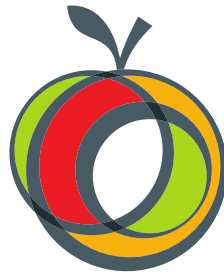


**2019/2020 Lucas County
Community Health Assessment
Community Release
December 8, 2020**



HEALTHY
LUCAS COUNTY

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





HEALTHY
LUCAS COUNTY

Adult Health Care Access

Health Care Coverage
Health Care Access and Utilization
Preventive Medicine
Women's Health
Men's Health
Oral Health

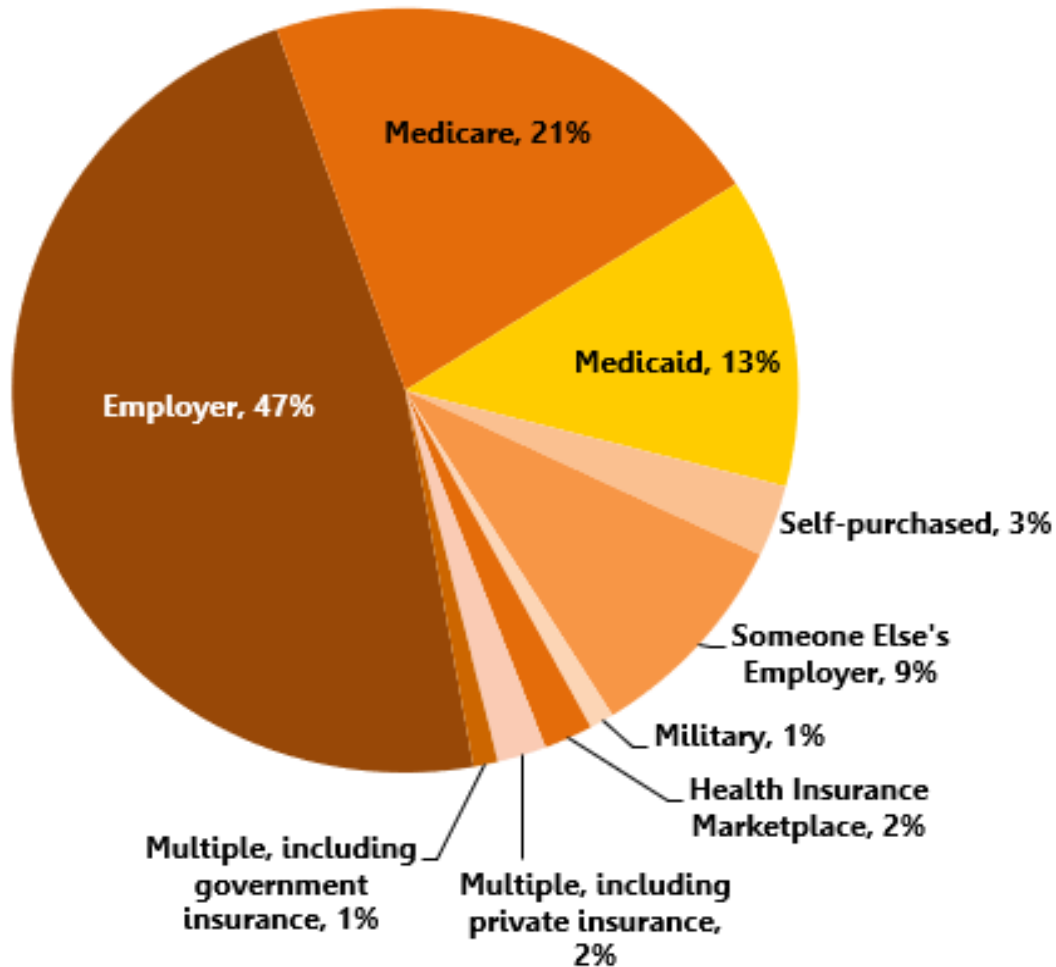


Health Care Coverage

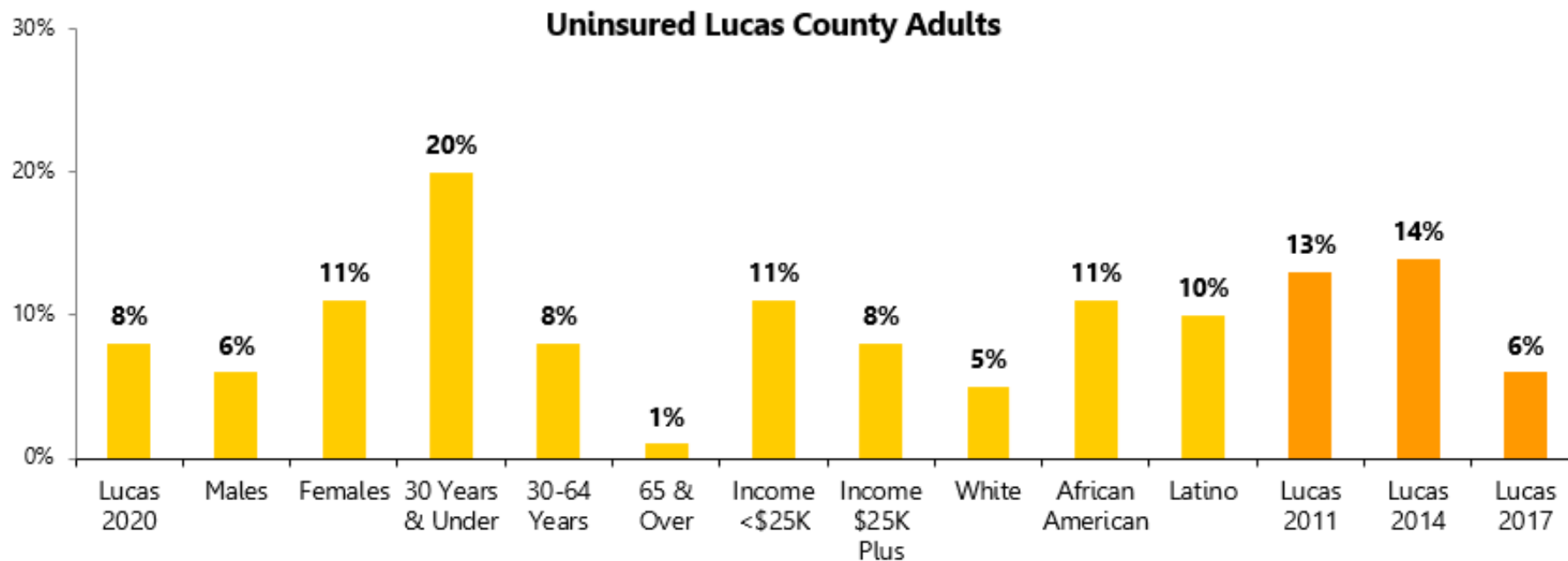
- 92% of adults had health care coverage
- 8% were uninsured
 - Increasing to 20% of those under the age of 30
- The top 3 reasons uninsured adults gave for being without health care coverage were:
 1. They lost their job or changed employers (42%)
 2. They could not afford to pay the premiums (29%)
 3. They became a part time or temporary employee (15%)

Health Care Coverage

Source of Health Coverage for Lucas County Adults



Health Care Coverage



Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Uninsured	12%	13%	14%	6%	8%	9%	11%

