

Wood County Men's Health

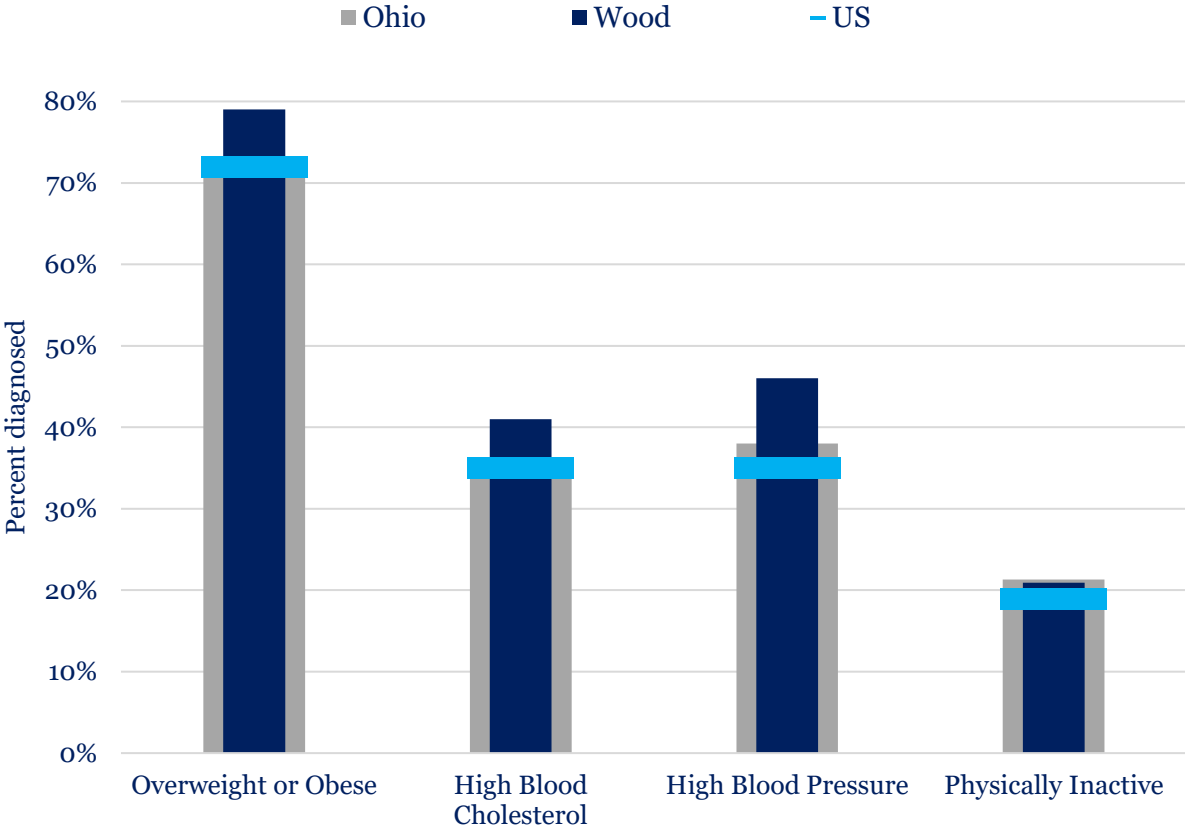
June 2024

The Importance of Men's Health Awareness

June is National Men's Health Month. Men often face higher risks of diseases like cancer, heart disease, and mental health issues. Men are at risk for diseases like these because of risk factors such as excessive alcohol drinking, smoking tobacco, poor diet and physical inactivity. It's important for men to be aware of these health risks and feel encouraged to seek help. They should not be discouraged by any stigma around getting screened, treated, or using prevention strategies available in Wood County.

