2021

Wood County

Community Health Assessment

Examining the health of Wood County

Released March 30, 2022

Foreword

Members of the Wood County Health Partners are proud to present the 2021 Wood County Community Health Assessment. This report is the result of dedication to a partnership that is focused on improving the health of our community.

This Community Health Assessment is a data-driven look at the health of adults, youth and children who live in Wood County. It compares new data to information from previous assessments, and also to data from across the state of Ohio and the United States.

Partnership has been the hallmark of the process that led to the creation of this report. Wood County Health Partners sought to include as many stakeholders as possible so that the Community Health Assessment represents their interests and reflects their needs.

The goal of the document is to highlight the strengths and needs of Wood County, so that organizations and agencies involved in the assessment process can make sound decisions using the best available data. It should help identify unmet needs, increase access to services, and provide insight into the best ways to favorably move the needle of the health of people in Wood County.

While addressing every challenge or opportunity for improvement would surely be overwhelming, the 2021 Community Health Assessment should help guide health priorities in Wood County for the next several years or longer. It is our hope that this report will be enlightening not only for the general public, but also those partners and other organizations that will use the data to write grant requests, form sensible strategic plans, and motivate communities to become champions for positive change.

The full report is available from Wood County Health Department at https://woodcountyhealth.org/reports-publications/, and from the Hospital Council of Northwest Ohio at http://www.hcno.org/community-services/community-health-assessments.

Sincerely,

Wood County Health Partners

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Acknowledgements

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Wood County Board of Developmental Disabilities
Wood County Committee on Aging
Wood County Educational Service Center
Wood County Health Department
Wood County Hospital
WSOS Community Action

The 2021 Wood County Health Assessment is available on the following websites:

Hospital Council of Northwest Ohio
http://www.hcno.org/community-services/community-health-assessments

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APPENDICES

Community Health Assessment Summary

These charts are a summary of results, trends and comparisons from the 2021 Wood County Community Health Assessment. For the full report, go to www.woodcountyhealth.org

The arrows show whether the percentages went up, down or stayed the same. The colors show whether that was a good (green) or bad (red) change.

Adult Trend Summary	Wood County 2018	Change since 2018	Wood County 2021	Ohio 2019	How does Wood County compare to Ohio average?	U.S. 2019
Health Status						
Rated general health as good, very good, or excellent	86%	⬆	88%	81%	Better	83%
Rated health as excellent or very good	52%	⬇	49%	48%	Better	51%
Rated health as fair or poor 🛡	14%	⬇	12%	19%	Better	18%
Average days that physical health not good (in the past month) 🛡	3.1	⬆	4.6	3.9‡	Worse	3.8‡
Rated physical health as not good on four or more days (in the past 30 days)	18%	⬆	24%	24%	Same	23%
Average days that mental health not good (in the past month) 🛡	4.8	⬆	6.9	4.6‡	Worse	4.0‡
Rated their mental health as not good on four or more days (in the previous month)	32%	⬆	49%	26%	Worse	24%
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)	32%	⬆	38%	N/A	N/A	N/A
Health Care Coverage, Access, and Utilization						
Uninsured	6%	⬆	7%	9%	Better	11%
Had at least one person they thought of as their personal doctor or health care provider	85%	⬇	77%	80%	Worse	77%
Visited a doctor for a routine checkup in the past year 🛡	61%	⬆	67%	78%	Worse	78%
Diabetes, Asthma, and Arthritis						
Diagnosed with diabetes 🛡	8%	Same	8%	12%	Better	11%
Diagnosed with pre-diabetes or borderline diabetes	5%	⬇	3%	2%	Worse	2%
Diagnosed with asthma 🛡	15%	⬇	10%	16%	Better	15%
Diagnosed with arthritis	28%	⬆	31%	31%	Same	26%
Cardiovascular Health						
Had angina or coronary heart disease 🛡	5%	⬇	4%	5%	Better	4%
Had a heart attack	3%	Same	3%	5%	Better	4%
Had a stroke	2%	Same	2%	4%	Better	3%
Diagnosed with high blood pressure 🛡	35%	⬇	30%	35%	Better	32%
Diagnosed with high blood cholesterol	32%	⬇	30%	33%	Better	33%
Had blood cholesterol checked within the past 5 years	80%	⬇	72%	85%	Worse	87%
Weight Status						
Overweight	33%	⬇	32%	35%	Better	35%
Obese 🛡	39%	⬇	37%	35%	Worse	32%
Overweight or Obese	72%	⬇	69%	70%	Better	67%

🛡 *Indicates alignment with the Ohio State Health Assessment (SHA)*
N/A – Not Available
‡2017 BRFSS Data as compiled by 2020 County Health Rankings

Adult Trend Summary	Wood County 2018	Change since 2018	Wood County 2021	Ohio 2019	How does Wood County compare to Ohio average?	U.S. 2019
Alcohol Consumption						
Current drinker (drank alcohol at least once in the past month)	68%	⬆	71%	53%	**Worse**	54%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days) 🛡	27%	⬆	32%	18%	**Worse**	17%
Drove after having too much alcohol to drink	7%	**Same**	7%	4%*	**Worse**	3%*
Tobacco Use						
Current smoker (currently smoke some or all days) 🛡	11%	⬇	10%	21%	**Better**	16%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	23%	⬇	21%	24%	**Worse**	25%
Tried to quit smoking	38%	⬆	58%	N/A	N/A	N/A
Drug Use						
Adults who used recreational marijuana (in the past 6 months)	6%	⬆	9%	N/A	N/A	N/A
Adults who used other recreational drugs (in the past 6 months)	2%	⬆	5%	N/A	N/A	N/A
Adults who misused prescription drugs (in the past 6 months)	4%	⬆	5%	N/A	N/A	N/A
Sexual Behavior						
Had more than one sexual partner (in the past year)	7%	⬇	<1%	N/A	N/A	N/A
Preventive Medicine						
Had a pneumonia vaccine (age 65 and older)	76%	⬇	68%	75%	**Worse**	73%
Had a flu vaccine in the past year (ages 65 and older)	74%	⬆	78%	63%	**Better**	64%
Had a mammogram in the past two years (age 40 and older)	63%	⬆	71%	74%*	**Worse**	72%*
Had a clinical breast exam in the past two years (age 40 and older)	64%	⬇	61%	N/A	N/A	N/A
Had a Pap smear in the past three years (age 21-to-65)	73%	⬇	70%	79%	**Worse**	80%
Had a digital rectal exam within the past year	17%	⬇	12%	N/A	N/A	N/A
Mental Health						
Felt sad or hopeless for two or more weeks in a row	14%	⬇	12%	N/A	N/A	N/A
Considered attempting suicide in the past year	2%	⬆	3%	N/A	N/A	N/A
Attempted suicide in the past year	0%	⬆	3%	N/A	N/A	N/A
Oral Health						
Adults who visited a dentist or dental clinic (in the past year)	71%	⬇	66%	67%	**Worse**	68%
Adults who had one or more permanent teeth removed	31%	⬆	41%	45%*	**Better**	41%*
Adults 65 years and older who had all their permanent teeth removed	10%	⬇	5%	17%*	**Better**	14%*
Quality of Life						
Limited in some way because of a major impairment or health problem	38%	⬆	42%	N/A	N/A	N/A

🛡 *Indicates alignment with the Ohio State Health Assessment (SHA)*
N/A – Not Available
*2018 BRFSS Data

Youth Trend Summary	6th through 12th graders			9th through 12th graders			
	Wood County 2018	Change since 2018	Wood County 2021	Wood County 2021	Ohio 2019	U.S. 2019	How does Wood County compare to the U.S. average?
Weight Control							
Obese 🛡	16%	⬆	18%	16%	17%	16%	**Same**
Overweight	13%	**Same**	13%	16%	12%	16%	**Same**
Overweight or Obese	29%	⬆	31%	32%	29%	32%	**Same**
Described themselves as slightly or very overweight	30%	⬇	28%	31%	N/A	32%	**Better**
Trying to lose weight	45%	⬇	40%	46%	N/A	48%	**Worse**
Exercised to lose weight (in the past 30 days)	56%	⬇	46%	51%	N/A	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	32%	⬆	33%	43%	N/A	N/A	N/A
Went without eating for 24 hours or more (in the past 30 days)	6%	⬆	8%	13%	N/A	N/A	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	3%	⬇	1%	3%	N/A	N/A	N/A
Vomited or took laxatives (in the past 30 days)	2%	⬆	3%	4%	N/A	N/A	N/A
Physically active at least 60 minutes per day on every day (in the past week)	31%	**Same**	31%	25%	24%	23%	**Better**
Physically active at least 60 minutes per day on five or more days (in the past week)	54%	⬇	53%	49%	43%	44%	**Better**
Did not participate in at least 60 minutes of physical activity on any day (in the past week)	10%	**Same**	10%	13%	21	17%	**Better**
Tobacco Use							
Ever tried cigarette smoking (even one or two puffs)	14%	⬇	8%	13%	22%	24%	**Better**
Current smoker (smoked on at least one day during the past 30 days)	3%	⬇	2%	4%	5%	6%	**Better**
Tried to quit smoking (of those youth who smoked in the past year)	45%	⬇	41%	28%	N/A	48%	**Worse**
Smoked a whole cigarette before the age of 13 (for the first time of all youth)	5%	⬇	3%	3%	9%	8%	**Better**
Alcohol Consumption							
Ever tried alcohol	38%	⬇	28%	40%	N/A	N/A	N/A
Current drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	15%	⬇	11%	17%	26%	29%	**Better**
Binge drinker (drank 5 or more drinks within a couple of hours on at least one day during the past 30 days)	7%	⬇	5%	10%	13%	14%	**Better**
Drank for the first time before age 13 (of all youth)	10%	⬇	7%	6%	16%	15%	**Better**
Rode with a driver who had been drinking alcohol (in a car or other vehicle on one or more occasion during the past 30 days)	12%	⬇	10%	12%	N/A	17%	**Better**
Drove when they had been drinking alcohol (of youth drivers on one or more occasion during the past 30 days)	1%	⬆	2%	3%	N/A	5%	**Better**
Obtained the alcohol they drank by someone giving it to them (of current drinkers)	36%	⬆	42%	37%	N/A	41%	**Better**

🛡 *Indicates alignment with the Ohio State Health Assessment (SHA)*   *N/A – Not Available*

Youth Trend Summary	6th through 12th graders			9th through 12th graders			
	Wood County 2018	Change since 2018	Wood County 2021	Wood County 2021	Ohio 2019	U.S. 2019	How does Wood County compare to the U.S. average?
Drug Use							
Youth who used marijuana (in the past month)	9%	⬇	5%	10%	16%	22%	**Better**
Used methamphetamines (in their lifetime)	1%	Same	1%	2%	N/A	2%	**Same**
Used cocaine (in their lifetime)	2%	⬇	1%	2%	4%	4%	**Better**
Used heroin (in their lifetime)	0%	⬆	1%	1%	2%	2%	**Better**
Used steroids without a doctor's prescription (in their lifetime)	2%	⬇	1%	3%	N/A	2%	**Worse**
Used inhalants (in their lifetime)	3%	⬇	2%	3%	8%	6%	**Better**
Used ecstasy/MDMA/molly (in their lifetime)	1%	⬆	2%	3%	N/A	4%	**Better**
Ever misused medications (in their lifetime)	5%	⬇	3%	5%	12%	14%	**Better**
Ever been offered, sold, or given an illegal drug by someone on school property (in the past year)	6%	⬇	4%	5%	15%	22%	**Better**
Mental Health							
Seriously considered attempting suicide (in the past 12 months)	19%	⬇	14%	19%	16%	19%	**Same**
Attempted suicide (in the past 12 months)	5%	Same	5%	6%	7%	9%	**Better**
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)	27%	⬆	29%	34%	33%	37%	**Better**
Social Determinants of Health							
Visited a dentist within the past year (for a check-up, exam, teeth cleaning, or other dental work)	78%	Same	78%	74%	N/A	N/A	N/A
Unintentional Injuries and Violence							
Carried a weapon (in the past month)	9%	⬇	8%	7%	11%	13%	**Better**
Had been in a physical fight (in the past year)	21%	⬇	15%	12%	19%	22%	**Better**
Electronically bullied (in the past year)	12%	⬇	10%	9%	13%	16%	**Better**
Bullied (in the past year)	37%	⬇	30%	28%	N/A	N/A	N/A
Bullied on school property (in past the year)	23%	⬇	15%	11%	14%	20%	**Better**
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (in the past year)	2%	Same	2%	3%	10%	8%	**Better**

N/A-Not Available

Child Trend Summary – Ages 0 to 5 years	Wood County 2018	Change since 2018	Wood County 2021	Ohio 2018/ 2019	How does Wood County compare to Ohio average?	U.S. 2018/ 2019
Health and Functional Status						
Rated health as excellent or very good	98%	⬆	99%	94%	**Better**	94%
Dental care visit in past year	53%	⬆	58%	59%*	**Worse**	62%*
Diagnosed with ADHD/ADD	1%	⬇	0%	1%**	**Better**	2%**
Diagnosed with asthma 🔷	6%	⬇	4%	4%	**Same**	4%
Diagnosed with autism or autism spectrum disorder (ASD)	1%	**Same**	1%	N/A	N/A	2%*
Diagnosed with behavioral or conduct problems	3%	⬇	1%	3%**	**Better**	4%**
Diagnosed with a head injury, brain injury, or concussion	1%	**Same**	1%	N/A	N/A	<1%
Health Care Access						
Had public insurance	12%	⬇	7%	29%	Worse	32%
Been to doctor for preventive care in past year	100%	⬇	99%	87%***	**Better**	89%***
Received all the medical care they needed	94%	⬇	93%	N/A	N/A	N/A
Early Childhood						
Never breastfed their child	11%	⬆	12%	22%	**Better**	19%
Family member read to child every day in the past week €	54%	⬆	60%	35%	**Better**	35%
Family and Community Characteristics						
Family eats a meal together every day of the week	38%	⬆	53%	49%	**Better**	53%
Child experienced two or more ACEs 🔷	7%	⬇	1%	9%	**Better**	9%
Parent definitely agreed that their child lived in a safe neighborhood	87%	⬆	93%	65%	**Better**	64%

Ages 1-5
**Ages 3-5*
****2019 NSCH Data*
N/A – Not Available

Child Trend Summary – Ages 6 to 11 years	Wood County 2018	Change since 2018	Wood County 2021	Ohio 2018/ 2019	How does Wood County compare to Ohio average?	U.S. 2018/ 2019
Health and Functional Status						
Rated health as excellent or very good	93%	⬆	97%	88%	Better	90%
Dental care visit in past year	93%	⬇	90%	91%	Worse	89%
Diagnosed with ADHD/ADD	12%	⬆	14%	10%	Worse	9%
Diagnosed with asthma	9%	⬇	7%	12%	Better	13%
Diagnosed with autism or autism spectrum disorder (ASD)	4%	⬇	2%	N/A	N/A	3%
Diagnosed with behavioral or conduct problems	4%	⬆	5%	10%	Better	9%
Diagnosed with a head injury, brain injury, or concussion	2%	Same	2%	N/A	N/A	1%
Health Care Access						
Had public insurance	11%	⬇	8%	29%	Worse	31%
Been to doctor for preventive care in past year	91%	⬆	92%	86%¥	Better	82%¥
Received all the medical care they needed	93%	⬆	94%	N/A	N/A	N/A
Middle Childhood						
Child participated in one or more after school or weekend activities	63%	⬆	80%	75%	Better	79%
Child did not miss any days of school because of illness or injury	16%	⬆	31%	24%	Better	28%
Did not engage in any physical activity during the past week	4%	⬇	2%	6%	Better	6%
Parent definitely agreed that their child was safe at school	72%	⬆	82%	74%	Better	75%
Family and Community Characteristics						
Family eats a meal together every day of the week	33%	⬆	36%	42%	Worse	46%
Child experienced two or more ACEs	6%	⬆	8%	26%	Better	20%
Parent definitely agreed that their child lived in a safe neighborhood €	78%	⬆	84%	57%	Better	64%

¥2019 NSCH Survey Data
N/A – Not Available

Executive Summary

This executive summary provides an overview of health-related data for Wood County adults (19 years of age and older), youth (ages 12-18), and children (ages 0-11) who participated in a county-wide health assessment survey during April 2021 through June 2021. 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), Youth Risk Behavior Surveillance System (YRBSS), and the National Survey of Children's Health (NSCH), which was developed by the Child and Adolescent Health Measurement Initiative. 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 about the community: the health of the population, identify areas for health improvement, identify contributing factors that impact health outcomes, and identify 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 2021 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. For a more detailed approach on primary data collection methods, please see the section below.

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents 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

Three survey instruments were designed, and pilot tested for this study: one for adults, one for adolescents in grades 6 through 12, and one for parents of children ages 0 through 11. 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, adolescents, and children. The investigators decided to derive the majority of the adult survey items from the BRFSS, the majority of the adolescent survey items from the YRBSS, and the majority of the survey items for the parents of children 0-11 from the NSCH. This decision was based on being able to compare local data with state and national data.

The project coordinator from HCNO conducted a series of meetings with the Wood County Health Partners. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions from the BRFSS, YRBSS, and NSCH surveys. Based on input from Wood County Health Partners, the project coordinator composed drafts of surveys containing 114 items for the adult survey, 69 items for the adolescent survey, and 79 items for the parents of 0-11 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 over living in Wood County. There were 95,618 persons ages 19 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 6% (i.e., we can be 95% sure that the "true" population responses are within a 6% margin of error of the survey findings). A sample size of at least 266 adults was needed to ensure this level of confidence.

The random sample of mailing addresses of adults from Wood County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California. Surveys were mailed in April 2021 and returned through June 2021.

SAMPLING | Adolescent Survey

The sampling frame for the adolescent survey consisted of youth in grades 6-12 in Wood County public school districts. For more information on participating districts and schools, see Appendix IV. Using the U.S. Census Bureau data, it was determined that approximately 12,433 youth ages 12-18 years old lived in Wood County. 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.

SAMPLING | 0-11 Survey

The sampling frame for the child survey consisted of children ages 0-11 residing in Wood County. Using U.S. Census Bureau data, it was determined that 17,437 children ages 0-11 resided in Wood County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 6% (i.e., we can be 95% sure that the "true" population responses are within a 6% margin of error). Because many of the items were identical between the 0-5 and 6-11 surveys, the responses were combined to analyze data for children 0-11. The sample size required to generalize to children aged 0-11 was 263. The random sample of mailing addresses of parents from Wood County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California.

PROCEDURE | Adult Survey

Prior to mailing the survey to adults, the project team mailed an advance letter to 2,000 adults in Wood County. This advance letter was personalized, printed on Wood County Health Partners stationery and signed by Benjamin Robison, Wood County Health Commissioner, and Stan Korducki, President and CEO of 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.

Four weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized hand signed cover letter (on Wood County Health Partners stationery) describing the purpose of the study, a questionnaire printed on white paper, a self-addressed stamped return envelope, and a $2 incentive, which were included in a large colored envelope. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 13% (n=256: CI=± 6.12).

Note: "n" refers to the total sample size, "CI" refers to the confidence interval.

PROCEDURE | Adolescent Survey

The survey was approved by all participating superintendents. Schools and grades were randomly selected. To ensure that students in a particular grade had an equal chance of being selected, the research team used "general" school classes like English or Health to distribute surveys. 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 95% (n=375: CI=±4.98).

Note: "n" refers to the total sample size, "CI" refers to the confidence interval.

PROCEDURE | 0-11 Survey

Prior to mailing the survey to parents of 0-11-year-olds, the project team mailed an advance letter to 5,000 parents in Wood County. This advance letter was personalized, printed on Wood County Health Partners stationery, and signed by Benjamin Robison, Wood County Health Commissioner, and Stan Korducki, President and CEO of 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.

Four weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized, hand signed cover letter (on Wood County Health Partners stationery) describing the purpose of the study, the questionnaire, a self-addressed stamped return envelope, and a $2 incentive. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate was 7% (n=334: CI=± 5.31).

Note: "n" refers to the total sample size, "CI" refers to the confidence interval.

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 Statistical Product and Service Solutions 26.0 (SPSS). 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 Census data (Note: income data throughout the report represents annual household income). 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 with respect to all possible limitations. 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.

It is important to note that although several questions were asked using the same wording as the Centers for Disease Control and Prevention (CDC) questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. The CDC adult data and NSCH child data were collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than through a mailed survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.

This survey asked parents questions regarding their young children. Should enough parents have felt compelled to respond in a socially desirable manner which is inconsistent with reality, this would represent a threat to the internal validity of the results.

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 including county-level data, from multiple sources whenever possible. HCNO utilized sites such as the Ohio Department of Health database, Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC webpages, U.S. Census data, *Healthy People 2030, and other national and local sources. All primary data collected in this report is from the 2021 Wood County Community Health Assessment (CHA). All other data is cited accordingly.

*Healthy People 2030

- Healthy People 2030 is the nation's 10-year plan for addressing our most critical public health priorities and challenges.
  - Vision – A society in which all people can achieve their full potential and well-being across the lifespan.
  - Mission – To promote, strengthen, and evaluate the nation's efforts to improve the health and well-being of all people.

- Social Determinants of Health (SDOH) - are the conditions in the environments where people are born, live, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

2019 Ohio State Health Assessment (SHA)

The 2019 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, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represented 13 state agencies, including sectors beyond health.

Similar to the 2019 Ohio SHA, the 2021 Wood 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 2019 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 among 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 the Wood County Health Partners hope that this CHA will serve as a foundation for such collaboration.

To view the full 2019 Ohio State Health Assessment, please visit: https://odh.ohio.gov/wps/portal/gov/odh/about-us/sha-ship/

FIGURE 1.1 | Components of the 2019 State Health Assessment (SHA)
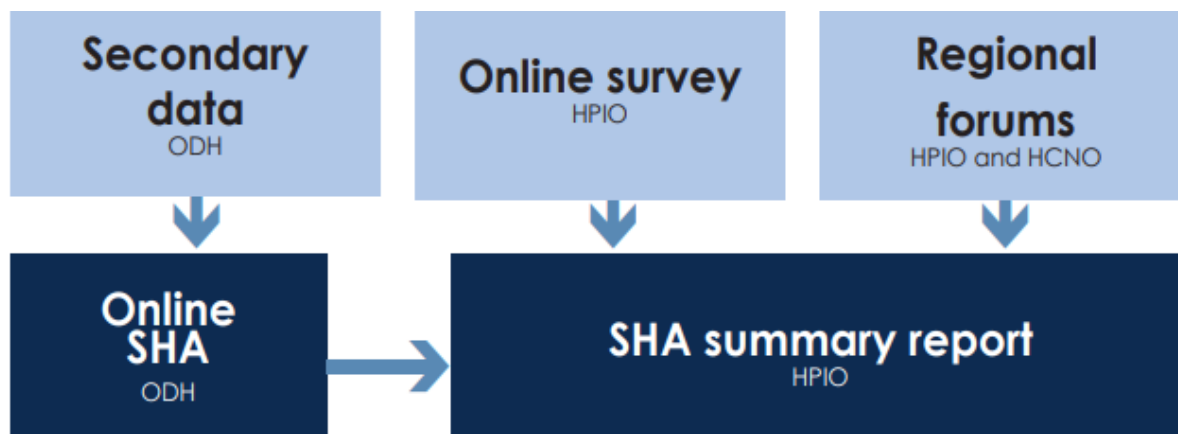
HEALTH CARE COVERAGE

In 2021, 7% of Wood County adults were without health care coverage. Those most likely to be uninsured were males and those ages 30-64.

Wood County Adults Who Are Uninsured
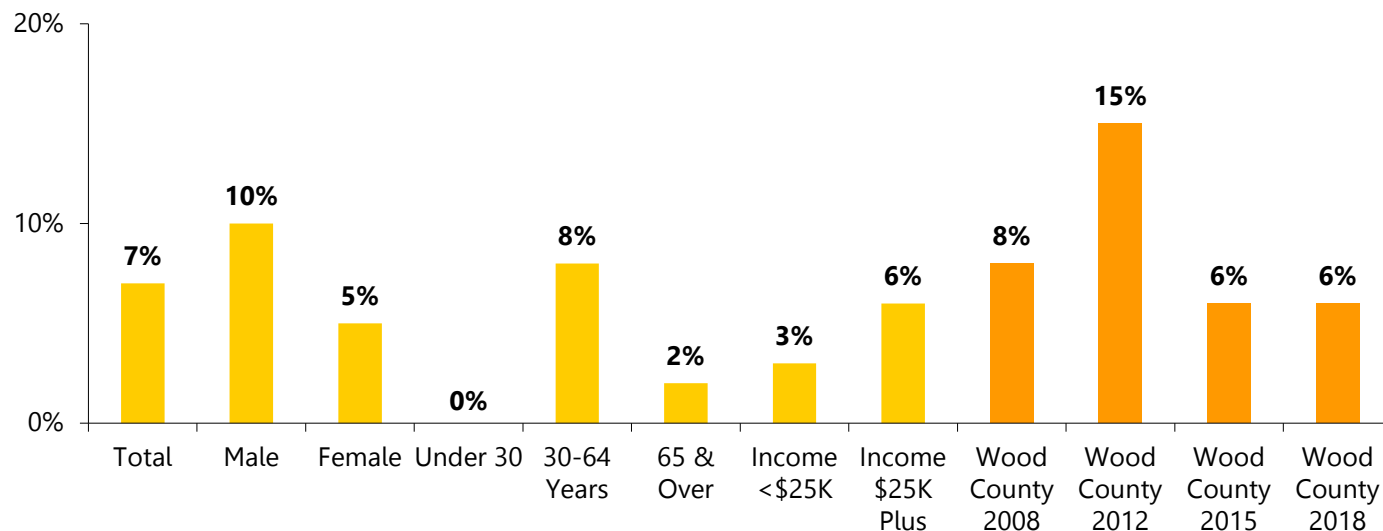
ACCESS AND UTILIZATION

In 2021, 67% of Wood County adults had visited a doctor for a routine checkup. More than one-fourth (28%) of adults looked for a program to help with depression, anxiety, or other mental health problem.

Wood County Adults Who Had a Routine Check-up in the Past Year
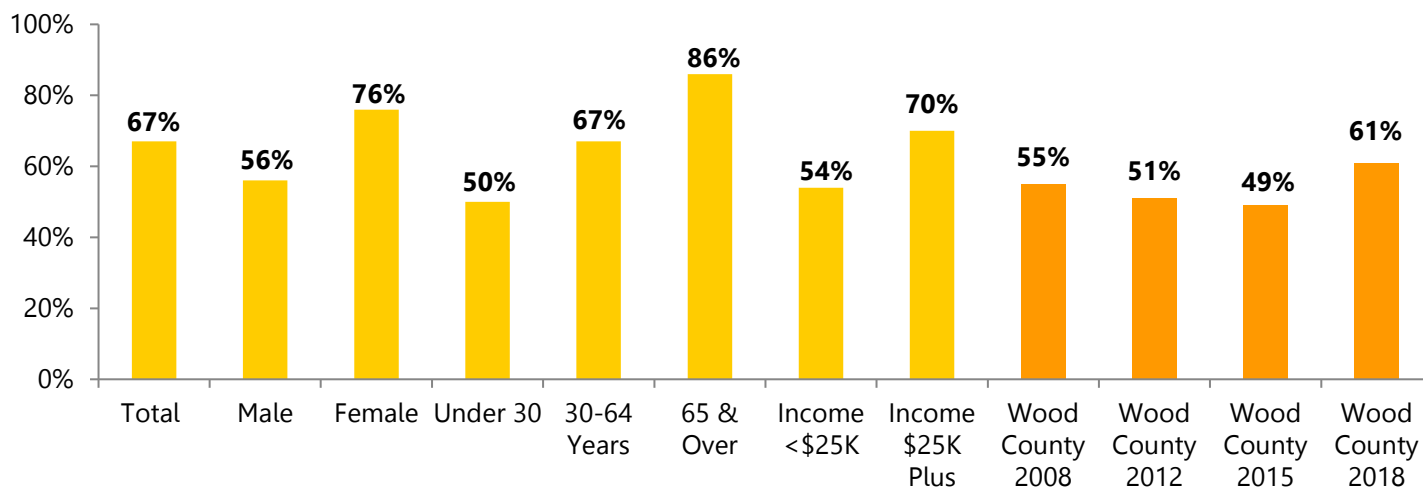
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PREVENTIVE MEDICINE

More than two-thirds (68%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (56%) of adults had a flu vaccine in the past year.

WOMEN'S HEALTH

In 2021, 54% of Wood County women older than 40 reported having a mammogram in the past year. Nearly half (49%) of women had a clinical breast exam and 46% had a Pap smear to detect cancer of the cervix in the past year. Two percent (2%) of women survived a heart attack and 2% survived a stroke at some time in their life. Nearly two-fifths (39%) were obese, 22% had high blood cholesterol, 18% had high blood pressure, and 7% were identified as current smokers, all of which are known risk factors for cardiovascular diseases.

Wood County Women's Health Exams Within the Past Year

Legend: Mammogram, Breast Exam, Pap Smear

MEN'S HEALTH

Nearly half (48%) of Wood County men had a digital rectal exam in their lifetime, and 12% had one in the past year. More than two-thirds (69%) of males ages 50 and over had a PSA test at some time in their life, and 48% had one in the past year. Nearly half (46%) of men had been diagnosed with high blood pressure, 41% had high blood cholesterol, and 16% were identified as current smokers, which, along with obesity (35%), are known risk factors for cardiovascular diseases.

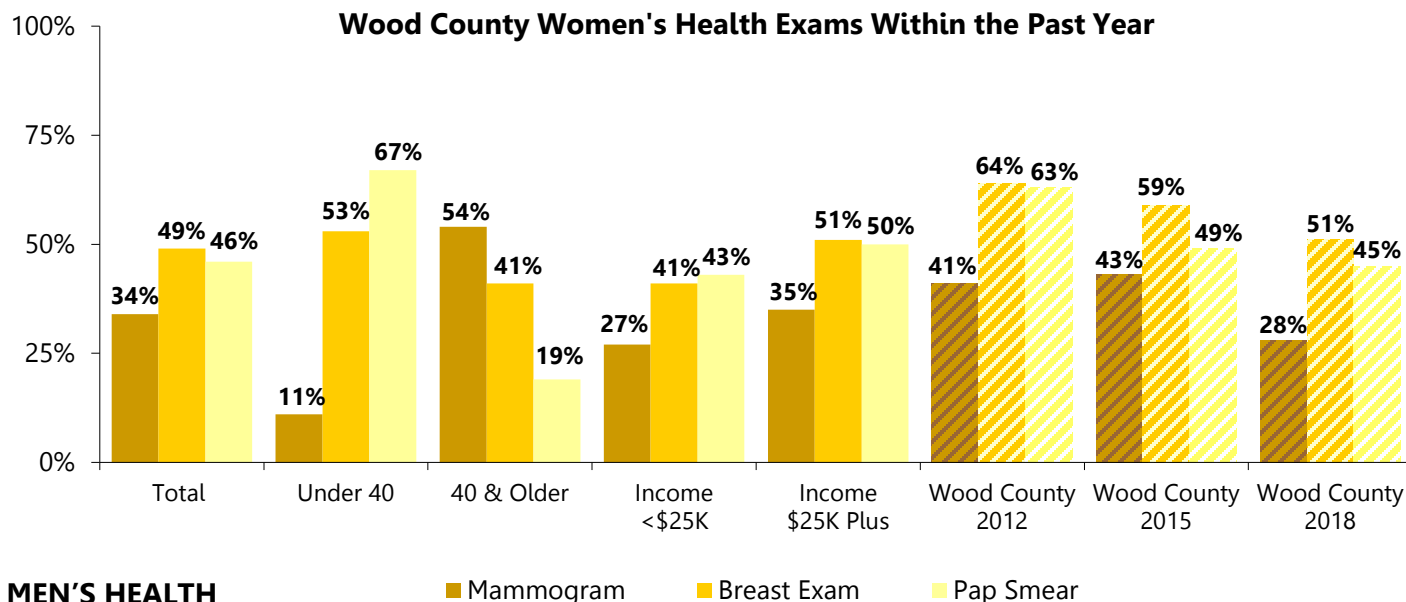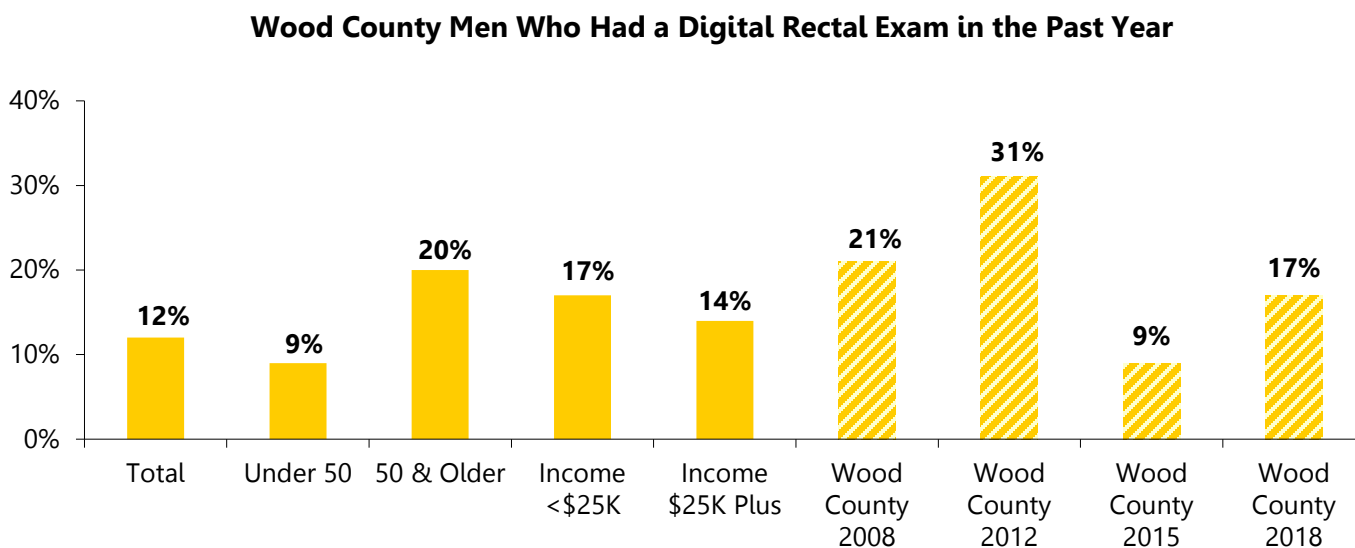**Wood County Men Who Had a Digital Rectal Exam in the Past Year**

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.

ORAL HEALTH

Nearly two-thirds (66%) of Wood County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist in the past year were fear, apprehension, nervousness, pain and dislike going (29%); cost (14%); and no oral health problems (13%).

Wood County Adults Visiting a Dentist or Dental Clinic in the Past Year

Category	Percentage
Total	66%
Male	65%
Female	68%
Under 30	44%
30-64 Years	74%
65 & Over	74%
Income <$25K	29%
Income $25K Plus	75%
Wood County 2008	64%
Wood County 2012	74%
Wood County 2015	74%
Wood County 2018	71%
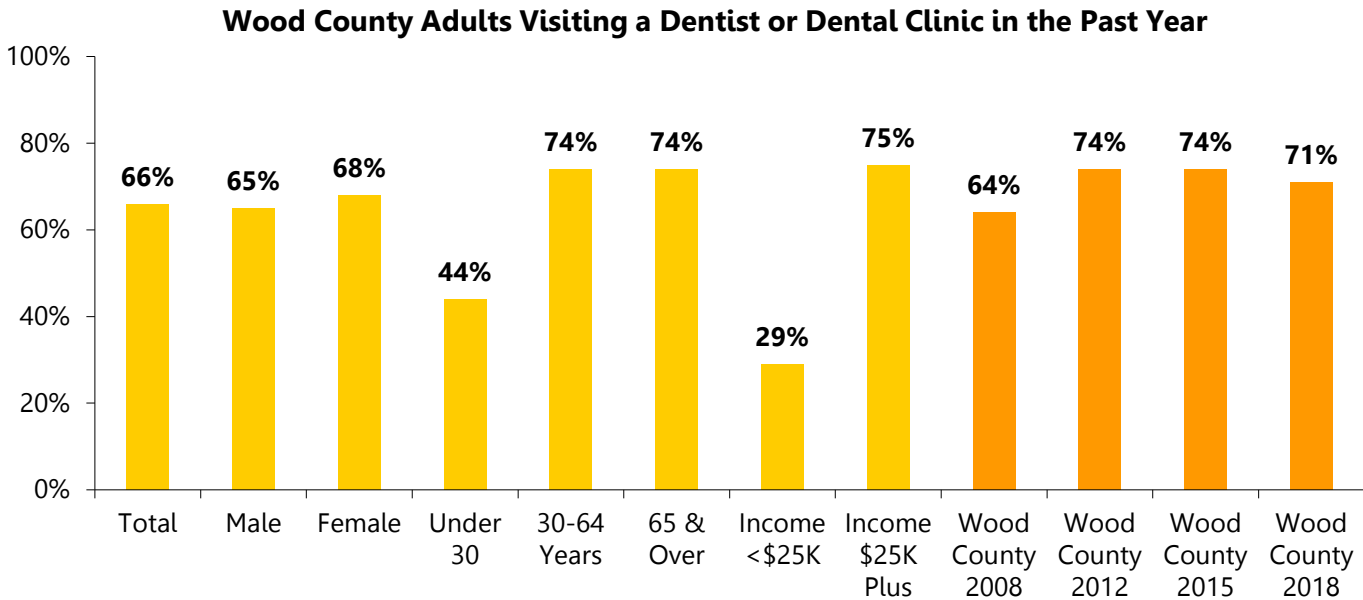
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Data Summary | Health Behaviors

HEALTH STATUS PERCEPTIONS

In 2021, nearly half (49%) of Wood County adults rated their health status as excellent or very good. Conversely, 12% of adults described their health as fair or poor, increasing to 37% of those with incomes less than $25,000.

Wood County Adult Health Perceptions*

	Excellent/Very Good	Good	Fair/Poor
Total	49%	39%	12%
Male	38%	50%	12%
Female	58%	30%	12%
Under 30	56%	44%	0%
30-64 years	53%	36%	11%
65 & Over	41%	39%	20%
Income <$25K	29%	34%	37%
Income $25K Plus	56%	37%	7%
Wood County 2008	53%	36%	11%
Wood County 2012	62%	29%	9%
Wood County 2015	59%	31%	10%
Wood County 2018	52%	34%	14%

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.

ADULT WEIGHT STATUS

In 2021, 69% of Wood County adults were overweight or obese based on Body Mass Index (BMI). Nearly one-quarter (23%) of adults did not participate in any physical activity in the past week, including 6% who were unable to exercise.

Obesity in Wood County, Ohio, and U.S. Adults

Wood County 2021	Ohio 2019	U.S. 2019
37%	35%	32%
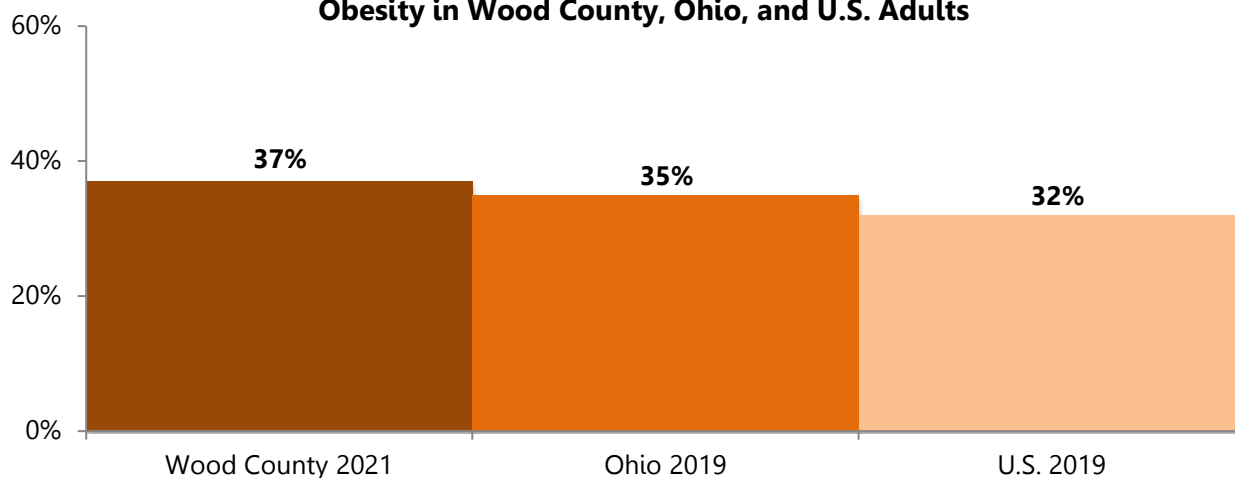
ADULT TOBACCO USE

In 2021, 10% of Wood County adults were current smokers, and 21% were considered former smokers. Eight percent (8%) of adults used e-cigarettes/vape pens in the past year. Fifty-eight percent (58%) of smokers reported trying to quit in the past year.

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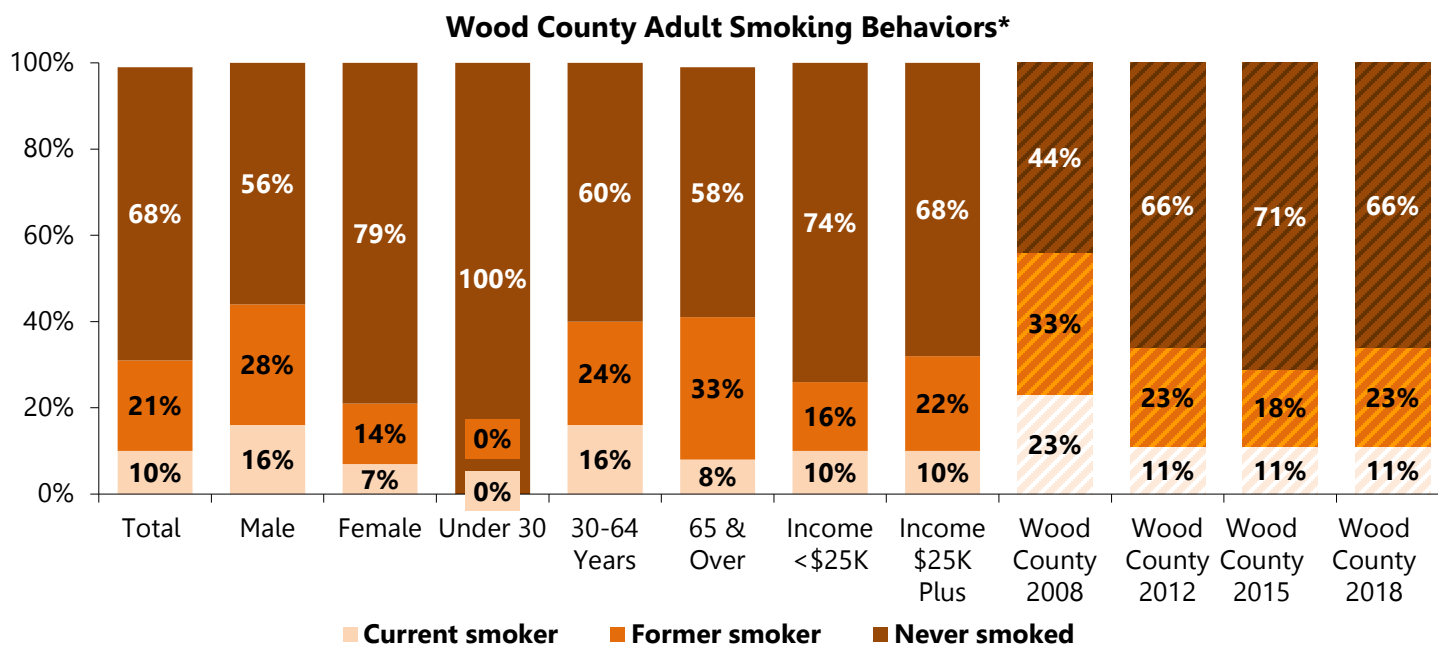
Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"

ADULT ALCOHOL CONSUMPTION

Seventy-one percent (71%) of Wood County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Over one-third (36%) of Wood County adults were considered binge drinkers (defined as five or more drinks for males or four or more for females on one occasion) in the past month.

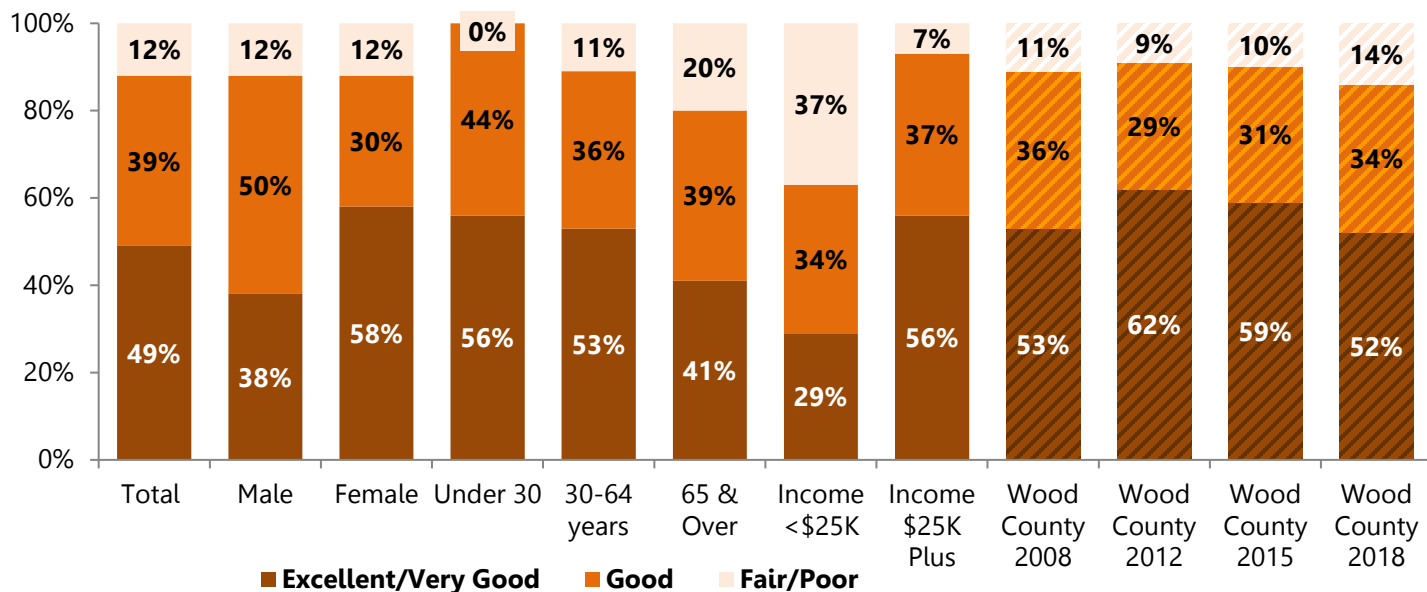**Wood County Adult Average Number of Drinks Consumed Per Drinking Occasion**
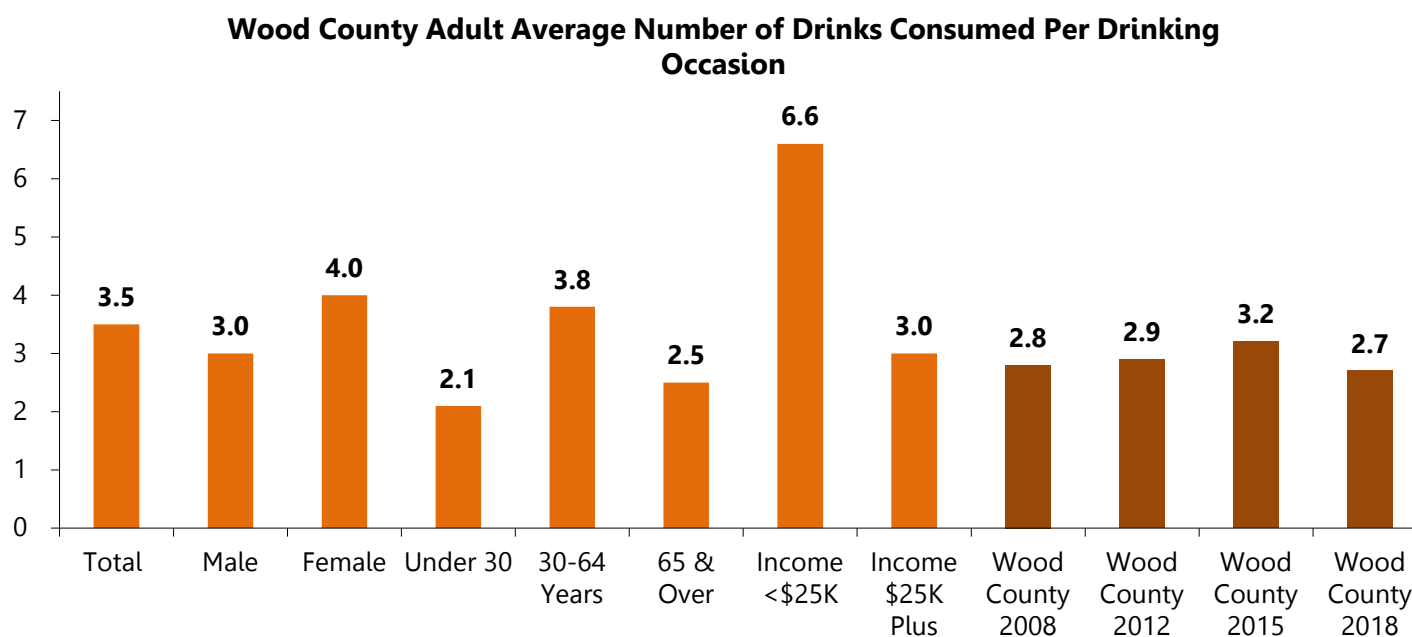
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT DRUG USE

In 2021, 9% of Wood County adults had used recreational marijuana during the past 6 months. Five percent (5%) of adults had used medication not prescribed for them or took more than prescribed to feel good, high, more active, and/or alert during the past 6 months.

Wood County Adult Recreational Marijuana Use in Past Six Months

Category	Percent
Total	9%
Male	10%
Female	9%
Under 30	22%
30-64 Years	7%
65 & Over	2%
Income <$25K	13%
Income $25K Plus	10%
Wood County 2008	5%
Wood County 2012	6%
Wood County 2015	3%
Wood County 2018	6%

ADULT SEXUAL BEHAVIOR

In 2021, 76% of Wood County adults had sexual intercourse in the past year. Less than one percent (<1%) of adults had more than one partner. Fourteen percent (14%) of adults reported that, at some point in their lives, they had been forced to have sexual intercourse when they did not want to.

ADULT MENTAL HEALTH

In 2021, 3% of Wood County adults seriously considered attempting suicide. Twenty-two percent (22%) of Wood County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one. Ten percent of Wood County adults who looked did not find a specific program. One-fourth (25%) of adults reported their mental health was affected by the COVID-19 pandemic.

Wood County Adults Feeling Sad or Hopeless for 2 or More Weeks in a Row

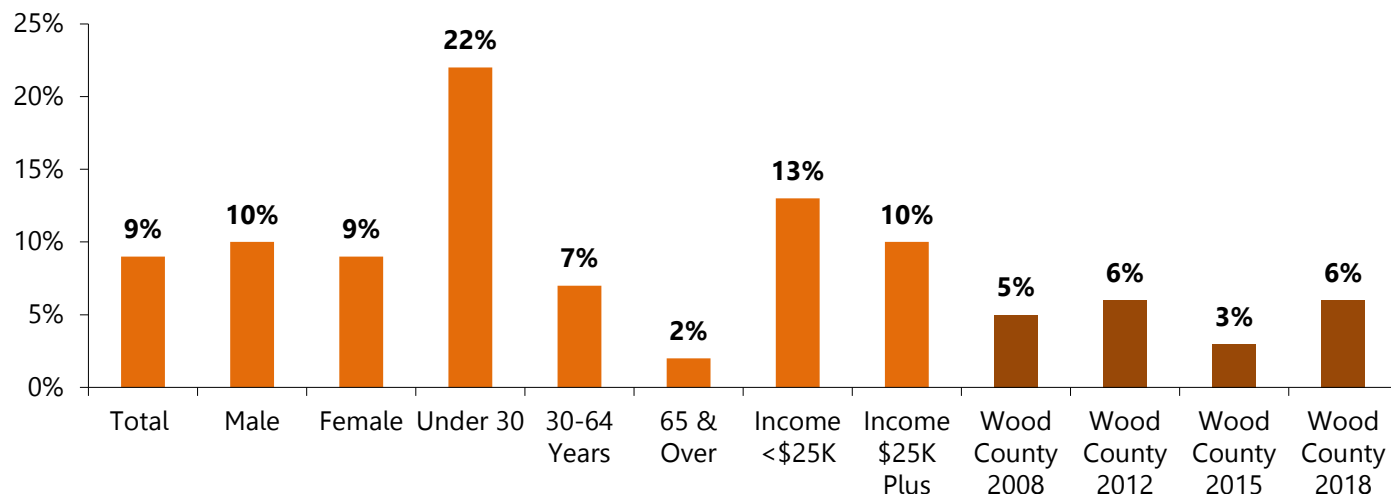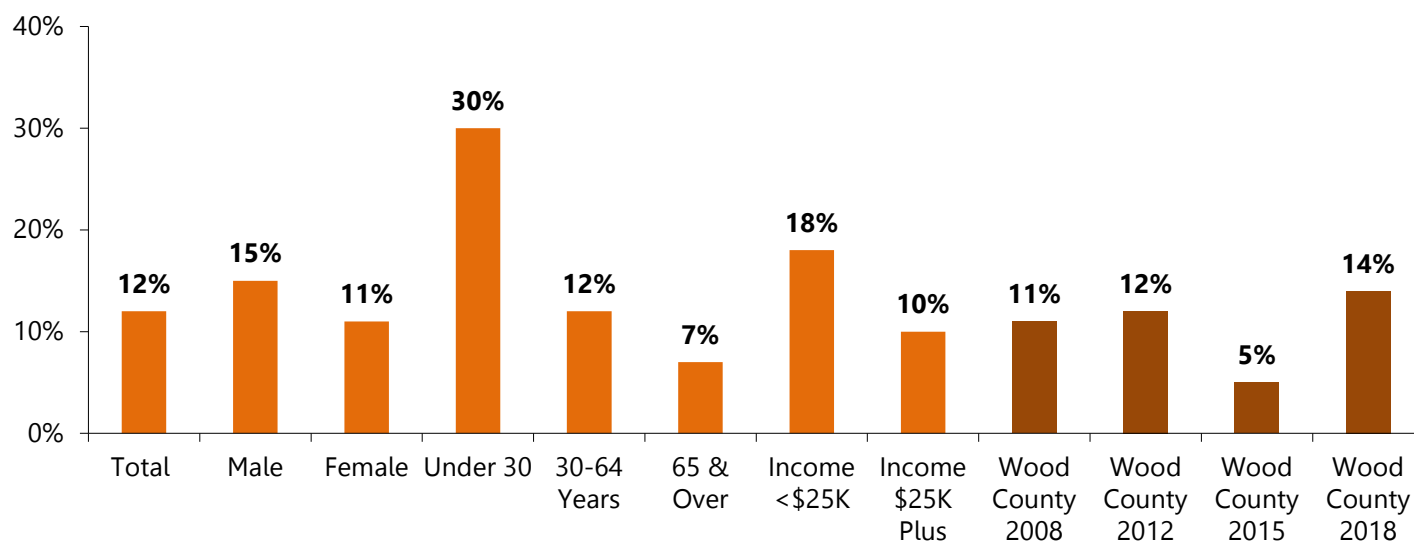| Category	Percent
Total	12%
Male	15%
Female	11%
Under 30	30%
30-64 Years	12%
65 & Over	7%
Income <$25K	18%
Income $25K Plus	10%
Wood County 2008	11%
Wood County 2012	12%
Wood County 2015	5%
Wood County 2018	14%

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.

Data Summary | Chronic Disease

CARDIOVASCULAR HEALTH

In 2021, 3% of Wood County adults had survived a heart attack and 2% had survived a stroke at some time in their lives. Thirty-seven percent (37%) of Wood County adults were obese, 30% had high blood pressure, 30% had high blood cholesterol, and 10% were current smokers, four known risk factors for heart disease and stroke.

