

Lorain County Community Health Assessment 2015



Commissioned By:



FOREWORD

Dear Lorain County Resident,

Thank you for your interest in the 2015 Lorain County Community Health Assessment (CHA). The information was collected from surveys of Lorain County adults conducted by the Hospital Council of Northwest Ohio and youth conducted by the Alcohol and Drug Addiction Services Board of Lorain County and Communities That Care of Lorain County. Our survey data were reported alongside health information from reputable national, state, and local data sources, such as the Centers for Disease Control and Prevention and the Ohio Department of Health. The design of this CHA permits an examination of the diverse aspects of Lorain County by analyzing the data and reporting the health status by urban, suburban, and rural community types. It also shows a comparison between the 2015 data and data collected from the first comprehensive Lorain County CHA conducted in 2011.

The Lorain County CHA provides current information about the health status of our county and progress of the Lorain County Community Health Improvement Plan (CHIP), which was completed in December 2014. The CHIP serves as a guide for developing and implementing select broad strategies to improve the lives of Lorain County residents. Lorain County CHIP Priorities include Improve Access to Care; Expand Coordinated Education and Prevention Services with a focus on improving infant mortality; Improve Weight and Obesity; Reduce Alcohol, Tobacco, and Drug Use and Abuse; and Improve Mental Health.

This report would not exist without the financial and collaborative support of our local community organizations. Special thanks are given to all involved in this process. The contributions were invaluable.

It is our hope that this assessment will aid our communities in identifying and further understanding their respective health concerns, measuring the impact of current health efforts, and guiding the appropriate use of local resources. We also hope to use the data to make Lorain County a healthier place to live, work, and play.

Sincerely,



David Covell, MPH, RS
Health Commissioner, Lorain County General Health District
on behalf of Lorain County Health Partners

FOREWORD

Funding for the Lorain County Health Assessment Provided by:

Alcohol and Drug Addiction Services Board of Lorain County
Lorain County Board of Mental Health
Lorain County General Health District
Lorain County Health & Dentistry
Mercy
University Hospitals Elyria Medical Center

Commissioned by Lorain County Health Partners:

Alcohol and Drug Addiction Services Board of Lorain County
Cleveland Clinic
Elyria City Health District
Lorain City Health Department
Lorain County Board of Mental Health
Lorain County Children and Families Council
Lorain County General Health District
Lorain County Health & Dentistry
Lorain County Metro Parks
Lorain County Office on Aging
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ACKNOWLEDGE

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EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Lorain County adults (19 years of age and older) who participated in a county-wide health assessment survey during August 2015 through November 2015. 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). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

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

INSTRUMENT DEVELOPMENT

One survey instrument was designed and pilot tested for this study. 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. The investigators decided to derive the majority of the adult survey items from the BRFSS. This decision was based on being able to compare local data with state and national data.

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

SAMPLING | *Adult Survey*

Adults ages 19 and over living in Lorain County were used as the sampling frame for the adult survey. There were 224,935 persons ages 19 and over living in Lorain County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 384 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Lorain County was obtained from American Clearinghouse in Louisville, KY.

PROCEDURE | *Adult Survey*

Prior to mailing the survey to adults, an advance letter was mailed to 2,400 adults in Lorain County. This advance letter was personalized, printed on Lorain County Health Partner stationery and listed the corresponding partners. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Three weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a cover letter describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the entire mailing, including both groups was 35% (n=781: CI=± 3.5). The response rate for the general population survey was 39% (n=448: CI=± 4.62). The response rate for the Lorain County Urban mailing was 30% (n=333: CI= ± 5.36). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

DATA ANALYSIS | *Adult Survey*

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

SAMPLING | *Youth Survey*

During the Fall, 2014, Communities That Care (CTC) of Lorain County, as a requirement of the Drug Free Communities and Support Program, anonymously surveyed youth in grades 6, 8, 10 at Lorain County Schools. The **PRIDE Surveys Questionnaire for Grades 6-12** was given to 1,917 students in these grades: 6th graders surveyed: 614 (32%), 8th graders surveyed: 573 (29.9%) and 10th graders surveyed: 730 (38.1%) which represented approximately 15% of students in those grades throughout Lorain County. Survey questions focused on: Past 30-Day Drug Use, Students' Perception of Risk, Students' Perception of Parents' Disapproval, Age of First Use, Perception of Availability, Where and When Students Use for Cigarettes, Alcohol, Marijuana and Prescription Drugs, Additionally the survey gathered data about Violence Indicators, School Safety, Risk and Protective Factors. Ten additional questions were added to the survey to inquire about anxiety, depression, suicide, healthy eating and physical activity. A passive consent was disseminated to parents of students participating in the survey process.

DATA ANALYSIS | *Youth Survey*

PRIDE Surveys (Bowling Green, KY) provided the graphs and tables compiled from the data collected.

LIMITATIONS

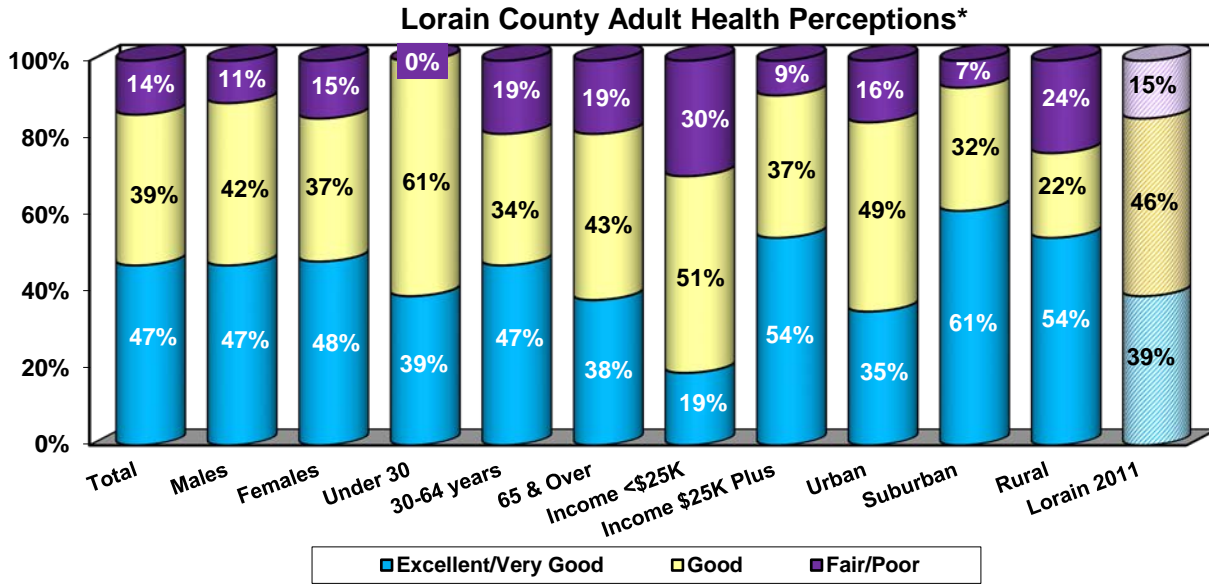
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Lorain County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked,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

Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, 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.

Data Summary

HEALTH PERCEPTIONS

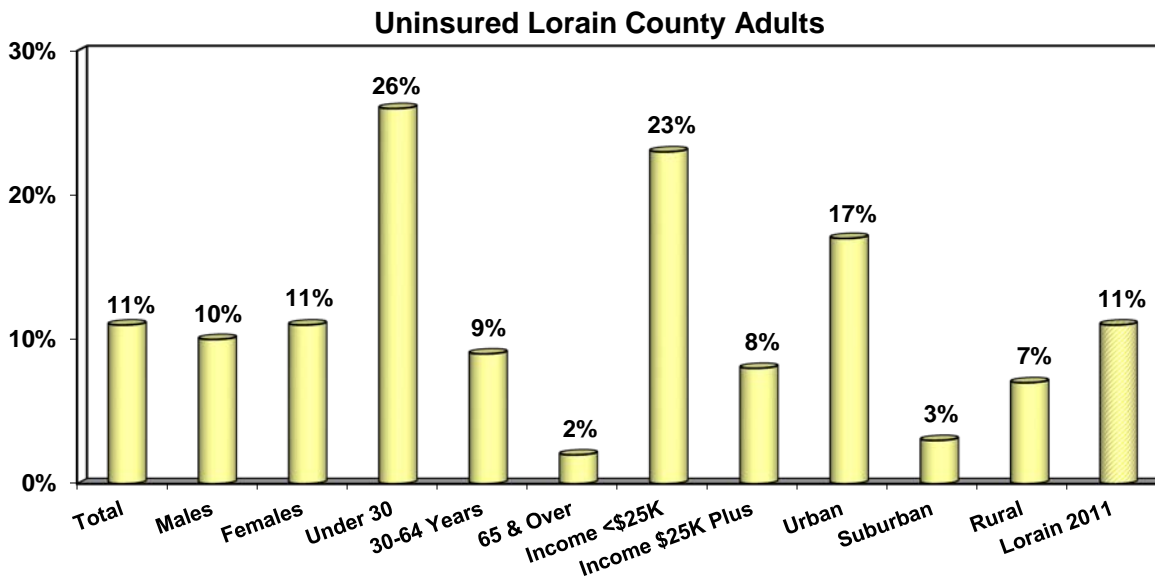
In 2015, almost half (47%) of the Lorain County adults rated their health status as excellent or very good. Conversely, 14% of adults, increasing to 19% of those over the age of 65, described their health as fair or poor.



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

HEALTH CARE COVERAGE

The 2015 Health Assessment data has identified that 11% of Lorain County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Lorain County, 14.8% of residents live below the poverty level (Source: U.S. Census, American Community Survey 1 Year Estimate, 2014).

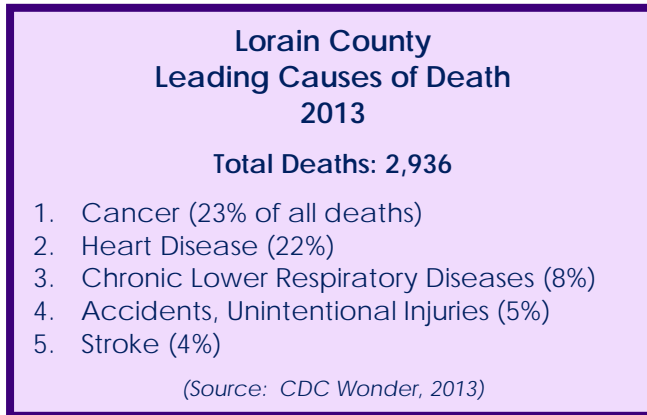


HEALTH CARE ACCESS

The 2015 Health Assessment project identified that 64% of Lorain County adults had visited a doctor for a routine checkup in the past year. 49% of adults went outside of Lorain County for health care services in the past year.

CARDIOVASCULAR HEALTH

Heart disease (23%) and stroke (4%) accounted for 27% of all Lorain County adult deaths in 2013 (Source: CDC Wonder, 2013). The 2015 Lorain County Health Assessment found that 3% of adults had survived a heart attack and 4% had survived a stroke at some time in their life. More than one-third (37%) of Lorain County adults were obese, 36% had been diagnosed with high blood pressure, 33% had high blood cholesterol, and 22% were smokers, four known risk factors for heart disease and stroke.



CANCER

In 2015, 11% of Lorain County adults had been diagnosed with cancer at some time in their life. CDC statistics indicate that from 2009-2013, a total of 3,320 Lorain County residents died from cancer, the leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

DIABETES

In 2015, 11% of Lorain County adults had been diagnosed with diabetes.

ARTHRITIS

According to the Lorain County survey data, 34% of Lorain County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they had arthritis.

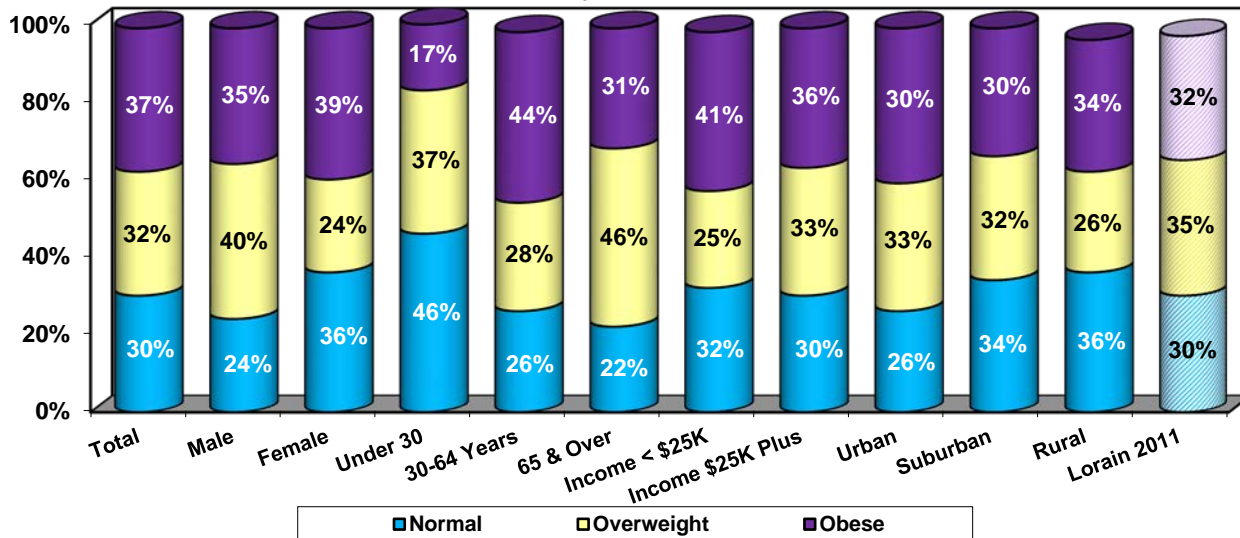
ASTHMA

According to the Lorain County survey data, 15% of Lorain County adults had been diagnosed with asthma.

ADULT WEIGHT STATUS

The 2015 Health Assessment identified that 69% of Lorain County adults were overweight or obese based on Body Mass Index (BMI). The 2014 BRFSS indicates that 33% of Ohio and 30% of U.S. adults were obese by BMI. More than one-third (37%) of Lorain County adults were obese. Nearly half (49%) of adults were trying to lose weight.

Lorain County Adult BMI Classifications

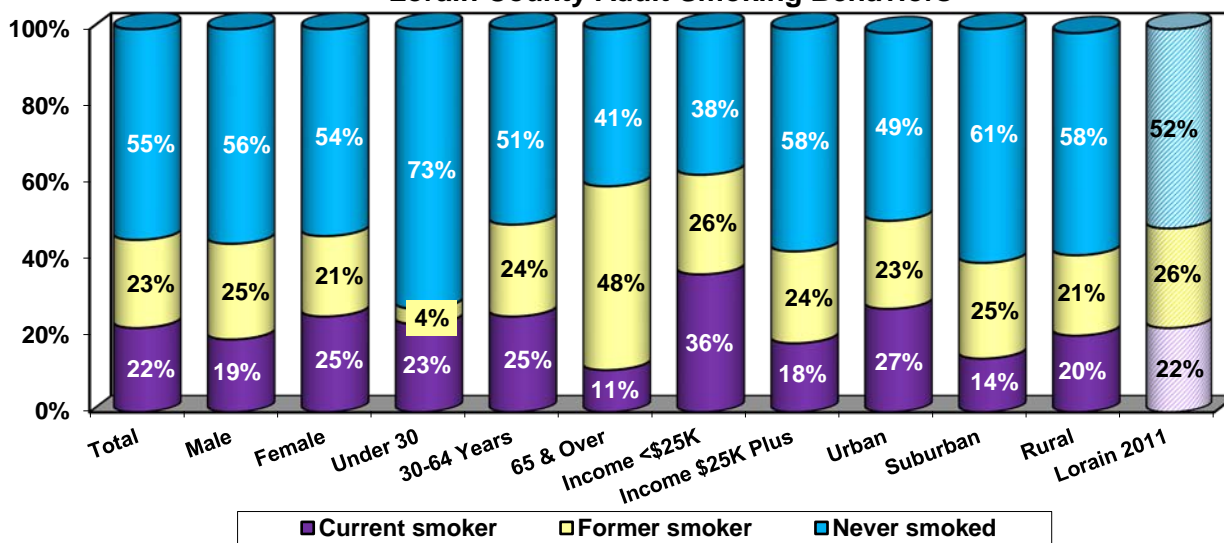


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

ADULT TOBACCO USE

In 2015, 22% of Lorain County adults were current smokers and 23% were considered former smokers. In 2015, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2015).

Lorain County Adult Smoking Behaviors

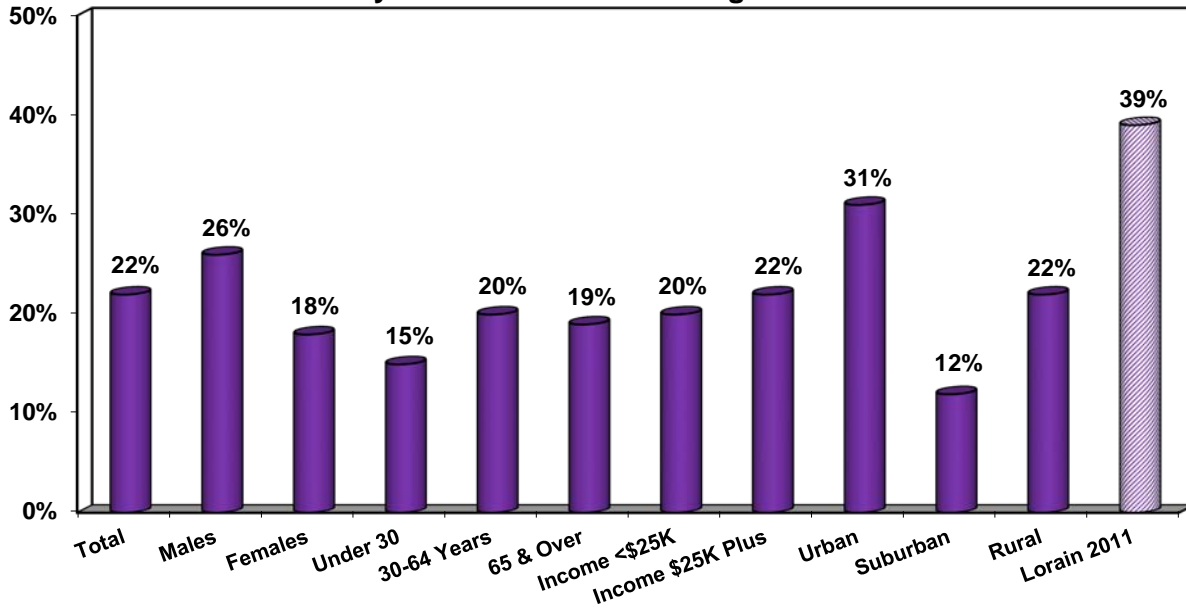


Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes every day, some days or not at all?"

ADULT ALCOHOL CONSUMPTION

In 2015, the Health Assessment indicated that 16% of Lorain County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 22% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month.

Lorain County Adult Drinkers Who Binge Drank in Past Month*

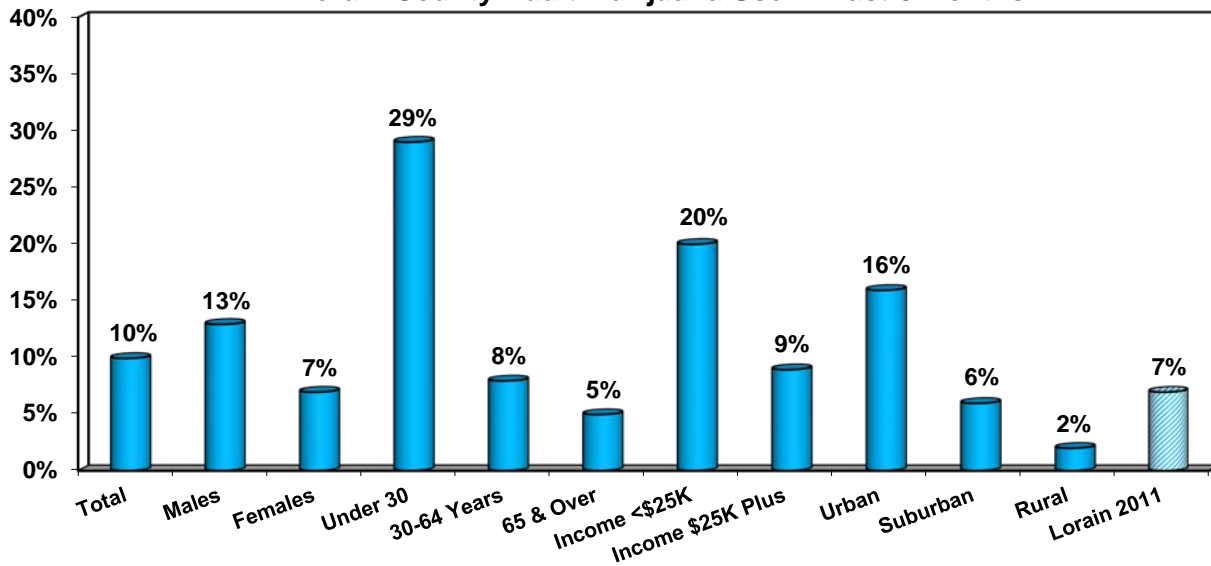


*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion.

ADULT DRUG USE

In 2015, 10% of Lorain County adults had used marijuana during the past 6 months. 11% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

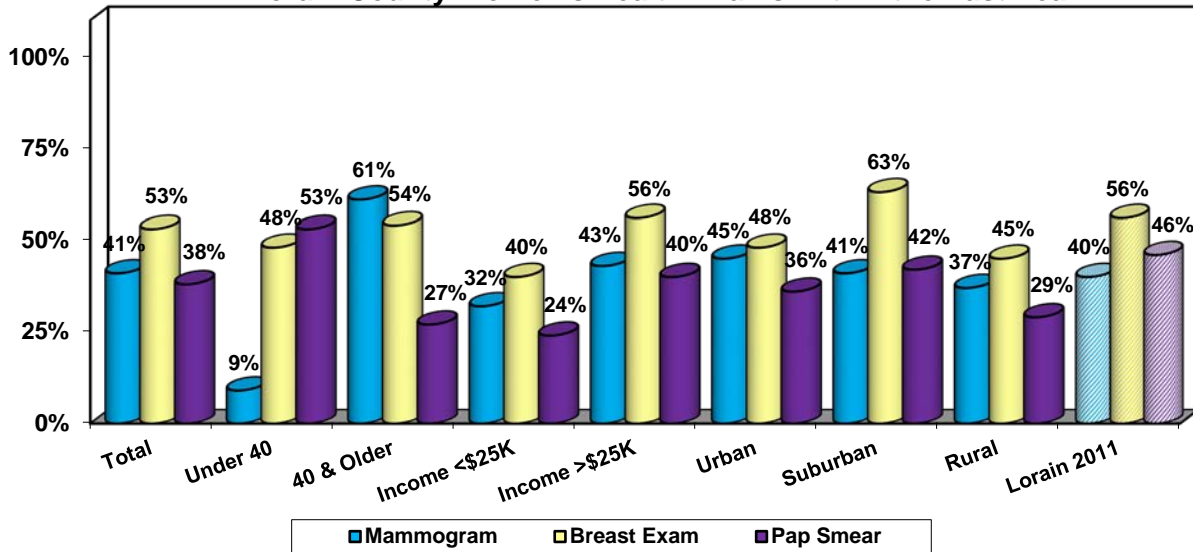
Lorain County Adult Marijuana Use in Past 6 Months



WOMEN'S HEALTH

In 2015, more than three-fifths (61%) of Lorain County women over the age of 40 reported having a mammogram in the past year. 53% of Lorain County women ages 19 and over had a clinical breast exam and 38% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 1% of women survived a heart attack and 2% survived a stroke at some time in their life. Nearly two-fifths (39%) of Lorain County women were obese, 30% had high blood pressure, 31% had high blood cholesterol, and 25% were identified as smokers, known risk factors for cardiovascular diseases.

Lorain County Women's Health Exams Within the Past Year



MEN'S HEALTH

In 2015, 49% of Lorain County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 23% of all male deaths in Lorain County from 2011-2013. The Health Assessment determined that 5% of men survived a heart attack and 6% survived a stroke at some time in their life. More than two-fifths (41%) of men had been diagnosed with high blood pressure, 35% had high blood cholesterol, and 19% were identified as smokers, which, along with obesity (35%), are known risk factors for cardiovascular diseases.

PREVENTIVE MEDICINE AND HEALTH SCREENINGS

More than four-fifths (82%) of adults ages 65 and over have had a pneumonia vaccination at some time in their life. More than one-fourth (29%) of adults over the age of 50 had a preventive screening for colorectal cancer in the past 2 years.

ADULT SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2015, over two-thirds (69%) of Lorain County adults had sexual intercourse. Eight percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, *STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

QUALITY OF LIFE

In 2015, 36% of Lorain County adults were limited in some way because of a physical, mental or emotional problem.

SOCIAL CONTEXT

In 2015, 9% of Lorain County adults were abused in the past year. 31% of adults kept a firearm in or around their home.

MENTAL HEALTH AND SUICIDE

In 2015, 3% of Lorain County adults considered attempting suicide. 20% of adults had a period of two or more weeks when they felt sad, blue or depressed.

ORAL HEALTH

The 2015 Health Assessment project has determined that nearly two-thirds (66%) of Lorain County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of Ohio and U.S. adults had visited a dentist or dental clinic in the previous twelve months.

RURAL HEALTH

The 2015 Health Assessment reported that 7% of rural Lorain County adults did not have health care coverage. 40% of adults keep firearms in and around their household. 37% of rural women have had a mammogram in the past year.

SUBURBAN HEALTH

The 2015 Health Assessment reported that 3% of suburban adults did not have health care coverage. 33% of adults had high blood pressure. 14% were current smokers. 94% consider their neighborhood to be extremely or quite safe.

URBAN HEALTH

The 2015 Health Assessment reported that 17% of Elyria and Lorain City adults did not have health care coverage. 32% of adults had high blood cholesterol. 73% were classified as overweight or obese, and 27% were current smokers.

YOUTH WEIGHT CONTROL

During the fall of 2014, Communities that Care of Lorain County conducted the PRIDE survey in 6th, 8 and 10th grades throughout 11 districts in the county. 9% of Lorain County 6th grade youth ate 4 or more servings of fruit per day. 76% of Lorain County 8th grade youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. Over one-fourth (29%) of 10th grade youth spent 3 or more hours watching TV on an average day.

YOUTH TOBACCO USE

The 2014 Pride Survey Report indicated that 2% of Lorain County 6th grade youth and 17% of 10th grade youth had smoked cigarettes in the past year.

YOUTH ALCOHOL CONSUMPTION

2% of Lorain County 6th grade youth were current drinkers, having had a drink at some time in the past 30 days. The 2014 Pride Survey Report indicated that 19% of Lorain County 8th grade youth had alcohol in the past year.

YOUTH DRUG USE

The 2014 Pride Survey Report indicated that 4% of Lorain County 6th grade youth had used illicit drugs in the past year. 7% of Lorain County 8th grade youth used marijuana or hashish in the past 30 days.

YOUTH MENTAL HEALTH AND SUICIDE

One-fifth (20%) of Lorain County 6th grade youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. 17% of 10th grade youth reported they had seriously considered attempting suicide in the past 12 months.

YOUTH SAFETY AND VIOLENCE

24% of Lorain County 10th grade youth had threatened to hurt another student by hitting, slapping or kicking. 16% of youth hurt another student by hitting, slapping or kicking.

YOUTH PERCEPTIONS

About two-fifths (42%) of Lorain County 6th grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. 80% of 8th grade youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

Adult | TREND SUMMARY

Adult Variables	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Health Status				
Rated health as excellent or very good	48%	47%	51%	53%
Rated general health as fair or poor	12%	14%	18%	17%
Rated their mental health as not good on four or more days	20%	27%	N/A	N/A
Average days that physical health not good in past month	N/A	3.1	3.9**	3.7**
Average days that mental health not good in past month	N/A	4.1	3.9**	3.5**
Health Care Coverage				
Has health care coverage	89%	89%	90%	87%
Arthritis, Asthma & Diabetes				
Has been diagnosed with arthritis	35%	34%	31%	26%
Has been diagnosed with asthma	14%	15%	15%	14%
Has been diagnosed with diabetes	13%	11%	12%	10%
Cardiovascular Health				
Had a heart attack	6%	3%	5%	4%
Had a stroke	2%	4%	4%	3%
Has been diagnosed with high blood pressure	35%	36%	34%*	31%*
Has been diagnosed with high blood cholesterol	36%	33%	38%*	38%*
Had blood cholesterol checked within the past 5 years	N/A	82%	78%*	76%*
Alcohol Consumption				
Had at least one alcoholic beverage in past month	59%	61%	53%	53%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	23%	11%	18%	16%
Tobacco Use				
Current smoker (currently smoke some or all days)	22%	22%	21%	18%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	26%	23%	25%	25%
Drug Use				
Adults who used marijuana in the past 6 months	7%	10%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	11%	11%	N/A	N/A
Adults who used heroin in the past 6 months	1%	<1%	N/A	N/A
Weight Status				
Overweight	35%	32%	34%	35%
Obese	32%	37%	33%	30%

N/A - not available
 * 2012 BFRSS Data
 **2010 BFRSS Data

TREND SUMMARY

Adult Variables	Lorain County 2011	Lorain County 2015	Ohio 2013	U.S. 2013
Quality of Life				
Limited in some way because of physical, mental or emotional problem	20%	36%	22%	20%
Mental Health				
Considered attempting suicide in the past year	4%	3%	N/A	N/A
Oral Health				
Adults who have visited the dentist in the past year	60%	66%	65%	65%
Preventive Medicine				
Had a pneumonia vaccine in lifetime (age 65 and older)	N/A	82%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	68%	82%	56%	61%
Had a mammogram in the past two years (age 40 and older)	N/A	75%	72%	77%
Had a pap smear in the past three years	N/A	68%	74%	75%

N/A - Not available

*2013 BRFSS Data

Youth | TREND SUMMARY

Youth Variables	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Weight Control			
Physically active at least 60 minutes per day on every day in past week	27%	30%	25%
Physically active at least 60 minutes per day on 5 or more days in past week	48%	52%	48%
Did not participate in at least 60 minutes of physical activity on at least 1 day	12%	9%	11%
Watched TV 3 or more hours per day	33%	32%	29%
Tobacco Use			
Smoked cigarettes in the past year	2%	10%	17%
Current smokers	2%	7%	11%
Alcohol Consumption			
Youth who had alcohol in the past year	4%	19%	40%
Current drinker	2%	10%	22%
Rode with someone who was drinking	8%	15%	12%
Drank and drove (of youth drivers)	N/A	1%	2%
Drug Use			
Youth who used marijuana in the past month	2%	7%	13%
Used methamphetamines	1%	1%	1%
Used cocaine in the past year	1%	1%	1%
Used heroin in the past year	1%	1%	1%
Used steroids in the past year	1%	1%	2%
Used inhalants in the past year	1%	2%	2%
Used ecstasy/MDMA in the past year	<1%	1%	2%
Youth who used prescription drugs not prescribed for them in the past month	1%	3%	4%
Mental Health			
Youth who had seriously considered attempting suicide in the past year	8%	15%	17%
Youth who had attempted suicide in the past year	5%	7%	6%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	20%	27%	36%
Safety and Violence			
Youth who carried a knife, club or other weapon at school	4%	6%	7%
Youth who had been threatened with a handgun, knife or club	6%	8%	5%
Youth who threatened to hurt another student by hitting, slapping or kicking	17%	29%	24%
Youth who always wore a seatbelt when driving a car	8%	9%	43%

N/A - not available

TREND SUMMARY

Adult | HEALTH STATUS PERCEPTIONS

Key Findings

In 2015, almost half (47%) of the Lorain County adults rated their health status as excellent or very good. Conversely, 14% of adults, increasing to 19% of those over the age of 65, described their health as fair or poor.

