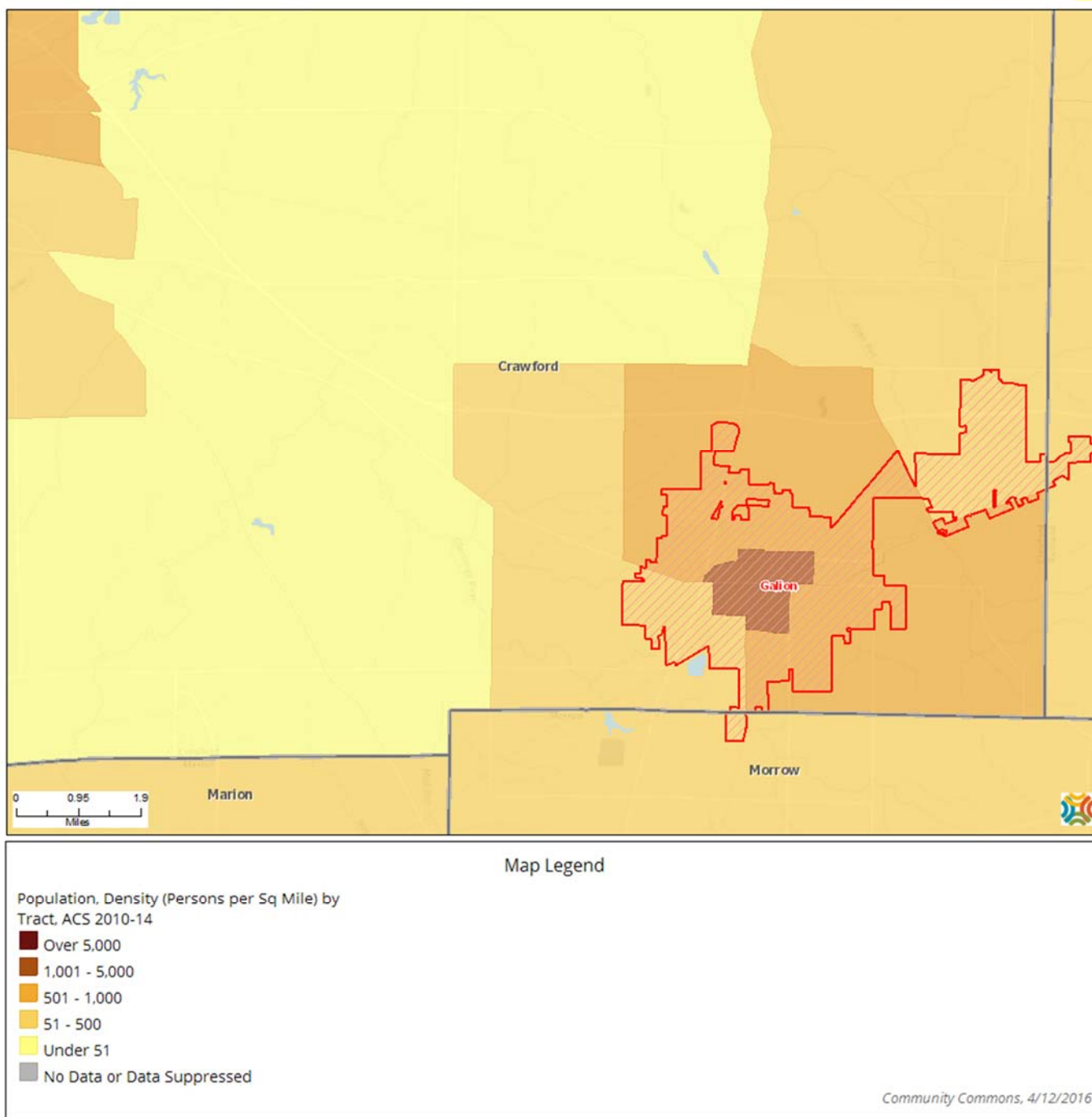


# Galion City | HEALTH CARE ACCESS, COVERAGE & UTILIZATION

## Key Findings

According to the 2014 American Community Survey 5-Year estimate data, approximately 7,612 Galion City adults live in Crawford County. Only 132 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.



(Source: Community Commons, 4/12/2016)

## 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).

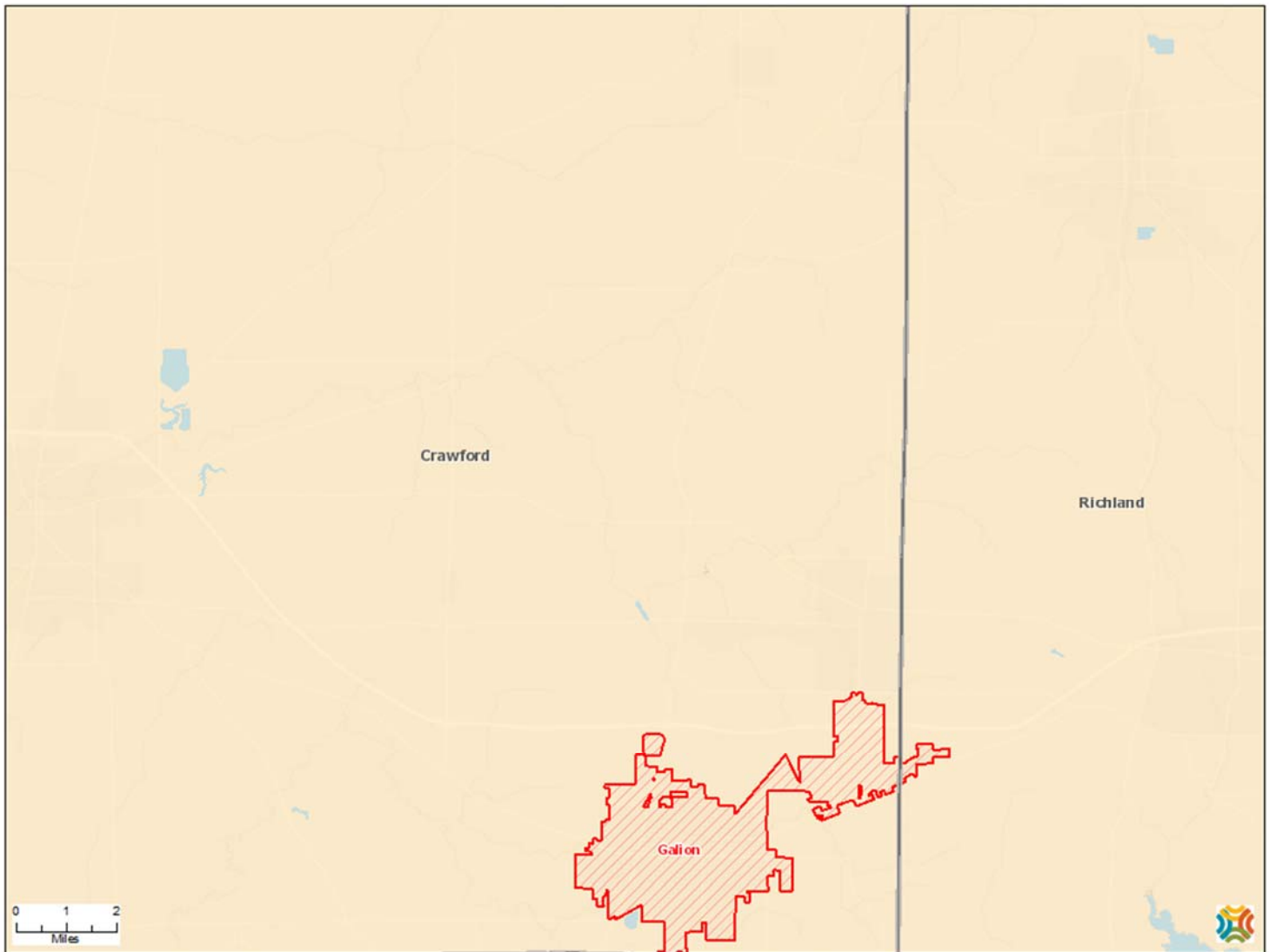
### What Is Mental Health?

