

# 2016



## Crawford County & Galion City Community Health Status Assessment

Commissioned by:



*Released May 16, 2016*



# FOREWORD

Dear Community Member,

Thank you for your concern for the health and well-being of Crawford County and the City of Galion. The data presented in this publication is the result of the 2015 health and needs status assessment of Crawford County and City of Galion adults. The data collected from Crawford County and Galion residents is reported along with health information from the Ohio Department of Health and relevant national, state, and local data sources.

Monitoring the health status of local residents to identify community health problems is an essential public health service. This health and needs status assessment is invaluable because it serves as a guide for strategic planning and decision-making. It can help our community identify new health concerns, measure the impact of current community health improvement efforts, and guide the judicious use of local resources. However, this is only one planning tool. A true plan of action for community health improvement will require taking a closer look at these survey results; seeking additional information from community residents, service providers, and others; identifying population(s) at risk for specific health conditions; and choosing effective strategies that will truly improve the health of Crawford County and Galion residents when put into action.

This report would not exist without the financial support of community organizations and assistance of community leaders who all care about your health. The project was supported financially by the following organizations: Avita Health System, City of Bucyrus, Crawford County Education & Economic Development Partnership, Community Foundation for Crawford County, Crawford County Public Health, Crawford-Marion ADAMH Board, and Galion City Health Department.

In addition, the following agencies worked on the planning committee: Avita Health System, City of Bucyrus, Community Counseling Services, Community Foundation for Crawford County, Crawford County Education & Economic Development Partnership, Crawford County Family & Children First Council, Crawford County Public Health, Crawford-Marion ADAMH Board, Galion City Health Department, and Wesley Chapel/Restore Ministries.

Special thanks are given to Britney Ward from the Healthy Communities Foundation of the Hospital Council of Northwest Ohio for guiding this process.

While data is useful, it is how people utilize this information that ultimately benefits the community. Please join the Crawford County Health Partners as we work together to improve the health and well-being of all Crawford County residents. We encourage you to be open to new ideas and collaborations. We also encourage you to remain optimistic and positive about the excellent work this community can do together.

Sincerely,

Kate Siefert, RS  
Administrator  
Crawford County Public Health

Nathan P. Benich, Co-Chairperson  
Emergency Planner/SIT  
Crawford County Public Health

Cinda M. Kropka, MHA  
Compliance/ Ethics & Privacy Director  
Avita Health System

Trish Factor, MPH, MCHES, CHEP  
Health Commissioner  
Galion City Health Department

Stephanie Zmuda, RS, Co-Chairperson  
Environmental Health Director  
Galion City Health Department

# FOREWORD

**This report has been funded by:**

Avita Health System  
City of Bucyrus  
Crawford County Education & Economic Development Partnership  
Community Foundation for Crawford County  
Crawford County Public Health  
Crawford-Marion ADAMH Board  
Galion City Health Department

**This report has been commissioned by the Crawford County Health Partners:**

Avita Health System  
City of Bucyrus  
Community Counseling Services  
Community Foundation for Crawford County  
Crawford County Education & Economic Development Partnership  
Crawford County Family & Children First Council  
Crawford County Public Health  
Crawford-Marion ADAMH Board  
Galion City Health Department  
Wesley Chapel/Restore Ministries

**The 2015 Crawford County Health Assessment is available on the following websites:**

Avita Health System - <http://www.avitahealth.org>  
Crawford County Public Health - <http://crawfordhealth.com/>  
Galion City Health Department - <http://galionhealth.org/>  
Hospital Council of Northwest Ohio - <http://www.hcno.org/community/reports.html>

To see Crawford County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at <http://www.hcno.org/community/data-indicator.html>.

Hospital Council of Northwest Ohio

**Britney L. Ward, MPH**

Director of Community Health  
Improvement

**Margaret Wielinski, MPH**

Assistant Director of Community  
Health Improvement

**Michelle Von Lehmden**

Health Assessment Coordinator

**Selena Coley, MPH**

Community Health Improvement  
Coordinator

**Emily Golias, MPH**

Community Health Improvement  
Coordinator

**Tessa Elliott**

Graduate Assistant

**Ellie Roselle**

Graduate Assistant

**Derick Sekyere**

Graduate Assistant

**Data Collection & Analysis**

**James H. Price, Ph.D., MPH**

Emeritus Professor of Health Education  
University of Toledo

**Joseph A. Dake, Ph.D., MPH**

Professor and Chair of Health Education  
University of Toledo

**Timothy R. Jordan, Ph.D., M.Ed.**

Professor of Health Education  
University of Toledo

**Contact Information**

**Kate Siefert**

Crawford County Public Health  
1520 Isaac Beal Road  
Bucyrus, Ohio 44820  
[cchd@crawford-co.org](mailto:cchd@crawford-co.org)  
419-562-5871 ext. 1213

**Stephanie Zmuda**

Galion City Health Department  
113 Harding Way East  
Galion, Ohio 44833  
[stephanie.zmuda@galionhealth.org](mailto:stephanie.zmuda@galionhealth.org)  
419-468-1075 ext. 1265

# TABLE OF CONTENTS

EXECUTIVE SUMMARY	PAGES 5-14
TREND SUMMARY	PAGES 15-18

## Adult Health (Ages 19 and Over)

HEALTH STATUS PERCEPTIONS	PAGES 19-20
HEALTH CARE COVERAGE	PAGES 21-23
HEALTH CARE ACCESS AND UTILIZATION	PAGES 24-26
CARDIOVASCULAR HEALTH	PAGES 27-32
CANCER	PAGES 33-37
DIABETES	PAGES 38-41
ARTHRITIS	PAGES 42-43
ASTHMA AND OTHER RESPIRATORY DISEASE	PAGES 44-46
WEIGHT STATUS	PAGES 47-49
TOBACCO USE	PAGES 50-55
ALCOHOL CONSUMPTION	PAGES 56-62
DRUG USE	PAGES 63-69
WOMEN'S HEALTH	PAGES 70-74
MEN'S HEALTH	PAGES 75-79
PREVENTIVE MEDICINE AND HEALTH SCREENINGS	PAGES 80-83
SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES	PAGES 84-88
QUALITY OF LIFE	PAGES 89-90
SOCIAL CONTEXT AND SAFETY	PAGES 91-98
MENTAL HEALTH AND SUICIDE	PAGES 99-100
ORAL HEALTH	PAGES 101-102
PARENTING	PAGES 103-104
GALION CITY – HEALTHCARE ACCESS, COVERAGE AND UTILIZATION	PAGES 105-106
GALION CITY – CHRONIC DISEASES AND RISKY BEHAVIORS	PAGES 107-110
GALION CITY – SOCIAL CONTEXT AND SAFETY	PAGE 111

## Youth Health (Ages 12-18)

TOBACCO USE	PAGES 112-114
ALCOHOL CONSUMPTION	PAGES 115-117
DRUG USE	PAGES 118-121
YOUTH SAFETY AND VIOLENCE	PAGE 122
YOUTH PERCEPTIONS	PAGES 123-124

## Appendices

HEALTH ASSESSMENT INFORMATION SOURCES	APPENDIX I	PAGES 125-129
LIST OF ACRONYMS AND TERMS	APPENDIX II	PAGES 130-131
WEIGHTING METHODS	APPENDIX III	PAGES 132-134
SCHOOL PARTICIPATION	APPENDIX IV	PAGE 135
DEMOGRAPHIC PROFILE	APPENDIX V	PAGE 136
DEMOGRAPHICS AND HOUSEHOLD INFORMATION	APPENDIX VI	PAGES 137-144
COUNTY HEALTH RANKINGS	APPENDIX VII	PAGES 145-147

# EXECUTIVE SUMMARY

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

## Primary Data Collection Methods

### DESIGN

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

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

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Crawford County. During these meetings, banks of potential survey questions from the BRFSS surveys were reviewed and discussed. Based on input from the Crawford County planning committee, the Project Coordinator composed drafts of the survey containing 115 items for the adult survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

### SAMPLING | *Adult Survey*

Adults ages 19 and over living in Crawford County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Crawford County. There were 33,651 persons ages 18 and over living in Crawford County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 380 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Crawford County was obtained from Allegra Marketing Services in Louisville, KY.

## **SAMPLING | Adolescent Survey**

Youth in grades 7 through 12 in all Crawford County School districts were used as sampling frame for the youth survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those under age 18 years but over the age of 5 and over living in Crawford County. We estimate that there were approximately 7,310 youth between aged 5 and under 18.

## **PROCEDURE | Adult Survey**

Prior to mailing the survey to adults, an advance letter was mailed to 1,000 adults in Crawford County. An additional 150 letters were mailed to adults living in Galion City. This advance letter was personalized, printed on Crawford County Health Partners stationery and was signed by Nathan P Benich, Crawford County Health Partners, Crawford County Public Health and Stephanie Zmuda, Crawford County Health Partners, Galion City Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

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

The response rate for the entire mailing was 39% (n=433: CI=±4.68). This return rate and sample size means that the responses in the health assessment should be representative of the entire county. There were 137 adults living in Galion City who responded to the survey and the data is not generalizable to the entire population.

## **PROCEDURE | Adolescent Survey**

Members of the Crawford County Opiate Task force and the Crawford 20/20 Public Safety and Drug Abuse Task Force met with superintendents of all Crawford County Schools to discuss the potential for a Youth Survey conducted on site at the school using Survey Monkey. This was followed by a letter to the superintendents and high school and middle school principals. The process involved sending a Survey Monkey link to each individual superintendent with a request that they pass it on to their principals and begin collecting student data between December 1, 2014 and February 27, 2015. Periodic reminders were sent between those dates. Students were advised that their confidentiality would be protected and were encouraged to complete the survey. The goal was to survey as many students as possible at each school.

## **DATA ANALYSIS**

Individual responses were anonymous and confidential. Only group data are available. All data was analyzed by health education researchers at the University of Toledo using SPSS 21.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Crawford County, the adult data collected was weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

## LIMITATIONS

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

Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey.

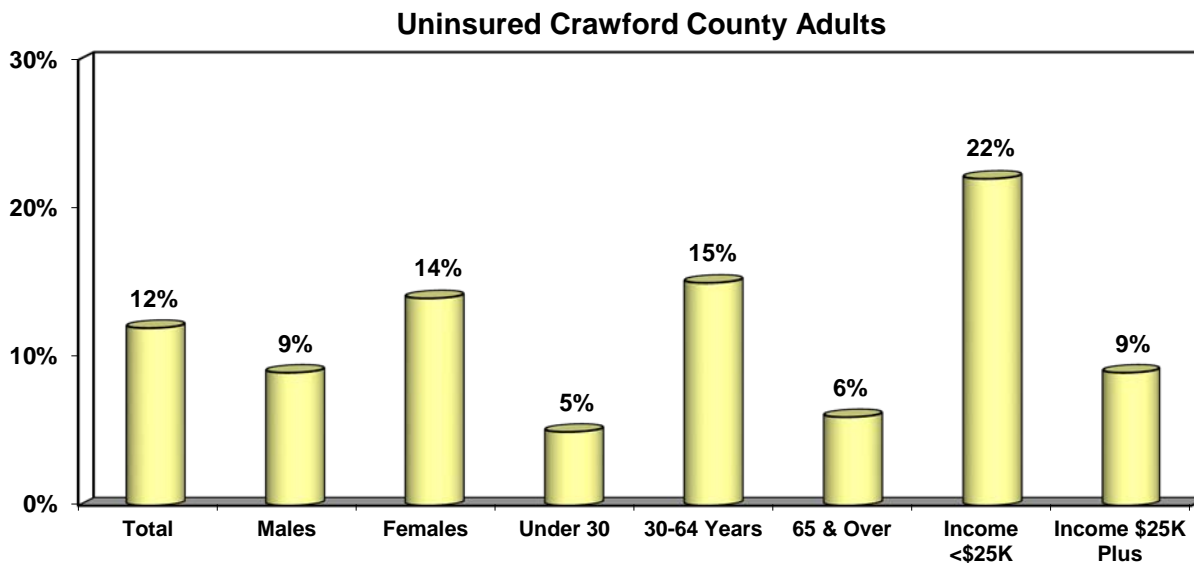
## Data Summary

### HEALTH PERCEPTIONS

In 2015, nearly one-fifth (19%) of Crawford County adults rated their physical health as not good on four or more days in the past month. Nearly one-fourth (23%) of adults rated their mental health as not good on four or more days in the past month.

### HEALTH CARE COVERAGE

The 2015 Health Assessment data has identified that 12% of Crawford County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Crawford County, 19.5% of residents live below the poverty level (Source: U.S. Census, American Community Survey 3 Year Estimate, 2013).



### HEALTH CARE ACCESS

The 2015 Health Assessment project identified that 64% of Crawford County adults had visited a doctor for a routine checkup in the past year. 67% of adults went outside of Crawford County for health care services in the past year.

### CARDIOVASCULAR HEALTH

Heart disease (19%) and stroke (5%) accounted for 25% of all Crawford County adult deaths in 2013 (Source: CDC Wonder). The 2015 Crawford County Health Assessment found that 5% of adults had survived a heart attack and 1% had survived a stroke at some time in their life. More than two-fifths (42%) of Crawford County adults had been diagnosed with high blood pressure, 40% had high blood cholesterol, 35% were obese, and 20% were smokers, four known risk factors for heart disease and stroke.

#### Crawford County Leading Causes of Death 2013

**Total Deaths: 525**

1. Cancer (20% of all deaths)
2. Heart Disease (19%)
3. Chronic Lower Respiratory Diseases (9%)
4. Alzheimer's Disease (6%)
5. Stroke (5%)

(Source: CDC Wonder, 2013)

## CANCER

In 2015, 11% of Crawford County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2002-2010, a total of 1,007 Crawford County residents died from cancer, the leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

### Crawford County Incidence of Cancer, 2008-2012

All Types: 1,398 cases

- Lung and Bronchus: 209 cases (15%)
- Breast: 181 cases (13%)
- Prostate: 157 cases (11%)
- Colon and Rectum: 133 cases (10%)

**In 2010, there were 110 cancer deaths in Crawford County.**

*(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)*

## DIABETES

In 2015, 16% of Crawford County adults had been diagnosed with diabetes.

## ARTHRITIS

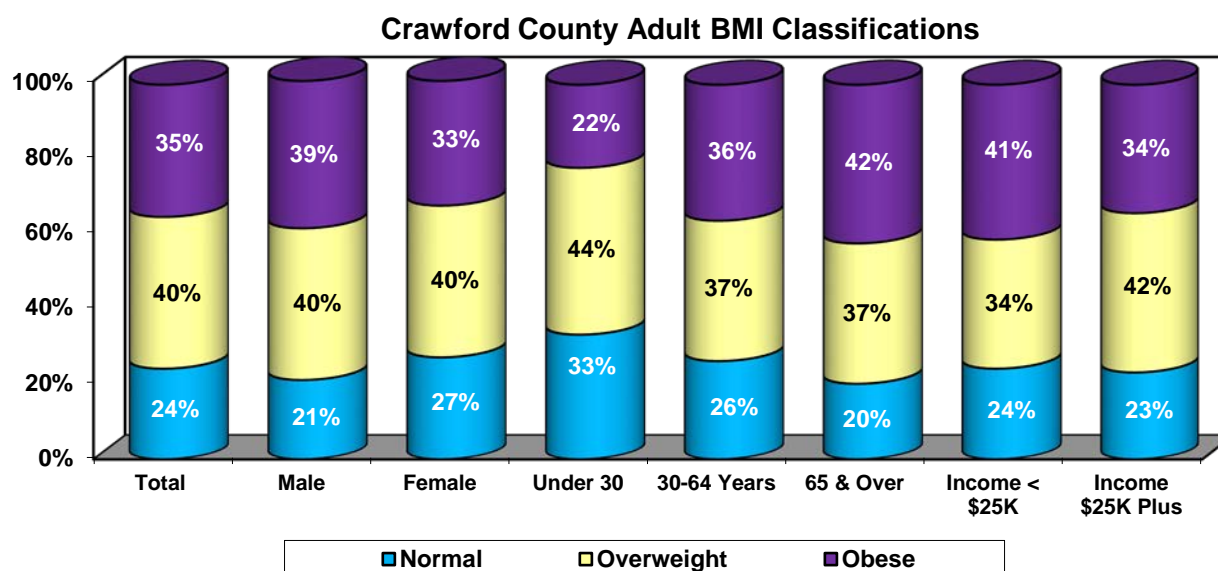
According to the Crawford County survey data, 32% of Crawford County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

## ASTHMA

According to the Crawford County survey data, 12% of adults had been diagnosed with asthma.

## ADULT WEIGHT STATUS

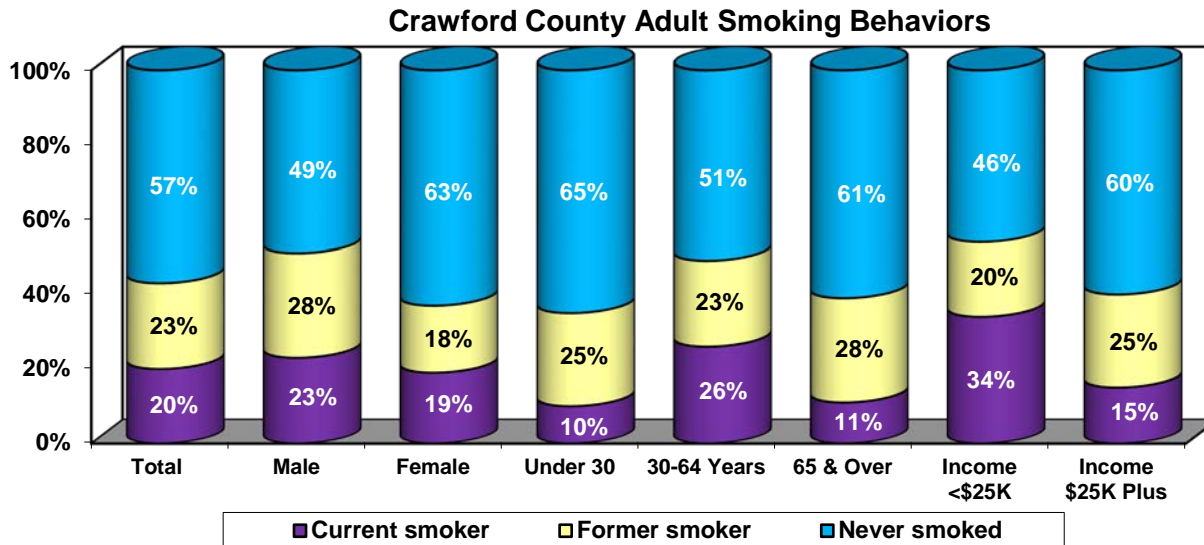
The 2015 Health Assessment identified that 75% of Crawford County adults were overweight or obese based on Body Mass Index (BMI). The 2014 BRFSS indicates that 33% of Ohio and 30% of U.S. adults were obese by BMI. More than one-third (35%) of Crawford County adults were obese. Almost two-fifths (38%) of adults were trying to lose weight.



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

## ADULT TOBACCO USE

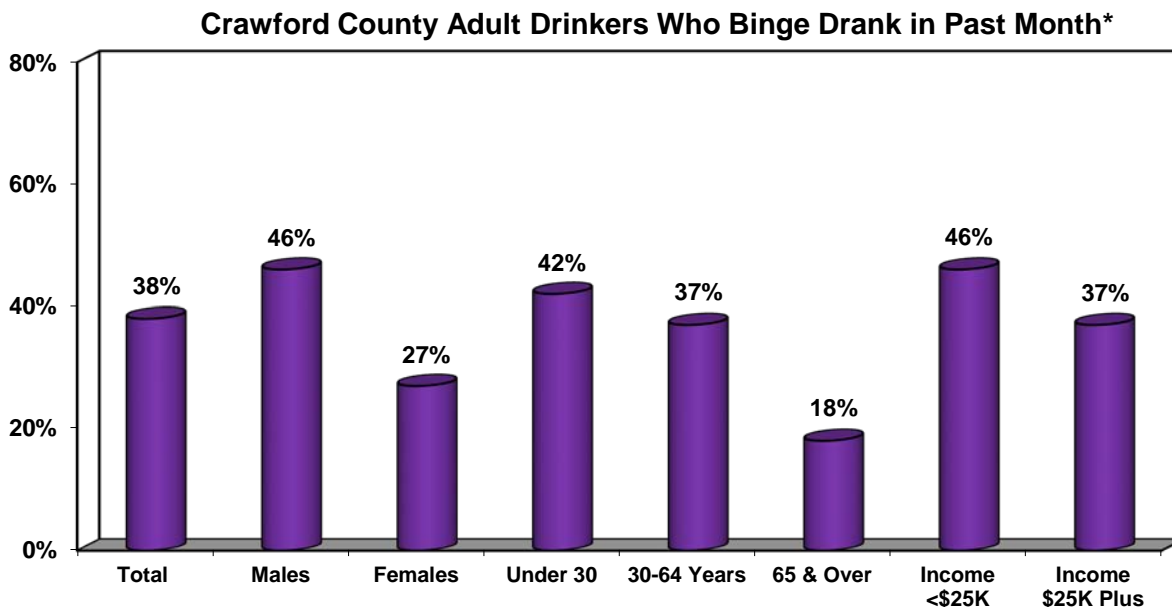
In 2015, 20% of Crawford County adults were current smokers and 23% were considered former smokers. In 2016, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2015).



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

## ADULT ALCOHOL CONSUMPTION

In 2015, the Health Assessment indicated that 13% of Crawford County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 38% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.

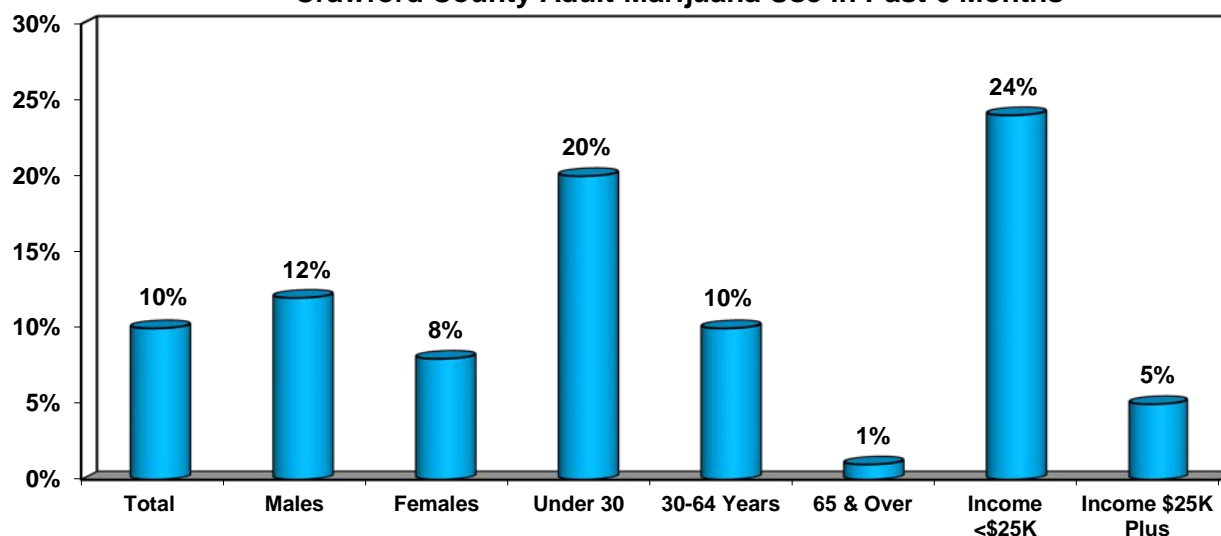


\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at least once in the previous month.

## ADULT DRUG USE

In 2015, 10% of Crawford County adults had used marijuana during the past 6 months. 10% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

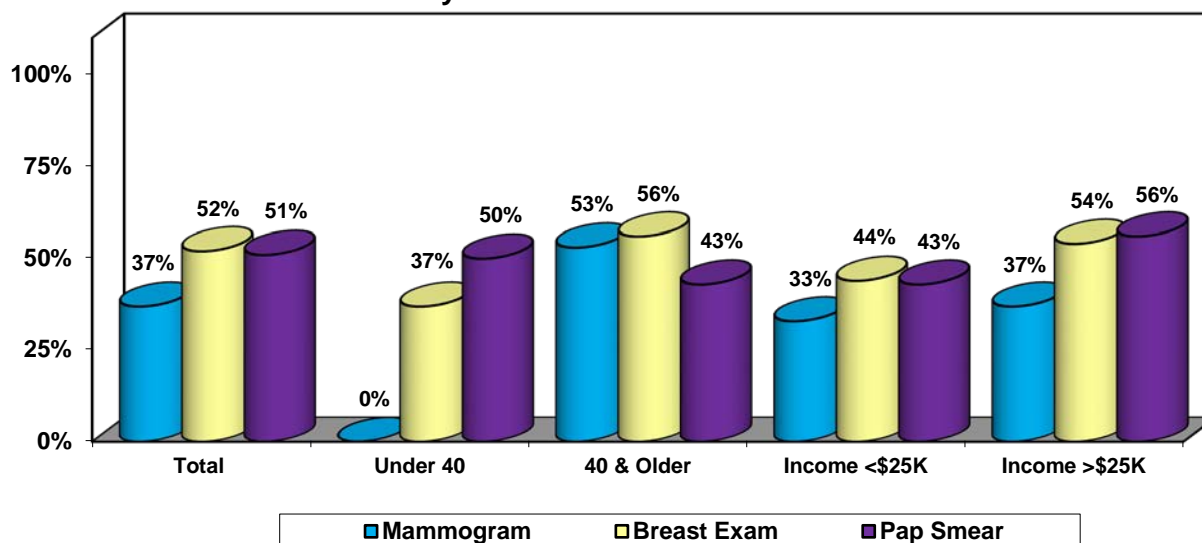
**Crawford County Adult Marijuana Use in Past 6 Months**



## WOMEN'S HEALTH

In 2015, more than half (53%) of Crawford County women over the age of 40 reported having a mammogram in the past year. 52% of Crawford County women ages 19 and over had a clinical breast exam and 51% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 3% of women had survived a heart attack and 1% had survived a stroke at some time in their life. More than two-fifths (41%) had high blood pressure, 35% had high blood cholesterol, 33% were obese, and 19% were identified as smokers, known risk factors for cardiovascular diseases.

**Crawford County Women's Health Exams Within the Past Year**



## **MEN'S HEALTH**

In 2015, 49% of Crawford County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 24% of all male deaths in Crawford County from 2011-2013. The Health Assessment determined that 9% of men survived a heart attack and 3% survived a stroke at some time in their life. More than two-fifths (43%) of men had been diagnosed with high blood pressure, 46% had high blood cholesterol, and 23% were identified as smokers, which, along with obesity (39%), are known risk factors for cardiovascular diseases.

## **PREVENTIVE MEDICINE AND HEALTH SCREENINGS**

Nearly three-fifths (59%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Nearly two-thirds (65%) of adults were at risk for high blood pressure based on family history.

## **ADULT SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES**

In 2015, more than two-thirds (68%) of Crawford County adults had sexual intercourse. Two percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (*Source: CDC, STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

## **QUALITY OF LIFE**

In 2015, 20% of Crawford County adults were limited in some way because of a physical, mental or emotional problem.

## **SOCIAL CONTEXT**

In 2015, 58% of adults reported having firearms in and around their homes. 91% of adults reported wearing a seatbelt while driving.

## **MENTAL HEALTH AND SUICIDE**

In 2015, 5% of Crawford County adults considered attempting suicide. 14% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

## **ORAL HEALTH**

The 2015 Health Assessment project has determined that more than three-fifths (63%) of Crawford County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of Ohio adults and 65% of U.S. adults had visited a dentist or dental clinic in the previous twelve months.

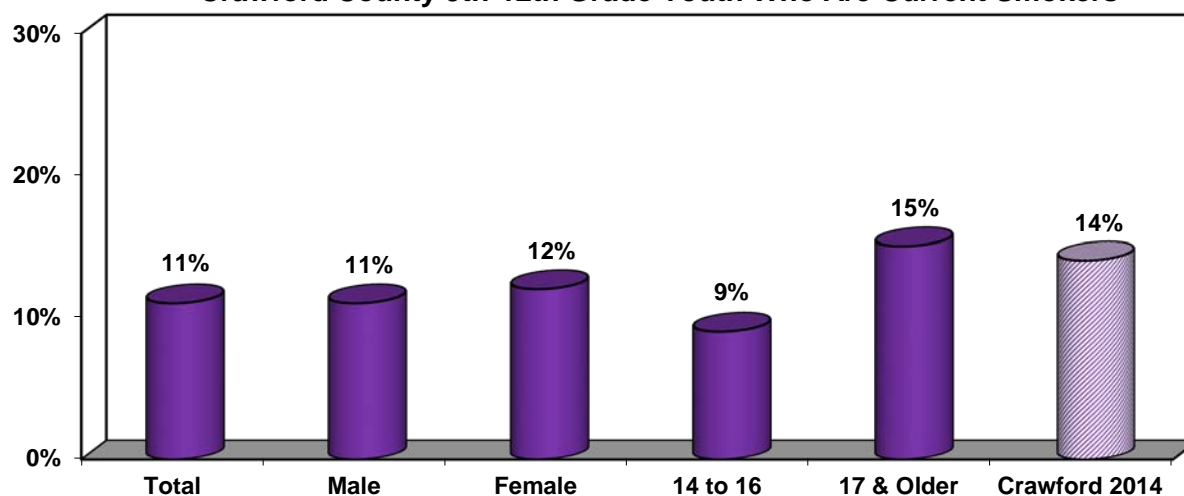
## **PARENTING**

In 2015, one-fifth (20%) of parents read to their child every day. Nearly one-third (32%) of mothers never breastfed their child.

## YOUTH TOBACCO

The 2015 Health Assessment identified that 11% of Crawford County youth in grades 9-12 were smokers and 17% used an electronic vapor product in the past month. Of those high school youth who smoked in the past year, 54% had tried to quit.

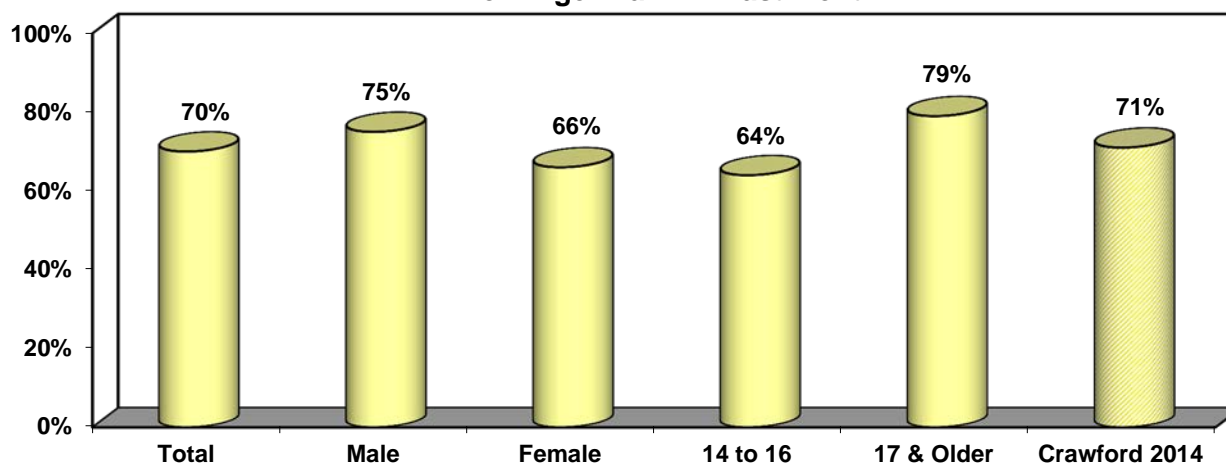
**Crawford County 9th-12th Grade Youth Who Are Current Smokers**



## YOUTH ALCOHOL

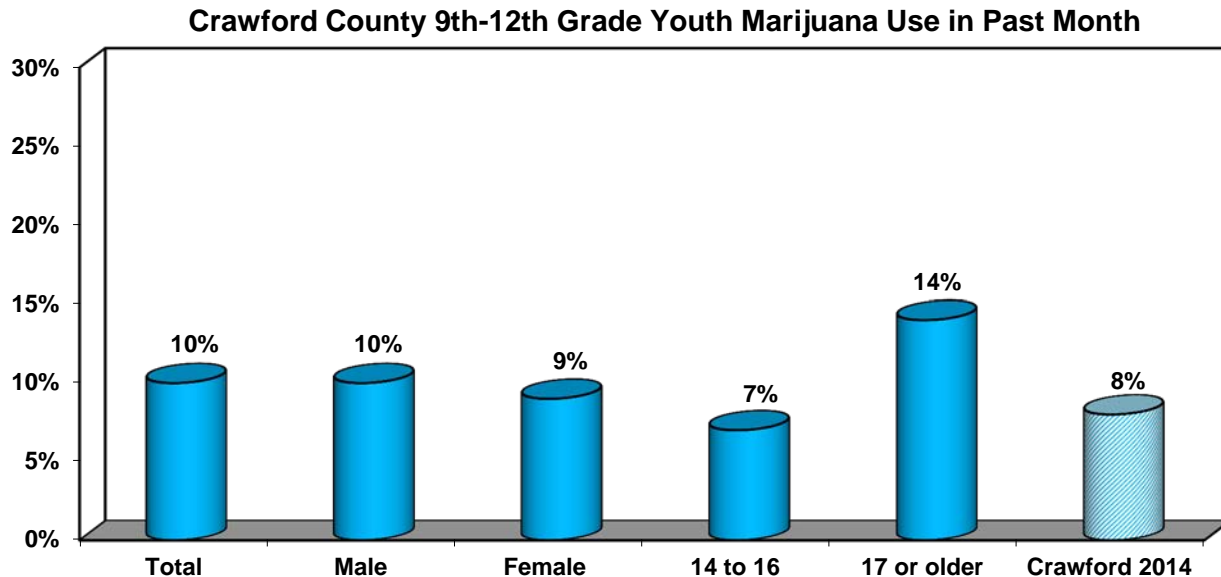
In 2015, the Health Assessment results indicated that 45% of Crawford County youth in grades 9-12 had drank at least one drink of alcohol in their life. 26% of those high school youth who drank, took their first drink at 12 years or younger. 21% of 9th-12th grade youth and 27% of those over the age of 17 had at least one drink in the past 30 days. 70% of the high school youth who reported drinking in the past 30 days had at least one episode of binge drinking.

**Crawford County 9th-12th Grade Youth Current Drinkers  
Who Binge Drank in Past Month\***



## YOUTH DRUG USE

In 2015, 10% of Crawford County 9th-12th grade youth had used marijuana at least once in the past 30 days. 7% of 9th-12th grade youth had taken a prescription drug without a doctor's prescription at some time in their life.



## YOUTH SAFETY AND VIOLENCE

26% of 9th-12th grade youth had been bullied on school property in the past year and 19% had been electronically bullied. 34% of youth drivers had texted or e-mailed while driving a car or other vehicle in the past month.

## YOUTH PERCEPTIONS

In 2015, 62% of Crawford County 9th-12th grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. About one-quarter (26%) of youth thought that there was no risk in using marijuana once or twice a month.

# Adult | TREND SUMMARY

Adult Variables	Galion City 2015**	Crawford County 2015	Ohio 2014	U.S. 2014
<b>Health Care Coverage</b>				
Uninsured	11%	12%	10%	13%
<b>Health Status Perceptions</b>				
Average days that physical health not good in past month	4.8	3.4	4.0	3.8
Average days that mental health not good in past month	4.0	3.7	4.3	3.7
<b>Arthritis, Asthma &amp; Diabetes</b>				
Has been diagnosed with arthritis	34%	32%	31%	26%
Has been diagnosed with asthma	17%	12%	15%	14%
Has been diagnosed with diabetes	16%	16%	12%	10%
<b>Cardiovascular Health</b>				
Had angina	5%	5%	5%	4%
Had a heart attack	7%	5%	5%	4%
Had a stroke	3%	1%	4%	3%
Has been diagnosed with high blood pressure	50%	42%	34%*	31%*
Has been diagnosed with high blood cholesterol	45%	40%	38%*	38%*
Had blood cholesterol checked within the past 5 years	80%	80%	78%*	76%*
<b>Weight Status</b>				
Overweight	40%	40%	34%	35%
Obese	40%	35%	33%	30%
<b>Alcohol Consumption</b>				
Had at least one alcoholic beverage in past month	39%	51%	53%	53%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	16%	19%	18%	16%
<b>Tobacco Use</b>				
Current smoker (currently smoke some or all days)	22%	20%	21%	18%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	24%	23%	25%	25%
<b>Drug Use</b>				
Adults who used marijuana in the past 6 months	9%	10%	N/A	N/A
Adults who used heroin in the past 6 months	0%	0%	N/A	N/A
Adults who misused medications in the past 6 months	12%	10%	N/A	N/A

N/A – Data is not available

\* 2013 BRFSS Data

\*\* There were 137 Galion City adults who responded to the survey and the data is not generalizable to the entire population.

# TREND SUMMARY

Adult Variables	Galion City 2015**	Crawford County 2015	Ohio 2014	U.S. 2014
<b>Cancer</b>				
Diagnosed with skin cancer (melanoma and other skin cancers)	3%	2%	6%	6%
Diagnosed with any type of cancer, other than skin cancer	16%	9%	7%	7%
<b>Quality of Life</b>				
Limited in some way because of physical, mental or emotional problem	24%	20%	22%	20%
<b>Preventive Health</b>				
Had a pneumonia vaccine (age 65 and older)	56%	59%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	75%	76%	56%	61%
Had the shingles or zoster vaccination	20%	14%	21%	22%
Had a mammogram in the past two years (age 40 and older)	80%	74%	72%	73%
Had a pap smear in the past three years	72%	76%	74%	75%*
<b>Oral Health</b>				
Adults who have visited the dentist in the past year	62%	63%	65%	65%

N/A – Data is not available

\* 2013 BRFSS Data

\*\* There were 137 Galion City adults who responded to the survey and the data is not generalizable to the entire population.

# Youth | TREND SUMMARY

Youth Comparisons	Crawford County 2014 (6 <sup>th</sup> –8 <sup>th</sup> )	Crawford County 2014 (9 <sup>th</sup> –12 <sup>th</sup> )	Crawford County 2015 (6 <sup>th</sup> –8 <sup>th</sup> )	Crawford County 2015 (9 <sup>th</sup> –12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> –12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> –12 <sup>th</sup> )
<b>Tobacco Use</b>						
Ever tried cigarettes	11%	41%	13%	30%	52%*	41%
Current smokers	2%	14%	5%	11%	15%	16%
Tried to quit smoking (of those who smoked in past year)	N/A	44%	N/A	54%	46%	45%
Smoked cigarettes on 20 or more days in the past month (of all youth)	1%	6%	1%	6%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	5%	11%	7%	8%	14%*	9%
Used chewing tobacco or snuff in the past month	2%	10%	2%	8%	9%	9%
Smoked cigars in the past month	2%	13%	4%	11%	12%	13%
<b>Alcohol Consumption</b>						
Ever tried alcohol	21%	46%	17%	45%	71%*	66%
Current drinker	N/A	23%	7%	21%	30%	35%
Binge drinker (of all youth)	N/A	N/A	N/A	15%	16%	21%
Drank for the first time before age 13 (of all youth)	13%	13%	12%	12%	13%	19%
Drank 10 or more drinks in a row in the past month (of all youth)	N/A	N/A	N/A	5%	4%	6%
Rode with someone who was drinking	19%	13%	24%	13%	17%	22%
Drank and drove (of youth drivers)	N/A	6%	N/A	7%	4%	10%
<b>Safety and Violence</b>						
Electronically/cyber bullied in past year	N/A	16%	N/A	19%	15%	15%
Bullied on school property in past year	N/A	21%	N/A	26%	21%	20%
Texted or e-mailed while driving a car or other vehicle in the past month	N/A	40%	N/A	34%	46%	41%

N/A – Not available

\*Comparative YRBSS data for Ohio and U.S. is 2011

TREND SUMMARY

Youth Comparisons	Crawford County 2014 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Crawford County 2015 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Drug Use</b>						
Ever used marijuana	4%	19%	5%	21%	36%	41%
Youth who used marijuana in the past month	N/A	8%	3%	10%	21%	23%
Tried marijuana for the first time before the age of 13 (of all youth)	2%	6%	3%	6%	6%	9%
Ever used methamphetamines	N/A	2%	N/A	2%	6%*	3%
Ever used heroin	N/A	2%	N/A	2%	2%	2%
Ever used steroids	1%	1%	1%	2%	3%	3%
Ever used inhalants	5%	6%	5%	6%	9%	9%
Ever took a prescription drug without a doctor's prescription	5%	7%	3%	7%	N/A	18%
Ever used hallucinogenic drugs	N/A	4%	N/A	3%	N/A	7%
Ever used ecstasy	N/A	4%	N/A	2%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	N/A	8%	N/A	11%	20%	22%

N/A – Not available

\*Comparative YRBSS data for Ohio and U.S. is 2011

# Adult | HEALTH STATUS PERCEPTIONS

## Key Findings

In 2015, nearly one-fifth (19%) of Crawford County adults rated their physical health as not good on four or more days in the past month. Nearly one-fourth (23%) of adults rated their mental health as not good on four or more days in the past month.

## Physical Health Status

- In 2015, 19% of Crawford County adults rated their physical health as not good on four or more days in the previous month.
- Crawford County adults reported their physical health as not good on an average of 3.4 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 4.0 days and 3.8 days, respectively, in the previous month (Source: 2014 BRFSS).
- Crawford County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (25%)
  - Were ages 65 and older (23%)

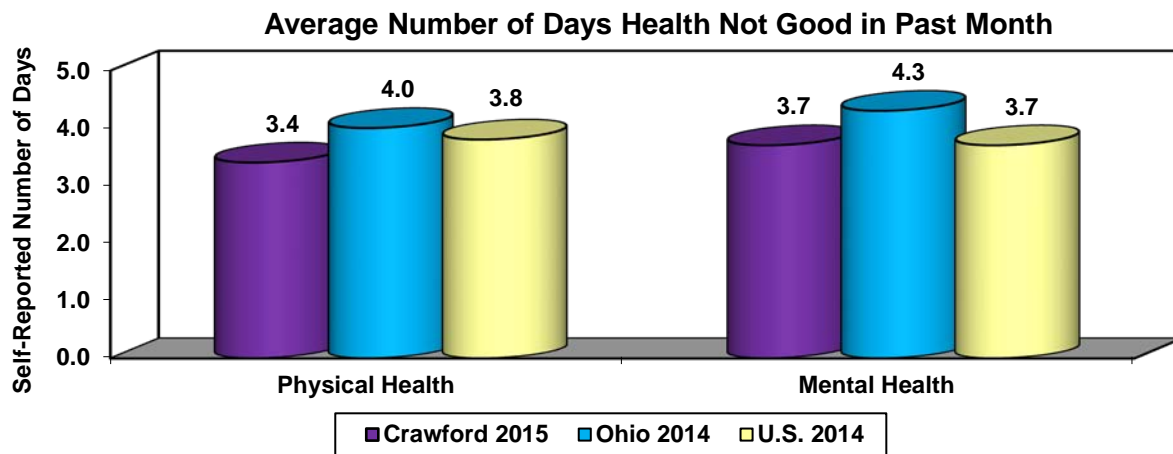
## Mental Health Status

- In 2015, 23% of Crawford County adults rated their mental health as not good on four or more days in the previous month.
- Crawford County adults reported their mental health as not good on an average of 3.7 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 4.3 days and 3.7 days, respectively, in the previous month (Source: 2014 BRFSS).
- Crawford County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under \$25,000 (52%)
  - Were under the age of 30 (40%)
  - Were female (27%)
- Nearly one-fourth (24%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation in the past month.
- Crawford County adults reported that poor mental or physical health kept them from doing usual activities an average of 2.8 days in the previous month.

Health Status	No Days	1-3 days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	72%	6%	1%	1%	14%
Females	64%	10%	5%	3%	13%
Total	68%	9%	3%	2%	14%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	73%	5%	2%	1%	14%
Females	62%	9%	8%	1%	17%
Total	67%	7%	5%	1%	16%

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

The following graph shows the average number of unhealthy days Crawford County adults experienced in the past year as compared to Ohio and the U.S. Examples of how to interpret the information shown on the graph include: Crawford County adults experienced an average of 3.4 days in the past month where their physical health was not good.



*(Sources: 2014 BRFSS and 2015 Crawford County Health Assessment)*

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Average days that physical health not good in past month	3.4	4.0	3.8
Average days that mental health not good in past month	3.7	4.3	3.7

# Adult HEALTH CARE COVERAGE

## Key Findings

The 2015 Health Assessment data has identified that 12% of Crawford County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Crawford County, 19.5% of residents live below the poverty level. (Source: U.S. Census, American Community Survey 3 Year Estimate, 2013)

## General Health Coverage

- In 2015, 88% Crawford County adults had health care coverage, leaving 12% who were uninsured. The 2014 BRFSS reports uninsured prevalence rates for Ohio (10%) and the U.S. (13%).
- In the past year, 12% of adults were uninsured, increasing to 22% of those with incomes less than \$25,000.
- 9% of adults with children did not have healthcare coverage, compared to 14% of those who did not have children living in their household.

