

Erie County  
Community Health Assessment  
2011



*Linda Miller-Moore* 1/31/2011  
Linda Miller-Moore Date  
Board President

*Peter Schade* 01/31/2011  
Peter Schade Date  
Health Commissioner

# Foreword

“QUALITY OF LIFE”, is a phrase that has a nice ring to it, if you happen to be experiencing adequate mental, physical, and associated well beings.

The Public Health System here in Erie County has once again set out to assess our “Quality of Life” and to develop policy by the numerous agencies that will assure you, our citizens, that our programs are being administered, directed, and developed in a fashion that supports a high quality of life. Upon review, you will note that several of the Quality of Life indicators need improvement here in Erie County. Conversely, Erie County is faring well in several areas, as compared to Local, State, and National data.

The 2011 Erie County Health Assessment is a very detailed report of the many items which impact our health on a day to day basis.

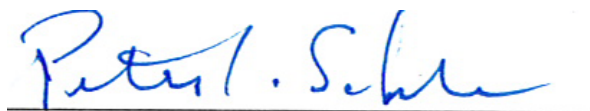
One should consider the data contained herein as a snapshot of the health of Erie County.

As stated, agencies will use this data to pursue needed funding to assist our friends, families, and neighbors in their quest to increase or better their Quality of Life.

This data is powerful; it contains answers from a cross section of all Erie County residents. Adults, Minorities, Children, Men, Women, Veterans, Handicapped individuals, and all interested parties who took part in this process are to be commended for their time and selfless giving.

The Public Health System will use this data to assure each of you that our effort to help you achieve a great Quality of Life is an unparalleled feat! We are all committed to providing integrated health services as a vehicle for improved health conditions.

Yours in good health,



Peter T. Schade, MPH, RS  
Health Commissioner  
Erie County General Health District

Erie County  
Community Health Assessment  
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Peter Schade Date  
Health Commissioner

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# Erie County Community Health Assessment

## *Executive Summary*

This executive summary provides an overview of health-related data for Erie County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2010. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Healthy Communities Foundation of the Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## Primary Data Collection Methods

### **Design**

This community health assessment was cross-sectional in nature and included a written survey of both adults and adolescents within Erie 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 Erie County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Erie County planning committee, the Project Coordinator composed a draft of a survey containing 115 items. This draft was reviewed and approved by health education researchers at the University of Toledo.

### **Sampling**

#### *Adult Survey*

Adults ages 19 and over living in Erie County were used as the sampling frame for the adult survey. There were 59,949 persons ages 18 and over living in Erie 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 382 responding adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Erie County was obtained from American Clearinghouse in Louisville, KY.

### *Adolescent Survey*

Youth ages 12 to 18 living in Erie 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 374 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 1600 adults in Erie County. This advance letter was personalized, printed on Erie County Health Department stationery and was signed by Peter Schade, Health Commissioner, Erie County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Erie County Health Department stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for the mailing was 47% (n=666). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

#### *Adolescent Survey*

The Project Coordinator met with all school district superintendents and obtained approval for the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 95% (n=401). The survey contained 72 questions and had a multiple choice response format.

### **Data Analysis**

Individual responses were anonymous and confidential. Only group data are available. All data were analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Erie County, the data collected was weighted by age, gender, race, and income using 2000 census



## Primary Data Collection Methods

data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

### Limitations

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Erie County adult assessment had a very high response rate (47%). 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 Erie County). In other words, if the others of 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.

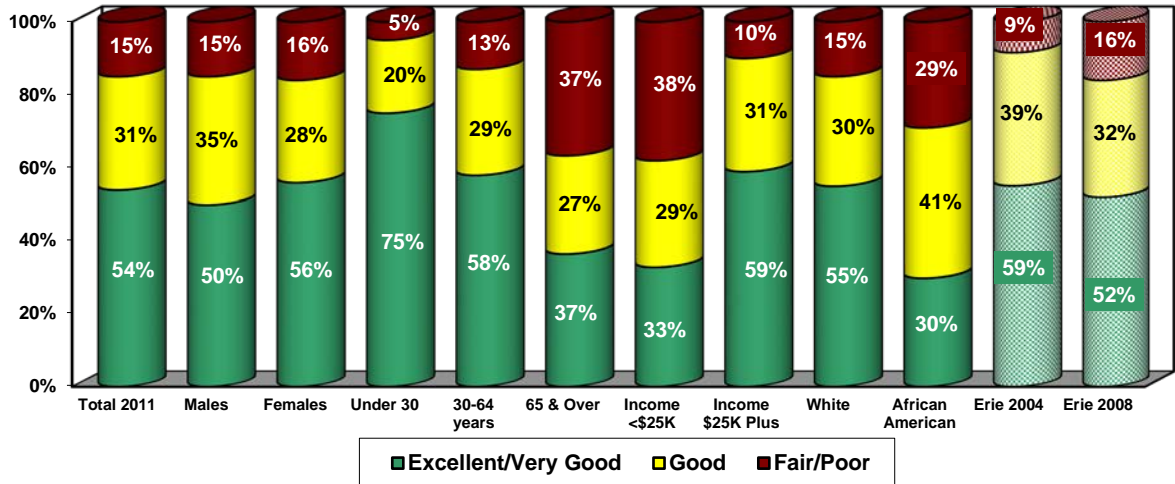
Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone 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, over half (54%) of the Erie County adults rated their health status as excellent or very good. Conversely, 15% of the adults, increasing to 37% of those over the age of 65, described their health as fair or poor.

**Erie County Adult Health Perceptions\***

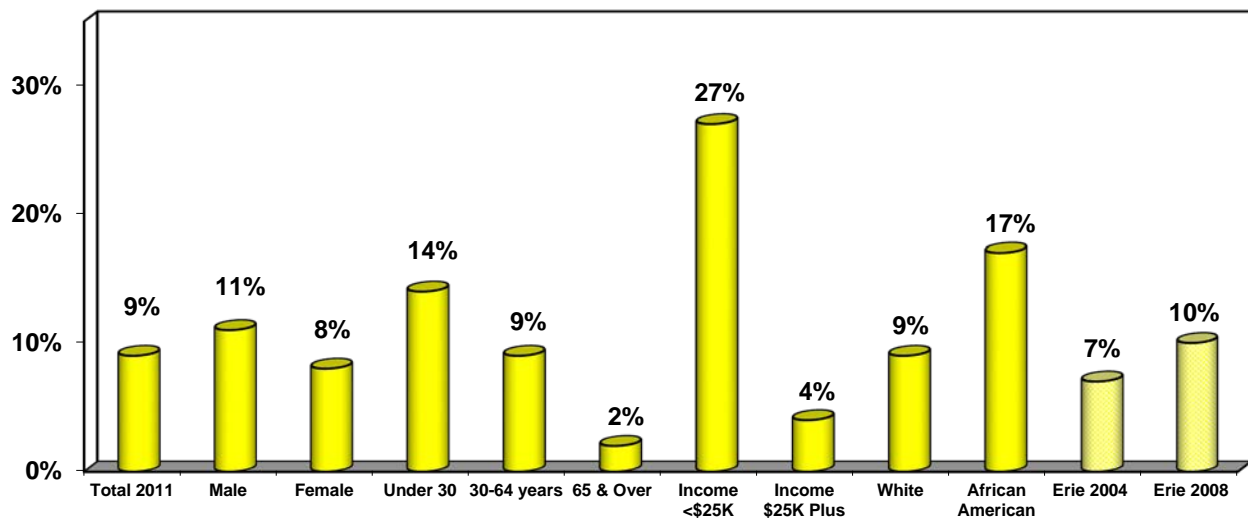


*\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"*

### Health Care Coverage

The 2011 health assessment data has identified that 9% of Erie County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000, African Americans and those under the age of 30. In Erie County, 12.1% of residents live below the poverty level. (Source U.S. Census, American Community Survey 5 Year Estimates, 2005-2009)

**Uninsured Erie County Adults**



## Data Summary

### Health Care Access

The 2011 health assessment project identified that 30% of Erie County adults could not access the health care they needed at some time in the past year because of the cost. 54% reported they had one particular doctor or healthcare professional they go to for routine medical care.

### Cardiovascular Health

Heart disease (22%) and stroke (4%) accounted for 26% of all Erie County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2011 Erie County health assessment found that 4% of adults had a heart attack and 2% had a stroke at some time in their life. More than one-quarter (28%) of Erie County adults have been diagnosed with high blood pressure, 31% have high blood cholesterol, and 31% were obese, three known risk factors for heart disease and stroke.

### Cancer

Ohio Department of Health statistics indicate that from 2000-2008, a total of 1,805 Erie 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 Erie County adults had been diagnosed with diabetes.

### Arthritis

According to the Erie County survey data, 31% of Erie 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 Erie County survey data, 13% of Erie County adults had been diagnosed with asthma.

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

**Total Deaths: 2,580**

1. Cancers (24% of all deaths)
2. Heart Disease (22%)
3. Chronic Lower Respiratory Disease (8%)
4. Alzheimer's Disease (7%)
5. Diabetes (4%)

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

#### Erie County Incidence of Cancer, 2005 All Types: 132 cases

- ❖ Lung and Bronchus: 91 cases (17%)
- ❖ Prostate: 79 cases (15%)
- ❖ Breast: 74 cases (14%)
- ❖ Colon and Rectum: 64 cases (12%)
- ❖ Bladder: 8 cases (6%)

**From 2006-2008, there were 613 cancer deaths in Erie County.**

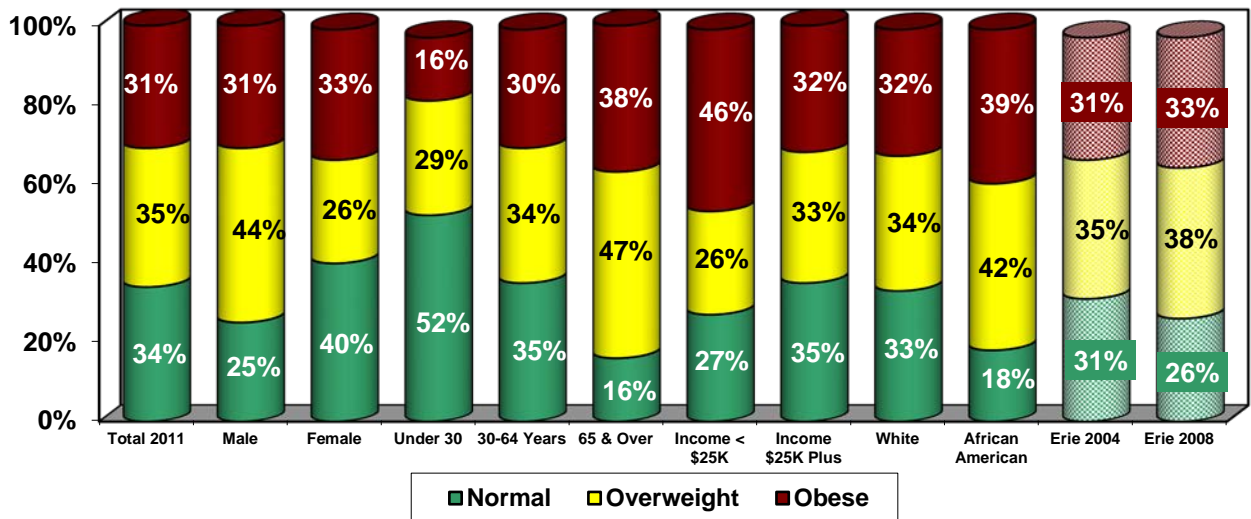
*(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse)*

## Data Summary

### Adult Weight Status

The 2011 Health Assessment project identified that 66% of Erie 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 (31%) of Erie County adults were obese. Almost half (48%) of adults were trying to lose weight. 18% of adults had not been participating in any physical activities or exercise in the past week.

**Erie County Adult BMI Classifications**



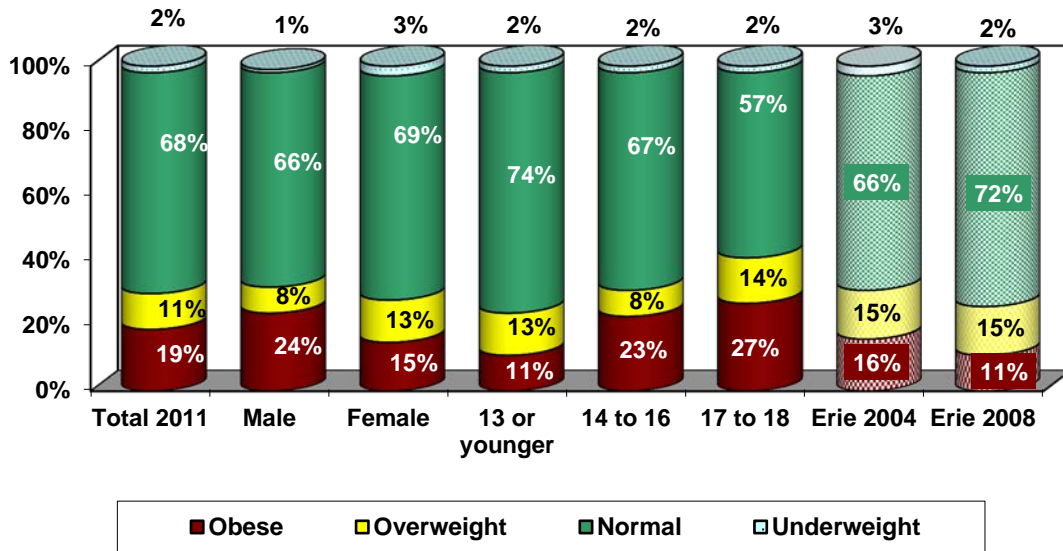
*(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)*

### Youth Weight Status

The 2011 Health Assessment identified that 19% of Erie County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Erie County youth reported that they were slightly or very overweight. 63% of youth were exercising for 60 minutes on 3 or more days per week.

## Data Summary

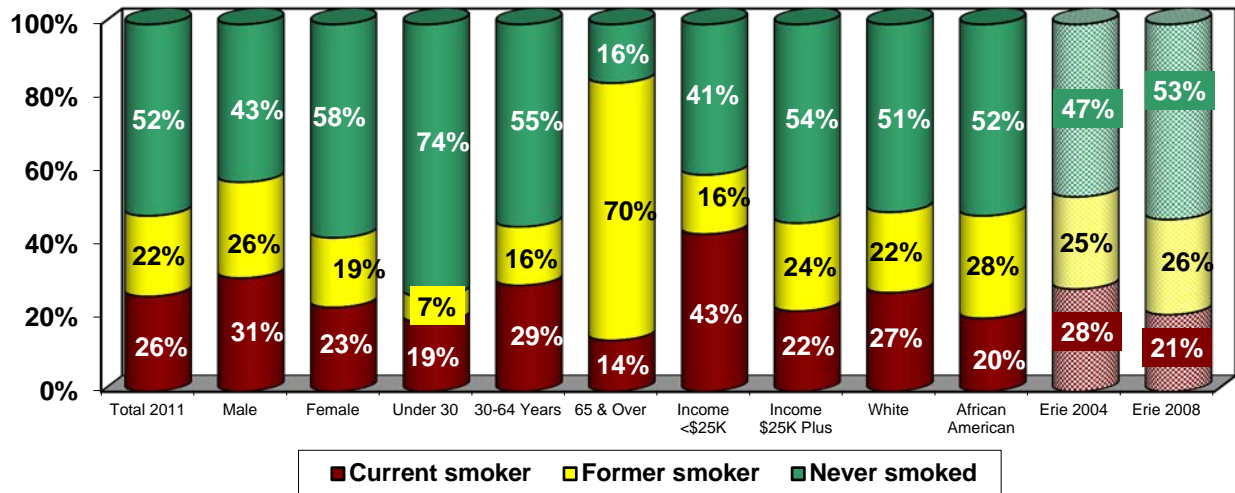
### Erie County Youth BMI Classifications



## Adult Tobacco Use

In 2011, 26% of Erie County adults were current smokers and 22% 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)

### Erie County Adult Smoking Behaviors



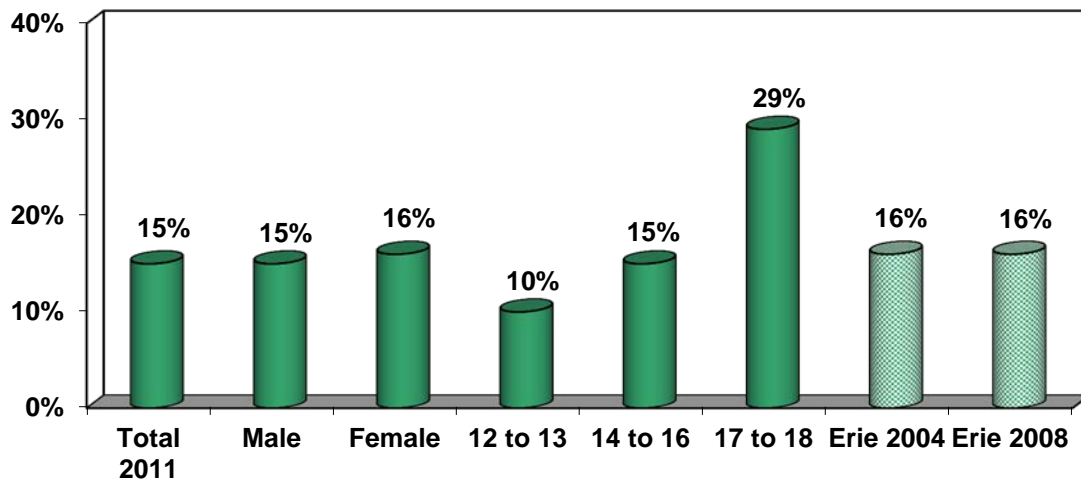
Respondents were asked:  
*"Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes everyday, some days or not at all?"*

## Data Summary

### Youth Tobacco Use

The 2011 health assessment identified that 15% of Erie County youth (ages 12-18) were smokers increasing to 29% of those who were 17-18 years old. Overall, 21% of Erie County youth indicated they had smoked black and milds in the past year, increasing to 43% of 17-18 year olds. Of those youth who currently smoke, 49% had tried to quit.

**Erie County Youth Who Are Current Smokers**



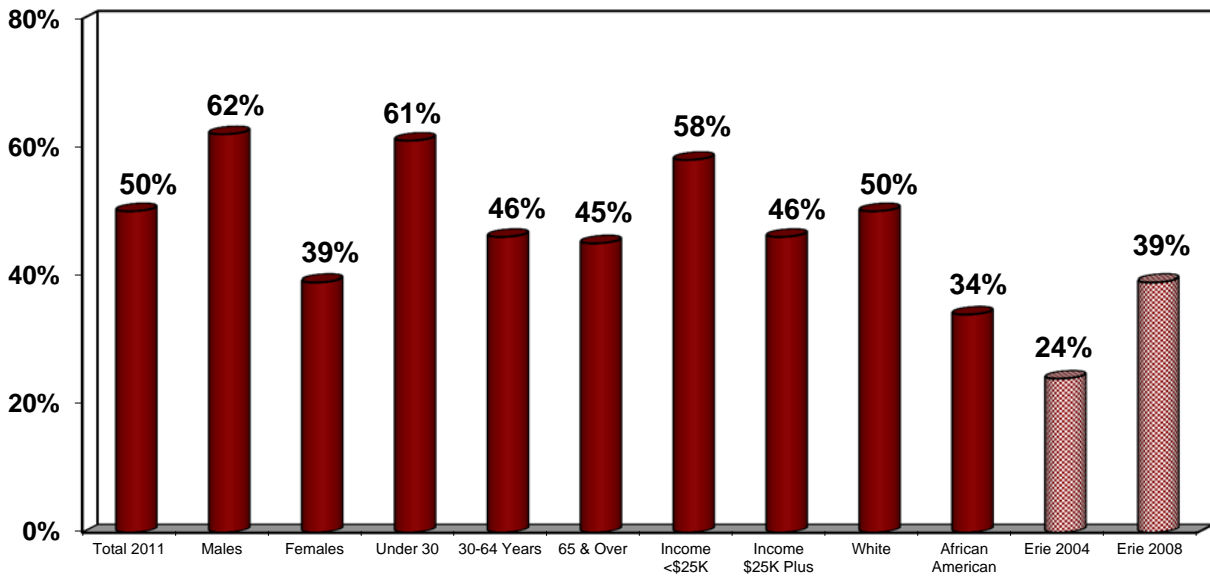
*Current smokers are those who have smoked at any time during the past 30 days.*

### Adult Alcohol Consumption

In 2011, the health assessment indicated that 19% of Erie County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 50% 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 five or more drinks.

## Data Summary

### Erie County Adult Drinkers Who Binge Drank in Past Month\*

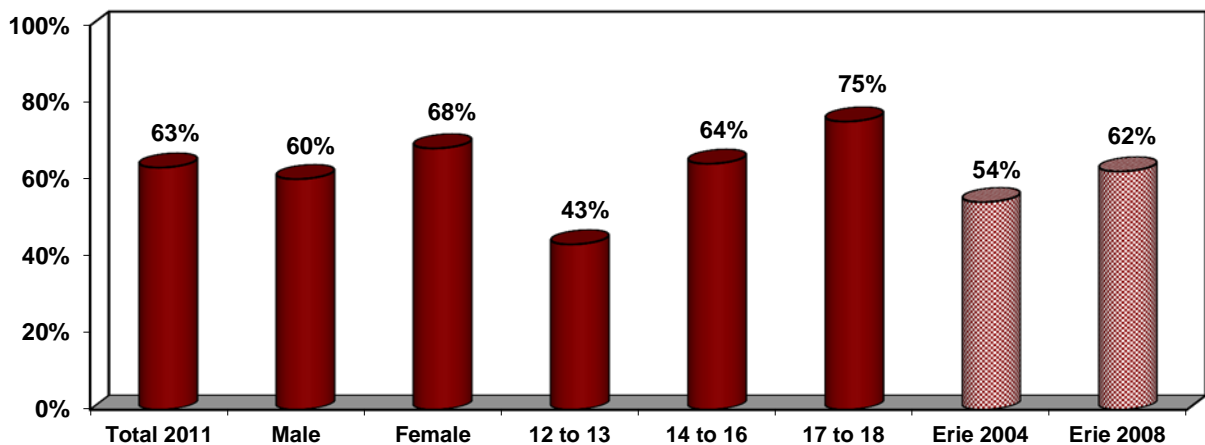


\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks on an occasion.

## Youth Alcohol Consumption

In 2011, the health assessment results indicated that 48% of Erie County youth had drunk at least one drink of alcohol in their life, increasing to 88% of youth seventeen and older. 42% of those who drank took their first drink before the age of 12. More than one quarter (26%) of all Erie County youth and 54% of those 17-18 years had at least one drink in the past 30 days. Nearly two-thirds (63%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

### Erie County Youth Current Drinkers Binge Drinking in Past Month\*



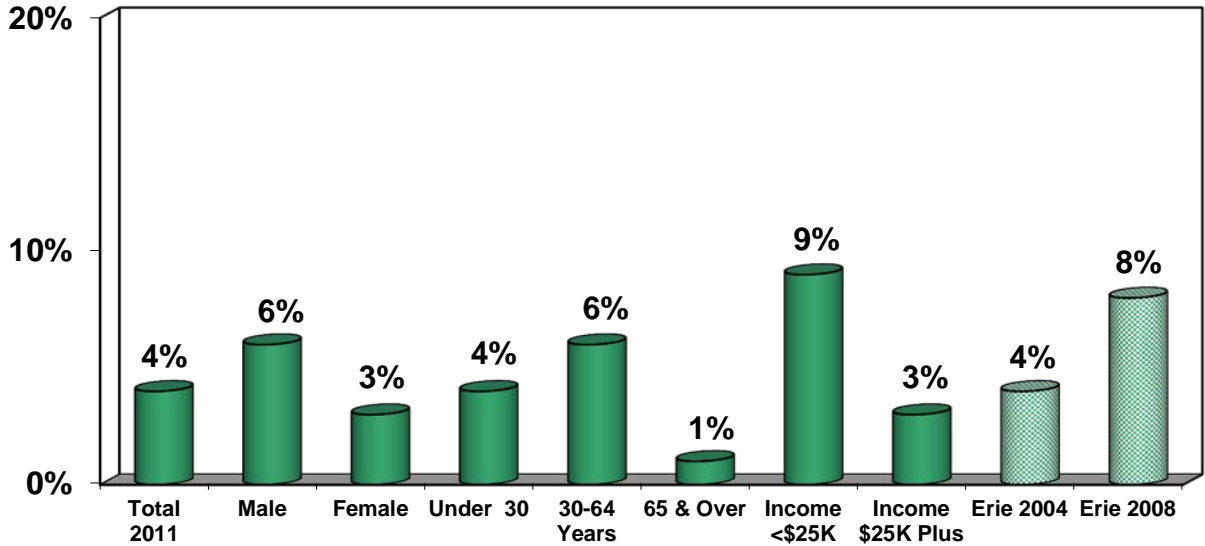
\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.

## Data Summary

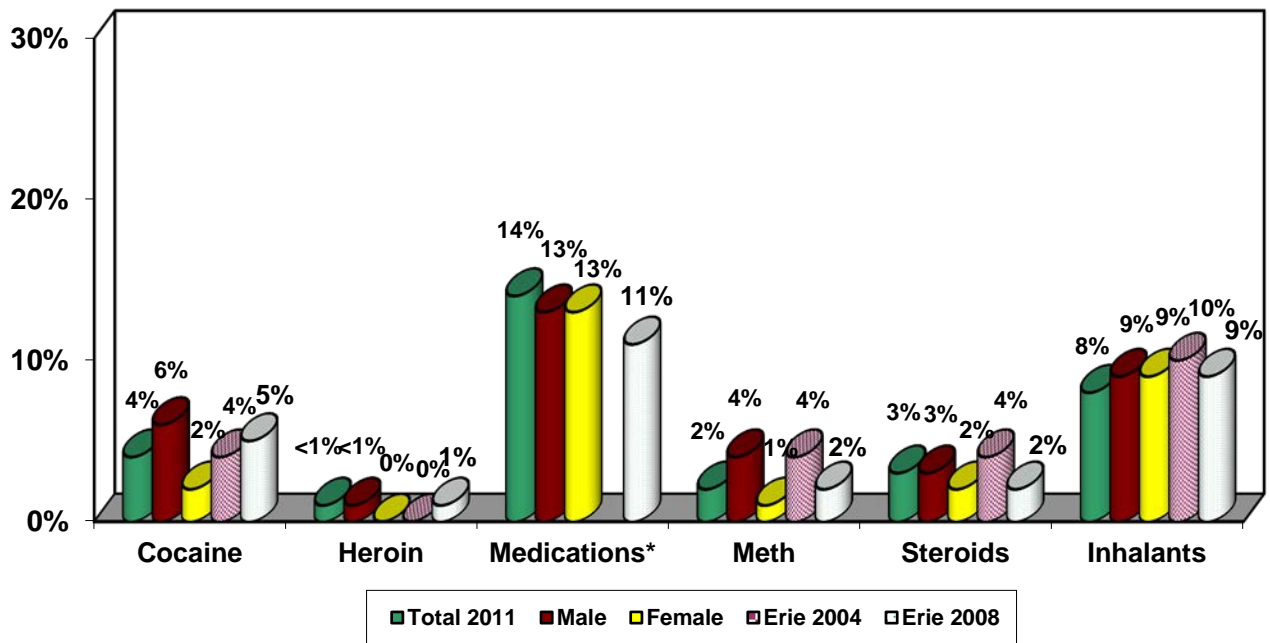
### Adult and Youth Marijuana and Other Drug Use

In 2011, 11% of Erie County adults had used marijuana during the past 6 months. 17% of Erie County youth had used marijuana at least once in the past 30 days, increasing to 25% of high school youth. During the past 12 months, 14% of youth had misused medications.

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



**Erie County Youth Lifetime Drug Use**



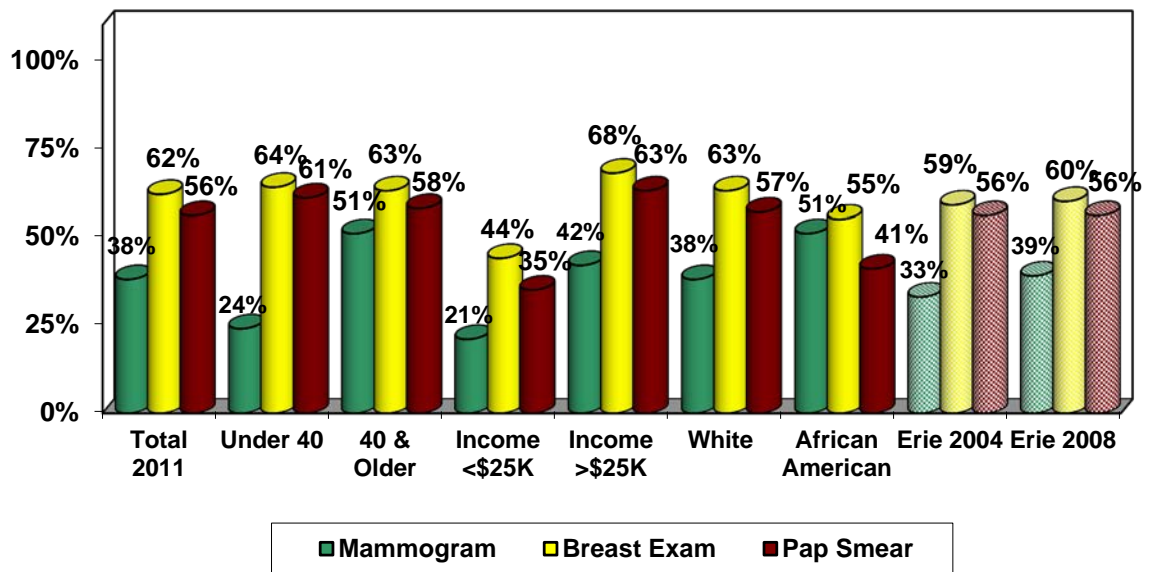


## Data Summary

### Women's Health

In 2011, over half (51%) of Erie County women over the age of 40 reported having a mammogram in the past year. 62% of Erie County women have had a clinical breast exam and 63% have had a Pap smear to detect cancer of the cervix in the past year. The health assessment determined that 3% of women had a heart attack, and 2% had a stroke at some time in their life. Nearly one-fourth (23%) had high blood cholesterol, 27% had high blood pressure, 33% were obese, and 23% were identified as smokers, known risk factors for cardiovascular diseases.

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

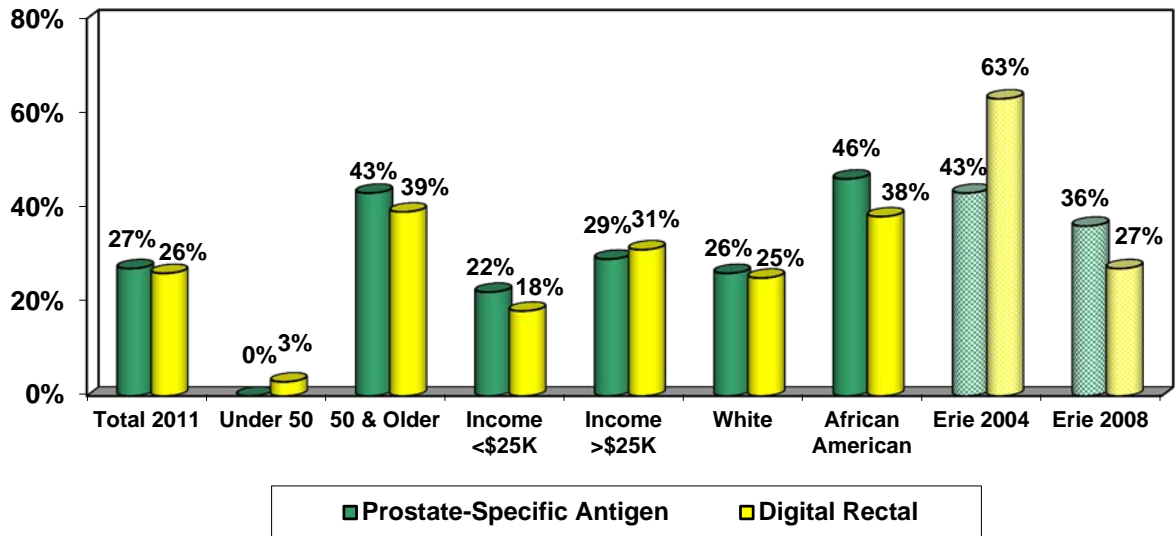


### Men's Health

In 2011, 43% of Erie County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. More than one-third (39%) 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 25% and cancers accounted for 24% of all male deaths in Erie County from 2006-2008. The health assessment determined that 7% of men had a heart attack, and 1% had a stroke at some time in their life. Two-fifths (40%) of men had been diagnosed with high blood cholesterol, 29% had high blood pressure, and 31% were identified as smokers, which, along with obesity (31%), are known risk factors for cardiovascular diseases.

## Data Summary

### Erie Men's Health Exams Within the Past Year



### Preventive Medicine and Health Screenings

More than one-third (34%) of adults had a flu shot during the past 12 months. 43% of adults over the age of 50 had received a colonoscopy or sigmoidoscopy in the past 5 years. Nearly one-quarter (24%) of the adults used a septic tank for their waste water. Insects and mold were the two most important perceived environmental health issues that threatened Erie County adults' health in the past year.

### Adult Sexual Behavior & Pregnancy Outcomes

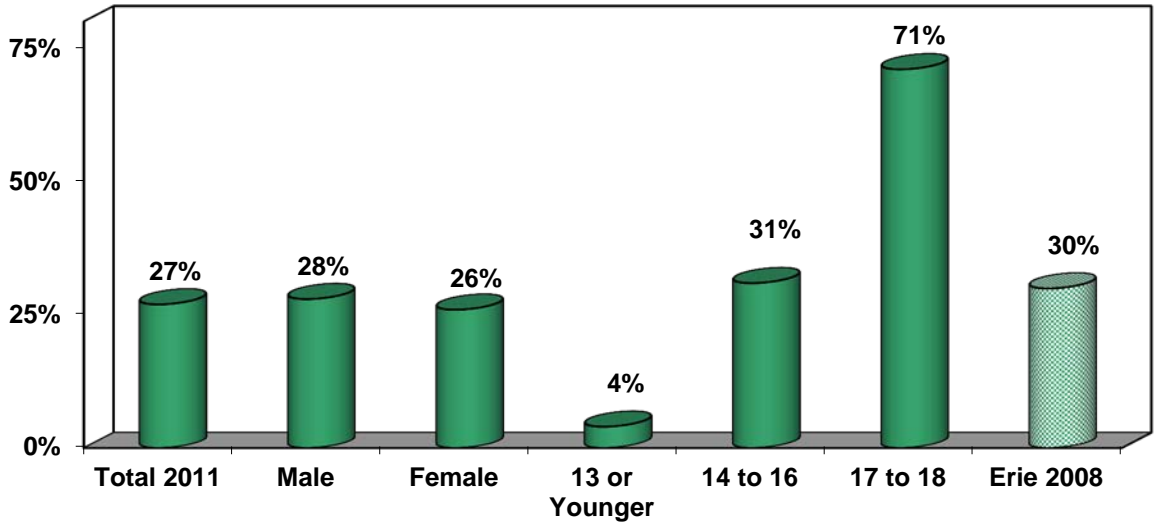
In 2011, nearly three-fourths (72%) of Erie County adults had sexual intercourse. 10% of adults had more than one partner. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. (Source: Planned Parenthood Federation of America, Inc.)

### Youth Sexual Behavior & Pregnancy Outcomes

In 2010, about one in four (27%) of Erie County youth have had sexual intercourse, increasing to 71% of those ages 17 and over. 26% of youth had participated in oral sex and 6% had participated in anal sex. 22% of youth participated in sexting. Of those who were sexually active, 65% had multiple sexual partners.

## Data Summary

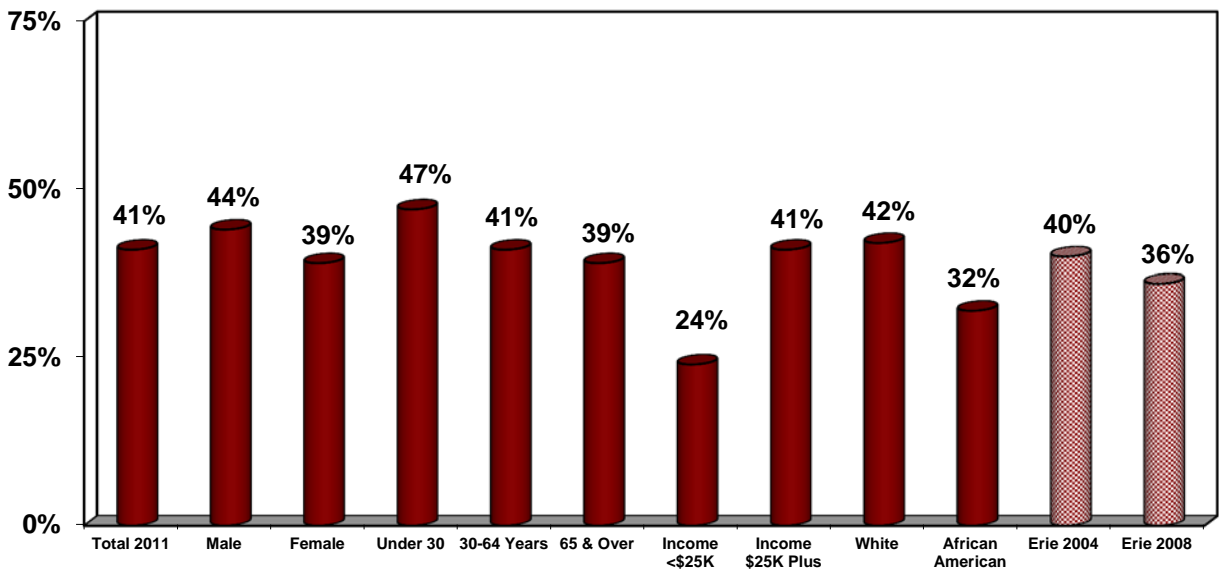
### Erie County Youth Having Sexual Intercourse



## Quality of Life and Safety

Nearly one-quarter (22%) Erie County adults in 2011 reported they were limited in some way because of a physical, mental or emotional problem. The health assessment identified that 41% of Erie County adults kept a firearm in or around their home.

### Erie County Adults With a Firearm in the Home

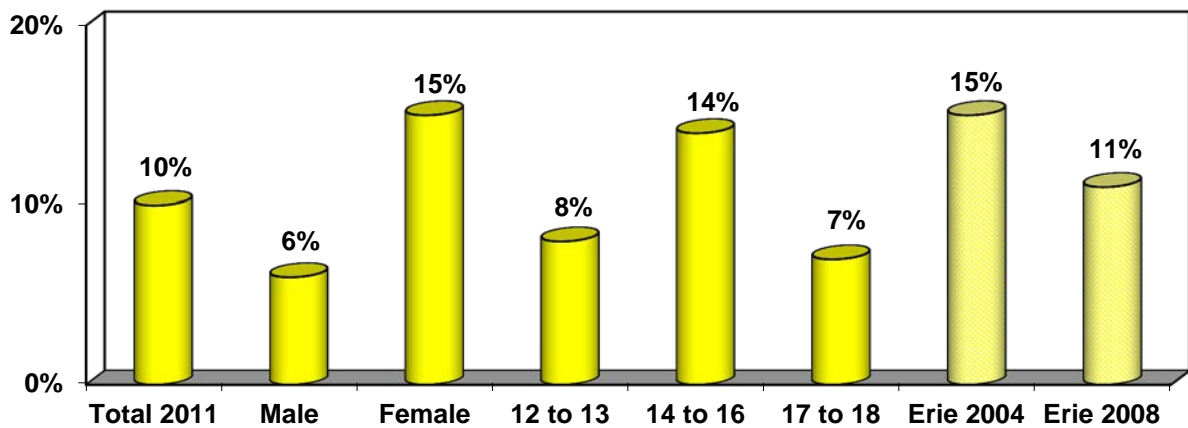


## Data Summary

### Mental Health and Suicide

In 2011, 3% of Erie County adults considered attempting suicide. The health assessment results indicated that 10% of Erie County youth had seriously contemplated suicide in the past year and 6% admitted actually attempting suicide in the past year.

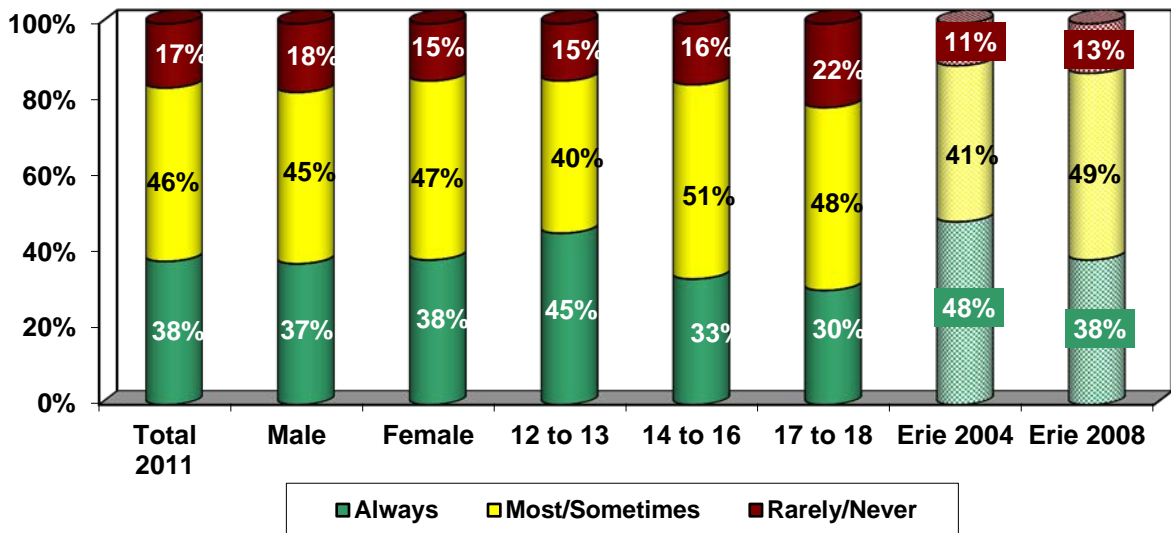
**Erie County Youth Contemplated Suicide in Past 12 Months**



### Youth Safety

In 2011, almost two-fifths (38%) of Erie County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 81% of youth drivers indicated they always wait for railroad lights to stop flashing and gates to go up before crossing.

**Erie County Youth Seatbelt Use in the Past Month**

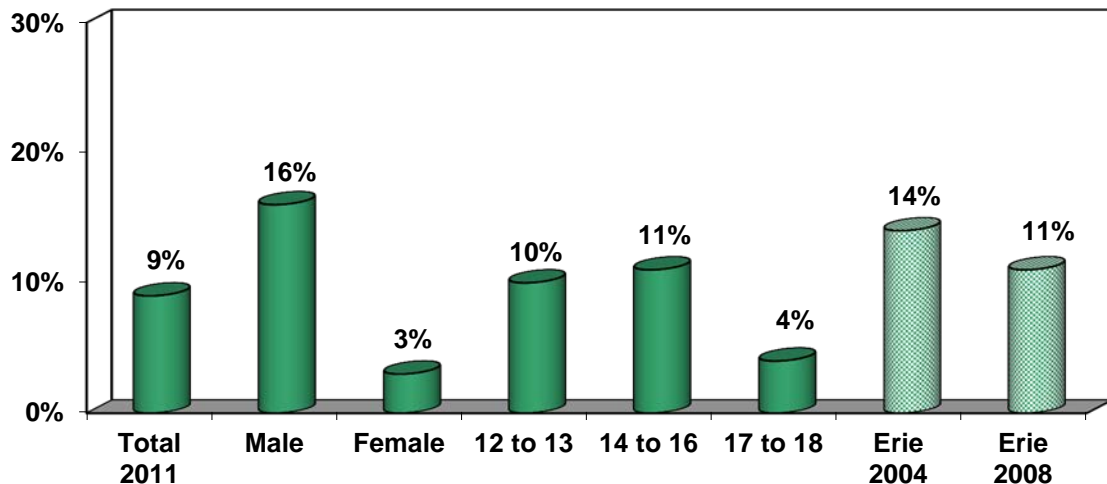


## Data Summary

### Youth Violence

In Erie County, 9% 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. 51% of youth were bullied in the past year. 21% of youth had purposefully hurt themselves at some time in their life.

**Erie County Youth Carrying a Weapon during the Past 30 Days**



### Oral Health

The 2011 health assessment project has determined that nearly two-thirds (65%) of Erie 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.