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:
  - Biological factors, such as genes or brain chemistry
  - Life experiences, such as trauma or abuse
  - Family history of mental health problems
- Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

*(Source: What Is Mental Health, from: <http://www.mentalhealth.gov/basics/what-is-mental-health/index.html>)*

## 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%).



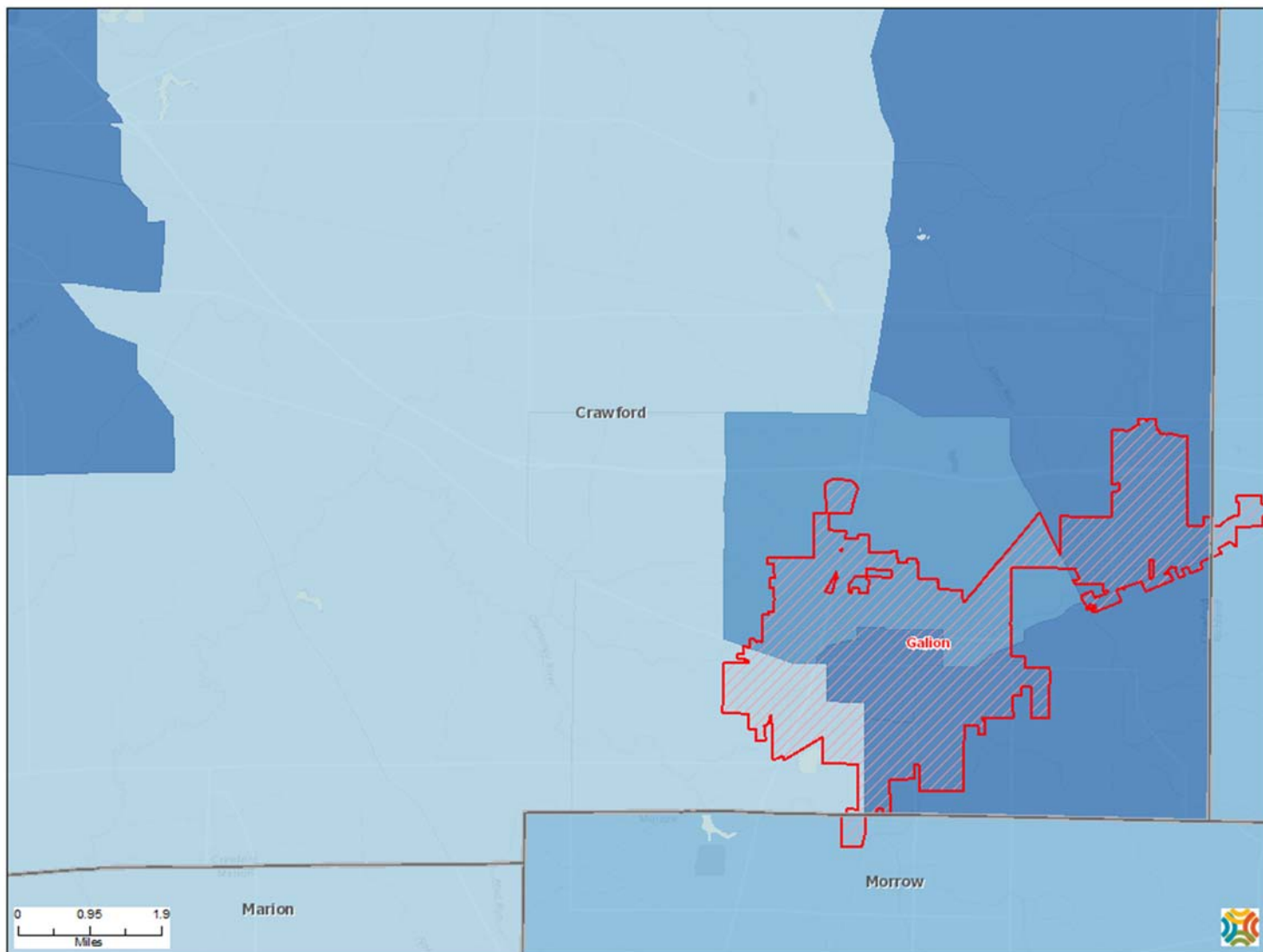
### Map Legend

Uninsured Population, Age 18-64, Percent by County, SAHIE 2013

- Over 27.0%
- 22.1 - 27.0%
- 17.1 - 22.0%
- Under 17.1%
- No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)