**12% of Crawford County adults were uninsured.**

- The following types of health care coverage were used: employer (47%), Medicare (15%), someone else's employer (13%), multiple-including private sources (8%), Medicaid or medical assistance (6%), Health Insurance Marketplace (2%), self-paid plan (2%), multiple-including government sources (2%), military or VA (1%), and other (3%).
- Crawford County adult health care coverage included the following: medical (99%), prescription coverage (86%), preventive health (73%), vision (70%), immunizations (69%), dental (67%), their spouse (61%), outpatient therapy (59%), mental health (58%), mental health counseling (52%), their children (51%), county physicians (48%), alcohol and drug treatment (36%), their partner (29%), long-term care (25%), home care (23%), skilled nursing (21%), hospice (19%), transportation (11%), and assisted living (6%).
- The top reasons uninsured adults gave for being without health care coverage were:
  - They lost their job or changed employers (34%)
  - They could not afford to pay the insurance premiums (31%)
  - Their employer does not/stopped offering coverage (23%)

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

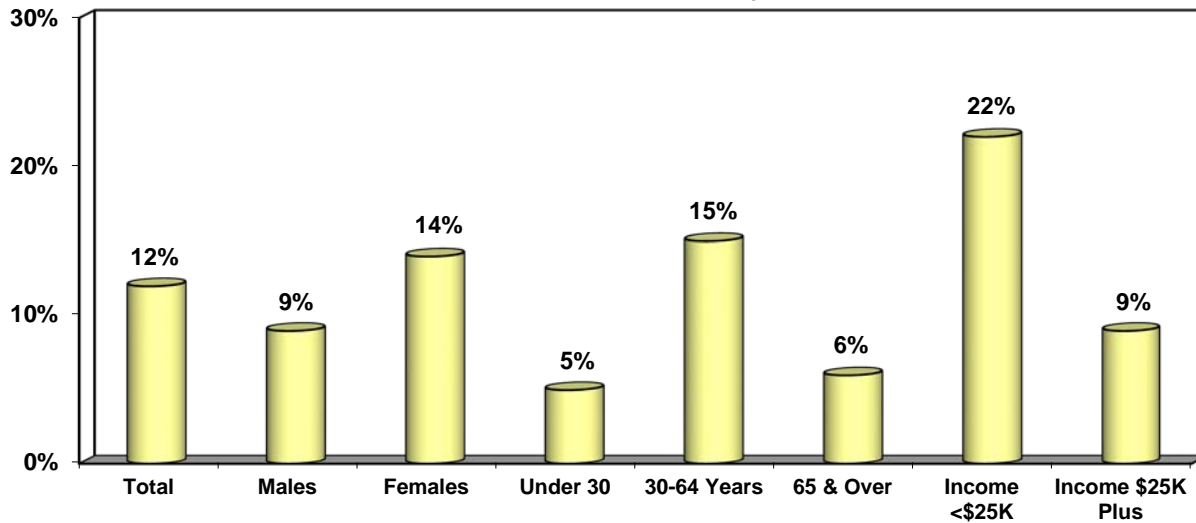
Calendar Year 2010	Crawford County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Average Members per Year Ages 0-18	5,289 (53%)	1,159,095 (55%)
Average Members per Year Ages 19-64	3,939 (39.4%)	787,749 (38%)
Average Members per Year Ages 65 and Over	760 (7.6%)	155,896 (7%)

\*(Percent of Members Enrolled = Total Enrollment/Population per U.S. Census Bureau)

(Source: Ohio Department of Job & Family Services, Crawford County 2008-2011 Profile, <http://jfs.ohio.gov/county/cntypro/pdf11/Crawford.pdf>)

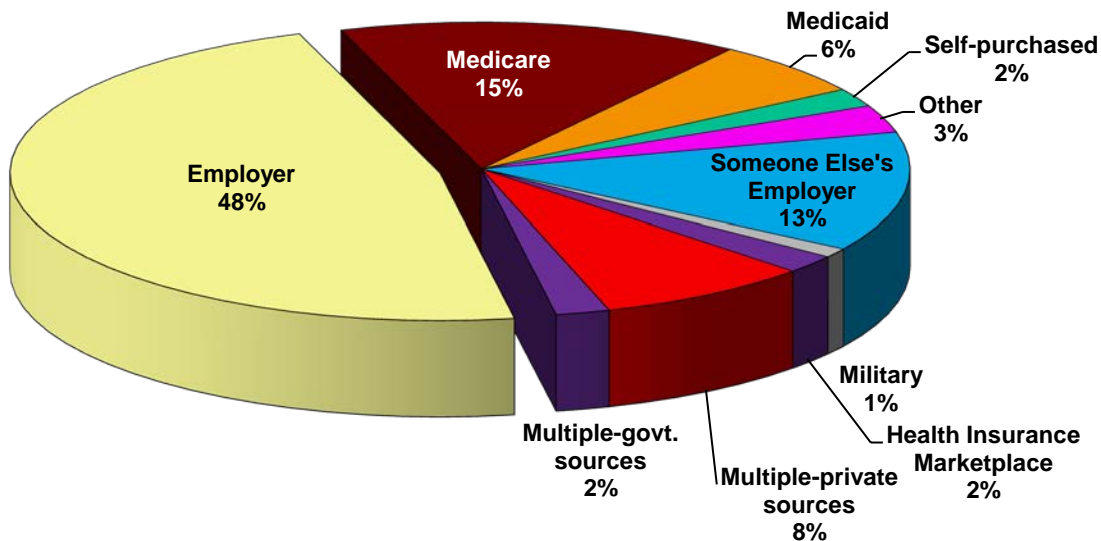
The following graph shows the percentages of Crawford County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 12% of all Crawford County adults were uninsured, 22% of adults with an income less than \$25,000 reported being uninsured and 5% of those under age 30 lacked health care coverage. The pie chart shows sources of Crawford County adults' health care coverage.

**Uninsured Crawford County Adults**



*22% of Crawford County adults with incomes less than \$25,000 were uninsured.*

**Source of Health Coverage for Crawford County Adults**



Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Uninsured	12%	10%	13%

## Healthy People 2020 Access to Quality Health Services

Objective	Crawford County 2015	Ohio 2014	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	100% age 20-24 74% age 25-34 89% age 35-44 91% age 45-54 83% age 55-64	87% age 18-24 80% age 25-34 89% age 35-44 90% age 45-54 91% age 55-64	100%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2014 BRFSS, 2015 Crawford County Health Assessment)

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

Health Coverage Includes:	Yes	No	Don't Know
Medical	99%	1%	<1%
Prescription Coverage	86%	8%	6%
Preventive Health	73%	5%	22%
Vision	70%	27%	3%
Immunizations	69%	6%	25%
Dental	67%	31%	2%
Their Spouse	61%	33%	6%
Outpatient Therapy	59%	3%	38%
Mental Health	58%	8%	34%
Mental Health Counseling	52%	8%	40%
Their Children	51%	38%	11%
County Physicians	48%	6%	46%
Alcohol and Drug Treatment	36%	8%	56%
Their Partner	29%	50%	21%
Long-Term Care	25%	15%	60%
Home Care	23%	9%	67%
Skilled Nursing	21%	10%	69%
Hospice	19%	8%	72%
Transportation	11%	31%	58%
Assisted Living	6%	22%	72%

# Adult | HEALTH CARE ACCESS AND UTILIZATION

## Key Findings

*The 2015 Health Assessment project identified that 64% of Crawford County adults had visited a doctor for a routine checkup in the past year. 67% of adults went outside of Crawford County for health care services in the past year.*

## Health Care Access

- Almost two-thirds (64%) of Crawford County adults visited a doctor for a routine checkup in the past year, increasing to 83% of those over the age of 65.
- Reasons for not receiving medical care in the past 12 months included: no need to go (61%), cost/no insurance (42%), too long of a wait for an appointment (10%), too long of a wait in the waiting room (8%), office wasn't open when they could get there (6%), too embarrassed to seek help (6%), no transportation (3%), distance (3%), provider did not take their insurance (3%), concerned about privacy (3%), no child care (1%), no access for people with disabilities (1%), and other problems that prevented them from getting medical care (6%).
- 14% of adults had needed to see a doctor in the past year but could not because of cost, increasing to 27% of those with incomes less than \$25,000.
- More than half (55%) of Crawford County adults reported they had one person they thought of as their personal doctor or healthcare provider. 32% of adults had more than one person they thought of as their personal healthcare provider, and 12% did not have one at all.
- Reasons for not having a usual source of medical care included: had not needed a doctor (27%), had two or more usual places (26%), cost (8%), previous doctor unavailable/moved (7%), no insurance (4%), not accepting Medicare or Medicaid/Health Care (4%), not accepting new patients (2%), outstanding bill (2%), do not like/trust/ believe in doctors (1%), did not know where to go (1%), no place available/close enough (1%), and other reasons (12%).
- Adults usually visited the following places for health care services and advice: doctor's office (65%), multiple places- including doctor's office (13%), Internet (5%), hospital emergency room (4%), urgent care center (3%), chiropractor (2%), hospital outpatient department (1%), public health clinic or community health center (1%), multiple places- not including a doctor's office (1%), department of veterans affairs (VA) (1%), alternative therapies (<1%), and some other kind of place (1%). 3% of adults indicated they had no usual place for health care services.
- The following might prevent Crawford County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (32%), worried they might find something wrong (10%), difficult to get an appointment (8%), hours not convenient (7%), could not get time off work (7%), doctor would not take their insurance (7%), frightened of the procedure or doctor (6%), difficult to find/no transportation (3%), do not trust or believe doctors (3%), could not find childcare (1%), discrimination (1%), and some other reason (4%).

### Health Care Access among Employed and Unemployed Adults

- In 2009–2010, 48.1% of unemployed adults aged 18–64 years had health insurance compared with 81.4% of employed adults.
- The unemployed were less likely to receive needed prescriptions due to cost than the employed in all insurance categories.
- Unemployed adults in 2009–2010 were more likely to have fair or poor health than employed adults across all categories of insurance coverage.

(Source: CDC, *Access to Health Care*, 2012, [http://www.cdc.gov/nchs/fastats/access\\_to\\_health\\_care.htm](http://www.cdc.gov/nchs/fastats/access_to_health_care.htm))

- 67% of adults went outside of Crawford County for the following health care services in the past year: specialty care (30%), primary care (21%), dental services (17%), obstetrics/gynecology/NICU (9%), cardiac care (7%), orthopedic care (6%), pediatric care (4%), cancer care (3%), counseling (2%), pediatric therapies (1%), mental health care (1%), addiction services (<1%), and other services (7%).
- Reasons for seeking health care services outside of Crawford County included: service not available locally (26%), better quality program (17%), did not like local services/provider (15%), insurance restrictions (10%), bad experience locally (9%), word of mouth (9%), used to live there (9%), wait list too long (5%), confidentiality/anonymity (3%), closer to work (3%), inconvenient hours (2%), and other reasons (24%).
- One in seven (14%) of Crawford County adults had transportation issues when they needed health services.
- Crawford County adults had the following transportation issues when they needed health services: no car (6%), could not afford gas (6%), no driver's license (3%), disabled (3%), limited public transportation available or accessible (2%), did not feel safe to drive (2%), car did not work (2%), no car insurance (1%), no transportation before or after 8 a.m.- 4:30 p.m. (1%), no public transportation available or accessible (1%), and other car issues/expenses (2%).

### Availability of Services

- 11% of Crawford County adults have looked for a program to assist in care for the elderly (either in-home or out-of-home) for either themselves or a loved one. Of those who looked, 53% looked for in-home care, 9% looked for an assisted living program, 7% looked for respite or overnight care, 7% looked for day care, 7% looked for out-of-home placement, and 4% looked for a disabled adult program. 13% of adults looked for multiple types of elderly care programs.
- Crawford County adults reported they had looked for the following programs for themselves or a loved one: depression, anxiety, or other mental health problem (20%), weight problem (12%), marital/family problems (7%), disability (7%), tobacco cessation (5%), drug abuse (5%), alcohol abuse (4%), end-of-life/hospice care (4%), and gambling abuse (1%).
- Reasons for not using a program or service to help with depression, anxiety, or emotional problems included: fear (5%), had not thought of it (4%), could not afford to go (3%), stigma of seeking mental health services (3%), co-pay/deductible too high (3%), other priorities (2%), transportation (2%), did not feel the services they had received were good (2%), did not know how to find a program (1%), could not get to the office or clinic (<1%), and other reasons (3%). 70% of adults indicated they did not need such a program for themselves or a loved one.

## Crawford County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Crawford County adults who have looked but have <u>NOT</u> found a specific program	Crawford County adults who have looked and have found a specific program
<b>Depression, Anxiety, Other Mental Health Problem</b> (20% of all adults looked)	8%	92%
<b>Weight Problem</b> (12% of all adults looked)	65%	35%
<b>Marital/Family Problems</b> (7% of all adults looked)	29%	71%
<b>Disability</b> (7% of all adults looked)	14%	86%
<b>Tobacco Cessation</b> (5% of all adults looked)	47%	53%
<b>Drug Abuse</b> (5% of all adults looked)	20%	80%
<b>Alcohol Abuse</b> (4% of all adults looked)	27%	73%
<b>End-of-Life/Hospice Care</b> (4% of all adults looked)	0%	100%
<b>Gambling Abuse</b> (1% of all adults looked)	0%	100%

### Health Insurance Coverage and Adverse Experiences with Physician Availability: United States, 2012

- In the 12 months prior to interview, adults aged 18–64 were more likely than other age groups to have had selected adverse experiences with physician availability.
- Among people under age 65, those who had public coverage only or were uninsured had more trouble finding a general doctor in the past year than those with private insurance.
- Among people under age 65, those who had public coverage only were more likely to have been told that a doctor's office or clinic would not accept them as new patients in the past year than those with private insurance.
- Among insured people under age 65, those who had public coverage only were more likely than those with private insurance to have been told in the past year that a doctor's office or clinic did not accept their health care coverage.

(Source: CDC, *Health Insurance Coverage and Adverse Experiences with Physician Availability: United States, 2012*, <http://www.cdc.gov/nchs/data/databriefs/db138.htm#insured>)

# Adult | CARDIOVASCULAR HEALTH

## Key Findings

Heart disease (19%) and stroke (5%) accounted for 24% of all Crawford County adult deaths in 2013 (Source: CDC Wonder). The 2015 Crawford County Health Assessment found that 5% of adults had survived a heart attack and 1% had survived a stroke at some time in their life. More than two-fifths (42%) of Crawford County adults had been diagnosed with high blood pressure, 40% had high blood cholesterol, 35% were obese, and 20% were smokers, four known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- In 2015, 5% of Crawford County adults reported they had survived a heart attack or myocardial infarction, increasing to 15% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported they had a heart attack or myocardial infarction (Source: 2014 BRFSS).
- 1% of Crawford County adults reported they had survived a stroke, increasing to 7% of those over the age of 65.
- 4% of Ohio and 3% of U.S. adults reported having had a stroke (Source: 2014 BRFSS).
- 5% of adults reported they had angina or coronary heart disease, increasing to 9% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease (Source: 2014 BRFSS).
- 3% of adults reported they had congestive heart failure, increasing to 7% of those over the age of 65.

## High Blood Pressure (Hypertension)

- More than two-fifths (42%) of adults had been diagnosed with high blood pressure. The 2013 BRFSS reports hypertension prevalence rates of 34% for Ohio and 31% for the U.S.
- 9% of adults were told they were pre-hypertensive/borderline high.
- 86% of adults had their blood pressure checked within the past year.
- Crawford County adults diagnosed with high blood pressure were more likely to:
  - Have rated their physical health as not good 4 or more days in the past month (66%)
  - Have been age 65 years or older (63%)
  - Have been classified as obese by Body Mass Index-BMI (60%)

### Crawford County Leading Causes of Death 2013

Total Deaths: 525

1. Cancer (20% of all deaths)
2. Heart Disease (19%)
3. Chronic Lower Respiratory Diseases (9%)
4. Alzheimer's disease (6%)
5. Stroke (5%)

(Source: CDC Wonder, 2013)

### Ohio Leading Causes of Death 2013

Total Deaths: 113,258

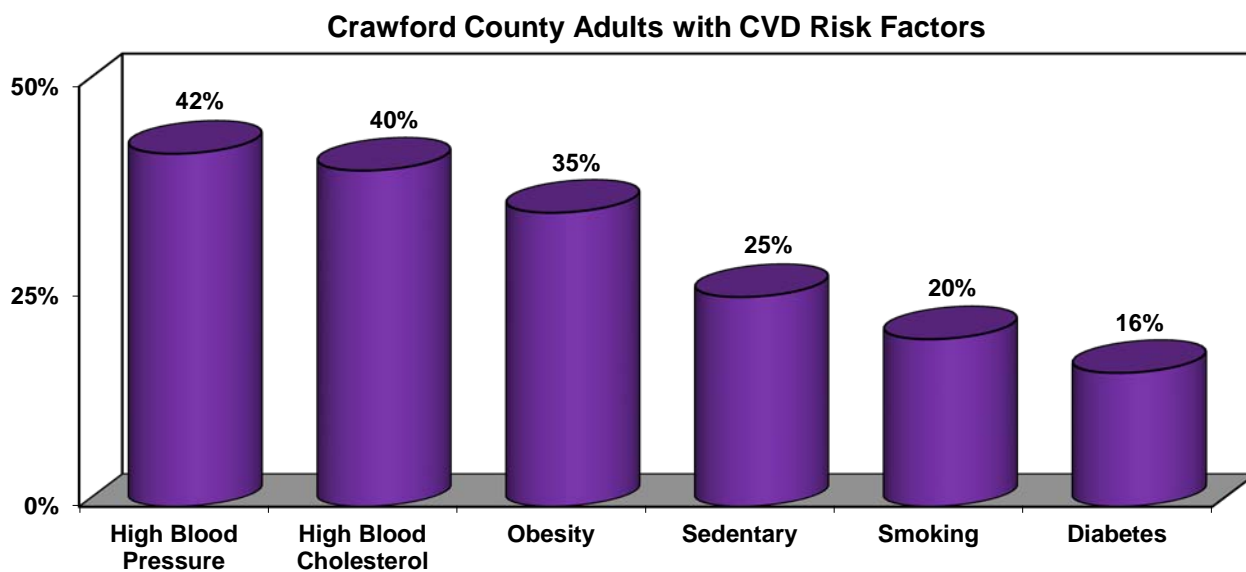
1. Heart Disease (24% of all deaths)
2. Cancers (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (5%)

(Source: CDC Wonder, 2013)

## High Blood Cholesterol

- Two-fifths (40%) of adults had been diagnosed with high blood cholesterol. The 2013 BRFSS reported that 38% of Ohio and U.S. adults have been told they have high blood cholesterol.
- Four-fifths (80%) of adults had their blood cholesterol checked within the past 5 years. The 2013 BRFSS reported 78% of Ohio and 76% of U.S. adults had their blood cholesterol checked within the past 5 years.
- Crawford County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (62%)
  - Have rated their physical health as not good 4 or more days in the past month (50%)
  - Have been classified as obese by Body Mass Index-BMI (50%)

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



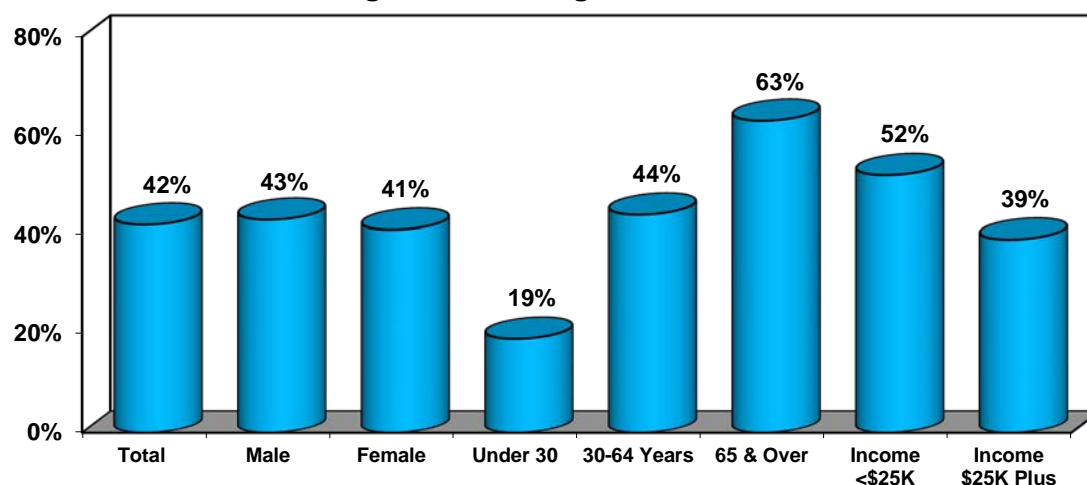
(Source: 2015 Crawford County Health Assessment)

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Had angina	5%	5%	4%
Had a heart attack	5%	5%	4%
Had a stroke	1%	4%	3%
Had high blood pressure	42%	34%*	31%*
Had high blood cholesterol	40%	38%*	38%*

\*2013 BRFSS Data

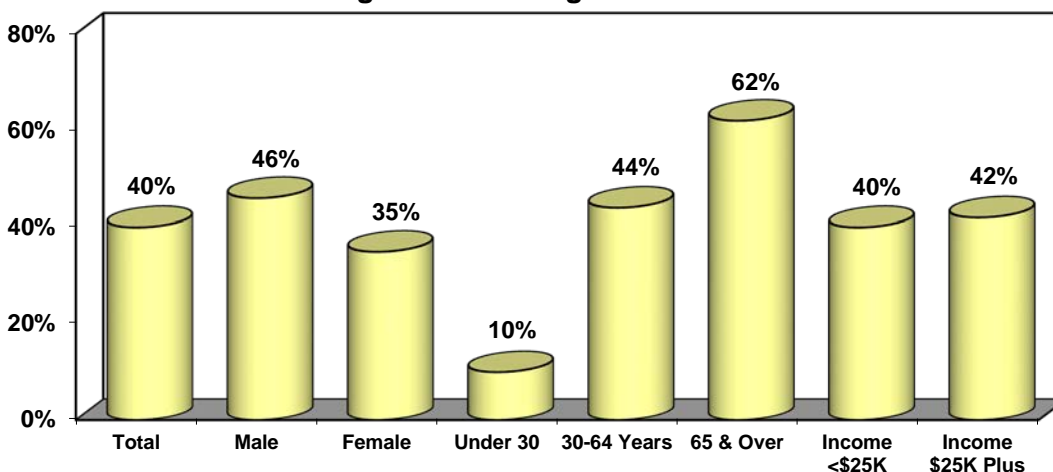
The following graphs show the number of Crawford County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 42% of all Crawford County adults have been diagnosed with high blood pressure, 43% of all Crawford County males, 41% of all females, and 63% of those 65 years and older.

**Diagnosed with High Blood Pressure\***

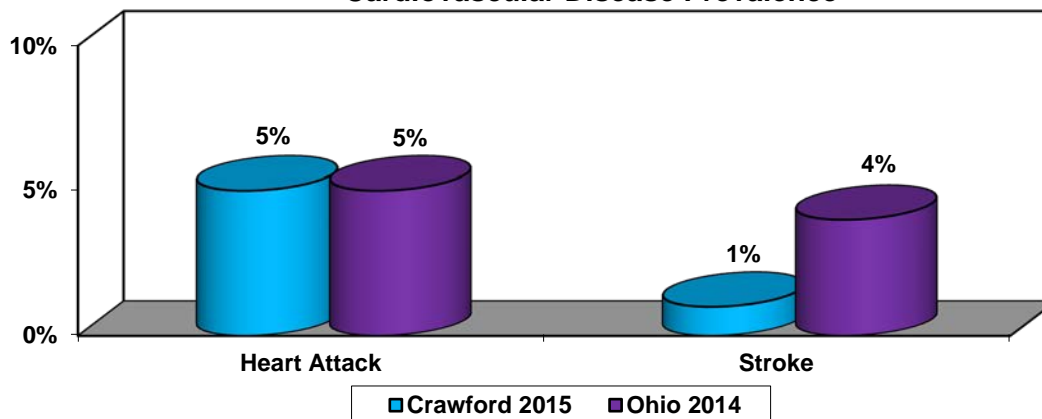


*\*Does not include respondents who indicated high blood pressure during pregnancy only.*

**Diagnosed with High Blood Cholesterol**



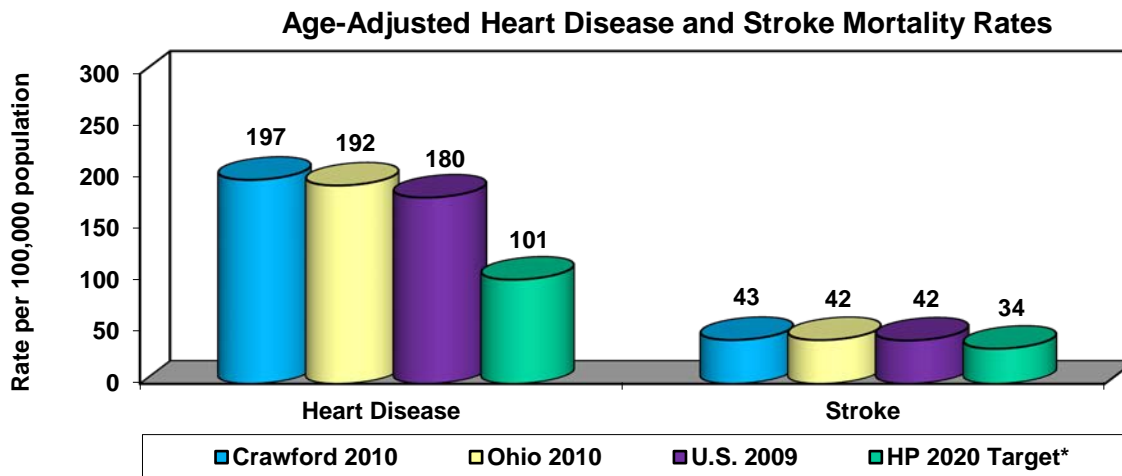
**Cardiovascular Disease Prevalence**



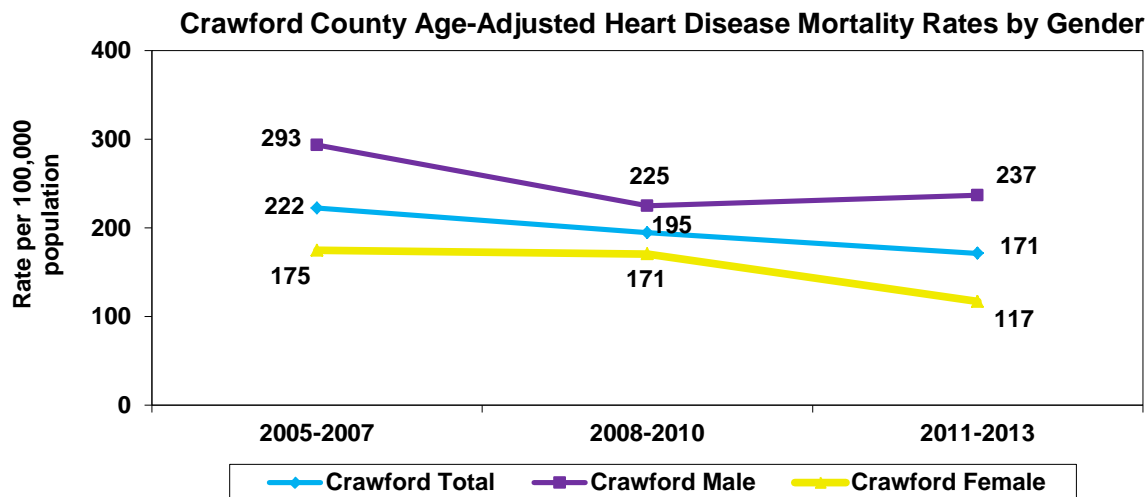
(Source: 2015 Crawford Health Assessment and 2014 BRFSS)

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

- When age differences are accounted for, the statistics indicate that the 2010 Crawford County heart disease mortality rate was higher than the figure for Ohio, the U.S., and the Healthy People 2020 target.
- The Crawford County age-adjusted stroke mortality rate for 2010 was higher than the state, the U.S. figure, and the Healthy People 2020 target.
- From 2005-2013, the Crawford County age-adjusted heart disease mortality rate has decreased.



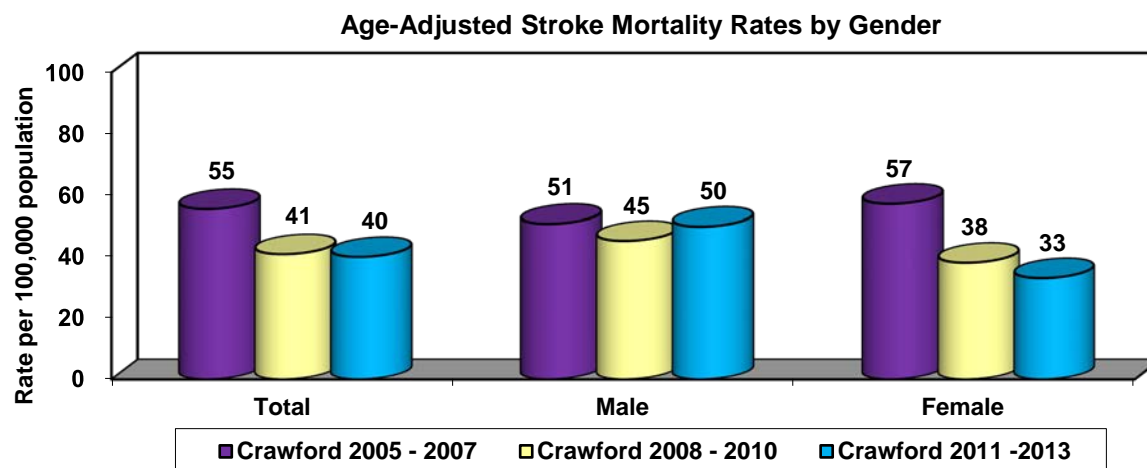
*\*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.  
(Source: ODH Information Warehouse, updated 5-23-12, Healthy People 2020)*



*(Source: CDC Wonder, Underlying Cause of Death, 2005-2013)*

The following graph shows the age-adjusted stroke mortality rates per 100,000 population by gender.

- From 2005-2013, the Crawford County stroke mortality rate was higher for males than for females.



(Source: CDC Wonder, About Underlying Cause of Death, 2005-2013)

### Healthy People 2020 Objectives Heart Disease and Stroke (HDS)

Objective	Crawford Survey Population Baseline	2013 U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	42% (2015)	31% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	80% (2015)	76% Adults age 18 & up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	40% (2015)	38% Adults age 20 & up with TBC > 240 mg/dl	14%

\*All U.S. figures age-adjusted to 2000 population standard.

(Source: Healthy People 2020, 2013 BRFSS, 2015 Crawford County Health Assessment)

## Stroke Warning Signs and Symptoms

F.A.S.T. is an easy way to remember the sudden signs and symptoms of a stroke. When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help. This is important because the sooner a stroke victim gets to the hospital, the sooner they'll get treatment. Being prompt can make a remarkable difference in their recovery. F.A.S.T is:

- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### Beyond F.A.S.T- Other Symptoms to Know

- Sudden confusion or trouble understanding
- Sudden numbness or weakness of the leg
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination



(Source: American Heart Association, *Stroke Warning Signs and Symptoms*, 2013,  
[http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp))

# Adult | CANCER

## Key Findings

In 2015, 11% of Crawford County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2002-2010, a total of 1,007 Crawford County residents died from cancer, the leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

### Crawford County Incidence of Cancer, 2008-2012

#### All Types: 1,398 cases

- Lung and Bronchus: 209 cases (15%)
- Breast: 181 cases (13%)
- Prostate: 157 cases (11%)
- Colon and Rectum: 133 cases (10%)

**In 2010, there were 110 cancer deaths in Crawford County.**

*(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)*

## Adult Cancer

- 11% of Crawford County adults were diagnosed with cancer at some point in their lives.
- Of those diagnosed with cancer, they reported the following types: prostate (37%), breast (25%), other skin cancer (21%), cervical (15%), endometrial (15%), head and neck (5%), renal (5%), melanoma (2%), thyroid (2%), colon (2%), and other types of cancer (2%). 12% of adults were diagnosed with multiple types of cancer.

***11% of Crawford County adults had been diagnosed with cancer at some time in their life.***

## Cancer Facts

- The Centers for Disease Control and Prevention (CDC) indicates that from 2009-2013, cancers caused 23% (566 of 2,515 total deaths) of all Crawford County resident deaths. The largest percent (30%) of cancer deaths were from lung and bronchus cancer *(Source: CDC Wonder)*.
- The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectal, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia. The 2015 health assessment project has determined that 15% of Crawford County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Diagnosed with skin cancer*	2%	6%	6%
Diagnosed with any type of cancer, other than skin cancer	9%	6%	7%

*\*Melanoma and other skin cancers are included for "diagnosed with skin cancer"*

CANCER

*A current smoker is defined as someone who has smoked over 100 cigarettes in their lifetime and currently smokes some or all days.*

## Lung Cancer

- The CDC reports that lung cancer (n=101) was the leading cause of male cancer deaths from 2009-2013 in Crawford County. Cancer of the colon (n=19) male deaths and prostate cancer caused (n=13) male deaths during the same time period (Source: CDC Wonder).
- In Crawford County, 23% of male adults were current smokers and 42% had stopped smoking for one or more days in the past 12 months because they were trying to quit (Source: 2015 Crawford County Health Assessment).
- The CDC reports that lung cancer was the leading cause of female cancer deaths (n=66) in Crawford County from 2009-2013 followed by colon (n=37) and breast (n=27) cancers (Source: CDC Wonder).
- Approximately 19% of female adults in the county were current smokers and 50% had stopped smoking for one or more days in the past 12 months because they were trying to quit (Source: 2015 Crawford County Health Assessment).
- According to the American Cancer Society, smoking causes 83% and 76% respectively of all 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 2016).

*23% of Crawford County male adults and 19% of female adults were current smokers.*

## Breast Cancer

- In 2015, 52% of Crawford County females reported having had a clinical breast examination in the past year.
- 53% of Crawford County females over the age of 40 had a mammogram in the past year.

*More than half (53%) of Crawford County females over the age of 40 had a mammogram in the past year.*

- The 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99% (Source: American Cancer Society, Facts & Figures 2016).
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommended that those 40 to 44 years of age have the choice of annual mammography; those 45 to 54 have annual mammography, and those 55 years of age and older have biennial or annual mammography, continuing as long as their overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual screening using magnetic resonance imaging (MRI) in addition to mammography is recommended, typically starting at age 30 (Source: American Cancer Society, Facts & Figures 2016).

## Colon and Rectum Cancer

- 32% of Crawford County adults over the age of 50 had a colorectal cancer screening in the past 2 years.
- The CDC statistics indicate that colon, rectum, and anus cancer deaths accounted for 10% of all male and female cancer deaths from 2009-2013 in Crawford County.
- The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; long-term smoking; and possibly very low intake of fruits and vegetables.
- In the U.S., 90% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2015, 32% of Crawford County adults over the age of 50 reported having been screened for colorectal cancers in the past 2 years.

*The leading types of cancer diagnoses for Crawford County adults were: prostate (37%), breast (25%), and other skin cancer (21%).*

## Prostate Cancer

- CDC statistics indicate that prostate cancer deaths accounted for 4% of all male cancer deaths from 2009-2013 in Crawford County.
- Incidence rates for prostate cancer are 60% higher in African Americans than in whites and they are twice as likely to die of prostate cancer. In addition, about 56% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older. Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world (Source: American Cancer Society, Facts & Figures 2016).

### 2016 Cancer Estimations

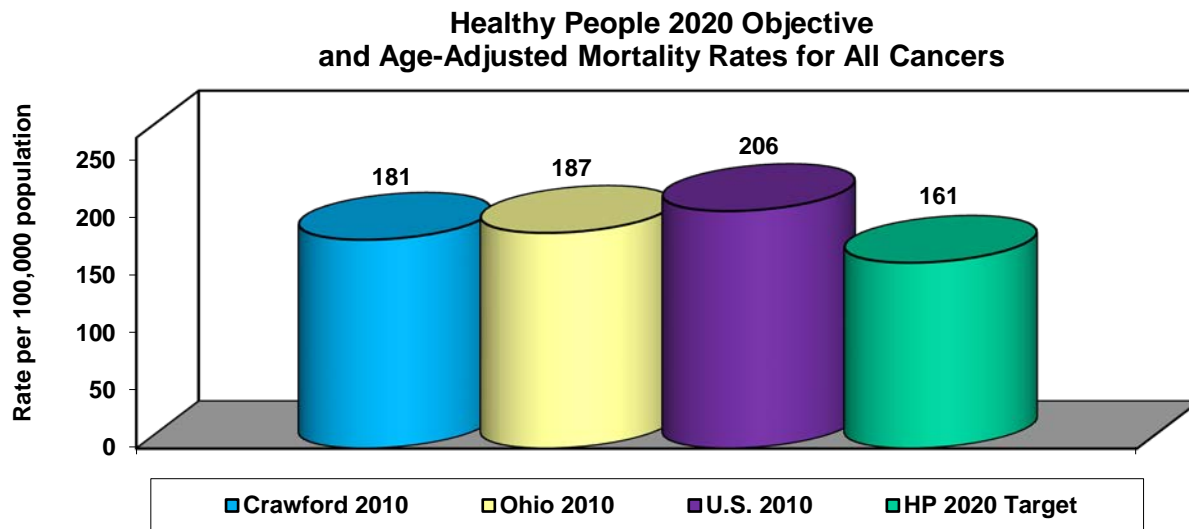
- In 2016, about 1,658,210 new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about twenty percent of the new cancer cases expected to occur in the U.S. in 2016 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 595,690 Americans are expected to die of cancer in 2016.
- In 2016, about 188,800 cancer deaths will be caused by tobacco use.
- In Ohio, 66,020 new cases of cancer are expected, and 25,510 cancer deaths are expected.
- The Ohio female new breast cancer cases are expected to be 9,390.
- About 16% of all new cancer cases in Ohio are expected to be from lung and bronchus cancers.
- About 5,340 (8%) of all new cancer cases in Ohio are expected to be from colon and rectum cancers.
- The Ohio male, new prostate cancer cases are expected to be 6,760 (10%).

(Source: American Cancer Society, Facts and Figures 2016,

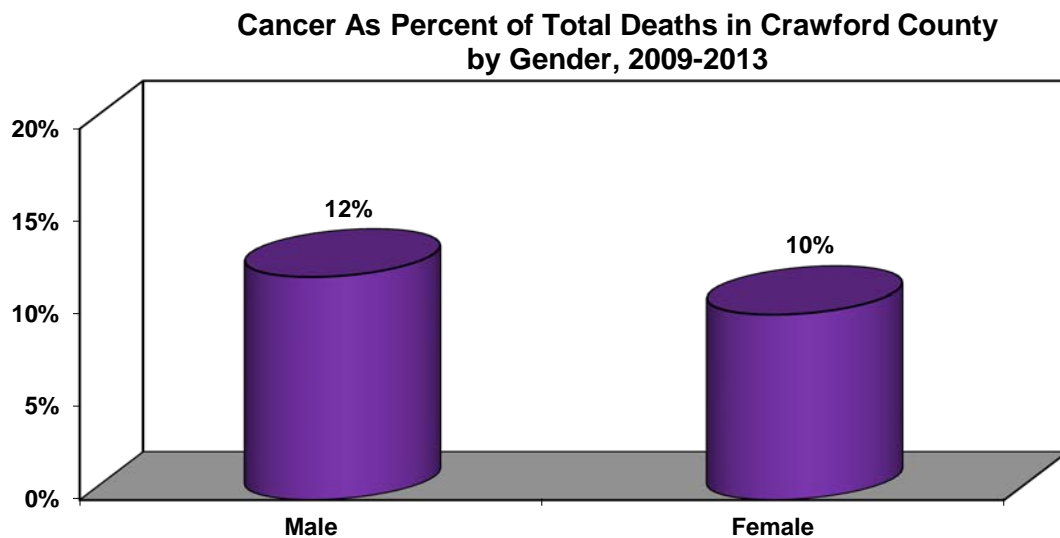
<http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>)

The following graph shows the Crawford County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2020 objective. The graph indicates:

- When age differences are accounted for, Crawford County had a lower cancer mortality rate than Ohio and the U.S., but a higher rate than the Healthy People 2020 target objective.
- The percentage of Crawford County males who died from all cancers is higher than the percentage of Crawford County females who died from all cancers.



(Source: ODH Information Warehouse, updated 10-27-14; Healthy People 2020)



(Source: CDC Wonder, 2009-2013)

## Crawford County Incidence of Cancer

2008-2012

Type of Cancer	Number of Cases	Percent of Total Incidence of Cancer
Lung and Bronchus	209	15%
Breast	181	13%
Prostate	157	11%
Other/Unspecified	133	10%
Colon and Rectum	133	10%
Cancer and Corpus Uteri	66	5%
Kidney and Renal Pelvis	63	5%
Bladder	61	4%
Melanoma of Skin	59	4%
Non-Hodgkins Lymphoma	56	4%
Pancreas	49	4%
Oral Cavity & Pharynx	39	3%
Liver and Bile Ducts	28	2%
Thyroid	27	2%
Leukemia	26	2%
Esophagus	20	1%
Brain and CNS	17	1%
Ovary	16	1%
Multiple Myeloma	15	1%
Larynx	15	1%
Stomach	11	<1%
Cancer of Cervix Uteri	11	<1%
Hodgkins Lymphoma	4	<1%
Testis	2	<1%
Total	1,398	100%

*(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/8/2015)*

CANCER

# Adult | DIABETES

## Key Findings

*In 2015, 16% of Crawford County adults had been diagnosed with diabetes.*

## Diabetes

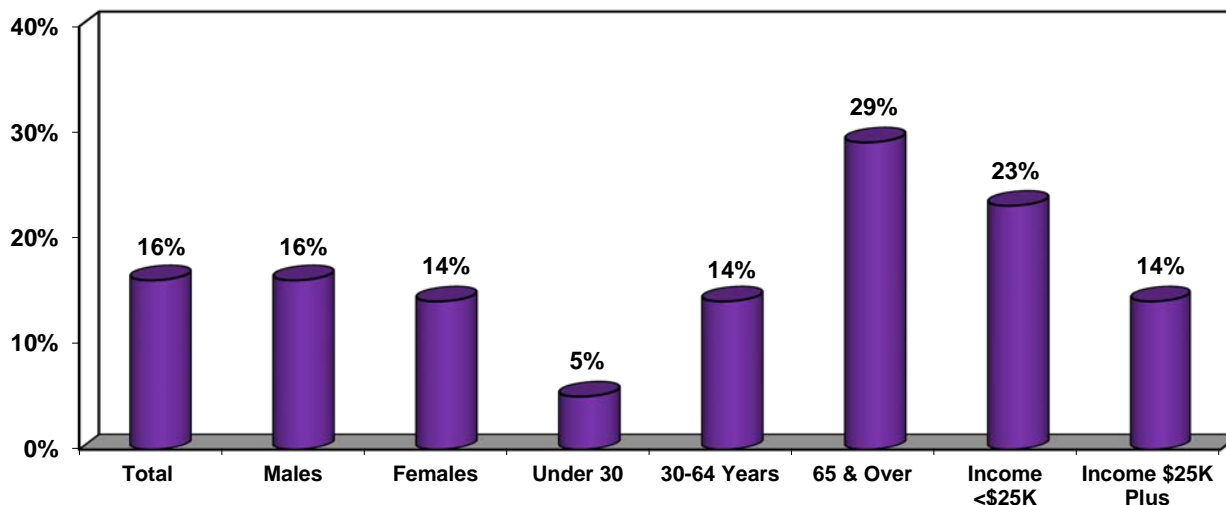
- The 2015 health assessment project has identified that 16% of Crawford County adults had been diagnosed with diabetes, increasing to 29% of those over the age of 65. The 2014 BRFSS reports an Ohio prevalence of 12% and U.S. prevalence of 10%.
- 5% of adults had been diagnosed with pre-diabetes.
- Adults with diabetes were using the following to treat their diabetes: diabetes pills (74%), checking blood sugar (74%), diet control (67%), exercise (62%), checking A1C annually (61%), annual vision exam (61%), checking their feet (48%), insulin (26%), dental exam (18%), and taking a class (5%).
- Two-fifths (40%) of adults with diabetes rated their physical health as not good on 4 or more days in the past month.
- Crawford County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 87% were obese or overweight
  - 84% had been diagnosed with high blood pressure
  - 75% had been diagnosed with high blood cholesterol

### Diabetes Facts

- Nearly 30 million children and adults in the United States have diabetes.
- 86 million Americans have prediabetes.
- 1.7 million Americans are diagnosed with diabetes every year.
- Nearly 10% of the entire U.S. population has diabetes, including over 25% of seniors.
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue.
- The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year.
- 8.1 million Americans have undiagnosed diabetes
- Diabetes kills more Americans every year than AIDS and breast cancer combined.
- Diabetes is the primary cause of death for 69,071 Americans each year, and contributes to the death of 231,051 Americans annually.

(Source: American Diabetes Association, 2014 Fast Facts, [http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/14 fast facts june2014 final3.pdf](http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/14%20fast%20facts%20june2014%20final3.pdf))

**Crawford County Adults Diagnosed with Diabetes**



Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Diagnosed with diabetes	16%	12%	10%

## Diabetes Symptoms

The most common symptoms of type 1 and type 2 diabetes are:

### TYPE 1 DIABETES

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### TYPE 2 DIABETES

- Any of the type 1 symptoms
- Blurred vision
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections
- Cuts/bruises that are slow to heal
- Frequent infections

(Source: American Diabetes Association, *Diabetes Basics, Symptoms*, <http://www.diabetes.org/diabetes-basics/symptoms/>)

## Who is at Greater Risk for Type 2 Diabetes

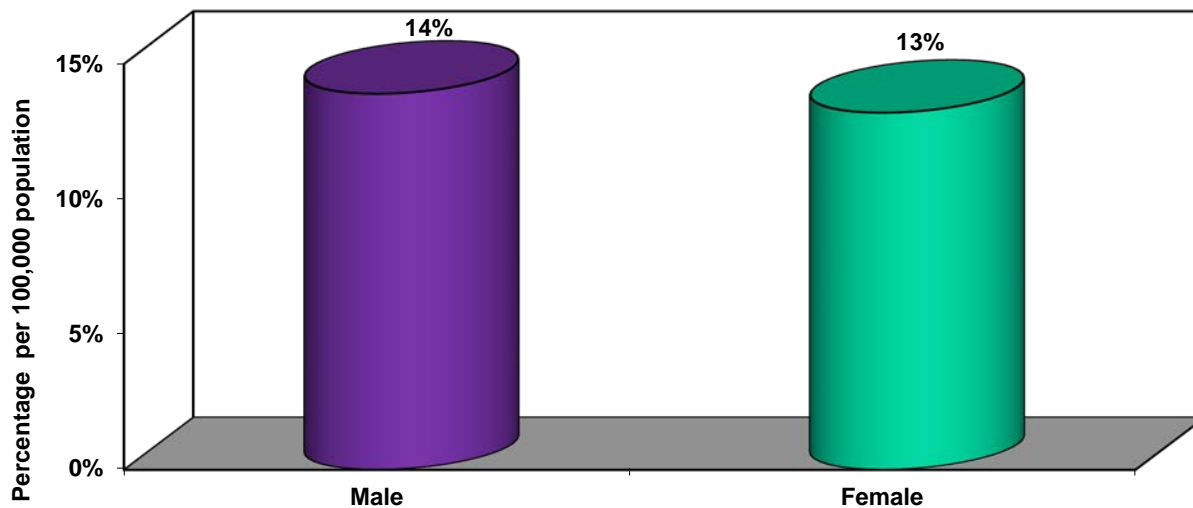
- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight or obese
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g. Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

(Source: American Diabetes Association, *Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes*, <http://www.diabetes.org/diabetes-basics/prevention/risk-factors>)

The following graphs show prevalence of diabetes by gender and the age-adjusted mortality rates from diabetes for Crawford County and Ohio residents with comparison to the Healthy People 2020 target objective.

