

OUR community

Our well-being

2018

Van Wert County
Community Health
Needs Assessment



Funds for study provided by:



With additional support from:



Foreword

Van Wert Health strives to be the *Best Community Hospital* with the vision of being the first choice for health care within our region. The community health needs assessment process is one way we are able to live out our mission. In order to fulfill this mission, we must be intentional about understanding the health issues that impact residents and working together to create a healthy community.

A primary component of creating a healthy community is assessing the needs and prioritizing those needs for impact. During the fall of 2018 and early 2019, Van Wert Health conducted a comprehensive community health needs Assessment to identify primary health issues, current health status, and other health needs. The results from the assessment provide critical information to those in a position to make a positive impact on the health of the region's residents. The results also enable community members to measure impact and strategically establish priorities to then develop interventions and align resources.

The 2018 Van Wert County Community Health Needs Assessment is the third community health assessment conducted by the hospital and community agencies who are active members of the Van Wert County Health Collaborative. We collected both quantitative and qualitative data and monitor it to know how to better meet the health needs of our community. We want to provide the best possible care for our residents, and we can use this report to guide us in our strategic planning and decision making concerning future programs, clinics, and health resources.

The Van Wert County Health Needs Assessment would not have been possible without the help of the Van Wert County Health Collaborative, acknowledged on the following pages. It is vital that assessments such as this continue so that we can know where to direct our resources and use them in the most advantageous ways.

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

The work of public health is a community job that involves individual facets, including our community members, working together to be a thriving community of health and well-being at home, work, and play.

Sincerely,

Anne Dunn
Van Wert Health

Ellen Rager
Van Wert Health

Acknowledgements

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Van Wert Health

A special thanks to the *Question Selection Committee of the Van Wert County Health Collaborative*:

We understand that the overall health of a community is a shared responsibility. These organizations provided thoughtful input to the questions that were included in the Van Wert County Community Health Needs Assessment.

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To see Van Wert County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at:

<http://www.hcno.org/community-services/data-link/>

The 2018 Van Wert County Health Assessment is available on the following websites:

Van Wert Health

<https://www.vanwerthospital.org/community/community-health-improvement>

Hospital Council of Northwest Ohio

<http://www.hcno.org/community-services/community-health-assessments/>

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Executive Summary

This executive summary provides an overview of health-related data for Van Wert County adults (ages 19 and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey from September through November 2018. 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 (HCNO) collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Public Health Accreditation Board (PHAB)

National public health accreditation status through the Public Health Accreditation Board (PHAB) requires community health assessments (CHAs) to be completed at least every five years. The purpose of the community health assessment is to learn the health of the population and identify areas for health improvement, contributing factors that impact health outcomes, and community assets and resources that can be mobilized to improve population health.

PHAB standards highly recommend that national models of methodology are utilized in compiling CHAs. The 2018 CHA was completed using the National Association of County and City Health Officials (NACCHO) Mobilizing Action through Partnerships and Planning (MAPP) process. MAPP is a community-driven planning process for improving community health. This process was facilitated by HCNO in collaboration with various local agencies representing a variety of sectors.

This assessment includes a variety of data and information from various sources, focusing on primary data at the county level. Supporting data, such as secondary data; demographics; health disparities (including age, gender, and income-based disparities); and social determinants of health can be found throughout the report.

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults and adolescents within Van Wert County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

Two survey instruments were designed and pilot tested for this study: one for adults and one for adolescents in grades 6 through 12. As a first step in the design process, health education researchers from the University of Toledo and staff members from HCNO 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 most the adult survey items from the BRFSS and the majority of adolescent survey items 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 Northwest Ohio conducted a series of meetings with the planning committee from Van Wert County. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions. Based on input from the Van Wert County planning committee, the project coordinator composed drafts of surveys containing 116 items for the adult survey and 76 items for the adolescent survey. Health education researchers from the University of Toledo reviewed and approved the drafts.

SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and older living in Van Wert County. There were 21,161 persons ages 19 and older living in Van Wert County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings). A sample size of at least 377 adults was needed to ensure this level of confidence. The random sample of mailing addresses was obtained from Melissa Global Intelligence in Rancho Santa Margarita, California.

SAMPLING | Adolescent Survey

Youth in grades 6 through 12 in Van Wert County public school districts were used as the sampling frame for the adolescent survey. For more information on participating districts and schools, see Appendix III. Using the U.S. Census Bureau data, it was determined that approximately 2,990 youth ages 12 to 18 years old live in Van Wert County. A sample size of 341 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

PROCEDURE | Adult Survey

Prior to mailing the survey, the project team mailed an advance letter to 1,200 adults in Van Wert County. This advance letter was personalized; printed on Van Wert County Health Collaborative letterhead; and signed by Anne Dunn (Community Wellness Coordinator) and Ellen Rager (Director of Patient and Community Relations), both of Van Wert Health. 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.

Three weeks following the advance letter, the project team implemented a three-wave mailing process to maximize the survey return rate. The initial mailing included a personalized hand-signed cover letter (on Van Wert County Health Collaborative letterhead) describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 34% (n=387; CI=± 4.93). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

PROCEDURE | Adolescent Survey

The survey was approved by all participating superintendents. Schools and grades were randomly selected. Each student in the selected grades had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 90% (n=380; CI=± 4.70).

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using SPSS 23.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Van Wert County, the adult data collected was weighted by age, gender, race, and income using 2017 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 IV.

LIMITATIONS

As with all county health assessments, it is important to consider the findings with respect to all possible limitations. First, the Van Wert County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Van Wert County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data was collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than as via mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.


Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

Secondary Data Collection Methods

HCNO collected secondary data from multiple sites, including county-level data, whenever possible. HCNO utilized sites, such as the Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Surveillance System (YRBSS) numerous CDC sites, U.S. Census data, and Healthy People 2020, among other national and local sources. All data is included in the section of the report with which it corresponds.. All primary data collected in this report is from the 2018 Van Wert County Community Health Assessment (CHA). All other data is cited accordingly.

2016 Ohio State Health Assessment (SHA)

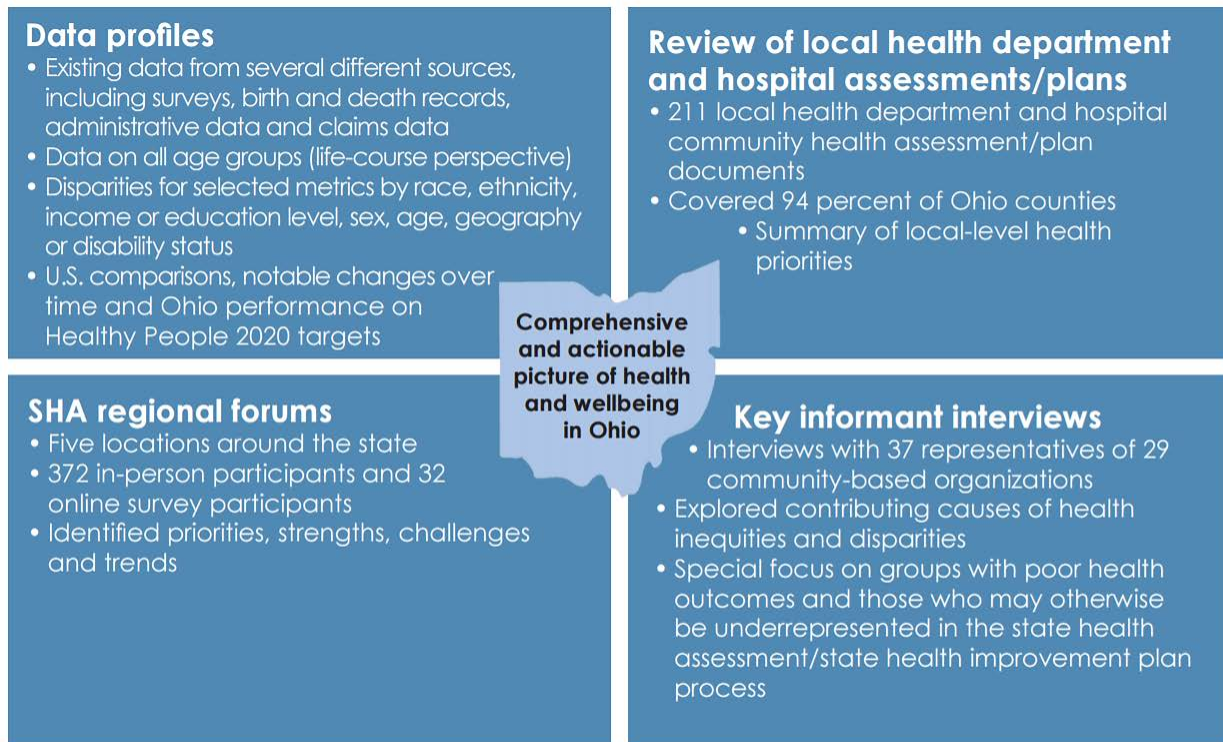
The 2016 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, a review of local health department and hospital assessments and plans, and key informant interviews.

Similar to the 2016 Ohio SHA, the 2018 Van Wert County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. **Note: This symbol  will be displayed in the trend summary when an indicator directly aligns with the 2016 Ohio SHA.**

The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration between a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is our hope that this CHA will serve as a foundation for such collaboration.

To view the full 2016 Ohio State Health Assessment, please visit: http://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/chss/ship/SHA_FullReport_08042016.pdf?la=en

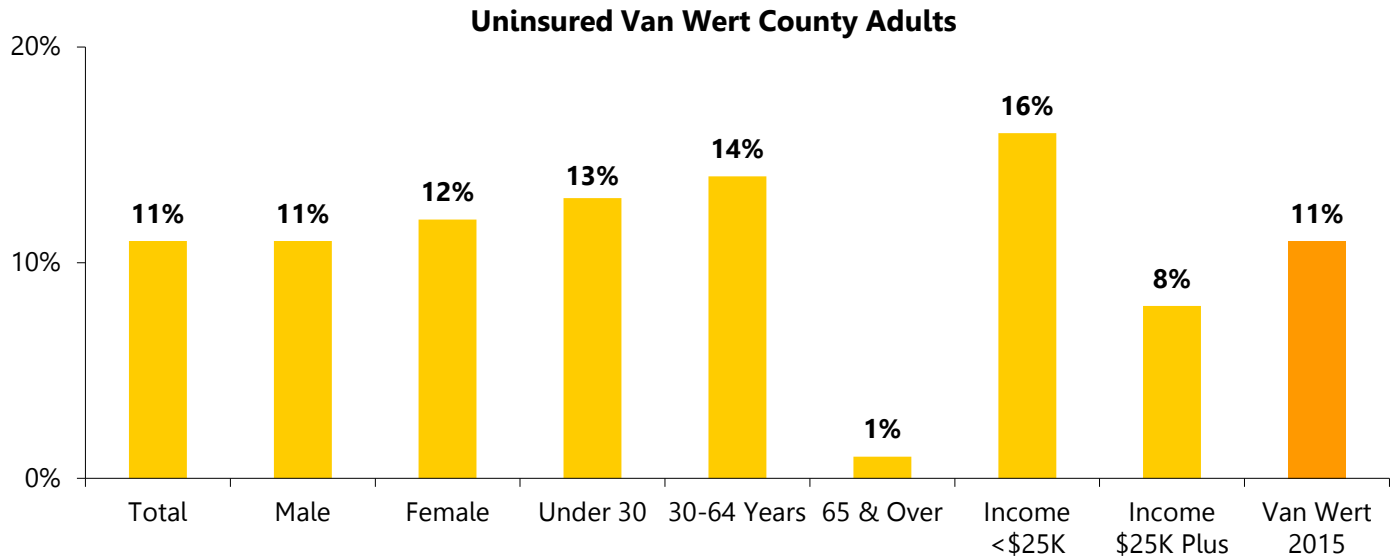
FIGURE 1.1 | State Health Assessment (SHA) Sources of Information



Data Summary | Health Care Access

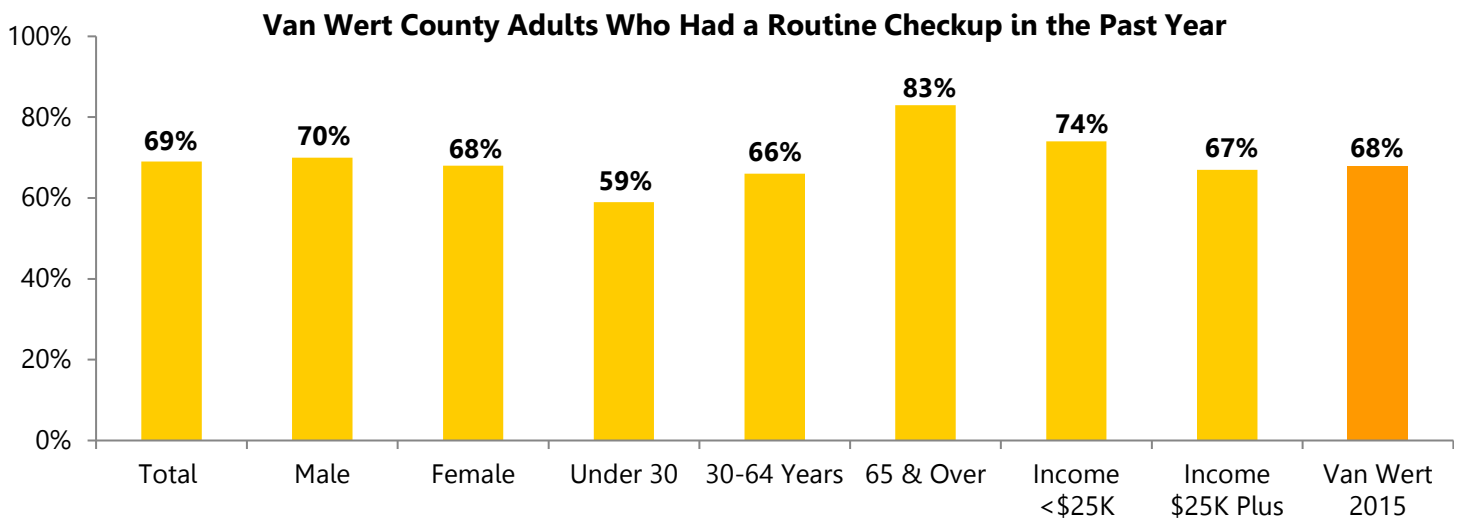
HEALTH CARE COVERAGE

One-in-nine (11%) Van Wert County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000 (16%). The main reason adults gave for being without health care coverage were because they lost their job or changed employers (42%).



ACCESS AND UTILIZATION

Sixty-nine percent (69%) of Van Wert County adults had visited a doctor for a routine checkup in the past year. Seventy-seven percent (77%) of adults went outside of Van Wert County for health care services in the past year.

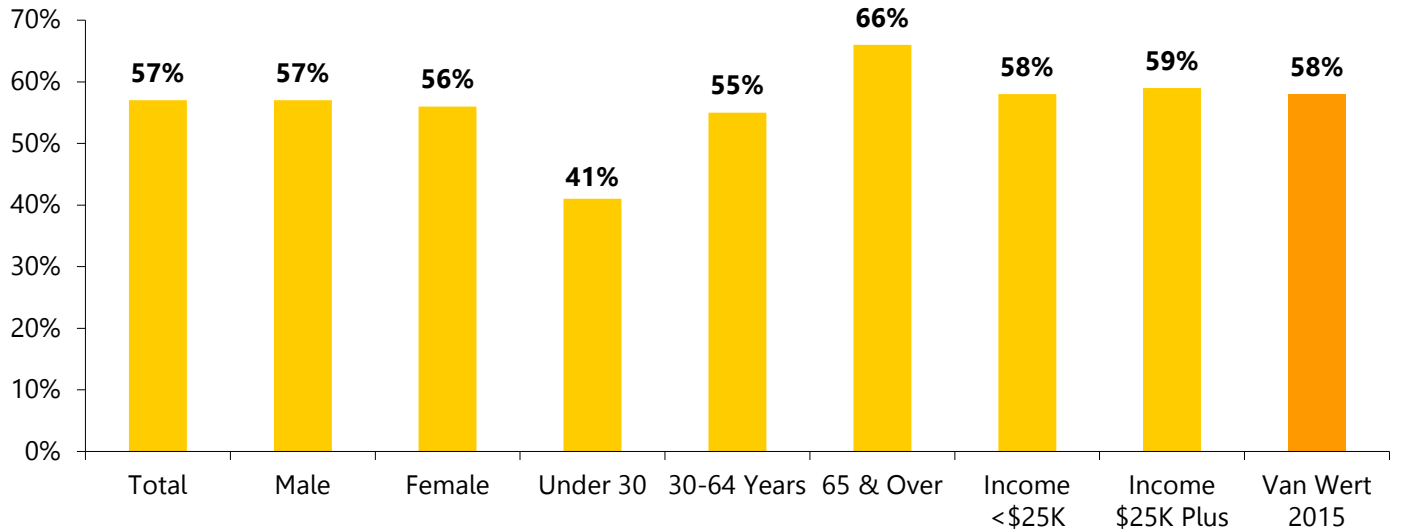


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PREVENTIVE MEDICINE

Seventy-one percent (71%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-four percent (54%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past five years.

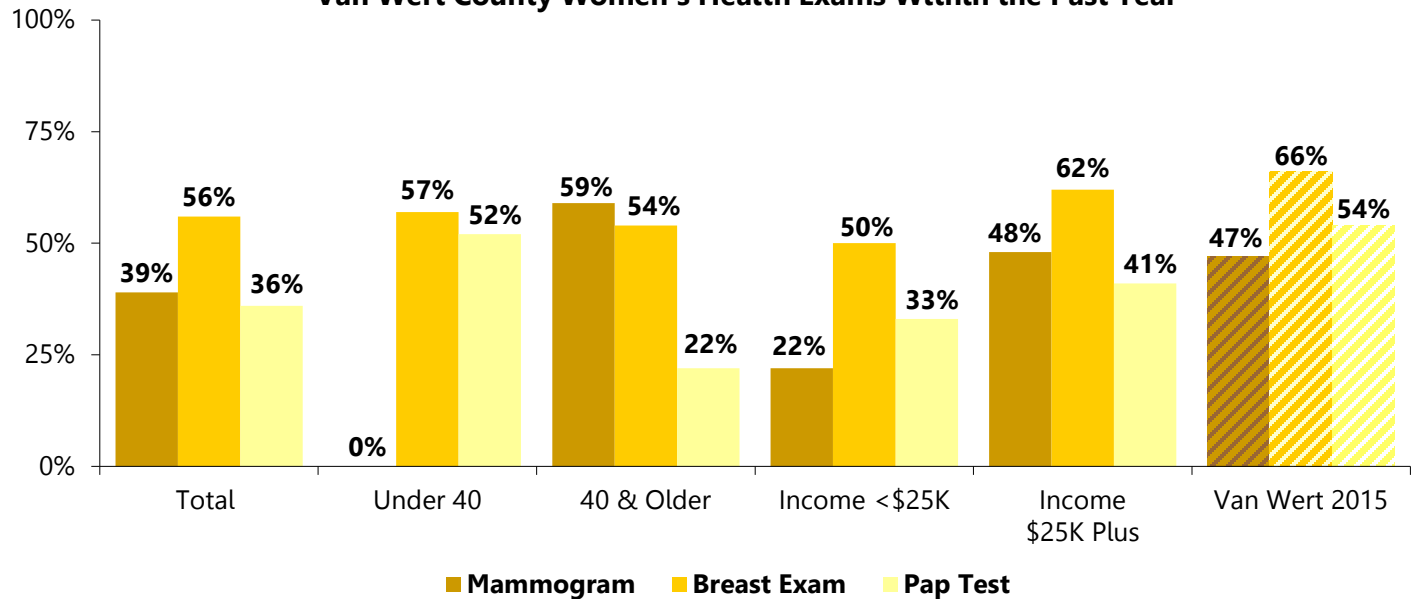
Van Wert County Adults Who Received a Flu Vaccine Within the Past Year



WOMEN’S HEALTH

Fifty-nine percent (59%) of Van Wert County women over the age of 40 reported having a mammogram in the past year. Fifty-six percent (56%) of women had a clinical breast exam and 36% had a Pap smear to detect cancer of the cervix in the past year. Sixty-eight percent (68%) of Van Wert County women were overweight or obese, 42% had high blood cholesterol, 29% had high blood pressure, and 19% were identified as current smokers, known risk factors for cardiovascular diseases.

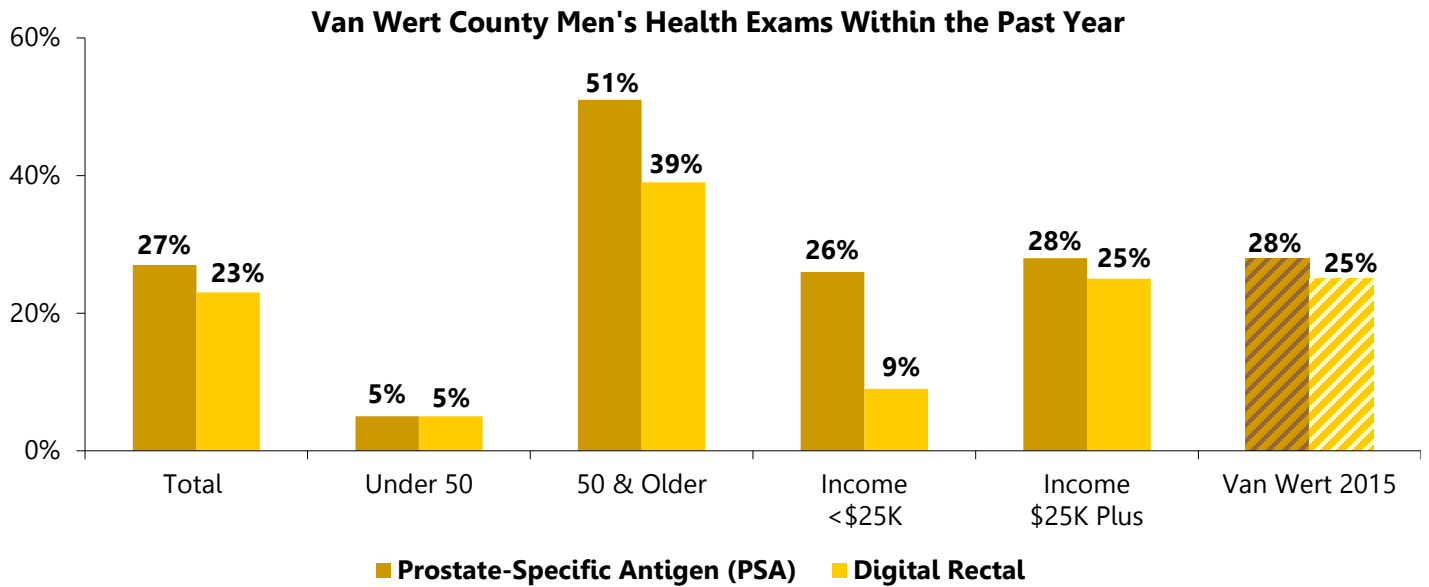
Van Wert County Women’s Health Exams Within the Past Year



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

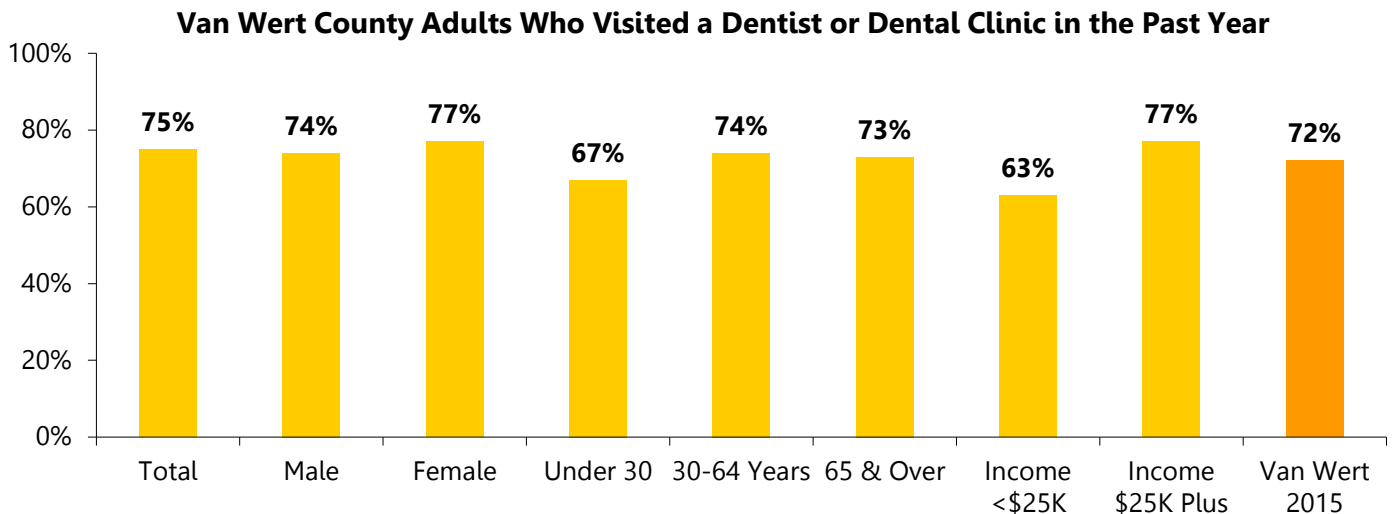
MEN'S HEALTH

Over half (51%) of Van Wert County males over the age of 50 had a prostate-specific antigen (PSA) test in the past year. Seventy-eight percent (78%) of men were overweight or obese, 50% had been diagnosed with high blood cholesterol, 43% had high blood pressure, and 15% were identified as current smokers, known risk factors for cardiovascular diseases.



ORAL HEALTH

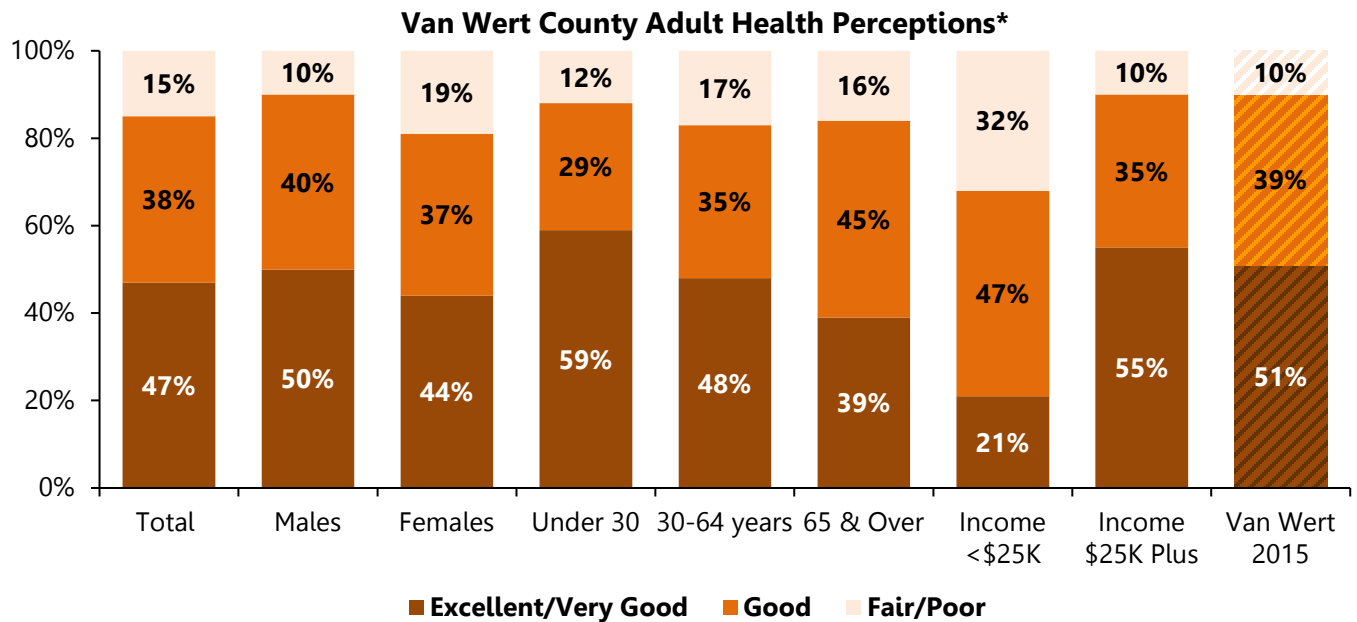
Seventy-five percent (75%) of Van Wert County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist or dental clinic in the past year were cost (25%), had dentures (20%), and had no reason to go/had not thought of it (18%).



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

HEALTH STATUS PERCEPTIONS

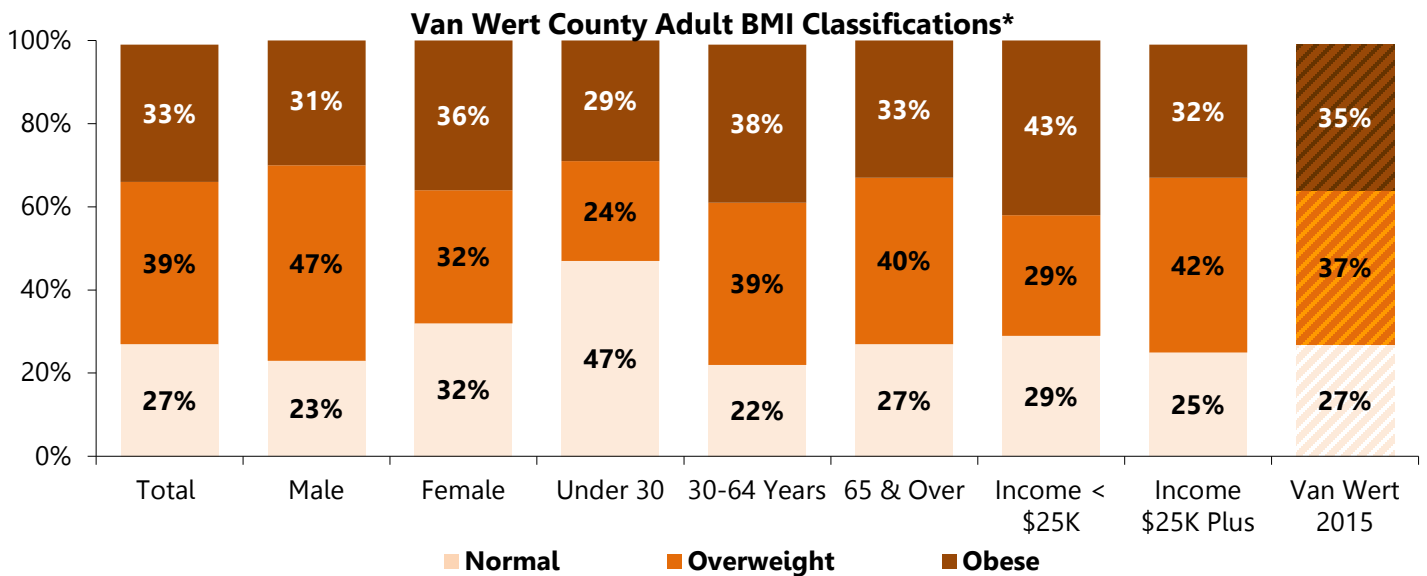
About half (47%) of Van Wert County adults rated their health status as excellent or very good. Conversely, 15% of adults, increasing to 32% of those with incomes less than \$25,000, described their health as fair or poor.



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

ADULT WEIGHT STATUS

About 7 out of 10 (72%) Van Wert County adults were overweight or obese based on body mass index (BMI). One-quarter (25%) of adults did not participated in any physical activity in the past week, including 4% who were unable to exercise.

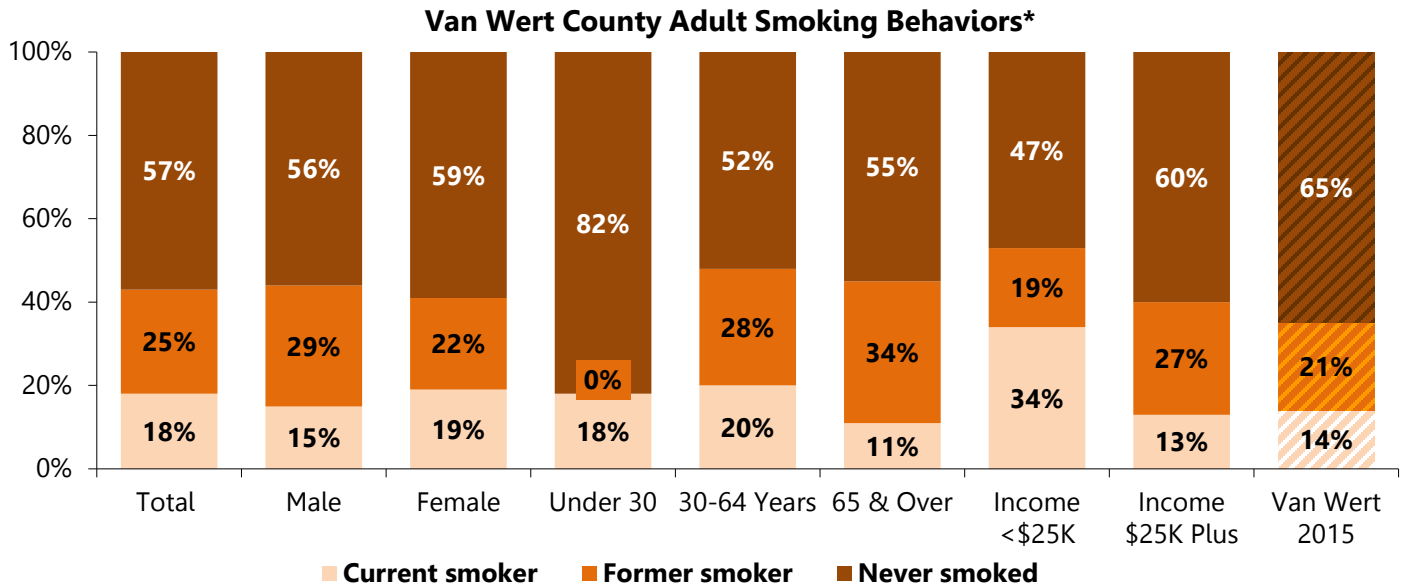


*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT TOBACCO USE

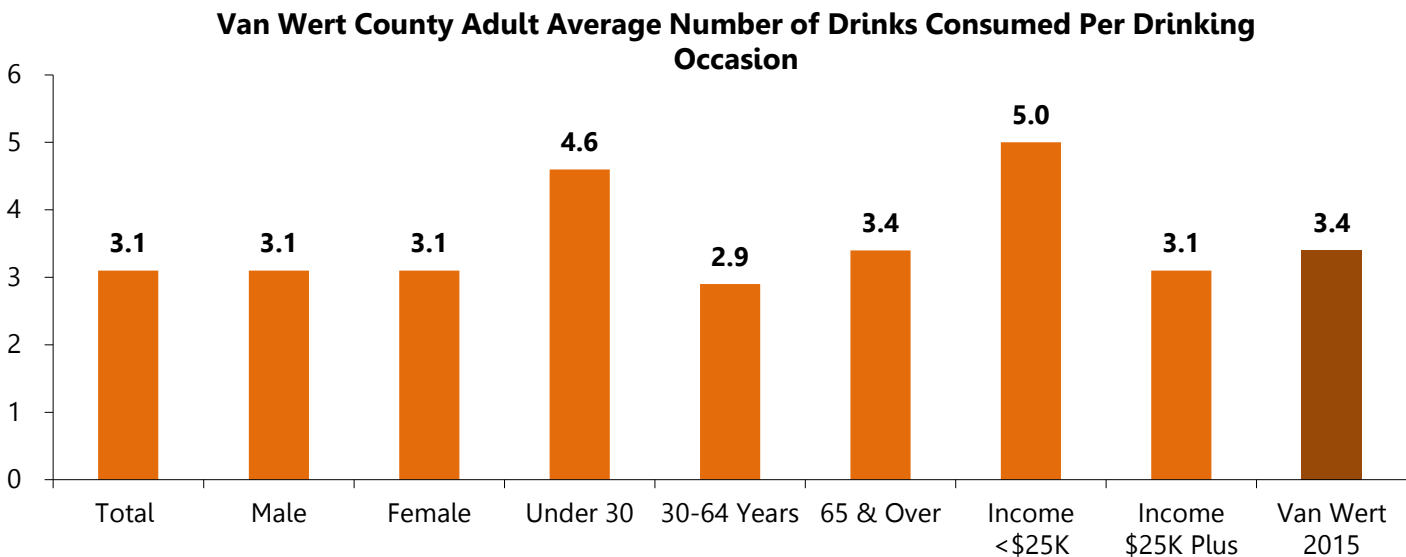
Eighteen percent (18%) of Van Wert County adults were current smokers, and 25% were considered former smokers. Six percent (6%) of adults used e-cigarettes in the past year. Forty-two percent (42%) of adults did not know if e-cigarette vapor was harmful.



*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

Fifty-six percent (56%) of Van Wert County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Nearly one-quarter (24%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

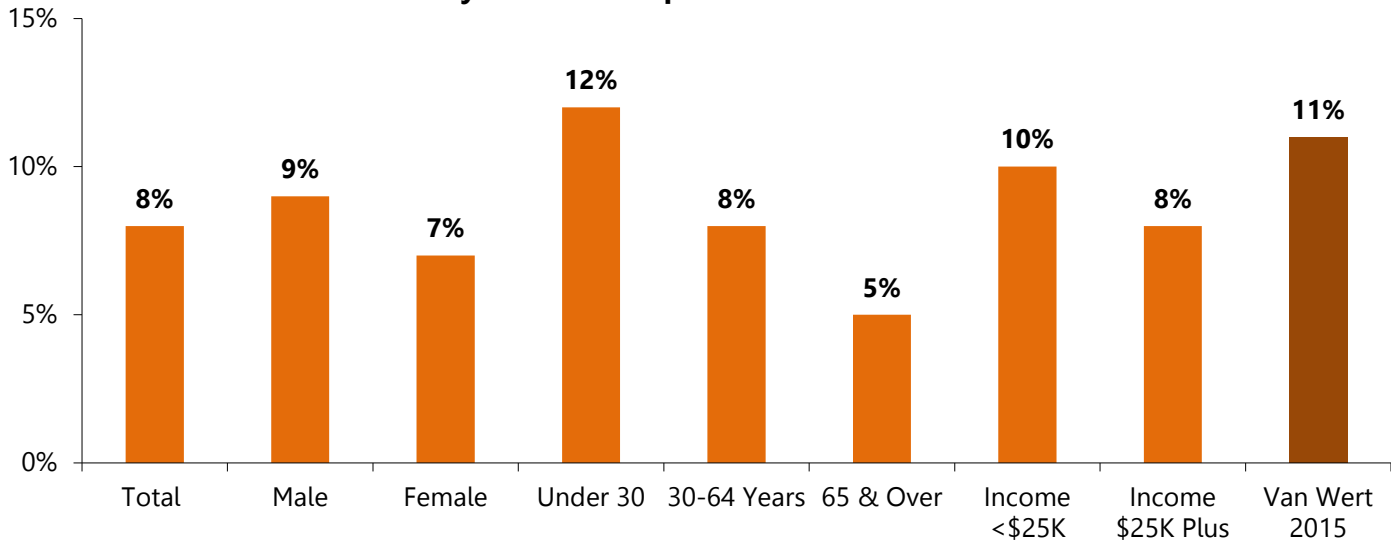


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT DRUG USE

Three percent (3%) of Van Wert County adults had used recreational marijuana or hashish during the past six months. Eight percent (8%) 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 six months.

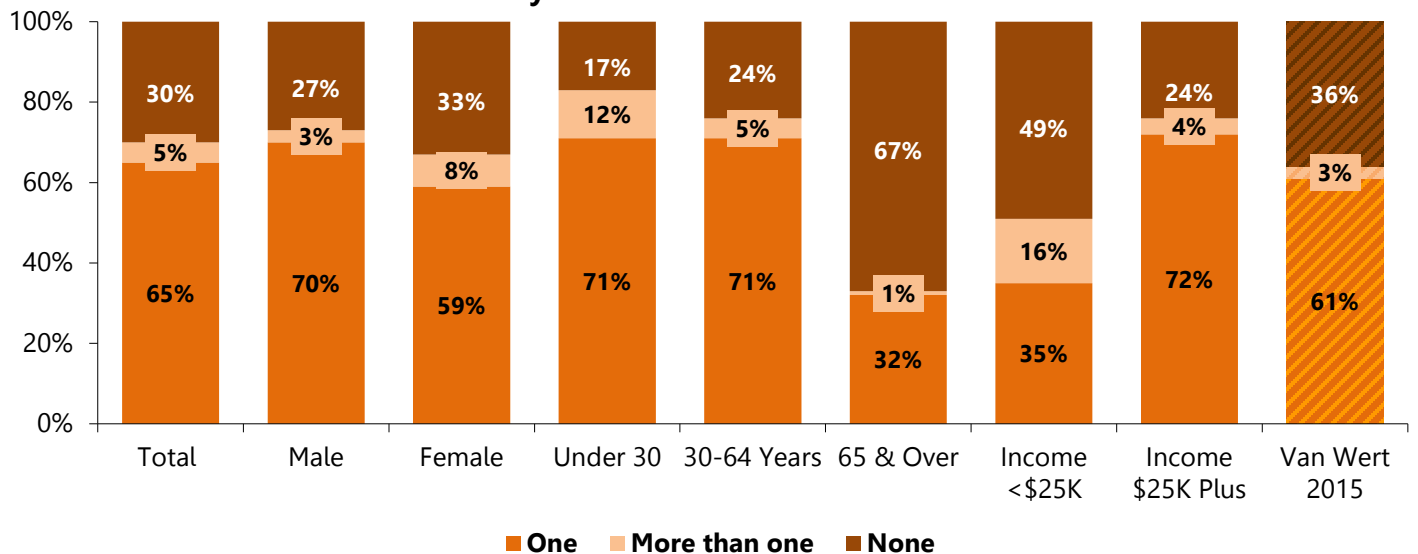
Van Wert County Adult Prescription Medication Misuse in Past Six Months



ADULT SEXUAL BEHAVIOR

Seventy percent (70%) of Van Wert County adults had sexual intercourse in the past year. Five percent (5%) of adults had more than one partner. Six percent (6%) of adults had ever been forced or coerced to have any sexual activity when they did not want to, increasing to 15% of those with incomes less than \$25,000.

Van Wert County Number of Sexual Partners in the Past Year*



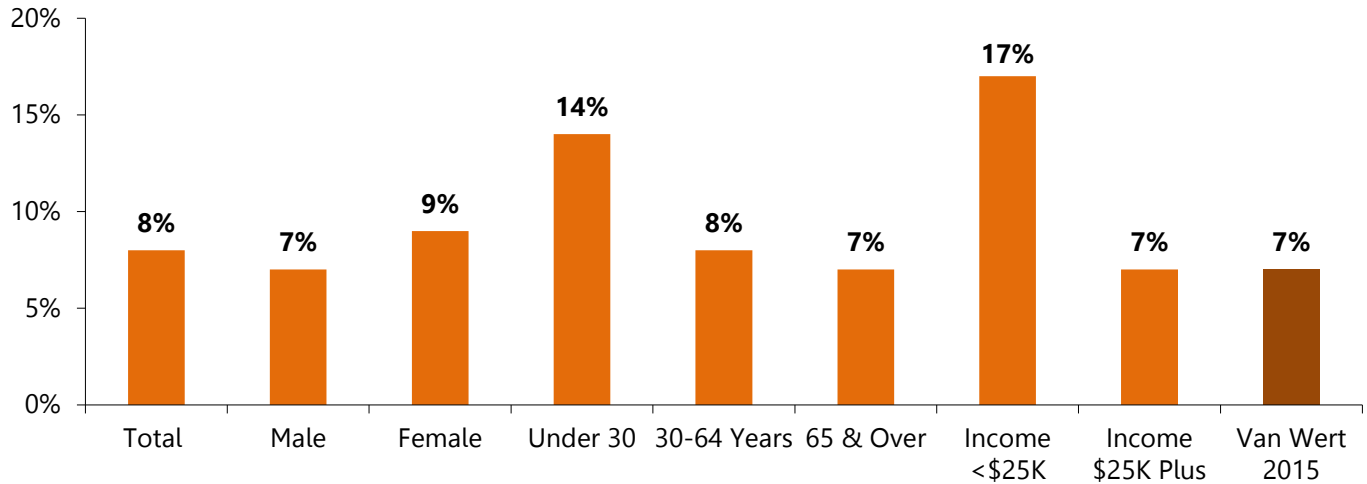
*Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT MENTAL HEALTH

Two percent (2%) of Van Wert County adults considered attempting suicide in the past year. Over one-fourth (26%) of adults reported they or family member were diagnosed with or treated for anxiety or emotional problems in the past year.

Van Wert County Adults Feeling So Sad or Hopeless Almost Every Day for Two or More Weeks in a Row



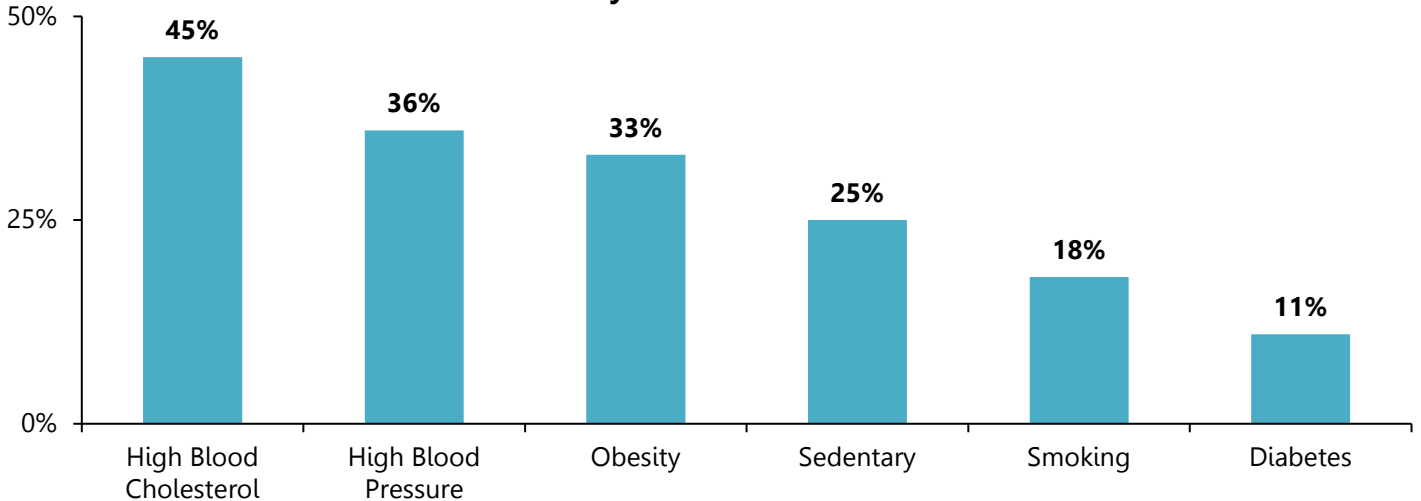
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Data Summary | Chronic Disease

CARDIOVASCULAR HEALTH

Six percent (6%) of adults had survived a heart attack and 3% had survived a stroke at some time in their life. More than two-fifths (45%) of Van Wert County adults had high blood cholesterol, 36% had high blood pressure, 33% were obese, and 18% were current smokers, four known risk factors for heart disease and stroke.

Van Wert County Adults with CVD Risk Factors



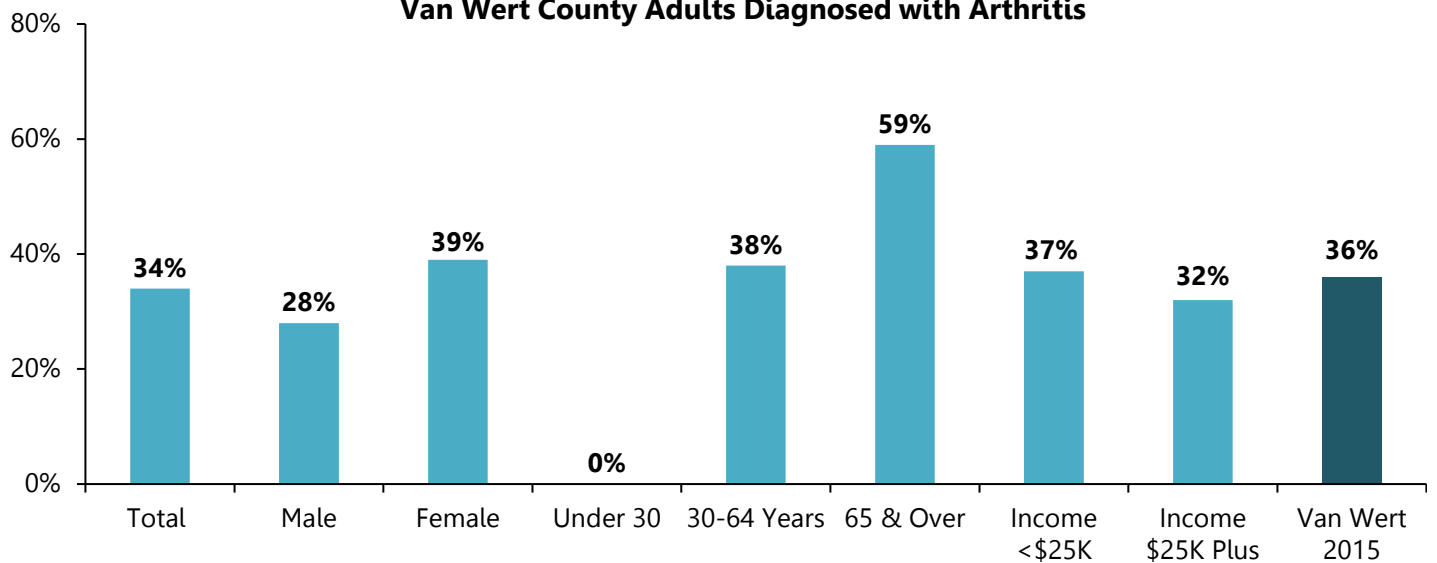
CANCER

Eighteen percent (18%) of Van Wert County adults had been diagnosed with cancer at some time in their life.

ARTHRITIS

About one-third (34%) of Van Wert County adults were diagnosed with arthritis.

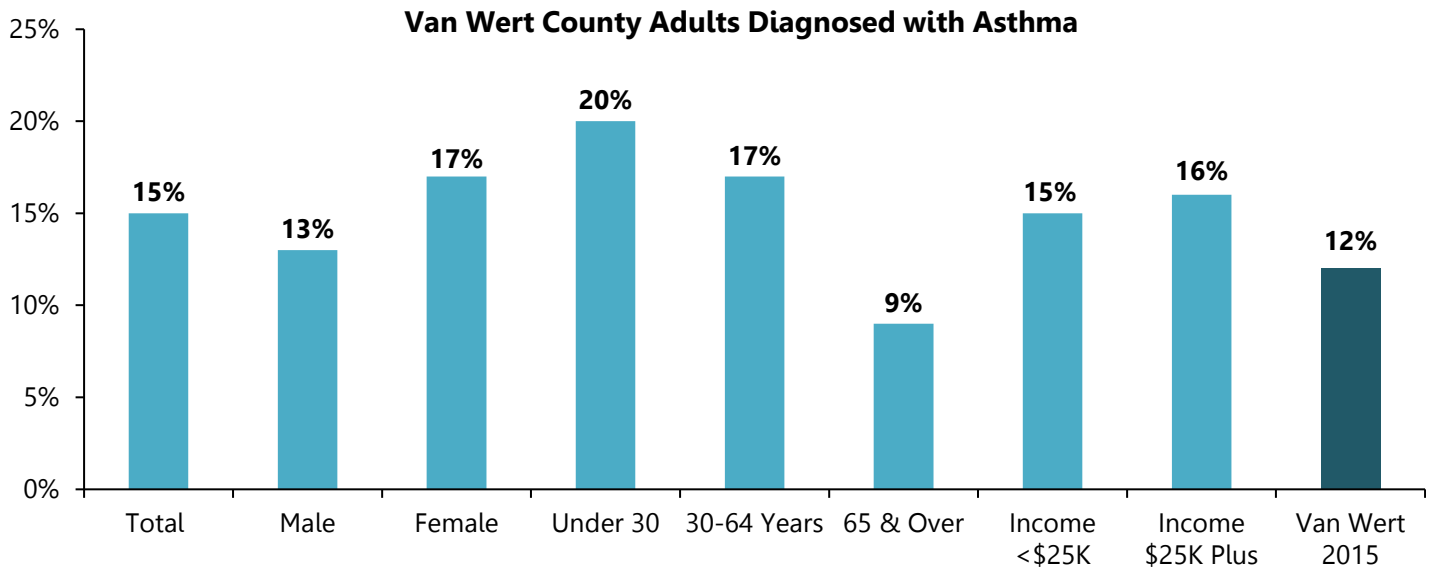
Van Wert County Adults Diagnosed with Arthritis



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

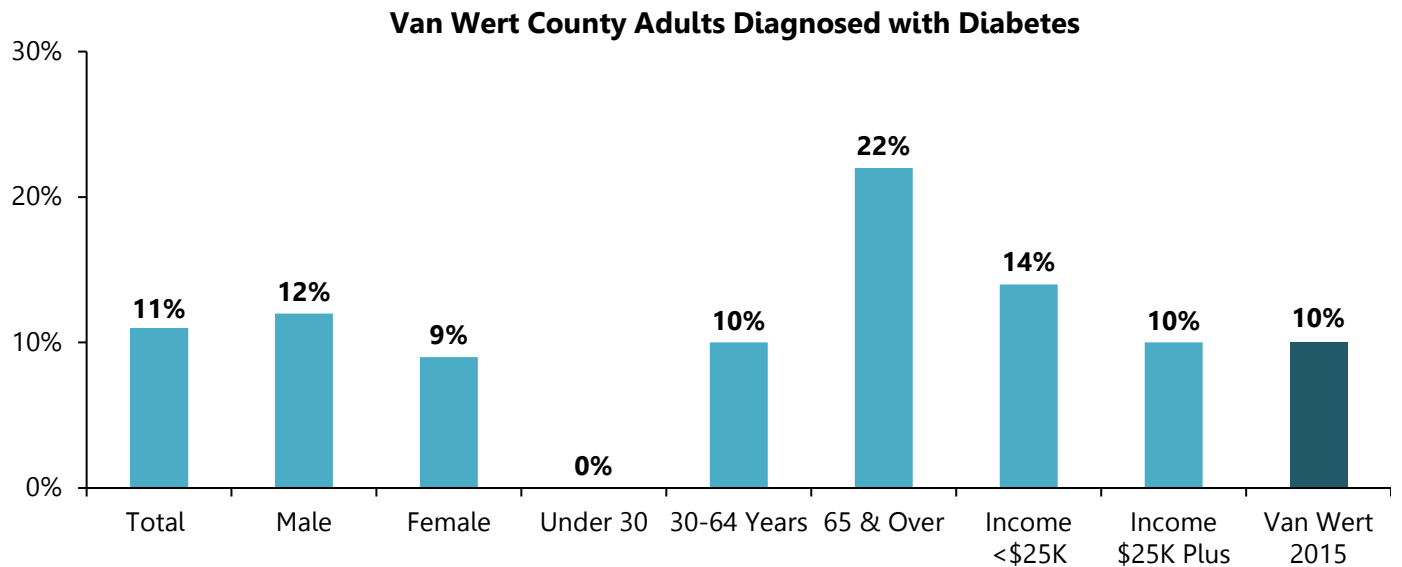
ASTHMA

Fifteen percent (15%) of Van Wert County adults had been diagnosed with asthma.