Wood County Adults with Cardiovascular Disease (CVD) Risk Factors

Category	Percentage
Obesity	37%
High Blood Pressure	30%
High Blood Cholesterol	30%
Sedentary	23%
Smoking	10%
Diabetes	8%
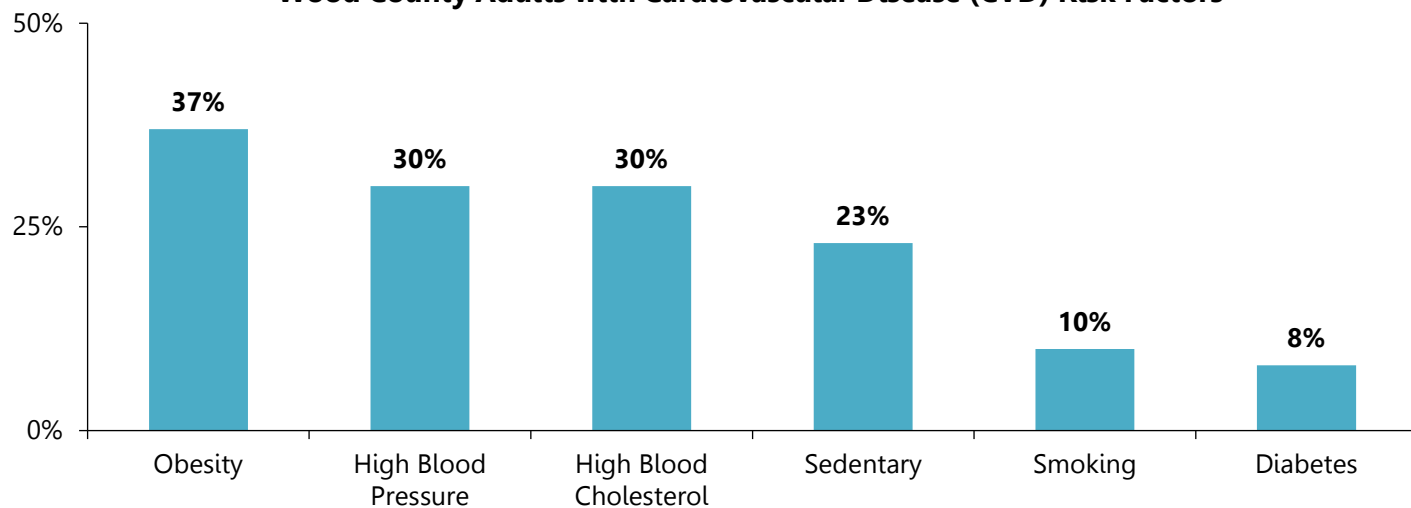
CANCER

In 2021, 11% of Wood County adults had been diagnosed with cancer at some point in their lives.

ARTHRITIS

Almost one-third (31%) of Wood County adults were diagnosed with arthritis.

Wood County Adults Diagnosed with Arthritis
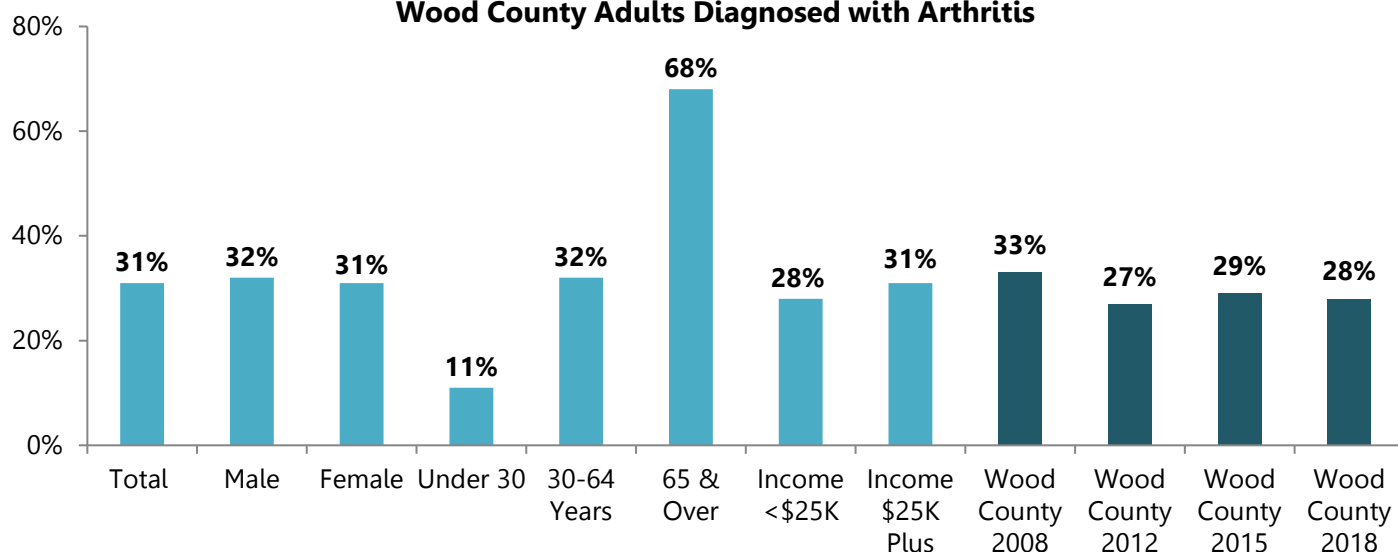
Category	Percentage
Total	31%
Male	32%
Female	31%
Under 30	11%
30-64 Years	32%
65 & Over	68%
Income <$25K	28%
Income $25K Plus	31%
Wood County 2008	33%
Wood County 2012	27%
Wood County 2015	29%
Wood County 2018	28%

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.

ASTHMA

Ten percent (10%) Wood County adults had been diagnosed with asthma.

Wood County Adults Diagnosed with Asthma

Category	Percentage
Total	10%
Male	10%
Female	10%
Under 30	0%
30-64 Years	16%
65 & Over	11%
Income <$25K	8%
Income $25K Plus	12%
Wood County 2008	17%
Wood County 2012	13%
Wood County 2015	15%
Wood County 2018	15%

DIABETES

In 2021, 8% of Wood County adults had been diagnosed with diabetes. Nearly one-third (32%) of adults with diabetes rated their health as fair or poor.

Wood County Adults Diagnosed with Diabetes

| Category	Percentage
Total	8%
Male	9%
Female	6%
Under 30	0%
30-64 Years	6%
65 & Over	20%
Income <$25K	13%
Income $25K Plus	7%
Wood County 2008	7%
Wood County 2012	8%
Wood County 2015	6%
Wood County 2018	8%
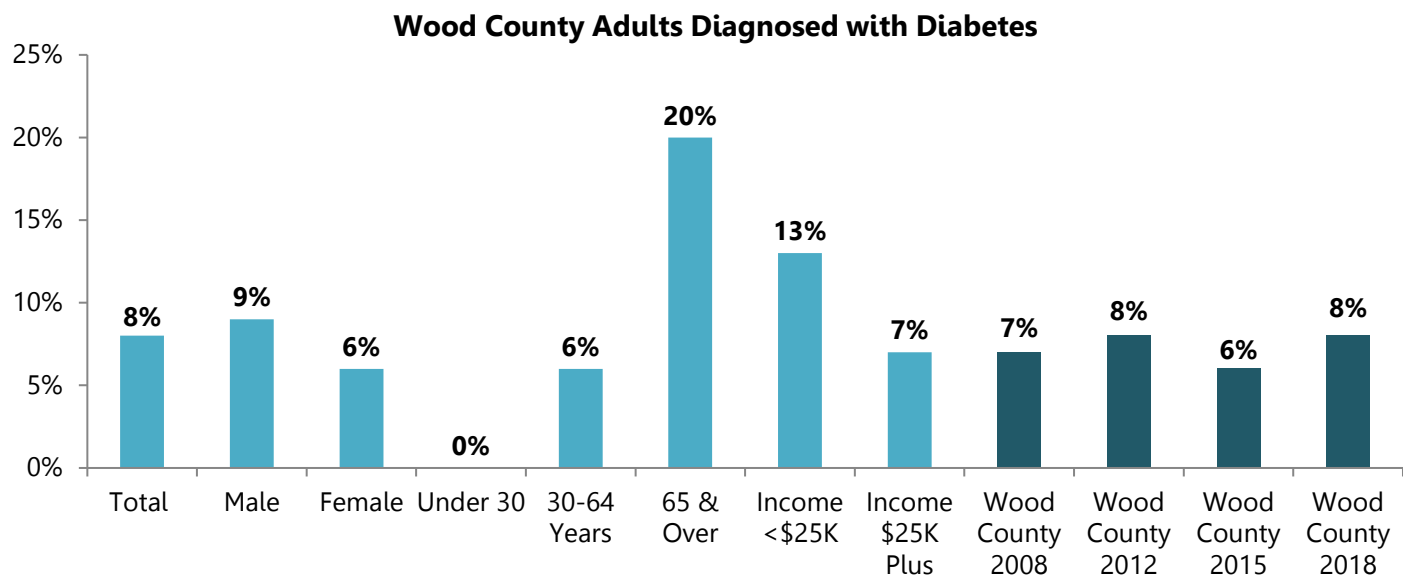
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

QUALITY OF LIFE

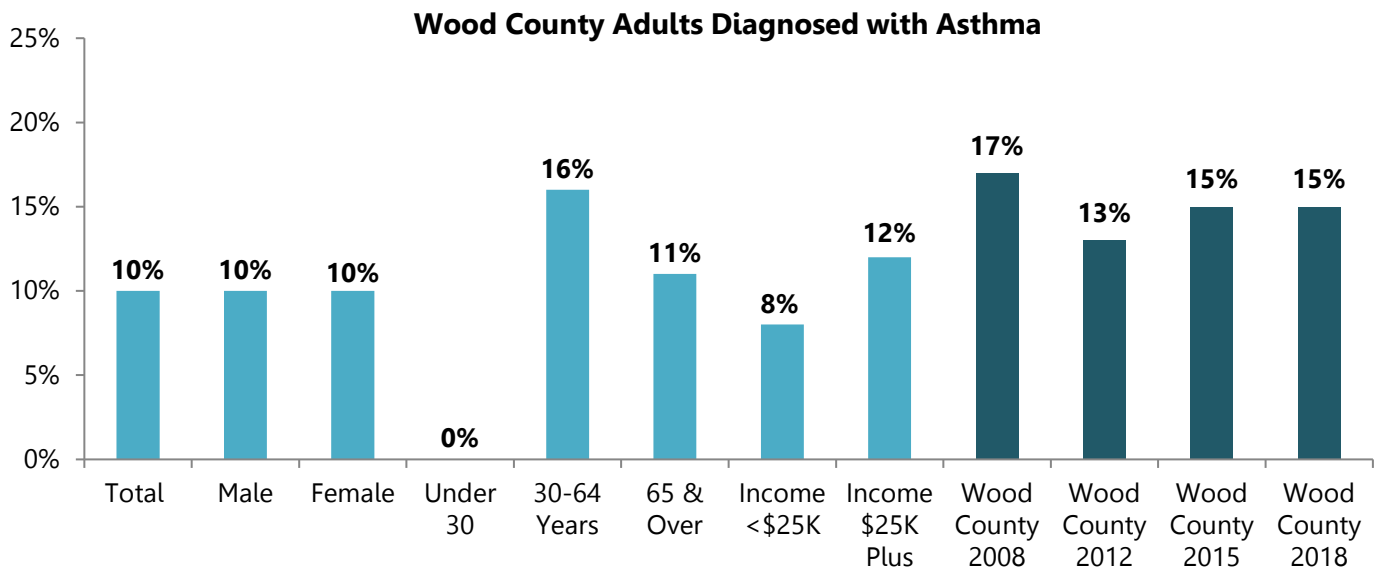In 2021, the five most limiting health problems were back or neck problems (42%); arthritis/rheumatism (36%); stress, depression, anxiety, or emotional problems (33%); chronic pain (31%); and sleep problems (26%).

Wood County Most Limiting Health Problems

Category	Percentage
Back/Neck Problems	42%
Arthritis/Rheumatism	36%
Stress, Anxiety, Depression, Emotional Problems	33%
Chronic Pain	31%
Sleep Problems	26%
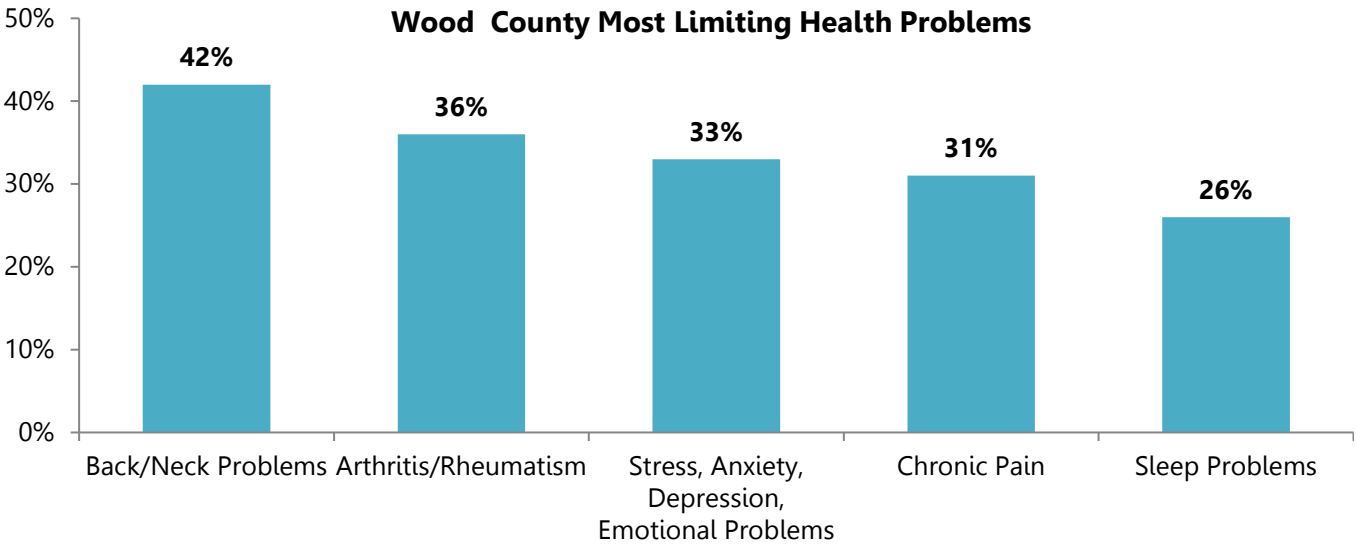
Data Summary | Social Conditions

SOCIAL FACTORS

In 2021, 6% of Wood County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Eighteen percent (18%) of adults received Medicare assistance in the past year.

ENVIRONMENTAL HEALTH

Wood County adults reported the following as the top three environmental issues that threatened their health in the past year: insects (8%), mold (5%), and moisture issues (4%).

Data Summary | Youth Health

YOUTH WEIGHT STATUS

In 2021, 18% of Wood County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Wood County youth reported that they were slightly or very overweight. More than three-quarters (79%) of youth were exercising for 60 minutes on three or more days per week.

Wood County Youth BMI Classifications

Category	Obese	Overweight	Normal Weight	Underweight
Total	18%	13%	65%	4%
Male	20%	7%	68%	5%
Female	13%	20%	64%	3%
13 or younger	17%	9%	68%	6%
14 to 16	17%	16%	65%	2%
17 & older	19%	16%	58%	7%
Wood County 2008	16%	11%	70%	3%
Wood County 2012	13%	11%	74%	2%
Wood County 2015	17%	15%	66%	2%
Wood County 2018	16%	13%	68%	3%

Legend: ▪ Obese ▪ Overweight ▪ Normal Weight ▪ Underweight

YOUTH TOBACCO USE

In 2021, 2% of Wood County youth were current smokers, having smoked at some time in the past 30 days. The average age of onset for smoking was 12.7 years old. Nine percent (9%) of youth used e-cigarettes/vapes in the past year.

Wood County Youth Who Were Current Smokers*

Category	Percentage
Total	2%
Male	2%
Female	1%
13 or younger	0%
14 to 16	2%
17 & older	7%
Wood County 2008	15%
Wood County 2012	11%
Wood County 2015	5%
Wood County 2018	3%

Current smokers indicate youth who self-reported smoking at any time during the past 30 days.

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 USE

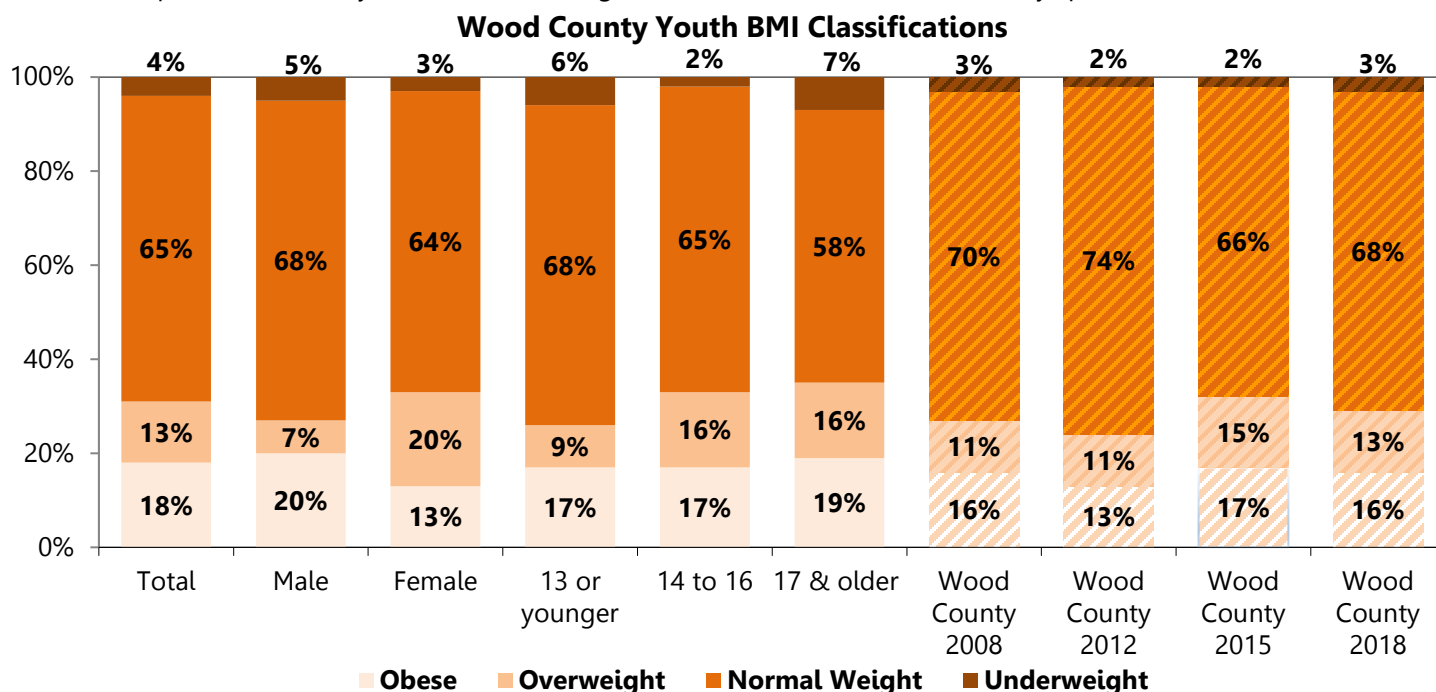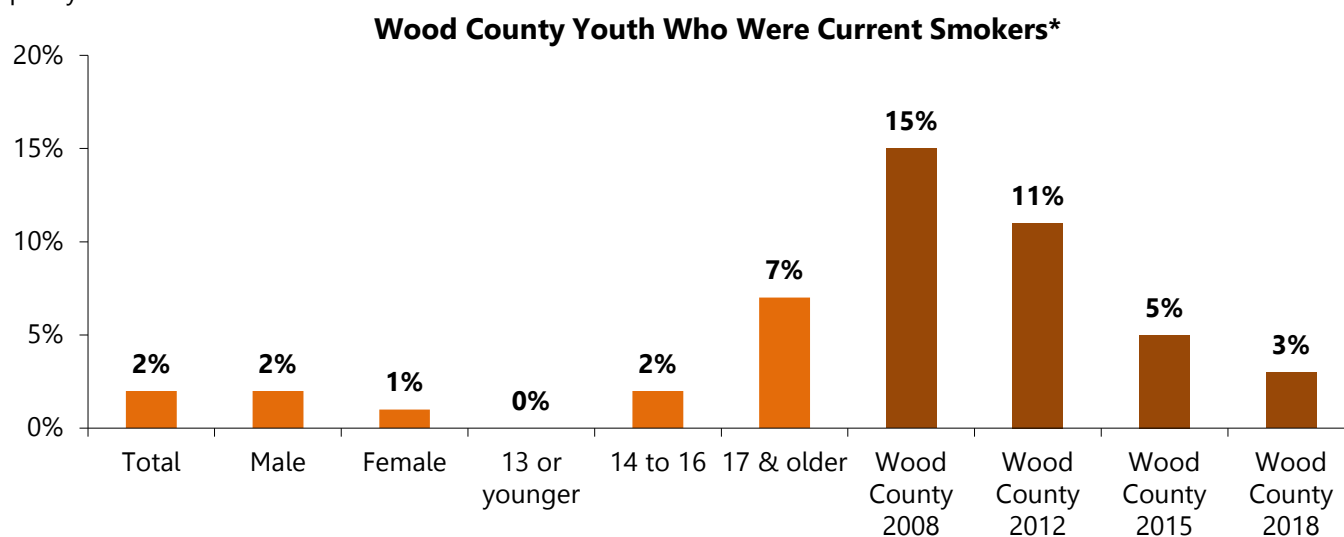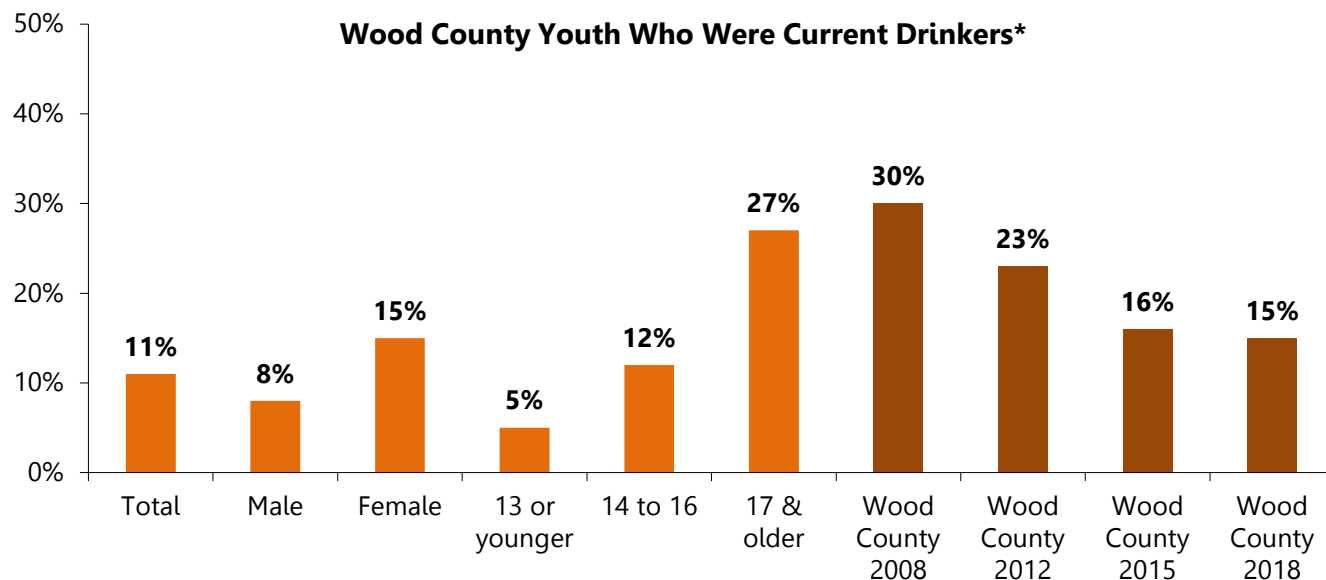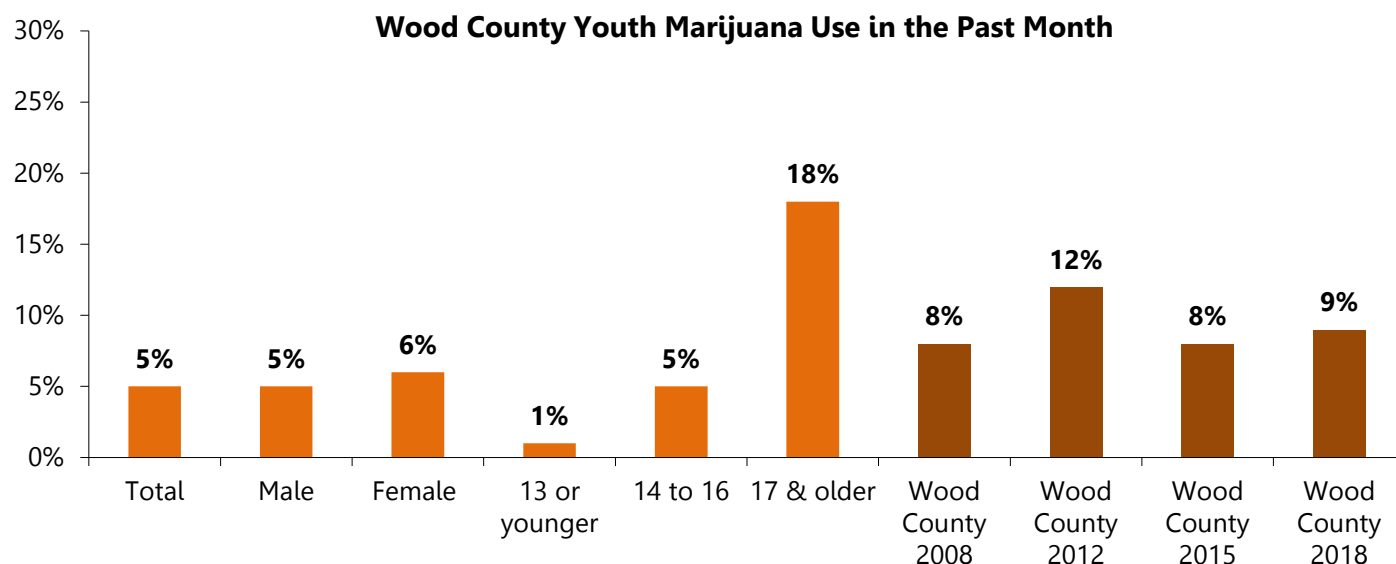Eleven percent (11%) of Wood County youth had at least one drink of alcohol in the past 30 days, increasing to 27% of those 17 years old or older. Forty-three percent (43%) of youth who reported drinking in the past 30 days had at least one episode of binge drinking. In the past month, 2% of all youth drivers had driven a car after they had been drinking alcohol.

Wood County Youth Who Were Current Drinkers*

Category	Percentage
Total	11%
Male	8%
Female	15%
13 or younger	5%
14 to 16	12%
17 & older	27%
Wood County 2008	30%
Wood County 2012	23%
Wood County 2015	16%
Wood County 2018	15%

Current drinker is defined as any individual who has had at least one alcoholic beverage in the past 30 days.

YOUTH DRUG USE

In 2021, 5% of Wood County youth had used marijuana at least once in the past 30 days, increasing to 18% of those ages 17 and older. Three percent (3%) of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life. In the past 12 months, 4% of youth reported being offered, sold, or given an illegal drug on school property.

Wood County Youth Marijuana Use in the Past Month

Category	Percentage
Total	5%
Male	5%
Female	6%
13 or younger	1%
14 to 16	5%
17 & older	18%
Wood County 2008	8%
Wood County 2012	12%
Wood County 2015	8%
Wood County 2018	9%

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 MENTAL HEALTH

In 2021, 29% of youth reported they felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities in the past year. Fourteen percent (14%) of youth had seriously considered attempting suicide in the past year and 5% attempted suicide in the past year.

Wood County Youth Who Felt Sad or Hopeless for 2 or More Weeks in a Row in the Past Year
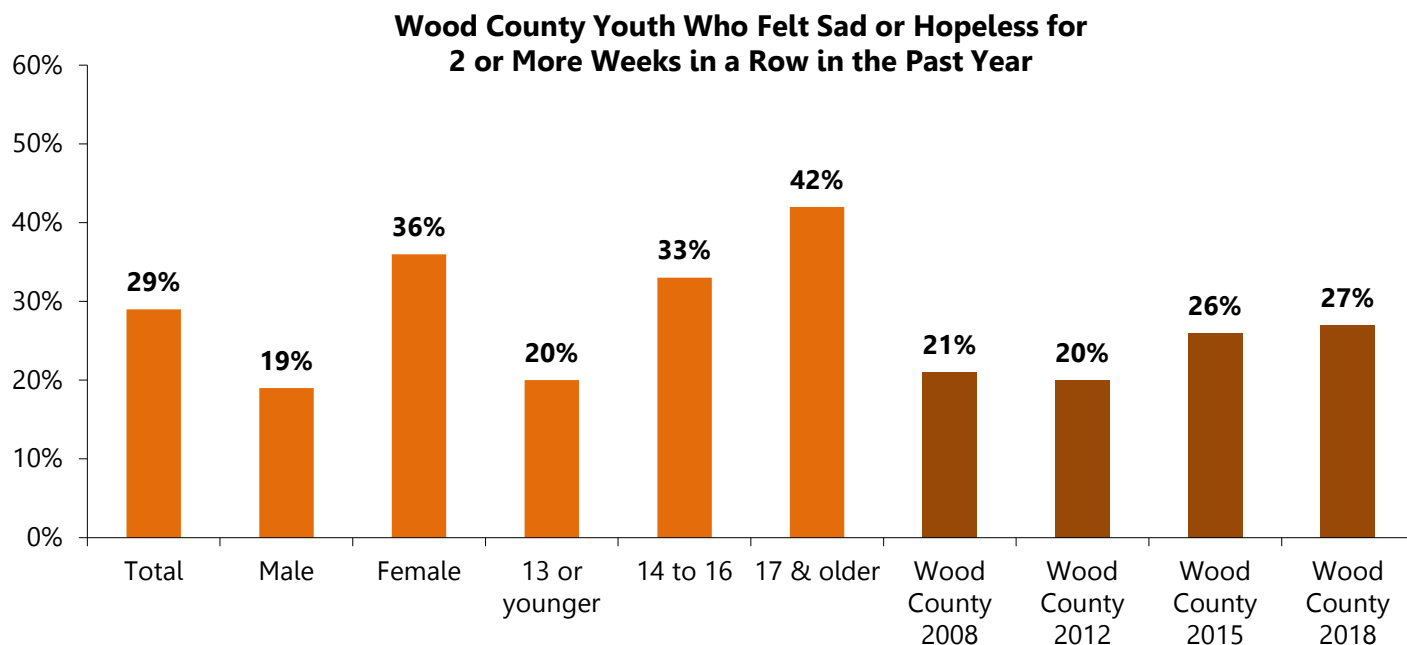
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

SOCIAL DETERMINANTS OF HEALTH

Seventy-two percent (72%) of youth had been to the doctor for a routine check-up in the past year. Almost one-fifth (19%) of youth experienced three or more adverse childhood experiences (ACEs) in their life. Twenty-three percent (23%) of youth would like to see more healthier snacks offered in their schools.

YOUTH VIOLENCE

Thirty percent (30%) of youth had been bullied in the past year. One in twelve (8%) youth carried a weapon (such as a gun, knife or club) in the past month. In the past year, 15% of youth had been involved in a physical fight. Five percent (5%) of youth had been hit, slapped, or physically hurt by an adult or caregiver in the past month.

Wood County Youth Bullied in the Past Year

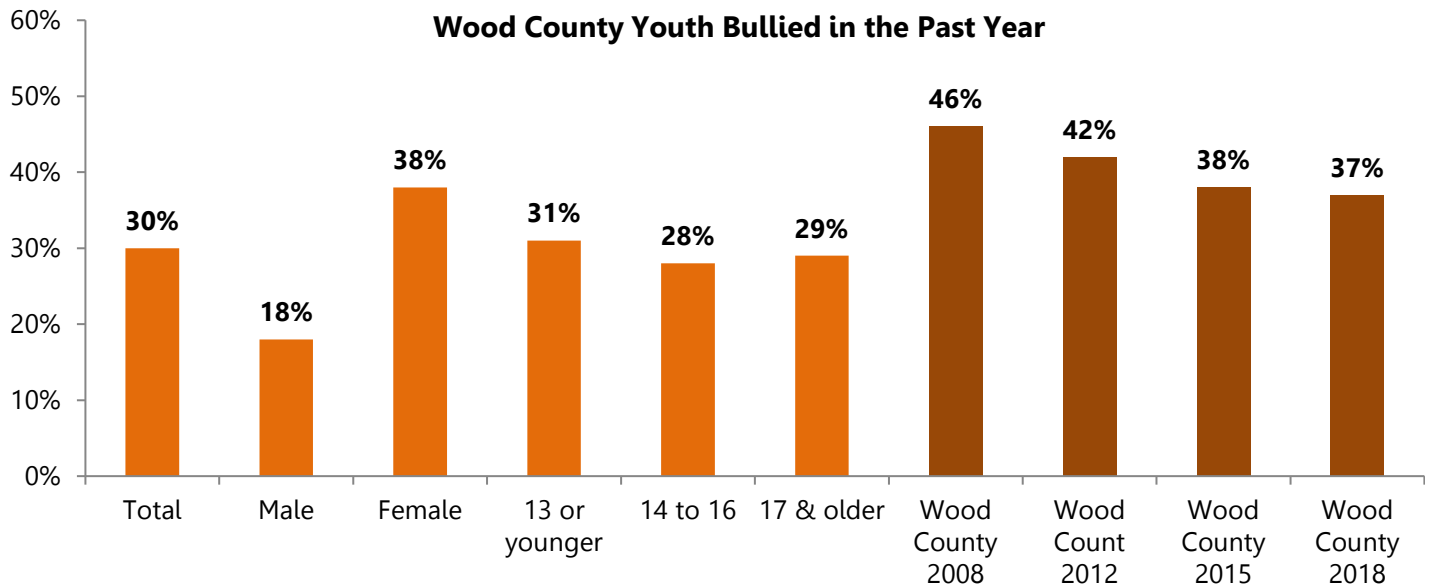| Category	Percentage
Total	30%
Male	18%
Female	38%
13 or younger	31%
14 to 16	28%
17 & older	29%
Wood County 2008	46%
Wood Count 2012	42%
Wood County 2015	38%
Wood County 2018	37%

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 | Child Health

HEALTH AND FUNCTIONAL STATUS

In 2021, 21% of children were classified as obese by Body Mass Index (BMI) calculations. Seventy-eight percent (78%) of Wood County parents had taken their child aged 0-11 to the dentist in the past year. Six percent (6%) of parents reported their child had been diagnosed with asthma. Eight percent (8%) of parents reported their child had been diagnosed with ADD/ADHD.

HEALTH CARE ACCESS

In 2021, 3% of Wood County parents reported their child did not have health insurance. One-fifth (20%) of parents reported their child did not get all of the prescription medications they needed in the past year. Ninety-four percent (94%) of parents had taken their child to the doctor for preventive care in the past year.
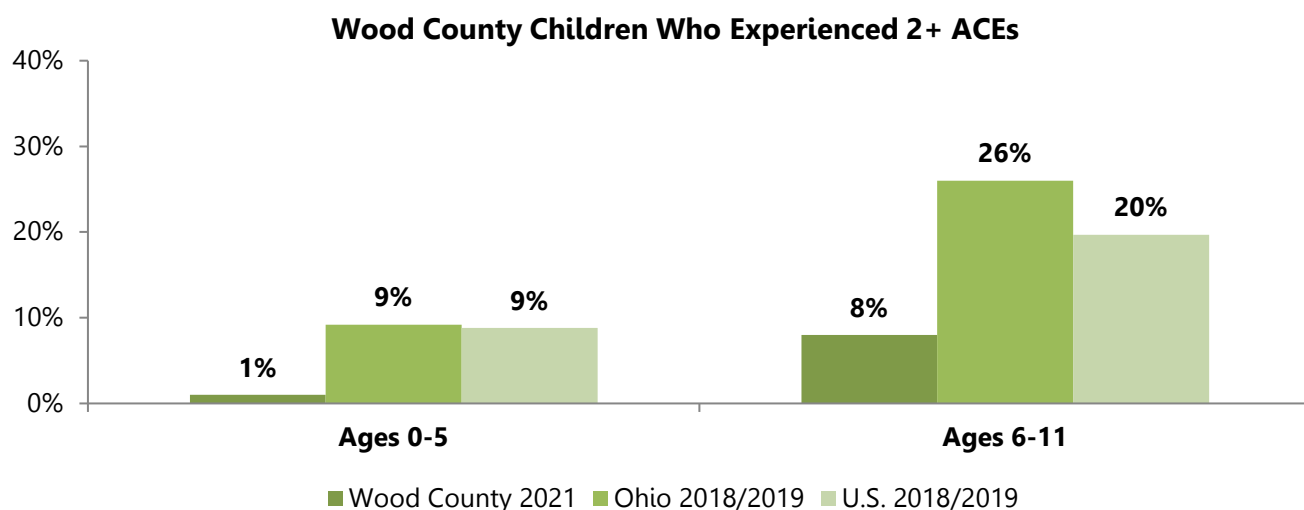
EARLY CHILDHOOD (0-5 YEARS OLD)

The following information was reported by parents of 0-5 year olds. Ninety-five percent (95%) of mothers got prenatal care within the first three months during their last pregnancy. Six percent (6%) of mothers received WIC services during their last pregnancy. Ninety-two percent (92%) of parents put their child to sleep on his/her back. Twelve percent (12%) of mothers never breastfed their child.

MIDDLE CHILDHOOD (6-11 YEARS OLD)

The following information was reported by Wood County parents of 6-11 year olds. Eighty-two percent (82%) of Wood County parents definitely agreed their child is safe at school. Thirty percent (30%) of parents reported their child was bullied at some time in the past year. Eighty-one percent (81%) of parents reported their child participated in extracurricular activities.

FAMILY AND COMMUNITY CHARACTERISTICS

Most (99%) Wood County parents definitely or somewhat agreed their child was safe in their neighborhood. Two percent (2%) of parents reported that at least one person in the household went to bed hungry at least one day per week because they did not have enough money for food. In the past year, 41% of parents missed work due to their child's illnesses or injuries.

Wood County Children Who Experienced 2+ ACEs

Legend: Wood County 2021 ■ Ohio 2018/2019 ■ U.S. 2018/2019

Health Care Access: Health Care Coverage

Key Findings
In 2021, 7% of Wood County adults were without health care coverage. Those most likely to be uninsured were males and those ages 30-64.

General Health Coverage
- In 2021, 93% of Wood County adults had health care coverage.

- In the past year, 7% of adults were uninsured, increasing to 10% of males.

- The following types of health care coverage were used: employer (54%); Medicare (17%); someone else's employer (11%); Medicaid or medical assistance (9%); multiple, including private sources (3%); military or VA (2%); self-paid plan (2%); Health Insurance Marketplace (1%); multiple-including government sources (1%).

- Wood County adult health care coverage included the following: medical (93%), prescription coverage (92%), dental (80%), preventive health (79%), immunizations (78%), outpatient therapy (72%), mental health (69%), vision/eyeglasses (67%), durable medical equipment (42%), alcohol and drug treatment (35%), home care (28%), hospice (25%), skilled nursing/assisted living (25%), tobacco cessation (22%), and transportation (17%).

Key Facts about the Uninsured Population

- Studies repeatedly demonstrate that people who are uninsured are less likely than those with insurance to receive preventive care and services for major health conditions and chronic diseases.
- Three in ten adults (30.2%) under the age of 65 who did not have coverage said that they went without needed care in the past year because of cost compared to 5.3% of adults with private coverage and 9.5% of adults with public coverage.
- In 2019, 73.7% of uninsured nonelderly adults said they were uninsured because coverage is not affordable, making it the most common reason cited for being uninsured.
- In 2019, uninsured nonelderly adults were more than three times as likely as adults with private coverage to say that they delayed filling 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, 2020)

6,693 Wood County adults were uninsured in 2021.

- The top reasons uninsured adults gave for being without health care coverage were:
    1. They lost their job or changed employers (45%)
    2. Their spouse or parent lost their job or changed employers (24%)
    3. Their employer did not/stopped offering coverage (18%)

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

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Uninsured	8%	15%	6%	6%	7%	9%	11%

The following graph shows the percentage of Wood County adults who were uninsured. An example of how to interpret the information includes: 7% of all Wood County adults were uninsured, including 10% of males and 5% of females. The pie chart shows sources of Wood County adults' healthcare coverage.

Uninsured Wood County Adults

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.
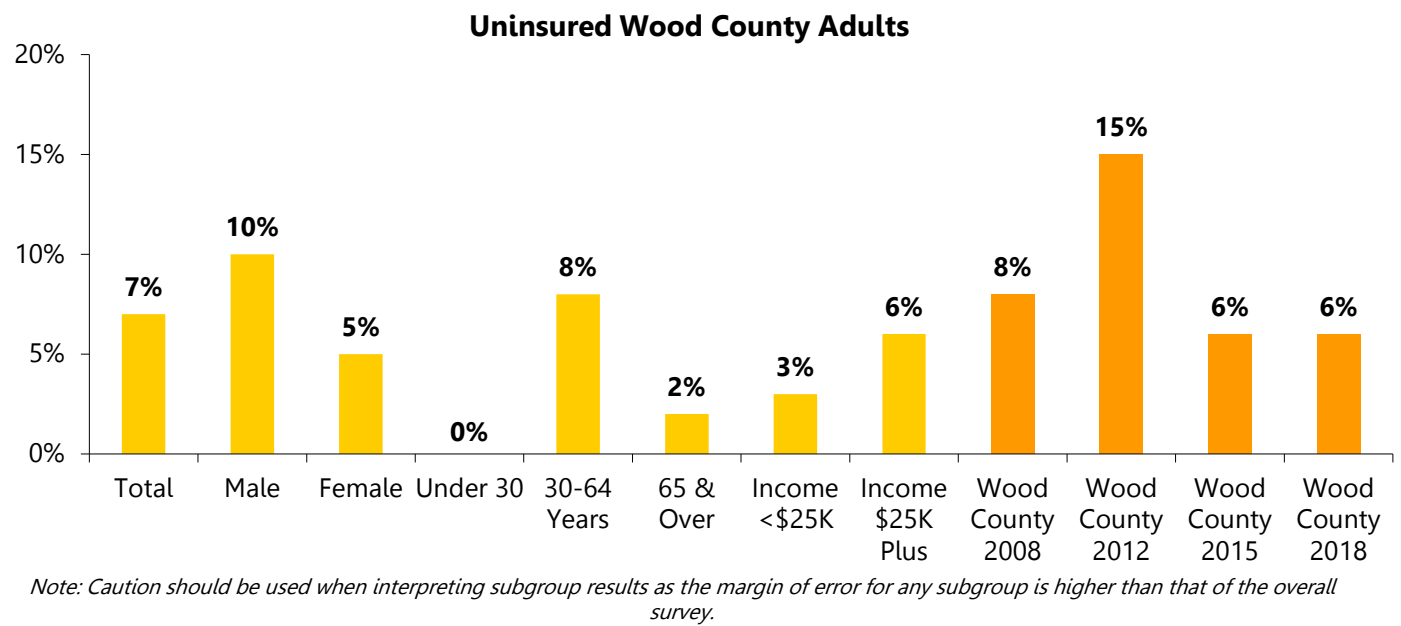
Source of Health Coverage for Wood County Adults
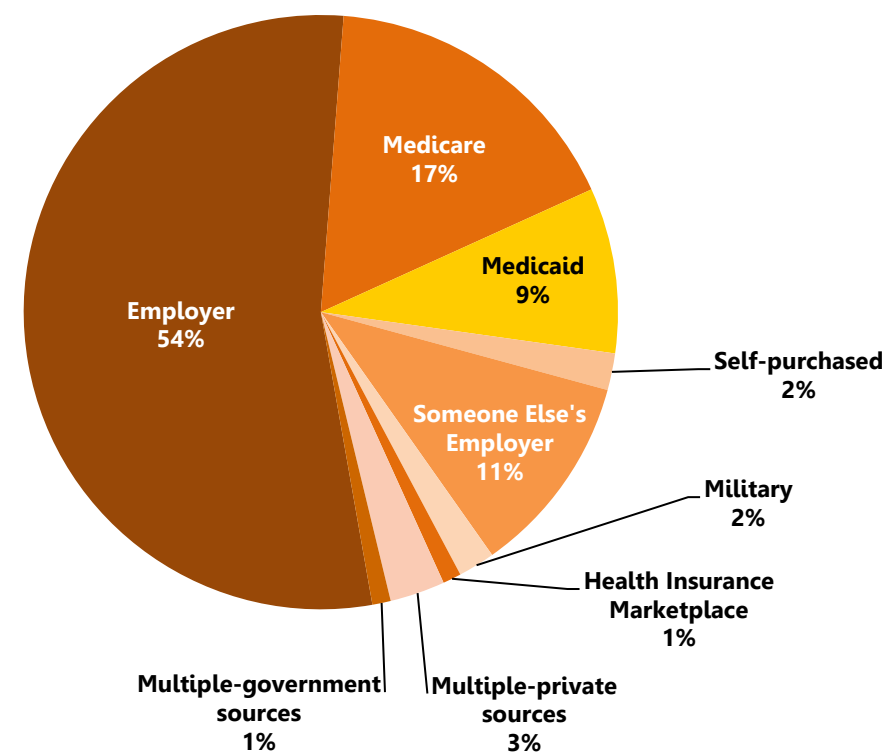
The following chart shows what was included in Wood County adults' insurance coverage.

Health Coverage Included:	Yes	No	Don't Know
Medical	93%	0%	7%
Prescription Coverage	92%	3%	5%
Dental	80%	18%	2%
Preventive Health	79%	2%	19%
Immunizations	78%	2%	20%
Outpatient Therapy	72%	1%	27%
Mental Health	69%	2%	29%
Vision/Eyeglasses	67%	26%	7%
Durable Medical Equipment	42%	4%	54%
Alcohol and Drug Treatment	35%	7%	58%
Home Care	28%	5%	67%
Hospice	25%	5%	70%
Skilled Nursing/Assisted Living	25%	6%	69%
Tobacco Cessation	22%	7%	71%
Transportation	17%	21%	62%

Healthy People 2030
Access to Health Services (AHS)

Objective	Wood County 2021	Ohio 2019	U.S. 2018	Healthy People 2030 Target
AHS-01: Increase the proportion of persons with health insurance	100% age 20-24 94% age 25-34 90% age 35-44 91% age 45-54 93% age 55-64	83% age 18-24 86% age 25-34 88% age 35-44 90% age 45-54 94% age 55-64	83% age 18-24 81% age 25-34 83% age 35-44 87% age 45-54 91% age 55-64	92%

Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2030 Objectives, 2018/2019 BRFSS, 2021 Wood County Health Assessment)

Health Care Access: Access and Utilization

Key Findings

In 2021, 67% of Wood County adults had visited a doctor for a routine checkup. For a variety of medical and mental health needs, many adults looked for services but were unable to find a specific program.

Health Care Access and Utilization

- Two-thirds (67%) of Wood County adults visited a doctor for a routine checkup in the past year, increasing to 86% of those over the age of 65.

- More than two-fifths (44%) of Wood County adults reported they had one person they thought of as their personal doctor or healthcare provider. One-third (33%) of adults had more than one person they thought of as their personal healthcare provider, and 18% did not have one at all.

- Twelve percent (12%) of Wood County adults reported there was no particular clinic, health center, doctor's office, or other place that they usually went to if they were sick or needed advice about their health.

- Wood County adults preferred to access information about their health or healthcare services from the following: doctor (80%); family member or friend (37%); internet searches (37%); medical portal (30%); newspaper articles or radio/television news stories (8%); text messages (7%); social networks (4%); and advertisings or mailings from hospitals, clinics, or doctor's offices (3%).

- Wood County adults did not receive medical care in the past 12 months for the following reasons: no need to go (12%), cost/no insurance (3%), inconvenient appointment times (3%), too long of a wait for an appointment (3%), office was not open when they could get there (2%), and other reasons (4%).

- The following might prevent Wood County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (33%), inconvenient hours (18%), doctor would not take their insurance (17%), could not get time off work (17%), worried they might find something wrong (13%), difficult to get an appointment (13%), frightened of the procedure or doctor (10%), difficult to find/no transportation (2%), discrimination (1%), do not trust or believe doctors (1%), could not find childcare (<1%), and some other reason (5%).

- Adults usually visited the following places for health care services or advice: doctor's office (54%), urgent care center (7%), internet (5%), hospital emergency room (4%), family and friends (3%), chiropractor (<1%), the VA (<1%), alternative therapies (<1%), telemedicine (<1%), and some other kind of place (2%). One-fifth (20%) of adults visited multiple places, and four percent (4%) indicated they had no usual place for healthcare services.

- Nearly two-thirds (62%) of adults went outside of Wood County for the following health care services in the past 12 months: specialty care (29%), primary care (28%), dental services (26%), obstetrics/gynecology (7%), orthopedic care (7%), mental health care/counseling services (5%), cardiac care (4%), cancer care (4%), pediatric care (2%), pediatric therapies (2%), hospice/palliative care (2%), addiction services (1%), skilled nursing (1%), and other services (4%).

- Wood County adults had not gotten the following, recommended major care or preventive care due to cost: lab testing (4%), weight loss program (3%), mental health services (3%), family planning services (3%), surgery (2%), colonoscopy (2%), immunizations (1%), medications (1%), mammogram (1%), prostate-specific antigen (PSA) test (1%), smoking cessation (1%), and alcohol/drug treatment (1%). Eighty-seven percent (87%) of adults indicated cost was not a factor in getting recommended care.

- Wood County adults had the following problems when they needed health care in the past year: too busy (6%), could not get appointments when they wanted them (6%), too embarrassed to seek help (5%), did not have enough money to pay for health care (3%), had to change doctors because of their health care plan (3%), could not find a doctor they were comfortable with (3%), could not find a doctor to take them as a patient (3%), health care plan did not allow them to see doctors in Wood County (3%), did not have insurance (2%), did not get health services because they were concerned about their confidentiality (1%), did not have transportation (<1%), did not have child care (<1%), and other problems that prevented them from getting health care (4%).

- In the past 12 months, Wood County adults reported they or someone in their household visited the emergency room or urgent care for the following: oral or dental pain (1%), asthma (1%), COPD or emphysema (1%), congestive heart failure (1%), and other illnesses (31%).

Availability of Services

- Wood County adults reported they had looked for the following programs: depression, anxiety or mental health (28%); weight problems (14%); assist in care for the elderly (11%); end-of-life/hospice care (7%); marital or family problems (7%); nutritional services (6%); disability (5%); assist in care for a person with a disability (5%); drug abuse (5%); cancer support group/counseling (4%); family planning (3%); tobacco cessation (3%); and alcohol abuse (2%). No adults reported looking for a program for gambling abuse.

Wood County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Wood County adults who looked but did NOT find a specific program	Wood County adults who looked and found a specific program
Depression, anxiety, or some mental health problem (28% of all adults looked)	10%	90%
Weight problem (14% of all adults looked)	53%	47%
Assist in care for the elderly (either in-home or out-of-home, or adult day care) (11% of all adults looked)	39%	61%
End-of-life care or hospice care (7% of all adults looked)	25%	75%
Marital or family problems (7% of all adults looked)	25%	75%
Nutritional Services (6% of all adults looked)	53%	47%
Disability (5% of all adults looked)	27%	73%
Assist in care for a person with a disability (either in-home or out-of-home) (5% of all adults looked)	15%	85%
Drug abuse (5% of all adults looked)	0%	100%
Cancer support group/counseling (4% of all adults looked)	33%	67%
Family planning (3% of all adults looked)	37%	63%
Tobacco cessation (3% of all adults looked)	14%	86%
Alcohol abuse (2% of all adults looked)	0%	100%

The following graph shows the percentage of Wood County adults who had a routine check-up in the past year. An example of how to interpret the information on the graph includes: 67% of all Wood County adults have had a routine check-up in the past year, including 76% of females and 86% of those 65 years and older.
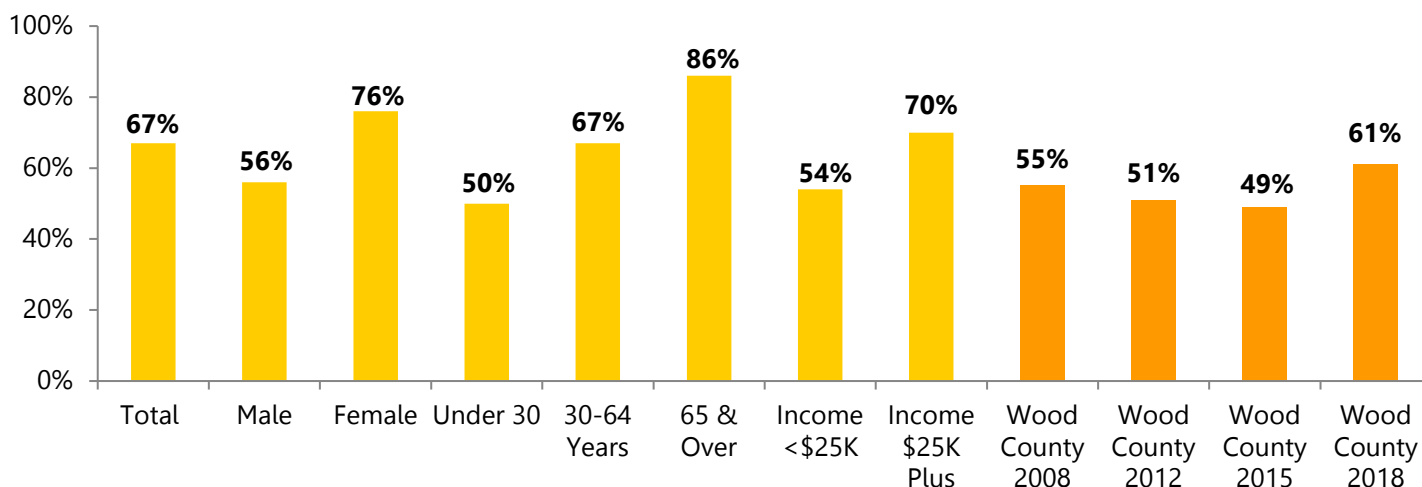
Wood County Adults Who Had a Routine Check-up in the Past Year

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.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had at least one person they thought of as their personal doctor or health care provider	N/A	89%	85%	85%	77%	80%	77%
Visited a doctor for a routine checkup in the past year	55%	51%	49%	61%	67%	78%	78%

N/A-Not available

Key Findings

More than two-thirds (68%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. More than half (56%) of adults had a flu vaccine in the past year.

Preventive Medicine

- More than half (56%) of Wood County adults had a flu vaccine during the past 12 months.

- More than three-fourths (78%) of Wood County adults ages 65 and over had a flu vaccine in the past 12 months.

- One-third (33%) of adults have had a pneumonia shot in their life, increasing to 68% of those ages 65 and over.

- Wood County adults have had the following vaccines:
  — MMR in their lifetime (82%)
  — Chicken pox in their lifetime (66%)
  — Tetanus booster (including Tdap) in the past 10 years (64%)
  — Hepatitis B in their lifetime (48%)
  — Pneumonia vaccine in their lifetime (33%)
  — Zoster (shingles) vaccine in their lifetime (27%)
  — Pertussis vaccine in the past 10 years (26%)
  — Human papillomavirus (HPV) vaccine in their lifetime (22%)

Preventive Health Screenings and Exams

- Wood County adults have the following screenings:
  — Vision in the past year (53%)
  — Colorectal cancer in the past 5 years (27%)
  — Oral cancer screening in the past year (21%)
  — Hearing in the past year (17%)
  — Skin cancer in the past year (12%)
  — Osteoporosis in the past year (7%)
  — Memory screening in the past year (6%)

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had a pneumonia vaccination (age 65 and older)	57%	64%	53%	76%	68%	75%	73%
Had a flu vaccine in the past year (age 65 and older)	73%	64%	76%	74%	78%	63%	64%

**Percentage of Adults Who Discussed Health Care Topics
With Their Health Care Professional in the Past 12 Months**

Health Care Topics	Total 2021
Immunizations	42%
Depression, anxiety, or emotional problems	35%
Family history	31%
Weight control including diet and physical activity	29%
Clinical breast exam	26%
Mammograms	26%
Safe use of prescription medication	21%
Family planning	14%
Falls	13%
Alternative pain therapy	12%
Tobacco use	11%
Bone density	11%
Alcohol use	10%
PSA test	10%
Injury prevention such as safety belt use, helmet use & smoke detectors	6%
Genetic testing	6%
Self-testicular exams	5%
Domestic violence	5%
Safe use of opiate-based pain medication	4%
Sexually transmitted diseases (STDs)	4%
Illicit drug abuse	2%
Firearm safety	2%
Substance abuse treatment options	1%

Healthy People 2030
Immunization and Infectious Diseases (IID)

Objective	Wood County 2021	Ohio 2019	U.S. 2019	Healthy People 2030 Target
IID-09: Increase the proportion of persons who are vaccinated annually against seasonal influenza	56%	63%*	64%*	70%

*Refers to those ages 65 and older
Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2030 Objectives, 2019 BRFSS, 2021 Wood County Health Assessment)

Health Care Access: Women's Health

Key Findings

In 2021, 54% of Wood County women older than 40 reported having a mammogram in the past year. Nearly half of women (49%) had a clinical breast exam and 46% had a Pap smear, to detect cancer of the cervix, in the past year. Two percent (2%) of women survived a heart attack, and 2% survived a stroke at some time in their life. Nearly two-fifths (39%) were obese; 22% had high blood cholesterol; 18% had high blood pressure; and 7% were identified as current smokers, all of which are known risk factors for cardiovascular diseases.

Women's Health Screenings

- In 2021, 57% of women had a mammogram at some time, and more than one-third (34%) had this screening in the past year.

- More than half (54%) of women ages 40 and over had a mammogram in the past year, and 71% had one in the past two years.

- Eighty-four percent (84%) of Wood County women had a clinical breast exam at some time in their life, and 49% had one within the past year. More than three-fifths (61%) of women ages 40 and over had a clinical breast exam in the past two years.