### Parenting

The 2011 Health Assessment project identified that 18% of children did not have health insurance at some point during the past year. 14% of 12 to 17 year-olds are left unsupervised for more than 4 hours per day. 87% of parents reported their child had received all of the recommended immunizations for his or her age.

### Youth Perceptions

In 2011, more than half (53%) of Erie County youth thought there was a great risk in harming themselves if they smoked cigarettes. 16% 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.

### African American Health

According to the 2010 U.S. Census, 6,644 African Americans live in Erie County (9%). The 2011 Health Assessment reported that 17% of African Americans did not have health care coverage. 30% of African Americans were diagnosed with diabetes and 61% with high blood pressure. 81% of African Americans were either overweight or obese.

## Erie County Trend Summary

Youth Variables	Erie County 2004 (6-12 grade)	Erie County 2008 (6-12 grade)	Erie County 2011 (6-12 grade)	Erie County 2011 (9-12 grade)	Ohio 2007 (9-12 grade)	U.S. 2009 (9-12 grade)
<b>Injury &amp; Safety Related Behaviors</b>						
Rode with a driver who had been drinking in past 30 days	18%	18%	20%	20%	23%	28%
Carried a weapon in past 30 days	14%	11%	9%	10%	17%	18%
Involved in a physical fight in past 12 months	21%	35%	33%	31%	30%	32%
Threatened or injured with a weapon on school property in past 12 months	7%	7%	8%	4%	8%	8%
Seriously considered suicide in past 12 months	15%	11%	10%	12%	13%	14%
Attempted suicide in past 12 months	8%	6%	6%	9%	7%	6%
<b>Alcohol Consumption</b>						
Ever had at least one drink of alcohol in lifetime	60%	57%	48%	66%	76%	73%
Used alcohol during past 30 days	30%	28%	26%	38%	46%	42%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	16%	17%	17%	27%	29%	24%
<b>Tobacco Use</b>						
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	36%	34%	34%	47%	51%	46%
Used cigarettes on one or more of the past 30 days	16%	16%	15%	20%	22%	20%
<b>Sexual Behavior</b>						
Ever had sexual intercourse	N/A	30%	27%	47%	45%	46%
Had four or more sexual partners	N/A	9%	13%	20%	N/A	N/A
Used a condom at last sexual intercourse	N/A	70%	63%	65%	60%	61%
Used birth control pills at last sexual intercourse	N/A	32%	39%	45%	17%	20%
<b>Drug Use</b>						
Used marijuana in the past 30 days	13%	14%	17%	25%	18%	21%
Used cocaine in their lifetime	4%	5%	4%	5%	8%	6%
Used heroin in their lifetime	0%	1%	0%	1%	4%	3%
Used methamphetamines in their lifetime	4%	2%	2%	3%	6%	4%
Used steroids in their lifetime	4%	2%	3%	2%	5%	3%
Used prescription medication in order to get high or feel good	N/A	11%	14%	19%	N/A	N/A
Used inhalants in order to get high in their lifetime	10%	9%	8%	8%	12%**	12%

N/A= not available

\*Data for 9<sup>th</sup> – 12<sup>th</sup> grade youth

\*\*2005 YRBS Data

## Erie County Trend Summary

Adult Variables	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2009	U.S. 2009
<b>Alcohol Consumption</b>					
Had at least one alcoholic beverage in past month	47%	60%	65%	53%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	11%	24%	30%	17%	15%
<b>Tobacco Consumption</b>					
Current smoker (currently smoke some or all days)	28%	21%	26%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	25%	26%	22%	25%	25%
<b>Asthma &amp; Diabetes</b>					
Has been diagnosed with asthma	N/A	14%	13%	14%	14%
Has been diagnosed with diabetes	8%	10%	13%	11%	10%
<b>Cardiovascular Health</b>					
Has been diagnosed with high blood pressure	27%	35%	28%	32%*	29%*
Has been diagnosed with high blood cholesterol	31%	42%	31%	40%*	38%*
<b>Health Coverage and Status</b>					
Has health care coverage	89%	90%	91%	87%	85%
Rated general health as fair or poor	9%	16%	15%	16%	15%
<b>Preventive Medicine</b>					
Has had a flu shot in past 12 months	33%	36%	34%	N/A	N/A
Age 65 & over had a pneumonia vaccine in lifetime	N/A	51%	46%	69%	69%
Dental visit within past year	63%	64%	65%	72%	71%
Had mammogram in past year	50%	39%	38%	N/A	N/A
Had clinical breast exam in past year	58%	60%	62%	N/A	N/A
<b>Weight Status</b>					
Obese	31%	33%	31%	30%	28%
Overweight	35%	38%	35%	36%	36%

N/A= not available  
\*2009 BRFSS Data

# Health Status Perceptions

## Key Findings

*In 2011, over half (54%) of the Erie County adults rated their health status as excellent or very good. Conversely, 15% of the adults, increasing to 37% of those over the age of 65, described their health as fair or poor.*

### Adults Who Rated General Health Status Excellent or Very Good

- ❖ Erie County 54% (2011)
- ❖ Ohio 53% (2010)
- ❖ U.S. 55% (2010)

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

## General Health Status

- ◆ In 2011, over half (54%) of Erie County adults rated their health as excellent or very good. Erie County adults with higher incomes (59%) were most likely to rate their health as excellent or very good, compared to 33% of those with incomes less than \$25,000.
- ◆ 15% 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.
- ◆ Erie County adults were most likely to rate their health as fair or poor if they:
  - Were widowed (60%)
  - Had an annual household income under \$25,000 (38%)
  - Were 65 years of age or older (37%)
  - Had high blood cholesterol (30%) or high blood pressure (32%)
  - African American (29%)

## Physical Health Status

- ◆ In 2011, 18% of Erie County adults rated their physical health as not good on four days or more in the previous month, increasing to 34% of those with incomes less than \$25,000.

## Mental Health Status

- ◆ In 2011, 18% of Erie County adults rated their mental health as not good on four days or more in the previous month, increasing to 33% of those with incomes less than \$25,000 and 22% of women.
- ◆ One-fifth (20%) adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

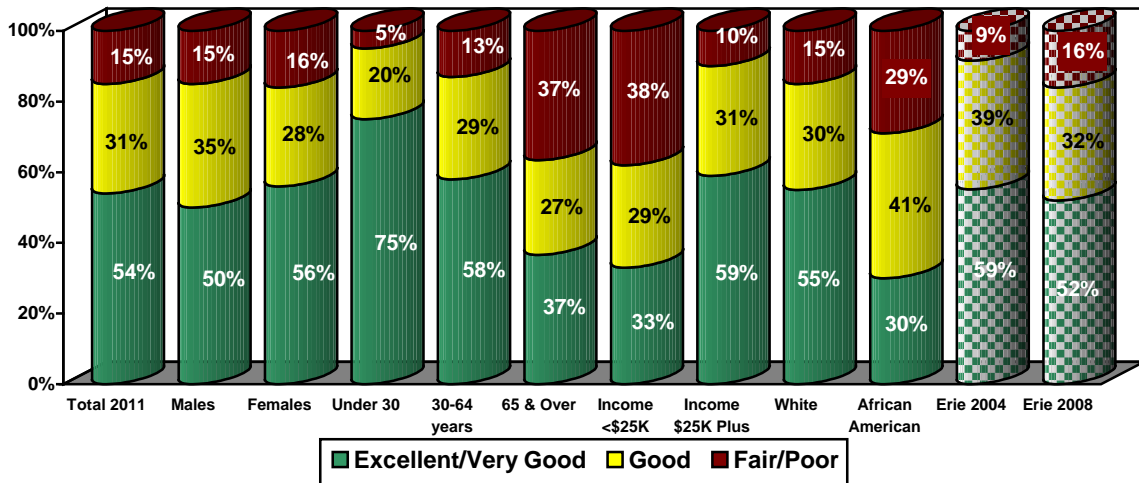
2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Rated health as excellent or very good	59%	52%	54%	53%	55%
Rated health as fair or poor	9%	22%	15%	16%	15%
Rated their mental health as not good on four or more days	22%	16%	18%	N/A	N/A



## Health Status Perceptions

The following graph shows the percentage of Erie County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 54% of all Erie County adults, 75% 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.

**Erie County Adult Health Perceptions\***



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	67%	7%	3%	1%	14%
Females	63%	13%	8%	2%	9%
Total	65%	10%	5%	2%	11%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	69%	5%	2%	2%	9%
Females	62%	9%	9%	2%	12%
Total	66%	7%	5%	2%	10%

\*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 9% of Erie County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000, African Americans and those under the age of 30. In Erie County, 12.1% of residents live below the poverty level. (Source U.S. Census, American Community Survey 5 Year Estimates, 2005-2009)

## General Health Coverage

- ◆ In 2011, most (91%) Erie County adults had health care coverage, leaving 9% who were uninsured. The 2010 BRFSS reports uninsured prevalence rates for Ohio (13%) and the U.S. (15%).
- ◆ In the past year 9% of adults were without healthcare coverage, increasing to 27% of those with incomes less than \$25,000, 17% of African Americans and 14% of those under the age of 30.
- ◆ 10% of adults with children did not have healthcare coverage compared to 8% of those who did not have children living in their household.
- ◆ Those with health care plans included the following: medical (99%), prescription coverage (90%), Erie County physicians (80%), vision (69%), dental (68%), mental health (66%), their spouse (65%), immunizations (59%), preventative health (57%), their children (49%), alcohol and drug treatment (45%), home care (27%), skilled nursing (27%), and hospice (24%).
- ◆ Uninsured individuals have a 10-25% increased risk of premature mortality and, in 2006, 22,000 deaths in the U.S. were linked to the absence of health insurance. (Dorn, Urban Institute, 2008)
- ◆ The top five reasons uninsured adults gave for being without health care coverage were:
  1. They could not afford to pay the insurance premiums (28%)
  2. They lost their job or changed employers (21%)
  3. Their employer does not/stopped offering coverage (17%)
  4. They became ineligible (age or left school) (13%)
  5. Their spouse or parent lost their job or changed employers (4%)
 (Percentages do not equal 100% because respondents could select more than one reason)

### Erie County and Ohio Medicaid Statistics

	Residents Enrolled in Medicaid	Annual Medicaid Expenditures*
<b>Erie County 2009</b>	14,991	\$67,474,587
<b>State of Ohio 2009</b>	2,407,572	\$13,162,469,167
<b>Erie County 2008</b>	10,731	\$70,008,786
<b>State of Ohio 2008</b>	1,789,934	\$11,962,683,659

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

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Uninsured	11%	10%	9%	13%	15%

### 2010 Ohio Family Health Survey Results

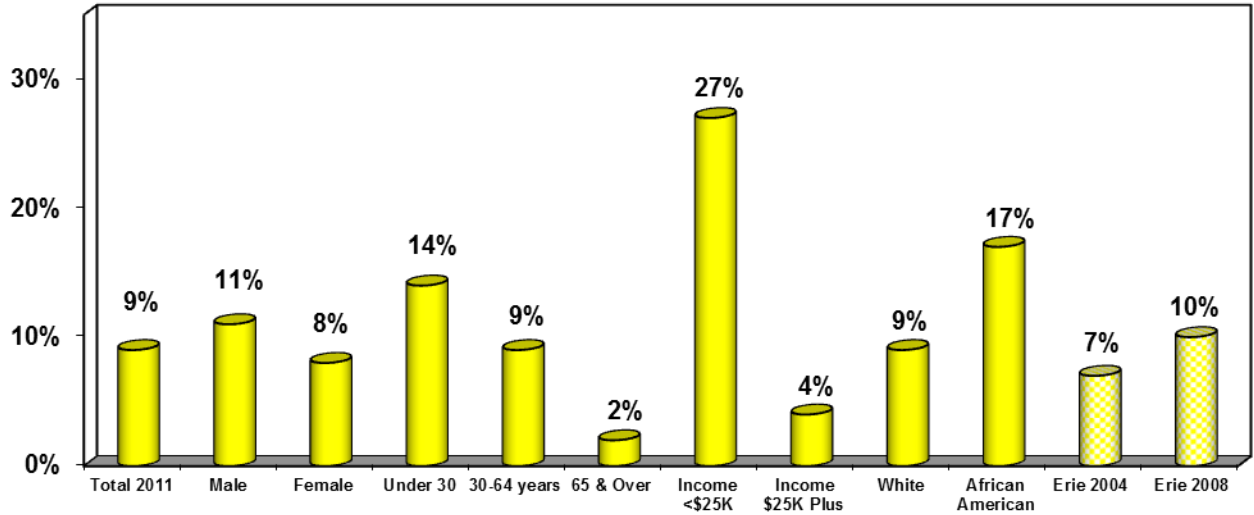
- ❖ In Ohio, 19% of adults old and 5% of children were uninsured in 2010, compared respectively to 17% and 4% in 2008.
- ❖ 17.8% of Erie County adults 18-64 years old and 6.2% of Erie County children were described as being uninsured.
- ❖ Most of the uninsured children in Ohio are in families with incomes within 200% of the poverty level, making them eligible for Medicaid/SCHIP.
- ❖ Among working age adults in Ohio, African the largest uninsured rate increase since 2003/04 OFHS is 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)*

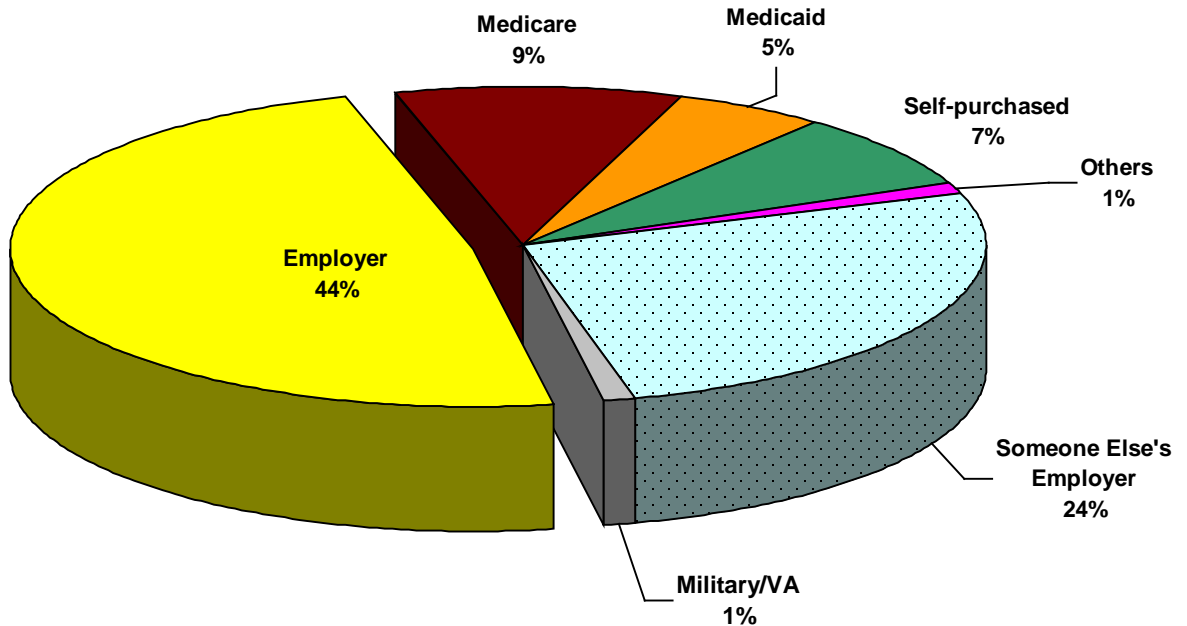
# Health Care Coverage

The following graph shows the percentages of Erie County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the first graph include: 9% of all Erie County adults were uninsured, 27% of adults with an income less than \$25,000 reported being uninsured and 14% of those under age 30 lacked health care coverage. The pie chart shows sources of Erie County adults' health care coverage.

### Uninsured Erie County Adults



### Source of Health Coverage for Erie County Adults



## Health Care Coverage

### Erie County Medicaid and Medicare Enrollees

In 2007, there were approximately 5,950 adults and 7,581 children enrolled in Medicaid in Erie County. Of the adults enrolled, 12,519 were under the age of 65 and 1,012 were age 65 and older. Of the children enrolled, 2,454 were under the age of 5 and 5,127 were ages 5 to 19. As of July 2010, there were approximately 16,162 people enrolled in Medicare in Erie County. Of these enrollees, 12,224 were 65 years of age or older and 2,039 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	Erie County	Ohio
<b>Healthy Families</b>		
Fee for Service	7,787	758,341
Managed Care	6,484	1,144,556
<b>Healthy Start</b>		
<b>CHIP I (Uninsured children whose countable family income is below 150% of Federal Poverty Level)</b>		
Fee for Service	957	98,803
Managed Care	718	145,044
<b>CHIP II (Uninsured children whose countable family income is between 150% and 200% of Federal Poverty Level)</b>		
Fee for Service	540	54,176
Managed Care	406	78,866
<b>Other Healthy Start</b>		
Fee for Service	2,635	238,278
Managed Care	1,852	321,608
<b>Aged, Blind, &amp; Disabled (ABD)</b>		
Fee for Service	1,388	271,889
Managed Care	554	107,241
<b>Dual Eligible* (Individuals entitled to Medicare Part A and/or Part B and eligible for some form of Medicaid benefit)</b>		
Fee for Service	1,771	289,884
Managed Care	5	1,756
<b>Other**</b>		
Fee for Service	250	59,237
Managed Care	0	519
<b>TOTAL</b>	<b>25,347</b>	<b>2,170,311</b>

\*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)*

# Health Care Access

## Key Findings

*The 2011 health assessment project identified that 30% of Erie County adults could not access the health care they needed at some time in the past year because of the cost. 54% reported they had one particular doctor or healthcare professional they go to for routine medical care.*

## Health Care Access

- ◆ In 2011, 30% of adults could not access the care they needed at some time in the past year due to cost, increasing to 47% of those with incomes less than \$25,000.
- ◆ Erie County adults had the following problems when they needed health care in the past year: did not have enough money for health care or insurance (15%), could not get appointments when they wanted them (7%), were too busy to get the healthcare they needed (5%), had to change doctors because of their healthcare plan (3%), could not find a doctor they were comfortable with (3%), could not find a doctor to take them as a patient (2%), healthcare plan did not allow them to see any doctors in Erie County (2%), did not have transportation (2%), did not have childcare (1%), did not get health services because of discrimination (1%), were too embarrassed to seek help (1%), and some other problem that kept them from getting healthcare (2%).
- ◆ 54% of Erie County adults reported they had one particular doctor or healthcare professional they go to for routine medical care. 32% of adults had more than one particular doctor or healthcare professional they go to for routine medical care and 13% did not have one at all.
- ◆ Erie County adults went to the following places when they are sick or need advice about their health: a doctor's office (77%), no usual place (7%), an urgent care center (4%), a public health clinic (2%), a hospital emergency room (2%), a hospital outpatient department (1%), and some other place (1%).
- ◆ The following prevented Erie County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (30%), hours are not convenient (5%), too long to wait for an appointment (2%), too long to wait in a waiting room (1%), no transportation (1%), distance (1%), and some other reason (39%).

## Availability of Services

- ◆ Erie County adults reported they had looked for the following programs for themselves or a loved one: depression or anxiety (18%), a weight problem (12%), marital problems (7%), alcohol abuse (7%), and drug abuse (3%).
- ◆ 4% of adults looked for a program to assist in care for the elderly (either for themselves for a loved one). 2% looked for an assisted living program, 1% looked for in-home care, 1% looked for out of home placement, and 1% looked for temporary or overnight care.

## Veteran's Affairs

- ◆ 29% of Erie County adults had a veteran in their household.
- ◆ 27% of veterans had applied for VA benefits. Of those who applied, 85% received benefits.

## 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

### Healthy People 2020 Access to Quality Health Services

Objective	Healthy People 2020 Target	Erie County 2011	Ohio 2010	U.S. 2010
AHS-1.1: Persons under age of 65 years with health care insurance	100%	85% age 20-24 84% age 25-34 90% age 35-44 92% age 45-54 91% 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%	54% (2011)	N/A	76%* (2007)

\*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)

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Could not access care in past year due to cost	17%	8%	30%	N/A	N/A
Has one person as their personal doctor/healthcare	57%	63%	54%	N/A	N/A

#### Erie County Health Care Statistics

- ❖ In 2009, 40.1% of all hospital visits occurred outside the county.
- ❖ In 2009, 19.5% of all Erie County residents were enrolled in Medicaid.
- ❖ 45.2% of all Erie County children were enrolled in Medicaid in 2009.
- ❖ 34.8% of all Erie County births were paid by Medicaid in 2007.

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

# Cardiovascular Health

## Key Findings

Heart disease (22%) and stroke (4%) accounted for 26% of all Erie County adult deaths from 2006-2008 (Source: ODH Information Warehouse). The 2011 Erie County health assessment found that 4% of adults had a heart attack and 2% had a stroke at some time in their life. More than one-quarter (28%) of Erie County adults have been diagnosed with high blood pressure, 31% have high blood cholesterol, and 31% were obese, three known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- ◆ In 2011, 4% of Erie County adults reported they had a heart attack or myocardial infarction, increasing to 14% of those over the age of 65 and 9% of those with incomes less than \$25,000.
- ◆ 2% of Erie County adults reported having had a stroke, increasing to 7% of those over the age of 65.

## High Blood Pressure (Hypertension)

- ◆ More than one-quarter (28%) of Erie 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.
- ◆ 82% of those with high blood pressure were taking medicine for it.
- ◆ Erie County adults diagnosed with high blood pressure were more likely to:
  - Be African American (60%)
  - Be 30-64 years old (53%)
  - Have been classified as obese by Body Mass Index-BMI (53%)
  - Have incomes more than \$25,000 (51%)

## High Blood Cholesterol

- ◆ Just under one-third (31%) 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.
- ◆ Erie County adults with high blood cholesterol were more likely to:
  - Be 30-64 years old (63%)
  - Have incomes more than \$25,000 (54%)
  - Have been classified as obese by Body Mass Index-BMI (47%)

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

**Total Deaths: 2,580**

1. Cancers (24% of all deaths)
2. Heart Disease (22%)
3. Chronic Lower Respiratory Disease (8%)
4. Alzheimer's Disease (7%)
5. Diabetes (4%)

(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%)

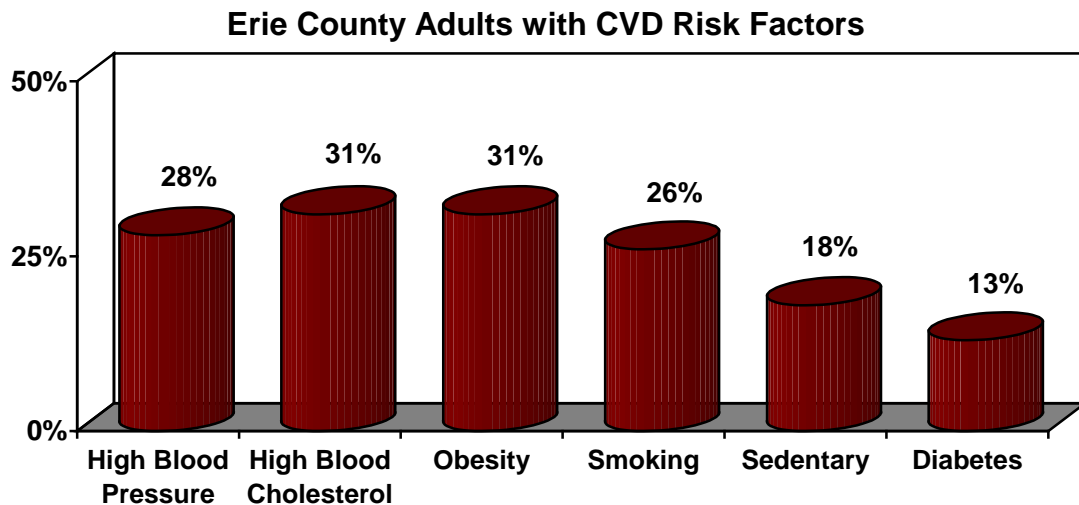
(Source: ODH Information Warehouse, updated 4-15-10)

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio* 2009/2010	U.S.* 2009/2010
Had a heart attack	2%	4%	4%	4%	4%
Had a stroke	1%	2%	2%	3%	3%
Had high blood pressure	27%	35%	28%	32%	29%
Had high blood cholesterol	31%	42%	31%	40%	38%

\*(Source: 2009 Ohio and U.S. BRFSS for high blood pressure and high blood cholesterol, 2010 BRFSS for heart attack and stroke)

## Cardiovascular Health

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



### 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.

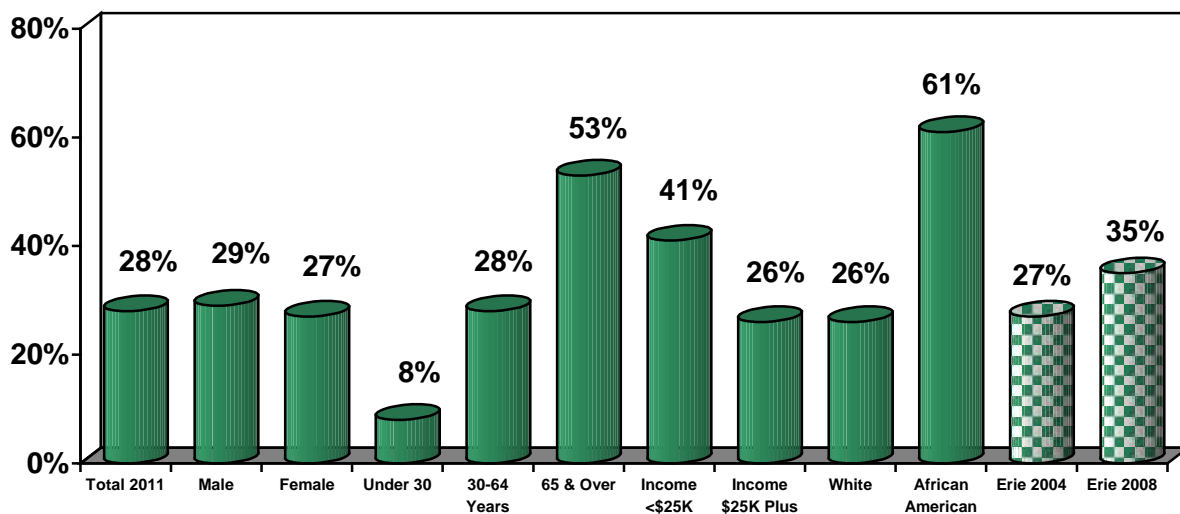
**Diabetes Mellitus** – Diabetes seriously increases your risk of developing cardiovascular disease. Even when glucose levels are under control, diabetes increases the risk of heart disease and stroke, but the risks are even greater if blood sugar is not well controlled. At least 65% of people with diabetes 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

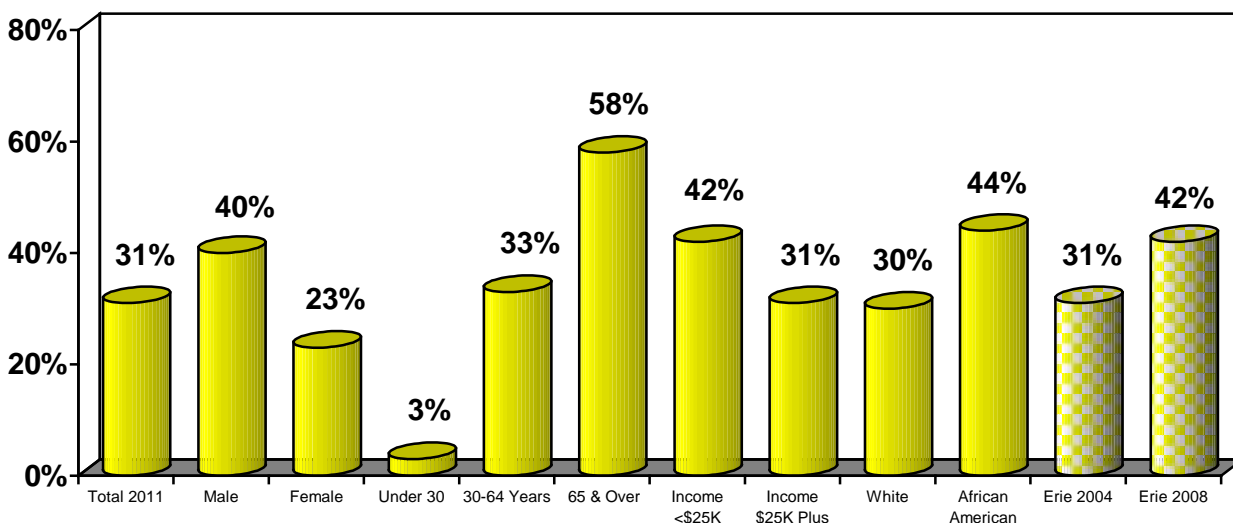
The following graphs show the number of Erie County adults who have been diagnosed with high blood pressure or high blood cholesterol. Examples of how to interpret the information on the first graph include: 28% of all Erie County adults have been diagnosed with high blood pressure, 29% of all Erie County males, 27% of all females, and 53% 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**

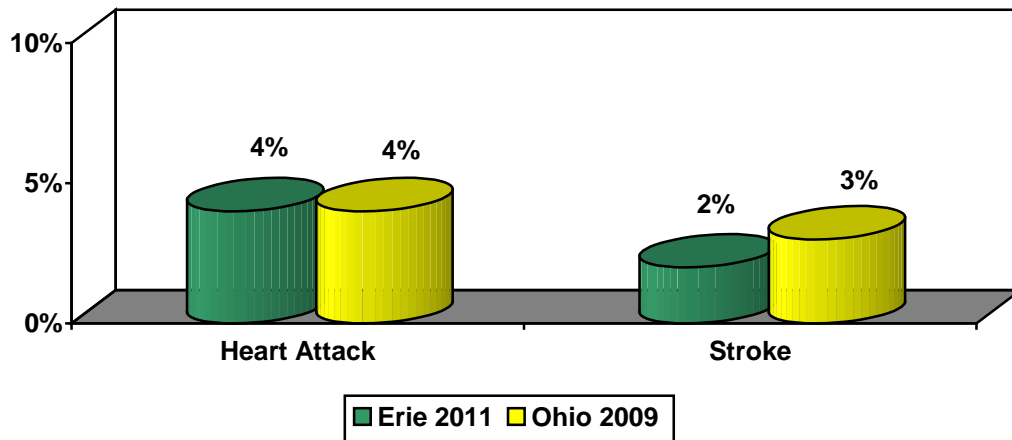


# Cardiovascular Health

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

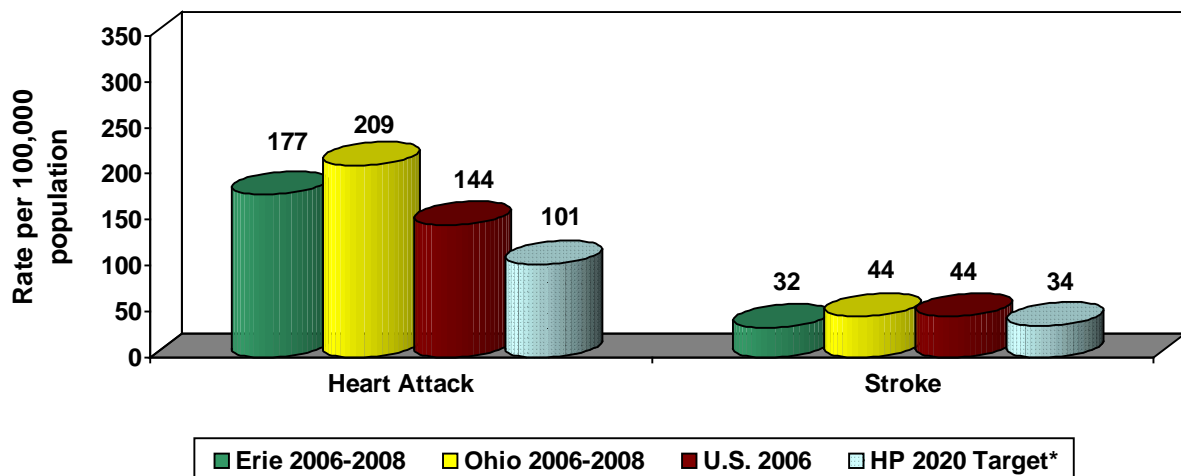
- The 2011 assessment shows that heart attacks are two times more prevalent than strokes in Erie County.
- When age differences are accounted for, the statistics indicate that from 2006-2008 the Erie County heart disease mortality rate is lower than the figure for the state, but higher than the U.S.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

## Cardiovascular Disease Prevalence



*(Source: 2011 Erie Health Assessment and BRFSS)*

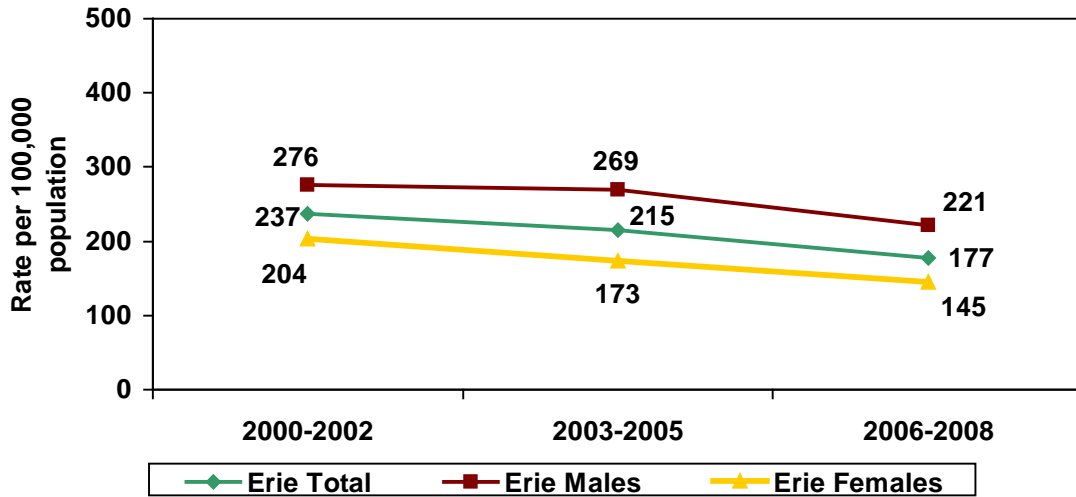
## Age-Adjusted Heart Disease and Stroke Mortality Rates



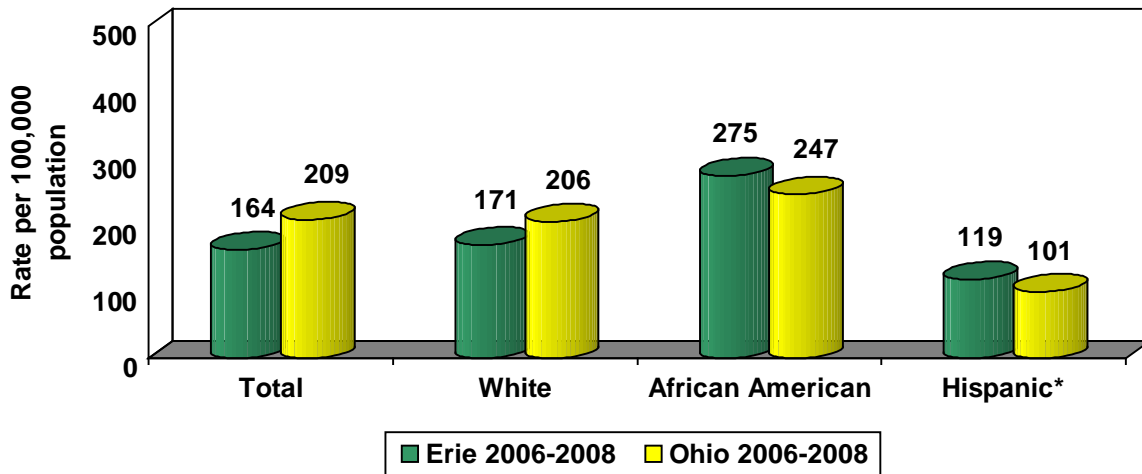
*\*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.  
(Source: ODH Information Warehouse, updated 4-15-10, Healthy People 2020)*

# Cardiovascular Health

**Erie County Age-Adjusted Heart Disease Mortality Rates by Gender**



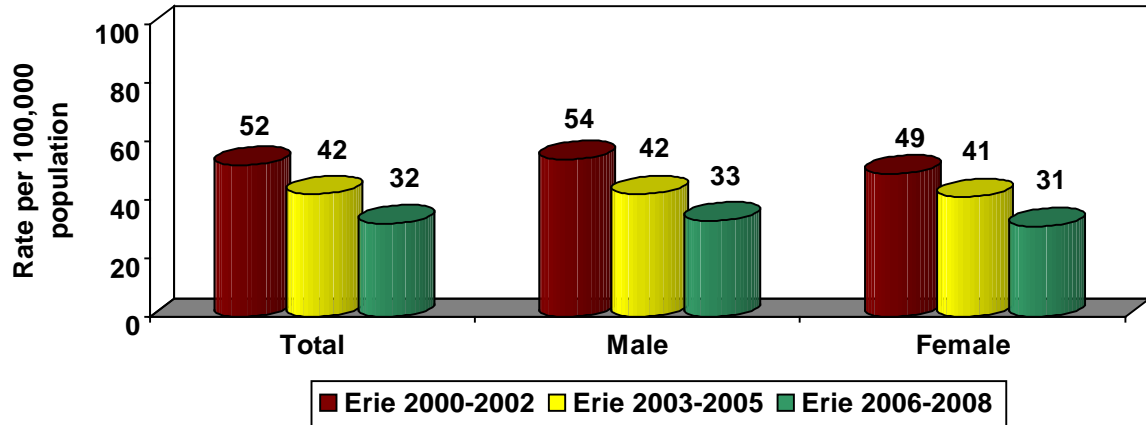
**Age-Adjusted Heart Disease Mortality Rates by Race/Ethnicity**



*\*There were less than 5 Hispanic heart disease deaths in Erie County from 2006-2008, so the rate should be used with caution.  
(Source for graphs: ODH Information Warehouse, updated 4-15-10)*

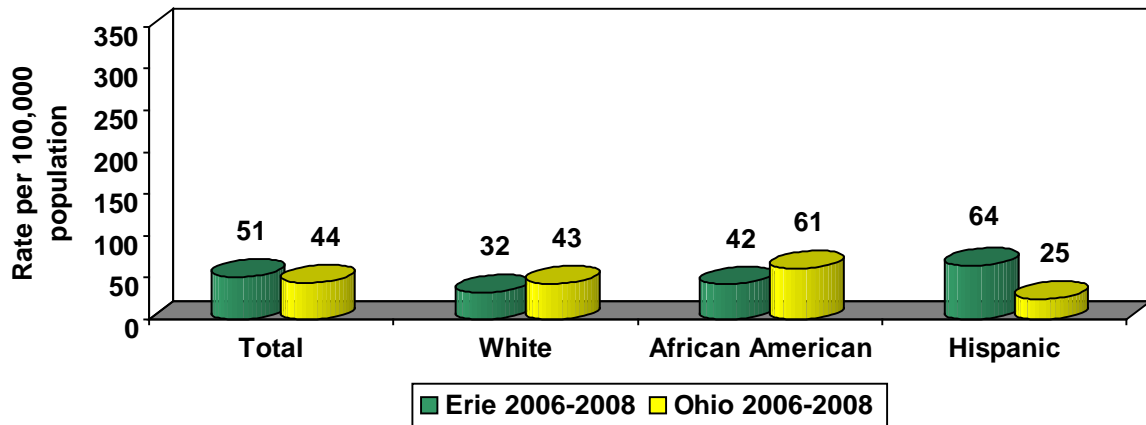
# Cardiovascular Health

## Age-Adjusted Stroke Mortality Rates by Gender



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

## Age-Adjusted Stroke Mortality Rates by Race/Ethnicity



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

# Cardiovascular Health

## Healthy People 2020 Objectives

### High Blood Pressure

Objective	Target	U.S. Baseline*	Erie Survey Population Baseline (2011)
HDS-5: Reduce proportion of adults with hypertension	27%	30% Adults age 18 and older (2005-2008)	28%

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

### Blood Cholesterol

Objective	Target	U.S. Baseline*	Erie 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)	31%

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

# Cancer

## Key Findings

In 2011, 18% of Erie County adults had been diagnosed with cancer at some time in their life. Ohio Department of Health statistics indicate that from 2000-2008, a total of 1,805 Erie 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 five (18%) of adults had been diagnosed with cancer at some time in their life. The top three reported cancers were: prostate (12% of men), breast (7% of women), and skin cancers (4%).
- ◆ 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 Erie 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 Erie 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 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 26% of Erie 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=324) was the leading cause of male cancer deaths from 2000-2008 in Erie County. Prostate cancer caused (n=100) deaths and colon cancer caused (n=91) deaths during the same time period. In Erie County, 31% of male adults are current smokers<sup>1</sup> and 42% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2011 Erie County Health Assessment)
- ◆ ODH reports that lung cancer was the leading cause of female cancer deaths (n=224) in Erie County from 2000-2008 followed by breast (n=120) and colon & rectum (n=82) cancers. Approximately 23% of female adults in the county are current smokers<sup>1</sup> and 54% have stopped smoking for one or more days in the past 12 months because they were trying to quit. (Source: 2011 Erie 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, 62% of Erie County females reported having had a clinical breast examination in the past year.
- ◆ 51% of Erie 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)

### Erie County Incidence of Cancer, 2007 All Types: 540 cases

- ◆ Lung and Bronchus: 91 cases (17%)
- ◆ Prostate: 79 cases (15%)
- ◆ Breast: 74 cases (14%)
- ◆ Colon and Rectum: 64 cases (12%)
- ◆ Bladder: 34 cases (6%)

**From 2006-2008, there were 613 cancer deaths in Erie County.**

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

<sup>1</sup>Have 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 21% of all cancer deaths in Erie County from 2000-2008. *(Source: ODH Information Warehouse)*
- ◆ The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; alcohol use; a high-fat or low-fiber diet lacking an appropriate amount of fruits and vegetables; physical inactivity; obesity; diabetes; and smoking.
- ◆ In the U.S., most cases of colon cancer occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2011, 43% of Erie County adults over the age of 50 reported having been screened for colorectal cancers within the past 5 years.

