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Henry County, Ohio

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Tobacco Use

Measures of Tobacco Use | Smoking and Vaping

Adults

- Among Henry County adults, 10% reported themselves as current smokers in 2019.
- The share reporting as current smokers has declined by almost half since 2013 when 19% reported as such (HCNWO, 2013).
- The state average for Ohio is higher at 20% (BRFSS, 2018).
- Two percent of adults reported having used an e-cigarette or other electronic vaping product in the past year.
- Nearly one-third (30%) of adults reported not knowing if e-cigarette vapor was harmful.

![Figure 6.1 Smoker Status Among Henry County Adults, 2019. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019](image)
Youth (6th – 12th Graders)

- Among Henry County youth 13% reported ever smoking.
  - 5% were current smokers, having smoked in the past 30 days.
  - The percentage of current smokers increased to 13% among those aged 17-19.
- Over one-fifth (21%) of youth reported ever vaping—a larger share than that who reported ever smoking.
  - The rate increased to 48% among those aged 17-19.
  - Eleven percent were current vapers, having vaped at some time in the past 30 days.
  - The share of current vapers increased to 27% among those aged 17-19.

Among Henry County Youth aged 17 and older: **13% were current smokers and 27% were current vapers.**

Figure 6.2 Percentage Who Have Ever Smoked Cigarettes or Vaped Among Henry County Youth, 2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey, 2019
Diet & Exercise

Measures of Diet & Exercise | Nutrition Score

U.S. News and World Report Healthiest Communities’ Nutrition Score is comprised of three measures:

- **Diabetes Prevalence**: County-level percentages of diagnosed diabetes among adults, based on self-reported diagnoses (2015; Centers for Disease Control and Prevention)
- **Obesity Prevalence**: County-level percentages of obesity among adults based on body mass index of 30 or greater, calculated from self-reported height and weight (2015; Centers for Disease Control and Prevention)
- **Share of At-Home Food Expenditures on Fruit/Veg**: Percentage of at-home food spending on fruit and vegetables (2014; Nielsen)

Diabetes prevalence, obesity prevalence, and the share of at-home food expenditures on fruit and vegetables are combined to create the Nutrition Score, which ranges from 0 to 100, with higher values indicating higher ranking on nutrition.

- Regarding the Nutrition score, Henry County performed relatively well with the second highest score. However, on a scale of 0-100 we only tallied a score of 39.
- Defiance County had the highest score and was only slightly higher than Henry County at 39.2.
- Fulton County had the lowest Nutrition score at 27.4.

**Nutrition Score | Henry County**

![Nutrition Score Graph](image)

<table>
<thead>
<tr>
<th>METRIC</th>
<th>COUNTY</th>
<th>U.S.</th>
<th>PEER GROUP</th>
<th>STATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes Prevalence</td>
<td>9.3%</td>
<td>9.2%</td>
<td>8.7%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Obesity Prevalence</td>
<td>31.1%</td>
<td>28.4%</td>
<td>31.1%</td>
<td>31.4%</td>
</tr>
<tr>
<td>Share of at-home food expenditures on Fruit/Veg</td>
<td>11.4%</td>
<td>12.7%</td>
<td>12.2%</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

**Figure 6.3** County Rankings of the Nutrition Score for Henry County and its Neighboring Counties, 2019. Data Source: U.S. News and World Report Healthiest Communities, 2019 Rankings, Copyright 2019 © U.S. News & World Report L.P.
Measuring Diet & Exercise | Consumption of Fruits and Vegetables

**Fruit**

*Recommendations from https://www.choosemyplate.gov/eathealthy/fruits*

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day. Those who are very physically active may need more.

<table>
<thead>
<tr>
<th></th>
<th>9-13 years</th>
<th>14-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>1.5 cups</td>
<td>1.5 cups</td>
</tr>
<tr>
<td>Boys</td>
<td>1.5 cups</td>
<td>2.0 cups</td>
</tr>
<tr>
<td>Women</td>
<td>2 cups</td>
<td>1.5 cups</td>
</tr>
<tr>
<td></td>
<td>1.5 cups</td>
<td>1.5 cups</td>
</tr>
<tr>
<td>Men</td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

**Vegetables**

*Recommendations from https://www.choosemyplate.gov/eathealthy/vegetables*

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. The amount each person needs can vary between 1 and 3 cups each day. Those who are very physically active may need more.

