

Lorain County Community Health Assessment 2011

Released: August, 2012

Commissioned By:
Lorain County Health Partners

Foreword

Dear Lorain County Resident,

Thank you for your interest in the 2011 Lorain County Community Health Assessment (CHA). The data was collected from surveys of Lorain County youth and adults and reported along with health information from reputable national, state, and local data sources, such as the Centers for Disease Control and Prevention and the Ohio Department of Health. The unique design of this CHA permits an examination of the diverse aspects of Lorain County by analyzing the data and reporting the health status by urban, suburban, rural community types. It also permits the examination of health status for the cities of Lorain and Elyria and the combined Lorain County populations.

The results of Lorain County's CHA provide valuable information that will be used for planning purposes to begin building a Community Health Improvement Plan (CHIP). The CHIP will serve as a guide for communities and key stakeholders to design and select effective strategies to improve the health status of Lorain County residents.

This report would not exist without the financial support and collaborative assistance of our local community organizations. Special thanks are given to the Hospital Council of Northwest Ohio for guiding the community health assessment process.

It is our hope that this assessment will help our communities identify their respective health concerns, measure the impact of current public health efforts, and guide the appropriate use of local resources. We also hope that you can help our communities develop an optimistic and positive approach to community health improvement.

Sincerely,

Bill Ryan

President and CEO, Center for Health Affairs representing: EMH Elyria Hospital, Amherst Hospital, Mercy Regional Medical Center, and Mercy Allen Hospital

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Lorain County General Health District
Alcohol and Drug Addiction Services of Lorain County
Communities That Care of Lorain County
Elyria City Health District
Lorain District Municipal Board of Health

Commissioned by: Lorain County Health Partners

Alcohol and Drug Addiction Services Board of Lorain County
Amherst Exempted Village School District
City of North Ridgeville
Communities That Care of Lorain County
EMH Regional Healthcare System
Educational Services Center of Lorain County
Elyria City Health District
Lorain County Board of Developmental Disabilities
Lorain County Board of Mental Health
Lorain County Children and Families Council
Lorain County General Health District
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Lorain County Community Health Assessment

Executive Summary

This executive summary provides an overview of health-related data for Lorain County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2011. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Healthy Communities Foundation of the Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

Design

This community health assessment was cross-sectional in nature and included a written survey of both adults and adolescents within Lorain County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

Instrument Development

Two survey instruments were designed and pilot tested for this study: one for adults and one for adolescents. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the Behavioral Risk Factor Surveillance System survey. The majority of the survey items for the adolescent survey were derived from the Youth Risk Behavior Surveillance System survey.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Lorain County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Lorain County planning committee, the Project Coordinator composed a draft of a survey containing 116 items. This draft was reviewed and approved by health education researchers at the University of Toledo.

Sampling

Adult Survey

Adults ages 19 and over living in Lorain County were used as the sampling frame for the adult survey. There were 224,935 persons ages 19 and over living in Lorain County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses

Primary Data Collection Methods

are within a 5% margin of error of the survey findings.) A sample size of at least 384 responding adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Lorain County was obtained from American Clearinghouse in Louisville, KY.

Adolescent Survey

Youth ages 12 to 18 living in Lorain County were used as the sampling frame for the adolescent survey. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 380 responding adolescents was needed to ensure this level of confidence.

Procedure

Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 3200 adults in Lorain County. This advance letter was personalized, printed on Lorain County Health Partners stationery and was signed by Kenneth Pearce, Health Commissioner, Lorain County General Health District; Kathryn Boylan, Health Commissioner, Elyria City Health District; Terrence Tomaszewski, Health Commissioner, Lorain District Municipal Board of Health; and Bill Ryan, President and CEO, Center for Health Affairs (representing EMH Regional Medical Center, EMH Amherst Hospital, and Catholic Healthcare Partners). The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Lorain County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The total number of returned surveys was 1,465. The response rate for the rural Lorain County adult mailing was 51% (n=394; CI= 4.91%). The response rate for the suburban Lorain County adult mailing was 36% (n=376; CI=5.05%). The response rate for the Elyria City adult mailing was 36% (n=344; CI=5.27%). The response rate for the Lorain City adult mailing was 35% (n=351; CI=5.22%). These return rates and sample sizes means that the responses in the health assessment should be representative of the entire county.

Adolescent Survey

The Project Coordinator met with all school district superintendents and obtained approval for the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 85% (n=593). The survey contained 78 questions and had a multiple choice response format.

Primary Data Collection Methods

Data Analysis

Individual responses were anonymous and confidential. Only group data are available. All data were analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Lorain County, the 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

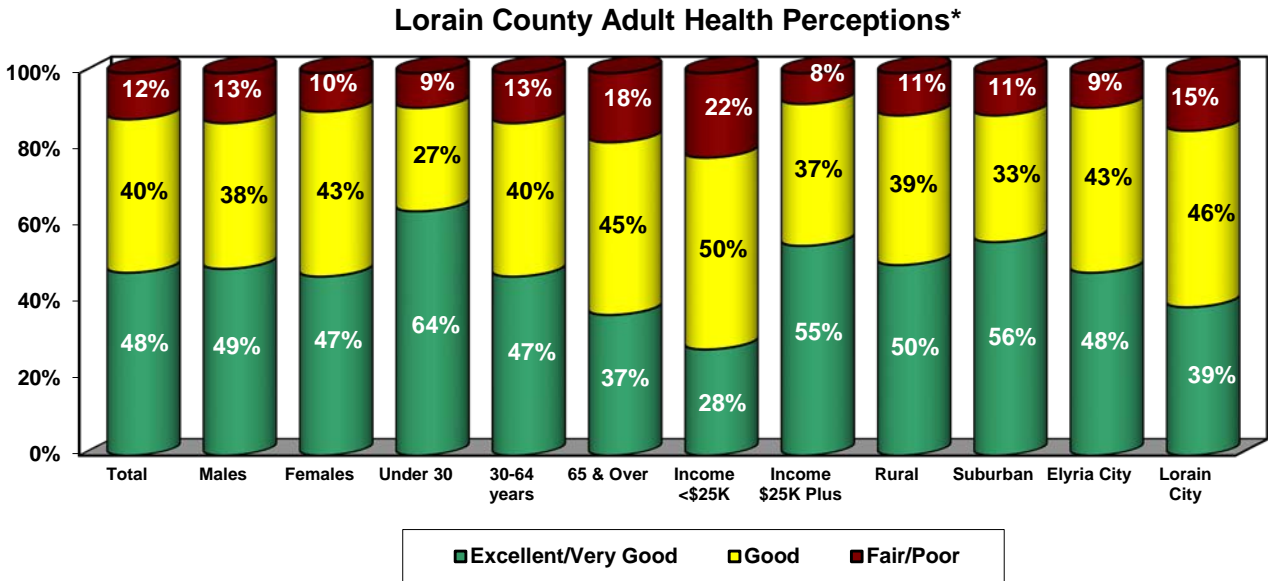
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Lorain County adult assessment mailings had very high response rates. However, if any important differences existed between the respondents and the non-respondents regarding the questions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

Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.

Data Summary

Health Perceptions

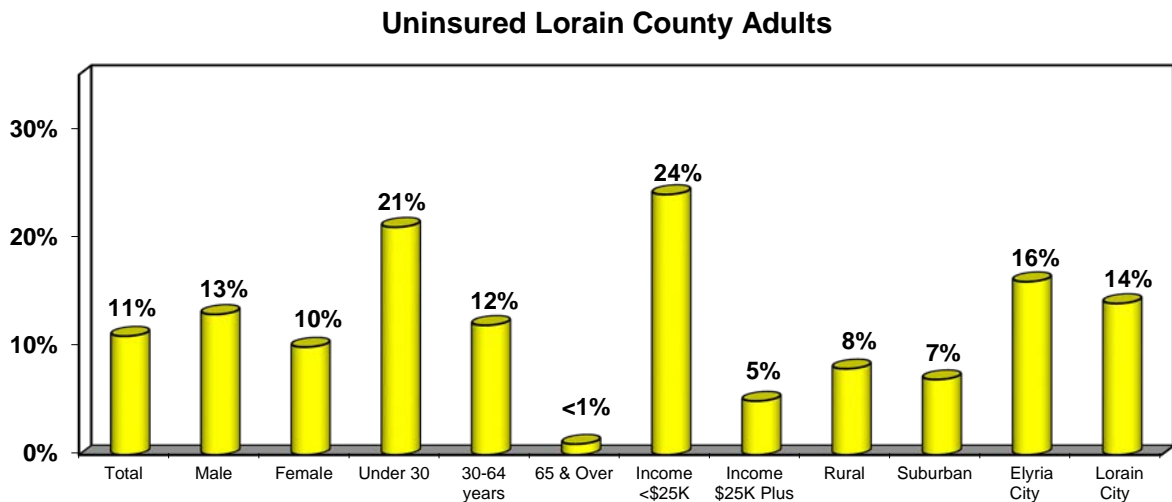
In 2011, almost half (48%) of the Lorain County adults rated their health status as excellent or very good. Conversely, 12% of the adults, increasing to 22% of those with incomes less than \$25,000, described their health as fair or poor.



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

Health Care Coverage

The 2011 health assessment data has identified that 11% of Lorain 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 Lorain County, 10.3% of residents live below the poverty level. (Source U.S. Census, American Community Survey 5 Year Estimates, 2006-2010)



Data Summary

Health Care Access

The 2011 health assessment project identified that 20% of Lorain County adults could not see a doctor when they needed at some time in the past year because of the cost, increasing to 32% of those with incomes less than \$25,000. More than half (55%) of adults had visited a doctor for a routine checkup in the past year, increasing to 75% of those over the age of 65. 52% reported they had one particular doctor or healthcare professional they go to for routine medical care.

Cardiovascular Health

Heart disease (23%) and stroke (5%) accounted for 28% of all Lorain County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2011 Lorain County health assessment found that 6% of adults had a heart attack and 2% had a stroke at some time in their life. More than one-third (35%) of Lorain County adults have been diagnosed with high blood pressure, 36% have high blood cholesterol, and 32% were obese, three known risk factors for heart disease and stroke.

Cancer

In 2011, 13% of Lorain County adults had been diagnosed with cancer at some time in their life. The Ohio Department of Health statistics indicate that from 2000-2008, a total of 5,778 Lorain County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that reducing tobacco use, increasing cancer education and awareness, healthy diet and exercise habits, and early detection may reduce overall cancer deaths.

Diabetes

In 2011, 13% of Lorain County adults had been diagnosed with diabetes.

Arthritis

According to the Lorain County survey data, 35% of Lorain County adults were diagnosed with arthritis. According to the 2009 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

Asthma

According to the Lorain County survey data, 14% of Lorain County adults had been diagnosed with asthma.

Lorain County Leading Types of Death 2006-2008

Total Deaths: 7,787

1. Cancers (25% of all deaths)
2. Heart Diseases (23%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (3%)

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

Lorain County Incidence of Cancer, 2007 All Types: 1,534 cases

- ❖ Lung and Bronchus: 247 cases (16%)
 - ❖ Prostate: 232 cases (15%)
 - ❖ Breast: 199 cases (13%)
 - ❖ Colon and Rectum: 161 cases (10%)
 - ❖ Melanoma of skin: 81 cases (5%)
- From 2006-2008, there were 1,965 cancer deaths in Lorain County.**

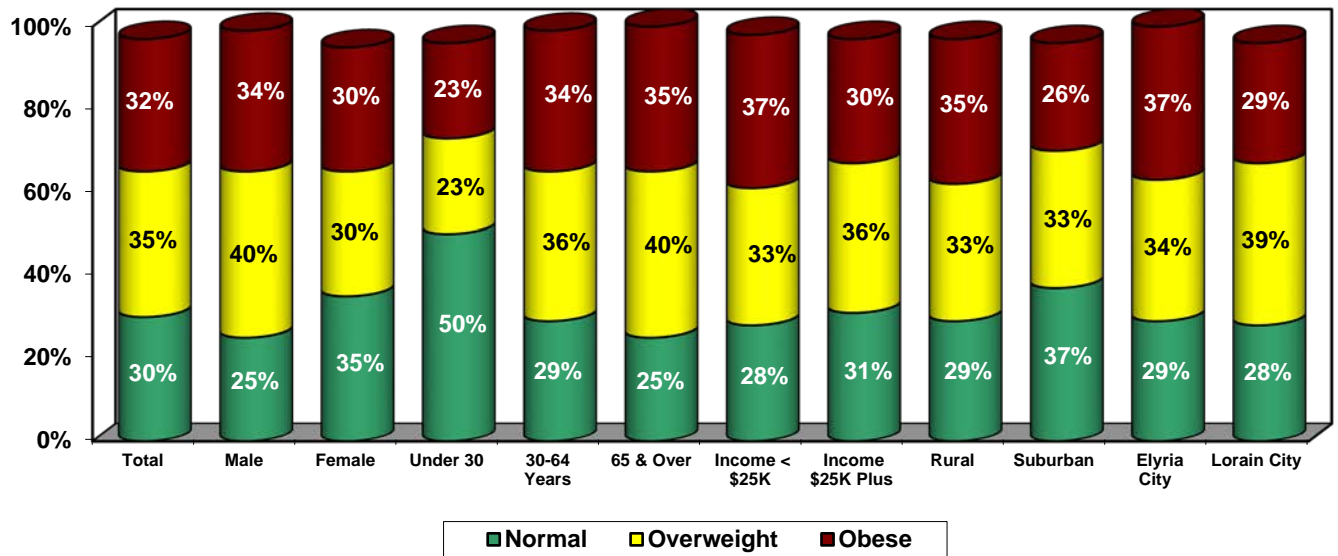
(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse)

Data Summary

Adult Weight Status

The 2011 Health Assessment project identified that 67% of Lorain County adults were overweight or obese based on BMI. The 2010 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. Nearly one-third (32%) of Lorain County adults were obese. Almost half (47%) of adults were trying to lose weight. 21% of adults had not been participating in any physical activities or exercise in the past week.

Lorain County Adult BMI Classifications



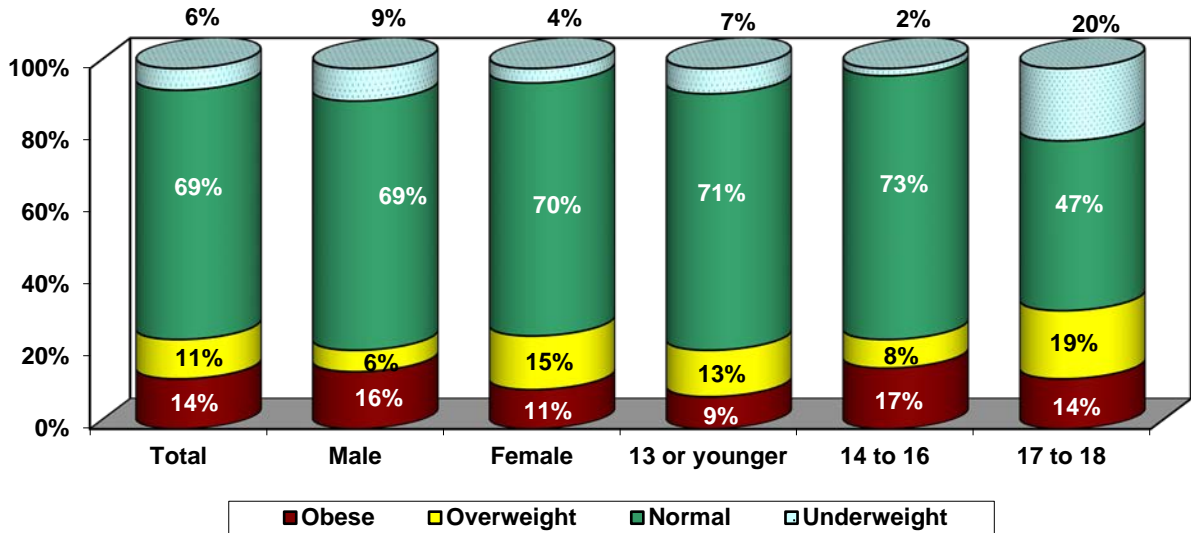
(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

Youth Weight Status

The 2011 Health Assessment identified that 14% of Lorain County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 24% of Lorain County youth reported that they were slightly or very overweight. 65% of youth were exercising for 60 minutes on 3 or more days per week.

Data Summary

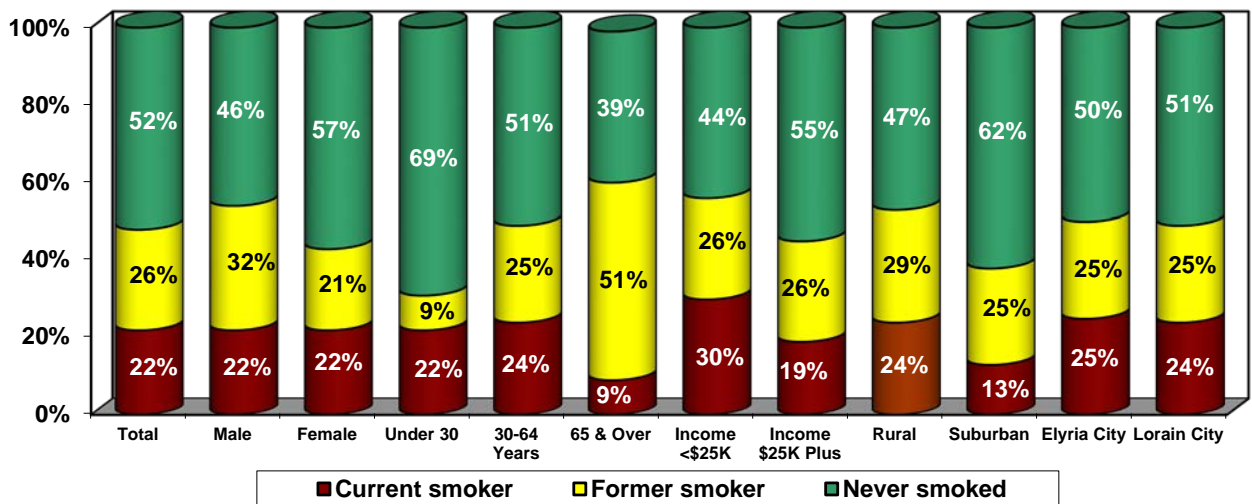
Lorain County Youth BMI Classifications



Adult Tobacco Use

In 2011, 22% of Lorain County adults were current smokers and 26% were considered former smokers. In 2011, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of disease and early death in the world, accounting for approximately 5.4 million premature deaths each year. ACS estimated that tobacco use would be linked to approximately one in five deaths in the U.S. (Source: *Cancer Facts & Figures, American Cancer Society, 2011*)

Lorain County Adult Smoking Behaviors

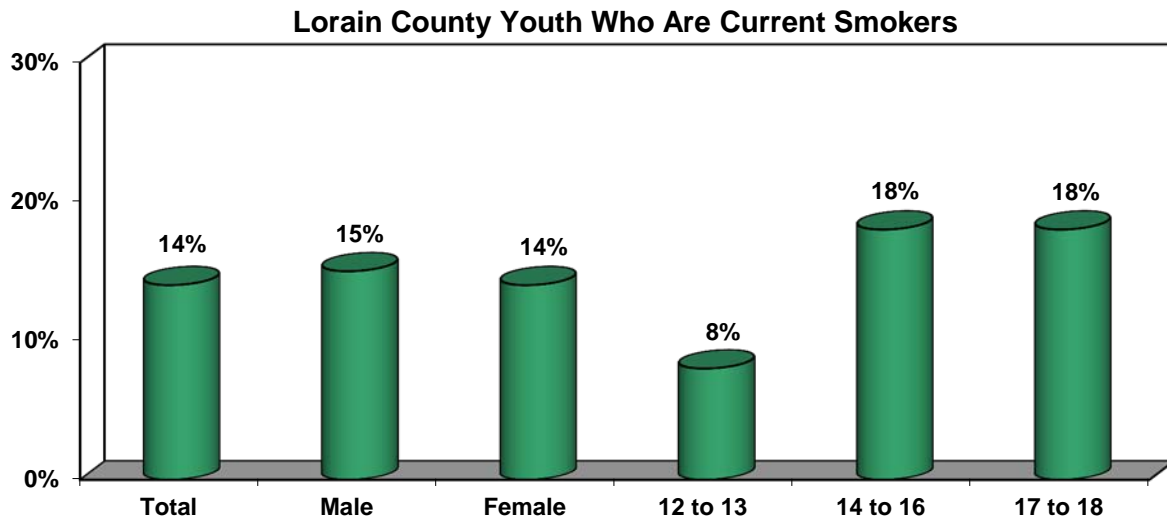


*Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes everyday, some days or not at all?"*

Data Summary

Youth Tobacco Use

The 2011 health assessment identified that 14% of Lorain County youth (ages 12-18) were smokers, increasing to 18% of those who were 17-18 years old. Overall, 4% of Lorain County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 60% had tried to quit.



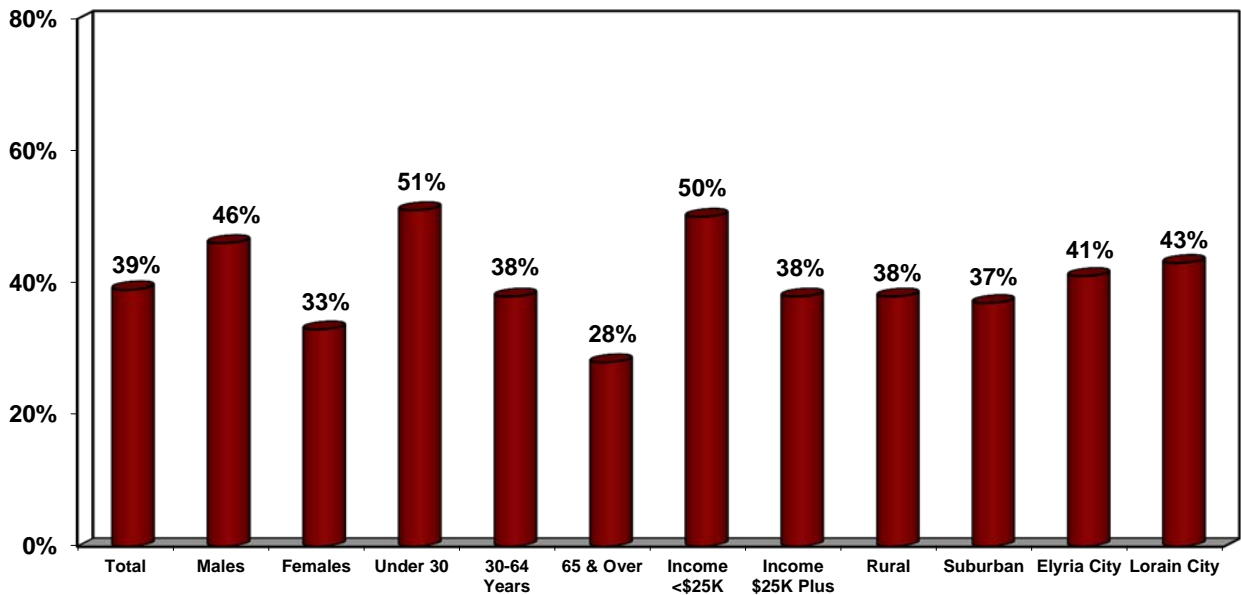
Current smokers are those who have smoked at any time during the past 30 days.

Adult Alcohol Consumption

In 2011, the health assessment indicated that 13% of Lorain County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 39% of adults who drank had five or more drinks on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.

Data Summary

Lorain County Adult Drinkers Who Binge Drank in Past Month*

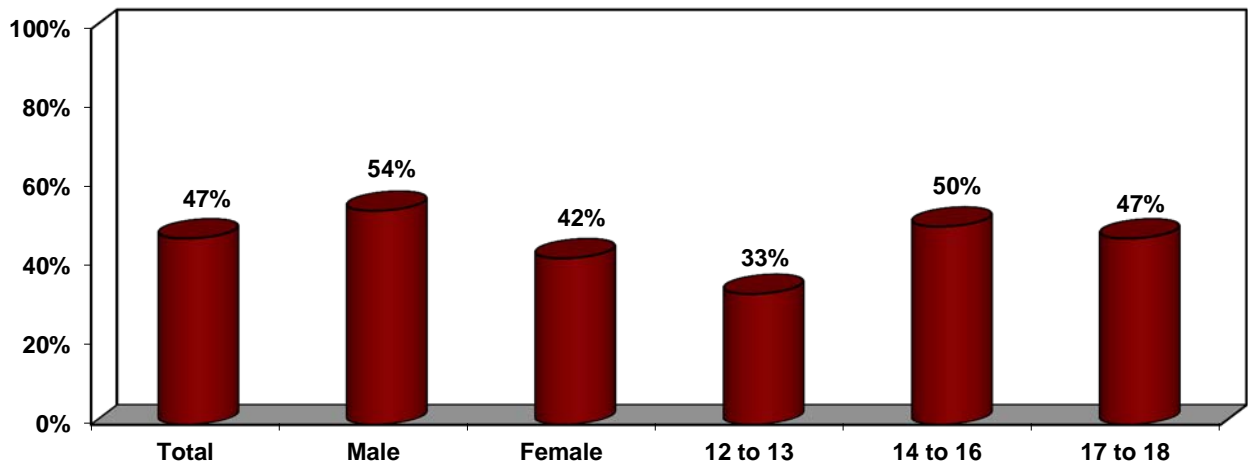


**Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion.*

Youth Alcohol Consumption

In 2011, the health assessment results indicated that 53% of Lorain County youth had drunk at least one drink of alcohol in their life, increasing to 85% of youth seventeen and older. 42% of those who drank, took their first drink by the age of 12. More than one-quarter (27%) of Lorain County youth and 52% of those 17-18 years had at least one drink in the past 30 days. Less than half (47%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 17% of youth drivers had driven a car in the past month after they had been drinking alcohol.

Lorain County Youth Current Drinkers Binge Drinking in Past Month*



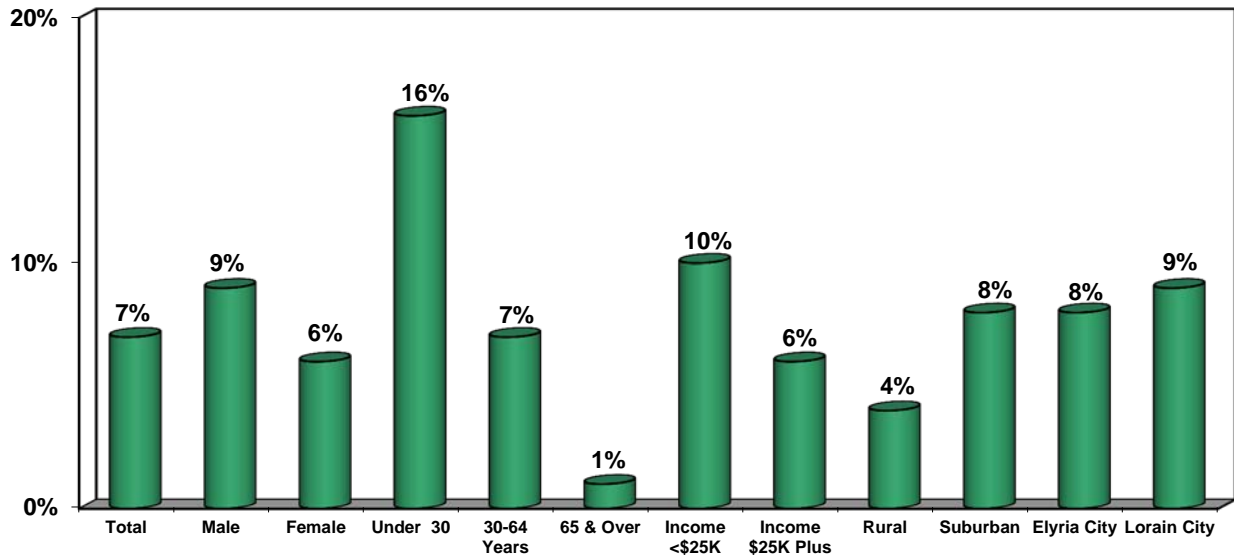
**Based on current drinkers. Binge drinking is defined as having five or more drinks on an occasion.*

Data Summary

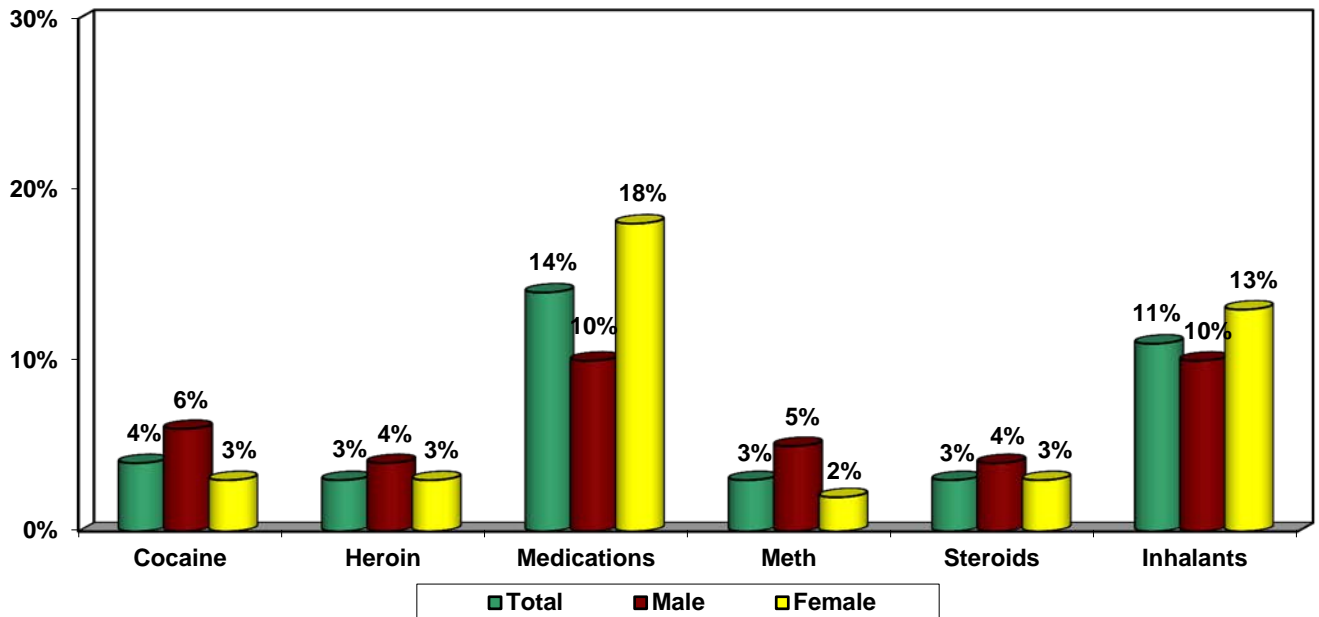
Adult and Youth Marijuana and Other Drug Use

In 2011, 7% of Lorain County adults had used marijuana during the past 6 months. 16% of Lorain County youth had used marijuana at least once in the past 30 days, increasing to 28% of those over the age of 17 and 24% of high school youth. During the past 12 months, 15% of Lorain County youth had someone offer, sell, or give them an illegal drug on school property.

Lorain County Adult Marijuana Use in Past 6 Months



Lorain County Youth Lifetime Drug Use

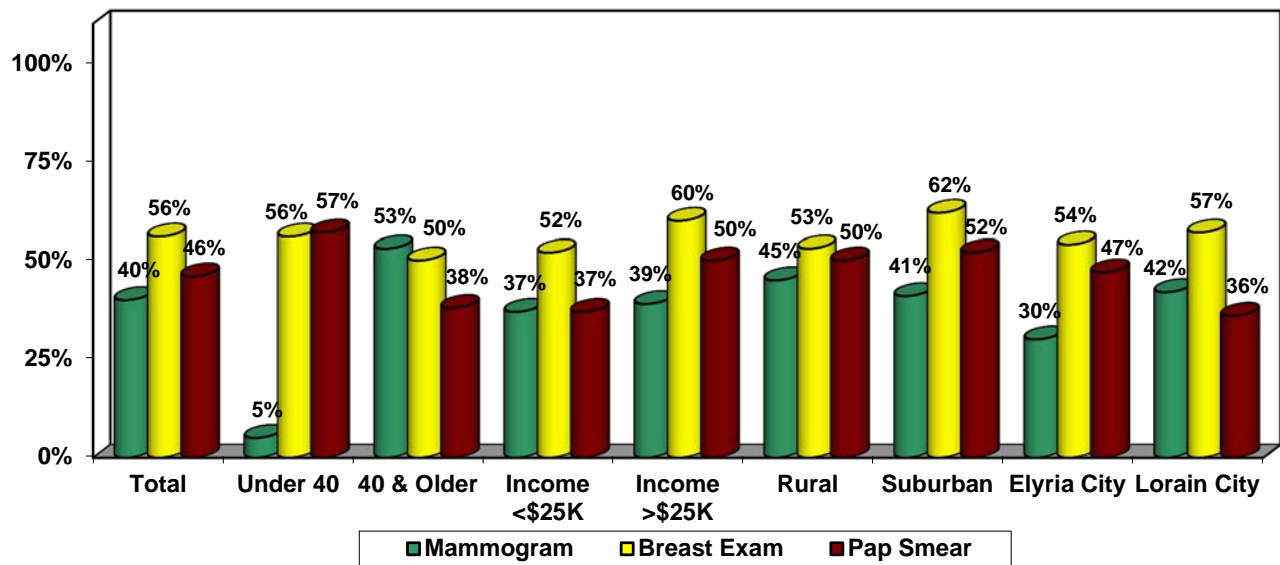


Data Summary

Women's Health

In 2011, more than half (53%) of Lorain County women over the age of 40 reported having a mammogram in the past year. 56% of Lorain County women have had a clinical breast exam and 46% have had a Pap smear to detect cancer of the cervix in the past year. The health assessment determined that 5% of women had a heart attack, and 2% had a stroke at some time in their life. Almost one-third (31%) had high blood pressure, 35% had high blood cholesterol, 33% were obese, and 22% were identified as smokers, known risk factors for cardiovascular diseases.

Lorain Women's Health Exams Within the Past Year

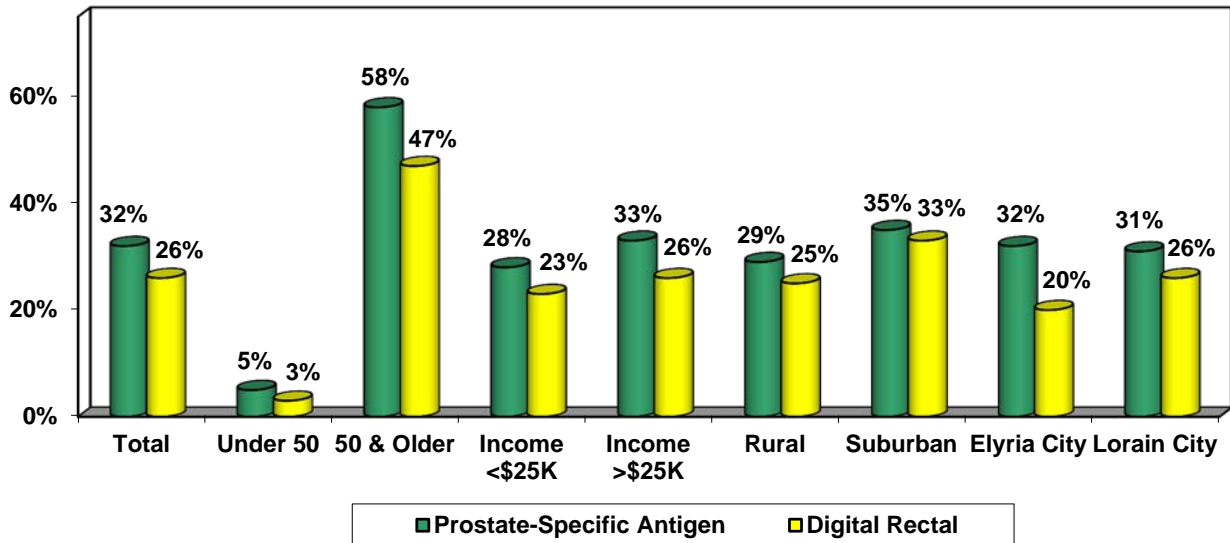


Men's Health

In 2011, more than half (58%) of Lorain County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Nearly half (47%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 26% of all male deaths in Lorain County from 2006-2008. The health assessment determined that 7% of men had a heart attack, and 3% had a stroke at some time in their life. Two-fifths (40%) of men had been diagnosed with high blood pressure, 71% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity (34%), are known risk factors for cardiovascular diseases.

Data Summary

Lorain Men's Health Exams Within the Past Year



Preventive Medicine and Health Screenings

More than two-fifths (43%) of adults had a flu shot during the past 12 months. 29% of adults have had a pneumonia shot in their life, increasing to 68% of those ages 65 and over.

Environmental Health

Insects and mold were the two most important perceived environmental health issues that threatened Lorain County adults' health in the past year.

Adult Sexual Behavior & Pregnancy Outcomes

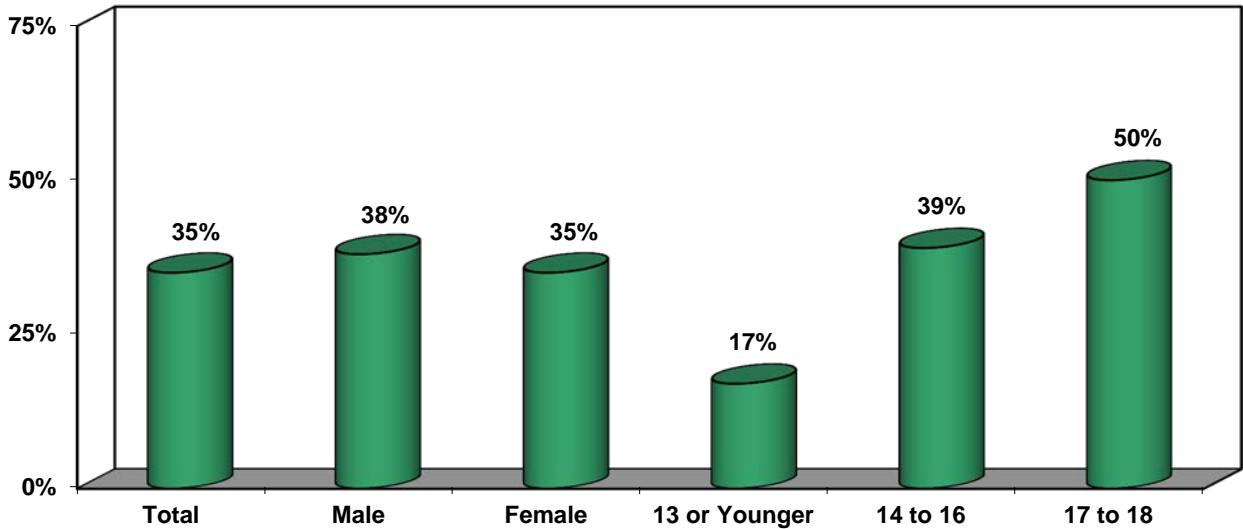
In 2011, two-thirds (66%) of Lorain County adults had sexual intercourse. Six percent of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (*Source: CDC, STDs in Adolescents and Young Adults, 2009 STD Surveillance*).

Youth Sexual Behavior & Pregnancy Outcomes

Only three school districts asked all sexual health questions. One other school district asked limited sexual health questions in grades 7-12. In 2011, more than one-third (35%) of Lorain County youth have had sexual intercourse, increasing to 50% of those ages 17 and over. 44% of youth had participated in oral sex and 16% had participated in anal sex. 35% of youth participated in sexting. Of those who were sexually active, 60% had multiple sexual partners.

Data Summary

Lorain County Youth Having Sexual Intercourse



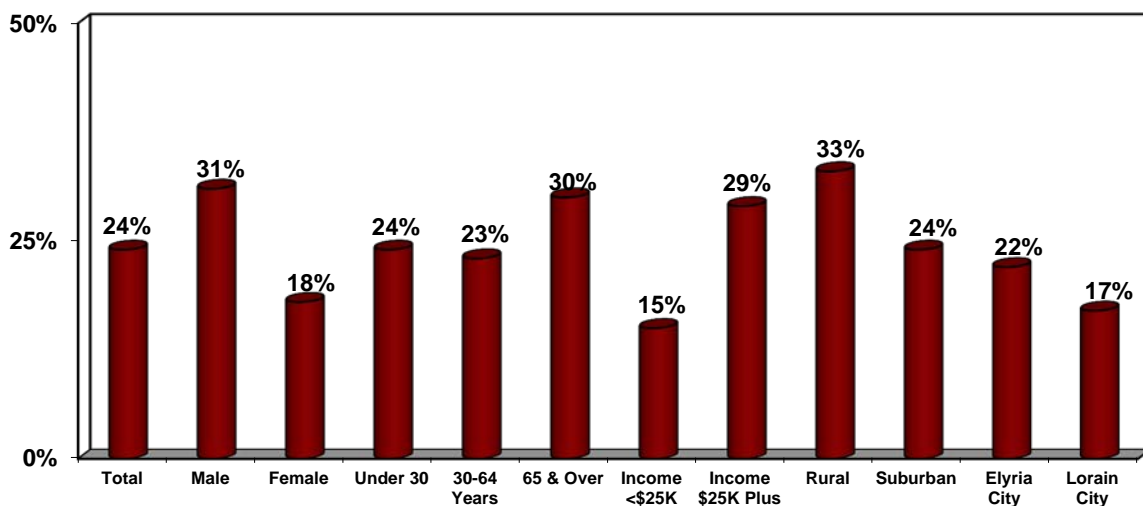
Quality of Life

One in five (20%) Lorain County adults in 2011 reported they were limited in some way because of a physical, mental or emotional problem.

Safety and Social Context

The health assessment identified that 24% of Lorain County adults kept a firearm in or around their home.

Lorain County Adults With a Firearm in the Home

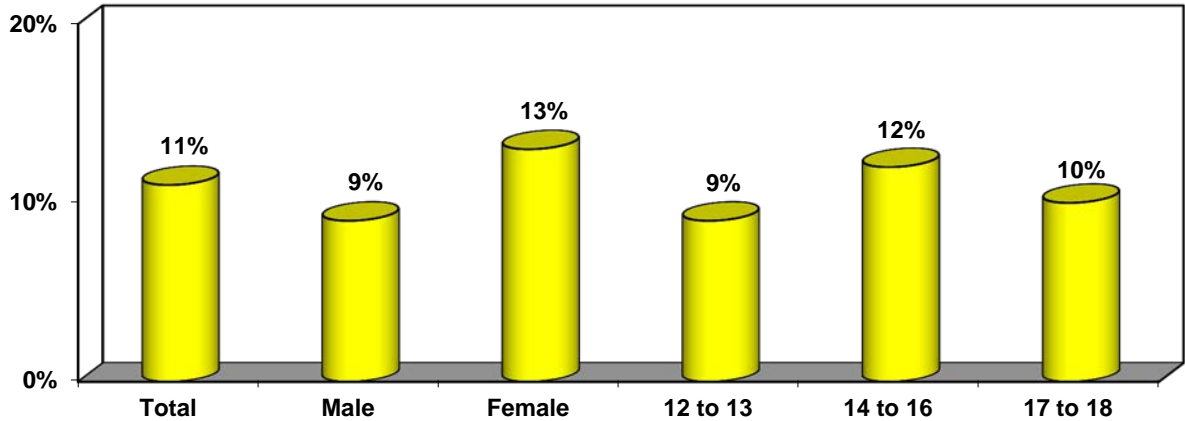


Data Summary

Mental Health and Suicide

In 2011, 4% of Lorain County adults considered attempting suicide. The health assessment results indicated that 11% of Lorain County youth had seriously contemplated suicide in the past year and 6% admitted actually attempting suicide in the past year.

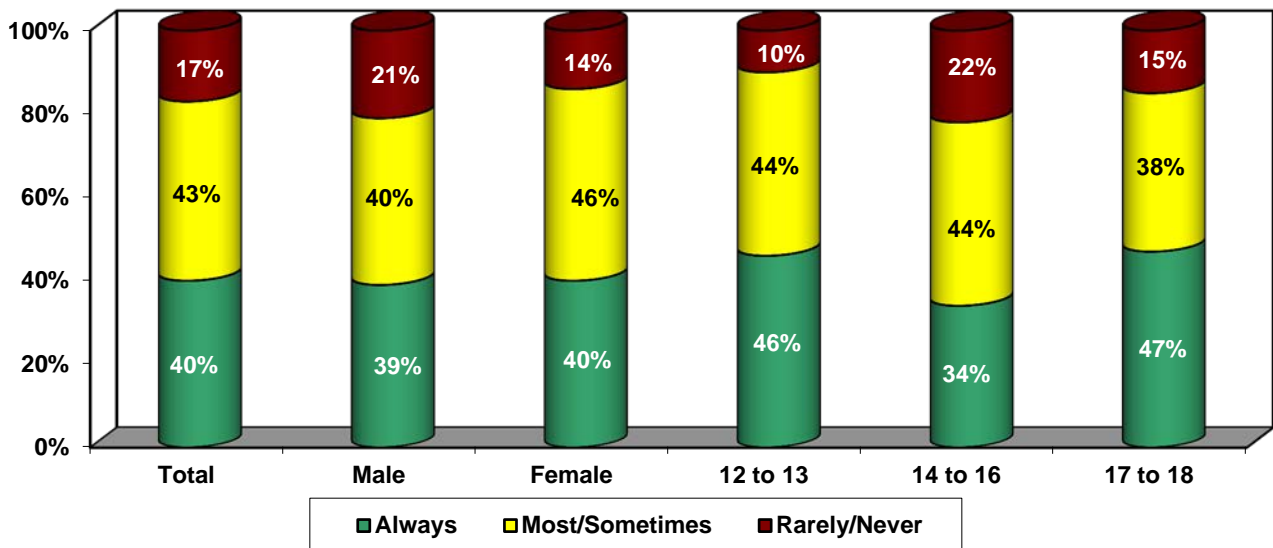
Lorain County Youth Contemplated Suicide in Past 12 Months



Youth Safety

In 2011, two-fifths (40%) of Lorain County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 44% of youth drivers texted while driving.

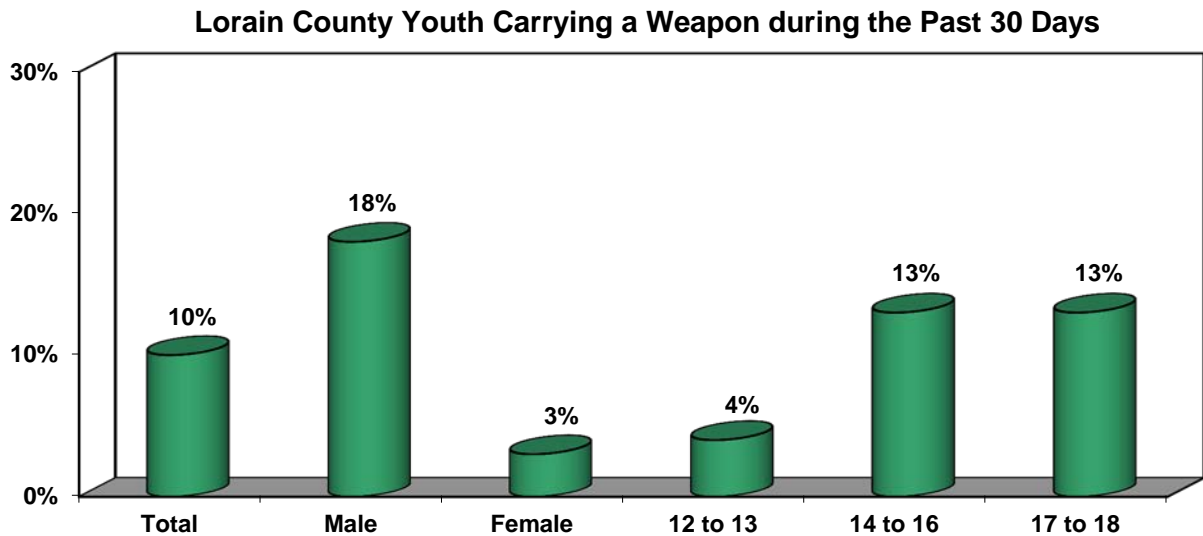
Lorain County Youth Seatbelt Use in the Past Month



Data Summary

Youth Violence

In Lorain County, 10% of the youth had carried a weapon in the past month. 8% of youth had been threatened or injured by a weapon on school property. 43% of youth were bullied in the past year. 28% of youth had purposefully hurt themselves at some time in their life.



Youth Perceptions

In 2011, more than half (54%) of Lorain County youth thought there was a great risk in harming themselves if they smoked cigarettes. 15% of youth thought that there was no risk of using marijuana. More than two-thirds (64%) of youth reported that their parents would strongly disapprove of them drinking alcohol.

Oral Health

The 2011 health assessment project has determined that 60% of Lorain County adults had visited a dentist or dental clinic in the past year. The 2010 BRFSS reported that 70% of U.S. adults and 72% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. More than three-fourths (77%) of Lorain youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

Parenting

The 2011 Health Assessment project identified that 91% of children under the age of 4 always rode in a car seat while a passenger in a car. 70% of children ages 5 through 8 always used a booster while a passenger in a car. Nearly three-fourths (73%) of children spent less than one hour of unsupervised time after school on an average day.

Data Summary

Lorain Rural Adult Health

The 2011 Health Assessment reported that 8% of rural Lorain County adults did not have health care coverage. 33% of adults keep firearms in and around their household. 45% of rural women have had a mammogram in the past year.

Lorain Suburban Adult Health

The 2011 Health Assessment reported that 7% of suburban adults did not have health care coverage. 38% of adults had high blood pressure. 13% are current smokers, and 94% consider their neighborhood to be extremely or quite safe.

City of Elyria Adult Health

The 2011 Health Assessment reported that 16% of Elyria City adults did not have health care coverage. 33% of adults had high blood cholesterol. 71% were classified as overweight or obese, and 25% were current smokers.

City of Lorain Adult Health

The 2011 Health Assessment reported that 14% of Lorain City adults did not have health care coverage. 44% of adults had high blood pressure, and 38% had high blood cholesterol. 58% consider their neighborhood to be extremely or quite safe.