## Prostate Cancer

- ◆ 43% of Erie 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 Erie 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)*

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Adult males who are current smokers	25%	21%	31%	23%	19%
Adult females over the age of 18 had a clinical breast examination in the past year	58%	60%	62%	N/A	N/A

### 2011 Cancer Estimations

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

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

# Cancer

## Erie County Cancer Deaths 2000-2008

Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	548	30%
Other/Unspecified	218	12%
Colon, Rectum & Anus	173	10%
Breast	121	7%
Prostate	100	6%
Pancreas	82	5%
Leukemia	78	4%
Bladder	61	3%
Non-Hodgkins Lymphoma	59	3%
Esophagus	50	3%
Ovary	46	3%
Liver and Bile Ducts	38	2%
Brain and CNS	36	2%
Multiple Myeloma	34	2%
Kidney and Renal Pelvis	34	2%
Melanoma of Skin	28	2%
Stomach	26	1%
Cancer of Corpus Uteri	26	1%
Lip, Oral Cavity & Pharynx	19	1%
Larynx	14	< 1%
Cancer of Cervix Uteri	10	< 1%
Hodgkins Disease	4	< 1%
<b>Total</b>	<b>1,805</b>	<b>100%</b>

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

## Erie County Number of Cancer Cases, 2000-2007

Year	All Sites	Breast	Colon & Rectum	Lung	Prostate
2000	380	31	51	63	83
2001	407	55	46	70	54
2002	481	72	45	100	68
2003	475	70	63	79	64
2004	526	80	53	92	73
2005	481	65	55	83	75
2006	486	63	69	68	72
2007	540	74	64	91	79

*\*2000 U.S. Standard for Age-adjustment  
(Source: Ohio Cancer Incidence Surveillance System)*

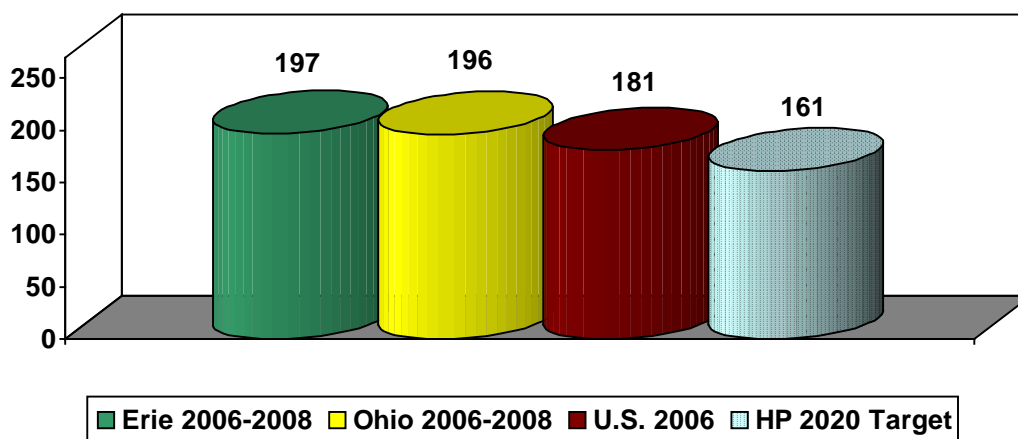


# Cancer

The following graphs show the Erie 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 Erie County by gender. The graphs indicate:

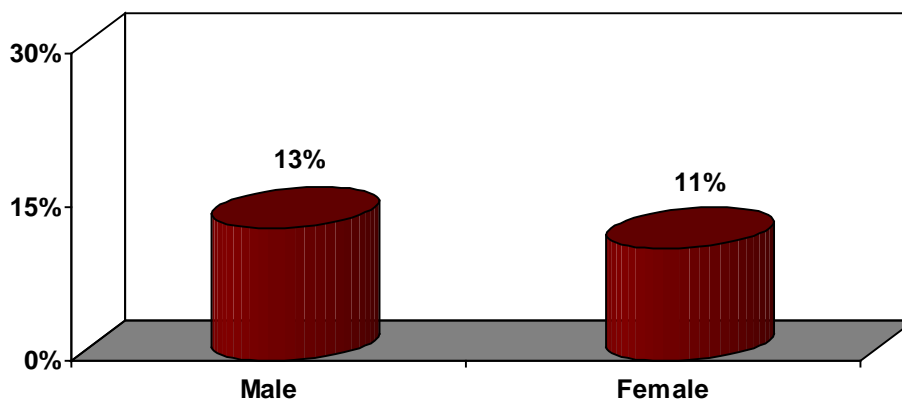
- ◆ When age differences are accounted for, Erie County had a slightly higher cancer mortality rate than the Ohio, and exceeded the national rate and the Healthy People 2020 target objective.
- ◆ The percentage of Erie County males who died from all cancers is higher than the percentage of Erie County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

**Healthy People 2020 Objective  
and Age-Adjusted Mortality Rates for All Cancers\***



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

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



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

# Diabetes

## Key Findings

*In 2011, 13% of Erie County adults had been diagnosed with diabetes, increasing to 30% of African Americans.*

## Diabetes

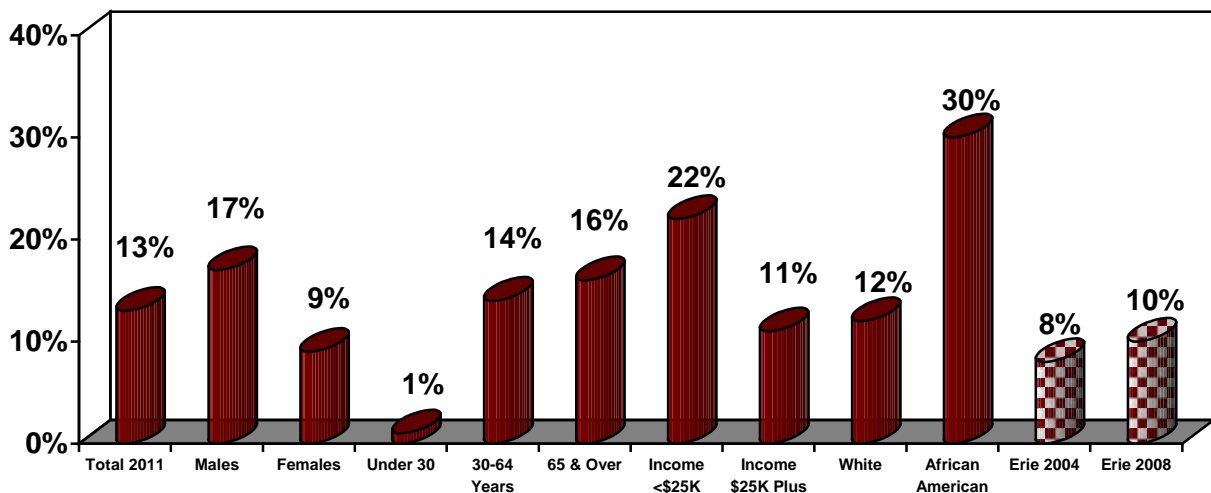
- ◆ The 2011 health assessment project has identified that 13% of Erie County adults had been diagnosed with diabetes, increasing to 30% of African Americans. The 2010 BRFSS reports an Ohio prevalence of 11% and 10% for the U.S.
- ◆ 5% of adults were told they have pre-diabetes.
- ◆ Over half (51%) of adults with diabetes rated their health as fair or poor.
- ◆ Erie County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 94% were obese or overweight
  - 69% had been diagnosed with high blood cholesterol
  - 67% had been diagnosed with high blood pressure

## Diabetes Facts

- ❖ Diabetes was the 6<sup>th</sup> leading cause of death in Erie County from 2006-2008.
- ❖ Diabetes was the 7<sup>th</sup> leading cause of death in Ohio from 2006-2008.
- ❖ From 2006-2008, the Erie County age-adjusted mortality rate per 100,000 for diabetes was 42.7 deaths for males (34.5 Ohio) and 32.3 (24.4 Ohio) deaths for females.

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

**Erie County Adults Diagnosed with Diabetes**



2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Diagnosed with diabetes	8%	10%	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](http://www.diabetes.org).

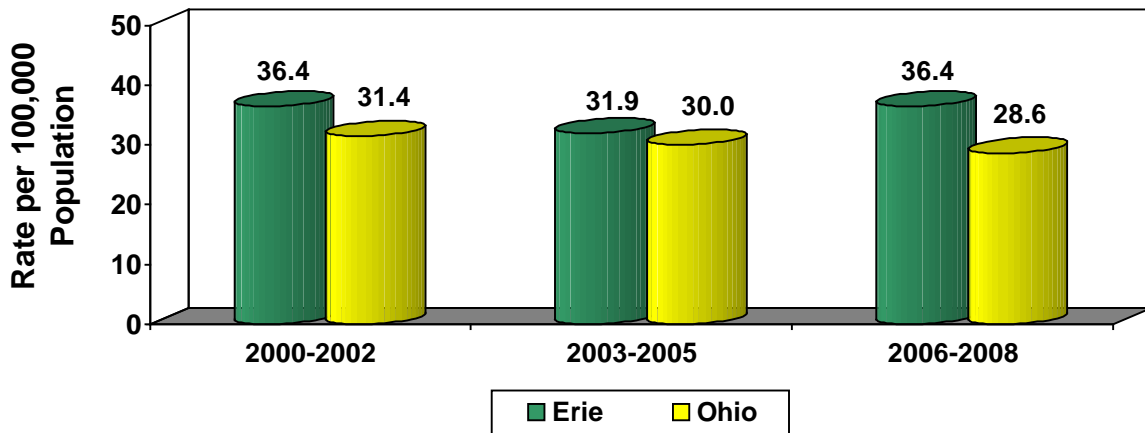
*(Source: American Diabetes Association, Diabetes Care, Screening for Type 2 Diabetes, 2011)*

## Diabetes

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

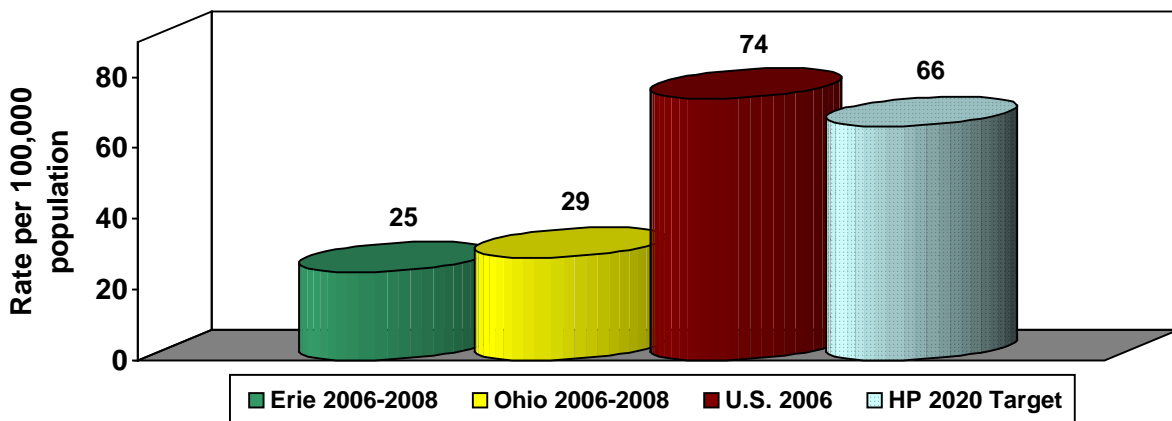
- ◆ Erie County's age-adjusted diabetes mortality rate fluctuated from 2000 to 2008.
- ◆ From 2006 to 2008, both Erie County and Ohio's age-adjusted diabetes mortality rates were less than half of the national rate and both met the Healthy People 2020 target objective.

**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)*

# Asthma & Other Respiratory Disease

## Key Findings

According to the Erie County survey data, 13% of Erie County adults had been diagnosed with asthma.

## Asthma & Other Respiratory Disease

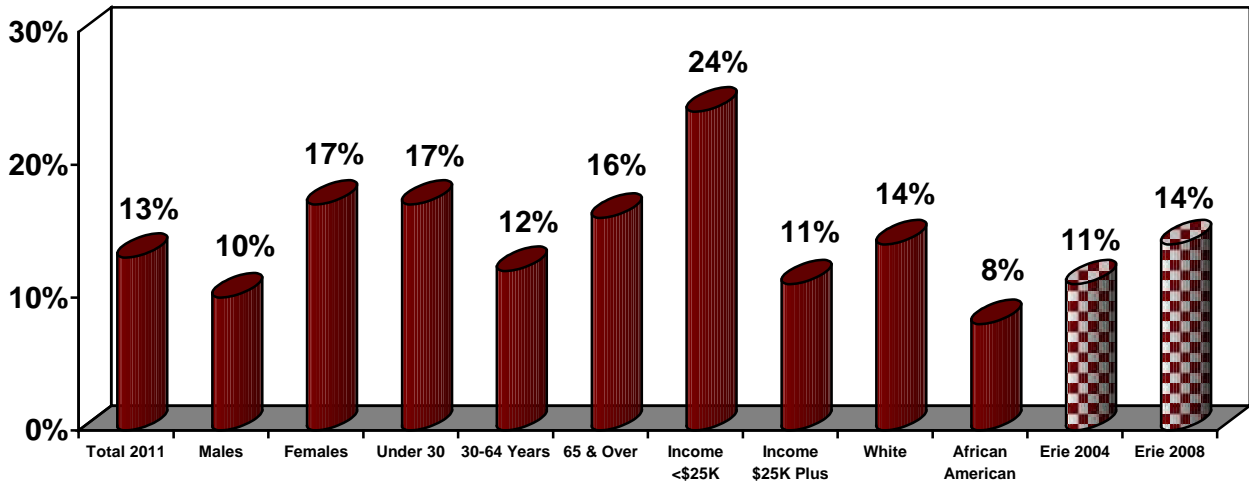
- ◆ In 2011, 13% of Erie County adults had been diagnosed with asthma, increasing to 17% of those under the age of 30 and 24% of those with incomes less than \$25,000.
- ◆ 15% of Ohio and 14% of U.S. adults have ever been diagnosed with asthma. *(Source: 2009 BRFSS)*
- ◆ There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, infections linked to the flu, colds, and respiratory viruses *(Source: CDC- National Center for Environmental Health, 2011)*
- ◆ Chronic lower respiratory disease is the 3<sup>rd</sup> leading cause of death in Erie County and Ohio. *(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)*

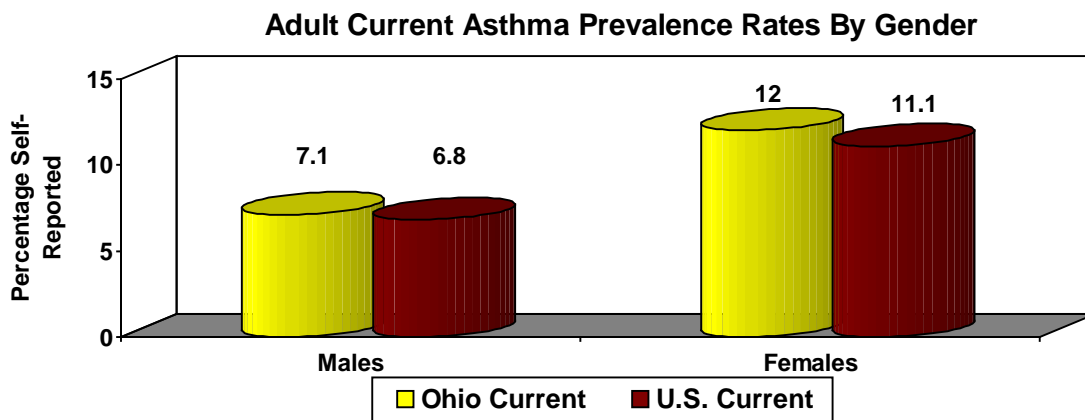
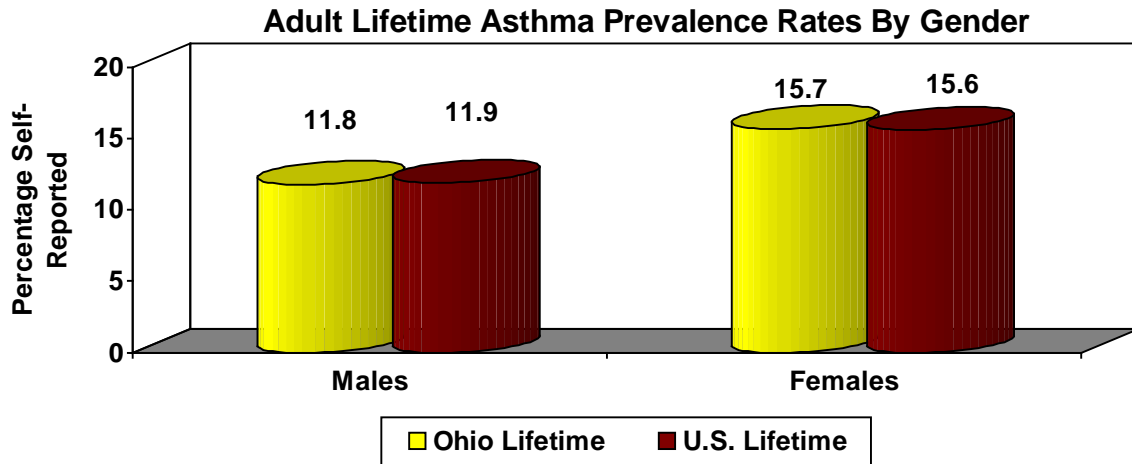
**Erie County Adults Diagnosed with Asthma**



2004/2008/ 2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Had been diagnosed with asthma	11%	14%	13%	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 Erie 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 66% of Erie 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 (31%) of Erie County adults were obese. Almost half (48%) of adults were trying to lose weight. 18% of adults had not been participating in any physical activities or exercise in the past week.*

## 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

- ◆ In 2011, the health assessment indicated that two-thirds (66%) of Erie County adults were either overweight (35%) or obese (31%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases (see below).
- ◆ Almost half (48%) of adults were trying to lose weight, 29% were trying to maintain their current weight or keep from gaining weight, and 3% were trying to gain weight.
- ◆ Erie County adults did the following to lose weight or keep from gaining weight: ate less food/fewer calories/or foods low in fat (58%), exercised (48%), smoked cigarettes (4%), took diets pills, powders or liquids without a doctor's advice (4%), and went without eating 24 or more hours (2%).

## Physical Activity

- ◆ In Erie County, two-thirds (66%) of adults were engaging in physical activity for at least 30 minutes 3 or more days per week. 36% of adults were exercising 5 or more days per week. Nearly one-fifth (18%) of adults were not participating in any physical activity in the past week, including those who were unable to exercise.
- ◆ The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week *(Source: CDC, Physical Activity for Everyone)*

## Nutrition

- ◆ In 2011, 13% of Erie County adults ate 5 or more servings of fruits and vegetables per day, and 81% 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.
- ◆ Adults ate out in a restaurant or brought home take out food an average of 2.4 times per week.

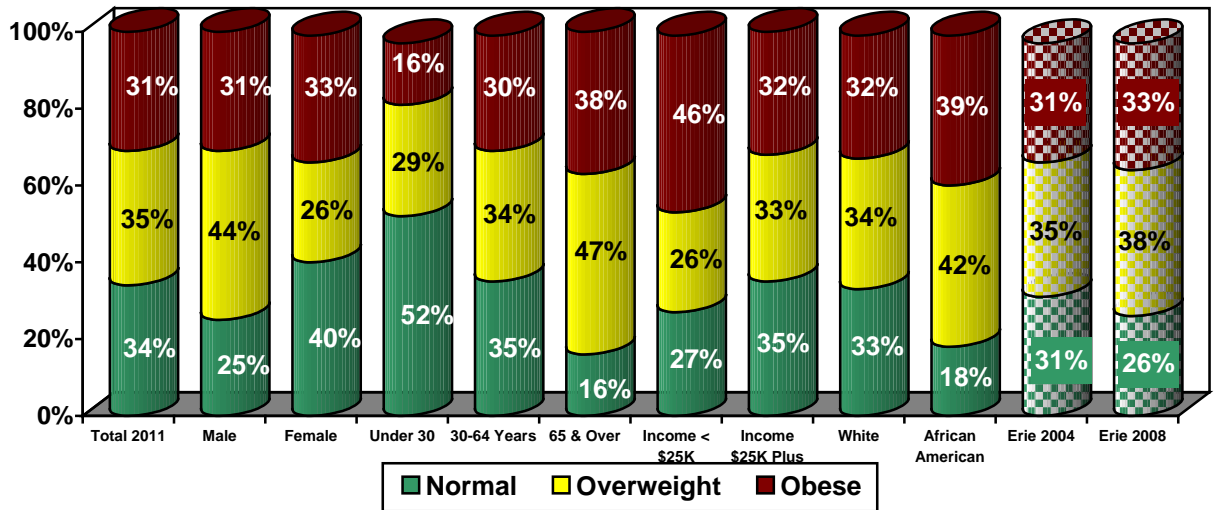
2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Obese	31%	33%	31%	30%	28%
Overweight	35%	38%	35%	36%	36%



# Adult Weight Status

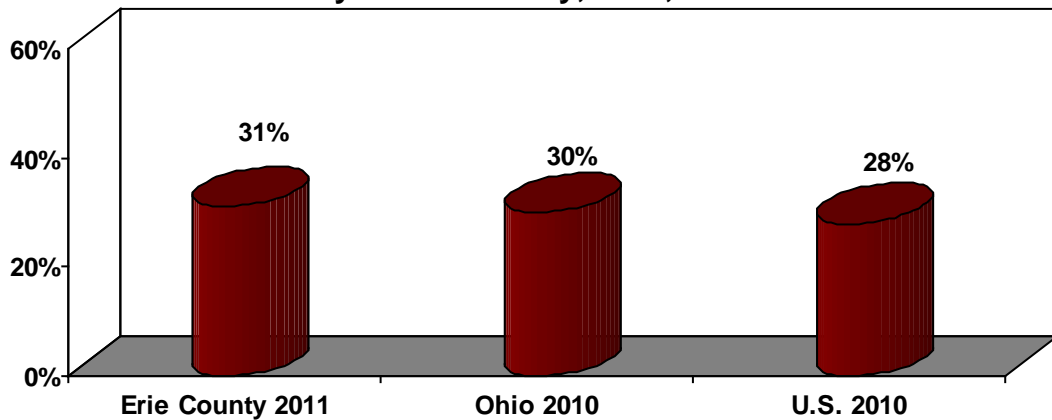
The following graphs show the percentage of Erie County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Erie County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 34% of all Erie County adults were classified as normal weight, 35% overweight and 31% obese.

### Erie County Adult BMI Classifications



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

### Obesity in Erie County, Ohio, and U.S. Adults



*(Source: 2011 Erie County Health Assessment and 2010 BRFSS)*

# Youth Weight Status

## Key Findings

The 2011 Health Assessment identified that 19% of Erie County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Erie County youth reported that they were slightly or very overweight. 63% 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, 19% of youth were classified as obese by Body Mass Index (BMI) calculations (2007 YRBS reported 12% for Ohio, 2009 YRBS reported 12% for the U.S.). 11% of youth were classified as overweight, 68% were normal weight, and 2% were underweight.
- ◆ 29% of youth described themselves as being either slightly or very overweight (2007 YRBS reported 30% for Ohio, 2009 YRBS reported 28% for the U.S.)
- ◆ Almost half (46%) of all youth were trying to lose weight (2007 YRBS reported 47% for Ohio and 45% for the U.S.), increasing to 57% of Erie County female youth (compared to 36% of males).
- ◆ In the past 30 days, 5% of all Erie County youth (2007 YRBS reported 11% for Ohio, 2009 YRBS reported 11% for the U.S.) reported going without eating for 24 hours or more to lose weight or keep from gaining weight, 72% of whom were female youth (compared to 28% males). 2% vomited or took laxatives to lose weight. 2% reported taking diet pills, powders, or liquids without a doctor's advice to lose weight.
- ◆ 30% of youth ate less food, fewer calories, or foods lower in fat to try to lose weight or keep from gaining weight in the past month and 49% exercised to try to lose weight or keep from gaining weight.

## Nutrition

- ◆ 15% of Erie County youth ate five or more servings of fruits and vegetables per day, and 78% had 1-4 servings per day.
- ◆ 96% of youth consumed some source of calcium daily. Calcium sources include: milk (84%), yogurt (35%), other dairy products (35%), calcium fortified juice (16%), other calcium sources (9%), and calcium supplements (7%).
- ◆ 49% of youth drank energy drinks. The most commonly reported reasons for drinking energy drinks were: stay awake (31%), to get pumped up (17%), before games or practice (10%), to help me perform (7%), and to mix with alcohol (6%).

## Physical Activity

- ◆ 63% of Erie County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 44% did so on 5 or more days in the past week and 24% did so every day in the past week. 12% 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.
- ◆ Erie County youth spent an average of 2.2 hours watching TV, 1.3 hours playing video games, and 3.5 hours texting on an average day of the week. They also spent 1.6 hours socializing on the computer, compared to 0.9 hours per day doing homework on the computer. 34% of youth spent 3 or more hours watching TV on an average day (2007 YRBS reported 32% for Ohio, 2009 YRBS reported 33% for the U.S.).
- ◆ 82% of youth participated in extracurricular activities. 30% did so more than 3 hours on an average day.

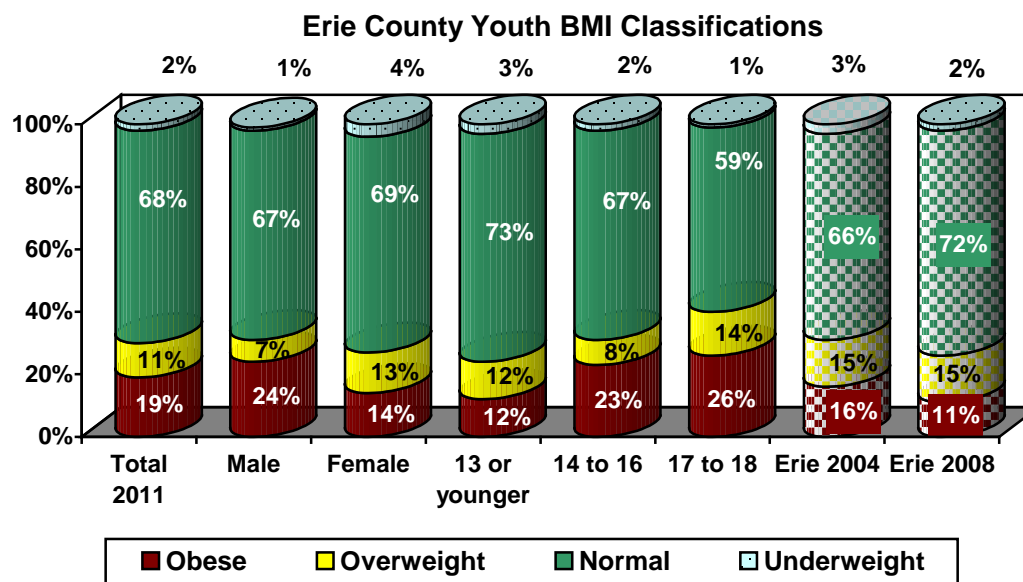
### Soft Drinks & Adolescent Weight

- ◆ Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2–18 years, affecting the overall quality of their diets. Approximately half of these empty calories come from 6 sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.
- ◆ Adolescents drink more full-calorie soda per day than milk. Males aged 12–19 years drink an average of 22 oz. of full-calorie soda per day, more than twice their intake of fluid milk (10 oz.), and females drink an average of 14 oz. of full-calorie soda and only 6 oz. of fluid milk.

(Source: CDC, Adolescent and School Health, <http://www.cdc.gov/healthyyouth/nutrition/facts.htm>, 9-15-11)

## Youth Weight Status

The following graph shows the percentage of Erie County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). The table shows the unhealthy ways youth lost weight. Examples of how to interpret the information in the first graph include: 68% of all Erie County youth were classified as normal weight, 19% were obese, 11% were overweight, and 2% were calculated to be underweight for their age and gender.



Erie County Youth did the following to lose weight in the past 30 days:	Percent
Exercised	49%
Ate less food, fewer calories, or foods lower in fat	30%
Went without eating for 24 hours	5%
Vomited or took laxatives	2%
Took diet pills, powders, or liquids without a doctor's advice	2%

Nutrition comparisons between Erie County youth and adults:	Youth	Adults
Ate 5 or more servings of fruits and vegetables/day	15%	13%

2004/2008/2011 Youth Comparisons	Erie County 2004 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Obese	16%	11%	19%	25%	12%	12%
Went without eating for 24 hours	10%	14%	5%	5%	11%	11%
Trying to lose weight	43%	46%	46%	49%	47%	45%*

\*2007 YRBS Data

# Adult Tobacco Use

## Key Findings

*In 2011, 26% of Erie County adults were current smokers and 22% 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-fourth (26%) of Erie 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. 22% of Erie County adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- ◆ Erie County adult smokers were more likely to:
  - Have incomes less than \$25,000 (43%)
  - Be male (31%)
  - Be ages 30-64 years old (29%)
- ◆ 47% 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.
- ◆ 4% of Erie County adults reported using chewing tobacco or snuff, increasing to 12% of those under the age of 30.
- ◆ Erie County adults used the following tobacco products: e-cigarettes (5%), cigars (5%), little cigars (4%), swishers (4%), black and milds (2%), cigarillos (2%), chewing tobacco (2%), snuff (2%), hookah (2%), and snus (1%).

### Tobacco Use and Health

- ◆ Tobacco use is the most preventable cause of death in the U.S. and in the world
- ◆ 87% of all lung cancers deaths and at least 30% of all cancer deaths in the U.S. can be attributed to smoking.
- ◆ When compared to non-smokers, the risk of developing lung cancer is 23 times higher in male smokers and 13 times higher in female smokers.
- ◆ Tobacco use is also associated with at least 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.

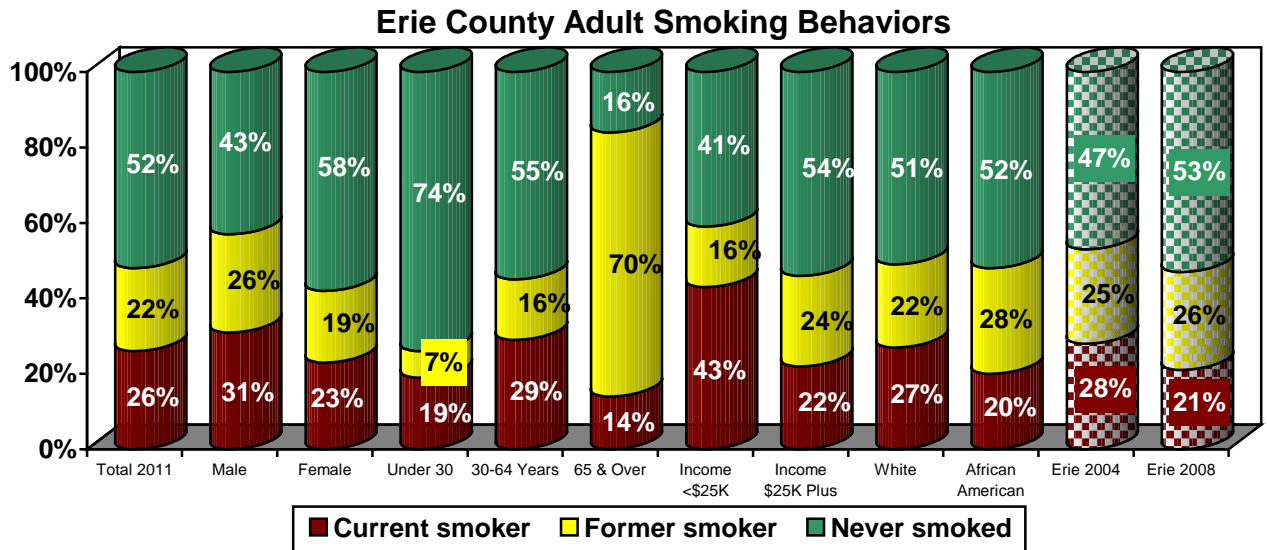
*(Source: Cancer Facts & Figures, American Cancer Society, 2011)*

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Current smoker	28%	21%	26%	23%	17%
Former smoker	25%	26%	22%	25%	25%
Tried to quit smoking	76%	42%	47%	N/A	N/A
Used chewing tobacco or snuff	3%	3%	4%	N/A	N/A

*N/A= Not available*

## Adult Tobacco Use

The following graph shows the percentage of Erie County adults who used tobacco. Examples of how to interpret the information include: 26% of all Erie County adults were current smokers, 22% 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?"*

### Costs of Tobacco Use

- ❖ If a pack-a-day smoker spent \$4/pack, they would spend: \$28/week, \$112/month, or \$1,456/year.
- ❖ 26% of Erie County adults indicated they were smokers. That is approximately 15,586 adults.
- ❖ If 15,586 adults spent \$1,456/year, then \$22,693,216 is spent a year on cigarettes in Erie County.

### 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.

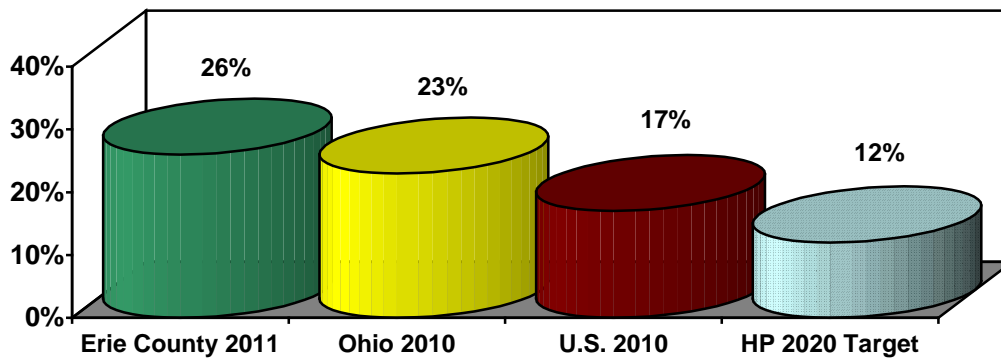
*(Source: CDC: Fast Facts on Smoking and Tobacco Use, accessed from [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm))*

## Adult Tobacco Use

The following graphs show Erie 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:

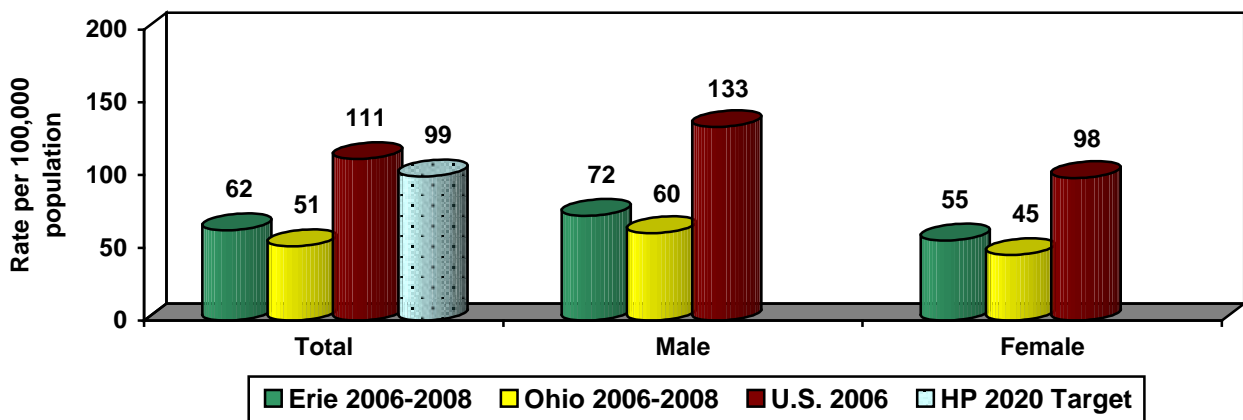
- ◆ Erie County adult cigarette smoking rate was higher than the rate for Ohio, the U.S. and Healthy People 2020 Goal.
- ◆ From 2006-2008, Erie County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was higher than the Ohio rate and lower for the U.S. rate and the Healthy People 2020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

**Healthy People 2020 Objectives & Cigarette Smoking Rates**



*(Source: 2011 Assessment, BRFSS and HP2020)*

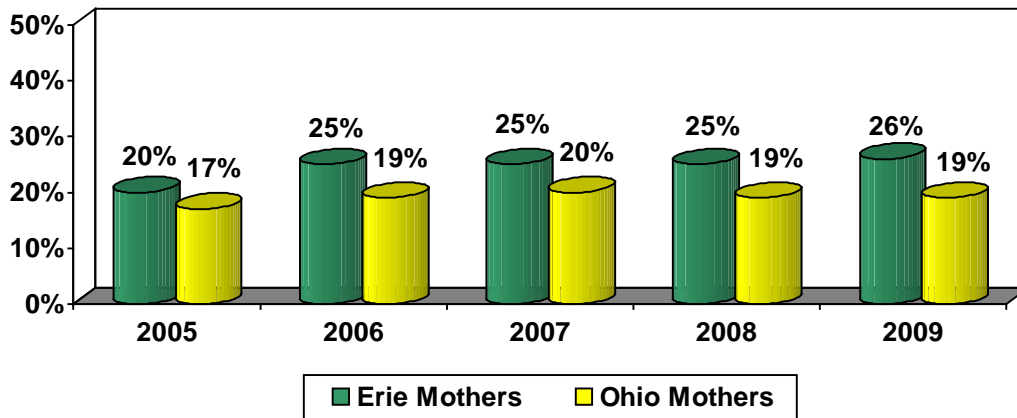
**Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)**



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

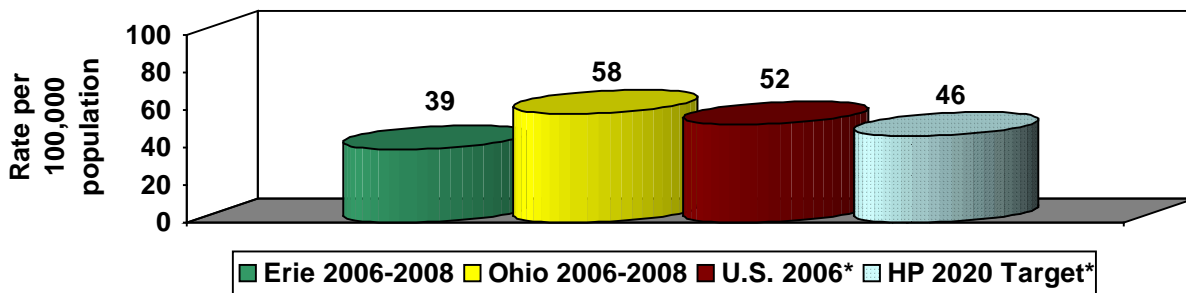
# Adult Tobacco Use

## Births to Mothers Who Smoked During Pregnancy



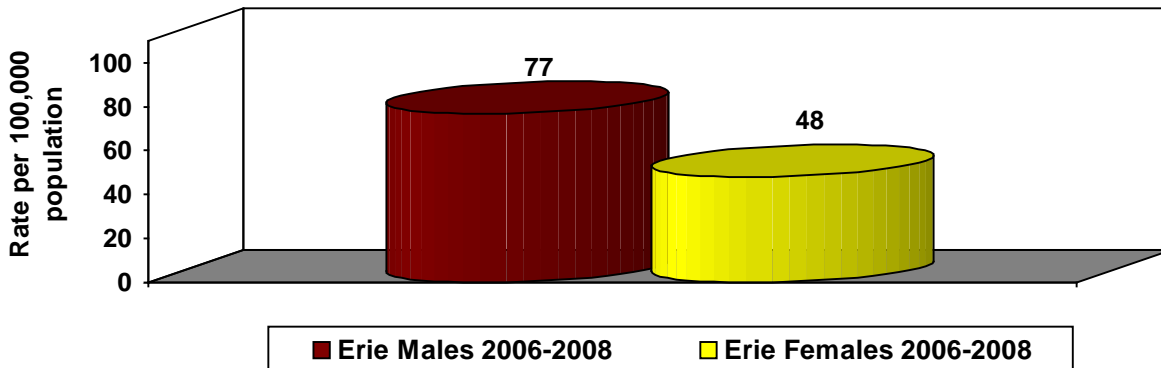
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2005-2009)

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



\*Healthy People 2020 Target and U.S. 2006 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 15% of Erie County youth (ages 12-18) were smokers increasing to 29% of those who were 17-18 years old. Overall, 21% of Erie County youth indicated they had smoked black and milds in the past year, increasing to 43% of 17-18 year olds. Of those youth who currently smoke, 49% had tried to quit.*

### Youth Tobacco Use Behaviors

- ◆ The 2007 YRBS reports that 51% of youth in Ohio had tried cigarette smoking (2009 YRBS reports 46% of U.S. youth) and the 2011 health assessment indicated that 34% of Erie County youth had done the same.
- ◆ 14% of those who have smoked a whole cigarette did so at 10 years old or younger, and 35% had done so by 12 years old. The average age of onset for smoking was 12.2 years old.
- ◆ In 2011, 15% of Erie County youth were current smokers, having smoked at some time in the past 30 days (2007 YRBS reported 22% for Ohio and 2009 YRBS reported 20% for the U.S). Nearly one-third (29%) of 17-18 year olds were current smokers, compared to 10% of 12-13 year olds and 15% of 14-16 year olds.
- ◆ Of those who smoked, 24% smoked less than 1 cigarette per day and 8% smoked 11 or more cigarettes per day.
- ◆ One-fifth (20%) of current smokers smoked cigarettes daily.
- ◆ Two-thirds (66%) of the Erie County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ Erie County youth used the following forms of tobacco the most in the past year: cigarettes (21%), black and milds (21%), swishers (8%), cigars (7%), cigarillos (6%), flavored cigarettes (5%), chewing tobacco or snuff (4%), and little cigars (2%).
- ◆ In the past year, 4% of Erie County youth used chewing tobacco, increasing to 8% of high school youth (2007 YRBS reported 10% for Ohio and 2009 YRBS reported 9% for the U.S.).
- ◆ Almost half (49%) of Erie County youth smokers had tried to quit smoking in the past year (2007 YRBS reported 49% for Ohio and 2009 YRBS reported 51% for the U.S).

### Tobacco Sales and Promoting to Youth

- ◆ All states have laws making it illegal to sell cigarettes to anyone under the age of 18, yet 14% of students under the age of 18 who currently smoke cigarettes reported they usually obtained their own cigarettes by buying them in a store or gas station during the 30 days before the survey.
- ◆ Cigarette companies spent more than \$15.2 billion in 2003 to promote their products.
- ◆ Children and teenagers constitute the majority of all new smokers, and the industry's advertising and promotion campaigns often have special appeal to these young people.
- ◆ Eighty-three percent of young smokers (aged 12-17) choose the three most heavily advertised brands.

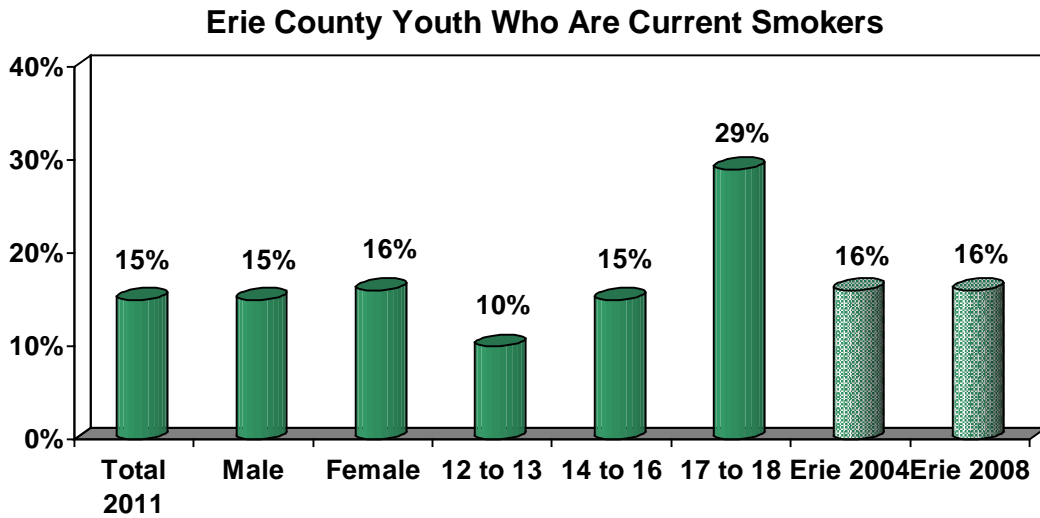
(Source: <http://www.cdc.gov/healthyyouth/tobacco/facts.htm>, retrieved 11-3-11)

2004/2008/2011 Youth Comparisons	Erie County 2004 (6 <sup>th</sup> – 12 <sup>th</sup> )	Erie County 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> – 12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> – 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> – 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> – 12 <sup>th</sup> )
Ever tried cigarettes	36%	34%	34%	47%	51%	46%
Current smokers	16%	16%	15%	20%	22%	20%
Used chewing tobacco or snuff	8%	5%	4%	8%	10%	9%
Tried to quit smoking	43%	68%	49%	43%	49%	51%



# Youth Tobacco Use

The following graph shows the percentage of Erie County youth who smoke cigarettes. Examples of how to interpret the information include: 15% of all Erie County youth were current smokers, 15% of males smoked, and 16% 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 Erie 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	59%	29%
Attempted suicide in the past 12 months	22%	3%
Have had at least one drink of alcohol in the past 30 days	66%	19%
Have used marijuana in the past 30 days	63%	8%
Have had sexual intercourse	70%	19%
Participated in extracurricular activities	56%	74%

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

# Adult Alcohol Consumption

## Key Findings

*In 2011, the health assessment indicated that 19% of Erie County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 50% 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 five or more drinks.*

## Erie County Adult Alcohol Consumption

- ◆ In 2011, nearly two-thirds (65%) of the Erie County adults had at least one alcoholic drink in the past month, increasing to 71% of those with incomes more than \$25,000 and 68% 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.
- ◆ Nearly one-fifth (19%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- ◆ Of those who drank, Erie County adults drank 3 drinks on average, increasing to 3.7 drinks for males and 4.2 drinks for those with incomes less than \$25,000.
- ◆ Almost one-third (30%) of adults were considered binge drinkers. The 2010 BRFSS reported binge drinking rates of 17% for Ohio and 15% for the U.S.
- ◆ Half (50%) 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).
- ◆ Almost one-third (32%) of adults drank after having any alcoholic beverages.
- ◆ 4% of adults reported driving within a couple hours after having five or more drinks, increasing to 9% of males.
- ◆ 8% of adults reported driving after having perhaps too much to drink.
- ◆ Erie County adults experienced the following: drank more than they expected (11%), spent a lot of time drinking (5%), continued to drink despite problems caused by drinking (4%), drank more to get the same effect (3%), repeatedly failed to fulfill obligations at work or placed themselves in dangerous situations or legal problems (2%), gave up activities to drink (1%), drank to ease withdrawal symptoms (1%), and tried to quit or cut down but could not (1%).