Health Care Access and Utilization

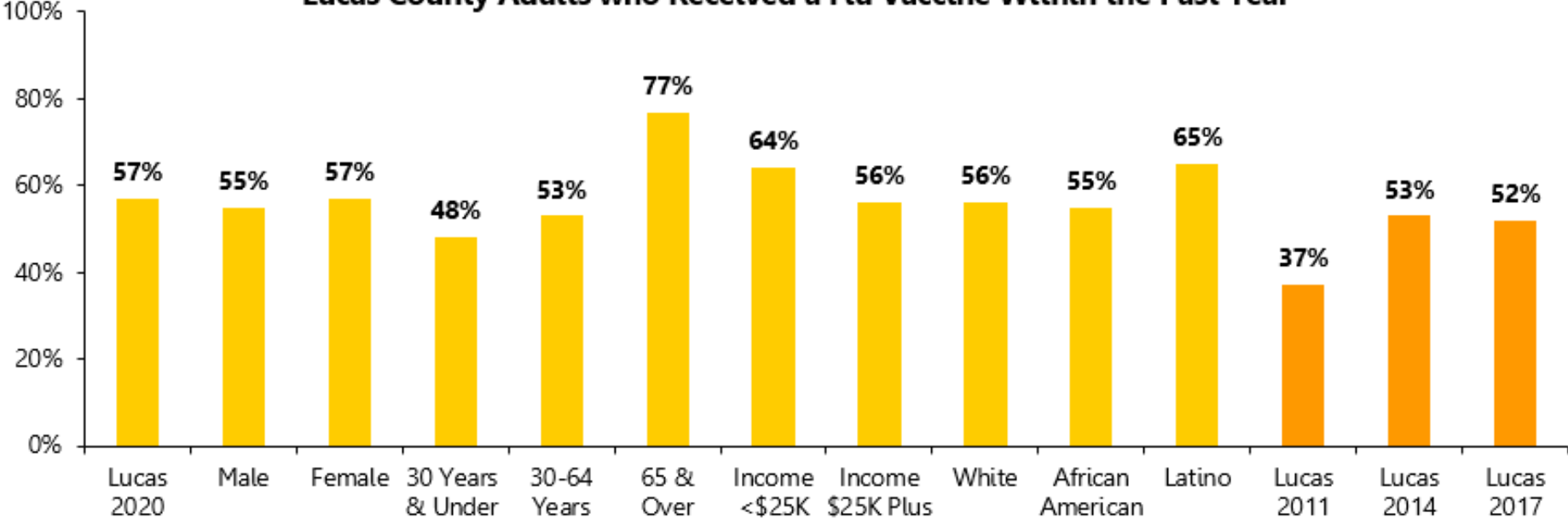
- Adults usually visited the following places for health care services when they were sick or needed advice:
 - Doctor's office (88%)
 - Urgent care center (40%)
 - Hospital emergency room (26%)
 - Family and friends (22%)
 - Internet (17%)
 - Chiropractor (10%)
 - In-store health clinic (7%)
 - Alternative therapies (5%)
 - Telemedicine (4%)
 - Called 9-1-1/used an ambulance service (3%)
 - Community health center (3%)
 - Department of Veteran's Affairs (VA) (2%)
 - Health department (1%)
 - Some other place (1%)
 - Etc.
- 2% of adults indicated they had no usual place for health care services

Health Care Access and Utilization

- 26% of Lucas County adults reported they had a living will
 - Decreasing to 23% of those with incomes less than \$25,000
 - Increasing to 57% of those over the age of 65
- 18% had a durable power of attorney
 - Increasing to 43% of those over the age of 65
- Of the Lucas County adults who did not have a living will or durable power of attorney, 82% had discussed their medical wishes with a family member or loved one

Preventive Medicine

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



Preventive Medicine

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Had a flu vaccine in the past year	31%	37%	53%	52%	57%	N/A	N/A
Had a flu vaccine in the past year (ages 65 and older)	N/A	62%	74%	73%	77%	63%	64%
Ever had a pneumonia vaccine in lifetime (ages 65 and older)	59%	61%	56%	71%	73%	75%	73%
Ever had a shingles or zoster vaccine	N/A	N/A	8%	18%	20%	29%	29%*

N/A – Not Available

**2018 BRFSS Data*

Women's Health

- 68% of all Lucas County women had a mammogram at some time in their life and 40% had one in the past year
 - 58% of women age 40 and over had a mammogram in the past year
- 94% of women had a Pap smear at some time in their life and 36% had one in the past year

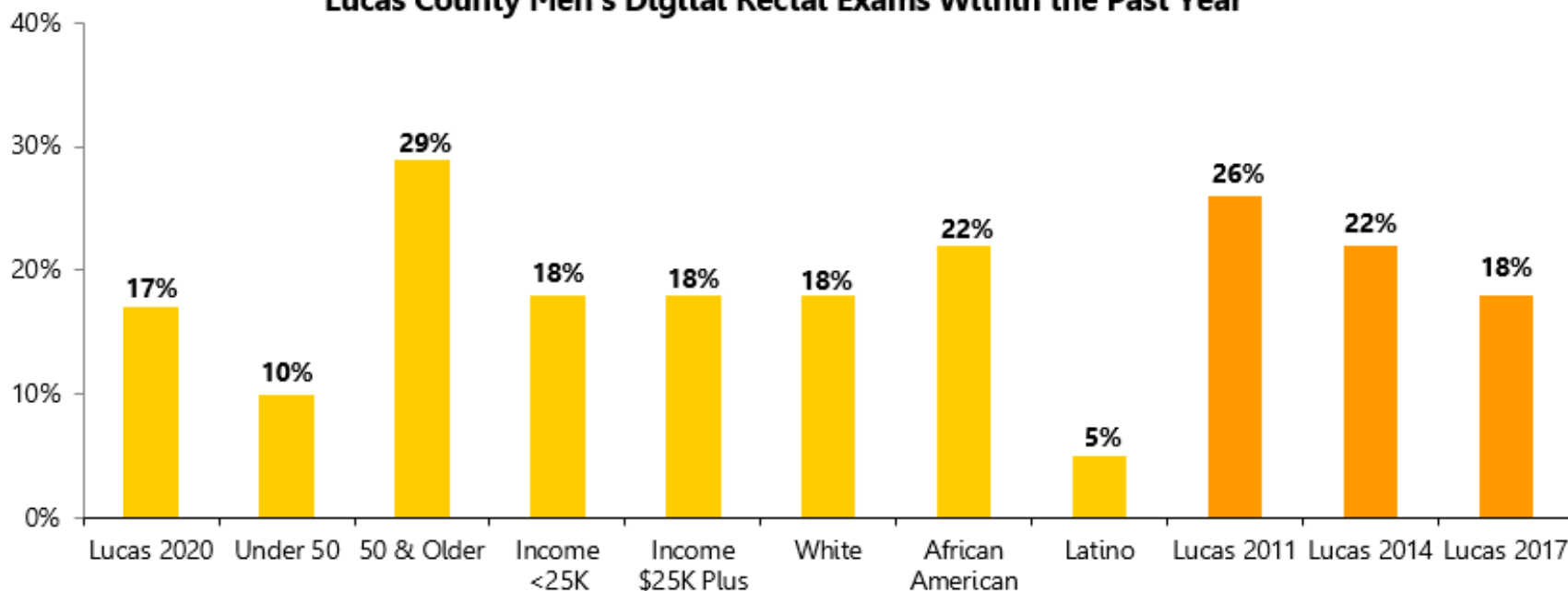
Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2018	U.S. 2018
Had a clinical breast exam in the past two years (ages 40 and older)	N/A	N/A	72%	70%	71%	N/A	N/A
Had a mammogram within the past two years (ages 40 and older)	73%	74%	73%	75%	76%	74%*	72%*
Had a Pap smear in the past three years (ages 21-65)	77%*	72%*	73%*	68%*	77%	79%*	80%*

N/A – Not Available

*Includes all women regardless of age.

