



2010 Henry County, Ohio Health Assessment Project

Released: September, 2010

Commissioned By:
Henry County Health Partners

Foreword

Dear Community Member;

Thank you for your interest in the data presented in this publication. It is the result of the 2010 health assessment of Henry County youth and adults . The data collected is reported along with health information from the Ohio Department of Health and relevant national, state, and local data sources.

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

This report would not exist without the financial support of community organizations and assistance of community leaders who all care about your health. The project was supported financially by the following organizations: Four County ADAMhs Board, Henry County Family and Children First Council, Henry County Health Department, Henry County Hospital, and Napoleon/Henry County Chamber of Commerce, and the United Way of Henry County. In addition, the following individuals worked on the planning committee: Katie Baden, Chief Bob Bennett, Father Dan Borgelt, Tony Borton, Patty Frank, Rick Fruth, Heather Kost, Lou Levy, Tom Mack, Dr. Mark DeMichiei, Pam Pflum, Jeff Schlade, Connie Schuette and Caitlyn Westrick, . Special thanks are given to Britney Ward from the Healthy Communities Foundation of the Hospital Council of Northwest Ohio for guiding the health assessment process.

While data is useful, it is how people utilize this information that ultimately benefits the community. We are happy to assist you in your efforts to improve the health and well-being of Henry County residents. We encourage you to be open to new ideas and collaborations. We also encourage you to remain optimistic and positive about the excellent work this community can do together.

Sincerely,

Kimberly Bordenkircher
CEO
Henry County Hospital

Anne Goon
Health Commissioner
Henry County Health Department

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Henry County Health Department
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Anne Goon – Henry County Health Department
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Healthy Communities Foundation
of the Hospital Council of Northwest Ohio
Britney L. Ward, MPH, Assistant Director of Health Planning
Margaret Wielinski, MPH, Health Improvement Data Specialist
Patrick Trejchel, MPH, Community Improvement & Preparedness Coordinator

Data Collection & Analysis

James H. Price, Ph.D., MPH, Professor of Health Education,
University of Toledo
Joseph A. Dake, Ph.D., MPH, Associate Professor of Health Education,
University of Toledo
Timothy R. Jordan, Ph.D., M.Ed., Associate Professor of Health Education,
University of Toledo

Contact Information

Anne Goon, Henry County Health Commissioner
Henry County Health Department
1843 Oakwood Avenue Napoleon, Ohio 43545
Phone: 419-599-5545 - Fax: 419-592-6400
agoon@henrycohd.org

Kimberly Bordenkircher, CEO
Henry County Hospital
1600 E. Riverview Ave.
Napoleon, OH 43545
(419) 591-3844
kimb@henrycountyhospital.org

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Henry County Community Health Assessment

Executive Summary

This executive summary provides an overview of health-related data for Henry County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2010. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Healthy Communities Foundation of 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 both adults and adolescents within Henry 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

Two 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 and adolescents. The investigators decided to derive the majority of the adult survey items from the Behavioral Risk Factor Surveillance System Survey. The majority of the survey items for the adolescent survey were derived from the Youth Risk Behavior Surveillance System survey.

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

Sampling

Adult Survey

Adults ages 19 and over living in Henry County were used as the sampling frame for the adult survey. There were 20,801 persons ages 19 and over living in Henry County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses

Primary Data Collection Methods

are within a 5% margin of error of the survey findings.) A sample size of at least 376 responding adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Henry County was obtained from American Clearinghouse in Louisville, KY.

Adolescent Survey

Youth ages 12 to 18 living in Henry County were used as the sampling frame for the adolescent survey. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval 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 345 responding adolescents was needed to ensure this level of confidence.

Procedure

Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 800 adults in Henry County. This advance letter was personalized, printed on Henry County Health Partners stationery and was signed by Kim Bordenkircher, CEO, Henry County Hospital, and Anne Goon, Health Commissioner, Henry County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Henry County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing 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 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 71% (n=537). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

Adolescent Survey

The Project Coordinator met with all school district superintendents and obtained approval for the survey. 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 94% (n=414). The survey contained 76 questions and had a multiple choice response format.

Data Analysis

Individual responses were anonymous and confidential. Only group data are available. All data were analyzed by health education researchers at the University of Toledo using SPSS 14.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Henry County, the data collected was weighted by age, gender, race, and income using 2000 census

Primary Data Collection Methods

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

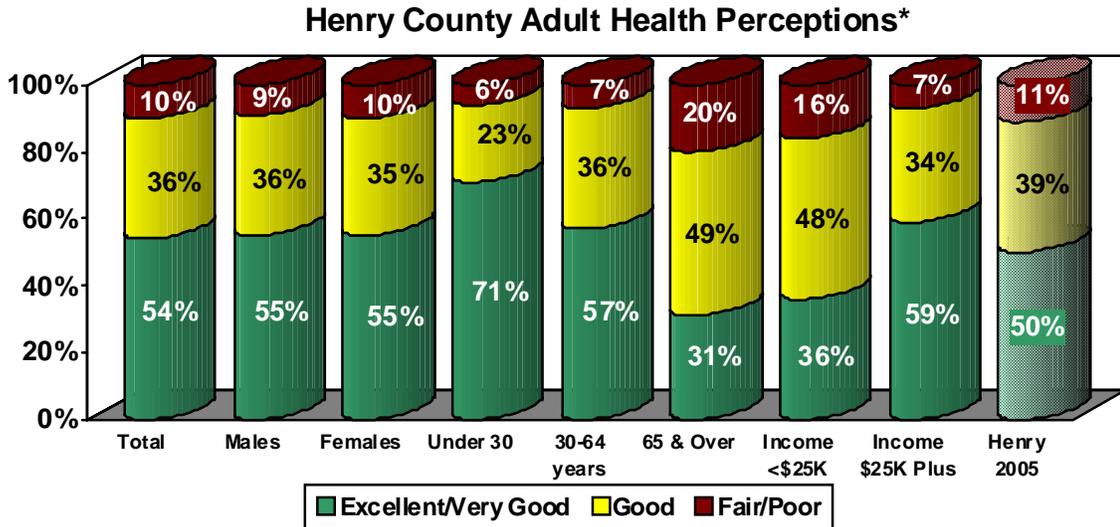
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Henry County adult assessment had a very high response rate (70%). However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Henry County). In other words, if the almost one-third of those who were sent the survey would have answered the questions significantly differently than the over two-thirds who did respond, the results of this assessment would under-represent or over-represent their perceptions and behaviors. If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Also, 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.

Data Summary

Health Perceptions

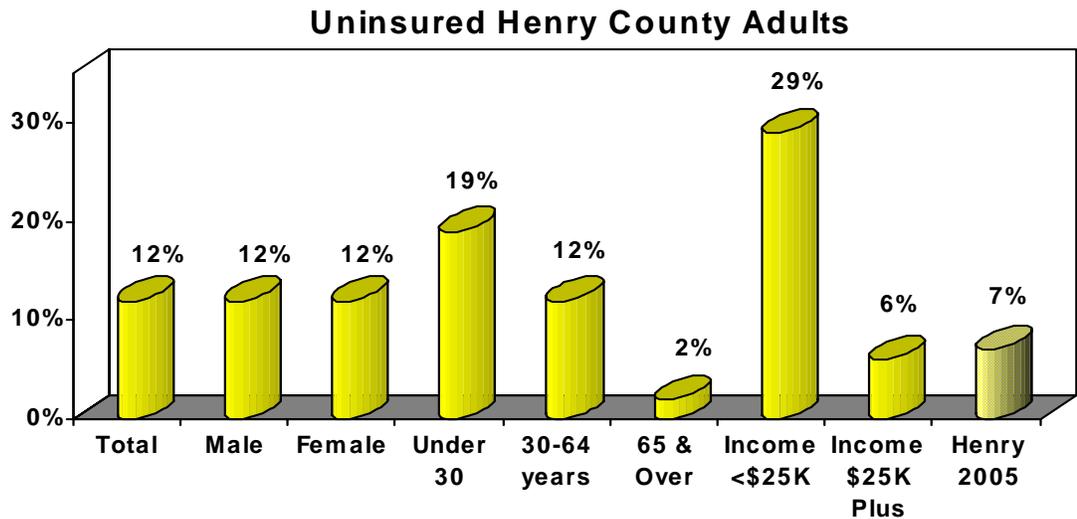
In 2010, over half (54%) of the Henry County adults rated their health status as excellent or very good. Conversely, 10% of the adults increasing to 20% of those over the age of 65 described their health as fair or poor



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

Health Care Coverage

The 2010 health assessment data has identified that 12% of Henry County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Henry County, 8.7% of residents live below the poverty level. (Source U.S. Census, American Community Survey 3 Year Estimates, 2006-2008)



Data Summary

Health Care Access

The 2010 health assessment project identified that 9% of Henry County adults could not access the health care they needed at some time in the past year because of the cost. 61% reported they had one particular doctor or healthcare professional they go to for routine medical care

Cardiovascular Health

Major cardiovascular diseases (heart disease and stroke) accounted for 31% of all Henry County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2010 Henry County health assessment found that 6% of adults had a heart attack and 2% had a stroke at some time in their life. One-third (33%) of Henry County adults have been diagnosed with high blood pressure, 29% have high blood cholesterol, and 33% were obese, three known risk factors for heart disease and stroke.

Cancer

Ohio Department of Health statistics indicate that from 2000-2008, a total of 551 Henry County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that reducing tobacco use, increasing cancer education and awareness, changing diet and exercise habits, and early detection may reduce overall cancer deaths.

Diabetes

In 2010, 6% of Henry County adults had been diagnosed with diabetes.

Arthritis

According to the Henry County survey data, 29% of Henry County adults were diagnosed with arthritis. According to the 2009 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

Asthma

According to the Henry County survey data, 7% of Henry County adults had been diagnosed with asthma.

Henry County Leading Types of Death 2006-2008

Total Deaths: 786

1. Cancers (25% of all deaths)
2. Heart Disease (23%)
3. Stroke (8%)
4. Accidents, Unintentional Injuries (6%)
5. Alzheimer's Disease (4%)

(Source: ODH Information Warehouse, updated 4-15-10)

Henry County Incidence of Cancer, 2005 All Types: 132 cases

- ❖ Colon and Rectum: 20 cases (15%)
- ❖ Lung and Bronchus: 19 cases (14%)
- ❖ Prostate: 11 cases (8%)
- ❖ Breast: 10 cases (8%)
- ❖ Bladder: 8 cases (6%)

From 2006-2008, there were 193 cancer deaths in Henry County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse)

Diabetes Facts

- ❖ Diabetes was the 7th leading cause of death in Henry County from 2006-2008.
- ❖ Diabetes was the 7th leading cause of death in Ohio from 2006-2008.
- ❖ From 2006-2008, the Henry County age-adjusted mortality rate per 100,000 for diabetes was 20.6 deaths for males (34.5 Ohio) and 29.1 (24.4 Ohio) deaths for females.

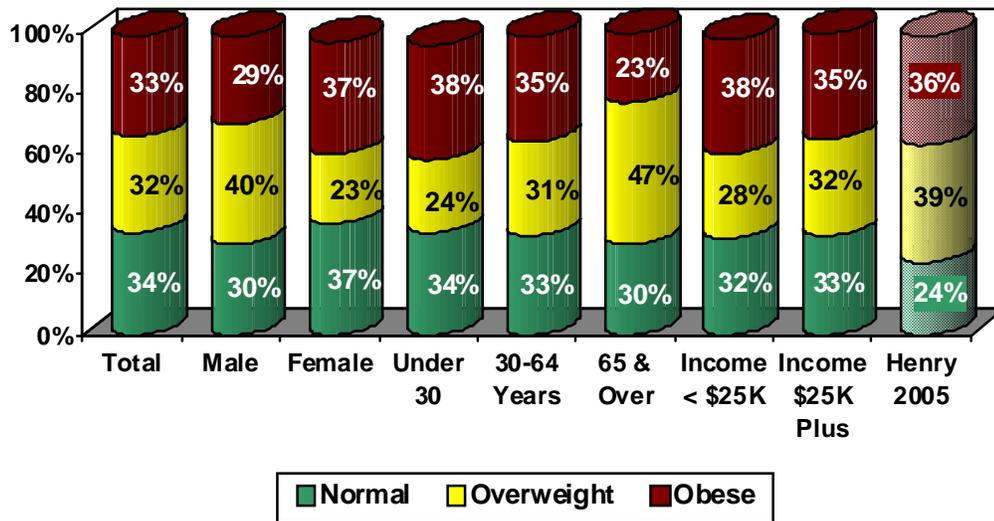
(Source: ODH, Information Warehouse, updated 4-15-10)

Data Summary

Adult Weight Status

The 2010 Health Assessment project identified that 65% of Henry County adults were overweight or obese based on BMI. The 2009 BRFSS indicates that 30% of Ohio and 27% of U.S. adults were obese by BMI. One-third (33%) of Henry County adults were obese. Almost half (47%) of adults were trying to lose weight. 27% of adults had not been participating in any physical activities or exercise in the past week.

Henry County Adult BMI Classifications



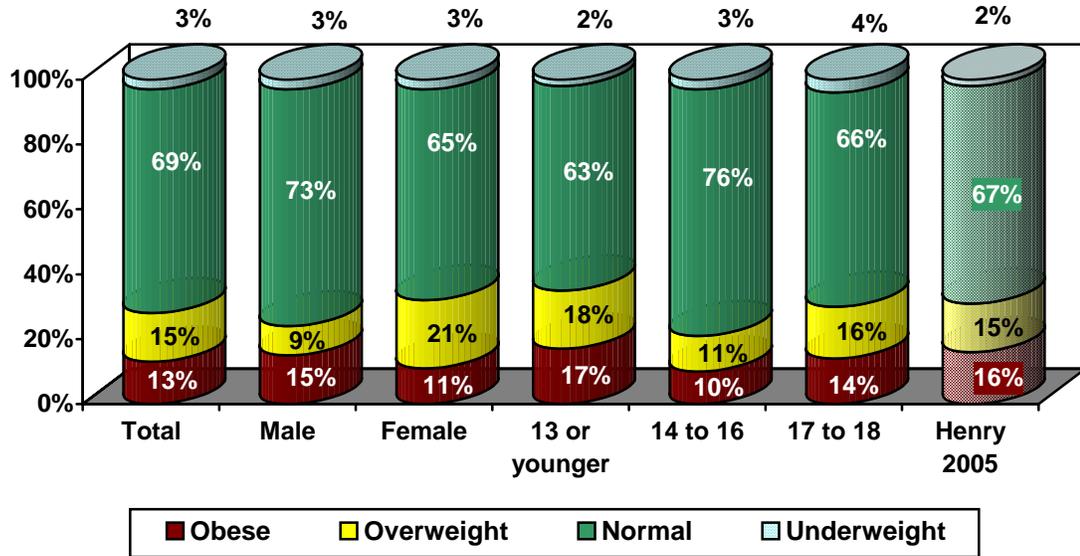
(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

Youth Weight Status

The 2010 Health Assessment identified that 13% of Henry County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 30% of Henry 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.

Data Summary

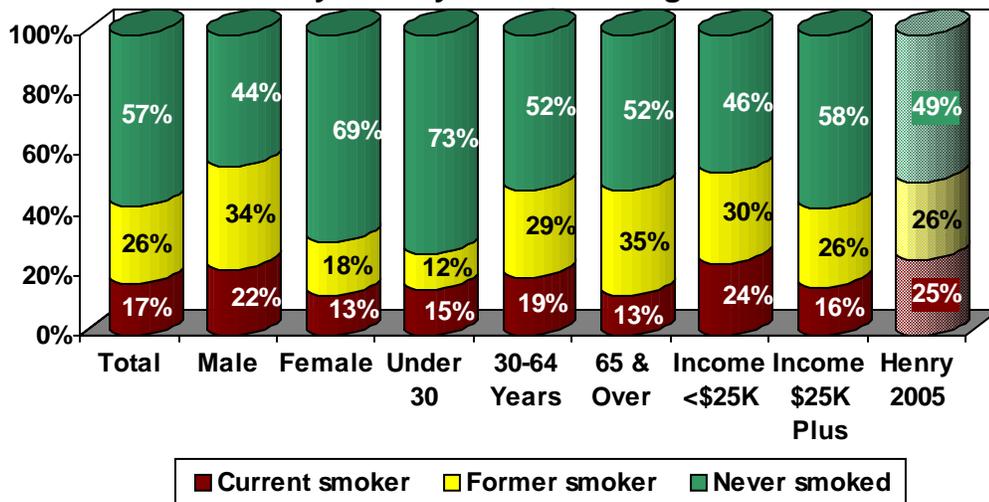
Henry County Youth BMI Classifications



Adult Tobacco Use

In 2010, 17% of Henry County adults were current smokers and 26% were considered former smokers. In 2009, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of disease and early death in the world, accounting for approximately 5.4 million premature deaths each year. ACS estimated that tobacco use would be linked to approximately one in five deaths in the U.S. (Source: *Cancer Facts & Figures, American Cancer Society, 2009*)

Henry County Adult Smoking Behaviors

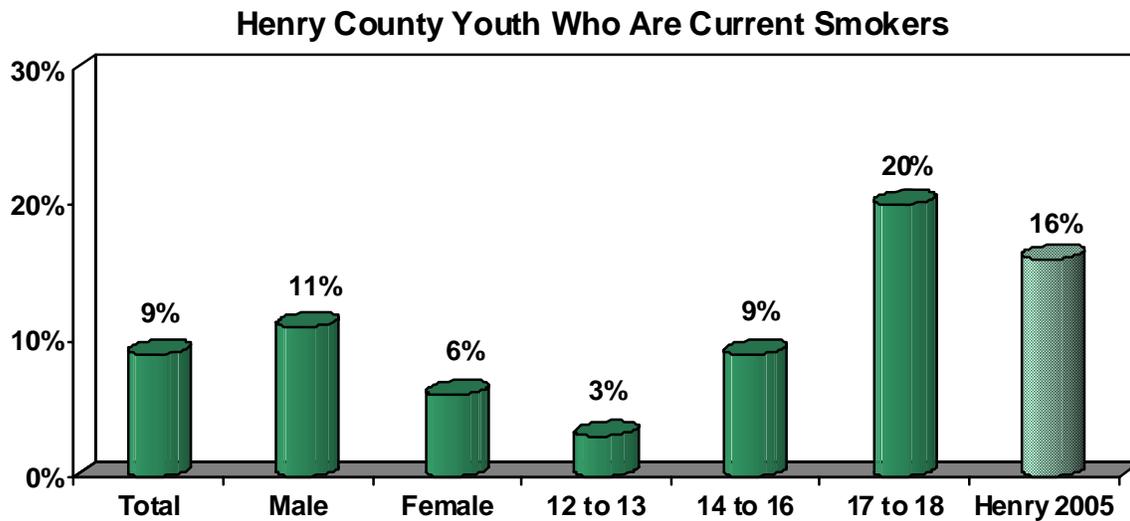


*Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes everyday, some days or not at all?"*

Data Summary

Youth Tobacco Use

The 2010 health assessment identified that 9% of Henry County youth (ages 12-18) were smokers increasing to 20% of those who were 17-18 years old. Overall, 5% of Henry County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 46% had tried to quit.



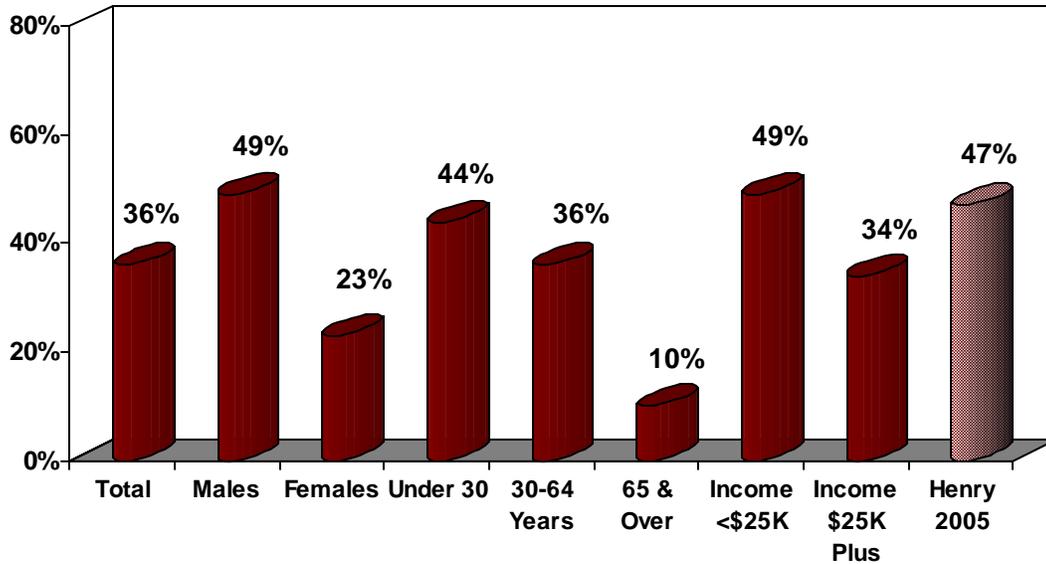
Current smokers are those who have smoked at any time during the past 30 days.

Adult Alcohol Consumption

In 2010, the health assessment indicated that 8% of Henry County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 36% of adults who drank had five or more drinks on one occasion (binge drinking) in the past month. Seven percent of adults drove after having five or more drinks.

Data Summary

Henry County Adult Drinkers Who Binge Drank in Past Month*

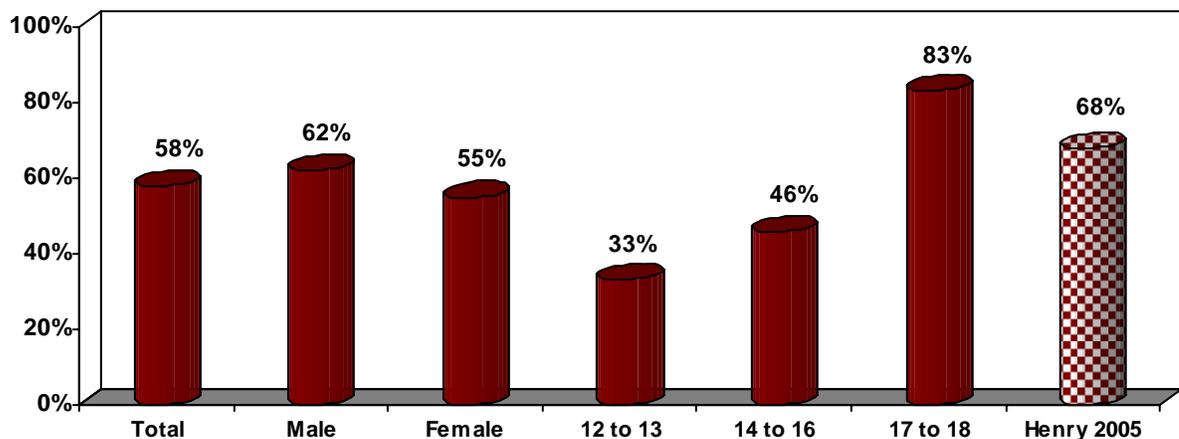


**Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks on an occasion.*

Youth Alcohol Consumption

In 2010, the health assessment results indicated that 49% of Henry County youth had drunk at least one drink of alcohol in their life increasing to 63% of youth seventeen and older. 36% of those who drank, took their first drink before the age of 12. Less than one-fifth (19%) of all Henry County youth and 36% of those 17-18 years had at least one drink in the past 30 days. Over half (58%) 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.

Henry County Youth Current Drinkers Binge Drinking in Past Month*



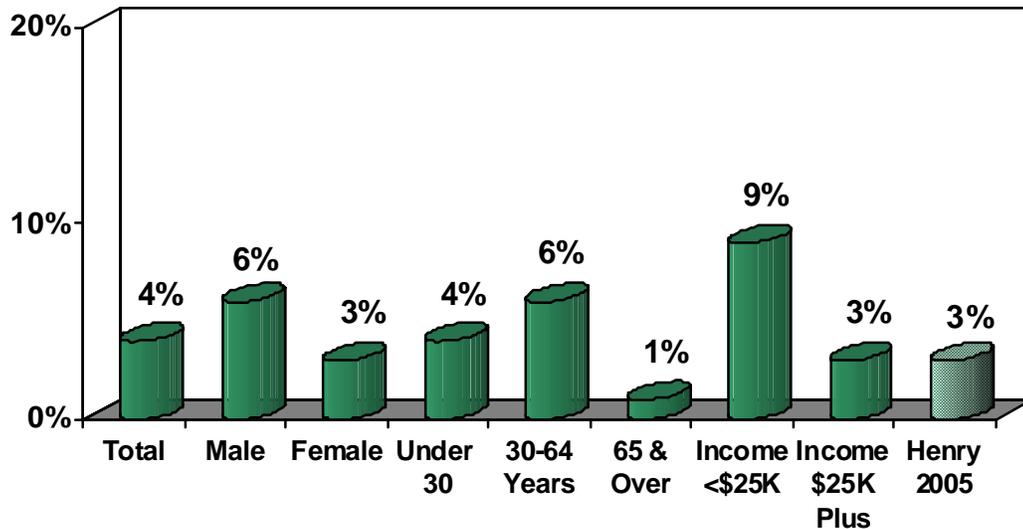
**Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.*

Data Summary

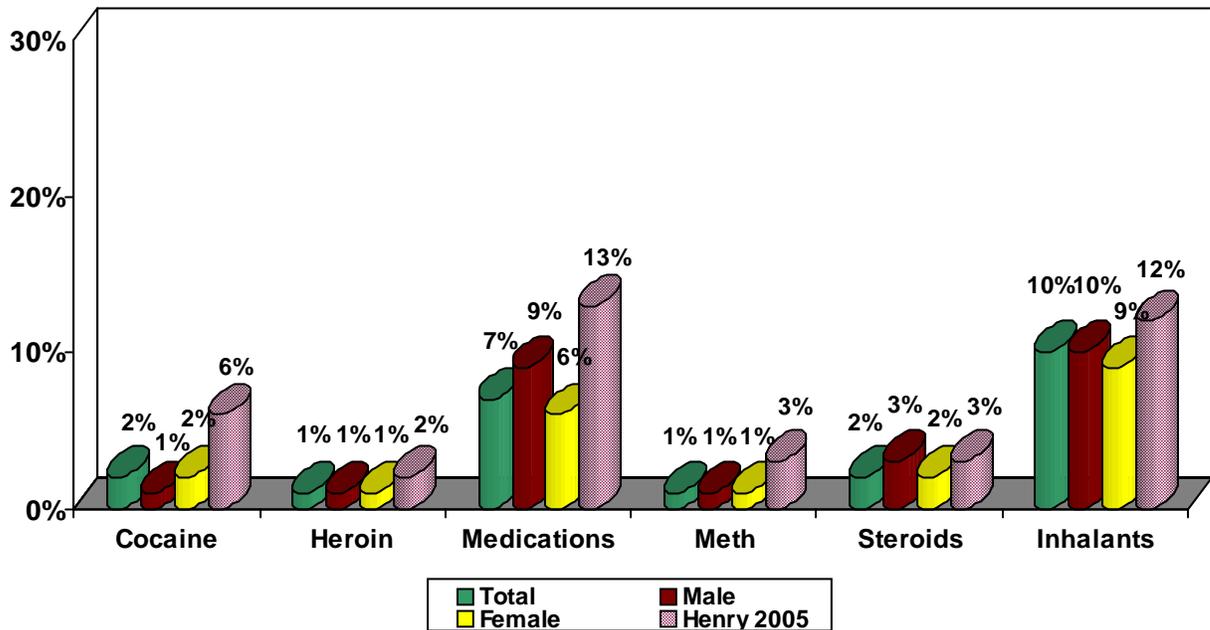
Adult and Youth Marijuana and Other Drug Use

In 2010, 4% of Henry County adults had used marijuana during the past 6 months. 6% of Henry County youth had used marijuana at least once in the past 30 days, increasing to 9% of high school youth. During the past 12 months, 7% of Henry County youth had someone offer, sell, or give them an illegal drug on school property.

Henry County Adult Marijuana Use in Past 6 Months



Henry County Youth Lifetime Drug Use

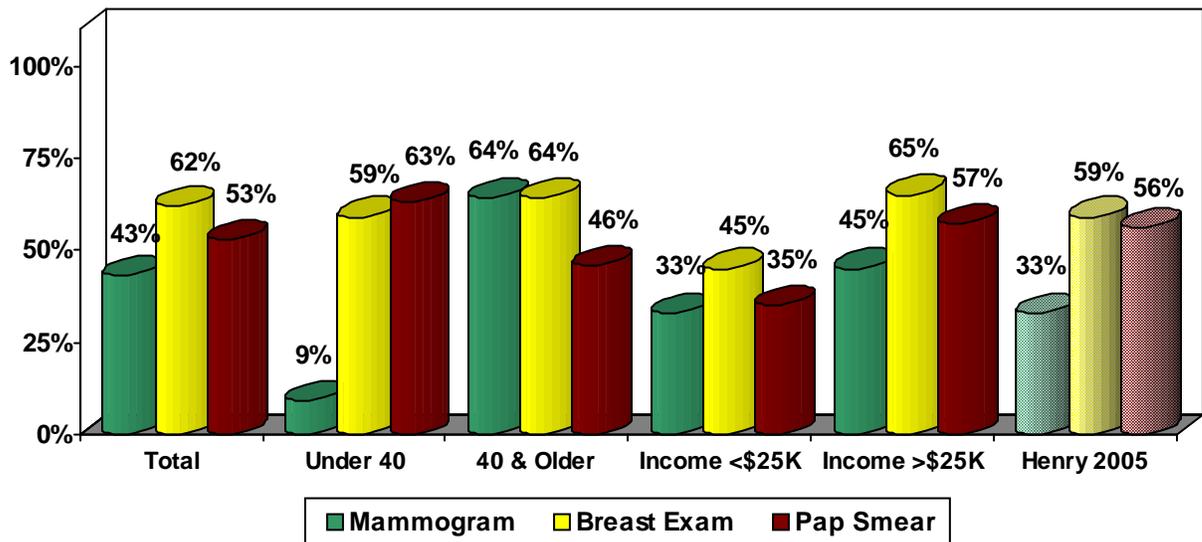


Data Summary

Women's Health

In 2010, almost two-thirds (64%) of Henry County women over the age of 50 reported having a mammogram in the past year. 62% of Henry County women ages 19 and over have had a clinical breast exam and 53% have had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 21% of all female deaths in Henry County from 2006-2008. The health assessment determined that 2% of women had a heart attack, and 1% had a stroke at some time in their life. One-third (33%) had high blood pressure, 29% had high blood cholesterol, 37% were obese, and 13% were identified as smokers, known risk factors for cardiovascular diseases.

Henry Women's Health Exams Within the Past Year

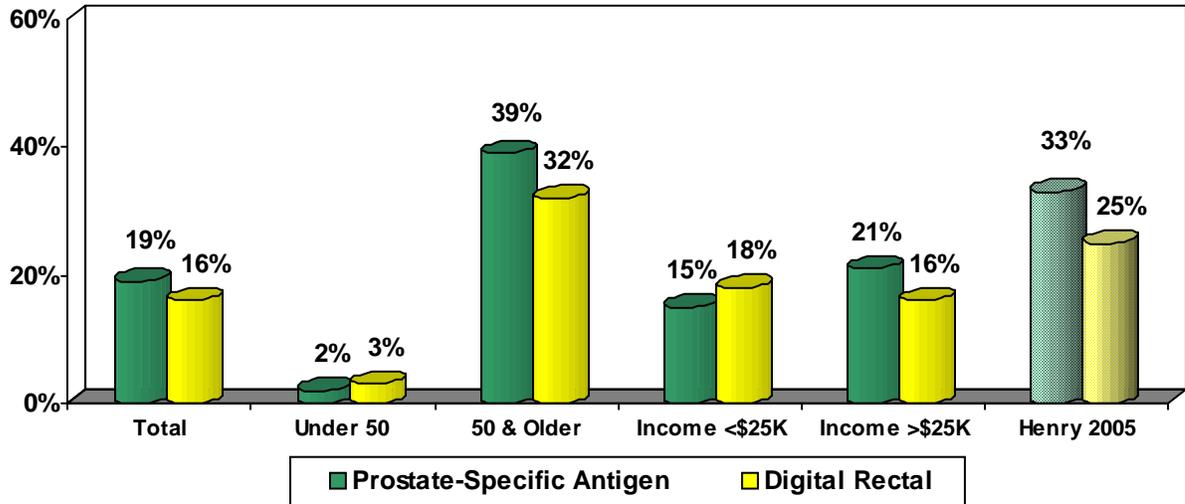


Men's Health

In 2010, almost two-fifths (39%) of Henry County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Almost one-third (32%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 28% of all male deaths in Henry County from 2006-2008. The health assessment determined that 10% of men had a heart attack, and 3% had a stroke at some time in their life. One-third (33%) of men had been diagnosed with high blood pressure, 31% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity (29%), are known risk factors for cardiovascular diseases.

Data Summary

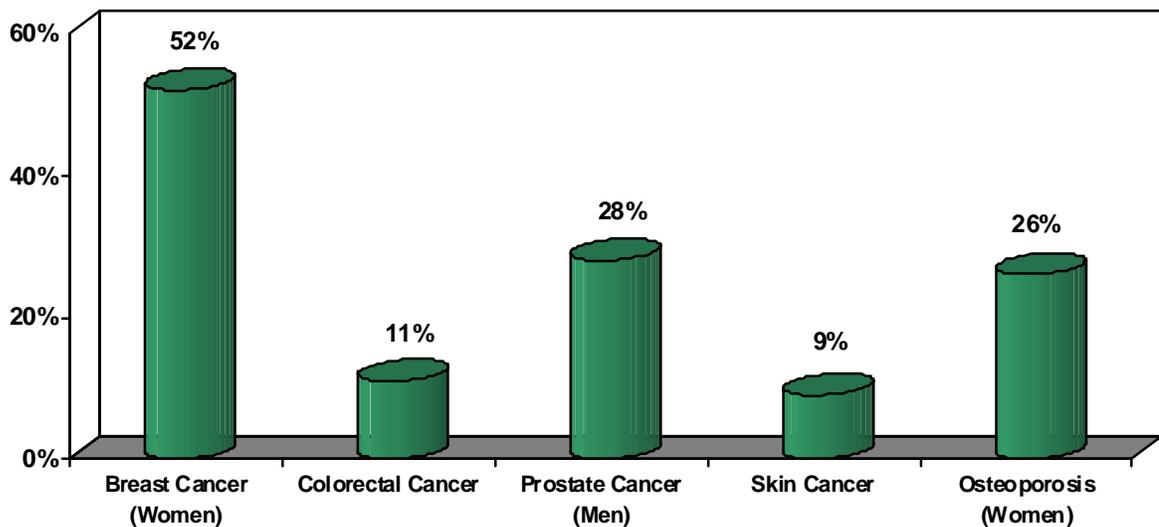
Henry Men's Health Exams Within the Past Year



Preventive Medicine and Health Screenings

Almost half (44%) of adults had a flu shot during the past 12 months. 41% of adults over the age of 50 had received a colonoscopy or sigmoidoscopy in the past 5 years. Over half (55%) of the adults had city, county, or town water as their main source of home water supply. Insects and mold were the two most important environmental health issues that threatened Henry County adults' health in the past year.

Percent of Henry County Adults Receiving Preventive Testing From Health Care Professionals in the Past Two Years



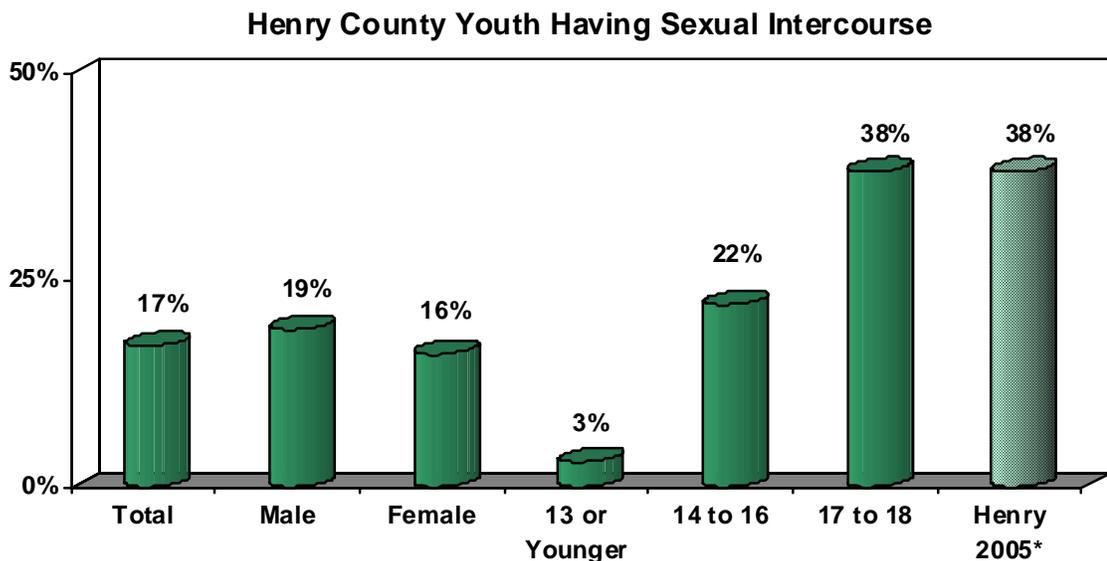
Data Summary

Adult Sexual Behavior & Pregnancy Outcomes

In 2010, over two-thirds (68%) of Henry County adults had sexual intercourse. Six percent of adults had more than one partner. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. (Source: Planned Parenthood Federation of America, Inc.)

Youth Sexual Behavior & Pregnancy Outcomes

In 2010, about one in six (17%) of Henry County youth have had sexual intercourse, increasing to 38% of those ages 17 and over. 15% of youth had participated in oral sex and 4% had participated in anal sex. 14% of youth participated in sexting. Of those who were sexually active, 58% had multiple sexual partners.

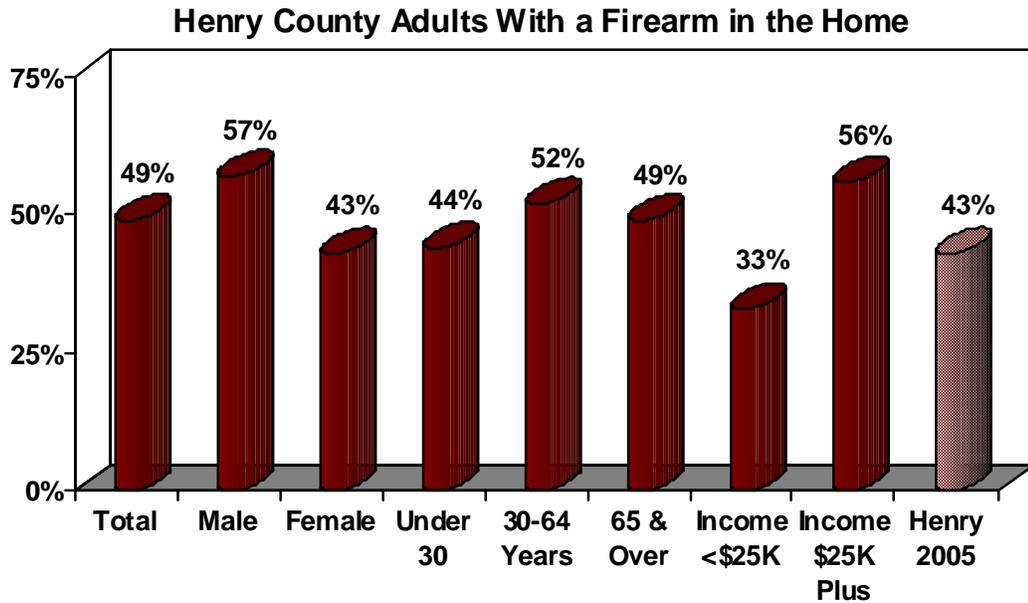


**Henry County 2005 data for 9th – 12th grade youth*

Quality of Life

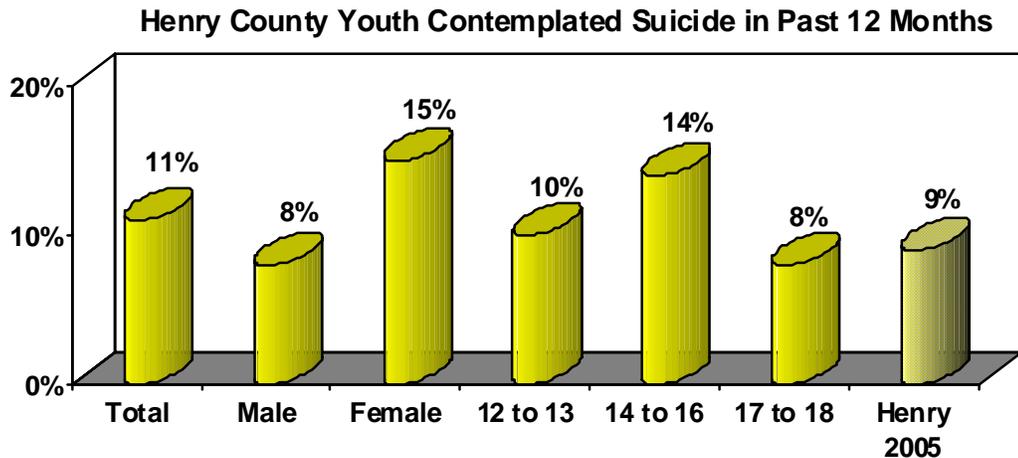
One in four (25%) Henry County adults in 2010 reported they were limited in some way because of a physical, mental or emotional problem. The health assessment identified that 49% of Henry County adults kept a firearm in or around their home.

Data Summary



Mental Health and Suicide

In 2010, 1% of Henry County adults considered attempting suicide. The health assessment results indicated that 11% of Henry County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.

