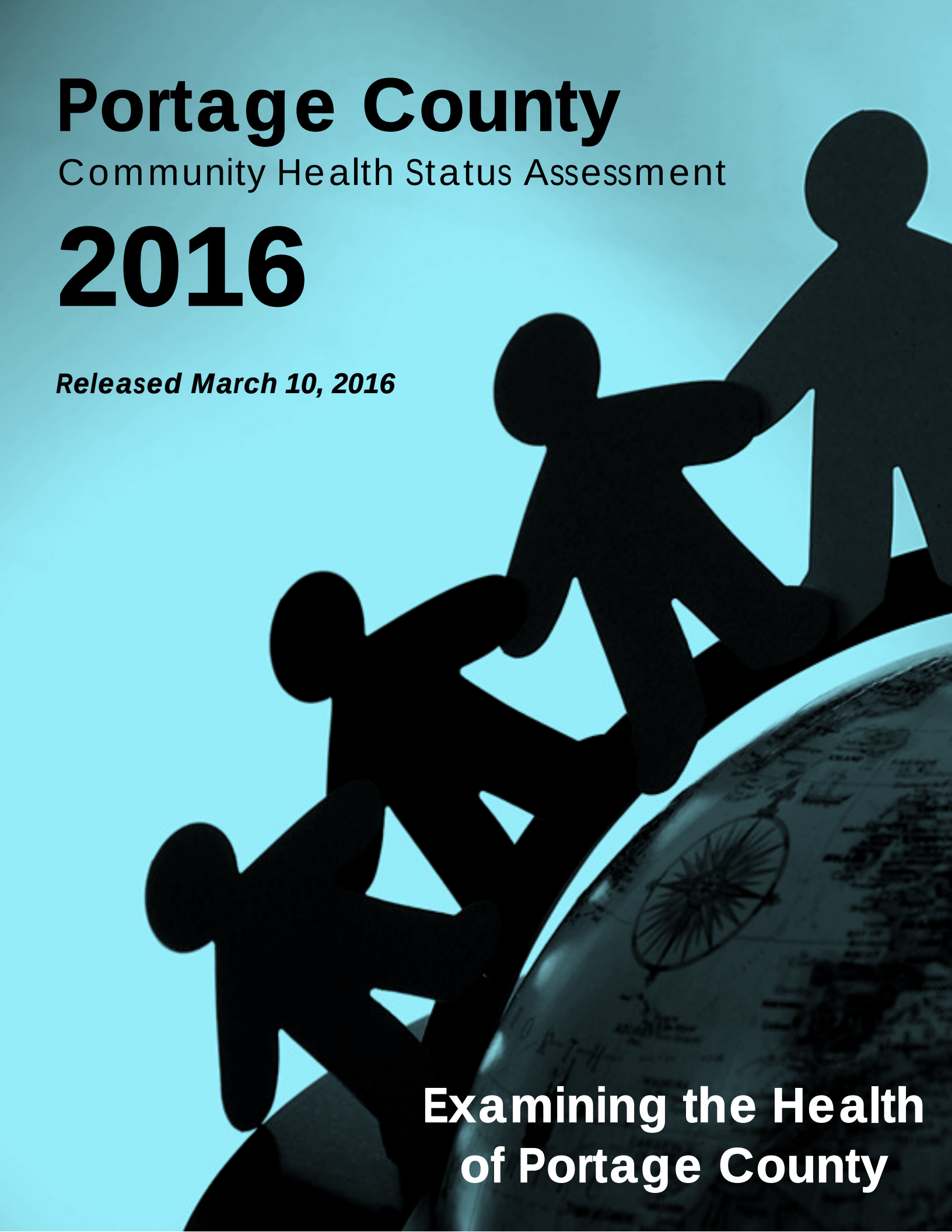
Portage County

Community Health Status Assessment

2016

Released March 10, 2016



Examining the Health of Portage County

FOREWORD

Portage County Community Health Partners are pleased to present the **2016 Portage County Community Health Status Assessment Report.**

This report, which provides a comprehensive look at the health and well-being of Portage County children, youth, and adults, represents the first step in the ongoing work of Portage County's community health partners to create and implement a shared vision for providing and maintaining quality health and human services for all Portage County residents. The data contained in the **2016 Portage County Community Health Status Assessment Report** will help guide Portage County's Health System in its efforts to develop innovative strategies for effectively and efficiently addressing high priority needs; to create evaluation/outcome measures that effectively track progress and ensure accountability; and to educate Portage County stakeholders about the community health vision.

The 2016 health status assessment data were obtained by independent researchers from the Toledo-based Hospital Council of Northwest Ohio and their partners at the University of Toledo, who administered surveys to a cross-sectional, randomized sample of Portage County residents as follows: adults aged 19 years and older, youth aged 12 to 18 years, and parents of children aged 0 to 11 years. The survey instruments contained both customized questions and a set of core questions taken from the Center for Disease Control and Prevention's Behavioral Risk Factor Surveillance System, Youth Risk Behavior Surveillance System, and National Survey for Children's Health. The number of surveys completed and analyzed met the threshold for statistical significance at the 95% confidence level, with a 5% margin of error. Wherever possible, local findings have been compared to other local, regional, state, and national data. As we move forward with planning strategies, we continue to commit to serving those in our county who experience health and basic needs disparities.

This report would not exist without the financial support of the Portage County Combined General Health District, the Kent City Health Department, and the Center for Health Affairs; or without the assistance of community leaders and many public and private health partners, whose members took the time to carefully plan and carry out the assessment. We would also like to thank local school officials who assisted in the assessment process and set aside valuable time that allowed 6th to 12th grade students to participate in this important project.

It is our intent to periodically repeat this process to identify emerging issues and help ensure a high quality, healthy, and prosperous future for our county, while using existing resources as efficiently as possible. It is also our hope that this assessment will stimulate new collaborations among public and private agencies during economically challenging times.

Sincerely,

Portage County Community Health Partners

This report has been funded by:

Portage County Combined General Health District

Kent City Health Department

Center for Health Affairs

Portage County Community Health Assessment Partners:

Akron Children's Hospital

Akron General Medical Center

AxessPointe Community Health Center

Center for Health Affairs

Children's Advantage

City of Ravenna

Cleveland Clinic

Coleman Pregnancy Center

Coleman Professional Services

Family and Children First Council

Family and Community Services

Healthy Communities Partnership

Help Me Grow of Portage County

Hiram College

Kent City Board of Health

Kent City Health Department

Kent State University College of Public Health & Center for Public Policy and Health

Kent State University Health Services

Kent State University Center for Nutrition Outreach

Mental Health & Recovery Board of Portage County

Northeast Ohio Medical University

PARTA

Planned Parenthood

Portage County Board of Development Disabilities

Portage County Board of Health

Portage County Children's Services

Portage County Combined General Health District

Portage County Commissioners

Portage County Educational Service Center

Portage County Immunization Coalition

Portage County Job & Family Services

Portage County Obesity Prevention Coalition

Portage County Public Health Task Force

Portage County Safe Communities Coalition

Portage County School Districts

Portage County Sheriff's Department

Portage County Township Trustees

Portage County WIC

Portage Learning Centers

Ravenna City Board of Health

St. Paul Lutheran Church

Summa Health Systems

The Portage Foundation

Townhall II

University Hospitals of Cleveland

University Hospitals Portage Medical Center

United Way of Portage County

Windham Renaissance Family Center

**This list includes entities/organizations who participated in the Kent State University-facilitated Portage County Community Health Needs Assessment (March 16, 2015) and/or this Portage County Community Health Status Assessment.*

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To see Portage 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.

The 2016 Portage County Health Status Assessment is available on the following websites:

Hospital Council of Northwest Ohio - http://www.hcno.org/community/reports.html

Portage County General Health District - http://www.co.portage.oh.us/healthdepartment.htm

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EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Portage County adults (19 years of age and older), youth (ages 12 through 18), and children (ages 0-11) 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) and the National Survey of Children's Health (NSCH) developed by the Child and Adolescent Health Measurement Initiative. 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, adolescents, and parents within Portage 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

Three survey instruments were designed and pilot tested for this study: one for adults and one for adolescents. 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, adolescents and children. The investigators decided to derive the majority of the adult survey items from the BRFSS. The majority of the survey items for the adolescent survey were derived from the YRBSS. The majority of the survey items for the parents of children 0-11 were derived from the NSCH. This decision was based on being able to compare local data with state and national data. 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 Portage County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Portage County planning committee, the Project Coordinator composed drafts of surveys containing 116 items for the adult survey, 75 items for the adolescent survey and 80 items for the children's 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 Portage County were used as the sampling frame for the adult survey. There were 124,468 persons ages 19 and over living in Portage 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 383 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Portage County was obtained from Allegra Marketing Services in Louisville, KY.

SAMPLING | *Adolescent Survey*

A sample size of 375 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

SAMPLING | *Children 0-5 and 6-11*

Children ages 0-11 residing in Portage County were used as the sampling frames for the surveys. Using U.S. Census Bureau data, it was determined that 21,124 children ages 0-11 reside in Portage County. The investigators conducted a power analysis based on a post-hoc distribution of variation in responses (70/30 split) to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error). Because many of the items were identical between the 0-5 and 6-11 surveys, the responses were combined to analyze data for children 0-11. The sample size required to generalize to children ages 0-11 was 377. The random sample of mailing addresses of parents of children 0-11 from Portage County was obtained from Allegra Marketing Services in Louisville, KY.

PROCEDURE | *Adult Survey*

Prior to mailing the survey to adults, an advance letter was mailed to 2,400 adults in Portage County. This advance letter was personalized, printed on Portage County Local Health Departments stationery and was signed by DuWayne Porter, Health Commissioner, Portage County Combined General Health District, Jeff Neistadt, Health Commissioner, Kent City Health Department, and Bill Ryan, President & CEO, The Center for Health Affairs. 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 Portage County Local Health Departments 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 mailing was 39% (n=433: CI=$\pm$4.7). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

PROCEDURE | *Adolescent Survey*

The survey was approved by all superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 91% (n=407: CI=+4.79).

PROCEDURE | *Children 0-5 and 6-11*

Prior to mailing the survey to parents of 0-11 year olds, an advance letter was mailed to 2,400 parents in Portage County. This advance letter was personalized, printed on Portage County Local Health Departments stationery and was signed by DuWayne Porter, Health Commissioner, Portage County Combined General Health District, Jeff Neistadt, Health Commissioner, Kent City Health Department, and Bill Ryan, President & CEO, The Center for Health Affairs. 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.

Three 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 Portage County Local Health Departments stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a $2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

Because much of the output combines identical items from the 0-5 and the 6-11 surveys, the number of returned surveys needed for power of the combined population (21,124 children) was 377 and this was exceeded by having a combined 432 surveys (23%, CI= ± 4.67).

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 Portage 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 Portage 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 Portage 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. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.

2015 PORTAGE COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT

Throughout 2014, working in collaboration with the Kent State University College of Public Health and the Center for Public Policy and Health (CPPH), a partnership including representatives from the (prior) three local health departments in Portage County (Portage County Health Department, Kent City Health Department, Ravenna City Health Department) as well as multiple community stakeholder organizations, completed the Portage County Community Health Needs Assessment (March 16, 2015).

That assessment utilized data from three previous countywide community health needs assessments: The Portage County Maternal and Child Health Data Indicators Report (2013) produced by the Portage County Maternal and Child Health Consortium; the Hospital System Collaborative Community Health Needs Assessment (2014) produced by Summa Health System, Akron General Medical Center, and Akron Children's Hospital; and the Local Health Departments Community Health Needs Assessment (2014) produced by Kent State University CPPH.

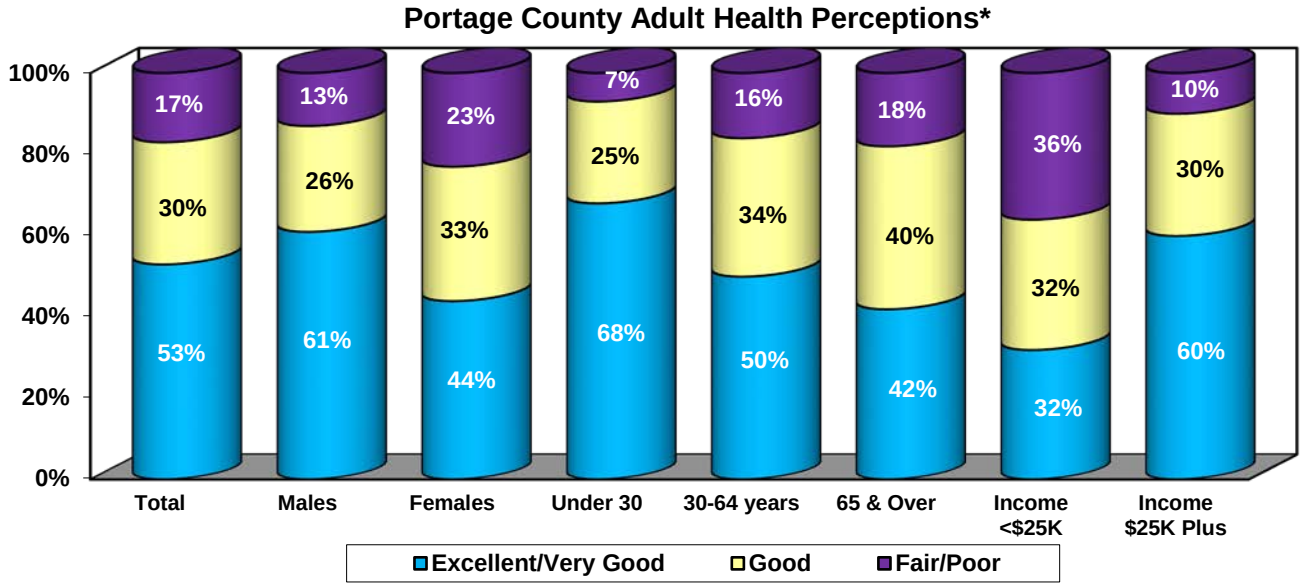
It also ultimately identified a need for and recommendation that future community health assessment and improvement efforts seek to collect additional primary data specific to Portage County. This will afford the ability to incorporate improved evaluation, priorities setting, measurement, and tracking of health improvement progress. That recommendation led Portage County's health leaders and partners to work with the Hospital Council of Northwest Ohio toward the development of this 2016 Community Health Status Assessment and the Community Health Improvement Plan to follow.

The full Portage County Community Health Needs Assessment (March 16, 2015) can be found on the Portage County Health Department's website (2015 Portage County Community Health Needs Assessment), and its Acknowledgements and Executive Summary are included in Appendix VII of this document.

Data Summary

HEALTH PERCEPTIONS

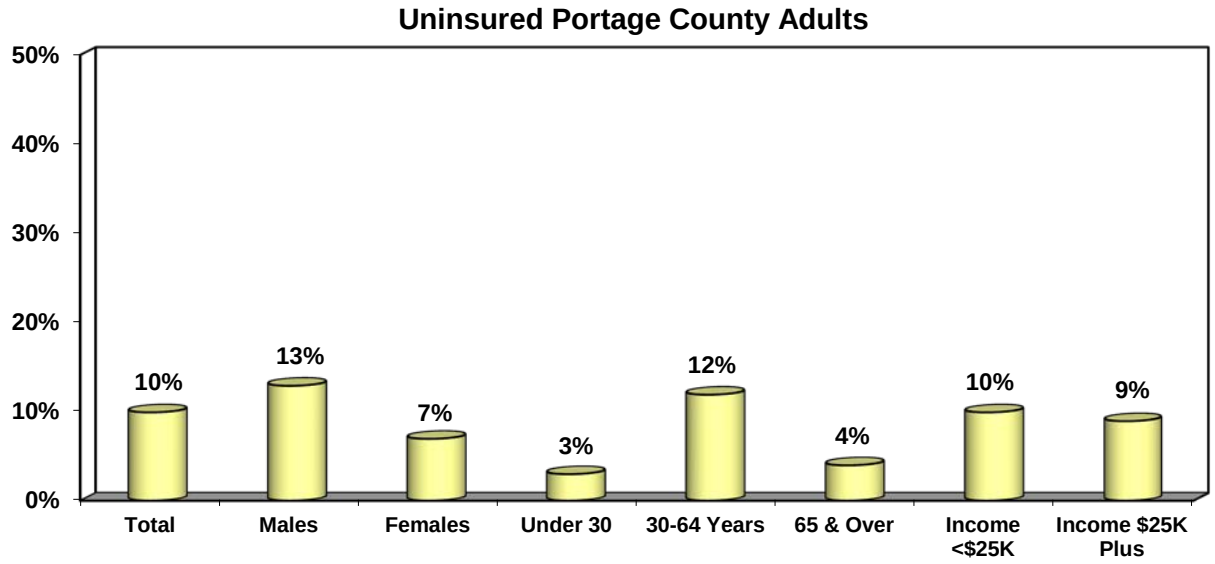
In 2015, over half (53%) of the Portage County adults rated their health status as excellent or very good. Conversely, 17% of adults, increasing to 36% of those with incomes less than $25,000 described their health as fair or poor.



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

HEALTH CARE COVERAGE

The 2016 Health Assessment data has identified that 10% of Portage County adults were without health care coverage. Those least likely to be uninsured were adults under age 30. In Portage County, 18.1% of residents live below the poverty level *(Source: U.S. Census, American Community Survey 1 Year Estimate, 2013).*



HEALTH CARE ACCESS

The 2016 Health Assessment project identified that 61% of Portage County adults had visited a doctor for a routine checkup in the past year. 22% of adults reported there was a time in the past year they needed to see a doctor but could not because of cost, increasing to 45% of those under the age of 30 and 33% of those with incomes less than $25,000.

CARDIOVASCULAR HEALTH

Heart disease (18%) and stroke (2%) accounted for 20% of all Portage County adult deaths in 2013 *(Source: ODH Information Warehouse).* The 2016 Portage County Health Assessment found that 4% of adults had survived a heart attack and 2% had survived a stroke at some time in their life. Over one-third (38%)of Portage County adults had been diagnosed with high blood cholesterol, 29% had high blood pressure, 28% were obese, and 13% were smokers, four known risk factors for heart disease and stroke.

Portage County
Leading Types of Death
2013 (Preliminary)

Total Deaths: 1,350

1. Heart Disease (18% of all deaths)
2. Cancer (16%)
3. Chronic Lower Respiratory Diseases (5%)
4. Unintentional Injuries (Accidents) (3%)
5. Alzheimer's Disease (2%)

(Source: ODH Information Warehouse. 2013)

CANCER

In 2015, 8% of Portage 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 783 Portage County residents died from cancer, the second 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.

Portage County
Incidence of Cancer, 2007-2011

All Types: 3,914 cases

- Lung and Bronchus: 625 cases (16%)
- Prostate: 615 cases (16%)
- Breast: 522 cases (13%)
- Colon and Rectum: 354 cases (9%)

In 2010, there were 324 cancer deaths in Portage County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/9/2014)

DIABETES

In 2015, 11% of Portage County adults had been diagnosed with diabetes.

ARTHRITIS

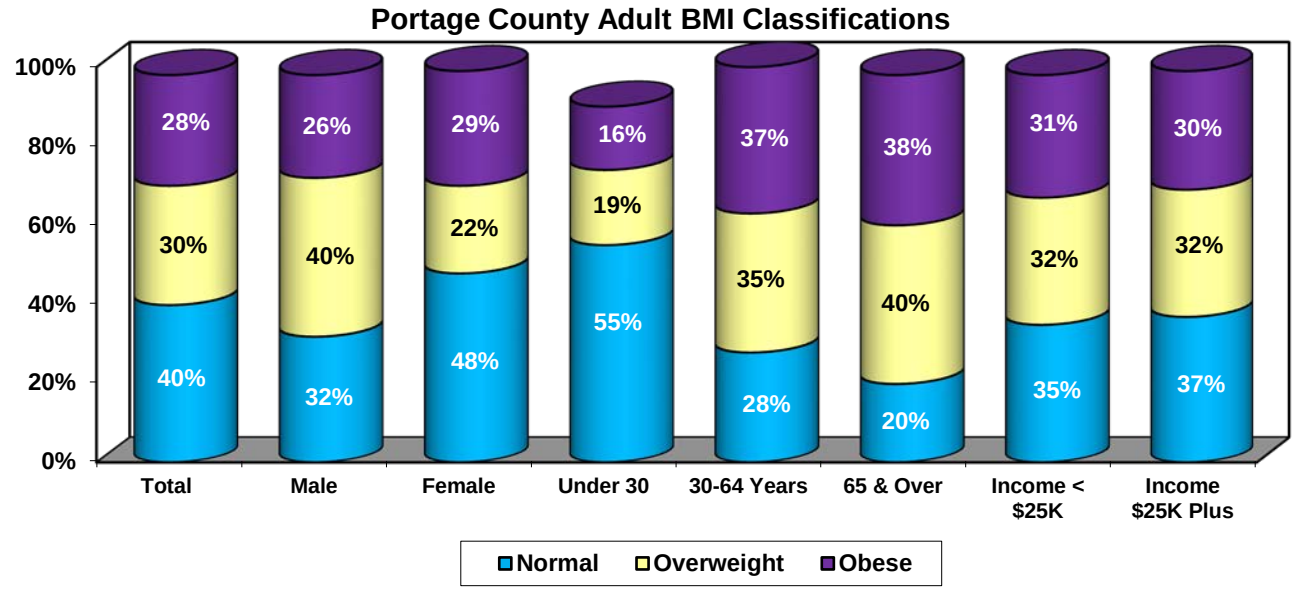
According to the Portage County survey data, 31% of Portage County adults were diagnosed with arthritis. According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they have arthritis.

ASTHMA

According to the Portage County survey data, 21% of adults had been diagnosed with asthma.

ADULT WEIGHT STATUS

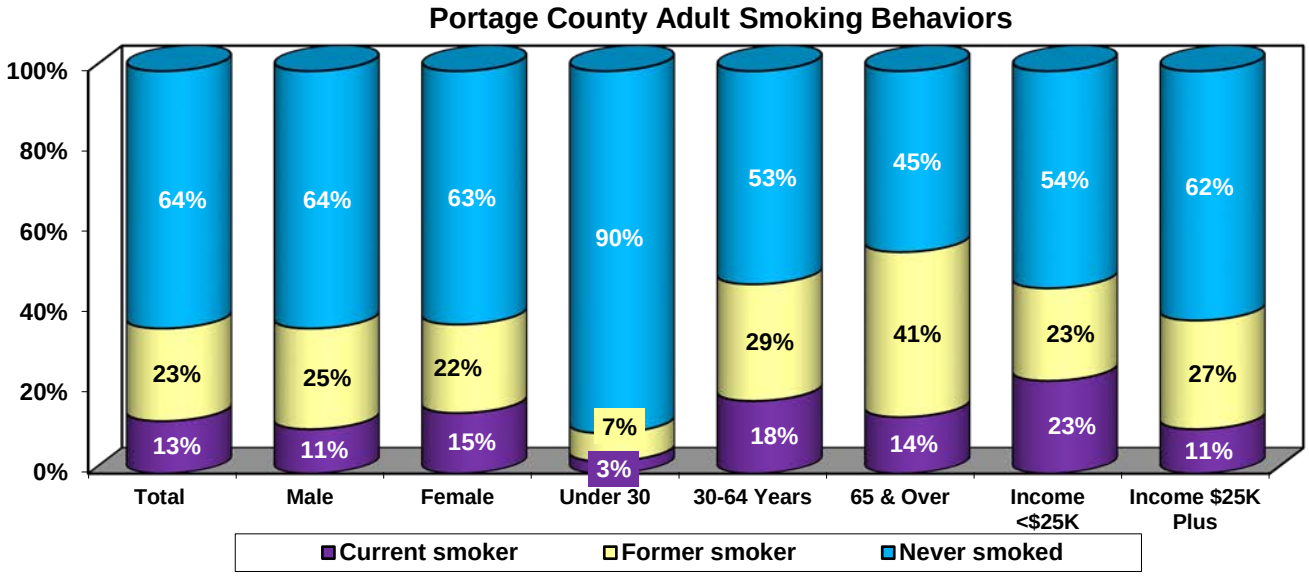
The 2016 Health Assessment identified that 58% of Portage County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 30% of Ohio and 29% of U.S. adults were obese by BMI. More than one-quarter (28%) of Portage County adults were obese. Almost half (48%) of Portage County adults exercised to lose weight or keep from gaining weight.



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

ADULT TOBACCO USE

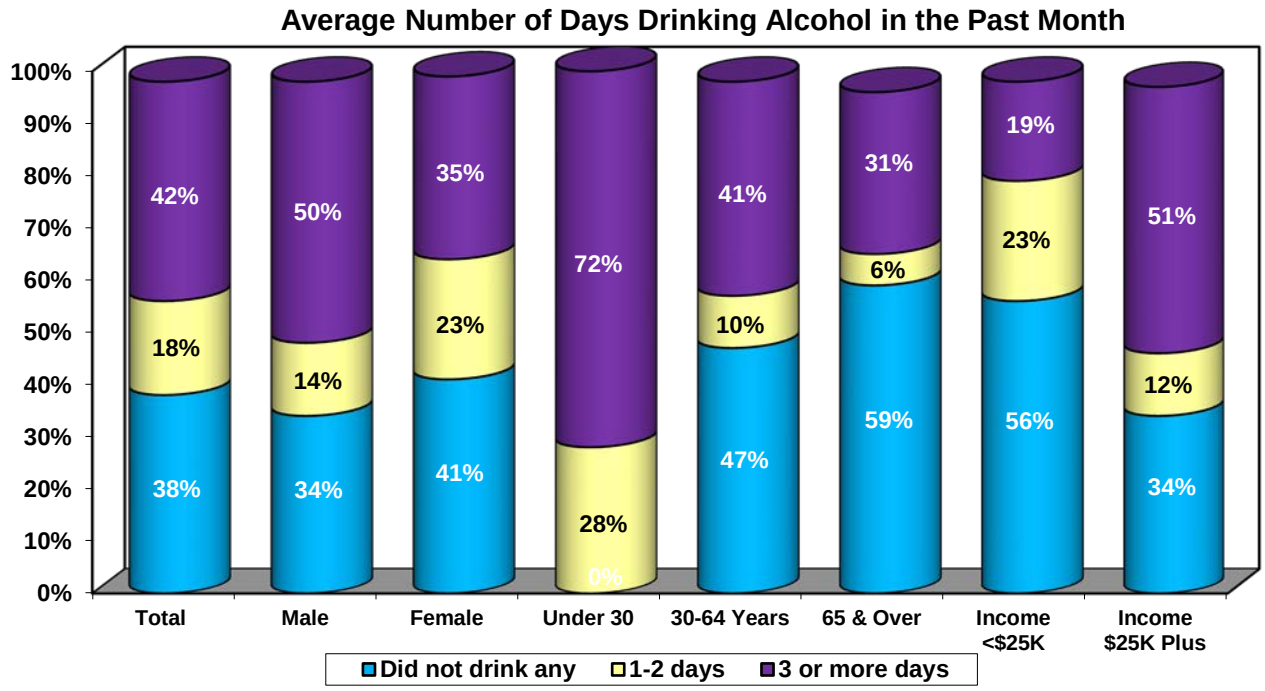
In 2015, 13% of Portage County adults were current smokers and 23% were considered former smokers. In 2015, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, 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, 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

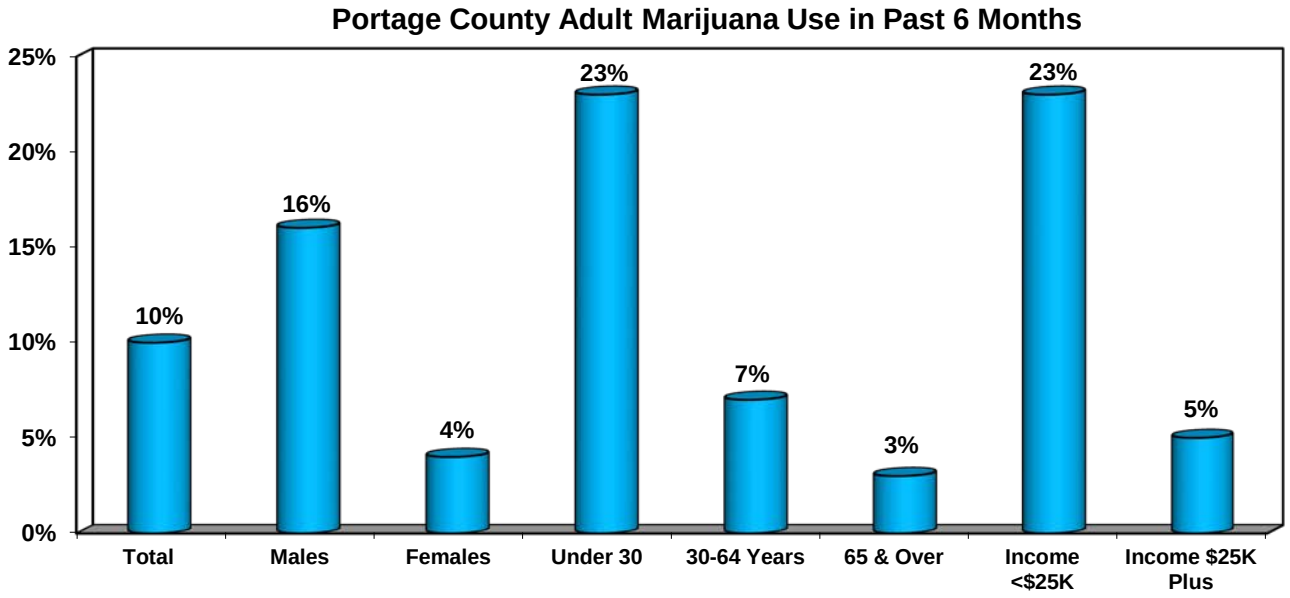
In 2015, the Health Assessment indicated that 8% of Portage County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 22% of adults who drank had five or more drinks (for males) and 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Two 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.

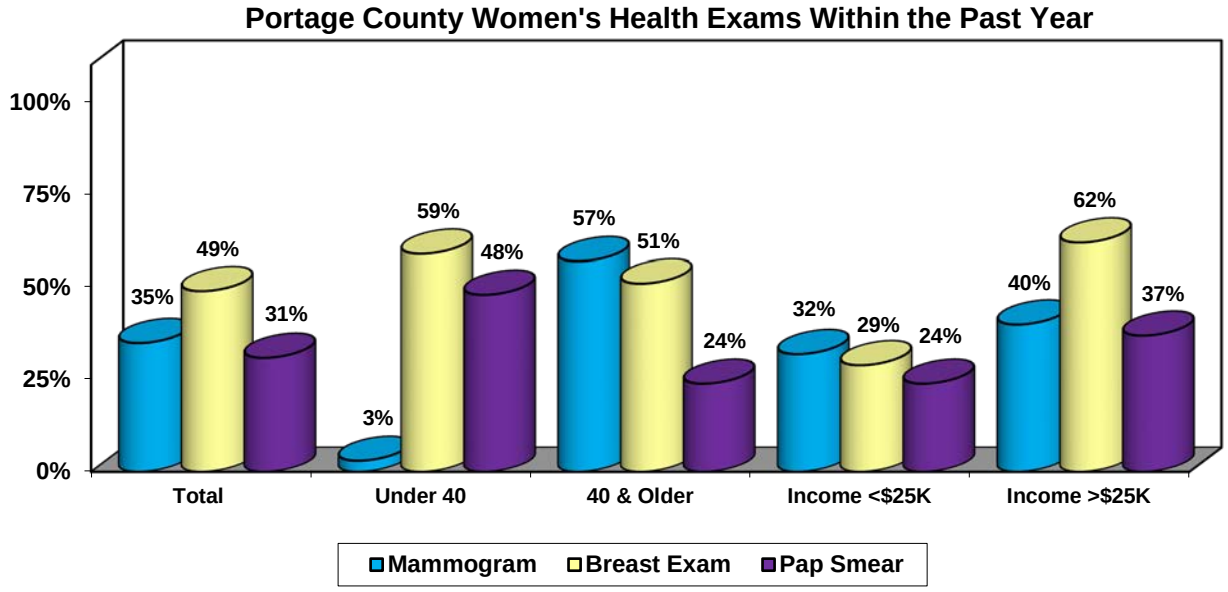
ADULT DRUG USE

In 2015, 10% of Portage 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.



WOMEN'S HEALTH

In 2015, more than half (57%) of Portage County women over the age of 40 reported having a mammogram in the past year. 49% of Portage County women ages 19 and over had a clinical breast exam and 31% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 2% of women survived a heart attack and 1% survived a stroke at some time in their life. More than one-third (37%) had high blood cholesterol, 29% were obese, 26% had high blood pressure, and 15% were identified as smokers, known risk factors for cardiovascular diseases.



MEN'S HEALTH

In 2015, 49% of Portage County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 29% and cancers accounted for 26% of all male deaths in Portage County from 2011-2013. The Health Assessment determined that 7% of men survived a heart attack and 3% survived a stroke at some time in their life. Nearly one-third (38%) of men had been diagnosed with high blood cholesterol, 32% had high blood pressure, and 11% were identified as smokers, which, along with obesity (26%), are known risk factors for cardiovascular diseases.

PREVENTIVE MEDICINE AND HEALTH SCREENINGS

Almost three-quarters (71%) of adults ages 65 and over had a pneumonia vaccination at some time in their life.

ADULT SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2015, over two-thirds (67%) of Portage County adults had sexual intercourse. Ten 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, 21% of Portage County adults were limited in some way because of a physical, mental or emotional problem.

SOCIAL CONTEXT

In 2015, 6% of Portage County adults were abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 36% of adults kept a firearm in or around their home.

MENTAL HEALTH AND SUICIDE

In 2015, 6% of Portage County adults considered attempting suicide. 15% 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 2016 Health Assessment project has determined that more than three-fifths (64%) of Portage County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Nearly three-fourths (74%) of Portage County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year (2013 YRBS reported 75% for Ohio).

KENT CITY – HEALTH CARE ACCESS, COVERAGE & UTILIZATION

According to the 2013 American Community Survey 3-Year Estimate data, approximately 27,524 Kent City adults live in Portage County. The 2016 Health Assessment indicates that 8% of Kent City adults did not have health care coverage. 14% rated their health as fair or poor.

KENT CITY – CHRONIC DISEASES & ASSOCIATED RISKY BEHAVIORS

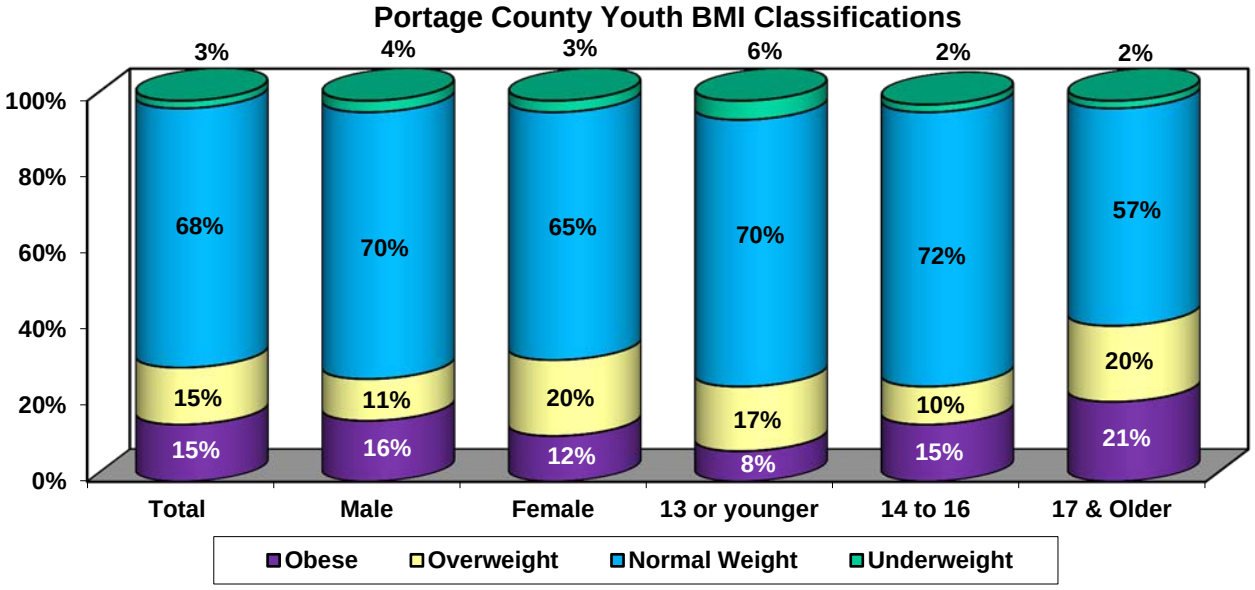
In 2015, 9% of Kent City adults were diagnosed with diabetes and 29% with high blood pressure. 56% of Kent City adults were either overweight or obese. One third (33%) were limited in some way because of a physical, mental or emotional problem.

KENT CITY – SOCIAL CONTEXT AND SAFETY

Over one-quarter (28%) of Kent City adults kept a firearm in or around their home. 5% of Kent City adults were abused in the past year. 11% of Kent City adults needed help meeting their general daily needs, such as food, clothing, shelter, or paying utility bills.

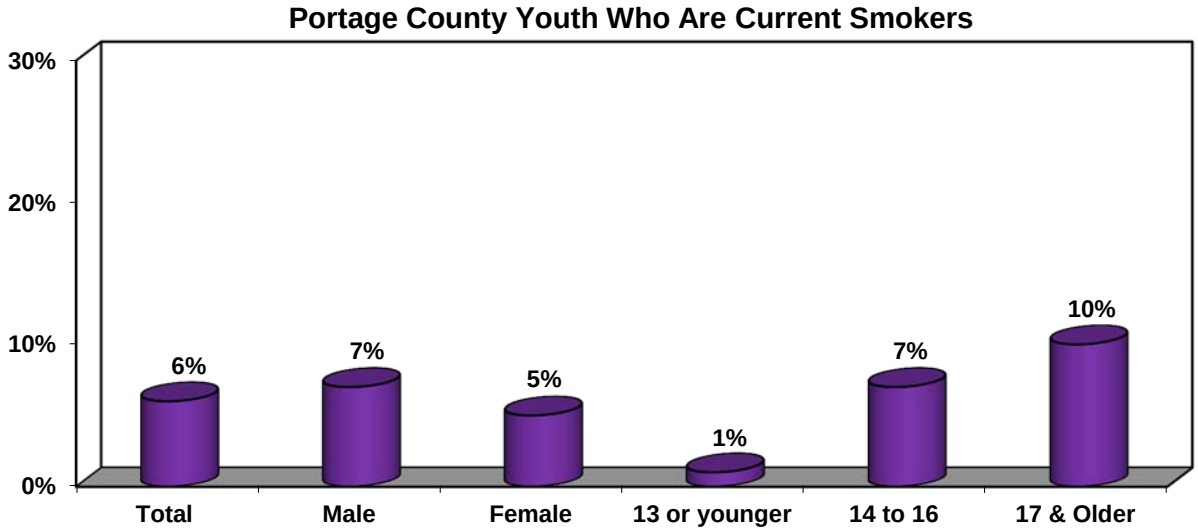
YOUTH WEIGHT STATUS

The 2016 Health Assessment identified that 15% of Portage County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 17% of Portage County youth reported that they were slightly or very overweight. 72% of youth were exercising for 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities.



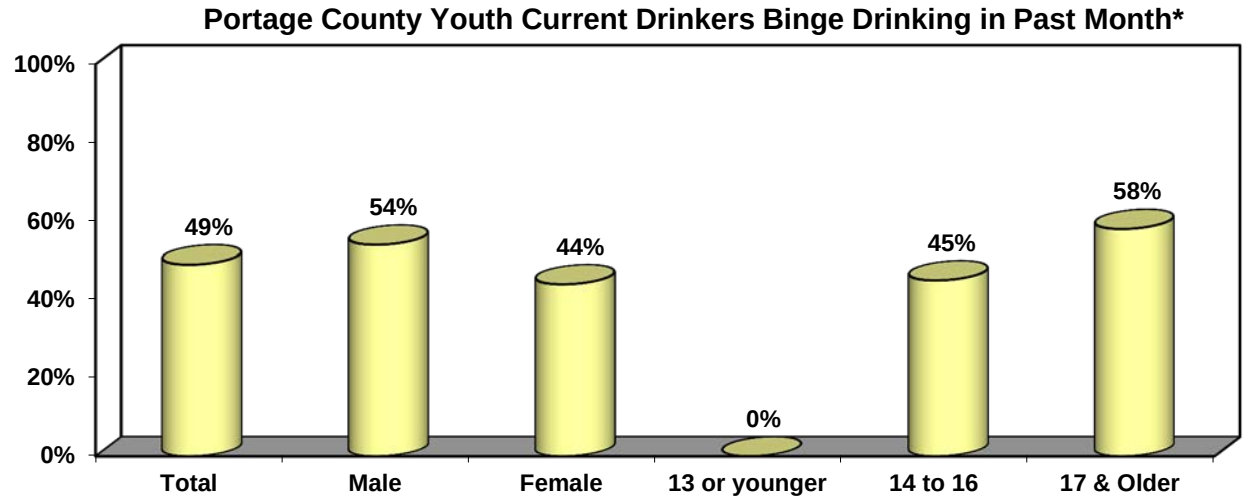
YOUTH TOBACCO USE

The 2016 Health Assessment identified that 6% of Portage County youth in grades 6-12 were smokers, increasing to 10% of those ages 17 and older. 17% of youth vaped e-cigarettes in the past year.



YOUTH ALCOHOL CONSUMPTION

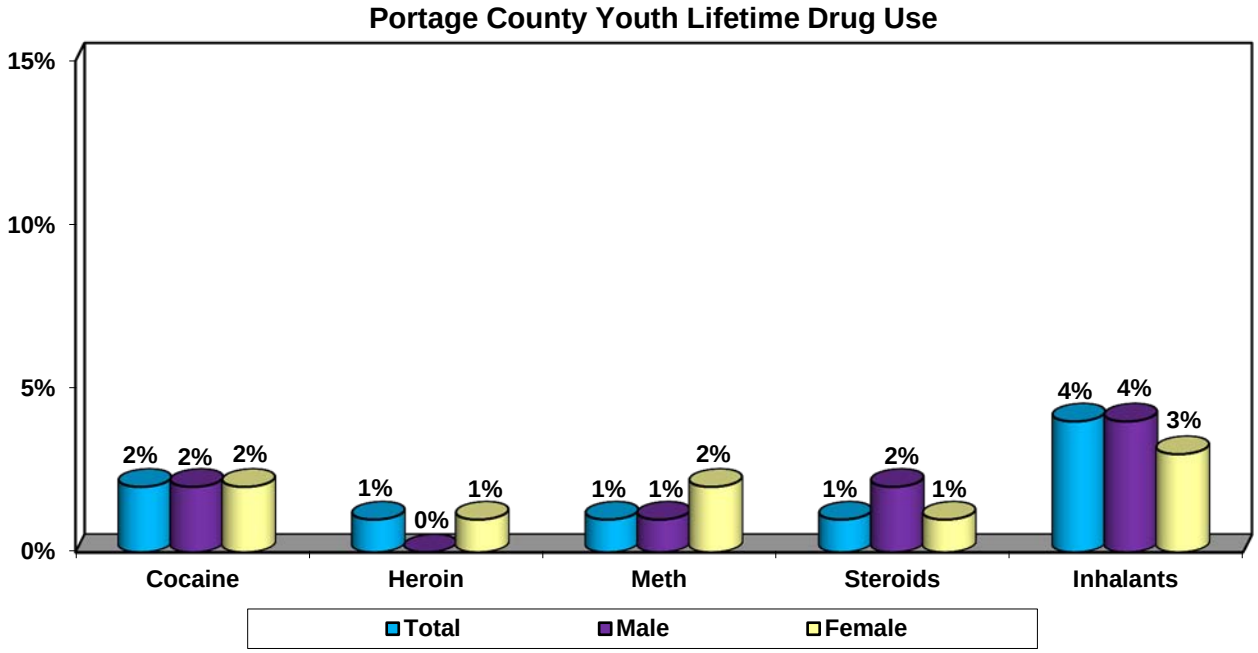
In 2015, the Health Assessment results indicated that 47% of Portage County youth in grades 6-12 had drank at least one drink of alcohol in their life, increasing to 71% of youth seventeen and older. 31% of youth who drank, took their first drink at 12 years or younger. 18% of all youth and 37% of those over the age of 17 had at least one drink in the past 30 days. Nearly half (49%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 5% of all youth drivers had driven a car in the past month after they had been drinking alcohol.



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

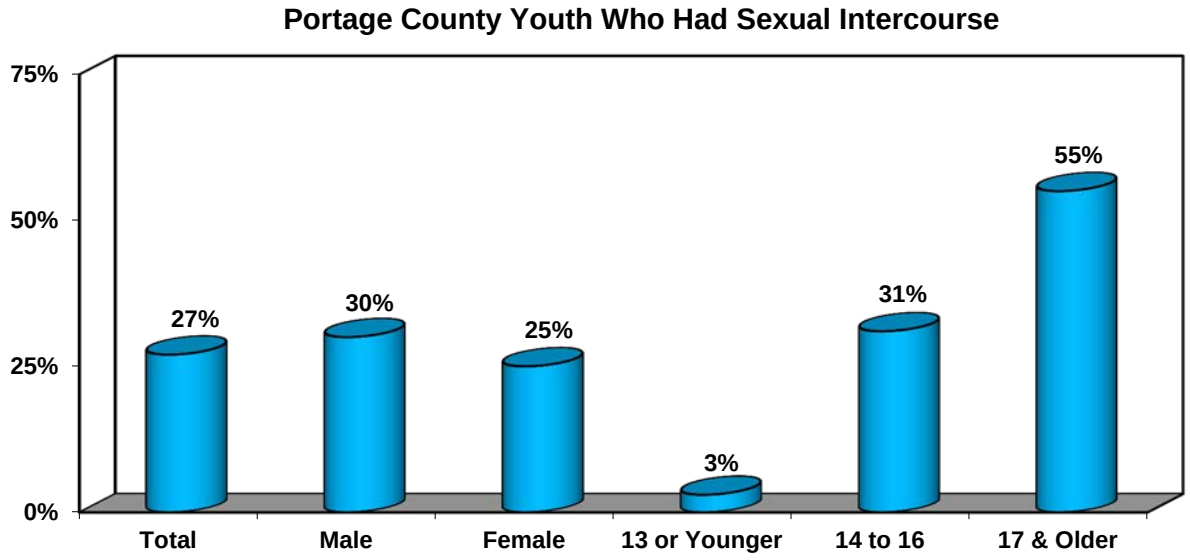
YOUTH MARIJUANA AND OTHER DRUG USE

In 2015, 11% of Portage County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 17% of those ages 17 and older. 7% of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 11% of those over the age of 17.



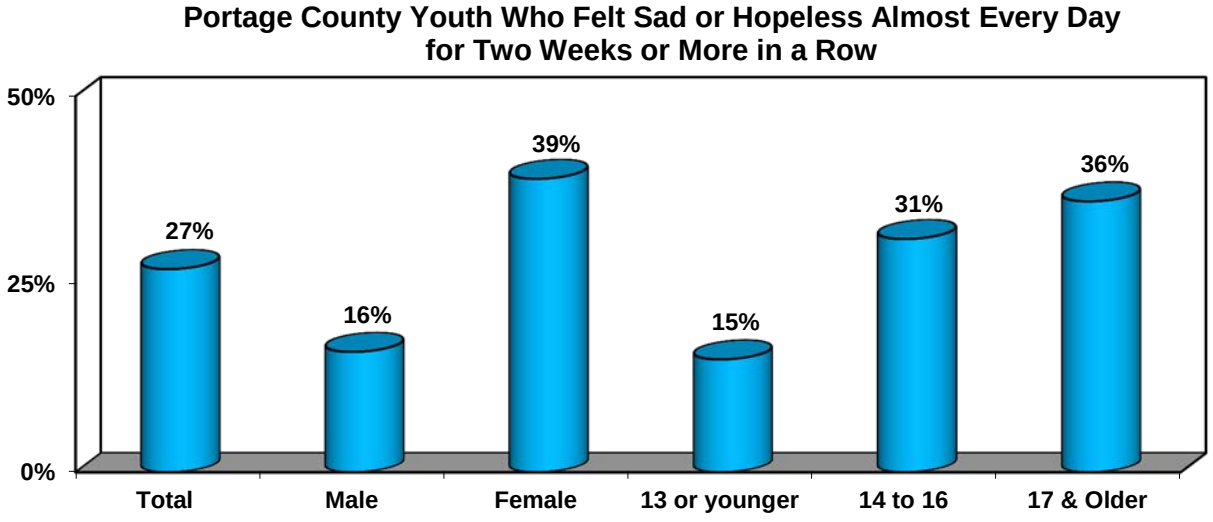
YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2015, over one-fourth (27%) of Portage County youth have had sexual intercourse, increasing to 55% of those ages 17 and over. 27% of youth had participated in oral sex and 9% had participated in anal sex. 26% of youth participated in sexting. Of those who were sexually active, 55% had multiple sexual partners. One Portage County school did not ask some of the sexual behavior questions.



YOUTH MENTAL HEALTH AND SUICIDE

In 2015, the Health Assessment results indicated that 18% of Portage County 6th-12th grade youth had seriously considered attempting suicide in the past year and 9% admitted actually attempting suicide in the past year, increasing to 15% of females.

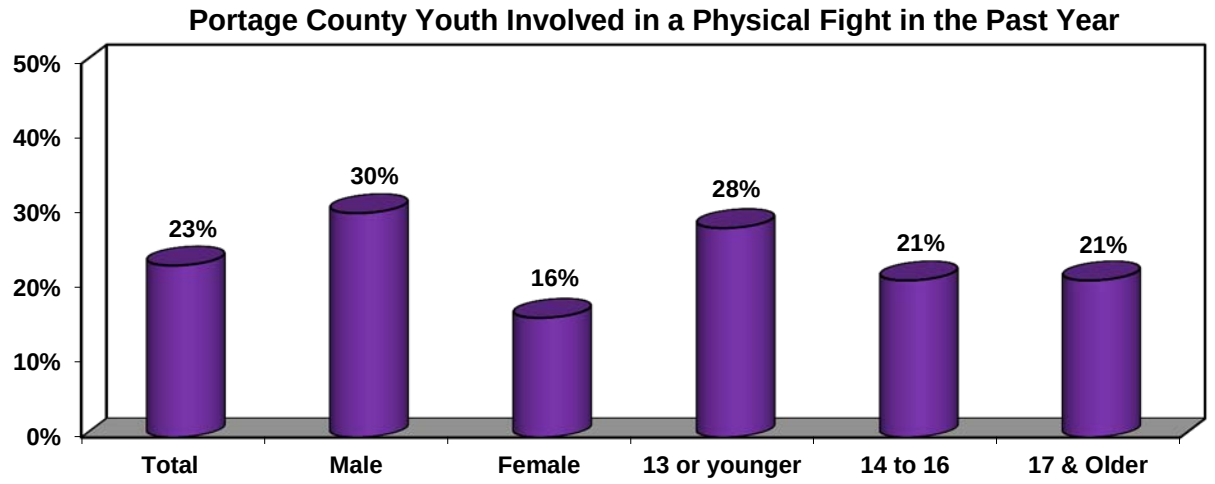


YOUTH SAFETY

In 2015, 27% of youth drivers texted while driving. 43% of Portage County youth reported getting 8 hours of sleep or more on an average school night. 29% of youth had experienced three or more adverse childhood experiences.

YOUTH VIOLENCE

In Portage County, 23% of youth had been involved in a physical fight in the past year. 5% of youth had been threatened or injured with a weapon on school property in the past year. 43% of youth had been bullied in the past year and 33% had been bullied on school property.



CHILD HEALTH AND FUNCTIONAL STATUS

In 2015, 22% of children were classified as obese by Body Mass Index (BMI) calculations. 79% of Portage County parents had taken their child ages 0-11 to the dentist in the past year. 15% of Portage County parents reported their child ages 0-11 had been diagnosed with asthma. 7% of parents reported their child had been diagnosed with ADD/ADHD.

CHILD HEALTH INSURANCE, ACCESS & UTILIZATION

In 2015, 1% of Portage County parents reported their 0-11 year old did not have health insurance. 85% of parents had taken their child to the doctor for preventive care in the past year. 95% of children had received all recommended vaccinations.

EARLY CHILDHOOD (0-5 YEARS OLD)

The following information was reported by parents of 0-5 year olds. In 2015, 93% of Portage County parents reported their child always rode in a car seat/booster seat when a passenger in a car. 81% of mothers got prenatal care within the first three months during their last pregnancy. 10% of mothers smoked during their last pregnancy. 75% of parents put their child to sleep on his/her back. 21% of mothers never breastfed their child.

MIDDLE CHILDHOOD (6-11 YEARS OLD)

The following information was reported by Portage County parents of 6-11 year olds. In 2015, 68% of Portage County parents reported they felt their child was always safe at school. 44% of parents reported their child was bullied at some time in the past year. 85% of parents reported their child participated in extracurricular activities. 24% of parents reported their child had an email or a social network account.

FAMILY FUNCTIONING, NEIGHBORHOOD AND COMMUNITY CHARACTERISTICS

In 2015, 27% of Portage County parents reported their 0-11 year old child slept 8-9 hours per night. 96% of parents reported their neighborhood was always or usually safe enough for their child to go out and play.

PARENT HEALTH

In 2015, 7% of Portage County parents were uninsured. 34% of parents were overweight and 26% were obese. Parents missed work an average of 1.8 days per year due to their child being ill or injured.