DIABETES

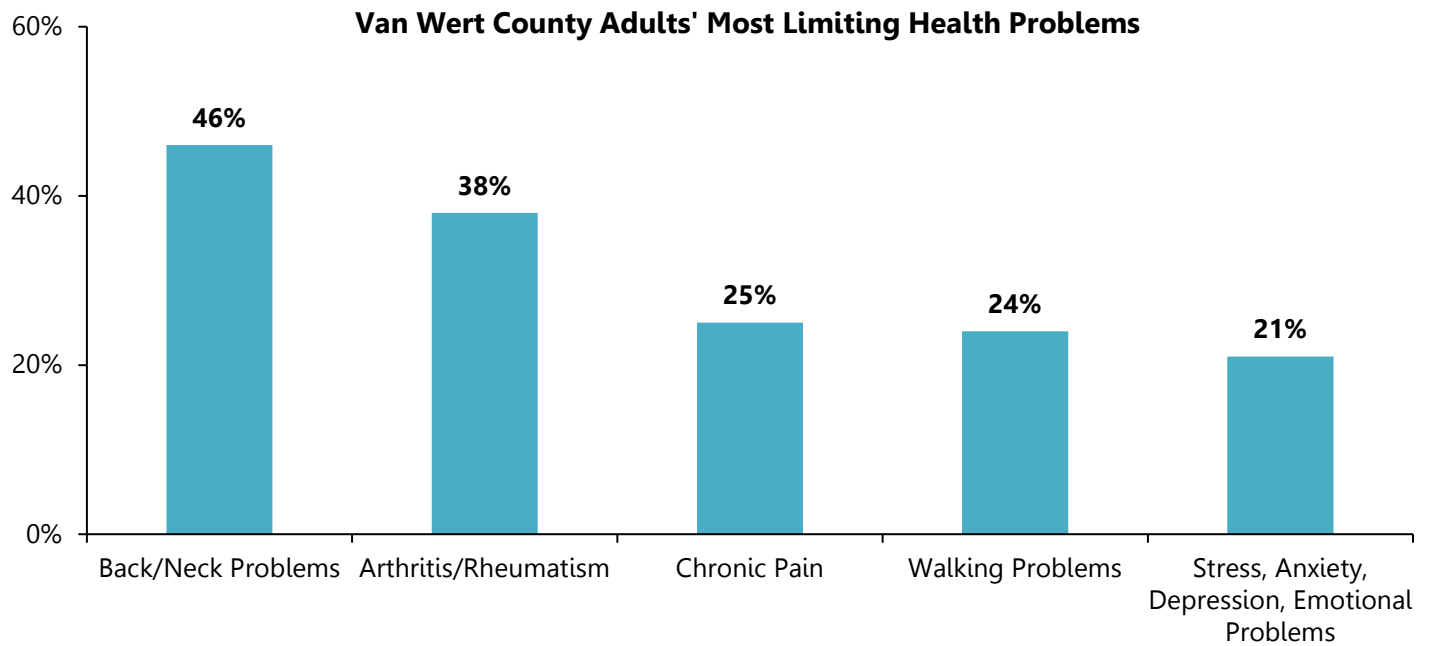
One-in-nine (11%) Van Wert County adults had ever been diagnosed with diabetes. Thirty-four percent (34%) of diabetics rated their health as fair or poor in the past year.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

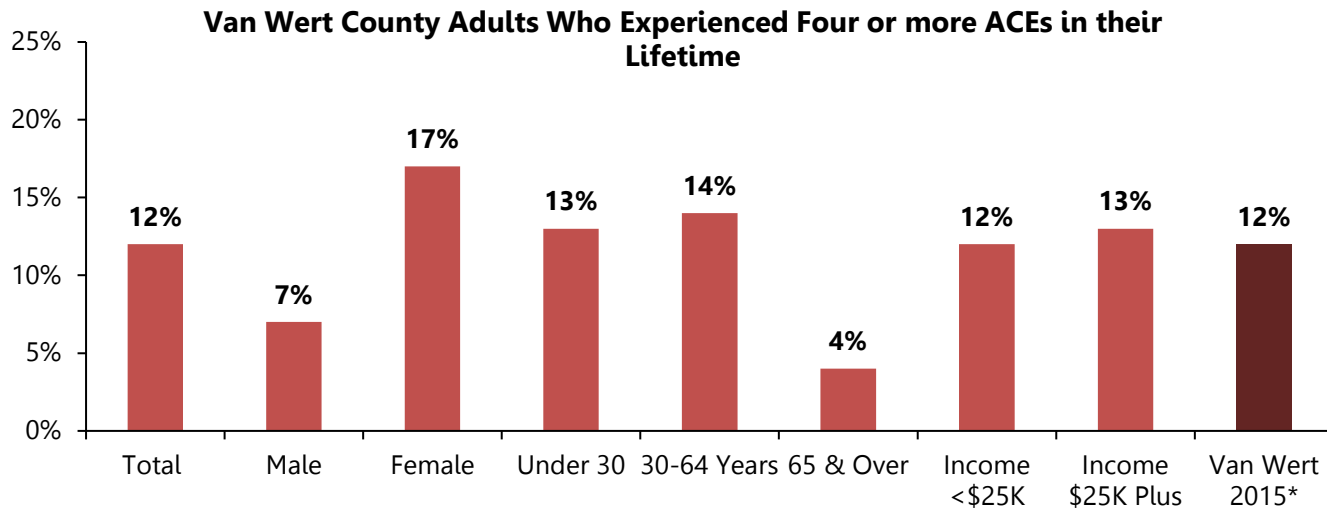
QUALITY OF LIFE

Forty-one percent (41%) of Van Wert County adults reported they were limited by any impairment or health problem. The most limiting health problems were back or neck problems (46%), arthritis/rheumatism (38%), chronic pain (25%), and walking problems (24%).



SOCIAL DETERMINANTS OF HEALTH

One in seven (14%) Van Wert County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Twelve percent (12%) of Van Wert County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Seven percent (7%) of adults had experienced at least one issue related to hunger/food insecurity in the past year.



**The 2015 Van Wert County Health Assessment reported those adults who had experienced 3 or more ACEs in their lifetime.*

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ENVIRONMENTAL HEALTH

The top three environmental health issues for Van Wert County adults that threatened their health in the past year were insects (16%), rodents (10%), and mold (7%). Eighty-six percent (86%) of adults had a cell phone in preparation for a disaster.

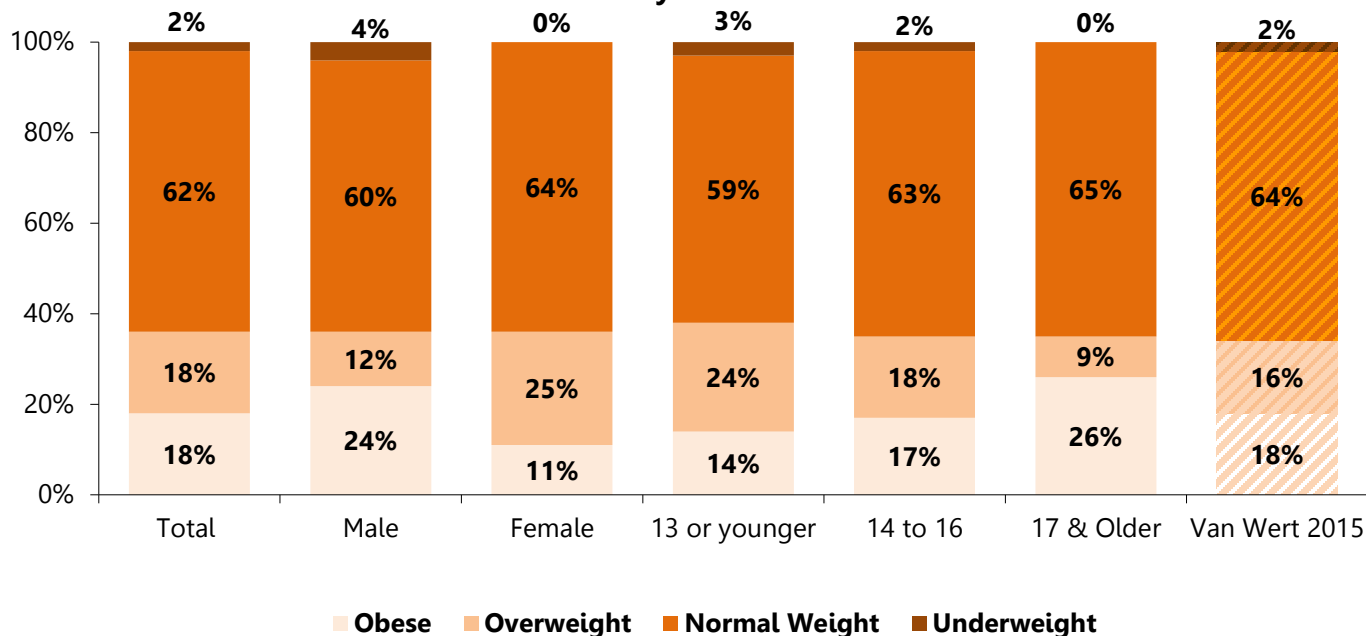
PARENTING

Forty percent (40%) of Van Wert County parents talked to their 12-to-17-year-old about dating and relationships in the past year. Eighty-five percent (85%) of parents reported their children had received all recommended vaccinations.

YOUTH WEIGHT STATUS

Nearly one-fifth (18%) of Van Wert County youth were obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 34% of Van Wert County youth reported that they were slightly or very overweight. Twelve percent (12%) youth did not participate in at least 60 minutes of physical activity on any day in the past week.

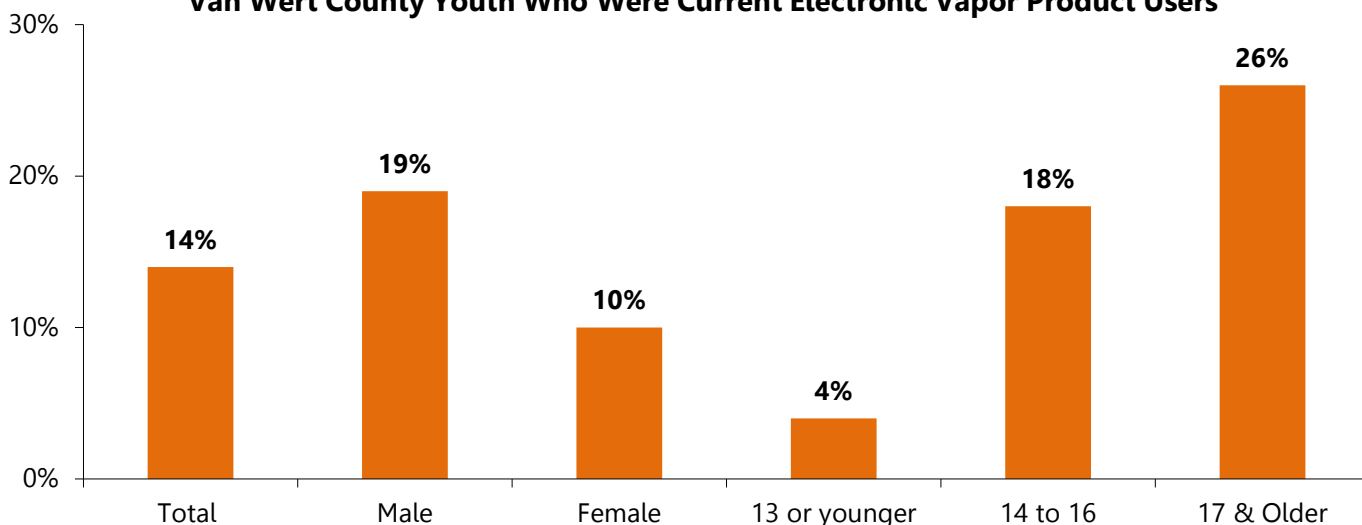
Van Wert County Youth BMI Classifications



YOUTH TOBACCO USE

Four percent (4%) of Van Wert County youth were current smokers. One-in-seven (14%) youth were current electronic vapor product users. Of youth who had used e-cigarettes/vapes in the past 12 months, 44% used e-liquid or e-juice with nicotine in them.

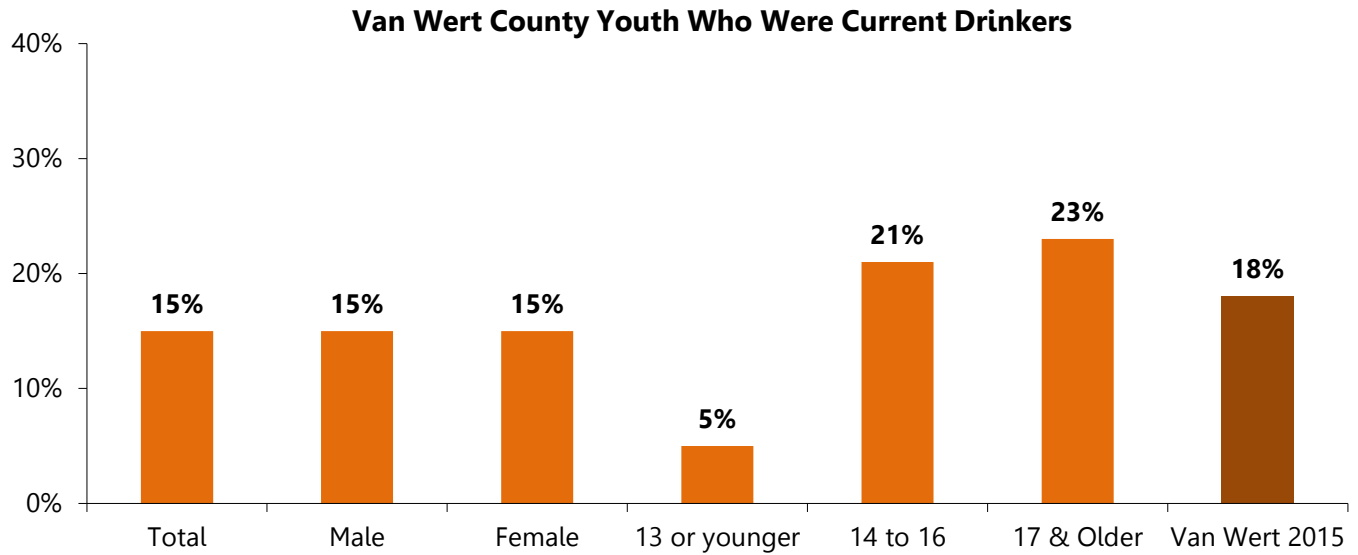
Van Wert County Youth Who Were Current Electronic Vapor Product Users



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

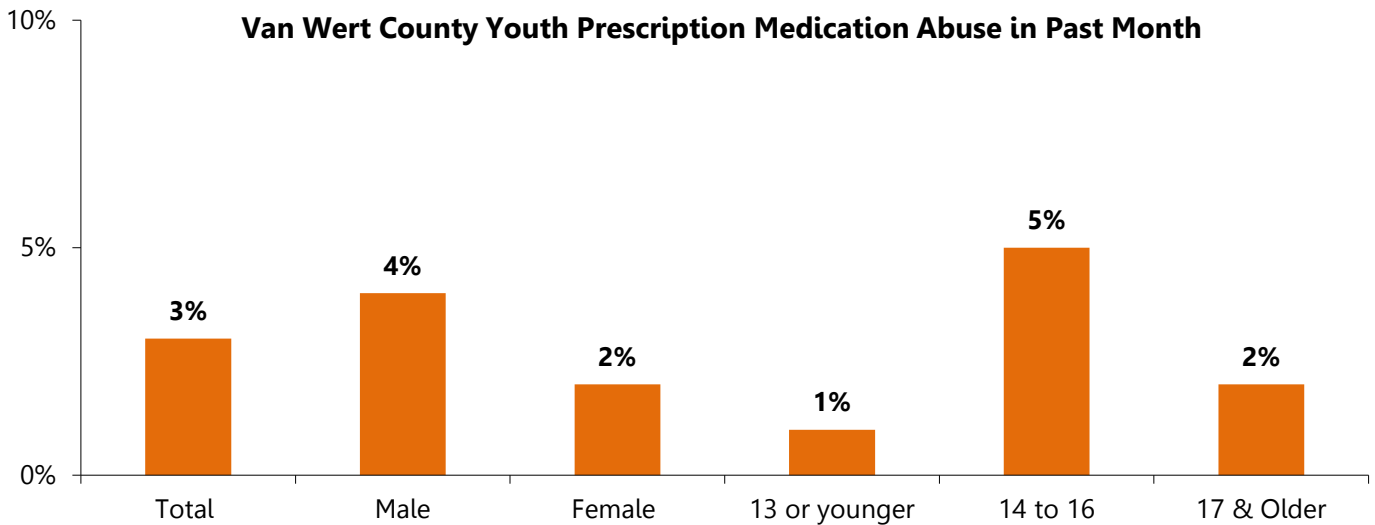
YOUTH ALCOHOL CONSUMPTION

About two-fifths (41%) of Van Wert County youth had at least one drink of alcohol in their life. Fifteen percent (15%) of youth had at least one drink in the past 30 days, defining them as a current drinker. Of those who drank, 70% were defined as binge drinkers.



YOUTH DRUG USE

In 2018, 7% of Van Wert County youth had used marijuana at least once in the past 30 days, increasing to 15% of those ages 17 and over. Three percent (3%) of youth used prescription drugs not prescribed for them in the past month.

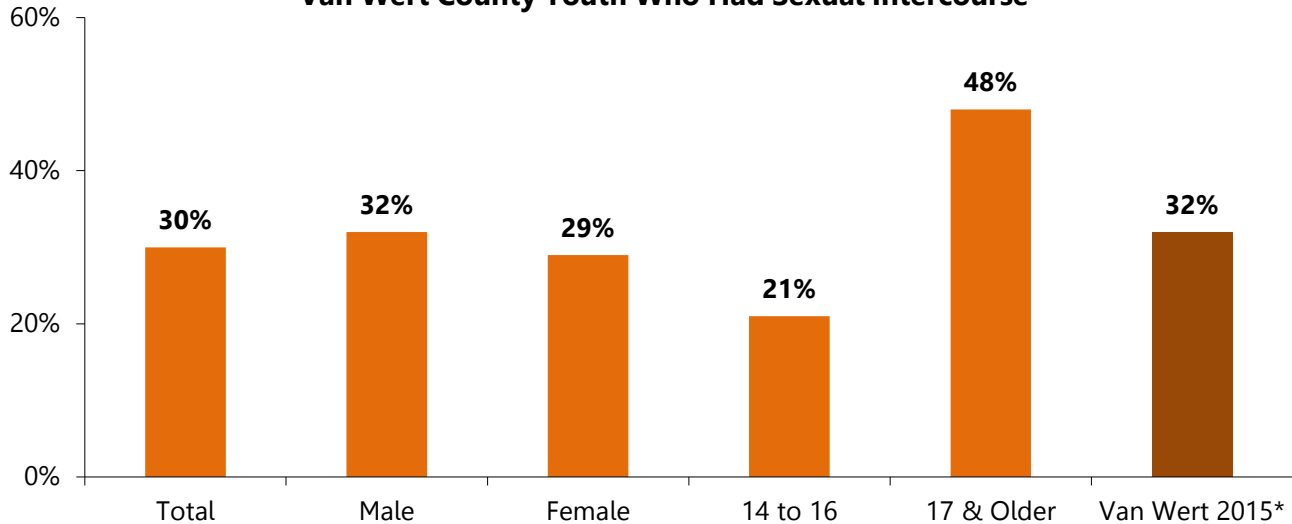


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

YOUTH SEXUAL BEHAVIOR

Thirty percent (30%) of Van Wert County youth had sexual intercourse in their lifetime. Thirteen percent (13%) of sexually active youth had four or more sexual partners. One-in-nine (11%) engaged in intercourse without a reliable method of protection, and 4% reported they were unsure if they used a reliable method. *Note: Only students in grades 9 through 12 were asked sexual behavior questions. Please use data with caution.*

Van Wert County Youth Who Had Sexual Intercourse

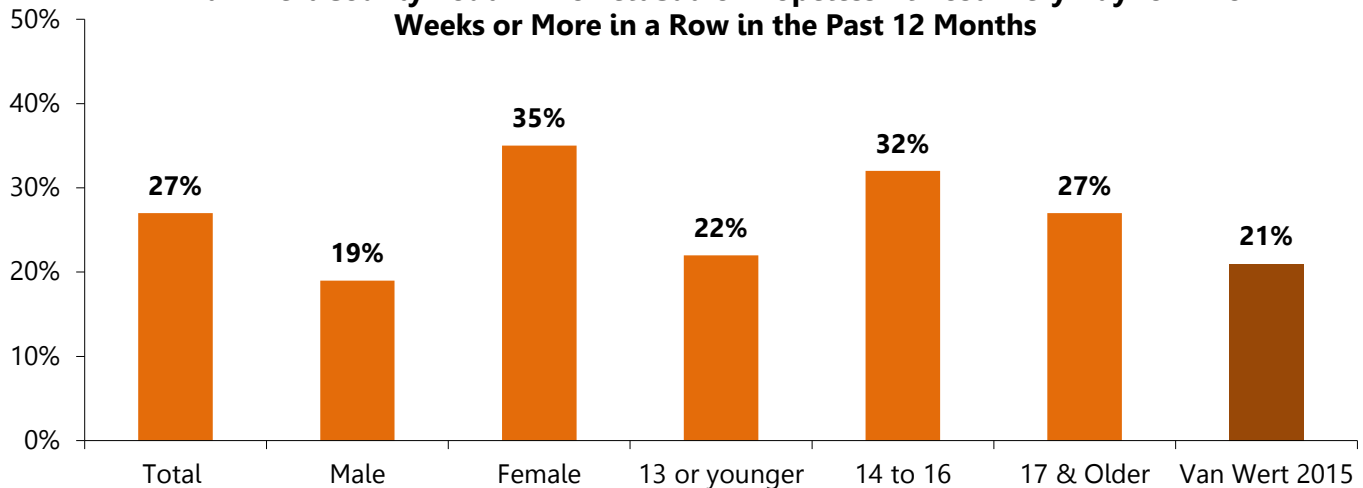


**2015 data only includes students in grades 9th-12th*

YOUTH MENTAL HEALTH

Fifteen percent (15%) of youth had seriously considered attempting suicide in the past year and 5% attempted suicide in the past year. The top three causes for anxiety, stress or depression for Van Wert County youth were academic success (32%), fighting with friends (30%) and self-image (29%).

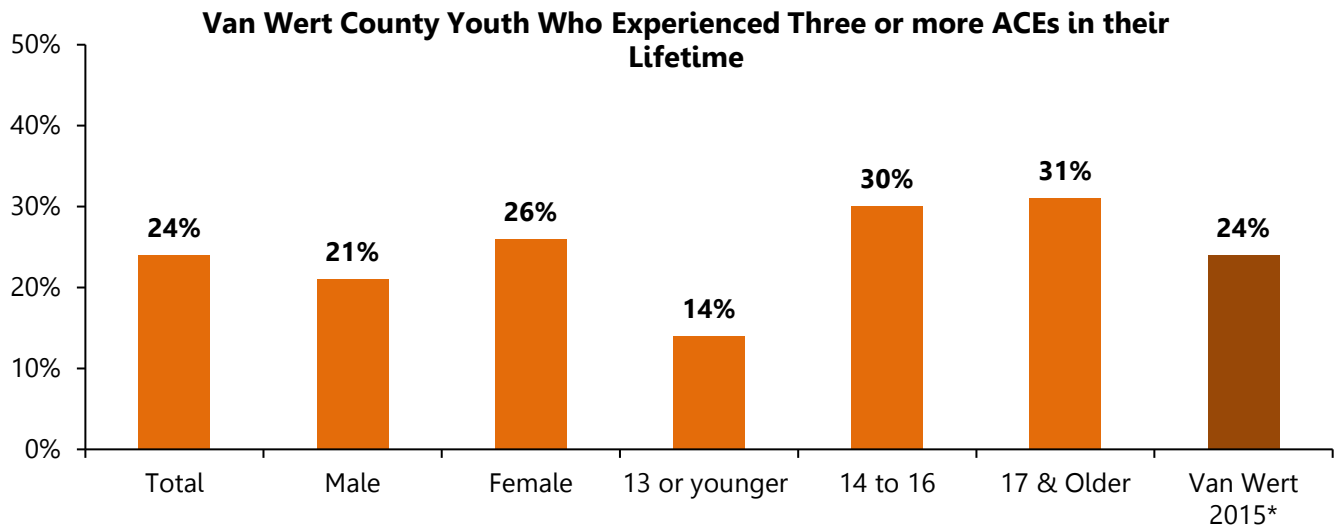
Van Wert County Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row in the Past 12 Months



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

YOUTH SOCIAL DETERMINANTS OF HEALTH

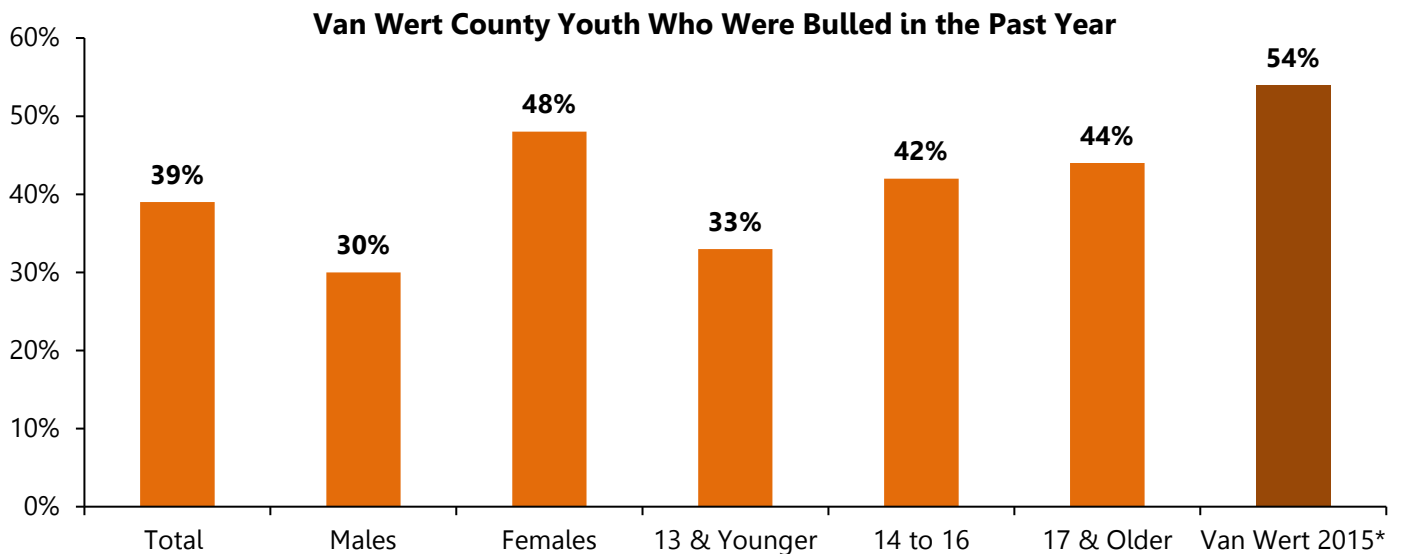
Nearly one-quarter (24%) of youth had three or more adverse childhood experiences (ACEs) in their lifetime. About one-quarter (24%) of Van Wert County youth drivers had texted while driving in the past 30 days. Fifty-seven percent (57%) of youth who had a social media or online gaming account believed that sharing information online is dangerous.



**2015 data only includes students in grades 7th-12th*

YOUTH VIOLENCE




Nine percent (9%) of Van Wert County youth carried a weapon (such as a gun, knife or club) in the past month. Over one-fifth (22%) of youth had been involved in a physical fight in the past year, increasing to 34% of males. Thirty-nine percent (39%) of youth had been bullied in the past year.



**2015 data only includes students in grades 9th-12th*

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.


Adult Trend Summary







Adult Variables	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Health Care Coverage, Access, and Utilization				
Uninsured	11%	11%	9%	11%
Visited a doctor for a routine checkup (in the past 12 months) 	68%	69%	72%	70%
Had at least one person they thought of as their personal doctor or health care provider 	90%	93%	81%	77%
Preventive Medicine				
Had a pneumonia vaccination (age 65 and over)	70%	71%	76%	75%
Had a flu shot within the past year (age 65 and over)	75%	66%	63%	60%
Ever had a shingles or zoster vaccine	18%	23%	29%	29%
Had a colonoscopy or sigmoidoscopy within the past 5 years (age 50 and over)	54%	54%	72%*	74%*
Women's Health				
Had a clinical breast exam in the past two years (age 40 and over)	77%	68%	N/A	N/A
Had a mammogram in the past two years (age 40 and over)	78%	71%	74%*	72%*
Had a Pap test in the past three years (ages 21-65)	71%*	64%	82%*	80%*
Men's Health				
Had a PSA test in within the past two years (age 40 and over)	N/A	56%	39%*	40%*
Had a digital rectal exam within the past year (age 50 and over)	41%	39%	N/A	N/A
Oral Health				
Visited a dentist or dental clinic (within the past year) 	72%	75%	68%*	66%*
Health Status Perceptions				
Rated general health as good, very good, or excellent	86%	85%	81%	83%
Rated general health as excellent or very good	51%	47%	49%	51%
Rated general health as fair or poor 	14%	15%	19%	18%
Rated physical health as not good on four or more days (in the past 30 days)	16%	21%	22%*	22%*
Average number of days that physical health not good (in the past 30 days) (County Health Rankings) 	2.7	4.1	4.0*	3.7*
Rated mental health as not good on four or more days (in the past 30 days)	19%	24%	24%*	23%*
Average number of days that mental health not good (in the past 30 days) (County Health Rankings) 	2.6	4.2	4.3*	3.8*
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)	17%	26%	22%*	22%*

N/A - Not Available

*2016 BRFSS


†2016 BRFSS data as compiled by 2018 County Health Rankings

 Indicates alignment with Ohio State Health Assessment (SHA)


Adult Variables	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Weight Status				
Obese (includes severely and morbidly obese, BMI of 30.0 and above) 	35%	33%	34%	32%
Overweight (BMI of 25.0 – 29.9)	37%	39%	34%	35%
Normal weight (BMI of 18.5 – 24.9)	27%	27%	30%	32%
Tobacco Use				
Current smoker (currently smoke some or all days) 	14%	18%	21%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	21%	25%	24%	25%
Alcohol Consumption				
Current drinker (drank alcohol at least once in the past month)	53%	56%	54%	55%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days) 	18%	24%	19%	17%
Drove after having perhaps too much alcohol to drink	3%	3%	4%**	4%**
Drug Use				
Adults who used recreational marijuana or hashish in the past six months	6%	3%	N/A	N/A
Adults who used recreational drugs in the past six months	<1%	3%	N/A	N/A
Adults who misused prescription medication in the past six months	11%	8%	N/A	N/A
Sexual Behavior				
Had more than one sexual partner in past year	3%	5%	N/A	N/A
Mental Health				
Considered attempting suicide in the past year	3%	2%	N/A	N/A
Attempted suicide in the past year	0%	0%	N/A	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row	7%	8%	N/A	N/A
Cardiovascular Health				
Had angina or coronary heart disease 	6%	9%	5%	4%
Had a heart attack 	4%	6%	6%	4%
Had a stroke	1%	3%	4%	3%
Had high blood pressure 	31%	36%	35%	32%
Had high blood cholesterol	39%	45%	33%	33%
Had blood cholesterol checked within past 5 years	80%	83%	85%	86%
Arthritis, Asthma and Diabetes				
Had been diagnosed with arthritis	36%	34%	29%	25%
Had been diagnosed with asthma 	12%	15%	14%	14%
Had been diagnosed with COPD, emphysema, or chronic bronchitis	6%	10%	8%	6%
Had been diagnosed with diabetes 	10%	11%	11%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	5%	6%	2%	2%


N/A - Not Available

**2015 BRFSS Data

 Indicates alignment with Ohio SHA

Youth Trend Summary

Youth Variables	Van Wert County 2015 (6 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Weight Status				
Obese 	18%	18%	20%	15%
Overweight	16%	18%	15%	16%
Described themselves as slightly or very overweight	31%	34%	35%	32%
Tried to lose weight	44%	46%	47%	47%
Exercised to lose weight (in the past 30 days)	42%	43%	49%	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	24%	28%	29%	N/A
Went without eating for 24 hours or more (in the past 30 days)	4%	5%	7%	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	2%	2%	2%	N/A
Vomited or took laxatives (in the past 30 days)	1%	2%	2%	N/A
Physically active at least 60 minutes per day on every day in past week	35%	31%	31%	26%
Physically active at least 60 minutes per day on 5 or more days in past week	61%	51%	53%	46%
Did not participate in at least 60 minutes of physical activity on any day in past week	7%	12%	11%	15%
Watched 3 or more hours per day of television (on an average school day)	39%	25%	32%	21%
Tobacco Use				
Ever tried cigarette smoking (even one or two puffs)	19%	15%	23%	29%
Current smoker (smoked on at least 1 day during the past 30 days)	5%	4%	6%	9%
Currently use an electronic vapor product (on at least 1 day during the past 30 days)	N/A	14%	21%	13%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	4%	6%	6%	10%
Currently frequently smoked cigarettes (on 20 or more days during the past 30 days)	1%	<1%	1%	3%
Usually obtained cigarettes by buying them in a store or gas station (of current smokers)	17%	29%	33%	N/A

 Indicates alignment with Ohio SHA

N/A – Not Available

Youth Variables	Van Wert County 2015 (6 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Alcohol Consumption				
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	42%	41%	61%	60%
Current Drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	18%	15%	25%	30%
Binge drinker (drank 5 or more drinks within a couple of hours on at least 1 day during the past 30 days)	10%	7%	12%	14%
Drank for the first time before age 13 (of all youth)	12%	9%	9%	16%
Obtained the alcohol they drank by someone giving it to them (of youth drinkers)	48%	28%	25%	44%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on 1 or more occasion during the past 30 days)	21%	12%	10%	17%
Drove when they had been drinking alcohol (in a car or vehicle, 1 or more times during the 30 days before the survey, among youth who had driven a car or other vehicle)	7*	2%	3%	6%
Drug Use				
Used marijuana in the past month	7%**	7%	11%	20%
Tried marijuana for the first time before the age of 13	3%**	3%	3%	7%
Prescription medication abuse in the past month	N/A	3%	4%	N/A
Ever used methamphetamines (in their lifetime)	2%*	1%	1%	3%
Ever used cocaine (in their lifetime)	3%*	1%	1%	5%
Ever used heroin (in their lifetime)	1%*	<1%	1%	2%
Ever used inhalants (in their lifetime)	7%**	3%	3%	6%
Ever took steroids without a doctor's prescription (in their lifetime)	3%**	1%	1%	3%
Ever used ecstasy (also called MDMA in their lifetime)	3%*	2%	3%	4%
Ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms in their lifetime)	N/A	1%	2%	7%
Were offered, sold, or given an illegal drug on school property (in the past 12 months)	6%	4%	6%	20%
Sexual Behavior				
Ever had sexual intercourse	32%	N/A	30%	40%
Had sexual intercourse with four or more persons (of all youth during their life)	6%	N/A	4%	10%
Had sexual intercourse before the age 13 (for the first time of all youth)	2%	N/A	1%	3%
Used a condom (during last sexual intercourse)	47%	N/A	42%	54%
Used birth control pills (during last sexual intercourse)	13%	N/A	27%	21%
Used an IUD (during last sexual intercourse)	1%	N/A	2%	4%
Used a shot, patch or birth control ring (during last sexual intercourse)	7%	N/A	7%	5%
Did not use any method to prevent pregnancy during last sexual intercourse	12%	N/A	11%	14%
Drank alcohol or used drugs before last sexual intercourse (of sexually active youth)	N/A	N/A	10%	19%

**Only includes students in grades 7th-12th

*Only includes students in grades 9th-12th

Note: Only students in grades 9th-12th were asked sexual health questions in 2015 and 2018

N/A-Not Available

Youth Variables	Van Wert County 2015 (6 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Mental Health				
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	21%	27%	29%	32%
Seriously considered attempting suicide (in the past 12 months)	9%**	15%	18%	17%
Attempted suicide (in the past 12 months)	2%**	5%	5%	7%
Violence				
Carried a weapon (in the past 30 days)	13%	9%	9%	16%
Carried a weapon on school property (in the past 30 days)	2%	1%	2%	4%
Were in a physical fight (in the past 12 months)	28%	22%	18%	24%
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	3%	5%	4%	7%
Threatened or injured with a weapon on school property (in the past 12 months)	8%	7%	9%	6%
Experienced physical dating violence (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past 12 months)	9%*	7%	7%	8%
Hit, slapped, or physically hurt on purpose by an adult or caregiver in past year	9%	12%	13%	N/A
Electronically bullied (in the past year)	15%*	11%	14%	15%
Bullied (in the past year)	54%*	39%	44%	N/A
Were bullied on school property (during the past 12 months)	32%	27%	28%	19%
Purposefully hurt themselves in their life	12%	13%	14%	N/A

*2015 data only includes students in grades 9th-12th

**2015 data only includes students in grades 7th-12th

N/A – Not Available

Health Care Access: Health Care Coverage

Key Findings

One-in-nine (11%) Van Wert County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000 (16%). The main reason adults gave for being without health care coverage were because they lost their job or changed employers (42%).

Health Coverage

- In 2018, 89% Van Wert County adults had health care coverage, leaving 11% of adults uninsured.
- Six percent (6%) of adults with children did not have health care coverage, compared to 12% of those who did not have children living in their household.
- Adults used the following types of health coverage: employer (45%); Medicare (24%); someone else’s employer (17%); Medicaid or medical assistance (4%); multiple, including private sources (4%); self-paid plan (2%); multiple, including government sources (2%); Health Insurance Marketplace (1%); and military, CHAMPUS, TriCare, CHAMPVA, or the VA (1%).
- Van Wert County adult health care coverage included the following: medical (97%), prescription coverage (88%), preventive health (80%), Van Wert County Physicians (80%), immunizations (74%), outpatient therapy (72%), dental (69%), vision/eye glasses (62%), mental health/mental health counseling (52%), durable medical equipment (43%), skilled nursing/assisted living (36%), alcohol and drug treatment (31%), home care (28%), hospice (26%), and transportation (13%).
- Van Wert County adults had the following issues regarding their health care coverage:
 - Cost (38%)
 - Opted out of certain coverage because they could not afford it (8%)
 - Service not deemed medically necessary (7%)
 - Limited visits (5%)
 - Could not understand their insurance plan (4%)
 - Working with their insurance company (3%)
 - Service no longer covered (3%)
 - Provider no longer covered (3%)
 - Opted out of certain coverage because they did not need it (3%)
 - Pre-existing conditions (2%)

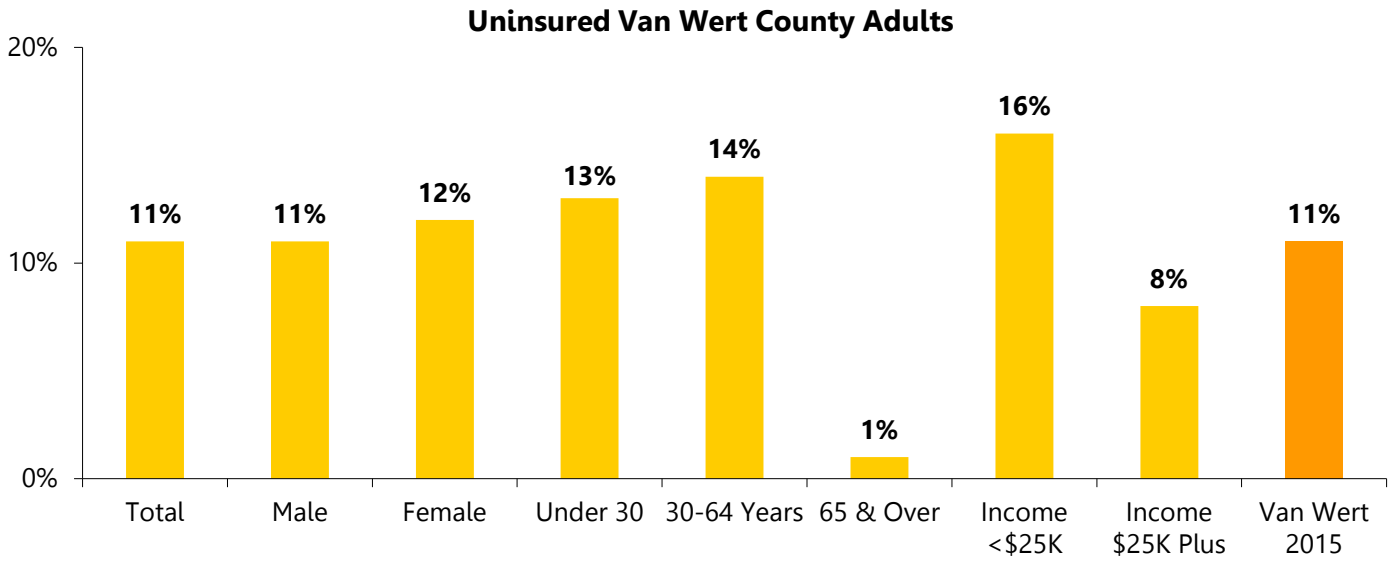
2,328 of Van Wert County adults were uninsured.

- The top three reasons uninsured adults gave for being without health care coverage were:
 - They lost their job or changed employers (42%)
 - They could not afford to pay the insurance premiums (26%)
 - Their employer does not/stopped offering coverage (9%)

Note: Percentages do not equal 100% because respondents could select more than one reason

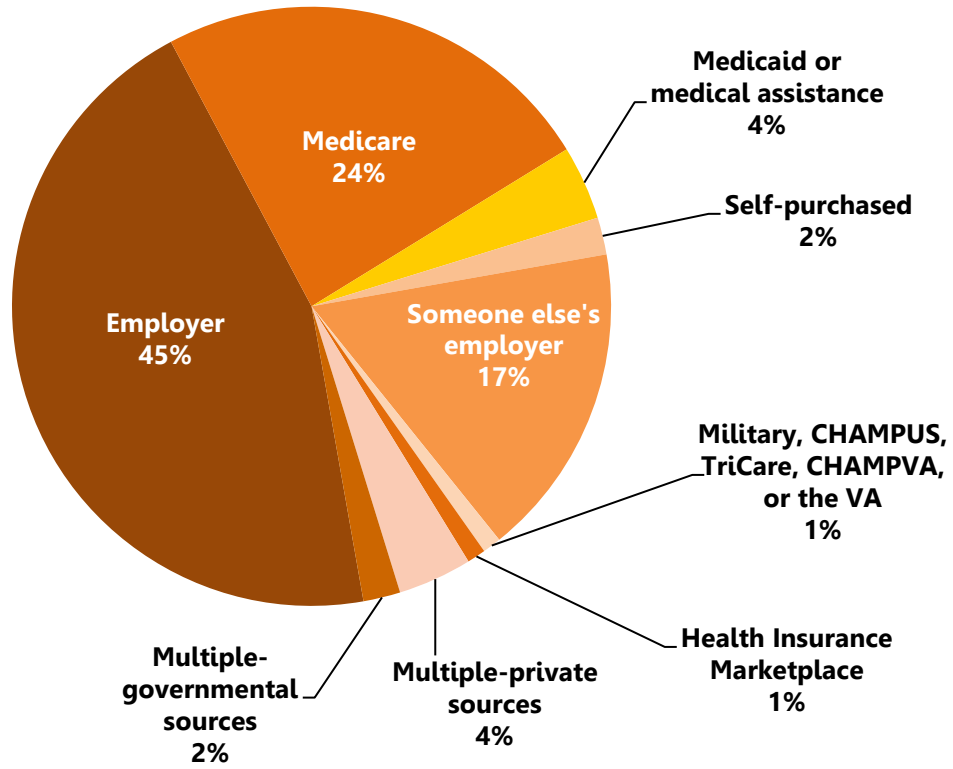
Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Uninsured	11%	11%	9%	11%

The following graph shows the percentage of Van Wert County adults who were uninsured. An example of how to interpret the information in the graph includes: 11% of all adults were uninsured, including 16% of those with an income less than \$25,000. The pie chart shows sources of Van Wert County adults' health care coverage.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Source of Health Coverage for Van Wert County Adults



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

Health Coverage Includes:	Yes	No	Don't Know
Medical	97%	1%	2%
Prescription Coverage	88%	8%	4%
Preventive Health	80%	4%	16%
Van Wert County Physicians	80%	9%	11%
Immunizations	74%	5%	21%
Outpatient Therapy	72%	3%	25%
Dental	69%	28%	3%
Vision/Eye Glasses	62%	31%	7%
Mental Health/Mental Health Counseling	52%	4%	44%
Durable Medical Equipment	43%	9%	48%
Skilled Nursing/Assisted Living	36%	6%	58%
Alcohol and Drug Treatment	31%	7%	62%
Home Care	28%	8%	64%
Hospice	26%	8%	66%
Transportation	13%	27%	60%

Healthy People 2020 Access to Health Services (AHS)

Objective	Van Wert County 2018	Ohio 2017	U.S. 2016*	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health insurance	100% age 20-24 80% age 25-34 87% age 35-44 83% age 45-54 88% age 55-64	87% age 18-24 90% age 25-34 90% age 35-44 91% age 45-54 93% age 55-64	85% age 18-24 84% age 25-34 87% age 35-44 90% age 45-54 93% age 55-64	100%

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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

(Sources: Healthy People 2020 Objectives, 2016 BRFSS, 2017 BRFSS, 2018 Van Wert County Health Assessment)

Key Facts about the Uninsured Population

- Studies repeatedly demonstrate that the uninsured are less likely than those with insurance to receive preventive care and services for major health conditions and chronic diseases.
- Part of the reason for poor access among uninsured is that 50% do not have a regular place to go when they are sick or need medical advice.
- One-in-five (20%) nonelderly adults without coverage say that they went without care in the past year because of cost compared to 3% of adults with private coverage and 8% of adults with public coverage.
- In 2016, uninsured nonelderly adults were three times as likely as adults with private coverage to say that they postponed or did not get a needed prescription drug due to cost.
- Because people without health coverage are less likely than those with insurance to have regular outpatient care, they are more likely to be hospitalized for avoidable health problems and to experience declines in their overall health.

(Source: The Henry Kaiser Family Foundation, Key Facts about the Uninsured Population, 2018)

Health Care Access: Access and Utilization

Key Findings

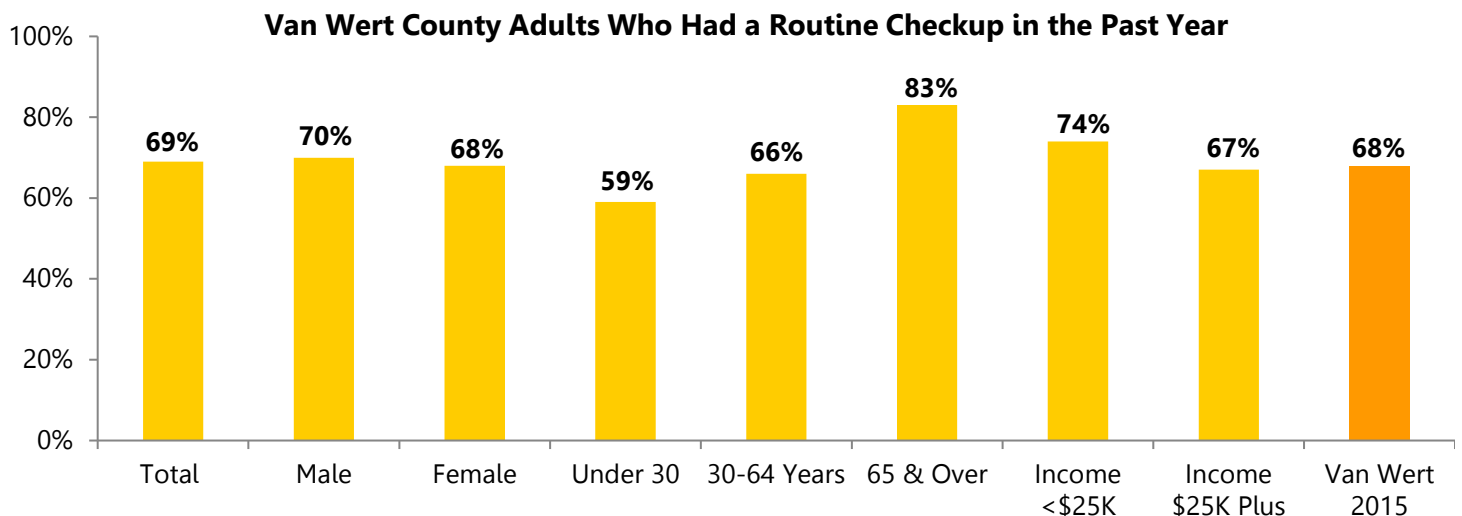
Sixty-nine percent (69%) of Van Wert County adults had visited a doctor for a routine checkup in the past year. Seventy-seven percent (77%) of adults went outside of Van Wert County for health care services in the past year.

Health care Access

- More than two-thirds (69%) of Van Wert County adults visited a doctor for a routine checkup in the past year, increasing to 83% of those over the age of 65.
- Over half (53%) of adults reported they had one person they thought of as their personal doctor or health care provider. Forty percent (40%) of adults had more than one person they thought of as their personal health care provider, and 7% did not have one at all.
- Sixty-eight percent (68%) of Van Wert County adults reported they had a usual source of medical care.
- Reasons for not having a usual source of medical care included the following: had not needed a doctor (12%), had two or more usual places (11%), do not like/trust/believe in doctors (2%), no insurance (2%), cost (1%), previous doctor unavailable/moved (1%), did not accept Medicare or Medicaid (<1%), not accepting new patients (<1%), did not know where to go (<1%), and other reasons (1%).
- The following might prevent Van Wert County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (27%), doctor would not take their insurance (7%), could not get time off work (6%), hours not convenient (6%), worried they might find something wrong (5%), difficult to get an appointment (5%), frightened of the procedure or doctor (3%), do not trust or believe doctors (2%), no childcare (2%), difficult to find/no transportation (1%), and some other reason (4%).
- Van Wert County adults had the following problems when they needed health care in the past year:
 - Could not get appointments when they wanted them (9%)
 - Did not have enough money to pay for health care (6%)
 - Had to change doctors because of their health care plan (5%)
 - Did not have insurance (5%)
 - Too busy to get the health care they needed (5%)
 - Health care plan did not allow them to see doctors in Van Wert County (5%)
 - Too embarrassed to seek help (3%)
 - Other problems that prevented them from getting health care (3%)
 - Could not find a doctor they were comfortable with (2%)
 - Did not have child care (2%)
 - Could not find a doctor to take them as a patient (1%)
 - Did not get health services because they were concerned about their confidentiality (1%)
 - Did not have transportation (<1%)
- Seventy-seven percent (77%) of adults went outside of Van Wert County for the following health care services in the past year: specialty care (35%), primary care (30%), dental services (26%), obstetrics/gynecology/NICU (10%), female health services (9%), cardiac care (8%), orthopedic care (7%), pediatric care (6%), cancer care (6%), mental health care (3%), counseling services (2%), addiction services (<1%), developmental disability services (<1%), and other services (11%).
- Reasons for seeking health care services outside of Van Wert County included the following: needed care they could not get locally (22%), provider referral (19%), better care elsewhere (16%), closer to home/work (14%), insurance requirement (13%), cost less (4%), more privacy (1%), and other reasons (13%).
- Seventy-eight percent (78%) of adults traveled less than 20 miles for their health care needs, 17% traveled 20 to 40 miles, 4% traveled 41 to 60 miles, and 1% traveled more than 60 miles for their health care needs.

- Adults visited the following places for health care services or advice:
 - Doctor’s office (71%)
 - Multiple places, including a doctor’s office (10%)
 - Internet (6%)
 - Family and friends (3%)
 - Hospital emergency room (2%)
 - Chiropractor (1%)
 - Department of Veteran’s Affairs (VA) (1%)
 - Walk-in health clinic (1%)
 - Urgent care center (<1%)
- Four percent (4%) of adults indicated they had no usual place for health care services.
- Van Wert County adults did not get the following major or preventive care because of cost: medication (7%), surgery (5%), lab testing (4%), mammogram (4%), Pap smear (3%), colonoscopy (3%), family planning services (3%), weight loss program (3%), immunizations (1%), prostate-specific antigen (PSA) test (1%), mental health services (1%), smoking cessation (1%), and alcohol or drug treatment (1%).
- Van Wert County adults used the following alternative therapies in their life: massage (34%), acupuncture (7%), aromatherapy (6%), herbalism (5%), hypnosis (4%), reflexology (4%), yoga or tai chi (4%), reiki (1%), hyperbaric chamber (<1%), and another alternative therapy (5%).
- Sixty-six percent (66%) of adults had ever used the emergency room for health care. Adults who used the emergency room for health care reported the following reasons: serious illness/injury (53%), could not get in to see primary care physician because of time of day/too long of a wait (13%), their doctor told them to go there (11%), what they have always done/what they are used to (2%), and do not have a primary care physician (1%).
- Over one-quarter (29%) of adults did not get their prescriptions from their doctor filled in the past year. Of those who did not get their prescriptions filled, they gave the following reasons: too expensive (25%), they did not think they needed it (17%), side effects (17%), they stretched their current prescription by taking less than prescribed (11%), there was no generic equivalent (10%), they did not have insurance (9%), and they were taking too many medications (3%). Seventeen percent (17%) of adults had no prescriptions to be filled.