Men's Health

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



Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Had a digital rectal exam within the past year	30%	26%	22%	18%	17%	N/A	N/A

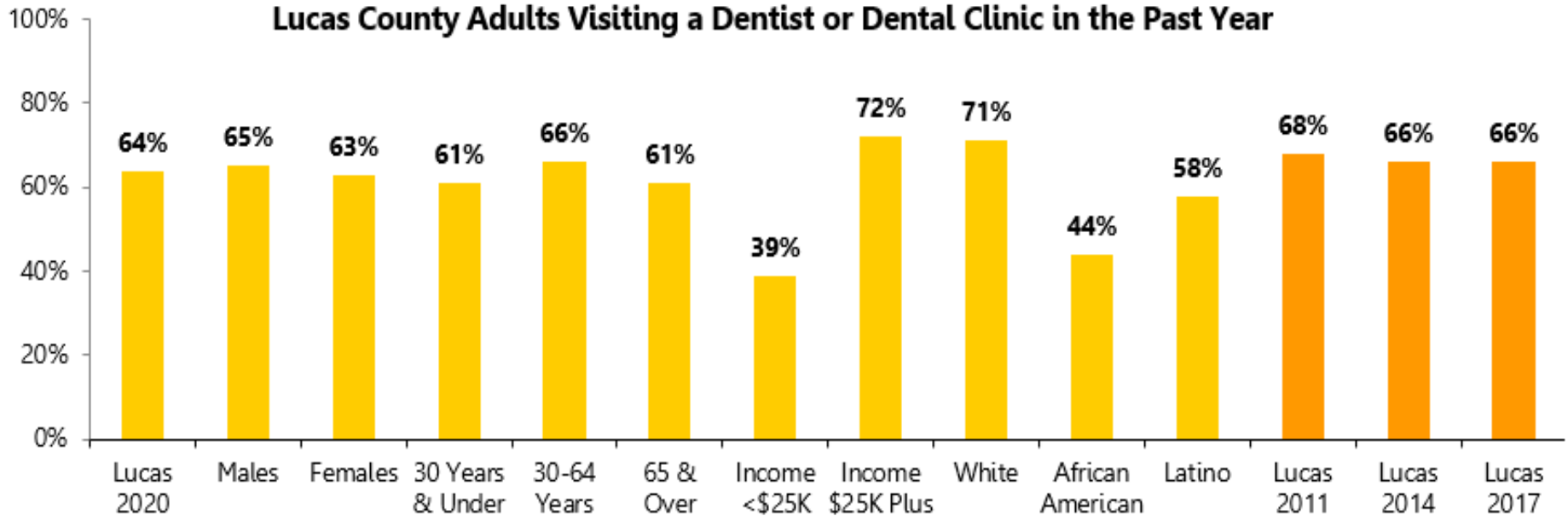
N/A – Not Available

Oral Health

- 64% of Lucas County adults had visited a dentist or dental clinic in the past year
 - Decreasing to 39% 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:
 - Cost (20%)
 - No reason to go (19%)
 - Fear, apprehension, nervousness, pain and dislike going (15%)
 - Dentures (12%)
 - Did not have/know a dentist (6%)
 - Etc.
- Adults reported the following top 3 oral health issues:
 - Pain (9%)
 - Difficulty eating/chewing (7%)
 - Oral bleeding (7%)

Oral Health

Lucas County Adults Visiting a Dentist or Dental Clinic in the Past Year



Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Visited a dentist or a dental clinic (within the past year)	66%	68%	66%	66%	64%	67%*	68%*

*2018 BRFSS Data



HEALTHY
LUCAS COUNTY

Adult Health Behaviors

Health Status Perceptions

Adult Weight Status

Adult Tobacco Use

Adult Alcohol Consumption

Adult Drug Use

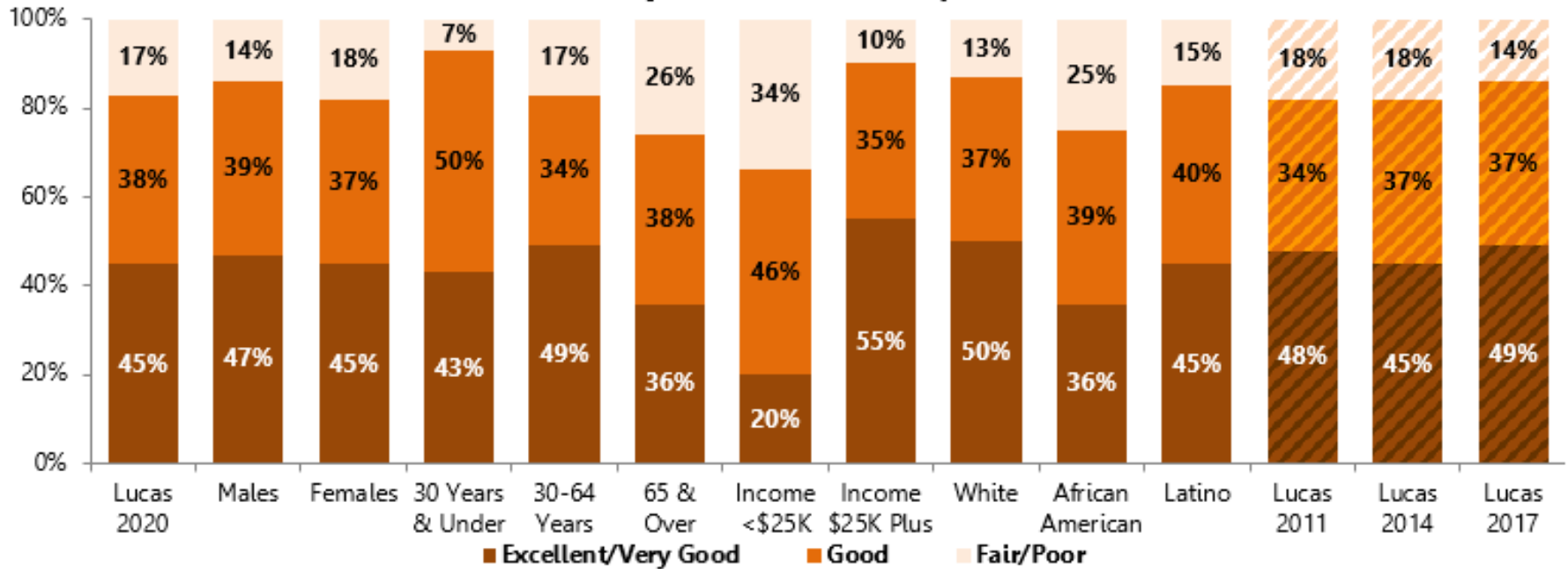
Adult Sexual Behavior

Adult Mental Health



Adult Health Status Perceptions

Lucas County 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 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Rated health as excellent or very good	51%	48%	45%	49%	45%	48%	51%
Rated general health as fair or poor	14%	18%	18%	14%	17%	19%	18%
Rated mental health as not good on four or more days (in the past month)	26%	25%	26%	37%	34%	N/A	N/A
Rated physical health as not good on four or more days (in the past month)	N/A	N/A	22%	24%	25%	N/A	N/A
Average number of days that mental health was not good (in the past month) (County Health Rankings)	N/A	N/A	4.3	6.0	5.5	4.6†	4.0†
Average number of days that physical health not good (in the past month) (County Health Rankings)	N/A	N/A	4.0	4.8	4.2	3.9†	3.8†
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	35%	35%	N/A	N/A