### Map Legend

Insured, Medicaid / Means-Tested Coverage,  
Percent by Tract, ACS 2010-14

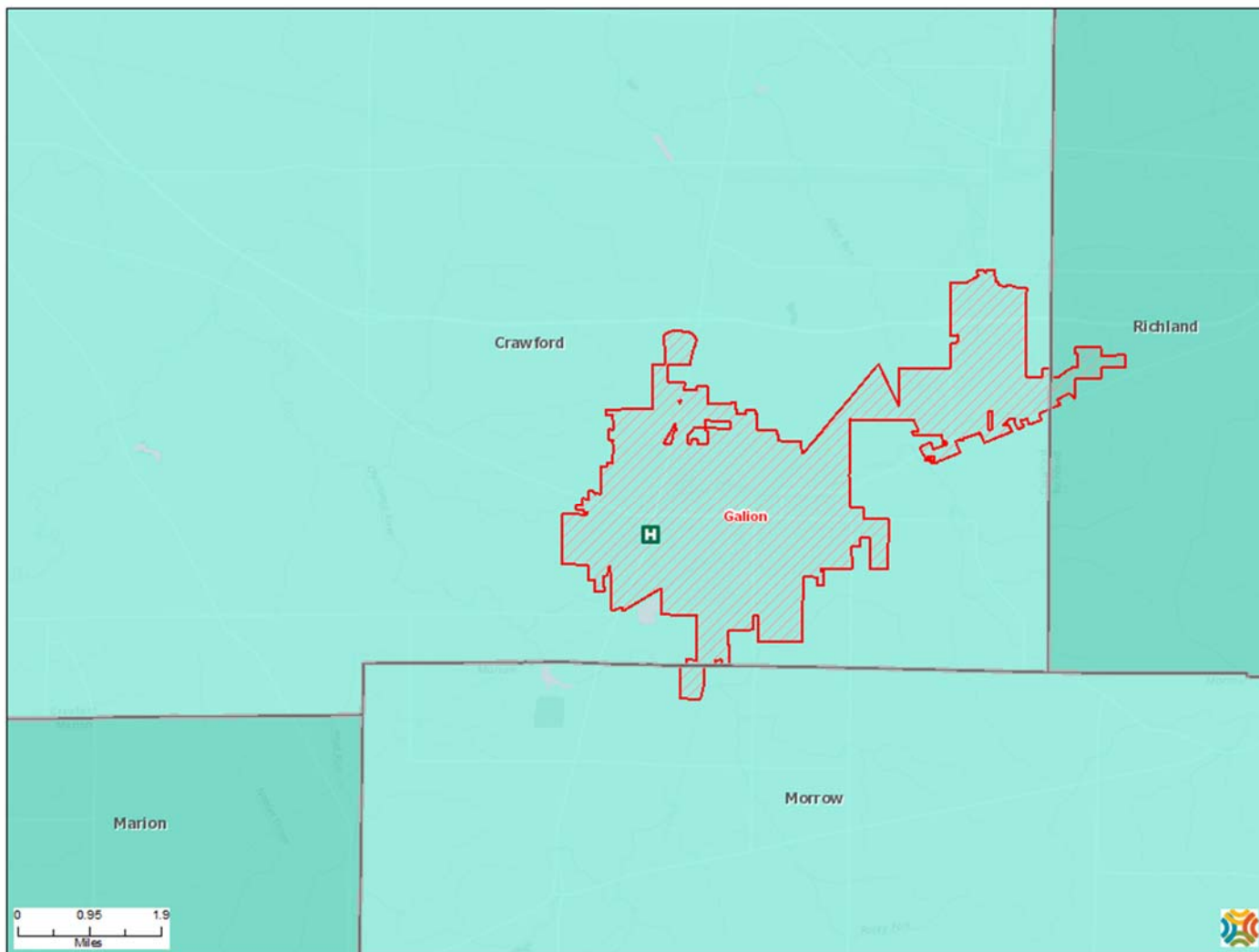
- Over 25.0%
- 20.1 - 25.0%
- 15.1 - 20.0%
- Under 15.1%
- No Data or Data Suppressed

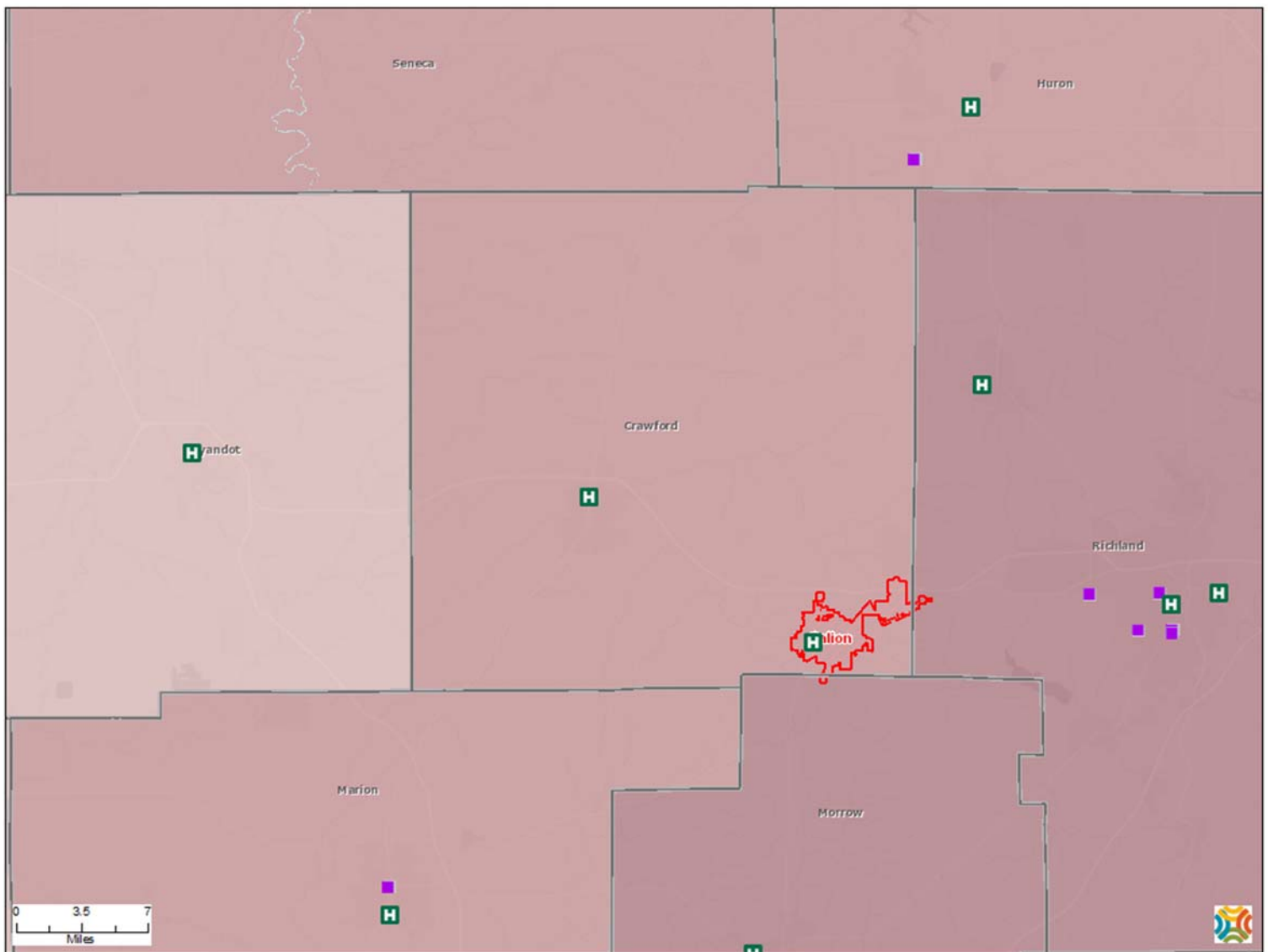
Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)

## 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.





#### Map Legend

**H** Hospitals, POS 2015  
**■** Federally Qualified Health Centers, POS 2015

No Consistent Source of Primary Care, Percent of Adults Age 18+ by County, BRFSS 2011-12

Over 25.0%  
 19.1 - 25.0%  
 13.1 - 19.0%  
 Under 13.1%  
 No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)

## 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 2013	U.S. 2013
Uninsured	11%	12%	14%	17%
Adults who visited the dentist in the past year	62%	63%	68%*	67%*

\* 2012 BRFSS data  
(Source: 2015 Crawford County Health Assessment and 2013 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 132 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%).

