

- 88% of adults had health care coverage
- 12% were without coverage
  - Ohio- 13%, U.S.- 15% (2010 BRFSS)
  - Increasing to 41% of those under 30, 36% of those with incomes less than \$25,000

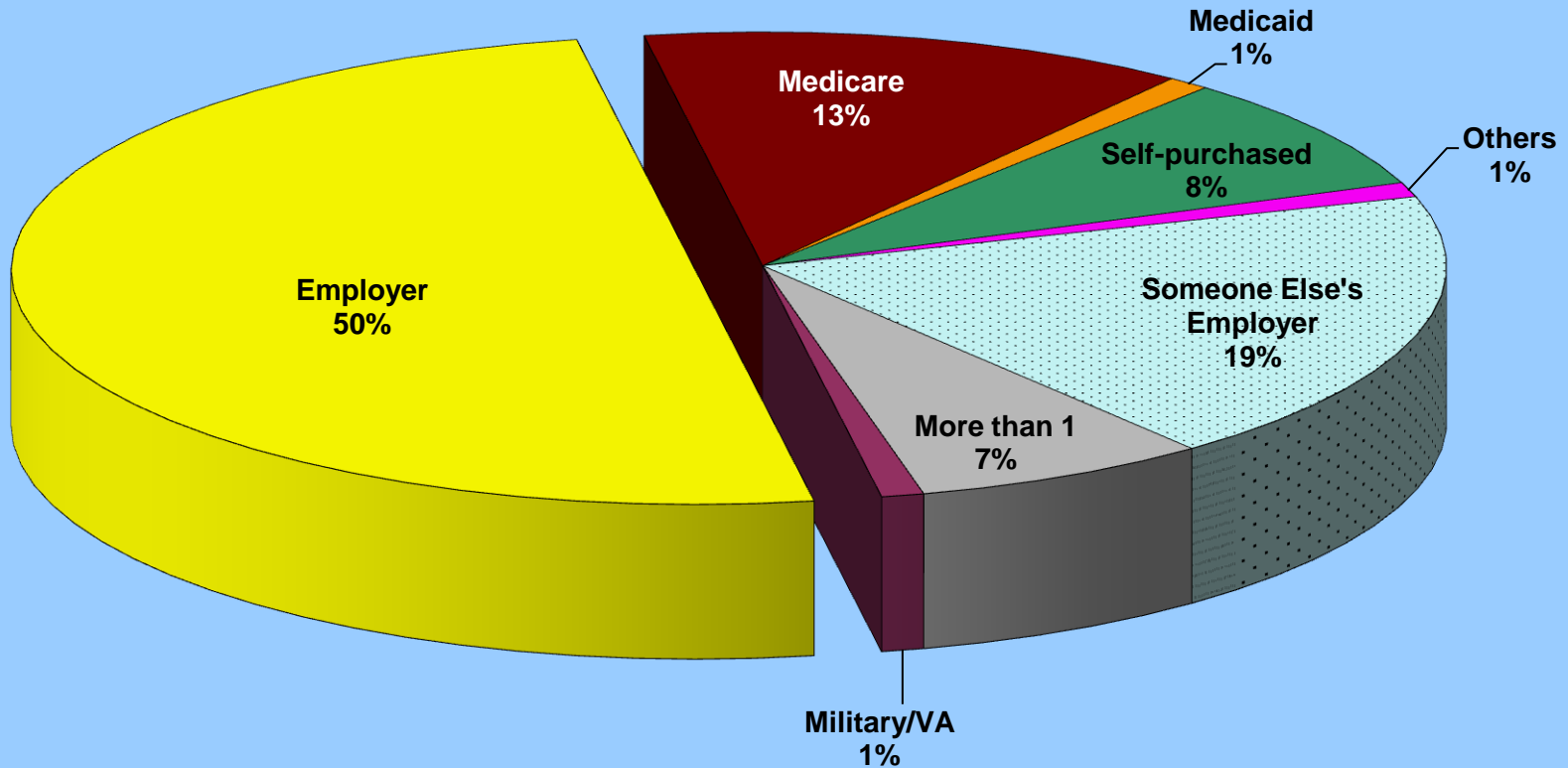
# Health Care Coverage

Uninsured Geauga County Adults



# Health Care Coverage

Source of Health Coverage for Geauga County Adults



# Health Care Coverage

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Uninsured	12%	13%	15%

# Health Care Access

# Health Care Access

- 57% of Geauga County adults visited their doctor for a routine check-up in the past year
- Adults go to the following places if they are sick or need advice:
  - Private doctor's office (75%)
  - Multiple places (including dr.) (9%)
  - No usual place (5%)
  - Urgent care center (4%)
  - Some other place (2%)
  - Hospital emergency room (1%)
  - Public health clinic (1%)
  - Store clinic (1%)
  - Multiple places (not dr.) (1%)



# Health Care Access

- 79% of adults chose to go outside of Geauga County for some health care services. The following are the specialties they went outside of the county for:
  - Primary care (38%)
  - Dental services (38%)
  - Specialty care (30%)
  - Obstetrics/gynecology (12%)
  - Orthopedic care (8%)
  - Pediatric care (8%)
  - Cardiac care (6%)
  - Mental health care (6%)
  - Cancer care (4%)
  - Developmental disability services (1%)
  - Other services (9%)

# Cardiovascular Health

# Cardiovascular Health

- 2% of reported having had a heart attack
  - All adults who had a heart attack reported taking medication for it
- 2% reported having a stroke
  - 50% of adults who had a stroke reported taking medication for it
- Heart disease and stroke accounted for 31% of all Geauga County adult deaths from 2006-2008 (Source: ODH Information Warehouse)

## Geauga County Leading Types of Death 2006-2008

Total Deaths: 2,151

1. Cancers (27% of all deaths)
2. Heart Disease (26%)
3. Chronic Lower Respiratory Diseases (5%)
4. Stroke (5%)
5. Alzheimer's Disease (4%)

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

# Cardiovascular Health

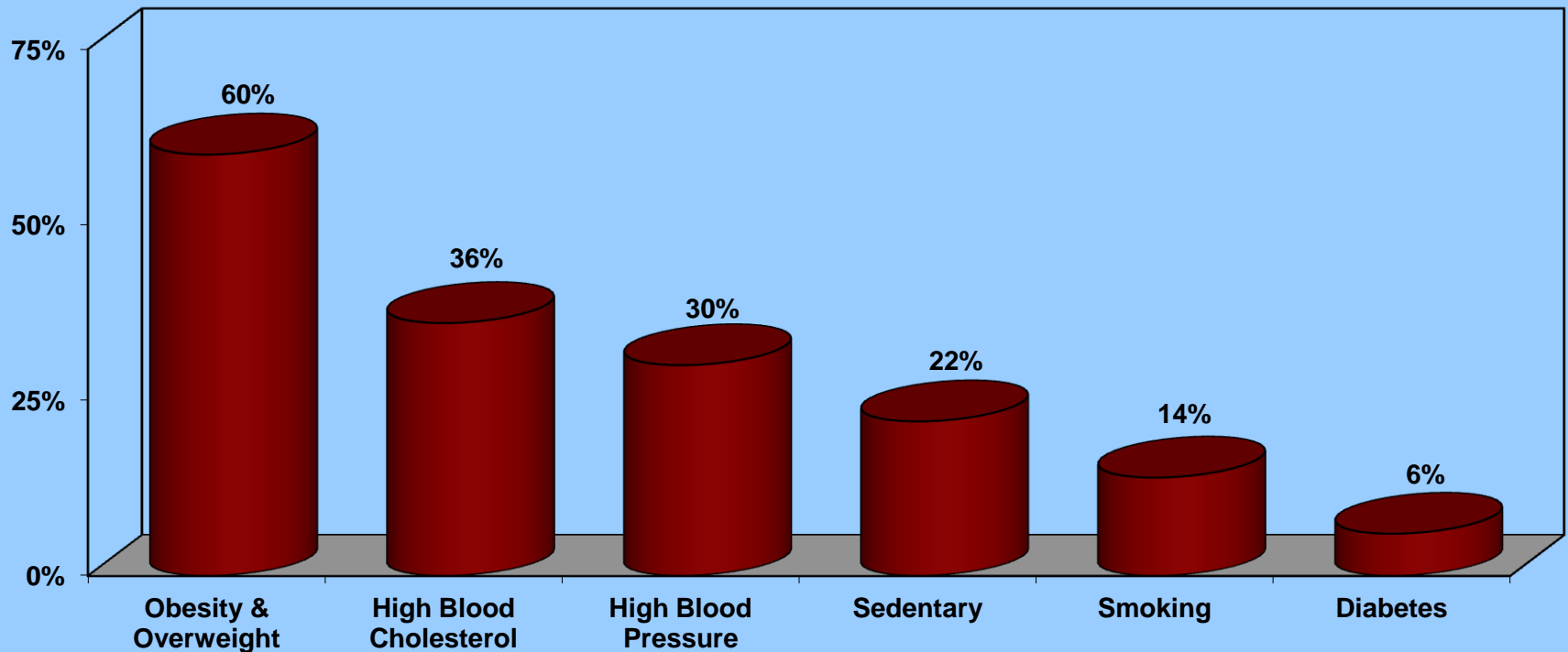
- 30% were diagnosed with high blood pressure
  - Ohio- 32%, U.S.- 29% (2009 BRFSS)
- 69% of adults had their high blood pressure taken within the past six months
- Those with high blood pressure were more likely to:
  - Have been age 65 years or older (53%)
  - Be classified as obese by BMI (53%)
  - Have incomes less than \$25,000 (45%)

# Cardiovascular Health

- 36% were diagnosed with high blood cholesterol
  - Ohio- 40%, U.S.- 38% (2009 BRFSS)
- 60% of adults had their blood cholesterol checked in the past year.
- Those with high blood cholesterol were more likely to:
  - Be age 65 years and older (58%)
  - Be classified as overweight by BMI (58%)

# Cardiovascular Health

Geauga County Adults with CVD Risk Factors



# Cardiovascular Health

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Had a heart attack	2%	4%	4%
Had a stroke	2%	3%	3%
Had high blood pressure	30%	32%*	29%*
Had high blood cholesterol	36%	40%*	38%*

*\*2009 BRFSS Data*



Cancer



# Cancer

- 12% of Geauga County adults were diagnosed with cancer at some point in their lives.
- Of those diagnosed with cancer, the top three reported were:
  - Skin cancers (4%)
  - Breast (females) (4%)
  - Prostate (3%)

# Cancer

- From 2000-2008, cancers caused 23% (1,586 of 6,281 total deaths) of all Geauga County resident deaths (*Source: ODH Information Warehouse*)
- Lung Cancer
  - The largest percent (25%) of cancer deaths were from trachea, lung and bronchus cancer (*Source: ODH Information Warehouse*)
  - According to ACS, smoking causes 87% of lung cancer deaths in the U.S.
  - 11% of Geauga County adult males and 17% of adult females were current smokers

# Cancer

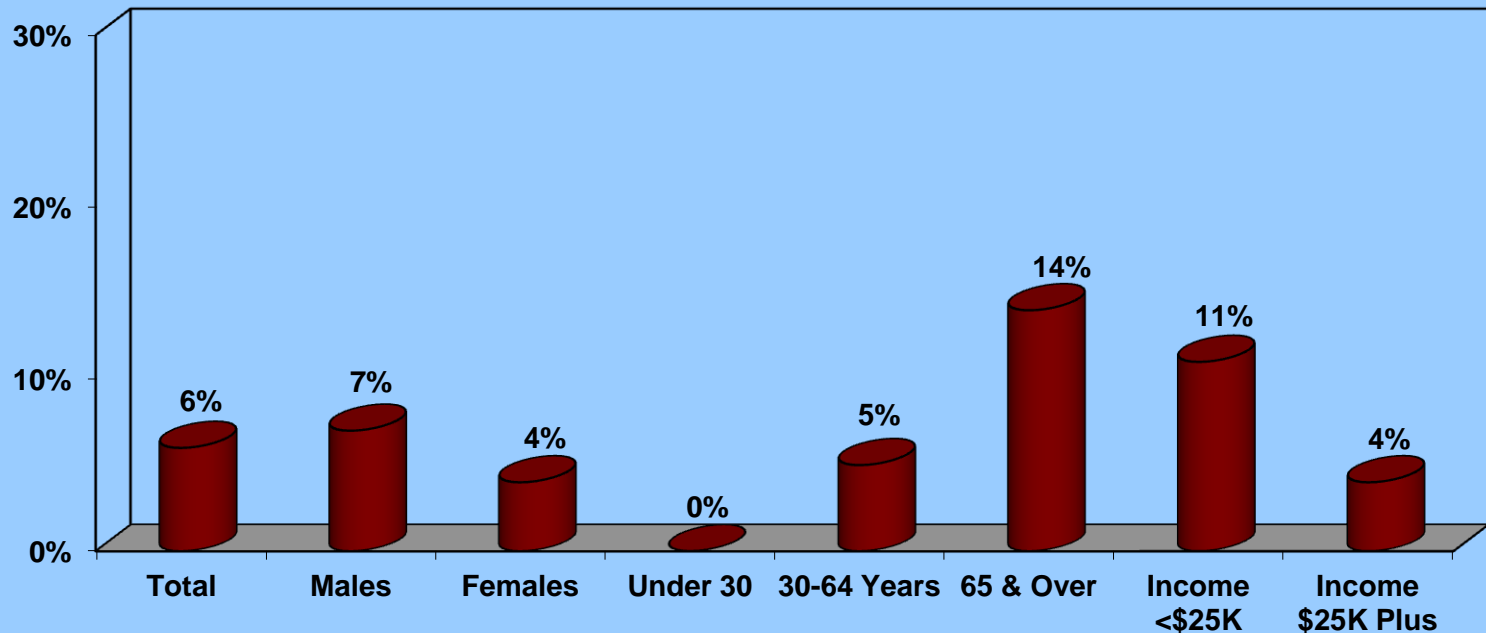
- Breast Cancer
  - For women age 40 and older, ACS recommends annual mammograms and annual clinical breast exams
  - 55% of Geauga County women over the age of 40 had a mammogram in the past year
- Prostate Cancer
  - Ohio Department of Health statistics indicate that 5% of all male cancer deaths from 2000-2008 in Geauga County were from prostate cancer
  - 58% of Geauga County males over the age of 50 had a PSA test in the past year

# Diabetes

# Diabetes

- 6% of Geauga County adults were diagnosed with diabetes
  - Ohio- 11%, U.S.- 10% (2010 BRFSS)

