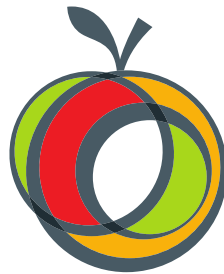


**2019/2020 Lucas County
Community Health Assessment
Community Release
December 8, 2020**



**HEALTHY
LUCAS COUNTY**

**African American Adult Data
Presented by Emily Gensler, MPH
Hospital Council of Northwest Ohio**





HEALTHY
LUCAS COUNTY

African American Health Care Access

Health Care Coverage

Health Care Access and Utilization

Preventive Medicine

Women's Health

Men's Health

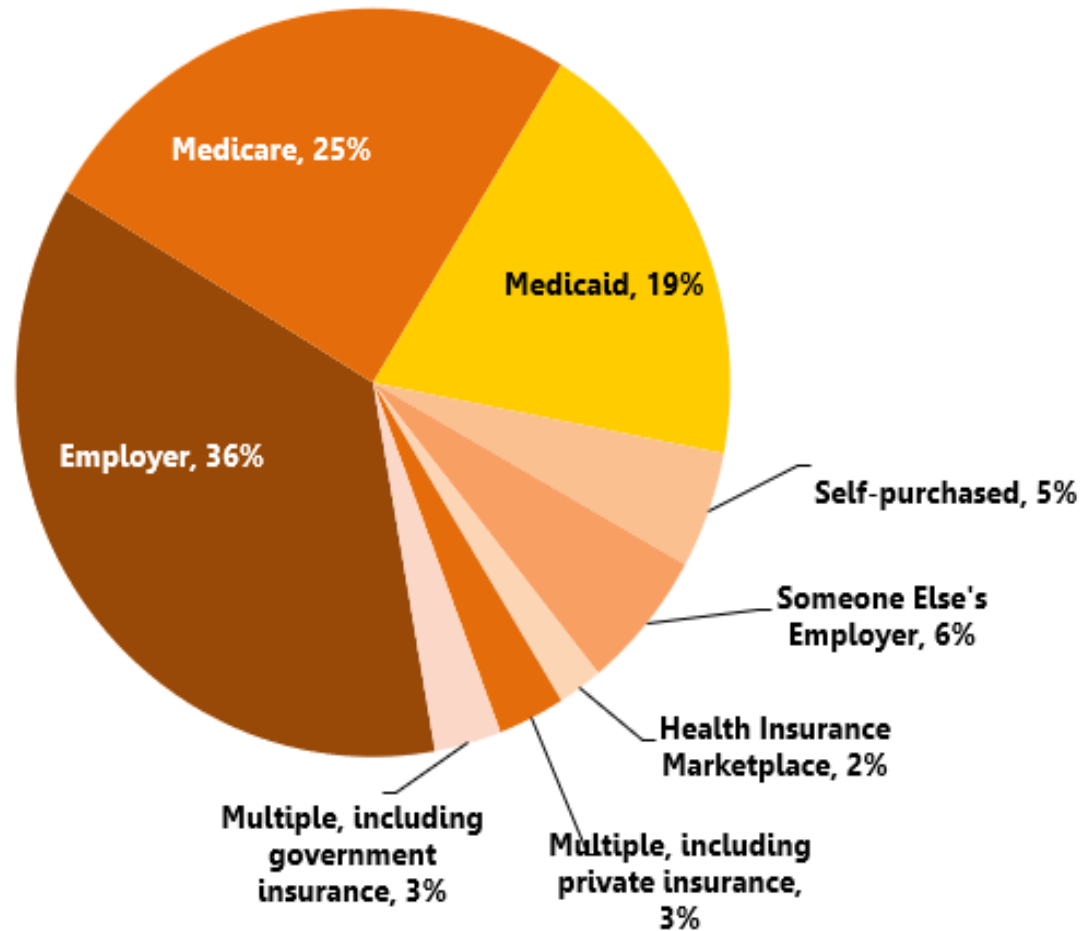
Oral Health



Health Care Coverage

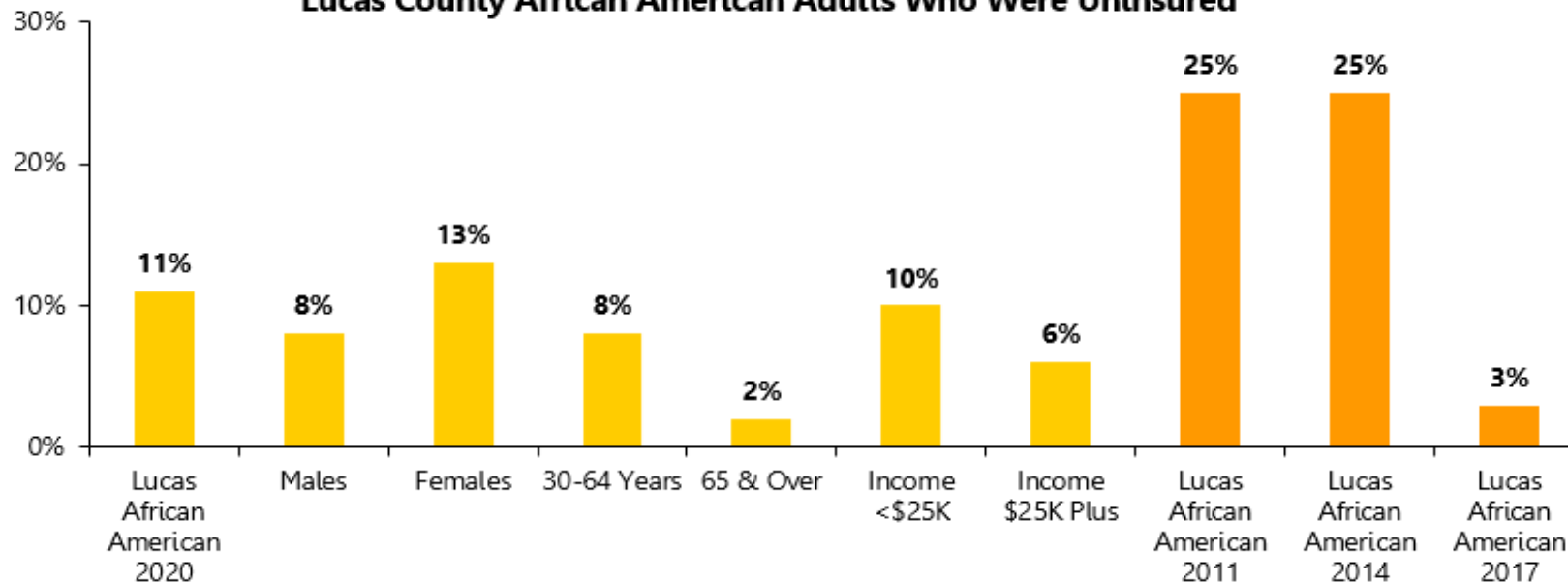
- 89% of adults had health care coverage
- 11% were uninsured
- The top 3 reasons uninsured adults gave for being without health care coverage were:
 1. They became a part time or temporary employee (28%)
 2. Cost (28%)
 3. They lost their job or changed employers (18%)

Health Care Coverage



Health Care Coverage

Lucas County African American Adults Who Were Uninsured



Adult Comparisons	Lucas County African American 2007	Lucas County African American 2011	Lucas County African American 2014	Lucas County African American 2017	Lucas County African American 2020	Ohio African American 2018	U.S. African American 2018
Uninsured	12%	25%	25%	3%	11%	10%	14%