The following graph shows the percentage of Van Wert County adults who had a routine checkup in the past year. An example of how to interpret the information in the graph includes: 69% of all adults had a routine check-up in the past year, including 70% of males and 68% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Visited a doctor for a routine checkup (in the past 12 months)	68%	69%	72%	70%
Had at least one person they thought of as their personal doctor or health care provider	90%	93%	81%	77%

Availability of Services

- Van Wert County adults reported they had looked for the following programs for themselves or a loved one: depression, anxiety or mental health (24%); weight problems (12%); marital/family problems (8%); end-of-life/hospice care (8%); disability (7%); elderly care (4%); alcohol abuse (4%); tobacco cessation (4%); drug abuse (3%); cancer support group/counseling (2%); family planning (2%); detoxification for opiates/heroin (2%); and gambling abuse (1%).

Van Wert County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Van Wert County adults who have looked but have NOT found a specific program	Van Wert County adults who have looked and have found a specific program
Depression, anxiety, or some other mental health problem (24% of all adults looked)	25%	75%
Weight problem (12% of all adults looked)	61%	39%
End-of-life/hospice care (8% of all adults looked)	8%	92%
Marital/family problems (8% of all adults looked)	19%	81%
Disability (7% of all adults looked)	23%	77%
Elderly care (4% of all adults looked)	31%	69%
Tobacco cessation (4% of all adults looked)	15%	85%
Alcohol abuse (4% of all adults looked)	23%	77%
Drug abuse (3% of all adults looked)	11%	89%
Cancer support group/counseling (2% of all adults looked)	25%	75%
Family planning (2% of all adults looked)	40%	60%
Detoxification for opiates/heroin (2% of all adults looked)	0%	100%
Gambling abuse (1% of all adults looked)	67%	33%

What can be Done to Improve the Health of Rural Americans?

Rural Americans face numerous health disparities compared with their urban counterparts. More than 46 million Americans, or 15% of the U.S. population, live in rural areas. Some rural areas have characteristics that put residents at higher risk of death, such as long travel distances to specialty and emergency care, exposures to specific environmental hazards, and higher rates of poverty. The gaps in health in rural areas can be addressed. For example, Health care providers in rural areas can:

- **Screen patients for high blood pressure and make blood pressure control a quality improvement goal**
 - High blood pressure is a leading risk factor for heart disease and stroke.
- **Increase cancer prevention and early detection**
 - Rural Health care providers should participate in the state-level comprehensive control coalitions. Comprehensive cancer control programs focus on cancer prevention, education, screening, access to care, support for cancer survivors, and overall good health.
- **Encourage physical activity and healthy eating to reduce obesity**
 - Obesity has been linked to a variety of serious chronic illnesses, including diabetes, heart disease, cancer, and arthritis.
- **Promote smoking cessation**
 - Cigarette smoking is the leading cause of preventable disease and death in the United States and is the most significant risk factor for chronic lower respiratory disease.
- **Identify additional support for families who have children with mental, behavioral, or developmental disorders**
 - Children with these issues would benefit from increased access to mental and behavioral health care; programs that support parents and caregivers; and increased opportunities to learn, play, and socialize. Because children in rural areas with these disorders more often experience financial difficulties, poor parental mental health, and a lack of neighborhood resources, these children may need additional support.
- **Promote motor vehicle safety**
 - Rural health care providers should encourage patients to always wear a seat belt and counsel parents and child care providers to use age- and size-appropriate car seats, booster seats, and seat belts on every trip.
- **Engage in safer prescribing of opioids for pain**
 - Health care providers should follow the CDC guidelines when prescribing opioids for chronic pain and educate patients on the risks and benefits of opioids and using nonpharmacologic therapies to provide greater benefit.

(Source: CDC, Centers for Disease Control and Prevention, Rural Health, About Rural Health, Updated on August 2, 2017)

Health Care Access: Preventive Medicine

Key Findings

Seventy-one percent (71%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-four percent (54%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past five years.

Preventive Medicine

- Fifty-seven percent (57%) of Van Wert County adults had a flu vaccine during the past 12 months, increasing to 66% of adults ages 65 and over.
- One-third (33%) of adults had a pneumonia vaccine in their life, increasing to 71% of those ages 65 and over.
- Van Wert County adults had the following vaccines:
 - MMR in their lifetime (74%)
 - Tetanus booster (including Tdap) in the past 10 years (63%)
 - Chicken pox in their lifetime (52%)
 - Hepatitis B in their lifetime (46%)
 - Hepatitis A in their lifetime (36%)
 - Pertussis vaccine in the past 10 years (25%)
 - Zoster (shingles) vaccine in their lifetime (23%)
 - Human papillomavirus (HPV) vaccine in their lifetime (11%)

Preventive Health Screenings and Exams

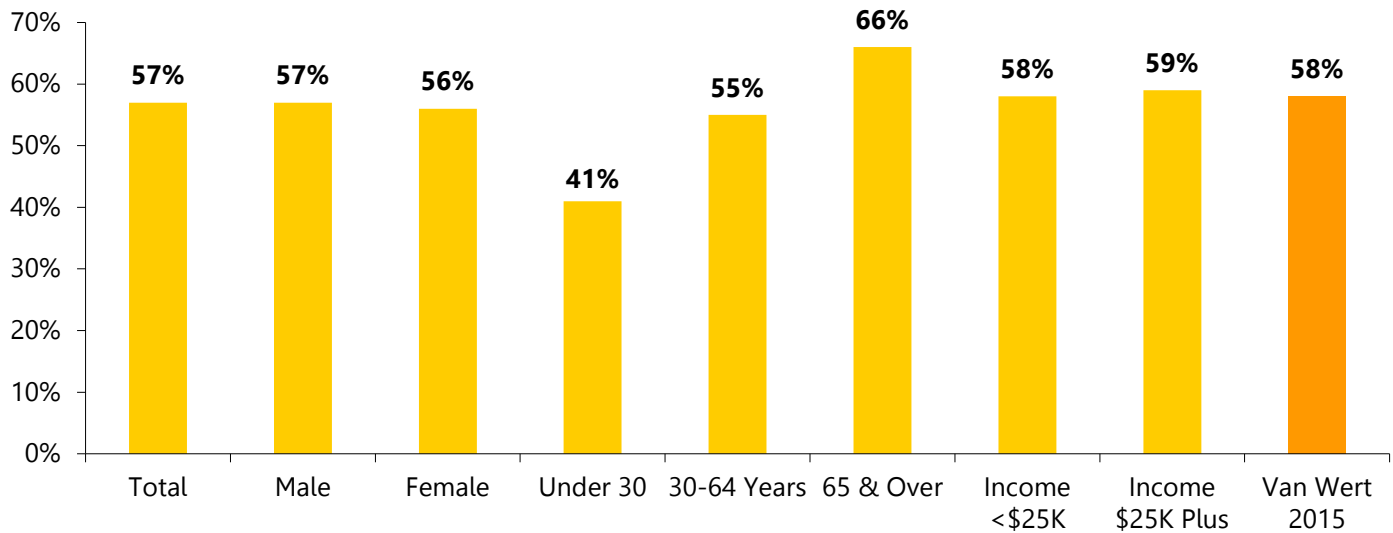
- Fifty-four percent (54%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past five years.
- Van Wert County adults indicated a doctor or health professional talked to them about following topics in the past year: immunizations (42%); family history (40%); weight control (30%); depression, anxiety or emotional problems (29%); safe use of prescription medication (25%); tobacco use (20%); alternative pain therapy (14%); PSA test (12%); bone density (12%); alcohol use (11%); family planning (9%); falls (8%); injury prevention such as safety belt use and helmet use (8%); safe use of opiate-based pain medication (7%); sexually transmitted diseases (STDs) (7%); self-testicular exams (4%); illicit drug abuse (3%); genetic testing (3%); firearm safety (3%); and domestic violence (1%).

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had a pneumonia vaccination (age 65 and over)	70%	71%	76%	75%
Had a flu vaccine within the past year (age 65 and over)	75%	66%	63%	60%
Ever had a shingles or zoster vaccine	18%	23%	29%	29%
Had a colonoscopy or sigmoidoscopy within the past five years (age 50 and over)	54%	54%	72%*	74%*

*2016 BRFSS

The following graph shows the percentages of Van Wert County adults who received a flu vaccine within the past year. An example of how to interpret the information in the graph includes: 57% of all adults received the flu vaccine in the past year, including 66% of those ages 65 and older.

Van Wert County Adults Who Received a Flu Vaccine Within the Past Year



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Healthy People 2020 Immunization and Infectious Diseases (IID)

Objective	Van Wert County 2018	Ohio 2017	U.S. 2017	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	71%	76%	75%	90%
IID-12.7: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated annually against seasonal influenza	66%	63%	60%	90%
IID-14: Increase the percentage of adults who are vaccinated against zoster (shingles)	23%	29%	29%	30%

Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2017 BRFSS, 2018 Van Wert County Health Assessment)

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

Health care Topics	Total 2015	Total 2018
Immunizations	29%	42%
Family History	N/A	40%
Weight Control	N/A	30%
Depression, Anxiety, or Emotional Problems	15%	29%
Safe Use of Prescription Medication	N/A	25%
Tobacco Use	N/A	20%
Alternative Pain Therapy	N/A	14%
Prostate-Specific Antigen (PSA) Test	N/A	12%
Bone Density	N/A	12%
Alcohol Use	5%	11%
Family Planning	N/A	9%
Falls	N/A	8%
Injury Prevention Such as Safety Belt Use & Helmet Use	7%	8%
Safe Use of Opiate-Based Pain Medication	N/A	7%
Sexually Transmitted Disease (STDs)	N/A	7%
Self-Testicular Exams	N/A	4%
Illicit Drug Abuse	3%	3%
Genetic Testing	N/A	3%
Firearm Safety	N/A	3%
Domestic Violence	3%	1%

N/A – Not Available

Health Care Access: Women's Health

Key Findings

Fifty-nine percent (59%) of Van Wert County women over the age of 40 reported having a mammogram in the past year. Fifty-six percent (56%) of women had a clinical breast exam and 36% had a Pap smear to detect cancer of the cervix in the past year. Sixty-eight percent (68%) of Van Wert County women were overweight or obese, 42% had high blood cholesterol, 29% had high blood pressure, and 19% were identified as current smokers, known risk factors for cardiovascular diseases.

Women's Health Screenings

- Sixty-two percent (62%) of women had a mammogram at some time in their life, and 39% had this screening in the past year.
- Fifty-nine percent (59%) of women ages 40 and over had a mammogram in the past year, and 71% had one in the past two years.
- Most (90%) Van Wert County women had a clinical breast exam at some time in their life, and 56% had one within the past year. Sixty-eight percent (68%) of women ages 40 and over had a clinical breast exam in the past two years.
- Eighty-one percent (81%) of Van Wert County women have had a Pap smear, and 36% reported having had the exam in the past year. Sixty-four percent (64%) of women ages 21 to 65 had a Pap smear in the past three years.

Women's Health Concerns

- Women used the following as their usual source of services for female health concerns: private gynecologist (38%), general or family physician (36%), family planning clinic (2%), health department clinic (2%), community health center (1%), and some other kind of place (1%). Eighteen percent (18%) of women indicated they did not have a usual source of services for female health concerns.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Van Wert County, the 2018 health assessment identified that:
 - 68% of women were overweight or obese (2017 BRFSS reported 64% for Ohio and 2016 BRFSS reported 59% for the U.S.)
 - 42% were diagnosed with high blood cholesterol (2017 BRFSS reported 33% for Ohio and 2016 BRFSS reported 35% for the U.S.)
 - 29% were diagnosed with high blood pressure (2017 BRFSS reported 33% for Ohio and 2016 BRFSS reported 30% for the U.S.)
 - 19% of all women were current smokers (2017 BRFSS reported 20% for Ohio and 2016 BRFSS reported 14% for the U.S.)
 - 9% had been diagnosed with diabetes (2017 BRFSS reported 11% for Ohio and 2016 BRFSS reported 11% for the U.S.)

Van Wert County Female Leading Causes of Death, 2015–2017

Total female deaths: 525

1. Heart Disease (20% of all deaths)
2. Cancer (19%)
3. Influenza and Pneumonia (6%)
4. Stroke (6%)
5. Alzheimer's Disease (5%)

(Source: Ohio Public Health Data Warehouse, 2015-2017)

Ohio Female Leading Causes of Death, 2015–2017

Total female deaths: 180,539

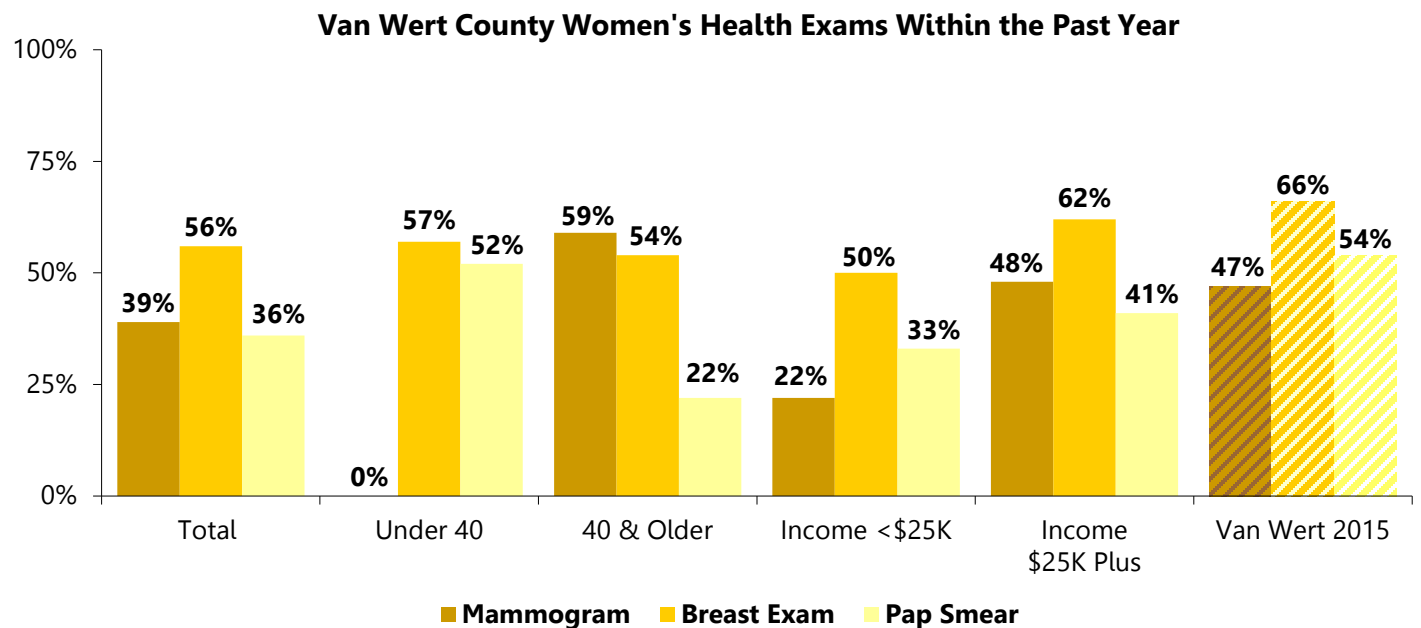
1. Heart Disease (22% of all deaths)
2. Cancer (20%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's Disease (6%)

(Source: Ohio Public Health Data Warehouse, 2015-2017)

Pregnancy

- Twenty-three percent (23%) of Van Wert County women had been pregnant in the past five years.
- During their last pregnancy within the past five years, Van Wert County women had a prenatal appointment in the first 3 months (81%), had a dental exam (59%), took a multi-vitamin with folic acid during pregnancy (46%), took folic acid/prenatal vitamins (35%), took a multi-vitamin with folic acid pre-pregnancy (35%), received WIC services (27%), took folic acid during pregnancy (16%), took folic acid pre-pregnancy (16%), and experienced depression (14%).

The following graph shows the percentage of Van Wert County female adults who had various health exams in the past year. An example of how to interpret the information shown on the graph includes: 39% of Van Wert County females had a mammogram within the past year, 56% had a clinical breast exam, and 36% had a Pap Smear.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had a clinical breast exam in the past two years (age 40 and over)	77%	68%	N/A	N/A
Had a mammogram in the past two years (age 40 and over)	78%	71%	74%*	72%*
Had a Pap Smear in the past three years (ages 21-65)	71%*	64%	82%*	80%*

N/A – Not Available

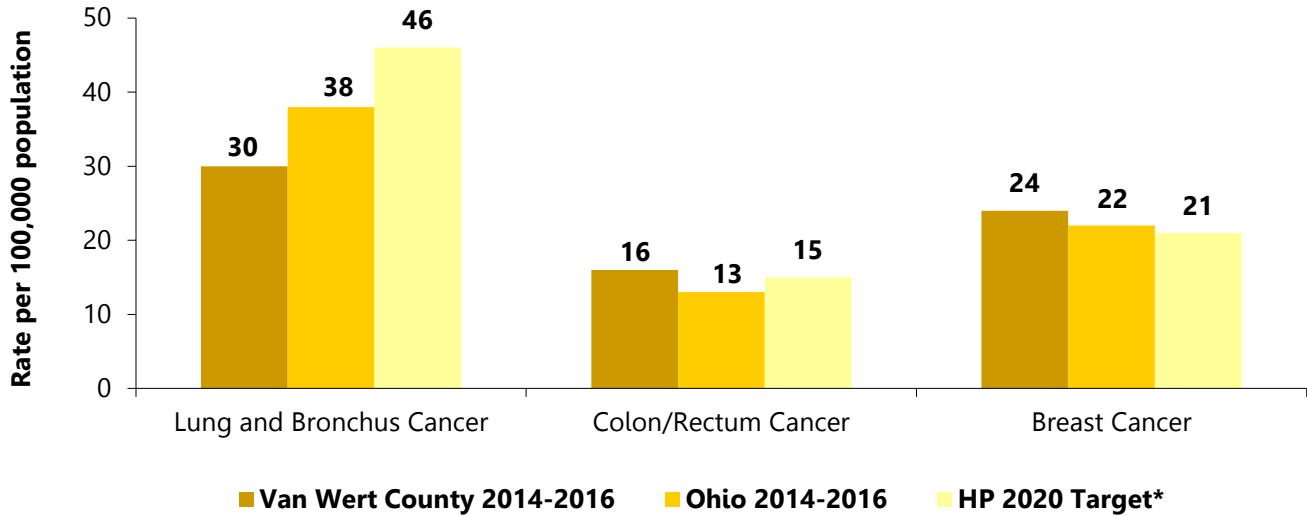
*2016 BRFSS

*In 2015, Pap Smear was reported for women ages 19 and over

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

- From 2015 to 2017, the Van Wert County age-adjusted mortality rate for breast cancer was higher than both the Ohio rate and Healthy People 2020 target objective.

Van Wert County Female Age-Adjusted Cancer Mortality Rates, 2015-2017



(Source: Ohio Public Health Data Warehouse, 2015-2017)
 *Note: The Lung and Colon/Rectum Cancer Healthy People 2020 target rates are not gender specific

U.S. Women's Health Data

- Approximately 13% of adult females 18 years or older reported fair or poor health.
- Twelve percent (12%) of adult females in the U.S. currently smoke.
- Of the adult females in the U.S., 20% had four or more drinks in one day at least once in the past year.
- Almost half (49%) of adult females in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- Forty-one percent (41%) of females ages 20 years and older are obese.
- Thirty-four percent (34%) of females ages 20 and older have hypertension.
- There are 10% of females under the age of 65 without health care coverage.
- The leading causes of death for females in the United States are heart disease, cancer, and stroke.

(Source: CDC, National Center for Health Statistics, Women's Health, Fast Stats, Updated on May 3, 2017)

Health Care Access: Men's Health

Key Findings

Over half (51%) of Van Wert County males over the age of 50 had a prostate-specific antigen (PSA) test in the past year. Seventy-eight percent (78%) of men were overweight or obese, 50% had been diagnosed with high blood cholesterol, 43% had high blood pressure, and 15% were identified as current smokers, known risk factors for cardiovascular diseases.

Men's Health Screenings

- Thirty-nine percent (39%) of Van Wert County males had a prostate-specific antigen (PSA) test at some time in their life, and 27% had one in the past year.
- Sixty-two percent (62%) of males age 40 and over had a PSA test at some time in their life, and 56% had one in the past two years.
- Sixty-nine percent (69%) of males age 50 and over had a PSA test at some time in their life, and 51% had one in the past year.
- Nearly half (47%) of men had a digital rectal exam in their lifetime, and 23% had one in the past year. Over one-third (39%) of males age 50 and over had a digital rectal exam in the past year.
- Twenty-nine percent (29%) of men had done a self-testicular exam in the past year.

Men's Health Concerns

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, and diabetes. In Van Wert County, the 2018 health assessment identified that:
 - 78% of men were overweight or obese (2017 BRFSS reported 72% for Ohio and 2016 BRFSS reported 71% for the U.S.)
 - 50% had been diagnosed with high blood cholesterol (2017 BRFSS reported 34% for Ohio and 2016 BRFSS reported 38% for the U.S.)
 - 43% had been diagnosed with high blood pressure (2017 BRFSS reported 37% for Ohio and 2016 BRFSS reported 34% for the U.S.)
 - 15% of all men were current smokers (2017 BRFSS reported 22% for Ohio and 2016 BRFSS reported 19% for the U.S.)
 - 12% had been diagnosed with diabetes (2017 BRFSS reported 11% for Ohio and 2016 BRFSS reported 11% for the U.S.)

Van Wert County Male Leading Causes of Death, 2015–2017

Total male deaths: 483

1. Heart Diseases (26% of all deaths)
2. Cancer (23%)
3. Accidents, Unintentional Injuries (6%)
4. Chronic Lower Respiratory Diseases (5%)
5. Influenza and Pneumonia (4%)

(Source: Ohio Public Health Data Warehouse, 2015-2017)

Ohio Male Leading Causes of Death, 2015–2017

Total male deaths: 180,695

1. Heart Diseases (24% of all deaths)
2. Cancer (22%)
3. Accidents, Unintentional Injuries (8%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

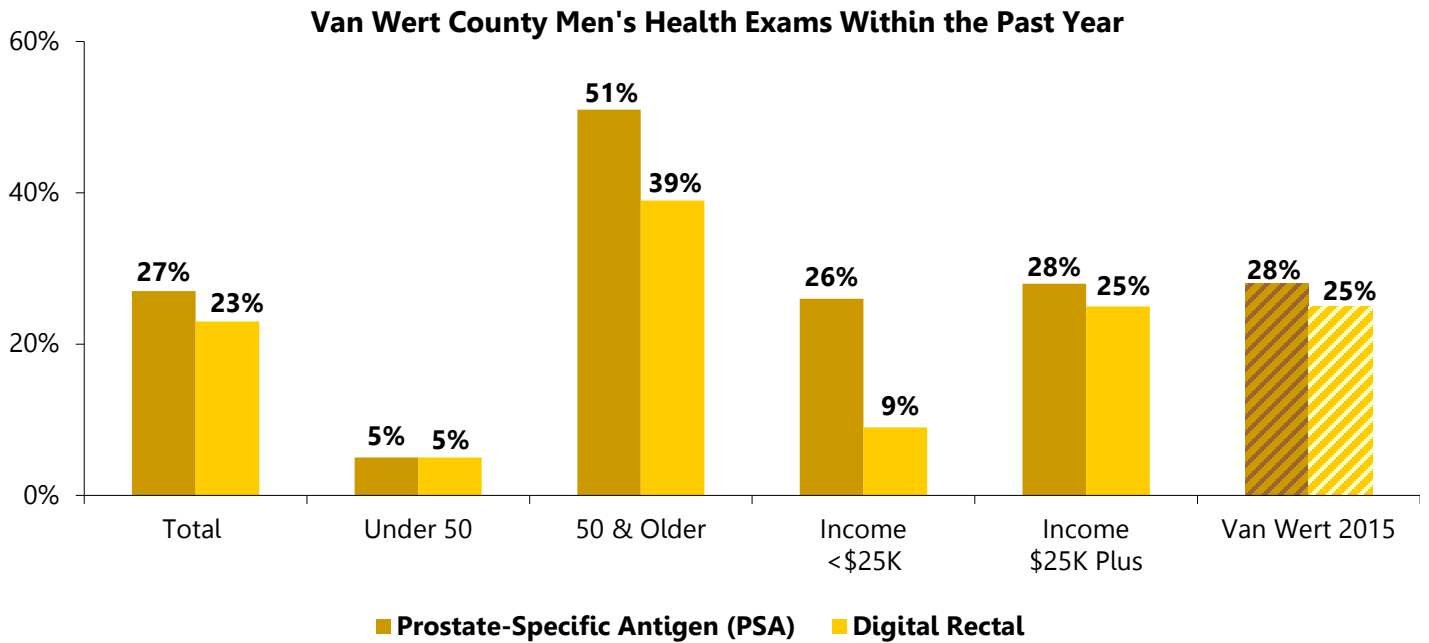
(Source: Ohio Public Health Data Warehouse, 2015-2017)

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had a PSA test within the past two years (age 40 and over)	N/A	56%	39%*	40%*
Had a digital rectal exam within the past year (age 50 and over)	41%	39%	N/A	N/A

N/A – Not Available

*2016 BRFSS

The following graph shows the percentage of Van Wert County male adults that had various health exams in the past year. An example of how to interpret the information shown on the graph includes: 27% of Van Wert County males had a PSA test within the past year, and 23% had a digital rectal exam.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Screening for Prostate Cancer

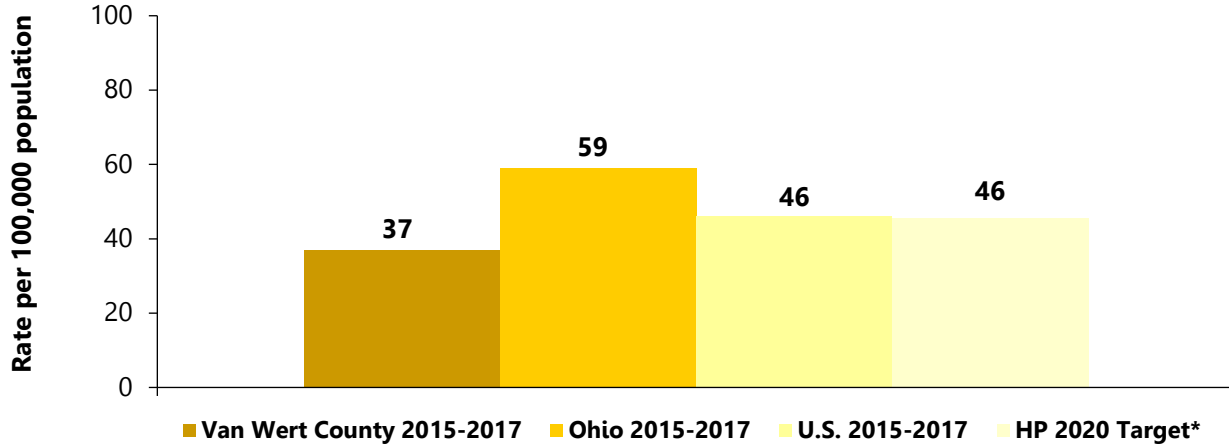
- The U.S. Preventive Services Task Force (USPSTF) is an organization made up of doctors and disease experts who look at research on the best way to prevent diseases and make recommendations on how doctors can help patients avoid diseases or find them early.
- In 2018, the USPSTF made the following recommendations about prostate cancer screening:
 - Men who are 55 to 69 years old should make individual decisions about being screened for prostate cancer with a prostate specific antigen (PSA) test.
 - Before deciding, men should talk to their doctor about the benefits and harms of screening for prostate cancer, including the benefits and harms of other tests and treatment.
 - Men who are 70 years old and older should not be screened for prostate cancer routinely.
- The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated, and to find them early before they spread. However, most prostate cancers grow slowly or not at all.
- Screening men age 55 to 69 years of age may prevent about 1 death for every 1,000 men screened.
- Screening may prevent 3 men from developing prostate cancer that spreads to other places in the body for every 1,000 men screened.

(Source: Center for Disease Control and Prevention, What Are the Benefits and Harms of Screening? Updated on June 11, 2018)

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

- From 2015 to 2017, the Van Wert County age-adjusted mortality rate for male lung cancer was lower than the Ohio and the U.S. rate, as well as the Healthy People 2020 target objective.

Van Wert County Male Age-Adjusted Lung Cancer Mortality Rates



**Note: The Healthy People 2020 target rates are not gender specific
(Sources: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder 2015-2017 and Healthy People 2020)*

U.S. Men's Health Data

- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- Sixteen percent (16%) of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had five or more drinks in one day at least once in the past year.
- Fifty-eight percent (58%) of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- Thirty-seven percent (37%) of men 20 years and over are obese.
- There are 12% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, Updated on May 3, 2017)

Health Care Access: Oral Health

Key Findings

Seventy-five percent (75%) of Van Wert County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist or dental clinic in the past year were cost (25%), had dentures (20%), and had no reason to go/had not thought of it (18%).

Access to Dental Care

- In the past year, 75% of Van Wert County adults had visited a dentist or dental clinic, decreasing to 63% of those with incomes less than \$25,000 and 67% of those under the age 30.
- Eighty percent (80%) of Van Wert County adults with dental insurance had been to the dentist in the past year, compared to 71% of those without dental insurance.
- Van Wert County adults reported the following reasons for not visiting a dentist or dental clinic in the past year:
 - Cost (25%)
 - Have dentures (20%)
 - No reason to go/had not thought of it (18%)
 - Fear, apprehension, nervousness, pain, dislike going (12%)
 - Could not get into a dentist (3%)
 - Did not have or know a dentist (2%)
 - Could not find a dentist that takes Medicaid (2%)
 - Dentist did not accept their medical coverage (1%)
- Three percent (3%) of adults reported multiple reasons, including cost, for not visiting a dentist in the past year.
- Adults reported they had the following oral health issues: pain (8%), difficulty eating/chewing (6%), loose teeth (4%), oral bleeding (3%), problems with dentures (3%), no teeth (3%), skipped meals due to pain (1%), and missed work due to mouth pain (<1%).

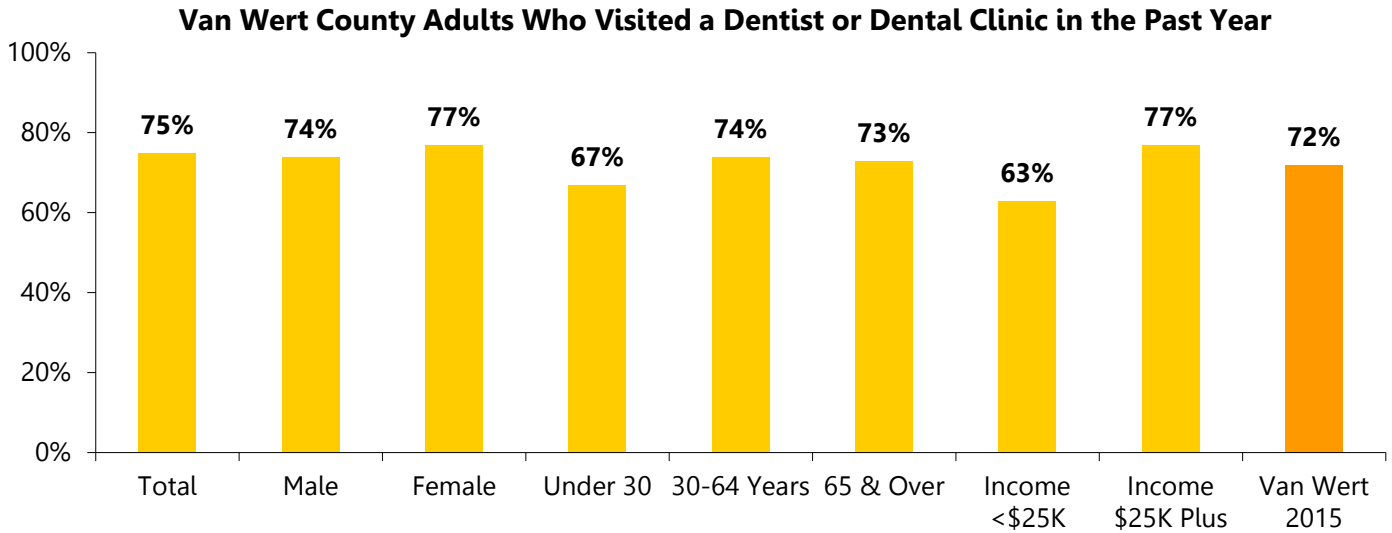
Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
Time Since Last Visit to Dentist/Dental Clinic					
Males	74%	9%	8%	9%	0%
Females	77%	8%	3%	10%	1%
Total	75%	9%	5%	9%	1%

*Percentages may not equal 100% due to the exclusion of data for those who answered "Don't know"

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Visited a dentist or dental clinic (within the past year)	72%	75%	68%*	66%*

*2016 BRFSS

The following graph shows the percentage of Van Wert County adults who had visited a dentist or dental clinic in the past year. An example of how to interpret the information on the graph includes: 75% of adults had been to the dentist or dental clinic in the past year, including 67% of those under the age of 30 and 63% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Facts About Adult Oral Health

- The baby boomer generation is the first where most people will keep their natural teeth over their entire lifetime. This is largely because of the benefits of water fluoridation and fluoride toothpaste. However, threats to oral health, including tooth loss, continue throughout life.
- The major risks for tooth loss are tooth decay and gum disease that may increase with age because of problems with saliva production; receding gums that expose “softer” root surfaces to decay-causing bacteria; or difficulties flossing and brushing because of poor vision, cognitive problems, chronic disease, and physical limitations.
- Although more adults are keeping their teeth, many continue to need treatment for dental problems. This need is even greater for members of some racial and ethnic groups—about 3 in 4 Hispanics and non-Hispanic black adults have an unmet need for dental treatment, as do people who are poor. These individuals are also more likely to report having poor oral health.
- In addition, some adults may have difficulty accessing dental treatment. For every adult aged 19 years or older without medical insurance, there are three who don’t have dental insurance.
- Oral health problems include the following: untreated tooth decay, gum disease, tooth loss, oral cancer, and chronic diseases such as arthritis, heart disease, and strokes.

(Source: Centers for Disease Control and Prevention, Division of Oral Health, Adult Oral Health, Updated on October 23, 2017)

Health Behaviors: Health Status Perceptions

Key Findings

About half (47%) of Van Wert County adults rated their health status as excellent or very good. Conversely, 15% of adults described their health as fair or poor, increasing to 32% of those with incomes less than \$25,000.

General Health Status

- Forty-seven percent (47%) of Van Wert County adults rated their health as excellent or very good. Adults with higher incomes (55%) were most likely to rate their health as excellent or very good, compared to 21% of those with incomes less than \$25,000.
- Fifteen percent (15%) of adults rated their health as fair or poor.
- Van Wert County adults were most likely to rate their health as fair or poor if they:
 - Had been diagnosed with high blood cholesterol (64%)
 - Had been diagnosed with high blood pressure (56%)
 - Had an annual household income under \$25,000 (32%)
 - Had been diagnosed with diabetes (25%)
 - Were widowed (17%)
- In the past month, 26% of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

Physical Health Status

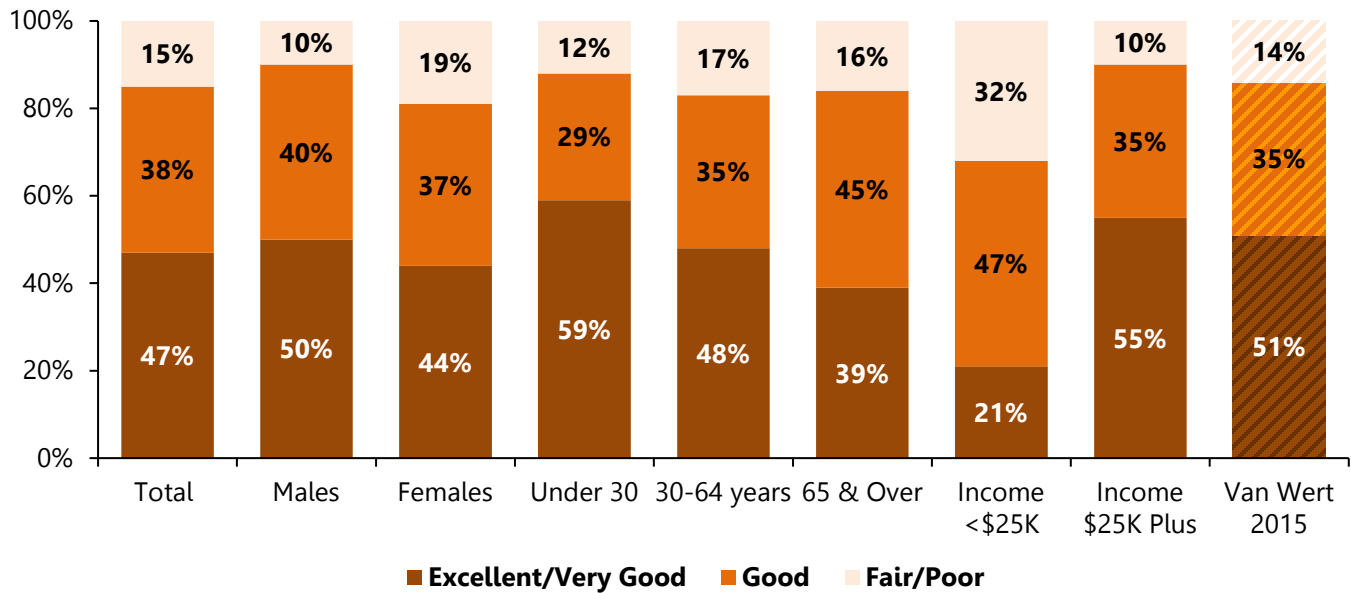
- More than one-fifth (21%) of Van Wert County adults rated their physical health as not good on four or more days in the previous month.
- Van Wert County adults reported their physical health as not good on an average of 4.1 days in the previous month.
- Van Wert County adults were most likely to rate their physical health as not good if they:
 - Had an annual household income under \$25,000 (37%)
 - Were 65 years of age or older (36%)

Mental Health Status

- Twenty-four percent (24%) of Van Wert County adults rated their mental health as not good on four or more days in the previous month.
- Van Wert County adults reported their mental health as not good on an average of 4.2 days in the previous month.
- Van Wert County adults were most likely to rate their mental health as not good if they:
 - Had an annual household income under \$25,000 (48%)
 - Were female (38%)
 - Were under the age of 30 (31%)

The following graph shows the percentage of Van Wert County adults who described their personal health status as excellent/very good, good, and fair/poor. An example of how to interpret the information includes: 47% of all adults, 50% of males and 59% of those under age 30 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.

Van Wert County Adult Health Perceptions*



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	55%	15%	6%	2%	13%
Females	46%	15%	3%	2%	18%
Total	50%	15%	4%	2%	15%
Mental Health Not Good in Past 30 Days*					
Males	66%	20%	4%	0%	12%
Females	56%	2%	6%	4%	23%
Total	60%	6%	5%	2%	17%

*Totals may not equal 100% as some respondents answered, "Don't know".

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Rated general health as good, very good, or excellent	86%	85%	81%	83%
Rated general health as excellent or very good	51%	47%	49%	51%
Rated general health as fair or poor	14%	15%	19%	18%
Rated physical health as not good on four or more days (in the past 30 days)	16%	21%	22%*	22%*
Average number of days that physical health not good (in the past 30 days) (County Health Rankings)	2.7	4.1	4.0‡	3.7‡
Rated mental health as not good on four or more days (in the past 30 days)	19%	24%	24%*	23%*
Average number of days that mental health not good (in the past 30 days) (County Health Rankings)	2.6	4.2	4.3‡	3.8‡
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)	17%	26%	22%*	22%*

*2016 BRFSS

‡2016 BRFSS data as compiled by 2018 County Health Rankings

Health Behaviors: Adult Weight Status

Key Findings

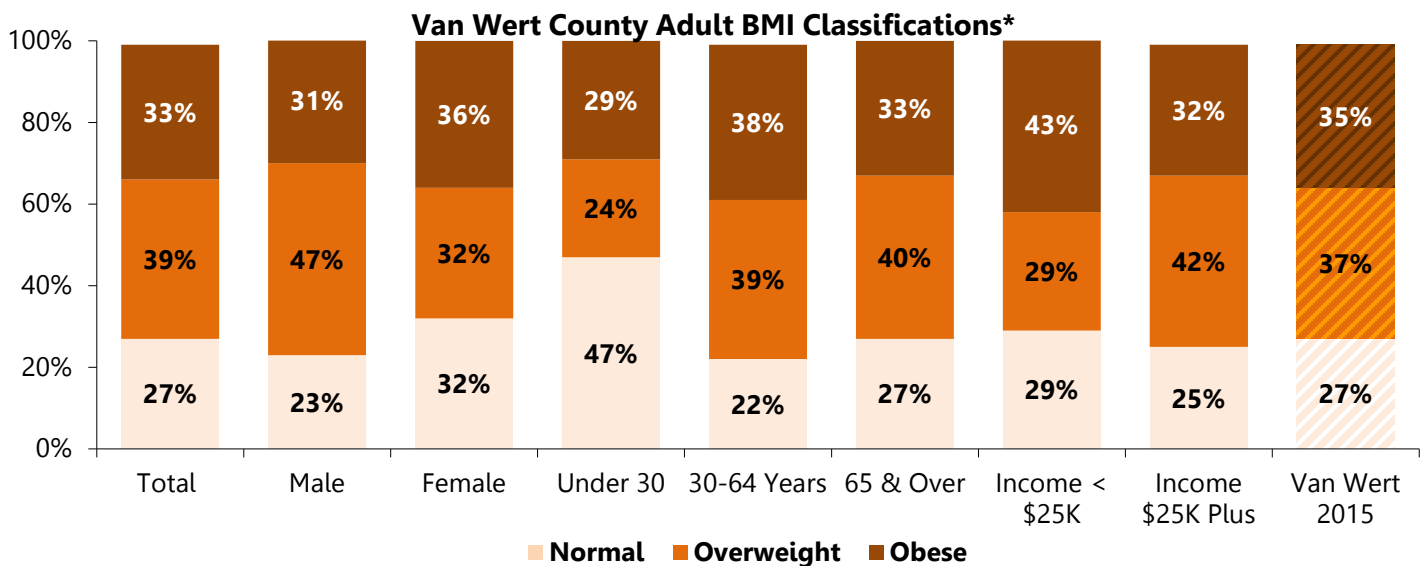
About seven out of ten (72%) Van Wert County adults were overweight or obese based on body mass index (BMI). One-quarter (25%) of adults did not participate in any physical activity in the past week, including 4% who were unable to exercise.

6,983 Van Wert County adults were obese.

Adult Weight Status

- Seventy-two percent (72%) of Van Wert County adults were either overweight (39%) or obese (33%) by body mass index (BMI).
- Thirty-five percent (35%) of adults were trying to lose weight, 32% were trying to maintain their current weight or keep from gaining weight, and 3% were trying to gain weight.
- Van Wert County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (43%); drank more water (39%); exercised (32%); ate a low-carb diet (12%); took diet pills, powders or liquids without a doctor's advice (2%); smoked cigarettes (2%); used a weight loss program (2%); received health coaching (2%); took prescribed medications (1%); went without eating 24 or more hours (1%); participated in a prescribed dietary or fitness program (1%); and bariatric surgery (1%).

The following graph shows the percentage of Van Wert County adults who were normal weight, overweight or obese by body mass index (BMI). An example of how to interpret the information includes: 27% of all adults were classified as normal weight, 39% were overweight, and 33% were obese.



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Obese (includes severely and morbidly obese, BMI of 30.0 and above)	35%	33%	34%	32%
Overweight (BMI of 25.0 – 29.9)	37%	39%	34%	35%
Normal weight (BMI of 18.5 – 24.9)	27%	27%	30%	32%

Physical Activity

- Nearly half (47%) of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. Twenty-six percent (26%) of adults exercised 5 or more days per week, and 25% of adults did not participate in any physical activity in the past week, including 4% who were unable to exercise.
- Van Wert County adults spent an average of 2.7 hours watching TV, 1.7 hours on their cell phone, 1.1 hours on the computer (outside of work), and 0.1 hours playing video games on an average day of the week.
- Adults reported the following reasons for not exercising:
 - Time (28%)
 - Too tired (24%)
 - Laziness (17%)
 - Did not like to exercise (15%)
 - Weather (14%)
 - Pain or discomfort (14%)
 - Could not afford a gym membership (14%)
 - Poorly maintained/no sidewalks (7%)
 - No exercise partner (6%)
 - No child care (4%)
 - No walking, biking trails or parks (4%)
 - Lack of opportunities for those with physical impairments or challenges (3%)
 - No gym available (3%)
 - No access to schools/recreational facilities (3%)
 - Doctor advised them not to exercise (1%)
 - No access to green spaces or parks (1%)
 - Neighborhood safety (1%)
 - Transportation (<1%)
- Adults reported the following would help them use community parks, bike trails, and walking paths more frequently: more available parks, bike trails, and walking paths (28%); improvements to existing parks, trails, and paths (15%); better promotion and advertising of existing parks, trails, and paths (14%); more public events and programs involving parks, trails, and paths (11%); and designated safe routes (10%).

Nutrition

The table below indicates the number of servings of fruit, vegetables, sugar-sweetened beverages, and caffeinated beverages Van Wert County adults consumed daily.

	5 or more servings	3-4 servings	1-2 servings	0 servings
Fruit	1%	8%	75%	16%
Vegetables	3%	18%	72%	7%
Sugar-sweetened beverages	4%	13%	41%	42%
Caffeinated beverages	8%	28%	47%	17%

- In 2018, 36% of adults ate 1 to 2 servings of fruits and vegetables per day, 42% ate 3 to 4 servings per day, and 19% ate 5 or more servings per day. Three percent (3%) of adults ate no servings of fruits and vegetables per day.
- Eighty-six percent (86%) of adults ate out in a restaurant or brought home take-out at least once in a typical week, 4% of whom did so for five or more meals.
- Van Wert County adults reported the following reasons they chose the types of food they ate: taste/enjoyment (64%), cost (50%), ease of preparation/time (49%), food they were used to (42%), healthiness of food (41%), what their family prefers (35%), availability (34%), nutritional content (21%), calorie content (20%), artificial sweetener content (8%), if it was organic (7%), if it was genetically modified (7%), health care provider's advice (5%), if it was gluten free (4%), if it was lactose free (3%), other food sensitivities (2%), and other reasons (5%).
- Adults reported the following barriers to consuming fruits and vegetables: too expensive (19%), did not like the taste (8%), no variety (4%), no access (3%), did not know how to prepare (2%), transportation (1%), and other barriers (5%).

Summary of the American Cancer Society (ACS) Guidelines on Nutrition and Physical Activity

1. *Achieve and maintain a healthy weight throughout life*
 - Be as lean as possible throughout life without being underweight
 - Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
 - Get regular physical activity and limit intake of high calorie foods and drinks as keys to help maintain a healthy weight.
2. *Be physically active*
 - Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
 - Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
 - Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.
3. *Eat a healthy diet, with an emphasis on plant foods*
 - Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
 - Limit how much processed meat and red meat you eat.
 - Eat at least 2½ cups of vegetables and fruits each day.
 - Choose whole grains instead of refined grain products.

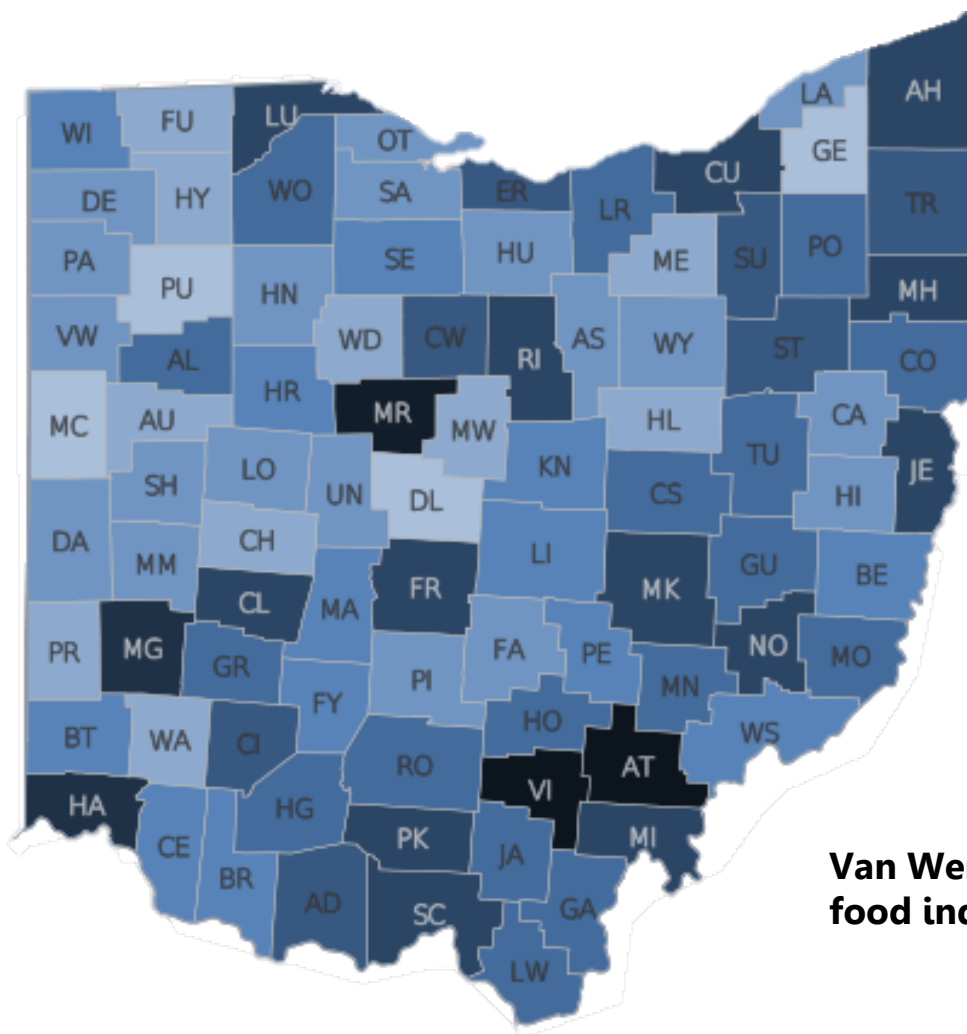
(Source: American Cancer Society, Summary of the ACS Guidelines on Nutrition and Physical Activity, Updated on February 5, 2016)

Employee Wellness

- Van Wert County adults had access to wellness programs through their employer or spouse's employer with the following features:
 - Health risk assessment (16%)
 - Free/discounted gym membership (15%)
 - On-site health screenings (9%)
 - Gift cards or cash for participation in wellness program (7%)
 - On-site fitness facility (7%)
 - Lower insurance premiums for positive changes in health status (7%)
 - Lower insurance premiums for participation in wellness program (7%)
 - Healthier food options in vending machines or cafeteria (6%)
 - Free/discounted smoking cessation program (6%)
 - Gift cards or cash for positive changes in health status (4%)
 - Free/discounted weight loss program (3%)
 - On-site space to pump (breastfeeding) (3%)
 - On-site health education classes (1%)
- Twenty-two percent (22%) of Van Wert County adults did not have access to any wellness programs.

The Food Environment Index measures the quality of the food environment in a county on a scale from zero to 10 (zero being the worst value in the nation, and 10 being the best). The two variables used to determine the measure are limited access to healthy foods (i.e., the percentage of the population who are low income and do not live close to a grocery store) & food insecurity (i.e., the percentage of the population who did not have access to a reliable source of food during the past year).

- The food environment index in Van Wert County is 8.1.
- The food environment index in Ohio is 6.6.



Van Wert County had a food index measure of:

8.1

BEST WORST MISSING

(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2018)

Health Behaviors: Adult Tobacco Use

Key Findings

Eighteen percent (18%) of Van Wert County adults were current smokers, and 25% were considered former smokers. Six percent (6%) of adults used e-cigarettes in the past year. Forty-two percent (42%) of adults did not know if e-cigarette vapor was harmful.

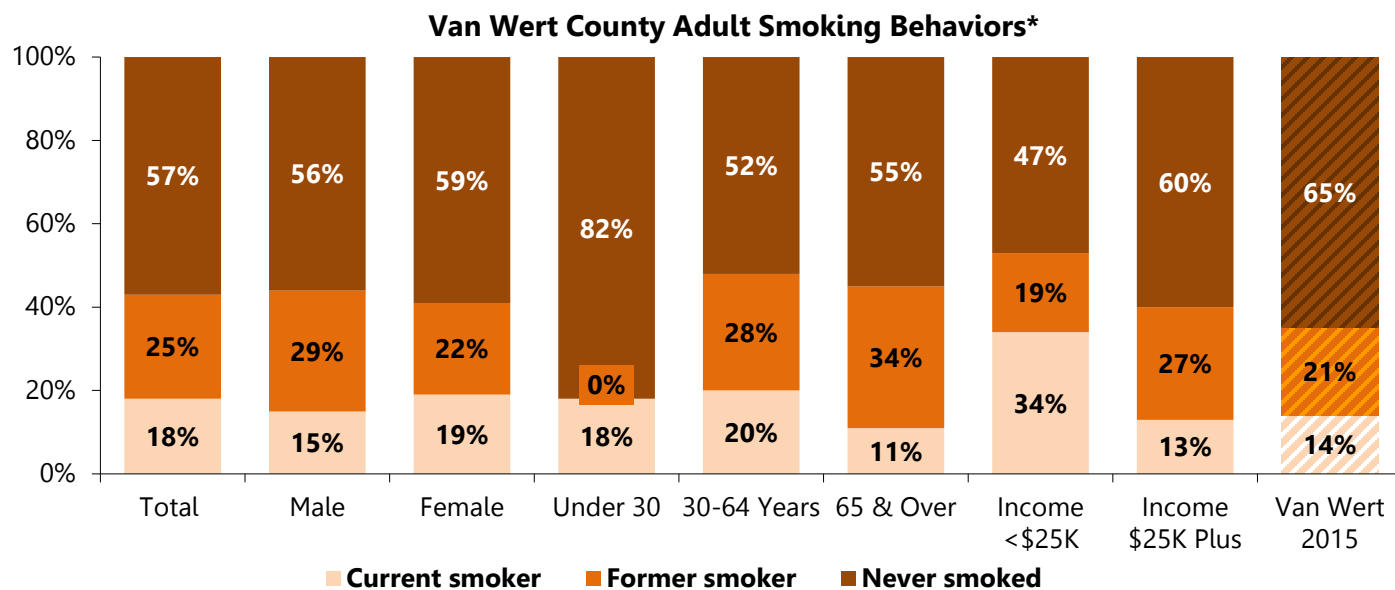
3,809 Van Wert County adults were current smokers.