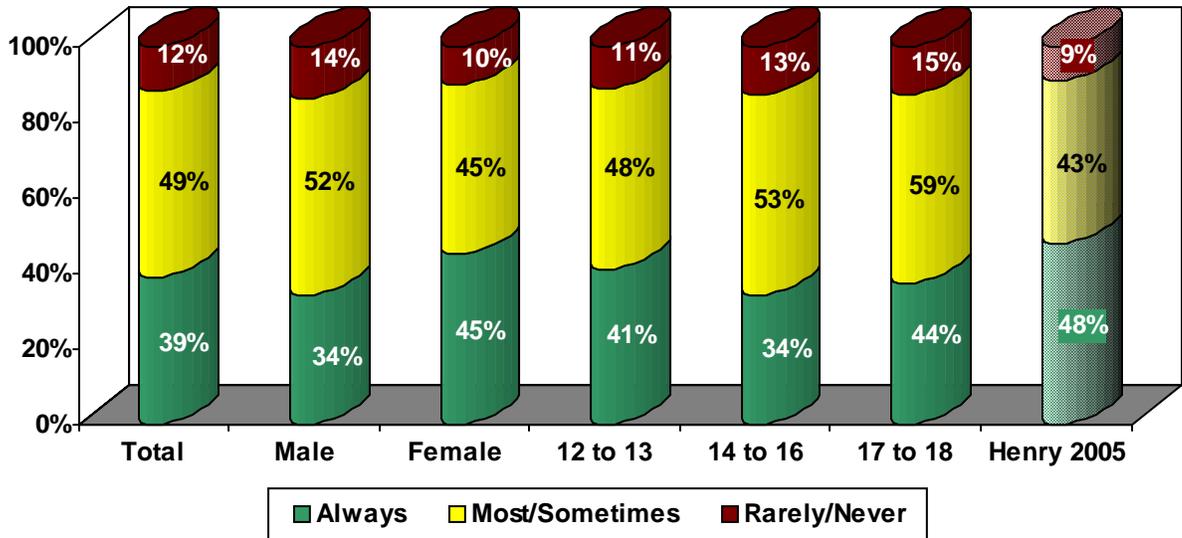


Data Summary

Youth Safety

In 2010, almost two-fifths (39%) of Henry County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 60% of youth drivers texted while driving.

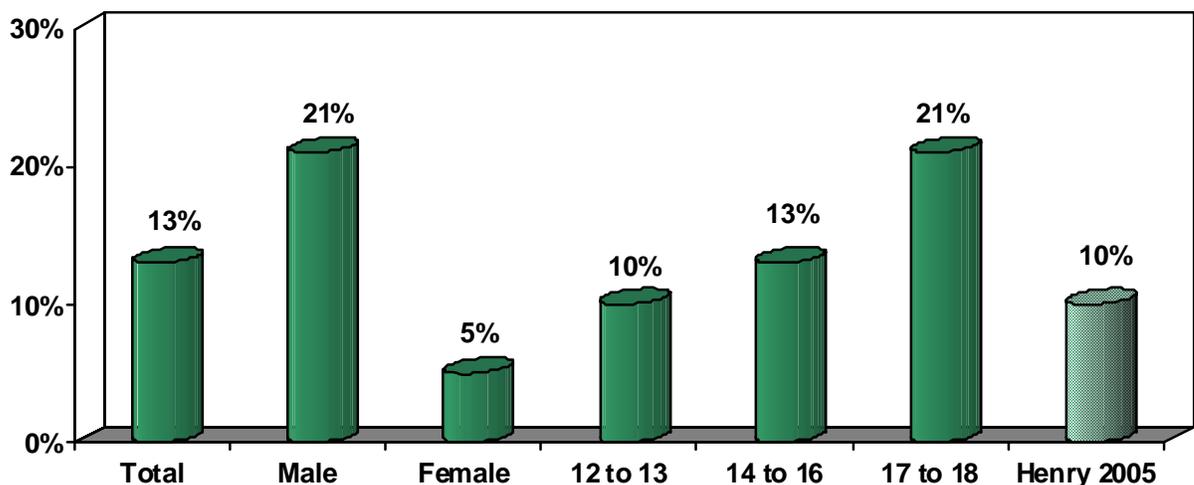
Henry County Youth Seatbelt Use in the Past Month



Youth Violence

In Henry County, 13% of the youth had carried a weapon in the past month. 7% of youth had been threatened or injured by a weapon on school property. 43% of youth were bullied in the past year. 30% of youth had purposefully hurt themselves at some time in their life.

Henry County Youth Carrying a Weapon during the Past 30 Days



Data Summary

Oral Health

The 2010 health assessment project has determined that more than two-thirds (69%) of Henry County adults had visited a dentist or dental clinic in the past year. The 2008 BRFSS reported that 71% of U.S. adults and 72% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Just under three-fourths (72%) of Henry youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

Parenting

The 2010 Health Assessment project identified that about one-third (34%) of parents reported their child over the age of 5 always or nearly always wore a bicycle helmet when riding a bicycle. 37% of mothers did not breastfeed their children. Half (50%) of parents would get their daughters the HPV vaccine.

Youth Perceptions

In 2010, almost half (47%) of Henry County youth thought there was a great risk in harming themselves if they smoked cigarettes. 8% of youth thought that there was no risk of using marijuana. About three-fifths (61%) of youth reported that their parents would strongly disapprove of them drinking alcohol.

Henry County Trend Summary

Youth Variables	Henry County 2005 (6-12 grade)	Henry County 2010 (6-12 grade)	Henry County 2010 (9-12 grade)	Ohio 2007 (9-12 grade)	U.S. 2009 (9-12 grade)
Injury-Related Behavior					
Rode with a driver who had been drinking in past 30 days	26%	20%	21%	23%	28%
Carried a weapon in past 30 days	10%	13%	17%	17%	18%
Involved in a physical fight in past 12 months	31%	30%	22%	30%	32%
Threatened or injured with a weapon on school property in past 12 months	5%	7%	9%	8%	8%
Seriously considered suicide in past 12 months	9%	11%	12%	13%	14%
Attempted suicide in past 12 months	4%	5%	6%	7%	6%
Alcohol Use					
Ever had at least one drink of alcohol in lifetime	55%	49%	57%	76%	73%
Used alcohol during past 30 days	29%	19%	29%	46%	42%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	20%	11%	18%	29%	24%
Tobacco Use					
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	38%	15%	22%	51%	46%
Used cigarettes on one or more of the past 30 days	16%	9%	14%	22%	20%
Used smokeless tobacco in past 30 days	5%	5%	8%	10%	9%
Sexual Behavior*					
Ever had sexual intercourse	38%	17%	32%	45%	46%
Had four or more sexual partners	N/A	4%	8%	14%	14%
Used a condom at last sexual intercourse	57%	55%	56%	60%	61%
Used birth control pills at last sexual intercourse	16%	21%	19%	17%	20%
Drug Use					
Used marijuana in the past 30 days	12%	6%	9%	18%	21%
Used cocaine in their lifetime	6%	2%	2%	8%	6%
Used heroin in their lifetime	2%	1%	1%	4%	3%
Used methamphetamines in their lifetime	3%	1%	1%	6%	4%
Used steroids in their lifetime	3%	2%	3%	5%	3%
Used prescription medication in order to get high or feel good	13%	7%	12%	N/A	N/A
Used inhalants in order to get high in their lifetime	12%	10%	10%	12%**	12%
Offered, sold or given an illegal drug on school property during the past 12 months	22%	7%	10%	27%	23%

N/A= not available

*Data for 9th – 12th grade youth

**2005 YRBS Data

Henry County Trend Summary

Adult Variables	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Alcohol Consumption				
Had at least one alcoholic beverage in past month	47%	50%	54%	54%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	22%	19%	16%	16%
Tobacco Use				
Current smoker (currently smoke some or all days)	25%	17%	20%	18%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	26%	26%	26%
Arthritis, Asthma, & Diabetes				
Has been diagnosed with arthritis	30%	29%	31%	26%
Has been diagnosed with asthma	11%	7%	15%	13%
Has been diagnosed with diabetes	8%	6%	11%	9%
Hypertension & Cholesterol Awareness				
Has been diagnosed with high blood pressure	34%	33%	32%	29%
Has been diagnosed with high blood cholesterol	32%	29%	40%	38%
Health Care Access/Coverage				
Has health care coverage	92%	88%	88%	86%
Health Status				
Rated general health as fair or poor	11%	10%	16%	14%
Preventive Health				
Has had a flu shot in past 12 months	N/A	44%	N/A	N/A
Age 65 & over had a pneumonia vaccine in lifetime	N/A	66%	67%	69%
Dental visit within past year	67%	69%	72%*	71%*
Had mammogram in past year	33%	43%	N/A	N/A
Had clinical breast exam in past year	59%	62%	N/A	N/A
Weight Status				
Obese	36%	33%	30%	27%
Overweight	39%	32%	37%	36%

N/A= not available

*2008 BRFSS Data

Health Status Perceptions

Key Findings

In 2010, over half (54%) of the Henry County adults rated their health status as excellent or very good. Conversely, 10% of the adults increasing to 20% of those over the age of 65 described their health as fair or poor.

Adults Who Rated General Health Status Excellent or Very Good

- ❖ Henry County 54% (2010)
- ❖ Ohio 54% (2009)
- ❖ U.S. 56% (2009)

(Source: BRFSS 2009 for Ohio and U.S.)

General Health Status

- ◆ In 2010, over half (54%) of Henry County adults rated their health as excellent or very good. Henry County adults with higher incomes (59%) were most likely to rate their health as excellent or very good, compared to 36% of those with incomes less than \$25,000.
- ◆ 10% of adults rated their health as fair or poor. The 2009 BRFSS has identified that 16% of Ohio and 14% of U.S. adults self-reported their health as fair or poor.
- ◆ Henry County adults were most likely to rate their health as fair or poor if they:
 - Were 65 years of age or older (20%)
 - Were widowed (19%)
 - Had an annual household income under \$25,000 (16%)
 - Had high blood cholesterol (13%) or high blood pressure (15%)

Physical Health Status

- ◆ In 2010, 17% of Henry County adults rated their physical health as not good on four days or more in the previous month, increasing to 29% of those with incomes less than \$25,000.

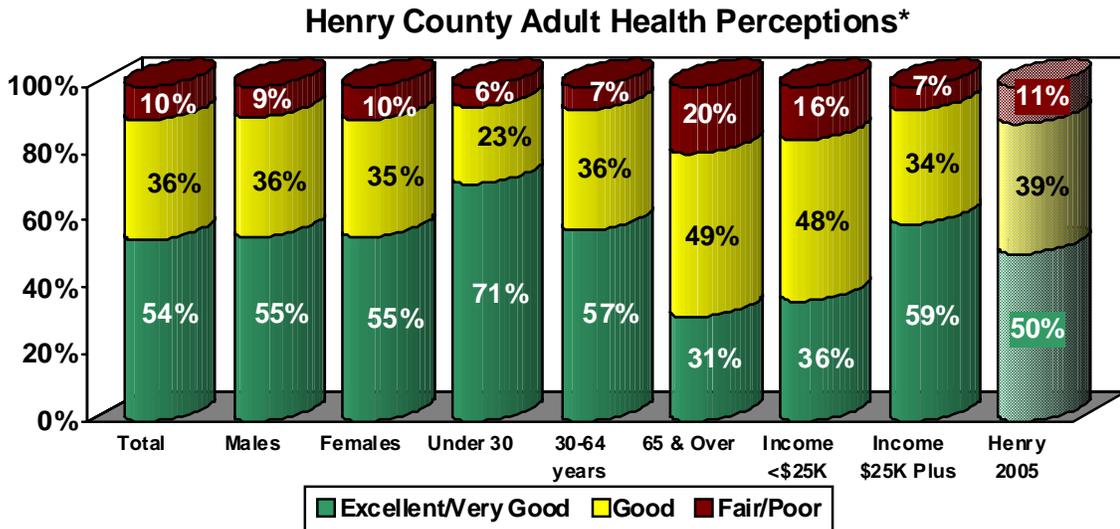
Mental Health Status

- ◆ In 2010, 19% of Henry County adults rated their mental health as not good on four days or more in the previous month, increasing to 27% of women.
- ◆ About one in fourteen (7%) adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Rated health as excellent or very good	50%	54%	54%	56%
Rated health as fair or poor	11%	10%	16%	14%
Rated their mental health as not good on four or more days	25%	19%	N/A	N/A

Health Status Perceptions

The following graph shows the percentage of Henry County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 54% of all Henry County adults, 71% of those under age 30, and 31% 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	69%	9%	3%	1%	8%
Females	58%	14%	6%	2%	10%
Total	64%	12%	5%	2%	9%
Mental Health Not Good in Past 30 Days*					
Males	75%	6%	3%	1%	8%
Females	60%	7%	8%	3%	13%
Total	67%	6%	6%	2%	10%

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

Health Care Coverage

Key Findings

The 2010 health assessment data has identified that 12% of Henry County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Henry County, 8.7% of residents live below the poverty level. (Source U.S. Census, American Community Survey 3 Year Estimates, 2006-2008)

General Health Coverage

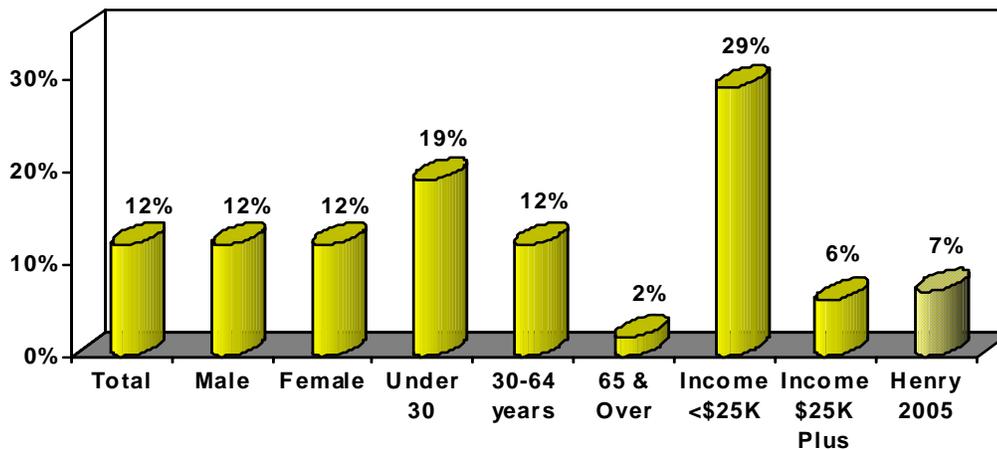
- ◆ In 2010, most (88%) Henry County adults had health care coverage, leaving 12% who were uninsured. The 2009 BRFSS reports uninsured prevalence rates for Ohio (12%) and the U.S. (14%).
- ◆ In the past year 12% of adults were without healthcare coverage, increasing to 19% of those under the age of 30 and 29% of those with incomes less than \$25,000.
- ◆ 13% of adults with children did not have healthcare coverage compared to 9% of those who did not have children living in their household.
- ◆ Uninsured individuals have a 10-25% increased risk of premature mortality and, in 2006, 22,000 deaths in the U.S. were linked to the absence of health insurance. (Dorn, Urban Institute, 2008)
- ◆ The top five reasons uninsured adults gave for being without health care coverage were:
 1. They lost their job or changed employers (29%)
 2. Their spouse or parent lost their job or changed employers (18%)
 3. They could not afford to pay the insurance premiums (20%)
 4. They became ineligible (age or left school) (9%)
 5. Their employer does not/stopped offering coverage (9%)
 (Percentages do not equal 100% because respondents could select more than one reason)

Henry County and Ohio Medicaid Statistics

	Residents Enrolled in Medicaid	Annual Medicaid Expenditures*
Henry County 2008	3,348	\$27,673,121
State of Ohio 2008	1,789,934	\$11,962,683,659
Henry County 2007	3,037	\$26,929,773
State of Ohio 2007	1,651,697	\$11,893,762,808

* (Payments made directly to providers as well as capitation payments to HMOs)
 (Source: Ohio Job & Family Services, Henry County Profile, Published July 2008, <http://jfs.ohio.gov/County/cntypro/pdf/07/Henry.pdf>)

Uninsured Henry County Adults



2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Uninsured	7%	12%	12%	14%

Health Care Coverage

Henry County Medicaid and Medicare Enrollees

In 2007, there were approximately 1,856 adults and 2,690 children enrolled in Medicaid in Henry County. Of the adults enrolled, 1,567 were under the age of 65 and 289 were age 65 and older. Of the children enrolled, 884 were under the age of 5 and 1,806 were ages 5 to 19. As of July 2007, there were approximately 4,807 people enrolled in Medicare in Henry County. Of these enrollees, 4,173 were 65 years of age or older and 634 were disabled.

(Source: Ohio Department of Job and Family Services, Ohio Medicaid Report, SFY 2007; Center for Medicare & Medicaid Services, Medicare County Enrollment, July 1, 2007)

Medicaid Recipients by Aid Category 2007	Henry County	Ohio
Healthy Families		
Fee for Service	2,400	758,341
Managed Care	1,926	1,144,556
Healthy Start		
CHIP I (Uninsured children whose countable family income is below 150% of Federal Poverty Level)		
Fee for Service	392	98,803
Managed Care	330	145,044
CHIP II (Uninsured children whose countable family income is between 150% and 200% of Federal Poverty Level)		
Fee for Service	285	54,176
Managed Care	247	78,866
Other Healthy Start		
Fee for Service	1,094	238,278
Managed Care	917	321,608
Aged, Blind, & Disabled (ABD)		
Fee for Service	329	271,889
Managed Care	105	107,241
Dual Eligible* (Individuals entitled to Medicare Part A and/or Part B and eligible for some form of Medicaid benefit)		
Fee for Service	549	289,884
Managed Care	3	1,756
Other**		
Fee for Service	108	59,237
Managed Care	0	519
TOTAL	4,546	2,170,311

**Dual eligible also includes Specified Low-Income Medicare Beneficiary (SLMB) and Qualified Medicare Beneficiary (QMB) premium assistance categories*

***Other also includes non-state plan assistance programs*

(Source: Ohio Department of Job and Family Services, Ohio Medicaid Report, 2007)

2008 Ohio Family Health Survey Results

- ❖ In Ohio, 17% of adults 18-64 years old and 4% of children were uninsured in 2008, compared respectively to 15% and 5.4% in 2004.
- ❖ 10.2% of Fairfield County adults 18-64 years old and 4.8% of Fairfield County children were described as being uninsured in the report.
- ❖ Most of the uninsured children in Ohio are in families with incomes within 200% of the poverty level, making them eligible for Medicaid/SCHIP.
- ❖ Among children in Ohio, Hispanic children were 3.3 times more likely to be uninsured than the general population, while the uninsured rates for African American and white children were similar to each other.
- ❖ Among working age adults in Ohio, African Americans were 1.8 times more likely to be uninsured than whites.
- ❖ In Ohio, uninsured individuals reported greater issues with access to care, unmet needs, and paying for care than the insured.
- ❖ More Ohioans reported lacking coverage for dental, vision, mental health or prescription drug services than being uninsured.

(Source: 2008 Ohio Family Health Survey Results.)

Health Care Access

Key Findings

The 2010 health assessment project identified that 9% of Henry County adults could not access the health care they needed at some time in the past year because of the cost. 61% reported they had one particular doctor or healthcare professional they go to for routine medical care.

Health Care Access

- ◆ In 2010, 9% of adults could not access the care they needed at some time in the past year due to cost, increasing to 28% of those with incomes less than \$25,000 and those under the age of 30.
- ◆ Henry County adults had the following problems when they needed health care in the past year: had to change doctors because of their healthcare plan (3%), healthcare plan did not allow them to see any doctors in Henry County (2%), was too busy to get the healthcare they needed (2%), was too embarrassed to seek help (1%), and did not get healthcare services because they were concerned about confidentiality (1%).
- ◆ 61% of Henry County adults reported they had one particular doctor or healthcare professional they go to for routine medical care, decreasing to 52% of those over the age of 65. 23% of adults had more than one particular doctor or healthcare professional they go to for routine medical care and 15% did not have one at all.
- ◆ One-quarter (25%) of Henry County adults changed doctors in the past year. The top 5 reasons they changed doctors in the past year were: provider moved or retired (11%), dissatisfied with former provider or liked new provider better (4%), changed health care coverage (1%), changed residence or moved (1%), and changed jobs (1%).
- ◆ The following prevented Henry County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (40%), worried they might find something wrong (12%), cannot get time off work (10%), hours are not convenient (9%), difficult to get an appointment (7%), frightened of the procedure (6%), and do not trust doctors (2%).

Predictors of Access to Health Care

Adults are more likely to have access to medical care if they:

- ❖ Earn a higher income
- ❖ Have a regular primary care provider
- ❖ Have health insurance
- ❖ Utilize preventive services in a clinic setting
- ❖ Have a college education
- ❖ Work for a large company

(Source: Healthy People 2010 and CDC)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Could not access care in past year due to cost	5%	9%	N/A	N/A
Has one person as their personal doctor/healthcare provider	65%	61%	N/A	N/A

Henry County Health Care Statistics

- ❖ In 2008, 74.4% of all hospital visits occurred outside the county.
- ❖ In 2008, 11.6% of all Henry County residents were enrolled in Medicaid.
- ❖ 26.6% of all Henry County children were enrolled in Medicaid in 2008.
- ❖ 32.3% of all Henry County births were paid by Medicaid in 2007.

Source: Job and Family Services- Henry County Job and Family Services Profile: <http://jfs.ohio.gov/County/cntypro/Henry.pdf>

Health Care Access

Healthy People 2010 Access to Quality Health Services

Objective	Healthy People 2010 Target	Henry County	Ohio	U.S.
01-01: Persons under age of 65 years with health care insurance	100%	79% age 20-24 78% age 25-34 85% age 35-44 84% age 45-54 95% age 55-64 (2010)	77% age 18-24 82% age 25-34 87% age 35-44 87% age 45-54 90% age 55-64 (2009)	74% age 18-24 79% age 25-34 85% age 35-44 87% age 45-54 90% age 55-64 (2009)
01-05: Persons who report a usual primary care provider	85%	61% (2010)	N/A	76%* (2007)
16-06: Females who received prenatal care in first trimester	90%	86% (2008)	70% (2008)	84%* (2005)

*U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Health People 2010 Objectives, BRFSS, ODH Information Warehouse, 1-7-10, 2010 Assessment)

Cardiovascular Health

Key Findings

Heart disease (23%) and stroke (8%) accounted for 31% of all Henry County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2010 Henry County health assessment found that 6% of adults had a heart attack and 2% had a stroke at some time in their life. One-third (33%) of Henry County adults have been diagnosed with high blood pressure, 29% have high blood cholesterol, and 33% were obese, three known risk factors for heart disease and stroke.

Heart Disease and Stroke

- ◆ In 2010, 6% of Henry County adults reported they had a heart attack or myocardial infarction, increasing to 15% of those over the age of 65 and 9% of those with incomes less than \$25,000.
- ◆ 2% of Henry County adults reported having had a stroke, increasing to 6% of those over the age of 65.
- ◆ 25% of adults take aspirin daily or every other day, increasing to 55% of those ages 65 and over.

High Blood Pressure (Hypertension)

- ◆ One-third (33%) of Henry County adults had been diagnosed with high blood pressure. The 2009 BRFSS reports hypertension prevalence rates of 32% for Ohio and 29% for the U.S.
- ◆ 74% of those with high blood pressure were taking medicine for it.
- ◆ Henry County adults diagnosed with high blood pressure were more likely to:
 - Have been age 65 years or older (65%)
 - Have incomes less than \$25,000 (45%)
 - Have been classified as obese by Body Mass Index-BMI (42%)

High Blood Cholesterol

- ◆ Just under one-third (29%) of adults had been diagnosed with high blood cholesterol. The 2009 BRFSS reported that 40% of Ohio adults and 38% of U.S. adults have been told they have high blood cholesterol.
- ◆ Just under half (46%) of adults had their blood cholesterol checked in the past year.
- ◆ Henry County adults with high blood cholesterol were more likely to:
 - Be age 65 years and older (56%)
 - Have been classified as overweight by Body Mass Index-BMI (38%)
 - Have incomes more than \$25,000 (31%)

Henry County Leading Types of Death 2006-2008

Total Deaths: 786

1. Cancers (25% of all deaths)
2. Heart Disease (23%)
3. Stroke (8%)
4. Accidents, Unintentional Injuries (6%)
5. Alzheimer's Disease (4%)

(Source: ODH Information Warehouse, updated 4-15-10)

Ohio Leading Types of Death 2006-2008

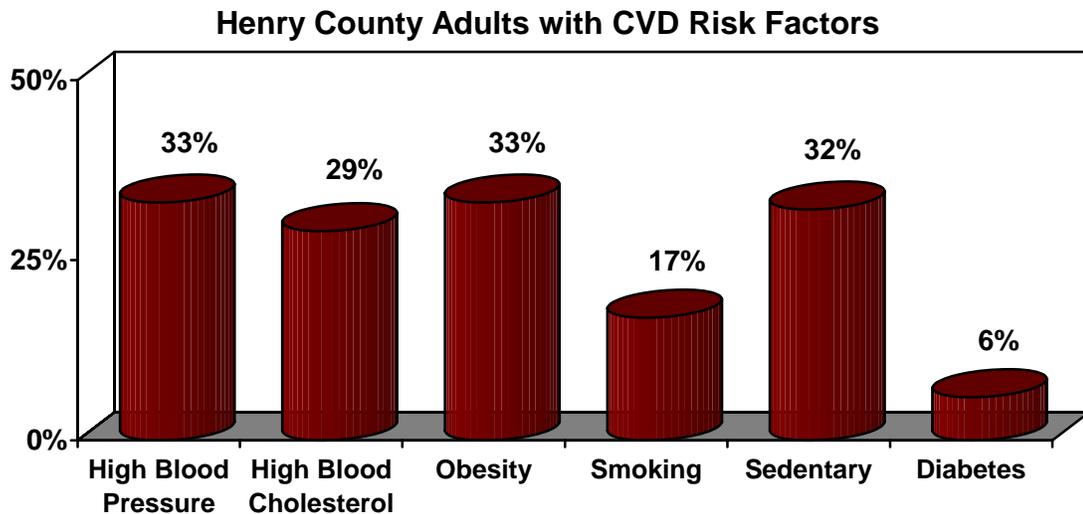
1. Heart Disease (25% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (5%)

(Source: ODH Information Warehouse, updated 4-15-10)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Had a heart attack	3%	6%	4%	4%
Had a stroke	1%	2%	3%	2%
Had high blood pressure	34%	33%	32%	29%
Had high blood cholesterol	32%	29%	40%	38%

Cardiovascular Health

The following graph demonstrates the percentage of Henry County adults who had major risk factors for developing cardiovascular disease (CVD). (Source: 2010 Henry County Health Assessment)



Risk Factors for Cardiovascular Disease That Can Be Modified or Treated:

Cholesterol – High blood cholesterol alone increases the risk for stroke and heart disease; however, the risk is even greater when high blood cholesterol is compounded with other risk factors such as smoking, sedentary lifestyle, and obesity.

High Blood Pressure – High blood pressure causes the heart to enlarge and weaken over time. Other risks associated with high blood pressure include stroke, heart attack, congestive heart failure, and kidney failure. When compounded with risk factors such as smoking, sedentary lifestyle, and obesity, the risk for heart attack and stroke dramatically increases.

Obesity and Overweight – Excess weight increases strain on the heart, which could lead to heart disease or stroke even with no other existing risk factors. Being overweight or obese affects blood cholesterol and blood pressure. It can increase the risk of developing diabetes and it may make this disease more difficult to control.

Smoking – Smokers are 2 to 4 times more likely to develop heart disease than nonsmokers. For smokers the risk for sudden death related to heart disease is twice the risk for nonsmokers. Smokers are also ten times more likely to develop peripheral vascular disease than nonsmokers, a disease typically in the peripheral (surface) arteries of the legs in which fatty deposits narrow the arteries, decreasing circulation. Environmental tobacco smoke (secondhand smoke) also increases risk of heart disease.

Physical Inactivity – Exercise can lower blood cholesterol and blood pressure, decreases the incidence of diabetes, and help with weight management. Vigorous exercise is most beneficial in preventing cardiovascular disease; however, moderate intensity is also beneficial if done long term.

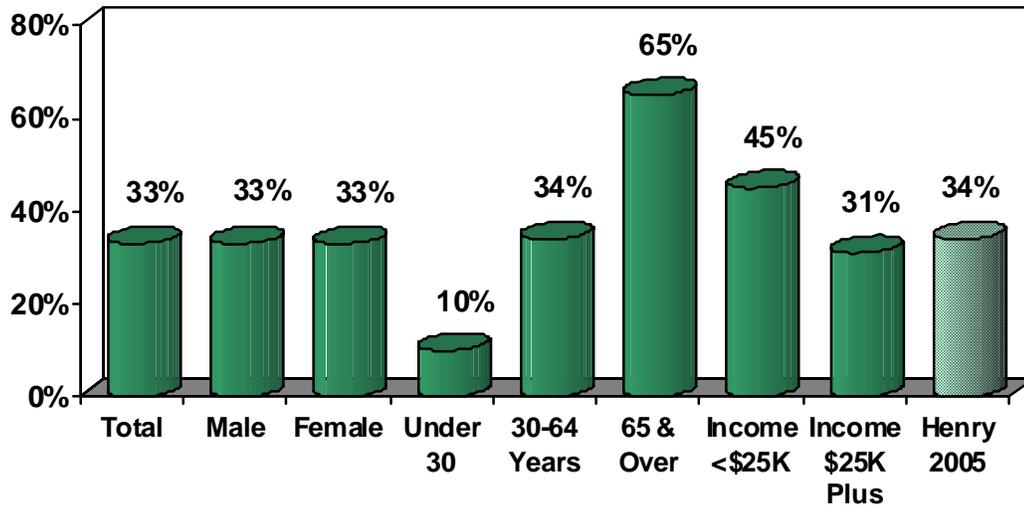
Diabetes Mellitus – 75% of people with diabetes die from some type of disease affecting blood vessels or the heart. Controlling blood sugar (glucose) is very important, although there remains an increased risk for heart disease even when blood glucose levels are managed.

(Source: American Heart Association, Risk Factors for Coronary Heart Disease, 2-9-05)

Cardiovascular Health

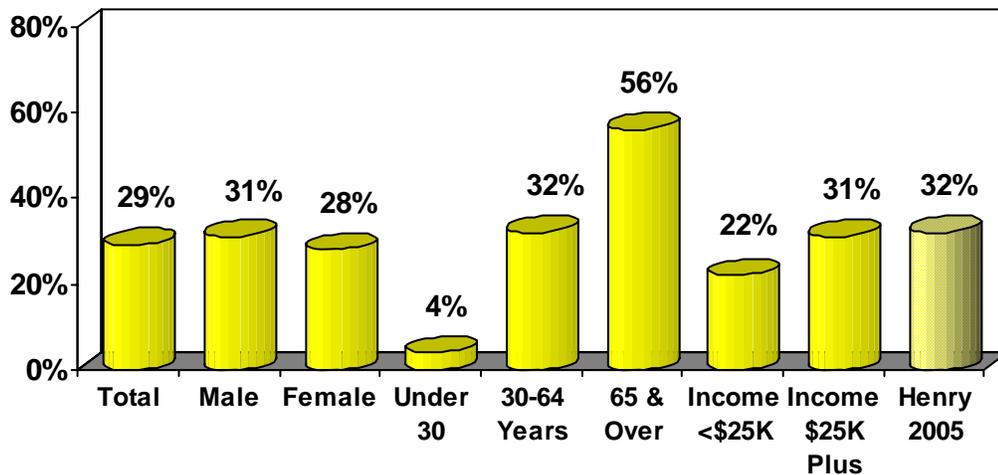
The following graphs show the number of Henry County adults who have been diagnosed with high blood pressure or high blood cholesterol. Examples of how to interpret the information on the first graph include: 33% of all Henry County adults have been diagnosed with high blood pressure, 33% of all Henry County males, 33% of all females, and 65% of those 65 years and older.

Diagnosed with High Blood Pressure*



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

Diagnosed with High Blood Cholesterol

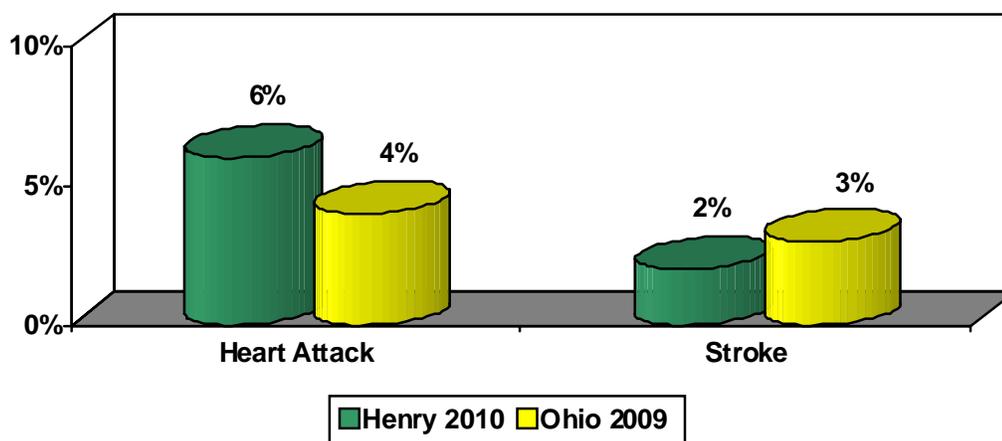


Cardiovascular Health

The following graphs show the Henry County and Ohio age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender and race/ethnicity.

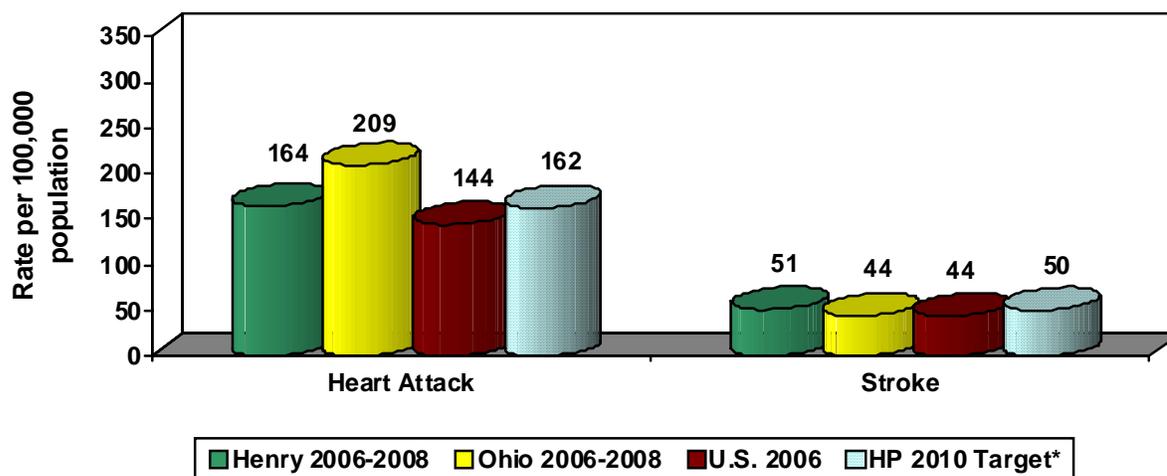
- The 2010 assessment shows that heart attacks are three times more prevalent than strokes in Henry County.
- When age differences are accounted for, the statistics indicate that from 2006-2008 the Henry County heart disease mortality rate is lower than the figure for the state, but higher than the U.S. figure and the Healthy People 2010 target.
- The Henry County age-adjusted stroke mortality rate for 2006-2008 is higher than the state and U.S. figures, and the target rate.
- Disparities exist for heart disease mortality rates by gender in Henry County and Ohio.

Cardiovascular Disease Prevalence



(Source: 2010 Henry Health Assessment and BRFSS)

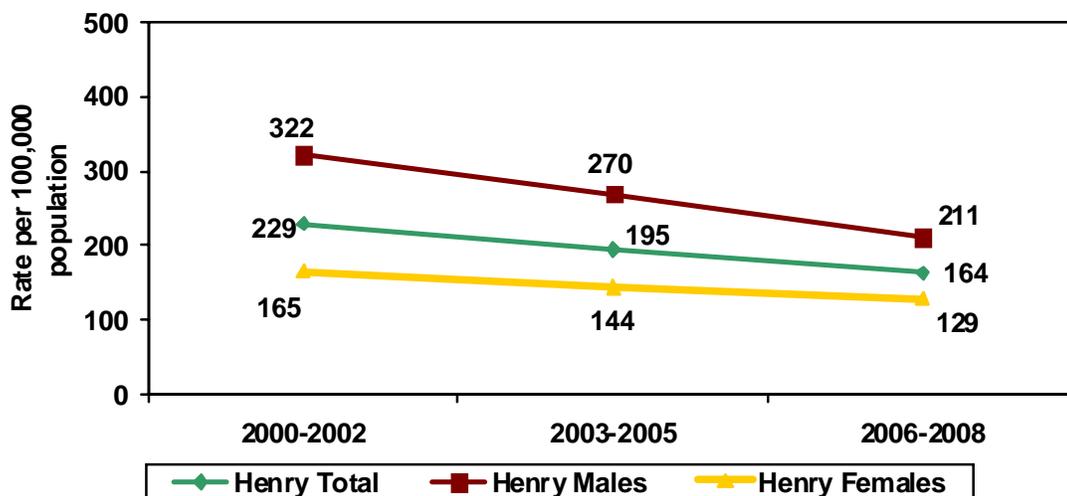
Age-Adjusted Heart Disease and Stroke Mortality Rates



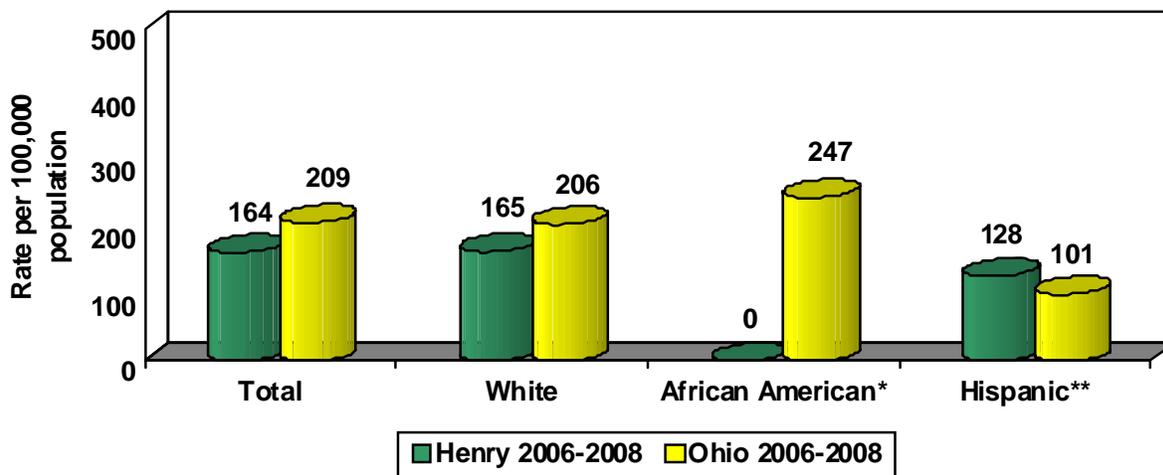
**The Healthy People 2010 Target objective for Coronary Heart Disease is reported for heart attack mortality.
(Source: ODH Information Warehouse, updated 4-15-10, CDC Wonder Data 2010)*

Cardiovascular Health

Henry County Age-Adjusted Heart Disease Mortality Rates by Gender



Age-Adjusted Heart Disease Mortality Rates by Race/Ethnicity



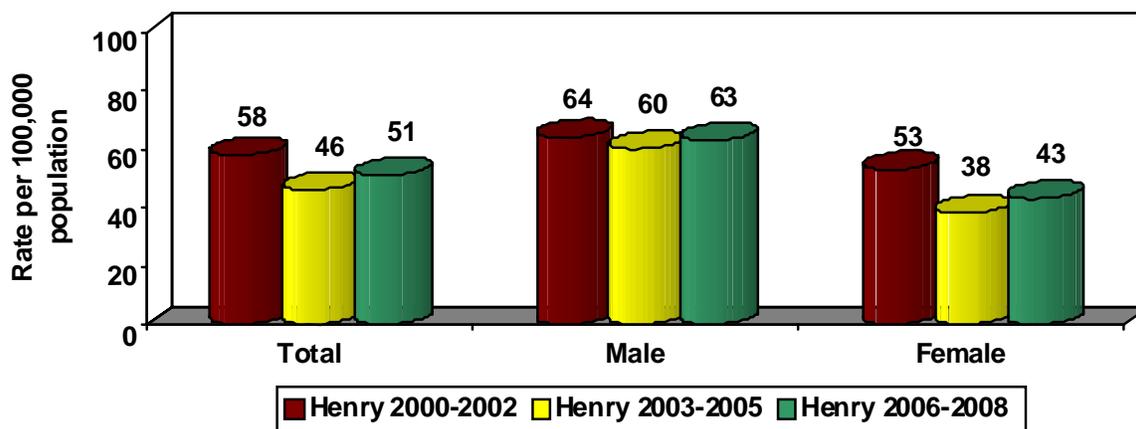
**There were no African American heart disease deaths in Henry County from 2006-2008.*

***There were less than 5 Hispanic heart disease deaths in Henry County from 2006-2008, so the rate should be used with caution.*

(Source for graphs: ODH Information Warehouse, updated 4-15-10)

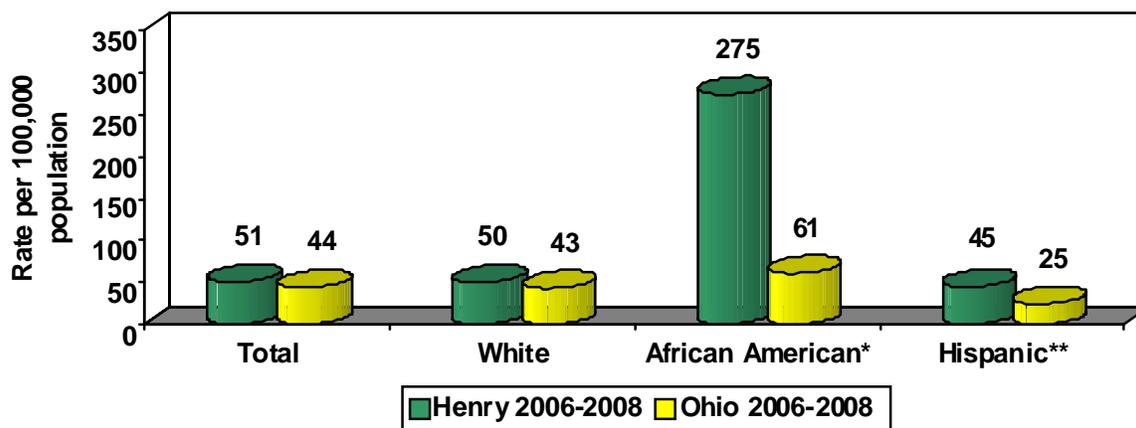
Cardiovascular Health

Age-Adjusted Stroke Mortality Rates by Gender



(Source: ODH Information Warehouse, updated 4-15-10)

Age-Adjusted Stroke Mortality Rates by Race/Ethnicity



**There were less than 5 African American stroke deaths in Henry County from 2006-2008, so the rate should be used with caution.*

***There were less than 5 Hispanic stroke deaths in Henry County from 2006-2008, so the rate should be used with caution.*

(Source: ODH Information Warehouse, updated 4-15-10)

Cardiovascular Health

Healthy People 2010 Objectives

High Blood Pressure

Objective	Target	U.S. Baseline*	Henry Survey Population Baseline (2010)
12-09: Reduce proportion of adults with high blood pressure (HBP)	14%	31% Adults age 20 and older (2004)	33%
12-10: Increase proportion of adults with high blood pressure whose BP is under control	68%	39% Adults age 18 and up (2006)	74%
12-11: Increase proportion of adults with high BP who are taking action (i.e., losing weight, increased exercise, decreased sodium intake) to control BP	98%	91% Adults age 18 and up (2008)	N/A
12-12: Increase proportion of adults who had BP measured within the preceding 2 years and can state whether BP is normal or higher	95%	93% Adults age 18 and up (2008)	N/A

N/A= not available

*All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2010, DATA 2010)

Blood Cholesterol

Objective	Target	U.S. Baseline*	Henry Survey Population Baseline (2010)
12-13: Decrease mean total blood cholesterol levels among adults	199 mg/dl	202 mg/dl Adults age 20 and up (2004)	N/A
12-14: Decrease proportion of adults with high total blood cholesterol (TBC)	17%	17% Adults age 20 & up with TBC>240 mg/dl (2004)	29%
12-15: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	80%	75% Adults age 18 and up (2008)	66%

N/A= not available

*All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2010, DATA 2010)

Cancer

Key Findings

Ohio Department of Health statistics indicate that from 2000-2008, a total of 551 Henry County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that reducing tobacco use, increasing cancer education and awareness, healthy diet and exercise habits, and early detection may reduce overall cancer deaths.