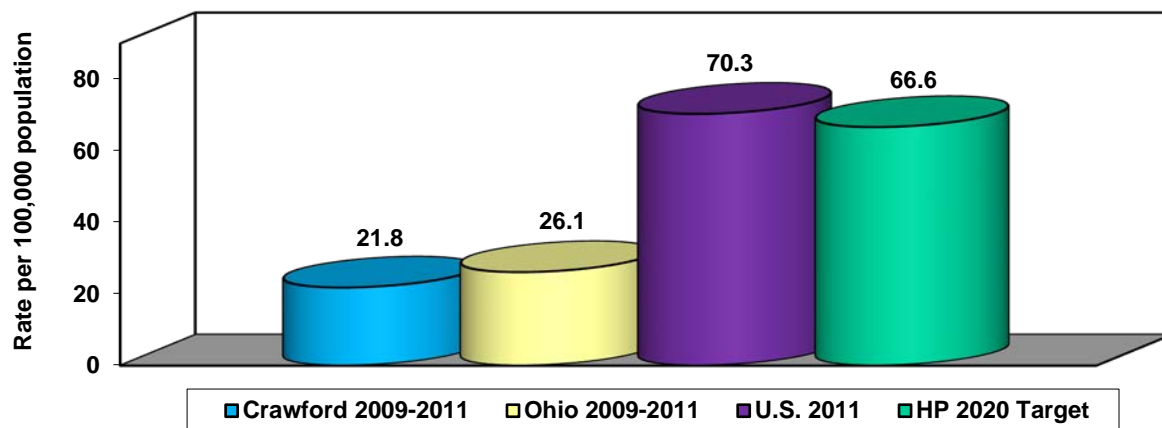
- In 2010, the prevalence of diabetes was higher among males than females in Crawford County.
- From 2009 to 2011, Crawford County's age-adjusted diabetes mortality rate was less than Ohio, the national rate, and the Healthy People 2020 target objective.

**Crawford County Prevalence of Diabetes by Gender, 2010**



(Source: Network of Care: Health Indicators, Public Health Assessment and Wellness)

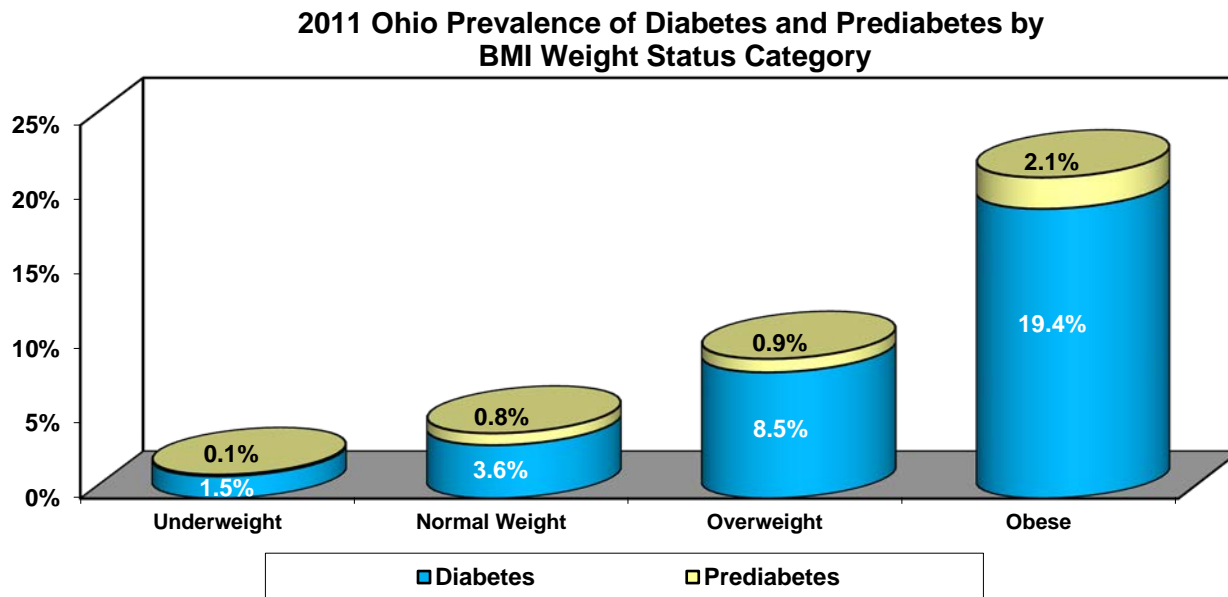
**Healthy People 2020 Objective and Age-Adjusted Mortality Rates for Diabetes**



(Source: Network of Care: Health Indicators, CDC, and Healthy People 2020)

The following graph shows the Ohio prevalence of diabetes and prediabetes by BMI weight status category. The following graph shows:

- The chance of developing diabetes and prediabetes increases relative to increases in BMI weight status category.



#### Overweight and Obese Type 2 Diabetes Risk by Sex in Ohio

Category	Increase in Risk
Overweight Men	2.4
Overweight Women	3.9
Obese Men	6.7
Obese Women	12.4

(Source: ODH, Obesity and Diabetes in Ohio 2013, from [http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity\\_Diabetes\\_Supp\\_2013.ashx](http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity_Diabetes_Supp_2013.ashx))

# Adult | ARTHRITIS

## Key Findings

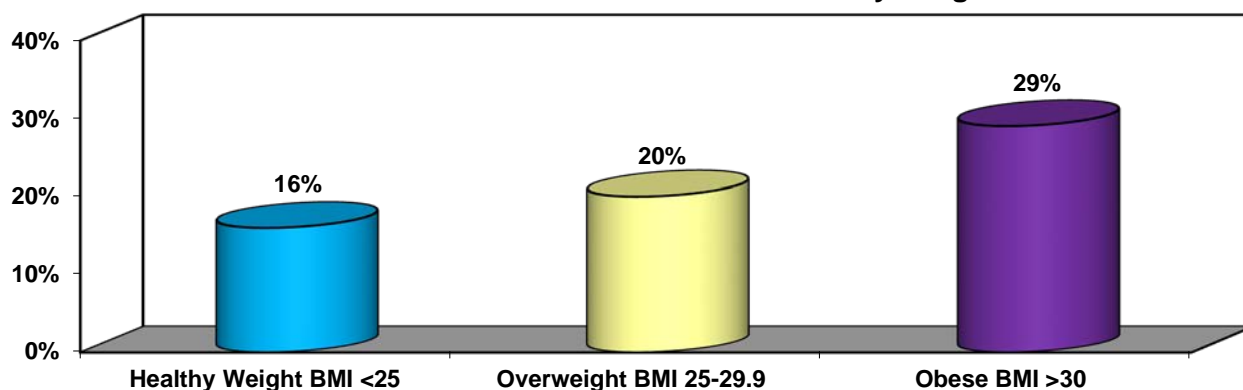
According to the Crawford County survey data, 32% of Crawford County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

**32% of Crawford County adults were told by a health professional that they had some form of arthritis, increasing to 60% of those over the age of 65.**

## Arthritis

- Nearly one-third (32%) of Crawford County adults were told by a health professional that they had some form of arthritis, increasing to 60% of those over the age of 65.
- According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.
- An estimated 50 million U.S. adults (about 1 in 5) report having doctor-diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030 (Source: CDC, *Arthritis at a Glance 2013*).
- 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).

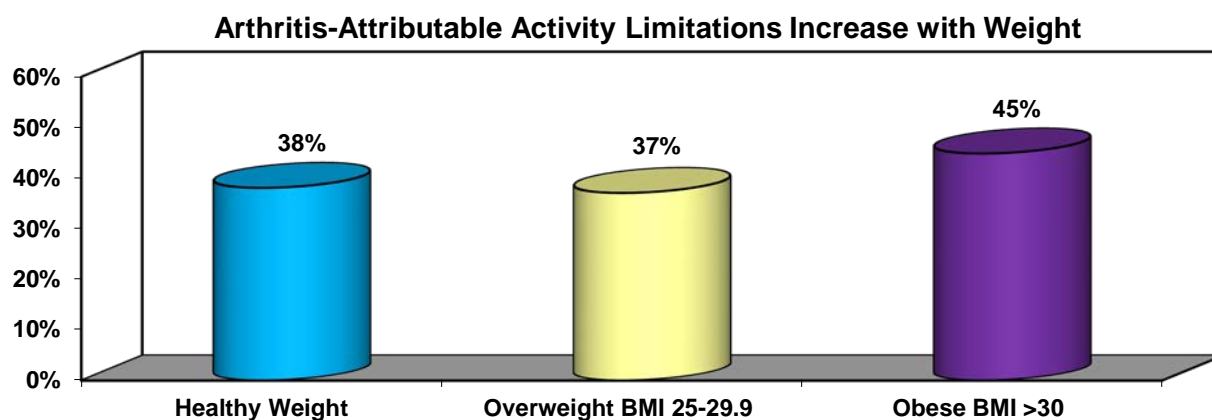
**Arthritis Prevalence Increases With Body Weight**



(Source for graph: CDC Arthritis, Morbidity and Mortality Weekly Report 2013; 62(44):869-873)

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Diagnosed with arthritis	32%	31%	26%

20% of Crawford County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 35% were limited because of arthritis.



(Source for graph: CDC Arthritis, Morbidity and Mortality Weekly Report 2013; 62(44):869-873)

### Arthritis: Key Public Health Messages

Early diagnosis of arthritis and self-management activities can help people decrease their pain, improve function, and stay productive.

Key self-management activities include the following:

- **Be Active** –Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 5 days a week. You can get activity in 10-minute intervals.
- **Watch your weight** –The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence (incidence) of new knee osteoarthritis and a modest weight loss can help reduce pain and disability.
- **See your doctor** –Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition.
- **Protect your joints** –Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

(Source: Centers for Disease Control and Prevention, Arthritis: Key Public Health Messages, [www.cdc.gov/arthritis/basics/key.htm](http://www.cdc.gov/arthritis/basics/key.htm), updated June 19, 2014)

# Adult | ASTHMA AND OTHER RESPIRATORY DISEASE

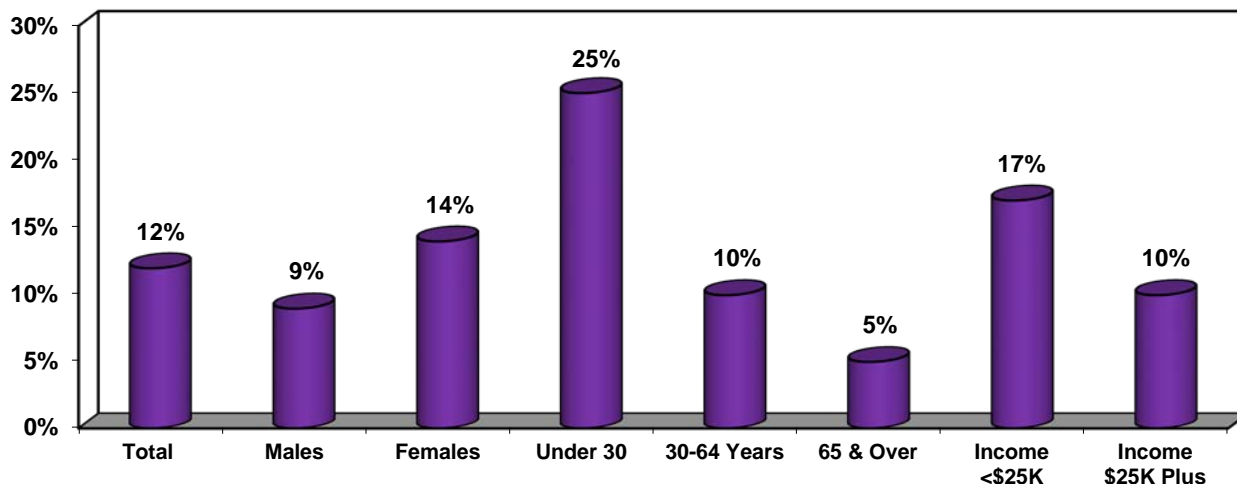
## Key Findings

According to the Crawford County survey data, 12% of adults had been diagnosed with asthma.

## Asthma and Other Respiratory Disease

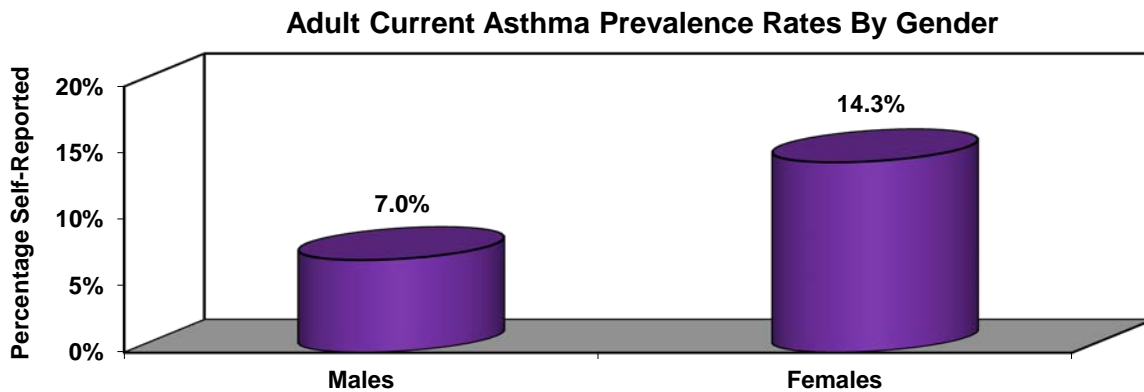
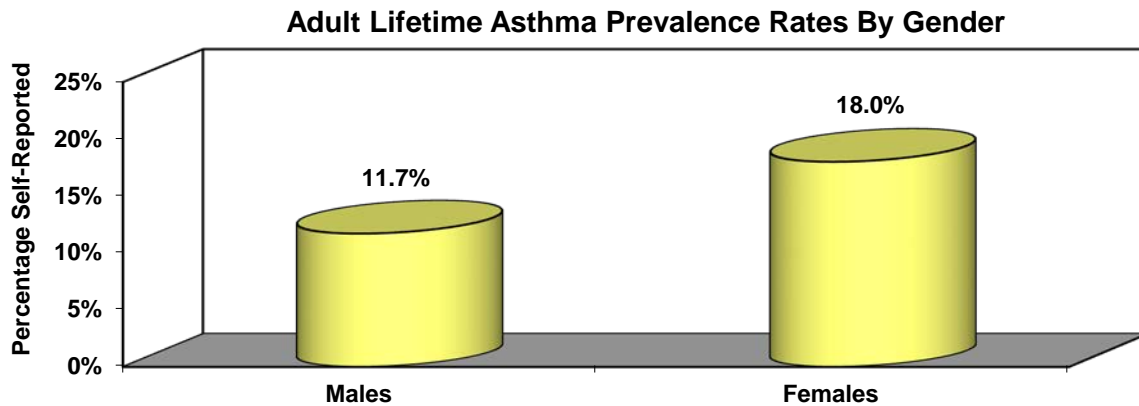
- In 2015, 12% of Crawford County adults had been diagnosed with asthma.
- 15% of Ohio and 14% of U.S. adults have ever been diagnosed with asthma (Source: 2014 BRFSS).
- 8% of adults had been diagnosed with COPD or emphysema, increasing to 14% of those over the age of 65 and 17% of those with incomes less than \$25,000.
- 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, infections linked to the flu, colds, and respiratory viruses (Source: CDC, 2013).
- Chronic lower respiratory disease was the 3<sup>rd</sup> leading cause of death in Crawford County and in Ohio, in 2013 (Source: CDC Wonder, 2013).

**Crawford County Adults Diagnosed with Asthma**



Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Had been diagnosed with asthma	12%	15%	14%

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



(Source for graphs: 2014 BRFSS)

## Asthma Facts

- The number of Americans with asthma grows every year. Currently, 26 million Americans have asthma.
- Asthma mortality is almost 4,000 deaths per year.
- Asthma results in 456,000 hospitalizations and 2.1 million emergency room visits annually.
- Patients with asthma reported 13.9 million visits to a doctor's office and 1.4 million visits to hospital outpatient departments.
- Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

(Source: American College of Allergy, Asthma, & Immunology, Asthma Facts, from: <http://acaai.org/news/facts-statistics/asthma>)

# ASTHMA

### What Causes an Asthma Attack?

- **Tobacco Smoke:** People should never smoke near you, in your home, in your car, or wherever you may spend a lot of time if you have asthma. Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking.
- **Dust Mites:** If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Do not use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.
- **Outdoor Air Pollution:** This pollution can come from factories, automobiles, and other sources. Pay attention to air quality forecasts to plan activities when air pollution levels will be low.
- **Cockroach Allergens:** Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. Cockroaches and their droppings can trigger an asthma attack, so vacuum or sweep areas that might attract cockroaches at least every 2 to 3 days.
- **Pets:** Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for a pet, keep it out of the person with asthma's bedroom.
- **Mold:** Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help keep the humidity level low.
- **Smoke from Burning Wood or Grass:** Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home.
- **Other Triggers:** Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks. Physical exercise, some medicines, bad weather, breathing in cold air, some foods, and fragrances can also trigger an asthma attack.

*(Source: Centers for Disease Control, Vital Signs, Asthma, updated November 18, 2014, <http://www.cdc.gov/asthma/faqs.htm>)*

# Adult | WEIGHT STATUS

## Key Findings

The 2015 Health Assessment identified that 75% of Crawford County adults were overweight or obese based on Body Mass Index (BMI). The 2014 BRFSS indicates that 33% of Ohio and 30% of U.S. adults were obese by BMI. More than one-third (35%) of Crawford County adults were obese. Almost two-fifths (38%) of adults were trying to lose weight.

## Adult Weight Status

- In 2015, the health assessment indicated that three-fourths (75%) of Crawford County adults were either overweight (40%) or obese (35%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- Almost two-fifths (38%) of adults were trying to lose weight, 38% were trying to maintain their current weight or keep from gaining weight, and 1% were trying to gain weight.
- Crawford County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (48%), exercised (43%), ate a low-carb diet (8%), smoked cigarettes (4%), used a weight loss program (2%), participated in a prescribed dietary or fitness program (1%), took diet pills, powders or liquids without a doctor's advice (1%), took prescribed medications (1%), went without eating 24 or more hours (1%), health coaching (1%), and took laxatives (1%).

*35% of Crawford County adults are obese.*

## Physical Activity

- In Crawford County, 51% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 26% of adults were exercising 5 or more days per week. One-fourth (25%) of adults were not participating in any physical activity in the past week, including 3% who were unable to exercise.
- Reasons for not exercising included: time (31%), too tired (20%), weather (19%), laziness (19%), pain or discomfort (18%), chose not to exercise (14%), could not afford a gym membership (11%), no walking, biking trails, or parks (5%), no exercise partner (5%), poorly maintained/no sidewalks (5%), did not know what activity to do (4%), no child care (3%), safety (2%), transportation (2%), no access to parks (1%), no gym available (1%), doctor advised them not to exercise (1%), and other reasons (6%).

*In Crawford County, 51% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.*

- Crawford County adults spent an average of 2.9 hours watching TV, 1.2 hours on their cell phone, 1.1 hours on the computer (outside of work), and 0.2 hours playing video games on an average day of the week.
- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity for Everyone*).

## Nutrition

- In 2015, 4% of adults were eating 5 or more servings of fruits and vegetables per day. 91% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- Crawford County adults obtained their groceries from the following places: large grocery store (87%), local grocery store (47%), garden/grew their own (30%), farmer's market (29%), Dollar General/Store (27%), restaurants (15%), corner/convenience stores (4%), food pantry (4%), Group Purchasing, Community Supported Agriculture (<1%), Consumer Supported Agricultural (<1%), and other places (2%).
- Crawford County adults reported the following reasons they chose the types of food they ate: taste (61%), cost (59%), enjoyment (54%), ease of preparation (48%), healthiness of food (43%), availability (41%), time (41%), food they were used to (35%), what their spouse prefers (24%), nutritional content (22%), calorie content (19%), what their child prefers (16%), if it was organic (6%), if it was genetically modified (6%), if it was gluten free (4%), if it was lactose free (4%), health care provider's advice (4%), other food sensitivities (3%), and other reasons (2%).
- Adults ate out in a restaurant or brought home take-out food an average of 2.7 times per week.
- Crawford County adults had access to a wellness program through their employer or spouse's employer with the following features: health risk assessment (10%), free/discounted gym membership (8%), lower insurance premiums for participation in wellness program (8%), on-site health screenings (7%), gift cards or cash for participation in wellness program (4%), on-site fitness facility (4%), healthier food options in vending machines or cafeteria (4%), lower insurance premiums for positive changes in health status (3%), free/discounted smoking cessation program (3%), gift cards or cash for positive changes in health status (3%), free/discounted weight loss program (2%), on-site health education classes (1%), and other (3%).
- 31% of Crawford County adults did not have access to any type of wellness program.

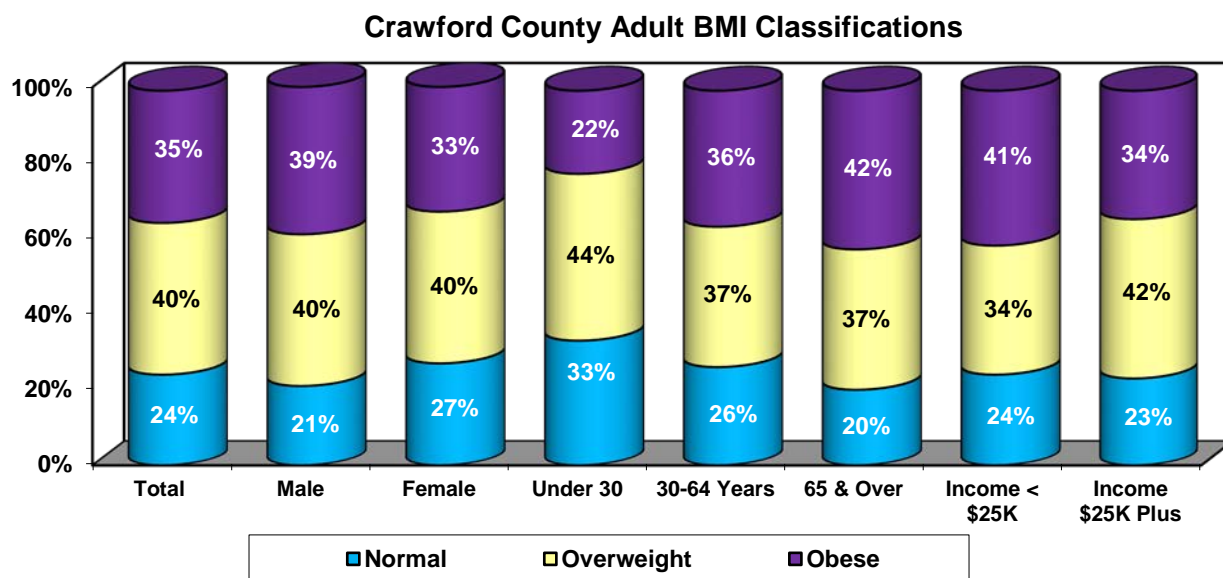
*Almost two-fifths (38%) of Crawford County adults were trying to lose weight.*

### Obesity Facts

- More than one-third of U.S. adults (34.9%) are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.
- Non-Hispanic blacks have the highest age-adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%), and non-Hispanic Asians (10.8%).

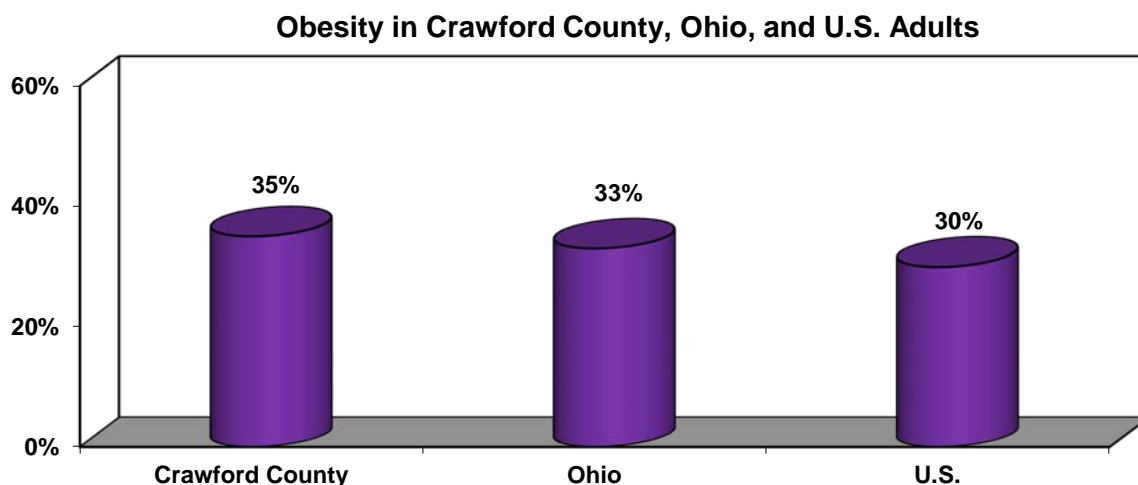
(Source: CDC, Adult Obesity Facts, updated June 16 2015, <http://www.cdc.gov/obesity/data/adult.html>)

The following graph shows the percentage of Crawford County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 24% of all Crawford County adults were classified as normal weight, 40% were overweight, and 35% were obese.



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

The following graph shows the percentage of Crawford County adults who are obese compared to Ohio and U.S.



(Source: 2015 Crawford County Health Assessment and 2014 BRFSS)

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Obese	35%	33%	30%
Overweight	40%	34%	35%

# Adult | TOBACCO USE

## Key Findings

*In 2015, 20% of Crawford County adults were current smokers and 23% were considered former smokers. In 2015, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2016).*

## Adult Tobacco Use Behaviors

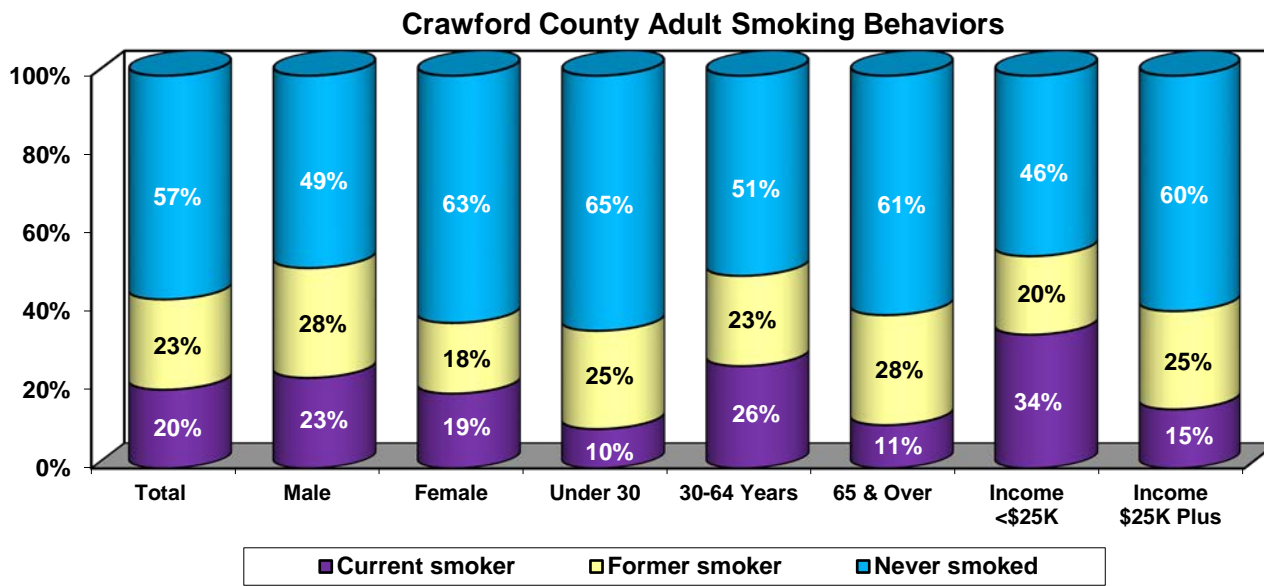
- The 2015 health assessment identified that one-in-five (20%) Crawford County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days).
- The 2014 BRFSS reported current smoker prevalence rates of 21% for Ohio and 18% for the U.S.
- Nearly one-fourth (23%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- The 2014 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.

*In 2015, 20% of Crawford County adults were current smokers.*

- Crawford County adult smokers were more likely to:
  - Have been divorced (36%)
  - Have an annual income less than \$25,000 (34%)
  - Have rated their physical health as not good on 4 or more days in the past month (27%)
- Crawford County adults used the following tobacco products in the past year: cigarettes (24%), e-cigarettes (9%), roll-your-own (5%), cigars (4%), chewing tobacco (3%), snuff (3%), Black and Milds (2%), pouch (2%), little cigars (1%), hookah (1%), pipes (1%), swishers (1%), bidis (<1%), and cigarillos (<1%).
- 46% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- 21% of adults reported someone had smoked cigarettes, cigars, or pipes in their home, and 20% reported someone had smoked in their car in the past month. 70% of adults indicated no one had smoked in their home or car in the past month.

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Current smoker	20%	21%	18%
Former smoker	23%	25%	25%

The following graph shows the percentage of Crawford County adults who used tobacco. Examples of how to interpret the information include: 20% of all Crawford County adults were current smokers, 23% of all adults were former smokers, and 57% had never smoked.



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

*46% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.*

### Smoke-free Living: Benefits & Milestones

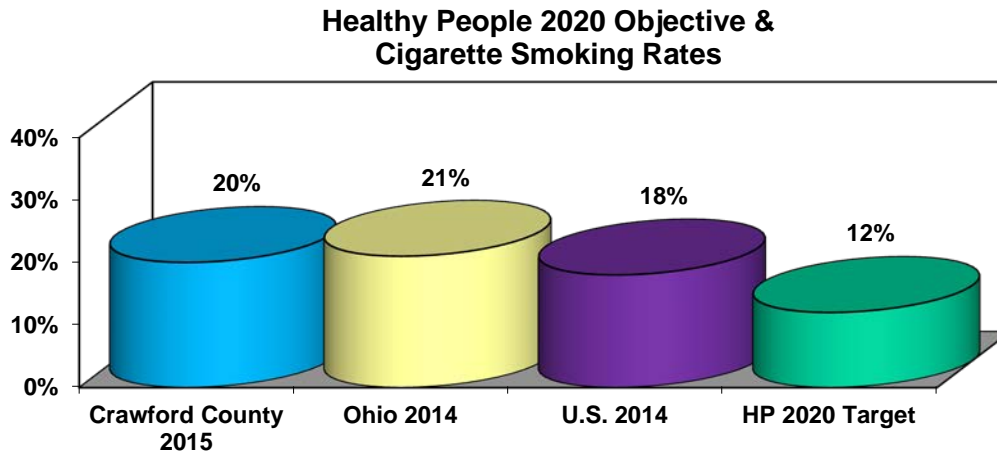
According to the American Heart Association and the U.S. Surgeon General, this is how your body starts to recover:

- In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
- After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
- After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
- After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduces your risk of infection.
- One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.
- Five to 15 years after quitting smoking, a person's risk of stroke is similar to that of a nonsmoker.
- After 10 years of smoke-free living, your lung cancer death rate is about half that of a person who has continued to smoke. The risk of other cancers, such as throat, mouth, esophagus, bladder, cervix and pancreas decreases too.

(Source: AHA, Smoke-free Living: Benefits & Milestones, 2012, from:  
[http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp))

The following graph shows Crawford County, Ohio, and U.S. adult cigarette smoking rates. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. This graph shows:

- Crawford County adult cigarette smoking rate was lower than the Ohio rate, and higher than the U.S. rate and Healthy People 2020 target objective.



(Source: 2015 Crawford County Health Assessment, 2014 BRFSS and Healthy People 2020)

*23% of Crawford County adults indicated that they were former smokers.*

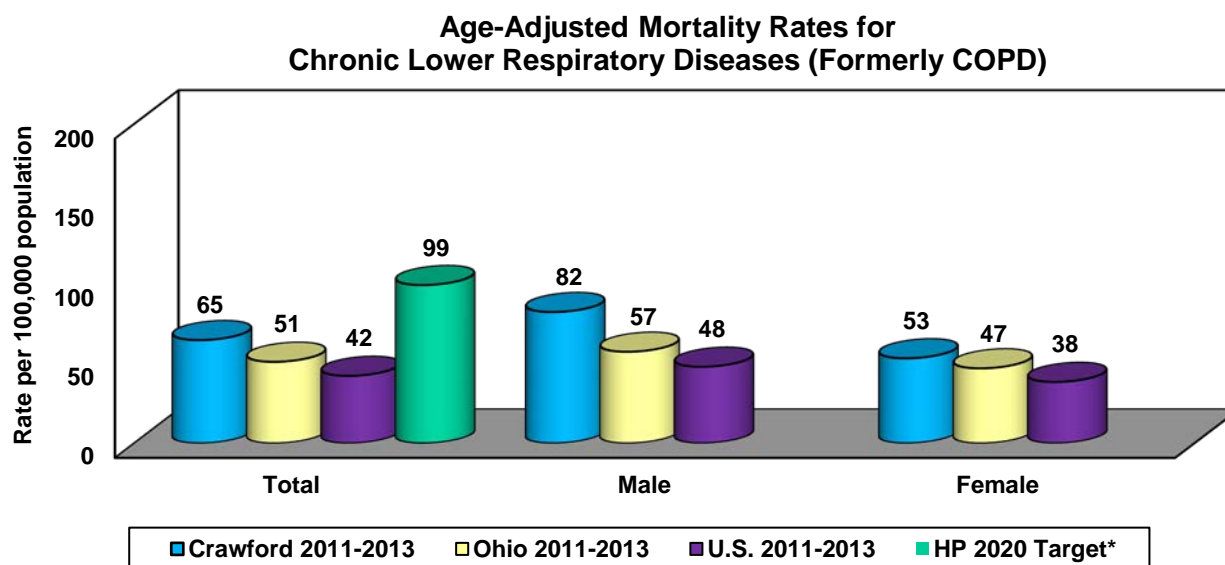
### Electronic Cigarettes Facts

- Electronic cigarettes (e-cigarettes) are a type of electronic smoking device, resembling cigarettes. They can also look like pipes, pens, or USB memory sticks.
- E-cigarettes cost approximately \$30-60, and refill cartridges cost \$7-\$10. More recently, disposable e-cigarettes that “last up to two packs” are being sold for under \$10 in local and national convenience stores.
- Cartridges generally contain 10-20 mg of nicotine. However, as e-cigarettes are unregulated by the Food and Drug Administration (FDA), their contents and the level of these contents can be highly variable.
- Ever use of e-cigarettes is highest among current cigarette smoking adults in the U.S. and increased from 9.8% in 2010 to 21.2% in 2011 to 32% in 2012.
- Early studies by the FDA found varying levels of nicotine and other potentially harmful ingredients, including cancer-causing substances and di-ethylene glycol, which is found in anti-freeze. However, these substances were found at much lower levels than in traditional cigarettes.
- The awareness and use of electronic cigarettes are increasing. In 2011, 6 of 10 U.S. adults were aware of electronic cigarettes with 21% of smokers having ever used an electronic cigarette.
- Nicotine is found in both inhaled and exhaled vapor of electronic cigarettes. Studies have also found heavy metals, silicates, and cancer-causing compounds in exhaled e-cigarette vapor.

(Source: Philadelphia Department of Public Health, “Electronic Cigarette Fact sheet,” published February 2014, from: [http://www.smokefreephilly.org/smokfree\\_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet\\_2\\_27\\_14.pdf](http://www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf) & Legacy for Health, Tobacco Fact Sheet, May 2014, from: <http://www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf>)

The following graphs show Crawford County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objective and the percentage of Crawford County and Ohio mothers who smoked during pregnancy. The graph shows:

- From 2011-2013, Crawford County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was higher than the Ohio and the U.S. rates, but lower than the Healthy People 2020 target objective.
- Disparities existed by gender for chronic lower respiratory disease mortality rate. The 2011-2013 Crawford County male rates were higher than the Crawford County female rates.



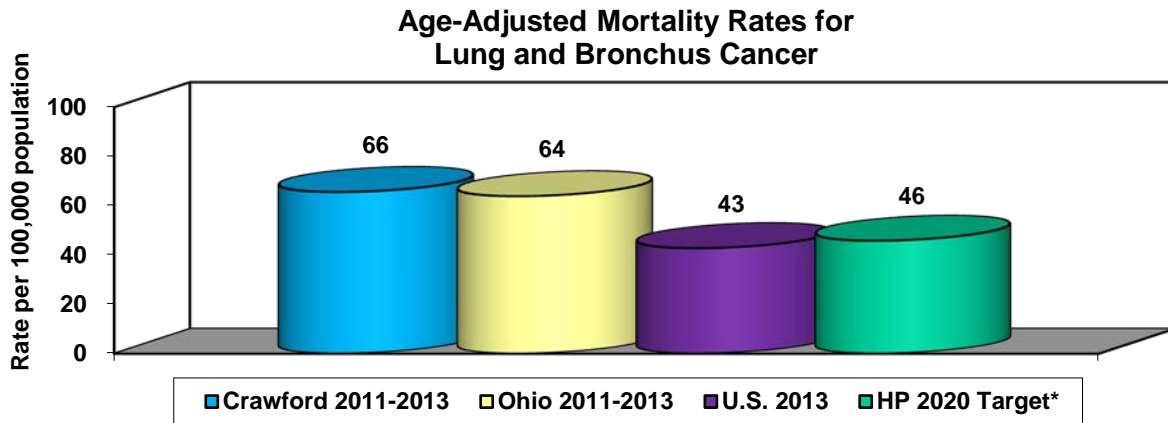
(Source: ODH Information Warehouse and Healthy People 2020)

\* Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

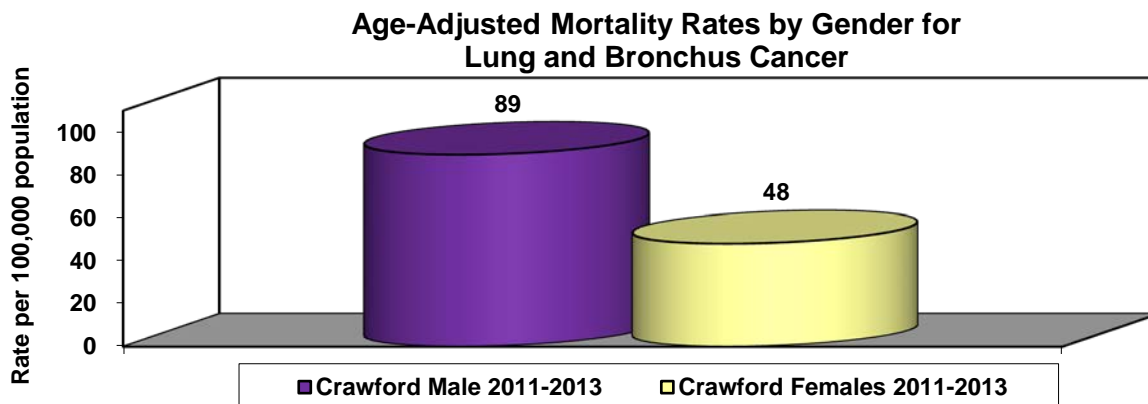
\*\*HP2020 does not report different goals by gender.

The following graphs show Crawford County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for lung and bronchus cancer in comparison with the Healthy People 2020 objective and Crawford County mortality rates by gender. These graphs show:

- Disparities existed by gender for Crawford County lung and bronchus cancer age-adjusted mortality rates. The 2011-2013 Crawford male rates were substantially higher than the Crawford female rates.



\*Healthy People 2020 Target data is for lung cancer only  
(Sources: Healthy People 2020, National Cancer Institute, Health Indicators Warehouse, updated 2014)



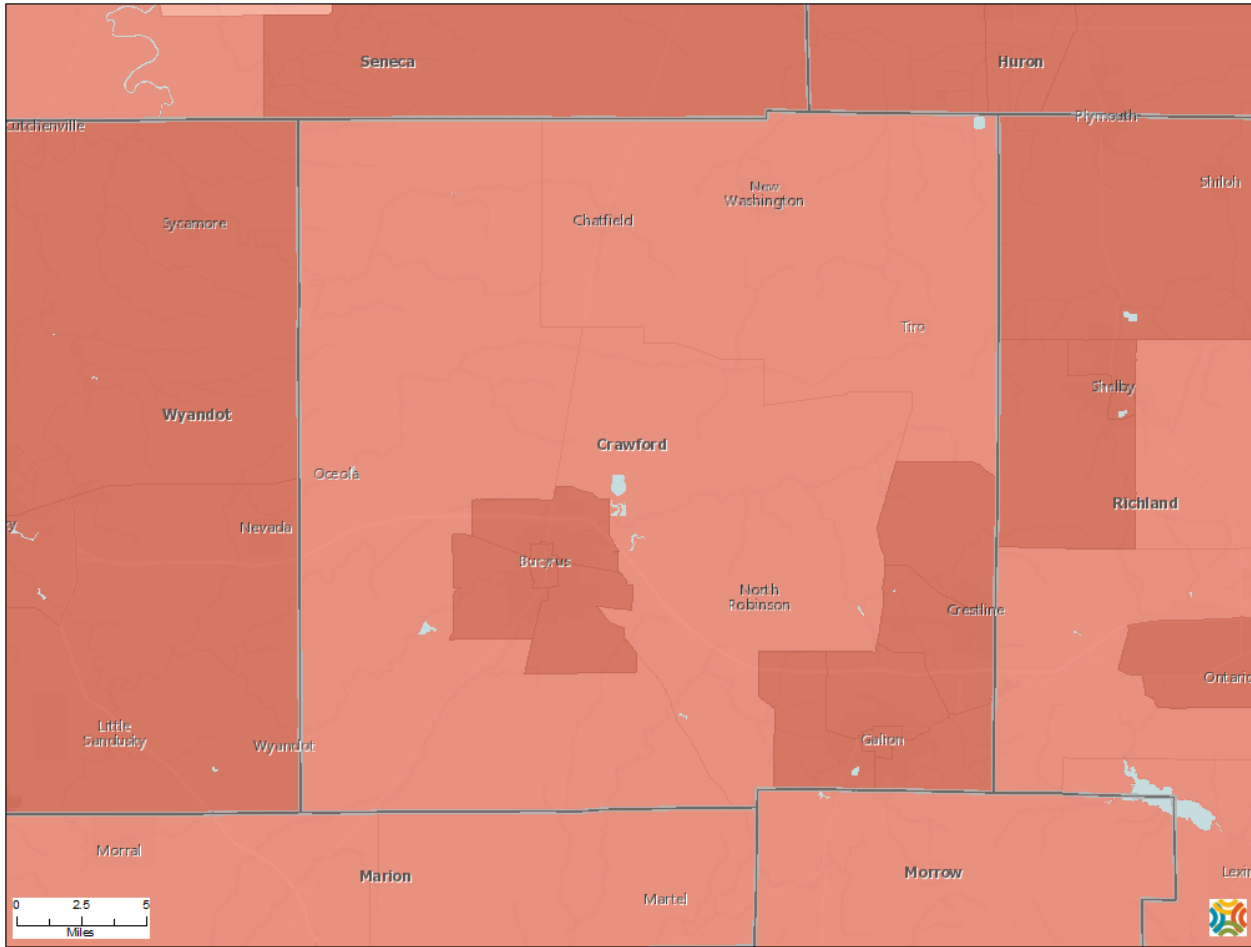
(Source: Health Indicators Warehouse, updated 2014)

### U.S. Adult Smoking Facts

- The percentage of American adults who smoked decreased from (20.9%) in 2005 to (19.3%) in 2010.
- About 1 in 5 (46.6 million) adults still smoke.
- 443,000 Americans die of smoking or exposure to secondhand smoke each year.
- More men (about 22%) than women (about 17%) smoke.
- Adults living below poverty level (29%) are more likely to smoke than adults living at or above poverty level (18%).
- Smoking rates are higher among people with a lower education level.

