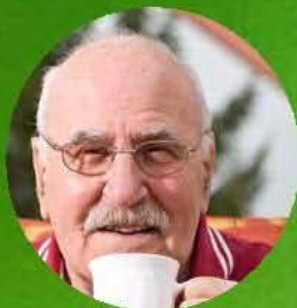


# Sandusky County

## Community Health Status Assessment

Adults  
Ages 19-75



Youth  
Ages 12-18



Children  
Ages 0-11



Health  
Indicators



Risky  
Behaviors



Local  
Data



State  
Comparisons



National  
Comparisons



For  
Knowledge



For  
Change



# 2013-2014



# FOREWORD

This 2013-2014 Sandusky County Complete Community Health Assessment is the result of the continued support, commitment and dedication of our community partners to work together to improve the health and well-being of the citizens of Sandusky County. The information presented in this report is intended to support the collaborative efforts that began with the 2001 Community Health Assessment and its strong base of evidence. This data allows stakeholders to write better grants, formulate strong strategic plans and answer a call to action. The result is a community that focuses on wellness, improving the general health status, increasing the access to services and addressing unmet needs. Health and human service programs, health care providers, managed care organizations and other groups and individuals interested in gaining a factual understanding of Sandusky County's issues should find this information very useful. This effort should continue to inspire the community to work together to remove barriers to health improvement. It is the Health Partners' wish that community groups will persevere in meeting the challenges presented by the findings in this assessment.

Sincerely,

*Sandusky County Health Partners*

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Joe Liszak – Community Health Services

Tim Wise – Firelands Counseling & Recovery Services

Traci McCaudy – Fremont City School District

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Abby Slemmer – United Way of Sandusky County

Ruthann House– WSOS Community Action Commission

# FOREWORD

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Bellevue Hospital  
Community Health Services  
Firelands Counseling & Recovery Services  
Fremont City School District  
Memorial Health Care System  
Mental Health and Recover Services Board  
Sandusky County Board of DD  
Sandusky County Family and Children First Council  
Sandusky County Health Department  
United Way of Sandusky County  
WSOS Community Action Commission

Special Acknowledgement: Sandusky County Community Foundation

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# EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Sandusky County adults (19 years of age and older), youth (ages 12 through 18), and children (ages 0-11) who participated in a county-wide health assessment survey during 2013. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS) and the National Survey of Children's Health (NSCH) developed by the Child and Adolescent Health Measurement Initiative. The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## Primary Data Collection Methods

### DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Sandusky 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

Four survey instruments were designed and pilot tested for this study: one for adults, one for adolescents, one for parents of children ages 0-5, and one for parents of children ages 6-11. 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 BRFSS. The majority of the survey items for the adolescent survey were derived from the YRBSS. The majority of the survey items for the parents of children 0-11 were derived from the NSCH. This decision was based on being able to compare local data with state and national data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Sandusky County. During these meetings, banks of potential survey questions from the BRFSS, YRBSS, and NSCH surveys were reviewed and discussed. Based on input from the Sandusky County planning committee, the Project Coordinator composed drafts of surveys containing 114 items for the adult survey, 80 items for the adolescent survey, 90 items for the 0-5 survey, and 90 items for the 6-11 survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

### SAMPLING | *Adult Survey*

Adults ages 19 and over living in Sandusky County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Sandusky County. There were 46,076 persons ages 18 and over living in Sandusky County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 383 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Sandusky County was obtained from American Clearinghouse in Louisville, KY.



## **SAMPLING | Adolescent Survey**

A sample size of 361 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

## **SAMPLING | 0-5 and 6-11 Surveys**

Children ages 0-11 residing in Sandusky County were used as the sampling frames for the surveys. Using U.S. Census Bureau data on the population of children ages 0-11, living in Sandusky County, it was determined that 4,626 children ages 0-5 and 5,064 children ages 6-11 reside in Sandusky County. The investigators conducted a power analysis based on a post-hoc distribution of variation in responses (70/30 split) to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error). Because many of the items were identical between the 0-5 and 6-11 surveys, the responses were combined to analyze data for children 0-11. The sample size required to generalize to children ages 0-11 was 370. The random sample of mailing addresses of parents of children 0-11 from Sandusky County was obtained from American Clearinghouse in Louisville, KY.

## **PROCEDURE | Adult Survey**

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Sandusky County. This advance letter was personalized, printed on Sandusky County Health Partners stationery and was signed by Dave Pollick, Health Commissioner, Sandusky 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.

Three weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Sandusky 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 three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 43% (n=494; CI=4.39). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

## **PROCEDURE | Adolescent Survey**

The survey was approved by all superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 91% (n=471). The survey contained 80 questions and had a multiple choice response format.

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

Prior to mailing the survey to parents of 0-11 year olds, an advance letter was mailed to 2,400 parents in Sandusky County. This advance letter was personalized, printed on Sandusky County Health Partners stationery and was signed by Dave Pollick, Health Commissioner, Sandusky 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.

Three weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Sandusky 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 three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

Because much of the output combines identical items from the 0-5 and the 6-11 surveys, the number of returned surveys needed for power of the combined population (9,690 children) was 370 and this was exceeded by having a combined 516 surveys ( $CI=4.20$ ).

## **DATA ANALYSIS**

Individual responses were anonymous and confidential. Only group data are available. All data was analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Sandusky County, the adult data collected was weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

## **LIMITATIONS**

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Sandusky County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Sandusky County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. CDC adult data and NSCH child 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.

Finally, this survey asked parents questions regarding their young children. Should enough parents feel compelled to respond in a socially desirable manner which is not consistent with reality, this would represent a threat to the internal validity of the results.

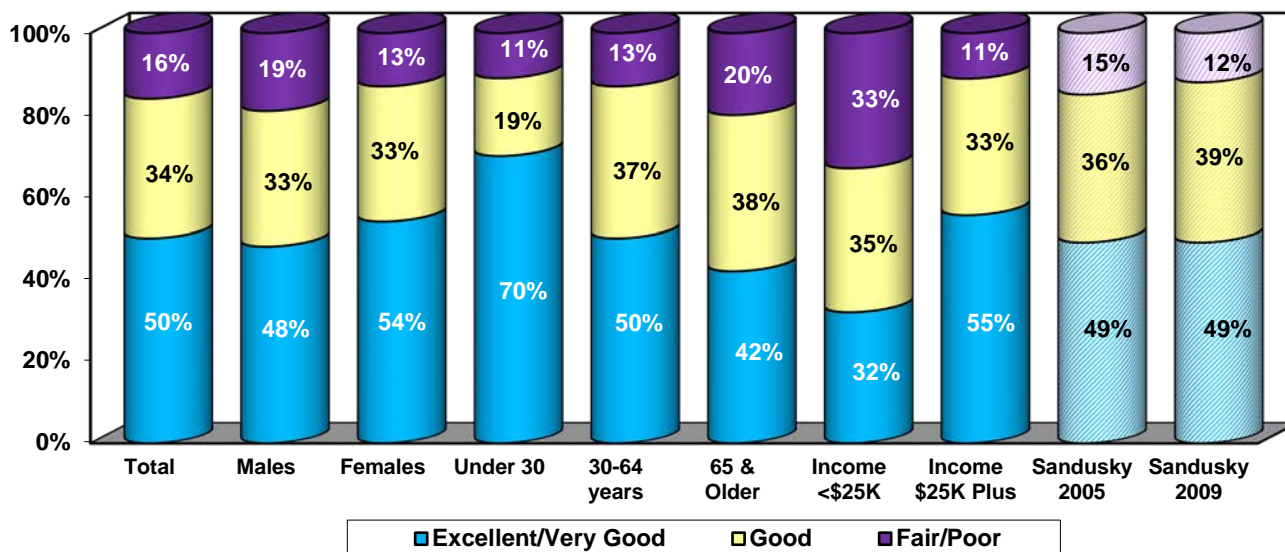


## Data Summary

### HEALTH PERCEPTIONS

In 2013, half (50%) of the Sandusky County adults rated their health status as excellent or very good. Conversely, 16% of adults, increasing to 20% of those over the age of 65, described their health as fair or poor.

**Sandusky County Adult Health Perceptions\***

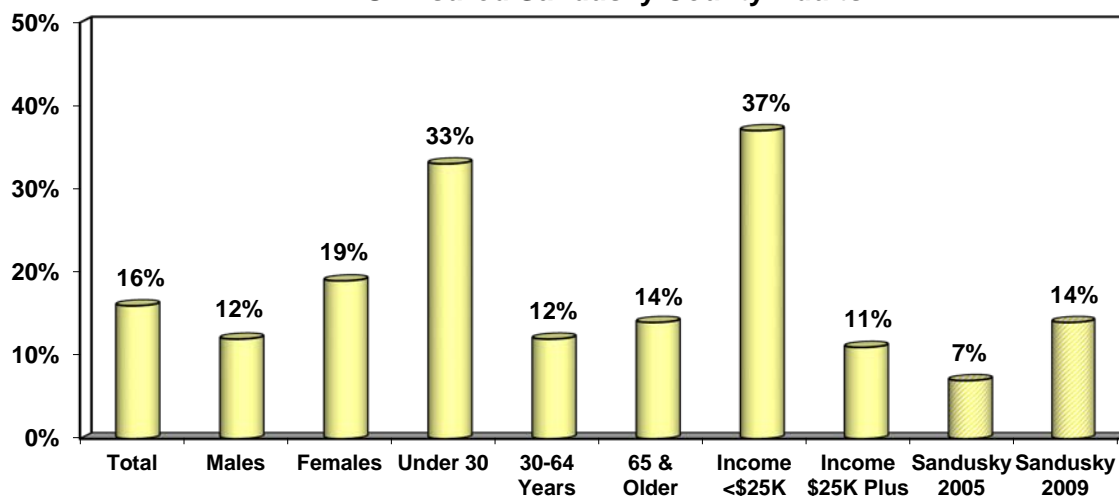


\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

### HEALTH CARE COVERAGE

The 2013 Health Assessment data has identified that 16% of Sandusky 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 Sandusky County, 15.2% of residents live below the poverty level. (Source: U.S. Census, American Community Survey 3 Year Estimates, 2009-2011)

**Uninsured Sandusky County Adults**



## HEALTH CARE ACCESS

The 2013 Health Assessment project identified that 62% of Sandusky County adults had visited a doctor for a routine checkup in the past year. 61% of adults went outside of Sandusky County for health care services in the past year.

## CARDIOVASCULAR HEALTH

Heart disease (23%) and stroke (6%) accounted for 29% of all Sandusky County adult deaths from 2006-2008 (*Source: ODH Information Warehouse*). The 2013 Sandusky County Health Assessment found that 5% of adults had survived a heart attack and 3% had survived a stroke at some time in their life. Nearly one-third (31%) of Sandusky County adults had been diagnosed with high blood pressure, 35% had high blood cholesterol, 35% were obese, and 19% were smokers, four known risk factors for heart disease and stroke.

### Sandusky County Leading Types of Death 2006-2008

**Total Deaths: 1,932**

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

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

## CANCER

In 2013, 18% of Sandusky County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 1,278 Sandusky County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

### Sandusky County Incidence of Cancer, 2005-2009

**All Types: 336 cases**

- Breast: 50 cases (15%)
- Lung and Bronchus: 50 cases (15%)
- Prostate: 39 cases (12%)
- Colon and Rectum: 38 cases (11%)

**In 2010, there were 151 cancer deaths in Sandusky County.**

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

## DIABETES

In 2013, 10% of Sandusky County adults had been diagnosed with diabetes.

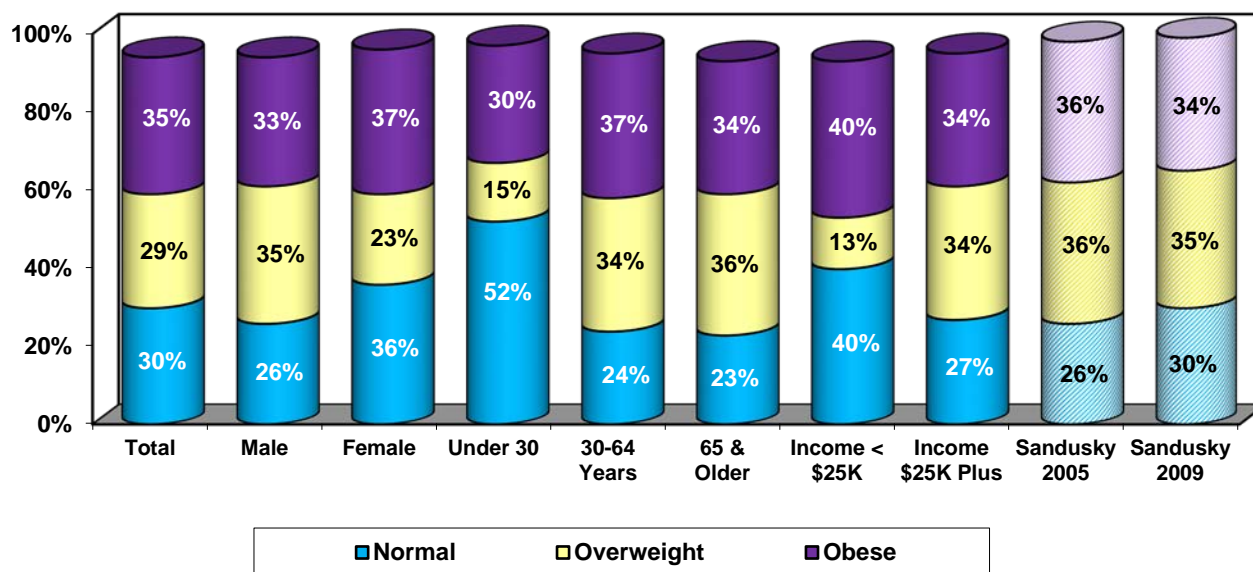
## ARTHRITIS

According to the Sandusky County survey data, 38% of Sandusky County adults were diagnosed with arthritis. According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.

## ADULT WEIGHT STATUS

The 2013 Health Assessment identified that 64% of Sandusky County adults were overweight or obese based on Body Mass Index (BMI). The 2012 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. More than one-third (35%) of Sandusky County adults were obese. More than two-fifths (42%) of adults were trying to lose weight.

### Sandusky County Adult BMI Classifications

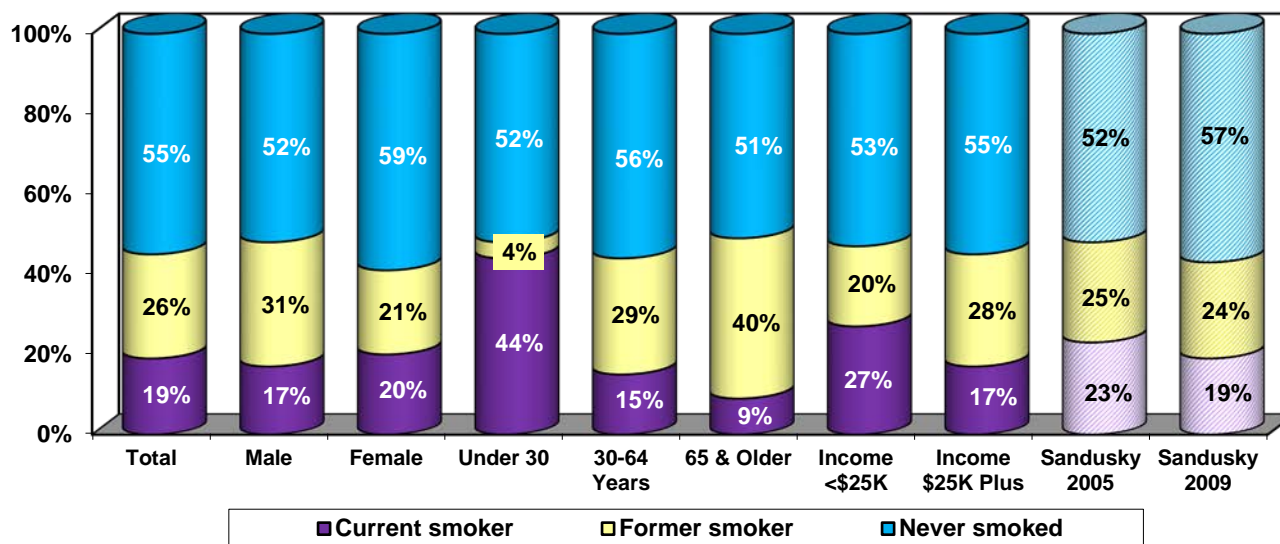


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

### ADULT TOBACCO USE

In 2013, 19% of Sandusky County adults were current smokers and 26% were considered former smokers. In 2013, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, and by 2030, this number is expected to increase to 8 million. (Source: Cancer Facts & Figures, American Cancer Society, 2013)

### Sandusky County Adult Smoking Behaviors

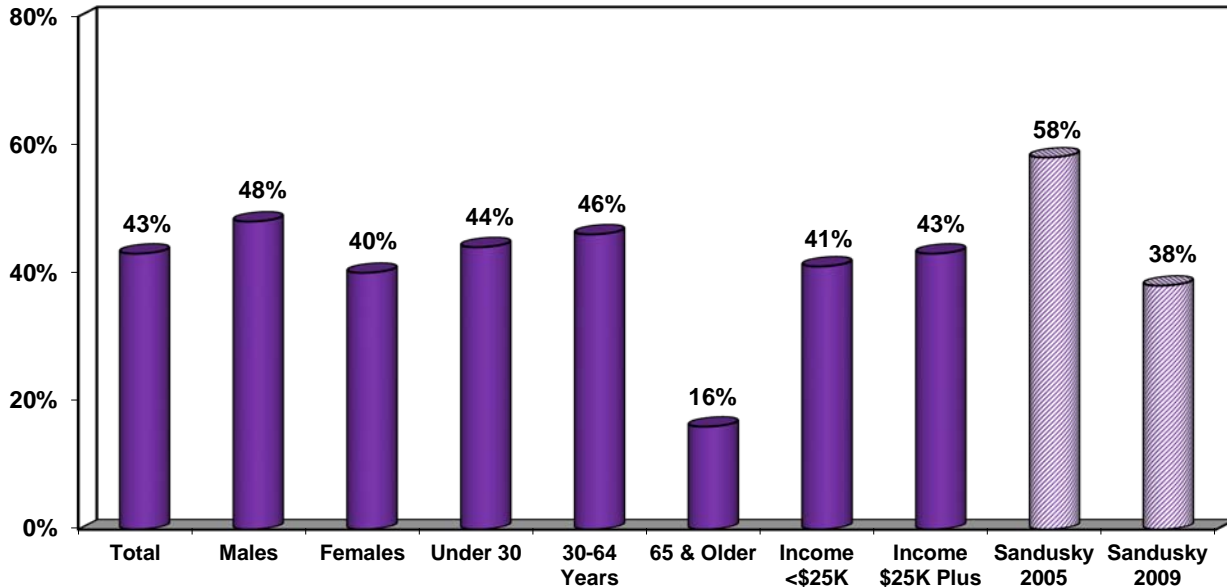


Respondents were asked:  
 "Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes every day, some days or not at all?"

## ADULT ALCOHOL CONSUMPTION

In 2013, the Health Assessment indicated that 17% of Sandusky County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 4% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Eight percent of adults drove after having perhaps too much to drink.

**Sandusky County Adult Drinkers Who Binge Drank in Past Month\***

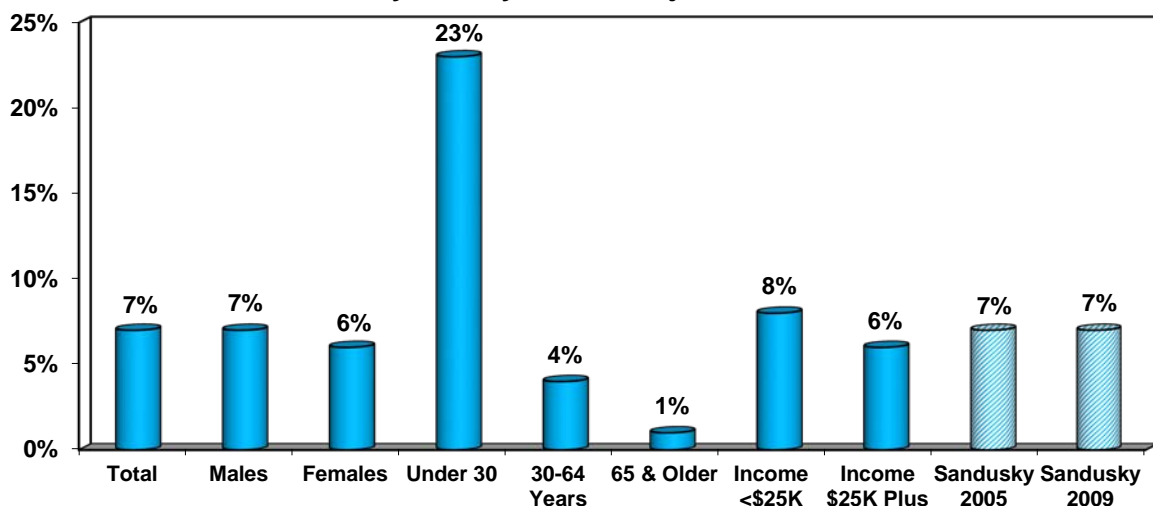


*\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion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

## ADULT MARIJUANA AND OTHER DRUG USE

In 2013, 7% of Sandusky County adults had used marijuana during the past 6 months. 7% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

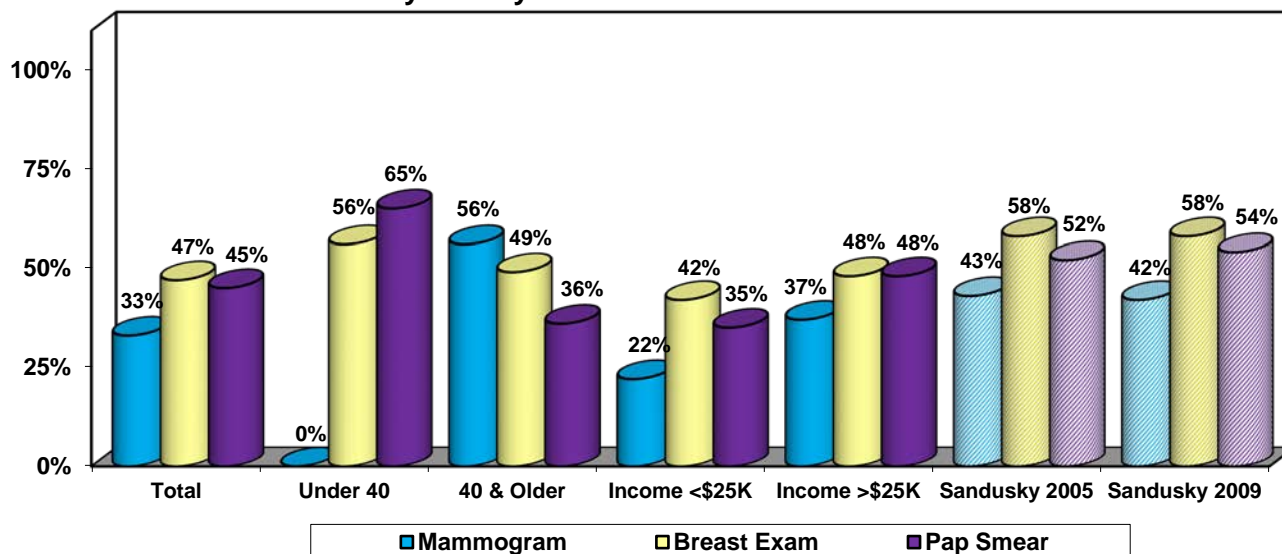
**Sandusky County Adult Marijuana Use in Past 6 Months**



## WOMEN'S HEALTH

In 2013, more than half (56%) of Sandusky County women over the age of 40 reported having a mammogram in the past year. 47% of Sandusky County women ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 5% of women survived a heart attack and 2% survived a stroke at some time in their life. More than one-quarter (29%) had high blood pressure, 29% had high blood cholesterol, 37% were obese, and 20% were identified as smokers, known risk factors for cardiovascular diseases.

**Sandusky County Women's Health Exams Within the Past Year**



## MEN'S HEALTH

In 2013, 26% of Sandusky County males had done a self-testicular exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 30% of all male deaths in Sandusky County from 2006-2008. The Health Assessment determined that 5% of men survived a heart attack and 3% survived a stroke at some time in their life. Nearly one-third (32%) of men had been diagnosed with high blood pressure, 38% had high blood cholesterol, and 17% were identified as smokers, which, along with obesity (33%), are known risk factors for cardiovascular diseases.

## PREVENTIVE MEDICINE AND HEALTH SCREENINGS

Over half (52%) of adults ages 65 and older had a pneumonia vaccination at some time in their life. More than half (51%) of adults ages 50 and older had a colonoscopy/sigmoidoscopy within the past 5 years.

## ADULT SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2013, over two-thirds (68%) of Sandusky County adults had sexual intercourse. Nine percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (*Source: CDC, STDs in Adolescents and Young Adults, 2011 STD Surveillance*).

## QUALITY OF LIFE

In 2013, 45% of Sandusky County adults were limited in some way because of a physical, mental or emotional problem.



## SOCIAL CONTEXT

In 2013, 4% of Sandusky County adults were threatened, and 10% were abused in the past year. 44% of adults kept a firearm in or around their home.

## MENTAL HEALTH AND SUICIDE

In 2013, 6% of Sandusky County adults considered attempting suicide. 15% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

## ORAL HEALTH

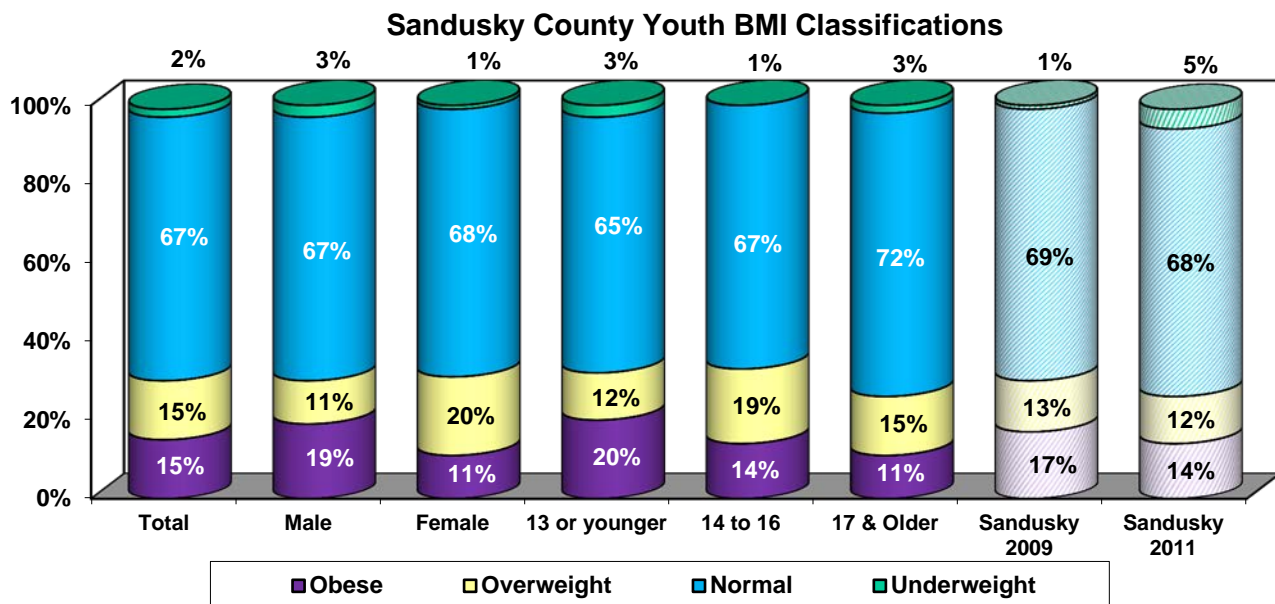
The 2013 Health Assessment project has determined that more than three-fifths (62%) of Sandusky County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (74%) of Sandusky County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

## PARENTING

The 2013 Health Assessment project identified that 66% of parents discussed screen time with their 12-to 17 year-old in the past year. Almost one-fifth (19%) of parents said their child had been vaccinated with the HPV vaccine.

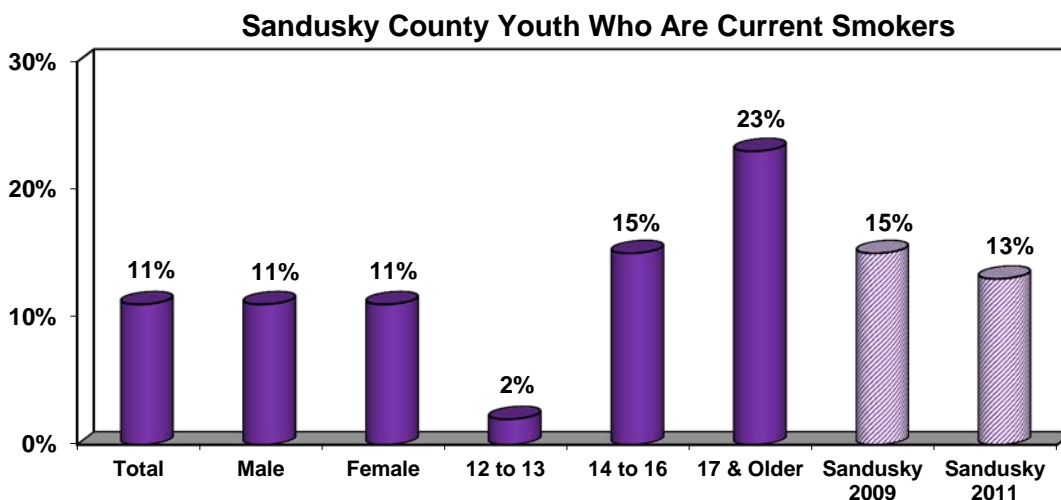
## YOUTH WEIGHT STATUS

The 2013 Health Assessment identified that 15% of Sandusky County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 29% of Sandusky County youth reported that they were slightly or very overweight. 76% of youth were exercising for 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities.



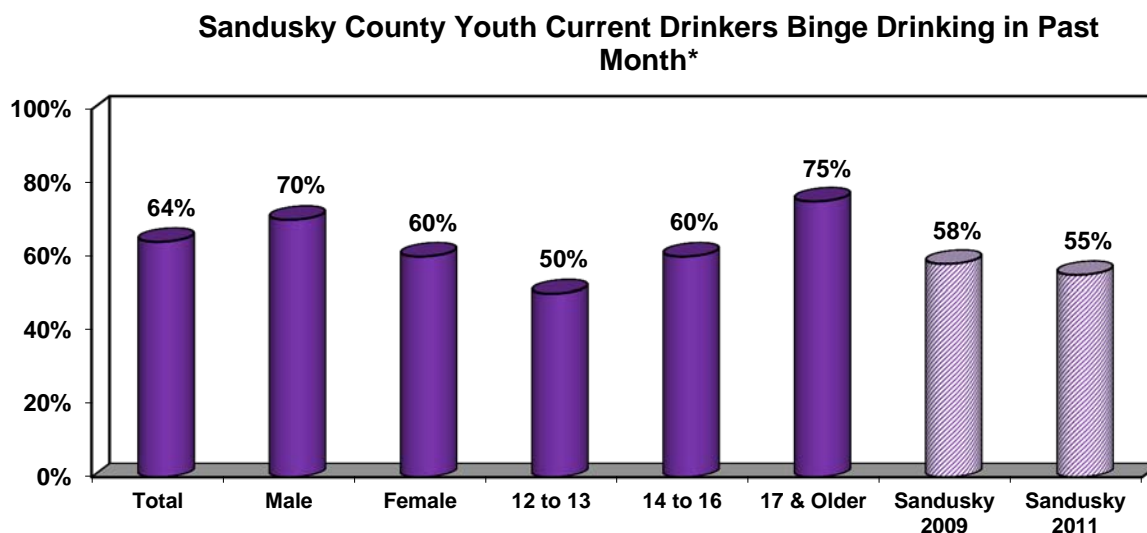
## YOUTH TOBACCO USE

The 2013 Health Assessment identified that 11% of Sandusky County youth in grades 6-12 were smokers, increasing to 23% of those who were over the age of 17. Of those 6th -12th grade youth who currently smoked, 94% had tried to quit.



## YOUTH ALCOHOL CONSUMPTION

In 2013, the Health Assessment results indicated that 43% of Sandusky County youth in grades 6-12 had drank at least one drink of alcohol in their life, increasing to 70% of youth seventeen and older. 43% of those 6th-12th graders who drank, took their first drink at 12 years of age or younger. 19% of all Sandusky County 6th-12th grade youth and 42% of those over the age of 17 had at least one drink in the past 30 days. About half (64%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all high school youth had driven a car in the past month after they had been drinking alcohol.

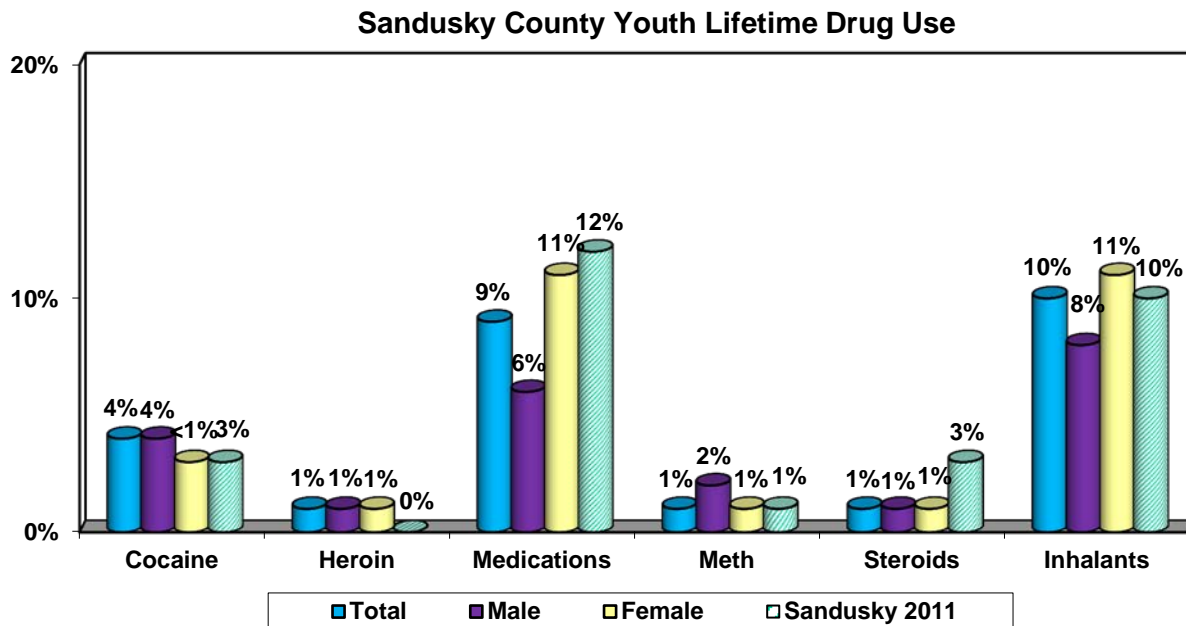


\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.



## YOUTH MARIJUANA AND OTHER DRUG USE

In 2013, 8% of Sandusky County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 19% of those ages 17 and older. 5% of 6th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high in the past 30 days, increasing to 8% of those over the age of 17.

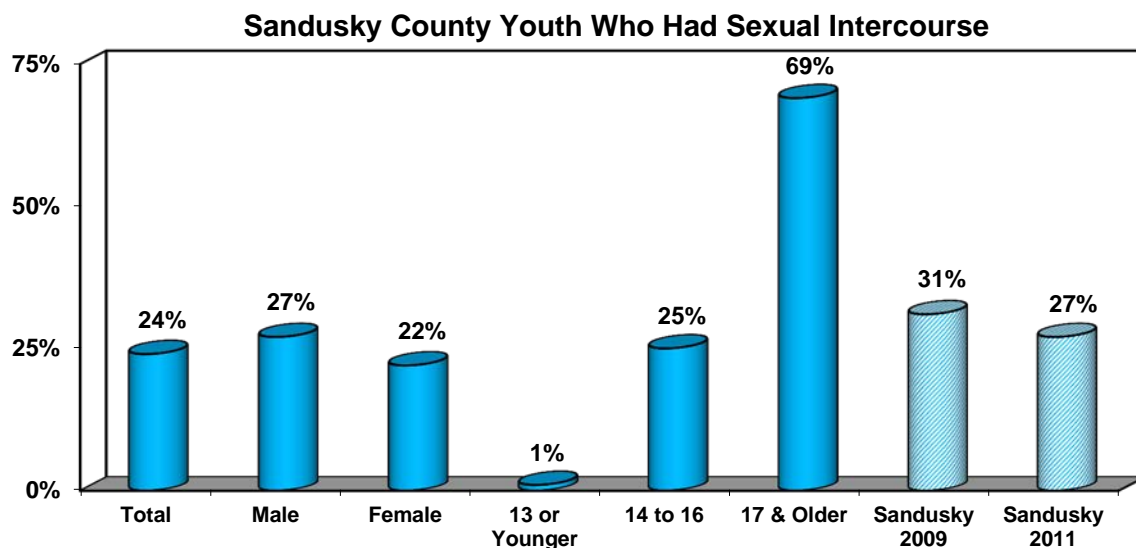


## YOUTH PERCEPTIONS

In 2013, 52% of Sandusky County youth thought there was a great risk in harming themselves if they smoked cigarettes. 47% of youth thought that there was either no risk or a slight risk of using marijuana. Almost three-quarters (72%) of youth reported that their parents would think it was very wrong for them to drink alcohol.

## YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

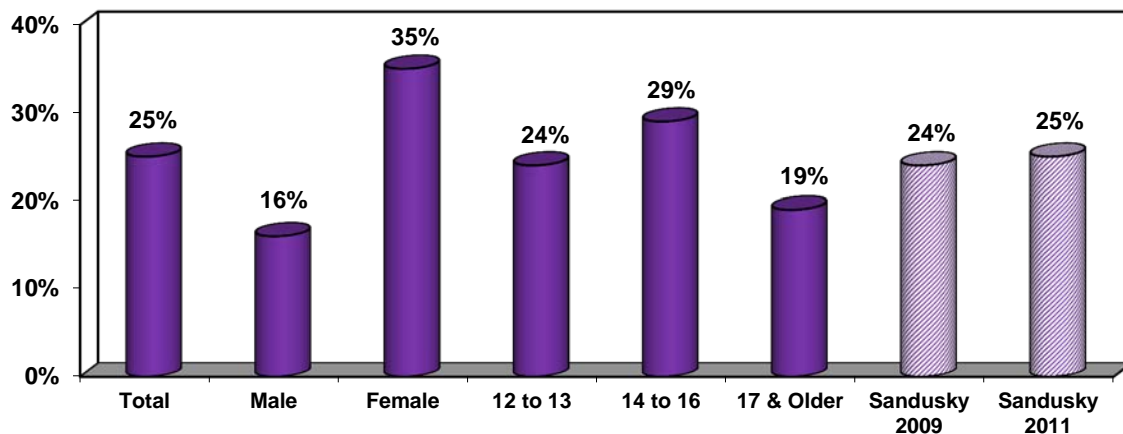
In 2013, almost one-quarter (24%) of Sandusky County youth have had sexual intercourse, increasing to 69% of those ages 17 and older. 21% of youth had participated in oral sex and 6% had participated in anal sex. 23% of youth participated in sexting. Of those who were sexually active, 56% had multiple sexual partners. One Sandusky County school did not ask sexual behavior questions.



## YOUTH MENTAL HEALTH AND SUICIDE

In 2013, the Health Assessment results indicated that 13% of Sandusky County 6th-12th grade youth had made a plan on how they would attempt suicide in the past year and 8% admitted actually attempting suicide in the past year.

**Sandusky County Youth Who Had Felt Sad or Hopeless for Two Weeks or More in the Past 12 Months**



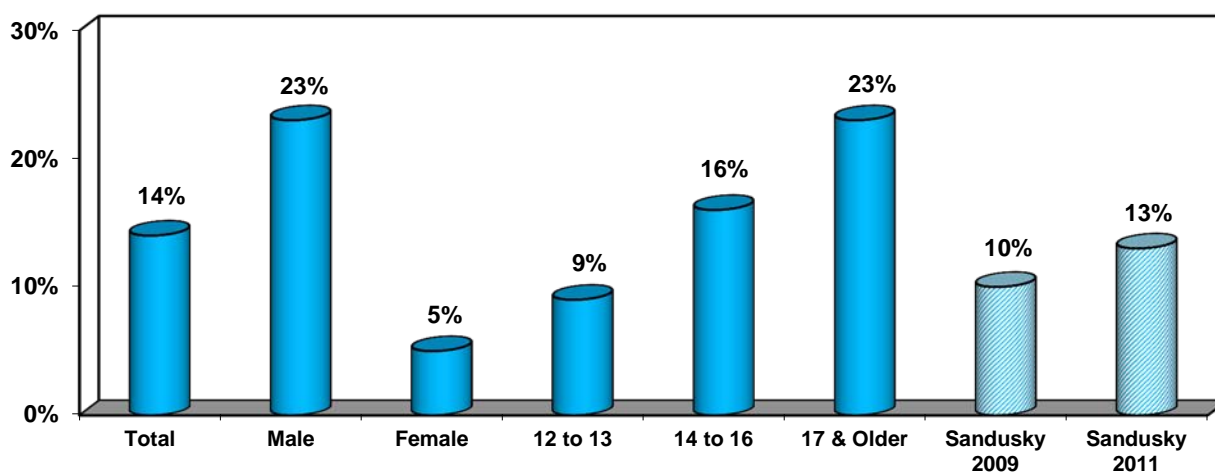
## YOUTH SAFETY

In 2013, 85% of Sandusky County youth self-reported that they wore a seatbelt when driving a car in the past month. 20% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month. 40% of youth drivers texted while driving. 10% of youth played the choking game.

## YOUTH VIOLENCE

In Sandusky County, 14% of youth had carried a weapon in the past month. 7% of youth had been threatened or injured with a weapon on school property in the past year. 51% of youth had been bullied in the past year and 36% had been bullied on school property.

**Sandusky County Youth Carrying a Weapon During the Past 30 Days**



## **CHILD HEALTH AND FUNCTIONAL STATUS**

In 2013, 76% of Sandusky County parents had taken their child ages 0-11 to the dentist in the past year. 14% of Sandusky County parents reported their child ages 0-11 had been diagnosed with asthma. 6% of parents reported their child had been diagnosed with ADD/ADHD. 84% of parents reported their child had exercised for 20 minutes on three or more days in the past week.

## **CHILD HEALTH INSURANCE, ACCESS & UTILIZATION**

In 2013, 3% of Sandusky County parents reported their 0-11 year old did not have health insurance. 12% of parents reported they received benefits from the SNAP/food stamps program. 23% of parents reported they had taken their child to the hospital emergency room in the past year. 79% of parents had taken their child to the doctor for preventive care in the past year.

## **EARLY CHILDHOOD (0-5 YEARS OLD)**

The following information was reported by parents of 0-5 year olds. In 2013, 91% of Sandusky County parents reported their child always rode in a car seat/booster seat when a passenger in a car. 89% of mothers got prenatal care within the first three months during their last pregnancy. 10% of mothers smoked during their last pregnancy. 66% of parents put their child to sleep on his/her back. 21% of mothers never breastfed their child.

## **MIDDLE CHILDHOOD (6-11 YEARS OLD)**

The following information was reported by Sandusky County parents of 6-11 year olds. In 2013, 48% of Sandusky County parents reported their child never wore a helmet when riding a skateboard. 46% of parents reported their child was bullied at some time in the past year. 83% of parents reported their child participated in extracurricular activities. 19% of parents reported their child had a MySpace or facebook account.

## **FAMILY FUNCTIONING, NEIGHBORHOOD AND COMMUNITY CHARACTERISTICS**

In 2013, Sandusky County parents reported their 0-11 year old child slept an average of 10.2 hours per night. 15% of parents reported they read to their child every day. 97% of parents reported their neighborhood was always or usually safe. 24% of parents reported someone smoked in their home. 1% of parents reported there was an unlocked and loaded firearm in their home.

## **PARENT HEALTH**

In 2013, 23% of Sandusky County parents reported they were uninsured. 38% of parents were overweight and 30% were obese. 20% of parents were sedentary. Parents missed work an average of 2.1 days per year due to their child being ill or injured.

# Youth | TREND SUMMARY

# TREND SUMMARY

Youth Variables	Sandusky County 2001 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2005 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2009 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Status</b>								
Obese	N/A	11%¥	15%¥	19%	14%	13%	15%	13%
Overweight	N/A	11%¥	N/A	15%	12%	17%	15%	15%
Described themselves as slightly or very overweight	37%¥	27%¥	25%¥	33%	27%	29%	30%	29%
Trying to lose weight	48%¥	48%¥	42%¥	44%	52%	48%	N/A	N/A
Exercised to lose weight	N/A	N/A	32%¥	41%	32%	50%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	N/A	50%	12%¥	20%	12%	31%	43%*	39%*
Went without eating for 24 hours or more	N/A	16%	3%¥	2%	2%	9%	13%	12%
Took diet pills, powders, or liquids without a doctor's advice	7%¥	7%	1%¥	1%	0%	3%	6%	5%
Vomited or took laxatives	4%¥	6%	1%¥	2%	0%	2%	6%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	N/A	N/A	N/A	84%	79%	85%*	78%*
Physically active at least 60 minutes per day on less than 7 days in past week	N/A	N/A	N/A	75%	62%	69%	75%	71%
Physically active at least 60 minutes per day on less than 5 days in past week	N/A	N/A	N/A	52%	38%	43%	55%	51%
Did not participate in at least 60 minutes of physical activity on any day in past week	N/A	N/A	N/A	12%	8%	12%	16%	14%
Watched TV 3 or more hours per day	N/A	34%¥	N/A	38%	41%	27%	31%	32%
<b>Youth Safety and Violence</b>								
Carried a weapon in past month	10%	14%	12%	11%	16%	18%	16%	17%
Been in a physical fight in past year	31%	24%	23%	24%	30%	27%	31%	33%
Threatened or injured with a weapon on school property in past year	5%	4%	7%	5%	5%	9%	8%*	7%
Did not go to school because felt unsafe	2%	2%	N/A	7%	4%	5%	6%	6%
Ever been electronically/cyber bullied in past year	N/A	N/A	N/A	14%	13%	15%	15%	16%
Bullied in past year	N/A	N/A	N/A	54%	51%	49%	N/A	N/A
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	10%¥	8%	9%¥	11%	8%	8%	N/A	9%
Ever physically forced to have sexual intercourse	5%¥	7%	9%¥	8%	6%	5%	9%	8%

N/A - Not available

¥ - Data for 6<sup>th</sup>-12<sup>th</sup> grade youth

\* 2007 for Ohio and 2009 for U.S. Youth Risk Behavior Survey data

Youth Variables	Sandusky County 2001 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2005 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2009 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Mental Health</b>								
Youth who had made a plan to attempt suicide	N/A	11%	N/A	10%	11%	13%	N/A	N/A
Attempted suicide in past year	7%	8%	4%	4%	6%	8%	9%	8%
Felt sad or hopeless almost every day for 2 or more weeks in a row	N/A	N/A	22%¥	28%	26%	26%	27%	29%
<b>Alcohol Use</b>								
Ever had at least one drink of alcohol in lifetime	66%	80%	72%	63%	65%	57%	71%	71%
Used alcohol during past month	36%	43%	39%	35%	38%	27%	38%	39%
Binged during past month (5 or more drinks in a couple of hours on an occasion)	23%	27%	24%	21%	24%	19%	24%	22%
Rode with someone who was drinking in past month	30%	24%	22%	27%	22%	20%	21%	24%
Drank and drove	N/A	N/A	6%	8%	5%	8%	7%	8%
<b>Tobacco Use</b>								
Ever tried cigarettes	74%	54%	53%	45%	49%	35%	52%	45%
Current smokers	39%	25%	21%	21%	20%	16%	21%	18%
<b>Sexual Behavior</b>								
Ever had sexual intercourse	38%	50%	45%	50%	47%	36%	45%*	47%
Used a condom at last intercourse	66%	55%	66%	59%	68%	70%	60%*	60%
Used birth control pills at last intercourse	26%	22%	18%	30%	38%	34%	23%	18%
Had four or more sexual partners	12%	9%	14%	6%	15%	23%	18%	15%
<b>Drug Use</b>								
Used marijuana in the past month	17%	18%	16%	19%	23%	11%	24%	23%
Used cocaine in their lifetime	7%	5%	5%	4%	4%	4%	7%	7%
Used heroin in their lifetime	2%	2%	1%	2%	<1%	2%	3%	3%
Used methamphetamines in their lifetime	4%	5%	4%	3%	<1%	1%	6%*	4%
Used steroids in their lifetime	5%	3%	5%	4%	3%	1%	4%	4%
Used prescription medication in order to get high or feel good in their lifetime	N/A	N/A	N/A	15%	19%	11%	N/A	N/A
Used inhalants in order to get high in their lifetime	9%	15%	9%	13%	10%	11%	12%**	11%
Ever used ecstasy/MDMA	N/A	4%	6%	9%	10%	5%	N/A	8%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	N/A	20%	21%	15%	11%	9%	24%	26%

N/A – Not available

¥ - Data for 6<sup>th</sup>-12<sup>th</sup> grade youth

\* 2007 for Ohio and 2009 for U.S. Youth Risk Behavior Survey data

\*\* 2005 Youth Risk Behavior Survey data

# Adult | TREND SUMMARY

Adult Variables	Sandusky County 2001	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
<b>Health Status</b>						
Rated health as excellent or very good	49%	49%	49%	50%	50%	52%
Rated general health as fair or poor	15%	15%	12%	16%	18%	17%
Rated their mental health as not good on four or more days	N/A	21%	19%	22%	N/A	N/A
Average days that physical health not good in past month	N/A	N/A	N/A	4.3	3.9**	3.7**
Average days that mental health not good in past month	N/A	N/A	N/A	4.2	3.9**	3.5**
<b>Health Care Coverage</b>						
Has health care coverage	86%	86%	93%	84%	85%	83%
<b>Arthritis, Asthma &amp; Diabetes</b>						
Has been diagnosed with arthritis	31%	34%	34%	38%	30%	26%
Has been diagnosed with diabetes	11%	12%	14%	10%	13%	11%
<b>Cardiovascular Health</b>						
Had a heart attack	4%	5%	4%	5%	5%	5%
Had a stroke	4%	3%	4%	3%	3%	3%
Has been diagnosed with high blood pressure	25%	37%	34%	31%	33%*	31%*
Has been diagnosed with high blood cholesterol	22%	33%	27%	35%	39%*	38%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	N/A	80%	76%*	76%*
<b>Alcohol Consumption</b>						
Had at least one alcoholic beverage in past month	53%	53%	34%	51%	54%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	20%	18%	21%	22%	18%	17%
<b>Tobacco Use</b>						
Current smoker (currently smoke some or all days)	36%	23%	19%	19%	23%	20%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	20%	25%	24%	26%	25%	25%
<b>Drug Use</b>						
Adults who used marijuana in the past 6 months	7%	7%	7%	7%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	5%	5%	5%	7%	N/A	N/A
<b>Preventive Medicine</b>						
Had a pneumonia vaccine in lifetime (age 65 and older)	66%	N/A	66%	52%	69%	70%
Had a clinical breast exam in the past two years (age 40 and older)	N/A	72%	68%	66%	75%**	77%**
Had a mammogram in the past two years (age 40 and older)	72%	70%	68%	68%	74%	74%
Had a pap smear in the past three years	N/A	78%	66%	67%	78%	78%

N/A - not available

\* 2011 BFRSS Data

\*\*2010 BFRSS Data

TREND SUMMARY

Adult Variables	Sandusky County 2001	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
<b>Weight Status</b>						
Overweight	31%	36%	34%	29%	35%	36%
Obese	33%	36%	35%	35%	30%	28%
<b>Quality of Life</b>						
Limited in some way because of physical, mental or emotional problem	38%	38%	42%	45%	20%	20%
<b>Mental Health</b>						
Considered attempting suicide in the past year	3%	2%	2%	6%	N/A	N/A
<b>Oral Health</b>						
Adults who have visited the dentist in the past year	55%	57%	62%	62%	68%	67%

N/A - not available

\* 2011 BFRSS Data

\*\*2010 BFRSS Data



# Child | TREND SUMMARY

Child Comparisons	Sandusky County 2010 Ages 0-5	Sandusky County 2013 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Sandusky County 2010 Ages 6-11	Sandusky County 2013 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
<b>Health and Functional Status</b>								
Rated health as excellent or very good	85%	89%	89%	86%	83%	89%	86%	83%
Child had no problems with teeth	82%	90%	91%	89%	N/A	49%	78%	75%
Diagnosed with asthma	12%	10%	6%	6%	20%	15%	10%	10%
Diagnosed with ADHD/ADD	2%	1%	N/A	2%**	9%	8%	12%	9%
Diagnosed with behavioral or conduct problems	3%	2%	N/A	2%**	7%	5%	5%	4%
Diagnosed with vision problems that cannot be corrected	2%	4%	N/A	<1%	4%	5%	N/A	2%
Diagnosed with bone, joint, or muscle problems	2%	1%	N/A	1%	3%	4%	N/A	2%
Diagnosed with epilepsy	2%	1%	N/A	<1%	2%	1%	N/A	1%
Diagnosed with a head injury	3%	1%	N/A	<1%	2%	3%	N/A	<1%
Diagnosed with diabetes	0%	1%	N/A	N/A	<1%	0%	N/A	<1%
Diagnosed with depression	N/A	0%	N/A	<1%**	3%	1%	N/A	2%
No physical activity in past week	N/A	N/A	N/A	N/A	2%	2%	6%	6%
<b>Health Insurance, Access and Utilization</b>								
Had public insurance	24%	19%	40%	44%	18%	13%	34%	37%
Not covered by insurance at some time during past year	8%	6%	7%	11%	8%	3%	5%	12%
Been to doctor for preventive care in past year	88%	91%	94%	90%	69%	73%	86%	82%
Dental care visit in past year	56%	46%	50%	54%	82%	91%	92%	88%
2 or more visits to the ER	13%	11%	8%*	8%*	10%	9%	6%*	4%*
Received all the medical care they needed	93%	89%	99%*	99%*	84%	95%	98%*	98%*
Have a personal doctor or nurse	87%	86%	91%	91%	85%	83%	93%	90%

N/A – Not available

\*2007 National Survey of Children's Health

\*\* Ages 2-5

TREND SUMMARY

Child Comparisons	Sandusky County 2010 Ages 0-5	Sandusky County 2013 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Sandusky County 2010 Ages 6-11	Sandusky County 2013 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
<b>Family Functioning &amp; Neighborhood Characteristics</b>								
Never breastfed their child	28%	21%	29%	21%	N/A	N/A	N/A	N/A
Child participated in 1 or more activities	N/A	N/A	N/A	N/A	83%	83%	83%	79%
Child did not miss any days of school because of illness or injury	N/A	N/A	N/A	N/A	17%	24%	16%*	22%*
Child missed school 11 days or more because of illness or injury	N/A	N/A	N/A	N/A	3%	3%	8%*	5%*
Parent felt child was usually/always safe at school	N/A	N/A	N/A	N/A	92%	94%	96%	94%
Family eats a meal together every day of the week	41%	40%	63%	61%	N/A	31%	45%	47%
Child never attends religious services	38%	39%	N/A	N/A	N/A	27%	22%	18%
Neighborhood is usually or always safe	95%	95%	88%	86%	98%	98%	86%	86%
Someone in house smokes tobacco	28%	31%	29%	23%	29%	20%	34%	25%
Child exposed to secondhand smoke in home	8%	8%	4%	3%	10%	10%	12%	5%
Mother's mental or emotional health is fair/poor	7%	6%	7%	7%	8%	6%	10%	8%
Father's mental or emotional health is fair/poor	5%	10%	N/A	3%	2%	2%	7%	5%

N/A – Not available

\*2007 National Survey of Children's Health

‡ Children ages 4months-5 years

# Adult | HEALTH STATUS PERCEPTIONS

## Key Findings

In 2013, half (50%) of the Sandusky County adults rated their health status as excellent or very good. Conversely, 16% of 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

- Sandusky County 50% (2013)
- Ohio 50% (2012)
- U.S. 52% (2012)

(Source: BRFSS 2012 for Ohio and U.S.)