Adults Who Rated General Health Status Excellent or Very Good

- Lorain County 47% (2015)
- Ohio 51% (2014)
- U.S. 53% (2014)

(Source: BRFSS 2013 for Ohio and U.S.)

General Health Status

- In 2015, nearly half (47%) of Lorain County adults rated their health as excellent or very good. Lorain County adults with higher incomes (54%) were most likely to rate their health as excellent or very good, compared to 19% of those with incomes less than \$25,000.
- 14% of adults rated their health as fair or poor. The 2014 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.
- Lorain County adults were most likely to rate their health as fair or poor if they:
 - Had been diagnosed with diabetes (35%)
 - Were widowed (33%)
 - Had an annual household income under \$25,000 (30%)
 - Had high blood pressure (25%) or high blood cholesterol (23%)
 - Were 65 years of age or older (19%)

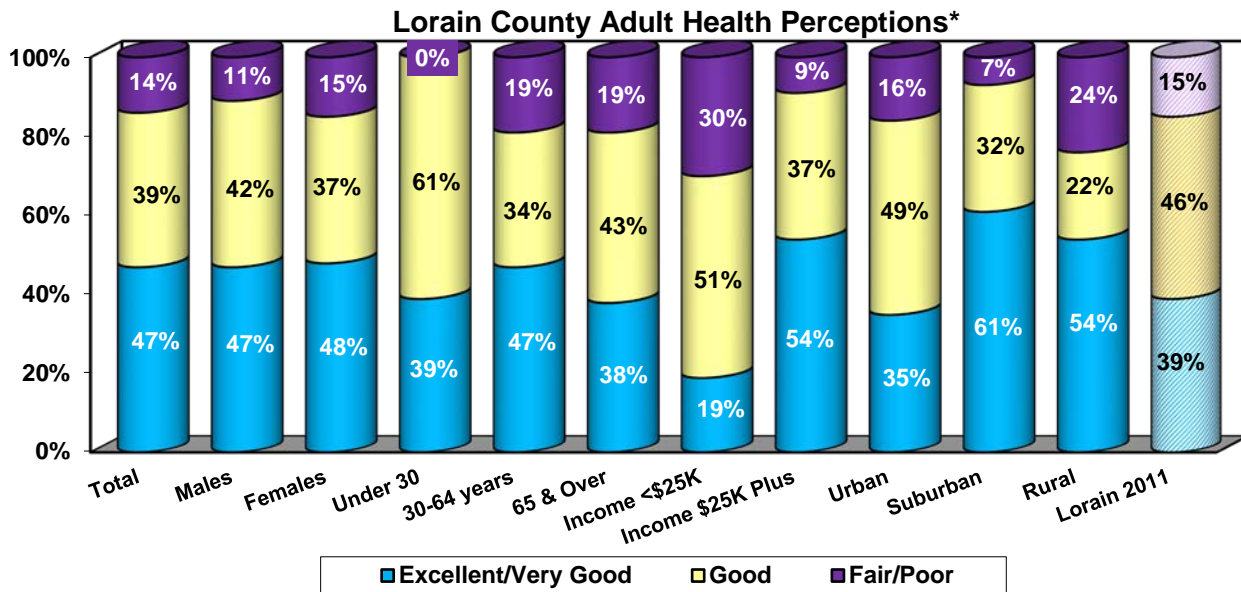
Physical Health Status

- In 2015, 21% of Lorain County adults rated their physical health as not good on four or more days in the previous month.
- Lorain County adults reported their physical health as not good on an average of 3.1 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 4.0 days and 3.8 days, respectively in the previous month (Source: 2014 BRFSS).
- Lorain County adults were most likely to rate their physical health as not good if they:
 - Had an annual household income under \$25,000 (31%)
 - Were ages 30-64 (25%)

Mental Health Status

- In 2015, 27% of Lorain County adults rated their mental health as not good on four or more days in the previous month.
- Lorain County adults reported their mental health as not good on an average of 4.1 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 4.3 days and 3.7 days, respectively in the previous month (Source: 2014 BRFSS).
- One-in-six (16%) adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.
- Lorain County adults were most likely to rate their mental health as not good if they:
 - Had an annual household income under \$25,000 (30%)

The following graph shows the percentage of Lorain County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 47% of all Lorain County adults, 39% of those under age 30, and 38% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	70%	2%	4%	2%	11%
Females	57%	4%	9%	4%	12%
Total	63%	3%	6%	3%	11%
Mental Health Not Good in Past 30 Days*					
Males	65%	2%	4%	2%	13%
Females	53%	7%	6%	3%	19%
Total	59%	4%	5%	2%	16%

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

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Rated health as excellent or very good	48%	47%	51%	53%
Rated health as fair or poor	12%	14%	18%	17%
Rated their mental health as not good on four or more days in the previous month	20%	27%	N/A	N/A
Average days that physical health not good in past month	N/A	3.1	4.0	3.8
Average days that mental health not good in past month	N/A	4.1	4.3	3.7

N/A – Not available

Adult | HEALTH CARE COVERAGE

Key Findings

The 2015 Health Assessment data has identified that 11% of Lorain County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Lorain County, 14.4% of residents live below the poverty level (Source: U.S. Census, American Community Survey 1 Year Estimate, 2014).

General Health Coverage

- In 2015, 89% Lorain County adults had health care coverage, leaving 11% who were uninsured. The 2014 BRFSS reports uninsured prevalence rates for Ohio (10%) and the U.S. (13%).
- In the past year, 11% of adults were uninsured, increasing to 23% of those with incomes less than \$25,000 and 26% of those under the age of 30.
- 10% of adults with children did not have healthcare coverage, compared to 7% of those who did not have children living in their household.

Average Members Per Year 2010	Lorain County Residents Enrolled in Medicaid	Ohio Residents Enrolled in Medicaid
Ages 0-18	28,991 (58%)	1,159,095 (55%)
Ages 19-64	18,202 (36%)	787,749 (38%)
Ages 65 and Over	2,952 (6%)	155,896 (7%)
Total	50,145 (100%)	2,102,740 (100%)

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

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

11% of Lorain County adults were uninsured.

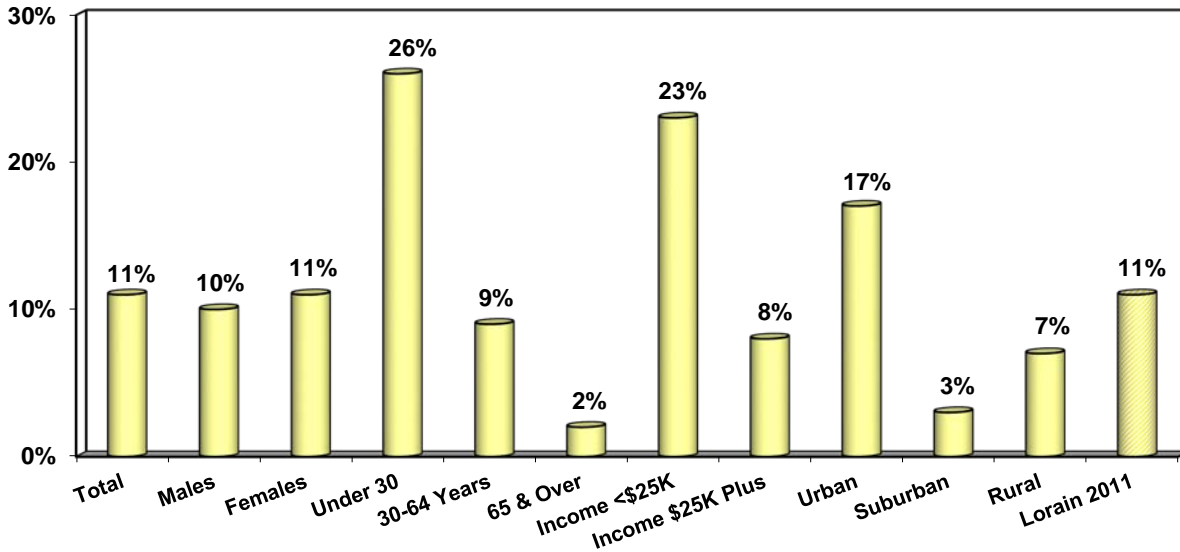
following types of health care coverage were used: employer (49%), Medicare (18%), someone else's employer (15%), Medicaid or medical assistance (6%), self-paid plan (6%), Health Insurance Marketplace (3%), military, CHAMPUS, TriCare, or VA (1%), multiple-including private sources (<1%), and other (3%).

- Lorain County adult health care coverage include the following: medical (100%), prescription coverage (92%), immunizations (82%), dental (76%), vision (69%), preventive health (69%), mental health (68%), outpatient therapy (67%), their spouse (63%), mental health counseling (60%), their children (56%), alcohol and drug treatment (48%), their partner (37%), in-county physicians (35%), home care (34%), long-term care (34%), skilled nursing (32%), hospice (29%), transportation (11%), and assisted living (9%).
- The top 5 reasons uninsured adults gave for being without health care coverage were:
 - They lost their job or changed employers (38%)
 - They could not afford to pay the insurance premiums (35%)
 - They became a part-time/temporary employee (19%)
 - Their employer does not/stopped offering coverage (14%)
 - They could not afford to pay the exchange premiums (13%)

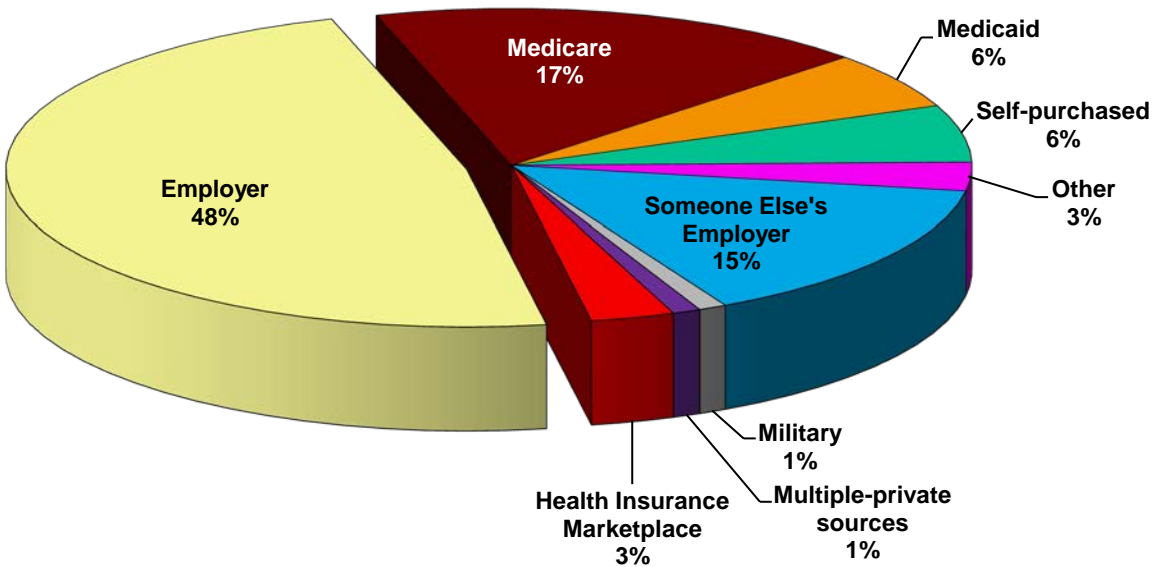
(Percentages do not equal 100% because respondents could select more than one reason)

The following graph shows the percentages of Lorain County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 11% of all Lorain County adults were uninsured, 23% of adults with an income less than \$25,000 reported being uninsured and 26% of those under age 30 lacked health care coverage. The pie chart shows sources of Lorain County adults' health care coverage.

Uninsured Lorain County Adults



Source of Health Coverage for Lorain County Adults



Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Uninsured	11%	11%	10%	13%

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

Health Coverage Includes:	Yes	No	Don't Know
Medical	100%	0%	<1%
Prescription Coverage	92%	3%	5%
Immunizations	82%	3%	15%
Dental	76%	23%	1%
Vision	69%	26%	5%
Preventive Health	69%	4%	27%
Mental Health	68%	3%	29%
Outpatient Therapy	67%	4%	29%
Their Spouse	63%	24%	13%
Mental Health Counseling	60%	5%	35%
Their Children	56%	31%	13%
Alcohol and Drug Treatment	48%	5%	47%
Their Partner	37%	36%	27%
County Physicians	35%	7%	58%
Home Care	34%	11%	55%
Long-Term Care	34%	15%	51%
Skilled Nursing	32%	10%	58%
Hospice	29%	10%	61%
Transportation	11%	29%	60%
Assisted Living	9%	24%	67%

Healthy People 2020

Access to Quality Health Services (AHS)

Objective	Lorain County 2015	Ohio 2014	U.S. 2014*	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	62% age 20-24 94% age 25-34 87% age 35-44 91% age 45-54 82% age 55-64	87% age 18-24 80% age 25-34 89% age 35-44 90% age 45-54 91% age 55-64	76% age 18-24 74% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

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

(Sources: Healthy People 2020 Objectives, 2014 Ohio BRFSS, 2013 U.S. BRFSS Data, 2015 Lorain County Health Assessment)

Adult | HEALTH CARE ACCESS AND UTILIZATION

Key Findings

The 2015 Health Assessment project identified that 64% of Lorain County adults had visited a doctor for a routine checkup in the past year. 49% of adults went outside of Lorain County for health care services in the past year.

Health Care Access

- Nearly two-thirds (64%) of Lorain County adults visited a doctor for a routine checkup in the past year, increasing to 80% of those over the age of 65.
- More than half (52%) of Lorain County adults reported they had one person they thought of as their personal doctor or healthcare provider. 29% of adults had more than one person they thought of as their personal healthcare provider, and 18% did not have one at all.
- Adults visited the following places for health care services or advice: doctor's office (80%), Internet (7%), urgent care center (3%), hospital emergency room (3%), in-store health clinic (1%), department of veterans affairs (VA) (1%), alternative therapies (1%), multiple places-including a physician (1%), hospital outpatient department (<1%), public health clinic or community health department (<1%), and some other kind of place (<1%). 3% of adults indicated they had no usual place for health care services.
- 49% of adults went outside of Lorain County for the following health care services in the past year: dental services (19%), specialty care (17%), primary care (17%), obstetrics/gynecology/NICU (8%), pediatric care (5%), orthopedic care (5%), cancer care (5%), cardiac care (4%), mental health care (2%), pediatric therapies (2%), hospice care (<1%), palliative care (<1%), developmental disability services (<1%), and other services (3%).
- Nearly one-fifth (18%) of adults needed to see a doctor in the past year but could not because of cost, increasing to 37% of those with incomes less than \$25,000.
- The following might prevent Lorain County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (29%), worried they might find something wrong (12%), difficult to get an appointment (9%), could not get time off work (8%), hours not convenient (8%), doctor would not take their insurance (8%), frightened of the procedure or doctor (6%), difficult to find/no transportation (3%), do not trust or believe doctors (3%), no childcare (2%), discrimination (<1%), and some other reason (5%).
- Lorain County adults had the following issues regarding their healthcare coverage: deductibles were too high (31%), premiums were too high (20%), co-pays were too high (19%), could not understand their insurance plan (7%), high HSA deductible (7%), opted out of certain coverage because they could not afford it (5%), difficulty navigating the Marketplace (5%), working with their insurance company (5%), limited visits (4%), service not deemed medically necessary (4%), opted out of certain coverage because they did not need it (2%), provider/facility no longer covered (2%), service no longer covered (2%), and mental health services limited/not covered (1%).

- Lorain County adults had the following transportation issues when they needed health services: could not afford gas (4%), no public transportation available or accessible (4%), disabled (3%), no car (3%), no driver's license (3%), limited public transportation available or accessible (3%), no car insurance (2%), car did not work (1%), no transportation before or after 8 a.m.- 4:30 p.m. (1%), did not feel safe to drive (1%), and other car issues/expenses (2%).
- 15% of adults have Medicaid. Those who have Medicaid heard about it from the following: Job and Family Services (49%), Lorain County Office on Aging (10%), Lorain County Health and Dentistry (5%), Ohio Benefit Bank (3%), eligibility worker at the hospital (3%), television coverage (2%), health department (2%), hospital clinic (2%), Internet (2%), Mental Health Center (2%), advertisement (1%), Alcohol and Drug Addiction Services (1%), and somewhere else (9%).
- Lorain County adults preferred to obtain information about their health or healthcare services from: their doctor (88%), Internet searches (38%), a family member or friend (32%), advertisements or mailings from hospitals, clinics or doctor's offices (20%), newspaper articles or radio/television news stories (18%), social media (4%), text messages (3%), and billboards (1%).

Availability of Services

- Lorain County adults reported they had looked for the following programs for themselves or a loved one: depression, anxiety or mental health (21%), weight problems (13%), disability (9%), end-of-life/hospice care (7%), marital/family problems (7%), smoking cessation (5%), drug abuse (3%), alcohol abuse (3%), and gambling abuse (1%).

Types of Programs (% of all adults who looked for the programs)	Lorain County adults who have looked but have <u>NOT</u> found a specific program	Lorain County adults who have looked and have found a specific program
Depression or Anxiety (21% of all adults looked)	19%	81%
Weight Problems (13% of all adults looked)	47%	53%
Disability (9% of all adults looked)	30%	70%
End-of-Life/Hospice Care (7% of all adults looked)	2%	98%
Marital/Family Problems (7% of all adults looked)	8%	92%
Smoking Cessation (5% of all adults looked)	35%	65%
Drug Abuse (3% of all adults looked)	53%	47%
Alcohol Abuse (3% of all adults looked)	41%	59%
Gambling Abuse (1% of all adults looked)	0%	100%

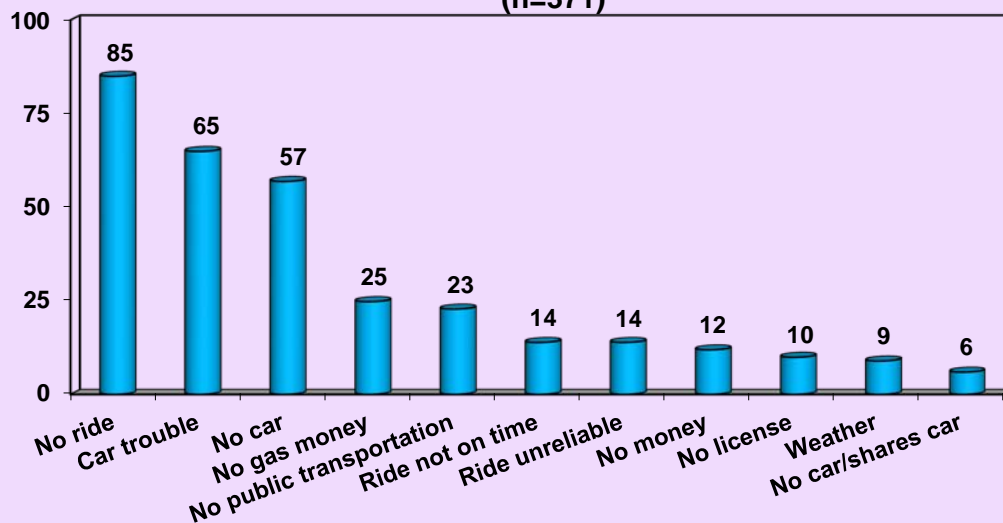
Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Visited the doctor's office when needed health care services or advice	75%	80%	N/A	N/A
Had one person they thought of as their personal doctor or healthcare provider	52%	52%	74%	70%
Did not see a doctor in the past year due to cost	20%	18%	13%	13%
Visited a doctor for a routine checkup in the past year	55%	64%	71%	70%

N/A - Not available

Lorain County Patient Transportation Barriers

- Patients with transportation issues:
 - Carry a disproportionate amount of the healthcare burden
 - Have more missed or delayed medical appointments
 - Have increased use of emergency services
 - Are less likely to use preventive or primary care
 - Are more likely to have multiple health conditions
- Disparities in patient transportation existed among individuals:
 - That were Hispanic/Latino
 - Less than high school education
 - Did not have a driver's license
 - Were on Medicare
 - Were uninsured
- Recommendations:
 - Provide more awareness about transportation options to patients
 - Provide more useful materials to healthcare providers to give to patients
 - Healthcare providers scheduling being more proactive in asking if transportation will be an issue

Lorain County Top Transportation Issues (n=371)



(Source: Lorain County Transportation Barriers Assessment)

Adult | CARDIOVASCULAR HEALTH

Key Findings

Heart disease (23%) and stroke (4%) accounted for 27% of all Lorain County adult deaths in 2013 (Source: CDC Wonder, 2013). The 2015 Lorain County Health Assessment found that 3% of adults had survived a heart attack and 4% had survived a stroke at some time in their life. More than one-third (37%) of Lorain County adults were obese, 36% had been diagnosed with high blood pressure, 33% had high blood cholesterol, and 22% were smokers, four known risk factors for heart disease and stroke.

Heart Disease and Stroke

- In 2015, 3% of Lorain County adults reported they had survived a heart attack or myocardial infarction, increasing to 13% of those over the age of 65.
- 5% of Ohio and 4% U.S. adults reported they had a heart attack or myocardial infarction in 2014 (Source: 2014 BRFSS).
- 4% of Lorain County adults reported they had survived a stroke, increasing to 6% of those over the age of 65.
- 4% of Ohio and 3% of U.S. adults reported having had a stroke in 2014 (Source: 2014 BRFSS).
- 6% of adults reported they had angina or coronary heart disease, increasing to 15% of those over the age of 65.
- 5% of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2014 (Source: 2014 BRFSS).
- 1% of adults reported they had congestive heart failure, increasing to 3% of those over the age of 65.

High Blood Pressure (Hypertension)

- More than one-third (36%) of adults had been diagnosed with high blood pressure. The 2013 BRFSS reports hypertension prevalence rates of 34% for Ohio and 31% for the U.S.
- 7% of adults were told they were pre-hypertensive/borderline high.
- 81% of adults had their blood pressure checked within the past year.
- Lorain County adults diagnosed with high blood pressure were more likely to:
 - Have rated their overall health as fair or poor (69%)
 - Have been age 65 years or older (65%)
 - Have been classified as obese by Body Mass Index-BMI (40%)

Lorain County Leading Causes of Death 2013

Total Deaths: 2,936

1. Cancer (23% of all deaths)
2. Heart Disease (22%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (5%)
5. Stroke (4%)

(Source: CDC Wonder, 2013)

Ohio Leading Causes of Death 2013

Total Deaths: 113,258

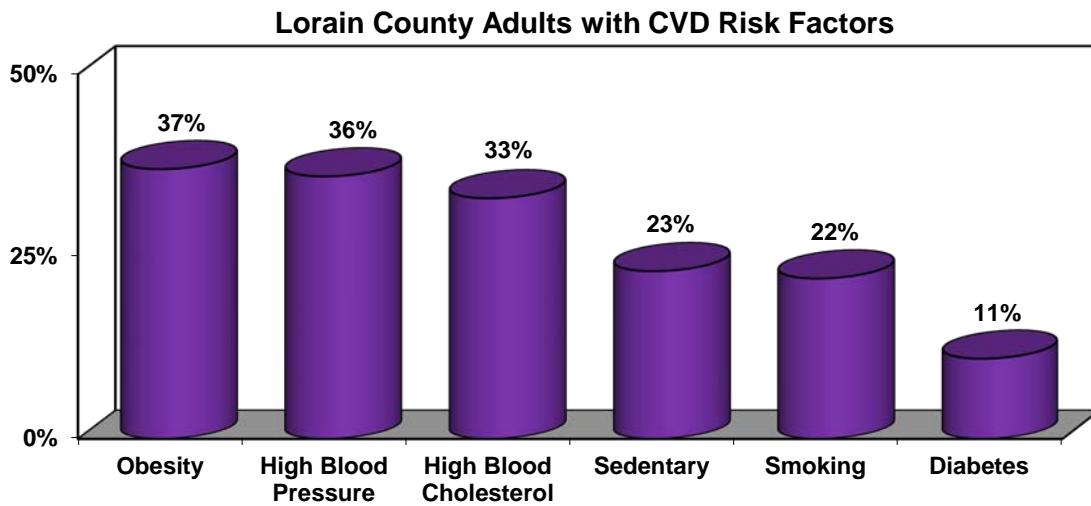
1. Heart Disease (24% of all deaths)
2. Cancers (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (5%)

(Source: CDC Wonder, 2013)

High Blood Cholesterol

- One-third (33%) of adults had been diagnosed with high blood cholesterol. The 2013 BRFSS reported that 38% of Ohio and U.S. adults have been told they have high blood cholesterol.
- More than four-fifths (82%) of adults had their blood cholesterol checked within the past 5 years. The 2013 BRFSS reported 78% of Ohio and 76% of U.S. adults had their blood cholesterol checked within the past 5 years.
- Lorain County adults with high blood cholesterol were more likely to:
 - Have been age 65 years or older (58%)
 - Have rated their overall health as fair or poor (57%)
 - Have been classified as obese by Body Mass Index-BMI (39%)

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



(Source: 2015 Lorain County Health Assessment)

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Had angina	6%	6%	5%	4%
Had a heart attack	6%	3%	5%	4%
Had a stroke	2%	4%	4%*	3%*
Had high blood pressure	35%	36%	34%*	31%*
Had high blood cholesterol	36%	33%	38%*	38%*

*2013 BRFSS Data

Stroke Warning Signs and Symptoms

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

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

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

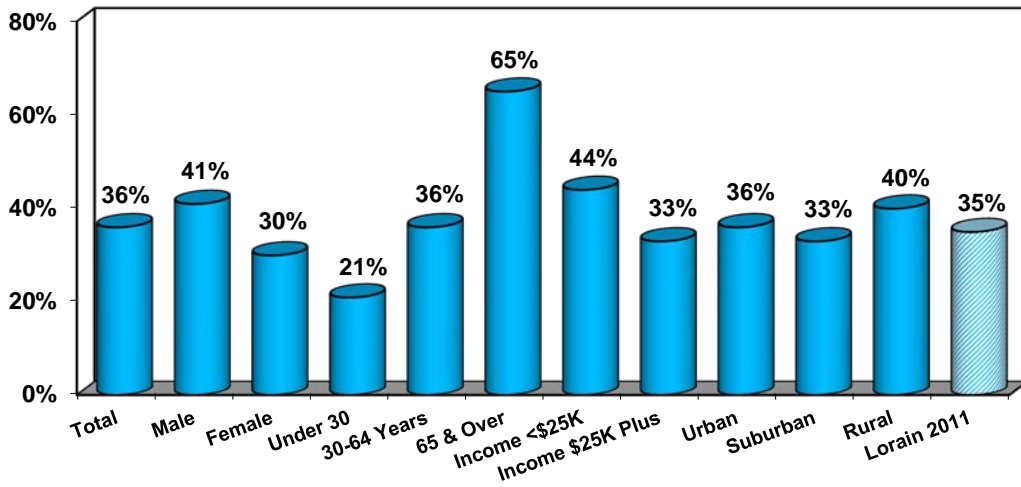
- Sudden confusion or trouble understanding
- Sudden numbness or weakness of the leg
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination



(Source: American Heart Association, *Stroke Warning Signs and Symptoms*, 2013, http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp)

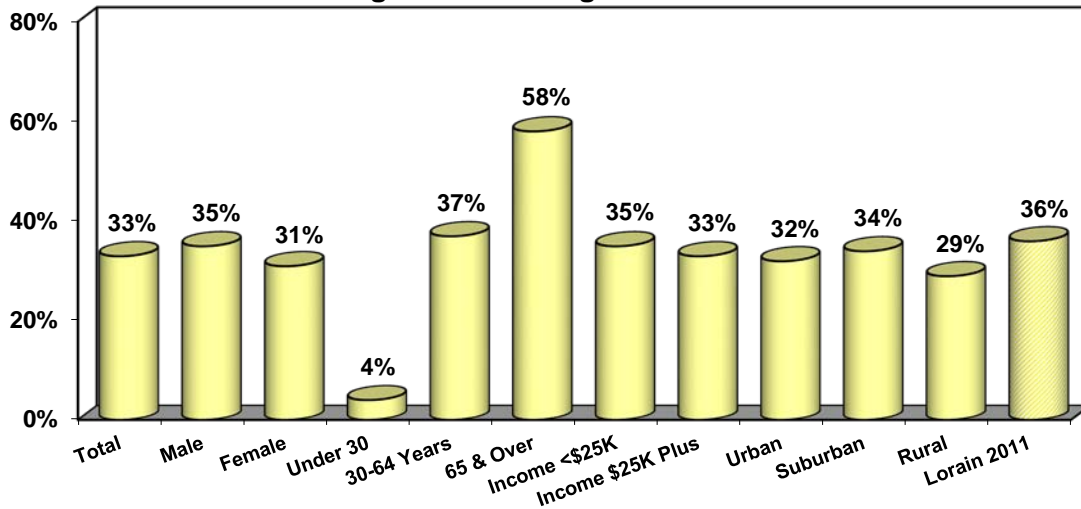
The following graphs show the number of Lorain County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph include: 36% of all Lorain County adults have been diagnosed with high blood pressure, 41% of all Lorain County males, 30% of all females, and 65% of those 65 years and older.

Diagnosed with High Blood Pressure*

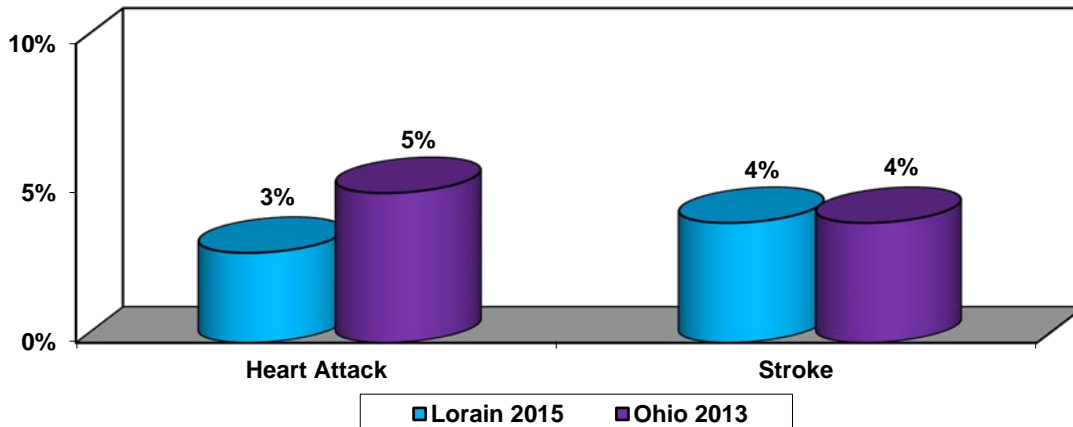


*Does not include respondents who indicated high blood pressure during pregnancy only.