- Eighty-four percent (84%) of Wood County women had a Pap smear, and 46% reported having had the exam in the past year. More than two-thirds (70%) of women age 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 (61%), general or family physician (24%), and public health clinic or community health center (5%). Ten percent (10%) indicated they did not have a usual source of services for female health concerns.

- In 2021, 2% of women had survived a heart attack, and 2% had survived a stroke at some time in their life.

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Wood County, the 2021 health assessment has identified that:
  — 61% of women were overweight or obese (2019 BRFSS reports 66% for Ohio and 60% for U.S.)
  — 22% were diagnosed with high blood cholesterol (2019 BRFSS reports 32% for Ohio and 32%* for U.S.)
  — 18% were diagnosed with high blood pressure (2019 BRFSS reports 32% for Ohio and 32%* for U.S.)
  — 7% of all women were current smokers (2019 BRFSS reports 20% for Ohio and 14% for U.S.)
  — 6% had been diagnosed with diabetes (2019 BRFSS reports 11% for Ohio and 11% for U.S.)
    2018 BRFSS Data

- From 2017-2019, major cardiovascular diseases (heart disease and stroke) accounted for 32% of all female deaths in Wood County *(Source: Ohio Public Health Data Warehouse, 2017-2019).*

**Wood County Female
Leading Causes of Death, 2017-2019**
Total Female Deaths: 1,814

1. Heart Diseases (25% of all deaths)
2. Cancers (20%)
3. Alzheimer's Disease (7%)
4. Stroke (6%)
5. Chronic Lower Respiratory Diseases (6%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

**Ohio Female
Leading Causes of Death, 2017 – 2019**
*Total Female Deaths: 183,975*

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

(Source: Ohio Public Health Data Warehouse, 2017-2019)

Pregnancy

- Nearly one-fourth (23%) of Wood County women had been pregnant in the past 5 years.

- During their last pregnancy, Wood County women did the following: got prenatal care within the first 3 months (76%), took a multi-vitamin with folic acid during pregnancy (76%), took a multi-vitamin with folic acid pre-pregnancy (76%), got a dental exam (38%), took folic acid during pregnancy (28%), took folic acid pre-pregnancy (28%), received WIC services (24%), experienced depression (7%), consumed alcoholic beverages (7%), and used marijuana (7%).

The following graph shows the percentage of Wood County females that had various health exams in the past year. An example of how to interpret the information shown on the graph includes: 34% of Wood County females had a mammogram within the past year; 49% had a clinical breast exam; and 46% had a Pap smear.
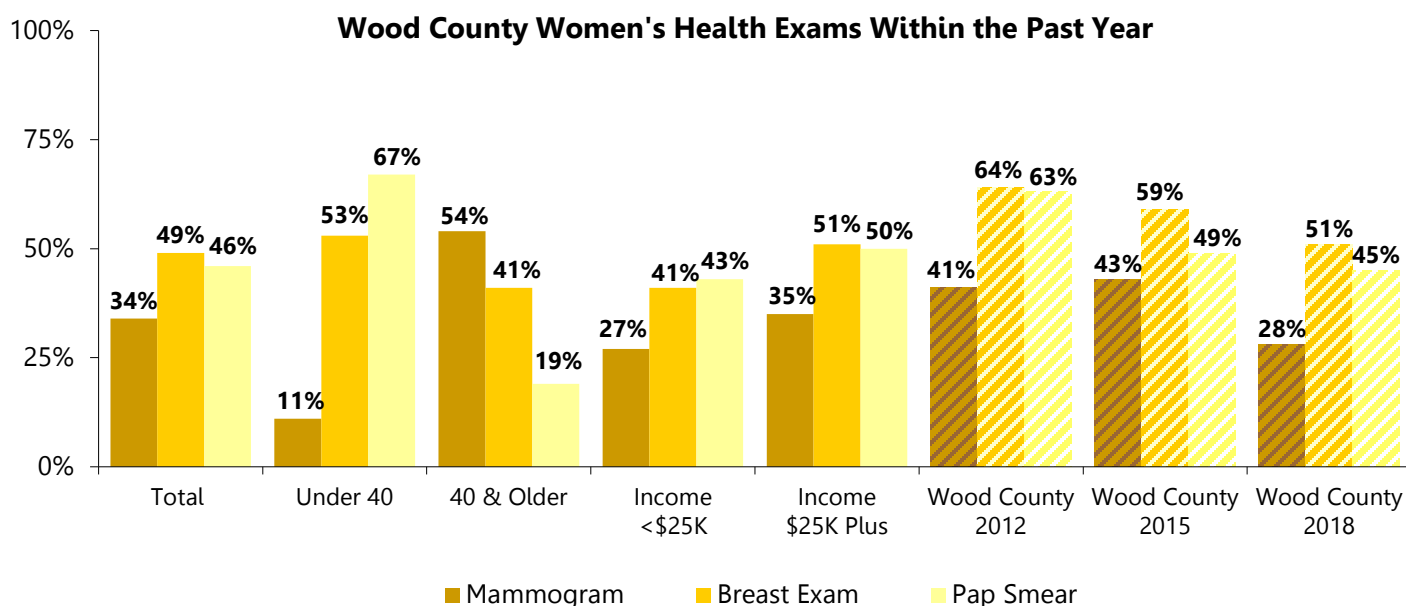
Wood County Women's Health Exams Within the Past Year

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.

| Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had a mammogram in the past two years (age 40 and older)	67%	82%	73%	63%	71%	74%*	72%*
Had a clinical breast exam in the past two years (age 40 and older)	70%	91%	74%	64%	61%	N/A	N/A
Had a Pap smear in the past three years (age 21-to-65)	75%	79%	68%	73%	70%	79%*	80%*

N/A- Not Available
*2018 BRFSS Data

The following graph shows the Wood County and Ohio age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2030 objectives. The graph shows:

- From 2017 to 2019, the Wood County age-adjusted mortality rate for breast cancer was lower than the Ohio rate but higher than the Healthy People 2030 target objective.

Wood County Female Age-Adjusted Cancer Mortality Rates, 2017-2019
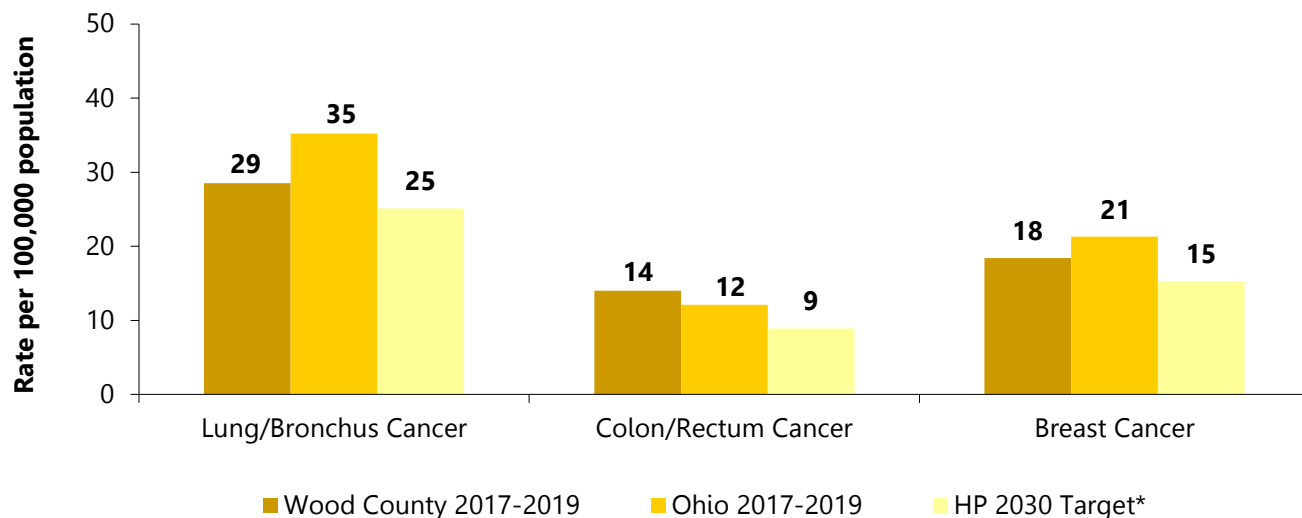
(Source: Ohio Public Health Data Warehouse, 2017-2019 and Healthy People 2030)
Note: The lung and colon/rectum cancer Healthy People 2030 target rates are not gender-specific.

What Can I Do to Reduce My Risk of Breast Cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following way:

- Keep a healthy weight
- Exercise regularly.
- Don't drink alcohol or, if you do drink, limit the number of alcoholic drinks you have.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

(Source: Centers for Disease Control and Prevention, What Can I Do to Reduce My Risk of Breast Cancer? Updated September 14, 2020)

Health Care Access: Men's Health

Key Findings

Nearly half (48%) of Wood County men had a digital rectal exam in their lifetime, and 12% had one in the past year. More than two-thirds (69%) of males ages 50 and over had a PSA test at some time in their life, and 48% had one in the past year. Nearly half (46%) of men had been diagnosed with high blood pressure; 41% had high blood cholesterol, and 16% were identified as current smokers, which, along with obesity (35% of men in Wood County), are known risk factors for cardiovascular diseases.

Men's Health Screenings

- Nearly half (48%) of men had a digital rectal exam in their lifetime, and 12% had one in the past year.

- One-fourth (25%) of men completed a self-testicular exam in the past year, increasing to 34% of males over the age of 50.

- Nearly two-fifths (38%) of Wood County males had a Prostate-Specific Antigen (PSA) test at some time in their life, and 25% had one in the past year.

- Sixty-six percent (66%) of males ages 40 and over had a PSA test at some time in their life, and 57% had one in the past two years.

- More than two-thirds (69%) of males ages 50 and over had a PSA test at some time in their life, and 48% had one in the past year.

Men's Health Concerns

- Five percent (5%) of men had a heart attack and 4% had a stroke at some time in their life.

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Wood County, the 2021 health assessment identified that:
  — 79% of men were overweight or obese (2019 BRFSS reports 73% for Ohio and 72% for U.S.)
  — 46% were diagnosed with high blood pressure (2019 BRFSS reports 38% for Ohio and 35%* for U.S.)
  — 41% were diagnosed with high blood cholesterol (2019 BRFSS reports 34% for Ohio and 35%* for U.S.)
  — 16% of all men were current smokers (2019 BRFSS reports 22% for Ohio and 18% for U.S.)
  — 9% had been diagnosed with diabetes (2019 BRFSS reports 13% for Ohio and 12% for U.S.)
     *2018 BRFSS Data

- From 2017-2019, the leading cancer deaths for Wood County males were lung, colon/rectum, and prostate cancers. Statistics from the same period for Ohio males indicate that lung, prostate, and colon and rectum cancers were the leading cancer deaths *(Source: Ohio Public Health Data Warehouse, 2017-2019).*

Wood County Male Leading Causes of Death, 2017 – 2019

Total Male Deaths: 1,192

1. Heart Diseases (41% of all deaths)
2. Cancers (32%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (7%)
5. Diabetes (5%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

Ohio Male Leading Causes of Death, 2017 – 2019

Total Male Deaths: 187,665

1. Heart Diseases (24% of all deaths)
2. Cancers (21%)
3. Accidents, Unintentional Injuries (9%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had a digital rectal exam (within the past year)	21%	31%	9%	17%	12%	N/A	N/A

N/A – Not Available

The following graph shows the percentage of Wood County males that had digital rectal exams in the past year. An example of how to interpret the information shown on the graph includes: 12% of Wood County males had a digital rectal exam within the past year, including 20% of those age 50 and older.

Wood County Men Who Had a Digital Rectal Exam in the Past Year
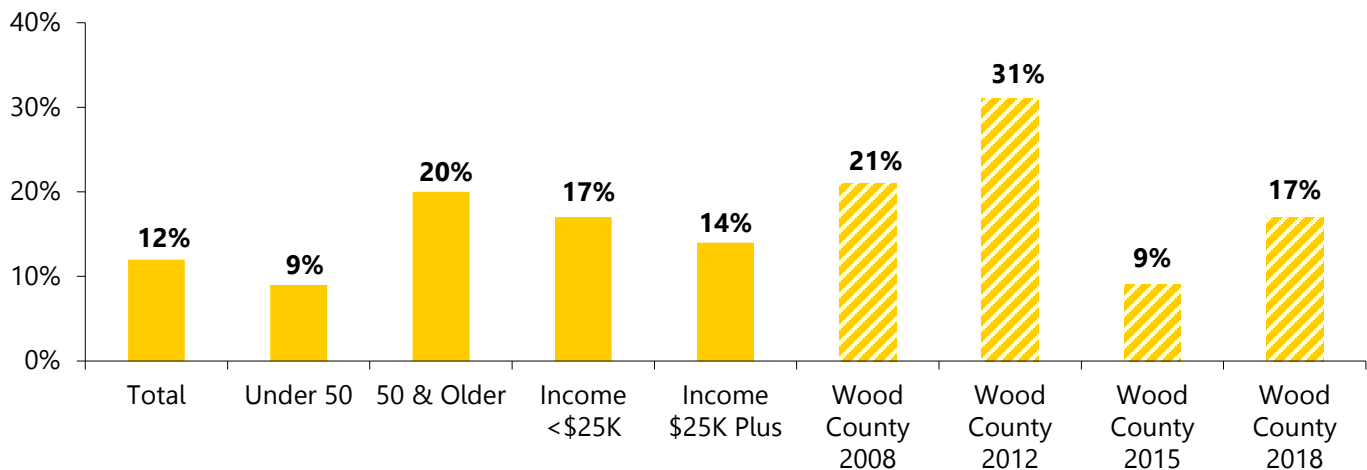
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Prostate Cancer Awareness

- Prostate cancer is the most common cancer among American men. Most prostate cancers grow slowly and do not cause any health problems in men who have them.

- Men can have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are difficulty starting urination, frequent urination (especially at night), weak or interrupted flow of urine, and blood in the urine or semen.

- There is no way to know for sure if you will get prostate cancer. Men have a greater chance of getting prostate cancer if they are 55 years old or older, are African-American, or have a father, brother, or son who has had prostate cancer.

- Two tests are commonly used to screen for prostate cancer:

  — **Digital rectal exam (DRE):** A doctor, nurse, or other healthcare professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

  — **Prostate specific antigen test (PSA):** PSA is a substance made by the prostate. The PSA test measures the level of PSA in the blood, which may be higher in men who have prostate cancer. However, other conditions such as an enlarged prostate, prostate infection and certain medical procedures also may increase PSA levels.

(Source: Center for Disease Control and Prevention, Prostate Cancer Awareness, Updated August 18, 2020)

The following graph shows the Wood County age-adjusted lung cancer mortality rates per 100,000 population for men with comparison to the Healthy People 2030 objective. The graph shows:

- From 2017-2019, the Wood County age-adjusted mortality rate for male lung cancer was lower than the Ohio rate but higher than the U.S. rate and the Healthy People 2030 objective.

Wood County Male Age-Adjusted Lung and Bronchus Cancer Mortality Rates

Legend: Wood County 2017-2019 | Ohio 2017-2019 | U.S. 2017-2019 | HP 2030 Target*

Values: 47, 53, 35, 25

Y-axis: Rate per 100,000 population
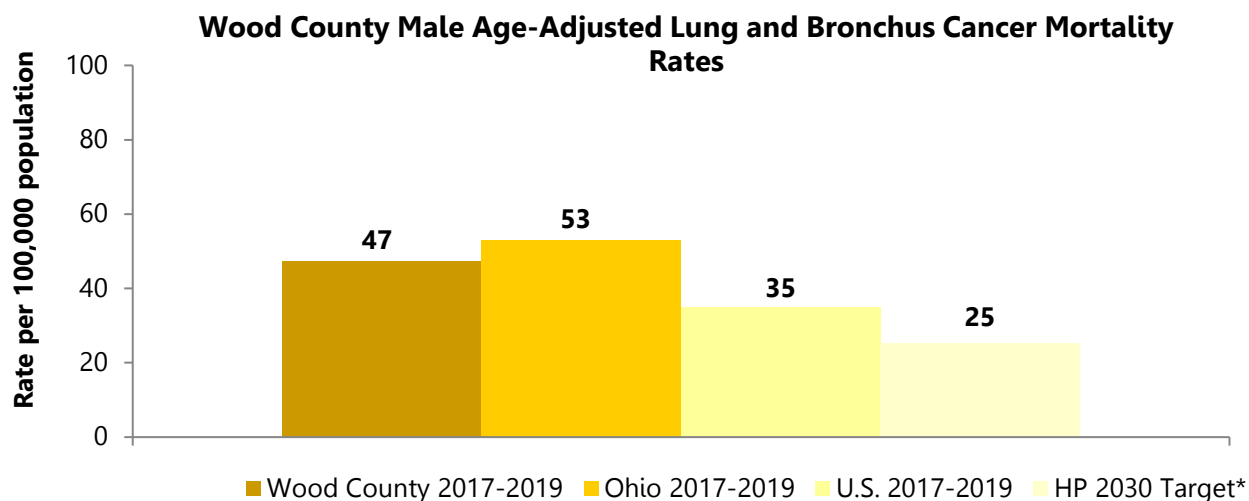
Note: The Healthy People 2020 target rates are not gender specific.
(Sources: CDC Wonder 2017-2019, Ohio Public Health Data Warehouse 2017-2019, and Healthy People 2030)

Health Care Access: Oral Health

Key Findings

Nearly two-thirds (66%) of Wood County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist in the past year were fear, apprehension, nervousness, pain and dislike going (29%); cost (14%); and no oral health problems (13%).

Access to Dental Care

- In the past year, 66% of Wood County adults had visited a dentist or dental clinic, decreasing to 29% of those with incomes less than $25,000.

- When asked the main reason for not visiting a dentist in the past year, 29% said fear, apprehension, nervousness, pain, and dislike going; 14% said cost; 13% had no oral health problems; 5% did not have/know a dentist; 2% had dentures; and 1% said transportation. Twelve percent (12%) of adults reported multiple reasons for not visiting the dentist in the past year.

- More than two-fifths (41%) of adults had one or more of their permanent teeth removed, increasing to 64% of those ages 65 and over.

- Five percent (5%) of Wood County adults ages 65 and over had all of their permanent teeth removed.

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	65%	14%	8%	12%	0%
Females	68%	7%	10%	9%	0%
Total	66%	11%	9%	10%	0%

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Adults who had visited a dentist or dental clinic (in the past year)	64%	74%	74%	71%	66%	67%	68%
Adults who had one or more permanent teeth removed	N/A	N/A	N/A	31%	41%	45%*	41%*
Adults 65 years and older who had all their permanent teeth removed	N/A	N/A	N/A	10%	5%	17%*	14%*

N/A-Not Available
*2018 BRFSS Data

The following graph shows the frequency of Wood County adult visits to a dentist or dental clinic in the past year. An example of how to interpret the information on the graph includes: 66% of all Wood County adults had been to the dentist in the past year, including 44% of those under the age of 30 and 29% of those with incomes less than $25,000.
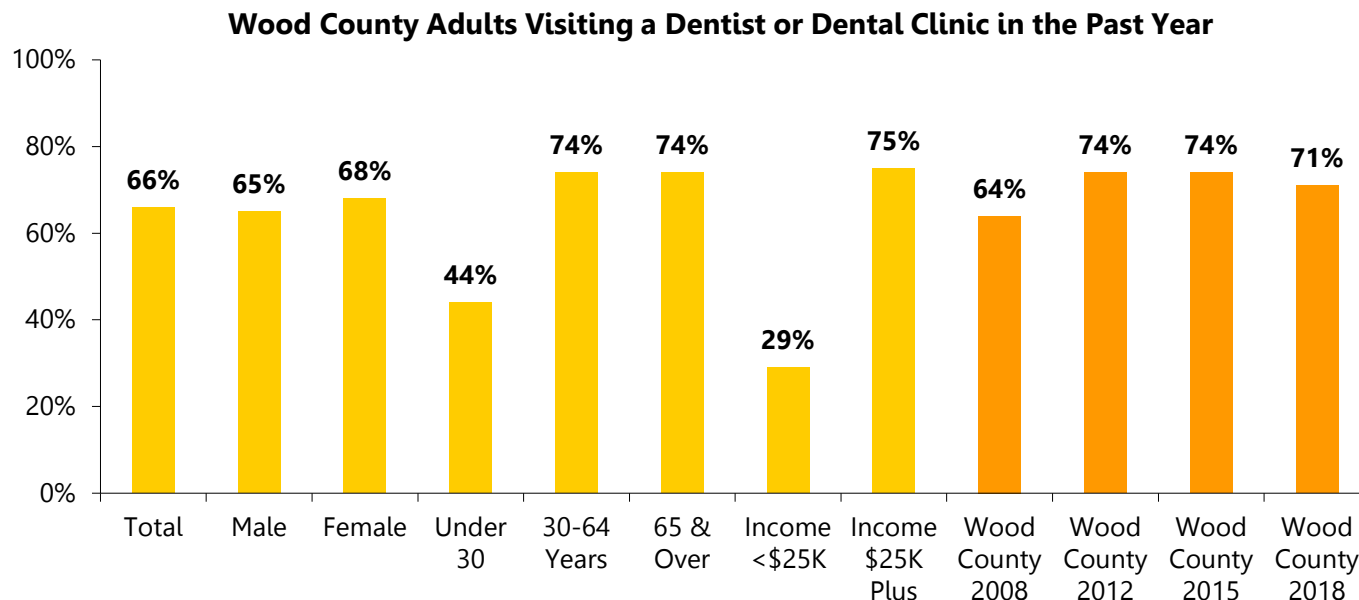
Wood County Adults Visiting a Dentist or Dental Clinic in the Past Year

Total	Male	Female	Under 30	30-64 Years	65 & Over	Income <$25K	Income $25K Plus	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018
66%	65%	68%	44%	74%	74%	29%	75%	64%	74%	74%	71%

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 the majority of 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, December 2, 2020)

Health Behaviors: Health Status Perceptions

Key Findings

In 2021, nearly half (49%) of Wood County adults rated their health status as excellent or very good. Conversely, 12% of adults described their health as fair or poor, increasing to 37% of those with incomes less than $25,000.

General Health Status

- In 2021, nearly half (49%) of Wood County adults rated their health as excellent or very good. Wood County adults with higher incomes (56%) were most likely to rate their health as excellent or very good, compared to 29% of those with incomes less than $25,000.

- Twelve percent (12%) of adults rated their health as fair or poor, increasing to 37% of those with incomes less than $25,000.

- Wood County adults were most likely to rate their health as fair or poor if they:
  — Had an annual household income under $25,000 (37%)
  — Had been diagnosed with diabetes (32%)
  — Had high blood cholesterol (21%)
  — Had high blood pressure (20%)
 — Were 65 years of age or older (20%)

Physical Health Status

- Nearly one-fourth (24%) of Wood County adults rated their physical health as not good on four or more days in the previous month.

- Wood County adults reported their physical health as not good on an average of 4.6 days in the previous month.

- Wood 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 30-64 years old (27%)
  — Were male (26%)

Mental Health Status

- Nearly half (49%) of Wood County adults rated their mental health as not good on four or more days in the previous month.

- Wood County adults reported their mental health as not good an average of 6.9 days in the previous month.

- Nearly two-fifths (38%) of adults reported that poor mental or physical health or emotional health kept them from doing usual activities such as self-care, work, or recreation in the past 30 days.

- Wood County adults were most likely to rate their mental health as not good if they:
  — Had an annual household income under $25,000 (75%)
  — Were under the age of 30 (67%)

Adults Who Rated General Health Status Excellent or Very Good

- Wood County 49% (2021)
- Ohio 48% (2019)
- U.S. 51% (2019)

(Source: BRFSS 2019 for Ohio and U.S.)

The following graph shows the percentage of Wood 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: 49% of all Wood County adults, including 56% of those under the age of 30 and 41% of those ages 65 and older, rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.
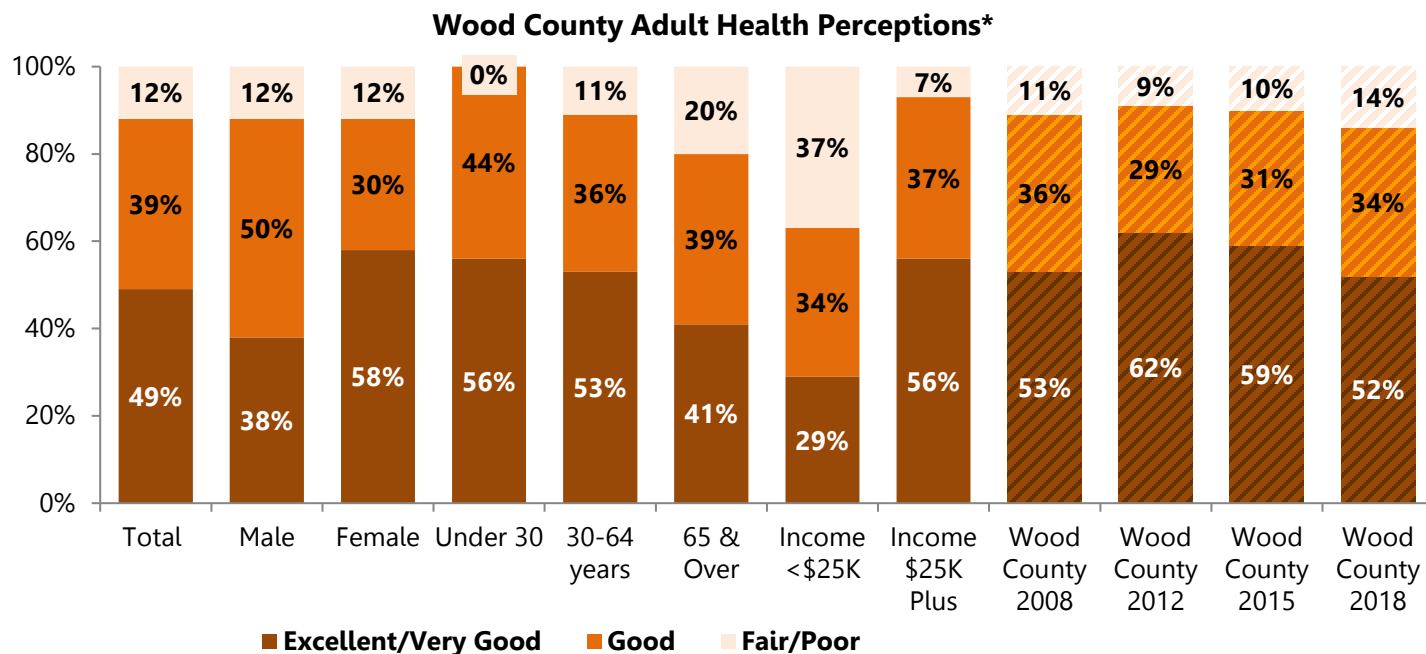
Wood County Adult Health Perceptions*

■ **Excellent/Very Good** ■ **Good** ■ **Fair/Poor**

*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	56%	17%	6%	3%	17%
Females	45%	23%	6%	1%	16%
Total	50%	20%	6%	2%	16%
Mental Health Not Good in Past 30 Days*					
Males	41%	11%	10%	3%	32%
Females	24%	21%	11%	2%	36%
Total	32%	17%	11%	2%	33%

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

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Rated general health as good, very good, or excellent	89%	91%	90%	86%	88%	81%	83%
Rated health as excellent or very good	53%	62%	59%	52%	49%	48%	51%
Rated health as fair or poor	11%	9%	10%	14%	12%	19%	18%
Average days that physical health not good (in the past month)	N/A	3.0	1.6	3.1	4.6	3.9‡	3.8‡
Rated physical health as not good on four or more days (in the past 30 days)	20%	17%	14%	18%	24%	24%	23%
Average days that mental health not good (in the past month)	N/A	3.8	1.9	4.8	6.9	4.6‡	4.0‡
Rated their mental health as not good on four or more days (in the previous month)	23%	29%	16%	32%	49%	26%	24%
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)	13%	N/A	18%	32%	38%	N/A	N/A

‡*2017 BRFSS data as compiled by 2020 County Health Rankings*
N/A – Not Available

Health Behaviors: Adult Weight Status

Key Findings

In 2021, 69% of Wood County adults were overweight or obese based on Body Mass Index (BMI). Nearly one-quarter (23%) of adults did not participate in any physical activity in the past week, including 6% who were unable to exercise.

Adult Weight Status

- More than two-thirds (69%) of Wood County adults were either overweight (32%) or obese (37%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.

- Nearly half (47%) of adults were trying to lose weight; 34% were trying to maintain their current weight or keep from gaining weight; and 2% were trying to gain weight. Seventeen percent (17%) of Wood County adults were not doing anything to lose or gain weight.

- Wood County adults did the following to lose weight or keep from gaining weight: drank more water (52%); exercised (49%); ate less food, fewer calories, or foods low in fat (47%); ate a low-carb diet (15%); took diet pills, powders or liquids without a doctor's advice (6%); health coaching (3%); went without eating 24 or more hours (2%); used a weight loss program (2%); bariatric surgery (2%); smoked cigarettes (1%); took prescribed medications (1%); and took laxatives (<1%).

Approximately 35,379 Wood County adults were obese.

Physical Activity

- In Wood County, 50% of adults engaged in some type of physical activity or exercise for at least 30 minutes on 3 or more days per week. More than one-fourth (29%) of adults exercised 5 or more days per week. Twenty-three percent (23%) of adults did not participate in any physical activity in the past week, including 6% who were unable to exercise.

- The CDC recommends that adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. *(Source: U.S. Department of Health and Human Services, 2018 Physical Activity Guidelines for Americans).*

- Wood County adults spent the most time doing the following physical activities in the past year: walking (76%), cycling (31%), running/jogging (23%), using exercise machines (21%), strength training (19%), engaging in occupational exercise (14%), swimming (14%), using exercise videos (11%), taking group exercise classes (8%), playing active video games (5%), other activities (12%).

- Reasons for not exercising included the following: time (29%); laziness (23%); weather (21%); too tired (20%); pain or discomfort (17%); did not like to exercise (17%); could not afford a gym membership (4%); no exercise partner (4%); poorly maintained/no sidewalks (4%); did not know what activities to do (3%); lack of opportunities for those with physical impairments or challenges (2%); transportation (2%); doctor advised them not to exercise (2%); no child care (1%); no gym available (1%); and no walking paths, biking trails or parks (<1%).

- Wood County adults spent an average of 2.9 hours watching TV, 2.3 hours on their cell phone, 1.4 hours on the computer, and 0.4 hours playing video games on an average day of the week.

- Wood County adults reported visiting the parks, bike trails, and walking paths in their community at the following frequencies: very often (22%), somewhat often (20%), not very often (35%), and not at all (20%). Three percent (3%) reported there were no parks, bike trails, or walking paths in their community.
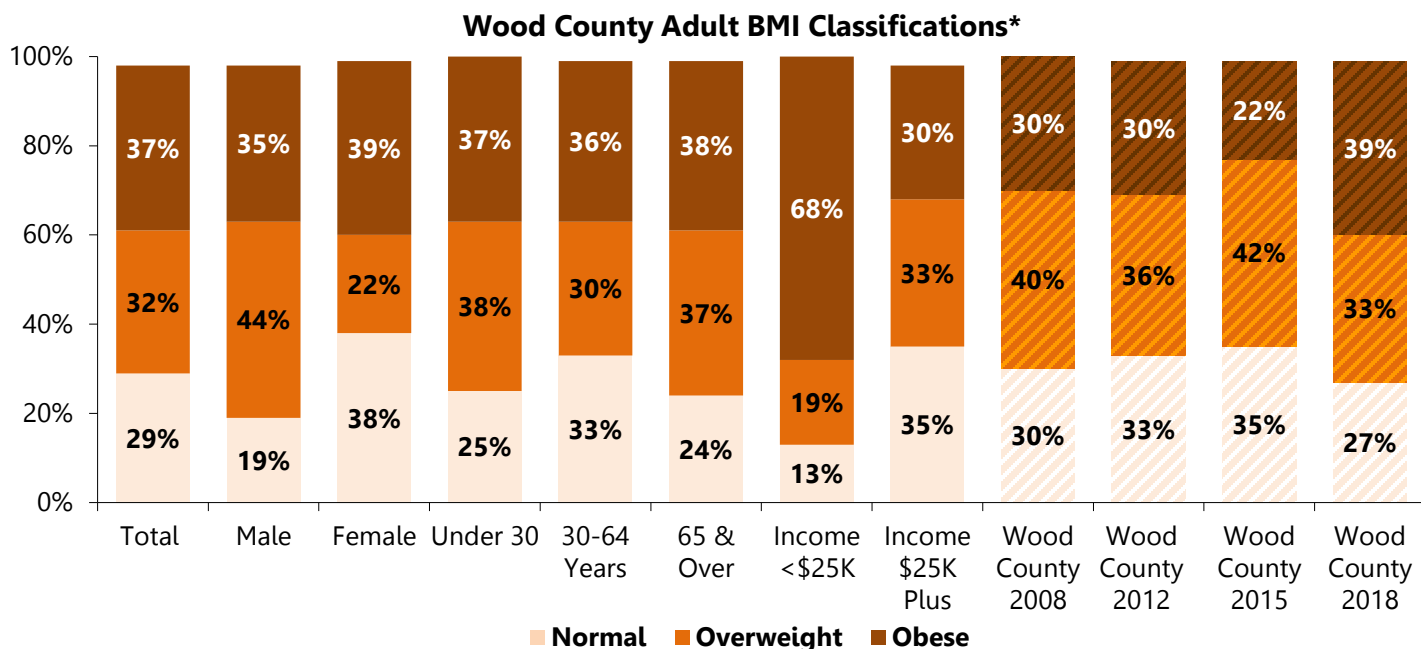
- Nearly two-thirds (65%) of adults reported the parks, bike trails, and walking paths in Wood County were easily accessible by walking or biking and one-fourth (25%) of adults reported they were not easily accessible by walking or biking. One percent (1%) of adults in Wood County reported that there were no parks, trails, or paths available in their community.

Nutrition

- In 2021, 35% of Wood County adults ate 1-to-2 servings of fruits and vegetables per day. Thirty-eight percent (38%) ate 3-to-4 servings per day, and 24% ate 5 or more servings per day. Three percent (3%) of adults ate no servings of fruits and vegetables per day.

- Four percent (4%) of adults ate 5 or more servings of fruit per day. Fourteen percent (14%) ate 3-to-4 servings of fruit per day, and 67% ate 1-to-2 servings per day. Fifteen percent (15%) of adults did not eat any fruit.

- Four percent (4%) of Wood County adults ate 5 or more servings of vegetables per day. Seventeen percent (17%) ate 3-to-4 servings of vegetables per day, and 72% ate 1-to-2 servings per day. Seven percent (7%) of adults did not eat any vegetables.

- The American Cancer Society recommends that adults eat at least 2½ cups of vegetables and at least 1½ cups of fruit each day to reduce the risk of cancer and to maintain good health *(Source: American Cancer Society, 2020)*.

- Five percent (5%) of adults consumed 5 or more servings of sugar-sweetened beverages per day. Nine percent (9%) drank 3-to-4 servings per day, 36% consumed 1-to-2 servings per day, and 50% consumed 0 servings per day.

- Seven percent (7%) of adults consumed 5 or more servings of caffeinated beverages per day. One-fourth (25%) consumed 3-to-4 servings per day, 53% consumed 1-to-2 servings of per day, and 15% drank 0 servings per day.

- Wood County adults reported the following reasons they chose the types of food they ate: taste/enjoyment (73%), ease of preparation/time (60%), healthiness of food (54%), cost (46%), food they were used to (46%), what their family prefers (45%), nutritional content (33%), availability (31%), calorie content (29%), if it is organic (12%), artificial sweetener content (7%), if it is genetically modified (6%), other food sensitivities (4%), if it is lactose free (4%), if it is gluten free (3%), limitations due to dental issues (3%), health care provider's advice (2%), and other reasons (7%).

- Wood County adults reported the following barriers in consuming fruits and vegetables: too expensive (11%), did not like the taste (8%), did not know how to prepare (6%), not enough variety (4%), no access (<1%), and other reasons (4%). Eighty-one percent (81%) reported no barriers to consuming fruits and vegetables.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Obese	30%	30%	22%	39%	37%	35%	32%
Overweight	40%	36%	42%	33%	32%	35%	35%

The following graph shows the percentage of Wood County adults who were overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 29% of all Wood County adults were classified as normal weight; 32% were overweight, and 37% were obese.

Wood County Adult BMI Classifications*

	Normal	Overweight	Obese
Total	29%	32%	37%
Male	19%	44%	35%
Female	38%	22%	39%
Under 30	25%	38%	37%
30-64 Years	33%	30%	36%
65 & Over	24%	37%	38%
Income <$25K	13%	19%	68%
Income $25K Plus	35%	33%	30%
Wood County 2008	30%	40%	30%
Wood County 2012	33%	36%	30%
Wood County 2015	35%	42%	22%
Wood County 2018	27%	33%	39%

*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.

The following pie chart shows the average daily consumption of fruits and/or vegetables of Wood County adults.

Average Number of Servings of Fruits and Vegetables Per Day for Wood County Adults

- 5 or more servings: 24%
- 3-4 servings: 38%
- 1-2 servings: 35%
- 0 servings: 3%
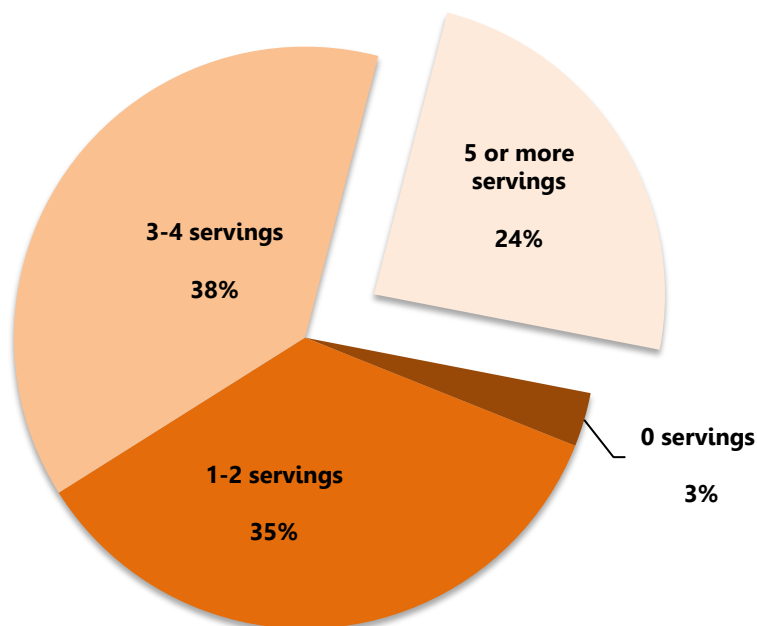
The following graph shows the percentage of Wood County adults who were obese compared to Ohio and the U.S.

Obesity in Wood County, Ohio, and U.S. Adults

(Source: 2021 Wood County Health Assessment and 2019 BRFSS)

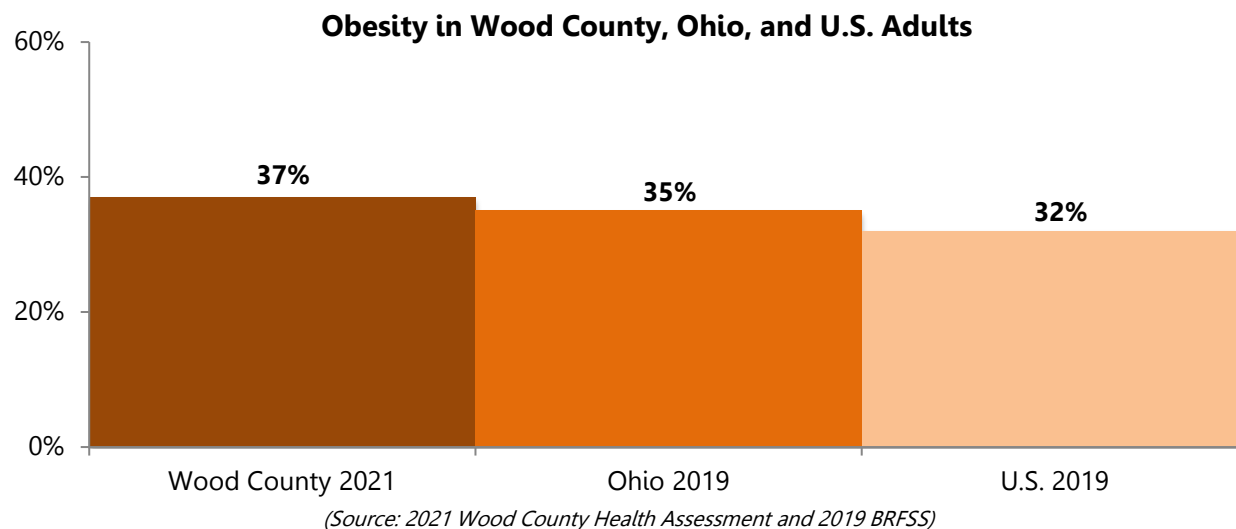### BMI Measurements

- Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters.
- A high BMI can be an indicator of high body fat.
- BMI can be used to screen for weight categories that may lead to health problems, but it is not diagnostic of the body fatness or health of any individual.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and above	Obese

Source: CDC, Healthy Weight: About Adult Weight, updated September 17, 2020

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 Wood County is 7.7

- The food environment index in Ohio is 6.8.

Wood County had a food index measure of:

7.7

BEST ▬▬▬▬▬▬▬▬▬▬▬▬ WORST
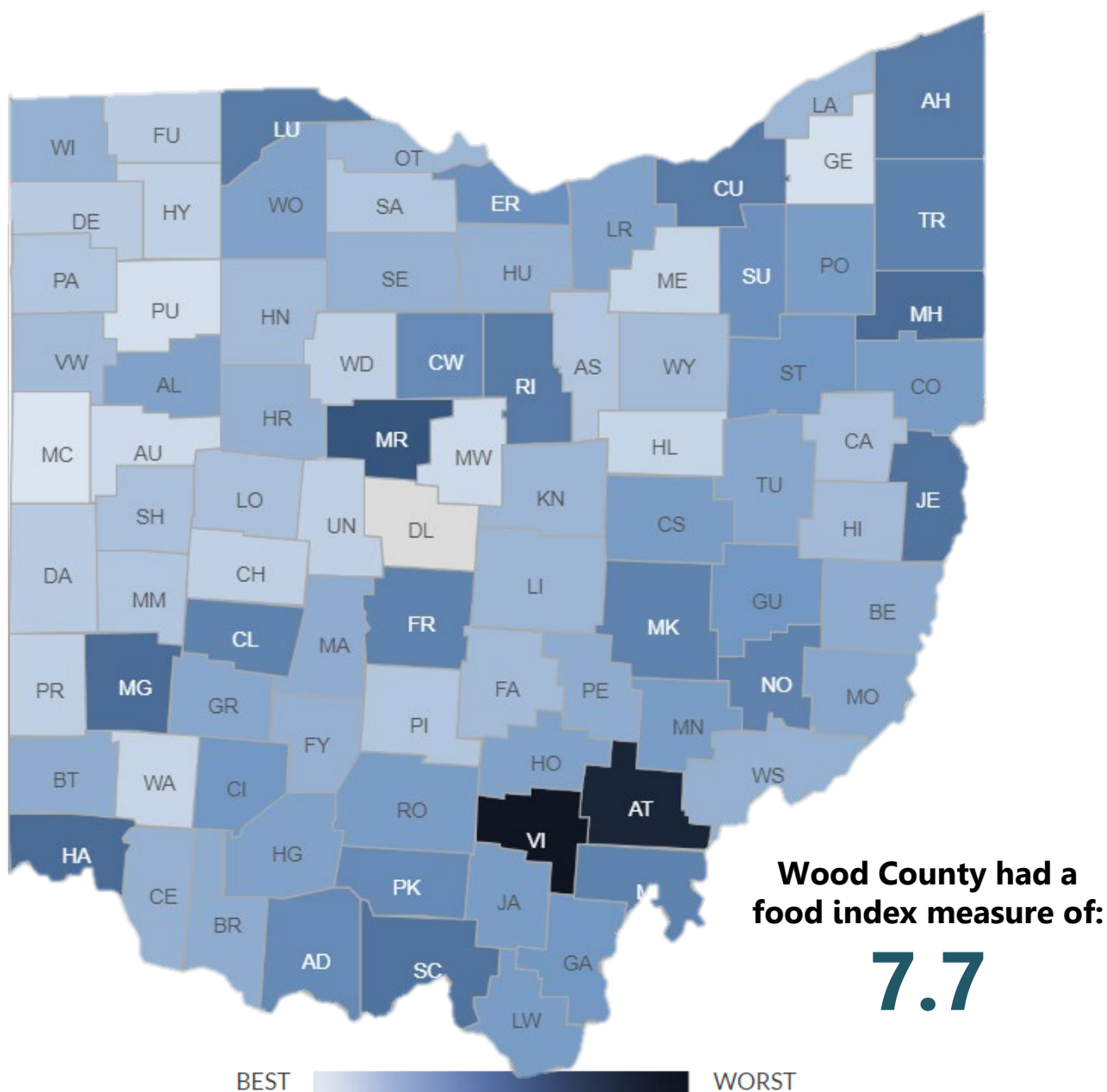
(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2020)

Health Behaviors: Adult Tobacco Use

Key Findings

In 2021, 10% of Wood County adults were current smokers, and 21% were considered former smokers. Eight percent (8%) of adults used e-cigarettes/vape pens in the past year. Fifty-eight percent (58%) of smokers reported trying to quit in the past year.

### 9,562 Wood County adults were current smokers.

Adult Tobacco Use Behaviors

- Ten percent (10%) Wood County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).

- More than one-fifth (21%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).

- Wood County adult smokers were more likely to:
  — Be a member of an unmarried couple (21%) or be separated (20%)
  — Have rated their overall health as fair (18%)
  — Be male (16%)
  — Be between the ages of 30-64 (16%)

- Adults used the following tobacco products in the past year: cigarettes (15%), e-cigarettes/vape pens (8%), cigars (6%), chewing tobacco/snuff (4%), pipes (3%), little cigars (2%), pouch (2%), and cigarillos (<1%).

- Wood County adults who used e-cigarettes/vape pens in the past year put the following in them: e-liquid or e-juice with nicotine (79%) and e-liquid with marijuana or THC (42%).

- During the past year, 58% of Wood County adult smokers reported that they stopped smoking for 1 day or longer because they were trying to quit smoking.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Current smoker (currently smoke some or all days)	23%	11%	11%	11%	10%	21%	16%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	33%	23%	18%	23%	21%	24%	25%
Tried to quit smoking	52%	44%	59%	38%	58%	N/A	N/A

N/A- Not Available

The following graph shows the percentage of Wood County adults' smoking behaviors. An example of how to interpret the information includea: 10% of all Wood County adults were current smokers, 21% of all adults were former smokers, and 68% had never smoked.
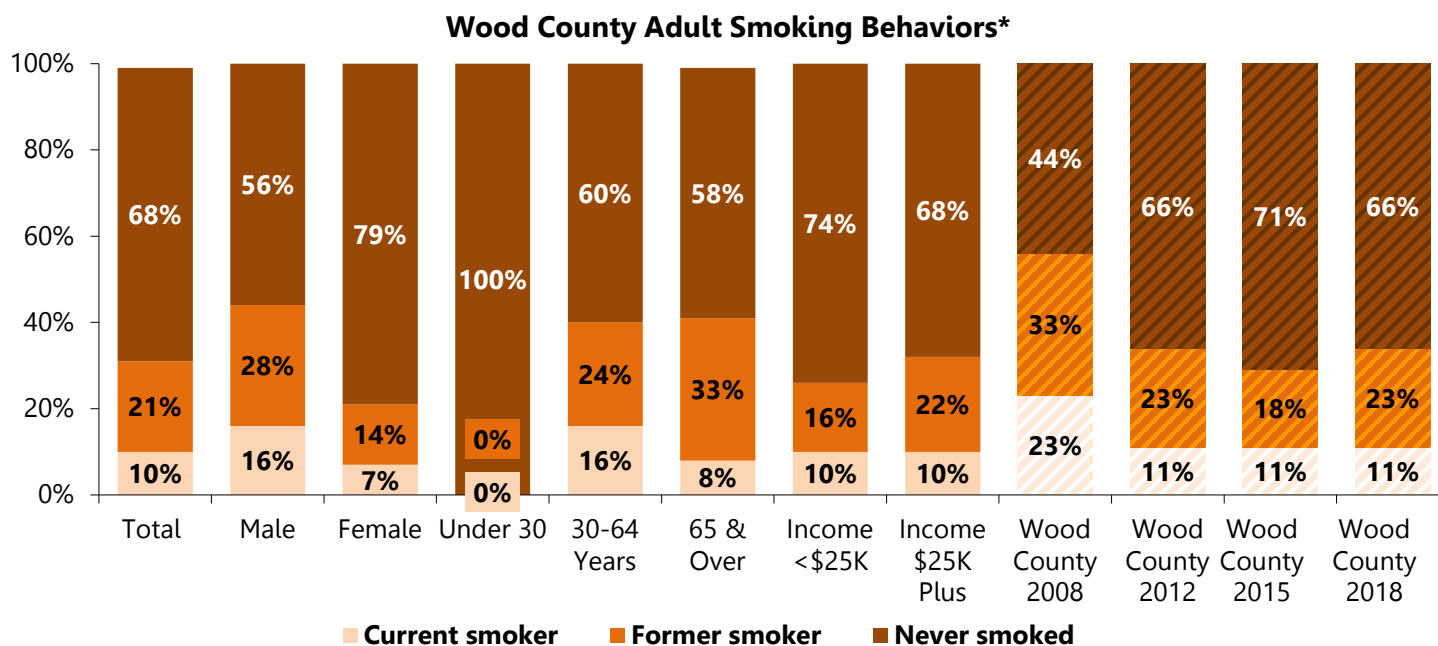
Wood County Adult Smoking Behaviors*

Current smoker **Former smoker** **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.

The following graph shows Wood County, Ohio, and U.S. adult cigarette smoking rates. The graph shows:

- The Wood County adult cigarette smoking rate was lower than the Ohio and U.S. rate, but higher than the Healthy People 2030 target objective.

Healthy People 2030 Objective and Cigarette Smoking Rates
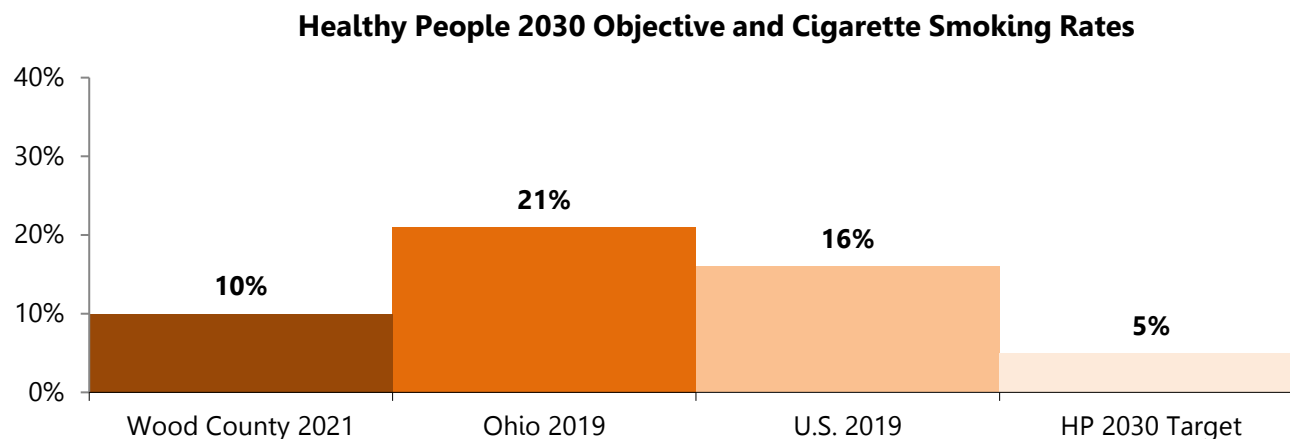
(Source: 2021 Wood County Health Assessment, 2019 BRFSS and Healthy People 2030)

The following graphs show Wood County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD), as well as for lung and bronchus cancer, in comparison with the Healthy People 2030 objective. These graphs show:

- From 2017-2019, Wood County's age-adjusted mortality rate for chronic lower respiratory disease was lower than the Ohio rate and the Healthy People 2030 target objective rate.
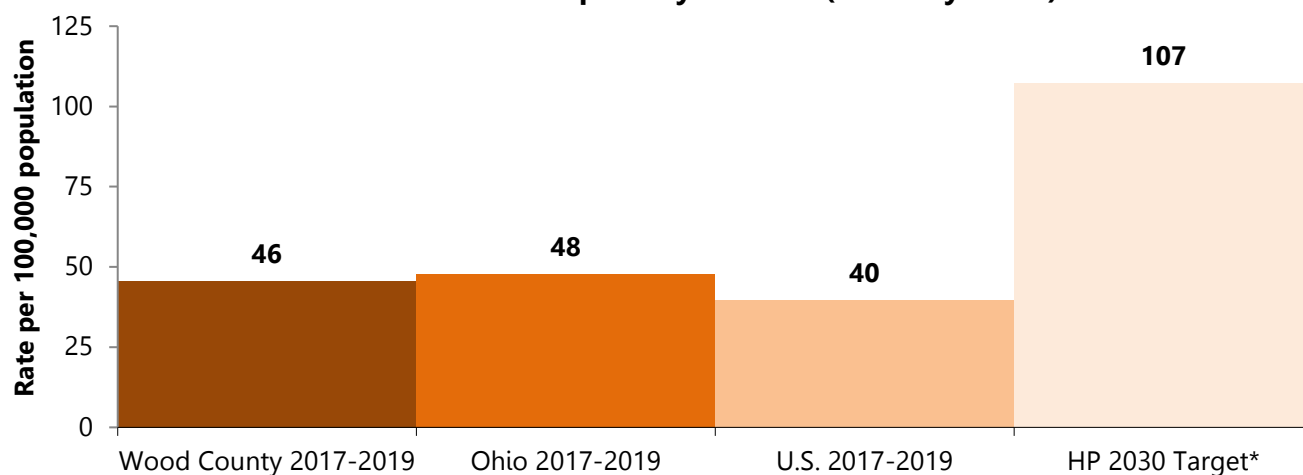
- Wood County's age-adjusted mortality rate for lung and bronchus cancer was lower than the Ohio rate, but higher than the U.S. rate and the Healthy People 2030 target objective rate.

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

Rate per 100,000 population

	Wood County 2017-2019	Ohio 2017-2019	U.S. 2017-2019	HP 2030 Target*
Rate	46	48	40	107

(Sources: Healthy People 2030, Ohio Public Health Data Warehouse 2017-2019, CDC Wonder 2017-2019)
*Healthy People 2030's target rate and the U.S. rate is for adults aged 45 years and older.