**Gauga County Adults Diagnosed with Diabetes**



# Arthritis

# Arthritis

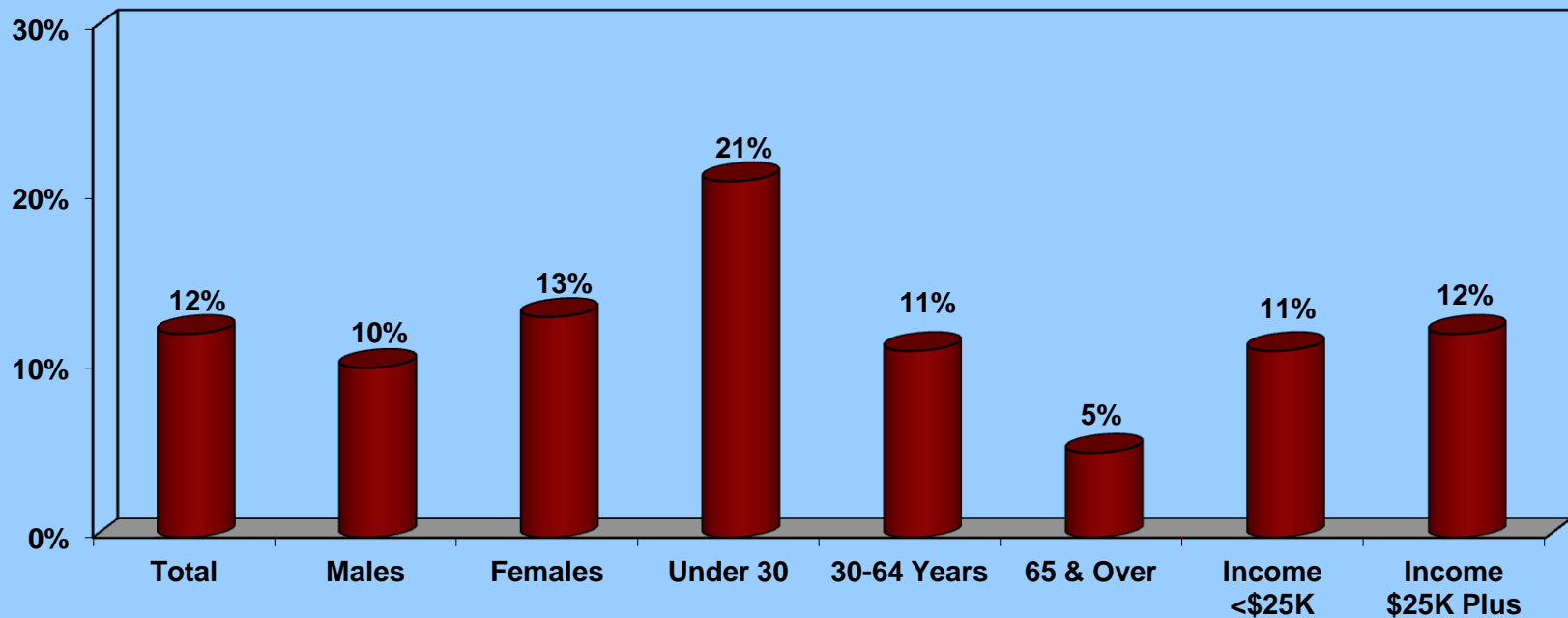
- 34% of Geauga County adults were diagnosed with some form of arthritis
  - Ohio- 31%, U.S.- 26% (2009 BRFSS)
- 55% of those over the age of 65 were diagnosed with arthritis

# Asthma



# Asthma

Geauga County Adults Diagnosed with Asthma



- 12% of Geauga county adults were diagnosed with asthma
- 14% of Ohio and U.S. adults were diagnosed with asthma (2010 BRFSS)

# Adult Weight Status

# Adult Weight Status

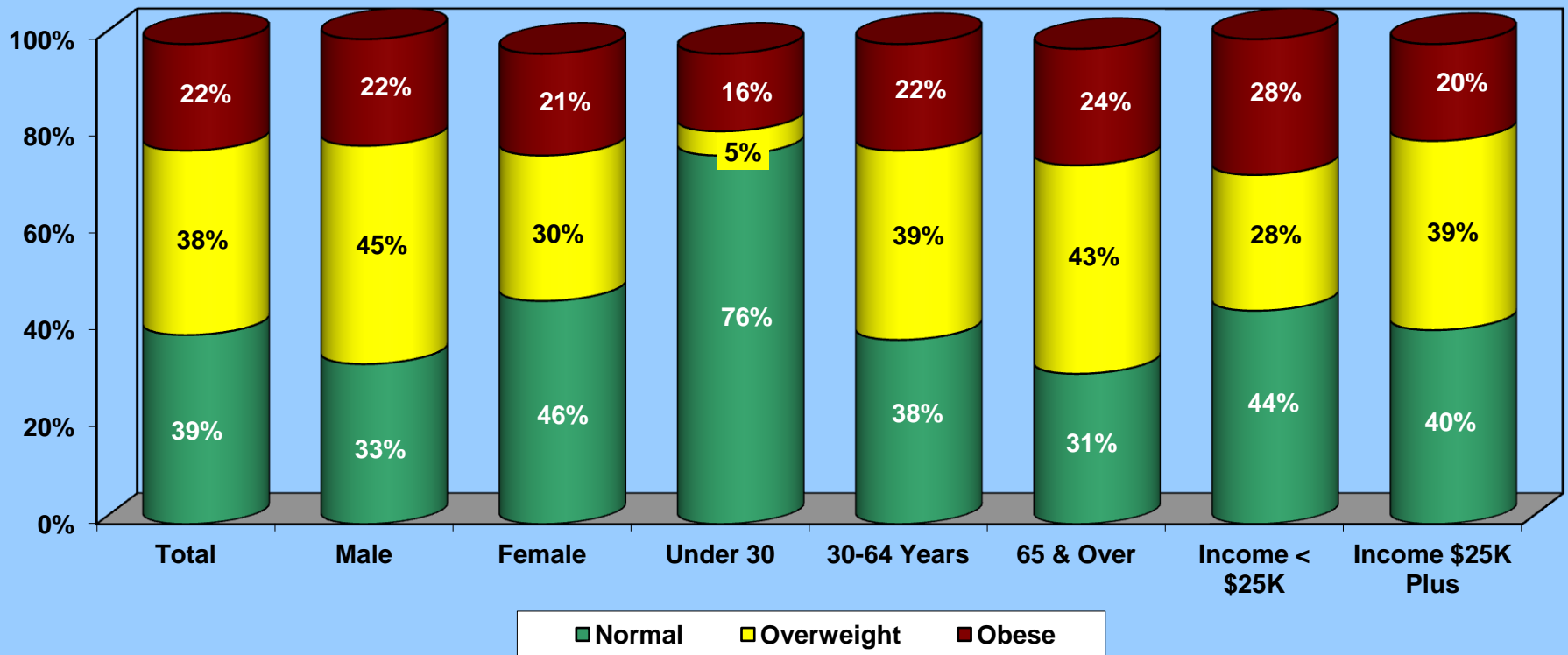
- 60% of all Geauga County adults were either overweight or obese by Body Mass Index (BMI)
- 22% of adults were obese
  - Ohio- 30%, U.S.- 28% (2010 BRFSS)
- 44% of adults were trying to lose weight
- 56% of adults engaged in physical activity at least 30 minutes on 3 or more days per week

# Adult Weight Status

- Geauga adults did the following to lose weight or keep from gaining weight:
  - Ate less food, fewer calories, or foods low in fat (53%)
  - Exercised (52%)
  - Ate a low-carb diet (14%)
  - Used a weight loss program (3%)
  - Participated in a prescribed dietary or fitness program (2%)
  - Smoked cigarettes (2%)
  - Went without eating 24 or more hours (2%)
  - Took diet pills, powders or liquids without a doctor's advice (1%)
  - Took prescribed medications (1%)
- 9% of adults ate 5 or more of fruits and vegetables per day.
  - 88% ate 1-4 servings per day

# Adult Weight Status

Geauga County Adult BMI Classifications



# Adult Weight Status

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Obese	22%	30%	28%
Overweight	38%	36%	36%

# Adult Tobacco Use

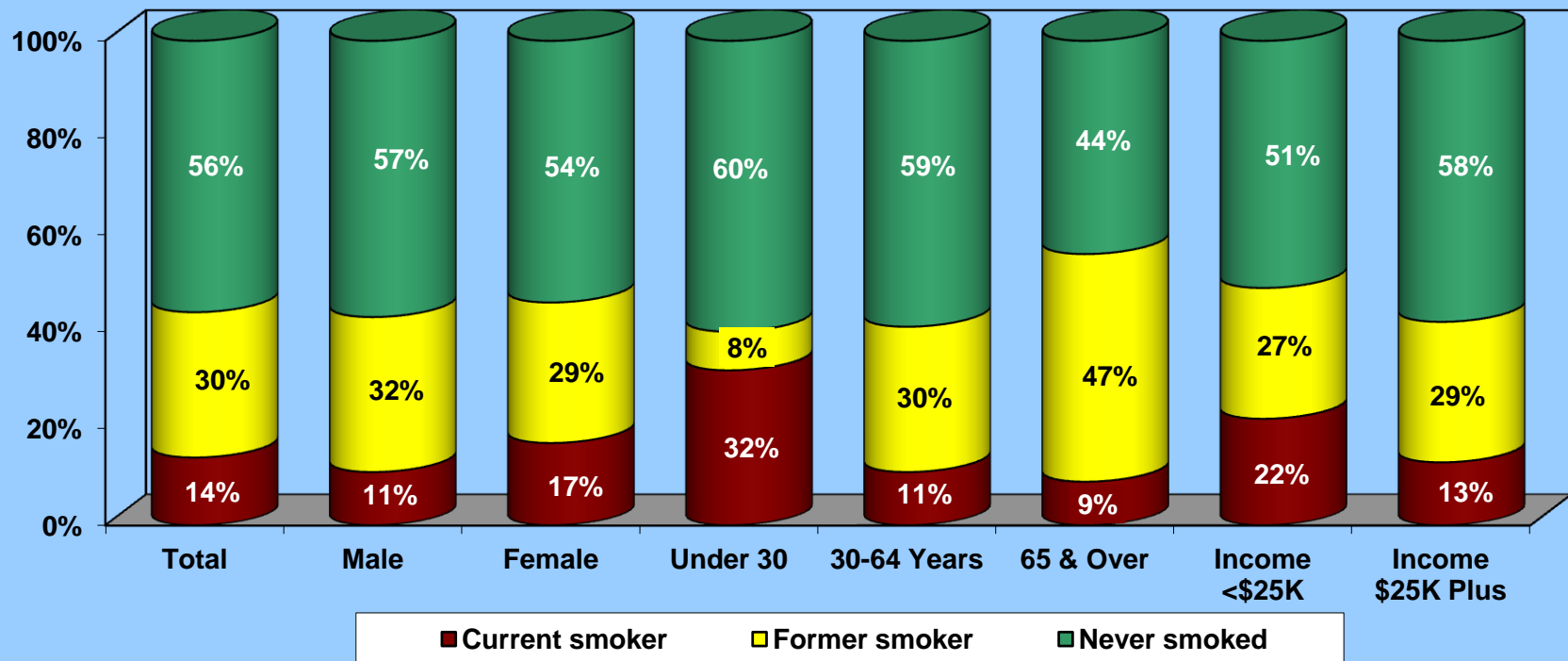
# Adult Tobacco Use

- 14% of all Geauga County adults were current smokers
  - Ohio- 23%, U.S.- 17% (2010 BRFSS)
- Geauga County adult smokers were more likely to:
  - Have rated their general health as fair or poor (48%)
  - Have been separated (40%)
  - Have been under the age of 30 (32%)
  - Have incomes less than \$25,000 (22%)
- 30% were former smokers



# Adult Tobacco Use

Geauga County Adult Cigarette Smoking Behaviors



# Adult Tobacco Use

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Current smoker	14%	23%	17%
Former smoker	30%	25%	25%

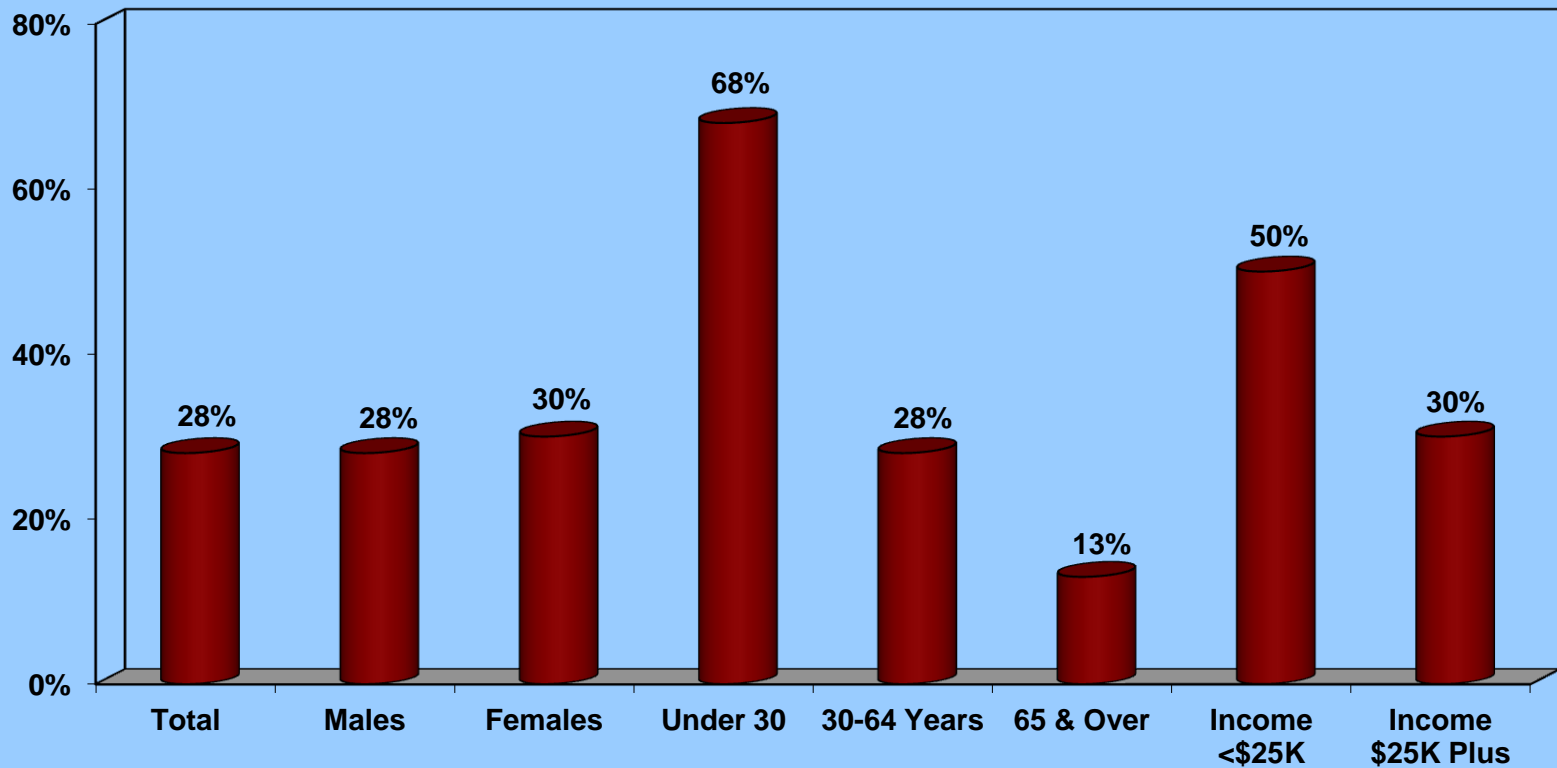
# Adult Alcohol Consumption

# Adult Alcohol Consumption

- 65% of Geauga County adults had at least one alcoholic drink in the past month
- 21% of all adults were considered frequent drinkers (drank an average of three or more days per week)
- 18% of all adults were binge drinkers
  - 28% of current drinkers were binge drinkers
- Geauga County adult drinkers consumed 2.0 drinks on average