(Source: CDC, Vital Signs, Tobacco Use: Smoking & Secondhand Smoke, September 2011, <http://www.cdc.gov/VitalSigns/AdultSmoking/#LatestFindings>)

# Cigarette Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2014



## Map Legend

Cigarette Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2014

- 1st Quintile (Highest Expenditures)
- 2nd Quintile
- 3rd Quintile
- 4th Quintile
- 5th Quintile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 7/8/2015

(Source: Community Commons, updated 7/8/2015)

ADULT TOBACCO

# Adult | ALCOHOL CONSUMPTION

## Key Findings

*In 2015, the Health Assessment indicated that 13% of Crawford County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 38% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.*

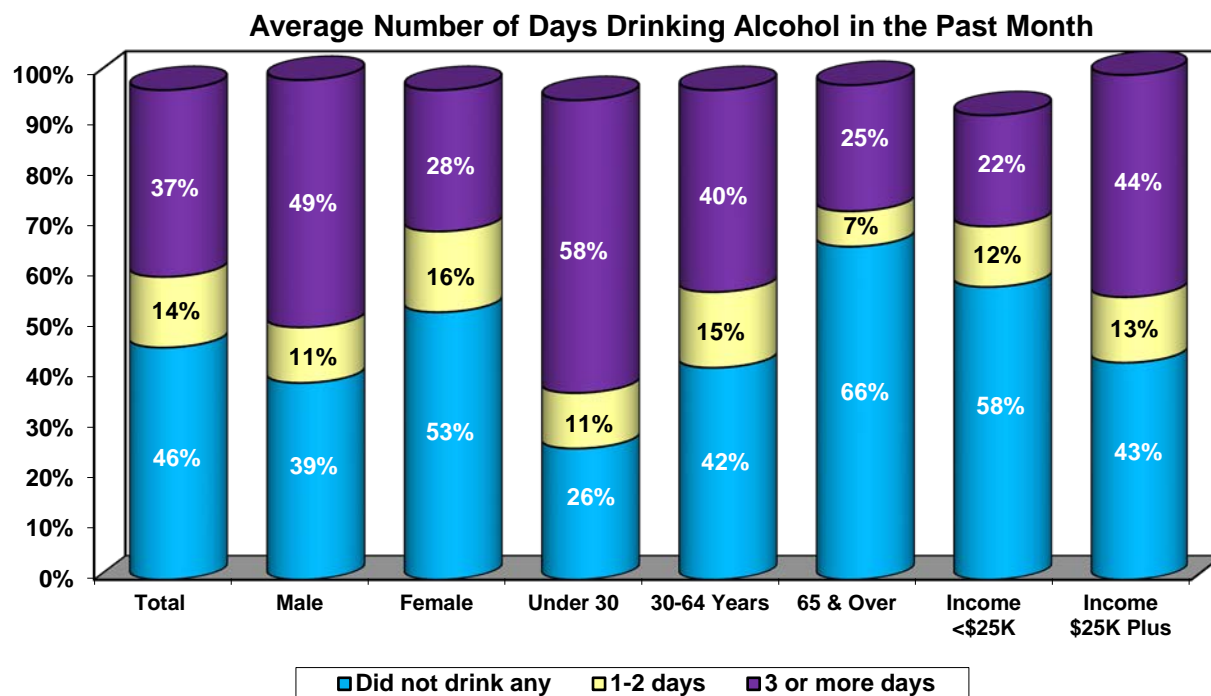
***51% of Crawford County adults had at least one alcoholic drink in the past month.***

## Adult Alcohol Consumption

- In 2015, 51% of Crawford County adults had at least one alcoholic drink in the past month, increasing to 60% of males and 69% of those under the age of 30.
- The 2014 BRFSS reported current drinker prevalence rates of 53% for Ohio and 53% for the U.S.
- One-in-eight (13%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Crawford County adults drank 3.9 drinks on average, increasing to 7.2 drinks for those under the age of 30.
- Almost one-fifth (19%) of Crawford County adults were considered binge drinkers.
- The 2014 BRFSS reported binge drinking rates of 18% for Ohio and 16% for the U.S.
- 38% of those current drinkers 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 by definition.
- 9% of adults reported driving after having perhaps too much to drink.
- Crawford County adults experienced the following in the past six months: drove after having any alcoholic beverage (10%), drank more than they expected (7%), used prescription drugs while drinking (6%), spent a lot of time drinking (3%), drank more to get the same effect (3%), gave up other activities to drink (3%), tried to quit or cut down but could not (2%), continued to drink despite problems caused by drinking (1%), failed to fulfill duties at work, home, or school (1%), and drank to ease withdrawal symptoms (1%).

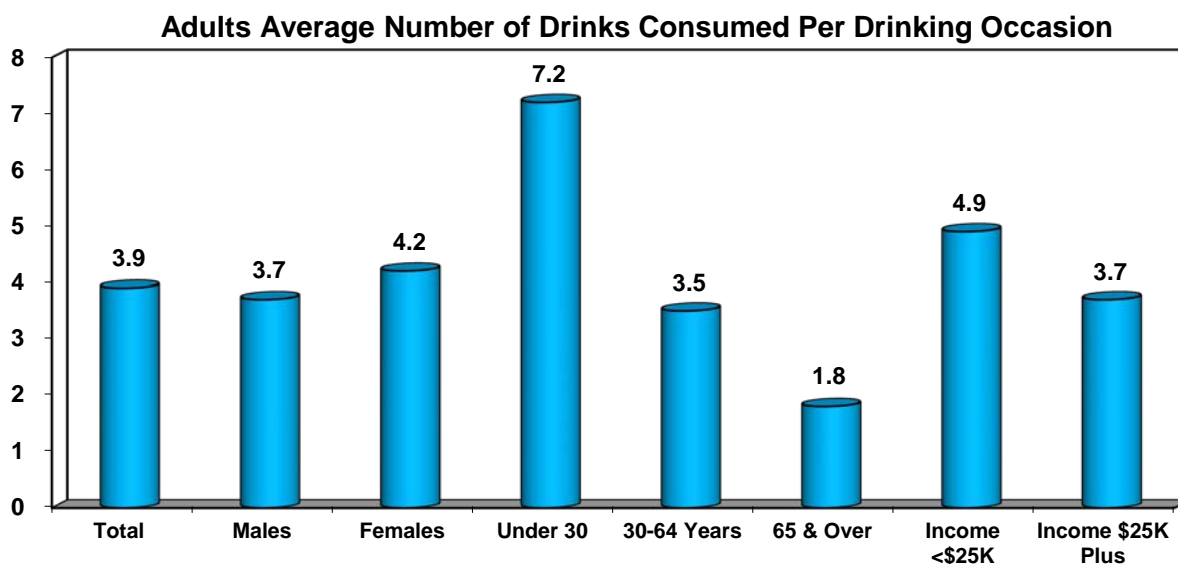
Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Drank alcohol at least once in past month	51%	53%	53%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	19%	18%	16%

The following graphs show the percentage of Crawford County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 46% of all Crawford County adults did not drink alcohol, 39% of Crawford County males did not drink, and 53% of adult females reported they did not drink.



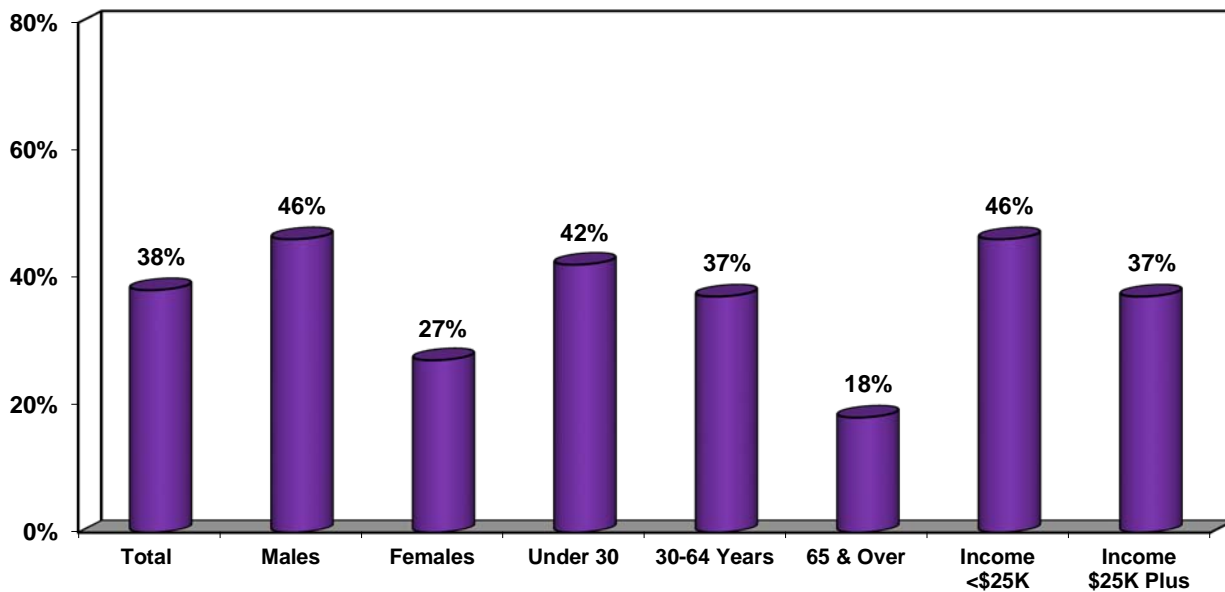
*Percentages may not equal 100% as some respondents answered "don't know"*

*13% of Crawford County adults were considered frequent drinkers (drank on an average of three or more days per week).*



The following graphs show the percentage of Crawford County drinkers who binge drank in the past month and a comparison of Crawford County binge drinkers with Ohio and U.S.

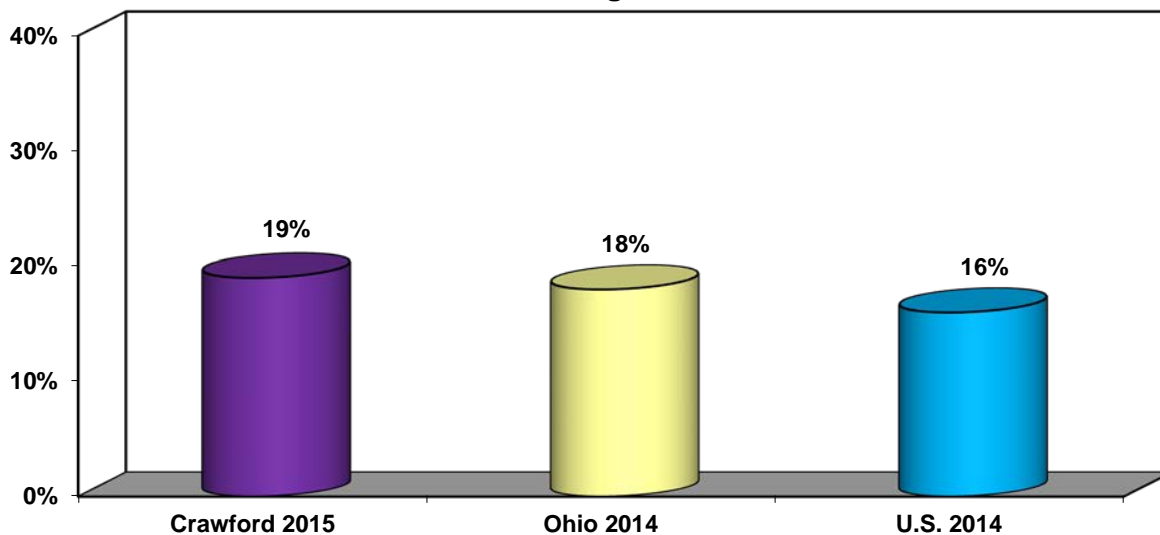
**Crawford County Adult Drinkers Who Binge Drank in Past Month\***



*\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at least once in the previous month.*

*9% of Crawford County adults reported driving after having perhaps too much to drink.*

**Adult Binge Drinkers\***



*(Source: 2014 BRFSS and 2015 Crawford County Health Assessment)*

*\*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.*

The following table shows the Cities of Bucyrus and Galion, Crawford County, and Ohio motor vehicle accident statistics. The table shows:

- 9% of all injury crashes in Crawford County were alcohol-related compared to 7% in Ohio.

	City of Bucyrus 2015	City of Galion 2015	Crawford County 2015	Ohio 2015
Total Crashes	225	191	1,039	302,307
Alcohol-Related Total Crashes	4	13	36	12,526
Fatal Injury Crashes	0	0	5	1,030
Alcohol-Related Fatal Crashes	4	0	2	316
Alcohol Impaired Drivers in Crashes	341	13	36	12,304
Injury Crashes	33	36	175	75,108
Alcohol-Related Injury Crashes	2	4	16	5,090
Property Damage Only	192	155	859	226,169
Alcohol-Related Property Damage Only	2	9	18	7,120
Deaths	0	0	5	1,110
Alcohol-Related Deaths	0	0	2	346
Total Non-Fatal Injuries	49	50	247	108,394
Alcohol-Related Injuries	3	7	21	7,130

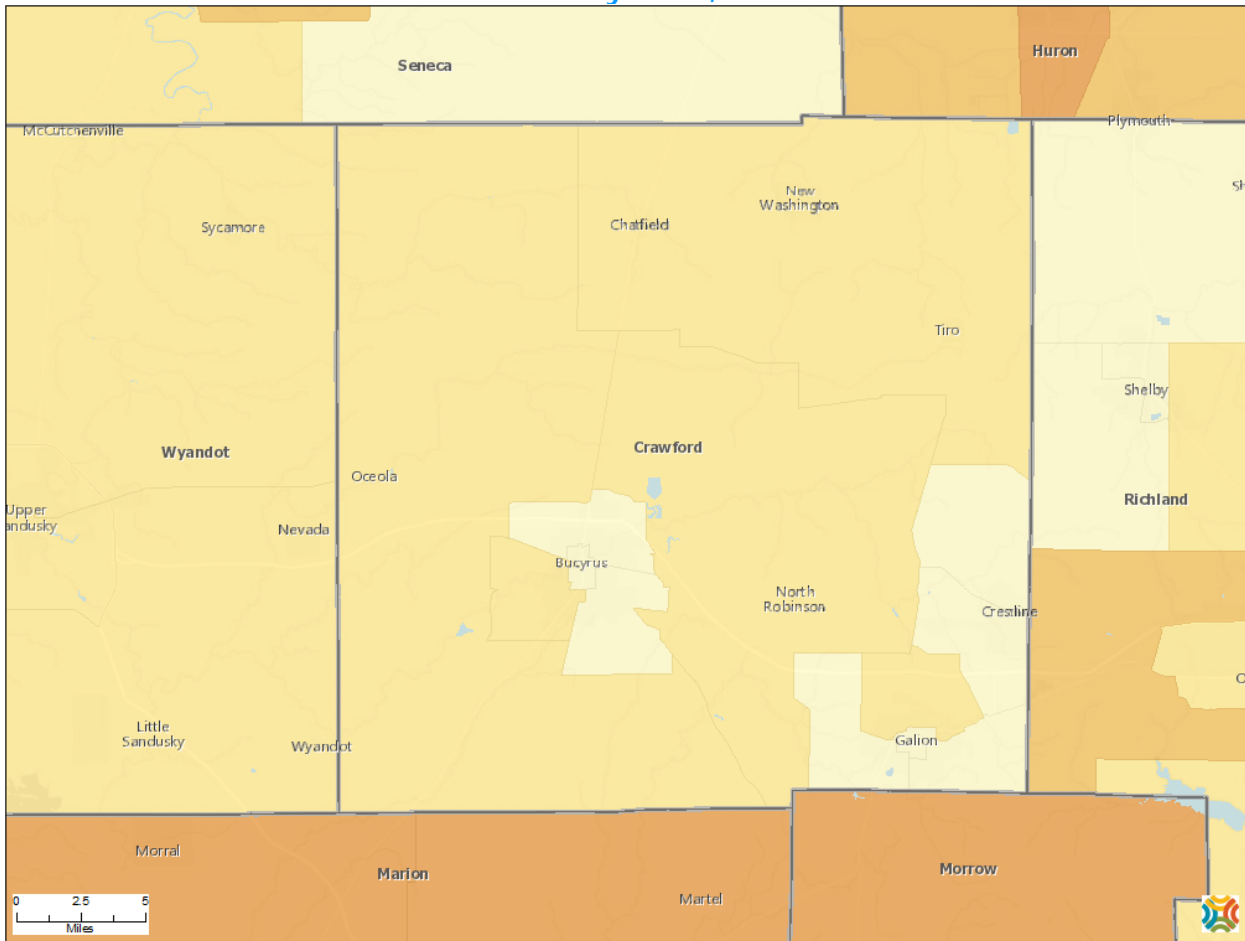
(Source: Ohio Department of Public Safety, Crash Reports, Updated 5/9/2016, Traffic Crash Facts)

### Caffeinated Alcoholic Beverages

- Excessive alcohol consumption is responsible for about 88,000 deaths and 2.5 million years of potential life lost (YPLL) in the United States each year.
- Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks.
- Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.

(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, November 2014, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

## Alcohol Beverage Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2014



### Map Legend

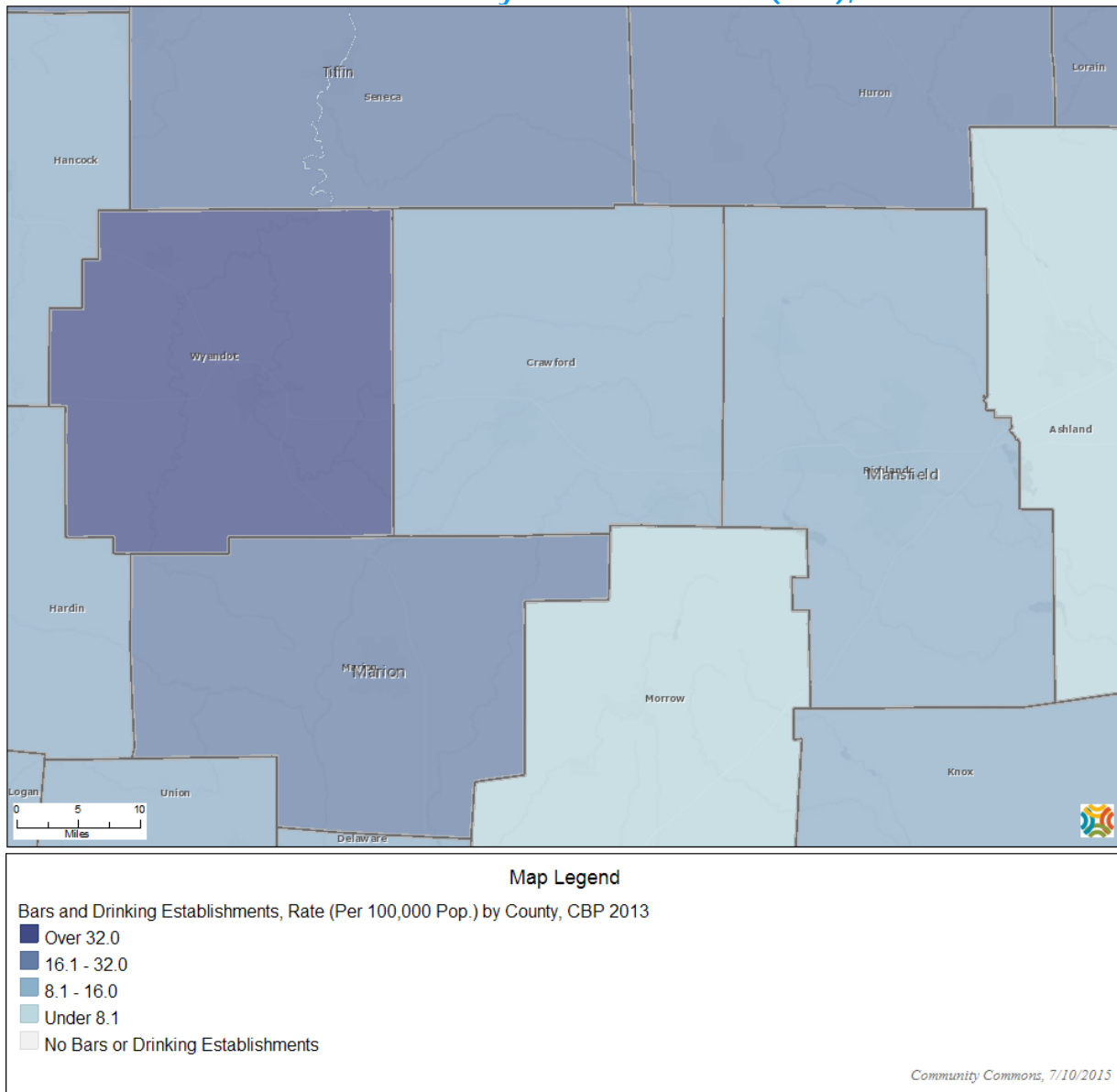
Alcoholic Beverage Expenditures, Percent of Food-At-Home Expenditures, National Rank by Tract, Nielsen 2014

- 1st Quintile (Highest Expenditures)
- 2nd Quintile
- 3rd Quintile
- 4th Quintile
- 5th Quintile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 7/10/2015

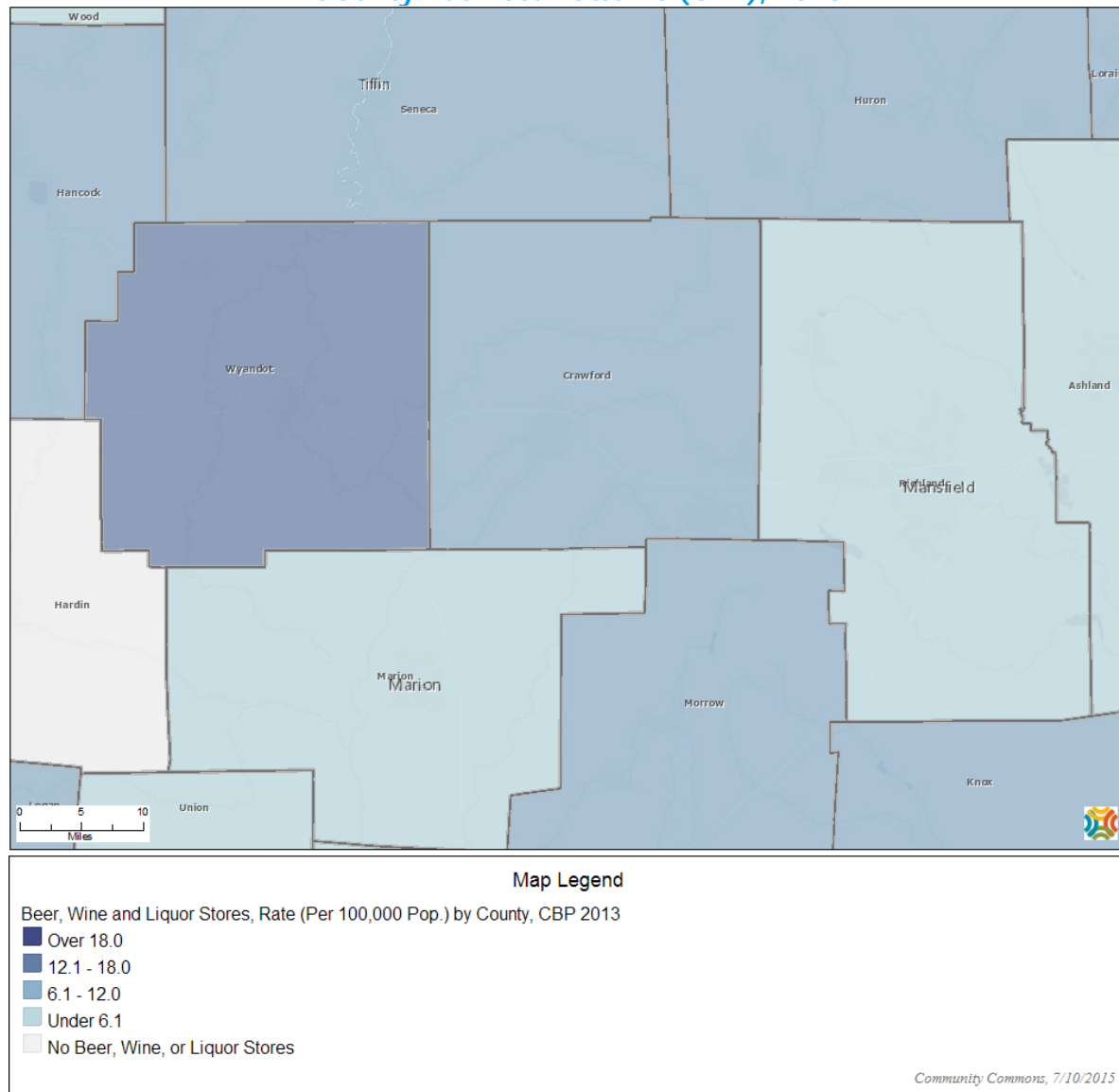
Source: Community Commons, updated 7/10/15

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by County, Census Bureau's County Business Patterns (CBP), 2013



Source: Community Commons, updated 7/10/15

## Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by County, Census Bureau's County Business Patterns (CBP), 2013



Source: Community Commons, updated 7/10/15

# Adult | DRUG USE

## Key Findings

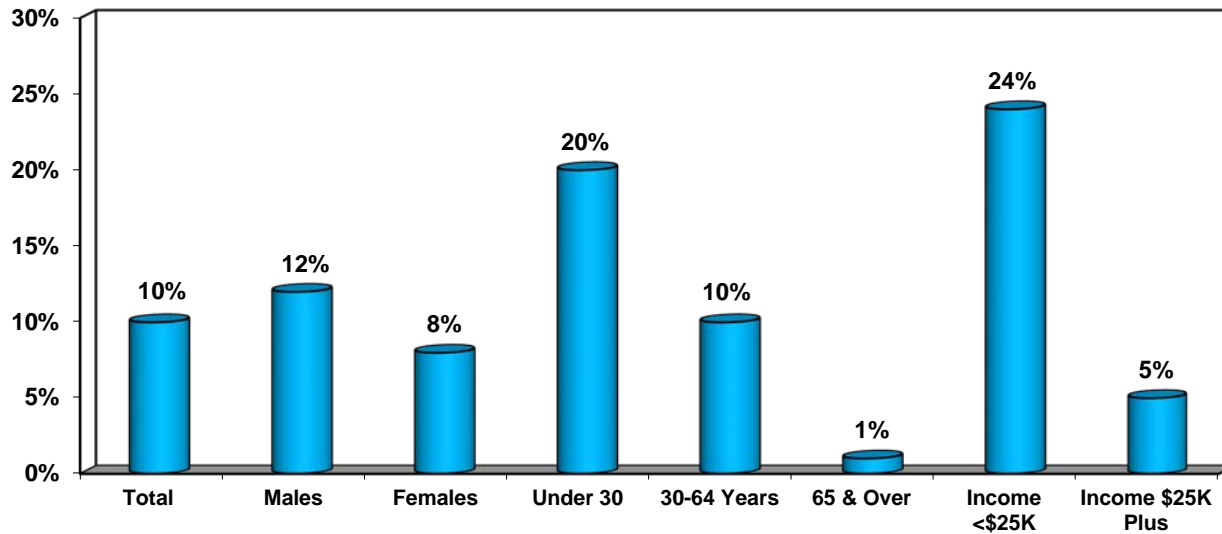
*In 2015, 10% of Crawford County adults had used marijuana during the past 6 months. 10% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.*

## Adult Drug Use

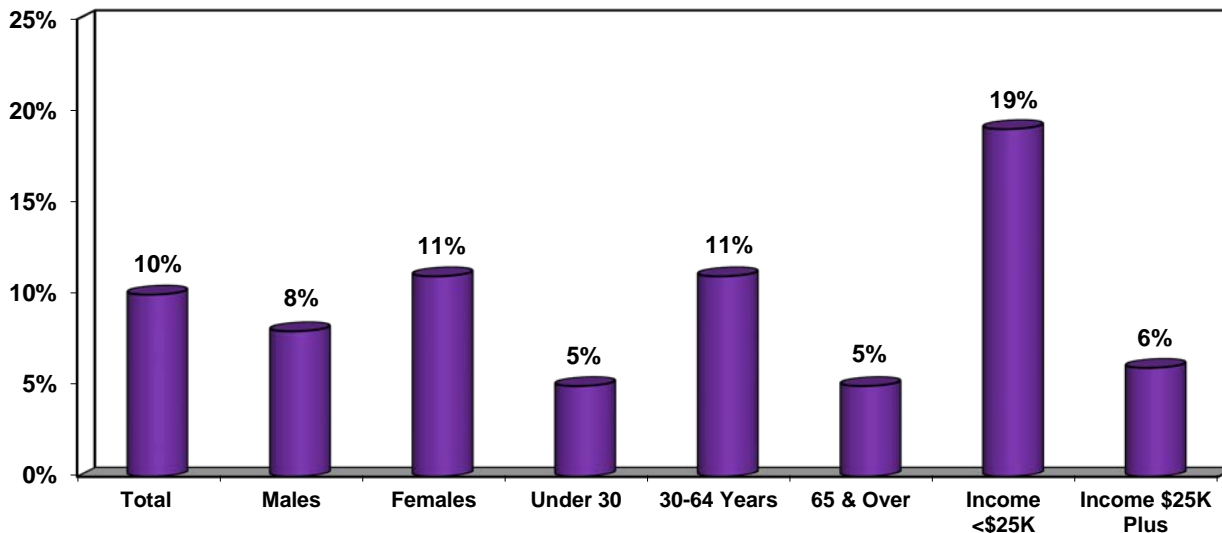
- 10% of Crawford County adults had used marijuana in the past 6 months, increasing to 24% of those with incomes less than \$25,000.
- 1% of Crawford County adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 34% of Crawford County adults who used drugs did so almost every day, and 21% did so less than once a month.
- 10% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 19% of those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 58% of Crawford County adults who used these drugs did so almost every day, and 18% did so less than once a month.
- Adults who misused prescription medication obtained their medication from the following: primary care physician (90%), bought from friend or family member (7%), and free from friend or family member (4%).
- Crawford County adults indicated they did the following with their unused prescription medication: took as prescribed (24%), threw it in the trash (18%), took it to the Medication Collection program (16%), kept it (11%), flushed it down the toilet (10%), kept in a locked cabinet (4%), disposed in RedMed Box, Yellow Jug, etc. (2%), mailer to ship back to pharmacy (1%), gave it away (<1%), sold it (<1%), and some other destruction method (2%). 40% of adults did not have unused medication.

The following graphs are data from the 2015 Crawford County Health Assessment indicating adult marijuana use in the past six months and medication misuse in the past six months. Examples of how to interpret the information include: 10% of all Crawford County adults used marijuana in the past six months, 20% of adults under the age of 30 were current users, and 24% of adults with incomes less than \$25,000 were current users.

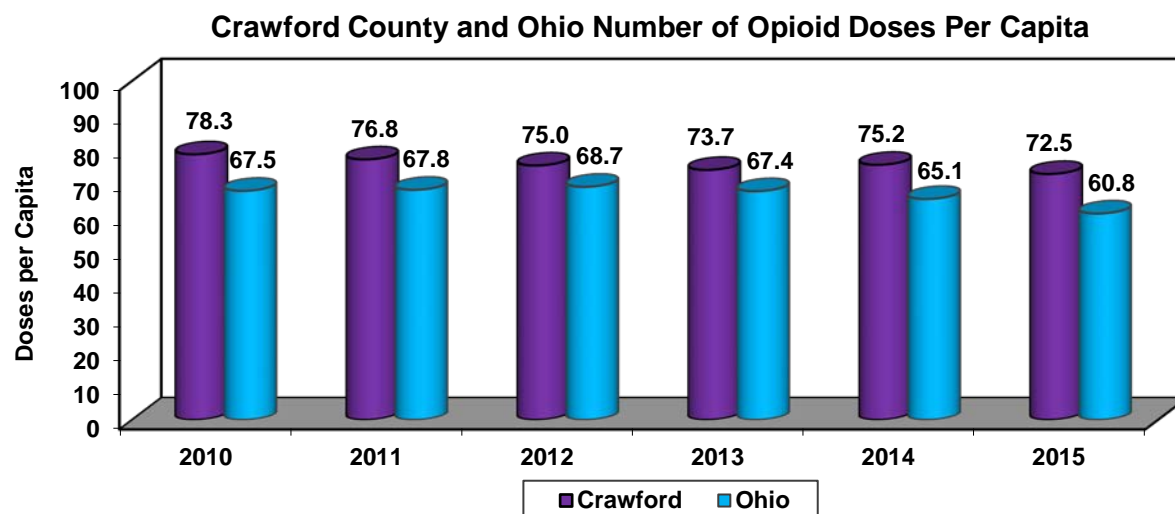
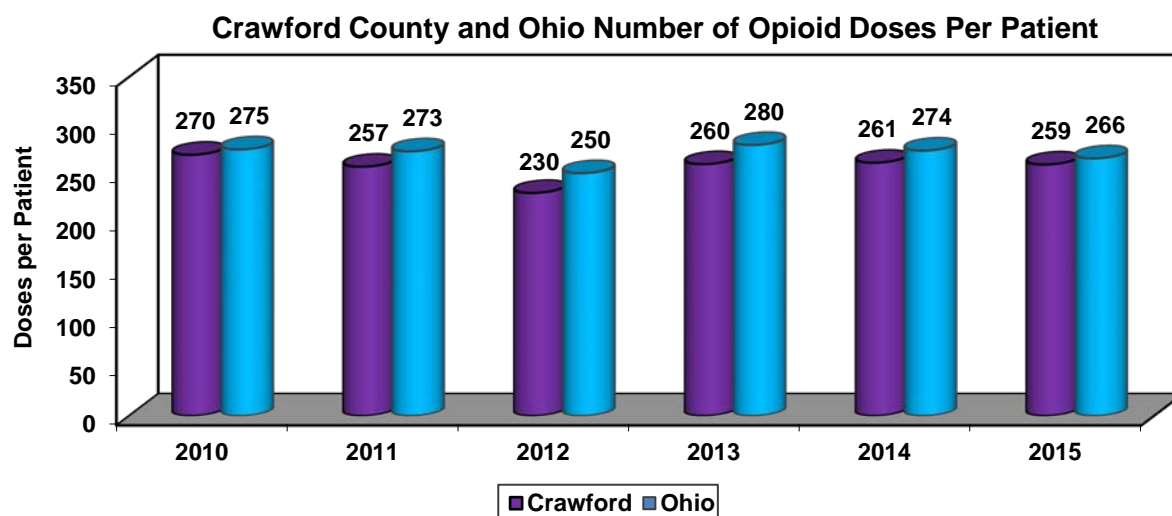
**Crawford County Adult Marijuana Use in Past 6 Months**



**Crawford County Adult Medication Misuse in Past 6 Months**



The following graphs are data from the Ohio Automated Prescription Reporting System indicating Crawford County and Ohio opioid doses per patient as well as opioid doses per capita.



(Source: Ohio Automated Rx Reporting System, Quarterly County Data, Accessed on May 9, 2016 from: <https://www.ohiopmp.gov/Portal/Reports.aspx>)

## Abuse of Prescription (Rx) Drugs

- Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD, stimulants, and anti-anxiety drugs.
- Reasons for abusing these drugs include: getting high, relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, and having a good time with friends.
- In 2010, almost 3,000 young adults died from prescription drug (mainly opioid) overdoses. This was a 250% increase from 1999.
- Among young adults, for every death due to Rx drug overdose, there were 17 treatment admissions and 66 emergency room visits.

*(Source: National Institute on Drug Abuse, Abuse of Prescription (Rx) Drugs Affects Young Adults Most, June 2013, from: <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>)*

## Heroin

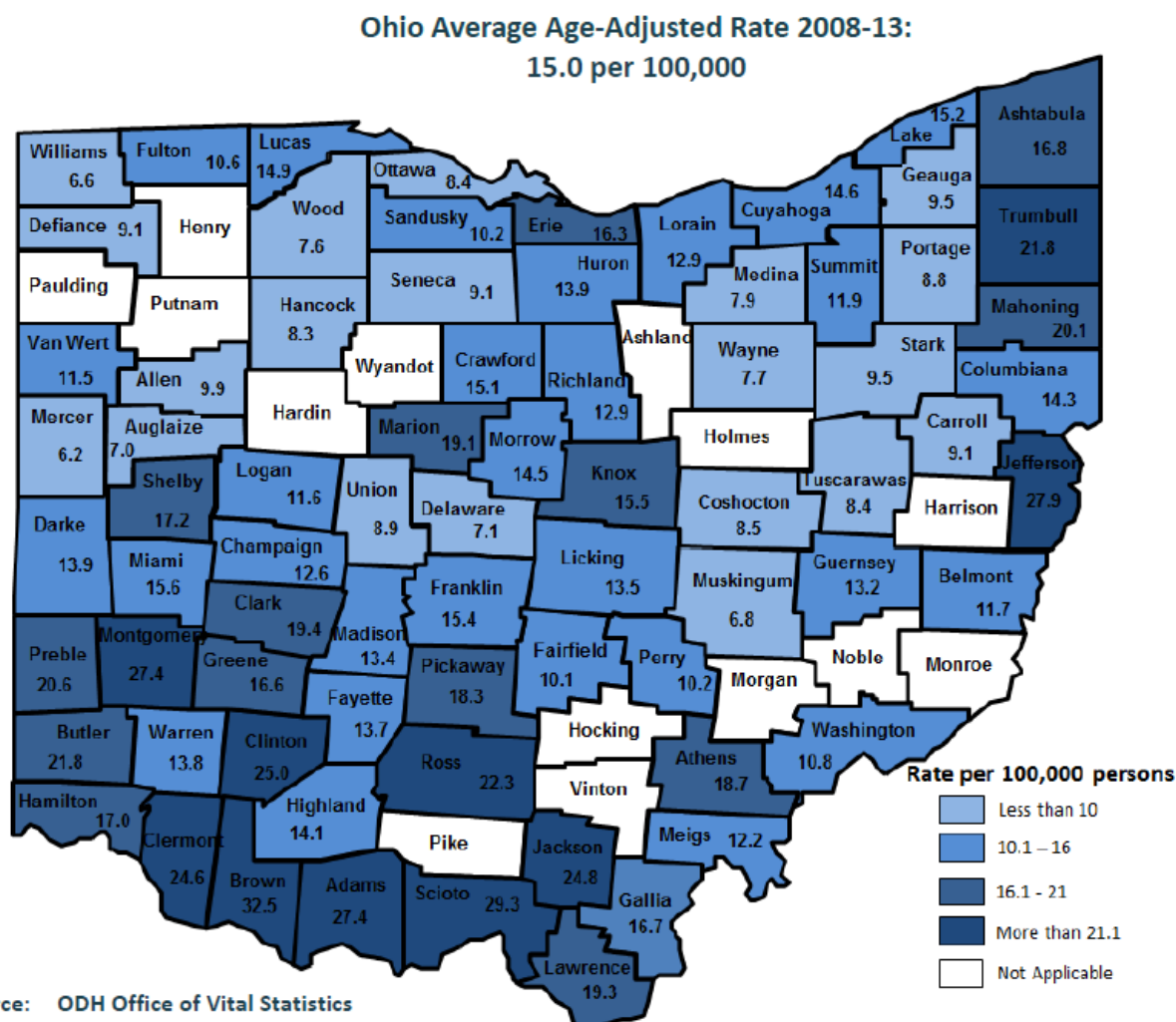
- Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant.
- In 2011, 4.2 million Americans aged 12 or older had used heroin at least once in their lives.
- It is estimated that about 23% of individuals who use heroin become dependent on it.
- Heroin overdoses frequently involve a suppression of breathing. This can affect the amount of oxygen that reaches the brain, a condition called hypoxia.
- Heroin abuse is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis and HIV.
- Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, constipation and gastrointestinal cramping, and liver or kidney disease.

*(Source: National Institute on Drug Abuse, Drug Facts: Heroin, October 2014, from: <http://www.drugabuse.gov/publications/drugfacts/heroin>)*

## Unintentional Drug Overdose Death Rates

- The average age-adjusted unintentional drug overdose death rate was 15.1 deaths per 100,000 in Crawford County from 2008-2013.
- The average age-adjusted unintentional drug overdose death rate was 15.0 deaths per 100,000 in Ohio from 2008-2013.

**Average, age-adjusted unintentional drug overdose death rate per 100,000, by county, Ohio residents, 2008-2013<sup>1,2</sup>**

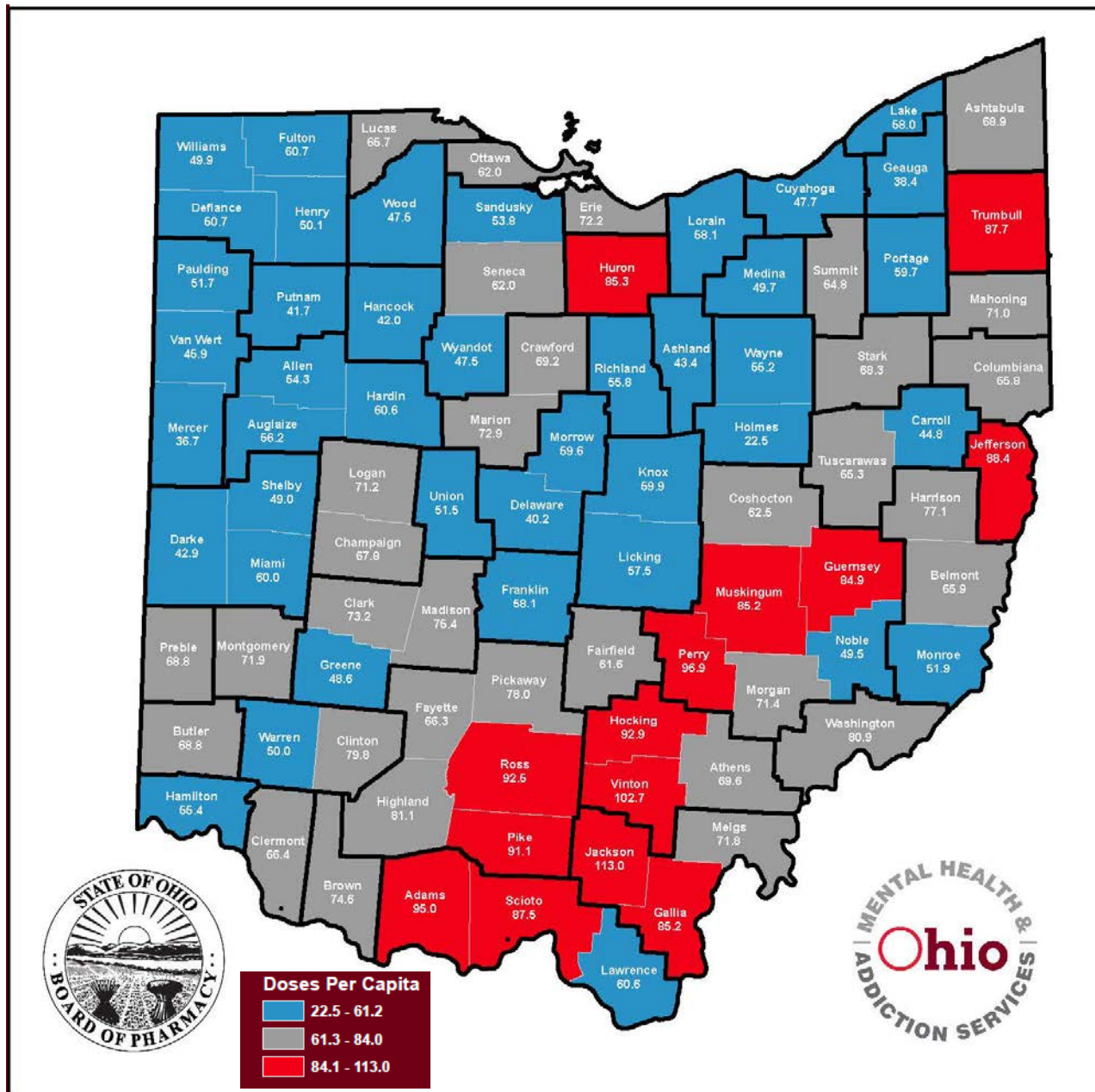


(Source: Ohio Department of Health, Office of Vital Statistics, Unintentional Drug Overdose Death Rates for Ohio Residents by County, obtained from: <http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/injury%20prevention/CountyDrugData2013.pdf>)

## Prescription Doses Per Capita

- In 2014, the statewide average per capita dosage rate was 61.2 doses per person.
- The average per capita dosage rate was 69.2 doses per person in Crawford County in 2014.

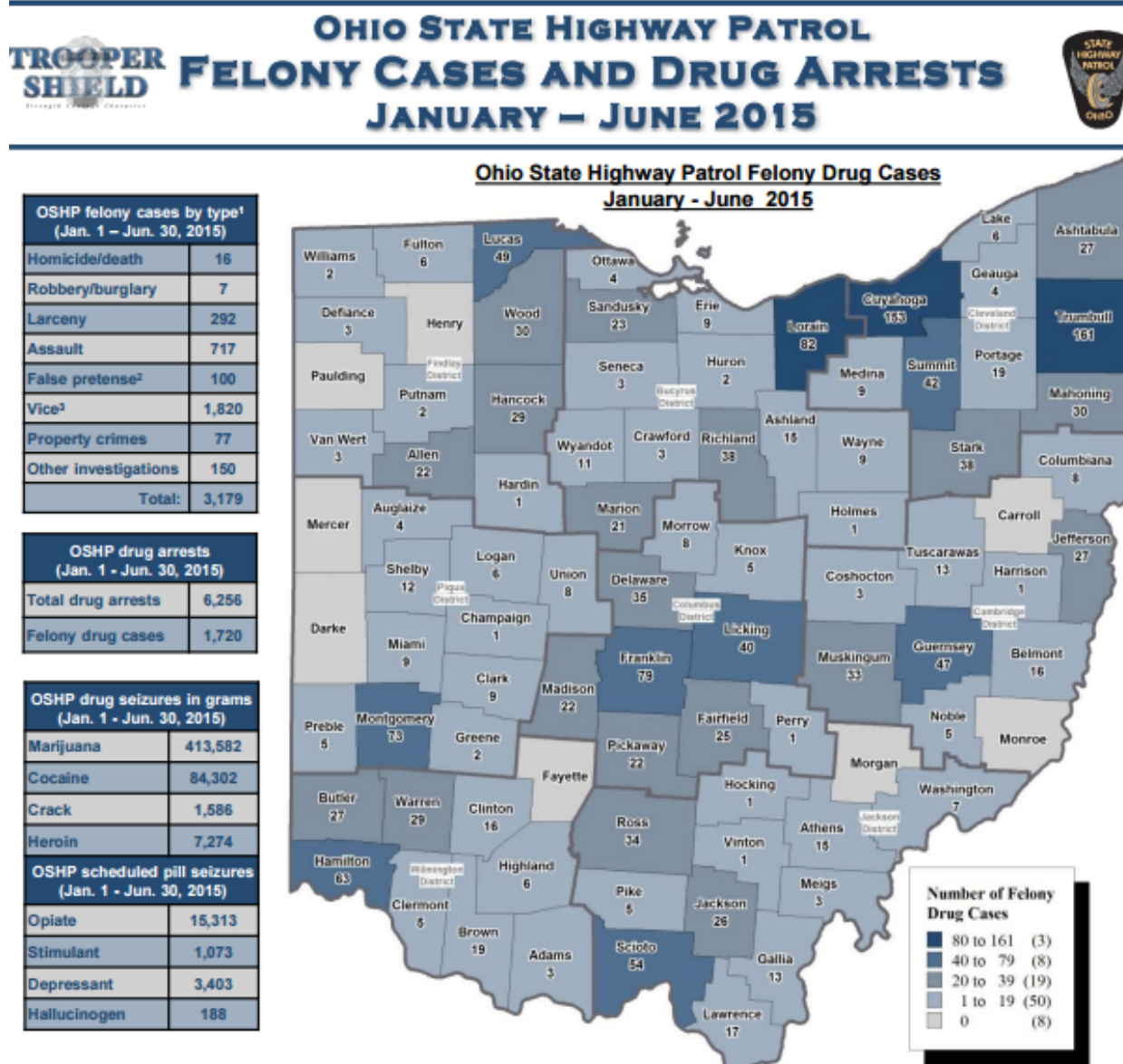
### Prescription Opioid Doses Per Capita Ohio's Automated Rx Reporting System (OARRS) - 2014



(Source: Ohio Mental Health and Addiction Services, Doses Per Capita June 2015, obtained from: [http://mha.ohio.gov/Portals/0/assets/Research/Maps/Per\\_Capita\\_2014\\_v2\\_NoBup.pdf](http://mha.ohio.gov/Portals/0/assets/Research/Maps/Per_Capita_2014_v2_NoBup.pdf))

## Felony Cases and Drug Arrests January – June 2015

- Ohio State Highway Patrol (OSHP) investigated a wide range of felony offenses during the first half of 2015, including vice (1,820); assault (717); larceny (292); false pretense (100); property crimes (77); homicide/death (16); robbery/burglary (7); and various other types of felony offenses (150).
- OSHP Troopers made 6,256 total drug arrests during the first 6 months of 2015 – a 10% increase compared to 2014 and a 30% increase compared to the previous 3-year average (2012-2014).
- Of the 6,256 drug arrests, over one-quarter (1,720 or 27%) included one or more felony drug charges. This represents a 36% increase over the previous 3-year average (2012-2014).