Health Care Access and Utilization

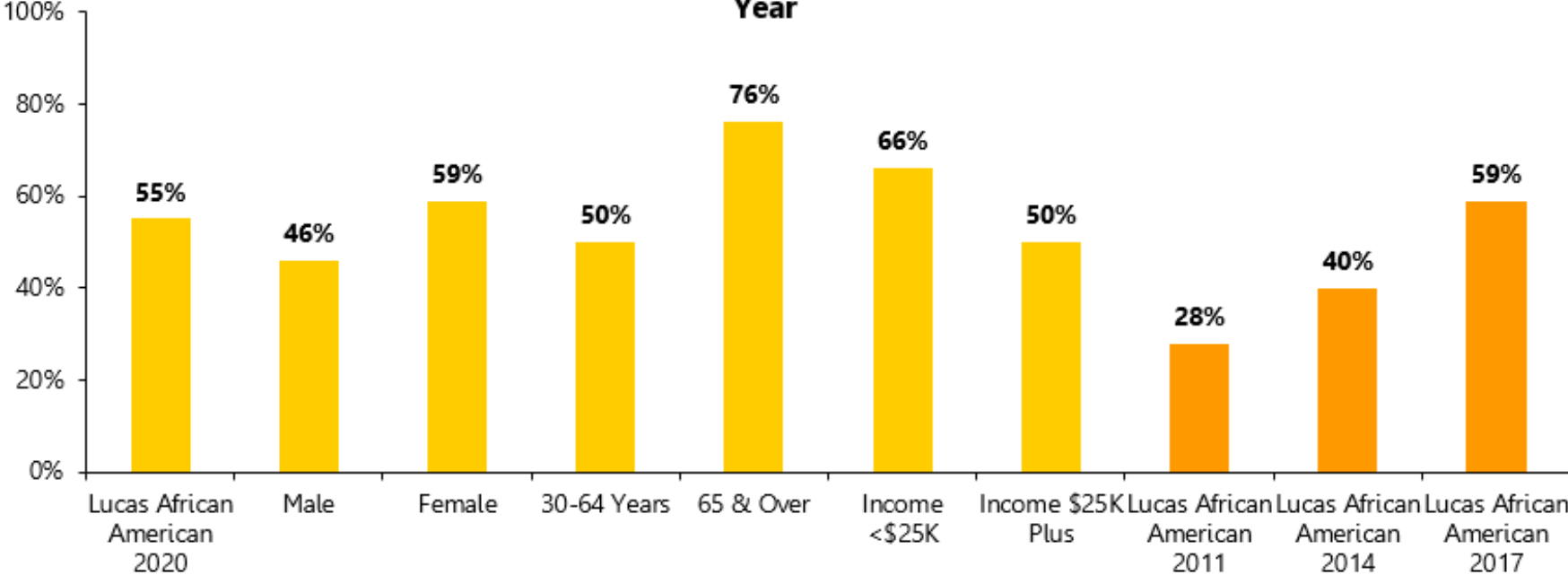
- Adults usually visited the following places for health care services when they were sick or needed advice:
 - Doctor's office (87%)
 - Urgent care center (35%)
 - Hospital emergency room (35%)
 - Family and friends (18%)
 - Internet (15%)
 - Called 9-1-1/used an ambulance service (8%)
 - In-store health clinic (6%)
 - Community health center (4%)
 - Chiropractor (3%)
 - Alternative therapies (2%)
 - Department of Veteran's Affairs (VA) (2%)
 - Telemedicine (2%)
 - Some other place (2%)
- 3% of adults indicated they had no usual place for health care services

Health Care Access and Utilization

- 13% of Lucas County adults reported they had a living will
 - Increasing to 18% of those with incomes less than \$25,000
 - Increasing to 31% of those over the age of 65
- 10% had a durable power of attorney
 - Increasing to 19% of those over the age of 65
- Of the Lucas County adults who did not have a living will or durable power of attorney, 38% had discussed their medical wishes with a family member or loved one

Preventive Medicine

Lucas County African American Adults who Received a Flu Vaccine Within the Past Year



Preventive Medicine

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Ever had a pneumonia vaccine in lifetime (ages 65 and older)	44%	55%	51%	71%	70%	69%	60%
Had a flu vaccine in the past year	28%	28%	40%	59%	55%	31%	28%
Had a flu vaccine in the past year (ages 65 and older)	46%	67%	55%	73%	76%	52%	47%
Ever had a shingles or zoster vaccine	N/A	N/A	N/A	12%	23%	N/A	N/A

N/A – Not Available

Women's Health

- 77% of all Lucas County women had a mammogram at some time in their life and 48% had one in the past year
 - 55% of women age 40 and over had a mammogram in the past year
- 99% of women had a Pap smear at some time in their life and 44% had one in the past year

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Had a clinical breast exam in the past two years (ages 40 and older)	78%	79%	74%	81%	68%	83%	N/A
Had a mammogram within the past two years (ages 40 and older)	78%	76%	79%	80%	76%	81%	78%
Had a Pap smear in the past three years (ages 21-65)	N/A	N/A	78%*	77%*	77%	N/A	85%