Lorain County Trend Summary

Youth Variables	Lorain County 2011 (6-12 grade)	Lorain County 2011 (9-12 grade)	Ohio 2011 (9-12 grade)	U.S. 2011 (9-12 grade)
Injury-Related Behavior				
Rode with a driver who had been drinking in past 30 days	22%	24%	21%	24%
Carried a weapon in past 30 days	10%	12%	16%	17%
Involved in a physical fight in past 12 months	32%	27%	31%	33%
Threatened or injured with a weapon on school property in past 12 months	8%	7%	8%*	7%
Seriously considered suicide in past 12 months	11%	12%	14%	16%
Attempted suicide in past 12 months	6%	7%	9%	8%
Alcohol Use				
Ever had at least one drink of alcohol in lifetime	53%	69%	71%	71%
Used alcohol during past 30 days	27%	40%	38%	39%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	14%	20%	24%	22%
Tobacco Use				
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	31%	41%	52%	45%
Used cigarettes on one or more of the past 30 days	14%	19%	21%	18%
Used smokeless tobacco in past 30 days	4%	6%	12%	8%
Sexual Behavior+				
Ever had sexual intercourse	35%	42%	45%*	47%
Had four or more sexual partners	12%	13%	18%	15%
Used a condom at last sexual intercourse	63%	66%	60%*	60%
Used birth control pills at last sexual intercourse	25%	30%	23%	18%
Drug Use				
Used marijuana in the past 30 days	16%	24%	24%	23%
Used cocaine in their lifetime	4%	6%	7%	7%
Used heroin in their lifetime	3%	5%	3%	3%
Used methamphetamines in their lifetime	3%	5%	6%*	4%
Used steroids in their lifetime	3%	5%	4%	4%
Used prescription medication in order to get high or feel good	14%	22%	N/A	N/A
Used inhalants in order to get high in their lifetime	11%	11%	12%**	11%
Offered, sold or given an illegal drug on school property during the past 12 months	15%	18%	24%	26%

N/A= not available

+Not all schools asked sexual health questions.

*2007 YRBS data

**2005 YRBS Data

Lorain County Trend Summary

Adult Variables	Lorain County 2011	Ohio 2010	U.S. 2010
Alcohol Consumption			
Had at least one alcoholic beverage in past month	59%	53%	54%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	23%	17%	15%
Tobacco Use			
Current smoker (currently smoke some or all days)	22%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	25%	25%
Arthritis, Asthma, & Diabetes			
Has been diagnosed with arthritis	35%	31%*	26%*
Has been diagnosed with asthma	14%	14%	14%
Has been diagnosed with diabetes	13%	11%	10%
Hypertension & Cholesterol Awareness			
Has been diagnosed with high blood pressure	35%	32%*	29%*
Has been diagnosed with high blood cholesterol	36%	40%*	38%*
Health Status			
Rated general health as fair or poor	12%	16%	15%
Preventive Health			
Has had a flu shot in past 12 months	43%	N/A	N/A
Age 65 & over had a pneumonia vaccine in lifetime	68%	69%	69%
Dental visit within past year	60%	72%	70%
Had mammogram in past year	40%	N/A	N/A
Had clinical breast exam in past year	56%	N/A	N/A
Weight Status			
Obese	32%	30%	28%
Overweight	35%	36%	36%

N/A= not available
**2009 BRFSS Data*

Health Status Perceptions

Key Findings

In 2011, almost half (48%) of the Lorain County adults rated their health status as excellent or very good. Conversely, 12% of the adults, increasing to 22% of those with incomes less than \$25,000, described their health as fair or poor.

Adults Who Rated General Health Status Excellent or Very Good

- ❖ Lorain County 48% (2011)
- ❖ Ohio 53% (2010)
- ❖ U.S. 55% (2010)

(Source: BRFSS 2010 for Ohio and U.S.)

General Health Status

- ◆ In 2011, almost half (48%) of Lorain County adults rated their health as excellent or very good. Lorain County adults with higher incomes (55%) were most likely to rate their health as excellent or very good, compared to 28% of those with incomes less than \$25,000.
- ◆ 12% of adults rated their health as fair or poor. The 2010 BRFSS has identified that 16% of Ohio and 15% of U.S. adults self-reported their health as fair or poor. Lorain County adults were most likely to rate their health as fair or poor if they:
 - Were separated (38%)
 - Had an annual household income under \$25,000 (22%)
 - Were 65 years of age or older (18%)
 - Had high blood cholesterol (16%) or high blood pressure (19%)

Physical Health Status

- ◆ In 2011, 18% of Lorain County adults rated their physical health as not good on four days or more in the previous month, increasing to 25% of those with incomes less than \$25,000.

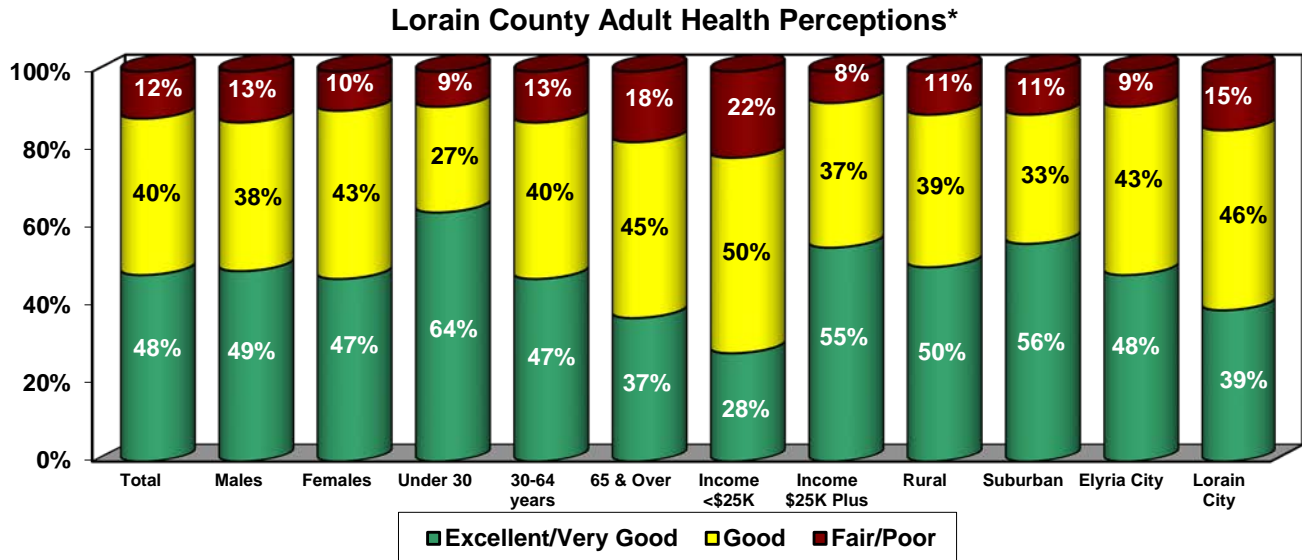
Mental Health Status

- ◆ In 2011, 20% of Lorain County adults rated their mental health as not good on four days or more in the previous month, increasing to 29% of those under the age of 30.
- ◆ More than one in six (18%) adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Rated health as excellent or very good	48%	53%	55%
Rated health as fair or poor	12%	16%	15%
Rated their mental health as not good on four or more days	20%	N/A	N/A

Health Status Perceptions

The following graph shows the percentage of Lorain County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 48% of all Lorain County adults, 64% of those under age 30, and 37% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	65%	10%	5%	2%	12%
Females	61%	15%	4%	3%	10%
Total	63%	12%	4%	2%	11%
Mental Health Not Good in Past 30 Days*					
Males	64%	11%	3%	1%	12%
Females	59%	11%	5%	3%	15%
Total	61%	11%	4%	2%	14%

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

Health Care Coverage

Key Findings

The 2011 health assessment data has identified that 11% of Lorain 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 Lorain County, 10.3% of residents live below the poverty level. (Source U.S. Census, American Community Survey 5 Year Estimates, 2006-2010)

General Health Coverage

- ◆ In 2011, most (89%) Lorain County adults had health care coverage, leaving 11% who were uninsured. The 2010 BRFSS reports uninsured prevalence rates for Ohio (13%) and the U.S. (15%).
- ◆ In the past year 11% of adults were without healthcare coverage, increasing to 21% of those under the age of 30 and 24% of those with incomes less than \$25,000.
- ◆ 14% of adults with children did not have healthcare coverage, compared to 11% of those who did not have children living in their household.
- ◆ The following types of health care coverage were used: employer (47%), Medicare (17%), someone else's employer (16%), self-paid plan (6%), Medicaid or medical assistance (5%), multiple-including private sources (5%), multiple-including government sources (2%), military/CHAMPUS/TriCare/VA (1%), and other (2%).
- ◆ Lorain County adult health care coverage included the following: medical (99%), prescription coverage (93%), immunizations (71%), mental health (69%), dental (68%), their spouse (66%), vision (63%), preventive care (62%), their children (56%), alcohol and drug treatment (44%), home care (31%), skilled nursing (27%), and hospice (27%).
- ◆ Of those adults who had Medicaid, the following were the most common ways of hearing about it: Job and Family Services (47%), the internet (5%), eligibility worker at a hospital (4%), multiple sources (4%), a brochure (3%), and other professional (3%).
- ◆ Lorain County adults prefer to get health/healthcare services information from the following: their doctor (57%), multiple sources- including their doctor (13%), friend or family member (10%), the internet (8%), advertising or mailings from hospitals/clinics/doctor's offices (4%), newspaper articles or radio/television news (2%), multiple sources- not including their doctor (2%), and other sources (2%).
- ◆ Lorain County adults indicated the following about their health care coverage: deductibles were too high (34%), premiums were too high (30%), co-pays were too high (28%), and high health savings account (HSA) deductible (5%). 7% also indicated that they opted out of certain coverage because they could not afford it, and 2% opted out of certain coverage because they did not need it.
- ◆ The top five reasons uninsured adults gave for being without health care coverage were:
 1. They lost their job/changed employers (96%)
 2. They could not afford to pay the insurance premiums (70%)
 3. Their employer does not/stopped offering coverage (39%)
 4. They became a part-time/temporary employee (38%)
 5. They became ineligible (age or left school) (31%)

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

Lorain County and Ohio Medicaid Statistics

	Residents Enrolled in Medicaid	Annual Medicaid Expenditures*
Lorain County SFY 2009	57,184	\$273,429,547
State of Ohio SFY 2009	2,407,572	\$13,162,469,167
Lorain County SFY 2008	42,667	\$248,178,805
State of Ohio SFY 2008	1,789,934	\$11,962,683,659

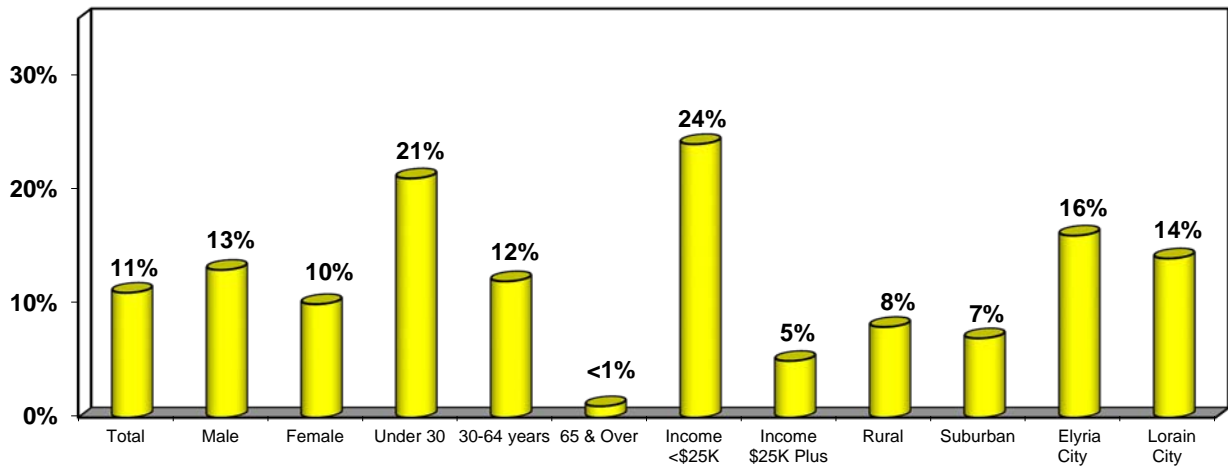
**(Payments made directly to providers as well as capitation payments to HMOs)
 (Source: Ohio Job & Family Services, Lorain County Profile, Published July 2008 & 2009, <http://jfs.ohio.gov/County/cntypro/pdf08/Lorain.pdf> & <http://jfs.ohio.gov/County/cntypro/Lorain.pdf>)*

2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Uninsured	11%	13%	15%

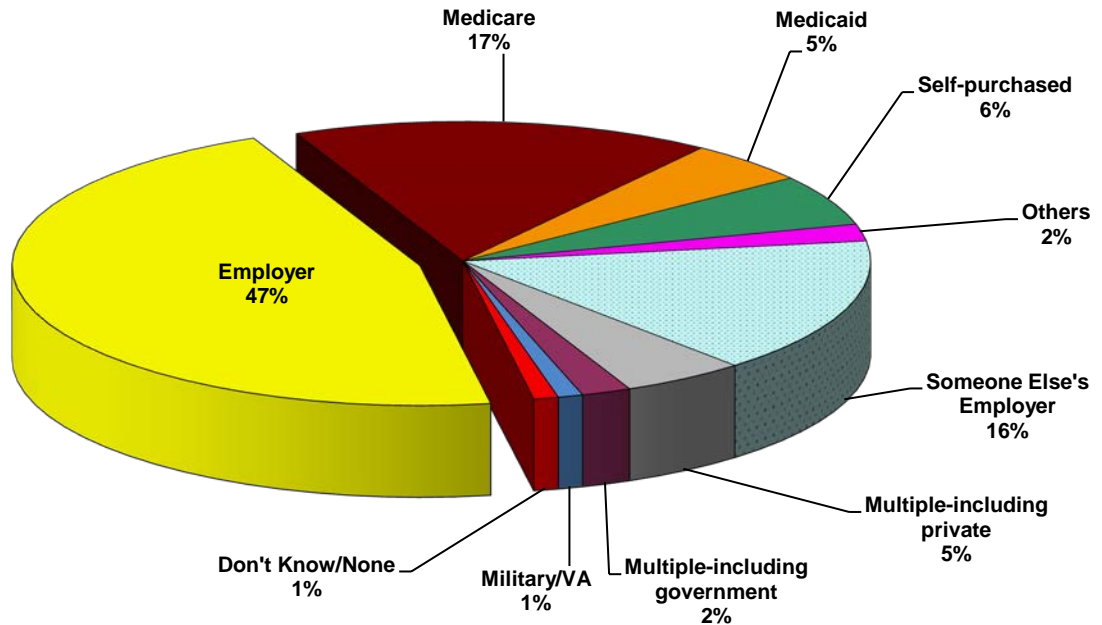
Health Care Coverage

The following graph shows the percentages of Lorain County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the first graph include: 11% of all Lorain County adults were uninsured, 24% of adults with an income less than \$25,000 reported being uninsured and 21% of those under age 30 lacked health care coverage. The pie chart shows sources of Lorain County adults' health care coverage

Uninsured Lorain County Adults



Source of Health Coverage for Lorain County Adults



Health Care Coverage

Lorain County Medicaid and Medicare Enrollees

In 2007, there were approximately 22,371 adults and 30,435 children enrolled in Medicaid in Lorain County. Of the adults enrolled, 19,072 were under the age of 65 and 3,299 were age 65 and older. Of the children enrolled, 9,045 were under the age of 5 and 21,390 were ages 5 to 19. As of July 2010, there were approximately 48,186 people enrolled in Medicare in Lorain County. Of these enrollees, 40,692 were 65 years of age or older and 7,494 were disabled.

(Source: Ohio Department of Job and Family Services, Ohio Medicaid Report, SFY 2007; Center for Medicare & Medicaid Services, Medicare County Enrollment, July 1, 2010)

Medicaid Recipients by Aid Category 2007	Lorain County	Ohio
Healthy Families		
Fee for Service	13,961	758,341
Managed Care	31,629	1,144,556
Healthy Start		
CHIP I (Uninsured children whose countable family income is below 150% of Federal Poverty Level)		
Fee for Service	1,522	98,803
Managed Care	3,947	145,044
CHIP II (Uninsured children whose countable family income is between 150% and 200% of Federal Poverty Level)		
Fee for Service	801	54,176
Managed Care	2,149	78,866
Other Healthy Start		
Fee for Service	4,061	238,278
Managed Care	9,273	321,608
Aged, Blind, & Disabled (ABD)		
Fee for Service	5,704	271,889
Managed Care	2,500	107,241
Dual Eligible* (Individuals entitled to Medicare Part A and/or Part B and eligible for some form of Medicaid benefit)		
Fee for Service	5,930	289,884
Managed Care	55	1,756
Other**		
Fee for Service	1,214	59,237
Managed Care	3	519
TOTAL	82,749	2,170,311

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

**Other also includes non-state plan assistance programs (Source: Ohio Department of Job and Family Services, Ohio Medicaid Report, 2007)

2010 Ohio Family Health Survey Results

- ❖ 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.
- ❖ Most of the uninsured children in Ohio are in families with incomes within 200% of the poverty level, making them eligible for Medicaid/SCHIP.
- ❖ 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.
- ❖ Among working age adults in Ohio, uninsured rates increased for all race and ethnic categories from the 2003/2004 OFHS through the 2010 OFHS. The largest uninsured rate increase since 2003/04 OFHS was for working age Latinos and Asian Americans (6.2 percent increase).
- ❖ In Ohio, uninsured individuals reported greater issues with access to care, unmet needs, and paying for care than the insured.

(Source: 2010 Ohio Family Health Survey Results, 03-08-2011)

Health Care Access

Key Findings

The 2011 health assessment project identified that 20% of Lorain County adults could not see a doctor when they needed at some time in the past year because of the cost, increasing to 32% of those with incomes less than \$25,000. More than half (55%) of adults had visited a doctor for a routine checkup in the past year, increasing to 75% of those over the age of 65. 52% reported they had one particular doctor or healthcare professional they go to for routine medical care.

Predictors of Access to Health Care

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

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

(Source: Healthy People 2020 and CDC)

Health Care Access

- ◆ In 2011, 20% of adults could not see a doctor when they needed at some time in the past year due to cost, increasing to 32% of those with incomes less than \$25,000.
- ◆ More than half (55%) of Lorain County adults visited a doctor for a routine checkup in the past year, increasing to 75% of those over the age of 65.
- ◆ Lorain County adults had the following transportation problems when they needed health care: could not afford gas (8%), no car (5%), no driver's license (4%), no public transportation (4%), disabled (2%), no car insurance (2%), car did not work (1%), and other car issues/expenses (3%).
- ◆ 52% of Lorain County adults reported they had one particular doctor or healthcare professional they go to for routine medical care, decreasing to 43% of those with incomes less than \$25,000. 31% of adults had more than one particular doctor or healthcare professional they go to for routine medical care, and 16% did not have one at all, increasing to 24% of those with incomes less than \$25,000.
- ◆ When adults were sick or need advice about their health, they usually went to the following: a doctor's office (75%), multiple places-including a doctor's office (6%), no usual place (6%), hospital emergency room (3%), urgent care center (2%), VA (2%), multiple places-not including a doctor's office (2%), store clinic (1%), Lorain County Health and Dentistry (1%), a public health clinic or community health center (1%), and some other place (1%).
- ◆ Lorain County adults went outside of Lorain County for the following health care services in the past year: specialty care (16%), primary care (15%), dental services (13%), cardiac care (4%), orthopedic care (4%), pediatric care (4%), obstetrics/maternity/NICU (4%), mental health care (3%), cancer care (2%), developmental disability services (1%), and other services (5%).
- ◆ Lorain County adults have looked for the following programs to assist in elderly or disabled adult care for themselves or someone else: in-home care (6%), assisted living program (4%), out-of-home placement (3%), disabled adult program (2%), day care (2%), and Respite/overnight care (1%).

Lorain County Health Care Statistics

- ❖ In 2009, 34.5% of all hospital visits occurred outside the county.
- ❖ In 2009, 18.8% of all Lorain County residents were enrolled in Medicaid.
- ❖ 41.8% of all Lorain County children were enrolled in Medicaid in 2009.
- ❖ 39.1% of all Lorain County births were paid by Medicaid in 2007.

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

Health Care Access

Healthy People 2020 Access to Quality Health Services

Objective	Healthy People 2020 Target	Lorain County 2011	Ohio 2010	U.S. 2010
AHS-1.1: Persons under age of 65 years with health care insurance	100%	78% age 20-24 86% age 25-34 87% age 35-44 87% age 45-54 89% age 55-64 (2011)	69% age 18-24 85% age 25-34 87% age 35-44 87% age 45-54 98% age 55-64 (2010)	74% age 18-24 80% age 25-34 85% age 35-44 87% age 45-54 89% age 55-64 (2010)
AHS-5.1: Persons who report a usual primary care provider	95%	52% (2011)	N/A	86%* (2008)

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

(Sources: Health People 2020 Objectives, BRFSS, ODH Information Warehouse, 1-7-10, 2011 Assessment)

Cardiovascular Health

Key Findings

Heart disease (23%) and stroke (5%) accounted for 28% of all Lorain County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2011 Lorain County health assessment found that 6% of adults had a heart attack and 2% had a stroke at some time in their life. More than one-third (35%) of Lorain County adults have been diagnosed with high blood pressure, 36% have high blood cholesterol, and 32% were obese, three known risk factors for heart disease and stroke.

Heart Disease and Stroke

- ◆ In 2011, 6% of Lorain County adults reported they had a heart attack or myocardial infarction, increasing to 14% of those over the age of 65.
- ◆ 2% of Lorain County adults reported having had a stroke, increasing to 5% of those over the age of 65.
- ◆ 6% of adults reported they had angina (chest pain) or coronary heart disease, increasing to 20% of those over the age of 65.

High Blood Pressure (Hypertension)

- ◆ More than one-third (35%) of Lorain County adults had been diagnosed with high blood pressure. The 2009 BRFSS reports hypertension prevalence rates of 32% for Ohio and 29% for the U.S.
- ◆ More than two-thirds (68%) of adults reported having their blood pressure checked within the past six months, increasing to 87% of those over the age of 65. 16% reported having it checked more than six but less than 12 months ago, and 8% indicated they had it checked more than one but less than two years ago.
- ◆ Lorain County adults diagnosed with high blood pressure were more likely to:
 - Have been age 65 years or older (62%)
 - Have been classified as obese by Body Mass Index-BMI (48%)
 - Have incomes less than \$25,000 (44%)

High Blood Cholesterol

- ◆ More than one-third (36%) of adults had been diagnosed with high blood cholesterol. The 2009 BRFSS reported that 40% of Ohio adults and 38% of U.S. adults have been told they have high blood cholesterol.
- ◆ More than half (56%) of adults had their blood cholesterol checked in the past year, increasing to 83% of those over the age of 65.
- ◆ Lorain County adults with high blood cholesterol were more likely to:
 - Be age 65 years and older (60%)
 - Have been classified as overweight by Body Mass Index-BMI (45%)
 - Have incomes more than \$25,000 (37%)

**Lorain County
Leading Types of Death
2006-2008**

Total Deaths: 7,787

1. Cancers (25% of all deaths)
2. Heart Diseases (23%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (3%)

(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)

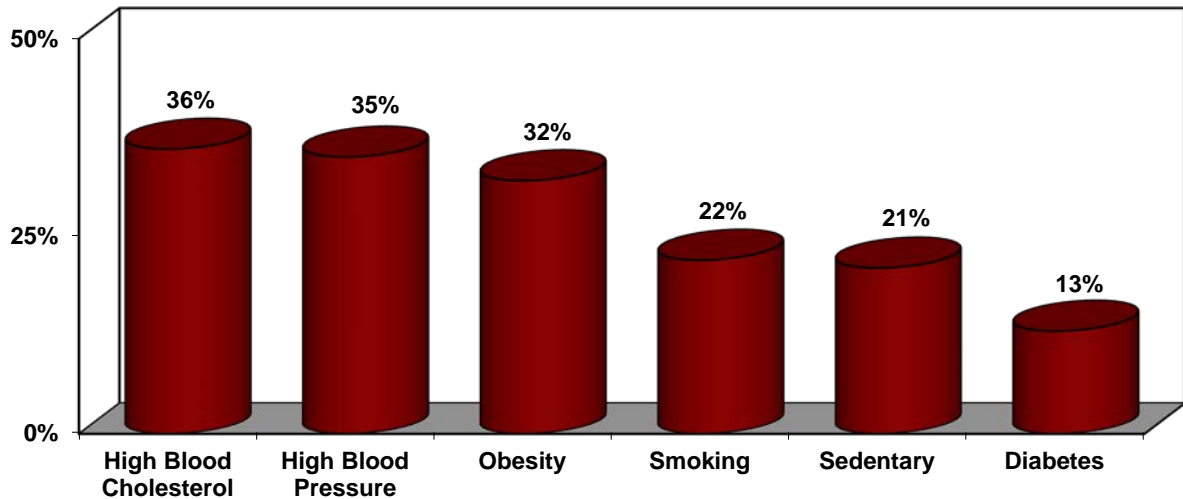
2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Had angina	6%	4%	4%
Had a heart attack	6%	4%	4%
Had a stroke	2%	3%	3%
Had high blood pressure	35%	32%*	29%*
Had high blood cholesterol	36%	40%*	38%*

N/A – Not asked *2009 BRFSS Data

Cardiovascular Health

The following graph demonstrates the percentage of Lorain County adults who had major risk factors for developing cardiovascular disease (CVD). (Source: 2011 Lorain County Health Assessment)

Lorain County Adults with CVD Risk Factors



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

Cholesterol – As blood cholesterol rises, so does risk of coronary heart disease. When other risk factors (such as high blood pressure and tobacco smoke) are present, this risk increases even more. A person's cholesterol level is also affected by age, sex, heredity and diet.

High Blood Pressure – High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer and causes the heart not to work properly. It also increases your risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

Obesity and Overweight – People who have excess body fat — especially at the waist — are more likely to develop heart disease and stroke even if they have no other risk factors. Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL ("good") cholesterol levels. Many obese and overweight people may have difficulty losing weight. But by losing even as few as 10 pounds, you can lower your heart disease risk.

Smoking – Smokers' risk of developing coronary heart disease is 2-4 times that of nonsmokers. People who smoke a pack of cigarettes a day have more than twice the risk of heart attack than people who've never smoked. People who smoke cigars or pipes seem to have a higher risk of death from coronary heart disease (and possibly stroke) but their risk isn't as great as cigarette smokers. Exposure to other people's smoke increases the risk of heart disease even for nonsmokers.

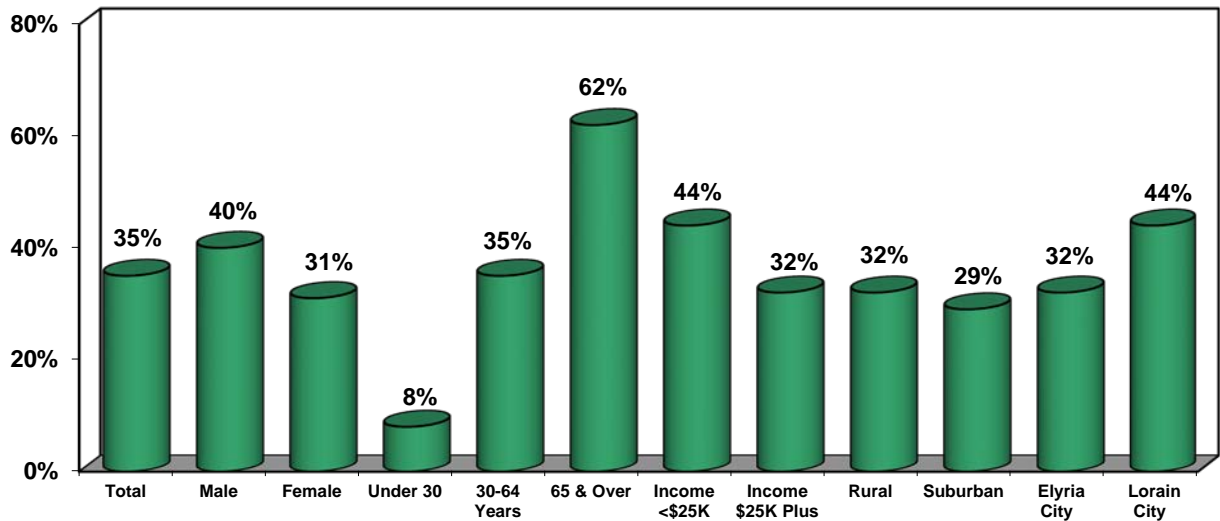
Physical Inactivity – An inactive lifestyle is a risk factor for coronary heart disease. Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease. However, even moderate-intensity activities help if done regularly and long term. Physical activity can help control blood cholesterol, diabetes and obesity, as well as help lower blood pressure in some people.

Diabetes Mellitus – Diabetes seriously increases your risk of developing cardiovascular disease. Even when glucose levels are under control, diabetes increases the risk of heart disease and stroke, but the risks are even greater if blood sugar is not well controlled. At least 65% of people with diabetes die of some form of heart or blood vessel disease. (Source: American Heart Association, *Risk Factors for Coronary Heart Disease*, 6-20-11)

Cardiovascular Health

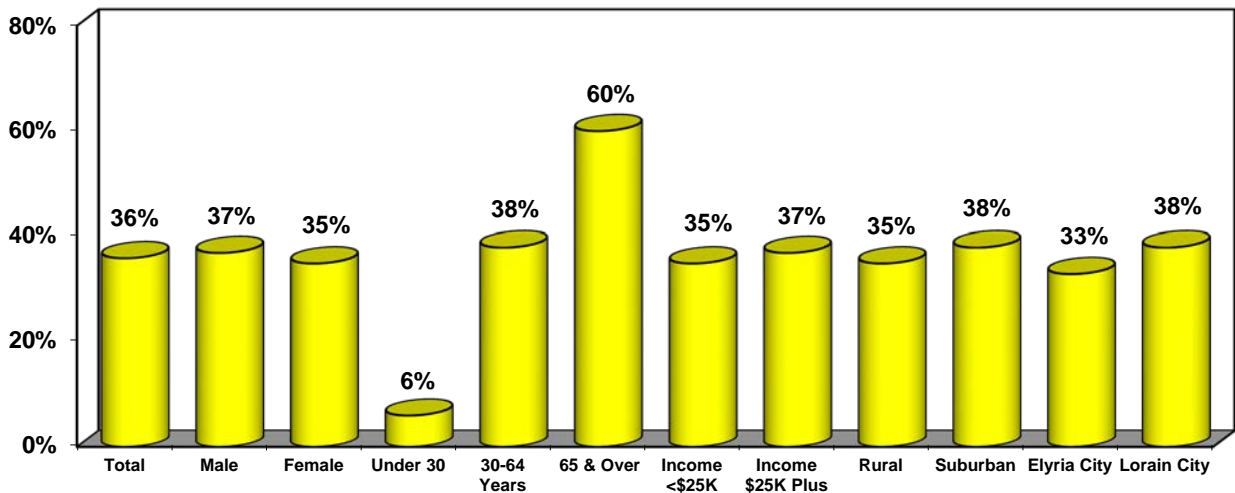
The following graphs show the number of Lorain County adults who have been diagnosed with high blood pressure or high blood cholesterol. Examples of how to interpret the information on the first graph include: 35% of all Lorain County adults have been diagnosed with high blood pressure, 40% of all Lorain County males, 31% of all females, and 62% of those 65 years and older.

Diagnosed with High Blood Pressure*



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

Diagnosed with High Blood Cholesterol

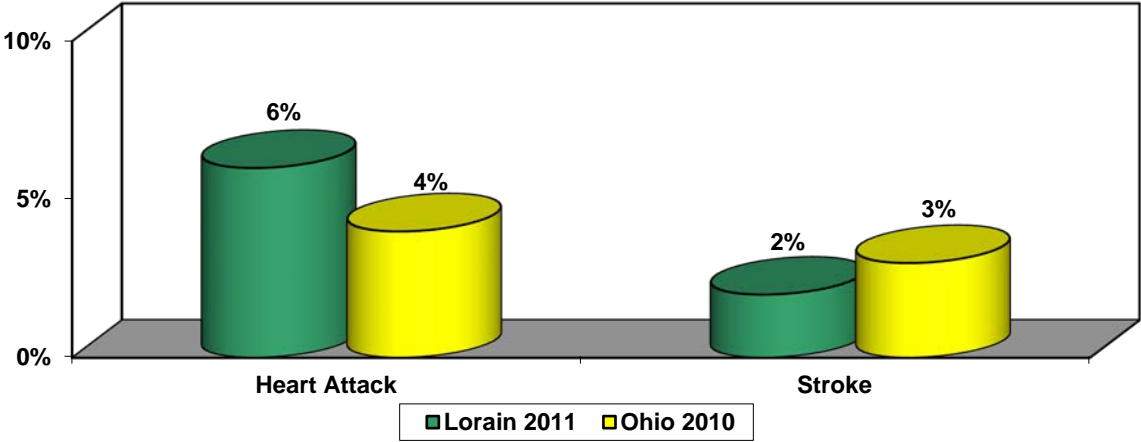


Cardiovascular Health

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

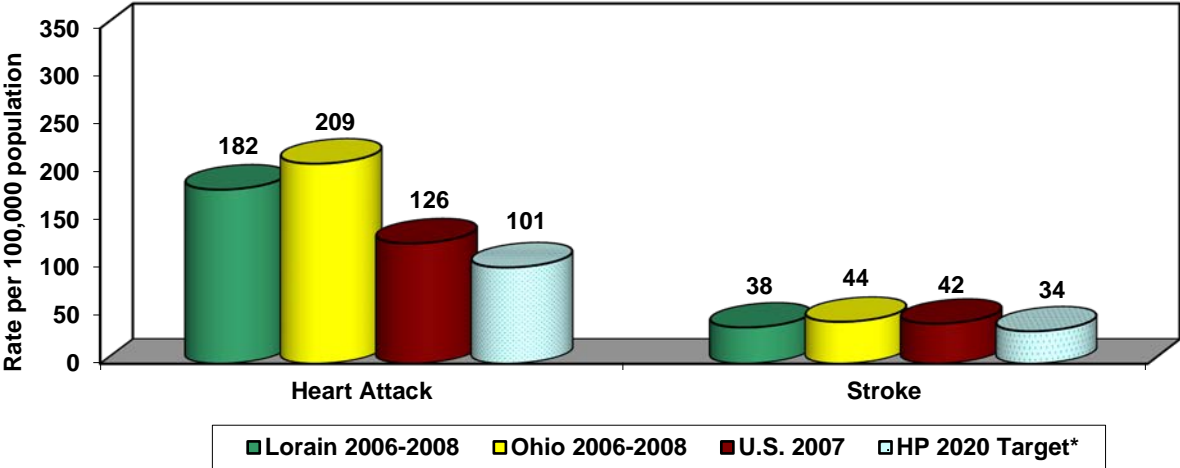
- The 2011 assessment shows that heart attacks are three times more prevalent than strokes in Lorain County.
- When age differences are accounted for, the statistics indicate that from 2006-2008 the Lorain County heart disease mortality rate was lower than the figure for the state, but higher than the U.S. figure and the Healthy People 2020 target.
- The Lorain County age-adjusted stroke mortality rate for 2006-2008 was lower than the state and U.S. figures, but higher than the Healthy People 2020 target rate.
- Disparities exist for heart disease mortality rates by gender in Lorain County.

Cardiovascular Disease Prevalence



(Source: 2011 Lorain Health Assessment and BRFSS)

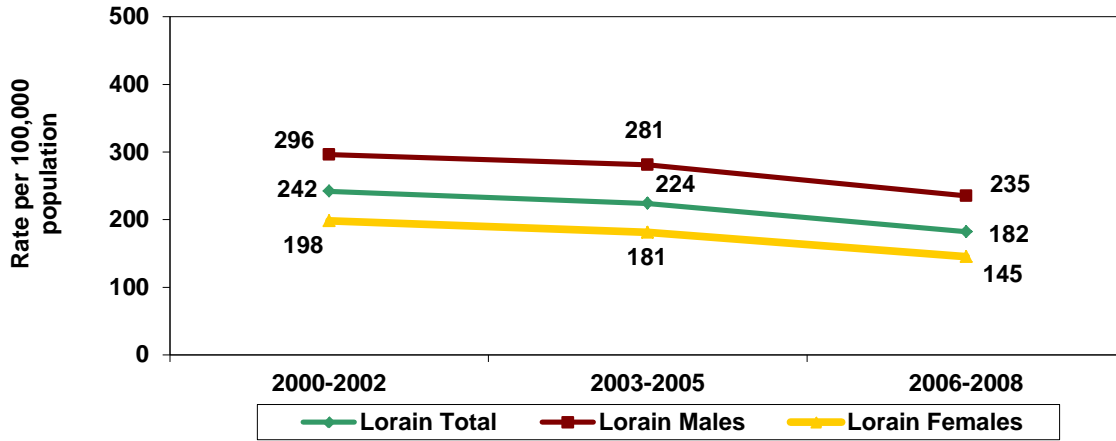
Age-Adjusted Heart Disease and Stroke Mortality Rates



**The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.
(Source: ODH Information Warehouse, updated 4-15-10, Healthy People 2020)*

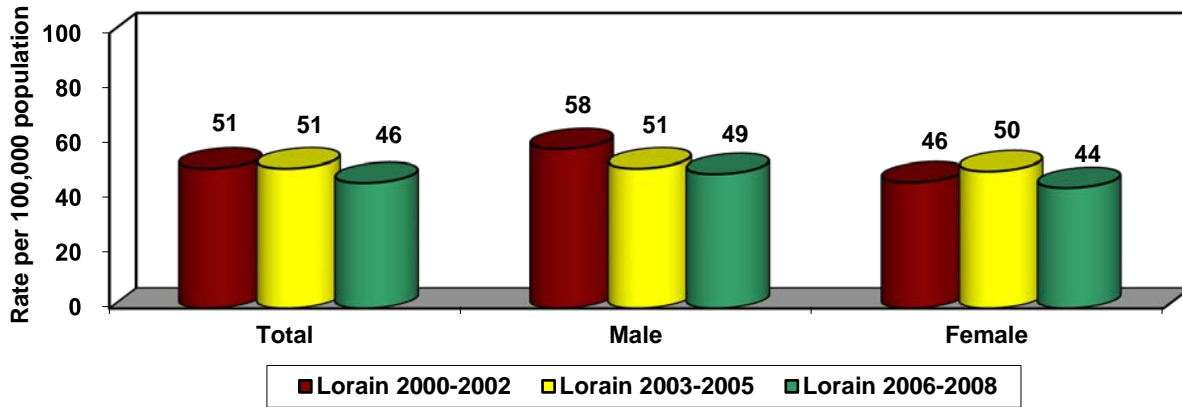
Cardiovascular Health

Lorain County Age-Adjusted Heart Disease Mortality Rates by Gender



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

Age-Adjusted Stroke Mortality Rates by Gender



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

Cardiovascular Health

Healthy People 2020 Objectives

High Blood Pressure

Objective	Target	U.S. Baseline*	Lorain Survey Population Baseline (2011)
HDS-4 Increase the portion of adults who have had their blood pressure measured within the preceding 2 years and can state whether it was normal or high	93%	91% Adults age 18 and up (2008)	84%
HDS-5: Reduce proportion of adults with hypertension	27%	30% Adults age 18 and older (2005-2008)	35%

**All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2020, DATA 2011)*

Blood Cholesterol

Objective	Target	U.S. Baseline*	Lorain Survey Population Baseline (2011)
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	14%	15% Adults age 20 & up with TBC>240 mg/dl (2005-2008)	36%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	82%	75% Adults age 18 and up (2008)	78%

**All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2020, DATA 2011)*

Cancer

Key Findings

In 2011, 13% of Lorain County adults had been diagnosed with cancer at some time in their life. The Ohio Department of Health statistics indicate that from 2000-2008, a total of 5,778 Lorain County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that reducing tobacco use, increasing cancer education and awareness, healthy diet and exercise habits, and early detection may reduce overall cancer deaths.

Cancer Facts

- ◆ About one in eight (13%) adults had been diagnosed with cancer at some time in their life. The top three reported cancers were: skin cancers (5%), breast (women only- 5%), and prostate (men only- 3%).
- ◆ The Ohio Department of Health (ODH) vital statistics indicate that from 2000-2008, cancers caused 23% (1,759 of 7,547 total deaths) of all Lorain County resident deaths. The largest percent (31%) of cancer deaths were from lung and bronchus cancer. (Source: ODH Information Warehouse)
- ◆ Age-adjusted cancer mortality rates (calculated by ODH per 100,000 population) have decreased for Lorain County from 204.4 for 2000-2002 to 197.3 for 2006-2008. The Ohio cancer mortality rate also shows a downward trend from 208.3 for 2000-2002 to 195.9 for 2006-2008. (Source: ODH Information Warehouse)
- ◆ The American Cancer Society reports that smoking tobacco is associated with cancers of the lungs, 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 stomach, pancreas, kidney, bladder, uterine cervix, and acute myeloid leukemia. The 2011 health assessment project has determined that 22% of Lorain County adults are current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

Lung Cancer

- ◆ The Ohio Department of Health reports that lung cancer (n=1,009) was the leading cause of male cancer deaths from 2000-2008 in Lorain County. Prostate cancer caused 288 deaths and colon cancer caused 280 deaths during the same time period. In Lorain County, 22% of male adults are current smokers¹ and 40% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2011 Lorain County Health Assessment)
- ◆ ODH reports that lung cancer was the leading cause of female cancer deaths (n=724) in Lorain County from 2000-2008 followed by breast (n=440) and colon & rectum (n=271) cancers. Approximately 22% of female adults in the county are current smokers¹ and 50% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2011 Lorain County Health Assessment)
- ◆ According to the American Cancer Society, smoking causes 87% of lung cancer deaths in the U.S. In addition, individuals living with smokers have a 30% greater risk of developing lung cancer than those who do not have smokers living in their household. Working in an environment with tobacco smoke also increases the risk of lung cancer.

Breast Cancer

- ◆ In 2011, 56% of Lorain County females reported having had a clinical breast examination in the past year.
- ◆ 53% of Lorain 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 93%. (Source: American Cancer Society Facts & Figures 2011)
- ◆ For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. (Source: American Cancer Society Facts & Figures 2011)

Lorain County Incidence of Cancer, 2007 All Types: 1,534 cases

- ◆ Lung and Bronchus: 247 cases (16%)
- ◆ Prostate: 232 cases (15%)
- ◆ Breast: 199 cases (13%)
- ◆ Colon and Rectum: 161 cases (10%)
- ◆ Melanoma of skin: 81 cases (5%)

From 2006-2008, there were 1,965 cancer deaths in Lorain County.

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

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

Cancer

Colon and Rectum Cancer

- ◆ The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 29% of all cancer deaths in Lorain County from 2000-2008. *(Source: ODH Information Warehouse)*
- ◆ The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; alcohol use; a high-fat or low-fiber diet lacking an appropriate amount of fruits and vegetables; physical inactivity; obesity; diabetes; and smoking.
- ◆ In the U.S., most cases of colon cancer occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings.

Prostate Cancer

- ◆ 58% of Lorain County males over the age of 50 had a PSA test in the past year.
- ◆ The Ohio Department of Health statistics indicate that prostate cancer deaths accounted for 10% of all male cancer deaths from 2000-2008 in Lorain County.
- ◆ African American men are twice as likely as white American men to develop prostate cancer and are more likely to die of prostate cancer. In addition, about 62% of prostate cancers occur in men over the age of 65. 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: Cancer Facts & Figures 2011, The American Cancer Society)*

2011 Cancer Estimations

- ❖ In 2011, about 171,600 cancer deaths were expected to be caused by tobacco use.
- ❖ One-third of the 571,950 cancer deaths were expected to be related to overweight, obesity, physical activity and poor nutrition.
- ❖ About 78% of all cancers were diagnosed in people 55 years or older.
- ❖ About 1,596,670 new cancer cases were expected to be diagnosed in 2011, not including non-invasive cancers of any site except urinary bladder and did not include basal and squamous cell skin cancer.
- ❖ Approximately 571,950 people were expected to die of cancer, more than 1,500 people per day in 2011.

(Source: American Cancer Society, Facts and Figures 2011)

Cancer

Lorain County Cancer Deaths 2000-2008

Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	1,733	30%
Other/Unspecified	642	11%
Colon, Rectum & Anus	551	10%
Breast	442	8%
Pancreas	337	6%
Prostate	289	5%
Leukemia	233	4%
Non-Hodgkins Lymphoma	209	4%
Esophagus	161	3%
Ovary	155	3%
Stomach	138	2%
Bladder	136	2%
Kidney & Renal Pelvis	126	2%
Liver & Bile Ducts	115	2%
Brain and CNS	111	2%
Multiple Myeloma	94	2%
Corpus Uteri	79	1%
Lip, Oral Cavity & Pharynx	69	1%
Melanoma of Skin	68	1%
Larynx	39	< 1%
Cervix Uteri	39	< 1%
Hodgkins Disease	12	< 1%
Total	5,778	100%

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

Lorain County Number of Cancer Cases, 2000-2007

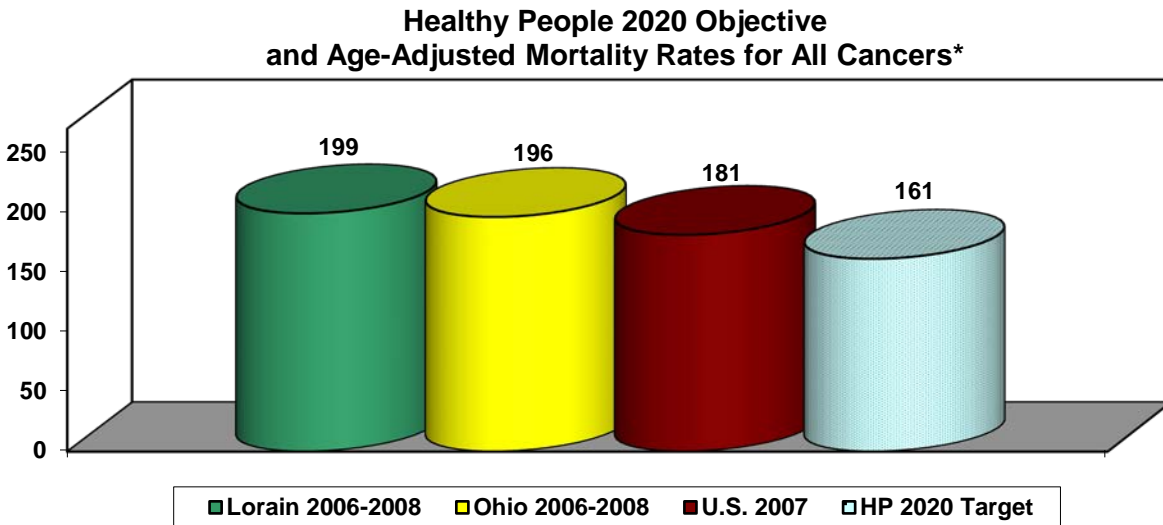
Year	All Sites	Breast	Colon & Rectum	Lung	Prostate
2000	1,385	207	150	221	216
2001	1,442	209	179	231	224
2002	1,511	212	185	233	239
2003	1,518	208	176	254	230
2004	1,412	177	148	230	210
2005	1,517	213	161	224	193
2006	1,514	204	177	270	206
2007	1,534	199	161	247	232

(Source: Ohio Cancer Incidence Surveillance System)

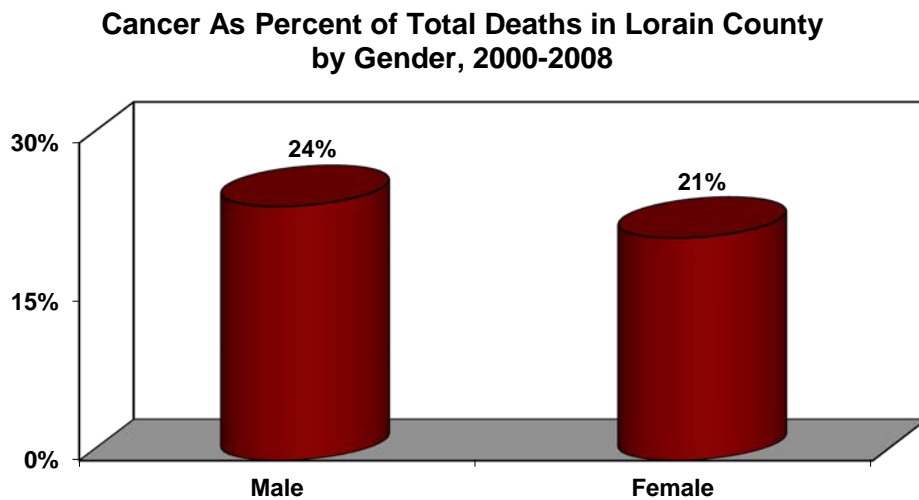
Cancer

The following graphs show the Lorain 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 in Lorain County by gender. The graphs indicate:

- ◆ When age differences are accounted for, Lorain County had a higher cancer mortality rate than the Ohio and the national rate, as well as the Healthy People 2020 target objective.
- ◆ The percentage of Lorain County males who died from all cancers is higher than the percentage of Lorain County females who died from all cancers.



**Age-adjusted rates / 100,000 population, 2000 standard
(Source: ODH Information Warehouse, updated 4-15-10; Healthy People 2020)*



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

Diabetes

Key Findings

In 2011, 13% of Lorain County adults had been diagnosed with diabetes.

Diabetes

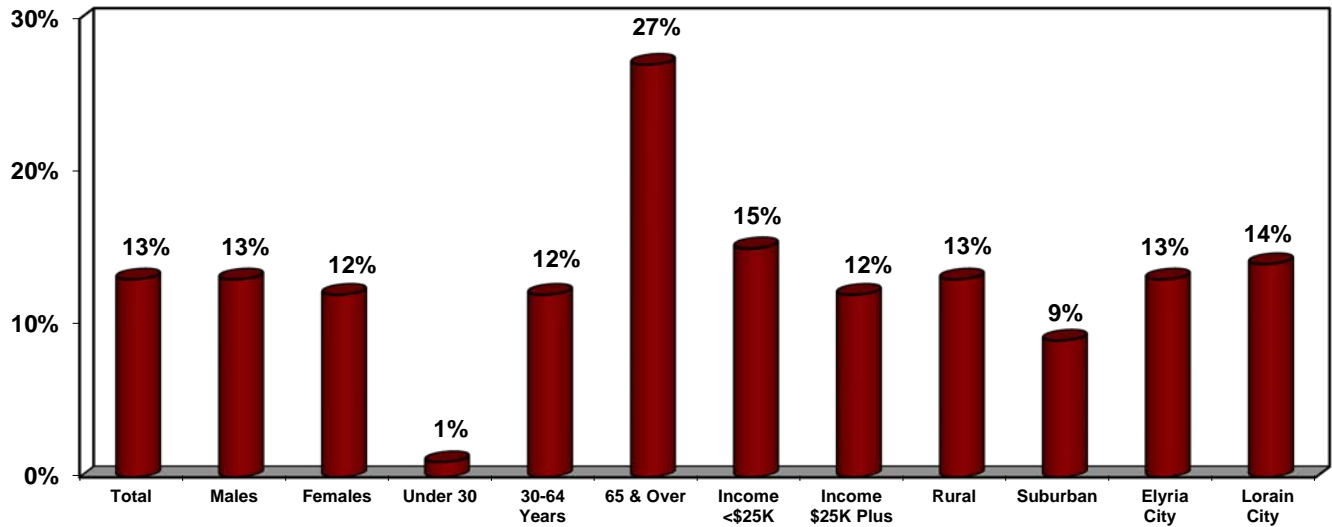
- ◆ The 2011 health assessment project has identified that 13% of Lorain County adults had been diagnosed with diabetes, increasing to 27% of those over the age of 65. The 2010 BRFSS reports an Ohio prevalence of 11% and 10% for the U.S.
- ◆ About one-quarter (26%) of adults with diabetes rated their health as fair or poor.
- ◆ Lorain County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 72% had been diagnosed with high blood pressure
 - 71% had been diagnosed with high blood cholesterol
 - 50% were obese or overweight

Diabetes Facts

- ❖ Diabetes was the 7th leading cause of death in Lorain County from 2006-2008.
- ❖ Diabetes was the 7th leading cause of death in Ohio from 2006-2008.
- ❖ From 2006-2008, the Lorain County age-adjusted mortality rate per 100,000 for diabetes was 28.3 deaths for males (34.5 Ohio) and 21.6 (24.4 Ohio) deaths for females.