Age-Adjusted Mortality Rates for Lung and Bronchus Cancer

Rate per 100,000 population

	Wood County 2017-2019	Ohio 2017-2019	U.S. 2017-2019	HP 2030 Target*
Rate	37	43	35	25
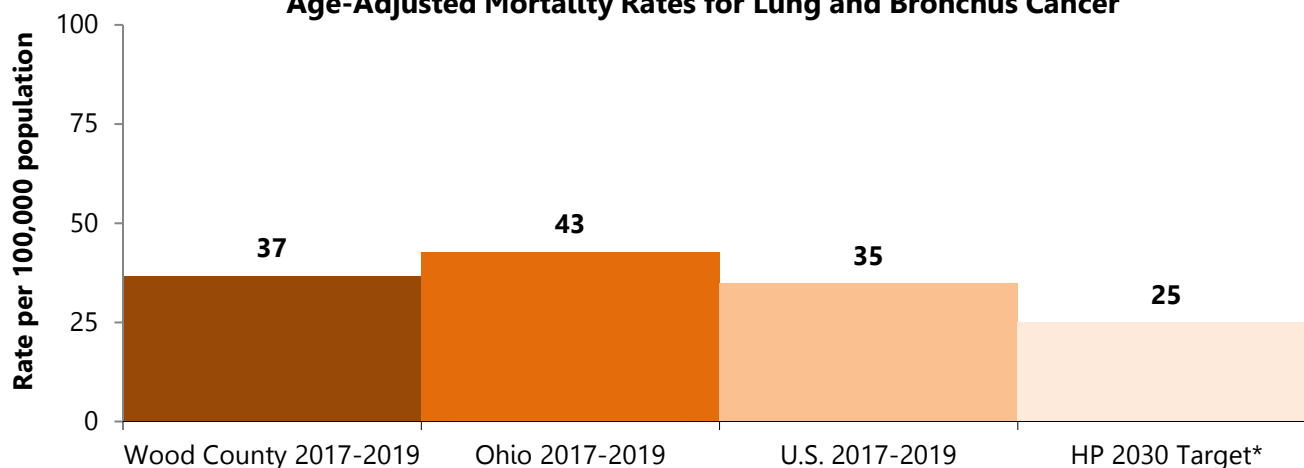
*The Health People 2030 target objective only includes the age-adjusted lung cancer death rate
(Sources: Healthy People 2030, Ohio Public Health Data Warehouse 2017-2019, CDC Wonder 2017-2019)

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

Age-Adjusted Mortality Rates by Gender for Lung and Bronchus Cancer
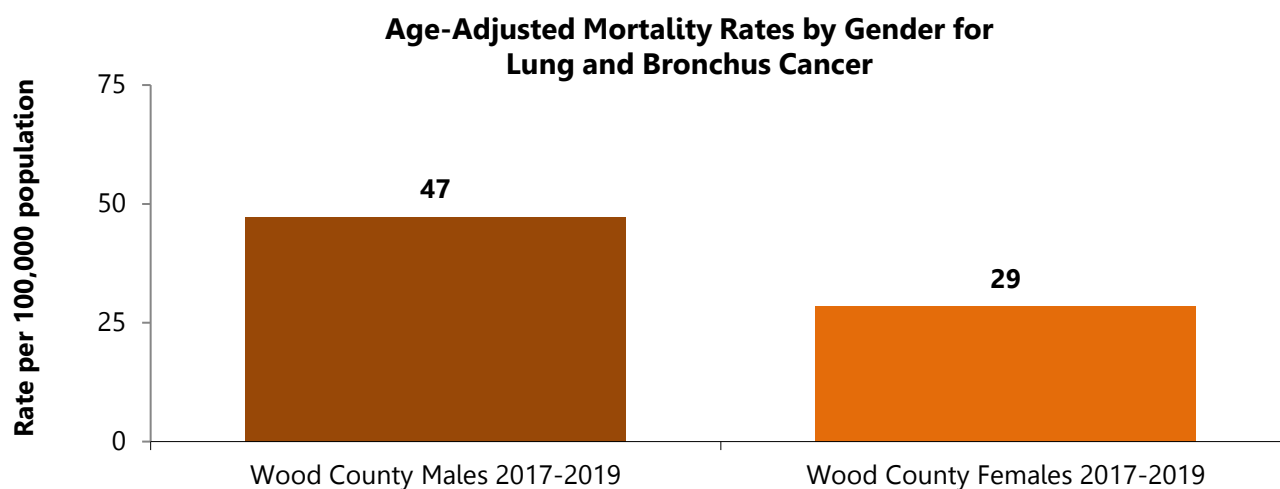
(Source: Ohio Public Health Data Warehouse 2017-2019)

Smoking and Other Health Risks

- Smoking can make it harder for a woman to become pregnant and can affect her baby's health before and after birth. Smoking increases risks for:
  — Preterm (early) delivery
  — Stillbirth (death of the baby before birth)
  — Low birth weight
  — Sudden infant death syndrome (known as SIDS or crib death)
  — Ectopic pregnancy
  — Orofacial clefts in infants
- Smoking can also affect men's sperm, which can reduce fertility and also increase risks for birth defects and miscarriage (loss of the pregnancy).
- Smoking can affect bone health.
  — Women past childbearing years who smoke have lower bone density (weaker bones) than women who never smoked and are at greater risk for broken bones.
- Smoking affects the health of your teeth and gums and can cause tooth loss.
- Smoking can increase your risk for cataracts (clouding of the eye's lens that makes it hard for you to see) and age-related macular degeneration (damage to a small spot near the center of the retina, the part of the eye needed for central vision).
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30-40% higher for active smokers than nonsmokers.
- Smoking causes general adverse effects on the body, including inflammation and decreased immune function.
- Smoking is a cause of rheumatoid arthritis.

(Source: CDC, Effects of Cigarette Smoking, Smoking and Other Health Risks, updated December 10, 2020)

Health Behaviors: Adult Alcohol Consumption

Key Findings

Seventy-one percent (71%) of Wood County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Over one-third (36%) of Wood County adults were considered binge drinkers (defined as five or more drinks for males or four or more for females on one occasion) in the past month.

67,889 Wood County adults had at least one alcoholic drink in the past month.

Adult Alcohol Consumption

- Seventy-one percent (71%) of Wood County adults had at least one alcoholic drink in the past month, increasing to 81% of those with incomes less than $25,000.

- Of those who drank, Wood County adults drank 3.5 drinks on average per drinking occasion, increasing to 6.6 drinks for those with annual incomes less than $25,000.

- Over one-third (36%) of Wood 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, 46% had at least one episode of binge drinking.

- One-in-fourteen (7%) current drinkers reported driving after having too much to drink.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Current drinker (drank alcohol at least once in the past month)	63%	59%	68%	68%	71%	53%	54%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days)	29%	24%	20%	27%	32%	18%	17%
Drove after having too much alcohol to drink	N/A	N/A	N/A	7%	7%	4%*	3%*

N/A-Not Available
*2018 BRFSS

The following graphs show the percentage of wood County adults consuming alcohol and the amount consumed on average in the past month. An example of how to interpret the in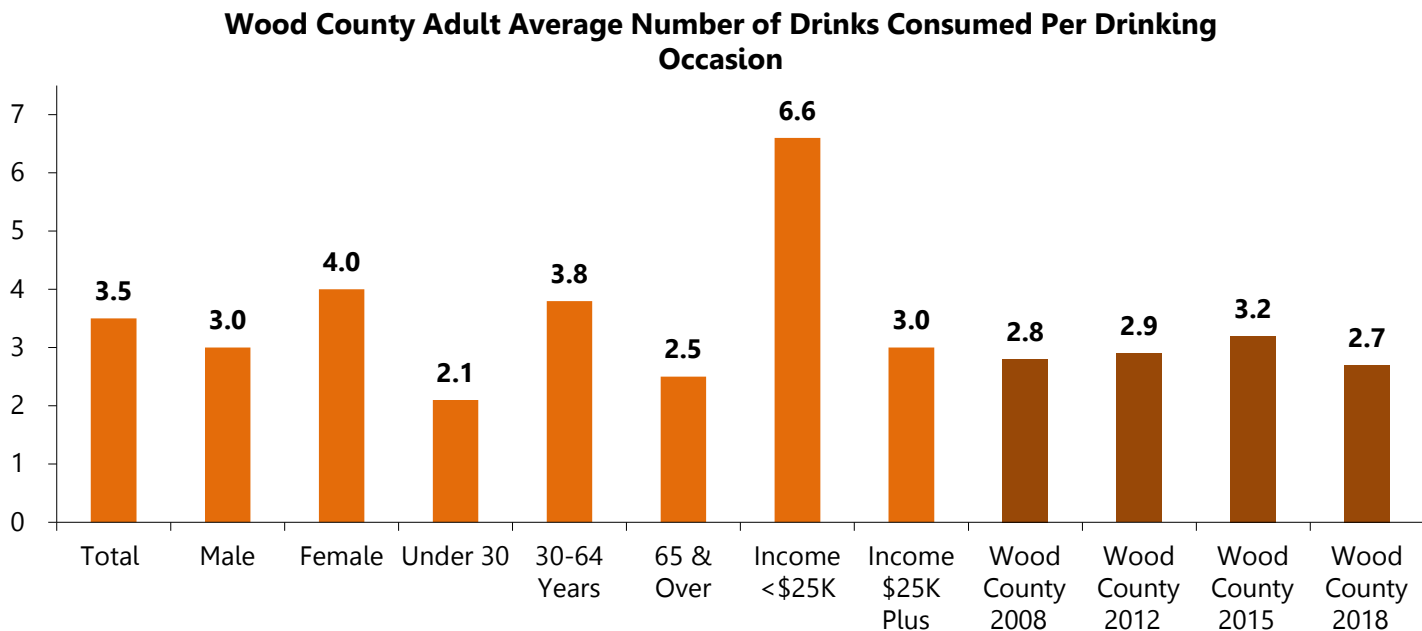formation shown on the first graph include: 27% of all Wood County adults did not drink alcohol in the past month, including 20% of males and 32% of females.

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

	Total	Male	Female	Under 30	30-64 Years	65 & Over	Income <$25K	Income $25K Plus	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018
3 or more days	59%	70%	53%	63%	66%	66%	75%	59%	48%	45%	53%	52%
1-2 Days	12%	9%	14%	25%	10%	10%	6%	11%	15%	14%	15%	16%
Did not drink any	27%	20%	32%	12%	22%	51%	19%	30%	33%	34%	30%	32%

Legend: ▢ **Did not drink any** ▢ *1-2 Days* ▢ **3 or more days**

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

Wood County Adult Average Number of Drinks Consumed Per Drinking Occasion

| Total	Male	Female	Under 30	30-64 Years	65 & Over	Income <$25K	Income $25K Plus	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018
3.5	3.0	4.0	2.1	3.8	2.5	6.6	3.0	2.8	2.9	3.2	2.7

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 a comparison of Wood County binge drinkers with Ohio and U.S. binge drinkers.

- In 2021, Wood County had a larger percentage of binge drinkers in comparison to Ohio and U.S. rates.

Wood County Adult Binge Drinkers*
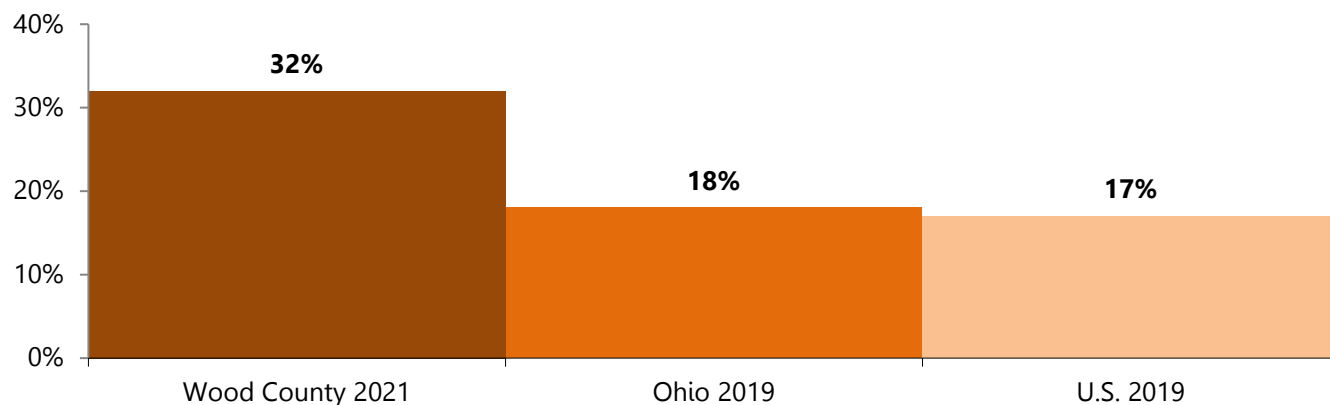
*Based on all adults. Binge drinking is defined as males having five or more drinks on an occasion, females having four or more drinks on one occasion.
(Source: 2019 BRFSS, 2021 Wood County Health Assessment)

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 loses 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 4 or more drinks per occasion for women or 5 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 September 21, 2020)

The following table shows Wood County and Ohio motor vehicle accident statistics. The table shows:

- In 2020, 3.7% of the total crashes in Wood County were alcohol-related, compared to 4.2% for Ohio.

- One-quarter (25%) of all fatal crashes in Wood County involved an alcohol-impaired driver, compared to 33% for Ohio in 2020.

- Of the total number of alcohol-related crashes (129) in Wood County, 57% were property damage only; 40% were non-fatal injury; and 3% were fatal injury.

- There were 10,268 alcohol-related crashes in Ohio in 2020. Of those crashes, 55% were property damage only; 41% were non-fatal injury; and 4% were fatal injury.

	Wood County 2020	Ohio 2020
Crash Severities		
Property Damage Only Crashes	2,102	180,721
Injury Crashes (suspected minor, suspected serious, & possible)	626	64,410
Fatal Crashes	15	1,165
Total Crashes	2,743	246,296
Person Injuries		
Property Damage Only Crashes	4,741	428,963
Injury Crashes (suspected minor, suspected serious, & possible)	894	92,342
Fatal Crashes	16	1,242
Total Injuries	5,750	538,809
Person Types		
Total Drivers in Crashes	4,308	406,309
Total Passengers in Crashes	1,422	129,817
Total Pedestrians in Crashes	20	2,683
Alcohol-Related		
Property Damage Only Crashes	74	5,650
Injury (non-fatal) Crashes	51	4,231
Fatal Crashes	4	387
Total Alcohol-Related Crashes	129	10,268
Total Impaired Drivers	129	10,198
Total Alcohol-Related Deaths	4	409

(Source: Ohio Department of Public Safety, Crash Reports, Traffic Crash Facts, Updated 7/12/2021)

Health Behaviors: Adult Drug Use

Key Findings

In 2021, 9% of Wood County adults had used recreational marijuana during the past 6 months. Five percent (5%) of adults had used medication not prescribed for them or took more than prescribed to feel good, high, more active, and/or alert during the past 6 months.
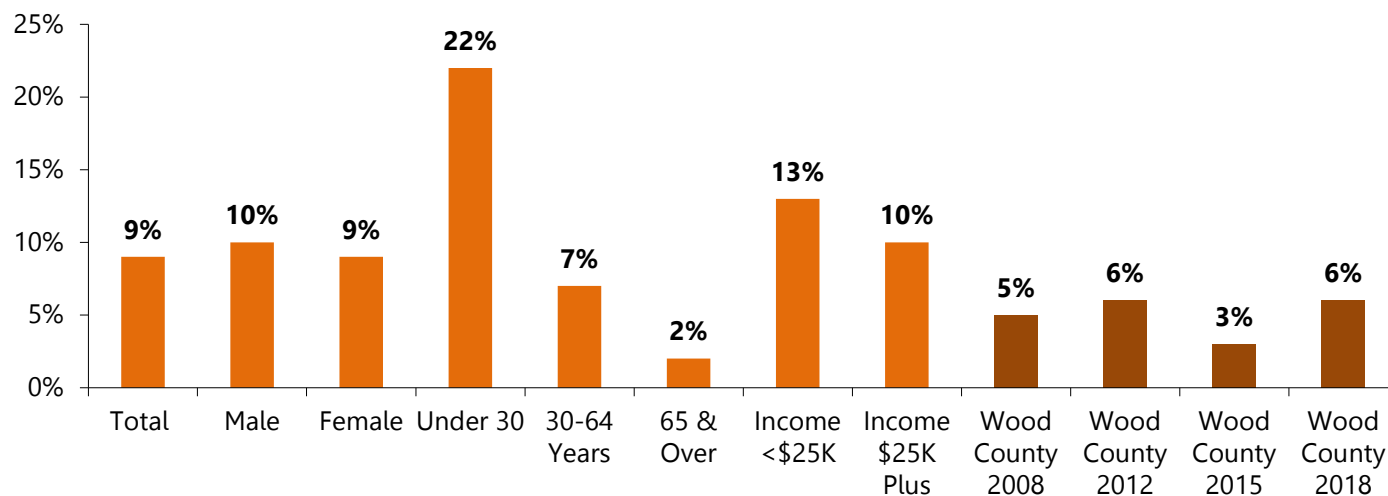
Adult Drug Use

- Nine percent (9%) of Wood County adults had used recreational marijuana in the past 6 months, increasing to 22% of those under the age of 30.

- Two percent (2%) of adults had used medicinal marijuana in the past 6 months.

- Five percent (5%) of Wood County adults reported using other recreational drugs in the past 6 months, such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, methamphetamines, inappropriate use of over-the-counter medications such as cold or cough medicine, and wax or oil with THC edibles.

- Of those who reported using recreational drugs, 48% did so almost every day, and 28% did so less than once a month.

- Wood County adults reported using the following in the past 30 days: recreational marijuana (14%), other products that have THC oil (8%), medical marijuana (4%), and marijuana that they or their family member/friend grew (1%).

- Five percent (5%) of adults had used medication not prescribed for them or they took more than prescribed to feel good, high, more active, and/or alert during the past 6 months, increasing to 11% of those with incomes less than $25,000.

- Of those who reported misusing prescription medication, 43% did so almost every day, and 14% did so less than once a month.

- Three percent (3%) of Wood County adults used a program 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 (3%), did not want to miss work (<1%), fear (<1%), and other reasons (3%). Ninety-five percent (95%) of adults indicated such a program was not needed.

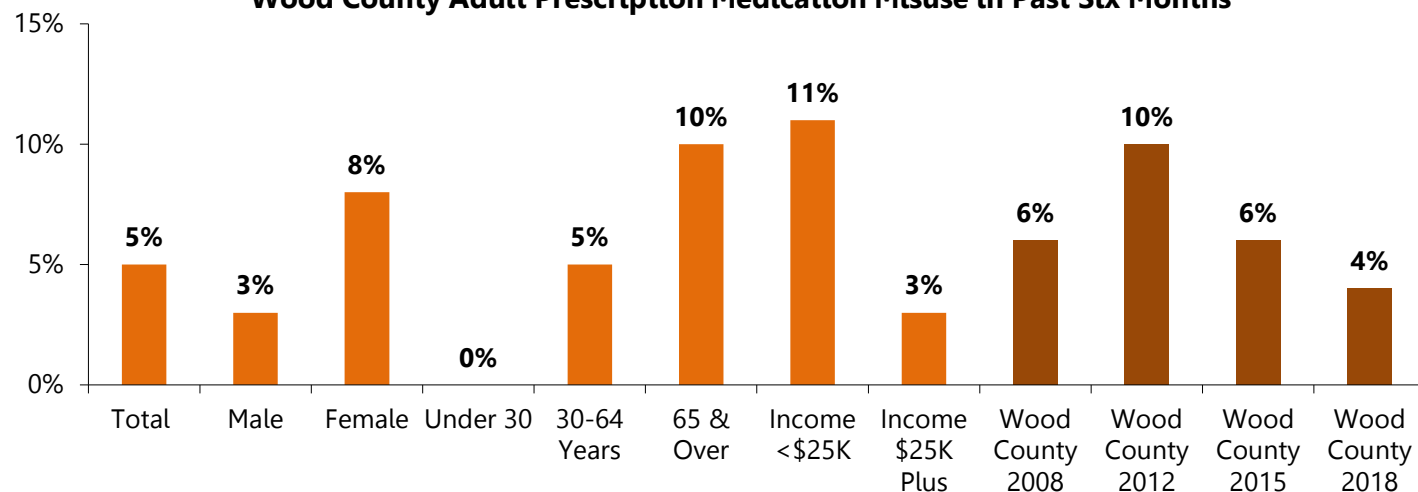| Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Adults who used recreational marijuana (in the past 6 months)	5%	6%	3%	6%	9%	N/A	N/A
Adults who used other recreational drugs (in the past 6 months)	5%	6%	<1%	2%	5%	N/A	N/A
Adults who misused prescription drugs (in the past 6 months)	6%	10%	6%	4%	5%	N/A	N/A

N/A – Not available

The following graphs show adult recreational marijuana use in the past 6 months and prescription medication misuse in the past 6 months. Examples of how to interpret the information include: 9% of all Wood County adults and 13% of adults with incomes less than $25,000 used recreational marijuana in the past 6 months.

Wood County Adult Recreational Marijuana Use in Past Six Months

Category	Value
Total	9%
Male	10%
Female	9%
Under 30	22%
30-64 Years	7%
65 & Over	2%
Income <$25K	13%
Income $25K Plus	10%
Wood County 2008	5%
Wood County 2012	6%
Wood County 2015	3%
Wood County 2018	6%

Wood County Adult Prescription Medication Misuse in Past Six Months*

Category	Value
Total	5%
Male	3%
Female	8%
Under 30	0%
30-64 Years	5%
65 & Over	10%
Income <$25K	11%
Income $25K Plus	3%
Wood County 2008	6%
Wood County 2012	10%
Wood County 2015	6%
Wood County 2018	4%

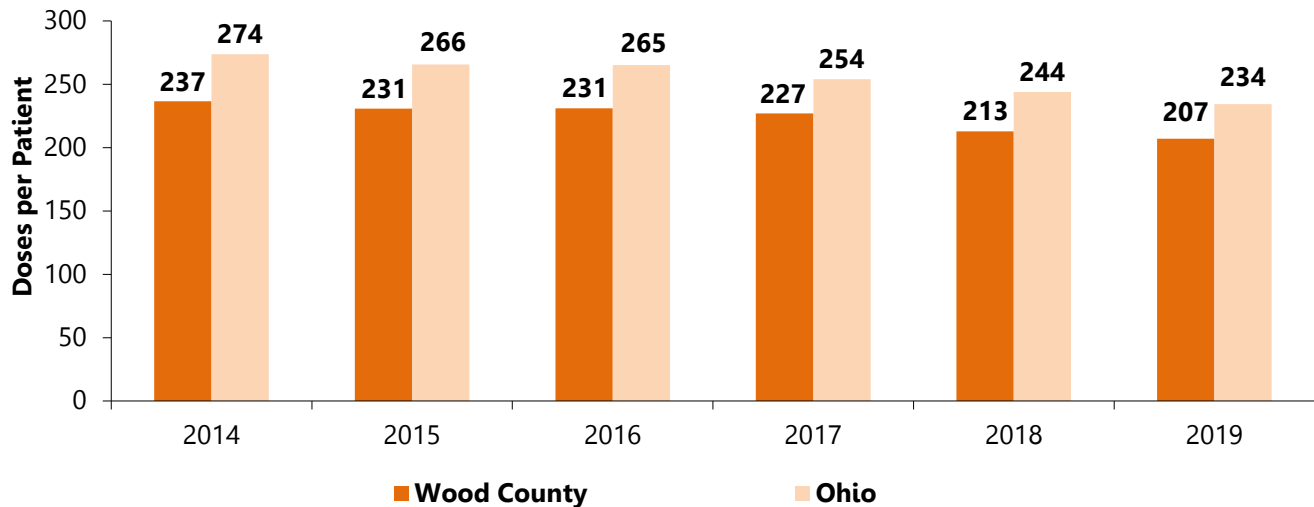**Respondents were asked "during the past 6 months, have you used any of the following medications that were not prescribed to you, or you took more than was prescribed to feel good or high, more active or alert?"*
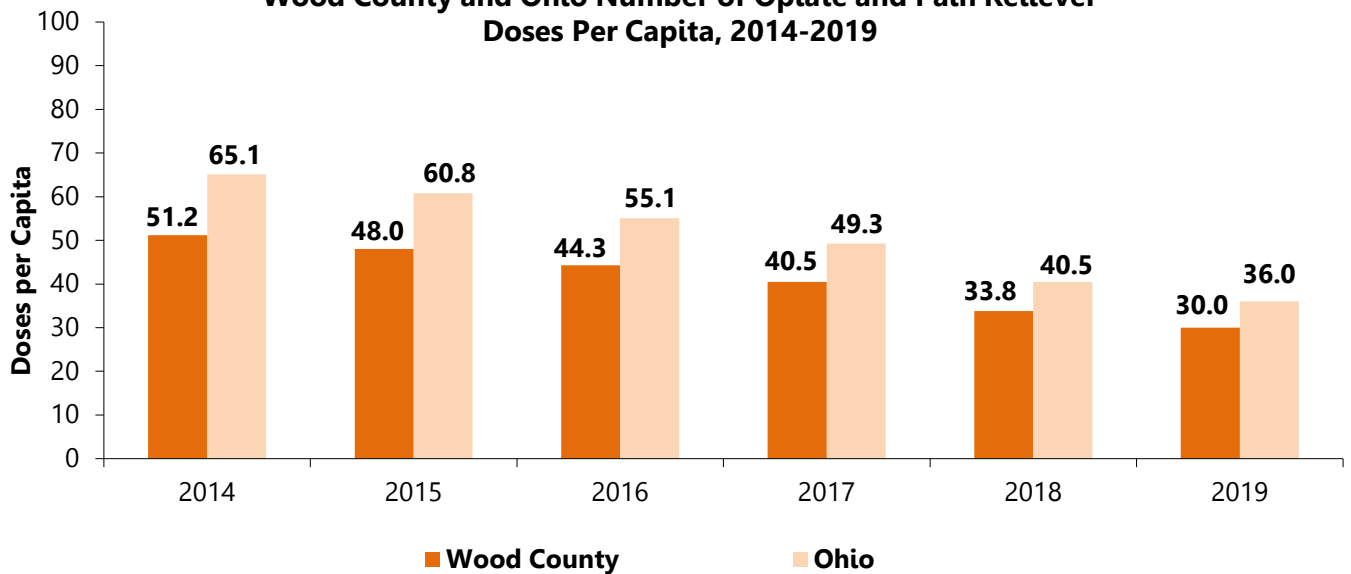
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

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

Wood County and Ohio Number of Opiate and Pain Reliever Doses Per Patient, 2014-2019

Year	Wood County	Ohio
2014	237	274
2015	231	266
2016	231	265
2017	227	254
2018	213	244
2019	207	234

Wood County and Ohio Number of Opiate and Pain Reliever Doses Per Capita, 2014-2019

Year	Wood County	Ohio
2014	51.2	65.1
2015	48.0	60.8
2016	44.3	55.1
2017	40.5	49.3
2018	33.8	40.5
2019	30.0	36.0

(Source for graphs: Ohio's Automated Rx Reporting System, 2014-2019)

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

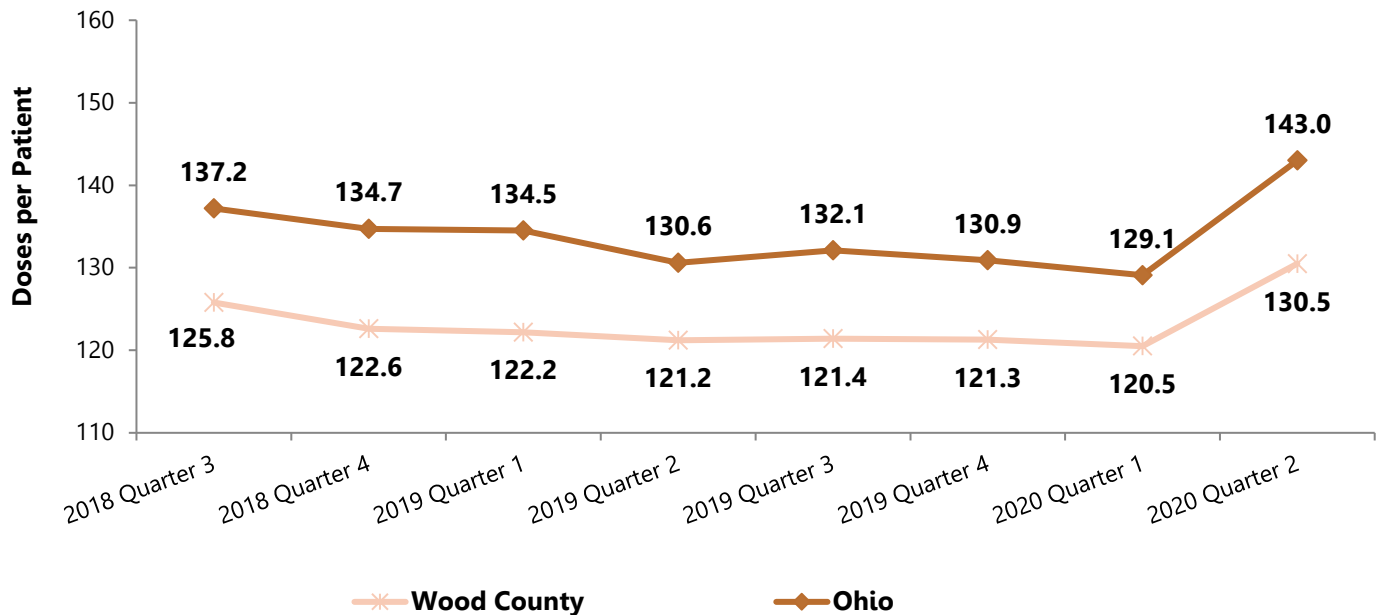## Wood County and Ohio Number of Opioid Doses Per Capita, Quarterly from 2018-2020

Ohio values: 10.0, 10.0, 9.6, 9.3, 8.9, 8.9, 7.9, 9.0

Wood County values: 8.5, 8.4, 7.9, 7.8, 7.4, 7.5, 6.6, 7.4

X-axis: 2018 Quarter 3, 2018 Quarter 4, 2019 Quarter 1, 2019 Quarter 2, 2019 Quarter 3, 2019 Quarter 4, 2020 Quarter 1, 2020 Quarter 2

Y-axis: Doses per Capita

Legend: Wood County, Ohio
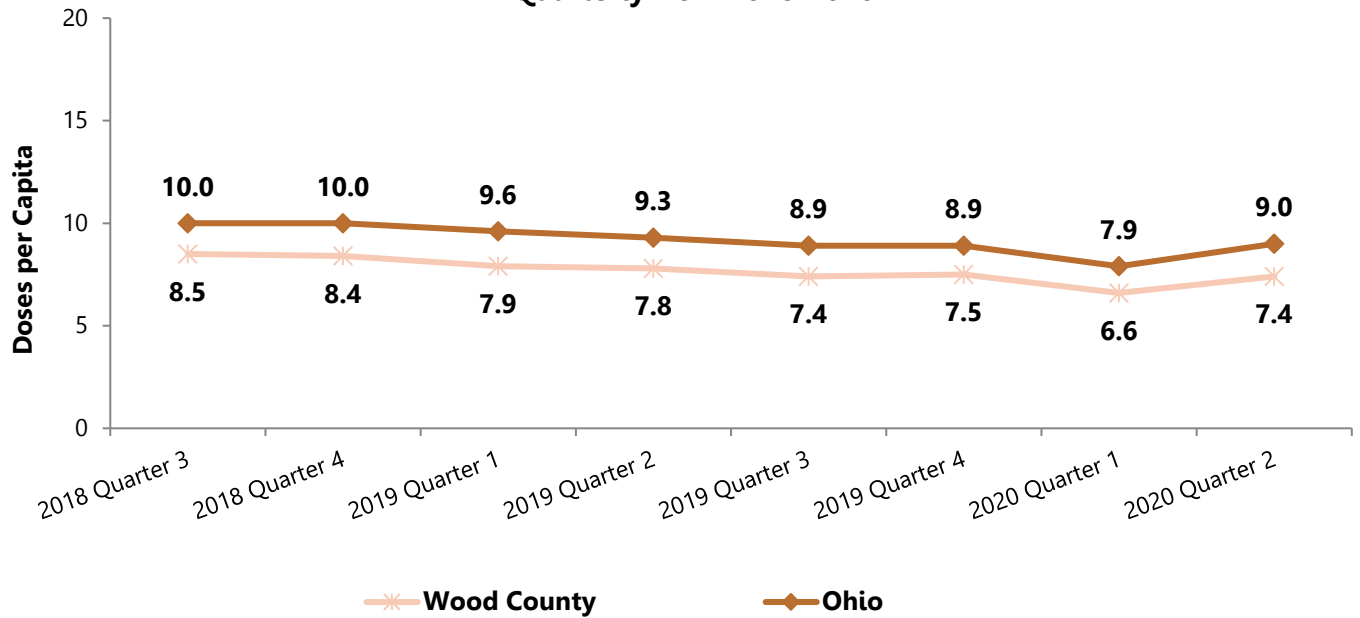
Wood County and Ohio Number of Opioid Doses Per Patient, Quarterly from 2018-2020

Ohio values: 137.2, 134.7, 134.5, 130.6, 132.1, 130.9, 129.1, 143.0

Wood County values: 125.8, 122.6, 122.2, 121.2, 121.4, 121.3, 120.5, 130.5

X-axis: 2018 Quarter 3, 2018 Quarter 4, 2019 Quarter 1, 2019 Quarter 2, 2019 Quarter 3, 2019 Quarter 4, 2020 Quarter 1, 2020 Quarter 2

Y-axis: Doses per Patient

Legend: Wood County, Ohio

(Source for graphs: Ohio's Automated Rx Reporting System, 2018-2020)

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 23, 2021)

Average Age-Adjusted Unintentional Drug Overdose Death Rate per 100,000 Population, by County, 2014-2019

- The Ohio age-adjusted unintentional drug overdose death rate for 2014-2019 was 33.6 deaths per 100,000 population.

- Wood County's age-adjusted unintentional drug overdose death rate for 2014-2019 was 16.2 deaths per 100,000 population.

Death Rates per 100,000 Population
4.9 - 16.2
16.3 - 22.5
22.6 - 26.4
26.5 - 34.7
34.8 - 43.7
43.8 - 63.9
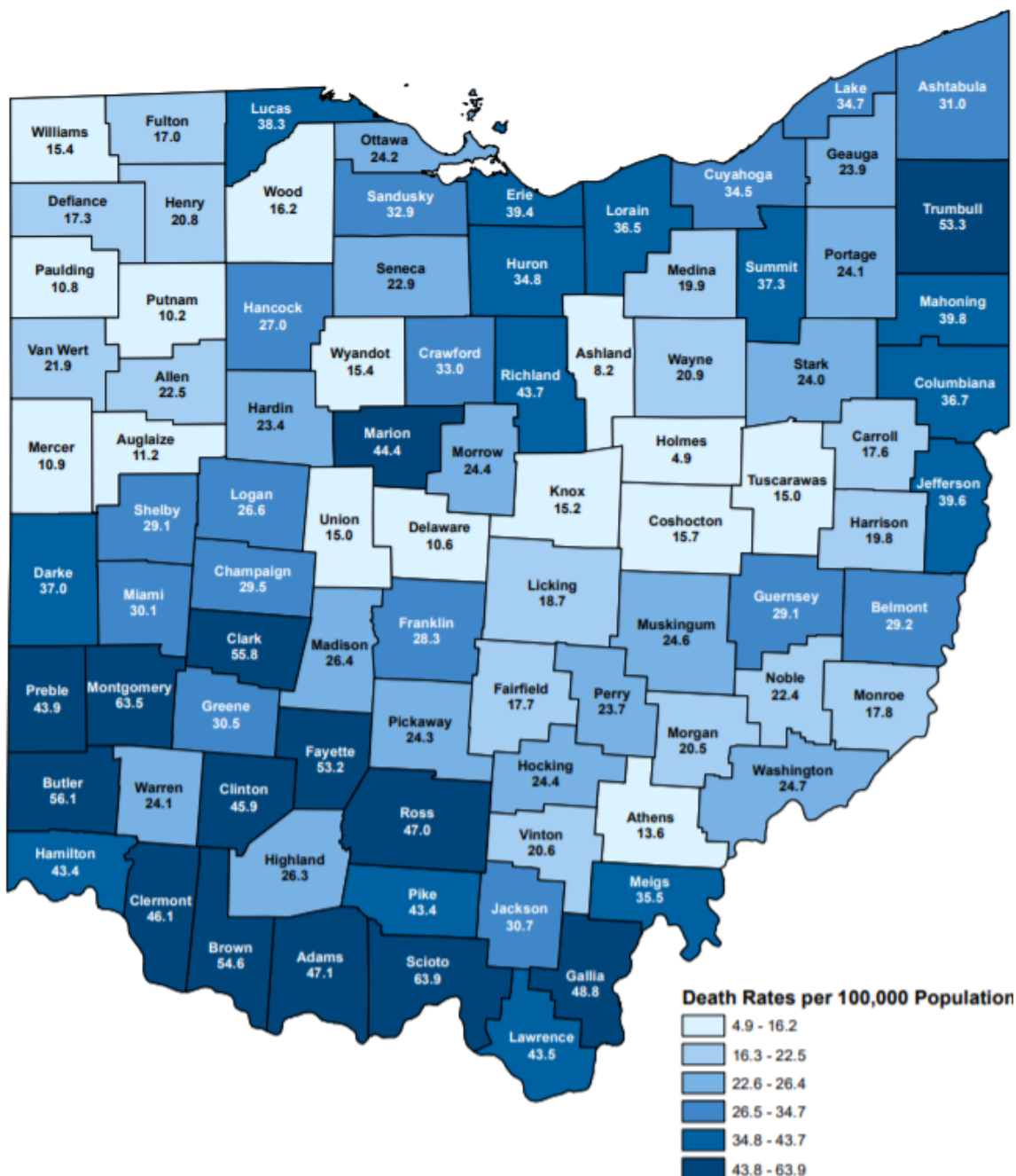
(Source: Ohio Department of Health, 2019 Ohio Drug Overdose Data: General Findings)

Health Behaviors: Adult Sexual Behavior

Key Findings

In 2021, 76% of Wood County adults had sexual intercourse in the past year. Less than one percent (<1%) of adults had more than one partner. Fourteen percent (14%) of adults had been forced to have sexual intercourse when they did not want to.

Adult Sexual Behavior

- In 2021, 76% of Wood County adults had sexual intercourse in the past year.

- Less than one percent (<1%) of adults reported they had intercourse with more than one partner in the past year, increasing to 3% of those incomes less than $25,000.

- Wood County adults used the following methods of birth control: vasectomy (19%), condoms (15%), tubes tied (11%), infertility (8%), birth control pill (7%), IUD (5%), withdrawal (4%), contraceptive implants (3%), diaphragm (3%), and rhythm method (2%). Twenty-nine percent (29%) of adults reported that were not at risk for becoming pregnant for the following reasons: they or their partner were too old (13%), same-sex partner (7%), hysterectomy (6%), no partner/not sexually active (2%), and ovaries or testicles removed (1%).

- Thirteen percent (13%) of adult were trying to get pregnant and 5% were currently pregnant.

- Thirteen percent (13%) of Wood County adults did not use any method of birth control.

- The following situations applied to Wood County adults:
  — Had sex without a condom in the past year (33%)
  — Had anal sex without a condom in the past year (7%)
  — Had sexual activity with someone of the same gender (7%)
  — Had been forced to have sex (6%)
  — Tested for an STD in the past year (5%)
  — Engaged in sexual activity they would not have done if sober (4%)
  — Had sex with someone they did not know (4%)
  — Had sex with someone they met on social media (3%)
  — Tested positive for HPV (<1%)
  — Injected any drug other than those prescribed for them (<1%)

- Fourteen percent (14%) of Wood County adults reported that, at some time in their lives, they had been forced to have sexual activity when they did not want to, increasing to 27% of those with annual incomes less than $25,000 and 30% of those under the age of 30.

### Contraceptive Use in the United States

- Fourteen percent (14%) of women aged 15-49 are currently using birth control pills.

- Ten percent (10%) of women aged 15-49 are currently using long-acting reversible contraception such as an Intrauterine device or contraceptive implant.

- Eighteen percent (18%) of women aged 15-49 are currently using female sterilization.

- Six percent (6%) of women aged 15-49 are currently using male sterilization.

(Source: CDC, National Center for Health Statistics, Contraceptive Use, Last Updated November 10, 2020)

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had more than one sexual partner (in the past year)	4%	5%	2%	7%	<1%	N/A	N/A

N/A – Not Available

The following graph shows the number of sexual partners Wood County adults had in the past year. An example of how to interpret the information in the graph includes: 76% of all Wood County adults had one sexual partner in the past 12 months, <1% had more than one, and 3% of those with annual incomes less than $25,000 had more than one.

Wood County Number of Sexual Partners in the Past Year*
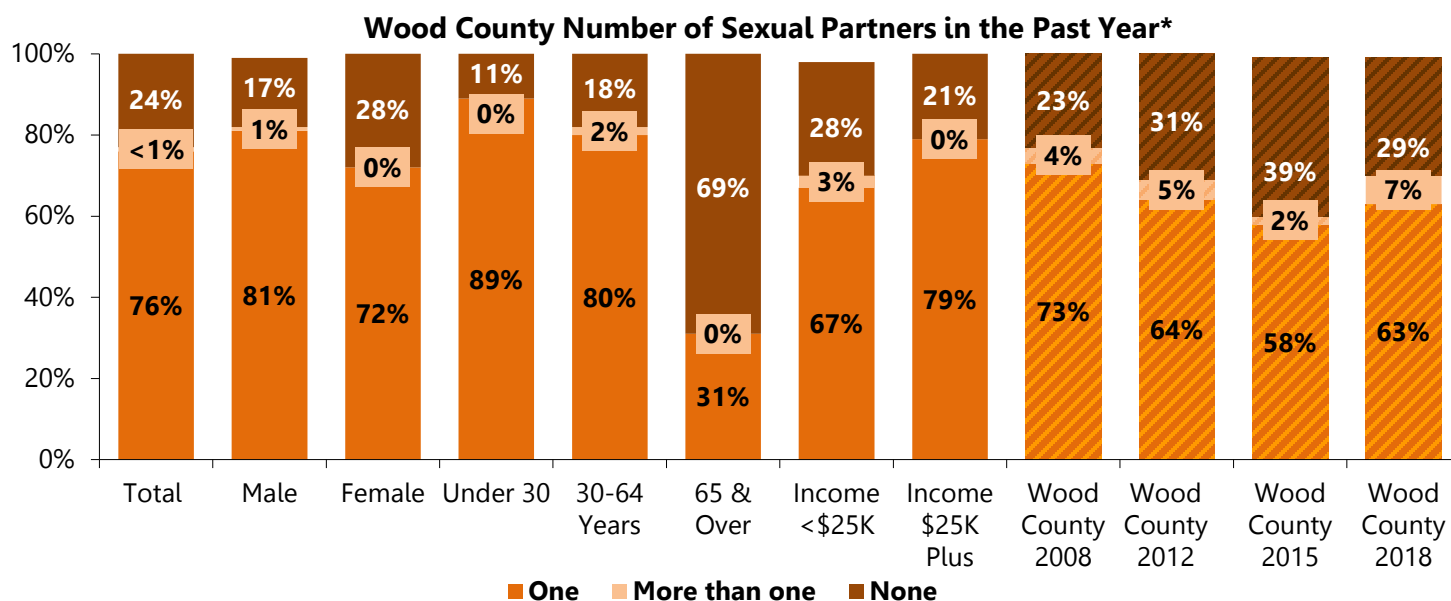
*Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

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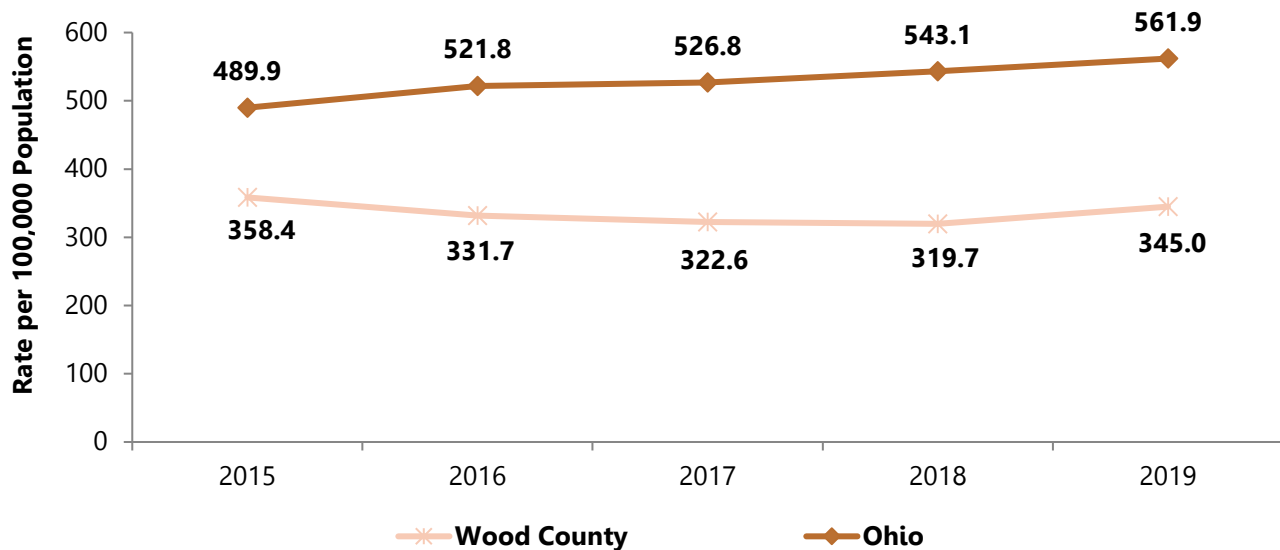
Understanding Sexual Violence

- 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.
- More than 1 in 3 women and 1 in 4 men have experienced sexual violence involving physical contact during their lifetimes.
- One in 3 female rape victims experienced it for the first time between 11-17 years old, and 1 in 8 reported that it occurred before age 10.
- Experiencing sexual violence has been associated with an increased likelihood of other unhealthy behaviors, including smoking tobacco, drug, and alcohol abuse, and engaging in risky sexual activity.
- The ultimate goal is to stop sexual violence before it begins. Many activities are needed to accomplish this:
  — Teaching healthy, safe dating and intimate relationship skills to teens
  — Strengthening economic supports for women and families
  — Addressing community-level risks through environmental approaches
  — Treatment for at-risk children and families to prevent problem behaviors, including sex offending
  — Establishing and consistently applying workplace policies
  — Strengthening leadership and opportunities for girls

(Source: CDC, Sexual Violence, last updated February 5, 2021)

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

- Wood County chlamydia rates decreased from 2015 to 2019.

- The Ohio chlamydia rate increased every year between 2015 and 2019.

Chlamydia Annualized Disease Rates for Wood County and Ohio

	2015	2016	2017	2018	2019
Ohio	489.9	521.8	526.8	543.1	561.9
Wood County	358.4	331.7	322.6	319.7	345.0

Rate per 100,000 Population

✳ Wood County   ◆ Ohio

Annualized Count of Chlamydia Cases for Wood County

	2015	2016	2017	2018	2019
Number of cases reported	465	432	421	417	450

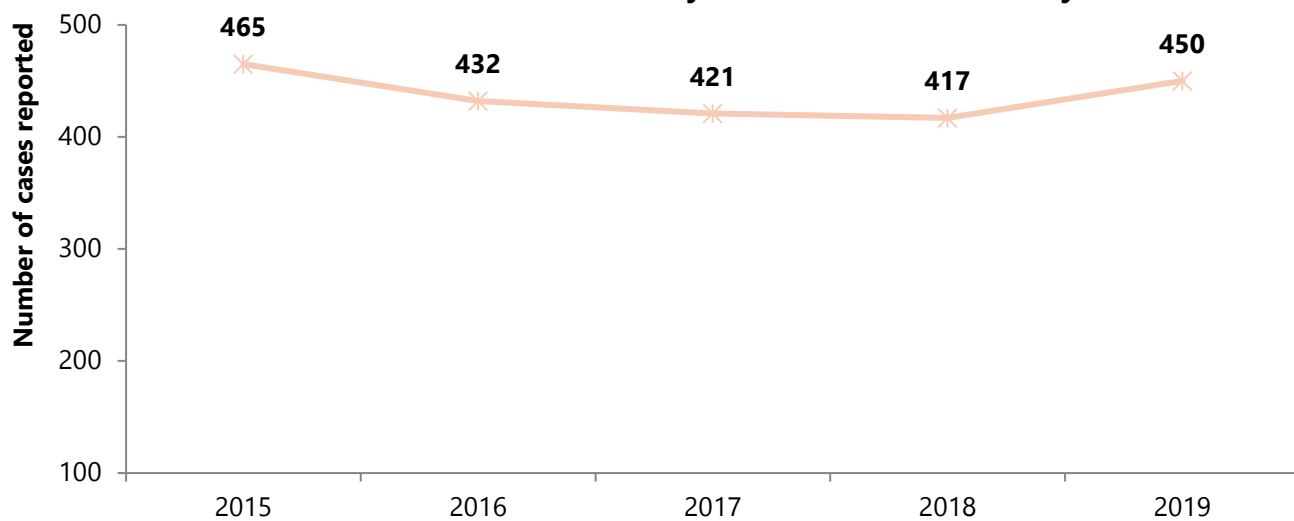*(Source for graphs: ODH, STD Surveillance, data reported through 3/28/21)*

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

- The Wood County gonorrhea rate increased significantly between 2016 and 2017.

- The Ohio gonorrhea rate increased every year between 2015 and 2019.

Gonorrhea Annualized Disease Rates for Wood County and Ohio

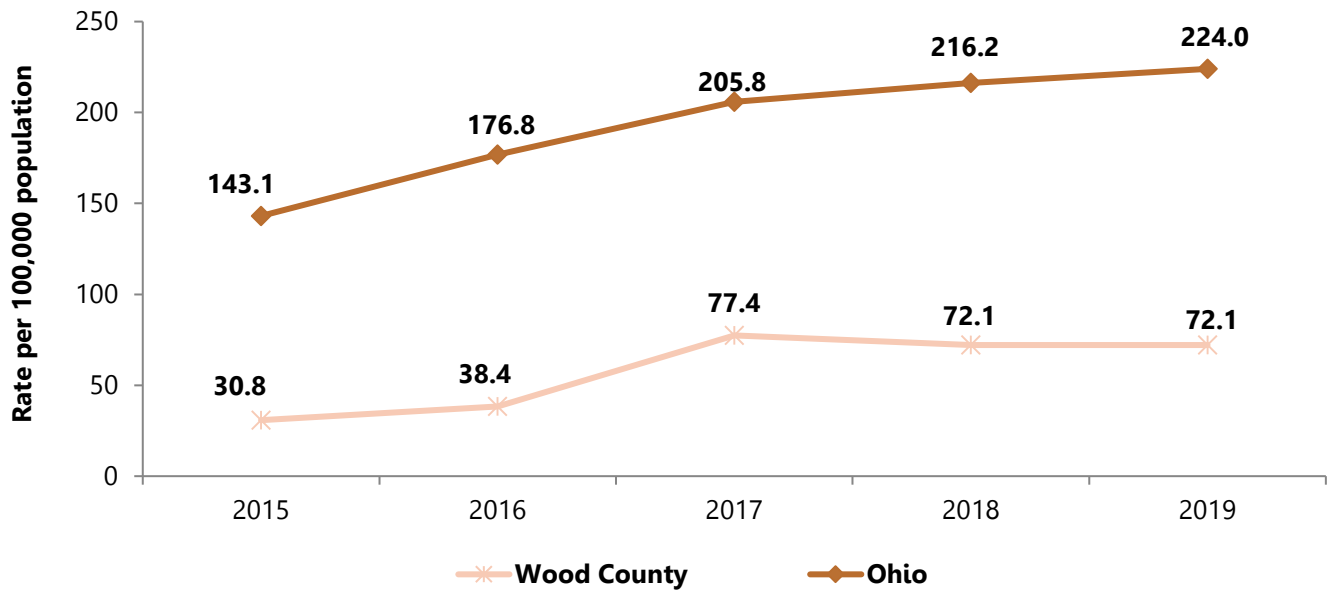**Annualized Count of Gonorrhea Cases for Wood County**
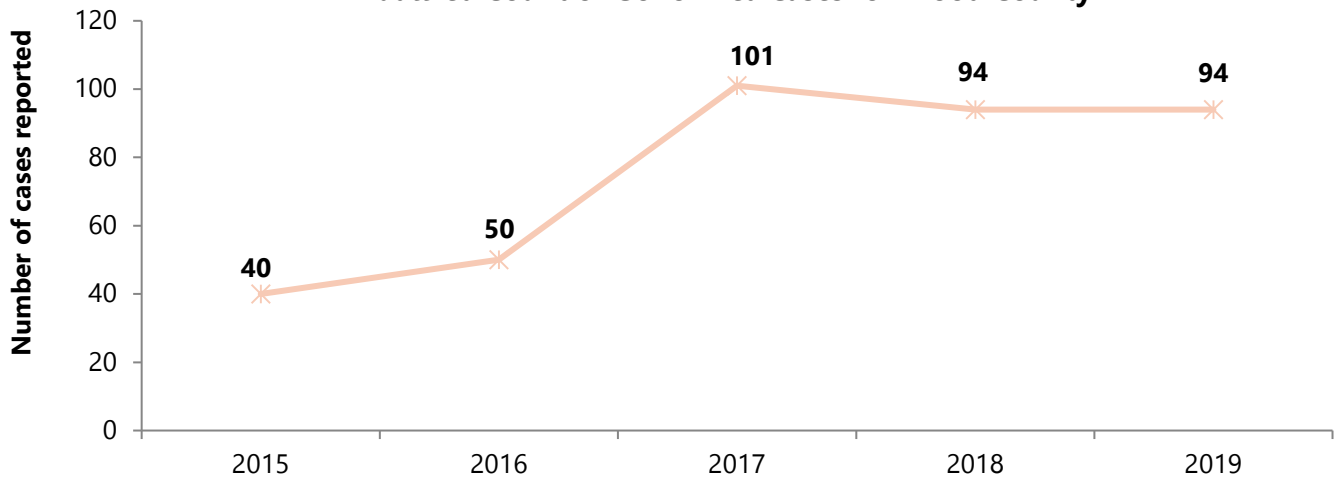
(Source for graphs: ODH, STD Surveillance, data reported through 3/28/21)

Pregnancy Outcomes

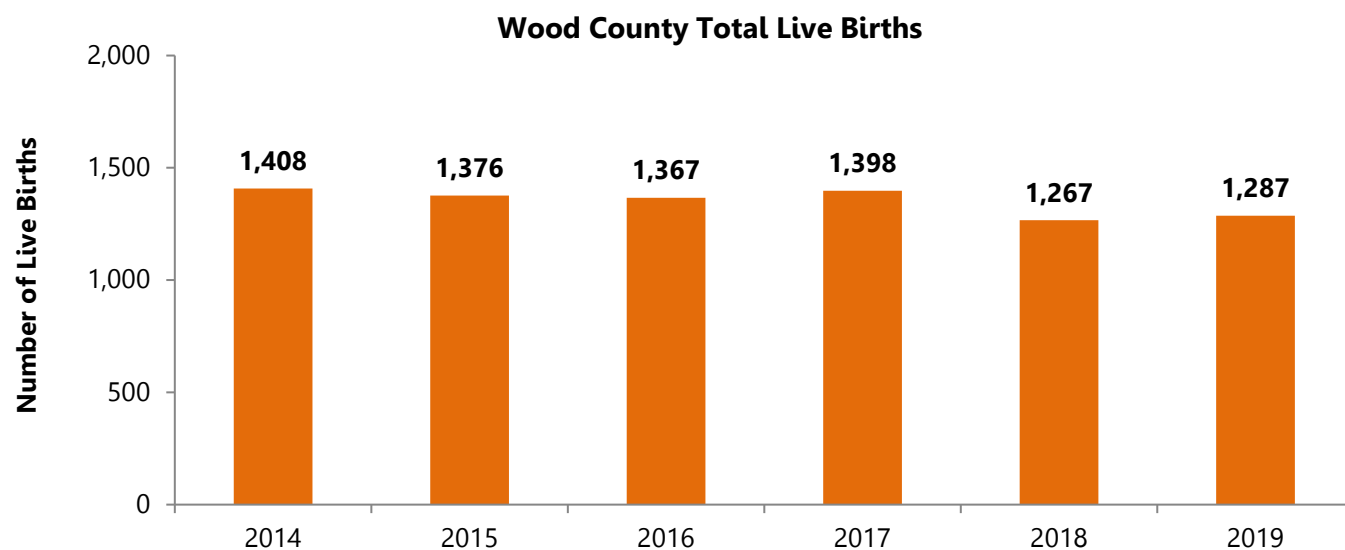*Please note that the pregnancy-outcomes data includes all births to adults and adolescents.*

- From 2014-2019, there was an average of 1,351 live births per year in Wood County.

Wood County Total Live Births

(Source: Ohio Public Health Data Warehouse, Updated 7-8-21)

Health Behaviors: Adult Mental Health

Key Findings

In 2021, 3% of Wood County adults seriously considered attempting suicide. Twenty-two percent (22%) of Wood County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.
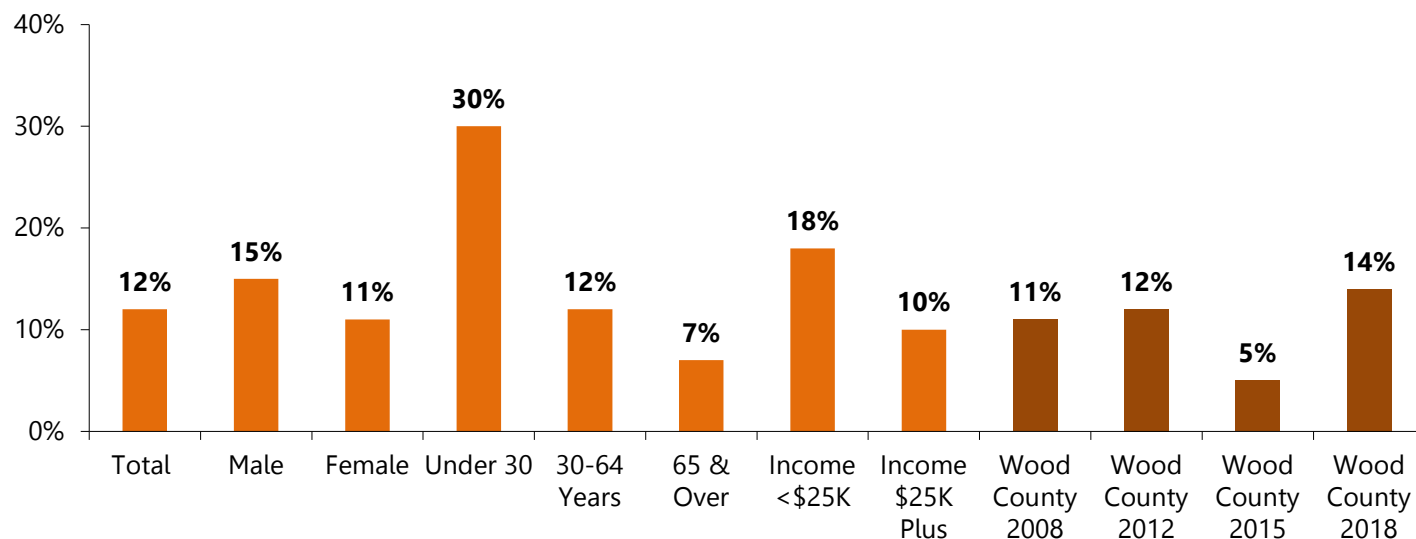
Adult Mental Health

- In the past year, 12% 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, increasing to 30% those under the age of 30.

- Three percent (3%) of Wood County adults seriously considered attempting suicide in the past year.

- Three percent (3%) of adults reported attempting suicide in the past year.

