

EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Wood County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2015. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

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

INSTRUMENT DEVELOPMENT

Two survey instruments were designed and pilot tested for this study: one for adults and one for adolescents. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. The majority of the survey items for the adolescent survey were derived from the YRBSS. This decision was based on being able to compare local data with state and national data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Wood County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Wood County planning committee, the Project Coordinator composed drafts of surveys containing 118 items for the adult survey and 76 items for the adolescent survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

SAMPLING | *Adult Survey*

Adults ages 19 and over living in Wood County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Wood County. There were 98,213 persons ages 18 and over living in Wood 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 383 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Wood County was obtained from Allegra Marketing Services in Louisville, KY.

SAMPLING | *Adolescent Survey*

A sample size of 373 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

PROCEDURE | Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Wood County. This advance letter was personalized, printed on Wood County Health Partners stationery and was signed by Benjamin Batey, Health Commissioner, Wood County Health District and Stan Korducki, CEO, Wood County Hospital. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Wood County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope was sent. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 44% (n=513; CI= \pm 4.32). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

PROCEDURE | Adolescent Survey

The survey was approved by all superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 93% (n=489; CI= \pm 4.34)

DATA ANALYSIS

Individual responses were anonymous and confidential. Only group data are available. All data was analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Wood County, the adult data collected was weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

LIMITATIONS

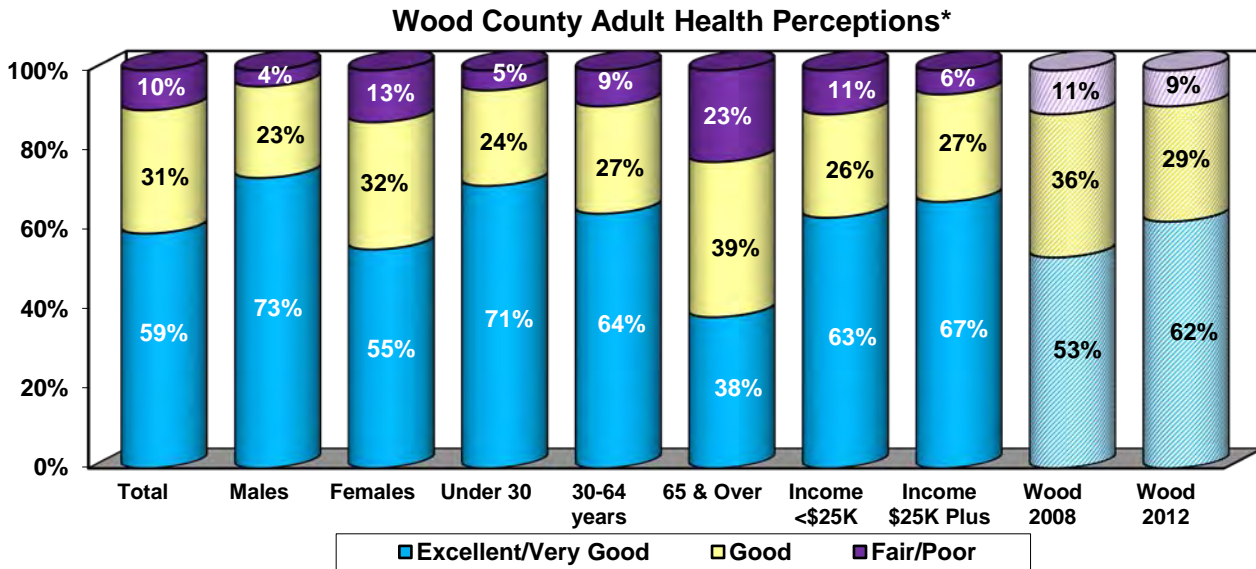
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Wood County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked,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