### 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.

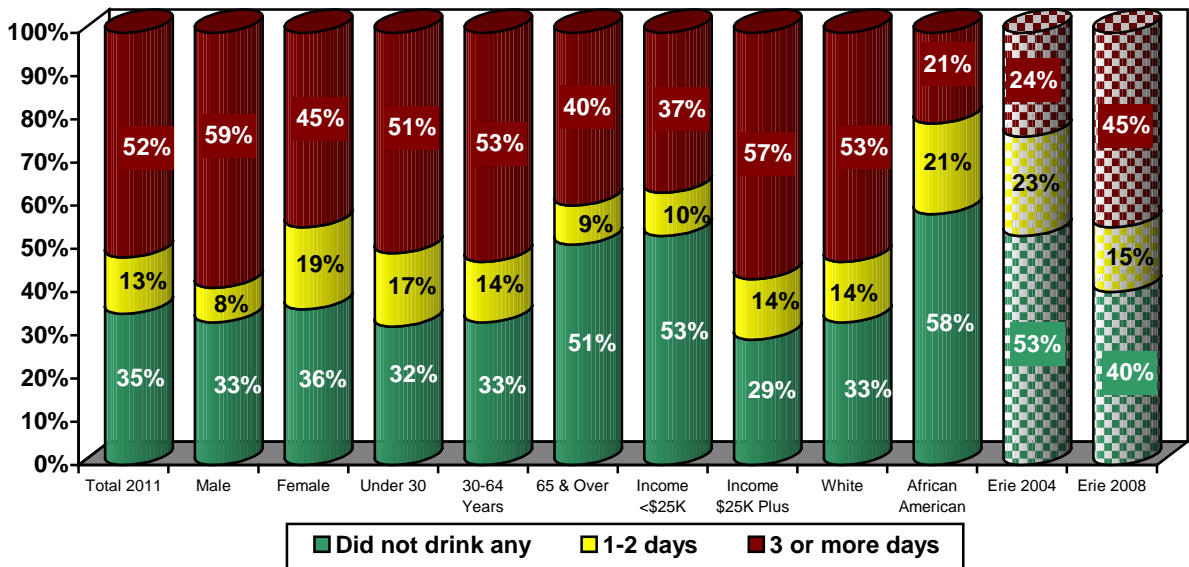
*(Source: CDC, Binge Drinking Facts Sheet, 10-17-2010)*

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Drank alcohol at least once in past month	47%	60%	65%	53%	55%
Binge drinker (drank 5 or more drinks on occasion)	24%	39%	30%	17%	15%
Drove after having perhaps too much to drink	6%	6%	8%	N/A	N/A

# Adult Alcohol Consumption

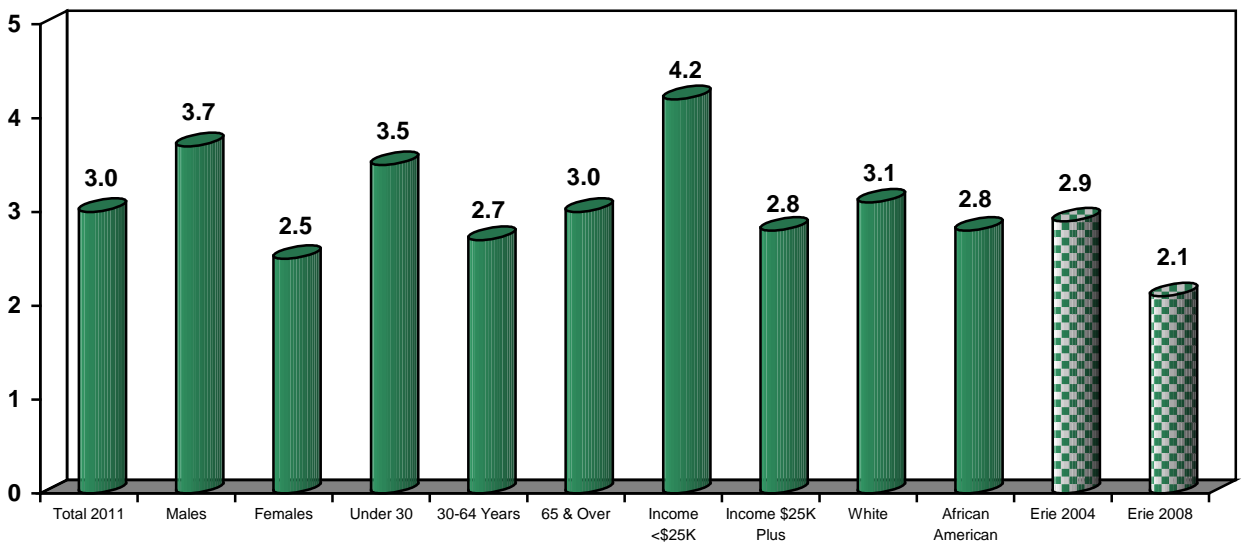
The following graphs show the percentage of Erie County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 52% of all Erie County adults did not drink alcohol, 33% of Erie County males did not drink and 36% of adult 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"*

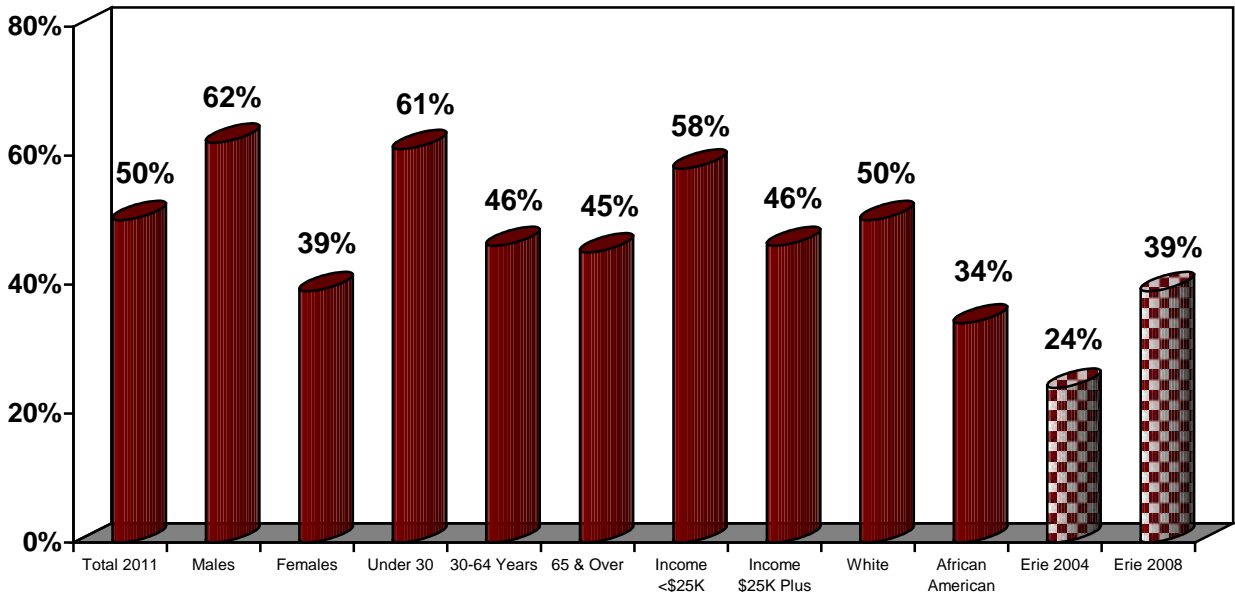
**Adults Average Number of Drinks Consumed Per Occasion**



## Adult Alcohol Consumption

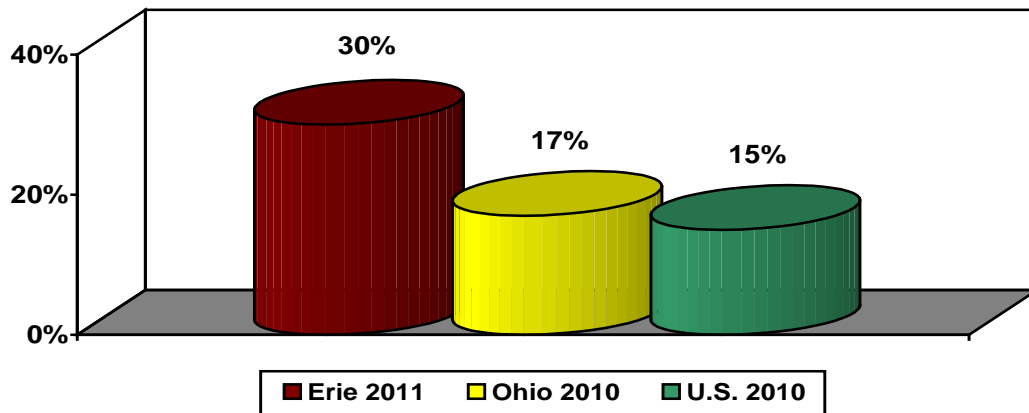
The following graphs show the percentage of Erie County adult drinkers who binge drank and Erie County binge drinking compared to Ohio and U.S. Examples of how to interpret the information shown on the first graph include: 50% of all Erie County adult drinkers had an episode of binge drinking, 62% of Erie County males and 39% of adult females.

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



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

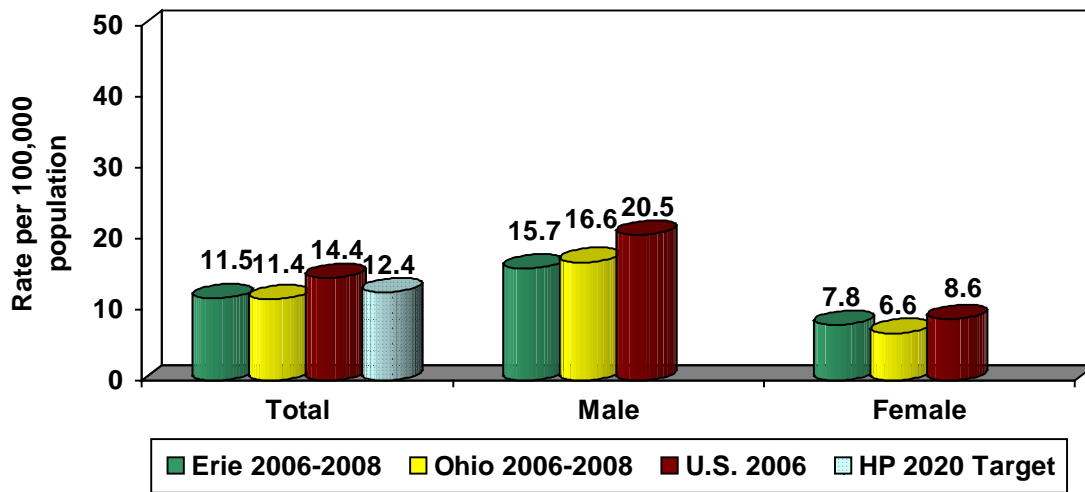
*\*Based on all adults. Binge drinking is defined as having five or more drinks on an occasion.*

## Motor Vehicle Accidents

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

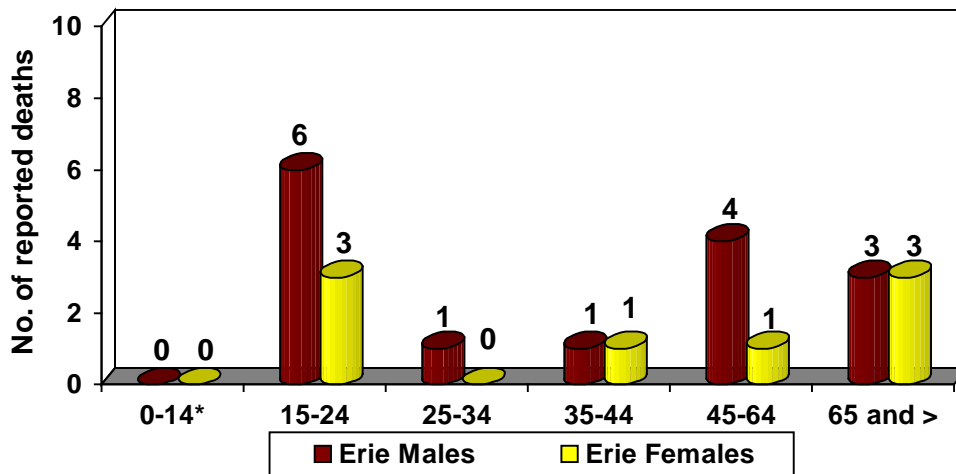
- ◆ From 2006-2008, the Erie County motor vehicle age-adjusted mortality rate of 11.5 deaths per 100,000 population is higher than the state rate, but lower than the national rate and the Healthy People 2020 objective.
- ◆ The Erie County age-adjusted motor vehicle accident mortality rate for males is higher than the female rate.
- ◆ 19 Erie County males died of motor vehicle accidents from 2006-2008 while 9 Erie 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)*

**Erie County Number of Motor Vehicle Deaths By Age and Gender, 2006-2008**  
N=23\*



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

## Erie County Crash Statistics

	Perkins Township 2010	City of Sandusky 2010	Erie County 2010	Ohio 2010
Total Crashes	530	694	2,512	300,164
Alcohol-Related Total Crashes	14	42	120	13,037
Fatal Crashes	0	0	9	984
Alcohol-Related Fatal Crashes	0	0	5	393
Alcohol Impaired Drivers in Crashes	14	42	120	13,037
Injury Crashes	138	147	562	74,427
Alcohol-Related Injury Crashes	5	14	56	5,456
Property Damage Only	392	522	1,911	221,597
Alcohol-Related Property Damage Only	9	28	59	7,094
Deaths	0	0	10	1,080
Alcohol-Related Deaths	0	0	5	431
Total Non-Fatal Injuries	200	195	793	108,758
Alcohol-Related Injuries	6	18	71	7,714

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

# Youth Alcohol Consumption

## Key Findings

*In 2011, the health assessment results indicated that 48% of Erie County youth had drunk at least one drink of alcohol in their life, increasing to 88% of youth seventeen and older. 42% of those who drank took their first drink before the age of 12. More than one quarter (26%) of all Erie County youth and 54% of those 17-18 years had at least one drink in the past 30 days. Nearly two-thirds (63%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% 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 almost half (48%) of all Erie County youth (ages 12 to 18) have had at least one drink of alcohol in their life, increasing to 88% of 17-18 year olds (2007 YRBS reports 76% for Ohio and 2009 YRBS reports 73% for the U.S.).
- ◆ More than one-quarter (26%) of the youth had at least one drink in the past 30 days, increasing to 54% of 17-18 year olds (2007 YRBS reports 46% for Ohio and 2009 YRBS reports 42% for the U.S.).
- ◆ Of those who drank, 63% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 75% of those ages 17 and over.
- ◆ Based on all youth surveyed, 17% were defined as binge drinkers (2007 YRBS reports 29% for Ohio and 2009 YRBS reports 24% for the U.S.).
- ◆ 12% of Erie County youth who reported drinking in the past 30 days, drank on at least 10 or more days during the month.
- ◆ More than two-fifths (42%) of Erie County youth who reported drinking at sometime in their life had their first drink under the age of 12, 34% took their first drink between the ages of 13 and 14, and 24% drank between the ages of 15 and 18. The average age of onset was 12.3 years old.
- ◆ Erie County youth drinkers reported they got their alcohol from the following: someone bought it for them (33%), a person 21 years old or older gave it to them (31%), a parent gave it to them (22%), a friend's parent gave it to them (13%), took it from a store of family member (9%), bought it from a store or gas station (8%), and some other way (21%).
- ◆ During the past month 20% of all Erie County youth had ridden in a car driven by someone who had been drinking alcohol (2007 YRBS reports 23% for Ohio and 2009 YRBS reports 28% for the U.S.).
- ◆ 9% of all high school youth drivers had driven a car in the past month after they had been drinking alcohol (2007 YRBS reports 10% for Ohio and 2009 YRBS reports 10% for the U.S.).

### National Institute of Health Facts about Underage Drinking

- ◆ Alcohol is the drug of choice among America's adolescents, used by more young people than tobacco or illicit drugs.
- ◆ The 2008 National Survey on Drug Use and Health estimates there are 10.1 million underage drinkers in the United States. According to the 2008 Monitoring the Future Study (<http://monitoringthefuture.org/>), 39% of current 8th graders, 58% of 10th graders, 72% of 12th graders, and 85% of college students have tried alcohol.
- ◆ Underage drinkers consume, on average, 4 to 5 drinks per occasion about 5 times a month. By comparison, drinkers age 26 and older consume 2 to 3 drinks per occasion, about 9 times a month.
- ◆ Underage drinking is a leading contributor to death from injuries, which are the main cause of death for people under age 21. Each year, approximately 5,000 persons under the age of 21 die from causes related to underage drinking. These deaths include about 1,600 homicides and 300 suicides.

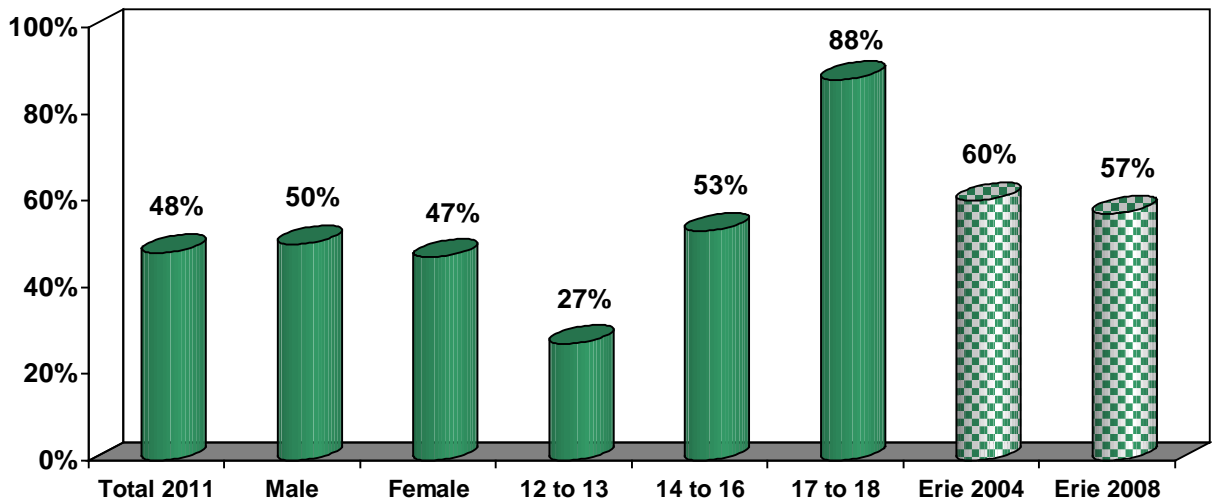
Source: <http://report.nih.gov/NIH/factsheets/VicFactSheet.aspx?csid=21&key=U#U>  
Updated 2/14/11

2004/2008/2011 Youth Comparisons	Erie County 2004 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2008 (6 <sup>th</sup> - 12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> - 12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> - 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> - 12 <sup>th</sup> )
Ever tried alcohol	60%	57%	48%	66%	76%	73%
Current drinker	30%	28%	26%	38%	46%	42%
Binge drinker	16%	17%	17%	27%	29%	24%
Rode with someone who was drinking	18%	18%	20%	21%	23%	28%
Drank and drove	4%	5%	8%	9%	10%	10%

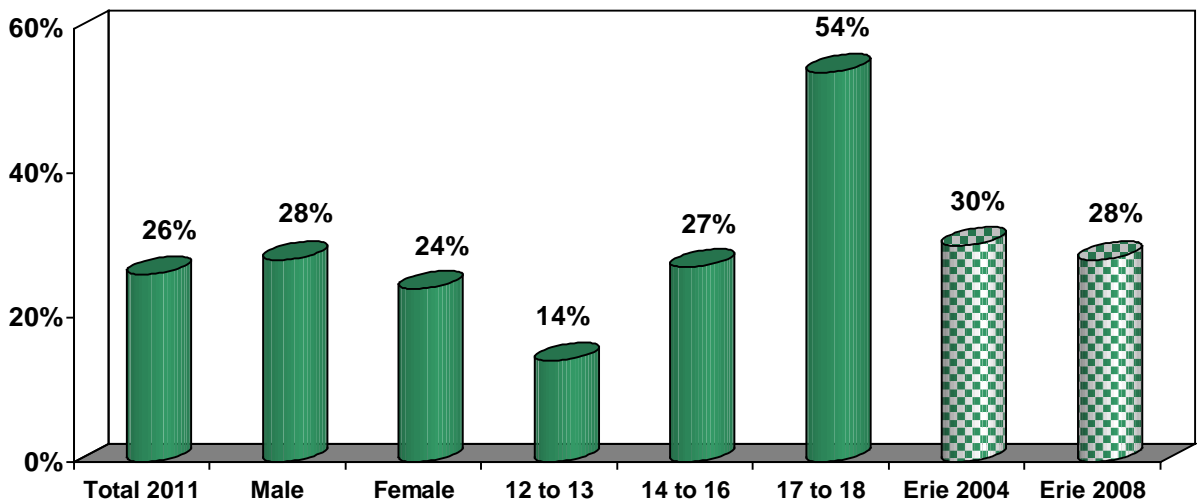
## Youth Alcohol Consumption

The following graphs show the percentage of Erie County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 48% of all Erie County youth have drunk at some time in their life, 50% of males, and 47% of females had drunk.

### Erie County Youth Having At Least One Drink In Their Lifetime



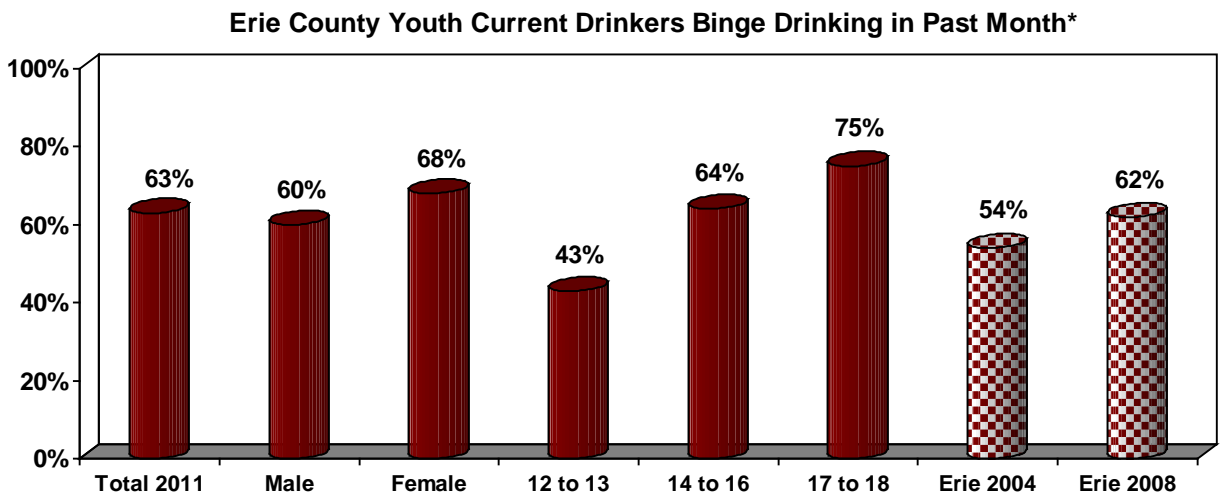
### Erie County Youth Current Drinkers





## Youth Alcohol Consumption

The following graph shows the percentage of Erie County youth who were binge drinkers. Examples of how to interpret the information include: 63% of current drinkers binge drank in the past month, 60% of males, and 68% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.



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

### Behaviors of Erie 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	52%	26%
Attempted suicide in the past 12 months	14%	4%
Have smoked in the past 30 days	39%	7%
Have used marijuana in the past 30 days	50%	5%
Have had sexual intercourse	58%	15%
Participated in extracurricular activities	62%	75%

*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, 11% of Erie County adults had used marijuana during the past 6 months. 17% of Erie County youth had used marijuana at least once in the past 30 days, increasing to 25% of high school youth. During the past 12 months, 14% of youth had misused medications.*

## Adult Drug Use

- ◆ Eleven percent (11%) of Erie County adults had used marijuana in the past 6 months.
- ◆ 10% of Erie County adults reported using other recreational drugs such as cocaine, methamphetamines, heroin, LSD, inhalants, or Ecstasy.
- ◆ When asked about their frequency drug use in the past six months, 40% of Erie County adults who used recreational drugs did so every day, and 13% did so less than once a month.
- ◆ 3% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 9% of African Americans.
- ◆ When asked about their frequency of medication misuse in the past six months, 6% of Erie County adults who used these drugs did so one or two days a week and 22% did so one to three days a month.
- ◆ Erie County adults indicated they dispose of unused prescription medication in the following ways: throw them in the trash (37%), keep them (28%), flush them down the toilet (24%), take them to a medication collection/disposal program (8%), and some other method (10%).

### Commonly Abused Prescription Drugs

- ❖ **Opioids**—most often prescribed to relieve pain. Examples include: Codeine, Percocet, Darvon (Propoxyphene), Duragesic (Fentanyl), Dilaudid (Hydromorphone), Demerol (Meperidine), OxyContin (Oxycodone), and Vicodin (hydrocodone)
- ❖ **Central Nervous System (CNS) Depressants**—may be used to treat anxiety and sleep disorders. Examples include: Mebaral (mephobarbital), Nembutal (pentobarbital sodium), Valium (diazepam), Librium (chlordiazepoxide HCL), Xanax (alprazolam), and ProSom (estazolam)
- ❖ **Stimulants**—prescribed to treat narcolepsy, attention-deficit hyperactivity disorder (ADHD), asthma and obesity. Examples include: Dexedrine (dextroamphetamine), and Ritalin (methylphenidate)

*(Source: National Institute on Drug Abuse, www.nida.nih.gov)*

## Youth Drug Use

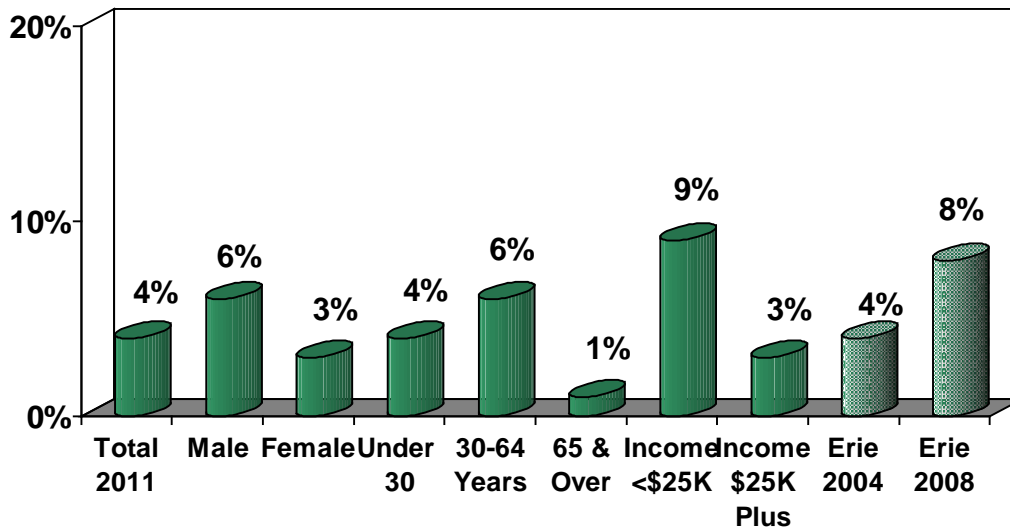
- ◆ In 2011, 17% of all Erie County youth had used marijuana at least once in the past 30 days, increasing to 25% of high school youth. (The 2007 YRBS found a prevalence of 18% for Ohio youth and the 2009 YRBS found a prevalence of 21% for U.S. youth who had used marijuana one or more times during the past 30 days.)
- ◆ Nearly one-third (29%) of youth who tried marijuana did so before the age of 12. The average age of onset was 12.9 years old.
- ◆ 14% of Erie County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at sometime in their lives, increasing to 19% of high school youth.
- ◆ Youth who misused prescription medications got them in the following ways: a friend gave it to them (41%), they took it from a friend or family member (32%), their parents gave it to them (19%), bought it from a friend (19%), bought it from someone else (17%), and another family member gave them it to them (17%).
- ◆ 8% of youth used inhalants, 4% used cocaine, 3% used steroids, 2% used methamphetamines, and less than 1% used heroin.

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Adults who used recreational drugs in the past 6 months	8%	8%	10%	N/A	N/A
Adults who used marijuana in the past 6 months	4%	8%	11%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	4%	2%	3%	N/A	N/A

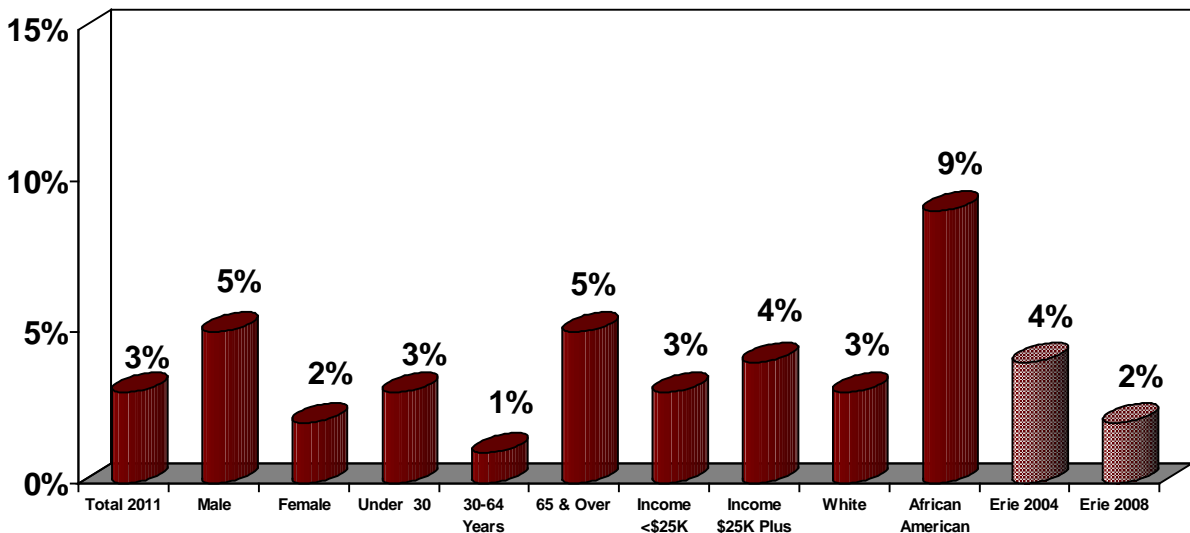
## Adult Marijuana and Other Drug Use

The following graphs are data from the 2011 Erie 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: 11% of all Erie County adults used marijuana in the past six months, 12% of adults under the age of 30 were current users and 13% of adults with incomes less than \$25,000 were current users.

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

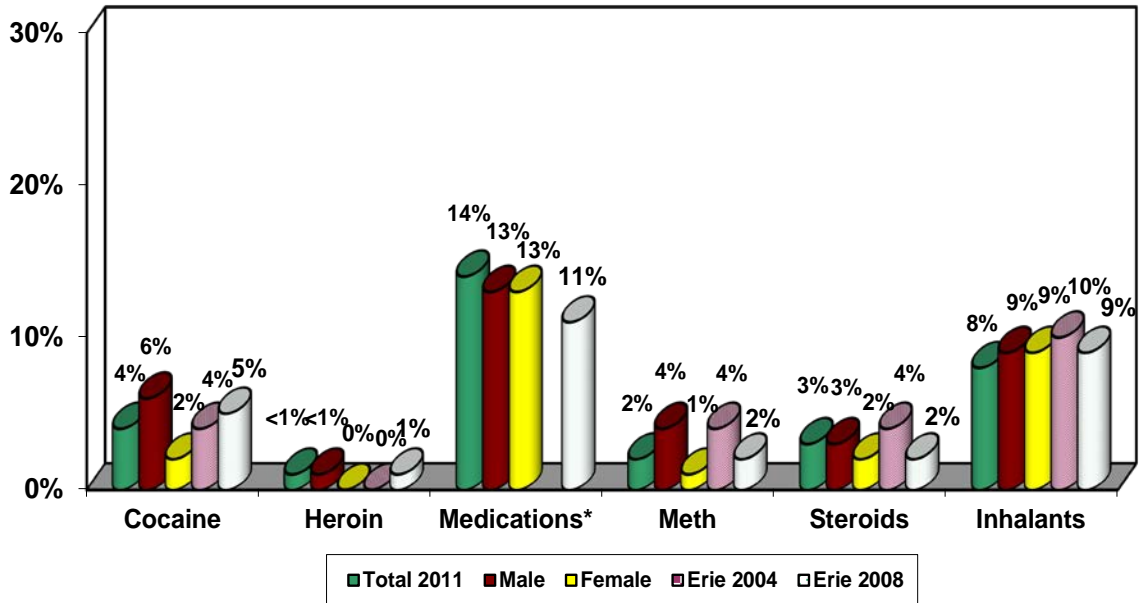


**Erie County Adult Medication Misuse in Past 6 Months**



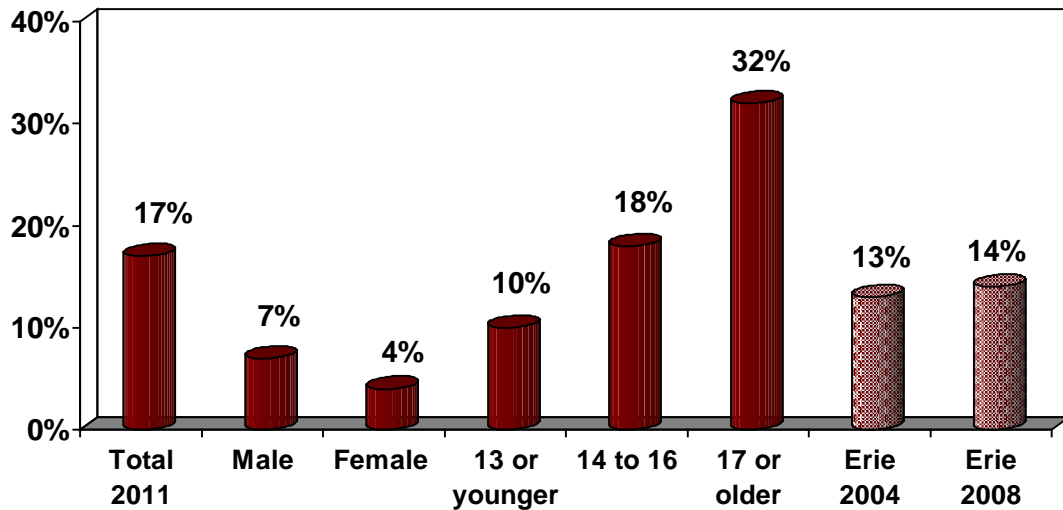
# Youth Marijuana and Other Drug Use

## Erie County Youth Lifetime Drug Use



\*No data available in 2004 on youth medication misuse

## Erie County Youth Marijuana Use in Past Month



## Youth Marijuana and Other Drug Use

2004/2008/2011 Youth Comparisons	Erie County 2004 (6 <sup>th</sup> - 12 <sup>th</sup> )	Erie County 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> - 12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> - 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> - 12 <sup>th</sup> )
Youth who used marijuana in the past 30 days	13%	14%	17%	25%	18%	21%
Ever used methamphetamines	4%	2%	2%	3%	6%	4%
Ever used cocaine	4%	5%	4%	5%	8%	6%
Ever used heroin	0%	1%	<1%	1%	4%	3%
Ever used steroids	4%	2%	3%	2%	5%	3%
Ever used inhalants	10%	9%	8%	8%	12%*	12%
Ever misused medications	N/A	11%	14%	19%	N/A	N/A

### 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, just over half (51%) of Erie County women over the age of 40 reported having a mammogram in the past year. 62% of Erie County women have had a clinical breast exam and 63% have had a Pap smear to detect cancer of the cervix in the past year. The health assessment determined that 3% of women had a heart attack, and 2% had a stroke at some time in their life. Nearly one-fourth (23%) had high blood cholesterol, 27% had high blood pressure, 33% were obese, and 23% were identified as smokers, known risk factors for cardiovascular diseases.*

## **Women's Health Screenings**

- ◆ In 2011, 72% of women had a mammogram at some time and 38% had this screening in the past year.
- ◆ Just over half (51%) of women ages 40 and over had a mammogram in the past year and 76% 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 (94%) Erie County women have had a clinical breast exam at some time in their life and 62% had one within the past year.
- ◆ 7% of women had been diagnosed with breast cancer.
- ◆ This assessment has identified that 96% of Erie County women have had a Pap smear and 56% report having had the exam in the past year. 77% of women had a pap smear in the past three years. The 2010 BRFSS indicated that 81% of U.S. and 82% of Ohio women had a pap smear in the past three years.

## **Women's Health Concerns**

- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Erie County the 2011 health assessment has identified that:
  - 60% were overweight or obese (57% U.S., 59% Ohio, 2010 BRFSS)
  - 36% were exercising less than three days per week (includes 2% who were unable to exercise)
  - 27% were diagnosed with high blood pressure (28% U.S. and 30% Ohio, 2009 BRFSS)
  - 23% of all women were current smokers (16% U.S., 22% Ohio, 2010 BRFSS)
  - 23% were diagnosed with high blood cholesterol (36% U.S., 37% Ohio, 2009 BRFSS)
  - 9% have been diagnosed with diabetes (10% U.S., 11% Ohio, 2010 BRFSS)

### **Erie County Female Leading Types of Death, 2006 - 2008**

1. Cancers (22% of all deaths)
2. Heart Disease (23%)
3. Alzheimer's Disease (9%)
4. Chronic Lower Respiratory Diseases (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%)

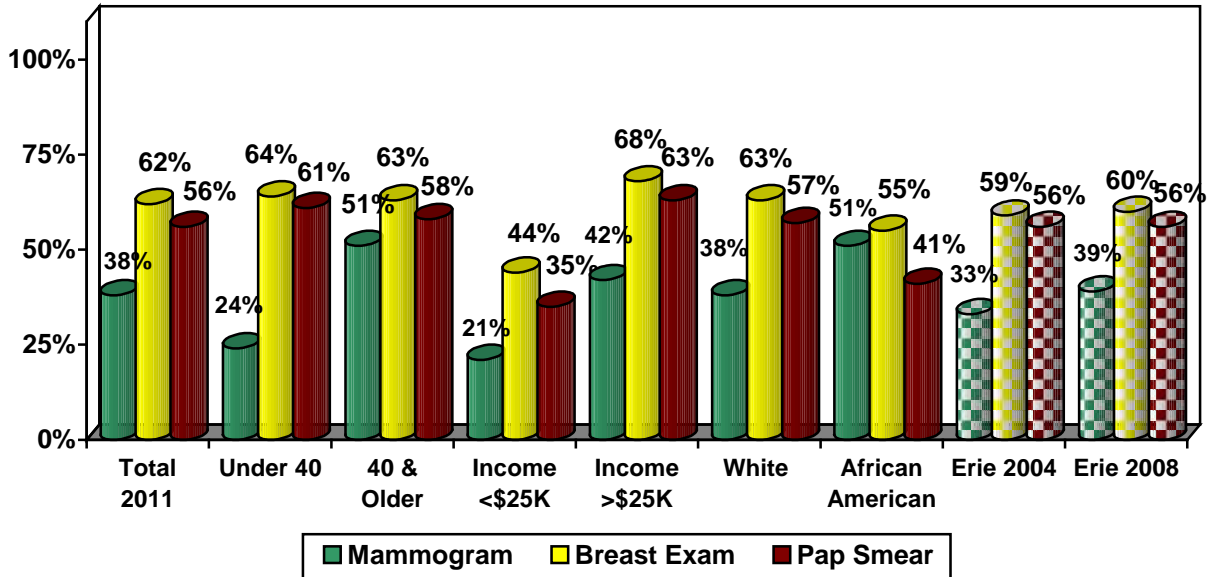
(Source: ODH Information Warehouse, updated 4-15-10)

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Had a mammogram in the past year	33%	39%	38%	N/A	N/A
Age 40 and over having had a mammogram in the past year	86%	57%	51%	N/A	N/A
Had a clinical breast exam in past year	59%	60%	62%	N/A	N/A
Had a pap smear in the past year	56%	56%	56%	N/A	N/A

## Women's Health

The following graph shows the percentage of Erie County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 38% of Erie County females have had a mammogram within the past year, 62% have had a clinical breast exam, and 56% have had a Pap smear.