Diagnosed with High Blood Cholesterol



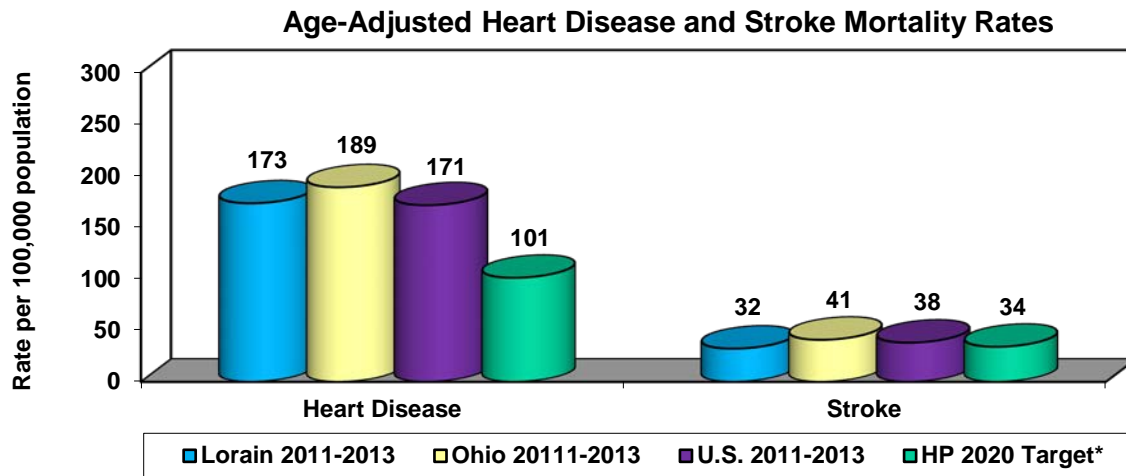
Cardiovascular Disease Prevalence



(Source: 2015 Lorain Health Assessment and 2013 BRFSS)

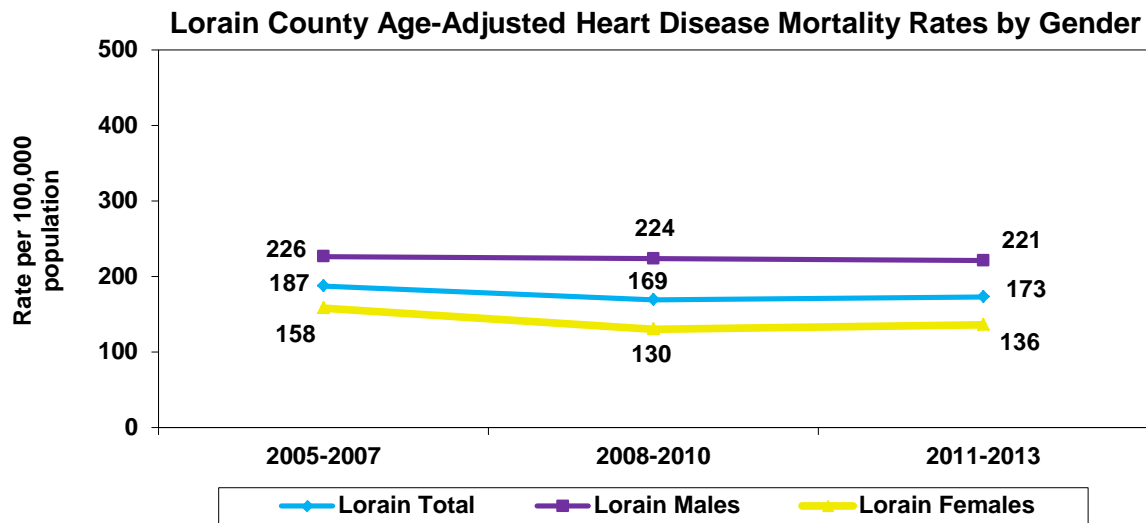
The following graphs show the age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender.

- When age differences are accounted for, the statistics indicate that from 2011-2013 the Lorain County heart disease mortality rate was lower than the figure for the state, but higher than the U.S. figure, and the Healthy People 2020 target.
- The Lorain County age-adjusted stroke mortality rate from 2011-2013 was lower than the state, the U.S. figure and Healthy People 2020 target objective.
- Disparities exist for heart disease mortality rates by gender in Lorain County.



*The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.

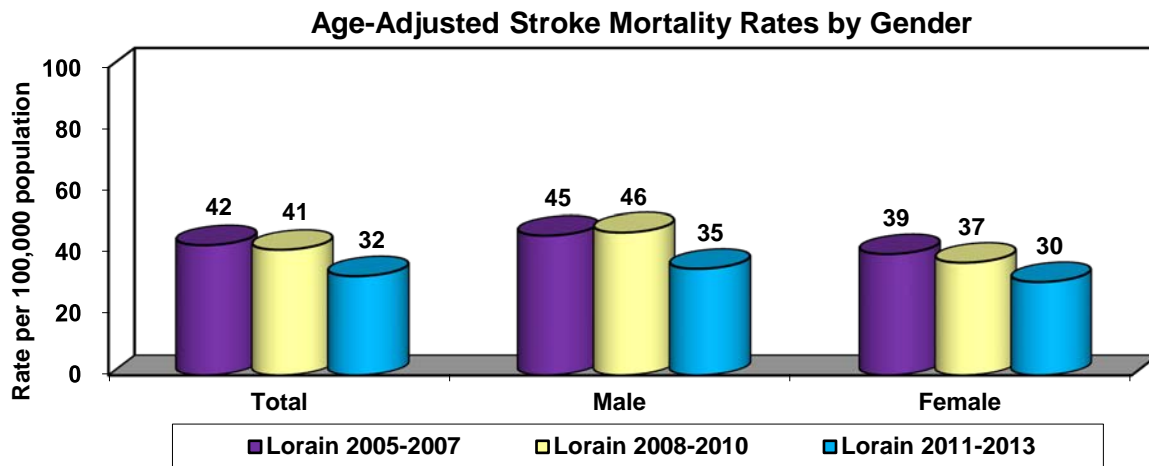
(Source: Health Indicators Warehouse, Healthy People 2020)



(Source: Healthy People 2020)

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

- Stroke mortality rates decreased in Lorain County from 2005-2013.



(Source: CDC Wonder, 2005-2013)

Healthy People 2020 Objectives Heart Disease and Stroke (HDS)

Objective	Lorain Survey Population Baseline	2013 U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	36% (2015)	31% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	82% (2015)	76% Adults age 18 & up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	33% (2015)	38% Adults age 20 & up with TBC>240 mg/dl	14%

*All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2020, 2013 BRFSS, 2015 Lorain County Health Assessment)

Adult | CANCER

Key Findings

In 2015, 11% of Lorain County adults had been diagnosed with cancer at some time in their life. CDC statistics indicate that from 2009-2013, a total of 3,320 Lorain County residents died from cancer, the leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

**Lorain County
Incidence of Cancer, 2008-2012**

All Types: 8,348

- Lung and Bronchus: 1,289 cases (15%)
- Prostate: 1,164 cases (14%)
- Breast: 1,123 cases (13%)
- Colon and Rectum: 729 cases (9%)

From 2009-2013, there were 3,320 cancer deaths in Lorain County.

(Source: Ohio Department of Health & CDC Wonder)

Adult Cancer

- 11% of Lorain County adults were diagnosed with cancer at some point in their lives.
- Of those diagnosed with cancer, they reported the following types: breast (24%), other skin cancer (23%), prostate (20%), testicular (12%), endometrial (11%), melanoma (10%), cervical (9%), non-Hodgkin's lymphoma (7%), ovarian (4%), renal (4%), lung (3%), thyroid (3%), leukemia (1%), bladder (1%), stomach (1%), colon (1%), and other types of cancer (3%).

11% of Lorain County adults had been diagnosed with cancer at some time in their life.

Cancer Facts

- CDC statistics indicate that from 2009-2013, cancers caused 24% (3,320 of 14,098 total deaths) of all Lorain County resident deaths. The largest percent (30%) of cancer deaths were from lung and bronchus cancer *(Source: CDC Wonder)*.

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

- The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectal, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia. The 2015 health assessment project has determined that 22% of Lorain County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Diagnosed with cancer	13%	11%	N/A	N/A

Lung Cancer

- The Centers for Disease Control and Prevention (CDC) reports that lung cancer (n=530) was the leading cause of male cancer deaths from 2009-2013 in Lorain County. Colorectal cancer caused 156 male deaths and prostate cancer caused 128 male deaths during the same time period.
- In Lorain County, 19% of male adults were current smokers and 27% had tried to quit smoking one or more times (Source: 2015 Lorain County Health Assessment).

19% of Lorain County male adults and 25% of female adults were current smokers.

- CDC statistics report that lung cancer was the leading cause of female cancer deaths (n=472) in Lorain County from 2009-2013 followed by breast (n=227) and colon & rectum (n=153) cancers.
- Approximately 25% of female adults in the county were current smokers and 58% had tried to quit smoking one or more times (Source: 2015 Lorain County Health Assessment).
- According to the American Cancer Society, smoking causes 83% and 76% respectively of all lung cancer deaths in the U.S. Men and women who smoke are about 25 times more likely to develop lung cancer than nonsmokers (Source: American Cancer Society, Facts & Figures 2016).

Breast Cancer

- In 2015, 53% of Lorain County females reported having had a clinical breast examination in the past year.
- 61% of Lorain County females over the age of 40 had a mammogram in the past year.

More than three-fifths (61%) of Lorain County females over the age of 40 had a mammogram in the past year.

- The 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99% (Source: American Cancer Society, Facts & Figures 2015).
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommended that those 40 to 44 years of age have the choice of annual mammography; those 45 to 54 have annual mammography, and those 55 years of age and older have biennial or annual mammography, continuing as long as their overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual screening using magnetic resonance imaging (MRI) in addition to mammography is recommended, typically starting at age 30 (Source: American Cancer Society, Facts & Figures 2016).

Colon Cancer and Rectum

- The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, rectum, anus (anal canal & anorectum), liver, gallbladder or pancreas as a digestive cancer. Digestive cancers accounted for 26% of all cancer deaths in Lorain County from 2009-2013 (*Source: CDC Wonder*).
- The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; long-term smoking; and possibly very low intake of fruits and vegetables.
- In the U.S., 90% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings. In 2015, 29% of Lorain County adults over the age of 50 reported having been screened for colorectal cancers in the past 2 years.

The leading types of cancer diagnoses for Lorain County adults were: breast (24%), other skin cancer (23%), and prostate (20%).

Prostate Cancer

- CDC Health statistics indicate that prostate cancer deaths accounted for 8% of all male cancer deaths from 2009-2013 in Lorain County.
- Incidence rates for prostate cancer are 60% higher in African Americans than in whites and they are twice as likely to die of prostate cancer. In addition, about 56% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older. Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world (*Source: American Cancer Society, Facts & Figures 2016*).

2016 Cancer Estimations

- In 2016, about 1,658,210 new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about twenty percent of the new cancer cases expected to occur in the U.S. in 2016 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 595,690 Americans are expected to die of cancer in 2016.
- In 2016, about 188,800 cancer deaths will be caused by tobacco use.
- In Ohio, 66,020 new cases of cancer are expected, and 25,510 cancer deaths are expected.
- The Ohio female new breast cancer cases are expected to be 9,390.
- About 16% of all new cancer cases in Ohio are expected to be from lung and bronchus cancers.
- About 5,340 (8%) of all new cancer cases in Ohio are expected to be from colon and rectum cancers.
- The Ohio male, new prostate cancer cases are expected to be 6,760 (10%).

*(Source: American Cancer Society, Facts and Figures 2016,
<http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>)*

**Lorain County Cancer Deaths
2008-2012**

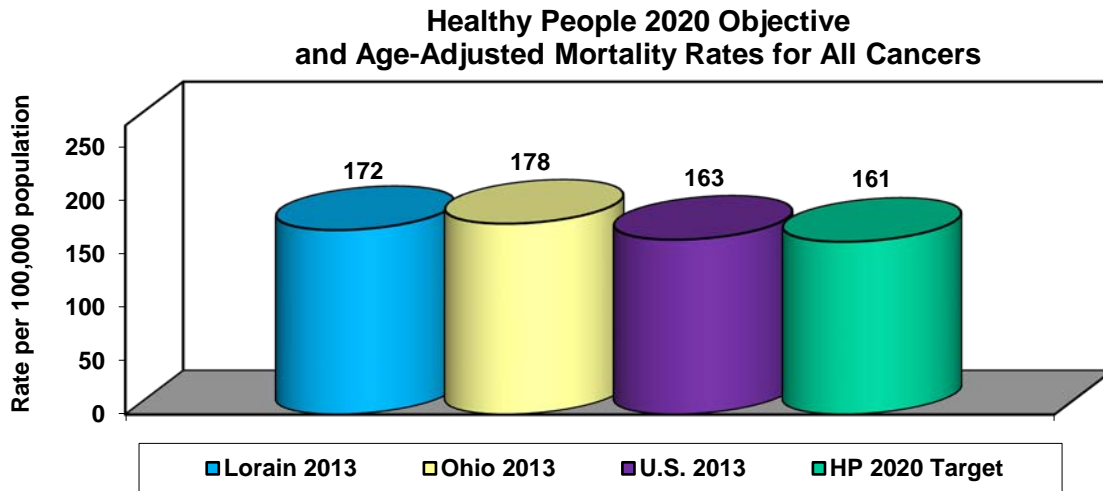
Type of Cancer	Number of Cancer Deaths	Percent of Total Cancer Deaths
Trachea, Lung and Bronchus	1,289	15%
Prostate	1,164	14%
Breast	1,123	13%
Colon, Rectum & Anus	729	9%
Other/Unspecified	605	7%
Bladder	438	5%
Non-Hodgkins Lymphoma	349	4%
Cancer of Corpus Uteri	339	4%
Melanoma of Skin	312	4%
Kidney and Renal Pelvis	290	3%
Pancreas	244	3%
Thyroid	237	3%
Lip, Oral Cavity & Pharynx	194	2%
Leukemia	187	2%
Stomach	132	2%
Brain and CNS	124	1%
Liver and Bile Ducts	110	1%
Multiple Myeloma	99	1%
Esophagus	87	1%
Ovary	76	1%
Larynx	72	1%
Cancer of Cervix Uteri	66	1%
Testis	43	1%
Hodgkins Disease	39	<1%
Total	8,348	100%

(Source: ODH Information Warehouse, updated 4-8-15)

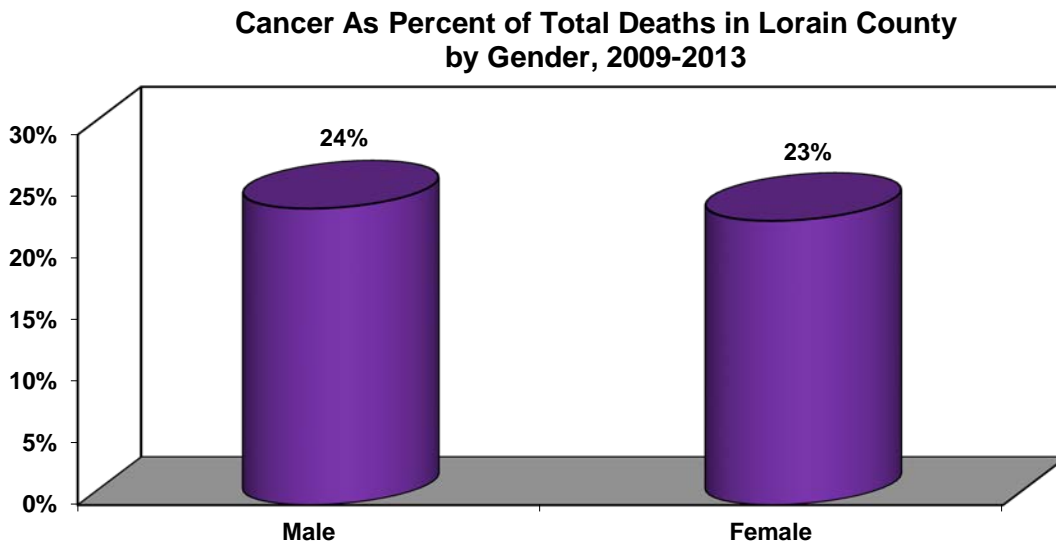
CANCER

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

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



(Source: CDC Wonder; Healthy People 2020)



(Source: CDC Wonder, 2009-2013)

Adult | DIABETES

Key Findings

In 2015, 11% of Lorain County adults had been diagnosed with diabetes.

Diabetes

- The 2015 health assessment project has identified that 11% of Lorain County adults had been diagnosed with diabetes, increasing to 16% of those with incomes less than \$25,000 and 24% of those over the age of 65. The 2014 BRFSS reports that 12% of Ohio and 10% of U.S. adults had been diagnosed with diabetes.
- More than one-third (35%) of adults with diabetes rated their health as fair or poor.
- Lorain County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 86% were obese or overweight
 - 67% had been diagnosed with high blood cholesterol
 - 63% had been diagnosed with high blood pressure

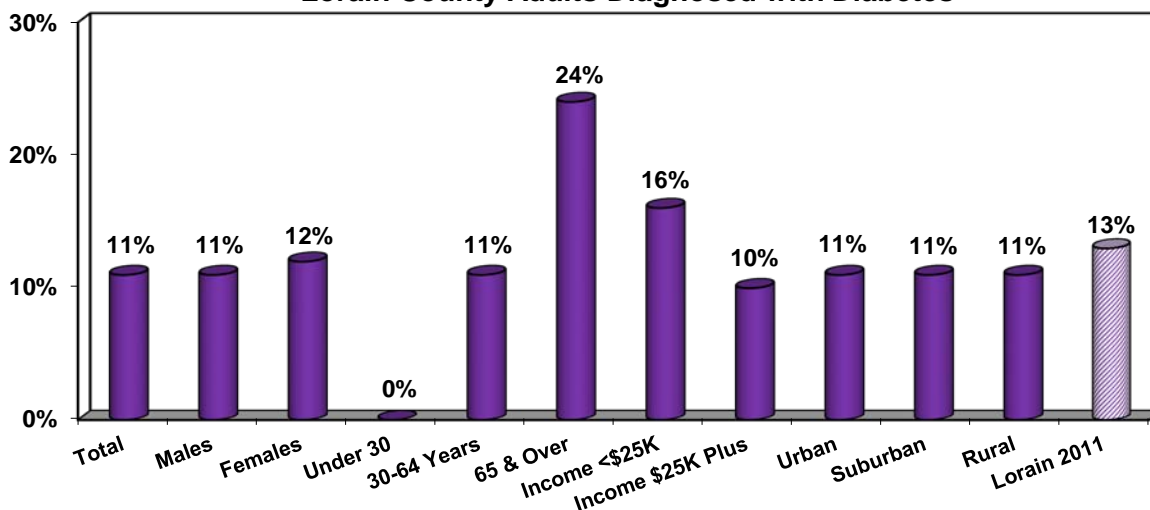
Diabetes Facts

- Nearly 30 million children and adults in the United States have diabetes.
- 86 million Americans have prediabetes.
- 1.7 million Americans are diagnosed with diabetes every year.
- Nearly 10% of the entire U.S. population has diabetes, including over 25% of seniors.
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue.
- The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year.
- 8.1 million Americans have undiagnosed diabetes
- Diabetes kills more Americans every year than AIDS and breast cancer combined.
- Diabetes is the primary cause of death for 69,071 Americans each year, and contributes to the death of 231,051 Americans annually.

(Source: American Diabetes Association, 2014 Fast Facts, http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/14_fast_facts_june2014_final3.pdf)

DIABETES

Lorain County Adults Diagnosed with Diabetes



Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Diagnosed with diabetes	13%	11%	12%	10%

Diabetes Symptoms

The most common symptoms of type 1 and type 2 diabetes are:

TYPE 1 DIABETES

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

TYPE 2 DIABETES

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

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

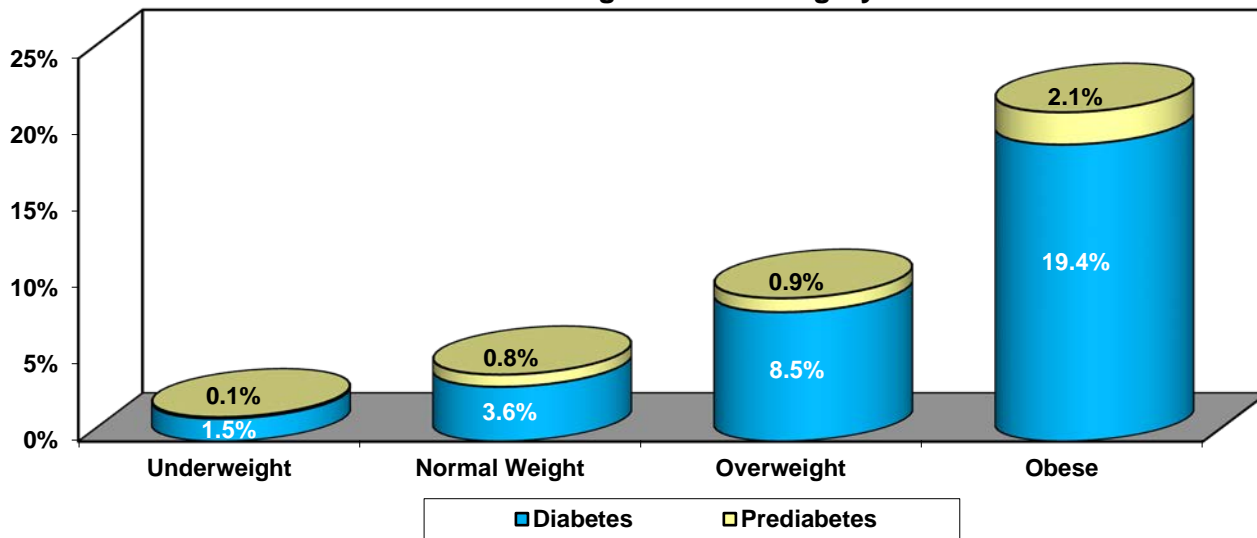
Who is at Greater Risk for Type 2 Diabetes

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

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

The following graph shows the prevalence of diabetes and prediabetes by BMI category.

2011 Ohio Prevalence of Diabetes and Prediabetes by BMI Weight Status Category



Overweight and Obese Type 2 Diabetes Risk by Sex

Category	Increase in Risk
Overweight Men	2.4
Overweight Women	3.9
Obese Men	6.7
Obese Women	12.4

(Source for graph and table: ODH, Obesity and Diabetes in Ohio 2013, from http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/Obesity_Diabetes_Supp_2013.ashx)

Adult | ARTHRITIS

Key Findings

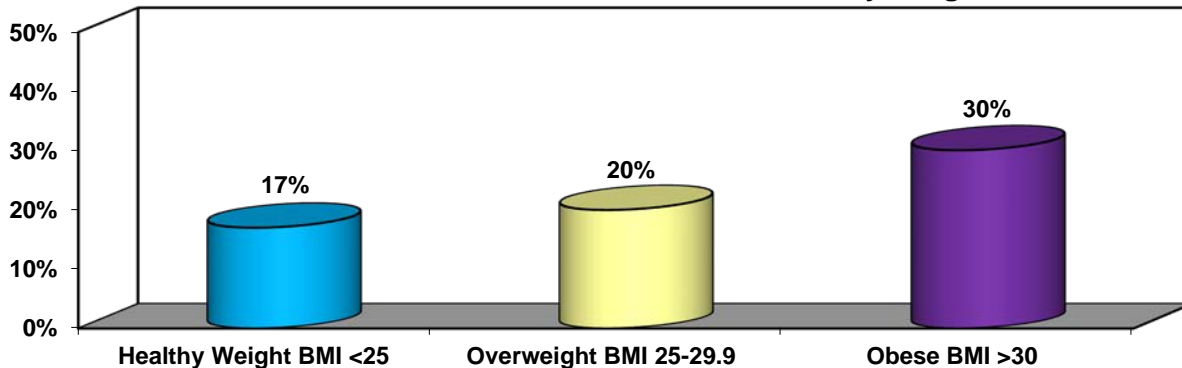
According to the Lorain County survey data, 34% of Lorain County adults were diagnosed with arthritis. According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they had arthritis.

34% of Lorain County adults were told by a health professional that they had some form of arthritis, increasing to 68% of those over the age of 65.

Arthritis

- More than one-third (34%) of Lorain County adults were told by a health professional that they had some form of arthritis, increasing to 68% of those over the age of 65.
- According to the 2014 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they had arthritis.
- Lorain County adults were told by a health professional that they had the following: rheumatoid arthritis (5%), gout (5%), fibromyalgia (4%), and lupus (1%).
- An estimated 50 million U.S. adults (about 1 in 5) report having doctor-diagnosed arthritis. About 1 in 3 of working age adults (aged 18-65) reported that arthritis limited their work. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030 (Source: CDC, *Arthritis at a Glance 2013*).
- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have an occupation associated with arthritis, are overweight or obese, and/or have joint injuries or infections (Source: CDC).

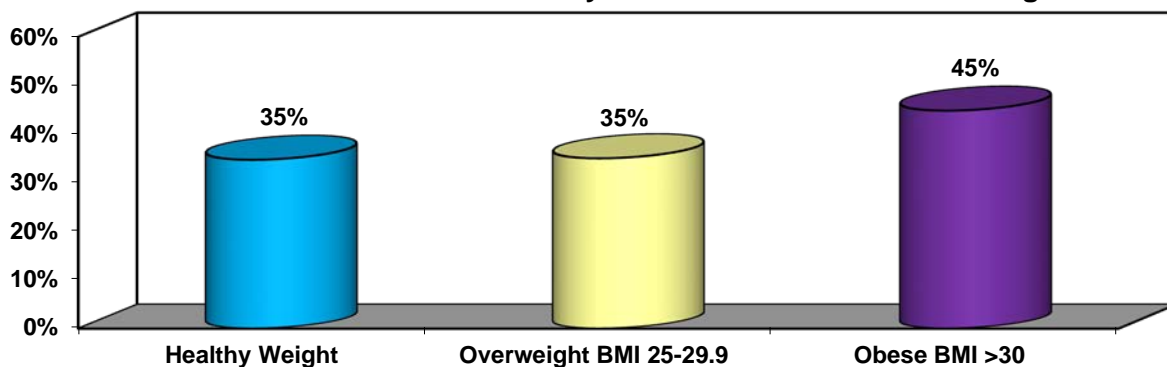
Arthritis Prevalence Increases With Body Weight



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

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Diagnosed with arthritis	35%	34%	31%	26%

Arthritis-Attributable Activity Limitations Increase with Weight



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

36% of Lorain County adults were limited in some way because of a physical, mental or emotional problem. Among those who were limited in some way, 44% were limited because of arthritis.

Arthritis: Key Public Health Messages

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

Key self-management activities include the following:

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

(Source: Centers for Disease Control and Prevention, Addressing the Nation’s Most Common Cause of Disability At A Glance 2015, <http://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm>, updated July 2015)

Adult | ASTHMA AND OTHER RESPIRATORY DISEASE

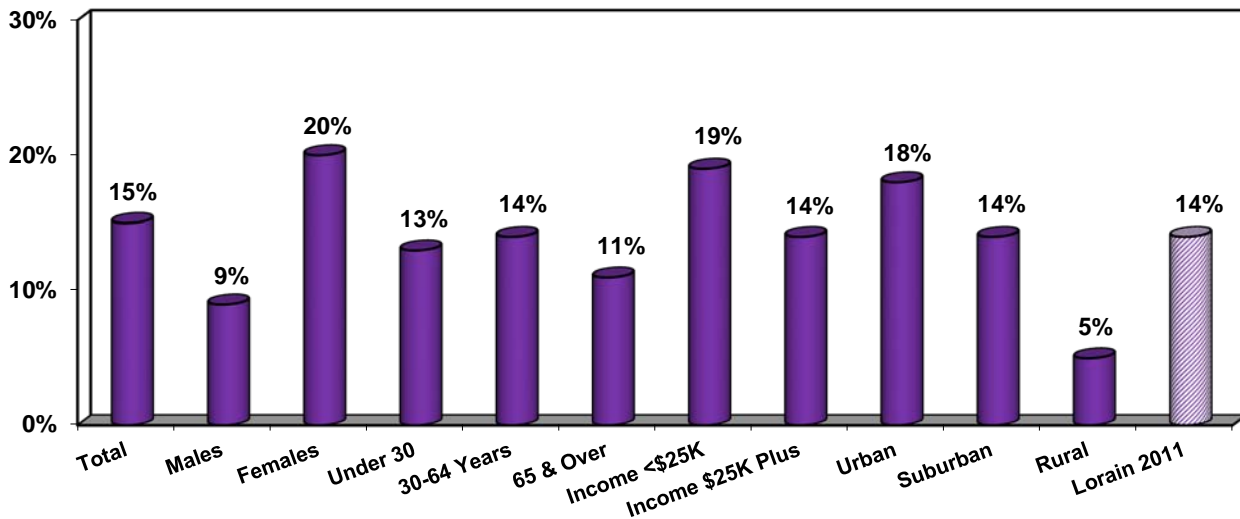
Key Findings

According to the Lorain County survey data, 15% of adults had been diagnosed with asthma.

Asthma and Other Respiratory Disease

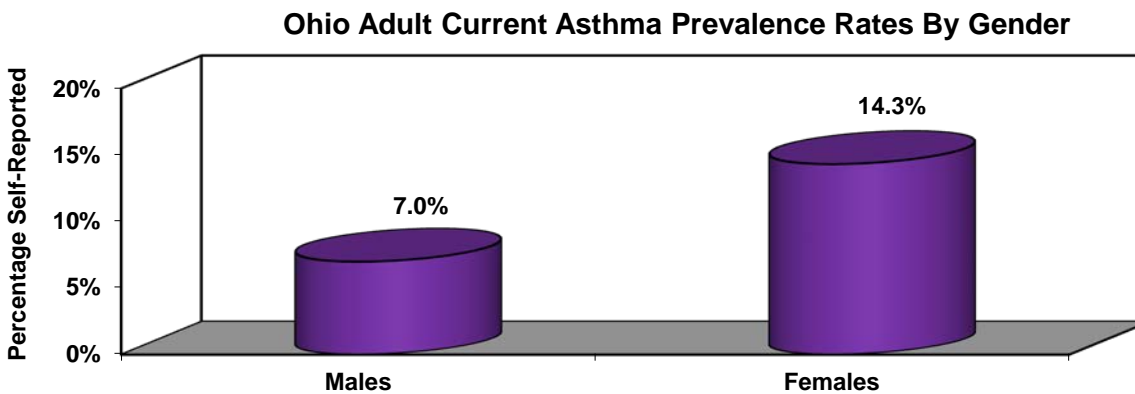
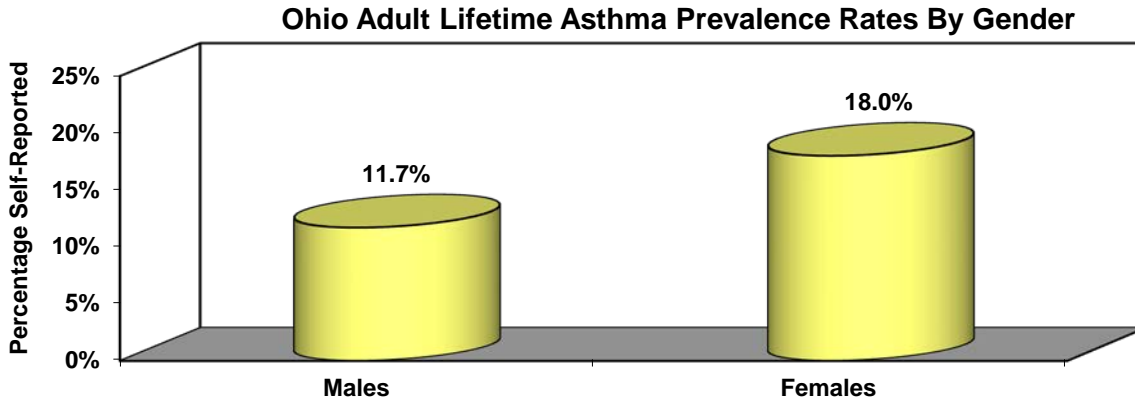
- In 2015, 15% of Lorain County adults had been diagnosed with asthma.
- 15% of Ohio and 14% of U.S. adults have ever been diagnosed with asthma (Source: 2014 BRFSS).
- There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, smoke from burning wood or grass, infections linked to the flu, colds, and respiratory viruses (Source: CDC, 2012).
- Chronic lower respiratory disease was the 3rd leading cause of death in Lorain County and in Ohio, in 2013 (Source: CDC Wonder).