(Source: Ohio State Highway Patrol, Felony Cases and Drug Arrests, January – June 2015, from <http://statepatrol.ohio.gov/>)

# Adult | WOMEN'S HEALTH

## Key Findings

In 2015, more than half (53%) of Crawford County women over the age of 40 reported having a mammogram in the past year. 52% of Crawford County women ages 19 and over had a clinical breast exam and 51% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 3% of women had survived a heart attack and 1% had survived a stroke at some time in their life. More than two-fifths (41%) had high blood pressure, 35% had high blood cholesterol, 33% were obese, and 19% were identified as smokers, known risk factors for cardiovascular diseases.

## Women's Health Screenings

- In 2015, 62% of women had a mammogram at some time and more than one-third (37%) had this screening in the past year.
- More than half (53%) of women ages 40 and over had a mammogram in the past year and 74% had one in the past two years. The 2014 BRFSS reported that 72% of women 40 and over in Ohio and 73% in the U.S., had a mammogram in the past two years.
- Most (92%) Crawford County women have had a clinical breast exam at some time in their life and 52% had one within the past year. More than two-thirds (70%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 75% in Ohio, had a clinical breast exam in the past two years.
- This assessment has identified that 89% of Crawford County women have had a Pap smear and 51% reported having had the exam in the past year. 76% of women had a pap smear in the past three years. The 2014 BRFSS indicated that 74% of Ohio and 75% of U.S. women had a pap smear in the past three years.

## Pregnancy

- 36% of Crawford County women had been pregnant in the past 5 years.
- During their last pregnancy, Crawford County women: got a prenatal appointment in the first 3 months (52%), took a multi-vitamin (48%), had a dental exam (32%), received WIC services (26%), took folic acid during pregnancy (18%), took folic acid pre-pregnancy (15%), experienced perinatal depression (8%), experienced domestic violence (3%), and used marijuana (3%). No one reported smoking cigarettes during their last pregnancy.

### Crawford County Female Leading Types of Death, 2011– 2013

1. Cancers (21%% of all deaths)
2. Heart Diseases (19%)
3. Alzheimer's (9%)
4. Chronic Lower Respiratory Diseases (8%)
5. Stroke (5%)

(Source: CDC Wonder, 2011-2013)

### Ohio Female Leading Types of Death, 2011 – 2013

1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (6%)
5. Alzheimer's disease (5%)

(Source: CDC Wonder, 2011-2013)

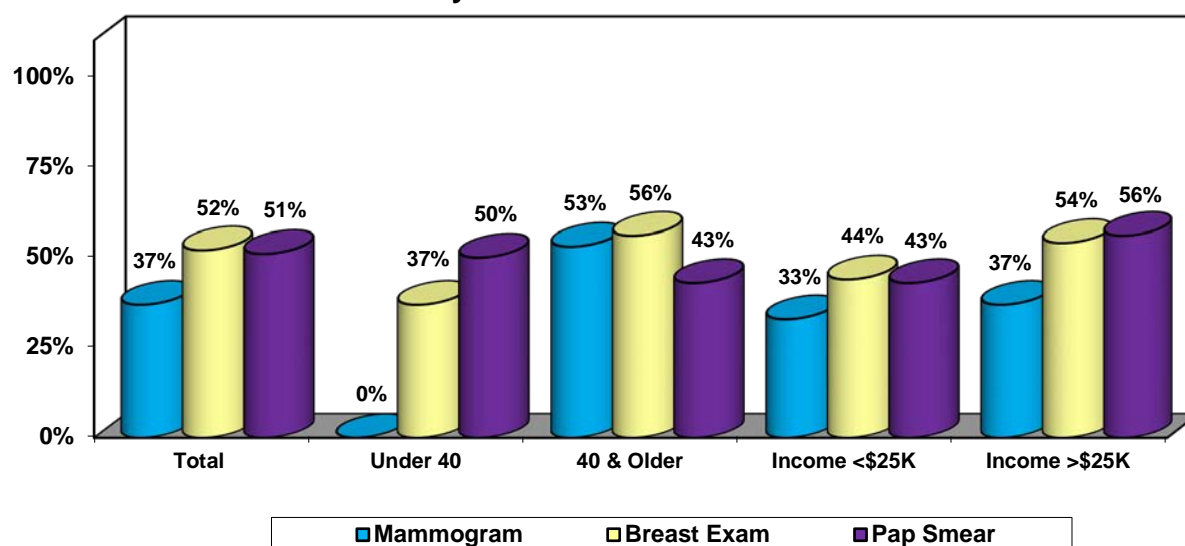
## Women's Health Concerns

- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 24% of all female deaths in Crawford County (*Source: CDC Wonder, Underlying Cause of Death*).
- In 2015, the health assessment determined that 3% of women had survived a heart attack and 1% 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, and diabetes. In Crawford County, the 2015 Health Assessment has identified that:
  - 73% of Crawford County women were overweight or obese (62% Ohio, 58% U.S., 2014 BRFSS\*)
  - 41% were diagnosed with high blood pressure (32% Ohio, 30% U.S., 2013 BRFSS)
  - 35% were diagnosed with high blood cholesterol (37% U.S., 38% Ohio, 2013 BRFSS)
  - 19% of all women were current smokers (20% Ohio, 17% U.S., 2014 BRFSS\*)
  - 14% had been diagnosed with diabetes (11% Ohio, 12% U.S., 2014 BRFSS\*)

\* The U.S. data for the BRFSS is not able to be broken down by gender for 2014.

The following graph shows the percentage of Crawford County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 37% of Crawford County females had a mammogram within the past year, 52% had a clinical breast exam, and 51% had a Pap smear.

**Crawford County Women's Health Exams Within the Past Year**

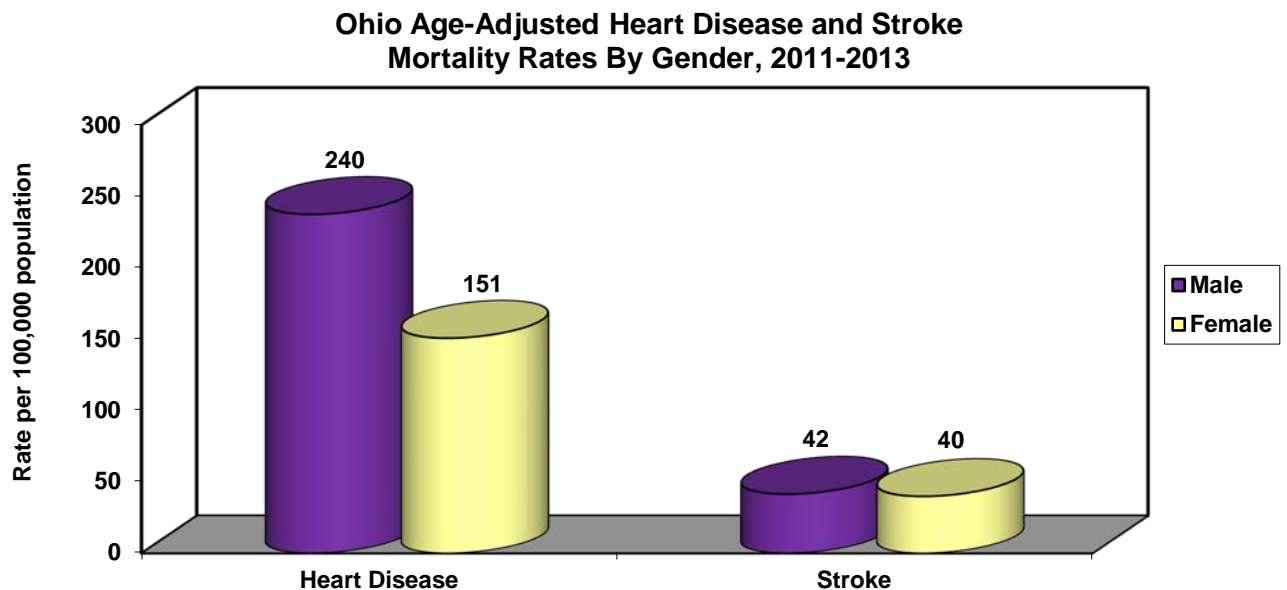
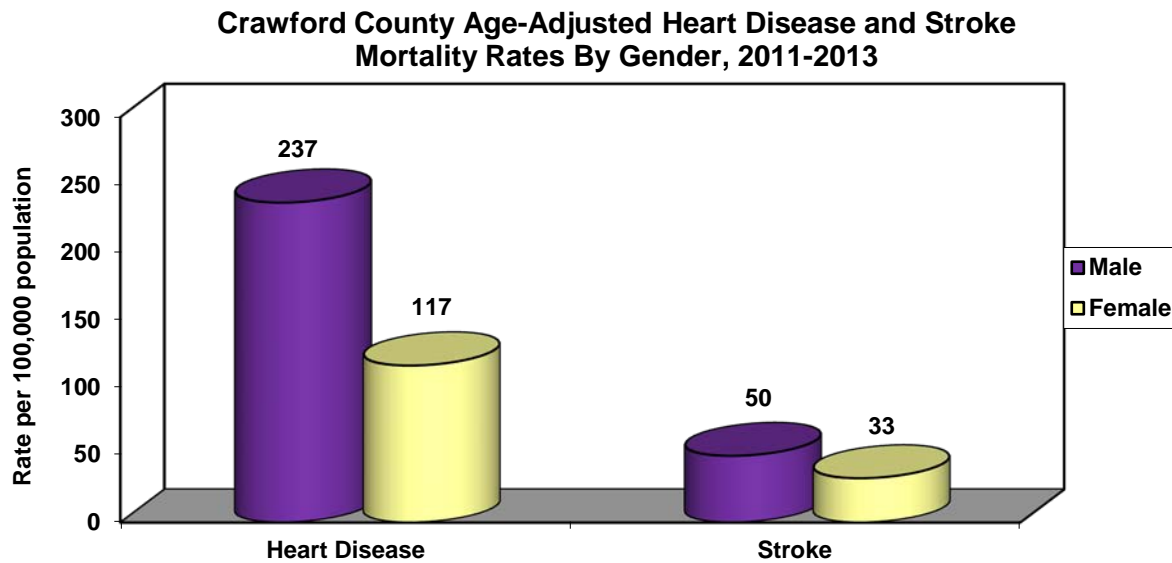


Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Had a clinical breast exam in the past two years (age 40 & over)	70%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	74%	72%	73%
Had a pap smear in the past three years	76%	74%	75%

\*2010 BRFSS Data

The following graphs show the Crawford County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

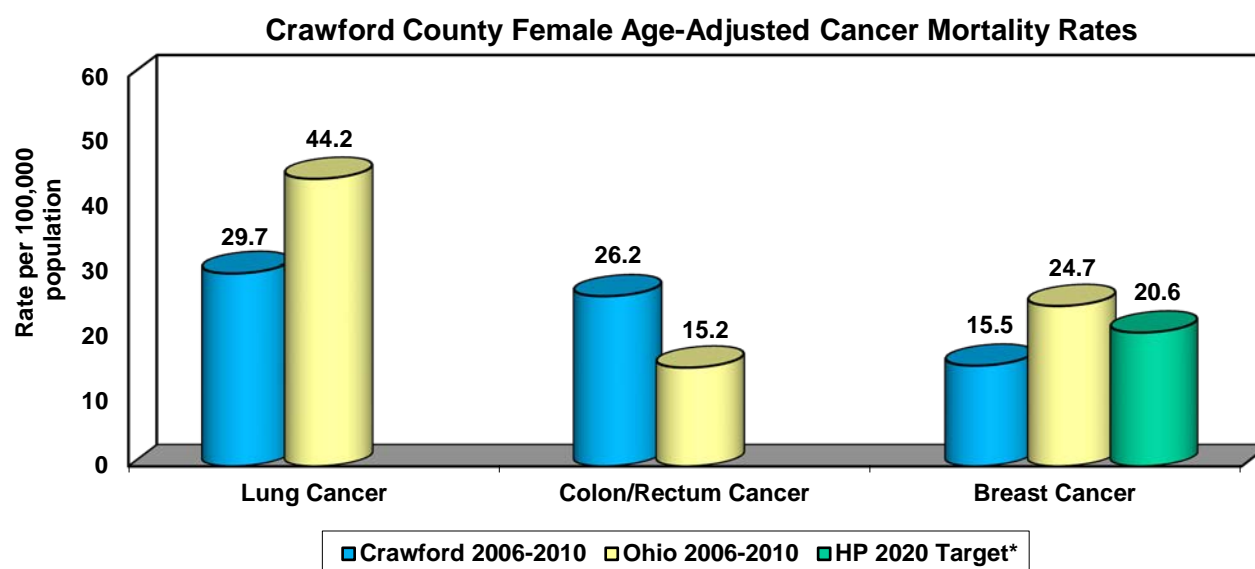
- From 2011-2013, the Crawford County and Ohio female age-adjusted mortality rate was lower than the male rate for heart disease.
- The Crawford County female heart disease mortality rate was lower than the Ohio female rate from 2011 to 2013.



(Source: Health Indicators Warehouse, 2011-2013)

The following graphs show the Crawford County age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2020 objectives when available. The graphs show:

- From 2006-2010, the Crawford County age-adjusted mortality rates for female lung cancer and breast cancer were less than the Ohio rate but the colon/rectum mortality rate was higher than the Ohio rate.



(Source: ODH Information Warehouse, Cancer in Ohio 2014 and Healthy People 2020)

## Human Papilloma Virus (HPV and Vaccine)

- Approximately 79 million Americans are infected with human papillomavirus (HPV); and approximately 14 million people will become newly infected each year.
- Some HPV types can cause cervical, vaginal, and vulvar cancer among women, penile cancer among men, and anal and some oropharyngeal cancers among both men and women.
- Other HPV types can cause genital warts among both sexes. Each year in the United States an estimated 27,000 new cancers attributable to HPV occur, 17,600 among females (of which 10,400 are cervical cancer) and 9,300 among males (of which 7,200 are oropharyngeal cancers).
- There are, however, two HPV vaccines available (Gardasil® and Cervarix®) which protect against the types of HPV infection that cause most cervical cancers (HPV types 16 and 18). Both vaccines should be given as a three-shot series. Clinical trials and post-licensure monitoring data show that both vaccines are safe.
- The CDC recommends HPV vaccination for the prevention of HPV infections responsible for most types of cervical cancer.

(Sources: Centers for Disease Control and Prevention, Vaccine Safety, Human Papillomavirus (HPV) Vaccine, updated January 26, 2015, from <http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html>)

## Binge Drinking: A Serious, Under Recognized Problem among Women and Girls

- Binge drinking for women is defined as consuming 4 or more alcohol drinks (beer, wine, or liquor) on an occasion.
- Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem.
- Drinking too much results in about 23,000 deaths in women and girls each year.
- Binge drinking increases the chances of breast cancer, heart disease, sexually transmitted diseases, unintended pregnancy, and many other health problems.
- If women binge drink while pregnant, they risk exposing their developing baby to high levels of alcohol, increasing the chances the baby will be harmed by the mother's alcohol use.
- Drinking during pregnancy can lead to sudden infant death syndrome and fetal alcohol spectrum disorders.
- About 1 in 8 women aged 18 years and older and 1 in 5 high school girls binge drink. Women who binge drink do so frequently – about 3 times a month – and have about 6 drinks per binge.

*(Sources: Centers for Disease Control and Prevention, Binge Drinking, October 2013,  
<http://www.cdc.gov/vitalsigns/BingeDrinkingFemale/index.html>)*

# Adult | MEN'S HEALTH

## Key Findings

In 2015, 49% of Crawford County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 24% of all male deaths in Crawford County from 2011-2013. The Health Assessment determined that 9% of men survived a heart attack and 3% survived a stroke at some time in their life. More than two-fifths (43%) of men had been diagnosed with high blood pressure, 46% had high blood cholesterol, and 23% were identified as smokers, which, along with obesity (39%), are known risk factors for cardiovascular diseases.

## Men's Health Screenings and Concerns

- Half (50%) of Crawford County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 30% had one in the past year.
- 71% of males age 50 and over had a PSA test at some time in their life, and 49% had one in the past year.
- 59% of men had a digital rectal exam in their lifetime and 20% had one in the past year.
- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 28% of all male deaths in Crawford County (Source: CDC Wonder).
- In 2015, the health assessment determined that 9% of men had survived a heart attack and 3% had survived a stroke at some time in their life.

**20% of Crawford County males had a digital rectal exam in the past year.**

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, and diabetes. In Crawford County the 2015 health assessment has identified that:
  - 79% of Crawford County men were overweight or obese (72% Ohio, 71% U.S., 2014 BRFSS\*)
  - 46% were diagnosed with high blood cholesterol (39% Ohio, 40% U.S., 2013 BRFSS)
  - 43% were diagnosed with high blood pressure (34% U.S., 36% Ohio, 2013 BRFSS)
  - 23% of all men were current smokers (22% Ohio, 22% U.S., 2014 BRFSS\*)
  - 16% had been diagnosed with diabetes (12% Ohio, 11% U.S., 2014 BRFSS\*)

\* The U.S. data for the BRFSS is not able to be broken down by gender for 2014.
- From 2011-2013, the leading cancer deaths for Crawford County males were lung, prostate, and colon and rectum cancers. Statistics from the same period for Ohio males show lung, prostate, colon and rectum cancers as the leading cancer deaths (Source: ODH Information Warehouse).

### Crawford County Male Leading Types of Death, 2011 – 2013

1. Cancers (24% of all deaths)
2. Heart Diseases (23%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (5%)

(Source: CDC Wonder, 2011-2013)

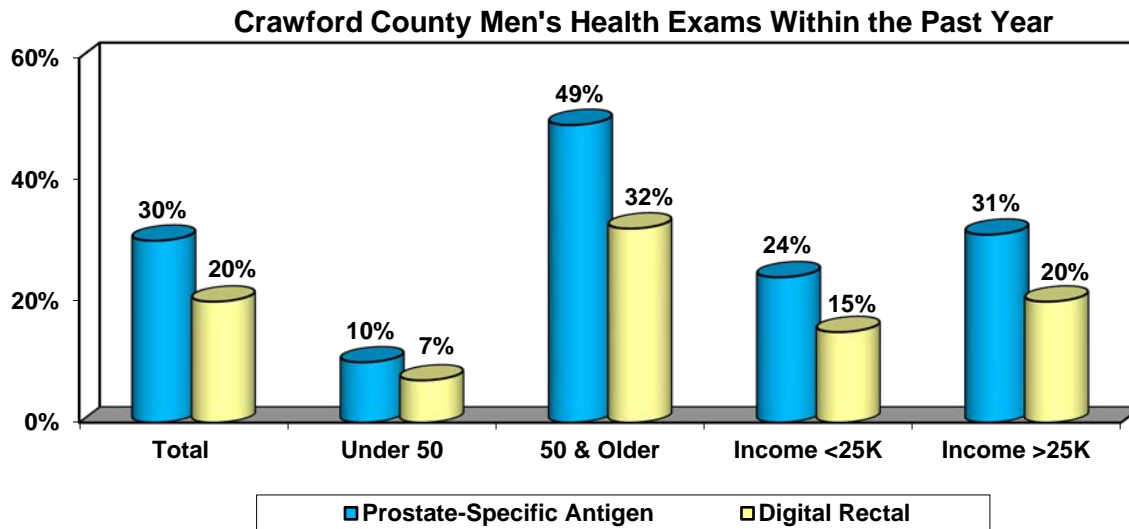
### Ohio Male Leading Types of Death, 2011 – 2013

1. Heart Diseases (25% of all deaths)
2. Cancers (24%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (4%)

(Source: CDC Wonder, 2011-2013)

MEN'S HEALTH

The following graph shows the percentage of Crawford County male adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 30% of Crawford County males had a PSA test within the past year and 20% had a digital rectal exam.



Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Had a PSA test within the past year	30%	43%	43%

#### Men's Health Data

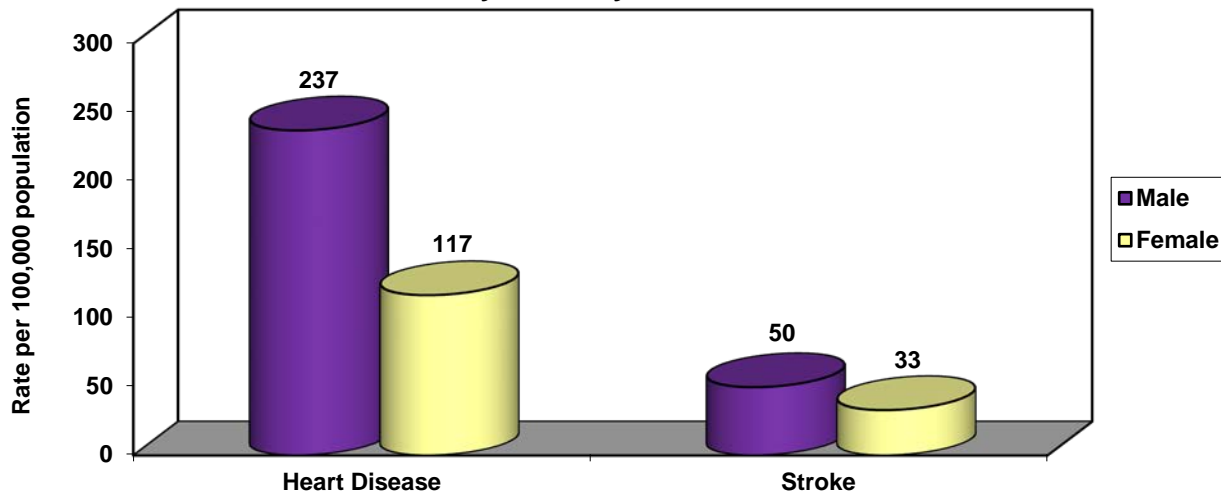
- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- 21% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 53% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 35% of men 20 years and over are obese.
- There are 15% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, February 22, 2016, from <http://www.cdc.gov/nchs/fastats/mens-health.htm>)

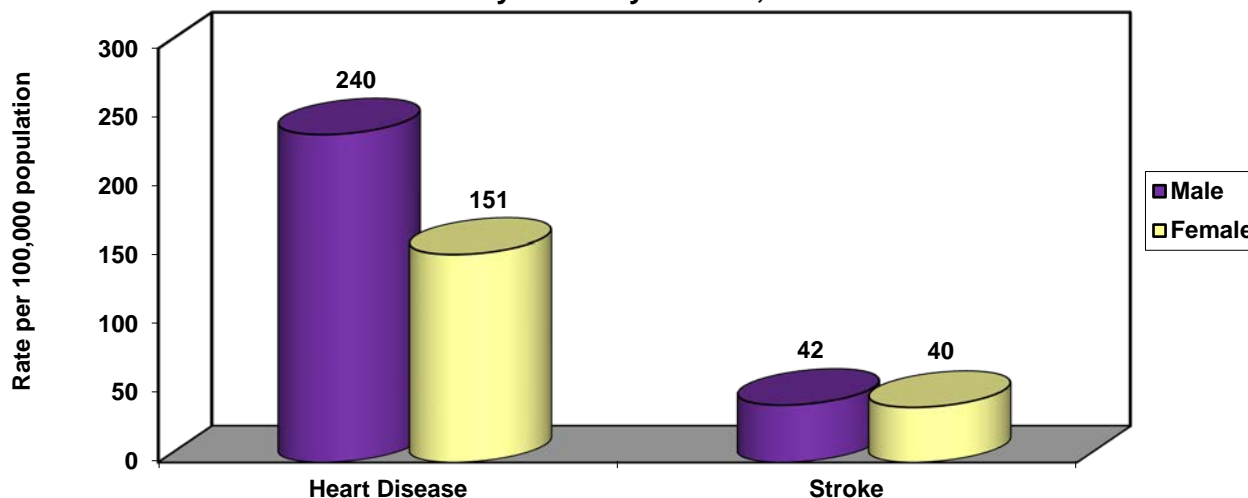
The following graphs show the Crawford County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases by gender. The graphs show:

- From 2011-2013, the Crawford County and Ohio male age-adjusted mortality rates were higher than the female rates for heart disease.
- The Crawford County male age-adjusted heart disease mortality rate was slightly lower than the Ohio male rate.

**Crawford County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011-2013**



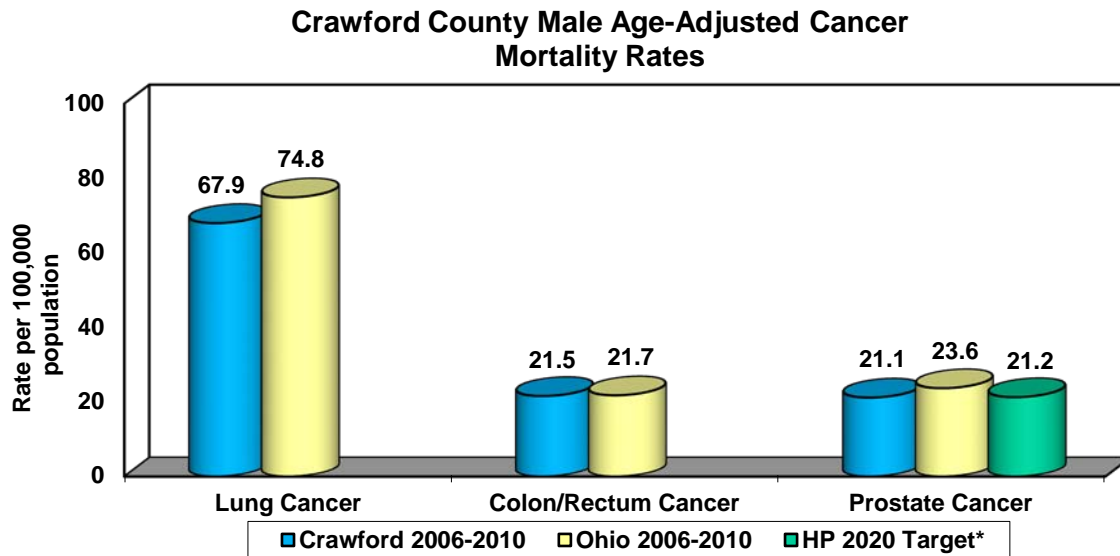
**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2009-2011**



(Source: Health Indicators Warehouse, 2011-2013)

The following graph shows the Crawford County age-adjusted cancer mortality rates per 100,000 population for men with comparison to Healthy People 2020 objective. The graph shows:

- From 2006-2010, the Crawford County age-adjusted mortality rate for male lung cancer and colon/rectum cancer were lower than the Ohio rate.
- The age-adjusted prostate cancer mortality rate in Crawford County for 2006-2010 was lower than the Ohio rate and the Healthy People 2020 objective.



\*Note: the Healthy People 2020 target rates are not gender specific.  
 (Source: ODH Information Warehouse: Cancer in Ohio 2014 and Healthy People 2020)

### Heart Health and Stroke Facts for Men

- Heart disease is the leading cause of death for men in the United States, killing 307,225 men in 2009—that's 1 in every 4 male deaths.
- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.
- Between 70% and 89% of sudden cardiac events occur in men
- High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at higher risk for heart disease, including:
  - Diabetes
  - Physical inactivity
  - Excessive Alcohol Use
  - Poor diet
  - Overweight and obesity

(Source: CDC, Men and Heart Disease Fact Sheet, August 26, 2013, from: [http://www.cdc.gov/dhdsdp/data\\_statistics/fact\\_sheets/fs\\_men\\_heart.htm](http://www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_men_heart.htm))

## Cancer and Men

- Every year, more than 300,000 men in America lose their lives to cancer.
- The most common kinds of cancer among men in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal cancer.
- Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light from the sun and tanning devices.
- More men in the U.S. die from lung cancer than any other type of cancer, and cigarette smoking accounts for 90% of lung cancer deaths.
- Smoking increases the risk of developing the following types of cancer: esophagus, pancreas, pharynx, larynx, lip, oral cavity, kidney, bladder, stomach, colorectal, and acute myeloid leukemia.
- In men, the following cancers are associated with being overweight: colorectal cancer, esophageal adenocarcinoma (a type of cancer of the tube that connects your throat to your stomach), and cancer of the kidney and pancreas. Adopting a lifestyle that includes healthy eating and regular physical activity can help lower the risk for several types of cancers.
- Prostate cancer is the most frequently diagnosed cancer in men aside from skin cancer. For unclear reasons, incidence rates are 63% higher in African Americans than in whites. It is the second most common cause of cancer deaths in men.

*(Source: Center for Disease Control and Prevention, Cancer Prevention and Control, March, 2016, <http://www.cdc.gov/features/cancerandmen/>, and American Cancer Society, Cancer Facts & Figures 2015, <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>)*

# Adult | PREVENTIVE MEDICINE AND ENVIRONMENTAL HEALTH

## Key Findings

*Nearly three-fifths (59%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Nearly two-thirds (65%) of adults were at risk for high blood pressure based on family history.*

## Preventive Medicine

- Almost half (47%) of Crawford County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 95% had the shot and 5% had the nasal spray.
- 76% of Crawford County adults ages 65 and over had a flu vaccine in the past 12 months. The 2014 BRFSS reported that 56% of Ohio and 61% of U.S. adults ages 65 and over had a flu vaccine in the past year.
- Nearly one-fourth (24%) of adults have had a pneumonia shot in their life, increasing to 59% of those ages 65 and over. The 2014 BRFSS reported that 70% of Ohio and U.S. adults ages 65 and over had a pneumonia shot in their life.
- Crawford County adults have had the following vaccines: MMR in their lifetime (64%), tetanus booster (including Tdap) in the past 10 years (55%), chicken pox in their lifetime (40%), Hepatitis B (28%), pneumonia vaccine in their lifetime (24%), Hepatitis A (19%), pertussis vaccine in the past 10 years (15%), Zoster (shingles) vaccine in their lifetime (14%), and human papillomavirus vaccine in their lifetime (7%).
- The 2014 BRFSS reported that 21% of Ohio and 22% of U.S. adults had a Zoster (shingles) vaccine in their life.

### Skin Cancer Prevention Recommendations

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

(CDC, *Skin Cancer Prevention*, Updated 5/29/2014,  
[http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm))

## Preventive Health Screenings and Exams

- Crawford County adults had the following screenings or exams within the past 2 years: vision (61%), breast cancer (31%), hearing (19%), colorectal cancer (17%), prostate cancer (16%), skin cancer (10%), osteoporosis (9%), and memory (4%).
- 32% of adults over the age of 50 had a colorectal cancer screening in the past 2 years.
- Adults indicated the following as symptoms of a heart attack: chest pain or discomfort (95%), pain or discomfort in the arms or shoulders (86%), shortness of breath (80%), pain or discomfort in the jaw, neck, or back (67%), feeling weak, lightheaded, or faint (58%), and sudden trouble seeing in one or both eyes (29%).
- In the past year, 53% of Crawford County women ages 40 and over have had a mammogram.

- In the past year, nearly half (49%) of men ages 50 and over have had a PSA test.
- Crawford County adults were at risk for the following based on family history: high blood pressure (65%), heart disease (53%), diabetes (49%), cancer (47%), high blood cholesterol (41%), Alzheimer's disease (15%), mental illness (15%), alcohol addiction (13%), drug addiction (6%), and unexplained sudden death (2%).

## Environmental Health

- Crawford County households had the following disaster preparedness supplies: working smoke detector (87%), cell phone (86%), working flashlight and working batteries (81%), cell phone with texting (80%), home land-line telephone (48%), 3-day supply of nonperishable food for everyone in the household (46%), 3-day supply of prescription medication for each person who takes prescribed medicines (44%), working battery-operated radio and working batteries (42%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (35%), generator (27%), communication plan (21%), family disaster plan (10%), and a disaster plan (8%).
- Crawford County adults indicated the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: radio (70%), television (69%), friends and family (64%), Internet (62%), neighbors (48%), social media (47%), Crawford County Emergency Alert System (46%), newspaper (28%), and other methods (2%).
- Crawford County adults thought the following threatened their health in the past year.
  - Insects (16%)
  - Mold (9%)
  - Agricultural chemicals (6%)
  - Indoor air quality (5%)
  - Temperature regulation (4%)
  - Plumbing problems (4%)
  - Outdoor air quality (4%)
  - Moisture issues (4%)
  - Bed bugs (4%)
  - Rodents (4%)
  - Chemicals found in household products (3%)
  - Unsafe water supply/wells (3%)
  - Food safety/food-borne infections (2%)
  - Sewage/waste water problems (2%)
  - Cockroaches (2%)
  - Excess medications in the home (1%)
  - General living conditions (1%)
  - Safety hazards (1%)
  - Lead paint (1%)
  - Radon (1%)
  - Lice (1%)
  - Hazardous waste incidents, storage, and transport (<1%)

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Had a pneumonia vaccination (ages 65 and over)	59%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	76%	56%	61%
Had the shingles or Zoster vaccination	14%	21%	22%

**Crawford County Adults Having Discussed Healthcare Topics  
With Their Healthcare Professional in the Past 12 Months**

HEALTHCARE TOPICS	Total 2015
Physical Activity or Exercise	37%
Weight, Diet or Eating Habits	31%
Self-Breast or Self-Testicular Exam	29%
Immunizations	21%
Significance of Family History	21%
Depression, Anxiety, or Emotional Problems	17%
Quitting Smoking	13%
Injury Prevention Such As Safety Belt Use & Helmet Use	9%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	8%
Alternative Pain Therapy	7%
Alcohol Use	7%
Alcohol Use When Taking Prescription Drugs	7%
Safe Use of Opiate-Based Pain Medication	5%
Illicit Drug Abuse	5%
Domestic Violence	4%

**Crawford County Adult Health Screening Results**

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	42%
Diagnosed with High Blood Cholesterol	40%
Diagnosed with Diabetes	16%
Diagnosed with a Heart Attack	5%
Diagnosed with a Stroke	1%

*(Percentages based on all Crawford County adults surveyed)*

**Healthy People 2020  
Pneumonia Vaccination**

Objective	Crawford County 2015	Ohio 2014	U.S. 2014	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	59%	70%	70%	90%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2014 BRFSS, 2015 Crawford County Health Assessment)*

## Basic Disaster Supplies Kit

A basic emergency supply kit could include the following recommended items:

- One gallon of water per person per day for at least three days, for drinking and sanitation.
- At least a three-day supply of non-perishable food.
- A working battery operated radio and working batteries.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask to help filter contaminated air.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Cell phone with chargers, inverter or solar charger.
- Manual can opener for food.

(Source: Federal Emergency Management Agency (FEMA), Ready: Prepare. Basic Disaster Supplies Kit, Updated 6/10/2014, from: <http://www.ready.gov/basic-disaster-supplies-kit>)

## Who Should Get a Yearly Flu Shot?

The following groups are recommended to get a yearly flu vaccine:

- All persons aged 6 months and older should be vaccinated annually.
- When vaccine supply is limited, vaccination efforts should focus on delivering vaccination to persons who:
  - Are aged 6 months through 4 years.
  - Are aged 50 years and older.
  - Have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus).
  - Are or will be pregnant during the influenza season.
  - Are American Indians/Alaska Natives.
  - Are morbidly obese (body-mass index is 40 or greater).
  - Are health-care personnel.
  - Are household contacts and caregivers of children aged younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months.
  - Are household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

(Source: CDC, Seasonal Influenza (Flu), Who Should Get Vaccinated Against Influenza, Updated in 2014, from: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>)

# Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

## Key Findings

*In 2015, more than two-thirds (68%) of Crawford County adults had sexual intercourse. Two percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, STDs in Adolescents and Young Adults, 2014 STD Surveillance).*

## Adult Sexual Behavior

- 2% of adults reported they had intercourse with more than one partner in the past year, increasing to 5% of those under the age of 30.
- Crawford County adults used the following methods of birth control: tubes tied (21%), they or their partner were too old (18%), vasectomy (15%), condoms (15%), hysterectomy (9%), birth control pill (8%), withdrawal (8%), infertility (5%), ovaries or testicles removed (4%), rhythm method (3%), shots (3%), abstinence (2%), diaphragm (2%), and IUD (<1%).
- 12% of Crawford County adults were not using any method of birth control.
- Crawford County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (42%)
  - They or their partner were too old (20%)
  - They did not think they or their partner could get pregnant (9%)
  - They wanted to get pregnant (5%)
  - They did not want to use birth control (4%)
  - They or their partner did not like birth control/fear of side effects (3%)
  - They did not care if they or their partner got pregnant (3%)
  - Their partner did not want to use birth control (2%)
  - Religious preferences (2%)
  - No regular partner (2%)
  - They had a problem getting birth control when they needed it (1%)
  - They or their partner were currently breast feeding (1%)
  - They could not pay for birth control (1%)
  - They had a same-sex partner (1%)
- Crawford County adults were diagnosed with the following sexually transmitted diseases in the past five years: human papilloma virus (HPV) (2%), chlamydia (2%), gonorrhea (1%), genital herpes (1%), syphilis (<1%), and Hepatitis C (<1%).

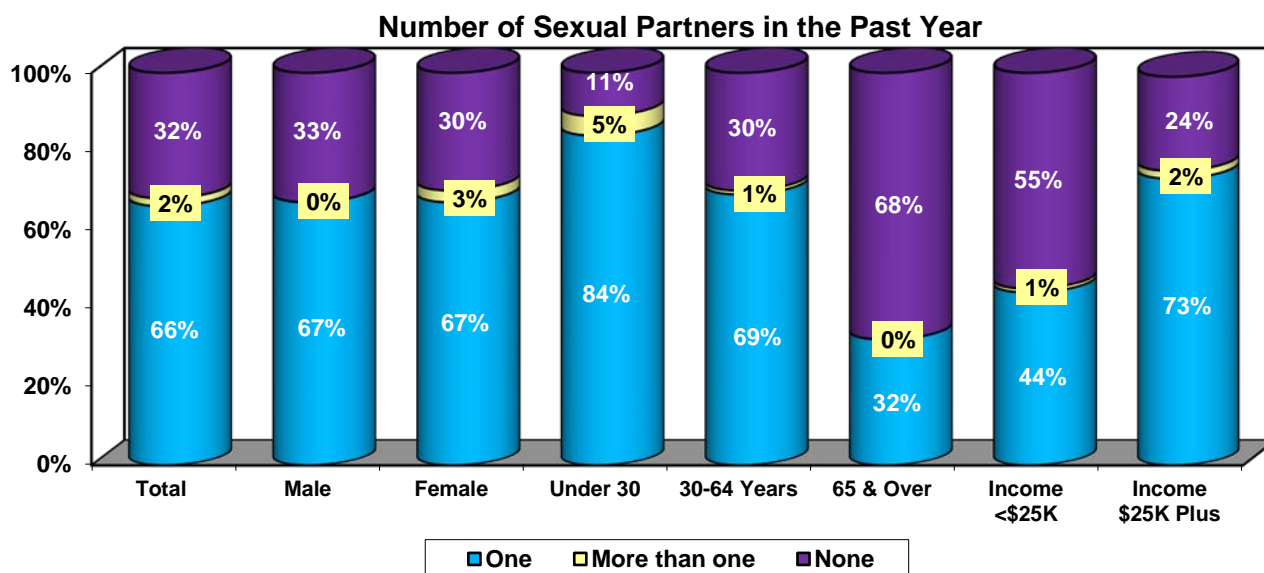
## HIV in the United States

- More than 1.2 million people in the United States are living with HIV infection, and almost 1 in 8 (13%) are unaware of their infection.
- By race, African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year.
- In 2013, an estimated 47,352 people were diagnosed with HIV infection in the United States. In that same year, an estimated 26,688 people were diagnosed with AIDS. Since the epidemic began, an estimated 1,194,039 people in the United States have been diagnosed with AIDS
- An estimated 13,712 people with an AIDS diagnosis died in 2012, and approximately 658,507 people in the United States with an AIDS diagnosis have died since the epidemic began.

(Source: CDC, HIV in the United States: At a Glance, 7/1/2015, from:  
<http://www.cdc.gov/hiv/statistics/basics/ata glance.html>)

- The following situations applied to Crawford County adults in the past year: tested for an STD (6%), had anal sex without a condom (3%), treated for an STD (3%), had sex with someone they did not know (2%), used intravenous drugs (1%), tested positive for Hepatitis C (<1%), and gave or received money or drugs in exchange for sex (<1%).
- 8% of Crawford County adults reported being forced to have sexual activity when they didn't want to, increasing to 18% of those under the age of 30.

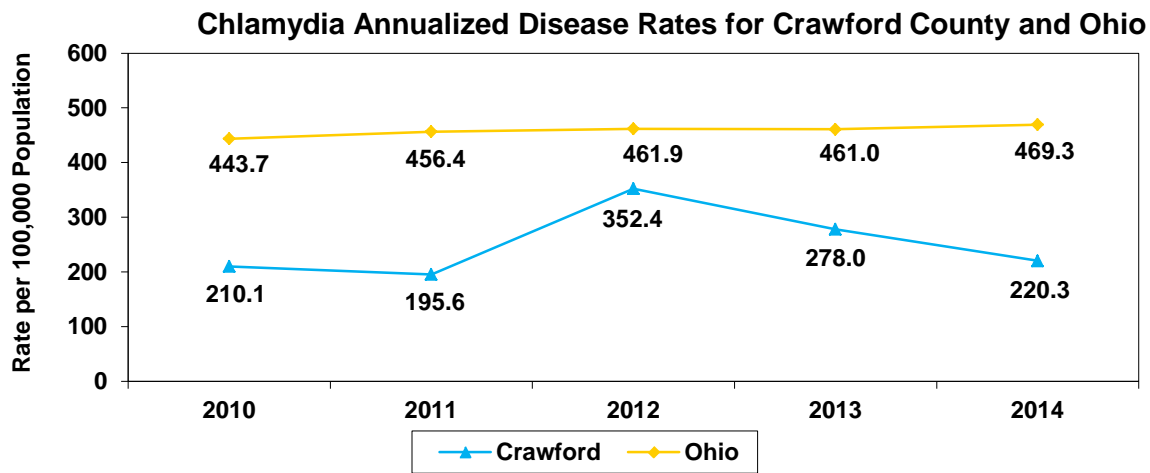
The following graph shows the sexual activity of Crawford County adults. Examples of how to interpret the information in the graph include: 66% of all Crawford County adults had one sexual partner in the last 12 months and 2% had more than one, and 67% of males had one partner in the past year.



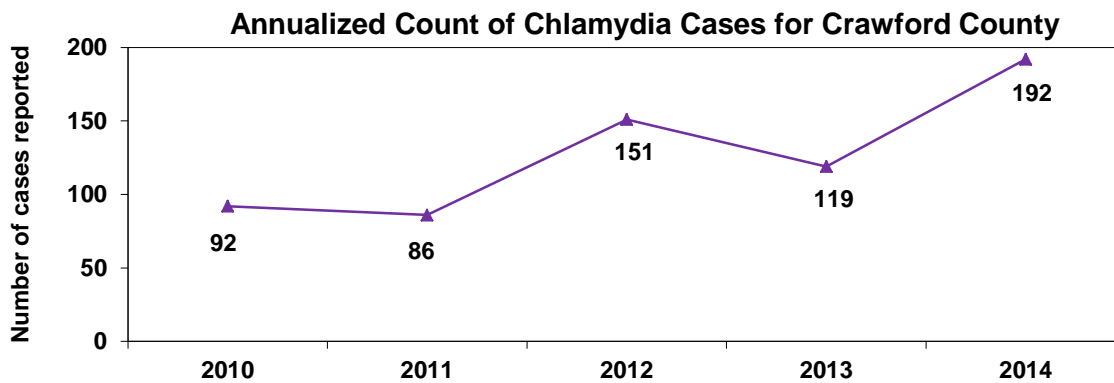
Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

The following graphs show Crawford County chlamydia disease rates per 100,000 population updated May 17, 2015 by the Ohio Department of Health. The graphs show:

- Crawford County chlamydia rates fluctuated from 2010 to 2014. Crawford County rates remained below the Ohio rates.
- In 2013, the U.S. rate for new chlamydia cases was 446.6 per 100,000 population (*Source: CDC, STD Trends in the U.S., 2013*).