<table>
<thead>
<tr>
<th></th>
<th>9-13 years</th>
<th>14-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>2 cups</td>
<td>2.5 cups</td>
</tr>
<tr>
<td>Boys</td>
<td>2.5 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Women</td>
<td>2.5 cups</td>
<td>2.5 cups</td>
</tr>
<tr>
<td></td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Men</td>
<td>3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td>2.5 cups</td>
<td>2.5 cups</td>
</tr>
</tbody>
</table>

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.*
20% of Henry County youth and 17% of Henry County adults reported eating at least 3 servings of fruit daily. Most of the youth and adults report eating 1-2 servings daily—68% and 71%, respectively.

12% of youth and adults report eating ZERO servings of fruit per day.

14% of Henry County youth and 16% of Henry County adults reported eating at least 3 servings of vegetables daily. Most of the youth and adults report eating 1-2 servings daily—68% and 77%, respectively.

18% of youth and 7% of adults report eating ZERO servings of vegetables per day.

**Barriers**

In the Henry County Health Status Assessment, adults reported the following barriers to their consumption of fruits and vegetables:

- Too expensive (9%)
- Did not like the taste (6%)

**Why Henry County Adults Eat What They Do**

1. Taste/enjoyment (74%)
2. Healthiness of food (55%)
3. Cost (50%)

---

**Figure 6.4** Number of Daily Fruit Servings Among Henry County Youth and Adults, 2019. Data Source: Henry County Community Health Status Assessment Adult & Adolescent Surveys, 2019

**Figure 6.5** Number of Daily Vegetable Servings Among Henry County Youth and Adults, 2019. Data Source: Henry County Community Health Status Assessment Adult & Adolescent Surveys, 2019
Measuring Diet & Exercise | Weight Status

**BMI** can be used for population assessment of overweight and obesity. Because calculation requires only height and weight, it is inexpensive and easy to use for clinicians and for the general public. BMI can be used as a screening tool for body fatness but is not diagnostic.

**Formula and Calculation:**

\[
\text{BMI} = \frac{\text{weight (lb)}}{[\text{height (in)}]^2} \times 703
\]

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

**How is BMI interpreted for adults?** For adults 20 years old and older, BMI is interpreted using standard weight status categories. These categories are the same for men and women of all body types and ages.

The standard weight status categories associated with BMI ranges for adults are shown in the table to the right.

<table>
<thead>
<tr>
<th>BMI</th>
<th>Weight Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5 – 24.9</td>
<td>Normal or Healthy Weight</td>
</tr>
<tr>
<td>25.0 – 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 and Above</td>
<td>Obese</td>
</tr>
</tbody>
</table>

**Adults**

- Nearly three-fourths (73%) of Henry County adults were either overweight (32%) or obese (41%) according to their body mass index (BMI).
- The prevalence of overweight/obese varies by health equity measures.
  - The share of Henry County adults overweight/obese is slightly larger among men (76%) compared to women (69%).
  - The share under 30 who were overweight/obese is half as large as the share among those aged 30 and older, 40% versus 80%.
  - Those with incomes under $25,000 had a smaller share overweight/obese (57%) compared to those with incomes over $25,000 (78%).

*The share of Henry County adults who were overweight in 2019 was the same as that in 2010—32%. The share obese has increased by 8 percentage points over the same time period—from 33% to 41%.*

**Figure 6.6** Percentage Overweight or Obese Among Henry County Adults, 2010-2019. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Youth
BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific. This is because children’s body fat changes over the years as they grow. For more information and to access the CDC Growth Charts.

- Nearly one-third (32%) of Henry County youth were either overweight (12%) or obese (20%) according to their BMI.
- When youth were asked to self-report, 36% described themselves as being slightly or very overweight.

Healthy People 2020 had a target to reduce the share of children and adolescents aged 2-19 years old considered obese to 15%. The Henry County data on youth includes students in grades 6-12.

The share of Henry County youth who were overweight in 2019 was slightly lower than it was in 2010—15% versus 12%. The share obese has increased by 6 percentage points over the same time period—from 14% to 20%.