- Wood County adults indicated the following caused them anxiety, stress, or depression: current news/world events/political environment (49%), job stress (48%), COVID-19 pandemic (46%), financial stress (37%), death of close family member or friend (22%), social media (16%), marital/dating relationship (16%), other stress at home (16%), poverty/no money (15%), sick family member (13%), caring for a parent (11%), fighting at home (10%), family member with mental illness (10%), unemployment (9%), sexual orientation/gender identity (5%), divorce/separation (4%), not having enough to eat (2%), not having a place to live (2%), not feeling safe in the community (1%), not feeling safe at home (<1%), and other causes (17%).

- Wood County adults dealt with stress in the following ways: talked to someone they trust (47%), listened to music (39%), ate more or less than normal (39%), prayed/meditated (37%), exercised (34%), slept (31%), worked on a hobby (25%), drank alcohol (25%), worked (24%), took it out on others (9%), smoked tobacco (8%), called a professional (7%), used illegal drugs (5%), used prescription drugs as prescribed (4%), misused prescription drugs (3%), and other ways (17%).

- Wood County adults received the social and emotional support they needed from the following: family (65%), friends (57%), God/prayer (30%), place of worship (15%), a professional (12%), neighbors (8%), online community (7%), online support group (1%), local community (<1%), and other (5%). Eight percent (8%) of adults reported they did not get the social and emotional support they need, and 22% reported they did not need support and could handle it themselves.

- Almost one-fourth (22%) of Wood County 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 the following: had not thought of it (11%), other priorities (7%), could not afford to go (5%), co-pay/deductible too high (5%), stigma of seeking mental health services (4%), took too long to get in to see a health care provider (3%), fear (2%), did not know how to find a program (2%), could not get to the office or clinic (<1%), and other reasons (6%). Half (50%) of adults indicated they did not need such a program.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Felt sad or hopeless for two or more weeks in a row	11%	12%	5%	14%	12%	N/A	N/A
Considered attempting suicide in the past year	1%	2%	N/A	2%	3%	N/A	N/A
Attempted suicide in the past year	0%	0%	N/A	0%	3%	N/A	N/A

N/A – Not Available

The following graph shows Wood County adults who felt sad or hopeless for 2 or more weeks in a row in the past year. An example of how to interpret the information in the graph includes: 12% of all Wood County adults felt sad or hopeless for two or more weeks in a row, including 15% of males and 11% of females.

Wood County Adults Feeling Sad or Hopeless for 2 or More Weeks in a Row

Category	Percentage
Total	12%
Male	15%
Female	11%
Under 30	30%
30-64 Years	12%
65 & Over	7%
Income <$25K	18%
Income $25K Plus	10%
Wood County 2008	11%
Wood County 2012	12%
Wood County 2015	5%
Wood County 2018	14%

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

Wood County Number of Suicide Deaths By Age Group 2013-2019 Total Deaths =119

Age Group	Number of Deaths
15-24	13
25-34	24
35-44	20
45-54	25
55-64	19
65+	18
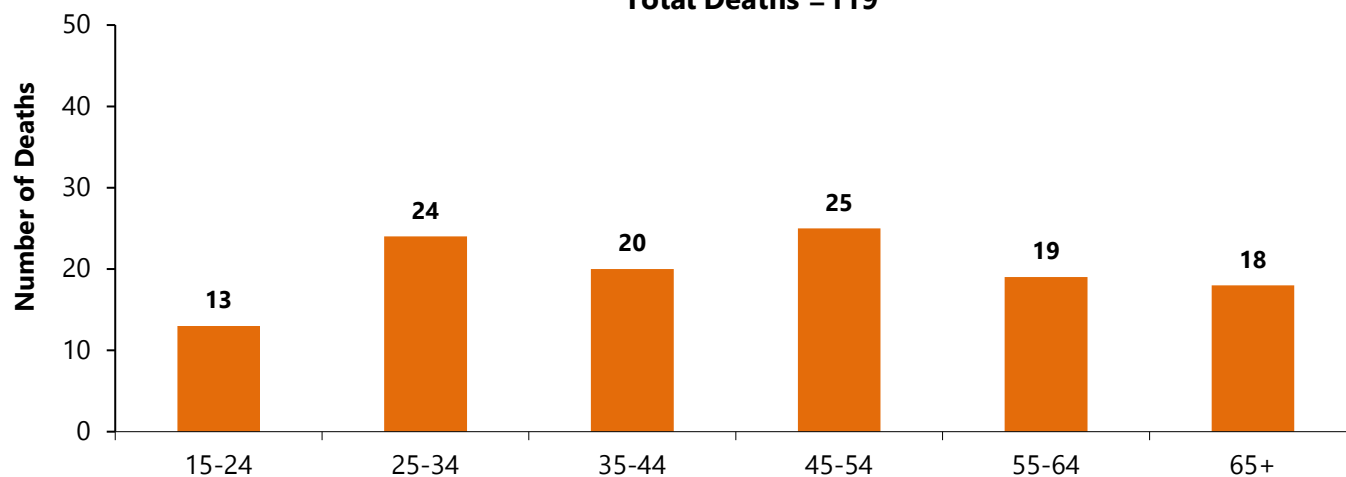
(Source: Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death)

Chronic Disease: Cardiovascular Health

Key Findings

In 2021, 3% of Wood County adults had survived a heart attack, and 2% had survived a stroke at some time in their lives. Thirty-seven percent (37%) of Wood County adults were obese; 30% had high blood pressure; 30% had high blood cholesterol; and 10% were current smokers—four known risk factors for heart disease and stroke.

Heart Disease and Stroke

- In 2021, 3% of <u>Wood County</u> adults reported they had survived a heart attack or myocardial infarction, increasing to 11% of those over the age of 65.

- Five percent (5%) of Ohio and 4% of U.S. adults reported they had a heart attack or myocardial infarction in 2019 *(Source: 2019 BRFSS).*

- Two percent (2%) of <u>Wood County</u> adults reported they had survived a stroke, increasing to 10% of those over the age of 65.

- Four percent (4%) of Ohio and 3% of U.S. adults reported having had a stroke in 2019. *(Source: 2019 BRFSS).*

- Four percent (4%) of <u>Wood County</u> adults reported they had angina or coronary heart disease, increasing to 12% of those over the age of 65.

- Five percent (5%) of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2019. *(Source: 2019 BRFSS).*

High Blood Pressure (Hypertension)

- Nearly one-third (30%) of adults had been diagnosed with high blood pressure.

- Eighty-four percent (84%) of adults with high blood pressure were taking medication for it.

- Eighty-seven percent (87%) of adults had their blood pressure checked within the past year.

- Wood County adults diagnosed with high blood pressure were more likely to:
  — Be 65 years old or older (59%)
  — Rate their overall health as fair or poor (50%)
  — Be male (46%)

- Eight percent (8%) of adults were told they were pre-hypertensive/borderline hypertensive.

Wood County
Leading Causes of Death
2017-2019

Total Deaths: 3,576

- Heart Disease (27% of all deaths)
- Cancer (21%)
- Chronic Lower Respiratory Diseases (6%)
- Alzheimer's Disease (6%)
- Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

Ohio
Leading Causes of Death
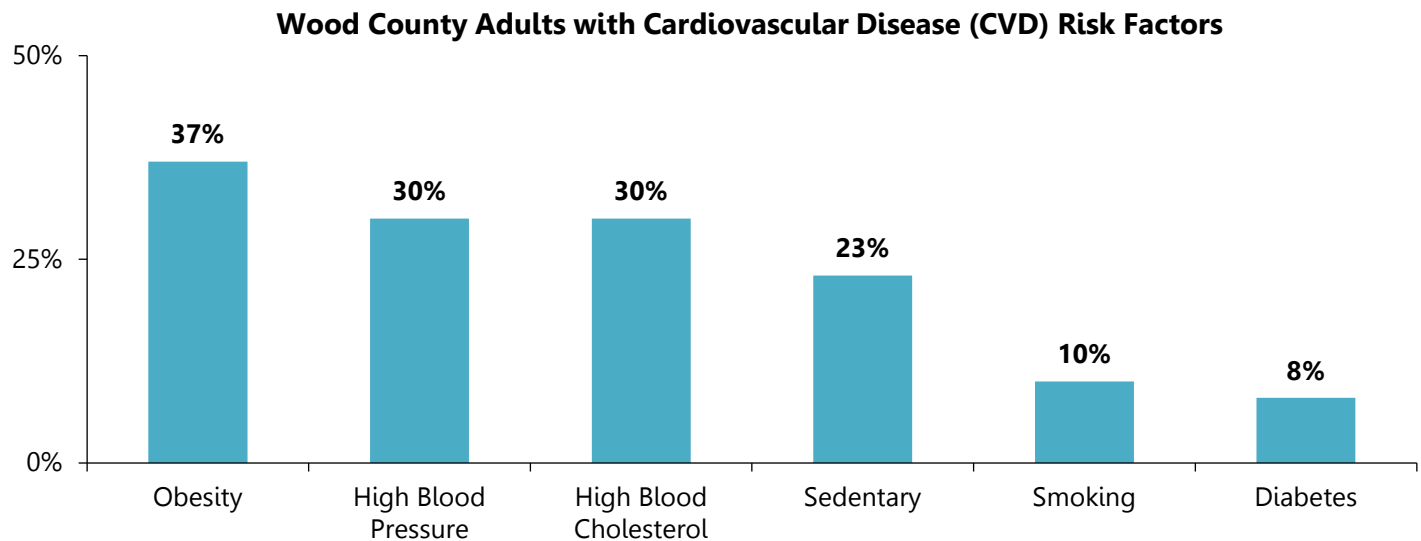**2017-2019**

Total Deaths: 371,649

- Heart Disease (23% of all deaths)
- Cancer (20%)
- Accidents, Unintentional Injuries (7%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

High Blood Cholesterol

- Nearly one-third (30%) of adults had been diagnosed with high blood cholesterol.

- Nearly three-fourths (72%) of adults had their blood cholesterol checked within the past 5 years.

- Wood County adults with high blood cholesterol were more likely to:
  — Be 65 years old or older (67%)
  — Rate their overall health as fair or poor (50%)
  — Be male (41%)

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

Wood County Adults with Cardiovascular Disease (CVD) Risk Factors

Risk Factor	Percentage
Obesity	37%
High Blood Pressure	30%
High Blood Cholesterol	30%
Sedentary	23%
Smoking	10%
Diabetes	8%

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had angina or coronary heart disease	N/A	N/A	4%	5%	4%	5%	4%
Had a heart attack	N/A	N/A	4%	3%	3%	5%	4%
Had a stroke	N/A	N/A	3%	2%	2%	4%	3%
Diagnosed with high blood pressure	35%	30%	26%	35%	30%	35%	32%
Diagnosed with high blood cholesterol	31%	31%	30%	32%	30%	33%	33%
Had blood cholesterol checked (within past 5 years)	69%	69%	73%	80%	72%	85%	87%

N/A – Not Available

The following graphs show the number of Wood 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: 30% of all Wood County adults had been diagnosed with high blood pressure, including 46% of males and 59% of those 65 years and older.

Wood County Adults Diagnosed with High Blood Pressure*

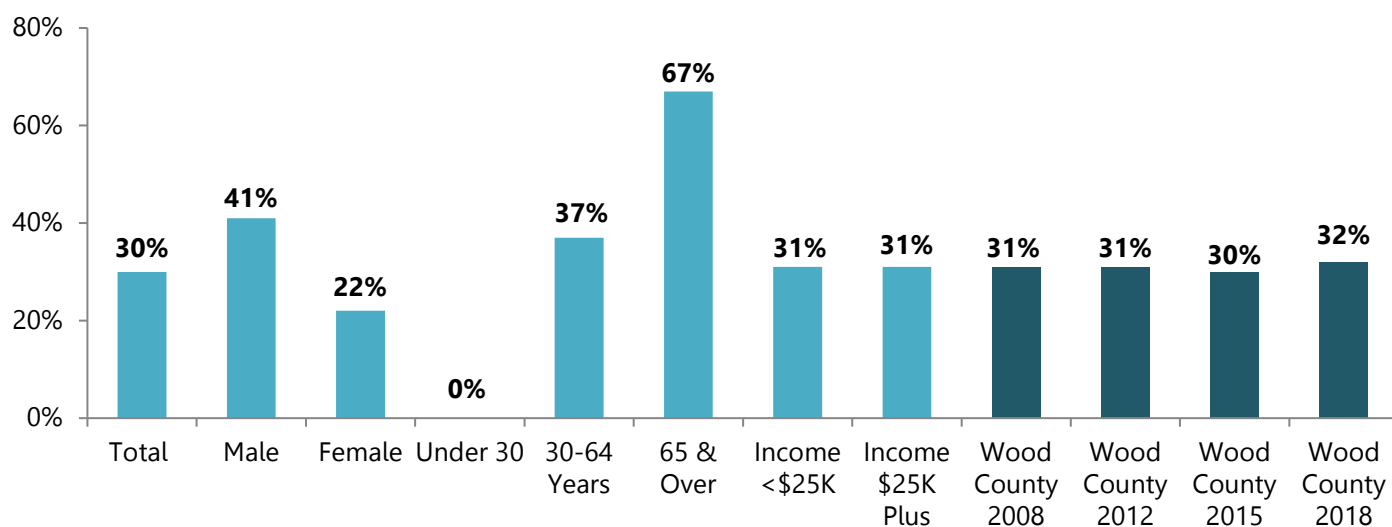| Category	Percentage
Total	30%
Male	47%
Female	18%
Under 30	25%
30-64 Years	35%
65 & Over	59%
Income <$25K	31%
Income $25K Plus	32%
Wood County 2008	35%
Wood County 2012	30%
Wood County 2015	26%
Wood County 2018	35%
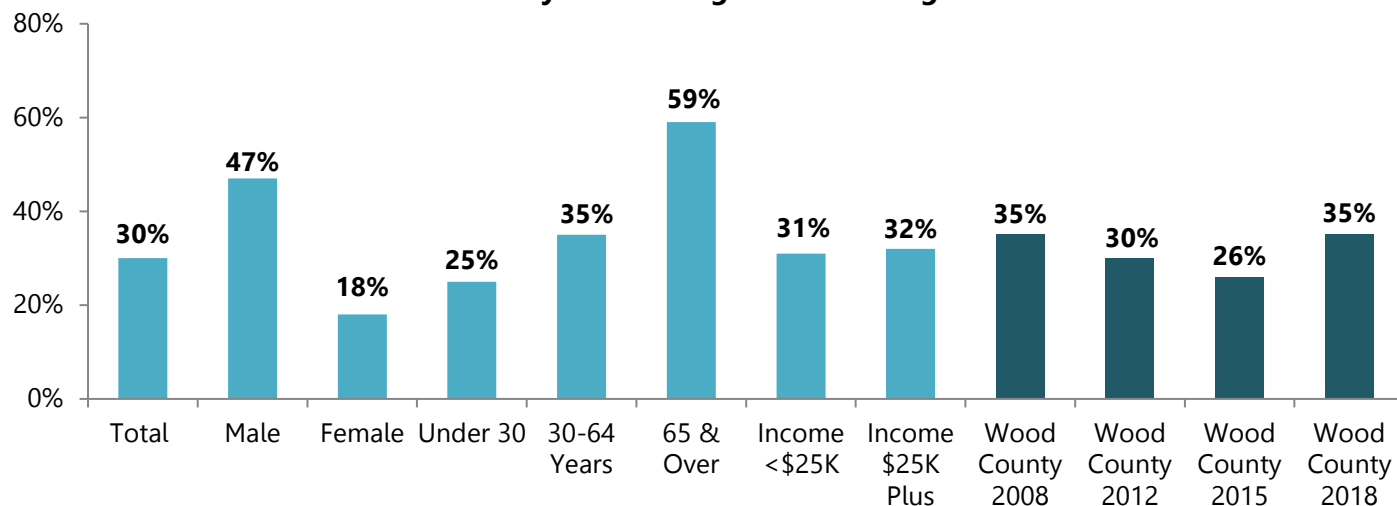
*Does not include respondents who indicated high blood pressure during pregnancy only.

Wood County Adults Diagnosed with High Blood Cholesterol

| Category	Percentage
Total	30%
Male	41%
Female	22%
Under 30	0%
30-64 Years	37%
65 & Over	67%
Income <$25K	31%
Income $25K Plus	31%
Wood County 2008	31%
Wood County 2012	31%
Wood County 2015	30%
Wood County 2018	32%

Notes 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 2011 to 2019, the Wood County stroke mortality rate among males decreased.

- From 2011 to 2019, the Wood County heart disease mortality among females rate decreased.

Wood County Age-Adjusted Stroke Mortality Rates by Gender

■ Wood County 2011-2013   ■ Wood County 2014 -2016   ■ Wood County 2017-2019
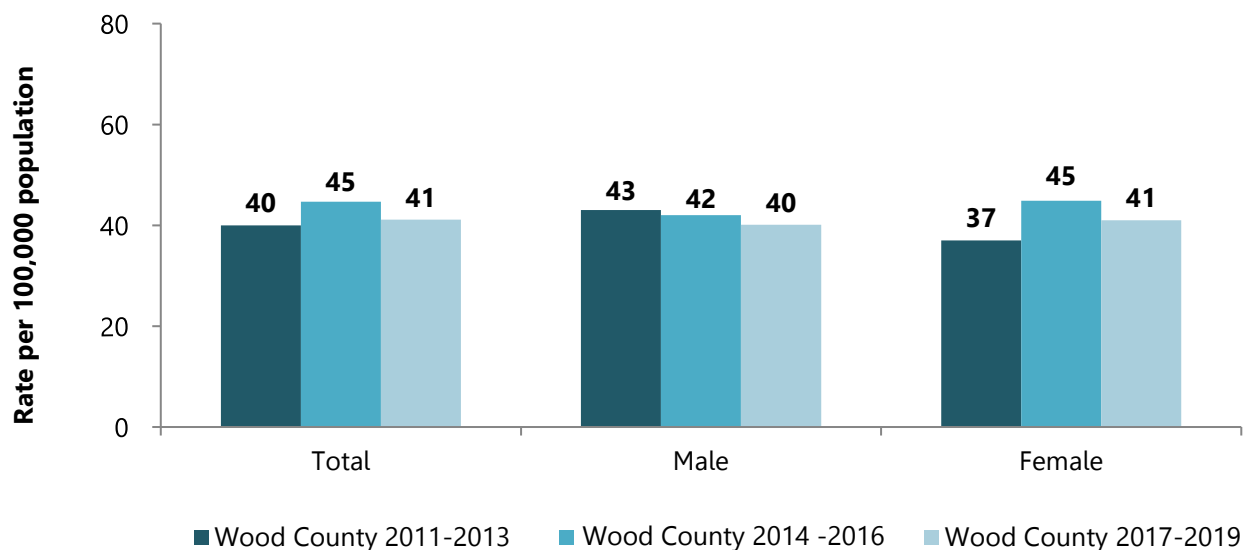
(Source: Ohio Public Health Data Warehouse, 2011-2019)

Wood County Age-Adjusted Heart Disease Mortality Rates, by Gender

◆ Wood County Total   ■ Wood County Male   ▲ Wood County Female

(Source: Ohio Public Health Data Warehouse, 2011-2019)

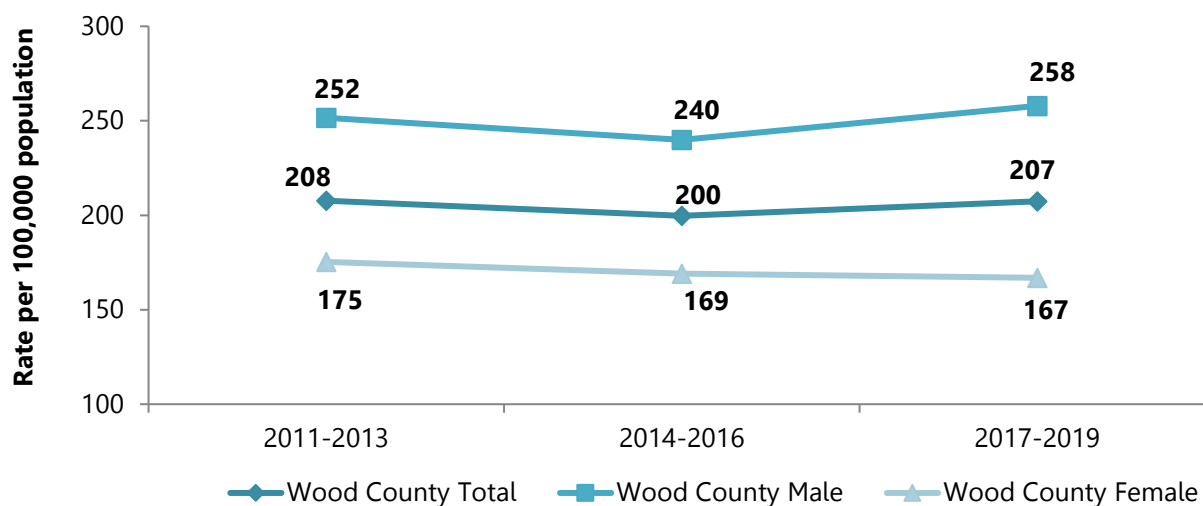*The following graph shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke.*

- When age differences are accounted for, the statistics indicate that from 2017 to 2019 the Wood County heart disease mortality rate was higher than the Ohio and U.S. rate, and the Healthy People 2030 target objective.

- The Wood County age-adjusted stroke mortality rate from 2017 to 2019 was lower than the Ohio rate, but higher than the U.S. rate and the Healthy People 2030 target objective.

Age-Adjusted Heart Disease and Stroke Mortality Rates

■ Wood County 2017-2019   ■ Ohio 2017-2019   ■ U.S. 2017-2019   ■ HP 2030 Target*
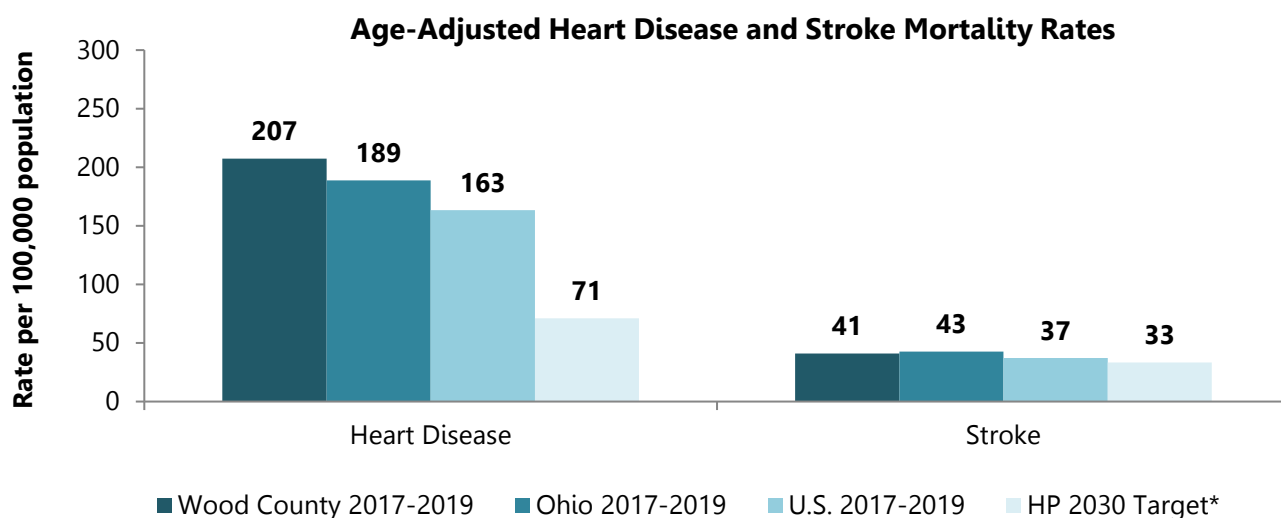
*The Healthy People 2030 Target objective for coronary heart disease is reported for heart attack mortality.
(Source: Ohio Public Health Data Warehouse, 2017-2019, CDC Wonder 2017-2019, Healthy People 2030)

Healthy People 2030 Objectives
Heart Disease and Stroke (HDS)

Objective	Wood Survey Population 2021	U.S. Baseline 2019	Healthy People 2030 Target
HDS-04: Reduce proportion of adults with high blood pressure	30%	35% Adults age 18 & older	28%

Note: All U.S. figures age-adjusted to 2000 population standard.
(Sources: Healthy People 2030, 2019 BRFSS, 2021 Wood County Health Assessment)

The following graph shows the prevalence of cardiovascular disease among Wood County adults.

- The Wood County heart attack and stroke rates were lower than the Ohio rates.

Cardiovascular Disease Prevalence
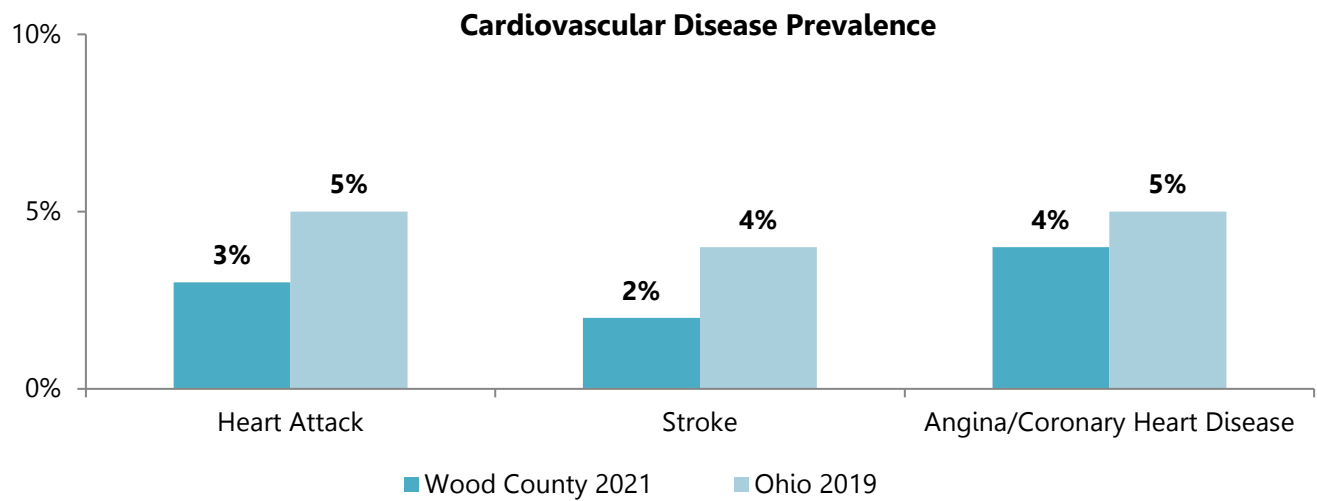
(Sources: 2021 Wood Health Assessment and 2019 BRFSS)

Chronic Disease: Cancer

Key Findings

In 2021, 11% of Wood County adults had been diagnosed with cancer at some time in their lives.

Adult Cancer

- Eleven percent (11%) of Wood County adults were diagnosed with cancer at some point in their lives, increasing to 28% of those over the age of 65.

- Of those diagnosed with cancer, they reported the following types: prostate (38%), breast (25%), non-Hodgkin's lymphoma (24%), other skin cancer (12%), endometrial (8%), testicular (8%), colon/intestine (4%), head and neck (4%), bladder (4%), oral (4%), leukemia (4%), and other types of cancer (4%). Eight percent (8%) of adults reported multiple types of cancer.

Wood County Incidence of Cancer, 2013-2018

All Types: 3,329

- Breast: 460 cases (14%)
- Prostate: 397 cases (12%)
- Lung and Bronchus: 394 cases (12%)
- Colon and Rectum: 315 cases (9%)

In 2017-2019, there were 737 cancer deaths in Wood County.

(Source: Ohio Cancer Incidence Surveillance System, Ohio Public Health Data Warehouse, Updated 7/14/2021)

Cancer Facts

- The Ohio Department of Health (ODH) indicates that from 2017-2019, cancers caused 21% (737 of 3,576 total deaths) of all Wood County resident deaths. *(Source: Ohio Public Health Data Warehouse, 2017-2019)*

- The American Cancer Society reports that cigarette smoking increases the risk of several cancers, including those of the oral cavity and pharynx, larynx, lung, esophagus, pancreas, uterine cervix, kidney, bladder, stomach, colorectum and liver and acute myeloid leukemia. Smoking may also increase risk of fatal prostate cancer and a rare type of ovarian cancer. Health consequences increase with both duration and intensity of smoking. *(Source: American Cancer Society, Facts & Figures 2021)*

- The American Cancer Society states that about 608,570 Americans are expected to die of cancer in 2021. Cancer is the second-leading cause of death in the U.S., exceeded only by heart disease. *(Source: American Cancer Society, Facts & Figures 2021).*

Lung Cancer

- In Wood County, 16% of male adults were current smokers, and 61% had stopped smoking for one or more days in the past 12 months because they were trying to quit.

- Approximately 7% of female adults in the county were current smokers, and 56% had stopped smoking for one or more days in the past 12 months because they were trying to quit.

- ODH reports that lung and bronchus cancer (n=98) was the leading cause of male cancer deaths from 2017-2019 in Wood County, followed by colon and rectum (n=36) and prostate (n=35) cancers. *(Ohio Public Health Data Warehouse, 2017-2019)*

- ODH reports that lung and bronchus cancer (N=72) was the leading cause of female cancer deaths in Wood County from 2017-2019, followed by breast (n=44) and colon and rectum (n=35) cancers.

- According to the American Cancer Society, smoking causes approximately 80% of lung cancer deaths in the U.S. Men and women who smoke are about 25 times more likely to develop lung cancer than nonsmokers *(Source: American Cancer Society, Facts & Figures 2021).*

Breast Cancer

- In 2021, 49% of Wood County females reported having had a clinical breast examination in the past year.

- More than half (54%) of Wood County females over the age of 40 had a mammogram in the past year.

- For women at average risk of breast cancer, the American Cancer Society recommends that those 40 to 44 years of age have the option to begin an 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, an annual magnetic resonance imaging (MRI) is recommended in addition to mammography, typically starting at age 30. (Source: American Cancer Society, Facts & Figures 2021)

Prostate Cancer

- Nearly half (48%) of Wood County men had a digital rectal exam in their lifetime, and 12% had one in the past year.

- ODH statistics indicate that prostate cancer deaths accounted for 9% of all male cancer deaths from 2017-2019 in Wood County. *(Source: Ohio Public Health Data Warehouse, 2017-2019)*

- Well-established risk factors for prostate cancer are increasing age, African ancestry, a family history of the disease, and certain inherited genetic conditions (e.g., Lynch syndrome and BRCA1 and BRCA2 mutations). Black men in the US and the Caribbean have the highest documented prostate cancer incidence rates in the world. Studies suggest that a strong genetic predisposition may be responsible for 5%-10% of prostate cancers, with another 30%-40% caused by more common gene mutations (higher prevalence) conferring less excess risk (lower penetrance). The only modifiable risk factors are smoking and excess body weight, which may increase risk of aggressive and/or fatal disease. (*Source: American Cancer Society, Facts & Figures 2021*)

Colon and Rectum Cancers

- ODH indicates that colorectal cancer accounted for 10% of all male and female cancer deaths from 2017-2019 in Wood County. *(Source: Ohio Public Health Data Warehouse, 2017-2019)*

- The American Cancer Society reports several risk factors for colorectal cancer, including excess body weight, physical inactivity, long-term smoking, high consumption of red or processed meat, low calcium intake, heavy alcohol consumption, and very low intake of fruits and vegetables and whole-grain fiber. (*Source: American Cancer Society, Facts & Figures 2021*)

2021 Cancer Estimates

- In 2021, about 1.9 million new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about eighteen percent (18%) of the new cancer cases expected to occur in the U.S. in 2021 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 608,570 Americans are expected to die of cancer in 2021.
- Almost one third of cancer deaths are attributed to smoking.
- In 2021, estimates predict that there will be 73,320 new cases of cancer and 25,140 cancer deaths in Ohio.
- Of the new cancer cases, approximately 10,350 (14%) will be from lung and bronchus cancers and 5,860 (8%) will be from colon and rectum cancers.
- About 10,450 new cases of female breast cancer are expected in Ohio.
- New cases of prostate cancer in Ohio are expected to be 9,010 (12%).

(Source: American Cancer Society, Facts and Figures 2021)

The following graphs show the Wood 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 2030 objective and cancer as a percent of all deaths by gender. The graphs show:

- When age differences are accounted for, Wood County had a lower cancer mortality rate than Ohio but a higher rate than the U.S. The Wood County age-adjusted cancer mortality rate was also higher than the Healthy People 2030 target objective.

- The percentage of Wood County males who died from all cancers was higher than the percentage of Wood County females who died from all cancers.

**Healthy People 2030 Objective
and Age-Adjusted Mortality Rates for All Cancers**

Legend: ■ Wood County 2017-2019 ■ Ohio 2017-2019 ■ U.S. 2017-2019 ■ HP 2030 Target

**Cancer as a Percent of All Total Deaths in Wood County
by Gender, 2017-2019**
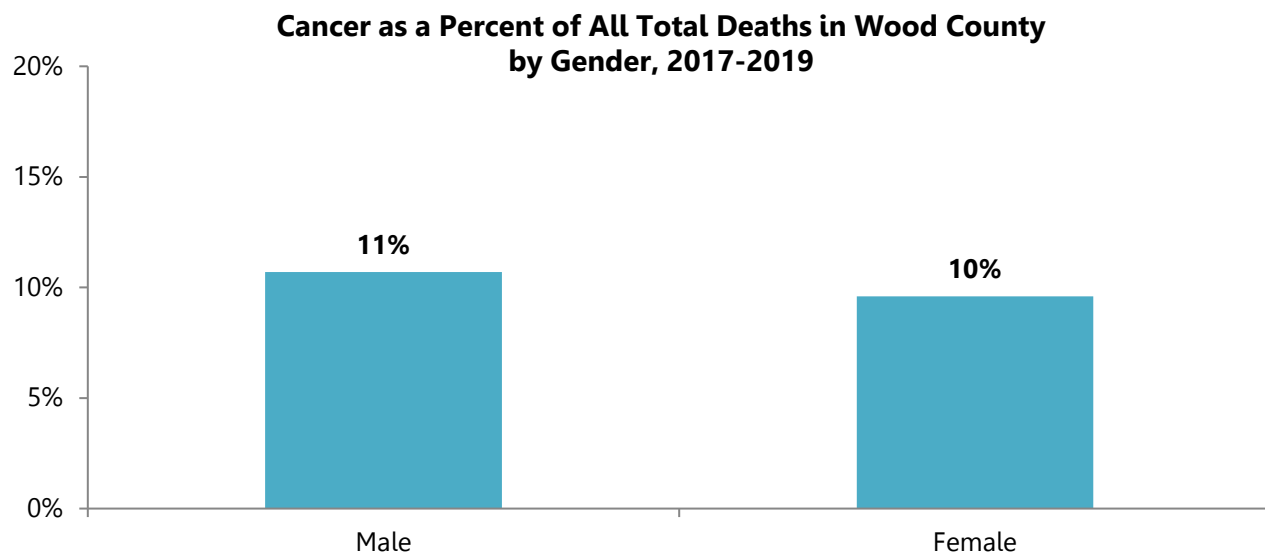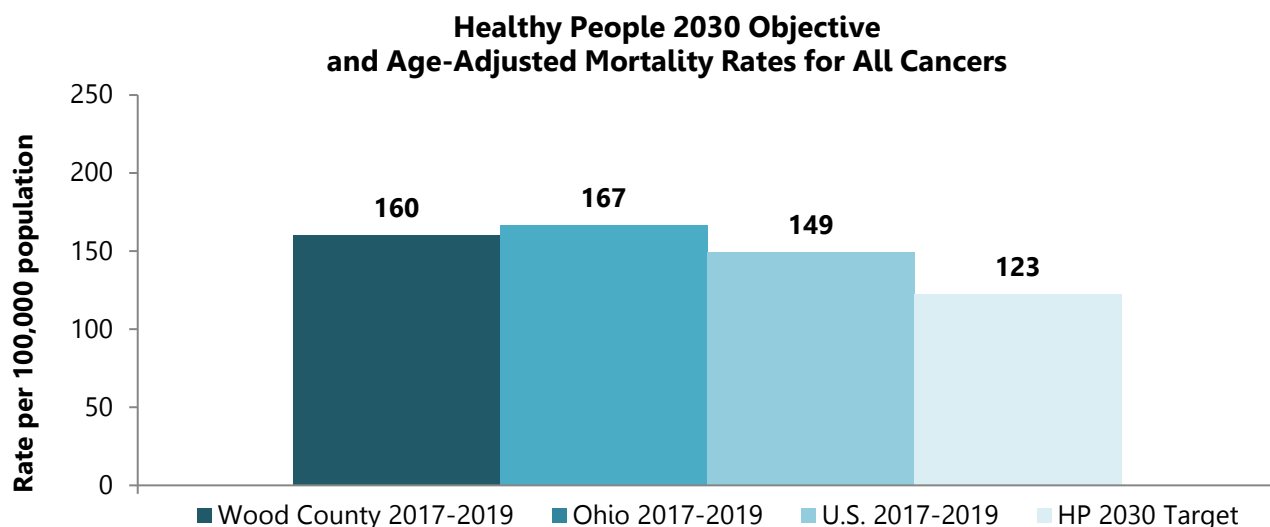
(Source: Ohio Public Health Data Warehouse, 2017-2019)

Wood County Incidence of Cancer, 2013-2018

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer	Age-Adjusted Rates
Breast	460	14%	64.8
Prostate	397	12%	108.3
Lung and Bronchus	394	12%	53.2
Colon & Rectum	315	9%	44.3
Other Sites/Types	277	8%	38.6
Melanoma of Skin	225	7%	32.1
Bladder	162	5%	22
Uterus	137	4%	33.4
Non-Hodgkins Lymphoma	126	4%	17.6
Kidney & Renal Pelvis	110	3%	15.3
Thyroid	100	3%	15.7
Oral Cavity & Pharynx	96	3%	12.5
Pancreas	96	3%	12.8
Leukemia	75	2%	10.7
Multiple Myeloma	59	2%	7.6
Liver & Intrahepatic Bile Duct	58	2%	7.6
Ovary	51	2%	14.4
Stomach	40	1%	5.5
Brain and Other CNS	38	1%	5.5
Esophagus	32	1%	4.4
Cervix	25	1%	7.5
Larynx	21	1%	2.9
Testis	19	1%	6.1
Hodgkins Lymphoma	16	0%	2.4
Total	**3,329**	**100%**	**457.6**

(Source: Ohio Cancer Incidence Surveillance System, ODH Public Health Data Warehouse, Updated 3/19/21)
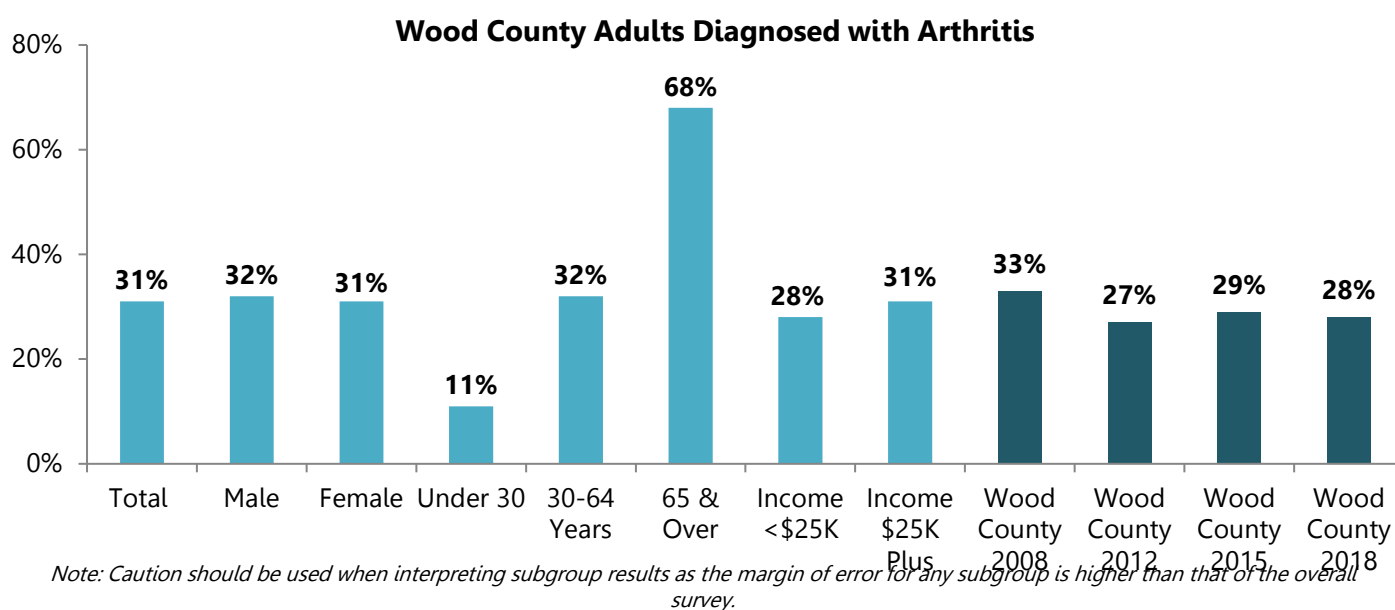
Chronic Disease: Arthritis

Key Findings

Almost one-third (31%) of Wood County adults were diagnosed with arthritis.

Arthritis

- Almost one-third (31%) of Wood County adults were told by a health professional that they had some form of arthritis, increasing to 68% of those over the age of 65.

- More than three-fourths (76%) of adults diagnosed with arthritis were overweight or obese.

- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have an occupation associated with arthritis, are overweight or obese, and/or have joint injuries or infections *(Source: CDC, Arthritis Risk Factors, 2020)*.

- An estimated 54 million U.S. adults (about 23%) report having doctor-diagnosed arthritis. In the United States, arthritis is a leading cause of work disability, with annual costs for medical care and lost earnings of $303.5 billion. Arthritis commonly occurs with other chronic diseases—like diabetes, heart disease, and obesity—and can make it harder for people to manage these conditions. *(Source: CDC, Arthritis Fast Facts 2020)*

The following graph shows the number of Wood County adults who had been diagnosed with arthritis. Examples of how to interpret the information include: 31% of all Wood County adults had been diagnosed with arthritis, including 68% of those over the age of 65 and 28% of those with incomes less than $25,000.

Wood 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.

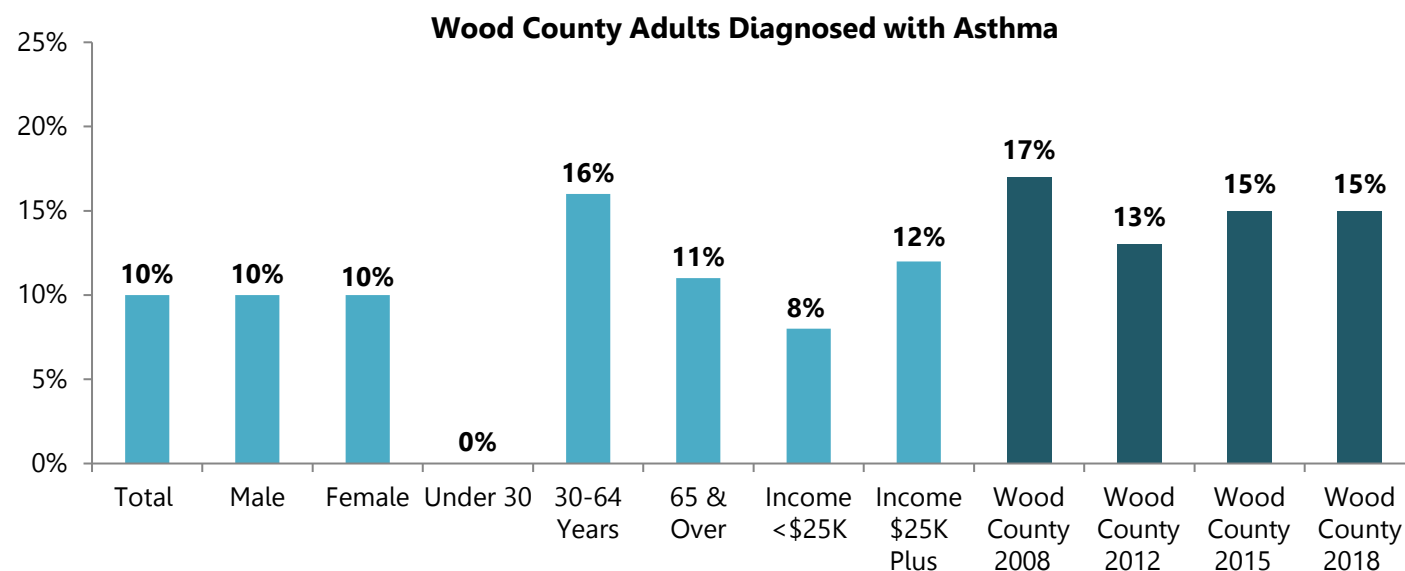| Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Diagnosed with arthritis	33%	27%	29%	28%	31%	31%	26%

Chronic Disease: Asthma

Key Findings

Ten percent (10%) Wood County adults had been diagnosed with asthma.

Asthma and Other Respiratory Disease

- In 2021, 10% of Wood County adults had been diagnosed with asthma.

- There are several important factors that may trigger an asthma attack. Some of these triggers are tobacco smoke; dust mites; outdoor air pollution; cockroach allergens; pets; mold; smoke from burning wood or grass; and infections linked to the flu, colds, and respiratory viruses. *(Source: CDC, 2020)*

- Chronic lower respiratory disease was the third-leading cause of death in Wood County and the fourth-leading cause of death in Ohio from 2017 to 2019. *(Source: Ohio Public Health Data Warehouse, 2017-2019)*

The following graph shows the number of Wood County adults who had been diagnosed with asthma. An example of how to interpret the information includes: 10% of all Wood County adults had been diagnosed with asthma, including 10% of females and 11% of those over the age of 65.

Wood County Adults Diagnosed with Asthma

Category	Percentage
Total	10%
Male	10%
Female	10%
Under 30	0%
30-64 Years	16%
65 & Over	11%
Income <$25K	8%
Income $25K Plus	12%
Wood County 2008	17%
Wood County 2012	13%
Wood County 2015	15%
Wood County 2018	15%

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	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Diagnosed with asthma	17%	13%	15%	15%	10%	16%	15%

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
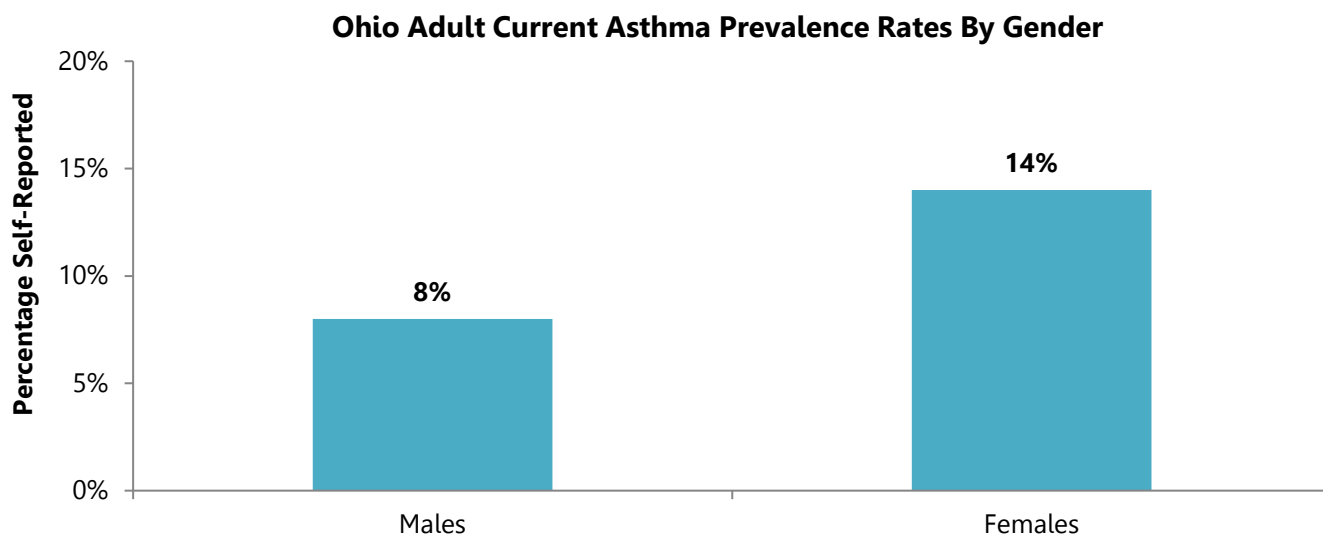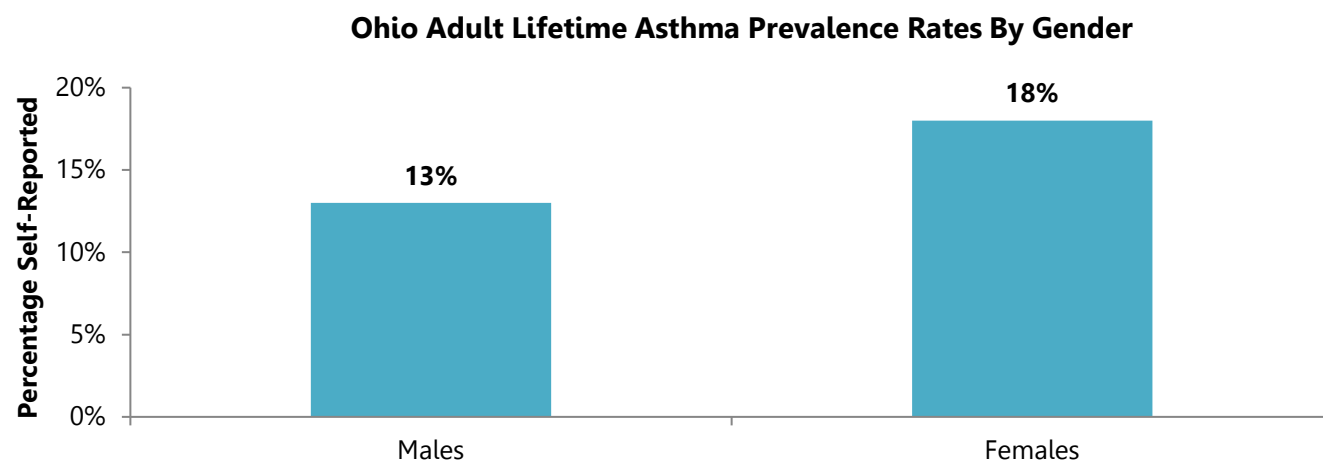
(Source: 2019 BRFSS)

Chronic Disease: Diabetes

Key Findings

In 2021, 8% of Wood County adults had been diagnosed with diabetes. Nearly one-third (32%) of adults with diabetes rated their health as fair or poor.

Diabetes

- In 2021, 8% of Wood County adults had been diagnosed with diabetes, increasing to 20% of those over the age of 65.

- Three percent (3%) of adults had been diagnosed with pre-diabetes or borderline diabetes.

- Nearly one-third (32%) of adults with diabetes rated their health as fair or poor.

- People with diabetes were using the following to treat their disease: 6-month check up with provider (89%), diet control (78%), checking blood sugar (78%), checking A1c annually (72%), diabetes pills (67%), annual vision exam (67%), exercise (67%), checking their feet (63%), dental exam (39%), insulin (28%), taking a class (11%), and injectable (Vyettea, Victoza, Bydurean) (11%).

- Wood County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  — 88% were obese or overweight;
  — 74% had been diagnosed with high blood pressure;
  — 72% had been diagnosed with high blood cholesterol.

Diabetes by the Numbers

- **34 million** US adults have diabetes, and 1 in 5 of them don't know they have it.

- Diabetes is the **seventh leading cause** of death in the US.

- **Type 2 diabetes** accounts for approximately 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for approximately 5-10%.

- In the **last 20 years**, the number of adults diagnosed with diabetes has more than **doubled** as the American population has aged and become more overweight or obese.

(Source: CDC, Diabetes by the Numbers, Updated: June 11, 2020)

| Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Diagnosed with diabetes	7%	8%	6%	8%	8%	12%	11%
Diagnosed with pre-diabetes or borderline diabetes	8%	11%	5%	5%	3%	2%	2%

The following graph shows the number of Wood County adults who had been diagnosed with diabetes. An example of how to interpret the information includes: 8% of all Wood County adults had been diagnosed with diabetes, including 20% of those over the age of 65 and 13% of those with incomes less than $25,000.
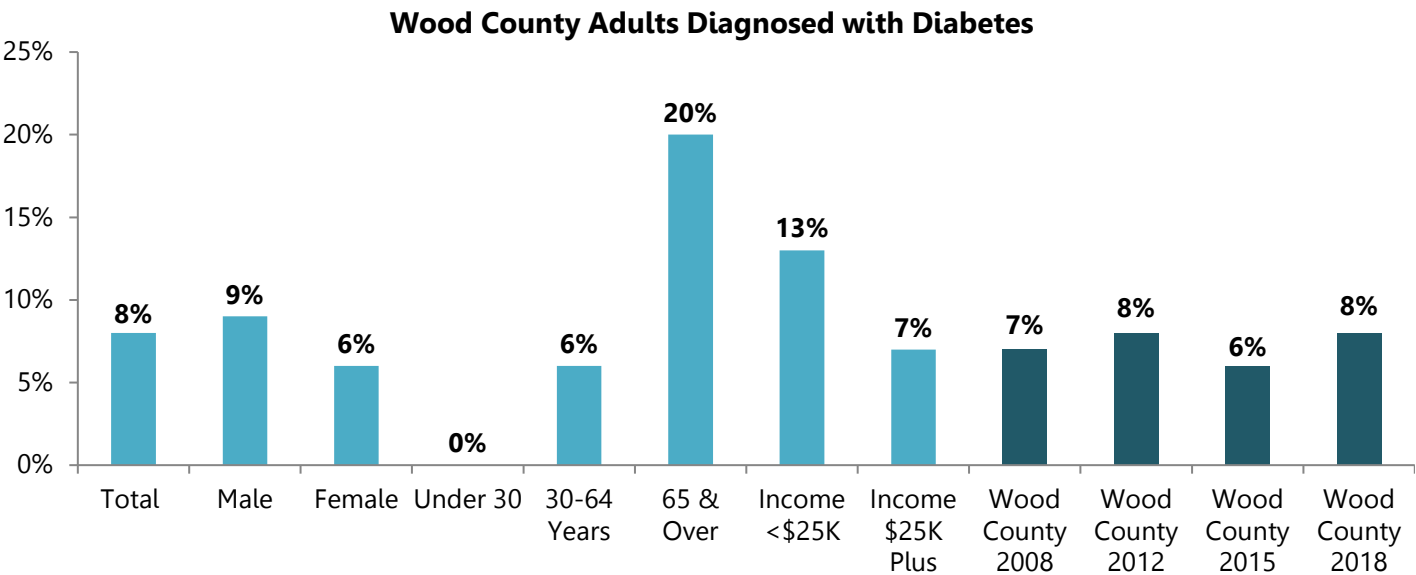
Wood County Adults Diagnosed with Diabetes

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.


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 thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% 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** your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

- **Gestational diabetes** develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later in life too.

(Source: CDC, About Diabetes, Updated: June 11, 2020)

The following graph shows the age-adjusted mortality rates from diabetes for Wood County and Ohio residents with comparison to the Healthy People 2030 target objective.

- From 2017-2019, Wood County's age-adjusted diabetes mortality rate was the same as the Ohio rate, and higher than the U.S. rate and Healthy People 2030 target objective.

Healthy People 2030 Objective and Age-Adjusted Mortality Rates for Diabetes
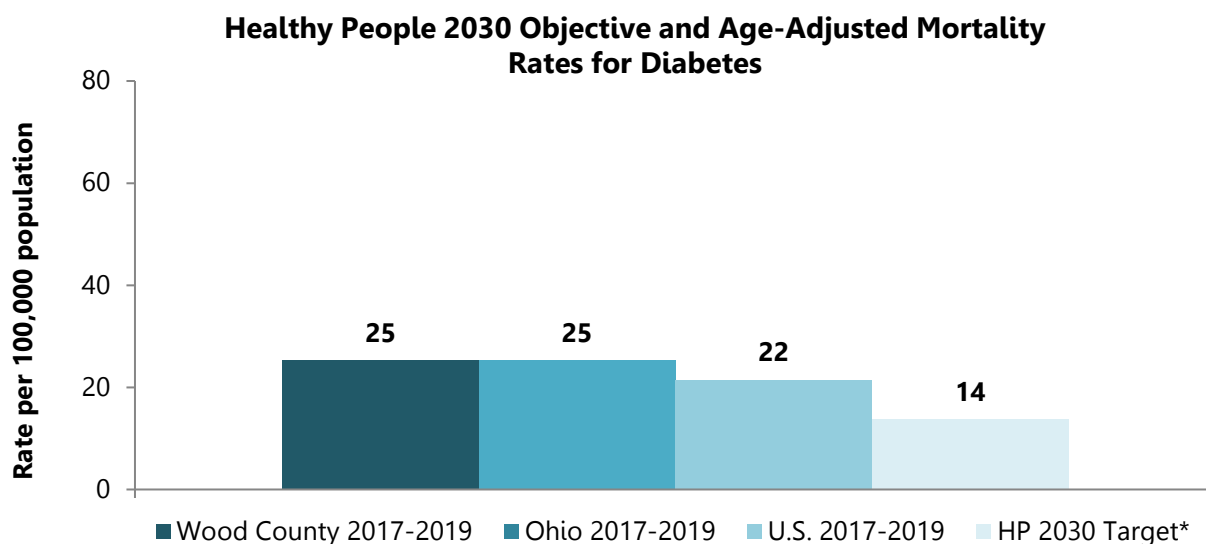
*Note: The Healthy People 2030 rate is for any cause of death among adults with diabetes
(Source: Ohio Public Health Data Warehouse, 2017-2019, CDC Wonder, 2017-2019, Healthy People 2030)*

Chronic Disease: Quality of Life

Key Findings

In 2021, the five most limiting health problems were back or neck problems (42%); arthritis/rheumatism (36%); stress, depression, anxiety, or emotional problems (33%); chronic pain (31%); and sleep problems (26%).