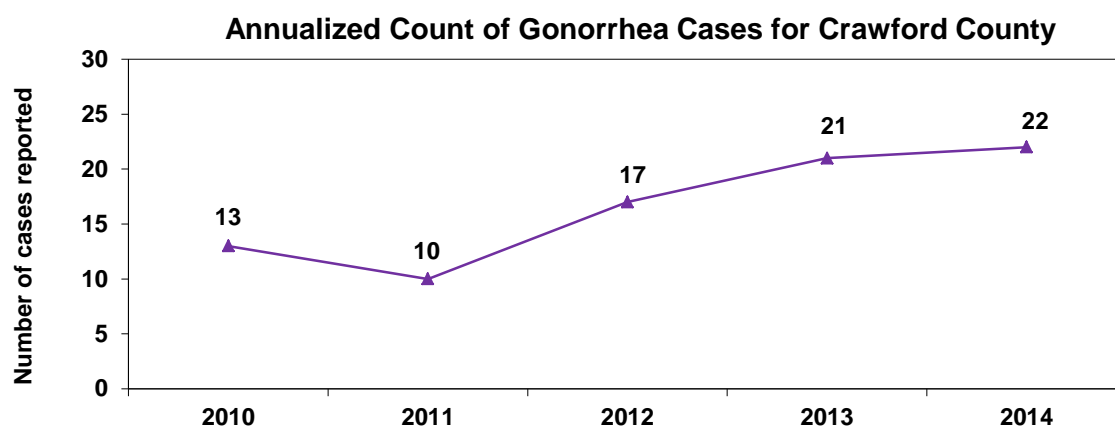
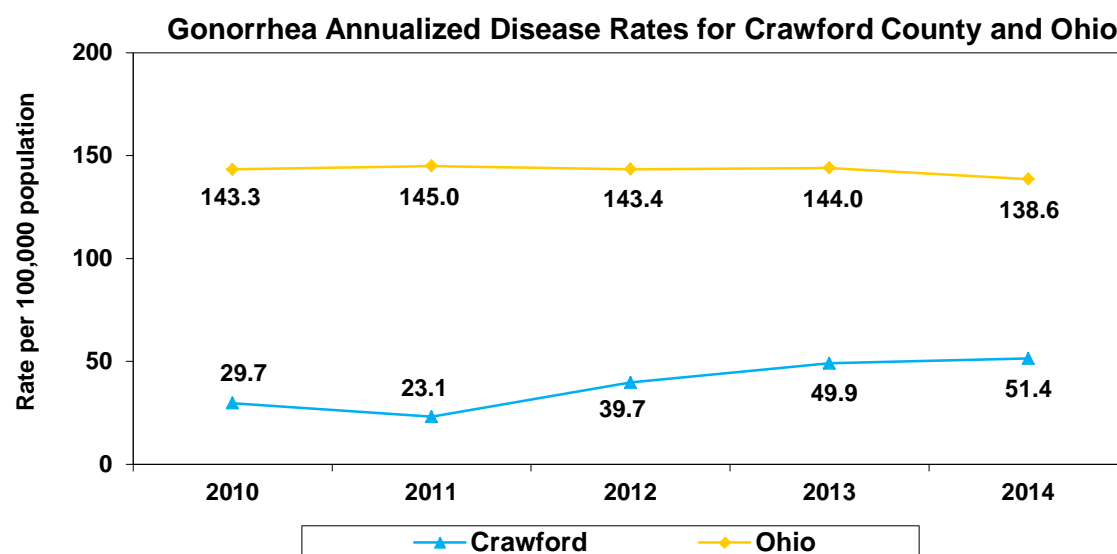
(Source for graph: ODH, STD Surveillance, data reported through 5-17-15)



(Source for graphs: ODH, STD Surveillance, data reported through 5-17-15)

The following graphs show Crawford County gonorrhea disease rates per 100,000 population updated May 17, 2014 by the Ohio Department of Health. The graphs show:

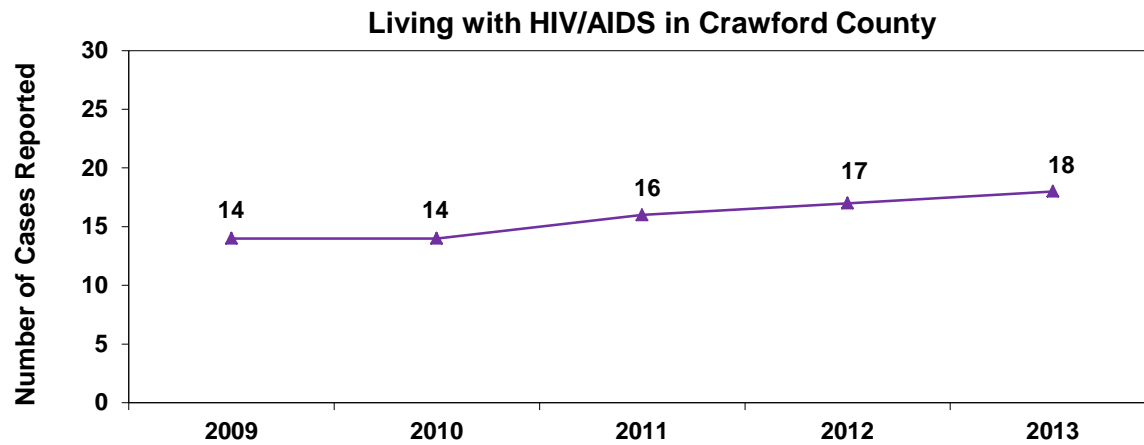
- The Crawford County gonorrhea rate decreased from 2010 to 2011, then increased from 2012 to 2014. The Crawford county gonorrhea rate remained below the Ohio rate.
- The Ohio gonorrhea rate fluctuated from 2010 to 2014.
- In 2013, the U.S. rate for new gonorrhea cases for the total population was 106.1 per 100,000 population (*Source: CDC, STD Trends in the U.S., 2013*).
- The Healthy People 2020 Objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.



(Source for graphs: ODH, STD Surveillance, data reported through 5-17-2015)

The following graph shows Crawford County HIV/AIDS rates per 100,000 population updated December 31, 2013 by the Ohio Department of Health. The graph shows:

- From 2009-2013, the number of people living with HIV/AIDS in Crawford County increased.

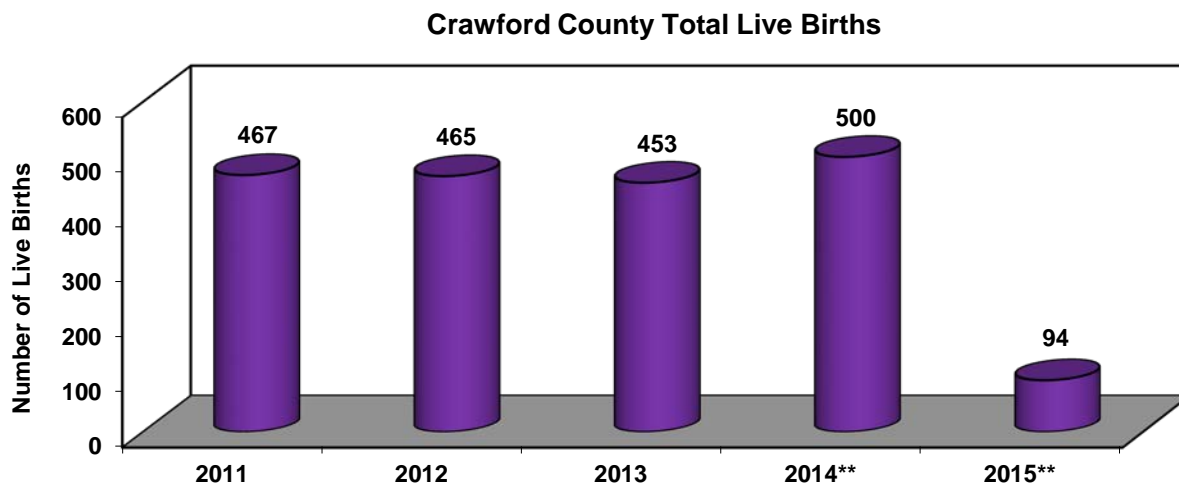


(Source for graphs: ODH HIV/AIDS Surveillance Program, Updated 12-31-13)

## Pregnancy Outcomes

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

- From 2011-2015, there was an average of 396 live births per year in Crawford County.



(Source for graphs: ODH Information Warehouse Updated 4-6-2015)

\*\* - Indicates preliminary data that may change

# Adult | QUALITY OF LIFE

## Key Findings

*In 2015, 20% of Crawford County adults were limited in some way because of a physical, mental or emotional problem.*

## Impairments and Health Problems

- In 2015, one-fifth (20%) of Crawford County adults were limited in some way because of a physical, mental or emotional problem (22% Ohio, 20% U.S., 2014 BRFSS), increasing to 37% of those with incomes less than \$25,000.
- Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (43%), chronic pain (38%), arthritis/rheumatism (35%), stress, depression, anxiety, or emotional problems (33%), walking problems (32%), sleep problems (31%), lung/breathing problems (30%), high blood pressure (28%), heart problems (15%), tobacco dependency (13%), diabetes (12%), fitness level (12%), hearing problems (10%), fractures, bone/joint injuries (10%), mental health illness/disorder (9%), other mental health issue (9%), a learning disability (9%), incontinence (7%), cancer (6%), dental problems (5%), a developmental disability (5%), eye/vision problems (4%), and alcohol dependency (2%).
- In the past year, Crawford County adults reported needing the following services: eyeglasses or vision services (28%), pain management (11%), help with routine needs (9%), help with personal care needs (7%), a cane (5%), medical supplies (5%), oxygen or respiratory support (4%), hearing aids or hearing care (3%), a walker (3%), personal emergency response system (2%), a wheelchair (2%), a special bed (1%), wheelchair ramp (1%), durable medical equipment (1%), mobility aids or devices (1%), a special telephone (1%), and communication aids or devices (<1%).
- Crawford County adults were responsible for providing regular care or assistance to the following: multiple children (21%), an elderly parent or loved one (9%), a friend, family member or spouse with a health problem (6%), children with discipline issues (4%), someone with special needs (4%), grandchildren (3%), an adult child (3%), and a friend, family member or spouse with a mental health issue (3%), a friend, family member or spouse with dementia (2%), and foster children (1%).

### Simple Tips for Healthy Eyes

Follow these simple guidelines for maintaining healthy eyes:

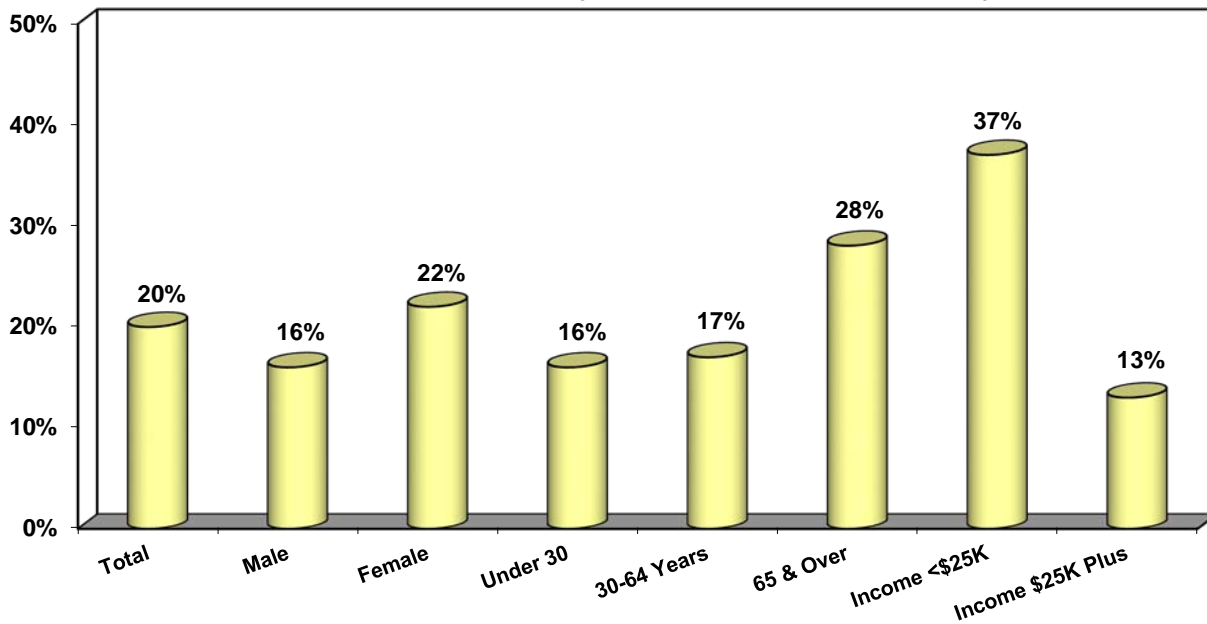
- Have a comprehensive dilated eye exam.
- Know your family's eye health history.
- Eat right to protect your sight.
- Wear sunglasses to protect your eyes from the sun's ultraviolet rays.
- Give your eyes a rest.
- Quit smoking or never start.
- Clean your hands and your contact lenses properly.

(Source: CDC, Vision Health Initiative, 2012, from: [http://www.cdc.gov/visionhealth/basic\\_information/eye\\_healthtips.htm](http://www.cdc.gov/visionhealth/basic_information/eye_healthtips.htm))

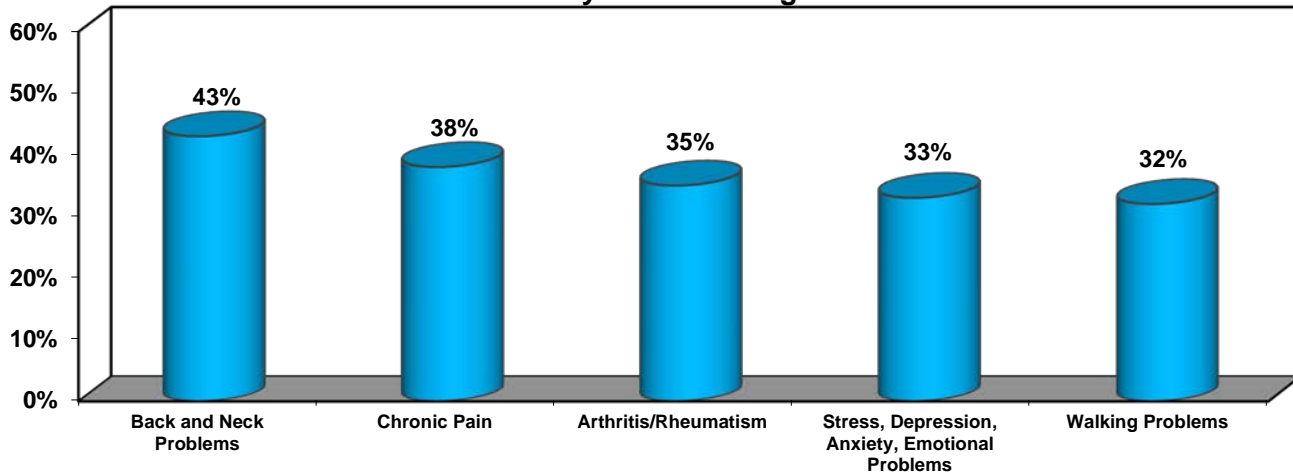
Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Limited in some way because of a physical, mental, or emotional problem	20%	22%	20%

The following graphs show the percentage of Crawford County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph include: 20% of Crawford County adults are limited in some way, 16% of males, and 28% of those 65 and older.

**Crawford County Adults Limited in Some Way**



**Crawford County Most Limiting Health Problems**



## Healthy People 2020

### Arthritis

Objective	Crawford County 2015	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	35%	36%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2015 Crawford County Health Assessment)*

# Adult | SOCIAL CONTEXT AND SAFETY

## Key Findings

*In 2015, 58% of adults reported having firearms in and around their homes. 91% of adults reported wearing a seatbelt while driving.*

## Social Context

- Crawford County adults received assistance for the following in the past year: healthcare (15%), food (15%), utilities (12%), prescription assistance (10%), dental care (9%), rent/mortgage (8%), mental illness issues (6%), transportation (6%), free tax preparation (5%), employment (5%), home repair (4%), legal aid services (4%), alcohol or other substance dependency (3%), clothing (2%), credit counseling (1%), unplanned pregnancy (1%), emergency shelter (1%), homelessness (1%), abuse or neglect issues (1%), and affordable childcare (<1%).
- 5% of adults went to bed hungry at least one day per week because they could not afford food, increasing to 19% of those with incomes less than \$25,000.
- Crawford County adults experienced the following as a child: their parents became separated or were divorced (24%), lived with someone who was a problem drinker or alcoholic (23%), a parent or adult in their home swore at, insulted, or put them down (21%), lived with someone who was depressed, mentally ill, or suicidal (13%), a parent or adult in their home hit, beat, kicked, or physically hurt them (13%), someone at least 5 years older than them or an adult touched them sexually (11%), their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (11%), lived with someone who used illegal stress drugs, or who abused prescription medications (9%), lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (7%), someone at least 5 years older than them or an adult tried to make them touch them sexually (5%), someone at least 5 years older than them or an adult forced them to have sex (4%), and their parents were not married (4%).
- 18% of Crawford County adults have had three or more adverse childhood experiences, which can lead to multitude of health and social problems.
- Crawford County residents reported the following concerns in their community: unemployment (60%), illegal drug use (54%), crime (47%), opiate/prescription drug abuse (34%), distracted driving (32%), youth substance abuse (29%), violence (29%), underemployment (28%), bullying/cyber bullying (27%), lack of affordable healthcare (26%), school funding (25%), alcohol abuse (24%), teen pregnancy (23%), child abuse/childhood trauma (21%), DUI (21%), OVI (20%), domestic violence (18%), healthy eating (17%), physical fitness opportunities (17%), tobacco use (17%), speeding (16%), parents hosting/allowing underage drinking (16%), senior/elder care (15%), suicide prevention (14%), lack of affordable housing (13%), lack of health education (13%), sexting (12%), lack of affordable transportation (12%), nutrition (12%), hunger/food security (11%), homelessness (10%), bicycle safety (9%), traffic (8%), disaster preparedness (7%), cancer prevention screenings (7%), chronic disease prevention (6%), discrimination based on race, ethnicity, sexual orientation, etc. (6%), seat belt or restraint usage (6%), gambling (5%), cooking (3%), and falls (2%).

- Crawford County adults experienced the following stressful situations in the past 12 months: a close family member went to the hospital (32%), death of a family member or close friend (32%), had bills they could not pay (16%), someone in their household had their hours at work reduced (8%), someone in their household lost their job (8%), someone close to them had a problem with drinking or drugs (8%), household income cut by 50% (6%), moved to a new address (6%), were abused by someone physically, emotionally, sexually, or verbally (4%), became separated or divorced (3%), had someone homeless living with them (3%), were threatened by someone close to them (3%), someone in their household went to jail (2%), they or a family member were incarcerated (1%), their child was threatened by someone close to them (1%), were homeless (1%), were financially exploited (1%), were hit or slapped by their spouse or partner (1%), were involved in a physical fight (<1%), and failed a drug screen (<1%).

## Safety

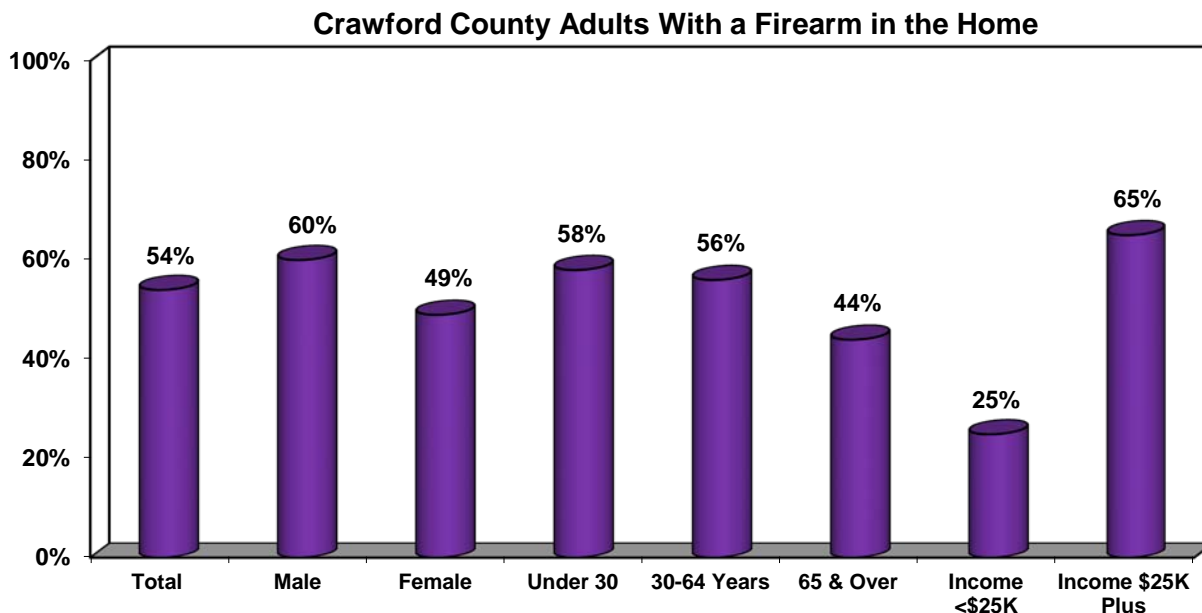
- 54% of Crawford County adults had firearms in or around their home. 7% reported they were unlocked and loaded.
- Crawford County adults reported doing the following while driving: wearing a seatbelt (91%), eating (52%), talking on hand-held cell phone (47%), talking on hands-free cell phone (23%), texting (17%), not wearing a seatbelt (13%), using the Internet on their cell phone (9%), being under the influence of alcohol (5%), checking Facebook on their cell phone (5%), being under the influence of prescription drugs (4%), being under the influence of recreational drugs (3%), reading (3%), and other activities (such as applying makeup, shaving, etc.) (2%).

### Distracted Driving

- Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.
- Each day, more than 9 people are killed and more than 1,060 people are injured in crashes that were reported to involve a distracted driver.
- In 2011, 3,331 people were killed in crashes involving a distracted driver. An additional 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011
- 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving, and 31% reported that they had read or sent text messages or email messages while driving at least once within the last 30 days.
- Nearly half of all U.S. high school students aged 16 years or older text or email while driving.

(Source: CDC, *Distracted Driving*, updated October 10, 2014,  
[http://www.cdc.gov/motorvehiclesafety/distracted\\_driving/index.html](http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html))

The following graph shows the percentage of Crawford County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 54% of all Crawford County adults kept a firearm in their home, 60% of males, and 56% of those ages 30-64 kept a firearm in their home.



## Veterans' Affairs

- As a result of military service during the past 10-15 years, the following have affected veterans' immediate family members: post-traumatic stress disorder (PTSD) (11%), access to medical care at a VA facility (8%), had problems getting VA benefits (4%), could not find/keep a job (4%), marital problems (3%), had problems getting information on VA eligibility and applying (3%), substance/drug abuse (3%), housing issues (2%), major health problems due to injury (1%), access to medical care at a non-VA facility (<1%), access to mental health treatment (<1%), and suicide attempt (<1%).

## Victims of Gun Violence in America

- More than 100,000 people are shot in murders, assaults, suicides & suicide attempts, accidents or by police intervention in America in an average year.
  - 31,537 people die from gun violence and 71,386 people survive gun injuries each year.
- Every day, an average of 282 people is shot in America. Of those 282 people, 86 people die and 196 are shot, but survive.
  - Of the 282 people who are shot every day, an average of 50 are children and teens.
  - Of the 86 people who die, 32 are murdered, 51 are suicides, 2 die accidentally and 1 with an unknown intent.
  - Of the 196 people who are shot but survive, 140 are from assault, 43 are shot accidentally, 10 are suicide attempts, 2 are police interventions and 1 with an unknown intent.

(Source: Brady Campaign to Prevent Gun Violence, "There Are Too Many Victims of Gun Violence" fact sheet, retrieved from:

<http://www.bradiycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf>)

## Ohio State Patrol Activity Statistics

- The table below shows activity that has been produced by the Ohio State Highway Patrol for Crawford County from 1/1/2015 through 7/5/2015.
- The table also shows a previous year comparison for the same time frame.

Year to Date Activity	2014	2015
Enforcement Stops	2,414	1,926
Non-Enforcement Activity	3,534	3,189
Warnings	2,152	1,723
Motorist Assists	1,297	1,097
Crashes Investigated	107	107
OVI Enforcement	75	38
Driving Under Suspension Enforcement	131	91
Seat Belt Enforcement	549	327
Commercial Vehicle Enforcement	124	127
Felony Arrests	14	3
Felony Warrants Served	4	1
Misdemeanor Summons Issued	60	26
Misdemeanor Warrants Served	28	13
Drug Violations	38	14
Identity Theft Enforcements	0	0
Resisting Arrest Violations	0	0
Weapons Violations	0	1

(Source: Ohio State Highway Patrol Statistics, Crawford County Activity Statistics, updated 7/5/2015, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage.asp?Area1=26&B2=Submit>)

## Ohio State Highway Patrol Statistics

- Below are the yearly activity summaries and officer complaints from 2011-2015.
- In 2015, there were 69,348 total crashes in the state of Ohio.

Crashes Investigated	2011	2012	2013	2014	2015	5 Year Total
Total Crashes	66,628	64,561	65,468	68,904	69,348	334,909
Fatal	499	535	468	452	505	2,459
Injury	20,118	19,498	18,586	19,200	19,642	97,044
Property/Unknown	46,011	44,528	46,414	49,252	49,201	235,406

Traffic Enforcement	2011	2012	2013	2014	2015	5 Year Total
Total Contacts	1,404,059	1,495,564	1,582,684	1,583,786	1,505,319	7,571,412
Enforcement	512,125	567,858	601,434	615,150	616,542	2,913,109
Non-Enforcement	891,934	927,706	981,250	968,636	888,777	4,658,303
OVI Arrests	23,747	24,529	24,130	24,704	24,676	121,786
Speed Citations	323,477	362,821	381,501	385,453	379,060	1,832,312
Safety Belt Citations	84,176	91,595	97,462	108,195	116,423	497,851
Driver License Citations	25,656	28,299	32,346	33,404	35,493	155,198
Traffic Warnings	367,738	409,029	440,354	433,280	440,830	2,091,231
Motorist Assists	312,104	304,293	291,837	289,963	248,955	1,447,152

Crime Enforcement	2011	2012	2013	2014	2015	5 Year Total
Cases	9,281	9,431	10,394	10,060	10,285	49,451
Stolen Vehicles Recovered	653	735	654	574	701	3,317
Drug Arrests	6,164	7,644	9,630	11,156	12,390	46,984
Illegal Weapon Arrests	362	395	572	494	555	2,378
Resisting Arrests	726	721	732	709	771	3,659

(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 2/26/2016)

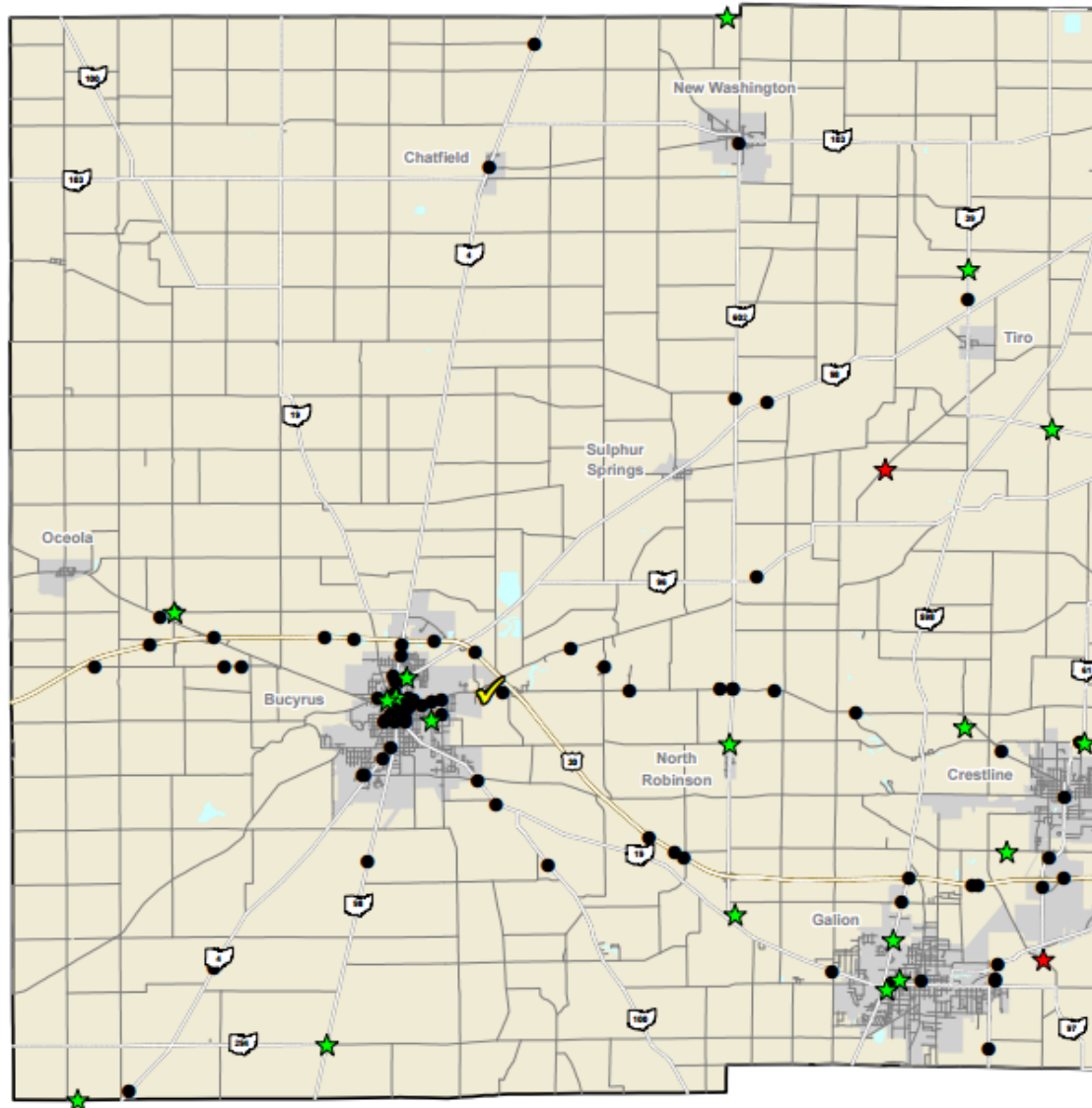
## Traffic Stop Data

- This data is compiled from all traffic stops in which a citation, inspection, warning, or vehicle defect notice was issued by Ohio State Highway Patrol Troopers in 2015.

Crime Enforcement	Asian	Black	Hispanic	Native American	White	Unknown	Total
Traffic Stop Contacts	12,647	132,887	22,936	670	802,665	3,681	975,486

(Source: Ohio State Highway Patrol Statistics, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage2.asp>)

## Crawford County OVI Activity Year 2015



### Legend

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li> OVI Checkpoint (1)</li> <li> OVI Stop (88)</li> </ul> | <ul style="list-style-type: none"> <li> OVI-Related Fatal Crash (2)</li> <li> OVI-Related Injury Crash (18)</li> </ul> |
|---|--|



Data Source: ODPS Electronic Crash System;  
 OSHP Computer-Aided Dispatch (CAD) System  
 Map Design and Layout: OSHP Statistical Analysis Unit  
 Ohio State Highway Patrol  
 January 29, 2016



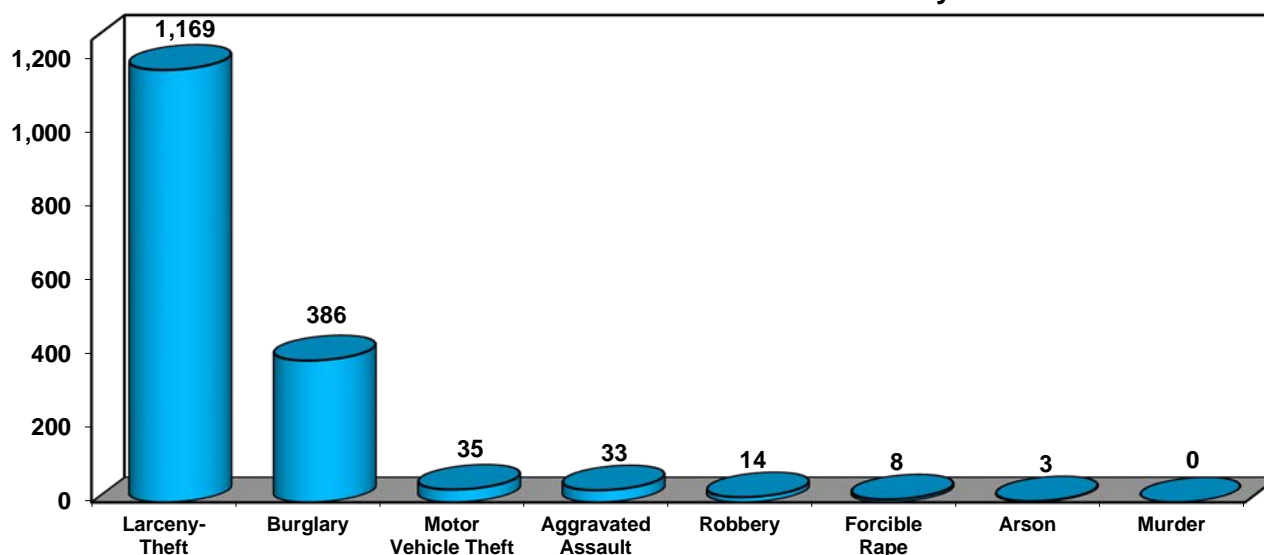
0 2 4  
Miles

(Source: Ohio State Highway Patrol Statistics, Crawford County Fatal Traffic Crash Statistics, Updated 1/29/2016,  
[http://statepatrol.ohio.gov/statistics/statdocs/OVI\\_15/Crawford\\_OVIstops15.pdf](http://statepatrol.ohio.gov/statistics/statdocs/OVI_15/Crawford_OVIstops15.pdf))

## Crime Data

- In 2014, the total population in Crawford County was 38,177.
- There were a total of 1,590 property crimes and 55 violent crimes in 2014.

**Total Number of Crimes in Crawford County in 2014**



(Source: Office of Criminal Justice Services, Crime Statistics and Crime Reports, 2014, from [http://www.ocjs.ohio.gov/crime\\_stats\\_reports.stm](http://www.ocjs.ohio.gov/crime_stats_reports.stm))

## Arrests/Incarceration Data

- In October 2015, the total inmate population in the state of Ohio was 50,370.
- In FY 2015, the total budget is \$1,619,085,171. The budget has increased \$19,390,404 since FY 2014.
- The average daily cost per inmate in 2015 is \$62.57, and the annual budget is \$22,836.34.

Ohio Department of Rehabilitation and Correction Counts	2015
Inmates Under 18 Years of Age	28
Inmates Over 50 Years of Age	8,204
Pregnant Females	35
Mothers/Babies in the ABC Nursery	12
Inmates Serving Life Without Parole (LWOP)	544

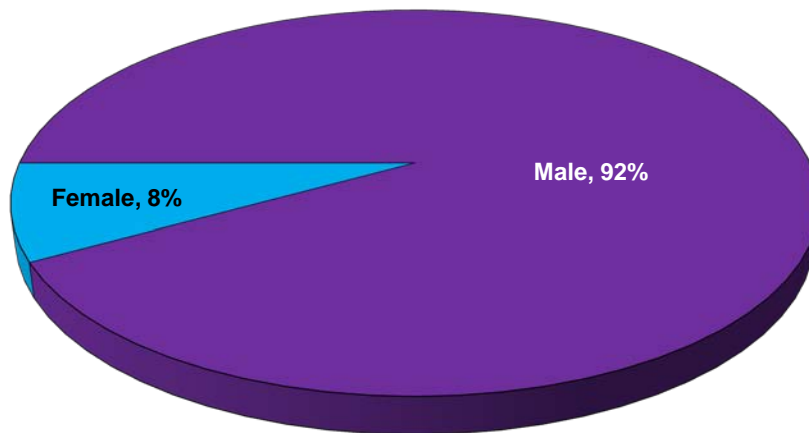
Age Range of Offender Population	2015
Male	37.10 years
Female	35.02 years
Average Stay in Prison	2.26 years

(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, October 2015, from <http://drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf>)

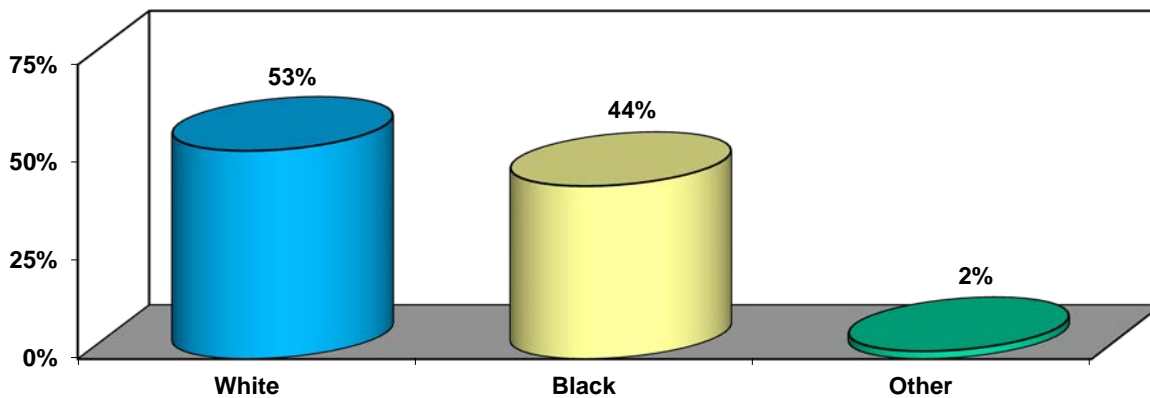
The following graphs show the Ohio inmate population in 2015 by gender and race. These graphs show:

- The percentage of Ohio males who are incarcerated is extremely higher than the percentage of females.
- More than half of the Ohio population that is incarcerated is White, followed by African Americans at 44%.

**Inmate Population by Gender, 2015**



**Inmate Population by Race, 2015**



(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, October 2015, from <http://drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf>)

# Adult | MENTAL HEALTH AND SUICIDE

## Key Findings

*In 2015, 5% of Crawford County adults considered attempting suicide. 14% of 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.*

## Adult Mental Health

- In the past year, 14% of Crawford 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.
- 5% of Crawford County adults considered attempting suicide in the past year.
- Two percent (2%) of adults reported attempting suicide in the past year.
- Crawford County adults reported they or a family member had been diagnosed with or treated for the following mental health issues: depression (30%), anxiety or emotional problems (22%), anxiety disorder (21%), bipolar (14%), attention deficit disorder (13%), alcohol and illicit drug abuse (11%), developmental disability (8%), post-traumatic stress disorder (7%), autism spectrum (4%), psychotic disorder (3%), other trauma (3%), life adjustment disorder (2%), and another mental health disorder (5%). 22% of adults indicated they or a family member had taken medication for a mental health issue.
- Crawford County adults indicated the following caused them anxiety, stress or depression: financial stress (35%), job stress (32%), poverty/no money (21%), other stress at home (17%), death of close family member or friend (17%), marital/dating relationship (16%), fighting at home (15%), unemployment (8%), fighting with friends (5%), not having enough to eat (5%), family member with substance abuse problem (4%), family member with mental illness (3%), alcohol or drug use at home (3%), not feeling safe in the community (3%), divorce/separation (2%), not having a place to live (2%), family member in the military (2%), not feeling safe at home (2%), and sexual orientation/gender identity (1%).
- Six percent of Crawford County adults received assistance for mental illness issues in the past year.

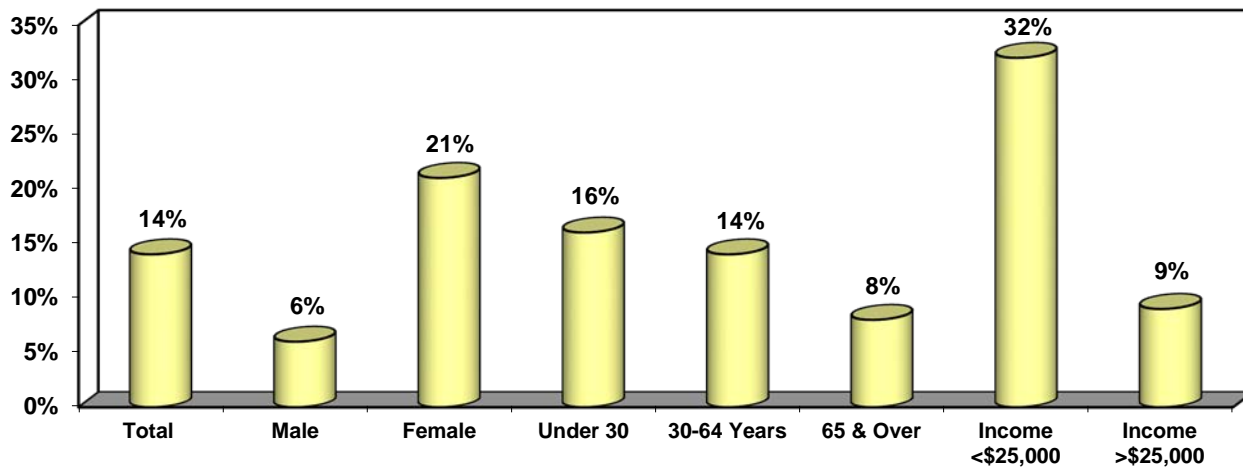
### Suicide Facts

- In 2013, there were 41,149 suicide deaths in the U.S. and 1,028,725 attempted suicides during the same year.
- Every 12.8 minutes an average of one person kills themselves, and every 31 seconds a person attempts suicide in the United States.
- Suicide is the 10<sup>th</sup> ranking cause of death in the U.S.
- For every female death by suicide, there are 3.5 male deaths.
- In 2013, there were 1,526 suicide deaths in Ohio.
- The leading suicide methods included:
  - Firearm suicides (50.5%)
  - Suffocation/Hanging (24.7%)
  - Poisoning (17.2%)
  - Cutting/Piercing (1.8%)
  - Drowning (1.1%)

(Sources: American Association of Suicidology, U.S.A. Suicide: 2013 Official Final Data, from: <http://www.suicidology.org/resources/facts-statistics>)

The following graph shows Crawford County adults who felt sad or hopeless for two or more weeks in a row in the past year. Examples of how to interpret the information in the graph include: 14% of all Crawford County adults felt sad or hopeless for two or more weeks in a row, 6% of males, and 21% of females.

**Crawford County Adults Feeling Sad or Hopeless for Two or More Weeks in a Row**



## Warning Signs for Suicide

More than 90 percent of people who kill themselves are suffering from one or more psychiatric disorders, in particular:

- Major depression
- Bipolar depression
- Schizophrenia
- Drug abuse & dependence
- Alcohol abuse & dependence
- Post-Traumatic Stress Disorder (PTSD)
- Eating disorders
- Personality disorders

The core symptoms of major depression are a “down” or depressed mood most of the day or a loss of interest or pleasure in activities that were previously enjoyed for at least two weeks, as well as:

- Changes in sleeping patterns
- Change in appetite or weight
- Intense anxiety, agitation, restlessness
- Fatigue or loss of energy
- Decreased concentration, indecisiveness, or poorer memory
- Feelings of hopelessness, worthlessness, self-reproach or excessive or inappropriate guilt
- Recurrent thoughts of suicide

## Prevention: Take it Seriously

Fifty to 75% of all suicides give some warning of their intentions to a friend or family member.

Recognize the *Imminent Dangers*:

- Threatening to hurt or kill oneself
- Talking or writing about death, dying, or suicide
- Looking for ways to kill oneself (weapons, pills, or other means)
- Has made plans or preparations for a potentially serious attempt

(Source: American Foundation for Suicide Prevention, *When You Fear Someone May Take Their Life*, <https://www.afsp.org/>)

# Adult | ORAL HEALTH

## Key Findings

The 2015 Health Assessment project has determined that more than three-fifths (63%) of Crawford County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of Ohio adults and 65% of U.S. adults had visited a dentist or dental clinic in the previous twelve months.

### Crawford County Dental Care Resources – 2012

- Number of licensed dentists- 16
- Number of primary care dentists- 14
- Ratio of population per dentist- 2,678:1
- Number of dentists who treat Medicaid patients- 6
- Ratio of Medicaid population per dentist who treats Medicaid patients- 2,033:1

(Source: ODH Ohio Oral Health Surveillance System, 2012)

## Access to Dental Care

- In the past year, 63% of Crawford County adults had visited a dentist or dental clinic, decreasing to 47% of adults with annual household incomes less than \$25,000.
- The 2014 BRFSS reported that 65% of Ohio adults and 65% of U.S. adults had visited a dentist or dental clinic in the previous twelve months.
- More than two-thirds (71%) of Crawford County adults with dental insurance have been to the dentist in the past year, compared to 62% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 38% said cost, 30% had no oral health problems, 21% said fear, apprehension, nervousness, pain, and dislike going, 9% had other priorities, 5% had not thought of it, 5% could not find a dentist who took Medicaid, 5% could not find a dentist taking new Medicaid patients, 5% did not have/know a dentist, 3% said their dentist did not accept their medical coverage, 2% said the wait for an appointment was too long, 2% used the emergency room for dental issues, and 1% could not find a dentist who treats special needs clients.
- One in eleven (9%) Crawford County adults received dental care assistance in the past year.