Lorain County Adults Diagnosed with Asthma



Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Had been diagnosed with asthma	14%	15%	15%	14%

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



(Source for graphs: 2014 BRFSS)

Asthma Facts

- The number of Americans with asthma grows every year. Currently, 26 million Americans have asthma.
- Asthma mortality is almost 4,000 deaths per year.
- Asthma results in 456,000 hospitalizations and 2.1 million emergency room visits annually.
- Patients with asthma reported 13.9 million visits to a doctor's office and 1.4 million visits to hospital outpatient departments.
- Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

(Source: American College of Allergy, Asthma, & Immunology, Asthma Facts, from: <http://acaai.org/news/facts-statistics/asthma>)

What Causes an Asthma Attack?

- **Tobacco Smoke:** People should never smoke near you, in your home, in your car, or wherever you may spend a lot of time if you have asthma. Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking.
- **Dust Mites:** If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Do not use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.
- **Outdoor Air Pollution:** This pollution can come from factories, automobiles, and other sources. Pay attention to air quality forecasts to plan activities when air pollution levels will be low.
- **Cockroach Allergens:** Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. Cockroaches and their droppings can trigger an asthma attack, so vacuum or sweep areas that might attract cockroaches at least every 2 to 3 days.
- **Pets:** Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for a pet, keep it out of the person with asthma's bedroom.
- **Mold:** Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help keep the humidity level low.
- **Smoke from Burning Wood or Grass:** Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home.
- **Other Triggers:** Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks. Physical exercise, some medicines, bad weather, breathing in cold air, some foods, and fragrances can also trigger an asthma attack.

(Source: Centers for Disease Control, Vital Signs, Asthma, updated November 18, 2014, <http://www.cdc.gov/asthma/faqs.htm>)

Adult | WEIGHT STATUS

Key Findings

The 2015 Health Assessment identified that 69% of Lorain County adults were overweight or obese based on Body Mass Index (BMI). The 2014 BRFSS indicates that 33% of Ohio and 30% of U.S. adults were obese by BMI. More than one-third (37%) of Lorain County adults were obese. Nearly half (49%) of adults were trying to lose weight.

Adult Weight Status

- In 2015, the health assessment indicated that more than two-thirds (69%) of Lorain County adults were either overweight (32%) or obese (37%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- Nearly half (49%) of adults were trying to lose weight, 27% were trying to maintain their current weight or keep from gaining weight, and 5% were trying to gain weight.
- Lorain County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (50%), exercised (44%), ate a low-carb diet (13%), health coaching (3%), went without eating 24 or more hours (3%), used a weight loss program (2%), smoked cigarettes (2%), took diet pills, powders or liquids without a doctor's advice (2%), took prescribed medications (1%), participated in a prescribed dietary or fitness program (1%), bariatric surgery (1%), took laxatives (<1%), and vomited after eating (<1%).

Obesity Facts

- More than one-third of U.S. adults (34.9%) are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.
- Non-Hispanic blacks have the highest age-adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%), and non-Hispanic Asians (10.8%).
- In 2012, no state had a prevalence of obesity less than 20%.

(Source: CDC, *Adult Obesity Facts*, updated September 21, 2015, <http://www.cdc.gov/obesity/data/adult.html>)

37% of Lorain County adults are obese.

Physical Activity

- In Lorain County, 53% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 30% of adults were exercising 5 or more days per week. Nearly one-quarter (23%) of adults were not participating in any physical activity in the past week, including 2% 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*).

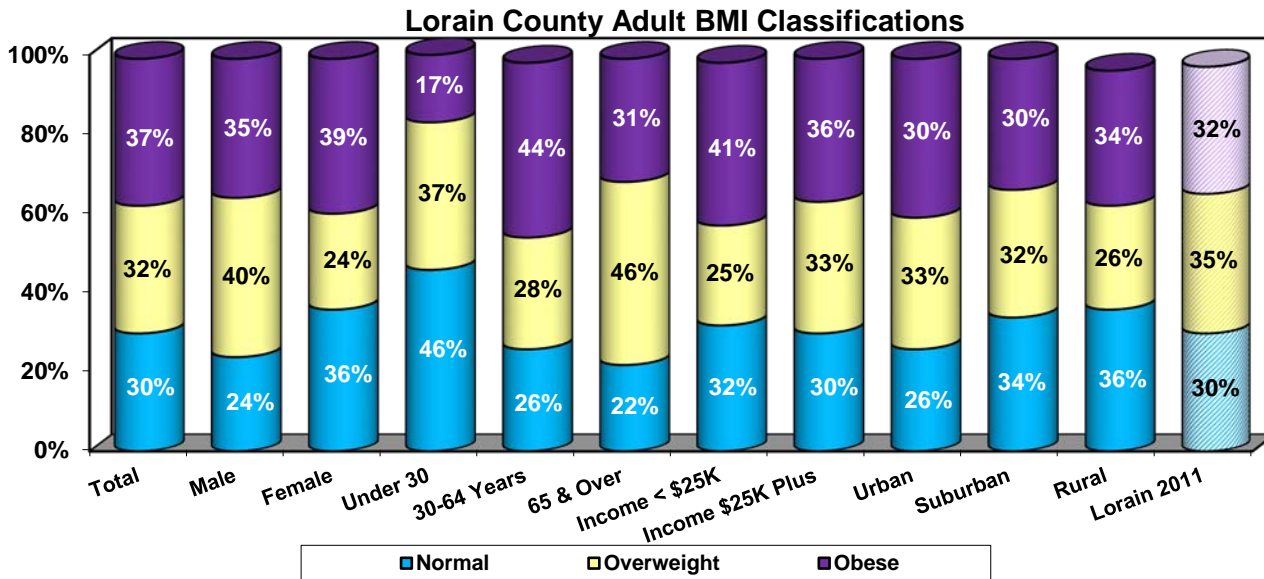
- Reasons for not exercising included: time (22%), too tired (22%), laziness (18%), pain/discomfort (11%), chose not to exercise (10%), weather (6%), no exercise partner (6%), could not afford a gym membership (4%), no childcare (3%), safety (2%), did not know what activity to do (2%), poorly maintained or no sidewalks (2%), transportation (1%), doctor advised them not to exercise (1%), no gym available (<1%), no walking/biking trails (<1%), no access to parks (<1%), and other reasons (5%).
- Lorain County adults described their work as: mostly sitting (28%), mostly walking (11%), mostly heavy labor or physically demanding work (10%), and mostly standing (8%). 28% of adults were not employed, and 14% said their type of work varied.
- Lorain County adults spent an average of 2.7 hours watching TV, 1.5 hours on their cell phone, 1.4 hours on the computer (outside of work), and 0.2 hours playing video games on an average day of the week.

In Lorain County, 53% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week.

Nutrition

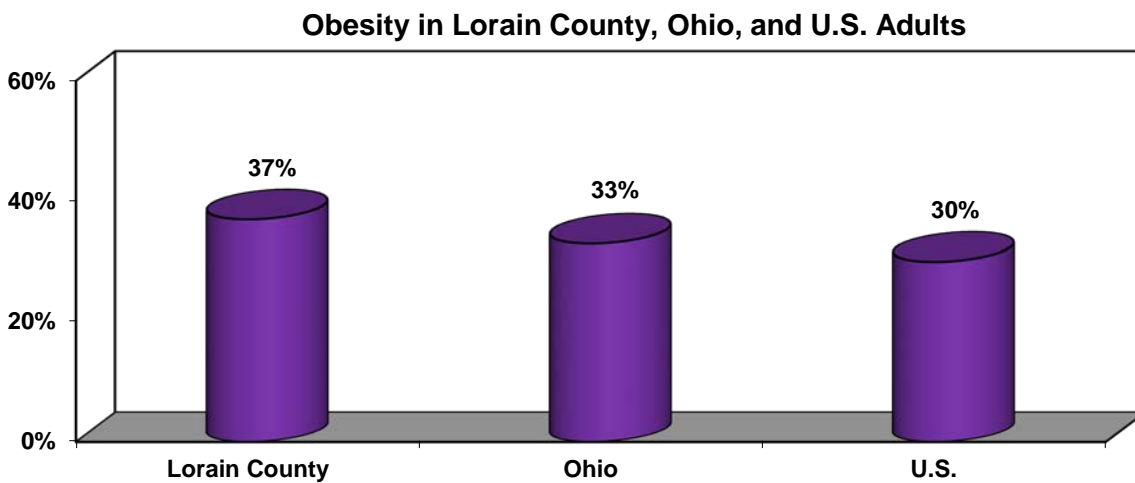
- In 2015, 5% of adults were eating 5 or more servings of fruits and vegetables per day. 90% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.
- Lorain County adults obtained their fruits and vegetables from the following places: large grocery store (81%), local grocery store (36%), farmer's market (29%), garden/grew their own (27%), restaurants (10%), corner stores (3%), Dollar/General Store (3%), food pantry (3%), Veggie Mobile (1%), Group Purchasing, Community Supported Agriculture (1%), and other places (5%).
- Adults reported the following barriers to consuming fruits and vegetables: too expensive (17%), did not like the taste (5%), transportation (1%), did not know how to prepare (1%), no variety (1%), no access (1%), did not take EBT (<1%), and other barriers (2%).
- Lorain County adults reported the following reasons they chose the types of food they ate: taste (58%), cost (51%), enjoyment (50%), ease of preparation (44%), healthiness of food (44%), availability (36%), time (33%), food they were used to (30%), nutritional content (29%), what their spouse prefers (22%), calorie content (21%), what their child prefers (11%), if it is organic (7%), if it is genetically modified (4%), gluten free (4%), health care provider's advice (3%), other food sensitivities (3%), lactose free (2%), and other reasons (2%).
- Adults drank an average of 4.6 beverages containing sugar in the past week.

The following graphs show the percentage of Lorain County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Lorain County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information in the first graph includes: 30% of all Lorain County adults were classified as normal weight, 32% were overweight, and 37% were obese.



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

Nearly half (49%) of Lorain County adults were trying to lose weight.



(Source: 2015 Lorain County Health Assessment and 2014 BRFSS)

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Obese	32%	37%	33%	30%
Overweight	35%	32%	34%	35%

Adult | TOBACCO USE

Key Findings

In 2015, 22% of Lorain County adults were current smokers and 23% were considered former smokers. In 2015, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2015).

In 2015, 22% of Lorain County adults were current smokers.

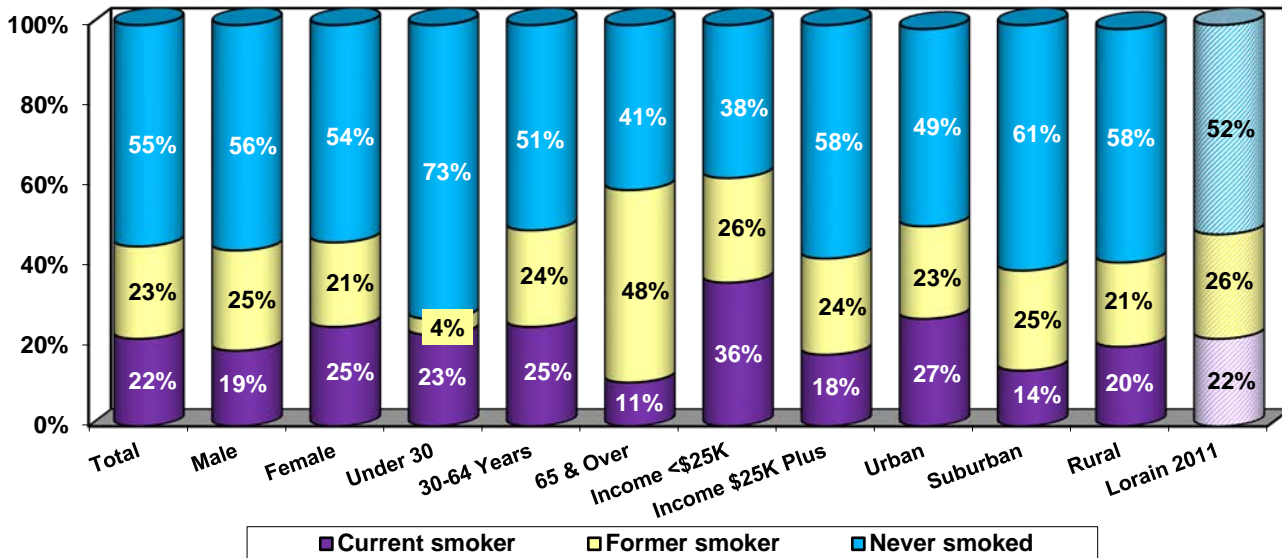
Adult Tobacco Use Behaviors

- The 2015 health assessment identified that more than one-fifth (22%) of Lorain County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2014 BRFSS reported current smoker prevalence rates of 21% for Ohio and 18% for the U.S.
- Almost one-quarter (23%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2014 BRFSS reported former smoker prevalence rates of 25% for Ohio and the U.S.
- Lorain County adult smokers were more likely to:
 - Have rated their overall health as poor (38%)
 - Have incomes less than \$25,000 (36%)
 - Have been separated or a member of an unmarried couple (31%)
- Lorain County adults used the following tobacco products in the past year: cigarettes (24%), e-cigarettes (7%), cigars (5%), Black and Milds (4%), roll-your-own (3%), cigarillos (3%), hookah (3%), chewing tobacco (2%), swishers (2%), little cigars (1%), snuff (1%), and pipes (<1%).
- 45% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Current smoker	22%	22%	21%	18%
Former smoker	26%	23%	25%	25%

The following graphs show the percentage of Lorain County adults cigarette smoking status and Lorain County, Ohio, and U.S. adult cigarette smoking rates. Examples of how to interpret the information include: 22% of all Lorain County adults were current smokers, 23% of all adults were former smokers, and 55% had never smoked.

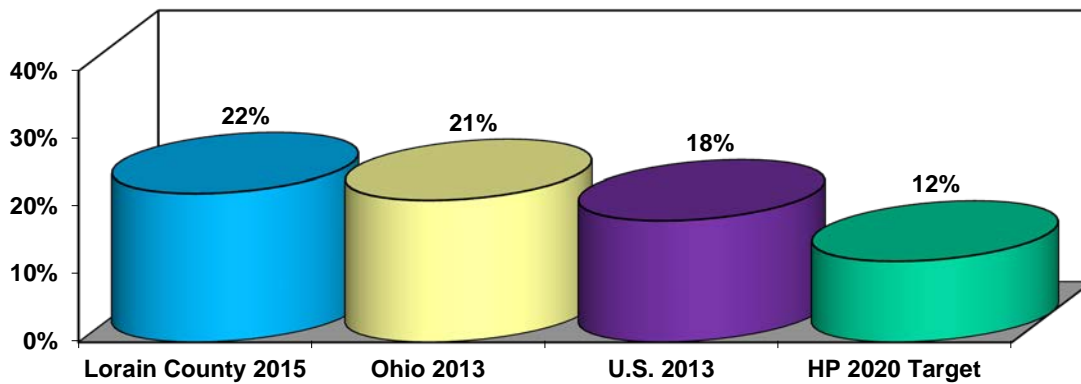
Lorain County Adult Smoking Behaviors



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

45% of current smokers responded that they had tried to quit smoking one or more times.

Healthy People 2020 Objective & Cigarette Smoking Rates

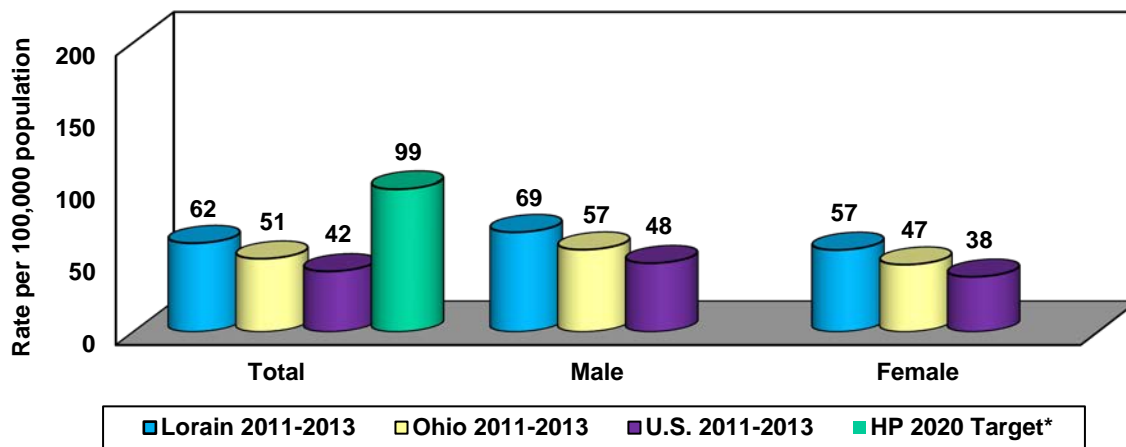


(Source: 2015 Lorain County Health Assessment, 2014 BRFSS and Healthy People 2020)

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

- From 2011-2013, Lorain County's age-adjusted mortality rate for chronic lower respiratory disease was higher than the Ohio rate, and the U.S. rate, but lower than the Healthy People 2020 target objective.
- Disparities existed by gender for Lorain County chronic lower respiratory disease mortality rates. The 2011-2013 Lorain male rates were higher than the Lorain female rates.
- From 2006-2010 the percentage of mothers who smoked during pregnancy in Lorain County fluctuated from year to year.

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

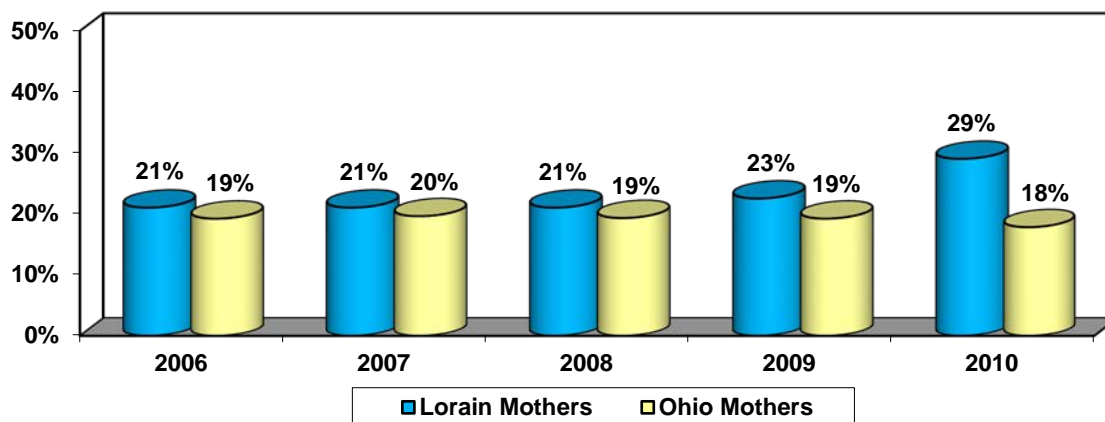


(Source: Health Indicators Warehouse and Healthy People 2020)

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

**HP2020 does not report different goals by gender.

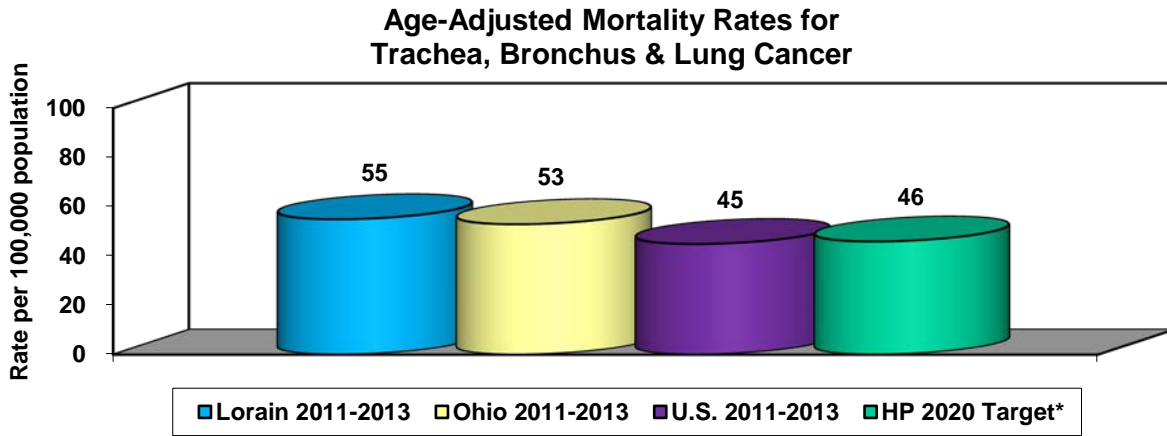
Lorain County and Ohio Births to Mothers Who Smoked During Pregnancy



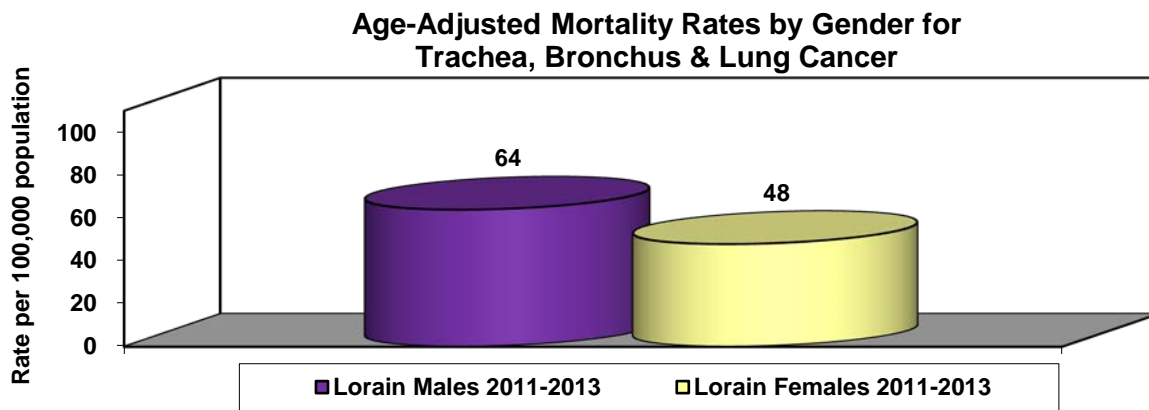
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2006-2010)

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

- Disparities existed by gender for Lorain County trachea, bronchus, and lung cancer age-adjusted mortality rates. The 2011-2013 Lorain male rates were higher than the Lorain female rates.

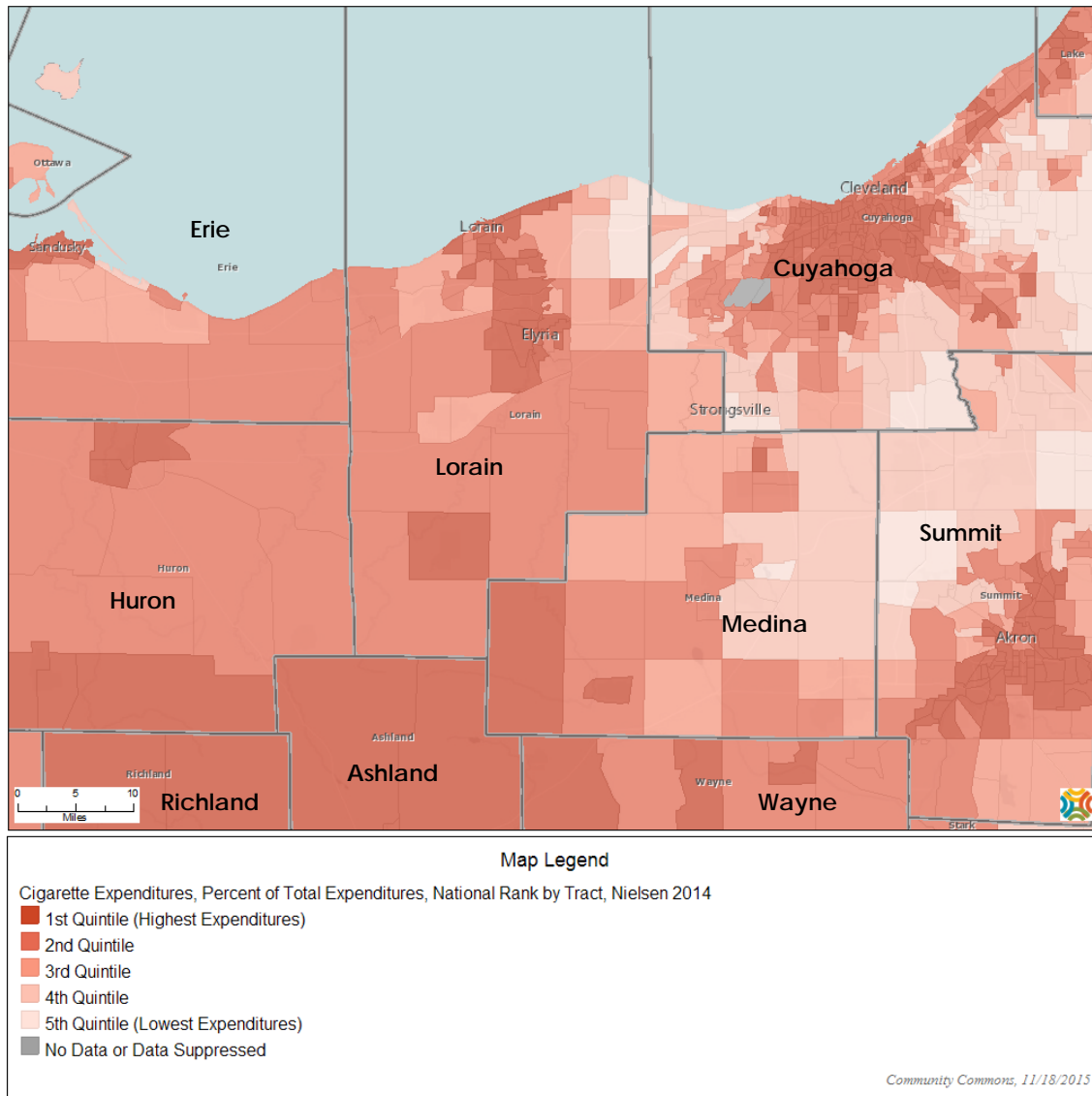


**Healthy People 2020 Target data are for lung cancer only
(Source: Healthy People 2020, Health Indicators Warehouse, updated 2014)*



(Source: Health Indicators Warehouse, updated 2014)

Cigarette Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2014



(Source: Community Commons, updated 11/18/2015)

Smoke-free Living: Benefits & Milestones

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

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

(Source: AHA, *Smoke-free Living: Benefits & Milestones*, from:
http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp)

Adult | ALCOHOL CONSUMPTION

Key Findings

In 2015, the Health Assessment indicated that 16% of Lorain County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 22% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month.

61% of Lorain County adults had at least one alcoholic drink in the past month.

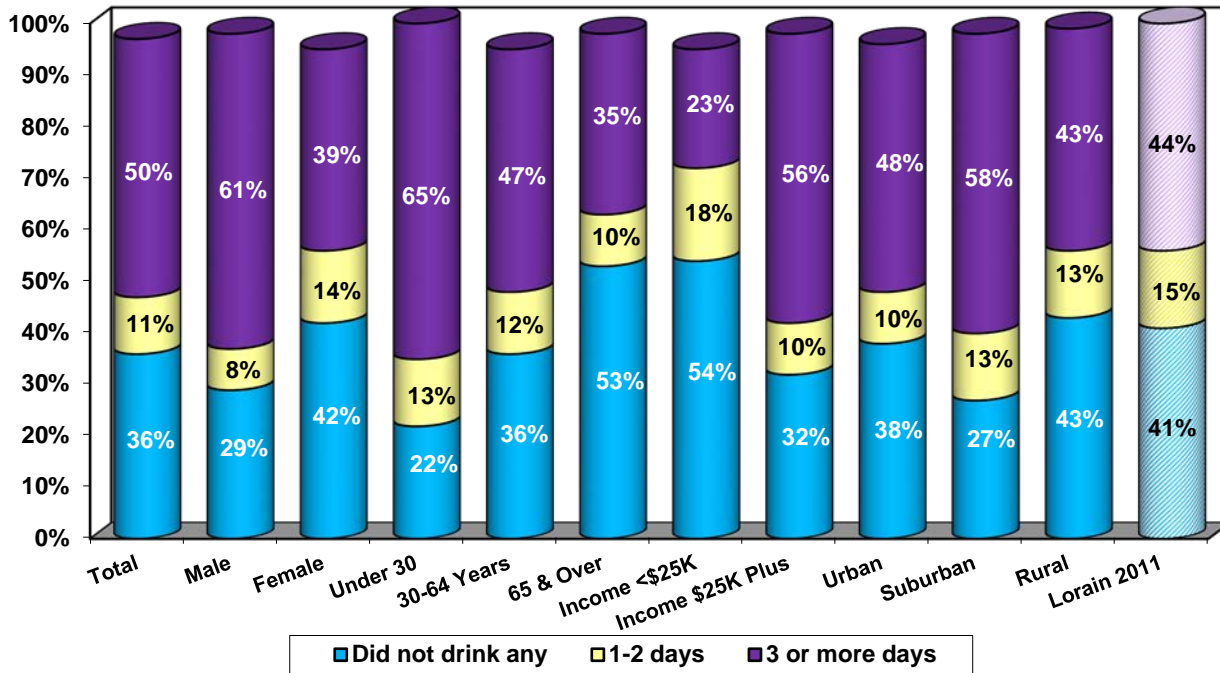
Adult Alcohol Consumption

- In 2015, 61% of the Lorain County adults had at least one alcoholic drink in the past month, increasing to 78% of those under the age of 30.
- The 2014 BRFSS reported current drinker prevalence rates of 53% for Ohio and 53% for the U.S.
- Nearly one-in-six (16%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Lorain County adults drank 4.4 drinks on average, increasing to 4.7 drinks for those with incomes less than \$25,000 and 4.8 drinks for males.
- One-in-nine (11%) Lorain County adults were considered binge drinkers.
- The 2014 BRFSS reported binge drinking rates of 18% for Ohio and 16% for the U.S.
- 22% of current drinkers reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers by definition.
- 1% of adults reported driving after having perhaps too much to drink.

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Drank alcohol at least once in past month	59%	61%	53%	53%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	23%	11%	18%	16%

The following graphs show the percentage of Lorain County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph include: 36% of all Lorain County adults did not drink alcohol, 29% of Lorain County males did not drink, and 42% of adult females reported they did not drink.