# Adult Alcohol Consumption

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



# Adult Alcohol Consumption

2011 Adult Comparisons	Geauga County y 2011	Ohio 2010	U.S. 2010
Drank alcohol at least once in past month	65%	53%	55%
Binge drinker (drank 5 or more for males and 4 or more drinks on occasion)	18%	17%	15%

# Adult Marijuana and Other Drugs

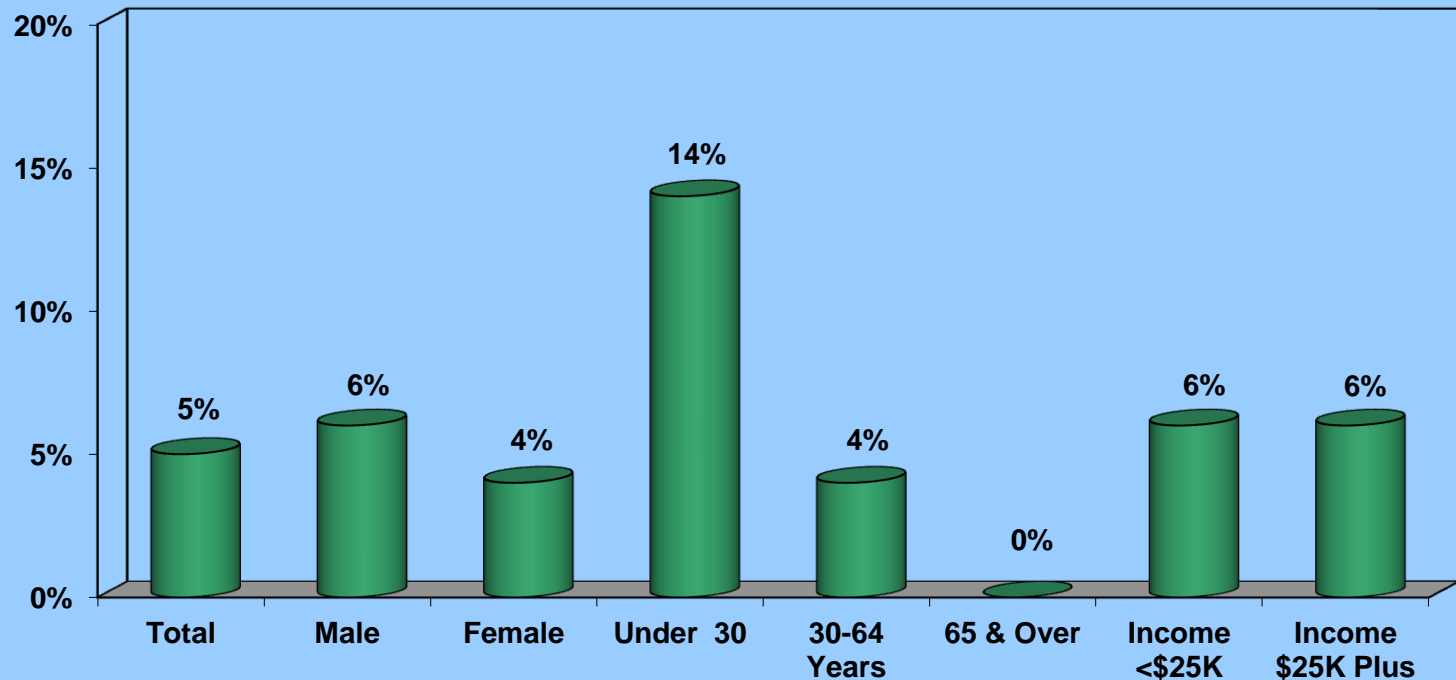
# Adult Marijuana and Other Drugs

- 5% of Geauga County adults had used marijuana in the past 6 months
- 1% of Geauga adults used other recreational drugs in the past 6 months
- 4% of adults had used a medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert in the past 6 months
  - 41% reported that they misused medication every day



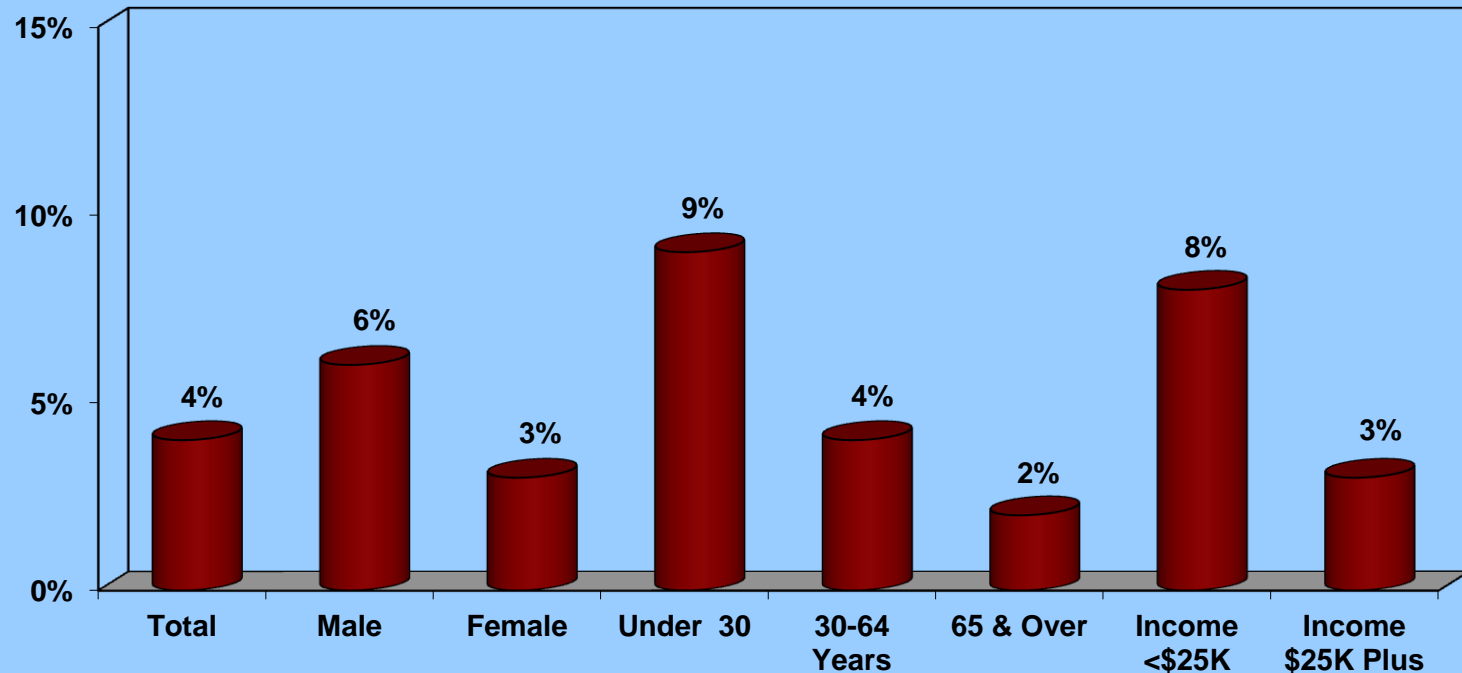
# Adult Marijuana and Other Drugs

Geauga County Adult Marijuana Use in Past 6 Months



# Adult Marijuana and Other Drugs

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



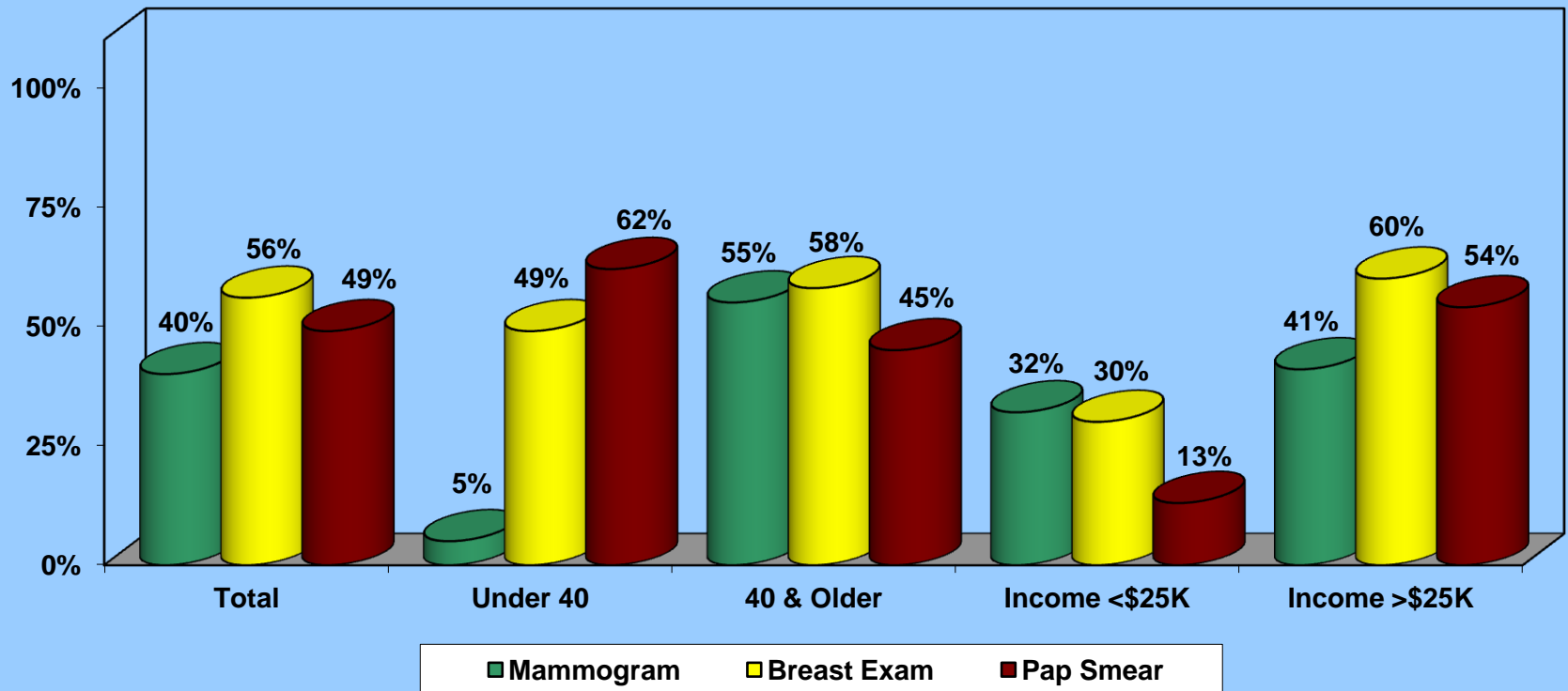
# Women's Health

# Women's Health

- 70% of all Geauga County women had a mammogram at some time in their life and 40% had one in the past year
  - 55% of women age 40 and over had a mammogram in the past year
- 94% of women had a clinical breast exam at some time in their life and 56% had one in the past year.
- 96% of women had a pap smear at some time in their life and 49% had one in the past year

# Women's Health

Geauga Women's Health Exams Within the Past Year



# Women's Health

- Major cardiovascular diseases accounted for 32% and cancers caused 26% of female deaths in Geauga County from 2006-2008 (ODH Information Warehouse)
- 51% of women were overweight or obese
  - Compared to 57% in the U.S. and 59% in Ohio (2010 BRFSS)
- 26% of women had been diagnosed with high blood pressure
  - Compared to 28% in the U.S. and 30% in Ohio (2009 BRFSS)
- 32% had high blood cholesterol
  - Compared to 36% in the U.S. and 37% in Ohio (2009 BRFSS)
- 15% were identified as current smokers
  - Compared to 16% in the U.S. and 22% in Ohio (2010 BRFSS)

# Women's Health

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Age 40 and over having had a mammogram in the past 2 years	77%	74%	76%
Women diagnosed with diabetes	4%	11%	10%
Women who were overweight or obese	51%	59%	57%

# Men's Health

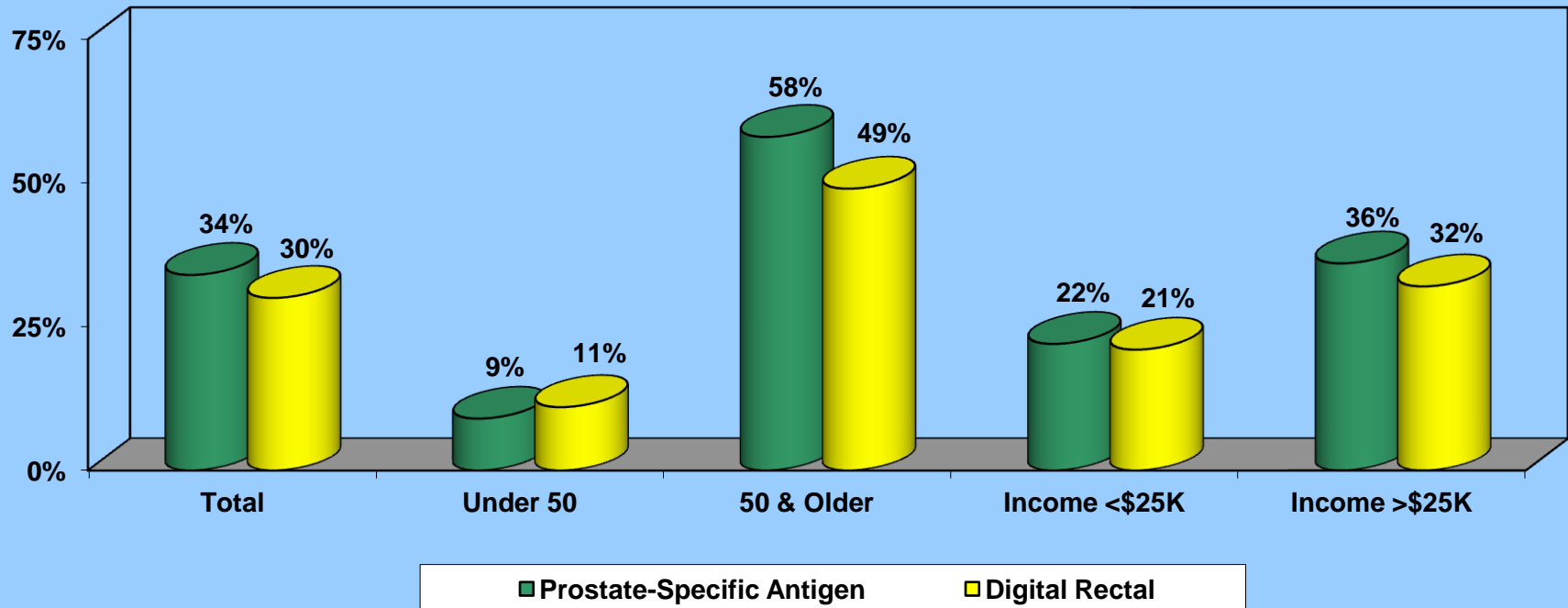


# Men's Health

- 47% of all Geauga County males had a Prostate-Specific Antigen (PSA) test at some point in their lifetime
- 76% of males age 50 and over had a PSA test at some time in their life and 58% had one in the past year
- 63% have had a digital rectal exam at some time in their life
- 86% of males age 50 and over had a digital rectal exam at some time in their life and 49% had one in the past year