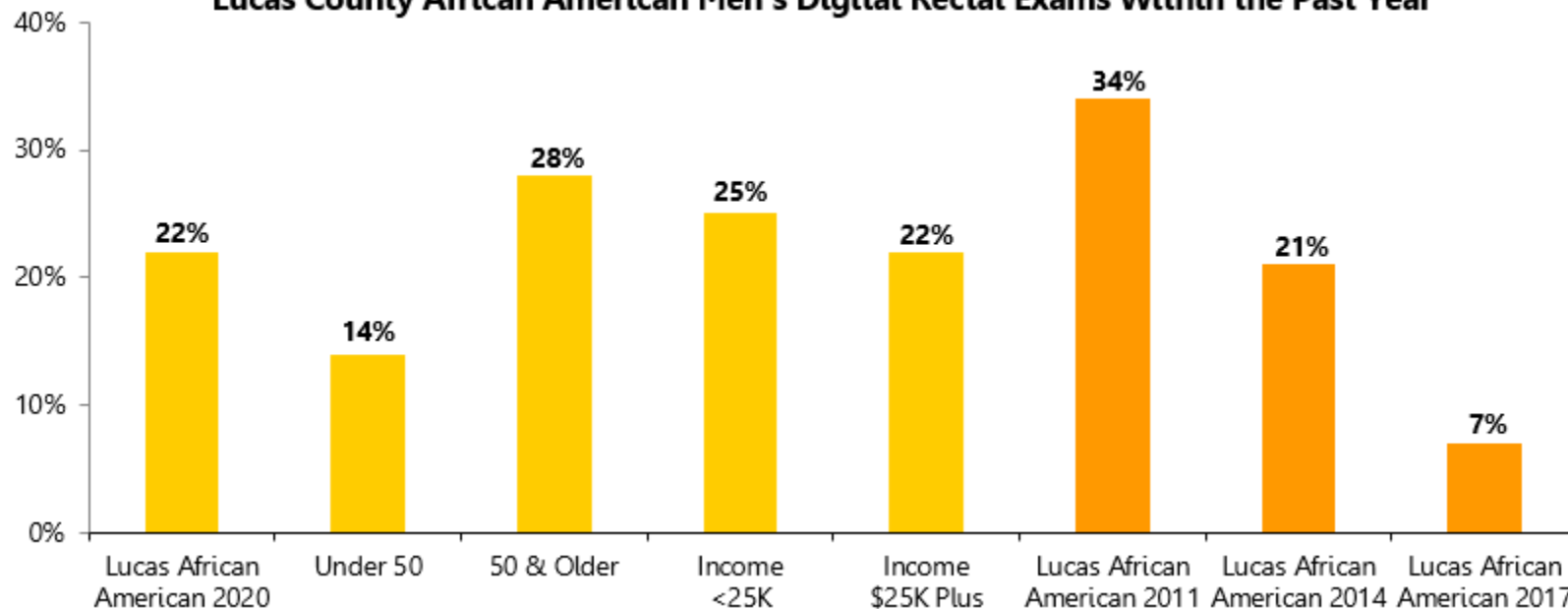
N/A – Not Available

*Previous Lucas County trend data included women of all ages



Men's Health

Lucas County African American Men's Digital Rectal Exams Within the Past Year

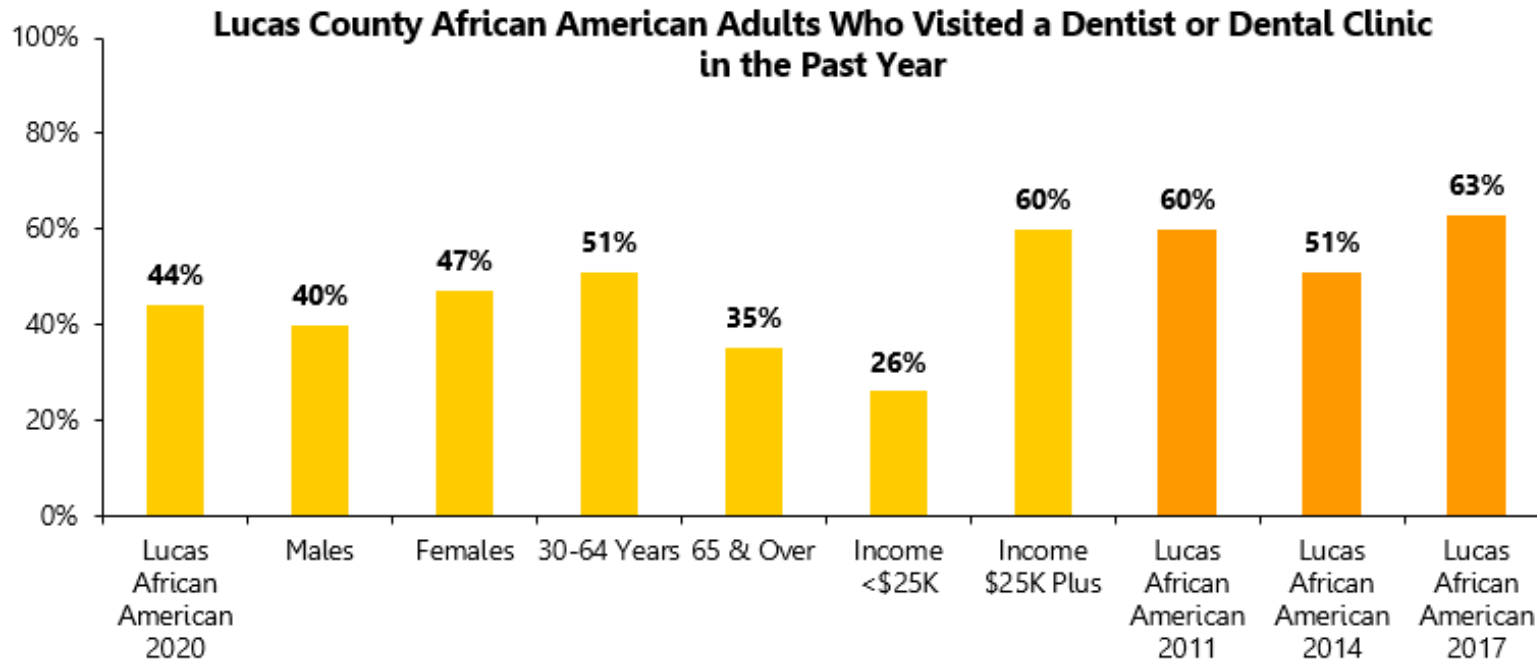


Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Visited a dentist in the past year	55%	60%	51%	63%	44%	64%	61%

Oral Health

- 44% of Lucas County adults had visited a dentist or dental clinic in the past year
 - Decreasing to 26% of adults with incomes less than \$25,000
- When asked the main reason for not visiting a dentist in the last year, adults gave the following responses:
 - Fear, apprehension, nervousness, pain and dislike going (19%)
 - Had dentures (16%)
 - No reason to go/had not thought of it (14%)
 - Cost (11%)
 - Did not have/know a dentist (4%)
 - Etc.
- Adults reported the following top 3 oral health issues:
 - Pain (11%)
 - Difficulty eating/chewing (10%)
 - Loose teeth (8%)

Oral Health



Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Visited a dentist in the past year	55%	60%	51%	63%	44%	64%	61%



HEALTHY
LUCAS COUNTY

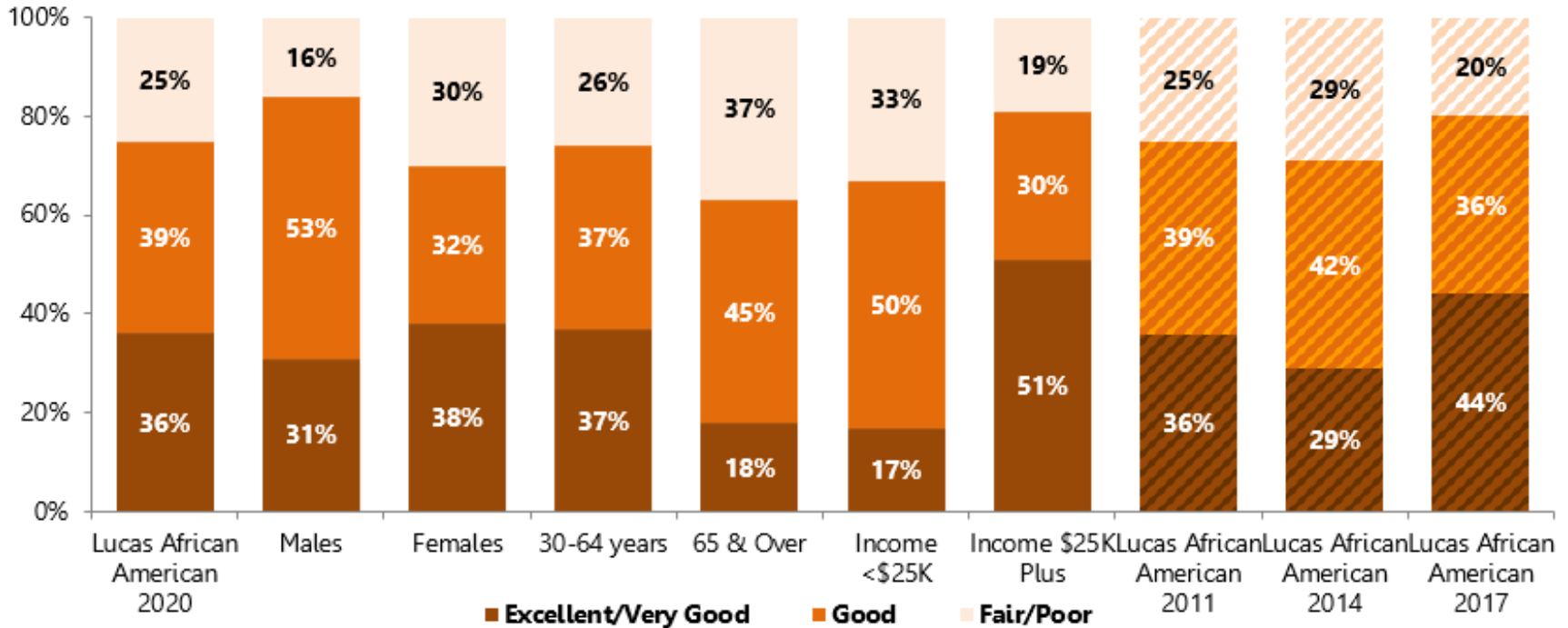
African American Health Behaviors

Health Status Perceptions
Adult Weight Status
Adult Tobacco Use
Adult Alcohol Consumption
Adult Drug Use
Adult Sexual Behavior
Adult Mental Health



Adult Health Status Perceptions

Lucas County African American Adult Health Perceptions*



* Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Adult Health Status Perceptions

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Rated health as excellent or very good	37%	36%	29%	44%	36%	43%	44%
Rated general health as fair or poor	25%	26%	29%	20%	25%	23%	21%
Rated mental health as not good on four or more days (in the past month)	30%	29%	32%	33%	43%	29%	26%
Average number of days that mental health was not good (in the past month) (County Health Rankings)	N/A	N/A	N/A	6.0	6.1	N/A	N/A
Rated physical health as not good on four or more days (in the past month)	31%	34%	22%	26%	30%	24%	23%
Average number of days that physical health not good (in the past month) (County Health Rankings)	N/A	N/A	N/A	6.5	4.9	N/A	N/A
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past month)	N/A	N/A	N/A	38%	34%	24%	25%