## DIABETES

29.1  
MILLION

29.1 million  
people have  
diabetes



That's about 1 out of every 11 people



1  
OUT  
OF  
4

do not know they  
have diabetes

## PREDIABETES

86  
MILLION



86 million people —  
more than 1 out of 3 adults  
— have prediabetes



9  
OUT  
OF  
10

do not know they  
have prediabetes



Without weight  
loss and moderate  
physical activity

15–30% of people with  
prediabetes will develop  
type 2 diabetes within 5 years



## COST



\$245  
BILLION

Total medical costs and lost  
work and wages for people  
with diagnosed diabetes

Risk of death  
for adults with  
diabetes is



50%  
HIGHER



than for  
adults without  
diabetes



Medical costs for  
people with diabetes  
are **twice as high**  
as for people  
without diabetes

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY  
FAILURE



HEART  
DISEASE



STROKE



LOSS OF TOES,  
FEET, OR LEGS

## TYPES OF DIABETES

### TYPE 1



**BODY DOES NOT  
MAKE ENOUGH INSULIN**

- Can develop at any age
- No known way to prevent it

**More than 18,000 youth  
diagnosed** each year in  
2008 and 2009



In adults, type 1  
diabetes accounts  
for approximately

**5%**

of all diagnosed  
cases of diabetes

### TYPE 2



**BODY CANNOT USE  
INSULIN PROPERLY**

- Can develop at any age
- Most cases can be prevented



**Currently, at least 1 out of 3  
people will develop the disease  
in their lifetime**

**More than 5,000 youth  
diagnosed** each year in  
2008 and 2009



**1.7  
MILLION**

**People 20 years and  
older diagnosed in 2012**



## RISK FACTORS FOR TYPE 2 DIABETES:



BEING  
OVERWEIGHT



HAVING A  
FAMILY HISTORY



HAVING DIABETES  
WHILE PREGNANT  
(GESTATIONAL DIABETES)



# WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE  
WEIGHT



EAT  
HEALTHY



BE MORE  
ACTIVE

LEARN MORE AT  
[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)  
OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



WORK WITH A  
HEALTH  
PROFESSIONAL



EAT  
HEALTHY



STAY  
ACTIVE

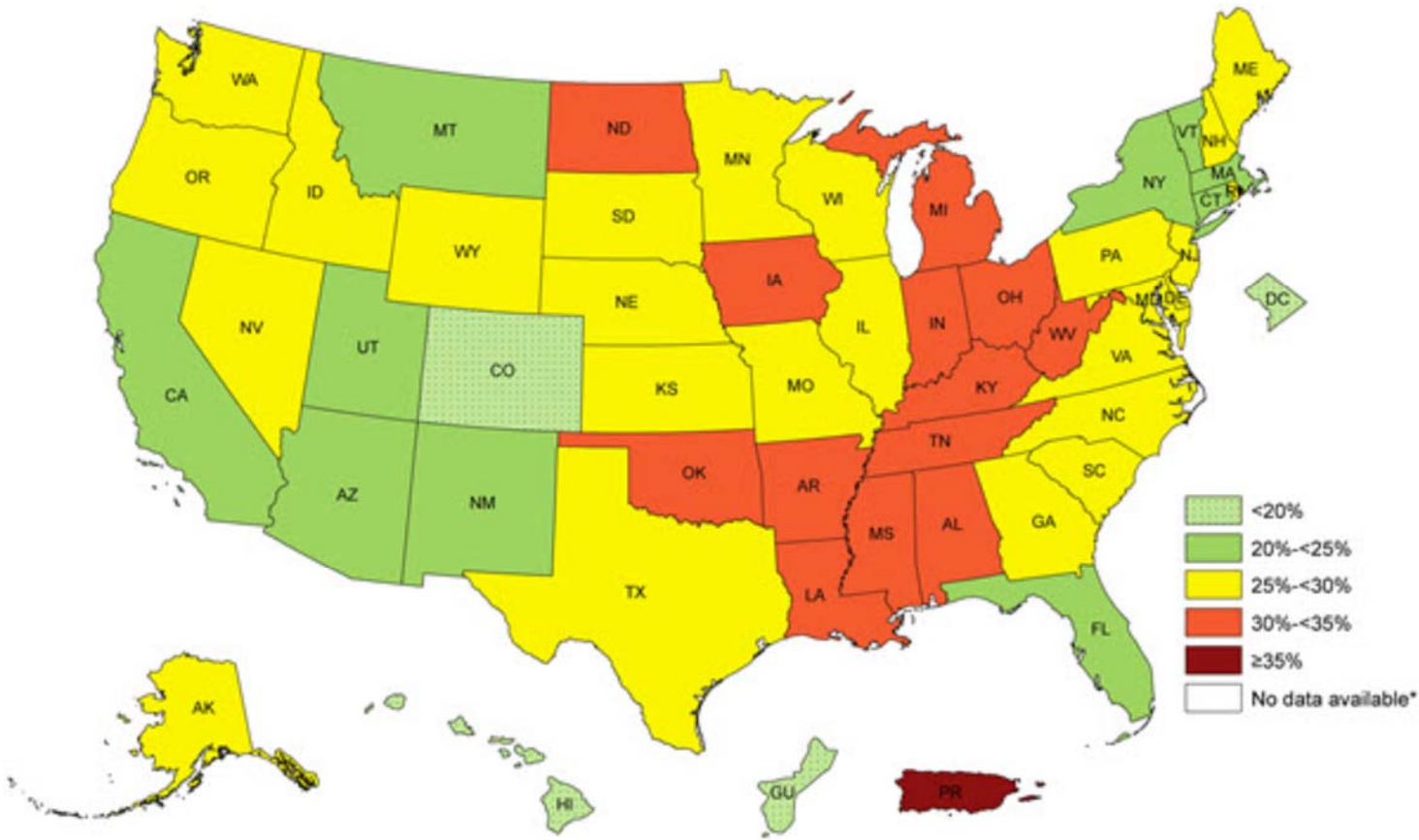
LEARN MORE AT  
[www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)  
OR SPEAK TO YOUR DOCTOR

Adult Comparisons	Galion City 2015	Crawford County Total 2015	Ohio 2013	U.S. 2013
Obese	40%	35%	30%	29%
Overweight	40%	40%	35%	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%	11%	11%
Diagnosed with asthma	17%	12%	14%	14%
Diagnosed with arthritis	34%	32%	30%	25%
Current drinker	39%	51%	53%	55%
Current smoker	22%	20%	23%	19%