## General Health Status

- In 2013, half (50%) of Sandusky County adults rated their health as excellent or very good. Sandusky County adults with higher incomes (55%) were most likely to rate their health as excellent or very good, compared to 32% of those with incomes less than \$25,000.
- 16% of adults rated their health as fair or poor. The 2012 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.
- Sandusky County adults were most likely to rate their health as fair or poor if they:
  - Had been diagnosed with diabetes (34%)
  - Had an annual household income under \$25,000 (33%)
  - Were a member of an unmarried couple (27%) or divorced (22%)
  - Had high blood pressure (22%) or high blood cholesterol (18%)
  - Were 65 years of age or older (20%)

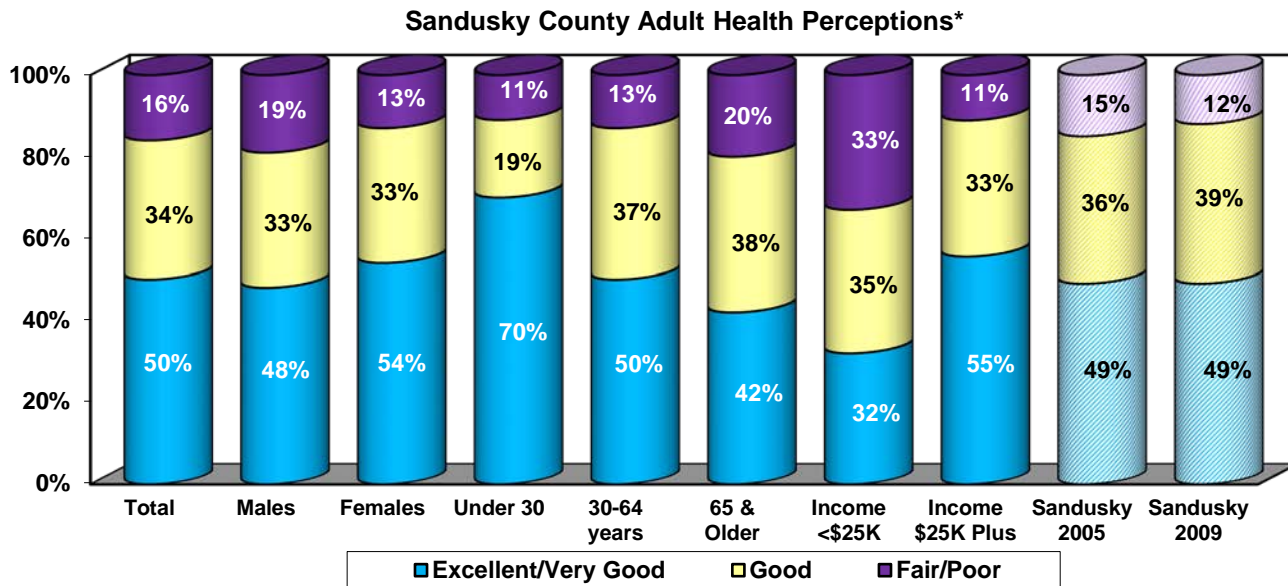
## Physical Health Status

- In 2013, 22% of Sandusky County adults rated their physical health as not good on four or more days in the previous month.
- Sandusky County adults reported their physical health as not good on an average of 4.3 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 3.9 days and 3.7 days, respectively in the previous month (Source: 2010 BRFSS).
- Sandusky County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (39%)
  - Were 65 years of age or older (27%)

## Mental Health Status

- In 2013, 22% of Sandusky County adults rated their mental health as not good on four or more days in the previous month.
- Sandusky County adults reported their mental health as not good on an average of 4.2 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 3.9 days and 3.5 days, respectively in the previous month (Source: 2010 BRFSS).
- Sandusky County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under \$25,000 (37%)
  - Were female (24%)

The following graph shows the percentage of Sandusky County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 50% of all Sandusky County adults, 70% of those under age 30, and 42% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	61%	5%	6%	1%	16%
Females	58%	11%	6%	2%	14%
Total	60%	8%	6%	2%	15%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	66%	6%	3%	2%	11%
Females	52%	14%	3%	<1%	18%
Total	58%	10%	3%	1%	15%

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

# HEALTH PERCEPTIONS

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Rated health as excellent or very good	49%	49%	50%	50%	52%
Rated health as fair or poor	15%	12%	16%	18%	17%
Rated their mental health as not good on four or more days in the previous month	21%	19%	22%	N/A	N/A
Average days that physical health not good in past month	N/A	N/A	4.3	3.9*	3.7*
Average days that mental health not good in past month	N/A	N/A	4.2	3.9*	3.5*

N/A – Not available

\*2010 BRFSS data

# Adult | HEALTH CARE COVERAGE

## Key Findings

The 2013 Health Assessment data has identified that 16% of Sandusky 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 Sandusky County, 15.2% of residents live below the poverty level. (Source: U.S. Census, American Community Survey 3 Year Estimates, 2009-2011)

## General Health Coverage

- In 2013, 84% Sandusky County adults had health care coverage, leaving 16% who were uninsured. The 2012 BRFSS reports uninsured prevalence rates for Ohio (15%) and the U.S. (17%).
- In the past year, 16% of adults were uninsured, increasing to 33% of those under the age of 30 and 37% of those with incomes less than \$25,000.
- 17% of adults with children did not have healthcare coverage, compared to 16% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (49%), someone else's employer (16%), multiple-including private sources (10%), Medicare (9%), self-paid plan (6%), Medicaid or medical assistance (4%), military, CHAMPUS, TriCare, or VA (3%), multiple-including government sources (2%), and other (1%).

**16% of Sandusky County adults were uninsured.**

- Sandusky County adult health care coverage include the following: medical (98%), prescription coverage (94%), outpatient therapy (72%), immunizations (72%), their spouse (71%), dental (70%), preventive care (69%), vision (68%), mental health (64%), their children (61%), County physicians (49%), alcohol and drug treatment (47%), home care (33%), skilled nursing (31%), and hospice (31%).
- The top reasons uninsured adults gave for being without health care coverage were:
  - They lost their job or changed employers (38%)
  - They could not afford to pay the insurance premiums (28%)
  - They lost Medicaid eligibility (14%)
  - Their spouse or parent lost their job or changed employers (12%)
  - Their employer does not/stopped offering coverage (9%)
  - They became a part-time/temporary employee (9%)

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

### Sandusky County and Ohio Medicaid Statistics

Calendar Year 2010	Sandusky County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Average Members per Year Ages 0-18	5,980 (57%)	1,159,095 (55%)
Average Members per Year Ages 19-64	3,730 (36%)	787,749 (38%)
Average Members per Year Ages 65 and Over	760 (7%)	155,896 (7%)

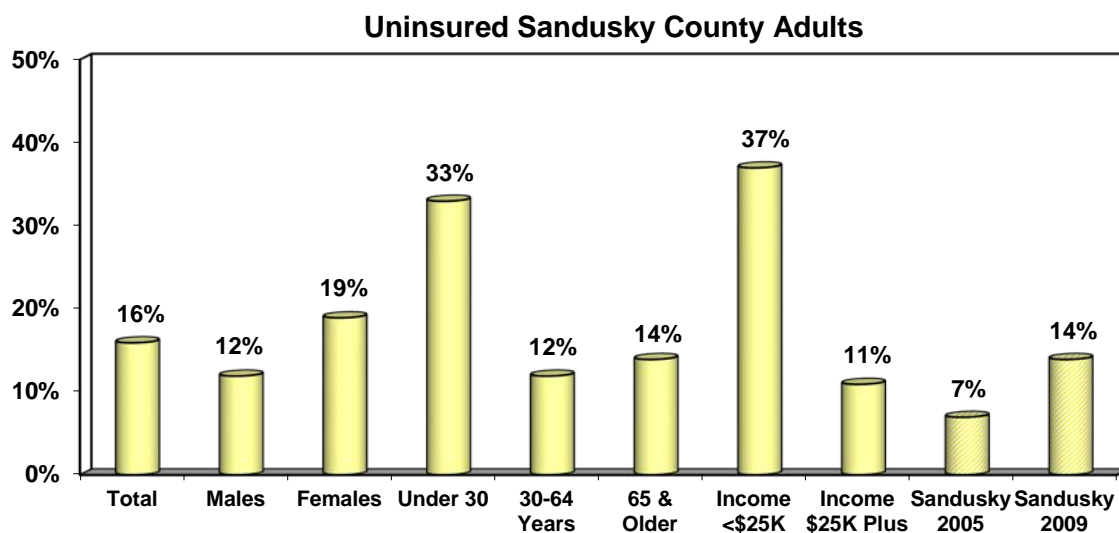
\*(Percent of Members Enrolled = Total Enrollment/Population per U.S. Census Bureau)

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

*37% of Sandusky County adults with incomes less than \$25,000 were uninsured.*

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Uninsured	7%	14%	16%	15%	17%

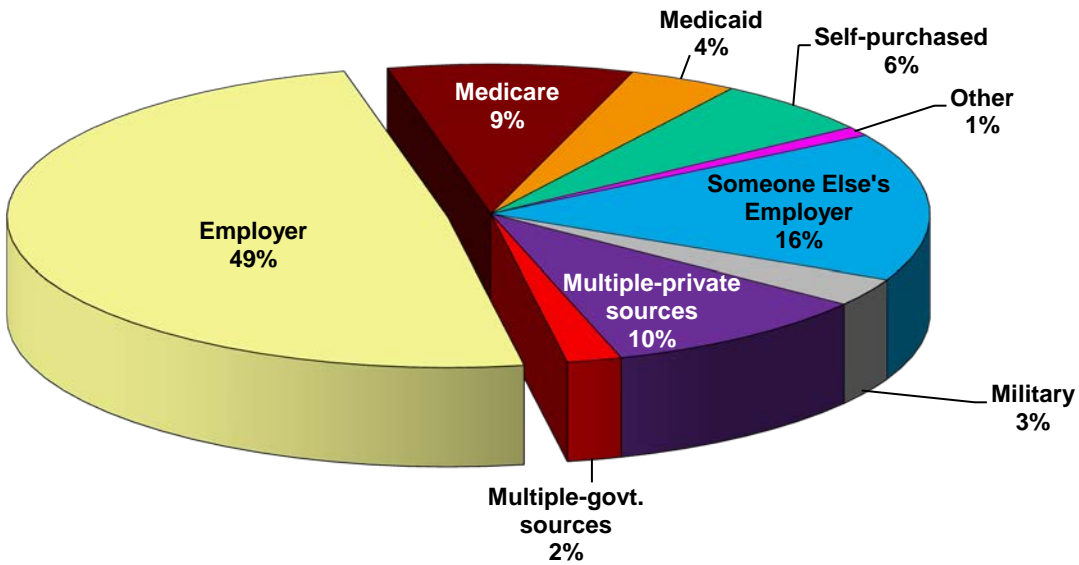
The following graph shows the percentages of Sandusky County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 16% of all Sandusky County adults were uninsured, 37% of adults with an income less than \$25,000 reported being uninsured and 33% of those under age 30 lacked health care coverage.





The pie chart shows sources of Sandusky County adults' health care coverage.

**Source of Health Coverage for Sandusky County Adults**



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

Health Coverage Includes:	Yes	No	Don't Know
Medical	98%	1%	<1%
Prescription Coverage	94%	4%	2%
Outpatient Therapy	72%	3%	25%
Immunizations	72%	8%	20%
Dental	70%	28%	2%
Their Spouse	71%	25%	4%
Preventive Health	69%	5%	26%
Vision	68%	27%	4%
Mental Health	64%	10%	26%
Their Children	61%	33%	6%
County Physicians	49%	9%	42%
Alcohol and Drug Treatment	47%	8%	45%
Home Care	33%	9%	58%
Skilled Nursing	31%	9%	60%
Hospice	31%	8%	61%

## Healthy People 2020 Access to Quality Health Services

Objective	Sandusky County 2013	Ohio 2012	U.S. 2012	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	82% age 20-24 68% age 25-34 88% age 35-44 86% age 45-54 90% age 55-64	77% age 18-24 78% age 25-34 83% age 35-44 84% age 45-54 87% age 55-64	75% age 18-24 73% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Health People 2020 Objectives, 2012 BRFSS, 2013 Sandusky County Health Assessment)

### Ohio Medicaid Assessment Survey

- More than 2.3 million Ohioans are enrolled in Medicaid.
- In 2012, 1.36 million Ohioans were uninsured (1,229,587 adults and 139,884 children).
- In Ohio, 19% of adults 18-64 years old and 5% of children were uninsured in 2010, compared respectively to 17% and 4% in 2008.
- In 2010, uninsured children had an 11.7 times higher rate of **not** having a usual source of care than insured children. Uninsured children had an almost 3 times higher rate of **not** having a usual source of coverage than uninsured adults.
- In Ohio, uninsured individuals reported greater issues with access to care, unmet needs, and paying for care than the insured.

(Source: Ohio Medicaid Assessment Survey, 2012 Presentation Slides, <https://ckm.osu.edu/sitetool/sites/omaspublic/documents/OMASStatewideRolloutPresentationSlides.pdf> & 2010 Ohio Family Health Survey Results, 03-08-2011)

# Adult | HEALTH CARE ACCESS AND UTILIZATION

## Key Findings

*The 2013 Health Assessment project identified that 62% of Sandusky County adults had visited a doctor for a routine checkup in the past year. 61% of adults went outside of Sandusky County for health care services in the past year.*

## Health Care Access

- More than three-fifths (62%) of Sandusky County adults visited a doctor for a routine checkup in the past year, increasing to 86% of those over the age of 65.
- The following might prevent Sandusky County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (41%), hours not convenient (18%), could not get time off work (12%), difficult to get an appointment (10%), worried they might find something wrong (8%), frightened of the procedure or doctor (6%), difficult to find/no transportation (5%), do not trust or believe doctors (4%), and some other reason (5%).
- Sandusky County adults had the following problems when they needed health care in the past year: did not have enough money to pay for health care (6%), did not have insurance (6%), could not get appointments when they wanted them (4%), could not find a doctor to take them as a patient (4%), did not have transportation (4%), had to change doctors because of their healthcare plan (3%), too busy to get the healthcare they needed (2%), could not find a doctor they were comfortable with (2%), healthcare plan did not allow them to see doctors in Sandusky County (1%), too embarrassed to seek help (1%), did not get health services because they were concerned about their confidentiality (1%), did not get health services because of discrimination (1%), did not have child care (1%), and other problems that prevented them from getting health care (<1%).
- 61% of adults went outside of Sandusky County for the following health care services in the past year: specialty care (26%), dental services (19%), primary care (16%), obstetrics/gynecology/NICU (9%), orthopedic care (8%), pediatric care (5%), cardiac care (5%), mental health care (4%), cancer care (4%), hospice care (1%), palliative care (1%), pediatric therapies (1%), developmental disability services (<1%), addiction services (<1%), and other services (12%).
- Sandusky County adults did not receive the following major care or preventive care due to cost: pap smear (9%), medications (9%), colonoscopy (7%), mammogram (6%), mental health (5%), weight-loss program (5%), immunizations (4%), surgery (4%), family planning (3%), PSA test (3%), smoking cessation (2%), and alcohol and drug treatment (<1%).

### Access to Care

- Access to health insurance remains a challenge for many Ohioans.
- The 2010 Ohio Family Health Survey estimates that about 1.4 million working age Ohioans and 125,000 children are uninsured and employer health surveys indicate that employer sponsored insurance continues to decline.
- The CDC estimates that 75% of U.S. health care spending is on chronic, preventable diseases, so increased primary care access can play an important role in reducing overall spending and promoting wellness.
- Some groups of Ohioans have less access to care than others. Minority populations are more likely to be uninsured.
  - Whites: 17%
  - African Americans: 28%
  - Hispanics: 34%

(Source: Health Policy Institute of Ohio (HPIO), Access to Care, from: <http://www.healthpolicyohio.org/strategic-objectives/access-to-care/>)

- More than half (54%) of Sandusky County adults rated their satisfaction with their overall health care as excellent or very good. 8% of adults rated their satisfaction as fair or poor.
- Adults visited the following places for health care services: doctor's office/HMO clinic/health center (78%), hospital outpatient department (3%), hospital emergency room (3%), urgent care center (2%), and some other kind of place (3%).
- Sandusky County adults had the following issues regarding their healthcare coverage: deductibles were too high (34%), premiums were too high (24%), co-pays were too high (22%), opted out of certain coverage because they could not afford it (8%), high HSA account deductible (7%), could not understand their insurance plan (6%), service not deemed medically necessary (5%), limited visits (5%), working with their insurance company (4%), provider is no longer covered (3%), service is no longer covered (3%), and opted out of certain coverage because they did not need it (2%).
- Adults reported the following issues when using a mental health program in Sandusky County: better quality program outside of Sandusky County (4%), insurance restriction (2%), wait list too long (1%), did not like local program (1%), and confidentiality/anonymity (<1%). 18% of adults did not have any issues when using mental health services in Sandusky County, and 71% did not need mental health services.
- 21% of Sandusky adults had their prescriptions filled at more than one location, increasing to 29% of those over the age of 65.

### Availability of Services

- 12% of Sandusky County adults have looked for a program to assist in care for the elderly (either in-home or out-of-home) for either themselves or a loved one. Of those who looked, 57% looked for in-home care, 14% looked for out-of-home placement, 14% looked for an assisted living program, and 3% looked for day care. 12% of adults looked for multiple types of elderly care.
- Sandusky County adults reported they had looked for the following programs for themselves or a loved one: depression, anxiety or mental health (22%), weight problem (13%), smoking cessation (8%), and alcohol/drug abuse or addiction (3%).

### Sandusky County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Sandusky County adults who have looked but have <b>NOT</b> found a specific program	Sandusky County adults who have looked and have found a specific program
<b>Depression or Anxiety</b> (22% of all adults looked)	12%	88%
<b>Weight Problem</b> (13% of all adults looked)	50%	50%
<b>Smoking Cessation</b> (8% of all adults looked)	37%	63%
<b>Alcohol or Drug Abuse/Addiction</b> (4% of all adults looked)	7%	93%

### Health Care Access and Utilization among Young Adults Aged 19-25

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

(Source: CDC, *Health Care Access and Utilization among Young Adults Aged 19-25*, 2012, [http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young\\_Adults\\_Health\\_Access\\_052012](http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young_Adults_Health_Access_052012))

# Adult | CARDIOVASCULAR HEALTH

## Key Findings

Heart disease (23%) and stroke (6%) accounted for 29% of all Sandusky County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2013 Sandusky County Health Assessment found that 5% of adults had survived a heart attack and 3% had survived a stroke at some time in their life. Nearly one-third (31%) of Sandusky County adults had been diagnosed with high blood pressure, 35% had high blood cholesterol, 35% were obese, and 19% were smokers, four known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- In 2013, 5% of Sandusky County adults reported they had survived a heart attack or myocardial infarction, increasing to 16% of those over the age of 65.
- 5% of Ohio and U.S. adults reported they had survived a heart attack or myocardial infarction in 2011 (Source: 2012 BRFSS).
- 3% of Sandusky County adults reported they had survived a stroke, increasing to 7% of those over the age of 65.
- 3% of Ohio and U.S. adults reported having survived a stroke in 2012 (Source: 2012 BRFSS).
- 8% of adults reported they had angina or coronary heart disease, increasing to 11% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2011 (Source: 2011 BRFSS).

## High Blood Pressure (Hypertension)

- Almost one-third (31%) of adults had been diagnosed with high blood pressure. The 2011 BRFSS reports hypertension prevalence rates of 33% for Ohio and 31% for the U.S.
- 8% of adults were told they were pre-hypertensive/borderline high.
- 90% of adults had their blood pressure checked within the past year.
- Sandusky County adults diagnosed with high blood pressure were more likely to:
  - Have been age 65 years or older (50%)
  - Have been classified as obese by Body Mass Index-BMI (43%)
  - Have rated their overall health as fair or poor (42%)

### Sandusky County Leading Types of Death 2006-2008

**Total Deaths: 1,932**

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

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

### Ohio Leading Types of Death 2006-2008

**Total Deaths: 322,264**

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

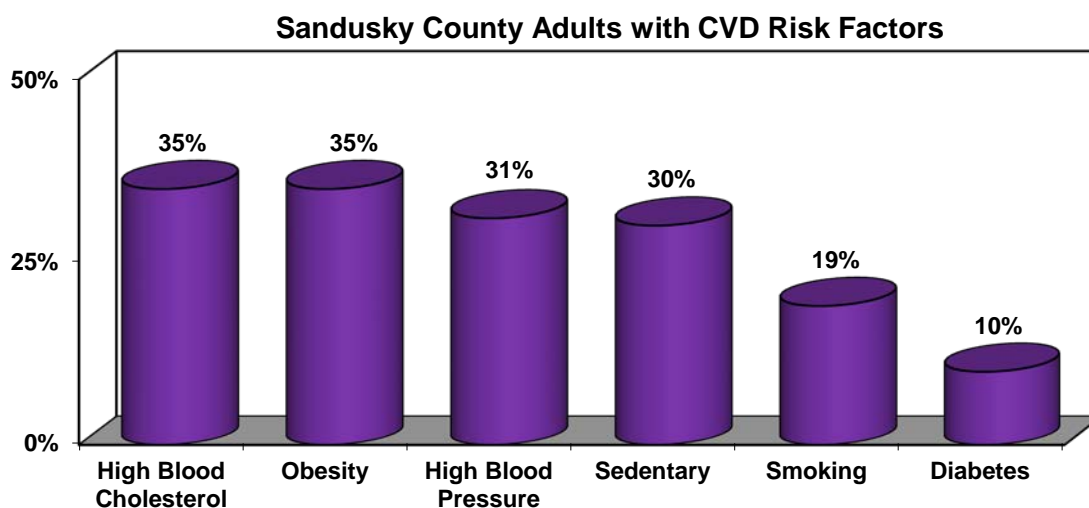
(Source: ODH Information Warehouse, updated 4-15-10)

CARDIOVASCULAR

## High Blood Cholesterol

- More than one-third (35%) of adults had been diagnosed with high blood cholesterol. The 2011 BRFSS reported that 39% of Ohio adults and 38% of U.S. adults have been told they have high blood cholesterol.
- Four-fifths (80%) of adults had their blood cholesterol checked within the past 5 years. The 2011 BRFSS reported 76% of Ohio and U.S. adults had their blood cholesterol checked within the past 5 years.
- Sandusky County adults with high blood cholesterol were more likely to:
  - Have been age 65 years or older (53%)
  - Have been classified as obese by Body Mass Index-BMI (47%)
  - Have rated their overall health as fair or poor (39%)

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



(Source: 2013 Sandusky County Health Assessment)

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Had a heart attack	5%	4%	5%	5%	5%
Had a stroke	3%	4%	3%	3%	3%
Had high blood pressure	37%	34%	31%	33%*	31%*
Had high blood cholesterol	33%	27%	35%	39%*	38%*
Had blood cholesterol checked within past 5 years	N/A	N/A	80%	76%*	76%*

N/A – Not available

\* 2011 BRFSS Data



## Stroke Warning Signs and Symptoms

F.A.S.T. is an easy way to remember the sudden signs and symptoms of a stroke. When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help. This is important because the sooner a stroke victim gets to the hospital, the sooner they'll get treatment. Being prompt can make a remarkable difference in their recovery. F.A.S.T. is:

- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### Beyond F.A.S.T- Other Symptoms to Know

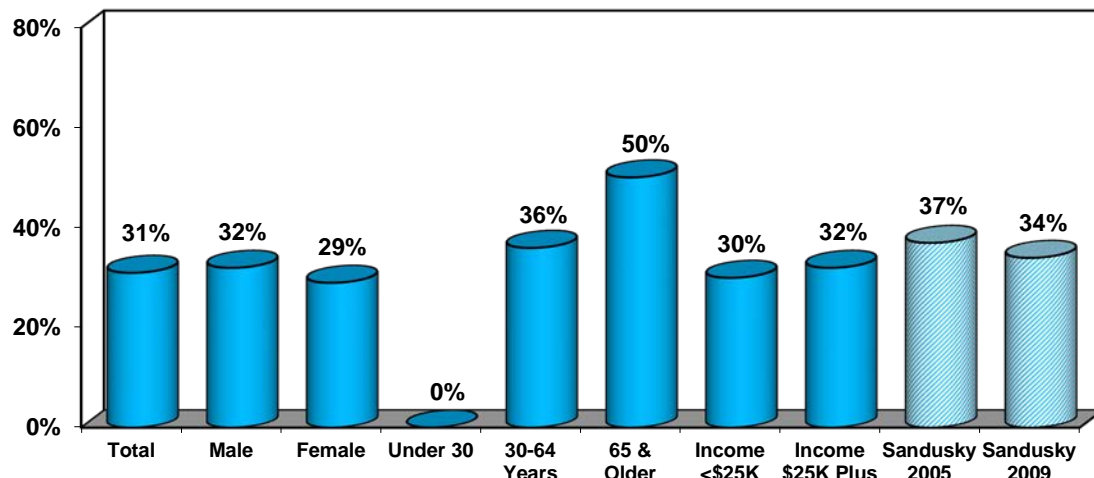
- Sudden confusion or trouble understanding
- Sudden numbness or weakness of the leg or arm
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination



(Source: American Heart Association, Stroke Warning Signs and Symptoms, 2013, [http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp))

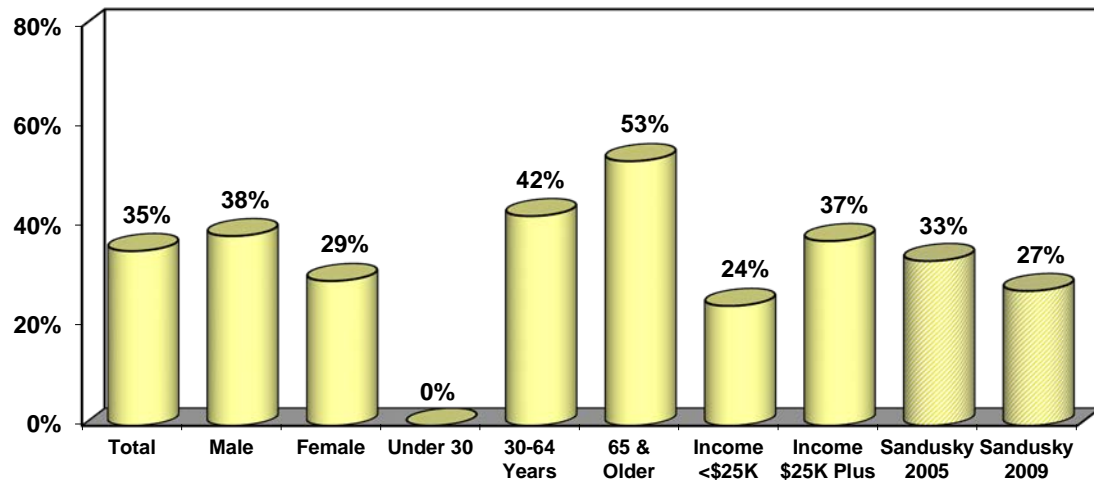
The following graphs show the number of Sandusky County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 31% of all Sandusky County adults have been diagnosed with high blood pressure, 32% of all Sandusky County males, 29% of all females, and 50% of those 65 years and older.

**Diagnosed with High Blood Pressure\***

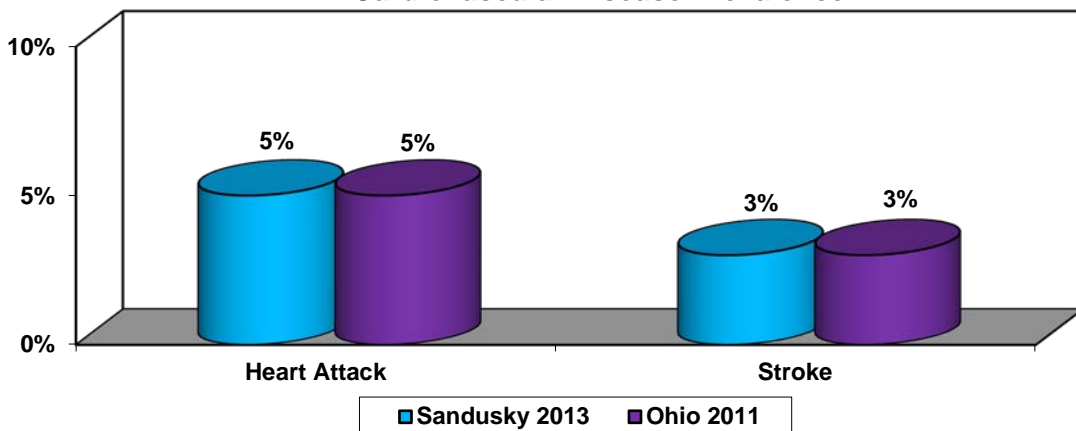


*\*Does not include respondents who indicated high blood pressure during pregnancy only.*

**Diagnosed with High Blood Cholesterol**



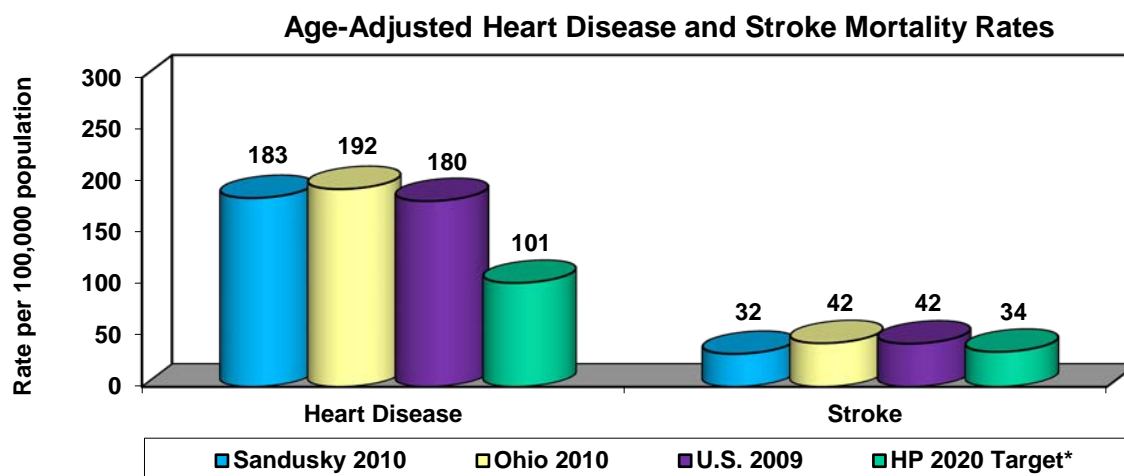
**Cardiovascular Disease Prevalence**



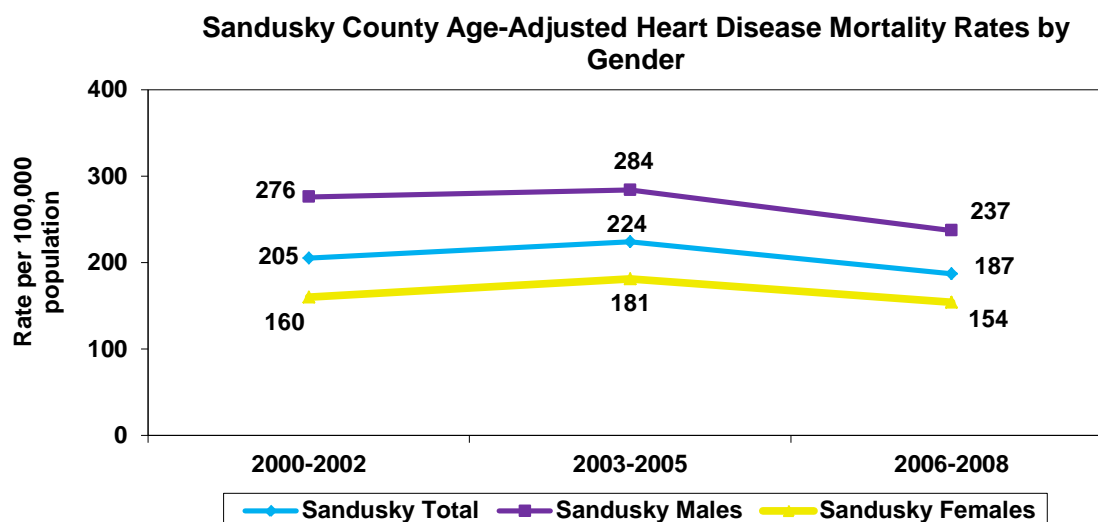
(Source: 2013 Sandusky Health Assessment and 2011 BRFSS)

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

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



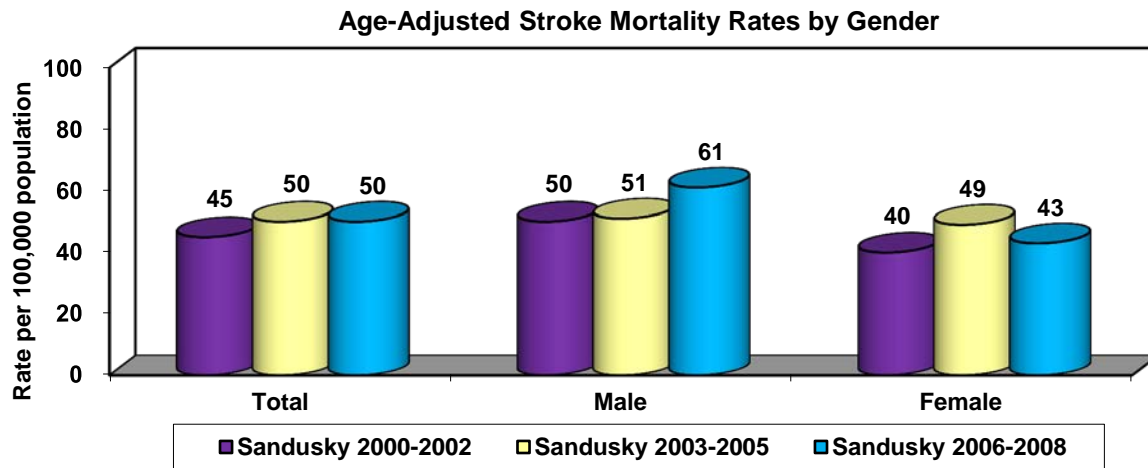
\*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.  
(Source: ODH Information Warehouse, updated 5-23-12, Healthy People 2020)



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

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

- Disparities exist for heart disease mortality rates by gender in Sandusky County.



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

### Healthy People 2020 Objectives Heart Disease and Stroke

Objective	Sandusky Survey Population Baseline	U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	31% (2013)	31% Adults age 18 and older (2011)	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	80% (2013)	76% Adults age 18 & older (2011)	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	35% (2013)	38% Adults age 20 & older with TBC>240 mg/dl (2011)	14%

\*All U.S. figures age-adjusted to 2000 population standard.  
(Source: Healthy People 2020, 2011 BRFSS, 2013 Sandusky County Health Assessment)

# Adult | CANCER

## Key Findings

*In 2013, 18% of Sandusky County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 1,278 Sandusky County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.*

### Sandusky County Incidence of Cancer, 2005-2009

#### All Types: 336 cases

- Breast: 50 cases (15%)
- Lung and Bronchus: 50 cases (15%)
- Prostate: 39 cases (12%)
- Colon and Rectum: 38 cases (11%)

**In 2010, there were 151 cancer deaths in Sandusky County.**

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

***18% of Sandusky County adults had been diagnosed with cancer at some time in their life.***

## Adult Cancer

- 18% of Sandusky County adults were diagnosed with cancer at some point in their lives.
- Of those diagnosed with cancer, they reported the following types: other skin cancer (36%), breast (15%), cervical (15%), prostate (12%), melanoma (5%), endometrial (4%), ovarian (4%), colon (4%), lung (4%), non-Hodgkin's lymphoma (3%), leukemia (1%), pharyngeal (1%), rectal (1%), stomach (1%), bladder (1%), and other types of cancer (8%).

## Cancer Facts

- The Ohio Department of Health (ODH) vital statistics indicate that from 2000-2008, cancers caused 23% (1,278 of 5,625 total deaths) of all Sandusky County resident deaths. The largest percent (28%) of cancer deaths were from lung and bronchus cancer *(Source: ODH Information Warehouse)*.
- The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectal, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia. The 2013 health assessment project has determined that 19% of Sandusky County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

***A current smoker is defined as someone who has smoked over 100 cigarettes in their lifetime and currently smokes some or all days.***

# CANCER

## Lung Cancer

- The Ohio Department of Health reports that lung cancer (n=210) was the leading cause of male cancer deaths from 2000-2008 in Sandusky County. Prostate cancer caused 68 male deaths and colorectal cancer caused 63 male deaths during the same time period.
- In Sandusky County, 17% of male adults were current smokers<sup>1</sup> and 56% of them had stopped smoking for one or more days in the past 12 months because they were trying to quit (*Source: 2013 Sandusky County Health Assessment*).
- ODH reports that lung cancer was the leading cause of female cancer deaths (n=142) in Sandusky County from 2000-2008 followed by breast (n=112) and colon & rectum (n=73) cancers.
- Approximately 20% of female adults in the county were current smokers<sup>1</sup> and 61% had stopped smoking for one or more days in the past 12 months because they were trying to quit (*Source: 2013 Sandusky County Health Assessment*).
- According to the American Cancer Society, smoking causes 87% of lung cancer deaths in the U.S. The risk of developing lung cancer is about 23 times higher in male smokers and 13 times higher in female smokers, compared to lifelong nonsmokers (*Source: American Cancer Society, Facts & Figures 2013*).

***17% of Sandusky County male adults and 20% of female adults were current smokers.***

## Breast Cancer

- In 2013, 47% of Sandusky County females reported having had a clinical breast examination in the past year.
- 56% of Sandusky 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 2013*).
- For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended beginning at age 40 (*Source: American Cancer Society, Facts & Figures 2013*).

***More than half (56%) of Sandusky County females over the age of 40 had a mammogram in the past year.***

## Colon and Rectum Cancer

- The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, rectum, anus (anal canal & anorectum), liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 21% of all cancer deaths in Sandusky 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; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; long-term smoking; and possibly very low intake of fruits and vegetables.
- In the U.S., 90% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2013, 66% of Sandusky County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life and 51% had been screened in the past 5 years

*The leading types of cancer diagnoses for Sandusky County adults were: other skin cancers (36%), breast (15%), cervical (15%), and prostate (12%).*

## Prostate Cancer

- The Ohio Department of Health statistics indicate that prostate cancer deaths accounted for 11% of all male cancer deaths from 2000-2008 in Sandusky County.
- Incidence rates for prostate cancer are 70% higher in African Americans than in whites and are twice as likely to die of prostate cancer. In addition, about 60% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older. Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. Prostate cancer is more common in North America and Northwestern Europe than in Asia and South America (Source: American Cancer Society, Facts & Figures 2013).

### 2013 Cancer Estimations

- In 2013, about 1,660,290 new cancer cases were expected to be diagnosed.
- The World Cancer Research Fund estimates that about one-quarter to one-third of the new cancer cases expected in the U.S. in 2013 were related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 580,350 Americans were expected to die of cancer in 2013.
- In 2013, about 174,100 cancer deaths were caused by tobacco use.
- In Ohio, 66,610 new cases of cancer were expected, and 25,130 cancer deaths were expected.
- The Ohio female new breast cancer cases were expected to be 9,060.
- About 15% of all new cancer cases in Ohio were expected to be from lung & bronchus cancers.
- About 5,890 (9%) of all new cancer cases in Ohio were expected to be from colon & rectum cancers.
- The Ohio male, new prostate cancer cases were expected to be 8,530 (13%).

(Source: American Cancer Society, Facts and Figures 2013,

<http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-036845.pdf>)

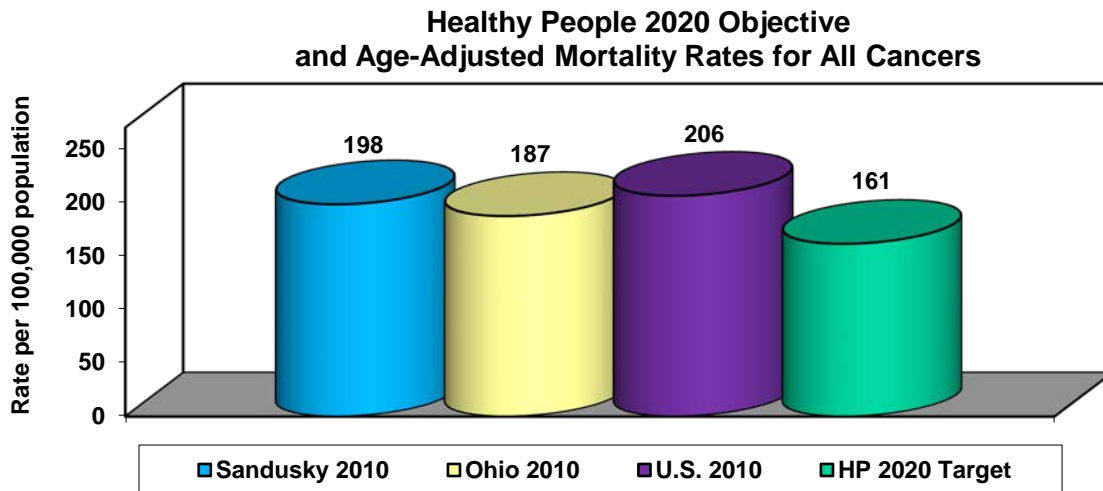


**Sandusky County Cancer Deaths  
2000-2008**

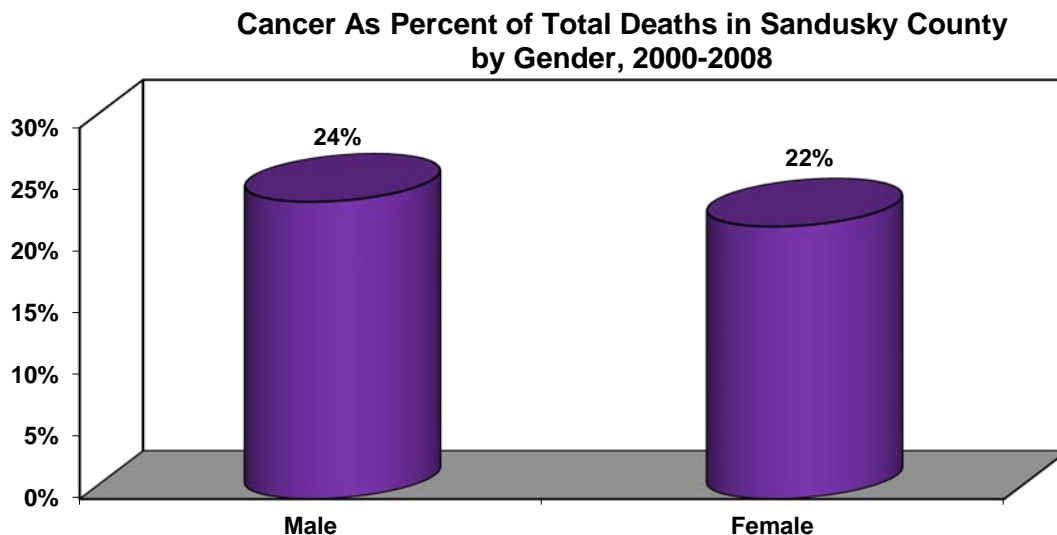
Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	352	28%
Other/Unspecified	155	12%
Colon, Rectum & Anus	136	11%
Breast	113	9%
Prostate	68	5%
Pancreas	65	5%
Leukemia	51	4%
Non-Hodgkins Lymphoma	50	4%
Bladder	43	3%
Esophagus	38	3%
Ovary	30	2%
Brain and CNS	29	2%
Cancer and Corpus Uteri	27	2%
Kidney and Renal Pelvis	24	2%
Multiple Myeloma	21	2%
Liver and Bile Ducts	17	1%
Larynx	14	1%
Stomach	13	1%
Melanoma of Skin	12	< 1%
Lip, Oral Cavity & Pharynx	11	< 1%
Cancer of Cervix Uteri	7	< 1%
Hodgkins Disease	2	< 1%
Total	1,278	100%

The following graphs show the Sandusky County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2020 objective and cancer as a percentage of total deaths by gender. The graph indicates:

- When age differences are accounted for, Sandusky County had a higher cancer mortality rate than Ohio and the Healthy People 2020 target objective, but a lower rate than the U.S.
- The percentage of Sandusky County males who died from all cancers is higher than the percentage of Sandusky County females who died from all cancers.