Adult | TREND SUMMARY

Adult Variables	Portage County 2015	Ohio 2013	U.S. 2013
Health Status			
Rated health as excellent or very good	53%	50%	52%
Rated general health as fair or poor	17%	18%	17%
Health Care Coverage			
Uninsured	10%	14%	17%
Arthritis, Asthma, & Diabetes			
Has been diagnosed with arthritis	31%	30%	25%
Has been diagnosed with diabetes	11%	11%	11%
Has been diagnosed with asthma	21%	14%	14%
Cardiovascular Health			
Had angina	9%	5%	4%
Had a heart attack	4%	5%	4%
Had a stroke	2%	4%	3%
Has been diagnosed with high blood pressure	29%	34%	31%
Has been diagnosed with high blood cholesterol	38%	38%	38%
Had blood cholesterol checked within the past 5 years	73%	78%	76%
Weight Status			
Overweight	30%	35%	35%
Obese	28%	30%	29%
Ate 5 or more servings of fruits / vegetables per day	8%	21%**	23%**
Alcohol Consumption			
Had at least one alcoholic beverage in past month	62%	53%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	22%	17%	17%
Tobacco Use			
Current smoker (currently smoke some or all days)	13%	23%	19%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	23%	25%	25%
Preventive Medicine			
Had a pneumonia vaccine (age 65 and older)	71%	71%	70%
Had a flu vaccine in the past year (ages 65 and over)	88%	63%	63%
Had a clinical breast exam in the past two years (age 40 and older)	71%	75%**	77%**
Had a mammogram in the past two years (age 40 and older)	71%	74%*	74%*
Had a pap smear in the past three years	64%	78%*	78%*
Had a PSA test within the past two years (age 40 & over)	56%	45%*	45%*
Quality of Life			
Limited in some way because of physical, mental or emotional problem	21%	21%	20%
Oral Health			
Adults who have visited the dentist in the past year	64%	68%*	67%*

** 2012 BFRSS Data*
***2009 BRFSS Data*

TREND SUMMARY

Youth | TREND SUMMARY

Youth Variables	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Weight Control				
Obese	15%	17%	13%	14%
Overweight	15%	14%	16%	17%
Described themselves as slightly or very overweight	17%	14%	28%	31%
Trying to lose weight	46%	48%	47%	48%
Exercised to lose weight	47%	48%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	31%	33%	43%*	39%*
Went without eating for 24 hours or more	6%	8%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	2%	3%	5%	5%
Vomited or took laxatives	2%	3%	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	80%	81%	85%*	78%*
Physically active at least 60 minutes per day on every day in past week	34%	32%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	54%	53%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	12%	13%	13%	15%
Watched TV 3 or more hours per day	24%	27%	28%	33%
Unintentional Injuries and Violence				
Carried a weapon in past month	11%	13%	14%	18%
Been in a physical fight in past year	23%	20%	20%	25%
Purposefully hurt themselves without wanting to die	18%	21%	17%	N/A
Electronically/cyber bullied in past year	12%	14%	15%	15%
Bullied in past year	43%	41%	N/A	N/A
Bullied on school property in past year	33%	30%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	2%	3%	7%	9%**
Suffered a blow or jolt to the head in past year	12%	13%	12%	N/A
Mental Health				
Youth who had seriously considered attempting suicide in the past year	18%	21%	14%	17%
Youth who had attempted suicide in the past year	9%	11%	6%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	2%	3%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	27%	33%	26%	30%

N/A – Not available
** Comparative YRBSS data for Ohio is 2007 and U.S. is 2009*
***2011 YRBS*

Youth Variables	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Alcohol Consumption				
Ever tried alcohol	47%	60%	71%**	66%
Current drinker	18%	27%	30%	35%
Binge drinker (of all youth)	9%	14%	16%	21%
Drank for the first time before age 13 (of all youth)	13%	12%	13%	19%
Rode with someone who was drinking	18%	17%	17%	22%
Drank and drove (of youth drivers)	5%	4%	4%	10%
Obtained the alcohol they drank by someone giving it to them	32%	35%	38%	42%
Tobacco Use				
Ever tried cigarettes	26%	36%	52%**	41%
Current smokers	6%	9%	15%	16%
Smoked cigarettes on 20 or more days during the past month (of all youth)	1%	2%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	8%	9%	14%**	9%
Sexual Behavior				
Ever had sexual intercourse	27%	42%	43%	47%
Used a condom at last intercourse	54%	51%	51%	59%
Used birth control pills at last intercourse	30%	29%	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	11%	11%	12%	14%
Had four or more sexual partners (of all youth)	8%	11%	12%	15%
Had sexual intercourse before age 13 (of all youth)	3%	4%	4%	6%
Drug Use				
Youth who used marijuana in the past month	11%	17%	21%	23%
Ever used methamphetamines	1%	2%	6%*	3%
Ever used cocaine	2%	4%	4%	6%
Ever used heroin	1%	1%	2%	2%
Ever used steroids	1%	2%	3%	3%
Ever used inhalants	4%	4%	9%	9%
Ever misused medications	7%	11%	N/A	18%
Ever used ecstasy/MDMA	3%	4%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	9%	13%	20%	22%
Preventive Care				
Visited a dentist for a check-up within the past year	74%	74%	75%	N/A

N/A – Not available
** Comparative YRBSS data for Ohio is 2007 and U.S. is 2009*
***2011 YRBS*

TREND SUMMARY

Child | TREND SUMMARY

Child Comparisons	Portage County 2015 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Portage County 2015 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
Health and Functional Status						
Rated child's health as excellent or very good	95%	89%	86%	92%	86%	83%
Dental care visit in past year	57%	50%	54%	89%	92%	88%
Child had no problems with teeth	73%	91%	89%	59%	78%	75%
Diagnosed with asthma	10%	6%	6%	17%	10%	10%
Diagnosed with ADHD/ADD	3%	N/A	2%**	9%	12%	9%
Diagnosed with behavioral or conduct problems	3%	N/A	2%**	5%	5%	4%
Diagnosed with vision problems that cannot be corrected	1%	N/A	<1%	4%	N/A	2%
Diagnosed with bone, joint, or muscle problems	0%	N/A	1%	2%	N/A	2%
Diagnosed with epilepsy	1%	N/A	<1%	<1%	N/A	1%
Diagnosed with a head injury	0%	N/A	<1%	2%	N/A	<1%
Diagnosed with diabetes	0%	N/A	N/A	1%	N/A	<1%
Diagnosed with depression	0%	N/A	<1%**	2%	N/A	2%
Health Insurance, Utilization and Medical Home						
Had public insurance	24%	40%	44%	23%	34%	37%
Not covered by insurance at some time during past year	2%	7%	11%	4%	5%	12%
Been to doctor for preventive care in past year	97%	94%	90%	80%	86%	82%
Received all the medical care they needed	92%	99%*	99%*	86%	98%*	98%*
Have a personal doctor or nurse	81%	91%	91%	76%	93%	90%
Family Functioning						
Parent reads to child every day	37%	53%	48%	N/A	N/A	N/A
Never breastfed their child	21%	29%	21%	N/A	N/A	N/A
Child did not miss any days of school because of illness or injury	N/A	N/A	N/A	22%	16%*	22%*
Child missed school 11 days or more because of illness or injury	N/A	N/A	N/A	6%	8%*	5%*
Parent felt child was usually/always safe at school	N/A	N/A	N/A	97%	96%	94%
Family eats a meal together every day of the week	50%	63%	61%	41%	45%	47%
Child never attends religious services	11%	N/A	N/A	32%	22%	18%
Neighborhood is usually or always safe	96%	88%	86%	95%	86%	86%
Parent Health						
Mother's mental or emotional health is fair/poor	7%	7%	7%	5%	10%	8%
Father's mental or emotional health is fair/poor	3%	N/A	3%	6%	7%	5%

N/A – Not available
**2007 National Survey of Children's Health*
*** Ages 2-5*

Adult | HEALTH STATUS PERCEPTIONS

Key Findings

In 2015, over half (53%) of the Portage County adults rated their health status as excellent or very good. Conversely, 17% of adults, increasing to 36% of those with incomes less than $25,000 described their health as fair or poor.

Adults Who Rated General Health Status Excellent or Very Good

- Portage County 53% (2015)
- Ohio 50% (2013)
- U.S. 52% (2013)

(Source: BRFSS 2013 for Ohio and U.S.)

General Health Status

- In 2015, over half (53%) of Portage County adults rated their health as excellent or very good. Portage County adults with higher incomes (60%) were most likely to rate their health as excellent or very good, compared to 32% of those with incomes less than $25,000.

- 17% of adults rated their health as fair or poor. The 2013 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.

- Portage County adults were most likely to rate their health as fair or poor if they:
  - Had been diagnosed with diabetes (50%)
  - Had an annual household income under $25,000 (36%)
  - Were divorced (35%) or a member of an unmarried couple (23%)
  - Had high blood pressure (27%) or high blood cholesterol (23%)

Physical Health Status

- In 2015, 20% of Portage County adults rated their physical health as not good on four or more days in the previous month.

- Portage County adults reported their physical health as not good on an average of 3.7 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 3.9 days and 3.7 days, respectively in the previous month *(Source: 2010 BRFSS).*

- Portage County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under $25,000 (33%)
  - Were 30 to 65 years of age (24%)

Mental Health Status

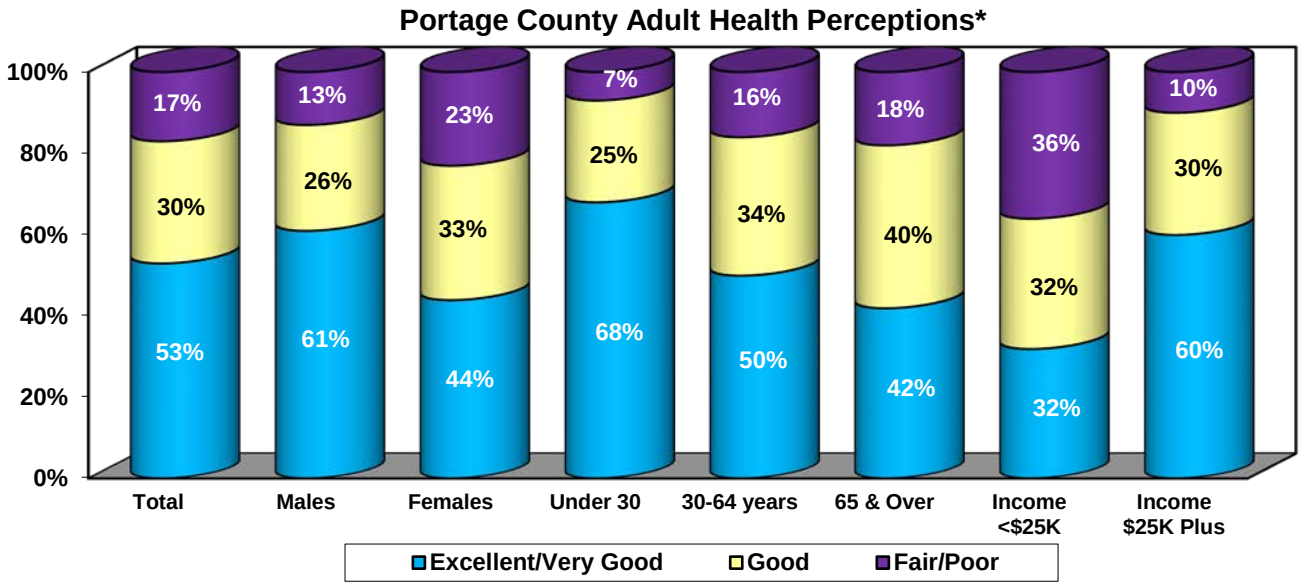
- In 2015, 27% of Portage County adults rated their mental health as not good on four or more days in the previous month.

- Portage County adults reported their mental health as not good on an average of 4.7 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 3.9 days and 3.5 days, respectively in the previous month *(Source: 2010 BRFSS).*

- Over one-quarter (28%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

- Portage County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under $25,000 (48%)
  - Were female (37%)

The following graph shows the percentage of Portage County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 53% of all Portage County adults, 68% of those under age 30, and 42% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	56%	22%	4%	3%	11%
Females	56%	13%	3%	2%	16%
Total	56%	17%	4%	2%	13%
Mental Health Not Good in Past 30 Days*					
Males	59%	22%	2%	6%	8%
Females	44%	16%	4%	5%	28%
Total	52%	19%	3%	5%	19%

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

Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Rated health as excellent or very good	53%	50%	52%
Rated health as fair or poor	17%	18%	17%

Adult | HEALTH CARE COVERAGE

Key Findings

The 2016 Health Assessment data has identified that 10% of Portage County adults were without health care coverage. Those least likely to be uninsured were adults under age 30. In Portage County, 18.1% of residents live below the poverty level (Source: U.S. Census, American Community Survey 1 Year Estimate, 2013).

Portage County and Ohio Medicaid Statistics

Calendar Year 2010	Portage County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Average Members per Year Ages 0-18	11,135 (56%)	1,159,095 (55%)
Average Members per Year Ages 19-64	7,486 (38%)	787,749 (38%)
Average Members per Year Ages 65 and Over	1,361 (6.8%)	155,896 (7%)

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

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

General Health Coverage

- In 2015, 90% of Portage County adults had health care coverage, leaving 10% who were uninsured. The 2013 BRFSS reports uninsured prevalence rates for Ohio (14%) and the U.S. (17%).
- In the past year, 10% of adults were uninsured, decreasing to 3% of those under the age of 30.
- 21% of adults with children did not have healthcare coverage, compared to 6% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (43%), Medicare (15%), someone else's employer (14%), multiple-including private sources (6%), self-paid plan (5%), Medicaid or medical assistance (5%), multiple-including government sources (4%), Health Insurance Marketplace (3%), military or VA (1%), and other (2%).

10% of Portage County adults were uninsured.

- Almost one-third (32%) of adults did not get their prescriptions from their doctor filled in the past year, increasing to 56% of those who were uninsured.
- Of those who did not get their prescriptions filled, they gave the following reasons: they could not afford the out of pocket expense (32%), they did not have insurance (11%), the co-pay was too high (9%), there was no generic equivalent (8%), they did not think they needed it (7%), they stretched their current prescription by taking less than prescribed (5%), their deductibles were too high (4%), side effects (4%), transportation (1%), they opted out of prescription coverage because they could not afford it (1%), their premiums were too high (1%), and they are taking too many (<1%).
- Portage County adult health care coverage include the following: medical (99%), prescription coverage (93%), dental (73%), vision (70%), mental health (70%), preventive health (68%), immunizations (68%), mental health counseling (62%), outpatient therapy (59%), their children (51%), their spouse (51%), alcohol and drug treatment (34%), County physicians (33%), home care (29%), long term care (28%), skilled nursing (26%), hospice (25%), your partner (19%), and transportation (7%).

- The top reasons uninsured adults gave for being without health care coverage were:
    1. They could not afford to pay the insurance premiums (38%)
    2. They lost their job or changed employers (36%)
    3. They could not afford to pay the exchange premiums (23%)
    4. They became a part-time/temporary employee (15%)
    5. Their employer does not/stopped offering coverage (13%)

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

- Portage County adults had the following issues regarding their healthcare coverage: co-pays were too high (27%), deductibles were too high (25%), premiums were too high (17%), opted out of certain coverage because they could not afford it (10%), opted out of certain coverage because they did not need it (5%), mental health services not covered or limited services (5%), high HSA account deductible (4%), could not understand their insurance plan (4%), working with their insurance company (4%), provider/facility is no longer covered (3%), service not deemed medically necessary (3%), service is no longer covered (2%), difficulty navigating the Marketplace (2%), and limited visits (2%). Almost one-third (31%) of Portage County adults reported more than one issue regarding their health care coverage.

Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Uninsured	10%	14%	17%

Healthy People 2020

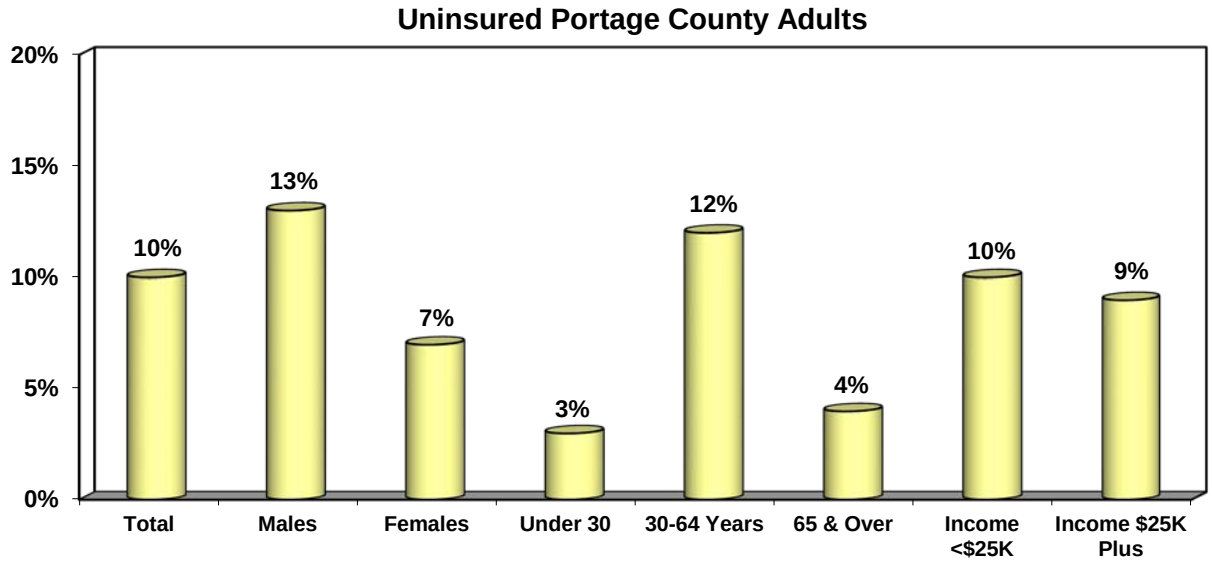
Access to Health Services (AHS)

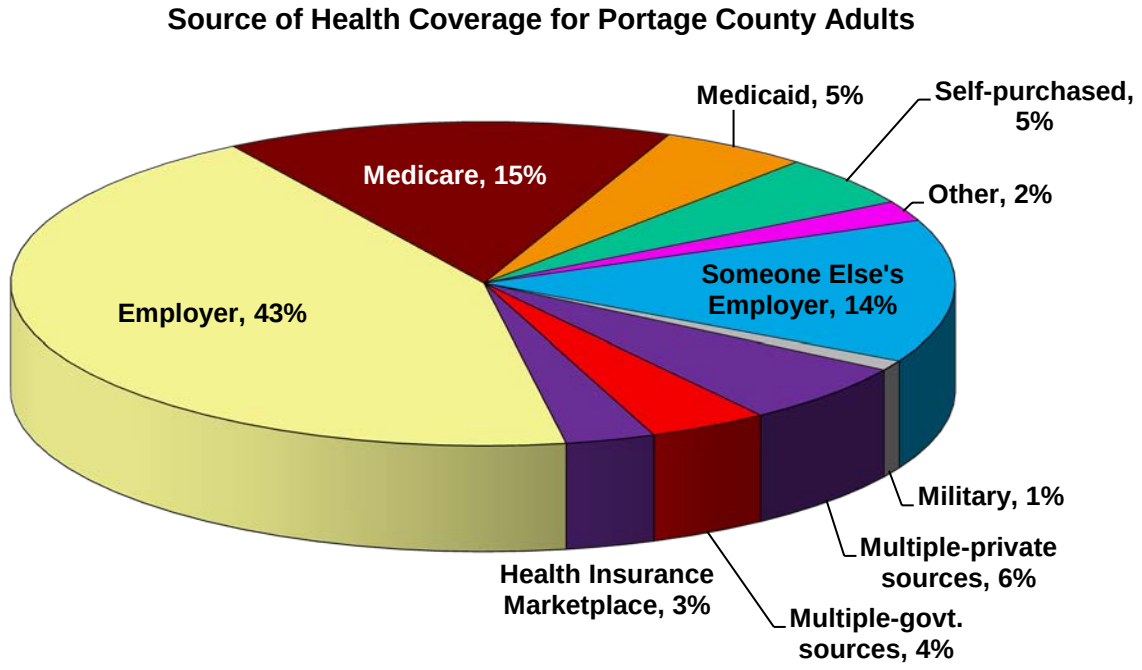
Objective	Portage County 2015	Ohio 2013	U.S. 2013	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	92% age 20-24 83% age 25-34 84% age 35-44 91% age 45-54 92% age 55-64	79% age 18-24 76% age 25-34 87% age 35-44 86% age 45-54 88% age 55-64	76% age 18-24 74% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

*U.S. baseline is age-adjusted to the 2000 population standard

(Sources: Healthy People 2020 Objectives, 2013 BRFSS, 2016 Portage County Health Assessment)

The following graph shows the percentages of Portage County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 10% of all Portage County adults were uninsured, 10% of adults with an income less than $25,000 reported being uninsured and 3% of those under age 30 lacked health care coverage. The pie chart shows sources of Portage County adults' health care coverage.





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

Health Coverage Includes:	Yes	No	Don't Know
Medical	99%	<1%	0%
Prescription Coverage	93%	3%	4%
Dental	73%	27%	0%
Vision	70%	28%	2%
Mental Health	70%	6%	24%
Preventive Health	68%	7%	25%
Immunizations	68%	5%	27%
Mental Health Counseling	62%	6%	32%
Outpatient Therapy	59%	4%	37%
Their Children	51%	44%	5%
Their Spouse	51%	38%	11%
Alcohol and Drug Treatment	34%	9%	56%
County Physicians	33%	12%	55%
Home Care	29%	16%	55%
Long-Term Care	28%	15%	57%
Skilled Nursing	26%	16%	59%
Hospice	25%	14%	61%
Their Partner	19%	56%	25%
Transportation	7%	37%	56%

Ohio Medicaid Assessment Survey

- More than 2.3 million Ohioans were enrolled in Medicaid in December 2012.
- An estimated 1.5 million Ohioans do not have health insurance, and most of them are from working families.
- In Ohio, 593,912 residents were uninsured with income below 138 percent of poverty in 2010, and 5,309 of these residents were from Portage County.
- Medicaid plays a critical role in protecting the health of low-income Ohioans, but it leaves out many people. Like many states, Ohio does not extend Medicaid coverage to adults unless they have children or are disabled.

(Source: Office of Health Transformation, Extend Medicaid Coverage and Automate Enrollment, 1/31/2013, from: http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&tabid=160)

Adult | HEALTH CARE ACCESS AND UTILIZATION

Key Findings

The 2016 Health Assessment project identified that 61% of Portage County adults had visited a doctor for a routine checkup in the past year. 22% of adults reported there was a time in the past year they needed to see a doctor but could not because of cost, increasing to 45% of those under the age of 30 and 33% of those with incomes less than $25,000.

Health Care Access and Quality

- From 2006 – 2012, 10.3% of Portage County adults could not see a doctor because of cost.
- In 2011, 13.3% of Portage county residents did not have health insurance.
- In 2011, the older adult preventable hospitalization rate for Portage County was 85.2 (per 1,000 population).
- The primary care provider rate for Portage County is 46.4 (per 1,000 population).

(Source: Community Health Status Indicators, http://wwwn.cdc.gov/CommunityHealth/profile/currentprofile/OH/Portage/)

Health Care Access

- Just over three-fifths (61%) of Portage County adults visited a doctor for a routine checkup in the past year, increasing to 80% of those over the age of 65.
- More than half (51%) of Portage County adults reported they had one person they thought of as their personal doctor or healthcare provider. 30% of adults had more than one person they thought of as their personal healthcare provider, and 20% did not have one at all.
- 67% of Portage County adults reported having a usual source of medical care.
- Reasons for not having a usual source of medical care included: had not needed a doctor (31%), had two or more usual places (26%), can't afford (21%), no insurance (8%), previous doctor unavailable/moved (5%), no place available/close enough (2%), not accepting new patients (1%), and other reasons (4%).
- Adults usually visited the following places for health care services: doctor's office (59%), Internet (7%), urgent care center (2%), in-store health clinic (2%), public health clinic or community health department (1%), hospital emergency room (1%), VA (1%), chiropractor (<1%), and some other kind of place (<1%). 18% of adults reported multiple places, including a doctor's office, 4% reported multiple places, not including a doctor's office, and 5% had no usual place for health care services.
- 22% of adults reported there was a time in the past year they needed to see a doctor but could not because of cost, increasing to 45% of those under the age of 30 and 33% of those with incomes less than $25,000.
- The following might prevent Portage County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (25%), could not get time off work (11%), difficult to get an appointment (7%), hours not convenient (6%), worried they might find something wrong (5%), frightened of the procedure or doctor (3%), difficult to find/no transportation (2%), do not trust or believe doctors (2%), and some other reason (3%).
- Portage County adults had the following transportation issues when they needed services: could not afford gas (7%), no car insurance (6%), car did not work (4%), no car (3%), no driver's license (3%), limited public transportation available or accessible (2%), no public transportation available or accessible (1%), no public transportation before 8:00 a.m. or after 4:30 p.m. (1%), disabled (1%), and other car issues/expenses (5%).

- Portage County adults had the following problems when they needed health care in the past year: did not have enough money to pay for health care (10%), did not have insurance (9%), could not get appointments when they wanted them (8%), too busy to get the healthcare they needed (7%), had to change doctors because of their healthcare plan (4%), could not find a doctor to take them as a patient (3%),could not find a doctor they were comfortable with (2%), did not have transportation (2%), too embarrassed to seek help (2%), healthcare plan did not allow them to see doctors in Portage County (1%), did not have child care (1%), did not get health services because they were concerned about their confidentiality (1%), did not have anyone to watch parent or senior family member (<1%), did not get health services because of discrimination (<1%), and other problems that prevented them from getting health care (5%).

- Portage County adults used the following resources to get local news and health information: local television news station (55%), websites (37%), their doctor/health care provider (31%), Record Courier newspaper (30%), family member/friend (30%), Facebook, Twitter, or other social media (26%), Akron Beacon Journal newspaper (16%), mailings (9%), school district (8%), WNIR radio station (7%), The Villager (6%), place of worship (6%), WKSU radio station (6%), Aurora Advocate (4%), Record Courier online (4%), Gateway News (4%), health fairs/community events (4%), billboards (3%), texts on cell phones (2%), and other resources (5%).

Availability of Services

Portage County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Portage County adults who have looked but have NOT found a specific program	Portage County adults who have looked and have found a specific program
Depression or Anxiety (28% of all adults looked)	26%	74%
Marital or Family Problems (10% of all adults looked)	58%	42%
Weight Problems (7% of all adults looked)	40%	60%
End-of-Life Care or Hospice Care (6% of all adults looked)	14%	86%
Alcohol Abuse/Addiction (6% of all adults looked)	18%	82%
Drug Abuse/Addiction (3% of all adults looked)	25%	75%

Health Care Access and Utilization among Young Adults Ages 19-25

- From January through September 2011, 77.9% of women ages 19–25 had a usual place for health care compared with 62.5% of men in the same age group.
- Among adults ages 19–25, those with public health coverage were more likely to have had an emergency room visit in the past 12 months than those with private coverage or the uninsured.
- In 2011, 57.9% of Hispanic persons ages 19–25 had a usual place for health care. This was significantly less than non-Hispanic white (74.9%) and non-Hispanic black (68.4%) persons.
- In the first 9 months of 2011, adults ages19–25 who were poor (67.2%) and those who were near poor (63.0%) were less likely than those who were not poor (76.0%) to have had a usual place for health care.
- 28% of uninsured adults ages 19–25 delayed or did not get needed medical care due to cost compared with 7.6% of those with private health insurance and 10.1% of those with public coverage.

(Source: CDC, Health Care Access and Utilization among Young Adults Aged 19-25, 2012, http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young_Adults_Health_Access_052012)

Adult | CARDIOVASCULAR HEALTH

Key Findings

Heart disease (18%) and stroke (2%) accounted for 20% of all Portage County adult deaths in 2013 (Source: ODH Information Warehouse). The 2016 Portage County Health Assessment found that 4% of adults had survived a heart attack and 2% had survived a stroke at some time in their life. Over one-third (38%)of Portage County adults had been diagnosed with high blood cholesterol, 29% had high blood pressure, 28% were obese, and 13% were smokers, four known risk factors for heart disease and stroke.

Portage County
Leading Types of Death
2013 (Preliminary)

Total Deaths: 1,350

1. Heart Disease (18% of all deaths)
2. Cancer (16%)
3. Chronic Lower Respiratory Diseases (5%)
4. Unintentional Injuries (Accidents) (3%)
5. Alzheimer's disease (2%)

(Source: ODH Information Warehouse, 2013)

Ohio
Leading Types of Death
2013 (Preliminary)

Total Deaths: 110,001

1. Heart Disease (17% of all deaths)
2. Cancers (15%)
3. Chronic Lower Respiratory Diseases (5%)
4. Stroke (4%)
5. Accidents, Unintentional Injuries (3%)

(Source: ODH Information Warehouse, 2013)

Heart Disease and Stroke

- In 2015, 4% of Portage 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 in 2013 *(Source: 2013 BRFSS).*
- 2% of Portage County adults reported they had survived a stroke, increasing to 4% of those over the age of 65.
- 4% of Ohio and 3% of U.S. adults reported having had a stroke in 2013 *(Source: 2013 BRFSS).*
- 9% of adults reported they had angina or coronary heart disease, increasing to 11% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2013 *(Source: 2013 BRFSS).*

High Blood Pressure (Hypertension)

- Almost one-third (29%) 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.
- Of those adults with high blood pressure, 89% are taking medication.
- 4% of adults were told they were pre-hypertensive/borderline high.
- 84% of adults had their blood pressure checked within the past year.
- Portage County adults diagnosed with high blood pressure were more likely to:
  - Have been age 65 years or older (61%)
  - Have been classified as obese by Body Mass Index-BMI (50%)

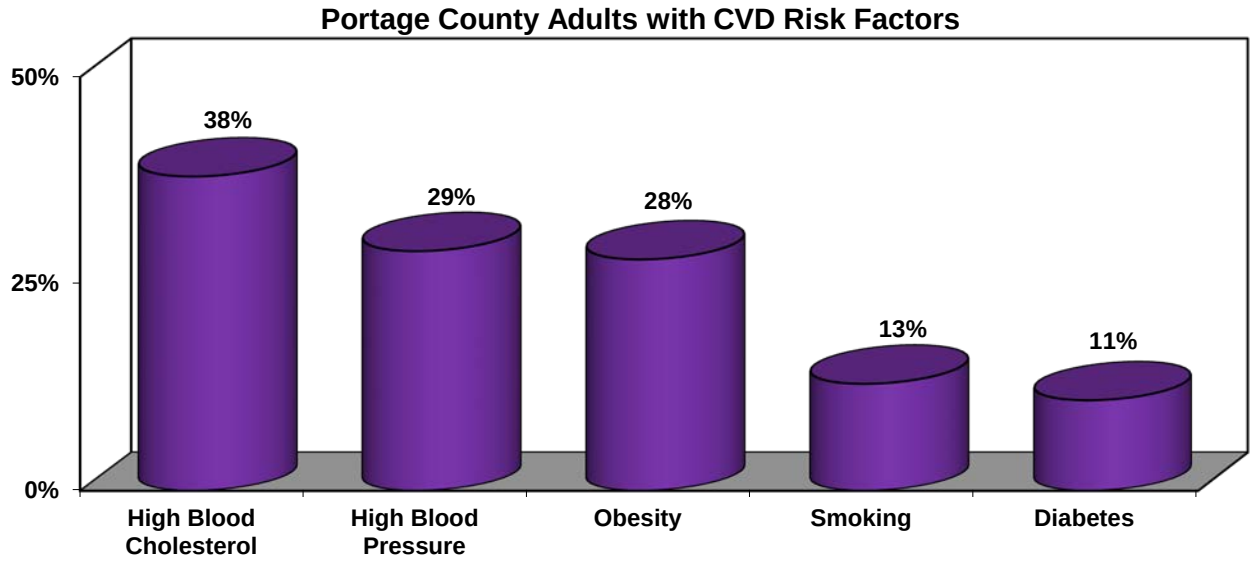
High Blood Cholesterol

- More than one-third (38%) 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.

- Almost three-quarters (73%) 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.

- Portage County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (67%)
  - Have been classified as obese by Body Mass Index-BMI (41%)

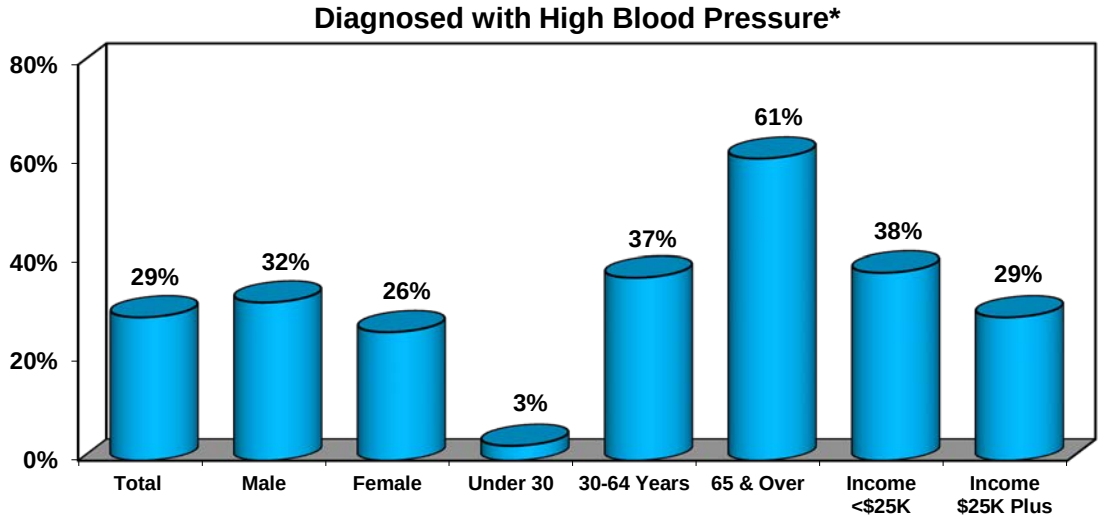
The following graph demonstrates the percentage of Portage County adults who had major risk factors for developing cardiovascular disease (CVD).



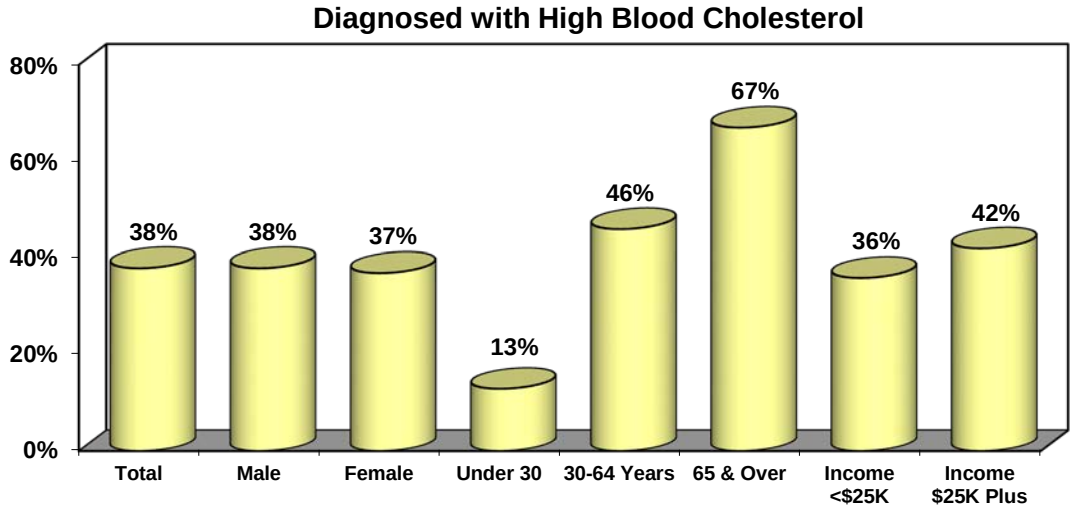
(Source: 2016 Portage County Health Assessment)

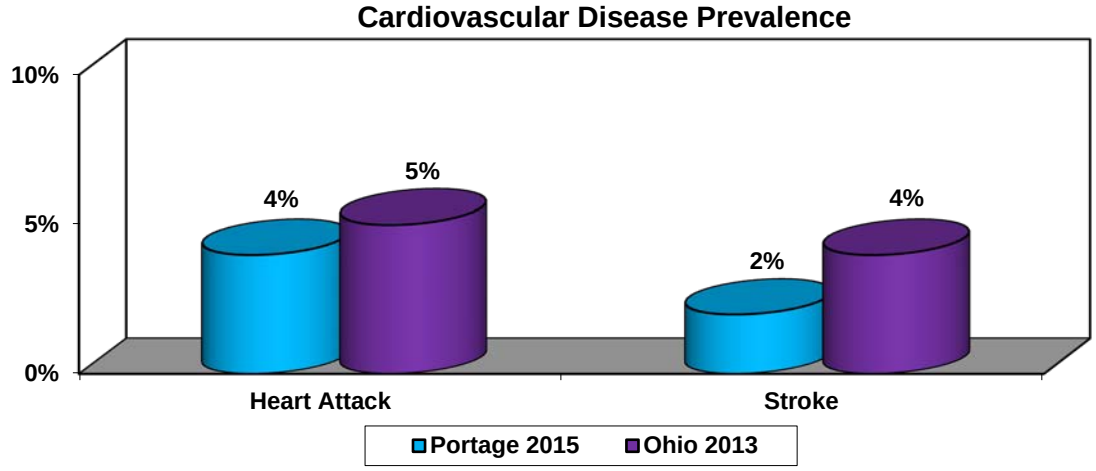
Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Had angina	9%	5%	4%
Had a heart attack	4%	5%	4%
Had a stroke	2%	4%	3%
Had high blood pressure	29%	34%	31%
Had high blood cholesterol	38%	38%	38%
Had blood cholesterol checked within the past 5 years	73%	78%	76%

The following graphs show the number of Portage 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: 29% of all Portage County adults have been diagnosed with high blood pressure, 32% of all Portage County males, 26% of all females, and 61% of those 65 years and older.



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





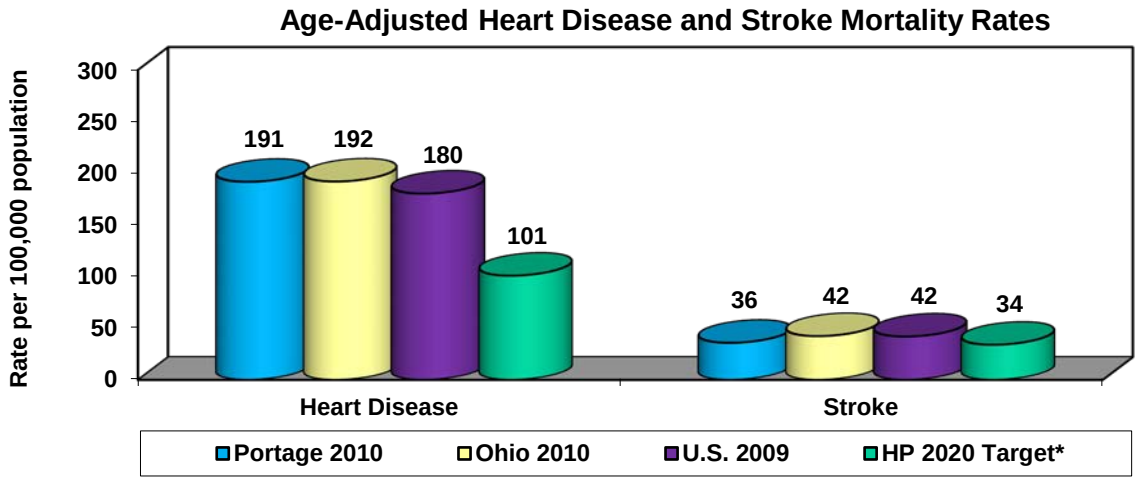
(Source: 2016 Portage Health Assessment and 2013 BRFSS)

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

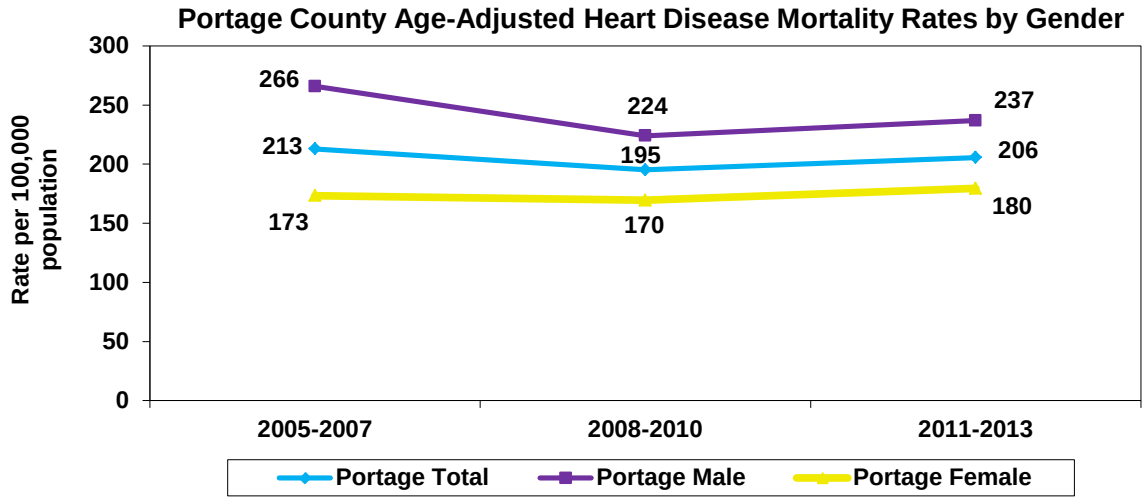
- When age differences are accounted for, the statistics indicate that the 2010 Portage County heart disease mortality rate was lower than the figure for the state, the U.S. figure, but higher than the Healthy People 2020 target.

- The Portage County age-adjusted stroke mortality rate for 2010 was lower than the state, the U.S., but higher than the Healthy People 2020 target objective figure.

- From 2005-2013, the Portage County age-adjusted heart disease mortality rate fluctuated.



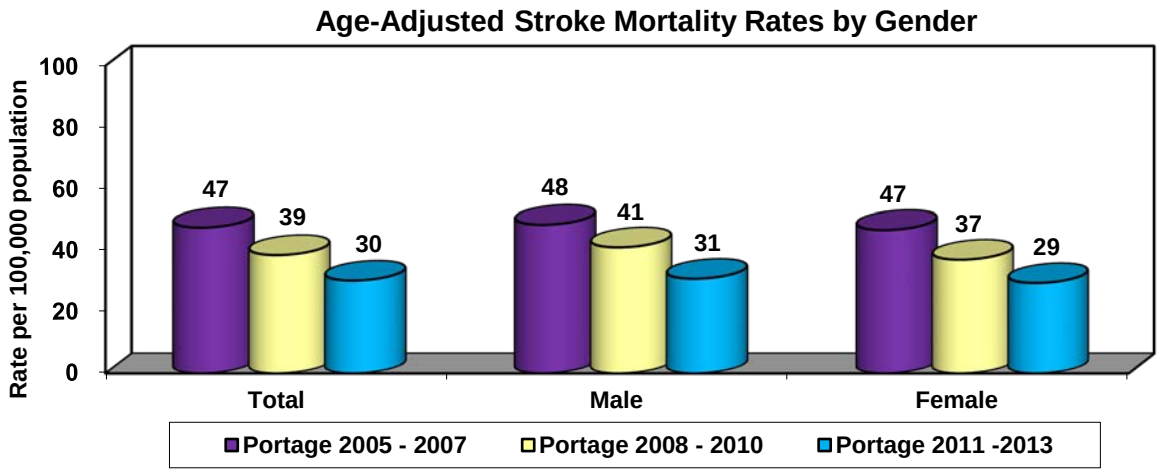
**The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.*
(Source: ODH Information Warehouse, updated 5-23-12, Healthy People 2020)



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

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

- From 2005-2013, the Portage 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	Portage Survey Population Baseline	2013 U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	29% (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	73% (2015)	76% Adults age 18 & up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	38% (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, 2016 Portage 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)

Adult | CANCER

Key Findings

In 2015, 8% of Portage 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 2,749 Portage 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.

Portage County
Incidence of Cancer, 2007-2011

All Types: 3,914 cases

- Lung and Bronchus: 625 cases (16%)
- Prostate: 615 cases (16%)
- Breast: 522 cases (13%)
- Colon and Rectum: 354 cases (9%)

In 2010, there were 324 cancer deaths in Portage County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/9/2014)

Adult Cancer Facts

- 8% of Portage County adults were diagnosed with cancer at some point in their lives.
- The Centers for Disease Control and Prevention (CDC) indicates that from 2009-2013, cancers caused 24% (1,617 of 6,637 total deaths) of all Portage County resident deaths. The largest percent (31%) 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 2016 health assessment project has determined that 13% of Portage County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

8% of Portage County adults had been diagnosed with cancer at some time in their life.

Prostate Cancer

- CDC statistics indicate that prostate cancer deaths accounted for 6% of all male cancer deaths from 2009-2013 in Portage 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 2015).*

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=267) was the leading cause of male cancer deaths from 2009-2013 in Portage County. Cancer of the colon (n=69) male deaths and prostate cancer caused (n=48) male deaths during the same time period *(Source: CDC Wonder).*

- In Portage County, 11% of male adults were current smokers and 48% had stopped smoking for one or more days in the past 12 months because they were trying to quit *(Source: 2016 Portage County Health Assessment).*

- The CDC reports that lung cancer was the leading cause of female cancer deaths (n=232) in Portage County from 2009-2013 followed by breast (n=108) and colon (n=58) cancers *(Source: CDC Wonder).*

- 15% of female adults in the county were current smokers and 55% had stopped smoking for one or more days in the past 12 months because they were trying to quit *(Source: 2016 Portage County Health Assessment).*

- According to the American Cancer Society, smoking causes 90% of 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 2015).*

11% of Portage County male adults and 15% of female adults were current smokers.

Breast Cancer

- In 2015, 49% of Portage County females reported having had a clinical breast examination in the past year.

- 57% of Portage 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 2014).*

- For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended beginning at age 40 *(Source: American Cancer Society, Facts & Figures 2015).*

More than half (57%) of Portage County females over the age of 40 had a mammogram in the past year.

Colon and Rectum Cancer

- The CDC statistics indicate that colon, rectum, and anus cancer deaths accounted for 8% of all male and female cancer deaths from 2009-2013 in Portage 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.

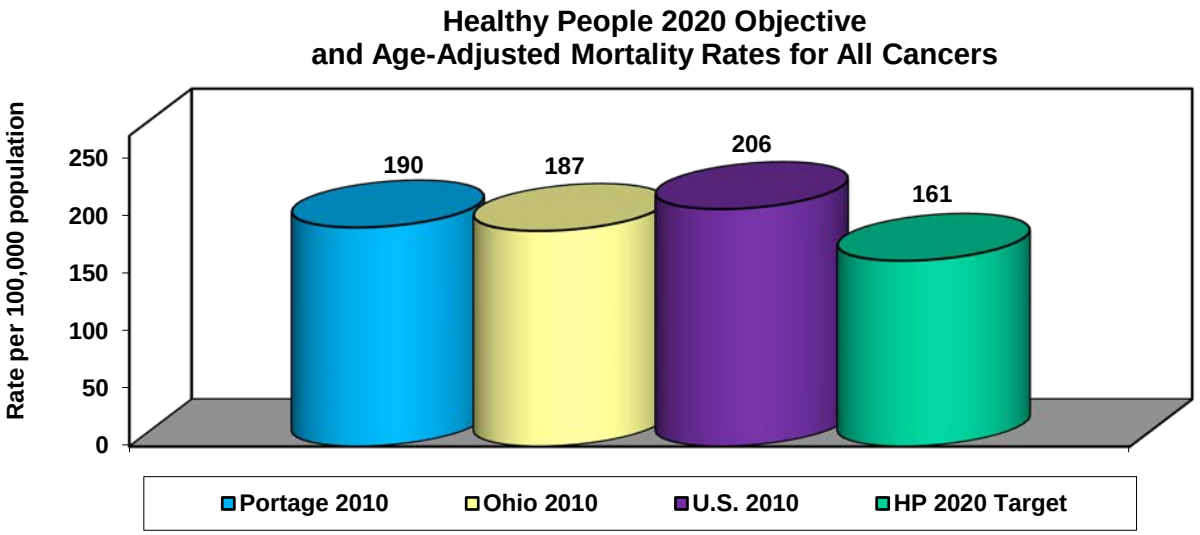
2015 Cancer Estimations

- In 2015, about 1,658,370 new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about one-quarter to one-third of the new cancer cases expected to occur in the U.S. in 2015 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 589,430 Americans are expected to die of cancer in 2015.
- In 2015, about 171,000 cancer deaths will be caused by tobacco use.
- In Ohio, 65,010 new cases of cancer are expected, and 25,260 cancer deaths are expected.
- The Ohio female new breast cancer cases are expected to be 8,950.
- About 15% of all new cancer cases in Ohio are expected to be from lung and bronchus cancers.
- About 5,430 (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 8,150 (13%).

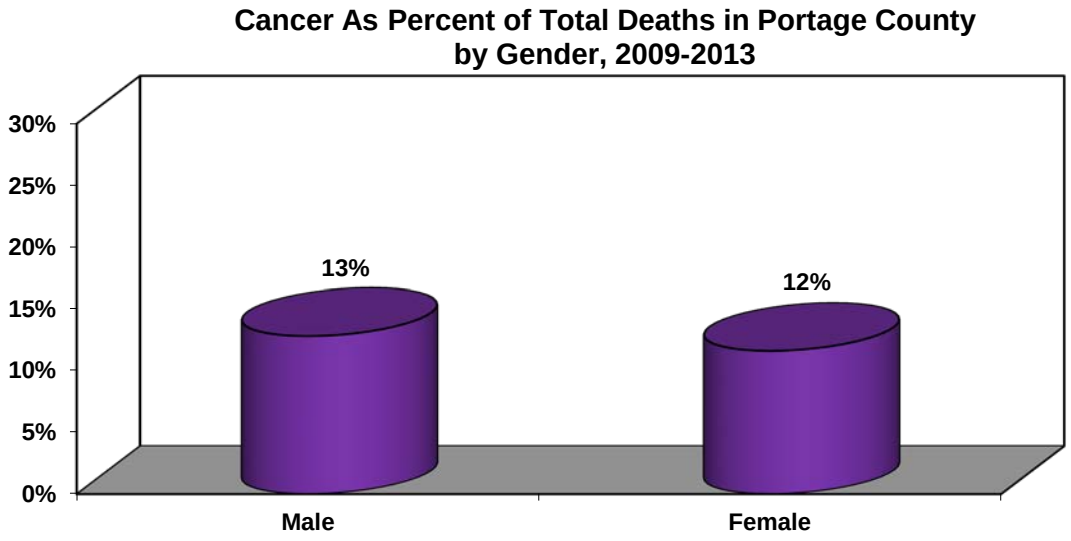
(Source: American Cancer Society, Facts and Figures 2015, http://www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-044552.pdf)

The following graph shows the Portage 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, Portage County had a lower cancer mortality rate than the U.S., but a higher rate than Ohio and the Healthy People 2020 target objective.
- The percentage of Portage County males who died from all cancers is higher than the percentage of Portage County females who died from all cancers.



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



(Source: CDC Wonder, 2009-2013)

Portage County Incidence of Cancer
2007-2011

Type of Cancer	Number of Cases	Percent of Total Incidence of Cancer
Lung and Bronchus	625	16%
Prostate	615	6%
Breast	522	13%
Colon and Rectum	354	9%
Other/Unspecified	256	6%
Bladder	217	6%
Melanoma of Skin	168	4%
Non-Hodgkins Lymphoma	152	4%
Kidney and Renal Pelvis	122	3%
Cancer and Corpus Uteri	116	3%
Pancreas	105	3%
Oral Cavity & Pharynx	91	2%
Leukemia	89	2%
Thyroid	83	2%
Brain and CNS	74	2%
Ovary	59	2%
Liver and Bile Ducts	50	1%
Esophagus	45	1%
Multiple Myeloma	42	1%
Stomach	33	<1%
Cancer of Cervix Uteri	31	<1%
Larynx	29	<1%
Testis	21	<1%
Hodgkins Lymphoma	15	<1%
Total	3,914	100%

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 1/9/2014)

Adult | DIABETES

Key Findings

In 2015, 11% of Portage County adults had been diagnosed with diabetes.