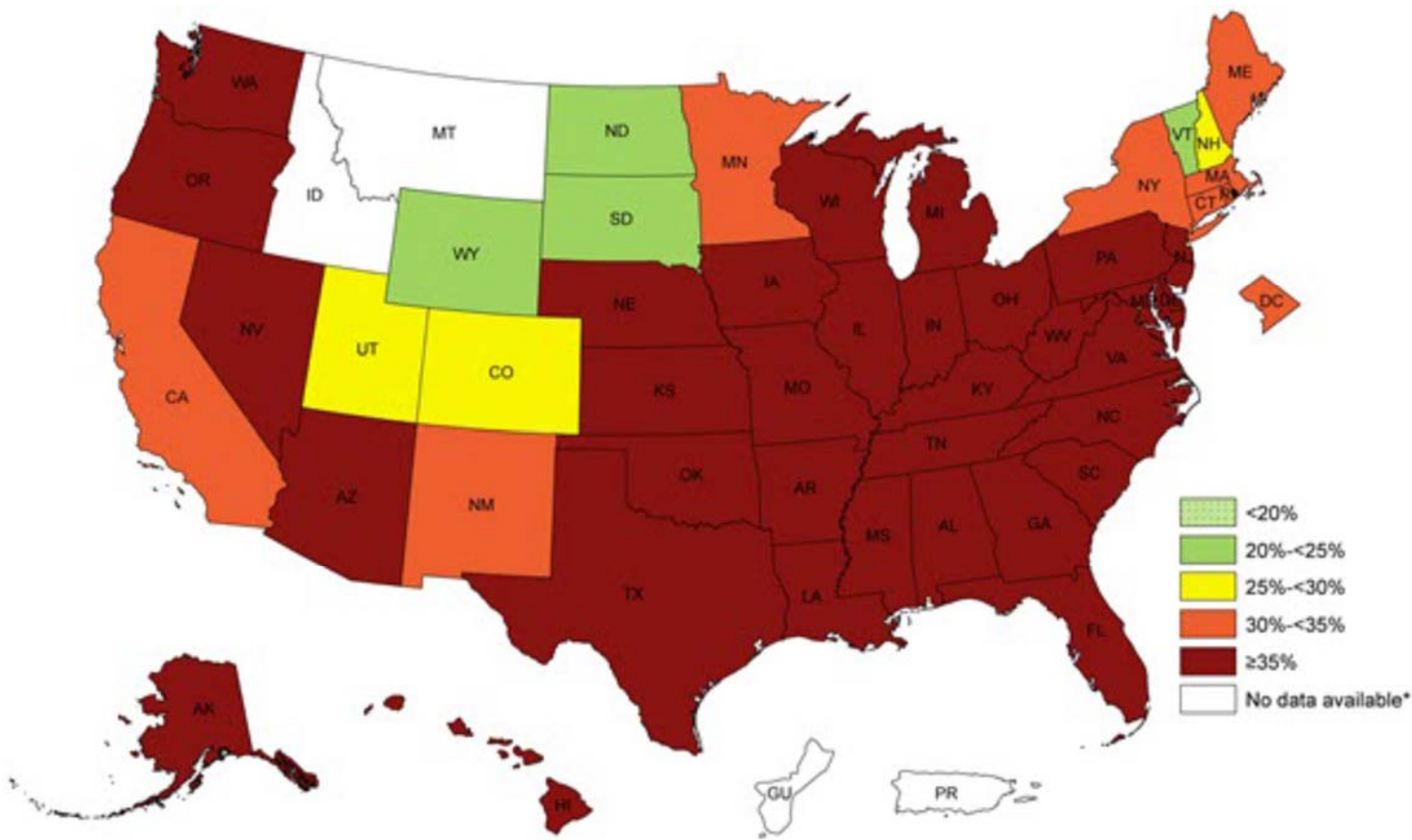
(Source: 2015 Crawford County Health Assessment and 2013 BRFSS)



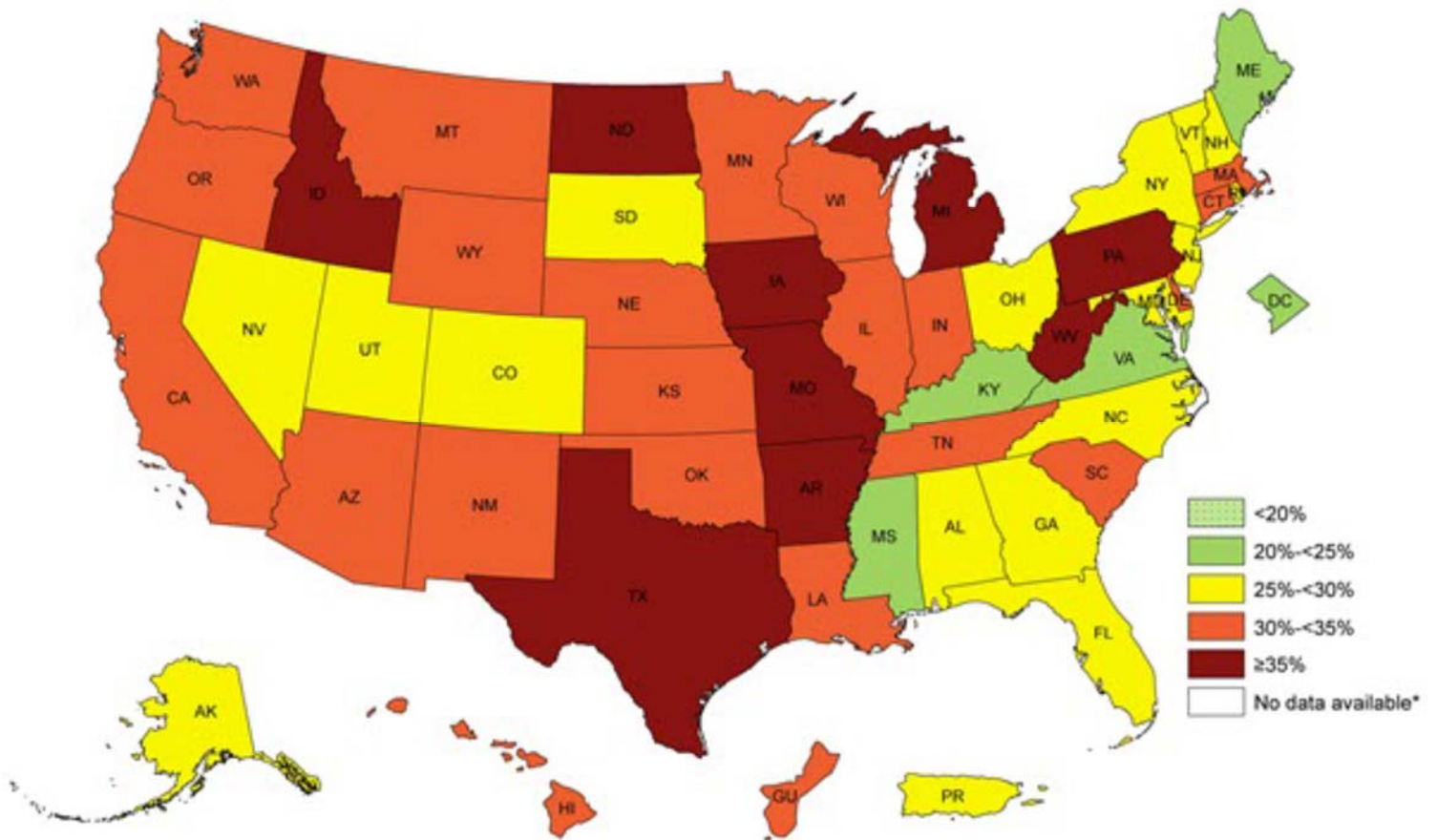
Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults by State and Territory, BRFSS, 2012-2014



Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults by State and Territory, BRFSS, 2012-2014



**Prevalence of Self-Reported Obesity Among Hispanic Adults by State and Territory, BRFSS,  
2012-2014**





# Galion City | SOCIAL CONTEXT AND SAFETY

## Key Findings

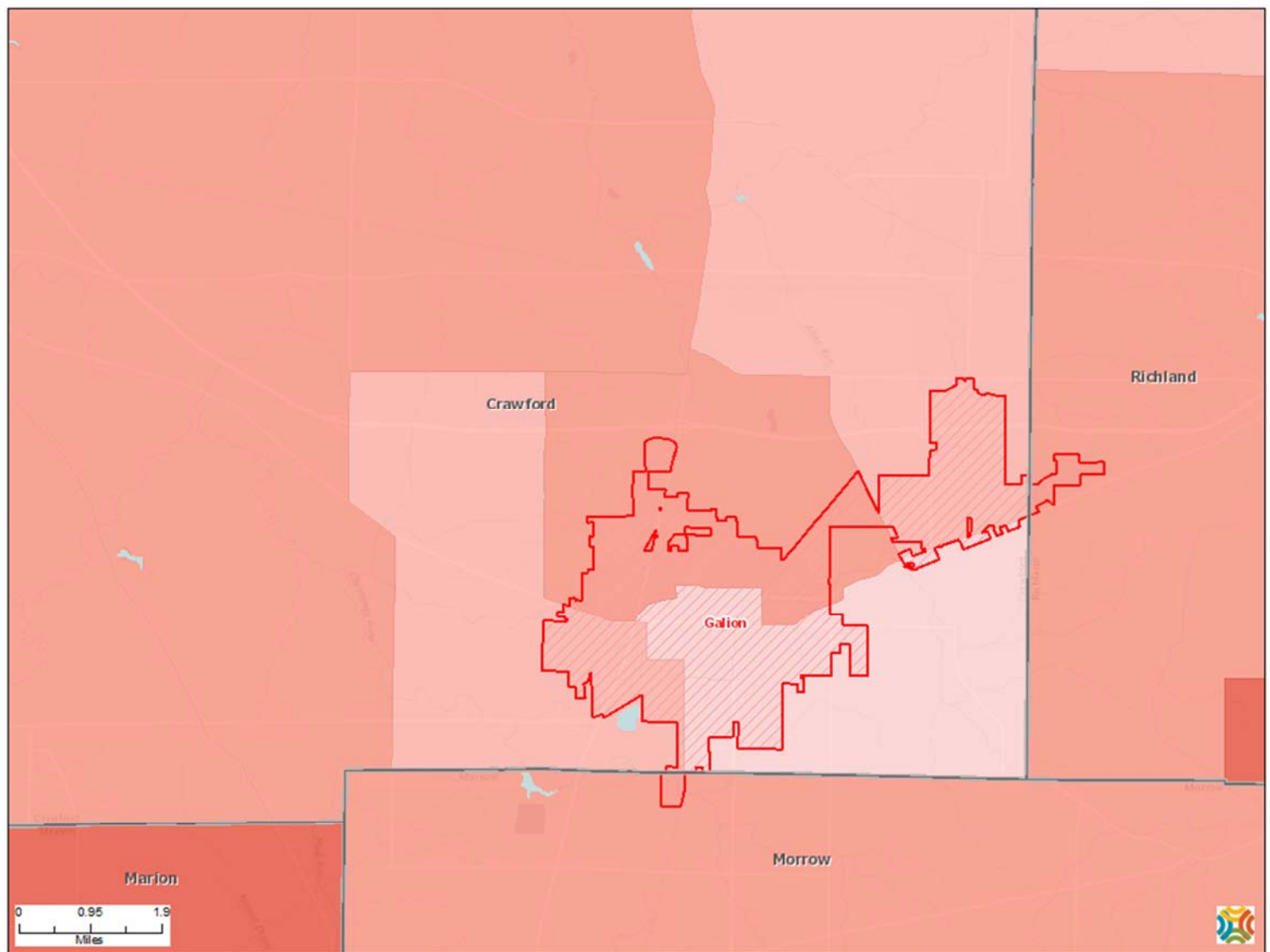
*According to the 2014 American Community Survey 5-Year estimate data, approximately 7,612 Galion City adults live in Crawford County. Only 132 adults living in Galion City responded to the survey and the data is NOT generalizable to the entire population. Over half (54%) of Galion City adults kept a 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%).



### Map Legend

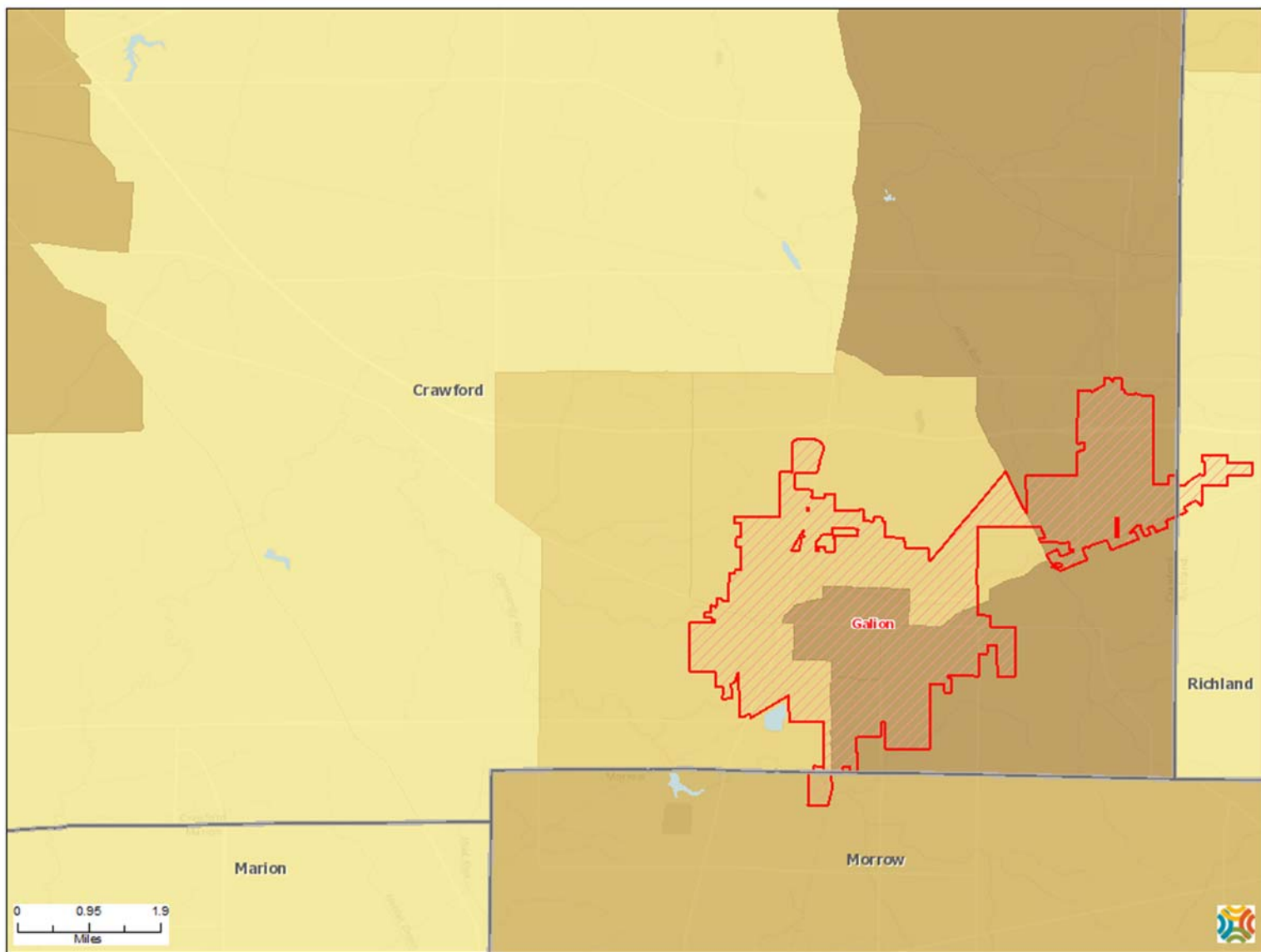
Median Family Income by Tract, ACS 2010-14