Cancer Facts

- ◆ The Ohio Department of Health (ODH) vital statistics indicate that from 2000-2008, cancers caused 23% (551 of 2,368 total deaths) of all Henry County resident deaths. The largest percent (25%) of cancer deaths were from lung and bronchus cancer. (Source: ODH Information Warehouse)
- ◆ Age-adjusted cancer mortality rates (calculated by ODH per 100,000 population) have increased for Henry County from 182.5 for 2000-2002 to 186.0 for 2006-2008. The Ohio cancer mortality rate shows a downward trend from 208.3 for 2000-2002 to 195.9 for 2006-2008. (Source: ODH Information Warehouse)
- ◆ The American Cancer Society reports that smoking tobacco is associated with cancers of the esophagus, pharynx, oral cavity, larynx, and lung. Also, smoking has been associated with cancers of the bladder, cervix, kidney, pancreas, stomach, uterus, and certain types of leukemia. The 2010 health assessment project has determined that 17% of Henry County adults are current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

Henry County Incidence of Cancer, 2005 All Types: 132 cases

- ◆ Colon and Rectum: 20 cases (15%)
- ◆ Lung and Bronchus: 19 cases (14%)
- ◆ Prostate: 11 cases (8%)
- ◆ Breast: 10 cases (8%)
- ◆ Bladder: 8 cases (6%)

From 2006-2008, there were 193 cancer deaths in Henry County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse)

Lung Cancer

- ◆ The Ohio Department of Health reports that lung cancer (n=83) was the leading cause of male cancer deaths from 2000-2008 in Henry County. Prostate cancer caused 31 deaths and colon cancer caused 28 deaths during the same time period. In Henry County, 22% of male adults are current smokers¹ and 48% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2010 Henry County Health Assessment)
- ◆ ODH reports that lung cancer was the leading cause of female cancer deaths (n=53) in Henry County from 2000-2008 followed by breast (n=40) and colon & rectum (n=40) cancers. Approximately 13% of female adults in the county are current smokers¹ and 59% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2010 Henry County Health Assessment)
- ◆ According to the American Cancer Society, smoking causes 87% of lung cancer deaths in the U.S. In addition, individuals living with smokers have a 30% greater risk of developing lung cancer than those who do not have smokers living in their household. Working in an environment with tobacco smoke also increases the risk of lung cancer.

Breast Cancer

- ◆ In 2010, 62% of Henry County females reported having had a clinical breast examination in the past year.
- ◆ 64% of Henry County females over the age of 40 had a mammogram in the past year.
- ◆ If detected early, the 5-year survival rate for breast cancer is 98%. (Source: American Cancer Society Facts & Figures 2008)
- ◆ For women age 40 and older, the American Cancer Society recommends annual mammograms and annual clinical breast exams. 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. (Source: American Cancer Society Facts & Figures 2008)

Risk Factors for Cancer:

- ◆ Tobacco Use (Smoking alone causes 1/3 of all cancer deaths)
- ◆ Physical Inactivity
- ◆ Unprotected Exposure to Strong Sunlight and Tanning Beds
- ◆ Overweight and Obesity
- ◆ Unhealthy Diet
- ◆ Alcohol Use

(Source: American Cancer Society, Detailed Guide: Cancer, What are the risk factors for cancer?)

¹Have smoked over 100 cigarettes in lifetime and currently smoke some or all days.

Cancer

Colon and Rectum Cancer

- ◆ The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 22% of all cancer deaths in Henry County from 2000-2008. *(Source: ODH Information Warehouse)*
- ◆ 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; alcohol use; a high-fat or low-fiber diet lacking an appropriate amount of fruits and vegetables; physical inactivity; obesity; diabetes; and smoking.
- ◆ In the U.S., most cases of colon cancer occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2010, 41% of Henry County adults over the age of 50 reported having been screened for colorectal cancers within the past 5 years.

Prostate Cancer

- ◆ 39% of Henry County males over the age of 50 had a PSA test in the past year.
- ◆ The Ohio Department of Health statistics indicate that prostate cancer deaths accounted for 11% of all male cancer deaths from 2000-2008 in Henry County.
- ◆ African American men are twice as likely as white American men to develop prostate cancer and are more likely to die of prostate cancer. In addition, over 65% of prostate cancers occur in men over the age of 65. Other risk factors include diet, family history and nationality. Prostate cancer is more common in North America and Northwestern Europe than in Asia and South America. *(Source: Cancer Facts & Figures 2009, The American Cancer Society)*

Cancer

Henry County Cancer Deaths 2000-2008

Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	136	25%
Other/Unspecified	69	13%
Colon, Rectum & Anus	68	12%
Breast	40	7%
Leukemia	33	6%
Prostate	31	6%
Non-Hodgkins Lymphoma	29	5%
Pancreas	27	5%
Bladder	16	3%
Multiple Myeloma	14	3%
Ovary	12	2%
Esophagus	11	2%
Brain and CNS	9	2%
Kidney and Renal Pelvis	9	2%
Liver and Bile Ducts	9	2%
Lip, Oral Cavity & Pharynx	8	1%
Stomach	8	1%
Cancer of Corpus Uteri	7	1%
Melanoma of Skin	5	< 1%
Cancer of Cervix Uteri	4	< 1%
Larynx	4	< 1%
Hodgkins Disease	2	< 1%
Total	551	100%

(Source: ODH Information Warehouse, updated 4-15-10)

Cancer

Henry County Number of Cancer Cases, 1998-2005

Year	All Sites	Breast	Colon & Rectum	Lung	Prostate
1998	125	13	18	14	22
1999	151	22	19	13	26
2000	143	21	20	21	26
2001	132	18	24	16	16
2002	145	17	25	23	17
2003	146	16	19	22	16
2004	118	16	10	15	13
2005	132	10	20	19	11

(Source: Ohio Cancer Incidence Surveillance System)

Estimated Henry County Number of Cancer Cases, 2006

Estimated Number in 2006	All Sites	Female Breast	Colon & Rectum	Lung	Prostate
New cancer cases	137	21	15	18	23
Cancer deaths	55	4	6	15	3
People who will eventually develop cancer	12,140	1,954	1,653	1,922	2,587
People who will eventually die of cancer	6,163	430	654	1,569	447

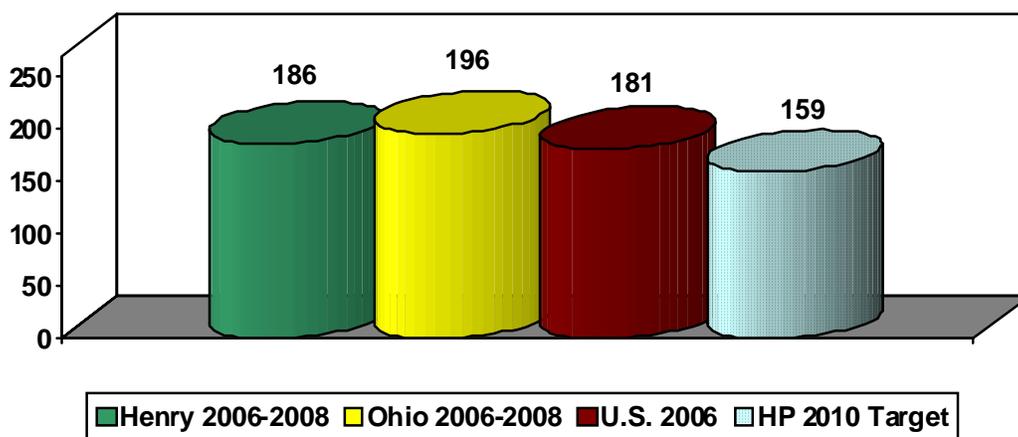
Note: Estimates calculated for Henry County are based on 2000 U.S. Census population figures for the county and suggested equation multiples from *Cancer Facts & Figures 2006* published by the American Cancer Society (ACS). ACS cautions: “These figures provide only a rough approximation of the number of people in a specific community who may develop or die of cancer. These estimates should be used with caution because they do not reflect the age or racial characteristics of the population, access to detection and treatment, or exposure to risk factors.” The American Cancer Society recommends using data from state cancer registries, when it is available, for the most accurate local cancer statistics.

Cancer

The following graphs show the Henry 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 2010 objective, and cancer as a percentage of total deaths in Henry County by gender. The graphs indicate:

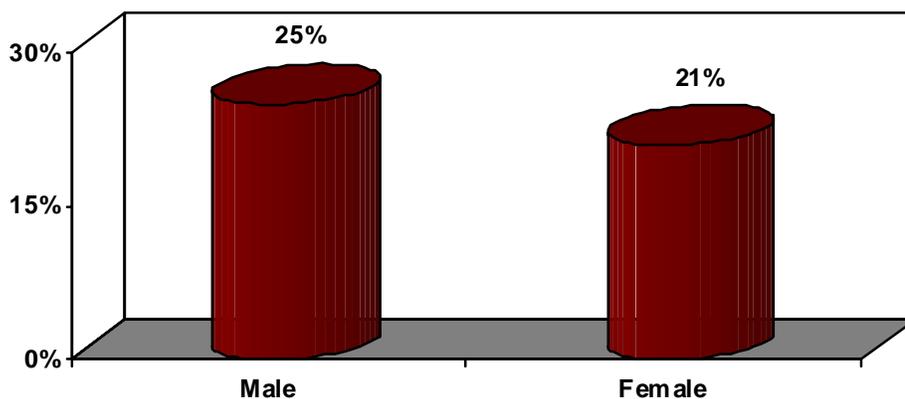
- ◆ When age differences are accounted for, Henry County had a lower cancer mortality rate than the Ohio, but the Henry rate exceeded the national rate and the Healthy People 2010 target objective.
- ◆ The percentage of Henry County males who died from all cancers is higher than the percentage of Henry County females who died from all cancers.

**Healthy People 2010 Objective
and Age-Adjusted Mortality Rates for All Cancers***



**Age-adjusted rates/ 100,000 population, 2000 standard
(Source: ODH Information Warehouse, updated 4-15-10; CDC Wonder: DATA 2010 the Healthy People 2010 Database)*

**Cancer As Percent of Total Deaths in Henry County
by Gender, 2000-2008**



(Source: ODH Information Warehouse, updated 4-15-10)

Diabetes

Key Findings

In 2010, 6% of Henry County adults had been diagnosed with diabetes.

Diabetes

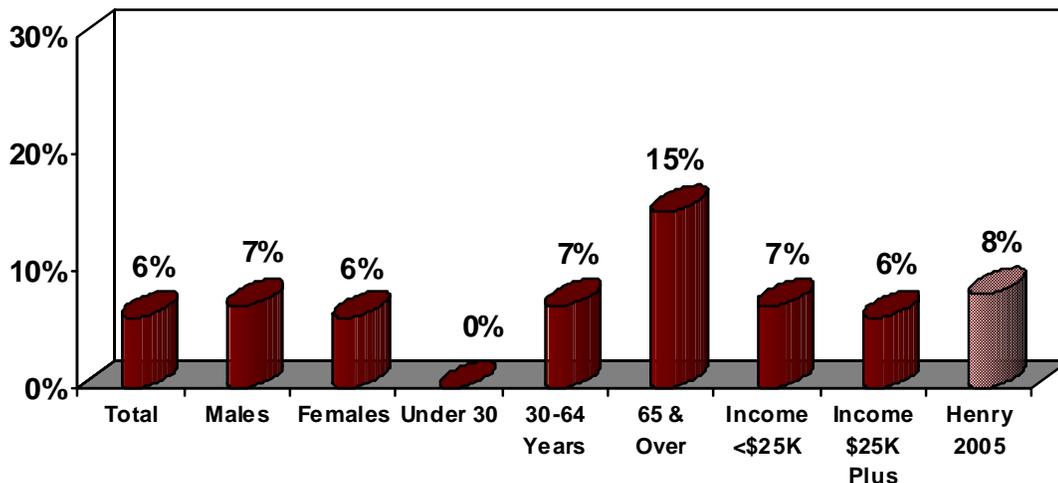
- ◆ The 2010 health assessment project has identified that 6% of Henry County adults had been diagnosed with diabetes, increasing to 15% of those over the age of 65. The 2009 BRFSS reports an Ohio prevalence of 11% and 9% for the U.S.
- ◆ 4% of adults were told they have pre-diabetes, increasing to 6% of those under the age of 30.
- ◆ One-third (33%) of those adults with diabetes had not seen a doctor or other health professional for their diabetes in the past year. 27% had seen their doctor 4 or more times for their diabetes in the past year.
- ◆ About one-sixth (16%) of adults with diabetes rated their health as fair or poor.
- ◆ Henry County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 83% had been diagnosed with high blood pressure
 - 83% had been diagnosed with high blood cholesterol
 - 80% were obese or overweight

Diabetes Facts

- ❖ Diabetes was the 7th leading cause of death in Henry County from 2006-2008.
- ❖ Diabetes was the 7th leading cause of death in Ohio from 2006-2008.
- ❖ From 2006-2008, the Henry County age-adjusted mortality rate per 100,000 for diabetes was 20.6 deaths for males (34.5 Ohio) and 29.1 (24.4 Ohio) deaths for females.

(Source: ODH, Information Warehouse, updated 4-15-10)

Henry County Adults Diagnosed with Diabetes



2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Diagnosed with diabetes	8%	6%	11%	9%

Diabetes

Diabetes Complications

The complications associated with type 2 diabetes are numerous and serious including:

- ❖ **Heart disease and stroke** – 2 of 3 people with diabetes die from heart disease or stroke;
- ❖ **Kidney disease** caused by uncontrolled high blood pressure, uncontrolled blood sugar, and/or genetics;
- ❖ **Glaucoma** – diabetics are 40% more likely to suffer from glaucoma, which can develop into blindness;
- ❖ **Cataracts** – diabetics are 60% more likely to develop cataracts; cataracts can also lead to the development of glaucoma;
- ❖ **Retinopathy** – nonproliferative retinopathy does not cause loss of sight but can develop into proliferative retinopathy which causes loss of vision. Those with type 1 diabetes almost always develop nonproliferative retinopathy as do most people with type 2 diabetes; proliferative retinopathy is rare;
- ❖ **Neuropathy** is one of the most common complications of diabetes and is usually developed by diabetics who have had the disease for a long time or who have uncontrolled blood sugar. There are many forms of neuropathy but it is important to know that it can be very painful and disabling; however, for early neuropathy, symptoms can disappear with tight control of blood sugar, weight loss toward an ideal weight, and regular exercise;
- ❖ Various **foot complications** are experienced more commonly with people who have diabetes. Some of these foot complications include **neuropathy**, extremely **dry skin**, **calluses** that can develop into **foot ulcers** that do not heal quickly, **poor circulation**, and **amputation**. Amputation of the foot or leg is more common, usually as a result of decreased circulation, neuropathy, and/or slowly healing wounds;
- ❖ **Skin Complications** – Some of the many skin complications that diabetics are more likely to experience are **fungal infections**, **bacterial infections**, **atherosclerosis** (thickening of the arteries), **diabetic dermopathy** (harmless patches of light brown, scaly skin), **necrobiosis lipoidica diabetorum** (NLD – red skin patches that can be itchy and painful that can break open into sores and need treatment), etc.; and,
- ❖ **Gastroparesis** occurs as a result of neuropathy where the nerves to the stomach are damaged and stop working. Multiple complications can result from the stomach taking too long to empty its contents ranging from uncontrolled blood sugar to complete blockage from the stomach to the small intestine.
- ❖ Well controlled diabetes can greatly reduce the complications of diabetes, but diabetics will still have a shortened life span.

(Source: American Diabetes Association, *All about Diabetes, Type 2 Diabetes, Complications*)

Diabetes

Adult Diabetes Screening Standards

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin, most likely because the insulin is defective.

The American Diabetes Association maintains that community screening is not recommended since there is not sufficient evidence that community screening for type 2 diabetes is cost-effective, as well as the potential harm caused by lack of continuous care following diagnosis; therefore, screening should be based upon clinical judgment and patient preference. Health care provider type 2 diabetes **screening standards for adults** are as follows:

- ❖ Every three years for those age 45 and over, especially for those with a Body Mass Index (BMI) of 25 or greater;
- ❖ Testing can be done more frequently for those at younger ages who are overweight and have one or more of the risk factors listed in the box on page 1;
- ❖ Patients who experience one or more of the known symptoms for diabetes (e.g. frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, blurry vision, etc.);
- ❖ Patients who have a family history of type 2 diabetes;
- ❖ Patients who belong to certain race/ethnic groups (specifically, African American, American Indian, Pacific Islander, or Hispanic American/Latino);
- ❖ Patients who have signs of or conditions associated with insulin resistance (e.g., high blood pressure, abnormal cholesterol, polycystic ovary syndrome, etc.); and,
- ❖ As deemed necessary by the health care professional.

Youth Diabetes Screening Standards

Since the incidence of type 2 diabetes for children and adolescents has been on the increase, directly related to increased obesity levels, it is important that health care providers also follow the standards for screening youth. The American Diabetes Association has a set of standards that have been developed for youth screening. The **standards for screening children and adolescents** are similar to those for adults and are as follows:

- ❖ Only children at high risk for developing or the presence of type 2 diabetes;
- ❖ Overweight youth defined as >85 percentile for BMI or 120% of ideal for weight;
- ❖ Youth experiencing any of the two known symptoms for diabetes (e.g. frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, blurry vision, etc.); and
- ❖ Every two years starting at age ten or at the onset of puberty for those experiencing symptoms or are overweight.

For more information about diabetes, please visit the American Diabetes Association's website at www.diabetes.org.

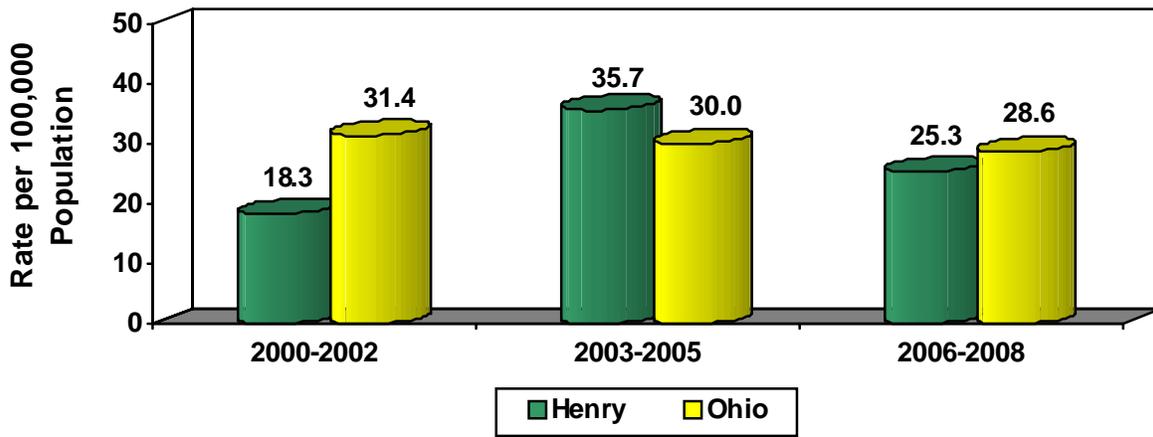
(Source: American Diabetes Association, Diabetes Care, Screening for Type 2 Diabetes, 2005)

Diabetes

The following graphs show age-adjusted mortality rates from diabetes for Henry County and Ohio residents with comparison to the Healthy People 2010 target objective.

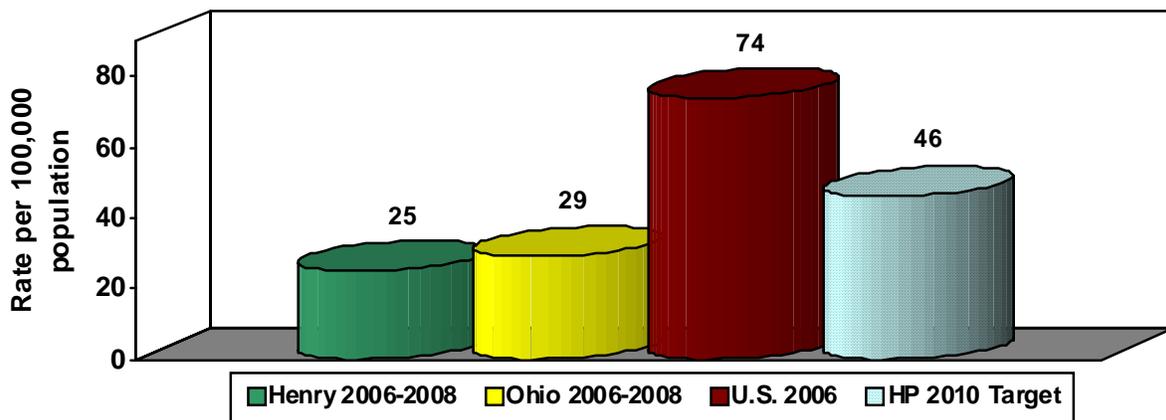
- ◆ Henry County's age-adjusted diabetes mortality rate increased overall from 2000 to 2008.
- ◆ From 2006 to 2008, both Henry County and Ohio's age-adjusted diabetes mortality rates were less than half of the national rate and both met the Healthy People 2010 target objective.

Diabetes Age-Adjusted Mortality Rates



(Source: ODH Information Warehouse, updated 4-15-10)

Healthy People 2010 Objectives and Age-adjusted Mortality Rates for Diabetes



(Source: ODH Information Warehouse, updated 4-15-10 and Healthy People 2010, CDC)

Arthritis

Key Findings

According to the Henry County survey data, 29% of Henry County adults were diagnosed with arthritis. According to the 2009 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

Arthritis

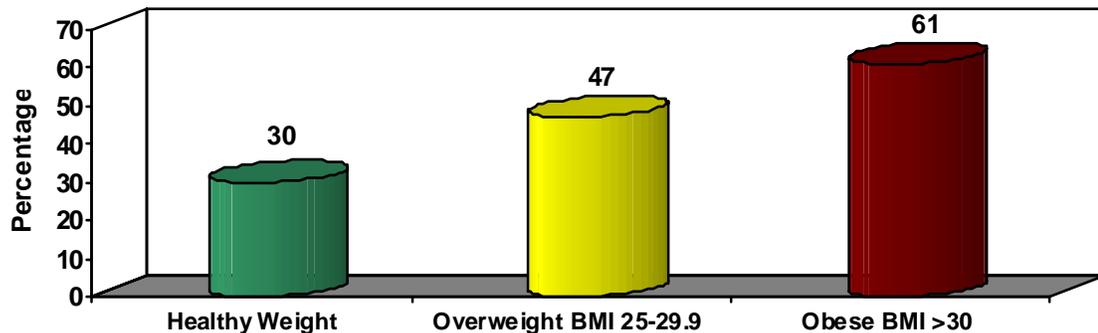
- ◆ Just over one-quarter (29%) of Henry County adults were told by a health professional that they had some form of arthritis.
- ◆ 65% of those over the age of 65 were diagnosed with arthritis.
- ◆ According to the 2009 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.
- ◆ About 1 in 5 U.S. adults have doctor diagnosed arthritis. Approximately 1 in 20 of working age adults reported that arthritis limited their work (Source: CDC Arthritis at a Glance 2009).
- ◆ Adults are at higher risk of developing arthritis if they have any of the following characteristics: female, Caucasian, 65 years of age or older, have less than 8 years of education, overweight, and live an inactive lifestyle (Source CDC).

What Can Be Done to Target Arthritis?

- ◆ Self-management education programs can reduce pain and costs. The Arthritis Foundation holds classes called the Self-Help Program that teaches people how to manage arthritis and lessen its effects.
- ◆ Physical activity can have significant benefits for people with arthritis. The benefits include improvements in physical function, mental health, quality of life, and reductions in pain.
- ◆ Weight management and injury prevention are two ways to lower a person's risk for developing osteoarthritis.
- ◆ Early diagnosis and proper management can decrease or avoid the amount of pain that a person may experience or disability that accompanies arthritis.

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Arthritis at a Glance 2008)

Risk of Developing Painful Knee Osteoarthritis Increases With Weight



(Source for graph: Arthritis at a Glance 2009, Arthritis Care and Research 2008; 59:1207-13)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Diagnosed with arthritis	30%	29%	31%	26%

Asthma & Other Respiratory Disease

Key Findings

According to the Henry County survey data, 7% of Henry County adults had been diagnosed with asthma.

Asthma & Other Respiratory Disease

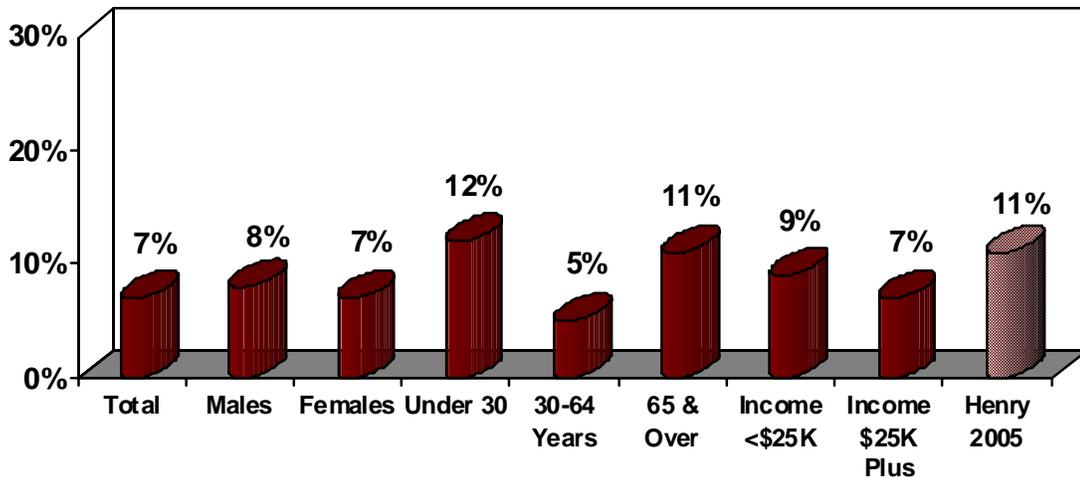
- ◆ In 2010, 7% of Henry County adults had been diagnosed with asthma, increasing to 13% of those under the age of 30 and 9% of those with incomes less than \$25,000.
- ◆ 15% of Ohio and 13% of U.S. adults have ever been diagnosed with asthma. *(Source: 2009 BRFSS)*
- ◆ There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, and mold. *(Source: CDC- National Center for Environmental Health)*
- ◆ Chronic lower respiratory disease is the 6th leading cause of death in Henry County. In Ohio, chronic lower respiratory disease is the 3rd leading cause of death. *(Source: ODH, Information Warehouse)*

Chronic Respiratory Conditions

- ◆ Asthma is a chronic lung disease that inflames and narrows airways. It can cause recurring periods of wheezing, chest tightness, shortness of breath and coughing.
- ◆ Chronic bronchitis is a condition where the bronchial tubes (the tubes that carry air to your lungs) become inflamed. Bronchitis can cause wheezing, chest pain or discomfort, a low fever, shortness of breath and a cough that brings up mucus. Smoking is the main cause of chronic bronchitis.
- ◆ Chronic Obstructive Pulmonary Disorder (COPD) is a disease that over time makes it harder to breathe. COPD can cause large amounts of mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Smoking is the main cause of COPD.

(Source: National Heart, Lung, Blood Institute, 2008)

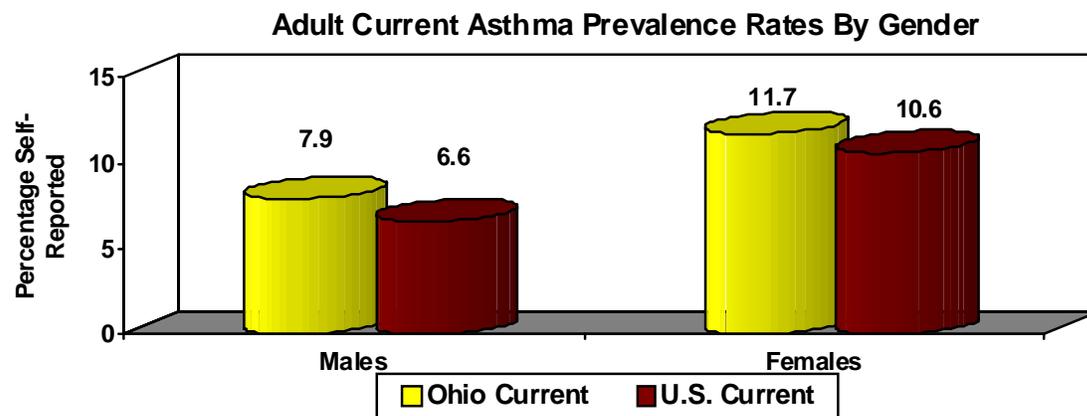
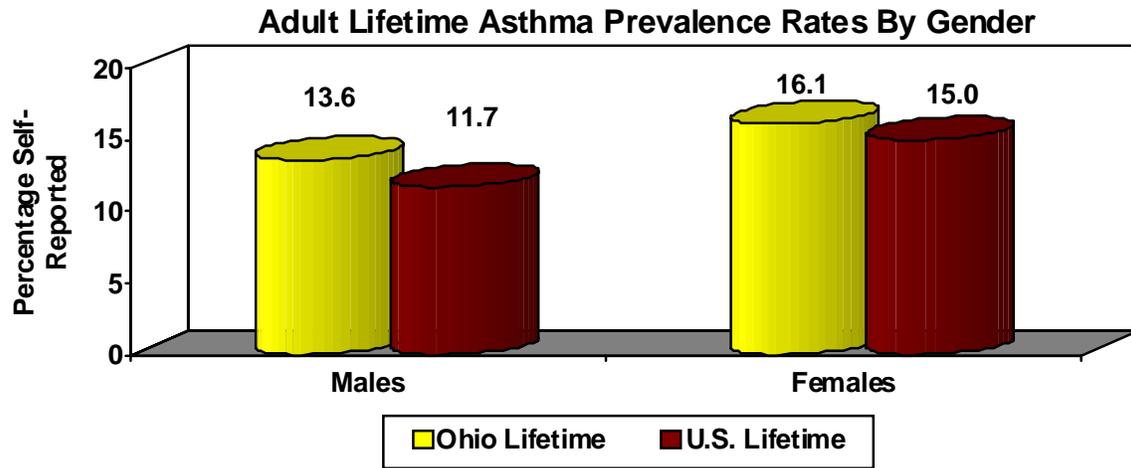
Henry County Adults Diagnosed with Asthma



2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Had been diagnosed with asthma	11%	7%	15%	13%

Asthma & Other Respiratory Disease

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



(Source: 2009 BRFSS)

Asthma Control

Recommendations from the CDC's National Asthma Control Program include:

- Tracking: routinely collect and analyze asthma data to determine who is most affected in Henry County.
- Interventions: assure that research-based public health practices and programs are implemented to reduce the burden of asthma within the county.
- Partnerships: make sure that all stakeholders have the opportunity to be involved in developing, implementing and evaluating the local asthma control programs.

For youth, the CDC has published *Strategies for Addressing Asthma within a Coordinated School Health Program*, revised 2006. The six strategies identified include:

- Establishing management and support systems for asthma-friendly schools.
- Providing appropriate school health and mental health services for students with asthma.
- Providing asthma education and awareness programs for students and school staff.
- Providing a safe and healthy school environment to reduce asthma triggers.
- Providing safe, enjoyable physical education and activity opportunities for students with asthma.
- Coordinating school, family and community efforts to better manage asthma symptoms and reduce school absences among students with asthma.

Adult Weight Status

Key Findings

The 2010 Health Assessment project identified that 65% of Henry County adults were overweight or obese based on BMI. The 2009 BRFSS indicates that 30% of Ohio and 27% of U.S. adults were obese by BMI. One-third (33%) of Henry County adults were obese. Almost half (47%) of adults were trying to lose weight. 27% of adults had not been participating in any physical activities or exercise in the past week.

Adult Weight Status

- ◆ In 2010, the health assessment indicated that nearly two-thirds (65%) of Henry County adults were either overweight (32%) or obese (33%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases (see below).
- ◆ Almost half (49%) of adults were trying to lose weight, 32% were trying to maintain their current weight or keep from gaining weight and 2% were trying to gain weight.
- ◆ Henry County adults did the following to lose weight or keep from gaining weight: eat less food, fewer calories, or foods low in fat (50%), exercised (41%), smoke cigarettes (2%), go without eating 24 or more hours (1%), vomit or take laxatives (1%).

Physical Activity

- ◆ In Henry County, 45% of adults were engaging in physical activity for at least 30 minutes 3 or more days per week. 27% of adults were exercising 5 or more days per week. About one-third (33%) of adults were not participating in any physical activity in the past week, including those who were unable to exercise.
- ◆ Henry County adults exercised vigorously on average of 3.6 days per week in the summer time and 2.1 days per week in the winter time. Adults exercised moderately on average of 4.2 days per week in the summer time and 2.9 days per week in the winter time.
- ◆ 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.

Nutrition

- ◆ In 2010, 40% of adults drank 100% fruit juice at least once per day in the past week, 43% had eaten vegetables such as green salad, carrots and potatoes, and 37% reported drinking pop, punch, kool-aid, sports drinks, or other flavored drinks. The American Cancer Society recommends that adults eat 5-9 servings 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.
- ◆ Adults ate out in a restaurant or brought home take out food an average of 2.2 times per week.
- ◆ Henry County adults purchased their fruits and vegetables from the following: local grocery store (75%), large grocery store (58%), farmer's market (12%), restaurants (2%), and food pantry (1%).
- ◆ Adults listed the following as barriers to purchasing fruits and vegetables: too expensive (11%), do not like the taste (7%), do not know how to prepare (2%), and no variety (1%); 79% of adults did not have any barriers to purchasing fruits and vegetables.

Defining the Terms

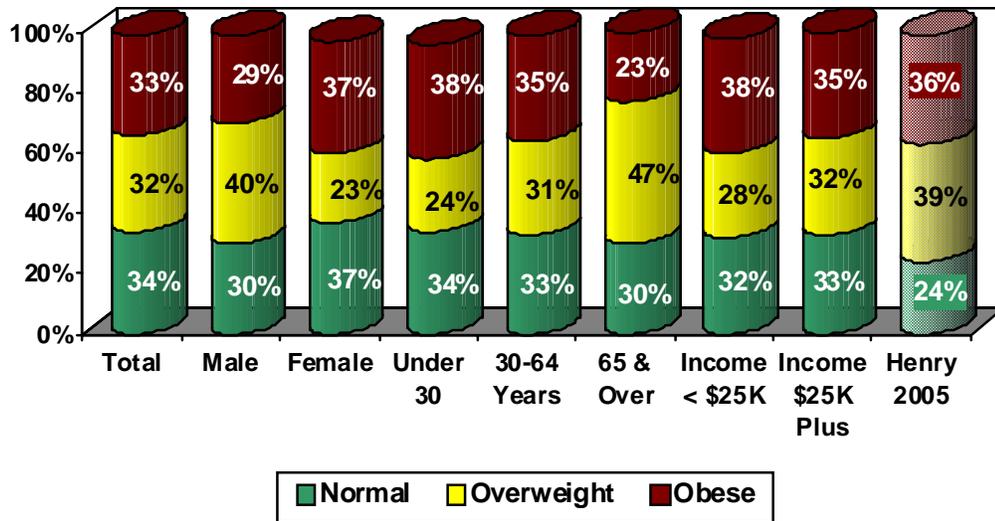
- ◆ Obesity: An excessively high amount of body fat compared to lean body mass.
- ◆ Body Mass Index (BMI): The contrasting measurement/relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- ◆ Underweight: Adults with a BMI less than 18.5.
- ◆ Normal: Adults with a BMI of 18.5 to 24.9.
- ◆ Overweight: Adults with a BMI of 25 to 29.9.
- ◆ Obese: Adults with a BMI of 30 or greater.

(Source: CDC)

Adult Weight Status

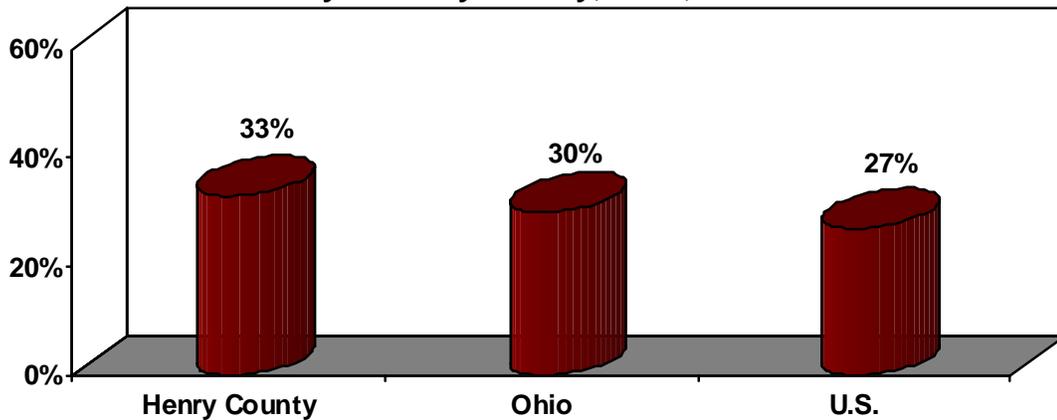
The following graphs show the percentage of Henry County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Henry County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 33% of all Henry County adults were classified as normal weight, 32% overweight, and 33% obese.

Henry County Adult BMI Classifications



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

Obesity in Henry County, Ohio, and U.S. Adults



(Source: 2010 Henry County Health Assessment and 2009 BRFSS)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Obese	36%	33%	30%	27%
Overweight	39%	32%	37%	36%
Did not participate in any physical activity	30%	33%	N/A	N/A

Youth Weight Status

Key Findings

The 2010 Health Assessment identified that 13% of Henry County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 30% of Henry 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.

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 2010, 13% of youth were classified as obese by Body Mass Index (BMI) calculations (2007 YRBS reported 12% for Ohio, 2009 YRBS reported 12% for the U.S.). 15% of youth were classified as overweight, 69% were normal weight, and 3% were underweight.
- ◆ 30% of youth described themselves as being either slightly or very overweight (2007 YRBS reported 30% for Ohio, 2009 YRBS reported 28% for the U.S.)
- ◆ Almost half (47%) of all youth were trying to lose weight (2007 YRBS reported 47% for Ohio and 45% for the U.S.), increasing to 63% of Henry County female youth (compared to 34% of males).
- ◆ In the past 30 days, 1% of all Henry County youth (2007 YRBS reported 11% for Ohio, 2009 YRBS reported 11% for the U.S.) reported going without eating for 24 hours or more to lose weight or keep from gaining weight. 1% vomited or took laxatives to lose weight. No one reported taking diet pills, powders, or liquids without a doctor's advice to lose weight.
- ◆ 11% of youth ate less food, fewer calories, or foods lower in fat to try to lose weight or keep from gaining weight in the past month and 34% exercised to try to lose weight or keep from gaining weight.

Nutrition

- ◆ 37% of Henry County youth drank 100% fruit juice at least once per day in the past week, 34% had eaten vegetables such as green salad, carrots and potatoes, and 57% drank at least one glass of milk.
- ◆ 43% of youth drank pop, punch, kool-aid, sports drinks, energy drinks, etc. at least once per day.

Physical Activity

- ◆ 72% of Henry County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 50% did so on 5 or more days in the past week and 23% did so every day in the past week. 11% of youth did not participate in any physical activity in the past week. 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.
- ◆ Henry County youth spent an average of 2.5 hours watching TV, 1.4 hours playing video games, and 2.0 hours on the computer on an average day of the week. 39% of youth spent 3 or more hours watching TV on an average day (2007 YRBS reported 32% for Ohio, 2009 YRBS reported 33% for the U.S.).
- ◆ 82% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (60%), church or religious organization (36%), school club or social organization (27%), or some other organized activity (Scouts, 4H, etc) (18%).