Diabetes

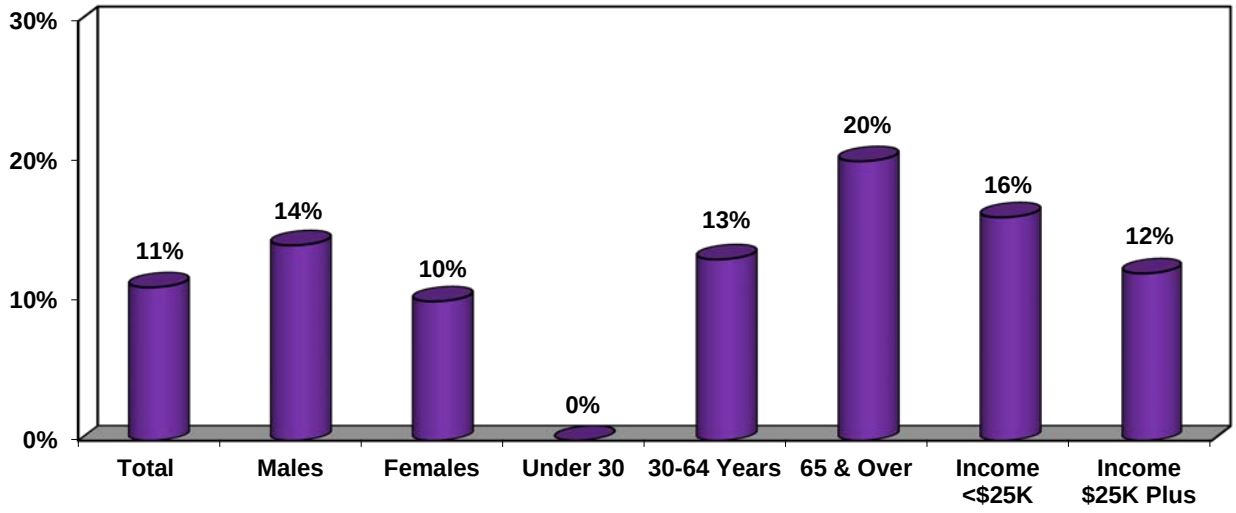
- The 2016 health assessment project has identified that 11% of Portage County adults had been diagnosed with diabetes, increasing to 20% of those over the age of 65. The 2013 BRFSS reports an Ohio and U.S. prevalence of 11%.
- 6% of adults had been diagnosed with pre-diabetes.
- Of adults with diabetes, 94% had their blood sugar checked in the past year.
- Half (50%) of adults with diabetes rated their health as fair or poor.
- Portage County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 84% were obese or overweight
  - 80% had been diagnosed with high blood cholesterol
  - 62% had been diagnosed with high blood pressure

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)

Portage County Adults Diagnosed with Diabetes



Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Diagnosed with diabetes	11%	11%	11%

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/)

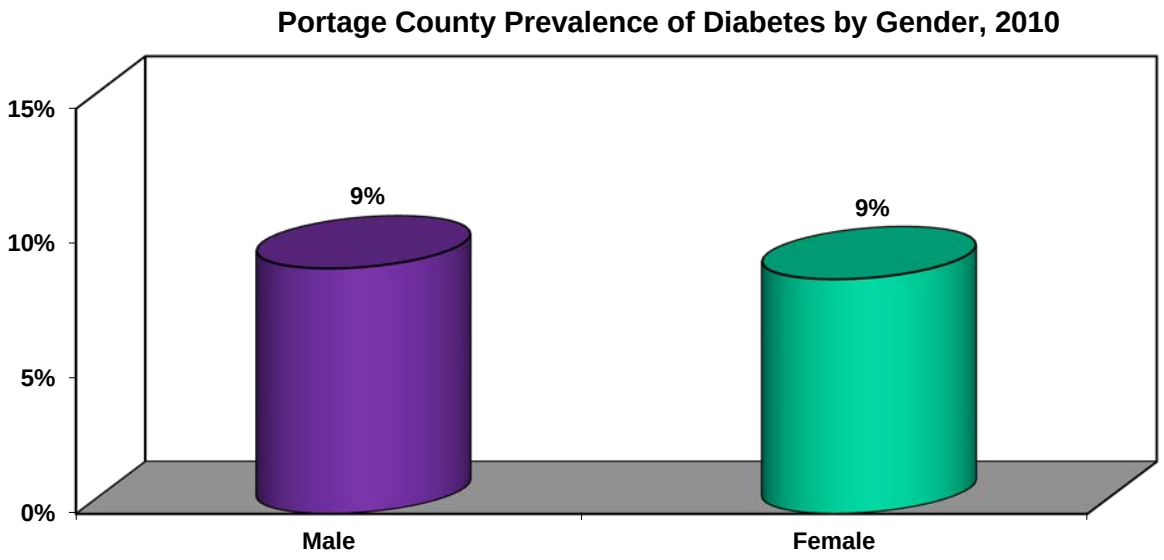
Who is at Greater Risk for Type 2 Diabetes

- 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

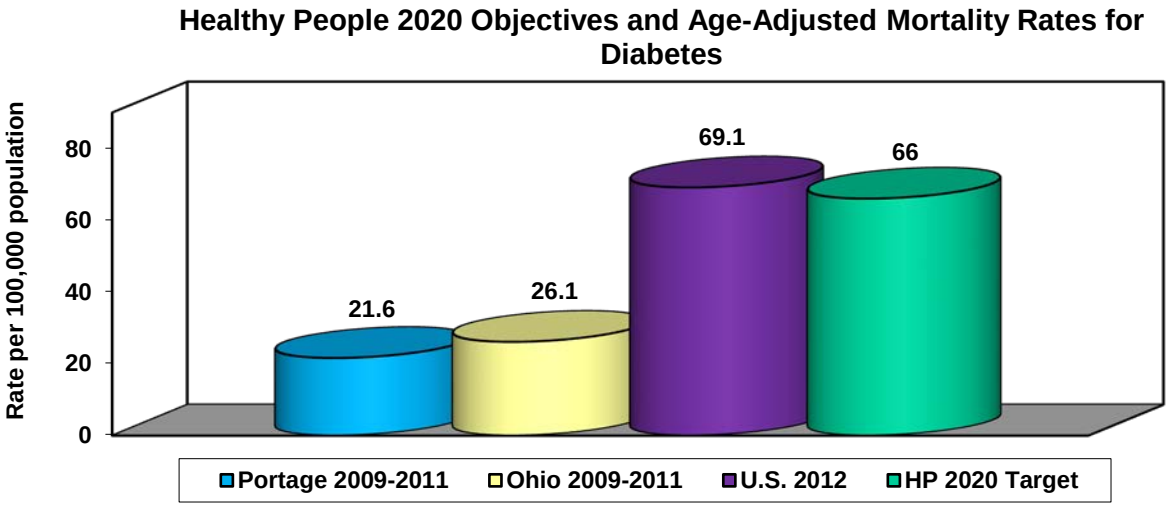
(Source: American Diabetes Association, Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes, http://www.diabetes.org/diabetes-basics/prevention/risk-factors)

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

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



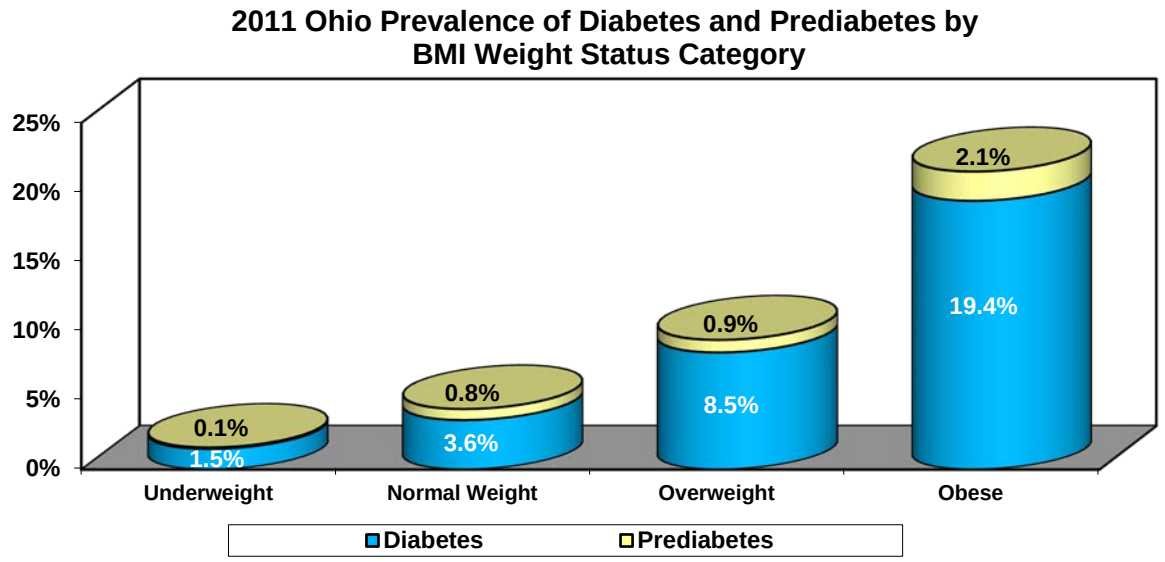
(Source: Network of Care: Health Indicators, Public Health Assessment and Wellness)



(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)

Adult | ARTHRITIS

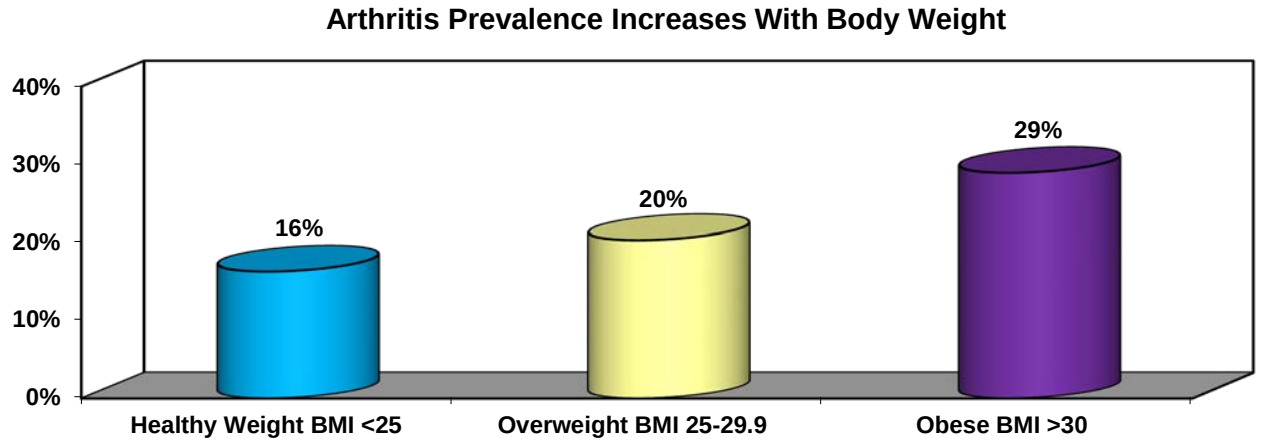
Key Findings

According to the Portage County survey data, 31% of Portage County adults were diagnosed with arthritis. According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they have arthritis.

31% of Portage County adults were told by a health professional that they had some form of arthritis, increasing to 62% of those over the age of 65.

Arthritis

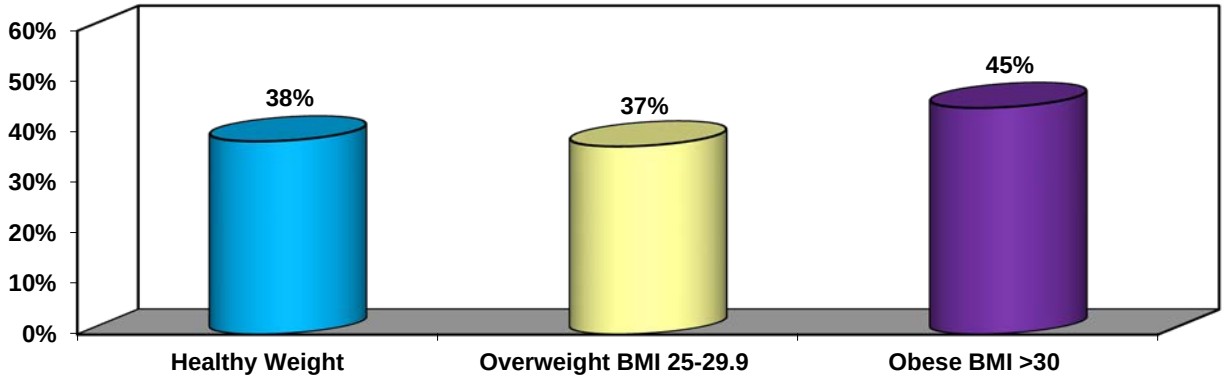
- Almost one-third (31%) of Portage County adults were told by a health professional that they had some form of arthritis, increasing to 62% of those over the age of 65.
- According to the 2013 BRFSS, 30% of Ohio adults and 25% of U.S. adults were told they have arthritis.
- An estimated 50 million U.S. 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 2014).*
- 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).*



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

21% of Portage County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 46% were limited because of arthritis.

Arthritis-Attributable Activity Limitations Increase with Weight



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

Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Diagnosed with arthritis	31%	30%	25%

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, updated January 20, 2015)

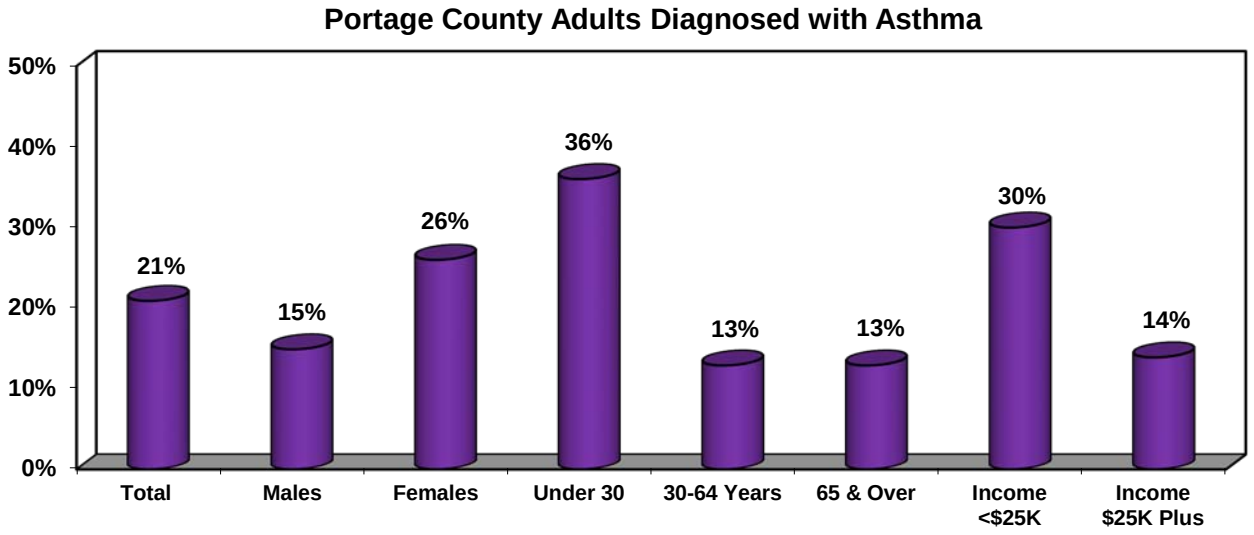
Adult | ASTHMA AND OTHER RESPIRATORY DISEASE

Key Findings

According to the Portage County survey data, 21% of adults had been diagnosed with asthma.

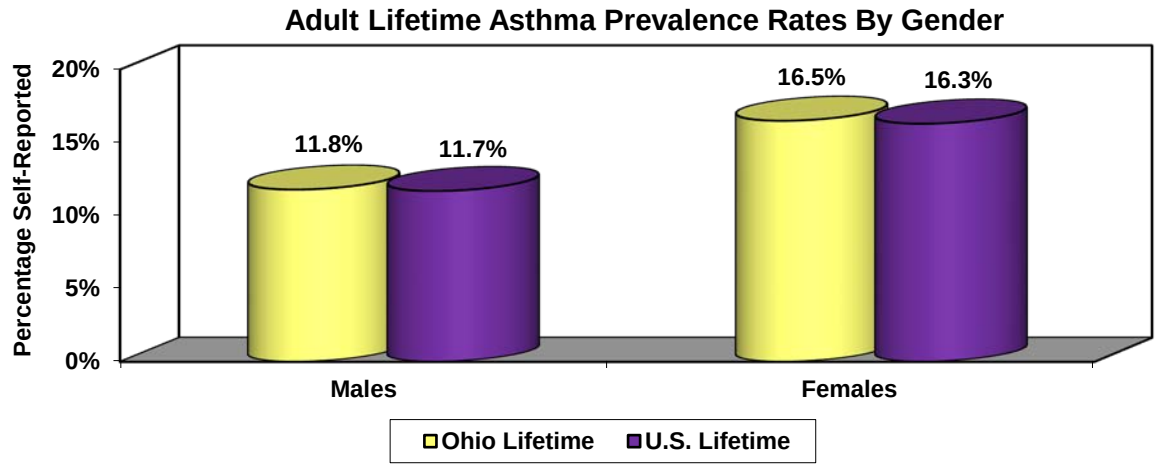
Asthma and Other Respiratory Disease

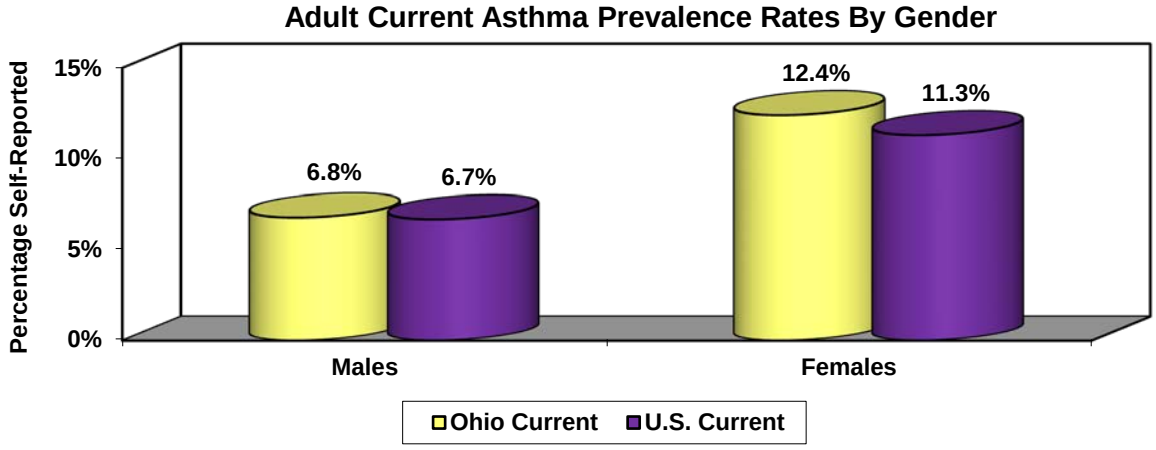
- In 2015, 21% of Portage County adults had been diagnosed with asthma.
- 14% of Ohio and U.S. adults have ever been diagnosed with asthma *(Source: 2013 BRFSS).*
- Of adults with asthma, 8% had visited the emergency room or urgent care center in the past year because of their asthma.
- There are several 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 3rd leading cause of death in Portage County and in Ohio, in 2013 *(Source: ODH, Leading Causes of Death: 2013 Preliminary Data).*



Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Had been diagnosed with asthma	21%	14%	14%

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





(Source for graphs: 2013 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 1.4 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)

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 2016 Health Assessment identified that 58% of Portage County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 30% of Ohio and 29% of U.S. adults were obese by BMI. More than one-quarter (28%) of Portage County adults were obese. Almost half (48%) of Portage County adults exercised to lose weight or keep from gaining weight.

Obesity Facts

- 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 September 9, 2014, http://www.cdc.gov/obesity/data/adult.html)

Adult Weight Status

- In 2015, the health assessment indicated that over half (58%) of Portage County adults were either overweight (30%) or obese (28%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.

- Portage County adults did the following to lose weight or keep from gaining weight: exercised (48%), ate less food, fewer calories, or foods low in fat (41%), ate a low-carb diet (9%), participated in a prescribed dietary or fitness program (3%), health coaching (3%),used a weight loss program (2%), smoked cigarettes (2%), took diet pills, powders or liquids without a doctor's advice (2%), went without eating 24 or more hours (1%), bariatric surgery (1%), took prescribed medications (<1%), and took laxatives (<1%).

28% of Portage County adults are obese.

Physical Activity

- In Portage County, 69% of adults were engaging in vigorous physical activity for at least 20 minutes 3 or more days per week during the summer time and decreasing to 42% during the winter.

- Almost three-fourths (69%) of adults were engaging in light to moderate physical activity for at least 30 minutes 3 or more days per week during the summer time and decreasing to 46% during the winter.

- 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).*

- Portage County adults spent the most time doing the following physical activities in the past year: walking (22%), running/jogging (10%), strength training (6%),exercise machines (5%), exercise through their occupation (4%), cycling (2%), swimming (1%), group exercise classes (1%), exercise videos (1%), and other (3%). 37% of adults engaged in multiple types of exercise. 10% of adults did not exercise at all, including 2% who were unable to do so.

- Portage County adults reported that they did not exercise for the following reasons: time (55%), weather (40%), too tired (27%), lazy (27%), pain or discomfort (26%), choose not to exercise (15%), no sidewalks or poorly maintained sidewalks (15%), cannot afford a gym membership (13%), no walking or biking trails (11%), do not have child care (4%), do not know what activities to do (4%), doctor advised them not to exercise (1%), they do not have an exercise partner (2%), safety (2%), gym is not available (<1%), or other reasons (7%).

- Portage County adults spent an average of 2.7 hours watching TV, 1.6 hours on computer (outside of work), 1.4 hours on their cell phone, and 0.7 hours playing video games on an average day of the week.

Nutrition

- In 2015, 8% of adults were eating 5 or more servings of fruits and vegetables per day. 82% 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.

- Portage County adults purchased their fruit and vegetables from the following places: large grocery store (67%), local grocery store (54%), Farmer's Market (32%), grow their own/garden (29%), restaurants (10%), Consumer Supported Agricultural (CSA) (2%), corner/convenience stores (2%), food pantry (1%), and other places (6%).

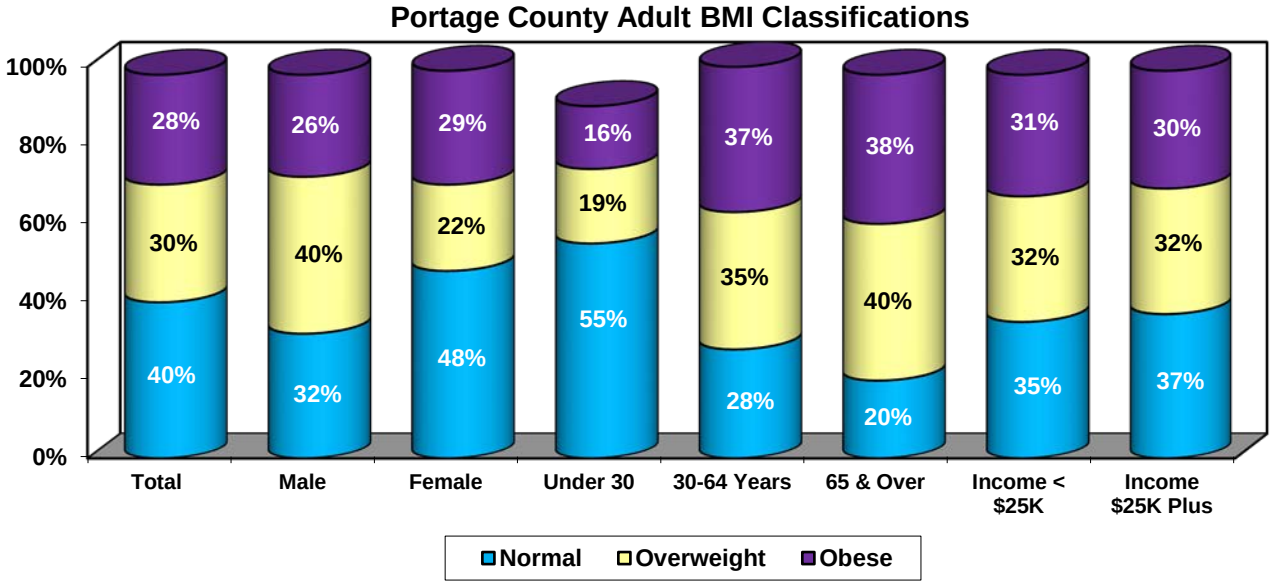
- Portage County adults reported the following reasons they chose the types of food they ate: taste (62%), enjoyment (54%), healthiness of food (49%), cost (46%), ease of preparation (41%), food they were used to (37%), availability (33%), nutritional value (31%), what their spouse prefers (22%), time (21%), calorie content (21%), what their child prefers (14%), genetically modified (14%), organic (12%), health care provider's advice (7%),gluten-free (3%), lactose free (3%), other food sensitivities (3%), and other (1%).

- Adults ate out in a restaurant or brought home take-out food an average of 2.5 times per week.

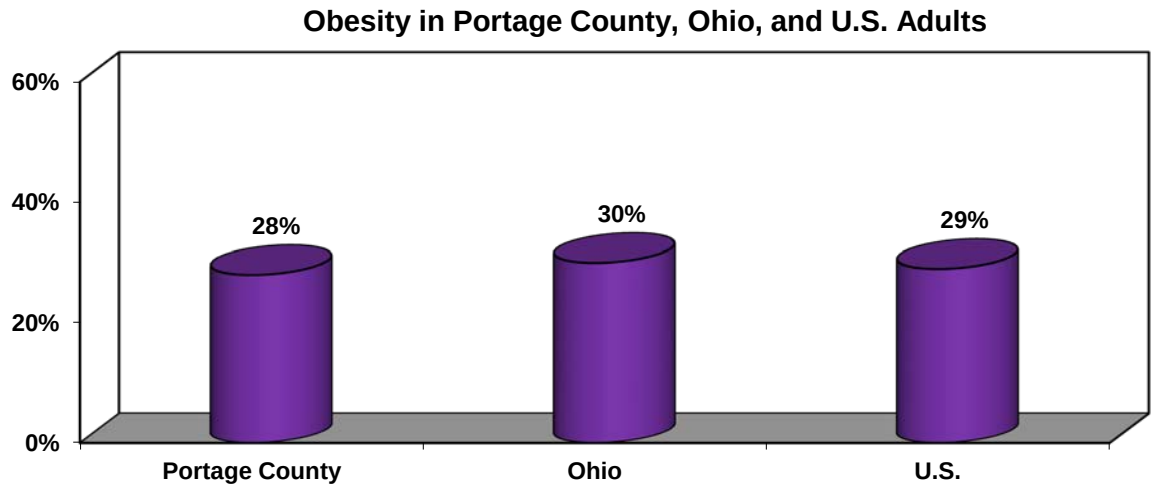
Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Obese	28%	30%	29%
Overweight	30%	35%	35%
Ate 5 or more servings of fruits / vegetables per day	8%	21%*	23%*

2009 BRFSS Data

The following graphs show the percentage of Portage County adults who are overweight or obese by Body Mass Index (BMI), along with Portage County obesity compared to Ohio and the U.S. Examples of how to interpret the information include: 40% of all Portage County adults were classified as normal weight, 30% were overweight, and 28% were obese.



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



(Source: 2016 Portage County Health Assessment and 2013 BRFSS)

Adult | TOBACCO USE

Key Findings

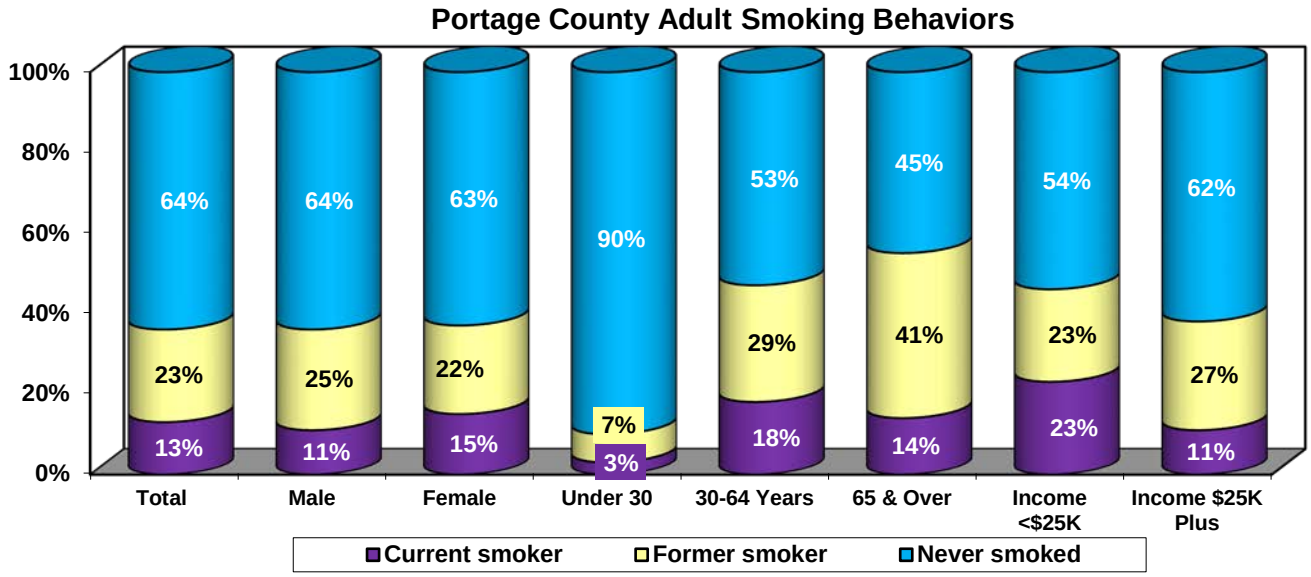
In 2015, 13% of Portage County adults were current smokers and 23% were considered former smokers. In 2015, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, 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, 2015).

In 2015, 13% of Portage County adults were current smokers.

Adult Tobacco Use Behaviors

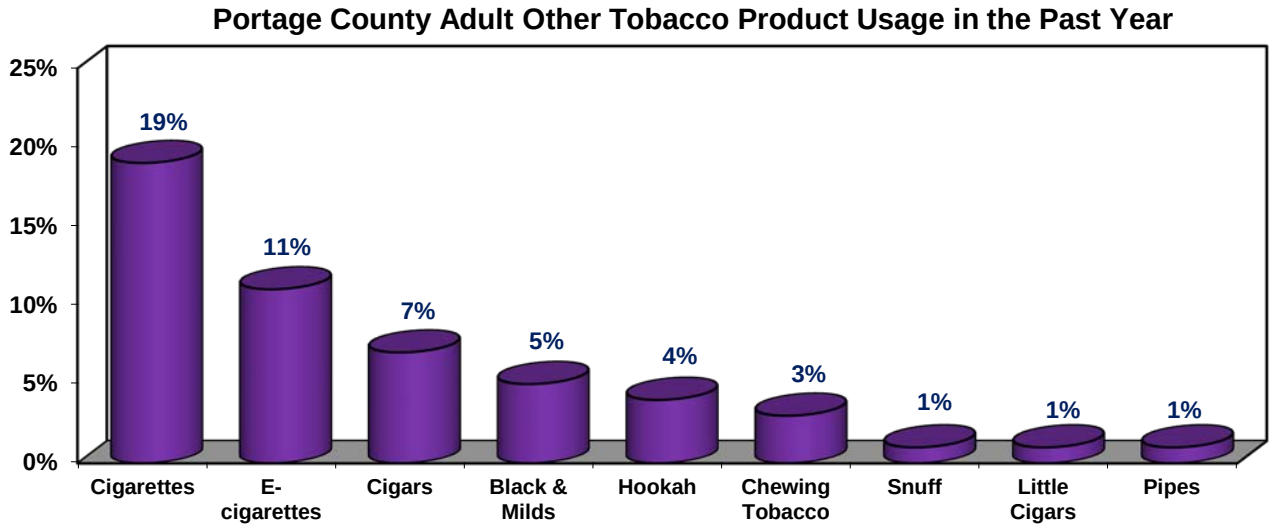
- The 2016 health assessment identified that nearly one-in-eight (13%) Portage County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2013 BRFSS reported current smoker prevalence rates of 23% for Ohio and 19% for the U.S.
- Almost one-quarter (23%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2013 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.
- Portage County adult smokers were more likely to:
  - Have been married (47%)
  - Have rated their overall health as fair or poor (36%)
  - Have incomes less than $25,000 (23%)
  - Have been between 30 to 64 years of age (18%)
- Portage County adults used the following tobacco products in the past year: cigarettes (19%), e-cigarettes (11%), cigars (7%), Black and Milds (5%), hookah (4%), chewing tobacco (3%), snuff (1%), little cigars (1%), pipes (1%), and cigarillos (<1%).
- 52% 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.
- Portage County adults used the following methods to quit smoking in the past year: cold turkey (21%), e-cigarettes (12%), nicotine patch (6%), prescribed Chantix (4%), nicotine gum (3%), hypnosis (3%), Wellbutrin (1%), cessation classes (1%), support groups (1%), and substitute behaviors (1%).
- Portage County adults reported they would support an ordinance to ban smoking in the following places: vehicle with a minor present (71%), college/university campuses (48%), parks or ball fields (47%), fairgrounds (44%), and other places (12%). 25% of adults reported they would not support an ordinance to ban smoking anywhere.
- Portage County adults reported the following rules about smoking inside their home: smoking was not allowed anywhere inside their home (80%), smoking was allowed in some places or at some times (7%), there were no rules about smoking in their home (7%), and smoking was allowed anywhere inside their home (5%).

The following graph shows the percentage of Portage County adults who used tobacco. Examples of how to interpret the information include: 13% of all Portage County adults were current smokers, 23% of all adults were former smokers, and 64% 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?"

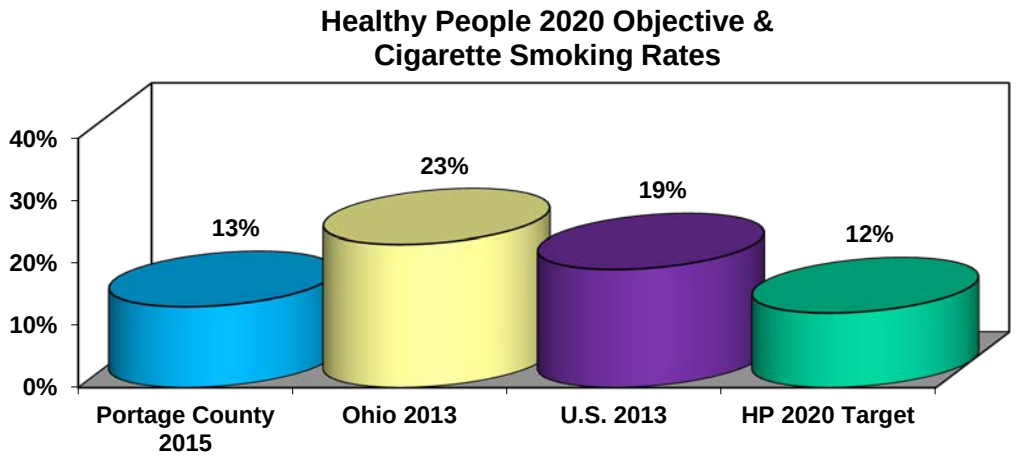
11% of adults had used e-cigarettes in the past year.



Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Current smoker	13%	23%	19%
Former smoker	23%	25%	25%

The following graph shows Portage 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:

- Portage County adult cigarette smoking rate was lower than the Ohio and U.S. rates, and higher than the Healthy People 2020 Goal.



(Source: 2016 Portage County Health Assessment, 2013 BRFSS and Healthy People 2020)

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

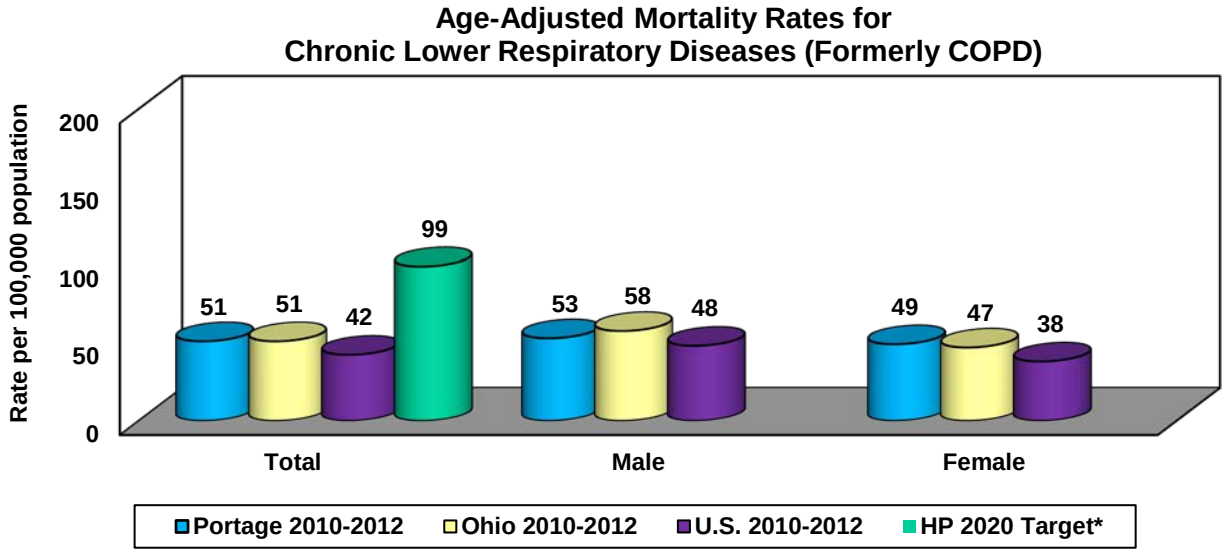
Electronic Cigarette Facts

- 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 & 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 Portage 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 objectives and the percentage of Portage County and Ohio mothers who smoked during pregnancy. These graphs show:

- From 2010-2012, Portage County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was equal to the Ohio rate, and higher than the U.S. rate, but lower than the Healthy People 2020 target objective.
- Disparities existed by gender for chronic lower respiratory disease mortality rate. The 2010-2012 Portage County male rates were higher than the Portage 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.*

Smoke-free Living: Benefits & Milestones

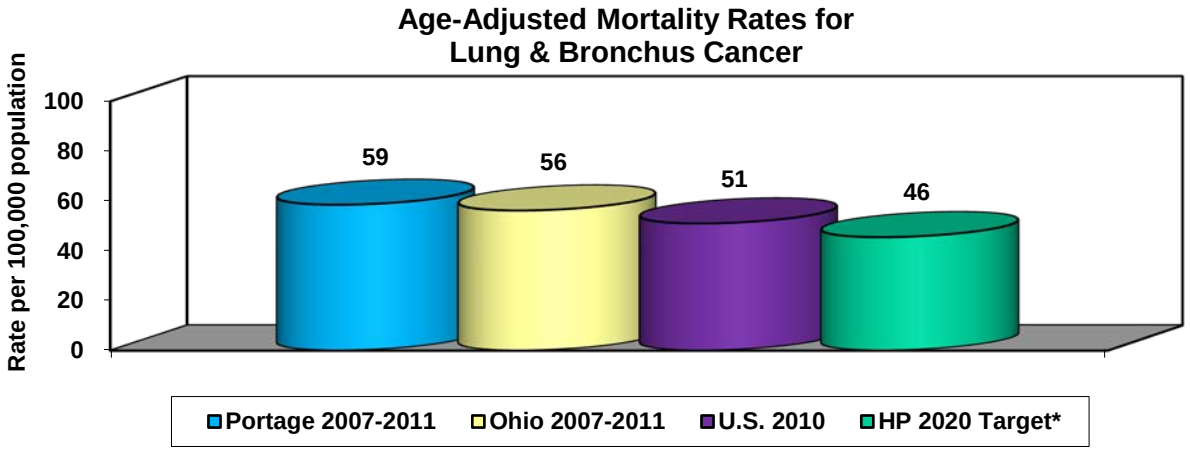
According to the American Heart Association and the U.S. Surgeon General, this is how your body starts to recover:

- 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 reduce 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.

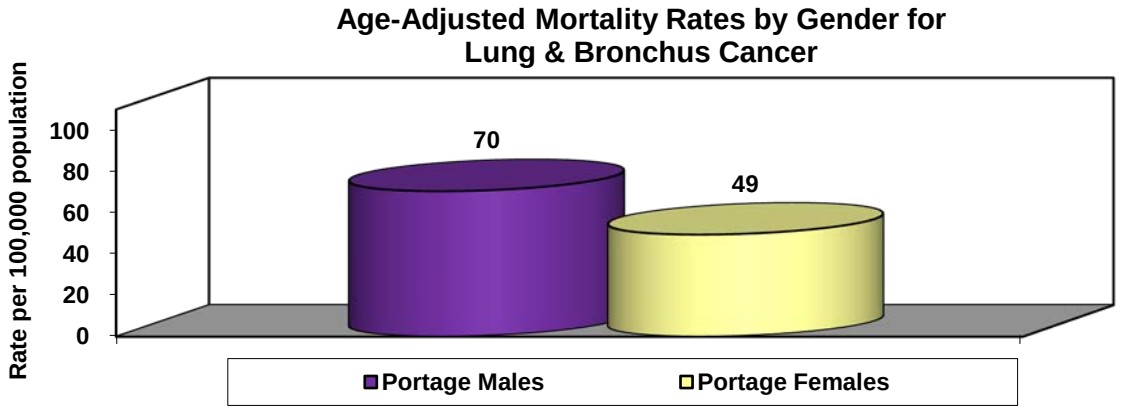
(Source: AHA, Smoke-free Living: Benefits & Milestones, 2015, from: http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp)

The following graphs show Portage 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 objectives and Portage County mortality rates by gender. These graphs show:

- Disparities existed by gender for Portage County lung and bronchus cancer age-adjusted mortality rates. The 2007-2011 Portage male rates were substantially higher than the Portage female rates.

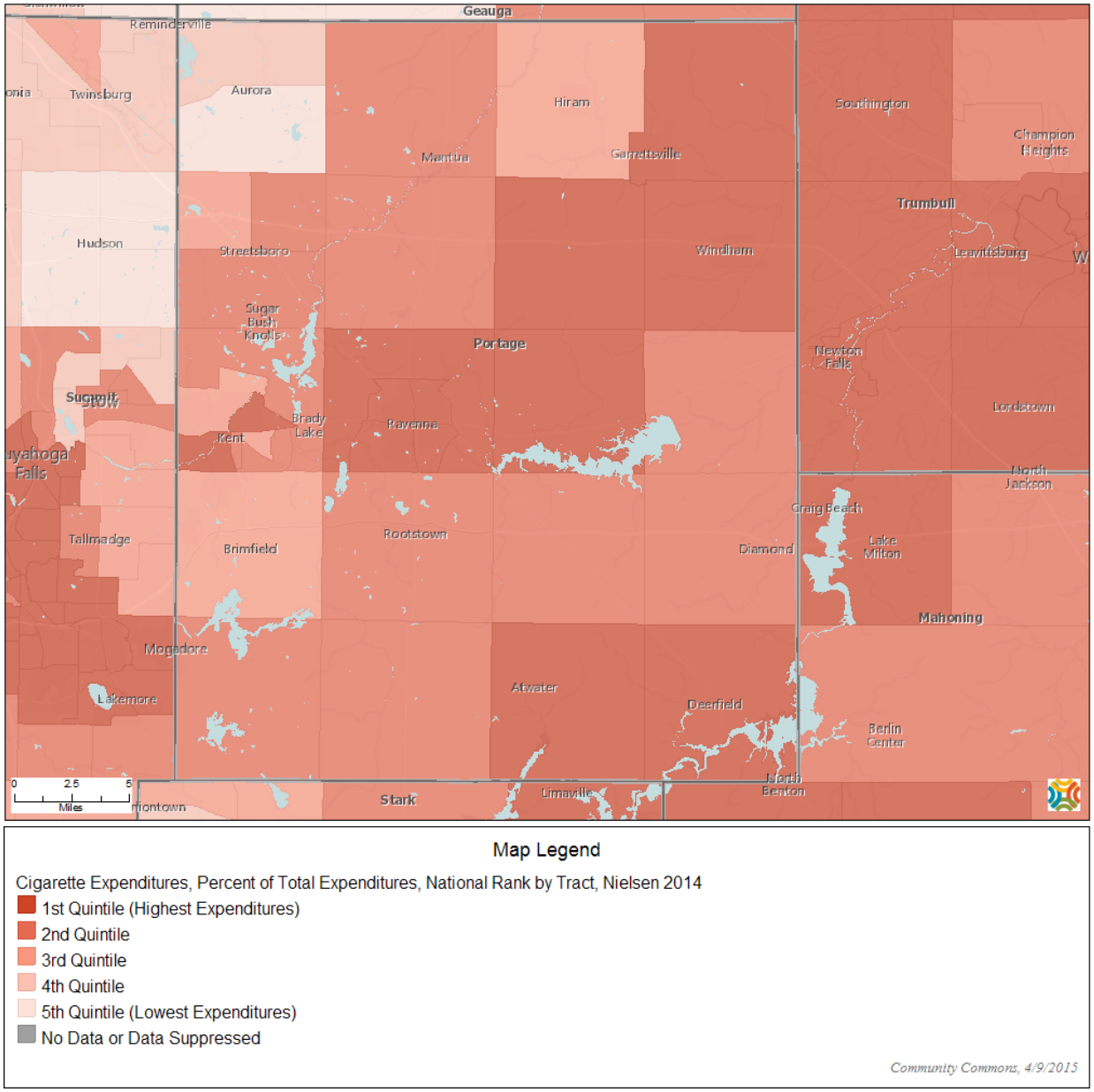


**Healthy People 2020 Target data is for lung cancer only*
(Sources: Healthy People 2020, National Cancer Institute, ODH Information Warehouse, updated 2014)



(Source: ODH Information Warehouse, updated 2014)

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, 4/9/2015

(Source: Community Commons, updated 4/9/2015)

Adult | ALCOHOL CONSUMPTION

Key Findings

In 2015, the Health Assessment indicated that 8% of Portage County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 22% of adults who drank had five or more drinks (for males) and 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Two percent of adults drove after having perhaps too much to drink.

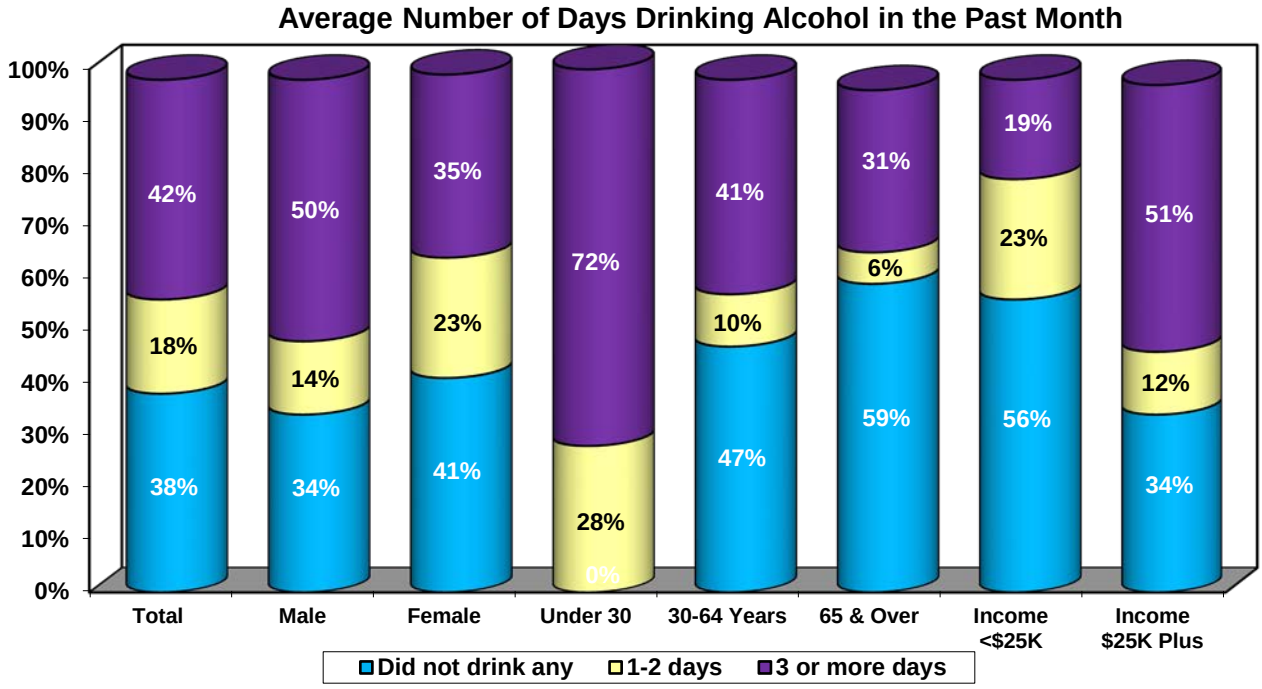
62% of Portage County adults had at least one alcoholic drink in the past month.

Adult Alcohol Consumption

- In 2015, 62% of the Portage County adults had at least one alcoholic drink in the past month, increasing to 100% of those under the age of 30. The 2013 BRFSS reported current drinker prevalence rates of 53% for Ohio and 55% for the U.S.
- One in twelve (8%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Portage County adults drank 3.7 drinks on average, increasing to 4.2 drinks for males.
- Almost one-quarter (22%) of all Portage County adults were considered binge drinkers. The 2013 BRFSS reported binge drinking rates of 17% for Ohio and for the U.S.
- Of current drinkers, 37% 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.
- 2% of adults reported driving after having perhaps too much to drink.
- Portage County adults experienced the following in the past six months: drank more than they expected (8%), spent a lot of time drinking (2%), continued to drink despite problems caused by drinking (2%), drank more to get the same effect (2%), tried to quit or cut down but could not (1%), gave up other activities to drink (1%), drank to ease withdrawal symptoms (1%), and failed to fulfill duties at home or work (1%).
- Of those Portage County adults who had alcohol problems, they gave the following reasons for not using a program or service to help with alcohol problems: have not thought of it (2%), cannot afford to go (1%), stigma of seeking alcohol services (<1%), fear (<1%), did not want to miss work (1%), or other reasons (1%).

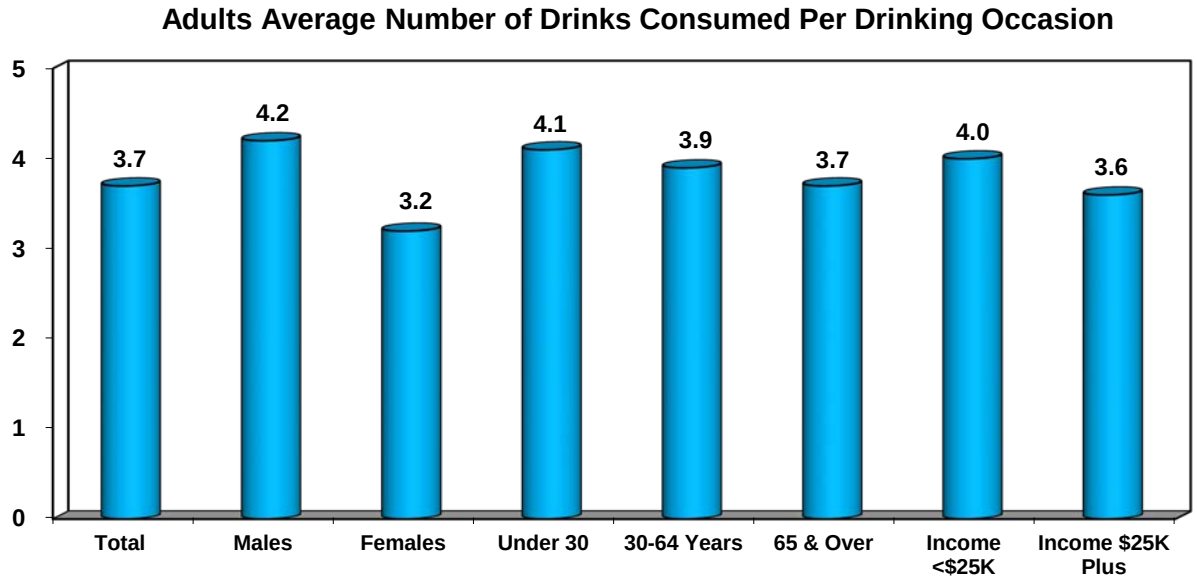
Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Drank alcohol at least once in past month	62%	53%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	22%	17%	17%

The following graphs show the percentage of Portage County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 38 % of all Portage County adults did not drink alcohol, 34% of Portage County males did not drink, and 41% of adult females reported they did not drink.

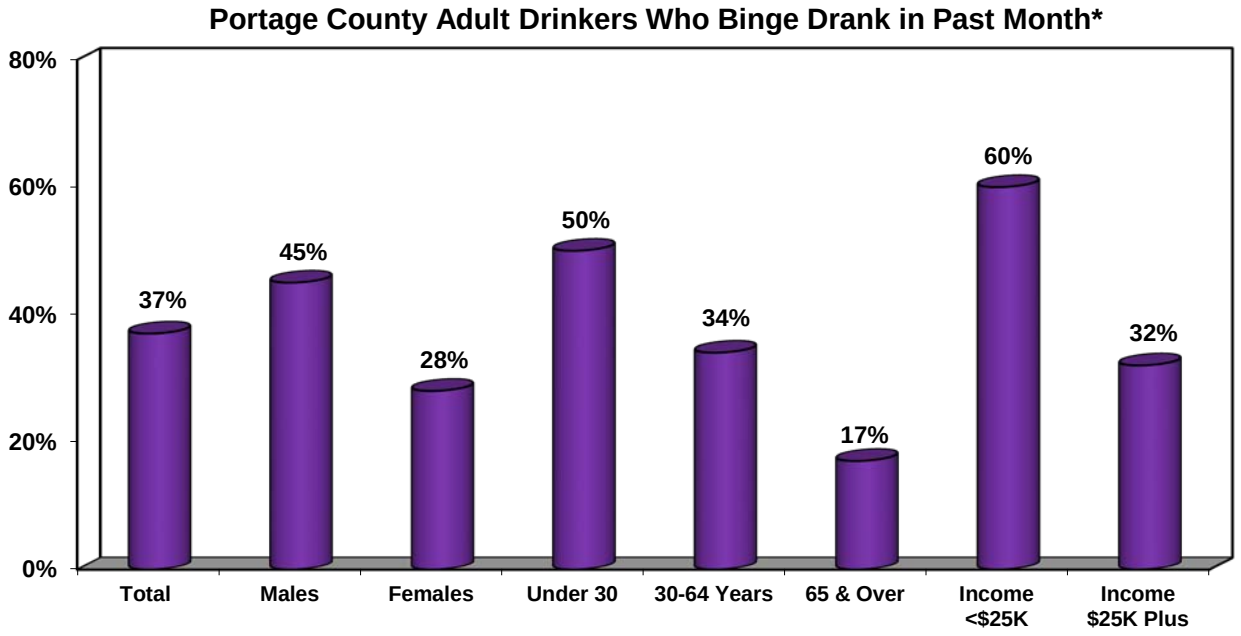


Percentages may not equal 100% as some respondents answered "don't know".

8% of Portage County adults were considered frequent drinkers (drank on an average of three or more days per week).

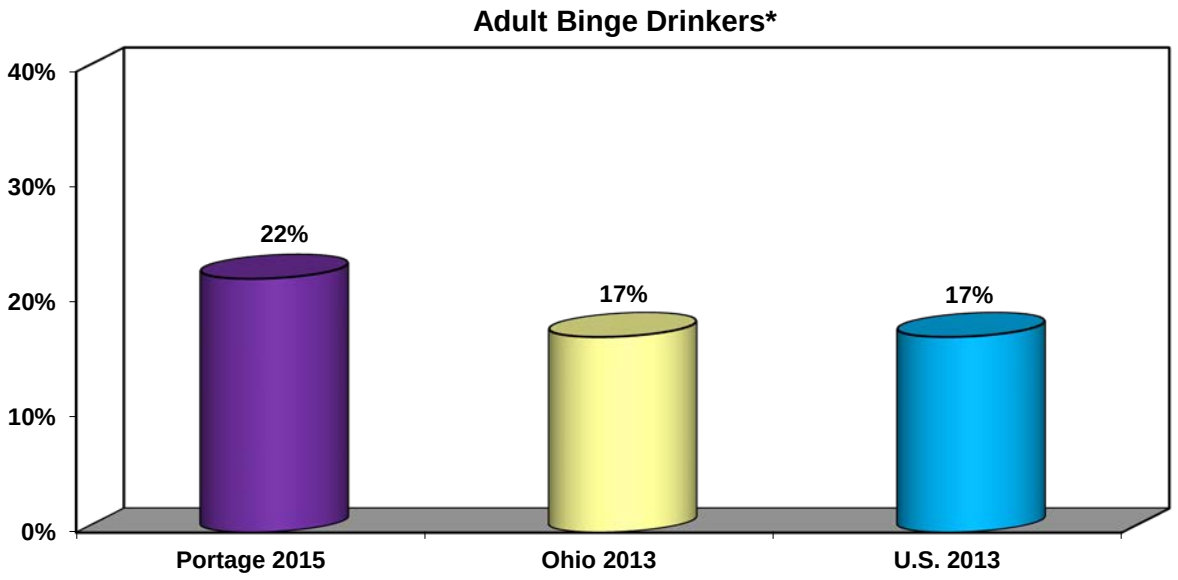


The following graphs show the percentage of Portage County drinkers who binge drank in the past month and a comparison of Portage County binge drinkers with Ohio and U.S.