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

Data Summary

HEALTH PERCEPTIONS

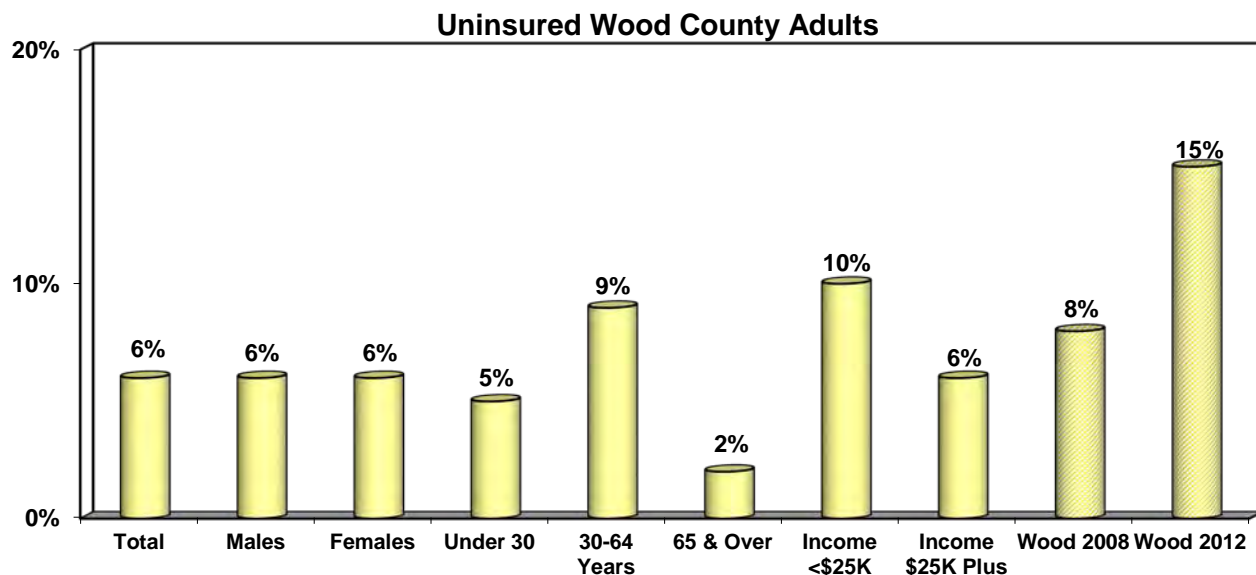
In 2015, more than half (59%) of the Wood County adults rated their health status as excellent or very good. Conversely, 10% of adults, increasing to 23% of those over the age of 65, described their health as fair or poor.



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

HEALTH CARE COVERAGE

The 2015 Health Assessment data has identified that 6% of Wood County adults were without health care coverage. Those most likely to be uninsured were adults ages 30-64 and those with an income level under \$25,000. In Wood County, 13.8% of residents live below the poverty level (Source: U.S. Census, American Community Survey 1 Year Estimate, 2013).



HEALTH CARE ACCESS

The 2015 Health Assessment project identified that 49% of Wood County adults had visited a doctor for a routine checkup in the past year. 68% of adults went outside of Wood County for health care services in the past year.

CARDIOVASCULAR HEALTH

Heart disease (22%) and stroke (4%) accounted for 26% of all Wood County adult deaths in 2013 (Source: ODH Information Warehouse). The 2015 Wood County Health Assessment found that 4% of adults had survived a heart attack and 3% had survived a stroke at some time in their life. More than one-fourth (26%) of Wood County adults had been diagnosed with high blood pressure, 30% had high blood cholesterol, 22% were obese, and 11% were smokers, four known risk factors for heart disease and stroke.

CANCER

In 2015, 12% of Wood County adults had been diagnosed with cancer at some time in their lives. The Centers for Disease Control and Prevention (CDC) indicates that from 2008-2012, a total of 1,125 Wood County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

DIABETES

In 2015, 6% of Wood County adults had been diagnosed with diabetes.

ARTHRITIS

According to the Wood County survey data, 29% of Wood County adults were diagnosed with arthritis. According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they have arthritis.

ASTHMA

In 2015, 15% of Wood County adults had been diagnosed with asthma.

ADULT WEIGHT STATUS

The 2015 Health Assessment identified that 64% of Wood County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 30% of Ohio and 29% of U.S. adults were obese by BMI. More than one-fifth (20%) of Wood County adults were obese. More than two-fifths (43%) of adults were trying to lose weight.

Wood County Leading Types of Death 2013 (Preliminary)

Total Deaths: 1,005

1. Heart Disease (22% of all deaths)
2. Cancer (16%)
3. Chronic Lower Respiratory Diseases (4%)
4. Stroke (4%)
5. Accidents, Unintentional Injuries (3%)

(Source: ODH Information Warehouse, 2013)

