

# Health Care Access: Preventive Medicine

## 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
<b>Had a pneumonia vaccination</b> (age 65 and older)	57%	64%	53%	76%	68%	75%	73%
<b>Had a flu vaccine in the past year</b> (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
<b>IID-09: Increase the proportion of persons who are vaccinated annually against seasonal influenza</b>	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

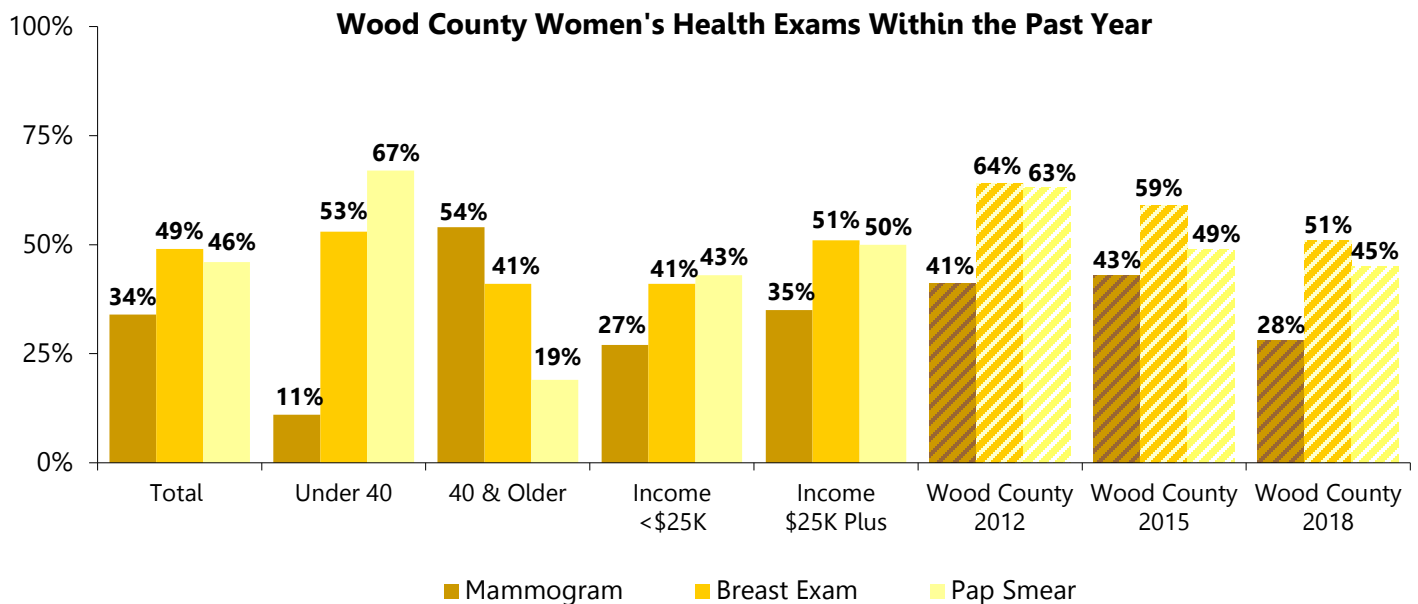
1. Heart Diseases (22% of all deaths)
2. Cancers (20%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's Disease (6%)

(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.



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.

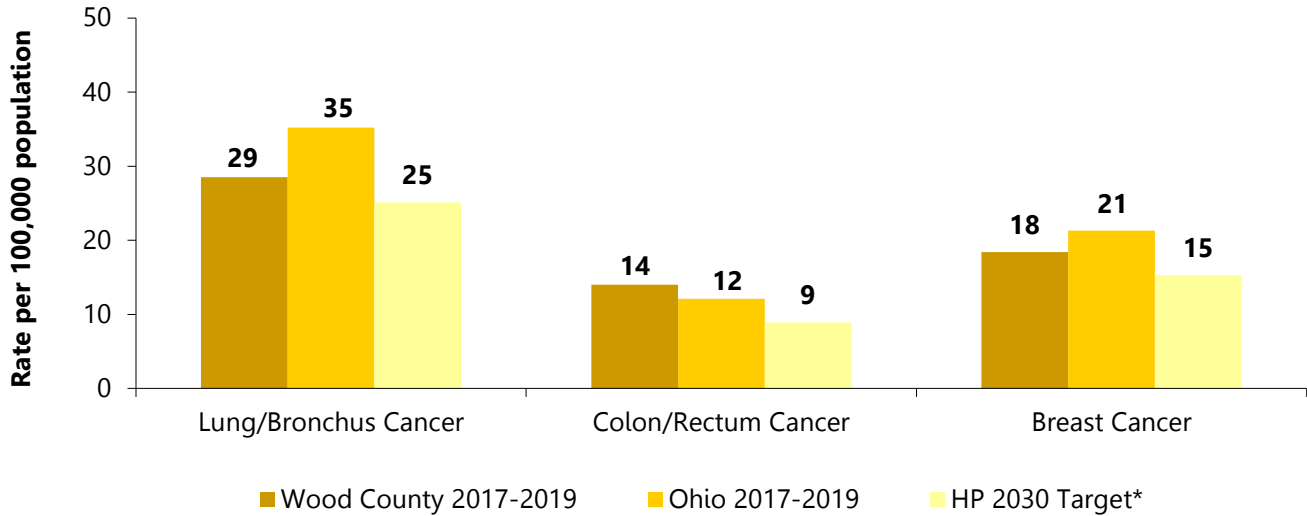
Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
<b>Had a mammogram in the past two years</b> (age 40 and older)	67%	82%	73%	63%	71%	74%*	72%*
<b>Had a clinical breast exam in the past two years</b> (age 40 and older)	70%	91%	74%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