Adult Tobacco Use Behaviors

- Nearly one-in-five (18%) Van Wert County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- One-fourth (25%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- Van Wert County adult smokers were more likely to have:
 - Incomes less than \$25,000 (34%)
 - Rated their overall health as fair or poor (31%)
 - Been ages 30 to 64 (20%)
 - Been divorced (18%)
 - Been diagnosed with asthma (14%)
- Van Wert County adults used the following tobacco products in the past year: cigarettes (27%); e-cigarettes (6%); chewing tobacco, snuff, dip, Betel quid (6%); cigars (4%); little cigars (2%); pipes (1%); cigarillos (1%), and pouch (<1%). Nine percent (9%) of adults used more than one tobacco product in the past year.
- Van Wert County adults indicated they would support an ordinance to ban smoking and vaping in the following places: schools (80%), vehicle with a minor present (74%), parks or ball fields (55%), fairgrounds (49%), and multi-unit housing (49%). Eighteen percent (18%) of adults reported they would not support an ordinance to ban smoking and vaping in any of listed places.
- Over half (53%) of adults believed e-cigarette vapor was harmful to themselves, and 43% believed it was harmful to others. Five percent (5%) of adults did not believe e-cigarette vapor was harmful to anyone. Over two-fifths (42%) of adults did not know if e-cigarette vapor was harmful.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Current smoker (currently smoke some or all days)	14%	18%	21%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	21%	25%	24%	25%

The following graph shows the percentage of Van Wert County adults' smoking behaviors. An example of how to interpret the information includes: 18% of all adults were current smokers, 25% were former smokers, and 57% 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?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

E-Cigarette Health Effects

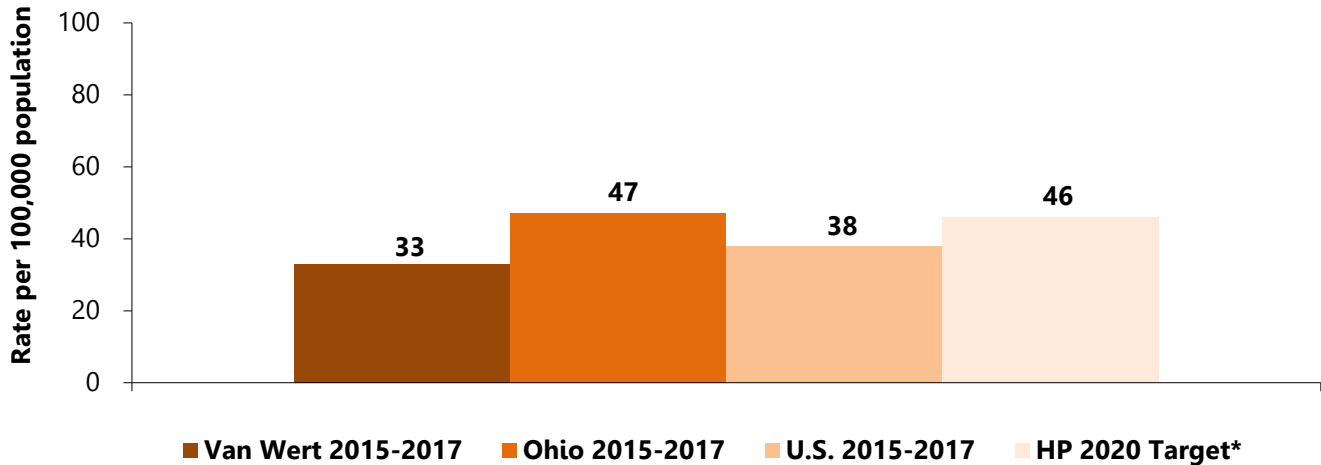
- **Most e-cigarettes contain nicotine, which has known health effects.**
 - Nicotine is highly addictive.
 - Nicotine is toxic to developing fetuses.
 - Nicotine can harm adolescent brain development, which continues into the early-to-mid-20s.
 - Nicotine is a health danger for pregnant women and their developing babies.
- **Besides nicotine, e-cigarette aerosol can contain substances that harm the body.**
 - This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.
- **E-cigarettes can cause unintended injuries.**
 - Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.
 - The Food and Drug Administration (FDA) collects data to help address this issue.
 - In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

(Source: CDC, Smoking & Tobacco Use, About Electronic Cigarettes (E-Cigarettes), updated August 30, 2018)

The following graph shows the Van Wert County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for lung and bronchus cancer in comparison with the Healthy People 2020 objective. The graph shows:

- Van Wert County’s age-adjusted mortality rate for lung and bronchus cancer was lower than the Ohio and U.S. rate as well as the Healthy People 2020 target objective.

Age-Adjusted Mortality Rates for Lung & Bronchus Cancer

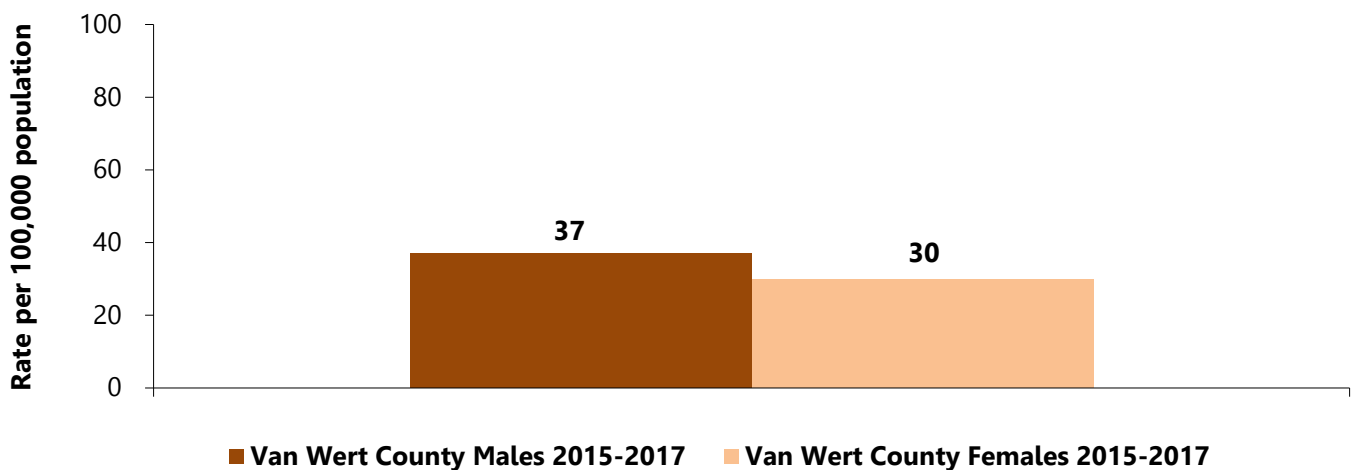


(Sources: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017 and Healthy People 2020)
 *The Health People 2020 target objective only includes the age-adjusted lung cancer death rate

The following graph shows the Van Wert County age-adjusted mortality rates for lung and bronchus cancer by gender. The graph shows:

- Disparities existed by gender for Van Wert County lung and bronchus cancer age-adjusted mortality rates. The Van Wert County male rate was higher than the female rate.

Age-Adjusted Mortality Rates by Gender for Lung & Bronchus Cancer



(Sources: Ohio Public Health Data Warehouse, 2015-2017)

Cigarette Smoking and Tobacco Use Among People of Low Socioeconomic Status

- Adults who have lower levels of educational attainment, who are unemployed, or who live at, near, or below the U.S. federal poverty level are considered to have low socioeconomic status (SES).
- In the U.S., people living below the poverty level and people having lower levels of educational attainment have higher rates of cigarette smoking than the general population.

Cigarette smoking disproportionately affects the health of people with low SES. Lower-income cigarette smokers suffer more from diseases caused by smoking than do smokers with higher incomes.

- Populations in the most socioeconomically deprived groups have higher lung cancer risk than those in the most affluent groups.
- People with less than a high school education have higher lung cancer incidence than those with a college education.
- People with family incomes of less than \$12,500 have higher lung cancer incidence than those with family incomes of \$50,000 or more.
- People living in rural, deprived areas have 18–20% higher rates of lung cancer than people living in urban areas.
- Lower-income populations have less access to health care, making it more likely that they are diagnosed at later stages of diseases and conditions.

People with low SES tend to smoke cigarettes more heavily.

- People living in poverty smoke cigarettes for a duration of nearly twice as many years as people with a family income of three times the poverty rate.
- People with high school education smoke cigarettes for a duration of more than twice as many years as people with at least a bachelor's degree.
- Blue-collar workers are more likely to start smoking cigarettes at a younger age and to smoke more heavily than white-collar workers.

Secondhand smoke exposure is higher among people living below the poverty level and those with less education.

- Low SES populations are more likely to suffer the harmful health consequences of exposure to secondhand smoke.
- Blue-collar workers are more likely to be exposed to secondhand smoke at work than white-collar workers.
- Service workers, especially bartenders and wait staff, report the lowest rates of workplace smoke-free policies than other occupation categories.

(Source: CDC, Smoking & Tobacco Use, Cigarette Smoking and Tobacco Use Among People of Low Socioeconomic Status, updated August 21, 2018)

Health Behaviors: Adult Alcohol Consumption

Key Findings

Fifty-six percent (56%) of Van Wert County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Nearly one-quarter (24%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

11,850 of Van Wert County adults had at least one alcoholic drink in the past month

Adult Alcohol Consumption

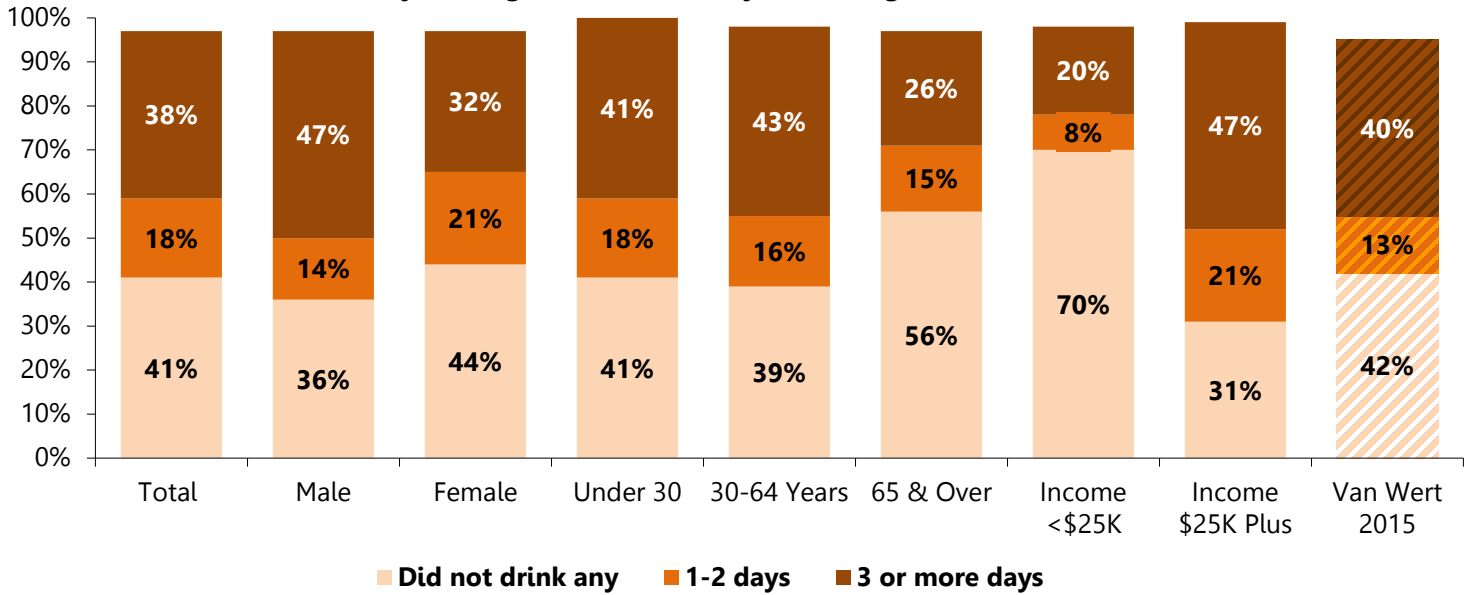
- Fifty-six percent (56%) of Van Wert County adults had at least one alcoholic drink in the past month, increasing to 66% of those with incomes more than \$25,000.
- Of those who drank, Van Wert County adults drank 3.1 drinks on average, increasing to 5.0 drinks for those with incomes less than \$25,000 and 4.6 for those under the age of 30.
- Nearly one-quarter (24%) of Van Wert County adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers. Of those who drank in the past month, 43% had at least one episode of binge drinking.
- Three percent (3%) of adults reported driving after having too much alcohol to drink in the past 30 days.
- Van Wert County adults experienced the following in the past six months:
 - Drove a vehicle or other equipment after having any alcoholic beverage (12%)
 - Drank more than they expected (9%)
 - Used prescription drugs while drinking (5%)
 - Spent a lot of time drinking (2%)
 - Drank more to get the same effect (2%)
 - Continued to drink despite problems caused by drinking (2%)
 - Gave up other activities to drink (2%)
 - Tried to quit or cut down but could not (2%)
 - Failed to fulfill duties at work, home, or school (2%)
 - Had legal problems (2%)
 - Drank to ease withdrawal symptoms (2%)
 - Placed themselves or their family in harm (1%)

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Current drinker (drank alcohol at least once in the past month)	53%	56%	54%	55%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days)	18%	24%	19%	17%
Drove after having perhaps too much alcohol to drink	3%	3%	4%*	4%*

*2016 BRFSS

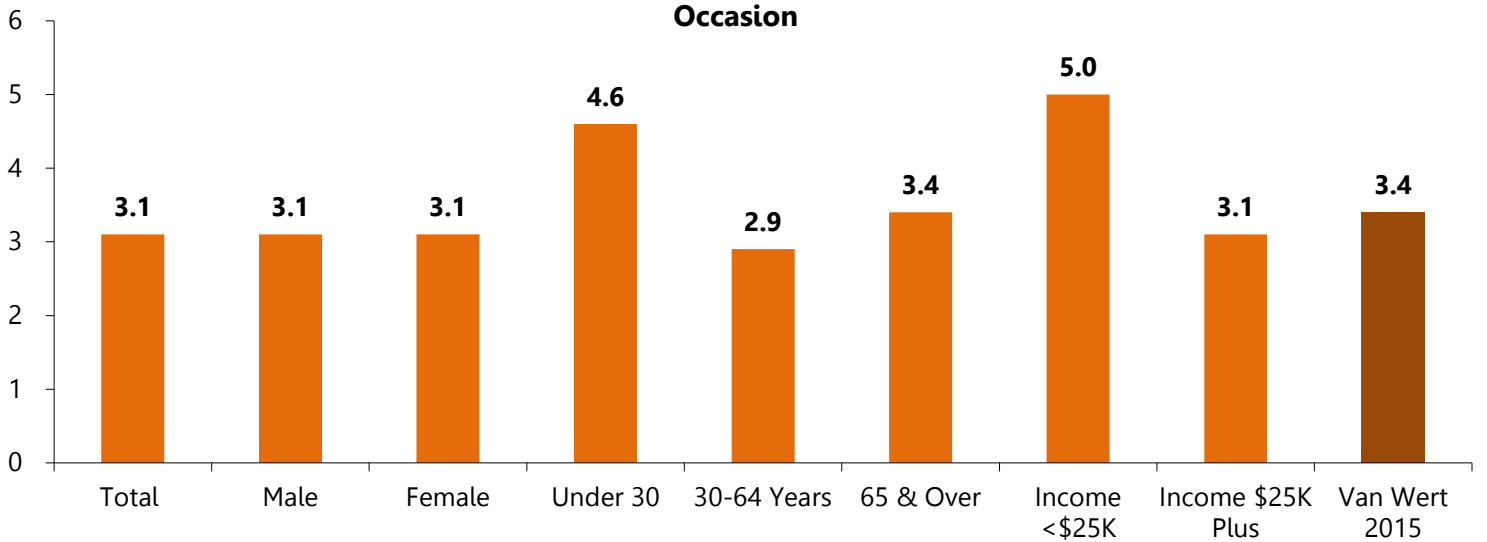
The following graphs show the percentage of Van Wert County adults who consumed alcohol and the amount consumed on average in the past month. An example of how to interpret the information shown on the first graph includes: 41% of all adults did not drink alcohol in the past month, including 36% of males and 44% of females.

Van Wert County Average Number of Days Drinking Alcohol in the Past Month*



*Percentages may not equal 100% as some respondents answered, "Don't Know"

Van Wert County Adult Average Number of Drinks Consumed Per Drinking Occasion



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

- In 2017, 2% of the total crashes in the City of Van Wert and 3% of the total crashes in Van Wert County were alcohol-related, compared to 4% for Ohio.
- Of the total number of alcohol-related crashes (20) in Van Wert County, 35% were property damage only and 35% were non-fatal injury.
- There were 11,928 alcohol-related crashes in Ohio in 2017. Of those crashes, 56% were property damage only, 41% were non-fatal injury, and 3% were fatal injury.

	City of Van Wert 2017	Van Wert County 2017	Ohio 2017
Crashes			
Property Damage Only (PDO) Crashes	173	481	226,756
Injury Crashes	43	132	75,435
Fatal Injury Crashes	0	3	1,094
Total Crashes	216	616	303,285
Drivers			
Total Drivers in Crashes	353	878	507,869
Alcohol Impaired Drivers in Crashes	3	19	11,666
Total Passengers in Crashes	159	334	179,664
Alcohol-Related			
Property Damage Only (PDO)	4	7	6,733
Injury (non-fatal)	0	13	4,898
Fatal Injury	0	0	297
Total Alcohol-Related Crashes	4	20	11,928
Alcohol-Related Deaths	0	0	314

(Source: Ohio Department of Public Safety, Crash Reports, Updated 4/11/18, Traffic Crash Facts)

Economic Costs of Excessive Alcohol Use

- Excessive alcohol consumption cost the United States \$249 billion in 2010. This cost amounts to about \$2.05 per drink, or about \$807 per person.
- Costs due to excessive drinking largely resulted from losses in workplace productivity (72% of the total cost), health care expenses (11%), and other costs due to a combination of criminal justice expenses, motor vehicle crash costs, and property damage.
- Excessive alcohol use cost states and DC a median of 3.5 billion in 2010, ranging from \$488 million in North America to \$35 billion in California.
 - Excessive alcohol consumption cost Ohio \$8.5 billion in 2010. This cost amounts to \$2.10 per drink or \$739 per person.
- Binge drinking, defined as consuming four or more drinks per occasion for women or five or more drinks per occasion for men, was responsible for 77% of the cost of excessive alcohol use in all states and DC.
- About \$2 of every \$5 of the economic costs of excessive alcohol use were paid by federal, state, and local governments.

(Source: CDC, Alcohol and Public Health – Excessive Drinking, updated July 13, 2018)

Health Behaviors: Adult Drug Use

Key Findings

Three percent (3%) of Van Wert County adults had used recreational marijuana or hashish during the past six months. Eight percent (8%) 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 six months.

Adult Drug Use

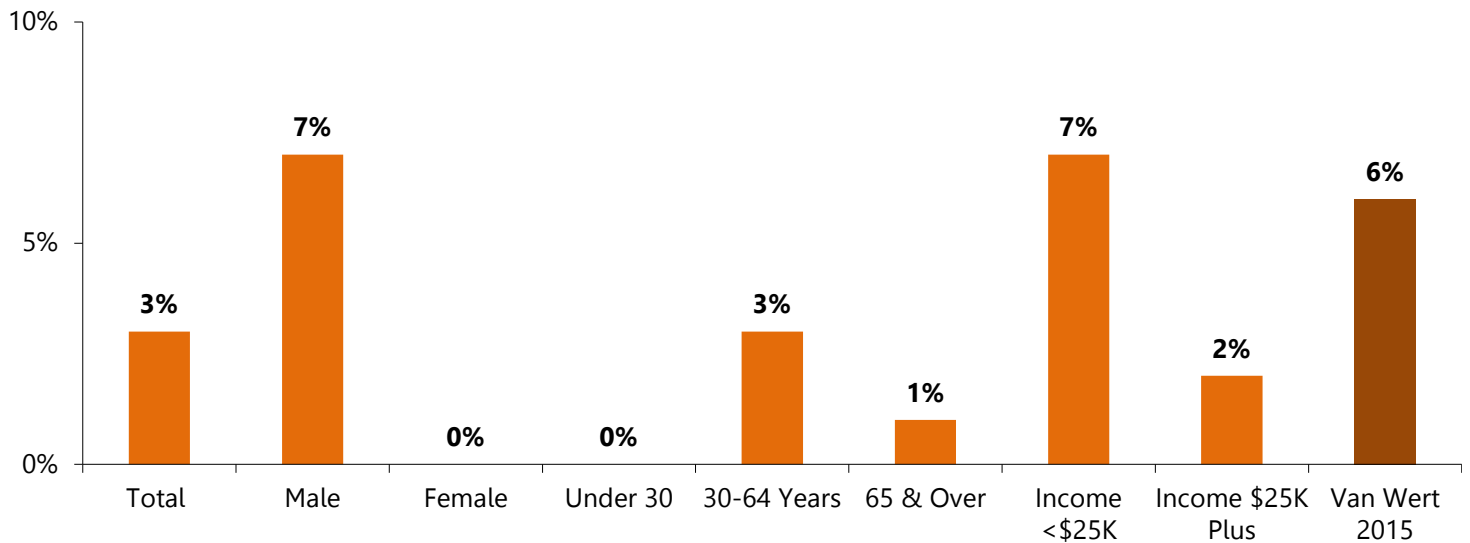
- Three percent (3%) of Van Wert County adults had used recreational marijuana or hashish in the past six months.
- Three percent (3%) of Van Wert County adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- Eight percent (8%) 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 six months, increasing to 12% of those under the age of 30.
- Van Wert County adults indicated they did the following with their unused prescription medication:
 - Took all medication as prescribed (28%)
 - Threw it in the trash (16%)
 - Kept it (16%)
 - Flushed it down the toilet (11%)
 - Took it to the medication collection program (10%)
 - Took it to the sheriff's office (10%)
 - Took it in on drug take back days (4%)
 - Kept in a locked cabinet (4%)
 - Disposed in a RedMed Box or Yellow Jug (1%)
 - Used drug deactivation pouches (1%)
 - Gave it away (1%)
 - Used a mailer to ship it back to the pharmacy (<1%)
 - Drugs were stolen (<1%)
- Forty-four percent (44%) of adults did not have unused medication.
- Two percent (2%) of adults used a program or service to help with an alcohol or drug problem for themselves or a loved one. Reasons for not using such a program included the following: had not thought of it (1%), could not afford to go (1%), stigma of seeking alcohol services (1%), fear (1%), insurance did not cover it (1%), wait time (1%), did not want to miss work (<1%), did not want to get in trouble (<1%), could not get to the office or clinic (<1%), and transportation (<1%). Ninety-five percent (95%) of adults indicated such a program was not needed.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Adults who used recreational marijuana or hashish in the past six months	6%	3%	N/A	N/A
Adults who used recreational drugs in the past six months	<1%	3%	N/A	N/A
Adults who misused prescription medication in the past six months	11%	8%	N/A	N/A

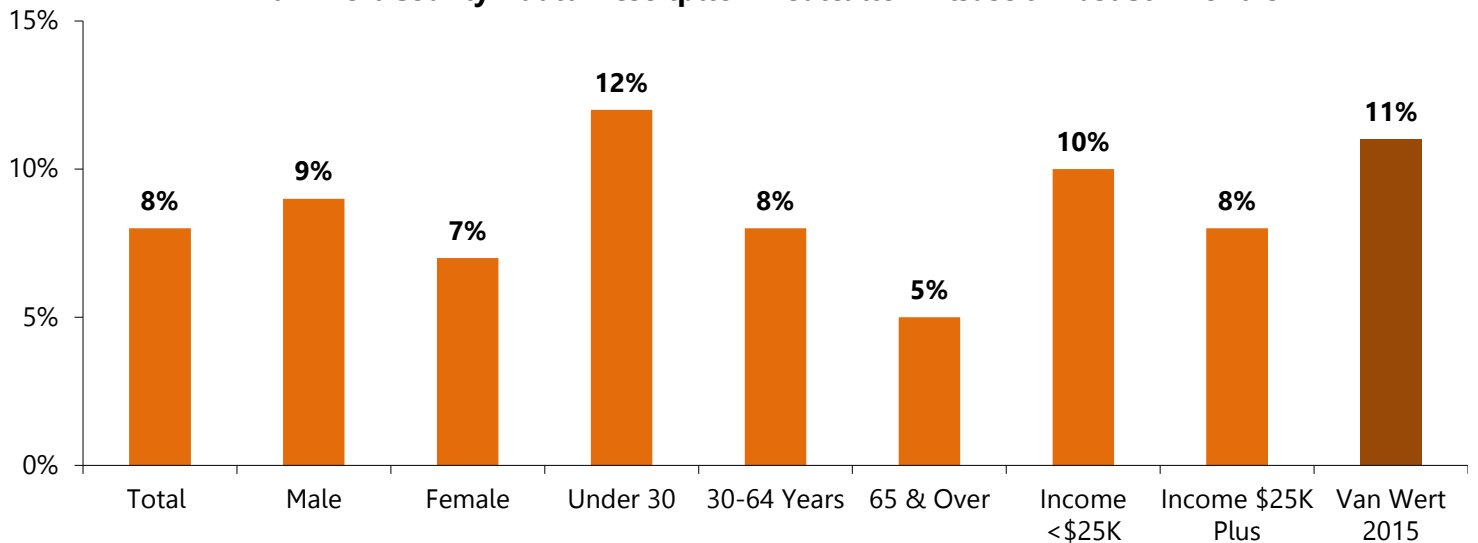
N/A – Not Available

The following graphs indicate adult recreational marijuana and hashish use and prescription medication misuse during the past six months. An example of how to interpret the information includes: 3% of Van Wert County adults used recreational marijuana or hashish in the past six months, including 7% of males and those with incomes less than \$25,000.

Van Wert County Adult Recreational Marijuana or Hashish Use in Past Six Months



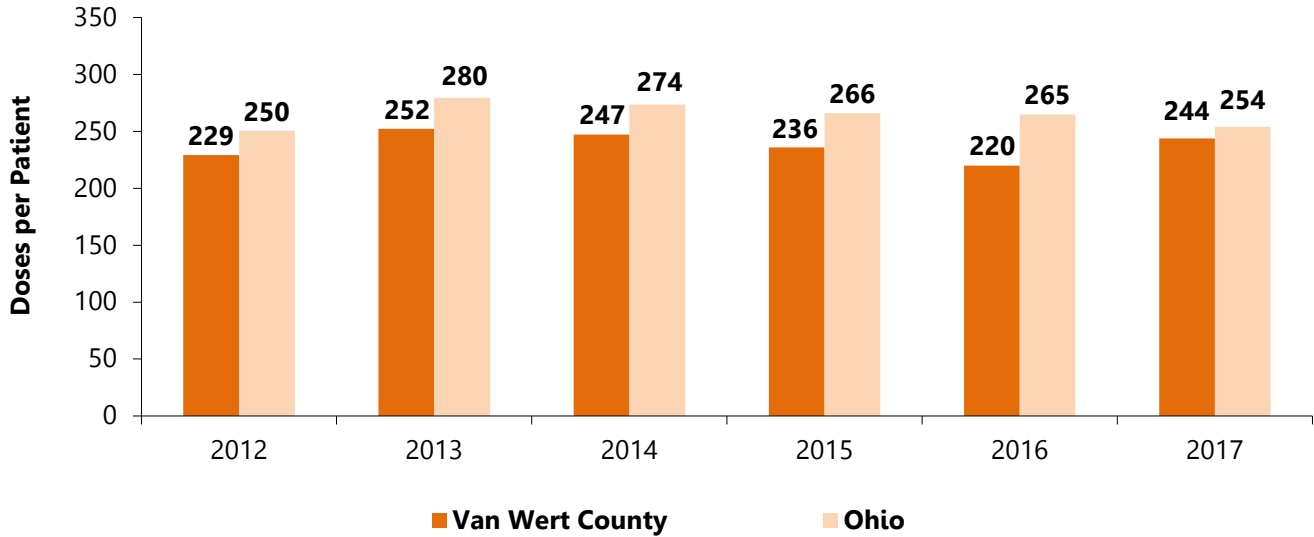
Van Wert County Adult Prescription Medication Misuse in Past Six Months



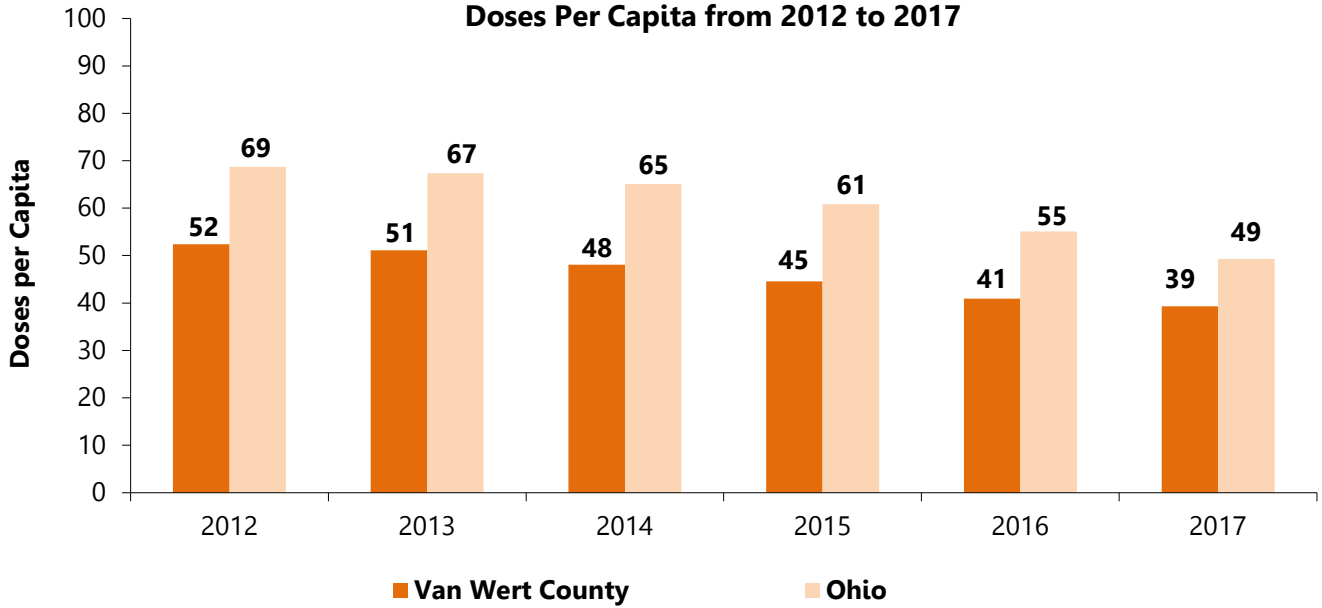
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

Van Wert County and Ohio Number of Opiate and Pain Reliever Doses Per Patient from 2012 to 2017

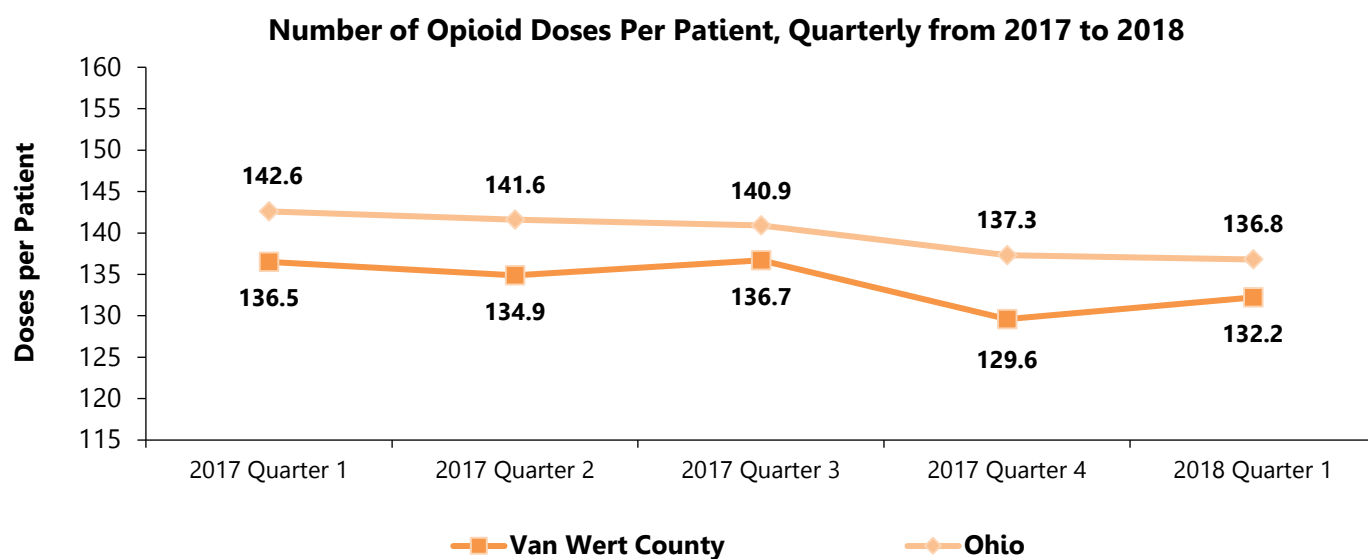
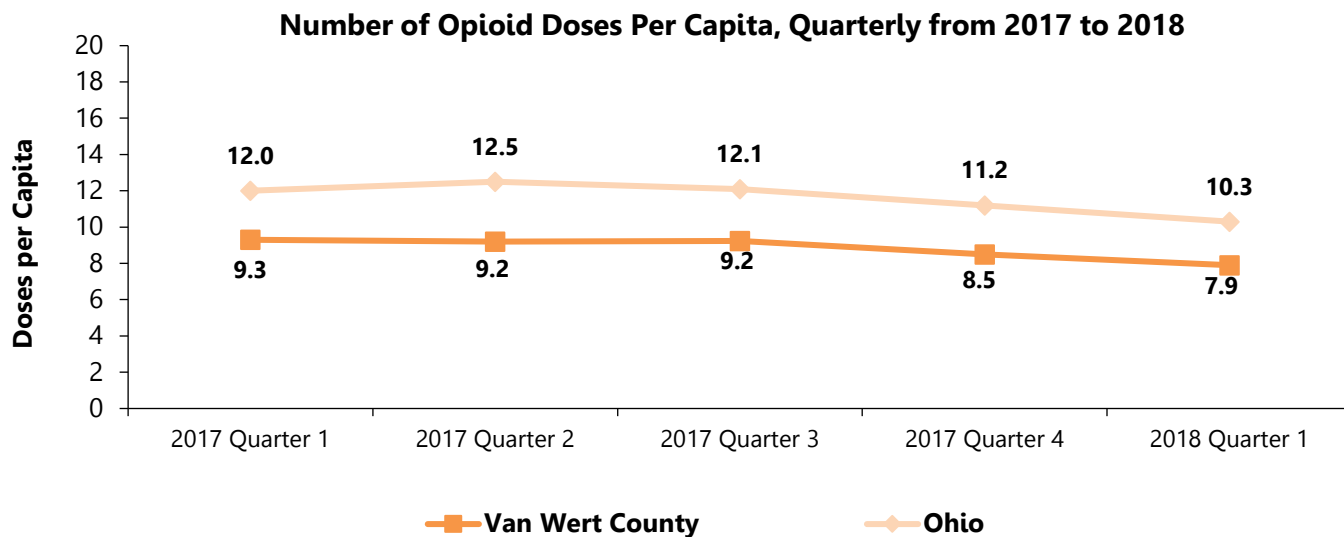


Van Wert County and Ohio Number of Opiate and Pain Reliever Doses Per Capita from 2012 to 2017



(Source for graphs: Ohio's Automated Rx Reporting System, 2012-2017, retrieved on 1/29/18)

The following graphs show Van Wert County and Ohio quarterly opiate and pain reliever doses per patient and doses per capita.



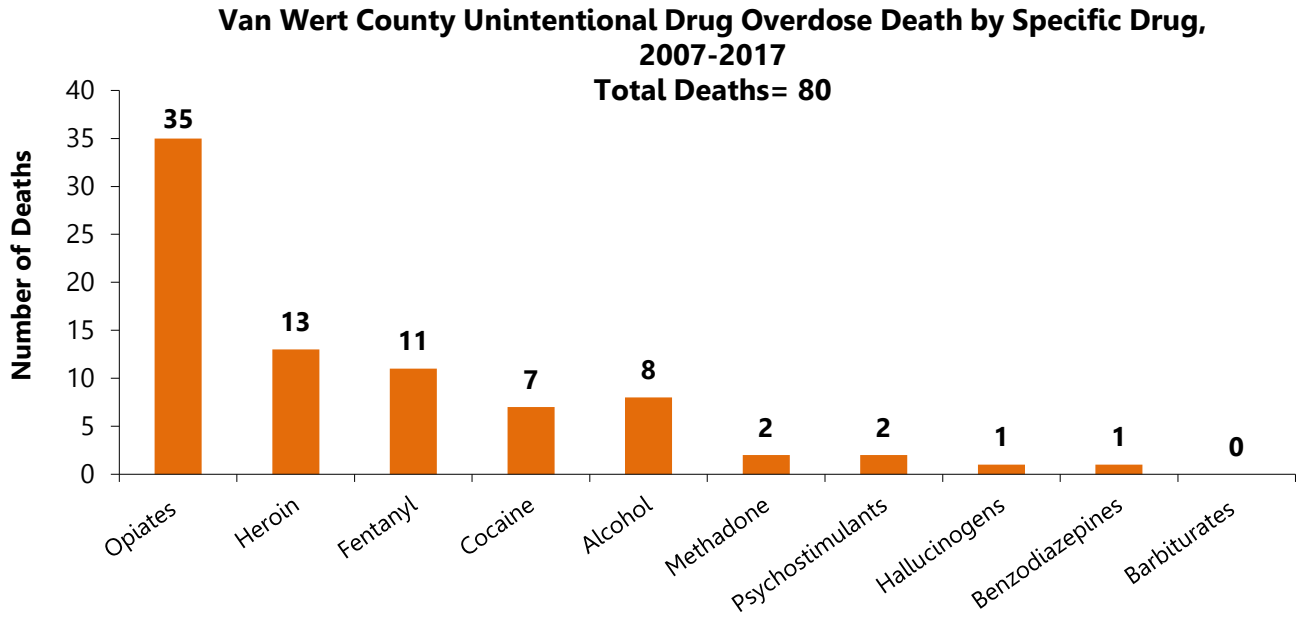
(Source for graphs: Ohio's Automated Rx Reporting System, 2017-2018, retrieved on 10/3/18)

Ohio Automated Rx Reporting System (OARRS)

- OARRS has been collecting information from all Ohio-licensed pharmacies and Ohio personal licensed prescribers regarding outpatient prescriptions for controlled substance since 2006.
 - All data reported is updated every 24 hours and is maintained in a secure database.
- OARRS aims to be a reliable tool in addressing prescription drug diversion and abuse.
- With many features such as a patient care tool, epidemic early warning system, drug diversion and insurance fraud investigation tool, OARRS is the only statewide electronic database that helps prescribers and pharmacists avoid potential life-threatening drug interactions.
 - OARRS also works in limiting patients who "doctor shop" which refers to individuals fraudulently obtaining prescriptions from multiple health care providers for the same or multiple prescription for abuse or illegal distribution.
- Additionally, OARRS is also used for investigating and identifying health care professionals with continual inappropriate prescribing and dispensing to patients, and then aids in law enforcement cases against such acts.

(Source: Ohio Automated RX Reporting System; What is OARRS?, updated August 15, 2017)

The following graph shows the number of unintentional drug overdose deaths by specific drug from 2008 to 2018 in Van Wert County.



(Source for graph: Ohio Public Health Data Warehouse, 2007-2017, updated 1/16/19)

Community Mental Health and Addiction Data

	2017	2018
Emergency Room Overdose Cases	59	35
Van Wert Fire Department Overdose Responses	78	59

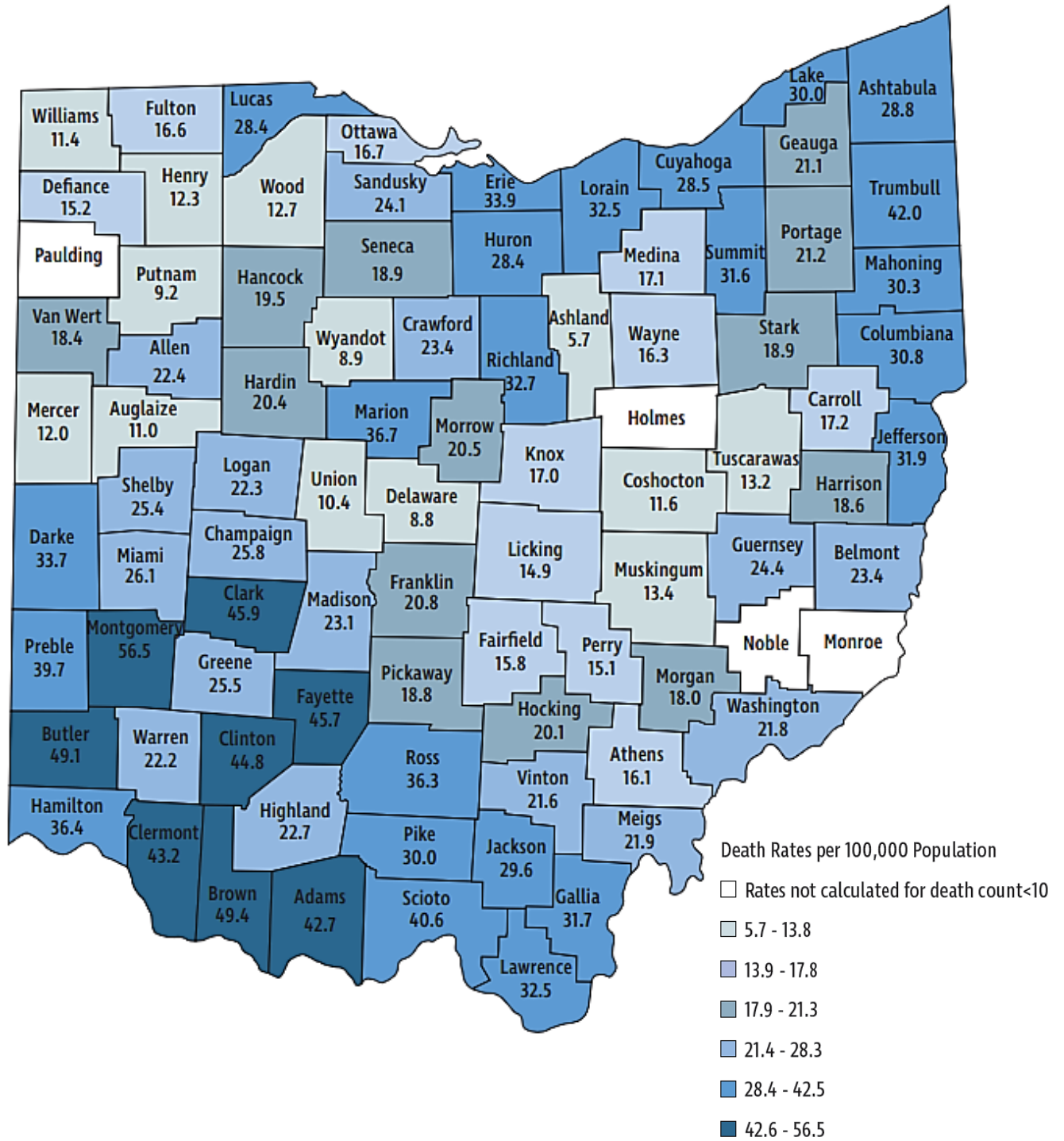
(Sources: Van Wert Health EMR clinical data, Van Wert Fire Department Annual Report)

Van Wert County Drug Court Statistics, 2016-2018

	Average Age
	30
Number Assessed	120
Number Accepted into Program	70
Number Graduated from Program	17
Number of Active Participants	32
Number Terminated due to Parole Violation Drug related	29
Number Participating in Vivitrol Program	35

(Sources: Van Wert County Drug Court, Westwood Behavioral Health Center)

The following map illustrates the average age-adjusted unintentional drug overdose death rate per 100,000 population, by county from 2012-2017.



(Source: Ohio Department of Health, 2017 Ohio Drug Overdose Data: General Findings)

Health Behaviors: Adult Sexual Behavior

Key Findings

Seventy percent (70%) of Van Wert County adults had sexual intercourse in the past year. Five percent (5%) of adults had more than one partner. Six percent (6%) of adults had ever been forced or coerced to have any sexual activity when they did not want to, increasing to 15% of those with incomes less than \$25,000.

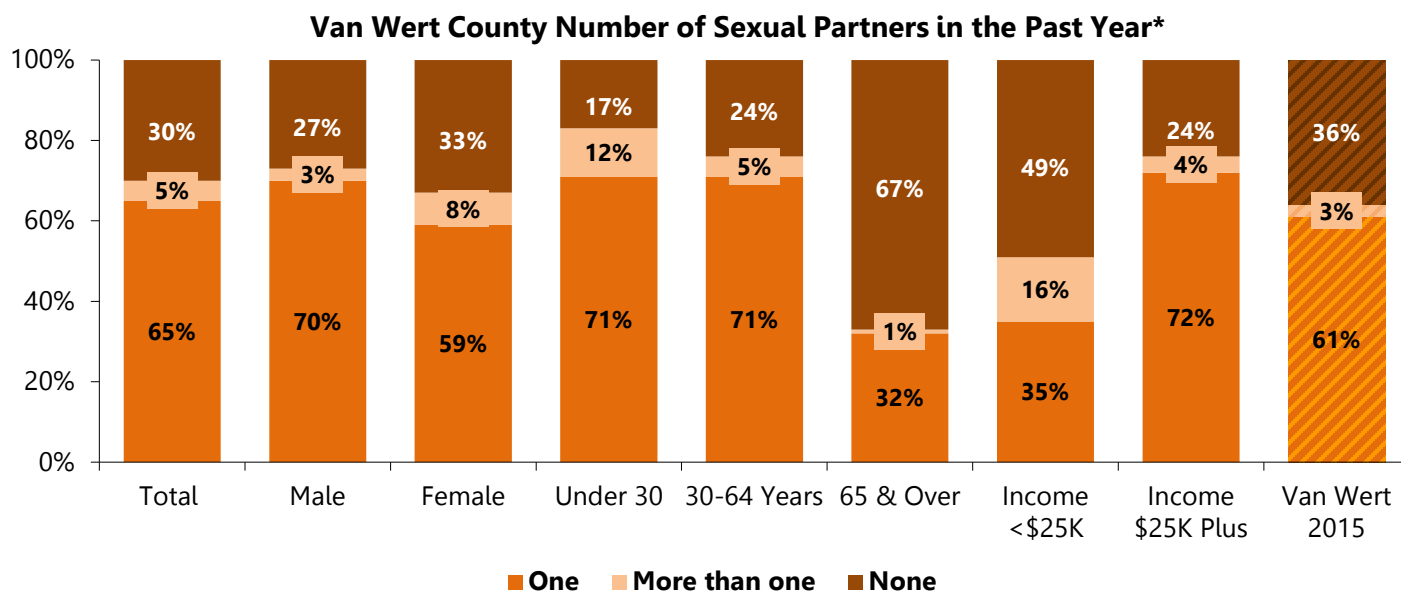
Adult Sexual Behavior

- Seventy percent (70%) of Van Wert County adults had sexual intercourse in the past year.
- Five percent (5%) of adults reported they had intercourse with more than one partner in the past year, increasing to 12% of those under the age of 30.
- Van Wert County adults used the following methods of birth control: no partner/not sexually active (abstinent) (20%), vasectomy (19%), they or their partner were too old (14%), hysterectomy (13%), tubes tied (11%), condoms (9%), birth control pill (8%), ovaries or testicles removed (3%), IUD (3%), infertility (3%), withdrawal (2%), contraceptive implants (1%), rhythm method (1%), and shots (1%). Four percent (4%) were currently trying to get pregnant.
- Seven percent (7%) of Van Wert County adults were not using any method of birth control.
- The following situations applied to Van Wert County adults:
 - Had sex without a condom in the past year (26%)
 - Tested for an STD in the past year (4%)
 - Had anal sex without a condom in the past year (3%)
 - Treated for an STD in the past year (2%)
 - Had sex with someone they met on social media (1%)
 - Had sex with someone they did not know (1%)
 - Tested positive for HPV (1%)
 - Had 4 or more sexual partners in the past year (<1%)
 - Had sexual activity with someone of the same gender (<1%)
 - Tested positive for Hepatitis C (<1%)
 - Tested positive for HIV (<1%)
 - Injected any drug other than those prescribed in the past year (<1%)
- Van Wert County adults were diagnosed with the following sexually transmitted diseases in the past five years: chlamydia (3%), human papilloma virus (HPV) (1%), and genital herpes (<1%).
- Six percent (6%) of adults had ever been forced or coerced to have any sexual activity when they did not want to, increasing to 9% of females and 15% of those with incomes less than \$25,000.
- Adults did not report their sexual assault for the following reasons: fear (35%), stigma (35%), they were in a relationship with the offender (32%), they did not know how (21%), they feared the offender (20%), and other reasons (32%).

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had more than one sexual partner in past year	3%	5%	N/A	N/A

N/A – Not Available

The following graph shows the number of sexual partners Van Wert County adults had in the past year. An example of how to interpret the information in the graph includes: 65% of all adults had one sexual partner in the past 12 months, and 5% had more than one.



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Preventing Sexual Violence

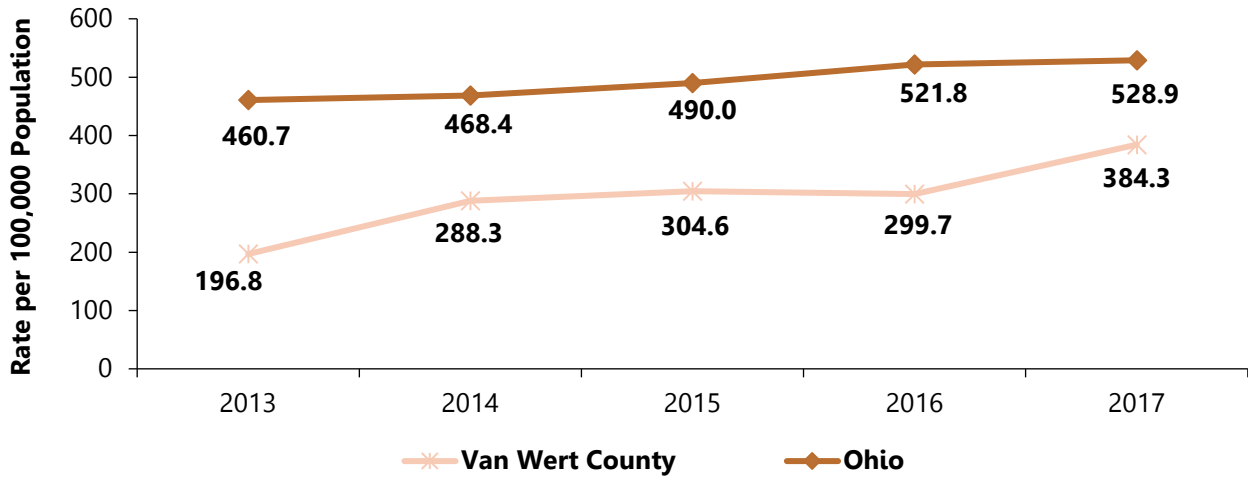
- Sexual violence refers to any sexual activity where consent is not obtained or freely given.
- Anyone can experience or perpetrate sexual violence.
 - Most victims of sexual violence are female
 - Perpetrators are usually someone known to the victim
- There are many types of sexual violence including unwanted touching, unwanted sexual penetration, sexual harassment, and threats.
- Sexual violence is a significant problem in the United States, even though many cases are not reported.
 - 7.3% of high school students reported having been forced to have sex
 - An estimated 20 to 25% of college women in the U.S. were victims of attempted or completed rape during their college career
 - About 1 in 5 women and 1 in 59 men in the U.S. have been raped at some time in their lives
- Sexual violence can negatively impact health in many ways including chronic pain and STDs and is also linked to negative health behaviors including tobacco, drug, and alcohol abuse.
- The ultimate goal is to stop sexual violence before it begins. Many activities are needed to accomplish this goal including:
 - Engaging middle and high school students in skill-building activities that address healthy sexuality
 - Helping parents identify and address violent attitudes and model healthy relationships
 - Engaging youth and adults as positive bystanders to speak up against sexism and violence supportive behaviors and intervene when they see someone at risk
 - Create and enforce policies at work, school, and other places that address sexual harassment
 - Implement evidence-based prevention strategies in schools and communities

(Source: CDC, Sexual Violence, last updated April 4, 2017)

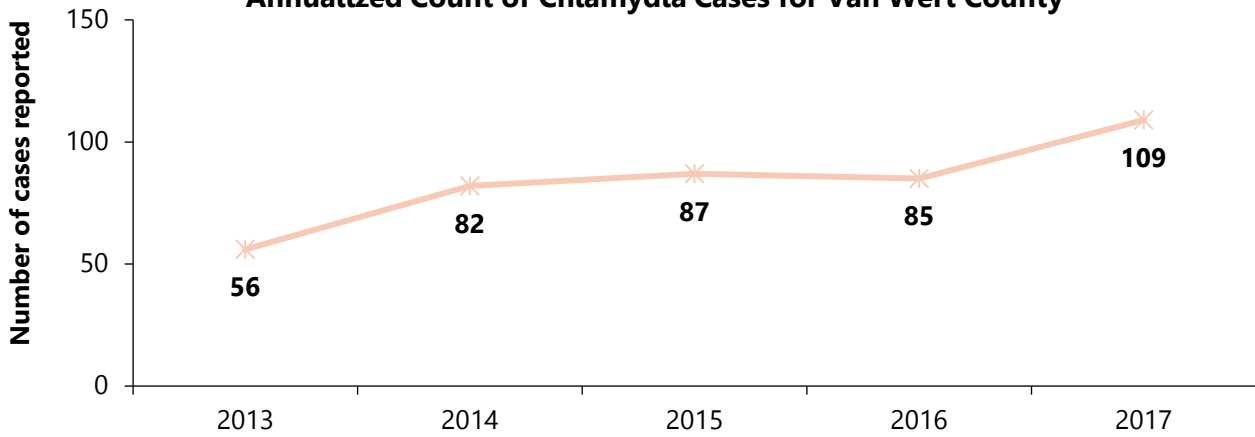
The following graphs show Van Wert County chlamydia rates per 100,000 population and the number of chlamydia disease cases. The graphs show:

- Van Wert County increased rates increased significantly from 2016 to 2017.
- The number of chlamydia cases in Van Wert County increased from 2013 to 2017.