Adult Comparisons	Crawford County 2015	Ohio 2014	U.S. 2014
Adults who have visited the dentist in the past year	63%	65%	65%

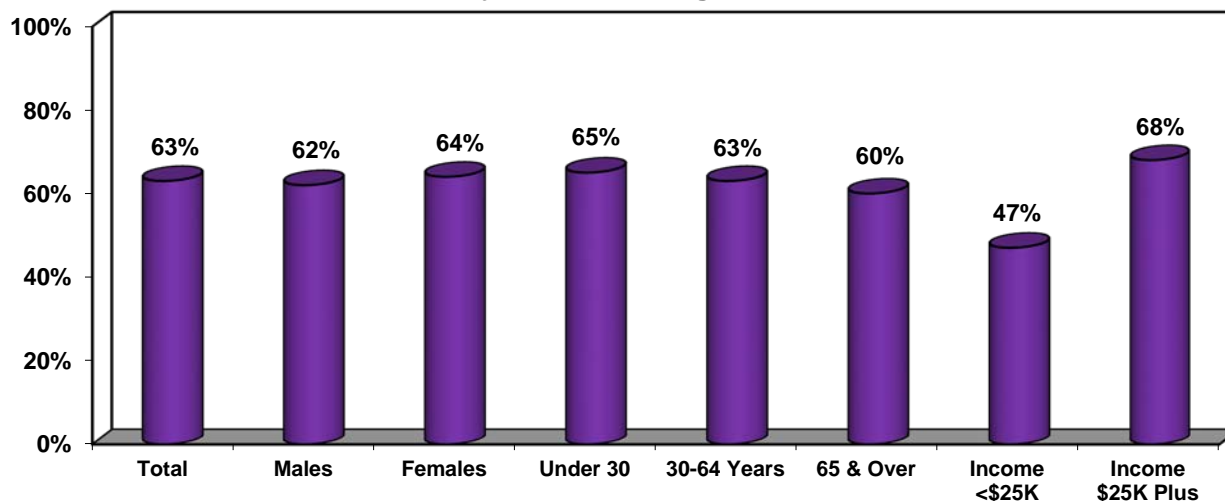
### What You Can Do to Maintain Good Oral Health

- Drink fluoridated water and use fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.
- Take care of your teeth and gums. Thorough tooth brushing and flossing to reduce dental plaque can prevent gingivitis—the mildest form of gum disease.
- Avoid tobacco. In addition to the general health risks posed by tobacco, smokers have 4 times the risk of developing gum disease compared to non-smokers.
- Limit alcohol. Heavy use of alcohol is a risk factor for oral and throat cancers.
- Eat wisely. Adults should avoid snacks full of sugars and starches.
- Visit the dentist regularly. Check-ups can detect early signs of oral health problems and can lead to treatments that will prevent further damage, and in some cases, reverse the problem.

(Source: CDC: Oral Health for Adults, July 2013, from: [http://www.cdc.gov/OralHealth/publications/factsheets/adult\\_oral\\_health/adults.htm](http://www.cdc.gov/OralHealth/publications/factsheets/adult_oral_health/adults.htm))

The following graphs provide information about the frequency of Crawford County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 63% of all Crawford County adults had been to the dentist in the past year, 65% of those under the age of 30, and 47% of those with incomes less than \$25,000.

**Crawford County Adults Visiting a Dentist in the Past Year**



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	62%	9%	10%	14%	1%
Females	64%	13%	13%	5%	1%
Total	63%	12%	12%	9%	1%

*Totals may not equal 100% as some respondents answered do not know.*

### Oral Health in Older Adults

- Older adults are at risk for getting cavities, gum disease and mouth cancer – and these may not cause any pain or discomfort until they are advanced.
- Everyone needs to see their dentist for a checkup at least once a year – preferably more often.
- People without natural teeth are at risk for mouth cancer as well as gum problems. Denture wearers need to have their mouth and their dentures checked at least once a year.
- As with many other cancers, older adults are more likely to get mouth cancer than younger people.
- Everyone is at a greater risk of getting mouth cancer if they use tobacco, drink alcohol a lot, or are repeatedly exposed to the sunlight.
- Severe gum disease has also been associated with pneumonia in long-term care patients, heart disease, stroke, and poor diabetic control.
- Periodontal disease can be prevented by:
  - Cleaning your teeth and gums thoroughly every day.
  - Getting regular checkups from your dentist.
  - Following the advice of your dentist and dental hygienist.

*(Source: American Dental Association: Oral Longevity Questions and Answers, from: <http://www.ada.org/en/>)*

# Adult | PARENTING

## Key Findings

*In 2015, one-fifth (20%) of parents read to their child every day. Nearly one-third (32%) of mothers never breastfed their child.*

## Parenting

- Parents faced the following challenges regarding day-to-day demands of parenting and raising children: financial burdens (33%), demands of multiple children (26%), managing child's behavior (25%), finding extracurricular activities for their child (13%), transporting child to extracurricular activities (12%), affordable childcare (9%), finding reliable childcare (9%), child with special needs (7%), being a single parent (4%), difficulty with lifestyle changes (4%), and parent alcohol and/or drug abuse (1%).
- In the past year, parents missed work due to their child's illnesses or injuries (an average of 0.8 days), medical appointments (an average of 0.8 days), behavioral or emotional problems (an average of 0.07 days), and asthma (an average of 0.02 days).
- Children were put to sleep in the following places as infants: crib/bassinette (no bumper, blankets, stuffed animals) (51%), in bed with parent or another person (50%), crib/bassinette (with bumper, blankets, stuffed animals) (49%), car seat (49%), pack n' play (46%), swing (38%), couch or chair (23%), and floor (19%).
- Mothers breastfed their child: more than 9 months (38%), 3 to 6 weeks (4%), 2 weeks or less (19%), still breastfeeding (6%), and never breastfed (32%). Of those with incomes less than \$25,000, 67% never breastfed their child.
- Parents reported they read to their child: every day (20%), almost every day (22%), a few times a week (29%), a few times a month (5%), and a few times a year (2%). 11% of parents reported their child read to him/herself, and 12% reported never reading to their child.

### Talking to your teen about drinking

- Be honest and direct.
- Encourage your teen to talk to you about drinking, remain calm when listening.
- Try not to judge or criticize. Make it comfortable for your teen to talk honestly.
- Remind your teen that drinking comes with serious risks.
- Emphasize that your teen should never drink and drive or ride with a driver who has been drinking.

*(Source: MedlinePlus, Talking to your teen about drinking <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000505.html>, May 14, 2014)*

- A doctor told Crawford County parents their child had the following conditions:
  - Vision problems that cannot be corrected with glasses (13%)
  - Learning disability (13%)
  - ADD/ADHD (13%)
  - Asthma (13%)
  - Behavioral/conduct problem (12%)
  - Anxiety problems (12%)
  - Language/speech delay (10%)
  - Depression problems (8%)
  - Birth defect (8%)
  - Bone/joint/muscle problems (7%)
  - Developmental delay or physical impairment (6%)
  - Adaptive/self-help delay (6%)
  - Social/emotional delay (6%)
  - Cognitive delay (6%)
  - Motor delay (6%)
  - Urinary tract infection (5%)
  - Pneumonia (3%)
  - Diabetes (3%)
  - Digestive tract infection (2%)
  - Genetic disease (2%)
  - Head injury (2%)
  - Autism (2%)
  - Cancer (1%)

### Tips for Parents – Ideas to Help Children Maintain a Healthy Weight

- Encourage healthy eating habits by providing fruits, vegetables, whole grains, low-fat or non-fat dairy products, and lean meats and proteins for your family.
- Find ways to make your family's favorite dishes in a healthier way.
- Limit or reduce the consumption of calorie-rich, sugary and/or saturated fat in your home.
- Adding physical activity into the family's routine will lead to it becoming a healthy habit. Some examples of moderate intensity physical activity include brisk walking, playing tag, jumping rope, playing soccer, swimming and dancing.
- Encourage fun activities to reduce the amount of sedentary time watching TV, playing video games or on the computer.
- The goal is to reduce the rate of weight gain in overweight and obese children and teens while still accounting for normal growth and development. Children and teens should not be placed on a diet without consulting a doctor.

*(Source: CDC, Healthy Weight, "Tips for Parents – Ideas to Help Children Maintain a Healthy Weight", <http://www.cdc.gov/healthyweight/children/index.html>, June 15, 2015)*

# Galion City | HEALTH CARE ACCESS, COVERAGE & UTILIZATION

## Key Findings

According to the 2014 American Community Survey 5-Year estimate data, approximately 7,612 Galion City adults live in Crawford County. Only 137 adults living in Galion City responded to the survey and the data is NOT generalizable to the entire population. The 2015 Health Assessment indicates that 11% of Galion City adults did not have health care coverage.

## Health Status

- Galion City adults were more likely than the rest of Crawford County to:
  - Have rated their physical health as not good on four or more days in the previous month (27% compared to 15% of the rest of Crawford County).
  - Have rated their mental health as not good on four or more days in the previous month (28% compared to 20% of the rest of Crawford County).

## Health Care Coverage

- In 2015, 89% of Galion City adults had health care coverage, leaving 11% who were uninsured.
- Galion City adults used the following types of health care coverage: their employer (49%), Medicare (18%), someone else's employer (11%), Medicaid or medical assistance (11%), self-paid plan (4%), multiple-including private sources (3%), Health Insurance Marketplace (2%), multiple-including government sources (1%), and other (4%).

## Health Care Access

- About two-thirds (65%) of Galion City adults visited a doctor for a routine checkup in the past year.
- Galion City adults usually visited the following places for health care services: doctor's office (61%), internet (8%), hospital emergency room (4%), chiropractor (2%), hospital outpatient department (2%), urgent care center (1%), VA (1%), public health clinic or community health department (2%), and alternative therapies (1%). 14% of adults reported multiple places, including a doctor's office, 1% reported multiple places, not including a doctor's office, and 5% had no usual place for health care services.
- In 2015, 62% of Galion City adults had visited the dentist in the past year.

## Health Care Utilization

- 62% of Galion City adults reported having a usual source of medical care.
- More than half (59%) of Galion City adults reported they had one person they thought of as their personal doctor or healthcare provider. 29% of adults had more than one person they thought of as their personal healthcare provider, and 10% did not have one at all.

- 21% of Galion City adults had needed to see a doctor in the past year but could not because of cost, compared to 11% of the rest of Crawford County.
- 69% of Galion City adults went outside of Crawford County for the following health care services in the past year: specialty care (29%), primary care (19%), dental services (13%), orthopedic care (9%), pediatric care (8%), obstetrics/ gynecology/NICU (7%), cardiac care (6%), counseling (5%), cancer care (3%), mental health care (3%), pediatric therapies (2%), and other services (6%).
- Reasons for seeking health care services outside of Crawford County included: service not available locally (23%), better quality program (19%), did not like local services/provider (13%), wait list too long (11%), insurance restrictions (10%), bad experience locally (9%), used to live there (9%), word of mouth (8%), closer to work (6%), confidentiality/anonymity (3%), inconvenient hours (2%), and other reasons (24%).
- Galion City adults had the following transportation issues when they needed health services: could not afford gas (7%), no car (5%), limited public transportation available or accessible (4%), did not feel safe to drive (3%), car did not work (2%), no car insurance (2%), no driver's license (2%), disabled (2%), no transportation before or after 8 a.m.- 4:30 p.m. (1%), no public transportation available or accessible (1%), and other car issues/expenses (2%).
- Galion City adults were more likely than the rest of Crawford County to:
  - Have looked for a program for a weight problem (16% compared to 10% of the rest of Crawford County).
  - Have looked for a program for depression or anxiety (26% compared to 17% of the rest of Crawford County).
  - Have looked for a program for a disability (10% compared to 5% of the rest of Crawford County).

Adult Comparisons	Galion City 2015	Crawford County Total 2015	Ohio 2014	U.S. 2014
Uninsured	11%	12%	10%	13%
Adults who visited the dentist in the past year	62%	63%	65%	65%

(Source: 2015 Crawford County Health Assessment and 2014 BRFSS)

# Galion City | CHRONIC DISEASES AND ASSOCIATED RISKY BEHAVIORS

## Key Findings

According to the 2014 American Community Survey 5-Year estimate data, approximately 7,612 Galion City adults live in Crawford County. Only 137 adults living in Galion City responded to the survey and the data is NOT generalizable to the entire population. In 2015, 16% of Galion City adults were diagnosed with diabetes and 50% with high blood pressure. More than three-quarters (80%) of Galion City adults were either overweight (40%) or obese (40%). About one-quarter (24%) of Galion City adults were limited in some way because of a physical, mental or emotional problem.

- Galion City adults were more likely to have been diagnosed with:
  - High blood pressure (50% compared to 39% of the rest of Crawford County adults).
  - Asthma (17% compared to 9% of the rest of Crawford County adults).
  - High blood cholesterol (45% compared to 38% of the rest of Crawford County adults).
  - Depression (20% compared to 12% of the rest of Crawford County adults).
- Galion City adults were more likely than the rest of Crawford County adults to:
  - Have been limited in some way because of a physical, mental or emotional problem (24% compared to 17% of the rest of Crawford County adults).
  - Be overweight or obese (80% compared to 73% of the rest of Crawford County adults).
- Galion City adults were less likely than the rest of Crawford County adults to:
  - Be considered a binge drinker of all adults (16% compared to 21% of the rest of Crawford County adults).

**80% of Galion City adults were overweight or obese in 2015.**

## Chronic Diseases

- In 2015, 7% of Galion City adults reported they had survived a heart attack or myocardial infarction, compared to 5% of the rest of Crawford County.
- 3% of Galion City adults reported they had survived a stroke, compared to 1% of the rest of Crawford County.
- 5% of Galion City adults reported they had angina or coronary heart disease, compared to 6% of the rest of Crawford County.
- 3% of Galion City adults reported they had congestive heart failure, which is the same as it is for the rest of Crawford County.
- Half (50%) of Galion City adults had been diagnosed with high blood pressure, compared to 39% of the rest of Crawford County.
- More than two-fifths (45%) of Galion City adults had been diagnosed with high blood cholesterol, compared to 38% of the rest of Crawford County.

- In 2015, 12% of Galion City adults reported they had been diagnosed with cancer, compared to 11% of the rest of Crawford County.
- 16% of Galion City adults had been diagnosed with diabetes, compared to 15% of the rest of Crawford County.
- 10% of Galion City adults had been diagnosed with COPD, emphysema, etc., compared to 7% of the rest of Crawford County.
- 17% of Galion City adults had been diagnosed with asthma, compared to 9% of the rest of Crawford County.
- 34% of Galion City adults had been diagnosed with arthritis, compared to 31% of the rest of Crawford County.

## Weight Control/Physical Activity/Diet and Nutrition

- In 2015, the health assessment indicated that over three-quarters (80%) of Galion City adults were either overweight (40%) or obese (40%) by Body Mass Index (BMI).
- Galion City adults spent an average of 3.1 hours watching TV, 1.3 hours on their cell phone, 1.1 hours on the computer/tablet (outside of work), and 0.2 hours playing video games on an average day of the week.
- In Galion City, 53% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 22% of adults were exercising 5 or more days per week. Almost one-fourth (23%) of adults were not participating in any physical activity in the past week, including 2% who were unable to exercise.
- In 2015, 5% of Galion City adults were eating 5 or more servings of fruits and vegetables per day. 90% were eating between 1 and 4 servings per day.
- Galion City adults obtained their groceries from the following places: large grocery store (77%), local grocery store (64%), Dollar General/Store (33%), farmer's market (28%), garden/grew their own (22%), restaurants (10%), corner/convenience stores (7%), food pantry (7%), and other places (2%).
- Galion City adults ate out in a restaurant or brought home take-out food an average of 2.7 times per week.

## Tobacco Use

- Almost one-quarter (22%) of Galion City adults were current smokers, compared to 19% of the rest of Crawford County.
- Galion City adults used the following tobacco products: cigarettes (26%), e-cigarettes (10%), cigars (6%), roll your own cigarettes (5%), chewing tobacco (5%), snuff (4%), pouch (ex. Snus) (3%), Black and Milds (2%), little cigars (2%), swishers (1%), and bidis (1%).

## Alcohol Use

- In 2015, 39% of Galion City adults had at least one alcoholic drink in the past month.
- 11% of Galion City adults were frequent drinker (drank on an average of three or more days per week).

- About one in six (16%) of all Galion City adults would be considered a binge drinker (had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month).
- Of those who drank, Galion City adults drank 2.7 drinks on average, compared to 4.3 drinks for the rest of Crawford County.

### Adult Drug Use

- 9% of Galion City adults had used marijuana in the past 6 months.
- 2% of Galion City adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 31% of Galion City adults who used drugs did so almost every day, and 31% did so less than once a month.
- 12% of Galion City adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months.
- When asked about their frequency of medication misuse in the past six months, 50% of Galion City adults who used these drugs did so almost every day, and 40% did so less than once a month.

### Adult Mental Health

- In the past year, 20% of Galion City 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.
- 5% of Galion City adults considered attempting suicide in the past year.
- One percent (1%) of Galion City adults reported attempting suicide in the past year.
- Galion City adults reported they or a family member had been diagnosed with or treated for the following mental health issues: depression (39%), anxiety or emotional problem (29%), anxiety disorder (27%), bipolar (18%), alcohol and illicit drug abuse (13%), attention deficit disorder (12%), developmental disability (9%), post-traumatic stress disorder (7%), autism spectrum (7%), psychotic disorder (3%), other trauma (2%), life adjustment disorder (1%), and another mental health disorder (5%). 26% of adults indicated they or a family member had taken medication for a mental health issue.

### Preventive Medicine and Health Screenings

- Galion City adults have had the following vaccines: MMR vaccine in their lifetime (66%), tetanus booster (including Tdap) in the past 10 years (49%), chicken pox vaccine in your lifetime (44%), Hepatitis B vaccine (30%), pneumonia vaccine in their lifetime (24%), Zoster (shingles) vaccine in their lifetime (16%), Hepatitis A vaccine (15%), pertussis vaccine in the past 10 years (11%), and human papillomavirus vaccine in their lifetime (4%).

Adult Comparisons	Galion City 2015	Crawford County Total 2015	Ohio 2014	U.S. 2014
Obese	40%	35%	33%	30%
Overweight	40%	40%	34%	35%
Had angina	5%	5%	5%	4%
Had a heart attack	7%	5%	5%	4%
Had a stroke	3%	1%	4%	3%
Has been diagnosed with high blood pressure	50%	42%	34%*	31%*
Has been diagnosed with high blood cholesterol	45%	40%	38%*	38%*
Diagnosed with diabetes	16%	16%	12%	10%
Diagnosed with asthma	17%	12%	15%	14%
Diagnosed with arthritis	34%	32%	31%	26%
Current drinker	39%	51%	53%	53%
Current smoker	22%	20%	21%	18%

(Source: 2015 Crawford County Health Assessment and 2014 BRFSS)

# Galion City | SOCIAL CONTEXT AND SAFETY

## Key Findings

*According to the 2014 American Community Survey 5-Year estimate data, approximately 7,612 Galion City adults live in Crawford County. Only 137 adults living in Galion City responded to the survey and the data is NOT generalizable to the entire population. Over half (54%) of Galion City adults kept a firearm in or around their home. Almost one-quarter (23%) of Galion City adults needed food assistance in the past year.*

## Social Context

- Galion City adults received assistance for the following in the past year: food (23%), healthcare (22%), prescription assistance (17%), dental care (16%), utilities (15%), rent/mortgage (14%), mental illness issues (9%), employment (9%), legal aid services (8%), transportation (7%), home repair (7%), alcohol or other substance dependency (6%), free tax preparation (4%), clothing (4%), homelessness (3%), credit counseling (2%), unplanned pregnancy (1%), abuse or neglect issues (1%), and affordable childcare (1%).
- 5% of Galion City adults went to bed hungry at least one day per week because they could not afford food.
- Galion City adults experienced the following as a child: 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 (27%), their parents became separated or were divorced (24%), lived with someone who was depressed, mentally ill, or suicidal (15%), a parent or adult in their home hit, beat, kicked, or physically hurt them (15%), their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (14%), someone at least 5 years older than them or an adult touched them sexually (12%), lived with someone who used illegal stress drugs, or who abused prescription medications (9%), lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (7%), their parents were not married (5%), someone at least 5 years older than them or an adult forced them to have sex (4%), and someone at least 5 years older than them or an adult tried to make them touch them sexually (3%).
- 18% of Galion City adults had three or more of these experiences as a child.

## Safety

- Over half (54%) of Galion City adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.
- Galion City adults reported doing the following while driving: wearing a seatbelt (93%), eating (52%), talking on hand-held cell phone (41%), talking on hands-free cell phone (27%), texting (21%), not wearing a seatbelt (13%), using the Internet on their cell phone (10%), checking Facebook on their cell phone (7%), being under the influence of alcohol (4%), being under the influence of prescription drugs (4%), being under the influence of recreational drugs (4%), reading (3%), and other activities (such as applying makeup, shaving, etc.) (2%).

# Youth | TOBACCO USE

## Key Findings

The 2015 Health Assessment identified that 11% of Crawford County youth in grades 9-12 were smokers and 17% used an electronic vapor product in the past month. Of those high school youth who smoked in the past year, 54% had tried to quit.

*In 2015, 11% of Crawford County high school youth were current smokers, having smoked at some time in the past 30 days.*

## 9<sup>th</sup>-12<sup>th</sup> Grade Youth Tobacco Use Behaviors

- The 2015 health assessment indicated that 30% of Crawford County youth had tried cigarette smoking (2013 YRBSS reported 41% for the U.S.).
- 18% of Crawford County youth who have smoked a whole cigarette did so at 10 years old or younger, and 36% had done so by the age of 12.
- 8% of all Crawford County youth had smoked a whole cigarette for the first time before the age of 13 (2013 YRBSS reported 9% for the U.S.).
- In 2015, 11% of Crawford County youth were current smokers, having smoked at some time in the past 30 days, increasing to 15% of youth ages 17 and older (2013 YRBSS reported 15% for Ohio and 16% for the U.S.).
- 42% of current smokers smoked cigarettes daily.
- 6% of all Crawford County youth smoked cigarettes on 20 or more days during the past month (2013 YRBS reported that 7% of youth in Ohio smoked cigarettes on 20 or more days during the past month and 6% for the U.S.).
- 19% of current smokers smoked more than 10 cigarettes per day (2013 YRBS reported 9% for the U.S.).
- 8% of youth had smoked at least 1 cigarette every day in the past month (2013 YRBS reported 9% for the U.S.).
- 71% of the Crawford County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- Over half (54%) of Crawford County youth who had smoked in the past year, had tried to quit (2013 YRBSS reported 48% for the U.S.).
- 25% of youth smokers borrowed cigarettes from someone else, 20% gave someone else money to buy them, 19% bought cigarettes from a store, supermarket, discount store or gas station, 12% said a person 18 years or older gave them cigarettes, 4% took them from a store or family member, 2% bought them from a vending machine and 19% got them some other way.
- 3% of Crawford County youth had smoked cigarettes on school property in the past 30 days.
- In the past 30 days, 8% of Crawford County youth used chewing tobacco, snuff or dip (2013 YRBSS reported 9% for Ohio and the U.S.).

- In the past 30 days, 11% of Crawford County youth smoked cigars, cigarillos or little cigars (2013 YRBSS reported 12% for Ohio and 13% for the U.S.).
- 32% of Crawford County youth had used an electronic vapor product at some time in their life.
- 17% of Crawford County grade youth had used an electronic vapor product in the past month.
- 76% of youth reported their parents would strongly disapprove of them smoking cigarettes.

### 6<sup>th</sup>-8<sup>th</sup> Grade Youth Tobacco Use Behaviors

- The 2015 health assessment indicated that 13% of Crawford County youth had tried cigarette smoking.
- 46% of Crawford youth who had smoked a whole cigarette did so at 10 years old or younger, and two thirds (66%) had done so by the age of 12.
- 7% of all Crawford County grade youth had smoked a whole cigarette for the first time before the age of 13.
- In 2015, 5% of Crawford County youth were current smokers, having smoked at some time in the past 30 days.
- 12% of current smokers smoked cigarettes daily.
- 1% of all Crawford County youth smoked cigarettes on 20 or more days during the past month.
- 13% of current smokers smoked more than 10 cigarettes per day.
- 35% of youth smokers gave someone else money to buy them cigarettes, 17% took them from a store or family member, 13% borrowed cigarettes from someone else, 4% said a person 18 years or older gave them cigarettes, 4% bought them from a vending machine and 26% got them some other way. No one reported buying cigarettes from a store, supermarket, discount store or gas station
- In the past 30 days, 2% of youth used chewing tobacco, snuff or dip.
- In the past 30 days, 4% of youth smoked cigars, cigarillos or little cigars.
- 11% of Crawford County youth had used an electronic vapor product at some time in their life.
- 7% of youth had used an electronic vapor product in the past month.

## Behaviors of Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth

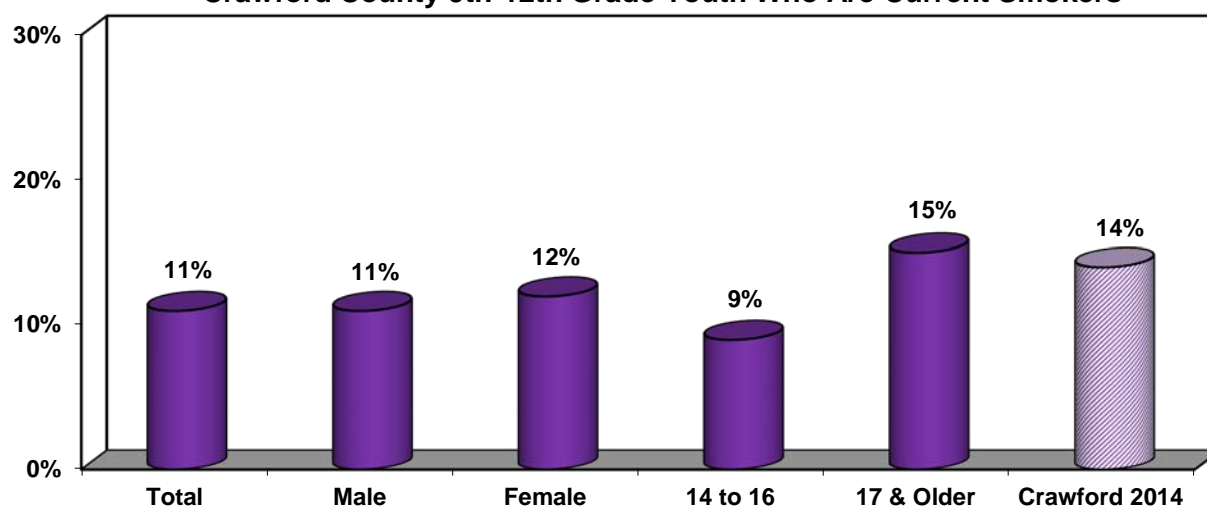
### Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Have had at least one drink of alcohol in the past 30 days	71%	13%
Perceived a great or moderate risk to smoking	70%	81%
Parents would disapprove or strongly disapprove of smoking	57%	94%
Have used marijuana in the past 30 days	55%	3%
Have been bullied on school property in the past 12 months	39%	23%
Have ever taken a prescription drug without a doctor's prescription	36%	3%

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

The following graph shows the percentage of Crawford County 9<sup>th</sup>-12<sup>th</sup> grade youth who smoke cigarettes. Examples of how to interpret the information include: 11% of all Crawford County 9<sup>th</sup>-12<sup>th</sup> grade youth were current smokers, 11% of males smoked, and 12% of females smoked.

**Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth Who Are Current Smokers**



Youth Comparisons	Crawford County 2014 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Crawford County 2015 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried cigarettes	11%	41%	13%	30%	52%*	41%
Current smokers	2%	14%	5%	11%	15%	16%
Tried to quit smoking (of those youth who smoked in the past year)	N/A	44%	N/A	54%	46%	45%
Smoked cigarettes on 20 or more days during the past month (of all youth)	1%	6%	1%	6%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	5%	11%	7%	8%	14%*	9%
Used chewing tobacco or snuff in the past month	2%	10%	2%	8%	9%	9%
Smoked cigars in the past month	2%	13%	4%	11%	12%	13%

N/A- Not Available

\*Comparative data YRBSS data for Ohio and U.S. is 2011

# Youth | ALCOHOL CONSUMPTION

## Key Findings

In 2015, the Health Assessment results indicated that 45% of Crawford County youth in grades 9-12 had drank at least one drink of alcohol in their life. 26% of those high school youth who drank, took their first drink at 12 years or younger. 21% of 9th-12th grade youth and 27% of those over the age of 17 had at least one drink in the past 30 days. 70% of the high school youth who reported drinking in the past 30 days had at least one episode of binge drinking.

*In 2015, 21% of Crawford County high school youth had at least one drink in the past 30 days and would be considered a current drinker.*

## 9th-12th Grade Youth Alcohol Consumption

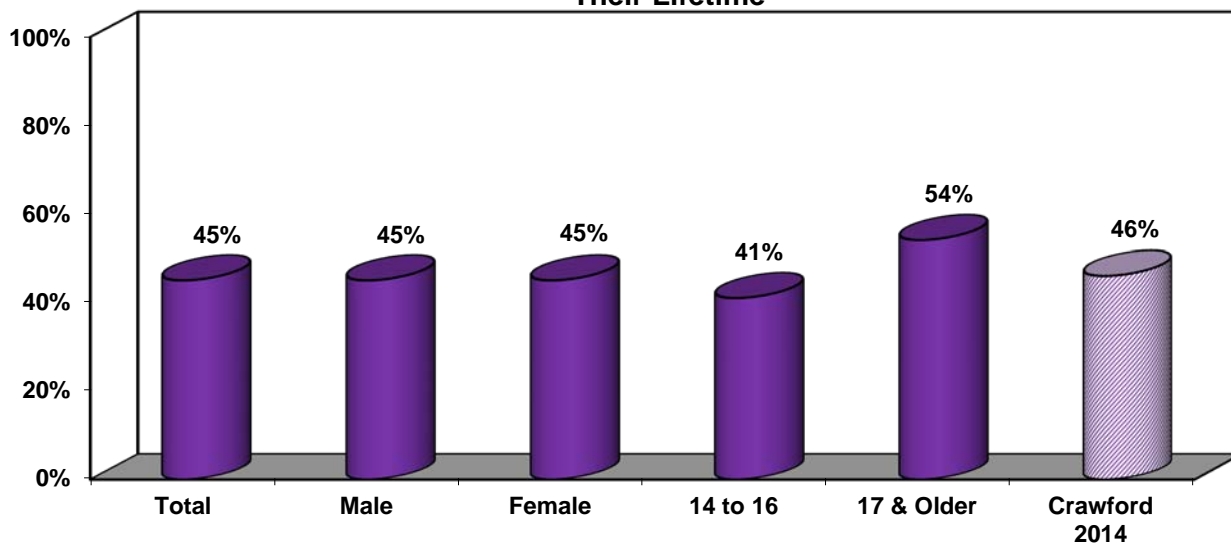
- In 2015, the Health Assessment results indicated that 45% of all Crawford County youth had at least one drink of alcohol in their life increasing to 54% of those ages 17 and older (2013 YRBSS reports 66% for the U.S.).
- 21% of youth had at least one drink in the past 30 days, increasing to 27% of those ages 17 and older (2013 YRBSS reports 30% for Ohio and 35% for the U.S.).
- Based on all youth surveyed, 15% were defined as binge drinkers, increasing to 21% of those ages 17 and older (2013 YRBSS reports 16% for Ohio and 21% for the U.S.).
- Of those who drank, 70% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition.
- 5% of youth reported that the largest number of alcoholic drinks they had in a row was 10 or more drinks in the past month. (2013 YRBSS reports 4% for Ohio and 6% for the U.S.).
- Over one-quarter (26%) of Crawford County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 33% took their first drink between the ages of 13 and 14, and 41% drank for the first time between the ages of 15 and 18.
- Of all Crawford County youth, 12% had drunk alcohol for the first time before the age of 13. (2013 YRBSS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 and 19% for the U.S.).
- Crawford County youth drinkers reported they got their alcohol from the following: someone gave it to them (38%), gave someone else money to buy it for them (21%), took it from a store or family member (7%), bought it in a liquor store/ convenience store/gas station/ supermarket/ discount store (7%), bought it at a restaurant, bar or club (1%) and some other way (26%). No one reported buying it at a public event.
- During the past month, 13% of youth had ridden in a car driven by someone who had been drinking alcohol (2013 YRBS reports 17% for Ohio and 22% for the U.S.).
- 7% of youth drivers had driven a car in the past month after they had been drinking alcohol (2013 YRBS reports 4% for Ohio and 10% for the U.S.).
- 55% of youth reported their parents would strongly disapprove of them drinking alcohol.

## 6<sup>th</sup>-8<sup>th</sup> Grade Youth Alcohol Consumption

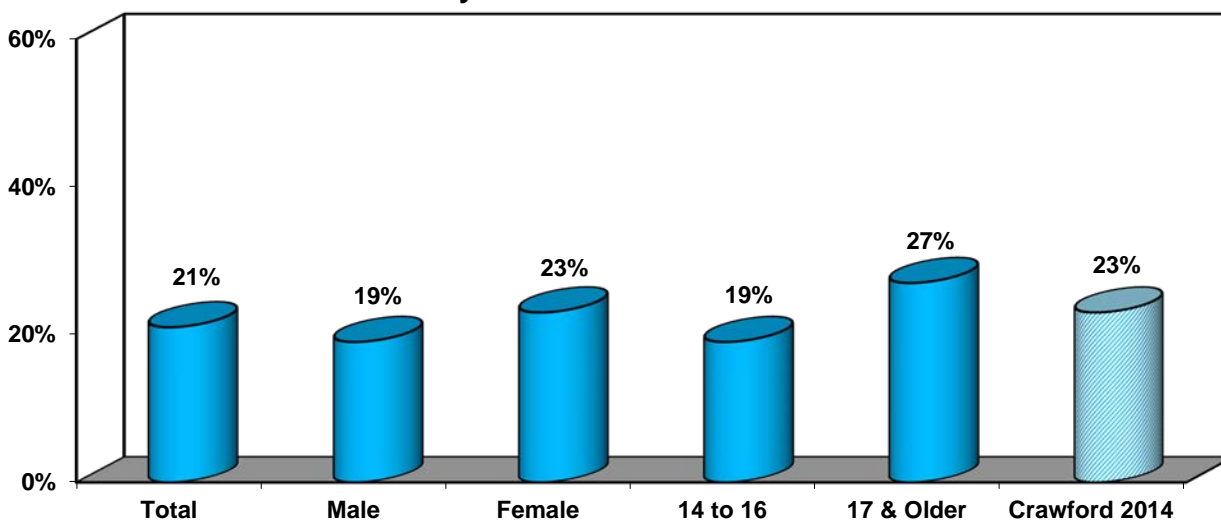
- In 2015, the Health Assessment results indicated that 17% of all Crawford County youth had at least one drink of alcohol in their life.
- 7% of youth had at least one drink in the past 30 days.
- Over one-third (38%) of Crawford County youth who reported drinking at some time in their life had their first drink at 10 years old or younger; 25% took their first drink between the ages of 11 and 12, and 38% drank for the first time at 13 years old or older.
- Of all Crawford County youth, 12% had drunk alcohol for the first time before the age of 13.
- During the past month, 24% of youth had ridden in a car driven by someone who had been drinking alcohol.

The following graphs show the percentage of Crawford County 9<sup>th</sup>-12<sup>th</sup> grade youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 45% of all Crawford County youth have drunk at some time in their life: 45% of males and 45% of females.

**Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth Having At Least One Drink In Their Lifetime**

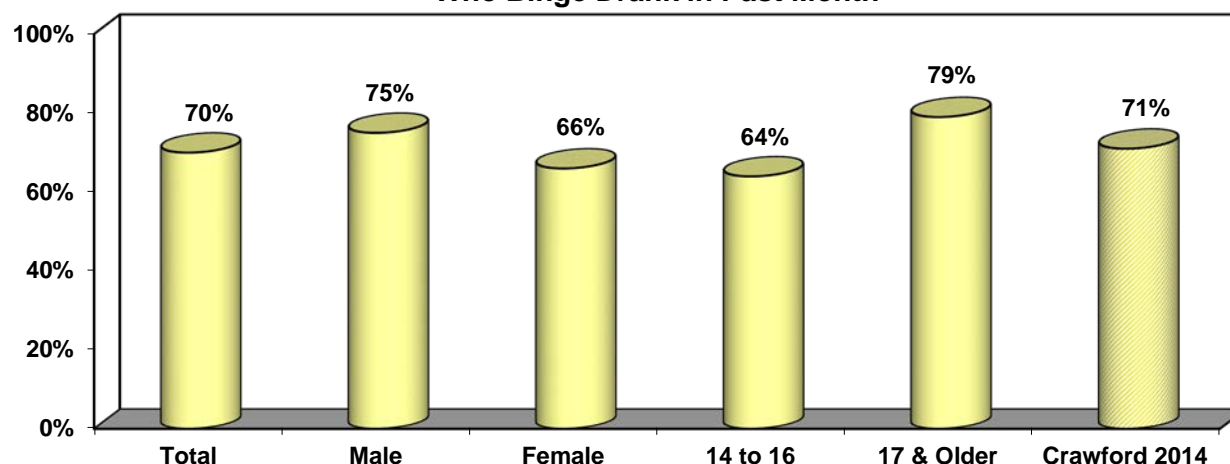


**Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth Who Were Current Drinkers**



The following graph shows the percentage of Crawford County 9<sup>th</sup>-12<sup>th</sup> grade youth who were binge drinkers. Examples of how to interpret the information include: 70% of current drinkers binge drank in the past month, 75% of males, and 66% of females had binge drank.

**Crawford County 9th-12th Grade Youth Current Drinkers  
Who Binge Drank in Past Month\***



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

**Behaviors of Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth  
Current Drinkers vs. Non-Current Drinkers**

Youth Behaviors	Current Drinker	Non-Current Drinker
Perceived a great or moderate risk of drinking 5 or more drinks alcohol once or twice per week	60%	76%
Parents would disapprove or strongly disapprove of drinking alcohol	51%	87%
Have used marijuana in the past 30 days	40%	3%
Have smoked cigarettes in the past 30 days	38%	4%
Have been bullied on school property in the past 12 months	36%	23%
Have ever taken a prescription drug without a doctor's prescription	24%	2%

Current drinkers are those youth surveyed who have self-reported drinking at any time during the past 30 days.

Youth Comparisons	Crawford County 2014 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Crawford County 2015 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried alcohol	21%	46%	17%	45%	71%*	66%
Current drinker	N/A	23%	7%	21%	30%	35%
Binge drinker (of all youth)	N/A	N/A	N/A	15%	16%	21%
Drank for the first time before age 13 (of all youth)	13%	13%	12%	12%	13%	19%
Drank 10 or more drinks in a row in the past month (of all youth)	N/A	N/A	N/A	5%	4%	6%
Rode with someone who was drinking	19%	13%	24%	13%	17%	22%
Drank and drove (of youth drivers)	N/A	6%	N/A	7%	4%	10%

N/A - Not available

\*Comparative YRBSS data for Ohio and U.S. is 2011

# Youth | DRUG USE

## Key Findings

*In 2015, 10% of Crawford County 9th-12th grade youth had used marijuana at least once in the past 30 days. 7% of 9th-12th grade youth had taken a prescription drug without a doctor's prescription at some time in their life.*

## 9th-12th Grade Youth Drug Use

- In 2015, 21% of all Crawford County youth had used marijuana at some time in their life. The 2013 YRBSS found a prevalence of 36% for Ohio youth and a prevalence of 41% for U.S. youth.
- 10% of youth had used marijuana at least once in the past 30 days. The 2013 YRBSS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 6% of all youth tried marijuana for the first time before the age of 13. The 2013 YRBS found a prevalence of 6% for Ohio youth and a prevalence of 9% for U.S. youth. The average age of onset for marijuana use was 14.0 years old.
- 7% of Crawford County youth had taken a prescription drug without a doctor's prescription at some time in their life. (2013 YRBSS reports 18% for U.S.)
- Youth reported they got the medications that were not prescribed for them in the following ways: took it from a parent, friend or family member (5%), a parent gave it to them (5%), another family member gave it to them (3%), a friend gave it to them (2%), bought them from a friend (2%), and bought them from someone else (2%). 88% of youth reported that they had never taken medications not prescribed to them.
- Crawford County youth had tried the following in their life:
  - 6% of youth used inhalants, (2013 YRBSS reports 9% for Ohio and U.S.)
  - 3% of youth used hallucinogenic drugs (2013 YRBSS reports 7% for U.S.)
  - 2% used steroids, (2013 YRBS reports 3% for Ohio and U.S.)
  - 2% used ecstasy/MDMA/Molly (2013 YRBSS reports 7% for the U.S.)
  - 2% used heroin, (2013 YRBSS reports 2% for Ohio and U.S.)
  - 2% used methamphetamines
- During the past 12 months, 11% of all Crawford County youth reported that someone had offered, sold, or given them an illegal drug on school property (2013 YRBSS reports 20% for Ohio and 22% for the U.S.).
- 18% of youth reported their parents or guardians always talked to them about the harmful effects of drugs and alcohol and 15% of youth reported their parents never talked to them about these issues.

## Prescription Drug Abuse in Youth

- After marijuana and alcohol, prescription drugs are the most commonly abused substances by Americans ages 14 and older.
- Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing.
- When prescription drugs are abused, they can be addictive and put the person at risk for harmful health effects such as overdoses, especially when mixed with alcohol.
- Commonly abused prescription drugs include opioids like Vicodin and OxyContin, depressants such as Valium and stimulants such as Adderall or Ritalin.
- Boys and girls tend to abuse these prescription drugs for different reasons. Boys are more likely to abuse prescription stimulants to get high while girls tend to abuse them to stay alert or to lose weight.
- It is considered abuse if you are taking someone else's prescription medication, taking a prescription medication in a way other than prescribed or taking a prescription medication to get high.

(Source: National Institute on Drug Abuse: Drug Facts- High School and Youth Trends  
(<http://www.drugabuse.gov/publications/drugfacts/high-school-youth-trends>)

## 6<sup>th</sup>-8<sup>th</sup> Grade Youth Drug Use

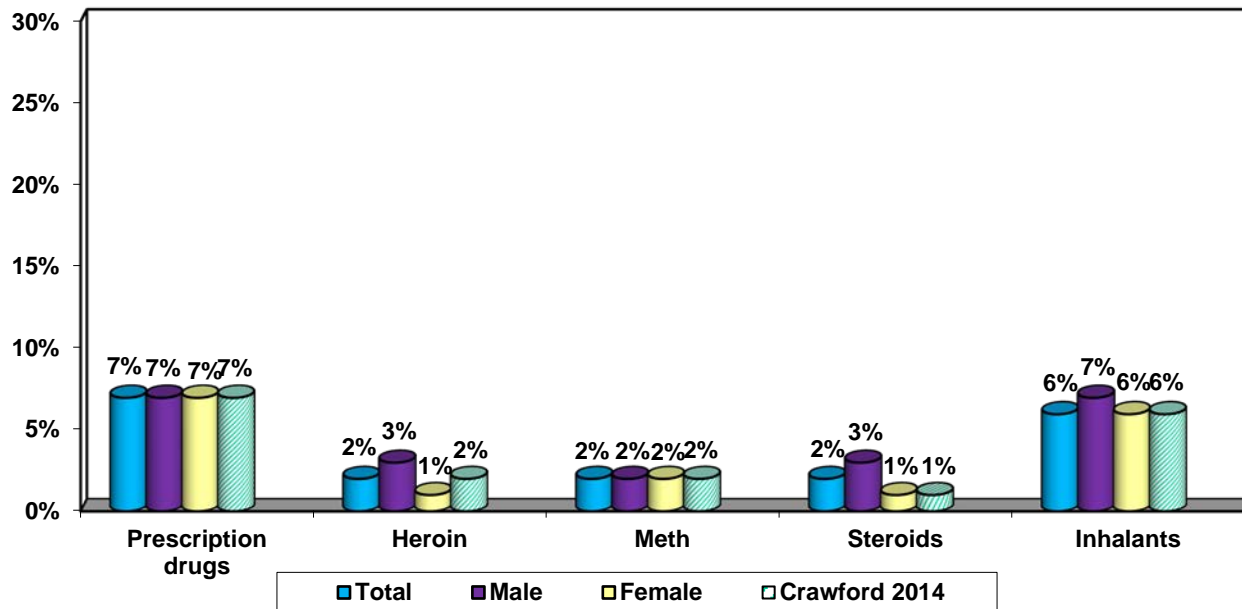
- In 2015, 5% of Crawford County youth had ever used marijuana.
- 3% of youth had used marijuana at least once in the past 30 days.
- 3% of all youth tried marijuana for the first time before the age of 13.
- 3% of Crawford County youth had ever taken a prescription drug without a doctor's prescription.
- Crawford County youth have tried the following in their life:
  - 5% of youth used inhalants
  - 1% used steroids
- 16% of youth reported their parents or guardians always talked to them about the harmful effects of drugs and alcohol compared to 15% of youth who reported their parents never talked to them.

## Accessibility of Substances to Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth

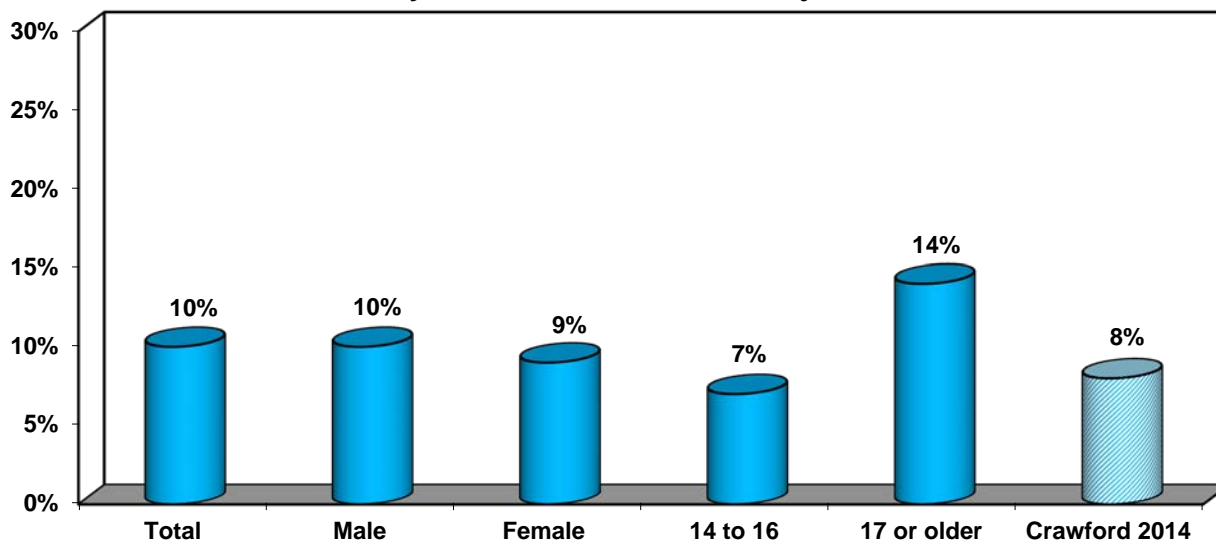
Substance	Very/Somewhat Easy to Obtain	Somewhat/Very Difficult to Obtain	Don't Know
Cigarettes	60%	2%	38%
Chewing tobacco/snuff	54%	3%	43%
Alcohol	58%	4%	37%
Marijuana	46%	5%	48%
Prescription drugs	27%	5%	68%
Heroin	21%	8%	71%
Inhalants	19%	7%	74%
Other illegal drugs	19%	7%	74%
Steroids	18%	6%	76%
Cocaine	18%	11%	71%
Stimulants	17%	8%	75%
Sedatives	16%	7%	76%
Ecstasy	16%	9%	75%
Methamphetamines	14%	8%	78%

The following graphs are data from the 2015 Crawford County Health Assessment indicating youth lifetime drug use and marijuana use in the past 30 days. Examples of how to interpret the information include: 7% of 9<sup>th</sup>-12<sup>th</sup> grade youth have used prescription drugs at some point in their lives: 7% of males and 7% of females. 10% of Crawford County 9<sup>th</sup>-12<sup>th</sup> grade youth used marijuana in the past month.