**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 at least once in the previous month.*

2% of Portage County adults reported driving after having perhaps too much to drink.



(Source: 2013 BRFSS, 2016 Portage 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 city of Ravenna, City of Kent, Portage County, and Ohio motor vehicle accident statistics. The table shows:

- 10% of all injury crashes in Portage County were alcohol-related compared to 7% in Ohio.

	City of Ravenna 2014	City of Kent 2014	Portage County 2014	Ohio 2014
Total Crashes	314	636	3,787	282,368
Alcohol-Related Total Crashes	21	27	214	12,480
Fatal Injury Crashes	2	2	8	919
Alcohol-Related Fatal Crashes	1	1	3	271
Alcohol Impaired Drivers in Crashes	1	0	9	12,353
Injury Crashes	81	116	972	69,917
Alcohol-Related Injury Crashes	10	7	95	5,049
Property Damage Only	231	518	2,807	211,532
Alcohol-Related Property Damage Only	10	19	116	7,160
Deaths	2	2	8	1,008
Alcohol-Related Deaths	1	1	3	297
Total Non-Fatal Injuries	130	147	1,320	100,554
Alcohol-Related Injuries	14	7	131	7,029

(Source: Ohio Department of Public Safety, Crash Reports, Updated 4/10/2014, Traffic Crash Facts)

Caffeinated Alcoholic Beverages

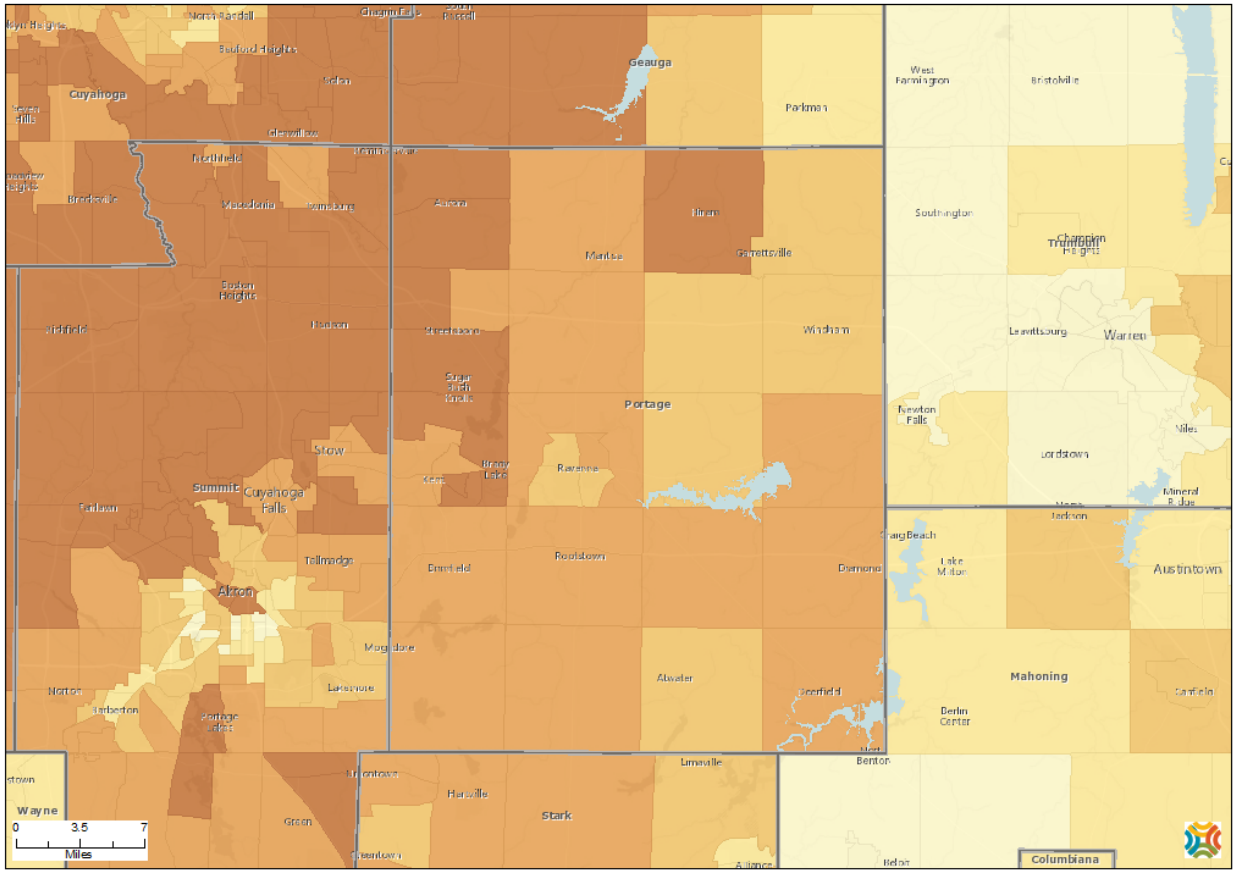
- Excessive alcohol consumption is responsible for about 88,000 deaths and 2.5 million years of potential life lost (YPLL) in the United States each year.

- 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)

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



Map Legend

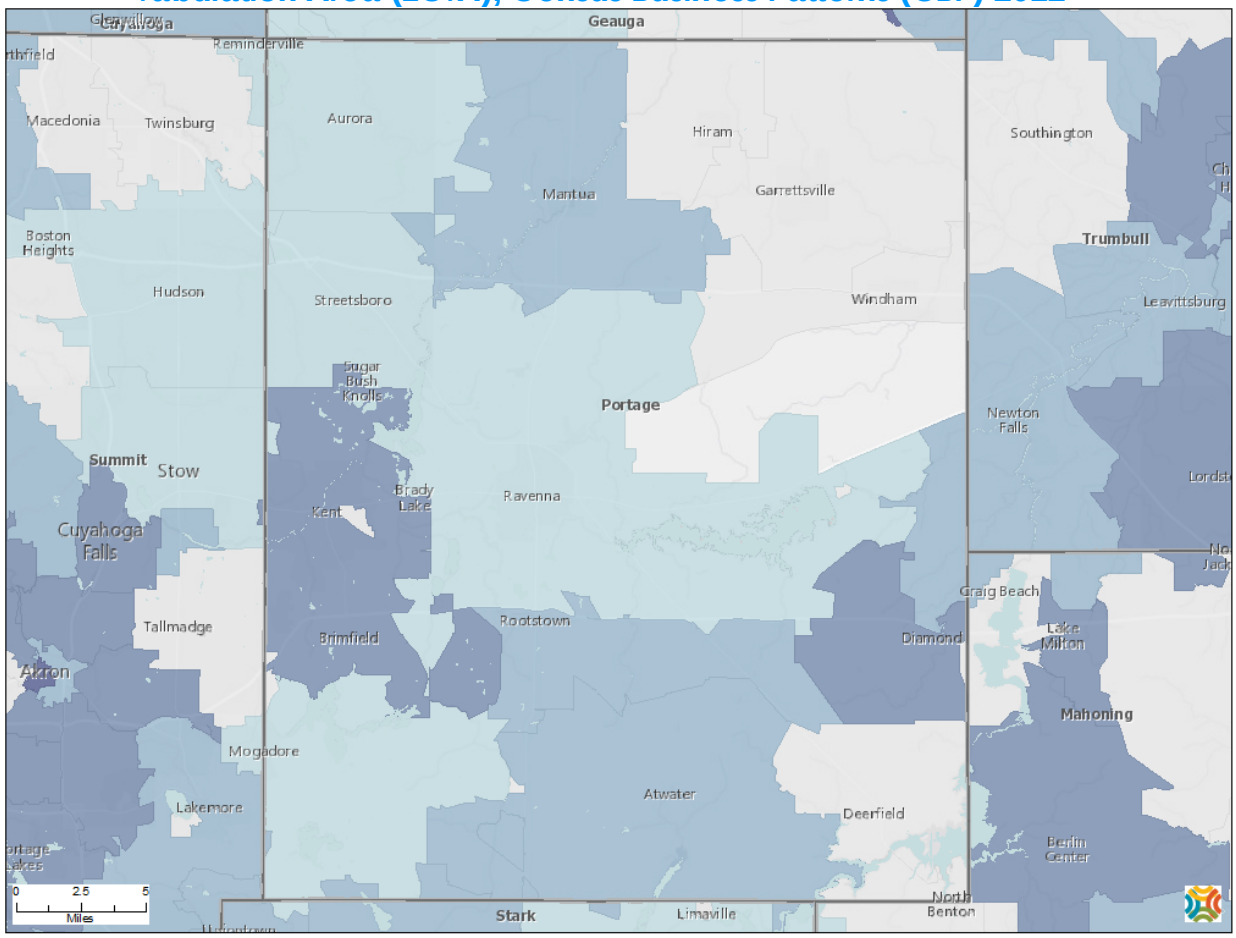
Alcoholic Beverage Expenditures, Percent of Food-At-Home Expenditures, National Rank by Tract, Nielsen 2014

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

Community Commons, 2/19/2016

(Source: Community Commons, updated 2/19/2016)

Bars and Drinking Establishments, Rate (per 100,000 population) by Zip Code Tabulation Area (ZCTA), Census Business Patterns (CBP) 2012



Map Legend

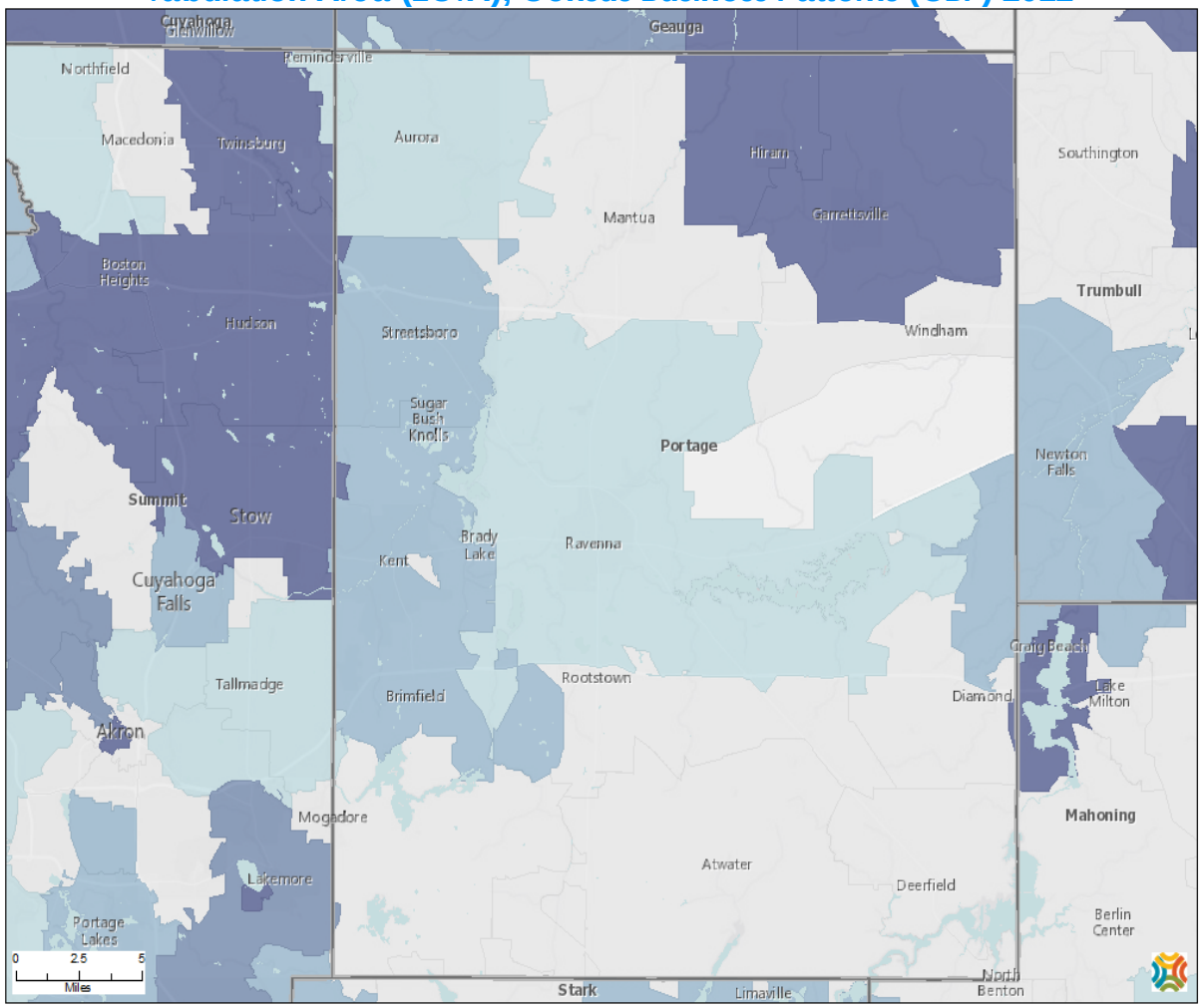
Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012

- Over 80.0
- 30.1 - 80.0
- 10.1 - 30.0
- Under 10.1
- No Establishments or No Data

Community Commons, 4/10/2015

(Source: Community Commons, updated 4/10/2015)

Beer, Wine and Liquor Stores, Rate (per 100,000 population) by Zip Code Tabulation Area (ZCTA), Census Business Patterns (CBP) 2012



Map Legend

Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012

- Over 18.0
- 12.1 - 18.0
- 6.1 - 12.0
- Under 6.1
- No Establishments or No Data

Community Commons, 4/10/2015

(Source: Community Commons, updated 4/10/2015)

Adult | DRUG USE

Key Findings

In 2015, 10% of Portage 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

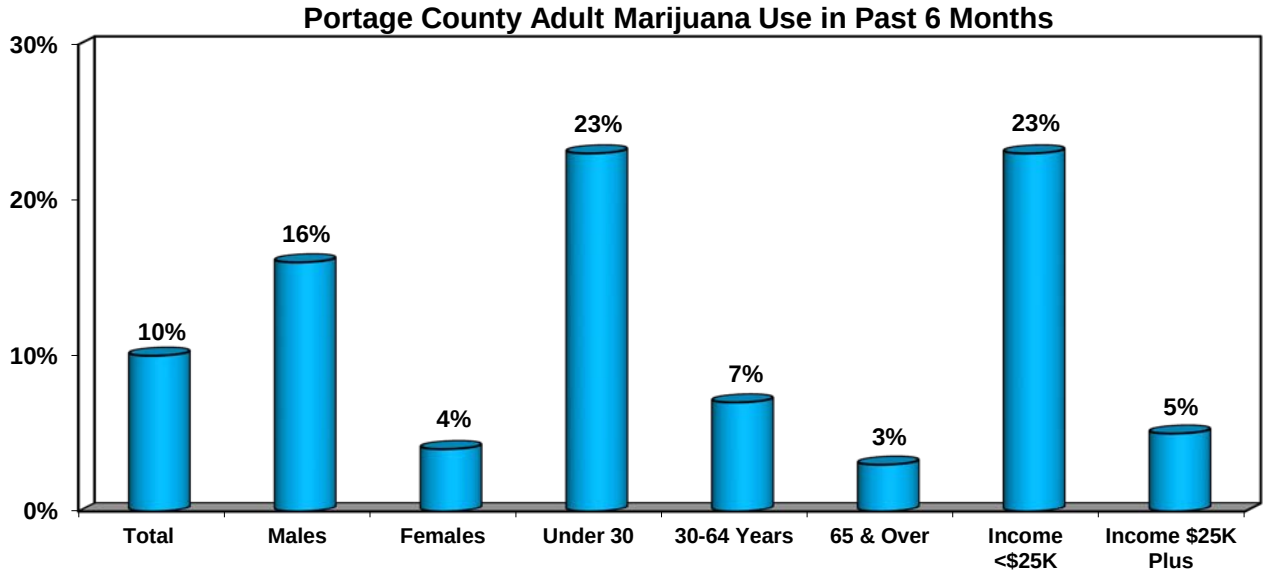
- 10% of Portage County adults had used marijuana in the past 6 months, increasing to 23% of those under the age of 30.
- 2% of Portage County adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 17% of Portage County adults who used drugs did so almost every day, and 64% 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 15% of males and 19% of those under the age of 30.
- When asked about their frequency of medication misuse in the past six months, 20% of Portage County adults who used these drugs did so almost every day, and 20% did so less than once a month.
- Portage County adults obtained the prescription medications that were misused in the past 6 months from the following: their primary care physician (77%), free from a friend or family member (18%), multiple doctors (12%), an ER or urgent care doctor (12%), bought from a friend or family member (9%), and bought from a drug dealer (9%).
- Portage County adults took the following over-the-counter drugs in a way not intended in the past six months: cough and cold medicine (11%), sleeping pills (2%), weight loss or diet pills (1%), motion sickness pills (2%), and energy boosters (1%).

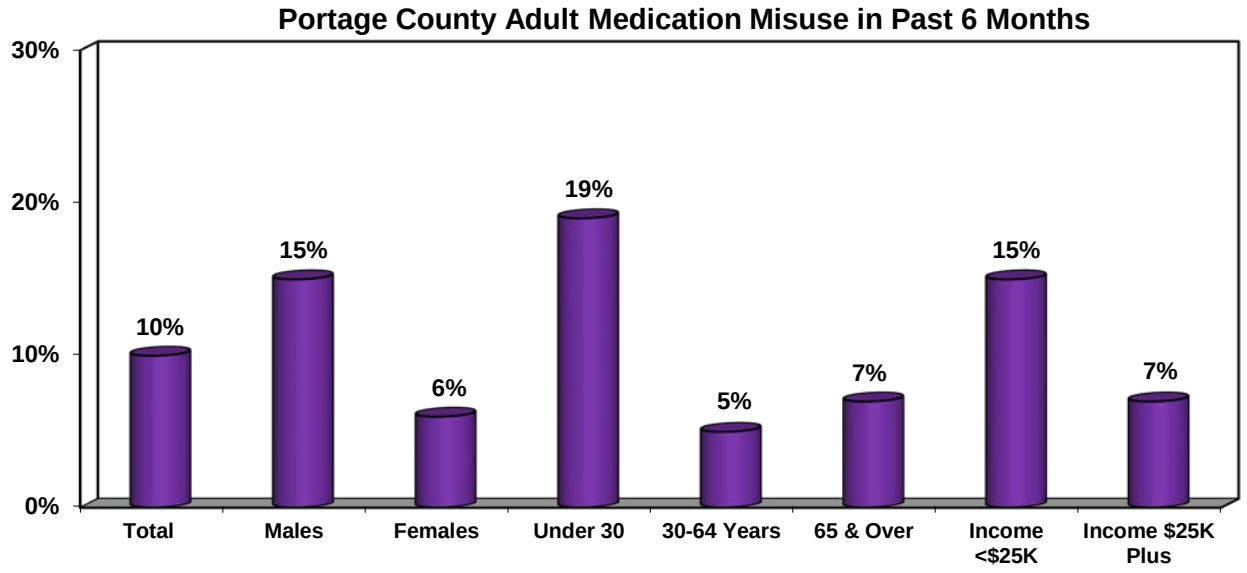
Heroin

- 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)

The following graphs are data from the 2016 Portage 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 Portage County adults used marijuana in the past six months, 23% of adults under the age of 30 were current users, and 23% of adults with incomes less than $25,000 were current users.





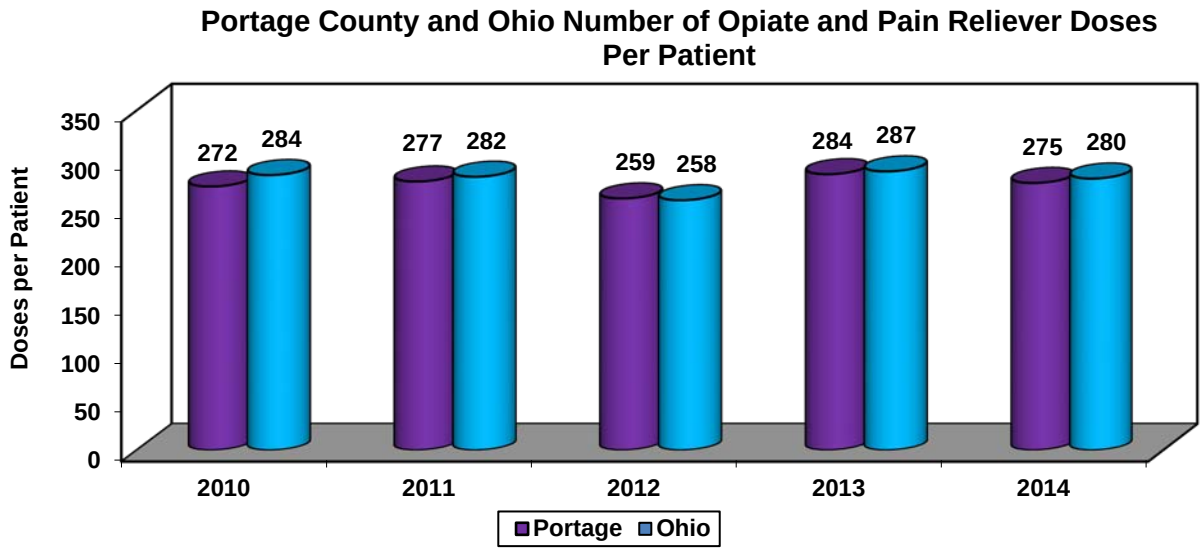
Abuse of Prescription (Rx) Drugs

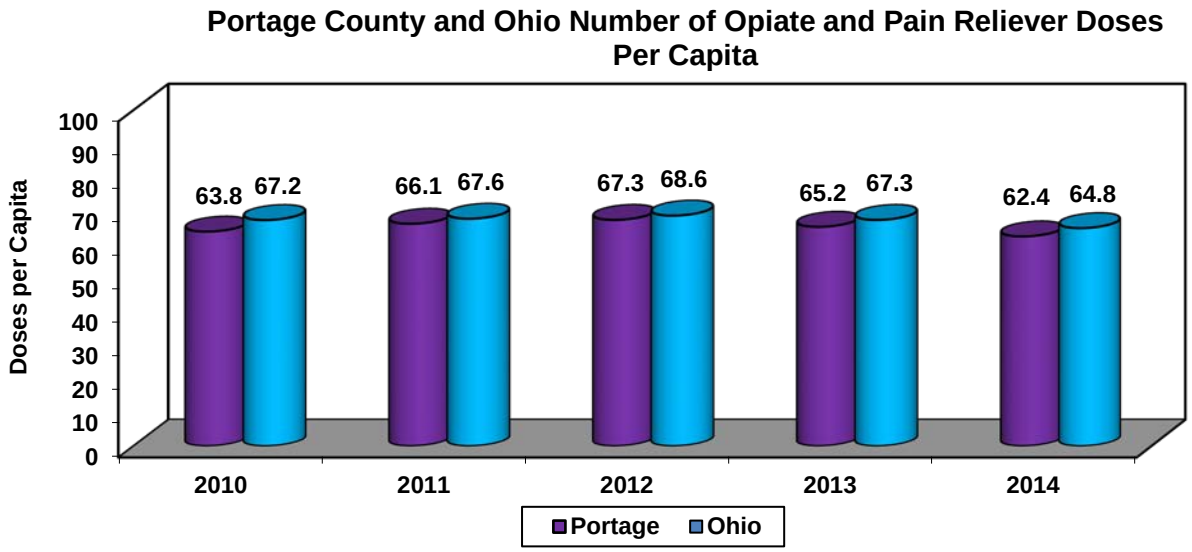
- Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD, stimulants, and anti-anxiety drugs.
- Reasons for abusing these drugs include: getting high, relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, 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)

The following graphs show the Portage County and Ohio opiate and pain reliever doses per patient and doses per capita. These graphs show:

- The number of opiate and pain reliever doses per patient was higher for the state of Ohio in 2014, as compared to Portage County.
- From 2010-2014, the Ohio number of opiate and pain reliever doses per capita was greater than the number of doses per capita for Portage County.



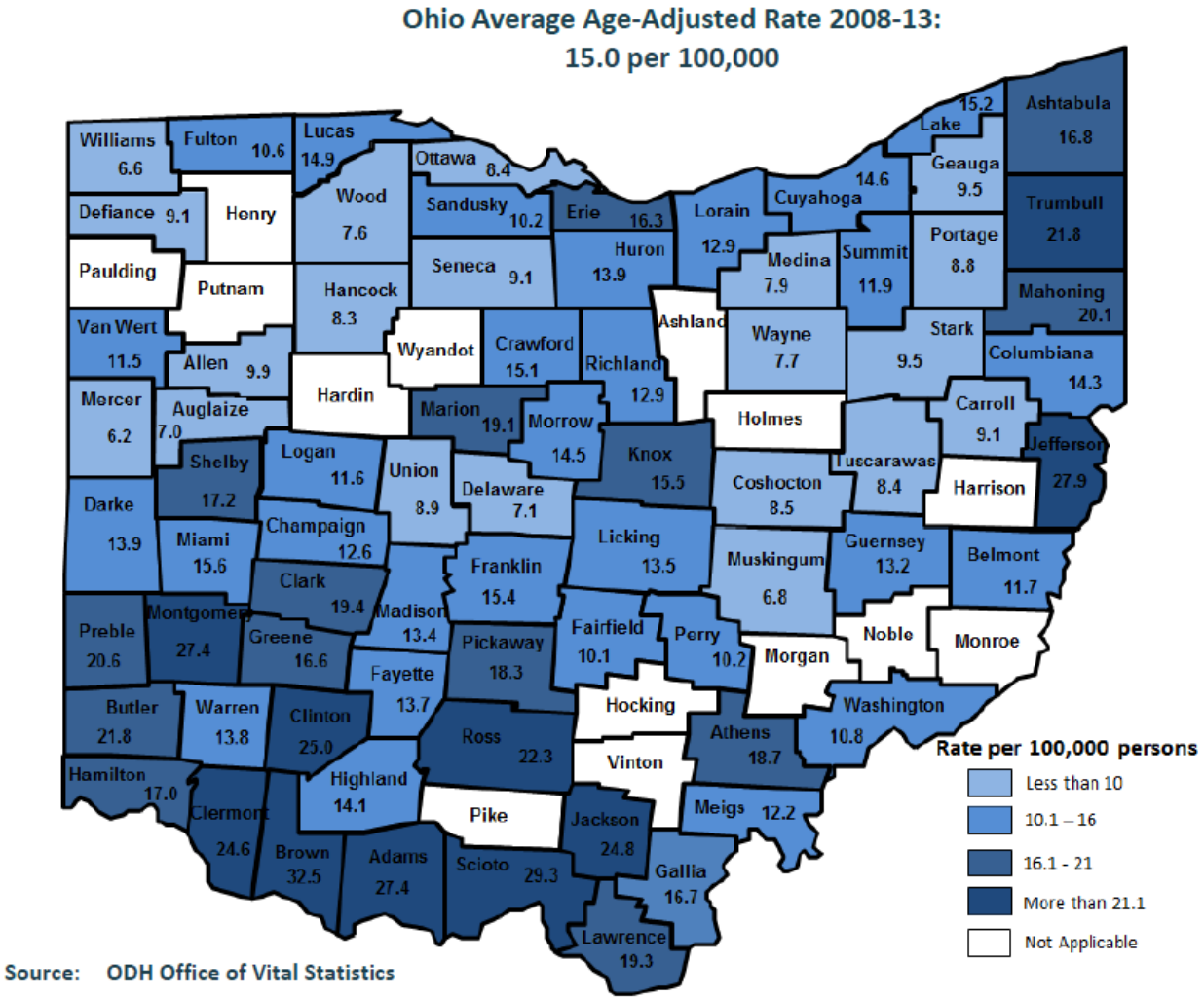


(Source: Ohio Automated Rx Reporting System, April 22, 2015, from: https://www.ohiopmp.gov/portal/docs.aspx)

Unintentional Drug Overdose Death Rates

- The average age-adjusted unintentional drug overdose death rate was 8.8 deaths per 100,000 in Portage 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.

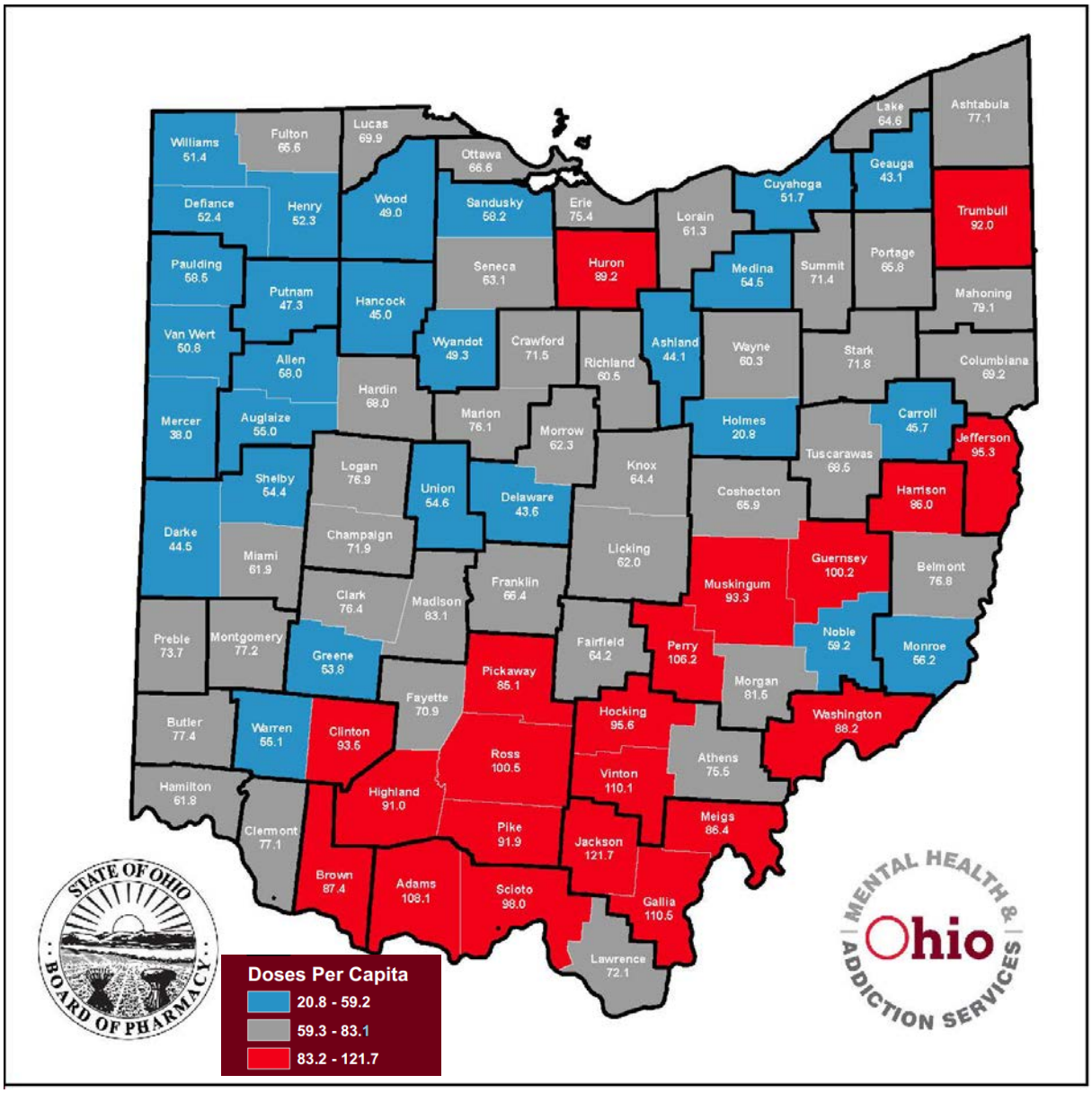
Average, age-adjusted unintentional drug overdose death rate per 100,000, by county, Ohio residents, 2008-2013[1,2]



(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 Analgesic Doses Per Capita

- In 2012, the statewide average per capita dosage rate was 66.7 doses per person.
- The average per capita dosage rate was 66.8 doses per person in Portage County in 2012.



(Source: Ohio Mental Health and Addiction Services, Doses Per Capita September 2013, obtained from: http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf)

Felony Cases and Drug Arrests January – June 2015

- 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).

OHIO STATE HIGHWAY PATROL

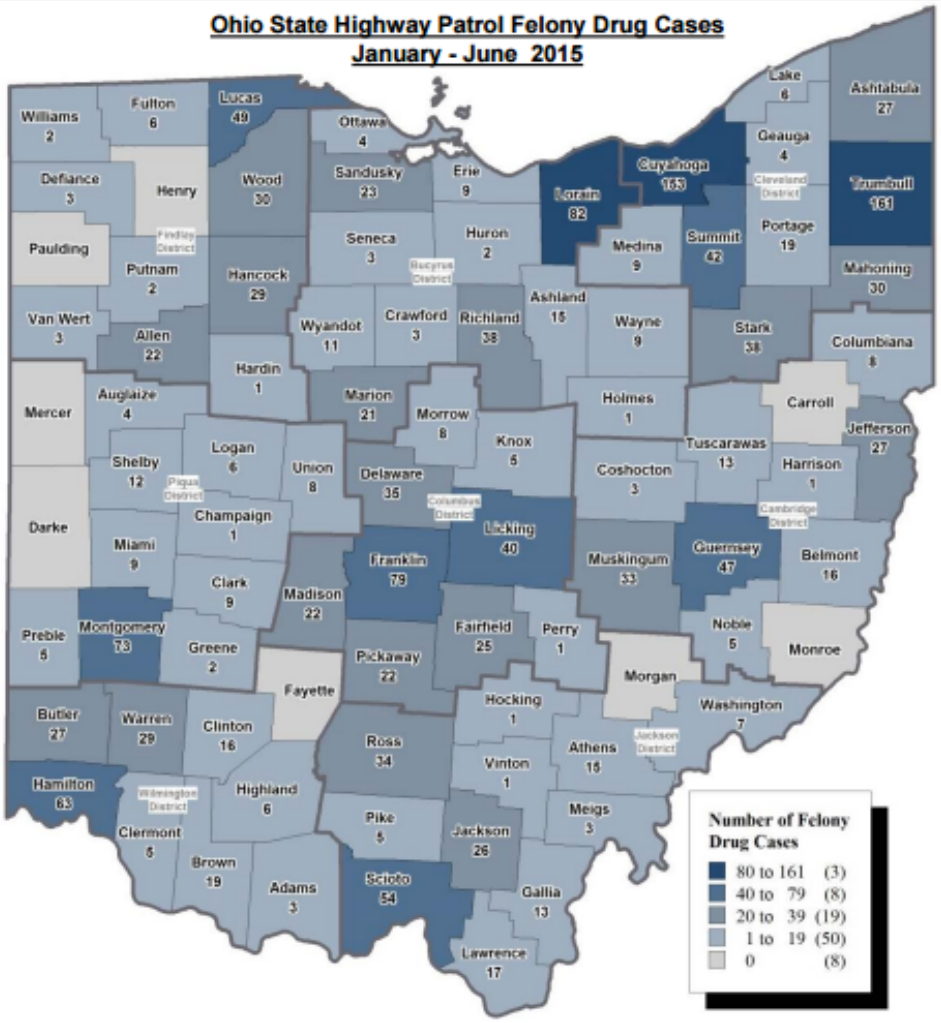
FELONY CASES AND DRUG ARRESTS

JANUARY – JUNE 2015

OSHP felony cases by type[1] (Jan. 1 – Jun. 30, 2015)	
Homicide/death	16
Robbery/burglary	7
Larceny	292
Assault	717
False pretense[2]	100
Vice[3]	1,820
Property crimes	77
Other investigations	150
Total:	3,179

OSHP drug arrests (Jan. 1 - Jun. 30, 2015)	
Total drug arrests	6,256
Felony drug cases	1,720

OSHP drug seizures in grams (Jan. 1 - Jun. 30, 2015)	
Marijuana	413,582
Cocaine	84,302
Crack	1,586
Heroin	7,274
OSHP scheduled pill seizures (Jan. 1 - Jun. 30, 2015)	
Opiate	15,313
Stimulant	1,073
Depressant	3,403
Hallucinogen	188



(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 (57%) of Portage County women over the age of 40 reported having a mammogram in the past year. 49% of Portage County women ages 19 and over had a clinical breast exam and 31% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 2% of women survived a heart attack and 1% survived a stroke at some time in their life. More than one-third (37%) had high blood cholesterol, 29% were obese, 26% had high blood pressure, and 15% were identified as smokers, known risk factors for cardiovascular diseases.

Portage County Female
Leading Causes of Death, 2011– 2013

1. Heart Diseases (26%)
2. Cancers (22% of all deaths)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (4%)
5. Alzheimer's Disease (4%)

(Source: CDC Wonder, 2011-2013)

Ohio Female
Leading Causes 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 Screenings

- In 2015, 60% of women had a mammogram at some time and over one-third (35%) had this screening in the past year.
- More than half (57%) of women ages 40 and over had a mammogram in the past year and 71% had one in the past two years. The 2012 BRFSS reported that 74% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- Most (81%) Portage County women have had a clinical breast exam at some time in their life and 49% had one within the past year. Nearly three-quarters (71%) 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 91% of Portage County women have had a Pap smear and 31% reported having had the exam in the past year. 64% of women had a pap smear in the past three years. The 2012 BRFSS indicated that 78% of U.S. and Ohio women had a pap smear in the past three years.

Pregnancy

- 14% of Portage County women had been pregnant in the past 5 years.
- During their last pregnancy, Portage County women: got a prenatal appointment in the first 3 months (70%), took a multi-vitamin (56%), took folic acid during pregnancy (52%), took folic acid pre-pregnancy (30%), experienced perinatal depression (19%), smoked cigarettes (7%), used e-cigarettes (7%), or used drugs that were not prescribed for them (4%).

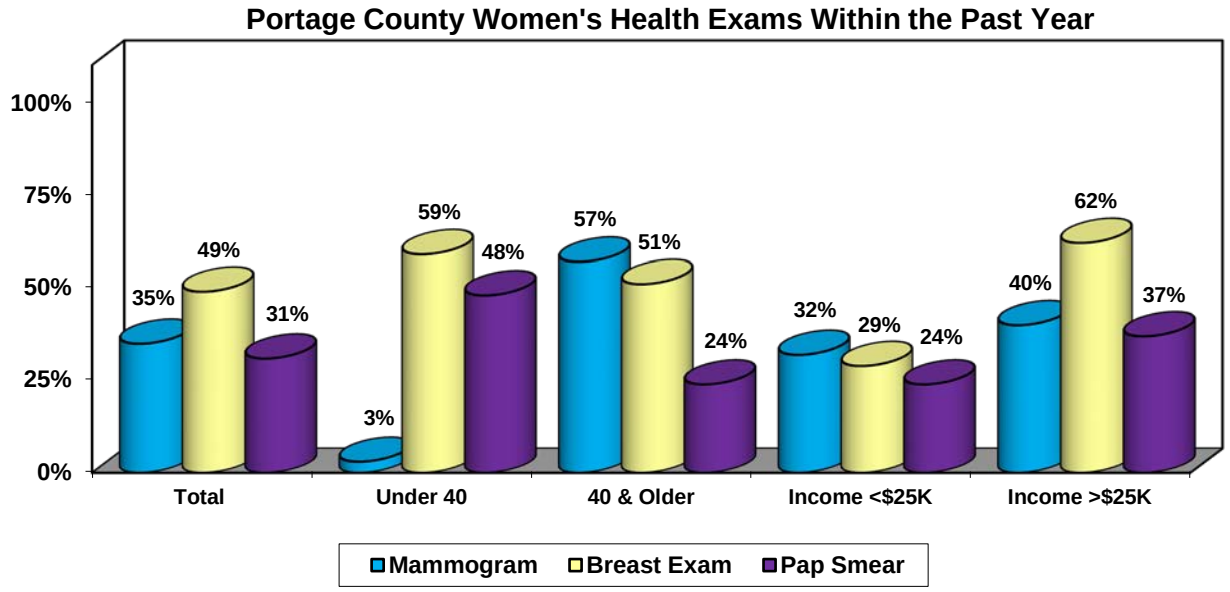
Women's Health Concerns

- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 30% of all female deaths in Portage County *(Source: CDC Wonder, Underlying Cause of Death).*

- In 2015, the health assessment determined that 2% 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, physical inactivity, and diabetes. The 2016 Portage County Health Assessment has identified that:
  - 51% of all women were overweight or obese (60% Ohio, 58% U.S., 2013 BRFSS)
  - 37% of all women were diagnosed with high blood cholesterol (36% Ohio, 37% U.S., 2013 BRFSS)
  - 26% of all women were diagnosed with high blood pressure (32% Ohio, 30% U.S., 2013 BRFSS)
  - 15% of all women were current smokers (23% Ohio, 17% U.S., 2013 BRFSS)
  - 10% of all women had been diagnosed with diabetes (12% Ohio, 12% U.S., 2013 BRFSS)

The following graph shows the percentage of Portage County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 35% of Portage County females had a mammogram within the past year, 49% had a clinical breast exam, and 31% had a Pap smear.

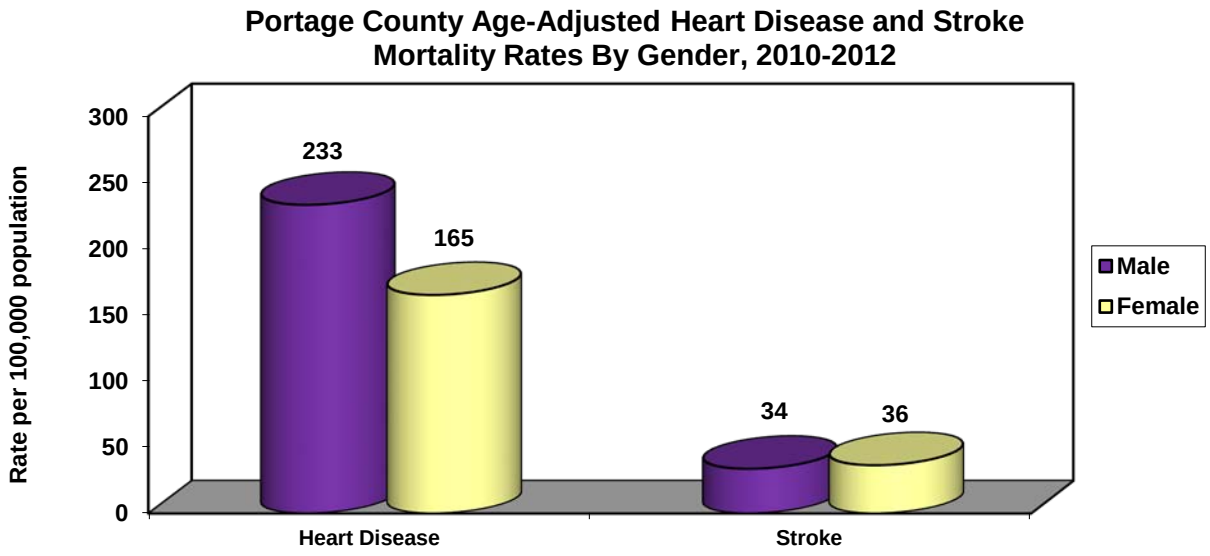


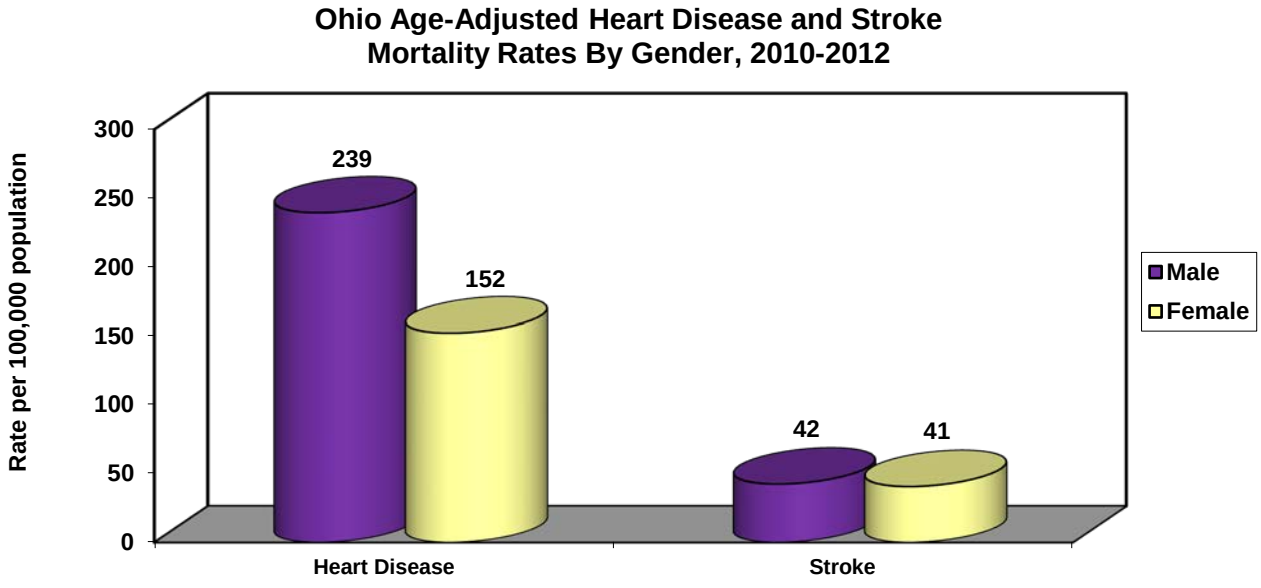
Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Had a clinical breast exam in the past two years (age 40 & over)	71%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	71%	74%**	74%**
Had a pap smear in the past three years	64%	78%**	78%**

**2010 BRFSS Data*
***2012 BRFSS Data*

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

- From 2010-2012, the Portage County and Ohio female age-adjusted mortality rate was lower than the male rate for heart disease.
- The Portage County female heart disease mortality rate was higher than the Ohio female rate from 2010 to 2012.

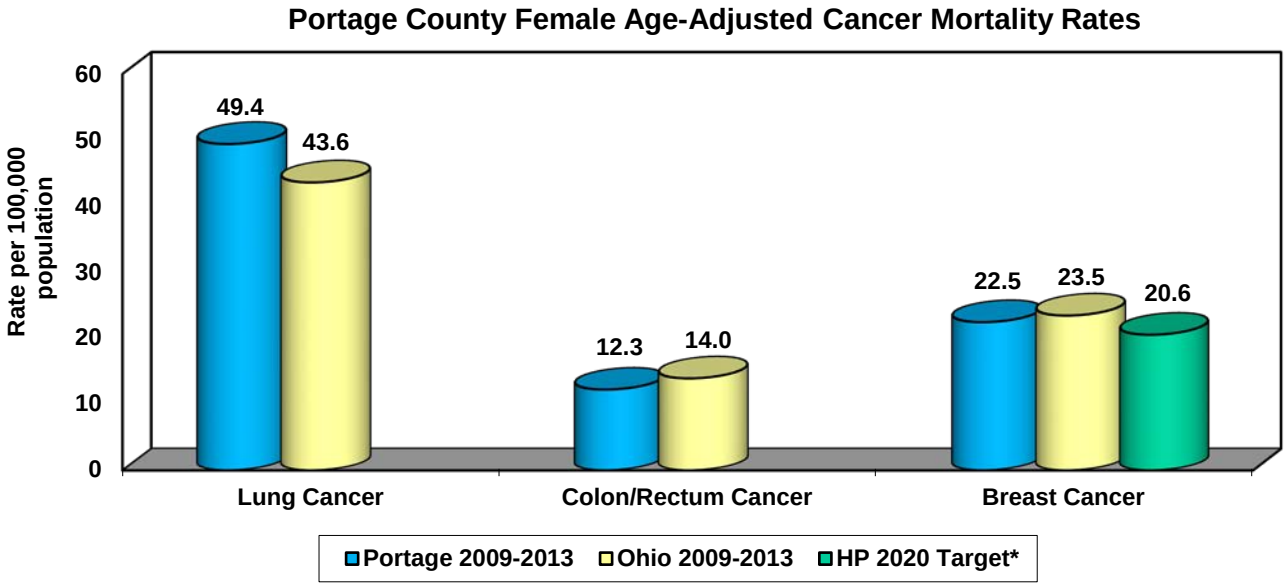




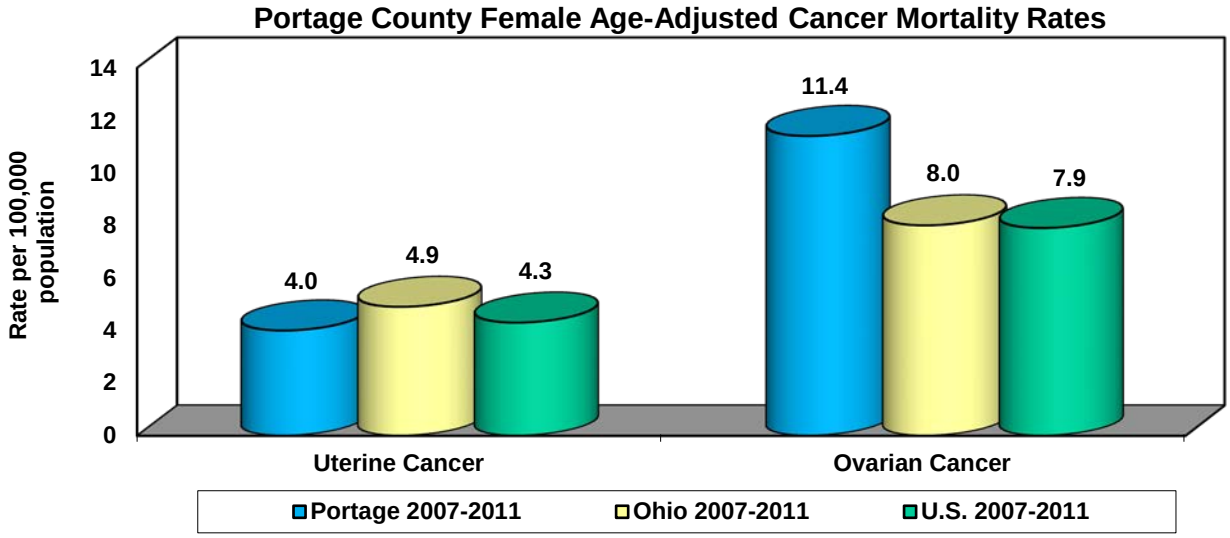
(Source: Health Indicators Warehouse, 2010-2012)

The following graphs show the Portage 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 2009-2013, the Portage County age-adjusted mortality rate for female lung cancer was greater than the Ohio rate.
- From 2009-2013, the Portage County age-adjusted mortality rate for female breast cancer and colon/rectum was lower than the Ohio rate.



(Source: CDC Wonder 2013 and Healthy People 2020)



(Source: National Cancer Institute, and Healthy People 2020)

Human Papilloma Virus (HPV and Vaccine)

- Approximately 79 million Americans are infected with human papillomavirus (HPV); an 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.

- CDC recommends HPV vaccination for the prevention of HPV infections responsible for most types of cervical cancer.

(Source: 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.

(Source: 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 Portage County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 29% and cancers accounted for 26% of all male deaths in Portage County from 2011-2013. The Health Assessment determined that 7% of men survived a heart attack and 3% survived a stroke at some time in their life. Nearly one-third (38%) of men had been diagnosed with high blood cholesterol, 32% had high blood pressure, and 11% were identified as smokers, which, along with obesity (26%), are known risk factors for cardiovascular diseases.

Portage County Male
Leading Causes of Death, 2011 – 2013

1. Cancers (26% of all deaths)
2. Heart Diseases (26%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (5%)
5. Stroke (3%)

(Source: CDC Wonder, 2011-2013)

Ohio Male
Leading Types of Death, 2011 – 2013

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

(Source: CDC Wonder, 2011-2013)

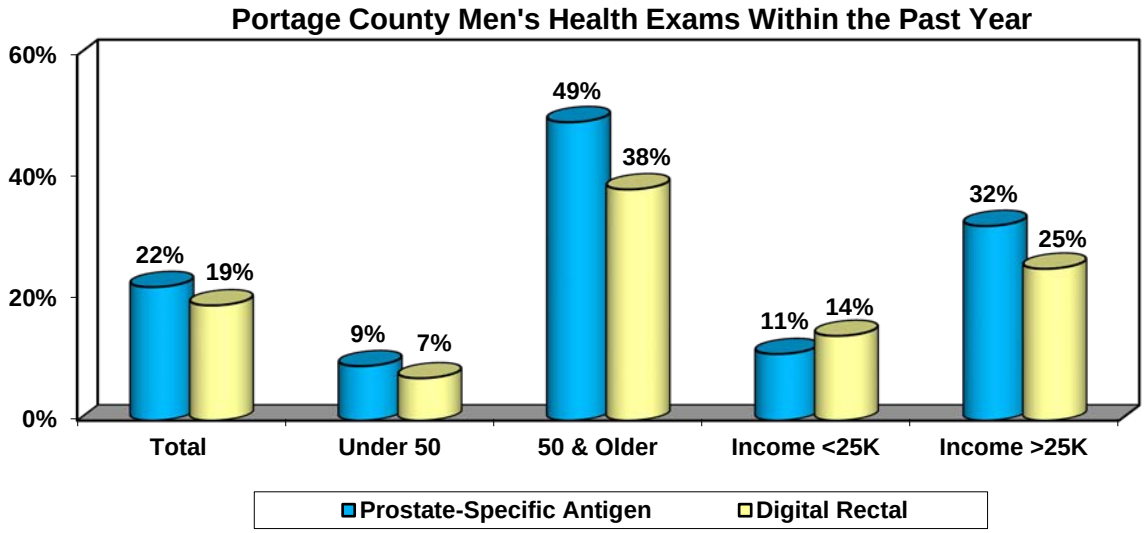
Men's Health Screenings and Concerns

- More than two-fifths (42%) of Portage County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 22% had one in the past year.
- 56% of males age 40 and over had a PSA test within the past 2 years. The 2012 BRFSS reported that 45% of men 40 and over in Ohio and the U.S. had a PSA test in the past two years.
- 75% of males age 50 and over had a PSA test at some time in their life, and 49% had one in the past year.
- 46% of men had a digital rectal exam in their lifetime and 19% had one in the past year.
- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 29% of all male deaths in Portage County *(Source: CDC Wonder).*
- In 2015, the health assessment determined that 7% of men had a heart attack and 3% had a stroke at some time in their life.