**Figure 6.6** Percentage Overweight or Obese Among Henry County Youth, 2010-2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey, 2019
Measuring Diet & Exercise | Physical Activity

The benefits of physical activity are well documented—it fosters normal growth and development and can help to reduce the risk of numerous chronic diseases. It can also help people to feel better, function better, and sleep better. Below are some key guidelines regarding frequency and duration of physical activity of individuals of all ages.

<table>
<thead>
<tr>
<th>PRESCHOOL-AGED CHILDREN (3-5 YEARS)</th>
<th>CHILDREN AND ADOLESCENTS (6-17 YEARS)</th>
<th>ADULTS (AGES 18-64 YEARS) *</th>
<th>OLDER ADULTS (65 YEARS AND OLDER) *</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical activity every day throughout the day</strong></td>
<td>60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily</td>
<td>At least 150 minutes a week of moderate intensity activity such as brisk walking</td>
<td>At least 150 minutes a week of moderate intensity activity such as brisk walking</td>
</tr>
<tr>
<td><strong>Active play through a variety of enjoyable physical activities</strong></td>
<td>A variety of enjoyable physical activities</td>
<td>At least 2 days a week of activities that strengthen muscles</td>
<td>At least 2 days a week of activities that strengthen muscles</td>
</tr>
<tr>
<td><strong>As part of the 60 minutes, on at least 3 days a week, children and adolescents need:</strong></td>
<td><strong>As part of the 60 minutes, on at least 3 days a week, children and adolescents need:</strong></td>
<td><strong>Activities to improve balance such as standing on one foot</strong></td>
<td><strong>Activities to improve balance such as standing on one foot</strong></td>
</tr>
<tr>
<td>• Vigorous activity such as running or soccer</td>
<td>• Vigorous activity such as running or soccer</td>
<td>*Aim for the recommended activity level but be as active as one is able</td>
<td>*Aim for the recommended activity level but be as active as one is able</td>
</tr>
<tr>
<td>• Activity that strengthens muscles such as climbing or push ups</td>
<td>• Activity that strengthens muscles such as climbing or push ups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Activity that strengthens bones such as gymnastics or jumping rope</td>
<td>• Activity that strengthens bones such as gymnastics or jumping rope</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Key Guidelines for Adults 2018 Physical Activity Guidelines for Americans, 2nd edition
Among Henry County residents, 58% of adults and 75% of youth engaged in some type of physical activity or exercise for at least 30 minutes three or more days per week. Nearly a third (32%) of adults and over half of youth (56%) engaged in some type of physical activity or exercise for at least 30 minutes five or more days per week. 21% of adults and 14% of youth did not participate in any physical activity in the past week.

**Figure 6.7** Number of Days of Activity per Week Among Henry County Youth and Adults, 2019. Data Source: Henry County Community Health Status Assessment Adult & Adolescent Surveys, 2019
Inactivity | Cell Phone Usage and Television Watching

- Henry County youth spent an average of 3.2 hours on a cell phone—this figure is double that of adults who reported an average of 1.3 hours on an average day of the week.
- Conversely, Henry County adults spent an average of 2.5 hours watching television, which is double the 1.2 hours youth report watching television on an average day of the week.

![Average hourly screen time (cell phone + television) is greater among youth than adults in Henry County, but only by slightly more than a half-hour.](image)

**Figure 6.8** Average Hours on a Cell Phone and Watching Television on an Average Day Among Henry County Youth and Adults, 2019. Data Source: Henry County Community Health Status Assessment Adult & Adolescent Surveys, 2019

- The share of Henry County youth watching three or more hours of television on an average school day has dropped from 39% in 2010 to 12% in 2019.

![Trend in the Percentage of Youth Who Report Watching 3 or More Hours of T.V. a Day on an Average School Day, Among Henry County Youth 2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey, 2019](image)
Insufficient Sleep

**Adults**

- According to BRFSS data from 2016, over one-third (34%) of adults in Henry County were not getting enough sleep.
- Lucas County had the highest share of adults not getting enough sleep at 40%.
- Wood County had the smallest share at 33%

**Figure 6.10** County Rankings of the Percentage of Adults not Getting Enough Sleep, 2016. Data Source: County Health Rankings via Behavioral Risk Factor Surveillance System, 2016

**Youth**

Objectives for Sleep Health, a new topic in Healthy People 2020, specifically includes reducing adolescent sleep loss: “SH-3: Increase the proportion of students in grades 9 through 12 who get sufficient sleep” *(defined as ≥8 hours)*.