# Men's Health

Geauga Men's Health Exams Within the Past Year



# Men's Health

- Major cardiovascular diseases accounted for 31% and cancers caused 28% of all male deaths in Geauga County from 2006-2008 (ODH Information Warehouse)
- 67% of men were overweight or obese
  - Compared to 71% in the U.S. and 73% in Ohio (2010 BRFSS)
- 41% had been diagnosed with high blood cholesterol
  - Compared to 40% in the U.S. and 43% in Ohio (2009 BRFSS)
- 32% had been diagnosed with high blood pressure
  - Compared to 30% in the U.S. and 33% in Ohio (2009 BRFSS)
- 11% were identified as current smokers
  - Compared to 19% in the U.S. and 23% in Ohio (2010 BRFSS)

# Men's Health

2011 Adult Comparisons	Geauga County y 2011	Ohio 2010	U.S. 2010
Had a PSA test within the past year	34%	N/A	N/A
Men diagnosed with high blood cholesterol	41%	43%	40%
Men who were current smokers	11%	23%	19%

# Preventive Medicine/Health Behaviors

# Preventive Medicine

- 41% of adults had a flu vaccine in the past 12 months
- 32% of adults had a colonoscopy in the past 5 years
  - Increasing to 67% of those age 50 and over
- 70% of adults have had their vision checked in the past two years
- 20% have had their hearing checked in the past two years

# Preventive Health Behavior

- Adults reported their health was threatened by the following environmental factors:
  - Insects (13%)
  - Mold (7%)
  - Rodents or mice (6%)
  - Plumbing problems (3%)
  - Temperature regulation (2%)
  - Unsafe water supply (2%)
  - Sewage/waste water problems (1%)
  - Bed bugs (1%)
  - Radiation (1%)
  - Chemicals found in household products (1%)
  - Safety hazards (<1%)
  - Radon (<1%)
  - Excess medications in the home (<1%)

# Preventive Health Behavior

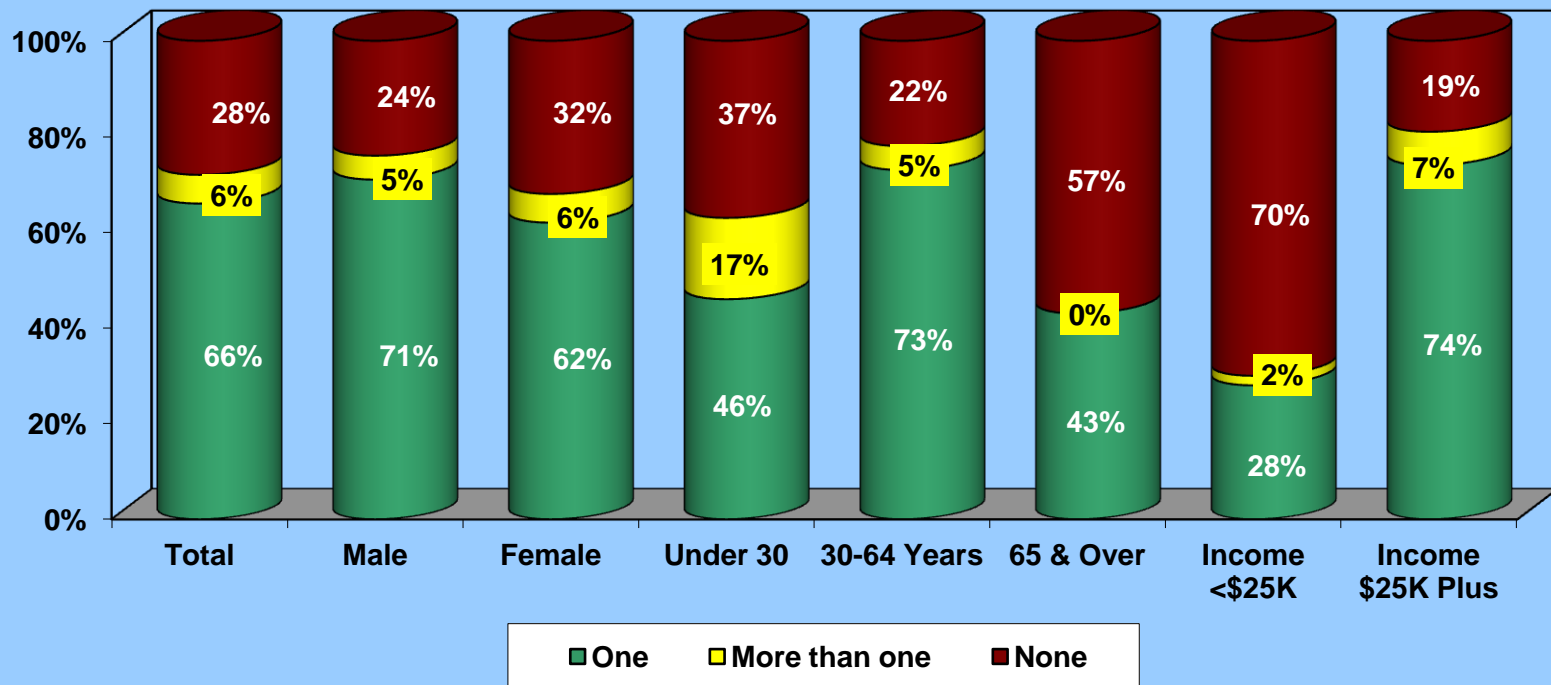
- Geauga County adults reported their household had the following disaster/emergency supplies:
  - Cell phone (91%)
  - Working flashlight and working batteries (91%)
  - Working battery operated radio and working batteries (52%)
  - 3-day supply of nonperishable food for everyone who lives there (68%)
  - 3-day supply of prescription medication for each person who takes prescribed medicines (60%)
  - 3-day supply of water for everyone in the household (1 gallon of water per person per day) (37%).



# Adult Sexual Behavior

# Adult Sexual Behavior

Number of Sexual Partners in the Past Year



- 72% of Geauga County adults had sexual intercourse in the past year
- 5% had intercourse with more than one partner

# Adult Sexual Behavior

- Geauga County adults used the following methods for birth control:
  - Abstinence (24%)
  - Vasectomy (17%)
  - Hysterectomy (11%)
  - Tubes tied (11%)
  - Condoms (10%)
  - Birth control pill (10%)
  - Withdrawal (3%)
  - Rhythm method (3%)
  - Diaphragm (1%)
  - IUD (1%)
- Geauga County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (28%)
  - They or their partner is too old (22%)
  - They did not think they or their partner could get pregnant (6%)
  - They did not think they were going to have sex (no regular partner) (5%)
  - They wanted to get pregnant (3%)
  - They did not want to use birth control (3%)
  - Religious preferences (3%)

# Social Context and Safety

# Social Context and Safety

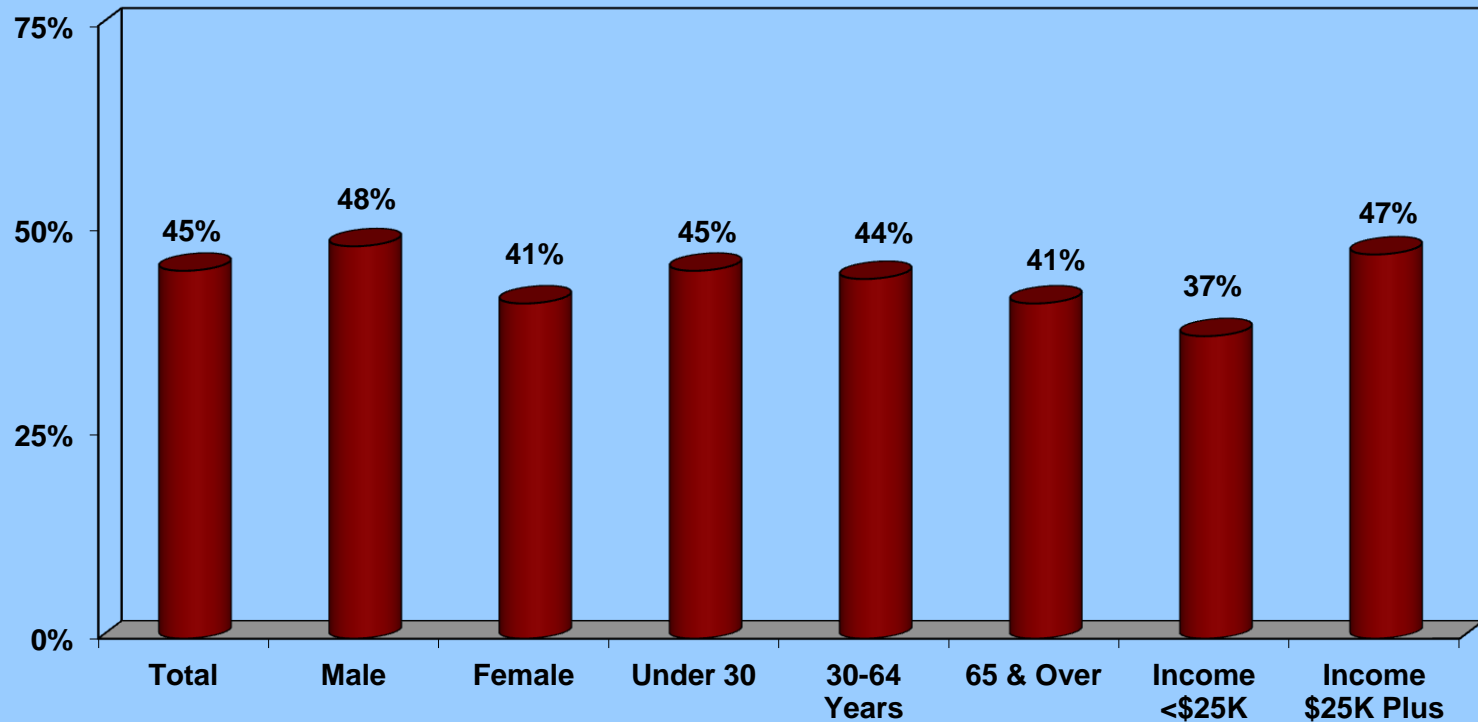
- 5% of Geauga County adults had been abused in the past year
  - An additional 4% were threatened to be abused
- 5% of adults were concerned about having enough food for themselves or their family in the past month
- 16% of adults attempted to get assistance from a social service agency

# Social Context and Safety

- 45% of adults kept a firearm in or around their home
- 8% of adults needed help meeting their general daily needs such as food, clothing, shelter, or paying utility bills in the past 30 days
  - Increasing to 23% of those under the age of 30

# Social Context and Safety

Geauga County Adults With a Firearm in the Home



# Quality of Life



# Quality of Life

- 20% of Geauga County adults were limited in some way because of a physical, mental or emotional problem.
- The following were the most limiting health problems:
  - Back or neck problems (18%)
  - Depression/anxiety(7%)
  - Arthritis (14%)
  - Obesity (7%)
  - Walking problems (7%)

# Quality of Life

2011 Adult Comparisons	Geauga County 2011	Ohio 2010	U.S. 2010
Limited in some way due to physical, emotional, or mental problems	20%	22%	21%

# Mental Health and Suicide

# Adult Mental Health

- 8% of Geauga County adults felt so sad or hopeless for two or more weeks in a row that they stopped doing usual activities
  - Increasing to 10% of females
- 18% of adults indicated they had a high or very high stress level on a typical day
- 2% of adults considered attempting suicide in the past year
- 1% of adults attempted suicide