Disease and Risk Factors

Wood County men are more at risk for chronic disease compared to **Ohio** and **US** men ^{1, 7}



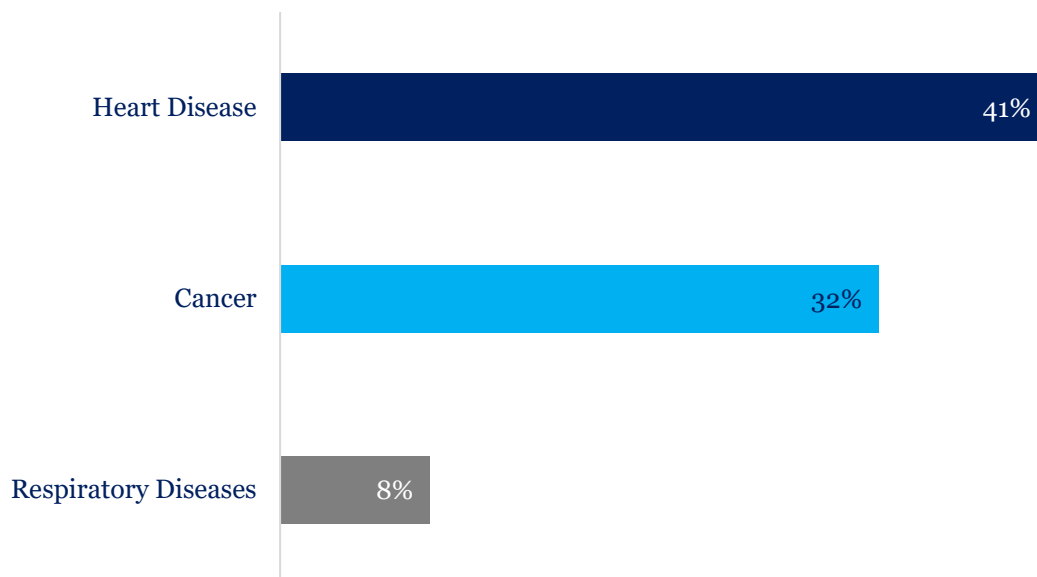
Obesity, high blood cholesterol, high blood pressure and physical inactivity are all linked to chronic disease development. Heart disease, cancer and Alzheimer's disease are just a few of the diseases associated with the risk factors above.

Wood County Male Health Risk ¹	Rate	Number of People
Current* Drinker	80%	82,210
Current* Smoker (tobacco)	16%	10,442
Marijuana in last 6 months	10%	6,526

*Current is determined by use or consumption in the last 30 days

- Drinking too much alcohol can have both short and long-term effects on health including alcohol poisoning, heart and liver disease, stroke and cancer
- Smoking, especially frequent smoking, is associated with many diseases but most often is linked to lung and heart disease