(Source: ODH Information Warehouse, updated 5-23-12; Healthy People 2020, 2013 Sandusky County Health Assessment)



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

# Adult | DIABETES

## Key Findings

In 2013, 10% of Sandusky County adults had been diagnosed with diabetes.

## Diabetes

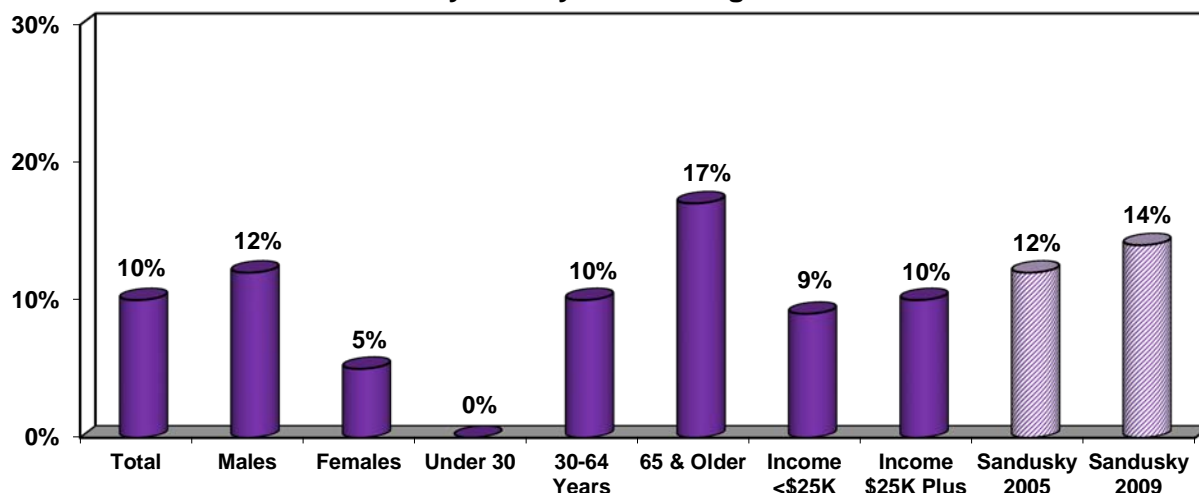
- The 2013 health assessment project has identified that 10% of Sandusky County adults had been diagnosed with diabetes, increasing to 17% of those over the age of 65. The 2012 BRFSS reports an Ohio prevalence of 13% and 11% for the U.S.
- 6% of adults had been diagnosed with pre-diabetes.
- More than one-third (34%) of adults with diabetes rated their health as fair or poor.
- Sandusky County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 84% were obese or overweight
  - 73% had been diagnosed with high blood cholesterol
  - 70% had been diagnosed with high blood pressure

### Diabetes Facts

- Diabetes is a serious health condition that has continued to increase in Ohio.
- The estimated adult prevalence of diagnosed diabetes in Ohio from 2000-2009 has grown considerably (37%).
- If current trends continue as they have nationally, 1 in 3 Ohioans will develop diabetes sometime in their lifetime, and those with diabetes will lose an average of 10 -15 years of potential life.
- Diabetes can lead to serious health-related complications such as cardiovascular disease, blindness, kidney failure and non-traumatic lower extremity amputations among adults.
- Adults in Ohio with diabetes are 2 to 4 times more likely to have a heart attack or stroke than those without diabetes.

(Source: ODH, Ohio Diabetes 2010 Fact Sheet, <http://www.healthyohioprogram.org/~media/ODH/ASSETS/Files/hpr/diabetes%20prevention%20and%20control/ohiosdiabetesfactsheet.ashx>)

**Sandusky County Adults Diagnosed with Diabetes**



Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Diagnosed with diabetes	11%	12%	10%	13%	11%

## Diabetes Symptoms

Many people with type 2 diabetes never show any signs, but some people do show symptoms caused by high blood sugar. The most common symptoms of type 2 diabetes are:

### TYPE 1 DIABETES

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### TYPE 2 DIABETES

- Any of the type 1 symptoms
- Blurred vision
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections
- Cuts/bruises that are slow to heal
- Frequent infections

(Source: American Diabetes Association, *Diabetes Basics, Symptoms*, <http://www.diabetes.org/diabetes-basics/symptoms/>)

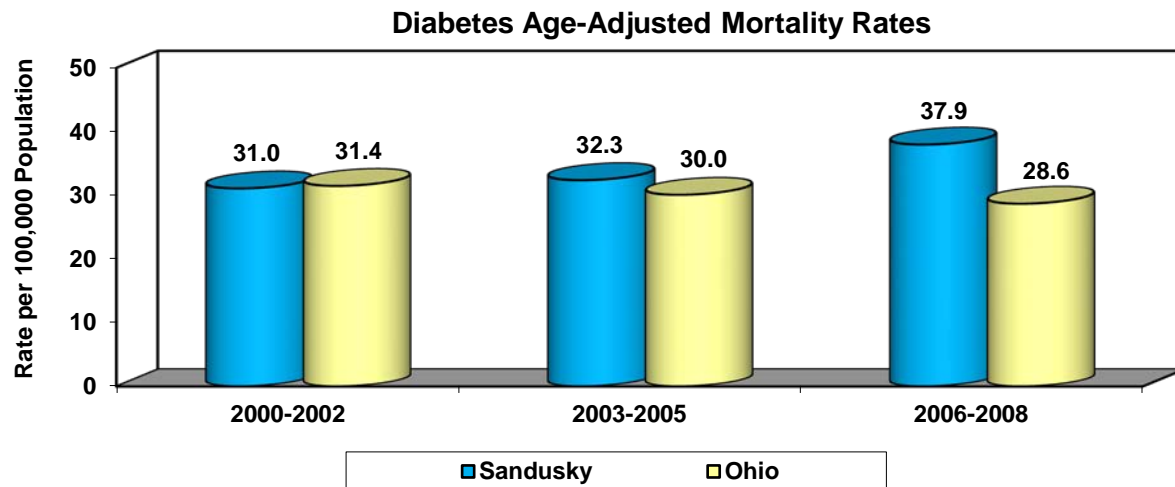
## Who is at Greater Risk for Type 2 Diabetes

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight or obese
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g. Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

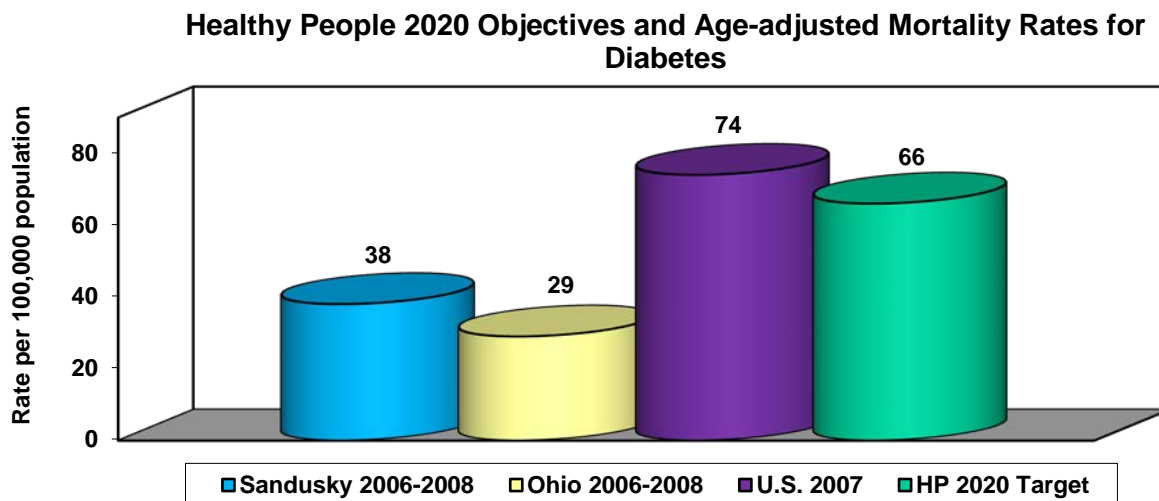
(Source: American Diabetes Association, *Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes*, <http://www.diabetes.org/diabetes-basics/prevention/risk-factors>)

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

- Sandusky County's age-adjusted diabetes mortality rate increased from 2000 to 2008.
- From 2006 to 2008, both Sandusky County and Ohio's age-adjusted diabetes mortality rates were less than the national rate and the Healthy People 2020 target objective.



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



(Source: ODH Information Warehouse, updated 4-15-10 and Healthy People 2020, CDC)

# Adult | ARTHRITIS

## Key Findings

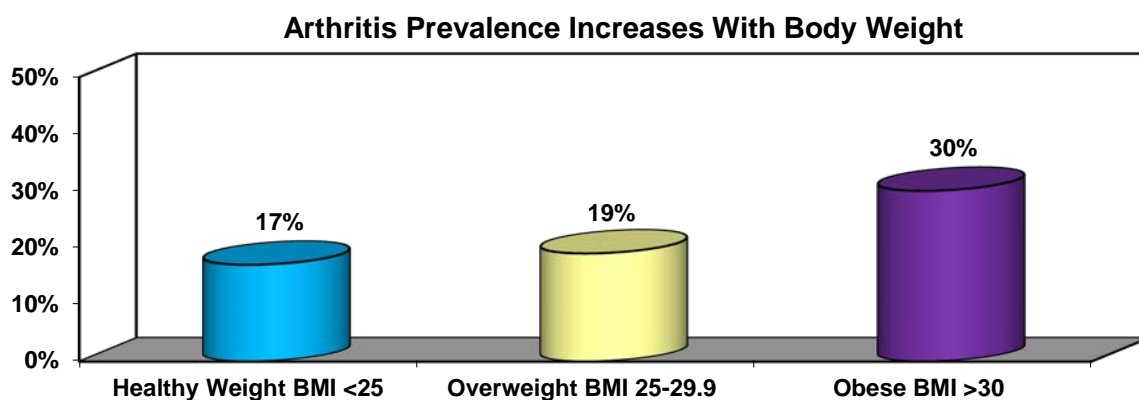
According to the Sandusky County survey data, 38% of Sandusky County adults were diagnosed with arthritis. According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.

**38% of Sandusky County adults were told by a health professional that they had some form of arthritis, increasing to 64% of those over the age of 65.**

## Arthritis

- More than one-third (38%) of Sandusky County adults were told by a health professional that they had some form of arthritis, increasing to 64% of those over the age of 65.
- According to the 2012 BRFSS, 30% of Ohio adults and 26% of U.S. adults were told they have arthritis.
- Sandusky County adults were told by a health professional they had the following: fibromyalgia (5%), gout (5%), rheumatoid arthritis (5%), and lupus (1%).
- An estimated 50 million U.S. adults (about 1 in 5) have doctor diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work (Source: CDC, *Arthritis at a Glance 2012*).
- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have an occupation associated with arthritis, are overweight or obese, and/or have joint injuries or infections (Source: CDC).

# ARTHRITIS

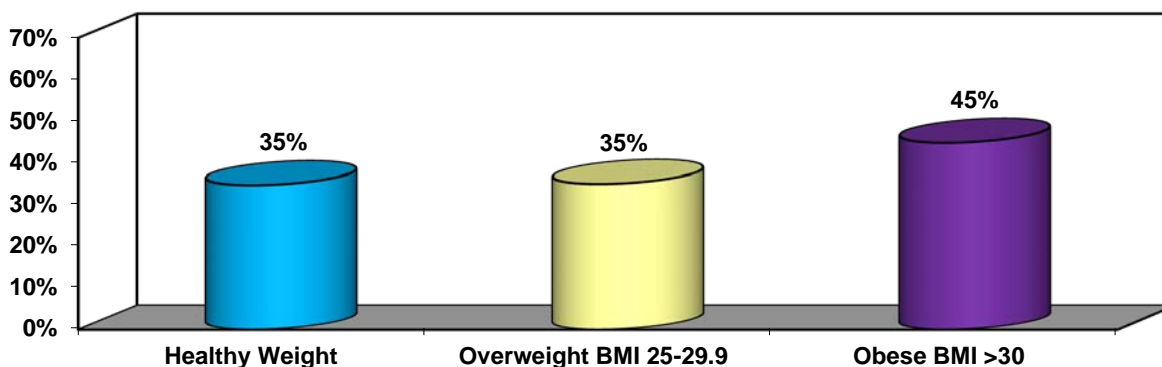


(Source for graph: CDC Arthritis, Morbidity and Mortality Weekly Report 2010; 59(39):1261-1265)

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Diagnosed with arthritis	34%	34%	38%	30%	26%

*45% of Sandusky County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 53% were limited because of arthritis.*

#### Arthritis-Attributable Activity Limitations Increase with Weight in the U.S.



(Source for graph: CDC Arthritis, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003)

#### Arthritis: Key Public Health Messages

Early diagnosis of arthritis and self-management activities can help people decrease their pain, improve function, and stay productive.

Key self-management activities include the following:

- **Be Active** –Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 5 days a week. You can get activity in 10-minute intervals.
- **Watch your weight** –The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence (incidence) of new knee osteoarthritis and a modest weight loss can help reduce pain and disability.
- **See your doctor** –Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition.
- **Protect your joints** –Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

(Source: Centers for Disease Control and Prevention, Arthritis: Key Public Health Messages, [www.cdc.gov/arthritis/basics/key.htm](http://www.cdc.gov/arthritis/basics/key.htm), updated September 2011)



# Adult | WEIGHT STATUS

## Key Findings

The 2013 Health Assessment identified that 64% of Sandusky County adults were overweight or obese based on Body Mass Index (BMI). The 2012 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. More than one-third (35%) of Sandusky County adults were obese. More than two-fifths (42%) of adults were trying to lose weight.

## Adult Weight Status

- In 2013, the health assessment indicated that nearly two-thirds (64%) of Sandusky County adults were either overweight (29%) or obese (35%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (42%) of adults were trying to lose weight, 34% were trying to maintain their current weight or keep from gaining weight, and 2% were trying to gain weight.
- Sandusky County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (45%), exercised (44%), ate a low-carb diet (10%), used a weight loss program (5%), smoked cigarettes (5%), took diet pills, powders or liquids without a doctor's advice (4%), participated in a prescribed dietary or fitness program (3%), went without eating 24 or more hours (2%), took prescribed medications (1%), and vomited or took laxatives (<1%).

*35% of Sandusky County adults are obese.*

## Physical Activity

- In Sandusky County, 52% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 25% of adults were exercising 5 or more days per week. Nearly one-third (30%) of adults were not participating in any physical activity in the past week, including 5% who were unable to exercise.
- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity for Everyone*).

*In Sandusky County, 52% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.*

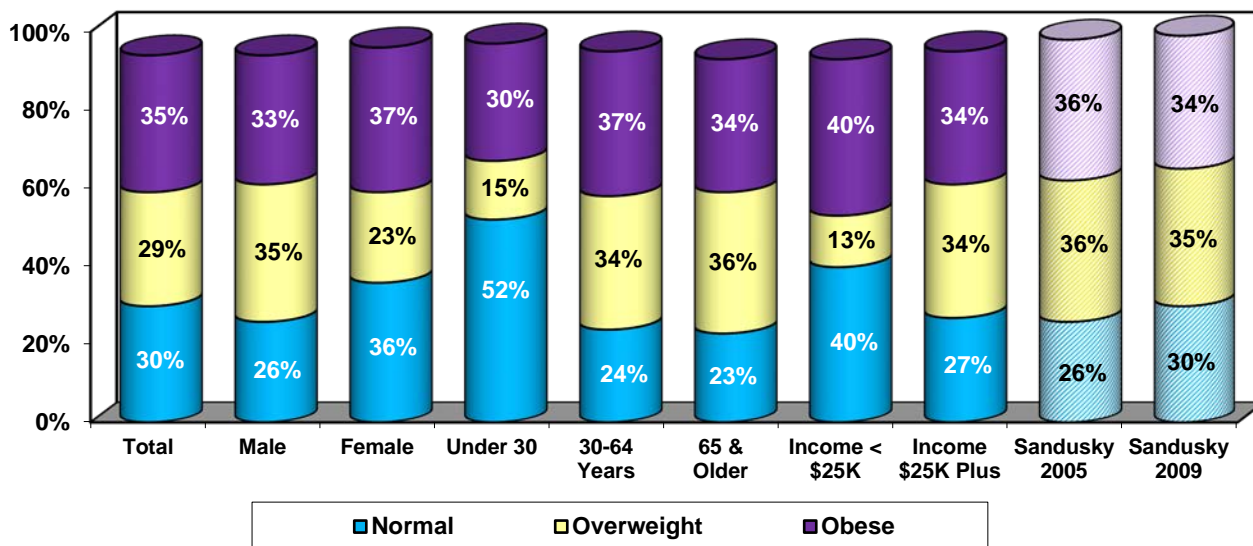
## Nutrition

- In 2013, 7% of adults were eating 5 or more servings of fruits and vegetables per day. 86% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- Sandusky County adults purchased their fruit and vegetables from the following places: large grocery store (72%), local grocery store (43%), Farmer's Market (41%), restaurants (9%), food pantry (2%), and other places (9%).
- Adults reported the following barriers to consuming fruits and vegetables: too expensive (18%), did not like the taste (6%), transportation (4%), did not know how to prepare (3%), no variety (2%), did not take EBT (1%), and other barriers (1%).

*More than two-fifths (42%) of Sandusky County adults were trying to lose weight.*

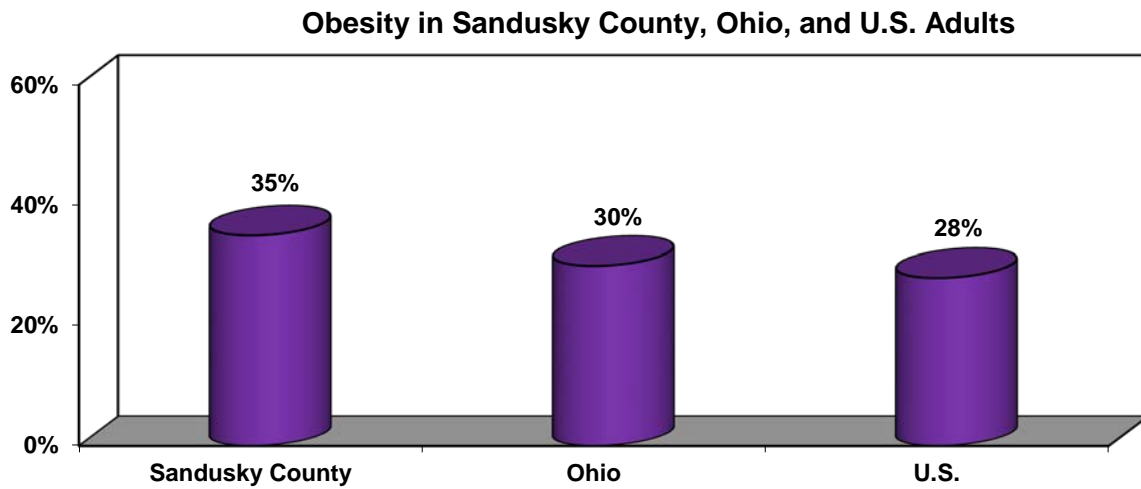
The following graphs show the percentage of Sandusky County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 30% of all Sandusky County adults were classified as normal weight, 29% were overweight, and 35% were obese.

**Sandusky County Adult BMI Classifications**



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

The following graph shows the percentage of Sandusky County adults who are obese compared to Ohio and U.S.



(Source: 2013 Sandusky County Health Assessment and 2012 BRFSS)

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Obese	36%	34%	35%	30%	28%
Overweight	36%	35%	29%	35%	36%

### Obesity Facts

- More than one-third of U.S. adults (35.7%) are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- Persons who are obese have medical costs that are \$1,429 higher than those who are normal weight.
- No state has an obesity rate less than 15%, the national goal.

(Source: CDC, Adult Obesity Facts, updated August 13, 2012, <http://www.cdc.gov/obesity/data/adult.html>)

# Adult | TOBACCO USE

## Key Findings

*In 2013, 19% of Sandusky County adults were current smokers and 26% were considered former smokers. In 2013, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, and by 2030, this number is expected to increase to 8 million. (Source: Cancer Facts & Figures, American Cancer Society, 2013)*

***In 2013, 19% of Sandusky County adults were current smokers.***

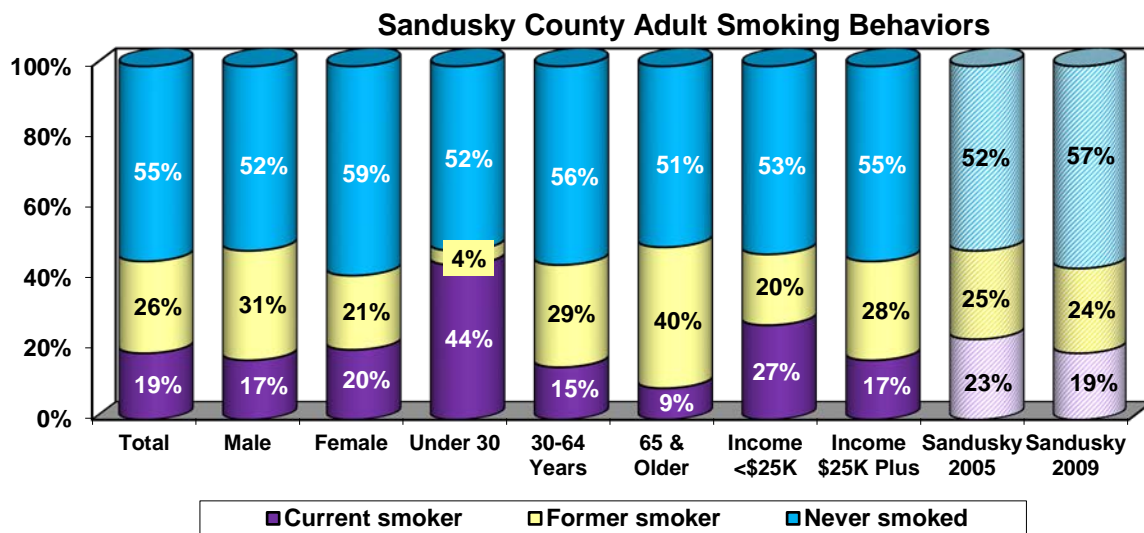
## Adult Tobacco Use Behaviors

- The 2013 health assessment identified that nearly one-in-five (19%) Sandusky County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2012 BRFSS reported current smoker prevalence rates of 23% for Ohio and 20% for the U.S.
- More than one-quarter (26%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2012 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.
- Sandusky County adult smokers were more likely to:
  - Have been a member of an unmarried couple (82%)
  - Have been under the age of 30 (44%)
  - Have rated their overall health as poor (43%)
  - Have incomes less than \$25,000 (27%)
- Sandusky County adults used the following tobacco products in the past year: cigarettes (27%), e-cigarettes (7%), cigars (5%), chewing tobacco (5%), snuff (4%), Black and Milds (4%), little cigars (3%), snus (2%), swishers (2%), cigarillos (1%), flavored cigarettes (1%), pipes (1%), hookah (1%), and bidis (<1%).
- 60% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- 14% of Sandusky County adults reported that someone had smoked cigarettes, cigars or pipes inside their home in the past month.

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Current smoker	23%	19%	19%	23%	20%
Former smoker	25%	24%	26%	25%	25%
Tried to quit smoking	54%	41%	60%	N/A	N/A

N/A – Not available

The following graph shows the percentage of Sandusky County adults who used tobacco. Examples of how to interpret the information include: 19% of all Sandusky County adults were current smokers, 26% of all adults were former smokers, and 55% had never smoked.



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

*60% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.*

### Smoke-Free Living: Benefits & Milestones

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

- In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
- After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
- After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
- After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduce your risk of infection.
- One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.
- Five to 15 years after quitting smoking, a person's risk of stroke is similar to that of a nonsmoker.
- After 10 years of smoke-free living, your lung cancer death rate is about half that of a person who has continued to smoke. The risk of other cancers, such as throat, mouth, esophagus, bladder, cervix and pancreas decreases too.

(Source: AHA, Smoke-free Living: Benefits & Milestones, 2012, from:  
[http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp))

## Flavored Cigar Smoking among U.S. Adults

Cigars contain the same toxic and cancer-causing chemicals found in cigarettes; they are not a safe alternative to cigarettes. Health consequences of regular cigar smoking can include cancers of the lung, larynx, oral cavity, and esophagus. Those who inhale cigar smoke and who smoke multiple cigars a day are also at increased risk for developing heart disease and COPD.

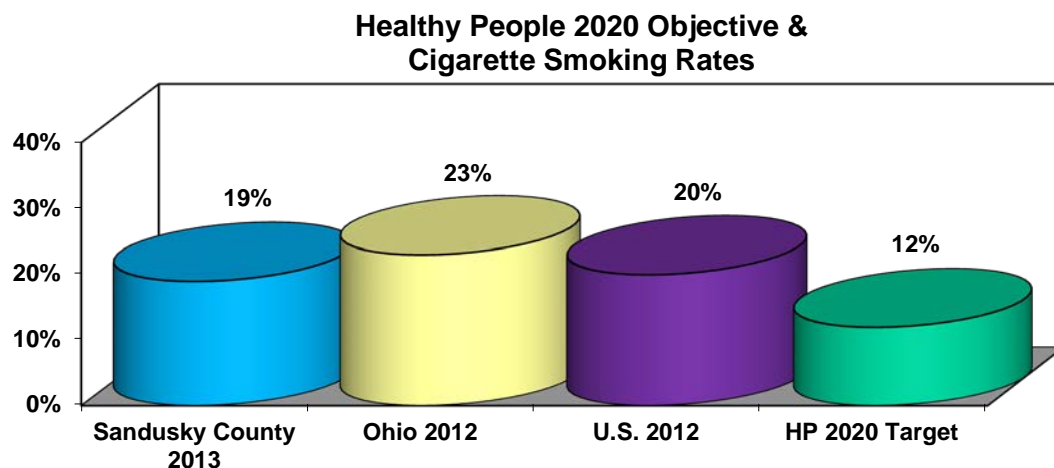
- From 2009-2010, 6.6% of adults in the U.S. smoke cigars and 2.8% smoke flavored cigars.
- Nearly 43% of all adult cigar smokers in the U.S. report using flavored cigars.
- More than 57% of cigar smokers in the 18-24 year-old age group, say they smoke flavored cigars.
- Flavored cigar smoking was more common among those with a Graduate Equivalency Degree (GED) (65%), and those with annual household income under \$20,000 (52%).
- Flavored cigar use was higher among Hispanic cigar smokers (62%); higher among female cigar smokers (61%); and higher among Lesbian, Gay, Bisexual, Transgendered (LGBT) cigar smokers (67%).

(Source: Nicotine & Tobacco Research, "Flavored Cigar Smoking Among U.S. Adults: Findings From the 2009-2010 National Adult Tobacco Survey," published August 27, 2012)

*26% of Sandusky County adults indicated that they were former smokers.*

The following graph shows Sandusky County, Ohio, and U.S. adult cigarette smoking rates. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. This graph shows:

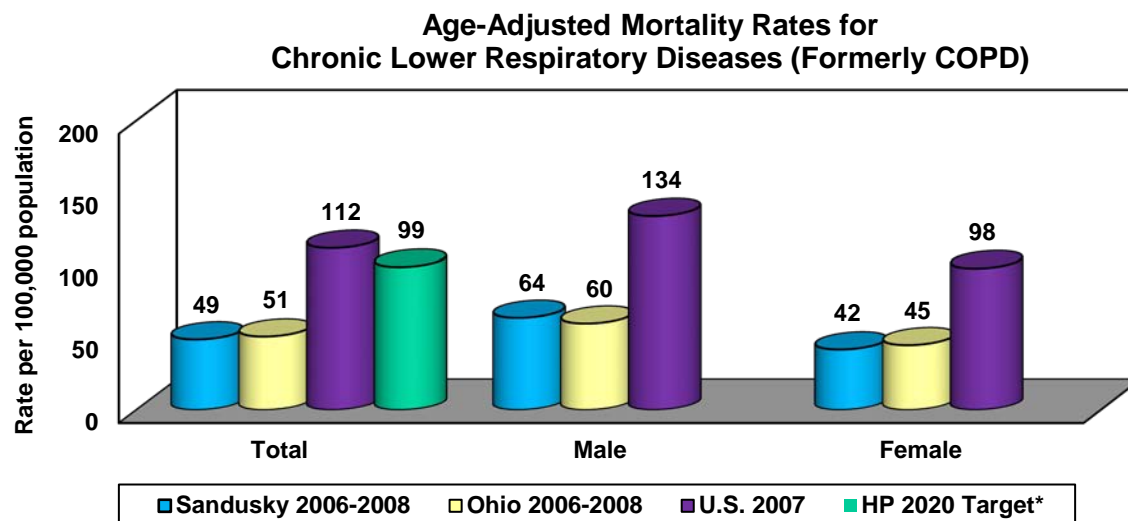
- Sandusky County adult cigarette smoking rate was lower than the Ohio and U.S. rates, and higher than the Healthy People 2020 Goal.



(Source: 2013 Sandusky County Health Assessment, 2012 BRFSS and Healthy People 2020)

The following graphs show Sandusky County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objectives and the percentage of Sandusky County and Ohio mothers who smoked during pregnancy. These graphs show:

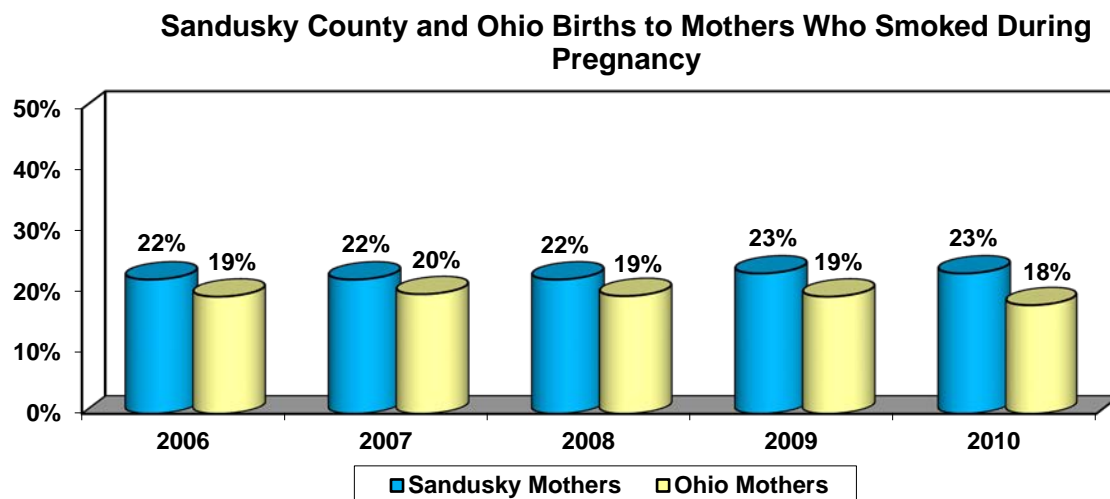
- From 2006-2008, Sandusky County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was lower than the Ohio rate, the U.S. rate and the Healthy People 2020 target objective.
- From 2006-2010 the percentage of mothers who smoked during pregnancy in Sandusky County was higher than the Ohio rate.



(Source: ODH Information Warehouse and Healthy People 2020)

\* Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

\*\*HP2020 does not report different goals by gender.

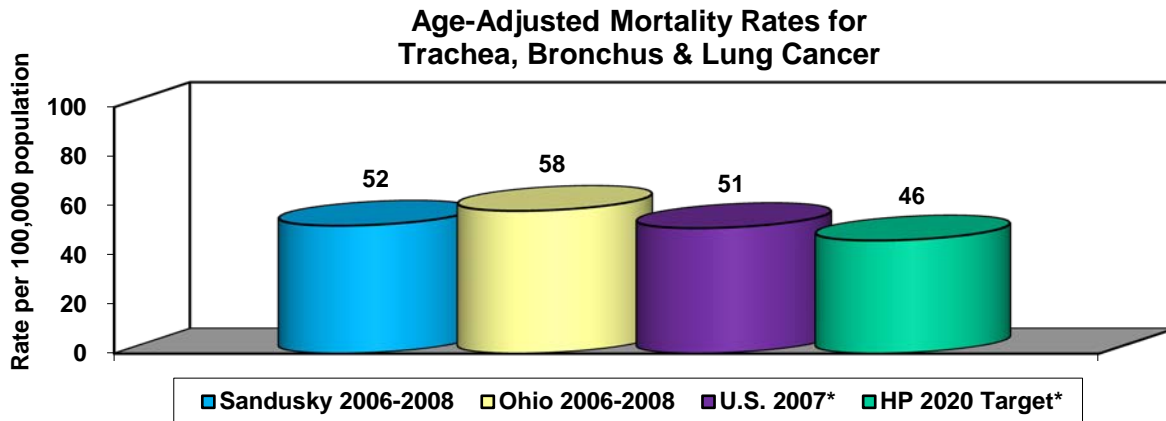


(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2006-2010)

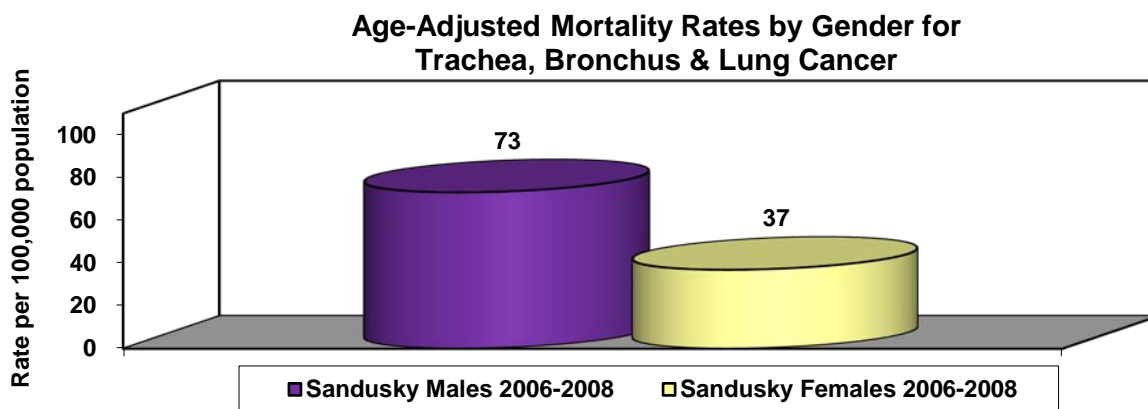


The following graphs show Sandusky County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for trachea, bronchus and lung cancers in comparison with the Healthy People 2020 objectives and Sandusky County mortality rates by gender. These graphs show:

- Disparities existed by gender for Sandusky County trachea, bronchus, and lung cancer age-adjusted mortality rates, as well as chronic lower respiratory disease mortality rates.
- The 2006-2008 Sandusky male rates were higher than the Sandusky female rates in both cases.



*\*Healthy People 2020 Target and U.S. 2007 data are for lung cancer only  
(Source: Healthy People 2020, ODH Information Warehouse, updated 4-15-10)*



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

### U.S. Adult Smoking Facts

- The percentage of American adults who smoke decreased from (20.9%) in 2005 to (19.3%) in 2010.
- About 1 in 5 (46.6 million) adults still smoke.
- 443,000 Americans die of smoking or exposure to secondhand smoke each year.
- More men (about 22%) than women (about 17%) smoke.
- Adults living below poverty level (29%) are more likely to smoke than adults living at or above poverty level (18%).
- Smoking rates are higher among people with a lower education level.

*(Source: CDC, Vital Signs, Tobacco Use: Smoking & Secondhand Smoke, September 2011, <http://www.cdc.gov/VitalSigns/AdultSmoking/#LatestFindings>)*



# Adult | ALCOHOL CONSUMPTION

## Key Findings

In 2013, the Health Assessment indicated that 17% of Sandusky County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 4% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Eight percent of adults drove after having perhaps too much to drink.

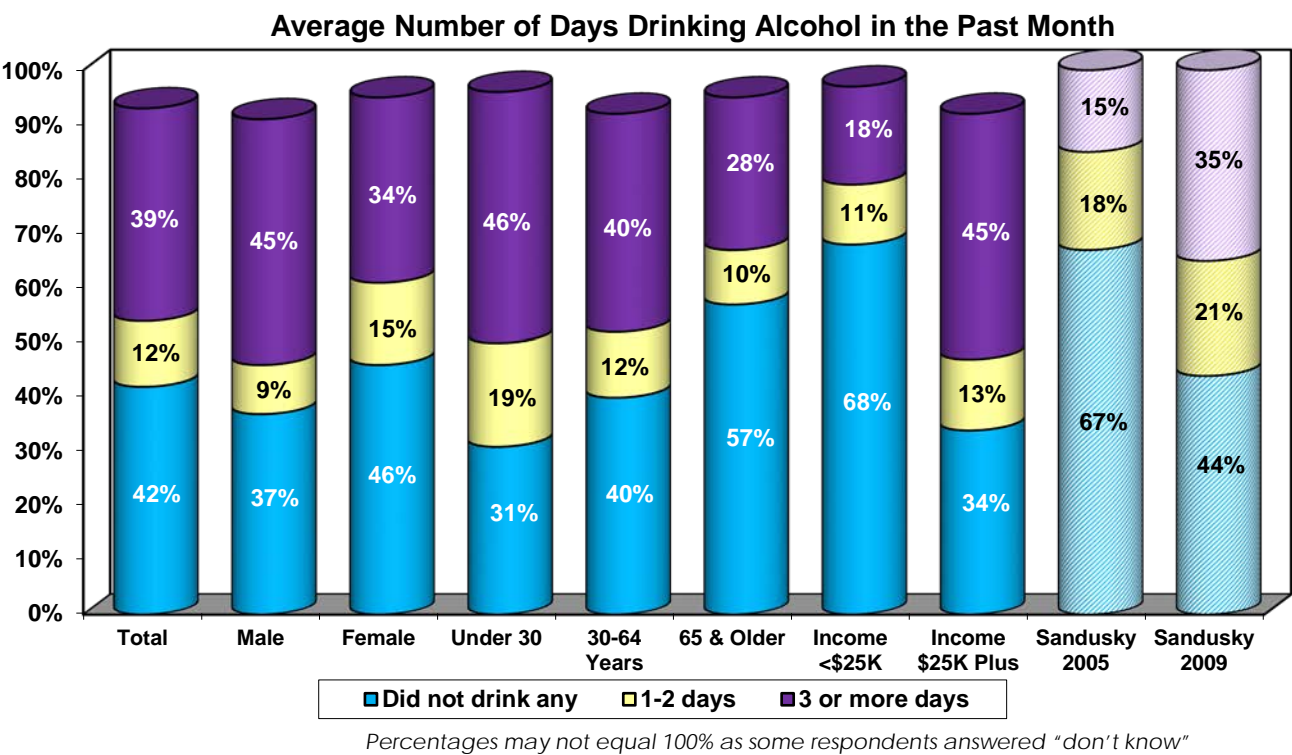
**51% of Sandusky County adults had at least one alcoholic drink in the past month.**

## Adult Alcohol Consumption

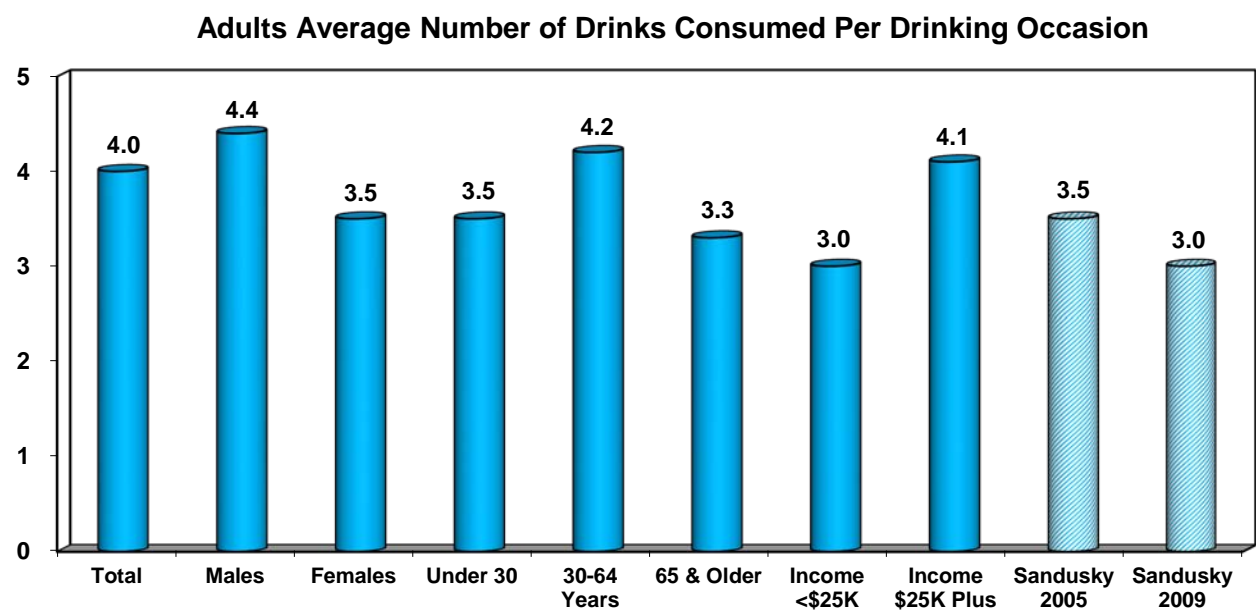
- In 2013, 51% of the Sandusky County adults had at least one alcoholic drink in the past month, increasing to 58% of those with incomes more than \$25,000 and 65% of those under the age of 30. The 2012 BRFSS reported current drinker prevalence rates of 54% for Ohio and 55% for the U.S.
- One in six (17%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Sandusky County adults drank 4.0 drinks on average, increasing to 4.4 drinks for males.
- Almost one-quarter (22%) Sandusky County adults were considered binge drinkers. The 2012 BRFSS reported binge drinking rates of 18% for Ohio and 17% for the U.S.
- 43% of those current drinkers reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers by definition.
- 8% of adults reported driving after having perhaps too much to drink, increasing to 11% of those with incomes less than \$25,000.
- Sandusky County adults experienced the following in the past six months: drank more than they expected (6%), spent a lot of time drinking (2%), drank more to get the same effect (2%), tried to quit or cut down but could not (1%), gave up other activities to drink (1%), drank to ease withdrawal symptoms (1%), failed to fulfill duties at home or work (1%), and continued to drink despite problems caused by drinking (1%).

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Drank alcohol at least once in past month	33%	56%	51%	54%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	18%	21%	22%	18%	17%

The following graphs show the percentage of Sandusky County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 42% of all Sandusky County adults did not drink alcohol, 37% of Sandusky County males did not drink, and 46% of adult females reported they did not drink.

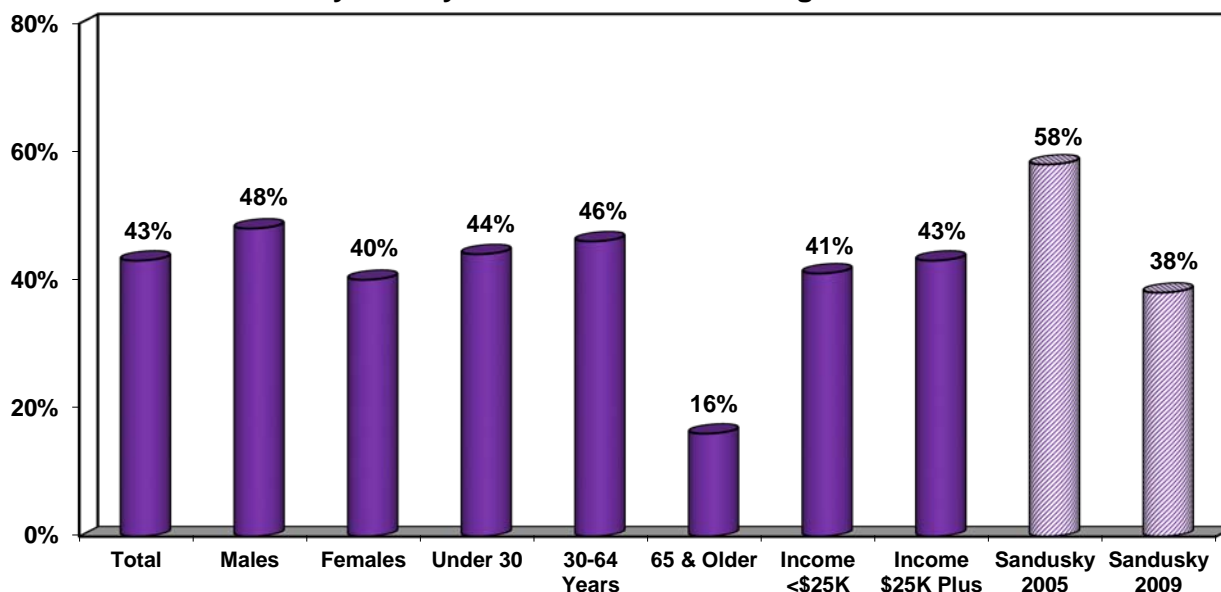


*17% of Sandusky County adults were considered frequent drinkers (drank on an average of three or more days per week).*



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

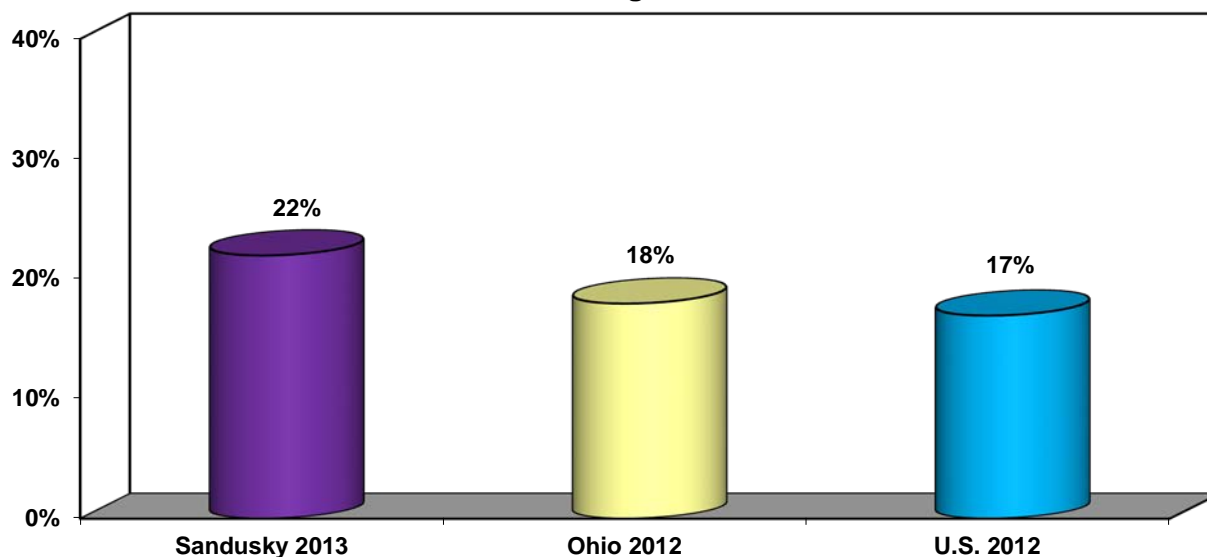
**Sandusky County Adult Drinkers Who Binge Drank in Past Month\***



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

*8% of Sandusky County adults reported driving after having perhaps too much to drink.*

**Adult Binge Drinkers\***



*(Source: 2012 BRFSS, 2013 Sandusky County Health Assessment)*

*\*Based on all adults. Binge drinking is defined as males having five or more drinks on an occasion, females having four or more drinks on one occasion.*

The following table shows the city of Fremont, Sandusky County, and Ohio motor vehicle accident statistics. The table shows:

- 50% of all fatal crashes in Sandusky County were alcohol-related compared to 42% in Ohio.

	City of Fremont 2012	Sandusky County 2012	Ohio 2012
Total Crashes	404	1,692	286,448
Alcohol-Related Total Crashes	8	61	12,518
Fatal Crashes	0	6	1,024
Alcohol-Related Fatal Crashes	0	3	431
Alcohol Impaired Drivers in Crashes	N/A	61	12,370
Injury Crashes	89	343	71,972
Alcohol-Related Injury Crashes	3	23	5,312
Property Damage Only	315	1,343	213,452
Alcohol-Related Property Damage Only	5	35	6,775
Deaths	0	6	1,122
Alcohol-Related Deaths	0	3	470
Total Non-Fatal Injuries	136	511	104,964
Alcohol-Related Injuries	4	36	7,576

N/A – Not available

(Source: Ohio Department of Public Safety, Crash Reports, Updated 7/22/2013, Traffic Crash Facts)

## Caffeinated Alcoholic Beverages

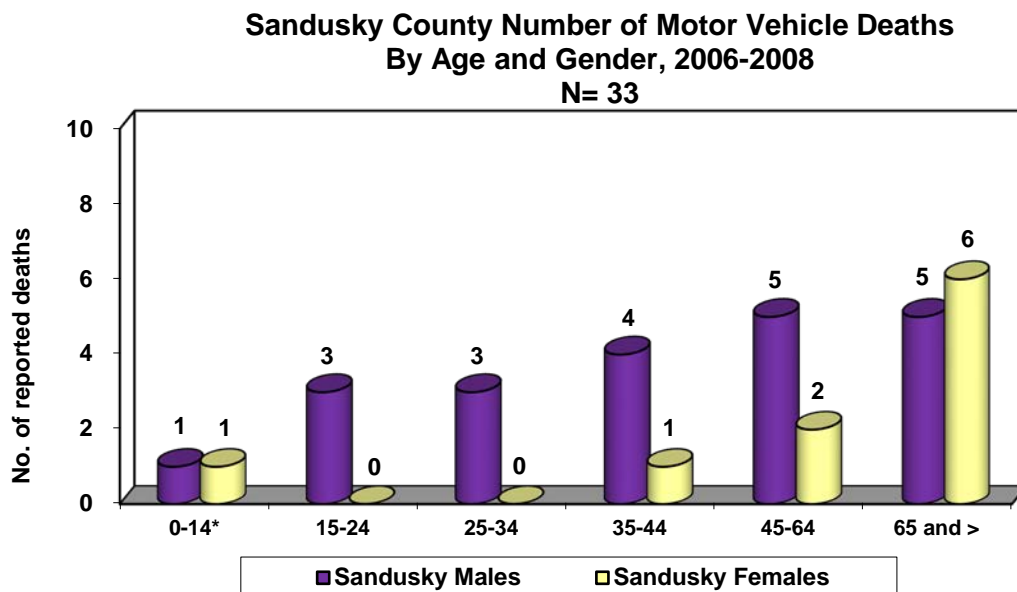
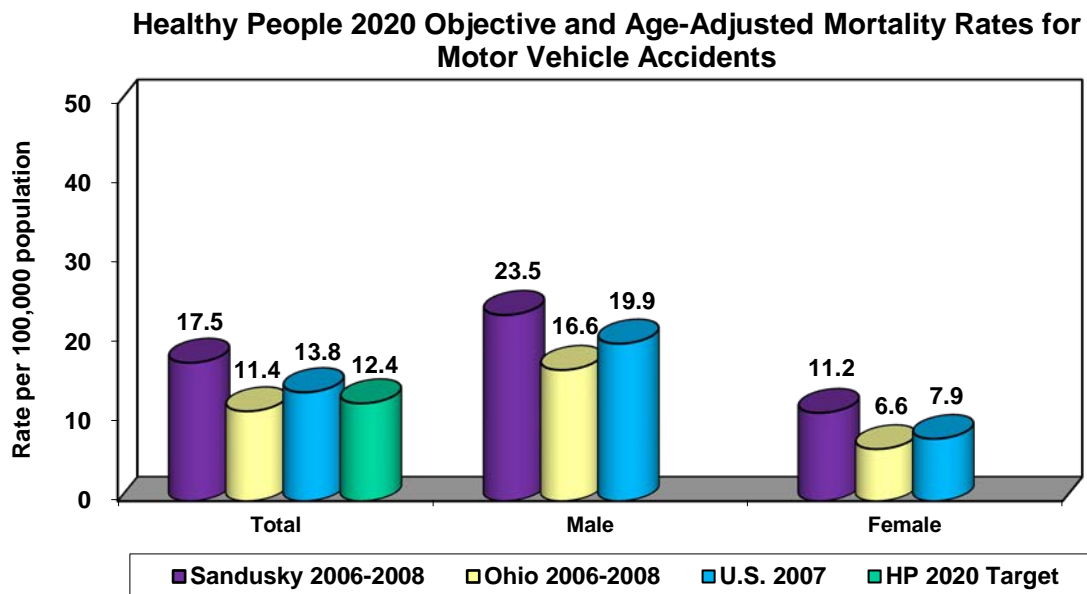
- Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks.
- Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.
- Currently, more than 25 brands of caffeinated alcoholic beverages are sold in retail alcohol outlets, including convenience stores.