Impairments and Health Problems

- More than two-fifths (44%) of adults were limited by the following major impairments or health problems: back or neck problems (42%); arthritis/rheumatism (36%); stress, depression, anxiety, or emotional problems (33%); chronic pain (31%); sleep problems (26%); fitness level (21%); eye/vision problems (17%); walking problems (16%); chronic illness (16%); hearing problems (16%); dental problems (11%); lung/breathing problems (10%); memory loss (10%); fractures, mental health illness/disorder (8%); bone/joint injuries (6%); learning disability (2%); confusion (2%); substance dependency (1%); drug addiction (1%); and other impairments/problems (5%).

- Wood County adults were responsible for providing regular care or assistance to the following: multiple children (20%); an elderly parent or loved one (9%); a friend, family member or spouse with a health problem (5%); an adult child (4%); a friend, family member or spouse with dementia (4%); someone with special needs (3%); a friend, family member or spouse with a mental health issue (2%); grandchildren (2%); children with discipline issues (<1%); and children whose parents lost custody (<1%).

- In the past year, Wood County adults reported needing the following services or equipment: eyeglasses or vision services (22%), help with routine needs (6%), pain management (5%), hearing aids or hearing care (5%), help with personal care needs (2%), a cane (2%), medical supplies (2%), a walker (2%), oxygen or respiratory support (2%), a wheelchair (1%), mobility aids or devices (1%), a special bed (1%), a wheelchair ramp (1%), a personal emergency response system (1%), durable medical equipment (<1%), and communication aids or devices (<1%).

Healthy People 2030
Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)

Objective	Wood County 2021	Healthy People 2030 Target
A-02: Reduce the proportion of adults with provider-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	36%	39%

Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2021 Wood County Health Assessment)

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Limited in some way because of a major impairment or health problem	25%	37%	25%	38%	42%	N/A	N/A

N/A – Not Available

The following graphs show the percentage of Wood County adults who were limited in some way and the most limiting health problems. An example of how to interpret the information shown on the first graph includes: 42% of Wood County adults were limited in some way, including 43% of males and 61% of those 65 and older.

Wood County Adults Limited in Some Way
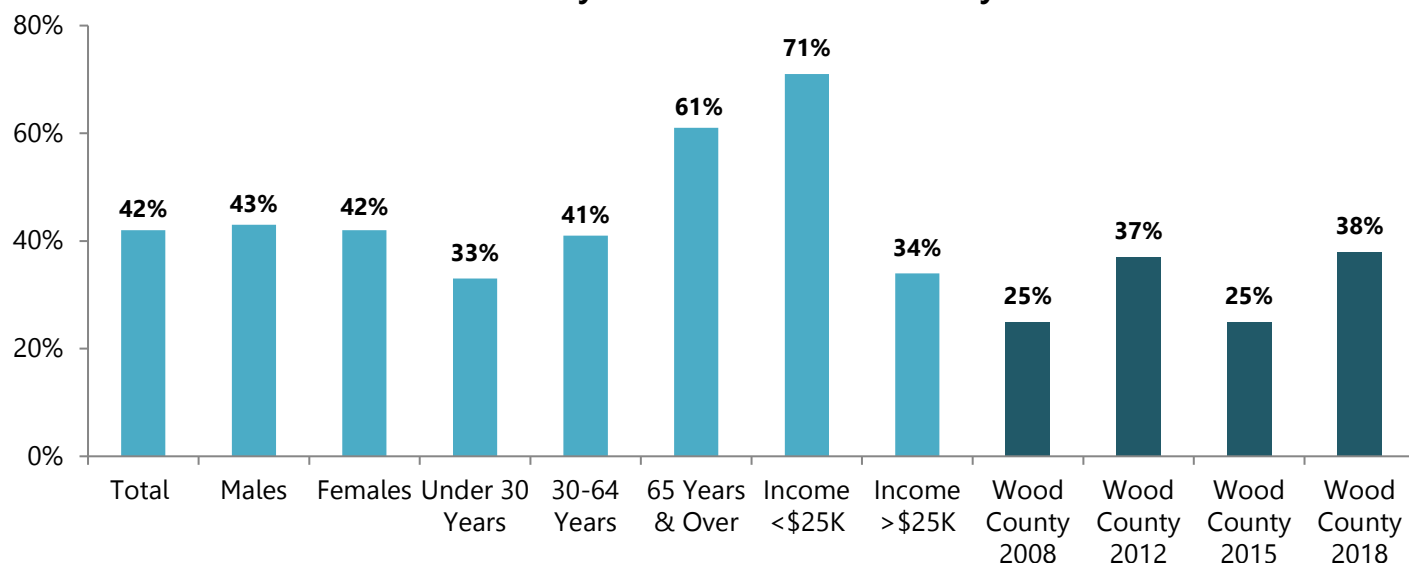
Total	42%	
Males	43%	
Females	42%	
Under 30 Years	33%	
30-64 Years	41%	
65 Years & Over	61%	
Income <$25K	71%	
Income >$25K	34%	
Wood County 2008	25%	
Wood County 2012	37%	
Wood County 2015	25%	
Wood County 2018	38%	

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.

Wood County Most Limiting Health Problems

Back/Neck Problems	42%
Arthritis/Rheumatism	36%
Stress, Anxiety, Depression, Emotional Problems	33%
Chronic Pain	31%
Sleep Problems	26%
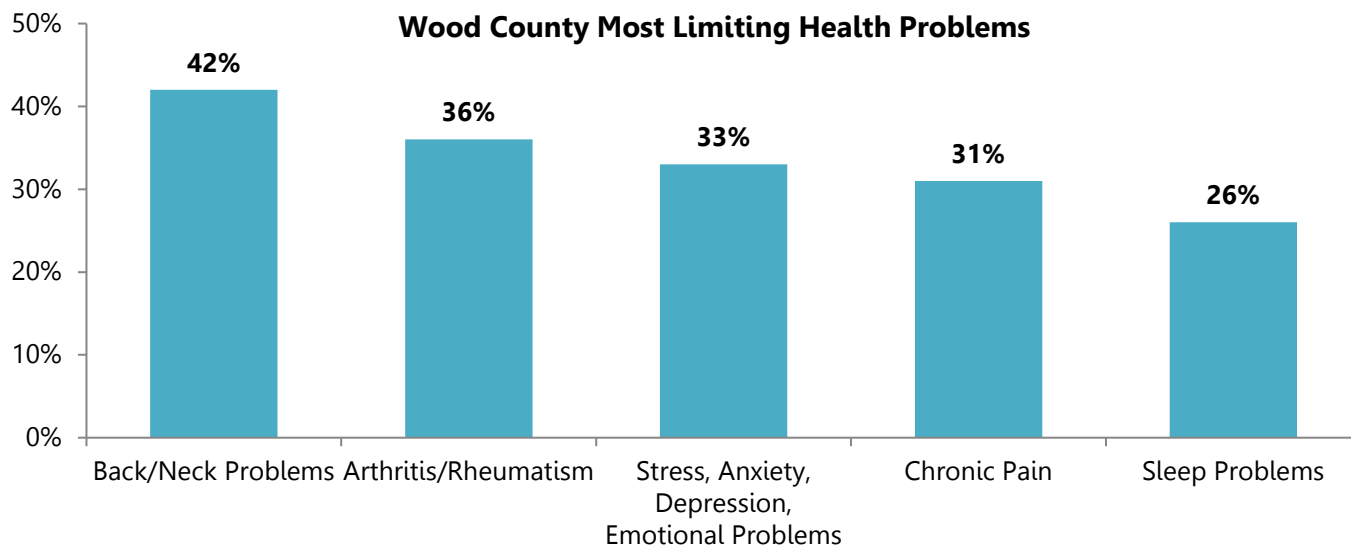
Social Conditions: Social Determinants of Health

Key Findings

In 2021, 6% of Wood County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Eighteen percent (18%) of adults received Medicare assistance in the past year. Nearly one-fifth (19%) of adults reported that they experienced 4 or more adverse childhood experiences, increasing to 33% of those under the age of 30.

Healthy People 2030

Social determinants of health (SDOHs) are the conditions in the environments where 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. Healthy People 2030 has classified social determinants of health into five domains:

— Economic stability
— Education access and quality
— Social and community context
— Health care access and quality
— Neighborhood and built environment

One of Healthy People 2030's five overarching goals is specifically related to SDOHs: "Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all."

Social Determinants of Health

Social and Community Context

- In the past month, 13% of Wood County adults reported needed help meeting their general daily needs such as food, clothing, shelter, or paying for utility bills.

- Eleven percent (11%) of adults experienced at least one of the following issues related to hunger/food insecurity in the past year: had to choose between paying bills and buying food (5%), worried food might run out (5%), went hungry/ate less to provide more food for their family (3%), loss of income led to food insecurity issues (2%), did not eat because they did not have enough money for food (<1%), and their food assistance was cut (<1%).

- Two percent (2%) of Wood County adults reported that someone in their household went to bed hungry at least one day in the past week because they could not afford food.

- Seventy-two percent (72%) of adults reported they owned their home, 22% said they rented, and 6% of adults reported they had another housing arrangement.

- Adults reported the following percent of their household income goes to their housing: less than 30% (49%), 30-50% (29%), 50% or higher (10%), and don't know (12%).

- The median household income in Wood County was $64,723. The U.S. Census Bureau reports median income levels of $58,704 for Ohio and $65,712 for the U.S. *(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2019).*

- Eleven percent (11%) of all Wood County residents were living in poverty, and 10% of children and youth ages 0-17 were living in poverty *(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2019).*
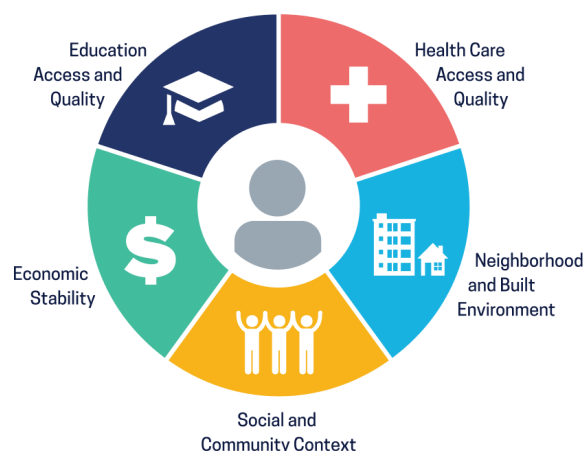
- The unemployment rate for Wood County was 4.3 as of May 2021 (Source: Ohio Department of Job and Family Services, Office of Workforce Development, Bureau of Labor Market Information).

- Rent in Wood County cost an average of $799 per month (Source: U.S. Census Bureau, American Community Survey, 2019 1-year estimate).

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

Type of Assistance	Received Assistance	Did Not Know Where to Look	Did Not Need Assistance
Medicare	18%	0%	82%
Health care	16%	<1%	84%
Mental illness issues including depression	15%	0%	85%
Acquiring disability benefits	13%	0%	87%
Food	12%	0%	88%
Prescription assistance	12%	0%	88%
Employment	6%	<1%	93%
Dental care	6%	5%	89%
Utilities	6%	1%	93%
Electric, gas, or water bills	5%	1%	94%
Free tax preparation	4%	1%	95%
Transportation	4%	1%	95%
Clothing	3%	0%	97%
Home repair	3%	1%	96%
Legal aid services	3%	0%	97%
Rent/mortgage/eviction	3%	3%	94%
Credit counseling	2%	<1%	98%
Drug or alcohol addiction	2%	0%	98%
Diapers	1%	<1%	98%
Affordable child care	1%	<1%	98%
Gambling addiction	0%	0%	100%
Homelessness	0%	0%	100%
Post-incarceration issues	0%	0%	100%
Septic/well repair	0%	<1%	100%
Unplanned pregnancy	0%	0%	100%

The map below shows the variation in poverty rates across Ohio during the 2014-to-2018 period.

- The 2014-2018 American Community Survey 5-year estimates report that approximately 1,645,986 Ohio residents, or 14.5% of the population, were living in poverty.

- From 2014-2018, 13.3% of Wood County residents were in poverty.

Estimated Poverty Rates in Ohio by County (2014-2018)
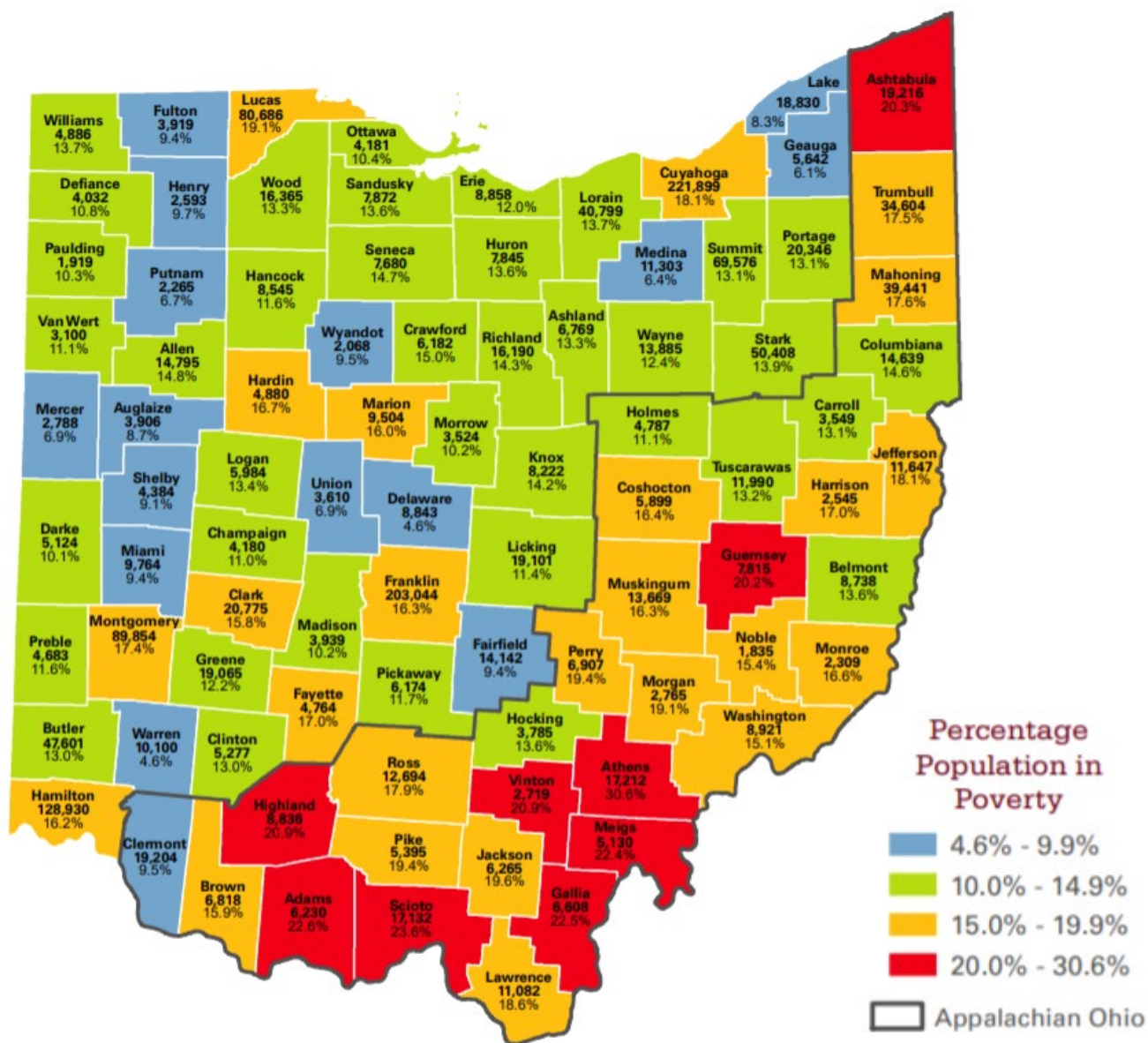
(Source: 2014-2018 American Community Survey 5-year estimates, as compiled by Ohio Development Services Agency, Office of Research, Ohio Poverty Report, June 2020)

Education

- Ninety-five percent (95%) of Wood County adults 25 years and over had a high school diploma or higher *(Source: U.S. Census Bureau, American Community Survey, 2019 1-year estimate).*

- Thirty-seven percent (37%) of Wood County adults 25 years and over had at least a bachelor's degree *(Source: U.S. Census Bureau, American Community Survey, 2019 1-year estimate).*

Health and Health Care

- Seven percent (7%) of adults were uninsured.

- Sixty-seven percent (67%) of adults visited a doctor for a routine checkup in the past year, increasing to 86% of those over the age of 65.

- Forty-four percent (44%) of adults reported they had one person they thought of as their personal doctor or healthcare provider.

- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Wood County adults.

Social and Community Context

- Three percent (3%) of adults were threatened to be abused in the past year. They were threatened by the following: another family member (75%) and a spouse or partner (25%).

- Six percent (6%) of adults were abused in the past year. They were abused by the following: a spouse or partner (40%), a parent (40%), another family member (7%), a caregiver (7%), and someone else (7%).

- Wood County adults experienced the following in the past 12 months: death of a family member or close friend (41%); a close family member went to the hospital (38%); a decline in their own health (19%); someone in their household lost their job/had their hours at work reduced (16%); moved to a new address (15%); were a caregiver (11%); had bills they could not pay (10%); household income was cut by 50% (7%); someone close to them had a problem with drinking or drugs (6%); knew someone living in a hotel (6%); had someone homeless living with them (3%); were threatened or abused by someone physically, emotionally, sexually and/or verbally (2%); their family was at risk for losing their home (2%); were homeless (2%); became separated or divorced (1%); and witnessed someone in their family being hit or slapped (<1%).

- Wood County adults reported the following adverse childhood experiences (ACEs):
  — Their parents became separated or were divorced (29%)
  — A parent or adult in their home swore at, insulted, or put them down (28%)
  — Lived with someone who was a problem drinker or alcoholic (23%)
  — Lived with someone who was depressed, mentally ill, or suicidal (22%)
  — Their family did not look out for each other, feel close to each other, or support each other (12%)
  — Lived with someone who used illegal stress drugs, or who abused prescription medications (12%)
  — A parent or adult in their home hit, beat, kicked, or physically hurt them (9%)
  — Someone at least 5 years older than them or an adult touched them sexually (9%)
  — 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 tried to make them touch them sexually (8%)
  — They did not have enough to eat, had to wear dirty clothes, and had no one to protect them (5%)
  — Lived with someone who served/was sentenced to serve time in prison, jail or other correctional facility (2%)
  — Someone at least 5 years older than them or an adult forced them to have sex (1%)
  — Their parents were not married (1%)

- Nearly one-fifth (19%) of adults experienced 4 or more ACEs, increasing to 33% of those under the age of 30.

The following graph shows the percentage of Wood County adults who experienced four or more adverse child experiences (ACEs) in their lifetime. Examples of how to interpret the information on the graph include: 19% of all Wood County adults had experienced four or more ACEs in their lifetime, including 21% of females and 33% of those ages 30 and younger.
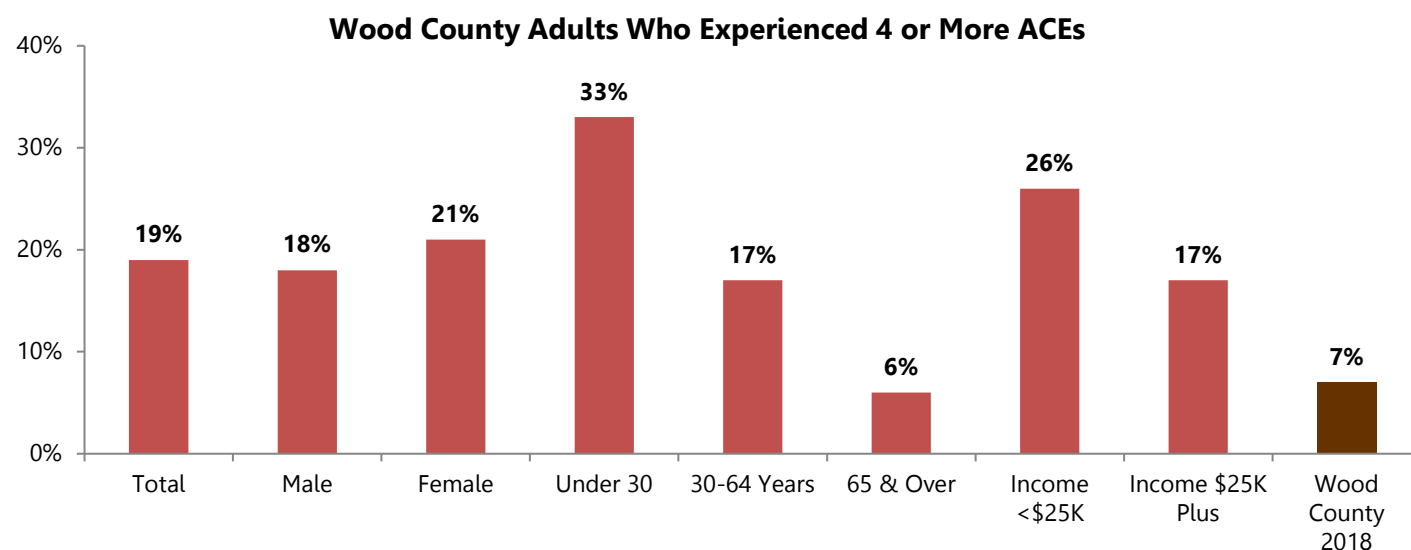
Wood County Adults Who Experienced 4 or More ACEs

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 shows a strong correlation between experiencing ACEs and participating in other risky behaviors as well as increased mental health issues. Examples of how to interpret the information include: 13% of adults who experienced 4 or more ACEs contemplated suicide, and 23% of adults who experienced 4 or more ACEs were current smokers.

Behaviors of Wood 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)	74%	66%
Classified as overweight or obese by BMI	71%	66%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	55%	41%
Current smoker (currently smoke on some or all days)	23%	6%
Contemplated suicide in the past 12 months	13%	0%
Medication misuse in the past 6 months	0%	6%
Used recreational marijuana in the past 6 months	43%	3%

Adverse Childhood Experiences (ACEs)

- Adverse childhood experiences (ACEs) are stressful or traumatic experiences, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have substance use disorders. Some ACEs include:
  - Physical abuse
  - Sexual abuse
  - Mother treated violently
  - Physical/emotional neglect
  - Emotional abuse
  - Household mental illness
  - Parental separation or divorce
  - Incarcerated household member
  - Substance misuse within household

- Preventing ACEs and engaging in early identification of people who have experienced them could have a significant impact on a range of critical health problems. You can strengthen your substance misuse prevention efforts by: increasing awareness of ACEs among state and community level substance misuse prevention professionals, emphasizing the relevance of ACEs to behavioral health disciplines.

- Research has demonstrated a strong relationship between ACEs, substance use disorders, and behavioral problems. When children are exposed to chronic stressful events, their neurodevelopment can be disrupted. As a result, the child's cognitive functioning or ability to cope with negative or disruptive emotions may be impaired. Over time, and often during adolescence, the child may adopt negative coping mechanisms, such as substance use or self-harm. Eventually, these unhealthy coping mechanisms can contribute to disease, disability, and social problems, as well as premature mortality.

(Source: SAMHSA, Adverse Childhood Experiences, Updated April 23, 2020)
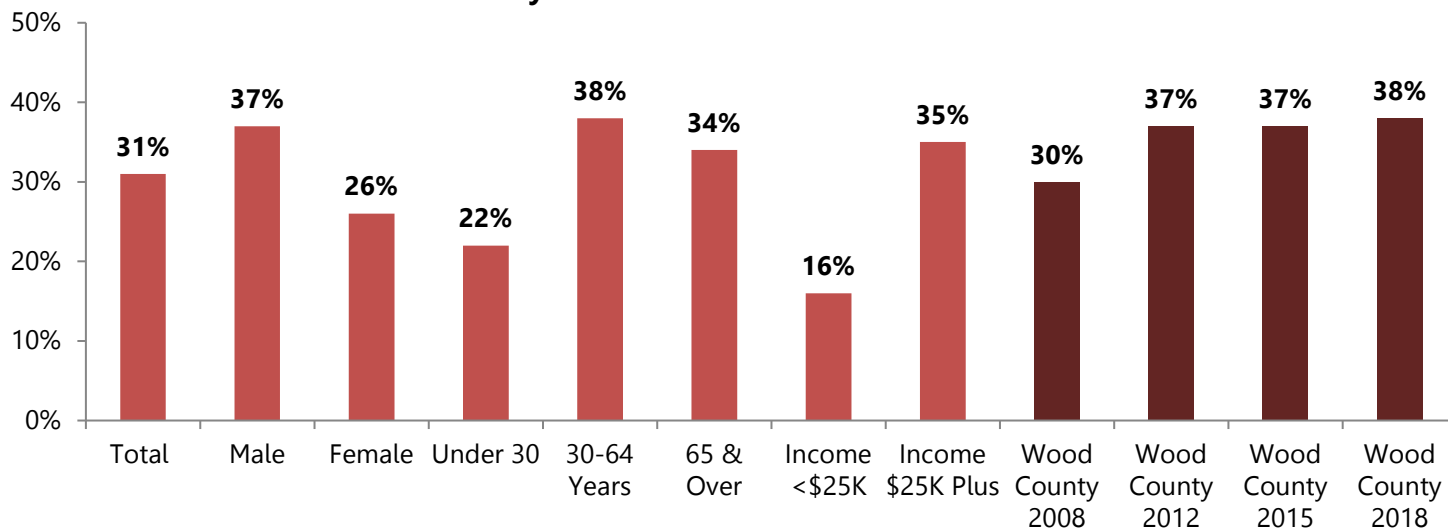
Neighborhood and Built Environment

- Nearly one-third (31%) of Wood County adults kept a firearm in or around their home. Two percent (2%) of adults reported they were unlocked and loaded.

- Seventeen percent (17%) of Wood County adults had at least one of the following transportation issues: suspended/no driver's license (8%), no car (8%), disabled (4%), did not feel safe to drive (3%), other car issues/expenses (3%), no car insurance (3%), could not afford gas (1%), limited public transportation available or accessible (1%), and no public transportation available or accessible (1%).

- Wood County adults reported doing the following while driving: talking on hands-free cell phone (46%), eating (35%), talking on hand-held cell phone (24%), texting (18%), not wearing a seatbelt (10%), using internet on their cell phone (9%), being under the influence of alcohol (3%), being under the influence of prescription drugs (2%), reading (1%), being under the influence of recreational drugs (1%), and other activities (such as applying makeup, shaving, etc.) (1%).

Gambling and Gaming

- Wood County adults reported experiencing the following situations as result of gambling: made attempts to either cut down, control, or stop gambling (3%); gambled longer, with more money, or more frequently than they intended to (1%); needed to gamble with larger amounts of money to get the same feeling of excitement (<1%); and were preoccupied with gambling (<1%).

- During the past year, Wood County adults reported <u>having difficulties controlling their gaming activity</u> at the following frequencies:
  — Very often (0%)
  — Often (0%)
  — Sometimes (3%)
  — Rarely (5%)
  — Never (92%)

- During the past year, Wood County adults reported <u>prioritizing gaming over other life interests and daily activities</u> at the following frequencies:
  — Very often (0%)
  — Often (0%)
  — Sometimes (4%)
  — Rarely (4%)
  — Never (92%)

- During the past year, Wood County adults reported <u>continuing gaming despite the occurrence of negative consequences</u> at the following frequencies:
  — Very often (0%)
  — Often (0%)
  — Sometimes (0%)
  — Rarely (5%)
  — Never (95%)

- During the past year, Wood County adults reported <u>experiencing significant problems (i.e., personal, family, social, etc.) due to the severity of their gaming behavior</u> at the following frequencies:
  — Very often (0%)
  — Often (0%)
  — Sometimes (0%)
  — Rarely (6%)
  — Never (94%)

The following graph shows the percentage of Wood County adults that had a firearm in or around the home. Examples of how to interpret the information shown on the graph include: 31% of all Wood County adults had a firearm in or around the home, including 37% of males and 35% of those with incomes greater than $25,000.

Wood County Adults With a Firearm In or Around the Home

	Total	Male	Female	Under 30	30-64 Years	65 & Over	Income <$25K	Income $25K Plus	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018
	31%	37%	26%	22%	38%	34%	16%	35%	30%	37%	37%	38%

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.

Social Conditions: Environmental Health

Key Findings

Wood County adults reported the following as the top three environmental issues that threatened their health in the past year: insects (8%), mold (5%), and moisture issues (4%). Adults reported they and their families experienced numerous negative from the COVID-19 pandemic.

Environmental Health

- Wood County adults thought the following threatened their health in the past year:
  - Insects (8%)
  - Mold (5%)
  - Moisture Issues (4%)
  - Plumbing problems (3%)
  - Agricultural chemicals (3%)
  - Unsafe water supply/wells (2%)
  - Sewage/waste water problems (2%)
  - Air quality (2%)
  - Temperature regulation (2%)
  - Chemicals found in products (2%)
  - Rodents (2%)
  - Bed bugs (2%)
  - Food safety/food borne illness (1%)
  - Sanitation Issues (<1%)
  - Excess medication in the home (<1%)
  - Safety hazards (<1%)

- Seventeen percent (17%) of Wood County adults used a septic tank for wastewater. Of those who had a septic tank, 50% had it pumped within the past 5 years and 15% never had it pumped. One-fifth (20%) did not know the last time their septic tank had been pumped.

- Eighteen percent (18%) of Wood County adults had a private water source for drinking water. Of those who had a private water source, 31% had it tested within the past year and 40% had never had it tested. Sixteen percent (16%) did not know the last time their water source had been tested.

COVID-19

- Wood County adults and their families were negatively affected by the COVID-19 pandemic in the following ways:
  - Change in mental health (25%)
  - Financial instability (18%)
  - Change in physical health (15%)
  - Not seeking dental care (13%)
  - Increased alcohol use (13%)
  - Educational challenges (i.e., children transitioned to online academics or home-schooling, or adults unable to pursue further education) (13%)
  - Not seeking health care (12%)
  - Loss of household income (10%)
  - Death or serious illness of loved one(s) (9%)
  - Changes to employment status (8%)
  - Lack of childcare (8%)
  - Increased drug use (5%)
  - Housing instability (2%)
  - Unable to afford medicine (2%)
  - Lack of Internet access (1%)
  - Unable to afford food (<1%)
  - Unable to afford basic needs, such as personal, household, or baby care (<1%)
  - Other (6%)

Youth Health: Weight Status

Key Findings

In 2021, 18% of Wood County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Wood County youth reported that they were slightly or very overweight. More than three-quarters (79%) of youth exercised for 60 minutes on three or more days per 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 composition changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.

- In 2021, 18% of Wood County youth were classified as obese by Body Mass Index (BMI) calculations. Thirteen percent (13%) of youth were classified as overweight. Sixty-five percent (65%) of youth were normal weight, and 4% were underweight.

- Twenty-eight percent (28%) of youth described themselves as being either slightly or very overweight.

Approximately 2,240 Wood County youth were classified as obese.

- Two-fifths (40%) of all youth were trying to lose weight, increasing to 52% of females (compared to 28% of males).

- Youth did the following to lose weight or keep from gaining weight in the past 30 days:
  - Exercised (46%)
  - Drank more water (46%)
  - Ate less food, fewer calories, or foods lower in fat (33%)
  - Ate more fruits and vegetables (31%)
  - Skipped meals (20%)
  - Went without eating for 24 hours or more (8%)
  - Vomited or took laxatives (3%)
  - Smoked cigarettes or e-cigarettes (3%)
  - Used illegal drugs (1%)
  - Took diet pills, powders, or liquids without a doctor's advice (1%)

- Forty-three percent (43%) of youth did not do anything to lose or keep from gaining weight.

Youth Physical Activity

- During the past week, youth participated in at least 60 minutes of physical activity at the following frequencies:
  — 3 or more days (79%)
  — 5 or more days (53%)
  — Every day (31%)

- Ten percent (10%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.

- Wood County youth spent an average of 3.5 hours on a cell phone, 1.5 hours playing video games, 1.3 hours on a computer/tablet, and 1 hour watching TV on an average day of the week.

- Over one-fifth (22%) of youth spent three or more hours playing video games on an average school day.

The following graph shows the percentage of Wood 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: 65% of all Wood County youth were classified as normal weight; 18% were obese; 13% were overweight; and 4% were underweight for their age and gender.
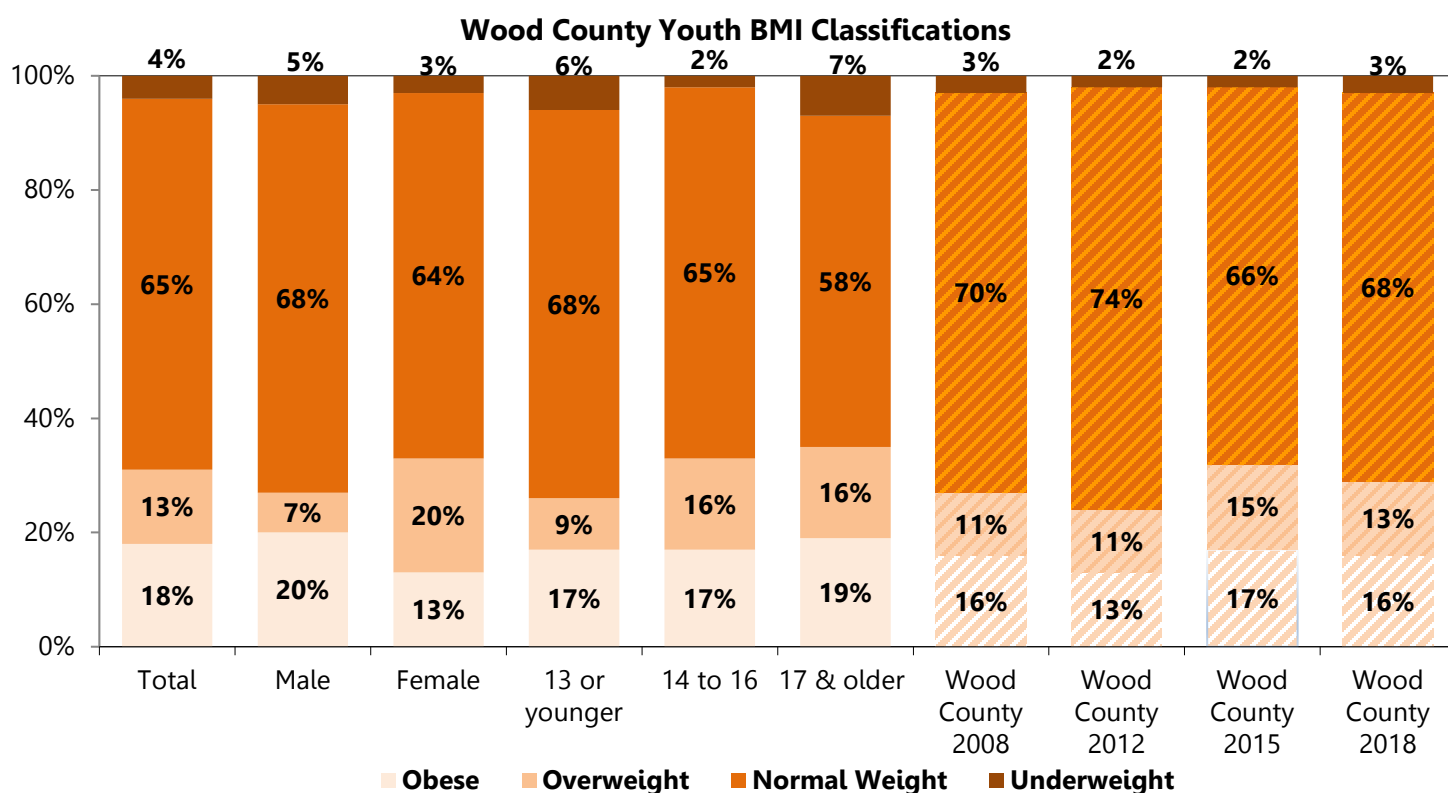
Wood County Youth BMI Classifications

	Total	Male	Female	13 or younger	14 to 16	17 & older	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018
Underweight	4%	5%	3%	6%	2%	7%	3%	2%	2%	3%
Normal Weight	65%	68%	64%	68%	65%	58%	70%	74%	66%	68%
Overweight	13%	7%	20%	9%	16%	16%	11%	11%	15%	13%
Obese	18%	20%	13%	17%	17%	19%	16%	13%	17%	16%

Legend: Obese, Overweight, Normal Weight, 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.

Healthy People 2030
Nutrition and Weight Status (NWS)

Objective	Wood County 2021	U.S. 2019	Ohio 2019	Healthy People 2030 Target
NWS-04 Reduce the proportion of children and adolescents with obesity aged 2 to 19 years	18% (6-12 Grade) 16% (9-12 Grade)	16% (9-12 Grade)	17% (9-12 Grade)	16%* (Youth 2-19 years)

Note: The Healthy People 2030 target is for children and youth aged 2-19 years.
(Sources: Healthy People 2030 Objectives, 2019 YRBS, 2021 Wood County Youth Health Assessment)

Youth Comparisons	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
Obese	13%	17%	16%	18%	16%	17%	16%
Overweight	11%	15%	13%	13%	16%	12%	16%
Described themselves as slightly or very overweight	27%	29%	30%	28%	31%	N/A	32%
Trying to lose weight	48%	41%	45%	40%	46%	N/A	48%
Exercised to lose weight (in the past 30 days)	50%	43%	56%	46%	51%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	32%	27%	32%	33%	43%	N/A	N/A
Went without eating for 24 hours or more (in the past 30 days)	6%	3%	6%	8%	13%	N/A	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	1%	1%	3%	1%	3%	N/A	N/A
Vomited or took laxatives (in the past 30 days)	1%	2%	2%	3%	4%	N/A	N/A
Physically active at least 60 minutes per day on every day (in the past week)	28%	28%	31%	31%	25%	24%	23%
Physically active at least 60 minutes per day on five or more days (in the past week)	52%	49%	54%	53%	49%	43%	44%
Did not participate in at least 60 minutes of physical activity on any day (in the past week)	11%	14%	10%	10%	13%	17%	17%

N/A – Not Available

Youth Health: Tobacco Use

Key Findings

In 2021, 2% of Wood County youth were current smokers, having smoked at some time in the past 30 days. The average age of onset for smoking was 12.7 years old. Nine percent (9%) of youth used e-cigarettes/vapes in the past year.

Youth Tobacco Use Behaviors

- In 2021, 8% of youth had tried cigarette smoking, even one or two puffs, increasing to 20% of those ages 17 and older.

- Three percent (3%) of <u>all</u> Wood County youth had tried cigarette smoking, even one or two puffs, for the first time before the age of 13.

- Fourteen percent (14%) of all those who had smoked a whole cigarette did so at 10 years old or younger, and another 29% had done so by 12 years old. The average age of onset for smoking was 12.7 years old.

- Two percent (2%) of Wood County youth were current smokers, having smoked at some time in the past 30 days.

> ## Approximately 1,120 Wood County youth used e-cigarettes/vapes in the past year.

- Eighty-three percent (83%) of Wood County youth who were current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.

- Wood County youth used the following forms of tobacco in the past year: e-cigarettes (9%); cigarettes (4%); Swishers (3%); Black & Milds (2%); cigars (1%); chewing tobacco, snuff, dip (1%); hookah (1%); pouch (1%); little cigars (1%); cigarillos (1%); bidis (1%); and dissolvable tobacco products (1%).

- Nine percent (9%) of youth vaped **nicotine** in the past 30 days.

- Five percent (5%) of youth vaped **marijuana** in the past 30 days.

- Four percent (4%) of youth vaped **just flavoring** (without any nicotine or marijuana) in the past 30 days.

- Youth smokers reported the following ways of obtaining cigarettes:
  — Borrowed (or bummed) cigarettes from someone else (71%)
  — A person 18 years or older gave them the cigarettes (57%)
  — Took them from a family member (43%)
  — Bought cigarettes from a store such as a convenience store, supermarket, discount store, or gas station (29%)
  — Vending machine (14%)
  — Got them some other way (14%)

- During the past year, 41% of youth who used tobacco tried to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products.

The following graph shows the percentage of Wood County youth who were current smokers. Examples of how to interpret the information includes: 2% of all Wood County youth were current smokers, including 2% of males and 7% of those 17 and older.
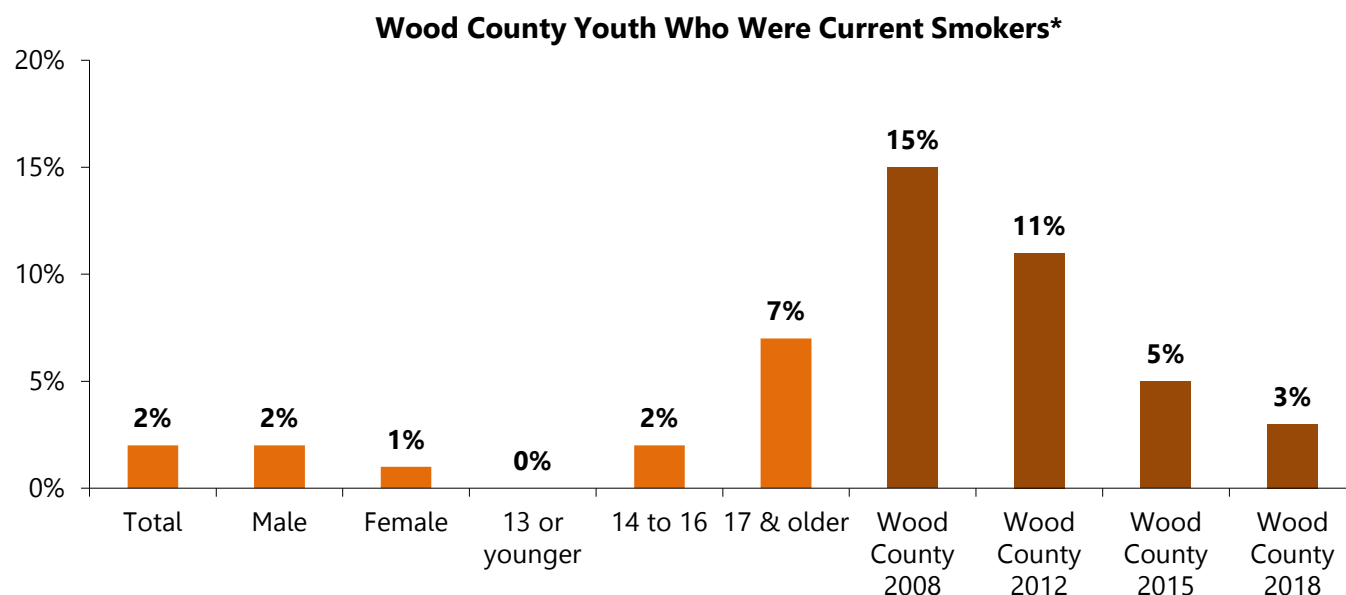
Wood County Youth Who Were Current Smokers*

*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.

The table below indicates correlations between current smokers and participating in other risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 83% of current smokers experienced 3 or more adverse childhood experiences in their lifetime, compared to 18% of non-current smokers.

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

Youth Behaviors	Current Smoker	Non-Current Smoker
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	83%	18%
Had at least one drink of alcohol (in the past 30 days)	83%	10%
Felt sad or hopeless almost every day for 2 or more weeks in a row (in the past 12 months)	67%	28%
Used marijuana (in the past 30 days)	67%	4%
Misused prescription medications (in the past 30 days)	50%	2%
Bullied on school property (in the past 12 months)	33%	14%
Seriously considered attempting suicide (in the past 12 months)	33%	13%
Attempted suicide (in the past 12 months)	17%	5%

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

Healthy People 2030
Tobacco Use (TU)

Objective	Wood County 2021	U.S. 2019	Healthy People 2030 Target
TU-06 Reduce use of cigarettes by adolescents (in the past month)	2% (6-12 Grade) 4% (9-12 Grade)	6% (9-12 Grade)	3% (6-12 Grade)

Note: The Healthy People 2030 target is for youth in grades 6-12.
(Sources: Healthy People 2030 Objectives, 2019 YRBS, 2021 Wood County Youth Health Assessment)

Youth Comparisons	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
Ever tried cigarette smoking (even one or two puffs)	27%	21%	14%	8%	13%	22%	24%
Smoked a cigarette, even one or two puffs, before the age of 13 (for the first time of all youth)	9%	6%	5%	3%	3%	9%	8%
Current smoker (smoked on at least one day during the past 30 days)	11%	5%	3%	2%	4%	5%	6%
Tried to quit smoking (of those youth who smoked in the past year)	55%	46%	45%	41%	28%	N/A	48%

N/A- Not Available

E-Cigarettes and Young People: A Public Health Concern

- E-cigarettes are devices that typically deliver nicotine flavorings and other additives to users through an inhaled aerosol.

- E-cigarettes are a rapidly emerging trend and are especially popular among youth and young adults.

- E-cigarettes can also be used to deliver other drugs, such as marijuana.

- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

- Now, e-cigarettes are the most commonly used form of tobacco by youth in the U.S.

- Reasons reported by young people for use, includes:
  — Curiosity
  — Taste
  — Belief that they are less harmful that other tobacco products

(Source: CDC, E-Cigarettes and Young People: A Public Health Concern, July 7, 2021)

Youth Health: Alcohol Consumption

Key Findings

Eleven percent (11%) of Wood County youth had at least one drink of alcohol in the past 30 days, increasing to 27% of those over the age of 17. Forty-three percent (43%) of youth who reported drinking in the past 30 days had at least one episode of binge drinking. In the past month, 2% of all youth drivers had driven a car after they had been drinking alcohol.

Youth Alcohol Consumption

- Twenty-eight percent (28%) of youth had at least one drink of alcohol in their life, increasing to 53% of those ages 17 and older.

- Twenty-eight (28%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 38% took their first drink between the ages of 13 and 14, and 34% started drinking between the ages of 15 and 18. The average age of onset was 13.1 years old.

- Of all youth, 7% had drunk alcohol for the first time before the age of 13.

- In 2021, 11% of youth had at least one drink in the past 30 days, increasing to 27% of those ages 17 and older.

- Based on all youth surveyed, 5% of Wood County youth reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers. Of those who drank, 43% were defined as binge drinkers.

Teen Drinking: On the Decline

- Year-over-year prevalence rates increased slightly from 2019 to 2020 among students in 8th, 10th, and 12th grades. However, binge drinking trends (defined as five or more drinks in a row in the past two weeks) appear to be evening out, but still lower than in previous peak years.

- Three out of four 8th graders (75%) report they have never consumed alcohol, down 65% proportionally from 70% in 1991 to 25% in 2019.

- During this same period, annual consumption rates continued to trend downward reaching a new record low among tenth graders and high school seniors, declining 64% proportionally among 8th graders, 48% among 10th graders, and 33% among 12th graders.

(Source: Foundation for Advancing Alcohol Responsibility: Underage Drinking Statistics, 2019)

Approximately 1,369 Wood County youth had at least one drink in the past 30 days.

- Youth drinkers reported they got their alcohol from the following: someone gave it to them (42%), someone older bought it (32%), a parent gave it to them (29%), took it from a store or family member (24%), an older friend or sibling bought it (13%), a friend's parent gave it to them (13%), bought it in a store (11%), bought it with a fake ID (8%), and some other way (26%).

- Ten percent (10%) of youth reported that they rode in a car or other vehicle with a driver who had been drinking alcohol.

- Two percent (2%) of youth drivers reported that they drove a car or other vehicle when they had been drinking alcohol in the past month.

The following graphs show the percentage of Wood County youth who drank in their lifetime and those who were current drinkers. An example of how to interpret the information includes: 28% of all Wood County youth had drank at some time in their life, including 22% of males and 34% of females.

Wood County Youth Who Had At Least One Drink In Their Lifetime
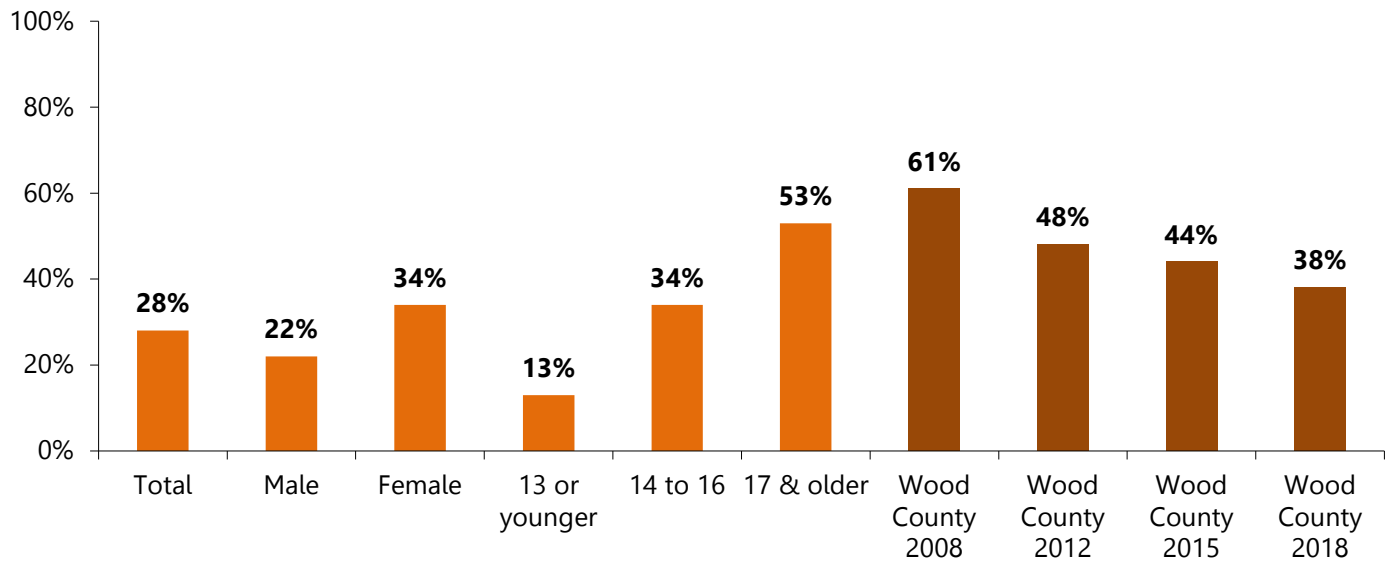
Wood County Youth Who Were Current Drinkers*
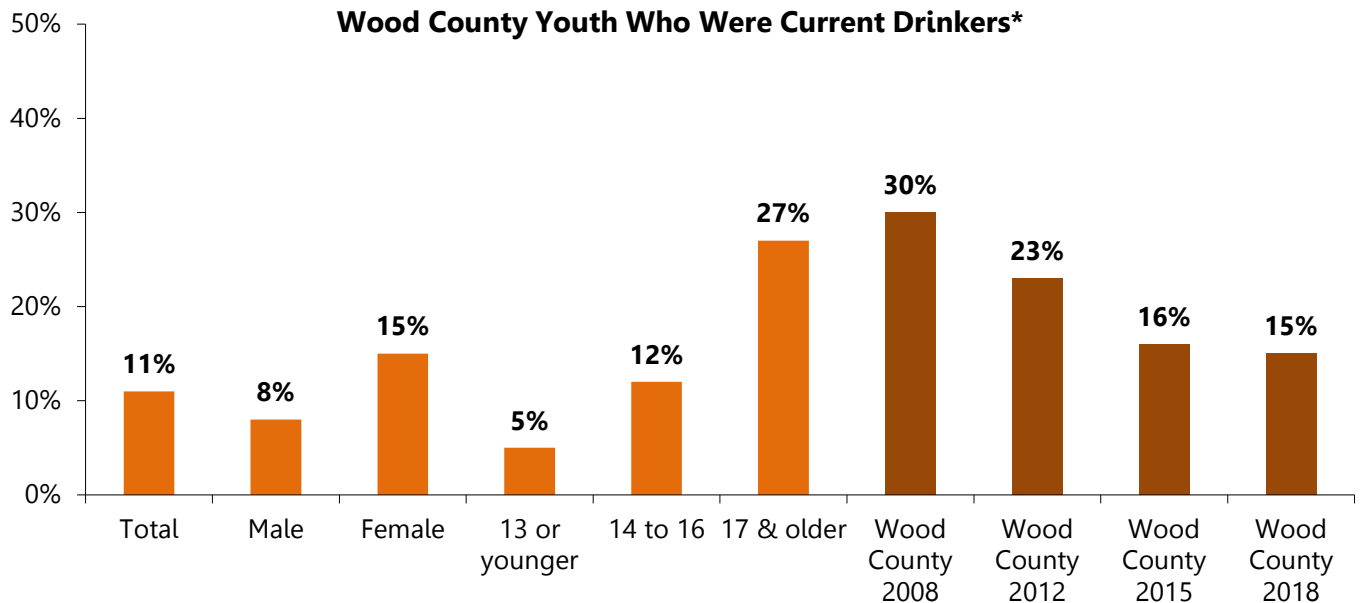
*Current drinker is defined as any individual who has had at least one alcoholic beverage in the past 30 days.

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 Wood County youth who binge drank in the past month. An example of how to interpret the information includes: 5% of all Wood County youth had binge drank in the past month, including 5% of males and 20% of those ages 17 and older.

Wood County Youth Binge Drinking in the Past Month*
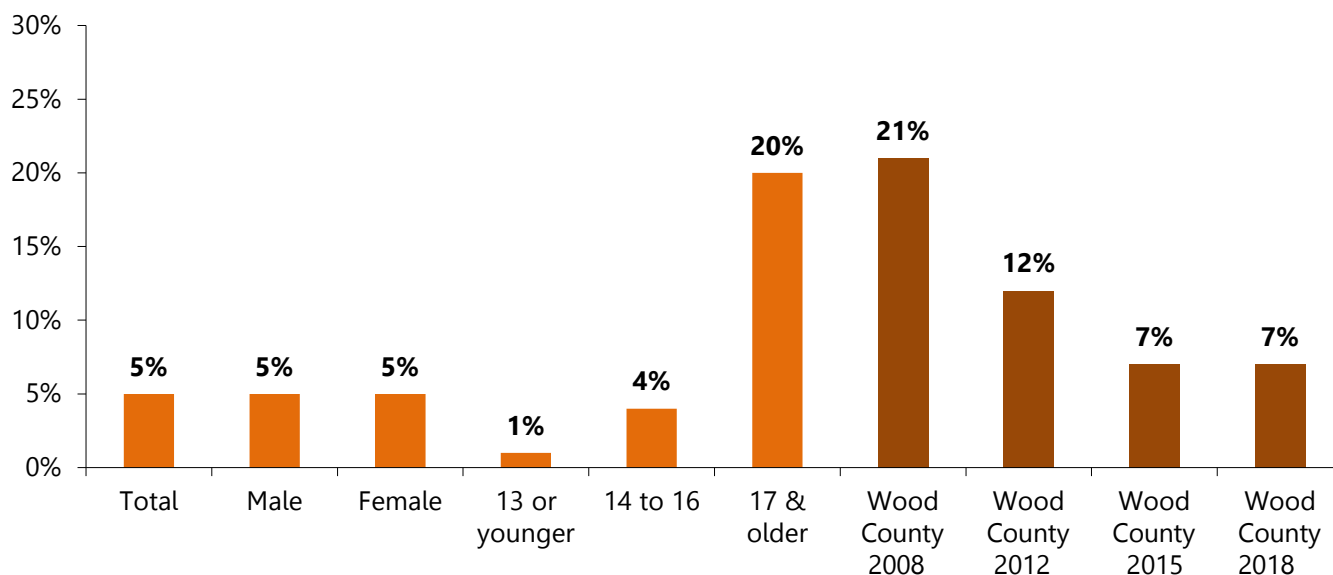
*Based on all youth. Binge drinker is defined as the consumption of five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month.
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
Ever tried alcohol	48%	44%	38%	28%	40%	N/A	N/A
Current drinker (at least one drink of alcohol on at least one day during the past 30 days)	23%	16%	15%	11%	17%	26%	29%
Binge drinker (females drank four or more drinks while males drank five or more drinks within a couple of hours on at least one day during the past 30 days)	12%	7%	7%	5%	10%	13%	14%
Drank for the first time before age 13 (of all youth)	18%	11%	10%	7%	6%	16%	15%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on one or more occasion during the past 30 days)	17%	13%	12%	10%	12%	N/A	17%
Drove when they had been drinking alcohol (of youth drivers on one or more occasion during the past 30 days)	3%	4%	1%	2%	3%	N/A	5%
Obtained the alcohol they drank by someone giving it to them (of current drinkers)	41%	33%	36%	42%	37%	N/A	41%

N/A- Not Available

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: 63% of current drinkers felt sad or hopeless for two or more weeks in a row in the past 12 months, compared to 25% of non-current drinkers.