19% of Portage 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, physical inactivity, and diabetes. The 2016 Portage County Health Assessment has identified that:
  - 66% of all men were overweight or obese (71% Ohio, 71% U.S., 2013 BRFSS)
  - 38% of all men were diagnosed with high blood cholesterol (40% Ohio, 40% U.S., 2013 BRFSS)
  - 32% of all men were diagnosed with high blood pressure (36% Ohio, 34% U.S., 2013 BRFSS)
  - 11% of all men were current smokers (24% Ohio, 22% U.S., 2013 BRFSS)
  - 14% of all men had been diagnosed with diabetes (10% Ohio, 10% U.S., 2013 BRFSS)
- From 2011-2013, the leading cancer deaths for Portage County males were lung, prostate, and colon and rectum cancers. Statistics from the same period for Ohio males show lung, prostate, and colon and rectum cancers as the leading cancer deaths *(Source: ODH Information Warehouse).*

The following graph shows the percentage of Portage County male adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 22% of Portage County males had a PSA test within the past year and 19% had a digital rectal exam.



Adult Comparisons	Portage County 2015	Ohio 2012	U.S. 2012
Had a PSA test within the past two years (age 40 & over)	56%	45%	45%

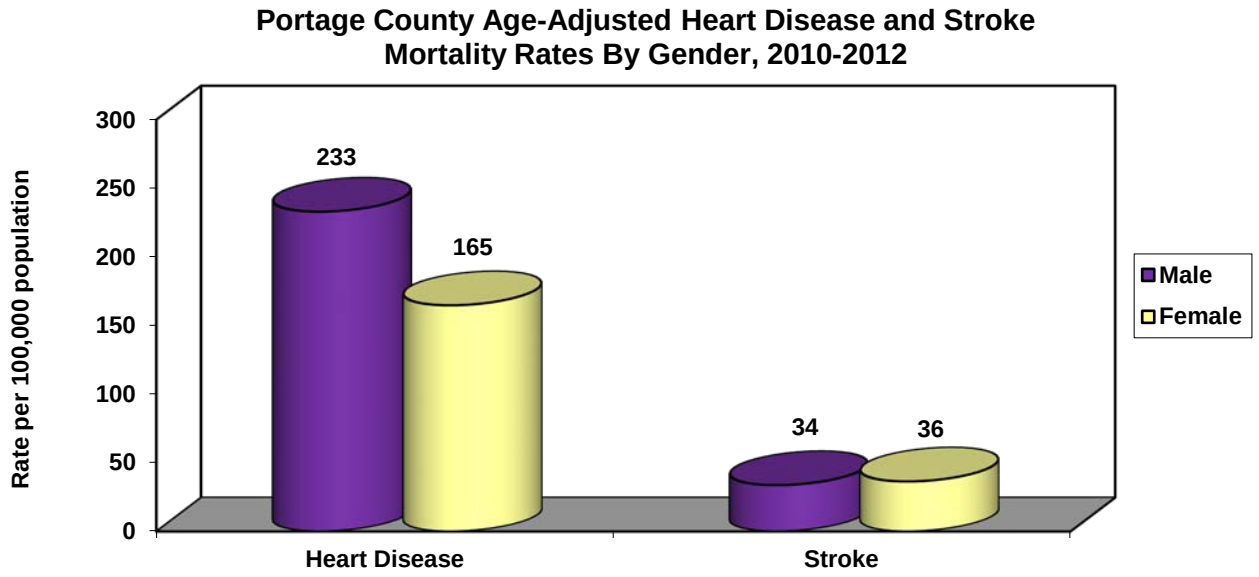
Men's Health Data

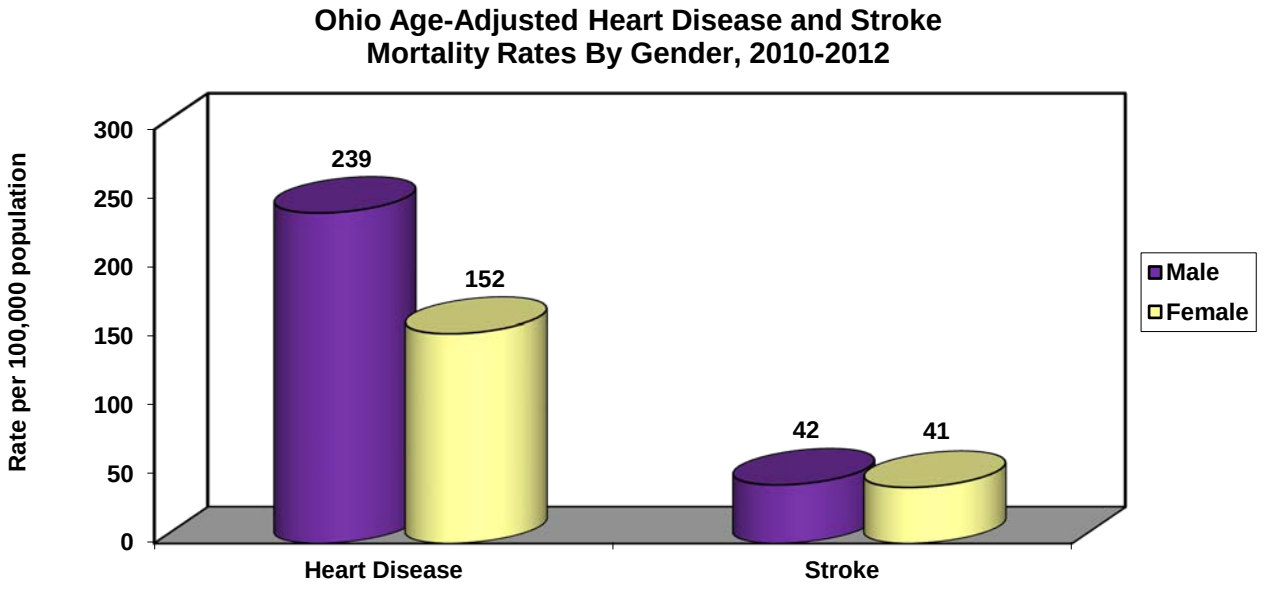
- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- 21% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 54% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 35% of men 20 years and over are obese.
- There are 18% 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 6, 2015, from http://www.cdc.gov/nchs/fastats/mens_health.htm)

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

- From 2010-2012, the Portage County and Ohio male age-adjusted mortality rate was higher than the female rate for heart disease.
- The Portage County male age-adjusted heart disease mortality rate was lower than the Ohio male rate.

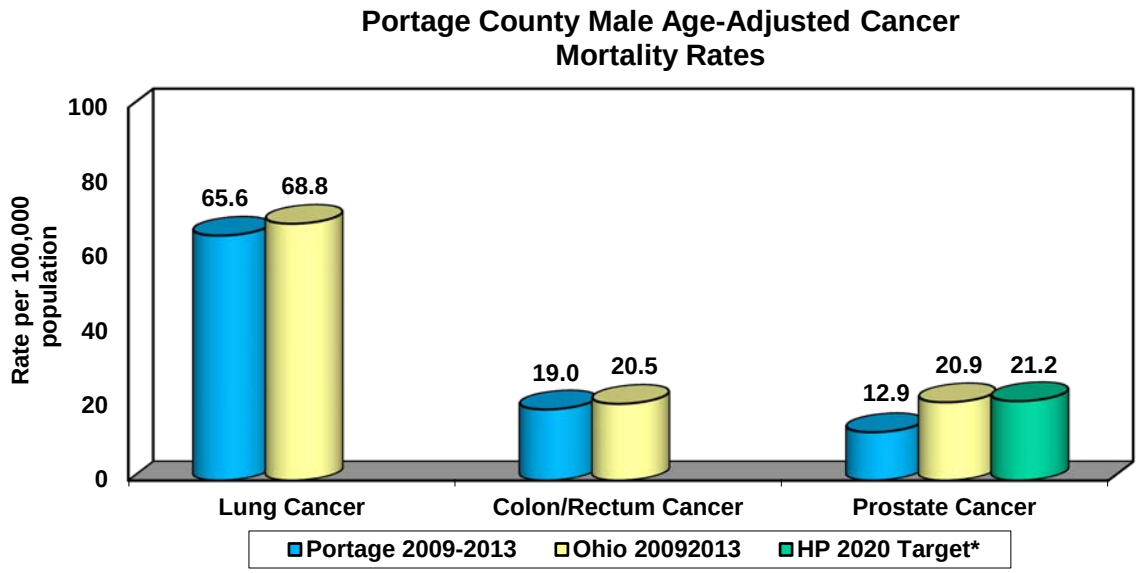




(Source: Health Indicators Warehouse, 2010-2012)

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

- From 2009-2013, the Portage County age-adjusted mortality rate for male lung cancer, colon/rectum cancer and prostate cancer rate were lower than the Ohio rates.



**Note: the Healthy People 2020 target rates are not gender specific.*
(Source: CDC Wonder 2009-2013 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/dhdsp/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, colorectum, 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 death in men.

(Source: Center for Disease Control and Prevention, Cancer Prevention and Control, June 9, 2015, http://www.cdc.gov/features/cancerandmen/, and American Cancer Society, Cancer Facts & Figures 2015, http://www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-044552.pdf)

Adult | PREVENTIVE MEDICINE AND ENVIRONMENTAL HEALTH

Key Findings

Almost three-quarters (71%) of adults ages 65 and over had a pneumonia vaccination at some time in their life.

Preventive Medicine

- Over half (52%) of Portage County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 96% had the shot and 4% had the nasal spray.
- 88% of Portage County adults ages 65 and over had a flu vaccine in the past 12 months. The 2013 BRFSS reported that 63% of U.S. and Ohio adults ages 65 and over had a flu vaccine in the past year.
- Portage County adults reported the following reasons for not getting the flu shot: don't need it (24%), get sick from it (5%), it doesn't work (4%), time (2%), cost (1%), flu vaccine is not available (1%), insurance won't pay for it (1%), and other reasons (4%).
- Over one-quarter (27%) of adults have had a pneumonia shot in their life, increasing to 71% of those ages 65 and over. The 2013 BRFSS reported that 70% of U.S. and 71% of Ohio adults ages 65 and over had a pneumonia shot in their life.
- Portage County adults have had the following vaccines: MMR in their lifetime (62%), tetanus booster (including Tdap) in the past 10 years (56%), chicken pox vaccine in their lifetime (31%), pneumonia vaccine in their lifetime (27%), Hepatitis B (27%), pertussis vaccine in the past 10 years (19%), and human papillomavirus vaccine in their lifetime (16%), Zoster (shingles) vaccine in their lifetime (15%), and Hepatitis A (15%).

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
- 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)

Preventive Health Screenings and Exams

- In the past year, 57% of Portage County women ages 40 and over have had a mammogram.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Portage County adults.

Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Had a pneumonia vaccination (ages 65 and over)	71%	71%	70%
Had a flu vaccine in the past year (ages 65 and over)	88%	63%	63%

Healthy People 2020

Immunization and Infectious Diseases (IID) - Pneumonia Vaccination

Objective	Portage County 2015	Ohio 2013	U.S. 2013	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	71%	71%	70%	90%

**U.S. baseline is age-adjusted to the 2000 population standard*
(Sources: Healthy People 2020 Objectives, 2013 BRFSS, 2016 Portage County Health Assessment)

Portage County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Cholesterol	38%
Diagnosed with High Blood Pressure	29%
Diagnosed with Diabetes	11%
Diagnosed with a Heart Attack	4%
Diagnosed with a Stroke	2%

(Percentages based on all Portage County adults surveyed)

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

HEALTHCARE TOPICS	Total 2015
Physical Activity or Exercise	45%
Weight, Dieting or Eating Habits	39%
Self-Breast or Self-Testicular Exam	27%
Immunizations	27%
Significance of Family History	19%
Depression, Anxiety, or Emotional Problems	19%
Alternative Pain Therapy	12%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	9%
Quitting Smoking	7%
Injury Prevention Such As Safety Belt Use & Helmet Use	7%
Alcohol Use	6%
Alcohol Use When Taking Prescription Drugs	4%
Illicit Drug Abuse	2%
Domestic Violence	1%

General Preparedness

- Portage County households had the following disaster preparedness supplies: cell phone (84%), working smoke detector (84%), cell phone with texting (83%), working flashlight and working batteries (78%), home land-line telephone (49%), working battery-operated radio and working batteries (43%), 3-day supply of nonperishable food for everyone in the household (41%), 3-day supply of prescription medication for each person who takes prescribed medicines (40%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (29%), generator (19%), communication plan (17%), family disaster plan (7%), and a disaster plan (7%).

- Almost three-quarters (73%) of Portage County adults would evacuate if public authorities announced a mandatory evacuation from their community due to a large scale disaster or emergency.

- Portage County adults reported the following reasons they might not evacuate if asked to do so: concerns about leaving property behind (32%), concern about leaving pets (32%), concern about family safety (21%), concern about personal safety (12%), lack of trust in public officials (10%), concern about traffic jams and inability to get out (7%), lack of transportation (4%), health problems (3%), and some other reason (4%).

- Portage County adults reported the following methods of getting information from authorities in a large-scale disaster or emergency: television (63%), radio (45%), internet (35%), local Emergency Alert System (34%), friends/family (33%), newspaper (17%), neighbors (17%), social media (16%), Portage Prepares (4%), and other methods (2%). 64% reported they had more than one method or way of getting information in a large-scale disaster or emergency.

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/kit)

Environmental Health

- Portage County adults thought the following threatened their health in the past year.
  - Insects (14%)
  - Mold (13%)
  - Moisture issues (8%)
  - Fracking (8%)
  - Outdoor air quality (7%)
  - Rodents or mice (4%)
  - Indoor air quality (4%)
  - Safety hazards (3%)
  - General living conditions (3%)
  - Unsafe water supply/wells (3%)
  - Plumbing problems (2%)
  - Temperature regulation (2%)
  - Agricultural chemicals (2%)
  - Sewage water problems (2%)
  - Lead paint (1%)
  - Asbestos (1%)
  - Hazardous waste incidents (1%)
  - Chemicals in household products (1%)
  - Food safety/food-borne infections (1%)
  - Radiation (1%)
  - Lice (1%)
  - Radon (<1%)
  - Excess medications in the home (<1%)
  - Cockroaches (<1%)
  - Sanitation issues (<1%)

Health Effects from Biological Contaminants

Common biological contaminants include mold, dust mites, pet dander, droppings and body parts from cockroaches, rodents, and other pests, insects, viruses and bacteria.

Health Effects:

- Allergic reactions including hypersensitivity pneumonitis and asthma. Infectious illnesses such as influenza, measles, and chicken pox are transmitted through the air.
- Molds and mildews release disease-causing toxins and cause symptoms such as sneezing, watery eyes, coughing, shortness of breath, dizziness, lethargy, fever, and digestive problems

Reducing Exposure:

- Install and use exhaust fans
- Ventilate the attic and crawl spaces to prevent moisture build-up
- Clean appliances according to manufacturer's instructions
- Thoroughly clean and dry water-damaged carpets and building materials, or consider removal and replacement
- Keep the house clean. House pollutants can be reduced through regular cleaning
- Clean and disinfect the basement floor drain regularly

(Source: EPA, U.S. Environmental Protection Agency, Biological Pollutants, http://www.epa.gov/iaq/biologic.html, updated June 2012)

Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

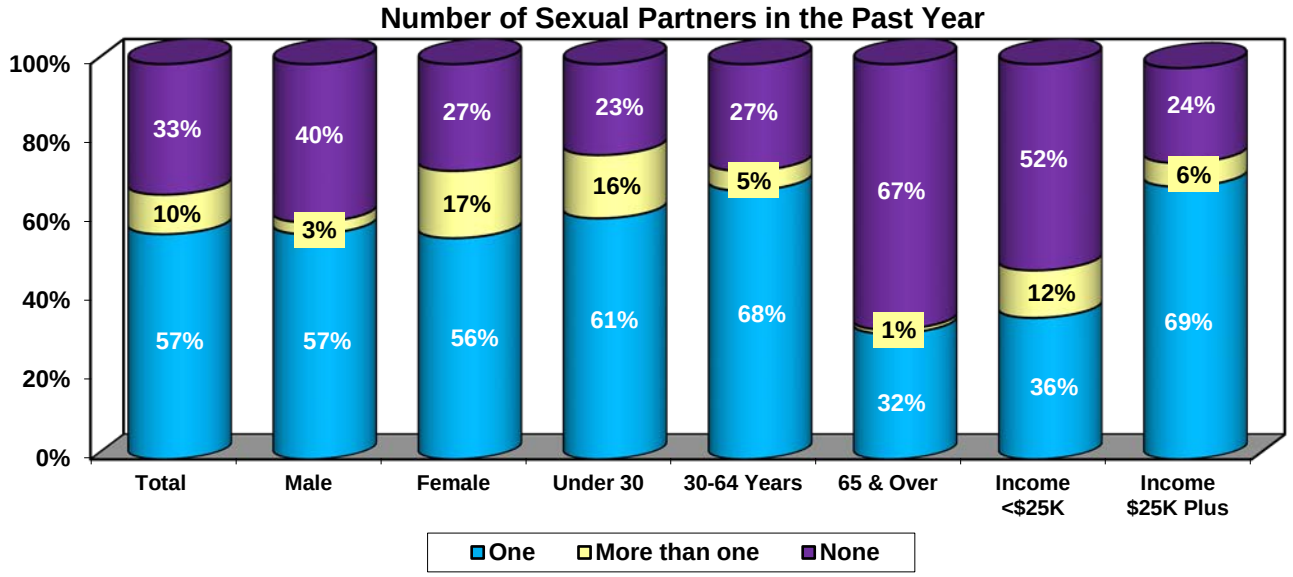
Key Findings

In 2015, over two-thirds (67%) of Portage County adults had sexual intercourse. Ten 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

- In 2015, over two-thirds (67%) of Portage County adults had sexual intercourse.
- 10% of adults reported they had intercourse with more than one partner in the past year, increasing to 16% of those under the age of 30 and 17% of females.
- Portage County adults used the following methods of birth control: condoms (14%), they or their partner were too old (13%), birth control pill (9%), tubes tied (9%), vasectomy (8%), hysterectomy (6%), withdrawal (4%), IUD (3%), they or their partner were infertile (3%), diaphragm (2%), having sex only at certain times (1%), and shots (1%).
- 8% of Portage County adults were not using any method of birth control.
- Portage County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (28%)
  - They or their partner were too old (21%)
  - They or their partner did not like birth control/fear of side effects (7%)
  - They did not want to use birth control (6%)
  - They did not think they or their partner could get pregnant (5%)
  - They did not care if they or their partner got pregnant (5%)
  - They or their partner had just had a baby (3%)
  - They had a same-sex partner (2%)
  - Their partner did not want to use birth control (1%)
  - No regular partner (1%)
  - Religious preferences (1%)
  - They or their partner were currently pregnant (1%)
  - They or their partner want to get pregnant (1%)
  - They or their partner are currently breastfeeding (1%)
  - Lapse in use of method (<1%)
- Portage County adults have been tested for the following sexually transmitted diseases (STDs) in the past 2 years: human papilloma virus (HPV) (8%), Chlamydia (7%), gonorrhea (6%), genital herpes (5%), HIV/AIDS (5%), syphilis (4%), Hepatitis C (2%), and other STDs (3%).
- 10% of Portage County adults reported being forced to have sexual activity when they did not want to, increasing to 18% of females.

The following graph shows the sexual activity of Portage County adults. Examples of how to interpret the information in the graph include: 57% of all Portage County adults had one sexual partner in the last 12 months and 10% had more than one, and 57% 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?"

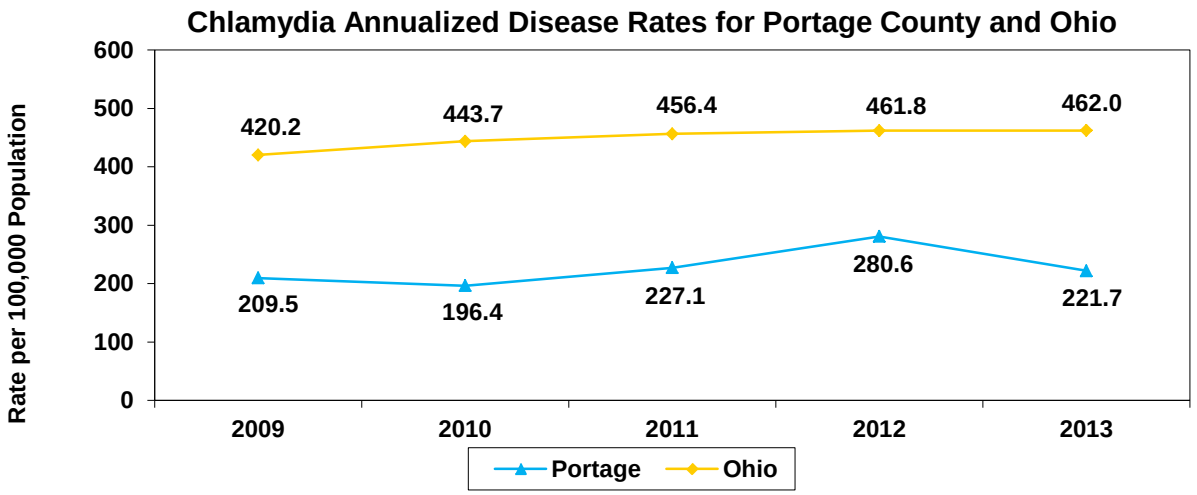
HIV in the United States

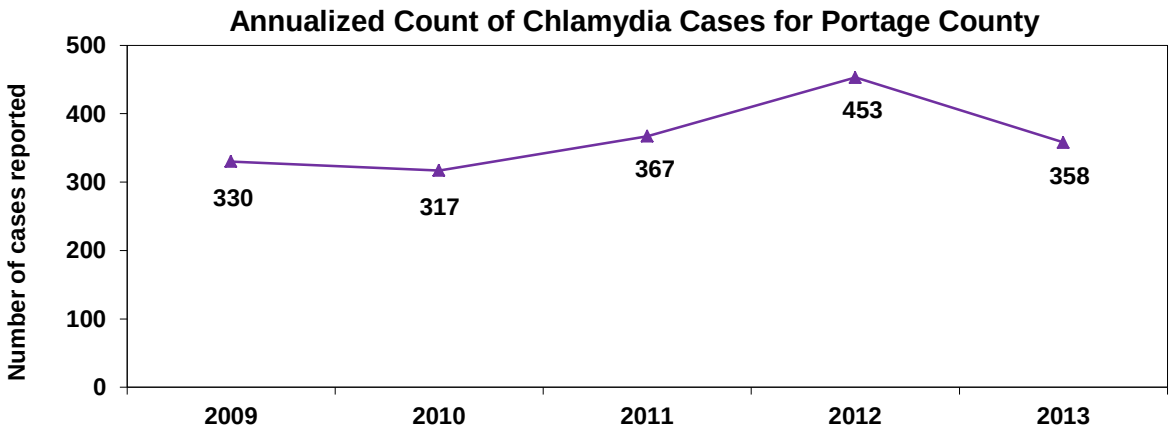
- More than 1.2 million people in the United States are living with HIV infection, and almost 1 in 7 (14%) are unaware of their infection.
- By race, African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new 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 2010, and approximately 658,507 people in the United States with an AIDS diagnosis have died since the epidemic.

(Source: CDC, HIV in the United States: At a Glance, 3/12/2015, from: http://www.cdc.gov/hiv/statistics/basics/ataglance.html)

The following graphs show Portage County chlamydia disease rates per 100,000 population updated June 27, 2014 by the Ohio Department of Health. The graphs show:

- Portage County chlamydia rates fluctuated from 2009 to 2013. Portage 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 in the U.S., 2013).*

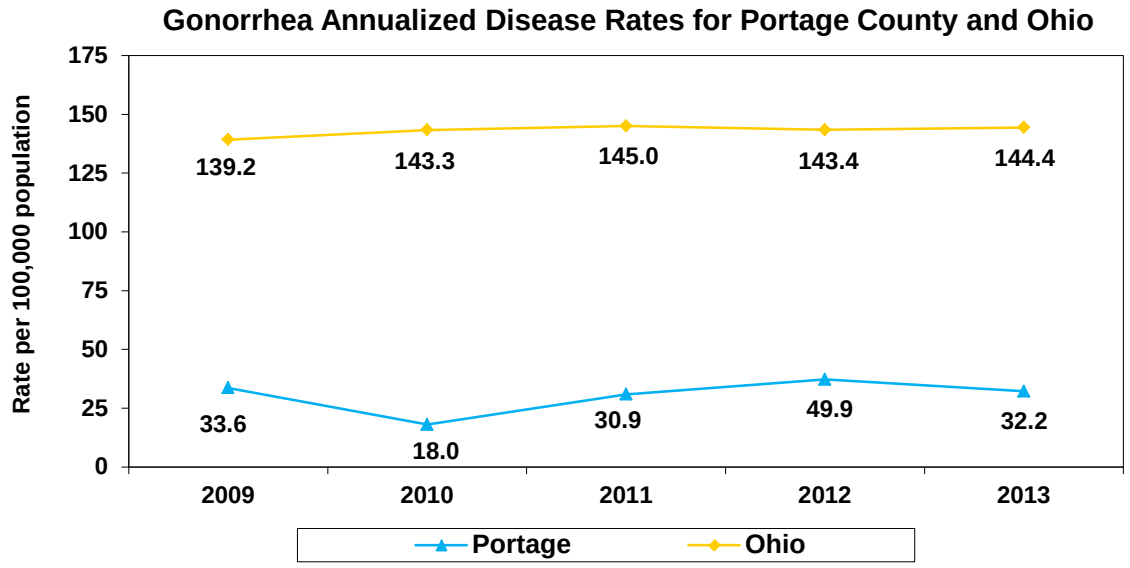


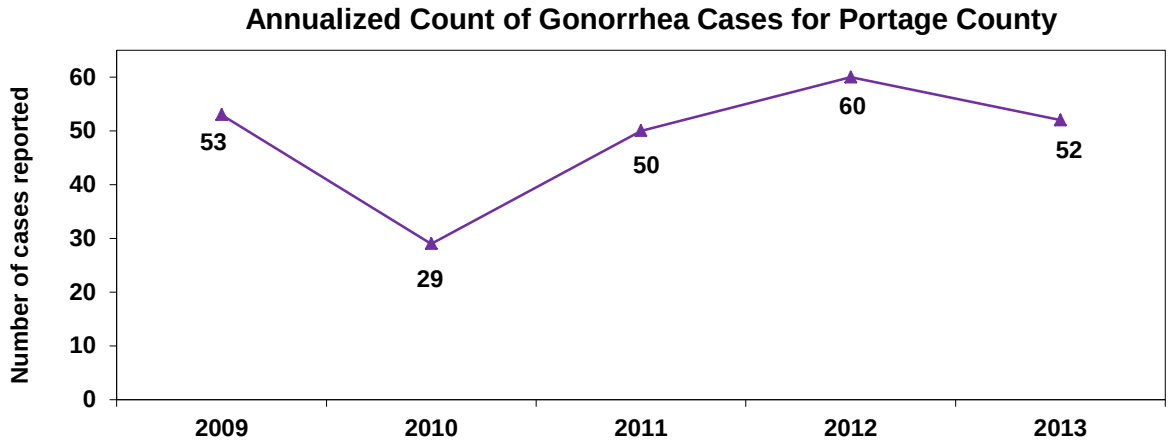


(Source for graphs: ODH, STD Surveillance, data reported through 5-18-14)

The following graphs show Portage County gonorrhea disease rates per 100,000 population updated June 27, 2014 by the Ohio Department of Health. The graphs show:

- The Portage County gonorrhea rate fluctuated from 2009 to 2013. The Portage County gonorrhea rate remained below the Ohio rate.
- The Ohio gonorrhea rate fluctuated only slightly from 2009 to 2013.
- In 2013, the U.S. rate for new gonorrhea cases for the total population was 106.1 per 100,000 population *(Source: CDC, STD 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.

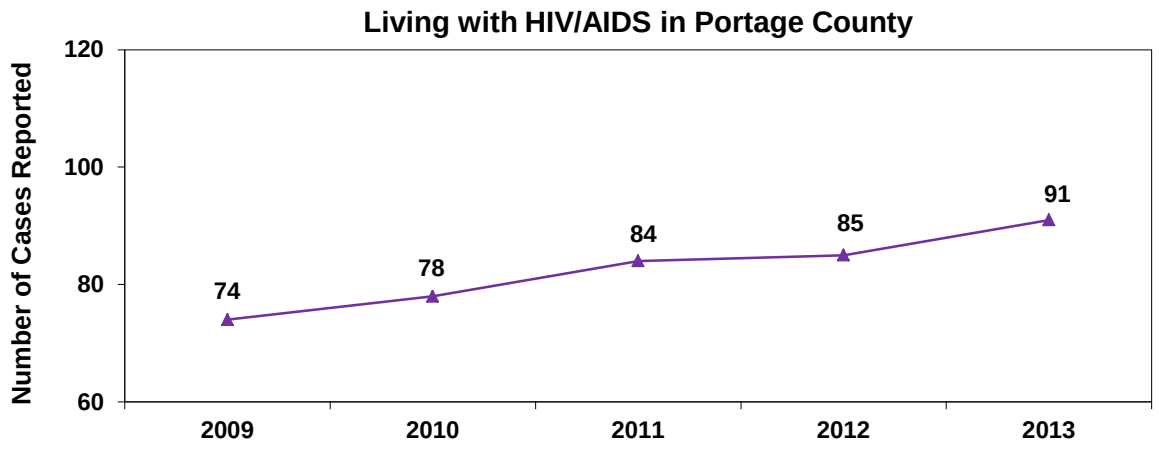




(Source for graphs: ODH, STD Surveillance, data reported through 5-18-14)

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

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

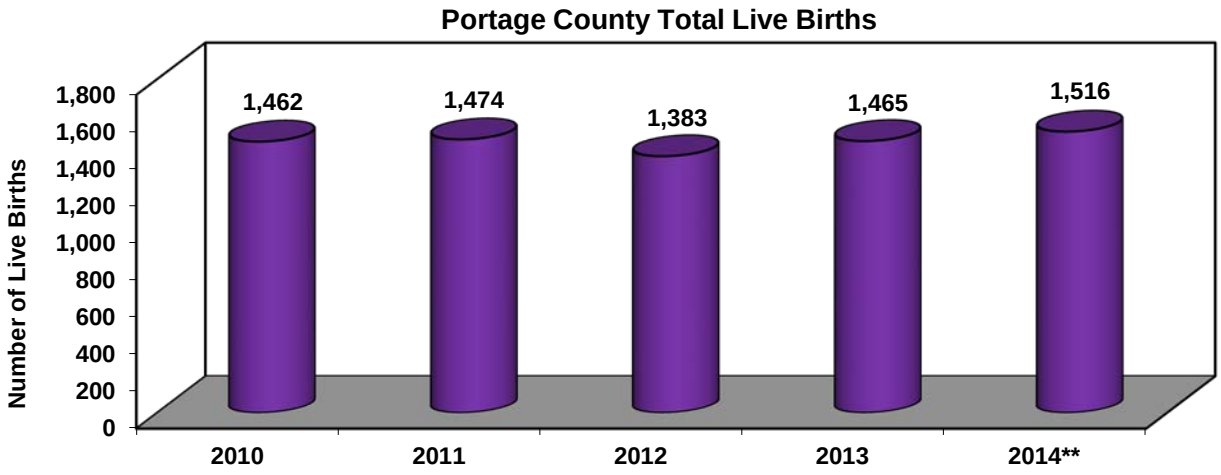


(Source for graphs: ODH HIV/AIDS Surveillance Program, Updated 12-31-13)

Pregnancy Outcomes

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

- From 2010-2014, there was an average of 1,460 live births per year in Portage County.



(Source for graphs: ODH Information Warehouse Updated 4-6-15)

* - Indicates preliminary data that may change

Adult | QUALITY OF LIFE

Key Findings

In 2015, 21% of Portage County adults were limited in some way because of a physical, mental or emotional problem.

Impairments and Health Problems

- In 2015, one-fifth (21%) of Portage County adults were limited in some way because of a physical, mental or emotional problem (21% Ohio, 20% U.S., 2013 BRFSS), increasing to 42% 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 (48%), arthritis (46%), stress, depression, anxiety, or emotional problems (34%), lung/breathing problems (28%), chronic pain (24%), fitness level (23%), heart problems (22%), walking problems (21%), sleep problems (19%), high blood pressure (18%), diabetes (16%), eye/vision problems (14%), hearing problems (9%), fractures, bone/joint injuries (6%), tobacco dependency (6%), incontinence (6%), stroke-related problems (4%), a learning disability (4%), drug addiction (3%), mental health illness/disorder (1%), other mental health issue (1%), a developmental disability (1%), cancer (1%), alcohol dependency (1%), or other impairments/problems (5%).

- Portage County adults needed help with the following because of an impairment or health problem: yard work (7%), transportation (6%), household chores (5%), shopping (5%), getting around for other purposes (5%), bills (4%), cooking (4%), doing necessary business (4%), eating (2%), bathing (2%), dressing (2%), getting around the house (1%), and toileting (1%).

Ways To Help Protect Your Vision

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.
- Maintain a healthy weight
- 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.
- Practice workplace eye safety.

(Source: CDC, Vision Health Initiative, 2014, from: http://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm

Adult Comparisons	Portage County 2015	Ohio 2013	U.S 2013
Limited in some way because of a physical, mental, or emotional problem	21%	21%	20%

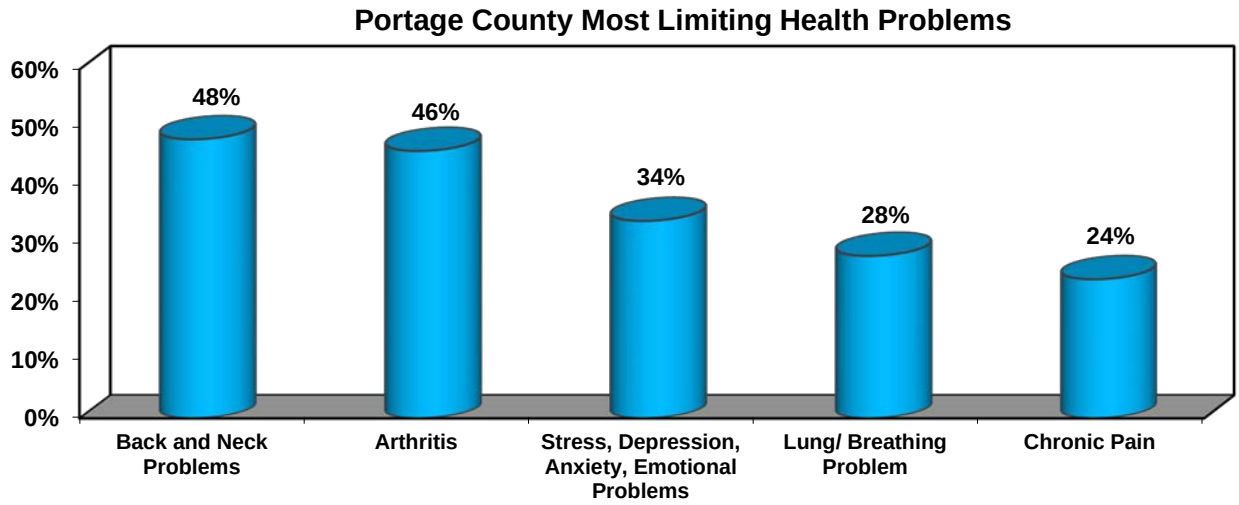
Healthy People 2020

Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)

Objective	Portage 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	46%	36%

**U.S. baseline is age-adjusted to the 2000 population standard*
(Sources: Healthy People 2020 Objectives, 2016 Portage County Health Assessment)

The following graph shows the most limiting health problems of Portage County adults. Examples of how to interpret the information shown on the first graph include: 48% of all Portage County adults were limited by back and neck problems and 46% were limited by arthritis.



Hearing Loss in Older Adults

- Hearing loss is one of the most common conditions affecting older adults. Approximately 17 percent, or 36 million, of American adults report some degree of hearing loss.
- There is a strong relationship between age and reported hearing loss: 18 percent of American adults 45-64 years old, 30 percent of adults 65-74 years old, and 47 percent of adults 75 years old, or older, have a hearing impairment.
- Men are more likely to experience hearing loss than women.
- People with hearing loss may find it hard to have a conversation with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.

(Source: NIH Senior Health, Hearing Loss, http://nihseniorhealth.gov/hearingloss/hearinglossdefined/01.html)

Adult | SOCIAL CONTEXT & SAFETY

Key Findings

In 2015, 6% of Portage County adults were abused in the past year (including physical, sexual, emotional, financial, and verbal abuse). 36% of adults kept a firearm in or around their home.

Social Context

- 6% of Portage County adults were abused in the past year. They were abused by the following: someone outside their home (63%), a spouse or partner (30%), a parent (59%), another family member (59%), a child (7%), and someone else (59%). More than half (59%) were abused by more than one person.

- Of those who reported being abused, they reported being abused in the following ways: verbally (96%), emotionally (89%), financially (64%), sexually (59%), physically (37%), and any of the above through electronic methods (70%).

> *6% of Portage County adults were abused in the past year.*

- In the past month, 15% of adults needed help meeting their general daily needs, such as food, clothing, shelter or paying utility bills, increasing to 27% of those under the age of 30 and 25% of those with incomes less than $25,000.

- Portage County adults experienced the following as a child: lived with someone who was a problem drinker or alcoholic (26%), a parent or adult in their home swore at, insulted, or put them down (23%), their parents became separated or were divorced (22%), lived with someone who was depressed, mentally ill, or suicidal (18%), lived with someone who used illegal stress drugs, or who abused prescription medications (12%), someone at least 5 years older than them or an adult touched them sexually (10%), a parent or adult in their home hit, beat, kicked, or physically hurt them (8%), their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (8%), someone at least 5 years older than them or an adult tried to make them touch them sexually (8%), lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (6%), someone at least 5 years older than them or an adult forced them to have sex (3%), and their parents were not married (6%). One quarter (25%) of Portage County adults had three or more of these experiences as a child.

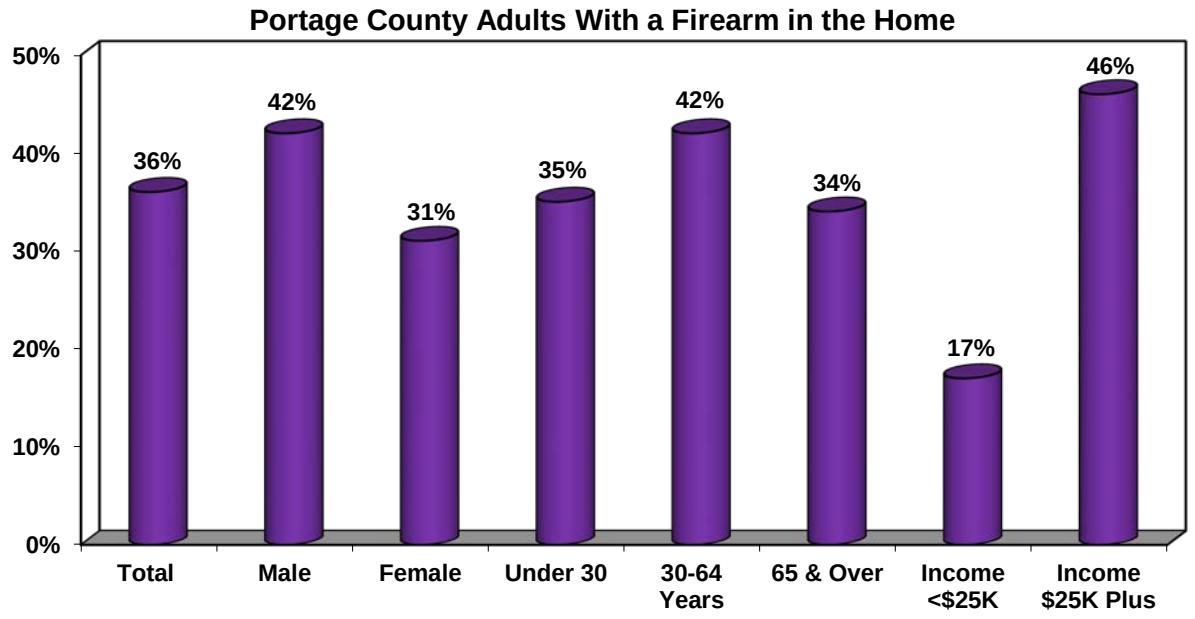
Safety

- Over one-third (36%) of Portage County adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.

- Portage County residents reported the following concerns about their community: illegal drug use (31%), unemployment (29%), bullying (28%), distracted driving (27%), school funding (26%), youth substance abuse (26%), lack of affordable healthcare (23%), homelessness (19%), opiate/prescription drug abuse (19%), DUI (18%), OVI (16%), violence (16%), healthy eating (16%), teenage pregnancy (16%), suicide prevention (16%), nutrition (14%), senior/elder care (14%), alcohol abuse (14%), lack of affordable housing (13%), tobacco use (13%), traffic (12%), physical fitness opportunities (12%), underemployment (11%), speeding (11%), parents hosting/allowing underage drinking (10%), bicycle safety (10%), lack of health education (8%), sexting (7%), cancer prevention screening (6%), disaster preparedness (6%), discrimination based on race, ethnicity or sexual orientation (6%), lack of affordable transportation (5%), chronic disease prevention (5%),seat belt or restraint usage (3%), and falls (3%), cooking (2%), gambling (2%), and other (2%).

- Portage County adults reported doing the following while driving: wearing a seatbelt (89%), eating (43%), talking on hand-held cell phone (34%), talking on hands-free cell phone (31%), texting (12%), using internet on their cell phone (5%), checking Facebook on their cell phone (3%), being under the influence of prescription drugs (2%), being under the influence of alcohol (2%), being under the influence of recreational drugs (2%), reading (1%), and other activities (such as applying makeup, shaving, etc.) (2%).

The following graph shows the percentage of Portage County adults that have a firearm in the home. Examples of how to interpret the information shown on the graph include: 36% of all Portage County adults have a firearm in their home, 42% of males, and 42% of those ages 30-64 have a firearm in their home.



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)

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.
- 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 accidently and 1 with an unknown intent.
    - Of the 196 people who are shot but survive, 140 are from assault, 43 are shot accidently, 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.bradycampaign.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 Portage County from 1/1/2015 through 4/5/2015.
- The table also shows a previous year comparison for the same time frame.

Year to Date Activity	2014	2015
Enforcement Stops	2,804	3,349
Non-Enforcement Activity	6,166	6,147
Warnings	2,071	2,758
Motorist Assists	1,732	1,742
Crashes Investigated	599	714
OVI Enforcement	118	183
Driving Under Suspension Enforcement	88	113
Seat Belt Enforcement	338	956
Commercial Vehicle Enforcement	163	166
Felony Arrests	13	11
Felony Warrants Served	5	3
Misdemeanor Summons Issued	46	62
Misdemeanor Warrants Served	22	23
Drug Violations	44	61
Identity Theft Enforcements	0	0
Resisting Arrest Violations	0	6
Weapons Violations	4	2

(Source: Ohio State Highway Patrol Statistics, Portage County Activity Statistics, Updated 4/5/2015, obtained from: http://www.statepatrol.ohio.gov/statistics/statspage.asp?Area1=80&B1=Submit)

Ohio State Highway Patrol Statistics

- Below are the yearly activity summaries and officer complaints from 2010-2014.
- In 2014 there were 68,904 total crashes in the state of Ohio.

Crashes Investigated	2010	2011	2012	2013	2014	5 Year Total
Total Crashes	69,077	66,628	64,561	64,468	68,904	334,638
Fatal	514	499	535	468	453	2,469
Injury	20,741	20,118	19,498	18,586	19,197	98,140
Property/Unknown	47,822	46,011	44,528	46,414	49,254	234,029

Traffic Enforcement	2010	2011	2012	2013	2014	5 Year Total
Total Contacts	1,386,383	1,404,060	1,495,564	1,582,694	1,583,785	7,452,486
Enforcement	514,247	512,125	567,858	601,371	615,100	2,810,701
Non-Enforcement	872,136	891,935	927,706	981,323	968,685	4,641,785
OVI Arrests	22,090	23,747	24,529	24,128	24,705	119,199
Speed Citations	325,423	323,477	362,821	381,500	385,451	1,778,672
Safety Belt Citations	86,623	84,176	91,595	97,463	108,193	468,050
Driver License Citations	25,367	25,656	28,299	32,344	33,407	145,073
Traffic Warnings	371,085	367,739	409,029	440,349	433,277	2,021,479
Motorist Assists	308,573	312,104	304,293	291,837	289,958	1,506,765

Crime Enforcement	2010	2011	2012	2013	2014	5 Year Total
Cases	11,458	9,281	9,432	10,394	10,047	50,612
Stolen Vehicles Recovered	676	653	735	654	526	3,244
Drug Arrests	5,665	6,164	7,644	9,630	11,157	40,260
Illegal Weapon Arrests	332	362	395	572	489	2,150
Resisting Arrests	682	726	721	732	708	3,569

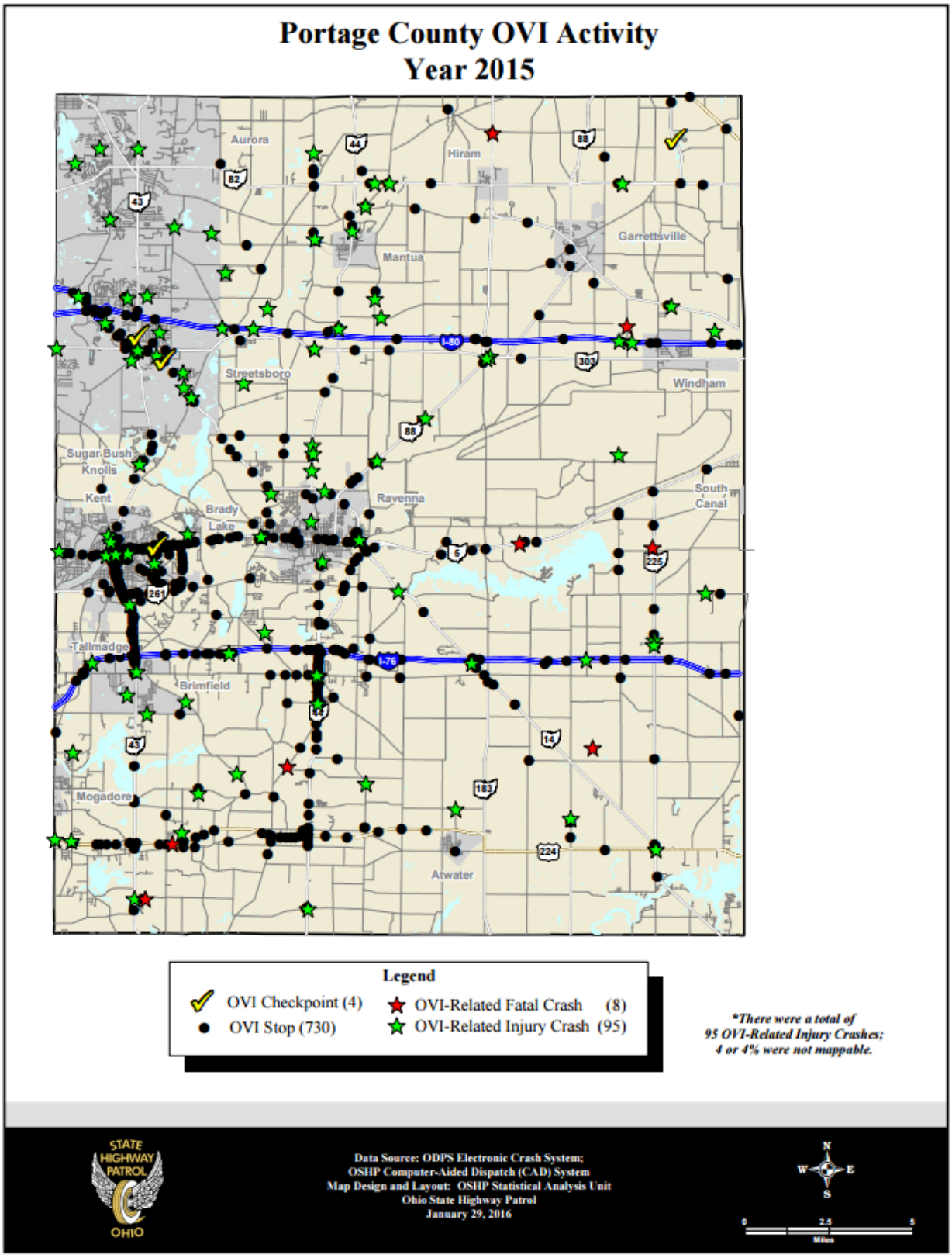
(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 02/11/2014)

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 2014.

Crime Enforcement	Asian	Black	Hispanic	White	Unknown	Total
Traffic Stop Contracts	13,490	131,211	21,810	808,830	3,413	979,381

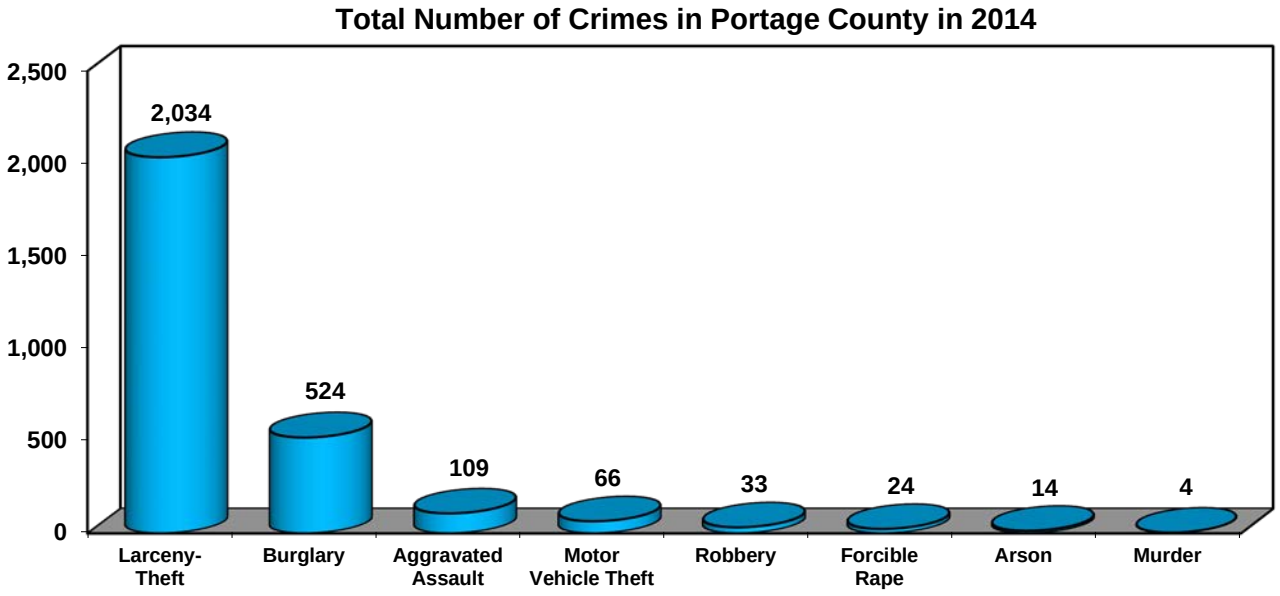
(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System.



(Source: Ohio State Highway Patrol Statistics, Portage County Fatal Traffic Crash Statistics, Updated 1/29/2016, http://statepatrol.ohio.gov/statistics/statdocs/OVI_15/Portage_OVIstops15.pdf)

Crime Data

- In 2014, the total population in Portage County was 152,574.
- There were a total of 2,624 property crimes and 170 violent crimes in 2014.



(Source: Office of Criminal Justice Services, Crime Statistics and Crime Reports, 2014, from 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 15 $62.57, and the annual budget is $22,836.34.

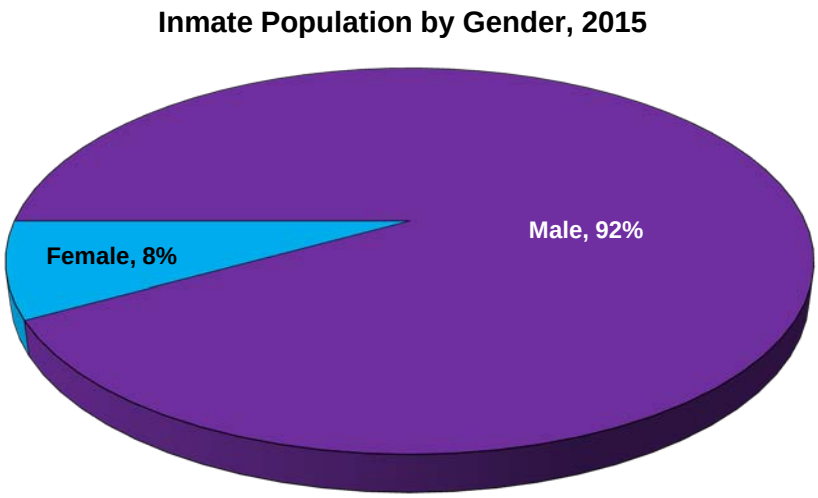
Ohio Department of Rehabilitation and Correction Counts	2015
Inmates Under 18 Years of Age	28
Inmates Over 50 Years of Age	8,204
Pregnant Females	35
Mothers/Babies in the ABC Nursery	12
Inmates Serving Life Without Parole (LWOP)	544

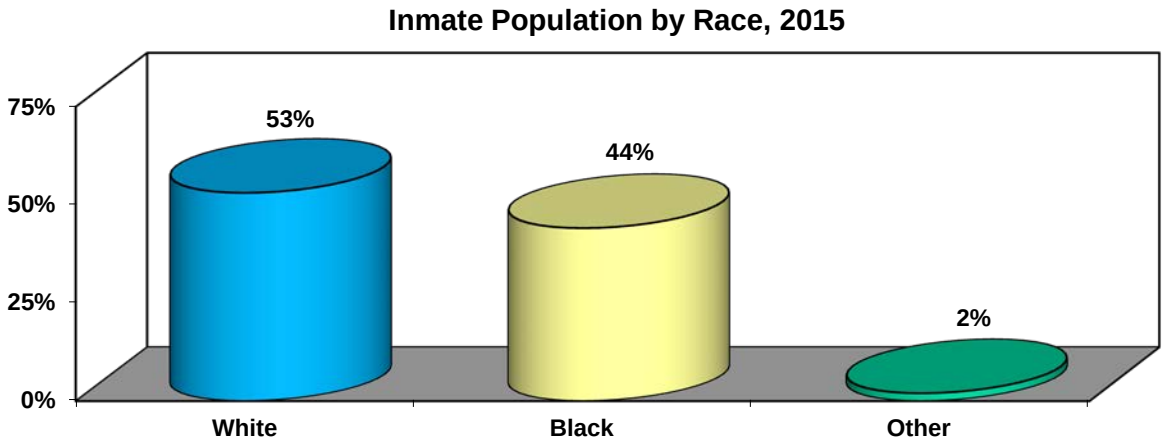
Age Range of Offender Population	2015
Male	37.10 years
Female	35.02 years
Average Stay in Prison	2.26 years

(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%.