Wood County Incidence of Cancer, 2007-2011

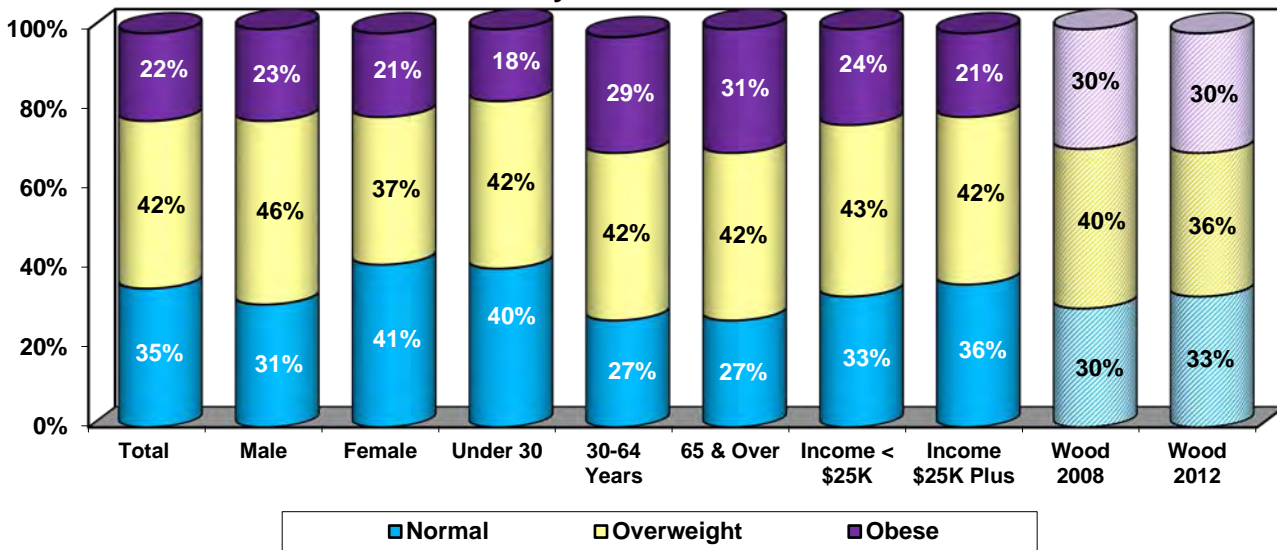
All Types: 2,676 cases

- Prostate: 426 cases (16%)
- Breast: 374 cases (14%)
- Lung and Bronchus: 354 cases (13%)
- Colon and Rectum: 287 cases (11%)

In 2013, there were 239 cancer deaths in Wood County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/9/2014)

Wood County Adult BMI Classifications

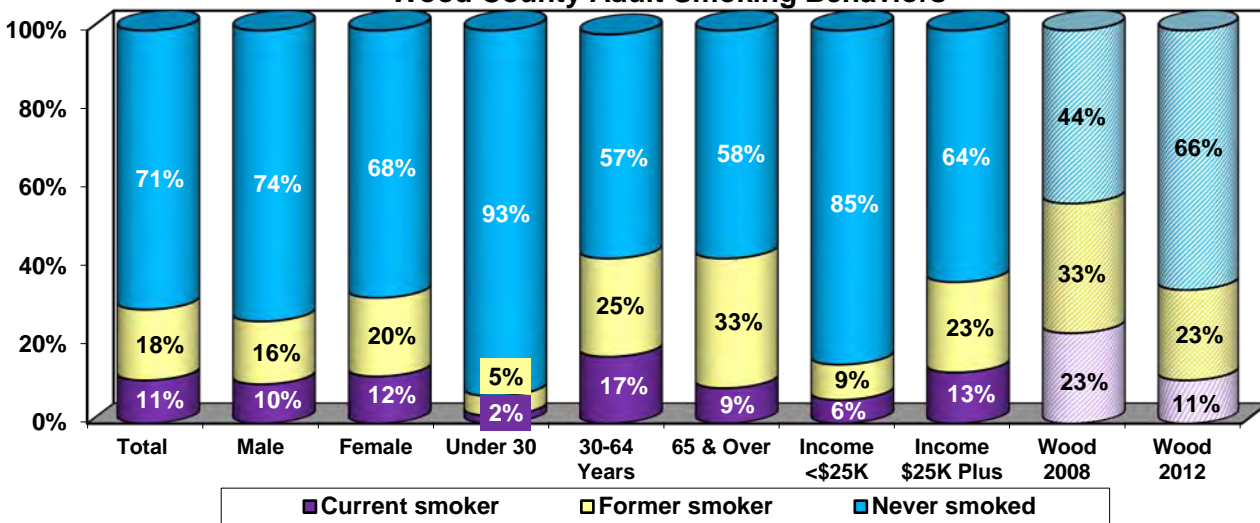


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

ADULT TOBACCO USE

In 2015, 11% of Wood County adults were current smokers and 18% were considered former smokers. In 2015, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2015).