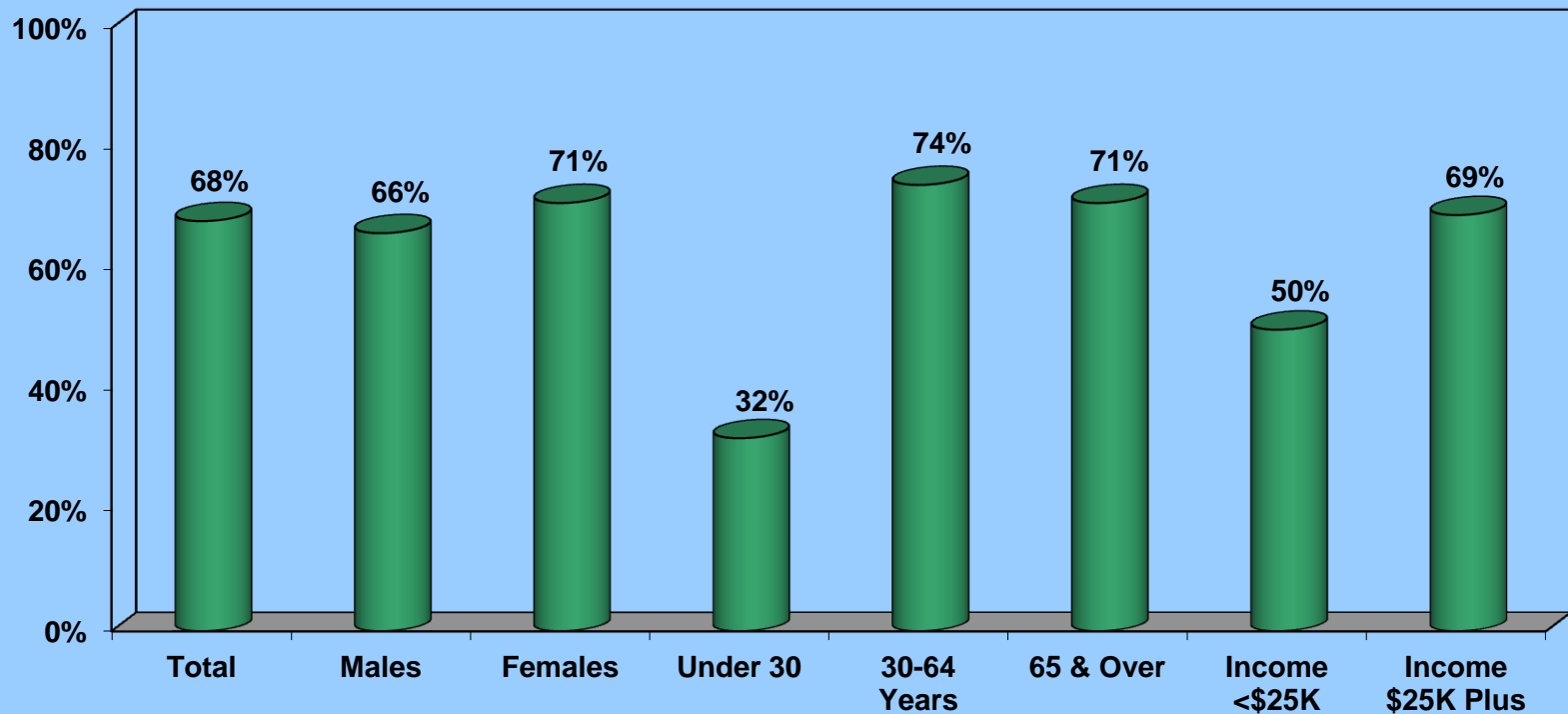
# Oral Health

# Oral Health

- 68% of Geauga County adults had visited a dentist or dental clinic in the past year
  - Decreasing to 50% of adults with incomes less than \$25,000
- When asked the main reason for not visiting a dentist in the last year, Geauga County adults gave the following responses:
  - No reason to go (22%)
  - No dental insurance (20%)
  - Cost (17%)
  - Fear, apprehension, nervousness, pain, or dislike going (14%)
  - Had not thought of it (6%)
  - Other priorities (5%)
  - Do not have/know a dentist (4%)

# Oral Health

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



# Youth Results



# Youth Weight Status

# Youth Weight Status

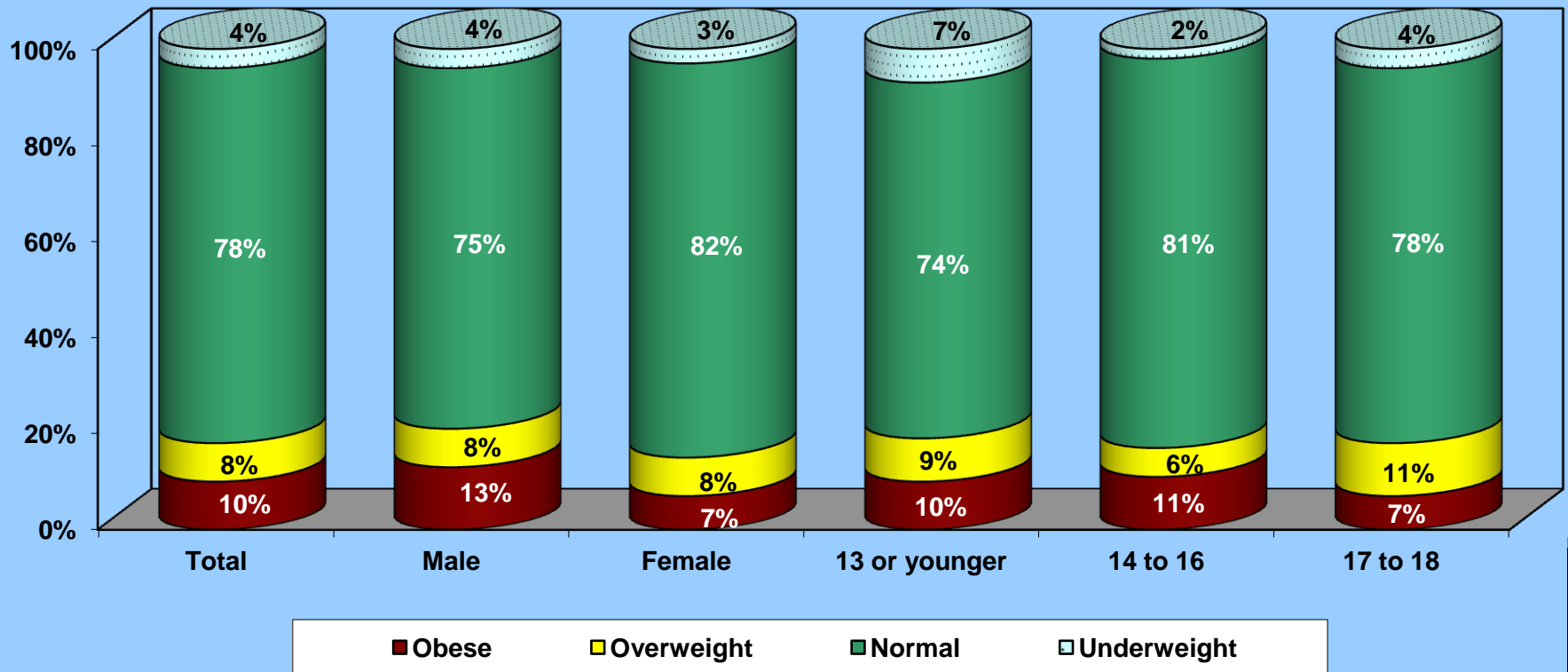
- 10% of Geauga County youth were classified as obese by BMI
- 39% were trying to lose weight, increasing to 51% of females
- 75% of youth had participated in at least 60 minutes of physical activity on three or more days in the past week

# Youth Weight Control

- Geauga County youth spent an average of:
  - 3.0 hours on their cell phone
  - 2.1 hours watching TV
  - 1.7 hours on their computer
  - 1.2 hours on video games
- 41% of youth drank energy drinks
  - 7% drank energy drinks to mix with alcohol and 23% said to stay awake
- 14% of youth ate 5 or more servings of fruit or vegetables per day
  - 79% ate 1-4 servings per day

# Youth Weight Status

Geauga County Youth BMI Classifications



# Youth Weight Status

Geauga County Youth did the following to lose weight in the past 30 days:	Percent
Exercised	51%
Ate less food, fewer calories, or foods lower in fat	28%
Went without eating for 24 hours	4%
Vomited or took laxatives	2%
Took diet pills, powders, or liquids without a doctor's advice	2%
Smoked	3%

# Youth Weight Status

2011 Youth Comparisons	Geauga County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Geauga County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	10%	10%	12%	12%
Went without eating for 24 hours or more	4%	5%	11%	11%
Trying to lose weight	39%	38%	47%	45%*

*\*2007 YRBS Data*

# Youth Tobacco Use

# Youth Tobacco Use

- 28% of Geauga County youth had tried smoking at some time in their life
  - Compared to 51% of Ohio youth and 46% of U.S. youth (2007, 2009 YRBS)
- 15% of Geauga County youth were current smokers
  - Compared to 22% of Ohio youth and 20% of U.S. youth (2007, 2009 YRBS)
- The average age of onset for smoking was 14.0 years old

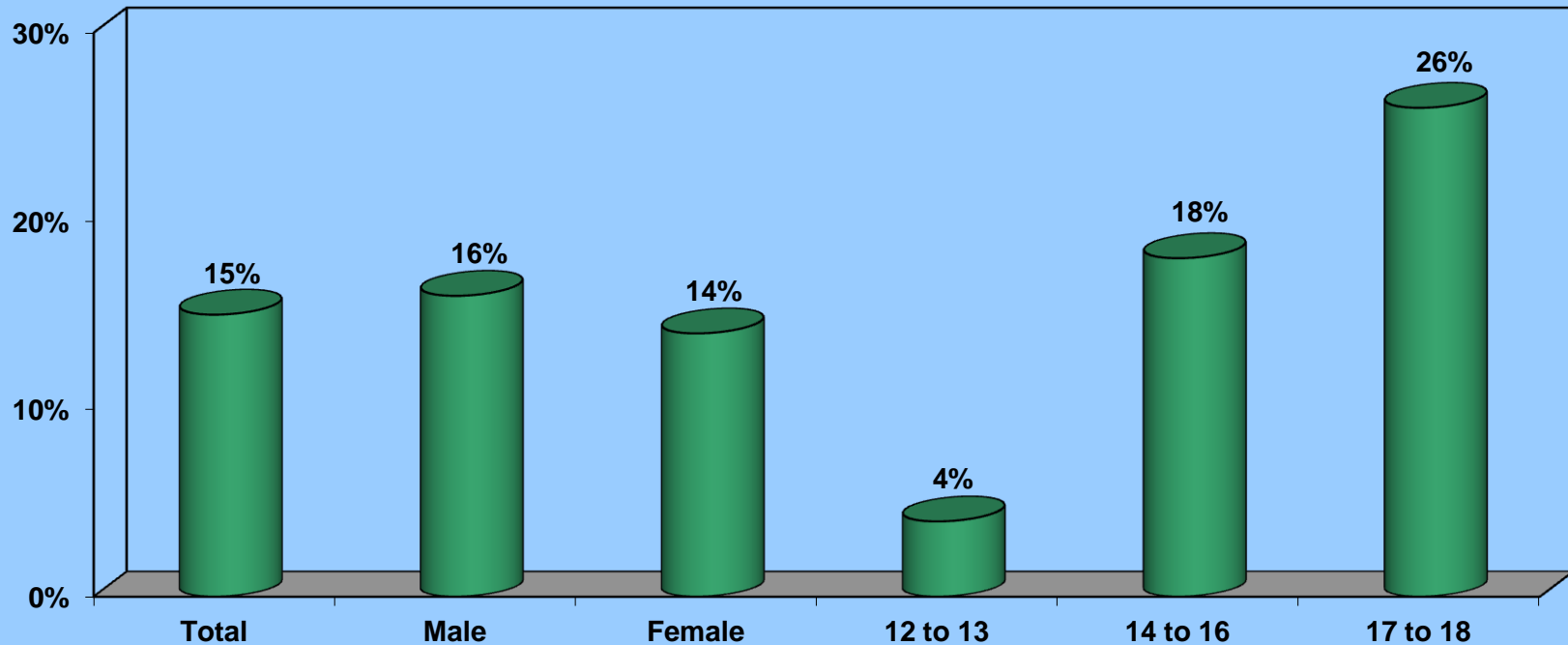


# Youth Tobacco Use

- Youth used the following forms of tobacco in the past year:
  - Cigarettes (21%)
  - Black and milds (14%)
  - Chewing tobacco or snuff (11%)
  - Cigars (11%)
  - Hookah (8%)
  - Swishers (8%)
  - Flavored cigarettes (6%)
  - Cigarillos (6%)
  - Snus (5%)
  - Little cigars (4%)
  - Bidis (<1%)
- Current smokers got their cigarettes from the following:
  - 31% asked someone else to buy them cigarettes
  - 28% borrowed cigarettes from someone else
  - 25% bought cigarettes from a store or gas station
  - 19% said a person over the age of 18 gave them the cigarettes
  - 14% took cigarettes from a store or family member
  - 13% said they got cigarettes some other way

# Youth Tobacco Use

Geauga County Youth Who Are Current Smokers



# Youth Tobacco Use

## Behaviors of Geauga Youth *Current Smokers vs. Non-Current Smokers*

Youth Behaviors	Current Smoker	Non-Current Smoker
Attempted suicide in the past 12 months	16%	3%
Have had at least one drink of alcohol in the past 30 days	77%	24%
Have used marijuana in the past 30 days	65%	6%
Participated in extracurricular activities	80%	93%

# Youth Tobacco Use

2011 Youth Comparisons	Geauga County 2011 (6 <sup>th</sup> – 12 <sup>th</sup> )	Geauga County 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> – 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> – 12 <sup>th</sup> )
Ever tried cigarettes	28%	38%	51%	46%
Current smokers	15%	21%	22%	20%

# Youth Tobacco Use



# Youth Alcohol Consumption

# Youth Alcohol Consumption

- 51% of youth have had at least one drink of alcohol in their lifetime
  - Increasing to 71% of 17-18 year olds
- 31% had their first drink under the age of 12
- The average age of onset was 13.1 years old
- 32% had at least one drink in the past month (current drinker)

# Youth Alcohol

- Based on all youth, 20% were binge drinkers
- 64% of those who drank had an episode of binge drinking in the past month
- 11% of those who had reported drinking drank on 10 or more days in the past month
- 18% had ridden in a car driven by someone who had been drinking in the past month
  - 14% of youth drivers had driven themselves while under the influence in the past month