Heart disease and cancer make up 73% of male deaths in Wood County ¹

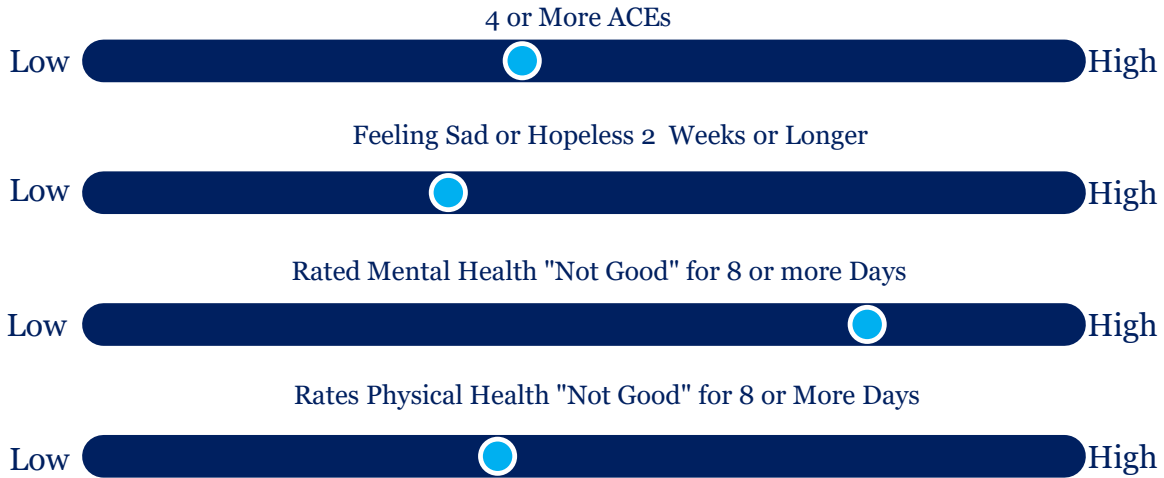


- Heart disease is the top cause of death in Wood County and the US for men and women but does impact men slightly more often
 - Wood County's rate of heart disease-related deaths is 240.5 per 100,000 people, which substantially exceeds the Health People 2030 goal of 70.1 per 100,000
- Lung, pancreatic, and colorectal cancer make up about 58% of all Wood County cancer-related deaths in males

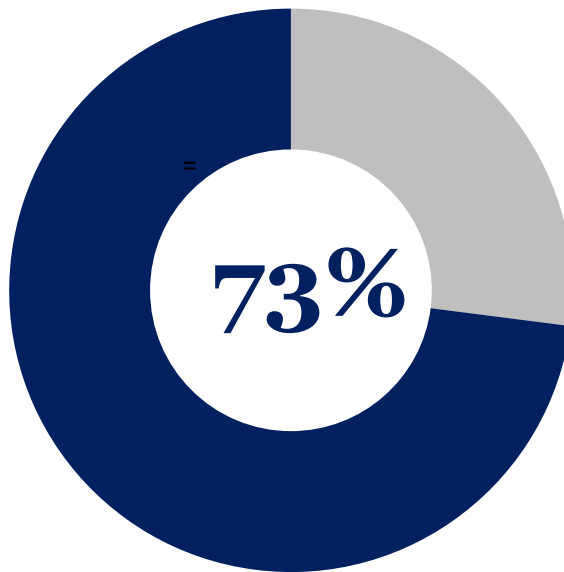
Mental Health

Adverse childhood experiences (ACEs) are stressful or traumatic experiences that take place during childhood. Research shows a strong relationship between ACEs, substance misuse and behavioral problems. Over time, individuals may develop unhealthy coping mechanisms which can cause disease, disability and social problems.