(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, July 2010, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

## Motor Vehicle Accidents

The following graphs show Sandusky County and Ohio age-adjusted motor vehicle accident mortality rates per 100,000 population with comparison to Healthy People 2020 objectives and number of Sandusky County deaths due to motor vehicle accidents. The graphs show:

- From 2006-2008, the Sandusky County motor vehicle age-adjusted mortality rate of 17.5 deaths per 100,000 population was greater than the state rate, the national rate, and the Healthy People 2020 objective.
- The Sandusky County age-adjusted motor vehicle accident mortality rate for males was higher than the female rate from 2006 to 2008.
- 21 Sandusky County males died of motor vehicle accidents from 2006-2008 while 12 Sandusky County females died of motor vehicle accidents during the same period.



# Adult | MARIJUANA AND OTHER DRUG USE

## Key Findings

*In 2013, 7% of Sandusky County adults had used marijuana during the past 6 months. 7% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.*

## Adult Drug Use

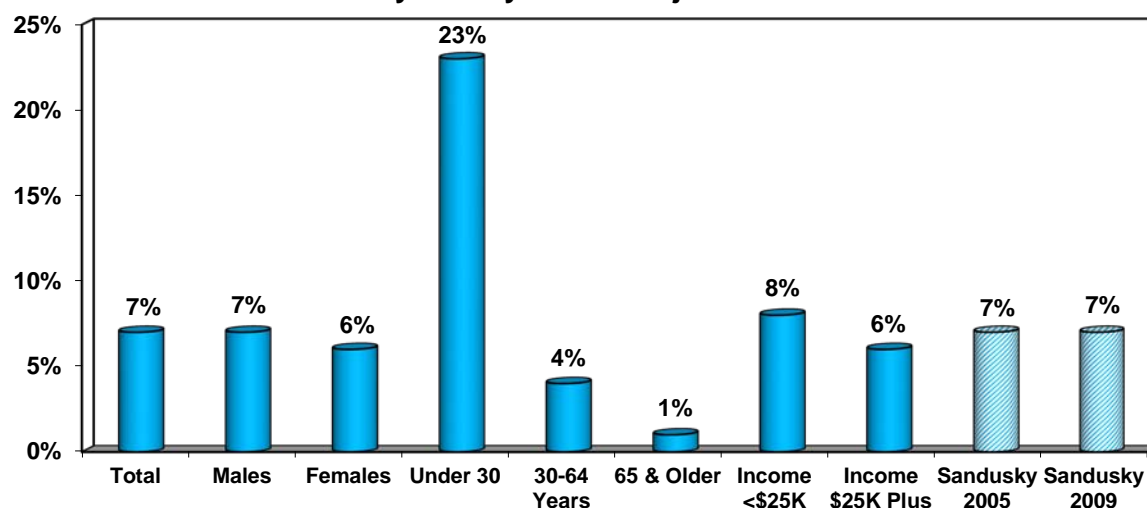
- 7% of Sandusky County adults had used marijuana in the past 6 months, increasing to 23% of those under the age of 30.
- 1% of Sandusky County adults reported using other recreational drugs such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 30% of Sandusky County adults who used drugs did so almost every day, and 40% did so less than once a month.
- 7% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 10% of those over the age of 65 and 12% of those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 52% of Sandusky County adults who used these drugs did so almost every day, and 7% did so less than once a month.
- Adults obtained these medications from the following: primary care physician (70%), free from friend or family member (17%), ER or urgent care doctor (13%), multiple doctors (10%), and bought from a drug dealer (7%).
- Sandusky County adults took the following over-the-counter drugs in a way not intended in the past six months: cough and cold medicine (9%), sleeping pills (4%), motion sickness pills (<1%), energy boosters (<1%), and other drugs (1%).
- Sandusky County adults indicated they did the following with their unused prescription medication: took as prescribed (35%), flushed it down the toilet (21%), kept it (21%), threw it in the trash (20%), took it to the Medication Collection program (20%), gave it away (1%), sold it (<1%), and some other destruction method (4%).
- 3% of Sandusky County adults have used a program or service to help with drug problems for either themselves or a loved one. Reasons for not using such a program included: had not thought of it (2%), could not afford to go (1%), stigma of seeking drug services (<1%), fear (<1%), did not know how to find a program (<1%), and other reasons (1%). 94% of adults indicated they did not need a program or service to help with drug problems.
- 31% of adults thought people were at a great risk of harming themselves by smoking marijuana. 28% indicated they were at a moderate risk, 28% said slight risk, and 13% thought people were at no risk of harming themselves by smoking marijuana.
- 2% of adults had regularly failed to fulfill obligations at work or home, placed themselves in dangerous situations, or had legal problems as a result of using drugs.

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Adults who used marijuana in the past 6 months	7%	7%	7%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	7%	7%	1%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	5%	5%	7%	N/A	N/A

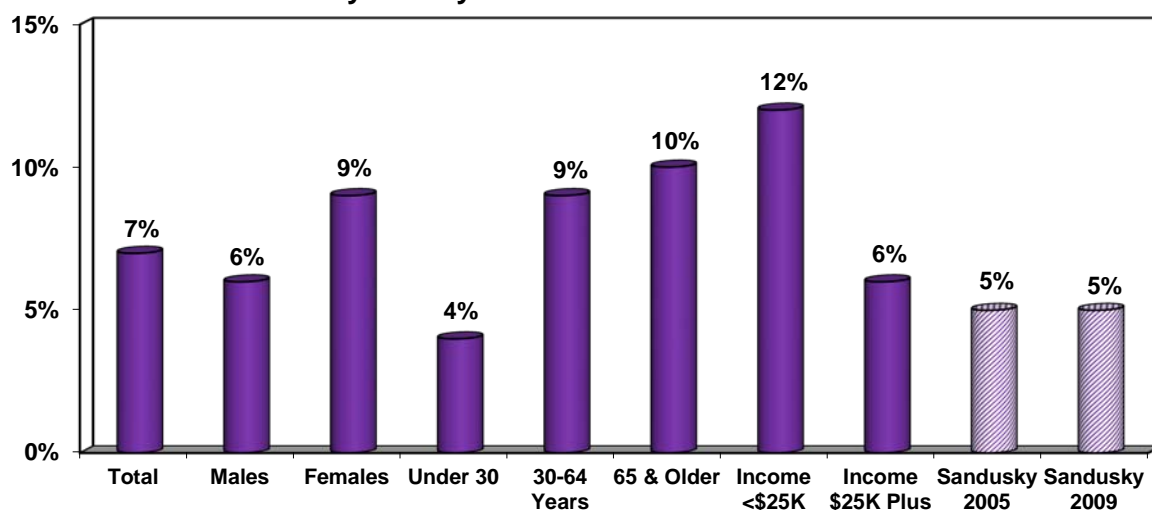
N/A – Not available

The following graphs are data from the 2013 Sandusky County Health Assessment indicating adult marijuana use in the past six months and medication misuse in the past six months. Examples of how to interpret the information include: 7% of all Sandusky County adults used marijuana in the past six months, 23% of adults under the age of 30 were current users, and 8% of adults with incomes less than \$25,000 were current users.

**Sandusky County Adult Marijuana Use in Past 6 Months**



**Sandusky County Adult Medication Misuse in Past 6 Months**



## Abuse of Prescription (Rx) Drugs

- Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD, stimulants, and anti-anxiety drugs.
- Reasons for abusing these drugs include: getting high, relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, and having a good time with friends.
- In 2010, almost 3,000 young adults died from prescription drug (mainly opioid) overdoses. This was a 250% increase from 1999.
- Among young adults, for every death due to Rx drug overdose, there were 17 treatment admissions and 66 emergency room visits.

(Source: National Institute on Drug Abuse, *Abuse of Prescription (Rx) Drugs Affects Young Adults Most*, June 2013, from: <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>)

## Bath Salts

- “Bath salt” stimulant products are sold in powder form in small plastic or foil packages of 200 and 500 milligrams under various brand names. Mephedrone is a fine white, off-white, or slightly yellow-colored powder. It can also be found in tablet and capsule form. MDPV is a fine white or off-white powder.
- “Bath salts” are usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins.
- People who abuse these substances have reported agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, and panic attacks. Users have also reported effects including impaired perception of reality, reduced motor control, and decreased ability to think clearly.
- Cathinone derivatives act as central nervous system stimulants causing rapid heart rate (which may lead to heart attacks and strokes), chest pains, nosebleeds, sweating, nausea, and vomiting.

(Source: U.S. Department of Justice : *DEA Briefs & Background, Drug Fact Sheets*, June 2012, from: <http://www.justice.gov/dea/druginfo/factsheets.shtml>)



# Adult | WOMEN'S HEALTH

## Key Findings

In 2013, more than half (56%) of Sandusky County women over the age of 40 reported having a mammogram in the past year. 47% of Sandusky County women ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 5% of women survived a heart attack and 2% survived a stroke at some time in their life. More than one-quarter (29%) had high blood pressure, 29% had high blood cholesterol, 37% were obese, and 20% were identified as smokers, known risk factors for cardiovascular diseases.

## Women's Health Screenings

- In 2013, 61% of women had a mammogram at some time and one-third (33%) had this screening in the past year.
- More than half (56%) of women ages 40 and over had a mammogram in the past year and 68% had one in the past two years. The 2012 BRFSS reported that 74% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- Most (87%) Sandusky County women have had a clinical breast exam at some time in their life and 47% had one within the past year. Nearly two-thirds (66%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 75% in Ohio, had a clinical breast exam in the past two years.
- This assessment has identified that 91% of Sandusky County women have had a Pap smear and 45% reported having had the exam in the past year. 67% of women had a pap smear in the past three years. The 2012 BRFSS indicated that 78% of U.S. and Ohio women had a pap smear in the past three years.

## Women's Health Concerns

- Women used the following as their usual source of services for female health concerns: private gynecologist (42%), general or family physician (30%), nurse practitioner/physician's assistant (5%), family planning clinic (3%), health department clinic (2%), community health center (2%), midwife (2%), and some other place (<1%). 8% indicated they did not have a usual source of services for female health concerns.
- From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 29% of all female deaths in Sandusky County (Source: ODH Information Warehouse).
- In 2013, the health assessment determined that 5% of women had survived a heart attack and 2% had survived a stroke at some time in their life.

### Sandusky County Female Leading Types of Death, 2006 – 2008

1. Heart Diseases (23% of all deaths)
2. Cancers (22%)
3. Stroke (6%)
4. Alzheimer's Disease (6%)
5. Chronic Lower Respiratory Diseases (5%)

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

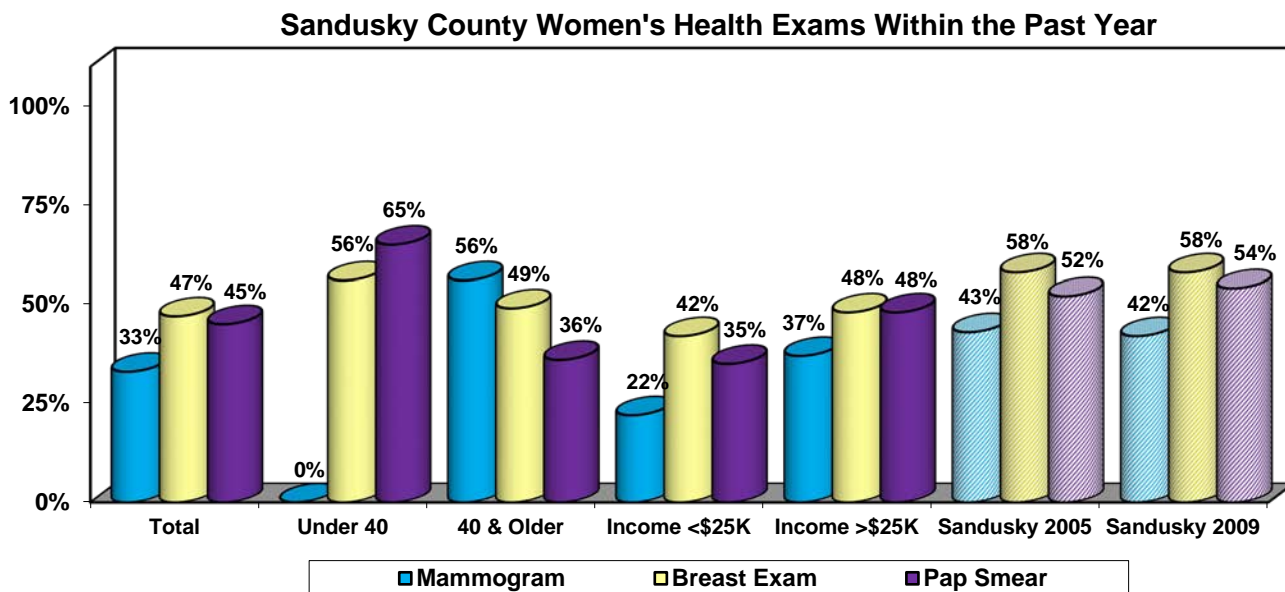
### Ohio Female Leading Types of Death, 2006 – 2008

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)

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Sandusky County the 2013 Health Assessment has identified that:
  - 60% were overweight or obese (57% U.S., 59% Ohio, 2012 BRFSS)
  - 29% were diagnosed with high blood cholesterol (37% U.S., 37% Ohio, 2011 BRFSS)
  - 29% were diagnosed with high blood pressure (30% U.S. and 32% Ohio, 2011 BRFSS)
  - 20% of all women were current smokers (17% U.S., 21% Ohio, 2012 BRFSS)
  - 5% had been diagnosed with diabetes (11% U.S., 13% Ohio, 2012 BRFSS)

The following graph shows the percentage of Sandusky County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 33% of Sandusky County females had a mammogram within the past year, 47% had a clinical breast exam, and 45% had a Pap smear.



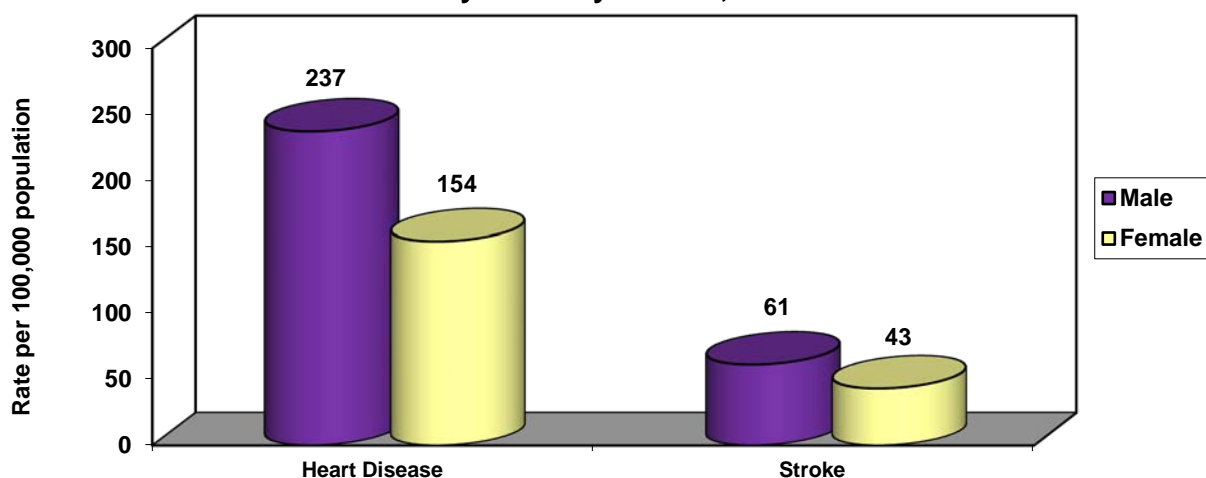
Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Had a clinical breast exam in the past two years (age 40 & over)	72%	68%	66%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	70%	68%	68%	74%	74%
Had a pap smear in the past three years	78%	66%	67%	78%	78%

\*2010 BRFSS Data

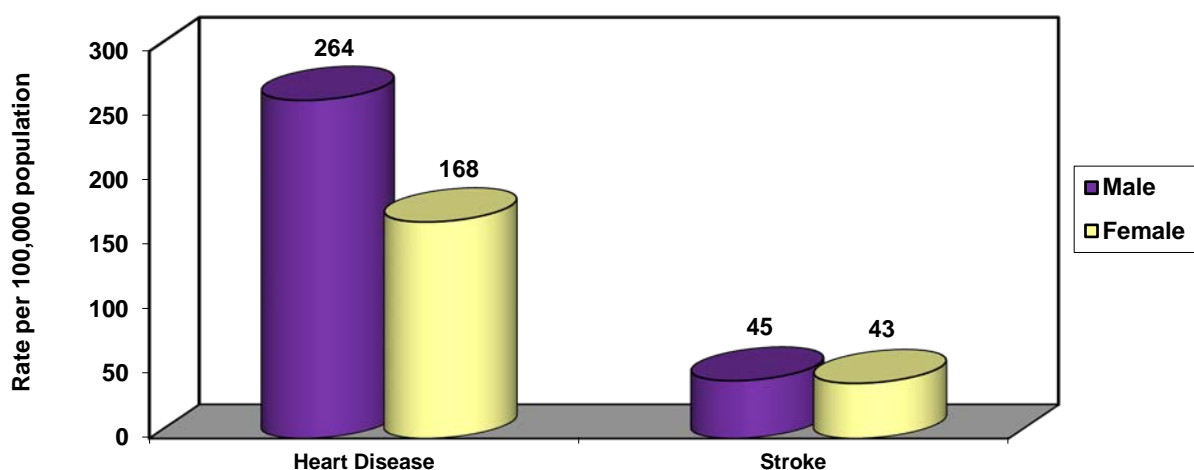
The following graphs show the Sandusky County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

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

**Sandusky 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**

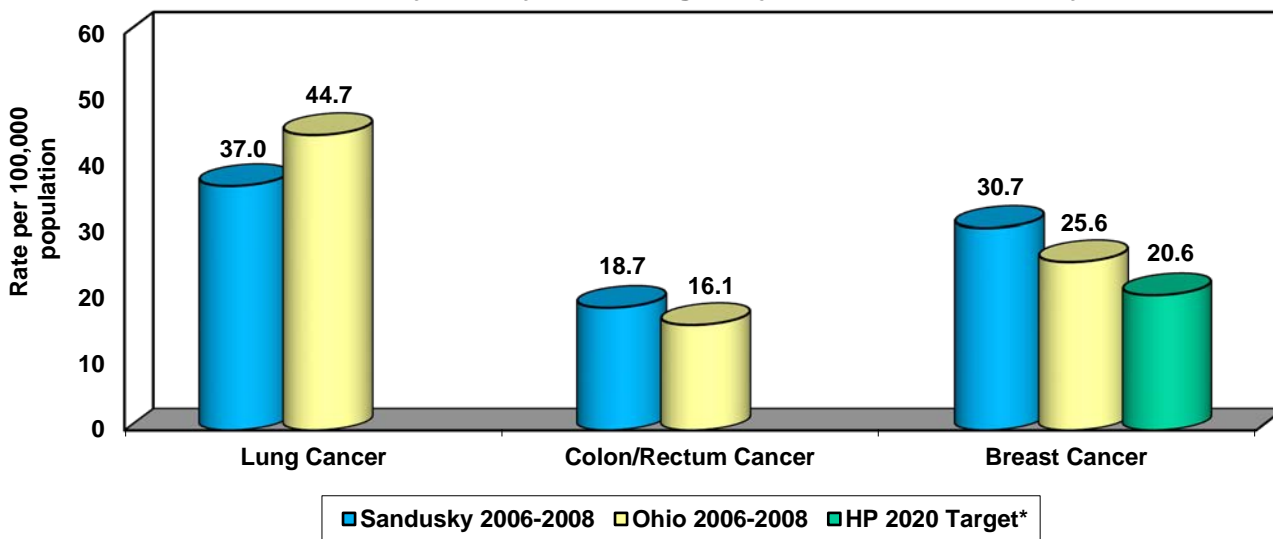


(Source for graphs: ODH Information Warehouse, updated 4-15-10)

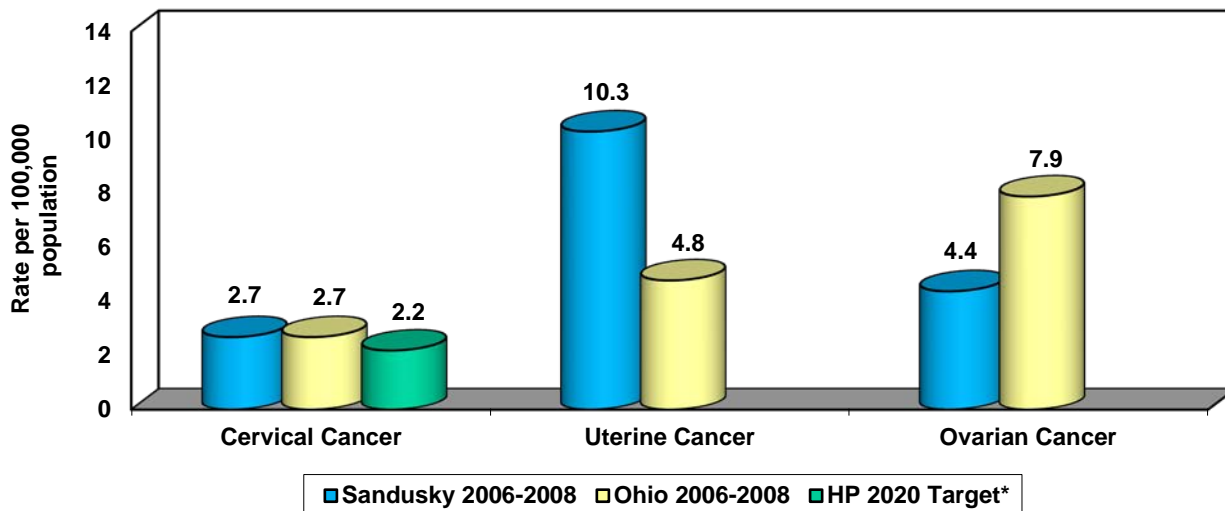
The following graphs show the Sandusky County age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2020 objectives when available. The graphs show:

- From 2006-2008, the Sandusky County age-adjusted mortality rate for female lung cancer was less than the Ohio rate.
- From 2006-2008, the Sandusky County age-adjusted breast cancer mortality rate was greater than the Ohio rate and the Healthy People 2020 target objective.
- The Sandusky County age-adjusted cervical cancer mortality rate for 2006-2008 was the same as the Ohio rate, and higher than the Healthy People 2020 target objective.

**Sandusky County Female Age-Adjusted Cancer Mortality Rates**



**Sandusky County Female Age-Adjusted Cancer Mortality Rates**



*\*Note: Healthy People 2020 target rates are not gender specific; Healthy People 2020 Targets may not be available for all diseases.*

*(Source: ODH Information Warehouse, updated 4-15-10, and Healthy People 2020))*

## Human Papilloma Virus (HPV and Vaccine)

HPV is the most common sexually transmitted infection in the U.S., with 6.2 million people becoming newly infected annually. There are more than 100 types of HPV, more than 40 of which can infect the genitals. Most HPV infections are benign and transient; however, almost all cervical cancers are related to infections by HPV.

The Centers for Disease Control and Prevention report that every year in the U.S., about 11,000 women are diagnosed with cervical cancer and almost 4,000 of them die from this disease.

- Most cases of cervical cancer and all cases of genital warts are caused by human papillomavirus (HPV).
  - 70% of cervical cancers are caused by HPV types 16 and 18.
- There are two HPV vaccines available to protect against types 16, 18, and other subtypes of HPV that cause cervical cancers. These vaccinations include:
  - **Cervarix:** The Federal Food and Drug Administration (FDA) licensed Cervarix in 2009. This vaccine is recommended for female's ages 10 through 25.
  - **Gardasil:** The FDA licensed Gardasil in 2006. This vaccine is recommended for 11 and 12 year-old girls as well as females ages 13 through 26, who were not previously vaccinated. The vaccine protects females against HPV types 6, 11, 16, and 18. Gardasil is also recommended for 9 through 26 year-old males to protect against some genital warts.
- HPV Vaccines are approximately \$130 per dose and are available in all 50 states through the Vaccine for Children (VFC) program, which covers vaccine costs for children and teens who do not have insurance and for some children and teens who are underinsured or eligible for Medicaid.

### Recent data from the National Immunization Survey of Teens showed:

- Among U.S. girls ages 13 to 17, uptake of the HPV vaccine initiation increased from 25.1% in 2007 to 48.7% in 2010.
- 32% or about one-third of girls had the complete three-shot vaccine series by 2010.
- Catch-up vaccine uptake improved for women between the ages of 13 and 26; from 10.5% in 2008 to 17.1% in 2009.
  - Non-Hispanic women had the highest catch-up HPV vaccine uptake (19.8%) in 2009. Following were African American women (13.3%) and Hispanic women (12.6%).

*(Sources: Centers for Disease Control and Prevention, Vaccine Safety, Human Papillomavirus (HPV) Vaccine, updated January 24, 2013, from <http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html> and American Cancer Society. Cancer Prevention & Early Detection Facts & Figures 2012; p. 40-41. Atlanta: American Cancer Society; 2012)*

## **Binge Drinking: A Serious, Under Recognized Problem among Women and Girls**

- Binge drinking for women is defined as consuming 4 or more alcohol drinks (beer, wine, or liquor) on an occasion.
- Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem.
- Drinking too much results in about 23,000 deaths in women and girls each year.
- Binge drinking increases the chances of breast cancer, heart disease, sexually transmitted diseases, unintended pregnancy, and many other health problems.
- If women binge drink while pregnant, they risk exposing their developing baby to high levels of alcohol, increasing the chances the baby will be harmed by the mother's alcohol use.
- Drinking during pregnancy can lead to sudden infant death syndrome and fetal alcohol spectrum disorders.
- About 1 in 8 women aged 18 years and older and 1 in 5 high school girls binge drink. Women who binge drink do so frequently – about 3 times a month – and have about 6 drinks per binge.

*(Sources: Centers for Disease Control and Prevention, Binge Drinking, January 2013, <http://www.cdc.gov/vitalsigns/BingeDrinkingFemale/index.html>)*

# Adult | MEN'S HEALTH

## Key Findings

*In 2013, 26% of Sandusky County males had done a self-testicular exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 31% and cancers accounted for 30% of all male deaths in Sandusky County from 2006-2008. The Health Assessment determined that 5% of men survived a heart attack and 3% survived a stroke at some time in their life. Nearly one-third (32%) of men had been diagnosed with high blood pressure, 38% had high blood cholesterol, and 17% were identified as smokers, which, along with obesity (33%), are known risk factors for cardiovascular diseases.*

## Men's Health Screenings and Concerns

- 20% of Sandusky County men had been taught by a healthcare professional how to do a testicular exam, increasing to 50% of those under the age of 30.
- 26% of men had done a self-testicular exam in the past year, increasing to 41% of those over the age of 65.
- 23% of men reported having erectile dysfunction, increasing to 39% of those over the age of 60.
- From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 30% of all male deaths in Sandusky County (Source: ODH Information Warehouse).
- In 2013, the health assessment determined that 5% of men had a heart attack and 3% had a stroke at some time in their life.

**26% of Sandusky County males had done a self-testicular exam in the past year.**

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Sandusky County the 2013 health assessment has identified that:
  - 68% were overweight or obese (70% U.S., 65% Ohio, 2012 BRFSS)
  - 32% were diagnosed with high blood pressure (32% U.S., 34% Ohio, 2011 BRFSS)
  - 38% were diagnosed with high blood cholesterol (40% U.S., 41% Ohio, 2011 BRFSS)
  - 17% of all men were current smokers (22% U.S., 25% Ohio, 2012 BRFSS)
  - 12% had been diagnosed with diabetes (10% U.S., 10% Ohio, 2012 BRFSS)

### Sandusky County Male Leading Types of Death, 2006 – 2008

1. Heart Diseases (24% of all deaths)
2. Cancers (23%)
3. Accidents, Unintentional Injuries (8%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (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%)

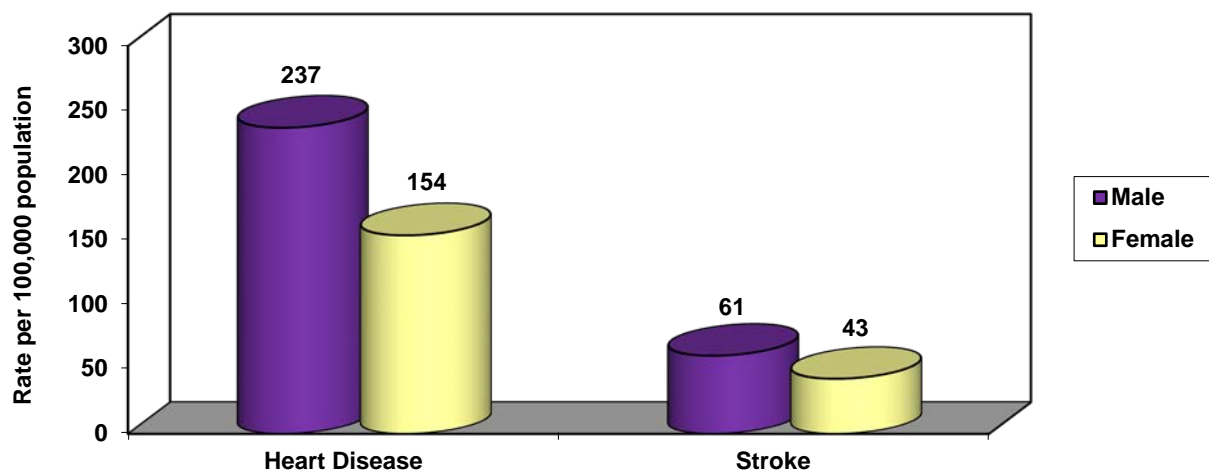
(Source: ODH Information Warehouse, updated 4-15-10)

- From 2006-2008, the leading cancer deaths for Sandusky County males were lung, colorectal, prostate, bladder, and pancreas cancers. Statistics from the same period for Ohio males show lung, prostate, colorectal, pancreas, and esophagus cancers as the leading cancer deaths (Source: ODH Information Warehouse).

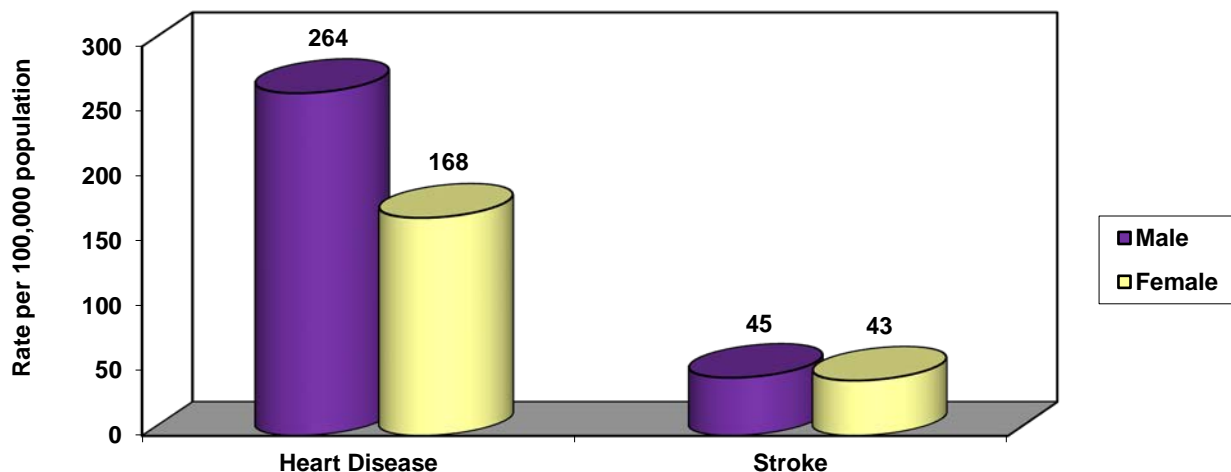
The following graphs show the Sandusky County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases by gender. The graphs show:

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

**Sandusky 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**



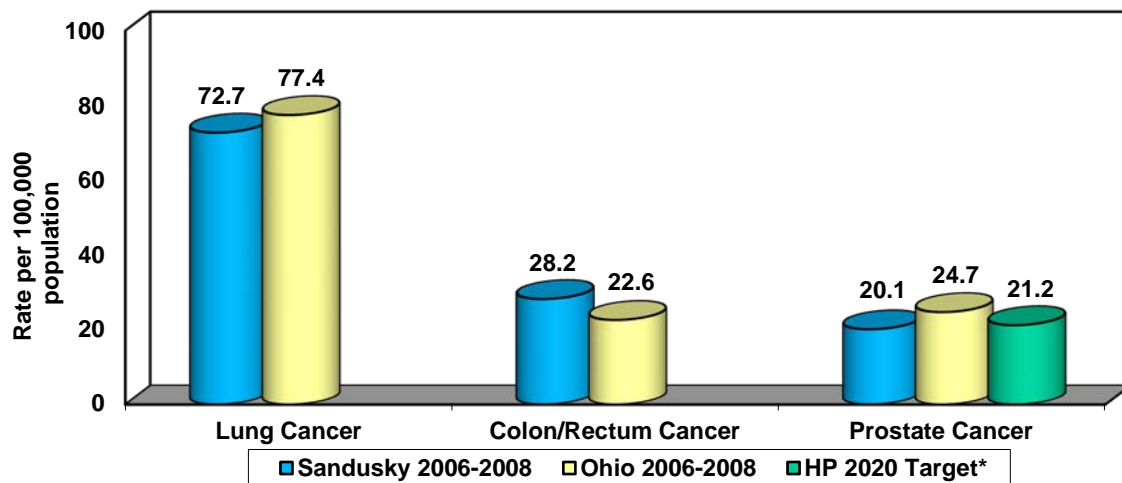
(Source for graphs: ODH Information Warehouse, updated 4-15-10)



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

- From 2006-2008, the Sandusky County age-adjusted mortality rate for male colon/rectum cancer was higher than the Ohio rate.
- The age-adjusted prostate cancer mortality rate in Sandusky County for 2006-2008 was lower than the Ohio rate and the Healthy People 2020 objective.

**Sandusky County Male Age-Adjusted Cancer Mortality Rates**



\*Note: the Healthy People 2020 target rates are not gender specific.  
(Source: ODH Information Warehouse and Healthy People 2020)

#### Men's Health Data

- Approximately 13% of adult males aged 18 years or older reported fair or poor health.
- 22% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 52% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 34% of men 20 years and over are obese.
- There are 19% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, 1/11/2013 from [http://www.cdc.gov/nchs/fastats/mens\\_health.htm](http://www.cdc.gov/nchs/fastats/mens_health.htm))

## Cancer and Men

- Every year, cancer claims the lives of nearly 300,000 men in America.
- More men in the U.S. die from lung cancer than any other type of cancer. The most important thing you can do to prevent lung cancer is not to start smoking, or to quit if you smoke.
- Smoking causes cancers of the esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and acute myeloid leukemia.
- In men, the following cancers are associated with being overweight: colorectal cancer, esophageal adenocarcinoma (a type of cancer of the tube that connects your throat to your stomach), and cancer of the kidney and pancreas.
- Prostate cancer is the most common cancer in men in the U.S., not counting skin cancer. It is the second most common cause of cancer death in men. While all men are at risk for prostate cancer, some factors increase risk. These include:
  - older age
  - family history of prostate cancer
  - being African American
- Colorectal cancer is the third leading cause of cancer deaths in America men. Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Everyone should be tested for colorectal cancer regularly, starting at age 50.

*(Source: Center for Disease Control and Prevention, National Cancer Institute, June 18, 2012, <http://www.cdc.gov/features/cancerandmen/>)*

# Adult | PREVENTIVE MEDICINE AND HEALTH SCREENINGS

## Key Findings

Over half (52%) of adults ages 65 and older had a pneumonia vaccination at some time in their life. About half (51%) of adults ages 50 and older had a colonoscopy/sigmoidoscopy within the past 5 years.

## Preventive Medicine

- Almost half (45%) of Sandusky 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.
- 76% of Sandusky County adults ages 65 and older had a flu vaccine in the past 12 months. The 2012 BRFSS reported that 60% of U.S. and 61% of Ohio adults ages 65 and older had a flu vaccine in the past year.
- One in six (17%) of adults have had a pneumonia shot in their life, increasing to 52% of those ages 65 and older. The 2012 BRFSS reported that 69% of U.S. and 70% of Ohio adults ages 65 and older had a pneumonia shot in their life.
- Sandusky County adults have had the following vaccines: tetanus booster (including Tdap) in the past 10 years (37%), pneumonia vaccine in their lifetime (17%), Zoster (shingles) vaccine in their lifetime (7%), pertussis vaccine in the past 10 years (6%), and human papillomavirus vaccine in their lifetime (3%).

### Skin Cancer Prevention Recommendations

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

(CDC, Skin Cancer Prevention, Updated 2/15/2013, [http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm))

## Preventive Health Screenings and Exams

- About half (51%) of adults ages 50 and older had a colonoscopy or sigmoidoscopy in the past 5 years.
- Sandusky County adults had the following preventive screenings or exams in the past two years: breast cancer-female (43%), prostate cancer-male (31%), colorectal cancer (13%), skin cancer (12%), and osteoporosis (8%).
- In the past year, 56% of Sandusky County women ages 40 and older have had a mammogram.
- In the past year, 26% of Sandusky County males had done a self-testicular exam.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Sandusky County adults.

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Had a pneumonia vaccination (ages 65 and older)	N/A	66%	52%	69%	70%
Had a flu vaccine in the past year (ages 65 and older)	N/A	N/A	76%	60%	61%

N/A – Not available

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

HEALTHCARE TOPICS	Total 2013
Physical Activity or Exercise	36%
Weight, Dieting or Eating Habits	35%
Self-Breast or Self-Testicular Exam	25%
Immunizations	20%
Depression, Anxiety, or Emotional Problems	20%
Significance of Family History	17%
Quitting Smoking	9%
Injury Prevention Such As Safety Belt Use & Helmet Use	7%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	6%
Alcohol Use When Taking Prescription Drugs	5%
Alcohol Use	4%
Ways to Prepare for a Healthy Pregnancy and Baby	2%
Illicit Drug Abuse	2%
Domestic Violence	2%

### Sandusky County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Cholesterol	35%
Diagnosed with High Blood Pressure	31%
Diagnosed with Diabetes	10%
Diagnosed with a Heart Attack	5%
Diagnosed with a Stroke	3%

(Percentages based on all Sandusky County adults surveyed)

## Healthy People 2020 Pneumonia Vaccination

Objective	Sandusky County 2013	Ohio 2012	U.S. 2012	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	52%	69%	70%	90%

*\*U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2012 BRFSS, 2013 Sandusky County Health Assessment)*

# Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

## Key Findings

*In 2013, over two-thirds (68%) of Sandusky County adults had sexual intercourse. Nine percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (Source: CDC, STDs in Adolescents and Young Adults, 2011 STD Surveillance).*

## Adult Sexual Behavior

- Over two-thirds (68%) of Sandusky County adults had sexual intercourse in the past year.
- 9% of adults reported they had intercourse with more than one partner in the past year, increasing to 22% of those under the age of 30.
- Sandusky County adults used the following methods of birth control: they or their partner were too old (21%), vasectomy (18%), condoms (16%), tubes tied (16%), hysterectomy (14%), birth control pill (8%), withdrawal (7%), abstinence (4%), IUD (4%), rhythm method (2%), diaphragm (2%), and shots (1%).
- 11% of Sandusky County adults were not using any method of birth control.
- Sandusky County adults did not use birth control for the following reasons:
  - They or their partner had a hysterectomy/vasectomy/tubes tied (34%)
  - They or their partner were too old (20%)
  - They did not think they or their partner could get pregnant (7%)
  - They or their partner did not like birth control/fear of side effects (6%)
  - They wanted to get pregnant (5%)
  - They did not want to use birth control (5%)
  - They had a problem getting birth control when they needed it (3%)
  - They did not care if they or their partner got pregnant (3%)
  - Their partner did not want to use birth control (2%)
  - They or their partner had just had a baby (2%)
  - Lapse in use of method (2%)
  - No regular partner (2%)
  - Religious preferences (1%)
  - They or their partner were currently pregnant (1%)
  - They had a same-sex partner (1%)
- The following situations applied to Sandusky County adults in the past year: tested for an STD (3%), had anal sex without a condom (2%), had sex with someone they did not know (1%), gave or received money or drugs in exchange for sex (1%), thought they may have an STD (1%), treated for an STD (1%), and used intravenous drugs (<1%).

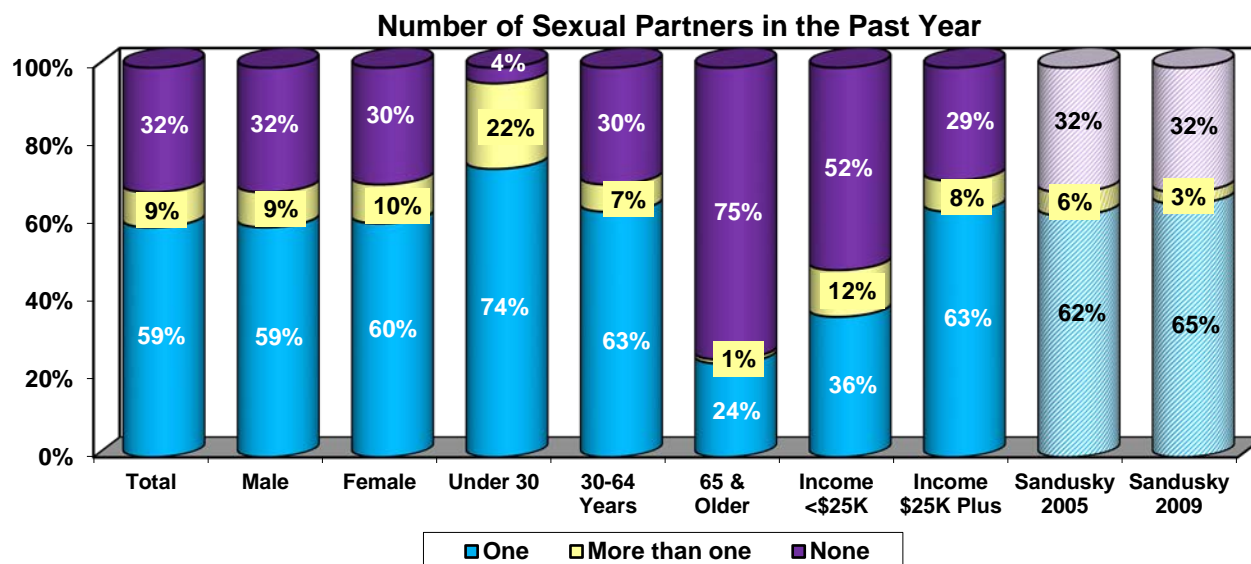
## HIV in the United States

- More than 1.1 million people in the United States are living with HIV infection, and almost 1 in 5 (18.1%) are unaware of their infection.
- By race, blacks/African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year.
- In 2011, an estimated 49,273 people were diagnosed with HIV infection in the United States. In that same year, an estimated 32,052 people were diagnosed with AIDS. Since the epidemic began, an estimated 1,155,792 people in the United States have been diagnosed with AIDS
- An estimated 15,529 people with an AIDS diagnosis died in 2010, and approximately 636,000 people in the United States with an AIDS diagnosis have died since the epidemic.

*(Source: CDC, HIV in the United States: At a Glance, 4/23/13, from: <http://www.cdc.gov/hiv/statistics/basics/ata glance.html>)*

- Sandusky County adults have been diagnosed with the following STDs in the past 5 years: HPV (2%), Hepatitis C (<1%), and genital herpes (<1%).
- 20% of adults have been tested for HIV.

The following graph shows the sexual activity of Sandusky County adults. Examples of how to interpret the information in the graph include: 59% of all Sandusky County adults had one sexual partner in the last 12 months and 9% had more than one, and 59% of males had one partner in the past year.