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

Lorain County Adults Diagnosed with Diabetes



2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Diagnosed with diabetes	13%	11%	10%

Diabetes

Diabetes Complications

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

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

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

Diabetes

Adult Diabetes Screening Standards

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

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

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

Youth Diabetes Screening Standards

The incidence of type 2 diabetes in children and adolescents has been shown to be increasing. Consistent with screening recommendations for adults, only children and youth at substantial risk for the presence or the development of type 2 diabetes should be tested. The American Diabetes Association recommends that overweight youths (defined as BMI greater than 85th percentile for age and sex, weight for height greater than 85th percentile, or weight greater than 120% of ideal for height) with any two of the risk factors listed below be screened:

- ❖ Have a family history of type 2 diabetes in first- and second-degree relatives;
- ❖ Belong to a certain race/ethnic group (Native Americans, African-Americans, Hispanic Americans, Asians/South Pacific Islanders);
- ❖ Have signs of insulin resistance or conditions associated with insulin resistance (acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome).

Testing should be done every 2 years starting at age 10 years or at the onset of puberty if it occurs at a younger age.

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

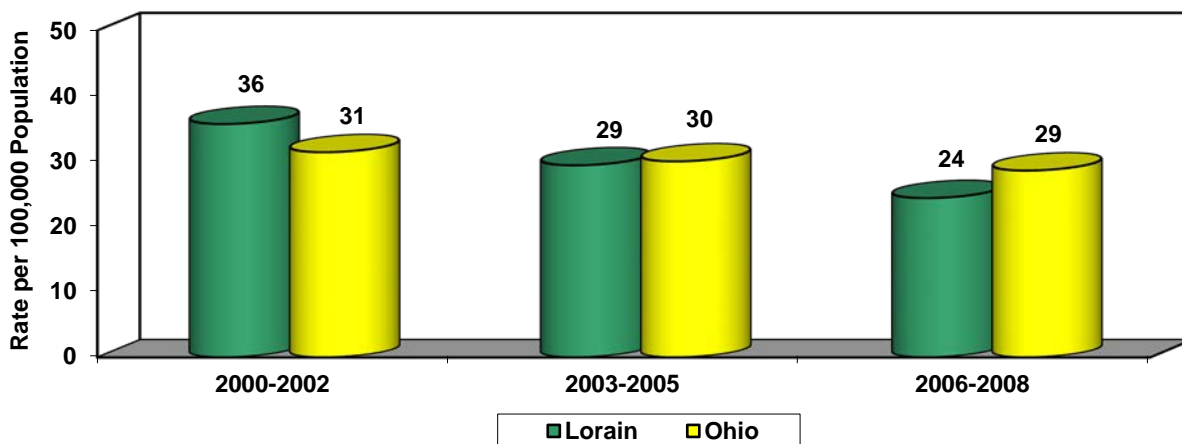
(Source: American Diabetes Association, Diabetes Care, Screening for Type 2 Diabetes, 2011)

Diabetes

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

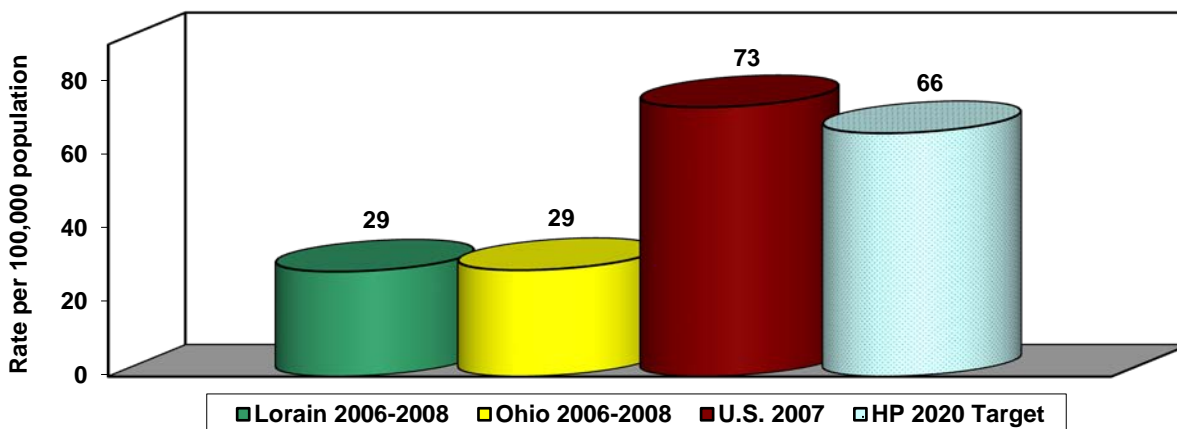
- ◆ Lorain County's age-adjusted diabetes mortality rate decreased from 2000 to 2008.
- ◆ From 2006 to 2008, both Lorain County and Ohio's age-adjusted diabetes mortality rates were less than half of the national rate and both met the Healthy People 2020 target objective.

Diabetes Age-Adjusted Mortality Rates



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

Healthy People 2020 Objectives and Age-adjusted Mortality Rates for Diabetes



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

Arthritis

Key Findings

According to the Lorain County survey data, 35% of Lorain County adults were diagnosed with arthritis. According to the 2009 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.

Arthritis

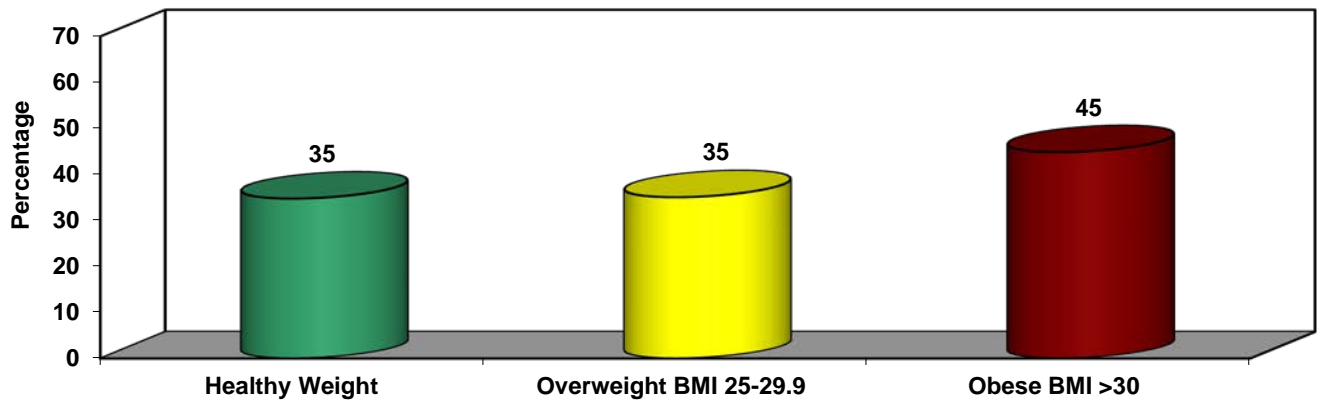
- ◆ Just over one-third (35%) of Lorain County adults were told by a health professional that they had some form of arthritis.
- ◆ 63% of those over the age of 65 were diagnosed with arthritis.
- ◆ According to the 2009 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they have arthritis.
- ◆ About 1 in 5 U.S. adults have doctor diagnosed arthritis. Approximately 1 in 20 of working age adults reported that arthritis limited their work (Source: CDC Arthritis at a Glance 2011).
- ◆ 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).

What Can Be Done to Target Arthritis?

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

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Arthritis at a Glance 2011)

Arthritis-Attributable Activity Limitations Increase with Weight



(Source for graph: Arthritis at a Glance 2011, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003.)

2011 Adult Comparisons	Lorain County 2011	Ohio 2009	U.S. 2009
Diagnosed with arthritis	35%	31%	26%

Asthma & Other Respiratory Disease

Key Findings

According to the Lorain County survey data, 14% of Lorain County adults and 22% of Lorain County youth had been diagnosed with asthma.

Asthma & Other Respiratory Disease

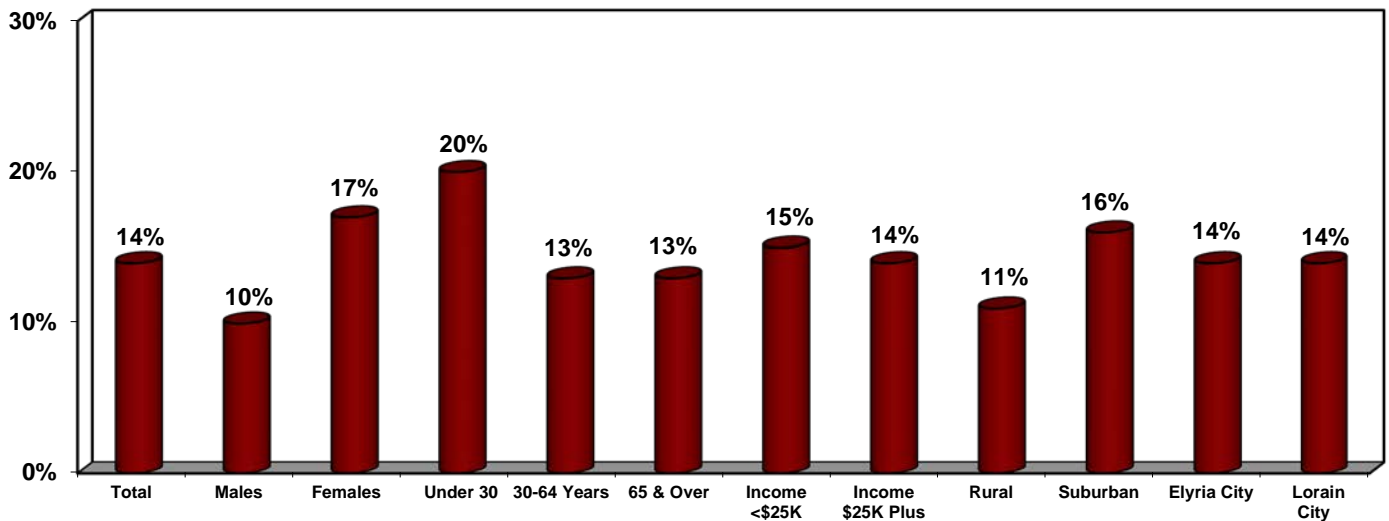
- ◆ In 2011, 14% of Lorain County adults had been diagnosed with asthma, increasing to 20% of those under the age of 30 and 17% of females.
- ◆ 14% of Ohio and U.S. adults have ever been diagnosed with asthma. *(Source: 2010 BRFSS)*
- ◆ In 2011, 22% of Lorain County youth had been diagnosed with asthma, increasing to 30% of those over the age of 17.
- ◆ There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, infections linked to the flu, colds, and respiratory viruses *(Source: CDC- National Center for Environmental Health, 2011)*
- ◆ Chronic lower respiratory disease was the 3rd leading cause of death in Lorain County and Ohio from 2006-2008. *(Source: ODH, Information Warehouse)*

Chronic Respiratory Conditions

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

(Source: National Heart, Lung, Blood Institute, 2011)

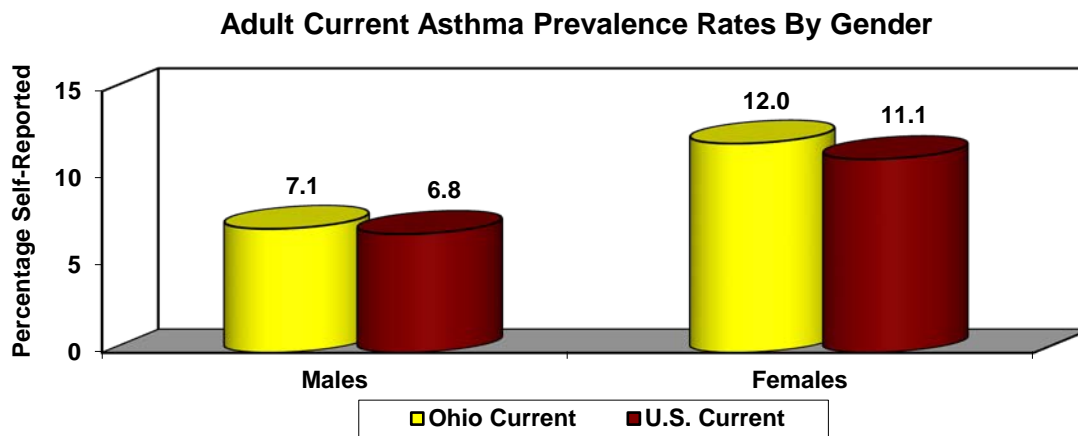
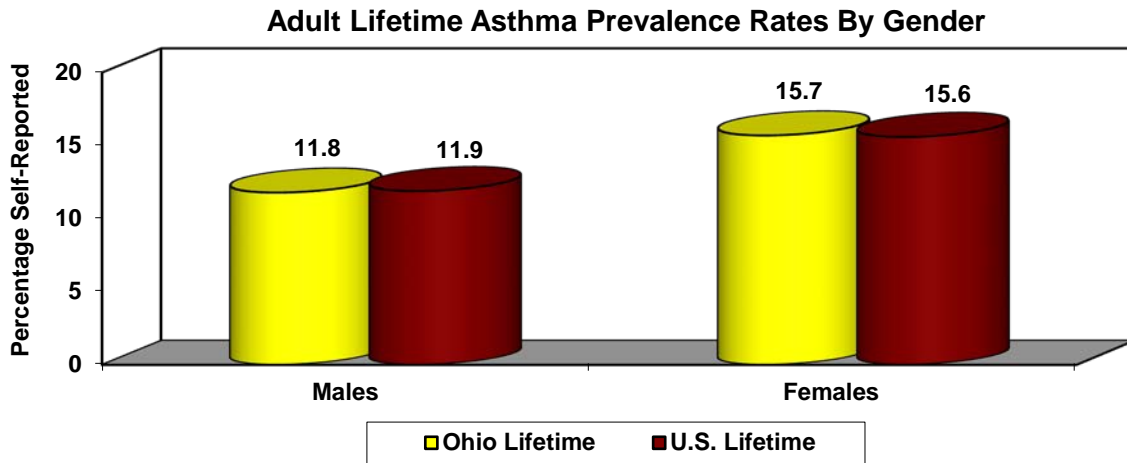
Lorain County Adults Diagnosed with Asthma



2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Had been diagnosed with asthma	14%	14%	14%

Asthma & Other Respiratory Disease

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



(Source: 2010 BRFSS)

Asthma Control

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

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

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

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

Adult Weight Status

Key Findings

The 2011 Health Assessment project identified that 67% of Lorain County adults were overweight or obese based on BMI. The 2010 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI. Nearly one-third (32%) of Lorain County adults were obese. Almost half (47%) of adults were trying to lose weight. 21% of adults had not been participating in any physical activities or exercise in the past week.

Adult Weight Status

- ◆ In 2011, the health assessment indicated that over two-thirds (67%) of Lorain County adults were either overweight (35%) or obese (32%) by Body Mass Index (BMI). This puts them at an elevated risk for developing a variety of diseases (see below).
- ◆ Almost half (47%) of adults were trying to lose weight, 34% were trying to maintain their current weight or keep from gaining weight and 3% were trying to gain weight.
- ◆ Lorain County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (53%), exercised (48%), used a weight loss program (4%), participated in a dietary or fitness program prescribed for them (2%), smoked cigarettes (2%), went without eating 24 or more hours (2%), took prescribed medications (1%), took diet pills/powders/liquids without a doctor's advice (1%), and vomited or took laxatives (<1%).

Physical Activity

- ◆ In Lorain County, 56% of adults were engaging in physical activity for at least 30 minutes 3 or more days per week. 29% of adults were exercising 5 or more days per week. About one-fifth (21%) of adults were not participating in any physical activity in the past week, including those who were unable to exercise.
- ◆ Lorain County adults reported the following reasons for not exercising: not enough time (22%), too tired (20%), choose not to exercise (13%), weather (9%), cannot afford a gym membership (7%), safety concerns (3%), do not know what activity to do (3%), doctor advised them not to exercise (2%), no child care (2%), no gym available (2%), no walking or biking trails (2%), and other reasons (9%).
- ◆ 44% of Lorain County adults spent 3 or more hours watching TV on an average day. 22% spent 3 or more hours in the Internet, and 9% spent 3 or more hours talking on their cell phone.
- ◆ While at work, Lorain county adults spent their time: mostly sitting (30%), mostly walking (16%), mostly standing (15%), mostly heavy labor or physically demanding work (13%), and a variety of activities (26%).

Nutrition

- ◆ In 2011, 8% of Lorain County adults ate 5 or more servings of fruits and vegetables per day, and 89% ate one to four servings per day. The American Cancer Society recommends that adults eat 5 or more servings of a variety 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.
- ◆ The following barriers were reported to consuming fruits and vegetables: too expensive (13%), do not like the taste (4%), do not know how to prepare them (3%), no variety (2%), and other reasons (3%).
- ◆ Lorain County adults get their fruits and vegetables from the following places: large grocery store (62%), local grocery store (57%), Farmer's Market (42%), homegrown (25%), restaurants (7%), neighborhood convenience store (4%), food pantry (2%), community garden (2%), and other places (2%).
- ◆ 16% of adults reported that they only ate whole grains. 12% indicated they did not eat whole grains at all.
- ◆ 67% of adults read food labels and consider nutritional content when choosing the foods they eat.

Defining the Terms

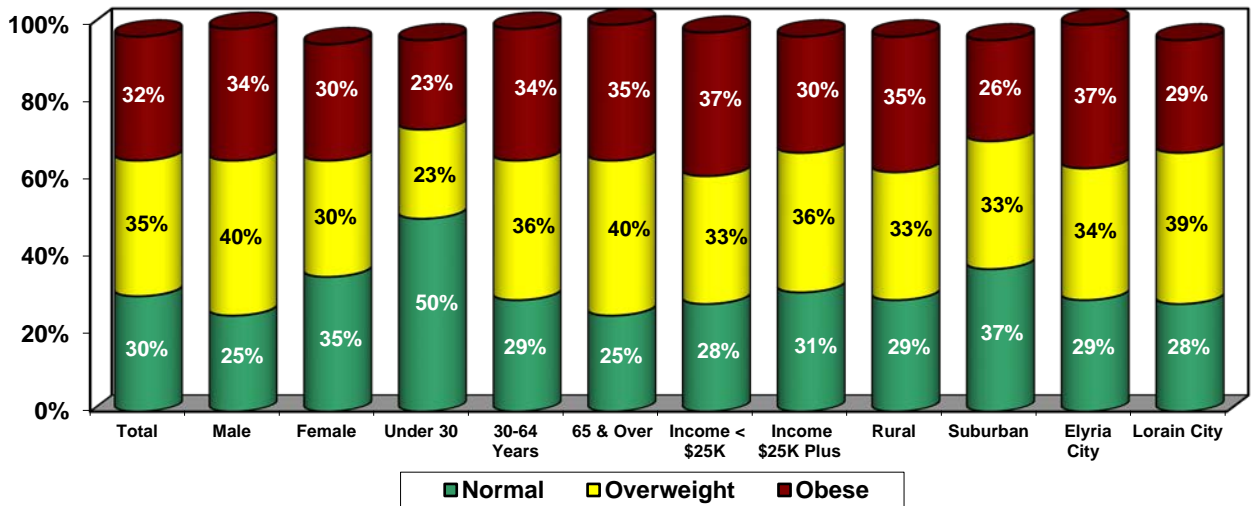
- ◆ Obesity: An excessively high amount of body fat compared to lean body mass.
- ◆ Body Mass Index (BMI): The contrasting measurement/relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- ◆ Underweight: Adults with a BMI less than 18.5.
- ◆ Normal: Adults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

(Source: CDC 2010)

Adult Weight Status

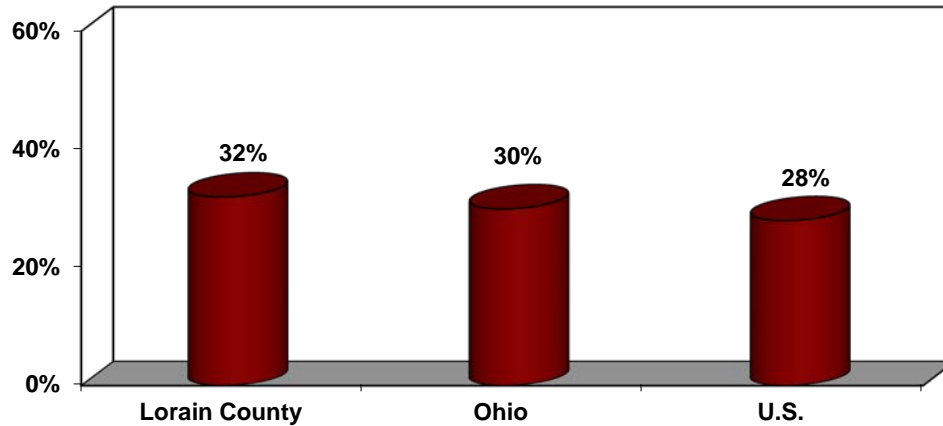
The following graphs show the percentage of Lorain County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Lorain County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 30% of all Lorain County adults were classified as normal weight, 35% overweight, and 32% obese.

Lorain County Adult BMI Classifications



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

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



(Source: 2011 Lorain County Health Assessment and 2010 BRFSS)

2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Obese	32%	30%	28%
Overweight	35%	36%	36%

Youth Weight Status

Key Findings

The 2011 Health Assessment identified that 14% of Lorain County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 24% of Lorain County youth reported that they were slightly or very overweight. 65% of youth were exercising for 60 minutes on 3 or more days per week.

Youth Weight Status

- ◆ BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- ◆ In 2011, 14% of youth were classified as obese by Body Mass Index (BMI) calculations. (2011 YRBS reported 15% for Ohio and 13% for the U.S.) 11% of youth were classified as overweight, 69% were normal weight, and 6% were underweight.
- ◆ 24% of youth described themselves as being either slightly or very overweight. (2011 YRBS reported 30% for Ohio and 29% for the U.S.)
- ◆ Almost half (44%) of youth were trying to lose weight, increasing to 57% of Lorain County female youth (compared to 29% of males).
- ◆ In the past 30 days, 7% of Lorain County youth (2011 YRBS reported 13% for Ohio and 12% for the U.S.) reported going without eating for 24 hours or more to lose weight or keep from gaining weight. 3% smoked cigarettes, 2% vomited or took laxatives, and 1% took diet pills, powders or liquids without a doctor's advice in order to lose or keep from gaining weight.
- ◆ 44% of youth exercised to try to lose weight or keep from gaining weight in the past month, and 28% of youth ate less food, fewer calories, or foods lower in fat to try to lose weight or keep from gaining weight.

Nutrition

- ◆ 13% of Lorain County youth ate 5 or more servings of fruits and vegetables per day. 80% ate 1 to 4 servings of fruits and vegetables per day.
- ◆ Lorain County youth consumed the following sources of calcium daily: milk (84%), yogurt (52%), other dairy products (39%), calcium-fortified juice (23%), calcium supplements (10%), and other calcium sources (15%).
- ◆ 19% of youth reported they did not have enough food and went to bed hungry at least one day per week.

Physical Activity

- ◆ 65% of Lorain County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 46% did so on 5 or more days in the past week and 24% did so every day in the past week. 15% of youth did not participate in any physical activity in the past week. The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.
- ◆ Lorain County youth spent an average 3.6 hours on their cell phone, 2.7 hours on the computer, and 2.6 hours watching TV on an average day of the week. 42% 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.).
- ◆ 85% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (49%), school club or social organization (32%), church youth group (19%), babysitting for other kids (18%), taking care of siblings after school (17%), church or religious organization (16%), volunteering in the community (14%), part-time job (12%), or some other organized activity (Scouts, 4H, etc.) (10%).

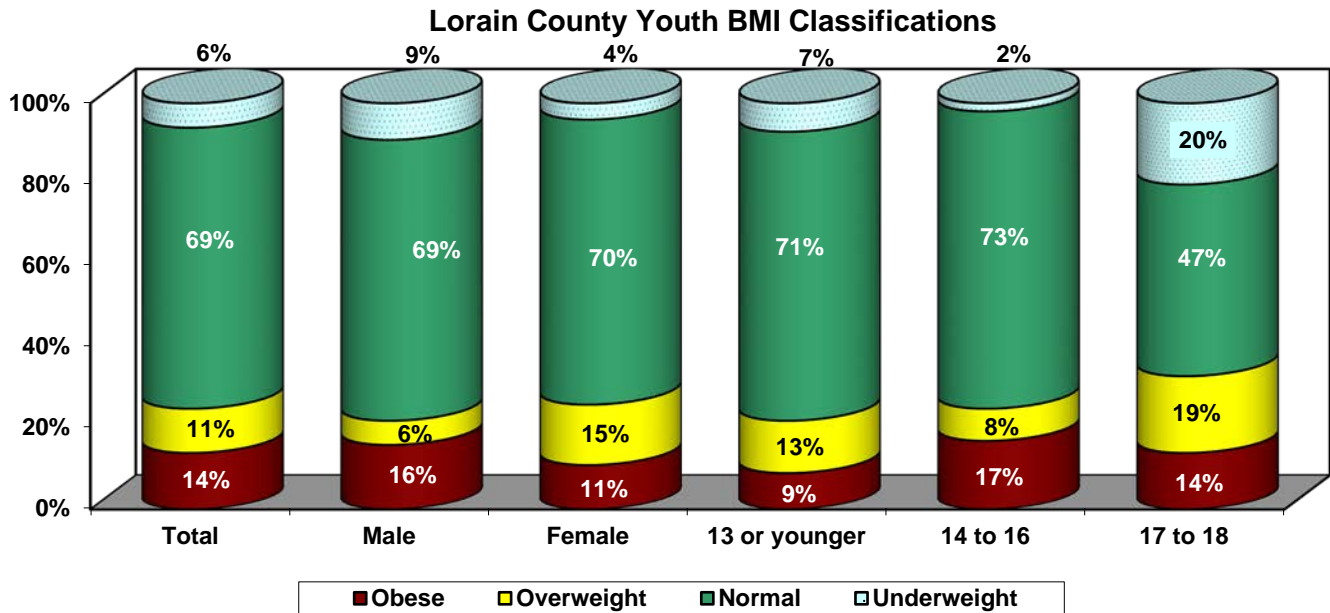
Obese Adolescents

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

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

Youth Weight Status

The following graph shows the percentage of Lorain County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). The table shows the ways youth lost weight. Examples of how to interpret the information in the first graph include: 69% of Lorain County youth were classified as normal weight, 14% were obese, 11% were overweight, and 6% were calculated to be underweight for their age and gender.



Lorain County Youth did the following to lose weight in the past 30 days:	Percent
Exercised	44%
Ate less food, fewer calories, or foods lower in fat	28%
Went without eating for 24 hours	7%
Vomited or took laxatives	2%
Took diet pills, powders, or liquids without a doctor's advice	1%
Smoked	3%

Nutrition comparisons between Lorain County youth and adults:	Youth	Adults
Had 5 or more servings of fruits and vegetables/day	13%	8%

2011 Youth Comparisons	Lorain County 2011 (6 th -12 th)	Lorain County 2011 (9 th -12 th)	Ohio 2011 (9 th -12 th)	U.S. 2011 (9 th -12 th)
Obese	14%	15%	15%	13%
Went without eating for 24 hours or more	7%	8%	13%	12%
Trying to lose weight	44%	44%	N/A	N/A

Adult Tobacco Use

Key Findings

In 2011, 22% of Lorain County adults were current smokers and 26% were considered former smokers. In 2011, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of disease and early death in the world, accounting for approximately 5.4 million premature deaths each year. ACS estimated that tobacco use would be linked to approximately one in five deaths in the U.S. (Source: Cancer Facts & Figures, American Cancer Society, 2011)

Adult Tobacco Use Behaviors

- ◆ The 2011 health assessment identified that more than one-fifth (22%) of Lorain County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2010 BRFSS reported current smoker prevalence rates of 23% for Ohio and 17% for the U.S. Over one-quarter (26%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke) for Ohio and the U.S.
- ◆ Lorain County adult smokers were more likely to:
 - Have rated their general health as fair or poor (54%)
 - Have incomes less than \$25,000 (30%)
 - Have been 30-64 years old (24%)
- ◆ 45% of the current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- ◆ 3% of Lorain County adults reported using chewing tobacco or snuff.
- ◆ Lorain County adults used the following tobacco products: flavored cigarettes (13%), cigars (5%), e-cigarettes (4%), chewing tobacco/snuff (3%), black and milds (3%), cigarillos (1%), hookah (1%), little cigars (1%), swishers (1%), snuff (1%), and other types of tobacco (5%).
- ◆ 86% of adults believe that second-hand smoke is harmful to they and their family's health.

Tobacco Use and Health

- ◆ Tobacco use is the most preventable cause of death in the U.S. and in the world
- ◆ 87% of all lung cancer deaths and at least 30% of all cancer deaths in the U.S. can be attributed to smoking.
- ◆ When compared to non-smokers, the risk of developing lung cancer is 23 times higher in male smokers and 13 times higher in female smokers.
- ◆ Tobacco use is also associated with at least 20 types of cancer such as cervical, mouth, pharyngeal, esophageal, pancreatic, kidney and bladder.
- ◆ Tobacco use contributes to heart disease, stroke, bronchitis, emphysema, COPD, chronic sinusitis, severity of colds, pneumonia and low birth weight in infants.

(Source: Cancer Facts & Figures, American Cancer Society, 2011)

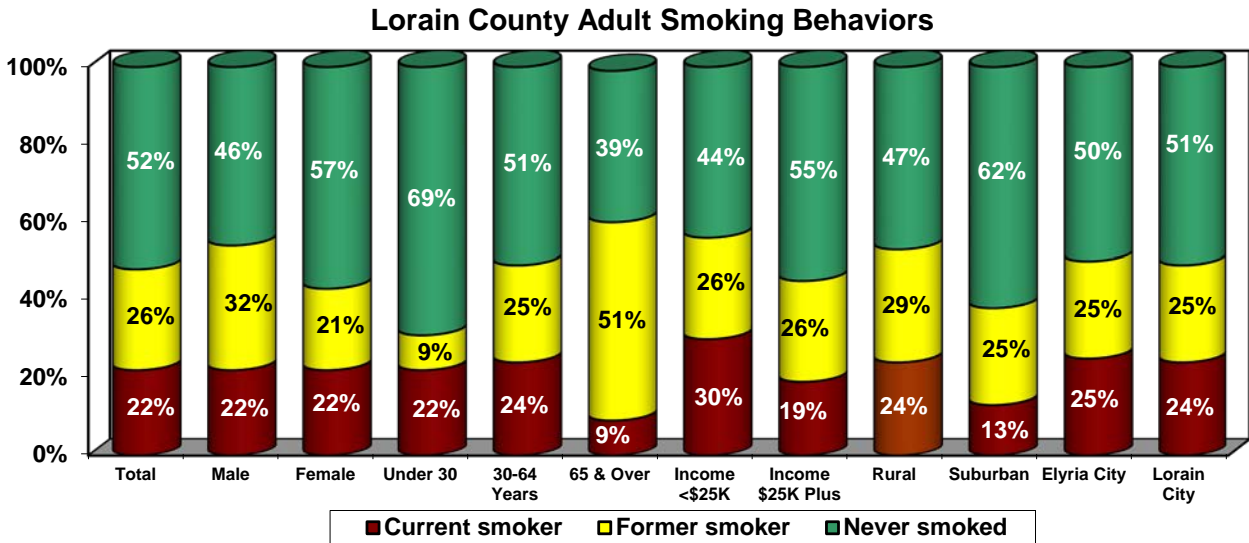
Costs of Tobacco Use

- ◆ If a pack-a-day smoker spent \$4/pack, they would spend: \$28/week, \$112/month, or \$1,456/year.
- ◆ 22% of Lorain County adults indicated they were smokers. That is approximately 49,486 adults.
- ◆ If 49,486 adults spent \$1,456/year, then \$72,051,616 is spent a year on cigarettes in Lorain County.

2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Current smoker	22%	23%	17%
Former smoker	26%	25%	25%

Adult Tobacco Use

The following graph shows the percentage of Lorain County adults who used tobacco. Examples of how to interpret the information include: 22% of all Lorain County adults were current smokers, 26% of all adults were former smokers, and 52% had never smoked.



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

Smoking and Tobacco Facts

- ❖ Tobacco use is the most preventable cause of death in the U.S.
- ❖ Approximately 49,000 deaths per year in the U.S. are from secondhand smoke exposure.
- ❖ Typically, smokers die 13 to 14 years earlier than non-smokers.
- ❖ In 2009, cigarette smoking was highest in prevalence in adults among American Indians/Native Americans (23%), followed by whites (22.1%), African Americans (21.3%), Hispanics (14.5%), and Asians (12.0%).
- ❖ Smoking costs over \$193 billion in lost productivity (\$97 billion) and health care expenses (\$96 billion) per year.
- ❖ In 2006, the cigarette industry spent more than \$34 million per day on advertising and promotional expenses.

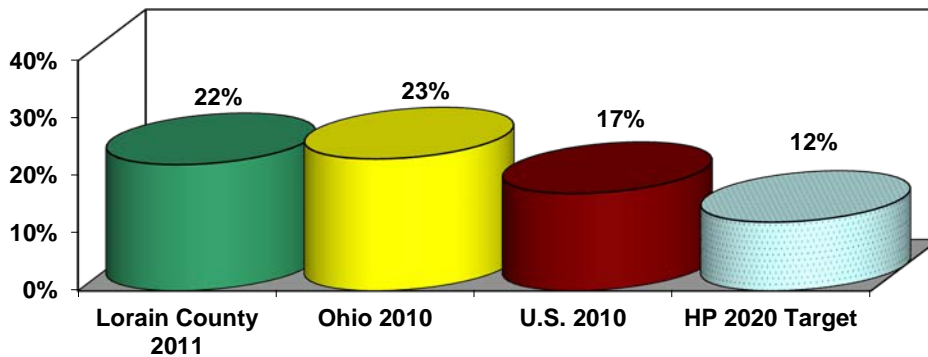
(Source: CDC: Fast Facts on Smoking and Tobacco Use, accessed from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)

Adult Tobacco Use

The following graphs show Lorain County, Ohio, and U.S. adult cigarette smoking rates and age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) and trachea, bronchus and lung cancers in comparison with the Healthy People 2020 objectives. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. These graphs show:

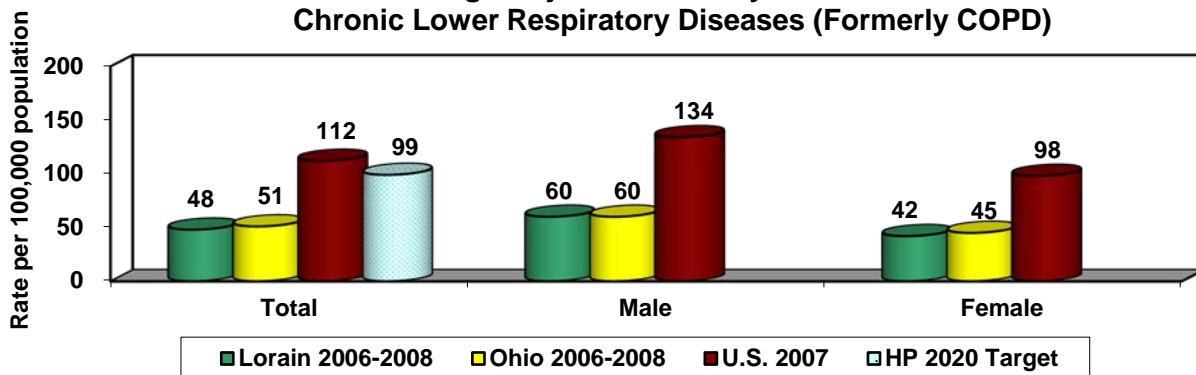
- ◆ Lorain County adult cigarette smoking rate was lower than the rate for Ohio and higher than the U.S. and Healthy People 2020 goal.
- ◆ From 2006-2008, Lorain County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was lower than the Ohio rate, the U.S. rate, and the Healthy People 2020 target objective.
- ◆ From 2005-2009 the percentage of mothers who smoked during pregnancy in Lorain County fluctuated slightly from year to year, but was generally higher than the Ohio rate.
- ◆ Disparities existed by gender for Lorain County trachea, bronchus, and lung cancer age-adjusted mortality rates, as well as chronic lower respiratory disease mortality rates. The 2006-2008 Lorain male rates were higher than the Lorain female rates in both cases.

Healthy People 2020 Objectives & Cigarette Smoking Rates



(Source: 2011 Assessment, BRFSS and HP2020)

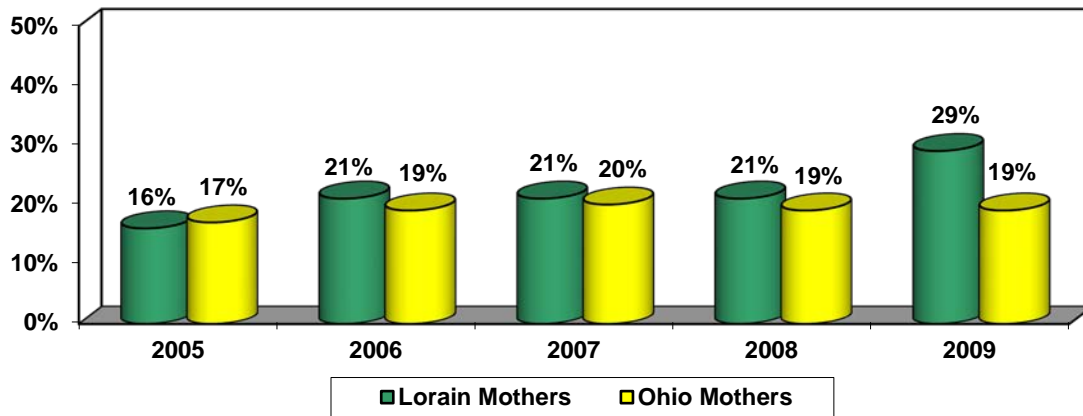
Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)



*(Source: ODH Information Warehouse and HP2020)
HP2020 does not report different goals by gender.*

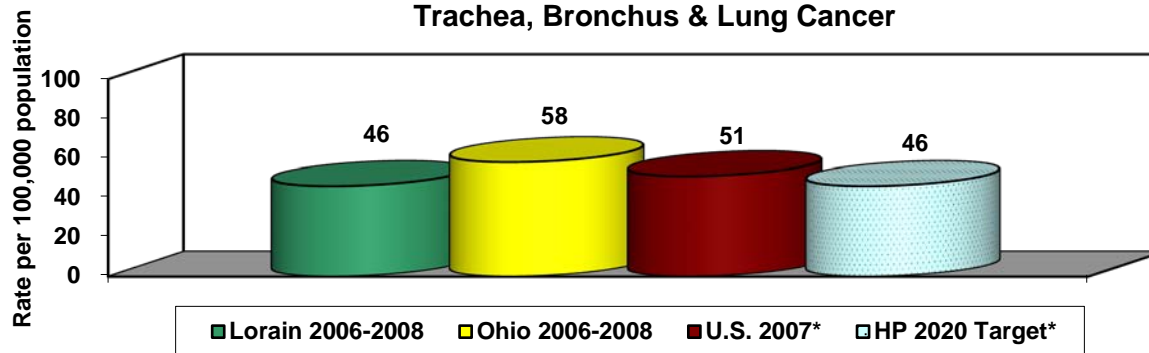
Adult Tobacco Use

Births to Mothers Who Smoked During Pregnancy



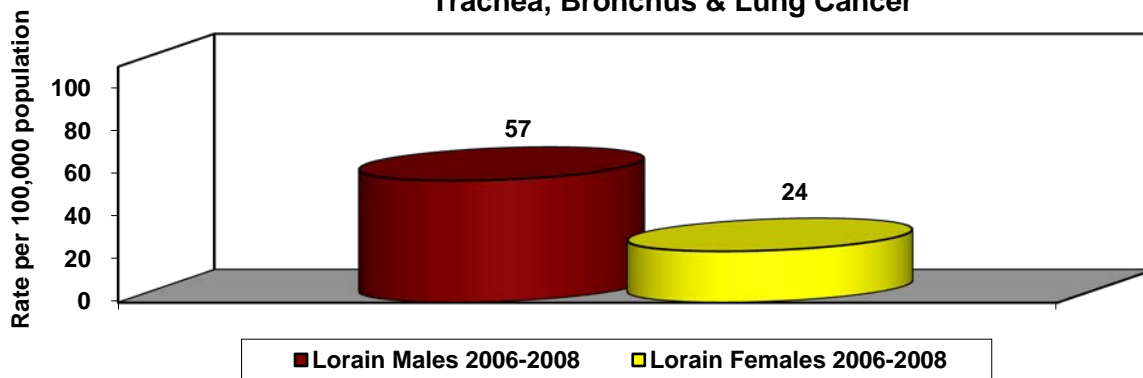
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2005-2009)

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



*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)

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



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

Youth Tobacco Use

Key Findings

The 2011 health assessment identified that 14% of Lorain County youth (ages 12-18) were smokers, increasing to 18% of those who were 17-18 years old. Overall, 4% of Lorain County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 60% had tried to quit.

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 2011 health assessment indicated that 31% of Lorain County youth had done the same.
- ◆ Over one-quarter (26%) of those who have smoked a whole cigarette did so by the age of 10 and 46% had done so by the age of 12. The average age of onset for smoking was 12.3 years old.
- ◆ In 2011, 14% of Lorain 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). Nearly one-fifth (18%) of 17-18 year olds were current smokers, compared to 8% of 12-13 year olds and 18% of 14-16 year olds.
- ◆ More than two-thirds (68%) of the Lorain County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ 36% of youth smokers asked someone else to buy them cigarettes, 32% borrowed them from someone else, 21% took them from a store or family member, 20% said a person 18 years or older gave them the cigarettes, 13% bought cigarettes from a store or gas station, 1% got them from a vending machine, and 26% got them some other way.
- ◆ Lorain County youth used the following forms of tobacco the most in the past year: cigarettes (20%), black and milds (14%), swishers (7%), chewing tobacco or snuff (4%), flavored cigarettes (4%), hookah (4%), cigars (3%), cigarillos (3%), snus (1%), and little cigars (1%).
- ◆ In the past 30 days, 4% of Lorain County youth used chewing tobacco or snuff (2011 YRBS reported 12% for Ohio and 8% for the U.S.) increasing to 11% of those 17-18 years old and 8% of males.
- ◆ Three-fifths (60%) of Lorain County youth smokers had tried to quit smoking in the past year (2011 YRBS reported 56% for Ohio and 50% for the U.S).

2008 Ohio Youth Tobacco Survey

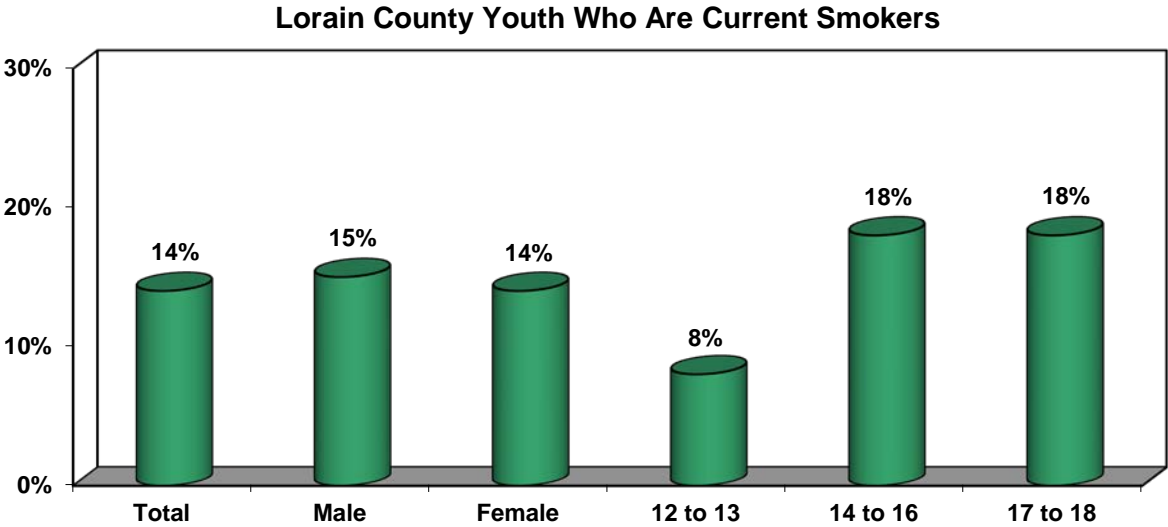
- ❖ In 2008, 57% of Ohio high school students had used some form of tobacco during their lifetime.
- ❖ 6% of high school students and 5% of middle school students had started smoking by age 11.
- ❖ 10% of high school and 45% of middle school students had ever smoked a bidi.
- ❖ 11% of middle school and 21% of high school students reported using smokeless tobacco in their lifetime.
- ❖ According to the survey results, 19% of middle school students and 21% of high school students had never smoked a cigarette.

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

2011 Youth Comparisons	Lorain County 2011 (6 th – 12 th)	Lorain County 2011 (9 th – 12 th)	Ohio 2011 (9 th – 12 th)	U.S. 2011 (9 th – 12 th)
Ever tried cigarettes	31%	41%	52%	45%
Current smokers	14%	19%	21%	18%
Used chewing tobacco or snuff in past month	4%	6%	12%	8%
Tried to quit smoking	60%	68%	56%	50%

Youth Tobacco Use

The following graph shows the percentage of Lorain County youth who smoke cigarettes. Examples of how to interpret the information include: 14% of Lorain County youth were current smokers, 15% of males smoked, and 14% of females were current smokers. The table shows differences in specific risk behaviors between current smokers and non-current smokers (nonsmokers).



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

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

Youth Behaviors	Current Smoker	Non-Current Smoker
Have been in a physical fight in the past 12 months	65%	26%
Attempted suicide in the past 12 months	19%	4%
Have had at least one drink of alcohol in the past 30 days	68%	20%
Have used marijuana in the past 30 days	63%	7%
Have had sexual intercourse*	55%	28%
Participated in extracurricular activities	80%	86%

*Current smokers are those youth surveyed who have self-reported smoking at any time during the past 30 days.
* Only 3 school districts asked sexual behavior questions.*

Adult Alcohol Consumption

Key Findings

In 2011, the health assessment indicated that 13% of Lorain County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 39% of adults who drank had five or more drinks on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.

Lorain County Adult Alcohol Consumption

- ◆ In 2011, 59% of the Lorain County adults had at least one alcoholic drink in the past month, increasing to 67% of those with incomes more than \$25,000 and 69% of those under the age of 30. The 2010 BRFSS reported current drinker prevalence rates of 53% for Ohio and 54% for the U.S.
- ◆ One in eight (13%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- ◆ Of those who drank, Lorain County adults drank 2.8 drinks on average, increasing to 3.3 drinks for males.
- ◆ Nearly one-quarter (23%) of adults were considered binge drinkers. The 2010 BRFSS reported binge drinking rates of 17% for Ohio and 15% for the U.S.
- ◆ 39% of those who drink reported they had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition (See box above).
- ◆ 4% of adults reported driving after having perhaps too much to drink.

Binge Drinking Dangers

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

(Source: CDC, Binge Drinking Facts Sheet, 10-17-2010)

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 than influence of alcohol.
- ❖ Currently, more than 25 brands of caffeinated alcoholic beverages are sold in retail alcohol outlets, including convenience stores.

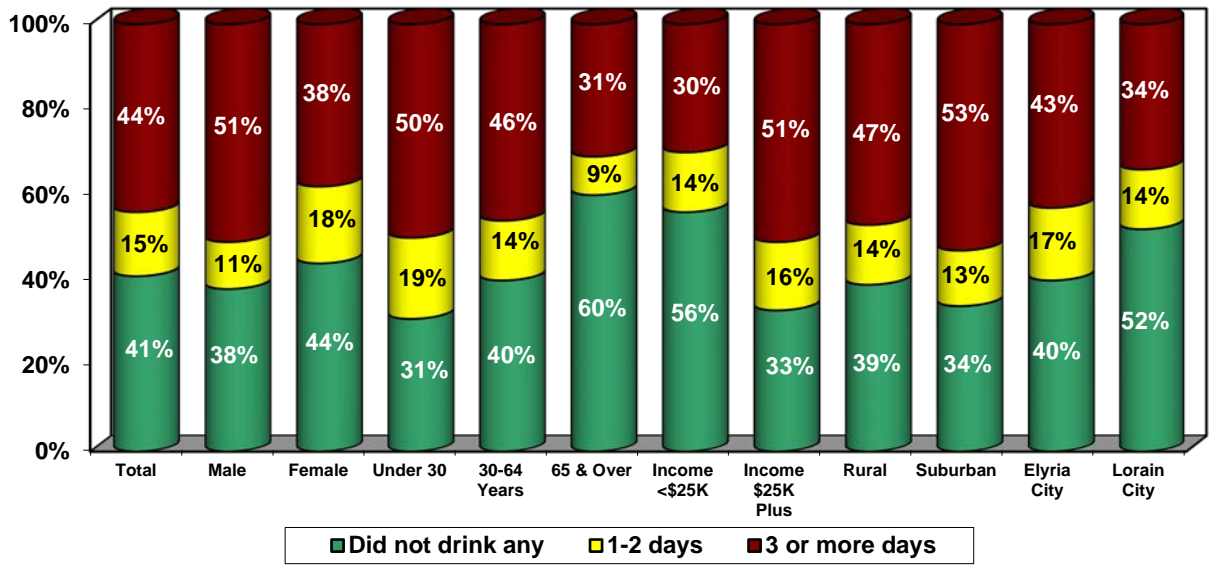
(Source: CDC, Alcohol and Public Health, Fact Sheets, Caffeinated Alcoholic Beverages, July 2010, <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>)

2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Drank alcohol at least once in past month	59%	53%	54%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	23%	17%	15%

Adult Alcohol Consumption

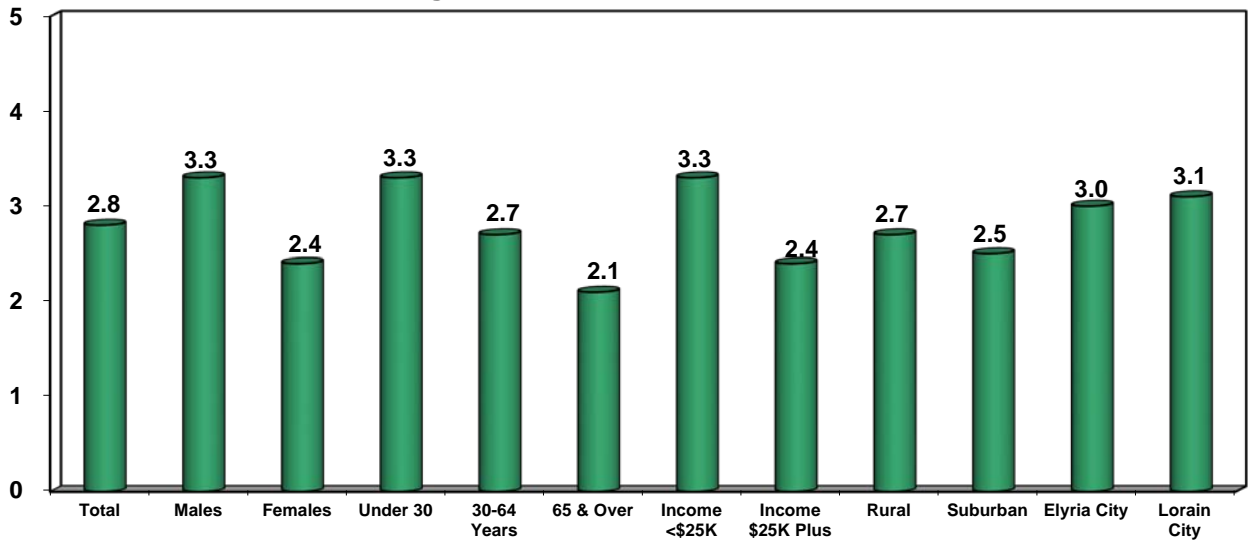
The following graphs show the percentage of Lorain County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 41% of all Lorain County adults did not drink alcohol, 38% of Lorain County males did not drink and 44% of adult females reported they did not drink.