- Among Henry County youth, over half report not getting enough sleep on an average school night.

**Figure 6.11** Distribution of Hours of Sleep a Night Among Henry County Youth, 2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey, 2019
Alcohol & Drug Use

Measuring Alcohol & Drug Use | Alcohol Consumption

- **Current drinker**: defined as having had at least one alcoholic beverage in the past month.
- **Binge drinker**: defined as having five or more (for men) or four or more (for women) on an occasion in the last month.

**Trends in Alcohol Consumption Among Adults**

- Over three-fifths (64%) of adults in Henry County were current drinkers and over one-quarter (27%) were binge drinkers.
  - The rates of current and binge drinkers were higher in Henry County than the state of Ohio as a whole.
- Drinking behavior in Henry County increased among adults over the past nine years.
  - The share of adults in Henry County who were current drinkers increased from 50% in 2010 to 64% in 2019.
  - The percentage who were binge drinkers also increased, from 19% in 2010 to 27% in 2019.
- Among current drinkers in Henry County, 46% had at least one episode of binge drinking in the past month.
- Among those who drank, Henry County adults on average consumed 2.8 beverages per drinking occasion.

![Figure 6.12 Trends in Alcohol Consumption by Type Among Henry County Adults, 2010-2019. Data Source: Henry County Community Health Status Assessment Adult Survey; Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Jan 11, 2020]. URL: https://www.cdc.gov/brfss/brfssprevalence/](attachment:image)

**Reasons Adults Report for Drinking**

1. Taste or enjoyment (43%)
2. Social events (26%)
3. Helps them relax or relieve stress (26%)
4. It is normal or part of the culture (14%)
**Trends in Alcohol Consumption Among Youth**

- While alcohol consumption appears to be increasing among Henry County adults, it appears to be decreasing among the youth.
  - In 2010 19% of youth reported having consumed at least one alcoholic beverage in the past 30 days, dropping to 13% in 2019.
  - The trend in binge drinking is less clear—there was a spike from 2013 to 2016 going from 10% to 18%. By 2019, only 7% were reporting binge drinking behavior. Caution should be used because the margin of error on this measure is high. Having a high margin of error indicates we did not have a sample size large enough to reliably determine whether drinking behavior has changed significantly over time among Henry County youth.
- Among current youth drinkers in Henry County, over half (53%) had at least one episode of binge drinking in the past month.
- Comparing 9th–12th graders in Henry County to 9th–12th graders in the United States, smaller shares of Henry County youth were current or binge drinkers.
  - In the U.S., nearly one-third (30%) of high schoolers were current drinkers and 14% were binge drinkers.

**Figure 6.13** Trends in Alcohol Consumption by Type Among Henry County Youth, 2010-2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey
Alcohol Consumption Among Youth by Gender
Alcohol consumption appears to be higher among girls as compared to boys, but caution should be used because the margin of error on this measure is high.

- 10% of boys reported being current drinkers versus 15% of girls.
- 4% of boys reported being binge drinkers compared to 9% of girls.

Figure 6.14 Alcohol Consumption by Type and by Gender Among Henry County Youth, 2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey

During the past month, 12% of Henry County youth report riding in a car driven by someone who had been drinking.

The Places Youth Report Usually Drinking
1. Home (73%)
2. A friend’s home (31%)
3. Another person’s home (20%)
4. While riding in or diving a car or other vehicle (11%)
Measuring Alcohol & Drug Use | Drug Use

**Adults**
- Data on drug use among Henry County adults is limited because of issues related to sample size.

<table>
<thead>
<tr>
<th>What Adults did with Unused Prescriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Threw it in the trash (20%)</td>
</tr>
<tr>
<td>2. Took all medication as prescribed (18%)</td>
</tr>
<tr>
<td>3. Kept it (14%)</td>
</tr>
<tr>
<td>4. Took it to the Medication Collection Program (14%)</td>
</tr>
<tr>
<td>5. Took it to the sheriff’s office (9%)</td>
</tr>
<tr>
<td>6. Flushed it down the toilet (7%)</td>
</tr>
</tbody>
</table>

**Youth**
- Data on drug use among youth is limited because of issues related to sample size.
- 5% of Henry County youth have used marijuana in the past month.