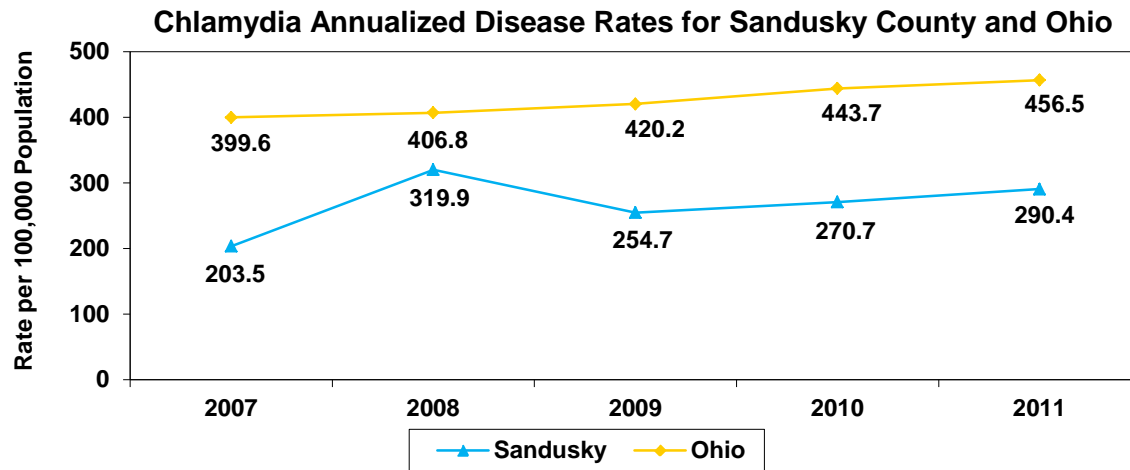
Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Had more than one sexual partner in past year	6%	3%	9%	N/A	N/A

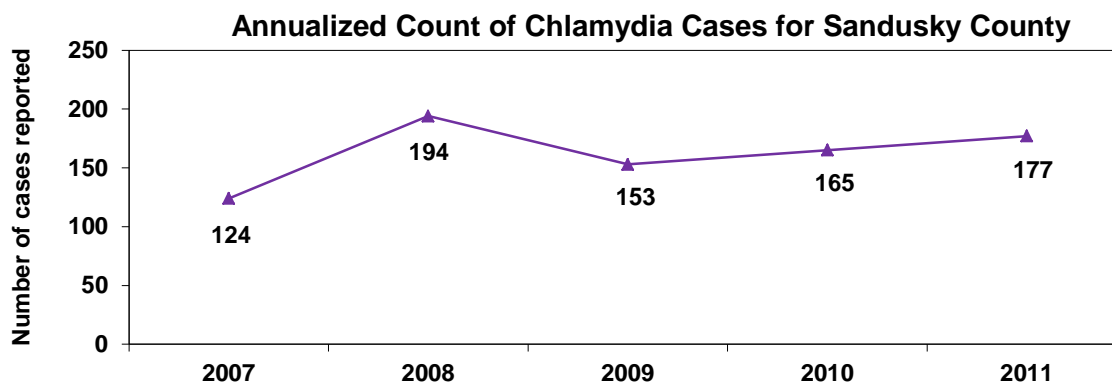
N/A - Not available

The following graphs show Sandusky County chlamydia disease rates per 100,000 population updated April 18, 2012 by the Ohio Department of Health. The graphs show:

- Sandusky County chlamydia rates increased overall from 2007 to 2011. Sandusky County rates remained below the Ohio rates.
- In 2011, the U.S. rate for new chlamydia cases was 457.6 per 100,000 population. (Source: CDC, *STD Trends in the U.S., 2013*)



(Source for graph: ODH, STD Surveillance, data reported through 4-18-12)

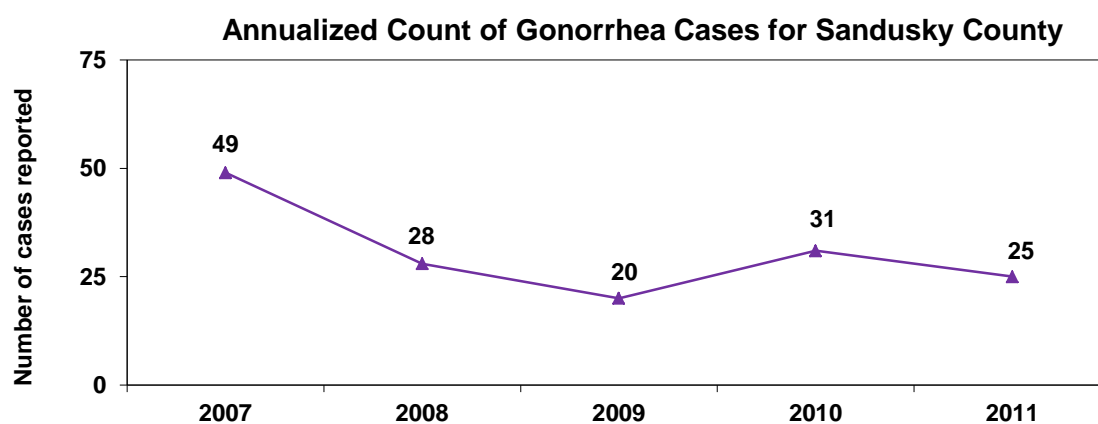
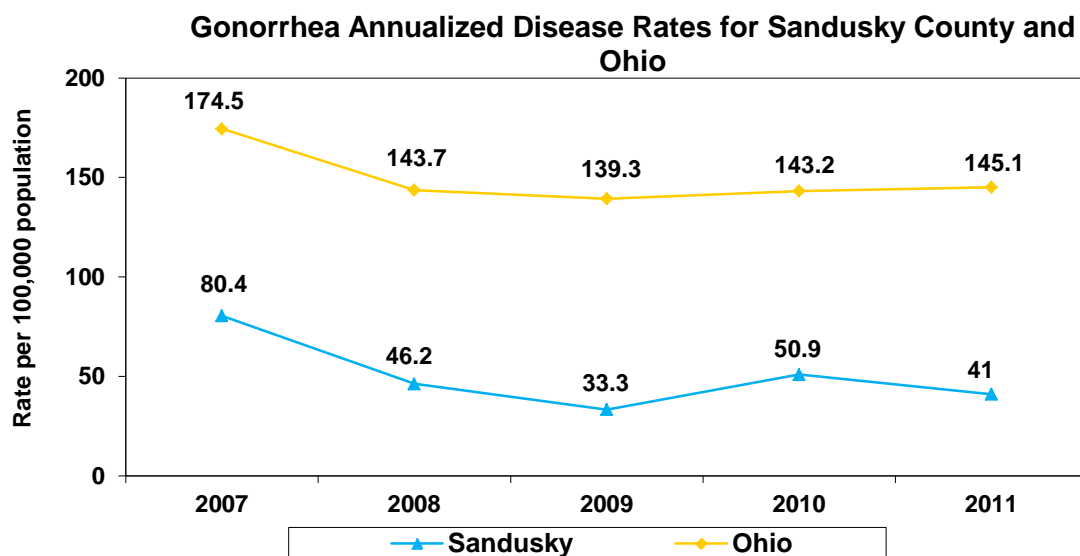


(Source for graphs: Sandusky County Health Department, Communicable Disease Summary, data reported through 2013)



The following graphs show Sandusky County gonorrhea disease rates per 100,000 population updated April 18, 2012 by the Ohio Department of Health. The graphs show:

- The Sandusky County gonorrhea rate fluctuated from 2007 to 2011, but decreased overall.
- The Ohio gonorrhea rate fluctuated from 2007 to 2011.
- In 2011, the U.S. rate for new gonorrhea cases for the total population was 104.2 per 100,000 population (Source: CDC, *STD Trends in the U.S., 2013*)
- The Healthy People 2020 Objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

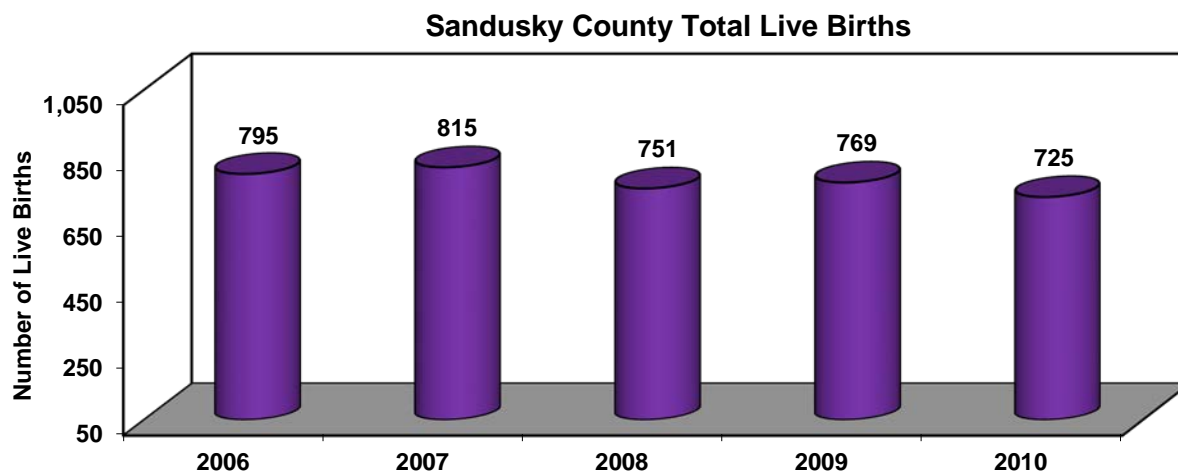
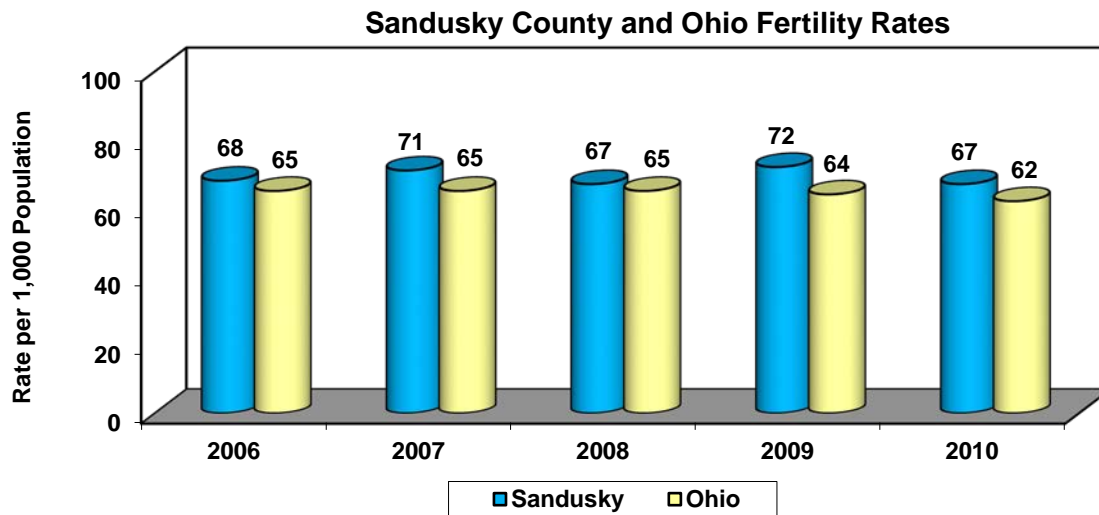


(Source for graphs: ODH, STD Surveillance, data reported through 4-18-12)

## Pregnancy Outcomes

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

- In 2010, the U.S. fertility rate was 64.1 per 1,000 women ages 15-44 (Source: National Vital Statistics Report 2012).
- From 2006-2010, there was an average of 771 live births per year in Sandusky County.

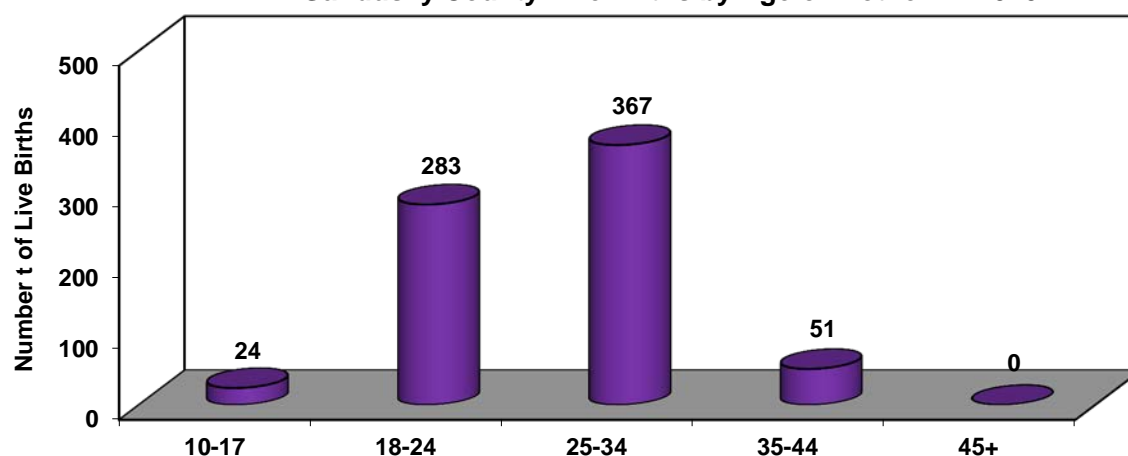


(Source for graphs: ODH Information Warehouse Updated 4-13-12)

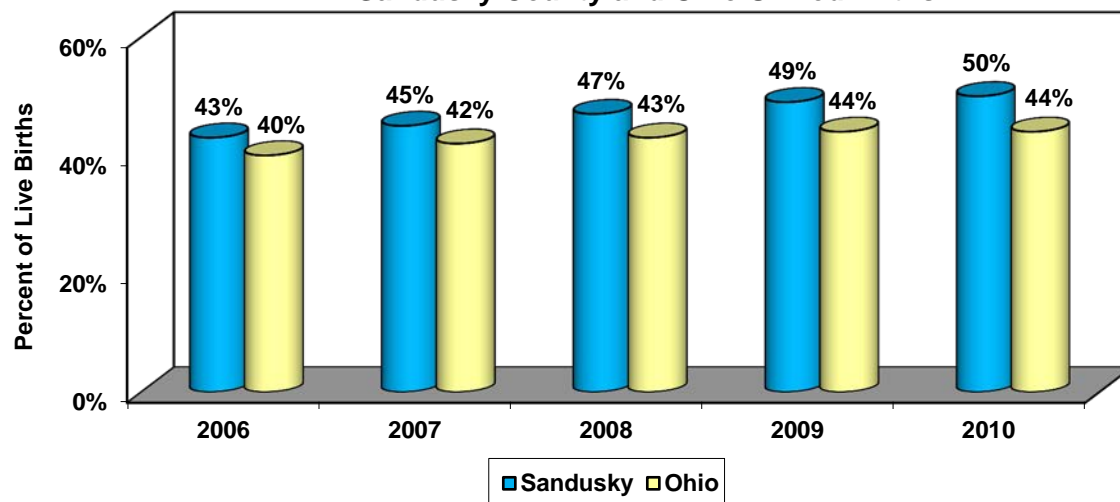
The following graphs show Sandusky County total number of live births by age of the mother and Sandusky County and Ohio percentage of unwed births updated January 13, 2012 by the Ohio Department of Health. The graphs show:

- The percentage of births to unwed mothers in Sandusky was above the Ohio percentage each year from 2006 to 2010, and increased during the five year period.
- In 2010, 41% of U.S. births were to unwed mothers. (Source: *National Vital Statistics Report 2012*)

**Sandusky County Live Births by Age of Mother in 2010**



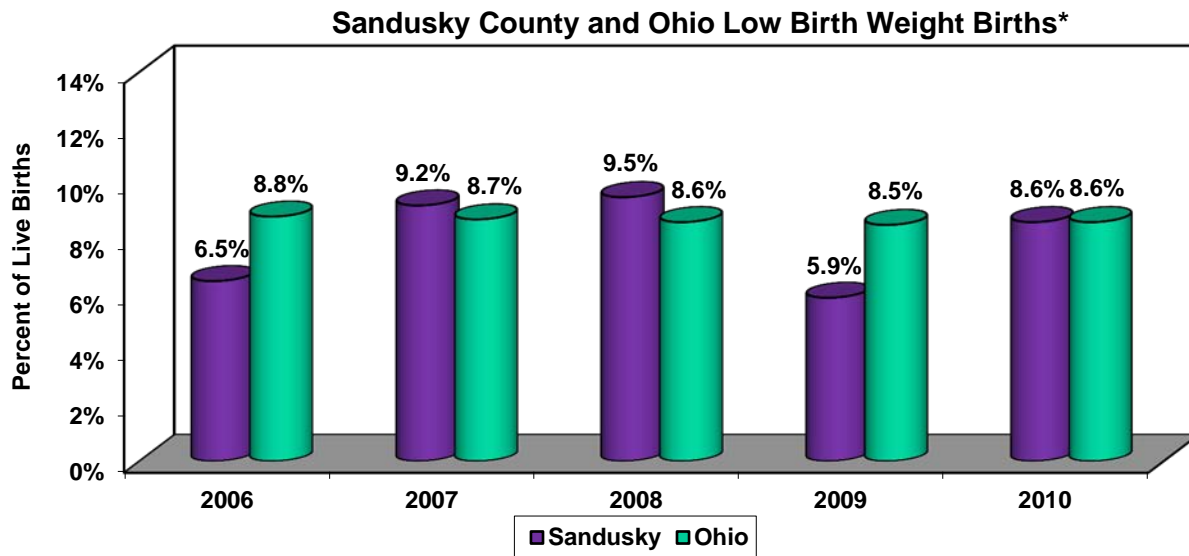
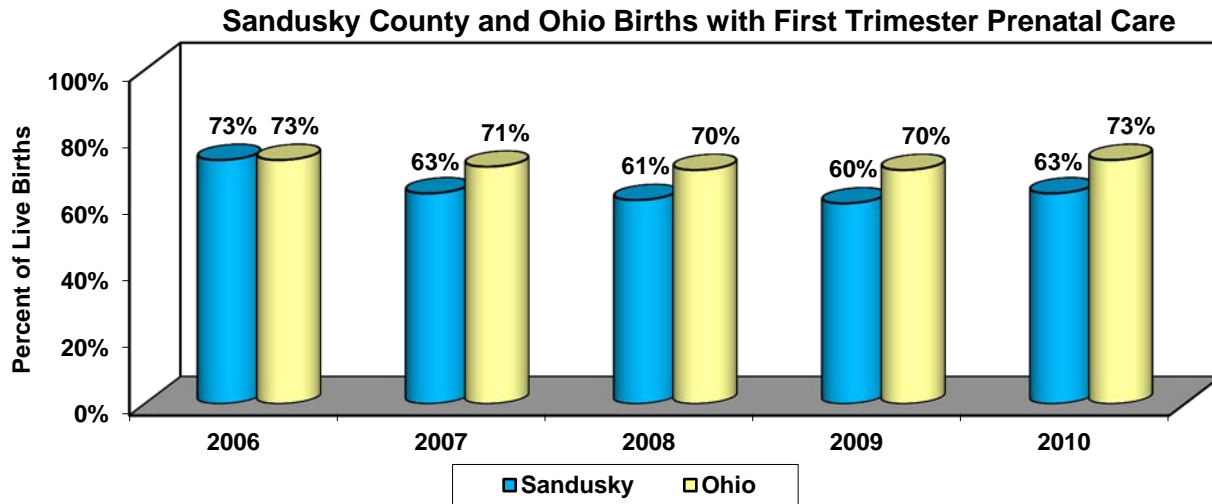
**Sandusky County and Ohio Unwed Births**



(Source for graphs: ODH Information Warehouse Updated 1-13-12)

The following graphs show Sandusky County and Ohio percentage of births with first trimester prenatal care and low birth weight rates updated January 13, 2012 by the Ohio Department of Health. The graphs show:

- In 2010, 63% of Sandusky County mothers received prenatal care during the first trimester. (Source: ODH, Birth Statistics, 2010)
- In 2010, 8.2% of all U.S. live births were low birth weight births. (Source: National Vital Statistics Report 2012)



\*Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.  
(Source for graphs: ODH Information Warehouse Updated 1-13-12)

# Adult | QUALITY OF LIFE

## Key Findings

*In 2013, 45% of Sandusky County adults were limited in some way because of a physical, mental or emotional problem.*

### Impairments and Health Problems

- In 2013, nearly half (45%) of Sandusky County adults were limited in some way because of a physical, mental or emotional problem (20% Ohio and U.S., 2012 BRFSS), increasing to 63% of those with incomes less than \$25,000.
- Among those who were limited in some way, the following most limiting problems or impairments were reported: arthritis (53%), back or neck problems (49%), walking problems (35%), stress, depression, anxiety, or emotional problems (22%), high blood pressure (19%), heart problems (14%), hearing problems (14%), lung/breathing problems (13%), fractures, bone/joint injuries (12%), eye/vision problems (10%), diabetes (11%), tobacco dependency (9%), cancer (3%), alcohol dependency (1%), stroke-related problems (1%), drug addiction (1%), a developmental disability (1%), and a learning disability (<1%).
- Sandusky County adults needed help with the following because of an impairment or health problem: household chores (8%), shopping (6%), bathing (4%), dressing (4%), taking medication (4%), getting around the house (4%), getting around for other purposes (3%), doing necessary business (1%), and eating (<1%).
- Sandusky County adults were responsible for providing regular care or assistance to the following: multiple children (20%), an elderly parent or loved one (11%), a friend, family member or spouse who has a health problem (8%), a friend, family member or spouse with dementia (4%), someone with special needs (3%), a friend, family member or spouse with a mental health issue (3%), children with discipline issues (2%), and an adult child (2%).
- Adults reported that the following had negatively affected their relationships: alcohol (3%), pornography (2%), and drugs (1%). 2% reported that more than one of the listed issues had negatively affected their relationships.

#### Back Pain Prevention

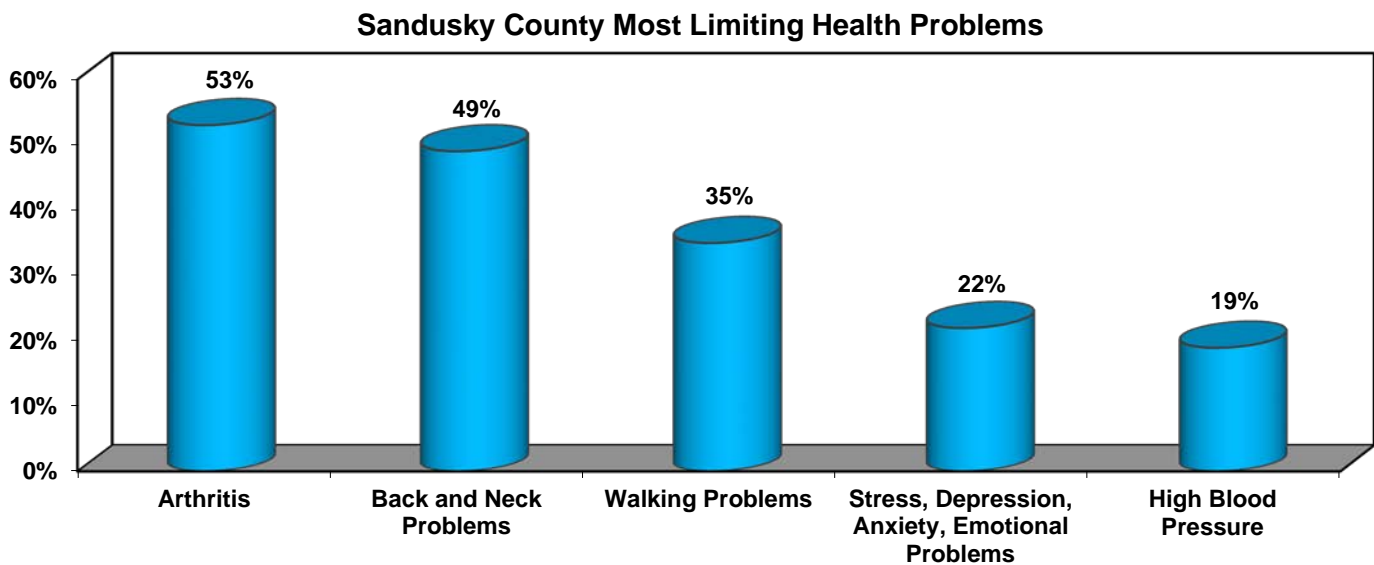
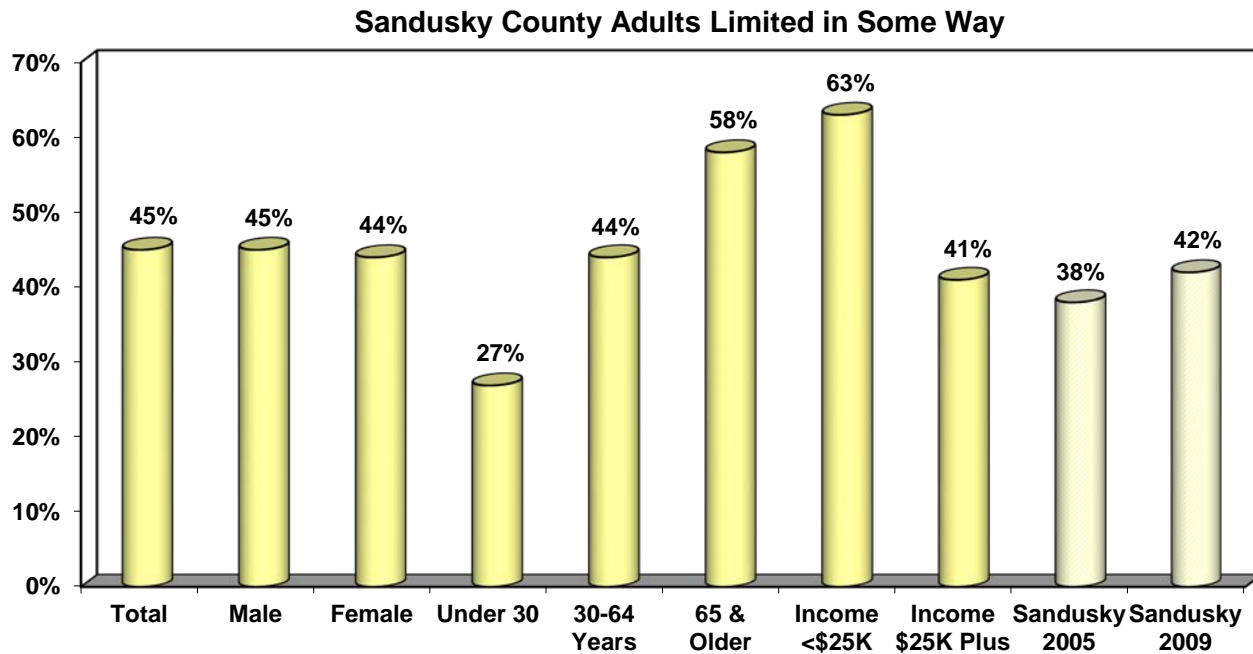
The best things you can do to prevent back pain are:

- Exercise often and keep your back muscles strong.
- Maintain a healthy weight or lose weight if you weigh too much.
- Make sure you are getting enough calcium and vitamin D every day. This is very important to keep bones strong.
- Try to stand up straight and avoid heavy lifting when you can. If you do lift something heavy, bend your legs and keep your back straight.

*(Source: National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases, [http://www.ninds.nih.gov/disorders/backpain/detail\\_backpain.htm](http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm))*

# QUALITY OF LIFE

The following graphs show the percentage of Sandusky County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph include: 45% of Sandusky County adults are limited in some way, 45% of males, and 58% of those 65 and older.



## Healthy People 2020 Arthritis

Objective	Sandusky County 2013	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	53%	36%

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

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Limited in some way because of a physical, mental, or emotional problem	38%	42%	45%	20%	20%

### The Impact of Arthritis

- Arthritis is the most frequent cause of disability among adults in the United States, with osteoarthritis (OA) being the most common type.
- 67 million (25%) adults aged 18 years or older will have doctor-diagnosed arthritis by the year 2030.
- Data indicates that lack of exercise and age are marked risk factors for developing arthritis.
- Arthritis is a co-morbidity of diabetes, heart disease, high cholesterol, high blood pressure and obesity.
- Anxiety and depression can develop in people with diagnosed arthritis. Health care providers should screen all people with arthritis, for both anxiety and depression.

(Source: CDC, Arthritis Data and Statistics, 2011, [http://www.cdc.gov/arthritis/data\\_statistics.htm](http://www.cdc.gov/arthritis/data_statistics.htm) & Murphy, LB. 2012. "Anxiety and depression among US adults with arthritis: Prevalence and correlates," <http://www.ncbi.nlm.nih.gov/pubmed/22550055>)

# Adult | SOCIAL CONTEXT AND SAFETY

## Key Findings

In 2013, 4% of Sandusky County adults were threatened, and 10% were abused in the past year. 44% of adults kept a firearm in or around their home.

*4% of Sandusky County adults were threatened, and 10% were abused in the past year.*

## Social Context

- 4% of Sandusky County adults were threatened to be abused in the past year. They were threatened by the following: someone outside their home (60%), a spouse or partner (35%), a parent (10%), another family member (10%), a child (5%), and someone else (50%).
- 10% of Sandusky County adults were abused in the past year. They were abused by the following: a spouse or partner (48%), someone outside their home (38%), a child (15%), a parent (13%), another family member (4%), and someone else (29%).
- Sandusky County adults received assistance for the following in the past year: food (9%), utilities (8%), healthcare (7%), transportation (7%), prescription assistance (6%), rent/mortgage (6%), home repair (5%), free tax preparation (4%), employment (3%), legal aid services (2%), credit counseling (1%), clothing (1%), and emergency shelter (1%).
- 2% of adults have engaged in some type of sexual activity in exchange for something of value, such as food, drugs, shelter or money, increasing to 5% of those with incomes less than \$25,000.
- 49% of adults reported gambling in the past year. They reported the following types of gambling: lottery (36%), casinos (25%), at home with friends (7%), at work with co-workers (7%), online (2%), horse track (2%), and other types of gambling (<1%).
- Among those who reported gambling, 4% reported doing so daily, and 49% reported gambling once or twice a year.

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Firearms kept in or around their home	34%	37%	44%	N/A	N/A

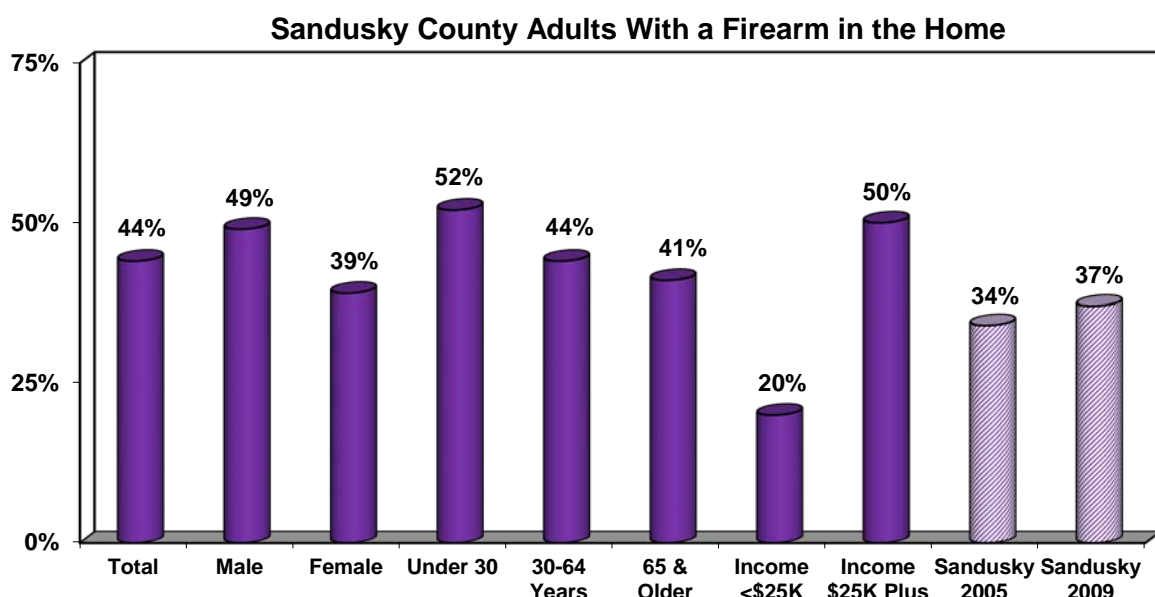
N/A – Not available



## Safety

- More than two-fifths (44%) of Sandusky County adults kept a firearm in or around their home. 6% of adults reported they were unlocked and loaded.
- Sandusky County adults reported doing the following while driving: wearing a seatbelt (92%), eating (57%), talking on hand-held cell phone (47%), talking on hands-free cell phone (17%), texting (12%), using internet on their cell phone (7%), being under the influence of alcohol (5%), checking facebook on their cell phone (3%), reading (2%), being under the influence of drugs (<1%), and other activities (such as applying makeup, shaving, etc.) (2%).
- Adults indicated that Sandusky County residents need more education about the following: bullying (51%), distracted driving (49%), drug abuse (45%), teenage pregnancy (44%), driving under the influence-DUI (37%), prescription drug abuse (35%), sexting (33%), senior/elder care (33%), violence (31%), suicide prevention (28%), tobacco use (23%), homelessness (23%), disaster preparedness (17%), speed (14%), seat belt/restraint usage (14%), bicycle safety (14%), falls (10%), and other issues (4%).

The following graph shows the percentage of Sandusky County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 44% of all Sandusky County adults kept a firearm in their home, 49% of males, and 44% of those ages 30-64 kept a firearm in their home.



## Veterans' Affairs

- Among Sandusky County residents who were a veteran or who had a veteran in their household, those veterans served during the following wars: Vietnam war era (35%), Gulf war era (26%), Korean war era (25%), Afghanistan war era (14%), Iraq war era (12%), and World War II era (7%).
- Those individuals who had an injury or disease while in service and have not applied for VA benefits did not do so because: they were not eligible at the time (34%), did not know the location of the Sandusky County Veterans Services office (14%), and time constraints (3%). 49% of Sandusky veterans applied for VA benefits.

- As a result of military service, the following have affected veterans' immediate family members: had problems getting VA benefits (10%), post-traumatic stress disorder (PTSD) (7%), major health problems due to injury (6%), marital problems (6%), access to medical care (4%), substance/drug abuse (3%), suicide completion (3%), housing issues (2%), could not find/keep a job (2%), access to mental health treatment (2%), access to substance/drug use treatment (2%), and suicide attempt (2%). 78% did not have any problems listed.

## Victims of Gun Violence in America

- More than 100,000 people are shot in murders, assaults, suicides & suicide attempts, accidents or by police intervention in America in an average year.
  - 31,537 people die from gun violence and 71,386 people survive gun injuries.
- Every day, an average of 282 people is shot in America. Of those 282 people, 86 people die and 196 are shot, but survive.
  - Of the 282 people who are shot every day, an average of 50 are children and teens.
  - Of the 86 people who die, 32 are murdered, 51 are suicides, 2 die accidentally and 1 with an unknown intent.
  - Of the 196 people who are shot but survive, 140 are from assault, 43 are shot accidentally, 10 are suicide attempts, 2 are police interventions and 1 with an unknown intent.

(Source: Brady Campaign to Prevent Gun Violence, "There Are Too Many Victims of Gun Violence" fact sheet, retrieved from: <http://www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf>)

### Distracted Driving

- Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.
- Each day, more than 9 people are killed and more than 1,060 people are injured in crashes that were reported to involve a distracted driver.
- In 2011, 3,331 people were killed in crashes involving a distracted driver. An additional 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011
- 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving, and 31% reported that they had read or sent text messages or email messages while driving at least once within the last 30 days.
- Nearly half of all U.S. high school students aged 16 years or older text or email while driving.

(Source: CDC, Distracted Driving, updated May 23, 2013, [http://www.cdc.gov/motorvehiclesafety/distracted\\_driving/index.html](http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html))

# Adult | MENTAL HEALTH AND SUICIDE

## Key Findings

*In 2013, 6% of Sandusky County adults considered attempting suicide. 15% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.*

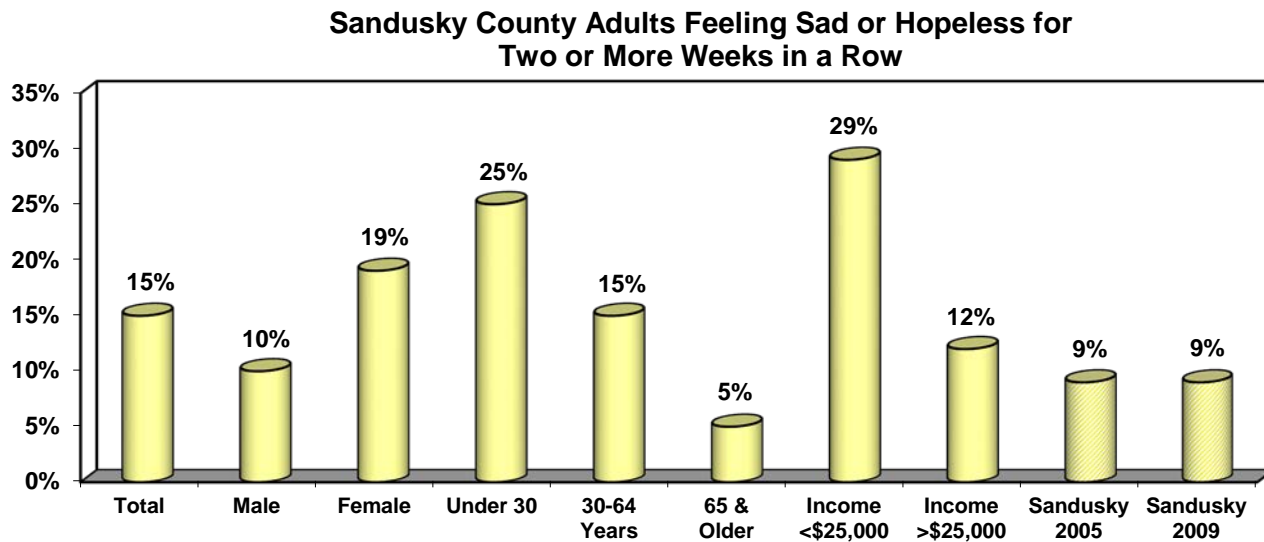
## Adult Mental Health

- In the past year, 15% of Sandusky County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 25% of those under the age of 30 and 29% those with incomes less than \$25,000.
- 6% of Sandusky County adults considered attempting suicide in the past year.
- Two percent (2%) of adults reported making a plan about how they would attempt suicide.
- One percent (1%) of adults reported attempting suicide in the past year.
- 7% of Sandusky County adults frequently felt worried and anxious about things that are unlikely to happen or are not really serious, or had a hard time controlling their worry. 30% indicated they sometimes felt that way.
- 17% of Sandusky County adults were taking medication or receiving treatment from a doctor or other health professional for some type of mental health condition or emotional problem, increasing to 23% of females and 26% of those with incomes less than \$25,000.
- 15% of Sandusky County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included: had not thought of it (7%), could not afford to go (7%), co-pay/deductible too high (4%), stigma of seeking mental health services (3%), fear (3%), did not know how to find a program (1%), transportation (1%), could not get into the office (1%), other priorities (1%), and other reasons (3%). 69% of adults indicated they did not need such a program.
- Adults reported they would do the following if they knew someone who was suicidal: talk to them (74%), try to calm them down (50%), call 911 (46%), take them to the emergency room (30%), and call a friend (22%). 2% reported they would do nothing.
- Adults indicated the following as warning signs of someone who is suicidal: threatening to hurt or kill oneself (88%), looking for ways to kill oneself (83%), talking or writing about death, dying or suicide (79%), feelings of hopelessness, worthlessness, self-reproach or excessive inappropriate guilt (77%), recurrent thoughts of suicide (76%), making plans or preparations for a potentially serious attempt (75%), intense anxiety, agitation, restlessness (51%), decreased concentration, indecisiveness or poorer memory (46%), change in sleeping patterns (44%), fatigue or loss of energy (43%), and change in appetite or weight (42%).

Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Two or more weeks in a row felt sad or hopeless	9%	9%	15%	N/A	N/A
Considered attempting suicide	2%	2%	6%	N/A	N/A

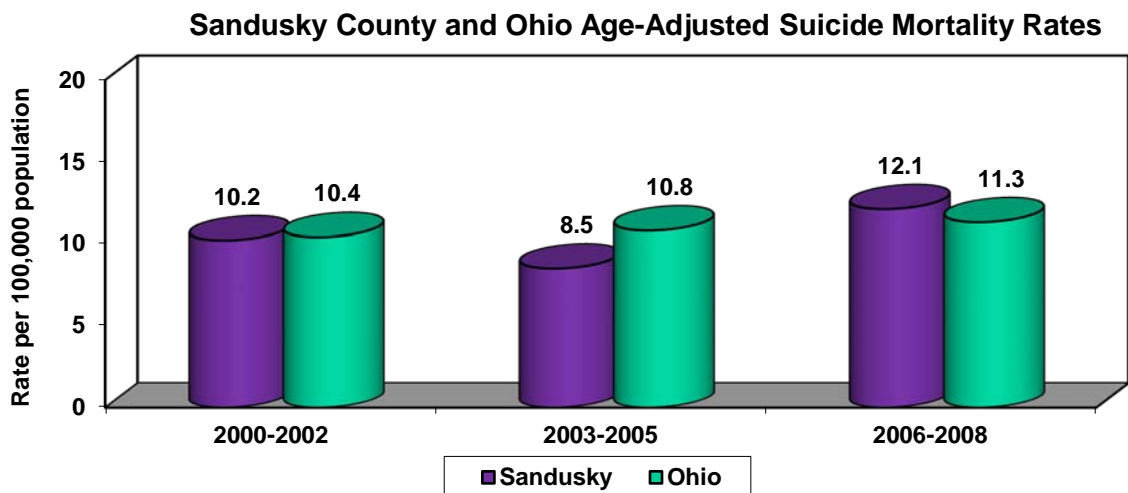
N/A – Not available

The following graph shows the percentage of Sandusky County adults that felt sad or hopeless for two or more weeks in a row in the past year. Examples of how to interpret the information shown on the first graph include: 15% of all Sandusky County adults felt sad or hopeless, 10% of males, and 25% of those under the age of 30.



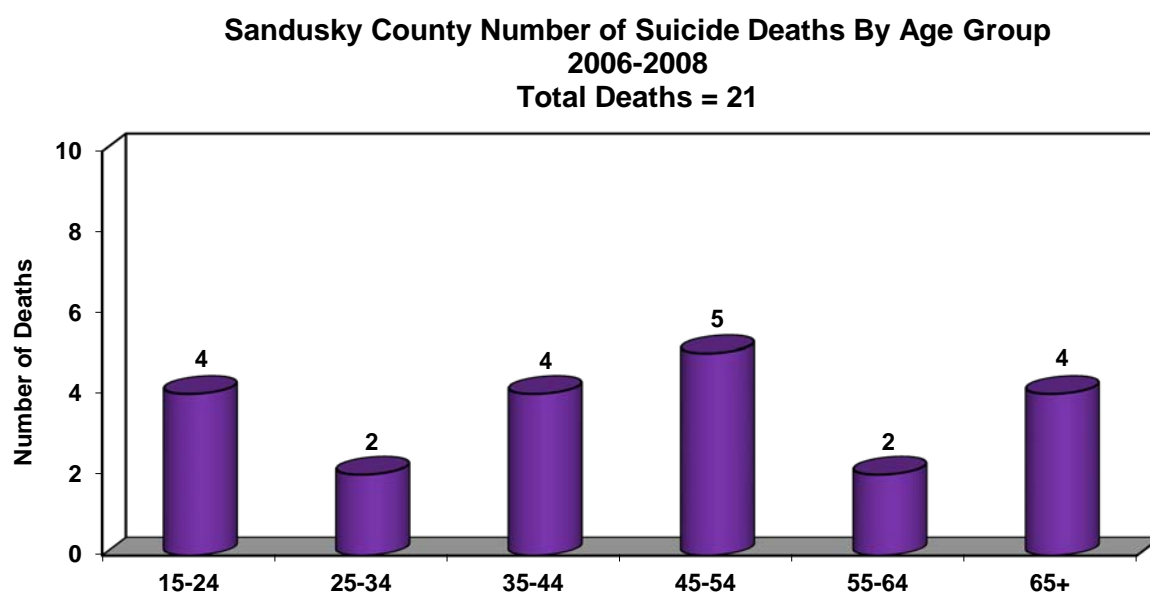
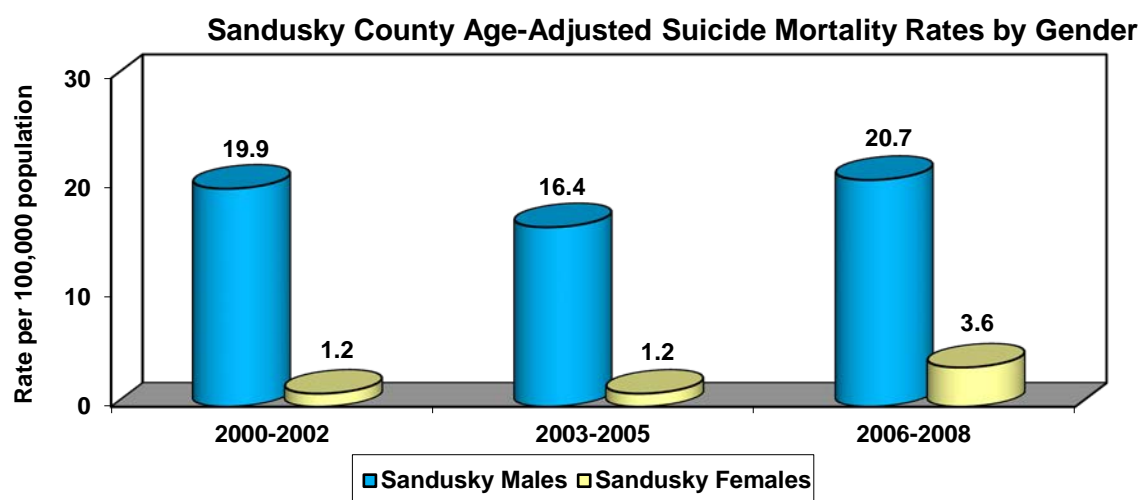
The following graphs show the Ohio and Sandusky County age-adjusted suicide mortality rates per 100,000 population. The graphs show:

- The Sandusky County age-adjusted suicide mortality rate fluctuated from year to year, and was higher than the Ohio rate from 2006 to 2008.



The following graph shows the number of suicide deaths by age group for the county. The graph shows:

- The Sandusky County male age-adjusted suicide rate consistently exceeded the female rate from 2000 to 2008.
- From 2006-2008, 24% of all Sandusky County suicide deaths occurred to those ages 45-54 years old.



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

## Warning Signs for Suicide

More than 90 percent of people who kill themselves are suffering from one or more psychiatric disorders, in particular:

- Major depression
- Bipolar depression
- Schizophrenia
- Drug abuse & dependence
- Alcohol abuse & dependence
- Post-Traumatic Stress Disorder (PTSD)
- Eating disorders
- Personality disorders

The core symptoms of major depression are a “down” or depressed mood most of the day or a loss of interest or pleasure in activities that were previously enjoyed for at least two weeks, as well as:

- Changes in sleeping patterns
- Change in appetite or weight
- Intense anxiety, agitation, restlessness
- Fatigue or loss of energy
- Decreased concentration, indecisiveness, or poorer memory
- Feelings of hopelessness, worthlessness, self-reproach or excessive or inappropriate guilt
- Recurrent thoughts of suicide

## Prevention: Take it Seriously

Fifty to 75% of all suicides give some warning of their intentions to a friend or family member. Recognize the *Imminent Dangers*:

- Threatening to hurt or kill oneself
- Talking or writing about death, dying, or suicide
- Looking for ways to kill oneself (weapons, pills, or other means)
- Has made plans or preparations for a potentially serious attempt

(Source: American Foundation for Suicide Prevention, *When You Fear Someone May Take Their Life*, <https://www.afsp.org/>)

### Mental Health Services in Ohio

(Ohio Facts 2012, FY 2011\*)

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

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

# Adult and Youth | ORAL HEALTH

## Key Findings

The 2013 Health Assessment project has determined that more than three-fifths (62%) of Sandusky County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. Almost three-fourths (74%) of Sandusky County youth in grades 6-12 had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

### Sandusky County Dental Care Resources – 2011

- Number of licensed dentists- 22
- Number of primary care dentists- 20
- Ratio of population per dentist- 2,731:1
- Number of dentists who treat Medicaid patients- 5
- Ratio of Medicaid population per dentist who treats Medicaid patients- 2,480:1

(Source: ODH Ohio Oral Health Surveillance System, 2011)

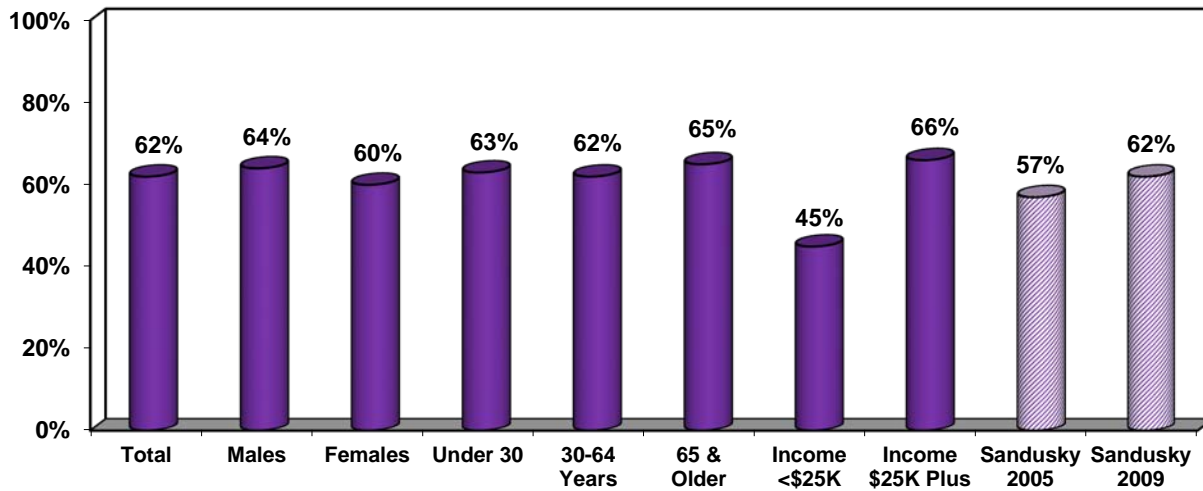
## Access to Dental Care

- In the past year, 62% of Sandusky County adults had visited a dentist or dental clinic, decreasing to 45% of adults with annual household incomes less than \$25,000.
- The 2012 BRFSS reported that 67% of U.S. adults and 68% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.
- More than two-thirds (69%) of Sandusky County adults with dental insurance have been to the dentist in the past year, compared to 61% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 17% said cost, 16% had no oral health problems, 5% said fear, apprehension, nervousness, pain, and dislike going, 5% had not thought of it, 5% did not have/know a dentist, 4% had other priorities, 3% could not get to the office, 2% said their dentist did not accept their medical coverage, 1% could not find a dentist to who took Medicaid, 1% could not find a dentist who treats special needs clients, and 1% could not get to the office/clinic.
- Sandusky County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (74%), 1 to 2 years ago (12%), 2 to 5 years ago (3%), 5 or more years ago (2%), never (3%), and do not know (6%).

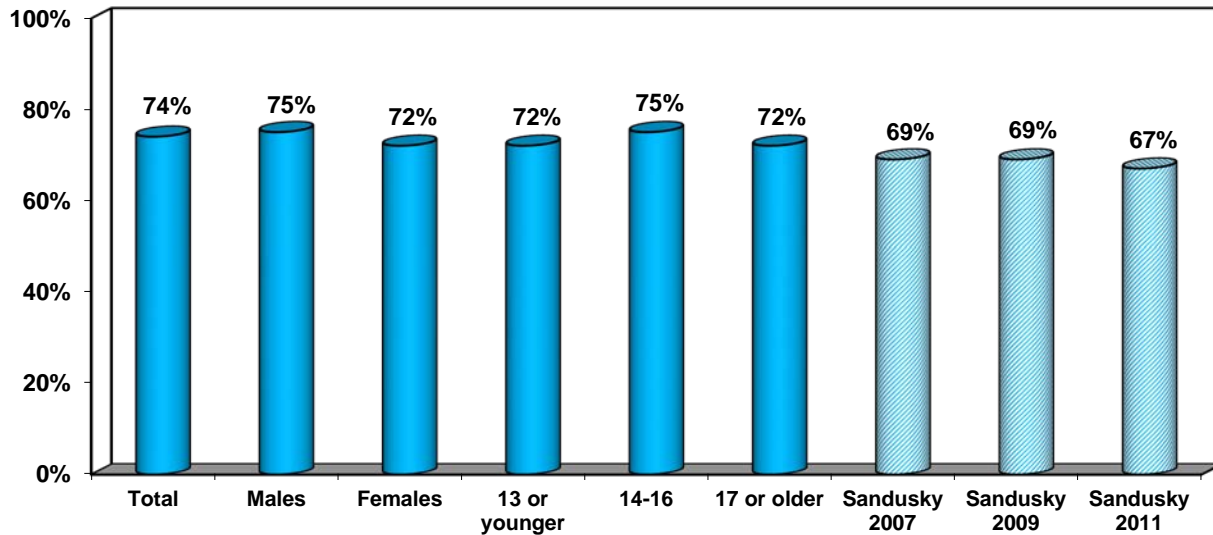
Adult Comparisons	Sandusky County 2005	Sandusky County 2009	Sandusky County 2013	Ohio 2012	U.S. 2012
Adults who have visited the dentist in the past year	57%	62%	62%	68%	67%

The following graphs provide information about the frequency of Sandusky County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 62% of all Sandusky County adults had been to the dentist in the past year, 63% of those under the age of 30, and 45% of those with incomes less than \$25,000.

**Sandusky County Adults Visiting a Dentist in the Past Year**



**Sandusky County Youth Visiting a Dentist in the Past Year**





# Adult | PARENTING

## Key Findings

The 2013 Health Assessment project identified that 66% of parents discussed screen time with their 12-to-17 year-old in the past year. Almost one-fifth (19%) of parents said their child had been vaccinated with the HPV vaccine.