Average Number of Days Drinking Alcohol in the Past Month



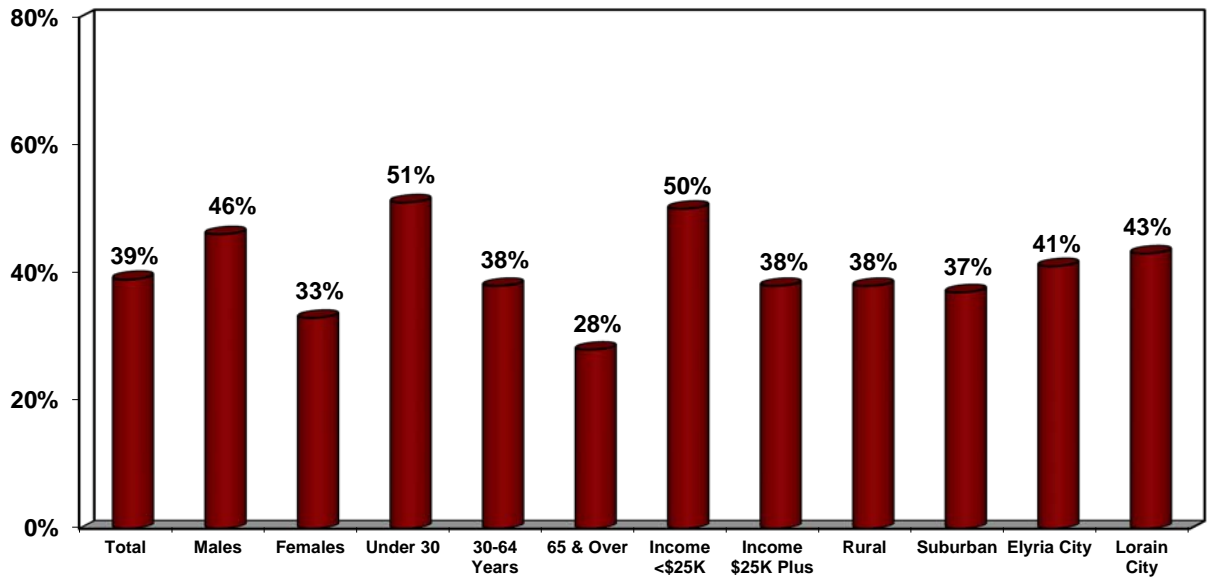
Percentages may not equal 100% as some respondents answered "don't know"

Adults Average Number of Drinks Consumed Per Occasion



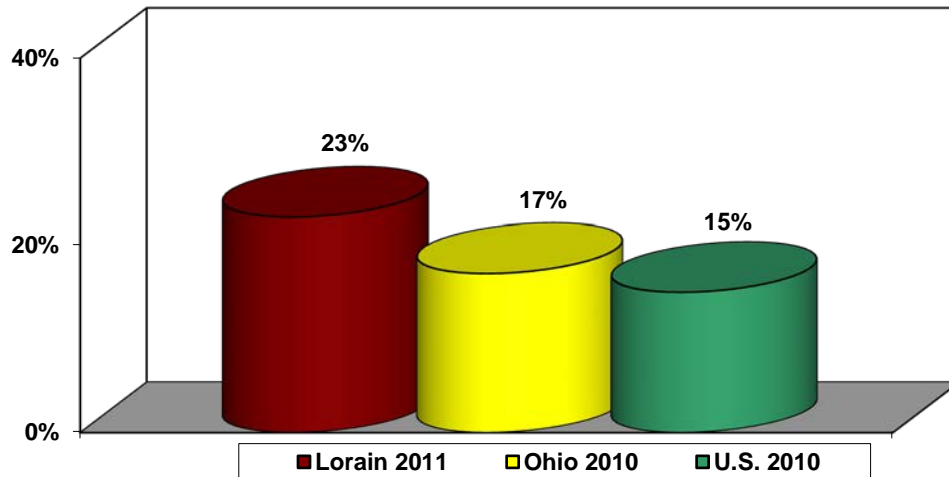
Adult Alcohol Consumption

Lorain 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 on an occasion at least once in the previous month.*

Adult Binge Drinking



(Source: 2010 BRFSS, 2011 Lorain County Health Assessment)

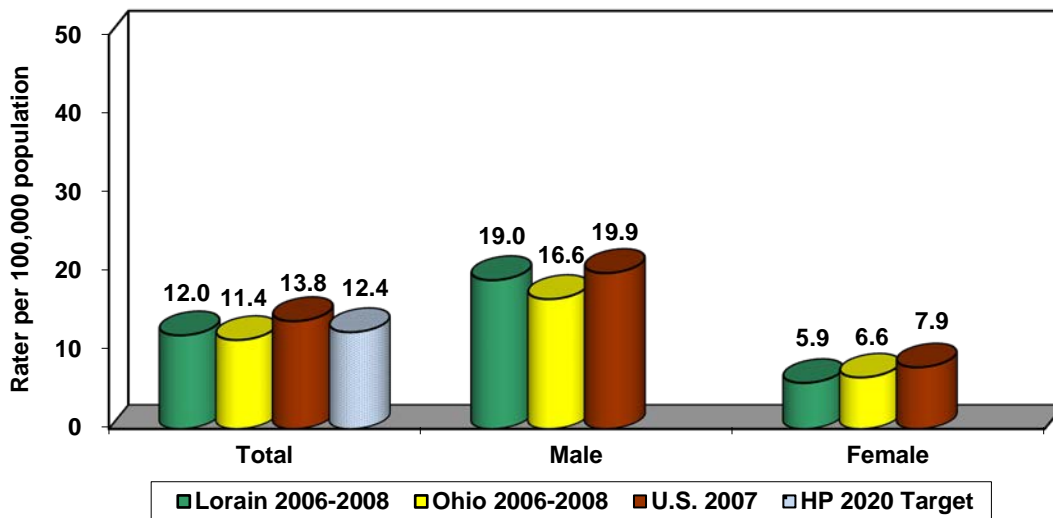
**Based on all adults. Binge drinking is defined as having five or more drinks on an occasion.*

Motor Vehicle Accidents

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

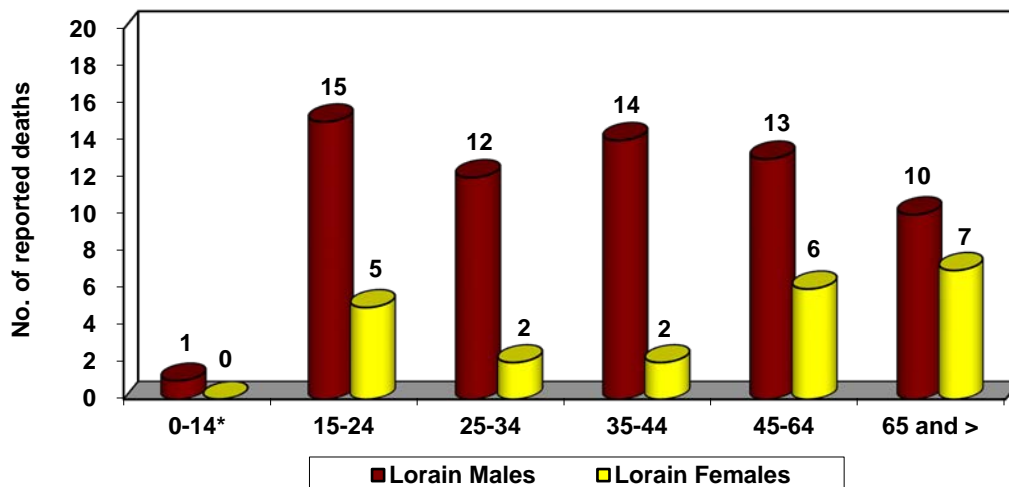
- ◆ From 2006-2008, the Lorain County motor vehicle age-adjusted mortality rate of 12.0 deaths per 100,000 population is lower than the national rate and the Healthy People 2020 objective, yet higher than the state rate.
- ◆ The Lorain County age-adjusted motor vehicle accident mortality rate for males is higher than the female rate.
- ◆ 65 Lorain County males died of motor vehicle accidents from 2006-2008 while 22 Lorain County females died of motor vehicle accidents during the same period.

Healthy People 2020 Objective and Age-Adjusted Mortality Rates for Motor Vehicle Accidents



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

Lorain County Number of Motor Vehicle Deaths By Age and Gender, 2006-2008
N=87*



**Zero motor vehicle accident deaths were reported for ages 1 to 4, and ODH Information Warehouse found records for 1 death for ages 5 to 14
(Source: ODH Information Warehouse, updated 4-15-10)*

Lorain County Crash Statistics

	City of Elyria 2010	City of Lorain 2010	Lorain County 2010	Ohio 2010
Total Crashes	1,453	1,119	6,790	300,164
Alcohol-Related Total Crashes	68	61	398	13,037
Fatal Crashes	2	2	1	984
Alcohol-Related Fatal Crashes	2	1	10	393
Alcohol Impaired Drivers in Crashes	68	61	398	13,037
Injury Crashes	362	263	1,730	74,427
Alcohol-Related Injury Crashes	26	25	245	5,456
Property Damage Only	1,067	832	4,981	221,597
Alcohol-Related Property Damage Only	39	35	227	7,094
Deaths	2	2	24	1,080
Alcohol-Related Deaths	2	1	10	431
Total Non-Fatal Injuries	535	434	2,594	108,758
Alcohol-Related Injuries	42	44	160	7,714

(Source: Ohio Department of Public Safety, Crash Reports, 2010 Traffic Crash Facts)

Costs of Excessive Alcohol Consumption

- ❖ Each year in the U.S., excessive alcohol consumption is the 3rd leading preventable cause of death.
- ❖ On average, 79,000 deaths and 2.3 million years of potential life lost can be attributed to excessive alcohol consumption.
- ❖ In 2006, the cost of excessive alcohol consumption was \$223.5 billion, or \$1.90 per drink, equaling \$746 per man, woman and child per capita.
- ❖ Binge drinking made up more than 75% of the total cost or \$170.7 billion.
- ❖ Underage drinking accounted for \$27.0 billion or 12.1% of the total cost of excessive alcohol consumption.
- ❖ Drinking while pregnant, mostly associated with fetal alcohol syndrome (\$5.2 billion or 2.3%) and the cost of crime (\$73.3 billion or 9.2%) also contributed to the total cost of excessive alcohol consumption.

(Source: CADCA, Research into Action, "The Economic Costs of Excessive Alcohol Consumption", January/February 2012, obtained from: <http://www.cadca.org/files/resources/RIA-Jan-Feb-2012.pdf>)

Youth Alcohol Consumption

Key Findings

In 2011, the health assessment results indicated that 53% of Lorain County youth had drunk at least one drink of alcohol in their life, increasing to 85% of youth seventeen and older. 42% of those who drank, took their first drink by the age of 12. More than one-quarter (27%) of Lorain County youth and 52% of those 17-18 years had at least one drink in the past 30 days. Less than half (47%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 17% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

Youth Alcohol Consumption

- ◆ In 2011, the health assessment results indicate that more than half (53%) of Lorain County youth (ages 12 to 18) have had at least one drink of alcohol in their life, increasing to 85% of 17-18 year olds (2011 YRBS reports 71% for Ohio and 71% for the U.S.).
- ◆ More than one-quarter (27%) of the youth had at least one drink in the past 30 days, increasing to 52% of 17-18 year olds (2011 YRBS reports 38% for Ohio and 39% for the U.S.).
- ◆ Of those who drank, 47% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 54% of males.
- ◆ Based on all youth surveyed, 14% were defined as binge drinkers (2011 YRBS reports 24% for Ohio and 22% for the U.S.).
- ◆ 9% of Lorain County youth who reported drinking in the past 30 days, drank on at least 10 or more days during the month.
- ◆ Over two-fifths (42%) of Lorain County youth who reported drinking at sometime in their life had their first drink by the age of 12, 32% took their first drink between the ages of 13 and 14, and 26% drank between the ages of 15 and 18. The average age of onset was 12.6 years old.
- ◆ Lorain County youth drinkers reported they got their alcohol from the following: someone gave it to them (47%), someone older bought it for them (25%), a parent gave it to them (14%), a friend's parent gave it to them (11%), bought it in a liquor store/ convenience store/gas station (6%), bought it with a fake ID (6%), took it from a family member (5%), bought it at a public event (concert/sporting event) (2%), bought it at a restaurant/bar/club (1%), and some other way (19%).
- ◆ 14% of youth drinkers reported being under the influence of alcohol on school property at least one day during the past month.
- ◆ During the past month 22% of Lorain County youth had ridden in a car driven by someone who had been drinking alcohol (2011 YRBS reports 21% for Ohio and 24% for the U.S.).
- ◆ 17% of youth drivers had driven a car in the past month after they had been drinking alcohol (2011 YRBS reports 7% for Ohio and 8% for the U.S.).

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, around 31 traffic fatalities and 1,872 nonfatal injuries were associated with driving after underage drinking.

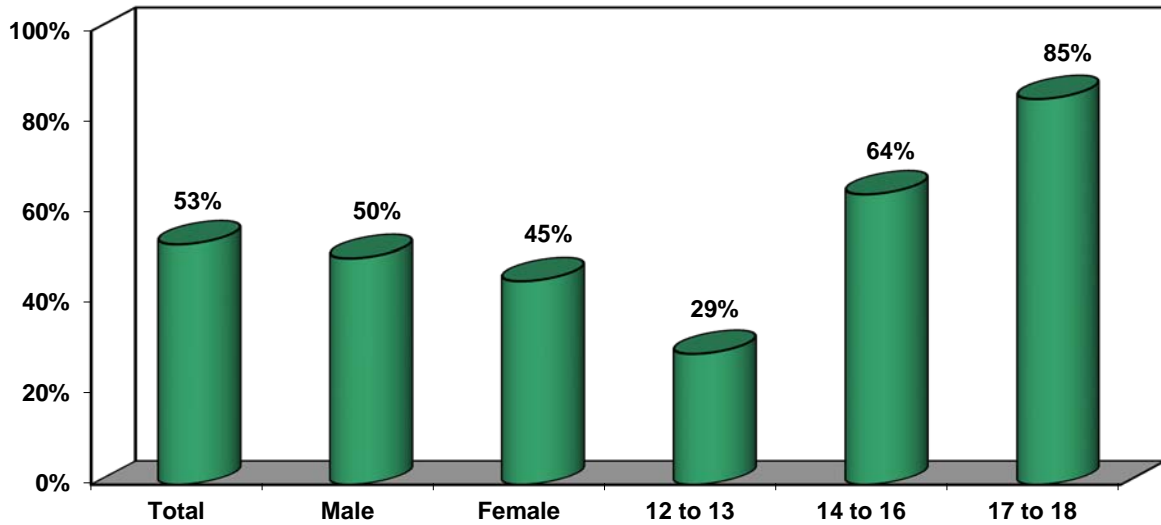
(Source: Pacific Institute for Research and Evaluation (PIRE) with funding from the Office of Juvenile Justice and Delinquency Prevention, Underage Drinking in Ohio: The Facts, September 2011, <http://www.udetc.org/factsheets/OH.pdf>)

2011 Youth Comparisons	Lorain County 2011 (6 th – 12 th)	Lorain County 2011 (9 th – 12 th)	Ohio 2011 (9 th – 12 th)	U.S. 2011 (9 th – 12 th)
Ever tried alcohol	53%	69%	71%	71%
Current drinker	27%	40%	38%	39%
Binge drinker	14%	20%	24%	22%
Rode with someone who was drinking	22%	24%	21%	24%
Drank and drove	17%	16%	7%	8%

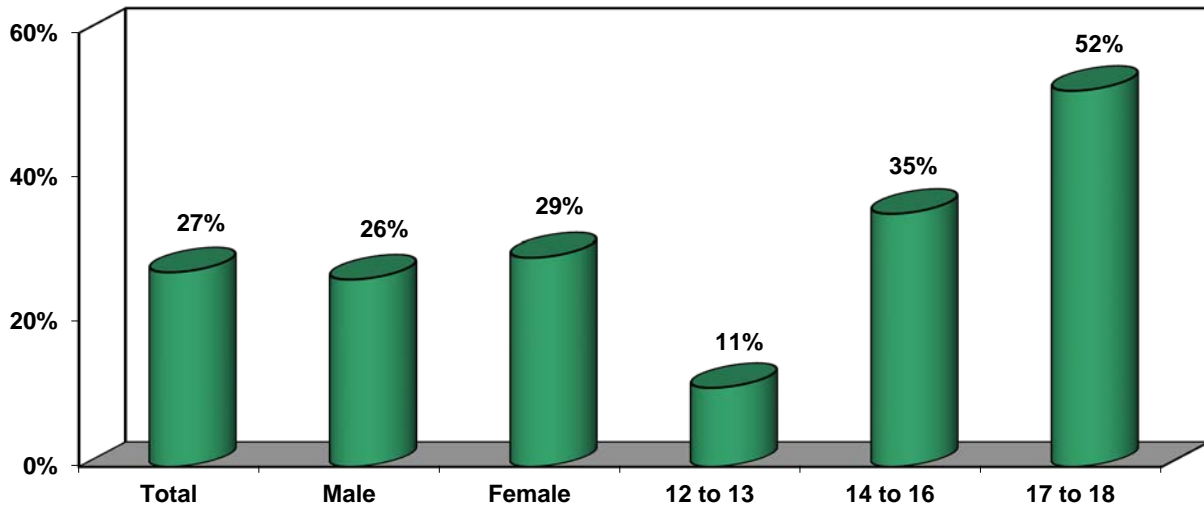
Youth Alcohol Consumption

The following graphs show the percentage of Lorain County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 53% of Lorain County youth have drunk at some time in their life, 50% of males, and 45% of females had drank.

Lorain County Youth Having At Least One Drink In Their Lifetime



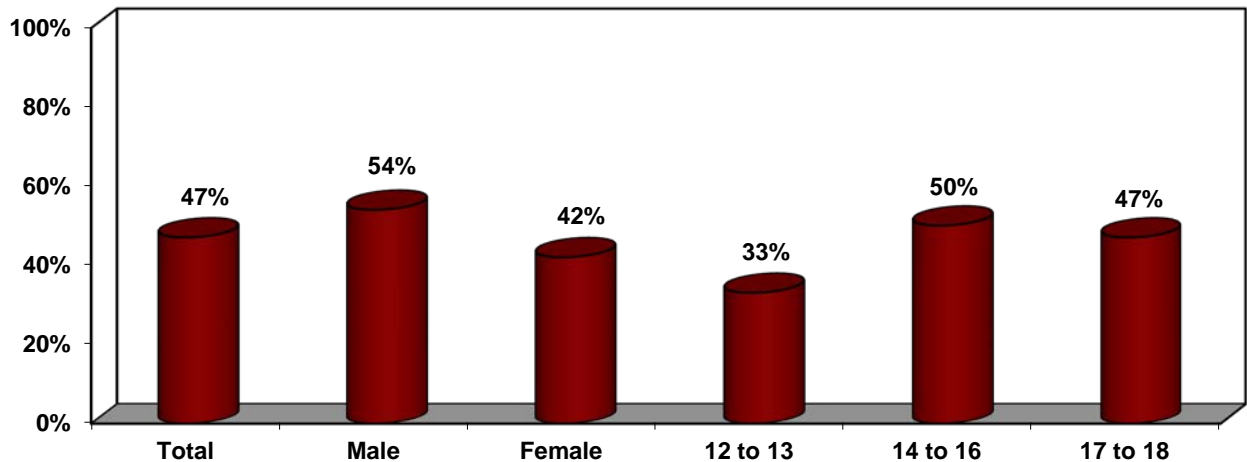
Lorain County Youth Current Drinkers



Youth Alcohol Consumption

The following graph shows the percentage of Lorain County youth who were binge drinkers. Examples of how to interpret the information include: 47% of current drinkers binge drank in the past month, 54% of males, and 42% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.

Lorain 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.*

Underage Drinking Impact

- ◆ There are 38,089 young people ages 12-20 in Lorain County.
- ◆ 4,013 youth or 10.5% of young people in Lorain County have a serious alcohol problem.
- ◆ Of the 4,013 young people with serious alcohol problems, they are approximately:
 - 9.4 times more likely to drink and drive
 - 8.5 times more likely to have serious problems with other drugs
 - 5.5 times more likely to be arrested
 - 2.25 times more likely to smoke
 - 1.5 times more likely to have a C+ average or lower and are likely to miss twice as much school
 - 1.5 times more likely to require hospital ER care

(Source: The Alcohol Cost Calculator for Kids, obtained from: <http://www.alcoholcostcalculator.org/kids>)

Behaviors of Lorain Youth

Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Have been in a physical fight in the past 12 months	44%	27%
Attempted suicide in the past 12 months	12%	4%
Have smoked in the past 30 days	36%	6%
Have used marijuana in the past 30 days	40%	6%
Have had sexual intercourse	48%	26%
Participated in extracurricular activities	85%	85%

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

Adult and Youth Marijuana and Other Drug Use

Key Findings

In 2011, 7% of Lorain County adults had used marijuana during the past 6 months. 16% of Lorain County youth had used marijuana at least once in the past 30 days, increasing to 28% of those over the age of 17 and 24% of high school youth. During the past 12 months, 15% of Lorain County youth had someone offer, sell, or give them an illegal drug on school property.

Adult Drug Use

- ◆ Seven percent (7%) of Lorain County adults had used marijuana in the past 6 months, increasing to 16% of those under the age of 30.
- ◆ 1% of Lorain County adults reported using other recreational drugs such as cocaine, methamphetamines, heroin, LSD, inhalants, or Ecstasy.
- ◆ When asked about their frequency of drug use in the past six months, 32% of Lorain County adults who used recreational drugs did so every day, and 30% did so less than once a month.
- ◆ 11% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months.
- ◆ When asked about their frequency of medication misuse in the past six months, 25% of Lorain County adults who used these drugs did so every day, and 23% did so less than once a month.
- ◆ Lorain County adults indicated they disposed of unused prescription medication in the following ways: throw them in the trash (38%), keep them (22%), flush them down the toilet (27%), take them to a medication collection/disposal program (17%), give them away (1%), sell them (<1%), and some other method (9%).
- ◆ 6% of Lorain County adults indicated they needed to seek a program or service to help with their or a loved one's drug problem. They did not seek a program or service for the following reasons: had not thought of it (19%), cost (12%), fear (11%), did not know how to find a program (11%), transportation (7%), stigma of seeking drug services (5%), did not want to get in trouble (5%), did not want to miss work (5%), and other reasons (42%).

Ohio Drug and Drug Abuse Facts

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

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

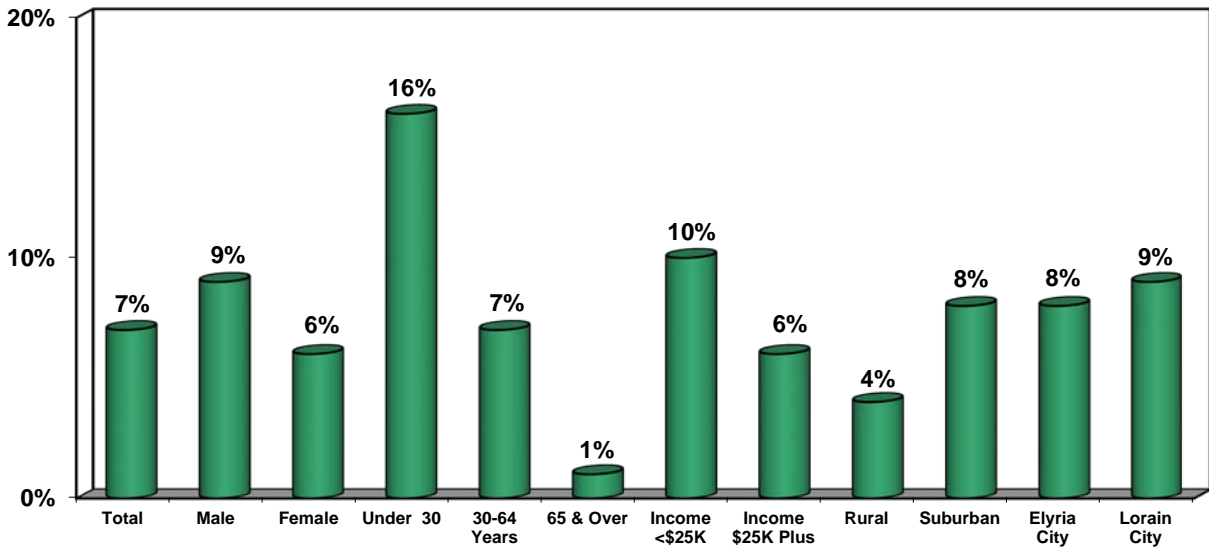
Youth Drug Use

- ◆ In 2011, 16% of Lorain County youth had used marijuana at least once in the past 30 days, increasing to 28% those over the age of 17 and 24% of high school youth. The 2011 YRBS found a prevalence of 24% for Ohio youth and 23% for U.S. youth who had used marijuana one or more times during the past 30 days.
- ◆ One-third (33%) of youth who tried marijuana did so by the age of 12. The average age of onset was 12.9 years old.
- ◆ 14% of Lorain County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 31% of those over the age of 17.
- ◆ One in nine (11%) youth used inhalants, 4% used cocaine, 3% used steroids, 3% used methamphetamines, and 3% used heroin.
- ◆ During the past 12 months, 15% of Lorain County youth reported that someone had offered, sold, or given them an illegal drug on school property, increasing to 18% of high school youth (2011 YRBS reports 24% for Ohio and 26% for the U.S.).
- ◆ 2% of youth have used a needle to inject an illegal drug in their body. (2011 YRBS reports 3% for Ohio and 2% for the U.S.)

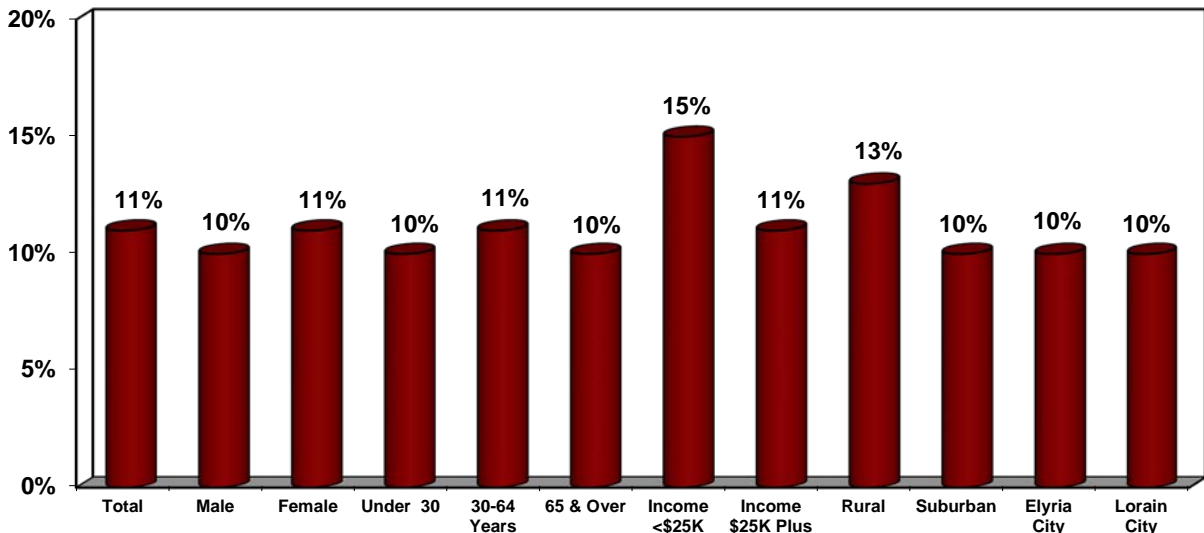
Adult Marijuana and Other Drug Use

The following graphs are data from the 2011 Lorain County Health Assessment indicating adult marijuana use and medication misuse in the past six months and youth lifetime drug use, marijuana use in the past 30 days, and the percent of youth who had been offered, sold, or given an illegal drug on school property in the past month. Examples of how to interpret the information include: 7% of Lorain County adults used marijuana in the past six months, 16% of adults under the age of 30 were current users and 10% of adults with incomes less than \$25,000 were current users.

Lorain County Adult Marijuana Use in Past 6 Months

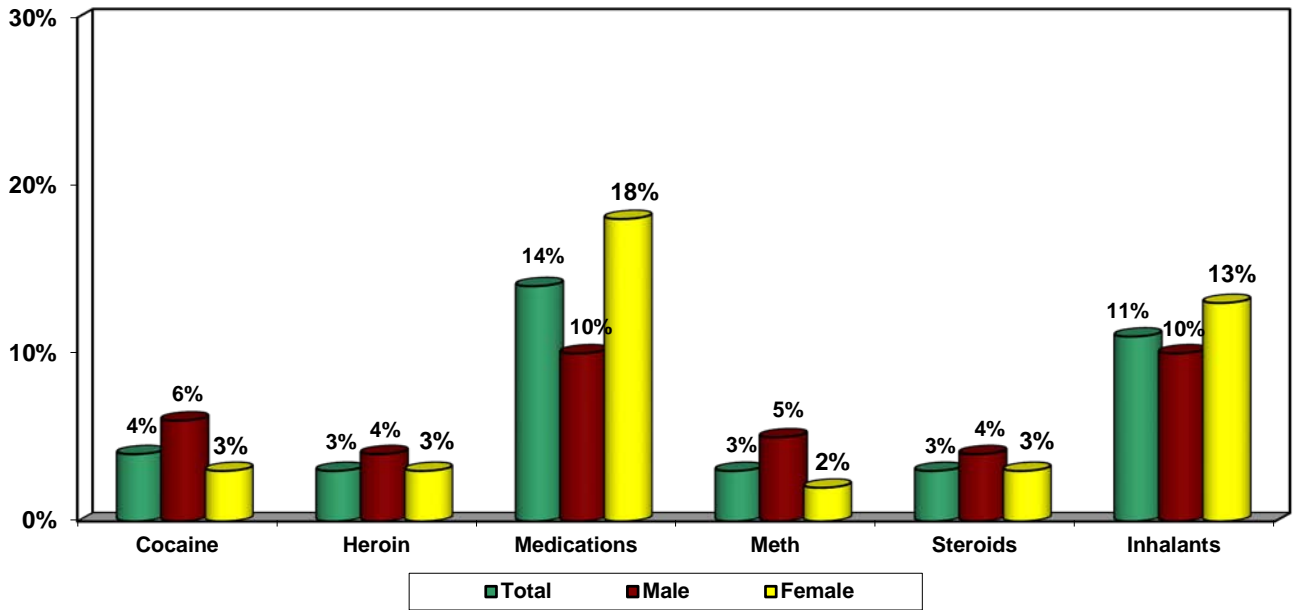


Lorain County Adult Medication Misuse in Past 6 Months

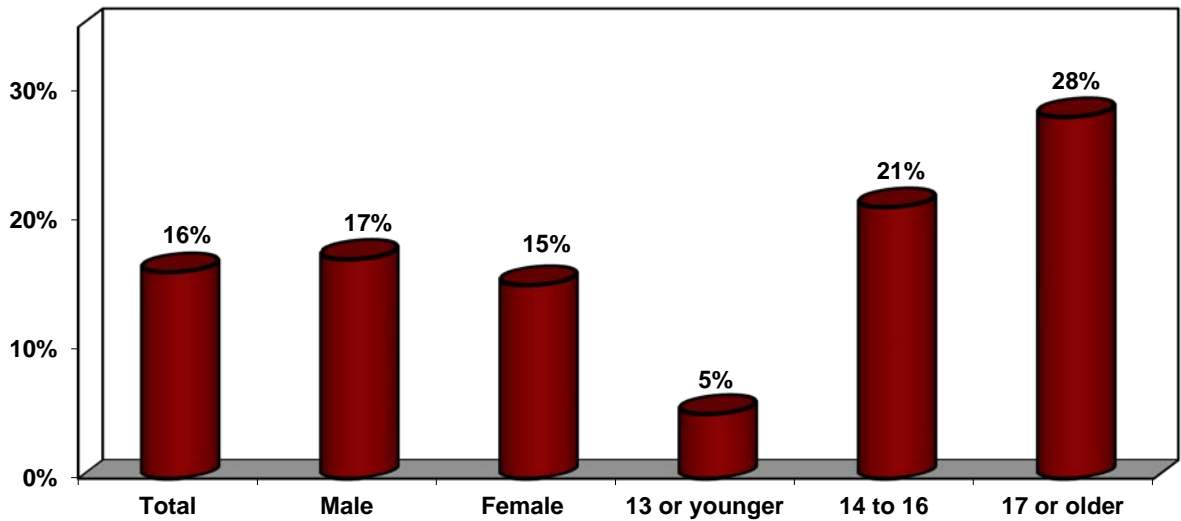


Youth Marijuana and Other Drug Use

Lorain County Youth Lifetime Drug Use

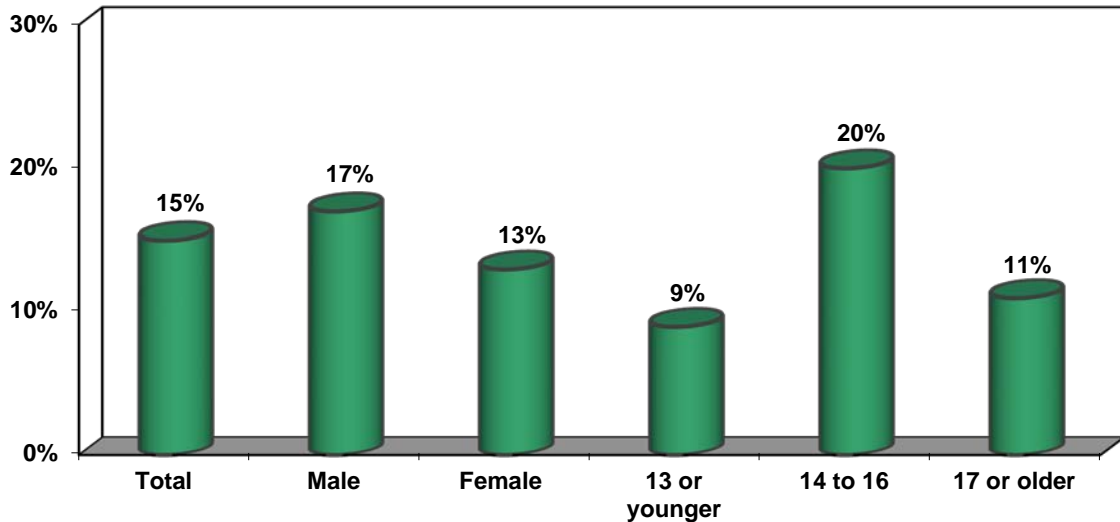


Lorain County Youth Marijuana Use in Past Month



Youth Marijuana and Other Drug Use

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



2011 Youth Comparisons	Lorain County 2011 (6 th - 12 th)	Lorain County 2011 (9 th - 12 th)	Ohio 2011 (9 th - 12 th)	U.S. 2011 (9 th - 12 th)
Youth who used marijuana in the past 30 days	16%	24%	24%	23%
Ever used methamphetamines	3%	5%	6%*	4%
Ever used cocaine	4%	6%	7%	7%
Ever used heroin	3%	5%	3%	3%
Ever used steroids	3%	5%	4%	4%
Ever used inhalants	11%	11%	12%**	11%
Ever misused medications	14%	22%	N/A	N/A
Youth who reported that someone offered, sold, or gave them an illegal drug on school property in past year	15%	18%	24%	26%

*2007 YRBS Data

**2005 YRBS Data

2007 National Survey on Drug Use and Health (NSDUH)

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

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

Women's Health

Key Findings

In 2011, more than half (53%) of Lorain County women over the age of 40 reported having a mammogram in the past year. 56% of Lorain County women have had a clinical breast exam and 46% have had a Pap smear to detect cancer of the cervix in the past year. The health assessment determined that 5% of women had a heart attack, and 2% had a stroke at some time in their life. Almost one-third (31%) had high blood pressure, 35% had high blood cholesterol, 33% were obese, and 22% were identified as smokers, known risk factors for cardiovascular diseases.

Women's Health Screenings

- ◆ In 2011, 69% of women had a mammogram at some time, and two-fifths (40%) had this screening in the past year.
- ◆ More than half (53%) of women ages 40 and over had a mammogram in the past year, and 79% had one in the past two years. The 2010 BRFSS reported that 76% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- ◆ Most (95%) Lorain County women have had a clinical breast exam at some time in their life, and 56% had one within the past year.
- ◆ This assessment has identified that 97% of Lorain County women have had a Pap smear, and 46% report having had the exam in the past year. 70% of women had a pap smear in the past two years. The 2010 BRFSS indicated that 81% of U.S. and 82% of Ohio women had a pap smear in the past three years.

Pregnancy

- ◆ During their last pregnancy within the past 5 years, Lorain County women: took a multi-vitamin (77%), got a prenatal appointment in the first 3 months (75%), took folic acid (47%), experienced perinatal depression (12%), smoked cigarettes (7%), experienced domestic violence (2%), used alcohol (1%), and used marijuana (1%).

Women's Health Concerns

- ◆ Women used the following as their usual source of services for female health concerns: private gynecologist (53%), general or family physician (29%), a family planning clinic (5%), Lorain County Health and Dentistry (1%), a community health center (1%), a health department clinic (1%), and some other place (1%). 7% indicated they do not have a usual source.
- ◆ In 2011, the health assessment determined that 5% of women had a heart attack and 2% had a stroke at some time in their life.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Lorain County the 2011 health assessment has identified that:
 - 22% of all women were current smokers (16% U.S., 22% Ohio, 2010 BRFSS)
 - 60% were overweight or obese (57% U.S., 59% Ohio, 2010 BRFSS)
 - 35% were diagnosed with high blood cholesterol (36% U.S., 37% Ohio, 2009 BRFSS)
 - 31% were diagnosed with high blood pressure (28% U.S. and 30% Ohio, 2009 BRFSS)
 - 47% were exercising less than three days per week (includes 2% who were unable to exercise)
 - 12% have been diagnosed with diabetes (10% U.S., 11% Ohio, 2010 BRFSS)

Lorain County Female Leading Types of Death 2006 - 2008

1. Cancers (24% of all deaths)
2. Heart Diseases (22%)
3. Chronic Lower Respiratory Diseases (7%)
4. Alzheimer's Disease (7%)
5. Stroke (5%)

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

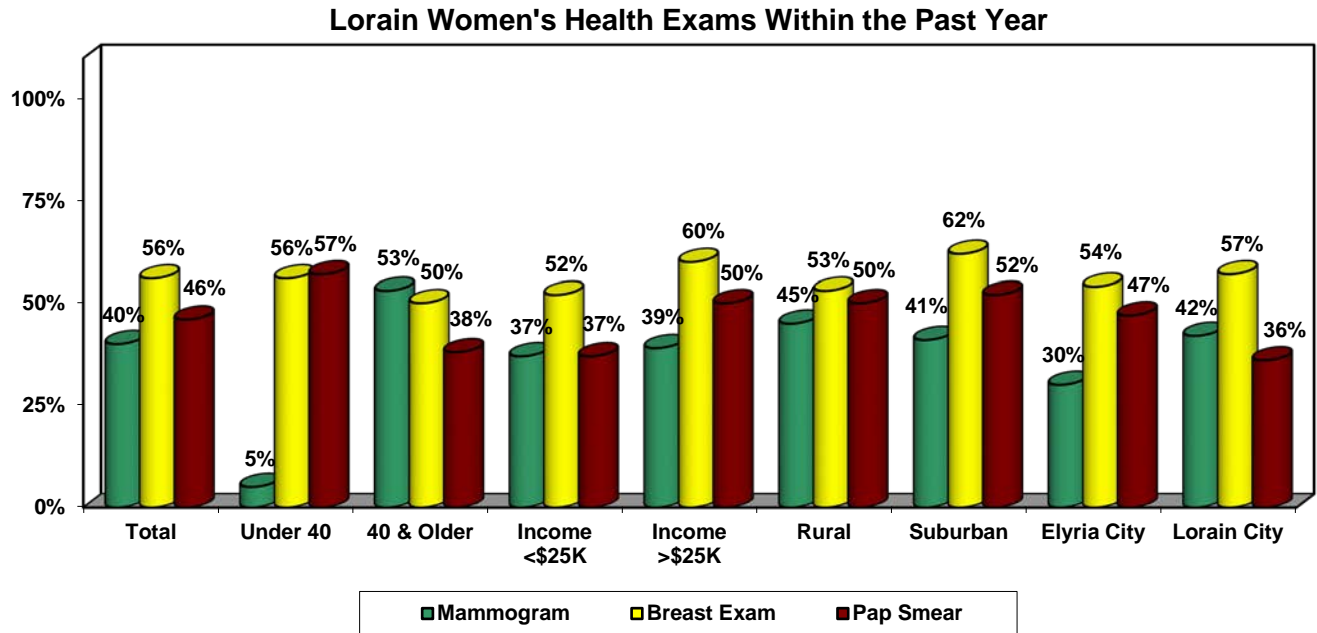
Ohio Female Leading Types of Death 2006 - 2008

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

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

Women's Health

The following graph shows the percentage of Lorain County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 40% of Lorain County females have had a mammogram within the past year, 56% have had a clinical breast exam, and 46% have had a Pap smear.



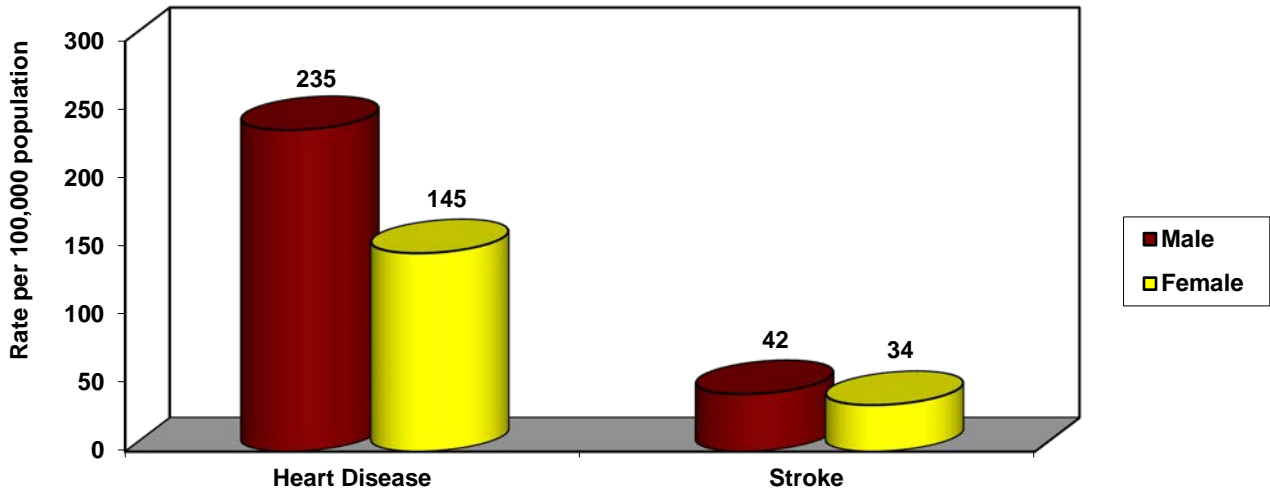
2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Age 40 and over had a mammogram in the past 2 years	79%	74%	76%

Women's Health

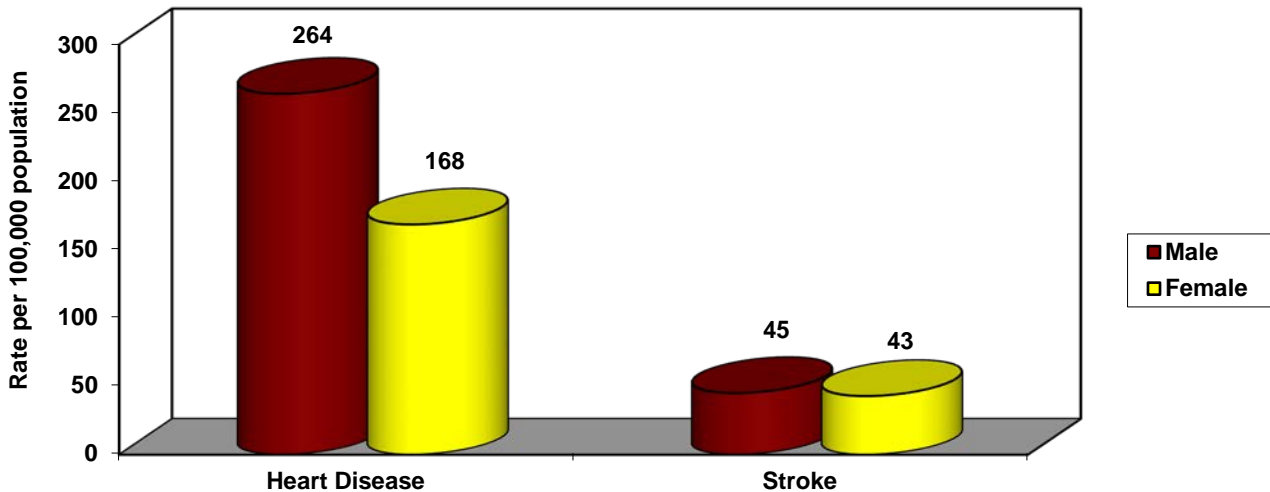
The following graphs show the Lorain County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

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

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



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



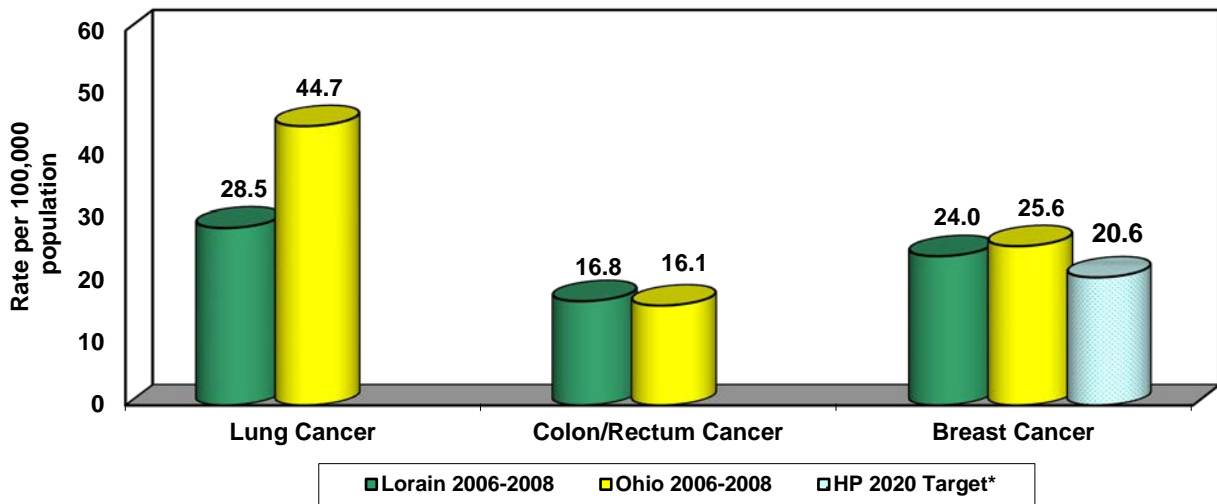
(Source for graphs: ODH Information Warehouse, updated 4-15-10)

Women's Health

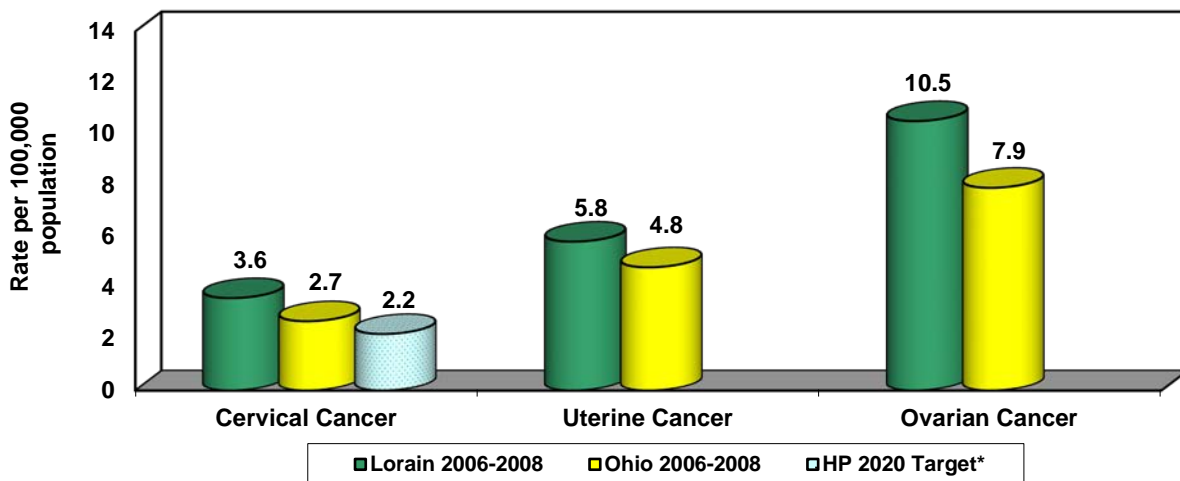
The following graphs show the Lorain County age-adjusted mortality rates per 100,000 population for women's health with comparison to Healthy People 2020 objectives when available. The graphs show:

- ◆ From 2006-2008, the Lorain County age-adjusted mortality rate for female lung cancer was less than the Ohio rate.
- ◆ From 2006-2008, the Lorain County age-adjusted breast cancer mortality rate was lower than the Ohio rate but higher than the Healthy People 2020 target objective.
- ◆ The Lorain County age-adjusted uterine, and ovarian cancer mortality rates for 2006-2008 were all higher than the state rates.