Many Wood County men report high ACE scores and poor self-health view ¹

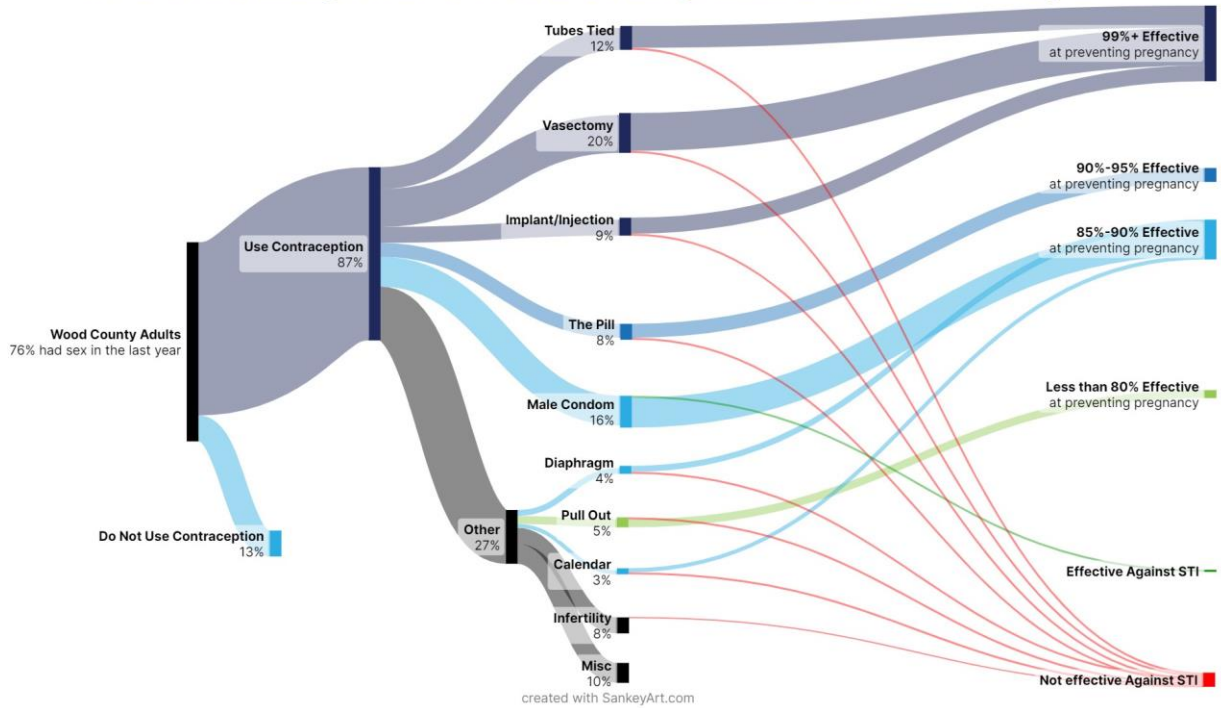


In Wood County since 2019, **men** account for the majority of suicide deaths



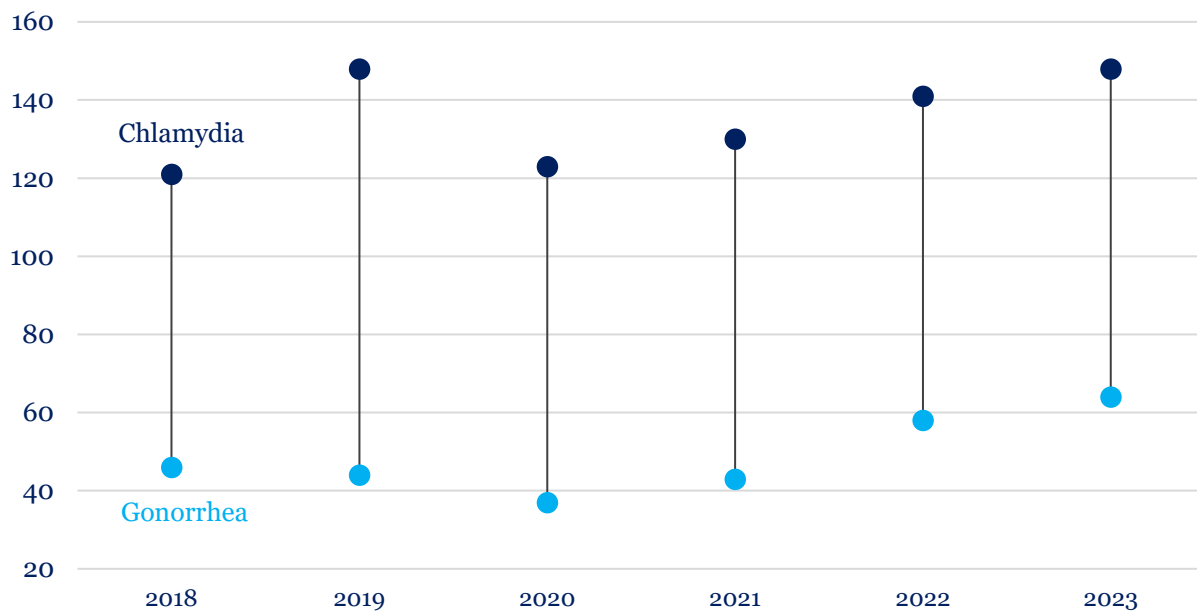
Reproductive Health

87% of sexually active Wood County adults use contraception

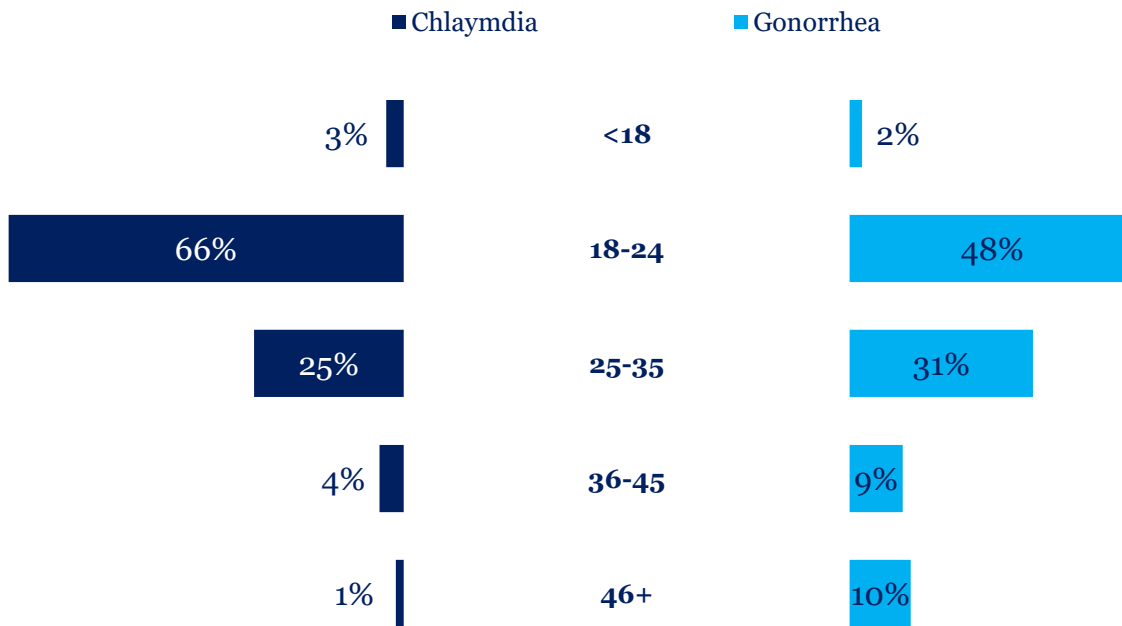


- Not all contraception provides protection for unwanted pregnancy and STIs. Individuals should make appropriate choices for reproductive health

Wood County males account for about **183** sexually transmitted infections each year ²



Young adults are the most impacted age group for sexually transmitted infections (STIs) ²