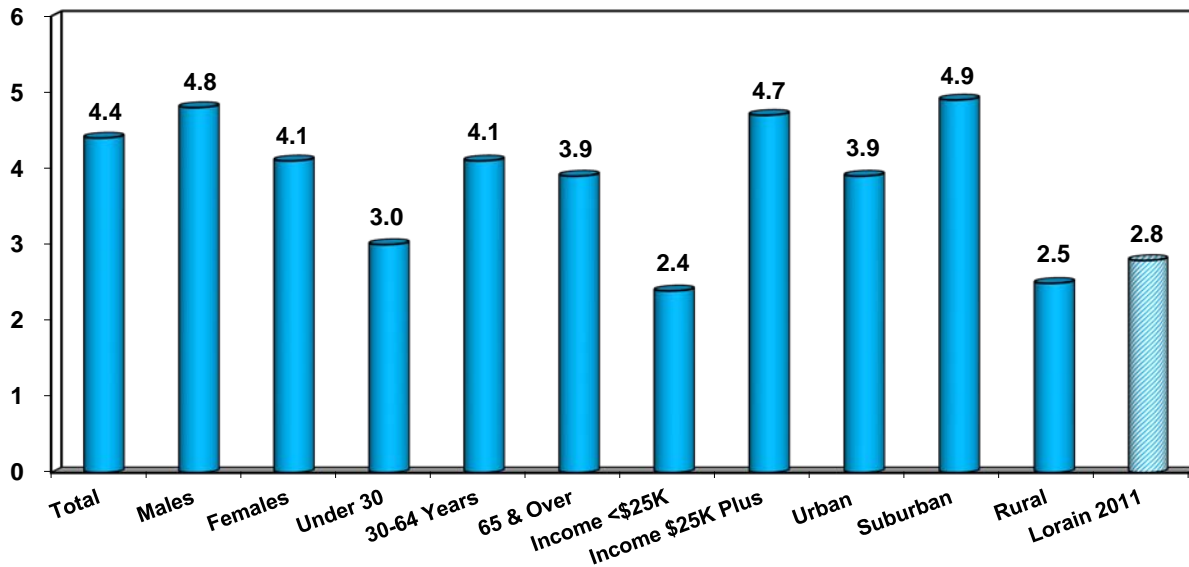
Average Number of Days Drinking Alcohol in the Past Month



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

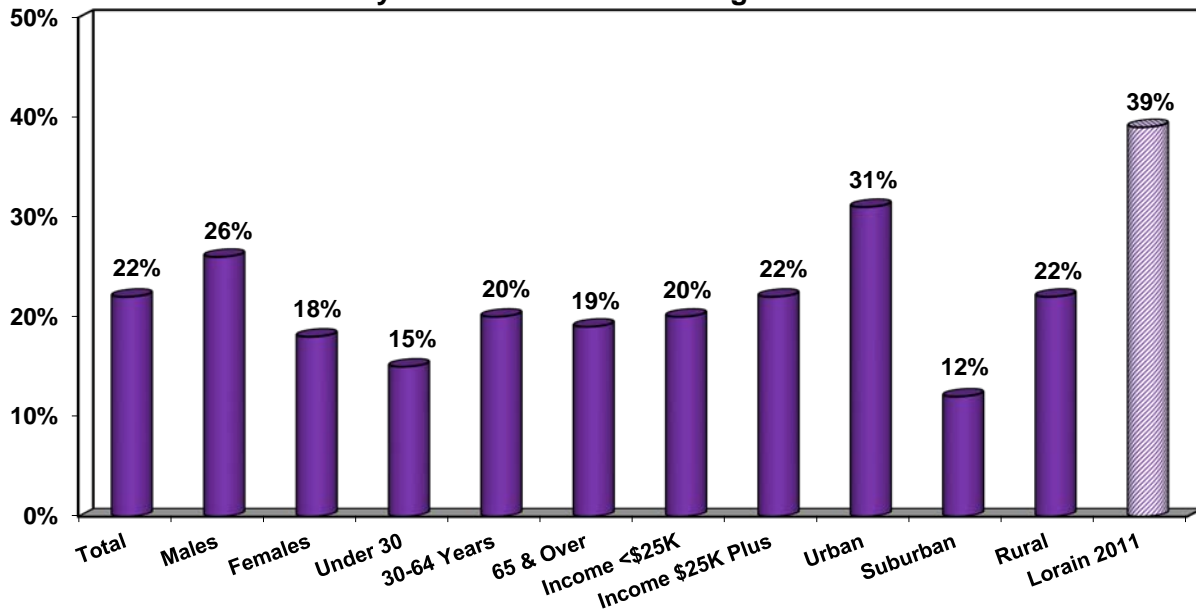
16% of Lorain County adults were considered frequent drinkers (drank on an average of three or more days per week).

Adults Average Number of Drinks Consumed Per Drinking Occasion



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

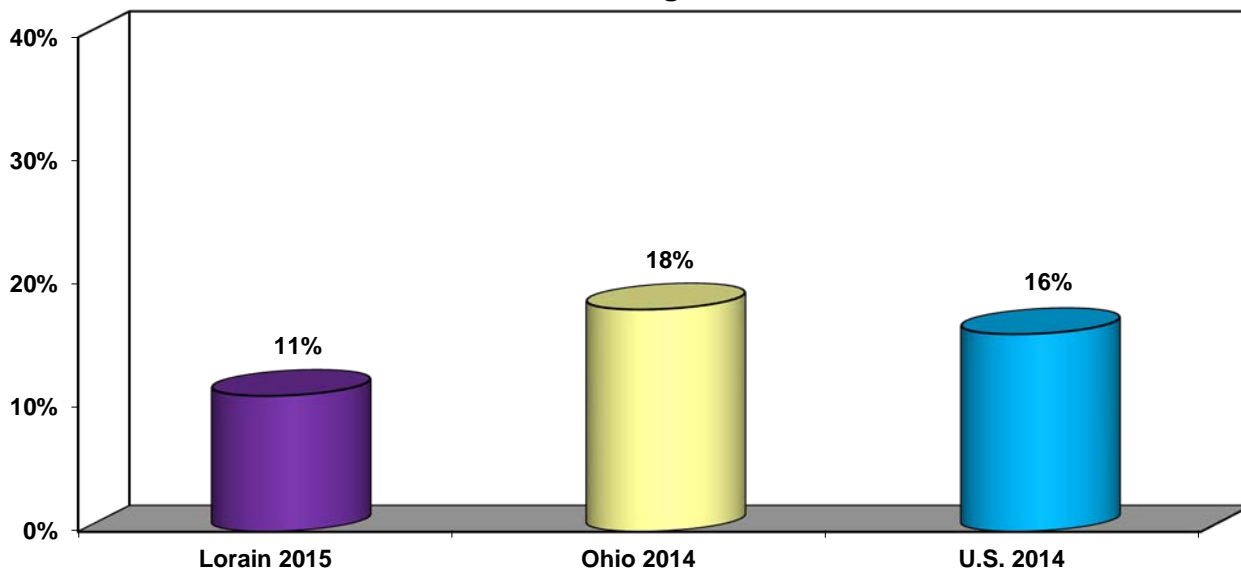
Lorain County Adult Drinkers Who Binge Drank in Past Month*



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

1% of Lorain County adults reported driving after having perhaps too much to drink.

Adult Binge Drinkers*



(Source: 2014 BRFSS, 2015 Lorain County Health Assessment)

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

The following table shows select cities in Lorain County, Lorain County, and Ohio motor vehicle accident statistics. The table shows:

- 48% of all fatal crashes in Lorain County were alcohol-related compared to 30% in Ohio.

	City of Elyria 2015	City of Lorain 2015	Lorain County 2015	Ohio 2015
Total Crashes	982	1,100	5,738	299,655
Alcohol-Related Total Crashes	42	57	278	12,425
Fatal Crashes	1	4	29	1,028
Alcohol-Related Fatal Crashes	0	2	14	312
Alcohol Impaired Drivers in Crashes	42	56	273	12,210
Injury Crashes	239	300	1,449	74,430
Alcohol-Related Injury Crashes	15	30	111	5,050
Property Damage Only	742	796	4,260	224,197
Alcohol-Related Property Damage Only	27	25	153	7,063
Deaths	1	4	34	1,107
Alcohol-Related Deaths	0	2	17	341
Total Non-Fatal Injuries	353	451	2,103	107,439
Alcohol-Related Injuries	18	39	154	7,072

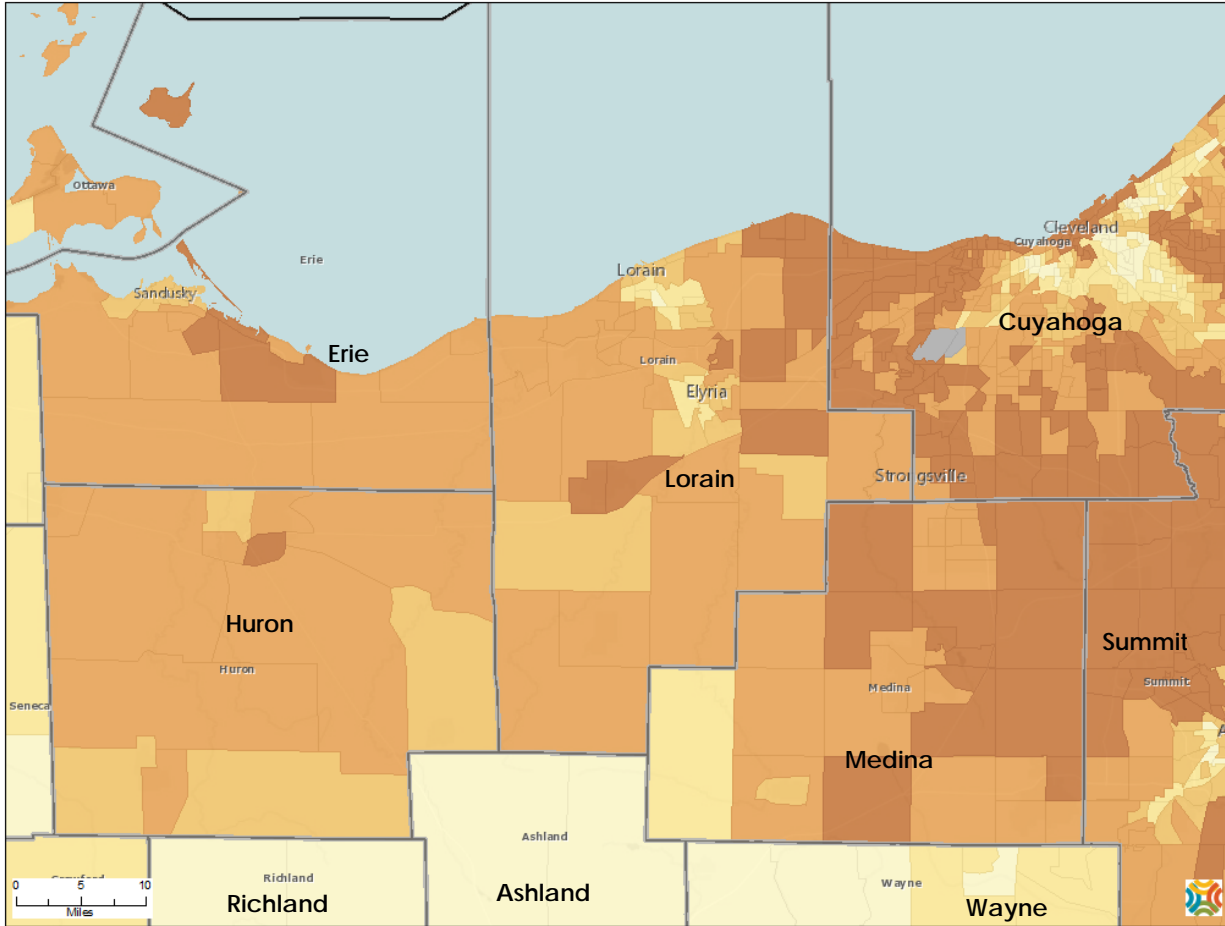
(Source: Ohio Department of Public Safety, Crash Reports, Updated 2/16/2016, Traffic Crash Facts)

Impaired Driving

- Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 51 minutes.
- The annual cost of alcohol-related crashes totals more than \$59 billion.
- In 2013, 10,076 people were killed in alcohol-impaired driving crashes, accounting for nearly one-third (31%) of all traffic-related deaths in the United States.
- Of the 1,149 traffic deaths among children ages 0 to 14 years in 2013, 200 (17%) involved an alcohol-impaired driver.
- In 2013, over 1.3 million drivers were arrested for driving under the influence of alcohol or narcotics.

(Source: CDC, Injury Prevention & Control: Motor Vehicle Safety, November 24, 2013, http://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-drv_factsheet.html)

Alcohol Beverage Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2014



Map Legend

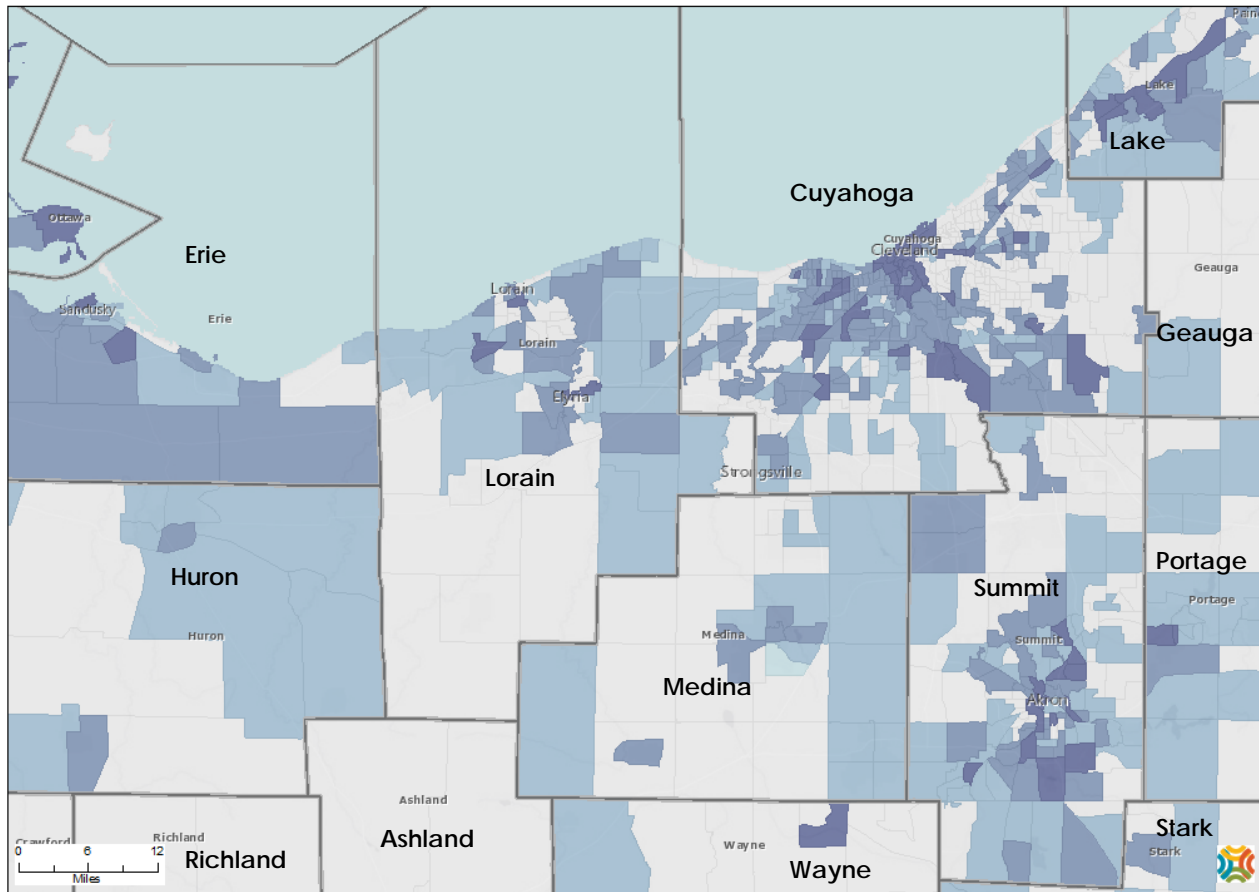
Alcoholic Beverage Expenditures, Percent of Food-At-Home Expenditures, National Rank by Tract, Nielsen 2014

- 1st Quintile (Highest Expenditures)
- 2nd Quintile
- 3rd Quintile
- 4th Quintile
- 5th Quintile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 12/7/2015

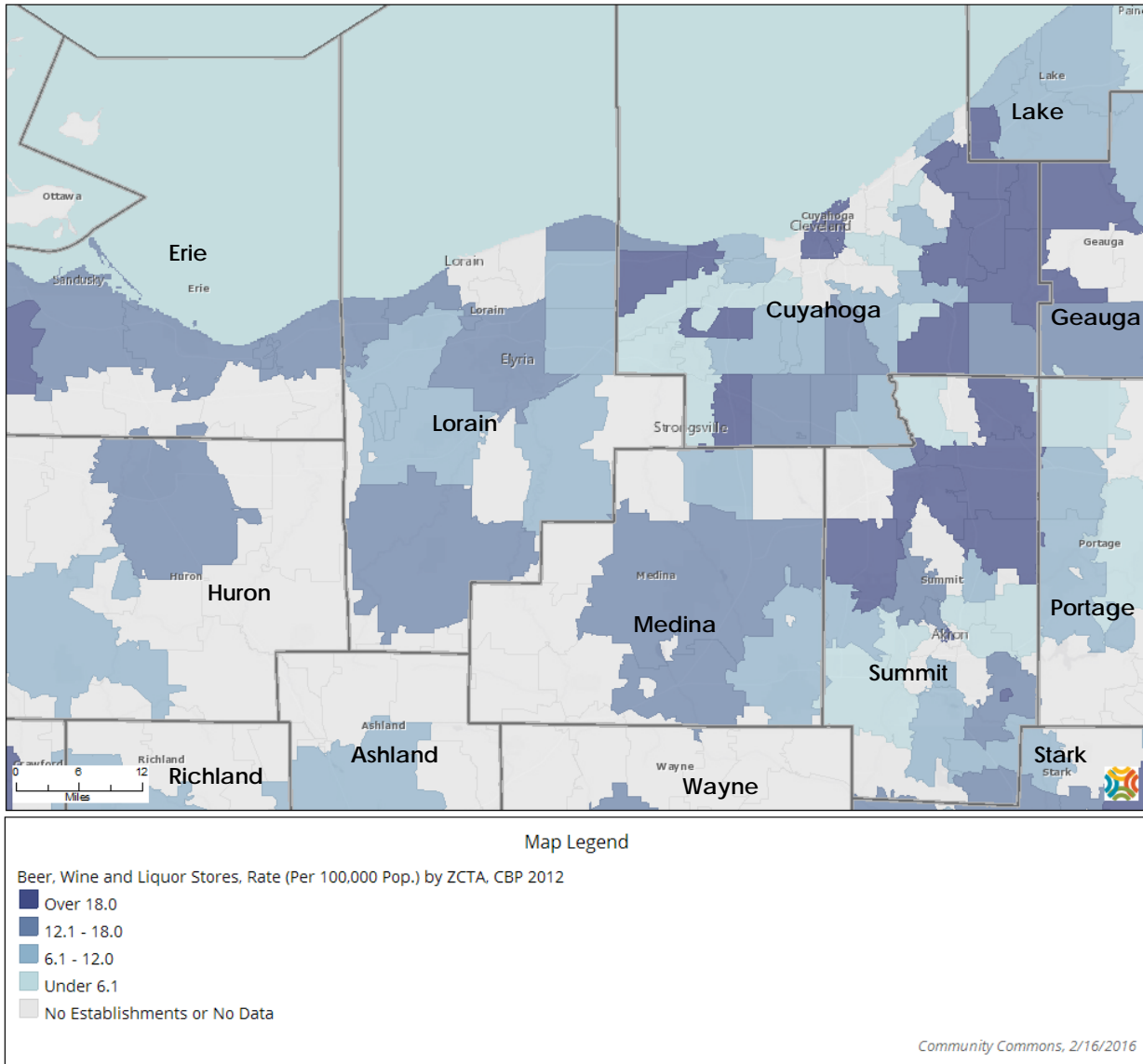
(Source: Community Commons, updated 12/7/2015)

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by Census Tract, Census Business Patterns, 2012



(Source: Community Commons, updated 2/16/2016)

Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by Zip Code Tabulation Area (ZCTA), Census Business Patterns, 2012



(Source: Community Commons, updated 2/16/2016)

Adult | DRUG USE

Key Findings

In 2015, 10% of Lorain County adults had used marijuana during the past 6 months. 11% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Adult Drug Use

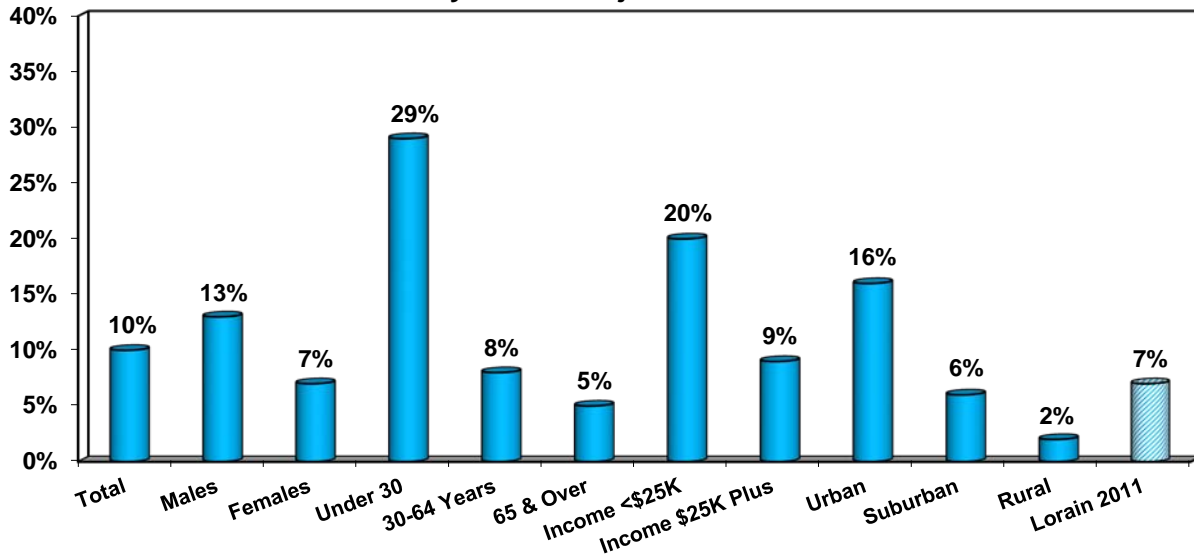
- 10% of Lorain County adults had used marijuana in the past 6 months, increasing to 20% of those with incomes less than \$25,000 and 29% of those under the age of 30.
- 2% of Lorain County adults reported using other recreational drugs such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 26% of Lorain County adults who used drugs did so almost every day, and 36% did so less than once a month.
- 11% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 14% of males and 17% of those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 20% of Lorain County adults who used these drugs did so almost every day, and 21% did so less than once a month.
- Lorain County adults indicated they did the following with their unused prescription medication: took as prescribed (19%), threw it in the trash (18%), took it to the Medication Collection program (14%), kept it (14%), flushed it down the toilet (8%), disposed in 24/7 drop box (5%), kept it in a locked cabinet (2%), mailer to ship back to pharmacy (<1%), gave it away (<1%), sold it (<1%), and some other destruction method (1%).
- 2% of Lorain County adults have used a program or service to help with drug problems for either themselves or a loved one. Reasons for not using such a program included: had not thought of it (2%), could not afford to go (1%), no program available (1%), fear (1%), did not want to get in trouble (1%), did not want to miss work (1%), did not know how to find a program (1%), could not get to the office or clinic (<1%), and other reasons (<1%). 94% of adults indicated they did not need a program or service to help with drug problems.

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Adults who used marijuana in the past 6 months	7%	10%	N/A	N/A
Adults who used heroin in the past 6 months	1%	<1%	N/A	N/A
Adults who misused medications in the past 6 months	11%	11%	N/A	N/A

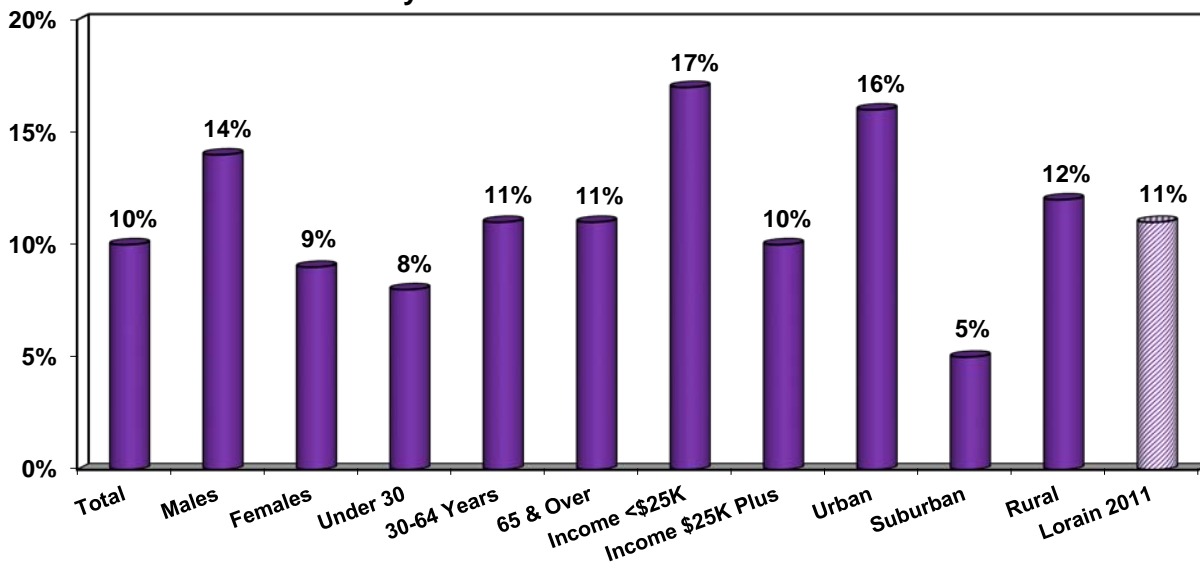
N/A – Not available

The following graphs are data from the 2015 Lorain County Health Assessment indicating adult marijuana use in the past six months and medication misuse in the past six months. Examples of how to interpret the information include: 10% of all Lorain County adults used marijuana in the past six months, 29% of adults under the age of 30 were current users, and 20% of adults with incomes less than \$25,000 were current users.

Lorain County Adult Marijuana Use in Past 6 Months

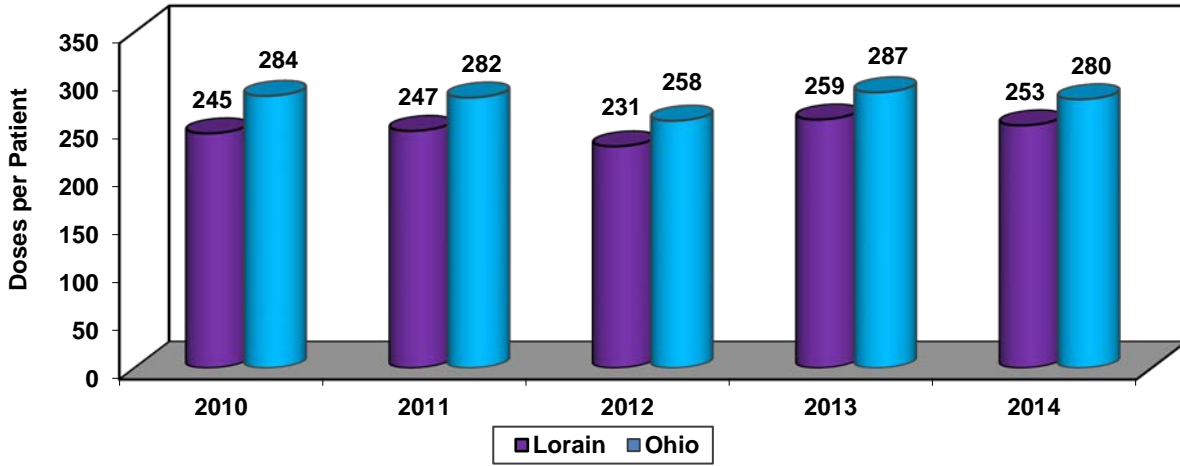


Lorain County Adult Medication Misuse in Past 6 Months

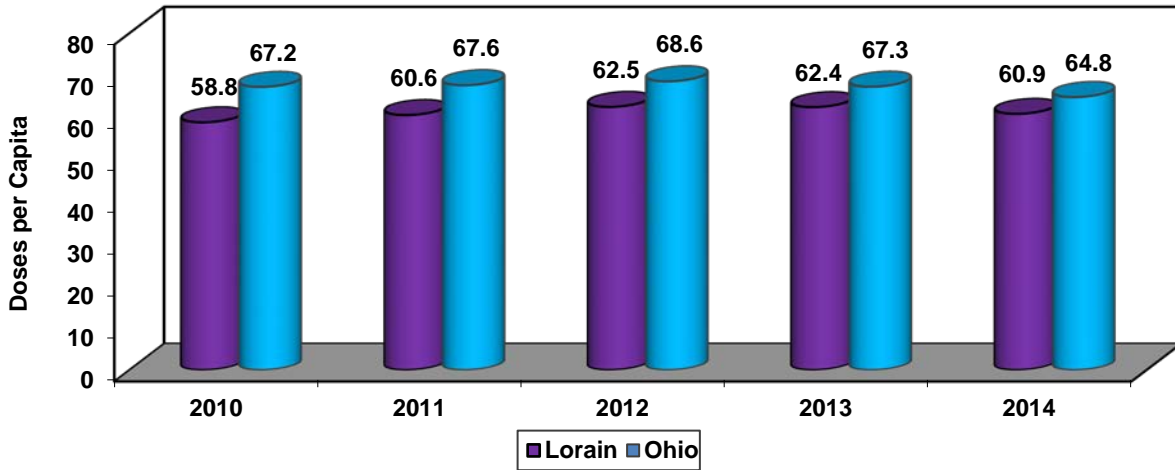


The following graphs are data from the Ohio Automated Prescription Reporting System indicating Lorain County and Ohio opiate and pain reliever doses per patient as well as opiate and pain reliever doses per capita.

Lorain County and Ohio Number of Opiate and Pain Reliever Doses Per Patient

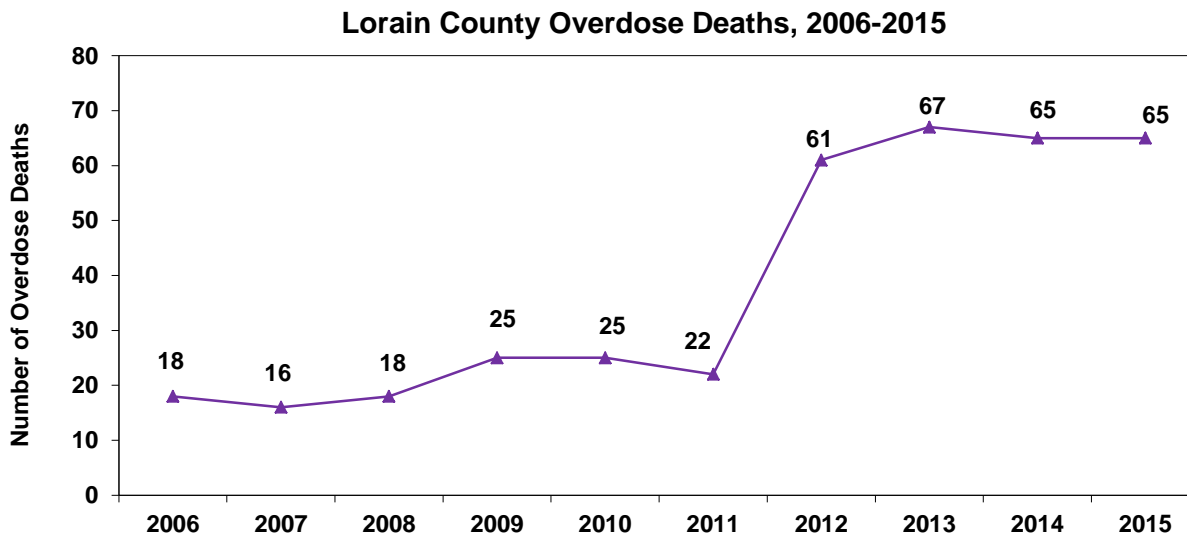


Lorain County and Ohio Number of Opiate and Pain Reliever Doses Per Capita



(Source: Ohio Automated Rx Reporting System, April 22, 2015, from: <https://www.ohiopmp.gov/portal/docs.aspx>)

The following graph is data from the Ohio Department of Health and Lorain County Coroner's Office identifying the number of overdose deaths from 2006-2015.



(Source: Ohio Department of Health & Lorain County Coroner's Office).