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

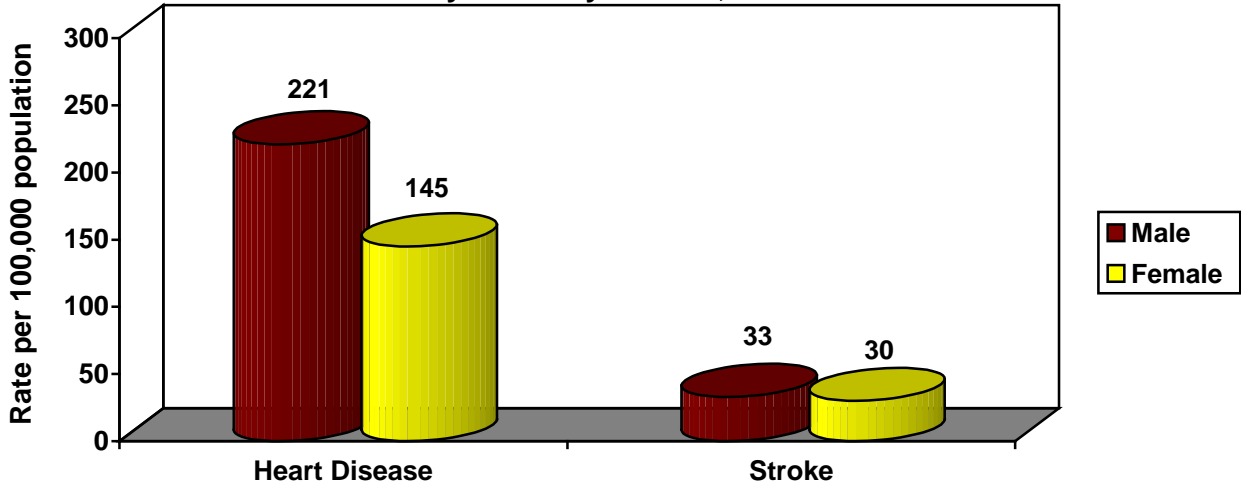


## Women's Health

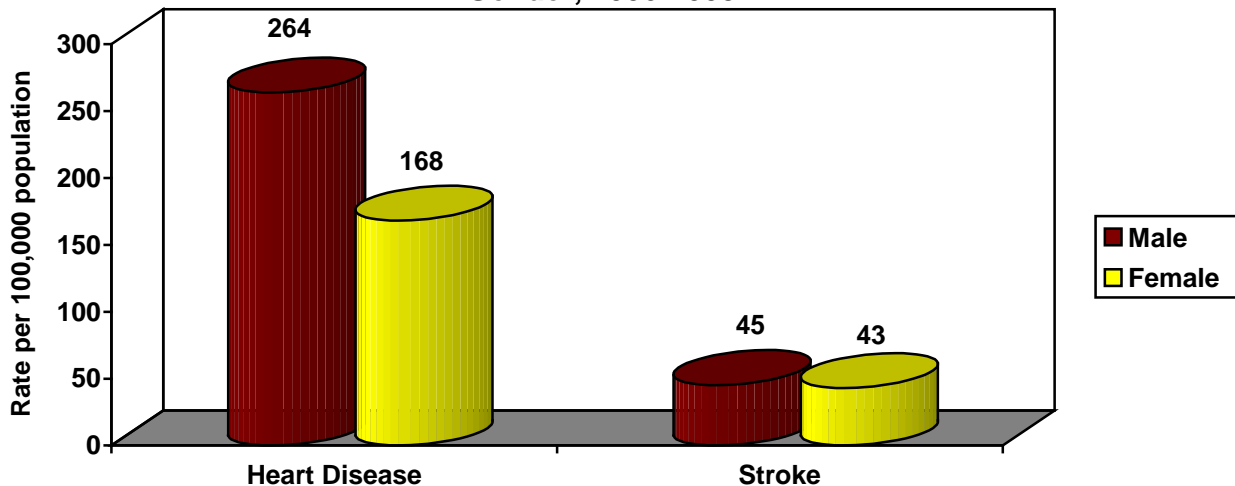
The following graphs show the Erie County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

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

**Erie 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)*

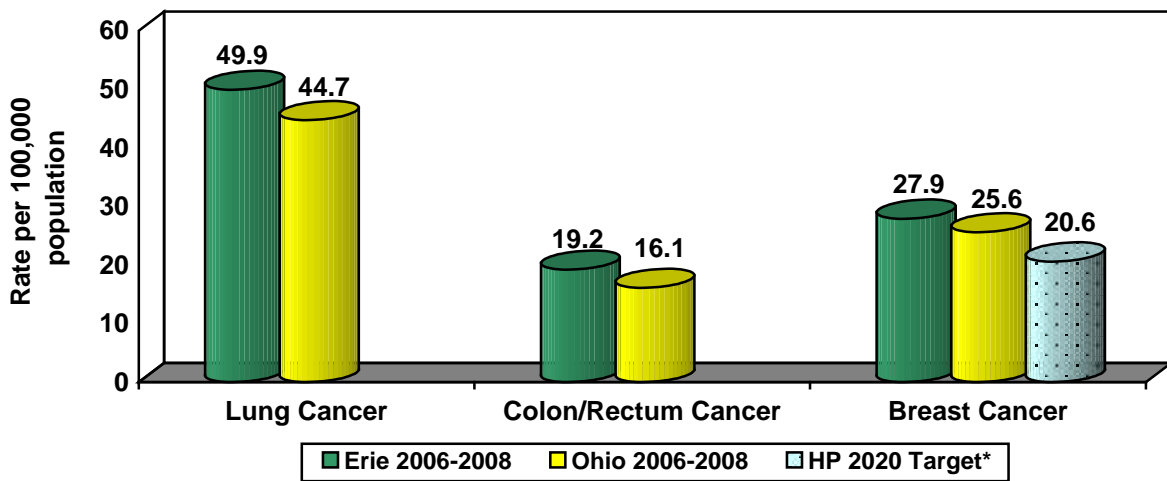


## Women's Health

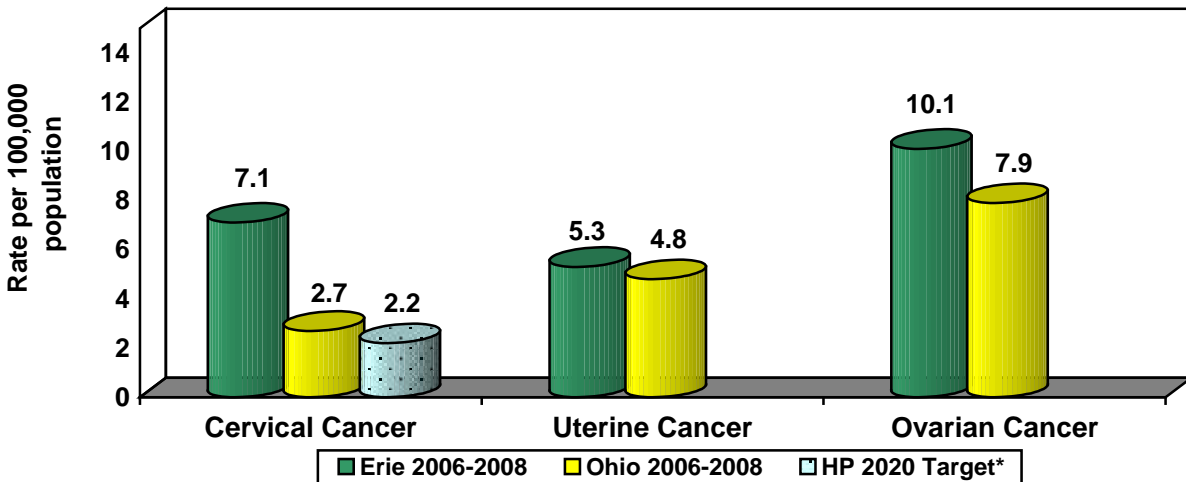
The following graphs show the Erie County age-adjusted mortality rates per 100,000 population for women's health with comparison to Healthy People 2020 objectives when available. The graphs show:

- ◆ From 2006-2008, the Erie County age-adjusted mortality rate for female lung cancer was greater than the Ohio rate.
- ◆ The Erie County age-adjusted colon, rectum, and anus cancer mortality rates for 2006-2008 were greater than the Ohio rate.
- ◆ From 2006-2008, the Erie County age-adjusted breast cancer mortality rate was greater than the Ohio rate and the Healthy People 2020 target objective.

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



**Erie 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, 43% of Erie County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. More than one-third (39%) 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 25% and cancers accounted for 24% of all male deaths in Erie County from 2006-2008. The health assessment determined that 7% of men had a heart attack, and 1% had a stroke at some time in their life. Two-fifths (40%) of men had been diagnosed with high blood cholesterol, 29% had high blood pressure, and 31% were identified as smokers, which, along with obesity (31%), are known risk factors for cardiovascular diseases.

## Men's Health Screenings

- ◆ More than half (54%) of Erie County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 27% had one in the past year.
- ◆ 58% of men had a digital rectal exam in their lifetime and 26% had one in the past year.
- ◆ 83% of males age 50 and over had a PSA test at some time in their life, and 43% had one in the past year.
- ◆ 80% of males age 50 and over had a digital rectal exam at some time in their life, and 39% have had one in the past year.
- ◆ 12% 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 25% of all male deaths in Erie County (Source: ODH Information Warehouse).
- ◆ In 2011, the health assessment determined that 7% of men had a heart attack and 1% 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 Erie County the 2010 health assessment has identified that:
  - 75% were overweight or obese (71% U.S., 73% Ohio, 2010 BRFSS)
  - 40% were diagnosed with high blood cholesterol (40% U.S., 43% Ohio, 2009 BRFSS)
  - 33% were exercising less than three days per week (includes 3% who were unable to exercise)
  - 31% of all men were current smokers (19% U.S., 23% Ohio, 2010 BRFSS)
  - 29% were diagnosed with high blood pressure (30% U.S., 33% Ohio, 2009 BRFSS)
  - 17% have been diagnosed with diabetes (9% U.S., 10% Ohio, 2010 BRFSS)
- ◆ From 2006-2008, the leading cancer deaths for Erie County males were lung, prostate, colorectal, and bladder 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.

### Erie County Male Leading Types of Death, 2006 - 2008

1. Cancers (24% of all deaths)
2. Heart Diseases (22%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (5%)
5. Alzheimer's Disease (5%)

(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%)

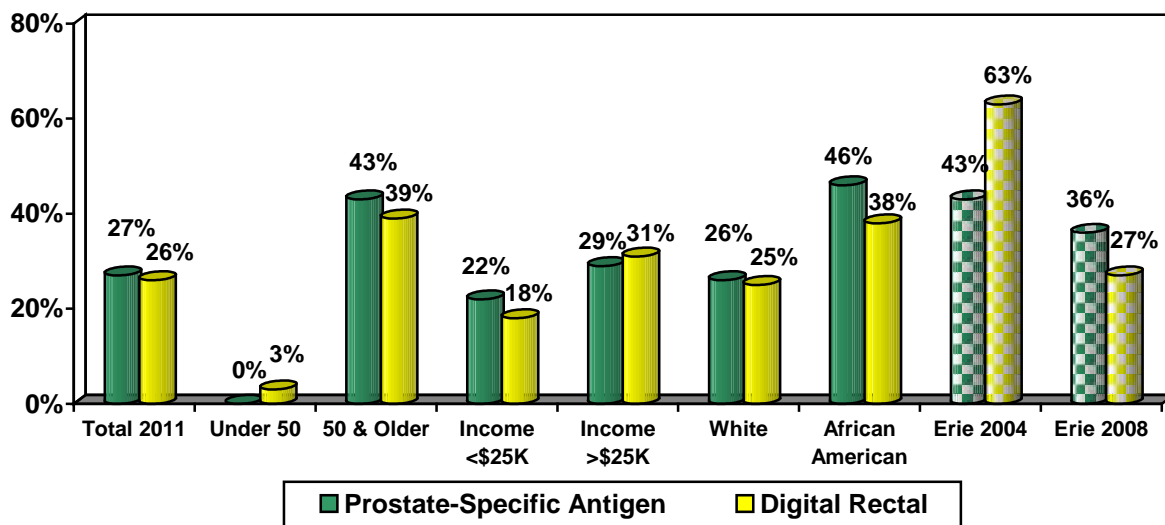
(Source: ODH Information Warehouse, updated 4-15-10)

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Had a PSA test in their life	43%	49%	54%	N/A	N/A
Had a digital rectal exam in their life	63%	59%	58%	N/A	N/A
Been diagnosed with prostate cancer	1%	2%	12%	N/A	N/A

## Men's Health

The following graph shows the percentage of Erie 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: 27% of Erie County males have had a PSA test within the past year and 26% have had a digital rectal exam.

**Erie Men's Health Exams Within the Past Year**



### Men's Health Issues

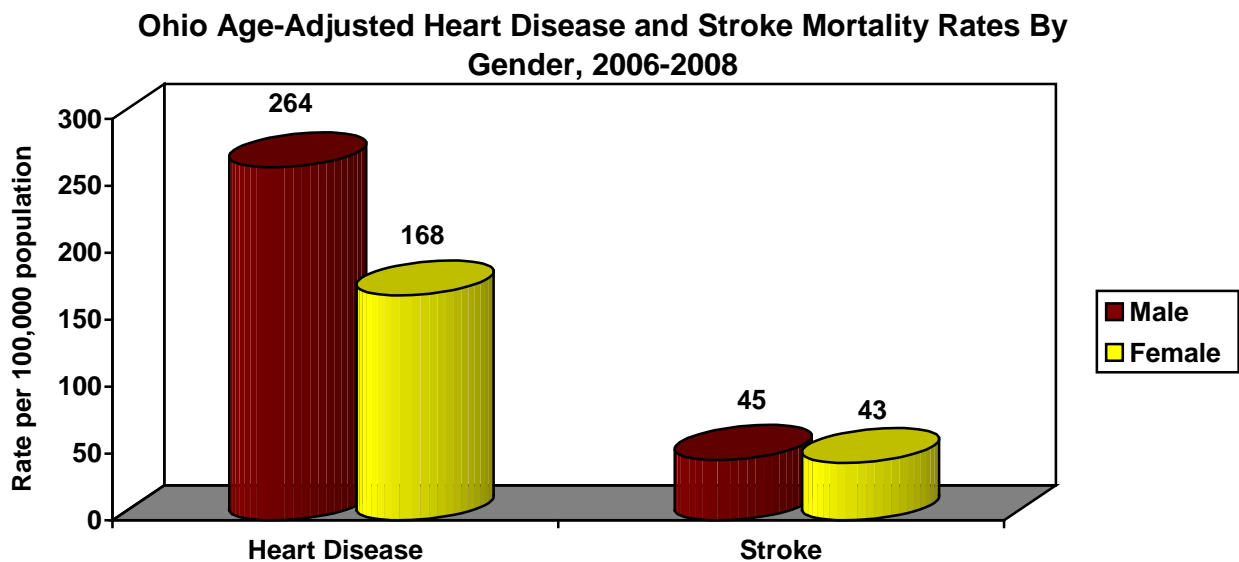
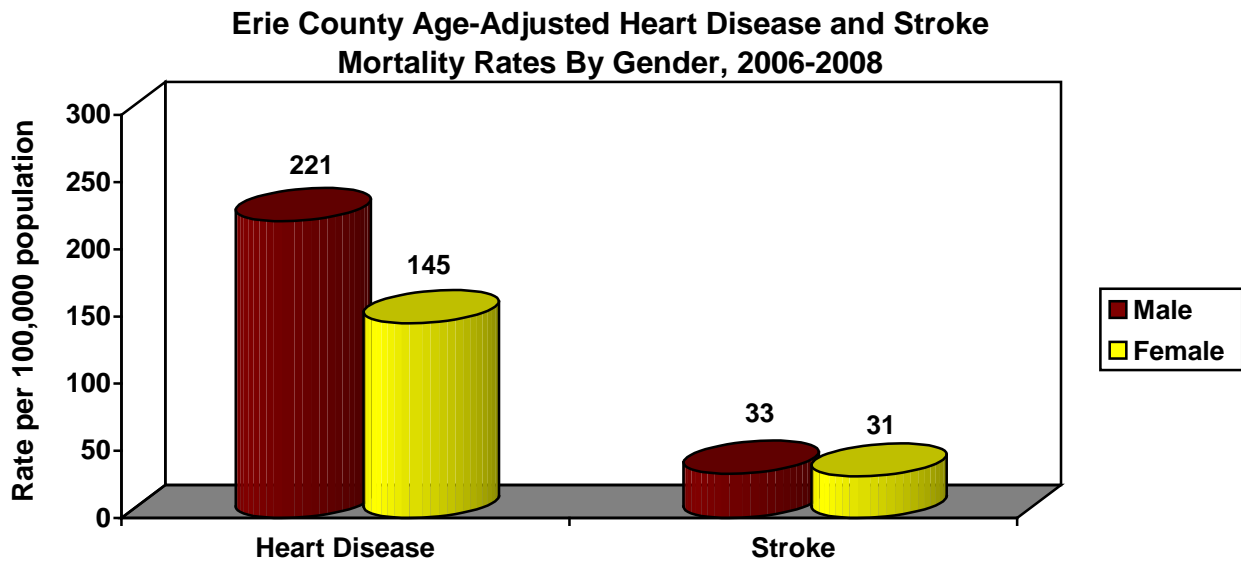
- ❖ Heart disease and cancer are the top two causes of death for males in all races.
- ❖ The most commonly diagnosed cancers among men are prostate, lung and colorectal and bladder.
- ❖ Cigarette smoking is more common among men than women.
- ❖ During 2000-2006, men were more likely than women to be 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 Erie County and Ohio age-adjusted mortality rates per 100,000 population for men's cardiovascular diseases. The graphs show:

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

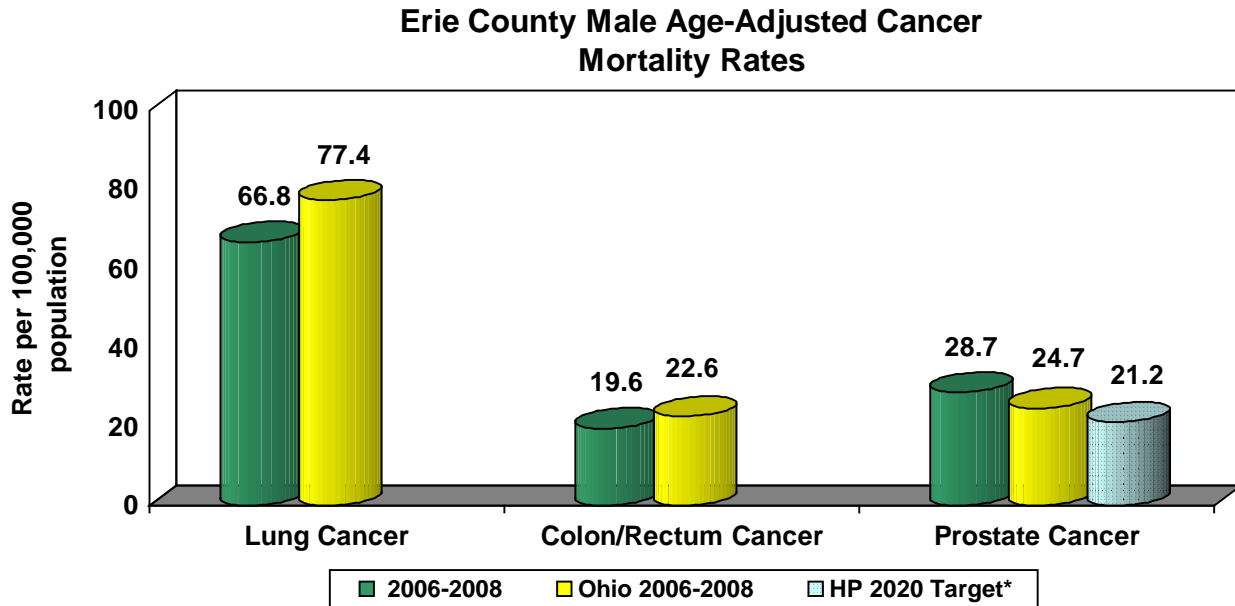


*(Source for graphs: ODH Information Warehouse, updated 4-15-10)*

## Men's Health

The following graph shows the Erie 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 Erie County age-adjusted mortality rate for male lung cancer was less than the Ohio rate.
- ◆ The age-adjusted prostate cancer mortality rate in Erie County for 2006-2008 was higher than the Ohio rate and the Healthy People 2020 objective.



*\*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 one-third (34%) of adults had a flu shot during the past 12 months. 43% of adults over the age of 50 had received a colonoscopy or sigmoidoscopy in the past 5 years.*

## Preventive Medicine

- ◆ More than one-third (34%) of Erie County adults had a flu vaccine during the past 12 months.
- ◆ Almost one-quarter (22%) of adults have had a pneumonia shot in their life, increasing to 46% 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 Behaviors

- ◆ Erie County adults were trying to lower their risk of developing heart disease or stroke by eating more fruits and vegetables (68%), eating fewer high fat or high cholesterol foods (57%), and exercising more (55%).

## Preventive Health Screenings and Exams

- ◆ 29% of adults had a colonoscopy or sigmoidoscopy in the past five years, increasing to 43% of those over the age of 50.
- ◆ 18% of adults had a colonoscopy or sigmoidoscopy in the past two years. Those most likely to have a colonoscopy or sigmoidoscopy in the past two years are:
  - Females (19% compared to 16% of males)
  - Those ages 65 and over (44% compared to 17% of those ages 30 to 64)
  - Those with incomes \$25,000 or more (19% compared to 14% of those with lower incomes)
- ◆ 23% of adults received preventive testing for skin cancer.
- ◆ Over half (57%) of adults visited a doctor for a routine checkup in the past year, increasing to 80% of those 65 and over.
- ◆ In the past year, 51% of Erie County women ages 40 and over have had a mammogram.
- ◆ In the past year, 43% 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 Erie County adults.

2004/2008/2011 Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Had a flu shot in the past year	33%	36%	34%	N/A	N/A
Screened for colorectal cancer in past 2 years	15%	17%	18%	19%	17%

# Environmental Health & Disaster Preparedness

## Key Findings

*Nearly one-quarter (24%) of the adults used a septic tank for their waste water. Insects and mold were the two most important perceived environmental health issues that threatened Erie County adults' health in the past year.*

## Environmental Health

- ◆ 24% of Erie County adults used a septic tank for their waste water. Of those who had a septic tank, 50% had it pumped in the past 5 years. 6% had never had it pumped and 21% did not know the last time their septic tank was pumped.
- ◆ Erie County adults thought the following threatened their health in the past year:
  - Insects (13%)
  - Mold (9%)
  - Rodents or mice (6%)
  - Temperature regulation (3%)
  - Asbestos (3%)
  - Chemicals found in household products (2%)
  - Plumbing problems (2%)
  - Bed Bugs (1%)
  - Radon (1%)
  - Lead paint (1%)
  - Safety hazards (1%)
  - Sewage water problems (<1%)
  - Cockroaches (<1%)
  - Lice (<1%)
  - Unsafe water supply (<1%)

## Community Action Guides to Promote and Facilitate Healthy Lifestyles

- ◆ Working with schools to increase physical activity among children and adolescents in physical education classes
- ◆ Facilitating development of a community trail and promoting its use to increase physical activity among youth and adults
- ◆ Working with healthcare delivery systems to improve the delivery of tobacco-use treatment to patients
- ◆ Help communities address social determinants of health

*(Source: CDC, Healthy Communities Program, Tools for Community Action, August 2011)*

## Disaster Preparedness

- ◆ Over one-quarter (27%) of adults did not feel they were prepared at all for a large-scale disaster or emergency. 13% reported they were well prepared.
- ◆ Erie County households had the following disaster preparedness supplies: cell phone (92%), working flashlight and working batteries (87%), working battery operated radio and working batteries (60%), 3-day supply of nonperishable food for everyone who lives there (59%), 3-day supply of prescription medication for each person who takes prescribed medicines (54%), and 3-day supply of water for everyone in the household (1 gallon of water per person per day) (32%).
- ◆ Erie County adults would use the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: television (62%), radio (49%), internet (27%), neighbors (18%), print media (8%), and other (4%).

# Adult Sexual Behavior and Pregnancy Outcomes

## Key Findings

*In 2011, nearly three-fourths (72%) of Erie County adults had sexual intercourse. 10% of adults had more than one partner. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. (Source: Planned Parenthood Federation of America, Inc.)*

## Adult Sexual Behavior

- ◆ Nearly three-fourths (72%) of Erie County adults had sexual intercourse in the past year.
- ◆ 10% of adults reported they had intercourse with more than one partner in the past year, increasing to 20% of those over the age of 65.
- ◆ Erie County adults used the following methods of birth control: vasectomy (16%), tubes tied (15%), hysterectomy (15%), birth control pill (11%), condoms (10%), IUD (3%), shots (1%), withdrawal (1%), diaphragm (1%), rhythm method (<1%), contraceptive patch (<1%), emergency contraception (<1%), and some other method (1%).
- ◆ 10% of Erie County adults were not using any method of birth control.
- ◆ Erie County adults did not use birth control for the following reasons:
  - They have had a vasectomy, tubes tied, or hysterectomy (34%)
  - They are too old (14%)
  - They did not think they or their partner could get pregnant (8%)
  - They did not have a regular partner (4%)
  - They cannot afford birth control (3%)
  - They have a same sex partner (2%)
  - They wanted to get pregnant (2%)
  - They do not want to use birth control (2%)
  - They or their partner is currently pregnant (1%)
  - They or their partner do not like the side effects of birth control (1%)
  - Religious preferences (1%)
- ◆ 8% of adults were tested for HIV test in the past year.
- ◆ Erie County adults have been diagnosed with the following sexually transmitted diseases (STDs) in the past 5 years: human papilloma virus (HPV) (3%), genital herpes (1%), Chlamydia (<1%), and gonorrhea (<1%).

## 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.

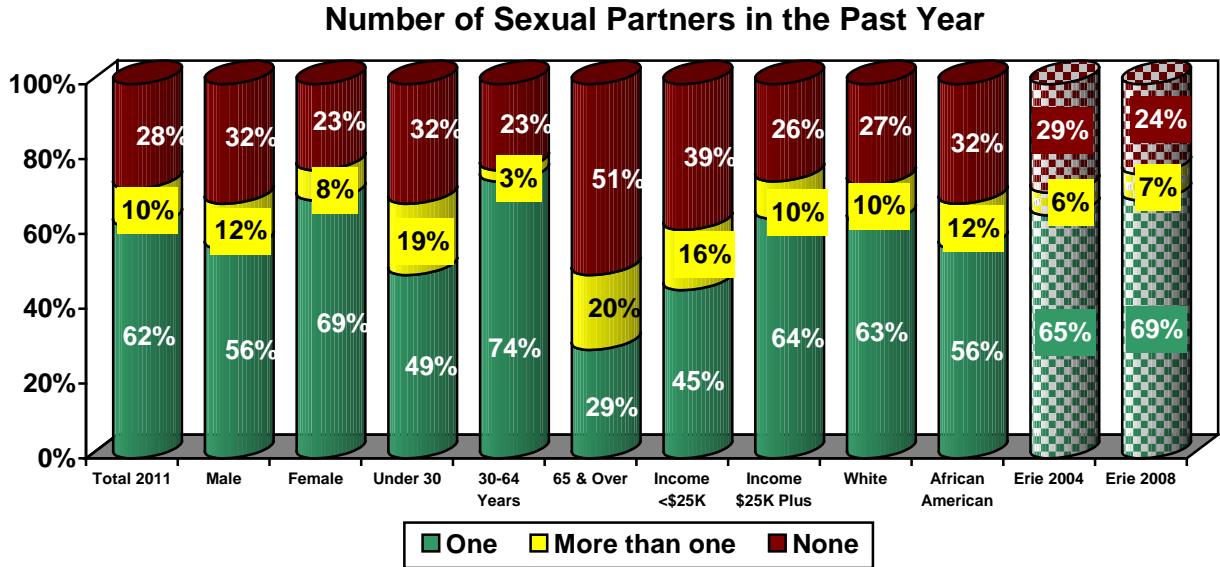
(Source: Planned Parenthood: Preventing STIs/STDs, <http://www.plannedparenthood.org/sexual-health/std/preventing-stis-stds.htm>)

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Had more than one sexual partner in past year	6%	7%	10%	N/A	N/A



# Adult Sexual Behavior and Pregnancy Outcomes

The following graph shows the sexual activity of the Erie County adults. Examples of how to interpret the information in graph one include: 62% of all Erie County adults had one sexual partner in the last 12 months and 10% had more than one, and 56% of males had one partner in the past year.



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

## Risk Factors for Contracting Sexually Transmitted Infections

- ❖ 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

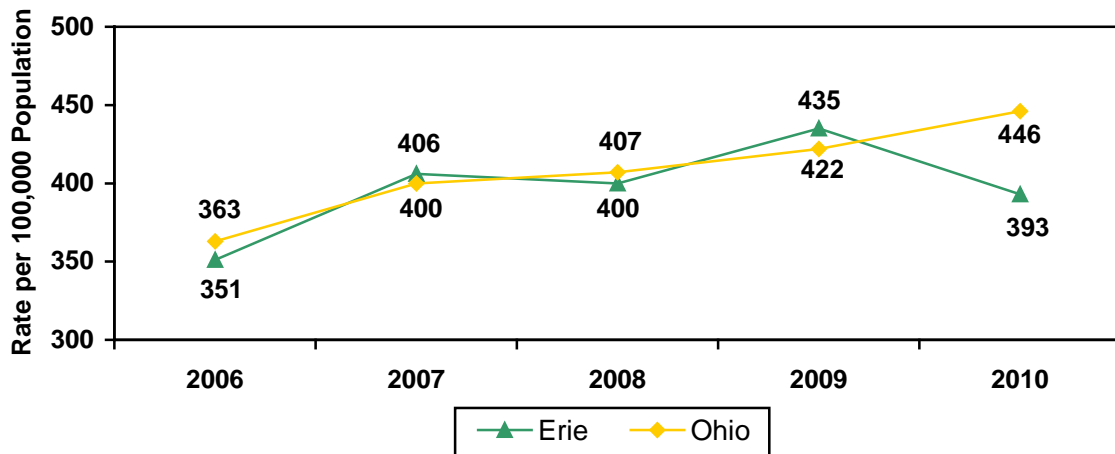
*(Source: Mayo Foundation for Medical Education and Research, 2-24-2011)*

## Adult Sexual Behavior and Pregnancy Outcomes

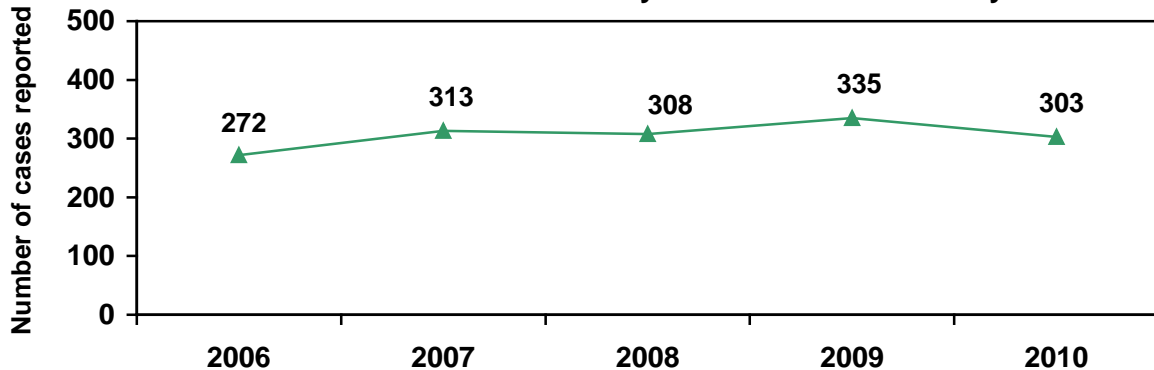
The following graphs show Erie County Chlamydia and Gonorrhea disease rates per 100,000 population updated April 10, 2009 by the Ohio Department of Health. The graphs show:

- ◆ Erie County Chlamydia rates closely fluctuated from 2006 to 2010. The county rates were similar to the 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 Erie County and Ohio**



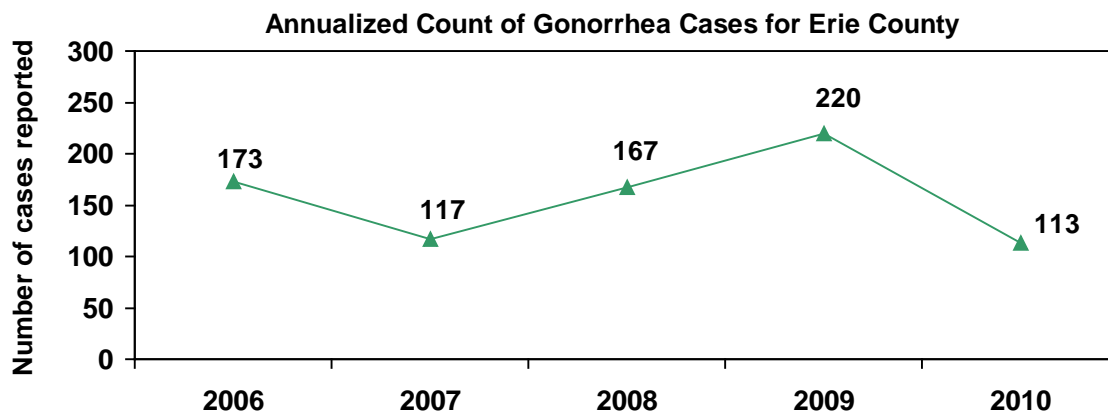
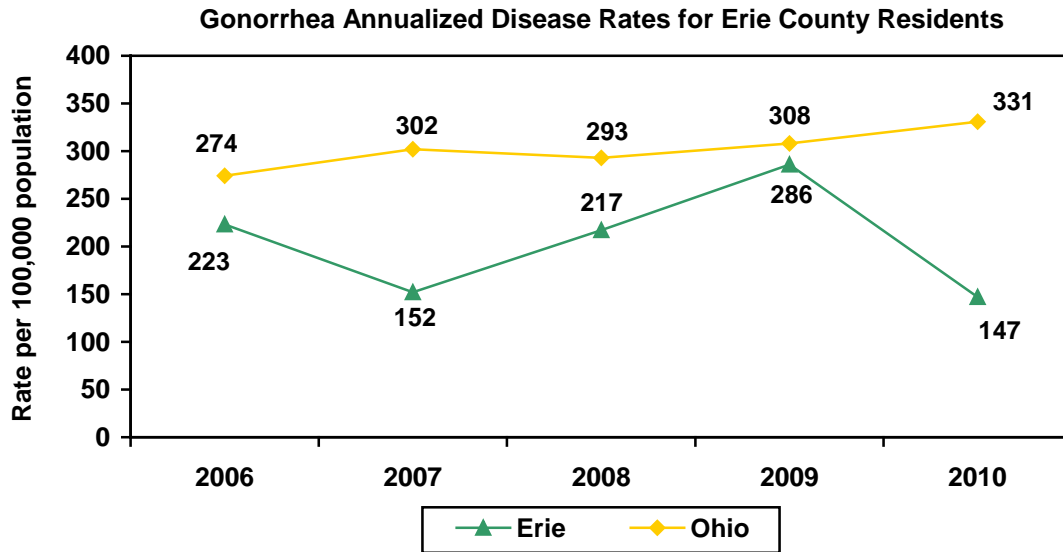
**Annualized Count of Chlamydia Cases for Erie County**



*(Source for graphs: ODH, STD Surveillance, data reported through 3-05-11)*

## Adult Sexual Behavior and Pregnancy Outcomes

- ◆ The Erie County Gonorrhea rate fluctuated from 2006 to 2010.
- ◆ The Ohio Gonorrhea rate decreased from 2006 to 2009 and then 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.



*(Source for graphs: ODH, STD Surveillance, data reported through 3-05-11)*

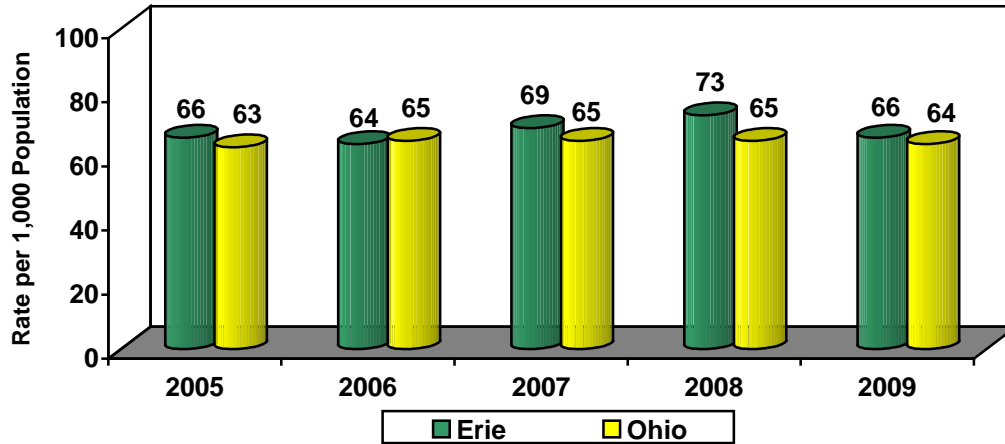
# Adult Sexual Behavior and Pregnancy Outcomes

## Pregnancy Outcomes

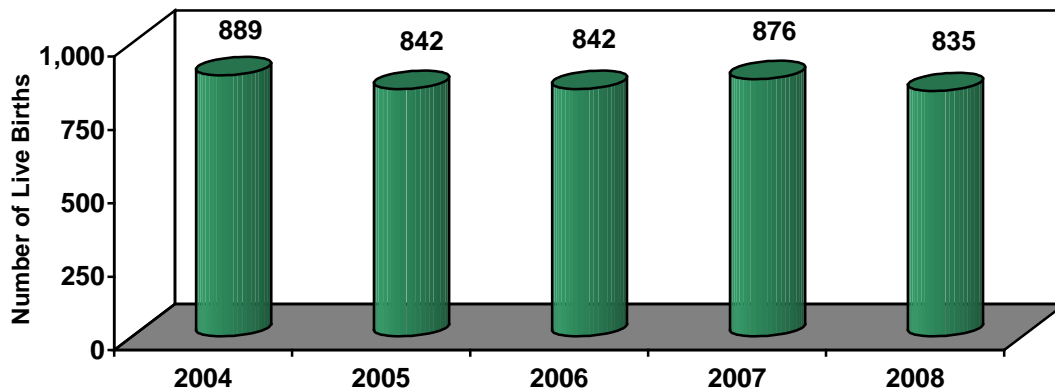
*\*Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

- ◆ From 2004-2008, there was an average of 857 live births per year in Erie County.
- ◆ In 2008, the U.S. birth rate was 68.6 per 1,000 women (*Source: National Center for Health Statistics 2008*).

### Erie County and Ohio Fertility Rates



### Erie County Total Live Births



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

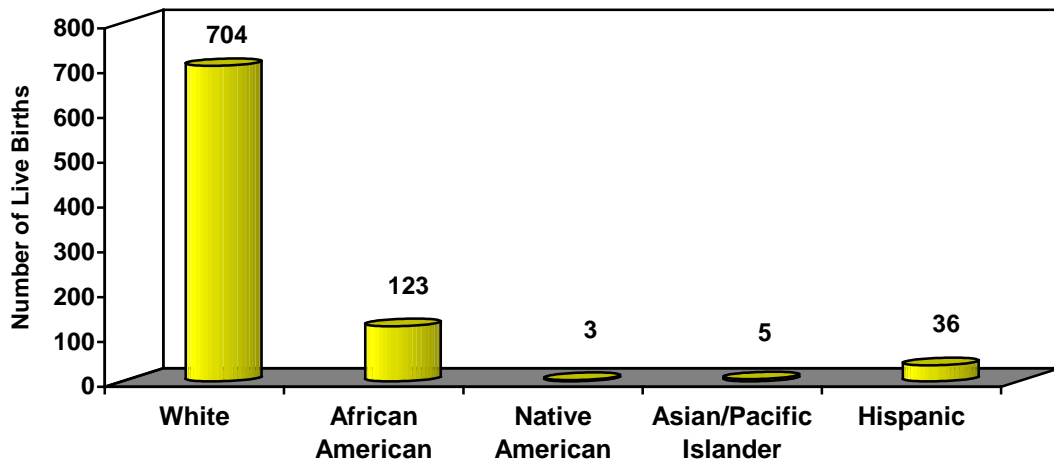
# Adult Sexual Behavior and Pregnancy Outcomes

## Pregnancy Outcomes

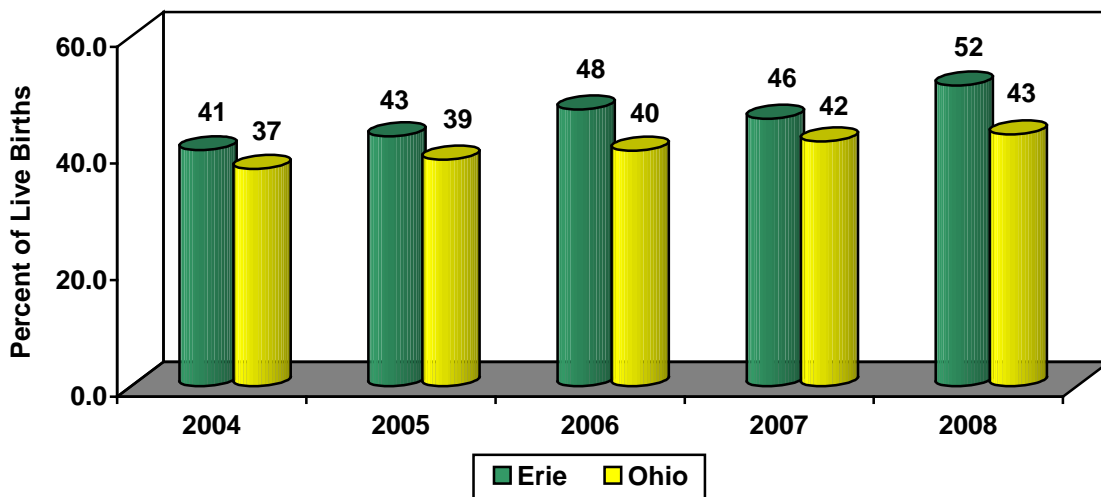
*\*Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

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

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



**Erie County Unwed Births**



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

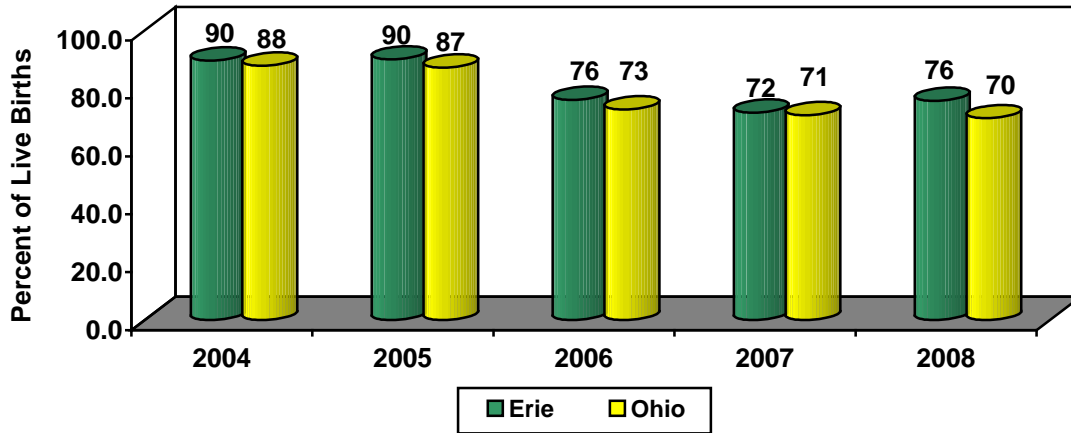
# Adult Sexual Behavior and Pregnancy Outcomes

## Pregnancy Outcomes

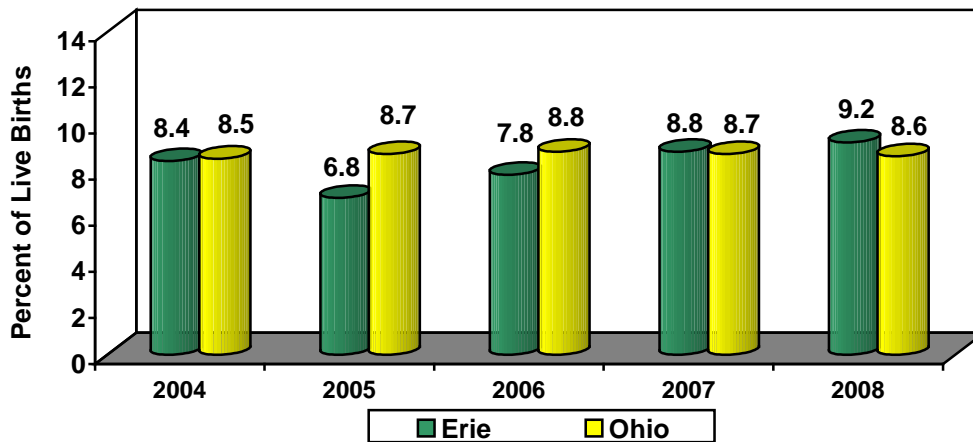
\*Please note that the pregnancy outcomes data includes all births to adults and adolescents

- ◆ In 2008, 80% of U.S. mothers received prenatal care during the first three months of pregnancy (Source: National Center for Health Statistics 2008).
- ◆ In 2008, 8.2% of all U.S. live births were low birth weight births (Source: National Center for Health Statistics 2008).

**Erie County Births with First Trimester Prenatal Care**



**Erie County Low Birth Weight Births\***



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

# Youth Sexual Behavior and Teen Pregnancy Outcomes

## Key Findings

*In 2011, about one in four (27%) of Erie County youth have had sexual intercourse, increasing to 71% of those ages 17 and over. 26% of youth had participated in oral sex and 6% had participated in anal sex. 22% of youth participated in sexting. Of those who were sexually active, 65% had multiple sexual partners.*

## Youth Sexual Behavior

- ◆ More than a quarter (27%) Erie County youth have had sexual intercourse, increasing to 71% of those ages 17 and over. The 2007 YRBS reports that 45% of Ohio youth have had sexual intercourse and the 2009 YRBS reports that 46% of U.S. youth have had sexual intercourse.
- ◆ 26% of youth had participated in oral sex, increasing to 68% of those ages 17 and over.
- ◆ 6% of youth had participated in anal sex, increasing to 13% of those ages 17 and over.
- ◆ 22% of youth had participated in sexting, increasing to 45% of those ages 17 and over.
- ◆ Of those youth who were sexually active in their lifetime, 35% had one sexual partner and 65% had multiple partners. 20% of all Erie County high school youth had 4 or more partners (2007 YRBS reports 14% for Ohio, 2009 YRBS reports 14% for the U.S.).
- ◆ Of those youth who were sexually active, 33% had done so by the age of 13. Another 47% had done so by 15 years of age. The average age of onset was 14.1 years old.
- ◆ Of all high school youth, 15% were sexually active by the age of 13 (2007 YRBS reports 6% for Ohio, 2009 YRBS reports 6% for the U.S.).
- ◆ 89% of youth were taught about sexual practices, sexually transmitted diseases, or HIV or AIDS infection. They were taught about these issues by the following: school (79%), home (52%), their friends (34%), their doctor (25%), the internet (22%), other professional (6%), and somewhere else (6%). (Totals are greater than 100% because more than one answer could be chosen).
- ◆ Nearly two-thirds (63%) of youth who were sexually active used condoms to prevent pregnancy, 39% used birth control pills, 16% used the withdrawal method, and 7% used Depo-Provera. However, 13% were engaging in intercourse without a reliable method of protection.