![Percentage Who Report Using Marijuana in the Past Month Among Henry County Youth, 2019](image)

**Figure 6.15** Percentage Who Report Using Marijuana in the Past Month Among Henry County Youth, 2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey
Sexual Activity

Measures of Sexual Activity | Adults

- Almost three-fourths (71%) of Henry County adults had sexual intercourse in the past year.
- Eight percent reported they and their partners were trying to get pregnant.
- Eight percent of adults had ever been forced or coerced to have any kind of sexual activity when they did not want to and did not report it.

Adults in Henry County used the following forms of birth control:

1. They or their partner were too old (20%)
2. Vasectomy (15%)
3. Tubes tied (11%)
4. Birth control pill (10%)
5. Hysterectomy (7%)

Sexually Transmitted Diseases

The Ohio Department of Health tracks sexually transmitted diseases via the STD Surveillance Program. They provide detailed rates and counts by county for the following STDs:

1. Chlamydia
2. Gonorrhea
3. Syphilis

- There were very few cases of Gonorrhea in any of the available years of data and one case of Syphilis in 2018.
- However, there were a substantial number of cases of Chlamydia.
  - Despite a significant increase from 2014 to 2015, the number of cases in Henry County has declined.

Figure 6.16 Number of Chlamydia Cases in Henry County, 2014-2018. Data Source: Ohio Department of Health, STD Surveillance Program. Data reported through 05/2/2019
Fertility

- Since 2006, generally Henry County residents have had fewer live births
  - The highest number of births among residents occurred in 2007 with 396 live births.
  - The lowest number occurred in 2016 when there were 290.

*Preliminary data from 2019 indicates just over 300 births to Henry County residents.*

**Figure 6.17** Number of Live Births to Henry County Residents, 2006-2019. Data Source: ODH Ohio Public Health Information Warehouse Birth Resident Dataset, 2006-2019.

*Note:* * indicates preliminary data.
• Although the number of live births is trending down, Henry County residents have a higher birth rate (70 per women aged 15-50) than that in the state of Ohio (54) or the nation (50).

Figure 6.18 Birth Rate per 1,000 Women Aged 15-50 Henry County, the state of Ohio, and the Nation, 2018. Data Source: U.S. Census Bureau, ACS 5-year estimates, 2014-2018

• The average age of Ohio resident women who had a live birth in Henry County has been trending upward since 2006. This is consistent with national trends in increased ages at first birth and a slight increase in women of older ages having children and a decrease in teen childbearing.

• In 2019 the average age of women giving birth in Henry County was 27 years of age.

Figure 6.19 Mean Age of Birth Among Ohio Residents Who Had a Live Birth in Henry County, 2006-2019. Data Source: Source: ODH Ohio Public Health Information Warehouse Birth Resident Dataset, 2006-2019

Note: Information on live birth order is not available, therefore this is not the average age of first birth, but of all births regardless of birth order.
Measures of Sexual Activity | Youth

- Fifteen percent of Henry County youth had sexual intercourse in their lifetime.
  - Among those aged 17-19, half (51%) reported having had done so.

- Fourteen percent had participated in oral sex.
  - Among those aged 17-19, over half (55%) reported having had done so.

- Six percent engaged in intercourse without a reliable method of protection, with another 17% not knowing if they used a reliable method.

- More than 1-in-10 reported sexting.
  - Among those aged 17-19, 4-in-10 reported having had done so.

- Fifteen percent reported viewing pornography.
  - Among those aged 17-19, over one-third (38%) reported having had done so.

How Did Youth Learn About Sex-Related Topics?
1. School (79%)
2. Parents (52%)
3. Friends (22%)
4. Internet/Social Media (21%)
5. Doctor (20)
6. Siblings (14%)
7. Church (11%)

- One-in-ten (11%) reported they had not been taught about sex related topics.

Data Source: Henry County Community Health Status Assessment Adolescent Survey, 2019
Trends in The Share of Henry County Youth Who Have Had Sex

- The share of all Henry County youth who report ever having had sexual intercourse appears to be moving in a downward trajectory.
- This same trend is observed at the national level, albeit at higher levels of ever having had sexual intercourse.