2014 Ohio Drug Overdose Preliminary Data: General Findings

- Unintentional drug overdose continued to be the leading cause of injury-related death in Ohio in 2014, ahead of motor vehicle traffic crashes – a trend which began in 2007.
- Unintentional drug overdoses caused the deaths of 2,482 Ohio residents in 2014 based on preliminary data. This is the highest number of deaths on record from drug overdose and reflects a 17.6 percent increase compared to 2013 when there were 2,110 drug overdose deaths. The increased illicit use of a powerful opioid called fentanyl was a significant contributor to the rise in drug overdose deaths.
- Fentanyl has been observed being mixed with other commonly abused drugs, such as heroin, resulting in increased deaths between 2005 and 2007, and it seems to be reemerging in the U.S.
- Fentanyl drug reports based on law enforcement drug seizures increased by 300 percent in the U.S. from the second half of 2013 to the first half of 2014. This increase was especially pronounced in the South, Northeast and Midwest.
- Most often used to treat patients with severe pain, fentanyl is a Schedule II synthetic narcotic that in its prescription form is estimated to be 30 to 50 times more potent than heroin and 50 to 100 times more potent than morphine.

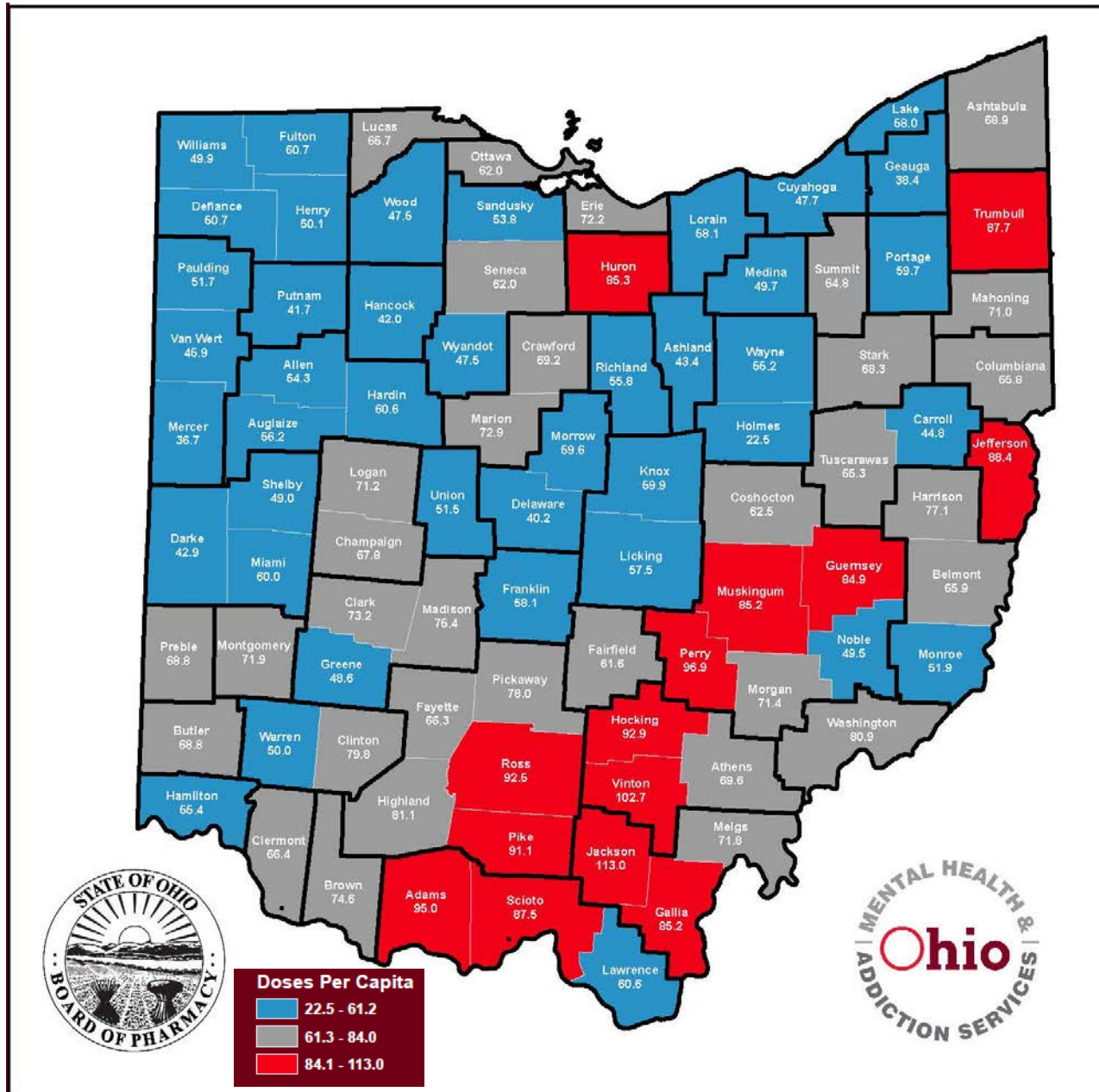
(Source: Ohio Department of Health, obtained from:

<http://www.healthy.ohio.gov/-/media/HealthyOhio/ASSETS/Files/injury%20prevention/2014%20Ohio%20Preliminary%20Overdose%20Report.pdf>).

Prescription Doses Per Capita

- In 2014, the statewide average per capita dosage rate was 61.2 doses per person.
- The average per capita dosage rate was 58.1 doses per person in Lorain County in 2014.

Prescription Opioid Doses Per Capita Ohio's Automated Rx Reporting System (OARRS) - 2014



(Source: Ohio Mental Health and Addiction Services, Doses Per Capita June 2015, obtained from: http://mha.ohio.gov/Portals/0/assets/Research/Maps/Per_Capita_2014_v2_NoBup.pdf)

Felony Cases and Drug Arrests January – June 2015

- Ohio State Highway Patrol (OSHP) investigated a wide range of felony offenses during the first half of 2015, including vice (1,820); assault (717); larceny (292); false pretense (100); property crimes (77); homicide/death (16); robbery/burglary (7); and various other types of felony offenses (150).
- OSHP Troopers made 6,256 total drug arrests during the first 6 months of 2015 – a 10% increase compared to 2014 and a 30% increase compared to the previous 3-year average (2012-2014).
- Of the 6,256 drug arrests, over one-quarter (1,720 or 27%) included one or more felony drug charges. This represents a 36% increase over the previous 3-year average (2012-2014).

OHIO STATE HIGHWAY PATROL TROOPER SHIELD FELONY CASES AND DRUG ARRESTS JANUARY – JUNE 2015

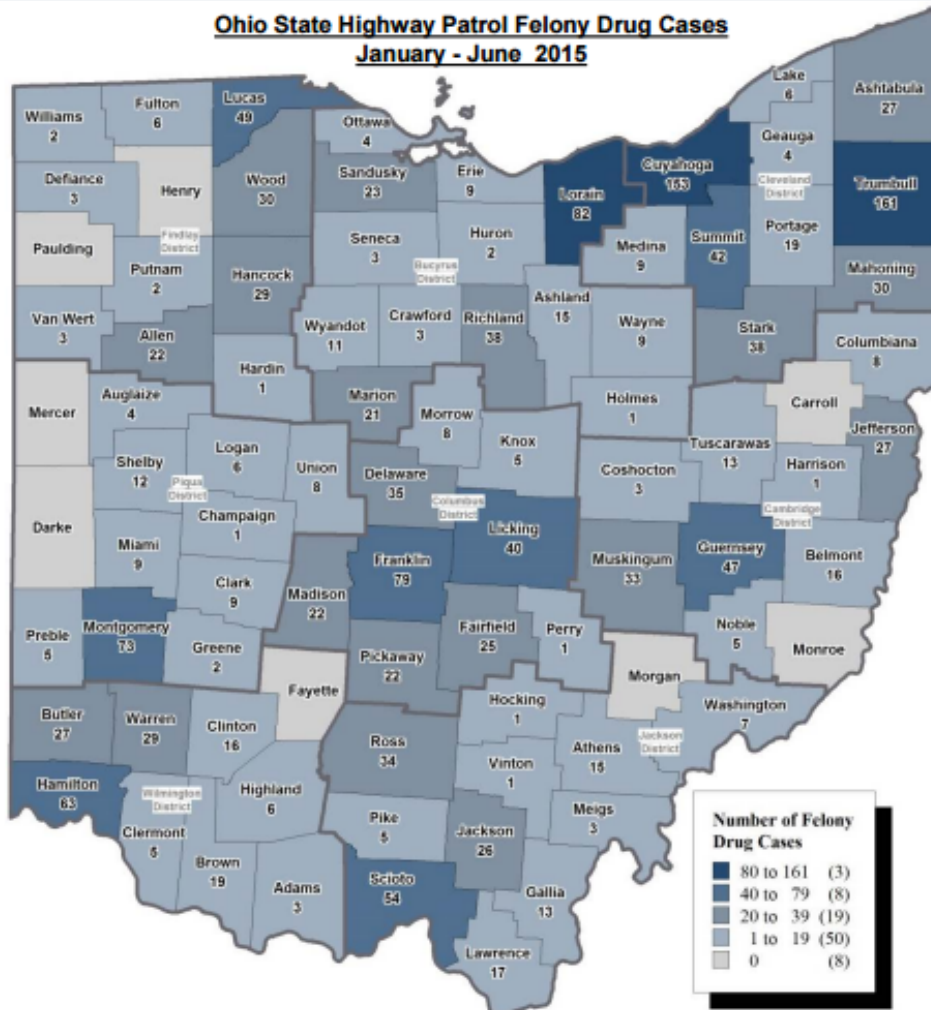


**Ohio State Highway Patrol Felony Drug Cases
January - June 2015**

OSHP felony cases by type ¹ (Jan. 1 – Jun. 30, 2015)	
Homicide/death	16
Robbery/burglary	7
Larceny	292
Assault	717
False pretense ²	100
Vice ³	1,820
Property crimes	77
Other investigations	150
Total:	3,179

OSHP drug arrests (Jan. 1 - Jun. 30, 2015)	
Total drug arrests	6,256
Felony drug cases	1,720

OSHP drug seizures in grams (Jan. 1 - Jun. 30, 2015)	
Marijuana	413,582
Cocaine	84,302
Crack	1,586
Heroin	7,274
OSHP scheduled pill seizures (Jan. 1 - Jun. 30, 2015)	
Opiate	15,313
Stimulant	1,073
Depressant	3,403
Hallucinogen	188



(Source: Ohio State Highway Patrol, Felony Cases and Drug Arrests, January – June 2015, from <http://statepatrol.ohio.gov/>)

ADULT DRUG USE

Adult | WOMEN'S HEALTH

Key Findings

In 2015, more than three-fifths (61%) of Lorain County women over the age of 40 reported having a mammogram in the past year. 53% of Lorain County women ages 19 and over had a clinical breast exam and 38% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 1% of women survived a heart attack and 2% survived a stroke at some time in their life. Nearly two-fifths (39%) of Lorain County women were obese, 30% had high blood pressure, 31% had high blood cholesterol, and 25% were identified as smokers, known risk factors for cardiovascular diseases.

Women's Health Screenings

- In 2015, 69% of women had a mammogram at some time and more than two-fifths (41%) had this screening in the past year.
- More than three-fifths (61%) of women ages 40 and over had a mammogram in the past year and 75% had one in the past two years. The 2014 BRFSS reported that 73% of women 40 and over in the U.S. and 72% in Ohio, had a mammogram in the past two years.
- Most (92%) Lorain County women have had a clinical breast exam at some time in their life and 53% had one within the past year. More than two-thirds (69%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 75% in Ohio, had a clinical breast exam in the past two years.
- This assessment has identified that 89% of Lorain County women have had a Pap smear and 38% reported having had the exam in the past year. 68% of women had a pap smear in the past three years. The 2014 BRFSS indicated that 75% of U.S. and 74% of Ohio women had a pap smear in the past three years.

Pregnancy

- 22% of Lorain County women had been pregnant in the past 5 years.
- During their last pregnancy, Lorain County women: took a multi-vitamin (15%), got a prenatal appointment in the first 3 months (13%), took folic acid during pregnancy (10%), took folic acid pre-pregnancy (7%), received WIC services (7%), had a dental exam (6%), experienced perinatal depression (3%), looked for options for an unwanted pregnancy (3%), had an abortion (3%), smoked cigarettes (2%), consumed alcoholic beverages (2%), did none of these things (7%).

Lorain County Female Leading Causes of Death, 2011 – 2013

1. Cancers (23% of all deaths)
2. Heart Diseases (21%)
3. Chronic Lower Respiratory Diseases (8%)
4. Stroke (5%)
5. Alzheimer's Disease (4%)

(Source: CDC Wonder, 2011-2013)

Ohio Female Leading Causes of Death, 2011 – 2013

1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (6%)
5. Alzheimer's Disease (5%)

(Source: CDC Wonder, 2011-2013)

Women's Health Concerns

- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 26% of all female deaths in Lorain County (*Source: CDC Wonder 2011-2013*).
- Women used the following as their usual source of services for female health concerns: private gynecologist (46%), general or family physician (32%), community health center (4%), nurse practitioner/physician's assistant (3%), family planning clinic (3%), midwife (2%), and health department clinic (1%). 9% indicated they did not have a usual source of services for female health concerns.
- In 2015, the health assessment determined that 1% of women had survived a heart attack and 2% had survived a stroke at some time in their life.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Lorain County the 2015 Health Assessment has identified that:
 - 63% of women were overweight or obese (62% Ohio, 2014 BRFSS*)
 - 31% were diagnosed with high blood cholesterol (36% Ohio, 37% U.S., 2013 BRFSS)
 - 30% were diagnosed with high blood pressure (32% Ohio, 30% U.S., 2013 BRFSS)
 - 25% of all women were current smokers (20% Ohio, 2014 BRFSS*)
 - 12% had been diagnosed with diabetes (11% Ohio, 2014 BRFSS*)

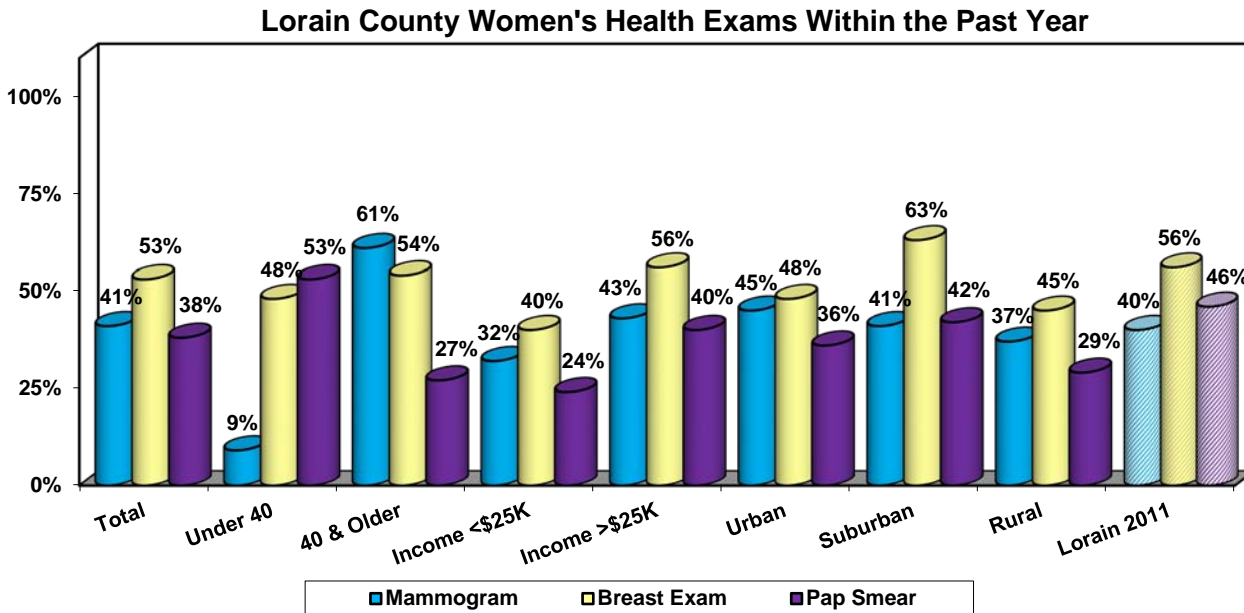
** The U.S. data for the BRFSS is not able to be broken down by gender for 2014*

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Had a clinical breast exam in the past two years (age 40 & over)	N/A	69%	75%*	77%*
Had a mammogram in the past two years (age 40 & over)	N/A	75%	72%	73%
Had a pap smear in the past three years	N/A	68%	74%	75%

N/A – Not Available

*2010 BRFSS Data

The following graph shows the percentage of Lorain County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 41% of Lorain County females had a mammogram within the past year, 53% had a clinical breast exam, and 38% had a Pap smear.



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

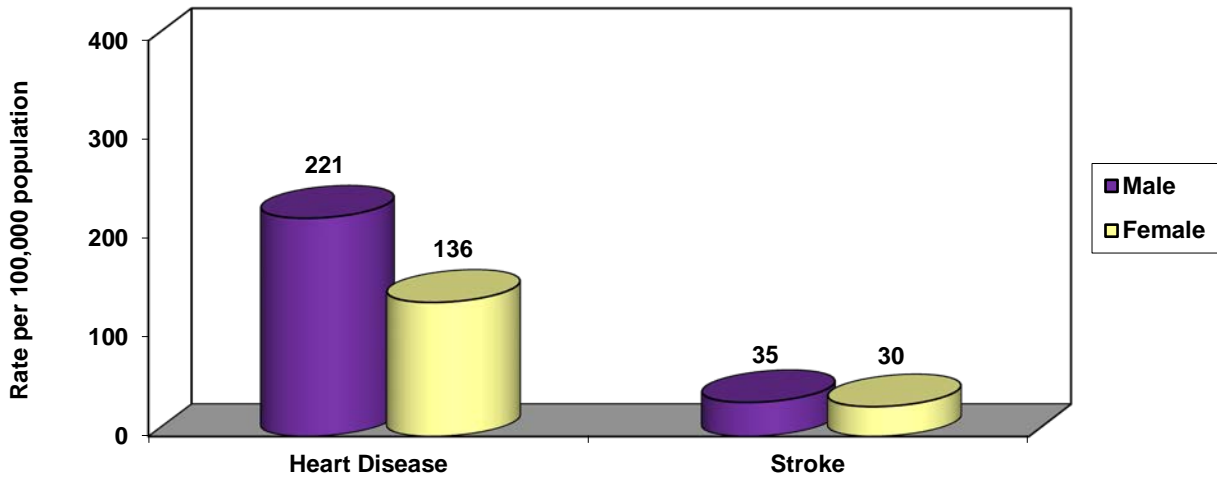
- Binge drinking for women is defined as consuming 4 or more alcohol drinks (beer, wine, or liquor) on an occasion.
- Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem.
- Drinking too much results in about 23,000 deaths in women and girls each year.
- Binge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

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

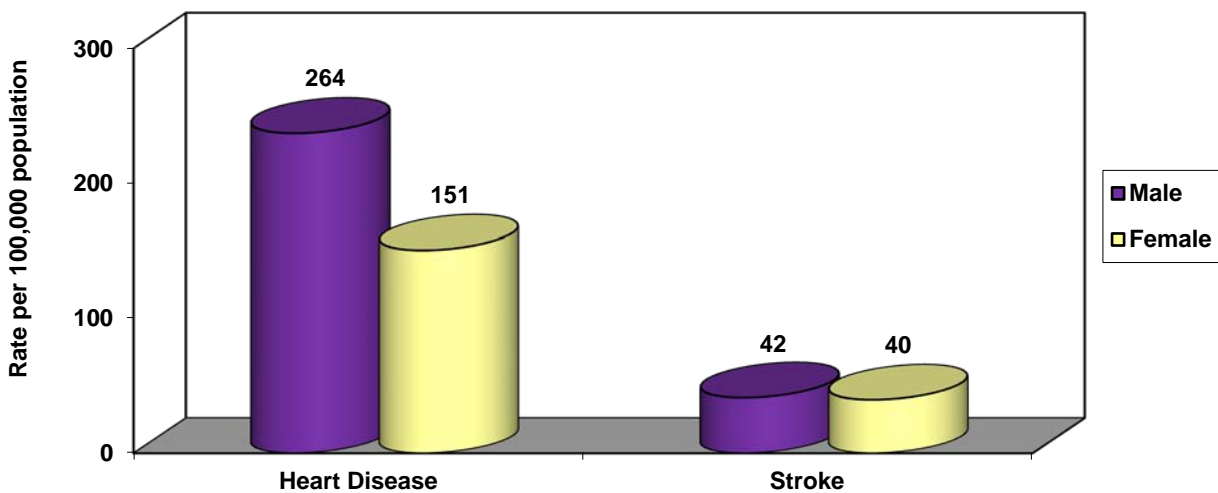
The following graphs show the Lorain County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- From 2011-2013, the Lorain County and Ohio female age-adjusted mortality rate was lower than the male rate for both heart disease and stroke.
- The Lorain County female heart disease mortality rate was lower than the Ohio female rate from 2011-2013.

Lorain County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011-2013



Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011-2013

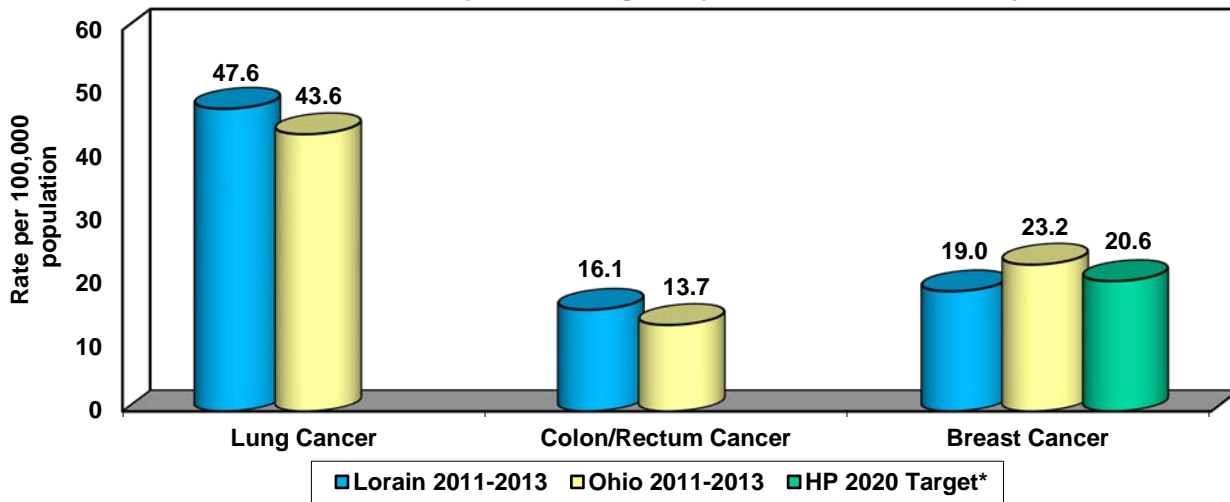


(Source for graphs: CDC Wonder 2011-2013)

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

- From 2011-2013, the Lorain County age-adjusted mortality rate for female lung cancer was greater than the Ohio rate.
- From 2011-2013, the Lorain County age-adjusted breast cancer mortality rate was less than the Ohio rate and the Healthy People 2020 target objective.
- The Lorain County age-adjusted cervical cancer mortality rate for 2008-2012 was greater than the Ohio rate, and the Healthy People 2020 target objective.

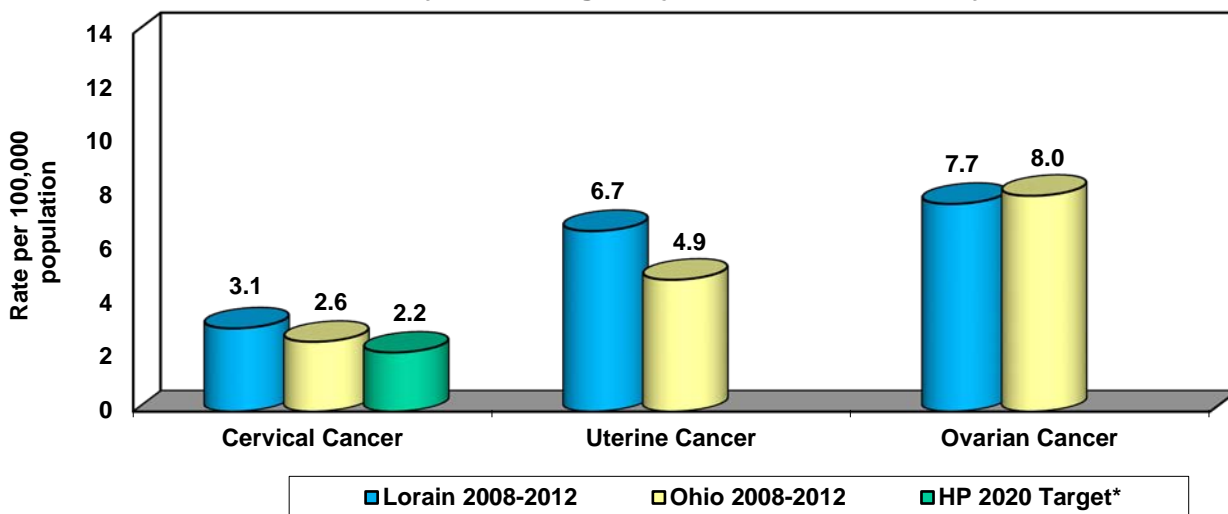
Lorain County Female Age-Adjusted Cancer Mortality Rates



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

(Source: CDC Wonder 2011-2013 and Healthy People 2020)

Lorain County Female Age-Adjusted Cancer Mortality Rates



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

(Source: State Cancer Profile and Healthy People 2020)

Adult | MEN'S HEALTH

Key Findings

In 2015, 49% of Lorain County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 23% of all male deaths in Lorain County from 2011-2013. The Health Assessment determined that 5% of men survived a heart attack and 6% survived a stroke at some time in their life. More than two-fifths (41%) of men had been diagnosed with high blood pressure, 35% had high blood cholesterol, and 19% were identified as smokers, which, along with obesity (35%), are known risk factors for cardiovascular diseases.

Men's Health Screenings and Concerns

- More than two-fifths (45%) of Lorain County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 27% had one in the past year.
- 76% of males age 50 and over had a PSA test at some time in their life, and 49% had one in the past year.
- More than half (53%) of men had a digital rectal exam in their lifetime and 17% had one in the past year.
- From 2011-2013, major cardiovascular diseases (heart disease and stroke) accounted for 28% of all male deaths in Lorain County (CDC Wonder, 2011-2013).
- In 2015, the health assessment determined that 5% of men had a heart attack and 6% had a stroke at some time in their life.

17% of Lorain County males had a digital rectal exam in the past year.

- From 2011-2013, the leading cancer deaths for Lorain County males were lung, colorectal, prostate, pancreas, and esophageal cancers. Statistics from the same period for Ohio males show lung, colorectal, prostate, pancreas, and esophagus cancers as the leading cancer deaths (Source: CDC Wonder).
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. The 2015 Lorain County health assessment has identified that:
 - 75% of men were overweight or obese (72% Ohio, 2014 BRFSS*)
 - 41% were diagnosed with high blood pressure (36% Ohio, 34% U.S., 2013 BRFSS)
 - 35% were diagnosed with high blood cholesterol (39% Ohio, 40% U.S., 2013 BRFSS)
 - 19% of all men were current smokers (22% Ohio, 2014 BRFSS*)
 - 11% had been diagnosed with diabetes (12% Ohio, 2014 BRFSS*)

Lorain County Male Leading Causes of Death, 2011 – 2013

1. Heart Diseases (24% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (7%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (4%)

(Source: CDC Wonder, 2011-2013)

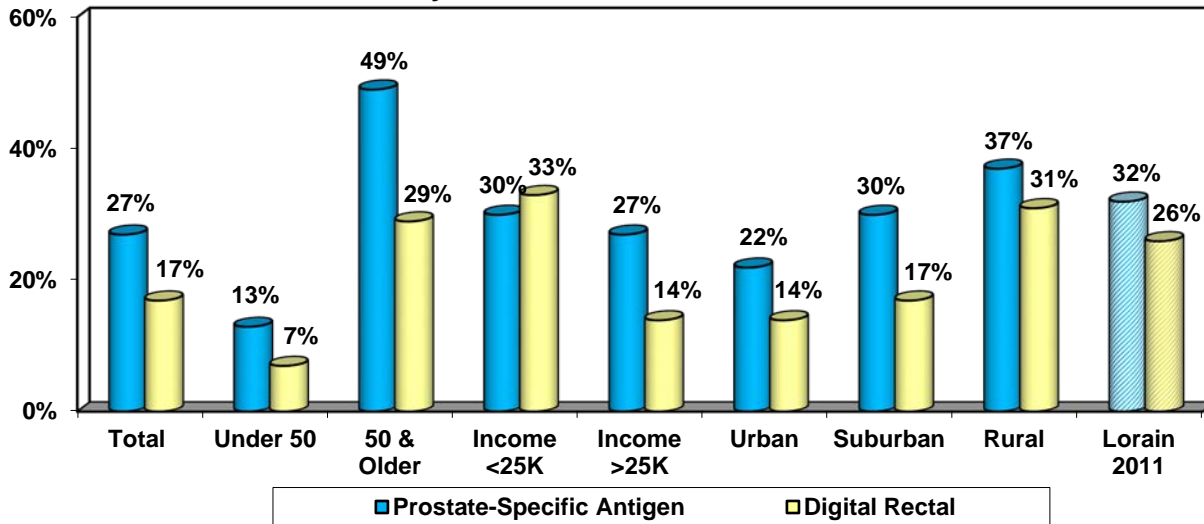
Ohio Male Leading Causes of Death, 2011 – 2013

1. Heart Diseases (25% of all deaths)
2. Cancers (24%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (4%)

(Source: CDC Wonder, 2011-2013)

The following graph shows the percentage of Lorain County male adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 27% of Lorain County males had a PSA test within the past year and 17% had a digital rectal exam.