## Parenting

- Nearly one-fifth (19%) of parents indicated their child had been vaccinated with the HPV vaccine. 22% said they had never heard of this vaccine. 20% said they would not have their child vaccinated because their child is not going to have sex. 10% said they did not know HPV caused cancer, and 6% did not have the money to have their child vaccinated.
- Parents discussed the following topics with their 12-to-17 year-old in the past year:
  - Screen-time (66%)
  - Physical activity (61%)
  - Dating and relationships (59%)
  - Bullying (57%)
  - Eating habits (56%)
  - Body image (46%)
  - Abstinence/how to refuse sex (43%)
  - Negative effects of alcohol (40%)
  - Negative effects of tobacco (39%)
  - Negative effects of marijuana and other drugs (39%)
  - Social media issues (38%)
  - Weight status (35%)
  - Energy drinks (35%)
  - Refusal skills/peer pressure (32%)
  - Condom use/safer sex/STD prevention (29%)
  - School/legal consequences of using tobacco/alcohol/other drugs (26%)
  - Negative effects of misusing prescription medication (22%)
  - Anxiety/depression/suicide (20%)
  - Birth control (18%)

### How to Talk to your Teen about Safe Sex

- Talk calmly and honestly about safe sex.
- Practice talking about safe sex with another adult before approaching your adolescent.
- Listen to your adolescent and answer his/her questions honestly.
- Topics that are appropriate for a safe sex discussion may include: STDs and prevention, peer pressure to have sex, birth control, different forms of sexuality, and date rape.

(Source: American Academy of Pediatrics (AAP), Safer Sex Guidelines, <http://www.ipch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safe-sex.html>)

## Tips for Parents – Ideas to Help Children Maintain a Healthy Weight

- Encourage healthy eating habits by providing fruits, vegetables, whole grains, low-fat or non-fat dairy products, and lean meats and proteins for your family.
- Find ways to make your family's favorite dishes in a healthier way.
- Limit or reduce the consumption of calorie-rich, sugary and/or saturated fat in your home.
- Adding physical activity into the family's routine will lead to it becoming a healthy habit. Some examples of moderate intensity physical activity include brisk walking, playing tag, jumping rope, playing soccer, swimming and dancing.
- Encourage fun activities to reduce the amount of sedentary time watching TV, playing video games or on the computer.
- The goal is to reduce the rate of weight gain in overweight and obese children and teens while still accounting for normal growth and development. Children and teens should not be placed on a diet without consulting a doctor.

(Source: CDC, Healthy Weight, "Tips for Parents – Ideas to Help Children Maintain a Healthy Weight", <http://www.cdc.gov/healthyweight/children/index.html>, October 31, 2011)

# Youth | WEIGHT STATUS

## Key Findings

*The 2013 Health Assessment identified that 15% of Sandusky County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 29% of Sandusky County youth reported that they were slightly or very overweight. 76% of youth were exercising for 60 minutes on 3 or more days per week. 87% of youth were involved in extracurricular activities.*

## Youth Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- In 2013, 15% of youth were classified as obese by Body Mass Index (BMI) calculations (2011 YRBS reported 15% for Ohio and 13% for the U.S.). 15% of youth were classified as overweight (2011 YRBS reported 15% for Ohio and 15% for the U.S.). 67% were normal weight, and 2% were underweight.

*15% of Sandusky County youth were classified as obese.*

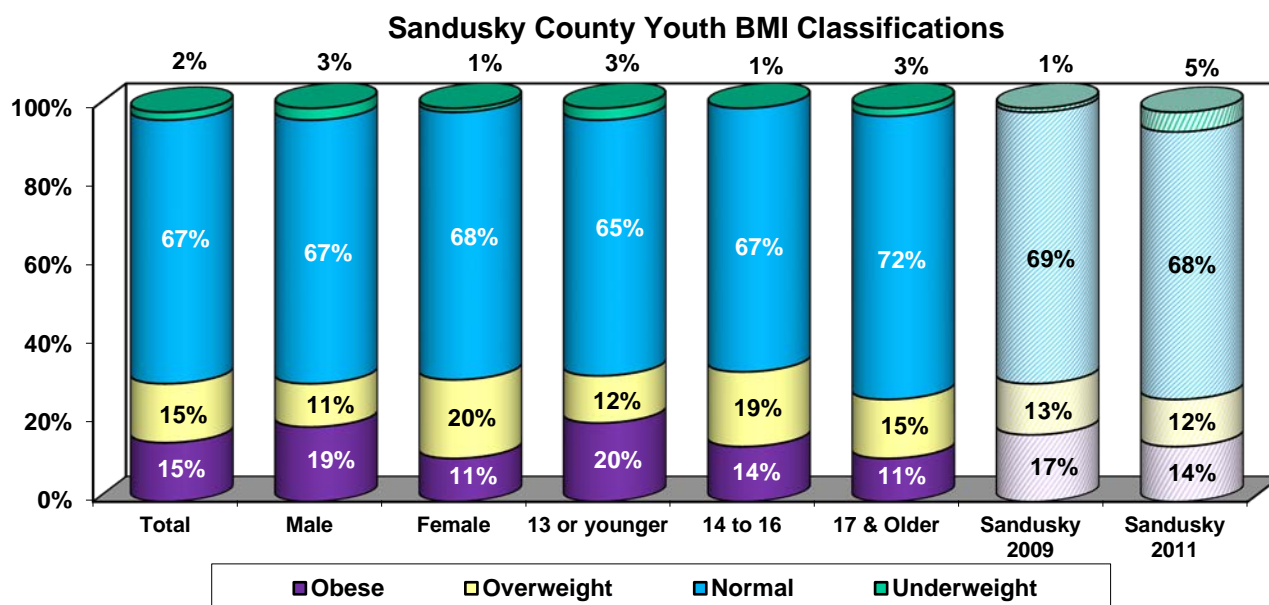
- 29% of youth described themselves as being either slightly or very overweight (2011 YRBS reported 30% for Ohio and 29% for the U.S.).
- Half (50%) of all youth were trying to lose weight, increasing to 60% of Sandusky County female youth (compared to 40% of males).
- Sandusky County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
  - 51% of youth exercised.
  - 29% of youth ate less food, fewer calories, or foods lower in fat.
  - 6% reported going without eating for 24 hours or more (2011 YRBS reported 13% for Ohio and 12% for the U.S.).
  - 3% reported smoking to lose weight.
  - 2% reported taking diet pills, powders, or liquids without a doctor's advice (2011 YRBS reported 6% for Ohio and 5% for the U.S.).
  - 2% vomited or took laxatives to lose weight. (2011 YRBS reported 6% for Ohio and 4% for the U.S.).
- 14% of Sandusky County youth ate 5 or more servings of fruits and vegetables per day. 79% ate 1 to 4 servings of fruits and vegetables per day.

## Physical Activity

- 76% of Sandusky County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 55% did so on 5 or more days in the past week and 30% did so every day in the past week. 12% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2011 YRBS reports 16% for Ohio and 14% for the U.S.).
- 70% of Sandusky County youth were physically active at least 60 minutes per day on less than 7 days, (2011 YRBS reported 75% for Ohio and 71% for the U.S.) and 45% were physically active at least 60 minutes per day on less than 5 days (2011 YRBS reported 55% for Ohio and 51% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.
- Sandusky County youth spent an average of 3.1 hours on their cell phone, 2.0 hours watching TV, 1.6 hours on the computer/tablet, and 1.2 hours playing video games on an average day of the week.
- Over one-quarter (27%) of youth spent 3 or more hours watching TV on an average day (2011 YRBS reported 31% for Ohio and 32% for the U.S.).
- 87% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (49%), school club or social organization (31%), church youth group (24%), church or religious organization (22%), caring for siblings after school (19%), part-time job (15%), babysitting for other kids (13%), volunteering in the community (13%), caring for parents or grandparents (3%) or some other organized activity (Scouts, 4H, etc.) (15%).

Sandusky County 6 <sup>th</sup> -12 <sup>th</sup> Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	51%
Ate less food, fewer calories, or foods lower in fat	29%
Went without eating for 24 hours	6%
Smoked cigarettes	3%
Took diet pills, powders, or liquids without a doctor's advice	2%
Vomited or took laxatives	2%

The following graph shows the percentage of Sandusky County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph include: 67% of all Sandusky County youth were classified as normal weight, 15% were obese, 15% were overweight, and 2% were underweight for their age and gender.



## Learning To Get Fit; Stronger Bodies, Sharper Minds

- Getting active can also improve academic performance. In a study of 214 middle-school students by researchers from Michigan State University, those who participated in vigorous physical activity did about 10% better in core classes like math, science and English.
- Exercise breaks during the day have been shown to improve learning and classroom behavior, and regular physical activity has psychological benefits that can help kids cope socially and deal with peer pressure.
- Current guidelines call for kids to get at least 60 minutes of exercise a day. Yet, according to a study published in *Medicine and Science in Sports and Exercise*, only 42% of children ages 6 to 11 and a mere 8% of adolescents meet that goal.

(Source: National Dairy Council, 2010; *Newsweek Back-To-School Guidebook: In Association with Fuel up to Play 60*, obtained from: [www.nationaldairycouncil.org/childnutrition](http://www.nationaldairycouncil.org/childnutrition))

Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	17%	14%	15%	13%	15%	13%
Overweight	13%	12%	15%	17%	15%	15%
Described themselves as slightly or very overweight	29%	28%	29%	29%	30%	29%
Trying to lose weight	47%	51%	50%	48%	N/A	N/A
Exercised to lose weight	44%	33%	51%	50%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	18%	13%	29%	31%	43%*	39%*
Went without eating for 24 hours or more	2%	2%	6%	9%	13%	12%
Took diet pills, powders, or liquids without a doctor's advice	1%	<1%	2%	3%	6%	5%
Vomited or took laxatives	2%	<1%	2%	2%	6%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	79%	79%	79%	85%*	78%*
Physically active at least 60 minutes per day on less than 7 days in past week	N/A	76%	70%	69%	75%	71%
Physically active at least 60 minutes per day on less than 5 days in past week	N/A	56%	45%	43%	55%	51%
Did not participate in at least 60 minutes of physical activity on any day in past week	10%	13%	12%	12%	16%	14%
Watched TV 3 or more hours per day	40%	39%	27%	27%	31%	32%

N/A – Not available

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

# Youth | TOBACCO USE

## Key Findings

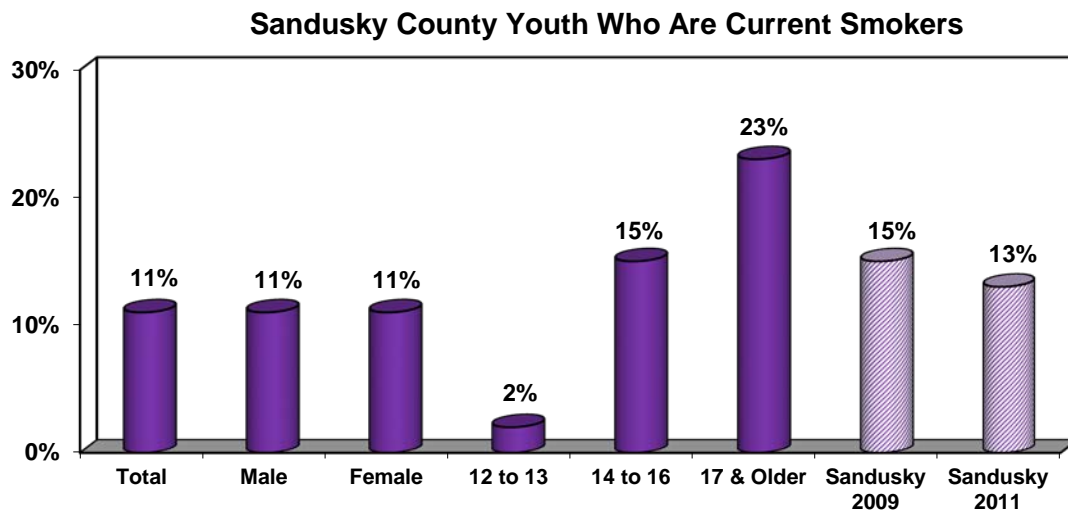
The 2013 Health Assessment identified that 11% of Sandusky County youth in grades 6-12 were smokers, increasing to 23% of those who were over the age of 17. Of those 6th -12th grade youth who currently smoked, 94% had tried to quit.

*In 2013, 11% of Sandusky County youth were current smokers, having smoked at some time in the past 30 days.*

## Youth Tobacco Use Behaviors

- The 2011 YRBS reports that 52% of youth in Ohio had tried cigarette smoking (2011 YRBS reports 45% of U.S. youth and the 2013 health assessment indicated that 27% of Sandusky County youth had done the same.)
- 18% of those who had smoked a whole cigarette did so at 10 years old or younger, and 34% had done so by 12 years old. The average age of onset for smoking was 12.8 years old.
- 6% of all Sandusky County youth had smoked a whole cigarette for the first time before the age of 13. The 2011 YRBS reported that 14% of youth in Ohio had smoked a whole cigarette for the first time before age 13 and 2011 YRBS reported 10% for the U.S.
- In 2013, 11% of Sandusky County youth were current smokers, having smoked at some time in the past 30 days (2011 YRBS reported 21% for Ohio and 18% for the U.S.). Almost one-quarter (23%) of those ages 17 years old and older were current smokers, compared to 2% of 12-13 year olds.
- More than three-fifths (67%) of the Sandusky County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 46% of youth smokers borrowed cigarettes from someone else, 33% said a person 18 years or older gave them the cigarettes, 31% asked someone else to buy them cigarettes, 19% took them from a store or family member, 11% indicated they bought cigarettes from a store or gas station, 2% got them from a vending machine, and 26% got them some other way.
- Sandusky County youth used the following forms of tobacco the most in the past year: cigarettes (18%), Black and Milds (13%), chewing tobacco or snuff (9%), cigars (7%), hookah (7%), e-cigarette (7%), flavored cigarettes (6%), swishers (6%), cigarillos (5%), snus (3%), little cigars (2%), and bidis (<1%).
- The majority (94%) of Sandusky County 6th-12th grade youth smokers had tried to quit smoking in the past year (2011 YRBS reported 56% for Ohio and 50% for the U.S.).
- 90% of Sandusky County youth reported that their parents would think it was very wrong or wrong for them to smoke cigarettes, increasing to 95% of those ages 13 or younger.

The following graph shows the percentage of Sandusky County youth who smoke cigarettes. Examples of how to interpret the information include: 11% of all Sandusky County youth were current smokers, 11% of males smoked, and 11% of females were current smokers.



*6% of all Sandusky County youth had smoked a whole cigarette for the first time before the age of 13.*

**Behaviors of Sandusky County Youth**  
*Current Smokers vs. Non-Current Smokers*

Youth Behaviors	Current Smoker	Non-Current Smoker
Participated in extracurricular activities	73%	88%
Have had sexual intercourse	67%	18%
Have had at least one drink of alcohol in the past 30 days	67%	13%
Have been bullied in the past 12 months	53%	50%
Have been in a physical fight in the past 12 months	49%	23%
Have used marijuana in the past 30 days	48%	3%
Misused prescription medications in the past 30 days	27%	3%
Attempted suicide in the past 12 months	18%	6%
Perceived a great or moderate risk of smoking	61%	78%
Parents feel cigarette smoking was very wrong or wrong	53%	95%
Friends feel cigarette smoking was very wrong or wrong	12%	76%

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



Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried cigarettes	33%	33%	27%	35%	52%	45%
Current smokers	15%	13%	11%	16%	21%	18%
Tried to quit smoking	60%	52%	94%	78%	56%	50%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	N/A	N/A	6%	8%	14%	10%

N/A – Not available

## Electronic Cigarettes and Teenagers

- The percentage of U.S. middle and high school students who tried electronic cigarettes more than doubled from 2011 to 2012.
- E-cigarettes look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- The percentage of high school students who had ever used e-cigarettes rose from 4.7% in 2011 to 10.0% in 2012. In the same time period, high school students using e-cigarettes within the past 30 days rose from 1.5% to 2.8%.
- The percentage of middle school students who had ever used e-cigarettes also doubled from 1.4% to 2.7%.
- Altogether, as of 2012 more than 1.78 million middle and high school students in the US had tried e-cigarettes.
- 76% of current young e-cigarette users also smoked regular cigarettes. Some experts fear that e-cigarettes may encourage children to try regular cigarettes.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes."

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

# Youth | ALCOHOL CONSUMPTION

## Key Findings

In 2013, the Health Assessment results indicated that 43% of Sandusky County youth in grades 6-12 had drank at least one drink of alcohol in their life, increasing to 70% of youth seventeen and older. 43% of those 6th-12th graders who drank, took their first drink at 12 years of age or younger. 19% of all Sandusky County 6th-12th grade youth and 42% of those over the age of 17 had at least one drink in the past 30 days. About half (64%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all high school youth had driven a car in the past month after they had been drinking alcohol.

*In Sandusky County in 2013, 19% of youth had at least one drink in the past 30 days.*

## Youth Alcohol Consumption

- In 2013, the Health Assessment results indicated that about two-fifths (43%) of all Sandusky County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 70% of those ages 17 and older (2011 YRBS reports 71% for Ohio and 71% for the U.S.).
- About one-fifth (19%) of youth had at least one drink in the past 30 days, increasing to 42% of those ages 17 and older (2011 YRBS reports 38% for Ohio and 39% for the U.S.).
- Of those who drank, 64% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 75% of those ages 17 and older.
- Based on all youth surveyed, 13% were defined as binge drinkers, increasing to 33% of those ages 17 and older (2011 YRBS reports 24% for Ohio and 22% for the U.S.).
- About two-fifths (43%) of Sandusky County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 30% took their first drink between the ages of 13 and 14, and 27% drank between the ages of 15 and 18. The average age of onset was 12.4 years old.
- Of all Sandusky County youth, 19% had drank alcohol for the first time before the age of 13. (2011 YRBS reports 18% of Ohio youth drank alcohol for the first time before the age of 13 and 21% for the U.S.).
- Sandusky County youth drinkers reported they got their alcohol from the following: someone gave it to them (58%), (2011 YRBS reports 40% for the U.S.), a parent gave it to them (28%), took it from a store or family member (13%), a friend's parent gave it to them (11%), bought it in a liquor store/convenience store/gas station (3%), bought it at a restaurant/bar/club (1%), bought it at a public event (1%), and some other way (33%).
- During the past month 20% of all Sandusky County youth had ridden in a car driven by someone who had been drinking alcohol (2011 YRBS reports 21% for Ohio and 2011 YRBS reports 24% for the U.S.).

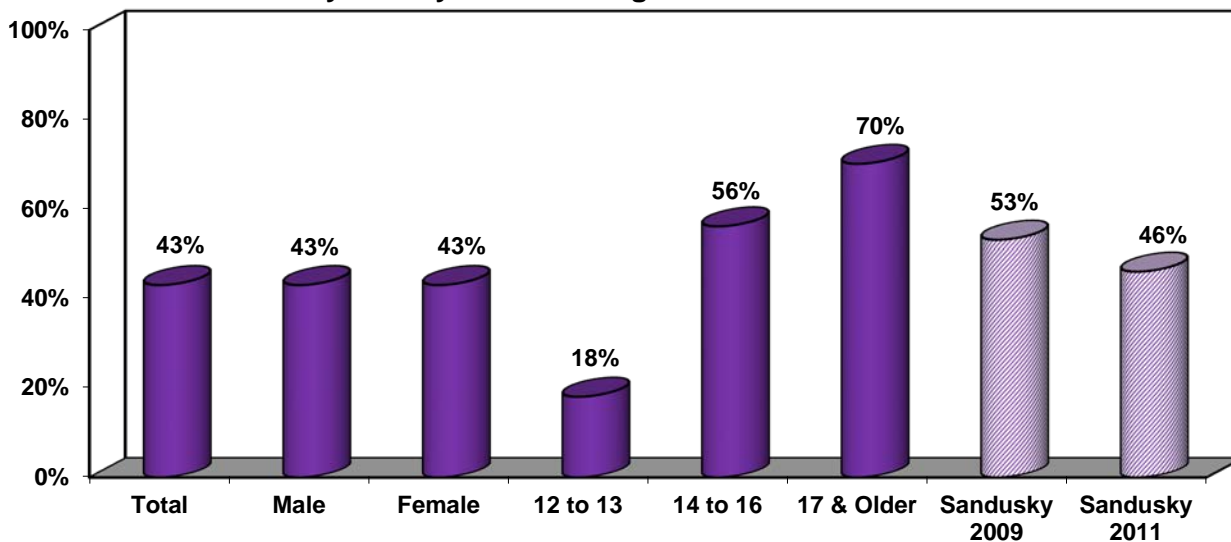
*Based on all Sandusky County youth surveyed, 13% were defined as binge drinkers.*

- 8% of all high school youth had driven a car in the past month after they had been drinking alcohol, increasing to 15% of those 17 and older (2011 YRBS reports 7% for Ohio and 8% for the U.S.).
- 88% of Sandusky County youth reported that their parents would think it was very wrong or wrong for them to have one or two alcoholic drinks nearly every day, increasing to 95% of those ages 13 or younger.

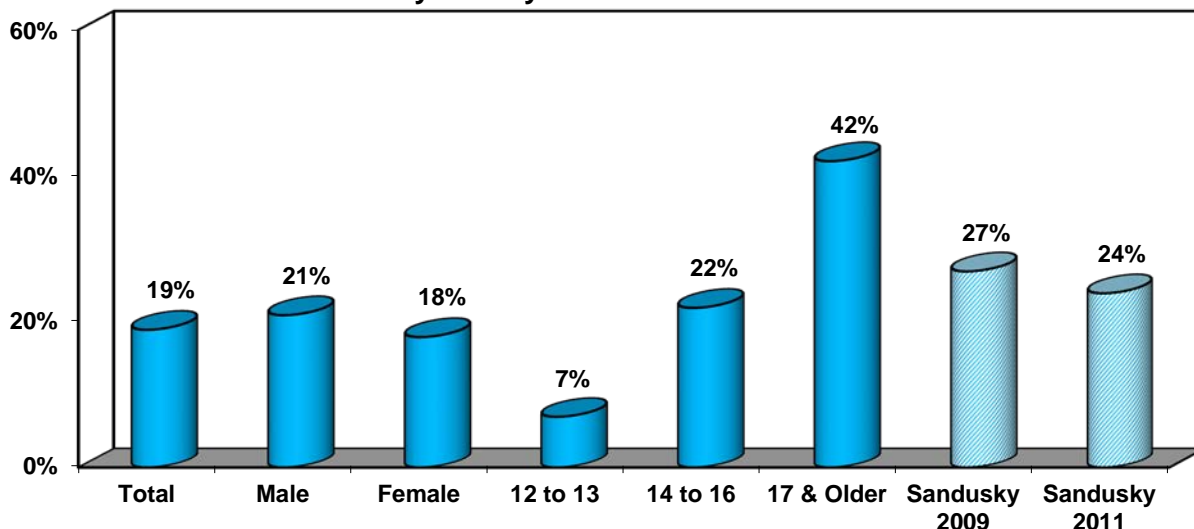
*Of all Sandusky County youth, 19% had drank alcohol for the first time before the age of 13.*

The following graphs show the percentage of Sandusky County youth who have drank in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 43% of all Sandusky County youth have drank at some time in their life: 43% of males and 43% of females.

**Sandusky County Youth Having At Least One Drink In Their Lifetime**

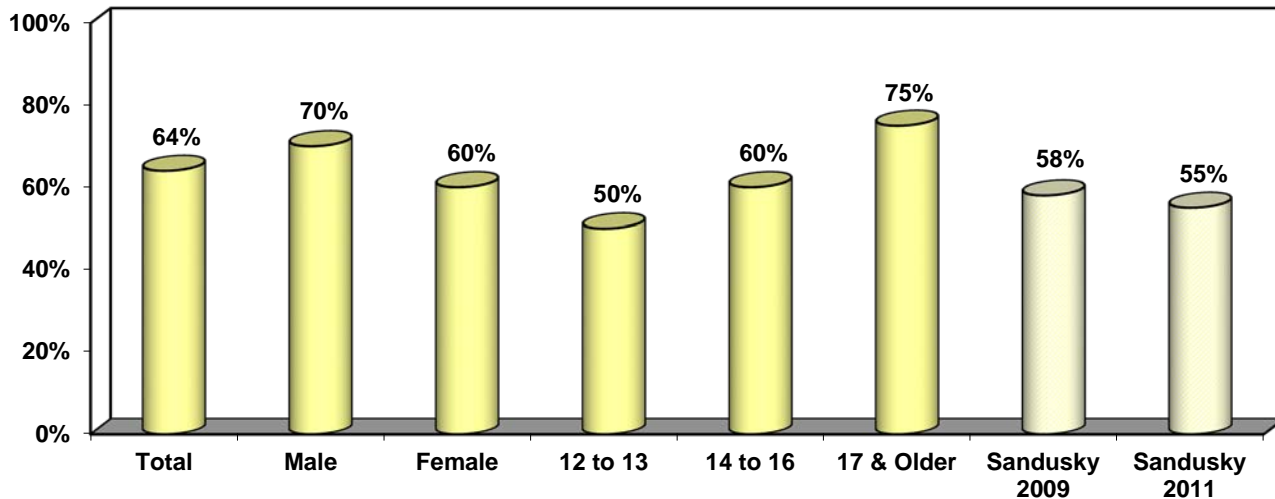


**Sandusky County Youth Who Are Current Drinkers**



The following graph shows the percentage of Sandusky County youth who were binge drinkers. Examples of how to interpret the information include: 64% of current drinkers binge drank in the past month, 70% of males, and 60% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.

**Sandusky 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.

*28% of Sandusky County youth drinkers reported they got their alcohol from a parent giving it to them.*

**Behaviors of Sandusky County Youth**  
Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	84%	87%
Have had sexual intercourse	62%	14%
Have been bullied in the past 12 months	49%	51%
Have been in a physical fight in the past 12 months	43%	22%
Have smoked cigarettes in the past 30 days	40%	5%
Have used marijuana in the past 30 days	29%	3%
Misused prescription medications in the past 30 days	15%	3%
Attempted suicide in the past 12 months	15%	6%
Perceived a great or moderate risk of drinking five or more alcoholic drinks once or twice a week	52%	62%
Parents feel drinking one or two alcoholic drinks nearly every day was very wrong or wrong	64%	94%
Friends feel drinking one or two alcoholic drinks nearly every day was very wrong or wrong	23%	76%

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

Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Ever tried alcohol	53%	46%	43%	57%	71%	71%
Current drinker	27%	24%	19%	27%	38%	39%
Binge drinker (of all youth)	15%	13%	13%	19%	24%	22%
Drank for the first time before age 13 (of all youth)	N/A	N/A	25%	20%	18%	21%
Rode with someone who was drinking	24%	20%	20%	20%	21%	24%
Drank and drove	5%	4%	6%	8%	7%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	N/A	58%	61%	N/A	40%

N/A – Not available

### Underage Drinking in Ohio

- The price for underage drinking on Ohio residents was \$2.9 billion in 2010.
- The figure of \$2.9 billion translates to a cost of \$2,596 per year for each youth in Ohio or \$3.19 per drink consumed underage.
- In 2009, there were 4,178 youth ages 12-20 who were admitted to an alcohol treatment program in Ohio, which was 11% of all alcohol abuse treatment admissions.
- Approximately 1,253 teen pregnancies and 36,019 teens engaging in risky sex can be attributed to underage drinking in 2009.
- In 2009, about 31 traffic fatalities and 1,872 nonfatal injuries were associated with driving after underage drinking.

(Source: Pacific Institute for Research and Evaluation (PIRE) with funding from the Office of Juvenile Justice and Delinquency Prevention, *Underage Drinking in Ohio: The Facts*, September 2011, <http://www.udetc.org/factsheets/OH.pdf>)

# Youth | MARIJUANA AND OTHER DRUG USE

## Key Findings

*In 2013, 8% of Sandusky County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 19% of those ages 17 and older. 5% of 6th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high in the past 30 days, increasing to 8% of those over the age of 17.*

## Youth Drug Use

- 21% of youth had used marijuana at some time in their life, increasing to 30% of those ages 17 and over.
- In 2013, 8% of all Sandusky County youth had used marijuana at least once in the past 30 days, increasing to 19% of those over the age of 17. The 2011 YRBS found a prevalence of 24% for Ohio youth and a prevalence of 23% for U.S. youth that had used marijuana one or more times during the past 30 days.
- 6% of Sandusky County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high in the past 30 days, increasing to 8% of those over the age of 17.
- Sandusky County youth have tried the following in their life:
  - 10% of youth used inhalants, (2011 YRBS reports 11% for U.S.)
  - 9% misused prescription medications
  - 9% misused cough syrup
  - 7% used K2/spice
  - 4% used cocaine, (2011 YRBS reports 7% for Ohio and 7% for U.S.)
  - 4% misused over-the-counter medications
  - 3% used ecstasy/MDMA, (2011 YRBS reports 8% for U.S.)
  - 2% used posh/salvia/synthetic marijuana
  - 2% used heroin, (2011 YRBS reports 3% for Ohio and 3% for U.S.)
  - 2% misused hand sanitizer
  - 1% used steroids, (2011 YRBS reports 4% for Ohio and 4% for U.S.)
  - 1% had been to a pharm party/used skittles
  - 1% used GhB
  - 1% used bath salts
  - 1% used methamphetamines, (2011 YRBS reports 4% for the U.S.)
- During the past 12 months, 6% of all Sandusky County youth reported that someone had offered, sold, or given them an illegal drug on school property, increasing to 9% of those 14 to 16 years old (2011 YRBS reports 24% for Ohio and 26% for the U.S.).
- 91% of Sandusky County youth reported that their parents would think it was very wrong or wrong for them to smoke marijuana once or twice a week, increasing to 98% of those ages 13 or younger.
- 96% of Sandusky County youth reported that their parents would think it was very wrong or wrong for them to use prescription drugs that were not prescribed to them.

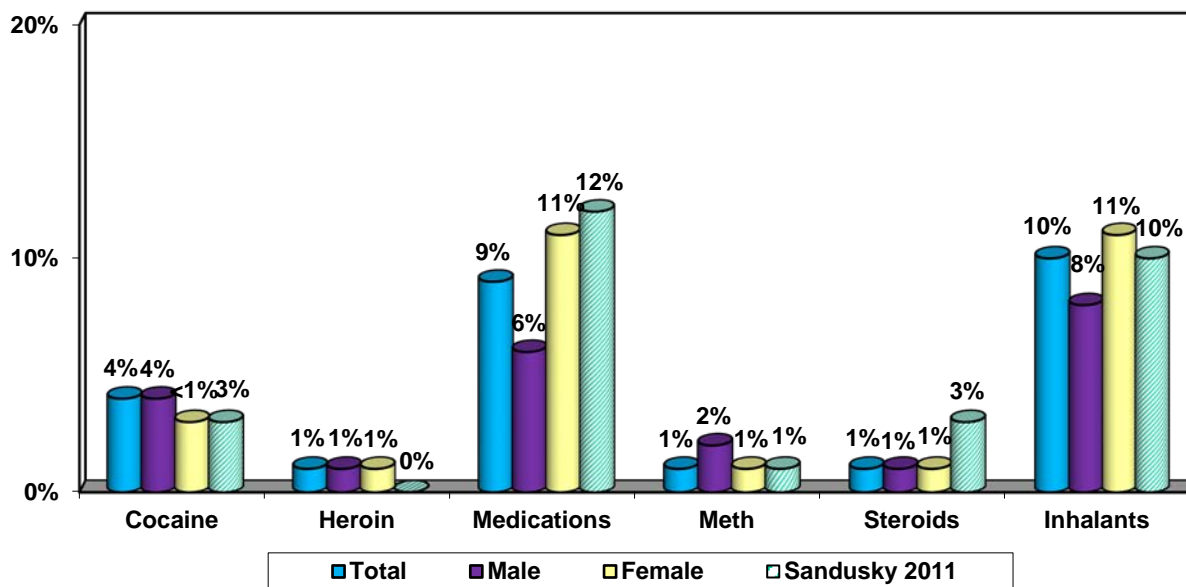
### Synthetic Marijuana

- “K2” and “Spice” are street names for synthetic marijuana. It is a mixture of herbs or other plant materials that have been sprayed with artificial chemicals that are supposed to mimic the effects of marijuana.
- The physical signs of using synthetic marijuana are very troubling and include increased agitation, profuse sweating, pale skin, vomiting and uncontrolled/spastic body movements.
- While these drugs may be “new” to many parents, more than one in 10 American high school seniors used synthetic marijuana in the prior year according to the “Monitoring the Future” study, conducted by the University of Michigan.
- Calls to poison control centers for exposure to synthetic marijuana doubled between 2010 and 2011 and is on track to continue rising in 2012.

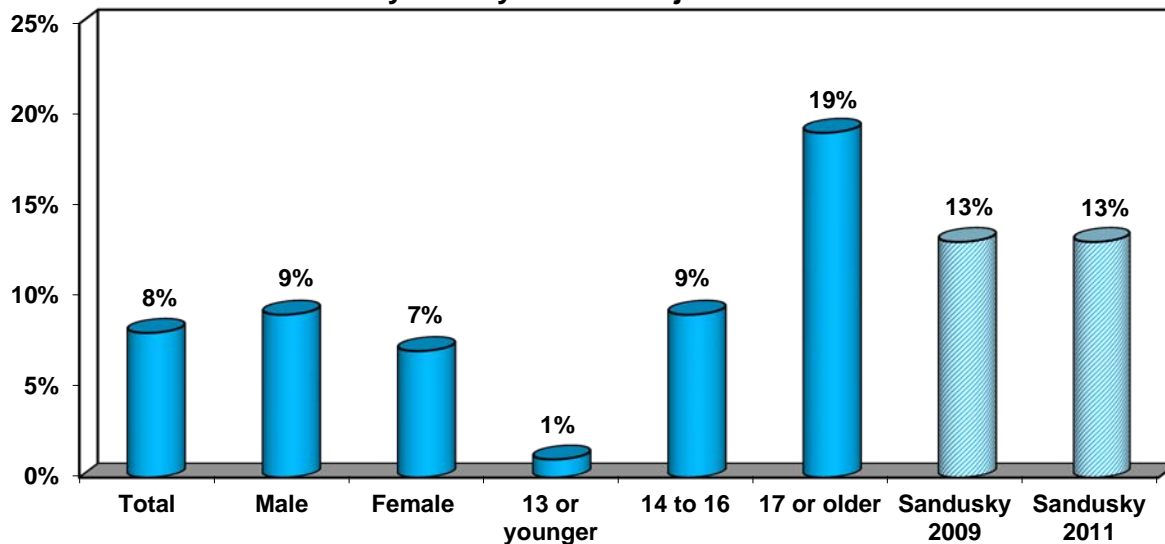
*(Source: The Partnership at Drugfree.Org, Parents 360 Synthetic Drugs: Bath Salts, K2/Spice: A Guide for parents and other influencer, [www.drugfree.org](http://www.drugfree.org), 2-16-12)*

The following graphs are data from the 2013 Sandusky County Health Assessment indicating youth lifetime drug use and marijuana use in the past 30 days. Examples of how to interpret the information include: 8% of all Sandusky County youth used marijuana in the past month, 3% of youth have used cocaine at some point in their lives, and 12% of youth have misused medication at some point in their life.

**Sandusky County Youth Lifetime Drug Use**



**Sandusky County Youth Marijuana Use in Past Month**



Youth Comparisons	Sandusky County 2005 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2010 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who used marijuana in the past month	11%	13%	8%	11%	24%	23%
Ever used methamphetamines	2%	1%	1%	1%	6%*	4%
Ever used cocaine	2%	3%	4%	4%	7%	7%
Ever used heroin	2%	<1%	2%	2%	3%	3%
Ever used steroids	3%	3%	1%	1%	4%	4%
Ever used inhalants	11%	10%	10%	11%	12%**	11%
Ever used ecstasy/MDMA	6%	5%	3%	5%	N/A	8%
Ever misused medications	10%	12%	9%	11%	N/A	N/A
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	12%	7%	6%	9%	24%	26%

N/A - Not available

\*2007 YRBS Data

\*\*2005 YRBS Data

### Characteristics of New Marijuana Users

There are several ways to tell if someone is habitually smoking marijuana. Below it is broken down into two categories, behavioral and physical, to help you identify if a child or loved one is habitually abusing marijuana.

#### ○ Behavioral Signs of Marijuana Use:

- Lack of motivation or ambition for activities that once excited the user.
- In many cases, participation in sports, social groups, or other pursuits will wane or even cease entirely.
- Performance in school or in the workplace will begin to decline, coupled with a sense of apathy towards this decline.
- Withdrawal from the family system – This is most often the case with adolescents and young adults, but can be a warning sign for adults as well.
- Drastic change in peer group – An addict will often abandon peer groups in favor of those who share similar desires and behaviors, namely those engaging in drug use.
- Personal hygiene may begin to suffer as he or she is less concerned with their public appearance.
- Depressive style of mood. Marijuana addicts manifest many of the same characteristics as those suffering from depression. An addict will have a flat affect and mood; he or she will appear lazy and day-to-day functioning will start to deteriorate on every major life level.
- Aversive, avoidant behavior.

#### ○ Physical Signs of Marijuana Use:

- Bloodshot eyes.
- Slowed speech.
- Averting eye contact or an unsteady gaze.

(Source: Caron Pennsylvania, *Signs of Pot Use: Guide to Signs & Symptoms of Marijuana Use*, 2013, from: <http://www.caron.org/signs-of-pot-use-5827.html>)



# Youth | PERCEPTIONS

## Key Findings

*In 2013, 52% of Sandusky County youth thought there was a great risk in harming themselves if they smoked cigarettes. 47% of youth thought that there was either no risk or a slight risk of using marijuana. Almost three-quarters (72%) of youth reported that their parents would think it was very wrong for them to drink alcohol.*

## Perceived Risk of Drug Use

- About half (52%) of Sandusky youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- 13% of youth thought that there was no risk for smoking cigarettes.
- About one-third (34%) of youth thought there was a great risk in smoking marijuana once or twice a week
- 26% of youth thought that there was no risk of smoking marijuana.
- About one-quarter (26%) of Sandusky County youth thought there was a great risk for drinking five or more alcoholic beverages once or twice a week.
- 13% of youth thought that there was no risk in drinking alcohol.
- Almost three-fifths (57%) of Sandusky County youth thought there was a great risk for using prescription drugs that were not prescribed to them.
- 12% of youth thought that there was no risk in misusing prescription drugs.

## Degree of Perceived Adult Disapproval of Use

- 78% of youth reported their parents (or guardians) would feel it was very wrong for them to smoke cigarettes, increasing to 89% of youth under the age of 13.
- 82% of Sandusky County youth reported their parents would feel it was very wrong for them to use marijuana.
- 72% of youth reported their parents would feel it was very wrong for them to drink alcohol, decreasing to 56% of those ages 17 and older.
- 89% of youth reported their parents would feel it was very wrong for them to misuse prescription medication.

## Degree of Perceived Peer Disapproval of Use

- Half (50%) of youth reported their peers would feel it was very wrong for them to smoke cigarettes, increasing to 69% of youth under the age of 13.
- 57% of Sandusky County youth reported their peers would feel it was very wrong for them to use marijuana.
- 46% of youth reported their peers would feel it was very wrong for them to drink alcohol, decreasing to 20% of those ages 17 and older.
- 61% of youth reported their peers would feel it was very wrong for them to misuse prescription medication.

### 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	13%	11%	24%	52%
Smoke marijuana	26%	20%	19%	34%
Drinking alcohol (such as beer, wine, or hard liquor)	13%	27%	34%	26%
Misusing prescription drugs	12%	12%	20%	57%

### Perceived Great Risk of Drug Use

How much do you think people risk harming themselves if they:	Total	Female	Male	Middle School	High School
Smoke cigarettes	52%	54%	51%	52%	52%
Smoke marijuana	34%	33%	34%	43%	28%
Drinking alcohol (such as beer, wine, or hard liquor)	26%	31%	21%	28%	25%
Misusing prescription drugs	57%	59%	55%	54%	59%

### Degree of Disapproval by Parents/Guardians

How wrong do your parents feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	5%	5%	12%	78%
Using marijuana	3%	6%	9%	82%
Drinking alcohol (such as beer, wine, or hard liquor)	4%	8%	17%	72%
Misusing prescription drugs	2%	2%	7%	89%

### Perceived Degree of Great Disapproval by Parents/Guardians

Parents feel it would be very wrong for you to do the following:	Total	Female	Male	Middle School	High School
Smoke cigarettes	78%	77%	80%	88%	71%
Smoke marijuana	82%	81%	83%	93%	75%
Drinking alcohol (such as beer, wine, or hard liquor)	72%	72%	71%	82%	65%
Misusing prescription drugs	89%	86%	92%	92%	87%

## Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	15%	16%	19%	50%
Using marijuana	18%	11%	14%	57%
Drinking alcohol (such as beer, wine, or hard liquor)	17%	18%	19%	46%
Misusing prescription drugs	7%	9%	23%	61%

## Perceived Degree of Great Disapproval by Peers

Friends feel it would be very wrong for you to do the following:	Total	Female	Male	Middle School	High School
Smoke cigarettes	50%	55%	46%	69%	38%
Smoke marijuana	57%	61%	52%	74%	46%
Drinking alcohol (such as beer, wine, or hard liquor)	46%	50%	43%	64%	35%
Misusing prescription drugs	61%	61%	61%	72%	53%

# Youth | SEXUAL BEHAVIOR AND TEEN PREGNANCY OUTCOMES

## Key Findings

*In 2013, almost one-quarter (24%) of Sandusky County youth have had sexual intercourse, increasing to 69% of those ages 17 and older. 21% of youth had participated in oral sex and 6% had participated in anal sex. 23% of youth participated in sexting. Of those who were sexually active, 56% had multiple sexual partners. One Sandusky County school did not ask sexual behavior questions.*

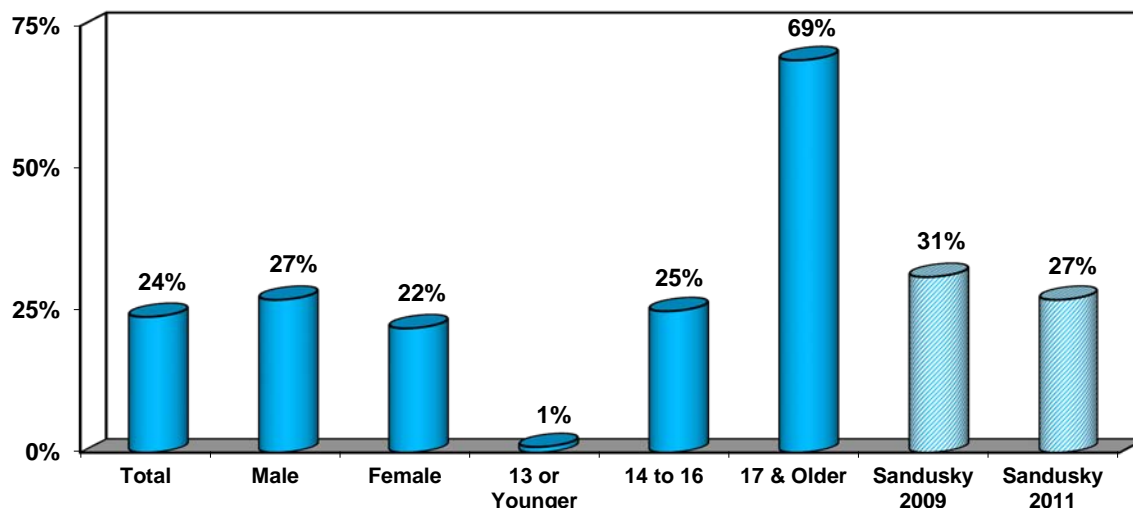
***69% of Sandusky County youth ages 17 and over have had sexual intercourse.***

## Youth Sexual Behavior

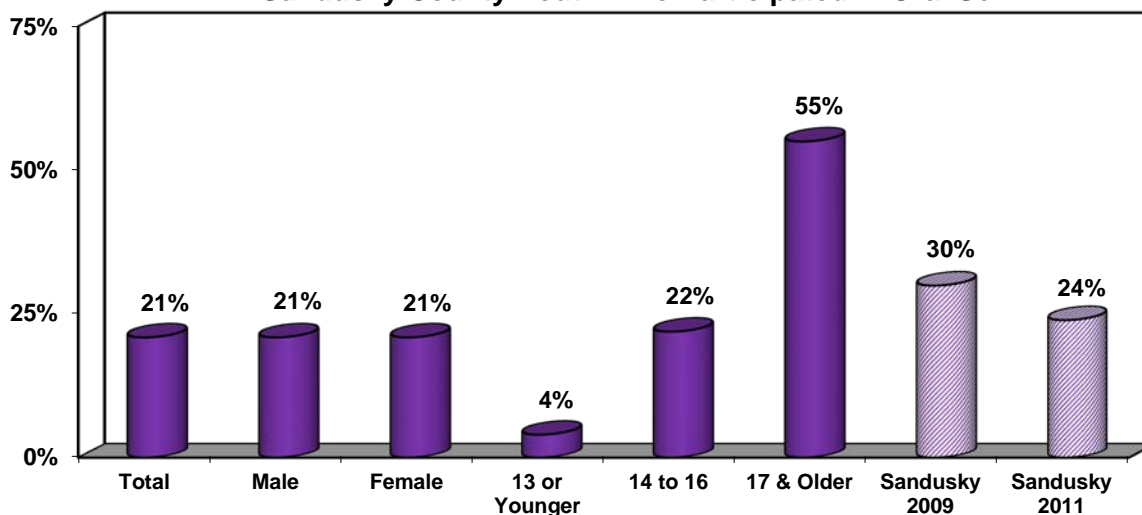
- One Sandusky County school did not ask sexual behavior questions.
- Almost one-quarter (24%) of Sandusky County youth have had sexual intercourse, increasing to 69% of those ages 17 and over. (The 2011 YRBS reports 47% of U.S. youth have had sexual intercourse.).
- 21% of youth had participated in oral sex, increasing to 55% of those ages 17 and over.
- 6% of youth had participated in anal sex, increasing to 16% of those ages 17 and over.
- 23% of youth had participated in sexting, increasing to 43% of those ages 17 and over.
- 26% of youth had viewed pornography, increasing to 36% of males and 48% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 44% had one sexual partner and 56% had multiple partners.
- 23% of all Sandusky County sexually active high school youth had 4 or more partners (2011 YRBS reports 18% for Ohio and 15% for the U.S.).
- Of those youth who were sexually active, 25% had done so by the age of 13. Another 54% had done so by 15 years of age. The average age of onset was 14.6 years old.
- Of all high school youth, 8% were sexually active before the age of 13 (2011 YRBS reports 6% for Ohio and 6% for the U.S.).
- Over two-thirds (69%) of youth who were sexually active used condoms to prevent pregnancy (2011 YRBS reports 60% for the U.S.); 33% used birth control pills (2011 YRBS reports 23% for Ohio and 18% for the U.S.), 22% used the withdrawal method, 6% used Depo-Provera, and 6% used some other method. However, 8% were engaging in intercourse without a reliable method of protection, increasing to 11% of females (2011 YRBS reports 10% for Ohio and 13% for the U.S.).
- 74% of youth have been taught about sexual practices, sexually transmitted diseases, and AIDS or HIV infection in school.

The following graphs show the percentage of Sandusky County youth who participated in sexual intercourse, oral sex and anal sex. Examples of how to interpret the information include: 24% of all Sandusky County youth had sexual intercourse, 27% of males, and 22% of females had sex.