Figure 6.20 Percentage Reporting Ever Having Sexual Intercourse Among Henry County Youth, 2010-2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey
Preventive Care
Preventive care is often categorized under the topic of Healthcare Access. However, because we are including a section on health behaviors in our assessment, we wanted to include both health-risk AND more positive health behaviors, such as preventive care. Hence, we’ve opted to include these types of measures here. Healthcare.gov defines preventive care as:

Routine health care that includes screenings, check-ups, and patient counseling to prevent illnesses, disease, or other health problems.

In this section we will include the following preventive care measures:

- Mammography screening
- Pap smears
- Visited a dentist/dental clinic
- Routine Check ups
- Vaccinations
Measures of Preventive Care | Mammography Screening

According to the Mayo Clinic, there is not consensus regarding breast cancer screening guidelines. For instance, the U.S. Preventive Services Task Force (per the CDC) mammogram guidelines recommend women begin screening at age 50. The American Cancer Society recommends women begin screening slightly earlier, at age 45. However, both recognize beginning screening at 40 may make sense for some women after considering the benefits and limitations of the test. The Mayo Clinic supports screening beginning at age 40 because mammograms can facilitate the early detection of breast abnormalities. Findings from randomized trials of women in their 40s and 50s found that mammograms decrease breast cancer deaths by 15 to 29 percent.

- Most women aged forty and older report having received a mammogram in the past two years.
- Despite high rates of screening, the rates in 2019 (70%) were lower than that in 2013 and 2016 (80%).
- In 2018 the state average for Ohio was 74% (CDC - BRFSS, 2018).

Figure 6.21 Percentage of Women Aged 40+ Who Had a Mammogram in the Past Two Years Data Source: Henry County Community Health Status Assessment Adult Survey
Measures of Preventive Care | Pap Smears
The U.S. Preventive Services Task Force (USPSTF) recommends screening for cervical cancer in women aged 21 to 65 years with a pap smear every 3 years or, for women aged 30 to 65 years who want to lengthen the screening interval, screening with a combination of a pap smear and human papillomavirus (HPV) testing every 5 years.

The age of women asked in the Henry County Community Health Assessment about pap smears reflects the changing recommendations for such preventive practice.

- While there has been a drop in the share reporting having a pap smear performed from 2013 to 2019, the most precipitous drop was between 2013 and 2016. Caution should be used in drawing conclusions regarding trends.
- In 2019, 65% of Henry County women aged 21-65 reported having a pap smear.
- In 2018, the state average for Ohio women aged 21-65 receiving a pap smear in the past three years was considerably higher at 80%.

Figure 6.22 Women Who Had a Pap Smear in the Past Three Years in Henry County. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Measures of Preventive Care | Visited a Dentist of Dental Clinic

- There is only slight variation in the percentage of Henry County adults who have visited a dentist or dental clinic in the past year—ranging from 69% to 73% since 2010.
  - In 2019, 73% of Henry County adults had done so.
  - Henry County’s percentage was higher than that of the state average among Ohio residents—in 2018 67% had reported dental care in the past year.
- There is little variation in the percentage by gender, with women having only a slightly higher share at 74% versus 72% among men.
  - The gender difference at the state-level was much greater (in 2018) with 72% of women and 62% of men reporting dental care in the past year.

**Figure 6.23** Trend in the Percentage Who Visited a Dentist or Dental Clinic in the Past Year Among Adults in Henry County.
Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Measures of Preventive Care | Visited Doctor for a Routine Checkup

- The share of Henry County adults who visited a doctor for a routine checkup steadily increased from 59% in 2013 to 72% in 2019.
- The share among Ohio residents is slightly higher at 79% (BRFSS, 2018).

Figure 6.24 Trend in the Percentage of Henry County Adults Who Visited a Doctor for a Routine Checkup in the Past Year, 2013-2019. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Measures of Preventive Care | Flu Vaccinations Among Adults

- The share of Henry County Adults who received a flu vaccine [in the past year] increased from 44% in 2010 to 65% in 2019.
- The share among Henry County adults was higher than that of the state average in Ohio of 56% (BRFSS, 2018).