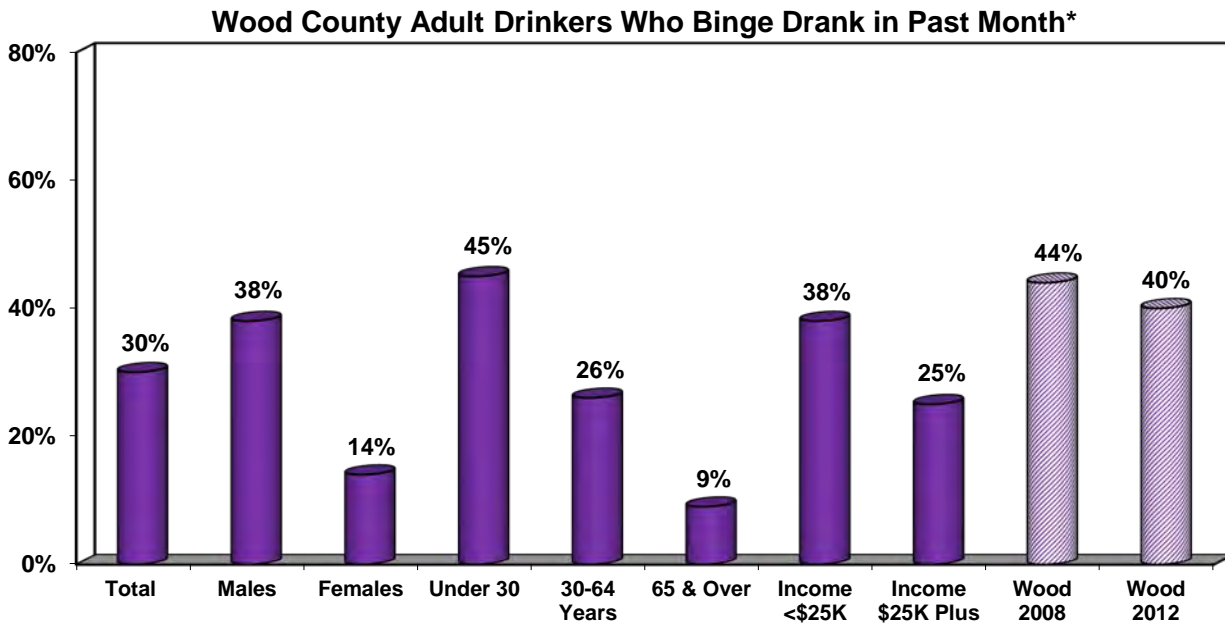
Wood County Adult Smoking Behaviors



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

ADULT ALCOHOL CONSUMPTION

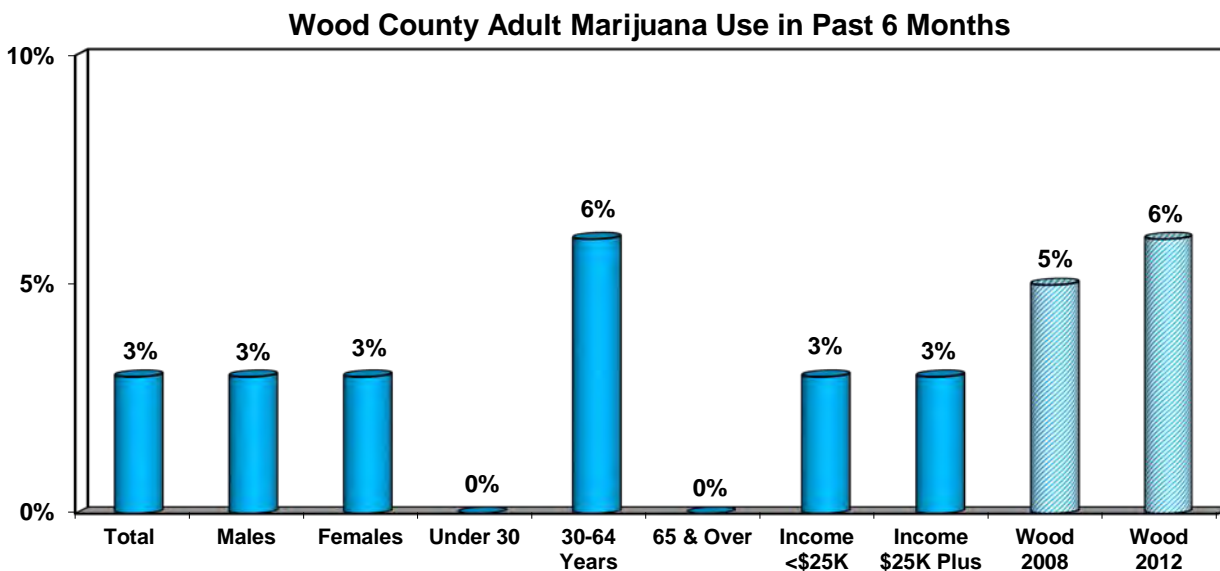
In 2015, the Health Assessment indicated that 13% of Wood County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 30% of adults who drank had five or more drinks (for males) and 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Eight percent of adults drove after having perhaps too much to drink.



*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion.