N/A – Not Available

*2017 BRFSS as compiled by 2020 County Health Rankings

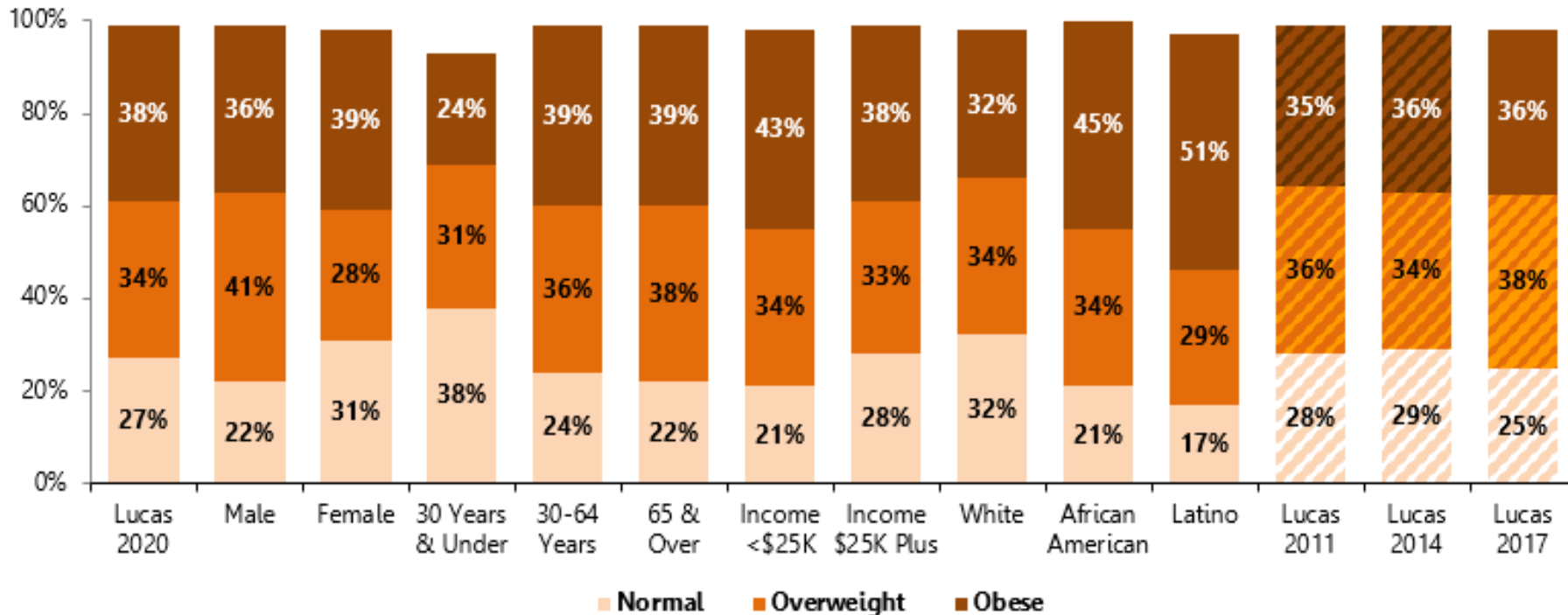
Adult Weight Status

- 72% of all Lucas County adults were either overweight (34%) or obese (38%) by body mass index (BMI)
- 51% of adults were trying to lose weight
 - 29% were trying to maintain their weight or keep from gaining weight
 - 3% were trying to gain weight

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Overweight (BMI of 25.0 – 29.9)	37%	36%	34%	38%	34%	35%	35%
Obese (includes severely and morbidly obese, BMI of 30.0 and above)	33%	35%	36%	36%	38%	35%	32%

Adult Weight Status

Lucas County 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 (31%)
 - Designated safe routes (27%)
 - Improvements to existing parks, trails, and paths (22%)
 - More public events and programs involving parks/trails/paths (20%)
- 55% of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week
 - 25% did not engage in any physical activity in the past week

Adult Weight Status

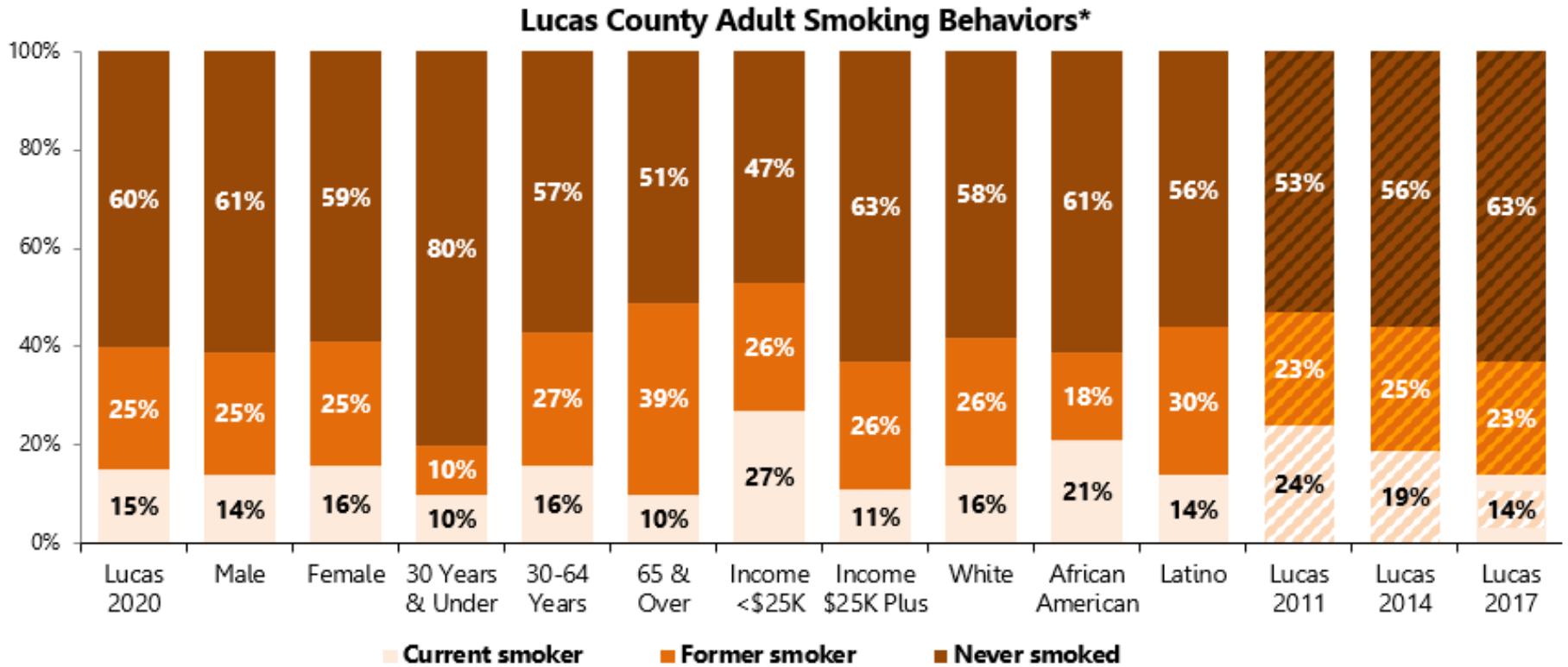
	5 or more servings daily	3-4 servings daily	1-2 Servings daily	0 servings daily
Fruit	1%	9%	77%	13%
Vegetables	3%	18%	73%	6%
Sugar-sweetened beverages	5%	9%	35%	51%
Caffeinated beverages	7%	21%	46%	26%

- Lucas County adults reported the following barriers to consuming fruits and vegetables:
 - Too expensive (10%)
 - Did not like the taste (4%)
 - Did not know how to prepare (3%)
 - Did not have access to fruit and vegetables (3%)
 - No variety (1%)
 - Transportation (<1%)
 - Etc.

Adult Tobacco Use

- 15% of all Lucas County adults were current smokers
- Adults used the following tobacco products in the past year:
 - Cigarettes (19%)
 - E-cigarettes (4%)
 - Cigars (4%)
 - Chewing tobacco/snuff/snus (2%)
 - Little cigars (2%)
 - Cigarillos (2%)
 - Etc.
- Adults indicated e-cigarette vapor is harmful to themselves (72%), an unborn child (66%), others (65%), children (62%) and not harmful to anyone (3%)

Adult Tobacco Use



* 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 (76%)
 - Multi-unit housing (57%)
 - College/university campuses (57%)
 - Parks or ball fields (56%)
 - Rental homes (52%)
 - Fairgrounds (51%)

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Current smoker (smoked on some or all days)	23%	24%	19%	14%	15%	21%	16%
Former smoker (smoked 100 cigarettes in lifetime and now do not smoke)	25%	23%	25%	23%	25%	24%	25%
Tried to quit smoking in the past year	85%	75%	74%	50%	56%	N/A	N/A
Used chewing tobacco or snuff in the past year	N/A	N/A	3%	3%	2%	N/A	N/A