Lorain County Men's Health Exams Within the Past Year



Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Had a digital rectal exam within the past year	26%	17%	N/A	N/A
Had a PSA test within the past year	32%	27%	43%	43%

N/A - Not Available

Men's Health Data

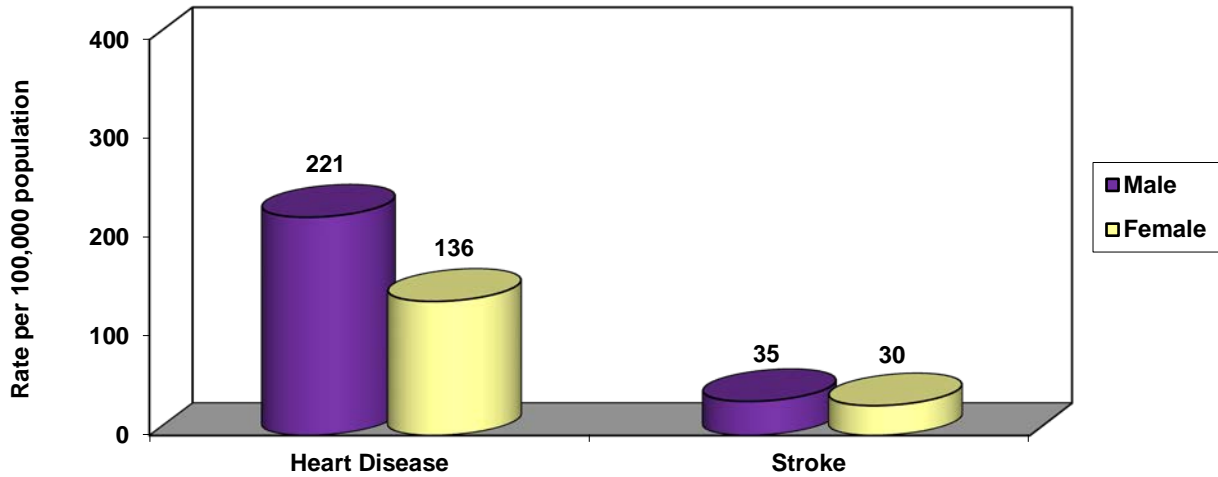
- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- 21% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 53% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 35% of men 20 years and over are obese.
- There are 15% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, February 22, 2016, from <http://www.cdc.gov/nchs/fastats/mens-health.htm>)

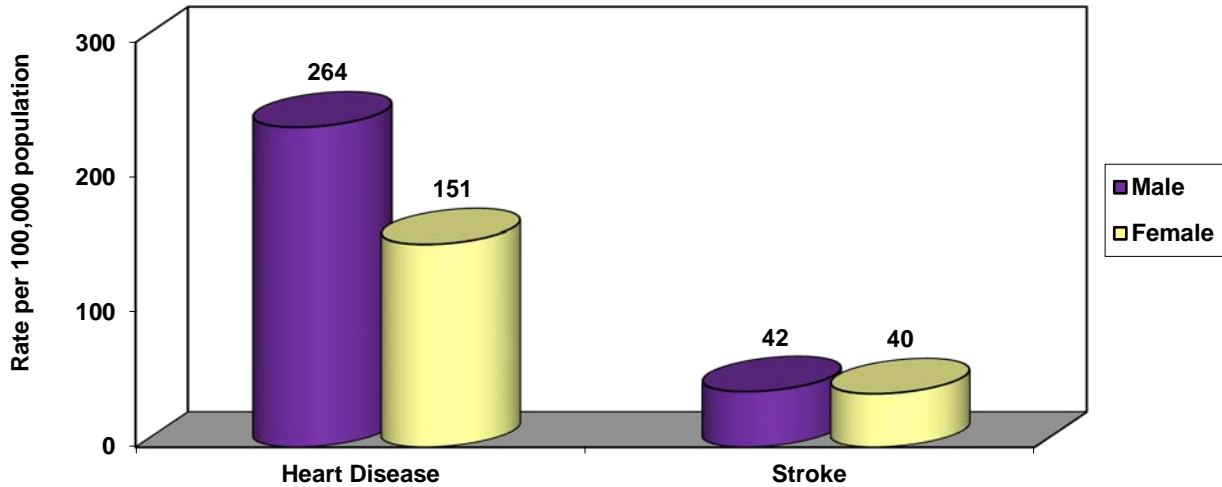
The following graphs show the Lorain County and Ohio age-adjusted mortality rates per 100,000 population for cardiovascular diseases by gender. The graphs show:

- From 2011-2013, the Lorain County and Ohio male age-adjusted mortality rate was higher than the female rate for both heart disease and stroke.
- The Lorain County male age-adjusted heart disease and stroke mortality rates were lower than the Ohio male rates.

Lorain County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011-2013



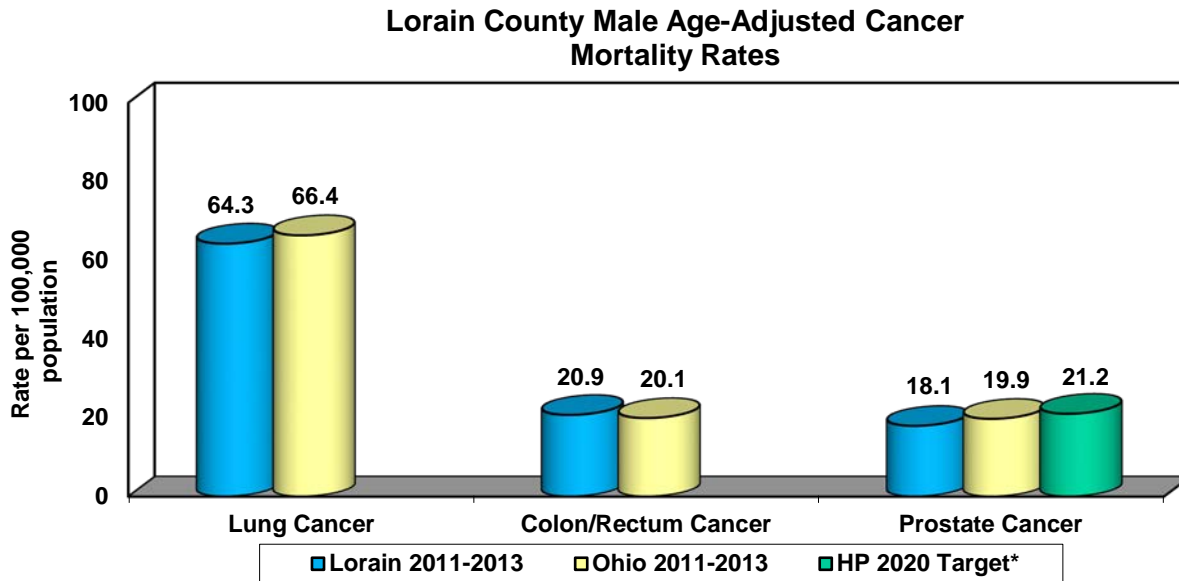
Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011-2013



(Source for graphs: CDC Wonder 2011-2013)

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

- From 2011-2013, the Lorain County age-adjusted mortality rate for male lung cancer was lower than the Ohio rate.
- The age-adjusted prostate cancer mortality rate in Lorain County for 2011-2013 was lower than the Ohio rate and the Healthy People 2020 objective.



Cancer and Men

- Every year, more than 300,000 men in America lose their lives to cancer.
- The most common kinds of cancer among men in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal cancer.
- Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light from the sun and tanning devices.
- More men in the U.S. die from lung cancer than any other type of cancer, and cigarette smoking accounts for 90% of lung cancer deaths.
- Smoking increases the risk of developing the following types of cancer: esophagus, pancreas, pharynx, larynx, lip, oral cavity, kidney, bladder, stomach, colorectal, and acute myeloid leukemia.
- In men, the following cancers are associated with being overweight: colorectal cancer, esophageal adenocarcinoma (a type of cancer of the tube that connects your throat to your stomach), and cancer of the kidney and pancreas. Adopting a lifestyle that includes healthy eating and regular physical activity can help lower the risk for several types of cancers.
- Prostate cancer is the most frequently diagnosed cancer in men aside from skin cancer. For unclear reasons, incidence rates are 63% higher in African Americans than in whites. It is the second most common cause of cancer death in men.

(Source: Center for Disease Control and Prevention, Cancer Prevention and Control, March 26, 2016, <http://www.cdc.gov/features/cancerandmen/>, and American Cancer Society, Cancer Facts & Figures 2016, <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>)

Adult | PREVENTIVE MEDICINE AND HEALTH SCREENINGS

Key Findings

More than four-fifths (82%) of adults ages 65 and over have had a pneumonia vaccination at some time in their life. More than one-fourth (29%) of adults over the age of 50 had a preventive screening for colorectal cancer in the past 2 years.

Preventive Medicine

- More than half (54%) of Lorain County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 95% had the shot and 5% had the nasal spray.
- 82% of Lorain County adults ages 65 and over had a flu vaccine in the past 12 months. The 2014 BRFSS reported that 61% of U.S. and 56% of Ohio adults ages 65 and over had a flu vaccine in the past year.
- Nearly one-third (30%) of adults have had a pneumonia shot in their life, increasing to 82% of those ages 65 and over. The 2014 BRFSS reported that 70% of U.S. and 70% of Ohio adults ages 65 and over had a pneumonia shot in their life.
- Lorain County adults have had the following vaccines: tetanus booster (including Tdap) in the past 10 years (64%), MMR in their lifetime (61%), chicken pox in their lifetime (40%), pneumonia vaccine in their lifetime (30%), Hepatitis B (26%), Hepatitis A (22%), pertussis vaccine in the past 10 years (15%), Zoster (shingles) vaccine in their lifetime (13%), and human papillomavirus vaccine in their lifetime (11%).

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Had a pneumonia vaccination (ages 65 and over)	N/A	82%	70%	70%
Had a flu vaccine in the past year (ages 65 and over)	68%	82%	56%	61%

N/A - Not available

Healthy People 2020 Pneumonia Vaccination

Objective	Lorain County 2015	Ohio 2014	U.S. 2014	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	82%	70%	70%	90%

*U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2012 BRFSS, 2015 Lorain County Health Assessment)

Preventive Health Screenings and Exams

- Lorain County adults had the following preventive screenings or exams in the past 2 years: vision (57%), breast cancer (29%), hearing (17%), skin cancer (16%), colorectal cancer (14%), prostate cancer (13%), osteoporosis (8%), and memory screening (2%).
- More than one-quarter (29%) of Lorain County adults over the age of 50 reported having been screened for colorectal cancers in the past 2 years.
- In the past year, 61% of Lorain County women ages 40 and over have had a mammogram.
- In the past year, 49% of Lorain County males ages 50 and over have had a PSA test.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Lorain County adults.

Skin Cancer Prevention Recommendations

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

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

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

HEALTHCARE TOPICS	Total 2011	Total 2015
Physical Activity or Exercise	42%	38%
Weight, Dieting or Eating Habits	36%	37%
Self-Breast or Self-Testicular Exam	N/A	27%
Immunizations	23%	26%
Significance of Family History	21%	22%
Depression, Anxiety, or Emotional Problems	18%	17%
Safe Use of Prescription Medication	4%	16%
Quitting Smoking	13%	13%
Alternative Pain Therapy	N/A	8%
Alcohol Use	7%	7%
Injury Prevention Such As Safety Belt Use & Helmet Use	8%	6%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	9%	6%
Alcohol Use When Taking Prescription Drugs	N/A	6%
Domestic Violence	3%	5%
Illicit Drug Abuse	4%	3%

N/A – Not available

Environmental Health

- Lorain County households had the following disaster preparedness supplies: cell phone (85%), working smoke detector (84%), working flashlight and working batteries (83%), cell phone with texting (81%), computer/tablet (79%), 3-day supply of nonperishable food for everyone in the household (46%), home land-line telephone (46%), working battery-operated radio and working batteries (40%), 3-day supply of prescription medication for each person who takes prescribed medicines (40%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (29%), generator (16%), communication plan (14%), disaster plan (9%), and a family disaster plan (6%).
- Lorain County adults thought the following threatened their health in the past year.
 - Insects (11%)
 - Mold (7%)
 - Moisture issues (6%)
 - Plumbing problems (4%)
 - Indoor air quality (4%)
 - Rodents (4%)
 - Temperature regulation (3%)
 - Outdoor air quality (3%)
 - Cockroaches (3%)
 - Bed bugs (3%)
 - Unsafe water supply/wells (2%)
 - General living conditions (2%)
 - Food safety/food-borne infections (1%)
 - Sewage/waste water problems (1%)
 - Chemicals found in products (1%)
 - Agricultural chemicals (1%)
 - Safety hazards (1%)
 - Fracking (1%)
 - Lice (1%)
 - Radon (<1%)
 - Excess medications in home (<1%)
 - Sanitation issues (<1%)
 - Lead paint (<1%)
 - Asbestos (<1%)
 - Hazardous waste incidents, storage, and transport (<1%)

Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

Key Findings

In 2015, over two-thirds (69%) of Lorain County adults had sexual intercourse. Eight percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, *STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

Adult Sexual Behavior

- Over two-thirds (69%) of Lorain County adults had sexual intercourse in the past year.
- 8% of adults reported they had intercourse with more than one partner in the past year, increasing to 22% of those under the age of 30.
- Lorain County adults used the following methods of birth control: they or their partner were too old (16%), condoms (15%), birth control pill (15%), vasectomy (14%), tubes tied (12%), hysterectomy (9%), withdrawal (7%), ovaries or testicles removed (4%), abstinence (3%), contraceptive patch (2%), infertility (2%), IUD (2%), contraceptive implants (1%), rhythm method (1%), shots (1%), diaphragm (<1%), and emergency contraception (<1%).
- 12% of Lorain County adults were not using any method of birth control.
- Lorain County adults did not use birth control for the following reasons:
 - They or their partner were too old (22%)
 - They or their partner had a hysterectomy/vasectomy/tubes tied (21%)
 - They wanted to get pregnant (10%)
 - They did not think they or their partner could get pregnant (6%)
 - They did not want to use birth control (6%)
 - They did not care if they or their partner got pregnant (4%)
 - No regular partner (3%)
 - They or their partner did not like birth control/fear of side effects (2%)
 - They had a problem getting birth control when they needed it (1%)
 - Their partner did not want to use birth control (1%)
 - They or their partner were currently pregnant (1%)
 - They or their partner had just had a baby (1%)
 - They or their partner were breastfeeding (1%)
 - They had a same-sex partner (1%)
 - Religious preferences (1%)
 -

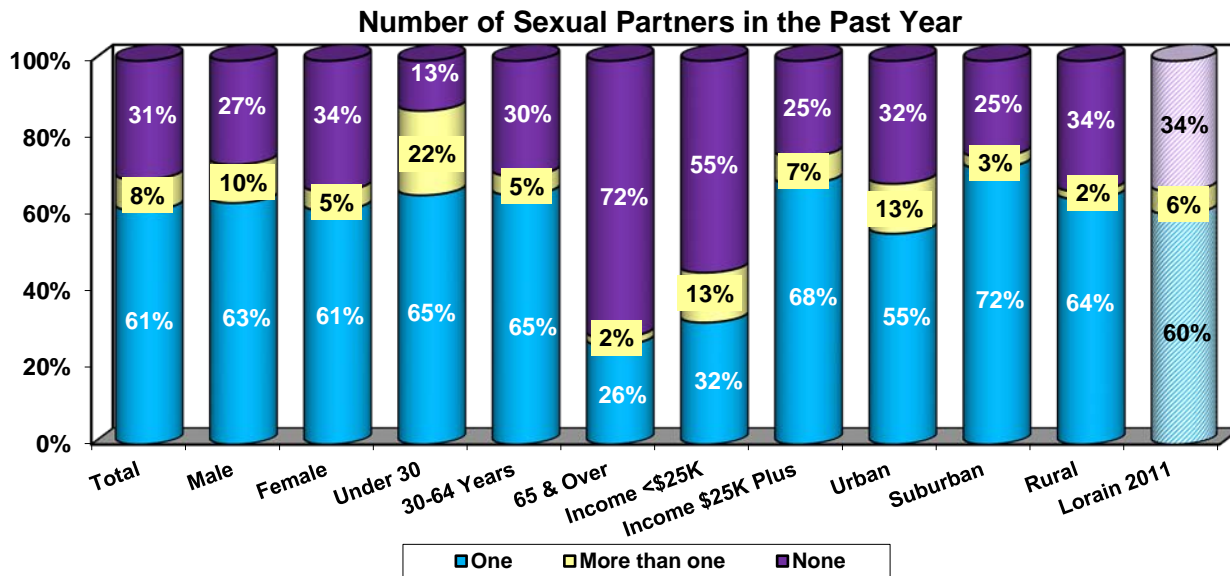
HIV in the United States

- More than 1.2 million people in the United States are living with HIV infection, and almost 1 in 7 (14%) are unaware of their infection.
- By race, African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year.
- In 2012, an estimated 47,989 people were diagnosed with HIV infection in the United States. In that same year, an estimated 27,928 people were diagnosed with AIDS. Since the epidemic began, an estimated 1,170,989 people in the United States have been diagnosed with AIDS
- An estimated 13,834 people with an AIDS diagnosis died in 2010, and approximately 648,459 people in the United States with an AIDS diagnosis have died since the epidemic.

(Source: CDC, *HIV in the United States: At a Glance*, 11/25/2014, from: <http://www.cdc.gov/hiv/statistics/basics/ataglance.html>)

- The following situations applied to Lorain County adults in the past year: had anal sex without a condom (5%), tested for an STD (4%), had sex with someone they did not know (2%), treated for an STD (1%), tested positive for Hepatitis C (1%), tested positive for HIV (<1%), and used intravenous drugs (<1%).
- 9% of adults have been forced to have sexual intercourse when they did not want to, increasing to 16% of females and 20% of those with incomes less than \$25,000.
- 29% of Lorain County adults have been tested for HIV. They reported the following reasons: to find out if they were infected (21%), routine check-up (18%), pregnancy (11%), hospitalization or surgical procedure (9%), life insurance application (6%), blood donation process (6%), military induction or service (3%), occupational exposure (3%), employment (2%), doctor referral (2%), marriage licensed application (1%), health insurance application (<1%), sex partner referral (<1%), illness (<1%), and other reasons (2%).

The following graph shows the sexual activity of Lorain County adults. Examples of how to interpret the information in the graph include: 61% of all Lorain County adults had one sexual partner in the last 12 months and 8% had more than one, and 63% of males had one partner in the past year.



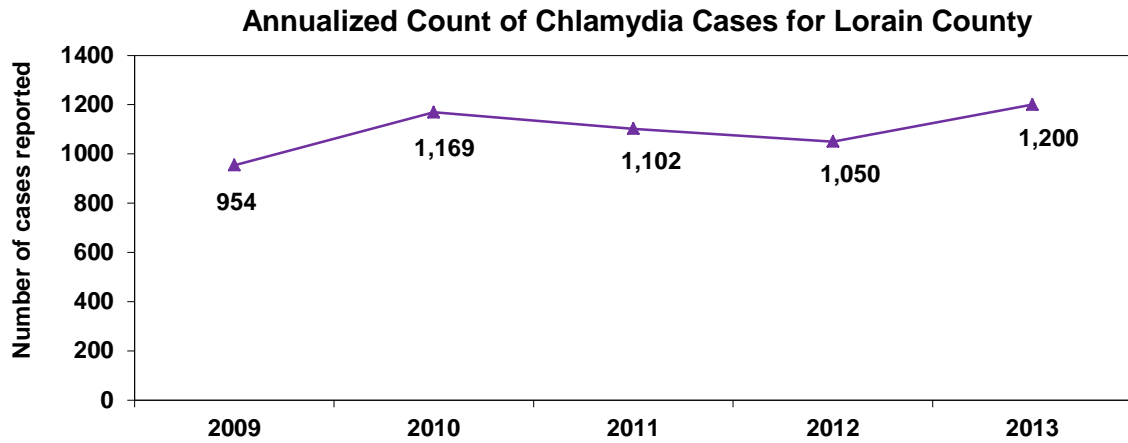
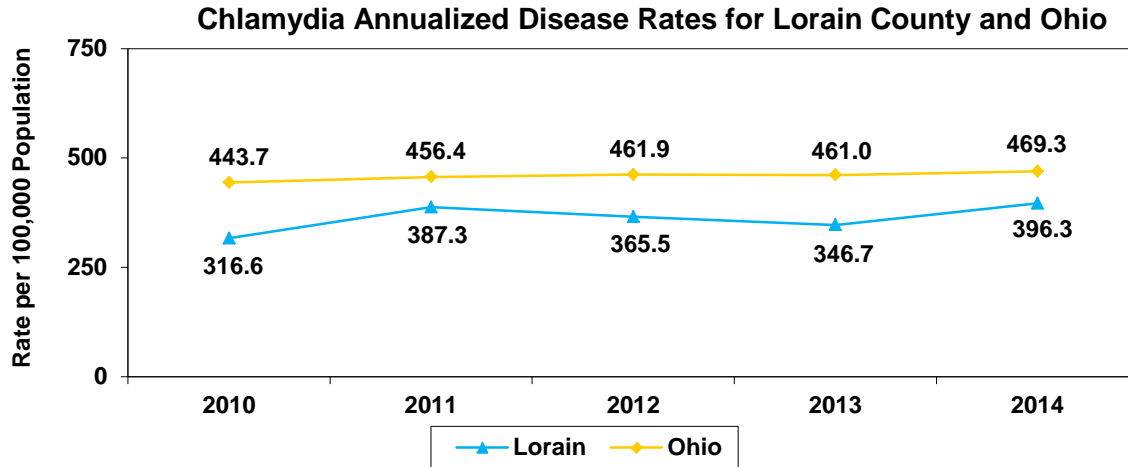
Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Had more than one sexual partner in past year	6%	8%	N/A	N/A

N/A - Not available

The following graphs show Lorain County chlamydia disease rates per 100,000 population, and the annual number of cases, updated May 17, 2015, by the Ohio Department of Health. The graphs show:

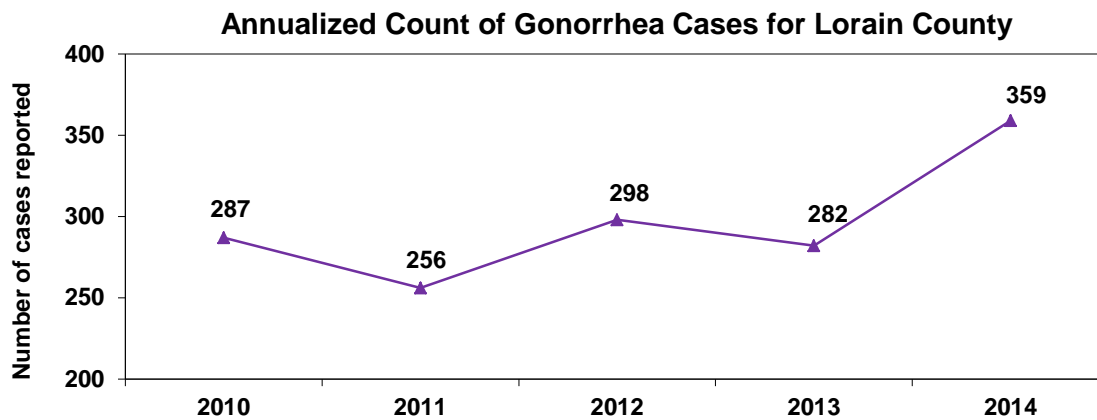
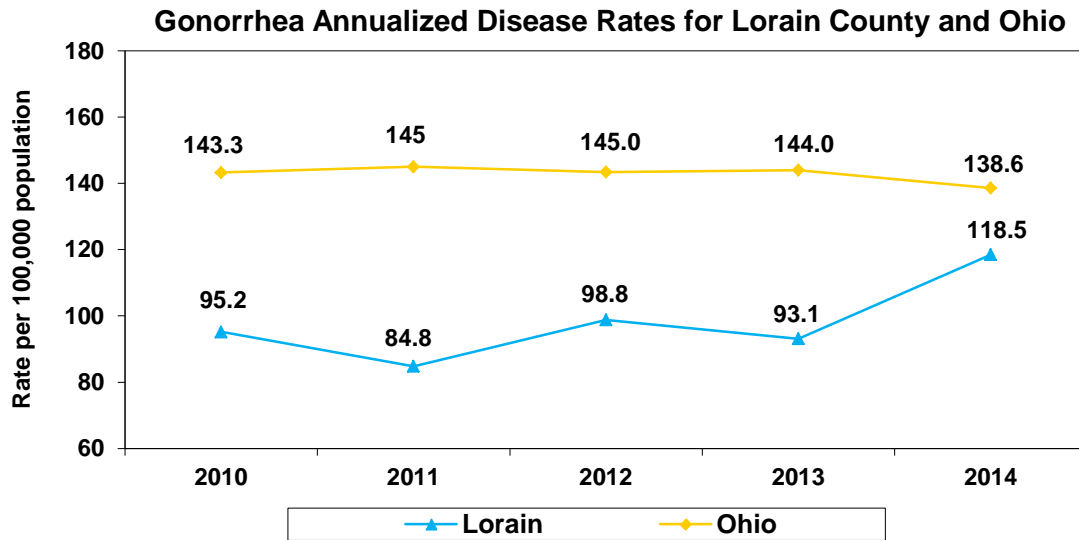
- Lorain County chlamydia rates fluctuated from 2010 to 2014. Lorain County rates remained well below the Ohio rates.



(Source for graphs: ODH, STD Surveillance, data reported through 5-17-15)

The following graphs show Lorain County gonorrhea disease rates per 100,000 population, and the annual number of cases, updated May-June 17, 2015 by the Ohio Department of Health. The graphs show:

- The Lorain County gonorrhea rate fluctuated from 2010 to 2014, but increased overall.
- The Ohio gonorrhea rate fluctuated from 2010 to 2014.
- The Healthy People 2020 objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

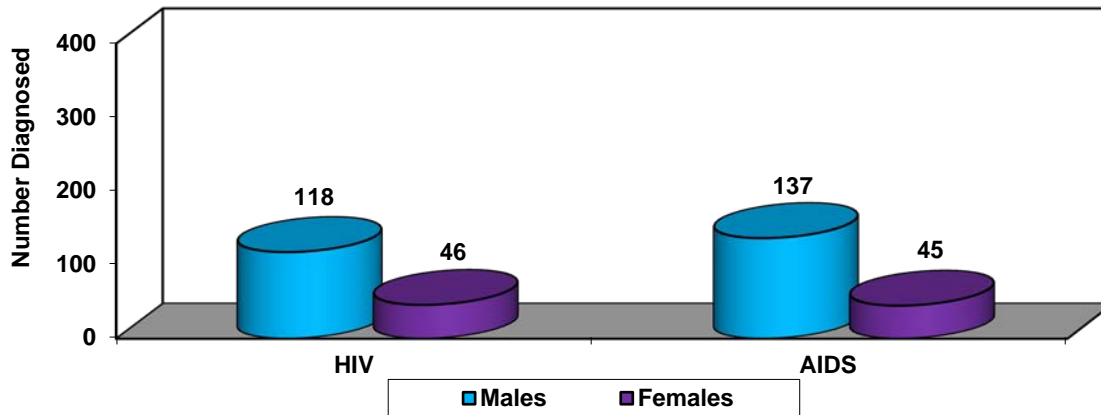


(Source for graph: ODH, STD Surveillance, data reported through 5-17-15)

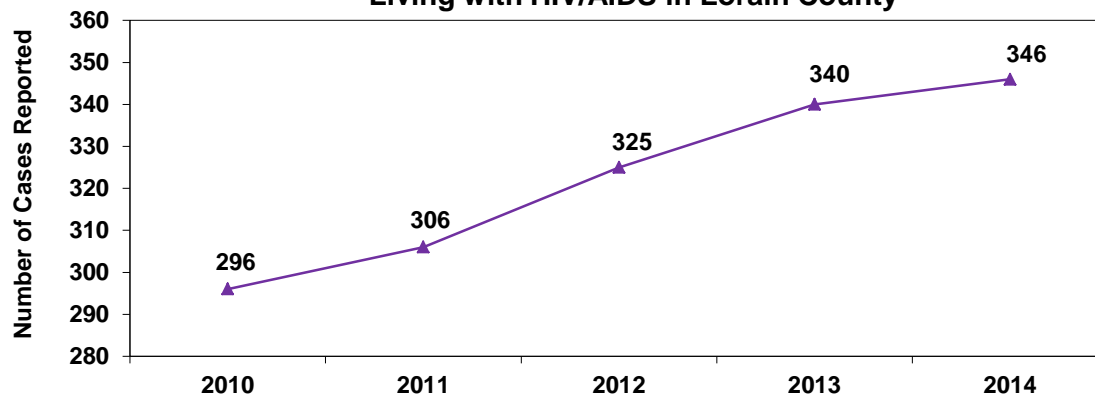
The following graphs show Lorain County HIV/AIDS rates per 100,000 population, and the annual number of cases, updated June 30, 2015 by the Ohio Department of Health. The graphs show:

- The Lorain County rate of 170.1 per 100,000 males living with HIV/AIDS was significantly higher than the female rate of 59.0 per 100,000 population.
- From 2010-2014, the number of people living with HIV/AIDS in Lorain County increased drastically.

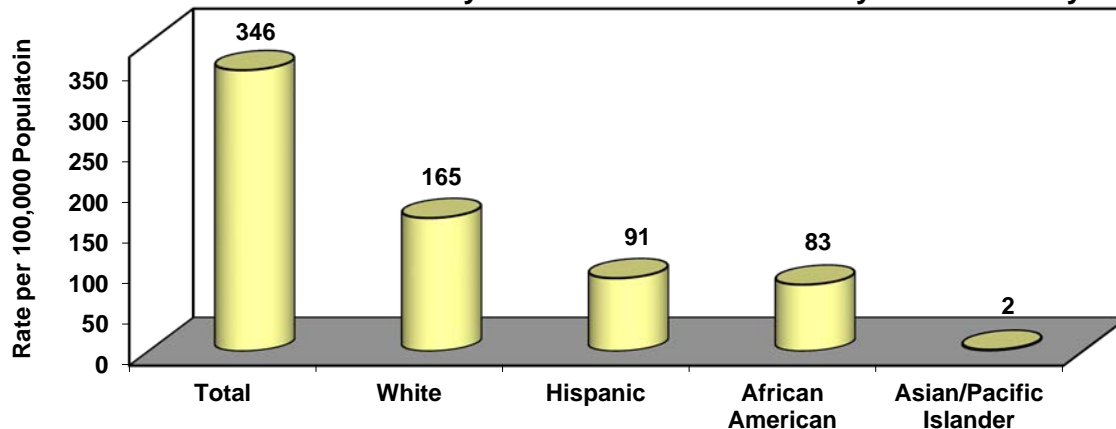
Lorain County Residents Living with HIV/AIDS



Living with HIV/AIDS in Lorain County



Lorain County Residents with HIV/AIDS by Race/Ethnicity

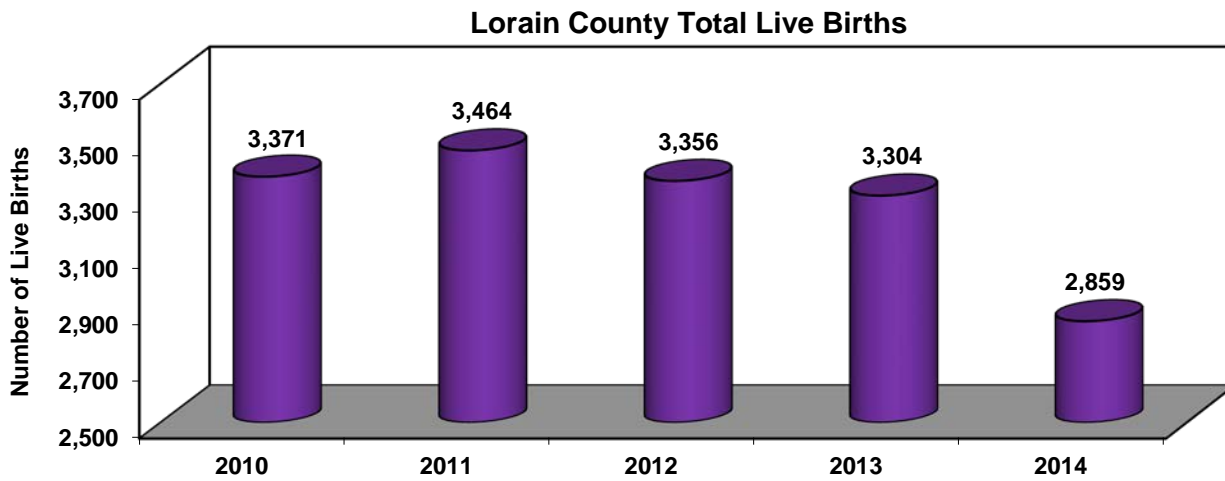
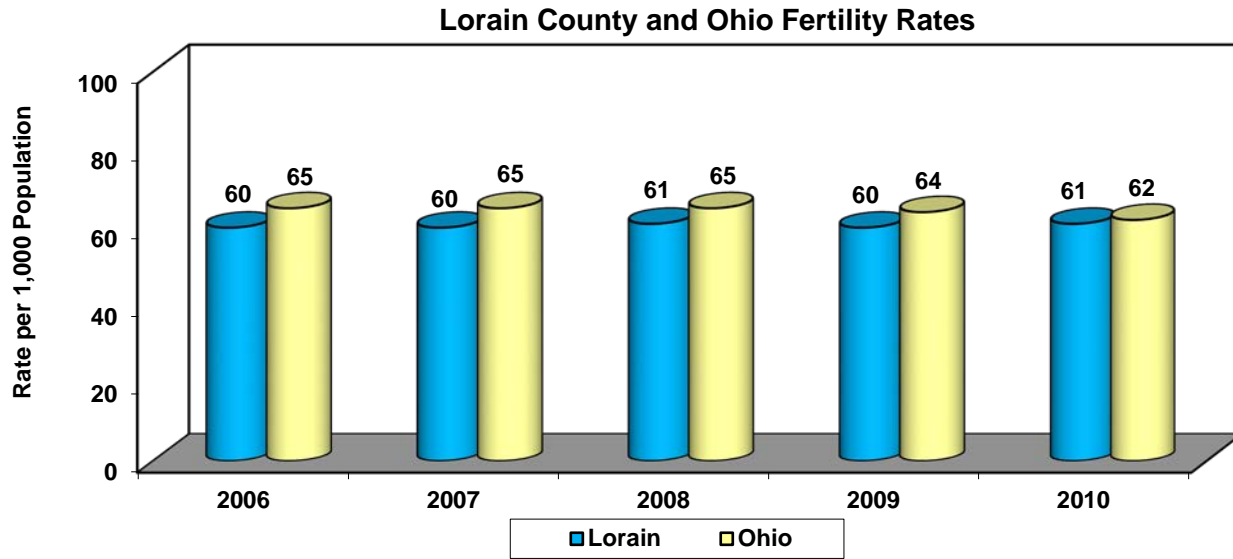


(Source for graphs: ODH HIV/AIDS Surveillance Program, Updated 6-30-2015)

Pregnancy Outcomes

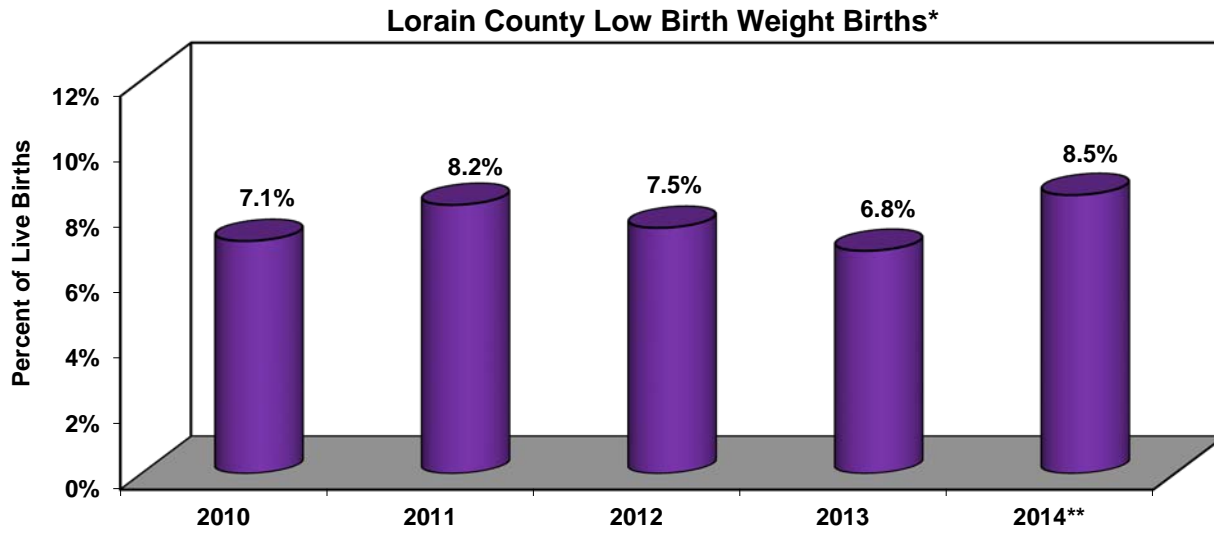
*Please note that the pregnancy outcomes data includes all births to adults and adolescents.