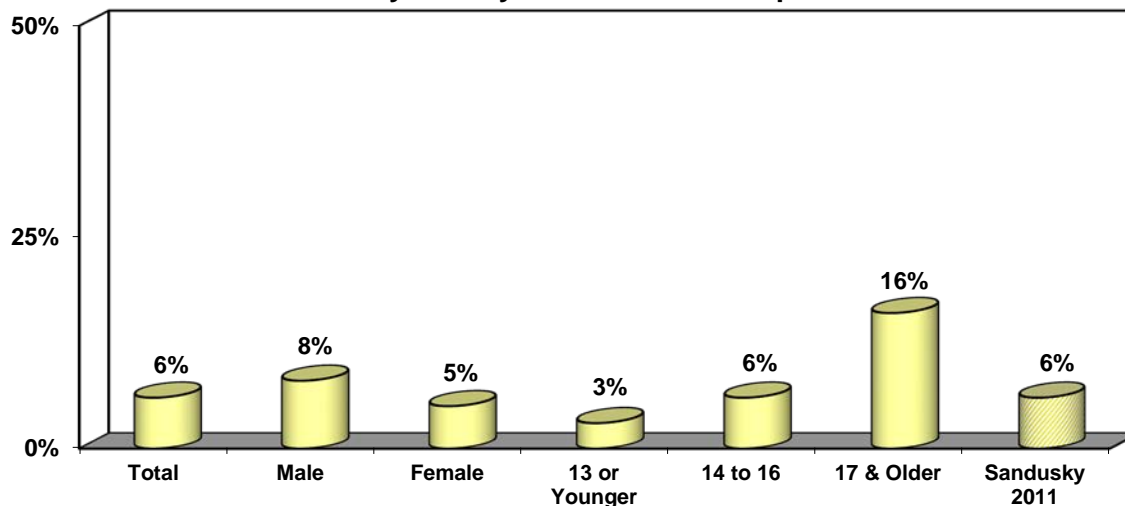
**Sandusky County Youth Who Had Sexual Intercourse**



**Sandusky County Youth Who Participated in Oral Sex**

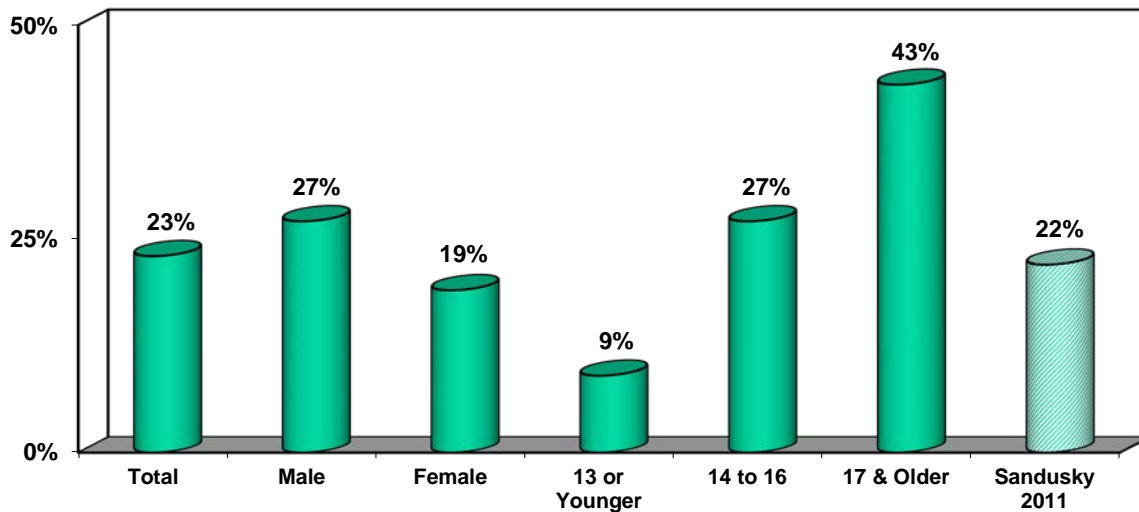


**Sandusky County Youth Who Participated in Anal Sex**



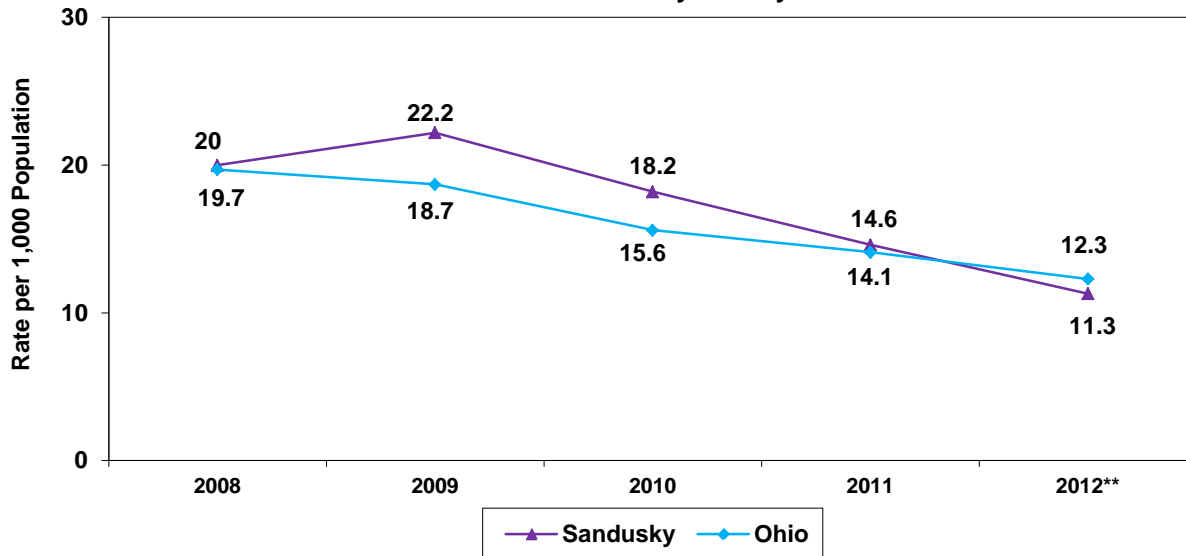
The following graphs show the percentage of Sandusky County youth who participated in sexting and teen birth rates in Sandusky County and Ohio. Examples of how to interpret the information include: 23% of all Sandusky County youth participated in sexting, 27% of males, and 19% of females.

**Sandusky County Youth Who Participated in Sexting**



*8% of Sandusky County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.*

**Teen Birth Rates for Sandusky County and Ohio\***



\*Teen birth rates include women ages 15-17

\*\*2012 data is preliminary

(Source: Ohio Department of Health Information Warehouse Updated 2-26-13)

Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> –12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> –12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> –12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> –12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> –12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> –12 <sup>th</sup> )
Ever had sexual intercourse	31%	27%	24%	36%	45%*	47%
Used a condom at last intercourse	47%	69%	69%	70%	60%*	60%
Used birth control pills at last intercourse	14%	36%	33%	34%	23%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	17%	N/A	8%	9%	10%	13%
Had four or more sexual partners (of all youth)	6%	15%	6%	9%	18%	15%
Had sexual intercourse before age 13 (of all youth)	10%	13%	4%	8%	6%	6%

N/A- Not available

\*2007YRBS data

## Breaking the Cycle Teen Pregnancy

- In 2011, a total of 329,797 babies were born to women aged 15–19 years, for a live birth rate of 31.3 per 1,000 women in this age group.
- In 2008, teen pregnancy and childbirth accounted for nearly \$11 billion per year in costs to U.S. taxpayers for increased health care and foster care, increased incarceration rates among children of teen parents, and lost tax revenue because of lower educational attainment and income among teen mothers.
- Pregnancy and birth are significant contributors to high school dropout rates among girls. Only about 50% of teen mothers receive a high school diploma by 22 years of age, versus approximately 90% of women who had not given birth during adolescence.
- The children of teenage mothers are more likely to have lower school achievement and drop out of high school, have more health problems, be incarcerated at some time during adolescence, give birth as a teenager, and face unemployment as a young adult.
- American Indian and Alaska Natives, Hispanics, and black teens are about 1.5 times more likely to have a repeat teen birth, compared to white teens.

(Source: CDC, *Breaking the Cycle of Teen Pregnancy*, 4/2/2013, from:  
<http://www.cdc.gov/features/vitalsigns/TeenPregnancy/index.html>)

# Youth | MENTAL HEALTH AND SUICIDE

## Key Findings

*In 2013, the Health Assessment results indicated that 13% of Sandusky County 6th-12th grade youth had made a plan on how they would attempt suicide in the past year and 8% admitted actually attempting suicide in the past year.*

***25% of Sandusky County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.***

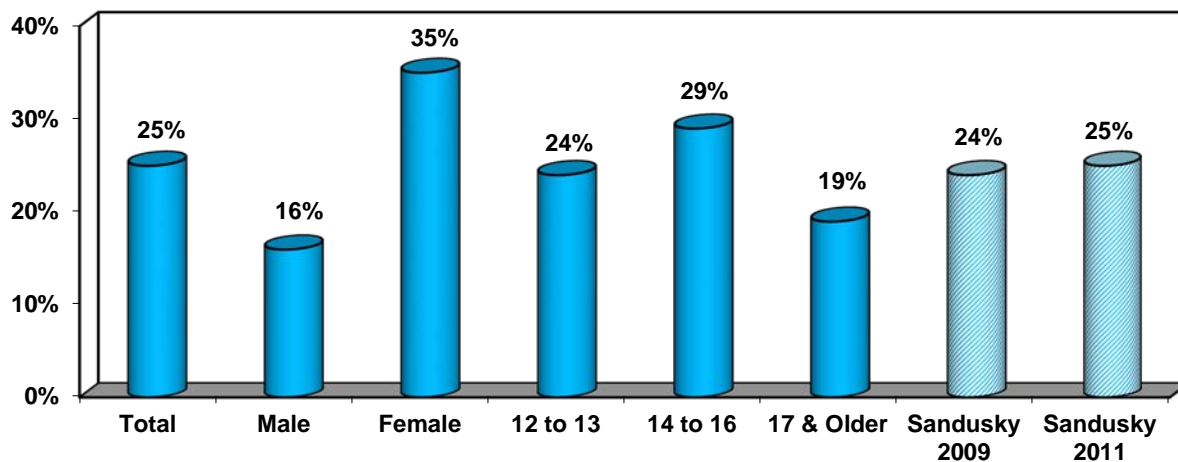
## Youth Mental Health

- In 2013, one-quarter (25%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (2011 YRBS reported 27% for Ohio and 29% for the U.S.).
- 13% of youth reported they had made a plan on how they would attempt suicide in the past 12 months. 14% of high school youth had made a plan on how they would attempt suicide.
- In the past year, 8% of Sandusky County youth had attempted suicide and 4% had made more than one attempt. The 2011 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 9% rate for Ohio youth.
- Sandusky County youth reported the following causes of anxiety, stress and depression: academic success (39%), arguing (36%), fighting with friends (35%), sports (33%), death of close family member or friend (32%), peer pressure (29%), fighting at home (29%), dating relationship (27%), breakup (25%), being bullied (25%), parent divorce/separation (16%), poverty/no money (16%), caring for younger siblings (15%), ill parent (12%), parent lost their job (12%), alcohol or drug use at home (7%), not feeling safe at home (7%), not having enough to eat (6%), family member in the military (5%), parent/caregiver with a substance abuse problem (5%), sexual orientation (5%), not having a place to live (4%), not feeling safe in the community (4%), and other stress at home (29%).
- Sandusky County youth stated that their plans for the future were the following: will attend a 4-year college (67%), will attend a community college or technical/trade school (31%), will join the military (9%), and will not finish high school (2%).
- 44% of Sandusky County youth stated that they had 3 or more adults to talk to and look up to at their school. 14% had 2 people at school they looked up to, and 19% had 1 person. 23% had no one they looked up to at school.
- 48% stated they had 3 or more adults to talk to and look up to in their community. 11% had 2 people they looked up to in their community, and 11% had 1 person. 30% had no one they looked up to in their community.
- 43% stated they had 3 or more adults to talk to and look up to at home. 28% had 2 people they looked up to at home, and 18% had 1 person. 11% did not have anyone they looked up to at home.
- 10% of Sandusky County youth stated that they would be very likely to seek help if they were feeling depressed or suicidal. 16% reported that it would be very unlikely they would seek help.



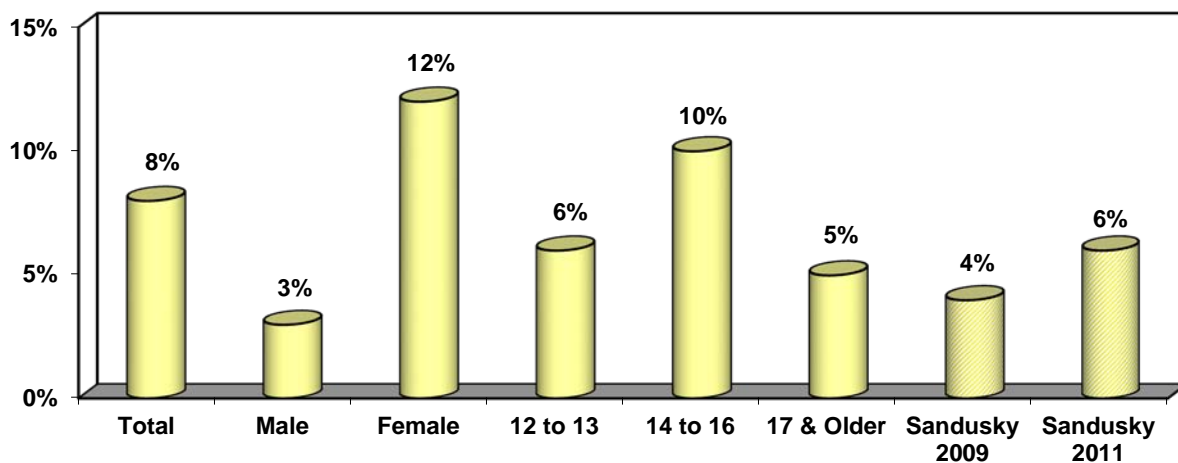
The following graphs show the percentage of Sandusky County youth who had felt sad or hopeless almost every day for two weeks or more in a row and attempted suicide in the past 12 months (i.e., the first graph shows that 25% of all youth had felt sad or hopeless for two weeks or more, 16% of males and 35% of females).

**Sandusky County Youth Who Felt Sad Or Hopeless For 2 Weeks or More In a Row**



*11% of Sandusky County youth did not have anyone they could talk to or look up to at home.*

**Sandusky County Youth Who Attempted Suicide in Past 12 Months**



Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had made a plan to attempt suicide	9%	12%	13%	13%	N/A	N/A
Youth who had attempted suicide in the past year	4%	6%	8%	8%	9%	8%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	24%	25%	25%	26%	27%	29%

N/A – Not available

*Sandusky County youth reported the following leading causes of anxiety, stress and depression: academic success (39%), arguing (36%), fighting with friends (35%), sports (33%), and death of close family member or friend (32%).*

#### 2011 Ohio Suicide Statistics for Youth Grades 9-12

- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 15% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 9% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 4% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBSS 2011)

# Youth | SAFETY

## Key Findings

*In 2013, 85% of Sandusky County youth self-reported that they wore a seatbelt when driving a car in the past month. 20% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month. 40% of youth drivers texted while driving. 10% of youth played the choking game.*

***27% of Sandusky County youth had purposefully hurt themselves at some time in their lives.***

## Personal Safety

- In the past 30 days, 20% of youth had ridden in a car driven by someone who had been drinking alcohol, (2011 YRBS reported 21% for Ohio and 24% for the U.S.) and 8% of high school youth had driven a car themselves after drinking alcohol, increasing to 15% of those ages 17 and older (2011 YRBS reported 7% for Ohio and 8% for the U.S.).
- Sandusky County youth drivers did the following while driving in the past month: wore a seatbelt (85%), ate (48%), talked on their cell phone (42%), texted (40%), used the internet on their cell phone (12%), applied makeup (7%), played electronic games on cell phone (5%), read (5%), checked facebook on their cell phone (4%), and used cell phone for other things (8%).
- Over four-fifths (86%) of youth had a Twitter, Instagram, facebook, online gaming, or other social network account.
- Of those who had a social network account, they reported the following:
  - They knew all of "my friends" (50%)
  - Their account was currently checked private (44%)
  - Their parents had their password (26%)
  - They knew all of the people they play online (16%)
  - They have been asked to share personal info (14%)
  - Their parents do not know they have an account (8%)
  - They were bullied because of their accounts (8%)
  - They have been asked to meet someone they met online (8%)
  - They share personal info (8%)
  - Their friends had their password (7%)
  - They had problems as a result of their account (6%)
  - They had participated in sexual activity with someone they met online (2%)
- More than half (58%) of the youth who had a Twitter, Instagram, facebook, online gaming, or other social network account believed that sharing information online is dangerous.
- 27% of youth purposefully hurt themselves at some time in their life, increasing to 32% of females. Of those youth who had purposefully hurt themselves, 40% had done so 1 or 2 times and 16% had done so 40 or more times.
- 10% of youth played the choking game, increasing to 11% of those in high school.

***40% of Sandusky County youth drivers texted while driving in the past month.***

### Texting While Driving Statistics and Information

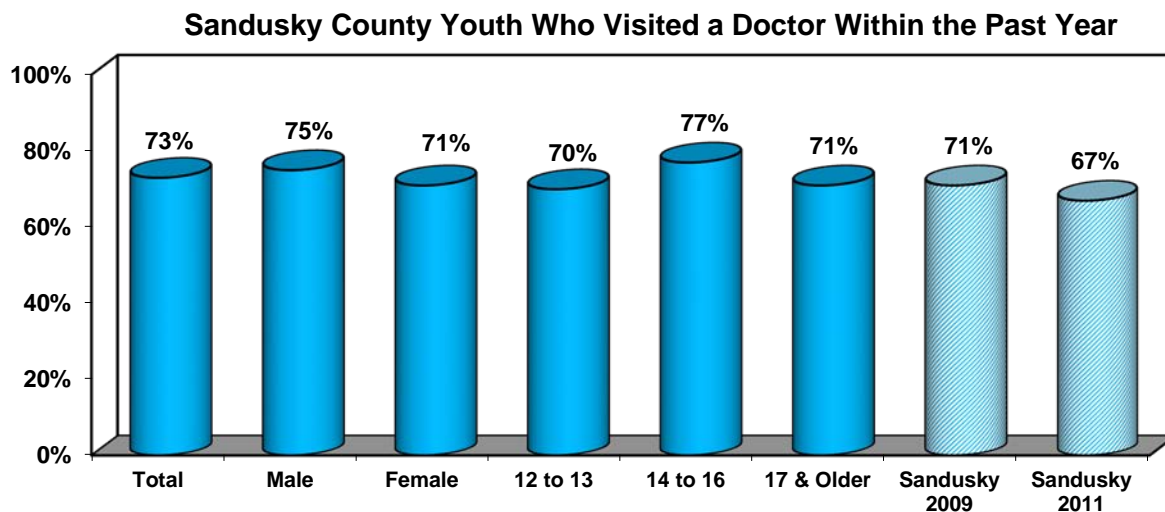
- **Be Smart:** Do not text and drive. No text message is worth the distraction.
- **Be in Control:** Remember it is your phone. You decide if and when to send and read texts so take control. Consider turning your phone off, setting it to silent or even storing it in the glove box before hitting the road.
- **Be Caring:** Never send a text message to a friend that is driving to meet you, or to anyone you know is likely behind the wheel.
- **Be a Friend:** Friends do not let each other text and drive.

(Source: *Enough is Enough: Internet Safety 101, Texting and Driving*, from: <http://www.internetsafety101.org/textinganddriving.htm>)

## Personal Health

- Sandusky County youth last visited a doctor for a routine checkup: less than a year ago (73%), 1 to 2 years ago (8%), 2 to 5 years ago (2%), 5 or more years ago (1%), never (2%), and do not know (14%).
- Sandusky County youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (74%), 1 to 2 years ago (12%), 2 to 5 years ago (3%), 5 or more years ago (2%), never (3%), and do not know (6%).

The following graph shows the percentage of Sandusky County youth who visited a doctor within the past year (i.e., the graph shows that 73% of all youth visited a doctor within the past year, 75% of males and 71% of females).



Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Ridden with someone who had been drinking alcohol in past month	24%	20%	20%	20%	21%	24%
Drove a car after drinking alcohol	5%	4%	6%	8%	7%	8%

## Understanding Self Harm

- Self-harm is often a behavior that is used to cope with difficult situations. It may bring an immediate sense of relief, but it is not a long-term solution and it can cause permanent damage to the body by injuring nerves.
- Self-harm is correlated with the following behaviors and symptoms but it is NOT caused by these:
  - Depression
  - Loneliness/isolation
  - Hopelessness
  - Perfectionism
  - Impulsivity
  - Impaired family communication
  - Anxiety, self-blaming
  - Low self-esteem
  - Hypercritical parents
  - Awareness of self-harm by peers
- Typically teens who self-harm are trying to feel better, while a teen who attempts suicide is trying to end all feelings, BUT the intent of the behavior can vary and needs to be assessed. Self-harm can be a risk factor for suicide; the higher the frequency of self-harm, the greater the risk of suicide.

(Source: Youth Suicide Prevention Program, Understanding Self Harm, [http://www.yspp.org/about\\_suicide/self\\_harm.htm](http://www.yspp.org/about_suicide/self_harm.htm))

# Youth | VIOLENCE ISSUES

## Key Findings

*In Sandusky County, 14% of youth had carried a weapon in the past month. 7% of youth had been threatened or injured with a weapon on school property in the past year. 51% of youth had been bullied in the past year and 36% had been bullied on school property.*

## Violence-Related Behaviors

- In 2013, 14% of Sandusky County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 23% of males (2011 YRBS reported 16% for Ohio and 17% for the U.S.).
- 4% of youth had carried a weapon (such as a gun, knife or club) on school property in the past 30 days (2007 YRBS reported 4% for Ohio, 2011 YRBS reported 5% for the U.S.).
- 7% of youth were threatened or injured with a weapon on school property in the past year (2011 YRBS reported 7% for the U.S.).
- 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 (2011 YRBS reported 6% for Ohio and 6% for the U.S.).
- 51% of youth had been bullied in the past year. The following types of bullying were reported:
  - 39% were verbally bullied (teased, taunted or called you harmful names)
  - 30% 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)
  - 13% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)(2011 YRBS reported 15% for Ohio and 16% for the U.S.)
  - 5% were sexually bullied (someone used nude or semi-nude pictures to pressure you to have sex when you do not want to, blackmailed, intimidated or exploited by another person)
- In the past year, 36% of youth had been bullied on school property (2011 YRBS reported 23% for Ohio and 20% for the U.S.).
- In the past year, 26% of youth had been involved in a physical fight (2011 YRBS reported 31% for Ohio and 33% for the U.S.).
- 6% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, increasing to 8% of those in high school (2011 YRBS reported 9% for the U.S.).
- 13% of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months.
- 4% of youth were physically forced to have sexual intercourse when they did not want to, increasing to 5% of high school youth, (2011 YRBS reported 9% for Ohio, 2011 YRBS reported 8% for the U.S.).
- 21% of youth have witnessed adults in their house hitting or threatening someone and have felt afraid, increasing to 28% of females and 25% of those 13 years old or younger.

### Types of Bullying

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

*(Source: RESPECT, Bullying Definitions, obtained from: <http://www.respect2all.org/parents/bullying-definitions>)*

## Behaviors of Sandusky Youth Bullied vs. Non-Bullied

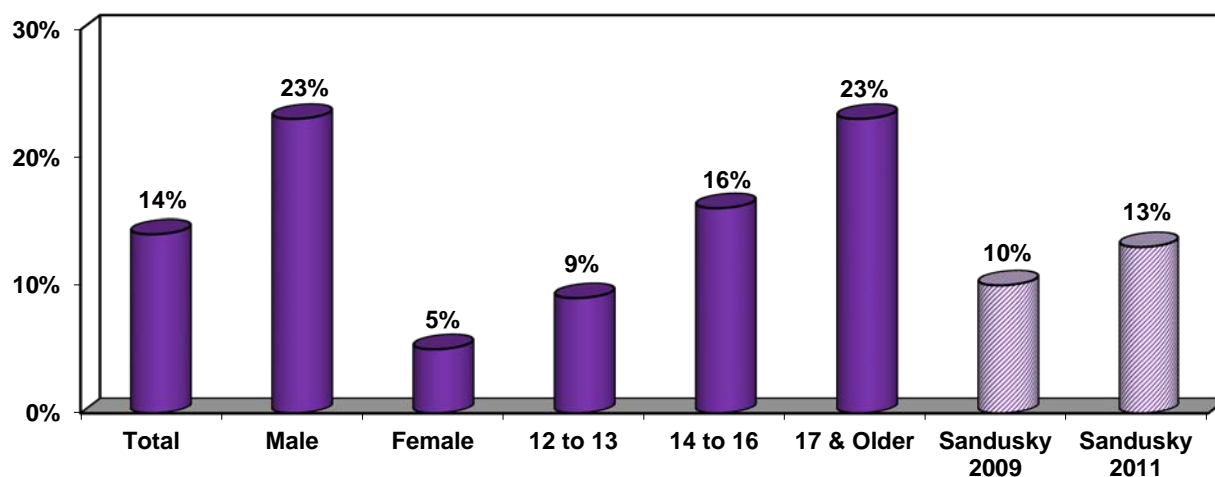
Youth Behaviors	Bullied	Non-Bullied
Have smoked cigarettes in the past 30 days	12%	11%
Have drank alcohol in the past 30 days	19%	20%
Have used marijuana in the past 30 days	7%	10%
Misused prescription medications in the past 30 days	8%	3%
Made a plan to attempt suicide in the past 12 months	21%	5%
Attempted suicide in the past 12 months	13%	2%

## Types of Bullying Sandusky County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	39%	31%	46%	45%	37%	30%
Indirectly Bullied	30%	21%	39%	31%	33%	23%
Physically Bullied	15%	16%	14%	22%	12%	8%
Cyber Bullied	13%	8%	18%	14%	12%	13%
Sexually Bullied	5%	2%	7%	3%	7%	4%

The following graph shows Sandusky County youth carrying a weapon in the past 30 days. The graph shows the number of youth in each segment giving each answer (i.e., the first graph shows that 14% of all youth carried a weapon in the past 30 days, 23% of males and 5% of females).

## Sandusky County Youth Carrying a Weapon During the Past 30 Days



Youth Comparisons	Sandusky County 2009 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Sandusky County 2013 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2011 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	11%	13%	14%	18%	16%	17%
Been in a physical fight in past year	26%	32%	26%	27%	31%	33%
Threatened or injured with a weapon on school property in past year	5%	6%	7%	9%	8%*	7%
Did not go to school because felt unsafe	5%	6%	5%	5%	6%	6%
Electronically/cyber bullied in past year	10%	11%	13%	15%	15%	16%
Bullied in past year	52%	51%	51%	49%	N/A	N/A
Bullied on school property in past year	N/A	N/A	36%	34%	23%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	8%	5%	6%	8%	N/A	9%
Ever physically forced to have sexual intercourse	6%	4%	4%	5%	9%	8%

N/A - Not available

\*2007 YRBS



# Child HEALTH & FUNCTIONAL STATUS

## Key Findings

*In 2013, 76% of Sandusky County parents had taken their child ages 0-11 to the dentist in the past year. 14% of Sandusky County parents reported their child ages 0-11 had been diagnosed with asthma. 6% of parents reported their child had been diagnosed with ADD/ADHD. 84% of parents reported their child had exercised for 20 minutes on three or more days in the past week.*

### National Survey of Children's Health 2011/12

- 6% of Ohio children ages 0-5 were diagnosed with asthma, increasing to 10% of 6-11 year olds.
- 12% of Ohio children ages 6-11 were diagnosed with ADD/ADHD.

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

## Health of Children ages 0-11

- In 2013, 22% of children were classified as obese by Body Mass Index (BMI) calculations. 12% of children were classified as overweight, 58% were normal weight, and 8% were underweight.
- More than half (55%) of Sandusky County parents of 0-11 year olds rated their child's health as excellent. 1% of parents rated their child's health as fair or poor.
- 32% of children had a seasonal flu vaccine. Of those who had the vaccine, 55% received a shot and 45% received nasal spray.
- 39% of parents reported their child had been tested for lead poisoning, and the results were within normal limits. 1% reported the levels were elevated and 1% reported medical follow-up was needed. 10% of parents did not know if their child had been tested for lead.
- 76% of children had been to the dentist in the past year, increasing to 91% of 6-11 year olds.
- Parents gave the following reasons for not getting dental care for their child: child was not old enough to go to the dentist (9%), cost (5%), no insurance (4%), could not find a dentist who accepted their insurance (2%), inconvenient times/could not get an appointment (2%), child refused to go (1%), not in the habit of going to the dentist (1%), did not know they needed to go (1%), treatment was ongoing (1%), did not know where to go for treatment (1%), dissatisfaction with dentist (1%), not available in area/transportation problems (1%), fear, apprehension, or pain (1%), health plan problem (<1%), dentist could not treat or provide care (<1%), and other (3%).
- More than one-third (38%) parents reported problems with their child's teeth. The top three problems were: cavities (24%), crooked teeth/teeth that need braces (13%), and hygiene (4%).
- Parents reported their child had the following allergies:

○ Pollen (7%)	○ Dogs (3%)	○ Strawberries (1%)
○ Ragweed (6%)	○ Peanuts (2%)	○ Soy (<1%)
○ Grasses (6%)	○ Fungi (2%)	○ Fish (<1%)
○ Cats (4%)	○ Bees (2%)	○ Horses (<1%)
○ House dust mites (4%)	○ Tree nuts (1%)	○ Red dye (<1%)
○ Milk/dairy products (4%)	○ Wheat (1%)	○ Other (6%)
○ Mold (4%)	○ Eggs (1%)	
- 2% of children had an epi-pen for their allergy.

- A doctor told Sandusky County parents their 0-11 year old child had the following conditions:
  - Asthma (14%)
  - Dental problems (10%)
  - Speech and language delay (9%)
  - Developmental delay/physical impairment (6%)
  - ADD/ADHD (6%)
  - Urinary tract infection (6%)
  - Vision problems that cannot be corrected with glasses (5%)
  - Learning disability (5%)
  - Behavioral/conduct problem (4%)
  - Hearing problems (4%)
  - Pneumonia (4%)
  - Anxiety problems (3%)
  - Bone/joint/muscle problems (3%)
  - Digestive tract infection/disorder (3%)
  - Autism (2%)
  - Birth defect (2%)
  - Head injury (2%)
  - Intellectual disability or mental retardation (2%)
  - Genetic disease (1%)
  - Asperger's/Pervasive development disorder (1%)
  - Epilepsy (1%)
  - Cancer (1%)
  - Depression problems (1%)
  - Diabetes (<1%)
  - Appendicitis (<1%)
  - Cerebral palsy (<1%)
- Children who lived with a smoker were equally as like to be diagnosed with asthma as those children who did not live with a smoker (14%).
- 8% of parents reported their child had an asthma attack in the past year.
- Sandusky County children ages 0-11 had the following at least once per day: milk (69%), vegetables (58%), and fruit or 100% fruit juice (54%).
- Parents reported their child had the following for breakfast: cereal (83%), milk (72%), toast (46%), eggs (43%), Pop Tart, donut, or other pastry (37%), fruit or fruit juice (35%), yogurt (28%), oatmeal (25%), bacon, sausage, or ham (25%), nothing (1%), pizza (1%), pop (1%), and something else (13%). 3% of parents reported their child rarely ate breakfast. 10% of children ate at the school breakfast program.
- 84% of parents reported their child was physically active for at least 20 minutes that caused them to sweat or breathe hard on 3 or more days in the past week. 54% had done so 5 or more days.
- Sandusky County children spent an average of 2.3 hours watching TV, 0.8 hours on the computer, 0.7 hours playing video games, and 0.3 hours on a cell phone on an average day of the week.

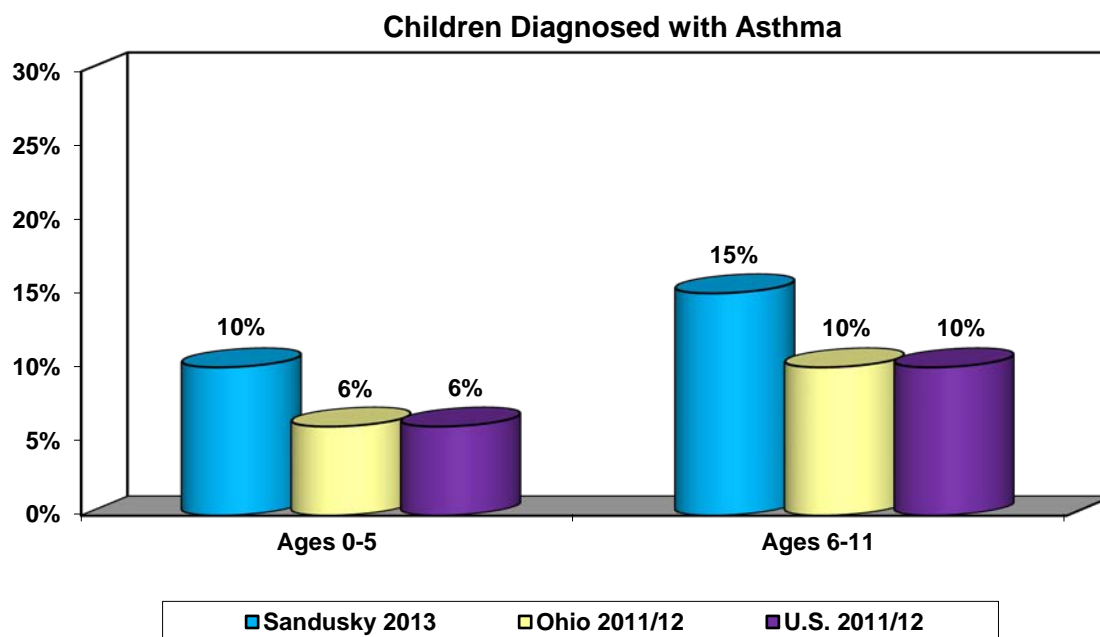
#### **Children's Dental Health**

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

(Source: ODH, *Oral Health Isn't Optional*, 2011, from:  
[http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ohs/oral%20health/ohioreport8\\_9.ashx](http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ohs/oral%20health/ohioreport8_9.ashx))

## Asthma

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



### Asthma and Children

- Asthma is one of the most common chronic disorders in childhood, currently affecting an estimated 7.1 million children under 18 years of age; of which 4.1 million suffered from an asthma attack or episode in 2011.
- The annual direct health care cost of asthma is approximately \$50.1 billion; indirect costs (e.g. lost productivity) add another \$5.9 billion, for a total of \$56.0 billion dollars.

(Source: American Lung Association, Asthma & Children Fact Sheet, October 2012, from: <http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-children-fact-sheet.html>)

Child Comparisons	Sandusky County 2010 Ages 0-5	Sandusky County 2013 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Sandusky County 2010 Ages 6-11	Sandusky County 2013 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
Rated health as excellent or very good	85%	89%	89%	86%	83%	89%	86%	83%
Child had no problems with teeth	82%	90%	91%	89%	N/A	49%	78%	75%
Diagnosed with asthma	12%	10%	6%	6%	20%	15%	10%	10%
Diagnosed with ADHD/ADD	2%	1%	N/A	2%**	9%	8%	12%	9%
Diagnosed with behavioral or conduct problems	3%	2%	N/A	2%**	7%	5%	5%	4%
Diagnosed with vision problems that cannot be corrected	2%	4%	N/A	<1%	4%	5%	N/A	2%
Diagnosed with bone, joint, or muscle problems	2%	1%	N/A	1%	3%	4%	N/A	2%
Diagnosed with epilepsy	2%	1%	N/A	<1%	2%	1%	N/A	1%
Diagnosed with a head injury	3%	1%	N/A	<1%	2%	3%	N/A	<1%
Diagnosed with diabetes	0%	1%	N/A	N/A	<1%	0%	N/A	<1%
Diagnosed with depression	N/A	0%	N/A	<1%**	3%	1%	N/A	2%
No physical activity in past week	N/A	N/A	N/A	N/A	2%	2%	6%	6%

\*\* - Ages 2-5

N/A – Not available

### Attention-Deficit / Hyperactivity Disorder (ADHD)

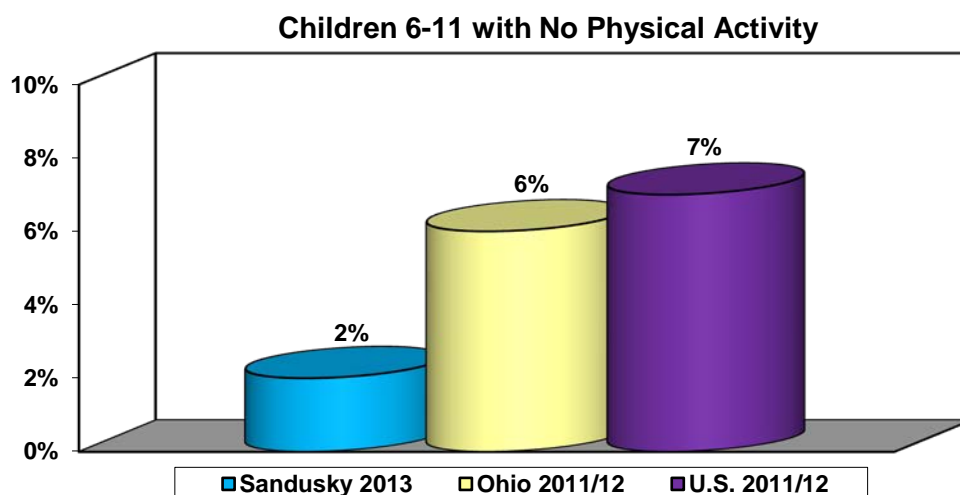
- 3%-7% of school-aged children have ADHD. However, studies have estimated higher rates in community samples.
- Parents report that approximately 9.5% of children 4-17 years of age (5.4 million) have been diagnosed with ADHD as of 2007.
- Parent-reported ADHD diagnosis in Ohio was 13.3%
- Rates of ADHD diagnosis increased an average of 3% per year from 1997 to 2006 and an average of 5.5% per year from 2003 to 2007.
- Boys (13.2%) were more likely than girls (5.6%) to have ever been diagnosed with ADHD.
- Rates of ADHD diagnosis increased at a greater rate among older teens as compared to younger children.
- The highest rates of parent-reported ADHD diagnosis were noted among children covered by Medicaid and multiracial children.

(Source: CDC, Attention-Deficit / Hyperactivity Disorder (ADHD), 5/13/2013, from:  
<http://www.cdc.gov/ncbddd/adhd/data.html>)

## Physical Activity

The following graph shows that Sandusky County children ages 6-11 participate in some type of physical activity more than both Ohio and U.S. children.

- Although the percent of Ohio children who do not participate in any physical activity is close to the percent of children in the U.S., Sandusky County has a much smaller percent of children ages 6-11 who participate in no physical activity.
- In 2011, 6% of Ohio children ages 6-11 have not participated in physical activity for at least 20 minutes in the past week. During the past week, 26% of Ohio children ages 6-11 have participated in physical activity for at least 20 minutes 1 to 3 days, 35% have participated in physical activity for at least 20 minutes 4 to 6 days, and 33% have participated in physical activity for at least 20 minutes every day. (Source: National Survey of Children's Health, Data Resource Center)



### Childhood Obesity Facts

- Childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2010.
- In 2010, more than one third of children and adolescents were overweight or obese.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.
- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults.

(Source: CDC, Adolescent and School Health, Childhood Obesity Facts, July 2013, <http://www.cdc.gov/healthyyouth/obesity/facts.htm>)

# Child HEALTH INSURANCE, ACCESS, UTILIZATION AND MEDICAL HOME

## Key Findings

*In 2013, 3% of Sandusky County parents reported their 0-11 year old did not have health insurance. 12% of parents reported they received benefits from the SNAP/food stamps program. 23% of parents reported they had taken their child to the hospital emergency room in the past year. 79% of parents had taken their child to the doctor for preventive care in the past year.*

## Health Insurance

- 4% of parents reported there was a time in the past year that their child was not covered by any health insurance.
- 3% of parents reported that their child did not currently have health insurance.
- Sandusky County children had the following types of health insurance: parent's employer (59%), Medicaid, Buckeye, Paramount, Molina or United CareSource (15%), someone else's employer (13%), self-paid (3%), and Medicare (<1%).
- Parents reported their child's health insurance covered the following: doctor visits (98%), prescription coverage (97%), hospital stays (97%), well visits (96%), immunizations (90%), dental (84%), mental health (77%), and vision (74%).

### National Survey of Children's Health 2011/12

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

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

## Medical Home

- 84% of parents reported they had one or more people they think of as their child's personal doctor or nurse.
- 79% of children had visited their health care provider for preventive care in the past year, increasing to 91% of 0-5 year olds.
- 11% of children needed special services, equipment, or other care in the past year, increasing to 15% of those with incomes less than \$25,000.
- Of those who needed special services, equipment or other care, 67% had no problem obtaining them, 18% had a small problem, 11% had a moderate problem, and 4% had a big problem.
- 28% of children had been injured and required medical attention in the past year.

## Access and Utilization

- In the past year, parents reported that someone in the household received the following: free or reduced cost breakfast or lunches at school (21%), SNAP/food stamps (12%), mental health treatment (10%), benefits from WIC program (9%), Help Me Grow (4%), cash assistance from a welfare program (2%), subsidized childcare through Sandusky County JFS (2%), Head Start or Early Head Start (2%), and substance abuse treatment (1%).
- 10% of parents reported their child did not get all of the prescription medications they needed in the past year for the following reasons: their child did not need prescription medication (7%), no referral (2%), cost (1%), no insurance (1%), health plan problem (<1%), treatment is ongoing (<1%), could not find a doctor who accepted child's insurance (<1%), and other reasons (1%).

- 7% of parents reported their child did not get all of the medical care they needed in the past year for the following reasons: cost (2%), no referral (2%), no insurance (1%), inconvenient times/could not get an appointment (1%), did not like the doctor (1%), treatment is ongoing (1%), could not find a doctor who accepted child's insurance (1%), did not know where to go for treatment (<1%), not available in area/transportation problems (<1%), doctor did not know how to treat or provide care (<1%), child refused to go (<1%), vaccine shortage (<1%), health plan problem (<1%), and other reasons (2%).
- Almost one-quarter (23%) of parents took their child to the hospital emergency room for health care in the past year, increasing to 36% of parents with incomes less than \$25,000. 3% of children had been to the ER three or more times in the past year.
- 15% of those parents who reported taking their child to the emergency room reported it was because of an accident, injury or poisoning.
- 6% of children received mental health care or counseling.
- 32% of children had a seasonal flu vaccine (55% received a shot and 45% received nasal spray).

Child Comparisons	Sandusky County 2010 Ages 0-5	Sandusky County 2013 Ages 0-5	Ohio 2011/12 Ages 0-5	U.S. 2011/12 Ages 0-5	Sandusky County 2010 Ages 6-11	Sandusky County 2013 Ages 6-11	Ohio 2011/12 Ages 6-11	U.S. 2011/12 Ages 6-11
Had public insurance	24%	19%	40%	44%	18%	13%	34%	37%
Not covered by insurance at some time during past year	8%	6%	7%	11%	8%	3%	5%	12%
Been to doctor for preventive care in past year	88%	91%	94%	90%	69%	73%	86%	82%
Dental care visit in past year	56%	46%	50%	54%	82%	91%	92%	88%
2 or more visits to the ER	13%	11%	8%*	8%*	10%	9%	6%*	4%*
Received all the medical care they needed	93%	89%	99%*	99%*	84%	95%	98%*	98%*
Have a personal doctor or nurse	87%	86%	91%	91%	85%	83%	93%	90%

\*2003 national and state data

### Emergency Room Visits in the United States

- In 2009, 10.4 million children living in the United States had an emergency room visit in the past 12 months (14%); 5.0 million children had two or more visits (7%).
- Children in single-mother families were twice as likely to have had two or more visits to an emergency room in the past 12 months (10%) than children in two-parent families (5%).
- 10% of children with Medicaid or other public insurance had two or more emergency room visits in the past year. 6% of uninsured children had two or more emergency room visits in the past year. 4% of children with private health insurance had two or more emergency room visits in the past year.

(Source: National Health Interview Survey, 2009)



# Child I EARLY CHILDHOOD (0-5 YEAR OLDS)

## Key Findings

*The following information was reported by parents of 0-5 year olds. In 2013, 91% of Sandusky County parents reported their child always rode in a car seat/booster seat when a passenger in a car. 89% of mothers got prenatal care within the first three months during their last pregnancy. 10% of mothers smoked during their last pregnancy. 66% of parents put their child to sleep on his/her back. 21% of mothers never breastfed their child.*

## Early Childhood

- The following information was reported by Sandusky County parents of 0-5 year olds.
- Thinking back to their last pregnancy: 48% of women wanted to be pregnant then, 19% wanted to be pregnant sooner, 13% wanted to be pregnant later, 5% did not want to be pregnant then or any time in the future, and 16% did not recall.
- During their last pregnancy, mothers did the following: got prenatal care within the first 3 months (89%), took a multi-vitamin (89%), took folic acid (52%), smoked cigarettes (10%), experienced depression during or after (7%), stopped taking prescribed medication for mental health issues (7%), experienced domestic violence (3%), used alcohol (1%), used marijuana (1%), and used drugs not prescribed for them (1%).
- When asked how parents put their child to sleep as an infant, 66% said on their back, 12% said on their side, 10% said on their stomach, and 7% said in bed with parent or another person.
- Children were put to sleep in the following places: crib/bassinette (92%), pack n' play (47%), swing (42%), car seat (36%), in bed with parent or another person (34%), couch or chair (8%), and floor (7%).
- Mothers breastfed their child: more than 9 months (20%), 4 to 9 months (18%), 7 weeks to 3 months (19%), 3 to 6 weeks (6%), 2 weeks or less (11%), still breastfeeding (6%), and never breastfed (21%).
- 91% of parents reported their child always rode in a car seat/booster seat when a passenger in a car, and 3% reported their child never rode in a car seat/booster seat.
- 71% of parents had at least one concern about their child's developmental milestones.
- Parents of 4-9 month olds were concerned about the following: how child uses their hands and fingers to do things (58%), how child makes speech sounds (50%), how child understands what they say (50%), and how child uses their arms and legs (50%).
- Parents of 10-17 month olds were concerned about the following: how child talks and makes speech sounds (82%), how child uses their arms and legs (82%), how child understands what they say (82%), how their child behaves (81%), how child is learning to do things for themselves (77%), how child uses their hands and fingers to do things (76%), and how their child gets along with others (75%).

### National Survey of Children's Health 2011/2012

- 52% of Ohio and 48% of U.S. parents of 0-5 year olds read to their child every day.
- 10% of Ohio and 11% of U.S. parents of 0-5 year olds reported their child spends more than 4 hours a day in front of a TV watching TV programs, videos, or playing video games.
- 3% of U.S. and 4% of Ohio children 0-5 years old live inside of a home where people smoke inside of the home.
- 30% of Ohio and 21% of U.S. parents of 0-5 year olds never breastfed their child.

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



- Parents of 18-month-olds to 5-year-olds were concerned about the following: how child behaves (64%), how child talks and makes speech sounds (57%), how child gets along with others (57%), how child is learning pre-school or school skills (55%), and how child is learning to do things for themselves (53%), how child understands what they say (53%), how child uses their hands and fingers to do things (50%), and how child uses their arms and legs (50%).
- Parents reported their child regularly attended the following: nursery school, pre-school, or kindergarten (48%), child care outside of their home provided by a relative (39%), child care in their home provided by a relative (37%), family-based child care outside of their home (34%), a child care center (23%), child care in their home provided by a baby sitter (16%), and Head Start or Early Start program (7%).
- Children 0-5 years old were more likely than children 6-11 years old to:
  - Have gone to the emergency room in the past year (30% compared to 19% of 6-11).
  - Have visited a doctor for preventive care in the past year (91% compared to 73% of 6-11).
  - Have public insurance (19% compared to 13% of 6-11).
  - Have a personal doctor or nurse (86% compared to 83% of 6-11).

Child Comparisons	Sandusky County 2010 Ages 0-5	Sandusky County 2013 0-5 years	Ohio 2011/12 0-5 years	U.S. 2011/12 0-5 years
Never breastfed their child	28%	21%	29%	21%

## Sudden Infant Death Syndrome (SIDS)

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

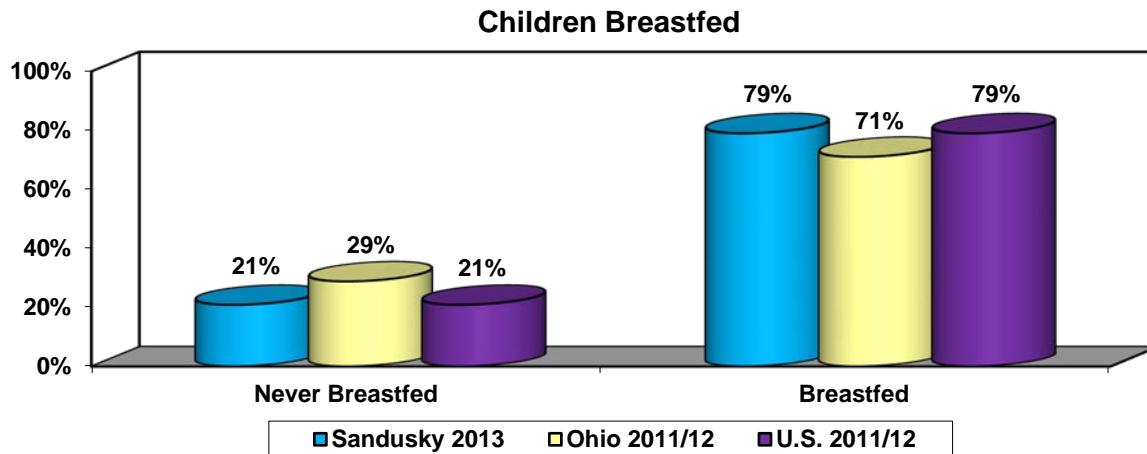
- Sleeping in the prone position (stomach sleeping)
- Soft bedding or unsafe beds (couches, daybeds, waterbeds)
- Loose bedding such as blankets and pillows.
- Overheating due to clothing, blankets or room temperature
- Mother's age younger than 20 years
- Mother smoking during pregnancy
- Exposure to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

(Source: National Sleep Foundation, Sudden Infant Death Syndrome and Sleep 2011, <http://www.sleepfoundation.org/>)

## Breastfeeding

The following graph shows the percent of infants who have been breastfed or given breast milk from Sandusky County, Ohio, and U.S. and those children who have never been breastfed or given breast milk.

- The U.S. and Sandusky County had the same percentages of breastfeeding, but Sandusky County had a larger percent than Ohio of children who have been breastfed for any length of time.
- Ohio has the largest percent of children never breastfed. Sandusky County and the U.S. both have the smallest percent never breastfed or given breast milk.



(Source: National Survey of Children's Health & 2013 Sandusky County Health Assessment)

### Facts about Breastfeeding

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

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

## Child Passenger Safety Facts

- In the United States during 2010, more than 1,200 children ages 14 years and younger died as occupants in motor vehicle crashes, and approximately 171,000 were injured.
- One CDC study found that, in one year, more than 618,000 children ages 0-12 rode in vehicles without the use of a child safety seat or booster seat or a seat belt at least some of the time.
- More than two-thirds of fatally injured children were killed while riding with a drinking driver.
- Restraint use among young children often depends upon the driver's seat belt use. Almost 40% of children riding with unbelted drivers were themselves unrestrained.
- Booster seats reduce the risk for serious injury by 45% for children ages 4 to 8 years.
- Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddler's ages 1 to 4 years.
- Child restraint systems are often used incorrectly. One study found that 72% of nearly 3,500 observed car and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash.

(Sources: CDC, *Injury Prevention & Control: Motor Vehicle Safety*, Updated: September 13, 2013, from: [http://www.cdc.gov/motorvehiclesafety/child\\_passenger\\_safety/cps-factsheet.html](http://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html))

# Child I MIDDLE CHILDHOOD (6-11 YEARS OLD)

## Key Findings

The following information was reported by Sandusky County parents of 6-11 year olds. In 2013, 48% of Sandusky County parents reported their child never wore a helmet when riding a skateboard. 46% of parents reported their child was bullied at some time in the past year. 83% of parents reported their child participated in extracurricular activities. 19% of parents reported their child had a MySpace or facebook account.