Chlamydia Annualized Disease Rates for Van Wert County and Ohio



Annualized Count of Chlamydia Cases for Van Wert County

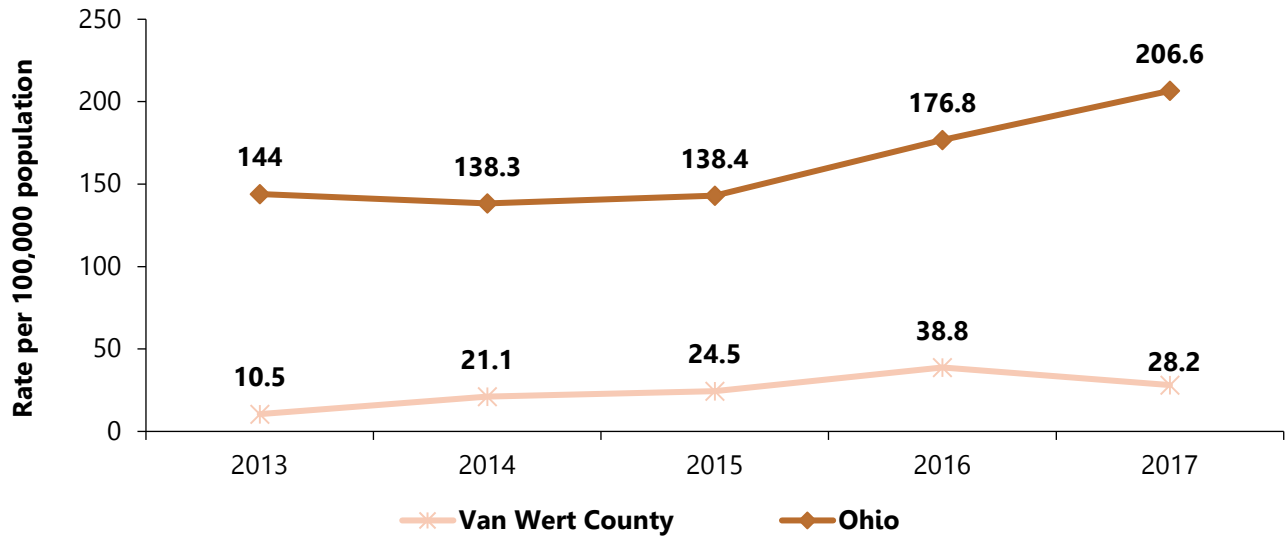


(Source for graphs: ODH, STD Surveillance, data reported through 5/24/18, updated on 10/3/18)

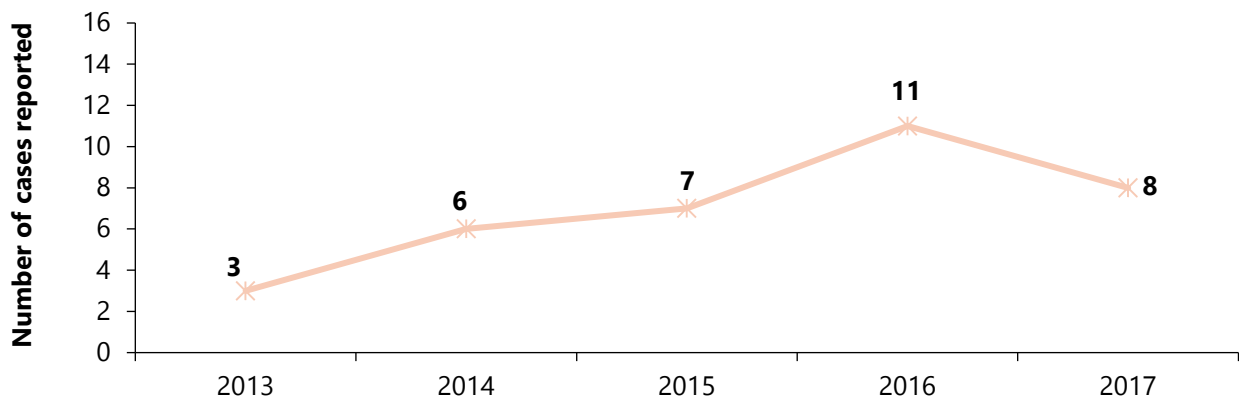
The following graphs show Van Wert County gonorrhea rates per 100,000 population and the number of gonorrhea disease cases. The graphs show:

- The Van Wert County gonorrhea rate decreased from 2016 to 2017.
- The number of gonorrhea cases in Van Wert County increased from 2013 to 2016, then decreased from 2016 to 2017.

Gonorrhea Annualized Disease Rates for Van Wert County and Ohio



Annualized Count of Gonorrhea Cases for Van Wert County



(Source for graphs: ODH, STD Surveillance, data reported through 5/24/18, updated on 10/3/18)

Health Behaviors: Adult Mental Health

Key Findings

Two percent (2%) of Van Wert County adults considered attempting suicide in the past year. Over one-fourth (26%) of adults reported they or a family member were diagnosed with or treated for anxiety or emotional problems in the past year.

Adult Mental Health

- Eight percent (8%) of Van Wert County adults felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities, increasing to 17% of those with incomes less than \$25,000.
- Two percent (2%) of Van Wert County adults considered attempting suicide in the past year.
- No adults reported attempting suicide in the past year.

Van Wert Health Emergency Room Suicide Ideation or Attempts

	2017	2018
Emergency Room Suicide Ideation or Attempts (includes ages 12 and up)	104	109

Note: EMR data compiled from Van Wert Health Family Practice and Internal Medicine, Van Wert Family Physicians and Family Health Care of Northwest Ohio based on diagnosis code.

- Twenty-two percent (22%) of Van Wert Health Primary Care patients have a mental health disorder excluding drug or alcohol (*Note: EMR data compiled from Van Wert Health Family Practice and Internal Medicine, Van Wert Family Physicians and Family Health Care of Northwest Ohio based on diagnosis codes.*)
- Sixteen percent (16%) of Van Wert Health Primary Care patients have Anxiety or Post-Traumatic Stress Disorder (*Note: EMR data compiled from Van Wert Health Family Practice and Internal Medicine, Van Wert Family Physicians and Family Health Care of Northwest Ohio based on diagnosis codes.*)
- Van Wert County adults reported they or a family member were diagnosed with or treated for the following mental health issues in the past year:
 - Anxiety or emotional problems (26%)
 - Depression (26%)
 - An anxiety disorder (e.g., panic attacks, phobia, obsessive compulsive disorder) (19%)
 - Alcohol and illicit drug abuse (11%)
 - Attention Deficit Disorder (ADD/ADHD) (10%)
 - Bipolar Disorder (5%)
 - Developmental disability (cognitive/intellectual) (3%)
 - Post-traumatic stress disorder (PTSD) (3%)
 - Eating disorder (2%)
 - Autism spectrum (2%)
 - Life-adjustment disorder/issue (1%)
 - Other trauma (1%)
 - Psychotic disorder (e.g., schizophrenia, schizoaffective disorder) (1%)
 - Some other mental health disorder (4%)
- Almost one-quarter (23%) of adults indicated they or a family member had taken medication for one or more mental health issues.
- Van Wert County adults dealt with stress in the following ways: talked to someone they trust (45%), prayer/meditation (36%), listened to music (33%), slept (30%), worked on a hobby (30%), exercised (27%), ate more than normal (24%), worked (23%), drank alcohol (14%), ate less than normal or not at all (9%), smoked tobacco (9%), took it out on others (8%), used prescription drugs as prescribed (6%), talked to a professional (3%), used illegal drugs (1%), misused prescription drugs (<1%), and other ways (5%).

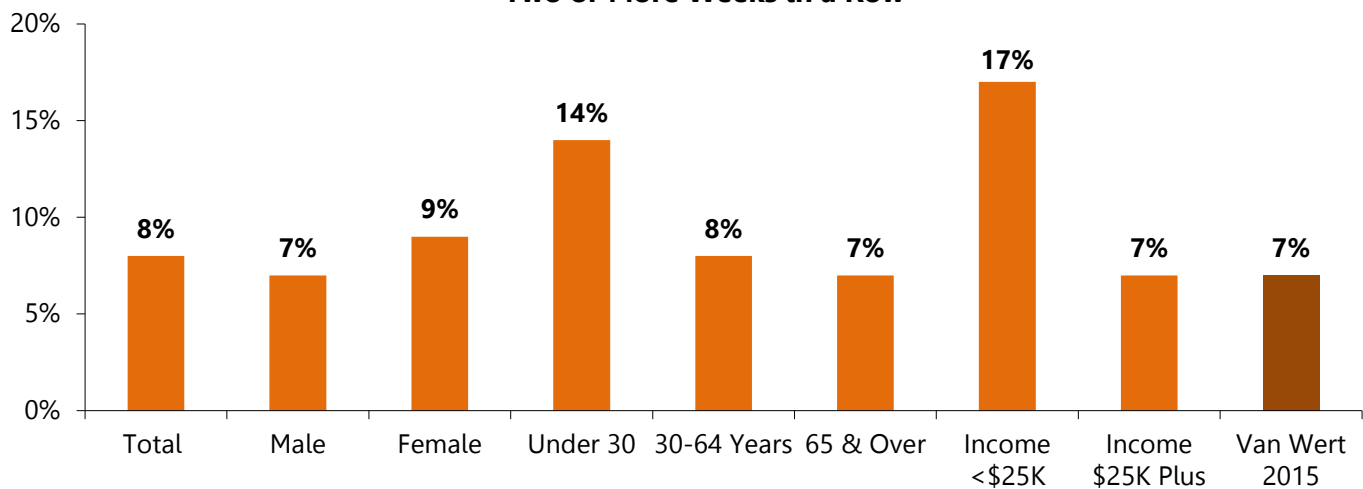
- Eleven percent (11%) of adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included: had not thought of it (7%), could not afford to go (6%), stigma of seeking mental health services (5%), did not know how to find a program (4%), co-pay/deductible too high (4%), other priorities (3%), took too long to get in to see a doctor (1%), fear (1%), transportation (1%), could not get to the office/clinic (<1%), and other reasons (4%). Over three-fifths (63%) of adults indicated they did not need such a program.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Considered attempting suicide in the past year	3%	2%	N/A	N/A
Attempted suicide in the past year	0%	0%	N/A	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row	7%	8%	N/A	N/A

N/A – Not Available

The following graph shows Van Wert County adults who felt sad or hopeless for two or more weeks in a row in the past year. An example of how to interpret the information includes: 8% of all adults felt sad or hopeless for two or more weeks in a row, including 9% of females and 17% of those with incomes less than \$25,000.

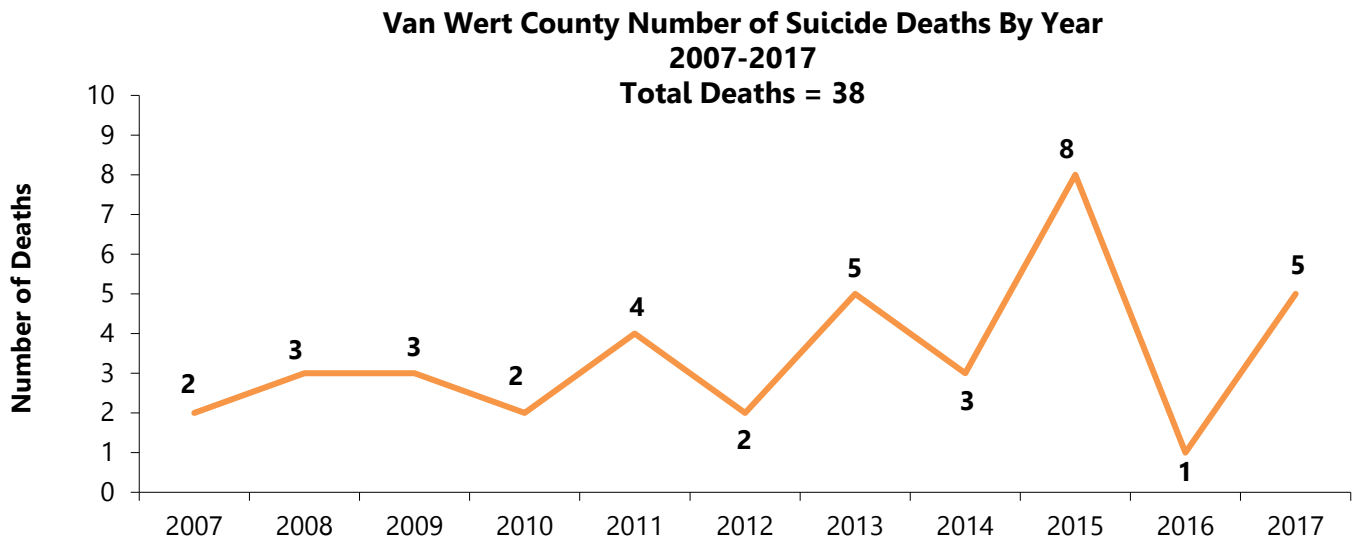
Van Wert County Adults Feeling So Sad or Hopeless Almost Every Day for Two or More Weeks in a Row



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The graph below shows the Van Wert County suicide counts by year. The graph shows:

- From 2007 to 2017, there was an average of 3.5 suicide deaths per year in Van Wert County.



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 1/6/19)

Suicide Rising Across the U.S.

- Suicide is a leading cause of death in the U.S.
- Suicide rates have increased more than 30% in half of states since 1999.
- Nearly 45,000 lives were lost to suicide in 2016.
- More than (54%) half of people who died by suicide did not have a known mental health condition.
- Many factors contribute to suicide among those with and without known mental health conditions such as relationship problems, crisis in the past or upcoming two weeks, physical health problems, problematic substance use, or job/financial problems.
- Making sure government, public health, health care, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can bring together these partners to focus on comprehensive state and community efforts with the greatest likelihood of preventing suicide.
- States and communities can:
 - Identify and support people at risk of suicide.
 - Teach coping and problem-solving skills to help people manage challenges with their relationships, jobs, health, or other concerns.
 - Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.
 - Offer activities that bring people together so they feel connected and not alone.
 - Connect people at risk to effective and coordinated mental and physical health care.
 - Expand options for temporary help for those struggling to make ends meet.
 - Prevent future risk of suicide among those who have lost a loved one to suicide.

(Source: CDC, Suicide rising across the US, Updated on June 11, 2018)

Chronic Disease: Cardiovascular Health

Key Findings

Six percent (6%) of adults had survived a heart attack and 3% had survived a stroke at some time in their life. More than two-fifths (45%) of Van Wert County adults had high blood cholesterol, 36% had high blood pressure, 33% were obese, and 18% were current smokers, four known risk factors for heart disease and stroke.

Heart Disease and Stroke

- Six percent (6%) of adults reported they had survived a heart attack or myocardial infarction, increasing to 13% of those over the age of 65.
- Three percent (3%) of Van Wert County adults reported they had survived a stroke, increasing to 9% of those over the age of 65.
- Nine percent (9%) of adults reported they had angina or coronary heart disease, increasing to 20% of those over the age of 65.
- Two percent (2%) of adults reported they had congestive heart failure, increasing to 6% of those with incomes less than \$25,000 and 5% of those over the age of 65.

High Blood Pressure (Hypertension)

- More than one-third (36%) of adults had been diagnosed with high blood pressure.
- Five percent (5%) of adults were told they were pre-hypertensive/borderline high.
- Ninety-one percent (91%) of adults had their blood pressure checked within the past year.
- Van Wert County adults diagnosed with high blood pressure were more likely to have:
 - Been ages 65 years or older (68%)
 - Incomes less than \$25,000 (42%)
 - Been classified as obese by body mass index (BMI) (37%)
 - Rated their overall health as fair or poor (23%)
- Thirty-two percent (32%) of the Van Wert Health Primary Care patient population has Hypertension. *(Note: EMR data compiled from Van Wert Health Family Practice and Internal Medicine, Van Wert Family Physicians and Family Health Care of Northwest Ohio based on diagnosis codes).*

High Blood Cholesterol

- More than two-fifths (45%) of adults had been diagnosed with high blood cholesterol.
- More than four-fifths (83%) of adults had their blood cholesterol checked within the past 5 years.
- Van Wert County adults with high blood cholesterol were more likely to have:
 - Been ages 65 years or older (68%)
 - Incomes less than \$25,000 (38%)
 - Been classified as obese by body mass index (BMI) (29%)
 - Rated their overall health as fair or poor (19%)

Van Wert County Leading Causes of Death 2015-2017

Total Deaths: 1,008

- Heart Disease (23% of all deaths)
- Cancer (21%)
- Influenza and Pneumonia (5%)
- Unintentional Injuries (5%)
- Alzheimer's Disease (5%)

(Source: Ohio Public Health Data Warehouse, 2015-2017)

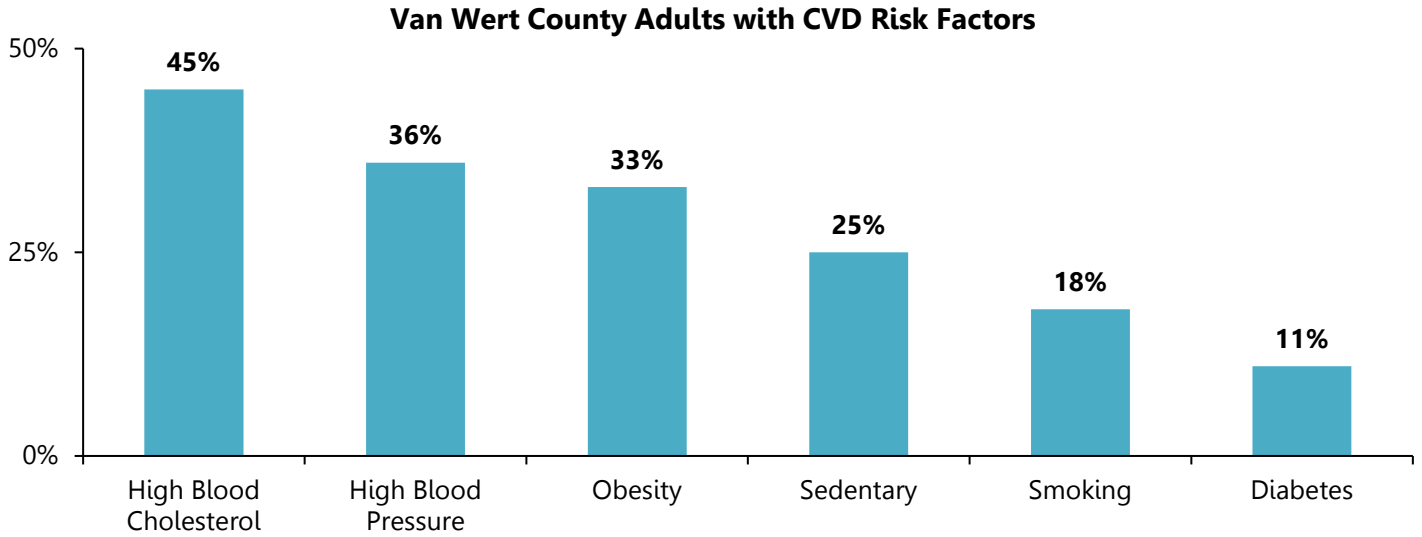
Ohio Leading Causes of Death 2015-2017

Total Deaths: 361,238

- Heart Disease (23% of all deaths)
- Cancers (21%)
- Accidents, Unintentional Injuries (7%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (5%)

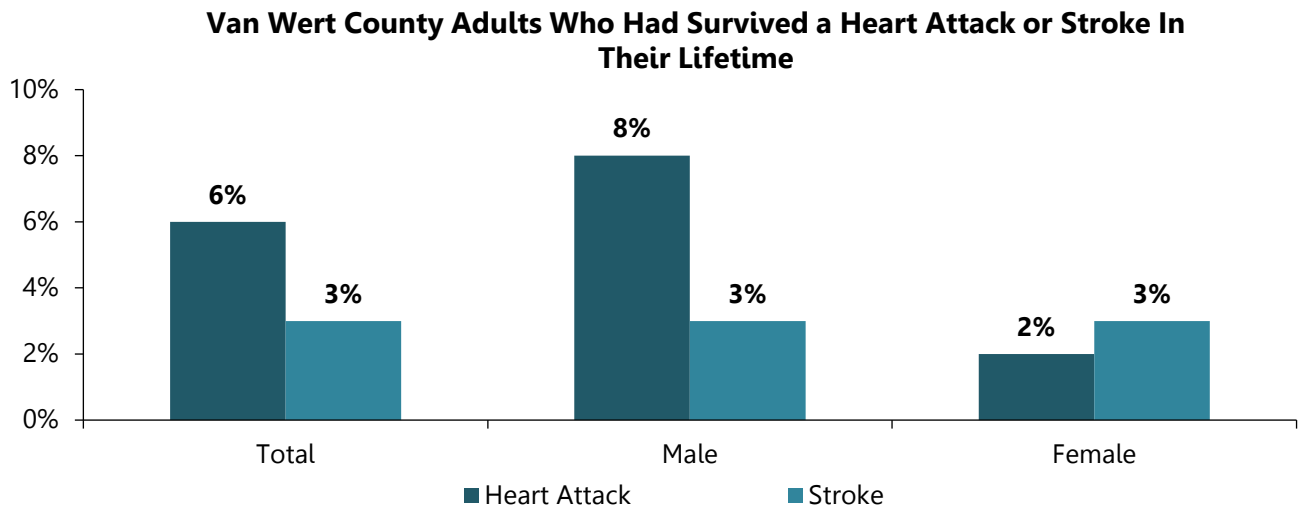
(Source: Ohio Public Health Data Warehouse, 2015-2017)

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



Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had angina or coronary heart disease	6%	9%	5%	4%
Had a heart attack	4%	6%	6%	4%
Had a stroke	1%	3%	4%	3%
Had high blood pressure	31%	36%	35%	32%
Had high blood cholesterol	39%	45%	33%	33%
Had blood cholesterol checked within past 5 years	80%	83%	85%	86%

The following graph shows the percentage of Van Wert County adults who had survived a heart attack or stroke in their lifetime by gender. An example of how to interpret the information includes: 8% of Van Wert County males survived a heart attack compared to 2% of females.

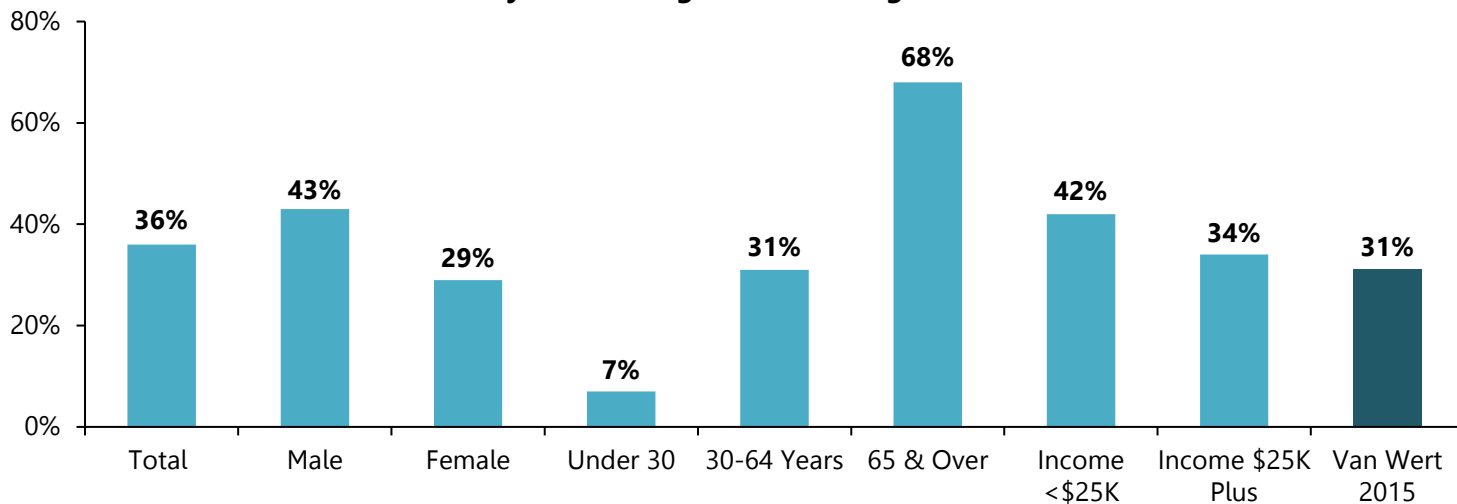


(Source: 2018 Van Wert County Health Assessment)

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

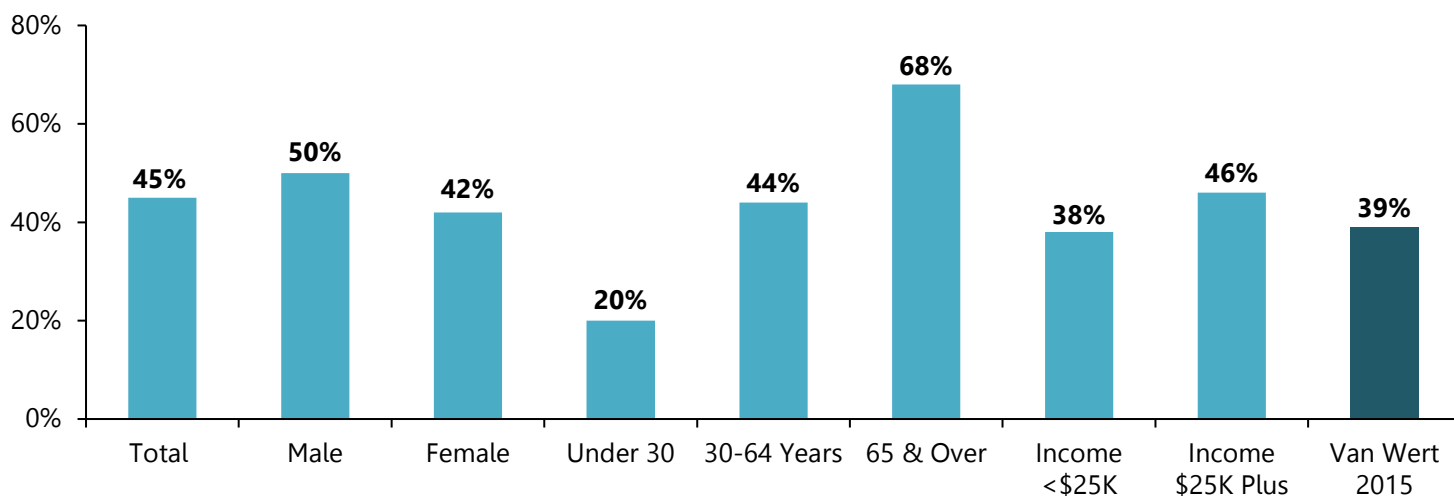
The following graphs show the percentage of Van Wert County adults who had been diagnosed with high blood pressure and high blood cholesterol. An example of how to interpret the information on the first graph includes: 36% of all Van Wert County adults had been diagnosed with high blood pressure, including 43% of males and 68% of those over the age of 65.

Van Wert County Adults Diagnosed with High Blood Pressure*



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

Van Wert County Adults Diagnosed with High Blood Cholesterol

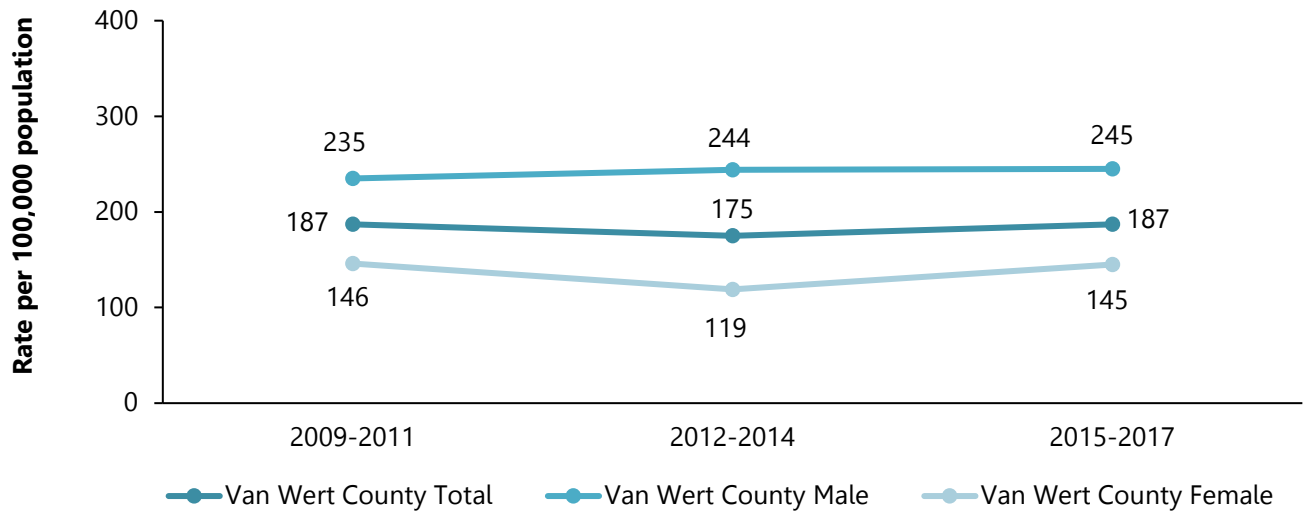


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

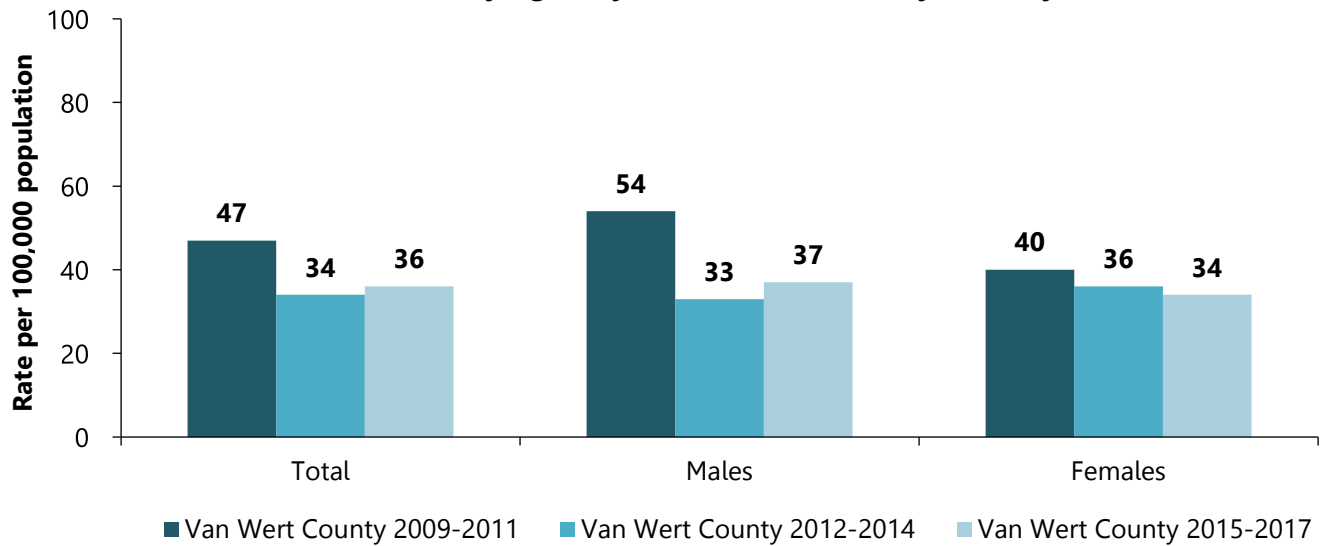
The following graphs shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender.

- From 2009 to 2017, the total Van Wert County age adjusted heart disease mortality rate fluctuated.
- From 2009 to 2017, the Van Wert County stroke mortality rate fluctuated for both genders.

Van Wert County Age-Adjusted Heart Disease Mortality Rates by Gender



Van Wert County Age-Adjusted Stroke Mortality Rates by Gender

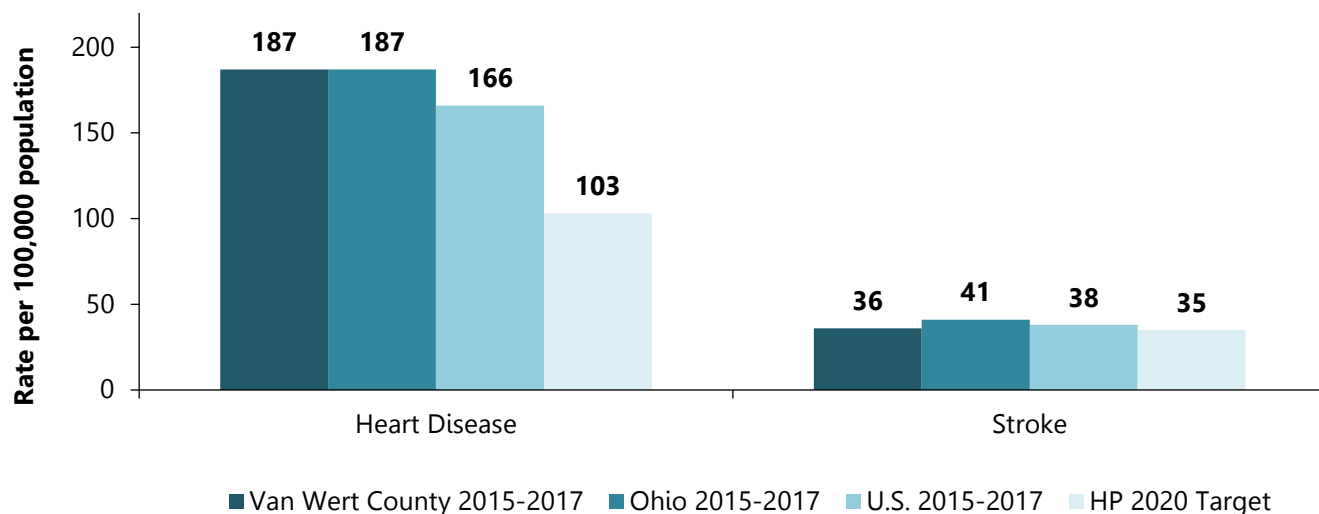


(Source for graphs: Ohio Public Health Data Warehouse, 2009-2017)

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

- When age differences are accounted for, the statistics indicate that from 2015 to 2017, the Van Wert County heart disease mortality rate was the same as the Ohio rate but higher than the U.S. rate and the Healthy People 2020 target objective.
- The Van Wert County age-adjusted stroke mortality rate was lower than the state the U.S., as well as the Healthy People 2020 target objective, from 2015 to 2017.

Age-Adjusted Heart Disease and Stroke Mortality Rates



(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017 and Healthy People 2020)

Healthy People 2020 Objectives Heart Disease and Stroke

Objective	2018 Van Wert Survey Population Baseline	2017 U.S. Baseline	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	36%	32% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	83%	86% Adults age 18 and up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	45%	33% Adults age 20+ with TBC > 240 mg/dl	14%

Note: All U.S. figures age-adjusted to 2000 population standard.
(Sources: 2018 Van Wert County Health Assessment, 2017 BRFSS, Healthy People 2020)

Chronic Disease: Cancer

Key Findings

Eighteen percent (18%) of Van Wert County adults had been diagnosed with cancer at some time in their life.

Cancer

- Almost one-fifth (18%) of Van Wert County adults were diagnosed with cancer at some point in their lives, increasing to 36% of those over the age of 65.
- Of those diagnosed with cancer, they reported the following types: breast (28%), other skin cancer (24%), prostate (14%), cervical (10%), colon (9%), melanoma (5%), renal (5%), testicular (4%), leukemia (3%), lung (3%), pancreatic (2%), brain (2%), Non-Hodgkin's lymphoma (2%), bladder (2%), and other types of cancer (7%). Two percent (2%) of adults were diagnosed with multiple types of cancer.

Van Wert County Incidence of Cancer, 2011-2015

All Types: 812 cases

- Breast: 121 cases (15%)
- Lung and Bronchus: 118 (15%)
- Colon and Rectum: 106 cases (13%)
- Prostate: 88 cases (11%)

From 2015-2017, there were 207 cancer deaths in Van Wert County.

(Source: Ohio Cancer Incidence, ODH Ohio Public Health Data Warehouse, Updated 1/5/18)

Cancer Facts

- The Ohio Public Health Data Warehouse indicates that from 2015-2017, cancers caused 21% (207 of 1,008 total deaths) of all Van Wert County resident deaths. *(Source: Ohio Public Health Data Warehouse, 2015-2017).*

Lung Cancer

- The largest percent (19%) of cancer deaths in Van Wert County were from lung and bronchus cancers *(Source: Ohio Public Health Data Warehouse, 2015-2017).*

Breast Cancer

- Fifty-six percent (56%) of Van Wert County females reported having had a clinical breast examination in the past year.
- Fifty-nine percent (59%) of Van Wert County females over the age of 40 had a mammogram in the past year.
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommend that those 40 to 44 years of age have the option to begin annual mammography; those 45 to 54 should undergo annual mammography; and those 55 years of age and older may transition to biennial mammography or continue annual mammography. Women should continue mammography as long as overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual magnetic resonance imaging (MRI) is recommended in addition to mammography, typically starting at age 30. *(Source: American Cancer Society, Facts & Figures 2019).*

Prostate Cancer

- Thirty-nine percent (39%) of Van Wert County males had a prostate-specific antigen (PSA) test at some time in their life and 27% had one in the past year.
- Nearly half (47%) of men had a digital rectal exam in their lifetime and 23% had one in the past year.
- Prostate cancer deaths accounted for 11% of all male cancer deaths from 2015-2017 in Van Wert County *(Source: Ohio Public Health Data Warehouse, 2015-2017).*

- No organizations presently endorse routine prostate cancer screening for men at average risk because of concerns about the high rate of overdiagnosis (detecting disease that would never have caused symptoms), along with the significant potential for serious side effects associated with prostate cancer treatment. The American Cancer Society recommends that beginning at age 50, men who are at average risk of prostate cancer and have a life expectancy of at least 10 years have a conversation with their health care provider about the benefits and limitations of PSA testing and make an informed decision about whether to be tested based on their personal values and preferences. Men at high risk of developing prostate cancer (black men or those with a close relative diagnosed with prostate cancer before the age of 65) should have this discussion beginning at age 45, and men at even higher risk (those with several close relatives diagnosed at an early age) should have this discussion beginning at age 40 *(Source: American Cancer Society, Facts & Figures 2019)*.

Colon and Rectal Cancers

- Fifty-four percent (54%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past five years.
- ODH indicates that colon and rectum cancer deaths accounted for 11% of all male and female cancer deaths from 2015-2017 in Van Wert County *(Source: Ohio Public Health Data Warehouse, 2015-2017)*.
- Modifiable factors that increase colon and rectum cancer risk include obesity, physical inactivity, long-term smoking, high consumption of red or processed meat, low calcium intake, moderate to heavy alcohol consumption, and very low intake of fruits and vegetables and whole-grain fiber. Hereditary and medical factors that increase risk include a personal or family history of colorectal cancer and/or polyps, certain inherited genetic conditions, a personal history of chronic inflammatory bowel disease, and type 2 diabetes. *(Source: American Cancer Society, Facts & Figures 2019)*.

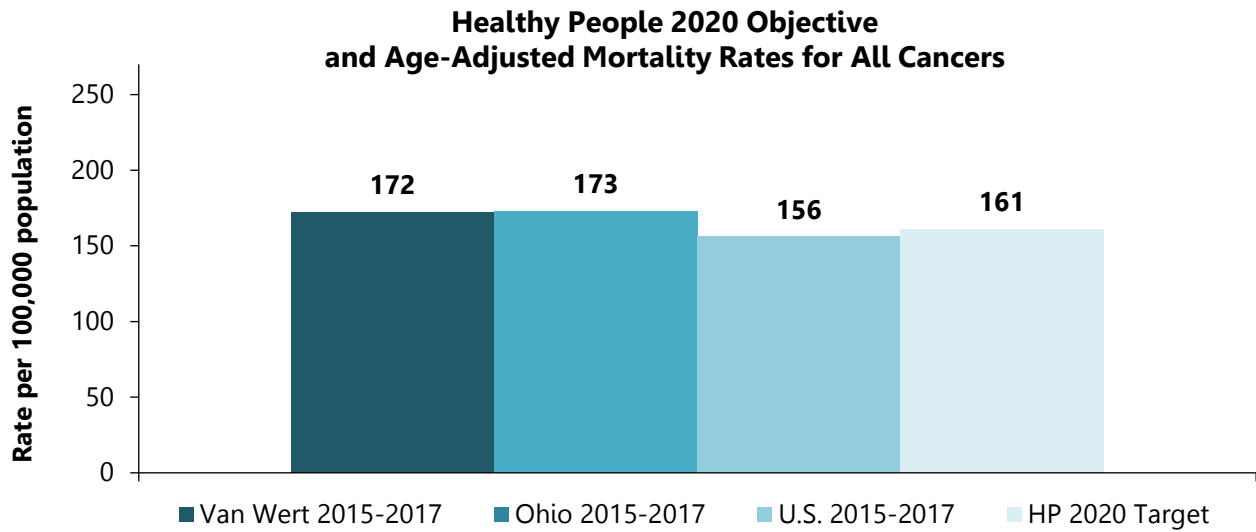
2019 Cancer Estimates

- In 2019, about 1,762,450 million new cancer cases are expected to be diagnosed.
- The American Cancer Society estimates at least 42% of newly diagnosed cancers in the US – about 740,000 cases in 2019 – are potentially avoidable, including the 19% of all cancers that are caused by smoking and the 18% that are caused by a combination of excess body weight, physical inactivity, excess alcohol consumption, and poor nutrition.
- In 2019, estimates predict that there will be 67,150 new cases of cancer and 25,440 cancer deaths in Ohio.
- Of the new cancer cases, approximately 9,680 (14%) will be from lung and bronchus cancers and 6,200 (9%) will be from colon and rectum cancers.
- About 10,240 new cases of female breast cancer are expected in Ohio.
- New cases of male prostate cancer in Ohio are expected to be 5,340 (8%).

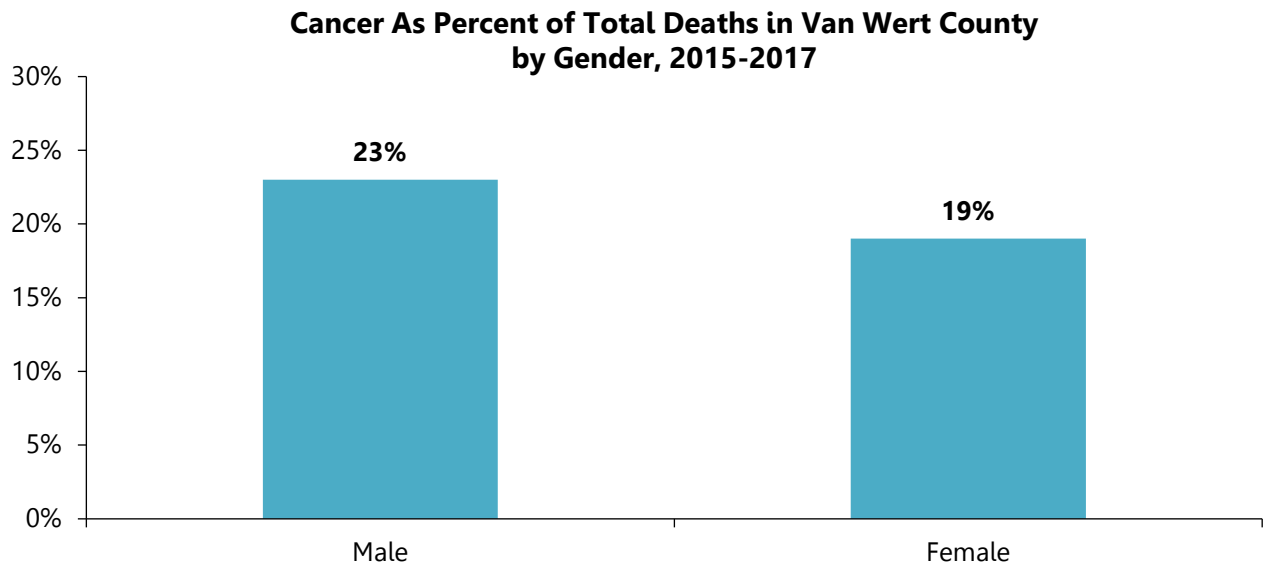
(Source: American Cancer Society, Facts and Figures 2019)

The following graphs show the Van Wert County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2020 objective and the percent of total cancer deaths in Van Wert County. The graphs show:

- The Van Wert County age-adjusted cancer mortality rate was higher than the U.S. rate and the Healthy People 2020 target objective.
- The percentage of Van Wert County males who died from all cancers is higher than the percentage of Van Wert County females who died from all cancers.



(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017, Healthy People 2020)



(Source: Ohio Public Health Data Warehouse, 2015-2017)

Van Wert County Incidence of Cancer, 2011-2015

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer	Age-Adjusted Rate
Breast	121	15%	67.2
Lung and Bronchus	118	15%	61.6
Colon & Rectum	106	13%	56.4
Prostate	88	11%	98.3
Other Sites/Types	68	8%	34.9
Bladder	42	5%	21.2
Non-Hodgkins Lymphoma	29	4%	15.4
Melanoma of Skin	28	3%	14.8
Uterus	28	3%	27.4
Kidney & Renal Pelvis	24	3%	12.3
Pancreas	23	3%	11.7
Leukemia	22	3%	12.2
Oral Cavity & Pharynx	20	3%	12
Thyroid	19	2%	12.2
Brain and Other CNS	10	1%	6.9
Liver & Intrahepatic Bile Duct	10	1%	5.4
Larynx	9	1%	5.1
Ovary	9	1%	9.2
Multiple Myeloma	8	1%	4.7
Stomach	8	1%	4
Cervix	7	1%	8.8
Testis	6	1%	10
Hodgkins Lymphoma	5	1%	3.5
Esophagus	4	<1%	N/A
Total	812	100%	437.4

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/5/19)

Chronic Disease: Arthritis

Key Findings

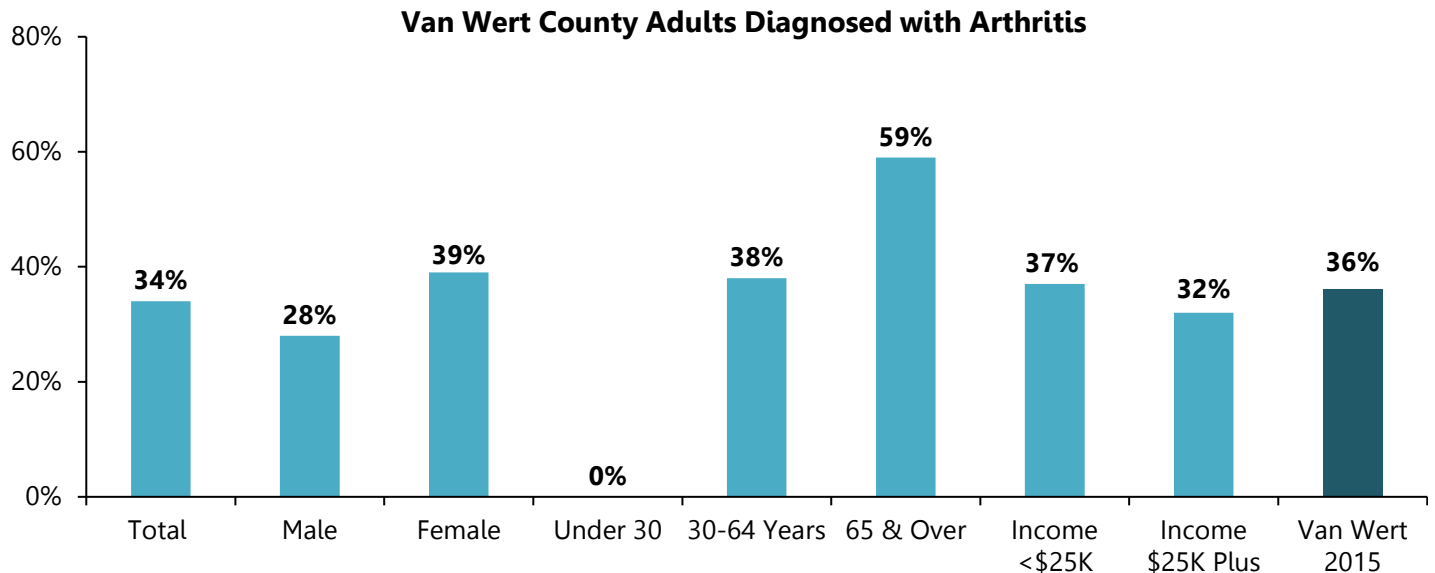
More than one-third (34%) of Van Wert County adults were diagnosed with arthritis.

Arthritis

- More than one-third (34%) of Van Wert County adults were told by a health professional that they had arthritis, increasing to 59% of those over the age of 65.
- Over three-fourths (76%) of adults diagnosed with arthritis were overweight or obese.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had been diagnosed with arthritis	36%	34%	29%	25%

The following graph shows the percentage of Van Wert County adults who were diagnosed with arthritis. An examples of how to interpret the information includes: 34% of adults were diagnosed with arthritis, including 37% of adults with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Arthritis in the U.S.

- In the United States, 54 million people (23% of all adults) have arthritis. It is a leading cause of work-related disability. The annual direct costs are at least **\$140 billion**.
- Arthritis commonly occurs with other chronic diseases. About half of US adults with heart disease or diabetes and one-third of people who have obesity also have arthritis. Having arthritis and other chronic conditions can reduce quality of life, reduce physical activity, and make disease management harder.

(Source: CDC. National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), updated on October 19, 2018)

Chronic Disease: Asthma

Key Findings

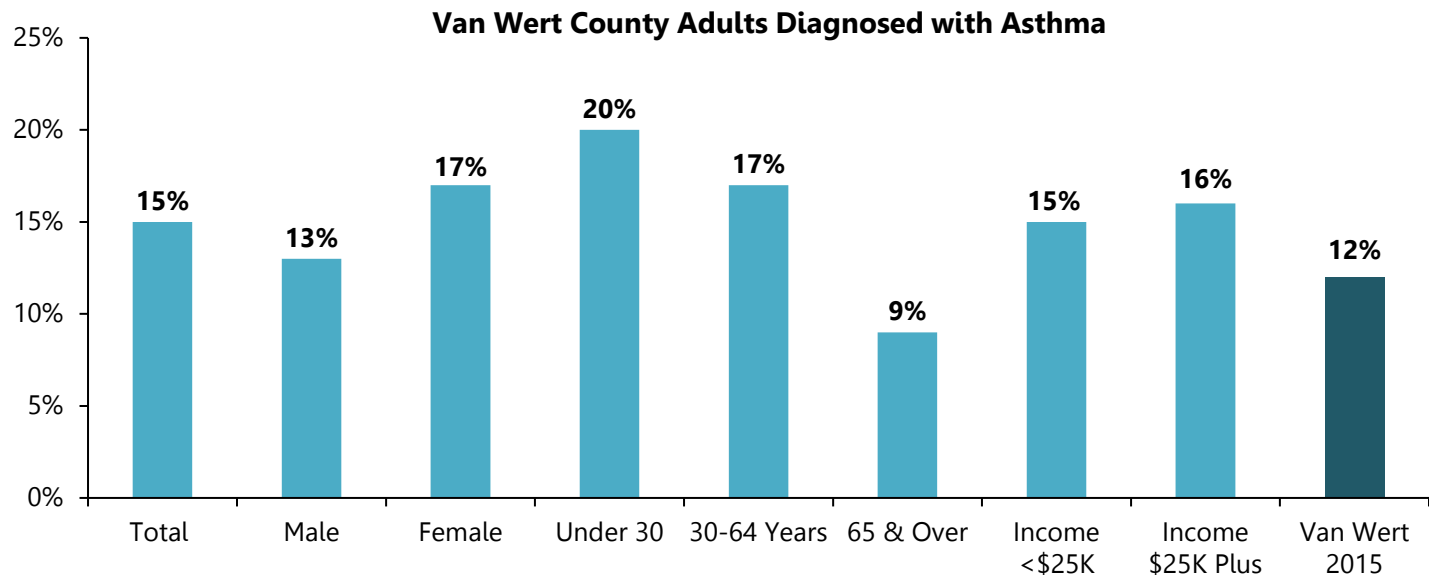
Fifteen percent (15%) of Van Wert County adults had been diagnosed with asthma.

Asthma and Other Respiratory Disease

- In 2018, 15% of Van Wert County adults had been diagnosed with asthma, increasing to 20% of those under the age of 30.
- Ten percent (10%) of adults had been diagnosed with COPD, emphysema, or chronic bronchitis, increasing to 12% of those with incomes less than \$25,000.
- Twenty-eight percent (28%) of adults diagnosed with COPD were also current smokers.

Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had been diagnosed with asthma	12%	15%	14%	14%
Had been diagnosed with COPD, emphysema, or chronic bronchitis	6%	10%	8%	6%

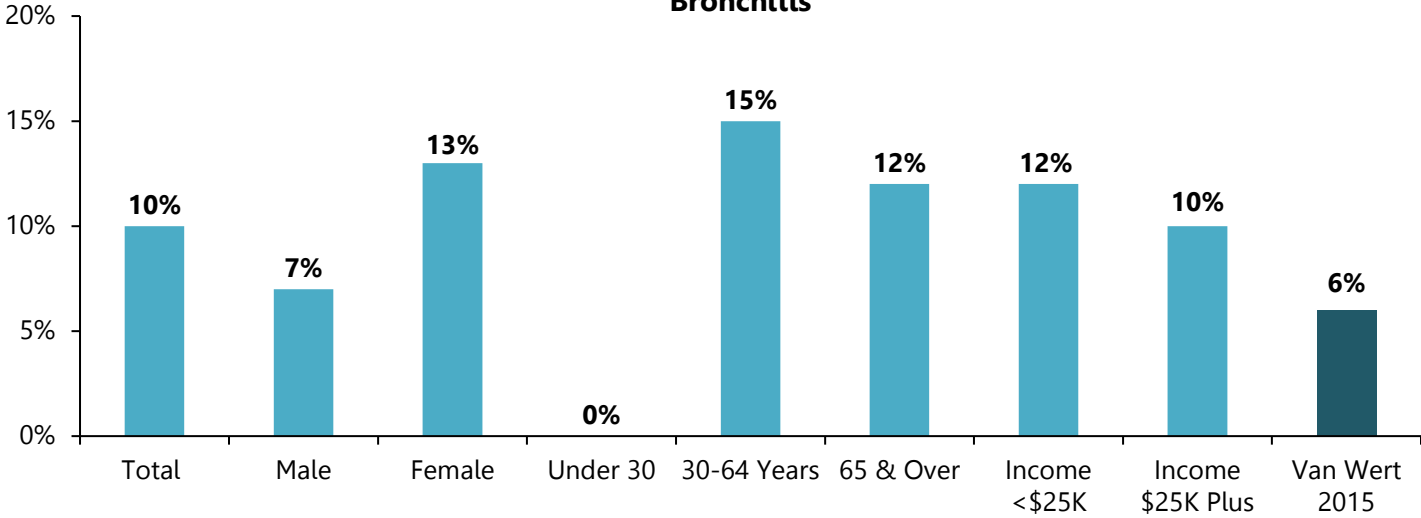
The following graph shows the percentage of Van Wert County adults who were diagnosed with asthma. An example of how to interpret the information includes: 15% of adults were diagnosed with asthma, including 20% of adults under the age of 30.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the percentage of Van Wert County adults who were diagnosed with COPD, emphysema, or chronic bronchitis. An example of how to interpret the information includes: 10% of adults were diagnosed with COPD, emphysema, or chronic bronchitis, including 15% of adults ages 30 to 64.

Van Wert County Adults Diagnosed with COPD, Emphysema, or Chronic Bronchitis

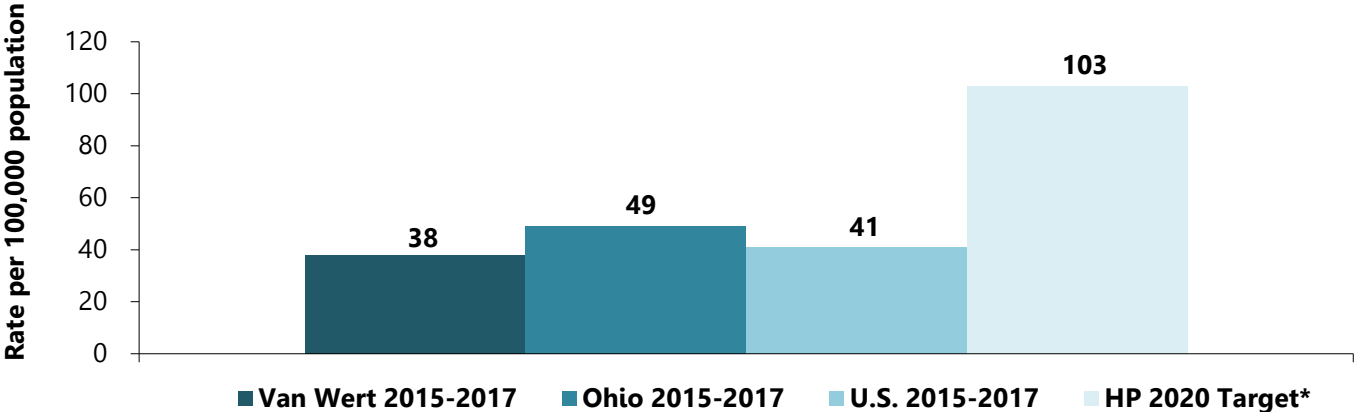


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows Van Wert County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objective. These graph shows:

- From 2015 to 2017, Van Wert County’s age-adjusted mortality rate for chronic lower respiratory disease was lower than the Ohio and U.S. rates, as well as the Healthy People 2020 target objective rate.

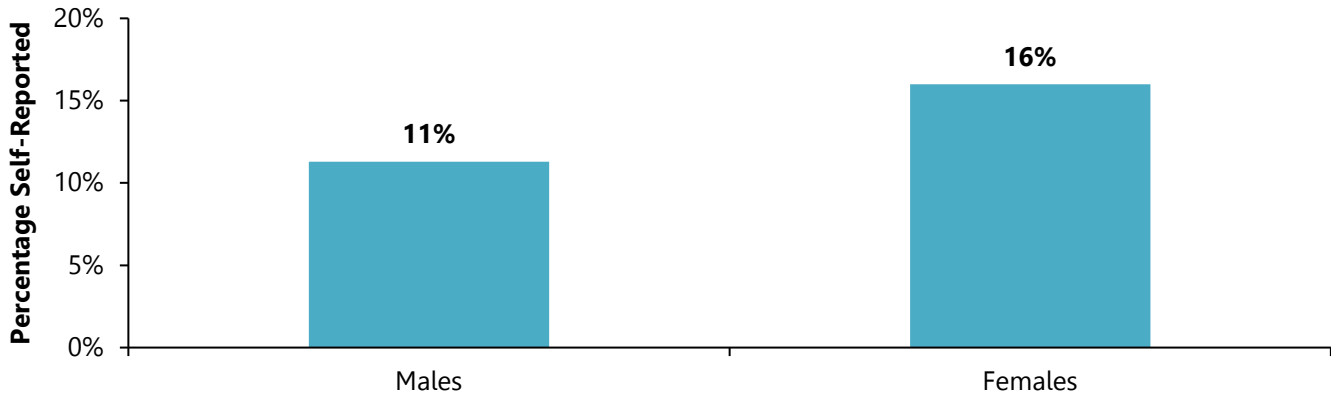
Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)



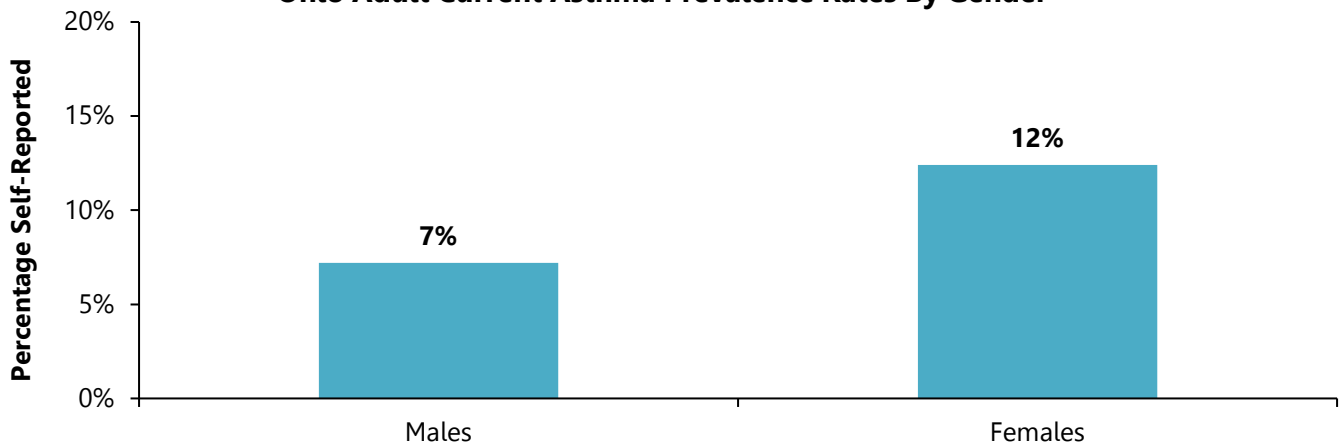
(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017 and Healthy People 2020)
 *Healthy People 2020’s target rate is for adults aged 45 years and older.

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

Ohio Adult Lifetime Asthma Prevalence Rates By Gender



Ohio Adult Current Asthma Prevalence Rates By Gender



(Source for graphs: 2017 BRFSS)

Asthma Facts

- The number of Americans with asthma grows every year. Currently, 26 million Americans have asthma.
- Asthma mortality is almost 4,000 deaths per year.
- Asthma results in 439,000 hospitalizations and 1.8 million emergency room visits annually.
- Patients with asthma reported 14.2 million visits to a doctor's office and 1.3 million visits to hospital outpatient departments.
- Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

(Source: American College of Allergy, Asthma, & Immunology, Asthma Facts, updated 6/13/18)

Chronic Disease: Diabetes

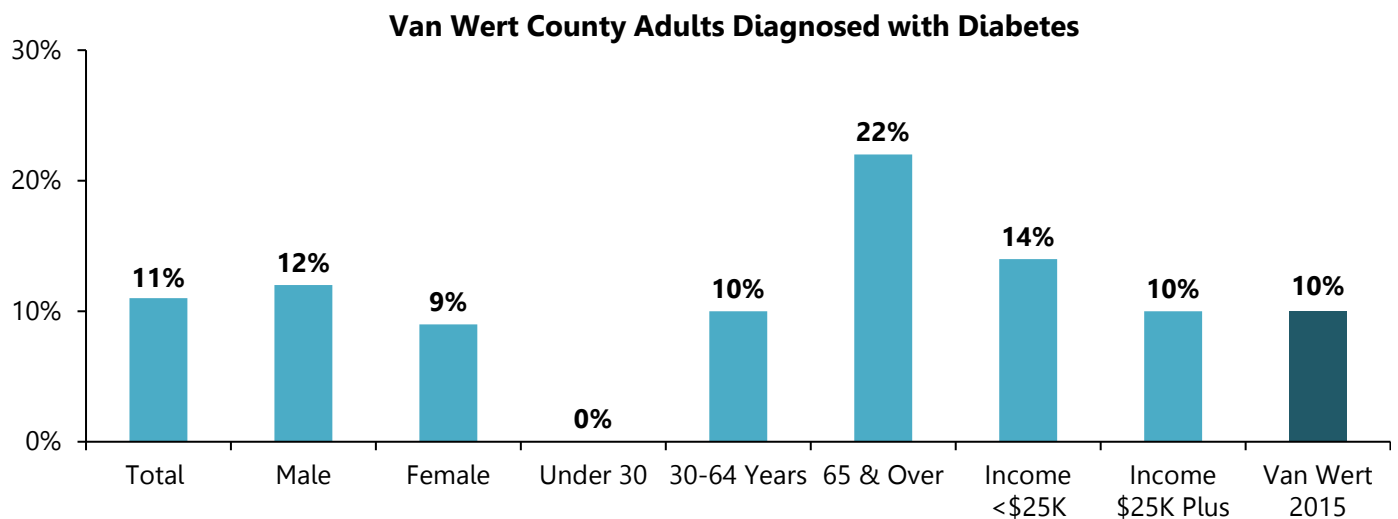
Key Findings

One-in-nine (11%) Van Wert County adults had ever been diagnosed with diabetes. Thirty-four percent (34%) of diabetics rated their health as fair or poor in the past year.

Diabetes

- One-in-nine (11%) Van Wert County adults had been diagnosed with diabetes, increasing to 22% of those over the age of 65.
- Six percent (6%) of adults had been diagnosed with pre-diabetes or borderline diabetes.
- Diabetics were using the following to treat their diabetes:
 - Diabetes pills (71%)
 - Diet control (68%)
 - Checking blood sugar (63%)
 - 6-month checkup with provider (61%)
 - Annual vision exam (54%)
 - Checking A1C annually (46%)
 - Exercise (46%)
 - Checking their feet (44%)
 - Insulin (27%)
 - Dental exam (20%)
 - Use injectables (e.g., Vyettea, Victoza, Bydurean) (10%)
 - Take a class (7%)
- About one-third (34%) of adults with diabetes rated their health as fair or poor.
- Van Wert County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 85% were obese or overweight
 - 73% had been diagnosed with high blood pressure
 - 73% had been diagnosed with high blood cholesterol
- Fifteen percent (15%) of the Van Wert Health Primary Care patient population has diabetes. *(Note: EMR data compiled from Van Wert Health Family Practice and Internal Medicine, Van Wert Family Physicians and Family Health Care of Northwest Ohio based on diagnosis codes).*

The following graph shows the percentage of Van Wert County adults who were diagnosed with diabetes. An example of how to interpret the information includes: 11% of adults were diagnosed with diabetes, including 22% of adults ages 65 and older and 14% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

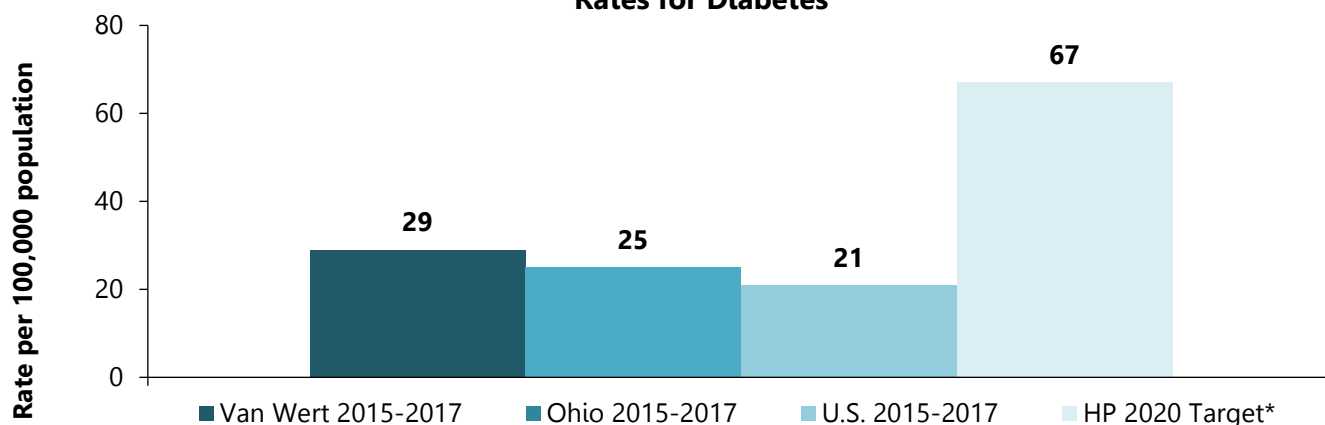
Adult Comparisons	Van Wert County 2015	Van Wert County 2018	Ohio 2017	U.S. 2017
Had been diagnosed with diabetes	10%	11%	11%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	5%	6%	2%	2%

2,328 of adults had been diagnosed with diabetes in their lifetime

The following graph shows the Van Wert County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for diabetes in comparison to the Healthy People 2020 objective. The graph shows:

- When age differences are accounted for, Van Wert County had a higher diabetes mortality rate than Ohio and the U.S. but a lower mortality rate than the Healthy People 2020 objective.

Healthy People 2020 Objective and Age-Adjusted Mortality Rates for Diabetes



**Note: The Healthy People 2020 rate is for all diabetes-related deaths
(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017, Healthy People 2020)*

Types of Diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2 and gestational diabetes (diabetes while pregnant).

- Type 1 diabetes** is caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.
- Type 2 diabetes** is when the body doesn't use insulin well and is unable to keep blood sugar at normal levels. Most people with diabetes—9 in 10—have type 2 diabetes. It develops over many years and is usually diagnosed in adults (though increasingly in children, teens, and young adults). Symptoms sometimes go unnoticed. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, healthy eating, and getting regular physical activity.
- Gestational diabetes** develops in pregnant women who have never had diabetes. Babies born to women with gestational diabetes could be at higher risk for health complications. Gestational diabetes usually goes away after the baby is born but increases the mothers risk for type 2 diabetes later in life. The baby is more likely to become obese as a child or teen, and more likely to develop type 2 diabetes later in life too.

(Source: CDC, About Diabetes, Updated: July 1, 2017)

Chronic Disease: Quality of Life

Key Findings

Forty-one percent (41%) of Van Wert County adults reported they were limited by any impairment or health problem. The most limiting health problems were back or neck problems (46%), arthritis/rheumatism (38%), chronic pain (25%), and walking problems (24%).

Impairments and Health Problems

- In 2018, 41% of Van Wert County adults reported they were limited by an impairment or health problem. Among those who were limited, the following most limiting health problems or impairments were reported:
 - Back or neck problems (46%)
 - Arthritis/rheumatism (38%)
 - Chronic pain (25%)
 - Walking problems (24%)
 - Stress, depression, anxiety, or emotional problems (21%)
 - Chronic illness (e.g., diabetes, cancer, heart and stroke related problems, high blood pressure) (21%)
 - Sleep problems (20%)
 - Fitness level (19%)
 - Lung/breathing problems (15%)
 - Hearing problems (11%)
 - Fractures, bone/joint injuries (10%)
 - Eye/vision problems (8%)
 - Memory loss (6%)
 - Mental health illness/disorder (4%)
 - Dental problems (4%)
 - Confusion (3%)
 - Learning disability (1%)
- Van Wert County adults needed the following services or equipment in the past year:
 - Eyeglasses or vision (22%)
 - Help with routine needs (everyday household chores, doing necessary business) (7%)
 - Pain management (7%)
 - Cane (7%)
 - Hearing aids or hearing care (6%)
 - Walker (5%)
 - Help with personal care needs (eating, bathing, dressing, getting around the house) (3%)
 - Medical supplies (3%)
 - Wheelchair (2%)
 - Durable medical equipment (e.g., P.R. Medical Connection) (2%)
 - Oxygen or respiratory support (2%)
 - Wheelchair ramp (1%)
 - Special bed (1%)
 - Mobility aids or devices (1%)
 - Personal emergency response system (1%)

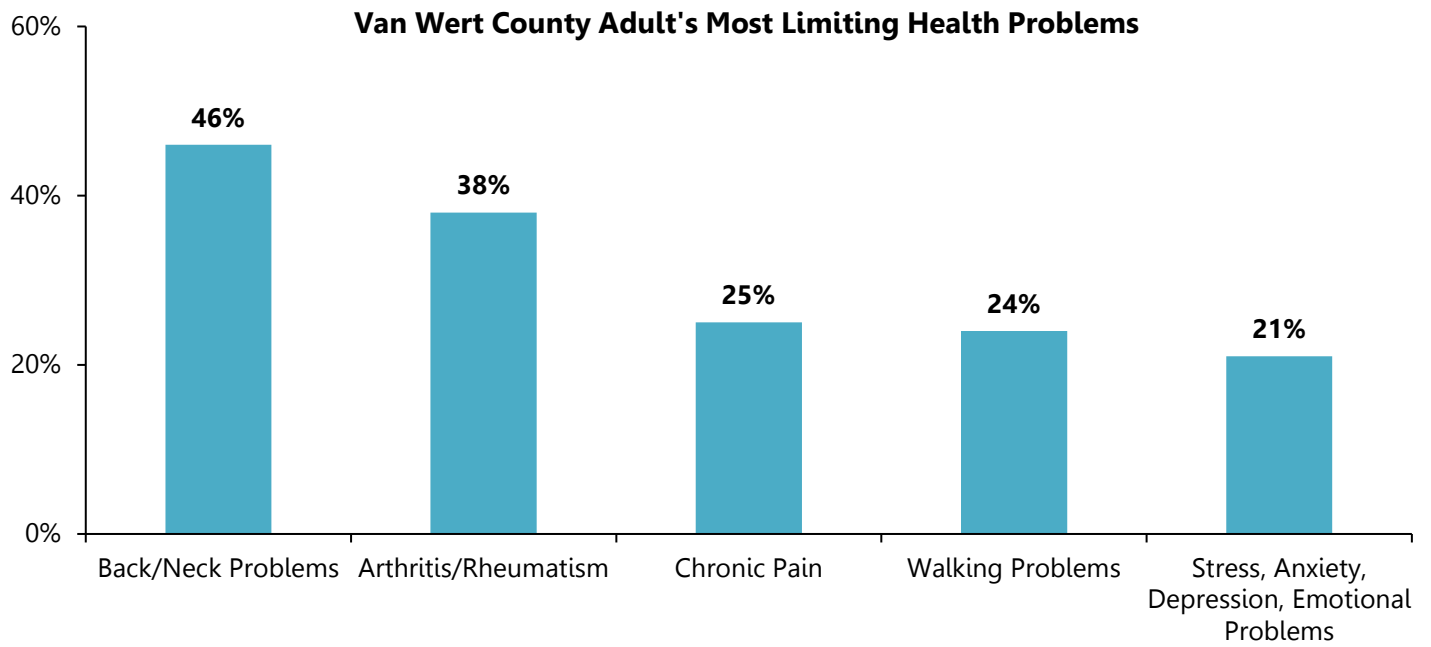
Healthy People 2020

Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)

Objective	Van Wert County 2018	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	38%	36%

Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2018 Van Wert County Health Assessment)

The following graph shows the most limiting health problems for Van Wert County adults. An example of how to interpret the information shown on the graph includes: 46% of adults reported back or neck problems were their most limiting health problems.



Social Conditions: Social Determinants of Health

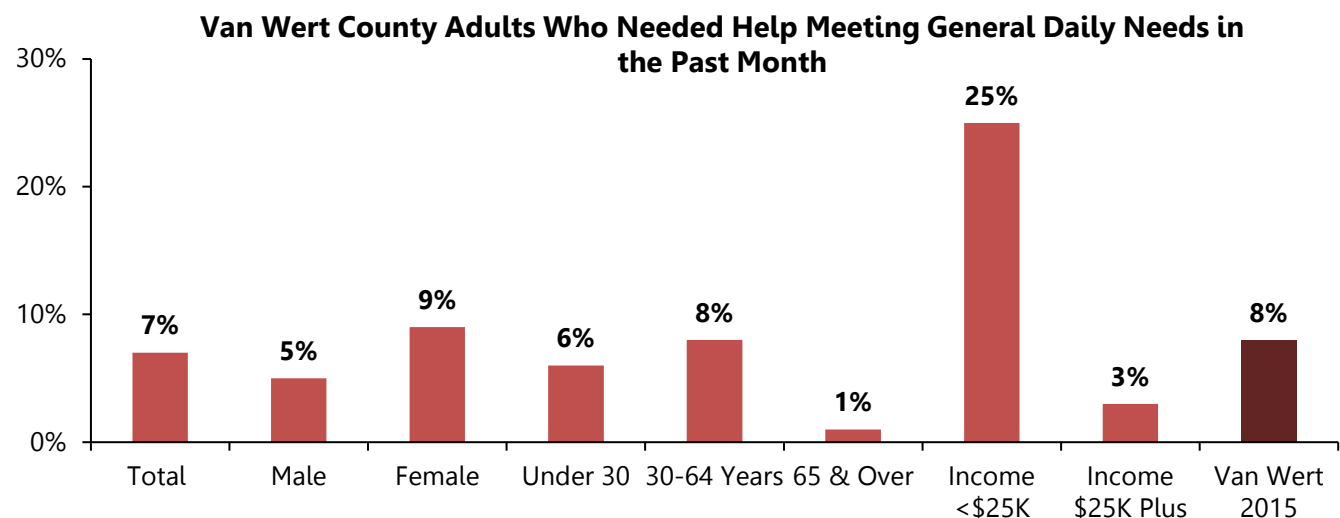
Key Findings

One-in-seven (14%) Van Wert County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Twelve percent (12%) of Van Wert County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Seven percent (7%) of adults had experienced at least one issue related to hunger/food insecurity in the past year.

Economic Stability

- Seven percent (7%) of Van Wert County adults needed help meeting their general daily needs such as food, clothing, shelter or paying for utilities in the past month, increasing to 25% of those with incomes less than \$25,000.
- Seven percent (7%) adults had experienced at least one issue related to hunger/food insecurity in the past year. They experienced the following: had to choose between paying bills and buying food (4%), worried food might run out (4%), did not eat because they did not have enough money for food (2%), went hungry/ate less to provide more food for their family (2%), loss of income led to food insecurity issues (1%) and their food assistance was cut (1%).
- Three percent (3%) of adults experienced more than one issue related to hunger/food insecurity in the past year.
- Twelve percent (12%) of adults with children experienced at least one issue related to hunger/food insecurity, compared to 3% of those who did not have children living in their household.
- Van Wert County adults received assistance for the following in the past year: dental care (12%), health care (11%), Medicare (11%), mental illness issues including depression (9%), prescription assistance (6%), food (5%), home repair (5%), utilities (4%), employment (2%), drug or alcohol addiction (2%), legal aid services (2%), free tax preparation (1%), rent/mortgage (1%), transportation (1%), credit counseling (1%), affordable childcare (1%), clothing (1%), and unplanned pregnancy (<1%).

The following graph shows the percentage of Van Wert County adults who needed help meeting general daily needs such as food, clothing, shelter or paying utilities bills in the past 30 days. An example of how to interpret the information on the graph includes: 7% of all Van Wert County adults needed help meeting their general daily needs, including 9% of females and 25% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

- The median household income in Van Wert County was \$49,120. The U.S. Census Bureau reports median income levels of \$54,077 for Ohio and \$60,336 for the U.S. (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2017).
- Eleven percent (11%) of all Van Wert County residents were living in poverty, and 14% of children and youth ages 0-17 were living in poverty (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2017).
- The unemployment rate for Van Wert County was 3.9 as of December 2018 (Source: Ohio Department of Job and Family Services, Office of Workforce Development, Bureau of Labor Market Information).
- There were 12,726 housing units. The owner-occupied housing unit rate was 75%. Rent in Van Wert County cost an average of \$678 per month (Source: U.S. Census Bureau, American Community Survey, 2013-2017).

Van Wert County adults and their loved ones needed the following assistance in the past year:

Type of Assistance	Needed Assistance	Received Assistance	Did Not Know Where to Look
Dental care	19%	12%	7%
Health care	16%	11%	5%
Medicare	15%	11%	4%
Mental illness issues including depression	14%	9%	5%
Home repair	10%	5%	5%
Prescription assistance	10%	6%	5%
Food	10%	5%	5%
Utilities	9%	4%	6%
Legal aid services	7%	2%	5%
Affordable child care	6%	1%	6%
Clothing	6%	1%	5%
Rent/mortgage	6%	1%	5%
Transportation	6%	1%	5%
Drug or alcohol addiction	6%	2%	5%
Employment	6%	2%	5%
Diapers	5%	0%	5%
Free tax preparation	5%	1%	4%
Gambling addiction	5%	0%	5%
Credit counseling	5%	1%	5%
Unplanned pregnancy	5%	<1%	4%
Post incarceration transition issues	4%	0%	4%

Education

- Ninety-two percent (92%) of Van Wert County adults 25 years and over had a high school diploma or higher *(Source: U.S. Census Bureau, American Community Survey, 2013-2017).*
- Sixteen percent (16%) of Van Wert County adults 25 years and over had at least a bachelor's degree *(Source: U.S. Census Bureau, American Community Survey, 2013-2017).*

Health and Health Care

- In the past year, 11% of adults were uninsured.
- More than two-thirds (69%) of Van Wert County adults visited a doctor for a routine checkup in the past year, increasing to 83% of those over the age of 65.
- Ove half (53%) of adults reported they had one person they thought of as their personal doctor or health care provider. Forty percent (40%) of adults had more than one person they thought of as their personal health care provider, and 7% did not have one at all.
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Van Wert County adults.

Social Determinants of Health

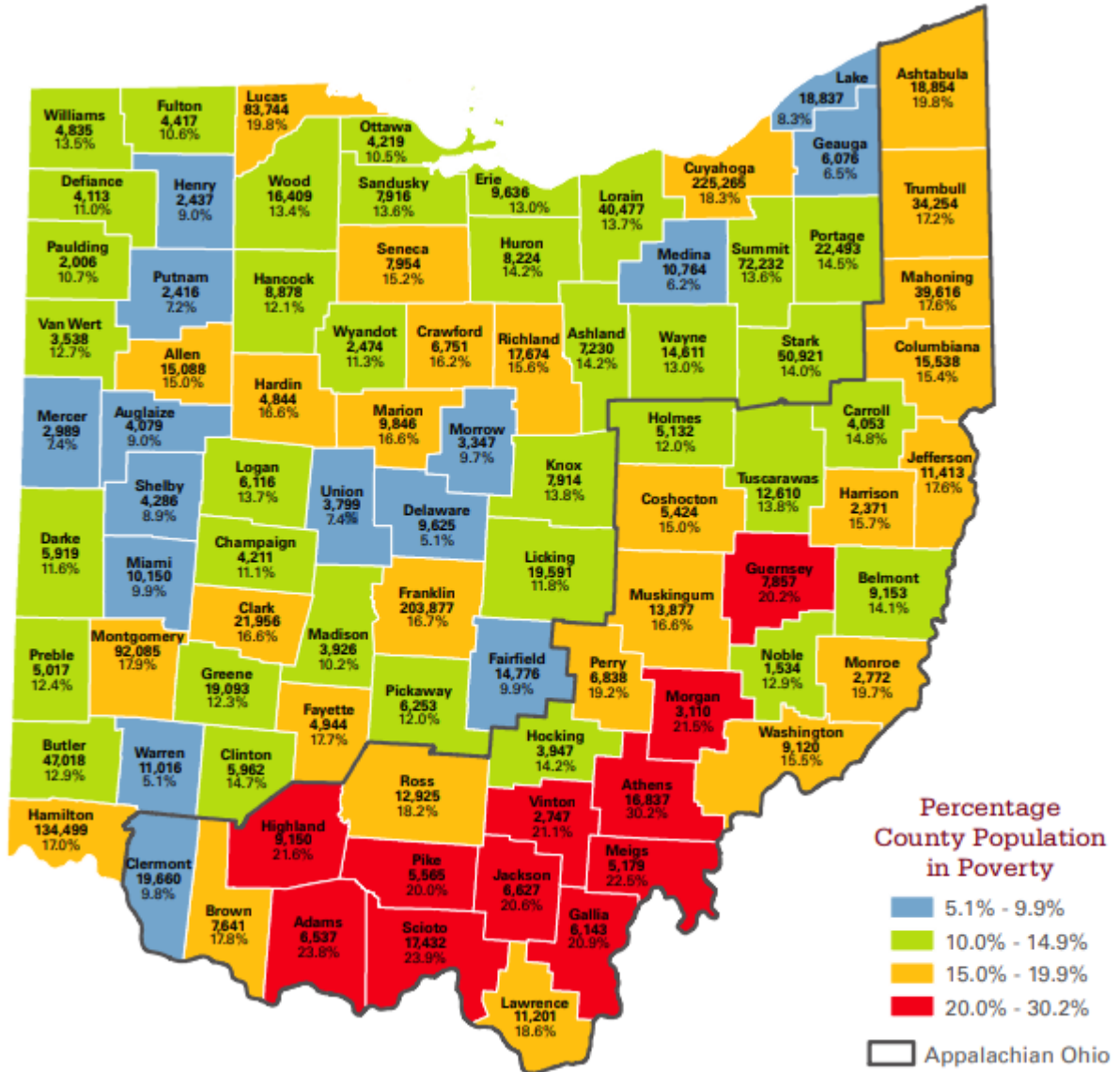
- Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.
- Conditions (e.g., social, economic, and physical) in these various environments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

(Source: HealthyPeople2020, Social Determinate of Health, Updated October 2, 2018)

The map below shows the variation in poverty rates across Ohio during the 2013-17 period.

- The 2013 to 2017 American Community Survey 5-year estimates that approximately 1,683,890 Ohio residents, or 14.9% of the population, were in poverty.
- From 2013 to 2017, 3,538 or 12.7% of Van Wert County residents were in poverty.

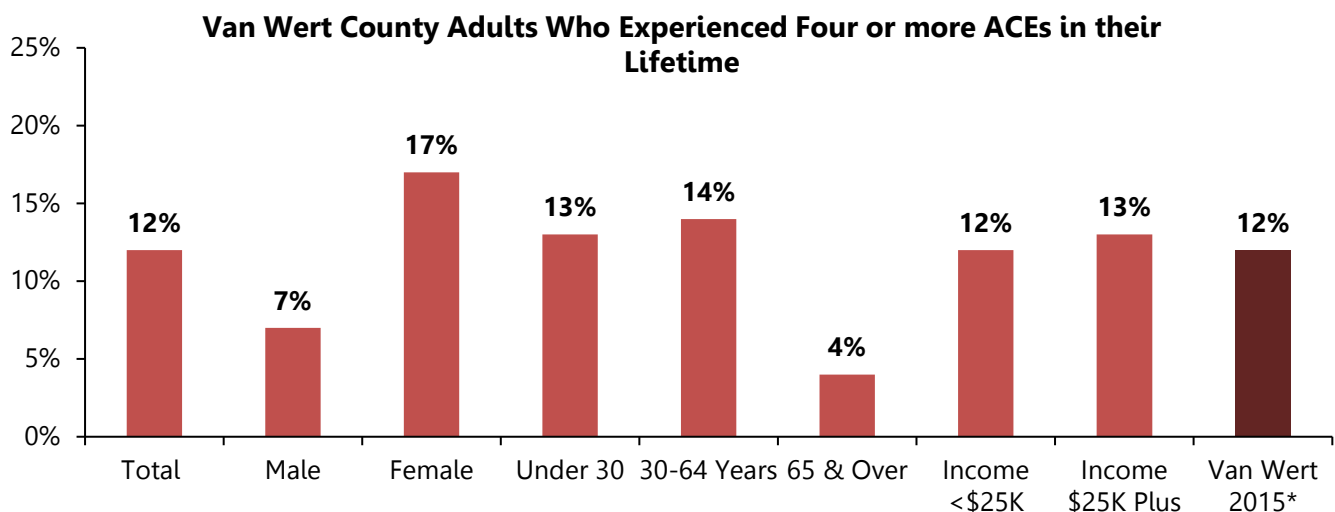
Estimated Poverty Rates in Ohio by County (2013-2017)



Social and Community Context

- One-in-seven (14%) Van Wert County adults were abused in the past year. They were abused by the following: a spouse or partner (8%), someone outside their home (4%), a child (4%), a parent (2%), another family member in the household (2%), and someone else (10%).
- Adults who were abused were abused in the following ways: verbally (50%), emotionally (43%), physically (10%), and through electronic methods (10%).
- Van Wert County adults experienced the following adverse childhood experiences (ACEs):
 - Their parents became separated or were divorced (18%)
 - A parent or adult in their home swore at, insulted, or put them down (17%)
 - Lived with someone who was a problem drinker or alcoholic (15%)
 - Lived with someone who was depressed, mentally ill, or suicidal (11%)
 - A parent or adult in their home hit, beat, kicked, or physically hurt them (10%)
 - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (8%)
 - Someone at least 5 years older than them or an adult touched them sexually (8%)
 - Lived with someone who used illegal street drugs, or who abused prescription medications (6%)
 - Their family did not look out for each other, feel close to each other, or support each other (5%)
 - Lived with someone who served time or was sentenced to serve time in prison, jail or correctional facility (5%)
 - Their parents were not married (5%)
 - Someone at least 5 years older than them or an adult tried to make them touch them sexually (4%)
 - Someone at least 5 years older than them or an adult forced them to have sex (2%)
 - They didn't have enough to eat, had to wear dirty clothing, and had no one to protect them (1%)
- Twelve percent (12%) of Van Wert County adults had 4 or more ACEs in their lifetime, increasing to 17% of females.

The following graph shows the percentage of Van Wert County adults who had experienced four or more adverse child experiences (ACEs) in their lifetime. An example of how to interpret the information on the graph includes: 12% of all Van Wert County adults had experienced four or more ACEs in their lifetime, including 17% of females.



**The 2015 Van Wert County Health Assessment reported those adults who had experienced 3 or more ACEs in their lifetime.*

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between those who experienced four or more ACEs in their lifetime and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 31% of those who experienced four or more ACEs were current smokers, compared to 14% of those who did not experience any ACEs.

Behaviors of Van Wert County Adults
Experienced 4 or More ACEs vs. Did Not Experience Any ACEs

Adult Behaviors	Experienced 4 or More ACEs	Did Not Experience Any ACEs
Current drinker (had at least one alcoholic beverage in the past month)	67%	57%
Classified as overweight or obese by BMI	61%	76%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	38%	30%
Current smoker (currently smoke on some or all days)	31%	14%
Felt sad or hopeless for two or more weeks in a row	26%	4%
Medication misuse in the past 6 months	11%	8%
Contemplated suicide in the past 12 months	2%	0%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

2,539 adults experienced 4 or more ACEs in their lifetime.

Adverse Childhood Experiences (ACEs)

- Childhood abuse, neglect, and exposure to other traumatic stressors—which we term adverse childhood experiences (ACEs)—are common. The most common are separated or divorced parents; verbal, physical, or sexual abuse; witness of domestic violence; and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in five states in 2009 reported having had at least one ACE, while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
 - Depression
 - Fetal death
 - Illicit drug use
 - Liver disease
 - STDs
 - Multiple sexual partners
 - Alcoholism and alcohol abuse
 - COPD
 - Unintended pregnancies
 - Suicide attempts
 - Early initiation of smoking
 - Risk for intimate partner violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.
- Studies are finding that there is a repetitive dose-response relationship between ACE and levels of exposure. A dose-response means that as the dose of the stressor increases, the intensity of the outcome will increase as well. As the number of ACEs increase so does the risk for the following:
 - Myocardial Infarction
 - Mental Distress
 - Unemployment
 - Diabetes
 - Asthma
 - Disability
 - Stroke
 - Lowered educational attainment

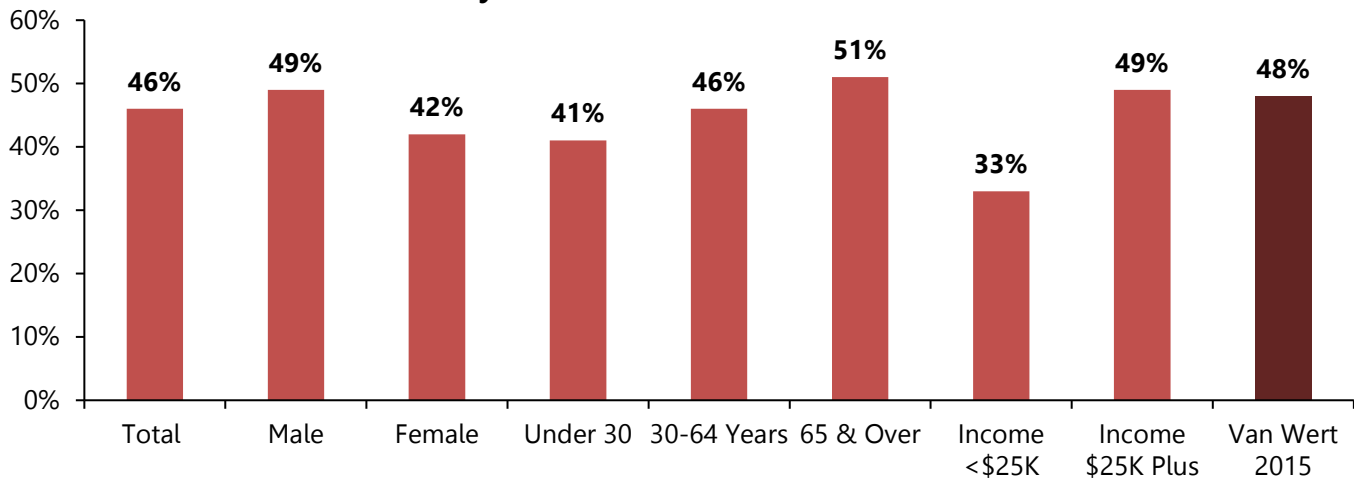
(Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey ACE Data, 2016)

Neighborhood and Built Environment

- Eight percent (8%) of Van Wert County adults had the following transportation issues: disabled (2%), suspended/no driver's license (2%), no car (2%), did not feel safe to drive (1%), limited public transportation available or accessible (1%), no public transportation available or accessible (1%), could not afford gas (1%), no car insurance (<1%), and other car issues/expenses (2%).
- Two percent (2%) of adults reported they had more than transportation issue.
- Van Wert County adults reported doing the following while driving: eating (34%); talking on hands-free cell phone (30%); talking on hand-held cell phone (29%); texting (15%); not wearing a seatbelt (14%); using internet on their cell phone (9%); reading (5%); being under the influence of prescription drugs (2%); being under the influence of alcohol (1%); and other activities (such as applying makeup, shaving, etc.) (3%).
- About one-third (35%) of adults reported they had more than one distraction while driving.
- When asked to describe the social and physical environment in which they live, work and play, Van Wert County adults reported the following:
 - Parks and trails are available (59%)
 - There are many ways to get involved within the community (55%)
 - Neighborhoods are safe (54%)
 - It is a great place to raise children (52%)
 - Fresh, healthy food is easy to get (47%)
 - Health care services are easy to find and use (46%)
 - Housing is safe and affordable (43%)
 - Working conditions are safe (34%)
 - There are good employment opportunities (33%)
 - Sidewalks are prevalent and accessible (31%)
 - Sidewalks, parks, and trails are used frequently (30%)
 - There is economic opportunity/there is room to grow financially (28%)
 - There are adequate transportation services available (26%)
 - People are often treated differently based on the color of their skin (9%)
- Van Wert County adults reported they would support the following community improvement initiatives:
 - More locally grown foods or farmer's markets (57%)
 - Local agencies partnering with grocery stores to provide healthier, low cost food items (44%)
 - Bike/walking trail accessibility or connectivity (39%)
 - Neighborhood safety (36%)
 - Safe roadways (34%)
 - New and/or updated parks (33%)
 - Sidewalk accessibility (32%)
 - Community gardens (31%)
 - New and/or updated recreation centers (31%)
- Adults reported that they or someone else deliberately tested all of the smoke detectors in their home less than a month ago (19%), 1 to 6 months ago (25%), 6 to 12 months ago (24%), one or more years ago (16%), and never (6%). Three percent (3%) reported they did not have smoke detectors in the home, and 8% did not know.
- Forty-six percent (46%) of Van Wert County adults kept a firearm in or around their home. Two percent (2%) of adults reported they were unlocked and loaded.

The following graph shows the percentage of Van Wert County adults that had a firearm in or around the home. An example of how to interpret the information shown on the graph includes: 46% of all Van Wert County adults had a firearm in or around the home, including 49% of males and 51% of those ages 65 and older.

Van Wert County Adults With a Firearm In or Around the Home



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Victims of Gun Violence in America

- More than 124,000 people are shot in murders, assaults, suicides & suicide attempts, accidents or by police intervention in America in an average year.
 - 35,141 people die from gun violence and 89,620 people survive gun injuries.
- Every day, an average of 342 people is shot in America. Of those 342 people, 96 people die and 246 are shot, but survive.
 - Of the 342 people who are shot every day, an average of 47 are children and teens.
 - Of the 96 people who die, 34 are murdered, 59 are suicides, 1 die accidentally and 1 with an unknown intent and 1 by legal intervention.
 - Of the 246 people who are shot but survive, 183 are from assault, 49 are shot accidentally, 11 are suicide attempts, and 4 are legal interventions.
- Despite more than 90% of Americans across the political spectrum agreeing that a background check should be conducted for every gun sale, a least one in five (or 20%) of guns are sold without a background check.
- Approximately 1.7 million children live in homes with unlocked, loaded guns, leading to tragic accidental, unintentional or self-inflicted shootings, particularly of youth.
- Two out of three (66%) of hate crimes nationally are never reported to law enforcement

(Source: Brady Campaign and Brady Center to Prevent Gun Violence, August 23, 2018)

Social Conditions: Environmental Conditions

Key Findings

The top three environmental health issues for Van Wert County adults that threatened their health in the past year were insects (16%), rodents (10%), and mold (7%). Fifty-five percent (55%) of adults had a 3-day supply of nonperishable food for everyone in the household in preparation for a disaster.

Environmental Health

- Van Wert County adults thought the following threatened their health or their family's health in the past year:
 - Insects (mosquitos, ticks, flies) (16%)
 - Rodents (mice or rats) (10%)
 - Mold (7%)
 - Agricultural chemicals (5%)
 - Chemicals found in household products (4%)
 - Moisture issues (4%)
 - Temperature regulation (heating and air conditioning) (3%)
 - Unsafe water supply/wells (3%)
 - Air quality (3%)
 - Plumbing problems (2%)
 - Sewage/waste water problems (1%)
 - Lice (1%)
 - Sanitation issues (1%)
 - Bed bugs (1%)
 - Radon (1%)
 - Asbestos (1%)
 - Radiation (<1%)
 - Lead paint (<1%)

Disaster Preparedness

- Van Wert County households had the following disaster preparedness supplies: cell phone (86%), working smoke detector (84%), cell phone with texting (82%), working flashlight and working batteries (80%), computer/tablet (76%), 3-day supply of nonperishable food for everyone in the household (55%), 3-day supply of prescription medication for each person who takes prescribed medicines (51%), working battery-operated radio and working batteries (45%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (44%), generator (38%), home land-line telephone (29%), communication plan (28%), a family disaster plan (16%) and a disaster plan (12%).

Mold Prevention Tips

- Exposure to damp and moldy environments may cause a variety of health effects. Mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation.
- In your home, you can control mold growth by following these tips:
 - Keep humidity levels as low as you can, no higher than 50%, all day long
 - Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
 - Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.
 - Clean up and dry out your home thoroughly and quickly (within 24–48 hours) after flooding.
 - Add mold inhibitors to paints before painting.
 - Clean bathrooms with mold-killing products.
 - Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly. Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

(Source: CDC, Facts about Mold and Dampness, updated 9/5/17)

Social Conditions: Parenting

Key Findings

Forty percent (40%) of Van Wert County parents talked to their 12-to-17-year-old about dating and relationships in the past year. Eighty-five percent (85%) of parents reported their children had received all recommended vaccinations.

Parenting

- Van Wert County parents had looked for the following specialists for their children:
 - Dentist/orthodontist (51%)
 - Ear, nose, and throat (ENT) doctor (37%)
 - Ophthalmologist (eye doctor) (23%)
 - Psychiatrist/mental health provider (14%)
 - Dermatologist (skin doctor) (11%)
 - Allergist (7%)
 - Cardiologist (heart doctor) (6%)
 - Neurologist (4%)
 - Pulmonologist (lung doctor) (4%)
 - Endocrinologist (diabetes doctor) (3%)
 - Developmental pediatrician (2%)
- Eighty-five percent (85%) of Van Wert County children had received all recommended vaccinations.
- Children did not get all their recommended vaccinations for the following reasons: fear of immunization (3%), doctor did not recommend (3%), religious/personal beliefs (2%), fear of adverse effects (1%), did not think immunization was necessary (1%), fear of getting sick (1%), and other reasons (6%).
- Parents discussed the following health topics with their 12-to-17-year-old in the past year:
 - Dating and relationships (40%)
 - Career plan/post-secondary education (37%)
 - Social media issues (36%)
 - Bullying (cyber/indirect/physical/verbal) (32%)
 - Abstinence and how to refuse sex (age appropriate) (32%)
 - Negative effects of alcohol/tobacco/illegal drugs/misusing prescription drugs (29%)
 - School/legal consequences of using alcohol/tobacco/other drugs (24%)
 - Volunteering (23%)
 - Weight status (23%)
 - Depression/anxiety/suicide (23%)
 - Body image (22%)
 - Birth control/condoms/safe sex/STD prevention (age appropriate) (20%)
 - Refusal skills/peer pressure (18%)
 - Energy drinks (14%)

Youth Health: Weight Status

Key Findings

Nearly one-fifth (18%) of Van Wert County youth were obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 34% of Van Wert County youth reported that they were slightly or very overweight. Twelve percent (12%) youth did not participate in at least 60 minutes of physical activity on any day in the past week.

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 fat changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- Nearly one-fifth (18%) of Van Wert County youth were classified as obese by body mass index (BMI) calculations, 18% were classified as overweight, 62% were normal weight, and 2% were underweight.

1,076 Van Wert County youth were classified as overweight or obese.

- Over one-third (34%) of youth described themselves as being either slightly or very overweight.
- Forty-six percent (46%) of all youth were trying to lose weight, increasing to 56% of Van Wert County female youth (compared to 36% of males).
- Youth did the following to lose or keep from gaining weight in the past 30 days:
 - Exercised (43%)
 - Drank more water (43%)
 - Ate more fruits and vegetables (30%)
 - Ate less food, fewer calories, or foods lower in fat (28%)
 - Skipped meals (16%)
 - Went without eating for 24 hours or more (5%)
 - Vomited or took laxatives (2%)
 - Took diet pills, powders, or liquids without a doctor's advice (2%)
 - Smoked cigarettes or e-cigarettes to lose weight (1%)
 - Used illegal drugs (1%)
- Forty percent (40%) of youth did not do anything to lose or keep from gaining weight.

Healthy People 2020 Nutrition and Weight Status (NWS)

Objective	Van Wert County 2018	U.S. 2017	Healthy People 2020 Target
NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese	18% (6-12 Grade) 20% (9-12 Grade)	15% (9-12 Grade)	15%

Note: The Healthy People 2020 target is for children and youth aged 2-19 years.
(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2018 Van Wert County Health Assessment)

Nutrition

- Six percent (6%) of youth reported they went to bed hungry on at least one day in the past week because their family did not have enough money for food. One percent (1%) of youth went to bed hungry every night of the week.
- About one-fifth (17%) of youth ate 5 or more servings of fruits **and/or** vegetables per day, 37% ate 3-4 servings; and 41% of youth ate 1-2 servings. Five percent (5%) of youth ate 0 servings of fruits and/or vegetables per day.

The table below indicates the number of servings Van Wert County youth had of fruit, vegetables, sugar-sweetened beverages and caffeinated beverages per day.

	5 or more servings	3-4 servings	1-2 servings	0 servings
Fruit	2%	13%	75%	10%
Vegetables	2%	9%	76%	13%
Sugar-sweetened beverage	4%	16%	60%	20%
Caffeinated beverage	4%	10%	48%	38%

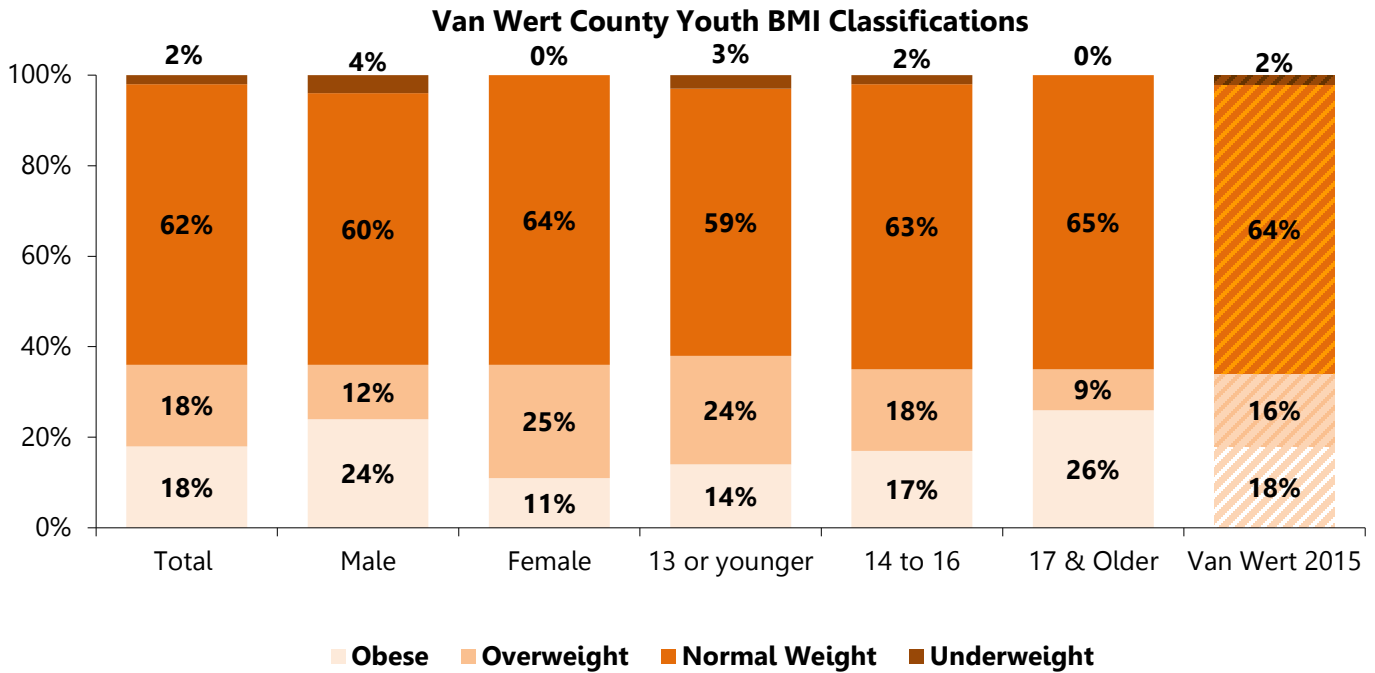
Physical Activity

- During the past week, youth participated in at least 60 minutes of physical activity at the following frequencies:
 - 3 or more days (70%)
 - 5 or more days (51%)
 - Every day (31%)
 - 0 days (12%)

359 youth did not participate in any physical activity in the past week.