(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

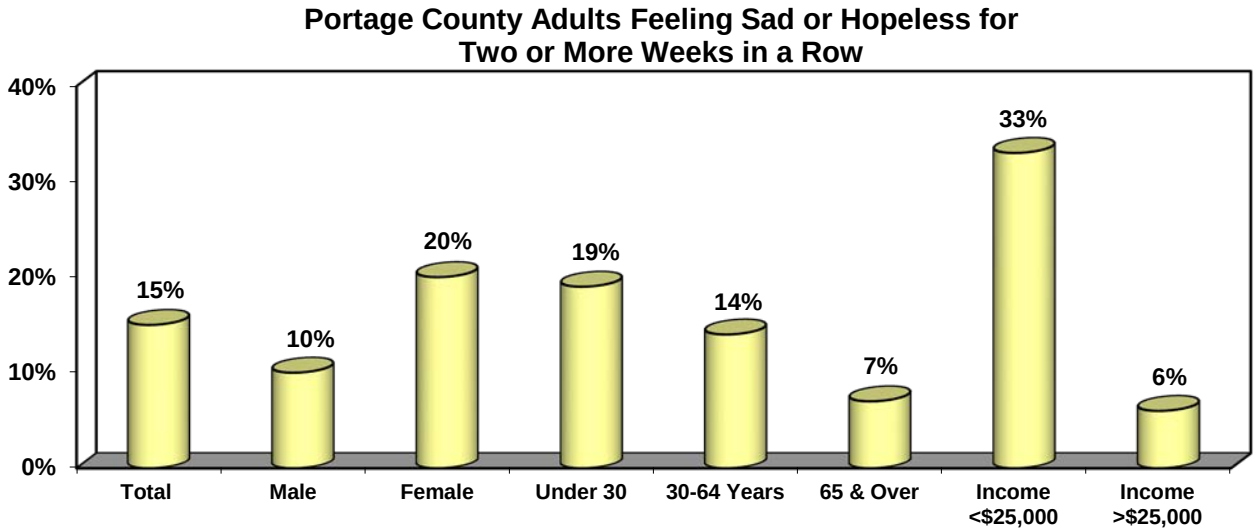
Key Findings

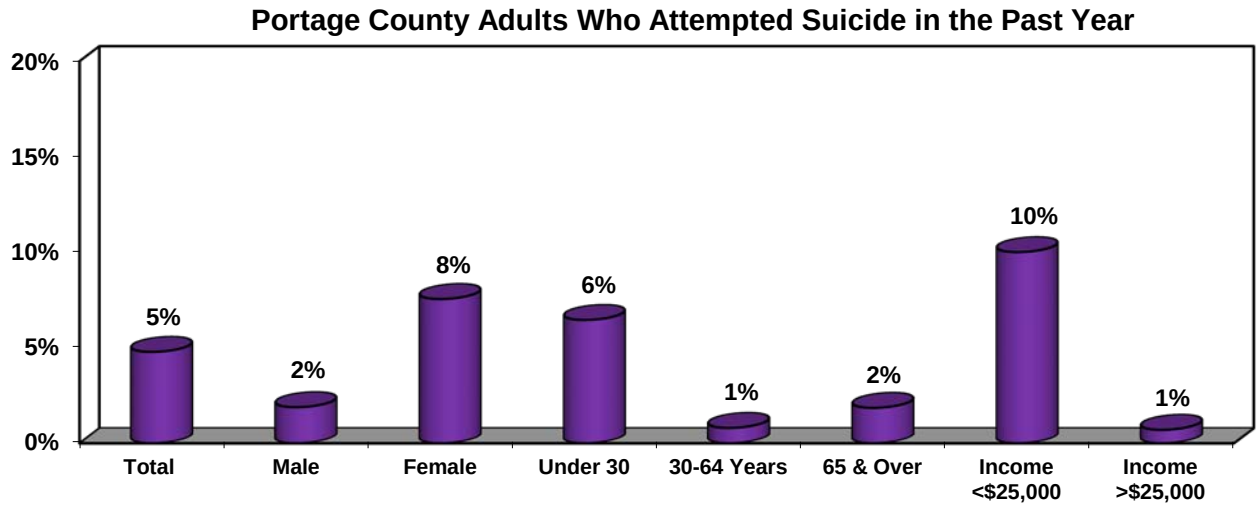
In 2015, 6% of Portage County adults considered attempting suicide. 15% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

Adult Mental Health

- In the past year, 15% of Portage 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, increasing to 33% of those with incomes less than $25,000.
- 6% of Portage County adults considered attempting suicide in the past year.
- Five percent (5%) of adults reported attempting suicide in the past year.
- Portage County adults gave the following reasons for not using a program or service to help with depression, anxiety, or emotional problems: co-pay/deductible is too high (8%), cannot afford to go (7%), have not thought of it (3%), stigma of seeking mental health services (2%), fear (2%), don't know how to find a program (1%), didn't feel the services they had received were good (1%), other priorities (1%), transportation (<1%), cannot get to the office or clinic (<1%), or other reasons (2%).
- Portage County adults reported that they or a family member had been diagnosed or treated for the following mental health issues in the past year: depression (40%), anxiety disorder (24%), attention deficit disorder (ADD/ADHD) (19%), alcohol and illicit drug use (16%), bipolar (13%), life adjustment disorder (6%), developmental disability (5%), psychotic disorder (4%), autism spectrum (3%), other trauma (2%), and some other mental health disorder (4%).
- 24% of adults reported they or a family member have taken medications for one or more of the above mental health issues.
- Portage County adults received the social and emotional support they needed from the following: family (78%), friends (71%), church (28%), neighbors (12%), Internet (9%), community (5%), a professional (4%), self-help group (1%), and other (1%). Almost three-quarters (70%) received social and emotional support from more than one source. Ten percent do not get the social and emotional support that they need.
- Portage County adults reported they would do the following if they knew someone who was suicidal: talk to them (71%), call a crisis hotline (50%), try to calm them down (47%), call 911 (34%), take them to the ER (16%), call a friend (15%), and other method (7%). One percent said they would do nothing if someone they knew was suicidal.
- Portage County adults reported the following causes of anxiety, stress and depression: job stress (40%), financial stress (38%), death of close family member or friend (25%), fighting at home (24%), poverty/no money (21%), marital/dating relationship (20%), other stress at home (17%), caring for a parent (13%), family member is sick (13%), family member with a mental illness (12%), unemployment (12%), family member with a substance abuse problem (9%), divorce/separation (6%), not having enough to eat (5%), family member in the military (5%), fighting with friends (4%), alcohol or drug use at home (4%), caring for someone with special needs (4%), not feeling safe in the community (3%), raising/caring for grandchildren (2%), not feeling safe at home (1%), sexual orientation/gender identity (1%), not having a place to live (1%), and other stressors (9%).

The following graph shows Portage 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: 15% of all Portage County adults felt sad or hopeless for two or more weeks in a row, 10% of males, and 20% of females.





Suicide Facts

- 41,149 people in the U.S. died from suicide, and 1,028,725 people attempted suicide in the 2013.
- An average of one person killed themselves every 12.8 minutes
- Suicide is the 10th 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 (51.5%)
  - Suffocation/Hanging (24.5%)
  - Poisoning (16.1%)
  - Cutting/Piercing (1.9%)
  - Drowning (1.0%)

(Sources: American Association of Suicidology, Facts & Statistics, from: (http://www.suicidology.org/resources/facts-statistics)

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/)

Mental Health Services in Ohio

(Ohio Facts 2012, FY 2011)*

- In FY 2011, mental health services spending totaled $1.33 billion in Ohio. In FY 2011, state hospitals served 6,730 individuals at a cost of $214.6 million. Average daily cost per resident was $602.
- In FY 2011, Ohio's 50 community-based behavioral health boards served over 360,000 individuals throughout the state.
- In FY 2011, approximately 268,500 individuals received Medicaid mental health services through ODMH.

(Sources: U.S. Department of Health and Human Services, Ohio Department of Mental Health, http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&humanservices.pdf)

Adult and Youth | ORAL HEALTH

Key Findings

The 2016 Health Assessment project has determined that more than three-fifths (64%) of Portage County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (74%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year, decreasing to 68% of those ages 17 and older (2013 YRBS reported 75% for Ohio).

Portage County
Dental Care Resources – 2012

- Number of licensed dentists- 61
- Number of primary care dentists- 51
- Ratio of population per dentist- 2,647:1
- Number of dentists who treat Medicaid patients- 20
- Ratio of Medicaid population per dentist who treats Medicaid patients- 1,260:1

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

Access to Dental Care

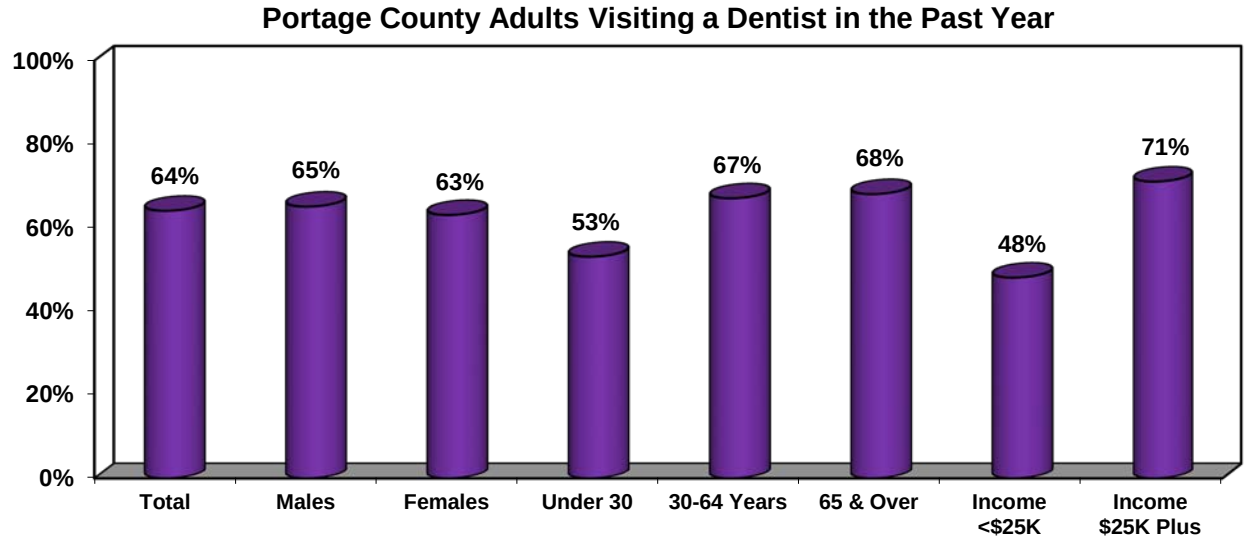
- In the past year, 64% of Portage County adults had visited a dentist or dental clinic, decreasing to 48% of adults with annual household incomes less than $25,000. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.
- More than two-thirds (71%) of Portage County adults with dental insurance have been to the dentist in the past year, compared to 56% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 22% said cost, 13% had no reason to go, 9% said fear, apprehension, nervousness, pain, and dislike going, 8% did not have/know a dentist, 4% had not thought of it, 4% had other priorities, 2% said their dentist did not accept their medical coverage, 2% could not find a dentist to who took Medicaid, and 11% had other reasons. 19% had multiple reasons, including cost/insurance, for not visiting a dentist in the last year.
- Almost two-fifths (39%) of adults had one or more of their permanent teeth removed, increasing to 73% of those ages 65 and over. The 2012 BRFSS reported that 45% of U.S. adults and 46% of Ohio adults had one or more permanent teeth removed.
- The 2016 Health Assessment reports that 17% of Portage County adults ages 65 and over had all of their permanent teeth removed. The 2012 BRFSS reported that 16% of U.S. adults and 20% of Ohio adults ages 65 and over had all of their permanent teeth removed.
- Almost three-fourths (74%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year, decreasing to 68% of those ages 17 and older (2013 YRBS reported 75% for Ohio).

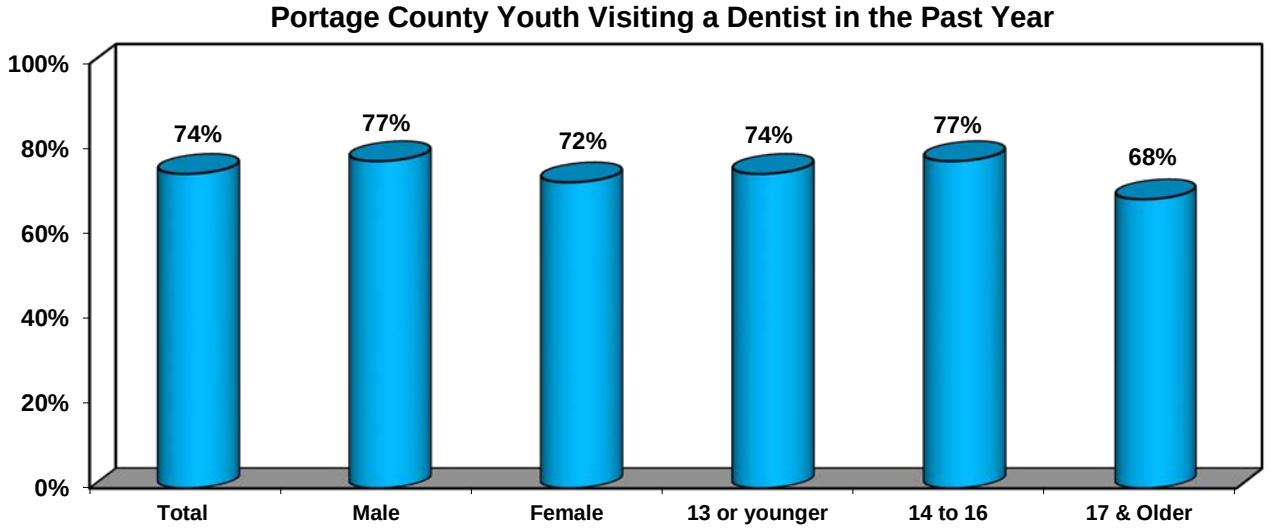
What You Can Do to Maintain Good Oral Health

- 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)

The following graphs provide information about the frequency of Portage County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 64% of all Portage County adults had been to the dentist in the past year, 53% of those under the age of 30, and 48% of those with incomes less than $25,000.





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	65%	8%	16%	10%	0%
Females	63%	19%	10%	8%	<1%
Total	64%	13%	13%	9%	<1%

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

Adult Comparisons	Portage County 2015	Ohio 2013	U.S. 2013
Adults who have visited the dentist in the past year	64%	68%*	67%*
Adults who have had one or more of their permanent teeth removed	39%	46%*	45%*
Adults ages 65 and over who had all of their permanent teeth removed	17%	20%*	16%*

*2012 BRFSS Data

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/)

Kent City | HEALTH CARE ACCESS, COVERAGE & UTILIZATION

Key Findings

According to the 2013 American Community Survey 3-Year estimate data, approximately 27,524 Kent City adults live in Portage County. The 2016 Health Assessment indicates that 8% of Kent City adults did not have health care coverage. 14% rated their health as fair or poor.

Health Status

- Kent City adults were more likely than Portage County adults to:
  - Have rated their physical health as not good on four or more days in the previous month (31% compared to 27% of Portage County adults).
  - Have rated their mental health as not good on four or more days in the previous month (32% compared to 27% of Portage County adults).

- Kent City adults were less likely as Portage County adults to:
  - Have rated their health status as fair or poor (14% compared to 17% of Portage County adults).

14% of Kent City adults rated their health as fair or poor.

Health Care Coverage

- 8% of Kent City adults did not have health care coverage, compared to 10% of Portage County adults.

- Kent City adults used the following types of health care coverage: their employer (38%), someone else's employer (19%), Medicaid or medical assistance (12%), Medicare (10%), self-paid plan (8%), Health Insurance Marketplace (2%), military, CHAMPUS, TriCare, or VA (1%), multiple-including private sources (1%), multiple-including government sources (<1%), and other (9%).

Health Care Utilization

- Just over three-fifths (63%) of Kent City adults visited a doctor for a routine checkup in the past year.

- 62% of Kent City adults and 67% of Portage County adults reported having a usual source of medical care.

- Kent City adults usually visited the following places for health care services: doctor's office (62%), chiropractor (8%), internet (7%), in-store health clinic (7%), urgent care center (2%), VA (2%), public health clinic or community health department (1%), hospital emergency room (1%), alternative therapies (<1%), and some other kind of place (1%). 6% of adults reported multiple places, including a doctor's office, 1% reported multiple places, not including a doctor's office, and 3% had no usual place for health care services.

- Kent City adults were more likely than Portage County adults to:
  - Have looked for a program for drug abuse (6% compared to 3% of Portage County adults).
  - Have looked for a program for a weight problem (11% compared to 7% of Portage County adults).

- Kent City adults were less likely than Portage County adults to:
  - Have gone to the dentist in the past year (53% compared to 64% of Portage County adults).
  - Have had one or more of their permanent teeth removed (37% compared to 39% of Portage County adults).
  - Have looked for a program to control alcohol abuse (1% compared to 6% of Portage County adults).
  - Have looked for a program for family/marital problems (6% compared to 10% of Portage County adults).

- Kent City adults were equally as likely than Portage County adults to:
  - Have looked for a program for end of life care or Hospice care (6%).
  - Have looked for a program for depression or anxiety (27% compared to 28% of Portage County adults).

Adult Comparisons	Kent City 2015	Portage County 2015	Ohio 2013	U.S. 2013
Rated health as fair or poor	14%	17%	18%	17%
Uninsured	8%	10%	14%	17%

(Source: 2016 Portage County Health Assessment and 2013 BRFSS)

Kent City | CHRONIC DISEASES AND ASSOCIATED RISKY BEHAVIORS

Key Findings

In 2015, 9% of Kent City adults were diagnosed with diabetes and 29% with high blood pressure. 56% of Kent City adults were either overweight or obese. One third (33%) were limited in some way because of a physical, mental or emotional problem.

Chronic Diseases and Associated Risky Behaviors

- Kent City adults were more likely to have been diagnosed with:
  - High blood pressure (37% compared to 29% of Portage County adults).
  - Arthritis (36% compared to 31% of Portage County adults).
  - Asthma (23% compared to 21% of Portage County adults).

- Kent City adults were less likely to have been diagnosed with:
  - High blood cholesterol (33% compared to 38% of Portage County adults).
  - Depression (11% compared to 15% of Portage County adults).
  - Diabetes (9% compared to 11% of Portage County adults).
  - Cancer (7% compared to 8% of Portage County adults).

56% of Kent City adults were overweight or obese in 2015.

- Kent City adults were more likely than Portage County adults to:
  - Have had a mammogram in the past year (women over the age of 40) (60% compared to 57% of Portage County adults).
  - Be considered a frequent drinker (13% compared to 8% of Portage County adults).
  - Be considered a binge drinker of all adults (33% compared to 22% of Portage County adults).
  - Have had a PSA test in the past year (30% compared to 22% of Portage County adults).
  - Have eaten 5 or more servings of fruits and vegetables per day (17% compared to 8% of Portage County adults).
  - Have been limited in some way because of a physical, mental or emotional problem (33% compared to 21% of Portage County adults).

- Kent City adults were less likely than Portage County adults to:
  - Be overweight or obese (56% compared to 58% of Portage County adults).
  - Have angina or coronary heart disease (5% compared to 9% of Portage County adults).
  - Have received a seasonal flu vaccine in the past year (45% compared to 52% of Portage County adults).
  - Have attempted suicide (<1% compared to 5% of Portage County adults).
  - Have seriously considered attempting suicide (2% compared to 6% of Portage County adults).
  - Have tried to quit smoking (32% compared to 52% of Portage County adult smokers).

Preventive Medicine and Health Screenings

- Kent City adults have had the following vaccines: MMR vaccine in their lifetime (73%), tetanus booster (including Tdap) in the past 10 years (58%), chicken pox vaccine in their lifetime (49%), Hepatitis B vaccine (35%), Hepatitis A vaccine (29%), pneumonia vaccine in their lifetime (23%), pertussis vaccine in the past 10 years (19%), and human papillomavirus vaccine in their lifetime (14%), and Zoster (shingles) vaccine in their lifetime (10%).

Tobacco Use

- 14% of Kent City adults were smokers.
- Kent City adults used the following tobacco products: cigarettes (27%), hookah (8%), Black and Milds (6%), e-cigarettes (6%), cigars (5%), swishers (5%), chewing tobacco (2%), flavored cigarettes (1%), cigarillos (1%), little cigars (<1%), pipes (<1%), snuff (<1%), and bidis (<1%).

Alcohol Use

- 13% of Kent City adults were frequent drinkers (drank on an average of three or more days per week).
- One-third (33%) of all Kent 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).

Weight Control/Physical Activity/Diet and Nutrition

- In 2015, the health assessment indicated that over half (56%) of Kent City adults were either overweight (30%) or obese (26%) by Body Mass Index (BMI), increasing to 70% of those adults between 30 to 64 years of age.
- Kent City adults spent an average of 2.2 hours watching TV, 1.3 hours on their cell phone, 1.2 hours on the computer/tablet (outside of work), and 0.3 hours playing video games on an average day of the week.
- Kent City adults reported the following reasons they chose the types of food they eat: taste (71%), cost (64%), healthiness of food (63%), enjoyment (53%), ease of preparation (41%), availability (36%), food that they are used to (30%), time (25%), organic (22%), calorie content (21%), what their spouse prefers (20%), genetically modified (18%), gluten-free (15%), what their child prefers (13%), food sensitivities (10%), lactose-free (8%), health care provider's advice (3%), and other (3%).
- In Kent City, 67% of adults were engaging in vigorous physical activity for at least 20 minutes 3 or more days per week during the summer time and decreasing to 38% during the winter.
- Almost three-fourths (70%) of Kent City adults were engaging in light to moderate physical activity for at least 30 minutes 3 or more days per week during the summer time and decreasing to 57% during the winter.

Adult Comparisons	Kent City 2015	Portage County 2015	Ohio 2013	U.S. 2013
Obese	26%	28%	30%	29%
Overweight	30%	30%	35%	35%
Diagnosed with diabetes	9%	11%	11%	11%
Diagnosed with asthma	23%	21%	14%	14%
Current drinker	60%	62%	53%	55%
Current smoker	14%	13%	23%	19%

(Source: 2013 BRFSS for Ohio and U.S.)

Kent City | SOCIAL CONTEXT AND SAFETY

Key Findings

Over one-quarter (28%) of Kent City adults kept a firearm in or around their home. 5% of Kent City adults were abused in the past year. 11% of Kent City adults needed help meeting their general daily needs, such as food, clothing, shelter, or paying utility bills.

Social Context

- 11% of Kent City adults needed help meeting their general daily needs, such as food, clothing, shelter, or paying utility bills.

- Kent City adults experienced the following as a child: lived with someone who was a problem drinker or alcoholic (14%), a parent or adult in their home swore at, insulted, or put them down (19%), their parents became separated or were divorced (22%), lived with someone who was depressed, mentally ill, or suicidal (19%), lived with someone who used illegal stress drugs, or who abused prescription medications (4%), someone at least 5 years older than them or an adult touched them sexually (5%), a parent or adult in their home hit, beat, kicked, or physically hurt them (10%), their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (7%), someone at least 5 years older than them or an adult tried to make them touch them sexually (3%), lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (3%), someone at least 5 years older than them or an adult forced them to have sex (1%), and their parents were not married (3%). Thirteen percent of Kent City adults had three or more of these experiences as a child.

Safety

- Kent City adults were <u>more</u> likely than Portage County adults to:
  - Have a working smoke detector in their home (90% compared to 84% of Portage County adults).

- Kent City adults were <u>less</u> likely than Portage County adults to:
  - Have a firearm in or around their house (28% compared to 36% of Portage County adults).
  - Have been forced to have sexual intercourse when they did not want to (3% compared to 10% of Portage County adults).

- Over one-quarter (28%) of Kent City adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.

- 5% of Kent City adults were abused in the past year. They were abused by the following: a spouse or partner (54%), another person outside the home (31%), parent (15%), a child (8%), and someone else (15%). *(Percentages may be greater than 100% due to the respondent reporting abuse from more than one source)*

- Kent City residents reported the following concerns about their community: distracted driving (37%), illegal drug use (36%), school funding (32%), unemployment (31%), senior/elder care (29%), DUI (24%), discrimination based on race, ethnicity or sexual orientation (24%), homelessness (23%), alcohol abuse (21%), youth substance abuse (20%), lack of affordable healthcare (19%), opiate/prescription drug abuse (18%), bullying (18%), underemployment (18%), traffic (18%), lack of affordable housing (18%), hunger/food security (17%), healthy eating (17%), bicycle safety (17%), violence (16%), OVI (16%), disaster preparedness (15%), nutrition (14%), teenage pregnancy (13%), lack of health education (13%), tobacco use (12%), suicide prevention (10%), speed (10%), parents hosting/allowing underage drinking (10%), lack of affordable transportation (10%), sexting (7%), physical fitness opportunities (7%), cancer prevention screening (5%), gambling (5%), cooking (4%), chronic disease prevention (4%), seat belt or restraint usage (3%), falls (3%), and other (4%).

Youth | WEIGHT STATUS

Key Findings

The 2016 Health Assessment identified that 15% of Portage County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 17% of Portage County youth reported that they were slightly or very overweight. 72% of youth were exercising for 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities.

Youth Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.

- In 2015, 15% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S.). 15% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 17% for the U.S.). 68% were normal weight, and 3% were underweight.

> *15% of Portage County youth were classified as obese.*

- 17% of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 31% for the U.S.).

- Nearly half (46%) of all youth were trying to lose weight, increasing to 60% of Portage County female youth (compared to 32% of males) (2013 YRBS reported 47% for Ohio and 48% for the U.S.).

- Portage County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 47% of youth exercised
  - 43% of youth drank more water
  - 31% of youth ate more fruits and vegetables
  - 31% of youth ate less food, fewer calories, or foods lower in fat
  - 18% of youth skipped meals
  - 6% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.)
  - 2% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and the U.S.)
  - 2% vomited or took laxatives (2013 YRBS reported 5% for Ohio and 4% for the U.S.)
  - 2% reported smoking to lose weight

Nutrition

- 13% of Portage County youth ate 5 or more servings of fruits and vegetables per day. 80% ate 1 to 4 servings of fruits and vegetables per day.

- Portage County youth consumed the following sources of calcium daily: milk (80%), other dairy products (47%), yogurt (32%), calcium-fortified juice (11%), other calcium sources (7%) and calcium supplements (4%).

- 45% of youth reported they drank energy drinks for the following reasons: to stay awake (28%), to get pumped up (15%), to help them perform (8%), before games or practice (8%), to mix with alcohol (4%), and some other reason (16%).

- About one in nine (11%) youth reported they went to bed hungry at least one night per week because their family could not afford enough food. 1% of youth went to bed hungry every night of the week.

Physical Activity

- 72% of Portage County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 54% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 47% for the U.S.), and 34% did so every day in the past week (2013 YRBS reports 26% for Ohio and 27% for the U.S.). 12% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and 15% for the U.S.).

- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.

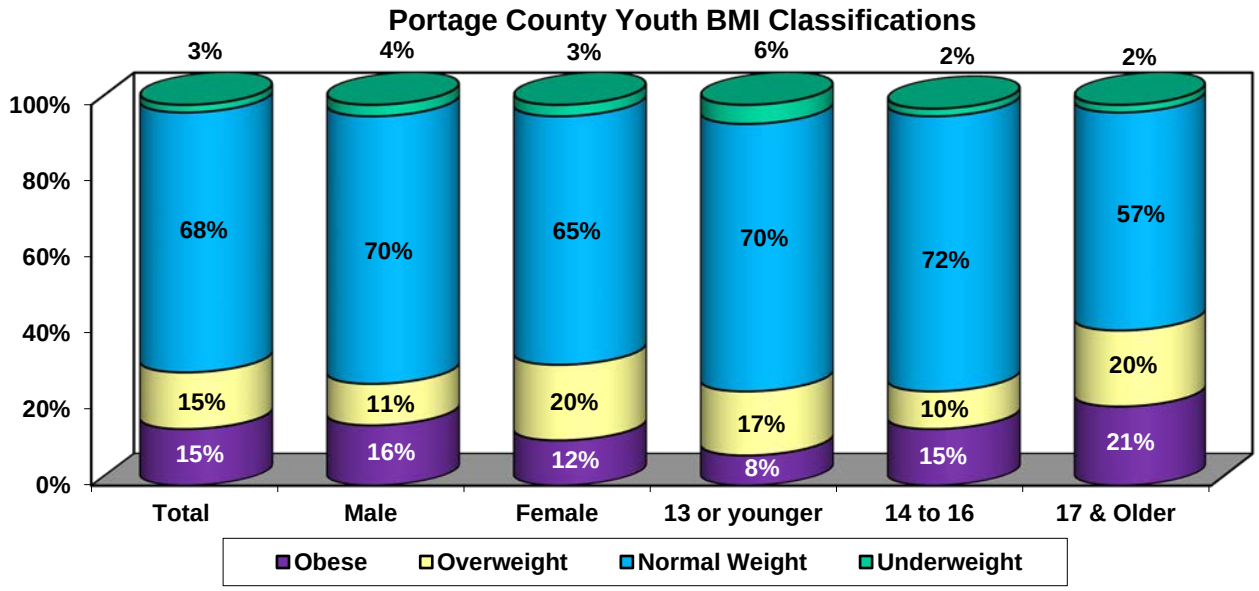
- Portage County youth spent an average of 3.2 hours on their cell phone, 1.6 hours watching TV, 1.3 hours on their computer/tablet and 1.2 hours playing video games on an average day of the week.

- About one-quarter (24%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 33% for the U.S.).

- 87% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (50%), exercising (outside of school) (41%), school club or social organization (30%), church or religious organization (20%), part-time job (18%), church youth group (17%), caring for siblings after school (14%), babysitting for other kids (11%), volunteering in the community (9%), caring for parents or grandparents (3%) or some other organized activity (Scouts, 4H, etc.) (11%).

Portage County 6th-12th Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	47%
Drank more water	43%
Ate more fruits and vegetables	31%
Ate less food, fewer calories, or foods lower in fat	31%
Skipped meals	18%
Went without eating for 24 hours	6%
Took diet pills, powders, or liquids without a doctor's advice	2%
Vomited or took laxatives	2%
Smoked cigarettes	2%

The following graph shows the percentage of Portage County youth who were classified as obese, overweight, normal weight, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph include: 68% of all Portage County youth were classified as normal weight, 15% were obese, 15% were overweight, and 3% were underweight for their age and gender.



Physical Activity Facts

- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- The U.S. Department of Health and Human Services recommends that young people ages 6–17 years participate in at least 60 minutes of physical activity daily.
- The percentage of high school students who attended physical education classes daily decreased from 42% in 1991 to 25% in 1995 and remained stable at that level until 2011 (31%).
- Regular physical activity:
  - Helps build and maintain healthy bones and muscles.
  - Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.
  - Reduces feelings of depression and anxiety and promotes psychological well-being.
  - May help improve students' academic performance, including academic achievement and academic behavior.

(Sources: CDC, Adolescent and School Health, Updated: 2/19/2013, from: http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm)

Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Obese	15%	17%	13%	14%
Overweight	15%	14%	16%	17%
Described themselves as slightly or very overweight	17%	14%	28%	31%
Trying to lose weight	46%	48%	47%	48%
Exercised to lose weight	47%	48%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	31%	33%	43%*	39%*
Went without eating for 24 hours or more	6%	8%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	2%	3%	5%	5%
Vomited or took laxatives	2%	3%	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	80%	81%	85%*	78%*
Physically active at least 60 minutes per day on every day in past week	34%	32%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	54%	53%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	12%	13%	13%	15%
Watched TV 3 or more hours per day	24%	27%	28%	33%

N/A – Not available

** Comparative YRBS data for Ohio is 2007 and U.S. is 2009*

Youth | TOBACCO USE

Key Findings

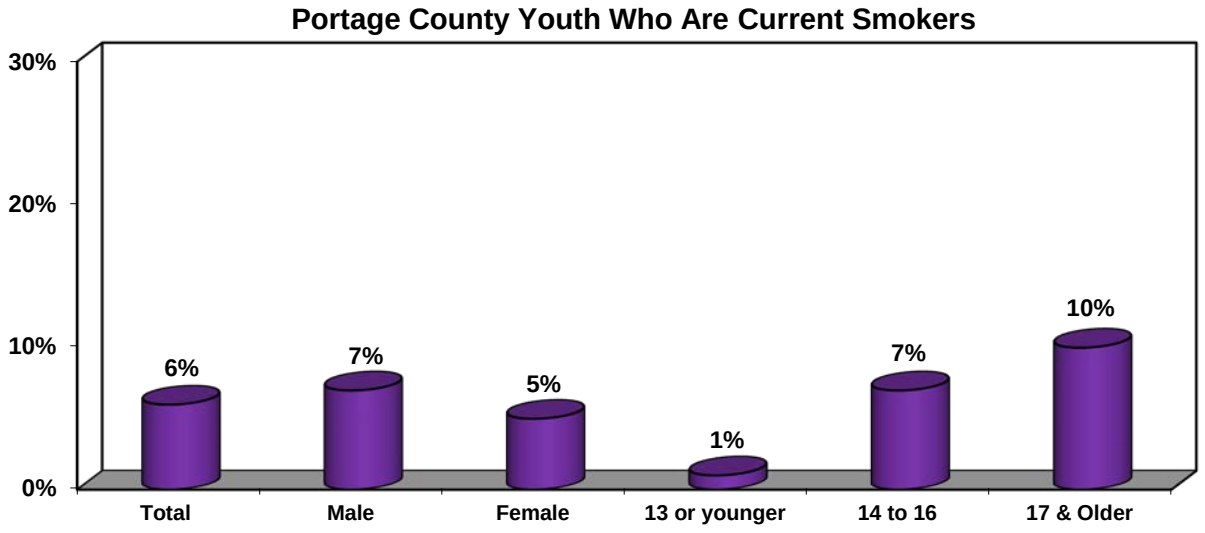
The 2016 Health Assessment identified that 6% of Portage County youth in grades 6-12 were smokers, increasing to 10% of those ages 17 and older. 17% of youth vaped e-cigarettes in the past year.

> *In 2015, 6% of Portage County youth were current smokers, having smoked at some time in the past 30 days.*

Youth Tobacco Use Behaviors

- The 2016 Health Assessment indicated that 26% of Portage County youth had tried cigarette smoking (2013 YRBS reported 41% for the U.S.).
- 17% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 26% had done so by 12 years old. The average age of onset for smoking was 12.8 years old.
- 8% of all Portage County youth had smoked a whole cigarette for the first time before the age of 13 (2013 YRBS reported 9% for the U.S.).
- In 2015, 6% of Portage County youth were current smokers, having smoked at some time in the past 30 days (2013 YRBS reported 15% for Ohio and 16% for the U.S).
- 21% of current smokers smoked cigarettes daily.
- 1% of all Portage 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).
- Over three-fifths (63%) of Portage County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 63% of youth smokers borrowed cigarettes from someone else, 38% took them from a family member, 33% gave someone else money to buy them cigarettes¸ 29% indicated they bought cigarettes from a store or gas station (2013 YRBS reported 18% for the U.S.), 21% said a person 18 years or older gave them the cigarettes, 4% took them from a store and 13% got them some other way. No one reported getting them from the internet, or a vending machine.
- Portage County youth used the following forms of tobacco the most in the past year: e-cigarettes (17%), cigarettes (11%), hookah (8%), Black and Milds (8%), swishers (6%), chewing tobacco or snuff (6%), cigars (5%), cigarillos (3%), flavored cigarettes (3%), snus (2%), little cigars (1%), dissolvable tobacco products (1%) and bidis (<1%).

The following graph shows the percentage of Portage County youth who smoke cigarettes. Examples of how to interpret the information include: 6% of all Portage County youth were current smokers, 7% of males smoked, and 5% of females were current smokers.



8% of all Portage County youth had smoked a whole cigarette for the first time before the age of 13.

Behaviors of Portage County Youth

Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Have had sexual intercourse	77%	24%
Participated in extracurricular activities	75%	88%
Have had at least one drink of alcohol in the past 30 days	63%	15%
Have been bullied in the past 12 months	63%	42%
Have used marijuana in the past 30 days	50%	8%
Misused prescription medications in the past 30 days	38%	6%
Attempted suicide in the past 12 months	38%	7%

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

Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th–12th)	Ohio 2013 (9th–12th)	U.S. 2013 (9th–12th)
Ever tried cigarettes	26%	36%	52%*	41%
Current smokers	6%	9%	15%	16%
Smoked cigarettes on 20 or more days during the past month(of all youth)	1%	2%	7%	6%
Smoked a whole cigarette for the first time before the age of 13(of all youth)	8%	9%	14%*	9%

* Comparative data YRBS data for Ohio is 2011

Electronic Cigarettes and Teenagers in the U.S

- The percentage of U.S. middle and high school students who tried electronic cigarettes more than doubled from 2011 to 2012.
- E-cigarettes look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- The percentage of high school students who had ever used e-cigarettes rose from 4.7% in 2011 to 10% in 2012. In the same time period, high school students using e-cigarettes within the past 30 days rose from 1.5% to 2.8%.
- The percentage of middle school students who had ever used e-cigarettes also doubled from 1.4% to 2.7%.
- Altogether, as of 2012 more than 1.78 million middle and high school students in the US had tried e-cigarettes.
- 76% of current young e-cigarette users also smoked regular cigarettes. Some experts fear that e-cigarettes may encourage children to try regular cigarettes.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes.

(Source: CDC, Press Release, September 5, 2013, http://www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html & ACS, Electronic Cigarette Use Doubles Among Teenagers, September 9, 2013, http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers)

Youth | ALCOHOL CONSUMPTION

Key Findings

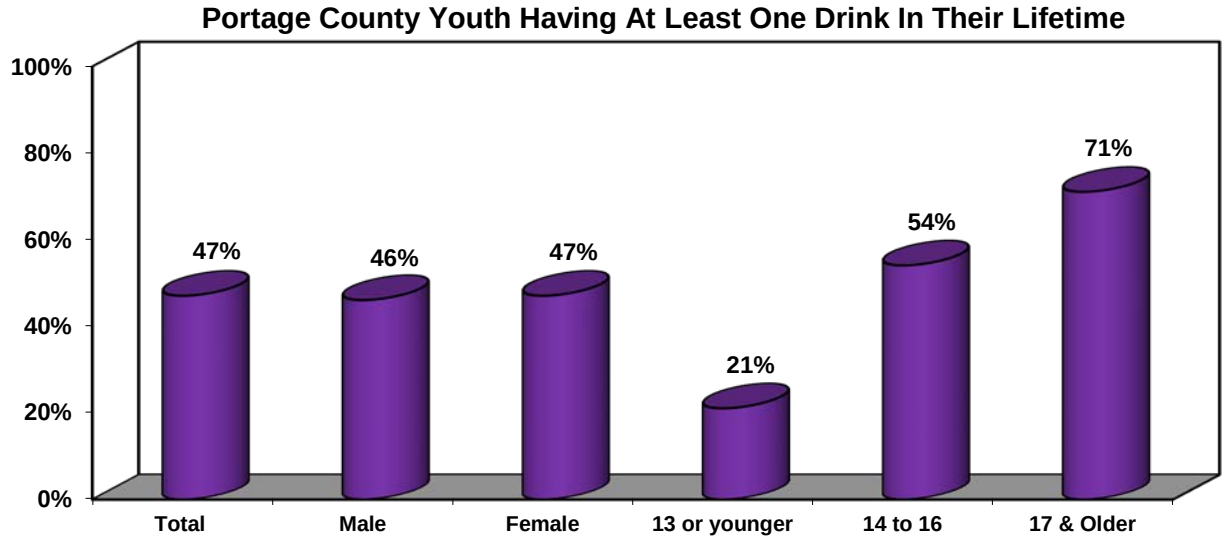
In 2015, the Health Assessment results indicated that 47% of Portage County youth in grades 6-12 had drank at least one drink of alcohol in their life, increasing to 71% of youth seventeen and older. 31% of youth who drank, took their first drink at 12 years or younger. 18% of all youth and 37% of those over the age of 17 had at least one drink in the past 30 days. Nearly half (49%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 5% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

In Portage County, 18% of youth had at least one drink in the past 30 days and would be considered a current drinker.

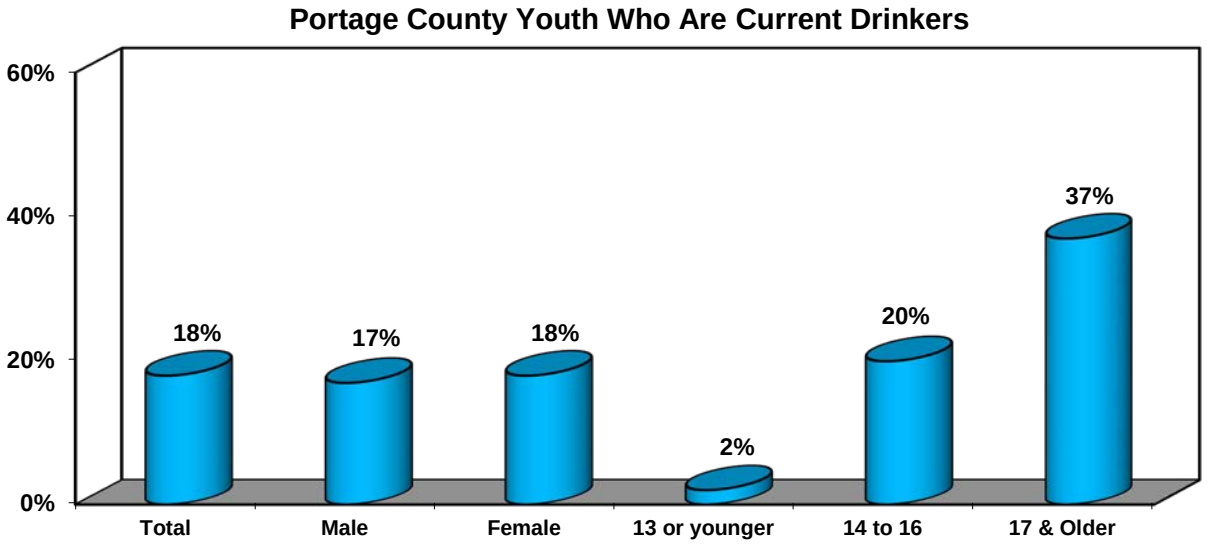
Youth Alcohol Consumption

- In 2015, the Health Assessment results indicated that nearly half (47%) of all Portage County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 71% of those ages 17 and older (2013 YRBS reports 66% for the U.S.).
- Nearly one-fifth (18%) of youth had at least one drink in the past 30 days, increasing to 37% of those ages 17 and older (2013 YRBS reports 30% for Ohio and 35% for the U.S.).
- Of those who drank, 49% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 51% of high school youth.
- Based on all youth surveyed, 9% were defined as binge drinkers, increasing to 21% of those ages 17 and older (2013 YRBS reports 16% for Ohio and 21% for the U.S.).
- Nearly one-third (31%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 32% took their first drink between the ages of 13 and 14, and 37% started drinking between the ages of 15 and 18. The average age of onset was 13.2 years old.
- Of all Portage County youth, 13% had drunk alcohol for the first time before the age of 13 (2013 YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 and 19% for the U.S.).
- Portage County youth drinkers reported they got their alcohol from the following: someone gave it to them (32%)(2013 YRBS reports 38% for Ohio and 42% for the U.S.), a parent gave it to them (27%), someone older bought it (17%), an older friend or sibling bought it (17%), gave someone else money to buy it (11%), took it from a store or family member (11%), a friend's parent gave it to them (9%), bought it at a public event (5%), bought it in a liquor store/ convenience store/gas station (2%), and some other way (20%). No one reported using a fake ID to buy alcohol or buying it at a restaurant/bar/club.
- During the past month 18% of all Portage County 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.).
- 5% 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.).

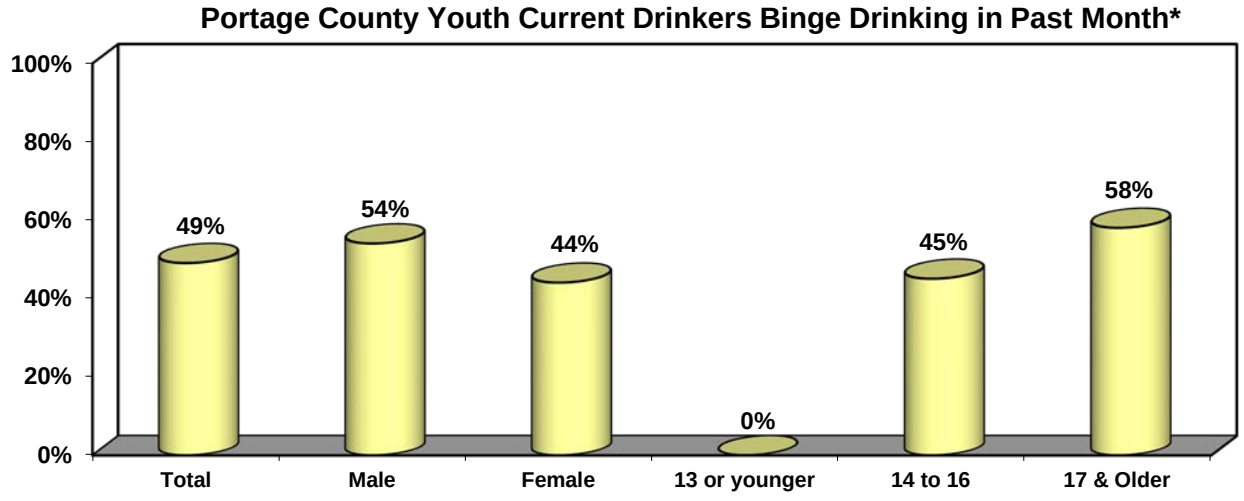
The following graphs show the percentage of Portage County youth who have drank in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 47% of all Portage County youth have drank at some time in their life: 46% of males and 47% of females.



Based on all Portage County youth surveyed, 9% were defined as binge drinkers.



The following graph shows the percentage of Portage County youth who were binge drinkers. Examples of how to interpret the information include: 49% of current drinkers binge drank in the past month, 54% of males, and 44% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.



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

27% of Portage County youth drinkers reported they got their alcohol from a parent giving it to them.

Behaviors of Portage County Youth

Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	92%	87%
Have had sexual intercourse	61%	20%
Have been bullied in the past 12 months	53%	41%
Have had 3 or more adverse childhood experiences	43%	25%
Have used marijuana in the past 30 days	38%	5%
Attempted suicide in the past 12 months	17%	7%
Have smoked cigarettes in the past 30 days	20%	3%
Misused prescription medications in the past 30 days	19%	5%

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

Of all Portage County youth, 13% had drunk alcohol for the first time before the age of 13.

Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th–12th)	Ohio 2013 (9th–12th)	U.S. 2013 (9th–12th)
Ever tried alcohol	47%	60%	71%*	66%
Current drinker	18%	27%	30%	35%
Binge drinker (of all youth)	9%	14%	16%	21%
Drank for the first time before age 13 (of all youth)	13%	12%	13%	19%
Rode with someone who was drinking	18%	17%	17%	22%
Drank and drove (of youth drivers)	5%	4%	4%	10%
Obtained the alcohol they drank by someone giving it to them	32%	35%	38%	42%

**Comparative YRBS data for Ohio is 2011*

Teen Binge Drinking: All Too Common

Risks Associated with Binging:

- It is estimated that alcohol consumption is responsible for about 80,000 deaths in the US each year.
- Binge drinking has also been associated with many health problems, including:
  - Heart disease
  - Stroke
  - Cancer
  - Liver disease
  - Chemical dependency
  - Pregnancy
  - STDs
  - Alcohol poisoning
- MRI scans of the brains of teens that drank heavily showed damaged nerve tissue compared to those who did not.
- Studies have shown that alcohol can cause long-term damage to the brain and impair memory, coordination and movement.

(Source: Psychology Today, Teen Angst, Teen Binge Drinking: All Too Common, 1/26/2013, from: http://www.psychologytoday.com/blog/teen-angst/201301/teen-binge-drinking-all-too-common

Youth | DRUG USE

Key Findings

In 2015, 11% of Portage County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 17% of those ages 17 and older. 7% of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 11% of those over the age of 17.

Youth Drug Use

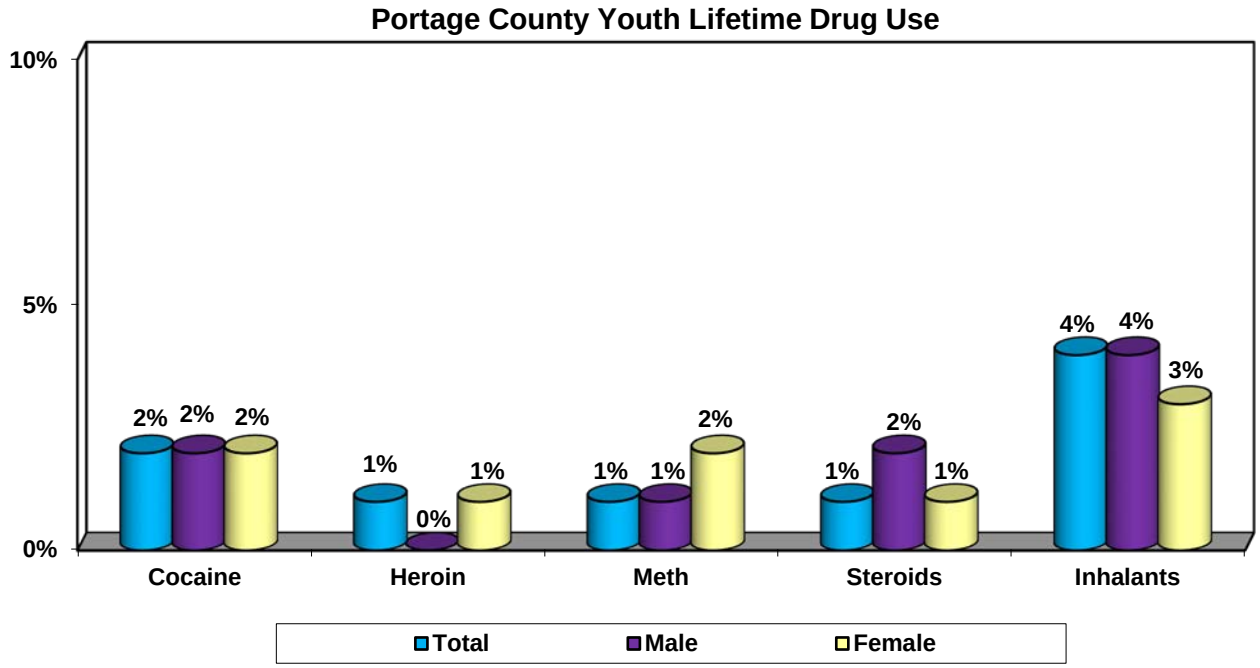
- In 2015, 11% of all Portage County youth had used marijuana at least once in the past 30 days, increasing to 17% of those over the age of 17. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 7% of Portage County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 11% of those over the age of 17.
- Portage County youth had tried the following in their life:
  - 4% of youth used inhalants, (2013 YRBS reports 9% for Ohio and U.S.)
  - 3% used ecstasy/MDMA (2013 YRBS reports 7% for the U.S.)
  - 3% used liquid THC
  - 2% misused cough syrup
  - 2% used cocaine, increasing to 4% of high school youth (2013 YRBS reports 4% for Ohio and 6% for U.S.)
  - 2% misused over-the-counter medications
  - 2% used posh/salvia/synthetic marijuana
  - 1% used steroids, (2013 YRBS reports 3% for Ohio and U.S.)
  - 1% used K2/spice
  - 1% misused hand sanitizer
  - 1% used methamphetamines, (2013 YRBS reports 3% for the U.S.)
  - 1% used heroin, (2013 YRBS reports 2% for Ohio and U.S.)
  - <1% had been to a pharm party/used skittles
  - <1% used bath salts
  - <1% used GhB
  - <1% used Cloud 9
- During the past 12 months, 9% of all Portage County youth reported that someone had offered, sold, or given them an illegal drug on school property, increasing to 13% of high school youth (2013 YRBS reports 20% for Ohio and 22% for the U.S.).
- Youth reported that their friends would disapprove of them: misusing prescription drugs (65%), smoking cigarettes (62%), using marijuana (54%), and drinking alcohol (47%).