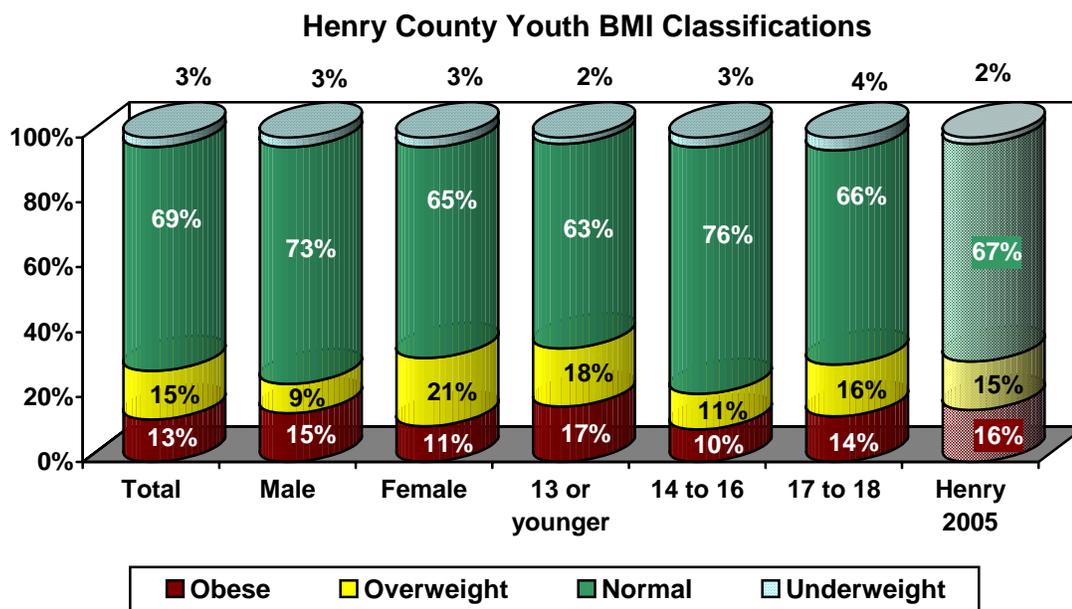
Obese Adolescents

- ◆ Obese adolescents have a 70% chance of being overweight or obese as adults. If the parents are overweight as well, the risk increases to 80%.
- ◆ Poor self-esteem and depression are additional consequences of childhood obesity.
- ◆ Sedentary activities, such as television, computer and video games, contribute to the children's inactive lifestyles.
- ◆ Youth who are obese have an increased frequency for heart disease, diabetes, and other health problems than those children who have a healthy weight.

(Source: Surgeon General's Call to Action To Prevent and Decrease Overweight and Obesity 2001 and 2007 YRBS)

Youth Weight Status

The following graph shows the percentage of Henry County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). The table shows the unhealthy ways youth lost weight. Examples of how to interpret the information in the first graph include: 69% of all Henry County youth were classified as normal weight, 13% were obese, 15% were overweight, and 3% were calculated to be underweight for their age and gender.



Henry County Youth did the following to lose weight in the past 30 days:		Percent
Exercised		34%
Ate less food, fewer calories, or foods lower in fat		11%
Went without eating for 24 hours		1%
Vomited or took laxatives		1%
Took diet pills, powders, or liquids without a doctor's advice		0%

Nutrition comparisons between Henry County youth and adults:	Youth	Adults
Had 100% juice at least once/day	37%	40%
Had vegetables at least once/day	34%	43%
Had pop, sports drinks, etc. at least once/day	43%	37%

2005/2010 Youth Comparisons	Henry County 2005 (6 th -12 th)	Henry County 2010 (6 th -12 th)	Henry County 2010 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2009 (9 th -12 th)
Obese	16%	13%	12%	12%	12%
Went without eating for 24 hours or	2%	1%	1%	11%	11%
Trying to lose weight	49%	47%	44%	47%	45%*

*2007 YRBS Data

Adult Tobacco Use

Key Findings

In 2010, 17% of Henry County adults were current smokers and 26% were considered former smokers. In 2009, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of disease and early death in the world, accounting for approximately 5.4 million premature deaths each year. ACS estimated that tobacco use would be linked to approximately one in five deaths in the U.S. (Source: Cancer Facts & Figures, American Cancer Society, 2009)

Adult Tobacco Use Behaviors

- ◆ The 2010 health assessment identified that less than one-sixth (17%) of Henry County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2009 BRFSS reported current smoker prevalence rates of 20% for Ohio and 18% for the U.S. Over one-quarter (26%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- ◆ Henry County adult smokers starting smoking at an average age of 17 years old.
- ◆ Henry County adult smokers were more likely to:
 - Have been divorced (55%)
 - Have rated their general health as fair or poor (27%)
 - Have incomes less than \$25,000 (24%)
 - Have been male (22%)
- ◆ 53% of the current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- ◆ 5% of Henry County adults reported using chewing tobacco or snuff and 3% did so every day.
- ◆ Henry County adults used the following tobacco products: cigars (3%), black and milds (2%), pipes (1%), and swishers (1%).
- ◆ One-quarter (25%) of adults lived with at least one person who smoked some form of tobacco.
- ◆ Henry County adults reported the following rules about smoking inside their home: not allowed anywhere inside home (77%), allowed in some places (6%), allowed anywhere (6%), and had no rules about smoking inside the home (10%).

Tobacco Use and Health

- ◆ Tobacco use is the most preventable cause of death in the U.S. and in the world
- ◆ 87% of all lung cancers deaths and at least 30% of all cancer deaths in the U.S. can be attributed to smoking.
- ◆ When compared to non-smokers, the risk of developing lung cancer is 23 times higher in male smokers and 13 times higher in female smokers.
- ◆ Tobacco use is also associated with at least 15 types of cancer such as cervical, mouth, pharyngeal, esophageal, pancreatic, kidney and bladder.
- ◆ Tobacco use contributes to heart disease, stroke, bronchitis, emphysema, COPD, chronic sinusitis, severity of colds, pneumonia and low birth weight in infants.

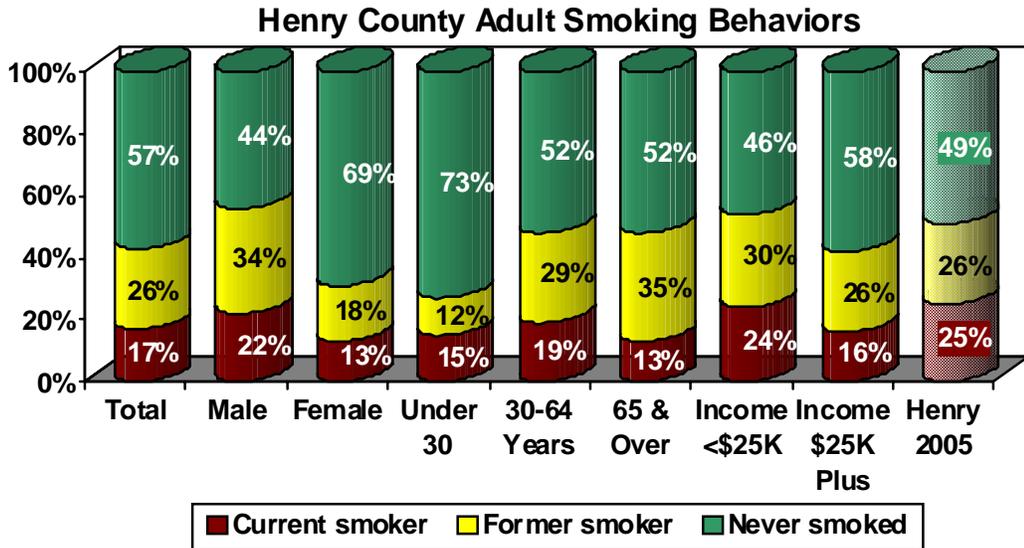
(Source: Cancer Facts & Figures, American Cancer Society, 2009)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Current smoker	25%	17%	20%	18%
Former smoker	26%	26%	26%	26%
Tried to quit smoking	49%	53%	N/A	N/A
Used chewing tobacco or snuff	4%	5%	N/A	N/A

N/A= Not available

Adult Tobacco Use

The following graph shows the percentage of Henry County adults who used tobacco. Examples of how to interpret the information include: 17% of all Henry County adults were current smokers, 26% of all adults were former smokers, and 57% had never smoked.



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

Costs of Tobacco Use

- ❖ If a pack-a-day smoker spent \$4/pack, they would spend: \$28/week, \$112/month, or \$1,456/year.
- ❖ 17% of Henry County adults indicated they were smokers. That is approximately 3,735 adults.
- ❖ If 3,725 adults spent \$1,456/year, then \$5,423,600 is spent a year on cigarettes in Henry County.

Smoking and Tobacco Facts

- ❖ Tobacco use is the most preventable cause of death in the U.S.
- ❖ Approximately 38,000 deaths per year in the U.S. are from secondhand smoke exposure.
- ❖ Typically, smokers die 13 to 14 years earlier than non-smokers.
- ❖ Cigarette smoking is highest in prevalence among American Indians/Native Americans (32%), followed by whites (21.9%), African Americans (21.5%), Hispanics (16.2%), and Asians (13.3%).
- ❖ Smoking costs over \$167 billion in lost productivity (\$92 billion) and health care expenses (\$75.7 billion) per year.
- ❖ In 2003, the cigarette industry spent more than \$41 million per day on advertising and promotional expenses.

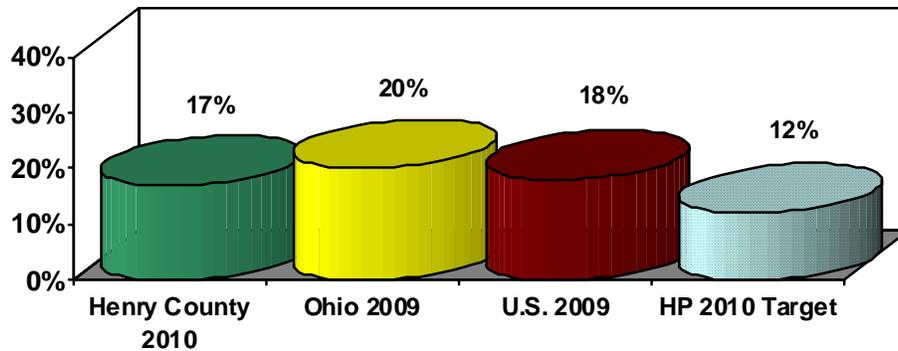
(Source: CDC: Fast Facts on Smoking and Tobacco Use)

Adult Tobacco Use

The following graphs show Henry County, Ohio, and U.S. adult cigarette smoking rates and age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) and trachea, bronchus and lung cancers in comparison with the Healthy People 2010 objectives. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. These graphs show:

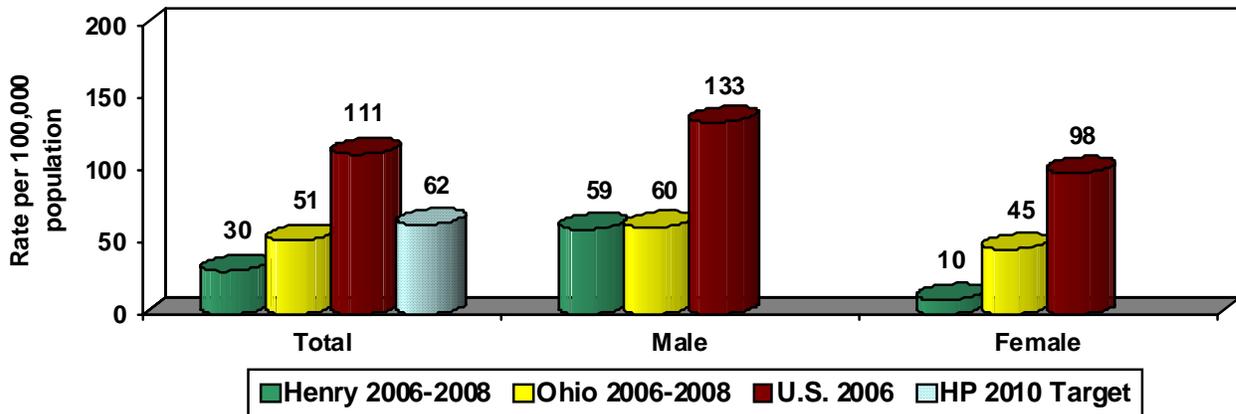
- ◆ Henry County adult cigarette smoking rate was lower than the rate for Ohio and higher than the U.S. and Healthy People 2010 Goal.
- ◆ From 2006-2008, Henry County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was lower than the Ohio rate, the U.S. rate, and the Healthy People 2010 target objective.
- ◆ From 2002-2006 the percentage of mothers who smoked during pregnancy in Henry County fluctuated slightly from year to year, but was generally higher than the Ohio rate.
- ◆ Disparities existed by gender for Henry County trachea, bronchus, and lung cancer age-adjusted mortality rates, as well as chronic lower respiratory disease mortality rates. The 2006-2008 Henry male rates were higher than the Henry female rates in both cases.

Healthy People 2010 Objectives & Cigarette Smoking Rates



(Source: 2010 Assessment, BRFSS and HP2010)

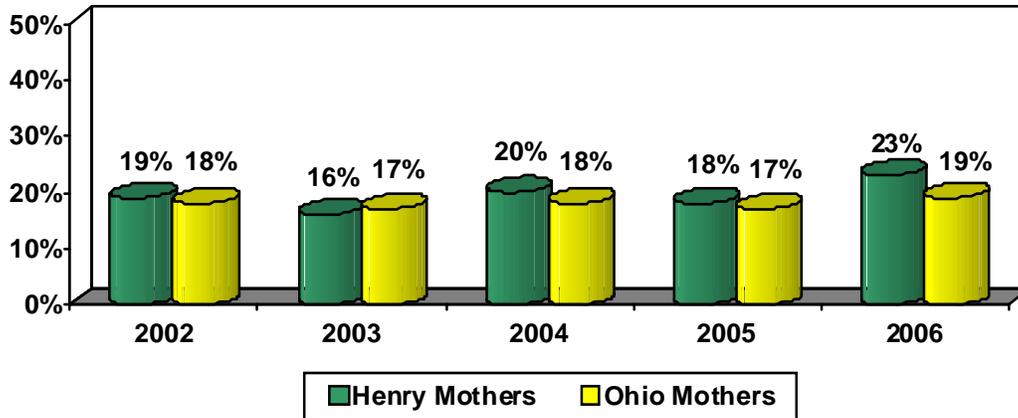
Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)



*(Source: ODH Information Warehouse and HP2010)
HP2010 does not report different goals by gender.*

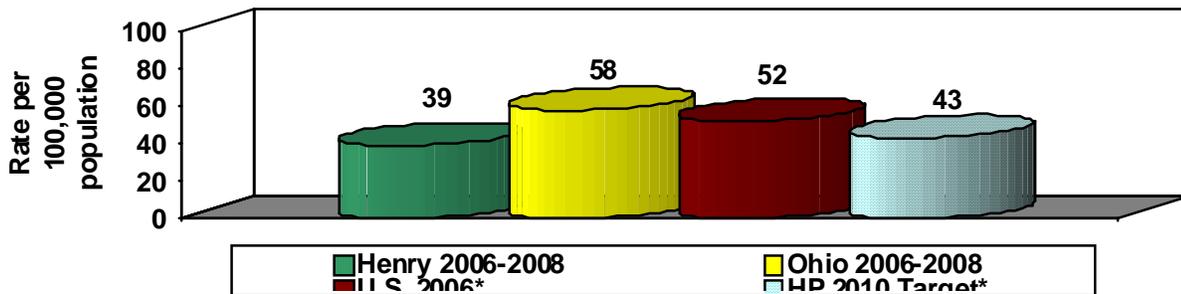
Adult Tobacco Use

Births to Mothers Who Smoked During Pregnancy



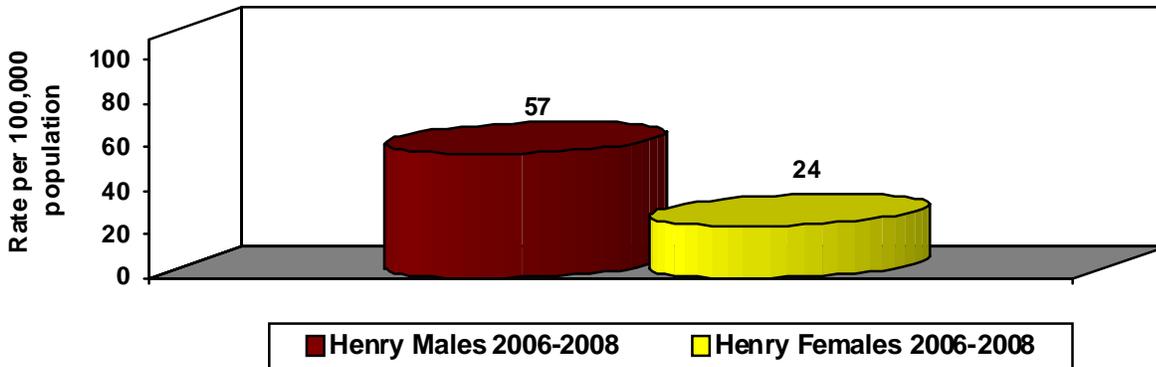
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2002-2006)

Age-Adjusted Mortality Rates for Trachea, Bronchus & Lung Cancer



*Healthy People 2010 Target and U.S. 2006 data are for lung cancer only
(Source: Healthy People 2010, ODH Information Warehouse, updated 4-15-10)

Age-Adjusted Mortality Rates by Gender for Trachea, Bronchus & Lung Cancer



(Source: ODH Information Warehouse, updated 4-15-10)

Youth Tobacco Use

Key Findings

The 2010 health assessment identified that 9% of Henry County youth (ages 12-18) were smokers increasing to 20% of those who were 17-18 years old. Overall, 5% of Henry County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 46% had tried to quit.

Youth Tobacco Use Behaviors

- ◆ The 2007 YRBS reports that 51% of youth in Ohio had tried cigarette smoking (2009 YRBS reports 46% of U.S. youth) and the 2010 health assessment indicated that 15% of Henry County youth had done the same.
- ◆ Over one-quarter (28%) of those who have smoked a whole cigarette did so under 10 years old and 43% had done so under the age of 12. The average age of onset for smoking was 12.6 years old.
- ◆ In 2010, 9% of Henry County youth were current smokers, having smoked at some time in the past 30 days (2007 YRBS reported 22% for Ohio and 2009 YRBS reported 20% for the U.S). One-fifth (20%) of 17-18 year olds were current smokers compared to 3% of 12-13 year olds and 9% of 14-16 year olds.
- ◆ Of those who smoked, 15% smoked less than 1 cigarette per day and 10% smoked 11 or more cigarettes per day.
- ◆ One-third (33%) of current smokers smoked cigarettes daily.
- ◆ Almost two-thirds (64%) of the Henry County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ 18% of youth smokers took them from a store or family member, 18% borrowed cigarettes from someone else, 15% asked someone else to buy them cigarettes, 15% bought cigarettes from a store or gas station, and 15% said an adult gave them the cigarettes.
- ◆ Henry County youth smokers used the following forms of tobacco the most in the past year: cigarettes (62%), chewing tobacco or snuff (14%), black and milds (8%), cigars (6%), flavored cigarettes (3%), little cigars (3%), and swishers (2%).
- ◆ In the past 30 days, 5% of Henry County youth used chewing tobacco or snuff (2007 YRBS reported 10% for Ohio and 2009 YRBS reported 9% for the U.S.) increasing to 9% of males and 15% of those 17-18 years old.
- ◆ Almost half (46%) of Henry County youth smokers had tried to quit smoking in the past year (2007 YRBS reported 49% for Ohio and 2009 YRBS reported 51% for the U.S).

2008 Ohio Youth Tobacco Survey

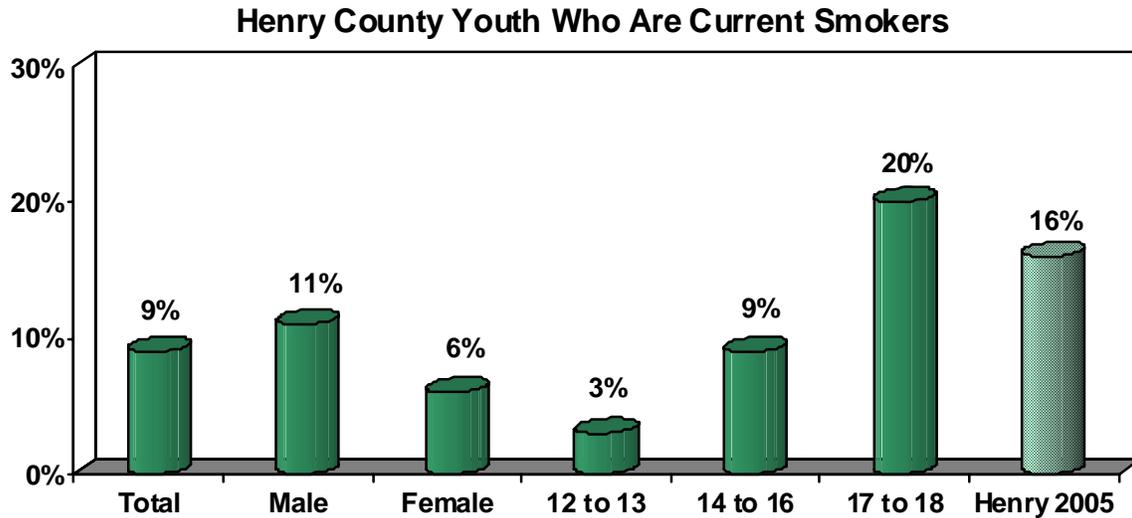
- ◆ In 2008, 57.2% of Ohio high school students had used some form of tobacco during their lifetime.
- ◆ 6% of high school students and 4.8% of middle school students had started smoking by age 11.
- ◆ 10.4% of high school and 4.9% of middle school students had ever smoked a bidi.
- ◆ 11% of middle school and 20.8% of high school students reported using smokeless tobacco in their lifetime.
- ◆ According to the survey results, 19.1% of middle school students and 20.6% of high school students had never smoked a cigarette.

(Source: Ohio Youth Tobacco Survey, 2008, Office of Healthy Ohio, Tobacco Use Prevention and Cessation Program)

2005/2010 Youth Comparisons	Henry County 2005 (6 th – 12 th)	Henry County 2010 (6 th – 12 th)	Henry County 2010 (9 th – 12 th)	Ohio 2007 (9 th – 12 th)	U.S. 2009 (9 th – 12 th)
Ever tried cigarettes	38%	15%	22%	51%	46%
Current smokers	16%	9%	14%	22%	20%
Used chewing tobacco or snuff	5%	5%	8%	10%	9%
Tried to quit smoking	41%	46%	48%	49%	51%

Youth Tobacco Use

The following graph shows the percentage of Henry County youth who smoke cigarettes. Examples of how to interpret the information include: 9% of all Henry County youth were current smokers, 11% of males smoked, and 6% of females were current smokers. The table shows differences in specific risk behaviors between current smokers and non-current smokers (nonsmokers).



Current smokers are those who have smoked at any time during the past 30 days.

Behaviors of Henry Youth *Current Smokers vs. Non-Current Smokers*

Youth Behaviors	Current Smoker	Non-Current Smoker
Have been in a physical fight in the past 12 months	47%	28%
Attempted suicide in the past 12 months	31%	3%
Have had at least one drink of alcohol in the past 30 days	64%	14%
Have used marijuana in the past 30 days	42%	2%
Have had sexual intercourse	71%	12%
Participated in extracurricular activities	67%	84%

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

Adult Alcohol Consumption

Key Findings

In 2010, the health assessment indicated that 8% of Henry County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 36% of adults who drank had five or more drinks on one occasion (binge drinking) in the past month. Seven percent of adults drove after having five or more drinks.

Henry County Adult Alcohol Consumption

- ◆ In 2010, half (50%) of the Henry County adults had at least one alcoholic drink in the past month, increasing to 58% of those with incomes more than \$25,000 and 64% of those under the age of 30. The 2009 BRFSS reported current drinker prevalence rates of 54% for Ohio and 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, Henry County adults drank 1.6 drinks on average, increasing to 2.2 drinks for males.
- ◆ About one in five (19%) adults were considered binge drinkers. The 2009 BRFSS reported binge drinking rates of 16% for Ohio and the U.S.
- ◆ 36% of those who drink reported they had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition (See box above).
- ◆ 7% of adults reported driving within a couple hours after having five or more drinks, increasing to 11% of males and 16% of those under the age of 30.
- ◆ 5% of adults reported driving after having perhaps too much to drink.
- ◆ Henry County adults approved of youth doing the following: drinking alcohol (5%), drinking alcohol and driving (1%), riding in a vehicle with someone who has been drinking (1%), and binge drinking (1%).

Binge Drinking Dangers

- ❖ Binge drinking is defined as five or more drinks on one occasion or in a short period of time.
- ❖ About 92% of U.S. adults who drink excessively reported binge drinking in the past month.
- ❖ The prevalence of males binge drinking is twice the prevalence of females binge drinking.
- ❖ Approximately 75% of the alcohol consumed in the U.S. is in the form of binge drinks.
- ❖ The highest proportion age group to binge drink is in the 18-20 year old group at 51%.
- ❖ Most people who binge drink are not alcohol dependent.
- ❖ Unintentional injuries, violence, alcohol poisoning, hypertension, sexually transmitted diseases, cardiovascular diseases, sexual dysfunction and unintentional pregnancy are a few of the adverse health effects of binge drinking.

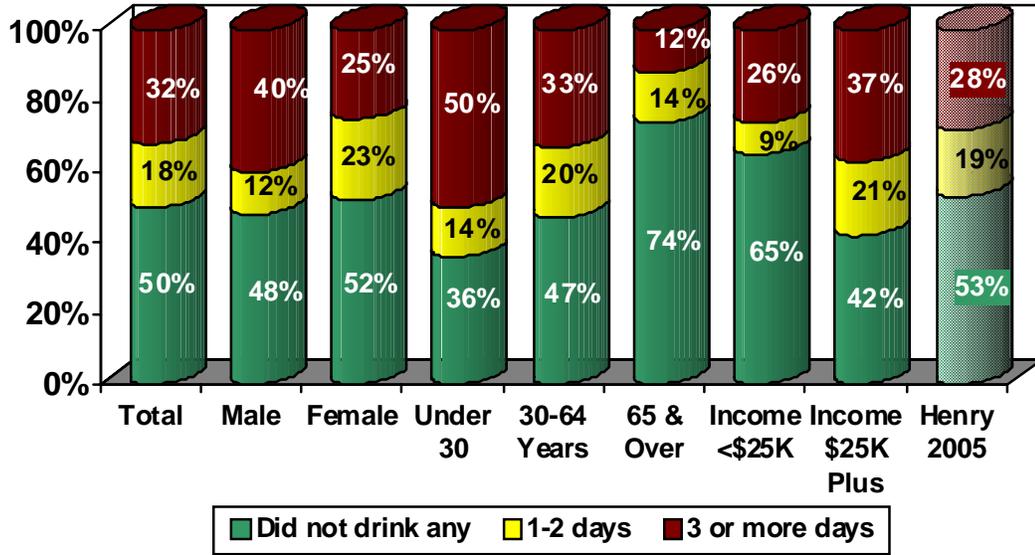
(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Binge Drinking, 8-6-08)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Drank alcohol at least once in past month	47%	50%	54%	54%
Binge drinker (drank 5 or more drinks on occasion)	22%	19%	16%	16%
Drove after having perhaps too much to drink	21%	5%	N/A	N/A
Drove after having five or more drinks	18%	7%	N/A	N/A

Adult Alcohol Consumption

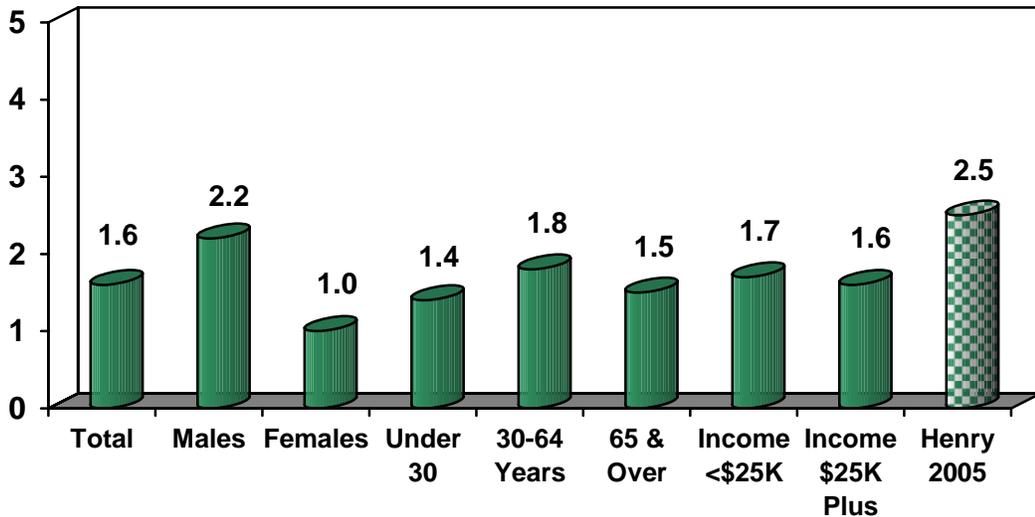
The following graphs show the percentage of Henry County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 50% of all Henry County adults did not drink alcohol, 48% of Henry County males did not drink and 52% of adult females reported they did not drink.

Average Number of Days Drinking Alcohol in the Past Month

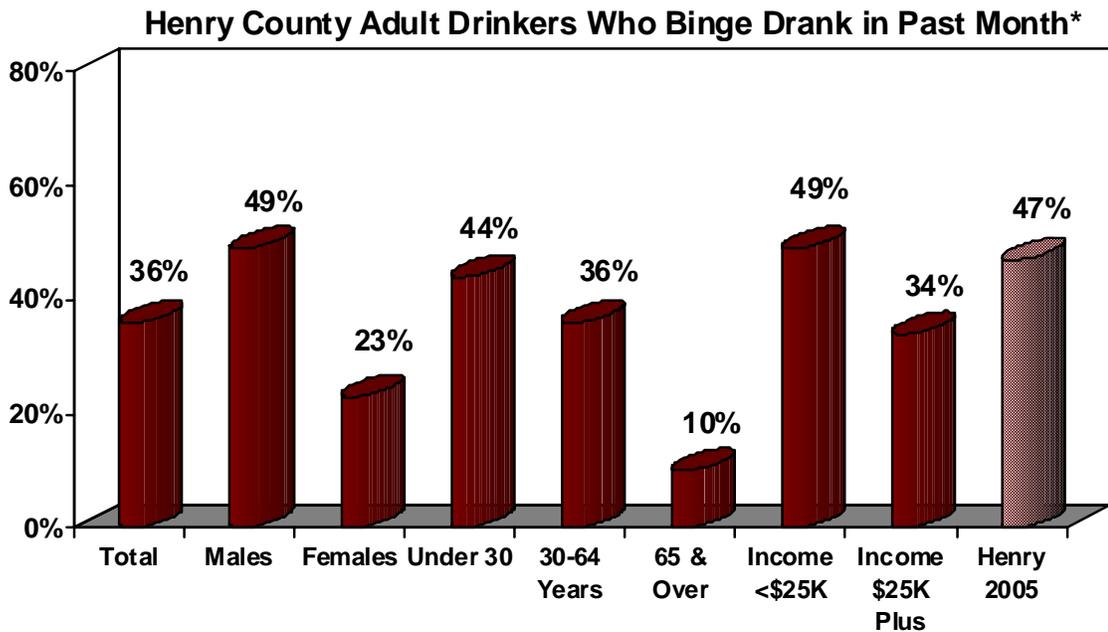


Percentages may not equal 100% as some respondents answered "don't know"

Adults Average Number of Drinks Consumed Per Occasion

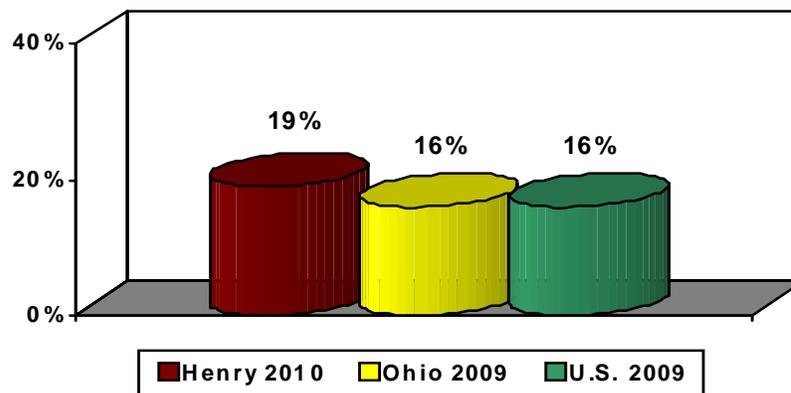


Adult Alcohol Consumption



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

Adult Binge Drinking



(Source: 2009 BRFSS, 2010 Henry County Health Assessment)
**Based on all adults. Binge drinking is defined as having five or more drinks on an occasion.*

Consequences of Alcohol and Drug Misuse

Alcohol and other drugs are associated with:

- ❖ Drownings (69%)
- ❖ Rapes (52%)
- ❖ Murders (49%)
- ❖ Manslaughter charges (68%)
- ❖ Spouse abuse (50%)
- ❖ Child abuse (38%)
- ❖ Assaults (62%)
- ❖ Traffic fatalities (50%)
- ❖ Suicide (25%)

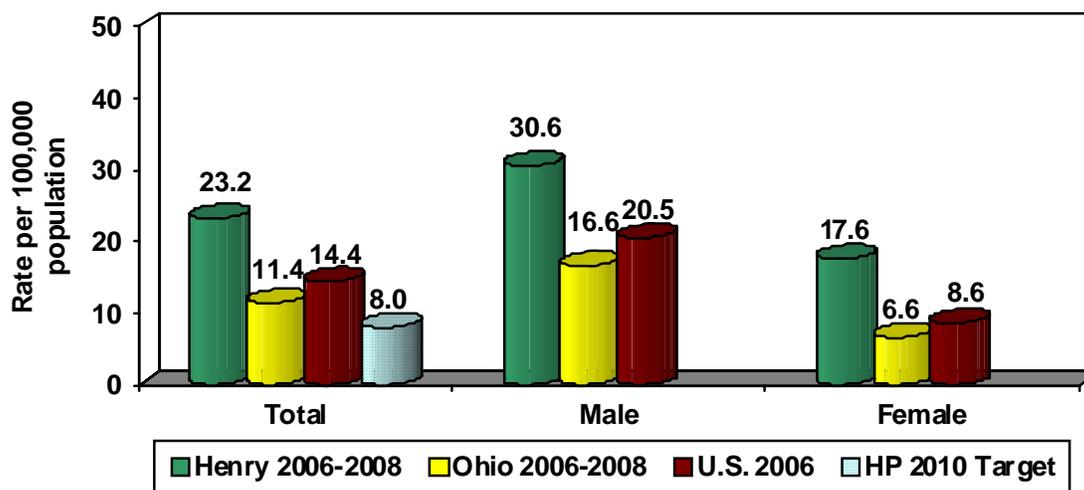
(Source: Healthy People 2010 and CDC)

Motor Vehicle Accidents

The following graphs show Henry County and Ohio age-adjusted motor vehicle accident mortality rates per 100,000 population with comparison to Healthy People 2010 objectives. The graphs show:

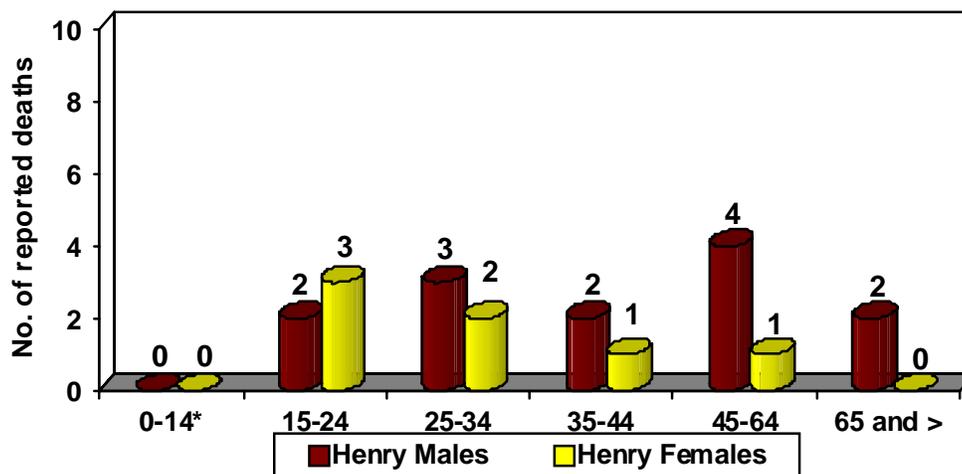
- ◆ From 2006-2008, the Henry County motor vehicle age-adjusted mortality rate of 23.2 deaths per 100,000 population is higher than the state rate, national rate and the Healthy People 2010 objective.
- ◆ The Henry County age-adjusted motor vehicle accident mortality rate for males is higher than the female rate.
- ◆ 13 Henry County males died of motor vehicle accidents from 2006-2008 while 7 Henry County females died of motor vehicle accidents during the same period.

Healthy People 2010 Objective and Age-Adjusted Mortality Rates for Motor Vehicle Accidents



(Source: ODH Information Warehouse, updated 4-15-10 and CDC- Wonder Data 2010)

Henry County Number of Motor Vehicle Deaths By Age and Gender, 2006-2008
N=20*



**Zero motor vehicle accident deaths were reported for ages 1 to 4, and ODH Information Warehouse does not find records for ages 5 to 14
(Source: ODH Information Warehouse, updated 4-15-10)*

Henry County Crash Statistics

	City of Napoleon 2009	Henry County 2009	Ohio 2009
Total Crashes	199	762	298,658
Alcohol-Related Total Crashes	5	29	13,426
Fatal Crashes	0	5	945
Alcohol-Related Fatal Crashes	0	2	354
Alcohol Impaired Drivers in Crashes	5	29	13,285
Injury Crashes	28	150	73,246
Alcohol-Related Injury Crashes	2	12	5,599
Property Damage Only	168	603	219,696
Alcohol-Related Property Damage Only	3	15	7,310
Deaths	0	5	1,022
Alcohol-Related Deaths	0	2	390
Total Non-Fatal Injuries	42	215	107,564
Alcohol-Related Injuries	2	16	8,039

(Source: Ohio Department of Public Safety, Crash Reports, 2009 Traffic Crash Facts)

Youth Alcohol Consumption

Key Findings

In 2010, the health assessment results indicated that 49% of Henry County youth had drunk at least one drink of alcohol in their life increasing to 63% of youth seventeen and older. 36% of those who drank, took their first drink before the age of 12. Less than one-fifth (19%) of all Henry County youth and 36% of those 17-18 years had at least one drink in the past 30 days. Over half (58%) 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.

Youth Risk Behavior Survey Results* Alcohol Use

- ❖ 46% of Ohio high school students drank alcohol in the past month compared with 42% of U.S. high school students.
- ❖ 29% of Ohio and 24% of U.S. high school students reported binge drinking in the past month.
- ❖ Among U.S. high school students, current drinking prevalence was higher for females (43%) than males (41%), however binge drinking incidence was higher for males (25%) than females (23%).

*U.S. data from 2009 YRBS and Ohio data from 2007 YRBS. 2009 YRBS data is unavailable for Ohio due to an insufficient amount of data to generate weighted results. (Source: CDC: YRBS 6-7-10)

Youth Alcohol Consumption

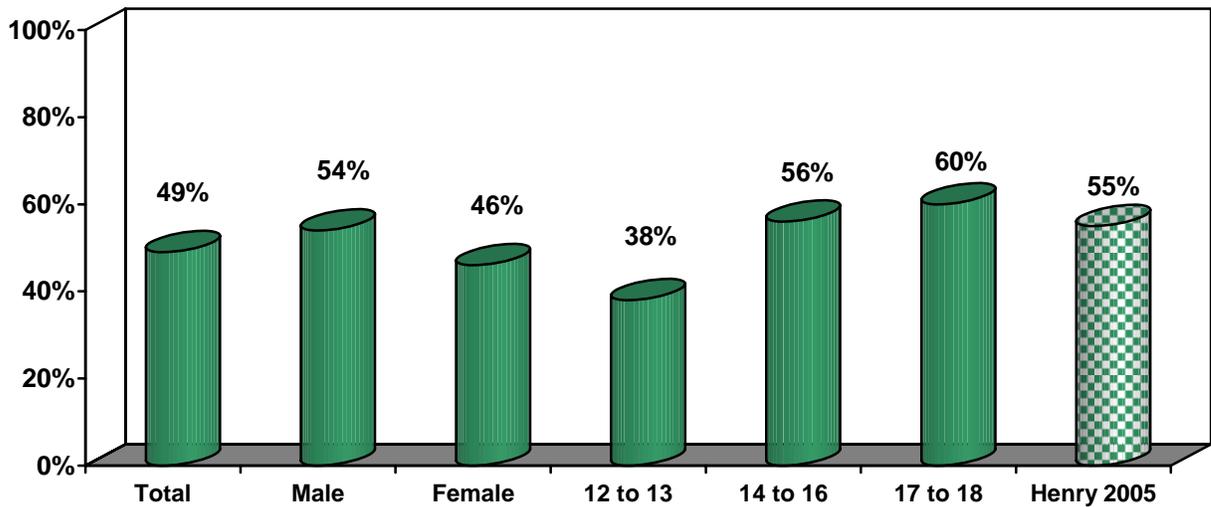
- ◆ In 2010, the health assessment results indicate that almost half (49%) of all Henry County youth (ages 12 to 18) have had at least one drink of alcohol in their life, increasing to 63% of 17-18 year olds (2007 YRBS reports 76% for Ohio and 2009 YRBS reports 73% for the U.S.).
- ◆ About one-fifth (19%) of the youth had at least one drink in the past 30 days, increasing to 36% of 17-18 year olds (2007 YRBS reports 46% for Ohio and 2009 YRBS reports 42% for the U.S.).
- ◆ Of those who drank, 58% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 83% of those ages 17 and over.
- ◆ Based on all youth surveyed, 11% were defined as binge drinkers (2007 YRBS reports 29% for Ohio and 2009 YRBS reports 24% for the U.S.).
- ◆ 13% of Henry County youth who reported drinking in the past 30 days, drank on at least 10 or more days during the month.
- ◆ Over one-third (36%) of Henry County youth who reported drinking at sometime in their life had their first drink under the age of 12, 33% took their first drink between the ages of 13 and 14, and 31% drank between the ages of 15 and 18. The average age of onset was 12.8 years old.
- ◆ Henry County youth drinkers reported they got their alcohol from the following: someone gave it to them (38%), a parent gave it to them (20%), took it from a store of family member (10%), paid an older person to buy it for them (9%), and some other way (23%). No one reported they bought alcohol in a liquor store, convenience store, supermarket, gas station, restaurant, bar, or club.
- ◆ During the past month 20% of all Henry County youth had ridden in a car driven by someone who had been drinking alcohol (2007 YRBS reports 23% for Ohio and 2009 YRBS reports 28% for the U.S.).
- ◆ 5% of all youth drivers had driven a car in the past month after they had been drinking alcohol increasing to 7% of high school youth (2007 YRBS reports 10% for Ohio and 2009 YRBS reports 10% for the U.S.).