- 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, children can engage in aerobic activity, muscle strengthening, and bone strengthening, as appropriate to their age. Children should participate in each of these types of activity on at least three days per week (*CDC, 2018*).
- Van Wert County youth spent an average of 3.4 hours on a cell phone, 1.7 hours watching TV, 1.6 hours on the computer/tablet and 1.5 hours playing video games on an average day of the week.
- One-quarter (25%) of youth spent three or more hours watching TV on an average day.

The following graph shows the percentage of Van Wert County youth who were classified as obese, overweight, normal weight or underweight according to body mass index (BMI) by age. An example of how to interpret the information includes: 62% of all Van Wert County youth were classified as normal weight, 18% were obese, 18% were overweight, and 2% were underweight.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Health Effects of Childhood Obesity

Childhood obesity has both immediate and long-term effects on health and well-being.

Immediate health effects:

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Long-term health effects:

- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age two were more likely to be obese as adults.
- Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin’s lymphoma.

(Sources: CDC, *Childhood Overweight and Obesity*, Updated: 12/15/16)

Youth Comparisons	Van Wert County 2015 (6th-12th)	Van Wert County 2018 (6th-12th)	Van Wert County 2018 (9th-12th)	U.S. 2017 (9th-12th)
Obese	18%	18%	20%	15%
Overweight	16%	18%	15%	16%
Described themselves as slightly or very overweight	31%	34%	35%	32%
Tried to lose weight	44%	46%	47%	47%
Exercised to lose weight (in the past 30 days)	42%	43%	49%	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	24%	28%	29%	N/A
Went without eating for 24 hours or more (in the past 30 days)	4%	5%	7%	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	2%	2%	2%	N/A
Vomited or took laxatives (in the past 30 days)	1%	2%	2%	N/A
Physically active at least 60 minutes per day on every day in past week	35%	31%	31%	26%
Physically active at least 60 minutes per day on 5 or more days in past week	61%	51%	53%	46%
Did not participate in at least 60 minutes of physical activity on any day in past week	7%	12%	11%	15%
Watched 3 or more hours per day of television (on an average school day)	39%	25%	32%	21%

N/A – Not Available

Youth Health: Tobacco Use

Key Findings

Four percent (4%) of Van Wert County youth were current smokers. One-in-seven (14%) youth were current electronic vapor product users. Of youth who had used e-cigarettes/vapes in the past 12 months, 44% used e-liquid or e-juice with nicotine in them.

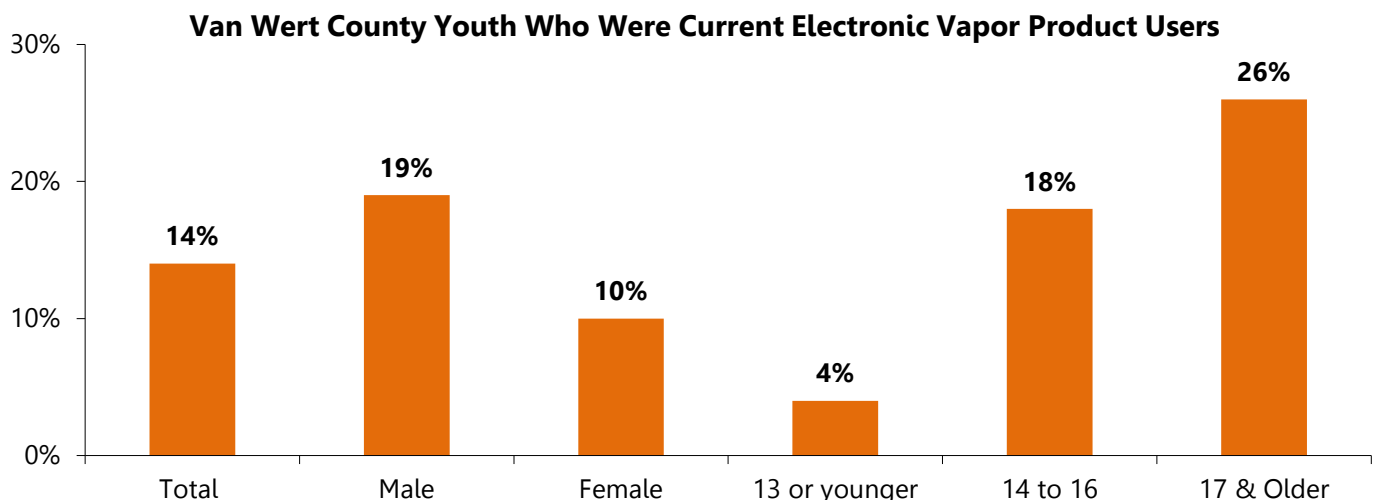
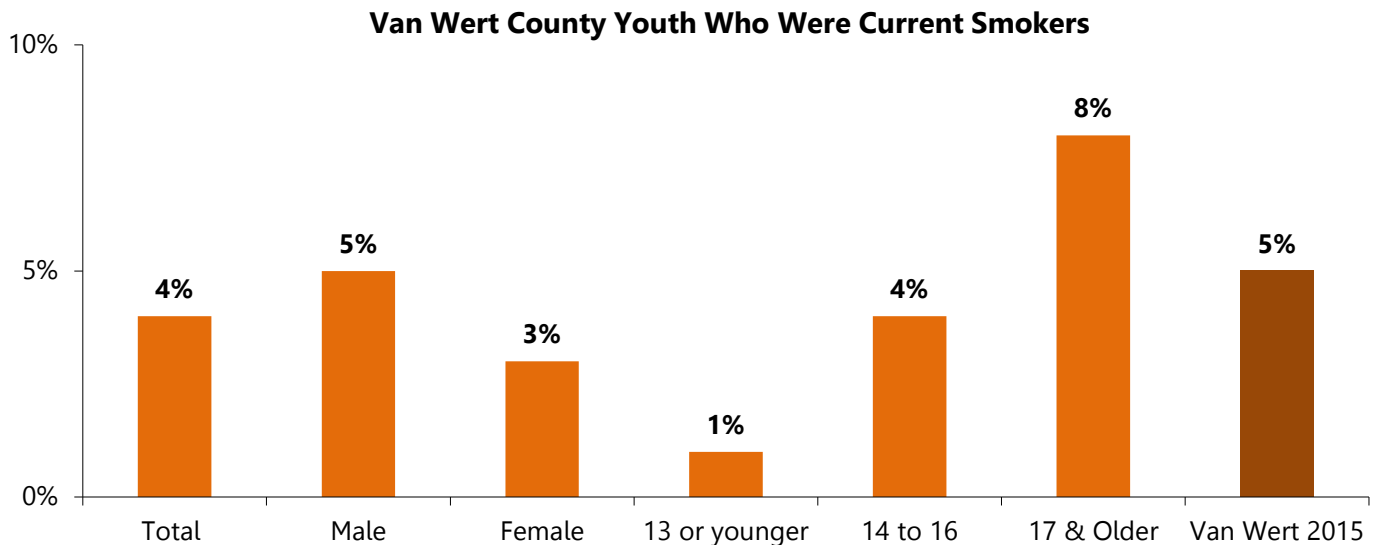
Youth Tobacco Use Behaviors

- Fifteen percent (15%) of Van Wert County youth had tried cigarette smoking, increasing to 19% of males and 33% of those ages 17 and older.
- Six percent (6%) of all youth had smoked a whole cigarette for the first time before the age of 13.
- Nearly one-fifth (19%) of those who had smoked a whole cigarette did so at 10 years old or younger, and another 20% had done so by 12 years old. The average age of onset for smoking was 13.2 years old.
- Four percent (4%) of youth were current smokers, having smoked at some time in the past 30 days, increasing to 8% of youth ages 17 and older.
- Less than one percent (<1%) of all Van Wert County youth smoked cigarettes on 20 or more days during the past month.
- Eighty-three percent (83%) youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.

419 Van Wert County youth were current electronic vapor product users.

- Youth used the following forms of tobacco in the past year:
 - E-cigarettes (10%)
 - Cigarettes (7%)
 - Cigars (5%)
 - Swishers (5%)
 - Black and Milds (4%)
 - Chewing tobacco, snuff, or dip (3%)
 - Pouch [snus] (2%)
 - Cigarillos (1%)
 - Hookah (1%)
 - Little cigars (1%)
 - Dissolvable tobacco products (<1%)
 - Bidis (<1%)
- Youth smokers reported the following ways of obtaining cigarettes:
 - Borrowed (or bummed) cigarettes from someone else (35%)
 - A person 18 year or older gave them the cigarettes (35%)
 - Bought cigarettes from a store such as a convenience store, supermarket, discount store, or gas station (29%)
 - Gave someone else money to buy them (24%)
 - Took them from a store or family member (18%)
 - Some other way (18%)
- One in seven (14%) Van Wert County youth were current electronic vapor product users, having used one at some time in the past 30 days.
- Of youth that had used e-cigarettes/vapes in the past 12 months, they reported putting the following in them:
 - E-liquid or e-juice without nicotine (59%)
 - E-liquid or e-juice with nicotine (44%)
 - Marijuana or THC in the e-liquid (16%)
 - Homemade e-liquid or e-juice (1%)

The following graphs show the percentage of Van Wert County youth who were current smokers and current electronic vapor product users. An example of how to interpret the information in the first graph includes: 4% of all Van Wert County youth were current smokers, including 5% of males and 3% of females.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Healthy People 2020 Tobacco Use (TU)

Objective	Van Wert County 2018	U.S. 2017	Healthy People 2020 Target
TU-2.2 Reduce use of cigarettes by adolescents (past month)	4% (6-12 Grade)	9% (9-12 Grade)	16%
	6% (9-12 Grade)		

Note: The Healthy People 2020 target is for youth in grades 9-12.
(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2018 Van Wert County Health Assessment)

The table below indicates correlations between current smokers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 90% of current smokers had sexual intercourse in their lifetime, compared to 26% of non-current smokers.

Behaviors of Van Wert County Youth
Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Had sexual intercourse (in their lifetime)	90%	26%
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	85%	22%
Had at least one drink of alcohol (in the past 30 days)	83%	13%
Bullied (in the past 12 months)	69%	38%
Used marijuana (in the past 30 days)	58%	5%
Seriously considered attempting suicide (in the past 12 months)	53%	13%
Attempted suicide (in the past 12 months)	31%	4%
Misused prescription medication (in the past 30 days)	8%	3%

*“Current smokers” indicate youth who self-reported smoking at any time during the past 30 days.
 Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

Youth Comparisons	Van Wert County 2015 (6 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Ever tried cigarette smoking (even one or two puffs)	19%	15%	23%	29%
Current smoker (smoked on at least 1 day during the past 30 days)	5%	4%	6%	9%
Currently use an electronic vapor product (on at least 1 day during the past 30 days)	N/A	14%	21%	13%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	4%	6%	6%	10%
Currently frequently smoked cigarettes (on 20 or more days during the past 30 days)	1%	<1%	1%	3%
Usually obtained cigarettes by buying them in a store or gas station (of current smokers)	17%	29%	33%	N/A

N/A-Not Available

E-Cigarette Use Among Youth and Young Adults

- E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014.
- E-cigarette aerosol is not harmless “water vapor.” It can contain harmful and potentially harmful constituents, including nicotine. Nicotine exposure during adolescence can cause addiction and can harm the developing adolescent brain.
- The most recent estimates available show that 13.5% of middle school students (2015), 37.7% of high school students (2015), and 35.8% of young adults (2013–2014) had ever used an e-cigarette.
- Among middle and high school students, both lifetime use and past-30-day e-cigarette use have more than tripled since 2011.
- The most recent data available show that the prevalence of past-30-day use of e-cigarettes is similar among high school students (16% in 2015, 13.4% in 2014) and young adults 18–24 years of age (13.6% in 2013–2014) compared to middle school students (5.3% in 2015, 3.9% in 2014) and adults 25 years of age and older (5.7% in 2013–2014).
- In 2015, 58.8% of high school students who were current users of combustible tobacco products were also current users of e-cigarettes.
- E-cigarette products can be used as a delivery system for cannabinoids and potentially for other illicit drugs. More specific surveillance measures are needed to assess the use of drugs other than nicotine in e-cigarettes.

(Source: U.S. Department of Health and Human Services, A Report of the Surgeon General, 2016)

Youth Health: Alcohol Consumption

Key Findings

About two-fifths (41%) of Van Wert County youth had at least one drink of alcohol in their life. Fifteen percent (15%) of youth had at least one drink in the past 30 days, defining them as a current drinker. Of those who drank, 70% were defined as binge drinkers.

Youth Alcohol Consumption

- About two-fifths (41%) of youth had at least one drink of alcohol in their life, increasing to 68% of those ages 17 and older.
- Fifteen percent (15%) of youth had at least one drink in the past 30 days, increasing to 23% of those ages 17 and older.

209 youth were binge drinkers.

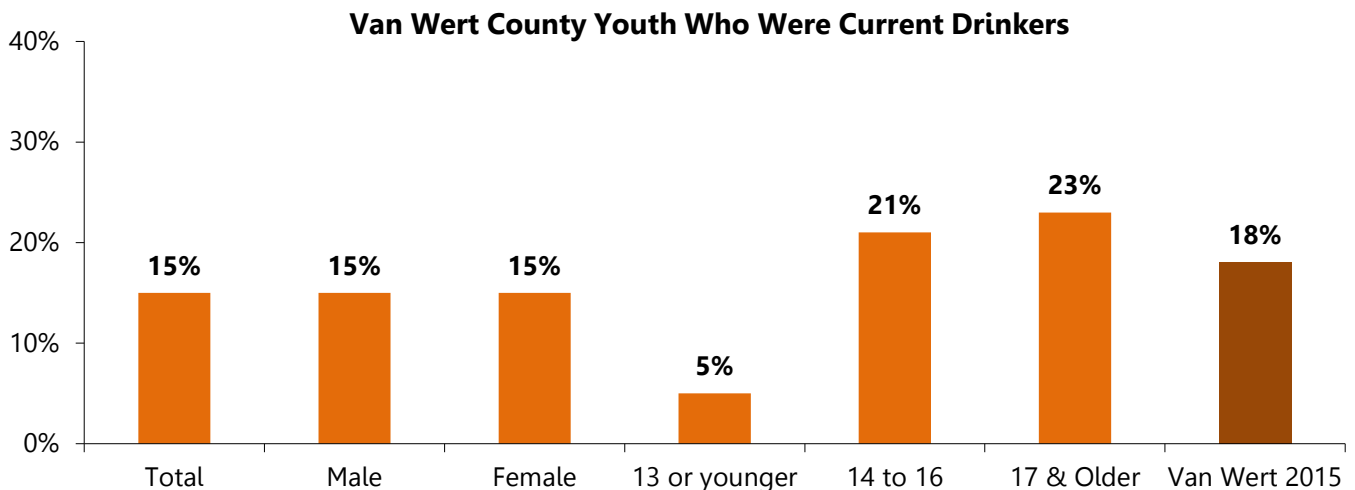
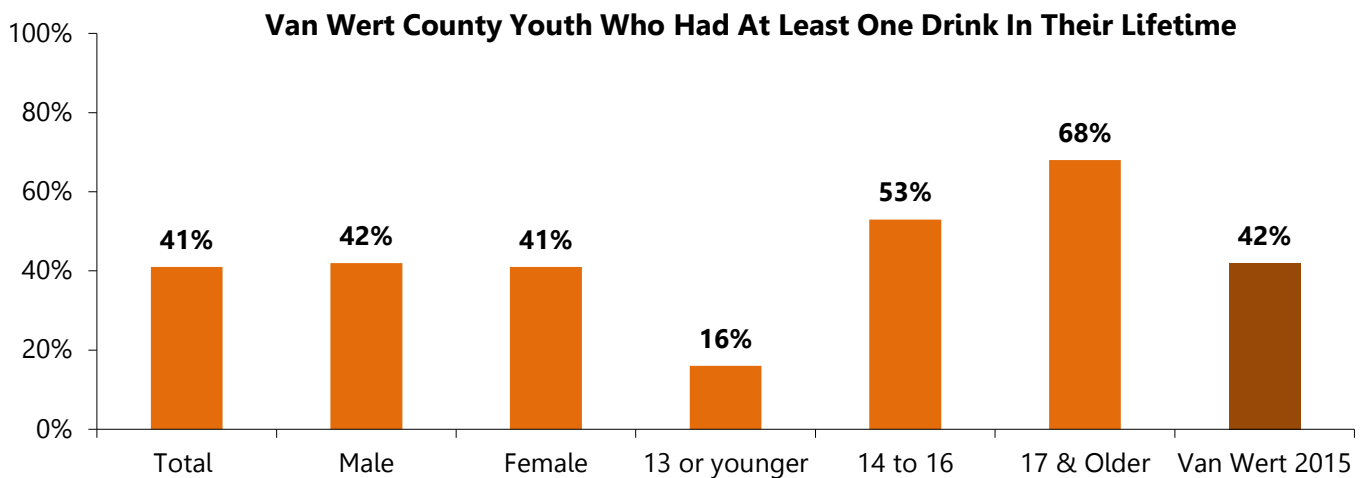
- Based on all youth surveyed, 7% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers, increasing to 10% of those ages 17 and older. Of those who drank, 47% were defined as binge drinkers.
- Of all youth, 9% had drunk alcohol for the first time before the age of 13.
- Over one-quarter (26%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 30% took their first drink between the ages of 13 and 14, and 44% started drinking between the ages of 15 and 18. The average age of onset was 13.9 years old.
- Youth drinkers reported the following ways of obtaining their alcohol:
 - A parent gave it to them (33%)
 - Someone gave it to them (28%)
 - Someone older bought it (28%)
 - An older friend or sibling bought it for them (20%)
 - A friend's parent gave it to them (13%)
 - Took it from a store or family member (10%)
 - Used a fake ID (2%)
 - Some other way (20%)
 - No one reported buying it in a liquor store, convenience store, supermarket, discount store, or gas station.
- Youth drinkers usually drank alcohol in the following places:
 - Home (63%)
 - A friend's home (45%)
 - Another person's home (33%)
 - A public event such as a concert or sporting event (3%)
 - A public place such as a park, beach or parking lot (3%)
 - While riding in or driving a car or other vehicle (3%)
 - On school property (2%)
 - No one reported drinking alcohol at a restaurant, bar or club.
- During the past month, 12% of all Van Wert County youth had ridden in a car driven by someone who had been drinking alcohol.
- Two percent (2%) of youth drivers had driven a car in the past month after they had been drinking alcohol.

Healthy People 2020 Substance Abuse (SA)

Objective	Van Wert County 2018	U.S. 2017	Healthy People 2020 Target
SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month	7% (6-12 Grade) 12% (9-12 Grade)	14% (9-12 Grade)	9%

*Note: The Healthy People 2020 target is for youth aged 12-17 years.
(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2018 Van Wert County Health Assessment)*

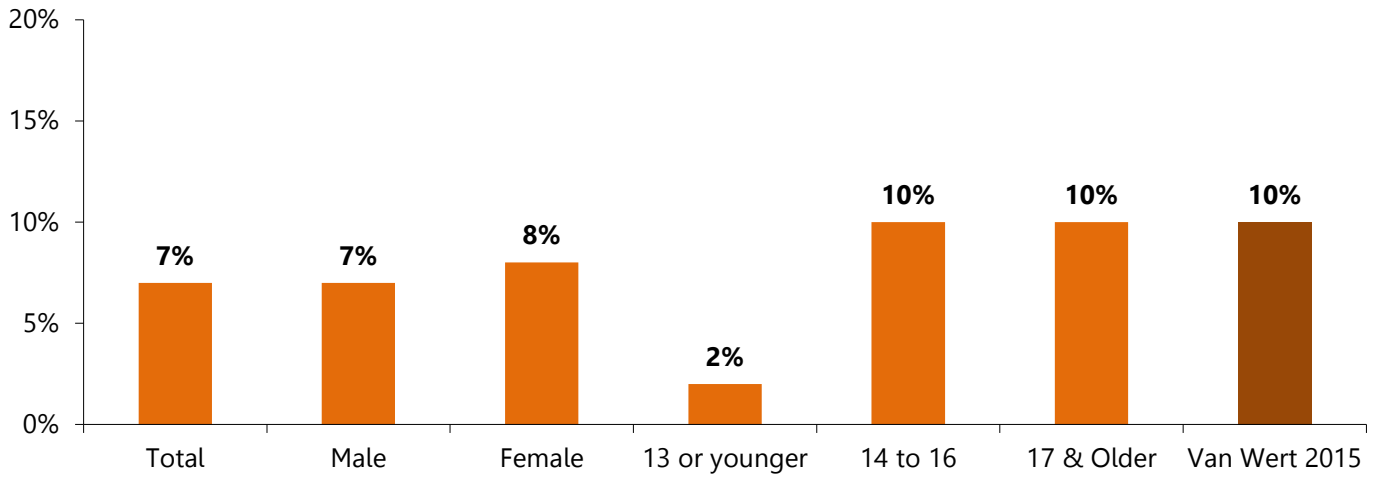
The following graphs show the percentage of Van Wert County youth who drank in their lifetime and who were current drinkers. An example of how to interpret the information on the first graph includes: 41% of all Van Wert County youth had drunk at some time in their life, including 68% of youth ages 17 and over.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the percentage of youth who binge drank in the past month. An example of how to interpret the information includes: 7% of youth binge drank, including 10% of youth ages 17 and older.

Van Wert County Youth Binge Drinking in Past Month



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between current drinkers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 67% of current drinkers had experienced three or more ACEs in their lifetime, compared to 17% of non-current drinkers.

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

Youth Behaviors	Current Drinker	Non-Current Drinker
Currently participate in extracurricular activities	92%	90%
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	67%	17%
Bullied (in the past 12 months)	59%	35%
Had sexual intercourse (in their lifetime)	51%	23%
Seriously considered attempting suicide (in the past 12 months)	31%	11%
Used marijuana (in the past 30 days)	28%	3%
Smoked cigarettes (in the past 30 days)	20%	1%
Attempted suicide (in the past 12 months)	14%	3%
Misused prescription medication (in the past 30 days)	8%	2%

"Current drinkers" indicate youth who self-reported having had at least one drink of alcohol during the past 30 days.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Van Wert County 2015 (6 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	42%	41%	61%	60%
Current Drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	18%	15%	25%	30%
Binge drinker (drank 5 or more drinks within a couple of hours on at least 1 day during the past 30 days)	10%	7%	12%	14%
Drank for the first time before age 13 (of all youth)	12%	9%	9%	16%
Obtained the alcohol they drank by someone giving it to them (of youth drinkers)	48%	28%	25%	44%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on 1 or more occasion during the past 30 days)	21%	12%	10%	17%
Drove when they had been drinking alcohol (in a car or vehicle, 1 or more times during the 30 days before the survey, among youth who had driven a car or other vehicle)	7%*	2%	3%	6%

*Only includes students in grades 9th-12th

N/A-Not Available

Consequences of Underage Drinking

- Youth who drink alcohol are more likely to experience the following:
 - School problems, such as higher absence and poor or failing grades
 - Social problems, such as fighting and lack of participation in youth activities
 - Legal problems, such as arrest for driving or physically hurting someone while drunk
 - Physical problems, such as hangovers or illnesses
 - Unwanted, unplanned, and unprotected sexual activity
 - Disruption of normal growth and sexual development
 - Physical and sexual assault
 - Higher risk for suicide and homicide
 - Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning
 - Memory problems
 - Abuse of other drugs
 - Changes in brain development that may have life-long effects
 - Death from alcohol poisoning
- In general, the risk of youth experiencing these problems is greater for those who binge drink than for those who do not binge drink.
- Early initiation of drinking is associated with development of an alcohol use disorder later in life.

(Source: CDC, Alcohol and Public Health, updated on August 2, 2018)

Youth Health: Drug Use

Key Findings

In 2018, 7% of Van Wert County youth had used marijuana at least once in the past 30 days, increasing to 15% of those ages 17 and over. Three percent (3%) of youth used prescription drugs not prescribed for them in the past month.

209 youth were current marijuana users.

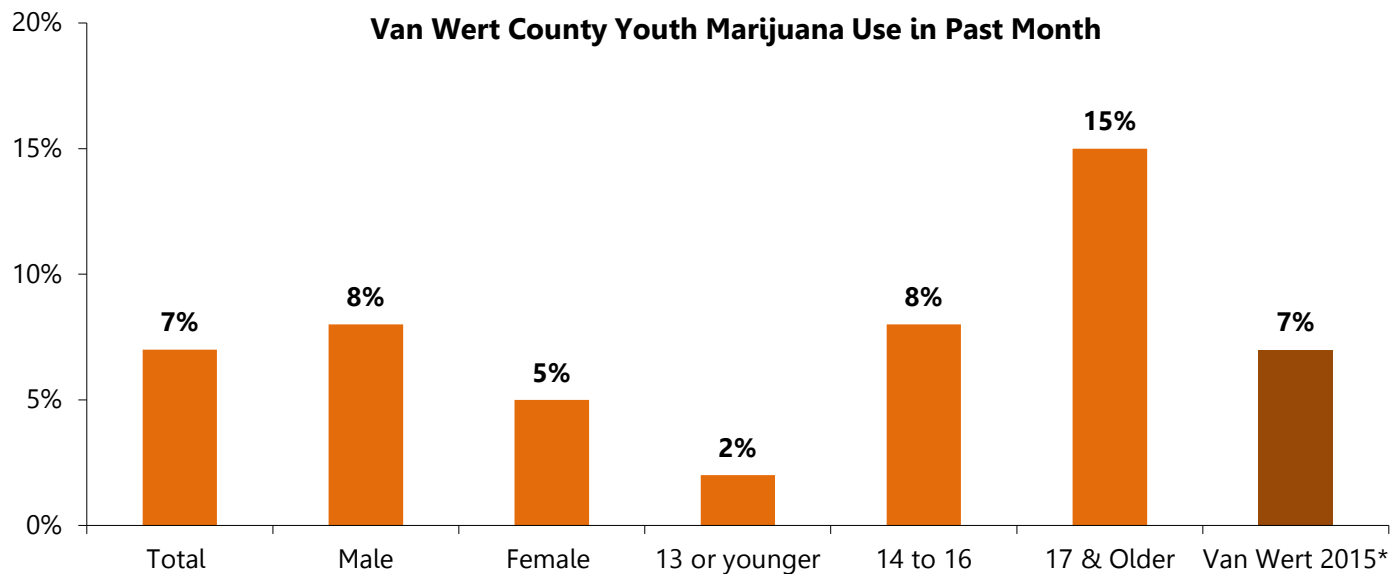
Youth Drug Use

- In 2018, 7% of all Van Wert County youth had used marijuana at least once in the past 30 days, increasing to 15% of those ages 17 and over
- Three percent (3%) of youth tried marijuana before the age of 13. The average age of onset was 14.2 years old.
- In the past month, 3% of youth reported using prescriptions drugs not prescribed for them.
- Van Wert County youth had tried the following in their life:
 - Liquid THC (4%)
 - Prescription medications not prescribed for them, or took more than was prescribed (3%)
 - Inhalants (3%)
 - Ecstasy/MDMA/Molly (2%)
 - Posh/salvia/synthetic marijuana (2%)
 - Misused cough syrup (2%)
 - Hallucinogenic drugs (1%)
 - Cocaine (1%)
 - K2/spice (1%)
 - Methamphetamines (1%)
 - Steroid pills or shots without a doctor’s prescription (1%)
 - Bath salts (1%)
 - Misused hand sanitizer (1%)
 - Heroin (<1%)
 - Steroids (<1%)
 - Went to a pharm party (0%)
 - GHB (0%)
 - Misused over-the-counter medications (0%)
- During the past 12 months, 4% of all Van Wert County youth reported that someone had offered, sold, or given them an illegal drug on school property.

Accessibility of Substances to Van Wert County Youth

Substance	Available	Not Available	Don't Know
Alcohol	40%	45%	15%
Electronic Vapor Products	31%	57%	12%
Tobacco	28%	60%	12%
Marijuana	17%	69%	14%
Prescription drugs not prescribed to you	16%	64%	20%
Synthetic drugs (ex. K2, Spice, etc.)	1%	80%	19%
Methamphetamines	1%	80%	19%
Heroin	1%	79%	20%

The following graph shows youth marijuana use in the past 30 days. An example of how to interpret the information includes: 7% of youth have used marijuana in the past 30 days, including 8% of males and 15% of those 17 and older.



*2015 data only includes students in grades 7th-12th

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between 30-day marijuana use and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 64% of current marijuana users had at least one drink of alcohol in the past month, compared to 12% of non-current marijuana users.

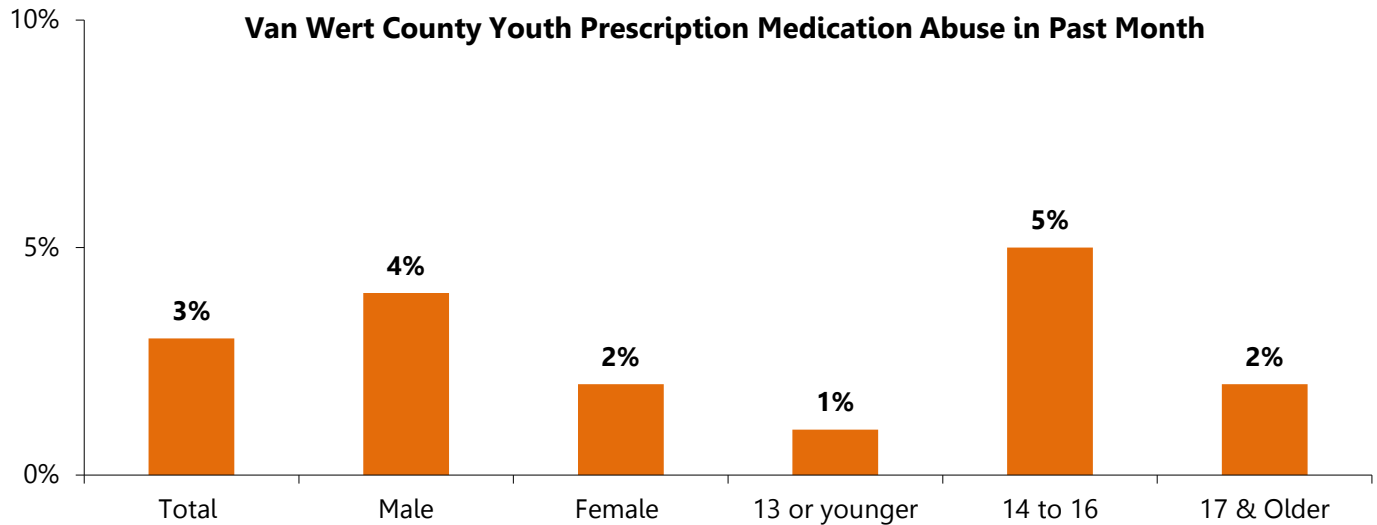
Behaviors of Van Wert County Youth Current Marijuana Use vs. Non-Current Marijuana Use

Youth Behavior	Current Marijuana User	Non-Current Marijuana User
Currently participate in extracurricular activities	86%	91%
Had at least one drink of alcohol (in the past 30 days)	64%	12%
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	63%	20%
Had sexual intercourse (in their lifetime)	63%	26%
Bullied (in the past 12 months)	50%	37%
Seriously considered attempting suicide (in the past 12 months)	36%	12%
Smoked cigarettes (in the past 30 days)	32%	2%
Misused prescription medication (in the past 30 days)	14%	2%
Attempted suicide (in the past 12 months)	9%	4%

"Current marijuana use" indicates youth who self-reported using marijuana at any time during the past 30 days.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows youth prescription medication abuse in the past 30 days. An example of how to interpret the information includes: 3% of youth have misused prescription medication in the past 30 days, including 4% of males and 2% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Prescription (Rx) Drug Misuse

Prescription drug misuse has become a large public health problem, because misuse can lead to addiction, and even overdose deaths. For teens, it is a growing problem:

- After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.
- Teens misuse prescription drugs for many reasons, including to get high, to stop pain, or because they think it will help them with school work.
- Many teens get prescription drugs they misuse from friends and relatives, sometimes without the person knowing.
- Boys and girls tend to misuse some types of prescription drugs for different reasons. For example, boys are more likely to misuse prescription stimulants to get high, while girls tend to misuse them to stay alert or to lose weight.

(Source: National Institute on Drug Abuse for Teens, Prescription Drugs, revised March 2017)

Youth Comparisons	Van Wert County 2015 (6th-12th)	Van Wert County 2018 (6th-12th)	Van Wert County 2018 (9th-12th)	U.S. 2017 (9th-12th)
Used marijuana in the past month	7%**	7%	11%	20%
Tried marijuana for the first time before the age of 13	3%**	3%	3%	7%
Prescription medication abuse in the past month	N/A	3%	4%	N/A
Ever used methamphetamines (in their lifetime)	2%*	1%	1%	3%
Ever used cocaine (in their lifetime)	3%*	1%	1%	5%
Ever used heroin (in their lifetime)	1%*	<1%	1%	2%
Ever used inhalants (in their lifetime)	7%**	3%	3%	6%
Ever took steroids without a doctor's prescription (in their lifetime)	3%**	1%	1%	3%
Ever used ecstasy (also called MDMA in their lifetime)	3%*	2%	3%	4%
Ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms in their lifetime)	N/A	1%	2%	7%
Were offered, sold, or given an illegal drug on school property (in the past 12 months)	6%	4%	6%	20%

**Only includes students in grades 7th-12th

*Only includes students in grades 9th-12th

N/A-Not Available

Youth Health: Sexual Behavior

Key Findings

In 2018, 30% of Van Wert County youth had sexual intercourse in their lifetime. Thirteen percent (13%) of sexually active youth had four or more sexual partners. One-in-nine (11%) youth engaged in intercourse without a reliable method of protection, and 4% reported they were unsure if they used a reliable method. Note: Only students in grades 9 through 12 were asked sexual behavior questions. Please use data with caution.

Youth Sexual Behavior

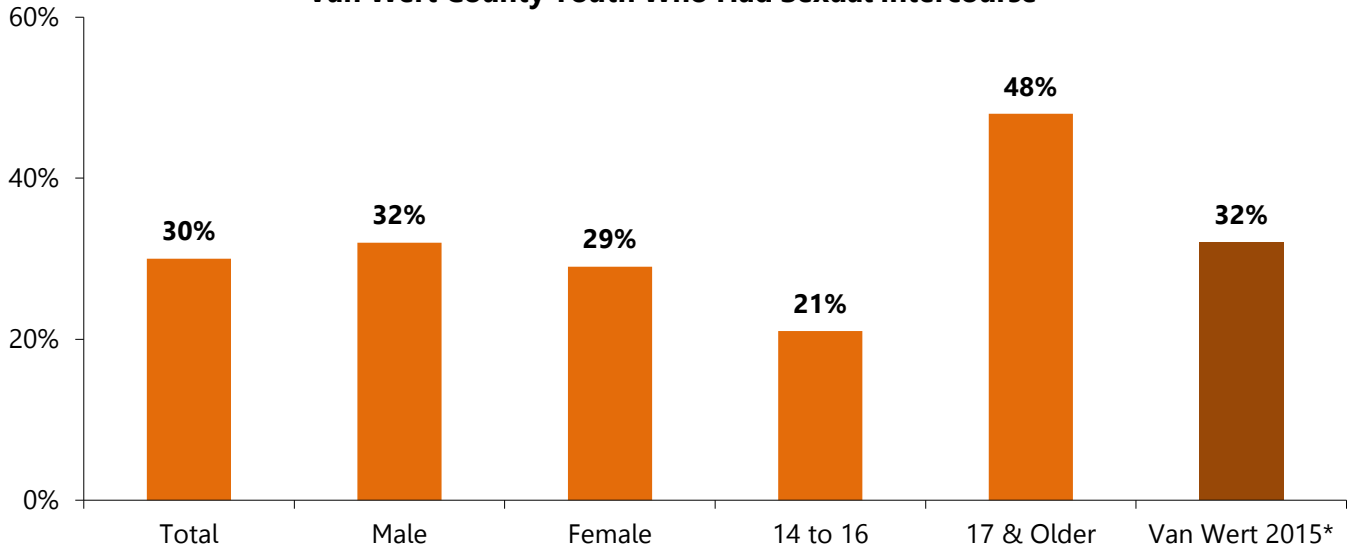
- Nearly one-third (30%) of Van Wert County youth had sexual intercourse, increasing to 48% of those ages 17 and over.
- About one-fourth (24%) youth had participated in oral sex, increasing to 37% of those ages 17 and over.
- Five percent (5%) of youth had participated in anal sex, increasing to 10% of those ages 17 and over.
- Over one-quarter (27%) of youth had participated in sexting, increasing to 29% of those ages 17 and over.
- Almost one-third (32%) of youth had viewed pornography, increasing to 34% of those ages 17 and over and 47% of males.

897 youth had sexual intercourse in their lifetime.

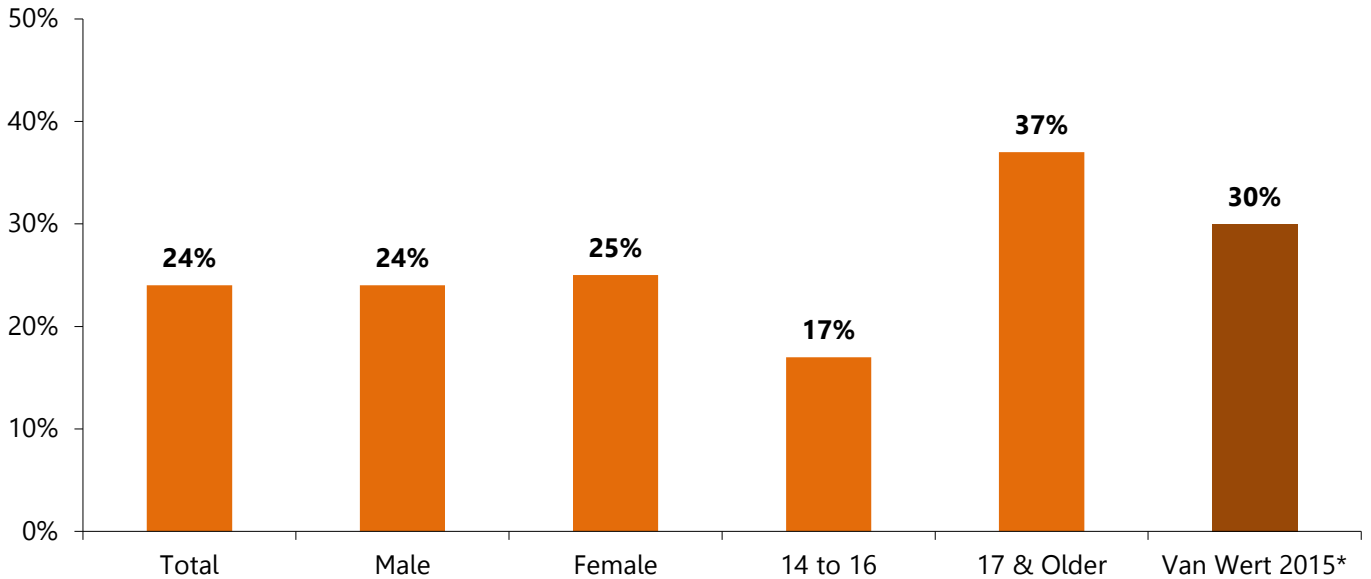
- Of sexually active youth, 44% had one sexual partner, and 56% had multiple partners.
- About one-in-eight (13%) sexually active youth had four or more sexual partners.
- Four percent (4%) of all youth had four or more sexual partners.
- Of sexually active youth, 7% had engaged in intercourse by the age of 13, and another 43% had done so by 15 years of age. The average age of onset was 15.4 years old.
- Of all youth, 1% were sexually active before the age of 13.
- Over two-fifths (42%) of youth who were sexually active used condoms to prevent pregnancy; 27% used birth control pills; 7% used a shot, patch or birth control ring; 2% used the withdrawal method; and 2% used an IUD. Five percent (5%) of youth reported they were gay or lesbian. However, 11% were engaging in intercourse without a reliable method of protection, and 4% reported they were unsure.
- Van Wert County youth had experienced the following in their lifetime: had a miscarriage (2%), been pregnant (2%), wanted to get pregnant (1%), had an abortion (1%) and tried to get pregnant (1%).
- Of sexually active youth, 10% had drunk alcohol or used drugs before their last sexual encounter.
- In the past month, youth reported they experienced the following:
 - They received a text or an e-mail with a revealing, or sexual photo of someone (10%)
 - They texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (3%)
 - A revealing or sexual photo of them was texted, emailed, or posted electronically without their permission (1%)

The following graphs show the percentage of Van Wert County youth who participated in sexual intercourse and oral sex. An example of how to interpret the information includes: 30% of all Van Wert County youth had sexual intercourse, including 32% of males and 29% of females.

Van Wert County Youth Who Had Sexual Intercourse



Van Wert County Youth Who Participated in Oral Sex

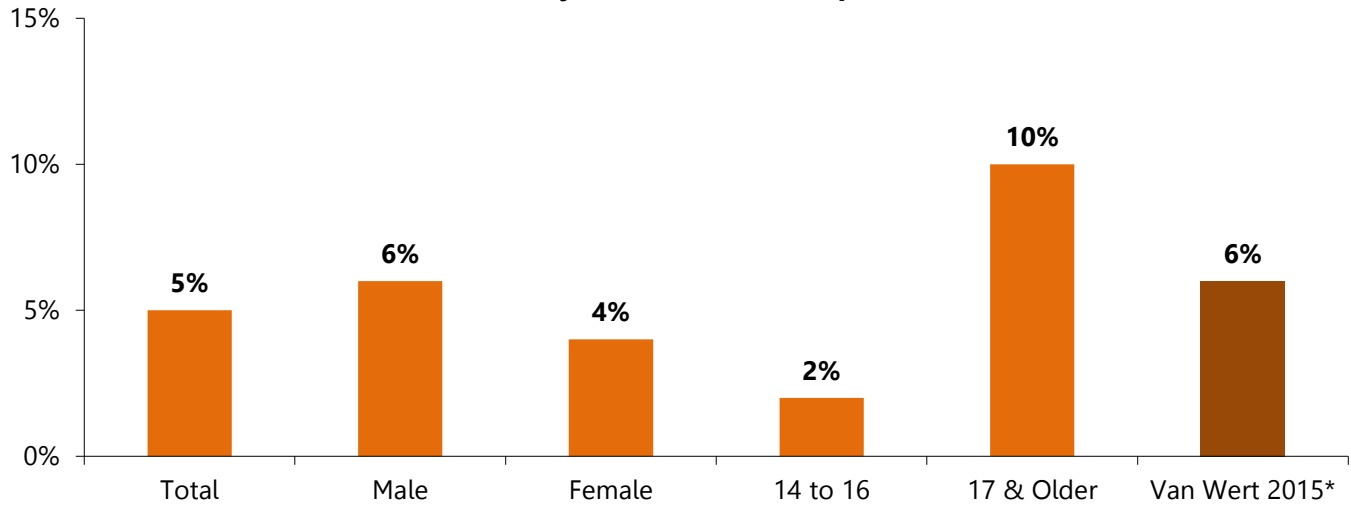


*2015 data only includes students in grades 9th - 12th

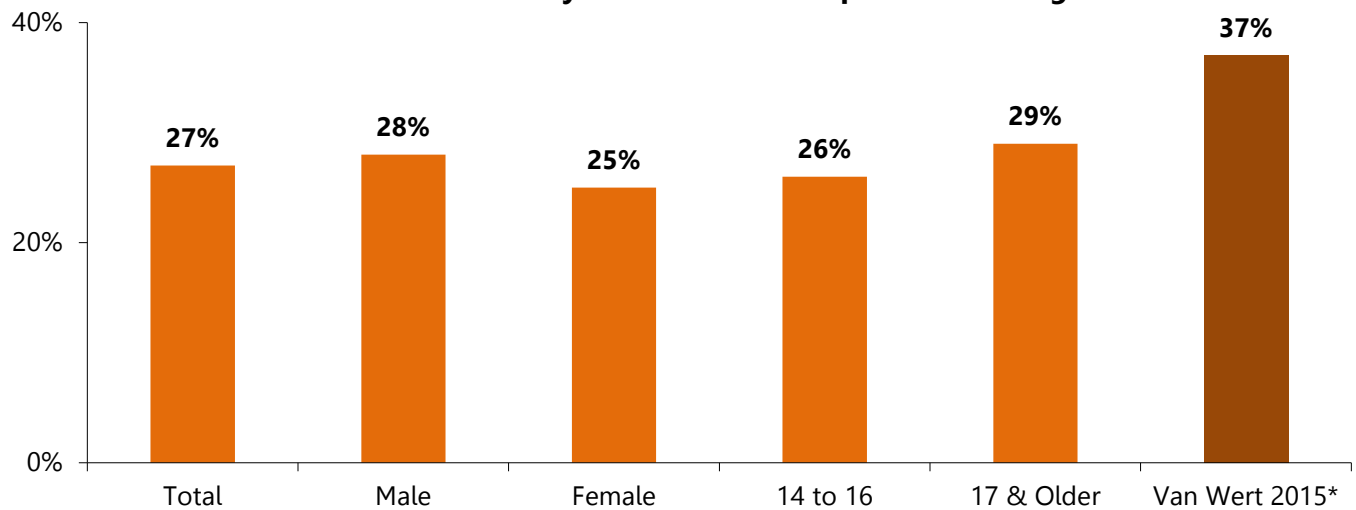
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graphs show the percentage of Van Wert County youth who participated in anal sex and sexting. An example of how to interpret the information on the first graph includes: 5% of all Van Wert County youth had anal sex, including 10% of those 17 and older.

Van Wert County Youth Who Participated in Anal Sex



Van Wert County Youth Who Participated in Sexting



**2015 data only includes students in grades 9th - 12th*

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Van Wert County 2015 (9 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Ever had sexual intercourse	32%	N/A	30%	40%
Had sexual intercourse with four or more persons (of all youth during their life)	6%	N/A	4%	10%
Had sexual intercourse before the age 13 (for the first time of all youth)	2%	N/A	1%	3%
Used a condom (during last sexual intercourse)	47%	N/A	42%	54%
Used birth control pills (during last sexual intercourse)	13%	N/A	27%	21%
Used an IUD (during last sexual intercourse)	1%	N/A	2%	4%
Used a shot, patch or birth control ring (during last sexual intercourse)	7%	N/A	7%	5%
Did not use any method to prevent pregnancy during last sexual intercourse	12%	N/A	11%	14%
Drank alcohol or used drugs before last sexual intercourse (of sexually active youth)	N/A	N/A	10%	19%

N/A – Not Available

Note: Only students in grades 9th-12th were asked sexual health questions in 2015 and 2018

Sexual Risk Behavior

Many young people engage in sexual risk behaviors that can result in unintended health outcomes. For example, among U.S. high school students surveyed in 2017:

- Only 10% of sexually experienced students have ever been tested for HIV.
- 40% had ever had sexual intercourse.
- 7% had been physically forced to have sexual intercourse when they did not want to.
- 30% had had sexual intercourse during the previous 3 months, and, of these
 - 46% did not use a condom the last time they had sex.
 - 14% did not use any method to prevent pregnancy.
 - 19% had drunk alcohol or used drugs before last sexual intercourse.

Sexual risk behaviors place adolescents at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy:

- Young people (aged 13-24) accounted for an estimated 21% of all new HIV diagnoses in the United States in 2016.
- Among young people (aged 13-24) diagnosed with HIV in 2014, 81% were gay and bisexual males.
- Half of the nearly 20 million new STDs reported each year are among young people, between the ages 15 to 24
- Nearly 210,000 babies were born to teen girls aged 15-19 years in 2016.

(Source: CDC, *Adolescent and School Health*, updated 6/14/18)

Youth Health: Mental Health

Key Findings

Fifteen percent (15%) of youth had seriously considered attempting suicide in the past year, and 5% attempted suicide in the past year. The top three causes for anxiety, stress or depression for Van Wert County youth were academic success (32%), fighting with friends (30%), and self-image (29%).

Youth Mental Health

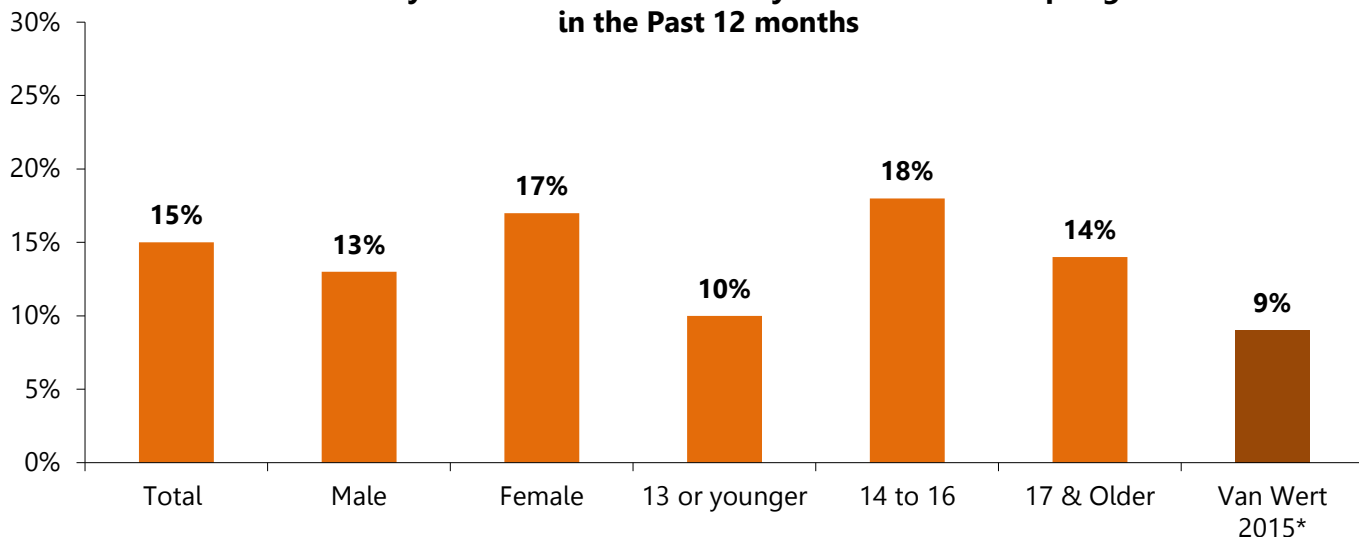
- Over one-quarter (27%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 35% of females.
- Fifteen percent (15%) of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 17% of females.
- In the past year, 5% of youth had attempted suicide. Five percent (5%) of youth had made more than one attempt.

449 youth seriously considered attempting suicide.

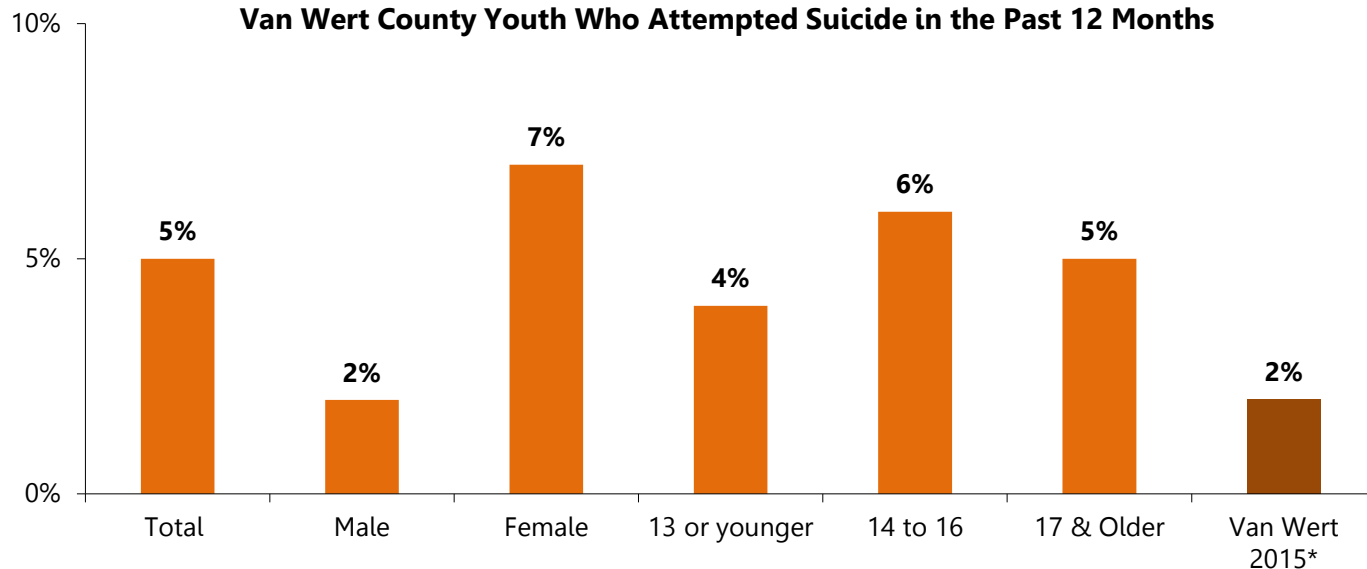
- Youth reported the following caused them anxiety, stress or depression:
 - Academic success (32%)
 - Fighting with friends (30%)
 - Self-image (29%)
 - Sports (23%)
 - Fighting at home (22%)
 - Other stress in the home (21%)
 - Dating relationship (20%)
 - Death of close family member or friend (20%)
 - Parent divorce/separation (18%)
 - Being bullied (16%)
 - Peer pressure (16%)
 - Breakup (16%)
 - Social media (e.g. Facebook) (8%)
 - Caring for younger siblings (7%)
 - Poverty/no money (7%)
 - Current news/world events/political environment (6%)
 - Sick parent (6%)
 - Alcohol or drug use in the home (3%)
 - Sexual orientation (3%)
 - Not having enough to eat (1%)
 - Not having a place to live (<1%)
 - Other (13%)
- Youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (44%); hobbies (38%); texting someone (36%); talking to a peer (25%); eating (25%); talking to someone in their family (25%); exercising (23%); eat more or less than normal (23%); using social media (21%); praying/reading the Bible (16%); breaking something (15%); writing in a journal (9%); shopping (8%); and drinking alcohol, smoking/using tobacco, using illegal drugs (5%). One in four (25%) youth reported they did not have anxiety, stress, or depression.
- Youth reported the following reasons would keep them from seeking help if they were dealing with anxiety, stress, depression or thoughts of suicide: they can handle it themselves (33%), worried what others might think (24%), do not know where to go (12%), no time (11%), paying for it (9%), family would not support them in getting help (6%), friends would not support them in getting help (4%), and transportation (3%). Four percent (4%) of youth reported they were currently in treatment. Forty-five percent (45%) of youth reported they would seek help.