Lorain County Female Age-Adjusted Cancer Mortality Rates



Lorain 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)*

Men's Health

Key Findings

In 2011, more than half (58%) of Lorain County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. Nearly half (47%) of males over the age of 50 had a digital rectal exam in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 26% of all male deaths in Lorain County from 2006-2008. The health assessment determined that 7% of men had a heart attack, and 3% had a stroke at some time in their life. Two-fifths (40%) of men had been diagnosed with high blood pressure, 71% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity (34%), are known risk factors for cardiovascular diseases.

Men's Health Screenings

- ◆ More than half (57%) of Lorain County males had a Prostate-Specific Antigen (PSA) test at some time in their life, and 32% had one in the past year.
- ◆ 61% of men had a digital rectal exam in their lifetime, and 26% had one in the past year.
- ◆ 87% of males age 50 and over had a PSA test at some time in their life, and 58% had one in the past year.
- ◆ 90% of males age 50 and over had a digital rectal exam at some time in their life, and 47% have had one in the past year.
- ◆ 2% of men had been told they had prostate cancer.

Men's Health Concerns

- ◆ From 2006-2008, major cardiovascular diseases (heart disease and stroke) accounted for 28% of all male deaths in Lorain County (Source: ODH Information Warehouse).
- ◆ In 2011, the health assessment determined that 7% of men had a heart attack and 3% had a stroke at some time in their life.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Lorain County the 2011 health assessment has identified that:
 - 22% of all men were current smokers(19% U.S., 23% Ohio, 2010 BRFSS)
 - 74% were overweight or obese (71% U.S., 73% Ohio, 2010 BRFSS)
 - 37% were diagnosed with high blood cholesterol (40% U.S., 43% Ohio, 2009 BRFSS)
 - 40% were diagnosed with high blood pressure (30% U.S., 33% Ohio, 2009 BRFSS)
 - 41% were exercising less than three days per week (includes 2% who were unable to exercise)
 - 13% have been diagnosed with diabetes (9% U.S., 10% Ohio, 2010 BRFSS)
- ◆ From 2006-2008, the leading cancer deaths for Lorain County males were lung, colorectal, prostate, and non-Hodgkin's lymphoma cancers (Source: ODH Information Warehouse). Statistics from the same period for Ohio males show lung, prostate, colorectal, and pancreas cancers as the leading cancer deaths.

Lorain County Male Leading Types of Death 2006 - 2008

1. Cancers (26% of all deaths)
2. Heart Diseases (24%)
3. Chronic Lower Respiratory Diseases (7%)
4. Accidents, Unintentional Injuries (5%)
5. Stroke (4%)

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

Ohio Male Leading Types of Death 2006 - 2008

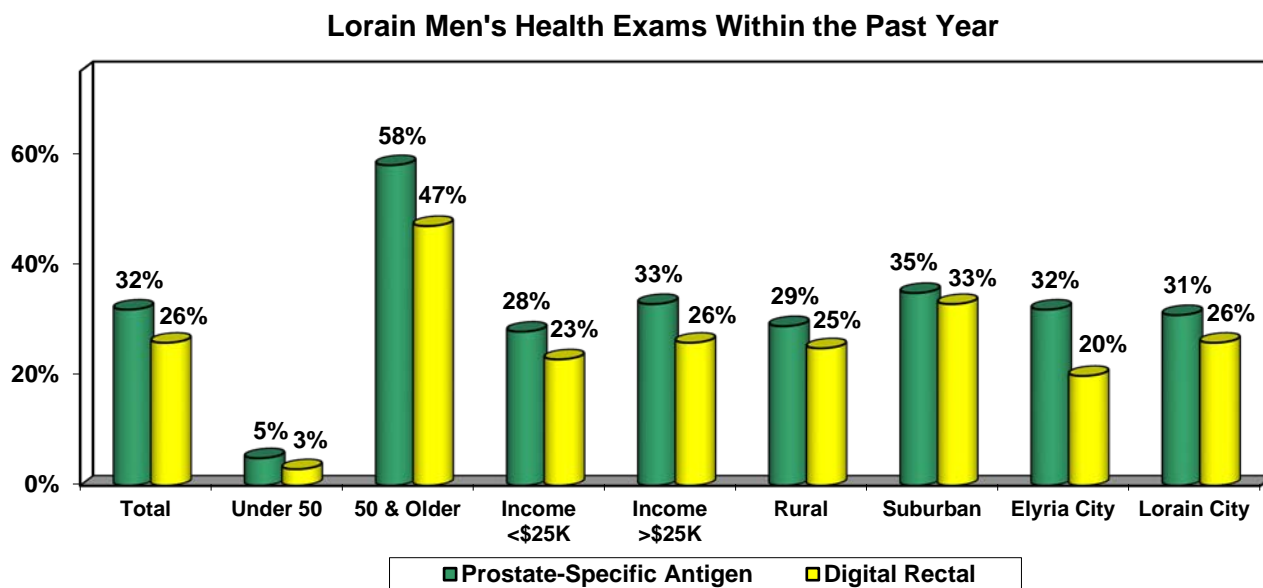
1. Heart Diseases (26% of all deaths)
2. Cancers (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (4%)

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

2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Had a PSA test in within the past year	32%	N/A	N/A
Had a digital rectal exam within the past year	26%	N/A	N/A
Been diagnosed with prostate cancer	2%	N/A	N/A

Men's Health

The following graph shows the percentage of Lorain County males surveyed that have had the listed health exams in the past year. Examples of how to interpret the information shown on the graph include: 32% of Lorain County males have had a PSA test within the past year and 26% have had a digital rectal exam.



Men's Health Issues

- ❖ Heart disease and cancer are the top two causes of death for males in all races.
- ❖ The most commonly diagnosed cancers among men are prostate, lung and colorectal and bladder.
- ❖ Cigarette smoking is more common among men than women.
- ❖ During 2000-2006, men were more likely than women to be deaf or have trouble hearing.
- ❖ In 2007, almost three quarters of HIV/AIDS diagnoses among adolescents and adults were for males.
- ❖ In 2006, male drivers are almost twice as likely as their female counterparts to die in a motor vehicle crash.
- ❖ In 2007, males were 3.7 times as likely to die from unintentional drowning, than females.
- ❖ In almost every age group, traumatic brain injury rates are higher for males than for females.
- ❖ In 2007, seven out of 10 people who were injured by fireworks were male.
- ❖ From 1991 to 2006, suicide rates were consistently higher among males.

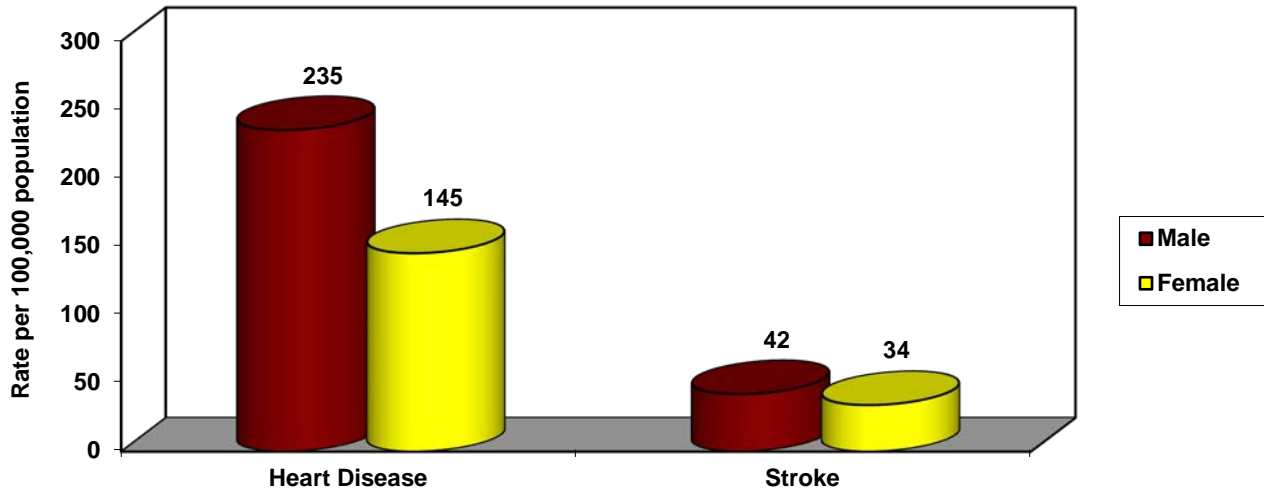
(Source: CDC, Men's Health at CDC, 6/14/2010 from <http://www.cdc.gov/Features/MensHealthatCDC/>)

Men's Health

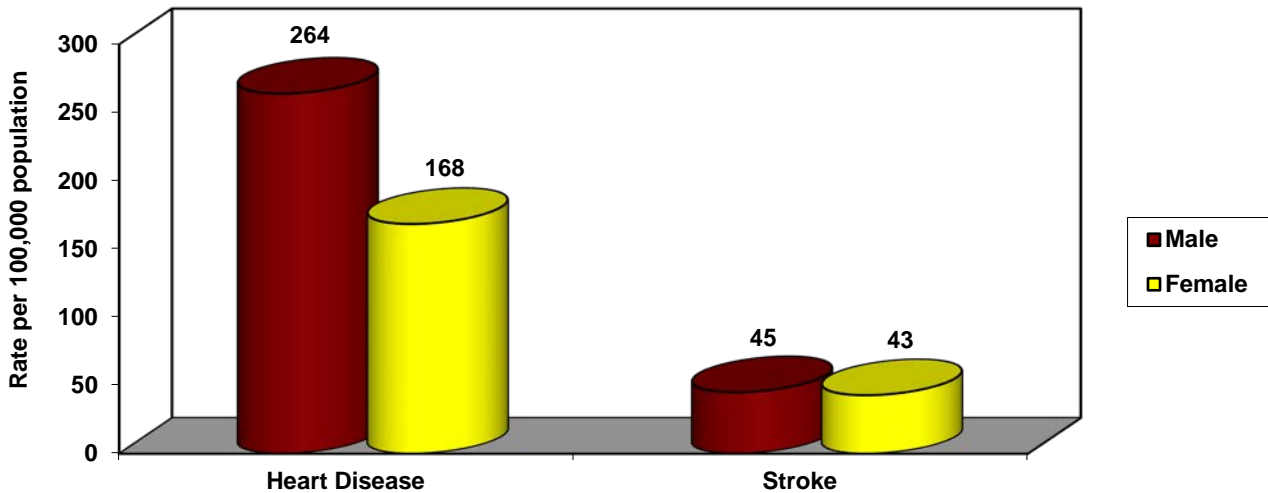
The following graphs show the Lorain County and Ohio age-adjusted mortality rates per 100,000 population for men's cardiovascular diseases. The graphs show:

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

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



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



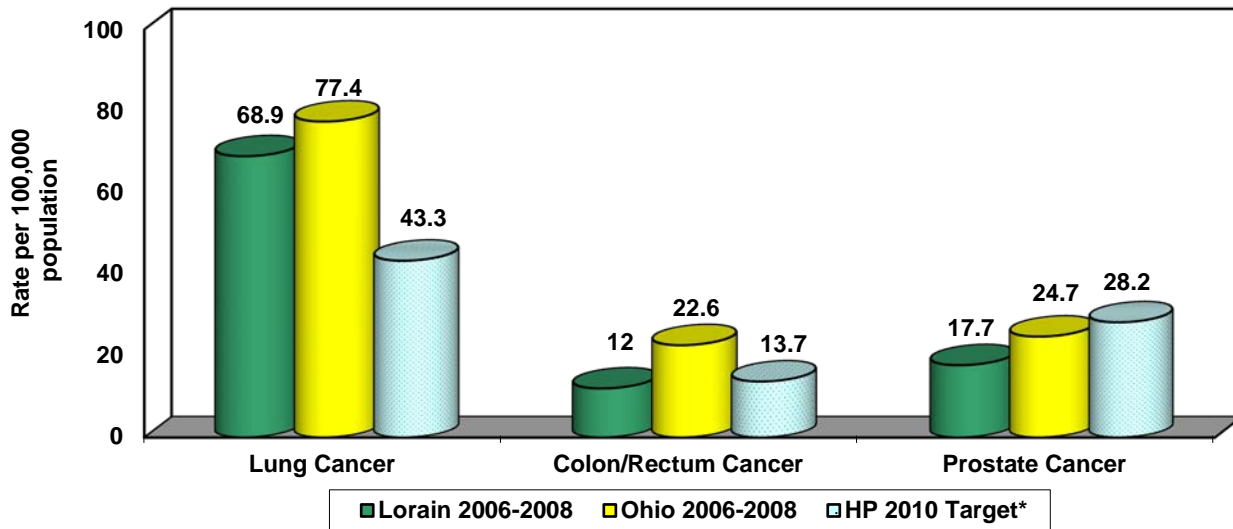
(Source for graphs: ODH Information Warehouse, updated 4-15-10)

Men's Health

The following graph shows the Lorain County age-adjusted mortality rates per 100,000 population for men's health with comparison to Healthy People 2020 objectives. The graph shows:

- ◆ From 2006-2008, the Lorain County age-adjusted mortality rate for male lung cancer was less than the Ohio rate.
- ◆ The age-adjusted prostate cancer mortality rate in Lorain County for 2006-2008 was lower than the Ohio rate and the Healthy People 2020 objective.

Lorain 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)*

Adult Preventive Medicine and Health Screenings

Key Findings

More than two-fifths (43%) of adults had a flu shot during the past 12 months. 29% of adults have had a pneumonia shot in their life, increasing to 68% of those ages 65 and over.

Preventive Medicine

- ◆ More than two-fifths (43%) of Lorain County adults had a flu vaccine during the past 12 months.
- ◆ Of those who had a flu vaccine, 97% had the shot and 3% had the nasal spray.
- ◆ More than one-quarter (29%) of adults have had a pneumonia shot in their life, increasing to 68% of those ages 65 and over.

Ways to Prevent the Seasonal Flu

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

(Source: CDC, Preventing the Flu: Good Health Habits can Help Stop Germs 11-8-2010)

Preventive Health Screenings and Exams

- ◆ 26% of adults have been screened for skin cancer in their life.
- ◆ 11% of adults have had their eyes examined by a doctor or eye care provider in past month; 40% have had their eye examined in the past year, and an additional 19% had their eyes examined within the past two years.
- ◆ In the past year, 53% of women ages 40 and over have had a mammogram.
- ◆ In the past year, 58% of men ages 50 and over had a Prostate-Specific Antigen (PSA) test.
- ◆ See the Women and Men's Health Section for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Lorain County adults.

Preventive Counseling Services

- ◆ Lorain County adults indicated that their doctor or other health professional had discussed the following topics with them within the past year: physical activity or exercise (42%), diet or eating habits (36%), immunizations (23%), significance of family health history (21%), depression/anxiety/emotional problems (18%), quitting tobacco use (13%), sexual practices (9%), injury prevention (8%), alcohol use (7%), illicit drug use (4%), prescription drug abuse/misuse (4%), over-the-counter drug abuse/misuse (3%), and domestic violence (3%).

Lorain County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Cholesterol	36%
Diagnosed with High Blood Pressure	35%
Diagnosed with Diabetes	13%
Diagnosed with a Heart Attack	6%
Diagnosed with a Stroke	2%

(Percents based on all Lorain County adults surveyed)

Environmental Health

Key Findings

Insects and mold were the two most important perceived environmental health issues that threatened Lorain County adults' health in the past year.

Environmental Health

- ◆ Lorain County adults thought the following threatened their health in the past year:
 - Insects (15%)
 - Mold (10%)
 - Rodents or mice (5%)
 - Temperature regulation (5%)
 - Unsafe water supply (5%)
 - Plumbing problems (4%)
 - Chemicals found in household products (3%)
 - Sewage/waste water problems (3%)
 - Safety hazards (2%)
 - Bed bugs (1%)
 - Lice (1%)
 - Cockroaches (1%)
 - Lead paint (1%)
 - Asbestos (1%)
 - Radon (1%)
 - Radiation (<1%)
 - Excess medications in their home (<1%)

Potential Health Effects of Mold

- ❖ Mold does not always cause health problems indoors.
- ❖ People who are sensitive to mold may experience nasal stuffiness, eye irritation, wheezing, or skin irritation when exposed to mold.
- ❖ Severe reactions include a fever and shortness of breath.
- ❖ Increased risk for infections that may develop into fungal infections is more likely in people with chronic lung diseases like COPD and immune-compromised people.

*(Source: CDC, National Center for Environmental Health, Facts about *Stachybotrys chartarum* and Other Molds, Obtained from: <http://www.cdc.gov/mold/stachy.htm>)*

Disaster Preparedness

- ◆ Lorain County households had the following disaster preparedness supplies: cell phone (89%), working flashlight and working batteries (87%), working battery operated radio and working batteries (49%), 3-day supply of nonperishable food for everyone who lives there (50%), 3-day supply of prescription medication for each person who takes prescribed medicines (48%), and 3-day supply of water for everyone in the household (1 gallon of water per person per day) (33%).
- ◆ 4% of adults had no disaster preparedness supplies.

Additional Items to Consider Adding to Basic Emergency Supply Kit

- Prescription medications and glasses
- Sleeping bag or warm blanket for each person
- Additional clothing including a long sleeved shirt, pants and sturdy shoes
- Household unscented chlorine bleach and medicine dropper
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Books, games, puzzles or other activities for children
- Family documents such as copies of insurance policies & bank account records in a waterproof, portable container
- Cash or traveler's checks
- Fire extinguisher
- Matches in a waterproof container
- Paper and pencil
- Infant formula and diapers

Source: Federal Emergency Management Agency (FEMA), Ready: Prepare. Plan. Stay Informed., Emergency Supply List, Obtained from: <http://www.ready.gov/america/downloads/checklist3.pdf>)

Adult Sexual Behavior and Pregnancy Outcomes

Key Findings

In 2011, two-thirds (66%) of Lorain County adults had sexual intercourse. Six 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, 2009 STD Surveillance).

Adult Sexual Behavior

- ◆ Two-thirds (66%) of Lorain County adults had sexual intercourse in the past year.
- ◆ 6% of adults reported they had intercourse with more than one partner in the past year, increasing to 19% of those under the age of 30.
- ◆ Lorain County adults used the following methods of birth control: abstinence (28%), vasectomy (14%), tubes tied (12%), condoms (11%), hysterectomy (11%), birth control pill (8%), withdrawal (5%), IUD (2%), rhythm method (2%), diaphragm (2%), shots (1%), contraceptive implants (<1%), emergency contraception (<1%), and other methods (1%).
- ◆ 10% of Lorain County adults were not using any method of birth control.
- ◆ Lorain County adults did not use birth control for the following reasons:
 - They have had a vasectomy, tubes tied, or hysterectomy (31%)
 - They or their partner is too old (16%)
 - They did not think they were going to have sex (no regular partner) (5%)
 - They wanted to get pregnant (4%)
 - They did not think they or their partner could get pregnant (3%)
 - They have a same sex partner (2%)
 - They did not want to use birth control (2%)
- ◆ 36% of adults have had an HIV test at some time in their life.
- ◆ Lorain County adults who had an HIV test did so for the following reasons: pregnancy (20%), just to find out if they were infected (14%), routine check-up (12%), hospitalization/surgical procedure (10%), to apply for life insurance (10%), part of blood donation process (7%), employment (4%), military induction/service (3%), to apply for a marriage license (2%), doctor referral (2%), occupational exposure (2%), referred by sex partner (1%), illness (1%), to apply for health insurance (<1%), because they are at risk for HIV (<1%), and other reasons (4%).
- ◆ 7% of adults had been forced to have sexual activity when they did not want to, increasing to 12% of females and 12% of those under the age of 30.
- ◆ 17% of adults engaged in sexual activity following alcohol or other drug use that they would not have done if sober.

Ways to Have Safer Sex

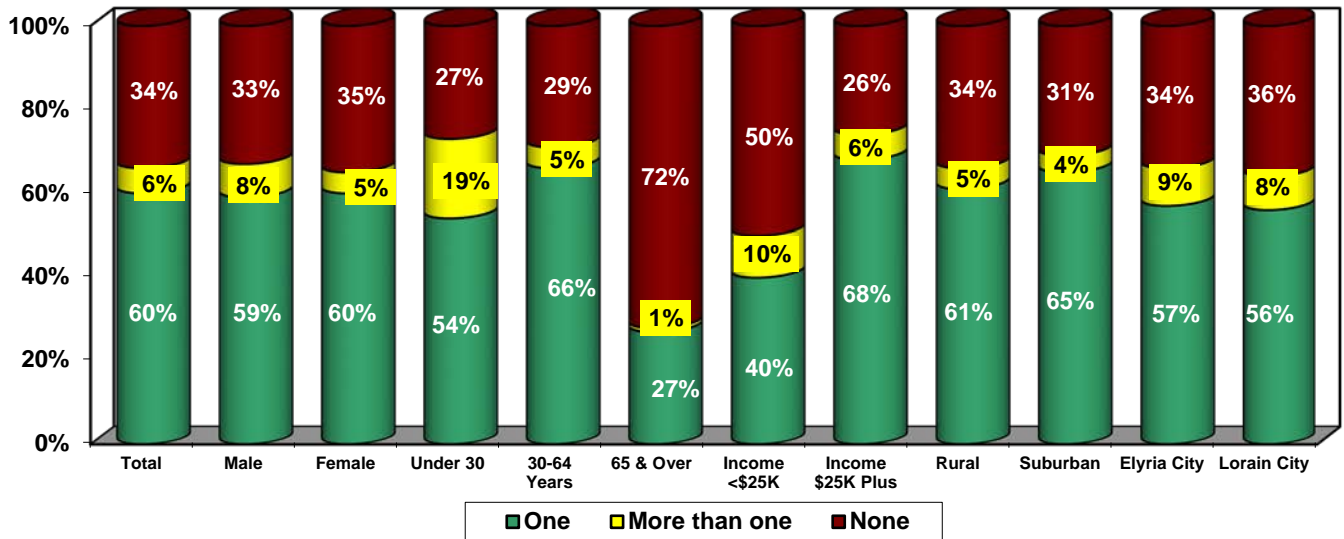
- ◆ Be honest with your partner.
- ◆ Protect yourself and your partner from body fluids.
- ◆ Sexual play without intercourse can be enjoyable and safer than intercourse.
- ◆ Ask questions about partner's history (drugs, sexual partners, and whether or not they've been tested).
- ◆ Get the correct treatment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

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

Adult Sexual Behavior and Pregnancy Outcomes

The following graph shows the sexual activity of the Lorain County adults. Examples of how to interpret the information in graph one include: 60% of all Lorain County adults had one sexual partner in the last 12 months and 6% had more than one, and 59% of males had one partner in the past year.

Number of Sexual Partners in the Past Year



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

Risk Factors for Contracting Sexually Transmitted Infections

- ❖ Having unprotected sex
- ❖ Transmission from mother to infant
- ❖ Having multiple sex partners
- ❖ Injecting drugs
- ❖ Having a history of one or more STIs
- ❖ Abusing alcohol or using recreational drug

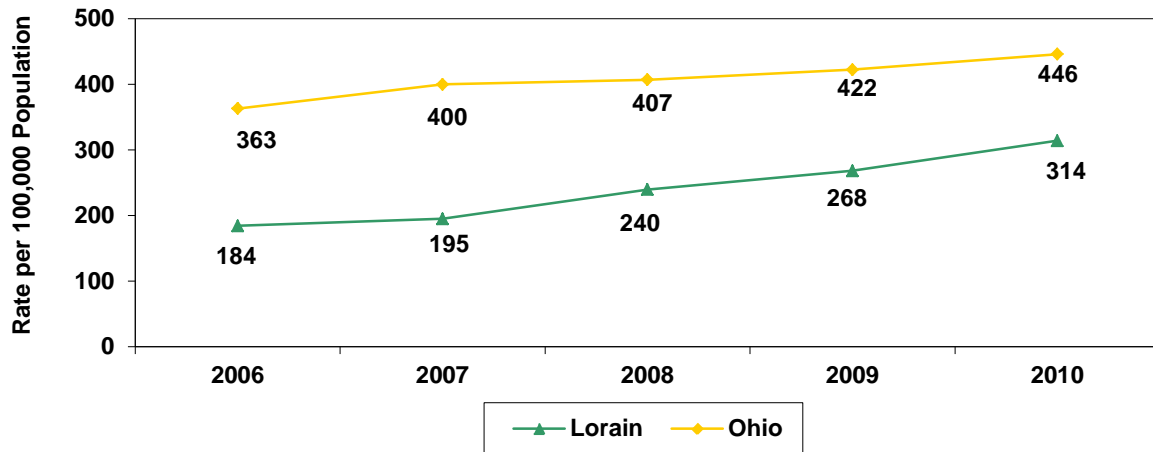
(Source: Mayo Foundation for Medical Education and Research, 2-24-2011)

Adult Sexual Behavior and Pregnancy Outcomes

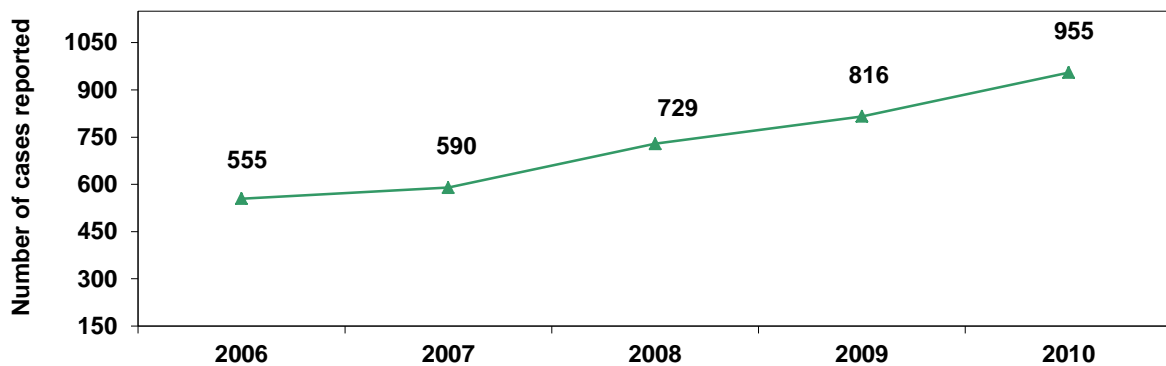
The following graphs show Lorain County chlamydia and gonorrhea disease rates per 100,000 population updated March 5, 2011 by the Ohio Department of Health. The graphs show:

- ◆ Lorain County chlamydia rates increased from 2006 to 2010. These rates remained well below Ohio rates.
- ◆ In 2009, the U.S. rate for new chlamydia cases was 409.2 per 100,000 population. *(Source: CDC, Sexually Transmitted Diseases Surveillance, 2009)*

Chlamydia Annualized Disease Rates for Lorain County and Ohio



Annualized Count of Chlamydia Cases for Lorain County

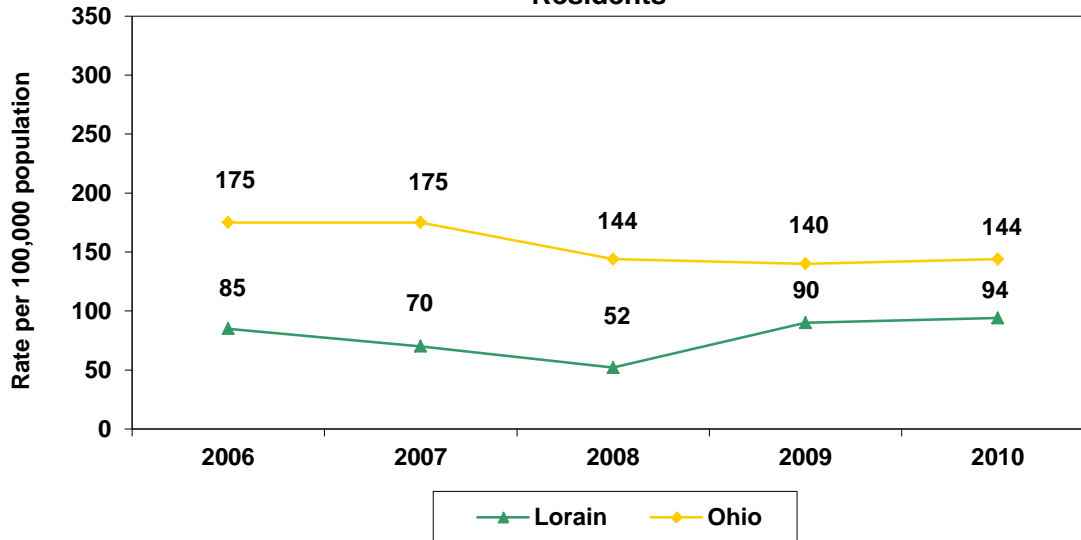


(Source for graphs: ODH, STD Surveillance, data reported through 3-5-2011)

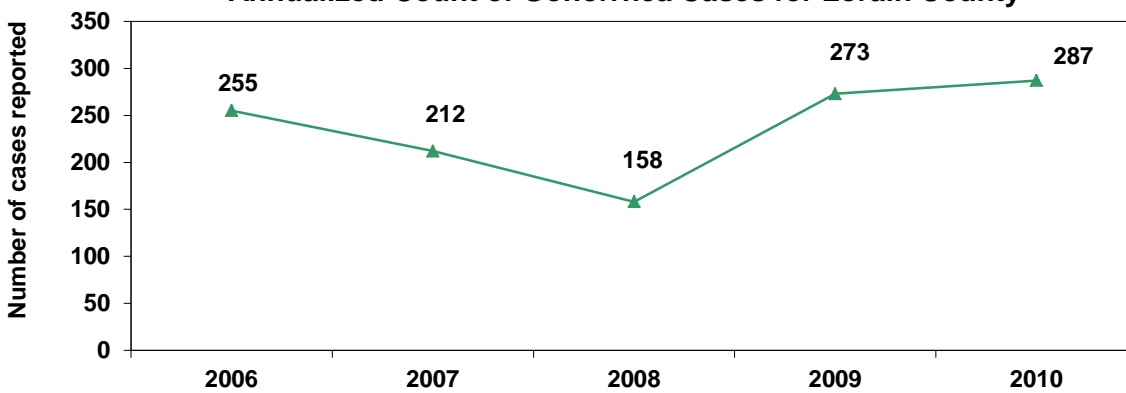
Adult Sexual Behavior and Pregnancy Outcomes

- ◆ The Lorain County gonorrhea rate fluctuated from 2006 to 2010.
- ◆ The Ohio gonorrhea rate decreased from 2007 to 2009, and increased in 2010.
- ◆ In 2009, the U.S. rate for new gonorrhea cases for the total population was 99.1 per 100,000 population.
(Source: CDC, Sexually Transmitted Diseases Surveillance, 2009)
- ◆ The Healthy People 2020 objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

Gonorrhea Annualized Disease Rates for Lorain County and Ohio Residents



Annualized Count of Gonorrhea Cases for Lorain County



(Source for graphs: ODH, STD Surveillance, data reported through 3-5-2011)

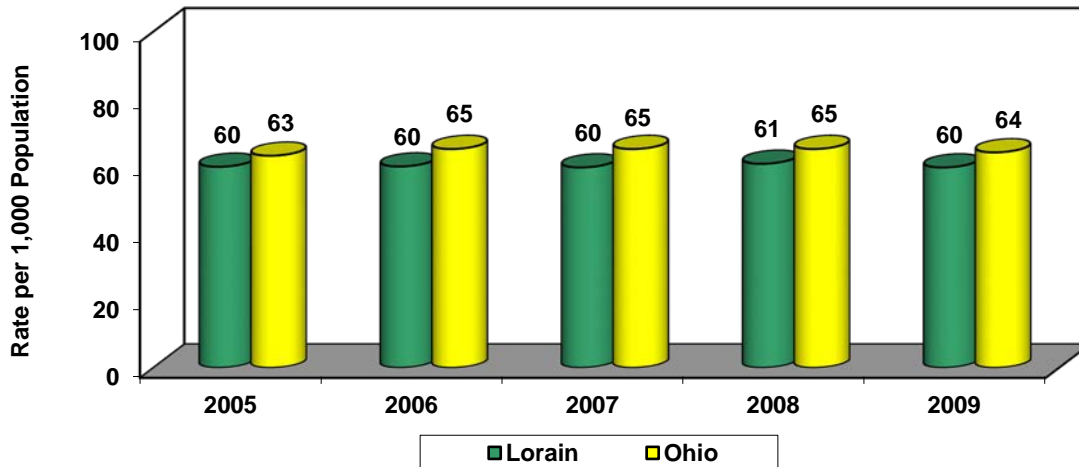
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

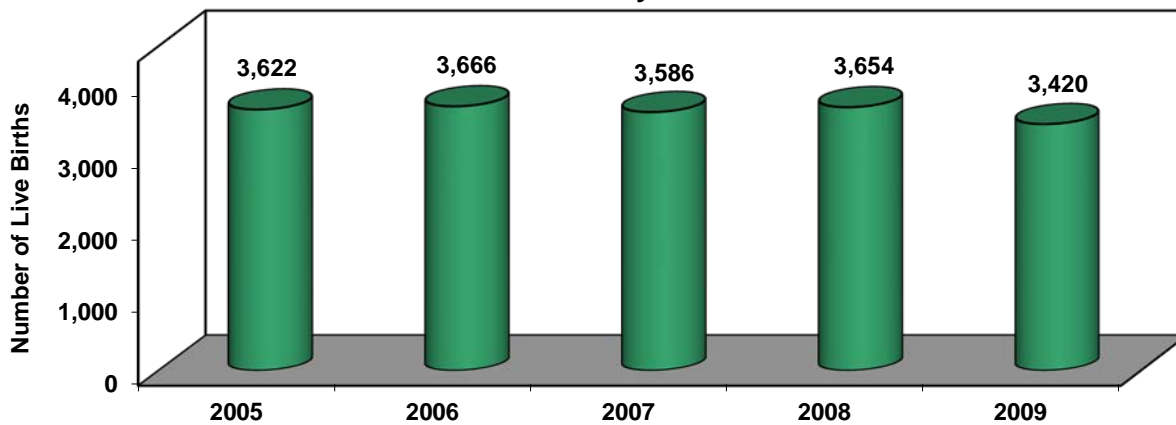
**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ From 2005-2009, there was an average of 3,590 live births per year in Lorain County.
- ◆ In 2009, the U.S. fertility rate was 66.7 per 1,000 women (*Source: ODH, Birth Statistics, 2009*).

Lorain County and Ohio Fertility Rates



Lorain County Total Live Births



(Source for graphs: ODH Information Warehouse Updated 6-30-11)

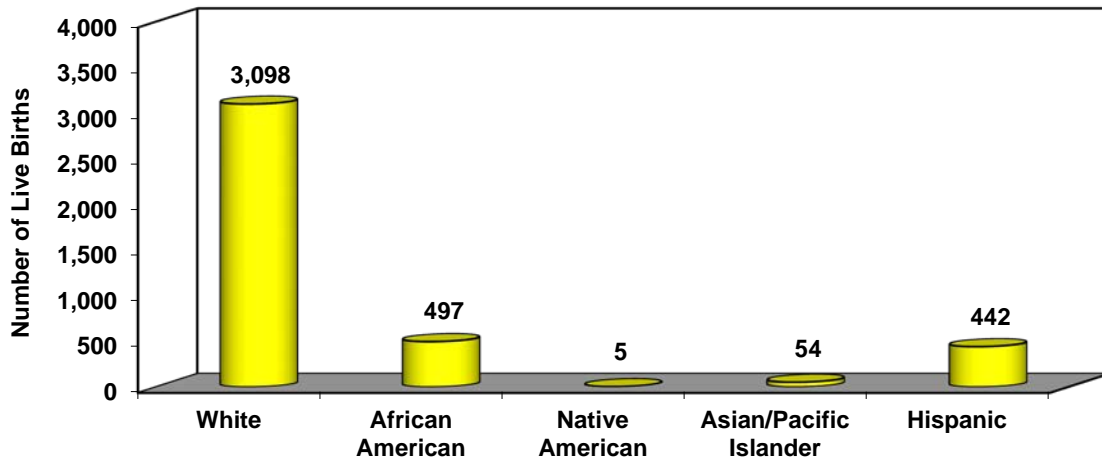
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

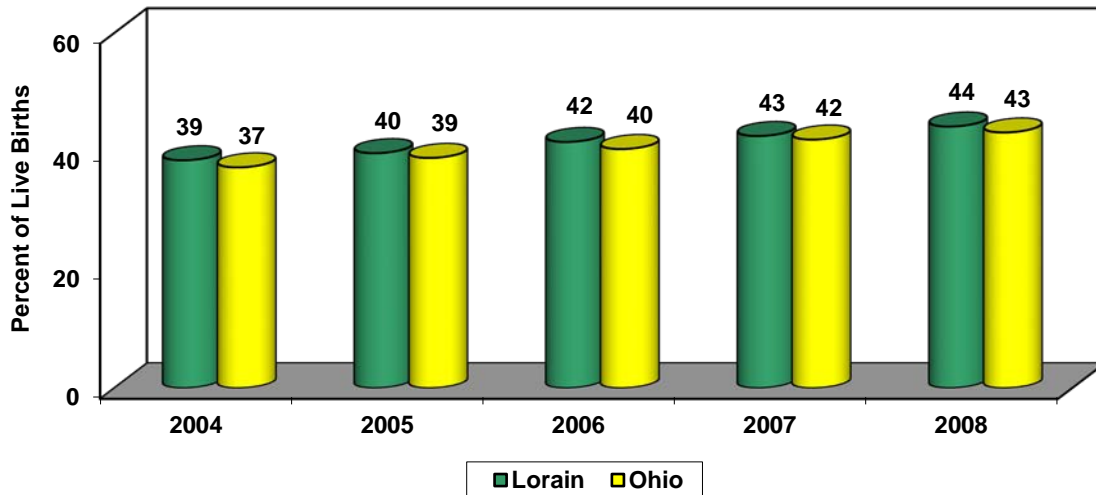
**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ The percentage of births to unwed mothers in Lorain was above the Ohio percentage each year from 2004 to 2008, and increased overall during the five year period.
- ◆ In 2009, 41% of U.S. births were to unwed mothers *(Source: National Center for Health Statistics 2009)*

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



Lorain County Unwed Births



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

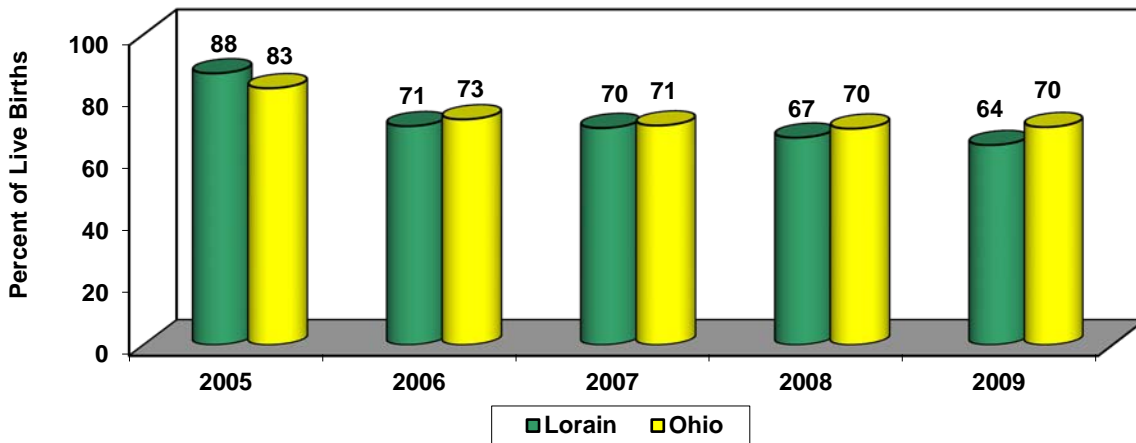
Adult Sexual Behavior and Pregnancy Outcomes

Pregnancy Outcomes

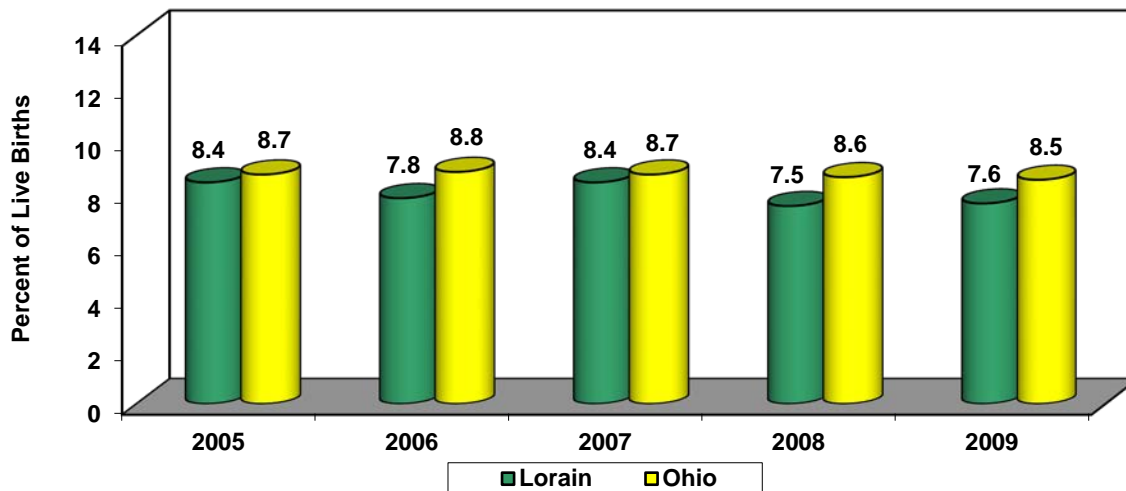
**Please note that the pregnancy outcomes data includes all births to adults and adolescents*

- ◆ In 2009, 70.2% of Ohio mothers received prenatal care during the first trimester (ODH, Birth Statistics, 2009).
- ◆ In 2009, 8.2% of all U.S. live births were low birth weight births (Source: National Center for Health Statistics 2009).

Lorain County Births with First Trimester Prenatal Care



Lorain County Low Birth Weight Births*



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

Youth Sexual Behavior and Teen Pregnancy Outcomes

Key Findings

Only three school districts asked all sexual health questions. One other school district asked limited sexual health questions in grades 7-12. In 2011, more than one-third (35%) of Lorain County youth have had sexual intercourse, increasing to 50% of those ages 17 and over. 44% of youth had participated in oral sex and 16% had participated in anal sex. 35% of youth participated in sexting. Of those who were sexually active, 60% had multiple sexual partners.

Youth Sexual Behavior

- ◆ Only three school districts asked all sexual health questions. One other school district asked limited sexual health questions in grades 7-12.
- ◆ More than one-third (35%) of Lorain County youth had sexual intercourse, increasing to 50% of those ages 17 and over. The 2011 YRBS reports that 47% of U.S. youth had sexual intercourse.
- ◆ 44% of youth had participated in oral sex.
- ◆ 16% of youth had participated in anal sex.
- ◆ 35% of youth had participated in sexting.
- ◆ 25% of youth had viewed pornography, increasing to 38% of males.
- ◆ Of those youth who were sexually active in their lifetime, 40% had one sexual partner and 60% had multiple partners. 13% of all Lorain County 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, 38% had done so by the age of 13. Another 56% had done so by 15 years of age. The average age of onset was 13.6 years old.
- ◆ Of all high school youth, 4% were sexually active before the age of 13 (2011 YRBS reports 6% for Ohio, and 6% for the U.S.).
- ◆ Lorain County youth had experienced the following: wanted to get pregnant (6%), been pregnant (2%), got someone pregnant (2%), had an abortion (2%), been treated for an STD (2%), had a miscarriage (1%), and had a child (1%).
- ◆ Nearly two-thirds (63%) of youth who were sexually active used condoms to prevent pregnancy, 25% used birth control pills, 14% used the withdrawal method, and 11% used Depo-Provera. However, 11% were engaging in intercourse without a reliable method of protection.

Facts About “Sexting”

- ❖ One in five teen girls (22%) say they have electronically sent, or posted online, nude or semi-nude images of themselves.
- ❖ Almost one in five teen boys (18%) say they have sent or posted nude/semi-nude images of themselves
- ❖ One-third (33%) of teen boys and one-quarter (25%) of teen girls say they have had nude/semi-nude images—originally meant to be private—shared with them.
- ❖ Fully one-third of young teen girls (ages 13-16) have received sexually suggestive messages.
- ❖ Nearly half of young people (49% total, 39% of teens, 59% of young adults) have sent sexually suggestive text messages or email messages to someone.

*(Source:
http://www.thenationalcampaign.org/sextech/PDF/SexTech_PressReleaseFIN.pdf, 2011)*

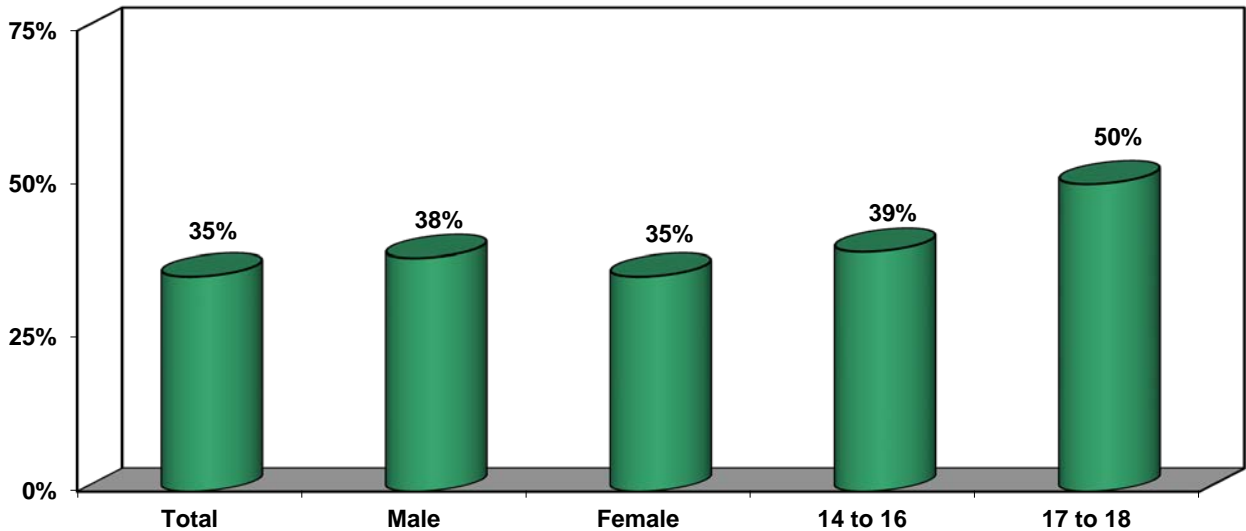
2011 Youth Comparisons	Lorain County 2011 (6 th – 12 th)	Lorain County 2011 (9 th – 12 th)	Ohio 2011 (9 th – 12 th)	U.S. 2011 (9 th – 12 th)
Ever had sexual intercourse	35%	42%	45%*	47%
Used a condom at last intercourse	63%	66%	60%*	60%
Used birth control pills at last intercourse	25%	30%	23%	18%
Had multiple sexual partners	60%	62%	N/A	N/A

*2007 YRBS

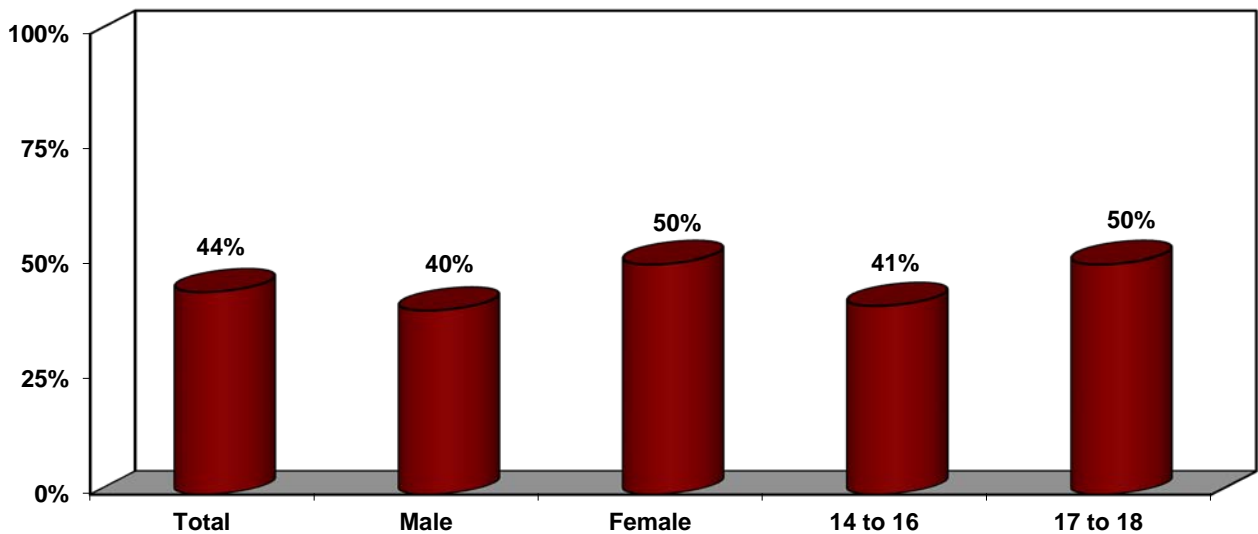
Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graphs show the percentage of Lorain County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 35% of all Lorain County youth had sexual intercourse, 38% of males, and 35% of females had sex.