ADULT MARIJUANA AND OTHER DRUG USE

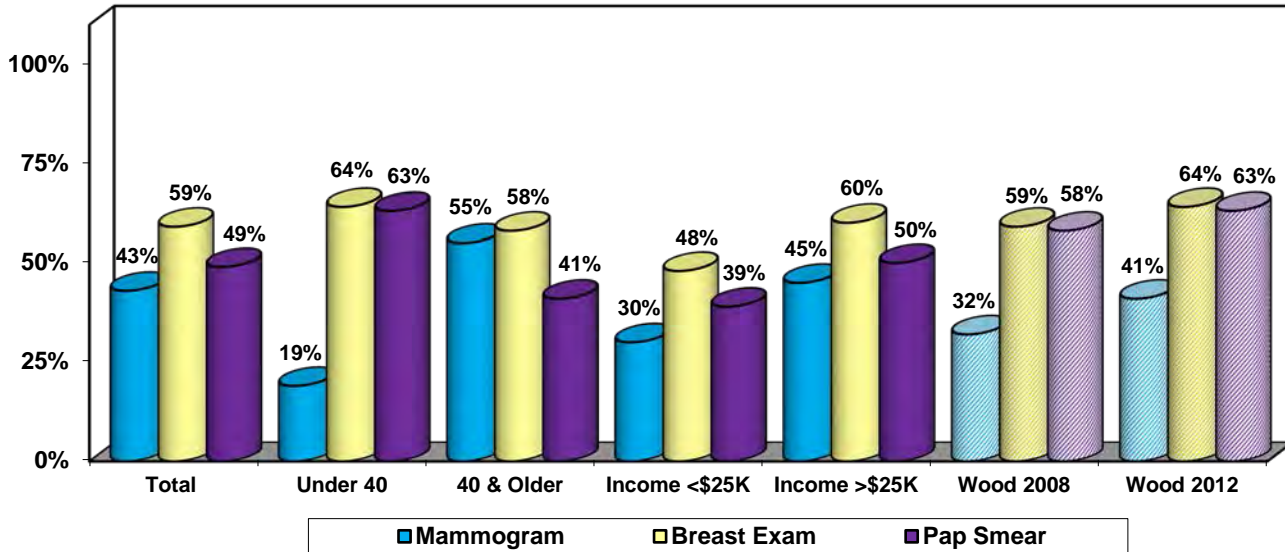
In 2015, 3% of Wood County adults had used marijuana during the past 6 months. 6% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.



WOMEN'S HEALTH

In 2015, more than half (55%) of Wood County women over the age of 40 reported having a mammogram in the past year. 59% of Wood County women ages 19 and over had a clinical breast exam and 49% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 3% of women survived a heart attack and 4% survived a stroke at some time in their life. More than one-quarter (28%) had high blood pressure, 33% had high blood cholesterol, 21% were obese, and 12% were identified as smokers, known risk factors for cardiovascular diseases.

Wood County Women's Health Exams Within the Past Year



MEN'S HEALTH

In 2015, 45% of Wood County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 33% and cancers accounted for 25% of all male deaths in Wood County from 2010-2012. The Health Assessment determined that 3% of men survived a heart attack and 2% survived a stroke at some time in their life. Nearly one-fourth (24%) of men had been diagnosed with high blood pressure, 28% had high blood cholesterol, and 10% were identified as smokers, which, along with obesity (23%), are known risk factors for cardiovascular diseases.

PREVENTIVE MEDICINE AND HEALTH SCREENINGS

Over half (53%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. One-fourth (25%) of adults ages 50 and over had a colorectal cancer screening in the past 2 years.

ADULT SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2015, three-fifths (60%) of Wood County adults had sexual intercourse. Two percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, *STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

QUALITY OF LIFE

In 2015, 25% of Wood County adults were limited in some way because of a physical, mental or emotional problem.

SOCIAL CONTEXT

In 2015, 2% of Wood County adults were threatened or abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 55% of adults reported gambling in the past year.

MENTAL HEALTH AND SUICIDE

In 2015, 5% of Wood County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

ORAL HEALTH

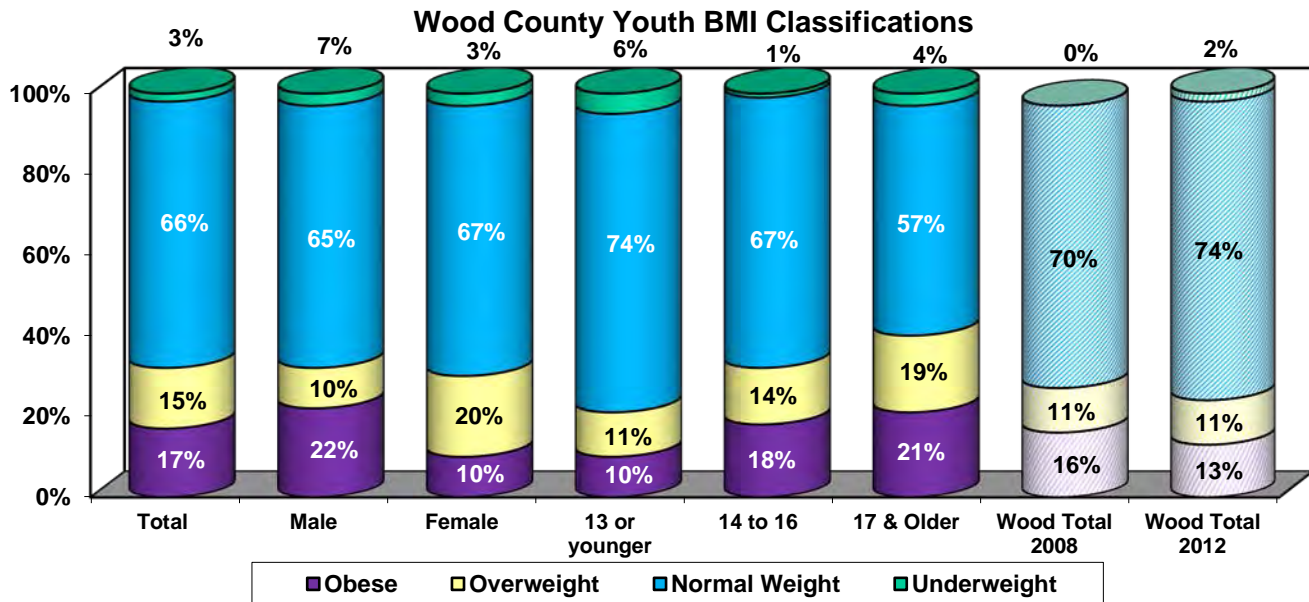
The 2015 Health Assessment project has determined that nearly three-fourths (74%) of Wood County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. More than three-fourths (79%) of Wood County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year (2013 YRBS reported 75% for Ohio).