### Facts on American Teens' Sexual and Reproductive Health

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

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

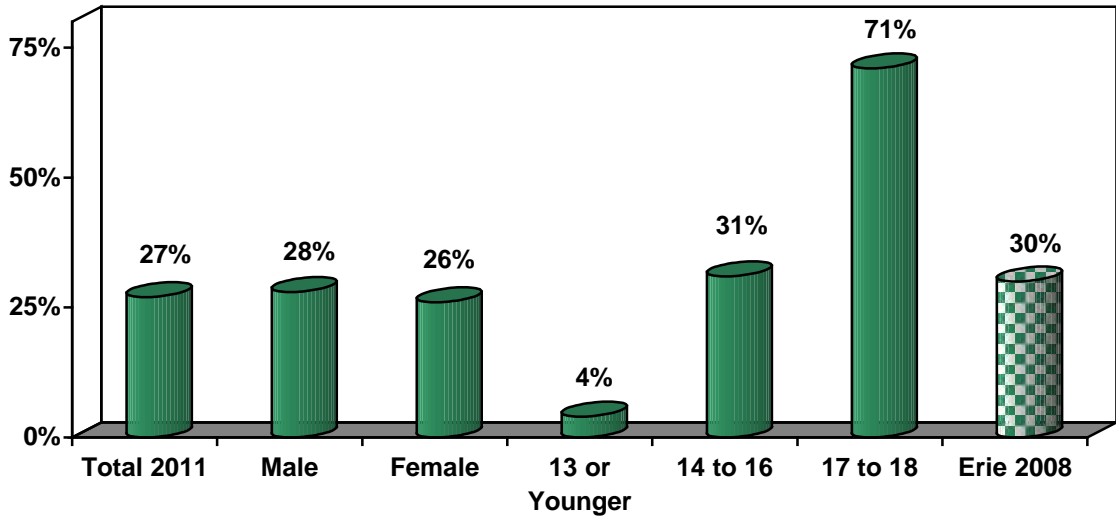
2008/2011 Youth Comparisons	Erie County 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> - 12 <sup>th</sup> )	Erie County 2008 (9 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> - 12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> - 12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> - 12 <sup>th</sup> )
Ever had sexual intercourse	30%	27%	45%	47%	45%	46%
Used a condom at last	70%	63%	71%	65%	60%	61%
Used birth control pills at last	32%	39%	34%	45%	17%	20%
Had 4 or more partners	9%	13%	13%	20%	14%	14%
Had sexual intercourse by age 13	9%	13%	9%	15%	6%	6%

*\*Erie County did not ask sexual health questions for youth in 2004.*

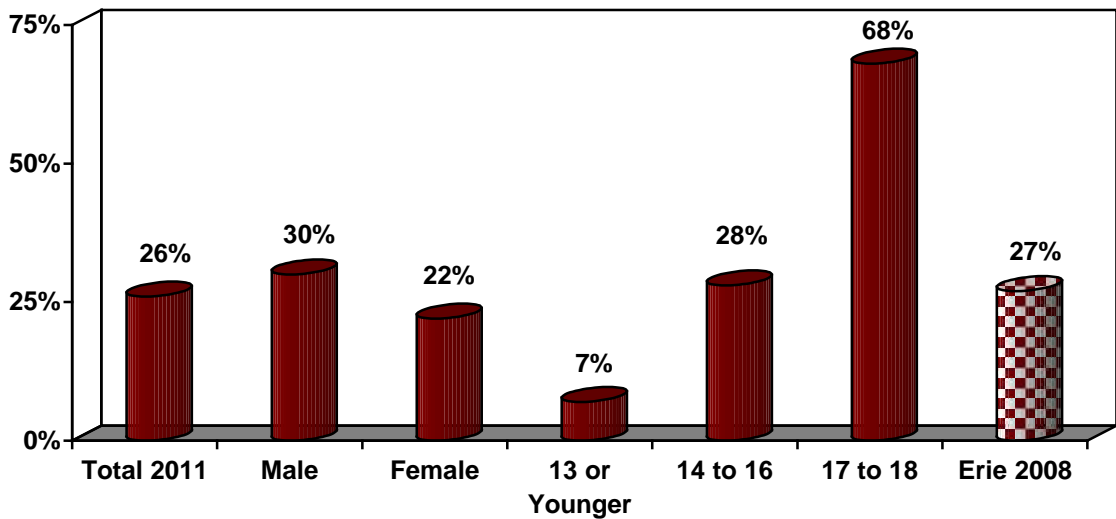
# Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graph shows the percentage of Erie County youth who participated in sexual intercourse, oral sex. Examples of how to interpret the information include: 27% of all Erie County youth had sexual intercourse, 28% of males, and 26% of females had sex.

**Erie County Youth Having Sexual Intercourse**



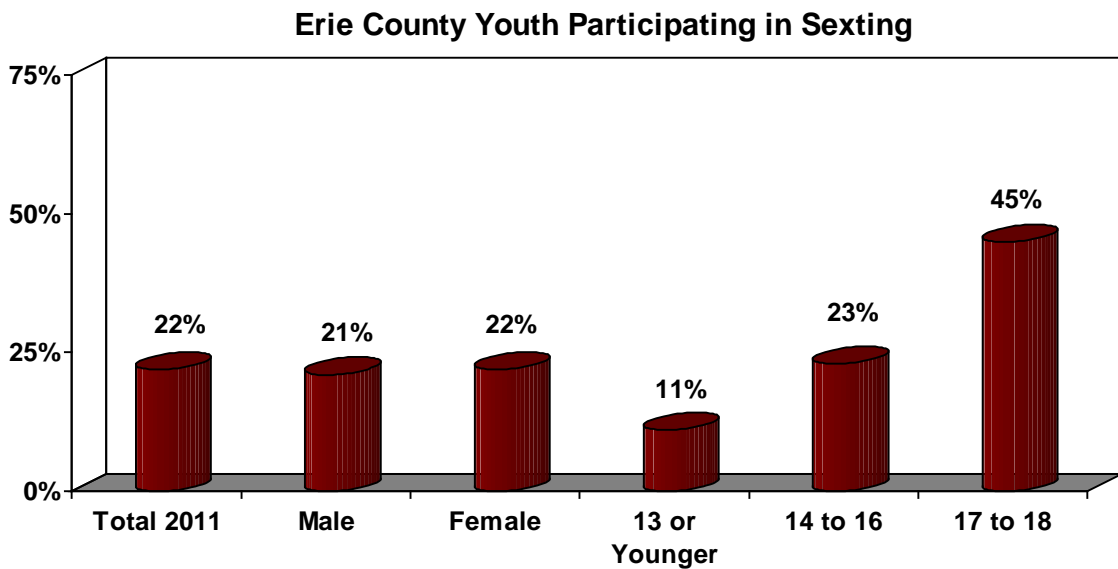
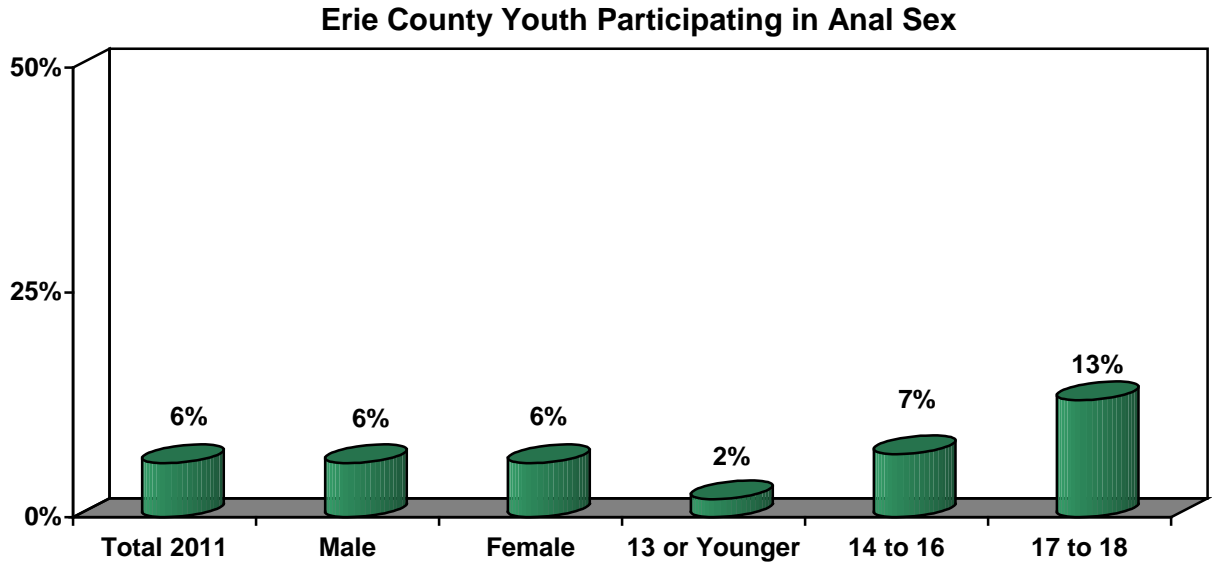
**Erie County Youth Participating in Oral Sex**





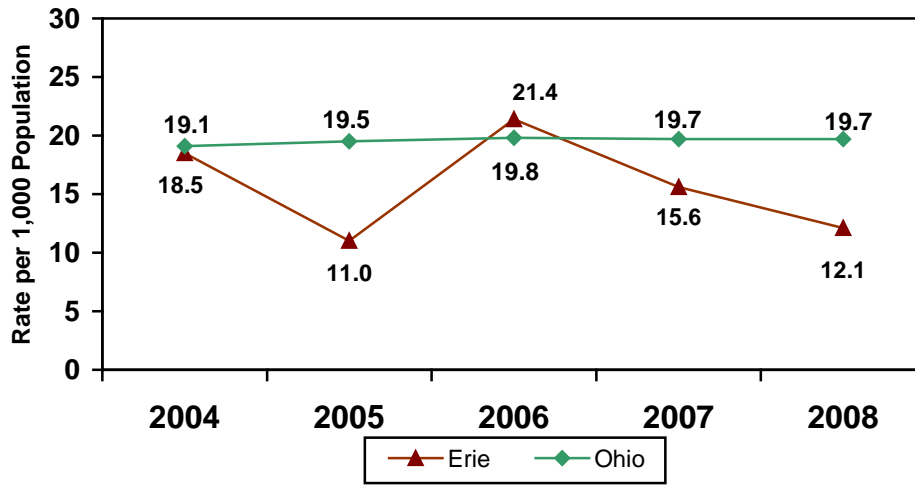
## Youth Sexual Behavior and Teen Pregnancy Outcomes

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



# Youth Sexual Behavior and Teen Pregnancy Outcomes

Teen Birth Rates for Erie County and Ohio\*



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

# Quality of Life and Safety

## Key Findings

Nearly one-quarter (22%) Erie County adults in 2011 reported they were limited in some way because of a physical, mental or emotional problem. The health assessment identified that 41% of Erie County adults kept a firearm in or around their home.

## Impairments and Health Problems

- ◆ Nearly one-quarter (22%) of Erie County adults are limited in some way because of a physical, mental or emotional problem (22% Ohio, 21% U.S., 2010 BRFSS), increasing to 41% of those with incomes less than \$25,000.
- ◆ 17% of adults have looked for a program to assist with their disability or other health problem. 34% of those who looked for a program did not find one.
- ◆ Erie County adults reported the following as the most limiting health problems: arthritis/rheumatism (31%), back or neck problems (31%), lung/breathing problems (23%), depression/anxiety/emotional problems (23%), walking problems (17%), and other impairment (15%).

## Social Context

- ◆ 41% of Erie County adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.
- ◆ Of those with firearms, 62% had them for personal safety, 56% had them for hunting, 28% had them for skeet shooting/target practice, 22% collected guns for their value, 7% had them for competitive shooting contests, and 3% have them for work.
- ◆ Smoke detectors had been deliberately tested in homes by 63% of Erie County adults in the past year. 9% of adults had tested their smoke detector in the past month. 3% reported having no smoke detectors in their Erie County home.
- ◆ 81% of Erie County adults reported always wearing their seatbelt while driving or riding in a car. An additional 11% reported wearing their seatbelt most of the time.
- ◆ One in ten (10%) adults were threatened to be abused in the past year. Of those who were threatened to be abused, 31% were threatened by their spouse or partner, 24% by an adult child, 6% by a former spouse or partner, 2% by a parent, and 41% were threatened by someone else.
- ◆ About 1 in 13 (7%) adults were abused the past year. Of those who were abused, 44% were abused by their spouse or partner, 29% by an adult child, 18% by a former spouse or partner, 9% by a parent, 9% by another family member, and 32% were abused by someone else.
- ◆ 15% of adults needed help meeting their general daily needs such as food, clothing, shelter, or paying utility bills, increasing to 21% of African Americans and 32% of those with incomes less than \$25,000.
- ◆ 16% of adults attempted to contact a social service agency for assistance. 84% of these adults received assistance. 5% of adults did not know where to look for assistance.
- ◆ Of those adults who looked for assistance, they received it from the following: The Welfare Department/Job & Family Services (35%), CAC (15%), a friend or family member (6%), a church (4%), United Way (1%), and somewhere else (7%).
- ◆ 6% of adults have called 211, a non-emergency information referral hotline. 42% of adults did not know 211 was available.
- ◆ Erie County adults reported their neighborhoods were: extremely safe (19%), safe (47%), slightly safe (24%), and not safe at all (9%).

## Food Security in the United States

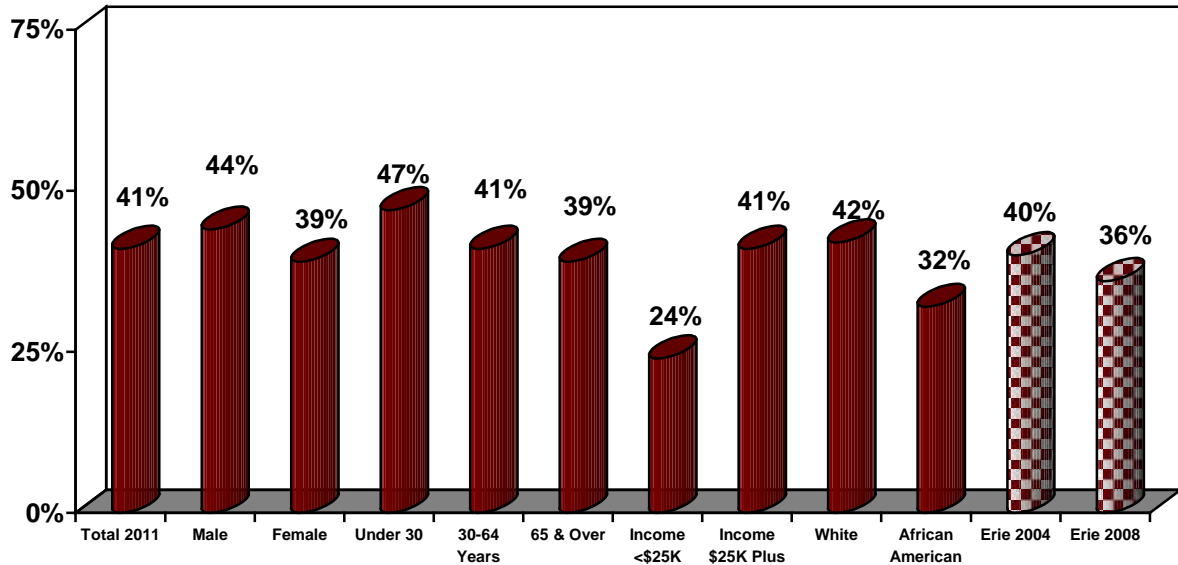
- ◆ At some point in 2010, 14.5% of households were uncertain of having, or unable to acquire, enough food to meet the needs of all of their members because they had insufficient money or other resources for food (food insecure).
- ◆ Approximately 9.1% (10.9 million) of U.S. households experienced low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

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

## Quality of Life and Safety

The following graph shows the percentage of Erie County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 41% of all Erie County adults kept a firearm in their home, 44% of males, and 47% of those under 30 kept a firearm in their home.

**Erie County Adults With a Firearm in the Home**



2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Limited in some way due to physical, emotional, or mental problems	18%	19%	22%	22%	21%
Firearm kept in or around their home	40%	36%	41%	N/A	N/A
Had been abused	7%	10%	7%	N/A	N/A

### 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)*

# Mental Health and Suicide

## Key Findings

*In 2011, 3% of Erie County adults considered attempting suicide. 10% of Erie County youth had seriously contemplated suicide in the past year and 6% admitted actually attempting suicide in the past year.*

## Adult Mental Health

- ◆ 3% of Erie County adults considered attempting suicide in the past year.
- ◆ 1% of adults attempted suicide.
- ◆ 8% of adults were diagnosed with schizophrenia, bipolar disorder or chronic depression.
- ◆ 9% of adults recently had a period of two or more weeks when they felt sad, blue, or depressed nearly every day, increasing to 14% of those under the age of 30.
- ◆ Of those adults who recently had a period of two or more weeks when they felt sad, blue or depressed nearly every day, they also: had trouble sleeping or slept too much (62%), lost interest in most things (57%), felt fatigued (57%), felt restless or slowed down (45%), woke up before they wanted (45%), had trouble thinking or concentrating (43%), had a weight/appetite change (35%), felt worthless or hopeless (34%), thought about death or suicide (15%), and attempted suicide (2%).
- ◆ 67% of adults indicated they always or usually get the social and emotional support they need. 7% reported they never get the social and emotional support they need.
- ◆ Erie County adults did not use a program or service to help with depression, anxiety or emotional problems for them or a loved one for the following reasons: cost (4%), inability to find a program (3%), had not thought about it (3%), fear (2%), high co-pay/deductible (2%), stigma of seeking mental help (1%), primary care doctor did not discuss these issues (1%), primary care doctor did not refer them to a program (1%), other priorities (1%), and other reasons (2%).
- ◆ Adults dealt with anxiety, stress and depression in the following ways: talked to someone (45%), exercised (30%), hobbies (23%), slept (21%), ate (14%), drank alcohol (12%), used medication (11%), smoked (10%), shopped (8%), wrote in a journal (4%), used illegal drugs (2%), and gambled (1%).

## Youth Mental Health

- ◆ In 2011, 10% of Erie County youth reported seriously considering attempting suicide in the past year compared to the 2007 YRBS rate of 13% for Ohio youth and 2009 YRBS rate of 14% for U.S. youth.
- ◆ In the past year, 6% of Erie County youth had attempted suicide and 3% had made more than one attempt. The 2007 YRBS reported a suicide attempt prevalence rate of 7% for Ohio youth and the 2009 YRBS reported a 6% rate for U.S. youth.
- ◆ More than one quarter (26%) of youth reported they felt sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities (2007 YRBS reported 25% for Ohio and 2009 YRBS reported 26% for the U.S.).
- ◆ When youth were dealing with depression or suicide they usually talk to the following: friends/peers (45%), parents/family member (26%), other adult (10%), and professional counselor (4%).
- ◆ Other means of dealing with stress include: sleeping (49%), participating in hobbies (35%), exercising (22%), eating (25%), shopping (15%), breaking something (14%), smoking (12%), writing in a journal (11%), drinking alcohol (9%), using illegal drugs (8%), self harm (6%), vandalism or violent behavior (5%), using prescribed medication (4%), using medication not prescribed for them (3%), and gambling (2%).

## Mental Health and Suicide Facts

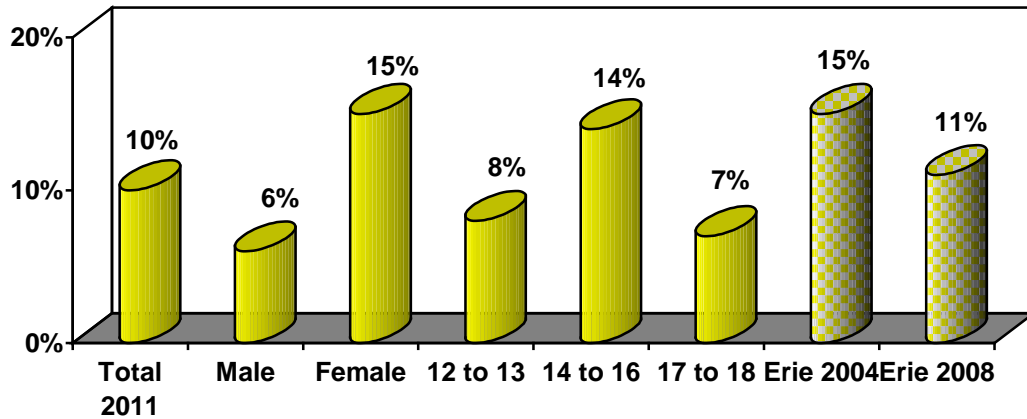
- ◆ Suicide was the 7<sup>th</sup> leading cause of death for males and the 15<sup>th</sup> leading cause of death for females in 2007.
- ◆ Firearms were used most often in suicides among males, while poisoning was the most common method for females.
- ◆ 2007 YRBS results show that 7.2% of Ohio high school youth actually attempted suicide in the past 12 months (9.4% of all females and 4.9% of all males) and 2.3% indicated that their suicide attempt required medical attention by a doctor or nurse.

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

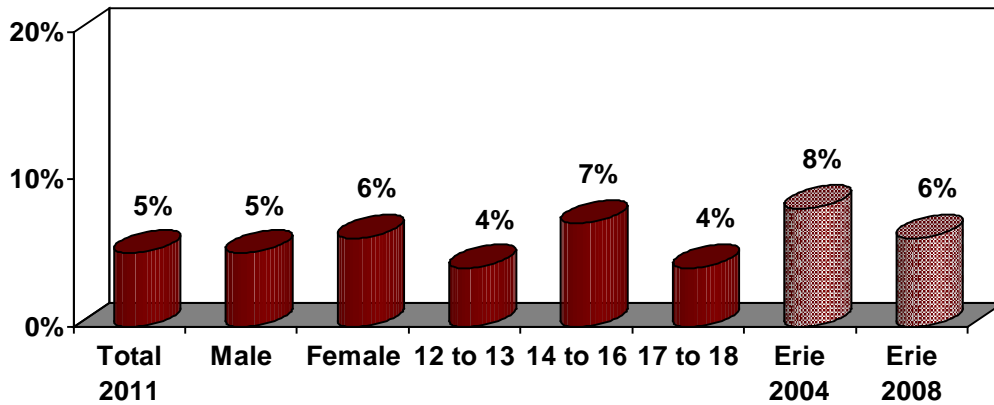
# Mental Health and Suicide

The following graphs show the percentage of Erie County youth who contemplated and/or attempted suicide in the past 12 months (i.e., the first graph shows that 10% of all youth had contemplated suicide, 6% of males and 15% of females).

**Erie County Youth Contemplated Suicide in Past 12 Months**



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



2004/2008/2011 Youth Comparisons	Erie 2004 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Youth who had seriously considered	15%	11%	10%	12%	13%	14%
Youth who had attempted suicide	8%	6%	6%	9%	7%	6%

# 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

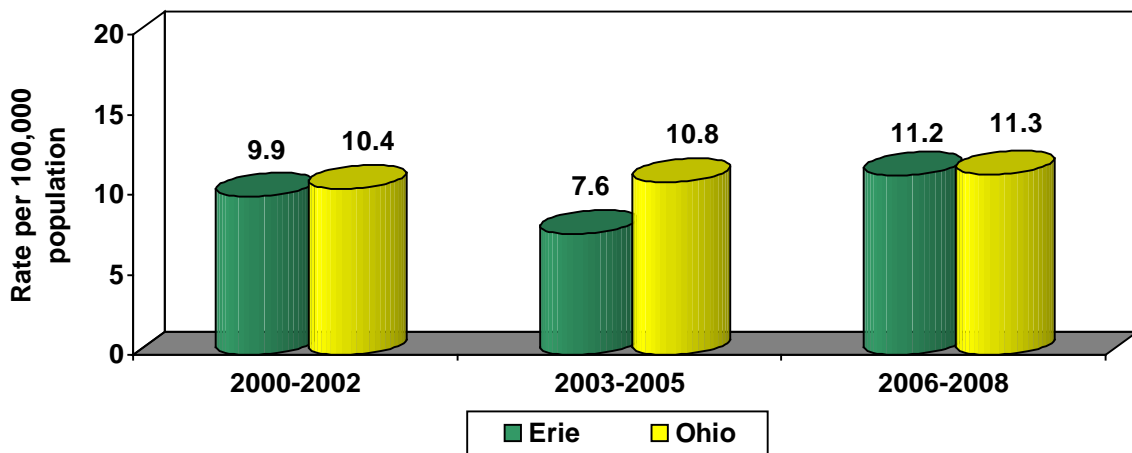
(Source: *American Foundation for Suicide Prevention*, 2011)

## Mental Health and Suicide

The following graphs show the Ohio and Erie 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:

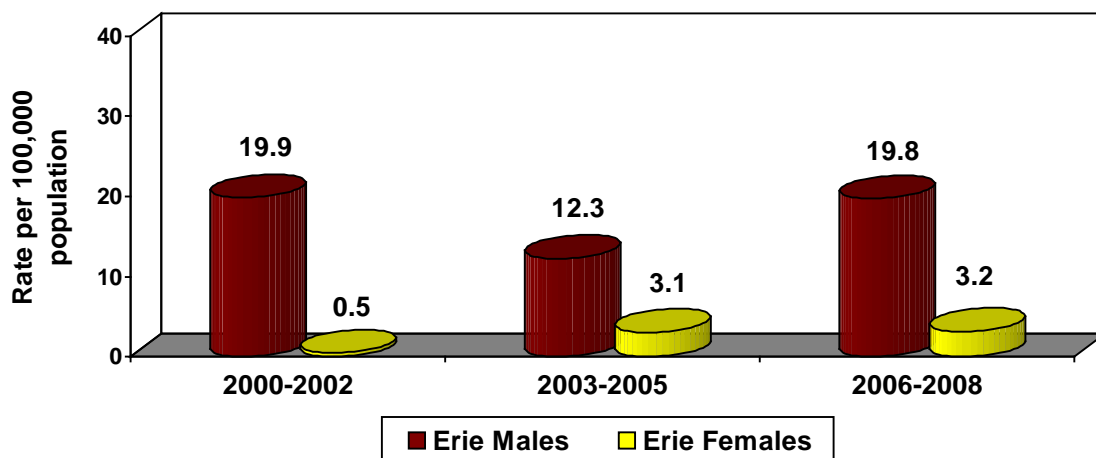
- ◆ The Erie County age-adjusted suicide mortality rate decreased from 2000 to 2005 and increased from 2006 to 2008. The county rate remained below the state rate from 2000 to 2008.
- ◆ The Erie County male age-adjusted suicide rate consistently exceeded the female rate from 2000 to 2008.
- ◆ From 2006-2008, 26% of all Erie County suicide deaths occurred to those ages 35-44 years old.

**Erie County Age-Adjusted Suicide Mortality Rates**



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

**Erie County Age-Adjusted Suicide Mortality Rates by Gender**



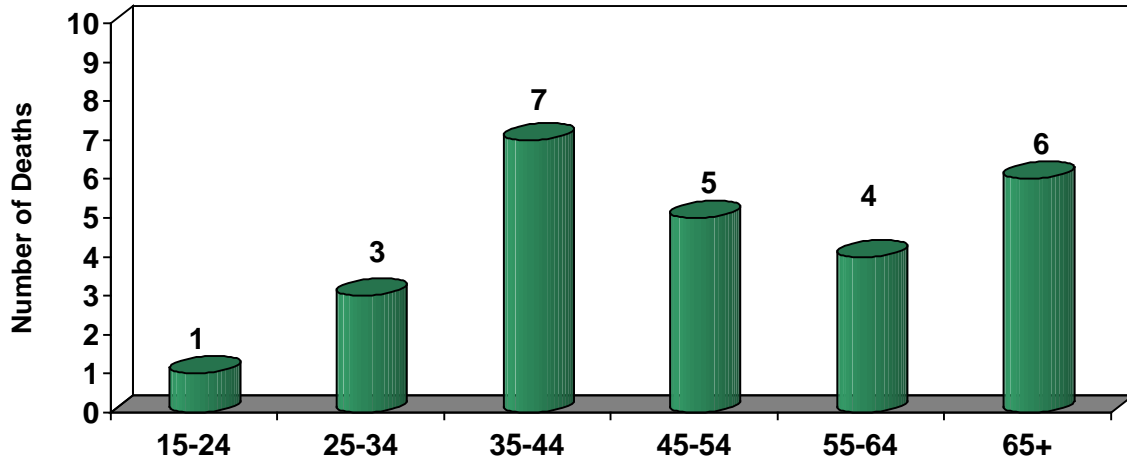
*(Source: ODH Information Warehouse, updated 4-15-10)*



# Mental Health and Suicide

**Erie County Number of Suicide Deaths By Age Group  
2006-2008**

**Total Deaths = 26**



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

# Youth Safety

## Key Findings

*In 2011, almost two-fifths (38%) of Erie County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 81% of youth drivers indicated they always wait for railroad lights to stop flashing and gates to go up before crossing.*

### Erie County Youth Leading Causes of Death 2006-2008

**Total Deaths: 24**

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

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

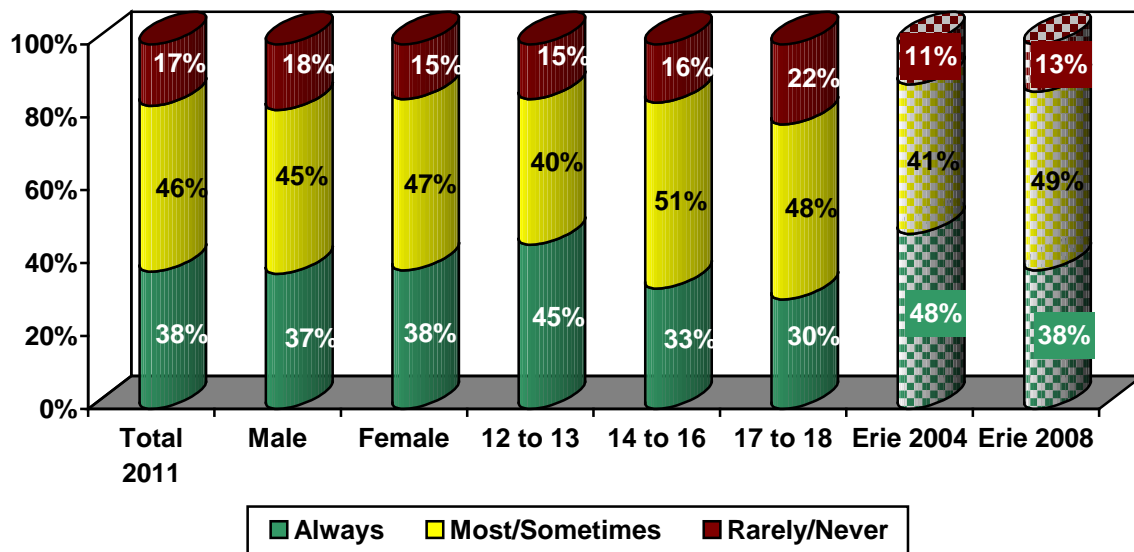
## Personal Safety

- ◆ Almost two-fifths (38%) of youth always wore a seatbelt when riding in a car driven by someone else, increasing to 45 % of those 12-13 years old.
- ◆ In the past 30 days, 20% of youth had ridden in a car driven by someone who had been drinking alcohol (2007 YRBS reports 23% for Ohio, 200 YRBS reports 28% for U.S), and 8% had driven a car themselves after drinking alcohol, increasing to 20% of 17-18 year olds (2007 YRBS reports 10% for Ohio, 2009 YRBS reports 10% for the U.S).
- ◆ Nearly two-fifths (38%) of Erie County youth reported having firearms present in or around their home.
- ◆ 12% of Erie County youth have used a tanning booth or bed, increasing to 25% of 17-18 year olds. 6% of youth used a tanning bed or booth only on special occasions and 1% used it every day.
- ◆ 81% Erie County youth drivers reported they always wait for railroad lights to stop flashing and/or gates to go up before crossing.
- ◆ 9% of youth played the choking game.
- ◆ Over three-fourths (76%) of youth had a MySpace or facebook account. Of those who had an account, they reported the following: they knew all of “my friends” (56%), their account was currently checked private (56%), their parents had their password (26%), they had problems as a result of their account (7%), and their friends had their password (4%).
- ◆ 12% of youth have been asked to meet someone they met online. 7% of youth have participated in sexual activity with someone they met online.

2004/2008/2011 Youth Comparisons	Erie County 2004 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Always wore a seatbelt	48%	38%	38%	31%	N/A	N/A
Have firearms in/around house	N/A	N/A	38%	42%	N/A	N/A
Used a tanning booth/bed	N/A	N/A	12%	17%	N/A	N/A
Always wait for railroad lights to stop before crossing	N/A	3%	81%	87%	N/A	N/A

## Youth Safety

**Erie 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, final.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 Erie County, 9% 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. 51% of youth were bullied in the past year. 21% of youth had purposefully hurt themselves at some time in their life.*

## Violence-Related Behaviors

- ◆ In 2011, 9% of Erie County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 16% of males (2007 YRBS reported 17% for Ohio, 2009 YRBS reported 18% for the U.S.).
- ◆ 8% of youth were threatened or injured with a weapon on school property.
- ◆ 3% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (2007 YRBS reported 4% for Ohio, 2009 YRBS reported 5% for the U.S.).
- ◆ 21% of youth purposefully hurt themselves by cutting, burning, scratching, hitting, biting, etc at some time in their life, increasing to 24% of females.
- ◆ 51% of youth had been bullied in the past year. The following types of bullying were reported:
  - 37% were verbally bullied (teased, taunted or called you harmful names)
  - 27% were indirectly bullied (spread mean rumors about you or kept you out of a “group”)
  - 13% were physically bullied (you were hit, kicked, punched or people took your belongings)
  - 12% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- ◆ In the past year, 33% of youth had been involved in a physical fight; 17% on more than one occasion. The 2007 YRBS reports 30% of Ohio youth had been in a physical fight, while the 2009 YRBS reports that 32% of U.S. youth had been in a physical fight.
- ◆ 13% of youth reported an adult or caregiver hit, slapped or physically hurt them on purpose in the past 12 months.
- ◆ 8% of youth reported a boyfriend or girlfriend hit, slapped or physically hurt them on purpose in the past 12 months, increasing to 15% of those ages 17 and over.
- ◆ 9% of youth were physically forced to have sexual intercourse when they did not want to, compared to 10% of Ohio youth in 2007 and 7% of U.S. youth in 2009 (*Source: 2007, 2009 YRBS*).

### Facts on Teen Dating Violence

- ◆ One in 10 high school students has experienced physical violence from a dating partner in the past year.
- ◆ One in 4 adolescents reports verbal, emotional, physical or sexual dating violence each year.
- ◆ Across studies, 15-40% of youth report perpetrating some form of violence towards a dating partner.
- ◆ Risk factors for teen dating violence include individual, peer, partner, parent, and neighborhood influences.
- ◆ Perpetrating dating violence in adolescence increases the risk of perpetrating violence toward a partner in adulthood.
- ◆ Exposure to dating violence significantly affects a range of mental and physical health problems.

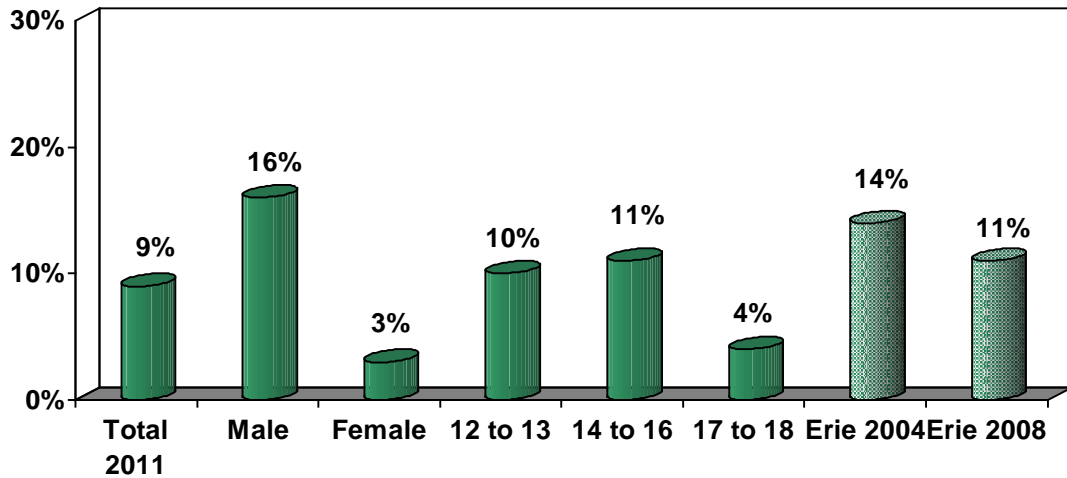
(Source: [http://www.cdc.gov/ViolencePrevention/pdf/DatingMatters\\_flyer.pdf](http://www.cdc.gov/ViolencePrevention/pdf/DatingMatters_flyer.pdf), 6-29-11)

2004/2008/2011 Youth Comparisons	Erie County 2004 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2008 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2011 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2007 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2009 (9 <sup>th</sup> -12 <sup>th</sup> )
Carried a weapon in past month	14%	11%	9%	10%	17%	18%
Been in a physical fight in past year	31%	35%	33%	31%	30%	32%
Did not go to school because felt unsafe	3%	6%	3%	3%	4%	5%
Purposefully hurt themselves	N/A	21%	21%	19%	N/A	N/A
Physically hurt by a boyfriend/girlfriend	N/A	6%	8%	10%	N/A	10%
Forced to have sexual intercourse	N/A	5%	9%	11%	10%	7%

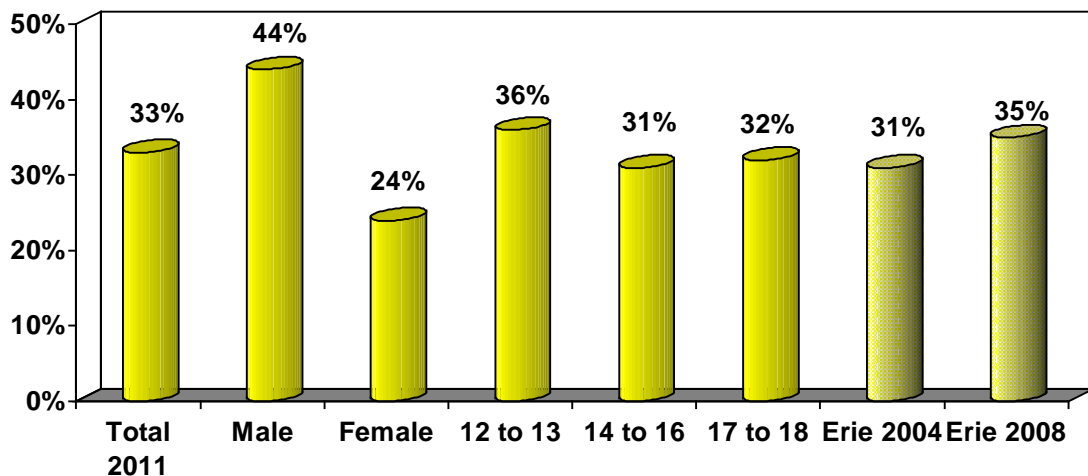
## Youth Violence Issues

The following graphs show Erie 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 9% of all youth carried a weapon in the past 30 days, 16% of males and 3% of females).

**Erie County Youth Carrying a Weapon during the Past 30 Days**



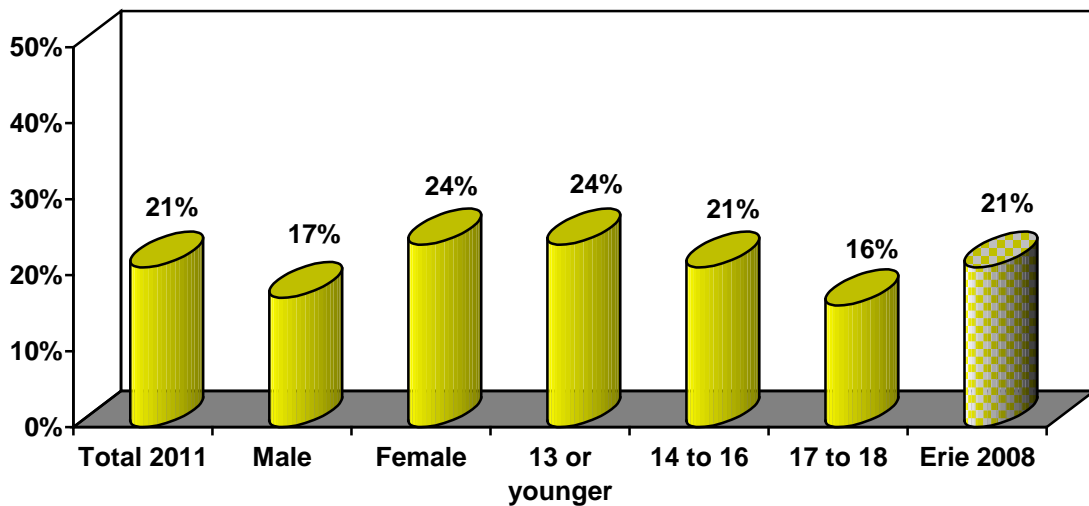
**Erie County Youth Involved in a Physical Fight in the Past Year**



## Youth Violence Issues

The following graph shows Erie 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. 21% of all youth hurt themselves at some time in their life, 17% of males and 24% of females).

**Erie County Youth Who Purposefully Hurt Themselves During Their Life**



**Types of Bullying Erie County Youth Experienced in Past Year**

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Physically Bullied	13%	14%	12%	17%	12%	3%
Verbally Bullied	37%	31%	42%	42%	37%	22%
Indirectly Bullied	27%	19%	35%	28%	30%	18%
Cyber Bullied	12%	4%	17%	12%	11%	12%

**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)	37%	15%
Contemplated suicide in the past 12 months	17%	4%
Attempted suicide in the past 12 months	9%	3%
Have had at least one drink of alcohol in the past 30 days	25%	25%
Have smoked in the past 30 days	16%	15%

## Oral Health

### Key Findings

The 2011 health assessment project has determined that nearly two-thirds (65%) of Erie 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.

### Access to Dental Care

- ◆ In the past year, 65% of Erie County adults had visited a dentist or dental clinic, decreasing to 41% of adults who are African American and those with annual household incomes less than \$25,000.
- ◆ When asked how long it had been since their last visit to a dentist or dental clinic, 13% of Erie County adults reported that it had been more than one year but less than two years, 12% reported that it had been more than two years but less than five years, and 2% responded they had never visited a dentist.
- ◆ 49% of adults had one or more of their permanent teeth removed. 7% had all of their teeth removed.
- ◆ 22% of Erie County adults over the age of 65 have had all of their teeth removed. According to the 2010 BRFSS, 17% of U.S. adults and 20% of Ohio adults over 65 have had all of their teeth removed.

### Erie County Dental Care Resources 2010

- ◆ Number of licensed dentists- 47
- ◆ Number of primary care dentists- 37
- ◆ Ratio of population per dentist- 1,638:1
- ◆ Ratio of low income population per dentist- 5,618: 1
- ◆ Number of dentists who treat Medicaid patients- 17
- ◆ Ratio of Medicaid population per dentist who treats Medicaid patients- 833:1

*(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	Never
Time Since Last Visit to Dentist/Dental Clinic				
Males	62%	12%	2%	4%
Females	67%	14%	12%	1%
Total	65%	13%	12%	2%

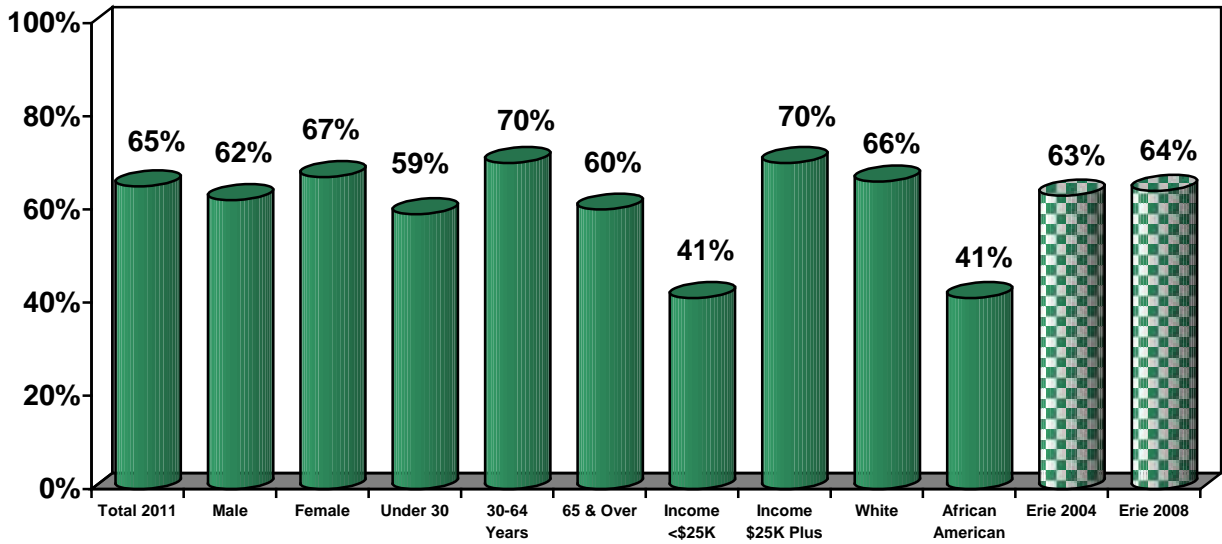
*Totals may not equal 100% as respondents answered do not know.*

2004/2008/2011 Adult Comparisons	Erie County 2004	Erie County 2008	Erie County 2011	Ohio 2010	U.S. 2010
Adults who have visited the dentist in the past year	63%	64%	65%	72%	70%

# Oral Health

The following graphs provide information about the frequency of Erie County adult and youth dental visits. Examples of how to interpret the information on the first graph include: 65% of all Erie County adults had been to the dentist in the past year, 59% of those under the age of 30 and 41% of those with incomes less than \$25,000.