2005/2010 Youth Comparisons	Henry County 2005 (6 th – 12 th)	Henry County 2010 (6 th – 12 th)	Henry County 2010 (9 th – 12 th)	Ohio 2007 (9 th – 12 th)	U.S. 2009 (9 th – 12 th)
Ever tried alcohol	55%	49%	57%	76%	73%
Current drinker	29%	19%	29%	46%	42%
Binge drinker	20%	11%	18%	29%	24%
Rode with someone who was drinking	26%	20%	21%	23%	28%
Drank and drove	8%	5%	7%	10%	10%

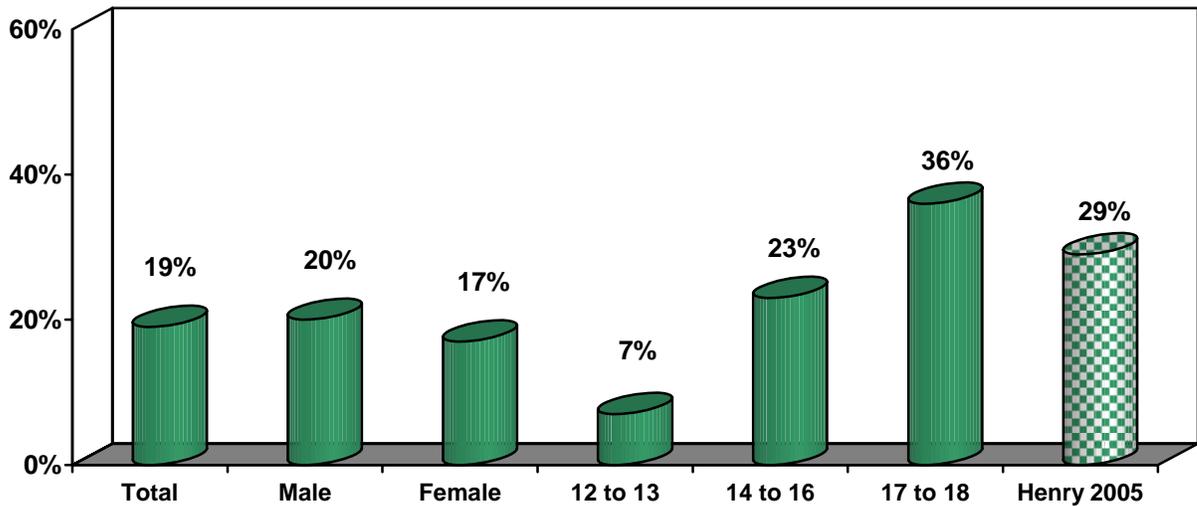
Youth Alcohol Consumption

The following graphs show the percentage of Henry County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 49% of all Henry County youth have drunk at some time in their life, 54% of males, and 46% of females had drank.

Henry County Youth Having At Least One Drink In Their Lifetime

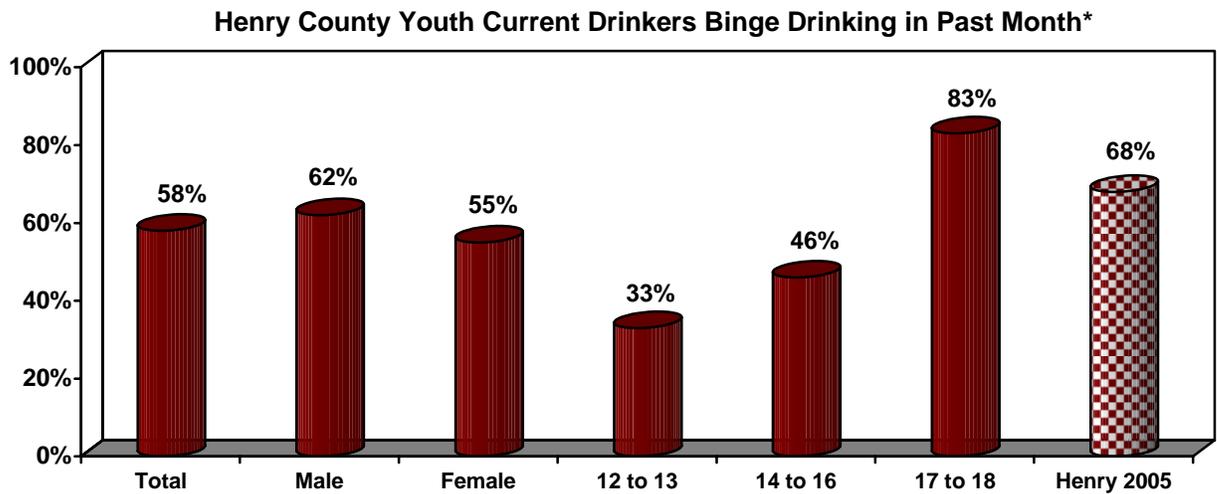


Henry County Youth Current Drinkers



Youth Alcohol Consumption

The following graph shows the percentage of Henry County youth who were binge drinkers. Examples of how to interpret the information include: 58% of current drinkers binge drank in the past month, 62% of males, and 55% 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.*

Behaviors of Henry Youth

Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Have been in a physical fight in the past 12 months	50%	26%
Attempted suicide in the past 12 months	17%	2%
Have smoked in the past 30 days	30%	4%
Have used marijuana in the past 30 days	26%	1%
Have had sexual intercourse	48%	10%
Participated in extracurricular activities	79%	82%

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

Adult and Youth Marijuana and Other Drug Use

Key Findings

In 2010, 4% of Henry County adults had used marijuana during the past 6 months. 6% of Henry County youth had used marijuana at least once in the past 30 days, increasing to 9% of high school youth. During the past 12 months, 7% of Henry County youth had someone offer, sell, or give them an illegal drug on school property.

Adult Drug Use

- ◆ Four percent (4%) of Henry County adults had used marijuana in the past 6 months.
- ◆ 1% of Henry County adults reported using other recreational drugs such as cocaine, methamphetamines, heroin, LSD, inhalants, or Ecstasy.
- ◆ When asked about their frequency drug use in the past six months, 21% of Henry County adults who used marijuana did so every day, and 38% did so less than once a month.
- ◆ 2% 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.
- ◆ When asked about their frequency of medication misuse in the past six months, 36% of Henry County adults who used these drugs did so every day and 36% did so one to three days a month.
- ◆ As a result of using drugs, <1% of Henry County adults reported they regularly failed to fulfill obligations at work or home, placed themselves in dangerous situations, or had legal problems.

Ohio Drug and Drug Abuse Facts

- ❖ Marijuana is the most abused drug in Ohio.
- ❖ The number of treatment center admissions for 2006 for cocaine in Ohio was 11,600 as reported by the Ohio Department of Alcohol and Drug Addiction Services (ODADAS).
- ❖ According to ODADAS, youth abusers of OxyContin have begun abusing heroin since they can no longer obtain or afford OxyContin.
- ❖ In regards to prescription drugs, benzodiazepines (such as Valium or Xanax) and alprazolam were reported as the most commonly abused and diverted prescriptions in Ohio.

(Source: U.S. Department of Justice : DEA Briefs & Background, Drugs and Drug Abuse)

Youth Drug Use

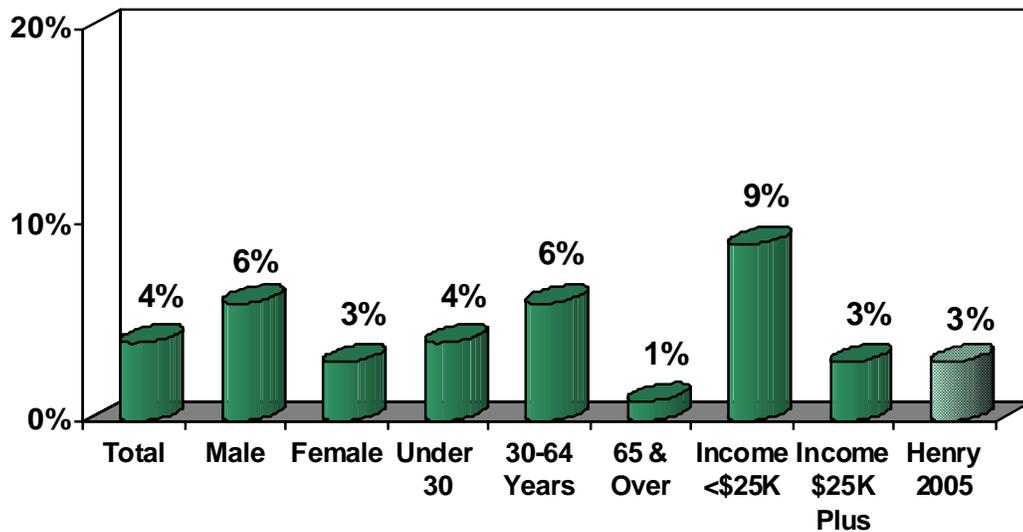
- ◆ In 2010, 6% of all Henry County youth had used marijuana at least once in the past 30 days, increasing to 9% of high school youth. The 2007 YRBS found a prevalence of 18% for Ohio youth and the 2009 YRBS found a prevalence of 21% for U.S. youth who had used marijuana one or more times during the past 30 days.
- ◆ Almost one-third (31%) of youth who tried marijuana did so before the age of 12. The average age of onset was 13.5 years old.
- ◆ 7% of Henry County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at sometime in their lives, increasing to 12% of high school youth.
- ◆ Youth who misused prescription medications got them in the following ways: a friend gave it to them (31%), their parents gave it to them (28%), they took it from a friend or family member (21%), another family member gave them it to them (10%), bought it from someone else (8%), and bought it from a friend (3%).
- ◆ One in ten youth (10%) used inhalants, 2% used cocaine, 2% used steroids, 1% used methamphetamines, and 1% used heroin.
- ◆ During the past 12 months, 7% of all Henry County youth reported that someone had offered, sold, or given them an illegal drug on school property increasing to 12% of high school youth (2007 YRBS reports 27% for Ohio and 2009 YRBS reports 23% for the U.S.).

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Adults who used recreational drugs in the past 6 months	3%	1%	N/A	N/A
Adults who used marijuana in the past 6 months	3%	4%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	6%	2%	N/A	N/A

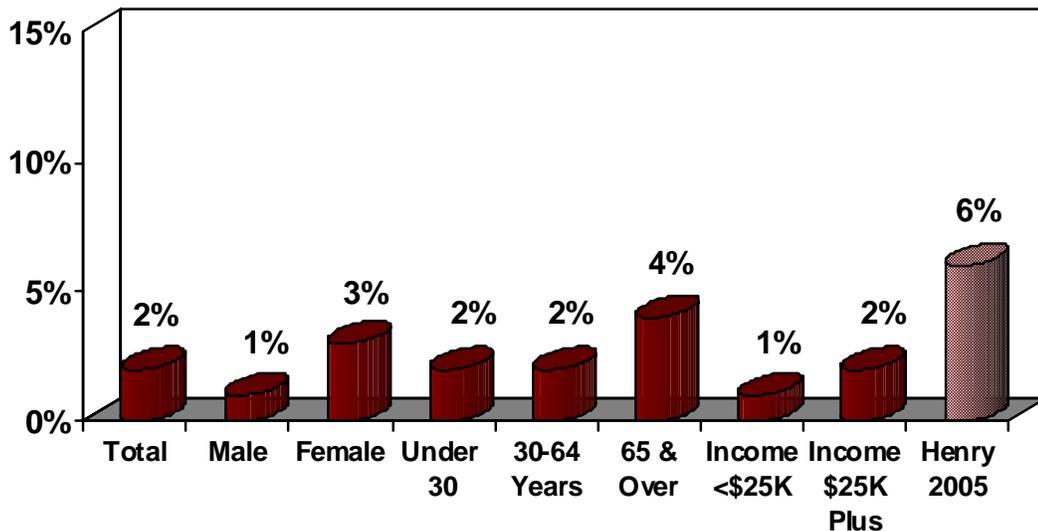
Adult Marijuana and Other Drug Use

The following graphs are data from the 2010 Henry County Health Assessment indicating adult marijuana use and medication misuse in the past six months and youth lifetime drug use, marijuana use in the past 30 days, and the percent of youth who had been offered, sold, or given an illegal drug on school property in the past month. Examples of how to interpret the information include: 4% of all Henry County adults used marijuana in the past six months, 4% of adults under the age of 30 were current users and 9% of adults with incomes less than \$25,000 were current users.

Henry County Adult Marijuana Use in Past 6 Months

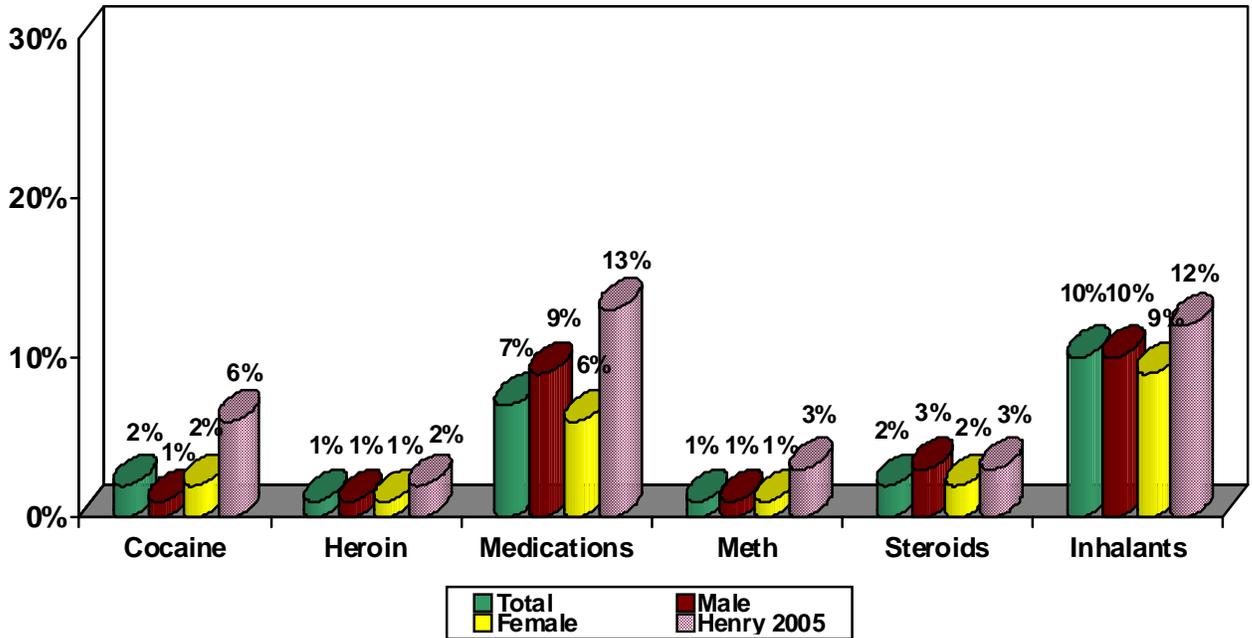


Henry County Adult Medication Misuse in Past 6 Months

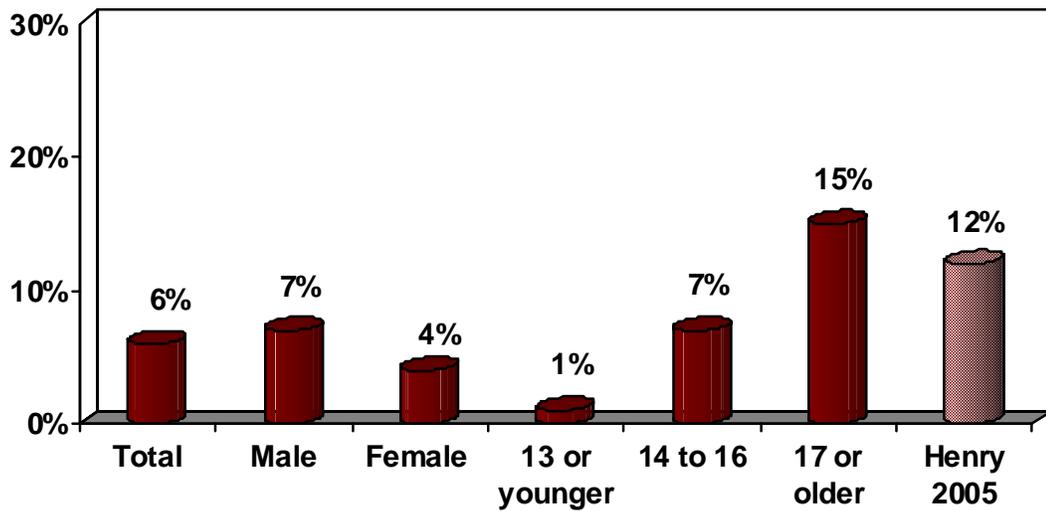


Youth Marijuana and Other Drug Use

Henry County Youth Lifetime Drug Use

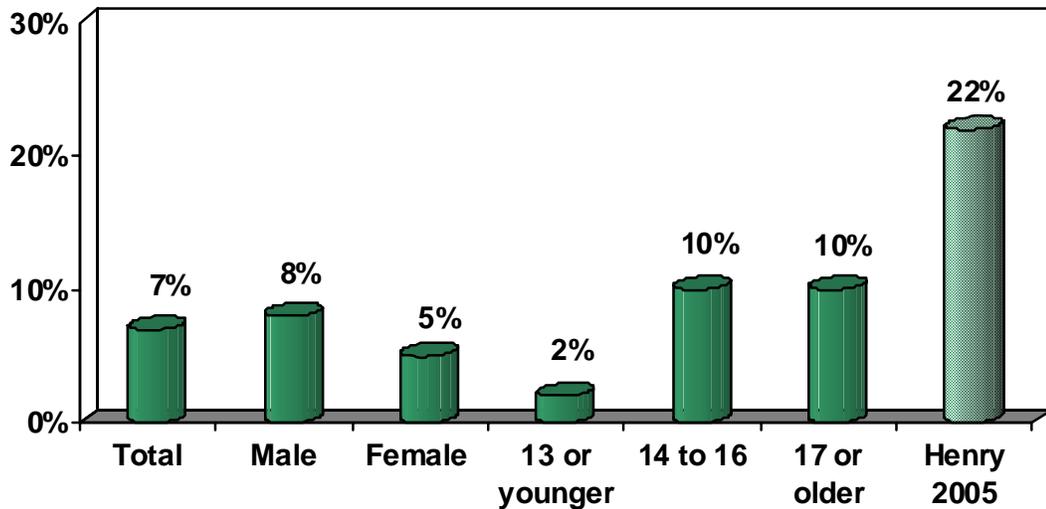


Henry County Youth Marijuana Use in Past Month



Youth Marijuana and Other Drug Use

Henry County Youth Offered, Sold, or Given Illegal Drugs by Someone on School Property in Past 12 Months



2005/2010 Youth Comparisons	Henry County 2005 (6 th - 12 th)	Henry County 2010 (6 th - 12 th)	Henry County 2010 (9 th - 12 th)	Ohio 2007 (9 th - 12 th)	U.S. 2009 (9 th - 12 th)
Youth who used marijuana in the past 30 days	12%	6%	9%	18%	21%
Ever used methamphetamines	3%	1%	1%	6%	4%
Ever used cocaine	6%	2%	2%	8%	6%
Ever used heroin	2%	1%	1%	4%	3%
Ever used steroids	3%	2%	3%	5%	3%
Ever used inhalants	12%	10%	10%	12%*	12%
Ever misused medications	13%	7%	12%	N/A	N/A
Youth who reported that someone offered, sold, or gave them an illegal drug on school property	22%	7%	10%	27%	23%

*2005 YRBS Data

2007 National Survey on Drug Use and Health (NSDUH)

- ❖ Rates of current use remained stable from 2006 to 2007 among youths aged 12 to 17 for all drugs except use of heroin, which decreased.
- ❖ From 2002 to 2007, rates of current use among youths aged 12 to 17 declined significantly for illicit drugs overall and for several specific drugs, including marijuana, cocaine, hallucinogens, LSD, Ecstasy, prescription-type drugs used non-medically, pain relievers, stimulants, and methamphetamine.
- ❖ The rate of current marijuana use among youths aged 12 to 17 decreased from 8.2 percent in 2002 to 6.7 percent in 2007.

(Source: Department of Health and Human Services, SAMHSA, NSDUH, 2007)

Women's Health

Key Findings

In 2010, almost two-thirds (64%) of Henry County women over the age of 50 reported having a mammogram in the past year. 62% of Henry County women ages 19 and over have had a clinical breast exam and 53% have had a Pap smear to detect cancer of the cervix in the past year. The health assessment determined that 2% of women had a heart attack, and 1% had a stroke at some time in their life. One-third (33%) had high blood pressure, 29% had high blood cholesterol, 37% were obese, and 13% were identified as smokers, known risk factors for cardiovascular diseases.

Women's Health Screenings

- ◆ In 2010, 66% of women had a mammogram at some time and over two-fifths (43%) had this screening in the past year.
- ◆ Almost two-thirds (64%) of women ages 40 and over had a mammogram in the past year and 77% had one in the past two years. The 2008 BRFSS reported that 76% of women 40 and over in the U.S. and Ohio had a mammogram in the past two years.
- ◆ Most (94%) Henry County women have had a clinical breast exam at some time in their life and 62% had one within the past year.
- ◆ 79% of women had been taught by a healthcare provider how to do a self-breast exam.
- ◆ This assessment has identified that 95% of Henry County women have had a Pap smear and 53% report having had the exam in the past year. 74% of women had a pap smear in the past three years. The 2008 BRFSS indicated that 83% of U.S. and Ohio women had a pap smear in the past three years.

Pregnancy

- ◆ Thinking back to their last pregnancy: 52% of women wanted to be pregnant then, 10% wanted to be pregnant sooner, 7% wanted to be pregnant later, 7% did not want to be pregnant then or any time in the future, and 25% of women did not recall.
- ◆ During their last pregnancy, Henry County women: took a multi-vitamin (79%), got a prenatal appointment in the first 3 months (83%), smoked cigarettes (6%), experienced domestic violence (4%), experienced perinatal depression (1%), used alcohol (1%), used drugs (1%), and used marijuana (<1%).

Women's Health Concerns

- ◆ Women used the following as their usual source of services for female health concerns: general or family physician (52%), private gynecologist (27%), health department clinic (5%), and family planning clinic (5%).
- ◆ Two-fifths (40%) of women took folic acid or a multi-vitamin that contains folic acid, increasing to 44% of those ages 18-44. 37% of women with incomes less than \$25,000 were taking folic acid.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Henry County the 2010 health assessment has identified that:
 - 13% of all women were current smokers (17% U.S., 20% Ohio, 2009 BRFSS)
 - 60% were overweight or obese (56% U.S., 59% Ohio, 2009 BRFSS)
 - 29% were diagnosed with high blood cholesterol (36% U.S., 37% Ohio, 2009 BRFSS)
 - 33% were diagnosed with high blood pressure (28% U.S. and 30% Ohio, 2009 BRFSS)
 - 60% were exercising less than three days per week (includes 6% who were unable to exercise)
 - 6% have been diagnosed with diabetes (10% U.S., 12% Ohio, 2009 BRFSS)

Henry County Female

Leading Types of Death, 2006 - 2008

1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Stroke (8%)
4. Alzheimer's Disease (6%)
5. Accidents, Unintentional Injuries (5%)

(Source: ODH Information Warehouse, updated 4-15-10)

Ohio Female

Leading Types of Death, 2006 - 2008

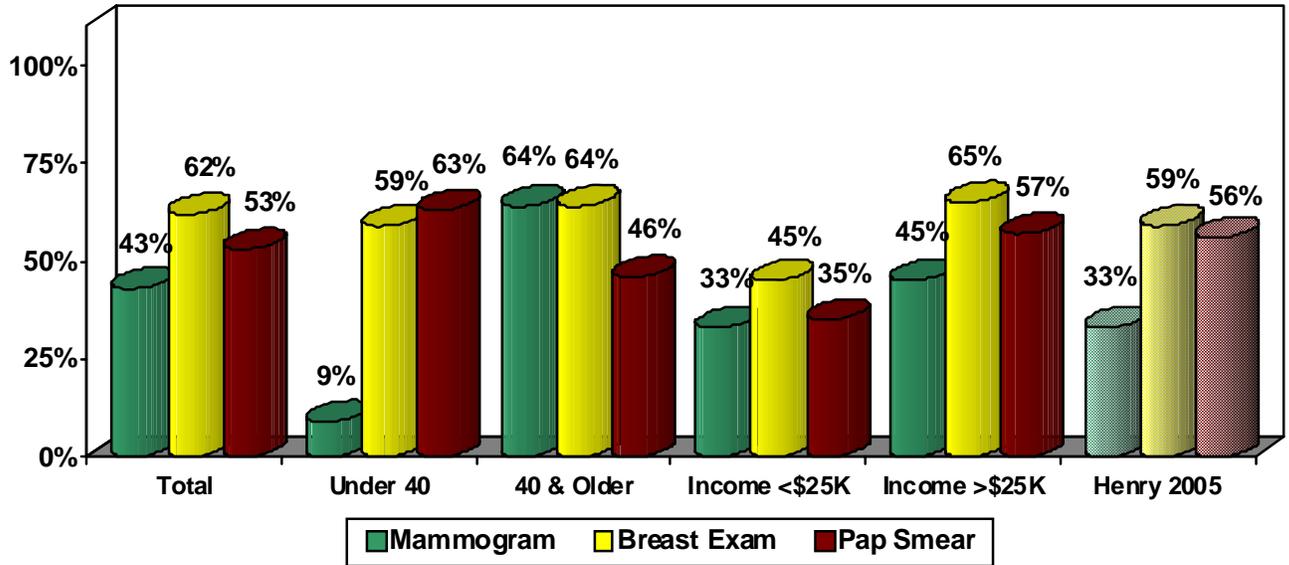
1. Heart Diseases (25% of all deaths)
2. Cancers (22%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's disease (5%)

(Source: ODH Information Warehouse, updated 4-15-10)

Women's Health

The following graph shows the percentage of Henry County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 43% of Henry County females have had a mammogram within the past year, 62% have had a clinical breast exam, and 53% have had a Pap smear.

Henry Women's Health Exams Within the Past Year



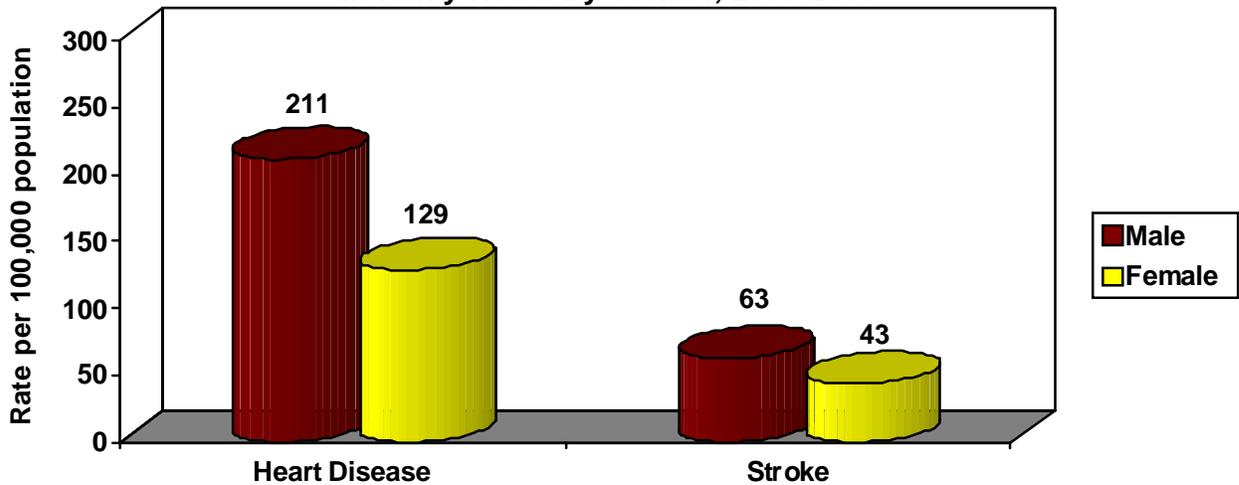
2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Had a mammogram in the past year	33%	43%	N/A	N/A
Age 40 and over having had a mammogram in the past year	52%	64%	N/A	N/A
Had a clinical breast exam in past year	59%	62%	N/A	N/A
Had a pap smear in the past year	56%	53%	N/A	N/A

Women's Health

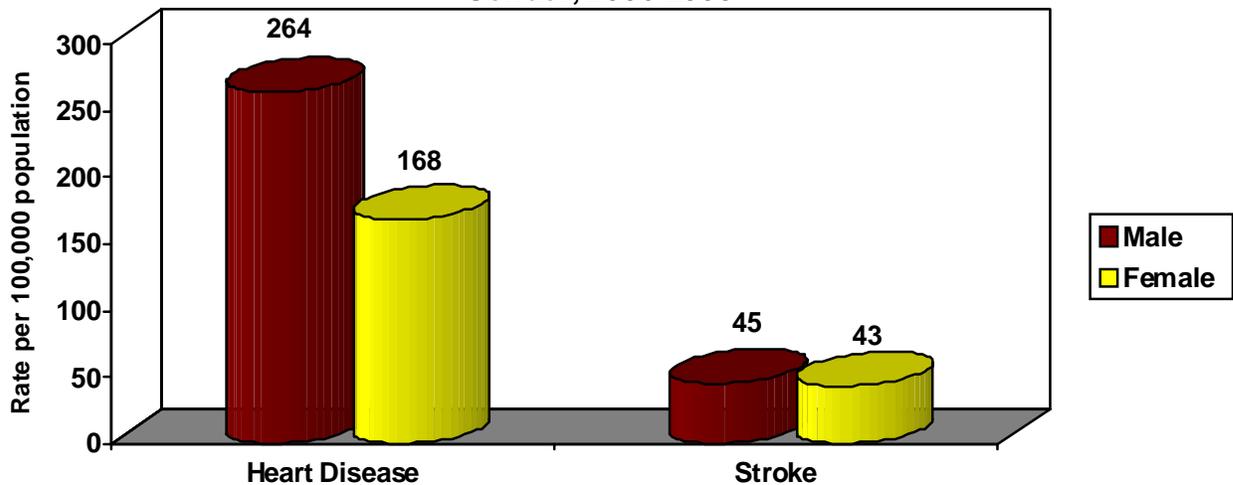
The following graphs show the Henry County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- ◆ From 2006-2008, the Henry County and Ohio female age-adjusted mortality rate was lower than the male rate for both heart disease and stroke.
- ◆ The Henry County female heart disease and stroke mortality rates were lower than the Ohio female rates.

Henry County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008



Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008



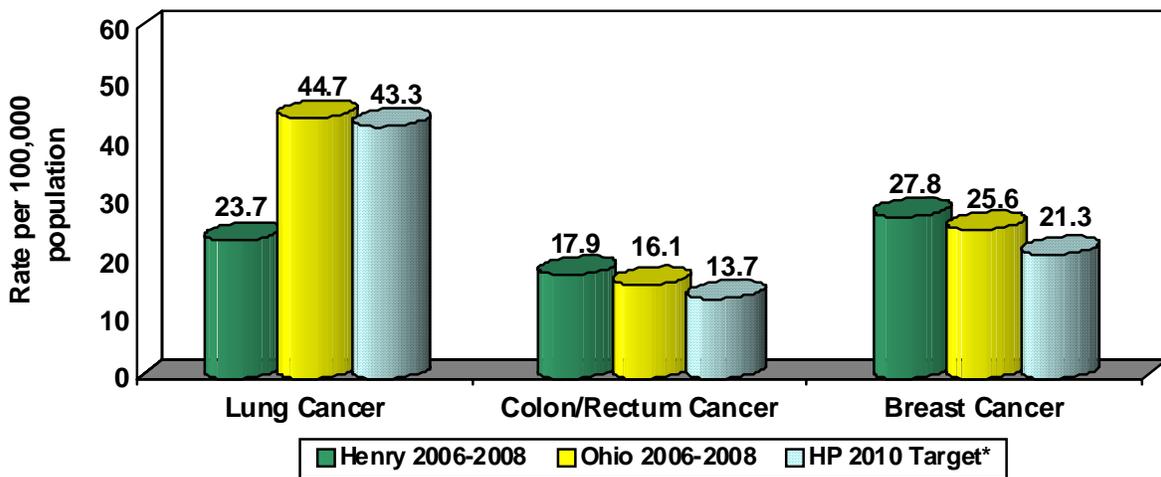
(Source for graphs: ODH Information Warehouse, updated 4-15-10)

Women's Health

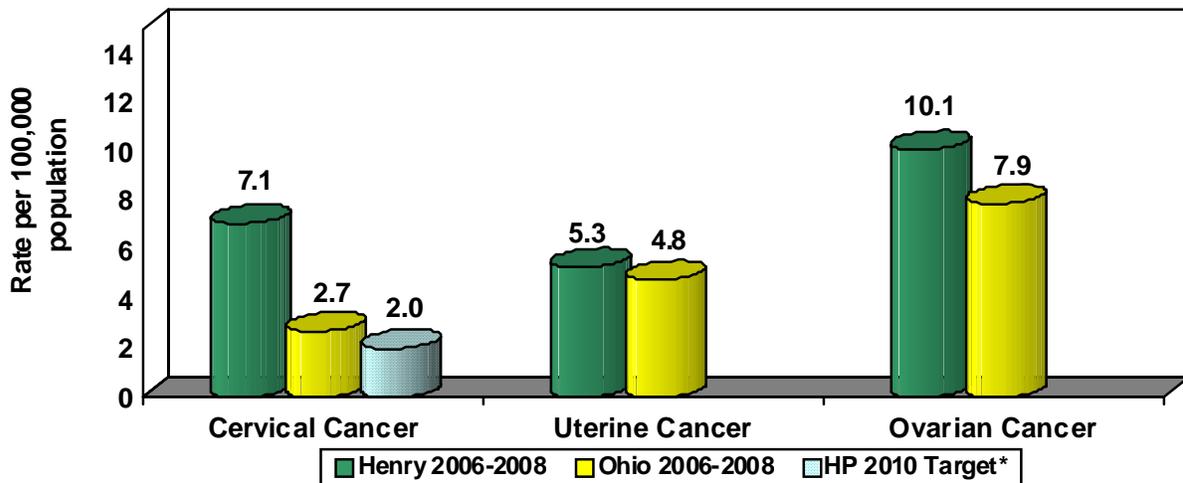
The following graphs show the Henry County age-adjusted mortality rates per 100,000 population for women's health with comparison to Healthy People 2010 objectives when available. The graphs show:

- ◆ From 2006-2008, the Henry County age-adjusted mortality rate for female lung cancer was less than the Ohio rate and the Healthy People 2010 target objective.
- ◆ From 2006-2008, the Henry County age-adjusted breast cancer mortality rate was higher than the Ohio rate and the Healthy People 2010 target objective.
- ◆ The Henry County age-adjusted cervical, uterine, and ovarian cancer mortality rates for 2006-2008 were all higher than the state rates.

Henry County Female Age-Adjusted Cancer Mortality Rates



Henry County Female Age-Adjusted Cancer Mortality Rates



**Note: Healthy People 2010 target rates are not gender specific; Healthy People 2010 Targets may not be available for all diseases.
(Source: ODH Information Warehouse, updated 4-15-10, and Healthy People 2010)*

Men's Health

Key Findings

In 2010, almost two-fifths (39%) of Henry County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Almost one-third (32%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 28% of all male deaths in Henry County from 2006-2008. The health assessment determined that 10% of men had a heart attack, and 3% had a stroke at some time in their life. One-third (33%) of men had been diagnosed with high blood pressure, 31% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity (29%), are known risk factors for cardiovascular diseases.

Men's Health Screenings

- ◆ Almost two-fifths (38%) of Henry County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 19% had one in the past year.
- ◆ Over half (53%) of men had a digital rectal exam in their lifetime and 16% had one in the past year.
- ◆ 69% of males age 50 and over had a PSA test at some time in their life, and 39% had one in the past year.
- ◆ 80% of males age 50 and over had a digital rectal exam at some time in their life, and 32% have had one in the past year.
- ◆ 5% of men had been told they had prostate cancer increasing to 8% of those over the age of 50.

Men's Health Concerns

- ◆ From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 31% of all male deaths in Henry County (*Source: ODH Information Warehouse*).
- ◆ In 2010, the health assessment determined that 10% of men had a heart attack and 3% had 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. In Henry County the 2010 health assessment has identified that:
 - 22% of all men were current smokers (20% U.S., 21% Ohio, 2009 BRFSS)
 - 69% were overweight or obese (71% U.S., 74% Ohio, 2009 BRFSS)
 - 29% were diagnosed with high blood cholesterol (40% U.S., 43% Ohio, 2009 BRFSS)
 - 33% were diagnosed with high blood pressure (30% U.S., 33% Ohio, 2009 BRFSS)
 - 49% were exercising less than three days per week (includes 3% who were unable to exercise)
 - 7% have been diagnosed with diabetes (9% U.S., 10% Ohio, 2009 BRFSS)
- ◆ From 2006-2008, the leading cancer deaths for Henry County males were lung, colorectal, bladder, and pancreas cancers (*Source: ODH Information Warehouse*). Statistics from the same period for Ohio males show lung, prostate, colorectal, and pancreas cancers as the leading cancer deaths.

Henry County Male Leading Types of Death, 2006 - 2008

1. Cancers (28% of all deaths)
2. Heart Diseases (24%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (7%)
5. Accidents, Unintentional Injuries (6%)

(Source: ODH Information Warehouse, updated 4-15-10)

Ohio Male Leading Types of Death, 2006 - 2008

1. Heart Diseases (26% of all deaths)
2. Cancers (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (4%)

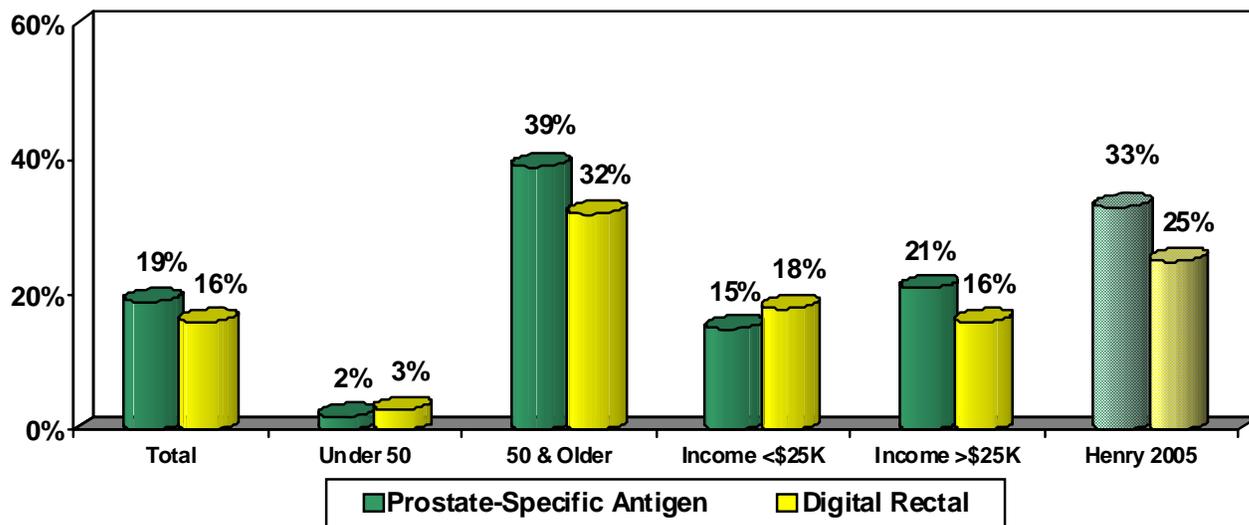
(Source: ODH Information Warehouse, updated 4-15-10)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Had a PSA test in within the past year	33%	19%	N/A	N/A
Had a digital rectal exam within the past year	25%	16%	N/A	N/A
Been diagnosed with prostate cancer	3%	5%	N/A	N/A

Men's Health

The following graph shows the percentage of Henry County males surveyed that have had the listed health exams in the past year. Examples of how to interpret the information shown on the graph include: 19% of Henry County males have had a PSA test within the past year and 16% have had a digital rectal exam.

Henry Men's Health Exams Within the Past Year



Men's Health Issues

- ❖ Heart disease and cancer are the top two causes of death for males in all races.
- ❖ The most commonly diagnosed cancers among men are prostate, lung and colorectal.
- ❖ Cigarette smoking is more common among men than women.
- ❖ During 2000-2006, men were more likely than women to be deaf or have trouble hearing.
- ❖ In 2006, almost three quarters of HIV/AIDS diagnoses among adolescents and adults were for males.
- ❖ Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration of 0.08% or greater.
- ❖ In 2004, males accounted for 78% of fatal unintentional drownings in the U.S.
- ❖ In almost every age group, traumatic brain injury rates are higher for males than for females.
- ❖ In 2005, males were injured by fireworks more than twice as often as females.
- ❖ Males take their own lives at nearly four times the rate of females and represent 78.8% of all U.S. suicides.