## Middle Childhood

- The following information was reported by Sandusky County parents of 6-11 year olds.
- 58% of parents reported their child under the age of 8 years old and less than 4 feet, 9 inches always rode in a booster seat when a passenger in a car.
- 13% reported their child under the age of 8 years old and less than 4 feet, 9 inches never rode in a booster seat. 15% of parents reported their child did not need a booster seat since they were taller than the recommended height.
- 85% of parents whose child was old enough and/or tall enough to not be in a booster seat, reported their child always wore a seat belt, and 3% reported their child never wore a seat belt.
- Parents reported their 6-11 year old always wore a helmet when riding the following: a snowmobile (74%), an ATV (71%), a skateboard (22%), and a bicycle/scooter (16%).
- Parents reported their 6-11 year old never wore a helmet when riding the following: a skateboard (48%), a bicycle/scooter (35%), a snowmobile (21%), and an ATV (10%).
- Parents reported their child spent the following unsupervised time after school on an average school day: no unsupervised time (75%), less than one hour (20%), 1-2 hours (4%), and more than 4 hours (1%).
- Parents discussed the following topics with their 6-11 year olds: bullying (75%), eating habits (70%), screen time (TV or computer) (61%), refusal skills (60%), negative effects of tobacco (55%), tobacco (48%), violence (46%), negative effects of alcohol (45%), body image (44%), alcohol (41%), gun safety (40%), negative effects of marijuana and other drugs (35%), marijuana and other drugs (35%), dating and relationships (14%), abstinence and how to refuse sex (13%), condoms, safer sex and STD prevention (3%), and birth control (2%).
- Sandusky County children were enrolled in the following schools: Clyde Elementary (9%), Bellevue Elementary (8%), Green Springs Elementary (7%), Woodmore Elementary (7%), Stamm Elementary (6%), Hayes Elementary (6%), Gibsonburg (5%), Lutz Elementary (5%), private school (5%), Hilfiker Elementary (4%), St. Joseph Campus (4%), Sacred Heart Campus (4%), Fremont Middle School (4%), Atkinson Elementary (4%), Washington Elementary (3%), Otis Elementary (3%), Margaretta (3%), home-schooled (3%), Croghan Elementary (2%), McPherson Middle School (2%), Bellevue Middle School (1%), Lakota Middle School (1%), Lakota Elementary (1%), and Solomon Lutheran Elementary (1%).
- 61% of parents reported they felt their child was always safe at school. 33% reported usually, 2% reported sometimes, and 1% reported they felt their child was never safe at school.

### National Survey of Children's Health 2011/12

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

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

- 83% of parents reported their child participated in extracurricular activities in the past year. Their child participated in the following: a sports team or sports lessons (64%), a religious group (33%), a club or organization (20%), Boys/Girls club (4%), and some other organized activity (26%).
- 46% of parents reported their child was bullied in the past year. 8% of parents reported they did not know if their child was bullied. The following types of bullying were reported:
  - 30% were verbally bullied (teased, taunted or called you harmful names)
  - 13% were indirectly bullied (spread mean rumors about you or kept you out of a "group")
  - 12% were physically bullied (you were hit, kicked, punched or people took your belongings)
  - 1% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- 34% of parents reported their child was never unhappy, sad or depressed in the past month. 62% reported sometimes, <1% reported usually, and no parent reported their child was always unhappy, sad or depressed.
- Nearly one in five (19%) parents reported their child had a MySpace or facebook account. Of those who had an account, they reported the following: they had their child's password (83%), they knew all of the people in their child's "my friends" (56%), and their child's account was checked private (42%). No parents reported that their child's friends had their passwords or that their child had a problem as a result of their account.
- Regarding their child's friends, parents reported they knew: all of their friends (34%), most of their friends (50%), some of their friends (15%), and none of their friends (1%). 1% reported their child had no friends.
- Parents reported their child reads: almost every day (76%), a few times a week (15%), a few times a month (3%), a few times a year (1%), almost never-child has no interest (2%), and almost never-child cannot read (3%).
- Parents reported their child missed school an average of 2.9 days in the past school year because of illness or injury.
- Children 6-11 years old were more likely than children 0-5 years old to:
  - Have been diagnosed with asthma (15% compared to 10% of 0-5).
  - Have ADD or ADHD (8% compared to 1% of 0-5).
  - Have gone to the dentist in the past year (91% compared to 46% of 0-5).
  - Have received all of the medical care they needed (95% compared to 89% of 0-5).

Child Comparisons	Sandusky County 2010 6-11 Years	Sandusky County 2013 6-11 Years	Ohio 2011/12 6-11 Years	U.S. 2011/12 6-11 Years
Child participated in 1 or more activities	83%	83%	83%	79%
Child did not miss any days of school because of illness or injury	17%	24%	16%*	22%*
Child missed school 11 days or more because of illness or injury	3%	3%	8%*	5%*
Parent felt child was usually/always safe at school	92%	94%	96%	94%

\*2007 National Survey of Children's Health data

# Child | FAMILY FUNCTIONING, NEIGHBORHOOD AND COMMUNITY CHARACTERISTICS

## Key Findings

*In 2013, Sandusky County parents reported their 0-11 year old child slept an average of 10.2 hours per night. 15% of parents reported they read to their child every day. 97% of parents reported their neighborhood was always or usually safe. 24% of parents reported someone smoked in their home. 1% of parents reported there was an unlocked and loaded firearm in their home.*

### National Survey of Children's Health 2011/12

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

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

## Family Functioning

- 66% of parents reported they were coping with the day-to-day demands of parenthood very well. 33% reported somewhat well, 1% reported not very well, and <1% reported not well at all.
- 3% of parents reported their child is usually or always much harder to care for than most children his/her age. 70% of parents never felt their child was harder to care for.
- Parents reported they read to their child: every day (15%), almost every day (21%), a few times a week (26%), a few times a month (11%), and a few times a year (3%). 23% of parents reported their child read to him/herself, and 2% reported never reading to their child.
- 3% of parents reported their child went to bed hungry at least one day per week because they did not have enough food. 1% reported their child went to bed hungry every night.
- 34% of parents reported that every family member who lived in their household ate a meal together every day of the week, increasing to 40% of parents of 0-5 year olds. Families ate a meal together an average of 6.1 times per week.
- 27% of parents reported their child attended religious service one to three times per month and 32% reported four or more times per month. 31% reported their child has never attended a religious service. Parents reported their child attended religious services an average of 2.8 times per month.
- Parents reported the average time their child woke up was 7:04 a.m. and the average time they went to bed was 8:51 p.m. The average child slept 10.2 hours per night.

### Children and Sleep

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

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

## Neighborhood and Community Characteristics

- Parents reported their neighborhood was: always safe (62%), usually safe (35%), sometimes safe (2%), and never safe (1%). 54% of those with incomes less than \$25,000 reported their neighborhood as always safe, as compared to 64% of those with higher incomes.
- Parents reported having the following safety items in their home: working smoke alarm/detector (97%), carbon monoxide detector (61%), fire extinguisher (69%), and Poison Control number by the phone (40%).
- 41% of parents reported they had a firearm in or around their home. 1% reported they were unlocked and loaded.
- 24% of parents reported someone in their household used cigarettes, cigars or pipe tobacco, increasing to 54% of those with incomes less than \$25,000.
- Sandusky County parents had the following rules about smoking in their home: no one is allowed to smoke inside their home at any time (91%), smoking is allowed in some rooms only (5%), smoking is not allowed when children are present (2%), and smoking is allowed anywhere (2%).
- Sandusky County parents had the following rules about smoking in their car: no one is allowed to smoke inside their car at any time (82%), smoking is not allowed when children are present (10%), smoking is allowed as long as a window is open (6%), and smoking is allowed anywhere (2%).
- Sandusky County children have moved to a new address an average of 1.0 time in their life. 56% of children have never moved to a new address.
- 99% of parents reported the primary language spoken in their home was English. <1% reported Spanish and <1% reported another language.

Child Comparisons	Sandusky County 2010 0-5 Years	Sandusky County 2013 0-5 Years	Ohio 2011/12 0-5 Years	U.S. 2011/12 0-5 Years	Sandusky County 2010 6-11 Years	Sandusky County 2013 6-11 Years	Ohio 2011/12 6-11 Years	U.S. 2011/12 6-11 Years
Family eats a meal together every day of the week	41%	40%	63%	61%	N/A	31%	45%	47%
Child never attends religious services	38%	39%	N/A	N/A	N/A	27%	22%	18%
Neighborhood is usually or always safe	95%	95%	88%	86%	98%	98%	86%	86%
Someone in house smokes tobacco	28%	31%	29%	23%	29%	20%	34%	25%
Child exposed to secondhand smoke in home	8%	8%	4%	3%	10%	10%	12%	5%

N/A – Not available

### Talking to Kids About Gun Safety

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

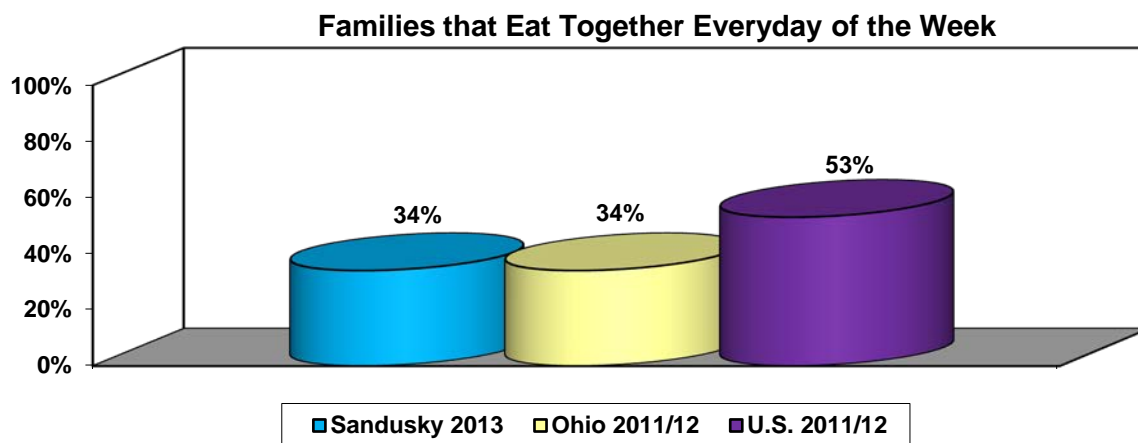
(Source: KidsHealth, Guns and Pretend Play; [http://kidshealth.org/parent/firstaid\\_safe/home/gun\\_safety.html](http://kidshealth.org/parent/firstaid_safe/home/gun_safety.html))



## Family Dinners

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

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

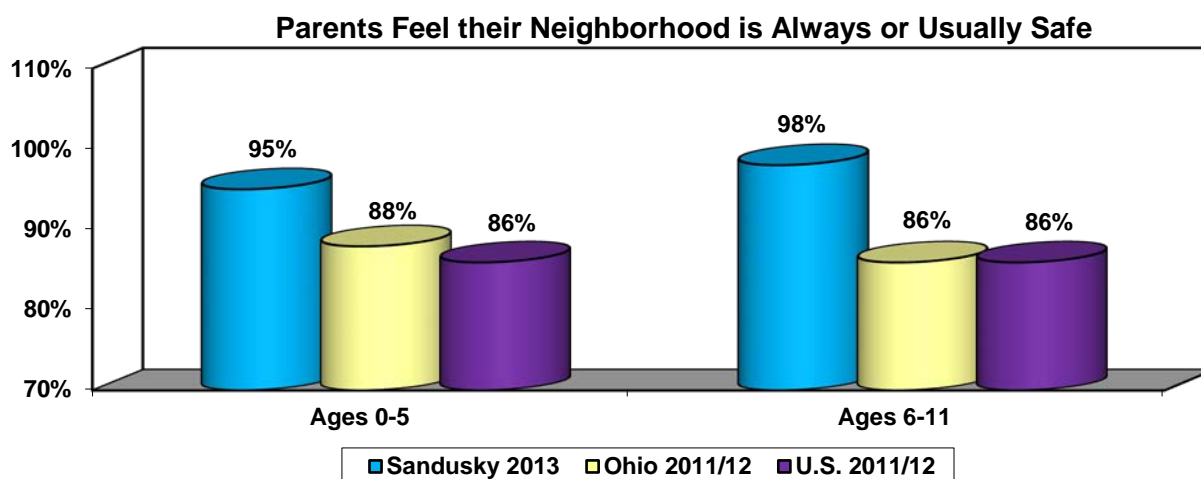


(Source: National Survey of Children's Health & 2013 Sandusky County Health Assessment)

## Neighborhood Safety

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

- Sandusky County has the largest percent of parents for the 6-11 age group who feel that their neighborhood is always/usually safe.
- Ohio has a slightly larger percent of parents who feel their neighborhood is always/usually safe for children ages 0-5 than all parents in the U.S.
- Sandusky County has the largest percentage of parents for the 0-5 age group who feel that their neighborhood is always/usually safe.



(Source: National Survey of Children's Health & 2013 Sandusky County Health Assessment)



# Child | PARENT HEALTH

## Key Findings

*In 2013, 23% of Sandusky County parents reported they were uninsured. 38% of parents were overweight and 30% were obese. 20% of parents were sedentary. Parents missed work an average of 2.1 days per year due to their child being ill or injured.*

## Parent Health

- Those filling out the survey had the following relationship to the child: mother (65%), father (29%), grandparent (4%), guardian (1%), aunt or uncle (<1%), other family member (<1%), and other non-relative (<1%).
- More than two-thirds (70%) of parents rated their health as excellent or very good, decreasing to 51% of parents with incomes less than \$25,000. 5% of parents had rated their health as fair or poor.
- 73% of parents rated their mental and emotional health as excellent or very good, and 5% rated their mental and emotional health as fair or poor.
- 6% of mothers and 10% of fathers of 0-5 year olds rated their mental and emotional health as fair or poor. 6% of mothers and 2% of fathers of 6-11 year olds rated their mental or emotional health as fair or poor.
- 23% of parents were uninsured, increasing to 33% of parents with incomes less than \$25,000.
- 68% of parents were either overweight (38%) or obese (30%). 30% were normal weight, and 2% were underweight.
- 7% of parents were physically active for at least 20 minutes every day of the week. 56% were physically active 3 or more days a week, and 20% were not physically active at all, including 4% who were unable to exercise.
- Parents ate out in a restaurant or brought home take-out food an average of 1.7 times per week.
- In the past year, parents missed work due to the following: child's illness or injury (average of 1.5 days), child's medical appointments (0.5 days), and asthma (0.1 days).
- 37% of parents had a seasonal flu vaccine. Of those who had a vaccine, 96% received a shot and 4% received nasal spray.

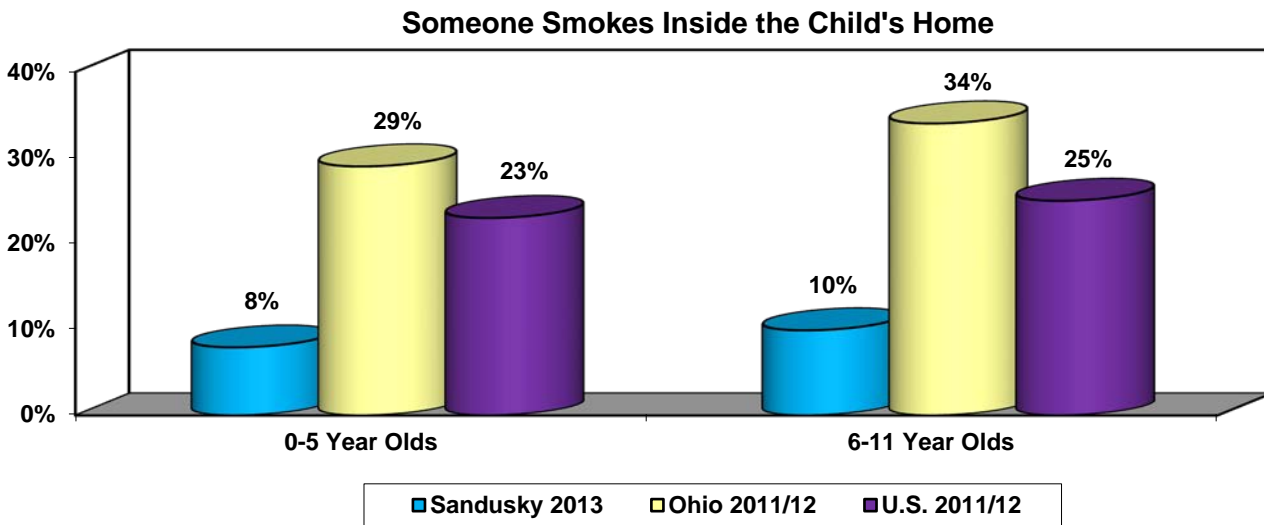
### National Survey of Children's Health 2011/2012

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

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

## Smoking in Home of a Child

The following graph compares the percentage of parents in Sandusky County who smoke inside their home with those of Ohio and the U.S.



(Source: 2011/12 National Survey of Children's Health, Data Resource Center, 2013 Sandusky Health Assessment)

Child Comparisons	Sandusky County 2010 0-5 Years	Sandusky County 2013 0-5 Years	Ohio 2011/12 0-5 Years	U.S. 2011/12 0-5 Years	Sandusky County 2010 6-11 Years	Sandusky County 2013 6-11 Years	Ohio 2011/12 6-11 Years	U.S. 2011/12 6-11 Years
Mother's mental or emotional health is fair/poor	7%	6%	7%	7%	8%	6%	10%	8%
Father's mental or emotional health is fair/poor	5%	10%	N/A	3%	2%	2%	7%	5%

N/A – Not available

# Appendix I | SANDUSKY COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

## APPENDIX I

Source	Data Used	Website
American Academy of Allergy, Asthma, and Immunology	<ul style="list-style-type: none"> <li>Asthma Statistics</li> </ul>	<a href="http://www.aaaai.org/about-the-aaaai/newsroom/asthma-statistics.aspx">www.aaaai.org/about-the-aaaai/newsroom/asthma-statistics.aspx</a>
American Academy of Pediatrics (AAP)	<ul style="list-style-type: none"> <li>Safe Sex Guidelines</li> </ul>	<a href="http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safesex.html">www.lpch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safesex.html</a>
American Cancer Society, Cancer Facts and Figures 2013. Atlanta: ACS, 2013	<ul style="list-style-type: none"> <li>2013 Cancer Facts, Figures, and Estimates</li> <li>Electronic Cigarettes and Teenagers</li> <li>Nutrition Recommendations</li> </ul>	<a href="http://www.cancer.org">www.cancer.org</a>
American Diabetes Association	<ul style="list-style-type: none"> <li>Type 1 and 2 Diabetes</li> <li>Risk Factors for Diabetes</li> </ul>	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> <li>When You Fear Someone May Take Their Life</li> </ul>	<a href="http://www.afsp.org/">www.afsp.org/</a>
American Heart Association, 2013	<ul style="list-style-type: none"> <li>Stroke Warning Signs and Symptoms</li> <li>Smoke-free Living: Benefits &amp; Milestones</li> </ul>	<a href="http://www.heart.org/HEARTORG/">www.heart.org/HEARTORG/</a>
American Lung Association, 2012	<ul style="list-style-type: none"> <li>Asthma and Children Fact Sheet</li> </ul>	<a href="http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-children-fact-sheet.html">www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-children-fact-sheet.html</a>
<i>Arthritis at a Glance, 2012, Centers for Disease Control &amp; Prevention, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003 &amp; 59(39):1261-1265</i>	<ul style="list-style-type: none"> <li>What Can Be Done to Address Arthritis?</li> <li>Arthritis Statistics</li> </ul>	<a href="http://www.cdc.gov/chronicdisease/resources/publications/AAg/arthritis.htm">www.cdc.gov/chronicdisease/resources/publications/AAg/arthritis.htm</a>

Source	Data Used	Website
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"> <li>2009 - 2012 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> <li>Victims of Gun Violence</li> </ul>	<a href="http://www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf">www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf</a>
Caron Pennsylvania	<ul style="list-style-type: none"> <li>Marijuana Use</li> </ul>	<a href="http://www.caron.org/signs-of-pot-use-5827.html">www.caron.org/signs-of-pot-use-5827.html</a>
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> <li>Binge Drinking Among Women</li> <li>Caffeinated Alcoholic Beverages</li> <li>Cancer and Men</li> <li>Chlamydia Profile: U.S. &amp; Ohio</li> <li>Distracted Driving</li> <li>Electronic Cigarettes and Teenagers</li> <li>Impact of Arthritis</li> <li>Health Care Access and Utilization</li> <li>HIV in the U.S.</li> <li>Obesity Statistics</li> <li>Skin Cancer Prevention</li> <li>Suicide Statistics</li> <li>Teen Pregnancy</li> <li>Tobacco Use</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Adolescent and School Health, 2013	<ul style="list-style-type: none"> <li>Childhood Obesity Facts</li> </ul>	<a href="http://www.cdc.gov/healthyouth/obesity/facts.htm">www.cdc.gov/healthyouth/obesity/facts.htm</a>
CDC, Attention-Deficit/Hyperactivity Disorder, 2013	<ul style="list-style-type: none"> <li>ADHD</li> </ul>	<a href="http://www.cdc.gov/ncbddd/adhd/data.html">www.cdc.gov/ncbddd/adhd/data.html</a>
CDC, Arthritis	<ul style="list-style-type: none"> <li>Key Public Health Messages</li> </ul>	<a href="http://www.cdc.gov/arthritis/basics/key.htm">www.cdc.gov/arthritis/basics/key.htm</a>
CDC, Breastfeeding, 2013	<ul style="list-style-type: none"> <li>Healthy Children, Breastfeeding Benefits Your Baby's Immune System</li> </ul>	<a href="http://www.cdc.gov/breastfeeding/faq/index.htm">www.cdc.gov/breastfeeding/faq/index.htm</a>

Source	Data Used	Website
CDC, Injury Prevention & Control, 2013	<ul style="list-style-type: none"> <li>Motor Vehicle Safety</li> </ul>	<a href="http://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html">www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html</a>
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>Leading Causes of Death in U.S.</li> <li>Men's Health</li> <li>U.S. Female Fertility Rate</li> <li>U.S. Births to Unwed Mothers</li> <li>U.S. Low Birth Weight, Live Births</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/">www.cdc.gov/nchs/fastats/</a>
CDC, Physical Activity for Everyone	<ul style="list-style-type: none"> <li>Physical Activity Recommendations</li> </ul>	<a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html">www.cdc.gov/physicalactivity/everyone/guidelines/adults.html</a>
CDC, Sexually Transmitted Diseases Surveillance, 2011	<ul style="list-style-type: none"> <li>U.S. Chlamydia and Gonorrhea Rates</li> <li>STD's in Adolescents and Young Adults</li> <li>U.S. STD Surveillance Profile, 2011</li> </ul>	<a href="http://www.cdc.gov/std/stats/">www.cdc.gov/std/stats/</a>
CDC, Vaccine Safety, Human Papillomavirus (HPV), updated January 24 2013	<ul style="list-style-type: none"> <li>Human Papillomavirus</li> </ul>	<a href="http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html">www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html</a>
Enough is Enough: Internet Safety 101	<ul style="list-style-type: none"> <li>Texting While Driving</li> <li>Cyberbullying Statistics</li> </ul>	<a href="http://www.internetsafety101.org/textinganddriving.htm">www.internetsafety101.org/textinganddriving.htm</a>
Health Policy Institute of Ohio (HPIO)	<ul style="list-style-type: none"> <li>Access to Care</li> </ul>	<a href="http://www.healthpolicyohio.org/strategic-objectives/access-to-care/">www.healthpolicyohio.org/strategic-objectives/access-to-care/</a>
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>All Healthy People 2020 Target Data Points</li> <li>Some U.S. Baseline Statistics</li> <li>Predictors of Access to Health Care</li> </ul>	<a href="http://www.healthypeople.gov/2020/topicsobjectives2020">www.healthypeople.gov/2020/topicsobjectives2020</a>
KidsHealth, Guns and Pretend Play	<ul style="list-style-type: none"> <li>Talking to Kids About Gun Safety</li> </ul>	<a href="http://kidshealth.org/parent/firstaid_safe/home/gun_safety.html">http://kidshealth.org/parent/firstaid_safe/home/gun_safety.html</a>
National Dairy Council, 2010; <i>Newsweek Back-To-School Guidebook</i>	<ul style="list-style-type: none"> <li>Learning to get fit; stronger bodies, sharper minds</li> </ul>	<a href="http://www.nationaldairycouncil.org/childnutrition">www.nationaldairycouncil.org/childnutrition</a>
National Health Interview Survey, 2009	<ul style="list-style-type: none"> <li>Emergency Room Visits in the United States</li> </ul>	
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>Abuse of Prescription Drugs</li> </ul>	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>

Source	Data Used	Website
National Institute of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases	<ul style="list-style-type: none"> <li>Back Pain Prevention</li> </ul>	<a href="http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm">www.ninds.nih.gov/disorders/backpain/detail_backpain.htm</a>
National Sleep Foundation, 2011	<ul style="list-style-type: none"> <li>Sudden Infant Death Syndrome and Sleep</li> <li>Children and Sleep</li> </ul>	<a href="http://www.sleepfoundation.org/">www.sleepfoundation.org/</a>
National Survey Of Children's Health 2011/12	<ul style="list-style-type: none"> <li>Asthma, ADHD</li> <li>Physical Activity</li> <li>TV, Video Games &amp; Computer Usage</li> <li>Reading to Child</li> <li>Preventive care</li> <li>Insurance Status</li> <li>Safe Schools</li> <li>Extracurricular Activities</li> <li>Mental and Emotional Health of Mothers and Fathers</li> <li>Neighborhood Safety</li> <li>Children &amp; Smoking</li> <li>Smoking in Home of a Child</li> <li>Breastfeeding</li> <li>Family Dinners</li> </ul>	
National Vital Statistics Report	<ul style="list-style-type: none"> <li>Live Birth Data</li> </ul>	<a href="http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01">www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01</a>
Nicotine & Tobacco Research, "Flavored Cigar Smoking Among U.S. Adults: Findings from the 2009-2010 National Adult Tobacco Survey," 2012	<ul style="list-style-type: none"> <li>Flavored Cigar Smoking Among U.S. Adults</li> </ul>	<a href="http://ntr.oxfordjournals.org/content/early/2012/08/17/ntr.nts178.abstract">http://ntr.oxfordjournals.org/content/early/2012/08/17/ntr.nts178.abstract</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>Diabetes Facts</li> <li>Sandusky County and Ohio Mortality Statistics</li> <li>Sandusky County and Ohio Birth Statistics</li> <li>Sandusky County and Ohio Sexually Transmitted Diseases</li> <li>HIV/AIDS Surveillance Program</li> <li>Statistics: Access to Health Services</li> </ul>	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> <li>Sandusky County and Ohio Cancer Mortality</li> <li>Sandusky County and Ohio Cancer Incidence</li> </ul>	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> <li>Sandusky County Oral Health Resources for Adults and Children</li> </ul>	<a href="http://publicapps.odh.ohio.gov/oralhealth/default.aspx">http://publicapps.odh.ohio.gov/oralhealth/default.aspx</a>
Ohio Department of Health	<ul style="list-style-type: none"> <li>Oral Health Isn't Optional, 2011</li> </ul>	<a href="http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ohs/oral%20health/ohioreport8_9.ashx">www.odh.ohio.gov/~media/ODH/ASSETS/Files/ohs/oral%20health/ohioreport8_9.ashx)</a>

# APPENDIX I

Source	Data Used	Website
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> <li>Poverty Statistics</li> <li>Sandusky County and Ohio Medicaid Statistics</li> <li>Sandusky County Health Care Statistics</li> </ul>	<a href="http://jfs.ohio.gov/county/cntypro/pdf11/Sandusky.pdf">http://jfs.ohio.gov/county/cntypro/pdf11/Sandusky.pdf</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>2013 Sandusky County and Ohio Crash Facts</li> </ul>	<a href="https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx">https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx</a>
Ohio Family Health Survey Results, 2010	<ul style="list-style-type: none"> <li>Sandusky County and Ohio Uninsured Rates</li> </ul>	<a href="http://grc.osu.edu/omas/">http://grc.osu.edu/omas/</a>
Ohio Medicaid Assessment Survey, 2012	<ul style="list-style-type: none"> <li>Ohio Statistics</li> </ul>	<a href="https://ckm.osu.edu/sitetool/sites/omasp/ublic/documents/OMASStatewideRolloutPresentationSlides.pdf">https://ckm.osu.edu/sitetool/sites/omasp/ublic/documents/OMASStatewideRolloutPresentationSlides.pdf</a>
Pacific Institute for Research and Evaluation, "Underage Drinking in Ohio: The Facts," September 2011	<ul style="list-style-type: none"> <li>Underage drinking in Ohio fact sheet</li> </ul>	<a href="http://www.udetc.org/factsheets/OH.pdf">www.udetc.org/factsheets/OH.pdf</a>
Respect2All	<ul style="list-style-type: none"> <li>Types of Bullying</li> </ul>	<a href="http://www.respect2all.org/parents/bullying-definitions">www.respect2all.org/parents/bullying-definitions</a>
The Partnership at Drugfree.org, Parents 360, 2012	<ul style="list-style-type: none"> <li>Synthetic Drugs: Bath Salts, K2/Spice A guide for parents and other influencers</li> </ul>	<a href="http://www.drugfree.org">www.drugfree.org</a>
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>American Community Survey 3 year estimates, 2009-2011</li> <li>Ohio and Sandusky County 2010 Census Demographic Information</li> <li>Ohio and U.S. Health Insurance Sources</li> <li>Small Area Income and Poverty Estimates</li> <li>Federal Poverty Thresholds</li> </ul>	<a href="http://www.census.gov">www.census.gov</a>
U.S. Department of Health and Human Services, Ohio Department of Mental Health	<ul style="list-style-type: none"> <li>Mental Health Services in Ohio</li> </ul>	<a href="http://www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf">www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&amp;human-services.pdf</a>
U. S. Department of Health and Human Services, SAMHSA, NSDUH, 2007, 2008, 2010	<ul style="list-style-type: none"> <li>National Survey on Drug Use and Health</li> </ul>	<a href="http://www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm">www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm</a>

Source	Data Used	Website
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"> <li>2005 - 2011 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx">http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx</a>
Youth Suicide Prevention Program	<ul style="list-style-type: none"> <li>Understanding Self Harm</li> </ul>	<a href="http://www.yspp.org/about_suicide/self_harm.htm">www.yspp.org/about_suicide/self_harm.htm</a>



# Appendix II | SANDUSKY COUNTY

## ACRONYMS AND TERMS

<b>Adult</b>	Defined as 19 years of age and older.
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Binge drinking</b>	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>BMI</b>	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
<b>CDC</b>	Centers for Disease Control and Prevention.
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>CY</b>	Calendar Year
<b>FY</b>	Fiscal Year
<b>HCNO</b>	Hospital Council of Northwest Ohio
<b>HP 2020</b>	Healthy People 2020, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>Health Indicator</b>	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
<b>High Blood Cholesterol</b>	240 mg/dL and above
<b>High Blood Pressure</b>	Systolic $\geq 140$ and Diastolic $\geq 90$
<b>N/A</b>	Data is not available.
<b>NSCH</b>	National Survey of Children's Health
<b>ODH</b>	Ohio Department of Health

<b>Race/Ethnicity</b>	<b>Census 2010:</b> U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
<b>Weapon</b>	Defined in the YRBSS as “a weapon such as a gun, knife, or club”
<b>Youth</b>	Defined as 12 through 18 years of age
<b>YPLL/65</b>	<b>Years of Potential Life Lost</b> before age 65. Indicator of premature death.
<b>Youth BMI Classifications</b>	<b>Underweight</b> is defined as BMI-for-age $\leq$ 5 <sup>th</sup> percentile <b>Overweight</b> is defined as BMI-for-age 85 <sup>th</sup> percentile to < 95 <sup>th</sup> percentile. <b>Obese</b> is defined as $\geq$ 95 <sup>th</sup> percentile.
<b>YRBSS</b>	<b>Youth Risk Behavior Surveillance System</b> , a youth survey conducted by the CDC

# Appendix III | METHODS FOR WEIGHTING THE 2013 SANDUSKY COUNTY ASSESSMENT DATA

## APPENDIX III

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 2013 Sandusky County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Sandusky County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (9 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Sandusky 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 2013 Sandusky County Survey and the 2010 Census.

<u>2013 Sandusky Survey</u>			<u>2010 Census</u>		<u>Weight</u>
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	221	47.526882	29,992	49.2123917	1.03546435
Female	244	52.473118	30,952	50.7876083	0.96787860

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Sandusky County. The weighting for males was calculated by taking the percent of males in Sandusky County (based on Census information) (49.2123917%) and dividing that by the percent found in the 2013 Sandusky County sample (47.526882%) [ $49.2123917 / 47.526882 =$  weighting of 1.03546435 for males]. The same was done for females [ $50.7876083 / 52.473118 =$  weighting of 0.96787860 for females]. Thus males' responses are weighted heavier by a factor of 1.03546435 and females' responses weighted less by a factor of 0.96787860.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.066487271 [0.967878601 (weight for females) x 0.967878601 (weight for White) x 1.212310318 (weight for age 35-44) x 0.93907461 (weight for income \$50-\$75k)]. Thus, each individual in the 2013 Sandusky 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 17.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

- 1) **Total weight** (product of 4 weights) – for all analyses that did not separate age, race, sex, or income.
- 2) **Weight without sex** (product of age, race, and income weights) – used when analyzing by sex.
- 3) **Weight without age** (product of sex, race, and income weights) – used when analyzing by age.
- 4) **Weight without race** (product of age, sex, and income weights) – used when analyzing by race.
- 5) **Weight without income** (product of age, race, and sex weights) – used when analyzing by income.
- 6) **Weight without sex or age** (product of race and income weights) – used when analyzing by sex and age.
- 7) **Weight without sex or race** (product of age and income weights) – used when analyzing by sex and race.
- 8) **Weight without sex or income** (product of age and race weights) – used when analyzing by sex and income.

Category	Sandusky Sample	%	2010 Census *	%		Weighting Value
<b>Sex:</b>						
Male	221	47.526882	29,992	49.2123917		1.035464
Female	244	52.473118	30,952	50.7876083		0.967878
<b>Age:</b>						
20-24	12	2.608696	3,204	7.196280		2.758574
25-34	28	6.086957	6,933	15.571727		2.558212
35-44	65	14.130435	7,627	17.130471		1.212310
45-54	91	19.782609	9,532	21.409159		1.082221
55-59	59	12.826087	4,370	9.815151		0.765249
60-64	59	12.826087	3,542	7.955438		0.620254
65-74	89	19.347826	4,856	10.906722		0.563718
75-84	56	12.173913	3,104	6.971677		0.572673
85+	1	0.217391	1,355	3.043370		13.999505
<b>Race:</b>						
White	427	91.827957	55,579	91.196836		0.993127
Non-White	38	8.172043	5,365	8.803163		1.077229
<b>Household Income</b>						
Less than \$10,000	29	6.473214	1,673	6.961840		1.075484
\$10k-\$15k	23	5.133929	943	3.924098		0.764346
\$15k-\$25k	60	13.392857	2,920	12.150971		0.907272
\$25k-\$35k	63	14.062500	2,979	12.396487		0.881528
\$35k-\$50	75	16.741071	4,194	17.452457		1.042493
\$50k-\$75k	102	22.767857	5,138	21.380716		0.939074
\$75k or more	96	21.428571	6,184	25.733427		1.200893
Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Sandusky County in each subcategory by the proportion of the sample in the Sandusky County survey for that same category. * Sandusky County population figures taken from the 2010 Census.						

# Appendix IV | SANDUSKY COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2013 Sandusky County Health Assessment:

**Clyde-Green Springs**

McPherson Middle School  
Clyde High School

**Fremont City**

Fremont Middle School  
Ross High School

**Gibsonburg Exempted**

Gibsonburg Middle School  
Gibsonburg High School

**Lakota Local**

Lakota Middle School  
Lakota High School

**Woodmore Local**

Woodmore High School

# Appendix V | SANDUSKY COUNTY SAMPLE DEMOGRAPHIC PROFILE\*

Variable	2013 Survey Sample	Sandusky County Census 2012 (3 year estimates)	Ohio Census 2011
<b>Age</b>			
20-29	14.1%	10.8%	12.9%
30-39	12.2%	10.8%	12.1%
40-49	17.7%	14.3%	13.7%
50-59	21.6%	15.4%	14.6%
60 plus	27.0%	21.5%	20.4%
<b>Race/Ethnicity</b>			
White	88.8%	91.8%	82.9%
Black or African American	1.7%	3.4%	12.1%
American Indian and Alaska Native	2.3%	0.2%	0.2%
Asian	0.2%	0.3%	1.7%
Other	2.8%	4.3%	0.9%
Hispanic Origin (may be of any race)	4.1%	8.9%	3.2%
<b>Marital Status†</b>			
Married Couple	55.9%	52.2%	48.3%
Never been married/member of an unmarried couple	18.8%	26.0%	31.2%
Divorced/Separated	12.7%	14.8%	14.1%
Widowed	6.0%	7.0%	6.5%
<b>Education†</b>			
Less than High School Diploma	5.0%	12.2%	11.7%
High School Diploma	34.8%	41.2%	34.8%
Some college/ College graduate	59.3%	46.6%	53.5%
<b>Income (Families)</b>			
\$14,999 and less	10.9%	6.6%	9.3%
\$15,000 to \$24,999	13.1%	7.6%	8.5%
\$25,000 to \$49,999	26.6%	27.6%	24.4%
\$50,000 to \$74,999	20.3%	23.7%	21.3%
\$75,000 or more	21.3%	34.6%	36.5%

\* 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 Sandusky County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

# Appendix VI | DEMOGRAPHICS AND HOUSEHOLD INFORMATION

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

Age	Total	Males	Females
<b>Sandusky County</b>	<b>60,944</b>	<b>29,992</b>	<b>30,952</b>
<b>0-4 years</b>	<b>3,826</b>	<b>1,921</b>	<b>1,905</b>
1-4 years	3,090	1,550	1,540
< 1 year	736	371	365
1-2 years	1,495	728	767
3-4 years	1,595	822	773
<b>5-9 years</b>	<b>4,193</b>	<b>2,162</b>	<b>2,031</b>
5-6 years	1,622	827	795
7-9 years	2,571	1,335	1,236
<b>10-14 years</b>	<b>4,154</b>	<b>2,122</b>	<b>2,032</b>
10-12 years	2,465	1,273	1,192
13-14 years	1,689	849	840
12-18 years	6,000	2,999	3,001
<b>15-19 years</b>	<b>4,147</b>	<b>2,122</b>	<b>2,032</b>
15-17 years	2,695	1,378	1,317
18-19 years	1,452	736	716
20-24 years	3,204	1,673	1,531
25-29 years	3,420	1,677	1,743
30-34 years	3,513	1,799	1,714
35-39 years	3,701	1,830	1,871
40-44 years	3,926	1,943	1,983
45-49 years	4,500	2,280	2,220
50-54 years	5,032	2,517	2,515
55-59 years	4,370	2,167	2,203
60-64 years	3,643	1,808	1,835
65-69 years	2,657	1,267	1,390
70-74 years	2,199	1,011	1,188
75-79 years	1,704	723	981
80-84 years	1,400	552	848
85-89 years	900	305	595
90-94 years	360	106	254
95-99 years	82	15	67
100-104 years	11	0	11
105-109 years	1	0	1
110 years & over	1	0	1
<b>Total 85 years and over</b>	<b>1,355</b>	<b>426</b>	<b>929</b>
<b>Total 65 years and over</b>	<b>9,315</b>	<b>3,979</b>	<b>5,336</b>
<b>Total 19 years and over</b>	<b>45,254</b>	<b>22,006</b>	<b>23,248</b>



# SANDUSKY COUNTY PROFILE

*General Demographic Characteristics  
(Source: U.S. Census Bureau, Census 2011)*

*2011 ACS 3-year estimates*

## **Total Population**

2011 Total Population	60,895
2000 Total Population	61,792

## **Largest City-Fremont**

2011 Total Population	16,839	100%
2000 Total Population	17,375	100%

## **Population By Race/Ethnicity**

Total Population	60,895	100%
White Alone	56,003	92.0%
Hispanic or Latino (of any race)	5,379	8.8%
African American	2,013	3.3%
American Indian and Alaska Native	27	0.0%
Asian	203	0.3%
Two or more races	1,493	2.5%
Other	1,119	1.8%

## **Population By Age 2010**

Under 5 years	3,826	6.3%
5 to 17 years	11,042	18.1%
18 to 24 years	4,656	7.6%
25 to 44 years	14,560	23.9%
45 to 64 years	17,545	28.8%
65 years and more	9,315	15.3%
<b>Median age (years)</b>	<b>41.1</b>	

## **Household By Type**

Total Households	24,152	100%
Family Households (families)	16,678	69.1%
With own children <18 years	6,939	28.7%
Married-Couple Family Households	12,891	53.4%
With own children <18 years	4,795	19.9%
Female Householder, No Husband Present	2,811	11.6%
With own children <18 years	1,629	6.7%
Non-family Households	7,474	30.9%
Householder living alone	6,317	26.2%
Householder 65 years and >	2,904	12.0%
Households With Individuals < 18 years	7,732	32.0%
Households With Individuals 65 years and >	6,560	27.2%
Average Household Size	2.44 people	
Average Family Size	2.91 people	

# APPENDIX VI

**General Demographic Characteristics, Continued**  
**(Source: U.S. Census Bureau, Census 2011)**  
**2011 ACS 3-year estimates**

Median Value of Owner-Occupied Units	\$112,300
Median Monthly Owner Costs (With Mortgage)	\$1,104
Median Monthly Owner Costs (Not Mortgaged)	\$370
Median Gross Rent for Renter-Occupied Units	\$589
Median Rooms Per Housing Unit	6.1
 Total Housing Units	 26,398
No Telephone Service	724
Lacking Complete Kitchen Facilities	156
Lacking Complete Plumbing Facilities	47

**Selected Social Characteristics**  
**(Source: U.S. Census Bureau, Census 2011)**  
**2011 ACS 3-year estimates**

**School Enrollment**

Population 3 Years and Over Enrolled In School	15,078	100%
Nursery & Preschool	1,066	7.1%
Kindergarten	658	4.4%
Elementary School (Grades 1-8)	6,571	43.6%
High School (Grades 9-12)	3,678	24.4%
College or Graduate School	3,105	20.6%

**Educational Attainment**

Population 25 Years and Over	41,486	100%
< 9 <sup>th</sup> Grade Education	1,523	3.7%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	3,310	8.0%
High School Graduate (Includes Equivalency)	17,161	41.4%
Some College, No Degree	9,741	23.5%
Associate Degree	4,171	10.1%
Bachelor's Degree	3,399	8.2%
Graduate Or Professional Degree	2,181	5.3%

Percent High School Graduate or Higher	*(X)	88.4%
Percent Bachelor's Degree or Higher	*(X)	13.5%

\*(X) – Not available

**Marital Status**

Population 15 Years and Over	48,826	100%
Never Married	12,624	25.9%
Now Married, Excluding Separated	26,274	53.8%
Separated	790	1.6%
Widowed	3,276	6.7%
Female	2,461	9.8%
Divorced	5,862	12.0%
Female	3,287	13.1%

**Selected Social Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2011)

**Grandparents As Caregivers**

Grandparent Living in Household with 1 or more own grandchildren <18 years	1,112	100%
Grandparent Responsible for Grandchildren	553	49.7%

**Veteran Status**

Civilian Veterans 18 years and over	4,866	10.5%
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**Disability Status of the Civilian Non-institutionalized Population**

Total Civilian Noninstitutionalized Population	60,069	
With a Disability	8,347	13.9%
Under 18 years	14,681	100%
With a Disability	620	4.2%
18 to 64 years	36,657	100%
With a Disability	4,622	12.6%
65 Years and Over	8,731	100%
With a Disability	3,105	35.6%

**Selected Economic Characteristics**  
(Source: U.S. Census Bureau, Census 2011)  
2011 ACS 3-year estimates

**Employment Status**

Population 16 Years and Over	48,138	100%
In Labor Force	31,107	64.6%
Not In Labor Force	17,031	35.4%
Females 16 Years and Over	24,711	100%
In Labor Force	14,860	60.1%
Population Living With Own Children <6 Years	4,549	100%
All Parents In Family In Labor Force	3,323	73.0%

**Occupations**

Employed Civilian Population 16 Years and Over	28,207	100%
Management, business, science, and art occupations	7,445	26.4%
Production, Transportation, and Material Moving Occupations	7,110	25.2%
Sales and Office Occupations	5,525	19.6%
Service Occupations	4,820	17.1%
Natural Resources, Construction, and Maintenance Occupations	3,307	11.7%

**Selected Economic Characteristics, Continued**  
**(Source: U.S. Census Bureau, Census 2011)**  
**2011 ACS 3-year estimates**

**Leading Industries**

Employed Civilian Population 16 Years and Over	28,207	100%
Manufacturing	7,002	24.8%
Educational, health and social services	6,992	24.8%
Trade (retail and wholesale)	3,323	11.8%
Arts, entertainment, recreation, accommodation, and food services	2,661	9.4%
Professional, scientific, management, administrative, and waste management services	1,341	4.8%
Transportation and warehousing, and utilities	1,381	4.9%
Finance, insurance, real estate and rental and leasing	955	3.4%
Other services (except public administration)	1,128	4.0%
Construction	1,689	6.0%
Public administration	645	2.3%
Information	329	1.2%
Agriculture, forestry, fishing and hunting, and mining	761	2.7%

**Class of Worker**

Employed Civilian Population 16 Years and Over	28,207	100%
Private Wage and Salary Workers	23,653	83.9%
Government Workers	3,117	11.0%
Self-Employed Workers in Own Not Incorporated Business	1,348	4.8%
Unpaid Family Workers	89	0.3%

**Median Earnings**

Male, Full-time, Year-Round Workers	\$42,655
Female, Full-time, Year-Round Workers	\$32,735

**Selected Economic Characteristics, Continued**  
(Source: U.S. Census Bureau, Census 2011)

**2011 ACS 3-year estimates**

**Income In 2011**

Households	24,152	100%
< \$10,000	1,819	7.5%
\$10,000 to \$14,999	1,074	4.4%
\$15,000 to \$24,999	3,127	12.9%
\$25,000 to \$34,999	3,109	12.9%
\$35,000 to \$49,999	4,383	18.1%
\$50,000 to \$74,999	4,934	20.4%
\$75,000 to \$99,999	2,727	11.3%
\$100,000 to \$149,999	2,265	9.4%
\$150,000 to \$199,999	391	1.6%
\$200,000 or more	323	1.3%

**Median Household Income**

**\$44,285**

**Income In 2011**

Families	16,678	100%
< \$10,000	907	5.4%
\$10,000 to \$14,999	411	2.5%
\$15,000 to \$24,999	1,442	8.6%
\$25,000 to \$34,999	1,952	11.7%
\$35,000 to \$49,999	2,746	16.5%
\$50,000 to \$74,999	4,092	24.5%
\$75,000 to \$99,999	2,405	14.4%
\$100,000 to \$149,999	2,074	12.4%
\$150,000 to \$199,999	347	2.1%
\$200,000 or more	302	1.8%

**Median Household Income (families)**

**\$55,729**

**Per Capita Income In 2011**

**\$22,045**

**Poverty Status In 2011**

	<b>Number Below Poverty Level</b>	<b>% Below Poverty Level</b>
Families	*(X)	10.5%
Individuals	*(X)	15.2%
*(X) – Not available		

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

	<b>Income</b>	<b>Rank of Ohio Counties</b>
BEA Per Capita Personal Income 2012	\$34,274	45 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2011	\$33,170	44 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2010	\$31,490	40 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2009	\$30,118	44 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2001	\$24,864	47 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$24,293	45 <sup>th</sup> of 88 counties

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

**Poverty Rates, 5-year averages**  
**2006 to 2010**

<b>Category</b>	<b>Sandusky</b>	<b>Ohio</b>
Overall (%)	10.9%	14.2%
Children under 18 (%)	15.8%	20.2%
Age 65 and over (%)	6.5%	8.3%
< 50% FPL, i.e. severe poverty (%)	5.2%	6.5%
< 200% FPL, i.e. below self-sufficiency (%)	29.8%	31.8%

*(Source: The State of Poverty in Ohio 2012, Ohio Association of Community Action Agencies, 2012 Annual Report, [http://issuu.com/oacaa/docs/state\\_of\\_poverty\\_2012\\_final?mode=window](http://issuu.com/oacaa/docs/state_of_poverty_2012_final?mode=window))*

**Employment Statistics**

<b>Category</b>	<b>Sandusky</b>	<b>Ohio</b>
Labor Force	31,900	5,760,600
Employed	29,700	5,351,400
Unemployed	2,200	409,200
Unemployment Rate* in November 2013	7.0	7.1
Unemployment Rate* in October 2013	6.8	7.0
Unemployment Rate* in November 2012	6.2	6.4

*\*Rate equals unemployment divided by labor force.*

*(Source: Ohio Department of Job and Family Services, November 2013)*

## Estimated Poverty Status in 2012

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Sandusky County</b>				
All ages in poverty	6,924	5,673 to 8,175	11.7%	9.6 to 13.8
Ages 0-17 in poverty	2,633	2,126 to 3,140	18.8%	15.2 to 22.4
Ages 5-17 in families in poverty	1,739	1,385 to 2,093	16.8%	13.4 to 20.2
Median household income	\$46,274	43,455 to 49,093		
<b>Ohio</b>				
All ages in poverty	1,818,886	1,797,356 to 1,840,416	16.2%	16.0 to 16.4
Ages 0-17 in poverty	617,006	603,764 to 630,248	23.6%	23.1 to 24.1
Ages 5-17 in families in poverty	411,818	400,008 to 423,628	21.4%	20.8 to 22.0
Median household income	\$46,873	46,582 to 47,164		
<b>United States</b>				
All ages in poverty	48,760,123	48,528,543 to 48,991,703	15.9%	15.8 to 16.0
Ages 0-17 in poverty	16,396,863	16,275,868 to 16,517,858	22.6%	22.4 to 22.8
Ages 5-17 in families in poverty	11,086,537	10,995,403 to 11,177,671	21.0%	20.8 to 21.2
Median household income	\$51,371	51,318 to 51,424		

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

## Federal Poverty Thresholds in 2012 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$12,119					
1 Person 65 and >	\$11,173					
2 people Householder < 65 years	\$15,600	\$16,057				
2 People Householder 65 and >	\$14,081	\$15,996				
3 People	\$18,222	\$18,751	\$18,769			
4 People	\$24,028	\$24,421	\$23,624	\$23,707		
5 People	\$28,977	\$29,398	\$28,498	\$27,801	\$27,376	
6 People	\$33,329	\$33,461	\$32,771	\$32,110	\$31,128	\$30,545
7 People	\$38,349	\$38,588	\$37,763	\$37,187	\$36,115	\$34,865
8 People	\$42,890	\$43,269	\$42,490	\$41,807	\$40,839	\$39,610
9 People or >	\$51,594	\$51,844	\$51,154	\$50,575	\$49,625	\$48,317

(Source: U. S. Census Bureau, Poverty Thresholds 2012, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)