Drug Facts: Drugged Driving

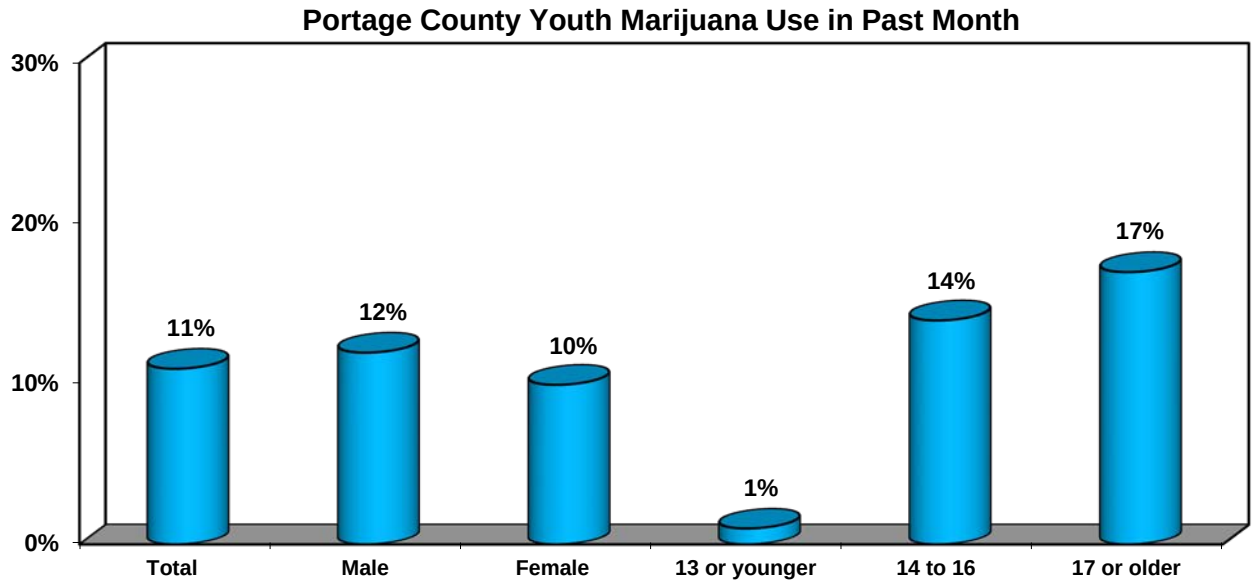
- Vehicle accidents are the leading cause of death among youth people aged 16 to 19. When teens' relative lack of driving experience is combined with the use of marijuana or other substances that affect cognitive and motor abilities, the results can be tragic.
- According to the 2013 National Survey on Drug Use and Health (NSDUH), an estimated 9.9 million people aged 12 or older reported driving under the influence of illicit drugs during the year prior to being surveyed.
- After alcohol, THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and motor vehicle crash victims. Studies in several localities have found that approximately 4 to 14 percent of drivers who sustained injury or died in traffic accidents tested positive for THC.

(Source: National Institute on Drug Abuse, The Science of Drug Abuse & Addiction: Drug Facts: Drugged Driving, http://www.drugabuse.gov/publications/drugfacts/drugged-driving, revised 12-14)

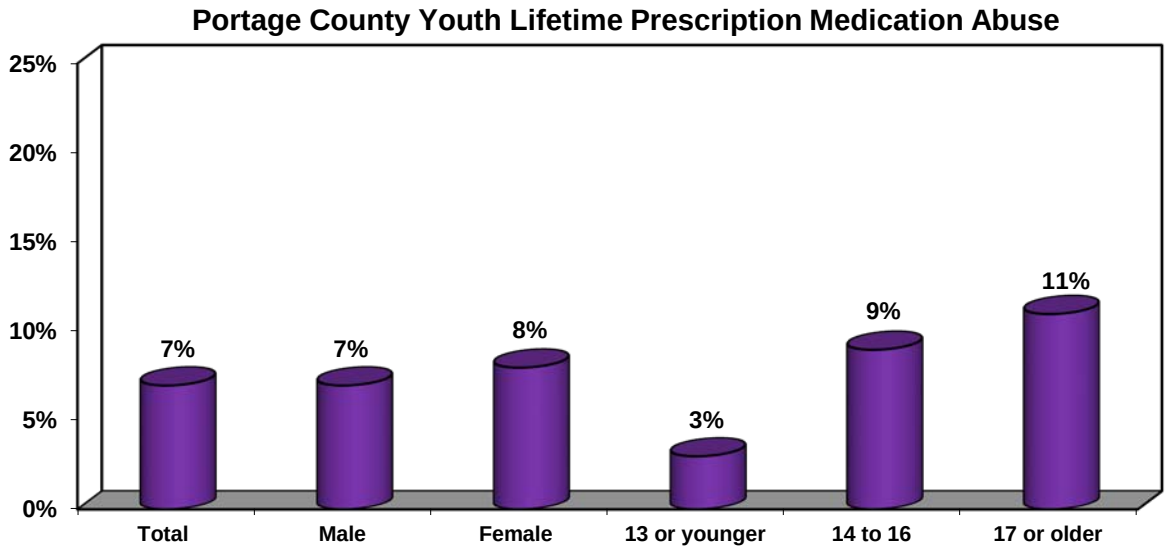
The following graphs are data from the 2016 Portage County Health Assessment indicating youth lifetime drug use and marijuana use in the past 30 days. Examples of how to interpret the information include: 2% of youth had used cocaine at some point in their lives, and 4% of youth had used inhalants at some point in their life.



11% of Portage County youth had used marijuana in the past month.



The following graph is data from the 2016 Portage County Health Assessment indicating youth lifetime prescription medication abuse. Examples of how to interpret the information include: 7% of youth have misused medication at some point in their life, 7% of males and 8% of females.



Accessibility of Substances to Portage County Youth

Substance	Available	Not Available	Don't Know
Tobacco	36%	45%	19%
Alcohol	46%	35%	19%
Marijuana	26%	53%	21%
Prescription drugs not prescribed to you	23%	50%	27%
Synthetic drugs (ex. K2, Spice, etc.)	4%	68%	28%
Heroin	3%	70%	26%

Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Youth who used marijuana in the past month	11%	17%	21%	23%
Ever used methamphetamines	1%	2%	6%*	3%
Ever used cocaine	2%	4%	4%	6%
Ever used heroin	1%	1%	2%	2%
Ever used steroids	1%	2%	3%	3%
Ever used inhalants	4%	4%	9%	9%
Ever misused medications	7%	11%	N/A	18%
Ever used ecstasy/MDMA	3%	4%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	9%	13%	20%	22%

N/A - Not available
**2007 YRBS Data*

Youth | SEXUAL BEHAVIOR

Key Findings

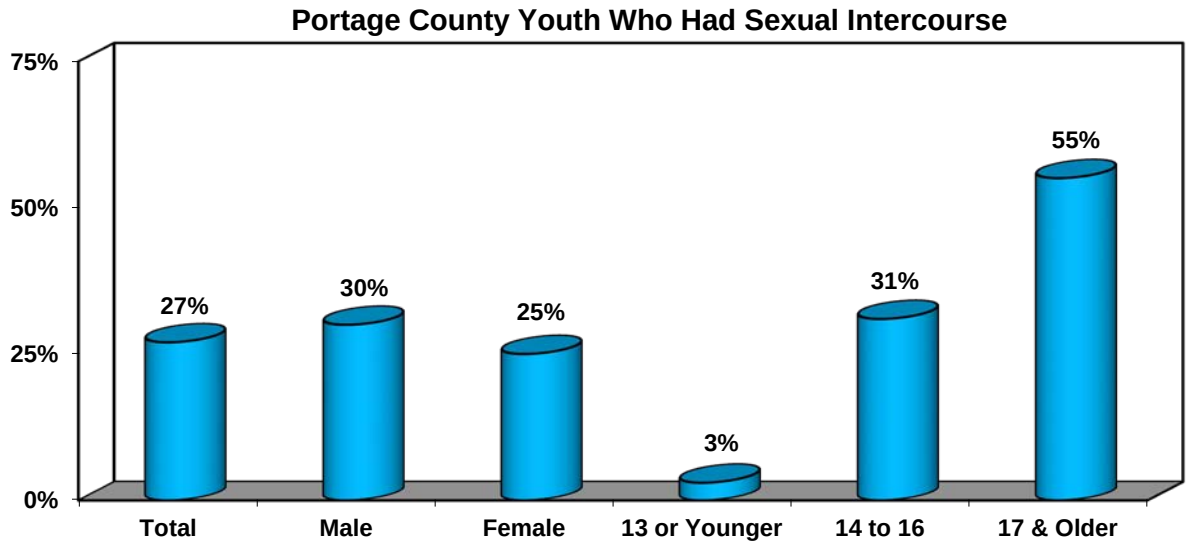
In 2015, over one-fourth (27%) of Portage County youth have had sexual intercourse, increasing to 55% of those ages 17 and over. 27% of youth had participated in oral sex and 9% had participated in anal sex. 26% of youth participated in sexting. Of those who were sexually active, 55% had multiple sexual partners. One Portage County school did not ask some of the sexual behavior questions.

55% of Portage County youth ages 17 and over have had sexual intercourse.

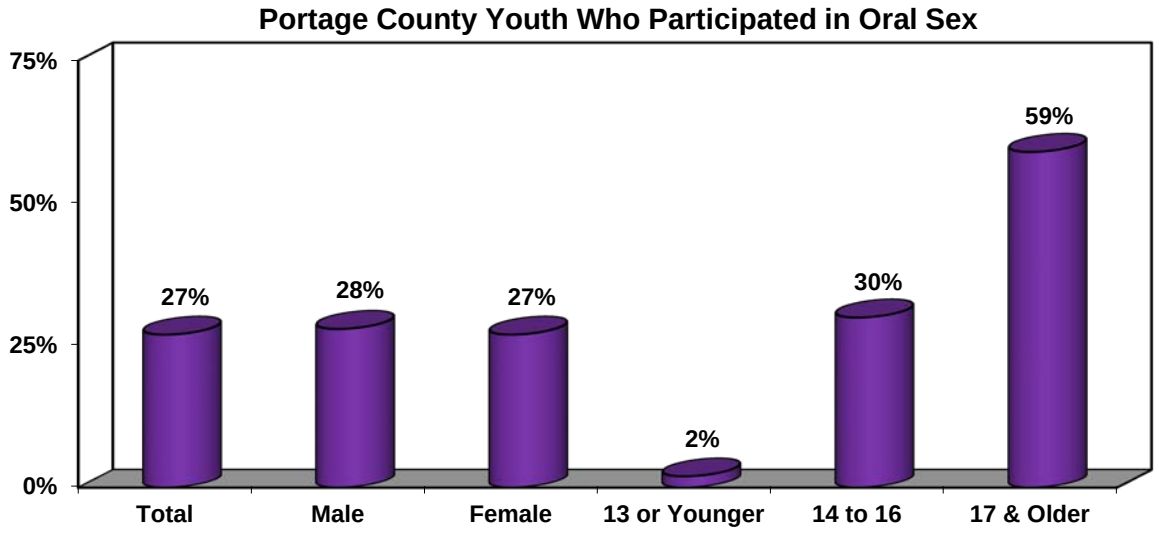
Youth Sexual Behavior

- One Portage County school did not ask some of the sexual behavior questions.
- Over one-fourth (27%) of Portage County youth have had sexual intercourse, increasing to 55% of those ages 17 and over (The 2013 YRBS reports 43% for Ohio and 47% of U.S. youth have had sexual intercourse).
- 27% of youth had participated in oral sex, increasing to 59% of those ages 17 and over.
- 9% of youth had participated in anal sex, increasing to 14% of those ages 17 and over.
- 26% of youth had participated in sexting, increasing to 47% of those ages 17 and over.
- 29% of youth had viewed pornography, increasing to 40% of males and 52% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 45% had one sexual partner and 55% had multiple partners.
- 8% of all Portage County youth had 4 or more sexual partners (2013 YRBS reports 12% for Ohio and 15% for the U.S.).
- Of those youth who were sexually active, 31% had done so by the age of 13. Another 44% had done so by 15 years of age. The average age of onset was 14.7 years old.
- Of all youth, 3% were sexually active before the age of 13 (2013 YRBS reports 4% for Ohio and 6% for the U.S).
- 54% of youth who were sexually active used condoms to prevent pregnancy, 30% used birth control pills, 17% used the withdrawal method, 5% used an IUD, 5% used some other method, 3% used a shot, patch or birth control ring and 3% reported they were gay or lesbian. However, 11% were engaging in intercourse without a reliable method of protection and 13% reported they were unsure.
- Portage County youth had experienced the following: wanted to get pregnant (2%), had been pregnant (2%), had sex in exchange for something of value such as food, drugs, shelter or money (1%), had a miscarriage (1%), had been treated for an STD (1%), got someone pregnant (1%), had an abortion (<1%), tried to get pregnant (<1%) and had a child (<1%).
- When asked where they were taught about pregnancy prevention, STDs, AIDS/HIV, and birth control, Portage County youth reported the following: school (72%), parents (55%), doctor (29%), friends (28%), the internet/social media (25%), siblings (16%), church (7%), and somewhere else (8%). 16% of youth reported they had not been taught about these subjects.

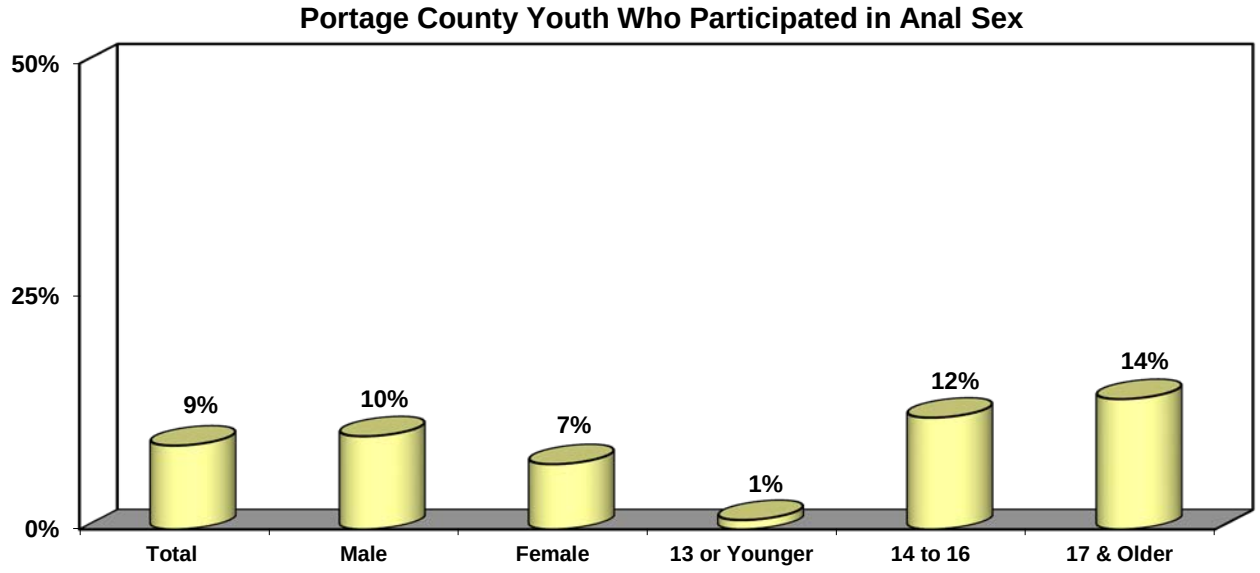
The following graphs show the percentage of Portage County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 27% of all Portage County youth had sexual intercourse, 30% of males, and 25% of females.

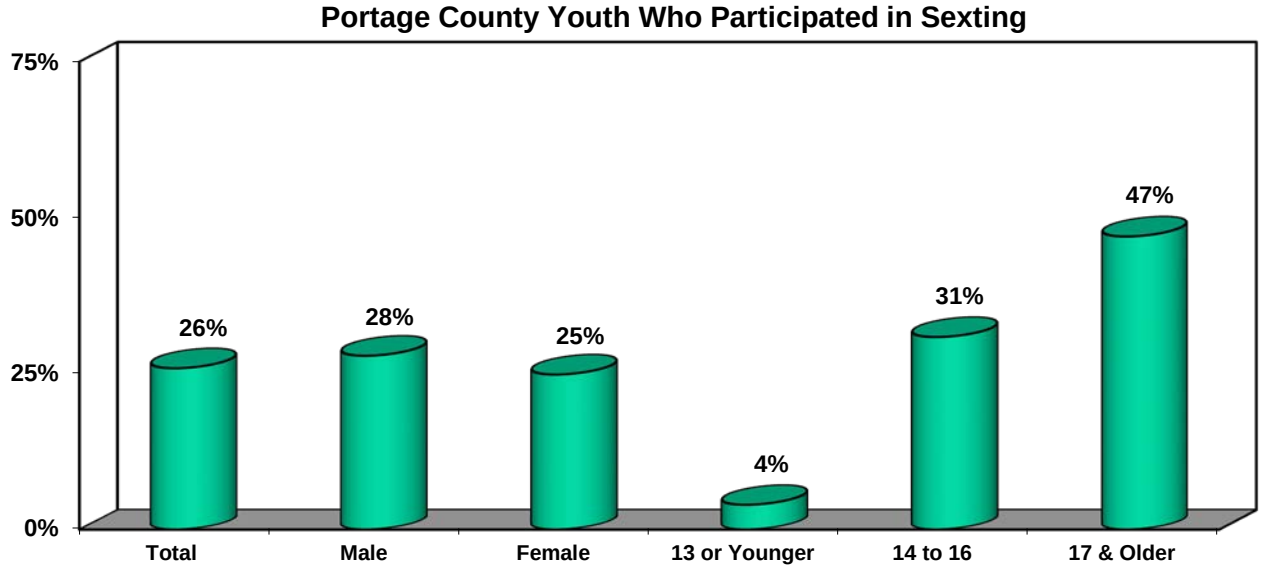


11% of Portage County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.



The following graphs show the percentage of Portage County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 9% of all Portage County youth participated in anal sex, 10% of males, and 7% of females.





Youth Comparisons	Portage County 2015 (6th–12th)	Portage County 2015 (9th–12th)	Ohio 2013 (9th–12th)	U.S. 2013 (9th–12th)
Ever had sexual intercourse	27%	42%	43%	47%
Used a condom at last intercourse	54%	51%	51%	59%
Used birth control pills at last intercourse	30%	29%	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	11%	11%	12%	14%
Had four or more sexual partners (of all youth)	8%	11%	12%	15%
Had sexual intercourse before age 13 (of all youth)	3%	4%	4%	6%

Youth | MENTAL HEALTH AND SUICIDE

Key Findings

In 2015, the Health Assessment results indicated that 18% of Portage County 6th-12th grade youth had seriously considered attempting suicide in the past year and 9% admitted actually attempting suicide in the past year, increasing to 15% of females.

2013 Ohio Suicide Statistics for Youth Grades 9-12

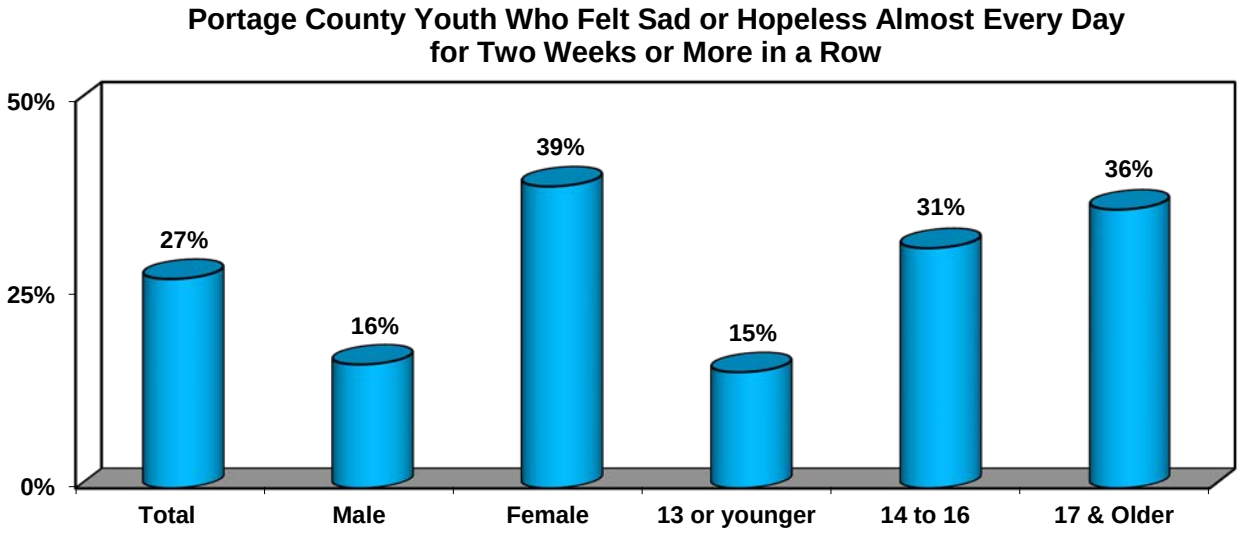
- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 11% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 6% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 1% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBSS 2013)

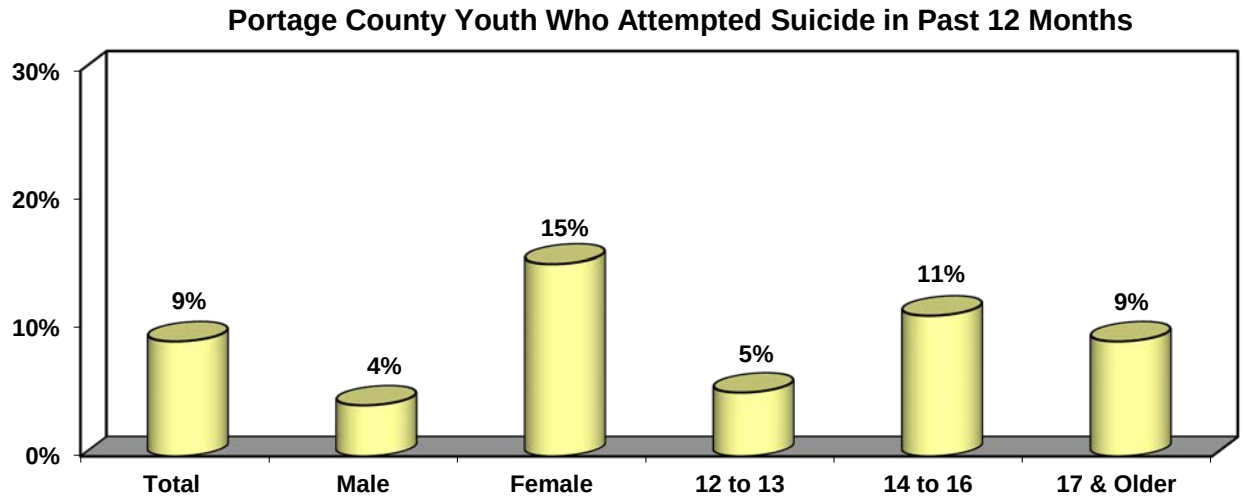
Youth Mental Health

- In 2015, over one-quarter (27%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 39% of females (2013 YRBS reported 26% for Ohio and 30% for the U.S.).
- 18% of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 25% of females. 21% of high school youth had seriously considered attempting suicide, compared to the 2013 YRBS rate of 17% for U.S. youth and 14% for Ohio youth.
- In the past year, 9% of Portage County youth had attempted suicide, increasing to 15% of females. 3% of youth had made more than one attempt. The 2013 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 6% rate for Ohio youth.
- Of all youth, 2% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (2013 YRBS reported 1% for Ohio and 3% for the U.S.).
- Portage County youth reported the following causes of anxiety, stress and depression: academic success (34%), self-image (29%), sports (24%), fighting with friends (23%), fighting at home (23%), death of close family member or friend (20%), peer pressure (20%), breakup (20%), dating relationship (19%), being bullied (17%), poverty/no money (12%), parent divorce/separation (10%), caring for younger siblings (7%), ill parent (5%), family member in the military (4%), parent lost their job (4%), not feeling safe at home (4%), parent/caregiver with a substance abuse problem (4%), sexual orientation (3%), not having enough to eat (3%), not feeling safe in the community (2%), alcohol or drug use at home (2%), not having a place to live (1%), parent with a mental illness (1%), and other stress at home (18%).
- Portage County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (48%), hobbies (37%), texting someone (32%), exercising (26%), talking to a peer (26%), talking to someone in their family (25%), eating (23%), praying (19%), using social media (16%), breaking something (12%), shopping (12%), talk to a counselor /teacher (9%), reading the Bible (9%), writing in a journal (9%), drinking alcohol (7%), using prescribed medication (7%), smoking/using tobacco (6%), using illegal drugs (5%), self-harm (4%), vandalism/violent behavior (3%), gambling (2%), talking to a medical professional (2%), using un-prescribed medication (1%),and harming someone else (1%). 25% of youth reported they did not have anxiety, stress, or depression.
- 43% of youth reported they would seek help if they were dealing with anxiety, stress, depression or thoughts of suicide. Of youth who reported they would not seek help the following reasons were reported: they can handle it themselves (68%), worried what others might think (42%), did not know where to go (29%), no time (25%), cost (19%), their family would not support them (16%), and transportation (10%).

The following graphs show the percentage of Portage County youth who had felt sad or hopeless almost every day for two weeks or more in a row and those who attempted suicide in the past 12 months (i.e., the first graph shows that 27% of all youth had felt sad or hopeless for two weeks or more, 16% of males and 39% of females).



Portage County youth reported the following leading causes of anxiety, stress and depression: academic success (34%), self-image (29%), sports (24%), and fighting with friends (23%).



Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Youth who had seriously considered attempting suicide in the past year	18%	21%	14%	17%
Youth who had attempted suicide in the past year	9%	11%	6%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	2%	3%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	27%	33%	26%	30%

Youth Suicide

Suicide affects all youth, but some groups are at a higher risk than others. Boys are more likely than girls to die from suicide. Girls, however, are more likely to report attempting suicide than boys. Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

Risk Factors Include:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

(Source: CDC 2014, Injury Center: Violence Prevention; Suicide Prevention; Youth Suicide http://www.cdc.gov/violenceprevention/pub/youth_suicide.html

Youth | SAFETY

Key Findings

In 2015, 27% of youth drivers texted while driving. 43% of Portage County youth reported getting 8 hours of sleep or more on an average school night. 29% of youth had experienced three or more adverse childhood experiences.

12% of Portage County youth had suffered a blow or jolt to their head while playing with a sports team in the past year

Personal Safety

- In the past 30 days, 18% of youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and 22% for the U.S.) and 5% of youth drivers had driven a car themselves after drinking alcohol, (2013 YRBS reported 4% for Ohio and 10% for the U.S.).
- Portage County youth drivers did the following while driving in the past month: wore a seatbelt (78%), ate (40%), drove while tired or fatigued (31%), talked on their cell phone (30%), texted (27%), used the internet on their cell phone (11%), used cell phone for other things (10%), played electronic games on cell phone (8%), checked Facebook on their cell phone (6%), used illegal drugs (6%), drank alcohol (5%), read (5%), applied makeup (2%), and misused prescription drugs (2%).
- 12% of youth reported that they had suffered a blow or jolt to the head while playing with a sports team which caused them to get "knocked out," have memory problems, double or blurry vision, headaches or "pressure" in the head, or nausea or vomiting, increasing to 16% of males (2013 YRBS reported 12% for Ohio).

Personal Health

- Almost three-fourths (74%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year, decreasing to 68% of those ages 17 and older (2013 YRBS reported 75% for Ohio).
- 75% of Portage County youth had visited the doctor for a routine check-up in the past year, 7% reported one to two years ago, and 1% said they had never been to the doctor for a routine check-up.
- During their last check-up, Portage County youth reporting that their doctor or nurse discussed: how to maintain a healthy weight (25%), ways to deal with feelings of hopelessness or sadness (11%), ways to avoid alcohol use (10%), and ways to avoid tobacco use (10%). 67% of youth reported that their doctor or nurse had discussed none of these things with them.
- Youth reported they preferred to get information about their health from the following: parents (55%), healthcare professional (49%), school (31%), the internet (24%), friends (23%), siblings (14%), TV (7%), Facebook (4%), Instagram (4%), Twitter (3%), and the radio (3%).
- 43% of Portage County youth reported getting 8 hours of sleep or more on an average school night. 7% reported getting 4 or less hours of sleep on average.

- Portage County youth reported the following adverse childhood experiences (ACE): parents became separated or were divorced (34%), parents or adults in home swore at them, insulted them or put them down (29%), lived with someone who was depressed, mentally ill or suicidal (23%), lived with someone who was a problem drinker or alcoholic (22%), lived with someone who served time or was sentenced to serve in prison or jail (22%), lived with someone who used illegal drugs or misused prescription drugs (18%), parents were not married (16%), parents or adults in home abused them (10%), parents or adults in home abused each other (10%), an adult or someone 5 years older than them touched them sexually (4%), an adult or someone 5 years older tried to make them touch them sexually (2%), and an adult or someone 5 years older than them forced them to have sex (2%).
- 29% of youth had three or more adverse childhood experiences.

Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Ridden with someone who had been drinking alcohol in past month	18%	17%	17%	22%
Drove a car after drinking alcohol (of all youth drivers)	5%	4%	4%	10%
Visited a dentist for a check-up within the past year	74%	74%	75%	N/A
Suffered a blow or jolt to the head in past year	12%	13%	12%	N/A

N/A – Not available

Adverse Childhood Experiences (ACE)

- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common. The most common are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in 5 states in 2009 reported having had at least one ACE while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
  - Depression
  - Fetal death
  - Illicit drug use
  - Liver disease
  - STD's
  - Multiple sexual partners
  - Alcoholism and alcohol abuse
  - COPD
  - Unintended pregnancies
  - Suicide attempts
  - Early initiation of smoking
  - Risk for intimate partner violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.

(Source: CDC, Adverse Childhood Experiences (ACE) Study, January 18, 2013, http://www.cdc.gov/ace/about.htm & Adverse Childhood Experiences Reported by Adults, Last Reviewed: June 3, 2011, http://www.cdc.gov/features/dsaces/index.html)

Youth | VIOLENCE ISSUES

Key Findings

In Portage County, 23% of youth had been involved in a physical fight in the past year. 5% of youth had been threatened or injured with a weapon on school property in the past year. 43% of youth had been bullied in the past year and 33% had been bullied on school property.

Violence-Related Behaviors

- In 2015, 11% of youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 19% of males (2013 YRBS reported 14% for Ohio and 18% for the U.S.).
- 1% of youth had carried a weapon (such as a gun, knife or club) on school property in the past 30 days (2013 YRBS reported 5% for the U.S.).
- 4% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school in the past month (2013 YRBS reported 5% for Ohio and 7% for the U.S.).
- 5% of youth were threatened or injured with a weapon on school property in the past year (2013 YRBS reported 7% for the U.S.).
- 43% of youth had been bullied in the past year. The following types of bullying were reported:
  - 37% were verbally bullied (teased, taunted or called harmful names)
  - 25% were indirectly bullied (spread mean rumors about them or kept them out of a "group")
  - 12% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2013 YRBS reported 15% for Ohio and the U.S.).
  - 11% were physically bullied (were hit, kicked, punched or people took their belongings)
  - 1% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 33% of youth had been bullied on school property (2013 YRBS reported 21% for Ohio and 20% for the U.S.).
- In the past year, 23% of youth had been involved in a physical fight, increasing to 30% of males. 14% had been in a fight on more than one occasion (2013 YRBS reported 20% for Ohio and 25% for the U.S.).
- In the past year, 8% of youth had been involved in a physical fight on school property (2013 YRBS reported 6% for Ohio and 8% for the U.S.).

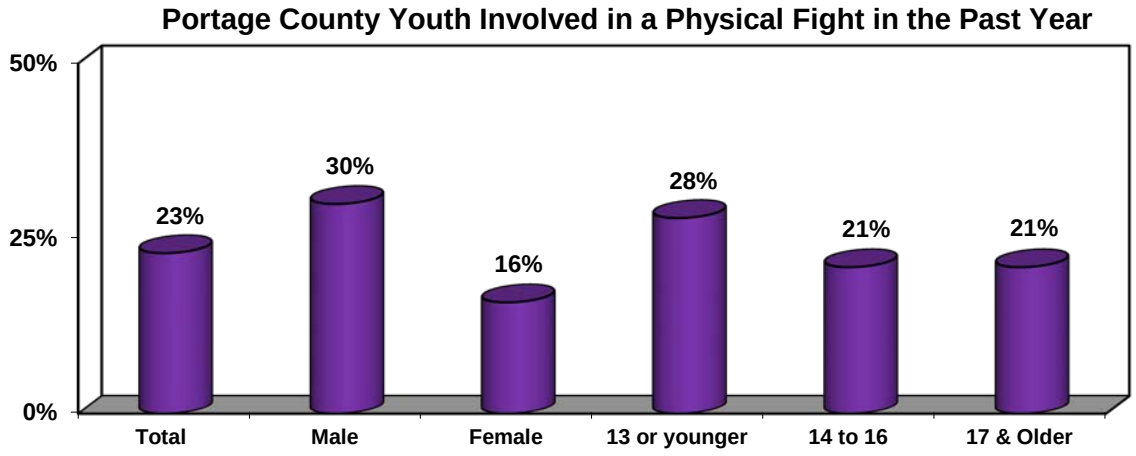
Types of Bullying

- **Verbal Bullying:** Any bullying that is done by speaking. Calling names, teasing, threatening somebody, and making fun of others are all forms of verbal bullying.
- **Indirect Bullying**: A form of bullying that involves mean rumors being spread about someone or keeping someone out of a "group".
- **Physical Bullying:** Any bullying that hurts someone's body or damages their possessions. Stealing, shoving, hitting, fighting, and destroying property all are types of physical bullying.
- **Cyber Bullying:** Any bullying that happens over any technological device. This includes email, instant messaging, social networking sites (such as Facebook), text messages, and cell phones.
- **Sexual Bullying:** Any bullying that involves comments, gestures, action or attention that is intended to hurt, offend or intimidate someone that focuses on appearance, body parts, or sexual orientation.

(Source: RESPECT, Bullying Definitions, obtained from: http://www.respect2all.org/parents/bullying-definitions & Teens Health, Sexual Harassment and Sexual Bullying, obtained from: http://kidshealth.org/teen/sexual_health/guys/harassment.html)

- 2% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2013 YRBS reported 10% for the U.S.)
- 6% of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months.
- 3% of youth reported being physically forced to have sexual intercourse, increasing to 5% of high school students.
- In the past year, 18% of youth had purposefully hurt themselves without wanting to die, such as cutting or burning themselves. (2013 YRBS reported 17% for Ohio)
- In the past year, Portage County youth reported they had been a victim of teasing or name calling due to the following: weight, size or physical appearance (70%), sexual orientation (22%) race or ethnic background (14%) and gender (7%).

The following graph shows Portage County youth involved in a physical fight in the past year. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 23% of all youth had been in a fight in the past year, 30% of males and 16% of females).



Types of Bullying Portage County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	37%	26%	48%	36%	37%	37%
Indirectly Bullied	25%	13%	37%	21%	26%	27%
Cyber Bullied	12%	6%	20%	10%	15%	10%
Physically Bullied	11%	12%	10%	15%	12%	4%
Sexually Bullied	1%	1%	3%	0%	2%	2%

Behaviors of Portage Youth

Bullied vs. Non-Bullied

Youth Behaviors	Bullied	Non-Bullied
Contemplated suicide in the past 12 months	33%	7%
Have drank alcohol in the past 30 days	22%	15%
Attempted suicide in the past 12 months	15%	4%
Misused prescription medications in the past 30 days	13%	3%
Have smoked cigarettes in the past 30 days	8%	4%
Have used marijuana in the past 30 days	8%	12%

Youth Comparisons	Portage County 2015 (6th-12th)	Portage County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Carried a weapon in past month	11%	13%	14%	18%
Been in a physical fight in past year	23%	20%	20%	25%
Purposefully hurt themselves without wanting to die	18%	21%	17%	N/A
Electronically/cyber bullied in past year	12%	14%	15%	15%
Bullied in past year	43%	41%	N/A	N/A
Bullied on school property in past year	33%	30%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	2%	3%	7%	9%**

N/A –Not available

***2011 YRBS*

Child | HEALTH & FUNCTIONAL STATUS

Key Findings

In 2015, 22% of children were classified as obese by Body Mass Index (BMI) calculations. 79% of Portage County parents had taken their child ages 0-11 to the dentist in the past year. 15% of Portage County parents reported their child ages 0-11 had been diagnosed with asthma. 7% of parents reported their child had been diagnosed with ADD/ADHD.

National Survey of Children's Health 2011/12

- 6% of Ohio children ages 0-5 were diagnosed with asthma, increasing to10% of 6-11 year olds.
- 12% of Ohio children ages 6-11 were diagnosed with ADD/ADHD.

(Source: National Survey of Children's Health, 2011/12, http://nschdata.org)

Health of Children ages 0-11

- In 2015, 22% of children were classified as obese by Body Mass Index (BMI) calculations. 16% of children were classified as overweight, 50% were normal weight, and 12% were underweight.
- More than half (59%) of Portage County parents of 0-11 year olds rated their child's health as excellent. 2% of parents rated their child's health as fair or poor.
- 50% of children had a seasonal flu vaccine in the past year.
- 40% of parents reported their child had been tested for lead poisoning, and the results were within normal limits. 2% reported the levels were elevated and medical follow-up was not needed. 43% of parents had not had their child tested for lead poisoning and 15% of parents did not know if their child had been tested for lead.
- 79% of children had been to the dentist in the past year, increasing to 89% of 6-11 year olds.
- Parents gave the following reasons for not getting dental care for their child: child was not old enough to go to the dentist (11%), treatment was ongoing (5%), cost (4%), no insurance (3%), no referral (2%), not available in area/transportation problems (1%), child refused to go (1%), did not know where to go (1%), dissatisfaction with dentist (1%), could not find a dentist who accepted their insurance (<1%), inconvenient times/could not get an appointment (<1%), missed an appointment and was not allowed to go back to clinic (<1%), and other reasons (4%).
- More than one-third (37%) of parents reported problems with their child's teeth. The top five problems were: cavities (20%), crooked teeth/teeth that need braces (13%), hygiene (3%), discoloration (3%), and enamel problems (3%).
- Parents reported their child had the following allergies:
  - Pollen (8%)
  - Grasses (6%)
  - Ragweed (5%)
  - Cats (4%)
  - House dust mites (4%)
  - Milk/dairy products (4%)
  - Mold (3%)
  - Peanuts (3%)
  - Dogs (3%)
  - Fungi (2%)
  - Wheat (2%)
  - Tree nuts (1%)
  - Bees (1%)
  - Horses (1%)
  - Red dye (1%)
  - Eggs (1%)
  - Gluten (1%)
  - Fish (<1%)
  - Kiwi (<1%)
  - Shellfish (<1%)
  - Strawberries (<1%)
  - Soy (<1%)
  - Watermelon (<1%)
  - Other (7%)
- 2% of children had an epi-pen for their allergy.

- A doctor told Portage County parents their 0-11 year old child had the following conditions:
  - Asthma (15%)
  - Dental problems (12%)
  - Speech and language problems (11%)
  - ADD/ADHD (7%)
  - Anxiety problems (6%)
  - Learning disability (6%)
  - Developmental delay or physical impairment (5%)
  - Behavioral/conduct problem (5%)
  - Pneumonia (4%)
  - Urinary tract infection (3%)
  - Hearing problems (3%)
  - Vision problems that cannot be corrected with glasses (3%)
  - Birth defect (3%)
  - Depression problems (2%)
  - Autism (2%)
  - Head injury (2%)
  - Intellectual disability/ mental retardation (1%)
  - Epilepsy (1%)
  - Bone/joint/muscle problems (1%)
  - Other life threatening illness (1%)
  - Genetic disease (1%)
  - Diabetes (1%)
  - Cerebral palsy (<1%)
  - Digestive tract infection (<1%)
  - Cancer (<1%)
  - Appendicitis (<1%)
- 7% of parents reported their child had an asthma attack in the past year.
- 10% of children were receiving treatment or counseling for emotional, developmental or behavioral problems.
- 9% of parents had been told by a health professional, teacher, or school official that their child had a learning disability, increasing to 22% of those with incomes less than $25,000.
- During the past 7 days, 4% of Portage County children ate 4 or more servings of vegetables per day. 49% ate 1-to-3 servings of vegetables per day, and 44% ate 1-to-6 servings of vegetables in the past 7 days.
- Parents reported their child usually ate the following for breakfast: cereal (76%), milk (62%), toast (45%), fruit/fruit juice (39%), eggs (37%), yogurt (34%), oatmeal (25%), pop tart/donut/pastry (25%), bacon/sausage/ham (21%), nothing (3%), pizza (1%), and other (10%). 9% of parents reported their child ate at the school breakfast program.
- 79% of parents reported their child was physically active for at least 20 minutes 3 or more days per week. 45% of children were physically active 5 or more days per week. 5% of children were not physically active, including 3% who were unable to be active.
- Portage County children spent an average of 2.1 hours watching TV, 1.3 hours on the computer/tablet/cellphone, and 0.9 hours playing video games an average day of the week.

Children's Dental Health

- Dental disease remains a common problem among Ohio's children; 51% of children have experienced tooth decay by third grade.
- Dental care remains the single most common unmet health care need for nearly 157,400 children in Ohio, regardless of family income.
- Almost 486,000 (19%) of Ohio's children are without dental insurance; this is four times the number of children without medical insurance.
- Almost 340,000 children in Ohio have never been to the dentist.
- The overall percentage of children in Ohio with dental sealants has increased; however, children in rural/non-Appalachian counties are significantly less likely to have dental sealants.

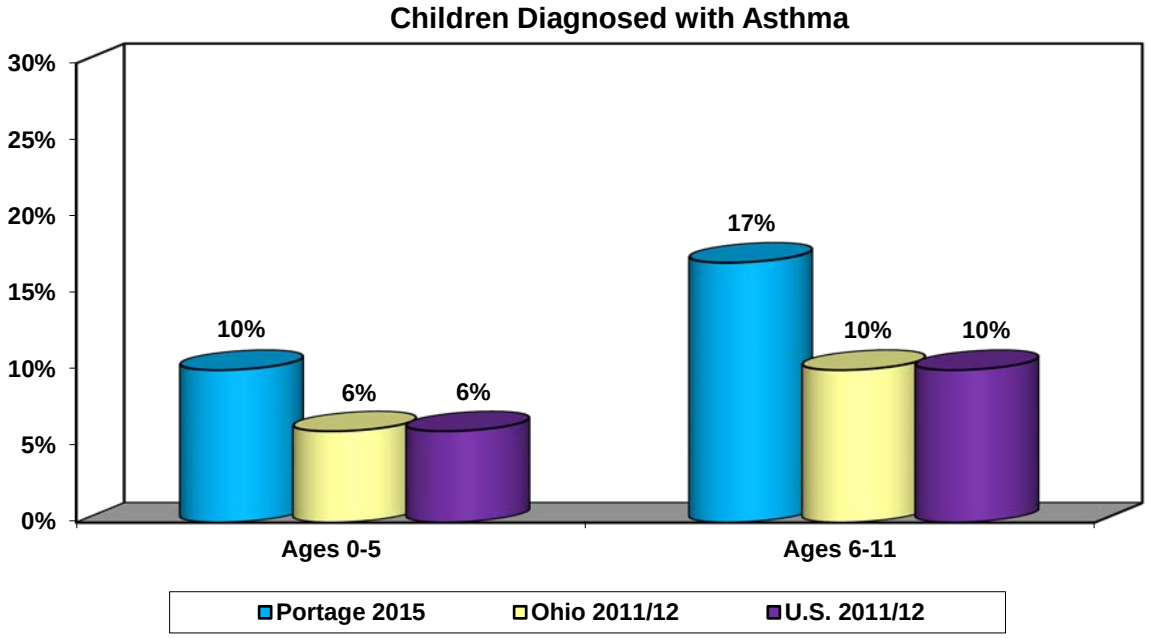
(Source: ODH, Oral Health Isn't Optional, 2011, from: http://www.odh.ohio.gov/~/media/ODH/ASSETS/Files/ohs/oral%20health/ohioreport8_9.ashx)

Child Comparisons	Portage County 2015 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Portage County 2015 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
Rated health as excellent or very good	95%	89%	86%	92%	86%	83%
Dental care visit in past year	57%	50%	54%	89%	92%	88%
Child had no problems with teeth	73%	91%	89%	59%	78%	75%
Diagnosed with asthma	10%	6%	6%	17%	10%	10%
Diagnosed with ADHD/ADD	3%	N/A	2%*	9%	12%	9%
Diagnosed with behavioral or conduct problems	3%	N/A	2%**	5%	5%	4%
Diagnosed with vision problems that cannot be corrected	1%	N/A	<1%	4%	N/A	2%
Diagnosed with bone, joint, or muscle problems	0%	N/A	1%	2%	N/A	2%
Diagnosed with epilepsy	1%	N/A	<1%	<1%	N/A	1%
Diagnosed with a head injury	0%	N/A	<1%	2%	N/A	<1%
Diagnosed with diabetes	0%	N/A	N/A	1%	N/A	<1%
Diagnosed with depression	0%	N/A	<1%*	2%	N/A	2%
Overweight	11%	N/A	N/A	18%	N/A	N/A
Obese	24%	N/A	N/A	21%	N/A	N/A

N/A – Not available
** - Ages 2-5*
*** - Ages 2-17*

Asthma

The following graph shows that Portage County has a higher percentage of children ages 0-5 and 6-11 who are diagnosed with asthma than both Ohio and the U.S.



Asthma and Children

- Asthma is one of the most common chronic disorders in childhood, currently affecting an estimated 7.1 million children under 18 years; of which 4.1 million suffered from an asthma attack or episode in 2011.
- An asthma episode is a series of events that results in narrowed airways. These include: swelling of the lining, tightening of the muscle, and increased secretion of mucus in the airway. The narrowed airway is responsible for the difficulty in breathing with the familiar "wheeze".
- Secondhand smoke can cause serious harm to children. An estimated 400,000 to 1 million children with asthma have their condition worsened by exposure to secondhand smoke.
- In 2010, approximately 640,000 emergency room visits were due to asthma in those under 15.
- The annual direct health care cost of asthma is approximately $50.1 billion; indirect costs (e.g. lost productivity) add another $5.9 billion, for a total of $56.0 billion dollars.
- Asthma is characterized by excessive sensitivity of the lungs to various stimuli. Triggers range from viral infections to allergies, to irritating gases and particles in the air. Each child reacts differently to the factors that may trigger asthma, including:
  - Respiratory infections and colds
  - Cigarette smoke
  - Allergic reactions to such allergens as pollen, mold, animal dander, feather, dust, food, and cockroaches
  - Indoor and outdoor air pollutants, including ozone and particle pollution
  - Exposure to cold air or sudden temperature change
  - Excitement/stress
  - Exercise

(Source: American Lung Association, Asthma & Children Fact Sheet, September 2014, from: http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-children-fact-sheet.html)

Attention-Deficit / Hyperactivity Disorder (ADHD)

- More than 11% US school-aged children had received an ADHD diagnosis by a health care provider by 2011, as reported by parents.
- A history of ADHD diagnosis by a health care provider increased by 42% between 2003 and 2011.
- Parent-reported ADHD diagnosis in Ohio was 14.2%
- Rates of ADHD diagnosis increased an average of 3% per year from 1997 to 2006 and an average of 5% per year from 2003 to 2007.
- Boys (13.2%) were more likely than girls (5.6%) to have ever been diagnosed with ADHD.
- Rates of ADHD diagnosis increased at a greater rate among older teens as compared to younger children.
- The highest rates of parent-reported ADHD diagnosis were noted among children covered by Medicaid and multiracial children.

(Source: CDC, Attention-Deficit / Hyperactivity Disorder (ADHD), 12/10/2014, from: http://www.cdc.gov/ncbddd/adhd/data.htmll

Child | HEALTH INSURANCE, ACCESS, UTILIZATION AND MEDICAL HOME

Key Findings

In 2015, 1% of Portage County parents reported their 0-11 year old did not have health insurance. 85% of parents had taken their child to the doctor for preventive care in the past year. 95% of children had received all recommended vaccinations.

National Survey of Children's Health 2011/12

- 7% of 0-5 year old and 5% of 6-11 year old Ohio children were without insurance at some time in the past year.
- 40% of 0-5 year old and 34% of 6-11 year old Ohio children had public insurance.
- 94% of 0-5 year old and 86% of 6-11 year old Ohio children had been to the doctor for preventive care in the past year.

(Source: National Survey of Children's Health, 2011/12 http://nschdata.org)

Health Insurance

- 3% of parents reported there was a time in the past year that their child was not covered by any health insurance.
- 1% of parents reported that their child did not currently have health insurance.
- Portage County children had the following types of health insurance: parent's employer (65%), Medicaid, Healthy Start, or other public health benefits (20%), someone else's employer (13%), self-paid (3%), Medicare (3%), Insurance Marketplace (1%), or some other source of insurance (1%).
- Parents reported their child's health insurance covered the following: doctor visits (99%), immunizations (99%), well visits (98%), prescription coverage (97%), hospital stays (96%), dental (91%), mental health (83%), and vision (81%).

Access and Utilization

- 17% of parents reported their child did not get all of the prescription medications they needed in the past year, increasing to 28% of those with incomes less than $25,000. Reasons for not receiving all prescription medication included: their child did not need prescription medication (9%), no referral (3%), cost (2%), treatment was ongoing (1%), no insurance (1%), health plan problem (<1%), inconvenient times/could not get an appointment (<1%), religious preferences (<1%), and other reasons (2%).
- 12% of parents reported their child did not get all of the medical care they needed in the past year, increasing to 24% of those with household incomes less than $25,000. Reasons for not receiving all medical care included: cost (3%), treatment was ongoing (3%), no referral (3%), no insurance (2%), inconvenient times/could not get an appointment (2%), could not find a doctor who accepted child's insurance (1%), vaccine shortage (1%), not available in area/transportation problems (<1%), doctor did not know how to treat or provide care (<1%), did not know where to go for treatment (<1%), child refused to go (<1%), and other reasons (5%).
- 95% of Portage County children had received all of their recommended vaccinations.
- Reasons for not receiving all of their recommended vaccinations included: child had received some, but not all recommended vaccinations (3%), parents chose to not vaccinate their child (1%), fear of negative effects (1%), used an alternative vaccination schedule (1%), religious or cultural beliefs (1%), too expensive (<1%), not sure which are recommended (<1%), and other reasons (2%).

- 10% of Portage County children received mental health care or counseling in the past year.

- Portage County children received special needs and/or medical handicap services from the following places: Akron Children's Hospital (6%), primary care physician's office (4%), other physician's office (2%), Help Me Grow (2%), Happy Day School/Portage County Board of Developmental Disabilities (2%), Portage County Health Department/BMCH (1%), Robinson Memorial Hospital (1%), Children's Advantage (1%), Portage County WIC (1%), Head Start (<1%), and other places (3%).

- Portage County parents used the following resources for local news and health information: local television news station (54%), doctor/health care provider (49%), websites (46%), school district (43%), Facebook, Twitter and other social media (40%), family member/friend (37%), Record Courier newspaper (28%), Akron Beacon Journal newspaper (16%), mailings (12%), Record Courier online (11%), WNIR radio station (11%), Aurora Advocate (10%), texts on cell phones (9%), place of worship (8%), The Villager (7%), WKSU radio station (7%), Gateway News (6%), health fairs/community events (4%), billboards (2%), and other resources (7%).

Medical Home

- 77% of parents reported they had one or more people they think of as their child's personal doctor or nurse, decreasing to 71% of those with incomes less than $25,000.

- 85% of children had visited their health care provider for preventive care in the past year, increasing to 97% of 0-5 year olds.

- Portage County children have been referred to the following specialists: ear, nose, and throat (ENT) doctor (21%), dermatologist (11%), allergist (11%), pediatric ophthalmologist (6%), psychiatrist (5%), heart doctor (4%), endocrinologist (diabetes doctor) (3%), oncologist (cancer doctor) (1%), and other specialist (14%).

- Portage County parents usually went to the following places if their child was sick or they needed advice about their child's health: a private doctor's office (80%), multiple places- including a doctor's office (11%), a public health clinic or community health center (2%), an urgent care center (2%), a hospital emergency room (1%), in-store health clinic (1%), no usual place (1%), multiple places- not including a doctor's office (1%), alternative therapies (<1%), and some other kind of place (1%).

Child Comparisons	Portage County 2015 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Portage County 2015 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
Had public insurance	24%	40%	44%	23%	34%	37%
Not covered by insurance at some time during past year	2%	7%	11%	4%	5%	12%
Been to doctor for preventive care in past year	97%	94%	90%	80%	86%	82%
Received all the medical care they needed	92%	99%*	99%*	86%	98%*	98%*
Have a personal doctor or nurse	81%	91%	91%	76%	93%	90%

**2003 national and state data*

Child | EARLY CHILDHOOD (0-5 YEAR OLDS)

Key Findings

The following information was reported by parents of 0-5 year olds. In 2015, 93% of Portage County parents reported their child always rode in a car seat/booster seat when a passenger in a car. 81% of mothers got prenatal care within the first three months during their last pregnancy. 10% of mothers smoked during their last pregnancy. 75% of parents put their child to sleep on his/her back. 21% of mothers never breastfed their child.

Progress on Childhood Obesity

- 1 in 8 preschoolers is obese in the US.
- Obesity among low-income preschoolers declined, from 2008 through 2011, in 19 of 43 states and territories.
- Children who are overweight or obese as preschoolers are 5 times as likely as normal weight children to be overweight or obese as adults.

(Source: CDC, Progress on Childhood Obesity, August 2013, from: http://www.cdc.gov/vitalsigns/ChildhoodObesity/index.html)

Early Childhood

- The following information was reported by Portage County parents of 0-5 year olds.
- Thinking back to their/their partner's last pregnancy: 54% of parents wanted to be pregnant then, 25% wanted to be pregnant sooner, 9% wanted to be pregnant later, 4% did not want to be pregnant then or any time in the future, and 8% of parents did not recall.
- During their last pregnancy, mothers did the following: took a multi-vitamin (85%), got prenatal care within the first 3 months (81%), took folic acid during pregnancy (61%), took folic acid pre-pregnancy (37%), experienced perinatal depression (11%), smoked cigarettes (10%), consumed alcohol (2%), used marijuana (2%), used e-cigarettes (1%), used opioids (1%), and used drugs not prescribed for them (1%).
- When asked how parents put their child to sleep as an infant, 75% said on their back, 10% said in bed with them or another person, 8% said on their stomach, 5% said on their side, and 3% said various methods.
- Children were put to sleep in the following places: crib/bassinette (no bumper, blankets, stuffed animals) (69%), pack n' play (43%), crib/bassinette (with bumper, blankets, stuffed animals) (35%), car seat (35%), swing (31%), in bed with parent or another person (31%), floor (9%), and couch or chair (8%).
- Mothers breastfed their child: more than 9 months (16%), 4 to 9 months (23%), 7 weeks to 3 months (16%), 3 to 6 weeks (10%), 2 weeks or less (9%), still breastfeeding (4%), and never breastfed (21%). Of those with incomes less than $25,000, 29% never breastfed their child.
- 93% of parents reported their child always rode in a car seat/booster seat when a passenger in a car, and 1% reported their child never rode in a car seat/booster seat.
- Children 0-5 years old were <u>more</u> likely than children 6-11 years old to:
  - Have been diagnosed with speech and language delays (14% compared to 9% of 6-11).
  - Have a personal doctor or nurse (81% compared to 76% of 6-11).
  - Have visited a doctor for preventive care in the past year (97% compared to 80% of 6-11).
  - Have received all medical care needed (92% compared to 86% of 6-11).