PARENTING

The 2015 Health Assessment project identified that 76% of parents had taken their child to the dentist in the past year. 81% of parents described their child's health as excellent or very good.

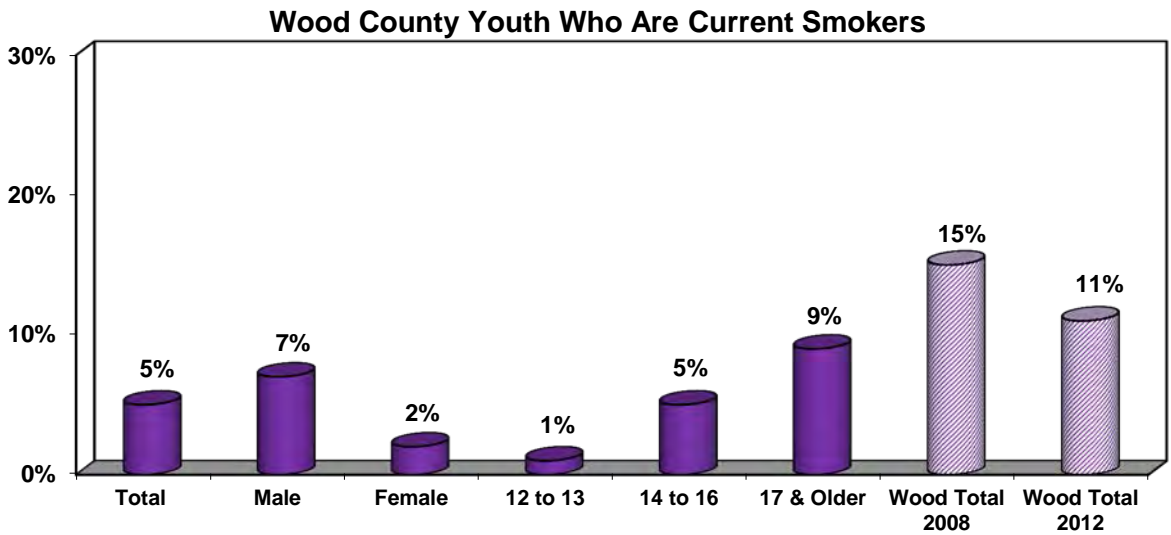
YOUTH WEIGHT STATUS

The 2015 Health Assessment identified that 17% of Wood County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 29% of Wood County youth reported that they were slightly or very overweight. 73% of youth were exercising for 60 minutes on 3 or more days per week. 91% of youth were involved in extracurricular activities.