N/A – Not Available

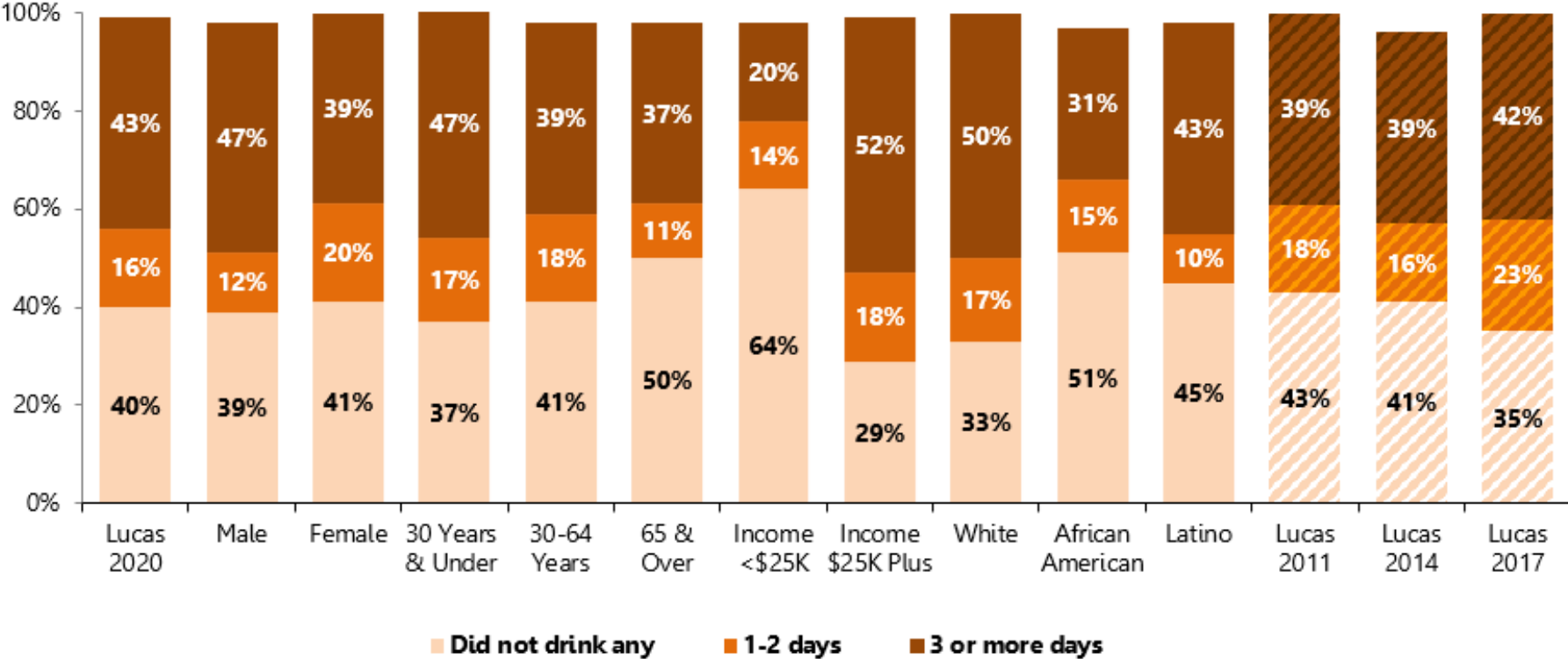


Adult Alcohol Consumption

- 60% of Lucas County adults had at least one alcoholic drink in the past month
- 22% of all adults were binge drinkers
 - 42% of current drinkers were binge drinkers
- Lucas County adult drinkers consumed 3.5 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 (6%)
 - Did not want to miss work (2%)
 - Stigma of seeking alcohol services (2%)
 - Fear (2%)
 - Etc.

Adult Alcohol Consumption

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 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Current drinker (had at least one drink of alcohol within the past month)	57%	57%	54%	65%	60%	53%	54%
Binge drinker (males having five or more drinks on one occasion, females having four or more drinks on one occasion)	18%	23%	21%	24%	22%	18%	17%
Drove after having perhaps too much alcohol to drink (in the past month)	N/A	N/A	N/A	8%	12%	4%*	3%*

N/A – Not Available

*2018 BRFSS Data

Adult Drug Use

- 3% 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 (2%)
 - Regularly failed to fulfill obligations at work or home (2%)
 - Had legal problems (1%)
 - Were placed in dangerous situations (1%)
 - Overdosed and required EMS/hospitalization (<1%)

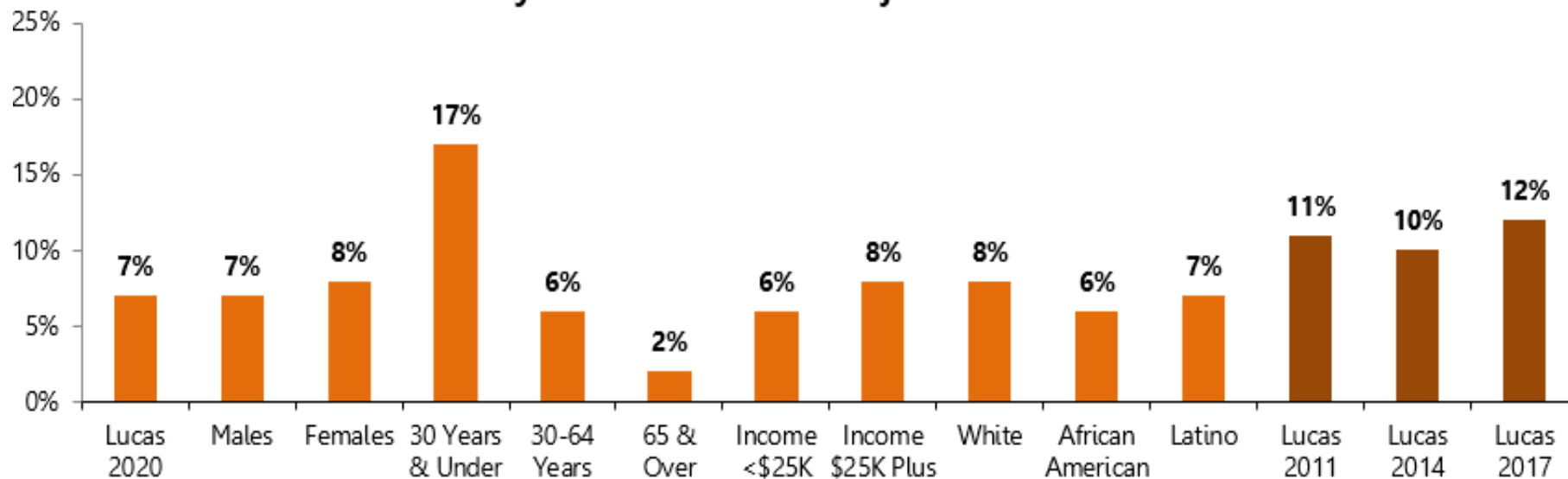
Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Adults who used marijuana in the past 6 months	9%	11%	10%	12%	7%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	6%	8%	10%	6%	8%	N/A	N/A
Adults who used heroin in the past 6 months	<1%	1%	<1%	<1%	<1%	N/A	N/A