### Erie County Adults Visiting a Dentist in the Past Year





# Parenting

## Key Findings

*The 2011 Health Assessment project identified that 18% of children did not have health insurance at some point during the past year. 14% of 12 to 17 year-olds were left unsupervised for more than 4 hours per day. 87% of parents reported their child had received all of the recommended immunizations for his or her age.*

## Parenting

- ◆ 18% of Erie County parents reported that their children did not have health insurance coverage at some point in the past year, and 6% indicated at least one child still does not have health insurance.
- ◆ 46% of 12 to 17 year-olds spend less than one hour of unsupervised time after school on an average day. 33% spent 1-2 hours, 7% spent 3-4 hours, and 14% spent more than 4 hours per day unsupervised.
- ◆ Parents indicated their children have been diagnosed with the following chronic conditions: chronic respiratory condition (18%), mental health disorder (11%), heart condition (10%), hearing or speech impairment (7%), autism spectrum disorder (7%), deformity or orthopedic impairment (4%), and Asperger's syndrome (4%), and some other chronic condition (9%).
- ◆ 91% of parents were able to see a doctor or pediatrician for their child's healthcare needs when they sought medical treatment. 3% of parents reported using hospital emergency services for their child's care. 3% indicated they were not able to find medical care because the wait time for an appointment was too long, and 3% indicated they were not able to find medical treatment for other reasons.
- ◆ 87% of parents indicated their child had received all of the recommended immunization shots for his or her age.
- ◆ Parents contacted the following agencies to assist them with problems they have with their children: mental health (20%), law enforcement (11%), child's school (10%), children's services (10%), faith-based agencies (9%), juvenile court (8%), and other agencies (2%).
- ◆ Parents discussed the following with their 12 to 17 year old in the past year: importance of education (55%), dating and relationships (53%), negative effects of alcohol (52%), negative effects of tobacco (49%), negative effects of marijuana and other drugs (46%), screen time (46%), friendships (45%), eating habits (43%), school/legal consequences of using tobacco/alcohol/other drugs (41%), bullying (39%), energy drinks (38%), refusal skills/peer pressure (37%), abstinence and how to refuse sex (36%), condom use/safer sex/STD prevention (36%), body image (35%), social media issues (34%), negative effects of misusing prescription medication (33%), anxiety/depression/suicide (30%), and birth control (25%).

### 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/>)*

2008/2011 Comparisons	Erie County 2008	Erie County 2011	Ohio 2009	U.S. 2009
Children did not have health insurance coverage	8%	18%	N/A	N/A
Children had received all recommended immunization shots for his or her age	99%	87%	N/A	N/A
Parents with children ages 12 to 17 discussed condoms, safer sex, and STD prevention	53%	59%	N/A	N/A

# Youth Perceptions of Substance Use/Misuse

## Key Findings

*In 2011, more than half (53%) of Erie County youth thought there was a great risk in harming themselves if they smoked cigarettes. 16% 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 (53%) of Erie youth thought there was a great risk in harming themselves if they smoked cigarettes.
- ◆ 9% of youth thought that there was no risk from smoking cigarettes.
- ◆ Almost half (47%) of youth thought there was a great risk in smoking marijuana.
- ◆ 16% of youth thought that there was no risk from smoking marijuana.
- ◆ Nearly two-fifths (37%) of Erie County youth thought there was a great risk from drinking alcohol.
- ◆ 8% 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 91% of youth under the age of 13.
- ◆ 86% of Erie County youth reported their parents would strongly disapprove of them using marijuana.
- ◆ 64% of youth reported their parents would strongly disapprove of them drinking alcohol, decreasing to 37% 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	9%	13%	25%	53%
Smoke marijuana	16%	20%	17%	47%
Drinking alcohol (such as beer, wine, or hard liquor)	8%	20%	35%	37%

## 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	53%	61%	44%	57%	48%	56%
Smoke marijuana	47%	53%	40%	65%	42%	13%
Drinking alcohol (such as beer, wine, or hard liquor)	37%	43%	30%	44%	33%	27%

### 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	1%	4%	10%	85%
Smoking marijuana	2%	3%	9%	86%
Drinking alcohol (such as beer, wine, or hard liquor)	2%	10%	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%	86%	84%	91%	86%	70%
Smoking marijuana	86%	88%	83%	93%	85%	72%
Drinking alcohol (such as beer, wine, or hard liquor)	64%	68%	60%	76%	65%	37%

## African American Health

### Key Findings

According to the 2010 U.S. Census, 6,644 African Americans live in Erie County (9%). The 2011 Health Assessment reported that 17% of African Americans did not have health care coverage. 30% of African Americans were diagnosed with diabetes and 61% with high blood pressure. 81% of African Americans were either overweight or obese.

### General Health

- ◆ In 2011, Erie County African Americans were more likely to rate their health status as fair or poor (29% African American compared to 15% of Whites).
- ◆ 17% of African American adults did not have health care coverage.
- ◆ African American adults were more likely to have been diagnosed with:
  - High blood pressure (61% compared to 26% of Whites).
  - High blood cholesterol (44% compared to 30% of Whites).
  - Diabetes (30% compared to 12% of Whites).
- ◆ African American adults were less likely than Whites to:
  - Have consumed alcohol in the past 30 days (41% compared to 67% of Whites).
  - Drink and drive (18% compared to 33% of Whites).
  - Be current smokers (20% compared to 27% of Whites).
  - Keep firearms in the household (32% compared to 42% of Whites).
  - Have gone to the dentist in the past year (41% compared to 66% of Whites).
  - Have been diagnosed with prostate cancer (7% compared to 12% of Whites).
  - Consider their neighborhood to be extremely or quite safe (53% compared to 66% of Whites).
- ◆ African American adults were more likely than Whites to:
  - Be overweight or obese (81% compared to 66% of Whites).
  - Have two or more sexual partners in the past year (12% compared to 10% of Whites).
  - Have a health impairment that limited their activities (25% compared to 22% of Whites).
  - Have a colorectal cancer screening within the past year (15% compared to 8% of Whites).
  - Have had a PSA test in the past year (46% compared to 26% of Whites).
  - Have had a mammogram in the past year (51% compared to 38% of Whites).
  - Need assistance for rent, utilities, food, etc. (21% compared to 15% of Whites).
  - Be abused (9% compared to 7% of Whites).
  - Have at least one permanent tooth removed because of decay or gum disease (69% compared to 48% of Whites).

### Erie County African American Males Leading Causes of Death 2006-2008

**Total Deaths: 114**

1. Cancers (28% of all deaths)
2. Heart Disease (23%)
3. Diabetes Mellitus (5%)
4. Chronic Lower Respiratory Disease (4%)
5. Alzheimer's Disease (5%)

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

### Erie County African American Females Leading Causes of Death 2006-2008

**Total Deaths: 94**

1. Heart Disease (25% of all deaths)
2. Cancers (20%)
3. Diabetes Mellitus (7%)
4. Chronic Lower Respiratory Disease (5%)
5. Septicemia (4%)

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

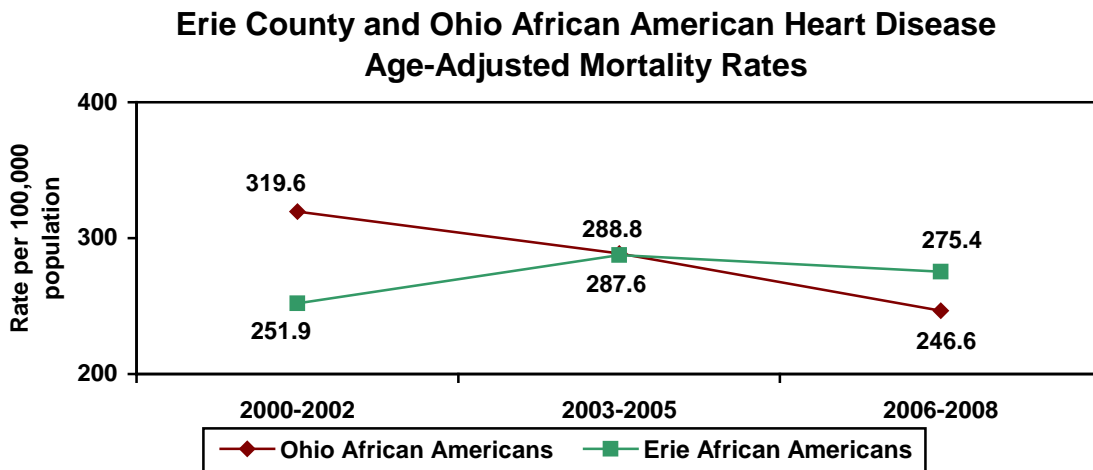
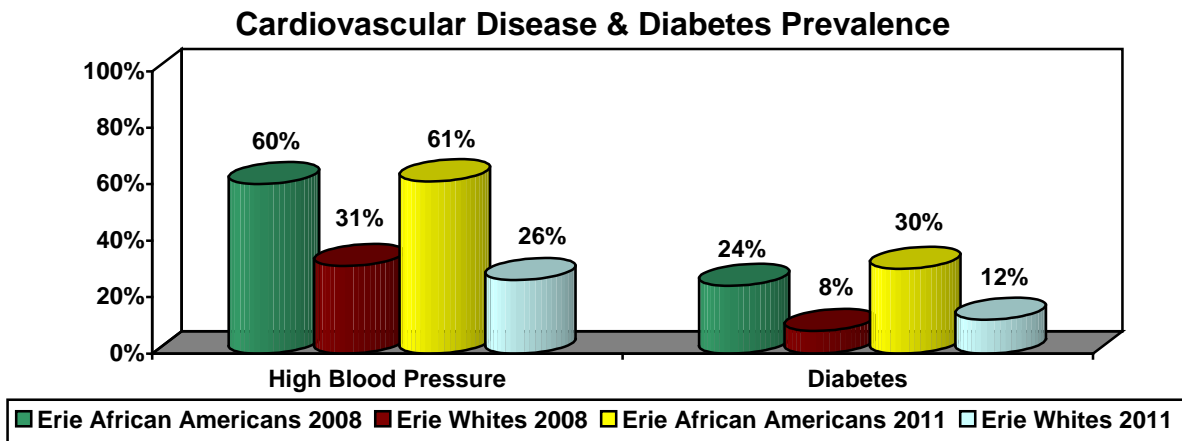
2008/2011 Adult Comparisons	Erie County African Americans 2008	Erie County African Americans 2011	Ohio African Americans 2010	U.S. African Americans 2010
Rated health as fair or poor	29%	29%	26%	21%
Uninsured	10%	17%	18%	20%
High Blood Pressure	60%	61%	40%*	38%*
Diagnosed with Diabetes	24%	30%	18%	15%

\* 2009 BRFSS data

## African American Health

The following graph shows the Erie County age-adjusted mortality rates per 100,000 population for several leading causes of death. The graphs show that:

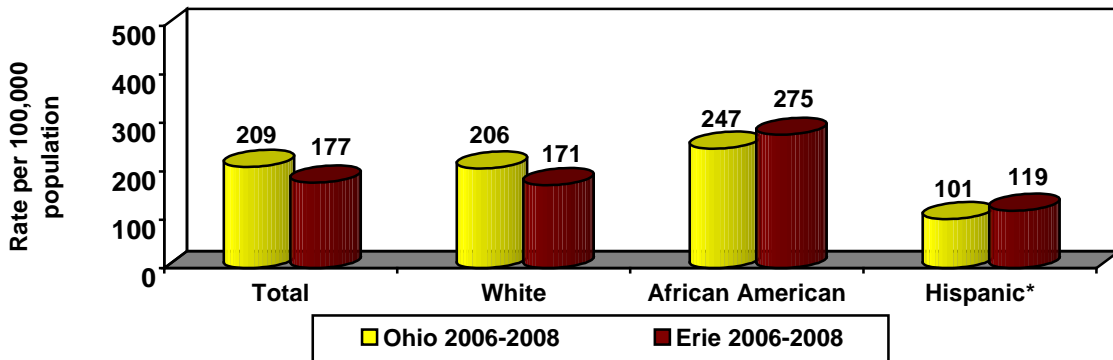
- ◆ For the reporting years of 2006-2008, the Erie County age-adjusted heart disease mortality rate for African Americans was higher than the rate for any other racial or ethnic group.
- ◆ The 2006-2008 Erie County age-adjusted cancer mortality rate for African Americans (258.9) was higher than the rate for any other racial or ethnic group. However, it was lower than the African American rate for Ohio (240.2).
- ◆ The 2006-2008 Erie County age-adjusted diabetes mortality rate for African Americans was almost twice the rate for the other racial or ethnic groups.
- ◆ The 2006-2008 age-adjusted rate of African American deaths from chronic lower respiratory diseases (formerly COPD) in Erie County was lower than the rate for Whites.



*(Source: ODH Information Warehouse)*

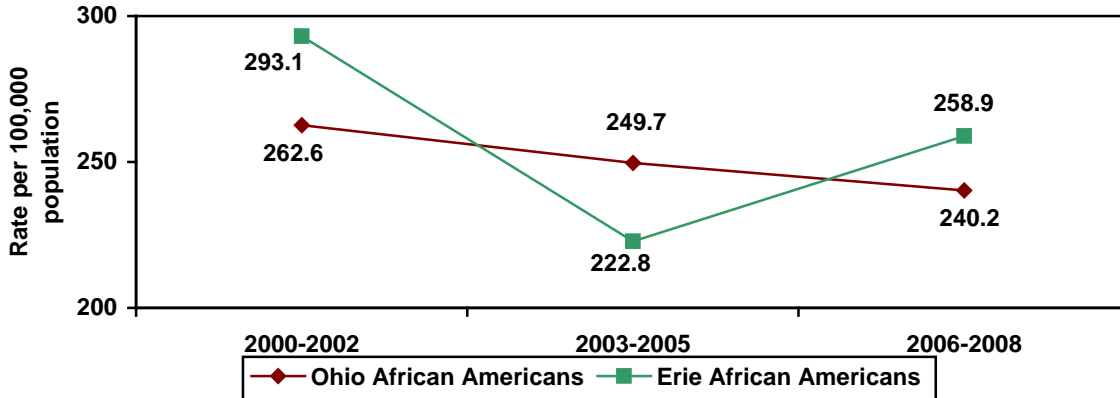
# African American Health

## Age-Adjusted Heart Disease Mortality Rates by Race/Ethnicity

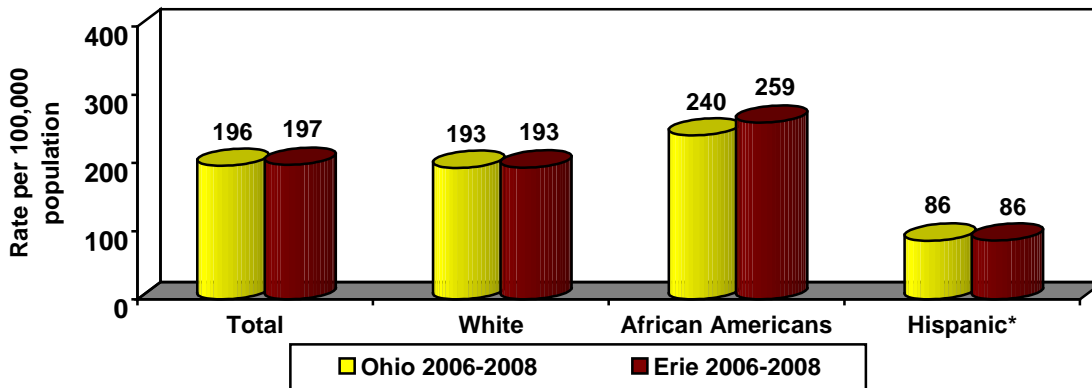


\* Erie County Hispanic mortality rates are calculated with 5 or fewer deaths and should be used with caution.

## Erie County and Ohio African American Age-Adjusted Cancer Mortality Rates



## Age-Adjusted Cancer Mortality Rates by Race/Ethnicity



\* Erie County Hispanic mortality rates are calculated with 5 or fewer deaths and should be used with caution.  
 (Source for graphs: ODH Information Warehouse)

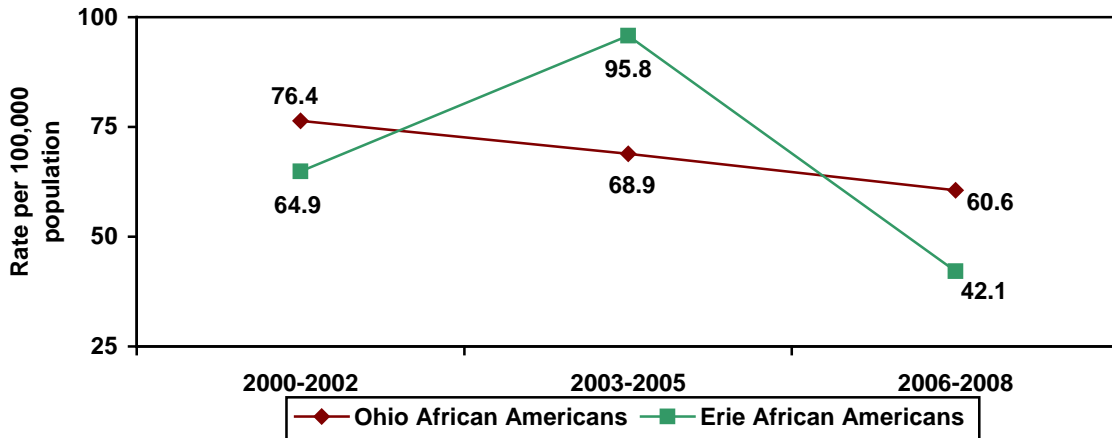
# African American Health

## Erie County Cancer Mortality - 2006-2008

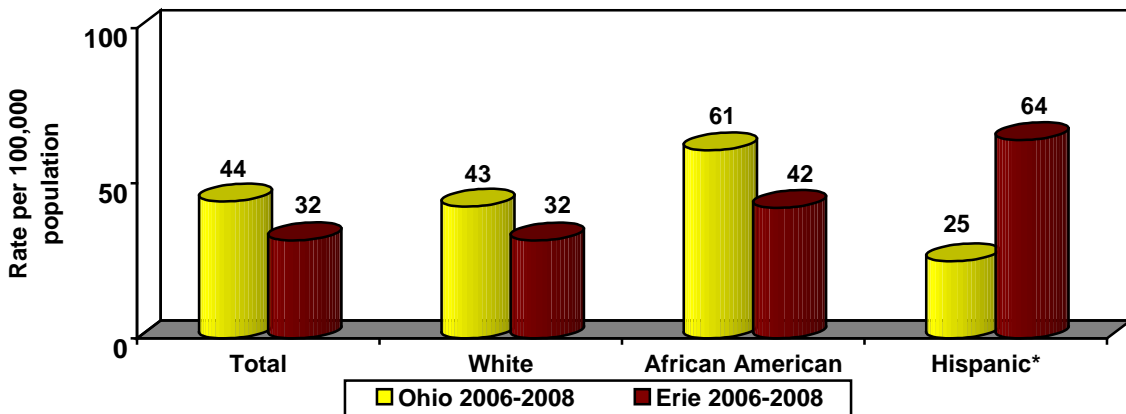
Type of Cancer	Percent of Total White Deaths	Type of Cancer	Percent of Total African American Deaths
Trachea, Bronchus & Lung	29%	Trachea, Bronchus & Lung	29%
Other & Unspecified Cancer	11%	Colon, Rectum & Anus	14%
Colon, Rectum & Anus	9%	Other & Unspecified Cancer	14%
Female Breast	8%	Urinary System (Kidney, Bladder)	6%
Urinary System (Kidney, Bladder)	7%	Prostate	6%
Prostate	6%	Esophagus & Stomach	6%
Leukemia	4%	Pancreas	4%
Non-Hodgkins Lymphoma	4%	Ovary	4%
Pancreas	4%	Cervix and Uterus	4%
Esophagus & Stomach	4%	Female Breast	4%
<b>Total Number of Cancer Deaths</b>	<b>562</b>	<b>Total Number of Cancer Deaths</b>	<b>51</b>

*(Source: ODH Information Warehouse)*

### Erie County and Ohio African American Stroke Age-Adjusted Mortality Rates



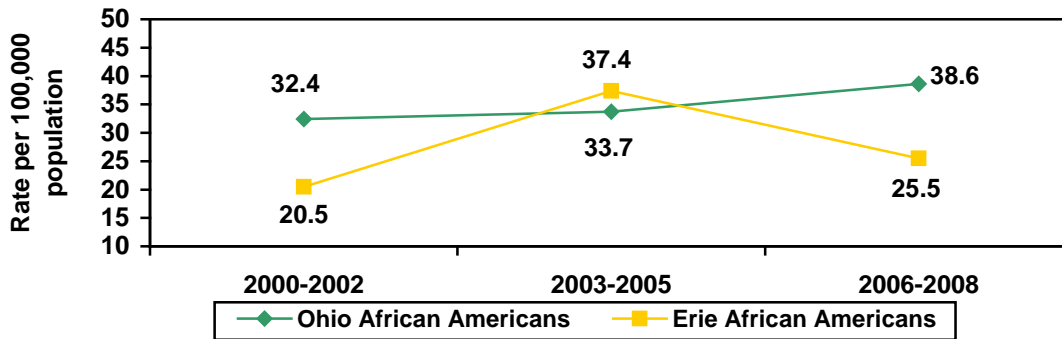
### Age-Adjusted Stroke Mortality Rates by Race/Ethnicity



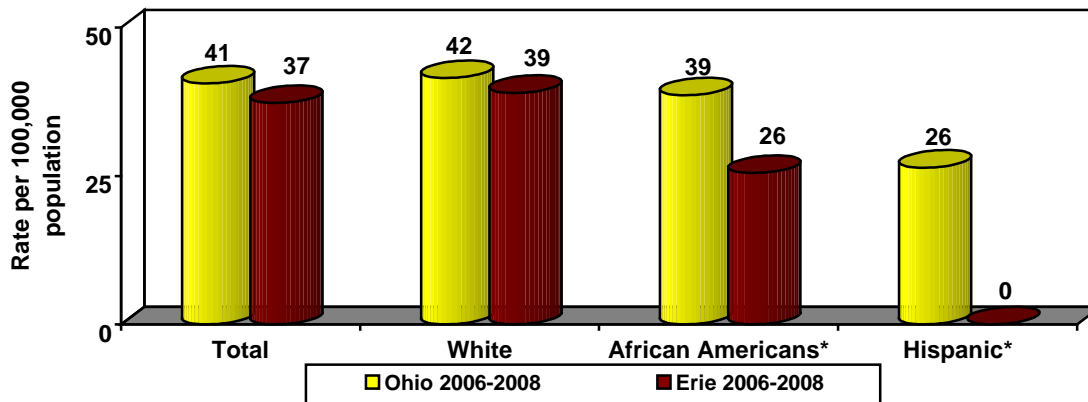
*\* Erie County Hispanic mortality rates are calculated with 5 or fewer deaths and should be used with caution.  
(Source for graphs: ODH Information Warehouse)*

# African American Health

**Erie County and Ohio African American Accident (Unintentional Injuries) Age-Adjusted Mortality Rates**

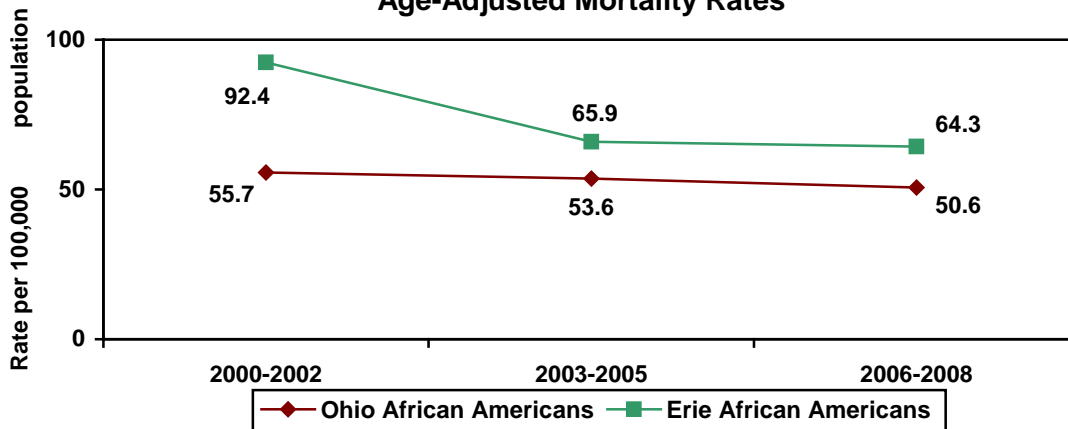


**Age-Adjusted Accident Mortality Rates by Race/Ethnicity**



*\* Erie County African American and Hispanic mortality rates are calculated with 5 or fewer deaths and should be used with caution.*

**Erie County and Ohio African American Diabetes Age-Adjusted Mortality Rates**

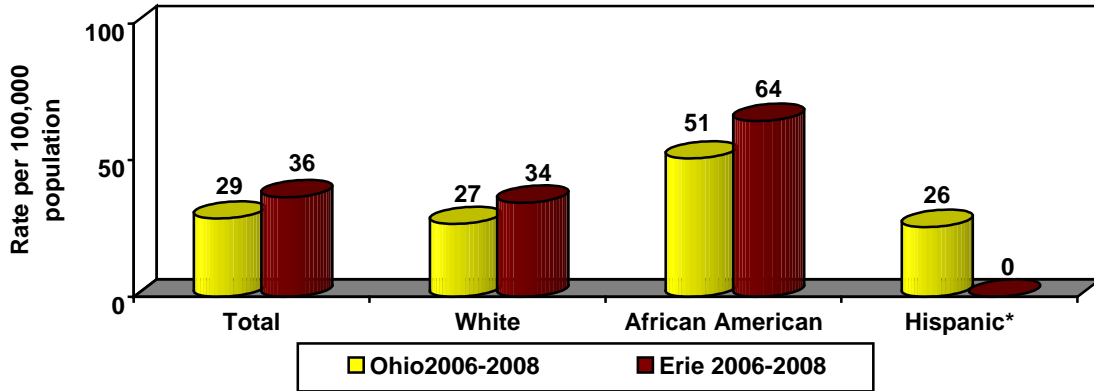


*(Source for graphs: ODH Information Warehouse)*



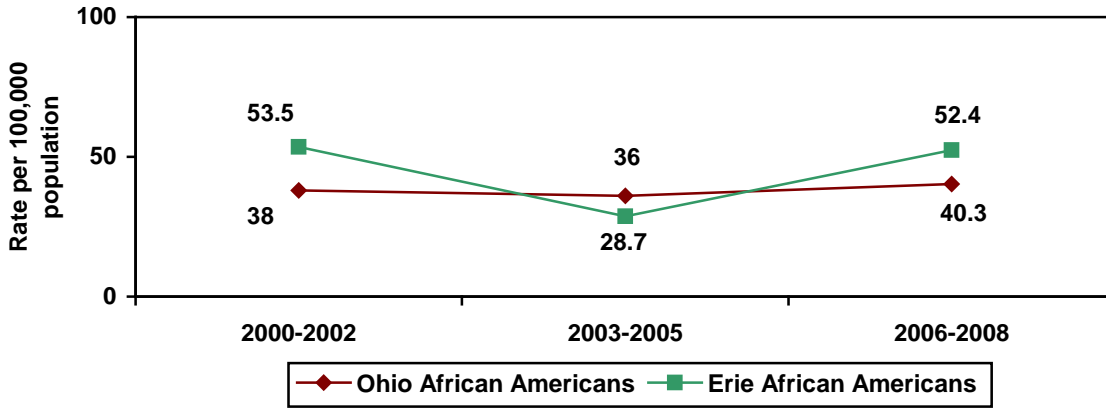
# African American Health

**Age-Adjusted Diabetes Mortality Rates by Race/Ethnicity**

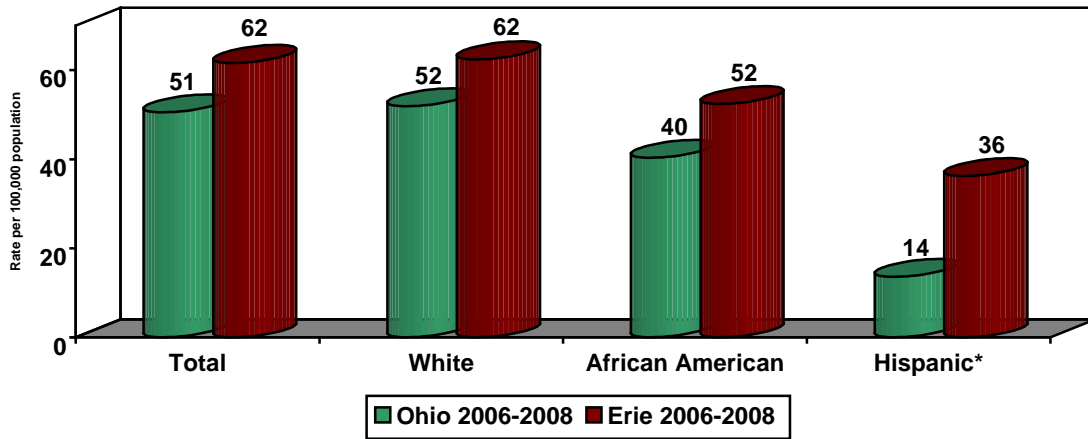


*\* Erie County Hispanic mortality rates are calculated with 5 or fewer deaths and should be used with caution.*

**Erie County and Ohio African American Chronic Lower Respiratory Diseases (Formerly COPD) Age-Adjusted Mortality Rates**



**Age-Adjusted Chronic Lower Respiratory Disease Mortality Rates by Race/Ethnicity**



*\* Erie County Hispanic mortality rates are calculated with 5 or fewer deaths and should be used with caution.  
(Source: ODH Information Warehouse)*

## Erie County Health Assessment Information Sources

Source	Data Used	Website
American Academy of Pediatrics (AAP)	◆ Talking to your teen about safe sex	<a href="http://www.aap.org">www.aap.org</a>
American Cancer Society, Cancer Facts and Figures, 2011. Atlanta: ACS, 2011.	◆ 2000-2008 Cancer rates ◆ ACS cancer detection guidelines ◆ 2011 Cancer estimates ◆ Cancer risk factors	<a href="http://www.cancer.org">www.cancer.org</a>
American Diabetes Association	◆ Risk factors for diabetes ◆ All about Diabetes: Type 2 Diabetes ◆ Diabetes Care: Screening for Type 2	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Foundation for Suicide Prevention	◆ Warning signs of suicide	<a href="http://www.afsp.org">www.afsp.org</a>
American Heart Association. <i>Risk Factors for Coronary Heart Disease, 2011.</i>	◆ Cardiovascular disease risk factors	<a href="http://www.americanheart.org">www.americanheart.org</a>
American Psychiatric Association, 2011	◆ Teen Suicide Signals	<a href="http://www.psych.org">www.psych.org</a>
<i>Arthritis at a Glance, 2011</i> , Centers for Disease Control & Prevention	◆ Arthritis statistics ◆ Risk Factors	<a href="http://www.cdc.gov/nccdphp/aag/aag_arthritis.htm">www.cdc.gov/nccdphp/aag/aag_arthritis.htm</a>
Behavioral Risk Factor Surveillance System, 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	<a href="http://apps.nccd.cdc.gov/brfss/">http://apps.nccd.cdc.gov/brfss/</a>
CDC, Adolescent and School Health, 2011	◆ Soft Drinks and Adolescent Weight	<a href="http://www.cdc.gov/healthyouth/nutrition/facts.htm">http://www.cdc.gov/healthyouth/nutrition/facts.htm</a>
CDC, Alcohol and Public Health, Fact Sheet	◆ Alcohol Use and Health	<a href="http://www.cdc.gov/alcohol/factsheets/alcohol-use.htm">http://www.cdc.gov/alcohol/factsheets/alcohol-use.htm</a>
CDC Arthritis, Risk Factors, 2011	◆ Risk Factors	<a href="http://www.cdc.gov/arthritis/basics/risk_factors.htm">http://www.cdc.gov/arthritis/basics/risk_factors.htm</a>
CDC, Binge Drinking Facts Sheet, 2010	◆ Binge Drinking Dangers	<a href="http://www.cdc.gov/alcohol/factsheets/binge-drinking.htm">http://www.cdc.gov/alcohol/factsheets/binge-drinking.htm</a>
CDC, Healthy Communities Program, 2011	◆ Tools for Community Action	<a href="http://www.cdc.gov/healthycommunitiesprogram/tools/index.htm">http://www.cdc.gov/healthycommunitiesprogram/tools/index.htm</a>
CDC: Fast Facts on Smoking and Tobacco Use	◆ Smoking and Tobacco Facts	<a href="http://www.cdc.gov/tobacco/data_statistics/factsheets/fast_facts/index.htm">http://www.cdc.gov/tobacco/data_statistics/factsheets/fast_facts/index.htm</a>
CDC, Men's Health, 2010	◆ Men's Health	<a href="http://www.cdc.gov/Features/MensHealthatCDC/">http://www.cdc.gov/Features/MensHealthatCDC/</a>
CDC, National Center for Health Statistics, 2008	◆ US birth data	<a href="http://www.cdc.gov/nchs/index.htm">http://www.cdc.gov/nchs/index.htm</a>
CDC, Physical Activity for Everyone	◆ Physical activity recommendations	<a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html">http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html</a>

## Erie County Health Assessment Information Sources

Source	Data Used	Website
CDC, Preventing the Flu, 2010	Good Health Habits can Help Stop Germs	<a href="http://www.cdc.gov/flu/protect/habits.htm">http://www.cdc.gov/flu/protect/habits.htm</a>
CDC, Sexually Transmitted Diseases Surveillance, 2009	◆ U.S. Chlamydia and Gonorrhea rates	<a href="http://www.cdc.gov/std/stats08/Natprointro.htm">http://www.cdc.gov/std/stats08/Natprointro.htm</a>
CDC WONDER DATA 2010	◆ U.S. mortality statistics	<a href="http://wonder.cdc.gov">http://wonder.cdc.gov</a>
CDC, Youth Violence & Suicide Prevention	◆ Teen Dating Violence Fact Sheet	<a href="http://www.cdc.gov/ncipc/dvp/dvp.htm">http://www.cdc.gov/ncipc/dvp/dvp.htm</a>
FASTATS A to Z, U.S. Department of Health & Human Services, Centers for Disease Control & Prevention, National Center for Health Statistics, Division of Data Services	<ul style="list-style-type: none"> <li>◆ U.S. mortality statistics</li> <li>◆ U.S. predictors of access to health care</li> <li>◆ U.S. birth rates</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats">www.cdc.gov/nchs/fastats</a>
Healthy People 2010: Data 2010, U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>◆ All Healthy People 2010 target data points</li> <li>◆ Some U.S. baseline statistics</li> </ul>	<a href="http://www.health.gov/healthypeople">www.health.gov/healthypeople</a>
Healthy Youth: Addressing Asthma in Schools, CDC, 2006	◆ Strategies for addressing asthma within a coordinated school health program	<a href="http://www.cdc.gov/HealthyYouth/asthma/pdf/asthma.pdf">www.cdc.gov/HealthyYouth/asthma/pdf/asthma.pdf</a>
Healthy Youth: Tobacco, CDC, 2011	◆ Tobacco Sales & Promoting to Youth	<a href="http://www.cdc.gov/healthyouth/tobacco/facts.htm">http://www.cdc.gov/healthyouth/tobacco/facts.htm</a>
Mayo Foundation for Medical Education and Research, 2011	Risk factors for contracting sexually transmitted infections	<a href="http://www.mayoclinic.com/health/sexually-transmitted-diseases-stds/DS01123/DSECTION=risk-factors">http://www.mayoclinic.com/health/sexually-transmitted-diseases-stds/DS01123/DSECTION=risk-factors</a>
National Asthma Control Program, CDC, 2011; <i>Strategies for Addressing Asthma within a Coordinated School Health Program, 2006</i>	<ul style="list-style-type: none"> <li>◆ Asthma control</li> <li>◆ Asthma control in schools</li> </ul>	<a href="http://www.cdc.gov/asthma/default.htm">http://www.cdc.gov/asthma/default.htm</a>
National Center for Chronic Disease Prevention and Health Promotion, CDC	<ul style="list-style-type: none"> <li>◆ US alcohol-related motor vehicle crashes and intentional injury stats</li> <li>◆ Type 2 diabetes</li> <li>◆ Nutrition and physical activity</li> <li>◆ Alcohol and public health facts sheet</li> <li>◆ Arthritis</li> <li>◆ BMI definition</li> <li>◆ Preventing seasonal flu</li> <li>◆ Mental Health &amp; Suicide Facts</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
National Center for Environmental Health, CDC, 2011	<ul style="list-style-type: none"> <li>◆ Asthma prevalence rates</li> <li>◆ Asthma triggers</li> </ul>	<a href="http://www.cdc.gov/asthma/triggers.html">http://www.cdc.gov/asthma/triggers.html</a>
National Center for Injury Prevention & Control, CDC	<ul style="list-style-type: none"> <li>◆ Suicide Risk Factors</li> <li>◆ Suicide Protective Factors</li> </ul>	<a href="http://www.cdc.gov/ViolencePrevention/suicide/riskprotectivefactors.html">http://www.cdc.gov/ViolencePrevention/suicide/riskprotectivefactors.html</a>
National Heart, Lung, and Blood Institute, 2011	◆ Chronic respiratory conditions	<a href="http://www.nhlbi.nih.gov/">http://www.nhlbi.nih.gov/</a>
National Highway Traffic and Safety Administration	◆ Fatal crashes involving cell phones	<a href="http://basheinlaw.com">basheinlaw.com</a>

## Erie County Health Assessment Information Sources

Source	Data Used	Website
National Institutes of Health, 2011	<ul style="list-style-type: none"> <li>◆ National Institute of Health Facts about Underage Drinking</li> </ul>	<a href="http://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=21&amp;key=U#U">http://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=21&amp;key=U#U</a>
National Institute on Drug Abuse	<ul style="list-style-type: none"> <li>◆ Commonly Abused Prescription Drugs</li> </ul>	<a href="http://www.nida.nih.gov">www.nida.nih.gov</a>
National Osteoporosis Foundation	<ul style="list-style-type: none"> <li>◆ Risk factors for osteoporosis</li> </ul>	<a href="http://www.nof.org/">http://www.nof.org/</a>
National Safety Council	<ul style="list-style-type: none"> <li>◆ Distracted Driving</li> <li>◆ Texting while Driving</li> </ul>	<a href="http://www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx">http://www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>◆ Erie County and Ohio mortality statistics</li> <li>◆ Erie County and Ohio birth statistics</li> <li>◆ Erie County and Ohio sexually transmitted diseases</li> <li>◆ Statistics re: access to health services</li> </ul>	<a href="http://www.odh.state.oh.us">www.odh.state.oh.us</a>
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> <li>◆ Erie County and Ohio cancer mortality</li> <li>◆ Erie County and Ohio cancer incidence</li> </ul>	<a href="http://www.odh.state.oh.us">www.odh.state.oh.us</a>
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> <li>◆ Erie County oral health resources</li> </ul>	<a href="http://publicapps.odh.ohio.gov/oralhealth/default.aspx">http://publicapps.odh.ohio.gov/oralhealth/default.aspx</a>
Ohio Department of Health, STD Surveillance	<ul style="list-style-type: none"> <li>◆ Ohio and Erie County Chlamydia and Gonorrhea rates</li> </ul>	<a href="http://www.odh.ohio.gov/healthStats/disease/std/std1.aspx">http://www.odh.ohio.gov/healthStats/disease/std/std1.aspx</a>
Ohio Department of Job & Family Services,	<ul style="list-style-type: none"> <li>◆ Poverty statistics</li> <li>◆ Erie County and Ohio Medicaid statistics, SFY 2007-2009</li> <li>◆ Erie County health care statistics</li> </ul>	<a href="http://jfs.ohio.gov/">http://jfs.ohio.gov/</a>
Ohio Department of Public Safety	<ul style="list-style-type: none"> <li>◆ 2009 Traffic Crash Facts</li> <li>◆ Erie County and Ohio crash facts</li> </ul>	<a href="http://www.state.oh.us/odps">www.state.oh.us/odps</a>
Ohio Family Health Survey Results, 2010	<ul style="list-style-type: none"> <li>◆ Erie County and Ohio uninsured rates</li> </ul>	<a href="https://ckm.osu.edu/sitetool/sites/ofhspublic/documents/2010OFHSMarch8Final.pdf">https://ckm.osu.edu/sitetool/sites/ofhspublic/documents/2010OFHSMarch8Final.pdf</a>

## Erie County Health Assessment Information Sources

Source	Data Used	Website
Ohio Medicaid Report, Office of Ohio Health Plans (OHP), Ohio Job & Family Services, Published 2009	<ul style="list-style-type: none"> <li>◆ Erie County Medicaid statistics</li> <li>◆ Ohio Medicaid statistics</li> </ul>	<a href="http://jfs.ohio.gov/ohp/bhpp/reports/">http://jfs.ohio.gov/ohp/bhpp/reports/</a>
Planned Parenthood Federation of America, Inc.	<ul style="list-style-type: none"> <li>◆ STI facts</li> </ul>	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>
Sexually Transmitted Disease Surveillance, Centers for Disease Control and Prevention	<ul style="list-style-type: none"> <li>◆ STD facts</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>
Substance Abuse Mental Health Services Administration, 2008	<ul style="list-style-type: none"> <li>◆ Youth Perceptions of Own Risk</li> </ul>	<a href="http://www.samhsa.gov">www.samhsa.gov</a>
The Alan Guttmacher Institute	<ul style="list-style-type: none"> <li>◆ Facts on American Teens' Sexual and Reproductive Health</li> </ul>	<a href="http://www.guttmacher.org/pubs/fb_ATSRH.html">http://www.guttmacher.org/pubs/fb_ATSRH.html</a>
U. S. Department of Agriculture	<ul style="list-style-type: none"> <li>◆ Food Security in the U.S., 2010</li> </ul>	<a href="http://www.usda.gov/wps/portal/usdahome">http://www.usda.gov/wps/portal/usdahome</a>
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>◆ Ohio and Erie County 2005-2009 Census demographic information</li> <li>◆ Ohio and U.S. health insurance sources</li> <li>◆ Small Area Income and Poverty Estimates</li> <li>◆ Federal Poverty Thresholds</li> </ul>	<a href="http://www.census.gov">www.census.gov</a>
U. S. Department of Health and Human Services, Centers for Medicare and Medicaid Services, Medicare Enrollment Reports	<ul style="list-style-type: none"> <li>◆ Erie County Medicare enrollment, 2010</li> </ul>	<a href="http://www.cms.hhs.gov/MedicareEnrollments/">www.cms.hhs.gov/MedicareEnrollments/</a>
U. S. Department of Health and Human Services, SAMHSA, NSDUH, 2007	<ul style="list-style-type: none"> <li>◆ National Survey on Drug Use and Health</li> </ul>	<a href="http://www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm">http://www.oas.samhsa.gov/NSDUH/2k7NSDUH/2k7results.cfm</a>
U. S. Department of Justice: DEA Briefs & Background, Drugs and Drug Abuse	<ul style="list-style-type: none"> <li>◆ Ohio drug and drug abuse facts</li> </ul>	<a href="http://www.odadas.ohio.gov/public/">http://www.odadas.ohio.gov/public/</a>
Urban Institute, Stan Dorn, <i>Uninsured and Dying Because of It: Updating the Institute of Medicine Analysis on the Impact of Uninsurance on Mortality</i> , January 2008	<ul style="list-style-type: none"> <li>◆ U.S. uninsured mortality statistics</li> </ul>	<a href="http://www.urban.org/UploadedPDF/411588_uninsured_dying.pdf">http://www.urban.org/UploadedPDF/411588_uninsured_dying.pdf</a>
Virginia Tech Transportation Institute, 2009	<ul style="list-style-type: none"> <li>◆ Texting while driving</li> </ul>	<a href="http://www.vtti.vt.edu/">http://www.vtti.vt.edu/</a>
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> <li>◆ 2005 - 2009 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="http://www.cdc.gov">www.cdc.gov</a>

## List of Acronyms and Terms

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

## List of Acronyms and Terms

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

## Methods for Weighting the 2011 Erie County Assessment Data

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

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2010 Erie County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Erie 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 Erie 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 Erie County Survey and 2010 Census data.