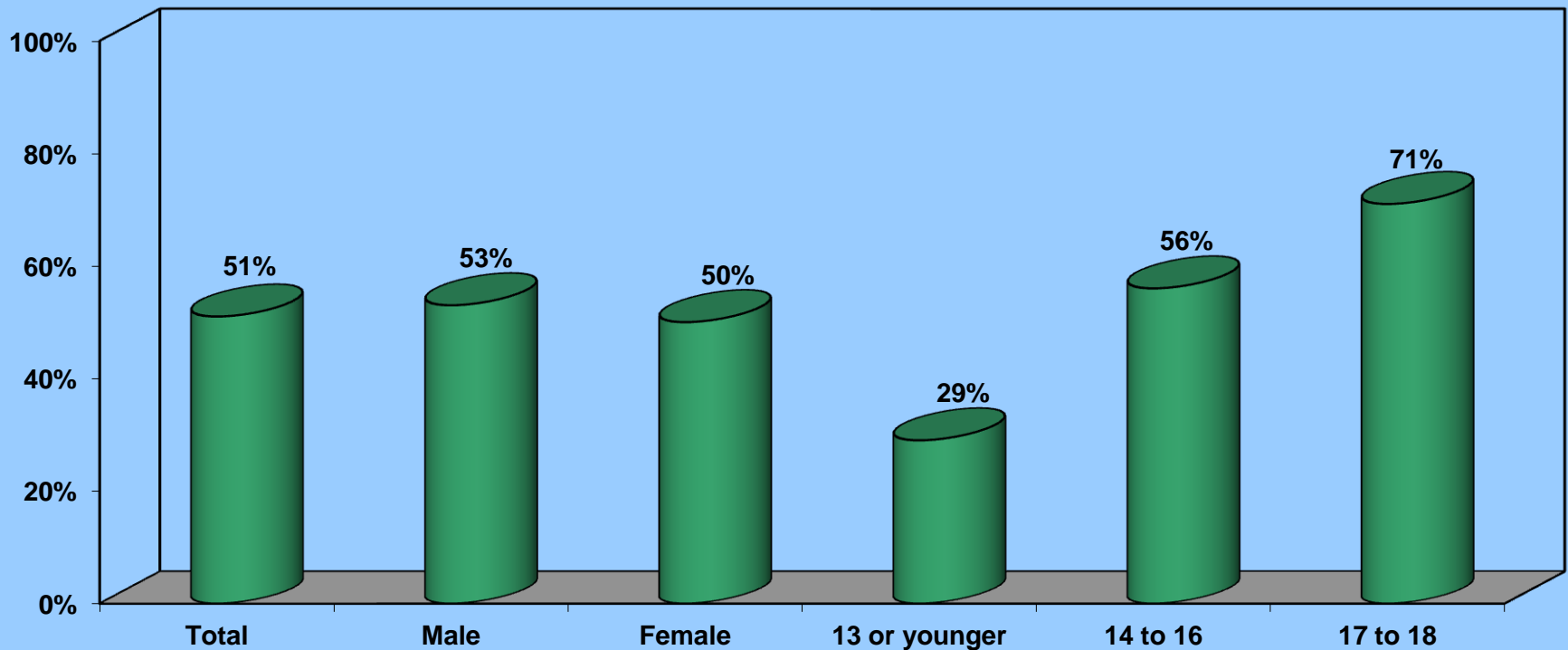


# Youth Alcohol

- Current drinkers got their alcohol from the following:
  - Someone gave it to them (46%)
  - Took it from a store or family member (18%)
  - A parent gave it to them (11%)
  - Their friend's parents gave it to them (7%)
  - Bought in a store (4%)
  - Bought it at a restaurant/bar/club (3%)
  - Bought it at a public event (2%)
  - Some other way (27%)

# Youth Alcohol

Geauga County Youth Who Had At Least One Drink In Their Lifetime



# Youth Alcohol Consumption

## Behaviors of Geauga Youth *Current Drinkers vs. Non-Current Drinkers*

Youth Behaviors	Current Drinker	Non-Current Drinker
Considered attempting suicide in the past 12 months	18%	4%
Have smoked in the past 30 days	37%	5%
Have used marijuana in the past 30 days	39%	4%
Participated in extracurricular activities	90%	92%

# Youth Alcohol Consumption

2011 Youth Comparisons	Geauga County 2011 (6 <sup>th</sup> – 12 <sup>th</sup> )	Geauga County 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> – 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> – 12 <sup>th</sup> )
Ever tried alcohol	51%	62%	76%	73%
Current drinker	32%	42%	46%	42%
Binge drinker	20%	29%	29%	24%
Rode with someone who was drinking	18%	20%	23%	28%
Drank and drove	14%	13%	10%	10%

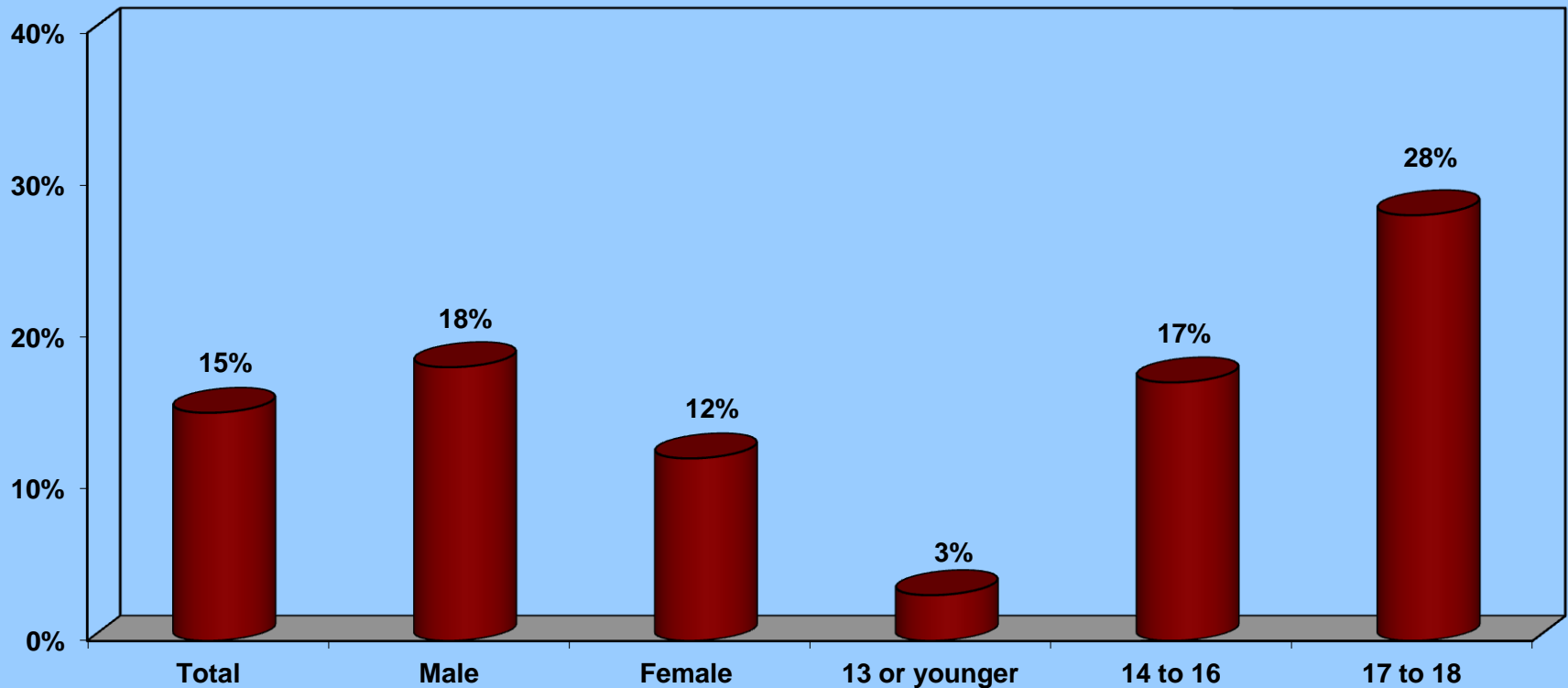
# Youth Marijuana and Other Drugs

# Youth Marijuana and Other Drugs

- 15% of Geauga County youth had used marijuana in the past month
  - Compared to 18% of Ohio youth and 21% of U.S. youth (2007, 2009 YRBS)
- 10% of youth had used a medication not prescribed for them or took more than prescribed to feel good or high in their lifetime
- 8% of youth reported misusing over-the-counter medications (such as cold medicine, allergy medicine and pain reliever) in their lifetime

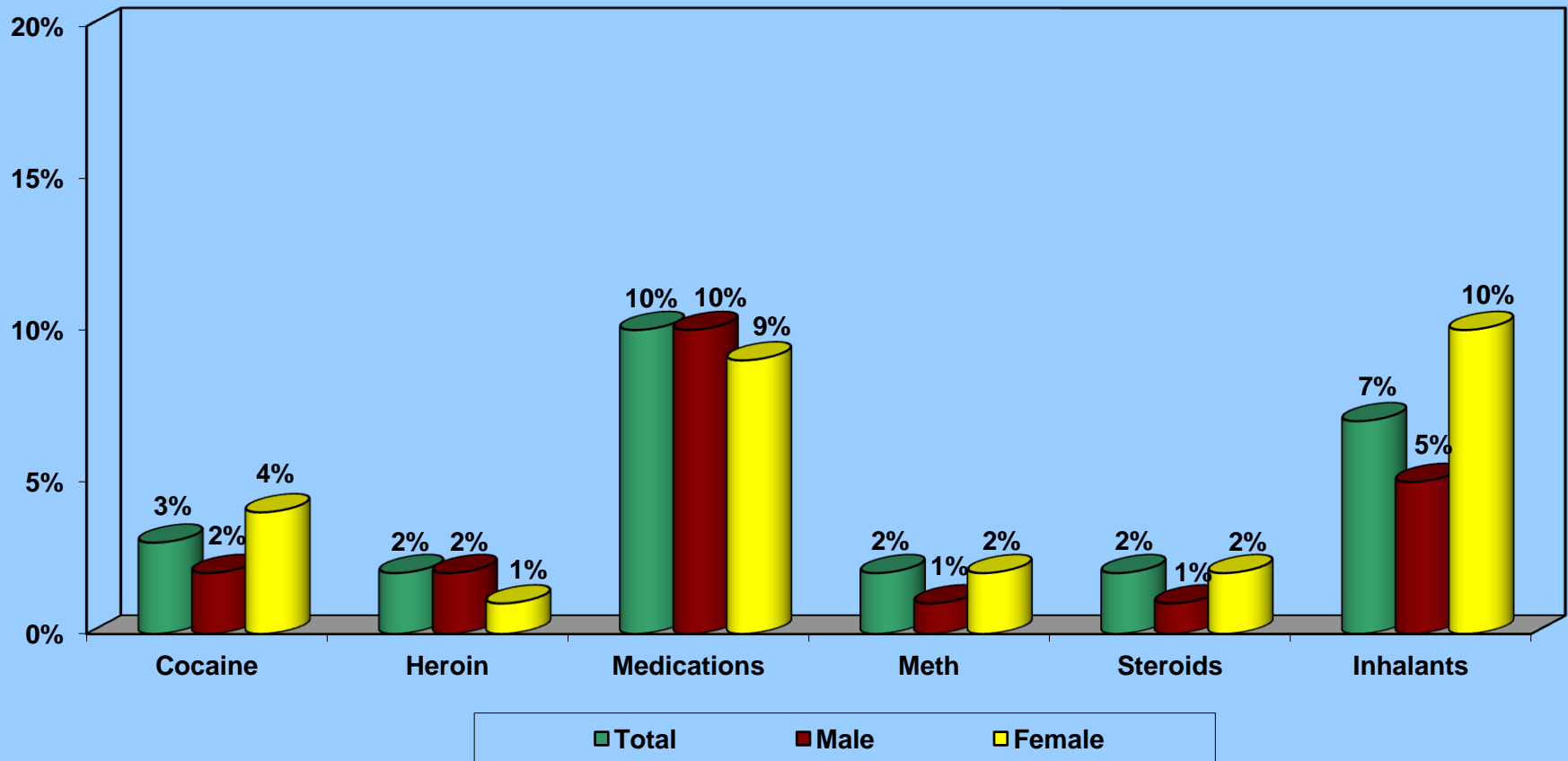
# Youth Marijuana and Other Drugs

**Geauga County Youth Who Used Marijuana in the Past Month**



# Youth Marijuana and Other Drugs

Geauga County Youth Lifetime Drug Use





# Youth Marijuana and Other Drugs

2011 Youth Comparisons	Geauga County 2011 (6 <sup>th</sup> - 12 <sup>th</sup> )	Geauga County 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> - 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> - 12 <sup>th</sup> )
Youth who used marijuana in the past 30 days	15%	20%	18%	21%
Ever used methamphetamines	2%	1%	6%	4%
Ever used cocaine	3%	4%	8%	6%
Ever used heroin	2%	1%	4%	3%
Ever used steroids	2%	1%	5%	3%
Ever used inhalants	7%	6%	12%*	12%
Ever misused medications	10%	12%	N/A	N/A
Youth who reported that someone offered, sold, or gave them an illegal drug on school property	13%	15%	27%	23%

\*2005 YRBS Data

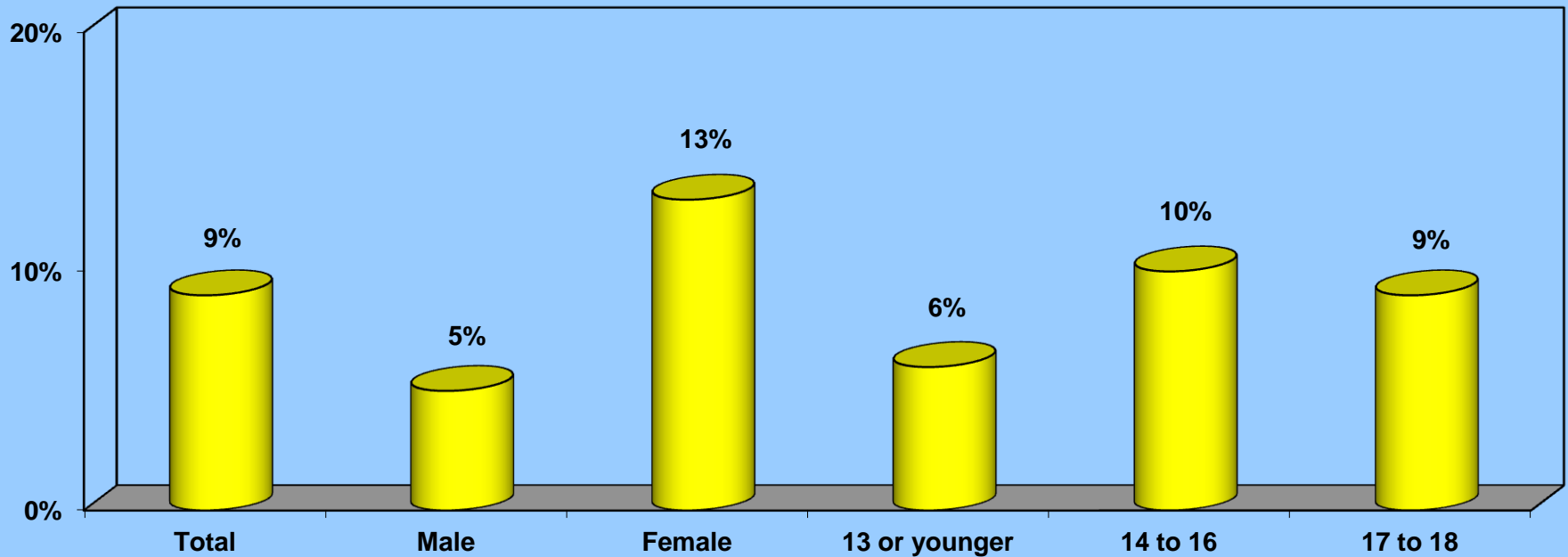
# Youth Mental Health and Suicide

# Youth Mental Health

- 19% of youth reported feeling sad or hopeless almost every day for 2 weeks or more in a row
- 9% of youth had seriously contemplated suicide in the past year
- 5% attempted suicide and 2% made more than one attempt