N/A – Not Available



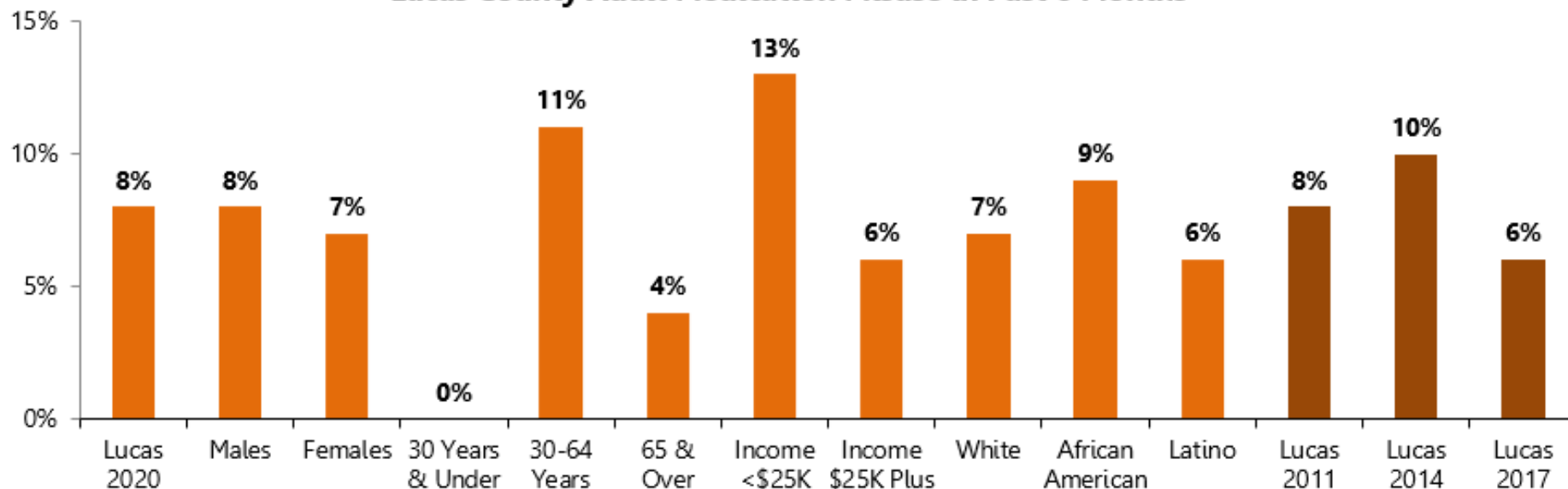
Adult Drug Use

Lucas County Adult Recreational Marijuana Use in Past 6 Months



Adult Drug Use

Lucas County Adult Medication Misuse in Past 6 Months



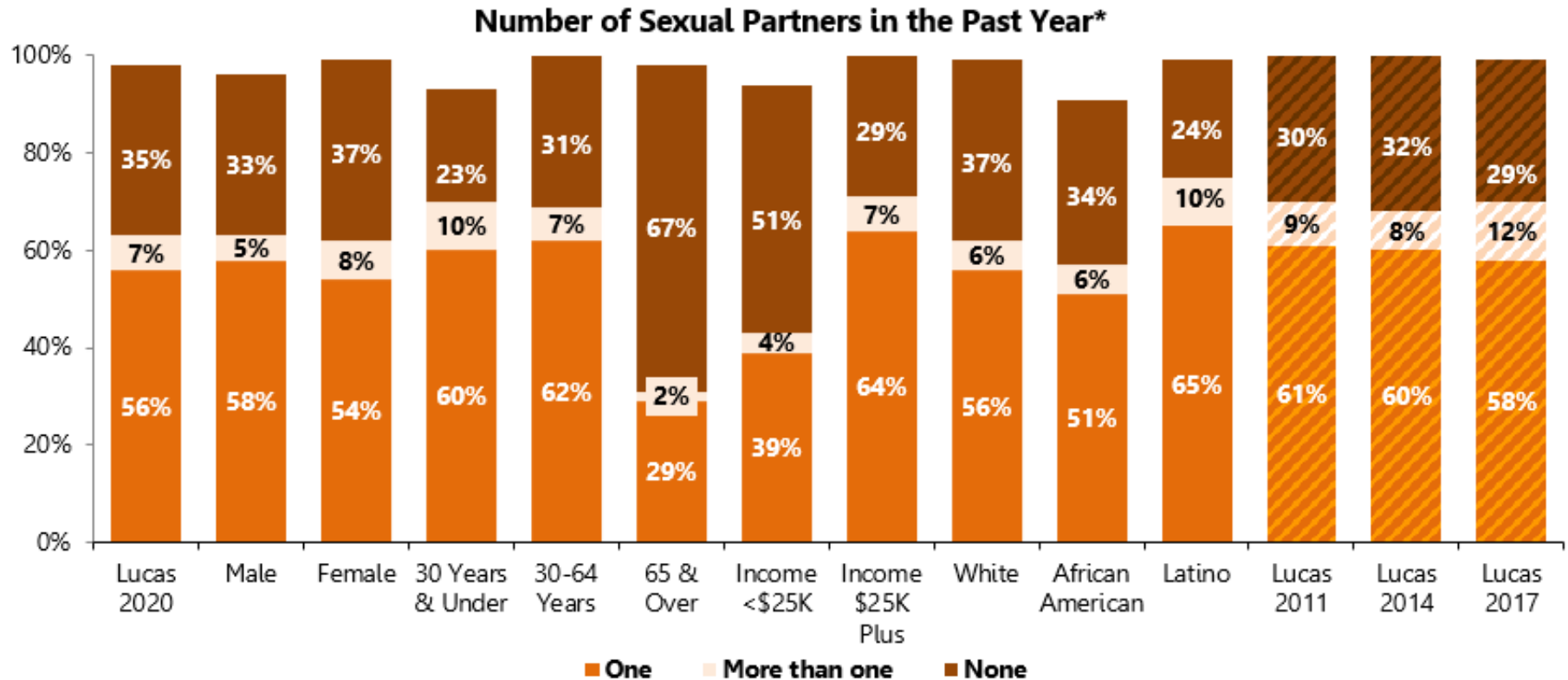
Adult Sexual Behavior

- 63% of Lucas County adults had sexual intercourse in the past year
- 11% of adults were not using any method of birth control, 4% were pregnant and 4% were trying to get pregnant
- 9% of adults were forced to have any sort of unwanted sexual activity, increasing to 13% of females and 16% of those with incomes less than \$25,000
 - 16% of those who were forced to have sexual activity reported it

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Had more than one sexual partner in past year	10%	9%	8%	12%	7%	N/A	N/A

N/A – Not Available

Adult Sexual Behavior



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

*Totals may not equal 100% as some respondents answered, "Don't know".

Mental Health and Suicide

- 5% 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 (36%)
 - Had high stress (31%)
 - Felt worried, tense or anxious (30%)
 - Felt sad, blue or depressed (24%)
 - Stopped doing some usual activities (14%)
 - Felt very healthy and full of energy (12%)
 - Unusual increase or loss of appetite (11%)

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Considered attempting suicide in the past year	3%	3%	3%	2%	5%	N/A	N/A

N/A – Not Available



Mental Health and Suicide

- 16% of adults had used a program or service for themselves or someone in their household to help with depression, anxiety, or emotional problems. The following prevented adults from using a program:
 - Had not thought of it (11%)
 - Did not know how to find a program (6%)
 - Other priorities (6%)
 - Could not afford to go (5%)
 - Co-pay/deductible too high (4%)
 - Fear (3%)
 - Stigma of seeking mental health services (3%)
 - Could not find a mental health doctor or provider (2%)
 - Etc.