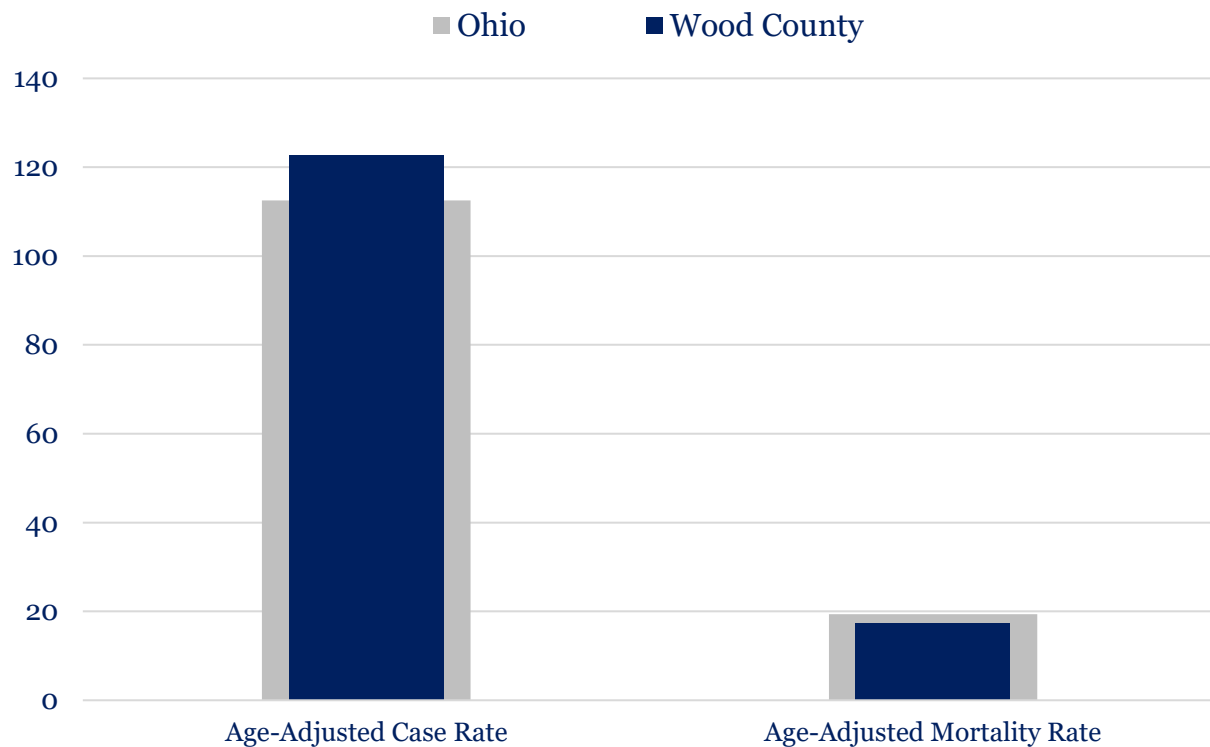
Health Screenings

Wood County Male Health Screening ¹	2012	2015	2018	2021
Digital Rectal Exam	31%	9%	17%	12%
Self-Testicular Exam	n/a	n/a	30%	25%

- Nearly 50% of men in Wood County have reported some type of prostate screening in their life but there is a lack of regular screenings
- The American Cancer Society (ACS) recommends men have a discussion with their health care provider about whether to be screened for prostate cancer:
 - **Age 50 for men who are at average risk** of prostate cancer and are expected to live at least 10 more years
 - **Age 45 for men at high risk** of developing prostate cancer. This includes African American men and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
 - **Age 40 for men at even higher risk** (those with more than one first-degree relative who had prostate cancer at an early age)