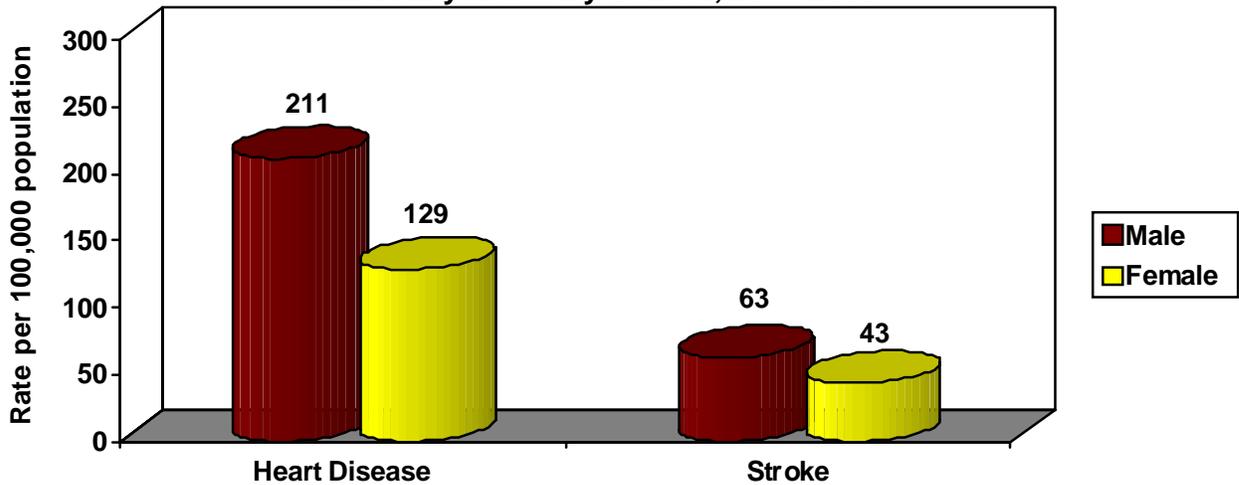
(Source: CDC, Men's Health at CDC, 6/9/2008 from <http://www.cdc.gov/Features/MensHealthatCDC/>)

Men's Health

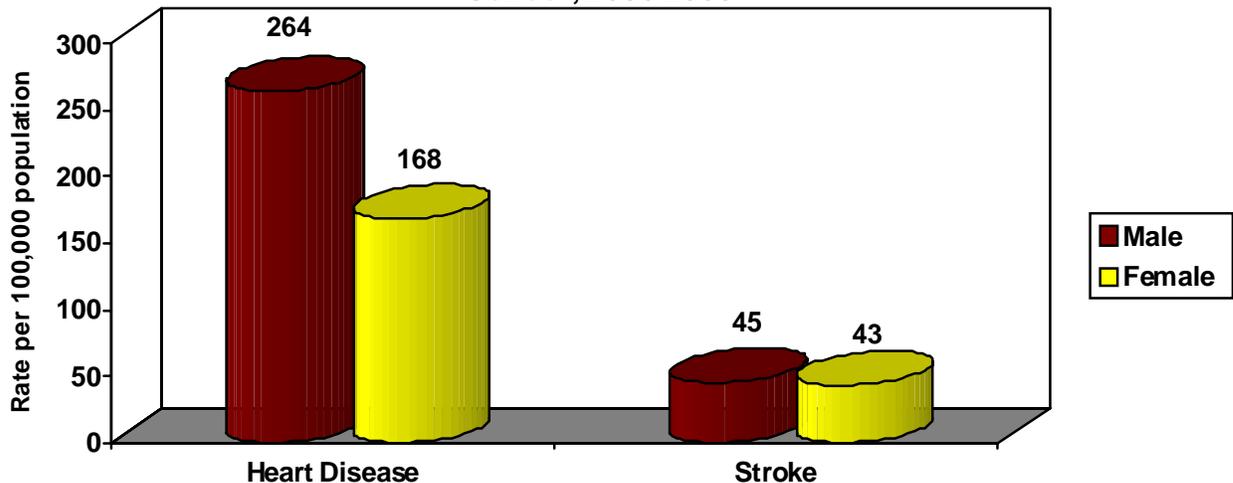
The following graphs show the Henry County and Ohio age-adjusted mortality rates per 100,000 population for men's cardiovascular diseases. The graphs show:

- ◆ From 2006-2008, the Henry County and Ohio male age-adjusted mortality rate was higher than the female rate for both heart disease and stroke.
- ◆ The Henry County male age-adjusted heart disease mortality rate was lower than the Ohio male rate.
- ◆ The Henry County male age-adjusted stroke mortality rate was higher than the Ohio male rate.

Henry County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008



Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2006-2008



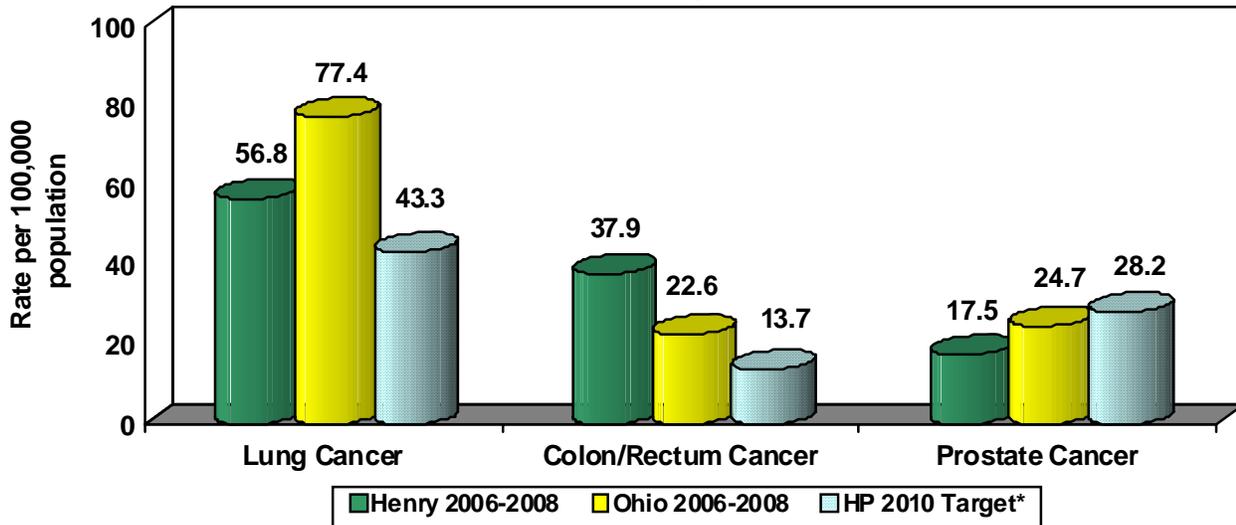
(Source for graphs: ODH Information Warehouse, updated 4-15-10)

Men's Health

The following graph shows the Henry County age-adjusted mortality rates per 100,000 population for men's health with comparison to Healthy People 2010 objectives. The graph shows:

- ◆ From 2006-2008, the Henry County age-adjusted mortality rate for male lung cancer was less than the Ohio rate, but higher than the Healthy People 2010 objective.
- ◆ The age-adjusted prostate cancer mortality rate in Henry County for 2006-2008 was lower than the Ohio rate and the Healthy People 2010 objective.

Henry County Male Age-Adjusted Cancer Mortality Rates



**Note: the Healthy People 2010 target rates are not gender specific.
(Source: ODH Information Warehouse and Healthy People 2010)*

Adult Preventive Medicine and Health Screenings

Key Findings

Almost half (44%) of adults had a flu shot during the past 12 months. 41% of adults over the age of 50 had received a colonoscopy or sigmoidoscopy in the past 5 years.

Preventive Medicine

- ◆ Almost half (44%) of Henry County adults had a flu vaccine during the past 12 months.
- ◆ Of those who had a flu vaccine, 98% had the shot and 2% had the nasal spray.
- ◆ Almost one-quarter (23%) of adults have had a pneumonia shot in their life, increasing to 66% of those ages 65 and over.
- ◆ Almost one quarter (24%) of adults had the H1N1 vaccine in the past year.
- ◆ Of those who had the H1N1 vaccine, 82% had the shot and 18% had the nasal spray.
- ◆ 63% of adults have had a tetanus or tetanus/diphtheria/pertussis shot in the past 10 years.

Ways to Prevent Seasonal Flu

1. Get vaccinated each year.
2. Avoid close contact with people who are sick.
3. Stay home when you are sick.
4. Cover your mouth and nose.
5. Wash your hands.
6. Avoid touching eyes, nose, or mouth.
7. Practice other good health habits, such as get plenty of sleep, exercise routinely, drink plenty of fluids, eat a nutritious diet.

(Source: Centers for Disease Control, National Center for Immunization and Respiratory Diseases (NCIRD), Fact Sheet: Good Health Habits for Preventing Seasonal Flu)

Preventive Health Screenings and Exams

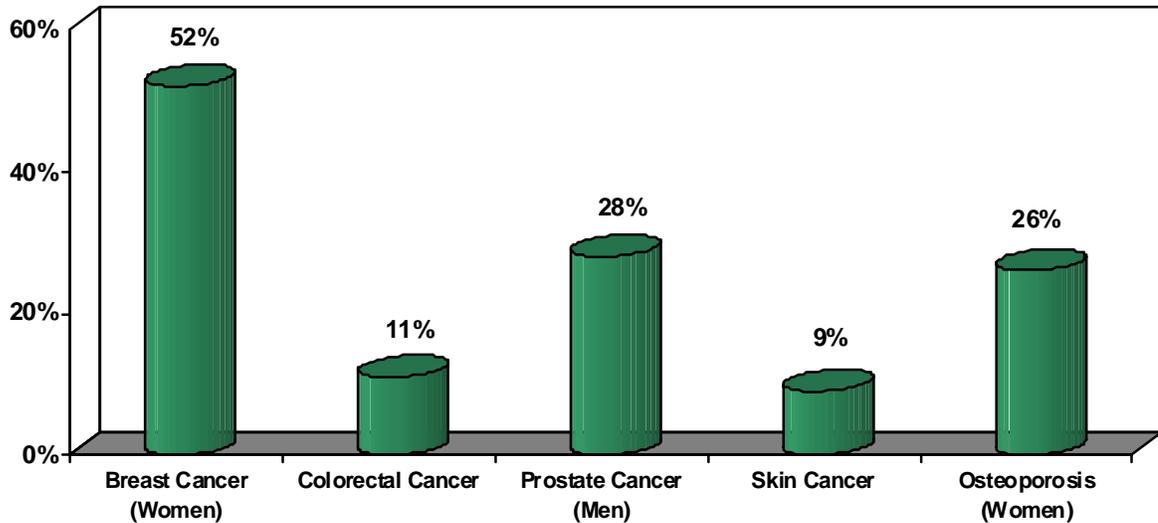
- ◆ 17% of adults had taken a blood stool test using a home kit in the past five years, increasing to 30% of those ages 50 and older.
- ◆ 22% of adults had a colonoscopy or sigmoidoscopy in the past five years, increasing to 41% of those over the age of 50.
- ◆ 11% of adults had a colonoscopy or sigmoidoscopy in the past two years. Those most likely to have a colonoscopy or sigmoidoscopy in the past two years are:
 - Females (13% compared to 9% of males)
 - Those ages 65 and over (28% compared to 11% of those ages 30 to 64)
 - Those with incomes less than \$25,000 (12% compared to 10% of those with higher incomes)
- ◆ 9% of adults received preventive testing for skin cancer in the past 2 years.
- ◆ 26% of females were tested for osteoporosis in the past 2 years.
- ◆ 82% of adults had been to the doctor for any reason in the past year. 27% of adults had been to the doctor four or more times in the past year.
- ◆ In the past year, 64% of Henry County women ages 40 and over have had a mammogram.
- ◆ In the past year, 39% of men ages 50 and over had a Prostate-Specific Antigen (PSA) test.
- ◆ See the Women and Men’s Health Section for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Henry County adults.

2005/2010 Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Had a flu shot in the past year	N/A	44%	N/A	N/A
Screened for colorectal cancer in past 2 years	15%	11%	N/A	N/A

Adult Preventive Medicine and Health Screenings

The following graph indicates the percentage of Henry County adults who received preventive screenings by a health care professional for several health risk factors and disease categories. They show the number of adults in each segment giving each answer (i.e., the first graph shows that 52% of all women had received a screening for breast cancer in the past two years, 9% of adults had received a skin cancer screening and 26% had received an osteoporosis screening).

Percent of Henry County Adults Receiving Preventive Testing From Health Care Professionals in the Past Two Years



Henry County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	33%
Diagnosed with High Blood Cholesterol	29%
Diagnosed with Diabetes	6%
Diagnosed with a Heart Attack	6%
Diagnosed with a Stroke	2%

(Percents based on all Henry County adults surveyed)

Common Risk Factors for Osteoporosis

- ❖ Older age
- ❖ Family history of osteoporosis
- ❖ Being Caucasian, Asian or Latino
- ❖ Having gone through menopause
- ❖ Inactive lifestyle
- ❖ Being female
- ❖ Low body weight/ being small and thin
- ❖ Having a history of broken bones
- ❖ Having low sex hormone levels (such as estrogen or testosterone)
- ❖ Smoking

(Source: National Osteoporosis Foundation – Risk Factors for Osteoporosis)

Environmental Health

Key Findings

Over half (55%) of the adults had city, county, or town water as their main source of home water supply. Insects and mold were the two most important perceived environmental health issues that threatened Henry County adults' health in the past year.

Environmental Health

- ◆ Henry County adults used the following as their main source of home water supply: city, county, or town water (55%), a deep private well (27%), a shallow well (8%), pond (6%), and other (3%).
- ◆ Of those adults who had a private drinking water source, 15% had their water source tested in the past year. An additional 62% had it tested in the past 3 years. 22% had never had their water tested.
- ◆ 57% of Henry County adults used a septic tank for their waste water. Of those who had a septic tank, 41% had it pumped in the past 5 years. 16% had never had it pumped and 18% did not know the last time their septic tank was pumped.
- ◆ Henry County adults thought the following threatened their health in the past year:
 - Insects (10%)
 - Mold (7%)
 - Rodents or mice (6%)
 - Temperature regulation (5%)
 - Unsafe water supply (5%)
 - Chemicals found in household products (4%)
 - Plumbing problems (3%)
 - Safety hazards (2%)
 - Sewage water problems (1%)
 - Lead paint (<1%)
 - Asbestos (<1%)

Community Action Steps to Promote and Facilitate Healthy Lifestyles

- ◆ Create safe walking and cycling trails.
- ◆ Provide low-fat/high-fruit-and-vegetable menu selections in restaurants, schools, and employee cafeterias.
- ◆ Institute smoke-free policies in workplaces and public areas.
- ◆ Fluoridate community water supplies.
- ◆ Establish health promotion programs such as smoking cessation and exercise programs where people work and gather.

(Source: CDC, Chronic Disease Prevention, Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease, November 2000)

2005/2010 Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
City, county or town water as main source of water supply	68%	55%	N/A	N/A

Adult Sexual Behavior and Pregnancy Outcomes

Key Findings

In 2010, over two-thirds (68%) of Henry County adults had sexual intercourse. Six percent of adults had more than one partner. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. (Source: Planned Parenthood Federation of America, Inc.)

Adult Sexual Behavior

- ◆ Over two-thirds (68%) of Henry County adults had sexual intercourse in the past year.
- ◆ 6% 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.
- ◆ Henry County adults used the following methods of birth control: vasectomy (23%), tubes tied (20%), condoms (16%), birth control pill (13%), hysterectomy (11%), withdrawal (8%), IUD (3%), shots (3%), rhythm method (2%), contraceptive implants (1%), and diaphragm (1%).
- ◆ 20% of Henry County adults were not using any method of birth control.
- ◆ Henry County adults did not use birth control for the following reasons:
 - They have had a vasectomy, tubes tied, or hysterectomy (42%)
 - They are too old (9%)
 - They have a same sex partner (7%)
 - They wanted to get pregnant (4%)
 - They did not think they could get pregnant (2%)
 - They or their partner did not want to use birth control (1%)
- ◆ 7% of adults were offered an HIV test in the past year.
- ◆ Henry County adults have taken the following steps to protect themselves from HIV in the past year: have sex with one partner (41%), became abstinent (13%), always use condoms for protection (5%), and decreased number of sexual partners (3%). 36% of adults did not make any of these changes.
- ◆ In the past year, 7% of adults reported their doctor, nurse, or other health professional talked to them about preventing Sexually Transmitted Diseases (STDs) through condom use.
- ◆ The following situations applied to Henry County adults: been treated for an STD (1%), had anal sex without a condom (1%), used intravenous drugs (1%).
- ◆ 12% of adults engaged in sexual activity following alcohol or other drug use that they would not have done if sober, increasing to 21% of those under the age of 30.

Ways to Have Safer Sex

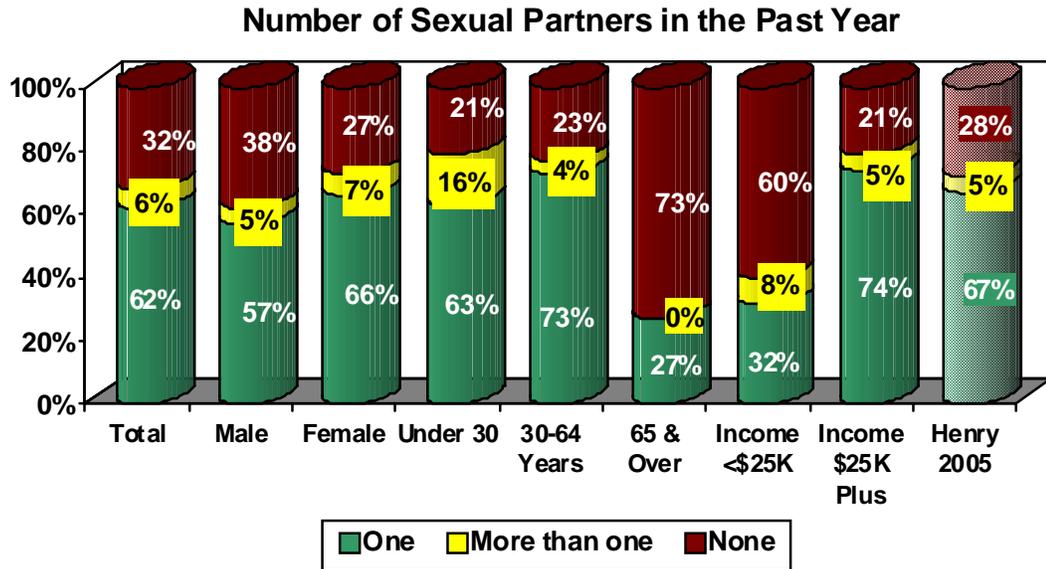
- ◆ Be honest with your partner.
- ◆ Protect yourself and your partner from body fluids.
- ◆ Sexual play without intercourse can be enjoyable and safer than intercourse.
- ◆ Ask questions about partner's history (drugs, sexual partners, and whether or not they've been tested).
- ◆ Get the correct treatment if you become infected.
- ◆ Getting tested regularly for HIV/AIDS and other sexually transmitted diseases.

(Source: Planned Parenthood: Preventing STIs/STDs, <http://www.plannedparenthood.org/sexual-health/std/preventing-stis-stds.htm>)

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Had more than one sexual partner in past year	5%	6%	N/A	N/A

Adult Sexual Behavior and Pregnancy Outcomes

The following graph shows the sexual activity of the Henry County adults. Examples of how to interpret the information in graph one include: 62% of all Henry County adults had one sexual partner in the last 12 months and 6% 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?"

Risk Factors for Contracting Sexually Transmitted Infections

- ❖ Being female
- ❖ Living in a large urban area
- ❖ Using alcohol and other drug use during sex
- ❖ Not knowing the sexual history of a partner
- ❖ Having sex without a condom
- ❖ Having previous history of STD infection
- ❖ Being a person <25 years of age
- ❖ Having multiple partners
- ❖ Having sex with a new partner or at the first meeting
- ❖ Exchanging sex for money or drugs

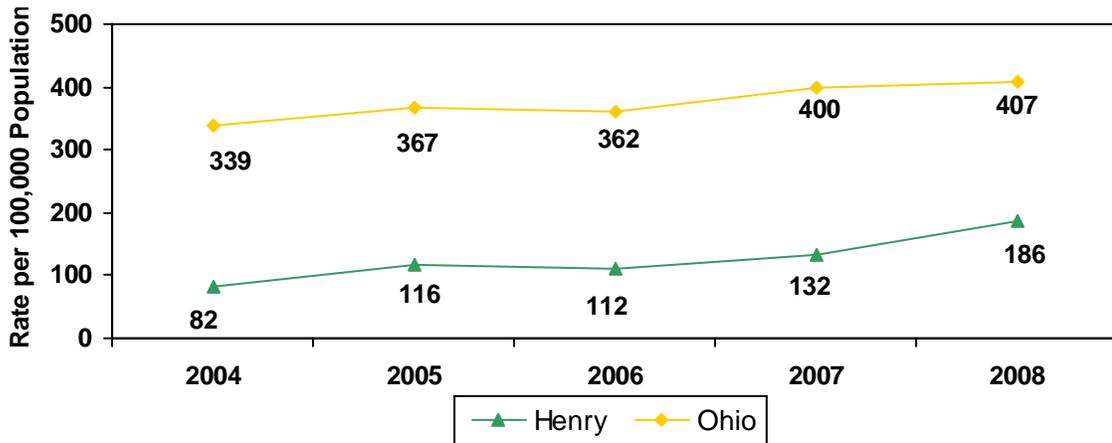
(Source: The Naked Truth about STDs, Pfizer, Inc., <http://www.unspeakabl.com>)

Adult Sexual Behavior and Pregnancy Outcomes

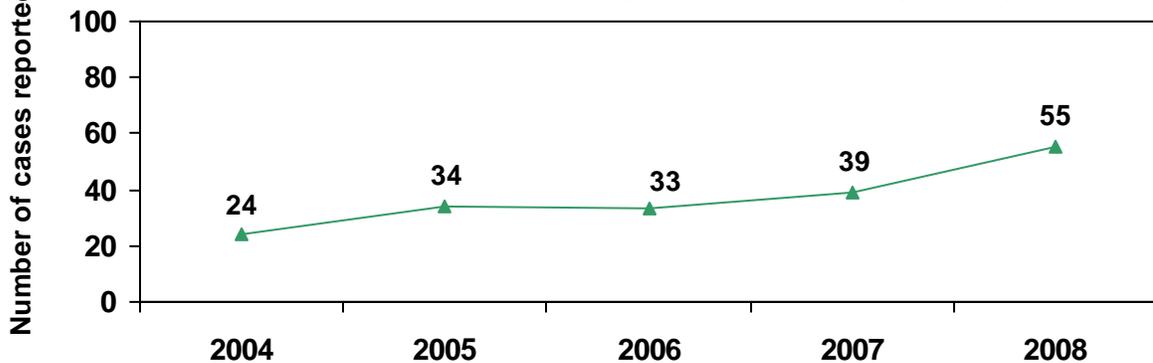
The following graphs show Henry County Chlamydia and Gonorrhea disease rates per 100,000 population updated April 10, 2009 by the Ohio Department of Health. The graphs show:

- ◆ Henry County Chlamydia rates more than doubled from 2004 to 2008. These rates remained well below Ohio rates.
- ◆ In 2008, the U.S. rate for new Chlamydia cases was 401.3 per 100,000 population. *(Source: CDC, Sexually Transmitted Diseases Surveillance, 2008)*

Chlamydia Annualized Disease Rates for Henry County and Ohio



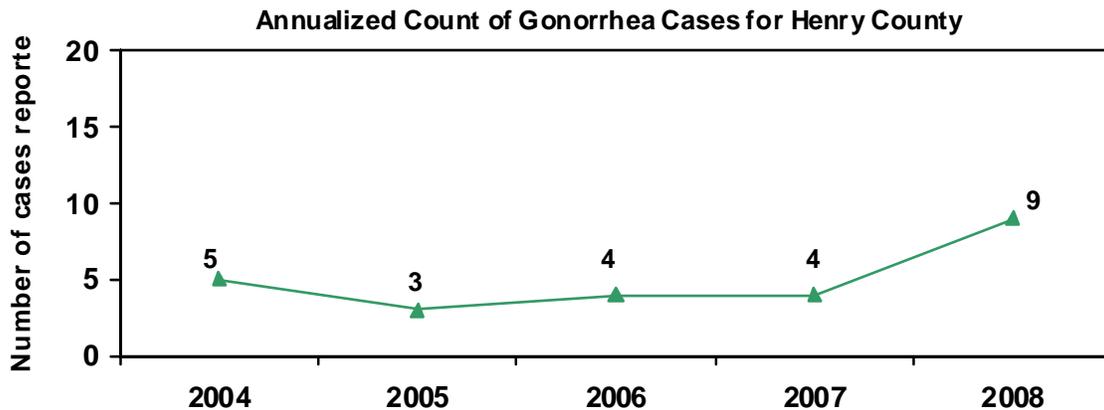
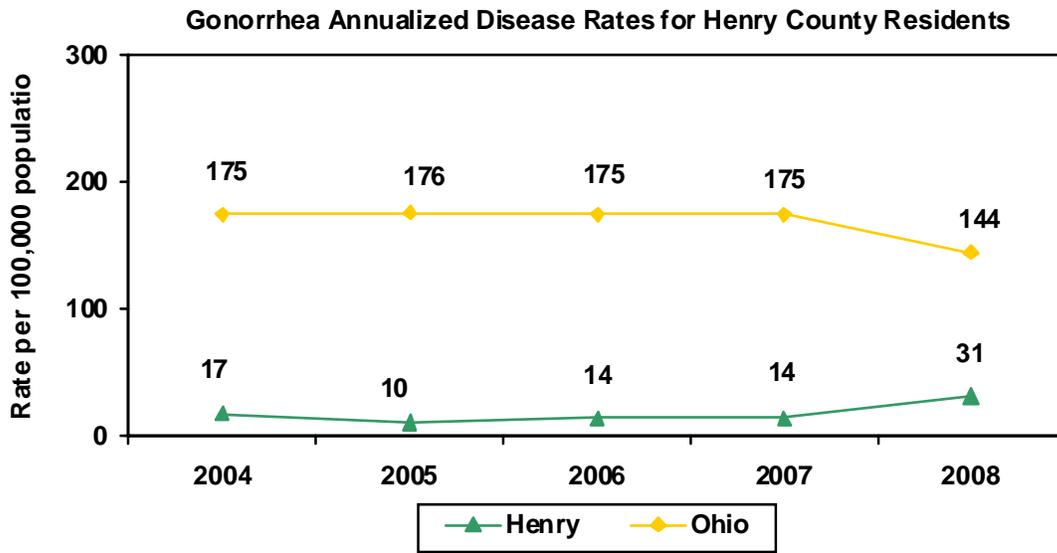
Annualized Count of Chlamydia Cases for Henry County



(Source for graphs: ODH, STD Surveillance, data reported through 4-10-09)

Adult Sexual Behavior and Pregnancy Outcomes

- ◆ The Henry County Gonorrhea rate fluctuated from 2004 to 2008, but increased overall.
- ◆ The Ohio Gonorrhea rate decreased from 2004 to 2008.
- ◆ In 2008, the U.S. rate for new Gonorrhea cases for the total population was 111.6 per 100,000 population. *(Source: CDC, Sexually Transmitted Diseases Surveillance, 2008)*
- ◆ The Healthy People 2010 objective for Gonorrhea is 19.0 per 100,000 population.



(Source for graphs: ODH, STD Surveillance, data reported through 4-10-09)

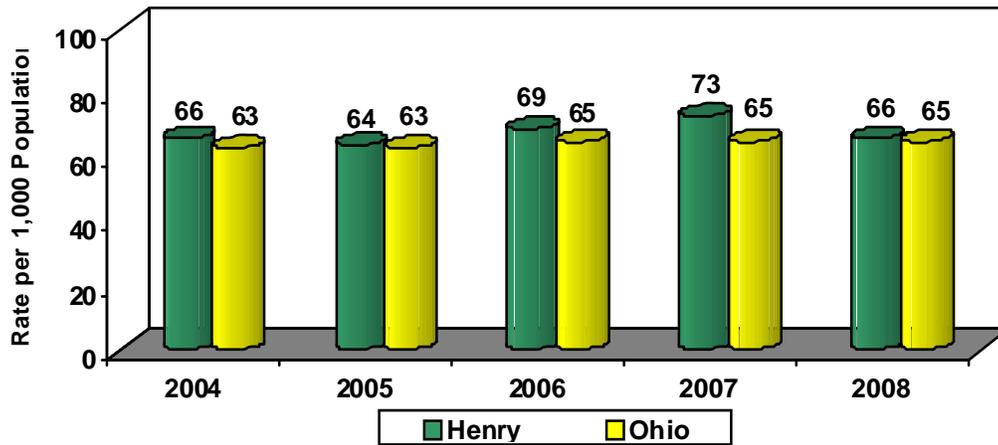
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

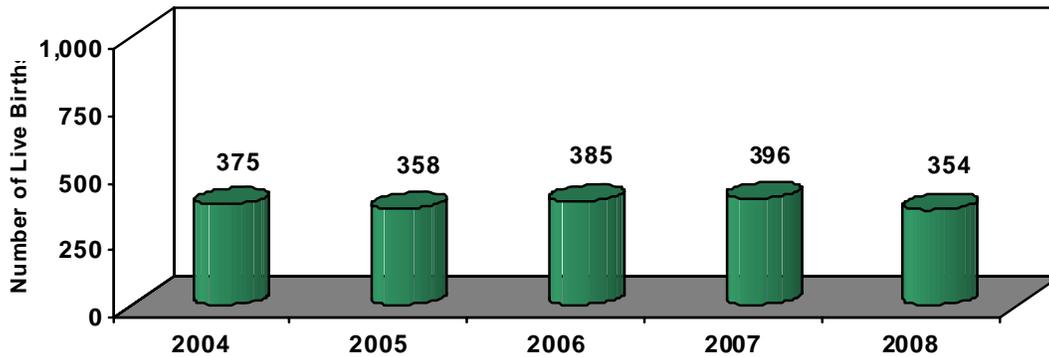
**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ From 2004-2008, there was an average of 374 live births per year in Henry County.
- ◆ In 2006, the U.S. birth rate was 68.5 per 1,000 women (*Source: National Center for Health Statistics 2006*).

Henry County and Ohio Fertility Rates



Henry County Total Live Births



(Source for graphs: ODH Information Warehouse Updated 1-7-10)

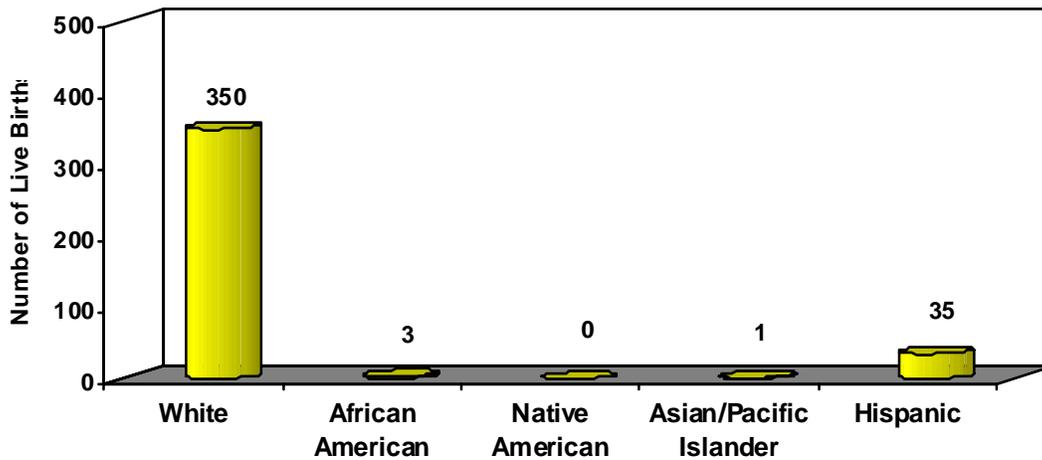
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

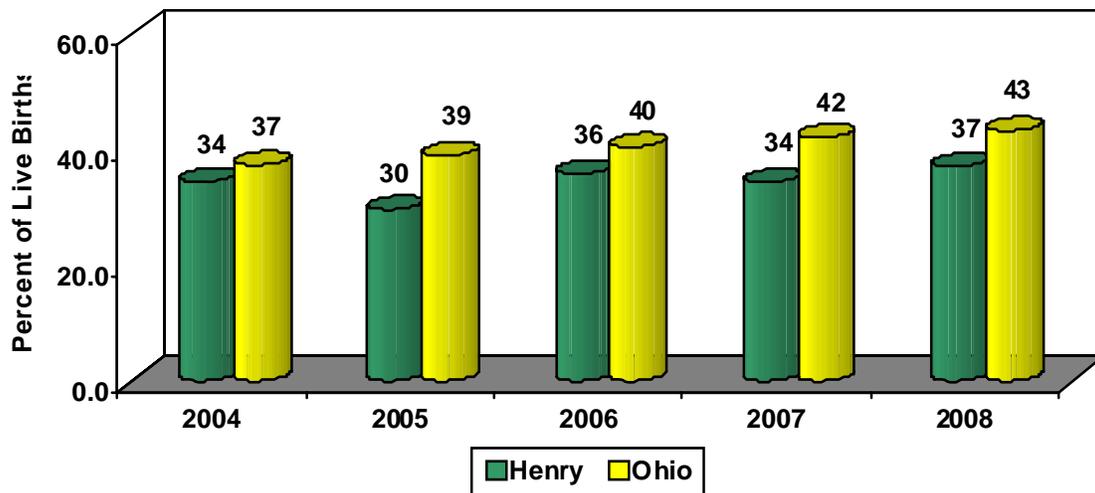
**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ The percentage of Births to unwed mothers in Henry was below the Ohio percentage each year from 2004 to 2008, but increased overall during the five year period.
- ◆ In 2006, 38.5% of U.S. births were to unwed mothers (*Source: National Center for Health Statistics 2006*).

**Henry County Total Live Births By Race/Ethnicity
2008**



Henry County Unwed Births



(Source for graphs: ODH Information Warehouse Updated 1-7-10)

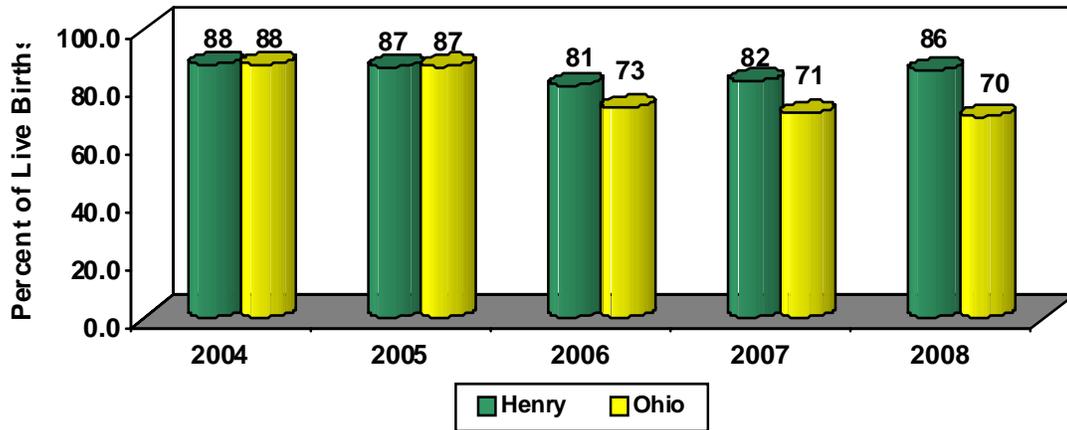
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

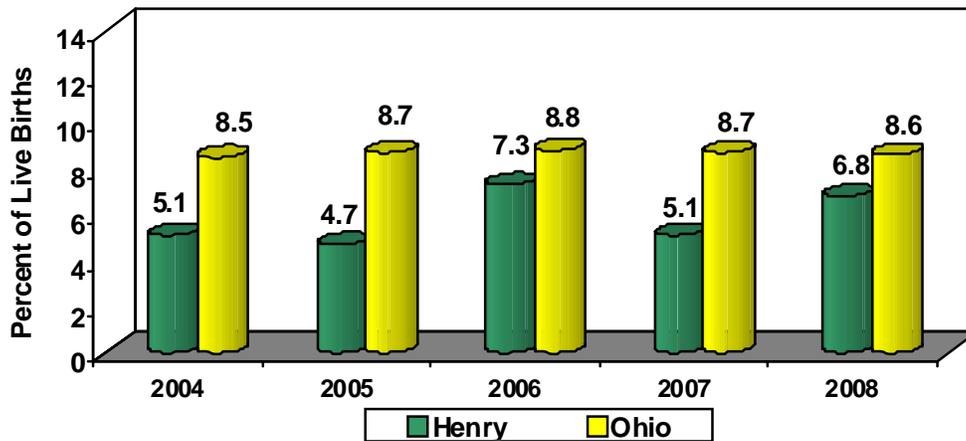
**Please note that the pregnancy outcomes data includes all births to adults and adolescents*

- ◆ In 2006, 83% of U.S. mothers received prenatal care during the first three months of pregnancy (Source: National Center for Health Statistics 2006).
- ◆ In 2006, 8.3% of all U.S. live births were low birth weight births (Source: National Center for Health Statistics 2006).

Henry County Births with First Trimester Prenatal Care



Henry County Low Birth Weight Births*



**Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.
(Source for graphs: ODH Information Warehouse Updated 1-7-10)*

Youth Sexual Behavior and Teen Pregnancy Outcomes

Key Findings

In 2010, about one in six (17%) of Henry County youth have had sexual intercourse, increasing to 38% of those ages 17 and over. 15% of youth had participated in oral sex and 4% had participated in anal sex. 14% of youth participated in sexting. Of those who were sexually active, 58% had multiple sexual partners.

Youth Sexual Behavior

- ◆ About one in six (17%) Henry County youth have had sexual intercourse, increasing to 38% of those ages 17 and over. The 2007 YRBS reports that 45% of Ohio youth have had sexual intercourse and the 2009 YRBS reports that 46% of U.S. youth have had sexual intercourse.
- ◆ 15% of youth had participated in oral sex, increasing to 32% of those ages 17 and over.
- ◆ 4% of youth had participated in anal sex, increasing to 10% of those ages 17 and over.
- ◆ 14% of youth had participated in sexting, increasing to 20% of those ages 17 and over.
- ◆ Of those youth who were sexually active in their lifetime, 42% had one sexual partner and 58% had multiple partners. 8% of all Henry County high school youth had 4 or more partners (2007 YRBS reports 14% for Ohio, 2009 YRBS reports 14% for the U.S.).
- ◆ Of those youth who were sexually active, 30% had done so by the age of 13. Another 49% had done so by 15 years of age. The average age of onset was 14.2 years old.
- ◆ Of all high school youth, 8% were sexually active by the age of 13 (2007 YRBS reports 6% for Ohio, 2009 YRBS reports 6% for the U.S.).
- ◆ Henry County youth had experienced the following: got someone pregnant (1%), had an abortion (1%), had a miscarriage (1%), and been treated for an STD.
- ◆ 88% of youth were taught about sexual practices, sexually transmitted diseases, or HIV or AIDS infection. They were taught about these issues by the following: school (77%), home (15%), their friends (6%), their doctor (6%), the internet (2%), and somewhere else (4%). (Totals are greater than 100% because more than one answer could be chosen).
- ◆ Over half (55%) of youth who were sexually active used condoms to prevent pregnancy, 21% used birth control pills, 5% used Depo-Provera, and 6% used the withdrawal method. However, 8% were engaging in intercourse without a reliable method of protection.

Facts on American Teens' Sexual and Reproductive Health

- ❖ Almost half (46%) of all 15-19 year olds in the U.S. have had sex at least once.
- ❖ By age 15, 13% of teens have had sex, increasing to 70% by age 19.
- ❖ About 25% of sexually active teens acquire an STD.
- ❖ A sexually active teen who does not use contraceptives has a 90% chance of becoming pregnant within a year.
- ❖ Eleven percent of all U.S. births are to teens.
- ❖ The majority of decline in teen pregnancy rates is due to more consistent contraceptive use; the rest is due to higher proportions of teens choosing to delay sexual activity.