HEALTHY
LUCAS COUNTY

Adult Chronic Disease

Cardiovascular Health

Cancer

Arthritis

Asthma

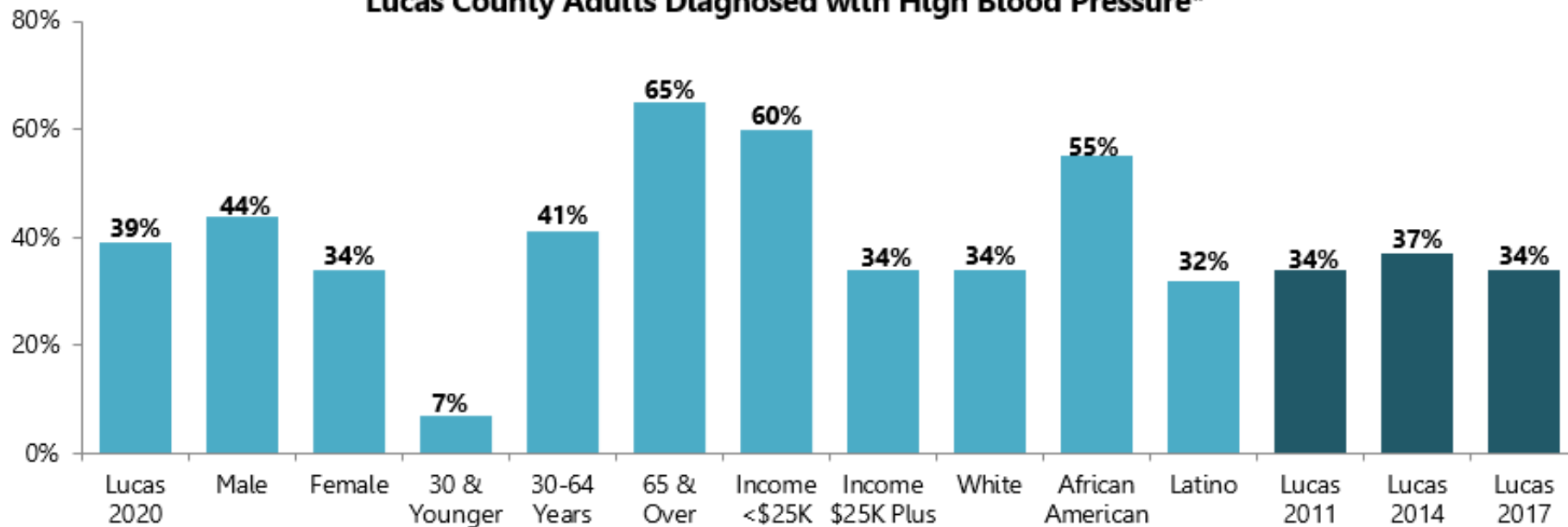
Diabetes

Quality of Life



Cardiovascular Health

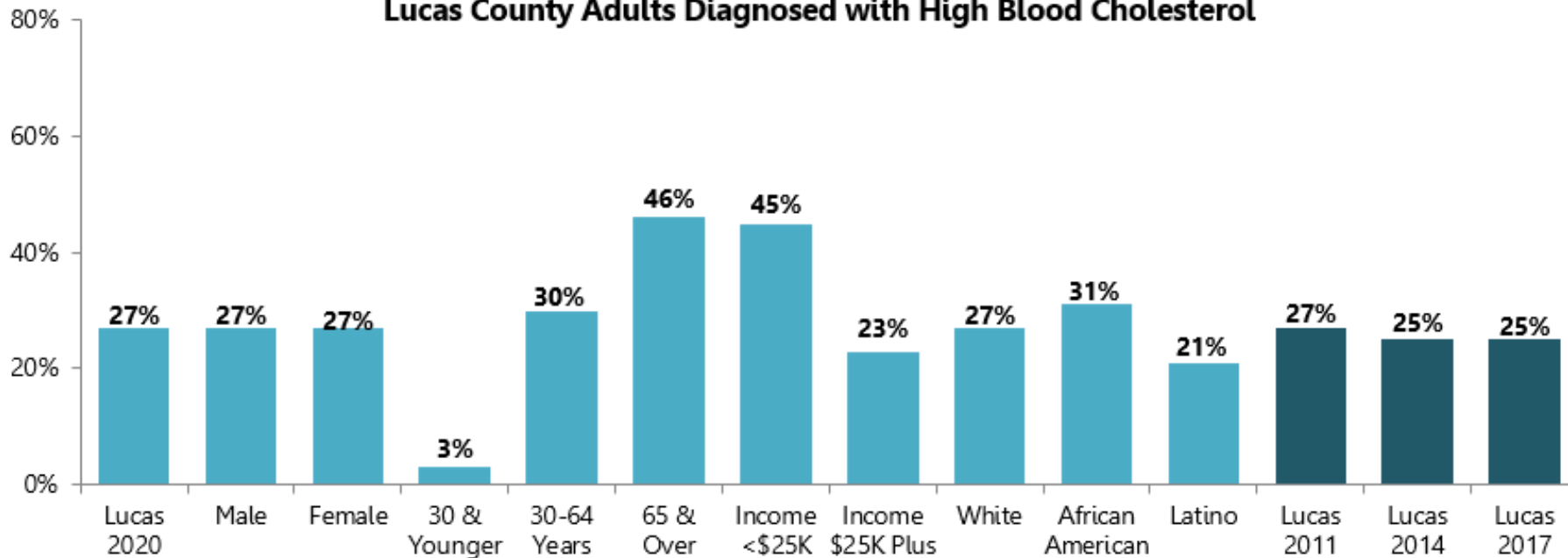
Lucas County Adults Diagnosed with High Blood Pressure*



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

Cardiovascular Health

Lucas County Adults Diagnosed with High Blood Cholesterol



Cardiovascular Health

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Had angina	7%	3%	5%	2%	4%	5%	4%
Had a heart attack	N/A	3%	5%	5%	4%	5%	4%
Had a stroke	N/A	2%	3%	3%	3%	4%	3%
Had been diagnosed with high blood pressure	35%	34%	37%	34%	39%	35%	32%
Had been diagnosed with high blood cholesterol	34%	27%	25%	25%	27%	33%	33%
Had their blood cholesterol checked within the last five years	72%	76%	80%	77%	81%	85%	87%

N/A – Not Available

Cancer

- 12% of adults were diagnosed with cancer at some point in their lifetime, increasing to 29% of those ages 65+
- Of those diagnosed with cancer, the following were reported:
 - Breast (29%)
 - Other skin cancers (20%)
 - Prostate (9%)
 - Melanoma (7%)
 - Cervical (5%)
 - Etc.
- Adults reported receiving the following cancer screenings:
 - Colorectal cancer in the past 5 years (26%)
 - Oral cancer in the past year (16%)
 - Skin cancer in the past year (15%)
 - Lung cancer in the past 3 years (4%)

Arthritis

- 18% of Lucas County adults were told by a health professional that they had some form of arthritis
 - Increasing to 38% of those over the age of 65
- 66% of adults with arthritis were receiving treatment for it

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Had been diagnosed with arthritis	27%	19%	19%	23%	18%	31%	26%

Asthma

- In 2020, 13% of Lucas County adults had been diagnosed with asthma
- 68% of adults with asthma were receiving treatment for it
- 4% of adults were diagnosed with chronic obstructive pulmonary disorder (COPD)
- 79% of adults with COPD were receiving treatment for it

Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Had been diagnosed with asthma	12%	13%	13%	10%	13%	11%	10%

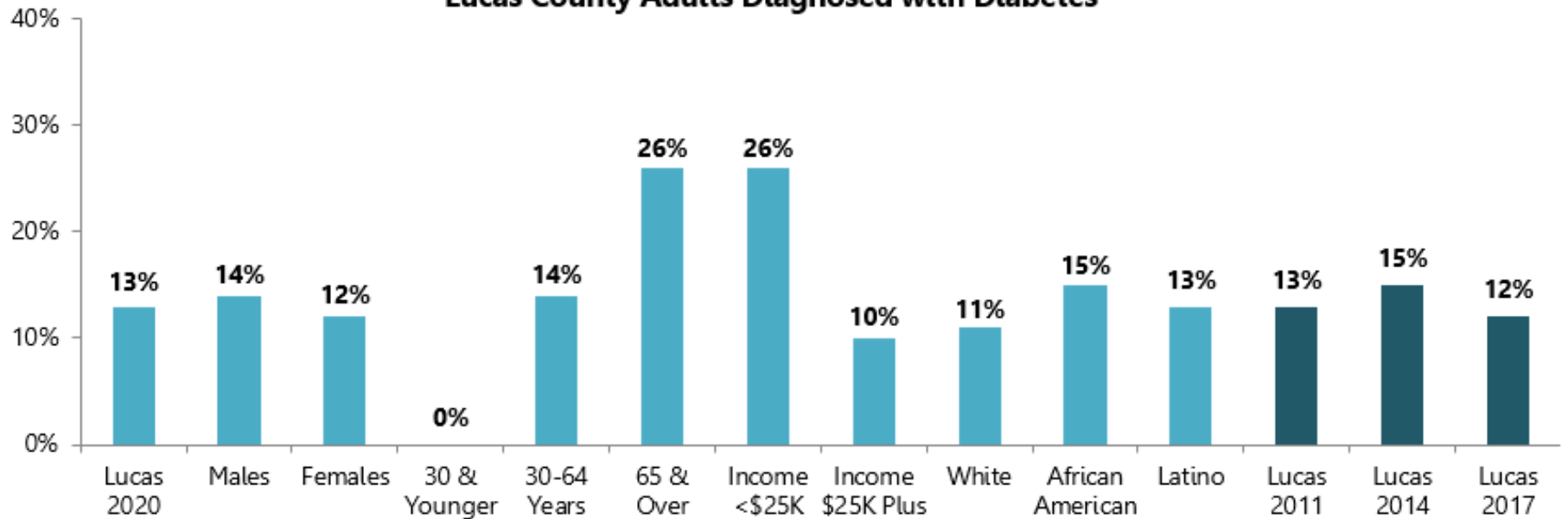
Diabetes

- 13% of Lucas County adults were diagnosed with diabetes
 - Increasing to 26% of those over the age of 65
- 37% 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 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2019	U.S. 2019
Diagnosed with diabetes	12%	13%	15%	12%	13%	12%	11%