YOUTH TOBACCO USE

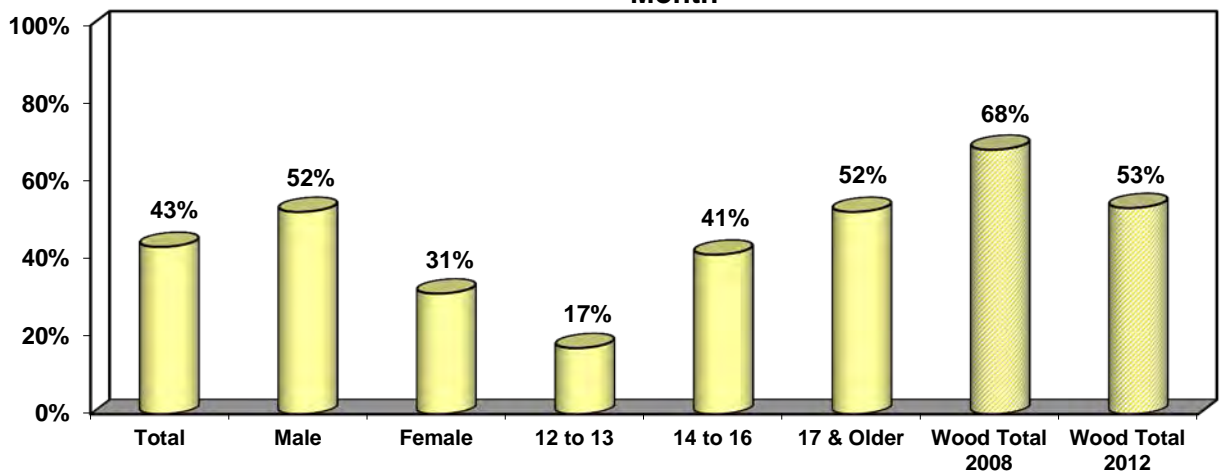
The 2015 Health Assessment identified that 5% of Wood County youth in grades 6-12 were smokers. 13% of current smokers smoked daily. More than four-fifths (87%) of Wood County youth reported that their parents would disapprove of them smoking cigarettes.



YOUTH ALCOHOL CONSUMPTION

In 2015, the Health Assessment results indicated that 44% of Wood County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 70% of youth seventeen and older. 29% of those 6th-12th graders who drank, took their first drink at 12 years or younger. 16% of all Wood County 6th-12th grade youth and 28% of those over the age of 17 had at least one drink in the past 30 days. Over two-fifths (43%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

Wood County Youth Current Drinkers Who Have Binge Drank in Past Month*

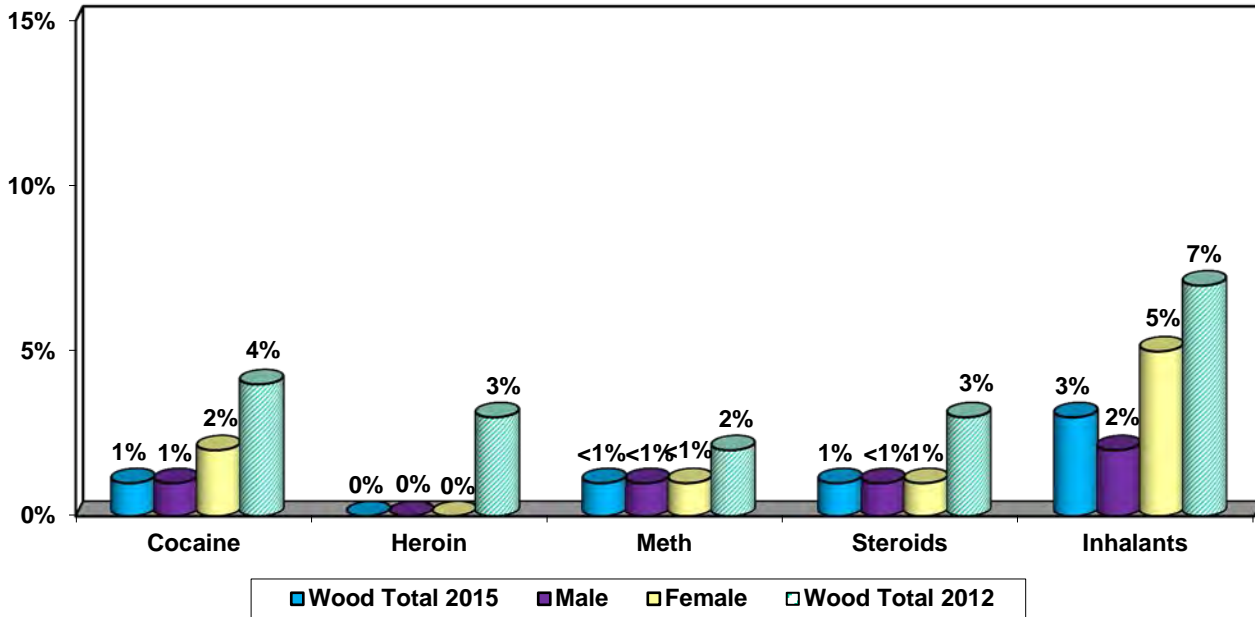


*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.

YOUTH MARIJUANA AND OTHER DRUG USE

In 2015, 8% of Wood County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 17% of those ages 17 and older. 6% of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 8% of those over the age of 17.