**Crawford County 9th-12th Grade Youth Lifetime Drug Use**



**Crawford County 9th-12th Grade Youth Marijuana Use in Past Month**



## Frequency of Substance Use of Crawford County 9<sup>th</sup>-12<sup>th</sup> Grade Youth

Substance	Never	Daily	Weekly	Monthly	Less than Monthly	Over 1 Year ago
Methamphetamines	99%	1%	0%	0%	0%	0%
Steroids	99%	1%	0%	0%	0%	<1%
Heroin	98%	1%	0%	0%	0%	<1%
Other illegal drugs	98%	1%	0%	<1%	<1%	<1%
Inhalants	97%	1%	0%	0%	<1%	1%
Stimulants	97%	1%	<1%	<1%	0%	<1%
Sedatives	97%	1%	<1%	1%	<1%	<1%
Cocaine	97%	1%	<1%	<1%	1%	<1%
Ecstasy	97%	2%	0%	<1%	<1%	<1%
Prescription drugs	96%	1%	<1%	1%	1%	1%
Chewing tobacco/snuff	90%	4%	2%	1%	1%	2%
Marijuana	85%	3%	4%	2%	2%	4%
Cigarettes	82%	6%	1%	2%	3%	6%
Alcohol	64%	1%	3%	6%	13%	13%

Youth Comparisons	Crawford County 2014 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Crawford County 2015 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever used marijuana	4%	19%	5%	21%	36%	41%
Youth who used marijuana in the past month	N/A	8%	3%	10%	21%	23%
Tried marijuana for the first time before the age of 13 (of all youth)	2%	6%	3%	6%	6%	9%
Ever used methamphetamines	N/A	2%	N/A	2%	6%*	3%
Ever used heroin	N/A	2%	N/A	2%	2%	2%
Ever used steroids	1%	1%	1%	2%	3%	3%
Ever used inhalants	5%	6%	5%	6%	9%	9%
Ever took a prescription drug without a doctor's prescription	5%	7%	3%	7%	N/A	18%
Ever used hallucinogenic drugs	N/A	4%	N/A	3%	N/A	7%
Ever used ecstasy	N/A	4%	N/A	2%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	N/A	8%	N/A	11%	20%	22%

NA - Not available

\*Comparative YRBSS data for Ohio and U.S. is 2011

# Youth | SAFETY & VIOLENCE ISSUES

## Key Findings

26% of 9<sup>th</sup>-12<sup>th</sup> grade youth had been bullied on school property in the past year and 19% had been electronically bullied. 34% of youth drivers had texted or e-mailed while driving a car or other vehicle in the past month.

## 9<sup>th</sup>-12<sup>th</sup> Grade Youth Violence-Related Behaviors & Personal Safety

- In the past year, 26% of youth had been bullied on school property (2013 YRBSS reported 21% for Ohio and 20% for the U.S.).
- In the past year, 19% of Crawford County youth had been electronically bullied (2013 YRBSS reported 15% for Ohio and the U.S.).
- In the past 30 days, 34% of youth drivers texted or e-mailed while driving a car or other vehicle (2013 YRBSS reported 46% for Ohio and 41% for the U.S.).
- Crawford County youth reported the following plans after high school graduation: will attend college (83%), will get a job (8%), will attend a technical/vocational school (3%), and 6% reported they did not know.
- Youth reported their parents/guardians got involved in their education: always (45%), often (32%), seldom (18%) and 5% of youth reported their parents never get involved in their education.

## 6<sup>th</sup>-8<sup>th</sup> Grade Youth Violence-Related Behaviors & Personal Safety

- 47% of youth had ever been bullied on school property.
- 30% of Crawford County youth had ever been electronically bullied.
- Crawford County youth reported their parents/guardians got involved in their education: always (46%), often (34%), seldom (15%) and 4% of youth reported their parents never get involved in their education.

Youth Comparisons	Crawford County 2014 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2014 (9 <sup>th</sup> -12 <sup>th</sup> )	Crawford County 2015 (6 <sup>th</sup> -8 <sup>th</sup> )	Crawford County 2015 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2013 (9 <sup>th</sup> -12 <sup>th</sup> )
Electronically/cyber bullied in past year	N/A	16%	N/A	19%	15%	15%
Bullied on school property in past year	N/A	21%	N/A	26%	21%	20%
Texted or e-mailed while driving a car or other vehicle in the past month	N/A	40%	N/A	34%	46%	41%

N/A – Data is not available

# Youth | PERCEPTIONS

## Key Findings

In 2015, 62% of Crawford County 9<sup>th</sup>-12<sup>th</sup> grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. About one-quarter (26%) of youth thought that there was no risk in using marijuana once or twice a month.

## 9<sup>th</sup>-12<sup>th</sup> Grade Perceived Risk of Drug Use

- Nearly two-thirds (62%) of Crawford County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- 6% of youth thought that there was no risk in smoking one or more packs of cigarettes per day.
- 26% of youth thought there was a great risk in smoking marijuana once or twice a month.
- 26% of youth thought that there was no risk in smoking marijuana once or twice a month.
- Over one-third (35%) of Crawford County youth thought there was a great risk in drinking five or more alcoholic beverages once or twice a week.
- 7% of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.

### Perceived Risk of Drug Use (9<sup>th</sup>-12<sup>th</sup> Grade)

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day	6%	9%	23%	62%
Smoke marijuana once or twice a month	26%	19%	28%	26%
Have five or more drinks of an alcoholic beverage once or twice a week	7%	20%	38%	35%

### Perceived Great Risk of Drug Use (9<sup>th</sup>-12<sup>th</sup> Grade)

How much do you think people risk harming themselves if they:	Total	Female	Male	14-16 years old	17 or older
Smoke one or more packs of cigarettes per day	62%	62%	61%	61%	64%
Smoke marijuana once or twice a month	26%	26%	27%	27%	25%
Have five or more drinks of an alcoholic beverage once or twice a week	35%	36%	34%	35%	34%

## 9<sup>th</sup>-12<sup>th</sup> Grade Degree of Disapproval of Drug Use by Adults

- 86% of youth reported their parents (or guardians) would strongly disapprove of them smoking one or more packs of cigarettes per day.
- 76% of Crawford County youth reported their parents would strongly disapprove of them trying marijuana once or twice.

- 72% of youth reported their parents would strongly disapprove of them having one or two drinks of an alcoholic beverage nearly every day.

## 6<sup>th</sup>-8<sup>th</sup> Grade Perceived Risk of Drug Use

- 62% of Crawford County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- 7% of youth thought that there was no risk in smoking one or more packs of cigarettes per day.
- 39% of youth thought there was a great risk in smoking marijuana once or twice a month.
- 13% of youth thought that there was no risk in smoking marijuana once or twice a month.
- 36% of Crawford County youth thought there was a great risk in drinking five or more alcoholic beverages once or twice a week.
- 6% of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.

### Degree of Disapproval by Parents/Guardians (9<sup>th</sup>-12<sup>th</sup> Grade)

How much would your parents approve of you:	Strongly Disapprove	Disapprove	Wouldn't Disapprove or Approve	Approve	Strongly Approve
Smoking cigarettes	86%	8%	5%	<1%	1%
Using marijuana	76%	13%	8%	1%	1%
Having one or two drinks of an alcoholic beverage nearly every day	72%	18%	8%	1%	1%

### Perceived Degree of Strong Disapproval by Parents/Guardians (9<sup>th</sup>-12<sup>th</sup> Grade)

How much would your parents approve of you:	Total	Female	Male	14-16 years old	17 or older
Smoking cigarettes	86%	84%	87%	86%	85%
Using marijuana	76%	75%	77%	77%	74%
Having one or two drinks of an alcoholic beverage nearly every day	72%	72%	73%	74%	69%

## 6<sup>th</sup>-8<sup>th</sup> Grade Degree of Disapproval of Drug Use by Adults

- 92% of youth reported their parents (or guardians) would strongly disapprove of them smoking one or more packs of cigarettes per day.
- 89% of Crawford County youth reported their parents would strongly disapprove of them trying marijuana once or twice.
- 79% of youth reported their parents would strongly disapprove of them having one or two drinks of an alcoholic beverage nearly every day.

# Appendix I | CRAWFORD COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

## APPENDIX I

Source	Data Used	Website
American Academy of Pediatrics (AAP)	<ul style="list-style-type: none"> <li>Safer Sex Guidelines</li> </ul>	<a href="http://www.ipch.org/DiseasesHealthInfo/HealthLibrary/adolescent/safesex.html">www.ipch.org/DiseasesHealthInfo/HealthLibrary/adolescent/safesex.html</a>
American Association of Suicidology	<ul style="list-style-type: none"> <li>Suicide Facts</li> </ul>	<a href="http://www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics">www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics</a>
American Cancer Society, Cancer Facts and Figures 2016. Atlanta: ACS, 2016	<ul style="list-style-type: none"> <li>2016 Cancer Facts, Figures, and Estimates</li> <li>Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org">www.cancer.org</a>
American Cancer Society, Electronic Cigarette Use Doubles Among Teenagers, 2013	<ul style="list-style-type: none"> <li>Electronic Cigarettes and Teenagers in the U.S.</li> </ul>	<a href="http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers">www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers</a>
American College of Allergy, Asthma & Immunology	<ul style="list-style-type: none"> <li>Asthma Facts</li> </ul>	<a href="http://acaai.org/news/facts-statistics/asthma">http://acaai.org/news/facts-statistics/asthma</a>
American Dental Association	<ul style="list-style-type: none"> <li>Oral Health in Older Adults</li> </ul>	<a href="http://www.ada.org/sections/publicResources/pdfs/faq.pdf">www.ada.org/sections/publicResources/pdfs/faq.pdf</a>
American Diabetes Association	<ul style="list-style-type: none"> <li>Type 1 and 2 Diabetes</li> <li>Risk Factors for Diabetes</li> <li>Diabetes Facts</li> </ul>	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> <li>Warning Signs for Suicide</li> </ul>	<a href="http://www.afsp.org/">www.afsp.org/</a>
American Heart Association, 2013	<ul style="list-style-type: none"> <li>Stroke Warning Signs and Symptoms</li> <li>Smoke-free Living: Benefits &amp; Milestones</li> </ul>	<a href="http://www.heart.org/HEARTORG/">www.heart.org/HEARTORG/</a>
<i>Arthritis at a Glance, 2012</i> , Centers for Disease Control & Prevention, <i>Morbidity and Mortality Weekly Report</i> 2010; 59(39):999-1003 & 59(39):1261-1265	<ul style="list-style-type: none"> <li>Arthritis Statistics</li> </ul>	<a href="http://www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm">www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm</a>
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> <li>2009 - 2014 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>

Source	Data Used	Website
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> <li>Victims of Gun Violence</li> </ul>	<a href="http://www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf">www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf</a>
Caron Pennsylvania	<ul style="list-style-type: none"> <li>Characteristics of New Marijuana Users</li> </ul>	<a href="http://www.caron.org/signs-of-pot-use-5827.html">www.caron.org/signs-of-pot-use-5827.html</a>
Centers for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> <li>Adverse Childhood Experiences (ACE)</li> <li>Asthma Attacks</li> <li>Binge Drinking Among Women</li> <li>Caffeinated Alcohol Beverages</li> <li>Cancer and Men</li> <li>Distracted Driving</li> <li>Electronic Cigarettes and Teenagers</li> <li>Health Care Access Among the Employed and Unemployed</li> <li>Health Care Access and Utilization</li> <li>Healthy Eyes</li> <li>HIV in the U.S.</li> <li>Heart Health and Stroke Facts</li> <li>Obesity Facts</li> <li>Oral Health</li> <li>Skin Cancer Prevention</li> <li>Smoking facts</li> <li>Tips for Parents</li> <li>Yearly Flu Shots</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Arthritis	<ul style="list-style-type: none"> <li>Key Public Health Messages</li> </ul>	<a href="http://www.cdc.gov/arthritis/basics/key.htm">www.cdc.gov/arthritis/basics/key.htm</a>
CDC, Injury Center: Violence Prevention 2014	<ul style="list-style-type: none"> <li>Suicide Prevention</li> </ul>	<a href="http://www.cdc.gov/violenceprevention/pub">www.cdc.gov/violenceprevention/pub</a>
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>Leading Causes of Death in U.S.</li> <li>Men's Health</li> <li>U.S. Female Fertility Rate</li> <li>U.S. Births to Unwed Mothers</li> <li>U.S. Low Birth Weight, Live Births</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/">www.cdc.gov/nchs/fastats/</a>
CDC, Physical Activity for Everyone	<ul style="list-style-type: none"> <li>Physical Activity Recommendations</li> </ul>	<a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html">www.cdc.gov/physicalactivity/everyone/guidelines/adults.html</a>
CDC, Sexually Transmitted Diseases Surveillance, 2014	<ul style="list-style-type: none"> <li>U.S. Chlamydia and Gonorrhea Rates</li> <li>U.S. STD Surveillance Profile</li> </ul>	<a href="http://www.cdc.gov/std/stats/">www.cdc.gov/std/stats/</a>
CDC, Vaccine Safety, Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>Human Papillomavirus</li> </ul>	<a href="http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html">www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html</a>

Source	Data Used	Website
CDC, Wonder	<ul style="list-style-type: none"> <li>About Underlying Cause of Death, 1999-2012</li> </ul>	<a href="http://wonder.cdc.gov/ucd-icd10.html">http://wonder.cdc.gov/ucd-icd10.html</a>
Community Commons	<ul style="list-style-type: none"> <li>Cigarette Expenditures</li> <li>Alcohol Beverage Expenditures</li> <li>Beer, Wine and Liquor Stores</li> <li>Bars and Drinking Establishments</li> </ul>	<a href="http://www.communitycommons.org/">www.communitycommons.org/</a>
Federal Emergency Management Agency (FEMA)	<ul style="list-style-type: none"> <li>Basic Disaster Supplies Kit</li> </ul>	<a href="http://www.ready.gov/basic-disaster-supplies-kit">www.ready.gov/basic-disaster-supplies-kit</a>
Health Indicators Warehouse	<ul style="list-style-type: none"> <li>Age-Adjusted Mortality Rates for Motor Vehicle Accidents</li> <li>Heart Disease and Stroke Mortality Rates</li> </ul>	<a href="http://www.healthindicators.gov/Indicators/Selection">www.healthindicators.gov/Indicators/Selection</a>
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>All Healthy People 2020 Target Data Points</li> <li>Some U.S. Baseline Statistics</li> <li>Predictors of Access to Health Care</li> </ul>	<a href="http://www.healthypeople.gov/2020/topicsobjectives2020">www.healthypeople.gov/2020/topicsobjectives2020</a>
Legacy for Health	<ul style="list-style-type: none"> <li>Tobacco Fact Sheet</li> </ul>	<a href="http://www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf">www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf</a>
National Cancer Institute	<ul style="list-style-type: none"> <li>Age-Adjusted Cancer Mortality Rates</li> </ul>	<a href="http://statecancerprofiles.cancer.gov/index.html">http://statecancerprofiles.cancer.gov/index.html</a>
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>Abuse of Prescription Drugs</li> <li>Drug Facts: Heroin</li> <li>Drug Facts: Drugged Driving</li> </ul>	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
National Vital Statistics Report	<ul style="list-style-type: none"> <li>Live Birth Data</li> </ul>	<a href="http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01">www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01</a>
Network of Care	<ul style="list-style-type: none"> <li>Health Indicators</li> <li>Age-Adjusted Mortality Rates</li> </ul>	<a href="http://Crawford.oh.networkofcare.org/ph/county-indicators.aspx#cat1">http://Crawford.oh.networkofcare.org/ph/county-indicators.aspx#cat1</a>
Office of Criminal Justice Services	<ul style="list-style-type: none"> <li>Crime Statistics and Crime Reports</li> </ul>	<a href="http://www.ocjs.ohio.gov/crime_stats_reports.stm">www.ocjs.ohio.gov/crime_stats_reports.stm</a>

Source	Data Used	Website
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>Obesity and Diabetes in Ohio</li> <li>Crawford County and Ohio Mortality Statistics</li> <li>Crawford County and Ohio Birth Statistics</li> <li>Crawford County and Ohio Leading Causes of Death</li> <li>Sexually Transmitted Diseases</li> <li>Incidence of Cancer</li> <li>HIV/AIDS Surveillance Program</li> <li>Statistics: Access to Health Services</li> <li>Teen Birth Rates</li> </ul>	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> <li>Crawford County Dental Care Resources</li> </ul>	<a href="http://publicapps.odh.ohio.gov/oralhealth/default.aspx">http://publicapps.odh.ohio.gov/oralhealth/default.aspx</a>
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> <li>Crawford County and Ohio Medicaid Statistics</li> </ul>	<a href="http://jfs.ohio.gov/county/cntypro/pdf11/Crawford.pdf">http://jfs.ohio.gov/county/cntypro/pdf11/Crawford.pdf</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>2015 Crawford County and Ohio Crash Facts</li> <li>OSHP Computer-Aided Dispatch (CAD) System</li> </ul>	<a href="https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx">https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx</a>
Ohio Department of Rehabilitation and Correction	<ul style="list-style-type: none"> <li>Arrests/Incarceration Data</li> <li>Inmate Population by Gender and Race</li> </ul>	<a href="http://drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf">http://drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf</a>
Ohio Mental Health and Addiction Services	<ul style="list-style-type: none"> <li>Doses Per Capita</li> </ul>	<a href="http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf">http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf</a>
Ohio State Highway Patrol	<ul style="list-style-type: none"> <li>Compliant Data</li> <li>Electronic Crash Records</li> <li>Felony Cases and Drug Arrests</li> <li>Crawford County Activity Statistics</li> </ul>	<a href="http://statepatrol.ohio.gov/">http://statepatrol.ohio.gov/</a>
Ohio Suicide Prevention Foundation	<ul style="list-style-type: none"> <li>Suicide Deaths by Gender and Age Group</li> </ul>	<a href="http://www.ohiospf.org/content.php?pageurl=ohio_statistics">http://www.ohiospf.org/content.php?pageurl=ohio_statistics</a>
Philadelphia Department of Public Health	<ul style="list-style-type: none"> <li>Electronic Cigarette Factsheet</li> </ul>	<a href="http://www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf">www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf</a>

# APPENDIX I

Source	Data Used	Website
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>American Community Survey 3 year estimate, 2013</li> <li>Ohio and Crawford County 2013 Census Demographic Information</li> <li>Ohio and U.S. Health Insurance Sources</li> <li>Small Area Income and Poverty Estimates</li> <li>Federal Poverty Thresholds</li> </ul>	<a href="http://www.census.gov">www.census.gov</a>
U.S. Department of Health and Human Services, Ohio Department of Mental Health	<ul style="list-style-type: none"> <li>Mental Health Services in Ohio</li> </ul>	<a href="http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human%20services.pdf">www.lsc.state.oh.us/fiscal/ohiofacts/sept 2012/health&amp;human services.pdf</a>

# Appendix II | CRAWFORD COUNTY

## ACRONYMS AND TERMS

<b>AHS</b>	<b>A</b> ccess to <b>H</b> ealth <b>S</b> ervices, Topic of Healthy People 2020 objectives
<b>Adult</b>	Defined as 19 years of age and older.
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Adult Binge Drinking</b>	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>AOCBC</b>	<b>A</b> rthritis, <b>O</b> steoporosis, and <b>C</b> hronic <b>B</b> ack <b>C</b> onditions, Topic of Healthy People 2020 objectives
<b>BMI</b>	<b>B</b> ody <b>M</b> ass <b>I</b> ndex is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	<b>B</b> ehavior <b>R</b> isk <b>F</b> actor <b>S</b> urveillance <b>S</b> ystem, an adult survey conducted by the CDC.
<b>CBP</b>	<b>C</b> ensus <b>B</b> usiness <b>P</b> atterns, Source of information for Community Commons maps
<b>CDC</b>	<b>C</b> enters for <b>D</b> isease <b>C</b> ontrol and <b>P</b> revention.
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>CY</b>	<b>C</b> alendar <b>Y</b> ear
<b>DRE</b>	<b>D</b> igital <b>R</b> ectal <b>E</b> xam
<b>FY</b>	<b>F</b> iscal <b>Y</b> ear
<b>HCNO</b>	<b>H</b> ospital <b>C</b> ouncil of <b>N</b> orthwest <b>O</b> hio
<b>HDS</b>	<b>H</b> ear <b>t</b> <b>D</b> isease and <b>S</b> troke, Topic of Healthy People 2020 objectives
<b>HP 2020</b>	<b>H</b> ealthy <b>P</b> eople <b>2020</b> , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>Health Indicator</b>	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
<b>High Blood Cholesterol</b>	240 mg/dL and above
<b>High Blood Pressure</b>	Systolic $\geq 140$ and Diastolic $\geq 90$
<b>IID</b>	<b>I</b> mmunizations and <b>I</b> nfectious <b>D</b> iseases, Topic of Healthy People 2020 objectives
<b>IVP</b>	<b>I</b> njury and <b>V</b> iolence <b>P</b> revention, Topic of Healthy People 2020 objectives

<b>MHMD</b>	<b>M</b> ental <b>H</b> ealth and <b>M</b> ental <b>D</b> isorders, Topic of Healthy People 2020 objectives
<b>N/A</b>	Data is not available.
<b>NWS</b>	<b>N</b> utrition and <b>W</b> eight <b>S</b> tatus, Topic of Healthy People 2020 objectives
<b>OARRS</b>	<b>O</b> hio <b>A</b> utomated Prescription ( <b>Rx</b> ) Reporting System
<b>ODH</b>	<b>O</b> hio <b>D</b> epartment of <b>H</b> ealth
<b>OSHP</b>	<b>O</b> hio <b>S</b> tate <b>H</b> ighway <b>P</b> atrol
<b>PSA test</b>	<b>P</b> rostate- <b>S</b> pecific <b>A</b> ntigen Test
<b>Race/Ethnicity</b>	<b>Census 2010:</b> 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.
<b>SA</b>	<b>S</b> ubstance <b>A</b> buse, Topic of Healthy People 2020 objectives
<b>TU</b>	<b>T</b> obacco <b>U</b> se, Topic of Healthy People 2020 objectives
<b>Youth</b>	Defined as 12 through 18 years of age
<b>YPLL/65</b>	<b>Y</b> ears of <b>P</b> otential <b>L</b> ife <b>L</b> ost before age 65. Indicator of premature death.
<b>YRBSS</b>	<b>Y</b> outh <b>R</b> isk <b>B</b> ehavior <b>S</b> urveillance <b>S</b> ystem, a youth survey conducted by the CDC.
<b>ZCTA</b>	<b>Z</b> ip <b>C</b> ode <b>T</b> abulation <b>A</b> rea, Geographic Area represented through Census Business Patterns in Community Commons map

# Appendix III | METHODS FOR WEIGHTING THE 2015 CRAWFORD COUNTY 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 2015 Crawford County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Crawford County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (9 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 Crawford 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 2015 Crawford County Survey and the 2014 Census estimates.

<u>2015 Crawford Survey</u>			<u>2014 Census</u>		<u>Weight</u>
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	224	54.10628	20,805	48.34325	0.893487
Female	190	45.89372	22,231	51.65675	1.125573

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Crawford County. The weighting for males was calculated by taking the percent of males in Crawford County (based on Census information) (48.34325%) and dividing that by the percent found in the 2015 Crawford County sample (54.10628%) [ $48.34325 / 54.10628 =$  weighting of 0.893487 for males]. The same was done for females [ $51.65675 / 45.89372 =$  weighting of 1.125573 for females]. Thus males' responses are weighted less by a factor of 0.893487 and females' responses weighted heavier by a factor of 1.125573.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 2.3962766 [ $1.125573$  (weight for females)  $\times$   $1.005178$  (weight for White)  $\times$   $1.789971$  (weight for age 35-44)  $\times$   $1.183244$  (weight for income \$50-\$75k)]. Thus, each individual in the 2015 Crawford 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 21.0) 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	Crawford Sample	%	2014 Census Estimate*	%		Weighting Value
<b>Sex:</b>						
Male	224	54.10628%	20,805	48.34325%		0.893487
Female	190	45.89372%	22,231	51.65675%		1.125573
<b>Age:</b>						
20-24	12	2.92683%	2,404	7.44065%		2.542222
25-34	18	4.39024%	4,505	13.94348%		3.176016
35-44	37	9.02439%	5,219	16.15339%		1.789971
45-54	62	15.12195%	6,099	18.87709%		1.248324
55-59	49	11.95122%	3,160	9.78056%		0.818373
60-64	63	15.36585%	2,895	8.96035%		0.583134
65-74	109	26.58537%	4,224	13.07376%		0.491765
75-84	60	14.63415%	2,651	8.20514%		0.560685
85+	0	0%	1,152	3.56557%		NA
<b>Race:</b>						
White	400	95.69378%	41,396	96.18924%		1.005178
Non-White	18	4.30622%	1,640	3.81076%		0.884944
<b>Household Income</b>						
Less than \$10,000	26	6.89655%	1,253	7.10922%		1.030837
\$10k-\$15k	30	7.95756%	1,237	7.01844%		0.881984
\$15k-\$25k	60	15.91512%	2,500	14.18440%		0.891253
\$25k-\$35k	62	16.44562%	2,430	13.78723%		0.838353
\$35k-\$50	70	18.56764%	3,009	17.07234%		0.919467
\$50k-\$75k	63	16.71088%	3,485	19.77305%		1.183244
\$75k or more	66	17.50663%	3,711	21.05532%		1.202705

Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Crawford County in each subcategory by the proportion of the sample in the Crawford County survey for that same category.

\* Crawford County population figures taken from the 2014 Census estimates from the American Community Survey.

# Appendix IV | CRAWFORD COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2015 Crawford County Health Assessment:

Buckeye Central Local School District

Bucyrus City School District

Colonel Crawford Local School District

Galion City School District

Crestline Exempted Village School District

Wynford Local School District

# Appendix V | CRAWFORD COUNTY

## SAMPLE DEMOGRAPHIC

### PROFILE\*

Variable	2015 Survey Sample	2014 Crawford County Census estimate	Ohio Census 2013
<b>Age</b>			
20-29	12.9%	10.8%	13.2%
30-39	14.4%	11.3%	11.9%
40-49	15.4%	13.0%	13.2%
50-59	22.3%	14.9%	14.7%
60 plus	29.2%	25.4%	21.3%
<b>Race/Ethnicity</b>			
White	92.8%	97.0%	82.5%
Black or African American	0.2%	0.9%	12.1%
American Indian and Alaska Native	1.0%	0.0%	0.2%
Asian	0.6%	0.2%	1.8%
Other	2.1%	0.1%	0.8%
Hispanic Origin (may be of any race)	0.3%	1.3%	3.3%
<b>Marital Status†</b>			
Married Couple	58.2%	54.9%	47.8%
Never been married/member of an unmarried couple	17.8%	23.9%	31.8%
Divorced/Separated	14.6%	13.6%	14.0%
Widowed	5.7%	7.7%	6.4%
<b>Education†</b>			
Less than High School Diploma	4.8%	13.2%	11.0%
High School Diploma	40.5%	46.2%	34.2%
Some college/ College graduate	50.8%	40.7%	54.8%
<b>Income (Families)</b>			
\$14,999 and less	14.6%	10.9%	8.7%
\$15,000 to \$24,999	12.9%	11.3%	8.2%
\$25,000 to \$49,999	26.8%	29.0%	23.4%
\$50,000 to \$74,999	17.2%	23.1%	20.3%
\$75,000 or more	16.8%	25.6%	39.4%

\* 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 Crawford County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

# Appendix VI | DEMOGRAPHICS AND HOUSEHOLD INFORMATION

Crawford County Population by Age Groups and Gender  
U.S. Census 2010

Age	Total	Males	Females
<b>Crawford County</b>	<b>43,784</b>	<b>21,260</b>	<b>22,524</b>
<b>0-4 years</b>	<b>2,542</b>	<b>1,294</b>	<b>1,248</b>
1-4 years	2,053	1,046	1,005
< 1 year	489	248	241
1-2 years	1,012	528	484
3-4 years	1,041	518	523
<b>5-9 years</b>	<b>2,760</b>	<b>1,396</b>	<b>1,364</b>
5-6 years	1,098	579	519
7-9 years	1,662	817	845
<b>10-14 years</b>	<b>3,005</b>	<b>1,510</b>	<b>1,495</b>
10-12 years	1,771	877	894
13-14 years	1,234	633	601
12-18 years	4,233	2,141	2,092
<b>15-19 years</b>	<b>2,912</b>	<b>1,493</b>	<b>1,419</b>
15-17 years	1,826	902	924
18-19 years	1,086	591	495
20-24 years	2,190	1,093	1,097
25-29 years	2,276	1,090	1,186
30-34 years	2,513	1,245	1,268
35-39 years	2,671	1,363	1,308
40-44 years	2,776	1,396	1,380
45-49 years	3,088	1,551	1,537
50-54 years	3,374	1,638	1,736
55-59 years	3,138	1,545	1,593
60-64 years	2,743	1,340	1,403
65-69 years	2,238	1,053	1,185
70-74 years	1,896	846	1,050
75-79 years	1,435	630	805
80-84 years	1,103	438	665
85-89 years	753	247	506
90-94 years	311	79	232
95-99 years	52	11	41
100-104 years	8	2	6
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>1,124</b>	<b>339</b>	<b>785</b>
<b>Total 65 years and over</b>	<b>7,796</b>	<b>3,306</b>	<b>4,490</b>
<b>Total 19 years and over</b>	<b>33,056</b>	<b>15,839</b>	<b>17,217</b>

# CRAWFORD COUNTY PROFILE

## General Demographic Characteristics (Source: U.S. Census Bureau, Census 2013)

2011-2013 ACS 3-year estimate

### Total Population

2013 Total Population	43,688
2000 Total Population	46,966

### Largest City-Galion

2013 Total Population	10,404	100%
2000 Total Population	11,341	100%

### Population By Race/Ethnicity

Total Population	43,688	100%
White Alone	42,405	97.1%
Hispanic or Latino (of any race)	550	1.3%
African American	352	0.8%
Asian	105	0.2%
Two or more races	772	1.8%
Other	34	0.1%
American Indian and Alaska Native	20	0.0%

### Population By Age 2010

Under 5 years	2,542	5.8%
5 to 17 years	7,591	17.3%
18 to 24 years	3,276	7.5%
25 to 44 years	10,236	23.4%
45 to 64 years	12,343	28.2%
65 years and more	7,796	17.8%
<b>Median age (years)</b>	<b>41.9</b>	

### Household By Type

Total Households	17,528	100%
Family Households (families)	11,654	66.5%
With own children <18 years	4,232	24.1%
Married-Couple Family Households	9,121	52.0%
With own children <18 years	2,748	15.7%
Female Householder, No Husband Present	1,807	10.3%
With own children <18 years	1,110	6.3%
Non-family Households	5,874	33.5%
Householder living alone	5,003	28.5%
Householder 65 years and >	2,248	12.8%
Households With Individuals < 18 years	4,779	27.3%
Households With Individuals 65 years and >	5,655	32.3%
Average Household Size	2.42 people	
Average Family Size	2.94 people	

**General Demographic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2013)

**2011-2013 ACS 3-year estimate**

Median Value of Owner-Occupied Units	\$86,200
Median Monthly Owner Costs (With Mortgage)	\$915
Median Monthly Owner Costs (Not Mortgaged)	\$363
Median Gross Rent for Renter-Occupied Units	\$629
Median Rooms Per Housing Unit	6.0
Total Housing Units	17,528
No Telephone Service	360
Lacking Complete Kitchen Facilities	142
Lacking Complete Plumbing Facilities	2

**Selected Social Characteristics**  
(Source: U.S. Census Bureau, Census 2013)

**2011-2013 ACS 3-year estimates**

**School Enrollment**

Population 3 Years and Over Enrolled In School	9,496	100%
Nursery & Preschool	707	7.4%
Kindergarten	407	4.3%
Elementary School (Grades 1-8)	4,509	47.5%
High School (Grades 9-12)	2,279	24.0%
College or Graduate School	1,594	16.8%

**Educational Attainment**

Population 25 Years and Over	29,946	100%
< 9 <sup>th</sup> Grade Education	1,010	3.4%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	2,931	9.8%
High School Graduate (Includes Equivalency)	13,827	46.2%
Some College, No Degree	5,858	19.6%
Associate Degree	2,542	8.5%
Bachelor's Degree	2,540	8.5%
Graduate Or Professional Degree	1,238	4.1%

Percent High School Graduate or Higher	*(X)	86.8%
Percent Bachelor's Degree or Higher	*(X)	12.6%

\*(X) – Not available

**Selected Social Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2013)

**2011-2013 ACS 3-year estimates**

**Marital Status**

Population 15 Years and Over	35,106	100%
Never Married	8,378	23.9%
Now Married, Excluding Separated	19,256	54.9%
Separated	655	1.9%
Widowed	2,713	7.7%
Female	2,134	6.1%
Divorced	4,104	11.7%
Female	2,132	6.1%

**Veteran Status**

Civilian Veterans 18 years and over	3,474	10.4%
-------------------------------------	-------	-------

**Disability Status of the Civilian Non-institutionalized Population**

Total Civilian Noninstitutionalized Population	42,474	100%
With a Disability	7,312	17.2%
Under 18 years	9,647	100%
With a Disability	689	7.1%
18 to 64 years	25,102	100%
With a Disability	3,809	15.2%
65 Years and Over	7,725	100%
With a Disability	2,814	36.4%

**Selected Economic Characteristics**  
(Source: U.S. Census Bureau, Census 2013)

**2011-2013 ACS 3-year estimate**

**Employment Status**

Population 16 Years and Over	34,469	100%
In Labor Force	19,556	56.7%
Not In Labor Force	14,913	43.3%
Females 16 Years and Over	17,978	100%
In Labor Force	9,372	52.1%
Population Living With Own Children <6 Years	2,948	100%
All Parents In Family In Labor Force	2,063	70.0%

**Class of Worker**

Employed Civilian Population 16 Years and Over	17,693	100%
Private Wage and Salary Workers	14,483	81.9%
Government Workers	2,149	12.1%
Self-Employed Workers in Own Not Incorporated Business	1,060	6.0%
Unpaid Family Workers	1	0.0%

**Selected Economic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2013)

**2011-2013 ACS 3-year estimate**

**Occupations**

Employed Civilian Population 16 Years and Over	17,693	100%
Production, Transportation, and Material Moving Occupations	4,376	24.7%
Management, business, science, and art occupations	4,586	25.9%
Sales and Office Occupations	3,472	19.6%
Service Occupations	3,330	18.8%
Natural Resources, Construction, and Maintenance Occupations	1,929	10.9%

**Leading Industries**

Employed Civilian Population 16 Years and Over	17,693	100%
Manufacturing	4,101	23.2%
Educational, health and social services	3,711	21.0%
Trade (retail and wholesale)	2,360	14.7%
Arts, entertainment, recreation, accommodation, and food services	1,550	8.8%
Professional, scientific, management, administrative, and waste management services	1,043	5.9%
Transportation and warehousing, and utilities	743	4.2%
Finance, insurance, real estate and rental and leasing	697	3.9%
Other services (except public administration)	915	5.2%
Construction	1,063	6.0%
Public administration	715	4.0%
Information	265	1.5%
Agriculture, forestry, fishing and hunting, and mining	530	3.0%

**Selected Economic Characteristics, Continued**  
(Source: U.S. Bureau of Economic Analysis)

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

	<b>Income</b>	<b>Rank of Ohio Counties</b>
BEA Per Capita Personal Income 2013	\$33,642	62 <sup>nd</sup> of 88 counties
BEA Per Capita Personal Income 2012	\$33,340	54 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2011	\$32,129	56 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2010	\$29,324	65 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$24,053	49 <sup>th</sup> 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)

**Selected Economic Characteristics, Continued**  
**(Source: U.S. Census Bureau, Census 2013)**

**2011-2013 ACS 3-year estimate**

**Income In 2013**

Households	17,528	100%
< \$10,000	1,405	8.0%
\$10,000 to \$14,999	1,250	7.1%
\$15,000 to \$24,999	2,735	15.6%
\$25,000 to \$34,999	2,457	14.0%
\$35,000 to \$49,999	2,865	16.3%
\$50,000 to \$74,999	3,395	19.4%
\$75,000 to \$99,999	1,790	10.2%
\$100,000 to \$149,999	1,218	6.9%
\$150,000 to \$199,999	234	1.3%
\$200,000 or more	179	1.0%

**Median Household Income**

**\$38,792**

**Income In 2013**

Families	11,654	100%
< \$10,000	843	7.2%
\$10,000 to \$14,999	433	3.7%
\$15,000 to \$24,999	1,319	11.3%
\$25,000 to \$34,999	1,377	11.8%
\$35,000 to \$49,999	2,000	17.2%
\$50,000 to \$74,999	2,697	23.1%
\$75,000 to \$99,999	1,518	13.0%
\$100,000 to \$149,999	1,123	9.6%
\$150,000 to \$199,999	220	1.0%
\$200,000 or more	124	1.1%

**Median Household Income (families)**

**\$48,967**

**Per Capita Income In 2011-2013**

**\$21,550**

**Poverty Status In 2013**

	<b>Number Below Poverty Level</b>	<b>% Below Poverty Level</b>
Families	*(X)	14.5%
Individuals	*(X)	19.5%

\*(X) – Not available

**Poverty Rates, 5-year averages  
2009 to 2013**

Category	Crawford	Ohio
Population in poverty	16.6%	15.8%
< 125% FPL (%)	22.6%	20.3%
< 150% FPL (%)	28.9%	24.9%
< 200% FPL (%)	40.1%	34.1%
Population in poverty (1999)	10.4%	10.6%

*(Source: The Ohio Poverty Report, Ohio Development Services Agency, January 2015, <http://www.development.ohio.gov/files/research/P7005.pdf>)*

**Employment Statistics**

Category	Crawford	Ohio
Labor Force	19,400	5,766,400
Employed	18,100	5,453,700
Unemployed	1,300	312,700
Unemployment Rate* in March 2016	6.8	5.4
Unemployment Rate* in February 2016	6.7	5.6
Unemployment Rate* in March 2015	6.0	5.2

*\*Rate equals unemployment divided by labor force.*

*(Source: Ohio Department of Job and Family Services, March 2016, <http://ohiolmi.com/laus/current.htm>)*

### Estimated Poverty Status in 2014

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Crawford County</b>				
All ages in poverty	6,441	5,256 to 7,626	15.4%	12.6 to 18.2
Ages 0-17 in poverty	2,242	1,790 to 2,694	24.7%	19.7 to 29.7
Ages 5-17 in families in poverty	1,557	1,239 to 1,875	23.0%	18.3 to 27.7
Median household income	\$39,881	\$37,045 to \$42,717		
<b>Ohio</b>				
All ages in poverty	1,778,288	1,755,728 to 1,800,848	15.8%	15.6 to 16.0
Ages 0-17 in poverty	588,618	574,885 to 602,351	22.7%	22.2 to 23.2
Ages 5-17 in families in poverty	395,792	383,745 to 407,839	20.8%	20.2 to 21.4
Median household income	\$49,349	\$48,991 to \$49,707		
<b>United States</b>				
All ages in poverty	48,208,387	47,966,830 to 48,449,944	15.5%	15.4 to 15.6
Ages 0-17 in poverty	15,686,012	15,564,145 to 15,807,879	21.7%	21.5 to 21.9
Ages 5-17 in families in poverty	10,714,518	10,632,252 to 10,796,784	20.4%	20.2 to 20.6
Median household income	\$53,657	\$53,564 to \$53,750		

(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/did/www/saipe/data/interactive/#>)

### Federal Poverty Thresholds in 2015 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	\$12,331					
1 Person 65 and >	\$11,367					
2 people Householder < 65 years	\$15,871	\$16,337				
2 People Householder 65 and >	\$14,326	\$16,275				
3 People	\$18,540	\$19,078	\$19,096			
4 People	\$24,447	\$24,847	\$24,036	\$24,120		
5 People	\$29,482	\$29,911	\$28,995	\$28,286	\$27,853	
6 People	\$33,909	\$34,044	\$33,342	\$32,670	\$31,670	\$31,078
7 People	\$39,017	\$39,260	\$38,421	\$37,835	\$36,745	\$35,473
8 People	\$43,637	\$44,023	\$43,230	\$42,536	\$41,551	\$40,300
9 People or >	\$52,493	\$52,747	\$52,046	\$51,457	\$50,490	\$49,159

(Source: U. S. Census Bureau, Poverty Thresholds 2015, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)

# Appendix VII | CRAWFORD COUNTY HEALTH RANKINGS

## APPENDIX VII

	Crawford County	Ohio	U.S.
<b>Health Outcomes</b>			
<b>Premature death.</b> Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2011-2013)	7,629	7,534	6,600
<b>Overall health.</b> Percentage of adults reporting fair or poor health (age-adjusted) (2014)	15%	17%	18%
<b>Physical health.</b> Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2014)	3.8	4.0	3.8
<b>Mental health.</b> Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2014)	4.0	4.3	3.7
<b>Maternal and infant health.</b> Percentage of live births with low birthweight (< 2500 grams) (2007-2013)	7%	9%	8%
<b>Health Behaviors</b>			
<b>Tobacco.</b> Percentage of adults who are current smokers (2014)	18%	21%	17%
<b>Obesity.</b> Percentage of adults that report a BMI of 30 or more (2012)	32%	30%	27%
<b>Food environment.</b> Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2013)	7.3	6.9	7.2
<b>Physical activity.</b> Percentage of adults aged 20 and over reporting no leisure-time physical activity (2012)	31%	26%	23%
<b>Active living environment.</b> Percentage of population with adequate access to locations for physical activity (2010 & 2014)	71%	83%	84%
<b>Drug and alcohol abuse.</b> Percentage of adults reporting binge or heavy drinking (2014)	15%	19%	17%
<b>Drug and alcohol abuse and injury.</b> Percentage of driving deaths with alcohol involvement (2010-2014)	17%	35%	31%
<b>Infectious disease.</b> Number of newly diagnosed chlamydia cases per 100,000 population (2013)	273	460	447
<b>Sexual and reproductive health.</b> Teen birth rate per 1,000 female population, ages 15-19 (2007-2013)	43	34	35

(Source: 2016 County Health Rankings for Crawford County, Ohio and U.S. data)

	Crawford County	Ohio	U.S
<b>Clinical Care</b>			
<b>Coverage and affordability.</b> Percentage of population under age 65 without health insurance (2013)	13%	13%	17%
<b>Access to health care/medical care.</b> Ratio of population to primary care physicians (2013)	3,567:1	1,296:1	1,320:1
<b>Access to dental care.</b> Ratio of population to dentists (2014)	1,931:1	1,713:1	1,540:1
<b>Access to behavioral health care.</b> Ratio of population to mental health providers (2015)	1,011:1	642:1	490:1
<b>Hospital utilization.</b> Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2013)	60	65	54
<b>Diabetes.</b> Percentage of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring (2013)	81%	85%	85%
<b>Cancer.</b> Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2013)	60%	60%	63%
<b>Social and Economic Environment</b>			
<b>Education.</b> Percentage of ninth-grade cohort that graduates in four years (2012-2013)	89%	83%	82%
<b>Education.</b> Percentage of adults ages 25-44 years with some post-secondary education (2010-2014)	63%	63%	64%
<b>Employment, poverty, and income.</b> Percentage of population ages 16 and older unemployed but seeking work (2014)	7%	6%	6%
<b>Employment, poverty, and income.</b> Percentage of children under age 18 in poverty (2014)	25%	23%	22%
<b>Employment, poverty, and income.</b> Ratio of household income at the 80th percentile to income at the 20th percentile (2010-2014)	4.1	4.8	4.7
<b>Family and social support.</b> Percentage of children that live in a household headed by single parent (2010-2014)	31%	35%	34%
<b>Family and social support.</b> Number of membership associations per 10,000 population (2013)	18.9	11.4	9.0
<b>Violence.</b> Number of reported violent crime offenses per 100,000 population (2010-2012)	119	307	392
<b>Injury.</b> Number of deaths due to injury per 100,000 population (2009-2013)	68	63	60

(Source: 2016 County Health Rankings for Crawford County, Ohio and U.S. data)

	Crawford County	Ohio	U.S.
<b>Physical Environment</b>			
<b>Air, water, and toxic substances.</b> Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2011)	13.6	13.5	11.4
<b>Air, water, and toxic substances.</b> Indicator of the presence of health-related drinking water violations. 1 - indicates the presence of a violation, 0 - indicates no violation (FY 2013-2014)	No	N/A	N/A
<b>Housing.</b> Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2008-2012)	12%	15%	19%
<b>Transportation.</b> Percentage of the workforce that drives alone to work (2010-2014)	83%	84%	76%
<b>Transportation.</b> Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2010-2014)	24%	29%	31%

N/A – Data is not available

(Source: 2016 County Health Rankings for Crawford County, Ohio and U.S. data)