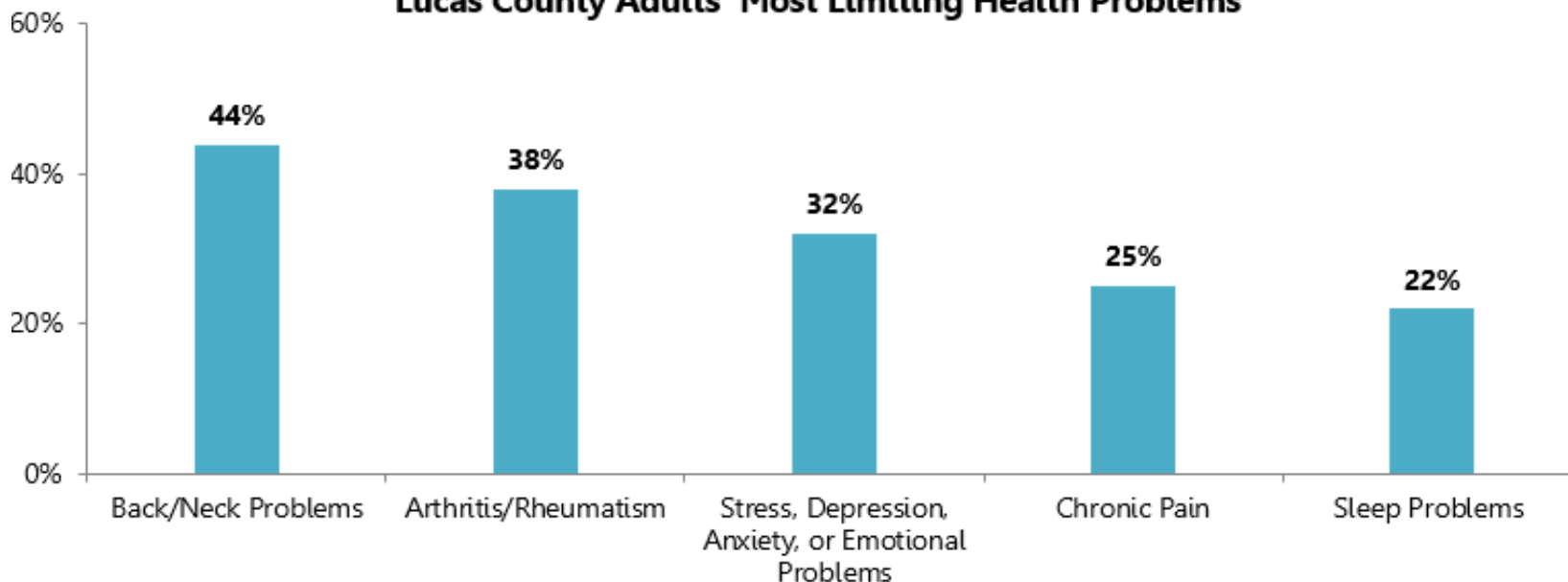
Diabetes

Lucas County Adults Diagnosed with Diabetes



Quality of Life

Lucas County Adults' Most Limiting Health Problems



Adult Comparisons	Lucas County 2007	Lucas County 2011	Lucas County 2014	Lucas County 2017	Lucas County 2020	Ohio 2015	U.S 2015
Limited in some way because of a physical, mental, or emotional problems	42%	N/A	47%	43%	37%	21%	20%

N/A – Not Available



HEALTHY
LUCAS COUNTY

Adult Social Conditions

Social Determinants of Health
Environmental Conditions

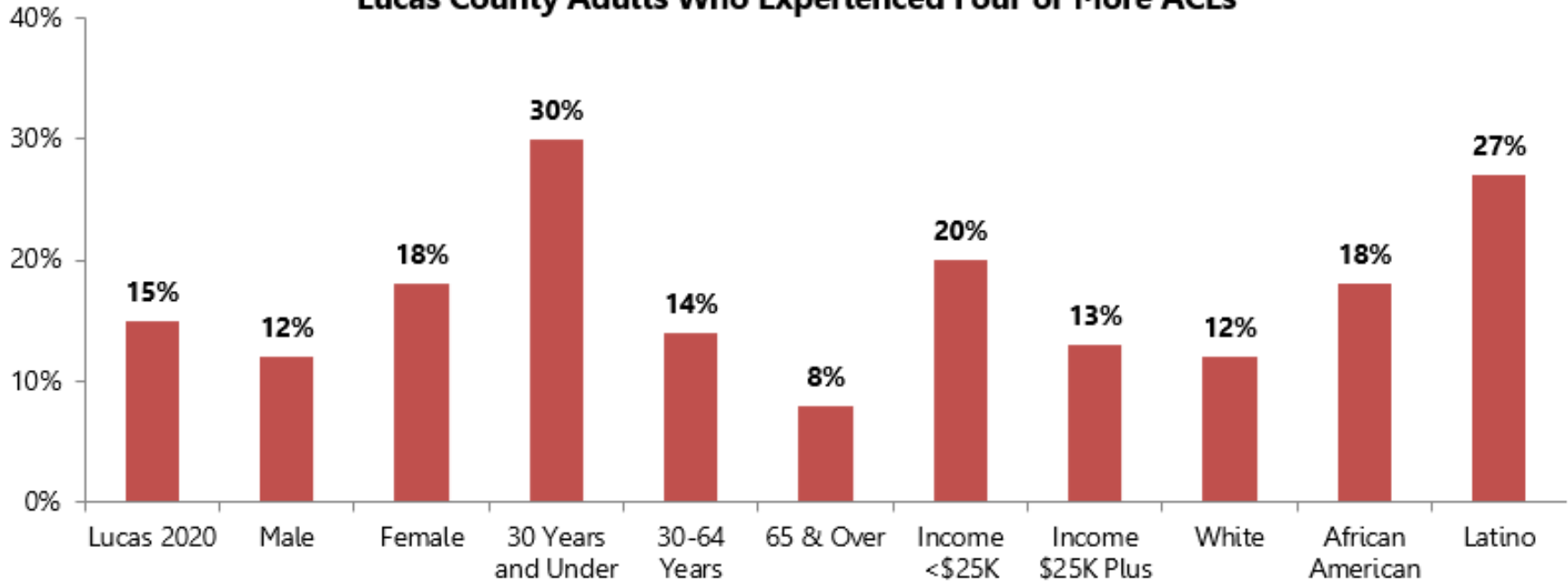


Social Determinants of Health

- Adults experienced the following food insecurity issues during the past year:
 - Had to choose between paying bills and buying food (8%)
 - Worried food would run out (5%)
 - Food assistance was cut (4%)
 - Loss of income led to food insecurity issues (4%)
 - Went hungry/ate less to provide more food for their family (3%)
 - Were hungry but did not eat because they did not have money for food (3%)
- 7% of adults experienced more than one food insecurity issue

Social Determinants of Health

Lucas County Adults Who Experienced Four or More ACEs



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 (9%)
 - Ethnicity (8%)
 - Religion (5%)
 - Sexual orientation (3%)
 - Culture (3%)
 - Gender identity (2%)
 - Disability (2%)
- 17% 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

Demographics	Experiences When Seeking Health Care			
	Worse than Other Races	Better than Other Races	Same as Other Races	Don't Know
Total	3%	7%	51%	37%
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 healthcare 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%)
 - Safety hazards (5%)
 - Plumbing problems (5%)
 - Air quality (4%)
 - Temperature regulation (3%)
 - 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!