N/A – Not Available

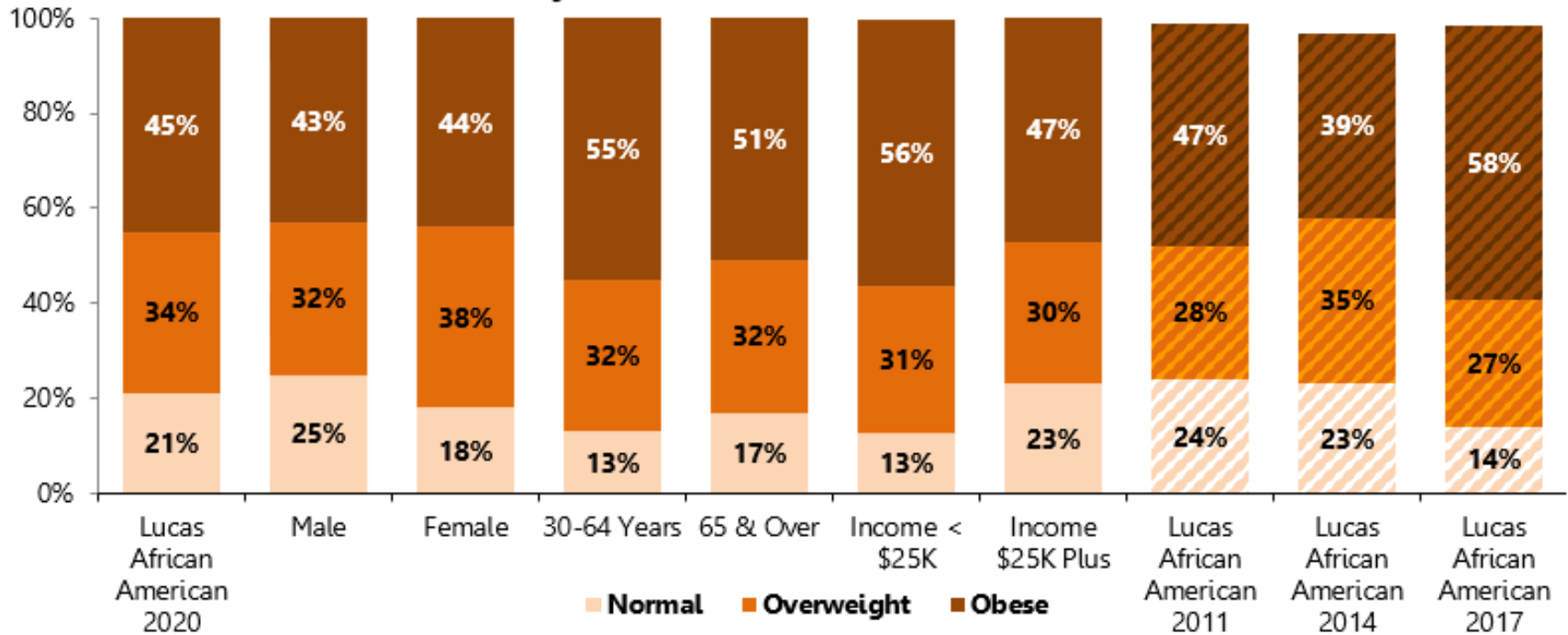
Adult Weight Status

- 79% of all Lucas County adults were either overweight (34%) or obese (45%) by body mass index (BMI)
- 46% of adults were trying to lose weight
 - 24% were trying to maintain their weight or keep from gaining weight
 - 2% were trying to gain weight

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Overweight (BMI of 25.0 – 29.9)	37%	28%	35%	27%	34%	34%	33%
Obese (includes severely and morbidly obese, BMI of 30.0 and above)	44%	47%	39%	58%	45%	36%	40%

Adult Weight Status

Lucas County African American Adult BMI Classifications*



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

Adult Weight Status

- Adults reported the following would help them use community parks, bike trails, and walking paths more frequently:
 - More accessible parks, bike trails, and walking paths (38%)
 - Designated safe routes (31%)
 - Improvements to existing parks, trails, and paths (27%)
 - More public events and programs involving parks/trails/paths (20%)
 - Better promotion and advertising of existing parks, trails, and paths (18%)
- 50% of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week
 - 29% did not engage in any physical activity in the past week

Adult Weight Status

	5 or more servings daily	3-4 servings daily	1-2 Servings daily	0 servings daily
Fruit	1%	17%	73%	9%
Vegetables	9%	16%	71%	4%
Sugar-sweetened beverages	9%	20%	38%	33%
Caffeinated beverages	9%	14%	40%	37%

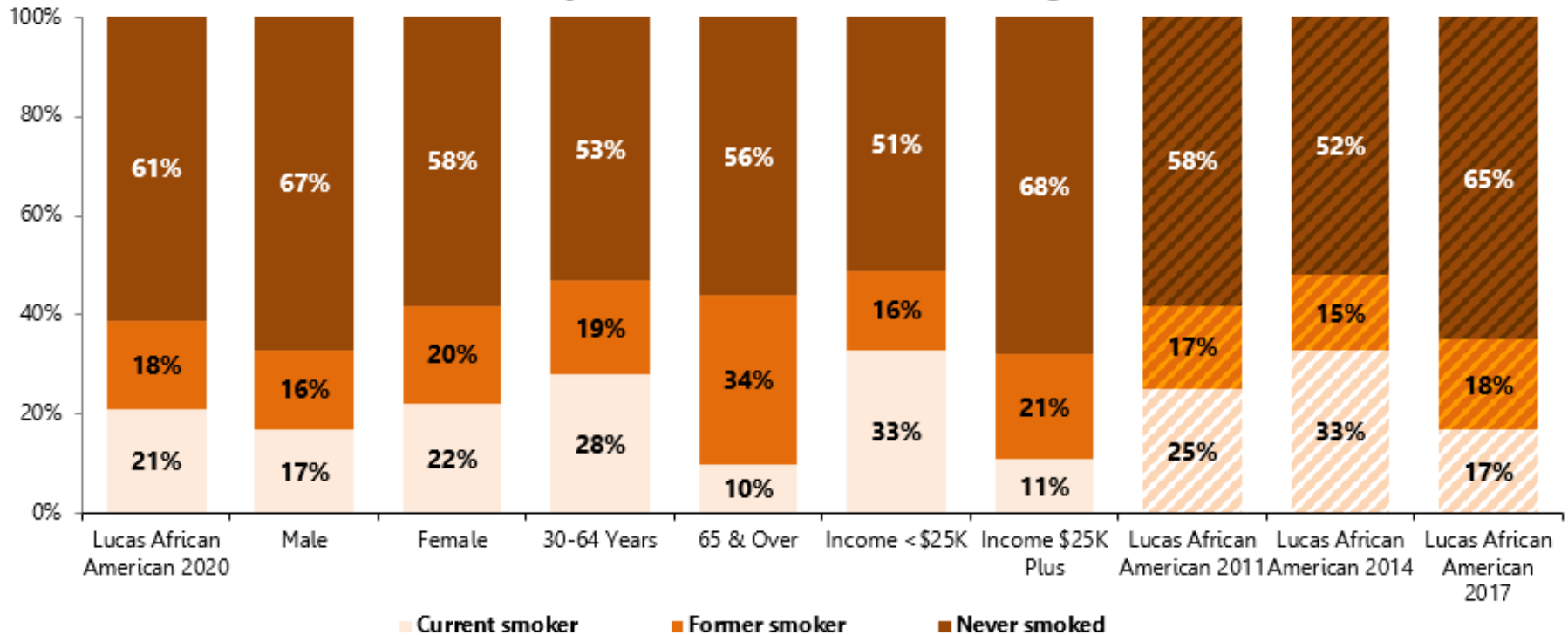
- Lucas County adults reported the following barriers to consuming fruits and vegetables:
 - Too expensive (10%)
 - Did not have access to fruit and vegetables (3%)
 - Did not like the taste (2%)
 - Did not know how to prepare (1%)
 - No variety (1%)
 - Stores did not take EBT (1%)
 - Etc.