- Over \$65,000
- \$55,001 - \$65,000
- \$45,001 - \$55,000
- Under \$45,001
- No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)





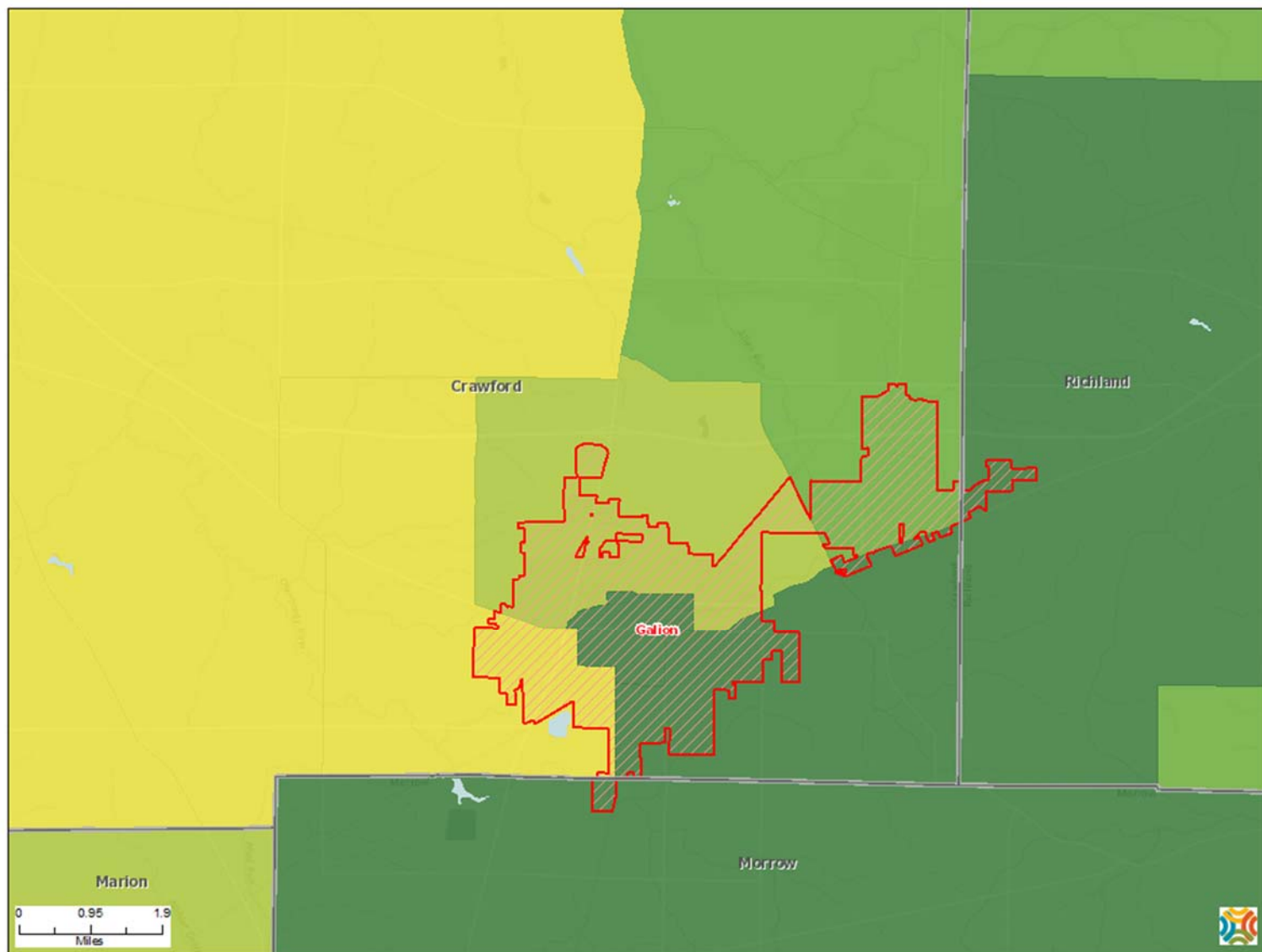
### Map Legend

Population Below the Poverty Level, Percent by Tract, ACS 2010-14

- Over 20.0%
- 15.1 - 20.0%
- 10.1 - 15.0%
- Under 10.1%
- No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)