Figure 6.25 Trend in the Percentage of Henry County Adults Who Received a Flu Vaccine Within the Past Year, 2010-2019.
Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Measures of Preventive Care | Vaccination Rates for School Aged Children

- Among kindergarteners the large majority have received all their vaccinations as required by the state of Ohio.
- Among Henry County schools with sufficient data reported, Patrick Henry had the highest share with complete immunizations at 99%.
- Liberty Center had the lowest at 91%.
- Holgate and St. Paul Lutheran had the largest share with a filed exemption.

**Figure 6.26** Immunizations Among Kindergarteners in Henry County by School District, 2018-1019 School Year. Data Source: ODH, School Immunization Level Assessment

*Note:* 1. As of Fall 2018 immunizations for the following diseases were required for school attendance among kindergarteners in the state of Ohio: Diphtheria, Tetanus, Pertussis (DTaP/DTTdap/Td); Polio; Measles, Mumps, Rubella (MMR); Hepatitis B (HEP B); Chickenpox (Varicella). 2. Data from St. John Lutheran and St. Augustine are not included due to small sample sizes.
In the state of Ohio, per Ohio Statute 3313.671 a student may present a written statement from their parent or guardian of their objection to immunization. Under the exemption statute they may request an exemption based on religious convictions, good cause, or medical reasons. Students with filed exemptions are subject to exclusion from school in the case of an outbreak of any vaccine preventable diseases. For more information, see the Ohio Department of Health website.

There is also county-level variation in the share of kindergarteners with filed exemptions.

- Henry County’s exception rate was on the lower end at 2.6%.
- Lucas County had the lowest share at 2.3%.
- Williams County had the highest at 6.8%.

![Figure 6.27 Percentage of Kindergarteners with Exemptions by County, 2018-2019 School Year. Data Source: ODH, School Immunization Level Assessment]
INTERVENING MECHANISMS | Early Life Conditions

An intervening mechanism is a hypothetical mechanism used to explain causal links between variables. Specific to health, intervening mechanisms seek to explain the causal link between the SDOH and specific health outcomes.

These are fluid...change as society changes "socioeconomic inequalities in health are reproduced via the replacement of intervening mechanisms." "New mechanisms arise following the development of new knowledge or medical intervention related to some disease, because higher SES individuals and groups are better equipped to take advantage of the new knowledge."

- Health Behaviors (Including Health-Risk Behaviors)/Preventive Health Services
- Working Conditions*
- Personality*
- Early Life Conditions

*As of now, we do not have adequate measures of local level working conditions or personality, and thus these topics are excluded from this report.

Measuring Early Life Conditions | Adverse Childhood Experience (ACEs)

Childhood abuse, neglect, and exposure to other traumatic stressors—which we term adverse childhood experiences (ACEs)—are common. The most common are separated or divorced parents; verbal, physical, or sexual abuse; witness of domestic violence; and having a family member with depression or mental illness.

According to the CDC, 59% of people surveyed in five states in 2009 reported having had at least one ACS, while 9% reported five or more.

The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:

- Depression
- Fetal death
- Illicit drug use
- Liver disease
- STDs
- Multiple sexual partners
- Alcoholism and alcohol abuse
- COPD
- Unintended pregnancies
- Suicide attempts
- Early initiation of smoking
- Risk for intimate partner violence
- Myocardial Infarction
- Mental Distress
- Unemployment
- Diabetes
- Asthma
- Disability
- Stroke
- Lowered educational attainment

Studies are finding there is a repetitive dose-response relationship between ACS and levels of exposure. A dose-response means that as the doses of the stressor increases, the intensity of the outcome will increase as well. As the number of ACEs increase so does the risk for the following:

Adults

The following are the eight most often experienced ACEs among adults in Henry County:

*Experiences in magenta differ from the top eight experienced by youth.*

1. A parent or adult in their home swore at, insulted, or put them down (18%)
2. Their parents became separated or were divorced (16%)
3. Lived with someone who was a problem drinker or alcoholic (15%)
4. Lived with someone who was depressed, mentally ill, or suicidal (14%)
5. A parent or adult in their home hit, beat, kicked, or physically hurt them (9%)
6. Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (8%)
7. Someone at least five years older than them or an adult tried to make them touch them sexually (7%)
8. Their family did not look out for each other, feel close to each other, or support each other (6%)