The following graphs show Van Wert County youth who had seriously considered attempting suicide in the past year and had attempted suicide in the past year. An example of how to interpret the information includes: 15% of youth seriously considered attempting suicide in the past year, including 13% of males and 17% of females.

Van Wert County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 months



Van Wert County Youth Who Attempted Suicide in the Past 12 Months

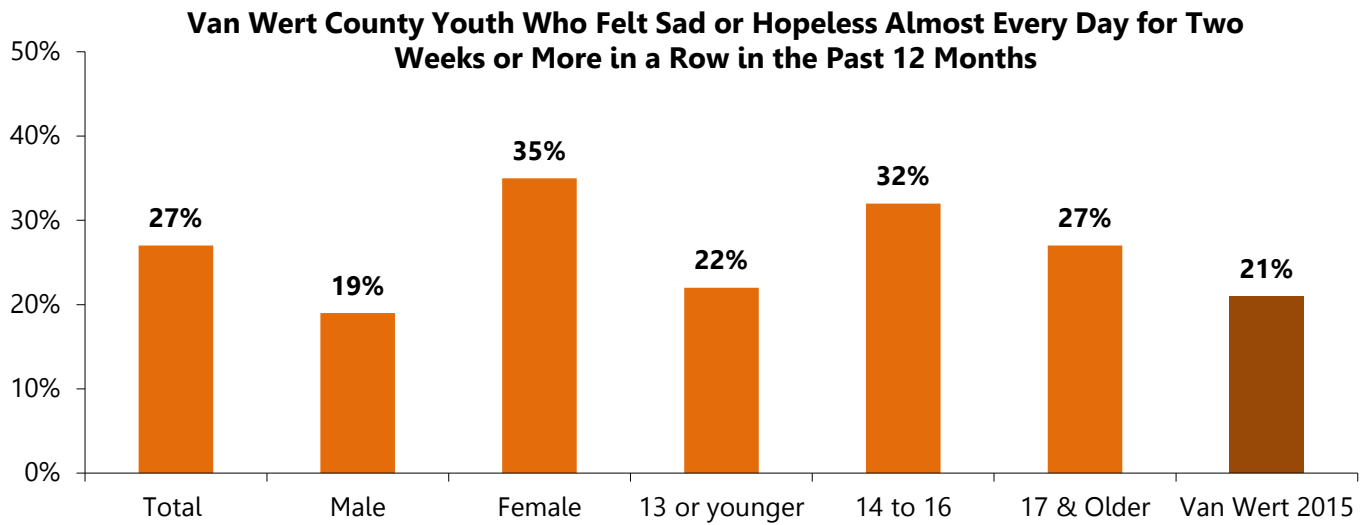


*2015 data only includes students in grades 7th-12th

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

In the past year, 807 Van Wert County youth felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing usual activities.

The following graph shows Van Wert County youth who felt sad or hopeless every day for two weeks or more in a row in the past 12 months. An example of how to interpret the information includes: 27% of youth felt sad or hopeless almost every day for two weeks or more in a row, including 19% of males and 35% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between those who contemplated suicide in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 78% of those who contemplated suicide had been bullied in the past year, compared to 32% of those who did not contemplate suicide.

Behaviors of Van Wert County Youth
Contemplated Suicide vs. Did Not Contemplate Suicide

Youth Behaviors	Contemplated Suicide	Did Not Contemplate Suicide
Bullied (in the past 12 months)	78%	32%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	63%	18%
Had at least one drink of alcohol (in the past 30 days)	35%	12%
Used marijuana (in the past 30 days)	19%	5%
Smoked cigarettes (in the past 30 days)	14%	2%

“Contemplated suicide” indicates youth who self-reported seriously considering attempting suicide in the past year.
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Van Wert County 2015 (6 th -12 th)	Van Wert County 2018 (6 th -12 th)	Van Wert County 2018 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	21%	27%	29%	32%
Seriously considered attempting suicide (in the past 12 months)	9%**	15%	18%	17%
Attempted suicide (in the past 12 months)	2%**	5%	5%	7%

**2015 data only includes students in grades 7th-12th

Youth Depression: Signs and Symptoms

- Occasionally being sad or feeling hopeless is a part of every child’s life. However, some children feel sad or uninterested in things that they used to enjoy, or feel helpless or hopeless in situations where they could do something to address the situations. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.
- Examples of behaviors often seen when children are depressed include
 - Feeling sad, hopeless, or irritable a lot of the time
 - Not wanting to do or enjoy doing fun things
 - Changes in eating patterns – eating a lot more or a lot less than usual
 - Changes in sleep patterns – sleeping a lot more or a lot less than normal
 - Changes in energy – being tired and sluggish or tense and restless a lot of the time
 - Having a hard time paying attention
 - Feeling worthless, useless, or guilty
 - Self-injury and self-destructive behavior
- Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is the leading form of death.
- Some children may not talk about helpless and hopeless thoughts, and they may not appear sad. Depression might also cause a child to make trouble or act unmotivated, so others might not notice that the child is depressed or may incorrectly label the child as a trouble-maker or lazy.

(Source: CDC, *Children’s Mental Health: Anxiety and Depression*, March 23, 2017)

Youth Health: Social Determinants of Health

Key Findings

Nearly one-quarter (24%) of youth had three or more adverse childhood experiences in their lifetime (ACEs). About one-quarter (24%) of Van Wert County youth drivers had texted while driving in the past 30 days. Fifty-seven percent (57%) of youth who had a social media or online gaming account believed that sharing information online is dangerous.

Personal Safety

- In the past month, youth drivers did the following while driving:
 - Wore a seatbelt (84%)
 - Drove while tired or fatigued (45%)
 - Ate (43%)
 - Talked on their cell phone (37%)
 - Used their cell phone other than for talking or texting (28%)
 - Texted (24%)
 - Applied makeup (4%)
 - Used marijuana (4%)
 - Used illegal drugs (3%)
 - Read (2%)
 - Misused prescription drugs (2%)
 - Drank alcohol (2%)
- Eighty-nine percent (89%) of Van Wert County youth had a social media or online gaming account. Of those who had an account, they reported the following:
 - They knew all of their “friends” (54%)
 - Their account was currently checked private (53%)
 - Their parents had their password (30%)
 - They knew all of the people they play online (28%)
 - Their friends had their password (12%)
 - They had been asked to meet someone they met online (8%)
 - They share personal information (7%)
 - They were bullied because of their accounts (6%)
 - Their parents do not know they have an account (4%)
 - They had participated in sexual activity with someone they met online (1%)
- Fifty-seven percent (57%) of youth who had a social media or online gaming account believed that sharing information online is dangerous.

Personal Health

- Youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work less than a year ago (72%), 1 to 2 years ago (10%), more than 2 years ago (4%), never (1%), and do not know (13%).

Neighborhood and Built Environment

- Van Wert County youth reported living with the following individuals: both parents (58%), one of their parents (19%), mother and step-father (15%), father and step-mother (10%), mother and her partner (4%), grandparents (3%), father and his partner (3%), another relative (1%), guardians/foster parents (1%) and living on their own or with friends (<1%).
- Youth reported the following ways they got to school: someone dropped them off (48%); took the bus (22%); drove (27%); walked (2%); and rode a bike, skateboard or scooter (1%).

Social and Community Context

- Van Wert County youth reported having at least one adult they could talk to and look up to in the following places: home (93%), school (83%), and their community (76%).

- Van Wert County youth reported the following statement regarding school: they had a lot of school pride (74%), their teachers cared about them (73%), teachers push them to do their best (73%), the community supports their school (72%), they are bored at school (58%), they receive a lot of encouragement at school (48%), came to class unprepared (16%), skipped school in the past month (8%), felt unsafe at school (5%), they did not have a lot of school pride (4%), classes they wanted to take got cut (4%), and extracurricular activities they were involved in got cut (2%)
- Youth reported their parent or guardian regularly did the following: talked to them about school (76%); asked about homework (75%); went to school meetings or events (66%); made the family eat a meal together (60%); helped with school work (54%); talked about healthy choices (47%); talked about social media (42%); and talked about alcohol use, drug use or sex (33%). Six percent (6%) of youth reported their parent or guardian never did any of those things.
- Ninety percent (90%) of youth participated in extracurricular activities. They participated in the following:
 - A sports or intramural program (54%)
 - Exercising outside of school (36%)
 - School club or social organization (31%)
 - Church youth group (30%)
 - Church or religious organization (25%)
 - Caring for siblings after school (21%)
 - Part-time job (21%)
 - Volunteering in the community (19%)
 - Babysitting for other kids (15%)
 - Caring for parents or grandparents (2%)
 - Some other organized activity (scouts, 4h, etc.) (16%)
- Van Wert County youth reported the following reasons for not participating in extracurricular activities: had a job (9%), watch their younger siblings (7%), transportation (5%), cost (4%), programs do not exist/not offered (3%), parents would not take them (2%) and taking care of a parent/grandparent (1%). One-in-four (25%) youth reported they were not interested.
- Nearly three-fifths (57%) of youth reported the following adverse childhood experiences (ACEs):
 - Parents became separated or were divorced (36%)
 - Parents or adults in home swore at them, insulted them or put them down (28%)
 - Family did not look out for each other, feel close to each other, or support each other (16%)
 - Parents were not married (15%)
 - Lived with someone who was depressed, mentally ill or suicidal (14%)
 - Lived with someone who was a problem drinker or alcoholic (14%)
 - Lived with someone who served time or was sentenced to serve in prison or jail (13%)
 - Lived with someone who used illegal drugs or misused prescription drugs (9%)
 - Parents or adults in the home hit, beat, kicked, or physically hurt them in any way (not including spanking) (9%)
 - Parents or adults in home slapped, hit, kicked, punched or beat each other up (7%)
 - An adult or someone 5 years older than them touched them sexually (4%)
 - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (3%)
 - An adult or someone 5 years older than them made them touch them sexually (3%)
 - An adult or someone 5 years older than them forced them to have sex (1%)
- Nearly one-quarter (24%) of youth had experienced three or more ACEs in their lifetime.

718 youth experienced 3 or more ACEs in their lifetime.

The table below indicates correlations between those who experienced three or more ACEs, as well as other activities and experiences. An example of how to interpret the information includes: 67% of those who experienced three or more ACEs in their lifetime had been bullied in the past year, compared to 20% of those who did not experience any ACEs.

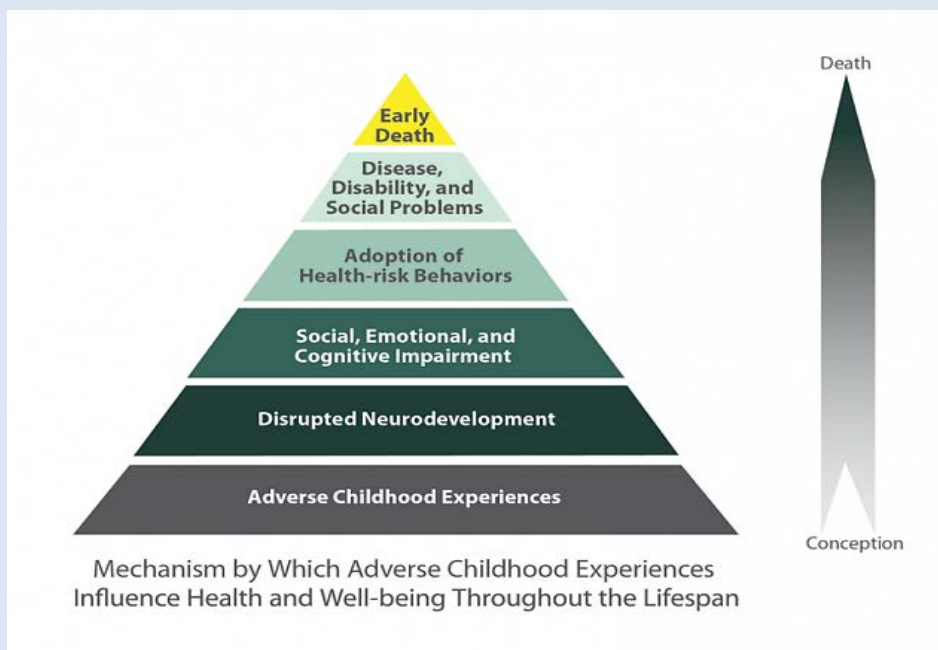
Behaviors of Van Wert County Youth
Experienced 3 or More ACEs vs. Did Not Experience Any ACEs

Youth Behaviors	Experienced 3 or More ACEs	Did Not Experience Any ACEs
Bullied (in the past 12 months)	67%	20%
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	64%	10%
Had sexual intercourse (in their lifetime)	44%	24%
Had at least one drink of alcohol (in the past 30 days)	41%	7%
Seriously considered attempting suicide (in the past 12 months)	39%	3%
Attempted suicide (in the past 12 months)	17%	1%
Used marijuana (in the past 30 days)	18%	3%
Smoked cigarettes (in the past 30 days)	13%	1%

*"ACEs" indicate youth who self-reported having experienced three or more adverse childhood experiences in their lifetime.
 Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

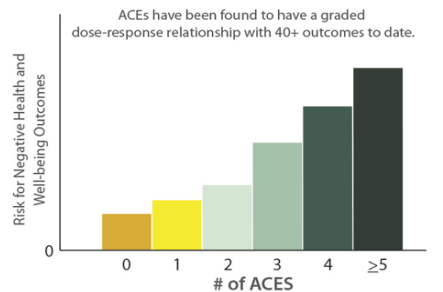
Adverse Childhood Experiences (ACEs)

- Childhood abuse, neglect, and exposure to other traumatic stressors—which we term adverse childhood experiences (ACEs)—are common. The most common ACEs are separated or divorced parents; verbal, physical, or sexual abuse; witness of domestic violence; and having a family member with depression or mental illness.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
 - Depression
 - Fetal death
 - Illicit drug use
 - Liver disease
 - STDs
 - Multiple sexual partners
 - Alcoholism and alcohol abuse
 - COPD
 - Unintended pregnancies
 - Suicide attempts
 - Early initiation of smoking
 - Risk for intimate partners violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.



ACEs can have lasting effects on....

-  **Health** (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)
-  **Behaviors** (smoking, alcoholism, drug use)
-  **Life Potential** (graduation rates, academic achievement, lost time from work)



(Source: CDC, Adverse Childhood Experiences, June 2016)

Youth Health: Violence

Key Findings

Nine percent (9%) of Van Wert County youth carried a weapon (such as a gun, knife or club) in the past month. Over one-fifth (22%) of youth had been involved in a physical fight in the past year, increasing to 34% of males. Thirty-nine percent (39%) of youth had been bullied in the past year.

Violence-Related Behaviors

- Nine percent (9%) of youth carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 17% of males.
- One percent (1%) of youth carried a weapon on school property (such as a gun, knife or club) in the past 30 days, increasing to 3% of males.
- Five percent (5%) of youth did not go to school on one or more days in the past month because they did not feel safe at school or on their way to or from school.
- Seven percent (7%) youth were threatened or injured with a weapon on school property in the past year.

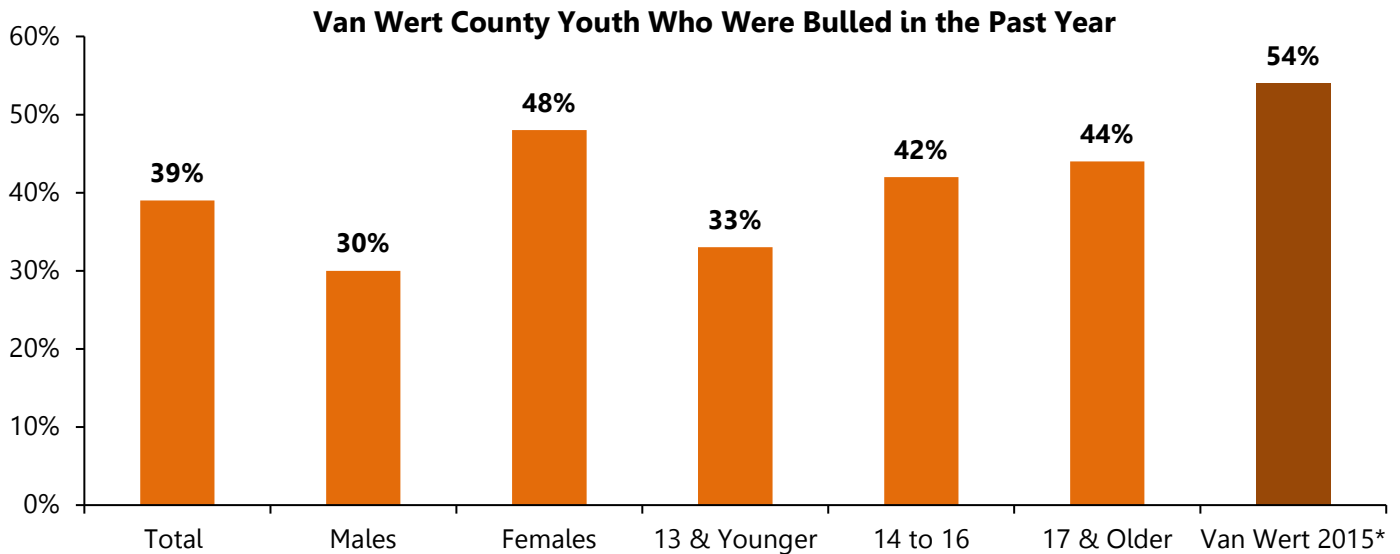
Physical and Sexual Violence

- In the past year, 22% of youth had been involved in a physical fight, increasing to 34% of males.
- Of those who had been in a physical fight, 53% had been in a fight on more than one occasion.
- Seven percent (7%) of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months.
- Twelve percent (12%) of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months.
- Thirteen percent (13%) of youth purposefully hurt themselves in their life by cutting, scratching, burning, hitting or biting, increasing to 18% of females.
- Youth reported they had been forced to do the following in their lifetime: touched in an unsafe (sexual) way (6%), sexual intercourse (5%), oral sex (4%), and other sexual activity (1%). *(Note: only students in grades 9 through 12 were asked this question).*

Bullying

- Thirty-nine percent (39%) of youth had been bullied in the past year. The following types of bullying were reported:
 - 29% were verbally bullied (teased, taunted or called harmful names)
 - 22% were indirectly bullied (spread mean rumors about them or kept them out of a "group")
 - 11% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
 - 7% were physically bullied (were hit, kicked, punched or people took their belongings)
 - 1% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 27% of youth had been bullied on school property.
- In the past year, youth had been a victim of teasing or name calling because of the following: their weight, size, or physical appearance (26%); someone thought they were gay, lesbian, bisexual, transgender, etc. (8%); their race or ethnic background (6%); and their gender (3%).

The following graph shows the percentage of Van Wert County youth who were bullied in the past year. An example of how to interpret the information includes: 39% of youth were bullied in the past year, including 48% of females.



*2015 data only includes students in grades 9th-12th

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

1,166 youth were bullied in the past year.

Types of Bullying Van Wert County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 and younger	14-16 Years old	17 and older
Verbally Bullied	29%	24%	33%	25%	30%	33%
Indirectly Bullied	22%	11%	32%	14%	26%	29%
Cyber Bullied	11%	9%	12%	6%	13%	14%
Physically Bullied	7%	7%	6%	8%	7%	5%
Sexually Bullied	1%	1%	2%	0%	3%	0%

Healthy People 2020 Injury and Violence Prevention (IVP)

Objective	Van Wert County 2018	U.S. 2017	Healthy People 2020 Target
IVP-35 Reduce bullying among adolescents	27% (6-12 Grade) 28% (9-12 Grade)	19% (9-12 Grade)	18%

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

(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2018 Van Wert County Health Assessment)

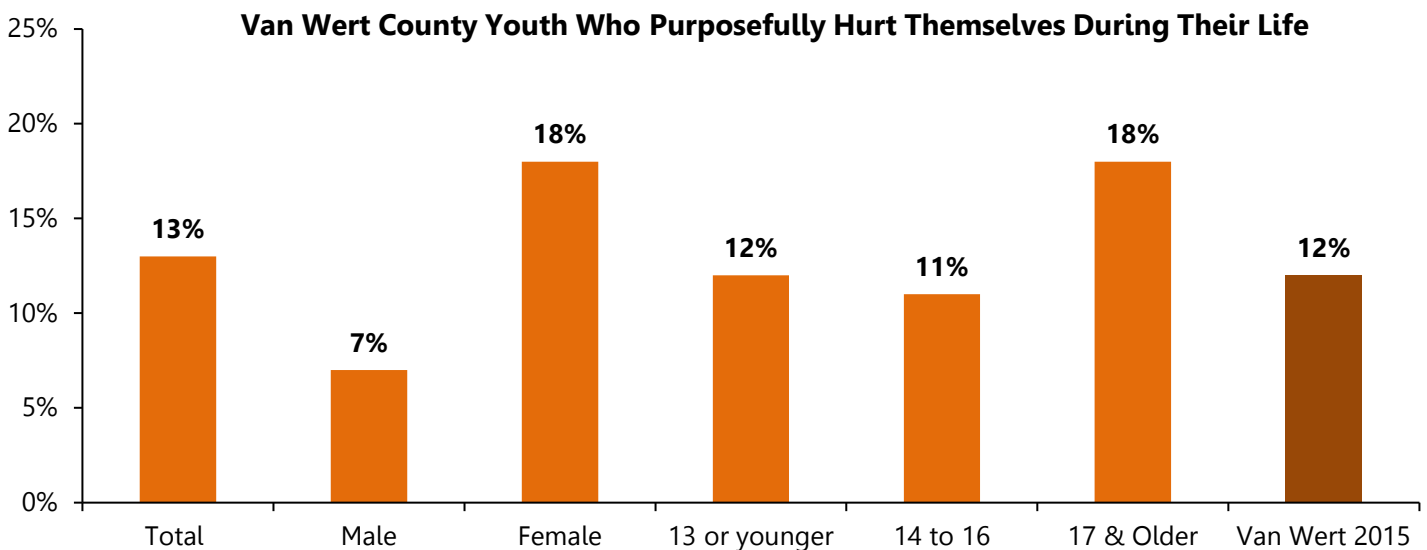
The table below indicates correlations between those who were bullied in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 50% of those who were bullied felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past 12 months, compared to 13% of those who were not bullied.

Behaviors of Van Wert County Youth *Bullied vs. Non-Bullied*

Youth Behavior	Bullied	Non-Bullied
Currently participate in extracurricular activities	92%	89%
Felt sad or hopeless (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	50%	13%
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	41%	13%
Overweight or obese	40%	34%
Seriously considered attempting suicide (in the past 12 months)	30%	5%
Had at least one drink of alcohol (in the past 30 days)	23%	10%
Carried a weapon (in the past 30 days)	14%	6%
Attempted suicide (in the past 12 months)	12%	<1%
Used marijuana (in the past 30 days)	9%	5%
Smoked cigarettes (in the past 30 days)	7%	2%

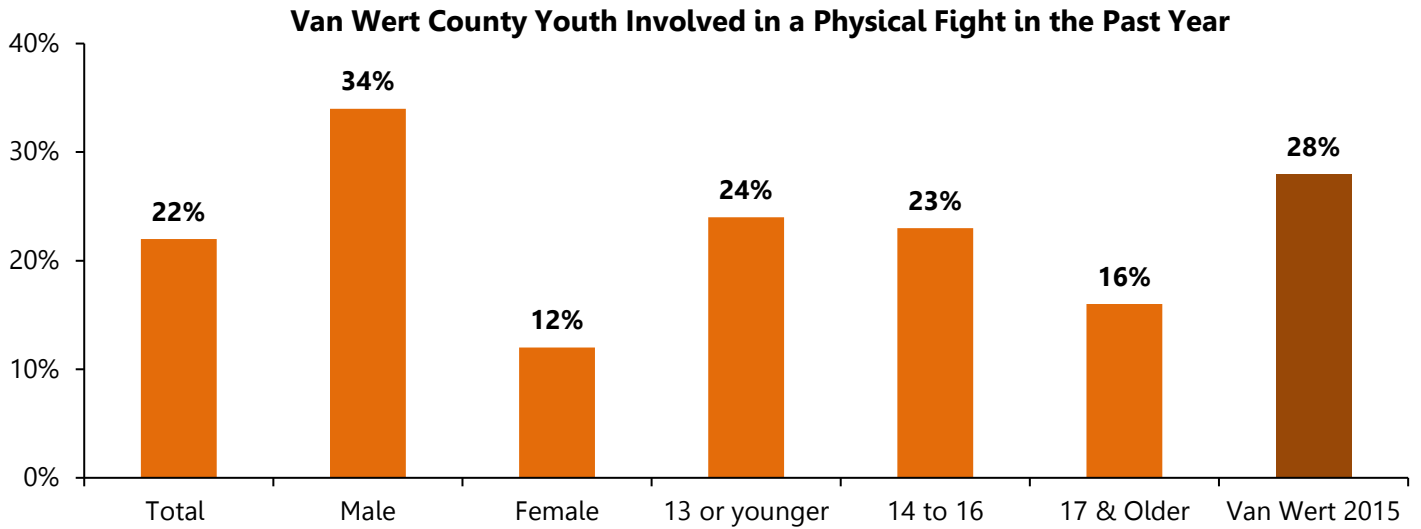
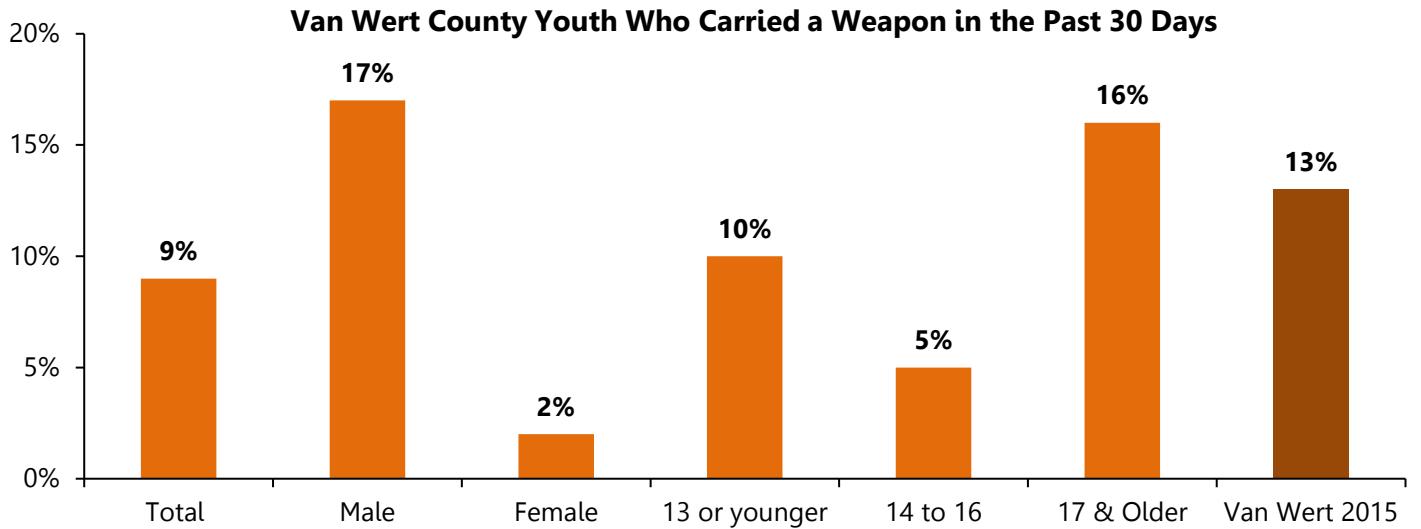
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows Van Wert County youth who purposefully hurt themselves during their life. An example of how interpret the information includes: 13% of youth had purposefully hurt themselves in their life, including 7% of males and 18% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graphs shows Van Wert County youth who carried a weapon in the past 30 days and youth who were involved in a physical fight in the past year. An example of how to interpret the information on the first graph includes: 9% of youth had carried a weapon in the past 30 days, including 17% of males and 16% of those ages 17 and older.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Van Wert County 2015 (6th-12th)	Van Wert County 2018 (6th-12th)	Van Wert County 2018 (9th-12th)	U.S. 2017 (9th-12th)
Carried a weapon (in the past 30 days)	13%	9%	9%	16%
Carried a weapon on school property (in the past 30 days)	2%	1%	2%	4%
Were in a physical fight (in the past 12 months)	28%	22%	18%	24%
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	3%	5%	4%	7%
Threatened or injured with a weapon on school property (in the past 12 months)	8%	7%	9%	6%
Experienced physical dating violence (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past 12 months)	9%*	7%	7%	8%
Hit, slapped, or physically hurt on purpose by an adult or caregiver in past year	9%	12%	13%	N/A
Electronically bullied (in the past year)	15%*	11%	14%	15%
Bullied (in the past year)	54%*	39%	44%	N/A
Were bullied on school property (during the past 12 months)	32%	27%	28%	19%
Purposefully hurt themselves in their life	12%	13%	14%	N/A

N/A – Not Available

*Only includes students in grades 9th-12th

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2019. Atlanta: ACS, 2019	<ul style="list-style-type: none"> 2019 Cancer Facts, Figures, and Estimates 	www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2019/cancer-facts-and-figures-2019.pdf
American Cancer Society (ACS), 2016	<ul style="list-style-type: none"> Summary of the American Cancer Society (ACS) Guidelines on Nutrition and Physical Activity 	https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/summary.html
American College of Allergy, Asthma & Immunology	<ul style="list-style-type: none"> Asthma Facts 	https://acaai.org/news/facts-statistics/asthma
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"> 2009 – 2017 Adult Ohio and U.S. Correlating Statistics 	www.cdc.gov
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> Victims of Gun Violence in America 	www.bradycampaign.org/sites/default/files/Brady-Campaign-5Year-Gun-Deaths-Injuries-Stats_08-23-2018.pdf
CDC, Adolescent and School Health	<ul style="list-style-type: none"> Sexual Risk Behavior 	www.cdc.gov/healthyyouth/sexualbehaviors/
CDC, Alcohol & Public Health	<ul style="list-style-type: none"> Economic Costs of Excessive Alcohol Use 	www.cdc.gov/features/costsofdrinking/index.html
	<ul style="list-style-type: none"> Consequences of Underage Drinking 	https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm
CDC, Arthritis	<ul style="list-style-type: none"> Arthritis in the U.S. 	www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
CDC, Breast Cancer	<ul style="list-style-type: none"> What Can I do to Reduce My Risk of Breast Cancer? 	www.cdc.gov/cancer/breast/basic_info/prevention.htm
CDC, Children’s Mental Health	<ul style="list-style-type: none"> Youth Depression: Signs and Symptoms 	www.cdc.gov/childrensmentalhealth/depression.html
CDC, Prostate Cancer	<ul style="list-style-type: none"> Screening for Prostate Cancer 	www.cdc.gov/cancer/prostate/basic_info/benefits-harms.htm
CDC, Diabetes	<ul style="list-style-type: none"> About Diabetes 	www.cdc.gov/diabetes/basics/diabetes.html
CDC, Mold	<ul style="list-style-type: none"> Mold Prevention Tips 	www.cdc.gov/mold/dampness_facts.htm
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> Men’s Health 	www.cdc.gov/nchs/fastats/mens-health.htm
	<ul style="list-style-type: none"> Women’s Health 	www.cdc.gov/nchs/fastats/womens-health.htm
CDC, Oral Health	<ul style="list-style-type: none"> Facts About Adult Oral Health 	www.cdc.gov/oralhealth/basics/adult-oral-health/index.html
CDC, Overweight and Obesity	<ul style="list-style-type: none"> Health Effects of Childhood Obesity 	www.cdc.gov/obesity/childhood/causes.html
CDC, Rural Health, About Rural Health	<ul style="list-style-type: none"> What can be Done to Improve the Health of Rural Americans? 	www.cdc.gov/ruralhealth/about.html
CDC, Sexual Violence Prevention	<ul style="list-style-type: none"> Preventing Sexual Violence 	www.cdc.gov/features/sexualviolence/index.html

Source	Data Used	Website
CDC, Smoking & Tobacco Use	<ul style="list-style-type: none"> E-Cigarette Health Effects 	www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
	<ul style="list-style-type: none"> Cigarette Smoking and Tobacco Use Among People of Low Socioeconomic Status 	www.cdc.gov/tobacco/disparities/low-ses/index.htm
CDC, Vital Signs, Suicide Rising Across the U.S.	<ul style="list-style-type: none"> Suicide Rising Across the U.S. 	www.cdc.gov/vitalsigns/suicide/index.html
CDC, Violence Prevention	<ul style="list-style-type: none"> Adverse Childhood Experiences 	www.cdc.gov/violenceprevention/acestudy/index.html
CDC Wonder, About Underlying Cause of Death, 2009-2017	<ul style="list-style-type: none"> U.S. comparison statistics 	https://wonder.cdc.gov/
County Health Rankings, 2018	<ul style="list-style-type: none"> Food Environment Index 	http://countyhealthrankings.org
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> All Healthy People 2020 Target Data Points Social Determinants of Health 	www.healthypeople.gov/2020/topicsobjectives2020
Henry J. Kaiser Family Foundation, 2019	<ul style="list-style-type: none"> Key Facts about the Uninsured Population 	www.kff.org/uninsured/factsheet/key-facts-about-the-uninsured-population/
National Institute on Drug Abuse	<ul style="list-style-type: none"> Abuse of Prescription (Rx) Drugs 	www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most
	<ul style="list-style-type: none"> Monitoring the Future 2017 Survey Results 	www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2017-survey-results
National Institute on Drug Abuse for Teens	<ul style="list-style-type: none"> Youth Prescription (Rx) Drug Misuse 	https://teens.drugabuse.gov/drug-facts/prescription-drugs
Ohio Department of Health	<ul style="list-style-type: none"> 2017 Ohio Drug Overdose Data: General Finding 	https://odh.ohio.gov/wps/wcm/connect/gov/5deb684e-4667-4836-862b-cb5eb59acbd3/2017_OhioDrugOverdoseReport.pdf
Ohio Department of Health, Public Health Data Warehouse	<ul style="list-style-type: none"> Leading Causes of Death, 2015-2017 Age-Adjusted Mortality Rates, 2015-2017 Incidence of Cancer Prescription Opiate Related Drug Overdose Unintentional Drug Overdose Deaths Suicide Deaths 	http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality
Ohio Department of Health, STD Surveillance	<ul style="list-style-type: none"> Chlamydia Annualized Disease Rates and Cases Gonorrhea Annualized Disease Rates and Cases 	https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/std-surveillance/data-and-statistics/sexually-transmitted-diseases-data-and-statistics
Ohio Department of Public Safety	<ul style="list-style-type: none"> 2017 Van Wert County and Ohio Crash Facts 	https://services.dps.ohio.gov/CrashOnline/CrashStatistics/Home

Source	Data Used	Website
Ohio Development Services Agency	<ul style="list-style-type: none"> Ohio Poverty Report, February 2018 	www.development.ohio.gov/files/research/P7005.pdf
Ohio Automated Rx Reporting System (OARRS), 2017-2018	<ul style="list-style-type: none"> Opiate and Pain Reliever Doses Per Capita Opiate and Pain Reliever Doses Per Patient Ohio Automated Rx Reporting System (OARRS) 	www.ohiopmp.gov/County.aspx
U.S. Department of Health and Human Services, Surgeon General.gov	<ul style="list-style-type: none"> E-Cigarette Use Among Youth and Young Adults 	www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html

Appendix II: Acronyms and Terms

AHS	Access to Health Services , Topic of Healthy People 2020 objectives
Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Adult Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
AOCBC	Arthritis, Osteoporosis, and Chronic Back Conditions
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
BRFSS	Behavior Risk Factor Surveillance System , an adult survey conducted by the CDC.
CDC	Centers for Disease Control and Prevention .
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
CY	Calendar Year
FY	Fiscal Year
HCNO	Hospital Council of Northwest Ohio
HDS	Heart Disease and Stroke , Topic of Healthy People 2020 objectives
HP 2020	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.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic \geq 140 and Diastolic \geq 90
IID	Immunizations and Infectious Diseases , Topic of Healthy People 2020 objectives
N/A	Data is not available.
ODH	Ohio Department of Health
OSHP	Ohio State Highway Patrol
Race/Ethnicity	Census 2010: 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.
Weapon	Defined in the YRBS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
YPLL/65	Years of Potential Life Lost before age 65. Indicator of premature death.

**Youth BMI
Classifications**

Underweight is defined as BMI-for-age \leq 5th percentile

Overweight is defined as BMI-for-age 85th percentile to $<$ 95th percentile.

Obese is defined as \geq 95th percentile.

YRBS

Youth Risk Behavior Survey, a youth survey conducted by

Appendix III: School Participation

The following schools were randomly chosen and agreed to participate in the 2018 Van Wert County Health Assessment:

Crestview Local Schools

Crestview High School
Crestview Middle School

Lincolnview Local Schools

Lincolnview Jr/Sr High School

Van Wert City Schools

Van Wert High School
Van Wert Middle School

Vantage Joint Vocational School

Vantage Career Center

Appendix IV: Methods for Weighting the 2018 Van Wert County Health 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 2017 Van Wert County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Van Wert County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (7 different age categories), and income (8 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Van Wert County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2018 Van Wert County Survey and the 2017 Census estimates.

<u>Sex</u>	<u>2018 Van Wert Survey</u>		<u>2017 Census</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	204	53.68421	13,867	49.06588	0.91397
Female	176	46.31579	14,395	50.93412	1.09971

In this example, it shows that there was a larger portion of males in the sample compared to the actual portion in Van Wert County. The weighting for males was calculated by taking the percent of males in Van Wert County (based on Census information) (49.06588%) and dividing that by the percent found in the 2018 Van Wert County sample (53.68421%) [$49.06588 / 53.68421 =$ weighting of 0.91397 for males]. The same was done for females [$50.93412/46.31579\% =$ weighting of 1.09971 for females]. Thus, males' responses are weighted less by a factor of 0.91397 and females' responses weighted heavier by a factor of 1.09971.

This same thing was done for each of the 19 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 2.76083 [1.09971 (weight for females) \times 0.99577 (weight for White) \times 2.13961 (weight for age 35-44) \times 1.17833 (weight for income \$50-\$75k)]. Thus, each individual in the 2017 Van Wert County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 24.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus, a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

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

Category	Van Wert County Sample	%	2017 Census	%	Weighting Value
Sex:					
Male	204	53.68421	13,867	49.06588	0.913972
Female	176	46.31579	14,395	50.93412	1.099714
Age:					
20 to 34 years	30	8.02139	4,740	22.56391	2.81297
35 to 44 years	28	7.48663	3,365	16.01847	2.13961
45 to 54 years	60	16.04278	3,791	18.04637	1.12489
55 to 59 years	34	9.09091	2,165	10.30609	1.13367
60 to 64 years	50	13.36898	1,900	9.04460	0.67654
65 to 74 years	98	26.20321	2,755	13.11468	0.50050
75 to 84 years	56	14.97326	1,527	7.26901	0.48547
85+ years	18	4.81283	764	3.63688	0.75566
Race:					
White	362	94.76440	26,669	94.36346	0.99577
Non-White	20	5.23560	1,593	5.63654	1.07658
Household Income:					
Less than \$25,000	77	22.64706	2,339	20.33383	0.89786
\$25,000 to \$34,999	49	14.41176	1,363	11.84908	0.82218
\$35,000 to \$49,999	53	15.58824	1,912	16.62175	1.06630
\$50,000 to \$74,999	67	19.70588	2,671	23.22003	1.17833
\$75,000 to \$99,999	42	12.35294	1,522	13.23133	1.07111
\$100,000 to \$149,999	39	11.47059	1,202	10.44945	0.91098
\$150,000 or more	13	3.82353	494	4.29453	1.12319

Appendix V: Van Wert County Sample Demographic Profile*

Adult Variable	2018 Van Wert County Adult Survey Sample	Van Wert County Census 2013-2017 (5-year estimates)	Ohio Census 2017 (1-year estimates)
Age			
20-29	12.4%	11.1%	13.3%
30-39	17.2%	11.6%	12.5%
40-49	14.5%	12.0%	12.0%
50-59	20.6%	15.1%	13.7%
60 plus	31.8%	24.6%	23.4%
Race/Ethnicity			
White	94.8%	96.4%	81.3%
Black or African American	0.7%	1.2%	12.4%
American Indian and Alaska Native	1.0%	0.2%	0.2%
Asian	0.3%	0.3%	2.2%
Other	1.0%	0.5%	0.9%
Hispanic Origin (may be of any race)	0.9%	3.0%	3.7%
Marital Status†			
Married Couple	62.5%	56.0%	47.4%
Never been married/member of an unmarried couple	14.0%	24.1%	32.6%
Divorced/Separated	13.1%	13.7%	13.7%
Widowed	9.0%	6.2%	6.3%
Education†			
Less than High School Diploma	4.1%	8.0%	9.7%
High School Diploma	36.5%	47.3%	33.3%
Some college/ College graduate	57.9%	44.8%	56.9%
Income (Families)			
\$14,999 and less	9.6%	5.9%	6.9%
\$15,000 to \$24,999	10.7%	5.7%	6.6%
\$25,000 to \$49,999	21.1%	26.4%	21.2%
\$50,000 to \$74,999	18.0%	25.9%	19.5%
\$75,000 or more	29.7%	36.1%	45.9%

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

† The Ohio and Van Wert County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

Appendix VI: Demographics and Household Information

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

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

VAN WERT COUNTY PROFILE

(Source: U.S. Census Bureau, 2013-2017)
2013-2017 ACS 5-year estimates

General Demographic Characteristics

	Number	Percent (%)
Total Population		
2017 Total Population	28,262	100%
Largest City – Van Wert		
2017 Total Population	10,946	100%
Population by Race/Ethnicity		
Total Population	28,262	100%
White	27,254	96.4%
African American	339	1.2%
Hispanic or Latino (of any race)	856	3.0%
Two or more races	382	1.4%
Asian	91	0.3%
Some other race	139	0.5%
American Indian and Alaska Native	57	0.2%
Population by Age		
Under 5 years	1,627	5.8%
5 to 17 years	5,019	17.8%
18 to 24 years	2,263	8.0%
25 to 44 years	6,451	22.8%
45 to 64 years	7,856	27.8%
65 years and more	7,337	26.0%
Median age (years)	41.4	N/A
Household by Type		
Total households	11,503	100%
Total families	8,166	70.1%
Households with children <18 years	3,320	28.8%
Married-couple family household	6,162	53.5%
Married-couple family household with children <18 years	2,134	18.5%
Female householder, no husband present	1,219	10.5%
Female householder, no husband present with children <18 years	718	0.1%
Nonfamily household (single person)	3,337	29.0%
Nonfamily household (single person) living alone	9,893	86.0%
Nonfamily household (single person) 65 years and >	4,291	37.3%
Households with one or more people <18 years	3,600	31.3%
Households with one or more people 60 years and >	4,601	40.0%
Average household size	2.43 people	N/A
Average family size	2.84 people	N/A

General Demographic Characteristics, Continued

Housing Occupancy		
Median value of owner-occupied units	\$99,000	N/A
Median housing units with a mortgage	\$934	N/A
Median housing units without a mortgage	\$359	N/A
Median value of occupied units paying rent	\$678	N/A
Median rooms per total housing unit	6.5	N/A
Total occupied housing units	11,503	N/A
No telephone service available	187	1.6%
Lacking complete kitchen facilities	67	0.5%
Lacking complete plumbing facilities	33	0.2%

Selected Social Characteristics

School Enrollment		
Population 3 years and over enrolled in school	6,566	100%
Nursery & preschool	475	7.2%
Kindergarten	389	5.9%
Elementary School (Grades 1-8)	2,977	45.3%
High School (Grades 9-12)	1,614	24.6%
College or Graduate School	1,111	17.0%
Educational Attainment		
Population 25 years and over	19,353	100%
< 9 th grade education	322	1.7
9 th to 12 th grade, no diploma	1,216	6.3
High school graduate (includes equivalency)	9,148	47.3
Some college, no degree	3,498	18.1
Associate degree	1,996	10.3
Bachelor's degree	1,999	10.3
Graduate or professional degree	1,174	6.1
Percent high school graduate or higher	N/A	92.1%
Percent Bachelor's degree or higher	N/A	16.4%
Marital Status		
Population 15 years and over	22,879	100%
Never married	5,514	24.1%
Now married, excluding separated	12,812	56.0%
Separated	389	1.7%
Widowed	1,418	6.2%
Widowed females	2,128	9.3%
Divorced	2,745	12.0%
Divorced females	2,723	11.9%
Veteran Status		
Civilian population 18 years and over	21,616	100%
Veterans 18 years and over	1,893	8.8%

Selected Social Characteristics, Continued

<i>Disability Status of the Civilian Non-Institutionalized Population</i>		
Total civilian noninstitutionalized population	27,985	100%
Civilian with a disability	4,083	14.6%
Under 18 years	6,622	23.7%
Under 18 years with a disability	319	0.01%
18 to 64 years	16,551	59.1%
18 to 64 years with a disability	2,221	0.08%
65 Years and over	4,812	17.2%
65 Years and over with a disability	1,543	5.5%

Selected Economic Characteristics

<i>Employment Status</i>		
Population 16 years and over	22,437	100%
16 years and over in labor force	14,275	63.6%
16 years and over not in labor force	8,162	36.4%
Females 16 years and over	11,522	100%
Females 16 years and over in labor force	6,709	58.2%
Population living with own children <6 years	1,954	100%
All parents in family in labor force	1,408	72.1%
<i>Class of Worker</i>		
Civilian employed population 16 years and over	13,522	100%
Private wage and salary workers	11,393	84.3%
Government workers	1,317	9.7%
Self-employed workers in own not incorporated business	790	5.8%
Unpaid family workers	22	0.2%
<i>Occupations</i>		
Employed civilian population 16 years and over	13,522	100%
Production, transportation, and material moving occupations	4,047	29.9%
Management, business, science, and art occupations	3,442	25.5%
Sales and office occupations	2,733	20.2%
Service occupations	2,135	15.8%
Natural resources, construction, and maintenance occupations	1,165	8.6%
<i>Leading Industries</i>		
Employed civilian population 16 years and over	13,522	100%
Educational, health and social services	2,802	20.7%
Retail trade	1,369	10.1%
Wholesale trade	239	1.8%
Manufacturing	4,205	31.1%
Arts, entertainment, recreation, accommodation, and food services	903	6.7%
Professional, scientific, management, administrative, and waste management services	743	5.5%
Transportation and warehousing, and utilities	708	5.2%
Construction	548	4.1%
Other services (except public administration)	446	3.3%
Finance, insurance, real estate and rental and leasing	658	4.9%
Public administration	386	2.9%
Information	186	1.4%
Agriculture, forestry, fishing and hunting, and mining	329	2.4%

Selected Economic Characteristics, Continued

Income In 2017		
Households	11,503	100%
< \$10,000	701	6.1%
\$10,000 to \$14,999	435	3.8%
\$15,000 to \$24,999	1,203	10.5%
\$25,000 to \$34,999	1,363	11.8%
\$35,000 to \$49,999	1,912	16.6%
\$50,000 to \$74,999	2,671	23.2%
\$75,000 to \$99,999	1,522	13.2%
\$100,000 to \$149,999	1,202	10.4%
\$150,000 to \$199,999	290	2.5%
\$200,000 or more	204	1.8%
Median household income	\$50,974	N/A
Income in 2017		
Families	8,166	100%
< \$10,000	352	4.3%
\$10,000 to \$14,999	134	1.6%
\$15,000 to \$24,999	464	5.7%
\$25,000 to \$34,999	820	10.0%
\$35,000 to \$49,999	1,339	16.4%
\$50,000 to \$74,999	2,112	25.9%
\$75,000 to \$99,999	1,382	16.9%
\$100,000 to \$149,999	1,085	13.3%
\$150,000 to \$199,999	290	3.6%
\$200,000 or more	188	2.3%
Median family income	\$60,776	N/A
Per capita income in 2017	\$26,130	N/A
Poverty Status in 2017		
Families	N/A	8.3%
Individuals	N/A	12.7%

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

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2017	\$36,607	48 th of 88 counties
BEA Per Capita Personal Income 2016	\$37,609	45 th of 88 counties
BEA Per Capita Personal Income 2015	\$37,165	51 st of 88 counties
BEA Per Capita Personal Income 2014	\$38,423	40 th of 88 counties
BEA Per Capita Personal Income 2013	\$39,537	40 th 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, 2012-2016 5-year averages

Category	Van Wert County	Ohio
Population in poverty	12.3%	15.4%
< 125% FPL (%)	16.1%	19.9%
< 150% FPL (%)	21.6%	24.3%
< 200% FPL (%)	34.3%	33.3%
Population in poverty (2001)	7.0%	10.3%

(Source: *The Ohio Poverty Report*, Ohio Development Services Agency, February 2018, <http://www.development.ohio.gov/files/research/P7005.pdf>)

Employment Statistics

Category	Van Wert County	Ohio
Labor Force	14,100	5,741,900
Employed	13,600	5,469,100
Unemployed	600	272,900
Unemployment Rate* in December 2018	3.9	4.8
Unemployment Rate* in November 2018	3.1	4.1
Unemployment Rate* in December 2017	3.7	4.5

*Rate equals unemployment divided by labor force

(Source: Ohio Department of Job and Family Services, January 2019, <http://ohiolmi.com/laus/OhioCivilianLaborForceEstimates.pdf>)

Estimated Poverty Status in 2016

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Van Wert County				
All ages in poverty	2,489	1,968 to 3,010	8.9%	7.0 to 10.8
Ages 0-17 in poverty	839	646 to 1,032	13.1%	10.1 to 16.1
Ages 5-17 in families in poverty	559	423 to 695	11.9%	9.0 to 14.8
Median household income	\$52,610	\$49,439 to \$55,781		
Ohio				
All ages in poverty	1,639,636	1,614,177 to 1,665,095	14.5%	14.3 to 14.7
Ages 0-17 in poverty	521,730	506,894 to 536,566	20.4%	19.8 to 21.0
Ages 5-17 in families in poverty	348,713	335,691 to 361,735	18.7%	18.0 to 19.4
Median household income	\$ 52,357	\$52,083 to \$52,631		
United States				
All ages in poverty	44,268,996	44,022,086 to 44,515,906	14.0%	13.9 to 14.1
Ages 0-17 in poverty	14,115,713	13,976,345 to 14,255,081	19.5%	19.3 to 19.7
Ages 5-17 in families in poverty	9,648,486	9,548,767 to 9,748,205	18.3%	18.1 to 18.5
Median household income	57,617	\$57,502 to \$57,732		

(Source: U.S. Census Bureau, 2016 Poverty and Median Income Estimates, <https://www.census.gov/data/datasets/2016/demo/saipe/2016-state-and-county.html>)

Federal Poverty Thresholds in 2018 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	\$13,064					
1 Person 65 and >	\$12,043					
2 people Householder < 65 years	\$16,815	\$17,308				
2 People Householder 65 and >	\$15,178	\$17,242				
3 People	\$19,642	\$20,212	\$20,231			
4 People	\$25,900	\$26,324	\$25,465	\$25,554		
5 People	\$31,234	\$31,689	\$30,718	\$29,967	\$29,509	
6 People	\$35,925	\$36,068	\$35,324	\$34,612	\$33,553	\$32,925
7 People	\$41,336	\$41,594	\$40,705	\$40,085	\$38,929	\$37,581
8 People	\$46,231	\$46,640	\$45,800	\$45,064	\$44,021	\$42,696
9 People or >	\$55,613	\$55,883	\$55,140	\$54,516	\$53,491	\$52,082

(Source: U. S. Census Bureau, Poverty Thresholds 2018, <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html>)

Appendix VII: County Health Rankings

	Van Wert County	Ohio	U.S.
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2014-2016)	7,100	7,700	6,700
Overall health. Percentage of adults reporting fair or poor health (age-adjusted) (2016)	14%	17%	16%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2016)	3.6	4.0	3.7
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2016)	3.9	4.3	3.8
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2010-2016)	6%	9%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2016)	18%	23%	17%
Obesity. Percentage of adults that report a BMI of 30 or more (2014)	37%	32%	28%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2015)	8.1	6.6	7.7
Physical inactivity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2014)	30%	26%	23%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2016)	62%	85%	83%
Drug and alcohol abuse. Percentage of adults reporting binge or heavy drinking (2016)	18%	19%	18%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2012-2016)	17%	34%	29%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2015)	306	489	479
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2010-2016)	26	28	27

(Source: 2018 County Health Rankings for Van Wert County, Ohio, and U.S. data)

	Van Wert County	Ohio	U.S.
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2015)	7%	8%	11%
Access to health care/medical care. Ratio of population to primary care physicians (2015)	2,600:1	1,310:1	1,320:1
Access to dental care. Ratio of population to dentists (2016)	3,150:1	1,660:1	1,480:1
Access to behavioral health care. Ratio of population to mental health providers (2017)	1,290:1	560:1	470:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2015)	54	57	49
Diabetes. Percentage of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring (2014)	85%	85%	85%
Cancer. Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2014)	58%	61%	63%
Social and Economic Environment			
Education. Percentage of ninth-grade cohort that graduates in four years (2014-2015)	92%	81%	83%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2012-2016)	57%	65%	65%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2016)	4%	5%	5%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2016)	13%	20%	20%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2012-2016)	3.7	4.8	5.0
Family and social support. Percentage of children that live in a household headed by single parent (2012-2016)	32%	36%	34%
Family and social support. Number of membership associations per 10,000 population (2015)	19	11	9
Violence. Number of reported violent crime offenses per 100,000 population (2012-2014)	84	290	380
Injury. Number of deaths due to injury per 100,000 population (2012-2016)	59	75	65

(Source: 2018 County Health Rankings for Van Wert County, Ohio, and U.S. data)

	Van Wert County	Ohio	U.S.
Physical Environment			
Air, water, and toxic substances. Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2012)	11.4	11.3	8.7
Air, water, and toxic substances. Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation (2016)	No	N/A	N/A
Housing. Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2010-2014)	9%	15%	19%
Transportation. Percentage of the workforce that drives alone to work (2012-2016)	84%	83%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2012-2016)	22%	30%	35%

N/A – Data is not available

(Source: 2018 County Health Rankings for Van Wert County, Ohio, and U.S. data)