Adult Tobacco Use

- 21% of all Lucas County adults were current smokers
- Adults used the following tobacco products in the past year:
 - Cigarettes (22%)
 - Cigars (6%)
 - Little cigars (6%)
 - Cigarillos (4%)
 - E-cigarettes/vapes (3%)
 - Chewing tobacco/snuff/snus (3%)
- Adults indicated e-cigarette vapor is harmful to themselves (65%), an unborn child (53%), others (51%), children (49%) and not harmful to anyone (1%)

Adult Tobacco Use

Lucas County African American Adult Smoking Behaviors*



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

Adult Tobacco Use

- Adults reported they would support an ordinance to ban smoking in the following places:
 - Vehicle with a minor present (71%)
 - Multi-unit housing (50%)
 - Parks or ball fields (48%)
 - College/university campuses (46%)
 - Fairgrounds (39%)
 - Rental homes (37%)

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Current smoker (smoked on some or all days)	26%	25%	33%	17%	21%	24%	17%
Former smoker (smoked 100 cigarettes in lifetime and now do not smoke)	20%	17%	15%	18%	18%	18%	15%
Tried to quit smoking	N/A	N/A	N/A	67%	63%	63%	69%
Used chewing tobacco or snuff in the past year	N/A	N/A	N/A	1%	3%	N/A	N/A

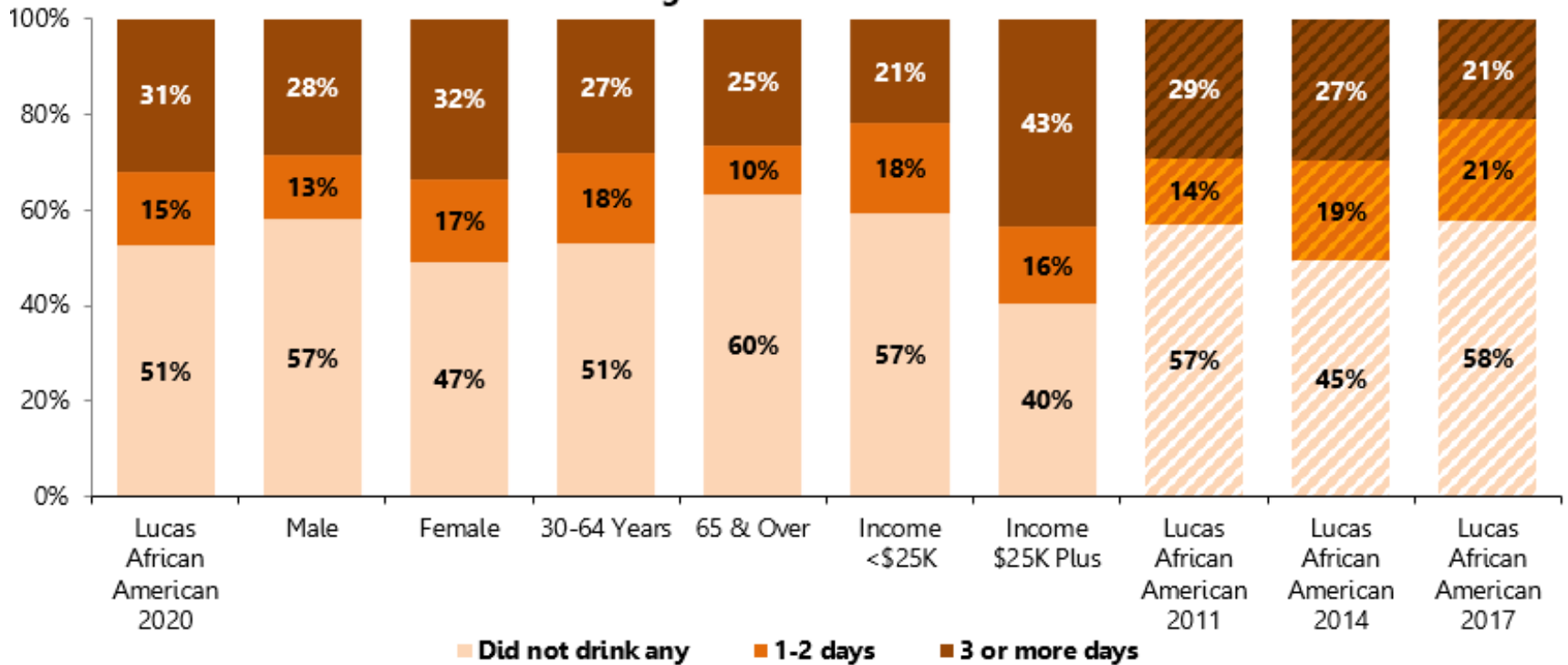
N/A – Not Available

Adult Alcohol Consumption

- 46% of Lucas County adults had at least one alcoholic drink in the past month
- 20% of all adults were binge drinkers
 - 47% of current drinkers were binge drinkers
- Lucas County adult drinkers consumed 4.1 drinks on average
- 5% of adults used a program or service to help with an alcohol problem for themselves or a loved one. Reasons for not using a program or service included:
 - Had not thought of it (7%)
 - Transportation (4%)
 - Programs were full (3%)
 - Fear (3%)
 - Etc.

Adult Alcohol Consumption

Lucas County African American Adults Average Number of Days Drinking Alcohol in the Past Month*



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

Adult Alcohol Consumption

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Current drinker (had at least one drink of alcohol within the past month)	40%	43%	46%	42%	46%	49%	47%
Binge drinker (males having five or more drinks on one occasion, females having four or more drinks on one occasion)	N/A	21%	21%	32%	20%	18%	13%
Drove after having perhaps too much alcohol to drink (in the past month)	N/A	N/A	N/A	7%	5%	N/A	N/A

N/A – Not Available

Adult Drug Use

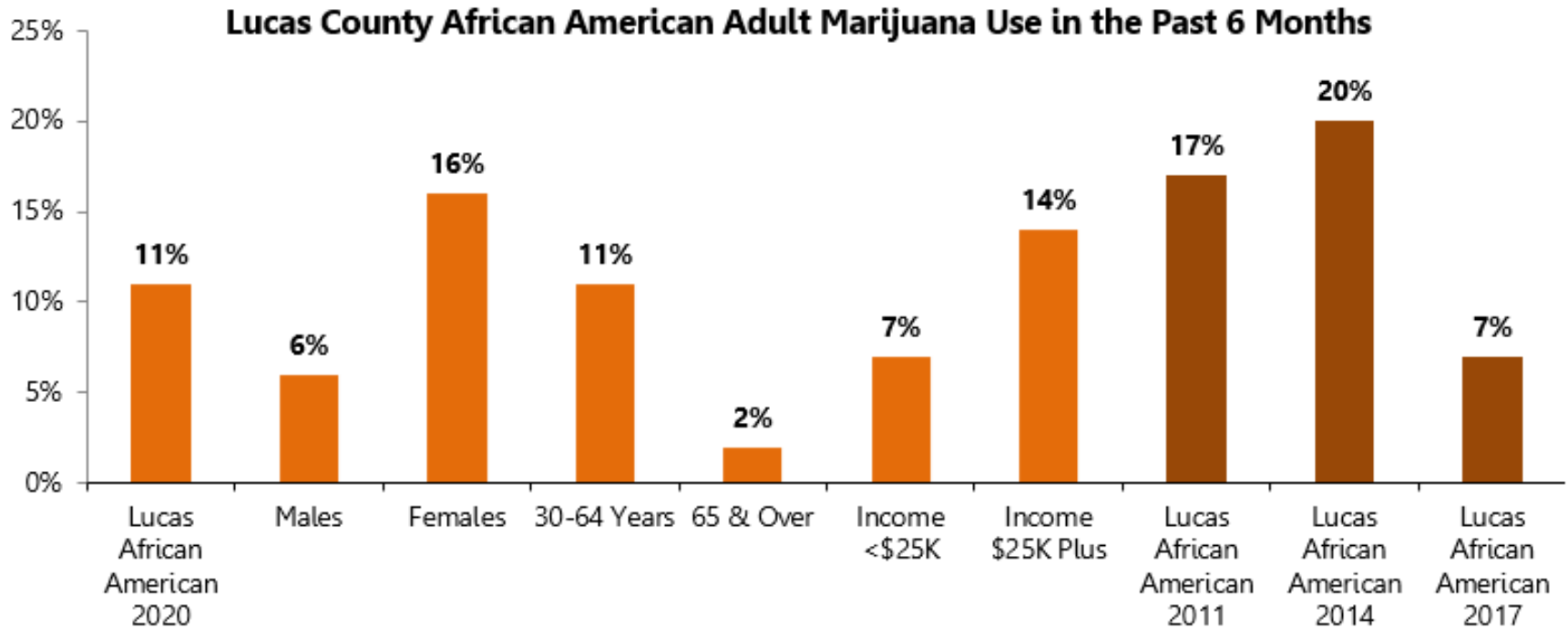
- 7% of adults reported being prescribed opioid based medication and had trouble stopping
- As a result of using drugs, adults indicated they or someone in their household experienced the following:
 - Failed a drug screen (5%)
 - Placed themselves in dangerous situations (3%)
 - Regularly failed to fulfill obligations at work or home (2%)
 - Had legal problems (1%)