Lorain County Youth Having Sexual Intercourse



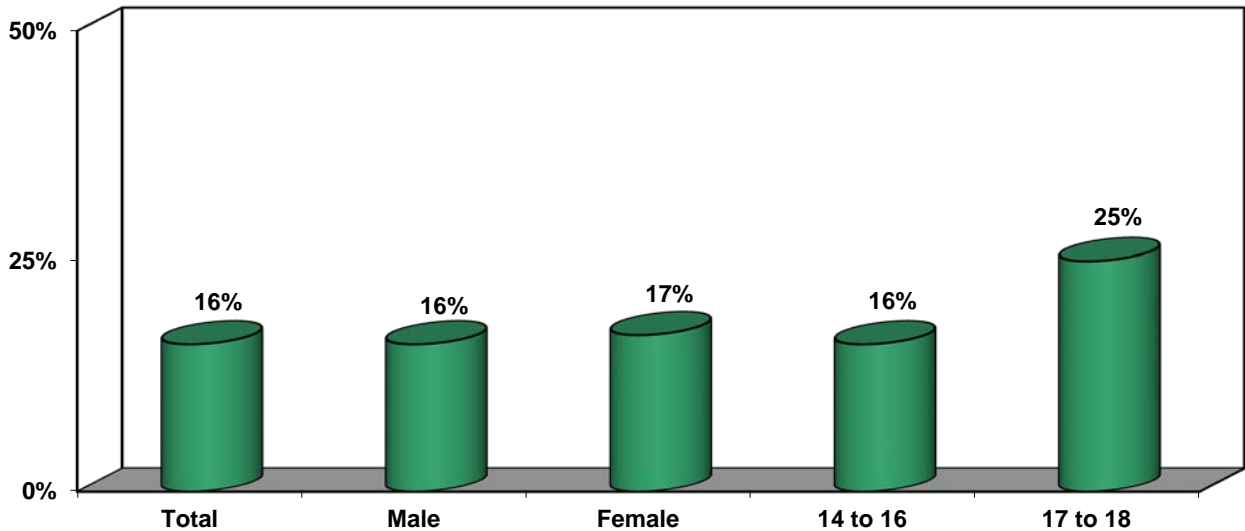
Lorain County Youth Participating in Oral Sex



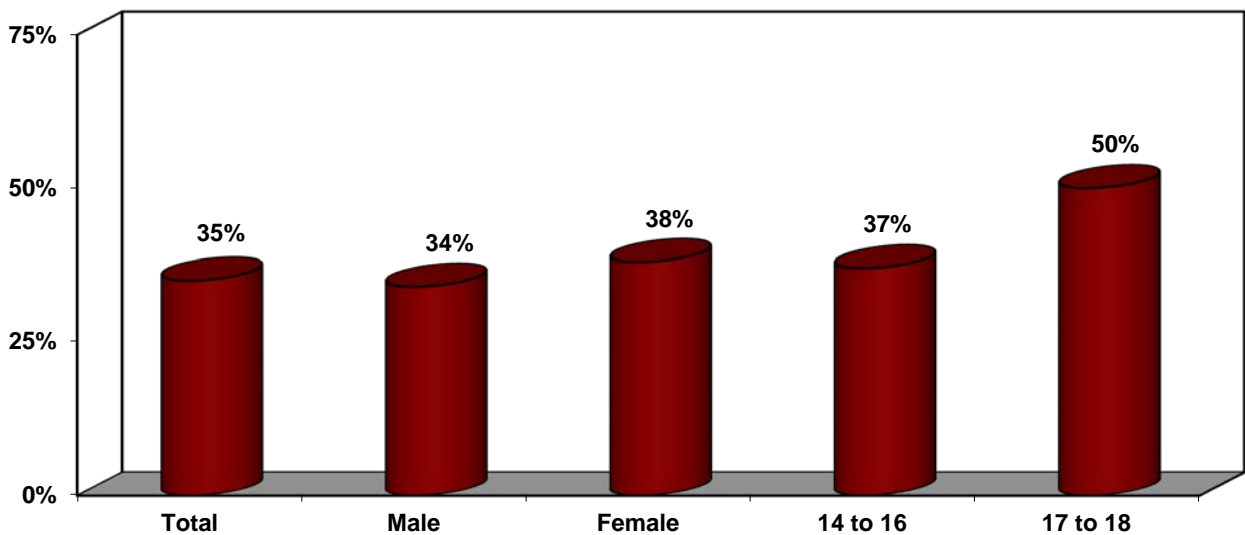
Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graphs show the percentage of Lorain County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 16% of all Lorain County youth participated in anal sex, 16% of males, and 17% of females.

Lorain County Youth Participating in Anal Sex

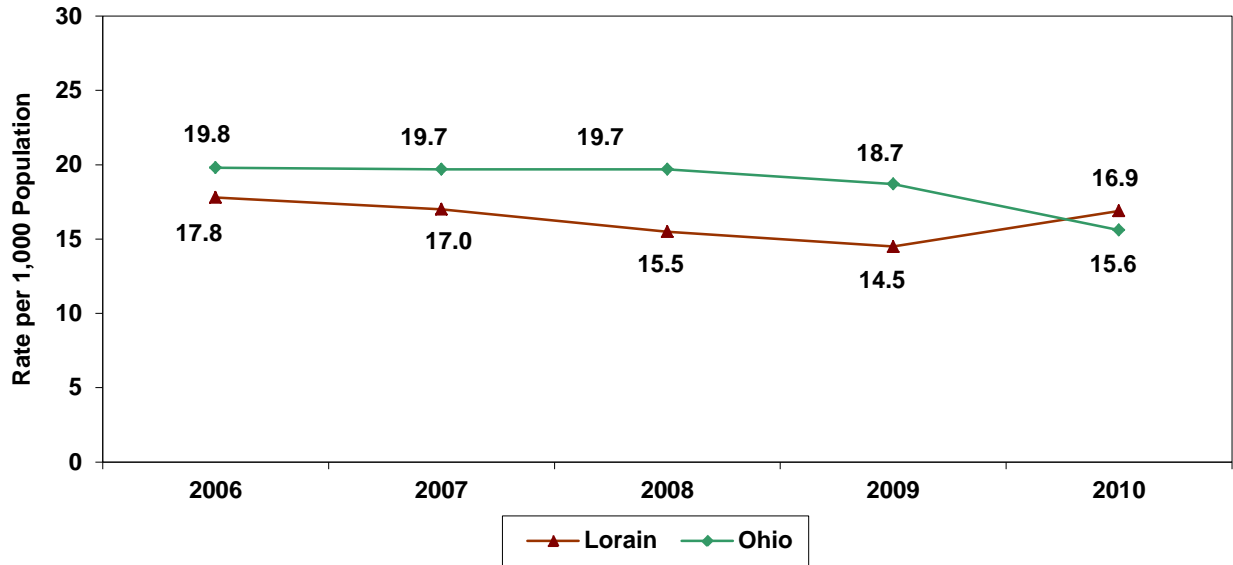


Lorain County Youth Participating in Sexting



Youth Sexual Behavior and Teen Pregnancy Outcomes

Teen Birth Rates for Lorain County and Ohio*



**Teen birth rates include women ages 15-17
(Source: Ohio Department of Health Information Warehouse Updated 4-12-12)*

Quality of Life

Key Findings

One in five (20%) Lorain County adults in 2011 reported they were limited in some way because of a physical, mental or emotional problem.

Impairments and Health Problems

- ◆ One in five (20%) Lorain County adults are limited in some way because of a physical, mental or emotional problem (22% Ohio, 21% U.S., 2010 BRFSS), increasing to 32% of those over the age of 65 and 31% of those with incomes less than \$25,000.
- ◆ Lorain County adults were told by a health professional they had the following: rheumatoid arthritis (5%), gout (4%), fibromyalgia (4%), and lupus (1%).
- ◆ Lorain County adults reported the following as the most limiting health problems: arthritis/rheumatism (19%), back or neck problems (19%), walking problems (12%), depression/anxiety/emotional problems (7%), lung/breathing problems (6%), eye/vision problems (6%), and hearing problems (6%).
- ◆ As a result of impairments or health problems, Lorain County adults needed help with the following: household chores (12%), shopping (8%), getting around for other purposes (8%), doing necessary business (6%), getting around the house (3%), bathing (2%), dressing (2%), and eating (1%).
- ◆ Lorain County adults reported needing the following equipment: eyeglasses for vision (37%), cane (7%), medical supplies (5%), wheelchair (4%), hearing aid/hearing care (3%), durable medical equipment (2%), mobility aids or devices (2%), communication aid or devices (1%), special bed (1%), and a special telephone (<1%).

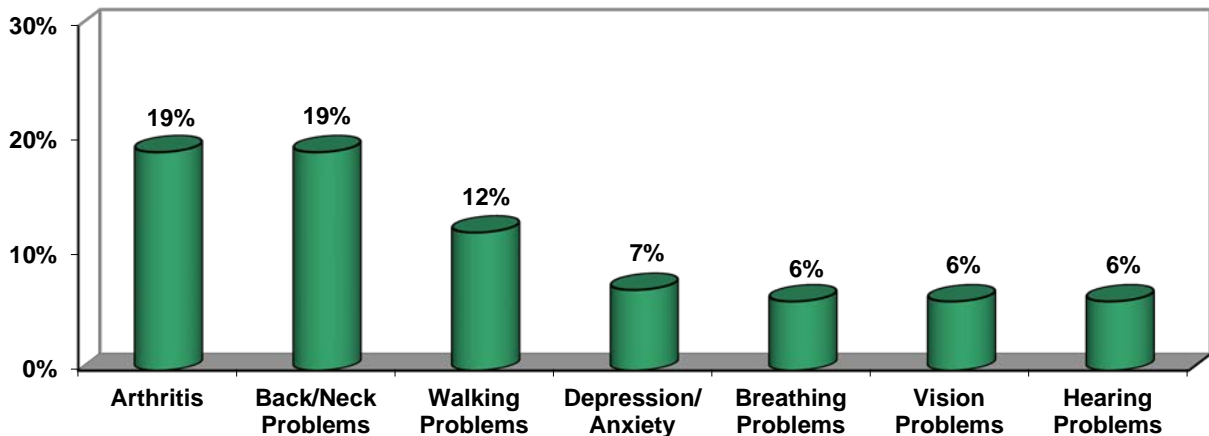
Back Pain Prevention

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.niams.nih.gov/Health_Info/Back_Pain/back_pain_ff.asp, updated 9/09)

Lorain County Most Limiting Health Problems



2011 Adult Comparisons	Lorain County 2011	Ohio 2010	U.S. 2010
Limited in some way due to physical, emotional, or mental problems	20%	22%	21%

Safety and Social Context

Key Findings

The health assessment identified that 24% of Lorain County adults kept a firearm in or around their home.

Safety

- ◆ Just under one-quarter (24%) of Lorain County adults kept a firearm in or around their home. 3% of adults reported they were unlocked and loaded.
- ◆ Of those with firearms, 37% have them for hunting, 34% have them for protection, 3% have them for work, and 7% have them for some other reason.
- ◆ 76% of adults reported always wearing their seatbelt while driving or riding in a car. An additional 13% reported wearing their seatbelt most of the time.
- ◆ Lorain County adult drivers reported doing the following while driving: talking on their cell phone (56%), eating (38%), texting (12%), using the Internet on their cell phone (4%), being under the influence of alcohol (3%), checking Facebook on their cell phone (2%), reading (1%), being under the influence of drugs (1%), and other things-such as applying makeup/shaving/etc. (2%).
- ◆ About 1 in 12 (8%) adults were abused the past year. Of those who were abused, 47% were abused by their spouse or partner, 29% by someone outside their home, 18% by a child, 11% by another family member inside the household, 10% by a parent, and 13% were abused by someone else.
- ◆ Lorain County adults reported their neighborhoods were: extremely safe (22%), safe (55%), slightly safe (17%), and not safe at all (4%).

Food Security in the United States

- ◆ At some point in 2010, 14.5% of households were uncertain of having, or unable to acquire, enough food to meet the needs of all of their members because they had insufficient money or other resources for food (food insecure).
- ◆ Approximately 9.1% (10.9 million) of U.S. households experienced low food security in 2010.

(Source: U.S. Department of Agriculture, Food Security in the United States: Statistics and Graphics, 2010)

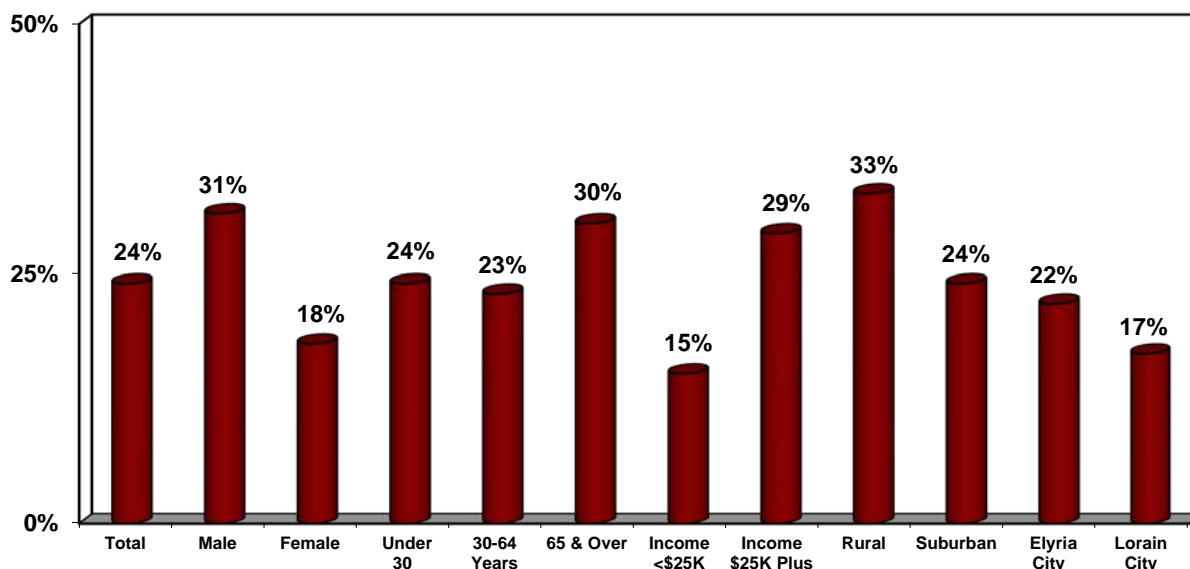
Social Context

- ◆ In the past year, adults sought assistance for the following: food (13%), rent/mortgage (9%), utilities (8%), free tax preparation (4%), transportation (4%), credit counseling (4%), legal aid services (2%), and clothing (1%).
- ◆ In the past year, Lorain County adults experienced the following stressors: a close family member going into the hospital (37%), the death of a family member or close friend (33%), having bills they could not pay (22%), someone in their household having their work hours reduced (10%), someone in their household losing their job (9%), someone close to them having an alcohol or drug problem (9%), moving to a new address (7%), having someone homeless living with them (4%), becoming separated or divorced (3%), someone in their household going to jail (2%), becoming homeless (1%), being involved in a physical fight (1%), and being hit or slapped by their spouse or partner (1%).
- ◆ Lorain County adults indicated they would have problems obtaining the following assistance if they needed it: someone to help pay for their medical expenses (17%), someone to loan them \$50 (15%), someone to help if they were sick and needed to be in bed (15%), someone to talk about their problems (12%), someone to take them to a clinic or doctor's office if they needed a ride (11%), someone to accompany them to their doctor's appointments (9%), back-up childcare (7%), and someone to explain directions from their doctor (5%).
- ◆ Adults indicated that Lorain County residents need more education about the following: distracted driving (44%), childhood obesity (40%), violence (39%), driving under the influence-DUI (39%), drug abuse (39%), teenage pregnancy (35%), bullying (34%), depression/anxiety/mental health (31%), tobacco use (27%), sexting (22%), speed (22%), suicide (20%), seat belt/restraint usage (19%), bicycle safety (13%), falls (8%), and other issues (5%).
- ◆ Adults ate a meal with all of the family members who live in their household an average of 6.1 meals per week.
- ◆ Adults slept an average of 6.8 hours per night.

Safety and Social Context

The following graph shows the percentage of Lorain County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 24% of all Lorain County adults kept a firearm in their home, 31% of males, and 24% of those under 30 kept a firearm in their home.

Lorain County Adults With a Firearm in the Home



Firearm Injury Prevention

According to The American College of Emergency Physicians (ACEP), the improper use of firearms results in death and injury. Below are some of the College supported efforts to prevent firearm-related injuries and deaths:

- ❖ Aggressively enforce current laws against illegal possession, purchase, sale, or use of firearms;
- ❖ Encourage the creation and evaluation of community and school-based education programs targeting the prevention of firearm injuries;
- ❖ Educate the public about the risks of improperly stored firearms, especially in the home;
- ❖ Increase funding for the development, evaluation, and implementation of evidence-based programs and policies to reduce firearm-related injury and death
- ❖ Work with stakeholders to develop comprehensive strategies to prevent firearm injury and death

(Source: Firearm Injury Prevention, Annals of Emergency Medicine, v. 57 issue 6, 2011, p. 691)

Adult Mental Health and Suicide

Key Findings

In 2011, 4% of Lorain County adults considered attempting suicide. 9% of Lorain County adults indicated they had a high stress level on a typical day.

Adult Mental Health

- ◆ 4% of Lorain County adults considered attempting suicide in the past year, increasing to 10% of those under the age of 30.
- ◆ Less than 1% of adults attempted suicide.
- ◆ Lorain County adults recently had a period of two or more weeks when they experienced the following: did not get enough sleep (36%), felt worried, tense or anxious (28%), felt very healthy and full of energy (21%) and felt sad, blue, or depressed nearly every day to the point they stopped doing usual activities (13%).
- ◆ 9% of adults indicated they had a high stress level on a typical day, increasing to 17% of those with incomes less than \$25,000. 41% had a low stress level, and 50% had a moderate stress level.
- ◆ Lorain County adults who needed a program or service to help with they or a loved one's depression, anxiety or emotional problems cited the following reasons for not using such programs: cost (23%), had not thought of it (21%), high co-pay/deductible (12%), stigma of seeking mental health services (10%), dissatisfied with previous services (9%), fear (8%), did not know how to find a program (8%), other priorities (8%), transportation (7%), could not get into an office/clinic (2%), and other reasons (16%).

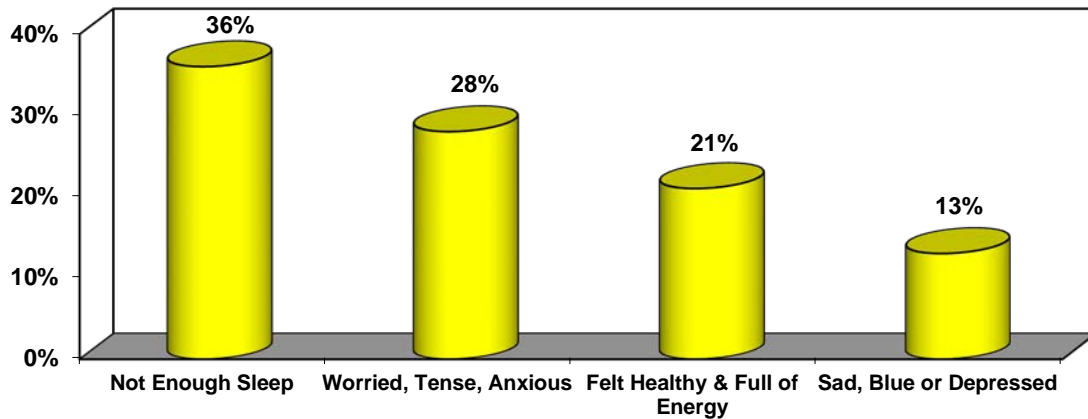
Stigma of Mental Illness

(Based on 2007 BRFSS data)

- ◆ Most adults with mental health symptoms (78%) and without mental health symptoms agreed that treatment can help persons with mental illness lead normal lives.
- ◆ 57% of adults believed that people care and are sympathetic to persons with mental illness.
- ◆ Only 25% of adults with mental health symptoms believed that people are caring and sympathetic to persons with mental illness.

(Sources: CDC, National Center for Chronic Disease Prevention and Health Promotion, Stigma of Mental Illness, July 2011, http://www.cdc.gov/mentalhealth/data_stats/mental-illness.htm)

Lorain County Adults Experienced For Two or More Weeks

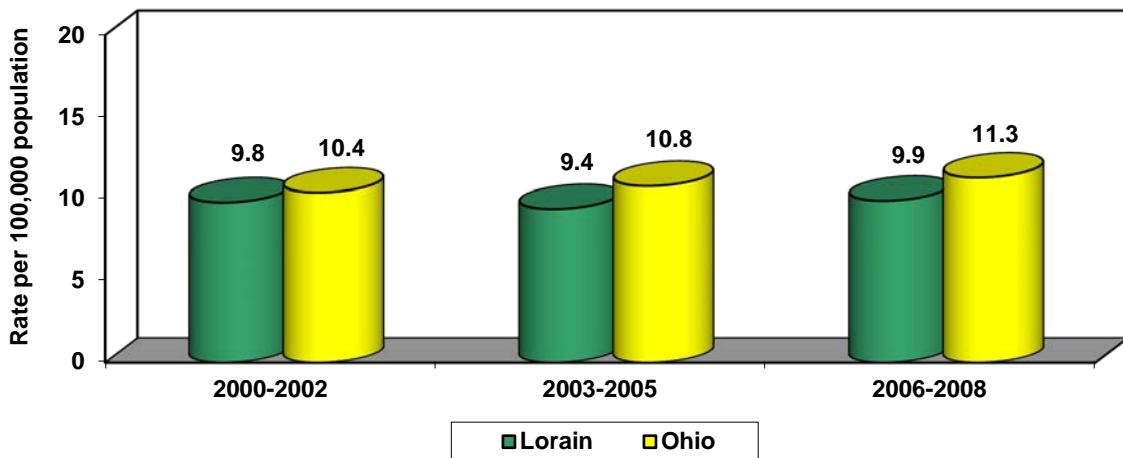


Adult Mental Health and Suicide

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

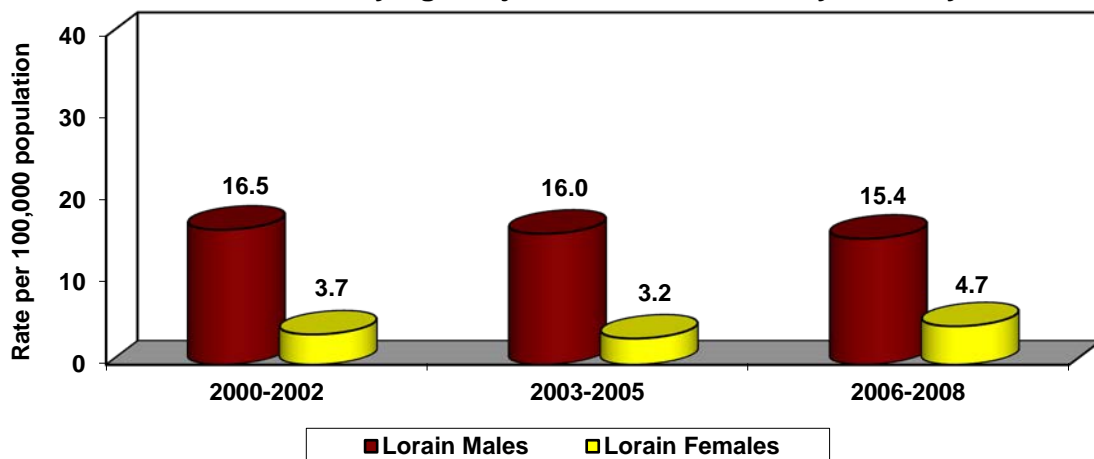
- ◆ The Lorain County age-adjusted suicide mortality rate fluctuated from 2000 to 2008, while the Ohio rate increased.
- ◆ The Lorain County male age-adjusted suicide rate consistently exceeded the female rate from 2000 to 2008.
- ◆ From 2006-2008, 24% of all Lorain County suicide deaths occurred to those ages 35-44 years old.

Lorain County Age-Adjusted Suicide Mortality Rates



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

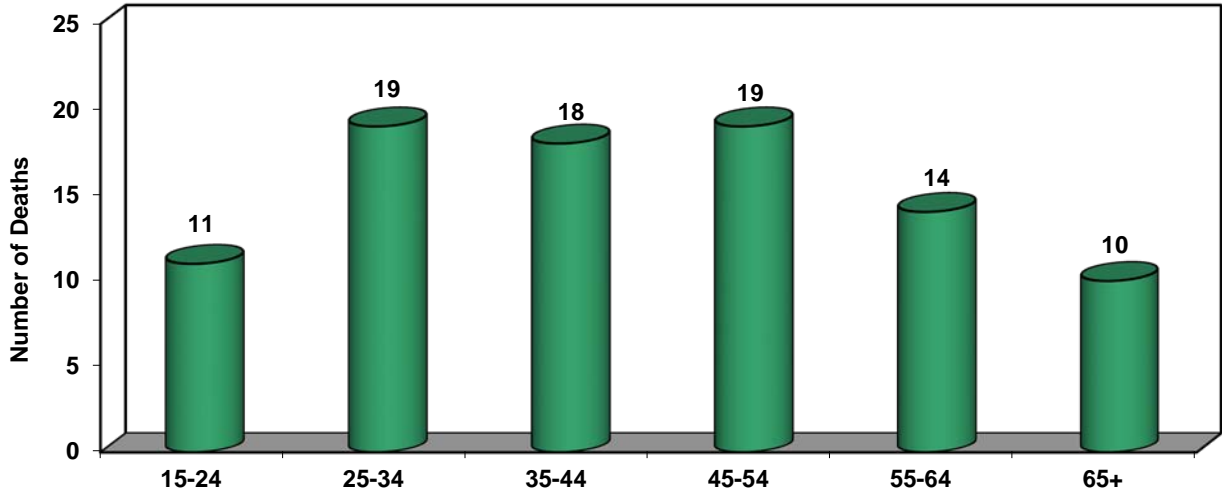
Lorain County Age-Adjusted Suicide Mortality Rates by Gender



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

Adult Mental Health and Suicide

**Lorain County Number of Suicide Deaths By Age Group
2006-2008
Total Deaths = 91**



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

Youth Mental Health and Suicide

Key Findings

The health assessment results indicated that 11% of Lorain County youth had seriously contemplated suicide in the past year and 6% admitted actually attempting suicide in the past year.

Youth Mental Health

- ◆ In 2011, 11% of Lorain County youth reported seriously considering attempting suicide in the past twelve months compared to the 2011 YRBS rate of 14% for Ohio youth and 16% for U.S. youth.
- ◆ In the past year, 6% of Lorain County youth had attempted suicide and 3% had made more than one attempt. The 2011 YRBS reported a suicide attempt prevalence rate of 9% for Ohio youth and a 8% rate for U.S. youth. Of those who attempted suicide, 27% of them resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. The HP 2020 Objective is 1.7% suicide attempts by adolescents.
- ◆ More than one-fifth (22%) of youth reported they felt sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities (2011 YRBS reported 27% for Ohio and 29% for the U.S.).
- ◆ When Lorain County youth are dealing with depression or suicide they usually talk to the following: best friend (29%), parents (14%), no one (13%), girlfriend/boyfriend (13%), brother/sister (9%), teacher (5%), school counselor (3%), pastor/priest (2%), coach (2%), youth leader (2%), professional counselor (2%), youth minister (1%), Scout Master/club advisor (1%), neighbor (1%), and someone else (6%).
- ◆ Lorain County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (38%), talking to someone (38%), hobbies (26%), exercising (21%), eating (19%), shopping (11%), breaking something (11%), writing in a journal (6%), smoking/using tobacco (6%), using illegal drugs (5%), self-harm (5%), drinking alcohol (5%), vandalism/violent behavior (5%), using prescribed medication (2%), using un-prescribed medication (1%), and gambling (1%).
- ◆ Lorain youth indicated the following would keep them from seeking help if they were dealing with anxiety, stress, depression or thought of suicide: they could handle it themselves (30%), worried about what others might think (19%), not knowing where to go (13%), lack of time (9%), paying for it (8%), their family would not support them in getting help (7%), and transportation (5%).

Mental Health and Suicide Facts

- ◆ Suicide is the 2nd leading cause of death among 25-34 year olds and the 3rd leading cause of death among 15-24 year olds.
- ◆ Firearms were used most often in suicides among males, while poisoning was the most common method for females.
- ◆ 2011 YRBS results show that 9% of Ohio high school youth actually attempted suicide in the past 12 months (10% of all females and 8% of all males) and 4% indicated that their suicide attempt required medical attention by a doctor or nurse.

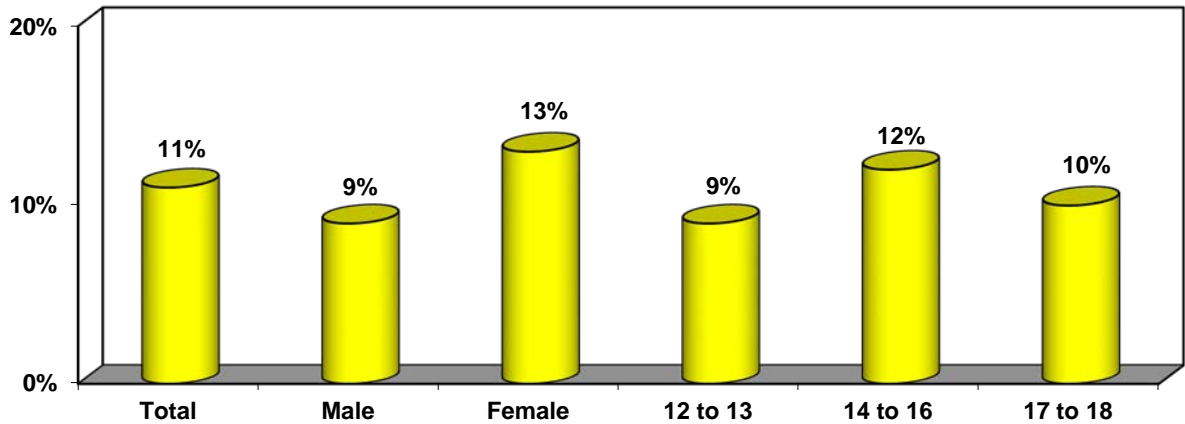
(Sources: CDC, NCIPC, Suicide, 2008; CDC, National Center for Chronic Disease Prevention and Health Promotion, YRBSS, Unintentional Injuries and Violence, 2011)

2011 Youth Comparisons	Lorain County 2011 (6 th -12 th)	Lorain County 2011 (9 th -12 th)	Ohio 2011 (9 th -12 th)	U.S. 2011 (9 th -12 th)
Youth who had seriously considered suicide	11%	12%	14%	16%
Youth who had attempted suicide	6%	7%	9%	8%

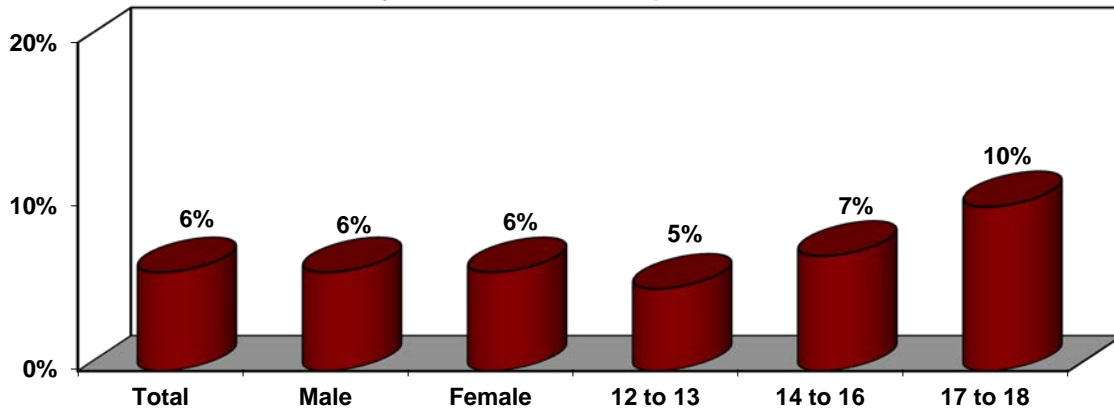
Mental Health and Suicide

The following graphs show the percentage of Lorain County youth who contemplated and/or attempted suicide in the past 12 months (i.e., the first graph shows that 11% of all youth had contemplated suicide, 9% of males and 13% of females).

Lorain County Youth Contemplated Suicide in Past 12 Months



Lorain County Youth Who Attempted Suicide in Past 12 Months



Mental Health and Suicide

Teen Suicide Signals

The strongest risk factors for attempted suicide in teens are:

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

In 2011, the *American Psychiatric Association* advises one should consult a mental health professional, parent, or school counselor if several of the following symptoms, experiences, or behaviors are present:

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

Suicide Risk Factors

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

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

(Source: CDC, National Center for Injury Prevention and Control, Risk and Protective Factors, <http://www.cdc.gov/ViolencePrevention/suicide/riskprotectivefactors.html>)

Suicide Protective Factors

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

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

(Source: CDC, National Center for Injury Prevention and Control, Suicide: Risk and Protective Factors, <http://www.cdc.gov/ViolencePrevention/suicide/riskprotectivefactors.html>)

Warning Signs of Suicide

Recognizing Warning Signs of Suicide in Others

- ❖ Withdrawal
- ❖ Unexpected rage or anger
- ❖ Pessimism
- ❖ Taking care of business-preparing for the family's welfare
- ❖ Unrelenting low mood
- ❖ Sleep problems
- ❖ Hopelessness
- ❖ Drug or alcohol abuse
- ❖ Desperation
- ❖ Recent impulsiveness and taking unnecessary risks
- ❖ Anxiety, psychic pain and inner tension risks
- ❖ Threatening suicide or expressing a strong wish to die
- ❖ Making a plan: giving away prized possessions, sudden or impulsive purchase of a firearm, or obtaining other means of killing oneself such as poisons or medications

(Source: American Foundation for Suicide Prevention, 2011)

Youth Safety and Support

Key Findings

In 2011, two-fifths (40%) of Lorain County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 44% of youth drivers texted while driving.

Personal Safety

- ◆ Two-fifths (40%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 47% of those 17-18 years old.
- ◆ In the past 30 days, 22% of youth had ridden in a car driven by someone who had been drinking alcohol and 17% had driven a car themselves after drinking alcohol.
- ◆ Lorain County youth drivers did the following while driving in the past month: talked on their cell phone (47%), texted (44%), ate (41%), used the Internet on their cell phone (11%), used Facebook on their cell phone (10%), applied makeup (6%), used cell phone for other things (5%), and read (4%).

Lorain County Youth Leading Causes of Death 2006-2008

Total Deaths: 48

- ❖ Accidents, Unintentional Injuries
- ❖ Cancers
- ❖ Diseases of the Heart

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

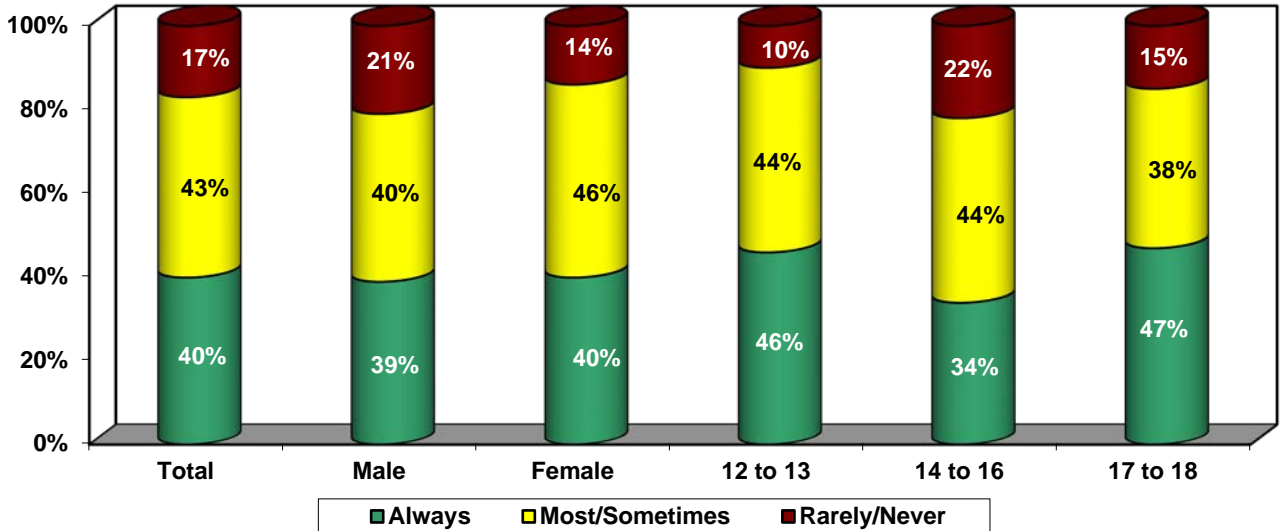
Support

- ◆ More than one-third (36%) of youth described their grades in school as mostly A's; 43% described their grades as mostly B's, 17% mostly C's, 3% mostly D's and 1% mostly F's.
- ◆ 91% of youth reported they had at least one adult they could talk to and look up to at home. 77% reported having such a person at school, and 70% said they had at least one adult in their community they could talk to and look up to.
- ◆ Lorain County youth reported that their parent/guardian regularly did the following: asked them about homework (76%), talked to them about school (72%), helped them with school work (63%), made the family eat a meal together (58%), and went to meetings or events at school (47%).

2011 Youth Comparisons	Lorain County 2011 (6 th -12 th)	Lorain County 2011 (9 th -12 th)	Ohio 2011 (9 th -12 th)	U.S. 2011 (9 th -12 th)
Always wore a seatbelt	40%	38%	N/A	N/A
Ridden in a car driven by someone who had been drinking alcohol in past month	22%	24%	21%	24%
Drove a car after drinking alcohol in the past month	17%	16%	7%	8%

Youth Safety and Support

Lorain County Youth Seatbelt Use in the Past Month



Texting While Driving Statistics and Information

- ❖ 80% of Americans admit to using cell phones, 20% admit to texting while driving, which amounts to about 100 million drivers (*National Safety Council*).
- ❖ Texting while operating a motor vehicle can take nearly 40% of your brain capacity off the road (*National Safety Council, fnal.gov*).
- ❖ In 2009, 5,500 fatal crashes were reported to have involved cell phones as a distraction and over 440,000 people were reported with injuries (*The National Highway Traffic and Safety Administration; basheinlaw.com*).
- ❖ Cell phone using drivers' are 23 times more likely to be involved in an accident while texting and driving (*Virginia Tech Transportation Institute, 2009*).

Youth Violence Issues

Key Findings

In Lorain County, 10% of the youth had carried a weapon in the past month. 8% of youth had been threatened or injured by a weapon on school property. 43% of youth were bullied in the past year. 28% of youth had purposefully hurt themselves at some time in their life.

Violence-Related Behaviors

- ◆ In 2011, 10% of Lorain County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 18% of males (2011 YRBS reported 16% for Ohio and 17% for the U.S.).
- ◆ In the past 30 days, 3% of Lorain County youth had carried a weapon such as a gun, knife, or club on school property, increasing to 10% of those over the age of 17.
- ◆ 8% of youth were threatened or injured with a weapon on school property.
- ◆ 5% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (2011 YRBS reported 6% for Ohio and 6% for the U.S.).
- ◆ 28% of youth purposefully hurt themselves by cutting, burning, scratching, hitting, biting, etc. at some time in their life. 2% of youth did so 40 or more times in their life.
- ◆ 43% of youth had been bullied in the past year. The following types of bullying were reported:
 - 31% were verbally bullied (teased, taunted or called you harmful names)
 - 24% were indirectly bullied (spread mean rumors about you or kept you out of a “group”)
 - 11% were physically bullied (you were hit, kicked, punched or people took your belongings)
 - 11% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- ◆ In the past year, 32% of youth had been involved in a physical fight; 19% on more than one occasion. The 2011 YRBS reports 31% of Ohio youth had been in a physical fight and 33% of U.S. youth had been in a physical fight.
- ◆ 9% of youth had been in a physical fight on school property in the past year, increasing to 13% of males.
- ◆ 14% of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past year.
- ◆ 10% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, increasing to 19% of those ages 17 and over.
- ◆ 7% of youth were physically forced to have sexual intercourse when they did not want to, compared to 9% of Ohio youth and 8% of U.S. youth (*Source: 2011 YRBS*).
- ◆ 7% of youth considered themselves a member of a gang.

Facts Concerning Youth Violence

- ◆ Youth violence is defined by the CDC as “harmful behaviors that can start early and continue into young adulthood.”
- ◆ In 2007, 5,764 youth ages 10-24 were murdered, averaging 16 per day.
- ◆ Emergency rooms treated in excess of 656,000 youth ages 10-24 for violence-related injuries in 2008.
- ◆ Approximately 23% of Ohio high school students reported being bullied on school property in 2011.

(Source: CDC Understanding Youth Violence Fact Sheet 2010)

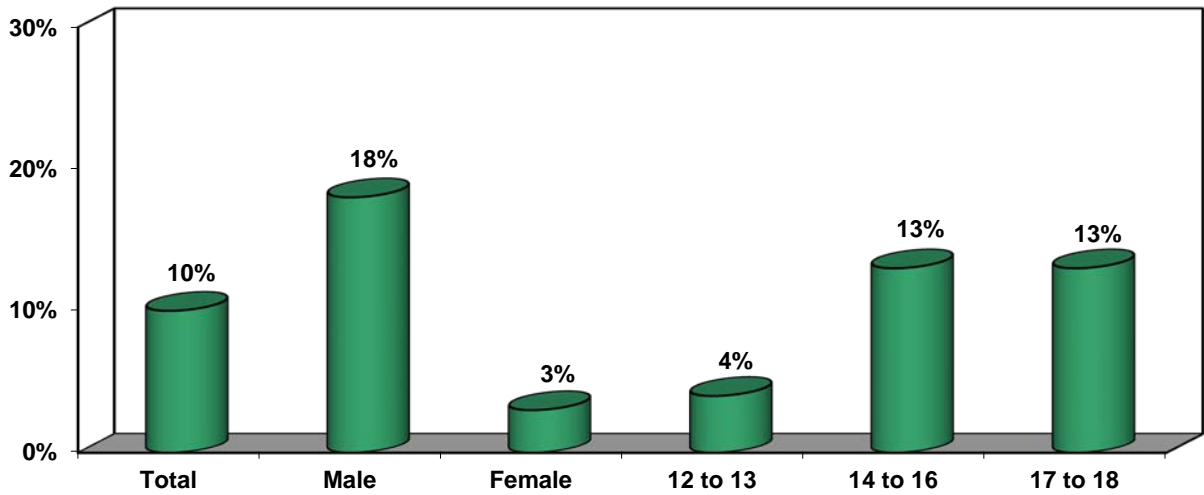
2011 Youth Comparisons	Lorain County 2011 (6 th -12 th)	Lorain County 2011 (9 th -12 th)	Ohio 2011 (9 th -12 th)	U.S. 2011 (9 th -12 th)
Carried a weapon in past month	10%	12%	16%	17%
Been in a physical fight in past year	32%	27%	31%	33%
Did not go to school because felt unsafe	5%	4%	6%	6%
Physically hurt by a boyfriend/girlfriend	10%	14%	N/A	9%
Forced to have sexual intercourse	7%	11%	9%	8%

*N/A – Not available

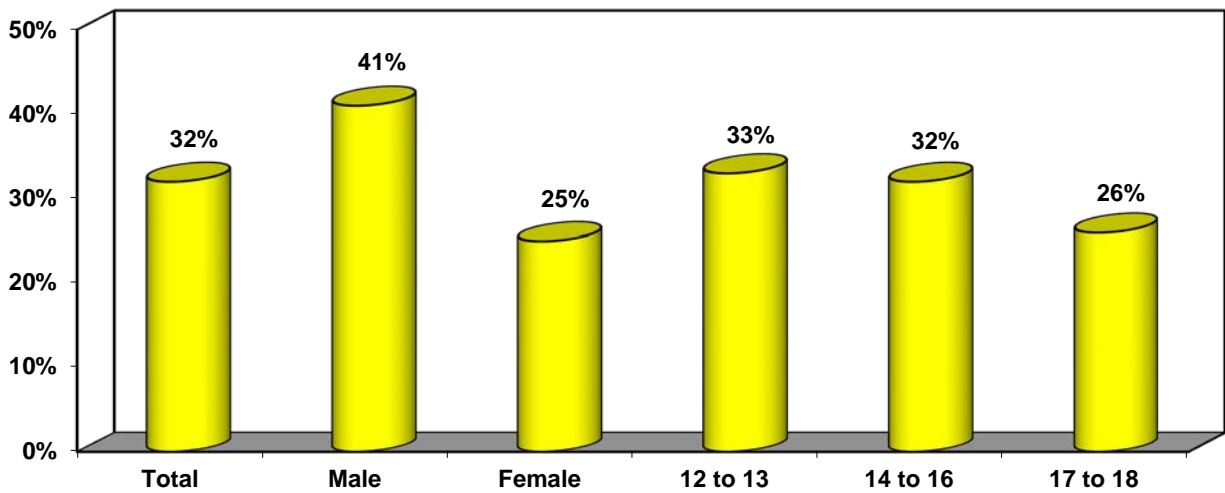
Youth Violence Issues

The following graphs show Lorain County youth carrying a weapon in the past 30 days and those involved in a physical fight in the past year. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 10% of all youth carried a weapon in the past 30 days, 18% of males and 3% of females).

Lorain County Youth Carrying a Weapon during the Past 30 Days



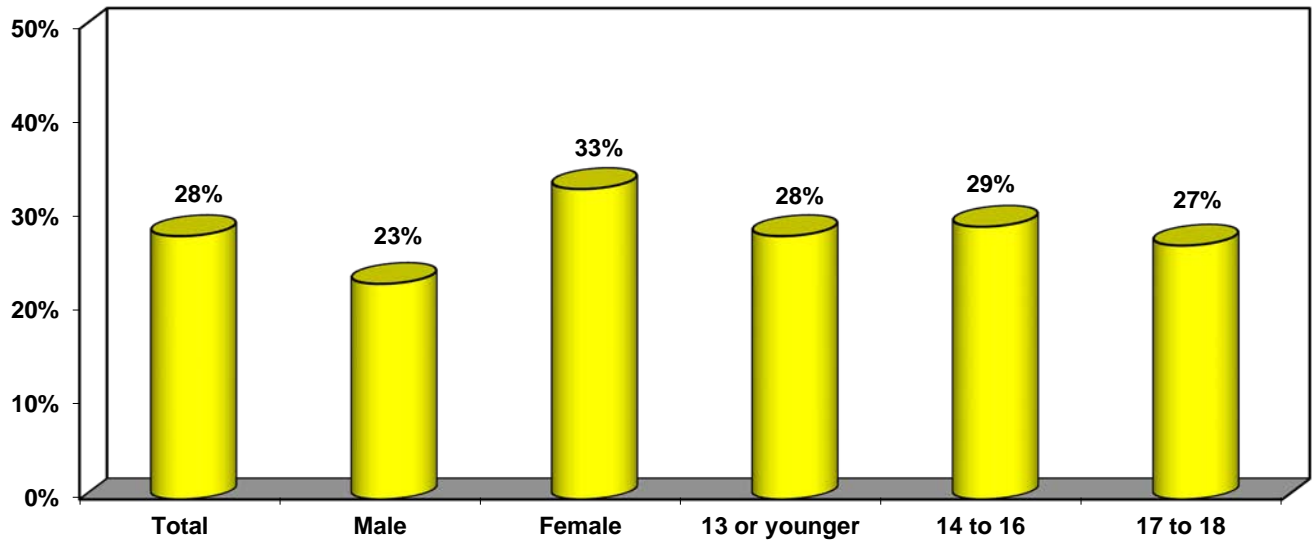
Lorain County Youth Involved in a Physical Fight in the Past Year



Youth Violence Issues

The following graph shows Lorain County youth who purposefully hurt themselves at some time in their life. The graph shows the number of youth in each segment giving each answer (i.e. 28% of all youth hurt themselves at some time in their life, 23% of males and 33% of females).

Lorain County Youth Who Purposefully Hurt Themselves During Their Life



Types of Bullying Lorain County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Physically Bullied	11%	12%	11%	14%	11%	5%
Verbally Bullied	31%	24%	35%	33%	30%	26%
Indirectly Bullied	24%	15%	32%	23%	25%	28%
Cyber Bullied	11%	5%	16%	10%	11%	16%

Bullied vs. Not Bullied Behaviors

Youth Behaviors	Bullied	Not Bullied
Were depressed (felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities)	33%	14%
Contemplated suicide in the past 12 months	16%	7%
Attempted suicide in the past 12 months	10%	4%
Have had at least one drink of alcohol in the past 30 days	28%	27%
Have smoked in the past 30 days	16%	13%

Youth Perceptions of Substance Use/Misuse

Key Findings

In 2011, more than half (54%) of Lorain County youth thought there was a great risk in harming themselves if they smoked cigarettes. 15% of youth thought that there was no risk of using marijuana. More than two-thirds (64%) of youth reported that their parents would strongly disapprove of them drinking alcohol.

Perceived Risk of Drug Use

- ◆ More than half (54%) of Lorain youth thought there was a great risk in harming themselves if they smoked cigarettes.
- ◆ 8% of youth thought that there was no risk from smoking cigarettes.
- ◆ Half (50%) of youth thought there was a great risk in smoking marijuana.
- ◆ 15% of youth thought that there was no risk from smoking marijuana.
- ◆ More than one-third (36%) of Lorain County youth thought there was a great risk from drinking alcohol.
- ◆ 9% of youth thought that there was no risk in drinking alcohol.

Youth Perception of Own Risk

- ◆ 70% of youth aged 12-17 perceived great risk from smoking one or more packs of cigarettes per day.
- ◆ 41% of youth aged 12-17 perceived great risk from consuming five or more alcoholic beverages once or twice a week.
- ◆ 34% of youth aged 12-17 perceived great risk from smoking marijuana once a month, while 53% perceived great risk from smoking 1-2 times per week.
- ◆ 50% of youth aged 12-17 perceived great risk from cocaine use once a month, while 79% perceived great risk from using 1-2 times per week.

(Source: Substance Abuse Mental Health Services Administration, 2008)

Degree of Disapproval of Use by Adults

- ◆ Most (85%) youth reported their parents (or guardians) would strongly disapprove of them smoking cigarettes, increasing to 90% of youth under the age of 13.
- ◆ 83% of Lorain County youth reported their parents would strongly disapprove of them using marijuana, decreasing to 68% of those 17 and older.
- ◆ 64% of youth reported their parents would strongly disapprove of them drinking alcohol, decreasing to 35% of those ages 17 and older.