Behaviors of Wood County Youth
Current Drinkers vs. Non-Current Drinkers*

Youth Behaviors	Current Drinker	Non-Current Drinker
Felt sad or hopeless for two or more weeks in a row (in the past 12 months)	63%	25%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	53%	15%
Seriously considered attempting suicide (in the past 12 months)	44%	10%
Bullied on school property (in the past 12 months)	33%	12%
Used marijuana (in the past 30 days)	28%	2%
Attempted suicide (in the past 12 months)	18%	3%
Misused prescription medications (in their lifetime)	13%	2%
Smoked cigarettes (in the past 30 days)	13%	0%

*Current drinkers are those youth surveyed who have self-reported having at least one drink of alcohol in the past 30 days.

Healthy People 2030
Substance Use (SU)

Objective	Wood County 2021	U.S. 2019	Healthy People 2030 Target
SU-04 Reduce the proportion of adolescents who drank alcohol in the past month (of all youth)	11% (6-12 Grade) 17% (9-12 Grade)	29% (9-12 Grade)	6%*

Note: The Healthy People 2030 target is for youth aged 12-17 years.
(Sources: Healthy People 2030 Objectives, 2019 YRBS, 2021 Wood County Youth Health Assessment)

Youth Health: Drug Use

Key Findings

In 2021, 5% of Wood County youth had used marijuana at least once in the past 30 days, increasing to 18% of those ages 17 and older. Three percent (3%) of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life. In the past 12 months, 4% of youth reported being offered, sold, or given an illegal drug on school property.

Youth Drug Use

- In 2021, 5% of all youth had used marijuana at least once in the past 30 days, increasing to 18% of those 17 and older. Four percent (4%) of youth had used marijuana more than once in the past month.

- Wood County youth had tried the following in their life:
  — Inhalants (2%)
  — Liquid THC (2%)
  — Ecstasy/MDMA/Molly (2%)
  — Misused over-the-counter medication (2%)
  — Steroids (1%)
  — Cocaine (1%)
  — Hallucinogenic drugs (1%)
  — Posh/salvia/synthetic marijuana (1%)
  — Methamphetamines (1%)
  — Misused cough syrup (1%)
  — Bath salts (1%)
  — Had been to a pharm party (1%)
  — K2/spice (1%)
  — GhB (liquid ecstasy) (1%)
  — Misused hand sanitizer (1%)
  — Heroin (1%)

- Three percent (3%) of Wood County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 5% of those over the age of 17.

- During the past 12 months, 4% of all Wood County youth reported that someone had offered, sold, or given them an illegal drug on school property.

- The following would keep youth from seeking help for alcohol, tobacco or other drug use: the possibility of getting in trouble (26%), not knowing where to go (12%), time (8%), cost (4%), and transportation (2%). Seventy-four percent (74%) of youth reported they did not think they needed help.

Drug Perceptions

- Youth reported their <u>parents</u> would disapprove of them doing the following: misusing prescription drugs (87%), smoking cigarettes (85%), using e-cigarettes/vapes (84%), using marijuana (82%), and drinking alcohol (78%).

- Youth reported their <u>friends</u> would disapprove of them doing the following: misusing prescription drugs (79%), smoking cigarettes (77%), using marijuana (69%), using e-cigarettes/vapes (67%), and drinking alcohol (61%).

The following graphs indicate youth lifetime drug use and youth marijuana use in the past 30 days. An example of how to interpret the information on the first graph includes: 3% of youth had misused prescription medications at some point in their life, including 3% of males and 2% of females.

Wood County Youth Lifetime Drug Use

Legend: Total, Male, Female, Wood County 2018

Wood County Youth Marijuana Use 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 Comparisons	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
Youth who used marijuana (in the past month)	12%	8%	9%	5%	10%	16%	22%
Used methamphetamines (in their lifetime)	2%	<1%	1%	1%	2%	N/A	2%
Used cocaine (in their lifetime)	4%	1%	2%	1%	2%	4%	4%
Used heroin (in their lifetime)	3%	0%	0%	1%	1%	2%	2%
Used steroids without a doctor's prescription (in their lifetime)	3%	1%	2%	1%	3%	N/A	2%
Used inhalants (in their lifetime)	7%	3%	3%	2%	3%	8%	6%
Used ecstasy/MDMA/molly (in their lifetime)	4%	2%	1%	2%	3%	N/A	4%
Ever misused prescription medications (in their lifetime)	11%	6%	5%	3%	5%	12%	14%
Ever been offered, sold, or given an illegal drug by someone on school property (in the past year)	8%	5%	6%	4%	5%	15%	22%

N/A – Not available

The table below indicates correlations between current marijuana use and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 72% of current marijuana users experienced 3 or more ACEs in their lifetime, compared to 17% of non-current marijuana users.

Behaviors of Wood County Youth
Current Marijuana Use vs. Non-Current Marijuana Use*

Youth Behavior	Current Marijuana User	Non-Current Marijuana User
Felt sad or hopeless for two or more weeks in a row (in the past 12 months)	78%	26%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	72%	17%
Seriously considered attempting suicide (in the past 12 months)	56%	12%
Attempted suicide (in the past 12 months)	22%	4%
Misused prescription medications (in their lifetime)	22%	2%

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

Youth Health: Mental Health

Key Findings

In 2021, 29% 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 in the past year. Fourteen percent (14%) of youth had seriously considered attempting suicide in the past year, and 5% attempted suicide in the past year.

Youth Mental Health

- In the past year, 29% 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 36% of females.

- Fourteen percent (14%) of youth reported they had seriously considered attempting suicide in the past 12 months.

- In the past year, 5% of Wood County youth had attempted suicide. One percent (1%) of youth had made more than one attempt.

> **Approximately 3,608 Wood County youth reported they felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities.**

- Wood County youth reported the following caused them anxiety, stress, or depression: academic success (48%), self-image (36%), sports (33%), fighting with friends (30%), death of a close family member or friend (27%), peer pressure (26%), other stress at home (24%), COVID-19 (24%), fighting at home (20%), social media (18%), dating relationship (14%), current news/world events/political environment (14%), a breakup (13%), being bullied (13%), parent divorce/separation (13%), caring for younger siblings (13%), poverty/no money (8%), sick parent (8%), alcohol/drug use in the home (6%), sexual orientation (5%), not having enough to eat (3%), not having a place to live (2%), and other (9%).

- Wood County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (41%), hobbies (33%), exercising (29%), texting someone (28%), talking to someone in their family (25%), eating (21%), talking to a peer (21%), using social media (17%), writing in a journal (12%), pray/reading the Bible (11%), shopping (10%), breaking something (9%), and drink alcohol/smoke/use tobacco/use illegal drugs (3%). Twenty-three percent (23%) of youth reported they did not have anxiety, stress, or depression.

- When youth had feelings of depression or suicide, they talked to the following: a best friend (59%); parents (33%); a girlfriend or boyfriend (22%); brother/sister (22%); caring adults (10%); an adult relative such as a grandparent, aunt or uncle (10%); professional counselor (8%); teacher (8%); coach (7%); adult friend (6%); school counselor (6%); pastor/priest/youth minister (3%); a religious leader (2%); Crisis Text Line (2%); and other (7%). Twenty-five percent (25%) of youth reported they had no one to talk to when they had feelings of depression or suicide.

The following graphs show the percentage of Wood County youth who seriously considered attempting suicide in the past year and had attempted suicide in the past year. An example of how to interpret the information on the first graph includes: 14% of youth seriously considered attempting suicide in the past year, including 18% of females.
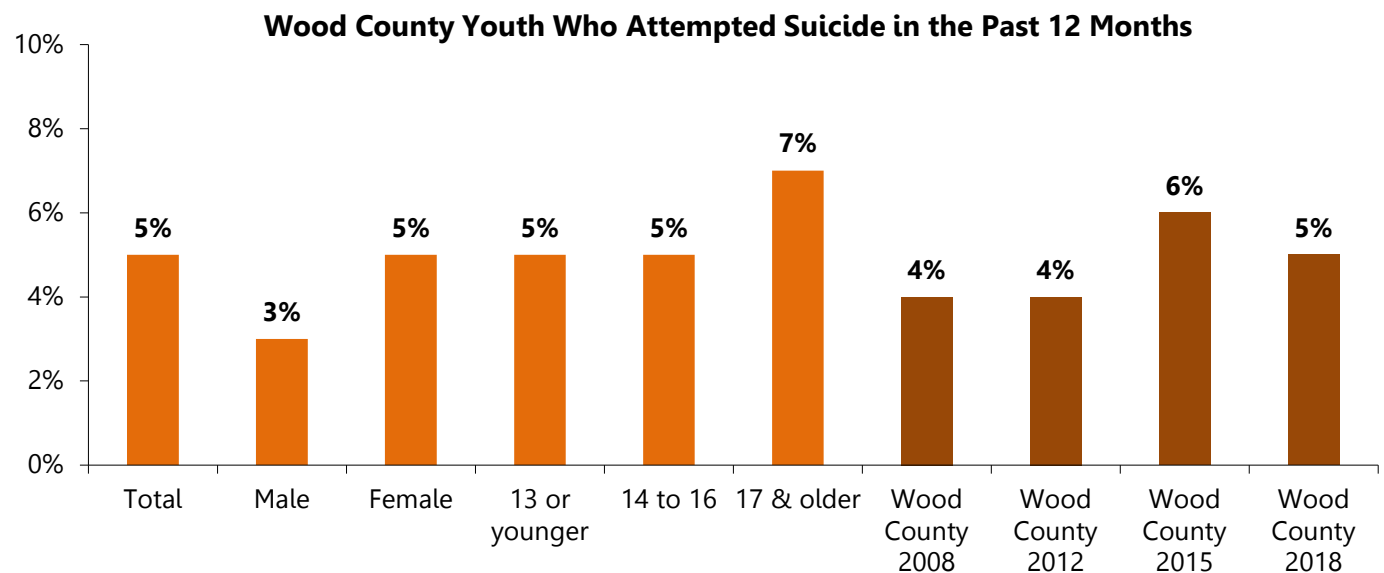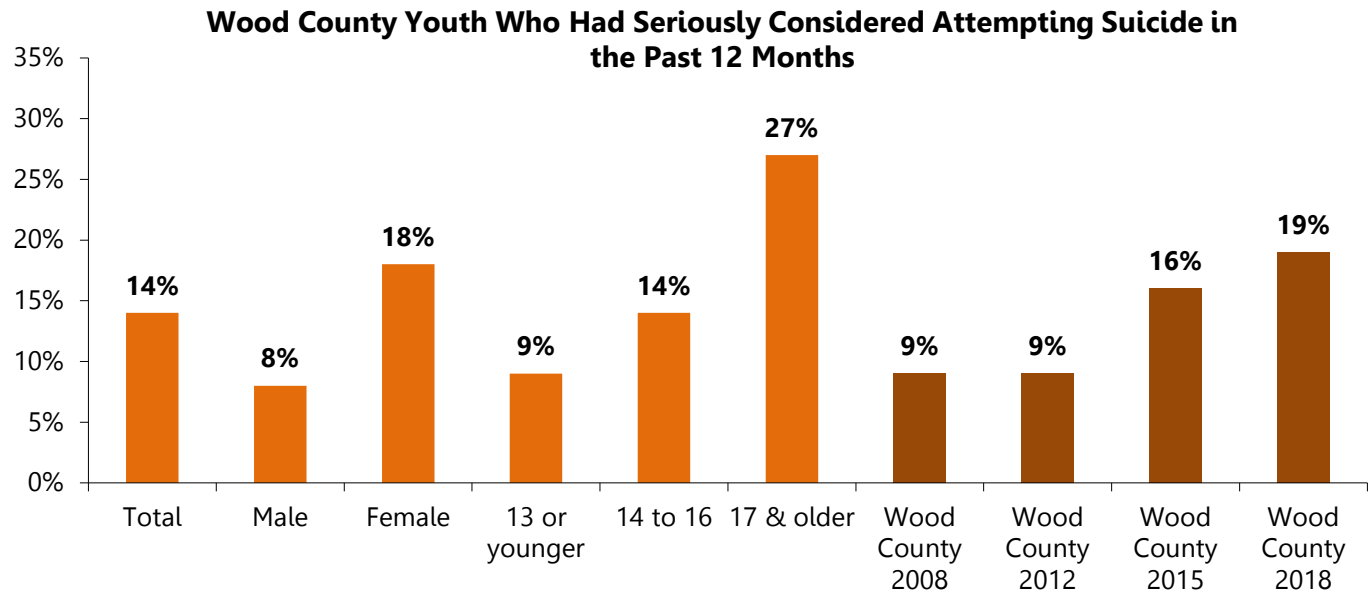
Wood County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 Months

Category	Percentage
Total	14%
Male	8%
Female	18%
13 or younger	9%
14 to 16	14%
17 & older	27%
Wood County 2008	9%
Wood County 2012	9%
Wood County 2015	16%
Wood County 2018	19%

Wood County Youth Who Attempted Suicide in the Past 12 Months

Category	Percentage
Total	5%
Male	3%
Female	5%
13 or younger	5%
14 to 16	5%
17 & older	7%
Wood County 2008	4%
Wood County 2012	4%
Wood County 2015	6%
Wood County 2018	5%

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 Wood County youth 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: 29% of youth felt sad or hopeless for two or more weeks in a row in the past year, including 19% of males and 36% of females.

Wood County Youth Who Felt Sad or Hopeless for 2 or More Weeks in a Row in the Past 12 Months

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	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
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)	20%	26%	27%	29%	34%	33%	37%
Seriously considered attempting suicide (in the past 12 months)	9%	16%	19%	14%	19%	16%	19%
Attempted suicide (in the past 12 months)	4%	6%	5%	5%	6%	7%	9%

Youth Health: Social Determinants of Health

Key Findings

Seventy-two percent (72%) of youth had been to the doctor for a routine check-up in the past year. Almost one-fifth (19%) of youth experienced three or more adverse childhood experiences (ACEs) in their life. Twenty-three percent (23%) of youth would like to see more types of healthier snacks offered in their schools.

Personal Health

- Seventy-two percent (72%) of youth had been to the doctor or healthcare professional for a routine check-up in the past year.

- Wood County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work at the following frequencies: less than a year ago (78%), 1 to 2 years ago (10%), more than 2 years ago (4%), never (1%), and do not know (7%).

<div>

Youth Health and Academics

- Academic success of America's youth is strongly linked with their health and is one way to predict adult health outcomes.

- Health-risk behaviors such as early sexual initiation, violence, and substance use are consistently linked to poor grades and test scores.

- Research shows that school health programs reduce the prevalence of health risk behaviors among young people and have a positive effect on academic performance.

- Academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes.

(Source: CDC, Adolescent and School Health: Health & Academics, August 13, 2019)

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- On an average school night, youth reported sleeping for the following amounts of time: 4 or less hours (6%), 5 hours (9%), 6 hours (21%), 7 hours (25%), 8 hours (29%), 9 hours (8%), and 10 or more hours (2%). Youth slept for an average of 7.0 hours on school nights.

- Three percent (3%) of youth reported they went to bed hungry because their family did not have enough money for food at least one night per week. One percent (1%) of youth went to bed hungry every night of the week.

- Youth reported that they would put themselves at a greater health risk if they did any of the following: drink alcohol and then drive (71%), smoke cigarettes (71%), text while driving (69%), use prescription drugs not prescribed to them (68%), use e-cigarettes/vapes (67%), drink alcohol (63%), bully others (62%), use marijuana (61%), carry a weapon (47%), participate in other sexual activities (38%), and participate in sexual intercourse (37%).

Youth Comparisons	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
Visited a dentist within the past year (for a check-up, exam, teeth cleaning, or other dental work)	82%	79%	78%	78%	74%	N/A	N/A

N/A- Not Available

The following graph shows Wood County youth who had visited the dentist in the past year. An example of how to interpret the information includes: 78% of youth had visited the dentist in the past year, including 82% of those ages 13 or younger.
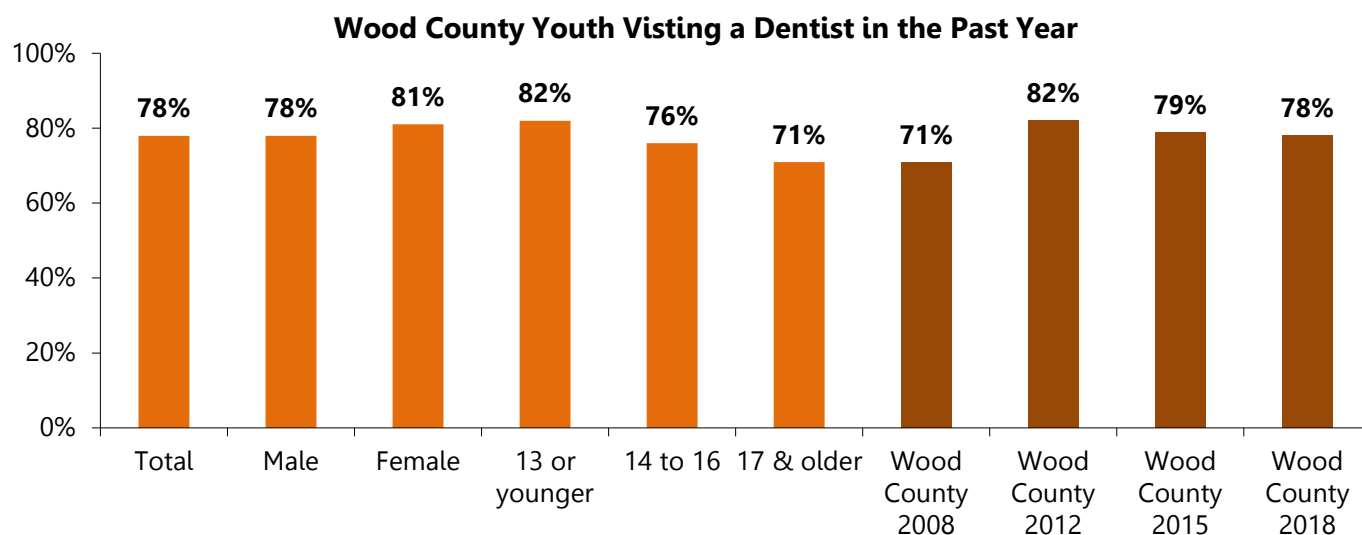
Wood County Youth Visting a Dentist in the Past Year

Category	Percentage
Total	78%
Male	78%
Female	81%
13 or younger	82%
14 to 16	76%
17 & older	71%
Wood County 2008	71%
Wood County 2012	82%
Wood County 2015	79%
Wood County 2018	78%

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.

Personal Safety

- In the past month, youth drivers did the following while driving: wore a seatbelt (83%), ate (41%), talked on their cell phone (31%), drove while tired or fatigued (28%), texted (21%), used their cell phone other than for talking or texting (19%), used marijuana (5%), used illegal drugs (4%), applied makeup (4%), reading (2%), drank alcohol (2%), and misused prescription drugs (2%).

- Over half (55%) of youth drivers had more than one distraction while driving.

- Eighty-nine percent (89%) of youth had a social media or online gaming account. Of those youth who had an account, they agreed with the following statements:
  — They knew all of their "friends" (51%)
  — Their account was currently checked private (49%)
  — They knew all of the people they played online with (37%)
  — Their parents had their password (29%)
  — Their friends had their password (12%)
  — They had been asked to meet someone they met online (9%)
  — They were bullied because of their accounts (7%)
  — They shared personal information, such as where they lived (7%)
  — Their parents did not know they had an account (5%)
  — They had participated in sexual activity with someone they met online (3%)

- Sixty-eight percent (68%) of youth who had a social media or online gaming account believed that sharing information online is dangerous.

Social and Community Context

- Wood County youth reported living with the following individuals: both parents (66%), one of their parents (13%), mother and step-father (11%), father and step-mother (3%), grandparents (3%), mother and her partner (1%), guardians/foster parents (1%), another relative (1%), and on their own or with friends (1%).

- Ninety-one percent (91%) of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (61%), exercising (outside of school) (58%), school club or social organization (37%), part-time job (26%), caring for siblings after school (22%), church or religious organization (17%), babysitting for other kids (15%), volunteering in the community (12%), church youth group (11%), caring for parents or grandparents (4%), and some other organized activity (Scouts, 4H, etc.) (18%).

- Youth reported they would like to see the following programs or activities offered in their schools:
  — School salad bar (25%)
  — Physical activity education (25%)
  — Healthier snacks (23%)
  — Locally grown foods offered in the cafeteria (23%)
  — School community garden (19%)
  — Safe walking or biking to school (15%)
  — Nutrition education (15%)
  — Summer meal program (13%)
  — Wellness policies (13%)
  — After-school lunch program (9%)

- During the past year, youth reported they had experienced the following gambling situations: experienced financial trouble that required help from family or friends (2%); were restless, irritable, or anxious when trying to stop or cut down on gambling (1%); and lied to family members, friends, or others about how much they gambled or money they lost on gambling (1%).

- During the past year, youth reported having difficulties controlling their gaming activity at the following frequencies:
  — Very often (2%)
  — Often (2%)
  — Sometimes (10%)
  — Rarely (17%)
  — Never (69%)

- During the past year, youth reported prioritizing gaming over other life interests and daily activities at the following frequencies:
  — Very often (2%)
  — Often (4%)
  — Sometimes (9%)
  — Rarely (12%)
  — Never (73%)

- During the past year, youth reported continuing gaming despite the occurrence of negative consequences at the following frequencies:
  — Very often (3%)
  — Often (3%)
  — Sometimes (6%)
  — Rarely (12%)
  — Never (76%)

- During the past year, youth reported <u>experiencing significant problems (i.e., personal, family, social, etc.) due to the severity of their gaming behavior</u> at the following frequencies:
  — Very often (2%)
  — Often (1%)
  — Sometimes (2%)
  — Rarely (8%)
  — Never (88%)

- Youth reported the following childhood adverse experiences (ACEs):
  — Parents became separated or were divorced (27%)
  — Parents or adults in home swore at them, insulted them, or put them down (22%)
  — Lived with someone who was depressed, mentally ill, or suicidal (17%)
  — Parents were not married (15%)
  — Family did not look out for each other, feel close to each other, or support each other (12%)
  — Lived with someone who was a problem drinker or alcoholic (12%)
  — Lived with someone who served time or was sentenced to serve time in prison or jail (10%)
  — Lived with someone who used illegal street drugs or abused prescription drugs (7%)
  — Parents or adults in the home abused each other (6%)
  — Parents or adults in home abused them (5%)
  — Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (5%)
  — Someone 5 years older than them touched them sexually (3%)
  — An adult or someone 5 years older than them tried to make them touch them sexually (2%)
  — An adult or someone 5 years older than them forced them to have sex (1%)

- Almost two-fifths (19%) of youth had three or more adverse childhood experiences.

The table below indicates correlations between those who experienced three 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: 69% of those who felt sad or hopeless two or more weeks in a row, compared to 11% of those who did not experience any ACEs.

Behaviors of Wood 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
Felt sad or hopeless for two or more weeks in a row (in the past 12 months)	69%	11%
Seriously considered attempting suicide (in the past 12 months)	32%	7%
Attempted suicide (in the past 12 months)	13%	1%
Misused prescription medications (in their lifetime)	13%	0%

"ACEs" indicate youth who self-reported having experienced three or more adverse childhood experiences in their lifetime.

Youth Health: Violence

Key Findings

Thirty percent (30%) of youth had been bullied in the past year. One-in-twelve (8%) youth carried a weapon (such as a gun, knife or club) in the past month. In the past year, 15% of youth had been involved in a physical fight. Five percent (5%) of youth had been hit, slapped, or physically hurt by an adult or caregiver in the past month.

Violence-Related Behaviors

- One in twelve (8%) youth carried a weapon (such as a gun, knife or club) in the past 30 days.

- One-fifth (20%) of youth had purposefully hurt themselves at some time in their lives. They did so in the following ways: scratching (14%), cutting (11%), hitting (11%), biting (7%), burning (3%), and self-embedding (2%).

> **Approximately 1,866 Wood County youth had been bullied on school property in the past year.**

Physical and Sexual Violence

- Two percent (2%) of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months.

- In the past year, 5% of youth reported an adult or caregiver had ever hit, slapped, or physically hurt them on purpose.

- In the past year, 15% of youth had been involved in a physical fight. Eight percent (8%) had been in a fight on more than one occasion.

- Wood County youth had been forced to engage in the following: touched in an unsafe sexual way (7%), sexual intercourse (2%), oral sex (2%), and other sexual activity (2%).

Bullying

- Thirty percent (30%) of youth had been bullied in the past year. The following types of bullying were reported:
  — 21% of youth were verbally bullied (teased, taunted or called harmful names)
  — 18% of youth were indirectly bullied (spread mean rumors about them or kept them out of a "group")
  — 10% of youth were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
  — 4% of youth were physically bullied (were hit, kicked, punched or people took their belongings)
  — 3% of youth 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)

- Fifteen percent (15%) of youth had been bullied on school property in the past year, increasing to 19% of females.

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: 60% of those who had experienced bullying were depressed, compared to 23% of those who were not bullied.

Behaviors of Wood County Youth
Bullied vs. Non-Bullied

Youth Behavior	Bullied	Non-Bullied
Felt sad or hopeless almost every day for 2 or more weeks in a row (in the past 12 months)	60%	23%
Overweight or obese	50%	28%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	42%	15%
Seriously considered attempting suicide (in the past 12 months)	29%	11%
Had at least one drink of alcohol (in the past 30 days)	25%	9%
Carried a weapon (in the past 30 days)	13%	7%
Used marijuana (in the past 30 days)	11%	4%
Attempted suicide (in the past 12 months)	10%	4%
Misused prescription medications (in their lifetime)	6%	2%
Smoked cigarettes (in the past 30 days)	4%	1%

Types of Bullying Wood County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 Years and Younger	14-16 Years Old	17 Years and Older
Verbally Bullied	21%	15%	25%	22%	21%	22%
Indirectly Bullied	18%	7%	27%	16%	18%	22%
Cyber Bullied	10%	6%	11%	11%	9%	11%
Physically Bullied	4%	4%	2%	4%	3%	7%
Sexually Bullied	3%	2%	4%	1%	4%	4%

Healthy People 2030
Injury and Violence Prevention (IVP)

Objective	Wood County 2021	U.S. 2019	Healthy People 2030 Target
IVP-11 Fighting among adolescents	15% (6-12 Grade) 12% (9-12 Grade)	22% (9-12 Grade)	21% (9-12 Grade)

(Sources: Healthy People 2030 Objectives, 2019 YRBS, 2021 Wood County Youth Health Assessment)

The following graph shows Wood County youth who were bullied in the past year. An example of how to interpret the information includes: 30% of youth had been bullied in the past year, including 18% of males and 38% of females.

Wood County Youth Bullied in the Past Year

	Total	Male	Female	13 or younger	14 to 16	17 & older	Wood County 2008	Wood Count 2012	Wood County 2015	Wood County 2018
%	30%	18%	38%	31%	28%	29%	46%	42%	38%	37%

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	Wood County 2012 (6th-12th Grade)	Wood County 2015 (6th-12th Grade)	Wood County 2018 (6th-12th Grade)	Wood County 2021 (6th-12th Grade)	Wood County 2021 (9th-12th Grade)	Ohio 2019 (9th-12th Grade)	U.S. 2019 (9th-12th Grade)
Carried a weapon (in the past month)	10%	10%	9%	8%	7%	11%	13%
Had been in a physical fight (in the past year)	20%	16%	21%	15%	12%	19%	22%
Electronically/cyber bullied (in the past year)	13%	9%	12%	10%	9%	13%	16%
Bullied (in the past year)	42%	38%	37%	30%	28%	N/A	N/A
Bullied on school property (in the past year)	N/A	22%	23%	15%	11%	14%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (in the past year)	6%	3%	2%	2%	3%	10%	8%

N/A – Not Available

Child Health: Health and Functional Status

Key Findings

In 2021, 21% of children were classified as obese by Body Mass Index (BMI) calculations. Seventy-eight percent (78%) of Wood County parents had taken their child ages 0-11 to the dentist in the past year. Six percent (6%) of parents reported their child had been diagnosed with asthma. Eight percent (8%) of parents reported their child had been diagnosed with ADD/ADHD.

General Health Status of Children Ages 0-11

- In 2021, 98% of Wood County parents rated their child's health as excellent or very good. Two percent (2%) of parents rated their child's health as fair and 0% rated their child's health as poor.

- Nearly four-fifths (78%) of children in Wood County had been to the dentist in the past year, increasing to 90% of 6-11 year olds.

- Of those children who had not seen the dentist in the past year, parents gave the following reasons: child was not old enough to go/ dentist would not see child yet because of their age (58%), cost (4%), could not find a dentist who accepted child's insurance (4%), inconvenient times/could not get an appointment (3%), no referral (1%), no insurance (1%), dissatisfaction with dentist (1%), and other reasons (16%).

Weight Status and Nutrition

- More than one-fifth (21%) of children were classified as obese by Body Mass Index (BMI) calculations. Twelve percent (12%) of children were classified as overweight, 59% were normal weight, and 8% were underweight.

- Twenty-six percent (26%) of Wood County children ate 5 or more servings of fruits and vegetables per day. Half (50%) ate 3 to 4 servings per day; 21% ate 1 to 2 servings of fruits and vegetables per day; and 4% ate 0 servings per day.

- Less than one percent (<1%) of children consumed 5 or more servings of sugar-sweetened beverages per day. Two percent (2%) drank 3 to 4 servings per day; 41% consumed 1 to 2 servings per day; and 57% consumed 0 servings per day.

- No (0%) of children consumed 5 or more servings of caffeinated beverages per day. Seven percent (7%) consumed 1 to 2 servings per day, and 93% drank 0 servings per day.

- Wood County children consumed the following sources of calcium daily: milk (77%), yogurt (55%), other dairy products (45%), calcium-fortified juice (10%), calcium supplements (7%), lactose free milk/lactose intolerant (5%), or other calcium sources (12%).

- Parents reported their child had the following for breakfast: cereal (65%); milk (55%); toast (47%); eggs (45%); yogurt (40%); bacon, sausage, or ham (29%); Pop Tart, donut, or other pastry (28%); oatmeal (28%); fruit or fruit juice (27%); breast milk or formula (5%), nothing (3%); pizza (1%); candy (1%); and something else (11%). About one in nine (11%) children ate at the school breakfast program.

- Wood County children spent an average of 1.5 hours watching TV, 0.5 hour playing video games, 0.5 hour on a cell phone, and 0.4 hour on a computer outside of school work on an average day of the week.

Health Conditions

- Wood County parents were told by a doctor that their 0-11-year-old child had the following conditions:
  - Anxiety problems (11%)
  - Speech and language delays (8%)
  - ADD/ADHD (8%)
  - Asthma (6%)
  - Learning disability (4%)
  - Developmental delay (4%)
  - Overweight/obese (3%)
  - Behavioral/conduct problem (3%)
  - Autism or Autism Spectrum Disorder (ASD) (2%)
  - Depression (2%)
  - Genetic or inherited condition (2%)
  - Head injury, brain injury or concussion (2%)
  - Epilepsy/seizure disorder (2%)
  - Diabetes (<1%)
  - Obsessive-Compulsive Disorder (OCD) (<1%)

- Thirty percent (30%) of Wood County children ages 0-11 had at least one health condition.

- Parents reported their child took prescription medications for the following conditions with which they were diagnosed: attention deficit disorder or attention deficit hyperactivity disorder (ADD/ADHD) (78%), depression (57%), anxiety problems (25%), and autism or autism spectrum disorder (ASD) (0%).

- Four percent (4%) of parents reported their children ages 0-11 had an episode of asthma or had an asthma attack during the past 12 months.

- Of those who said their child had an asthma attack in the past 6 months, the reported places of treatment were the following: home (56%) or doctors office (31%). No parents reported taking their child to the emergency room or an urgent care center for treatment.

- Parents reported their child had the following allergies: environmental allergies (17%), animal allergies (6%), other food allergies (2%), milk (2%), red dye (1%), wheat (1%), peanuts (1%), gluten (<1%), eggs (<1%), and other (3%). Of those with allergies, 2% had an Epi-pen.

- Twenty-six percent (26%) of parents reported their child had difficulties in at least one of the following areas: emotions/moods (17%), concentration (14%), behavior (7%), and being able to get along with people (3%).

  - o Parents identified managing these difficulties in the following ways: family and friends take care of it (55%), get professional help (43%), school or day care (37%), and in-home care (0%). Eleven percent (11%) reported they do not need any help. Seven percent (7%) reported the difficulties are not being managed.

Child Comparisons	Wood County 2018 Ages 0-5	Wood County 2021 Ages 0-5	Ohio 2018/19 Ages 0-5	U.S. 2018/19 Ages 0-5	Wood County 2018 Ages 6-11	Wood County 2021 Ages 6-11	Ohio 2018/19 Ages 6-11	U.S. 2018/19 Ages 6-11
Rated health as excellent or very good	98%	99%	94%	94%	93%	97%	88%	90%
Dental care visit in the past year	53%	58%	59%*	63%*	93%	90%	92%	91%
Diagnosed with asthma	6%	4%	5%	6%	9%	7%	12%	13%
Diagnosed with autism or autism spectrum disorder (ASD)	1%	1%	N/A	2%**	4%	2%	N/A	3%
Diagnosed with ADHD/ADD	1%	0%	1%**	2%**	12%	14%	11%	10%
Diagnosed with behavioral or conduct problems	3%	1%	5%**	5%**	4%	5%	11%	10%
Diagnosed with a head injury, brain injury, or concussion	1%	1%	N/A	1%	2%	2%	N/A	3%

N/A – Not available
* Ages 1-5
** Ages 3-5

Children's Mental Health

- **What are mental health disorders?**
  — Mental disorders among children are described as serious changes in the way children usually learn, behave, or handle their emotions, which cause distress and problems getting through the day.

- **What are the symptoms of mental disorders?**
  — Symptoms may change over time as a child grows and may include difficulties with the way children play, learn, speak, and act or how the child handles their emotions. Diagnosis often occurs in the school years, however, some children with a disorder may not be recognized or diagnosed as having one.

- **How are mental health disorders treated?**
  — Childhood mental health disorders can be treated and managed. There are many treatment options based on the most current medical evidence and doctors should work closely with everyone involved in the child's treatment (teachers, coaches, therapists, family members, etc.)
  — Early diagnosis and appropriate treatment can make a huge difference in the lives of children with mental health disorders.

(Source: Centers for Disease Control and Prevention, Children's Mental Health, Updated March 2021)

Asthma

The following graph shows the percentage of children who were diagnosed with asthma for Wood County, Ohio, and the U.S.

- Wood County has a lower percentage of children ages 0-5 and 6-11 who were diagnosed with asthma, compared to Ohio and the U.S.

Wood County Children Diagnosed with Asthma

Ages 0-5: Wood County 2021 4%, Ohio 2018/2019 5%, U.S. 2018/2019 6%
Ages 6-11: Wood County 2021 7%, Ohio 2018/2019 12%, U.S. 2018/2019 13%

■ Wood County 2021   ■ Ohio 2018/2019   ■ U.S. 2018/2019
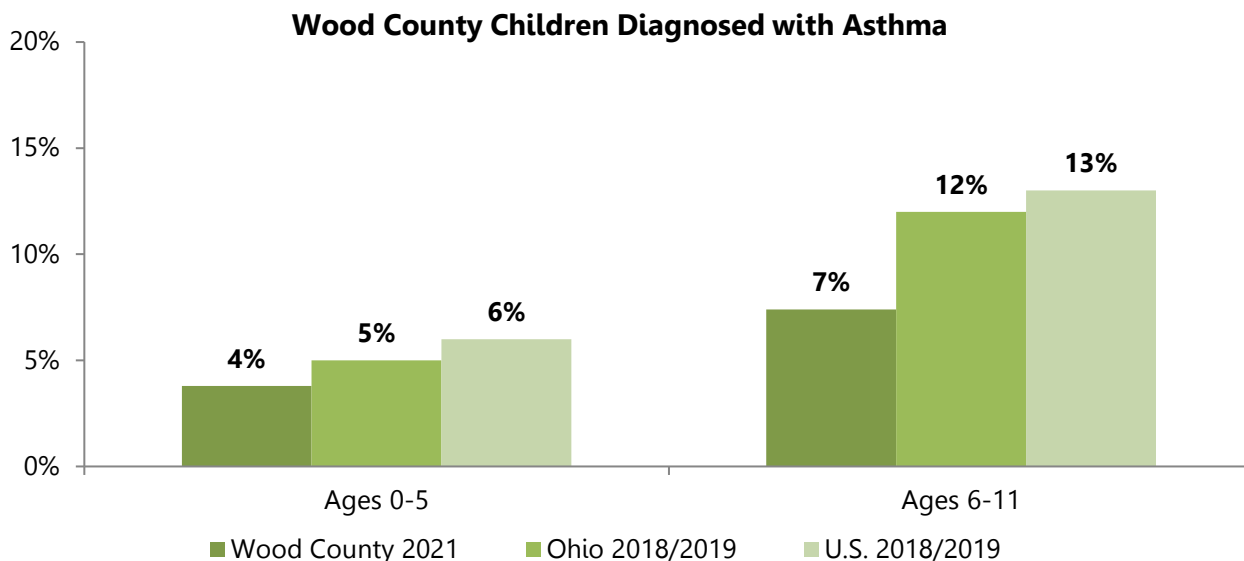
(Sources: National Survey of Children's Health & 2021 Wood County Health Assessment)

Asthma and Children

- Asthma is the most common chronic condition among children, currently affecting an estimated 6.1 million children under 18 years old, of which 3.5 million suffered from an asthma attack or episode in 2016.
- An asthma episode is a series of events that results in narrowed airways. These include swelling of the airway lining, tightening of the muscle surrounding the airways and increased secretion of mucus inside the airway. This narrowed airway causes difficulty breathing with the familiar "wheeze."
- When a child has asthma, their lungs are extra sensitive to certain "triggers." Each child reacts differently to the factors that may trigger asthma, including:
  — Excitement/stress
  — Indoor and outdoor air pollutants
  — Exposure to cold air or sudden temperature change
  — Allergic reactions to allergens such as pollen, dust, or mold
  — Respiratory infections and colds
  — Cigarette smoke
- Secondhand smoke can cause serious harm to children. An estimated 400,000 to one million children with asthma have their condition worsened due to secondhand smoke.
- Asthma can be life-threatening if not properly managed. In 2016, 169 U.S. children under 15 years old died from asthma.
- Asthma is the third-leading cause of hospitalization among children under the age of 15.
- Asthma is one of the leading causes of school absenteeism. In 2013, asthma accounted for 13.8 million lost school days in school-aged children with an asthma episode in the previous year.

(Source: American Lung Association, Asthma & Children Fact Sheet, updated October 23, 2020)

Child Health: Health Care Access

Key Findings

In 2021, 3% of Wood County parents reported their child did not have health insurance. One fifth (20%) of parents reported their child did not get all of the prescription medications they needed in the past year. Ninety-four percent (94%) of parents had taken their child to the doctor for preventive care in the past year.

Health Insurance of Children Ages 0-11

- Three percent (3%) of parents reported their child did not currently have health insurance.

- Wood County children were covered by the following types of health insurance: parent's employer or union (84%); Medicaid, Buckeye, Paramount, Molina, United, Care Source, or State Children's Health Insurance Program (S-CHIP) (7%); purchased directly from an insurance company (2%); TRICARE or other military health care (1%); Insurance Marketplace (<1%); and multiple types including employer based (2%).

- Parents reported their child's health insurance covered the following: well visits (100%), doctor visits (100%), immunizations (99%), prescription coverage (98%), hospital stays (97%), dental (95%), mental health (79%), vision (77%), and therapies (speech, occupational therapy, physical therapy, etc.) (69%).

> **2018/2019 National Survey of Children's Health**
>
> - 32% of Ohio 0-5 year olds and 35% of Ohio 6-11 year olds had public insurance.
>
> - 72% of Ohio 0-5 year olds and 79% of Ohio 6-11 year olds had at least one personal doctor or nurse
>
> *(Source: National Survey of Children's Health, 2018/19)*

> **Approximately 16,391 Wood County children visited their health care provider for preventive care in the past year.**

Medical Home of Children Ages 0-11

- Ninety-two percent (92%) of parents reported they had one or more people they think of as their child's personal doctor or nurse, increasing to 93% of 0-5 year olds.

- Ninety-four percent (94%) of children had visited their health care provider for preventive care in the past 12 months, increasing to 99% of 0-5 year olds.

- Ninety-nine percent (99%) of Wood County parents reported that their child had one particular place they usually went if they were sick or needed advice about their health. They reported the following places: a private doctor's office (94%), clinic or health center (2%), hospital emergency room (1%), and retail store clinic or "Minute Clinic" (1%). Two percent (2%) reported multiple places including a private doctor's office.

- Wood County children had been referred and went to the following specialists: ophthalmologist (eye doctor) (22%), ear, nose, and throat (ENT) doctor (14%), allergist (10%), psychiatrist/ mental health provider (10%), dermatologist (skin doctor) (9%), neurologist (4%), cardiologist (heart doctor) (3%), pulmonologist (lung doctor) (2%), developmental pediatrician (2%), endocrinologist (1%), oncologist (cancer doctor) (<1%), and other specialist (10%).

Access and Utilization of Children Ages 0-11

- One-fifth (20%) of parents reported their child did not get all of the prescription medications they needed in the past year. They reported the following reasons: their child was not prescribed medication (17%), cost (1%), health plan problem (<1%), did not think their child needed it (<1%), no referral (<1%), and other reasons (<1%).

- Seven percent (7%) of parents reported their child did not get all of the medical care they needed in the past year. They reported the following reasons: cost (2%), too long of a wait for an appointment (2%), inconvenient times/could not get an appointment (2%), could not find a doctor who accepted child's insurance (1%), did not know where to go for treatment (1%), treatment is ongoing (1%), dissatisfaction with doctor (1%), health plan problem (<1%), no insurance (<1%), doctor did not know how to treat or provide care (<1%), dissatisfaction with office staff (<1%), and other reasons (1%).

- Parents reported at least one emergency room visit due to the following: accidents, injury or poisonings (16%); fever/cold/flu (8%); broken bones (6%); doctor's office told them to go (5%); ear infections (4%); primary care (4%); asthma (2%); dental issues (1%); mental health (1%); addiction (<1%); and other sick visits (7%).

- Twenty-one percent (21%) of parents reported their child needed the following special services in the past year: counseling (8%), speech therapy (6%), occupational therapy (3%), special education (3%), psychiatry (3%), medical equipment (2%), and physical therapy (2%). Nineteen percent (19%) reported their child needed more than one type of special services in the past year.

- Nearly three-fifths (59%) of children received a flu vaccine in the past year.

- Ninety-one percent (91%) of Wood County children had received all of their recommended vaccinations.

- Nine percent (9%) of children did not get all of their recommended vaccinations for the following reasons: child had received some, but not all, recommended vaccinations (4%); fear of negative effects (2%); alternate vaccination schedule used (2%); chose to not vaccinate their child (2%); religious or cultural beliefs (1%); vaccine not available at doctor's office (<1%); too expensive (<1%); doctor advised against (<1%); and other reasons (1%).

- Parents reported they found information about current health issues in their community and where to get help in the following ways: doctor/health care provider (74%), social media (35%), websites (34%), school notification system (27%), Wood County Health District (15%), neighbor/friend (14%), cable channel announcements (9%), local newspaper (8%), local radio station (7%), church bulletin or flyer (1%), and other methods (7%).

Child Comparisons	Wood County 2018 Ages 0-5	Wood County 2021 Ages 0-5	Ohio 2018/19 Ages 0-5	U.S. 2018/19 Ages 0-5	Wood County 2018 Ages 6-11	Wood County 2021 Ages 6-11	Ohio 2018/19 Ages 6-11	U.S. 2018/19 Ages 6-11
Had public insurance	12%	7%	32%	37%	11%	8%	35%	36%
Had been to a doctor for preventive care in past year	100%	99%	87%*	89%*	91%	92%	86%*	82%*
Received all the medical care they needed	94%	93%	N/A	N/A	93%	94%	N/A	N/A
Had a personal doctor or nurse	93%	93%	72%	73%	85%	92%	79%	72%

*2019 NSCH Data
N/A – Not Available

Child Health: Early Childhood (Ages 0-5)

Key Findings

The following information was reported by parents of 0-5 year olds. Ninety-five percent (95%) of mothers got prenatal care within the first three months during their last pregnancy. Six percent (6%) of mothers received WIC services during their last pregnancy. Ninety-two percent (92%) of parents put their child to sleep on his/her back. Twelve percent (12%) of mothers never breastfed their child.

Early Childhood

- During their last pregnancy, mothers did the following: got prenatal care within the first 3 months (95%), took a multi-vitamin with folic acid during pregnancy (89%), took a multi- vitamin with folic acid pre-pregnancy (76%), got a dental exam (73%), took folic acid during pregnancy (44%), took folic acid pre-pregnancy (28%), experienced depression during or after pregnancy (24%), received WIC services (6%), smoked cigarettes or used other tobacco products (3%), consumed alcoholic beverages (3%), used e-cigarettes (2%), and used marijuana (2%).

- When asked how parents put their child to sleep as an infant, 92% said on their back, 4% said on their stomach, 1% said on their side, 1% said in bed with them or another person, and 2% said multiple ways.

- Children were put to sleep in the following places: crib/bassinette without bumper, blankets, or stuffed animals (94%); pack n' play (54%); car seat (34%); swing (27%); in bed with parent or another person (17%); crib/bassinette with bumper, blankets, or stuffed animals (8%); a couch or chair (8%); floor (4%); and other (1%).

- Mothers breastfed their child less than 3 months (21%), 4-6 months (10%), 7-9 months (10%), 10-12 months (20%), more than one year (21%), still breastfeeding (6%), and never breastfed (12%).

- Mothers who chose not to breastfeed for 1 year reported the following reasons: did not produce enough milk (60%), did not have time (15%), did not have workplace support (10%), inconvenient (9%), did not want to (9%), did not have adequate support (7%), did not have adequate education (5%), medical issue with baby (4%), medical issue with mother (4%), and other reasons (11%).

- Wood County parents reported the following factors influence their childcare decisions: trust in the staff (74%), cost (68%), location/environment (64%), number of kids to teacher ratio (51%), hours of operation (49%), childcare is licensed (38%), Quality Star ratings (37%), and availability of Early Head Start (2%).

- Sixty percent (60%) of Wood County parents reported they or a family member read to their child every day in the past week. One percent (1%) of parents reported they did not read to their child in the past week.

Child Comparisons	Wood County 2018 Ages 0-5	Wood County 2021 Ages 0-5	Ohio 2018/19 Ages 0-5	U.S. 2018/19 Ages 0-5
Never breastfed their child	11%	12%	22%	19%
Family member read to child every day in the past week	54%	60%	35%	35%

- The following graph shows the percent of infants who had been breastfed or given breast milk for Wood County, Ohio, and U.S.
- Wood County had a larger percent of children who had been breastfed for any length of time, compared to Ohio and the U.S.

Wood County Children Breastfed
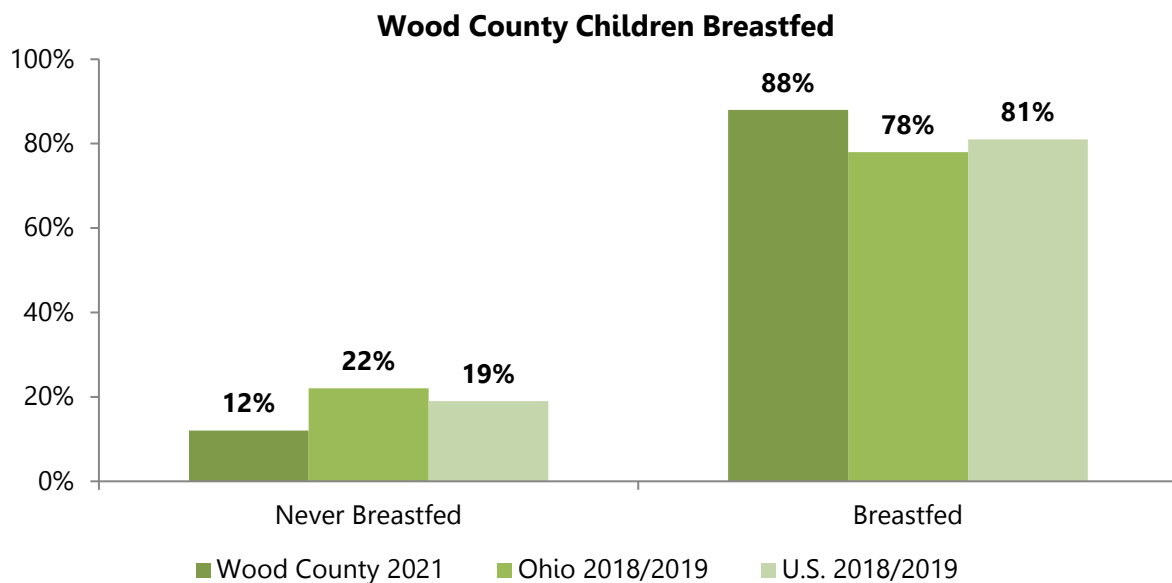
(Source: National Survey of Children's Health, Data Resource Center, and 2021 Wood County Health Assessment)

Sleep-Related Infant Deaths: Who is at Greater Risk?

All infants are at risk for sleep-related deaths, but we know the risks are much greater for:

- **Infants who share a bed:** 58% of sleep-related deaths occurred while the infant was sharing a sleep surface with another person.
- **Infants not placed to sleep on their backs:** Only 36% of sleep-related deaths had been placed to sleep on their backs.
- **Infants not placed to sleep in a crib:** 71% of sleep-related deaths occurred when infants were sleeping some place other than a crib or bassinet. 45% occurred in adult beds.
- **Infants exposed to tobacco smoke:** 43% of sleep-related deaths were among infants exposed to tobacco smoke in utero and/or after birth. It is estimated that one-third of SIDS deaths would be prevented if maternal smoking during pregnancy were eliminated.
- **Younger infants:** Sleep-related deaths decrease substantially as infants get older. 88% occurred prior to 6 months of age.
- **African-American infants:** 38% of sleep-related deaths were among African-American infants, which is disproportionately higher than their representation in the general infant population (15 percent). Differences in the prevalence of safe-sleep positioning and other environment conditions among races may contribute to this disparity.

(Source: ODH, Maternal and Child Health, Early Childhood, 2014, Sleep-Related Infant Deaths, 2018)

Child Health: Middle Childhood (Ages 6-11)

Key Findings

The following information was reported by Wood County parents of 6-11 year olds. Eighty-two percent (82%) of Wood County parents definitely agreed their child is safe at school. Thirty percent (30%) of parents reported their child was bullied at some time in the past year. Eighty-one percent (81%) of parents reported their child participated in extracurricular activities.

Middle Childhood

- Eighty-five percent (85%) of parents reported their child was physically active for at least 60 minutes on three or more days in the past week. Forty-eight percent (48%) reported their child was physically active on five or more days, and 23% reported at least 60 minutes every day in the past week. Two percent (2%) reported their child ages 6-11 was not physically active in the past week.

- Wood County children ages 6-11 were enrolled in the following types of schools: public (85%), private (9%), home-schooled (5%), and charter school (1%).

- Parents reported their child missed the following number of days from school because of illness or injury: 0 days (31%), 1 to 3 days (49%), 4 to 6 days (3%), 7 to 10 days (4%), and 11 or more days (3%).

- Parents reported their 6-11 year old child spent the following unsupervised time before and after school on an average school day: no unsupervised time (66%), less than one hour (20%), 1-2 hours (14%), and 3-4 hours (1%). No one reported their 6-11 year old child spent more than 4 hours unsupervised.

- Eighty-one percent (81%) of parents reported their 6-11 year old child participated in extracurricular activities in the past year. Their child participated in the following: a sports team or sports lessons (74%); any other organized activities or lessons, such as music, dance, language, or other arts (45%); a club or organization after school or on weekends (33%); any type of volunteer work (24%); and any paid work (7%).

- Over one-fifth (21%) of parents reported their child had a social media account or other virtual network account. Of those who had an account, they reported the following: they had their child's password (78%); their child's account was checked private (65%); they knew all of the people in their child's "friends" (55%); and their child had a problem as a result of their account (10%). No one reported that their child's friends had the password to their child's account.

- All (100%) of Wood County parents definitely or somewhat agreed their child was safe at school.

- Thirty percent (30%) of parents reported their child was bullied in the past year. The following types of bullying were reported:
    — 24% were verbally bullied (teased, taunted or called harmful names)
    — 11% were indirectly bullied (spread mean rumors about them or kept out of a "group")
    — 4% were physically bullied (they were hit, kicked, punched or people took their belongings)
    — 2% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
    — No child was sexually bullied (using nude or semi-nude pictures to blackmail, intimidate, or exploit another person, or to pressure someone to have sex who does not want to)

- Two percent (2%) of parents reported they did not know if their child was bullied.

- Twelve percent (12%) of Wood County parents allowed their child to walk or bike to/from school.

- Parents reported the following issues that would affect their decision to allow their child to walk or bike to/from school: distance (74%), amount of traffic along route (48%), weather or climate (38%), sidewalks or pathways (36%), time (25%), crossing guards (22%), appropriate lighting outside (16%), violence or crime (13%), convenience of driving (13%), and child's before or after-school activities (12%).

- Parents discussed the following topics with their child in the past year: screen time (TV or computer) (86%); eating habits (71%); bullying/violence (62%); cyber/internet safety (55%); body image (41%); gun safety (34%); cultural sensitivity (34%); negative effects of tobacco (28%); respect for gender identity/sexual orientation (28%); negative effects of alcohol (20%); negative effects of marijuana and other drugs (19%); refusal skills (16%); depression/suicide (14%); negative effects of heroin/opiates (13%); dating and positive relationships (12%); misuse of prescription drugs (7%); abstinence and how to refuse sex (3%); condoms, safer sex and STD prevention (3%); and birth control (1%). Three percent (3%) of parents reported they did not discuss any of the above topics with their child.

- Parents discussed the following safety concerns with their child in the past year: stranger safety (79%), internet safety (65%), fire safety (65%), bike helmets (60%), water safety (57%), good touch/bad touch (55%), firearms/gun safety (45%), falls (34%), burns (27%), human trafficking (22%), furniture falling (21%), and poisoning (19%). Three percent (3%) of parents reported they did not discuss any of the above safety topics with their child.

Child Comparisons	Wood County 2018 6-11 Years	Wood County 2021 6-11 Years	Ohio 2018/19 6-11 Years	U.S. 2018/19 6-11 Years
Child participated in one or more activities	63%	81%	75%	79%
Child did not miss any days of school because of illness or injury	16%	31%	24%	28%
Did not engage in any physical activity during the past week	4%	2%	6%	6%
Parent definitely agreed that their child was safe at school	72%	82%	N/A	N/A

How to Help Increase Your School-Aged Child's Social Ability

Consider the following as ways to foster your school-aged child's social abilities:
- Set and provide appropriate limits, guidelines, and expectations and consistently enforce using appropriate consequences.
- Model appropriate behavior.
- Offer compliments for your child being cooperative and for any personal achievements.
- Help your child choose activities that are appropriate for your child's abilities.
- Encourage your child to talk with you and be open with his or her feelings.
- Encourage your child to read and read with your child.
- Encourage your child to get involved with hobbies and other activities.
- Encourage physical activity.
- Encourage self-discipline; expect your child to follow rules that are set.
- Teach your child to respect and listen to authority figures.
- Encourage your child to talk about peer pressure and help set guidelines to deal with peer pressure.
- Spend uninterrupted time together—giving full attention to your child.
- Limit television, video, and computer time.

(Source: eClinicalWorks, The Growing Child: School Age (6 to 12 Years), 2018)

Child Health: Family and Community Characteristics

Key Findings

Most (99%) Wood County parents definitely or somewhat agreed their child was safe in their neighborhood. Two percent (2%) of parents reported that at least one person in the household went to bed hungry at least one day per week because they did not have enough money for food. In the past year, 41% of parents missed work due to their child's illnesses or injuries.

Family Functioning

- Over two-fifths (43%) of parents reported that every family member who lived in their household ate a meal together every day of the week. Families ate a meal together an average of 5.3 times per week.

- Twenty-nine percent (29%) of parents reported their child attended religious service 1 to 3 times per month, and 19% reported 4 or more times per month. More than half (52%) reported their child had never attended a religious service.

- Parents reported their child regularly attended the following in the past month: elementary school (51%); child care in their home provided by a relative other than a parent/guardian (21%); nursery school, pre-school or kindergarten (19%); child care outside of their home provided by a relative other than a parent/guardian (19%); family-based child care outside of home (16%); child care center (16%); child care in their home provided by a baby sitter (9%); and Head Start or Early Start program (1%).

- Parents reported their child got the following amounts of sleep on an average weeknight: 8 hours or less (18%), 9 hours (24%), 10 hours (30%), and 11 hours or more (28%).

- Two percent (2%) of parents reported that at least one person in the household went to bed hungry at least one day per week because they did not have enough money for food.

- Parents reported the following challenges they face in regards to the day-to-day demands of parenthood/raising children: demands of multiple children (39%), working long hours (17%), managing child's behavior (10%), loss of freedom (8%), difficulty with lifestyle changes (8%), financial burdens (7%), mental health (7%), being a single parent (7%), child has special needs (5%), lack of parental support (4%), unemployment (3%), affordable housing (2%), post-partum depression (1%), move a lot (1%), lack of transportation (1%), and alcohol and/or drug abuse (<1%). Forty-six percent (46%) of parents reported no challenges associated with parenting.

- Sixty-seven percent (67%) of parents reported they felt they handled day-to-day demands of raising children very well. No parents reported they did not feel well at all about how they handle the day-to-day demands of children.

- Parents used the following forms of discipline with their child: take away privileges (82%), time out (61%), yell (36%), grounding (28%), spanking (19%), wash mouth out (3%), and other (9%). Six percent (6%) of parents reported their child had not been disciplined.