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Adults who used marijuana in the past six months	9%	17%	20%	7%	11%	N/A	N/A
Adults who misused prescription drugs in the past six months	10%	8%	11%	11%	9%	N/A	N/A
Adults who used heroin in the past six months	<1%	0%	1%	1%	1%	N/A	N/A

N/A – Not Available

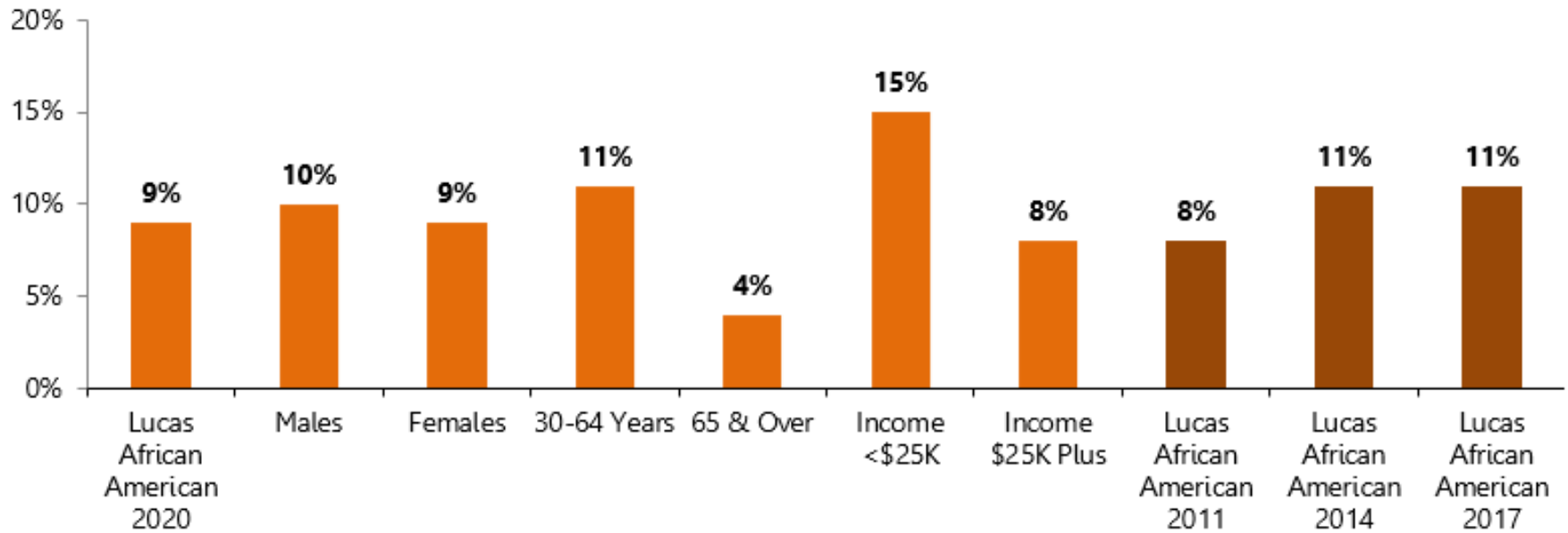


Adult Drug Use



Adult Drug Use

Lucas County African American Adult Medication Misuse in the Past 6 Months



Adult Sexual Behavior

- 57% of Lucas County adults had sexual intercourse in the past year
- 7% of adults were not using any method of birth control, 3% were pregnant and 2% were trying to get pregnant
- 9% of adults were forced to have any sort of unwanted sexual activity, increasing to 16% of those with incomes less than \$25,000
 - 18% of those who were forced to have sexual activity reported it

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Had more than one sexual partner in past year	20%	20%	17%	26%	6%	N/A	N/A

N/A – Not Available



Mental Health and Suicide

- 9% of adults considered attempting suicide in the past year
 - 1% of adults attempted suicide in the past year
- Adults experienced the following almost every day for two weeks or more in a row:
 - Did not get enough sleep or rest (39%)
 - Felt worried, tense or anxious (25%)
 - Felt sad, blue or depressed (23%)
 - Had high stress (20%)
 - Stopped doing some usual activities (18%)
 - Unusual increase or loss of appetite (12%)
 - Felt very healthy and full of energy (11%)

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Considered attempting suicide in the past year	N/A	3%	5%	2%	9%	N/A	N/A

N/A – Not Available



Mental Health and Suicide

- The following prevented adults from using a program or service for themselves or someone in their household to help with depression, anxiety, or emotional problems:
 - Had not thought of it (8%)
 - Other priorities (4%)
 - Fear (4%)
 - Took too long to get in to see a doctor/health care provider (4%)
 - Could not get to the office or clinic (4%)
 - Stigma of seeking mental health services (3%)
 - Co-pay/deductible too high (3%)
 - Did not know how to find a program (3%)
 - Transportation (1%)
 - Etc.