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	8%	11%	27%	54%
Smoke marijuana	15%	17%	18%	50%
Drinking alcohol (such as beer, wine, or hard liquor)	9%	22%	33%	36%

Youth Perceptions of Substance Use/Misuse

Perceived Great Risk of Drug Use

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14 – 16 years old	17 or older
Smoke cigarettes	54%	56%	52%	53%	54%	56%
Smoke marijuana	50%	50%	49%	65%	43%	28%
Drinking alcohol (such as beer, wine, or hard liquor)	36%	40%	33%	39%	34%	36%

Degree of Disapproval of Use by Adults

How do you think your parent(s) or guardian(s) would feel about you:	Would Approve	Would Not Care	Disapprove Some	Strongly Disapprove
Smoking cigarettes	2%	4%	9%	85%
Smoking marijuana	3%	4%	10%	83%
Drinking alcohol (such as beer, wine, or hard liquor)	3%	9%	24%	64%

Strong Disapproval of Use by Adults

How do you think your parent(s) or guardian(s) would feel about you:	Total	Female	Male	13 or younger	14 – 16 years old	17 or older
Smoking cigarettes	85%	85%	83%	90%	84%	70%
Smoking marijuana	83%	82%	82%	95%	77%	68%
Drinking alcohol (such as beer, wine, or hard liquor)	64%	67%	61%	79%	59%	35%

Oral Health

Key Findings

The 2011 health assessment project has determined that 60% of Lorain County adults had visited a dentist or dental clinic in the past year. The 2010 BRFSS reported that 70% of U.S. adults and 72% of Ohio adults had visited a dentist or dental clinic in the previous twelve months. More than three-fourths (77%) of Lorain youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

Access to Dental Care

- ◆ In the past year, 60% of Lorain County adults had visited a dentist or dental clinic, decreasing to 44% of adults with annual household incomes less than \$25,000. The Healthy People 2020 Objective is 49%.
- ◆ When asked how long it had been since their last visit to a dentist or dental clinic, 13% of Lorain County adults reported that it had been more than one year but less than two years, 11% reported that it had been more than two years but less than five years, and 14% responded it had been five or more years ago.
- ◆ Almost two-thirds (63%) of Lorain County adults with health care insurance have been to the dentist in the past year, compared to 34% of those without health insurance.
- ◆ When asked the main reason for not visiting a dentist in the last year, one-fifth (20%) said because of cost, 16% said they had no reason to go, 14% said they did not have insurance, 9% said fear, apprehension, nervousness, pain, and dislike going, 6% had other priorities, 5% said they did not have/know a dentist, 2% had not thought of it, 1% could not find a dentist to take Medicaid, and 4% said there were other reasons.
- ◆ In the past year, 77% of Lorain County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work. 9% responded more than one year but less than 2 years, and 4% responded more than 2 years ago.

Lorain County Dental Care Resources - 2010

- ◆ Number of licensed dentists- 131
- ◆ Number of primary care dentists- 112
- ◆ Ratio of population per dentist- 2,334:1
- ◆ Number of dentists who treat Medicaid patients- 52
- ◆ Ratio of Medicaid population per dentist who treats Medicaid patients- 1,043: 1

(Source: ODH Ohio Oral Health Surveillance System, 2010)

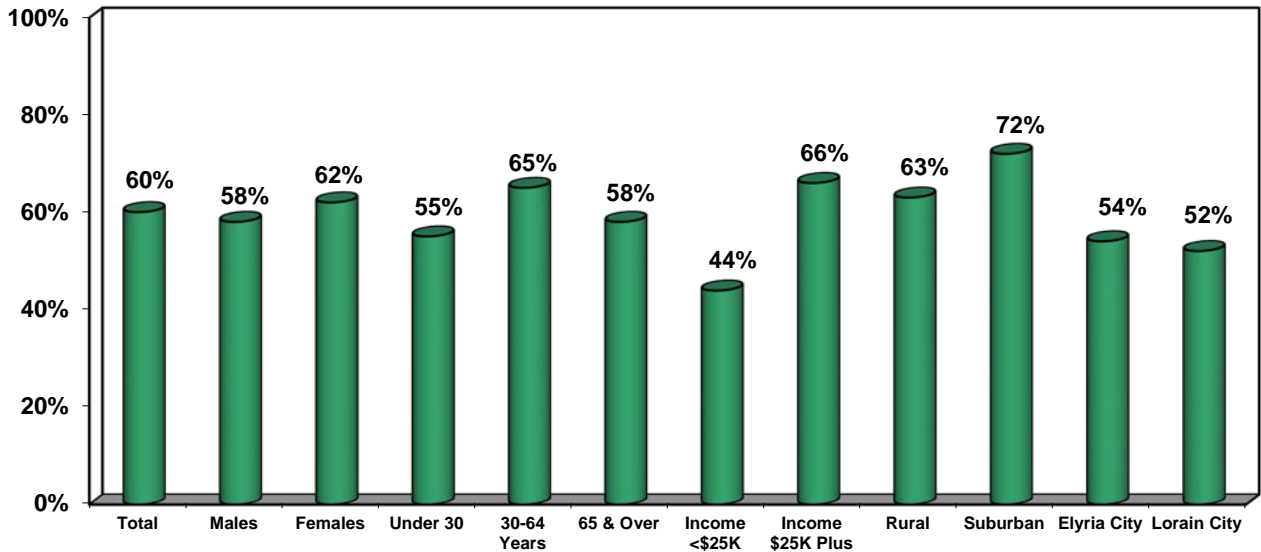
Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
Time Since Last Visit to Dentist/Dental Clinic					
Males	58%	11%	12%	16%	1%
Females	62%	14%	10%	12%	1%
Total	60%	13%	11%	14%	1%

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

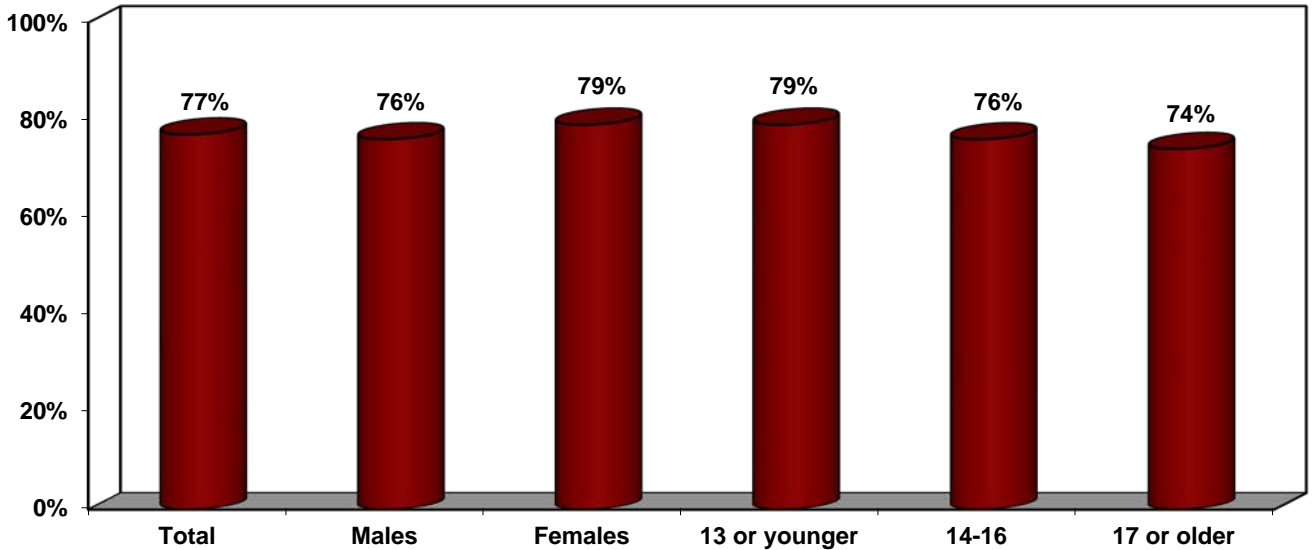
Oral Health

The following graphs provide information about the frequency of Lorain County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 60% of all Lorain County adults had been to the dentist in the past year, 55% of those under the age of 30 and 44% of those with incomes less than \$25,000.

Lorain County Adults Visiting a Dentist in the Past Year



Lorain County Youth Visiting a Dentist in the Past Year



Parenting

Key Findings

The 2011 Health Assessment project identified that 91% of children under the age of 4 always rode in a car seat while a passenger in a car. 70% of children ages 5 through 8 always used a booster while a passenger in a car. Nearly three-fourths (73%) of children spent less than one hour of unsupervised time after school on an average day.

Parenting

- ◆ 91% of parents with a child under the age of 4 indicated their child always rides in a car seat when a passenger in a car. 6% said their child nearly always rides in a car seat, and 2% said their child seldom or never rides in a car seat.
- ◆ 70% of parents with a child between the ages of 5 and 8 indicated their child always uses a booster seat. 13% said their child nearly always uses a booster seat, and 9% said their child seldom or never uses a booster seat.
- ◆ Lorain County parents placed their infants in the following sleeping positions most of the time: on his/her back (58%), on his/her side (37%), on his/her stomach (22%), and in bed with them or another person (10%).
- ◆ 73% of children spent less than one hour of unsupervised time after school on an average day. 19% spent 1-2 hours, 6% spent 3-4 hours, and 2% spent more than 4 hours per day unsupervised.
- ◆ Parents discussed the following with their 12 to 17 year old in the past year: academic performance (85%), dating and relationships (74%), eating habits (73%), screen time (67%), finances (67%), negative effects of marijuana and other drugs (65%), negative effects of alcohol (63%), negative effects of tobacco (60%), body image (59%), bullying (56%), abstinence and how to refuse sex (55%), refusal skills/peer pressure (53%), energy drinks (46%), social media issues (46%), school/legal consequences of using tobacco/alcohol/other drugs (42%), condom use/safer sex/STD prevention (39%), birth control (34%), anxiety/depression/suicide (30%), and negative effects of misusing prescription medication (24%).
- ◆ Parents believe there is a reason to be concerned about the following issues with their school-aged child: not getting enough exercise (35%), academic performance (31%), bullying (30%), having a poor diet (29%), developing a weight problem (28%), watching TV (28%), Facebook or other social network sites (26%), texting (22%), depression/anxiety/mental health (22%), using alcohol (19%), using drugs (17%), using tobacco (14%), teen pregnancy (14%), violence (11%), drinking and driving (9%), communication/speech (8%), getting alcohol (6%), and hearing (4%).

Talking 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) <http://www.aap.org/>)

Suburban Health

Key Findings

The 2011 Health Assessment reported that 7% of suburban adults did not have health care coverage. 29% of adults had high blood pressure. 13% were current smokers. 94% consider their neighborhood to be extremely or quite safe.

General Health and Health Care

- ◆ The data below compares adults living in suburban areas of Lorain County with adults in Elyria City, Lorain City, and rural areas.
- ◆ In 2011, 7% of suburban Lorain County adults did not have health care coverage, compared to 12% of all the rest of Lorain County adults. This is statistically significant ($p < .05$).
- ◆ 56% of suburban Lorain County adults rated their health as excellent or very good, compared to 46% of all the rest of Lorain County adults. This is statistically significant ($p < .05$).
- ◆ Suburban adults were less likely to have been diagnosed with:
 - High Blood Pressure (29% compared to 36% of all the rest of Lorain County adults).
 - Diabetes (9% compared to 13% of all the rest of Lorain County adults).
- ◆ Suburban adults were less likely to:
 - Be overweight or obese (59% compared to 69% of all the rest of Lorain County adults). This is statistically significant ($p < .01$).
 - Be current smokers (13% compared to 24% of all the rest of Lorain County adults). This is statistically significant ($p < .01$).
 - Have had multiple sexual partners in the past year (4% compared to 7% of all Lorain County adults).
 - Have a limiting physical, mental or emotional problem (16% compared to 21% of all Lorain County adults). This is statistically significant ($p < .05$).
 - Have sought assistance for rent/mortgage, utilities, food, etc. (14% compared to 24% of all Lorain County adults). This is statistically significant ($p < .01$).
- ◆ Suburban adults were more likely to:
 - Have had a stroke (3% compared to 2% of all the rest of Lorain County adults).
 - Have consumed alcohol in the past 30 days (66% compared to 57% of all the rest of Lorain County adults). This is statistically significant ($p < .05$).
 - Eat 5 or more servings of fruits and vegetables per day (11% compared to 8% of all the rest of Lorain County adults). This is statistically significant ($p < .05$).
 - Have had a breast exam in the past year (62% compared to 54% of all the rest of Lorain County adults).
 - Have had a pap smear in the past year (52% compared to 44% of all the rest of Lorain County adults).
 - Have had a PSA test in the past year (35% compared to 31% of all the rest of Lorain County adults).
 - Have had a digital rectal exam in the past year (33% compared to 24% of all the rest of Lorain County adults).
 - Have been to the doctor for a routine check-up in the past year (61% compared to 53% of the rest of Lorain County adults). This is statistically significant ($p < .01$).
 - Have been to the dentist in the past year (72% compared to 56% of all the rest of Lorain County adults). This is statistically significant ($p < .01$).
 - Have been to an eye doctor in the past year (56% compared to 50% of all the rest of Lorain County adults). This is statistically significant ($p < .01$).
 - Have had skin cancer screening (32% compared to 24% of all the rest of Lorain County adults). This is statistically significant ($p < .01$).
 - Consider their neighborhood to be extremely or quite safe (94% compared to 71% of all Lorain County adults). This is statistically significant ($p < .01$).

Lorain County Suburban Statistics

- ❖ There are 301,356 people who live in the Lorain County. Of those 84,241 (28%) live in the suburban areas of Lorain County.
- ❖ The cities in Lorain County that are considered suburban are Amherst, Avon, Avon Lake, North Ridgeville, Oberlin, Sheffield Lake and Sheffield Village.

(Source: U.S. Census)

Rural Community Characteristics

Key Findings

The 2011 Health Assessment reported that 7% of rural Lorain County adults did not have health care coverage. 33% of adults keep firearms in and around their household. 45% of rural women have had a mammogram in the past year.

General Health and Health Care

- ◆ The data below compares adults living in rural areas of Lorain County with adults in Elyria City, Lorain City, and the suburbs.
- ◆ In 2011, 7% of rural Lorain County adults did not have health care coverage, compared to 12% of the rest of Lorain County adults. This is statistically significant ($p < .05$).
- ◆ 50% of rural Lorain County adults rated their health as excellent or very good, compared to 37% of the rest of Lorain County adults.
- ◆ Rural adults were less likely to have been diagnosed with:
 - Asthma (11% compared to 15% of the rest of Lorain County adults).
 - High Blood Pressure (32% compared to 35% of the rest of Lorain County adults).
- ◆ Rural adults were less likely to:
 - Have used marijuana in the past 6 months (4% compared to 8% of the rest of Lorain County adults). This is statistically significant ($p < .05$).
 - Have been abused (6% compared to 8% of the rest of Lorain County adults).
 - Have sought assistance for rent/mortgage, utilities, food, etc. (20% compared to 22% of the rest of Lorain County adults).
 - Have had a clinical breast exam in the past year (53% compared to 57% of the rest of Lorain County adults).
 - Have had a PSA test in the past year (29% compared to 33% of the rest of Lorain County adults).
 - Have been to the doctor for a routine check-up in the past year (51% compared to 56% of the rest of Lorain County adults). This is statistically significant ($p < .05$).
- ◆ Rural adults were more likely to:
 - Be current smokers (24% compared to 21% of the rest of Lorain County adults).
 - Be considered overweight or obese (69% compared to 66% of the rest of Lorain County adults).
 - Have consumed alcohol in the past 30 days (61% compared to 58% of the rest of Lorain County adults).
 - Have misused prescription medication in the past 6 months (13% compared to 10% of the rest of Lorain County adults).
 - Have a limiting physical, mental or emotional problem (21% compared to 19% of the rest of Lorain County adults).
 - Have had a mammogram in the past year (45% compared to 38% of the rest of Lorain County adults).
 - Have had a pap smear in the past year (50% compared to 44% of the rest of Lorain County adults).
 - Have been to the dentist in the past year (63% compared to 59% of the rest of Lorain County adults).
 - Have had skin cancer screening (29% compared to 26% of the rest of Lorain County adults).
 - Keep firearms in their household (33% compared to 20% of the rest of Lorain County adults). This is statistically significant ($p < .05$).
 - Consider their neighborhood to be extremely or quite safe (86% compared to 73% of all Lorain County adults). This is statistically significant ($p < .05$).

Rural Health

- ❖ One quarter of the population lives in rural areas.
- ❖ Youth who reside in rural communities tend to have significant alcohol abuse and smokeless tobacco use problems.
- ❖ Approximately one-third of all motor vehicle accidents occur in rural areas. However, two-thirds of deaths attributed to these accidents occur on rural roads.

Source: National Rural Health Association, What's Different about Rural Health Care? Retrieved from: <http://www.ruralhealthweb.org/go/left/about-rural-health>

Elyria City Health

Key Findings

The 2011 Health Assessment reported that 16% of Elyria City adults did not have health care coverage. 33% of adults had high blood cholesterol. 71% were classified as overweight or obese, and 25% were current smokers.

General Health and Health Care

- ◆ The data below compares adults living in Elyria City with adults in living in rural and suburban areas.
- ◆ In 2011, 16% of Elyria City Lorain County adults did not have health care coverage, compared to 7% of all rural and suburban adults. This is statistically significant ($p < .01$).
- ◆ 48% of Elyria City Lorain County adults rated their health as excellent or very good, compared to 53% of all rural and suburban adults.
- ◆ Elyria City adults were less likely to have been diagnosed with:
 - High Blood Cholesterol (33% compared to 36% of all rural and suburban adults).
- ◆ Elyria City adults were less likely to:
 - Have had a heart attack (5% compared to 6% of all rural and suburban adults).
 - Have had a mammogram in the past year (30% compared to 43% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Have had a pap smear in the past year (47% compared to 51% of all rural and suburban adults).
 - Have had a digital rectal exam in the past year (20% compared to 29% of all rural and suburban adults).
 - Have been to the doctor for a routine check-up in the past year (52% compared to 56% of all rural and suburban adults).
 - Have been to the dentist in the past year (54% compared to 67% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Have had skin cancer screening (21% compared to 30% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Keep firearms in their household (22% compared to 29% of all rural and suburban adults).
 - Consider their neighborhood to be extremely or quite safe (69% compared to 90% of rural and suburban adults). This is statistically significant ($p < .01$).
- ◆ Elyria City adults were more likely to:
 - Be overweight or obese (71% compared to 64% of all rural and suburban adults). This is statistically significant ($p < .05$).
 - Be current smokers (25% compared to 19% of all rural and suburban adults).
 - Have had multiple sexual partners in the past year (9% compared to 4% of all Rural and suburban adults). This is statistically significant ($p < .01$).
 - Have sought assistance for rent/mortgage, utilities, food, etc. (24% compared to 17% of all rural and suburban adults). This is statistically significant ($p < .05$).
 - Have a limiting physical, mental or emotional problem (22% compared to 19% of all rural and suburban adults).
 - Have been abused (9% compared to 7% of all rural and suburban adults).

Elyria City Facts

- ❖ The 2010 population for Elyria is 54,533.
- ❖ The demographic profile for Elyria is:
 - White (78%)
 - African American (16%)
 - Hispanic (5%)
 - Two or more races (4%)
- ❖ 16% of the Elyria City population lives below the poverty level.
- ❖ 87% of Elyria residents age 25 years and older are high school graduates and 14% have a bachelor's degree or higher.

(Source: U.S. Census, State and County Facts, retrieved from: <http://quickfacts.census.gov/qfd/states/39/3925256.html>)

Lorain City Health

Key Findings

The 2011 Health Assessment reported that 13% of Lorain City adults did not have health care coverage, 44% of adults had high blood pressure, and 38% had high blood cholesterol. 57% consider their neighborhood to be extremely or quite safe.

General Health and Health Care

- ◆ The data below compares adults living in Lorain City with adults in living in rural and suburban areas.
- ◆ In 2011, 13% of Lorain City adults did not have health care coverage, compared to 7% of all rural and suburban adults. This is statistically significant ($p < .01$).
- ◆ 39% of Lorain City adults rated their health as excellent or very good, compared to 53% of all rural and suburban adults. This is statistically significant ($p < .01$).
- ◆ Lorain City adults were more likely to have been diagnosed with:
 - High Blood Pressure (44% compared to 31% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - High Blood Cholesterol (38% compared to 36% of all rural and suburban adults).
 - Diabetes (14% compared to 11% of rural and suburban adults).
- ◆ Lorain City adults were less likely to:
 - Have consumed alcohol in the past 30 days (48% compared to 63% of all rural and suburban adults). This is statistically significant ($p < .05$).
 - Eat 5 or more servings of fruits and vegetables per day (4% compared to 10% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Have had a pap smear in the past year (36% compared to 51% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Have been to the dentist in the past year (52% compared to 67% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Have had skin cancer screening (23% compared to 31% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Keep firearms in their household (17% compared to 29% of all rural and suburban adults). This is statistically significant ($p < .01$).
 - Consider their neighborhood to be extremely or quite safe (57% compared to 90% of all rural and suburban adults). This is statistically significant ($p < .01$).
- ◆ Lorain City adults were more likely to:
 - Be current smokers (24% compared to 19% of all rural and suburban adults).
 - Be overweight or obese (68% compared to 64% of rural and suburban adults).
 - Have used marijuana in the past 6 months (9% compared to 6% of all rural and suburban adults). This is statistically significant ($p < .05$).
 - Have had multiple sexual partners in the past year (8% compared to 4% of all rural and suburban adults). This is statistically significant ($p < .05$).
 - Have sought assistance for rent/mortgage, utilities, food, etc. (28% compared to 17% of all rural and suburban adults). This is statistically significant ($p < .01$).

Lorain City Facts

- ❖ The 2010 population for the city of Lorain is 64,097.
- ❖ The demographic profile for Lorain is:
 - White (68%)
 - African American (18%)
 - Hispanic (25%)
 - Two or more races (5%)
- ❖ 28% of the Lorain City population lives below the poverty level.
- ❖ 81% of Lorain residents age 25 years and older are high school graduates and 12% have a bachelor's degree or higher.

(Source: U.S. Census, State and County Facts, retrieved from: <http://quickfacts.census.gov/qfd/states/39/3925256.html>)

Lorain County Health Assessment Information Sources

Source	Data Used	Website
Alcohol Cost Calculator for Kids	◆ Cost of underage drinking	http://www.alcoholcostcalculator.org/kids
American Cancer Society, Cancer Facts and Figures 2011. Atlanta: ACS, 2011	◆ 2011 Cancer facts, figures, and estimates ◆ ACS cancer detection guidelines ◆ Cancer risk factors ◆ Nutrition recommendations ◆ Tobacco Use and Health	www.cancer.org
American Diabetes Association	◆ All about Diabetes: Type 2 Diabetes ◆ Diabetes Complications ◆ Diabetes Care: Screening Standards ◆ Risk factors for diabetes	www.diabetes.org
American Foundation for Suicide Prevention, 2011	◆ Warning Signs of Suicide	http://www.afsp.org/index.cfm?page_id=0519EC1A-D73A-8D90-7D2E9E2456182D66
American Heart Association. <i>Risk Factors for Coronary Heart Disease, 2011.</i>	◆ Risk Factors for Cardiovascular Disease That Can Be Modified or Treated	www.americanheart.org
American Psychiatric Association Let's Talk Facts About Teen Suicide	◆ Teen suicide signals	www.psych.org/public_info/teen.cfm
Annals of Emergency Medicine, v. 57, issue 6, 2011, p. 691	◆ Firearm Injury Prevention	http://journals.ohionk.edu/ejc/pdf.cgi/EJC_Article.pdf?issn=01960644&issue=v57i0006&article=691_fip
<i>Arthritis at a Glance, 2011</i> , Centers for Disease Control & Prevention, <i>Morbidity and Mortality Weekly Report 2010; 59(39):999-1003</i>	◆ What Can Be Done to Target Arthritis? ◆ Arthritis statistics	http://www.cdc.gov/chronicdisease/resources/publications/AAAG/arthritis.htm
Behavioral Risk Factor Surveillance System (BRFSS), National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	◆ 2009 - 2010 adult Ohio and U.S. correlating statistics	www.cdc.gov
CADCA, Research into Action, "The Economic Costs of Excessive Alcohol Consumption," January/February 2012	◆ Costs of Excessive Alcohol Consumption	http://www.cadca.org/files/resources/RIA-Jan-Feb-2012.pdf
CDC, Healthy Communities Program, 2011	◆ Tools for Community Action	http://www.cdc.gov/healthycommunitiesprogram/tools/index.htm
CDC, National Center for Environmental Health	◆ Facts about <i>Stachybotrys chartarum</i> and Other Molds	http://www.cdc.gov/mold/stachy.htm
CDC, National Center for Injury Prevention and Control, 2011	◆ Suicide Risk and Protective Factors	http://www.cdc.gov/ViolencePrevention/suicide/riskprotectivefactors.html
CDC, Physical Activity for Everyone	◆ Physical activity recommendations	http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html

Lorain County Health Assessment Information Sources

Source	Data Used	Website
CDC, Sexually Transmitted Diseases Surveillance, 2010	◆ U.S. Chlamydia and Gonorrhea rates	http://www.cdc.gov/std/stats09/adol.htm#foot1
CDC, Youth Violence & Suicide Prevention	◆ Youth Violence Fact Sheet, 2010	http://www.cdc.gov/ncipc/dvp/dvp.htm
FASTATS A to Z, U.S. Department of Health & Human Services, Centers for Disease Control & Prevention, National Center for Health Statistics, Division of Data Services	◆ U.S. mortality statistics ◆ U.S. predictors of access to health care ◆ U.S. birth rates	www.cdc.gov/nchs/fastats
Federal Emergency Management Agency, Ready: Prepare. Plan. Stay Informed.	◆ Emergency supply list	http://www.ready.gov/america/_downloads/checklist3.pdf
Felland, L.E. et al, Suburban Poverty and the Health Care Safety Net, HSC Research Brief No. 13, July 2009.	◆ Suburban Poverty Statistics	http://www.hschange.com/CONTENT/1074/
Healthy People 2020: Data 2020, U.S. Department of Health & Human Services	◆ All Healthy People 2020 target data points ◆ Some U.S. baseline statistics	www.health.gov/healthyypeople
Mayo Foundation for Medical Education and Research, 2011	◆ Risk Factors for Contracting Sexually Transmitted Diseases/Infections	http://www.mayoclinic.com/health/sexually-transmitted-diseases-stds/DS01123
National Asthma Control Program, CDC, <i>Strategies for Addressing Asthma within a Coordinated School Health Program, 2006</i>	◆ Asthma Control	http://www.cdc.gov/asthma/default.htm
The National Campaign	◆ Facts about “Sexting”	http://www.thenationalcampaign.org/sectech/PDF/Sextech_PressReleaseFIN.pdf , 2011
National Center for Chronic Disease Prevention and Health Promotion, CDC	◆ Alcohol and public health ◆ Arthritis ◆ BMI definition ◆ Binge Drinking Dangers ◆ Facts on Smoking and Tobacco Use ◆ Men’s and Women’s Health ◆ Nutrition and physical activity ◆ Preventing seasonal flu ◆ Type 2 diabetes ◆ US alcohol-related motor vehicle crashes and intentional injury stats	www.cdc.gov
National Center for Environmental Health, CDC, 2011	◆ Asthma Triggers	http://www.cdc.gov/nceh/
National Heart, Lung, and Blood Institute, 2011	◆ Chronic respiratory conditions	http://www.nhlbi.nih.gov/
National Highway Traffic and Safety Administration	◆ Fatal crashes involving cell phones	basheinlaw.com

Lorain County Health Assessment Information Sources

Source	Data Used	Website
National Institute on Drug Abuse	◆ Commonly Abused Prescription Drugs	www.nida.nih.gov
National Institute of Health	◆ Facts about Underage Drinking	http://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=21&key=U#U; Updated 2/14/11
National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases	◆ Preventing Back Pain	http://www.niams.nih.gov/Health_Info/Back_Pain/back_pain_ff.asp
National Osteoporosis Foundation	◆ Risk factors for osteoporosis	http://www.nof.org/
National Rural Health Association, What's Different about Rural Health Care?	◆ Rural Health information	http://www.ruralhealthweb.org/go/left/about-rural-health
National Safety Council	◆ Distracted Driving ◆ Texting while Driving	http://www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx
Ohio Department of Health, Information Warehouse	◆ Lorain County and Ohio birth statistics ◆ Lorain County diabetes facts ◆ Lorain County and Ohio mortality statistics ◆ Lorain County and Ohio sexually transmitted diseases ◆ Statistics re: access to health services	www.odh.state.oh.us
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	◆ Lorain County and Ohio cancer mortality ◆ Lorain County and Ohio cancer incidence	http://www.odh.ohio.gov/healthstats/ociss/hs/newrpts1.aspx
Ohio Department of Health, Office of Healthy Ohio, Tobacco Use Prevention and Cessation Program	◆ 2008 Ohio Youth Tobacco Survey	http://www.odh.ohio.gov/ASSETS/9FD3BA6D31C14EA4AFD0E0A55E5B0F68/yts08w.pdf
Ohio Department of Health, Ohio Oral Health Surveillance System	◆ Lorain County oral health resources	http://publicapps.odh.ohio.gov/oralhealth/default.aspx
Ohio Department of Health, STD Surveillance	◆ Ohio and Lorain County Chlamydia and Gonorrhea rates	http://www.odh.ohio.gov/healthStats/disease/std/std1.aspx
Ohio Department of Job & Family Services	◆ Poverty statistics ◆ Lorain County and Ohio Medicaid statistics, SFY 2007-2009 ◆ Lorain County health care statistics	http://jfs.ohio.gov/
Ohio Department of Job & Family Services	◆ Lorain Labor Market Information	http://ohiolmi.com/
Ohio Department of Public Safety	◆ 2010 Traffic Crash Facts ◆ Lorain County and Ohio crash facts	www.state.oh.us/odps
Ohio Family Health Survey Results, 2010	◆ Ohio uninsured rates	http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=RN-fud0pndQ%3D&tabid=72

Lorain County Health Assessment Information Sources

Source	Data Used	Website
Pacific Institute for Research and Evaluation, "Underage Drinking in Ohio: The Facts," September 2011.	◆ Underage drinking in Ohio fact sheet	http://www.udetc.org/factsheets/OH.pdf
Planned Parenthood Federation of America, Inc.	◆ STI facts ◆ Ways to Have Safer Sex	www.plannedparenthood.org
Sexually Transmitted Disease Surveillance, Centers for Disease Control and Prevention	◆ STD facts	www.cdc.gov
Surgeon General's Call to Action	◆ Obese Adolescents	http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.html
U. S. Department of Agriculture	◆ Food Security in the U.S., 2010	http://www.usda.gov/wps/portal/usdahome
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	◆ American Community Survey, 5 year poverty estimates. 2006-2010 ◆ Federal Poverty Thresholds ◆ Ohio and U.S. health insurance sources ◆ Small Area Income and Poverty Estimates	www.census.gov www.census.gov/acs
U.S. Department of Energy	◆ Texting while operating a motor vehicle	www.fnal.gov
U. S. Department of Health and Human Services, Centers for Medicare and Medicaid Services, Medicare Enrollment Reports	◆ Lorain County Medicare enrollment, 2010	www.cms.hhs.gov/MedicareEnrpts/
U. S. Department of Health and Human Services, SAMHSA, NSDUH, 2007	◆ National Survey on Drug Use and Health	http://www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm
U. S. Department of Justice: DEA Briefs & Background, Drugs and Drug Abuse	◆ Ohio drug and drug abuse facts	http://www.odadas.ohio.gov/public/
Virginia Tech Transportation Institute, 2009	◆ Texting while driving	http://www.vtti.vt.edu/
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	◆ 2005 - 2009 youth Ohio and U.S. correlating statistics	www.cdc.gov

List of Acronyms and Terms

Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Binge drinking	Consumption of five alcoholic beverages or more (for males) or four alcoholic beverages or more (for females) on one occasion
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
BRFSS	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
CDC	Centers for Disease Control and Prevention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
Crude Mortality Rates	Number of deaths/estimated mid-year population times 100,000.
FPL	Federal Poverty Level
HCF	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
HP 2020	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.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic ≥ 140 and Diastolic ≥ 90
N/A	Data not available.

List of Acronyms and Terms

ODH	Ohio Department of Health
Race/Ethnicity	Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2000 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
Weapon	Defined in the YRBSS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
YPLL/65	Years of Potential Life Lost before age 65. Indicator of premature death.
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile. Overweight is defined as BMI-for-age 85^{th} percentile to $< 95^{\text{th}}$ percentile. Obese is defined as $\geq 95^{\text{th}}$ percentile.
YRBSS	Youth Risk Behavior Surveillance System , a youth survey conducted by the CDC

Methods for Weighting the 2011 Lorain County Assessment Data

Data from sample surveys have the potential for bias if there are different rates of response for different segments of the population. In other words, some subgroups of the population may be more represented in the completed surveys than they are in the population from which those surveys are sampled. If a sample has 25% of its respondents being male and 75% being female, then the sample is biased towards the views of females (if females respond differently than males). This same phenomenon holds true for any possible characteristic that may alter how an individual responds to the survey items.

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2011 Lorain County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Lorain County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (7 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Lorain 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 2011 Lorain County Survey and the 2010 Census for Lorain County.

<u>Sex</u>	<u>2011 Lorain Survey</u>		<u>2010 Census</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	687	47.675226%	106,964	48.414678%	1.015510
Female	754	52.324774%	113,969	51.585322%	0.985868

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Lorain County. The weighting for males was calculated by taking the percent of males in Lorain County (based on Census information) (48.414678%) and dividing that by the percent found in the 2011 Lorain County sample (47.675226%) [$48.414678/47.675226 =$ weighting of 1.015510 for males]. The same was done for females [$51.585322/52.324774 =$ weighting of 0.985868 females]. Thus males' responses are weighted heavier by a factor of 1.015510 and females' responses weighted less by a factor of 0.985868.

Methods for Weighting the 2011 Lorain County Assessment Data

This same thing was done for each of the 18 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.4063755 [0.9858680286 (weight for females) x 0.9486847737 (weight for White) x 1.518271569 (weight for age 35-44) x 0.990401118 (weight for income \$50-\$75k)]. Thus, each individual in the 2011 Lorain County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 14.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

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

Methods for Weighting the 2011 Lorain County Assessment Data

Category	Lorain Sample	%	2010 Census *	%	Weighting Value
Sex:					
Male	687	47.675226	106,964	48.414678	1.01551020
Female	754	52.324774	113,969	51.585322	0.98586803
Age:					
20-24	263	19.253294	17,074	7.728135	0.40139286
25-34	94	6.881406	33,625	15.219546	2.21169150
35-44	164	12.005857	40,272	18.228151	1.51827157
45-54	254	18.594436	47,263	21.392458	1.15047630
55-59	131	9.590044	21,145	9.570775	0.99799072
60-64	156	11.420205	18,423	8.338727	0.73017316
65-74	198	14.494876	22,928	10.377807	0.71596385
75-84	104	7.613470	14,207	6.430456	0.84461570
85+	2	0.146413	5996	2.713945	18.53624402
Race:					
White	1282	89.337979	255,410	84.753580	0.94868477
Other	153	10.662021	45,946	15.246420	1.42997464
Household Income					
Less than \$10,000	95	8.119658	8,127	7.270531	0.89542334
\$10k-\$15k	97	8.290598	5,871	5.252281	0.63352259
\$15k-\$25k	67	5.726496	11,901	10.646806	1.85921840
\$25k-\$35k	145	12.393162	11,840	10.592235	0.85468377
\$35k-\$50	197	16.837607	16,184	14.478440	0.85988703
\$50k-\$75k	243	20.769231	22,993	20.569869	0.99040112
\$75k or more	326	27.863248	34,864	31.189837	1.11938986
<p>Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Lorain County in each subcategory by the proportion of the sample in the Lorain County survey for that same category.</p> <p>* Lorain County population figures taken from the 2010 Lorain Census.</p>					

Lorain County Schools

The following schools were randomly chosen and agreed to participate in the 2011 Lorain County Health Assessment:

Amherst Exempted Village

Amherst Junior High School
Marion L. Steele High School

Avon Lake City

Troy Intermediate Elementary
Learwood Middle School
Avon Lake High School

Avon Local

Avon Middle School
Avon High School

Clearview Local

Durling Middle School
Clearview High School

Elyria City

Eastern Heights Middle School
Northwood Middle School
Westwood Middle School
Elyria High School

Firelands Local

South Amherst Middle School
Firelands High School

Keystone Local

Keystone Middle School
Keystone High School

Lorain City

General Johnnie Wilson Middle School
Longfellow Middle School
Southview Middle School
Lorain High School

Midview Local

Midview High School

Oberlin City

Langston Middle School
Oberlin High School

Sheffield-Sheffield Lake City

Sheffield Middle School
Brookside High School

Wellington Exempted Village

McCormick Middle School
Wellington High School

Lorain County Sample Demographic Profile*

Variable	2010 Survey Sample	Lorain County Census 2010	Ohio Census 2010
Age			
20-29	21.5%	11.0%	12.8%
30-39	7.6%	12.2%	12.2%
40-49	14.3%	14.6%	14.0%
50-59	18.9%	14.9%	14.5%
60 plus	31.7%	20.4%	19.9%
Race / Ethnicity			
White	89.9%	84.8%	82.7%
Black or African American	3.9%	8.6%	12.2%
American Indian and Alaska Native	1.6%	0.3%	0.2%
Asian	1.0%	0.9%	1.7%
Other	2.6%	2.5%	1.1%
Hispanic Origin (may be of any race)	4.1%	8.4%	3.1%
Marital Status†			
Married Couple	52.3%	52.4%	47.9%
Never been married/member of an unmarried couple	25.8%	28.1%	33.5%
Divorced/Separated	13.8%	13.1%	27.5%
Widowed	6.8%	6.5%	13.0%
Education†			
Less than High School Diploma	8.8%	10.2%	11.9%
High School Diploma	26.7%	36.6%	35.2%
Some college/ College graduate	63.6%	53.2%	52.9%
Income			
\$14,999 and less	13.2%	12.9%	14.7%
\$15,000 to \$24,999	12.9%	10.3%	12.7%
\$25,000 to \$49,999	23.6%	26.6%	27.0%
\$50,000 to \$74,999	16.7%	20.9%	18.8%
\$75,000 or more	22.5%	29.3%	26.8%

* The percents reported are the actual percent within each category who responded to the survey. The data contained within the report however are based on weighted data (weighted by age, race, sex, and income). Percents may not add to 100% due to missing data (non-responses).

† The Ohio and Lorain County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

Demographics

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

Category	Total	Males	Females
Lorain County	301,356	148,135	153,221
0-4 years	18,037	9,239	8,798
1-4 years	14,691	7,509	7,182
< 1 year	3,535	1,730	1,616
1-2 years	7,197	3,665	3,532
3-4 years	7,494	3,844	3,650
5-9 years	19,913	10,245	9,668
5-6 years	7,793	4,027	3,766
7-9 years	12,120	6,218	5,902
10-14 years	21,021	10,721	10,300
10-12 years	12,489	6,340	6,149
13-14 years	8,532	4,381	4,151
12-18 years	30,155	15,393	14,762
15-19 years	21,452	10,966	10,486
15-17 years	13,107	6,668	6,439
18-19 years	8,345	4,298	4,047
20-24 years	17,074	8,853	8,221
25-29 years	16,084	8,090	7,994
30-34 years	17,541	8,890	8,651
35-39 years	19,435	9,622	9,813
40-44 years	20,837	10,498	10,339
45-49 years	23,317	11,474	11,843
50-54 years	23,946	11,840	12,106
55-59 years	21,145	10,436	10,709
60-64 years	18,423	8,897	9,526
65-69 years	12,886	6,053	6,833
70-74 years	10,042	4,561	5,481
75-79 years	7,737	3,314	4,423
80-84 years	6,470	2,500	3,970
85-89 years	4,038	1,382	2,656
90-94 years	1,533	451	1,082
95-99 years	374	87	287
100-104 years	47	15	32
105-109 years	4	1	3
110 years & over	0	0	0
Total 85 years and over	5,996	1,936	4,060
Total 65 years and over	24,300	10,391	13,909
Total 19 years and over	224,935	109,014	115,921

Lorain County Profile

General Demographic Characteristics (Source: U.S. Census Bureau, Census 2010)

Total Population

2010 Total Population	301,356
2000 Total Population	284,664

Largest City-Findlay

2010 Total Population	41,202	100%
2000 Total Population	38,967	100%

Population By Race/Ethnicity

Total Population	301,356	100%
White Alone	255,410	84.8%
Hispanic or Latino (of any race)	25,290	8.4%
Other	7,410	2.5%
Asian	2,811	0.9%
Two or more races	8,994	3.0%
African American	25,799	8.6%
American Indian and Alaska Native	883	0.3%

Population By Age

Under 5 years	18,037	6.0%
5 to 17 years	54,041	17.9%
18 to 24 years	25,419	8.4%
25 to 44 years	73,897	24.5%
45 to 64 years	86,831	28.8%
65 years and more	43,131	14.3%
Median age (years)	40.0	

Household By Type

Total Households	116,274	100%
Family Households (families)	80,077	68.9%
With own children <18 years	33,993	29.2%
Married-Couple Family Households	58,748	50.5%
With own children <18 years	22,122	19.0%
Female Householder, No Husband Present	15,755	13.5%
With own children <18 years	9,080	7.8%
Non-family Households	36,197	31.1%
Householder living alone	30,248	26.0%
Householder 65 years and >	11,690	10.1%
Households With Individuals < 18 years	37,908	32.6%
Households With Individuals 65 years and >	30,650	26.4%
Average Household Size	2.51 people	
Average Family Size	3.02 people	

Lorain County Profile

General Demographic Characteristics, Continued (Source: U.S. Census Bureau, Census 2010)

Median Value of Owner-Occupied Units	\$144,000
Median Monthly Owner Costs (With Mortgage)	\$1,317
Median Monthly Owner Costs (Not Mortgaged)	\$417
Median Gross Rent for Renter-Occupied Units	\$694
Median Rooms Per Housing Unit	6.0
Total Housing Units	127,127
Total Occupied Housing Units	116,475
No Telephone Service in Occupied Housing Units	3,859
Lacking Complete Kitchen Facilities	1,459
Lacking Complete Plumbing Facilities	489

Selected Social Characteristics (Source: U.S. Census Bureau, Census 2010)

School Enrollment

Population 3 Years and Over Enrolled In School	80,048	100%
Nursery & Preschool	5,387	6.7%
Kindergarten	4,297	5.4%
Elementary School (Grades 1-8)	33,810	42.2%
High School (Grades 9-12)	17,165	21.4%
College or Graduate School	19,389	24.2%

Educational Attainment

Population 25 Years and Over	204,673	100%
< 9 th Grade Education	4,654	2.3%
9 th to 12 th Grade, No Diploma	16,207	7.9%
High School Graduate (Includes Equivalency)	74,902	36.6%
Some College, No Degree	46,967	22.9%
Associate Degree	17,470	8.5%
Bachelor's Degree	28,974	14.2%
Graduate Or Professional Degree	15,499	7.6%
Percent High School Graduate or Higher		89.8%
Percent Bachelor's Degree or Higher		21.7%

Lorain County Profile

Selected Social Characteristics, Continued (Source: U.S. Census Bureau, Census 2010)

Marital Status

Population 15 Years and Over	242,481	100%
Never Married	68,168	28.1%
Now Married, Excluding Separated	126,982	52.4%
Separated	5,309	2.2%
Widowed	15,647	6.5%
Female	12,188	5.0%
Divorced	26,375	10.9%
Female	14,654	6.0%

Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	5,381	100%
Grandparent Responsible for Grandchildren	2,028	37.7%

Veteran Status

Civilian Veterans 18 years and over	23,865	10.4%
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Disability Status of the Civilian Non-institutionalized Population

Total Civilian Noninstitutionalized Population	16,598	100%
With a Disability	1,100	6.6%
Under 18 years	40,125	100%
With a Disability	5,093	12.7%
18 to 64 years	35,032	87.3%
With a Disability		82.8%
Population 65 Years and Over	8,734	100%
With a Disability	3,266	37.4%

Selected Economic Characteristics (Source: U.S. Census Bureau, Census 2010)

Employment Status

Population 16 Years and Over	238,060	100%
In Labor Force	152,144	63.9%
Not In Labor Force	85,916	36.1%
Females 16 Years and Over	122,073	100%
In Labor Force	74,670	61.2%
Population Living With Own Children <6 Years	21,505	100%
All Parents In Family In Labor Force	15,290	71.1%

Lorain County Profile

Selected Economic Characteristics, Continued (Source: U.S. Census Bureau, Census 2010)

Occupations

Employed Civilian Population 16 Years and Over	135,796	100%
Management, Professional, and Related Occupations	45,906	33.8%
Production, Transportation, and Material Moving Occupation	21,555	15.9%
Sales and Office Occupations	31,473	23.2%
Service Occupations	25,325	18.6%
Construction, Extraction, and Maintenance Occupations	11,537	8.5%
Farming, Fishing, and Forestry Occupations	568	0.4%

Leading Industries

Employed Civilian Population 16 Years and Over	135,796	100%
Manufacturing	24,257	17.9%
Educational, health and social services	32,596	24.0%
Trade (retail and wholesale)	17,916	13.2%
Arts, entertainment, recreation, accommodation, and food services	11,385	8.4%
Professional, scientific, management, administrative, and waste management services	12,307	9.1%
Transportation and warehousing, and utilities	6,537	4.8%
Construction	8,176	6.0%
Other services (except public administration)	6,211	4.6%
Finance, insurance, real estate and rental and leasing	6,784	5.0%
Public administration	5,794	4.3%
Agriculture, forestry, fishing and hunting, and mining	568	0.4%
Information	3,265	2.4%

Class of Worker

Employed Civilian Population 16 Years and Over	135,796	100%
Private Wage and Salary Workers	112,261	82.7%
Government Workers	18,137	13.4%
Self-Employed Workers in Own Not Incorporated Business	5,192	3.8%
Unpaid Family Workers	206	0.2%

Median Earnings

Male, Full-time, Year-Round Workers	\$49,984
Female, Full-time, Year-Round Workers	\$37,943

Lorain County Profile

Selected Economic Characteristics, Continued (Source: U.S. Census Bureau, Census 2010)

Income In 2010

Households	116,475	100%
< \$10,000	8,719	7.5%
\$10,000 to \$14,999	6,309	5.4%
\$15,000 to \$24,999	12,012	10.3%
\$25,000 to \$34,999	12,893	11.1%
\$35,000 to \$49,999	18,013	15.5%
\$50,000 to \$74,999	24,358	20.9%
\$75,000 to \$99,999	14,271	12.3%
\$100,000 to \$149,999	13,867	11.9%
\$150,000 or \$199,999	3,535	3.0%
\$200,000 or more	2,498	2.1%

Median Household Income

\$50,200

Income In 2010

Families	80,220	100%
< \$10,000	4,878	6.1%
\$10,000 to \$14,999	2,839	3.5%
\$15,000 to \$24,999	5,264	6.6%
\$25,000 to \$34,999	7,026	8.8%
\$35,000 to \$49,999	11,784	14.7%
\$50,000 to \$74,999	17,806	22.2%
\$75,000 to \$99,999	12,611	15.7%
\$100,000 to \$149,999	12,203	15.2%
\$150,000 or \$199,999	3,438	4.3%
\$200,000 or more	2,371	3.0%

Median Household Income

\$60,417

Per Capita Income In 2010

\$24,111

Poverty Status In 2010

<i>Poverty Status In 2010</i>	<i>Number Below Poverty Level</i>	<i>% Below Poverty Level</i>
Families	*(X)	11.3%
Individuals	*(X)	14.2%

*(X) – Not available

Lorain County Profile

Selected Economic Characteristics, Continued (Source: U.S. Bureau of Economic Analysis)

Bureau of Economic Analysis (BEA) Per Capita Personal Income Figures

	Income	Rank of Ohio counties
BEA Per Capita Personal Income 2009	\$32,514	33 th of 88 counties
BEA Per Capita Personal Income 2008	\$32,930	33 th of 88 counties
BEA Per Capita Personal Income 2007	\$32,148	32 th of 88 counties
BEA Per Capita Personal Income 2006	\$30,971	31 th of 88 counties
BEA Per Capita Personal Income 2000	\$27,135	24 th of 88 counties
BEA Per Capita Personal Income 1999	\$25,823	25 th of 88 counties

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

Employment Statistics

Category	Lorain	Ohio
Labor Force	159,000	5,773,400
Employed	147,400	5,331,800
Unemployed	11,600	441,700
Unemployment Rate* in December 2011	7.3	7.6
Unemployment Rate* in November 2011	7.0	7.6
Unemployment Rate* in December 2010	8.7	9.2

*Rate equals unemployment divided by labor force.

(Source: Ohio Department of Job and Family Services, December 2011)

Lorain County Profile

Estimated Poverty Status in 2010

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Lorain County				
All ages in poverty	41,612	37,520 to 45,704	14.3%	12.9 to 15.7
Ages 0-17 in poverty	15,834	13,949 to 17,719	22.3%	19.6 to 25.0
Ages 5-17 in families in poverty	10,609	9,247 to 11,971	20.1%	17.5 to 22.7
Median household income	\$50,092	47,755 to 52,429		
Ohio				
All ages in poverty	1,771,404	1,746,640 to 1,796,168	15.8%	15.6 to 16.0
Ages 0-17 in poverty	619,354	604,905 to 633,803	23.1%	22.6 to 23.6
Ages 5-17 in families in poverty	407,567	394,584 to 420,550	20.8%	20.1 to 21.5
Median household income	\$45,151	44,860 to 45,442		
United States				
All ages in poverty	46,215,956	45,975,650 to 46,456,262	15.3%	15.2 to 15.4
Ages 0-17 in poverty	15,749,129	15,621,395 to 15,876,863	21.6%	21.4 to 21.8
Ages 5-17 in families in poverty	10,484,513	10,394,015 to 10,575,011	19.8%	19.6 to 20.0
Median household income	\$50,46	49,982 to 50,110		

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

Federal Poverty Thresholds in 2011 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$11,702					
1 Person 65 and >	\$10,788					
2 people Householder < 65 years	\$15,063	\$15,504				
2 People Householder 65 and >	\$13,596	\$15,446				
3 People	\$17,595	\$18,106	\$18,123			
4 People	\$23,201	\$23,581	\$22,811	\$22,891		
5 People	\$27,979	\$28,386	\$27,517	\$26,844	\$26,434	
6 People	\$32,181	\$32,309	\$31,643	\$31,005	\$30,056	\$29,494
7 People	\$37,029	\$37,260	\$36,463	\$35,907	\$34,872	\$33,665
8 People	\$41,414	\$41,779	\$41,027	\$40,368	\$39,433	\$38,247
9 People or >	\$49,818	\$50,059	\$49,393	\$48,835	\$47,917	\$46,654

(Source: U. S. Census Bureau, Poverty Thresholds 2011, <http://www.census.gov/hhes/www/poverty/data/threshold/index.html>)



2011 Lorain County Health Survey

Answers Will Remain Confidential!

We need your help! We are asking you to complete this survey and return it to us within the next 7 days. We have enclosed a \$2.00 bill as a “thank you” for your time. We have also enclosed a postage-paid envelope for your convenience.

If you have any questions or concerns, please contact Stephanie Charles at (440) 284-3263 or email her at scharles@loraincountyhealth.com.

Instructions:

- Please complete the survey now rather than later.
- Please do NOT put your name on the survey. Your responses to this survey will be kept confidential. No one will be able to link your identity to your survey.
- Please be completely honest as you answer each question.
- Answer each question by selecting the response that best describes you.

Thank you for your assistance. Your responses will help to make Lorain County a healthier place for all of our residents.