- Wood County parents reported their child experienced the following adverse childhood experiences (ACEs): their parents became separated or were divorced (13%); lived with someone who was mentally ill, suicidal, or severely depressed (5%); lived with someone who had a problem with alcohol or drugs (3%); lived with a parent/guardian who served time in jail (2%); saw or heard any parents or adults in their home hit, beat, kicked, or physically hurt each other (1%); parent/guardian who died (1%); and been the victim of violence or witnessed violence in their neighborhood (<1%). No parents reported that their child had been treated or judged unfairly because his/her ethnic group.

- Five percent (5%) of children experienced two or more ACEs.

- Parents reported they were responsible for providing regular care or assistance to the following: multiple children (60%); children with discipline issues (5%); someone with special needs (4%); elderly parent or loved one (4%); friend, family member or spouse who has a health problem (3%); friend, family member or spouse with a mental health need (2%); adult child (2%); grandchildren (1%); children whose parent(s) lost custody due to other reasons (1%); friend, family member or spouse with dementia (1%); children whose parent(s) use drugs and unable to care for their child(ren) (1%); and foster children (1%).

- In the past year, 41% of parents missed work due to their child's illnesses or injuries. Thirty-three percent (33%) missed work due to their child's medical appointments, 10% missed work due to lack of or unreliable child care, 3% missed work due to their child's behavioral/emotional problems, 2% missed work due to their child's chronic illness, and less than 1% missed work due to their child's suspension/expulsion.

- In the past year, parents reported that someone in the household received the following: free or reduced cost breakfast or lunches at school (18%), SNAP/food stamps (5%), mental health/substance abuse treatment (5%), cash assistance from a state/county welfare program (3%), benefits from WIC program (2%), Help Me Grow (1%), subsidized childcare through Job and Family Services (1%), and Head Start/Early Head Start (<1%).

- One percent (1%) of parents reported their child was enrolled in WIC. Four percent (4%) did not know if their child qualified for WIC.

- Ten percent (10%) of parents reported their child qualified for WIC, but did not apply. They did not apply for the following reasons: too much paperwork/renewal every 6 months (3%), inconvenient work schedule (3%), and other reasons (24%).

Neighborhood and Community Characteristics

- Most (99%) of Wood County parents definitely or somewhat agreed their child was safe in their neighborhood.

- Parents reported the following reasons why they thought their neighborhood was not safe: heavy traffic area (6%), no accessible sidewalks (5%), no place for kids to play (2%), loud/disrespectful noise levels (1%), bullying (1%), crime (1%), and other (5%).

- In the past week, parents reported they visited their local park/bike trails with their child: 1 time (34%), 2-3 times (32%), and 4 or more times (7%).

- More than one-quarter (27%) of parents reported they did not visit the local park/bike trails in the past week. An additional 1% reported there were no parks/bike trails where they live.

- Parents reported participating in the following types of physical activity with their child in the past year: walking, jogging or running (82%); cleaning their home or yard work (78%); sports (62%); biking (61%); swimming (55%); dancing (40%); playing tag or jump rope (38%); hiking (33%); and skateboarding or rollerblading (12%).

- Nine percent (9%) of Wood County children had moved to a new address 3 or more times. Thirty-one percent (31%) moved one time, 10% moved two times, and 50% had never moved.

Home Environment Characteristics

- Parents reported having the following safety items in their home: working smoke alarm/detector (99%), carbon monoxide detector (84%), fire extinguisher (73%), and Poison Control number by the phone (36%). Ninety-four percent (94%) had more than one safety item in their home.

- Nine percent (9%) of Wood County parents reported that someone in the household used cigarettes, cigars, or pipe tobacco.

- Wood County parents had the following rules about smoking or vaping in their home or car: no one is allowed to smoke or vape inside their car at any time (85%); no one is allowed to smoke or vape inside their home at any time (69%); smoking or vaping is not allowed inside their home when children are present (7%); smoking or vaping is allowed if children are not in their car (4%); smoking or vaping is allowed anywhere inside their home (2%); smoking or vaping is allowed in certain room only in their home (2%); smoking or vaping is allowed with one or more windows open in their car (1%); and smoking or vaping is allowed inside their car (1%).

Child Comparisons	Wood County 2018 Ages 0-5	Wood County 2021 Ages 0-5	Ohio 2018/19 Ages 0-5	U.S. 2018/19 Ages 0-5	Wood County 2018 Ages 6-11	Wood County 2021 Ages 6-11	Ohio 2018/19 Ages 6-11	U.S. 2018/19 Ages 6-11
Family ate a meal together every day of the week	38%	53%	49%	53%	33%	36%	42%	46%
Child experienced two or more ACEs	7%	1%	9%	9%	6%	8%	26%	20%
Parent definitely agreed that their child lived in a safe neighborhood	87%	93%	65%	64%	78%	84%	57%	64%

Adverse Childhood Experiences (ACEs)

- The following graph shows the percent of Wood County, Ohio, and U.S. children who experienced two or more ACEs.

- Wood County had a lower percent of children who experienced two or more ACEs, as compared to Ohio and U.S children.

Wood County Children Who Experienced 2+ ACEs
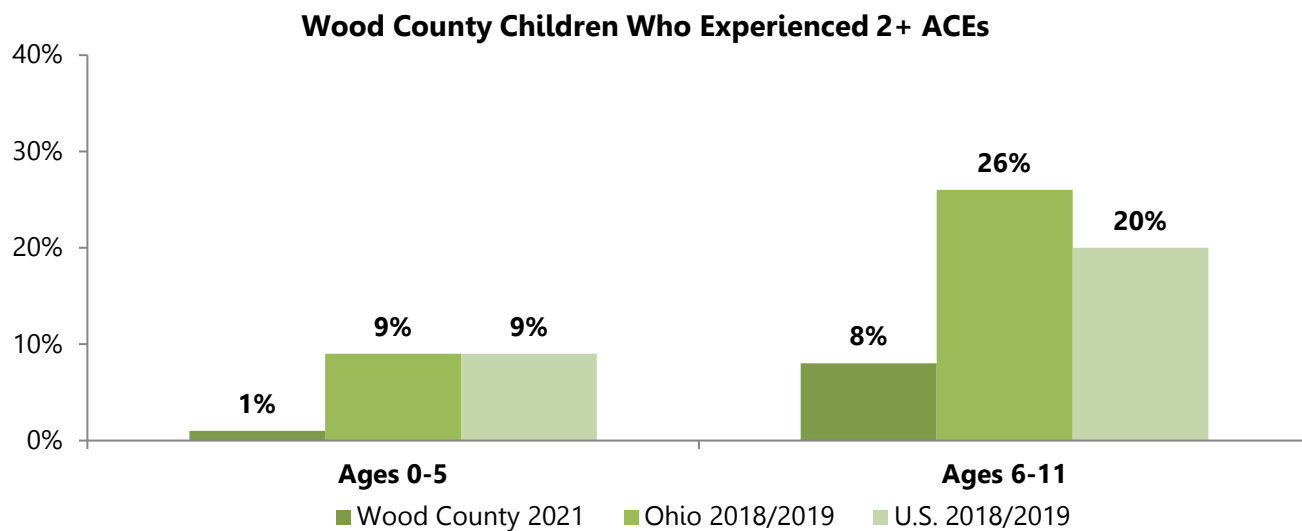
(Sources: National Survey of Children's Health & 2021 Wood County Health Assessment)

COVID-19

- Wood County adults and their families were negatively affected by the COVID-19 pandemic in the following ways:
  - Educational challenges (i.e., children transitioned to online academics or home-schooling, or adults unable to pursue further education) (34%)
  - Change in mental health (22%)
  - Lack of childcare (14%)
  - Changes to employment status (12%)
  - Not seeking dental care (9%)
  - Change in physical health (9%)
  - Loss of household income (9%)
  - Financial instability (8%)
  - Not seeking health care (7%)
  - Increased alcohol use (7%)
  - Death or serious illness of loved one(s) (6%)
  - Lack of Internet access (1%)
  - Unable to afford basic needs, such as personal, household, or baby care (1%)
  - Housing instability (1%)
  - Unable to afford food (1%)
  - Unable to afford medicine (1%)
  - Other (2%)

Family Dinners

- The following graph shows the percent of Wood County, Ohio and U.S. families who ate a meal together every day of the week.

- Families in Wood County ate meals together more often than those overall in Ohio.

Wood County Families that Eat a Meal Together Everyday of the Week

Legend: ■ Wood County 2021 ■ Ohio 2018/2019 ■ U.S. 2018/2019
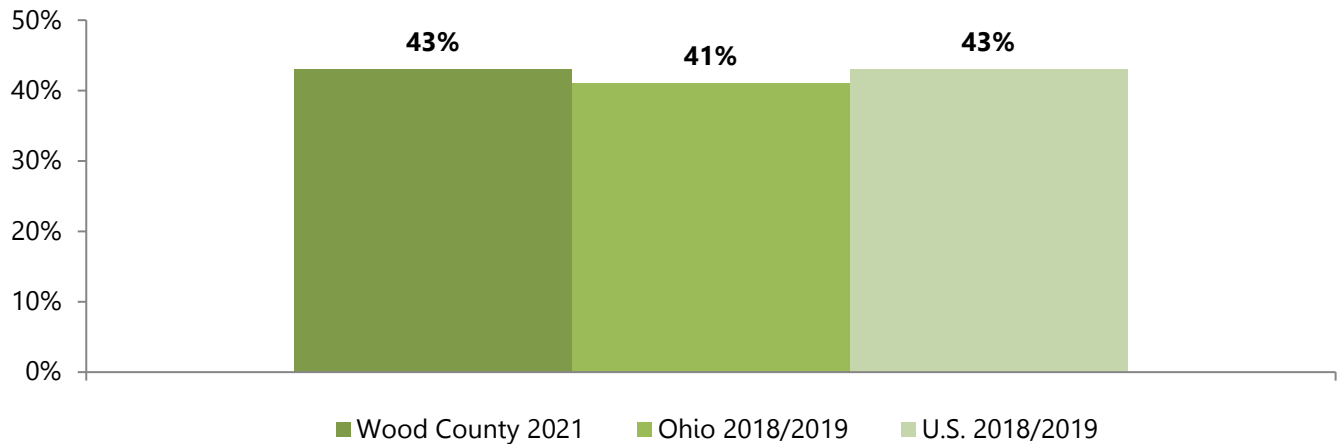
(Source: National Survey of Children's Health & 2021 Wood County Health Assessment)

Five Ways That Family Meals Keep Kids Healthy

1. **Family meals prevent excessive weight gain:** Eating 3 or more family meals (meaning at least one parent is present and the meal is prepared at home) results in a 12% lower likelihood of children being overweight.

2. **Family meals teach healthy food choices:** The eating habits of childhood often last a lifetime. Families that ate at least three meals together each had a 20% decrease in unhealthy food choices. Teaching your children to enjoy healthy foods rather than junk foods is a gift that will stay with them through adulthood.

3. **Family meals prevent eating disorders:** Children and adolescents who ate family meals at least three times per week had a 35% reduction in disordered eating habits such as anorexia and bulimia.

4. **Family dinner improves social-emotional health, too:** The ability to understand emotions, express empathy, demonstrate self-regulation, and form positive relationships with peers and adults is called social-emotional health. Young children with high social-emotional health adapt well to the school environment and perform well academically, even in long term studies. Guess which kids had the best social-emotional health? The ones who ate family dinner together regularly and talked about their day, told stories, etc.

5. **Family dinner can help kids deal with cyberbullying:** About one-fifth of adolescents are victims of cyberbullying, putting them at risk for depression, substance abuse, and a host of other concerns. But adolescents who eat regular family dinners handle cyberbullying better and are less likely to engage in substance abuse or develop psychiatric health concerns, even after their involvement in face-to-face bullying is taken in to account.

(Source: The Benefits & Tricks to Having a Family Dinner, HealthyChildren.org, 2018)

Neighborhood Safety

The following graph shows the percent of Wood County, Ohio, and U.S. parents who definitely agree or somewhat agree their neighborhood was safe.

- Wood County had a higher percentage of parents for both the 0-5 age group and the 6-11 age group who "definitely agree" or "somewhat agree" their child lived in a safe neighborhood, as compared to Ohio and U.S. parents.

Wood County Parents Who Reported Their Child Lived in Safe Neighborhoods
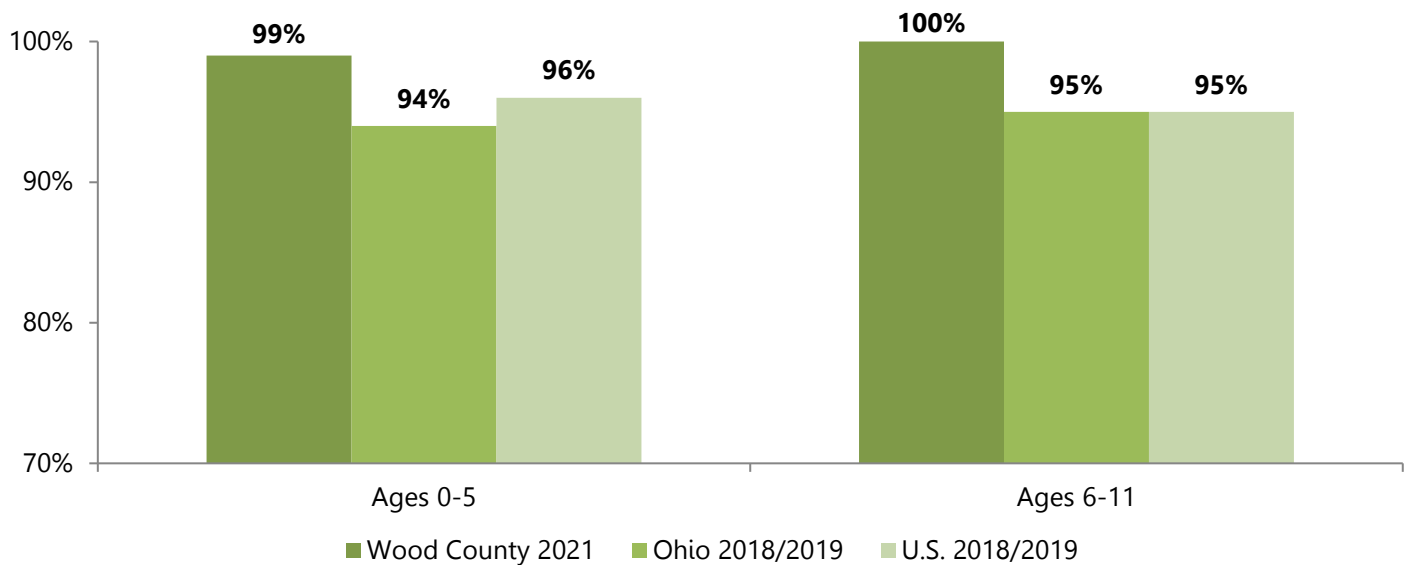
(Source: National Survey of Children's Health & 2021 Wood County Health Assessment)

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Cancer Society	• It's Easy to Add Fruits and Vegetables to Your Diet	www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/add-fruits-and-veggies-to-your-diet.html
American Cancer Society, Cancer Facts and Figures 2020. Atlanta: ACS, 2020	• 2020 Cancer Facts, Figures, and Estimates	www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2020.html
American Lung Association	• Asthma and Children	www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/learn-about-asthma/asthma-children-facts-sheet.html
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	• 2017 - 2019 Adult Ohio and U.S. Correlating Statistics	www.cdc.gov/brfss/index.html
Centers for Disease Control and Prevention (CDC), Adolescent and School Health	• Sexual Risk Behavior	www.cdc.gov/healthyyouth/sexualbehaviors/index.htm
CDC, Adolescent and School Health	• Health and Academics	www.cdc.gov/healthyyouth/health_and_academics/index.htm
CDC, Children's Mental Health	• Mental Health Basics	www.cdc.gov/childrensmentalhealth/basics.html
CDC, Division of Cancer Prevention and Control	• Prostate Cancer Awareness	www.cdc.gov/cancer/dcpc/resources/features/prostatecancer/index.htm
CDC, Division of Cancer Prevention and Control	• Reduce Risk of Breast Cancer	www.cdc.gov/cancer/breast/basic_info/prevention.htm
CDC, Division of Diabetes	• Diabetes by the Numbers • Types of Diabetes	www.cdc.gov/diabetes/basics/diabetes.html
CDC, Healthy Weight	• About Adult Weight	www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html
CDC, Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion, Oral Health, December 2, 2020	• Facts About Adult Oral Health	www.cdc.gov/oralhealth/basics/adult-oral-health/index.html
CDC, Healthy Living	• E-Cigarettes and Young People	www.cdc.gov/features/ecigarettes-young-people/index.html
CDC, Healthy Schools	• Youth Physical Activity Guidelines	www.cdc.gov/healthyschools/physicalactivity/guidelines.htm
CDC, National Center for Chronic Disease Prevention and Health Promotion, Arthritis at a Glance, 2016	• Arthritis Statistics	www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm
CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health	• Smoking and Other Health Risks	www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

Source	Data Used	Website
CDC, National Center for Health Statistics	• Contraceptive Use	www.cdc.gov/nchs/fastats/contraceptive.htm
	• Men's Health	www.cdc.gov/nchs/fastats/mens-health.htm
CDC, National Center for Health Statistics, Mental Health, Depression	• Mental Health in the U.S.	www.cdc.gov/nchs/fastats/mental-health.htm
CDC, National Center for Injury Prevention and Control, Division of Violence Prevention	• Understanding Sexual Violence	www.cdc.gov/violenceprevention/pdf/SV-Factsheet.pdf
CDC, Violence Prevention	• Adverse Childhood Experiences (ACE's)	www.cdc.gov/violenceprevention/acestudy/about.html
CDC, Wonder	• U.S. Leading Causes of Death, 2017-2019	https://wonder.cdc.gov/
County Health Rankings, 2021	• Food Environment Map	www.countyhealthrankings.org/app/ohio/2017/overview
eClinicalWorks	• The Growing Child: School Age 6 to 12 Years	www.stanfordchildrens.org/en/topic/default%3Fid%3Dthe-growing-child-school-age-6-to-12-years-90-P02278&sa=U&ei=eMq7VNe2I8_4yQSX-oCwAw&ved=0CEIQFjAI&usg=AFQjCNFn5tO-78ISMzUno4_7cO4dCvft1Q
Foundation for Advancing Alcohol Responsibility	• Underage Drinking Statistics	www.responsibility.org/get-thefacts/research/statistics/underage-drinking-statistics/
HealthyChildren.org	• The Benefits & Tricks to Having a Family Dinner	www.healthychildren.org/English/family-life/family-dynamics/Pages/Mealtime-as-Family-Time.aspx
Healthy People 2030: U.S. Department of Health & Human Services	• All Healthy People 2030 Target Data Points	www.healthypeople.gov/2020/topicsobjectives2020
National Survey of Children's Health, Data Resource Center	• Children Who experience 2+ ACEs • Health status facts	http://childhealthdata.org/docs/drc/apha-aces-poster-final.pdf?Status=Master
National Survey of Children's Health, Data Resource Center, 2018-2019	• 2018-2019 National Survey of Children's Health	http://childhealthdata.org/learn/NSCH
Ohio Automated Rx Reporting System (OARRS)	• Annual Opiate and Pain Reliever Doses Per Capita • Annual Opiate and Pain Reliever Doses Per Patient • Quarterly County Data	www.ohiopmp.gov/County.aspx
Ohio Department of Health, Bureau of Vital Statistics	• Average Age-Adjusted Unintentional Drug Overdose Death Rate	www.odh.ohio.gov/-/media/ODH/ASSETS/Files/health/injury-prevention/2016-Ohio-Drug-Overdose-Report-FINAL.pdf
Ohio Department of Health, Maternal and Child Health, Early Childhood	• Sleep-Related Infant Deaths: Who is at Greater Risk?	www.odh.ohio.gov/-/media/ODH/ASSETS/Files/data-statistics/maternal-and-child-health/ec_Sleeprelatedinfant.pdf?la=en
Ohio Department of Health, Public Health Data Warehouse	• Cancer Incidence • Wood County and Ohio Birth and Mortality Statistics	http://publicapps.odh.ohio.gov/EDW/DataCatalog

Source	Data Used	Website
Ohio Department of Health, STD Surveillance Program	• Chlamydia Statistics • Gonorrhea Statistics	www.odh.ohio.gov/odhprograms/stdsurv/std1.aspx
Ohio Department of Job and Family Services, Ohio Labor Market Information, Current Civilian Labor Force Estimates	• Wood County and Ohio Unemployment Statistics	https://ohiolmi.com/_docs/LAUS/OhioCivilianLaborForceEstimates.pdf
Ohio Department of Public Safety	• 2020 Wood County and Ohio Crash Facts	https://ohtrafficdata.dps.ohio.gov/crashstatistics/home
Substance Abuse and Mental Health Services Administration	• Adverse Childhood Experiences	www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences
The Henry J. Kaiser Family Foundation, The Kaiser Commission on Medicaid and the Uninsured; The Uninsured: A Primer, Key Facts about Health Insurance and the Uninsured in the Era of Health Reform, 2020	• Key Facts about the Uninsured Population	http://files.kff.org/attachment/Report-The-Uninsured-A%20Primer-Key-Facts-about-Health-Insurance-and-the-Unisured-in-America-in-the-Era-of-Health-Reform
U. S. Census Bureau; American Community Survey	• American Community Survey 5-year estimates, 2015-2019	https://data.census.gov/cedsci/
U. S. Census Bureau; Small Area Income and Poverty Estimates	• Small Area Income and Poverty Estimates	www.census.gov/did/www/saipe/
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	• 2019 U.S. youth correlating statistics	http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx

Appendix II: Acronyms and Terms

ACS	**A**merican **C**ommunity **S**urvey
AHS	**A**ccess to **H**ealth **S**ervices, Topic of Healthy People 2030 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.
Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
BMI	**B**ody **M**ass **I**ndex is defined as the contrasting measurement/relationship of weight to height.
BRFSS	**B**ehavior **R**isk **F**actor **S**urveillance **S**ystem, an adult survey conducted by the CDC.
CDC	**C**enters for **D**isease **C**ontrol and **P**revention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
DRE	**D**igital **R**ectal **E**xam
HCNO	**H**ospital **C**ouncil of **N**orthwest **O**hio
HDS	**H**eart **D**isease and **S**troke, Topic of Healthy People 2030 objectives
HP 2030	**H**ealthy **P**eople **2030**, 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	**I**mmunizations and **I**nfectious **D**iseases, Topic of Healthy People 2020 objectives
IVP	**I**njury and **V**iolence **P**revention, Topic of Healthy People 2020 objectives
MHMD	**M**ental **H**ealth and **M**ental **D**isorders, Topic of Healthy People 2020 objectives
N/A	Data is not available.
NVSS	**N**ational **V**ital **S**tatistics **S**ystem
NWS	**N**utrition and **W**eight **S**tatus, Topic of Healthy People 2020 objectives
OARRS	**O**hio **A**utomated Prescription (**R**x) **R**eporting **S**ystem
ODH	**O**hio **D**epartment of **H**ealth
OSHP	**O**hio **S**tate **H**ighway **P**atrol

Race/Ethnicity	**Census 2019:** 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.
SA	**S**ubstance **A**buse, Topic of Healthy People 2030 objectives
Ohio SHA/SHIP	**Ohio S**tate **H**ealth **A**ssessment/**S**tate **H**ealth **I**mprovement **P**lan
TSE	**T**esticular **S**elf **E**xam
TU	**T**obacco **U**se, Topic of Healthy People 2030 objectives
Weapon	Defined in the YRBS as "a weapon such as a gun, knife, or club"
YPLL/65	**Y**ears of **P**otential **L**ife **L**ost before age 65. Indicator of premature death.
ZCTA	**Z**ip **C**ode **T**abulation **A**rea

Appendix III: Methods for Weighting the 2021 Wood 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 2021 Wood County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Wood County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (white, non-white), age (8 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Wood 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 2021 Wood County Survey and the 2019 Census estimates.

2021 Wood Survey			**2019 Census Estimate**		**Weight**
Sex	Number	Percent	Number	Percent	
Male	125	49.80080	64,210	49.80080	0.990654
Female	126	50.19920	65,940	50.19920	1.009271

In this example, it shows that there was almost the same portion of males in the sample compared to the actual portion in Wood County. The weighting for males was calculated by taking the percent of males in Wood County (based on Census information) (49.33538%) and dividing that by the percent found in the 2021 Wood County sample (49.80080%) [49.33538/49.80080 = weighting of 0.990654 for males]. The same was done for females [50.66462/50.19920 = weighting of 1.009271 for females]. Thus, the proportions in the sample nearly matched the proportion from the census. There was only a slight decrease in the weighting for the males (0.990654) and increase in the factor for females (1.009271).

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 1.55481 [1.00927 (weight for females) x 0.95454 (weight for White) x 1.77380 (weight for age 35-44) x 0.90985 (weight for income $50-$75k)]. Thus, each individual in the 2021 Wood 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 27.0) 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	Wood Sample	%	2019 Census*	%		Weighting Value
Sex:						
Male	125	49.80080	64,210	49.33538		0.990654
Female	126	50.19920	65,940	50.66462		1.009271
Age:						
20 to 34 years	21	8.40000	31,759	32.83874		3.90937
35 to 44 years	21	8.40000	14,410	14.89991		1.77380
45 to 54 years	36	14.40000	15,059	15.57097		1.08132
55 to 59 years	29	11.60000	8,440	8.72694		0.75232
60 to 64 years	38	15.20000	7,755	8.01865		0.52754
65 to 74 years	75	30.00000	11,349	11.73484		0.39116
75 to 84 years	22	8.80000	5,779	5.97547		0.67903
85+ years	8	3.20000	2,161	2.23447		0.69827
Race:						
White)	234	92.49012	114,904	88.28582		0.95454
Non-White)	19	7.50988	15,246	11.71418		1.55984
Household Income:						
Less than $25,000	36	15.38462	9,571	18.91913		1.22974
$25k-$35k	15	6.41026	4,846	9.57916		1.49435
$35k-$50	28	11.96581	6,081	12.02040		1.00456
$50k-$75k	47	20.08547	9,245	18.27472		0.90985
$75-$100k	40	17.09402	6,929	13.69665		0.80125
$100k-$150k	33	14.10256	7,783	15.38477		1.09092
$150k or more	35	14.95726	6,134	12.12517		0.81065

Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Wood County in each subcategory by the proportion of the sample in the Wood County survey for that same category.
* Wood County population figures taken from the 2019 Census estimates.

Appendix IV: School Participation

The following schools were randomly chosen and agreed to participate in the 2021 Wood County Health Assessment:

Bowling Green City Schools
Bowling Green Sr. High School
Bowling Green Middle School

Eastwood Local School District
Eastwood High School
Eastwood Middle School

Elmwood Local School District
Elmwood High School

Lake Local Schools
Lake High School

North Baltimore Local Schools
North Baltimore High School
North Baltimore Middle School

Northwood Local Schools
Northwood High School
Northwood Middle School

Otsego Local Schools
Otsego High School
Otsego Junior High School

Perrysburg Exempted Village Schools
Perrysburg High School
Perrysburg Junior High School
Hull Prairie Intermediate School

Rossford Exempted Village Schools
Rossford High School
Rossford Junior High School

Appendix V: Wood County Sample Demographic Profile*

Variable	2021 Survey Sample	Wood County Census 2015-2019 (5 year estimate)	Ohio Census 2019 (1 year estimate)
Age			
20-29	14.5%	19.0%	13.2%
30-39	25.7%	10.9%	12.6%
40-49	13.1%	11.5%	11.9%
50-59	17.5%	11.9%	13.1%
60 plus	26.9%	21.4%	24.6%
Race/Ethnicity			
White	94.9%	91.9%	83.5%
Black or African American	1.2%	2.6%	14.4%
American Indian and Alaska Native	0.8%	0.2%	0.8%
Asian	0.4%	1.7%	3.0%
Other	3.9%	1.5%	1.3%
Hispanic Origin (may be of any race)	3.5%	5.6%	4.0%
Marital Status†			
Married Couple	62.5%	46.4%	47.0%
Never been married/member of an unmarried couple	20.9%	37.1%	32.7%
Divorced/Separated	8.7%	11.4%	13.9%
Widowed	6.0%	5.1%	6.3%
Education†			
Less than High School Diploma	2.1%	5.7%	9.2%
High School Diploma	20.9%	30.7%	32.6%
Some college/ College graduate	76.6%	50.9%	58.1%
Income (Families)			
$14,999 and less	7.1%	3.6%	6.0%
$15,000 to $24,999	8.0%	3.3%	5.9%
$25,000 to $49,999	13.1%	17.0%	18.7%
$50,000 to $74,999	19.3%	20.4%	19.4%
$75,000 or more	45.0%	55.5%	49.9%

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 Wood 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.

WOOD COUNTY PROFILE
(Source: U.S. Census Bureau, 2019)
2015-2019 ACS estimates

General Demographic Characteristics

	Number	Percent (%)
Total Population		
2019 Total Population	130,150	100%
Largest City – Bowling Green		
2019 Total Population	31,504	100%
Population by Race/Ethnicity		
Total Population	130,150	100%
White	122,607	94.2%
Hispanic or Latino (of any race)	7,228	5.6%
African American	4,743	3.6%
Two or more races	3,275	2.5%
Asian	3,038	2.3%
Some other race	2,014	1.5%
American Indian and Alaska Native	1,089	0.8%
Population by Age		
Under 5 years	6,899	5.3%
5 to 17 years	19,692	15.1%
18 to 24 years	22,741	17.5%
25 to 44 years	30,275	23.3%
45 to 64 years	31,254	24.0%
65 years and over	19,289	14.8%
Median age (years)	**34.9**	N/A
Household by Type		
Total households	50,589	100%
Total families	30,671	60.6%
Households with children <18 years	12,884	25.5%
Married-couple family household	24,268	48.0%
Married-couple family household with children <18 years	9,299	18.4%
Female householder, no spouse present	4,365	8.6%
Female householder, no spouse present with children <18 years	2,331	4.6%
Nonfamily household	19,918	39.0%
Nonfamily household (single person) living alone	14,838	29.1%
Nonfamily household (single person) living alone 65 years+	4,999	9.8%
Households with one or more people <18 years	14,396	28.2%
Households with one or more people 60 years+	18,225	35.7%
Average household size	2.44 people	N/A
Average family size	3.03 people	N/A

General Demographic Characteristics, Continued

Housing Occupancy		
Median value of owner-occupied units	$163,300	N/A
Median owner costs for housing units with a mortgage	$1,389	N/A
Median owner costs for housing units without a mortgage	$524	N/A
Median rent	$800	N/A
Median rooms per total housing unit	6.0	N/A
Total occupied housing units	50,589	93.7%
No telephone service available	663	1.3%
Lacking complete kitchen facilities	451	0.9%
Lacking complete plumbing facilities	61	0.1%

Selected Social Characteristics

School Enrollment		
Population 3 years and over enrolled in school	40,311	100%
Nursery & preschool	2,295	5.7%
Kindergarten	1,424	3.5%
Elementary School (Grades 1-8)	12,025	29.8%
High School (Grades 9-12)	6,217	15.4%
College or Graduate School	18,350	45.5%
Educational Attainment		
Population 25 years and over	80,818	100%
< 9th grade education	1,131	1.4%
9th to 12th grade, no diploma	3,458	4.3%
High school graduate (includes equivalency)	24,781	30.7%
Some college, no degree	16,173	20.0%
Associate degree	8,186	10.1%
Bachelor's degree	16,022	19.8%
Graduate or professional degree	11,067	13.7%
High school graduate or higher	76,229	94.3%
Bachelor's degree or higher	27,089	33.5%
Marital Status		
Population 15 years and over	108,262	100%
Now married, excluding separated	50,233	46.4%
Never married	40,165	37.1%
Divorced	11,042	10.2%
Divorced females	6,037	5.6%
Widowed	5,521	5.1%
Widowed females	4,331	4.1%
Separated	1,299	1.2%
Veteran Status		
Civilian population 18 years and over	103,348	100%
Veterans 18 years and over	6,997	6.8%

Selected Social Characteristics, Continued

Disability Status of the Civilian Non-Institutionalized Population		
Total civilian noninstitutionalized population	128,845	100%
Civilian with a disability	15,012	11.7%
Under 18 years	26,559	100%
Under 18 years with a disability	1,190	6.4%
18 to 64 years	83,722	100%
18 to 64 years with a disability	7,953	18.6%
65 Years and over	18,564	100%
65 Years and over with a disability	5,869	68.6%

Selected Economic Characteristics

Employment Status		
Population 16 years and over	106,853	100%
16 years and over in labor force	73,294	68.6%
16 years and over not in labor force	33,559	31.4%
Females 16 years and over	54,801	100%
Females 16 years and over in labor force	35,034	63.9%
Population living with own children <6 years	7,875	100%
All parents in family in labor force	5,603	71.1%
Class of Worker		
Civilian employed population 16 years and over	69,780	100%
Private wage and salary workers	56,157	80.5%
Government workers	10,827	15.5%
Self-employed workers in own not incorporated business	2,615	3.7%
Unpaid family workers	181	0.3%
Occupations		
Employed civilian population 16 years and over	69,780	100%
Management, business, science, and art occupations	26,191	37.5%
Sales and office occupations	14,281	20.5%
Service occupations	12,452	17.8%
Production, transportation, and material moving occupations	11,863	17.0%
Natural resources, construction, and maintenance occupations	4,993	7.2%
Leading Industries		
Employed civilian population 16 years and over	69,780	100%
Educational services, health care, and social assistance	18,782	26.9%
Manufacturing	12,535	18.0%
Trade (retail and wholesale)	9,037	13.0%
Arts, entertainment, recreation, accommodation, and food services	7,651	11.0%
Professional, scientific, management, administrative, and waste management services	5,402	7.7%
Transportation and warehousing, and utilities	3,719	5.3%
Construction	3,704	5.3%
Other services (except public administration)	2,723	3.9%
Finance, insurance, real estate and rental and leasing	2,579	3.7%
Public administration	2,088	3.0%
Information	897	1.3%
Agriculture, forestry, fishing and hunting, and mining	663	1.0%

Selected Economic Characteristics, continued

Income In 2019		
Households	51,353	100%
< $10,000	2,722	5.3%
$10,000 to $14,999	1,765	3.4%
$15,000 to $24,999	4,519	8.8%
$25,000 to $34,999	4,593	8.9%
$35,000 to $49,999	5,972	11.6%
$50,000 to $74,999	10,215	19.9%
$75,000 to $99,999	7,597	14.8%
$100,000 to $149,999	6,380	12.4%
$150,000 to $199,999	4,352	8.5%
$200,000 or more	3,238	6.3%
Median household income	*$63,791*	N/A
Income in 2019		
Families	30,318	100%
< $10,000	728	2.4%
$10,000 to $14,999	376	1.2%
$15,000 to $24,999	1,004	3.3%
$25,000 to $34,999	1,504	5.0%
$35,000 to $49,999	3,650	12.0%
$50,000 to $74,999	6,195	20.4%
$75,000 to $99,999	4,881	16.1%
$100,000 to $149,999	5,745	18.9%
$150,000 to $199,999	3,526	11.6%
$200,000 or more	2,709	8.9%
Median family income	*$82,348*	N/A
Per capita income in 2019	*$33,596*	N/A
Poverty Status in 2019		
Families	N/A	5.0%
Individuals	N/A	11.7%

(Source: U.S. Census Bureau, 2019)

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

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2019	$48,823	21st of 88 counties
BEA Per Capita Personal Income 2018	$47,420	20th of 88 counties
BEA Per Capita Personal Income 2017	$45,236	21st of 88 counties
BEA Per Capita Personal Income 2016	$44,358	19th of 88 counties
BEA Per Capita Personal Income 2015	$43,431	18th 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,
Source: Bureau of Economic Analysis, https://apps.bea.gov/iTable/index_regional.cfm)

Poverty Rates, 2014-2018 5-year averages

Category	Wood County	Ohio
Population in poverty	13.3%	14.5%
< 125% FPL (%)	17.4%	18.8%
< 150% FPL (%)	21.2%	23%
< 200% FPL (%)	28.3%	32%
Population in poverty (2003)	7.8%	10.3%

(Source: The Ohio Poverty Report, Ohio Development Services Agency, June 2020
https://development.ohio.gov/files/research/P7005.pdf

Employment Statistics

Category	Wood County	Ohio
Labor Force	68,000	5,644,100
Employed	65,200	5,382,400
Unemployed	2,700	261,700
Unemployment Rate* in September 2021	4.0	4.6
Unemployment Rate* in August 2021	4.5	5.1
Unemployment Rate* in September 2020	5.6	7.3

*Rate equals unemployment divided by labor force.
(Source: Ohio Department of Job and Family Services, September 2021,
https://ohiolmi.com/_docs/LAUS/OhioCivilianLaborForceEstimates.pdf)

Estimated Poverty Status in 2019

Age Groups	Number	90% Lower Confidence Interval	90% Upper Confidence Interval	Percent	90% Lower Confidence Interval	90% Upper Confidence Interval
Wood County						
All ages in poverty	13,819	12,326	15,312	11.2%	10.0	12.4
Ages 0-17 in poverty	2,545	1,931	3,159	9.8%	7.4	12.2
Ages 5-17 in families in poverty	1,640	1,167	2,113	8.6%	6.1	11.1
Median household income	$64,723	$60,893	$68,553			
Ohio						
All ages in poverty	1,474,285	1,449,452	1,499,118	13.0	12.8	13.2
Ages 0-17 in poverty	458,134	443,797	472,471	18.1	17.5	18.7
Ages 5-17 in families in poverty	306,068	293,671	318,465	16.6	15.9	17.3
Median household income	$58,704	$58,147	$59,261			
United States						
All ages in poverty	39,490,096	39,248,096	39,732,096	12.3	12.2	12.4
Ages 0-17 in poverty	12,000,470	11,865,995	12,134,945	16.8	16.6	17.0
Ages 5-17 in families in poverty	8,258,906	8,160,650	8,357,162	15.8	15.6	16.0
Median household income	$65,712	$65,594	$65,830			

(Source: U.S. Census Bureau, 2019 Poverty and Median Income Estimates,
https://www.census.gov/data/datasets/2019/demo/saipe/2019-state-and-county.html)

Federal Poverty Thresholds in 2020 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	$ 13,465					
1 Person 65 and >	$ 12,413					
2 people Householder < 65 years	$ 17,331	$17,839				
2 People Householder 65 and >	$15,644	$17,771				
3 People	$20,244	$20,832	$20,852			
4 People	$26,695	$27,131	$26,246	$26,338		
5 People	$32,193	$32,661	$31,661	$30,887	$30,414	
6 People	$37,027	$37,174	$36,408	$35,674	$34,582	$33,935
7 People	$42,605	$42,871	$41,954	$41,314	$40,124	$38,734
8 People	$47,650	$48,071	$47,205	$46,447	$45,371	$44,006
9 People or >	$57,319	$57,597	$56,831	$56,188	$55,132	$53,679

(Source: U. S. Census Bureau, Poverty Thresholds 2020,
https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html

Appendix VII: 2021 County Health Rankings

	Wood County	Ohio	U.S.
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2017-2019)	5,600	8,500	6,900
Overall heath. Percentage of adults reporting fair or poor health (age-adjusted) (2018)	17%	18%	17%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2018)	3.8	4.1	3.7
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2018)	4.9	4.8	4.1
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2013-2019)	7%	9%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2018)	21%	21%	17%
Obesity. Percentage of adults that report a BMI of 30 or more (2017)	35%	34%	30%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2015 & 2018)	7.7	6.8	7.8
Physical inactivity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2017)	24%	26%	23%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2019)	71%	84%	84%
Excessive drinking. Percentage of adults reporting binge or heavy drinking (2018)	19%	18%	19%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2015-2019)	20%	32%	27%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2018)	318.0	542.3	539.9
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2013-2019)	9	22	21

(Source: 2021 County Health Rankings for Wood County, Ohio and U.S. data)

	Wood County	Ohio	U.S.
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2018)	6%	8%	10%
Access to health care/medical care. Ratio of population to primary care physicians (2018)	1,450:1	1,300:1	1,320:1
Access to dental care. Ratio of population to dentists (2018)	2,780:1	1,560:1	1,400:1
Access to behavioral health care. Ratio of population to mental health providers (2020)	580:1	380:1	380:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2018)	4,921	4,901	4,236
Mammography screening. Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2018)	48%	43%	42%
Flu vaccinations. Percentage of Medicare enrollees that had an annual flu vaccination (2018)	54%	51%	48%
Social and Economic Environment			
Education. Percentage of ninth-grade cohort that graduates in four years (2015-2019)	94%	90%	88%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2015-2019)	74%	66%	66%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2019)	3.7%	4.1%	3.7%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2019)	10%	18%	17%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2015-2019)	4.6	4.7	4.9
Family and social support. Percentage of children that live in a household headed by single parent (2015-2019)	20%	27%	26%
Family and social support. Number of membership associations per 10,000 population (2018)	12.0	11.0	9.3
Violence. Number of reported violent crime offenses per 100,000 population (2014 & 2016)	77	293	386
Injury. Number of deaths due to injury per 100,000 population (2015-2019)	59	91	72

(Source: 2021 County Health Rankings for Wood County, Ohio and U.S. data)

	Wood 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) (2016)	9.5	9.0	7.2
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 (2019)	Yes	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 (2013-2017)	13%	14%	18%
Transportation. Percentage of the workforce that drives alone to work (2015-2019)	84%	83%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2015-2019)	23%	31%	37%

(Source: 2021 County Health Rankings for Wood County, Ohio and U.S. data)
N/A – Not Available

Appendix VIII: Trend Summary Tables

Adult Variables	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Health Status							
Rated general health as good, very good, or excellent	89%	91%	90%	86%	88%	81%	83%
Rated health as excellent or very good	53%	62%	59%	52%	49%	48%	51%
Rated health as fair or poor	11%	9%	10%	14%	12%	19%	18%
Average days that physical health not good (in the past month)	N/A	3.0	1.6	3.1	4.6	3.9‡	3.8‡
Rated physical health as not good on four or more days (in the past 30 days)	20%	17%	14%	18%	24%	24%	23%
Average days that mental health rated not good (in the past month)	N/A	3.8	1.9	4.8	6.9	4.6‡	4.0‡
Rated their mental health as not good on four or more days (in the previous month)	23%	29%	16%	32%	49%	26%	24%
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)	13%	N/A	18%	32%	38%	N/A	N/A
Health Care Coverage, Access, and Utilization							
Uninsured	8%	15%	6%	6%	7%	9%	11%
Had at least one person they thought of as their personal doctor or health care provider	N/A	89%	85%	85%	77%	80%	77%
Visited a doctor for a routine checkup in the past year	55%	51%	49%	61%	67%	78%	78%
Diabetes, Asthma, and Arthritis							
Diagnosed with diabetes	7%	8%	6%	8%	8%	12%	11%
Diagnosed with pre-diabetes or borderline diabetes	8%	11%	5%	5%	3%	2%	2%
Diagnosed with asthma	17%	13%	15%	15%	10%	16%	15%
Diagnosed with arthritis	33%	27%	29%	28%	31%	31%	26%
Cardiovascular Health							
Had angina or coronary heart disease	N/A	N/A	4%	5%	4%	5%	4%
Had a heart attack	N/A	N/A	4%	3%	3%	5%	4%
Had a stroke	N/A	N/A	3%	2%	2%	4%	3%
Diagnosed with high blood pressure	35%	30%	26%	35%	30%	35%	32%
Diagnosed with high blood cholesterol	31%	31%	30%	32%	30%	33%	33%
Had blood cholesterol checked (within the past 5 years)	69%	69%	73%	80%	72%	85%	87%
Weight Status							
Overweight	40%	36%	42%	33%	32%	35%	35%
Obese	30%	30%	22%	39%	37%	35%	32%

N/A – Not Available
‡2017 BRFSS Data as compiled by 2020 County Health Rankings

Adult Variables	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Alcohol Consumption							
Current drinker (drank alcohol at least once in the past month)	63%	59%	68%	68%	71%	53%	54%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days)	29%	24%	20%	27%	32%	18%	17%
Drove after having too much alcohol to drink	N/A	N/A	N/A	7%	7%	4%*	3%*
Tobacco Use							
Current smoker (currently smoke some or all days)	23%	11%	11%	11%	10%	21%	16%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	33%	23%	18%	23%	21%	24%	25%
Tried to quit smoking	52%	44%	59%	38%	58%	N/A	N/A
Drug Use							
Adults who used recreational marijuana (in the past 6 months)	5%	6%	3%	6%	9%	N/A	N/A
Adults who used other recreational drugs (in the past 6 months)	5%	6%	<1%	2%	5%	N/A	N/A
Adults who misused prescription drugs (in the past 6 months)	6%	10%	6%	4%	5%	N/A	N/A
Sexual Behavior							
Had more than one sexual partner (in the past year)	4%	5%	2%	7%	<1%	N/A	N/A
Preventive Medicine							
Had a pneumonia vaccine (age 65 and older)	57%	64%	53%	76%	68%	75%	73%
Had a flu vaccine in the past year (ages 65 and older)	73%	64%	76%	74%	78%	63%	64%
Had a mammogram in the past two years (age 40 and older)	67%	82%	73%	63%	71%	74%*	72%*
Had a clinical breast exam in the past two years (age 40 and older)	70%	91%	74%	64%	61%	N/A	N/A
Had a Pap smear in the past three years (age 21-to-65)	75%	79%	68%	73%	70%	79%**	80%**
Had a digital rectal exam within the past year	21%	31%	9%	17%	12%	N/A	N/A
Mental Health							
Felt sad or hopeless for two or more weeks in a row	11%	12%	5%	14%	12%	N/A	N/A
Considered attempting suicide in the past year	1%	2%	N/A	2%	3%	N/A	N/A
Attempted suicide in the past year	0%	0%	N/A	0%	3%	N/A	N/A
Oral Health							
Adults who had visited a dentist or dental clinic (in the past year)	64%	74%	74%	71%	66%	67%	68%
Adults who had one or more permanent teeth removed	N/A	N/A	N/A	31%	41%	45%*	41%*
Adults 65 years and older who had all their permanent teeth removed	N/A	N/A	N/A	10%	5%	17%*	14%*
Quality of Life							
Limited in some way because of a major impairment or health problem	25%	37%	25%	38%	42%	N/A	N/A

N/A - Not Available
*2018 BRFSS Data
**Ohio and U.S. BRFSS reports women ages 21-65

Youth Variables	Wood County 2012 (6th-12th)	Wood County 2015 (6th-12th)	Wood County 2018 (6th-12th)	Wood County 2021 (6th-12th)	Wood County 2021 (9th-12th)	Ohio 2019 (9th-12th)	U.S. 2019 (9th-12th)
Weight Control							
Obese	13%	17%	16%	18%	16%	17%	16%
Overweight	11%	15%	13%	13%	16%	12%	16%
Described themselves as slightly or very overweight	27%	29%	30%	28%	31%	N/A	32%
Trying to lose weight	48%	41%	45%	40%	46%	N/A	48%
Exercised to lose weight (in the past 30 days)	50%	43%	56%	46%	51%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	32%	27%	32%	33%	43%	N/A	N/A
Went without eating for 24 hours or more (in the past 30 days)	6%	3%	6%	8%	13%	N/A	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	1%	1%	3%	1%	3%	N/A	N/A
Vomited or took laxatives (in the past 30 days)	1%	2%	2%	3%	4%	N/A	N/A
Physically active at least 60 minutes per day on every day (in the past week)	28%	28%	31%	31%	25%	24%	23%
Physically active at least 60 minutes per day on five or more days (in the past week)	52%	49%	54%	53%	49%	43%	44%
Did not participate in at least 60 minutes of physical activity on any day (in the past week)	11%	14%	10%	10%	13%	17%	17%
Tobacco Use							
Ever tried cigarette smoking (even one or two puffs)	27%	21%	14%	8%	13%	22%	24%
Current smoker (smoked on at least one day during the past 30 days)	11%	5%	3%	2%	4%	5%	6%
Tried to quit smoking (of those youth who smoked in the past year)	55%	46%	45%	41%	28%	N/A	N/A
Smoked a whole cigarette before the age of 13 (for the first time of all youth)	9%	6%	5%	3%	3%	9%	8%
Alcohol Consumption							
Ever tried alcohol	48%	44%	38%	28%	40%	N/A	N/A
Current drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	23%	16%	15%	11%	17%	26%	29%
Binge drinker (drank 5 or more drinks within a couple of hours on at least one day during the past 30 days)	12%	7%	7%	5%	10%	13%	14%
Drank for the first time before age 13 (of all youth)	18%	11%	10%	7%	6%	16%	15%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on one or more occasion during the past 30 days)	17%	13%	12%	10%	12%	N/A	17%
Drove when they had been drinking alcohol (of youth drivers on one or more occasion during the past 30 days)	3%	4%	1%	2%	3%	N/A	6%
Obtained the alcohol they drank by someone giving it to them (of current drinkers)	41%	33%	36%	42%	37%	N/A	41%

N/A-Not Available

Youth Variables	Wood County 2012 (6th-12th)	Wood County 2015 (6th-12th)	Wood County 2018 (6th-12th)	Wood County 2021 (6th-12th)	Wood County 2021 (9th-12th)	Ohio 2019 (9th-12th)	U.S. 2019 (9th-12th)
Drug Use							
Youth who used marijuana (in the past month)	12%	8%	9%	5%	10%	16%	22%
Used methamphetamines (in their lifetime)	2%	<1%	1%	1%	2%	N/A	2%
Used cocaine (in their lifetime)	4%	1%	2%	1%	2%	4%	4%
Used heroin (in their lifetime)	3%	0%	0%	1%	1%	2%	2%
Used steroids without a doctor's prescription (in their lifetime)	3%	1%	2%	1%	3%	N/A	2%
Used inhalants (in their lifetime)	7%	3%	3%	2%	3%	8%	6%
Used ecstasy/MDMA/molly (in their lifetime)	4%	2%	1%	2%	3%	N/A	4%
Ever misused medications (in their lifetime)	11%	6%	5%	3%	5%	12%	14%
Ever been offered, sold, or given an illegal drug by someone on school property (in the past year)	8%	5%	6%	4%	5%	15%	22%
Mental Health							
Seriously considered attempting suicide (in the past 12 months)	9%	16%	19%	14%	19%	16%	19%
Attempted suicide (in the past 12 months)	4%	6%	5%	5%	6%	7%	9%
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)	20%	26%	27%	29%	34%	33%	37%
Social Determinants of Health							
Visited a dentist within the past year (for a check-up, exam, teeth cleaning, or other dental work)	82%	79%	78%	78%	74%	N/A	N/A
Unintentional Injuries and Violence							
Carried a weapon (in the past month)	10%	10%	9%	8%	7%	11%	13%
Had been in a physical fight (in the past year)	20%	16%	21%	15%	12%	19%	22%
Electronically bullied (in the past year)	13%	9%	12%	10%	9%	13%	16%
Bullied (in the past year)	42%	38%	37%	30%	28%	N/A	N/A
Bullied on school property (in past the year)	N/A	22%	23%	15%	11%	14%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (in the past year)	6%	3%	2%	2%	3%	10%	8%

N/A-Not Available

Child Variables	Wood County 2018 Ages 0-5	Wood County 2021 Ages 0-5	Ohio 2018/19 Ages 0-5	U.S. 2018/19 Ages 0-5	Wood County 2018 Ages 6-11	Wood County 2021 Ages 6-11	Ohio 2018/19 Ages 6-11	U.S. 2018/19 Ages 6-11
Health and Functional Status								
Rated health as excellent or very good	98%	99%	94%	94%	93%	97%	88%	90%
Dental care visit in past year	53%	58%	58%*	62%*	93%	90%	91%	89%
Diagnosed with ADHD/ADD	1%	0%	1%**	2%**	12%	14%	10%	9%
Diagnosed with asthma	6%	4%	4%	4%	9%	7%	8%	9%
Diagnosed with autism or autism spectrum disorder (ASD)	1%	1%	N/A	3%*	4%	2%	N/A	3%
Diagnosed with behavioral or conduct problems	3%	1%	3%**	4%**	4%	5%	10%	9%
Diagnosed with a head injury, brain injury, or concussion	1%	1%	N/A	<1%	2%	2%	N/A	1%
Health Care Access								
Had public insurance	12%	7%	29%	32%	11%	8%	29%	31%
Been to doctor for preventive care in past year	100%	99%	87%***	89%***	91%	92%	86%***	80%***
Received all the medical care they needed	94%	93%	N/A	N/A	93%	94%	N/A	N/A
Early Childhood (Ages 0-5)								
Never breastfed their child	11%	12%	22%	19%	N/A	N/A	N/A	N/A
Family member read to child every day in the past week	54%	60%	35%	35%	N/A	N/A	N/A	N/A
Middle Childhood (Ages 6-11)								
Child participated in one or more activities	N/A	N/A	N/A	N/A	63%	80%	75%	79%
Child did not miss any days of school because of illness or injury	N/A	N/A	N/A	N/A	16%	31%	24%	28%
Did not engage in any physical activity during the past week	N/A	N/A	N/A	N/A	4%	2%	6%	6%
Parent definitely agreed that their child was safe at school	N/A	N/A	N/A	N/A	72%	82%	74%	75%
Family and Community Characteristics								
Family eats a meal together every day of the week	38%	53%	49%	53%	33%	36%	42%	46%
Child experienced two or more ACEs	7%	1%	9%	9%	6%	8%	26%	20%
Parent definitely agreed that their child lived in a safe neighborhood	87%	93%	65%	64%	78%	84%	57%	64%

N/A – Not Available

* Ages 1-5
** Ages 3-5
***2019 NSCH Data

Identifying and assessing community resources is critical for community improvement and is a key part of the community health assessment. Wood County has various resources that can be mobilized to address some of the key issues identified in the CHA.

Several local institutional resources in Wood County support the health and wellbeing of the community.

- Wood County Health Department, which works to prevent disease, promote healthy lifestyles and protect the health of everyone in Wood County.
- Wood County ADAMHS Board, which provides support and coordination of mental health care resources.
- The Family and Children First Council, which works to build community capacity, coordinate systems and services and support children and families in need.
- Job and Family Services, which oversees support services for qualifying families
- Wood County Board of Developmental Disabilities, which supports children, youth, and adults with developmental disabilities.
- Wood County EMA collaborates with first responders and local governments across the county to oversee the county's emergency preparedness program and coordinate response to a variety of emergency situations.

Major health care facilities include Wood County Hospital and Mercy Health Perrysburg Hospital. The Community Health Center Division of Wood County Health Department serves low-income residents and those without health insurance from across the county. Numerous organizations support mental health, including Harbor, A Renewed Mind, Unison and Lutheran Social Services, as well as nonprofits such as NAMI, the Suicide Prevention Coalition and the Children's Resource Center.

Wood County has one university, Bowling Green State University, whose College of Health and Human Services includes Public Health, Dietetics and Nursing programs. Wood County also has one community college, Owens Community College, which offers nursing, dental hygiene and other health-related programs. Penta Career Center, Wood County's vocational/technical school, offers career training programs in health care fields for high school students and adults. The Wood County Educational Service Center provides support to local school districts across the county. The OSU Extension office supports community health education programming.

Additionally, there are non-profit organizations available in Wood County that support people in need across the community including United Way, which operates the 2-1-1 number so support is just a phone call away for those in need; Great Lakes Community Action Partnership (GLCAP) which offers a variety of programs from childcare and education, home repair needs, home energy conservation assistance, housing assistance and more; Salvation Army which provides emergency services to qualified low income families from emergency rent help, to back to school supplies, Christmas toys, food, heating bill assistance and more; American Red Cross for response after a fire; Wood County Committee on Aging, which operates senior centers across the county; Habitat for Humanity, which supports housing needs; and the Cocoon, which provides support and shelter for victims of sexual assault and domestic violence. Programs

such as WIC (Women, Infants, and Children), Brown Bag Food Project and 19 other Local Food Pantries help address food security issues around Wood County. There are various transportation assistance services available for Wood County residents who need help getting to medical and dental appointments. Some cities like Bowling Green, Rossford and Perrysburg also have public transportation to take people anywhere they need to go.

Programs in the community that residents can utilize to improve their health and fitness include BGSU Wellness Connection, Bowling Green Community Center, Rossford Community Center, Fort Meigs YMCA, CrossFit BG and numerous other fitness centers. Wood County Park District oversees a network of parks around the county that provide opportunities for outdoor recreation, including numerous bike and hiking trails. Bowling Green, Pemberville, Perrysburg and Walbridge have city pools open in the summer. Many communities, including Bowling Green and Perrysburg, have dedicated cycling routes and communities have safe, walkable neighborhoods that improve the environment in which residents of Wood County live and thrive. Numerous faith based organizations also support the material, social and spiritual wellbeing of Wood County residents of all faiths and provide networks for communicating with large segments of the population.

Organizations involved in facilitating responsible development and overseeing the built environment include Wood County Planning Commission and various city planning commissions, Wood County Building Inspection, Wood County Soil & Water District, Northwest Water and Sewer District, Bowling Green Wastewater Treatment Plant, Perrysburg Waste Water Treatment Plant, Wood County Health Department Environmental Health Division, Ohio Environmental Protection Agency, Wood County Economic Development Commission. Mayors and Town Councils from towns across the county, Township Trustees and County Commissioners also provide oversight to growth and development within the county. Two major national interstates cross Wood County, including I-75, which runs north and south and I-90, which runs east and west, facilitating transportation of good, services and people and making the county an attractive location for a variety of employers.