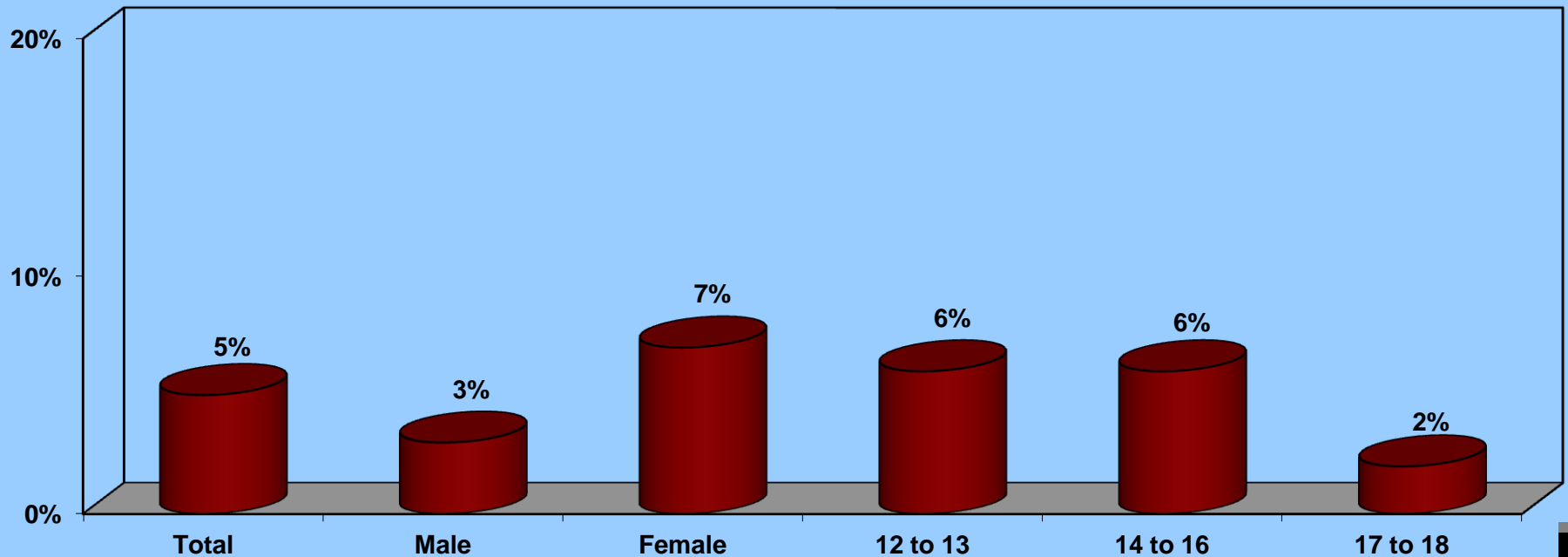
# Youth Mental Health

**Geauga County Youth Who Contemplated Suicide in Past 12 Months**



# Youth Mental Health

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



# Youth Mental Health

2011 Youth Comparisons	Geauga 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Geauga 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had seriously considered suicide	9%	11%	13%	14%
Youth who had attempted suicide	5%	5%	7%	6%

# Youth Safety and Support

# Youth Safety

- 59% of Geauga County youth always wore a seatbelt
- Geauga County youth drivers did the following while driving:
  - Wore a seatbelt (85%)
  - Used the internet on cell phone (12%)
  - Talked on cell phone (68%)
  - Used Facebook on cell phone (11%)
  - Texted (58%)
  - Applied makeup (7%)
  - Ate (54%)
  - Read (4%)
  - Used cell phone for other things (13%)
- 4% of youth played the choking game



# Youth Safety

2011 Youth Comparisons	Geauga County 2011 (6 <sup>th</sup> - 12 <sup>th</sup> )	Geauga County 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> - 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> - 12 <sup>th</sup> )
Always wore a seatbelt	59%	59%	N/A	N/A
Ridden in a car driven by someone who had been drinking alcohol in past month	18%	20%	N/A	N/A

# Youth Violence

# Youth Violence

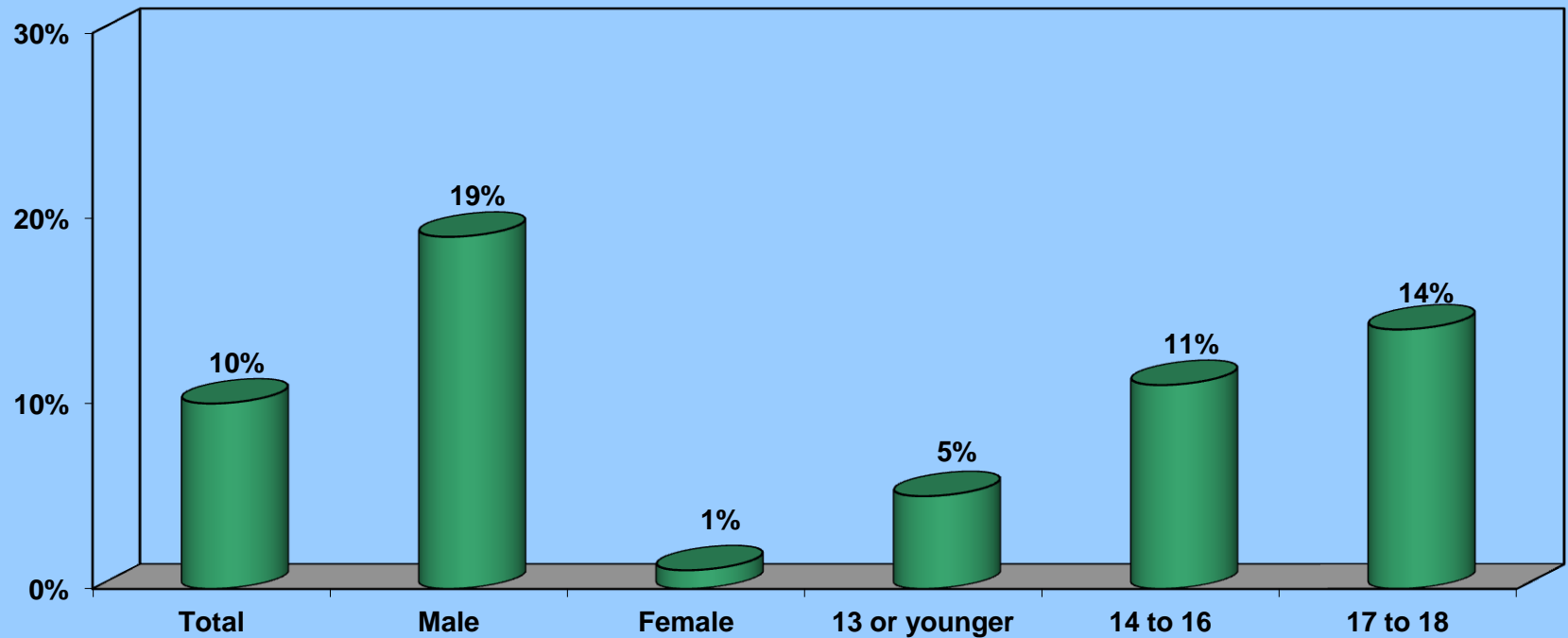
- 10% of youth carried a weapon in the past 30 days
- 18% of Geauga County youth purposefully hurt themselves sometime in their life
- 6% of Geauga County youth were threatened or injured with a weapon on school property
- 2% of youth did not go to school because they felt unsafe
  - Compared to 4% of Ohio youth and 5% of U.S. youth (2007, 2009 YRBS)

# Youth Violence

- 43% of Geauga County youth had been bullied in the past year
  - 35% were verbally bullied
  - 25% were indirectly bullied
  - 10% were cyber bullied
  - 9% were physically bullied
- 12% of Geauga County youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months
- 7% reported being hit, slapped or physically hurt by a boyfriend or girlfriend in the past year
- 7% of youth were physically forced to have sexual intercourse when they did not want to

# Youth Violence

**Geauga County Youth Carrying a Weapon during the Past 30 Days**



# Youth Violence

2011 Youth Comparisons	Geauga County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Geauga County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	10%	11%	17%	18%
Did not go to school because felt unsafe	2%	2%	4%	5%
Physically hurt by a boyfriend/girlfriend	7%	8%	N/A	10%
Forced to have sexual intercourse	7%	8%	10%	7%

# Children's Health (Ages 0-11)

# Children's Health & Functional Status



# Children's Health & Functional Status

- 60% of parents rated their child's health as excellent
- 14% of children were classified as obese
- 66% of parents reported their child had been to the dentist in the past year
- 10% of parents reported their child had asthma

# Children's Health & Functional Status

- Parents reported their child had the following allergies:
  - Pollen (7%)
  - Ragweed (6%)
  - Grasses (5%)
  - Mold (5%)
  - Dust mites (4%)
  - Milk (4%)
  - Cats (3%)
  - Dogs (2%)
  - Peanuts (1%)
  - Shellfish (1%)
  - Fungi (1%)
  - Fish (1%)
  - Wheat (1%)
  - Gluten (1%)
  - Bees (1%)
  - Horses (1%)
  - Eggs (1%)
  - Soy (1%)
  - Tree nuts (<1%)
  - Other (9%)

# Children's Health & Functional Status

- Parents reported their child had been diagnosed with the following:
  - Asthma (10%)
  - ADD/ADHD (7%)
  - Developmental delay/physical impairment (7%)
  - Pneumonia (5%)
  - Urinary tract infections (4%)
  - Birth defect (4%)
  - Behavioral or conduct problems (4%)
  - Hearing problems (4%)
  - Learning disability (4%)
  - Anxiety problems (3%)
  - Vision problems that cannot be corrected by glasses or contact lenses (2%)
  - Head injury (3%)
  - Bone, joint, muscle problems (2%)
  - Depression (6-11 year olds) (2%)
  - Genetic diseases (2%)
  - Cancer (1%)
  - Appendicitis (1%)
  - Digestive tract infections (1%)
  - Epilepsy (1%)
  - Autism (1%)
  - Diabetes (1%)

# Children's Health & Functional Status

Child Comparisons	Geauga County 2011 Ages 0-5	Ohio 2007 Ages 0-5	U.S. 2007 Ages 0-5	Geauga County 2011 Ages 6- 11	Ohio 2007 Ages 6-11	U.S. 2007 Ages 6-11
Rated health as excellent or very good	96%	91%	87%	96%	84%	84%
Diagnosed with asthma	6%	9%	9%	11%	21%	16%
Diagnosed with ADHD/ADD	1%	2%	1%	10%	9%	9%
Diagnosed with developmental delay or physical impairment	8%	2%	3%	6%	8%	6%
Diagnosed with bone, joint, or muscle problems	2%	1%	2%	2%	3%	3%
Diagnosed with hearing problems	3%	2%	2%	5%	4%	3%
Diagnosed with depression	1%	1%	1%	2%	5%	2%

# Children's Health Insurance, Access, Utilization & Medical Home

# Children's Health Insurance, Access, Utilization & Medical Home

- 22% of parents reported there was a time in the past year that their child was not covered by health insurance
- Parents reported their child's insurance covered the following:
  - Hospital stays (82%)
  - Immunizations (80%)
  - Doctor visits (79%)
  - Prescription coverage (76%)
  - Well visits (76%)
  - Dental (66%)
  - Mental health (64%)
  - Vision (53%)

# Children's Health Insurance, Access, Utilization & Medical Home

- 17% of parents took their child to the emergency room (ER) for health care in the past year.
  - 3% of children had been there 2 or more times
- Parents reported someone in their household received the following:
  - Benefits from free or reduced breakfast or lunch (9%)
  - Mental health/substance abuse treatment (5%)
  - Help Me Grow (5%)
  - SNAP/food stamps (4%)

# Children's Health Insurance, Access, Utilization & Medical Home

- 13% of parents reported their child did not get all of the medical care they needed and 10% did not get all of the prescription medication they needed in the past year
- 81% of parents reported they had one or more people they think of as their child's personal doctor
- 91% of parents report their child goes to a private doctor's office for care
  - 1% use an urgent care center
  - 1% use a public health clinic or community health center
  - <1% use a hospital emergency room



# Children's Health Insurance, Access, Utilization & Medical Home

Child Comparisons	Geauga County 2011 Ages 0-5	Ohio 2007 Ages 0-5	U.S. 2007 Ages 0-5	Geauga County 2011 Ages 6-11	Ohio 2007 Ages 6-11	U.S. 2007 Ages 6-11
Had public insurance	8%	32%	35%	8%	26%	28%
Dental care visit in past year	45%	51%	54%	77%	92%	90%
2 or more visits to the ER	4%	8%*	8%*	3%	6%*	4%*
Received all the medical care they needed	88%	99%*	99%*	86%	98%*	98%*
Have a personal doctor or nurse	79%	95%	94%	81%	95%	92%

\* 2003 national and state data

# Early Childhood (Ages 0-5)

# Early Childhood (Ages 0-5)

- During their last pregnancy, mothers did the following:
  - Got prenatal care in the first 3 months (89%)
  - Took a multi-vitamin (85%)
  - Wore a seatbelt properly (77%)
  - Took folic acid (57%)
  - Experienced mild postpartum depression (21%)
  - Smoked cigarettes (5%), experienced severe postpartum depression (2%)  
Experienced perinatal depression (1%)
  - Experienced domestic violence (1%)

# Early Childhood (Ages 0-5)

Child Comparisons	Geauga County 2011 0-5 years	Ohio 2007 0-5 years	U.S. 2007 0-5 years
Parent reads to child every day	35%	50%	48%
Spent 4 or more hours watching TV	10%	17%	13%

*\* Children ages 1-5 years old*

# Middle Childhood (Ages 6-11)

# Middle Childhood (Ages 6-11)

- 79% of parents reported they felt their child was always safe at school
- 34% of parents reported their child was bullied in the past year. The following types of bullying were reported:
  - Verbally (22%)
  - Physically (6%)
  - Indirectly-spreading rumors (7%)
  - Cyber (<1%)
- 11% of parents reported their child spent 4 or more hours watching TV after school
  - An additional 3% spent 4 or more hours playing video games

# Middle Childhood (Ages 6-11)

- Children were enrolled in the following types of schools:
  - Public (61%)
  - Private (33%)
  - Home schooled (2%)
  - Charter (1%)
  - Out of county school (<1%)
- Geauga County parents reported their child participated in the following extracurricular activities:
  - Sports team/sports lessons (58%)
  - Religious group (30%)
  - Club or organization (23%)
  - Library program (12%)
  - 4H (4%)
  - Latchkey (1%)
  - Other organized activity (24%)

# Middle Childhood (Ages 6-11)

- 14% of parents reported their child had a MySpace, facebook, Twitter or other social networking account
- 15% of parents reported having to contact the following agencies to help with problems with their child:
  - Child's school (7%)
  - Mental health agency (3%)
  - Faith-based agency (1%)
  - Children's services (1%)