HEALTHY
LUCAS COUNTY

African American Chronic Disease

Cardiovascular Health

Cancer

Arthritis

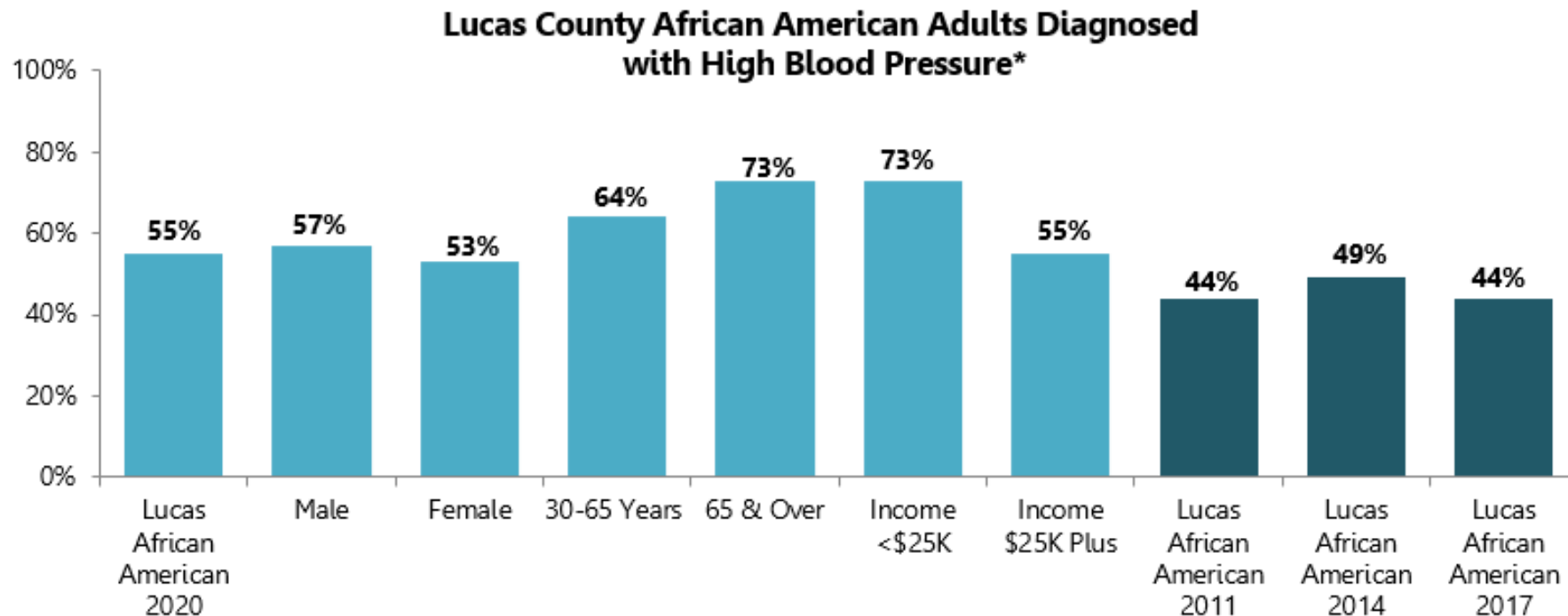
Asthma

Diabetes

Quality of Life



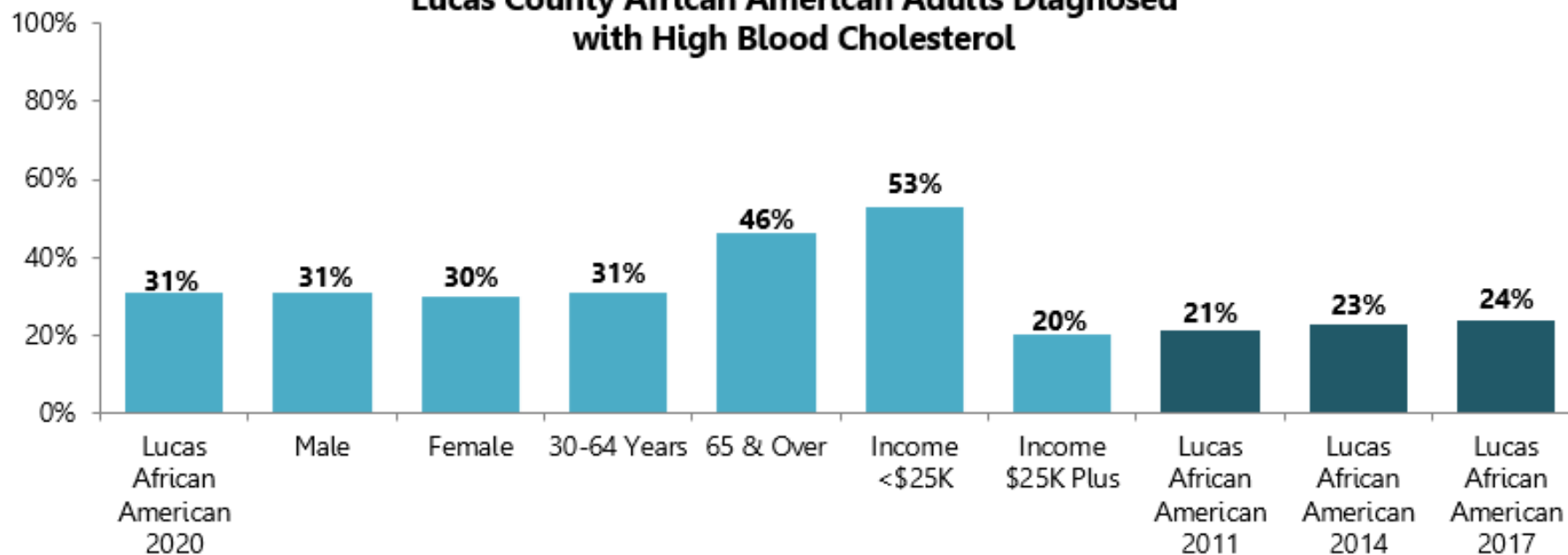
Cardiovascular Health



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

Cardiovascular Health

Lucas County African American Adults Diagnosed with High Blood Cholesterol



Cardiovascular Health

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Had angina	10%	1%	5%	2%	5%	3%	4%
Had a heart attack	N/A	1%	8%	4%	5%	5%	4%
Had a stroke	N/A	2%	4%	6%	4%	6%	5%
Had been diagnosed with high blood pressure	54%	44%	49%	44%	55%	40%*	N/A
Had been diagnosed with high blood cholesterol	37%	21%	23%	24%	31%	28%*	N/A
Had their blood cholesterol checked within the last five years	75%	69%	79%	68%	84%	88%*	N/A

*2017 BRFSS data
N/A – Not Available

Cancer

- 11% of adults were diagnosed with cancer at some point in their lives, increasing to 23% of those ages 65+
- Of those diagnosed with cancer, the following were reported:
 - Prostate (75%)
 - Breast (13%)
 - Cervical (13%)
 - Lung (8%)
 - Etc.
- Adults reported receiving the following cancer screenings:
 - Colorectal cancer in the past 5 years (22%)
 - Oral cancer in the past year (10%)
 - Lung cancer in the past 3 years (5%)
 - Skin cancer in the past year (4%)

Arthritis

- 23% of Lucas County adults were told by a health professional that they had some form of arthritis
 - Increasing to 46% of those over the age of 65
- 65% of adults with arthritis were receiving treatment for it

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Had been diagnosed with arthritis	31%	22%	18%	22%	23%	28%	25%

Asthma

- In 2020, 19% of Lucas County adults had been diagnosed with asthma
- 69% of adults with asthma were receiving treatment for it
- 5% of adults were diagnosed with chronic obstructive pulmonary disorder (COPD)
- 67% of adults with COPD were receiving treatment for it

Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Had been diagnosed with asthma	15%	14%	15%	14%	19%	16%	18%

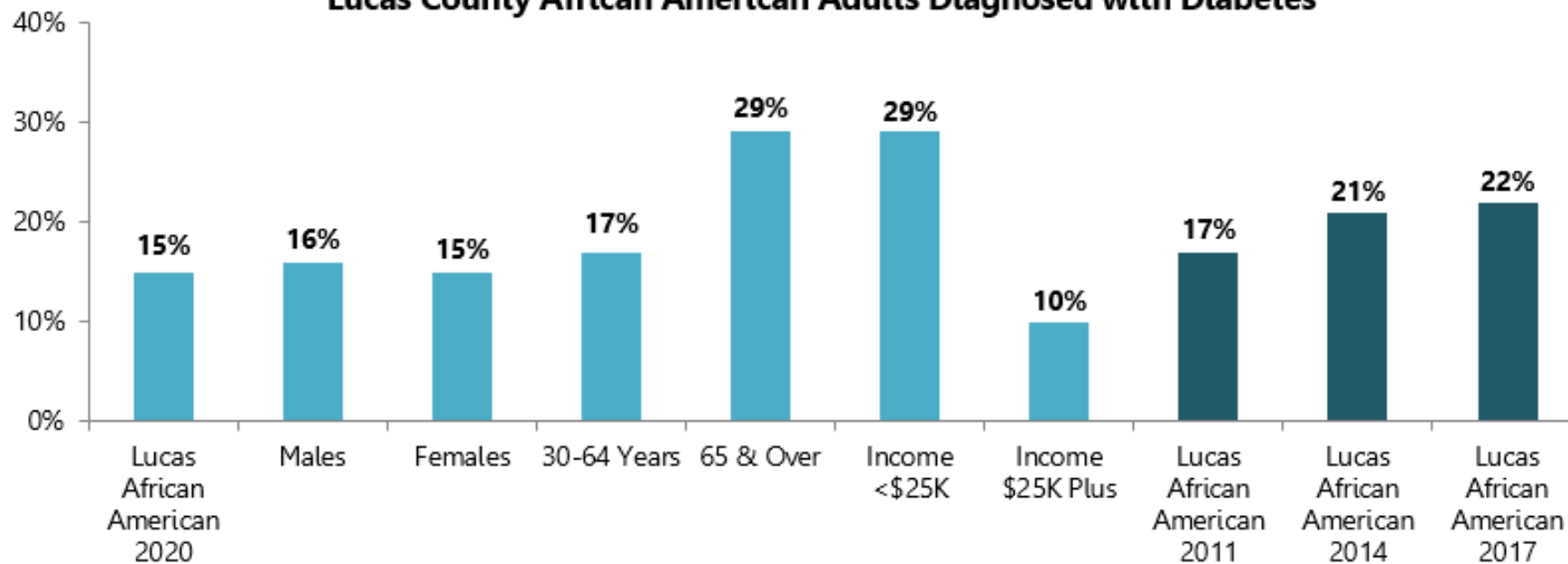
Diabetes

- 15% of Lucas County adults were diagnosed with diabetes
 - Increasing to 29% of those over the age of 65
- 38% of adults with diabetes rated their health as fair or poor
- 100% of adults diagnosed with diabetes were receiving treatment for it