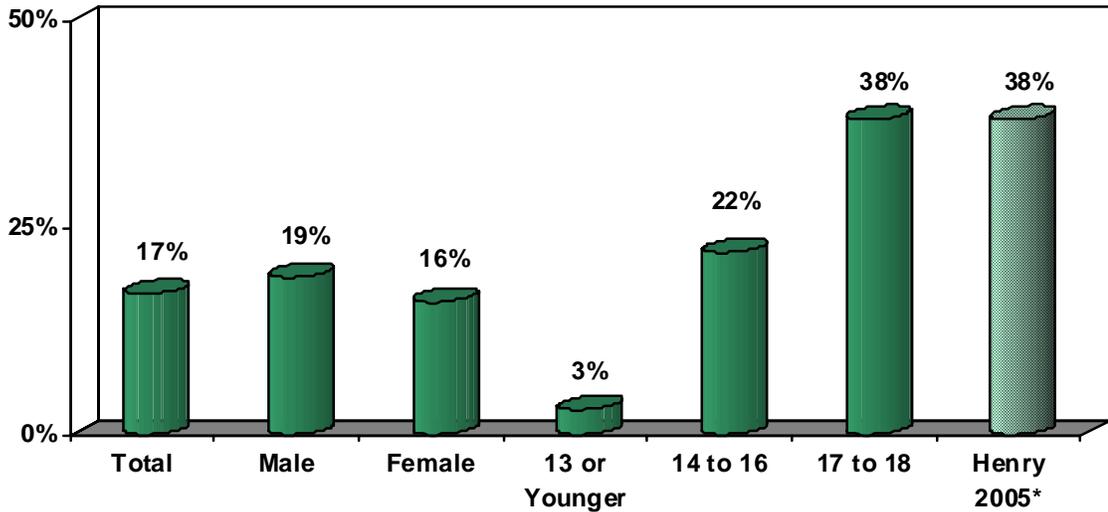
(Source: The Alan Guttmacher Institute, Facts on American Teens' Sexual and Reproductive Health)

2005/2010 Youth Comparisons	Henry County 2010 (6 th – 12 th)	Henry County 2010 (9 th – 12 th)	Henry County 2005 (9 th – 12 th)	Ohio 2007 (9 th – 12 th)	U.S. 2009 (9 th – 12 th)
Ever had sexual intercourse	17%	32%	38%	45%	46%
Used a condom at last intercourse	55%	56%	57%	60%	61%
Used birth control pills at last intercourse	21%	19%	16%	17%	20%
Had multiple sexual partners	58%	57%	56%	N/A	N/A

Youth Sexual Behavior and Teen Pregnancy Outcomes

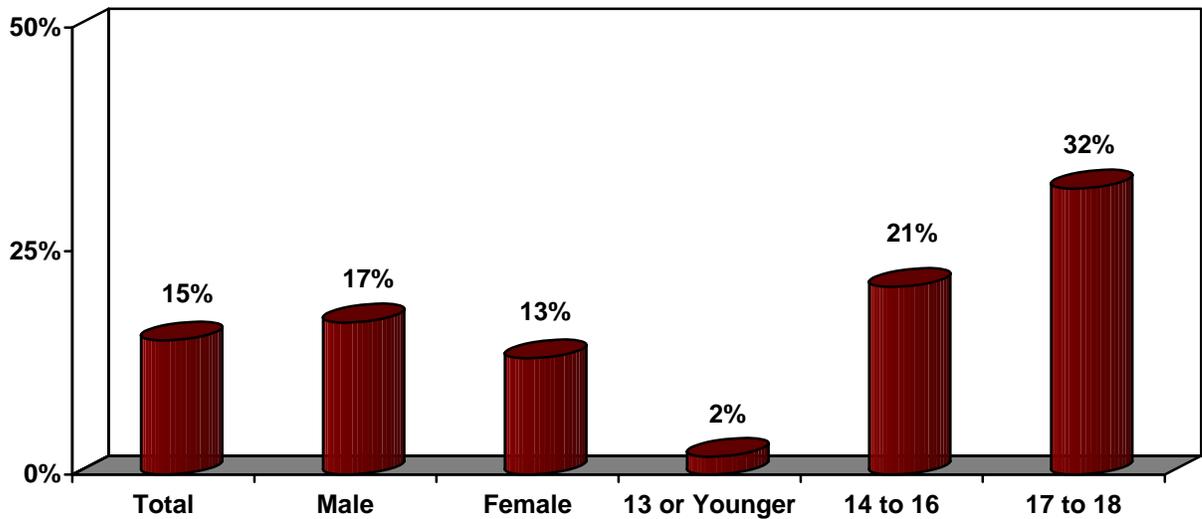
The following graph shows the percentage of Henry County youth who participated in sexual intercourse, oral sex. Examples of how to interpret the information include: 17% of all Henry County youth had sexual intercourse, 19% of males, and 16% of females had sex.

Henry County Youth Having Sexual Intercourse



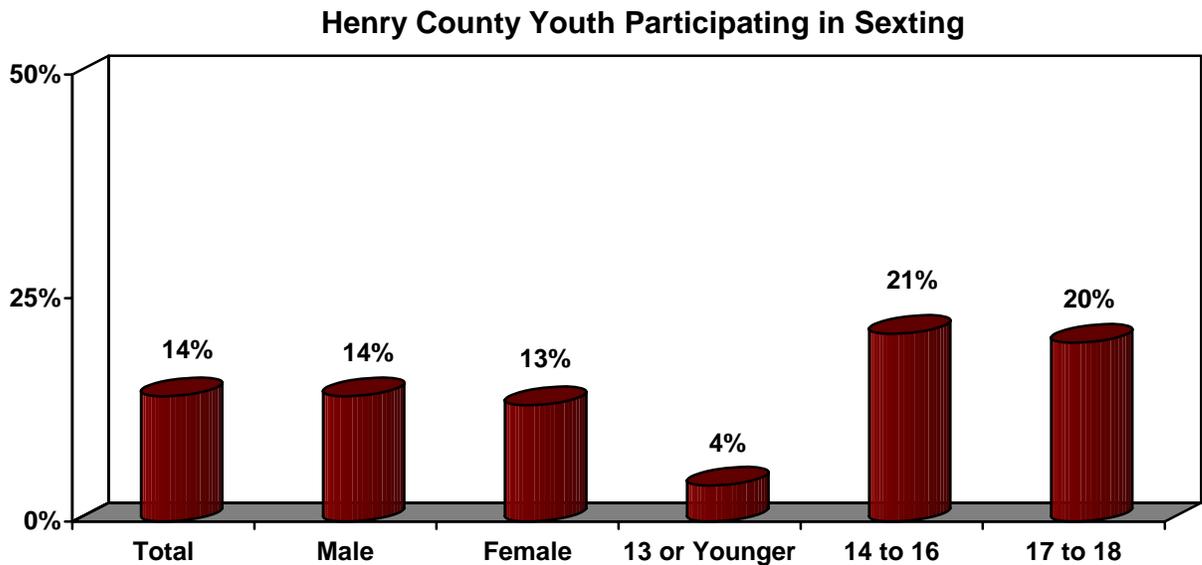
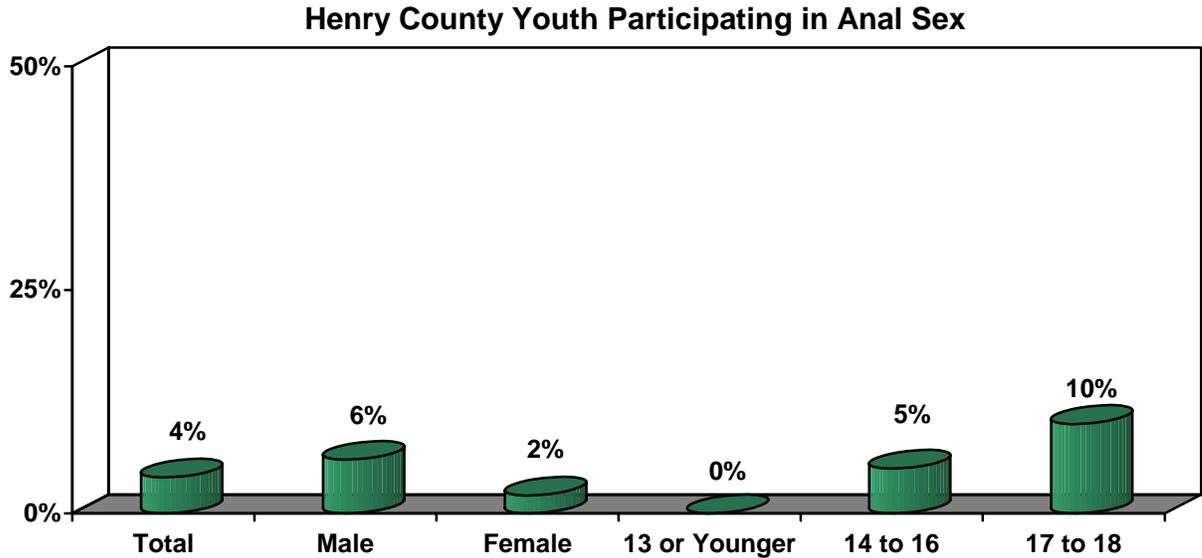
**Henry County 2005 data for 9th – 12th grade youth*

Henry County Youth Participating in Oral Sex

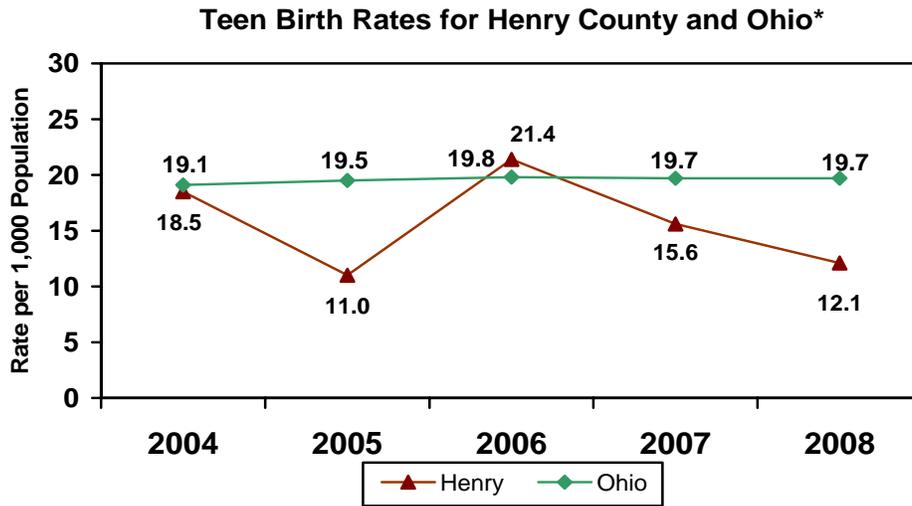


Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graph shows the percentage of Henry County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 4% of all Henry County youth participated in anal sex, 6% of males, and 2% of females.



Youth Sexual Behavior and Teen Pregnancy Outcomes



*Teen birth rates include women ages 15-17
(Source: Ohio Department of Health Information Warehouse Updated 1-7-10)

Quality of Life and Safety

Key Findings

One in four (25%) Henry County adults in 2010 reported they were limited in some way because of a physical, mental or emotional problem. The health assessment identified that 49% of Henry County adults kept a firearm in or around their home.

Food Security in the United States

- ❖ In 2007, 11.1% of households were uncertain of having, or unable to acquire, enough food to meet the needs of all of their members because they had insufficient money or other resources for food (food insecure).
- ❖ Approximately 36.2 million people lived in food insecure households in 2007, including 12.4 million children.

(Source: U.S. Department of Agriculture, Food Security in the United States: Statistics and Graphics, 2007)

Impairments and Health Problems

- ◆ One in four (25%) Henry County adults are limited in some way because of a physical, mental or emotional problem (21% Ohio, 19% U.S., 2009 BRFSS), increasing to 44% of those over the age of 65 and 39% of those with incomes less than \$25,000.
- ◆ One in five (20%) Henry County adults reported that pain made it hard to do usual activities, such as self-care, work or recreation at least one day in the past month and 5% reported they had this pain every day in the past month.
- ◆ Henry County adults were told by a health professional they had the following: gout (4%), rheumatoid arthritis (2%), fibromyalgia (2%), and lupus (<1%).
- ◆ 18% of adults reported they were limited in some way due to arthritis or joint symptoms.
- ◆ 5% of adults had a health problem that requires them to use special equipment (8% Ohio, 7% U.S., 2009 BRFSS), such as a cane, a wheelchair, a special bed, or a special telephone, increasing to 10% of those ages 65 and over.

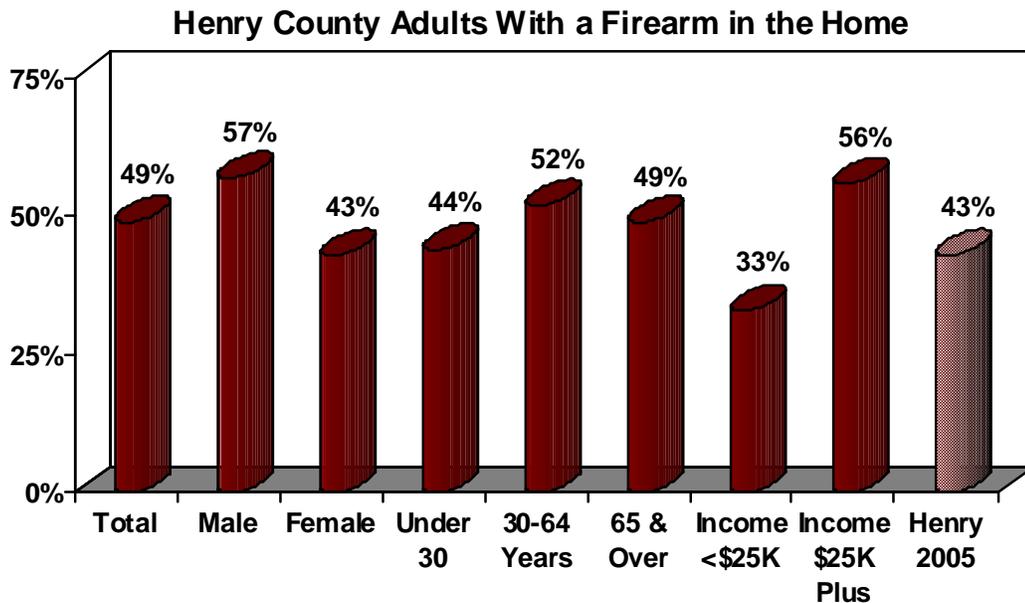
Safety

- ◆ Just under half (49%) of Henry County adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.
- ◆ Of those with firearms, 74% have them for hunting, 44% have them for protection, 3% have them for work, and 19% have them for some other reason.
- ◆ Smoke detectors had been deliberately tested in homes by 72% of Henry County adults in the past year. 20% of adults had tested their smoke detector in the past month. Approximately 4% reported having no smoke detectors in their Henry County home.
- ◆ 42% of Henry County adults reported they had a carbon monoxide detector in their home.
- ◆ 30% of Henry County adults rode an ATV, racing bike, or motorcycle in the past year. Of those who did so, 29% always wore a helmet and 39% never wore a helmet.
- ◆ 84% of Henry County adults had a land line phone, 83% had a cell phone, and 1% did not have either.

2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Limited in some way due to physical problems	19%	21%	N/A	N/A
Limited in some way due to emotional problems	3%	2%	N/A	N/A
Limited in some way due to mental problems	2%	2%	N/A	N/A
Firearm kept in or around their home	41%	49%	N/A	N/A
Tested smoke alarms in past year	73%	72%	N/A	N/A
Have a carbon monoxide detector	36%	42%	N/A	N/A

Quality of Life and Safety

The following graph shows the percentage of Henry County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 49% of all Henry County adults kept a firearm in their home, 57% of males, and 44% of those under 30 kept a firearm in their home.



Firearm Trauma

- ❖ Firearm injuries are the second leading cause of injury death in the U.S.
- ❖ Firearms in a home double the risk of homicides and suicides in those homes.
- ❖ The majority (57%) of gun deaths in the U.S are suicides.
- ❖ Firearms are involved in 70% of teen homicides.
- ❖ 83% of the public do not want concealed weapons carried in public places.
- ❖ Firearms are the most common method (54%) of completed suicides.
- ❖ Firearms are the most common method (67%) of homicides.

(Source: Dr. Price, Firearms Trauma Presentation, 2005)

Mental Health and Suicide

Key Findings

In 2010, 1% of Henry County adults considered attempting suicide. The health assessment results indicated that 11% of Henry County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.

Adult Mental Health

- ◆ 1% of Henry County adults considered attempting suicide in the past year.
- ◆ Less than 1% of adults attempted suicide.
- ◆ 13% of adults recently had a period of two or more weeks when they felt sad, blue, or depressed nearly every day, increasing to 19% of those under the age of 30.
- ◆ 10% of adults felt worried, tense, or anxious almost every day for two or more weeks in a row that they stopped doing some usual activities, increasing to 14% of those with incomes less than \$25,000.

Mental Health and Suicide Facts

- ◆ Suicide is the 2nd leading cause of death among 25-34 year olds and the 3rd leading cause of death among 15-24 year olds.
- ◆ Firearms were used most often in suicides among males, while poisoning was the most common method for females.
- ◆ 2007 YRBS results show that 7.2% of Ohio high school youth actually attempted suicide in the past 12 months (9.4% of all females and 4.9% of all males) and 2.3% indicated that their suicide attempt required medical attention by a doctor or nurse.

(Sources: CDC, NCIPC, Suicide, 2008; CDC, National Center for Chronic Disease Prevention and Health Promotion, YRBSS, Unintentional Injuries and Violence, 5/20/2008)

Youth Mental Health

- ◆ In 2010, 11% of Henry County youth reported seriously considering attempting suicide in the past twelve months compared to the 2007 YRBS rate of 13% for Ohio youth and 2009 YRBS rate of 14% for U.S. youth.
- ◆ In the past year, 5% of Henry County youth had attempted suicide and 2% had made more than one attempt. The 2007 YRBS reported a suicide attempt prevalence rate of 7% for Ohio youth and the 2009 YRBS reported a 6% rate for U.S. youth. Of those who attempted suicide, 36% of them resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- ◆ Almost one-fifth (21%) of youth reported they felt sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities (2007 YRBS reported 25% for Ohio and 2009 YRBS reported 26% for the U.S.).
- ◆ When Henry County youth are dealing with depression or suicide they usually talk to the following: best friend (40%), no one (34%), parents (30%), girlfriend/boyfriend (15%), brother/sister (14%), pastor/priest (3%), school counselor (3%), youth minister (2%), teacher (2%), and professional counselor (1%).

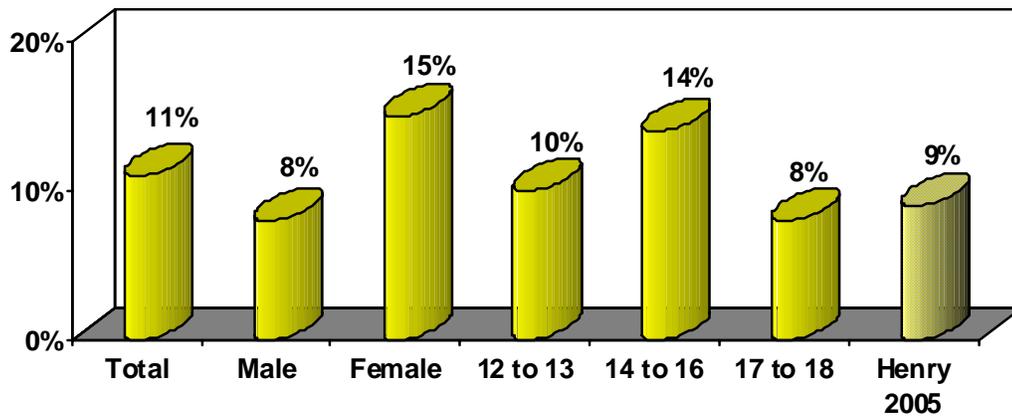
2005/2010 Adult Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Two or more weeks in a row when felt depressed	15%	13%	N/A	N/A
Considered attempting suicide	2%	1%	N/A	N/A

2005/2010 Youth Comparisons	Henry 2005 (6 th -12 th)	Henry 2010 (6 th -12 th)	Henry 2010 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2009 (9 th -12 th)
Youth who had seriously considered suicide	9%	11%	12%	13%	14%
Youth who had attempted suicide	4%	5%	6%	7%	6%

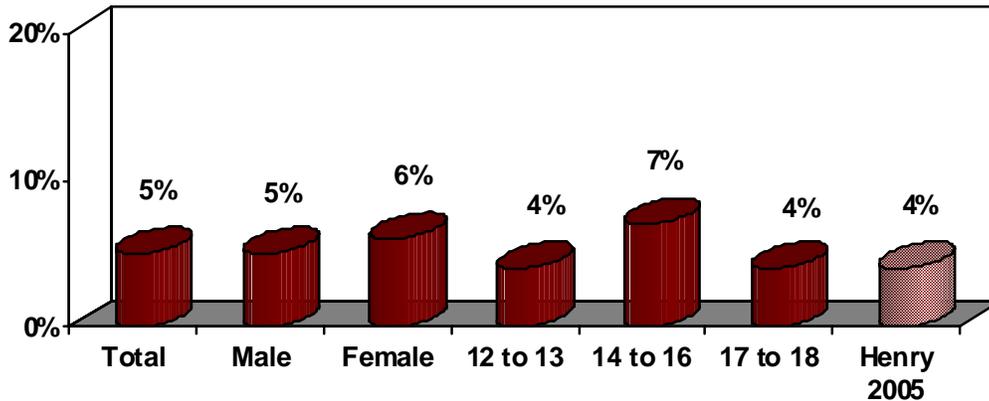
Mental Health and Suicide

The following graphs show the percentage of Henry County youth who contemplated and/or attempted suicide in the past 12 months (i.e., the first graph shows that 11% of all youth had contemplated suicide, 8% of males and 15% of females).

Henry County Youth Contemplated Suicide in Past 12 Months



Henry County Youth Who Attempted Suicide in Past 12 Months



Mental Health and Suicide

Teen Suicide Signals

The strongest risk factors for attempted suicide in teens are:

- ❖ Depression
- ❖ Alcohol abuse
- ❖ Aggressive or disruptive behaviors

In 2005, the *American Psychiatric Association* advises one should consult a mental health professional, parent, or school counselor if several of the following symptoms, experiences, or behaviors are present:

- ❖ Depressed mood
- ❖ Substance abuse
- ❖ Difficulties in dealing with sexual orientation
- ❖ Family loss or instability; significant problems with parents
- ❖ Unplanned pregnancy
- ❖ Frequent episodes of running away or being incarcerated
- ❖ Withdrawal from family and friends
- ❖ Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- ❖ Loss of interest in or enjoyment in activities that were once pleasurable
- ❖ Impulsive, aggressive behavior, frequent expressions of rage

Suicide Risk Factors

A risk factor is anything that increases the likelihood that persons will harm themselves including:

- ❖ Previous suicide attempt(s)
- ❖ History of mental disorders, particularly depression
- ❖ History of alcohol and substance abuse
- ❖ Family history of suicide
- ❖ Family history of child maltreatment
- ❖ Feelings of hopelessness
- ❖ Impulsive or aggressive tendencies
- ❖ Physical illness
- ❖ Feeling socially isolated
- ❖ Barriers to accessing mental health treatment
- ❖ Loss (relational, social, work, or financial)
- ❖ Has easy access to lethal suicide methods (for instance, firearms)
- ❖ Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts
- ❖ Cultural and religious beliefs (i.e., the belief that suicide is not a resolution of a personal dilemma)
- ❖ Local epidemics of suicide

(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)

Suicide Protective Factors

Protective factors defend people from the risks associated with suicide and include:

- ❖ Effective clinical care for mental, physical, and substance abuse disorders
- ❖ Easy access to a variety of clinical interventions and support for those seeking help
- ❖ Family and community support
- ❖ Support from ongoing medical and mental health care relationships
- ❖ Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- ❖ Cultural and religious beliefs that discourage suicide and support self-preservation instincts

(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)

Warning Signs of Suicide

Recognizing Warning Signs of Suicide in Others

- ❖ Feelings of despair or hopelessness
- ❖ Taking care of business-preparing for the family's welfare
- ❖ Drug or alcohol abuse
- ❖ Rehearsing suicide or seriously discussing specific suicide methods
- ❖ Shows signs of improvement, but in reality, relief comes from having made the decision to commit suicide

(Source: CDC, National Depression and Manic Depression Association)

For additional resources please see:

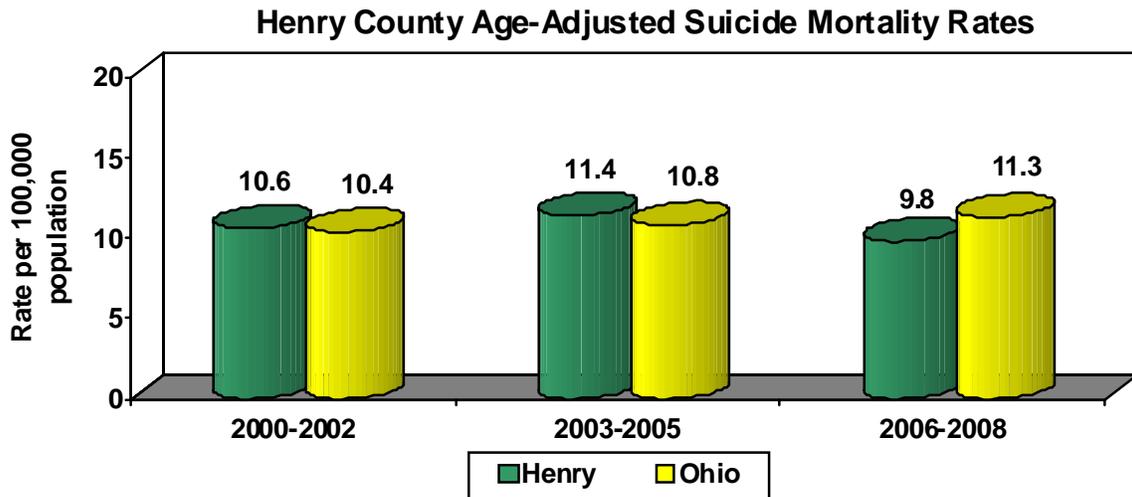
U.S. Public Health Service, *The Surgeon General's Call to Action to Prevent Suicide*. Washington, DC: 1999.

U.S. Department of Health and Human Services, *National Strategy for Suicide Prevention*. Washington, DC: 2001.

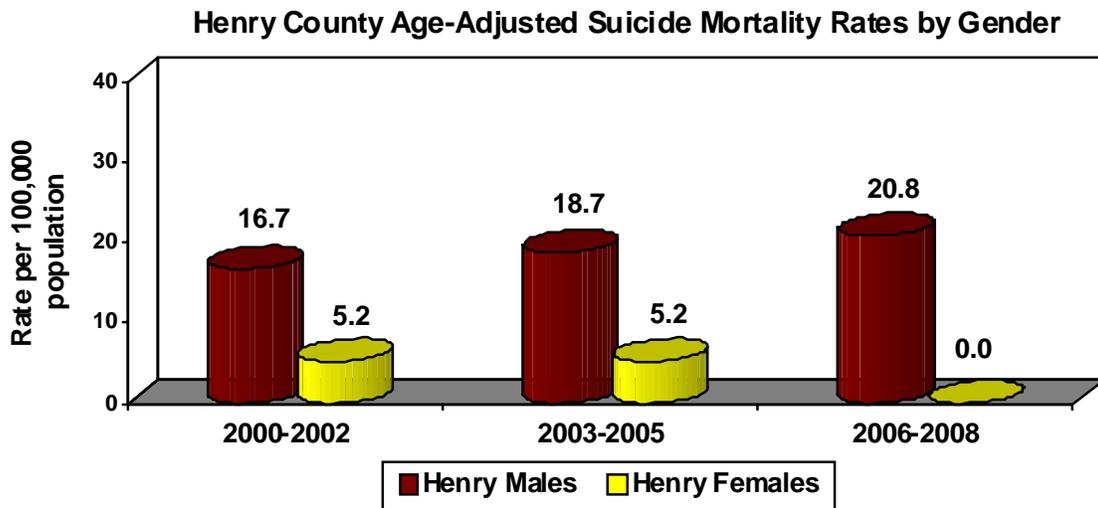
Mental Health and Suicide

The following graphs show the Ohio and Henry County age-adjusted suicide mortality rates per 100,000 population and the number of suicide deaths by age group for the county. The graphs show:

- ◆ The Henry County age-adjusted suicide mortality rate decreased overall to a rate below the Ohio rate from 2000 to 2008.
- ◆ The Henry County male age-adjusted suicide rate consistently exceeded the female rate from 2000 to 2008.
- ◆ From 2006-2008, 33% of all Henry County suicide deaths occurred to those ages 45-54 years old.



(Source: ODH Information Warehouse, updated 4-15-10)

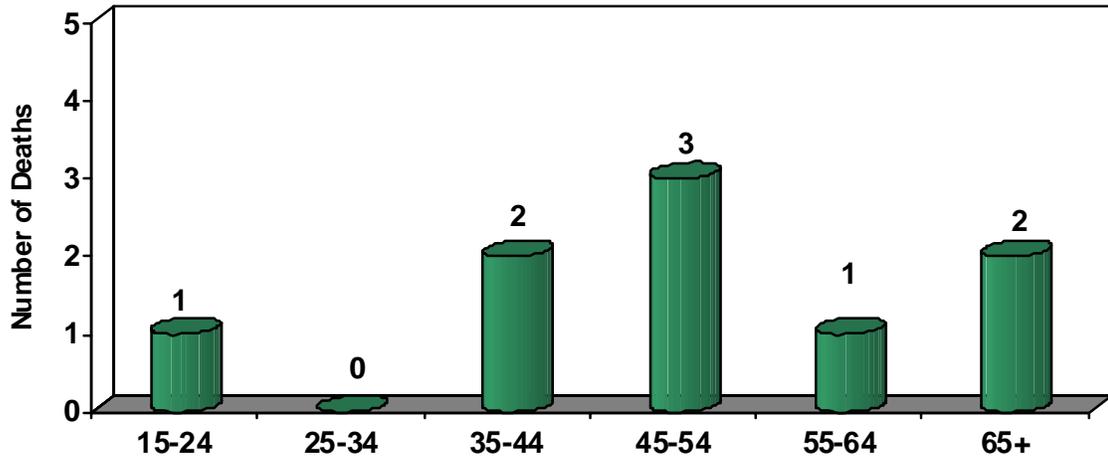


(Source: ODH Information Warehouse, updated 4-15-10)

Mental Health and Suicide

Henry County Number of Suicide Deaths By Age Group
2006-2008

Total Deaths = 9



(Source: ODH Information Warehouse, updated 4-15-10)

Youth Safety

Key Findings

In 2010, almost two-fifths (39%) of Henry County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 60% of youth drivers texted while driving.

Personal Safety

- ◆ Almost two-fifths (39%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 44 % of those 17-18 years old.
- ◆ In the past 30 days, 20% of youth had ridden in a car driven by someone who had been drinking alcohol and 5% had driven a car themselves after drinking alcohol, increasing to 10% of 17-18 year olds.
- ◆ Three-fifths (60%) of Henry County youth drivers texted while driving and 86% talked on the cell phone while driving.
- ◆ 11% of Henry County youth always wore a helmet when they rode an ATV or dirt bike during the past 12 months, 2% always wore a helmet when they rode a bicycle, and 1% wore a helmet when they rode a skateboard.
- ◆ Henry County youth never wore a helmet when they rode the following in the past year: a skateboard (88%), a bicycle (82%), an ATV (41%), or a motorcycle (25%).
- ◆ 6% of youth played the choking game, increasing to 9% of those ages 17 and over.
- ◆ Over three-fourths (78%) of youth had a MySpace or facebook account. Of those who had an account, they reported the following: their parents had their password (23%), their friends had their password (6%), they knew all of “my friends” (79%), their account was currently checked private (57%), and they had problems as a result of their account (7%).
- ◆ 10% of youth have been asked to participate in sexual activity while in a chat room. 2% of youth have had sex with someone they met in a chat room.
- ◆ Henry County youth had been peer pressured to do the following in the past year: drink alcohol (60%), participate in sexual activities other than sexual intercourse (40%), smoke cigarettes (39%), use drugs (31%), and participate in sexual intercourse (29%).

Henry County Youth Leading Causes of Death 2006-2008

Total Deaths: 17

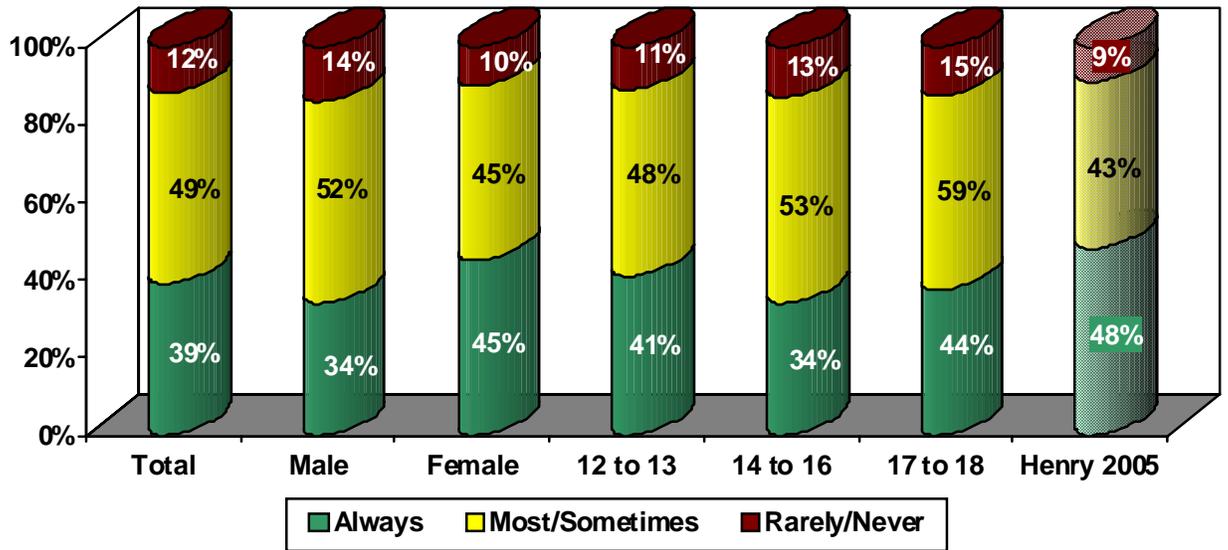
- ◆ Accidents, Unintentional Injuries
- ◆ Cancers

(Source: ODH Information Warehouse, updated 4-15-10)

2005/2010 Youth Comparisons	Henry County 2005 (6 th -12 th)	Henry County 2010 (6 th -12 th)	Henry County 2010 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2009 (9 th -12 th)
Always wore a seatbelt	42%	39%	40%	N/A	N/A
Always wore a helmet when riding an ATV	14%	11%	7%	N/A	N/A
Always wore a helmet when riding a bicycle	2%	2%	1%	N/A	N/A
Always wore a helmet when riding a skateboard	1%	1%	0%	N/A	N/A

Youth Safety

Henry County Youth Seatbelt Use in the Past Month



Youth Violence Issues

Key Findings

In Henry County, 13% of the youth had carried a weapon in the past month. 7% of youth had been threatened or injured by a weapon on school property. 43% of youth were bullied in the past year. 30% of youth had purposefully hurt themselves at some time in their life.

Violence-Related Behaviors

- ◆ In 2010, 13% of Henry County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 21% of males (2007 YRBS reported 17% for Ohio, 2009 YRBS reported 18% for the U.S.).
- ◆ 7% of youth were threatened or injured with a weapon on school property.
- ◆ 5% 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 (2007 YRBS reported 4% for Ohio, 2009 YRBS reported 5% for the U.S.).
- ◆ 30% of youth purposefully hurt themselves by cutting, burning, scratching, hitting, biting, etc at some time in their life. 4% of youth did so 40 or more times in their life.
- ◆ 43% of youth had been bullied in the past year. The following types of bullying were reported:
 - 31% were verbally bullied (teased, taunted or called you harmful names)
 - 24% were indirectly bullied (spread mean rumors about you or kept you out of a “group”)
 - 15% were physically bullied (you were hit, kicked, punched or people took your belongings)
 - 9% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- ◆ In the past year, 30% of youth had been involved in a physical fight; 20% on more than one occasion. The 2007 YRBS reports 30% of Ohio youth had been in a physical fight, while the 2009 YRBS reports that 32% of U.S. youth had been in a physical fight.
- ◆ 15% of youth felt threatened or unsafe in their homes.
- ◆ 6% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, increasing to 10% of those ages 17 and over.
- ◆ 4% of youth were physically forced to have sexual intercourse when they did not want to, compared to 10% of Ohio youth in 2007 and 7% of U.S. youth in 2009 *(Source: 2007, 2009 YRBS)*.

Facts Concerning Youth Violence

- ❖ Youth violence is defined by the CDC as “harmful behaviors that can start early and continue into young adulthood.”
- ❖ In 2005, 5,686 youth ages 10-24 were murdered, averaging 16 per day.
- ❖ Emergency rooms treated in excess of 720,000 youth ages 10-24 for violence-related injuries in 2006.
- ❖ Approximately 30% of kids (6th to 10th grade) reported being involved in bullying.
- ❖ Youth violence costs society over \$158 billion each year, according to the CDC.

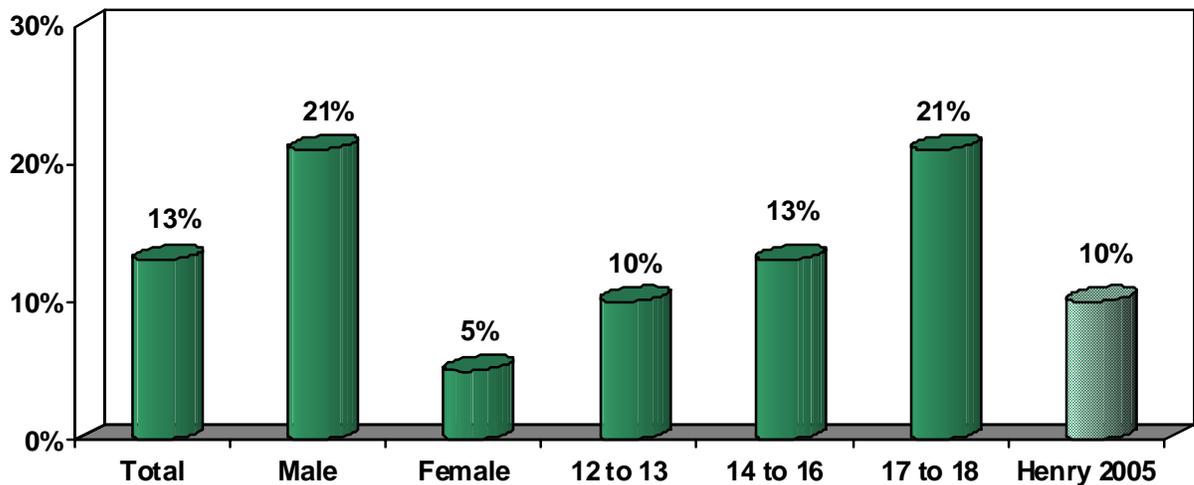
(Source: CDC, Understanding Youth Violence Fact Sheet, 2008)

2005/2010 Youth Comparisons	Henry County 2005 (6 th -12 th)	Henry County 2010 (6 th -12 th)	Henry County 2010 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2009 (9 th -12 th)
Carried a weapon in past month	10%	13%	17%	17%	18%
Been in a physical fight in past year	31%	30%	22%	30%	32%
Did not go to school because felt unsafe	2%	5%	4%	4%	5%
Felt threatened or unsafe in home	14%	15%	12%	N/A	N/A
Purposefully hurt themselves	28%	30%	26%	N/A	N/A
Physically hurt by a boyfriend/girlfriend	6%	6%	8%	N/A	10%
Forced to have sexual intercourse	3%	4%	5%	10%	7%

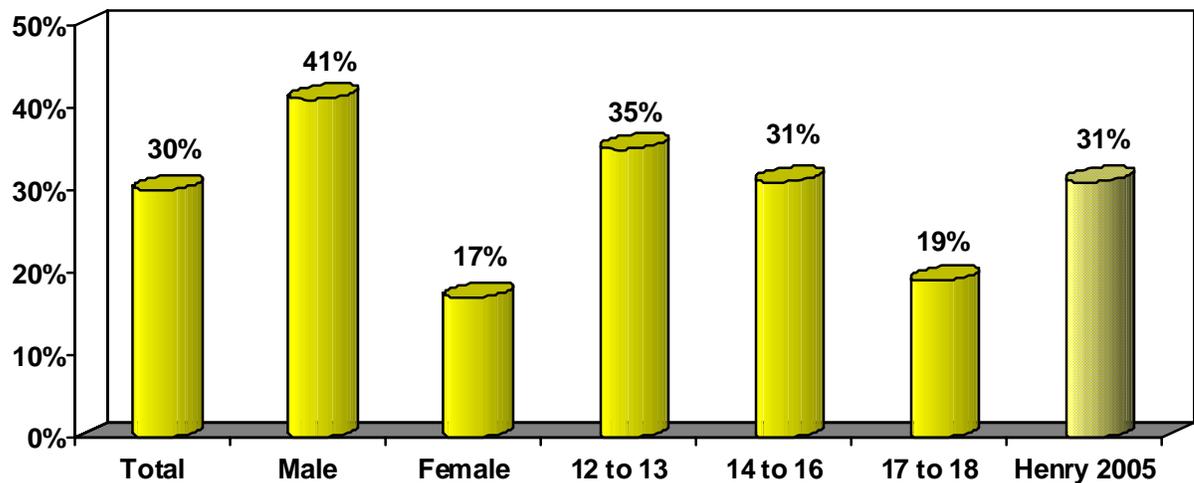
Youth Violence Issues

The following graphs show Henry County youth carrying a weapon in the past 30 days and those involved in a physical fight in the past year. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 13% of all youth carried a weapon in the past 30 days, 21% of males and 5% of females).

Henry County Youth Carrying a Weapon during the Past 30 Days



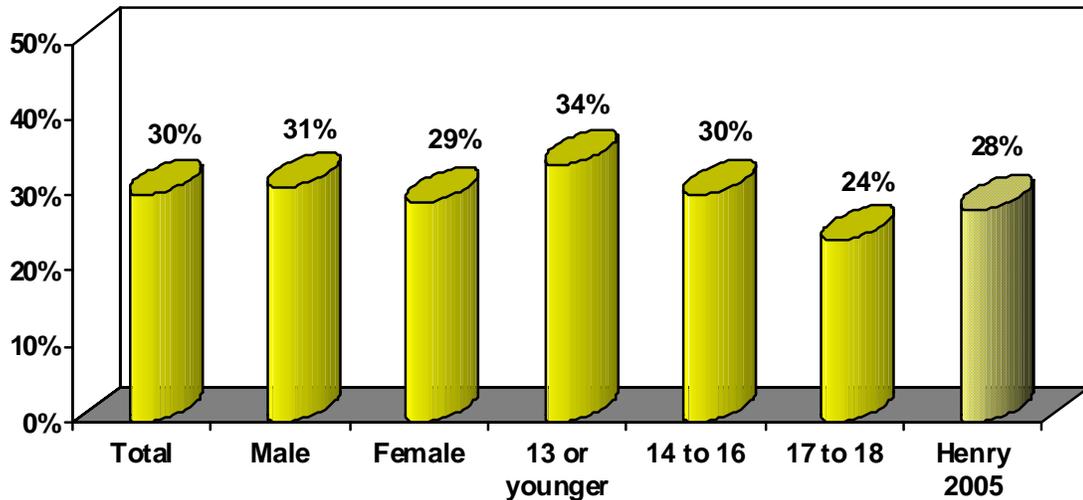
Henry County Youth Involved in a Physical Fight in the Past Year



Youth Violence Issues

The following graph shows Henry County youth who purposefully hurt themselves at some time in their life. The graph shows the number of youth in each segment giving each answer (i.e. 30% of all youth hurt themselves at some time in their life, 31% of males and 29% of females).