- Heart Diseases (41% of all deaths)
- Cancers (32%)
- Chronic Lower Respiratory Diseases (8%)
- Accidents, Unintentional Injuries (7%)
- Diabetes (5%)

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

### Ohio Male Leading Causes of Death, 2017 – 2019

*Total Male Deaths: 187,665*

- Heart Diseases (24% of all deaths)
- Cancers (21%)
- Accidents, Unintentional Injuries (9%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (4%)

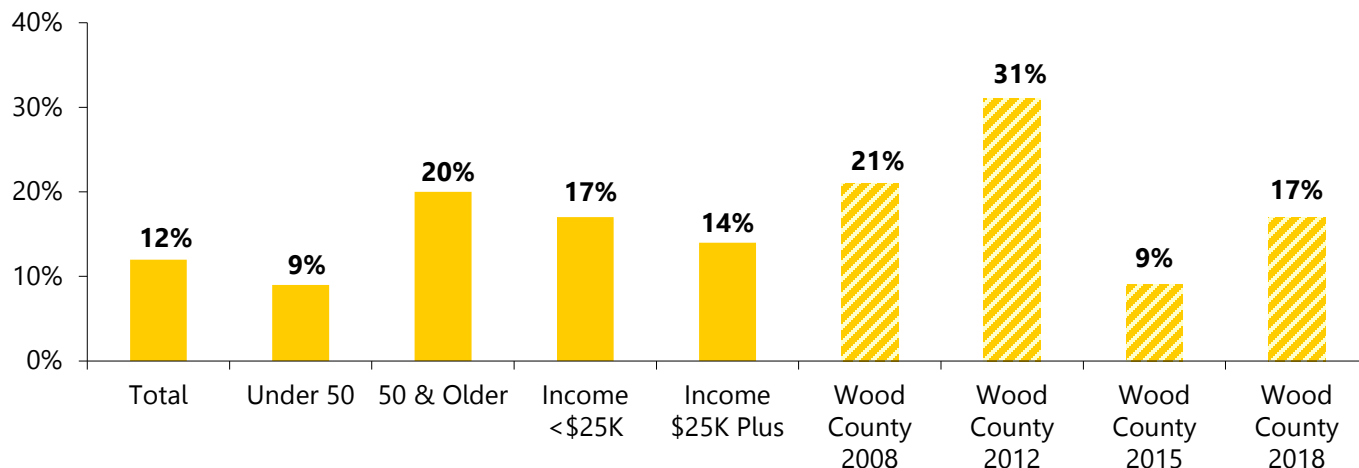
*(Source: Ohio Public Health Data Warehouse, 2017-2019)*

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.

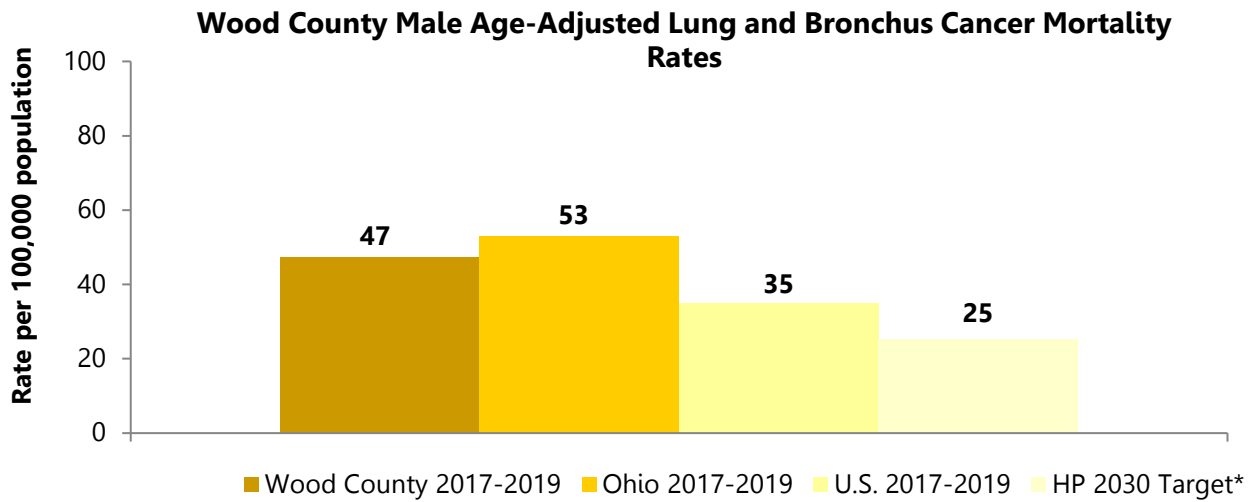
### Prostate Cancer Awareness

- 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.



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)