*Si usted necesita a alguien que lea esta en español, por favor llame al condado de Lorain Salud General Distrito en 440-322-6367.
Muchas gracias.*



Turn the page to start the survey →

Health Status

1. Would you say that in general your health is:
 - Excellent
 - Very good
 - Good
 - Fair
 - Poor
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health **not** good?
Number of days _____
 - None
 - Don't know
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health **not** good?
Number of days _____
 - None
 - Don't know
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
Number of days _____
 - None
 - Don't know

Health Care Utilization

5. Do you have one person you think of as your personal doctor or health care provider?
 - Yes, only one
 - More than one
 - No
 - Don't know
6. How do you prefer to get information about your health or healthcare services?
 - Family member or friend
 - My doctor
 - Newspaper articles or radio/television news stories
 - Internet searches
 - Advertising or mailings from hospitals, clinics, or doctors' offices
 - Other _____
 - Don't know

7. What transportation issues do you have when you need services? **(CHECK ALL THAT APPLY)**
 - No car
 - No driver's license
 - Can't afford gas
 - Disabled
 - Car does not work
 - No car insurance
 - Other car issues/expenses
 - No public transportation
 - I do not have any transportation issues

Health Care Coverage

8. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMO's, or governmental plans such as Medicare?
 - Yes
 - No – **GO TO QUESTION 12**
 - Don't know
9. What type of health care coverage do you use to pay for most of your medical care?
 - Your employer
 - Someone else's employer
 - A plan that you or someone else buys on your own
 - Medicare
 - Medicaid or Medical Assistance
 - The military, CHAMPUS, TriCare, or the VA
 - The Indian Health Service
 - Some other source
 - None /self pay
 - Don't know
10. Are any of the following true about your health care coverage? **(CHECK ALL THAT APPLY)**
 - Co-pays are too high
 - Premiums are too high
 - Deductibles are too high
 - High deductible with health savings account (HSA)
 - Opted out of certain coverage because I could not afford it
 - Opted out of certain coverage because I did not need it
 - None of the above
 - Don't know

11. Does your health coverage include:

Medical?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Dental?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Vision?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Mental health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Prescription coverage?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Home care?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Skilled nursing?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Hospice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Preventive health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Immunizations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Alcohol and drug treatment?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Your spouse?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Your children?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know

12. What was the reason you were without health care coverage? **(CHECK ALL THAT APPLY)**

- Never without health care coverage
- Lost job or changed employers
- Spouse or parent lost job or changed employers
- I chose not to buy health care coverage
- Became divorced or separated
- Spouse or parent died
- Became ineligible (age or left school)
- Employer doesn't/stopped offering coverage
- Became a part time or temporary employee
- Benefits from employer/former employer ran out
- Couldn't afford to pay the premiums
- Insurance company refused coverage
- Lost Medicaid eligibility
- Other
- Don't know

13. Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

- Yes
- No
- Don't know

14. If you have Medicaid, how did you hear about it?

- I don't have Medicaid
- Brochure
- Placemat
- Advertisement
- TV coverage
- Visiting nurses
- Health department
- School
- Hospital clinic
- Job and Family Services
- ADAS
- Ohio Benefit Bank
- Eligibility worker at the hospital
- Other professional
- Mental Health Center
- Internet
- Somewhere else
- Don't know

Health Care Access

15. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- Less than a year ago
- 1 to 2 years ago
- More than 2 but less than 5 years
- 5 or more years
- Don't know
- Never

16. When you are sick or need advice about your health, to which one of the following places do you usually go?

- A doctor's office
- A public health clinic or community health center
- A hospital outpatient department
- A hospital emergency room
- Urgent care center
- VA
- Lorain County Health and Dentistry
- Lorain County Free Clinic
- Store clinic (Walgreens, Walmart, etc.)
- Some other kind of place
- No usual place
- Don't know

17. In the past 12 months, have you chosen to go outside of Lorain County for any of these health care services? **(CHECK ALL THAT APPLY)**
- Don't use any services outside of Lorain County
 - Specialty care
 - Primary care
 - Dental services
 - Cardiac care
 - Orthopedic care
 - Cancer care
 - Mental health care
 - Hospice care
 - Pediatric care
 - Obstetrics/maternity/NICU
 - Developmental disability services
 - Substance abuse care and/or treatment
 - Another service: _____
 - Don't know
18. Have you looked for a program to assist in care for the elderly or disabled adult (either in-home or out-of-home) for you or someone else? **(CHECK ALL THAT APPLY)**
- Yes, I looked for in-home care
 - Yes, I looked for out-of-home placement
 - Yes, I looked for Respite or overnight care
 - Yes, I looked for day care
 - Yes, I looked for an assisted living program
 - Yes, I looked for a disabled adult program
 - No

Oral Health

19. How long has it been since you last visited a dentist or a dental clinic for any reasons? Include visits to dental specialists, such as orthodontists.
- Within the past year (anytime less than 12 months ago) – **GO TO QUESTION 21**
 - Within the past 2 years (1 year but less than 2 years ago)
 - Within the past 5 years (2 years but less than 5 years ago)
 - 5 or more years ago
 - Don't know/Not sure
 - Never

20. What is the main reason you have not visited the dentist in the last year?
- I have been to the dentist in the past year
 - Fear, apprehension, nervousness, pain, dislike going
 - Cost
 - No insurance
 - Do not have/know a dentist
 - Cannot get to the office/clinic (too far away, no transportation, no appointments available)
 - Cannot find dentist to take Medicaid
 - No reason to go (no problems, no teeth)
 - Other priorities
 - Have not thought of it
 - Other: _____
 - Don't know

Alcohol Consumption

21. During the past month, how many days did you have at least one drink of any alcoholic beverage?
- Days per month _____
- Do not drink – **GO TO QUESTION 25**
22. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail or 1 shot of liquor. On the days you drank, about how many drinks did you consume on average?
- Number of drinks _____
23. Considering all types of alcoholic beverages, how many times during the past 30 days did you have (for males) 5 or more drinks on an occasion, or (for females) 4 or more drinks on an occasion?
- Number of times _____
- None
24. During the past 30 days, how many times have you driven when you've had perhaps too much to drink?
- Number of times _____
- None

Preventive Medicine and Health Screenings

25. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?
- Yes
 - No
 - Don't know

26. Have you ever been told by a doctor or other health professional that you have the following: **(CHECK ALL THAT APPLY)**
- Some form of arthritis
 - Rheumatoid arthritis
 - Gout
 - Lupus
 - Fibromyalgia
 - None
 - Don't know/Not sure
27. Have you ever been told by a doctor, nurse, or other health professional that you had diabetes?
- Yes
 - Yes, but only during pregnancy
 - No
 - Don't know
28. Has a doctor ever told you that you have had any of the following? **(CHECK ALL THAT APPLY)**
- Had a heart attack or myocardial infarction
 - Angina (chest pain) or coronary heart disease
 - Had a stroke
 - None of the above
29. Have you ever been told by a doctor, nurse, or other health professional that you had high blood pressure?
- Yes
 - Yes, but female told only during pregnancy
 - No
 - Told borderline high or pre-hypertensive
 - Don't know
30. When did you last have your blood pressure taken by a doctor, nurse, or other health professional?
- Less than six months ago
 - More than 6 but less than 12 months ago
 - More than 1 but less than 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Don't know
 - Never
 - Never, did myself at self-operated location
31. Blood cholesterol is a fatty substance found in the blood. Has a doctor, nurse, or other health professional ever told you that you had high blood cholesterol?
- Yes
 - No
 - Don't know
32. When did you last have your blood cholesterol checked?
- 1 to 12 months ago
 - More than 1 but less than 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Have never had it checked
 - Don't know
33. During the past 12 months, have you had any of the following vaccines? **(CHECK ALL THAT APPLY)**
- Seasonal flu vaccine – shot
 - Seasonal flu vaccine – nasal spray
 - None of the above
 - Don't know
34. A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia vaccination?
- Yes
 - No
 - Don't know
35. When was the last time you had your eyes examined by any doctor or eye care provider?
- Within the past month
 - Within the past year
 - Within the past 2 years
 - 2 or more years ago
 - Never
 - Don't know
36. Have you ever been screened by a doctor or other health professional for skin cancer?
- Yes, and test results were negative
 - Yes, and I was diagnosed with skin cancer
 - No, I have not been screened
 - No, I am afraid to find out

37. With your most recent diagnoses of cancer, what type of cancer was it?

- I have not been diagnosed with cancer
- Breast cancer
- Cervical cancer
- Endometrial (Uterus) cancer
- Ovarian cancer
- Head and neck cancer
- Oral cancer
- Pharyngeal (throat) cancer
- Thyroid cancer
- Colon (intestine) cancer
- Esophageal cancer
- Liver cancer
- Pancreatic cancer
- Rectal cancer
- Stomach cancer
- Hodgkin's Lymphoma
- Leukemia (blood) cancer
- Non-Hodgkin's Lymphoma
- Prostate cancer
- Testicular cancer
- Melanoma
- Other skin cancer
- Heart cancer
- Lung cancer
- Bladder cancer
- Renal (kidney) cancer
- Bone cancer
- Brain cancer
- Neuroblastoma
- Other

Preventive Counseling Services

38. Has a doctor or other health professional talked to you about the following topics? Please check the box that indicates if you have discussed this topic within the past year, before the past year, or not at all.

	Within past year	Before the past year	Not at all
Your diet or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity or exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Injury prevention such as safety belt use, helmet use, or smoke detectors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illicit drug abuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription drug abuse/misuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the counter drug abuse/misuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quitting tobacco use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual practices, including family planning, sexually transmitted diseases, AIDS, or the use of condoms?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression, anxiety or emotional problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Domestic violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Significance of family health history?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunizations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tobacco Use

39. Have you smoked at least 100 cigarettes in your entire life?
- Yes
 - No – **GO TO QUESTION 42**
 - Don't know
40. Do you now smoke cigarettes every day, some days, or not at all?
- Every day
 - Some days
 - Not at all – **GO TO QUESTION 42**
41. During the past 12 months, have you quit smoking for 1 day or longer because you were trying to quit smoking?
- Yes
 - No
 - Don't know

42. Which forms of tobacco listed below have you used in the past year? **(CHECK ALL THAT APPLY)**
- Flavored Cigarettes
 - E-cigarette
 - Bidis
 - Cigars
 - Black & Milds
 - Cigarillos
 - Little Cigars
 - Swishers
 - Snus
 - Chewing tobacco, snuff
 - Hookah
 - Other
 - None
43. Do you believe that secondhand tobacco smoke is harmful to you or your family's health?
- Yes
 - No
 - Don't know/Not sure

Drug Use

44. During the past six months, have you used any of the following: **(CHECK ALL THAT APPLY)**
- Marijuana or hashish
 - Amphetamines, methamphetamines or speed
 - Cocaine, crack, or coca leaves
 - Heroin
 - LSD, mescaline, peyote, psilocybin, DMT, or mushrooms
 - Inhalants such as glue, toluene, gasoline, or paint
 - Ecstasy or E, or GHB
 - I have not used any of these substances in the past six months – **GO TO QUESTION 46**
 - Don't know
45. How frequently have you used drugs checked in question 44 during the past six months?
- Almost every day
 - 3 to 4 days a week
 - 1 or 2 days a week
 - 1 to 3 days a month
 - Less than once a month
 - Don't know

46. Have you used any of the following medications during the past six months that were either not prescribed for you, or you took more than was prescribed? **(CHECK ALL THAT APPLY)**
- Oxycontin
 - Vicodin
 - Tranquilizers such as Valium or Xanax, sleeping pills, barbituates, or Seconal
 - Codeine, Demerol, Morphine, Percodan, or Dilaudid
 - Suboxone or Methadone
 - Steroids
 - Ritalin or Adderall
 - I have not used any of these medications in the past 6 months – **GO TO QUESTION 48**
 - Don't know/Not sure
47. How frequently have you used the medications checked in question 46 during the past six months?
- Almost every day
 - 3 to 4 days a week
 - 1 or 2 days a week
 - 1 to 3 days a month
 - Less than once a month
 - I have not used any of these medications during the past six months
 - Don't know/Not sure
48. What are your reasons for not seeking a program or service to help with drug problems for you or a loved one?
- Not needed
 - Transportation
 - Fear
 - Cannot afford to go
 - Cannot get to the office or clinic
 - Don't know how to find a program
 - Stigma of seeking drug services
 - Do not want to get in trouble
 - Do not want to miss work
 - Have not thought of it
 - Other: _____
49. In the past year, have you used any prescription medications that were not prescribed for you?
- Yes
 - No
 - Don't know

Women's Health

MEN -- GO TO QUESTION 55, MEN'S HEALTH SECTION

50. A mammogram is an x-ray of each breast to look for breast cancer. When was your last mammogram?
- Have never had a mammogram
 - Less than a year ago
 - 1 to 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Don't know
51. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. When was your last breast exam?
- Have never had a breast exam
 - Less than a year ago
 - 1 to 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Don't know
52. A Pap smear is a test for cancer of the cervix. How long has it been since you had your last Pap smear?
- Have never had a Pap smear
 - Less than a year ago
 - 1 to 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Don't know
53. What is your usual source of services for female health concerns, such as family planning, annual exams, breast exams, tests for sexually transmitted diseases, and other female health concerns?
- A family planning clinic
 - A health department clinic
 - A community health center
 - A private gynecologist
 - A general or family physician
 - VA
 - Lorain County Health and Dentistry
 - Lorain County Free Clinic
 - Store Clinic (Walgreens, Walmart, etc.)
 - Some other kind of place
 - Don't know
 - Don't have a usual source

54. If you were pregnant in the past 5 years, did you...**(CHECK ALL THAT APPLY)**
- I was not pregnant in the past 5 years
 - Get prenatal care within the first 3 months
 - Take a multi-vitamin
 - Take folic acid
 - Smoke cigarettes
 - Consume alcoholic beverages
 - Use marijuana
 - Use any drugs not prescribed
 - Experience perinatal depression
 - Experience domestic violence
 - Do none of these things

Men's Health

WOMEN -- GO TO QUESTION 57, SEXUAL BEHAVIOR SECTION

55. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. When was your last PSA test?
- 1 to 12 months ago
 - 1 to 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Don't know
 - Never
56. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. When was your last digital rectal exam?
- 1 to 12 months ago
 - 1 to 2 years ago
 - More than 2 but less than 5 years ago
 - 5 or more years ago
 - Don't know
 - Never

Sexual Behavior

57. During the past twelve months, with how many different people have you had sexual intercourse?
- Number of people _____
- Don't know
 - Have not had intercourse in past 12 months

58. What are you or your partner doing now to keep from getting pregnant?
- No partner/not sexually active (abstinent)
 - Not using birth control
 - My partner and I are trying to get pregnant
 - I am gay or a lesbian
 - Tubes tied (female sterilization)
 - Hysterectomy (female sterilization)
 - Vasectomy (male sterilization)
 - Pill, all kinds (Ortho Tri-Cyclen, etc.)
 - IUD (including Mirena)
 - Condoms (male or female)
 - Contraceptive implants (Implanon or implants)
 - Diaphragm, cervical ring or cap (Nuvaring or others)
 - Shots (Depo-Provera, etc.)
 - Contraceptive Patch
 - Emergency contraception (EC)
 - Withdrawal
 - Having sex only at certain times (rhythm)
 - Other method (foam, jelly, cream, etc.)
 - Don't know/Not sure
59. What is the main reason for not doing anything to keep from getting pregnant?
- I am using a birth control method
 - Didn't think I was going to have sex/no regular partner
 - I want to get pregnant
 - I am gay or a lesbian
 - I do not want to use birth control
 - My partner does not want to use any
 - You or your partner don't like birth control/fear side effects
 - I don't think my partner or I can get pregnant
 - I can't pay for birth control
 - My partner or I had a hysterectomy/vasectomy/tubes tied
 - You or your partner is too old
 - Lapse in use of method
 - You or your partner is currently breast-feeding
 - You or your partner just had a baby/postpartum
 - Partner is pregnant now
 - Don't care if you or your partner gets pregnant
 - Religious beliefs
 - Don't know

60. Have you ever engaged in sexual activity following alcohol or other drug use that you would not have done if sober?
- Yes
 - No
61. Have you ever been forced to have sexual activity when you didn't want to?
- Yes
 - No
62. What was the main reason you had your last test for HIV?
- Have never had an HIV test
 - For hospitalization or surgical procedure
 - To apply for health insurance
 - To apply for life insurance
 - For employment
 - To apply for a marriage license
 - For military induction or military service
 - For immigration
 - Just to find out if you were infected
 - Because of referral by a doctor
 - Because of pregnancy
 - Referred by your sex partner
 - Because it was part of a blood donation process
 - For routine check-up
 - Because of occupational exposure
 - Because of illness
 - Because I am at risk for HIV
 - Other: _____
 - Don't know

Weight Control / Physical Activity

63. Are you now trying to...
- Maintain your current weight, that is, to keep from gaining weight
 - Lose weight
 - Gain weight
 - None of the above

64. During the past 30 days, did you do any of the following to lose weight or keep from gaining weight? **(CHECK ALL THAT APPLY)**
- I did not do anything to lose weight or keep from gaining weight
 - Eat less food, fewer calories, or foods low in fat
 - Exercise
 - Go without eating for 24 hours
 - Take any diet pills, powders, or liquids without a doctor's advice
 - Vomit or take laxatives
 - Smoke cigarettes
 - Use a weight loss program such as Weight Watchers, Jenny Craig, etc.
 - Participate in a dietary or fitness program prescribed for you by a health professional
 - Take medications prescribed by a health professional
65. During the last 7 days, how many days did you engage in some type of exercise or physical activity for at least 30 minutes?
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days
 - Not able to exercise
66. For what reasons do you not exercise? **(CHECK ALL THAT APPLY)**
- I do exercise
 - Weather
 - Not enough time
 - Cannot afford a gym membership
 - Gym is not available
 - No walking or biking trails
 - Safety
 - I do not have child care
 - I do not know what activity to do
 - Doctor advised me not to exercise
 - I choose not to exercise
 - Too tired
 - Other: _____

67. When you are at work, which of the following best describes what you do?
- I don't work – Not employed
 - Mostly sitting
 - Mostly standing
 - Mostly walking
 - Mostly heavy labor or physically demanding work
 - Varies
68. On an average day, approximately how many hours do you spend doing the following activities?

TV	Internet (Computer or cell phone)	Cell Phone (talking, texting, games)
<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours
<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour
<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour
<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours
<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours
<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours
<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours
<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours	<input type="checkbox"/> 6+ hours

Diet and Nutrition

69. In general, do you read food labels or consider nutritional content when choosing foods you eat?
- Yes
 - No
 - Don't know
70. Where do you get your fruits and vegetables? **(CHECK ALL THAT APPLY)**
- Large grocery store
 - Local grocery store
 - Neighborhood Convenience store
 - Restaurants
 - Farmer's Market
 - Food Pantry
 - Grow your own
 - Community garden
 - Other
 - I do not get fruits and vegetables

71. Where are your barriers in consuming fruits and vegetables? **(CHECK ALL THAT APPLY)**
- I do not like the taste
 - Too expensive
 - No variety
 - Do not know how to prepare
 - Other
 - I have no barriers in consuming fruits and vegetables
72. On average how many servings of fruits and vegetables do you have per day?
- 1 to 4 servings per day
 - 5 or more servings per day
 - I do not eat fruits or vegetables
73. On average, how often do you eat whole grains per day?
- I only eat whole grains
 - Half of the grains I eat are whole grain
 - Less than half of the grains I eat are whole grain
 - I do not eat any whole grains
 - I do not know what whole grains are

Mental Health and Suicide

74. During the past 12 months, did you ever seriously consider attempting suicide?
- Yes
 - No
75. During the past 12 months, how many times did you actually attempt suicide?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
76. During the past 12 months, which of the following have you experienced almost every day for two weeks or more in a row? **(CHECK ALL THAT APPLY)**
- Felt sad, blue or depressed where you stopped doing usual activities
 - Felt worried, tense or anxious
 - Did not get enough rest or sleep
 - Felt very healthy and full of energy
 - None of the above

77. What are your reasons for not using a program or service to help with depression, anxiety, or emotional problems for you or for a loved one?
- Not needed
 - Transportation
 - Fear
 - Co-pay/deductible is too high
 - Cannot afford to go
 - Cannot get to the office or clinic
 - Don't know how to find a program
 - Didn't feel services you previously received were good
 - Stigma of seeking mental health services
 - Other priorities
 - Have not thought of it
 - Other: _____
 - Don't know
78. On a typical day, how would you rate your stress level?
- Low stress level
 - Moderate stress level
 - High stress level

Quality of Life

79. Would you have any problems getting the following if you needed them today? **(CHECK ALL THAT APPLY)**
- Someone to loan me \$50
 - Someone to help me if I were sick and needed to be in bed
 - Someone to take me to the clinic or doctor's office if I needed a ride
 - Someone to talk to about my problems
 - Someone to explain directions from my doctor
 - Someone to accompany me to my doctor's appointments
 - Someone to help me pay for my medical expenses
 - Back-up child care
 - I would not have problems with any of these things if I needed them
80. Are you limited in any way in any activities because of any physical, mental, or emotional problems?
- Yes
 - No
 - Don't know

81. What major impairments or health problems limit your activities? **(CHECK ALL THAT APPLY)**
- I am not limited by any impairments or health problems
 - Arthritis/rheumatism
 - Back or neck problem
 - Fractures, bone/joint injury
 - Walking problem
 - Lung/breathing problem
 - Hearing problem
 - Eye/vision problem
 - Heart problem
 - Stroke-related problem
 - Hypertension/high blood pressure
 - Diabetes
 - Cancer
 - Depression/anxiety/emotional problems
 - Tobacco dependency
 - Alcohol dependency
 - Drug addiction
 - Learning disability
 - Developmental disability
 - Other impairment/problem
82. Because of any impairment or health problem, do you need the help of other persons with any of the following needs? **(CHECK ALL THAT APPLY)**
- Eating
 - Bathing
 - Dressing
 - Getting around the house
 - Household chores
 - Doing necessary business
 - Shopping
 - Getting around for other purposes
 - None of the above

83. In past 12 months, was there any time when you needed the following equipment: **(CHECK ALL THAT APPLY)**
- Cane
 - Wheelchair
 - Special bed
 - Special telephone
 - Eyeglasses for vision
 - Hearing aids or hearing care
 - Mobility aids or devices (adaptive equipment)
 - Communication aids or devices
 - Medical supplies
 - Durable medical equipment (Kaiser-Wells or O.E. Meyer)
 - None of the above
84. During the past week, on how many days did all the family members who live in the household eat a meal together?
- _____ number of times
85. How many hours do you sleep at night?
- _____ hours

Social Context

86. How often do you wear a seat belt when in a car?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
87. Do you do any of the following while driving? **(CHECK ALL THAT APPLY)**
- Talk on cell phone
 - Text
 - Are under the influence of alcohol
 - Are under the influence of drugs
 - Read
 - Eat
 - Use internet on cell phone
 - Check facebook on cell phone
 - Other (apply make-up, shave)
 - I do not drive
 - None of the above

88. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle. **(CHECK ALL THAT APPLY)**
- Yes, and they are unlocked
 - Yes, and they are loaded
 - Yes, but they are **not** unlocked
 - Yes, but they are **not** loaded
 - No
 - Don't know
89. What is the main reason that there are firearms in or around your home?
- Hunting or sport
 - Protection
 - Work
 - Some other reason
 - Don't know
90. During the past 12 months, were you abused by any of the following? Include physical, sexual, emotional, financial and verbal abuse. **(CHECK ALL THAT APPLY)**
- A spouse or partner
 - A parent
 - Child
 - Another person from outside the home
 - Another family member living in your household
 - Someone else
 - I was not abused in the past 12 months
91. How safe from crime do you consider your neighborhood to be?
- Extremely safe
 - Quite safe
 - Slightly safe
 - Not at all safe
 - Don't know
92. In the past year, have you sought assistance for any of the following? **(CHECK ALL THAT APPLY)**
- Rent/mortgage
 - Utilities
 - Food
 - Emergency shelter
 - Clothing
 - Legal aid services
 - Free tax preparation
 - Transportation
 - Credit counseling
 - None of the above

93. Have you experienced the following in the past 12 months? **(CHECK ALL THAT APPLY)**
- A close family member had to go into the hospital
 - Death of a family member or close friend
 - I became separated or divorced
 - I moved to a new address
 - I was homeless
 - I had someone homeless living with me
 - Someone in my household lost their job
 - Someone in my household had their hours at work reduced
 - I had bills I could not pay
 - I was involved in a physical fight
 - Someone in my household went to jail
 - Someone close to me had a problem with drinking or drugs
 - I was hit or slapped by my spouse or partner
 - My child was hit or slapped by my spouse or partner
 - I did not experience any of these things in the past 12 months
94. Which of the following do you think Lorain County residents need more education about? **(CHECK ALL THAT APPLY)**
- Seat belt or restraint usage
 - Falls
 - Violence
 - Speed
 - Bicycle safety
 - DUI (Driving Under the Influence)
 - Distracted driving
 - Bullying
 - Sexting
 - Teenage pregnancy
 - Suicide
 - Tobacco use
 - Drug abuse
 - Childhood obesity
 - Depression/anxiety/mental health
 - None of the above
 - Don't know
 - Other _____

Parenting

IF YOU HAVE NO CHILDREN OR YOUR CHILDREN ARE 18 OR OLDER, GO TO QUESTION 101, ENVIRONMENTAL HEALTH SECTION

95. How often does your infant to 4-year-old child ride in a car seat when a passenger in a car?
- I do not have a child 4 years old or younger in the household
 - Never
 - Seldom
 - Sometimes
 - Nearly always
 - Always
 - Child never rides in a car
96. How often do you use a booster seat for children ages 5 to 8?
- I do not have a child 5 to 8 years old
 - Always
 - Nearly always
 - Sometimes
 - Seldom
 - Never
 - Child never rides in car
 - Don't know
97. How did you put your child to sleep most of the time as an infant? **(CHECK ALL THAT APPLY)**
- On his or her side
 - On his or her back
 - On his or her stomach
 - In bed with you or another person
98. How much unsupervised time (time without an adult 18 or older) does your child have after school on an average school day?
- Less than one hour
 - 1 to 2 hours
 - 3 to 4 hours
 - More than 4 hours
99. What did you discuss with your 12 to 17 year old in the past year? **(CHECK ALL THAT APPLY)**
- I do not have a child 12 to 17 years old
 - Abstinence and how to refuse sex
 - Birth control
 - Condoms/Safer sex/STD prevention
 - Dating and relationships
 - Eating habits
 - Body image
 - Screen time (TV, phone, video games, texting, or computer)
 - Bullying (cyber, indirect, physical, verbal)
 - Social media issues
 - Energy drinks
 - Depression, anxiety, suicide
 - Refusal skills/peer pressure
 - Negative effects of alcohol
 - Negative effects of tobacco
 - Negative effects of marijuana and other illegal drugs
 - School/legal consequences using alcohol, tobacco or other drugs
 - Negative effects of misusing prescription drugs
 - Academic performance
 - Finances
 - Did not discuss

100. Do you think there is reason to be concerned about your school-age children with any of the following? **(CHECK ALL THAT APPLY)**
- I do not have a school-age child
 - Developing a weight problem
 - Having a poor diet
 - Not getting enough exercise
 - Teen pregnancy
 - Using alcohol
 - Using drugs
 - Using tobacco
 - Depression/anxiety/mental health
 - Violence
 - Bullying (physical, verbal, cyber, etc.)
 - Facebook or other social network sites
 - Texting
 - Drinking and driving
 - Communication/speech
 - Hearing
 - Academic performance
 - Getting alcohol
 - TV watching
 - None of the above

Environmental Health

101. What do you do with unused prescription medication? **(CHECK ALL THAT APPLY)**
- Throw it in the trash
 - Flush it down the toilet
 - Give them away
 - Keep them
 - Sell them
 - Take them to the Medication Collection program
 - Other: _____

102. The following problems are sometimes associated with poor health. In or around your household, which of the following do you think have threatened you or your family's health in the past year? **(CHECK ALL THAT APPLY)**
- Rodents (mice or rats)
 - Insects (mosquitoes, ticks, flies)
 - Bed bugs
 - Lice
 - Cockroaches
 - Unsafe water supply
 - Plumbing problems
 - Sewage/waste water problems
 - Temperature regulation (heating and air conditioning)
 - Safety hazards (structural problems)
 - Lead paint
 - Chemicals found in household products (i.e., cleaning agents, pesticides, automotive products)
 - Mold
 - Asbestos
 - Radiation
 - Radon
 - Excess medications in the home
 - None

Miscellaneous

103. Does your household have any of the following disaster/emergency supplies? **(CHECK ALL THAT APPLY)**
- 3-day supply of water for everyone who lives there (1 gallon of water per person per day)
 - 3-day supply of nonperishable food for everyone who lives there
 - 3-day supply of prescription medication for each person who takes prescribed medicines
 - A working battery operated radio and working batteries
 - A working flashlight and working batteries
 - Cell phone
 - None of the above
 - Don't know

Demographics

104. What is your zip code? _____
105. What is your age? _____

106. What is your gender?
 Male
 Female
107. What is your race?
 American Indian/Alaska Native
 Asian
 Black or African-American
 Native Hawaiian/ Other Pacific Islander
 White
 Other: _____
 Don't know
108. Are you Hispanic or Latino?
 Yes
 No
 Don't know
109. Are you...
 Married
 Divorced
 Widowed
 Separated
 Never been married
 A member of an unmarried couple
110. How many people live in your household who are...
 Less than 5 years old _____
 5 to 12 years old _____
 13 to 17 years old _____
 Adults _____
111. Where do you live?
 In an urban area
 In a suburban area
 In a rural area
112. What is the highest grade or year of school you completed?
 Never attended school or only attended kindergarten
 Grades 1 through 8 (Elementary)
 Grades 9 through 12 (Some high school)
 Grade 12 or GED (High school graduate)
 College 1 year to 3 years (Some college or technical school)
 College 4 years or more
 Post-graduate

113. Are you currently...
 Employed for wages full-time
 Employed for wages part-time
 Self-employed
 Out of work for more than 1 year
 Out of work for less than 1 year
 Homemaker
 Student
 Retired
 Unable to work
114. Is your annual household income from all sources...
 Less than \$10,000
 \$10,000 to \$14,999
 \$15,000 to \$19,999
 \$20,000 to \$24,999
 \$25,000 to \$34,999
 \$35,000 to \$49,999
 \$50,000 to \$74,999
 \$75,000 or more
 Don't know
115. About how much do you weigh without shoes?
 POUNDS _____
 Don't know
116. About how tall are you without shoes?
 FEET _____
 INCHES _____
 Don't know

Certain questions provided by: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007-2009. Other questions are © 2011 Hospital Council of NW Ohio.

Thank you for your time and opinions!

Please place your completed survey in the pre-stamped and addressed envelope provided and mail today!

2011 Lorain County Youth Health Survey

Directions: Please listen to the instructions of the leader. Do **NOT** put your name on this survey. This survey asks you about your health and things you do in your life that affect your health. The information you give us will be used to develop better health education and services for people your age.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank. The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Please read and answer each question carefully. Please pick the letter of the answer that best describes you and your views. Circle the letter next to the best answer on your survey. The questions are out of order so that anyone who sees your survey cannot tell what you have answered. No one will know what you write, but you must be honest. If you feel you can't be honest, please **DO NOT** answer the question at all. Just leave it blank. When you are done with the survey, fold it and place it in the envelope at the front of the class. Thank you for doing your best on this!

Information About You

1. How old are you?
 - 12 years old or younger.....A
 - 13 years old.....B
 - 14 years old.....C
 - 15 years old.....D
 - 16 years old.....E
 - 17 years old.....F
 - 18 years old or older.....G

2. What is your gender?
 - Female.....A
 - Male.....B

3. In what grade are you?
 - 6th grade.....A
 - 7th grade.....B
 - 8th grade.....C
 - 9th grade.....D
 - 10th grade.....E
 - 11th grade.....F
 - 12th grade.....G

4. How do you describe yourself?
(CIRCLE ONE OR MORE RESPONSES)
 - American Indian/Alaska Native.....A
 - Asian.....B
 - Black or African American.....C
 - Hispanic or Latino.....D
 - Native Hawaiian or Other Pacific Islander.....E
 - White.....F
 - Other.....G

5. What is your zip code? _____

6. Do you live with...? **(CIRCLE ALL THAT APPLY)**
 - Both of your parents.....A
 - One of your parents.....B
 - Mother and step-father.....C
 - Father and step-mother.....D
 - Mother and partner.....E
 - Father and partner.....F
 - Grandparents.....G
 - Another relative.....H
 - Guardians/foster parents.....I
 - On your own or with friends.....J

7. During the past 12 months, how would you describe your grades in school?
 - Mostly A's.....A
 - Mostly B's.....B
 - Mostly C's.....C
 - Mostly D's.....D
 - Mostly F's.....E

8. What do you currently participate in? **(CIRCLE ALL THAT APPLY)**
 - A school club or social organization.....A
 - A church or religious organization.....B
 - A church youth group.....C
 - A sports or intramural program.....D
 - A part time job.....E
 - Take care of your siblings after school.....F
 - Babysit for other kids.....G
 - Some other organized activity (4H, Scouts).....H
 - Volunteer in the community.....I
 - Don't participate in any of these activities.....J

Personal Safety

9. How often do you wear a seat belt when riding in a car driven by someone else?
 Never.....A
 Rarely.....B
 Sometimes.....C
 Most of the time.....D
 Always.....E
10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
 0 times.....A
 1 time.....B
 2 or 3 times.....C
 4 or 5 times.....D
 6 or more times.....E
11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
 I do not drive.....A
 0 times.....B
 1 time.....C
 2 or 3 times.....D
 4 or 5 times.....E
 6 or more times.....F
12. During the past 30 days, did you drive a car or other vehicle while doing the following? (**CIRCLE ALL THAT APPLY**)
 I do not drive.....A
 Texting.....B
 Talking on cell phone.....C
 Using Internet on cell phone.....D
 Checking facebook on cell phone.....E
 Reading.....F
 Applying makeup.....G
 Eating.....H
 Other cell phone usage.....I
 I do not do any of the above while driving.....J

Violence Related Behavior

13. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club? (Do not include Swiss Army or other field or hunting knives)
 0 days.....A
 1 day.....B
 2 or 3 days.....C
 4 or 5 days.....D
 6 or more days.....E

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife or club on school property?
 0 days.....A
 1 day.....B
 2 or 3 days.....C
 4 or 5 days.....D
 6 or more days.....E
15. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
 0 days.....A
 1 day.....B
 2 or 3 days.....C
 4 or 5 days.....D
 6 or more days.....E
16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
 0 times.....A
 1 time.....B
 2 or 3 times.....C
 4 or 5 times.....D
 6 or 7 times.....E
 8 or 9 times.....F
 10 or 11 times.....G
 12 or more times.....H
17. During the past 12 months, how many times were you in a physical fight?
 0 times.....A
 1 time.....B
 2 or 3 times.....C
 4 or 5 times.....D
 6 or 7 times.....E
 8 or 9 times.....F
 10 or 11 times.....G
 12 or more times.....H
18. During the past 12 months, how many times were you in a physical fight on school property?
 0 times.....A
 1 time.....B
 2 or 3 times.....C
 4 or 5 times.....D
 6 or more times.....E
19. During the past 12 months, did your boyfriend or girlfriend ever hit, slap or physically hurt you on purpose?
 Yes.....A
 No.....B

20. During the past 12 months, did an adult or caregiver ever hit, slap or physically hurt you on purpose?
 Yes.....A
 No.....B
21. Have you ever been forced to participate in any sexual activity when you did not want to?
 Yes.....A
 No.....B
22. During your life, how many times have you purposely hurt yourself (for example, cutting, burning, scratching, hitting, biting, etc.)?
 0 times.....A
 1 or 2 times.....B
 3 to 9 times.....C
 10 to 19 times.....D
 20 to 39 times.....E
 40 times or more.....F
23. What types of bullying have you experienced in the last year? **(CIRCLE ALL THAT APPLY)**
 Physically bullied (e.g. you were hit, kicked, punched, or people took your belongings).....A
 Verbally bullied (e.g. teased, taunted, or called you harmful names).....B
 Indirectly bullied (e.g. spread mean rumors about you or kept you out of a “group”).....C
 Cyber bullied (e.g. teased, taunted, or threatened by e-mail, cell phone, another electronic method).....D
 None of the above.....E

Mental Health

24. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
 Yes.....A
 No.....B
25. During the past 12 months, did you ever **seriously** consider attempting suicide?
 Yes.....A
 No.....B
26. During the past 12 months, how many times did you actually attempt suicide?
 0 time.....A
 1 time.....B
 2 or 3 times.....C
 4 or 5 times.....D
 6 or more times.....E

27. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
 Yes.....A
 No.....B
 Did not attempt suicide during the past 12 months.....C
28. When you are dealing with feelings of depression or suicide, with whom do you talk about your concerns? **(CIRCLE ALL THAT APPLY)**
 I do not have feelings of depression or suicide.....A
 No one.....B
 Best friend.....C
 My girlfriend/boyfriend.....D
 Pastor/Priest.....E
 Brother/Sister.....F
 Parents.....G
 Youth Minister.....H
 Scout Master/Club advisor.....I
 Coach.....J
 Teacher.....K
 School counselor.....L
 Professional counselor.....M
 Neighbor.....N
 Youth leader.....O
 Other.....P
29. How do you deal with anxiety, stress, or depression? **(CIRCLE ALL THAT APPLY)**
 I do not have anxiety, stress, or depression.....A
 Talk to someone.....B
 Exercise.....C
 Eat.....D
 Drink alcohol.....E
 Smoke/use tobacco.....F
 Use illegal drugs.....G
 Sleep.....H
 Use medication that is prescribed for me.....I
 Use medication that is not prescribed for me.....J
 Hobbies.....K
 Journal.....L
 Gamble.....M
 Shop.....N
 Break something.....O
 Vandalism or violent behavior.....P
 Self-harm, such as cutting.....Q



30. What would keep you from seeking help if you were dealing with anxiety, stress, depression or thoughts of suicide? **(CIRCLE ALL THAT APPLY)**
- I would seek help..... A
 - Paying for it..... B
 - Transportation..... C
 - No time..... D
 - Worried what others might think..... E
 - Family would not support me in getting help..... F
 - I can handle it myself..... G
 - Do not know where to go..... H

Tobacco Use

31. Have you ever tried cigarette smoking, even one or two puffs?
- Yes..... A
 - No..... B
32. During the past 30 days, on how many days did you smoke cigarettes?
- 0 days..... A
 - 1 or 2 days..... B
 - 3 to 5 days..... C
 - 6 to 9 days..... D
 - 10 to 19 days..... E
 - 20 to 29 days..... F
 - All 30 days..... G
33. How old were you when you smoked a whole cigarette for the first time?
- I have never smoked a whole cigarette..... A
 - 8 years old or younger..... B
 - 9 years old..... C
 - 10 years old..... D
 - 11 years old..... E
 - 12 years old..... F
 - 13 years old..... G
 - 14 years old..... H
 - 15 years old..... I
 - 16 years old..... J
 - 17 years old or older..... K
34. During the past 30 days, how did you usually get your cigarettes? **(CIRCLE ALL THAT APPLY)**
- I did not smoke during the past 30 days..... A
 - In a store or gas station..... B
 - From a vending machine..... C
 - Someone else bought them for me..... D
 - I borrowed them from someone else..... E
 - A person 18 years or older gave them to me... F
 - I took them from a store or family member... G
 - I got them some other way..... H

35. Which forms of tobacco listed below have you used the in the past year? **(CIRCLE ALL THAT APPLY)**
- Cigarettes..... A
 - Flavored cigarettes..... B
 - Bidis..... C
 - Cigars..... D
 - Black & Milds..... E
 - Cigarillos..... F
 - Little cigars..... G
 - Swishers..... H
 - Chewing tobacco, snuff..... I
 - Snus..... J
 - Hookah..... K
 - None..... L

36. During the past 12 months, did you ever try to quit smoking cigarettes?
- I did not smoke during the past 12 months.... A
 - Yes..... B
 - No..... C
37. How much do you think people risk harming themselves (physically or in other ways) if they **smoke cigarettes**?
- No risk..... A
 - Slight risk..... B
 - Moderate risk..... C
 - Great risk..... D
38. How do you think your parent(s) or guardian(s) would feel about you **smoking cigarettes**?
- Would approve..... A
 - Would not care..... B
 - Disapprove some..... C
 - Strongly disapprove..... D

Alcohol Consumption

39. During your life, how many days have you had at least one drink of alcohol?
- 0 days..... A
 - 1 or 2 days..... B
 - 3 to 9 days..... C
 - 10 to 19 days..... D
 - 20 to 39 days..... E
 - 40 to 99 days..... F
 - 100 or more days..... G



40. During the past 30 days, on how many days did you have at least one drink of alcohol?
- 0 days.....A
 1 or 2 days.....B
 3 to 5 days.....C
 6 to 9 days.....D
 10 to 19 days.....E
 20 to 29 days.....F
 All 30 days.....G
41. How old were you when you had your first drink of alcohol other than a few sips?
- I have never had a drink of alcohol, other than a few sips.....A
 8 years old or younger.....B
 9 years old.....C
 10 years old.....D
 11 years old.....E
 12 years old.....F
 13 years old.....G
 14 years old.....H
 15 years old.....I
 16 years old.....J
 17 years old or older.....K
42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- 0 days.....A
 1 day.....B
 2 days.....C
 3 to 5 days.....D
 6 to 9 days.....E
 10 to 19 days.....F
 20 days or more.....G
43. During the past 30 days, on how many days were you on school property under the influence of alcohol?
- 0 days.....A
 1 or 2 days.....B
 3 to 5 days.....C
 6 to 9 days.....D
 10 to 19 days.....E
 20 to 29 days.....F
 All 30 days.....G

44. During the past 30 days, how did you usually get your alcohol? **(CIRCLE ALL THAT APPLY)**
- I did not drink during the past 30 days.....A
 I bought it in a store such as a liquor store, convenience store, supermarket, discount store or gas station.....B
 I bought it at a restaurant, bar or club.....C
 Someone gave it to me.....D
 Someone older bought it for me.....E
 I bought it at a public event such as a concert or sporting event.....F
 My parent gave it to me.....G
 My friend's parent gave it to me.....H
 I took it from a store or family member.....I
 I bought it with a fake ID.....J
 I got it some other way.....K
45. How much do you think people risk harming themselves (physically or in other ways) if they **drink alcohol** (like beer, wine, or hard liquors such as vodka, whiskey, or gin)?
- No risk.....A
 Slight risk.....B
 Moderate risk.....C
 Great risk.....D
46. How do you think your parent(s) or guardian(s) would feel about you **drinking alcohol** (like beer, wine, or hard liquors such as vodka, whiskey, or gin)?
- Would approve.....A
 Would not care.....B
 Disapprove some.....C
 Strongly disapprove.....D

Drug Use

47. During the past 30 days, how many times did you use marijuana?
- 0 times.....A
 1 or 2 times.....B
 3 to 9 times.....C
 10 to 19 times.....D
 20 to 39 times.....E
 40 times or more.....F



48. How old were you when you tried marijuana for the first time?
- I have never tried marijuana.....A
 - 8 years old or younger.....B
 - 9 years old.....C
 - 10 years old.....D
 - 11 years old.....E
 - 12 years old.....F
 - 13 years old.....G
 - 14 years old.....H
 - 15 years old.....I
 - 16 years old.....J
 - 17 years old or older.....K
49. During your life, how many times have you used any form of cocaine, including powder, crack or freebase?
- 0 times.....A
 - 1 or 2 times.....B
 - 3 to 9 times.....C
 - 10 to 19 times.....D
 - 20 to 39 times.....E
 - 40 or more times.....F
50. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- 0 times.....A
 - 1 or 2 times.....B
 - 3 to 9 times.....C
 - 10 to 19 times.....D
 - 20 to 39 times.....E
 - 40 or more times.....F
51. During your life, how many times have you used heroin (also called smack, junk, or China White)?
- 0 times.....A
 - 1 or 2 times.....B
 - 3 to 9 times.....C
 - 10 to 19 times.....D
 - 20 to 39 times.....E
 - 40 or more times.....F
52. During your life, how many times have you used methamphetamines (also called speed, crystal, crack or ice)?
- 0 times.....A
 - 1 or 2 times.....B
 - 3 to 9 times.....C
 - 10 to 19 times.....D
 - 20 to 39 times.....E
 - 40 or more times.....F

53. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?
- 0 times.....A
 - 1 or 2 times.....B
 - 3 to 9 times.....C
 - 10 to 19 times.....D
 - 20 to 39 times.....E
 - 40 or more times.....F
54. During your life, how many times have you used medications that were either not prescribed for you, or took more than was prescribed (examples include Oxycontin, Vicodin, Adderall, Concerta or Ritalin)?
- 0 times.....A
 - 1 or 2 times.....B
 - 3 to 9 times.....C
 - 10 to 19 times.....D
 - 20 to 39 times.....E
 - 40 or more times.....F
55. During your life, how many times have you used a needle to inject any illegal drug into your body?
- 0 times.....A
 - 1 time.....B
 - 2 or more times.....C
56. During the past **12 months**, has anyone offered, sold or given you an illegal drug on school property?
- Yes.....A
 - No.....B
57. How much do you think people risk harming themselves (physically or in other ways) if they **smoke marijuana**?
- No risk.....A
 - Slight risk.....B
 - Moderate risk.....C
 - Great risk.....D
58. How do you think your parent(s) or guardian(s) would feel about you **smoking marijuana**?
- Would approve.....A
 - Would not care.....B
 - Disapprove some.....C
 - Strongly disapprove.....D

Sexual Behavior

59. Have you ever participated in the following? **(CIRCLE ALL THAT APPLY)**
- Sexual Intercourse.....A
 - Oral Sex.....B
 - Anal Sex.....C
 - Sexting.....D
 - View pornography.....E
 - None of the above.....F

60. How old were you when you had sexual intercourse for the first time?
- I have never had sexual intercourse.....A
 - 11 years old or younger.....B
 - 12 years old.....C
 - 13 years old.....D
 - 14 years old.....E
 - 15 years old.....F
 - 16 years old.....G
 - 17 years old or older.....H
61. During your life, with how many people have you had sexual intercourse?
- I have never had sexual intercourse.....A
 - 1 person.....B
 - 2 people.....C
 - 3 people.....D
 - 4 people.....E
 - 5 people.....F
 - 6 or more people.....G
62. The last time you had sexual intercourse, what methods did you or your partner use to prevent pregnancy? **(CIRCLE ALL THAT APPLY)**
- I have never had sexual intercourse.....A
 - No method was used to prevent pregnancy....B
 - Birth control pills.....C
 - Condoms.....D
 - Depo-Provera (injectable birth control).....E
 - Withdrawal.....F
 - Some other method.....G
 - Not sure.....H
63. Have you ever...? **(CIRCLE ALL THAT APPLY)**
- Been pregnant.....A
 - Gotten someone pregnant.....B
 - Wanted to get pregnant.....C
 - Tried to get pregnant.....D
 - Had an abortion.....E
 - Had a miscarriage.....F
 - Had a child.....G
 - Been treated for an STD.....H
 - None of the above.....I

Diet & Nutrition

64. How do you describe your weight?
- Very underweight.....A
 - Slightly underweight.....B
 - About the right weight.....C
 - Slightly overweight.....D
 - Very overweight.....E

65. Which of the following are you trying to do about your weight?
- Lose weight.....A
 - Gain weight.....B
 - Stay the same weight.....C
 - I am not trying to do anything about my weight.....D
66. During the past 30 days, did you do any of the following to lose weight or keep from gaining weight? **(CIRCLE ALL THAT APPLY)**
- I did not do anything to lose weight or keep from gaining weight.....A
 - Eat less food, fewer calories, or foods low in fat.....B
 - Exercise.....C
 - Go without eating for 24 hours.....D
 - Take any diet pills, powders, or liquids without a doctor's advice.....E
 - Vomit or take laxatives.....F
 - Smoke cigarettes.....G
67. On average how many servings of fruits and vegetables do you have per day?
- 1 to 4 servings per day.....A
 - 5 or more servings per day.....B
 - 0 – I do not like fruits or vegetables.....C
 - 0 – I cannot afford fruits or vegetables.....D
 - 0 – I do not have access to fruits or vegetables.....E
68. Which of the following sources of calcium do you consume? **(CIRCLE ALL THAT APPLY)**
- Milk.....A
 - Calcium fortified juice.....B
 - Yogurt.....C
 - Calcium supplements.....D
 - Other dairy products.....E
 - Other calcium sources.....F
 - None of the above.....G
69. How many days per week do you not have enough food and go to bed hungry?
- 0 days.....A
 - 1 day.....B
 - 2 days.....C
 - 3 days.....D
 - 4 days.....E
 - 5 days.....F
 - 6 days.....G
 - 7 days.....H



Exercise

70. On an average day of the week, how many hours do you spend doing the following activities?

TV	Internet (on computer or cell phone)	Cell phone use (talk or text)
<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours	<input type="checkbox"/> 0 hours
<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> Less than 1 hour
<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1 hour
<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours	<input type="checkbox"/> 2 hours
<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours	<input type="checkbox"/> 3 hours
<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours	<input type="checkbox"/> 4 hours
<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours	<input type="checkbox"/> 5 hours
<input type="checkbox"/> 6 or more hours	<input type="checkbox"/> 6 or more hours	<input type="checkbox"/> 6 or more hours

71. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate and made you breathe hard some of the time.)

- 0 days.....A
- 1 day.....B
- 2 days.....C
- 3 days.....D
- 4 days.....E
- 5 days.....F
- 6 days.....G
- 7 days.....H

General Health

72. Has a doctor or nurse ever told you that you have asthma?

- Yes.....A
- No.....B
- Not sure.....C

73. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- Less than 1 year ago.....A
- 1 to 2 years ago.....B
- More than 2 years ago.....C
- Never.....D
- Don't know/not sure.....E

74. Do you consider yourself a member of a gang?

- Yes.....A
- No.....B

75. Does your parent or guardian regularly do any of the following? **(CIRCLE ALL THAT APPLY)**

- Help you with school work.....A
- Talk to you about school.....B
- Ask you about homework.....C
- Go to meetings or events at your school.....D
- Make the family eat a meal together.....E
- None of the above.....F

76. How many adults do you have to talk to and look up to in the following places?

School	Community	Home
<input type="checkbox"/> None	<input type="checkbox"/> None	<input type="checkbox"/> None
<input type="checkbox"/> 1 Person	<input type="checkbox"/> 1 Person	<input type="checkbox"/> 1 Person
<input type="checkbox"/> 2 People	<input type="checkbox"/> 2 People	<input type="checkbox"/> 2 People
<input type="checkbox"/> 3 or More People	<input type="checkbox"/> 3 or More People	<input type="checkbox"/> 3 or More People

77. How tall are you without your shoes on?

- _____ Feet
- _____ Inches

78. How much do you weigh without your shoes on?

- _____ Pounds

Please put your questionnaire in the envelope at the front of the room.

Thank you for giving us your opinions!

Most questions used in this survey are from the 2007 & 2009 State and Local Youth Risk Behavior Survey, Department of Health and Human Services, Centers for Disease Control, Washington D.C., 2007 & 2009. Other questions are © 2011 Hospital Council of NW Ohio.