Henry County Youth Who Purposefully Hurt Themselves During Their Life



Types of Bullying Henry County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Physically Bullied	15%	21%	9%	16%	17%	9%
Verbally Bullied	31%	36%	25%	34%	33%	20%
Indirectly Bullied	24%	19%	30%	24%	27%	19%
Cyber Bullied	9%	7%	10%	7%	11%	9%

Bullied vs. Not Bullied Behaviors

Youth Behaviors	Bullied	Not Bullied
Were depressed (felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities)	32%	13%
Contemplated suicide in the past 12 months	17%	7%
Attempted suicide in the past 12 months	8%	4%
Have had at least one drink of alcohol in the past 30 days	23%	16%
Have smoked in the past 30 days	10%	8%

Oral Health

Key Findings

The 2010 health assessment project has determined that more than two-thirds (69%) of Henry County adults had visited a dentist or dental clinic in the past year. The 2008 BRFSS reported that 71% of U.S. adults and 72% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Just under three-fourths (72%) of Henry youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

Henry County Dental Care Resources 2009

- ❖ Number of licensed dentists- 8
- ❖ Number of primary care dentists- 8
- ❖ Ratio of population per dentist- 3,690:1
- ❖ Number of dentists who treat Medicaid patients- 6
- ❖ Ratio of Medicaid population per dentist who treats Medicaid patients- 700: 1

(Source: ODH Ohio Oral Health Surveillance System, 2009)

Access to Dental Care

- ◆ In the past year, 69% of Henry County adults had visited a dentist or dental clinic, decreasing to 52% of adults with annual household incomes less than \$25,000.
- ◆ When asked how long it had been since their last visit to a dentist or dental clinic, 10% of Henry County adults reported that it had been more than one year but less than two years, 7% reported that it had been more than two years but less than five years, and 12% responded it had been five or more years ago.
- ◆ Almost all (99%) adults reported they brushed their teeth daily.
- ◆ One third (33%) of adults reported they flossed daily
- ◆ 41% of adults had one or more of their permanent teeth removed. 4% had all of their teeth removed.
- ◆ 12% of Henry County adults over the age of 65 have had all of their teeth removed. According to the 2008 BRFSS, 19% of U.S. adults and 21% of Ohio adults over 65 have had all of their teeth removed.
- ◆ In the past year, 72% of Henry County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work. 10% responded more than one year but less than 2 years, and 4% responded more than 2 years ago.

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	63%	10%	8%	15%	1%
Females	74%	9%	6%	9%	2%
Total	69%	10%	7%	12%	1%

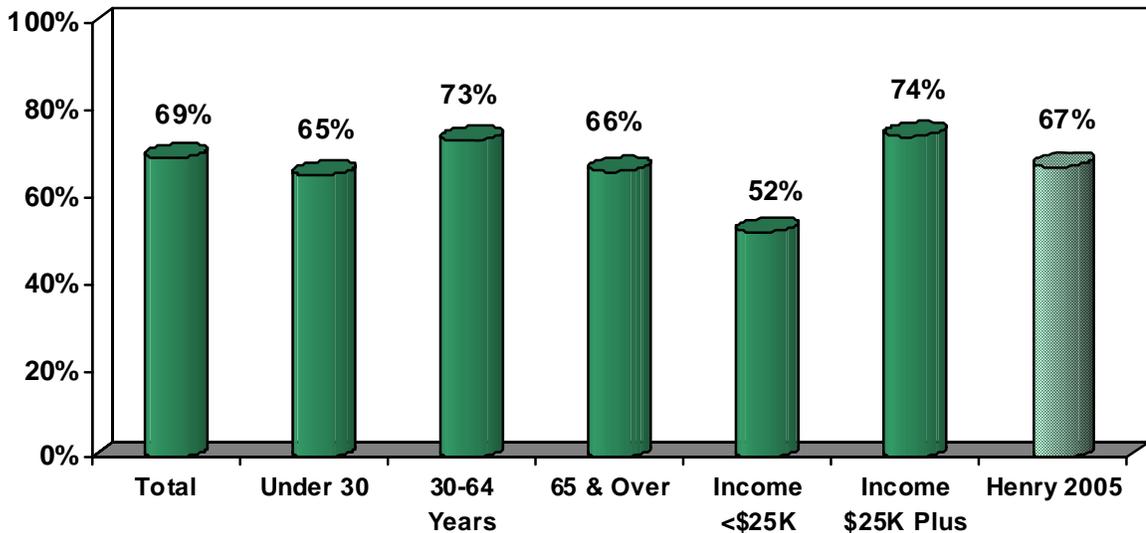
Totals may not equal 100% as respondents answered do not know.

2005/2010 Adult/Youth Comparisons	Henry County 2005	Henry County 2010	Ohio 2008	U.S. 2008
Adults who have visited the dentist in the past year	67%	69%	72%	71%
Youth who have visited the dentist in the past year	74%	72%	N/A	N/A

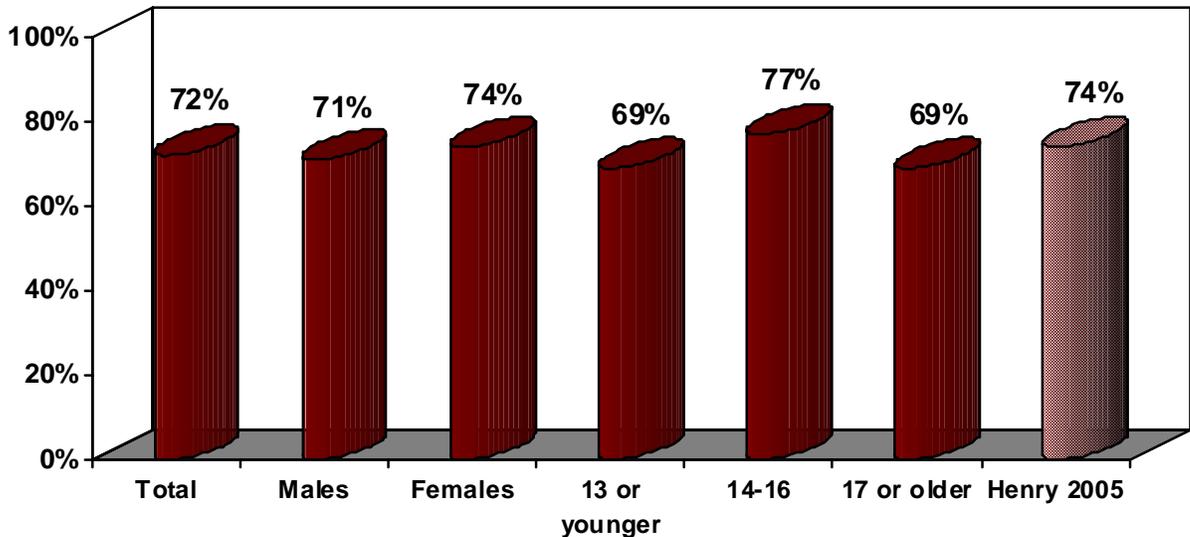
Oral Health

The following graphs provide information about the frequency of Henry County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 69% of all Henry County adults had been to the dentist in the past year, 65% of those under the age of 30 and 52% of those with incomes less than \$25,000.

Henry County Adults Visiting a Dentist in the Past Year



Henry County Youth Visiting a Dentist in the Past Year



Parenting

Key Findings

The 2010 Health Assessment project identified that about one-third (34%) of parents reported their child over the age of 5 always or nearly always wore a bicycle helmet when riding a bicycle. 37% of mothers did not breastfeed their children. Half (50%) of parents would get their daughters the HPV vaccine.

Parenting

- ◆ 82% of parents who had an infant to 4-year-old reported their child always rode in a car seat.
- ◆ 34% of parents reported their child over the age of 5 always or nearly always wore a bicycle helmet when riding a bicycle. 21% of parents reported their child never wore a bicycle helmet.
- ◆ Henry County mothers breastfed their children for the following amounts of time: 9 or more months (10%), 4-9 months (14%), 7 weeks to 3 months (15%), 3-6 weeks (15%), 2 weeks or less (6%).
- ◆ Over one-third (37%) of Henry County mothers did not breastfeed their child (children).
- ◆ Parents took their children to the doctor for the following in the past year: regular checkups/well visits (80%), sick visits (79%), injuries or poisonings (21%), ear infections (17%), and flu (14%).
- ◆ Half (50%) of parents reported they would get their daughter vaccinated with the new vaccine which may help women from developing cervical cancer due to the HPV virus that is transmitted sexually. 19% reported they would not get the vaccine for their daughter because she is not going to have sex and 13% reported they did not have the money to get the vaccine. 16% of parents had not heard of the HPV vaccine and 2% reported they did not know that HPV caused cervical cancer.
- ◆ Parents discussed the following with their 12 to 17 year old in the past year: eating habits (65%), dating and relationships (63%), screen time (57%), negative effects of alcohol (48%), negative affects of tobacco (48%), abstinence and how to refuse sex (47%), negative effects of marijuana and other drugs (45%), body image (42%), condom use/safer sex/STD prevention (36%), birth control (22%), refusal skills (17%), and suicide (15%).

Child Passenger Safety: A four-step process

- ◆ Step 1: Rear-Facing Infant Seats in the back seat from birth to at least one year old and at least 20 lbs.
- ◆ Step 2: Forward-facing Toddler Seats in the back seat from age one and 20 lbs. to about age four and 40 lbs.
- ◆ Step 3: Booster Seats in back seat from about age four to at least age eight, unless 4'9"
- ◆ Step 4: Safety Belts in the back seat at age eight or older or taller than 4'9"

(Source: United States Department of Transportation, NHTSA, www.nhtsa.dot.gov 9-9-05)

2005/2010 Comparisons	Henry County 2005	Henry County 2010	Ohio 2009	U.S. 2009
Parents with an infant to 4-year-old who always or nearly always used a car safety seat	92%	82%	N/A	N/A
Children had a regular checkup in the past year	76%	80%	N/A	N/A
Children had been to the dr. for an ear infection in past year	36%	17%	N/A	N/A
Never breastfed their child (children)	48%	37%	N/A	N/A

Why a child should wear a bike helmet

- ◆ Wearing a bike helmet has been shown to reduce serious head injuries by 85%
- ◆ 39% of deaths from cycling injuries occur in children under the age of 15
- ◆ Even a low speed fall on a bicycle path can cause a serious head injury.

(Source: Injury Prevention Health Unit <http://www.healthunit.org/injury/summer/bikehel.htm>)

Youth Perceptions of Substance Use/Misuse

Key Findings

In 2010, almost half (47%) of Henry County youth thought there was a great risk in harming themselves if they smoked cigarettes. 8% of youth thought that there was no risk of using marijuana. About three-fifths (61%) of youth reported that their parents would strongly disapprove of them drinking alcohol.

Perceived Risk of Drug Use

- ◆ Almost half (47%) of Henry youth thought there was a great risk in harming themselves if they smoked cigarettes.
- ◆ 6% of youth thought that there was no risk from smoking cigarettes.
- ◆ About three-fifths (61%) of youth thought there was a great risk in smoking marijuana.
- ◆ 8% of youth thought that there was no risk from smoking marijuana.
- ◆ About two-fifths (39%) of Henry County youth thought there was a great risk from drinking alcohol.
- ◆ 8% of youth thought that there was no risk in drinking alcohol.

Degree of Disapproval of Use by Adults

- ◆ Most (85%) of youth reported their parents (or guardians) would strongly disapprove of them smoking cigarettes, increasing to 90% of youth under the age of 13.
- ◆ 93% of Henry County youth reported their parents would strongly disapprove of them using marijuana.
- ◆ 61% of youth reported their parents would strongly disapprove of them drinking alcohol, increasing to 74% of youth under the age of 13.

U.S. Youth Perceptions of Risk

- ❖ Among youth ages 12-17, 7.3% of those who perceived great risk from having 4 or 5 drinks of an alcoholic beverage nearly every day reported binge drinking.
- ❖ Binge drinking was reported by 17.3% of youth who saw moderate, slight, or no risk from having 4 or 5 alcoholic beverages nearly every day.
- ❖ Marijuana use in the past month was reported by 1.4% of youth who saw great risk in smoking marijuana once a month contrasted with 11.0% of youths who saw moderate, slight, or no risk.

(Source: National Survey on Drug Use and Health Report, 2004, SAMHSA Office of Applied Studies)

Perceived Risk of Drug Use

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke cigarettes	6%	12%	35%	47%
Smoke marijuana	8%	13%	18%	61%
Drinking alcohol (such as beer, wine, or hard liquor)	8%	24%	29%	39%

Youth Perceptions of Substance Use/Misuse

Perceived Great Risk of Drug Use

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14 – 16 years old	17 or older
Smoke cigarettes	47%	53%	43%	51%	47%	41%
Smoke marijuana	61%	67%	65%	70%	58%	48%
Drinking alcohol (such as beer, wine, or hard liquor)	39%	36%	43%	43%	37%	36%

Degree of Disapproval of Use by Adults

How do you think your parent(s) or guardian(s) would feel about you:	Would Approve	Would Not Care	Disapprove Some	Strongly Disapprove
Smoking cigarettes	2%	3%	10%	85%
Smoking marijuana	2%	1%	4%	93%
Drinking alcohol (such as beer, wine, or hard liquor)	2%	7%	30%	61%

Strong Disapproval of Use by Adults

How do you think your parent(s) or guardian(s) would feel about you:	Total	Female	Male	13 or younger	14 – 16 years old	17 or older
Smoking cigarettes	85%	87%	84%	90%	85%	77%
Smoking marijuana	93%	94%	91%	96%	91%	90%
Drinking alcohol (such as beer, wine, or hard liquor)	61%	66%	55%	74%	59%	37%

Henry County Health Assessment Information Sources

Source	Data Used	Website
<i>A New Perspective on the Health of Canadians: A Working Document.</i> LaLonde, M, 1974.	<ul style="list-style-type: none"> ◆ Preface, Figure 1: Risks To Good Health 	N/A
<i>Actual causes of death in the United States, 2000.</i> Mokdad AH, Marks JS, Stroup DF, & Gerberding JL. Journal of the American Medical Association 2004; 291:1238-1245	<ul style="list-style-type: none"> ◆ Preface, Table 1: Leading Types of Death in the U.S. ◆ Preface, Table 2: Actual Causes of Death in the U.S. 	N/A
American Cancer Society, Cancer Facts and Figures 2006 - 2009. Atlanta: ACS, 2009.	<ul style="list-style-type: none"> ◆ 2009 Cancer rates ◆ ACS cancer detection guidelines ◆ 2006 Cancer estimates ◆ Cancer risk factors ◆ Nutrition recommendations 	www.cancer.org
American Diabetes Association	<ul style="list-style-type: none"> ◆ Risk factors for diabetes ◆ All about Diabetes: Type 2 Diabetes ◆ Diabetes Care: Screening for Type 2 	www.diabetes.org
American Heart Association. <i>Risk Factors for Coronary Heart Disease, 2005.</i>	<ul style="list-style-type: none"> ◆ Cardiovascular disease risk factors 	www.americanheart.org
<i>Arthritis at a Glance, 2008,</i> Centers for Disease Control & Prevention	<ul style="list-style-type: none"> ◆ Arthritis statistics 	www.cdc.gov/nccdphp/aag/aag_arthritis.htm
American Psychiatric Association Let's Talk Facts About Teen Suicide	<ul style="list-style-type: none"> ◆ Teen suicide statistics 	www.psych.org/public_info/teen.cfm
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> ◆ 1999 - 2009 adult Ohio and U.S. correlating statistics 	www.cdc.gov
CDC Office of the Chief of Public Health Practice	<ul style="list-style-type: none"> ◆ 10 Essential Public Health Services 	http://www.cdc.gov/od/ocphp/nphpsp/essentialphservices.htm
CDC, Sexually Transmitted Diseases Surveillance, 2008	<ul style="list-style-type: none"> ◆ U.S. Chlamydia and Gonorrhea rates 	http://www.cdc.gov/std/stats08/Natprouintro.htm
CDC WONDER DATA 2010	<ul style="list-style-type: none"> ◆ U.S. mortality statistics 	http://wonder.cdc.gov
CDC, Youth Violence & Suicide Prevention	<ul style="list-style-type: none"> ◆ Youth Violence Fact Sheet, 2008 ◆ Intimate Partner Violence Fact Sheet 	http://www.cdc.gov/ncipc/dvp/dvp.htm
FASTATS A to Z, U.S. Department of Health & Human Services, Centers for Disease Control & Prevention, National Center for Health Statistics, Division of Data Services	<ul style="list-style-type: none"> ◆ U.S. mortality statistics ◆ U.S. predictors of access to health care ◆ U.S. birth rates 	www.cdc.gov/nchs/fastats
Healthy People 2010: Data 2010, U.S. Department of Health & Human Services, January 2000	<ul style="list-style-type: none"> ◆ All Healthy People 2010 target data points ◆ Some U.S. baseline statistics 	www.health.gov/healthypeople
Healthy Youth: Addressing Asthma in Schools, CDC, 2006	<ul style="list-style-type: none"> ◆ Strategies for addressing asthma within schools 	www.cdc.gov/HealthyYouth/asthma/pdf/asthma.pdf

Henry County Health Assessment Information Sources

Source	Data Used	Website
Injury Prevention Health Unit	<ul style="list-style-type: none"> ◆ Why a child should wear a bike helmet 	http://www.healthunit.org/injury/summer/bikehel.htm
<i>Measuring Healthy Days</i> , Centers for Disease Control Atlanta, GA, November 2000	<ul style="list-style-type: none"> ◆ Health-Related Quality of Life (HRQOL) ◆ Definition of quality of life 	www.cdc.gov
<i>Naked Truth About Sexually Transmitted Diseases</i> , Pfizer, Inc.	<ul style="list-style-type: none"> ◆ Risk factors for contracting sexually transmitted diseases 	www.unspeakable.com
National Arthritis Action Plan: A Public Health Strategy, Arthritis Foundation, the Association of State & Territorial Health Officials, & CDC, 1999	<ul style="list-style-type: none"> ◆ Risk factors for arthritis 	www.arthritis.org/resources
National Asthma Control Program, CDC	<ul style="list-style-type: none"> ◆ Asthma control 	http://www.cdc.gov/asthma/default.htm
National Center for Chronic Disease Prevention and Health Promotion, CDC	<ul style="list-style-type: none"> ◆ US alcohol-related motor vehicle crashes and intentional injury stats ◆ Type 2 diabetes ◆ Nutrition and physical activity ◆ Alcohol and public health ◆ Arthritis ◆ BMI definition ◆ Preventing seasonal flu 	www.cdc.gov
National Center for Environmental Health, CDC	<ul style="list-style-type: none"> ◆ Asthma prevalence rates 	N/A
National Heart, Lung, and Blood Institute, 2008	<ul style="list-style-type: none"> ◆ Chronic respiratory conditions 	http://www.nhlbi.nih.gov/
National Osteoporosis Foundation	<ul style="list-style-type: none"> ◆ Risk factors for osteoporosis 	http://www.nof.org/
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> ◆ Henry County and Ohio mortality statistics ◆ Henry County and Ohio birth statistics ◆ Henry County and Ohio sexually transmitted diseases ◆ Statistics re: access to health services 	www.odh.state.oh.us
Ohio Department of Health, Office of Healthy Ohio, Tobacco Use Prevention and Cessation Program	<ul style="list-style-type: none"> ◆ 2008 Ohio Youth Tobacco Survey 	http://www.odh.ohio.gov/ASSETS/9FD3BA6D31C14EA4AFD0E0A55E5B0F68/yts08w.pdf
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> ◆ Henry County and Ohio cancer mortality ◆ Henry County and Ohio cancer incidence 	www.odh.state.oh.us
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> ◆ Henry County oral health resources 	http://publicapps.odh.ohio.gov/oralhealth/default.aspx

Henry County Health Assessment Information Sources

Source	Data Used	Website
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Ohio Department of Job & Family Services	<ul style="list-style-type: none"> ◆ Poverty statistics ◆ Henry County and Ohio Medicaid statistics ◆ Henry County health care statistics 	http://jfs.ohio.gov/
Ohio Department of Public Safety	<ul style="list-style-type: none"> ◆ 2008 Traffic Crash Facts ◆ Henry County and Ohio crash facts 	www.state.oh.us/odps
Ohio Family Health Survey Results, 2008	<ul style="list-style-type: none"> ◆ Henry County and Ohio uninsured rates 	http://ofhs.webexone.com
Ohio Medicaid Report, Office of Ohio Health Plans (OHP), Ohio Job & Family Services, Published 2008	<ul style="list-style-type: none"> ◆ Henry County Medicaid statistics ◆ Ohio Medicaid statistics 	http://jfs.ohio.gov/ohp/bhpp/reports/
Planned Parenthood Federation of America, Inc.	<ul style="list-style-type: none"> ◆ STI facts 	www.plannedparenthood.org
<i>Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation – US, 2003-2005</i> , Morbidity and Mortality Weekly Report	<ul style="list-style-type: none"> ◆ Arthritis prevalence facts 	www.cdc.gov/mmwr/preview/mmwrhtml/mm5540a2.htm
Price, J.H. (2005) Firearm Trauma Presentation; University of Toledo	<ul style="list-style-type: none"> ◆ Firearm statistics 	N/A
<i>School Health Policies and Programs Study, 2000</i> , Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion	<ul style="list-style-type: none"> ◆ School physical activity facts 	www.cdc.gov/nccdphp/dash/shpps
Sexually Transmitted Disease Surveillance, Centers for Disease Control and Prevention	<ul style="list-style-type: none"> ◆ STD facts 	www.cdc.gov
<i>State of Poverty in Ohio, 2007</i> , Ohio Association of Community Action Agencies	<ul style="list-style-type: none"> ◆ Poverty in Ohio statistics 	www.communitysolutions.com/images/upload/resources/Poverty_Report_Final_2007.pdf
Surgeon General's Call to Action	<ul style="list-style-type: none"> ◆ Costs of obesity 	N/A
<i>Surgeon General's Call To Action To Prevent Suicide</i> . Washington, DC: 1999.	<ul style="list-style-type: none"> ◆ Suicide as a public health problem 	N/A
The Alan Guttmacher Institute	<ul style="list-style-type: none"> ◆ Facts on American Teens' Sexual and Reproductive Health 	http://www.guttmacher.org/pubs/fb_ATSRH.html
U. S. Department of Agriculture	<ul style="list-style-type: none"> ◆ Food Security in the U.S., 2007 	http://www.usda.gov/wps/portal/usdhome

Henry County Health Assessment Information Sources

Source	Data Used	Website
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U.S. Department of Health and Human Services, Bureau of Health Professions	<ul style="list-style-type: none"> ◆ Health Professional Shortage Area designation criteria 	http://bhpr.hrsa.gov/shortage/hpsacritpcm.htm
U. S. Department of Health and Human Services, Centers for Medicare and Medicaid Services, Medicare Enrollment Reports	<ul style="list-style-type: none"> ◆ Henry County Medicare enrollment 	www.cms.hhs.gov/MedicareEnrpts/
U. S. Department of Health and Human Services, National Strategy for Suicide Prevention, 2001	<ul style="list-style-type: none"> ◆ Suicide prevention 	N/A
U. S. Department of Health and Human Services, SAMHSA, NSDUH, 2007	<ul style="list-style-type: none"> ◆ National Survey on Drug Use and Health 	http://www.oas.samhsa.gov/2k7NSDUH/2k7results.cfm
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U. S. Department of Transportation	<ul style="list-style-type: none"> ◆ Child Passenger Safety 	www.nhtsa.dot.gov
<i>Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease</i> , Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion, November 2000.	<ul style="list-style-type: none"> ◆ Facts and recommended action steps to reduce the health and economic burden of chronic disease 	www.cdc.gov/nccdphp/upo/into.htm
Urban Institute, Stan Dorn, <i>Uninsured and Dying Because of It: Updating the Institute of Medicine Analysis on the Impact of Uninsurance on Mortality</i> , January 2008	<ul style="list-style-type: none"> ◆ U.S. uninsured mortality statistics 	http://www.urban.org/UploadedPDF/411588_uninsured_dying.pdf
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> ◆ 2005 - 2009 youth Ohio and U.S. correlating statistics 	www.cdc.gov

List of Acronyms and Terms

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.
Binge drinking	Consumption of five alcoholic beverages or more on one occasion.
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
BRFSS	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
CDC	Centers for Disease Control and Prevention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
Crude Mortality Rates	Number of deaths/estimated mid-year population times 100,000.
HCF	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
HP 2010	Healthy People 2010, 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
N/A	Data not available.
ODH	Ohio Department of Health

List of Acronyms and Terms

Race/Ethnicity	Census 2000: U.S. Census data consider race and Hispanic origin separately. Census 2000 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 2000 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	Years of Potential Life Lost before age 65. Indicator of premature death.
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile. Overweight is defined as BMI-for-age 85^{th} percentile to $< 95^{\text{th}}$ percentile. Obese is defined as $\geq 95^{\text{th}}$ percentile.
YRBSS	Youth Risk Behavior Surveillance System , a youth survey conducted by the CDC

Methods for Weighting the 2010 Henry 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 2010 Henry County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Henry County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (7 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 Henry 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 2010 Henry County Survey and Census estimated for 2007.

<u>Sex</u>	<u>2010 Henry Survey</u>		<u>2007 Census Estimates</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	229	46.734694	14,412	49.7239856	1.063963012
Female	261	53.265306	14,572	50.2760144	0.943879197

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Henry County. The weighting for males was calculated by taking the percent of males in Henry County (based on Census information) (49.7239856%) and dividing that by the percent found in the 2010 Henry County sample (46.734694%) [$49.7239856 / 46.734694 =$ weighting of 1.063963012 for males]. The same was done for females [$50.2760144 / 53.265306 =$ weighting of 0.943879197 females]. Thus males' responses are weighted heavier by a factor of 1.063963012 and females' responses weighted less by a factor of 0.943879197.

Methods for Weighting the 2010 Henry County Assessment Data

This same thing was done for each of the 18 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 0.84148008 [0.943879196 (weight for females) x 0.980647987 (weight for White) x 1.09465003 (weight for age 35-44) x 0.830498766 (weight for income \$50-\$75k)]. Thus, each individual in the 2010 Henry 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 14.0) 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.

Methods for Weighting the 2010 Henry County Assessment Data

Category	Henry Sample	2007 Census Estimates*		Weighting Value
		%	%	
Sex:				
Male	229	46.734694	14,412	1.063963012
Female	261	53.265306	14,572	0.943879197
Age:				
20-24	19	3.893443	1,735	2.106059136
25-34	46	9.426230	3,598	1.803964599
35-44	80	16.393443	3,797	1.094650031
45-54	128	26.229508	4,477	0.806680963
55-59	57	11.680328	1,882	0.761499192
60-64	37	7.581967	1,453	0.905708771
65-74	71	14.549180	2,130	0.691904154
75-84	42	8.606557	1,531	0.84071846
85+	8	1.639344	556	1.602911291
Race:				
White	474	96.734694	27,495	0.980647987
Other	16	3.265306	1,489	1.573303374
Household Income				
Less than \$10,000	15	3.512881	414	1.038526613
\$10k-\$15k	21	4.918033	429	0.768681706
\$15k-\$25k	52	12.177986	1,616	1.169355495
\$25k-\$35k	45	10.538642	1,463	1.223320801
\$35k-\$50	75	17.564403	1,856	0.931162026
\$50k-\$75k	126	29.508197	2,781	0.830498766
\$75k or more	93	21.779859	2,789	1.128428675
<p>Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Henry County in each subcategory by the proportion of the sample in the Henry County survey for that same category.</p> <p>* Henry County population figures taken from the Census' 2007 American Community Survey.</p>				

Henry County Schools

The following schools were randomly chosen and agreed to participate in the 2010 Henry County Health Assessment:

Holgate Local

Holgate Junior High School
Holgate High School

Liberty Center Local

Liberty Center Middle School
Liberty Center High School

Napoleon Area City

Napoleon Middle School
Napoleon High School

Patrick Henry Local

Patrick Henry Middle School
Patrick Henry High School

Henry County Sample Demographic Profile*

Variable	2010 Survey Sample	Henry County Census 2000	Ohio Census 2000
Age			
20-29	18.7%	11.3%	12.9%
30-39	14.9%	13.8%	14.7%
40-49	18.0%	15.5%	15.5%
50-59	20.7%	10.8%	11.3%
60 plus	26.4%	18.2%	17.3%
Race / Ethnicity			
White	93.9%	95.3%	85.0%
Black or African American	0.5%	0.6%	11.5%
American Indian and Alaska Native	0.8%	0.3%	0.2%
Asian	0.3%	0.4%	1.2%
Other	3.3%	2.6%	0.8%
Hispanic Origin (may be of any race)	4.0%	5.4%	1.9%
Marital Status†			
Married Couple	68.0%	63.0%	54.5%
Never been married/member of an unmarried couple	17.1%	20.3%	26.2%
Divorced/Separated	6.5%	9.9%	12.2%
Widowed	6.4%	6.8%	7.1%
Education†			
Less than High School Diploma	5.6%	16.5%	17.1%
High School Diploma	36.6%	49.9%	36.1%
Some college/ College graduate	56.3%	33.6%	46.9%
Income			
\$14,999 and less	7.3%	10.5%	15.5%
\$15,000 to \$24,999	10.0%	14.0%	13.3%
\$25,000 to \$49,999	23.5%	35.6%	30.9%
\$50,000 to \$74,999	25.4%	24.0%	20.4%
\$75,000 or more	18.9%	15.8%	19.8%

* 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 Henry 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.

Demographics

Henry County Population by Age Groups and Gender U.S. Census 2000

Category	Total	Males	Females
Henry County	29,210	14,427	14,783
0-4 years	1,946	1,006	940
1-4 years	1,597	832	765
< 1 year	349	174	175
1-2 years	773	409	364
3-4 years	824	423	401
5-9 years	2,230	1,146	1,084
5-6 years	818	427	391
7-9 years	1,412	719	693
10-14 years	2,306	1,225	1,081
10-12 years	1,367	720	647
13-14 years	939	505	434
12-18 years	3,424	1,809	1,615
15-19 years	2,367	1,254	1,113
15-17 years	1,548	820	728
18-19 years	819	434	385
20-24 years	1,581	823	758
25-29 years	1,720	871	849
30-34 years	1,829	908	921
35-39 years	2,214	1,091	1,123
40-44 years	2,435	1,246	1,189
45-49 years	2,104	1,063	1,041
50-54 years	1,755	904	851
55-59 years	1,395	661	734
60-64 years	1,215	574	641
65-69 years	1,078	512	566
70-74 years	975	425	550
75-79 years	876	344	532
80-84 years	612	236	376
85-89 years	338	98	240
90-94 years	159	29	130
95-99 years	47	9	38
100-104 years	7	2	5
105-109 years	1	0	1
110 years & over	0	0	0
Total 85 years and over	552	138	408
Total 65 years and over	4,093	1,655	2,432
Total 19 years and over	20,801	10,075	10,726

Henry County Profile

General Demographic Characteristics (Source: U.S. Census Bureau, Census 2000)

Total Population

2008 Total Population Estimate (July 1)	28,841
2000 Total Population	29,210
1990 Total Population	29,108

Largest City-Napoleon

2000 Total Population	9,318	100%
1990 Total Population	8,884	100%

Population By Race/Ethnicity

Total Population	29,210	100%
White Alone	27,845	95.3%
Hispanic or Latino (of any race)	1,576	5.4%
African American	169	0.6%
American Indian and Alaska Native	77	0.3%
Asian	124	0.4%
Two or more races	248	0.8%
Other	747	2.6%

Population By Age

Under 5 years	1,946	6.7%
5 to 17 years	6,104	20.9%
18 to 24 years	2,400	8.2%
25 to 44 years	8,198	28.1%
45 to 64 years	6,469	22.1%
65 years and more	4,093	14.0%
Median age (years)	36.5	

Household By Type

Total Households	31,727	100%
Family Households (families)	21,750	68.6%
With own children <18 years	9,659	30.4%
Married-Couple Family Households	17,027	53.7%
With own children <18 years	6,814	21.5%
Female Householder, No Husband Present	3,561	11.2%
With own children <18 years	2,203	6.9%
Non-family Households	9,977	31.4%
Householder living alone	8,581	27.0%
Householder 65 years and >	3,442	10.8%
Households With Individuals < 18 years	10,566	33.3%
Households With Individuals 65 years and >	8,185	25.8%

Average Household Size	2.45 people
Average Family Size	2.97 people

Henry County Profile

General Demographic Characteristics, Continued (Source: U.S. Census Bureau, Census 2000)

Median Value of Owner-Occupied Units	\$86,800
Median Monthly Owner Costs (With Mortgage)	\$837
Median Monthly Owner Costs (Not Mortgaged)	\$282
Median Gross Rent for Renter-Occupied Units	\$480
Median Rooms Per Housing Unit	6.3
Total Housing Units	11,622
No Telephone Service	311
Lacking Complete Kitchen Facilities	28
Lacking Complete Plumbing Facilities	34

Selected Social Characteristics (Source: U.S. Census Bureau, Census 2000)

School Enrollment

Population 3 Years and Over Enrolled In School	7,621	100%
Nursery & Preschool	596	7.8%
Kindergarten	501	6.6%
Elementary School (Grades 1-8)	3,739	49.1%
High School (Grades 9-12)	1,933	25.4%
College or Graduate School	852	11.2%

Educational Attainment

Population 25 Years and Over	18,833	100%
< 9 th Grade Education	1,010	5.4%
9 th to 12 th Grade, No Diploma	2,093	11.1%
High School Graduate (Includes Equivalency)	9,402	49.9%
Some College, No Degree	3,035	16.1%
Associate Degree	1,211	6.4%
Bachelor's Degree	1,537	8.2%
Graduate Or Professional Degree	545	2.9%
Percent High School Graduate or Higher	15,730	83.5%
Percent Bachelor's Degree or Higher	2,082	11.1%

Henry County Profile

Selected Social Characteristics, Continued (Source: U.S. Census Bureau, Census 2000)

Marital Status

Population 15 Years and Over	22,695	100%
Never Married	4,569	20.3%
Now Married, Excluding Separated	14,305	63.0%
Separated	259	1.1%
Widowed	1,548	6.8%
Female	1,309	5.8%
Divorced	1,987	8.8%
Female	1,035	4.6%

Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	367	100%
Grandparent Responsible for Grandchildren	172	46.9%

Veteran Status

Civilian Veterans 18 years and over	2,823	13.4%
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Disability Status of the Civilian Non-institutionalized Population

Population 5 to 20 Years	7,294	100%
With a Disability	455	6.4%
Population 21 to 64 Years	15,909	100%
With a Disability	2,571	16.2%
Percent Employed		68.2%
No Disability	13,338	83.8%
Percent Employed		81.2%
Population 65 Years and Over	3,802	100%
With a Disability	1,443	38.0%

Selected Economic Characteristics (Source: U.S. Census Bureau, Census 2000)

Employment Status

Population 16 Years and Over	22,152	100%
In Labor Force	14,726	66.5%
Not In Labor Force	7,426	33.5%
Females 16 Years and Over	11,430	100%
In Labor Force	6,826	59.7%
Population Living With Own Children <6 Years	2,238	100%
All Parents In Family In Labor Force	1,579	70.6%

Henry County Profile

Selected Economic Characteristics, Continued (Source: U.S. Census Bureau, Census 2000)

Occupations

Employed Civilian Population 16 Years and Over	14,096	100%
Production, Transportation, and Material Moving Occupation	4,518	32.1%
Management, Professional, and Related Occupations	3,043	21.6%
Sales and Office Occupations	2,936	20.8%
Service Occupations	1,793	12.7%
Construction, Extraction, and Maintenance Occupations	1,706	12.1%
Farming, Fishing, and Forestry Occupations	100	0.7%

Leading Industries

Employed Civilian Population 16 Years and Over	14,096	100%
Agriculture, forestry, fishing and hunting, and mining	365	2.6%
Construction	1,065	7.6%
Manufacturing	4,753	33.7%
Trade (retail and wholesale)	1,621	11.5%
Transportation and warehousing, and utilities	802	5.7%
Information	217	1.5%
Finance, insurance, real estate and rental and leasing	552	3.9%
Professional, scientific, management, administrative, and waste management services	473	3.4%
Educational, health and social services	2,404	17.1%
Arts, entertainment, recreation, accommodation, and food services	645	4.6%
Other services (except public administration)	745	5.3%
Public administration	454	3.2%

Class of Worker

Employed Civilian Population 16 Years and Over	14,096	100%
Private Wage and Salary Workers	11,511	81.7%
Government Workers	1,476	10.5%
Self-Employed Workers in Own Not Incorporated Business	1,080	7.7%
Unpaid Family Workers	29	0.2%

Median Earnings

Male, Full-time, Year-Round Workers	\$35,901
Female, Full-time, Year-Round Workers	\$24,076

Henry County Profile

Selected Economic Characteristics, Continued (Source: U.S. Census Bureau, Census 2000)

Income In 1999

Households	10,982	100%
< \$10,000	618	5.6%
\$10,000 to \$14,999	537	4.9%
\$15,000 to \$19,999	785	7.1%
\$20,000 to \$24,999	760	6.9%
\$25,000 to \$29,999	752	6.8%
\$30,000 to \$34,999	845	7.7%
\$35,000 to \$39,999	827	7.5%
\$40,000 to \$44,999	665	6.1%
\$45,000 to \$49,999	820	7.5%
\$50,000 to \$59,999	1,182	10.8%
\$60,000 to \$74,999	1,455	13.2%
\$75,000 to \$99,999	1,083	9.9%
\$100,000 to \$124,999	365	3.3%
\$125,000 to \$149,999	107	1.0%
\$150,000 or \$199,999	114	1.0%
\$200,000 or more	67	0.6%

Median Household Income

\$42,657

Income In 1999

Families	8,059	100%
< \$10,000	259	3.2%
\$10,000 to \$14,999	218	2.7%
\$15,000 to \$19,999	388	4.8%
\$20,000 to \$24,999	400	5.0%
\$25,000 to \$29,999	424	5.3%
\$30,000 to \$34,999	566	7.0%
\$35,000 to \$39,999	594	7.4%
\$40,000 to \$44,999	526	6.5%
\$45,000 to \$49,999	668	8.3%
\$50,000 to \$59,999	1,084	13.5%
\$60,000 to \$74,999	1,321	16.4%
\$75,000 to \$99,999	994	12.3%
\$100,000 to \$124,999	338	4.2%
\$125,000 to \$149,999	100	1.2%
\$150,000 or \$199,999	114	1.4%
\$200,000 or more	65	0.8%

Median Household Income

\$49,881

Per Capita Income In 1999

\$18,667

Poverty Status In 1999

	<i>Number Below Poverty Level</i>	<i>% Below Poverty Level</i>
Families	424	5.3%
Individuals	1,992	7.0%

Henry County Profile

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 2008	\$32,259	37 th of 88 counties
BEA Per Capita Personal Income 2007	\$31,814	35 th of 88 counties
BEA Per Capita Personal Income 2006	\$30,656	34 th of 88 counties
BEA Per Capita Personal Income 2000	\$25,931	34 th of 88 counties
BEA Per Capita Personal Income 1998	\$24,027	36 th of 88 counties

(BEA PCPI figures are greater than Census figures for comparable years due to deductions for retirement, Medicaid, Medicare payments, and the value of food stamps, among other things)

Selected Poverty Related Statistics

Category	Henry	Ohio
Persons of All Ages - Below 150% of Poverty Threshold, 2003/2004	5,480	3,117,220
Children (under 18) - Below 150% of Poverty Threshold, 2003/2004	2,066	932,824
Persons 18 and Older - Below 150% of Poverty Threshold, 2003/2004	3,413	2,184,396
Total Employment, Second Quarter 2000-2006 Change	199 (1.7%)	-189,976 (-3.5%)
Mean Earnings of a Job, Second Quarter of 2006	\$32,345	\$36,685

(Source: *The State of Poverty in Ohio 2007*, Ohio Association of Community Action Agencies, 2007 Annual Report)

Employment Statistics

Category	Henry	Ohio
Labor Force	16,100	5,994,100
Employed	14,200	5,371,000
Unemployed	1,900	623,100
Unemployment Rate* in June 2010	12.1	10.4
Unemployment Rate* in May 2010	12.1	10.1
Unemployment Rate* in June 2009	14.2	10.8

*Rate equals unemployment divided by labor force.

(Source: Ohio Department of Job and Family Services, July 2010)

Henry County Profile

Estimated Poverty Status in 2008

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Henry County				
All ages in poverty	2,451	1,983 to 2,919	8.6%	7.0 to 10.3
Ages 0-17 in poverty	862	676 to 1,048	12.5%	9.8 to 15.3
Ages 5-17 in families in poverty	543	415 to 671	10.8%	8.3 to 13.4
Median household income	\$50,459	46,440 to 54,478		
Ohio				
All ages in poverty	1,489,314	1,466,921 to 1,511,707	13.3%	13.1 to 13.5
Ages 0-17 in poverty	496,890	483,476 to 510,304	18.5%	18.0 to 19.0
Ages 5-17 in families in poverty	315,873	304,603 to 327,143	16.2%	15.6 to 16.8
Median household income	\$48,011	47,695 to 48,326		
United States				
All ages in poverty	39,108,422	38,858,742 to 39,358,102	13.2%	13.1 to 13.3
Ages 0-17 in poverty	13,240,870	13,115,296 to 13,366,444	18.2%	18.0 to 18.4
Ages 5-17 in families in poverty	8,549,526	8,469,455 to 8,629,597	16.5%	16.3 to 16.6
Median household income	\$52,029	51,956 to 52,102		

(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/hhes/www/saipe/county.html>)

Federal Poverty Thresholds in 2009 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	\$11,161					
1 Person 65 and >	\$10,289					
2 people Householder < 65 years	\$14,366	\$14,787				
2 People Householder 65 and >	\$12,968	\$14,731				
3 People	\$16,781	\$17,268	\$17,285			
4 People	\$22,128	\$22,490	\$21,756	\$21,832		
5 People	\$26,686	\$27,074	\$26,245	\$25,603	\$25,211	
6 People	\$30,693	\$30,815	\$30,180	\$29,571	\$28,666	\$28,130
7 People	\$35,316	\$35,537	\$34,777	\$34,247	\$33,260	\$32,108
8 People	\$39,498	\$39,847	\$39,130	\$38,501	\$37,610	\$36,478
9 People or >	\$47,514	\$47,744	\$47,109	\$46,576	\$45,701	\$44,497

(Source: U. S. Census Bureau, Poverty Thresholds 2009, <http://www.census.gov/hhes/www/poverty/threshld/thresh09.html>)