Child Comparisons	Portage County 2015 0-5 years	Ohio 2011/12 0-5 years	U.S. 2011/12 0-5 years
Never breastfed their child	21%	29%	21%

Sudden Infant Death Syndrome (SIDS)

SIDS is the diagnosis given when an infant under one year of age dies suddenly, and the incident cannot be explained by recent illness, medical history, an autopsy or the death scene itself. Risk factors for SIDS have been identified and include:

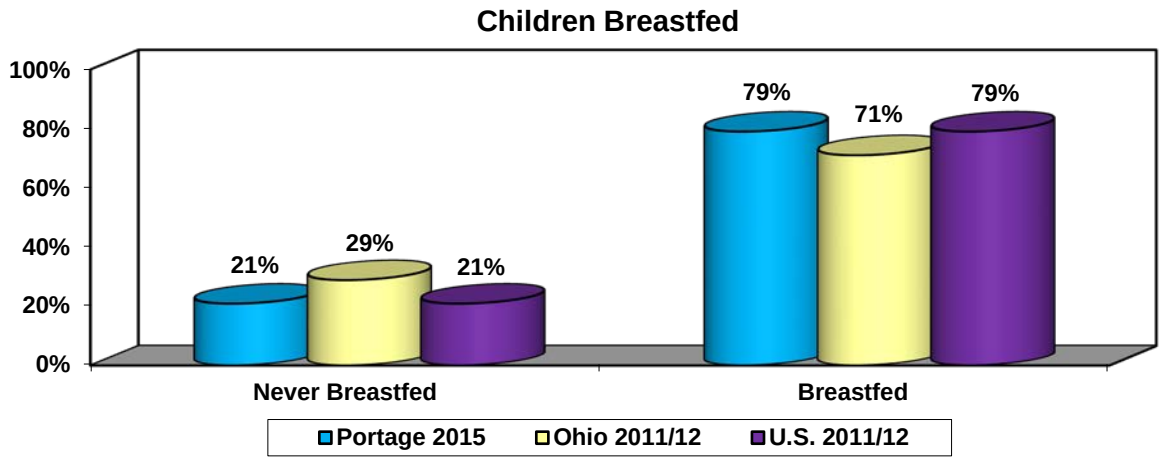
- Sleeping in the prone position (stomach sleeping)
- Soft bedding or unsafe beds (couches, daybeds, waterbeds)
- Loose bedding such as blankets and pillows
- Overheating due to clothing, blankets or room temperature
- Mother's age younger than 20 years
- Mother smoking during pregnancy
- Exposure to secondhand smoke
- Mother receiving late or no prenatal care
- Premature birth or low birth weight

(Source: National Sleep Foundation, Sudden Infant Death Syndrome and Sleep, http://sleepfoundation.org/sleep-disorders-problems/sudden-infant-death-syndrome-and-sleep)

Breastfeeding

The following graph shows the percent of infants who have been breastfed or given breast milk from Portage County, Ohio, and U.S.

- The U.S. and Portage County have an equal percentage of children who have been breastfed for any length of time.



(Source: National Survey of Children's Health, Data Resource Center, and 2016 Portage County Health Assessment)

Facts about Breastfeeding

- The percent of infants who were ever breastfed is 77% in the U.S., compared to 65% in Ohio.
- Human milk provides virtually all the protein, sugar, and fat your baby needs to be healthy, and it also contains many substances that benefit your baby's immune system, including antibodies, immune factors, enzymes, and white blood cells. These substances protect your baby against a wide variety of diseases and infections not only while he is breastfeeding but in some cases long after he has weaned. Formula cannot offer this protection.
- With regard to allergy prevention, there is some evidence that breastfeeding protects babies born to families with a history of allergies, compared to those babies who are fed either a standard cow's milk based formula or a soy formula.
- Recent research even indicates that breastfed infants are less likely to be obese in adolescence and adulthood. They are also less vulnerable to developing both type 1 and type 2 diabetes.
- The American Academy of Pediatrics (AAP) recommends that breastfeeding continue for at least 12 months, and thereafter for as long as mother and baby desire. The World Health Organization recommends continued breastfeeding up to 2 years of age or beyond.

(Source: CDC, Breastfeeding, July, 31, 2013, from: http://www.cdc.gov/breastfeeding/faq/index.htm & Healthy Children, Breastfeeding Benefits Your Baby's Immune System, 5/11/2013, from: http://www.healthychildren.org/)

Child Passenger Safety Facts

- In the United States during 2011, more than 650 children ages 12 years and younger died as occupants in motor vehicle crashes, and approximately 148,000 were injured.
- One CDC study found that, in one year, more than 618,000 children ages 0-12 rode in vehicles without the use of a child safety seat or booster seat or a seat belt at least some of the time.
- More than two-thirds of fatally injured children were killed while riding with a drinking driver.
- Restraint use among young children often depends upon the driver's seat belt use. Almost 40% of children riding with unbelted drivers were themselves unrestrained.
- Booster seats reduce the risk for serious injury by 45% for children ages 4 to 8 years.
- Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddler's ages 1 to 4 years.
- Child restraint systems are often used incorrectly. One study found that 72% of nearly 3,500 observed car and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash.

(Sources: CDC, Injury Prevention & Control: Motor Vehicle Safety, Updated: September 12, 2014, from: http://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html)

Child | MIDDLE CHILDHOOD (6-11 YEARS OLD)

Key Findings

The following information was reported by Portage County parents of 6-11 year olds. In 2015, 68% of Portage County parents reported they felt their child was always safe at school. 44% of parents reported their child was bullied at some time in the past year. 85% of parents reported their child participated in extracurricular activities. 24% of parents reported their child had an email or a social network account.

National Survey of Children's Health 2011/12

- 10% of Ohio and 9% of U.S. parents of 6-11 year olds reported their child watched 4 or more hours of TV or played video games each day.
- 83% of Ohio and 79% of U.S. parents of 6-11 year olds reported their child participated in one or more organized activities outside of school
- 96% of Ohio and 94% of U.S. parents of 6-11 year olds reported they felt their child was usually or always safe at school.

(Source: National Survey of Children's Health, 2011/12, accessed from: http://nschdata.org)

Middle Childhood

- The following information was reported by Portage County parents of 6-11 year olds.
- Portage County 6-11 year olds attended the following types of schools: public (86%), private (10%), home-schooled (2%), and charter schools (<1%).
- 68% of parents felts their child was always safe at school, 29% felt their child was usually safe at school, and 2% felt their child was sometimes safe at school.
- In the past year, 78% of 6-11 year olds missed school because of illness or injury an average of 3.3 days.
- 85% of parents reported their 6-11 year-old child participated in the following extracurricular activities in the past year: a sports team or sports lessons (70%), a club or organization (21%), a religious group (26%), Boys/Girls Club (1%), and some other organized activity (30%). Nearly half (49%) of children participated in more than one extracurricular activity.
- Portage County 6-11 year-olds spent the following time unsupervised after school: no time unsupervised (73%), less than one hour (15%), 1 to 2 hours (9%), 3 to 4 hours (<1%), and more than 4 hours (<1%).
- 44% of parents reported their child was bullied in the past year. The following types of bullying were reported:
  - 33% were verbally bullied (teased, taunted or called harmful names)
  - 11% were indirectly bullied (spread mean rumors about or kept out of a "group")
  - 9% were physically bullied (they were hit, kicked, punched or people took their belongings)
  - 3% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- 7% of parents reported they did not know if their child was bullied.

- Nearly one-fourth (24%) of parents of 6-11 year olds reported their child had an email, Facebook, Twitter, Instagram or other social network account. Of those who had an account, they reported the following: they had their child's password (86%), their child's account was checked private (54%), they knew all of the people in their child's "my friends" (49%), their child had a problem as a result of their account (6%), and their child's friends had their password (3%). 3% of parents reported they did not know if their child had a social network account.

- Children 6-11 years old were more likely than children 0-5 years old to:
  - Have been diagnosed with asthma (17% compared to 10% of 0-5).
  - Have a learning disability (7% compared to 3% of 0-5).
  - Have ADD or ADHD (9% compared to 3% of 0-5).
  - Have gone to the dentist in the past year (89% compared to 57% of 0-5).
  - Have had a flu vaccine in the past year (52% compared to 44% of 0-5).

Child Comparisons	Portage County 2015 6-11 Years	Ohio 2011/12 6-11 Years	U.S. 2011/12 6-11 Years
Child did not miss any days of school because of illness or injury	22%	16%*	22%*
Parent felt child was usually/always safe at school	97%	96%	94%

**2007 National Survey of Children's Health*

Understanding Bullying

- Bullying is a form of youth violence. CDC defines bulling as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.
- Bulling can result in physical injury, social and emotional distress, and even death. Victimized youth are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescents and adulthood.
- Some of the factors associated with a higher likelihood of bullying behavior include:
  - Externalizing problems such as defiant and disruptive behavior
  - Harsh parenting by caregivers
  - Attitudes accepting of violence
- Some of the factors associated with a higher likelihood of victimization include:
  - Poor peer relationships
  - Low self-esteem
  - Perceived by peers as different or quiet

(Source: CDC, Injury Center: Violence Prevention, Understanding Bullying Fact Sheet, January 2014, http://www.cdc.gov/violenceprevention/pub/understanding_bullying.html)

Child | FAMILY FUNCTIONING, NEIGHBORHOOD AND COMMUNITY CHARACTERISTICS

Key Findings

In 2015, 27% of Portage County parents reported their 0-11 year old child slept 8-9 hours per night. 96% of parents reported their neighborhood was always or usually safe enough for their child to go out and play.

National Survey of Children's Health 2011/12

- 63% of Ohio and 61% of U.S. parents of 0-5 year olds reported their family ate a meal together every night of the week.
- 29% of 0-5 year old and 34% of 6-11 year old Ohio children lived in a household with someone who smokes.

(Source: National Survey of Children's Health, 2011/12 http://nschdata.org)

Family Functioning

- 88% of parents reported that their child's mental and emotional health did not put a burden on their family. 9% reported their child's mental and emotional health put a little burden on their family, 2% reported a medium amount, and 1% indicated their child's mental and emotional health put a great deal of burden on their family.

- 91% of parents reported that their child's physical health did not put a burden on their family. 6% reported their child's physical health put a little burden on their family, 2% reported a medium amount, and 1% indicated their child's physical health put a great deal of burden on their family.

- More than two-thirds (68%) of parents reported their child slept 10-11 hours each night. 27% of parents reported their child slept 8-9 hours, and 5% reported 12 or more hours each night. Children slept an average of 10.2 hours per night.

- 2% of parents reported their child went to bed hungry at least one day per week because they did not have enough food, increasing to 5% of those with incomes less than $25,000.

- 44% of parents reported that every family member who lived in their household ate a meal together every day of the week, increasing to 50% of parents of 0-5 year olds. Families ate a meal together an average of 6.3 times per week.

- 31% of parents reported their child attended religious service one to three times per month and 42% reported four or more times per month. 27% reported their child had never attended a religious service. Parents reported their child attended religious services an average of 2.6 times per month.

- Parents reported they or someone in the family reads to their child: every day (19%), almost every day (21%), a few times a week (20%), a few times a month (10%), and a few times a year (1%). 24% of parents reported their child read to him/herself, and 1% reported never reading to their child due to lack of interest from the child.

- Parents indicated their child regularly attended the following in the past month: elementary school (61%), child care in their home provided by a relative (24%), child care outside of home provided by a relative (20%), nursery school, preschool or Kindergarten (20%), child care center (15%), family-based child care outside of home (12%), child care in their home provided by a babysitter (9%), and Head Start or Early Start program (2%).

- Portage County parents were concerned with the following issues pertaining to their child: having enough time with their child (38%), how child copes with stress (34%), academic achievement (24%), child's self-esteem (24%), cell phone and technology use (24%), internet use (23%), bullying (22%), child's anxiety (19%), their relationship with their child (18%), child getting along with others (18%), learning difficulties (15%), violence in home, school or neighborhood (8%), child talking (6%), child's depression (5%), eating disorder (5%), risky behavior (5%), child crawling, walking or running (1%), and substance abuse (1%).

- Parents reported they or someone in their family had to quit a job, not take a job, or greatly change their job because of the following child care issues: could not afford child care (4%), child removed from day care (1%), child medically fragile (1%), and child's severe behaviors (<1%).

- Parents reported their child had experienced the following situations: had at least one other adult in their school, neighborhood or community who knew him/her well and who he/she could rely on for advice or guidance (35%), lived with a parent or guardian who got divorced or separated after they were born (17%), lived with someone who had a problem with alcohol or drugs (8%), lived with someone who was mentally ill, suicidal or depressed (5%), lived with a parent or guardian who served time in jail or prison after they were born (3%), had seen or heard parents or adults at home slap, hit, kick, punch or beat each other up (3%), had been the victim of violence or witnessed violence in neighborhood (2%), lived with a parent or guardian who died (2%), and had been treated or judged unfairly because of ethnic group (1%).

- Parents reported using the following types of discipline: taking away privileges (80%), time out (55%), yelling (38%), grounding (30%), spanking (22%), washing mouth out (2%), and other forms of discipline (6%). 4% of parents reported not disciplining their child, increasing to 10% of parents of 0-5 year olds.

- Parents faced the following challenges regarding day-to-day demands of parenting and raising children: demands of multiple children (37%), financial burdens (22%), being a single parent (13%), child with special needs (5%), difficulty with lifestyle changes (4%), loss of freedom (3%), alcohol and/or drug abuse (<1%), post-partum depression (<1%), and other challenges (7%).

Neighborhood and Community Characteristics

- Parents reported their neighborhood was: always safe (63%), usually safe (33%), sometimes safe (4%), and never safe (1%). 53% of those with incomes less than $25,000 reported their neighborhood as always safe, compared to 64% of those with higher incomes.

- Parents reported having the following safety items in their home: working smoke alarm/detector (98%), fire extinguisher (73%), carbon monoxide detector (61%), and Poison Control number by the phone (52%).

- Portage County parents had the following rules about smoking in their home: no one is allowed to smoke inside their home at any time (79%), smoking is not allowed when children are present (6%), smoking is allowed in some rooms only (5%), and smoking is allowed anywhere (3%).

- Portage County parents had the following rules about smoking in their car: no one is allowed to smoke inside their car at any time (78%), smoking is not allowed when children are present (8%), smoking is allowed as long as a window is open (4%), and smoking is allowed anywhere (1%).

- In the past year, parents reported that someone in the household received the following: free or reduced cost breakfast or lunches at school (18%), SNAP/food stamps (14%), benefits from WIC program (6%), mental health/substance abuse treatment (5%), cash assistance from a welfare program (2%), Help Me Grow (2%), and subsidized childcare through JFS (1%).

Child Comparisons	Portage County 2015 0-5 Years	Ohio 2011/12 0-5 Years	U.S. 2011/12 0-5 Years	Portage County 2015 6-11 Years	Ohio 2011/12 6-11 Years	U.S. 2011/12 6-11 Years
Family eats a meal together every day of the week	50%	63%	61%	41%	45%	47%
Child never attends religious services	11%	N/A	N/A	32%	22%	18%
Neighborhood is usually or always safe	96%	88%	86%	95%	86%	86%

N/A – Not available

Talking to Kids about Gun Safety

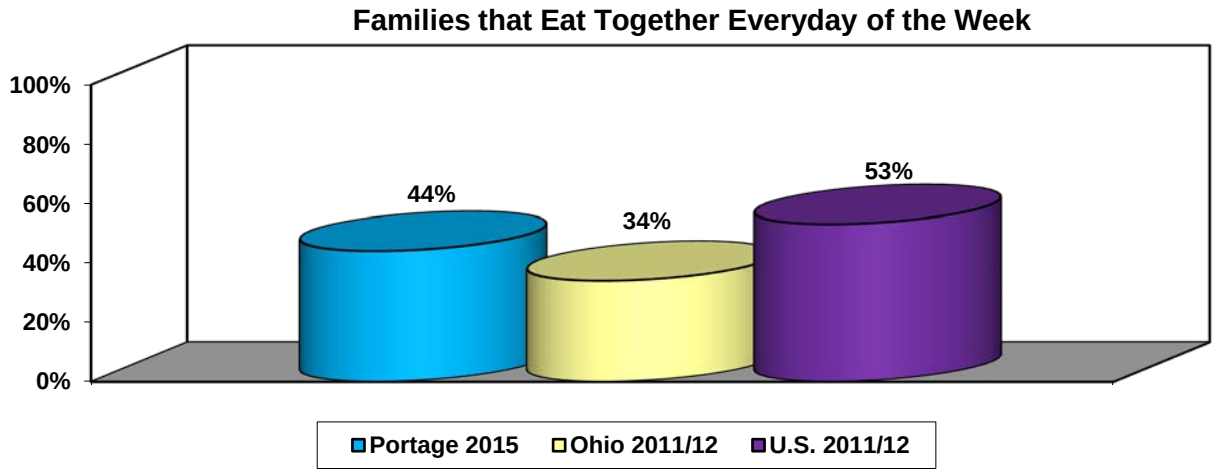
- Guns are in more than one third of all U.S. households, so they are a very real danger to children, whether you own one or not.
- A child as young as 3 has the finger strength to pull a trigger.
- Teach kids the following rules if they come into contact with a gun:
  - Stop what they are doing
  - Do not touch the gun
  - Leave the area where the gun is
  - Tell an adult right away

(Source: KidsHealth, Guns and Pretend Play; http://kidshealth.org/parent/firstaid_safe/home/gun_safety.html)

Family Dinners

The following graph shows the percent of Portage County families that eat a meal together every day of the week along with the percent of Ohio families and the percent of U.S. families.

- U.S. families as a whole have the largest percent, followed by Portage County and Ohio families.

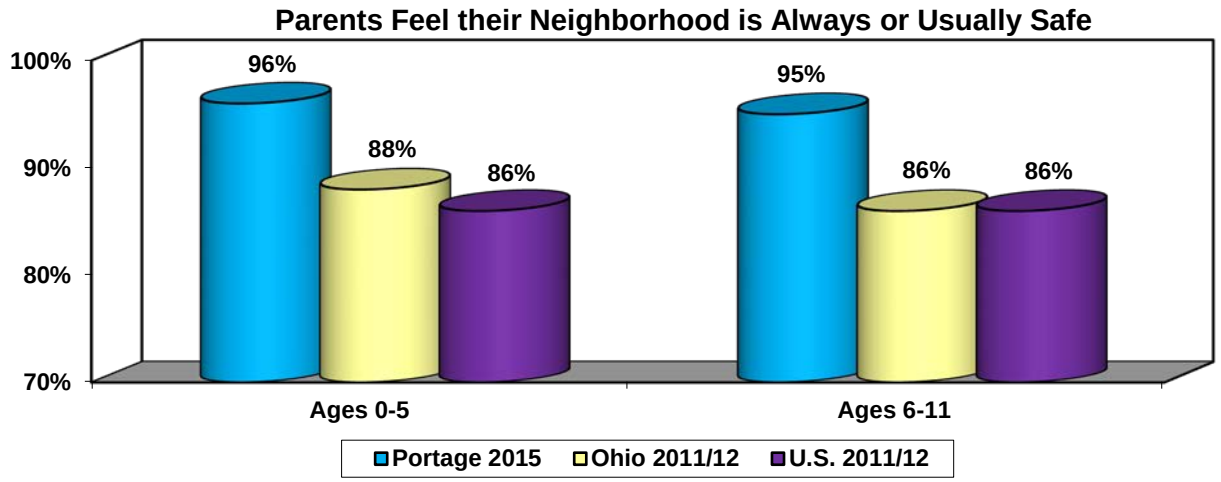


(Source: National Survey of Children's Health & 2016 Portage County Health Assessment)

Neighborhood Safety

The following graph shows the percent of Portage County, Ohio, and U.S. parents who feel their neighborhood is always or usually safe.

- Portage County has the largest percent of parents for the 6-11 age group who feel that their neighborhood is always/usually safe.



(Source: National Survey of Children's Health & 2016 Portage County Health Assessment)

Children and Sleep

- Children five to twelve years old need 10-11 hours of sleep.
- Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact their ability to learn in school.
- Sleep tips for school-aged children:
  - Teach school-aged children about healthy sleep habits
  - Emphasize need for regular and consistent sleep schedule and bedtime routine
  - Make child's bedroom conducive to sleep – dark, cool and quiet
  - Keep TV and computers out of the bedroom.

(Source: National Sleep Foundation, Children and Sleep; http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep)

Child | PARENT HEALTH

Key Findings

In 2015, 7% of Portage County parents were uninsured. 34% of parents were overweight and 26% were obese. Parents missed work an average of 1.8 days per year due to their child being ill or injured.

National Survey of Children's Health 2011/2012

- 78% of mothers of 0-5 year olds and 70% of mothers of 6-11 year olds in Ohio rated their mental and emotional health as excellent or very good.
- 83% of fathers of 0-5 year olds and 80% of fathers of 6-11 year olds in Ohio rated their mental and emotional health as excellent or very good.
- 7% of mothers of 0-5 year olds and 10% of mothers of 6-11 year olds in Ohio rated their mental and emotional health as fair or poor.
- 7% of fathers of 6-11 year olds in Ohio rated their mental and emotional health as fair or poor.

(Source: National Survey of Children's Health, 2011/12, http://nschdata.org)

Parent Health

- Those filling out the survey had the following relationship to the child: mother (69%), father (29%), and grandparent (2%).
- Nearly three-fourths (73%) of parents rated their health as excellent or very good, decreasing to 42% of parents with incomes less than $25,000. 5% of parents had rated their health as fair or poor.
- 74% of parents rated their mental and emotional health as excellent or very good, decreasing to 44% of parents with incomes less than $25,000. 5% rated their mental and emotional health as fair or poor.
- 7% of mothers and 3% of fathers of 0-5 year olds rated their mental and emotional health as fair or poor. 5% of mothers and 6% of fathers of 6-11 year olds rated their mental or emotional health as fair or poor.
- 7% of Portage County parents were uninsured.
- 60% of parents were either overweight (34%) or obese (26%). 38% were normal weight, and 2% were underweight.
- 60% of parents were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 25% of adults were exercising 5 or more days per week. One-in-six (16%) parents were not participating in any physical activity in the past week, including 1% who were unable to exercise.
- Parents missed work an average of 1.8 days per year due to their child being ill or injured, 0.8 days per year due to their child's medical appointments, 0.1 days due to child's asthma, and 0.1 days due to behavioral or emotional problems.

Child Comparisons	Portage County 2015 0-5 Years	Ohio 2011/12 0-5 Years	U.S. 2011/12 0-5 Years	Portage County 2015 6-11 Years	Ohio 2011/12 6-11 Years	U.S. 2011/12 6-11 Years
Mother's mental or emotional health is fair/poor	7%	7%	7%	5%	10%	8%
Father's mental or emotional health is fair/poor	3%	N/A	3%	6%	7%	5%

N/A – Not available

Appendix I | PORTAGE COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

Source	Data Used	Website
American Association of Suicidology	▪ Suicide Facts	www.suicidology.org/resources/facts-statistics-current-research/suicide-statistics
American Cancer Society, Cancer Facts and Figures 2015. Atlanta: ACS, 2015	▪ 2015 Cancer Facts, Figures, and Estimates ▪ Nutrition Recommendations	www.cancer.org
American College of Allergy, Asthma & Immunology	▪ Asthma Facts	http://acaai.org/news/facts-statistics/asthma
American Dental Association	▪ Oral Health in Older Adults	www.ada.org/sections/publicResources/pdfs/faq.pdf
American Diabetes Association	▪ Type 1 and 2 Diabetes ▪ Risk Factors for Diabetes ▪ Diabetes Facts	www.diabetes.org
American Foundation for Suicide Prevention	▪ Warning Signs for Suicide	www.afsp.org/
American Heart Association, 2013	▪ Stroke Warning Signs and Symptoms ▪ Smoke-free Living: Benefits & Milestones	www.heart.org/HEARTORG/
Arthritis at a Glance, 2012, Centers for Disease Control & Prevention, *Morbidity and Mortality Weekly Report 2010; 59(39):999-1003 & 59(39):1261-1265*	▪ Arthritis Statistics	www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	▪ 2009 - 2013 Adult Ohio and U.S. Correlating Statistics	www.cdc.gov
Brady Campaign to Prevent Gun Violence	▪ Victims of Gun Violence	www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf
Caron Pennsylvania	▪ Characteristics of New Marijuana Users	www.caron.org/signs-of-pot-use-5827.html

Source	Data Used	Website
Center for Disease Control and Prevention (CDC)	▪ Asthma Attacks ▪ Binge Drinking Among Women ▪ Caffeinated Alcohol Beverages ▪ Cancer and Men ▪ Community Health Status Indicators ▪ Distracted Driving ▪ Health Care Access Among the Employed and Unemployed ▪ Health Care Access and Utilization ▪ Healthy Eyes ▪ HIV in the U.S. ▪ Heart Health and Stroke Facts ▪ Obesity Facts ▪ Oral Health ▪ Skin Cancer Prevention ▪ Smoking facts ▪ Tips for Parents ▪ Yearly Flu Shots	www.cdc.gov
CDC, Alcohol and Public Health, 2012	▪ Underage Drinking	www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm
CDC, Adolescent and School Health, 2013	▪ Youth Physical Activity Facts	www.cdc.gov/healthyyouth/physicalactivity/facts.htm
CDC, Arthritis	▪ Key Public Health Messages	www.cdc.gov/arthritis/basics/key.htm
CDC, Injury Center: Violence Prevention 2014	▪ Understanding Bullying Fact Sheet ▪ Youth Suicide	www.cdc.gov/violenceprevention/
CDC, National Center for Health Statistics	▪ Leading Causes of Death in U.S. ▪ Men's Health ▪ U.S. Female Fertility Rate ▪ U.S. Births to Unwed Mothers ▪ U.S. Low Birth Weight, Live Births	www.cdc.gov/nchs/fastats/
CDC, Physical Activity for Everyone	▪ Physical Activity Recommendations	www.cdc.gov/physicalactivity/everyone/guidelines/adults.html
CDC, Sexually Transmitted Diseases Surveillance, 2014	▪ U.S. Chlamydia and Gonorrhea Rates ▪ STD's in Adolescents and Young Adults ▪ U.S. STD Surveillance Profile	www.cdc.gov/std/stats/
CDC, Vaccine Safety, Human Papillomavirus (HPV)	▪ Human Papillomavirus	www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html

Source	Data Used	Website
CDC, Wonder	▪ About Underlying Cause of Death, 1999-2012	http://wonder.cdc.gov/ucd-icd10.html
Community Commons	▪ Cigarette Expenditures ▪ Alcohol Beverage Expenditures ▪ Beer, Wine and Liquor Stores ▪ Bars and Drinking Establishments	www.communitycommons.org/
Federal Emergency Management Agency (FEMA)	▪ Basic Disaster Supplies Kit	www.ready.gov/basic-disaster-supplies-kit
Health Indicators Warehouse	▪ Age-Adjusted Mortality Rates for Motor Vehicle Accidents ▪ Heart Disease and Stroke Mortality Rates	www.healthindicators.gov/Indicators/Selection
Healthy People 2020: U.S. Department of Health & Human Services	▪ All Healthy People 2020 Target Data Points ▪ Some U.S. Baseline Statistics ▪ Predictors of Access to Health Care	www.healthypeople.gov/2020/topicsobjectives2020
Legacy for Health	▪ Tobacco Fact Sheet	www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf
National Cancer Institute	▪ Age-Adjusted Cancer Mortality Rates	http://statecancerprofiles.cancer.gov/index.html
National Institute on Drug Abuse	▪ Abuse of Prescription Drugs ▪ Drug Facts: Heroin	www.drugabuse.gov
National Institute of Health, Senior Health	▪ Hearing Loss	http://nihseniorhealth.gov/hearingloss/hearinglossdefined/01.html
National Vital Statistics Report	▪ Live Birth Data	www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01
Network of Care	▪ Health Indicators ▪ Age-Adjusted Mortality Rates	http://Portage.oh.networkofcare.org/ph/county-indicators.aspx#cat1
Office of Health Transformation	▪ Ohio Medicaid Assessment Survey	http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=oid6Wo-y0gs%3D&tabid=160

Source	Data Used	Website
Office of Criminal Justice Services	▪ Crime Statistics and Crime Reports	www.ocjs.ohio.gov/crime_stats_reports.stm
Ohio Department of Health, Information Warehouse	▪ Obesity and Diabetes in Ohio ▪ Portage County and Ohio Mortality Statistics ▪ Portage County and Ohio Birth Statistics ▪ Portage County and Ohio Leading Causes of Death ▪ Sexually Transmitted Diseases ▪ Incidence of Cancer ▪ HIV/AIDS Surveillance Program ▪ Statistics: Access to Health Services ▪ Teen Birth Rates	www.odh.ohio.gov/
Ohio Department of Health, Ohio Oral Health Surveillance System	▪ Portage County Dental Care Resources	http://publicapps.odh.ohio.gov/oralhealth/default.aspx
Ohio Department of Job & Family Services	▪ Portage County and Ohio Medicaid Statistics	http://jfs.ohio.gov/county/cntypro/pdf11/Portage.pdf
Ohio Department of Public Safety	▪ 2013 Portage County and Ohio Crash Facts ▪ OSHP Computer-Aided Dispatch (CAD) System	https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx
Ohio Department of Rehabilitation and Correction	▪ Arrests/Incarceration Data ▪ Inmate Population by Gender and Race	www.drc.ohio.gov/web/Reports/FactSheet/March%202014.pdf
Ohio Mental Health and Addiction Services	▪ Doses Per Capita	http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf
Ohio State Highway Patrol	▪ Compliant Data ▪ Electronic Crash Records ▪ Felony Cases and Drug Arrests ▪ Portage County Activity Statistics	http://statepatrol.ohio.gov/
Ohio Suicide Prevention Foundation	▪ Suicide Deaths by Gender and Age Group	www.ohiospf.org/content.php?pageurl=ohio_statistics
Philadelphia Department of Public Health	▪ Electronic Cigarette Factsheet	www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf

APPENDIX I

Source	Data Used	Website
RESPECT	▪ Bullying Definitions	www.respect2all.org/parents/bullying-definitions
Teens Health	▪ Sexual Harassment and Sexual Bullying	http://kidshealth.org/teen/sexual_health/guys/harassment.html
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	▪ American Community Survey 1 year estimate, 2013 ▪ Ohio and Portage County 2013 Census Demographic Information ▪ Ohio and U.S. Health Insurance Sources ▪ Small Area Income and Poverty Estimates ▪ Federal Poverty Thresholds	www.census.gov
U.S. Department of Health and Human Services, Ohio Department of Mental Health	▪ Mental Health Services in Ohio	www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&humanservices.pdf
U.S. Environmental Protection Agency, Biological Pollutants	▪ Health Effects from Biological Contaminants	www.epa.gov/iaq/biologic.html
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	▪ 2005 - 2013 youth Ohio and U.S. correlating statistics	http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx

Appendix II | PORTAGE COUNTY ACRONYMS AND TERMS

AHS	**A**ccess to **H**ealth **S**ervices, Topic of Healthy People 2020 objectives
Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Adult Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
AOCBC	**A**rthritis, **O**steoporosis, and **C**hronic **B**ack **C**onditions, Topic of Healthy People 2020 objectives
BMI	**B**ody **M**ass **I**ndex is defined as the contrasting measurement/relationship of weight to height.
BRFSS	**B**ehavior **R**isk Factor **S**urveillance **S**ystem, an adult survey conducted by the CDC.
CDC	**C**enters for **D**isease **C**ontrol and **P**revention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
CY	**C**alendar **Y**ear
FY	**F**iscal **Y**ear
HCNO	**H**ospital **C**ouncil of **N**orthwest **O**hio
HDS	**H**eart **D**isease and **S**troke, Topic of Healthy People 2020 objectives
HP 2020	**H**ealthy **P**eople **2020**, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic $\geq$140 and Diastolic $\geq$ 90
IID	**I**mmunizations and **I**nfectious **D**iseases, Topic of Healthy People 2020 objectives
N/A	Data is not available.
NSCH	**N**ational **S**urvey of **C**hildren's **H**ealth
ODH	**O**hio **D**epartment of **H**ealth

Race/Ethnicity	**Census 2010:** 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.
Weapon	Defined in the YRBSS as "a weapon such as a gun, knife, or club"
Youth	Defined as 12 through 18 years of age
YPLL/65	**Y**ears of **P**otential **L**ife **L**ost before age 65. Indicator of premature death.
Youth BMI Classifications	**Underweight** is defined as BMI-for-age $\leq$ 5th percentile **Overweight** is defined as BMI-for-age 85th percentile to < 95th percentile. **Obese** is defined as $\geq$ 95th percentile.
YRBSS	**Y**outh **R**isk **B**ehavior **S**urveillance **S**ystem, a youth survey conducted by the CDC

Appendix III | METHODS FOR WEIGHTING THE 2016 PORTAGE 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 Portage County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Portage 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 Portage 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 Portage County Survey and the 2013 American Community Survey (Census data).

2015 Portage Survey			2013 Census Estimate		Weight
Sex	Number	Percent	Number	Percent	
Male	207	48.139535	79,432	48.615863	1.009895
Female	223	51.860465	83,955	51.384137	0.990815

In this example, it shows that the survey sample was nearly the same distribution as the census data. However, there was a slightly smaller portion of males in the sample compared to the actual portion in Portage County. The weighting for males was calculated by taking the percent of males in Portage County (based on Census information) (48.615863%) and dividing that by the percent found in the 2015 Portage County sample (48.139535%) [48.615863/48.139535 = weighting of 1.009895 for males]. The same was done for females [51.384137/51.860465 = weighting of 0.990815 for females]. Thus males' responses are weighted heavier by a factor of 1.009895 and females' responses weighted less by a factor of 0.990815.

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 1.37108346 [0.99081520 (weight for females) x 0.95813866 (weight for White) x 1.39424911 (weight for age 35-44) x 1.03586341 (weight for income $50-$75k)]. Thus, each individual in the 2015 Portage 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	Portage Sample	%	2013 Census Estimate*	%		Weighting Value
Sex:						
Male	207	48.139535	79,432	48.615863		1.00989474
Female	223	51.860465	83,955	51.384137		0.99081520
Age:						
20-24	9	2.142857	18,825	15.496123		7.23152401
25-34	36	8.571429	17,741	14.603810		1.70377779
35-44	47	11.190476	18,954	15.602311		1.39424911
45-54	90	21.428571	23,974	19.734611		0.92094851
55-59	55	13.095238	11,258	9.267217		0.70767835
60-64	60	14.285714	9,210	7.581370		0.53069591
65-74	80	19.047619	12,329	10.148829		0.53281350
75-84	42	10.000000	6,706	5.520159		0.55201594
85+	1	0.238095	2485	2.045571		8.59139626
Race:						
White	408	94.883721	148,538	90.911762		0.95813866
Non-White	22	5.116279	14,849	9.088238		1.77633750
Household Income:						
Less than $10,000	15	3.712871	5,301	8.705577		2.34470210
$10k-$15k	23	5.693069	2,955	4.852854		0.85241440
$15k-$25k	46	11.386139	6,144	10.089995		0.88616481
$25k-$35k	47	11.633663	5,438	8.930566		0.76764862
$35k-$50	58	14.356436	8,865	14.558563		1.01407920
$50k-$75k	78	19.306931	12,178	19.999343		1.03586341
$75k or more	137	33.910891	20,011	32.863102		0.96910169

Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Portage County in each subcategory by the proportion of the sample in the Portage County survey for that same category.
*** Portage County population figures taken from the 2013 American Community Survey (Census Estimates).**

APPENDIX III

Appendix IV | PORTAGE COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2016 Portage County Health Assessment:

Field Local Schools

Field High School

Field Middle School

James A. Garfield Local Schools

James A. Garfield High School

James A. Garfield Middle School

Kent City Schools

Roosevelt High School

Stanton Middle School

Ravenna City Schools

Ravenna High School

Brown Middle School

Rootstown Local Schools

Rootstown High School

Rootstown Middle School

Southeast Local Schools

Southeast High School

Appendix V | PORTAGE COUNTY SAMPLE DEMOGRAPHIC PROFILE*

Variable	2015 Survey Sample	Portage County Census 2009-2013 (5 year estimate)	Ohio Census 2013
Age			
20-29	25.6%	17.2%	13.2%
30-39	10.8%	10.7%	11.9%
40-49	15.1%	13.3%	13.2%
50-59	18.5%	14.4%	14.7%
60 plus	22.9%	18.8%	21.3%
Race/Ethnicity			
White	89.6%	93.9%	82.5%
Black or African American	3.0%	5.3%	12.1%
American Indian and Alaska Native	1.0%	0.6%	0.2%
Asian	1.0%	2.0%	1.8%
Other	2.2%	0.3%	0.8%
Hispanic Origin (may be of any race)	1.1%	1.4%	3.3%
Marital Status†			
Married Couple	49.3%	47.0%	47.8%
Never been married/member of an unmarried couple	30.3%	35.9%	31.8%
Divorced/Separated	14.1%	12.4%	14.0%
Widowed	3.4%	4.8%	6.4%
Education†			
Less than High School Diploma	4.5%	7.1%	11.0%
High School Diploma	35.9%	38.8%	34.2%
Some college/ College graduate	59.2%	52.2%	54.8%
Income (Families)			
$14,999 and less	20.4%	7.5%	8.7%
$15,000 to $24,999	6.6%	6.7%	8.2%
$25,000 to $49,999	19.0%	20.7%	23.4%
$50,000 to $74,999	15.8%	22.4%	20.3%
$75,000 or more	26.5%	42.6%	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 Portage 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

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

Age	Total	Males	Females
Portage County	**161,419**	**78,841**	**82,578**
0-4 years	**8,190**	**4,158**	**4,032**
1-4 years	6,716	3,398	3,318
< 1 year	1,474	760	714
1-2 years	3,289	1,654	1,509
3-4 years	3,427	1,744	1,683
5-9 years	**8,959**	**4,530**	**4,429**
5-6 years	3,508	1,815	1,693
7-9 years	5,451	2,715	2,736
10-14 years	**10,125**	**5,183**	**4,942**
10-12 years	6,033	3,078	2,955
13-14 years	4,092	2,105	1,987
12-18 years	15,827	7,950	7,877
15-19 years	**14,504**	**6,929**	**7,575**
15-17 years	6,404	3,335	3,069
18-19 years	8,100	3,594	4,506
20-24 years	17,081	8,248	8,833
25-29 years	9,313	4,804	4,509
30-34 years	8,411	4,193	4,218
35-39 years	9,133	4,484	4,649
40-44 years	10,467	5,080	5,387
45-49 years	12,211	5,999	6,212
50-54 years	12,312	6,088	6,224
55-59 years	10,866	5,349	5,517
60-64 years	9,028	4,442	4,586
65-69 years	6,772	3,257	3,515
70-74 years	4,875	2,287	2,588
75-79 years	3,819	1,709	2,110
80-84 years	2,902	1,238	1,664
85-89 years	1,652	629	1,023
90-94 years	634	186	448
95-99 years	147	42	105
100-104 years	18	6	12
105-109 years	0	0	0
110 years & over	0	0	0
Total 85 years and over	**2,451**	**863**	**1,588**
Total 65 years and over	**20,819**	**9,354**	**11,465**
Total 19 years and over	**124,468**	**60,177**	**64,291**

PORTAGE COUNTY PROFILE

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

2009-2013 ACS 5-year estimate

Total Population		
2013 Total Population	163,862	
2000 Total Population	152,061	
Largest City-Kent		
2013 Total Population	32,042	100%
2000 Total Population	27,906	100%
Population By Race/Ethnicity		
Total Population	163,387	100%
White Alone	148,538	90.9%
Hispanic or Latino (of any race)	2,308	1.4%
African American	6,263	3.8%
Asian	2,685	1.6%
Two or more races	3,338	2.0%
Other	121	0.1%
American Indian and Alaska Native	134	0.1%
Population By Age 2010		
Under 5 years	8,190	5.1%
5 to 17 years	25,488	15.9%
18 to 24 years	25,181	15.6%
25 to 44 years	37,324	23.1%
45 to 64 years	44,417	27.5%
65 years and more	20,819	12.9%
Median age (years)	**37.4**	
Household By Type		
Total Households	61,623	100%
Family Households (families)	39,069	63.4%
With own children <18 years	15,100	24.5%
Married-Couple Family Households	30,068	48.8%
With own children <18 years	9,963	16.2%
Female Householder, No Husband Present	6,754	11.0%
With own children <18 years	4,201	6.8%
Non-family Households	22,554	36.6%
Householder living alone	16,886	27.4%
Householder 65 years and >	5,731	9.3%
Households With Individuals < 18 years	16,959	39.1%
Households With Individuals 65 years and >	15,709	21.5%
Average Household Size	2.55 people	
Average Family Size	3.10 people	

APPENDIX VI

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

2009-2013 ACS 5-year estimate

Median Value of Owner-Occupied Units	$150,300
Median Monthly Owner Costs (With Mortgage)	$1,341
Median Monthly Owner Costs (Not Mortgaged)	$470
Median Gross Rent for Renter-Occupied Units	$802
Median Rooms Per Housing Unit	5.9
Total Housing Units	67,487
No Telephone Service	1296
Lacking Complete Kitchen Facilities	433
Lacking Complete Plumbing Facilities	189

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

2013 ACS 1-year estimates

School Enrollment		
Population 3 Years and Over Enrolled In School	50,327	100%
Nursery & Preschool	1,874	3.7%
Kindergarten	1,520	3.0%
Elementary School (Grades 1-8)	14,212	28.2%
High School (Grades 9-12)	9,216	18.3%
College or Graduate School	23,505	46.7%
Educational Attainment		
Population 25 Years and Over	102,762	100%
< 9th Grade Education	1,554	1.5%
9th to 12th Grade, No Diploma	6,000	5.8%
High School Graduate (Includes Equivalency)	41,053	39.9%
Some College, No Degree	23,350	22.7%
Associate Degree	5,702	5.5%
Bachelor's Degree	16,045	15.6%
Graduate Or Professional Degree	9,058	8.8%
Percent High School Graduate or Higher	*(X)	92.6%

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

2013 ACS 1-year estimate

Marital Status		
Population 15 Years and Over	138,864	100%
Never Married	52,615	37.9%
Now Married, Excluding Separated	62,452	45.0%
Separated	1,440	1.0%
Widowed	7,382	5.3%
Female	6,154	4.4%
Divorced	8,402	6.0%
Female	14,975	10.8%
Veteran Status		
Civilian Veterans 18 years and over	12,022	9.1%
Disability Status of the Civilian Non-institutionalized Population		
Total Civilian Noninstitutionalized Population	162,909	100%
With a Disability	19,165	11.8%
Under 18 years	31,413	100%
With a Disability	1,393	4.4%
18 to 64 years	109,490	100%
With a Disability	11,631	10.6%
65 Years and Over	22,006	100%
With a Disability	6,141	27.9%

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

2013 ACS 1-year estimate

Employment Status		
Population 16 Years and Over	137,246	100%
In Labor Force	94,585	68.9%
Not In Labor Force	42,661	31.1%
Females 16 Years and Over	70,788	100%
In Labor Force	46,278	65.4%
Population Living With Own Children <6 Years	8,789	100%
All Parents In Family In Labor Force	6,662	75.8%
Class of Worker		
Employed Civilian Population 16 Years and Over	85,543	100%
Private Wage and Salary Workers	72,545	84.8%
Government Workers	9,032	10.6%
Self-Employed Workers in Own Not Incorporated Business	3,744	4.4%
Unpaid Family Workers	222	0.3%
Median Earnings		
Male, Full-time, Year-Round Workers	$46,996	
Female, Full-time, Year-Round Workers	$33,934	

APPENDIX VI

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

2013 ACS 1-year estimate

Occupations

Employed Civilian Population 16 Years and Over	85,543	100%
Production, Transportation, and Material Moving Occupations	14,657	17.1%
Management, business, science, and art occupations	25,517	29.8%
Sales and Office Occupations	20,801	24.3%
Service Occupations	17,556	20.5%
Natural Resources, Construction, and Maintenance Occupations	7,012	8.2%

Leading Industries

Employed Civilian Population 16 Years and Over	85,543	100%
Manufacturing	14,572	17.0%
Educational, health and social services	18,546	21.7%
Trade (retail and wholesale)	13,531	15.8%
Arts, entertainment, recreation, accommodation, and food services	10,048	11.7%
Professional, scientific, management, administrative, and waste management services	7,221	8.4%
Transportation and warehousing, and utilities	4,480	5.2%
Finance, insurance, real estate and rental and leasing	3,794	4.4%
Other services (except public administration)	3,733	4.4%
Construction	4,534	5.3%
Public administration	2,543	3.0%
Information	994	1.2%
Agriculture, forestry, fishing and hunting, and mining	1,547	1.8%

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

2013 ACS 1-year estimate

Income In 2013		
Households	61,623	100%
< $10,000	6,108	9.9%
$10,000 to $14,999	3,101	5.0%
$15,000 to $24,999	5,211	8.5%
$25,000 to $34,999	4,729	7.7%
$35,000 to $49,999	10,111	16.4%
$50,000 to $74,999	12,411	20.1%
$75,000 to $99,999	9,224	15.0%
$100,000 to $149,999	7,070	11.5%
$150,000 to $199,999	2,139	3.5%
$200,000 or more	1,519	2.5%
Median Household Income	***$52,337***	

Income In 2013		
Families	39,069	100%
< $10,000	2,492	6.4%
$10,000 to $14,999	710	1.8%
$15,000 to $24,999	2,025	5.2%
$25,000 to $34,999	2,501	6.4%
$35,000 to $49,999	4,876	12.5%
$50,000 to $74,999	8,907	22.8%
$75,000 to $99,999	7,605	19.5%
$100,000 to $149,999	6,699	17.1%
$150,000 to $199,999	1,996	5.1%
$200,000 or more	1,258	3.2%
Median Household Income (families)	***$68,270***	

Per Capita Income In 2013	**$25,940**

Poverty Status In 2013	***Number Below Poverty Level***	***% Below Poverty Level***
Families	*(X)	11.3%
Individuals	*(X)	18.1%

**(x)-Not available*

APPENDIX VI

Selected Economic Characteristics, Continued
(Source: U.S. Bureau of Economic Analysis)
Bureau of Economic Analysis (BEA) Per Capita Personal Income Figures

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2013	$38,448	30th of 88 counties
BEA Per Capita Personal Income 2012	$37,767	28th of 88 counties
BEA Per Capita Personal Income 2011	$36,471	27th of 88 counties
BEA Per Capita Personal Income 2003	$28,314	26h 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)

Poverty Rates, 5-year averages
2009 to 2013

Category	Portage	Ohio
Population in poverty	16.1%	15.8%
< 125% FPL (%)	20.2%	20.3%
< 150% FPL (%)	23.8%	24.9%
< 200% FPL (%)	31.3%	34.1%
Population in poverty (1999)	9.3%	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	Portage	Ohio
Labor Force	88,000	5,703,400
Employed	83,800	5,439,500
Unemployed	4,200	263,900
Unemployment Rate* in December 2015	4.8	4.6
Unemployment Rate* in November 2015	4.6	4.4
Unemployment Rate* in December 2014	4.8	4.7

**Rate equals unemployment divided by labor force.*
(Source: Ohio Department of Job and Family Services, December 2015, http://ohiolmi.com/laus/current.htm)

APPENDIX VI

Estimated Poverty Status in 2013

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Portage County				
All ages in poverty	25,907	23,363 to 28,451	16.9%	15.2 to 18.6
Ages 0-17 in poverty	5,734	4,813 to 6,655	18.4%	15.4 to 21.4
Ages 5-17 in families in poverty	3,864	3,147 to 4,581	16.3%	13.3 to 19.3
Median household income	$52,576	$49,814 to $55,338		
Ohio				
All ages in poverty	1,793,523	1,767,288 to 1,819,758	15.9%	15.7 to 16.1
Ages 0-17 in poverty	589,871	573,913 to 605,829	22.7%	21.1 to 23.3
Ages 5-17 in families in poverty	398,690	384,850 to 412,530	20.8%	20.1 to 21.5
Median household income	$48,138	$47,736 to $48,540		
United States				
All ages in poverty	48,810,868	48,554,692 to 49,067,044	15.8%	15.7 to 15.9
Ages 0-17 in poverty	16,086,960	15,948,844 to 16,225,076	22.2%	22.0 to 22.4
Ages 5-17 in families in poverty	10,958,232	10,860,529 to 11,055,935	20.8%	20.6 to 21.0
Median household income	$52,250	$52,185 to $52,315		

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

Federal Poverty Thresholds in 2014 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	$12,316					
1 Person 65 and >	$11,354					
2 people Householder < 65 years	$15,853	$16,317				
2 People Householder 65 and >	$14,309	$16,256				
3 People	$18,518	$19,055	$19,073			
4 People	$24,418	$24,817	$24,008	$24,091		
5 People	$29,477	$29,875	$28,960	$28,252	$27,820	
6 People	$33,869	$34,004	$33,303	$32,631	$31,633	$31,041
7 People	$38,971	$39,214	$38,375	$37,791	$36,701	$35,431
8 People	$43,586	$43,970	$43,179	$42,485	$41,501	$40,252
9 People or >	$52,430	$52,685	$51,984	$51,396	$50,430	$49,101

(Source: U. S. Census Bureau, Poverty Thresholds 2014, http://www.census.gov/hhes/www/poverty/data/threshld/index.html)

Portage County Community Health Needs Assessment

March 16, 2015

By:
The Portage County Community Health Assessment Partnership

With assistance from
Center for Public Policy and Health
College of Public Health
Kent State University

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-City of Kent (Kent, Ohio)

- Aurora Farms Premium Outlets (Aurora, Ohio)

-Portage County Randolph Fair (Randolph, Ohio)

EXECUTIVE SUMMARY

This report presents the results of Portage County's collaborative community health assessment (CHA). Its purposes are to: (1) help create a shared understanding of health needs in Portage County and the local public health system's future information collection needs and (2) create a foundation for future public health improvements by informing a Community Health Improvement Planning (CHIP) process and enabling a continuing quality improvement process for the local public health system.

The public health stakeholders participating in the Partnership came from the private, non-profit, and public sectors. They included representatives of the three local health departments in Portage County – the Portage County Health Department (PCHD), the Kent Health Department (KHD), and the Ravenna Health Department (RHD), as well as multiple private and non-profit sector organizations (See Acknowledgements).

The CHA process benefited from three previously completed countywide community health needs assessments (CHNAs). While the unifying purpose of these assessments was ultimately to identify health needs of the residents of Portage County, each CHNA represented a unique effort. The previously conducted assessments were:
(1) Hospital System Collaborative Community Health Needs Assessment (2013);
(2) Child and Family Health Services Maternal and Child Health Assessment (2013), and;
(3) Local Health Departments Community Health Needs Assessment (2014)

Sources of data and information used in these three assessments included the University of Wisconsin's County Health Rankings, Community Health Status Indicators, Healthy People 2020, Maternal and Child Health data sources, Census data, and focus groups and phone interviews with community leaders and health stakeholders.

The Partnership developed a process for assessing and analyzing information from these sources to arrive at a list of accepted health needs to help guide future public health improvement efforts. The process: (1) addressed data quality issues; (2) combined similar specific health needs into broader health need statements to enable more effective communication and management, and; (3) included substantiation

processes that were based on both "good" data and health needs "perceived" by expert Partnership members.

The report identifies 46 individual health needs based on the previously conducted health assessments and input from the Partnership. Some needs are supported by "good" data, while others are substantiated by the perceptions of the Partnership's members and supplementary information. To aid in communication and management, these 46 substantiated needs were grouped into the 9 following "Areas of Health Need":

1. Mental Health and Addiction – suicide; tobacco use; child abuse & neglect; drug use; drug overdoses; mental health & drug court specialty dockets; trauma focused mental health treatment; housing for persons with mental health issues; depression; adult mental health; alcohol use; child mental health; coordination among mental health & clinical providers.

2. Access to Care - access to prenatal care; access to health insurance; lack of sources of primary care; lack of prescription insurance; lack of dental insurance; lack of sources of dental care; access to dental care for Medicaid clients; cost of care.

3. Chronic Disease - prevention of stroke; prevention of heart disease; prevention of complications with childhood asthma; prevention of diabetes (type II); prevention of high blood pressure; prevention of complication for treatable chronic conditions; prevention of complications with childhood diabetes.

4. Prevention and Wellness - physical inactivity in children & adults; poor nutrition; unhealthy weight (children & adults).

5. Maternal and Child Health - pre-term births; maternal smoking; breastfeeding rates; infant mortality.

6. Communicable Diseases - prevention of hepatitis and immunizations.

7. Oral Health - oral health for adults and children.

8. Senior Health

9. Cancer- early diagnosis and treatment of cancer.

The report also includes demographic information to support analyses of social determinants of health, evidence summaries for the identified health needs, and identification of public health capacities in Portage County that can be used to address the health needs that are identified.

Following public review and finalization of this assessment, both the local health departments and the Partnership envision development of a Community Health Improvement Plan (CHIP) to develop strategies for addressing priority health needs in Portage County. It is envisioned that a group of stakeholders will be brought together to carry out the CHIP. The CHA Partnership also wanted to provide additional input to the CHIP process, and made the following recommendation in this regard:

The Portage County Community Health Assessment Partnership encourages the CHIP Partnership to incorporate data collection, management, and utilization strategies into the Portage County Community Health Improvement Plan.

In summary, stakeholders from a variety of sectors and health specialties coordinated together to participate in this comprehensive CHA for Portage County. The CHA Partnership was able to benefit from the work done in targeted health assessment efforts completed in the county over the past year or two. The Partnership developed a process of incorporating and assessing data from three previously completed community health assessments. The result is a final list of 46 substantiated health needs in 9 broad areas within Portage County, and an identification of potential strategies for improving data collection to inform future health assessment rounds. This information is designed to inform the CHIP process, which is likely to involve community stakeholders working to identify priority health needs, targets for intervention, and mechanisms for evaluating progress.

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