- Other ACEs experienced by Henry County residents (but at lower frequencies) include:
  - Lived with someone who used illegal street drugs, or who abused prescription medications
  - Someone at least five years older than them or an adult touched them sexually
  - They didn’t have enough to eat, had to wear dirty clothing, and had no one to protect them
  - Lived with someone who served time or was sentenced to serve time in prison, jail or correctional facility
  - Their parents were not married
  - Someone at least five years older than them or and adult forced them to have sex

- Ten percent of Henry County adults had four or more ACEs in their lifetime.
- A larger share of women (13%) had experienced four or more ACEs compared to men (7%).

**Figure 6.28** Percentage of Henry County Adults Experiencing Four or More ACEs in Their Lifetime. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Adults’ Reports of Abuse

One-fifth of Henry County adults were threatened or abused in their lifetime.

The three most often identified persons to threaten or abuse adults were:

- Spouse or partner: 12%
- Parent: 9%
- Someone outside their home: 6%

**Figure 6.29** Types of Individuals Who Threatened or Abused Henry County Adults. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019

Adults who experienced abuse were abused most often in the following ways:

- Verbally: 49%
- Emotionally: 43%
- Physically: 32%

**Figure 6.30** Types of Abuse Experienced Among Abused Henry County Adults. Data Source: Henry County Community Health Status Assessment Adult Survey, 2019
Youth

The following are the eight most often experienced ACEs among youth in Henry County:

*Experiences in magenta differ from the top eight experienced by adults.*

1. Parents became separated or were divorced (31%)
2. Parents or adults in home swore at them, insulted them or put them down (22%)
3. Family did not look out for each other, feel close to each other, or support each other (14%)
4. Lived with someone who was depressed, mentally ill or suicidal (13%)
5. Lived with someone who was a problem drinker or alcoholic (13%)
6. Lived with someone who served time or was sentenced to serve in prison or jail (12%)
7. Parents were not married (11%)
8. Lived with someone who used illegal street drugs or misused prescriptions drugs (5%)

- Other ACEs experienced by Henry County youth (but at lower frequencies) include:
  - A parent or adult in their home hit, beat, kicked, or physically hurt them in any way (not including spanking)
  - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up
  - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them
  - Someone at least five years older than them or an adult touched them sexually
  - Someone at least five years older than them or an adult tried to make them touch them sexually
  - Someone at least five years older than them or an adult forced them to have sex

- Twenty-one percent of youth had experienced three or more ACSs in their lifetime.
- A larger share of girls (27%) had experienced three or more ACEs compared to boys (16%).

Figure 6.31 Percentage of Henry County Youth Experiencing Three or More ACEs in Their Lifetime. Data Source: Henry County Community Health Status Assessment Adolescent Survey, 2019
Measuring Early Life Conditions | Bullying

- While the share of Henry County youth who report being bullied in the past year is lower in 2019 than in both 2010 (43%) and 2013 (53%), it has increased slightly since 2016 (33%).
- Healthy People 2020 had set a target of 18% or fewer of youth in grades 9-12 being bullied on school property. Nationally, we nearly met the goal with an estimate of 19%.
  - Henry County did **not** meet the target—we had 26% of high schoolers report experiencing bullying on school property in 2019.

**Figure 6.32** Percentage of Henry County Youth Who Experienced Bullying in the Past Year, 2010-2019. Data Source: Henry County Community Health Status Assessment Adolescent Survey
The following types of bullying were reported:

- 25% Verbally bullied (teased, taunted or called harmful names)
- 21% Indirectly bullied (spread mean rumors about them or kept them out of a “group”)
- 9% Cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- 7% Physically bullied (were hit, kicked, punched or people took their belongings)

In the past year, 24% of youth in grades 6-12 had been bullied on school property.

- In the past year, youth had been a victim of teasing or name calling because of the following:
  1. Their weight, size, or physical appearance (27%)
  2. Someone thought they were gay, lesbian, bisexual, transgender, etc. (11%)
References & Data Sources


Henry County Community Health Status Assessment Adolescent Survey, 2019.

Henry County Community Health Status Assessment Adult Survey, 2013.

Henry County Community Health Status Assessment Adult Survey, 2019.