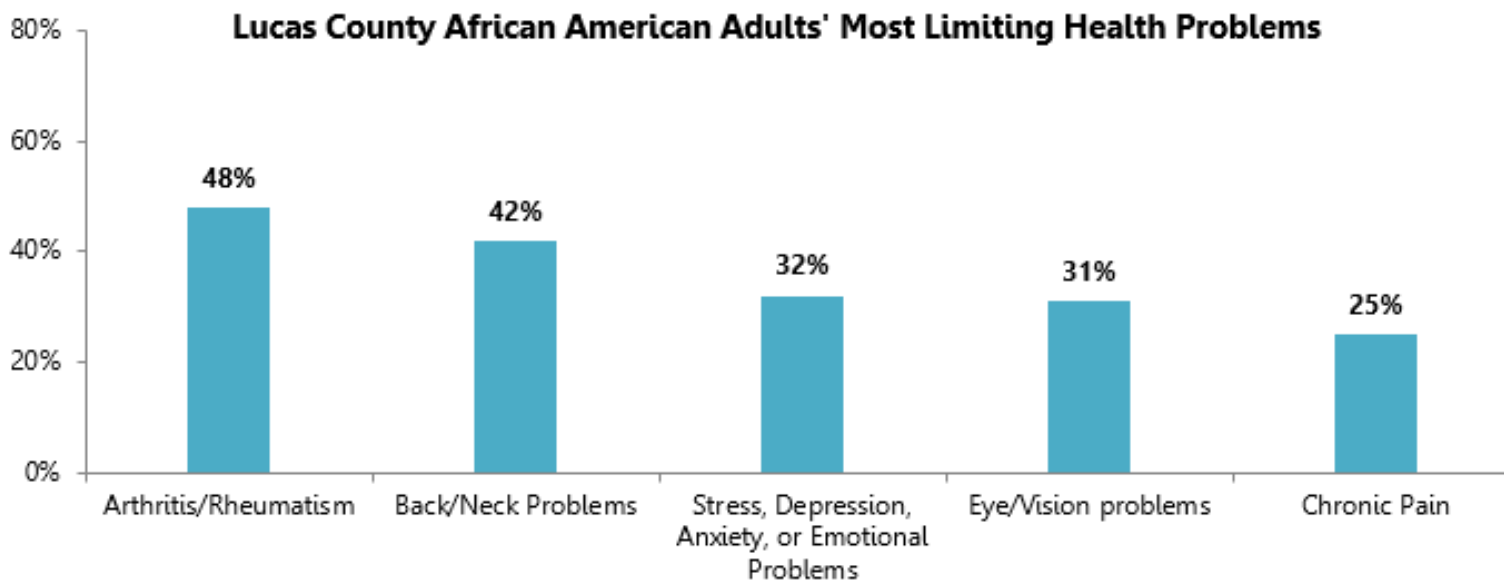
Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Diagnosed with diabetes	22%	17%	21%	22%	15%	13%	15%

Diabetes

Lucas County African American Adults Diagnosed with Diabetes



Quality of Life



Adult Comparisons	Lucas County African Americans 2007	Lucas County African Americans 2011	Lucas County African Americans 2014	Lucas County African Americans 2017	Lucas County African Americans 2020	Ohio African Americans 2018	U.S. African Americans 2018
Limited in some way because of a physical, mental, or emotional problems	53%	N/A	49%	56%	45%	N/A	N/A

N/A – Not Available



HEALTHY
LUCAS COUNTY

African American Social Conditions

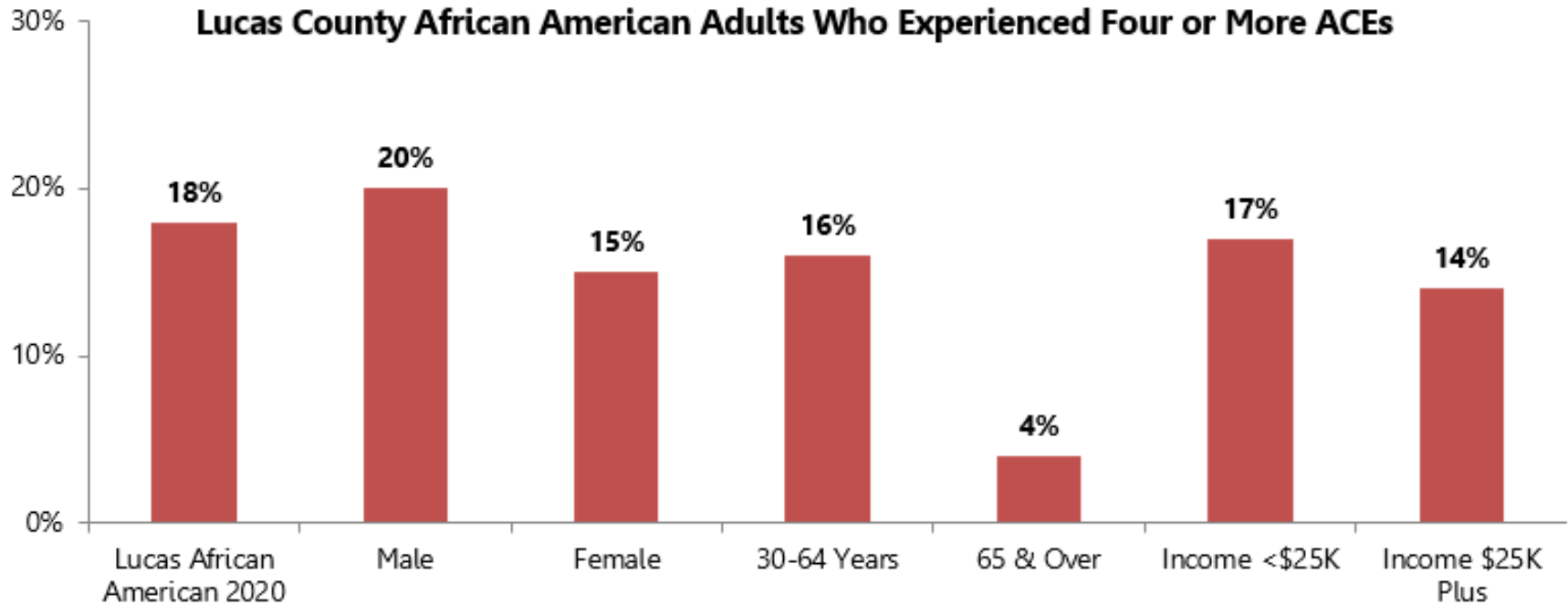
Social Determinants of Health
Environmental Conditions



Social Determinants of Health

- Adults experienced the following food insecurity issues during the past year:
 - Had to choose between paying bills and buying food (19%)
 - Worried food would run out (11%)
 - Food assistance was cut (9%)
 - Went hungry/ate less to provide more food for their family (7%)
 - Were hungry but did not eat because they did not have money for food (7%)
 - Loss of income led to food insecurity issues (4%)
- 14% of adults experienced more than one food insecurity issue

Social Determinants of Health



Social Determinants of Health

- During the past month, adults felt emotionally upset as a result of how they were treated based off their:
 - Skin color (24%)
 - Ethnicity (21%)
 - Religion (9%)
 - Culture (8%)
 - Sexual orientation (5%)
 - Disability (4%)
 - Gender identity (1%)
- 33% of adults reported feeling emotional distress or physical distress as a result of how they were treated based on their race, ethnicity, sex, age, language, culture, religion, nationality, or sexual orientation in the past month

Social Determinants of Health

Lucas County African American Adults Experiences When Seeking Health Care*

Demographics	Experiences When Seeking Health Care			
	Worse than People of Other Races	Better than People of Other Races	Same as People of Other Races	Don't Know
Total (African American)	9%	0%	47%	33%
White	1%	10%	53%	34%
Latino of any race	2%	7%	57%	22%

** Percentages may not equal 100% due to the exclusion of data for those who did not have health care and answered multiple responses.*

Environmental Health

- Lucas County adults thought the following threatened their health in the past year:
 - Bed bugs (8%)
 - Mold (8%)
 - Insects (7%)
 - Rodents (6%)
 - Plumbing problems (5%)
 - Safety hazards (5%)
 - Air quality (4%)
 - Temperature regulation (3%)
 - Moisture issues (2%)
 - Cockroaches (2%)
 - Sewage/wastewater problems (2%)
 - Etc.



HEALTHY
LUCAS COUNTY

Questions?

Emily Gensler, MPH
Hospital Council of Northwest Ohio
estearns@hcno.org



Participant Feedback

<https://www.surveymonkey.com/r/lucasfeedback>

2019/2020 Lucas County Community Health Assessment - Participant Feedback

1. Based on the data, what are the top issues Lucas County needs to focus on?

2. What surprised you the most?



HEALTHY
LUCAS COUNTY

Be Healthy, Lucas County!