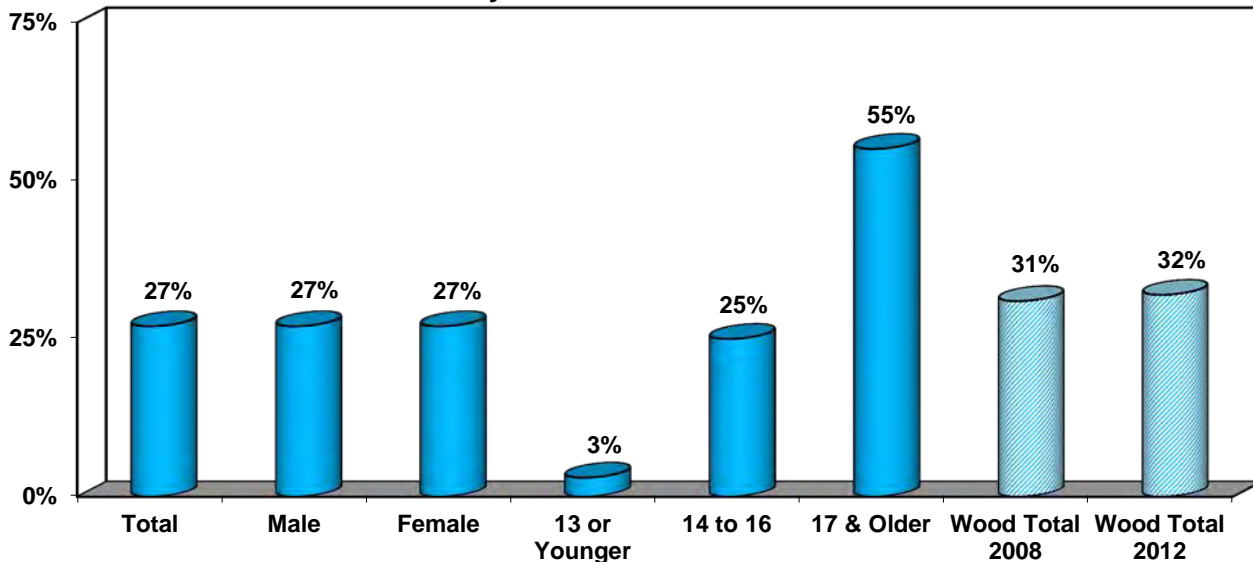
Wood County Youth Lifetime Drug Use



YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2015, over one-quarter (27%) of Wood County youth have had sexual intercourse, increasing to 55% of those ages 17 and over. 27% of youth had participated in oral sex and 6% had participated in anal sex. 26% of youth participated in sexting. Of those who were sexually active, 45% had multiple sexual partners. One Wood County school did not ask all sexual behavior questions.

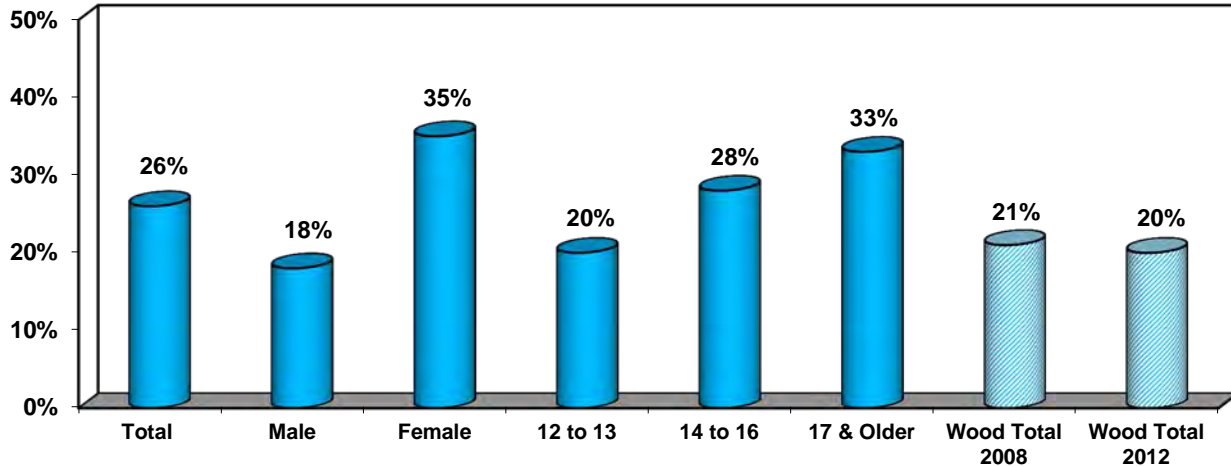
Wood County Youth Who Had Sexual Intercourse



YOUTH MENTAL HEALTH AND SUICIDE

In 2015, the Health Assessment results indicated that 16% of Wood County 6th-12th grade youth had seriously considered attempting suicide in the past year and 6% admitted actually attempting suicide in the past year.

Wood County Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row



YOUTH SAFETY

In 2015, 13% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 4% of youth drivers had driven after drinking alcohol. 42% of youth drivers texted while driving.

YOUTH VIOLENCE

In Wood County, 10% of youth had carried a weapon in the past month. 16% of youth had been involved in a physical fight in the past year. 38% of youth had been bullied in the past year and 22% had been bullied on school property.

Wood County Youth Involved in a Physical Fight in the Past Year