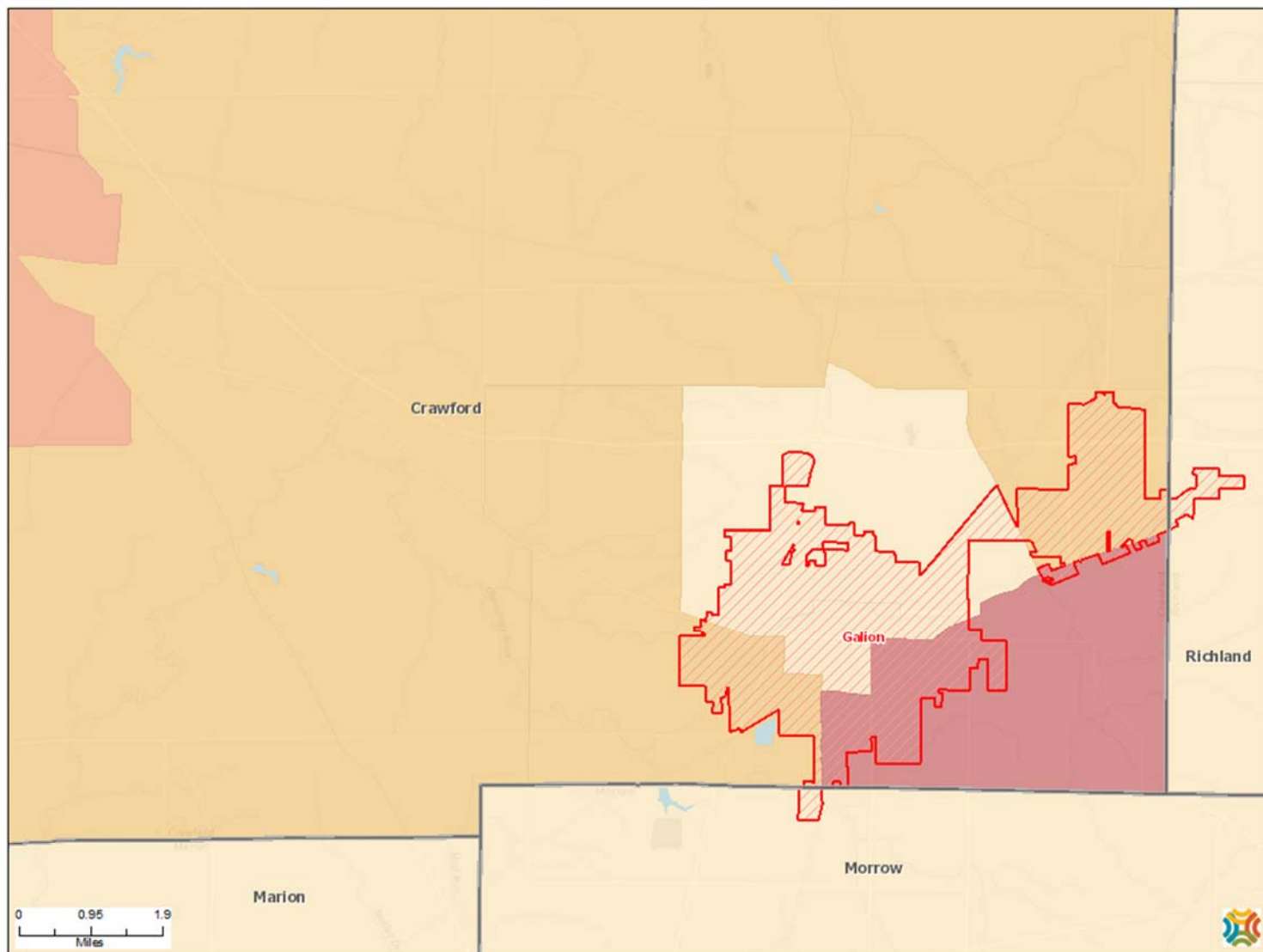
### Map Legend

Households with Public Assistance Income,  
Percent by Tract, ACS 2010-14

- Over 3.0%
- 2.1 - 3.0%
- 1.1 - 2.0%
- Under 1.1%
- No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)



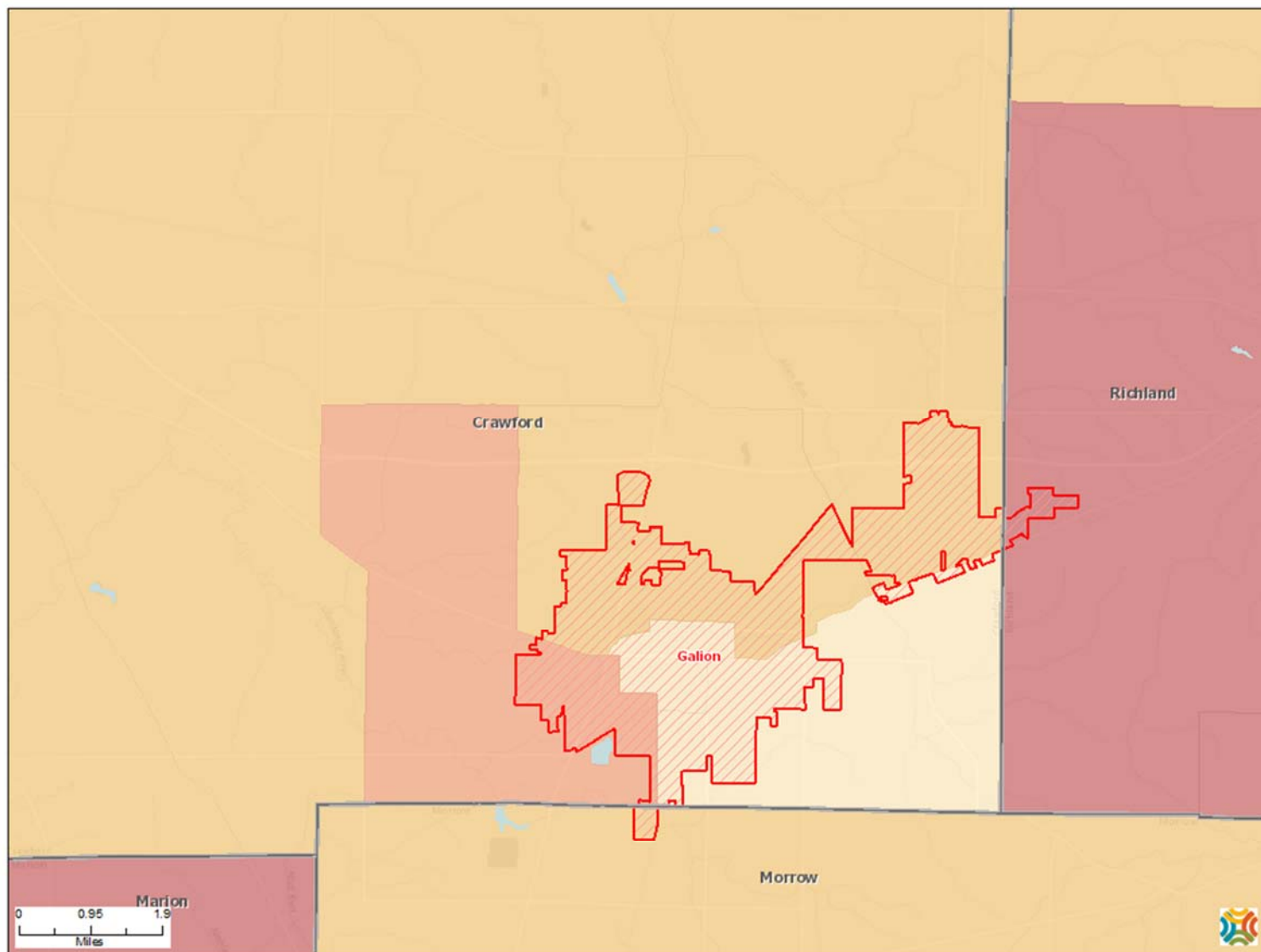
### Map Legend

Population with No High School Diploma (Age 25+), Percent by Tract, ACS 2010-14

- Over 21.0%
- 16.1 - 21.0%
- 11.1 - 16.0%
- Under 11.1%
- No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)



### Map Legend

Population with an Associate Level Degree or Higher, Percent by Tract, ACS 2010-14

- Over 32.0%
- 26.1 - 32.0%
- 20.1 - 26.0%
- Under 20.1%
- No Data or Data Suppressed

Community Commons, 4/12/2016

(Source: Community Commons, 4/12/2016)