# Middle Childhood (Ages 6-11)

Child Comparisons	Geauga County 2011 6-11 Years	Ohio 2007 6-11 Years	U.S. 2007 6-11 Years
Child participated in 1 or more activities	76%	85%	79%
Child spent 4 or more hours watching TV, playing non-active video games, or time on the computer	11%	14%	9%
Child spent some time home alone without an adult	8%	15%	9%
Parent felt child was usually/always safe at school	98%	95%	92%

# Family Functioning, Neighborhood, & Community Characteristics

# Family Functioning, Neighborhood, & Community Characteristics

- 2% of parents reported their child went to bed hungry at least one day per week because they did not have enough food
  - 2% went to be hungry every night
- Parents reported the average time their child woke up was 7:00 a.m. and went to bed at 8:44 p.m.
  - The average child slept 10.2 hours per night

# Family Functioning, Neighborhood, & Community Characteristics

- 37% of parents reported that every family member that lived in their household ate a meal together every day of the week
- Parents reported they read to their child:
  - Every day (20%)
  - Almost every day (19%)
  - A few times per week (20%)
  - A few times per month (8%)
  - A few times per year (1%)
- 28% of parents reported their child reads to him/herself

# Family Functioning, Neighborhood, & Community Characteristics

- 66% of parents reported their neighborhood was always safe
- 58% of parents have talked to their child about what to do if he/she finds a gun.
- 4% of parents reported that smoking is allowed anywhere in their house

# Family Functioning, Neighborhood, & Community Characteristics

Child Comparisons	Geauga County 2011 0-5 Years	Ohio 2007 0-5 Years	U.S. 2007 0-5 Years	Geauga County 2011 6-11 Years	Ohio 2007 6-11 Years	U.S. 2007 6-11 Years
Family eat a meal together every day of the week	38%	55%	58%	15%	40%	47%
Child never attends religious services	27%	35%	32%	18%	14%	15%
Neighborhood is usually or always safe	99%	88%	85%	98%	84%	86%

# Parent Health

# Parent Health

- 80% of those who filled out the survey were mothers
  - 19% were fathers and <1% were grandparents
- 73% of parents rated their mental and emotional health as excellent or very good
- Parents missed work on average due to the following:
  - child ill or injured (1.4 days)
  - child's medical appointments (0.1 days)
  - child's behavioral or emotional problems (0.1 days)
  - child's asthma (0.1 days)
- 29% of parents were overweight and 26% were obese



# Parent Health

Child Comparisons	Geauga County 2011 Ages 0-5	Ohio 2007 Ages 0-5	U.S. 2007 Ages 0-5	Geauga County 2011 Ages 6-11	Ohio 2007 Ages 6-11	U.S. 2007 Ages 6-11
Mother's mental or emotional health is fair/poor	2%	5%	6%	5%	8%	8%
Father's mental or emotional health is fair/poor	13%	5%	4%	2%	5%	5%

# Kent State University – Geauga Campus Data

Methodology: Convenience Sample on Campus

# KSU- Health Care Access, Coverage and Utilization

- 70% of KSU students surveyed rated their health as excellent or very good
  - 9% rated their health as fair or poor
- 51% of students had one person they think of as their personal doctor or healthcare provider
- 15% of students were uninsured

# KSU- Health Care Access, Coverage and Utilization

- 40% of students reported cost would prevent them from seeing a doctor if they were sick, injured or needed advice about health
- 84% of students did not have any transportation issues when they needed health care services
- 63% of students stayed in Geauga County for their health care services

# KSU- Chronic Disease & Prevention

- In 2011, KSU Students had been told by a doctor or other health professional that they had the following:
  - Asthma (15%)
  - Arthritis (14%)
  - High blood pressure (7%)
  - High blood cholesterol (7%)
  - Diabetes (6%)
  - Fibromyalgia (5%)
  - Angina or coronary heart disease (1%)
  - Heart attack (1%)
- 38% of students had a flu shot in the past year
- 46% of students took vitamin pills or supplements

# KSU- Chronic Disease & Prevention

- 43% of KSU students were overweight or obese
- 55% of students were trying to lose weight.
- 42% exercised for 30 minutes on 3 or more days in the past week.
- On an average day, students spend 3.9 hours on the computer outside of work, 3.4 hours watching TV, and 1.8 hours playing video games.

# KSU- Risky Behaviors

- In 2011, 73% of students had at least one drink of alcohol.
- 49% of those who had drunk, had at least one episode of binge drinking in the past month
- 15% of students had driven after perhaps having too much to drink in the past month
- 32% of students were current smokers
  - 59% had tried to quit smoking in the past year

# KSU- Risky Behaviors

- 26% of KSU students that were surveyed had used illegal drugs in the past six months. They used the following:
  - Marijuana or hashish (25%)
  - LSD (5%)
  - Ecstasy (3%)
  - Methamphetamines (3%),
  - Cocaine (1%)
  - Heroin (1%)
- 19% of students misused prescription medication in the past six months. They used the following:
  - Vicodin (8%)
  - Tranquilizers (8%)
  - Ritalin (6%)
  - Oxycontin (3%)
  - Codeine (2%)
  - Suboxone (1%)



# KSU- Risky Behaviors

- 88% had sexual intercourse in the past year
  - 31% had two or more partners
- 38% had been tested for HIV at some time in their life
- 41% of students reported they only have sex with one partner due to what they know about HIV and STDs

# KSU- Quality of Life

- 16% were limited in some way because of a physical, mental, or emotional problem
- 22% reported they felt sad or hopeless almost every day two weeks or more in a row that they stopped doing usual activities
- 7% of students had considered attempting suicide
  - 1% had attempted suicide

Comments & Questions?

# Group Questions

- What surprised you?
- What would you like to see covered in the report next time?
- What will you/your organization do with this data?
- List trends, factors or events that positively or negatively influence the health and/or the quality of life in Geauga County.
- If Geauga County can only focus on 2 or 3 of the issues found in this report, what would you want them to be?

# Community Health Assessment

*Partnership for a Healthy Geauga*

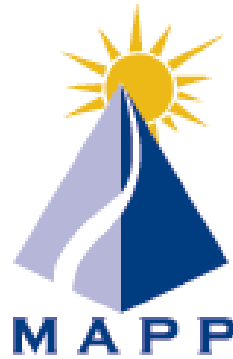
**Dan Mix, MA, MPH**

**Geauga County Health District**

**April 18, 2012**

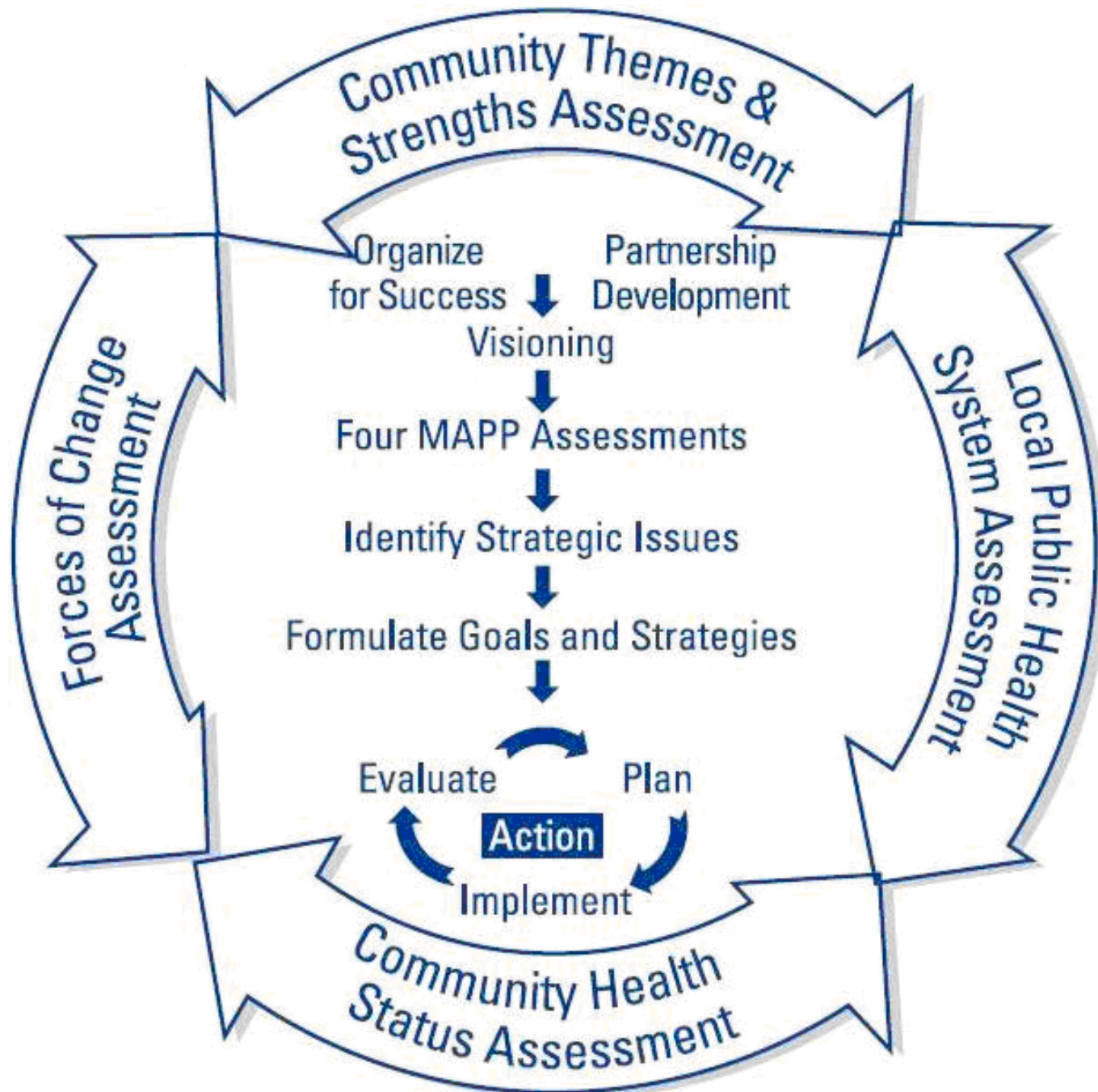


**Public Health**  
Prevent. Promote. Protect.



- **Mobilizing** – community engagement
- **Action** – implementation of a Health Improvement Plan
- **Planning** – built on strategic planning concepts
- **Partnerships** – the public's health is a concern of the community

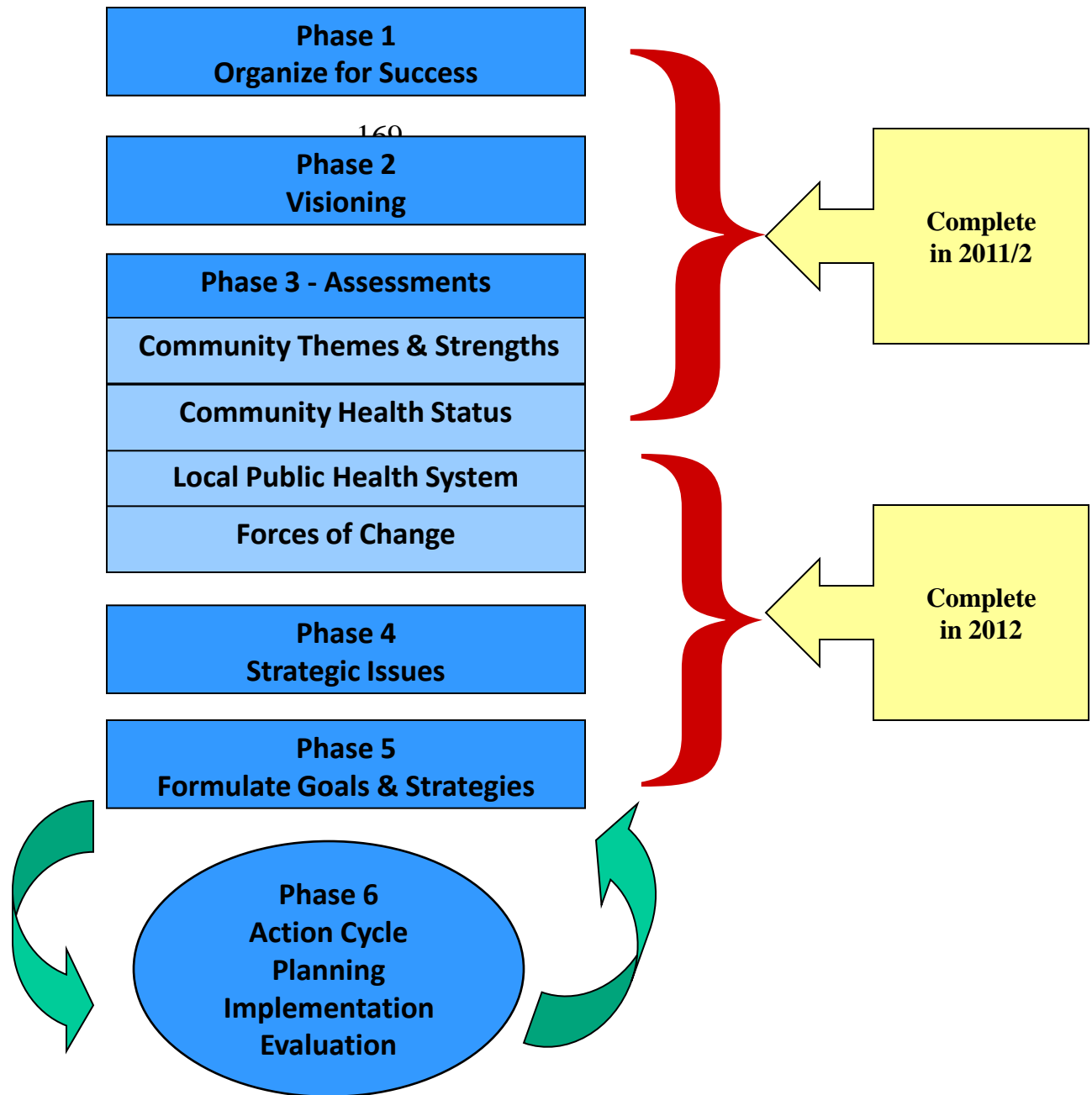
National Association of County and City Health Officials (NACCHO) and Public Health Practice Program Office of Centers for Disease Control and Prevention (CDC)



# Next steps ...

- CDC National Public Health Performance Standards Program (NPHPSP)
  - Assess and prioritize our capacity to meet the health needs of the community
- Health Improvement Plan (based on priorities)
  - Strategies, measures and action steps





# What can you do?

- **Be an advocate.** Get the word out about health priorities and rally community leaders to take action.
- **Participate** in development of a community health improvement plan and action cycle
- **Share your knowledge and resources.** Reduce duplication by increasing collaboration.
- **Start a conversation.** Talk to your friends, colleagues, neighbors and family members about the health of your community and discuss ideas for making it a healthier place to live, learn, work and play.