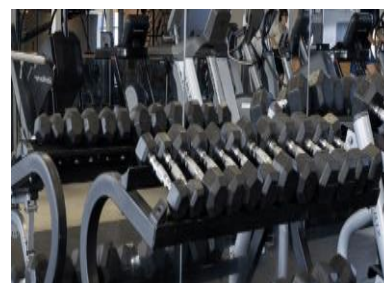
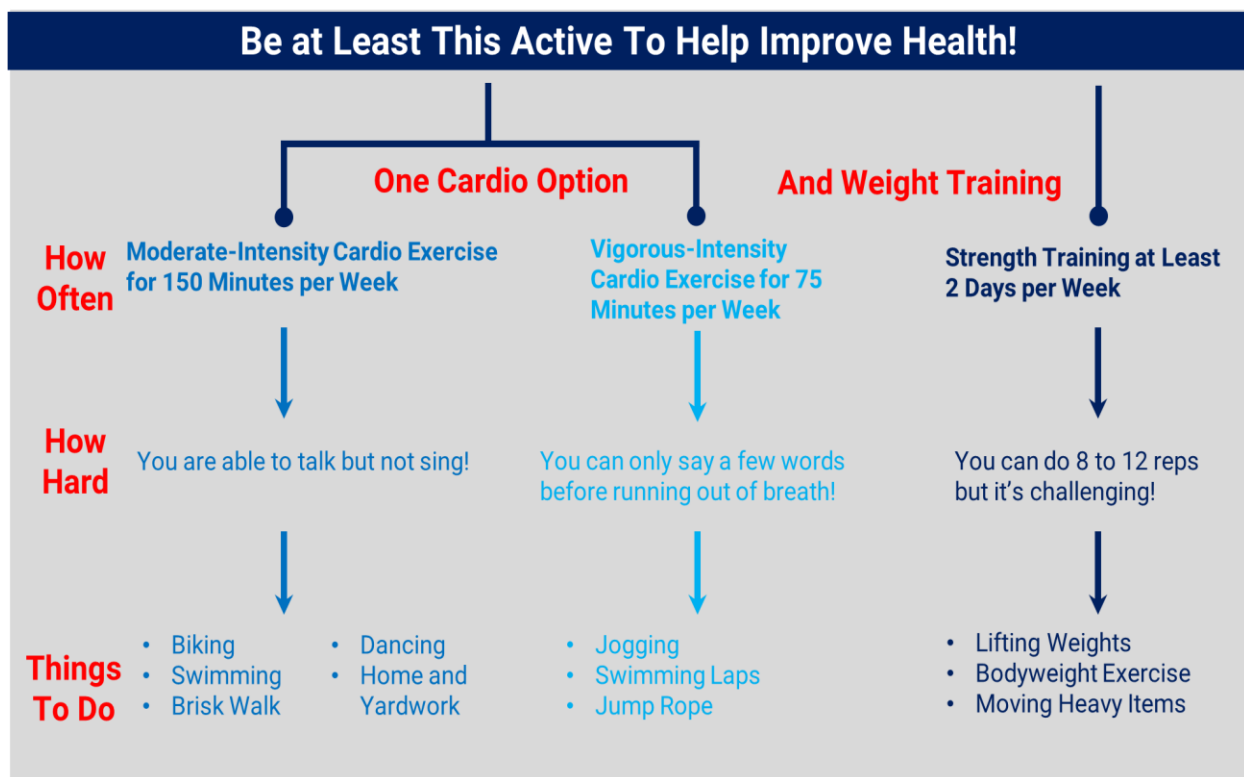
- [Self-testicular exams may help identify cancer more quickly. Men should regularly check their testicles for hard lumps](#)
- Health People 2030 reports that not enough US adults are getting the recommended preventive health services
 - Only 5.3% of US adults 35 years and older receive all recommended services
- It is recommended that every individual have a conversation with their healthcare provider to discuss their risk and screening recommendations for prostate and testicular cancer

Wood County has high levels of prostate cancer but it does not usually result in death ³



- In Wood County, prostate cancer is diagnosed early in 74% of cases which is better than the 68% for Ohio
- Cancer is able to be detected early thanks to regular screenings and cancer diagnosed early is more likely to be treatable
- Wood County's 5-year survival rate for prostate cancer is about 90%

The [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) recommend adults get 150 minutes of physical activity each week and strength train at least 2 days to improve overall health.



An active lifestyle should include a variety of actions besides just cardio and strength training. Flexibility, balance and speed (reflexes) are important so that people can stay active at any age. Wood County has many local services available to the public through both free and paid events.

- [Wood County Parks](#)
- [Bowling Green City Parks and Rec](#)
- [Perrysburg Municipal Parks](#)
- [Bowling Green State University](#)
- [Bowling Green Community Center](#)

Visit [Health.gov](https://www.health.gov) for more information on physical activity to promote wellness

Resources

- Wood County Community Health Center:
<https://woodcountyhealth.org/health-center/>
- Her Choice for free pregnancy and STI services:
<https://herchoicemedical.org/services/>
- Adult Vaccination Recommendations:
<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>
- American Cancer Society Men's Health Screenings:
 - Prostate Screening: <https://www.cancer.org/cancer/types/prostate-cancer/detection-diagnosis-staging/acs-recommendations.html>
 - Testicular Screening: <https://www.cancer.org/cancer/types/testicular-cancer/detection-diagnosis-staging/detection.html>

Sources

1. Wood County Community Health Assessment 2021
2. Ohio Disease Reporting System (ODRS)
3. Secure DataOhio <https://data.ohio.gov/wps/portal/gov/data>
4. [Epicenter Health Monitoring](#)
5. [Wood County Cancer Profile 2023](#)
6. [Healthy People 2030 Preventive Health Care](#)
7. [CDC PLACES: Local Data for Better Health](#)