<u>Sex</u>	<u>2010 Erie Survey</u>		<u>2010 Census Estimates</u>		<u>Weight</u>
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	285	43.7788	37,782	49.017242	1.119657003
Female	366	56.2212	39,297	50.982758	0.906824465

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Erie County. The weighting for males was calculated by taking the percent of males in Erie County (based on Census information) (49.017242%) and dividing that by the percent found in the 2010 Erie County sample (43.7788%) [ $49.017242/43.7788 =$  weighting of 1.119657003 for males]. The same was done for females [ $50.982758/56.2212 =$  weighting of 0.906824465 for females]. Thus males' responses are weighted heavier by a factor of 1.119657003 and females' responses weighted less by a factor of 0.906824465.



## Methods for Weighting the 2011 Erie 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 \$15-\$25k category would have an individual weighting of 1.947101 [0.906824465 (weight for females) x 1.41907830 (weight for White) x 2.2809717 (weight for age 35-44) x 0.66334435 (weight for income \$15-\$25k)]. Thus, each individual in the 2011 Erie 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 Erie County Assessment Data

Category	Erie Sample	%	2007 Census Estimates*	%	Weighting Value
<b>Sex:</b>					
Male	285	43.7788	37,782	49.017242	1.119657003
Female	366	56.2212	39,297	50.982758	0.906824465
<b>Age:</b>					
20-24	263	41.6799	3,967	6.183751	0.148363001
25-34	48	7.6070	7,976	12.432972	1.634417737
35-44	40	6.3391	9,276	14.459409	2.280971755
45-54	94	14.8970	12,231	19.065657	1.279832904
55-59	63	9.9842	5,977	9.316935	0.933172357
60-64	44	6.9731	11,420	17.801472	2.552892845
65-74	60	9.5087	7,015	10.934967	1.149994025
75-84	19	3.0111	4,334	6.75583	2.243646668
85+	0	0	1,956	3.049009	NA
<b>Race:</b>					
White	446	68.5100	74,937	97.221033	1.419078306
Other	205	31.4900	2,142	2.778967	0.088249148
<b>Household Income</b>					
Less than \$10,000	105	18.8172	2,512	7.910565	0.42039004
\$10k-\$15k	65	11.6487	2,027	6.383247	0.547977181
\$15k-\$25k	92	16.4875	3,473	10.93686	0.663344355
\$25k-\$35k	65	11.6487	3,452	10.87073	0.933210276
\$35k-\$50	70	12.5448	5,407	17.02724	1.357314259
\$50k-\$75k	75	13.4409	5,909	18.60809	1.384442135
\$75k or more	86	15.4122	8,975	28.26327	1.83382584
<p>Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Erie County in each subcategory by the proportion of the sample in the Erie County survey for that same category.</p> <p>* Erie County population figures taken from the 2010 Census.</p>					

## **Erie County Schools**

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

### **Edison Local**

Edison Middle School  
Edison High School

### **Huron City**

McCormick Junior High School  
Huron High School

### **Margaretta Local**

Margaretta High School

### **Perkins Local**

Briar Middle School  
Perkins High School

### **Sandusky City**

Hancock Elementary School  
Adams Junior High School  
Sandusky High School

### **Vermilion Local**

Sailorway Middle School  
Vermilion High School

## Erie County Sample Demographic Profile\*

Variable	2010 Survey Sample	Erie County Census 2010	Ohio Census 2010
<b>Age</b>			
20-29	12.8%	10.4%	12.8%
30-39	9.2%	10.8%	12.2%
40-49	14.5%	13.9%	14.0%
50-59	21.5%	16.0%	14.5%
60 plus	35.0%	24.3%	19.9%
<b>Race / Ethnicity</b>			
White	55.6%	87.0%	82.7%
Black or African American	37.7%	8.6%	12.2%
American Indian and Alaska Native	0.4%	0.3%	0.2%
Asian	0%	0.6%	1.7%
Other	2.2%	0.7%	1.1%
Hispanic Origin (may be of any race)	0.7%	3.4%	3.1%
<b>Marital Status†</b>			
Married Couple	58.1%	56.5%	48.9%
Never been married/member of an unmarried couple	22.6%	22.9%	30.6%
Divorced/Separated	8.9%	14.3%	13.8%
Widowed	5.1%	6.3%	6.6%
<b>Education†</b>			
Less than High School Diploma	10.3%	10.3%	11.9%
High School Diploma	26.3%	42.7%	35.2%
Some college/ College graduate	61.3%	46.9%	52.9%
<b>Income</b>			
\$14,999 and less	11.3%	15.2%	14.7%
\$15,000 to \$24,999	11.0%	12.3%	12.7%
\$25,000 to \$49,999	26.7%	28.5%	27.0%
\$50,000 to \$74,999	16.7%	15.9%	18.8%
\$75,000 or more	20.3%	28.1%	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 Erie 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

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

Category	Total	Males	Females
<b>Erie County</b>	<b>77,079</b>	<b>37,782</b>	<b>39,297</b>
<b>0-4 years</b>	<b>4,197</b>	<b>2,144</b>	<b>2,053</b>
1-4 years	3,396	1,721	1,675
< 1 year	801	423	378
1-2 years	1,709	860	849
3-4 years	1,687	861	826
<b>5-9 years</b>	<b>4,629</b>	<b>2,350</b>	<b>2,279</b>
5-6 years	1,858	956	902
7-9 years	2,771	1,394	1,377
<b>10-14 years</b>	<b>4,977</b>	<b>2,552</b>	<b>2,425</b>
10-12 years	2,921	1,479	1,442
13-14 years	2,056	1,073	983
12-18 years	7,445	3,855	3,590
<b>15-19 years</b>	<b>5,101</b>	<b>2,645</b>	<b>2,456</b>
15-17 years	3,342	1,723	1,619
18-19 years	1,759	922	837
20-24 years	3,967	1,961	2,006
25-29 years	4,079	2,016	2,063
30-34 years	3,897	1,902	1,995
35-39 years	4,415	2,185	2,230
40-44 years	4,861	2,407	2,454
45-49 years	5,884	2,869	3,015
50-54 years	6,347	3,053	3,294
55-59 years	5,977	2,972	3,005
60-64 years	5,443	2,665	2,778
65-69 years	4,018	1,933	2,085
70-74 years	2,997	1,438	1,559
75-79 years	2,413	1,102	1,311
80-84 years	1,921	828	1,093
85-89 years	1,328	572	756
90-94 years	504	163	341
95-99 years	110	24	86
100-104 years	14	1	13
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>1,956</b>	<b>760</b>	<b>1,196</b>
<b>Total 65 years and over</b>	<b>5,974</b>	<b>2,693</b>	<b>3,974</b>
<b>Total 19 years and over</b>	<b>58,939</b>	<b>28,478</b>	<b>30,461</b>

## Erie County Profile

### *General Demographic Characteristics* (Source: U.S. Census Bureau, Census 2020)

#### *Total Population*

2010 Total Population	77,079	100%
2000 Total Population	79,551	100%

#### Largest City-Sandusky

2010 Total Population	25,793	100%
2000 Total Population	27,844	100%

#### *Population By Race/Ethnicity*

Total Population	77,079	100%
White Alone	67,066	87.0%
Hispanic or Latino (of any race)	2,604	3.4%
African American	6,644	8.6%
American Indian and Alaska Native	232	0.3%
Asian	463	0.6%
Two or more races	2,142	2.8%
Other	773	1.0%

#### *Population By Age*

Under 5 years	4,197	5.4%
5 to 17 years	12,948	16.8%
18 to 24 years	5,726	7.4%
25 to 44 years	17,252	22.4%
45 to 64 years	23,651	30.7%
65 years and more	13,305	17.2%
<b>Median age (years)</b>	<b>43.4</b>	

#### *Household By Type*

Total Households	31,860	100%
Family Households (families)	21,011	65.9%
With own children <18 years	8,156	25.6%
Married-Couple Family Households	15,452	48.5%
With own children <18 years	5,030	15.8%
Female Householder, No Husband Present	4,112	12.9%
With own children <18 years	2,383	7.5%
Non-family Households	10,849	34.1%
Householder living alone	9,097	28.6%
Householder 65 years and >	3,577	11.2%
Households With Individuals < 18 years	9,285	29.1%
Households With Individuals 65 years and >	9,105	28.6%

Average Household Size

2.37 people

Average Family Size

2.89 people

## Erie County Profile

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

#### *2010 ACS 1-year estimates*

Median Value of Owner-Occupied Units	\$134,100
Median Monthly Owner Costs (With Mortgage)	\$1,230
Median Monthly Owner Costs (Not Mortgaged)	\$436
Median Gross Rent for Renter-Occupied Units	\$648
Median Rooms Per Housing Unit	6.0
Total Housing Units	37,831
No Telephone Service	759
Lacking Complete Kitchen Facilities	262
Lacking Complete Plumbing Facilities	0

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

#### *2010 ACS 1-year estimates*

#### ***School Enrollment***

Population 3 Years and Over Enrolled In School	16,966	100%
Nursery & Preschool	1,325	7.8%
Kindergarten	1,100	6.5%
Elementary School (Grades 1-8)	7,551	44.5%
High School (Grades 9-12)	3,857	22.7%
College or Graduate School	3,133	18.5%

#### ***Educational Attainment***

Population 25 Years and Over	54,800	100%
< 9 <sup>th</sup> Grade Education	1,834	3.3%
9 <sup>th</sup> to 12 <sup>th</sup> Grade, No Diploma	3,844	7.0%
High School Graduate (Includes Equivalency)	23,415	42.7%
Some College, No Degree	11,294	20.6%
Associate Degree	3,833	7.0%
Bachelor's Degree	6,537	11.9%
Graduate Or Professional Degree	4,043	7.4%
Percent High School Graduate or Higher	*(X)	89.6%
Percent Bachelor's Degree or Higher	*(X)	19.3%

\*(X) – Not available

## Erie County Profile

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

*2010 ACS 1-year estimates*

#### ***Marital Status***

Population 15 Years and Over	62,821	100%
Never Married	14,381	22.8%
Now Married, Excluding Separated	35,521	56.5%
Separated	1,176	1.8%
Widowed	3,952	6.2%
Female	3,245	5.1%
Divorced	7,791	12.4%
Female	4,279	6.8%

#### ***Grandparents As Caregivers***

Grandparent Living in Household with 1 or more own grandchildren <18 years	*N/A	*N/A%
Grandparent Responsible for Grandchildren	*N/A	*N/A%

*\*(N/A – no available information because the number of sample cases is too small)*

#### ***Veteran Status***

Civilian Veterans 18 years and over	6,881	11.5%
-------------------------------------	-------	-------

#### ***Disability Status of the Civilian Non-institutionalized Population***

Total Civilian Noninstitutionalized Population	76,744	100%
With a Disability	13,661	17.8%
Under 18 years	17,052	100%
With a Disability	1,149	6.7%
18 to 64 years	46,727	100%
With a Disability	7,703	16.5%
65 Years and Over	12,965	100%
With a Disability	4,809	37.1%

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

*2010 ACS 1-year estimates*

#### ***Employment Status***

Population 16 Years and Over	61,867	100%
In Labor Force	40,064	64.8%
Not In Labor Force	21,803	35.2%
Females 16 Years and Over	31,882	100%
In Labor Force	20,160	63.2%
Population Living With Own Children <6 Years	5,115	100%
All Parents In Family In Labor Force	8,522	80.7%



## Erie County Profile

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

*2010 ACS 1-year estimates*

#### **Occupations**

Employed Civilian Population 16 Years and Over	35,269	100%
Management, Professional, and Related Occupations	10,576	30.0%
Service Occupations	7,637	21.7%
Sales and Office Occupations	9,038	25.6%
Natural resources, Construction, and Maintenance Occupations	2,274	6.4%
Production, Transportation, and Material Moving Occupations	5,744	16.3%

#### ***Leading Industries***

Employed Civilian Population 16 Years and Over	35,269	100%
Agriculture, forestry, fishing and hunting, and mining	448	1.3%
Construction	1,995	5.7%
Manufacturing	5,165	14.6%
Trade (retail and wholesale)	474	1.3%
Transportation and warehousing, and utilities	971	2.8%
Information	318	0.9%
Finance, insurance, real estate and rental and leasing	1,322	3.7%
Professional, scientific, management, administrative, and waste management services	1,941	5.5%
Educational, health and social services	8,547	24.2%
Arts, entertainment, recreation, accommodation, and food services	5,556	15.8%
Other services (except public administration)	1,995	5.7%
Public administration	1,416	4.0%

#### ***Class of Worker***

Employed Civilian Population 16 Years and Over	35,269	100%
Private Wage and Salary Workers	28,492	80.8%
Government Workers	4,726	13.4%
Self-Employed Workers in Own Not Incorporated Business	2,051	5.8%
Unpaid Family Workers	0	0.0%

#### ***Median Earnings***

Male, Full-time, Year-Round Workers	\$41,224
Female, Full-time, Year-Round Workers	\$35,000

## Erie County Profile

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

*2010 ACS 1-year estimates*

#### *Income In 2010*

Households	32,243	100%
< \$10,000	2,161	6.7%
\$10,000 to \$14,999	2,747	8.5%
\$15,000 to \$24,999	3,976	12.3%
\$25,000 to \$34,999	3,731	11.6%
\$35,000 to \$49,999	5,435	16.9%
\$50,000 to \$74,999	5,118	15.9%
\$75,000 to \$99,999	4,469	13.9%
\$100,000 to \$149,999	3,117	9.7%
\$150,000 to \$199,999	723	2.2%
\$200,000 or more	766	2.4%

#### *Median Household Income*

**\$42,246**

#### *Income In 2010*

Families	32,243	100%
< \$10,000	1,074	4.9%
\$10,000 to \$14,999	685	3.2%
\$15,000 to \$24,999	1,981	9.1%
\$25,000 to \$34,999	2,320	10.7%
\$35,000 to \$49,999	3,742	17.2%
\$50,000 to \$74,999	3,767	17.3%
\$75,000 to \$99,999	4,524	20.8%
\$40,000 to \$44,999	2,263	10.4%
\$100,000 to \$149,999	660	3.0%
\$200,000 or more	724	3.3%

#### *Median Household Income*

**\$53,350**

#### *Per Capita Income In 2010*

\$24,203

#### *Poverty Status In 2010*

	<i>Number Below Poverty Level</i>	<i>% Below Poverty Level</i>
Families	*(X)	9.9%
Individuals	*(X)	15.7%

\*(X) – Not available

## Erie County Profile

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

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

	<b>Income</b>	<b>Rank of Ohio counties</b>
BEA Per Capita Personal Income 2009	\$36,236	11 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2008	\$36,773	11 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2007	\$35,685	11 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2000	\$29,234	15 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 1999	\$28,334	10 <sup>th</sup> of 88 counties

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

(Source: U.S. Department of Commerce: Bureau of Economic Analysis, <http://www.bea.gov>.)

### Employment Statistics

Category	Erie	Ohio
Labor Force	42,000	5,811,300
Employed	38,800	5,368,800
Unemployed	3,200	442,500
Unemployment Rate* in November 2011	7.7	7.6
Unemployment Rate* in October 2011	8.6	8.4
Unemployment Rate* in November 2010	9.7	9.3

\*Rate equals unemployment divided by labor force.

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

## Erie County Profile

### Estimated Poverty Status in 2010

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Erie County</b>				
All ages in poverty	11,220	9,622 to 12,818	14.9%	12.8 to 17.0
Ages 0-17 in poverty	4,102	3,416 to 4,788	24.4%	20.3 to 28.5
Ages 5-17 in families in poverty	2,556	2,066 to 3,046	20.3%	16.4 to 24.2
Median household income	\$43,935	40,890 to 46,980		
<b>Ohio</b>				
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		
<b>United States</b>				
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	\$50,046	49,982 to 50,110		

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

### Federal Poverty Thresholds in 2009 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$11,161					
1 Person 65 and >	\$10,289					
2 people Householder < 65 years	\$14,366	\$14,787				
2 People Householder 65 and >	\$12,968	\$14,731				
3 People	\$16,781	\$17,268	\$17,285			
4 People	\$22,128	\$22,490	\$21,756	\$21,832		
5 People	\$26,686	\$27,074	\$26,245	\$25,603	\$25,211	
6 People	\$30,693	\$30,815	\$30,180	\$29,571	\$28,666	\$28,130
7 People	\$35,316	\$35,537	\$34,777	\$34,247	\$33,260	\$32,108
8 People	\$39,498	\$39,847	\$39,130	\$38,501	\$37,610	\$36,478
9 People or >	\$47,514	\$47,744	\$47,109	\$46,576	\$45,701	\$44,497

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



# 2011 Erie 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 Peter Schade, Health Commissioner at 419-656-2796 or email him at [pschade@eriecohealthohio.org](mailto:pschade@eriecohealthohio.org).

## **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 Erie County a healthier place for all of our residents.

**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. Physical health 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/Not sure
3. Mental health 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/Not sure
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/Not sure

### 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/Not sure

6. When you are sick or need advice about your health, to which one of the following places do you usually go?
  - A doctors office
  - A public health clinic
  - A community health center
  - A hospital outpatient department
  - A hospital emergency room
  - Urgent care center
  - Some other kind of place
  - No usual place
  - Don't know

### Health Care Coverage

7. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare or Medicaid?
  - Yes – **GO TO QUESTION 9**
  - No
  - Don't know/Not sure
8. What is the reason you are without health care coverage?
  - Never without health care coverage
  - Lost job or changed employers
  - Spouse or parent lost job or changed employers
  - 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



9. What type of health care coverage do you use to pay for most of your medical care?
- Do not have health care coverage
  - Your employer
  - Someone else's employer (spouse or parent)
  - 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
  - Don't know

10. 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
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
Immunizations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
Erie County physicians?	<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

### Health Care Access

11. 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
  - 2 to 5 years ago
  - 5 or more years ago
  - Never
12. What is the main reason you did not get medical care?
- Cost/no insurance
  - Distance
  - Office wasn't open when I could get there
  - Too long a wait for an appointment
  - Too long a wait in waiting room
  - No child care
  - No transportation
  - No access for people with disabilities
  - The medical provider didn't speak my language
  - Other: \_\_\_\_\_
  - Don't know
13. Have you looked for a program to help with depression or anxiety for you or for a loved one?
- Yes, and I found one
  - Yes, and I have not found one
  - No, I have not looked
14. Have you looked for a program to help with marital or family problems for you or for a loved one?
- Yes, and I found one
  - Yes, and I have not found one
  - No, I have not looked
15. Have you looked for a program to control alcohol abuse for you or for a loved one?
- Yes, and I found one
  - Yes, and I have not found one
  - No, I have not looked
16. Have you looked for a program to control drug abuse for you or for a loved one?
- Yes, and I found one
  - Yes, and I have not found one
  - No, I have not looked



17. Have you looked for a program to control a weight problem for you or for a loved one?
- Yes, and I found one
  - Yes, and I have not found one
  - No, I have not looked
18. Have you looked for a program to assist in care for the elderly (either in-home or out-of-home) for you or for a loved one?
- Yes, I looked for in-home care
  - Yes, I looked for out-of-home placement
  - Yes, I looked for temporary or overnight care
  - Yes, I looked for day care
  - Yes, I looked for an assisted living program
  - No, I have not looked
19. Within the past 12 months, have you had any of the following problems when you needed health care? (**CHECK ALL THAT APPLY**)
- I couldn't find a doctor to take me as a patient
  - I couldn't find a doctor that I am comfortable with
  - I couldn't get appointments when I want them
  - I didn't get health services because of discrimination
  - I didn't get health services because I was concerned about my privacy
  - I didn't have enough money to pay for health care or insurance
  - I didn't have transportation
  - I didn't have anyone to take care of my children
  - I was too busy to get the health care I needed
  - I was too embarrassed to seek help
  - I have another problem that kept me from getting health care: \_\_\_\_\_
  - I have not had any of these problems in the past 12 months

### Oral Health

20. How long has it been since you last visited a dentist or a dental clinic? Include visits to dental specialists, such as orthodontists.
- Within the past year (anytime less than 12 months ago)
  - 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)
  - Never
  - Don't know/Not sure
21. How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.
- 5 or fewer
  - 6 or more but not all
  - All
  - None
  - Don't know

### Alcohol Consumption

22. A drink of alcohol 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. During the past 30 days, how many days per month did you have at least 1 of any alcoholic beverage?
- Days per month \_\_\_\_\_
- Do not drink- **GO TO QUESTION 29**
  - Don't know/Not sure
23. On the days when you drank, about how many drinks did you drink on average?
- Number of drinks \_\_\_\_\_
- Don't know/Not sure
24. 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
  - Don't know/Not sure





25. During the past month, how many times have you driven when you've had perhaps too much to drink?

Number of times \_\_\_\_\_

- None
- Don't know/Not sure

26. During the past month, have you ever driven after drinking any alcoholic beverages?

- Yes – How many drinks did you have? \_\_\_\_\_
- No
- Don't know

27. During the past four months, have you experienced any of the following? (**CHECK ALL THAT APPLY**)

- Had to drink more to get same effect
- Drank more than you expected
- Gave up other activities to drink
- Spent a lot of time drinking
- Tried to quit or cut down (but couldn't)
- Continued to drink despite problems caused by drinking
- Drank to ease withdrawal symptoms
- None of the above
- Don't know

28. As a result of your drinking, have you repeatedly failed to fulfill duties at work or home, or placed yourself in dangerous situations, or had legal problems?

- Yes
- No
- Don't know

<b>Preventive Medicine and Health Screenings</b>
--

29. To lower your risk of developing heart disease or stroke, are you...(**CHECK ALL THAT APPLY**)

- Eating fewer high fat or high cholesterol foods
- Eating more fruits and vegetables
- Exercising more
- None of the above

30. Has a doctor, nurse or other health professional ever told you that you had any of the following?

a.) A heart attack, also called myocardial infarction (MI)

- Yes
- No
- Don't know/Not sure

b.) Angina or coronary heart disease

- Yes
- No
- Don't know/Not sure

c.) A stroke

- Yes
- No
- Don't know/Not sure

31. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

- Yes
- No
- Don't know

32. Have you ever been told by a doctor that you have diabetes?

- Yes
- Yes, but only during my pregnancy
- No
- No, pre-diabetes or borderline diabetes
- Don't know/Not sure

33. During the past 12 months, have you had a flu shot?

- Yes
- No
- Don't know/Not sure

34. Have you ever been told by a doctor, nurse or other health professional that you had COPD, emphysema, etc.?

- Yes
- No
- Don't know/Not sure

35. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

- Yes
- Yes, but only during pregnancy
- No – **GO TO QUESTION 37**
- Don't know/Not sure



36. Are you currently taking medicine for your high blood pressure?
- Yes
  - No
  - Don't know/Not sure
37. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
- Yes
  - No
  - Don't know/Not sure
38. Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.
- Yes
  - No
  - Don't know/Not sure
39. A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. When did you have your last sigmoidoscopy or colonoscopy?
- Within the past year (anytime less than 12 months ago)
  - 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
  - Never
  - Don't know/Not sure
40. 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

41. 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

<b>Tobacco Use</b>
--------------------

42. Have you smoked at least 100 cigarettes in your entire life?
- Yes
  - No- **GO TO QUESTION 45**
  - Don't know/Not sure



43. Do you now smoke cigarettes everyday, some days, or not at all?
- Everyday
  - Some days
  - Not at all
44. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
- Yes
  - No
  - Did not smoke in the past 12 months
  - Don't know/Not sure
45. 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
  - Chewing tobacco
  - Snuff
  - Snus
  - Hookah
  - None

<b>Marijuana and Drug Use</b>
-------------------------------

46. 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
  - I have not used any of these substances in the past six months

47. How frequently have you used drugs 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 substances in the past six months
  - Don't know
48. Have you misused any of the following medications during the past six months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert? (**CHECK ALL THAT APPLY**)
- OxyContin
  - Vicodin
  - Ultram
  - Tranquilizers such as Valium or Xanax, sleeping pills, barbiturates, or Seconal
  - Codeine, Demerol, Morphine, Percodan, or Dilaudid
  - Suboxone
  - Methadone
  - Steroids
  - Ritalin or Adderall, Concerta or other ADHD medications
  - I have not used any of these medications in the past 6 months
  - Don't know/Not sure
49. How frequently have you misused the medications checked in question 48 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 misused any of these medications during the past six months
  - Don't know/Not sure



50. 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 a Medication Collection/Disposal program
  - Other: \_\_\_\_\_

**Women's Health**

**MALES GO TO MEN'S HEALTH SECTION  
QUESTION 54**

51. A mammogram is an x-ray of each breast to look for breast cancer. When was your last mammogram?
- Have never had a mammogram
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know
52. 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
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know

53. 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
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know

**Men's Health**

**FEMALES GO TO SEXUAL BEHAVIOR AND  
FAMILY PLANNING SECTION  
QUESTION 56**

54. 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?
- Have never had a PSA test
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know
55. 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?
- Have never had a digital rectal exam
  - Within the past year
  - Within the past 2 years (1 year but less than 2 years ago)
  - Within the past 3 years (2 years but less than 3 years ago)
  - Within the past 5 years (3 years but less than 5 years ago)
  - 5 or more years ago
  - Don't know



## Sexual Behavior & Family Planning

56. During the past twelve months, with how many different people have you had sexual intercourse?  
Number of people \_\_\_\_\_
- Don't know/Not sure
  - Have not had intercourse in the past 12 months
57. 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
58. What are your reasons for **not** using any birth control now?
- 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 preferences
  - Don't know
59. Have you been diagnosed with any of the following sexually transmitted diseases (STDs) in the past 5 years?
- Chlamydia
  - Gonorrhea
  - Genital herpes
  - Syphilis
  - Human Papilloma Virus (HPV)
  - None of the above
  - Don't know
60. Not including your blood donations, have you been tested for HIV in the past 12 months? Include saliva tests.
- Yes
  - No
  - Don't know/Not Sure



### Weight Control

61. Are you now trying to...
- Maintain your current weight, that is, to keep from gaining weight
  - Lose weight
  - Gain weight
  - None of the above
62. 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

### Exercise & Nutrition

63. 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 days
  - 2 days
  - 3 days
  - 4 days
  - 5 days
  - 6 days
  - 7 days
  - Not able to exercise
64. 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
  - 0 – I do not like fruits or vegetables
  - 0 – I cannot afford fruits or vegetables
  - 0 – I do not have access to fruits or vegetables

65. In a typical week, how many meals did you eat out in a restaurant or bring takeout food home to eat?

\_\_\_\_\_ Meals

### Mental Health & Suicide

66. 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
  - No– **GO TO QUESTION 68**
67. During the past 12 months, when you were feeling sad, blue or depressed, did you also have a period of at least two weeks when you: (**CHECK ALL THAT APPLY**)
- Had a weight/appetite change
  - Had trouble sleeping or slept too much
  - Woke up before you wanted
  - Felt fatigued, no energy
  - Felt extremely restless or slowed down
  - Had trouble thinking or concentrating
  - Lost interest in most things
  - Felt worthless or hopeless
  - Thought about death or suicide
  - Attempted suicide
  - None of the above
68. During the past 12 months, did you ever seriously consider attempting suicide?
- Yes
  - No – **GO TO QUESTION 70**
69. 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
70. Have you ever been diagnosed with schizophrenia, bipolar disorder, or chronic depression?
- Yes
  - No
  - Don't know/Not sure



71. How often do you get the social and emotional support you need?
- Always
  - Usually
  - Sometimes
  - Rarely
  - Never
  - Don't know
72. 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
  - I did use a program
  - 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
  - Stigma of seeking mental health services
  - My primary care doctor has not talked to me about these issues
  - My primary care doctor has not referred me to a program
  - Other priorities
  - Have not thought of it
  - Other: \_\_\_\_\_
  - Don't know
73. How do you deal with anxiety, stress, or depression? (**CHECK ALL THAT APPLY**)
- I do not have anxiety, stress, or depression
  - Talk to someone
  - Exercise
  - Eat
  - Drink Alcohol
  - Smoke
  - Use illegal drugs
  - Sleep
  - Use Medication
  - Hobbies
  - Journal
  - Gamble
  - Shop

<b>Quality of Life</b>
------------------------

74. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- Yes
  - No – **GO TO QUESTION 76**
  - Don't know/Not sure
75. What is the major disability or health problem that limits 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
76. Have you looked for a program to assist with your disability or other health problem?
- Yes, and I found one
  - Yes, and I have not found one
  - No, I have not looked



### Environmental Health

77. If you use a septic tank for wastewater, when was the last time you had your septic tank pumped?
- Do not use a septic tank
  - Within the past 5 years
  - 6 to 8 years ago
  - More than 8 years ago
  - Have never had it pumped
  - Don't know
78. 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
  - Cockroaches
  - Lice
  - 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

### Social Context

79. 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 – **GO TO QUESTION 81**
  - Don't know
80. Check the reasons why you keep firearms in or around your home. **(CHECK ALL THAT APPLY)**
- Hunting
  - Personal safety
  - For skeet shooting/target practice
  - For competitive shooting contests
  - Because I collect guns for their value
  - I need a firearm for my employment
81. How often do you use seat belts when you drive or ride in a car?
- Never
  - Rarely
  - Sometimes
  - Most of the time
  - Always
82. During the past 12 months, have any of the following threatened to abuse you? Include physical, sexual, emotional, financial and verbal abuse. **(CHECK ALL THAT APPLY)**
- A spouse or partner
  - A former spouse or former partner
  - A parent
  - An adult child
  - Another family member living in your household
  - Someone else
  - No one has threatened to abuse me in the past 12 months





83. 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 former spouse or former partner
  - A parent
  - An adult child
  - Another family member living in your household
  - Someone else
  - I was not abused in the past 12 months
84. 2-1-1 is a non-emergency information referral hotline. Have you ever called 211 for assistance?
- Yes
  - No, I did not need assistance
  - No, I did not know 211 was available for assistance
85. In the past 30 days, have you needed help meeting your general daily needs such as food, clothing, shelter, or paying utility bills?
- Yes
  - No
  - Don't know
86. Have you attempted to get assistance from any social service agencies such as a United Way, Church, CAC, Welfare/Job & Family Services agency?
- Yes, I looked for and received assistance
  - Yes, I looked for it but did not receive any assistance- **GO TO QUESTION 88**
  - No, I chose not to look- **GO TO QUESTION 88**
  - No, I didn't know where to look- **GO TO QUESTION 88**
87. Where did you get assistance?
- I didn't look for assistance
  - I looked for assistance but didn't get any
  - A friend or family member
  - A church
  - CAC
  - 2-1-1
  - Welfare Department/Job & Family Services
  - United Way
  - Somewhere else: \_\_\_\_\_

88. How safe from crime do you consider your neighborhood to be?
- Extremely safe
  - Safe
  - Slightly safe
  - Not at all safe
  - Don't know
89. When was the last time you or someone else deliberately tested all of the smoke alarms in your home?
- No smoke alarms in my home
  - Never
  - One or more years ago
  - Within the past year (at least 6 months but less than 12 months ago)
  - Within the past 6 months (at least 1 month but less than 6 months)
  - Within the past month (less than 1 month ago)

#### Veteran's Affairs

***IF NO ONE IN YOUR HOME IS A VETERAN,  
GO TO QUESTION 92***

90. Have you or someone in your household applied for VA benefits before?
- Yes, and benefits were received – **GO TO QUESTION 92**
  - Yes, and benefits were not received
  - No, no one applied for VA benefits
91. If you or someone in your household had an injury or disease while in service and have not applied for VA benefits, what stops you?
- VA benefits have been applied for
  - Not eligible at this time
  - Time constraints
  - Do not know the location of the Erie County Veterans Services office

#### Disaster Preparedness

92. How well prepared do you feel your household is to handle a large-scale disaster or emergency?
- Well prepared
  - Somewhat prepared
  - Not prepared at all
  - Don't know



93. 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
94. What would be your main method or way of getting information from authorities in a large-scale disaster or emergency?
- Television
  - Radio
  - Internet
  - Print media
  - Neighbors
  - Other
  - Don't know

<b>Parenting</b>
------------------

***IF YOU HAVE NO CHILDREN OR YOUR CHILDREN ARE 18 OR OLDER, GO TO QUESTION 104.***

95. During the past 12 months, was there any time that any of your children did not have any health insurance coverage?
- Yes, and at least one child does not have health insurance now
  - Yes, but all of my children have health insurance now
  - No
  - Don't know

96. Has a doctor ever told you that any of your children have any of the following chronic condition(s)? **(CHECK ALL THAT APPLY)**
- Yes, a deformity or orthopedic impairment
  - Yes, a chronic respiratory condition such as asthma, chronic bronchitis or sinusitis
  - Yes, a heart condition such as heart murmurs or congenital defects
  - Yes, a hearing or speech impairment
  - Yes, a mental health disorder such as anxiety, mood, or disruptive disorders
  - Yes, autism spectrum disorder
  - Yes, Asperger's syndrome
  - Yes, sickle cell disease
  - Yes, another chronic condition
  - No
97. In your opinion, has your child received all of the recommended immunization shots for his or her age?
- Yes – **GO TO QUESTION 99**
  - No
  - Don't know – **GO TO QUESTION 99**
98. If not, why? **(CHECK ALL THAT APPLY)**
- Cost
  - Fear of immunization
  - Lack of transportation
  - Don't think immunization is necessary
  - Don't know where to go for childhood immunizations
  - Doctor hasn't recommended
  - Other
  - Don't know
99. Have you ever contacted any of the following agencies to help you with problems you have with your child? **(CHECK ALL THAT APPLY)**
- No, I have not called an agency for problems with child
  - Mental health
  - Faith based agency
  - Juvenile court
  - Child's school
  - Law enforcement
  - Children's services
  - Other: \_\_\_\_\_



100. How much unsupervised time does your 12 to 17 year old child have after school on an average school day?

- I do not have a child 12 to 17 years old
- Less than one hour
- 1 to 2 hours
- 3 to 4 hours
- More than 4 hours

101. 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
- Friendships
- Eating habits
- Body image
- Screen time (TV, phone, texting, video games or computer)
- Bullying (cyber, physical, indirect, verbal)
- Social media issues
- Energy drinks
- Depression and suicide, anxiety
- Importance of education
- Did not discuss

102. What have you discussed with your 12 to 17 year old child in regards to alcohol, tobacco and other drugs in the past year? (**CHECK ALL THAT APPLY**)

- I do not have a child 12 to 17 years old
- Refusal skills/peer pressure
- Negative effects of alcohol
- Negative effects of tobacco
- Negative effects of marijuana and other illegal drugs
- Negative effects of misusing prescription drugs
- School/legal consequences
- Did not discuss

103. Have you wanted to see a doctor for your child's healthcare needs, but were not able to for any reason?

- No, we have a doctor or pediatrician for our child's care
- No, we use hospital emergency services for our child's care
- Yes, unable to find a doctor accepting new patients
- Yes, the wait time for an appointment was too long
- Yes, other \_\_\_\_\_

### Demographics

104. What is your zip code? \_\_\_\_\_

105. What is your sex?

- Male
- Female

106. What is your age? \_\_\_\_\_

107. Which one of these groups would you say best represents your race?

- White
- Black or African American
- Asian
- Native Hawaiian or Other Pacific Islander
- American Indian/Alaska Native
- Biracial
- Other (specify): \_\_\_\_\_
- Don't know/Not sure

108. Are you Hispanic or Latino?

- Yes
- No
- Don't know/Not sure

109. Are you...

- Married
- Divorced
- Widowed
- Separated
- Never married
- A member of an unmarried couple



110. How many children live in your household who are...

Less than 5 years old \_\_\_\_\_

5 to 12 years old \_\_\_\_\_

13 to 17 years old \_\_\_\_\_

None

111. What is the highest grade or year of school you completed?

Never attended school or only attended kindergarten

Elementary

Some high school

High school graduate

Some college or technical school

College graduate

Post graduate education (masters or doctorates degree)

112. 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

A Homemaker

A Student

Retired

Unable to work

113. Is your gross 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

114. About how much do you weigh without shoes?

POUNDS \_\_\_\_\_

Don't know/Not sure

115. About how tall are you without shoes?

FEET \_\_\_\_\_

INCHES \_\_\_\_\_

Don't know/Not sure

*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 Erie Youth Health Needs Questionnaire

**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.....A
  - 13 years old.....B
  - 14 years old.....C
  - 15 years old.....D
  - 16 years old.....E
  - 17 years old.....F
  - 18 years old.....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? (**SELECT 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
  - Bi-racial.....G

5. Do you live with...?
  - 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

### Personal Safety

6. 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
  
7. 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



8. During the past 30 days, how many times did you drive a car or other vehicle when you 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  
 Do not drive.....F
9. Have you ever played the choking game (pass-out game, space monkey, dream game)?  
 Yes.....A  
 No.....B

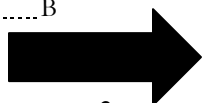
**Violence Related Behavior**

10. During the past 30 days, 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
11. 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
12. 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

13. 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
14. During the past 12 months, did your boyfriend or girlfriend ever hit, slap or physically hurt you on purpose?  
 Yes.....A  
 No.....B
15. During the past 12 months, did an adult or caregiver ever hit, slap or physically hurt you on purpose?  
 Yes.....A  
 No.....B
16. Have you ever been forced to participate in any sexual activity when you did not want to?  
 Yes.....A  
 No.....B
17. During your life, have you purposely hurt yourself by: **(CIRCLE ALL THAT APPLY)**  
 I have never hurt myself on purpose.....A  
 Cutting.....B  
 Burning.....C  
 Scratching.....D  
 Hitting.....E  
 Biting.....F
18. 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, or other electronic methods).....D  
 None of the above.....E

**Mental Health**

19. 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



20. During the past 12 months, did you ever **seriously** consider attempting suicide?  
 Yes.....A  
 No.....B
21. During the past 12 months, how many times did you actually attempt suicide?  
 0 times.....A  
 1 time.....B  
 2 or 3 times.....C  
 4 or 5 times.....D  
 6 or more times.....E
22. What causes you anxiety, stress or depression?  
**(CIRCLE ALL THAT APPLY)**  
 Peer pressure.....A  
 Fighting in home.....B  
 Family member in military.....C  
 Flood.....D  
 Parent lost job (unemployment).....E  
 Breakup.....F  
 Poverty/no money.....G  
 Dating relationship.....H  
 Fighting with friends.....I  
 Sports.....J  
 Academic success.....K  
 Other stress at home.....L  
 None of the above.....M
23. How do you deal with anxiety, stress, or depression?  
**(CIRCLE ALL THAT APPLY)**  
 I do not have anxiety, stress, or depression....A  
 Talk to friends/peer.....B  
 Talk to parents/family member.....C  
 Talk to other adult.....D  
 Talk to professional.....E  
 Exercise.....F  
 Eat.....G  
 Drink alcohol.....H  
 Smoke/use tobacco.....I  
 Use illegal drugs.....J  
 Sleep.....K  
 Use medication that is prescribed for me.....L  
 Use medication that is not prescribed for me...M  
 Hobbies.....N  
 Journal.....O  
 Gamble.....P  
 Shop.....Q  
 Break something.....R  
 Vandalism or violent behavior.....S  
 Self-harm, such as cutting.....T

### Tobacco Use

24. Have you ever tried cigarette smoking, even one or two puffs?  
 Yes.....A  
 No.....B
25. 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
26. 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
27. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?  
 I did not smoke during the past 30 days.....A  
 Less than 1 cigarette a day.....B  
 1 cigarette per day.....C  
 2 to 5 cigarettes per day.....D  
 6 to 10 cigarettes per day.....E  
 11 to 20 cigarettes per day.....F  
 More than 20 cigarettes per day.....G
28. 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



29. 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
30. 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
31. 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

<b>Alcohol Use</b>
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32. 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

33. 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
34. 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
35. 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
36. 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
  - In a store or gas station.....B
  - Someone else bought it for me.....C
  - A person 21 years or older gave it to me.....D
  - My parent gave it to me.....E
  - My friend's parent gave it to me.....F
  - I took it from a store or family member.....G
  - I got it some other way.....H





37. 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
38. 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**

39. 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
40. 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
41. 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

42. 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
43. 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
44. 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
45. 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
46. 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
47. 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



48. During your life, how many times have you used medications that were either not prescribed for you, or took more than was prescribed to feel good or 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
49. During your life, how many times have you taken over-the-counter medications such as cold medicine, allergy medicine, or pain reliever 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
50. Have you ever been to a pharm party (skittle party or bowling party)?
- Yes.....A
  - No.....B
  - I have never heard of a pharm party.....C
51. How did you usually get the medications that were not prescribed for you? **(CIRCLE ALL THAT APPLY)**
- A friend gave them to me.....A
  - A parent gave them to me.....B
  - Another family member gave them to me.....C
  - I took them from a friend or family member.....D
  - I bought them from a friend.....E
  - I bought them from someone else.....F
  - I did not misuse medications.....G

### Sexual Behavior

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

53. How old were you when you had sexual intercourse for the first time?
- 11 years old or younger.....A
  - 12 years old.....B
  - 13 years old.....C
  - 14 years old.....D
  - 15 years old.....E
  - 16 years old.....F
  - 17 years old or older.....G
  - I have never had sexual intercourse.....H
54. During your life, with how many people have you had sexual intercourse?
- 1 person.....A
  - 2 people.....B
  - 3 people.....C
  - 4 people.....D
  - 5 people.....E
  - 6 or more people.....F
  - I have never had sexual intercourse.....G
55. 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
56. Where have you been taught about sexual activity, sexually transmitted diseases, AIDS or HIV infection, or the use of condoms? **(CIRCLE ALL THAT APPLY)**
- School.....A
  - At home.....B
  - Friends.....C
  - Internet.....D
  - My doctor.....E
  - Other professional.....F
  - Somewhere else.....G
  - Have not been taught about these subjects.....H

### Diet & Nutrition

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



58. 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
59. 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
60. I drink energy drinks for the following reasons (examples: RedBull, Monster)? **(CIRCLE ALL THAT APPLY)**
- I do not drink energy drinks.....A
  - To help me perform.....B
  - Before games or practice.....C
  - To get pumped up.....D
  - To mix with alcohol.....E
  - To stay awake.....F
  - For some other reason.....G
61. 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
62. Which of the following sources of calcium do you consume daily? **(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

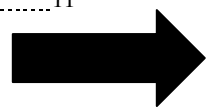
63. In a typical week, how many meals did you eat out in a restaurant or bring take out food home to eat?
- \_\_\_\_\_ meals

**Exercise**

64. During the past 7 days, on many days were you physically active for a total of at least 60 minutes per day? (Add up all of the time you spend any kind of physical activity that increases your heart rate and makes 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

**Miscellaneous**

65. 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.
- Yes.....A
  - No.....B
  - Don't know/not sure.....C
66. How often do you use a tanning booth or bed?
- I do not use tanning booths.....A
  - Only for special occasions (prom, homecoming, weddings, etc.).....B
  - Once a month.....C
  - Once a week.....D
  - More than once a week.....E
  - Every day.....F
67. If you have a facebook or twitter account, or other social networking account, **(CIRCLE ALL THAT APPLY)**:
- I do not have a facebook, twitter or other account.....A
  - My parents have my password.....B
  - I know all of the people in "my friends".....C
  - My account is currently checked private.....D
  - My friends have my password.....E
  - I have had problems as a result of my account.....F
  - I have been asked to meet someone I met online.....G
  - I have participated in sexual activity with someone I met online.....H



68. On an average school day, how many hours do you spend doing the following activities?

TV	Video Games (non-active)	Texting
<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

69. On an average school day, how many hours do you spend doing the following activities?

Socializing on the computer (facebook, etc.)	Homework on the Computer	Extracurricular Activities (sports, Scouts, church, etc.)
<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

70. When you drive up to a railroad crossing in which the lights are flashing, how often do you do the following?

A. I stop and wait for the lights to stop flashing (and/or the gates to go up).

- I do not drive.....A
- Always.....B
- Usually.....C
- Sometimes.....D
- Seldom.....E
- Never.....F

B. I check to see how close the train is then I go around the guard gates.

- I do not drive.....A
- Always.....B
- Usually.....C
- Sometimes.....D
- Seldom.....E
- Never.....F

C. I try to beat the train to the crossing so that I do not have to wait.

- I do not drive.....A
- Always.....B
- Usually.....C
- Sometimes.....D
- Seldom.....E
- Never.....F

71. How tall are you without your shoes on?

\_\_\_\_\_ Feet

\_\_\_\_\_ Inches

72. 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.*