- From 2010-2014, there was an average of 3,271 live births per year in Lorain County.



(Source for graphs: ODH Information Warehouse Updated 4-6-2015)

The following graphs show Lorain County and Ohio percentage of births with low birth weight rates updated April 6, 2015 by the Ohio Department of Health. The graph shows:



*Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.

**2014 Data is preliminary data

(Source for graphs: ODH Information Warehouse Updated 4-6-15)

Adult | QUALITY OF LIFE

Key Findings

In 2015, 36% of Lorain County adults were limited in some way because of a physical, mental or emotional problem.

Impairments and Health Problems

- In 2015, more than one-third (36%) of Lorain County adults were limited in some way because of a physical, mental or emotional problem (22% Ohio and 20 % U.S., 2014 BRFSS), increasing to 51% of those with incomes less than \$25,000 and 52% of those over the age of 65.
- Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (45%), arthritis (44%), stress, depression, anxiety, or emotional problems (28%), walking problems (25%), chronic pain (21%), sleep problems (21%), diabetes (16%), high blood pressure (14%), lung/breathing problems (13%), eye/vision problems (10%), fitness level (10%), hearing problems (10%), fractures, bone/joint injuries (9%), tobacco dependency (9%), mental health illness/disorder (6%), heart problems (6%), dental problems (5%), a learning disability (4%), cancer (4%), incontinence (4%), other mental health issue (4%), alcohol dependency (3%), a developmental disability (2%), Alzheimer's Disease/dementia (1%), stroke-related problems (<1%), autism (<1%), and drug addiction (<1%).
- Lorain County adults needed help with the following because of an impairment or health problem: household chores (21%), yard work (20%), shopping (16%), getting around for other purposes (10%), transportation (10%), cooking (9%), bills (8%), bathing (6%), doing necessary business (5%), dressing (5%), getting around the house (2%), eating (1%), child care (1%), and toileting (1%).
- Lorain County adults were responsible for providing regular care or assistance to the following: multiple children (17%), an elderly parent or loved one (7%), grandchildren (5%), a friend, family member or spouse with a health problem (4%), an adult child (4%), a friend, family member or spouse with a mental health issue (3%), someone with special needs (3%), a friend, family member or spouse with dementia (2%), children with discipline issues (2%), and foster children (<1%).
- In the past year, Lorain County adults reported needing the following services: eyeglasses or vision services (19%), help with routine needs (10%), pain management (9%), help with personal care needs (7%), a cane (6%), medical supplies (4%), oxygen or respiratory support (4%), hearing aids or hearing care (3%), a walker (3%), a special bed (2%), oxygen (2%), personal emergency response system (2%), a wheelchair (2%), wheelchair ramp (1%), mobility aids or devices (1%), and a special telephone (<1%).
- Lorain County adults slept an average of 6.8 hours per day.

Back Pain Prevention

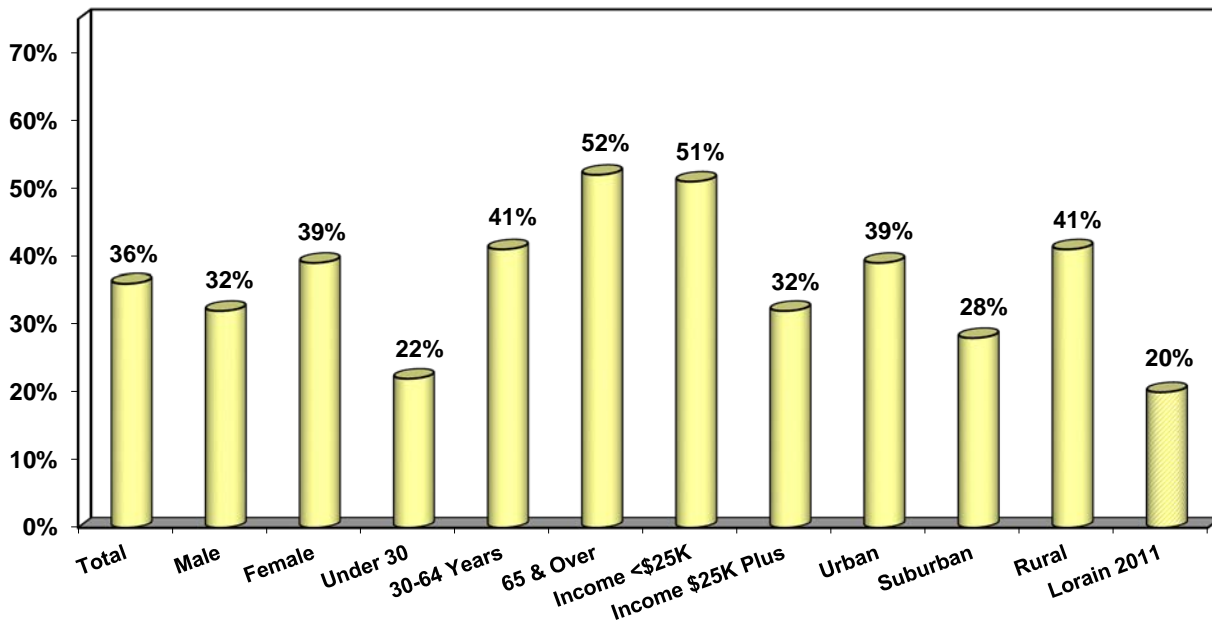
The best things you can do to prevent back pain are:

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

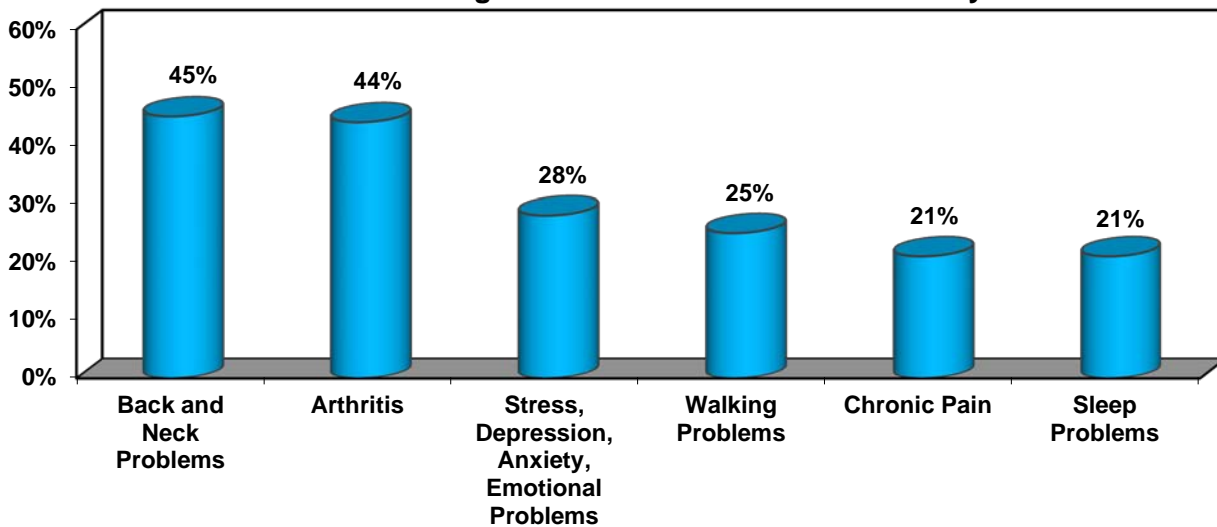
(Source: National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases, http://www.ninds.nih.gov/disorders/backpain/detail_back_pain.htm)

The following graphs show the percentage of Lorain County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph include: 36% of Lorain County adults are limited in some way, 32% of males, and 52% of those 65 and older.

Lorain County Adults Limited in Some Way



Most Limiting Health Problems for Lorain County Adults



Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S 2014
Limited in some way because of a physical, mental, or emotional problem	20%	36%	22%	20%

Healthy People 2020 Objectives
Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)

Objective	Lorain County 2015	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	44%	36%

(Sources: Healthy People 2020 Objectives, 2015 Lorain County Health Assessment)

Hearing Loss in Older Adults

- Hearing loss is one of the most common conditions affecting older adults. Approximately 17 percent, or 36 million, of American adults report some degree of hearing loss.
- There is a strong relationship between age and reported hearing loss: 18 percent of American adults 45-64 years old, 30 percent of adults 65-74 years old, and 47 percent of adults 75 years old, or older, have a hearing impairment.
- Men are more likely to experience hearing loss than women.
- People with hearing loss may find it hard to have a conversation with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.

(Source: NIH Senior Health, Hearing Loss, <http://nihseniorhealth.gov/hearingloss/hearinglossdefined/01.html>)

Preventing Memory Loss and Cognitive Decline

- Practices that contribute to healthy memory include exercising regularly, staying social, watching what you eat, managing stress, getting plenty of sleep, and not smoking.
- New research indicates that walking six miles to nine miles every week can prevent brain shrinkage and memory loss. Watch what you eat.
- According to the American Academy of Neurology, older adults who walked between 6 and 9 miles per week had more gray matter in their brains nine years after the start of the study than people who didn't walk as much.
- Ideas for brain exercise include playing games that involve strategy, reading newspapers, magazines, and books that challenge you, getting in the habit of learning new things, and taking a course in an unfamiliar subject that interests you.

(Source: Help Guide, Age-Related Memory Loss, 2013, from: http://www.helpguide.org/life/prevent_memory_loss.htm)

Adult | SOCIAL CONTEXT AND SAFETY

Key Findings

In 2015, 9% of Lorain County adults were abused in the past year. 31% of adults kept a firearm in or around their home.

Social Context

- 9% of Lorain County adults were abused in the past year. They were abused by the following: a spouse or partner (54%), someone outside their home (31%), a parent (19%), a child (7%), another family member (1%), a paid caregiver (1%), and someone else (22%).
- Lorain County adults received assistance for the following in the past year: food (10%), healthcare (9%), utilities (8%), Medicare (7%), dental care (7%), prescription assistance (6%), mental illness issues (5%), rent/mortgage (5%), home repair (4%), transportation (4%), free tax preparation (3%), credit counseling (3%), alcohol or substance dependency (3%), employment (3%), legal aid services (2%), unplanned pregnancy (2%), clothing (1%), abuse or neglect issues (1%), affordable childcare (1%), emergency shelter (1%), and homelessness (<1%).

9% of Lorain County adults were abused in the past year.

- Lorain County adults experienced the following in the past 12 months: a close family member went to the hospital (34%), death of a family member or close friend (32%), had bills they could not pay (21%), moved to a new address (10%), someone in their household lost their job (10%), someone in their household had their hours at work reduced (8%), household income was cut by 50% (8%), someone close to them had a problem with drinking or drugs (8%), became separated or divorced (4%), they or a family member were incarcerated (3%), were abused by someone physically, emotionally, sexually, or verbally (3%), were threatened by someone close to them (3%), had someone homeless living with them (3%), someone in their household went to jail (2%), were financially exploited (1%), lost a large sum of money due to gambling activities (1%), were homeless (1%), were hit or slapped by their spouse or partner (<1%), their child was threatened by someone close to them (<1%), were involved in a physical fight (<1%), and their child was hit or slapped by their spouse or partner (<1%).
- 68% of adults indicated that all family members in their household ate a meal together every day of the week. Families ate a meal together an average of 4.9 times per week.
- Lorain County adults would have a problem getting the following if they needed them today: someone to help pay for their medical expenses (17%), someone to help if they were sick and needed to be in bed (16%), someone to loan them \$50 (16%), someone to take them to a clinic or doctor's office if they needed a ride (14%), someone to talk to about their problems (10%), someone to accompany them to their doctor's appointments (9%), back-up childcare (7%) and someone to explain directions from their doctor (5%).

Safety

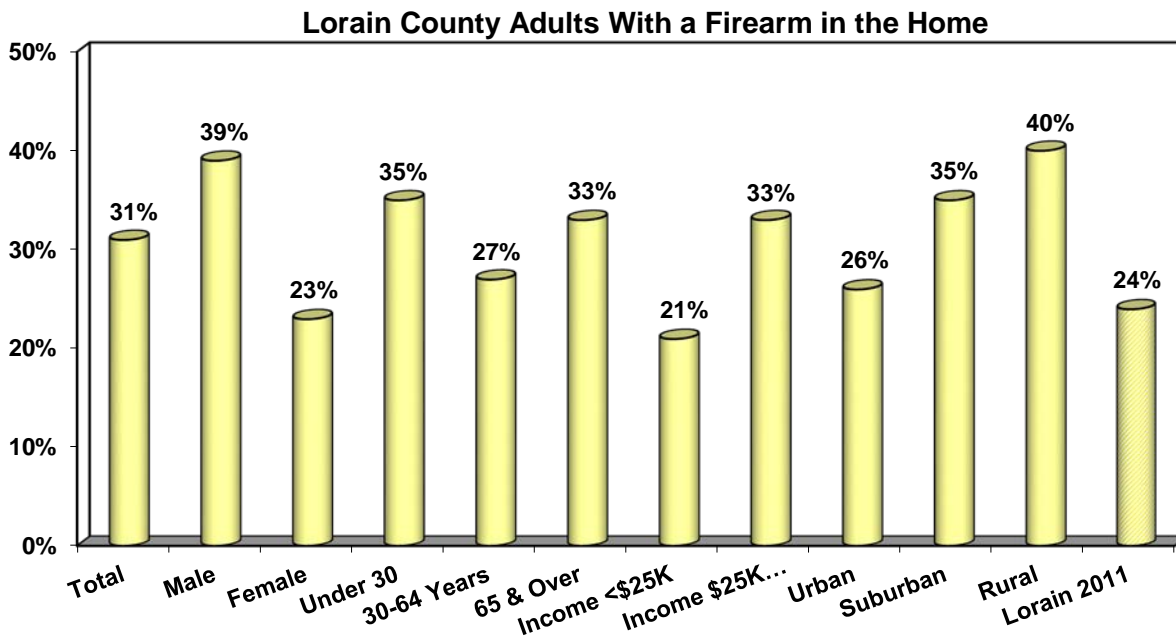
- Almost one-third (31%) of Lorain County adults kept a firearm in or around their home. 2% of adults reported they were unlocked and loaded.
- Lorain County adults considered their neighborhood to be extremely safe (18%), quite safe (57%), slightly safe (20%), and not safe at all (3%) from crime.

- Lorain County adults reported doing the following while driving: wearing a seatbelt (92%), talking on hand-held cell phone (40%), eating (38%), talking on hands-free cell phone (32%), texting (16%), not wearing a seatbelt (6%), using social media (4%), checking Facebook on cell phone (4%), being under the influence of alcohol (3%), being under the influence of prescription drugs (3%), reading (2%), being under the influence of recreational drugs (1%), and other activities (such as applying makeup, shaving, etc.) (3%).
- Adults thought Lorain County residents needed more education about the following: drug abuse (48%), obesity (44%), violence (43%), distracted driving (42%), bullying (41%), healthy eating (39%), nutrition (37%), gun safety (36%), DUI (33%), lack of physical activity (32%), prescription drug abuse (32%), teenage pregnancy (31%), senior/elder care (29%), childhood obesity (28%), homelessness (26%), suicide prevention (25%), tobacco use (25%), sexting (18%), cooking (18%), seat belt or restraint usage (17%), disaster preparedness (15%), bicycle safety (13%), gambling (11%), and falls (8%).

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Firearms kept in or around their home	24%	31%	N/A	N/A

N/A - Not available

The following graph shows the percentage of Lorain County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 31% of all Lorain County adults kept a firearm in their home, 39% of males, and 27% of those ages 30-64 kept a firearm in their home.



Victims of Gun Violence in America

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

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

Lorain County Driving Activity Statistics

- The table below shows activity that has been produced by the Ohio State Highway Patrol for Lorain County from 1/1/2015 through 11/15/2015.
- The table also shows a previous year comparison for the same time frame.

Year to Date Activity	2014	2015
Enforcement Stops	14,040	14,160
Non-Enforcement Activity	25,070	21,766
Warnings	12,804	11,207
Motorist Assists	6,738	5,508
Crashes Investigated	1,929	1,892
OVI Enforcement	854	750
Driving Under Suspension Enforcement	947	941
Seat Belt Enforcement	2,779	2,789
Commercial Vehicle Enforcement	894	1,223
Felony Arrests	156	172
Felony Warrants Served	44	42
Misdemeanor Summons Issued	633	631
Misdemeanor Warrants Served	264	260
Drug Violations	544	617
Identity Theft Enforcements	6	2
Resisting Arrest Violations	38	30
Weapons Violations	11	11

(Source: Ohio State Highway Patrol Statistics, Lorain County Activity Statistics, Updated 11/15/2015, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage.asp?Area1=26&B2=Submit>)

Distracted Driving

- Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.
- Each day, more than 9 people are killed and more than 1,153 people are injured in crashes that were reported to involve a distracted driver.
- In 2012, 3,328 people were killed in crashes involving a distracted driver. An additional 421,000 people were injured in motor vehicle crashes involving a distracted driver in 2012
- 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving, and 31% reported that they had read or sent text messages or email messages while driving at least once within the last 30 days.
- Nearly half of all U.S. high school students aged 16 years or older text or email while driving.

(Source: CDC, Distracted Driving, updated August 13, 2015, http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html)

Ohio State Highway Patrol Statistics

- Below are the yearly activity summaries and officer complaints from 2011-2015.
- In 2015, there were 69,348 total crashes in the state of Ohio.

Crashes Investigated	2011	2012	2013	2014	2015	5 Year Total
Total Crashes	66,628	64,561	65,468	68,904	69,348	334,909
Fatal	499	535	468	452	505	2,459
Injury	20,118	19,498	18,586	19,200	19,642	97,044
Property/Unknown	46,011	44,528	46,414	49,252	49,201	235,406

Traffic Enforcement	2011	2012	2013	2014	2015	5 Year Total
Total Contacts	1,404,059	1,495,564	1,582,684	1,583,786	1,505,319	7,571,412
Enforcement	512,125	567,858	601,434	615,150	616,542	2,913,109
Non-Enforcement	891,934	927,706	981,250	968,636	888,777	4,658,303
OVI Arrests	23,747	24,529	24,130	24,704	24,676	121,786
Speed Citations	323,477	362,821	381,501	385,453	379,060	1,832,312
Safety Belt Citations	84,176	91,595	97,462	108,195	116,423	497,851
Driver License Citations	25,656	28,299	32,346	33,404	35,493	155,198
Traffic Warnings	367,738	409,029	440,354	433,280	440,830	2,091,231
Motorist Assists	312,104	304,293	291,837	289,963	248,955	1,447,152

Crime Enforcement	2011	2012	2013	2014	2015	5 Year Total
Cases	9,281	9,431	10,394	10,060	10,285	49,451
Stolen Vehicles Recovered	653	735	654	574	701	3,317
Drug Arrests	6,164	7,644	9,630	11,156	12,390	46,984
Illegal Weapon Arrests	362	395	572	494	555	2,378
Resisting Arrests	726	721	732	709	771	3,659

(Source: OSHP Computer-Aided Dispatch (CAD) System and DPS Electronic Crash Record System. Updated: 2/26/2016)

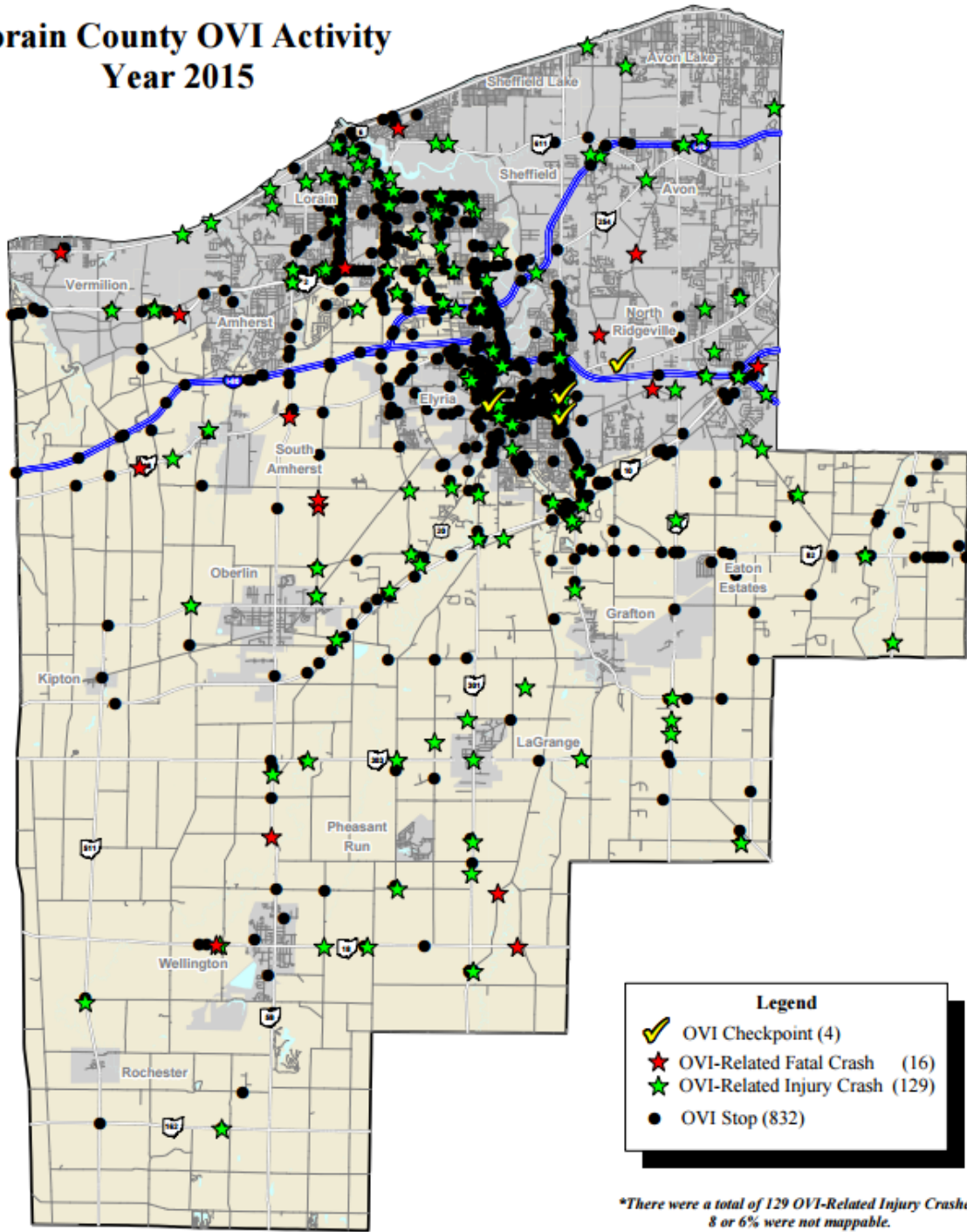
Traffic Stop Data


- This data is compiled from all traffic stops in which a citation, inspection, warning, or vehicle defect notice was issued by Ohio State Highway Patrol Troopers in 2015.

Crime Enforcement	Asian	Black	Hispanic	Native American	White	Unknown	Total
Traffic Stop Contacts	12,647	132,887	22,936	670	802,665	3,681	975,486


(Source: Ohio State Highway Patrol Statistics, obtained from: <http://www.statepatrol.ohio.gov/statistics/statspage2.asp>)

Lorain County OVI Activity Year 2015





Data Source: ODPS Electronic Crash System;
OSHP Computer-Aided Dispatch (CAD) System
Map Design and Layout: OSHP Statistical Analysis Unit
Ohio State Highway Patrol
January 29, 2016



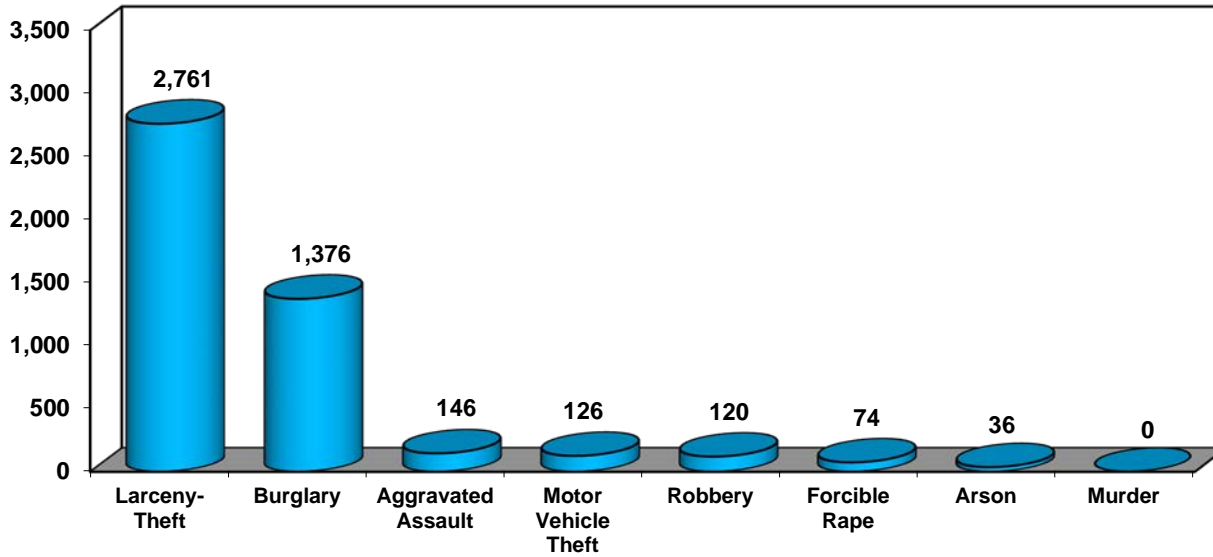
SOCIAL CONTEXT

(Source: Ohio State Highway Patrol Statistics, Lorain County Fatal Traffic Crash Statistics, Updated 1/29/2016, http://statepatrol.ohio.gov/statistics/statdocs/OVI_15/Lorain_OVIstops15.pdf)

Crime Data

- In 2014, the total population in Lorain County was 197,296.
- There were a total of 4,263 property crimes and 340 violent crimes in 2014.

Total Number of Crimes in Lorain County in 2014



(Source: Office of Criminal Justice Services, Crime Statistics and Crime Reports, 2014, from http://www.ocjs.ohio.gov/crime_stats_reports.stm)

Arrests/Incarceration Data

- In October 2015, the total inmate population in the state of Ohio was 50,370.
- In FY 2015, the total budget is \$1,619,085,171. The budget has increased \$19,390,404 since FY 2014.
- The average daily cost per inmate in 2015 is \$62.57, and the annual budget is \$22,836.34.

Ohio Department of Rehabilitation and Correction Counts	2015
Inmates Under 18 Years of Age	28
Inmates Over 50 Years of Age	8,204
Pregnant Females	35
Mothers/Babies in the ABC Nursery	12
Inmates Serving Life Without Parole (LWOP)	544

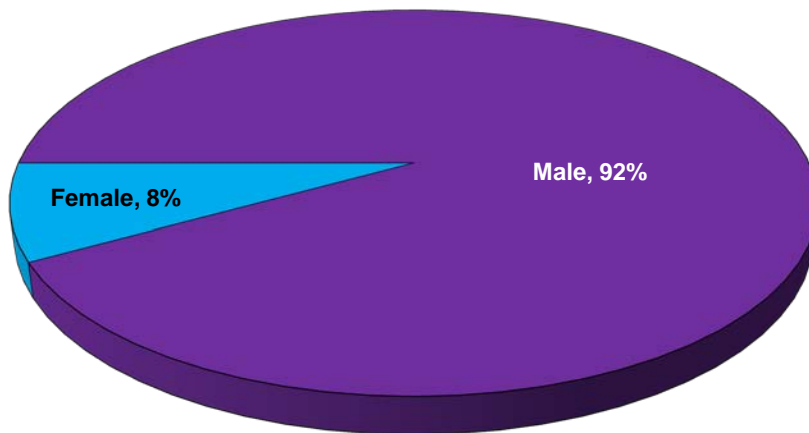
Age Range of Offender Population	2015
Male	37.10 years
Female	35.02 years
Average Stay in Prison	2.26 years

(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, October 2015, from <http://drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf>)

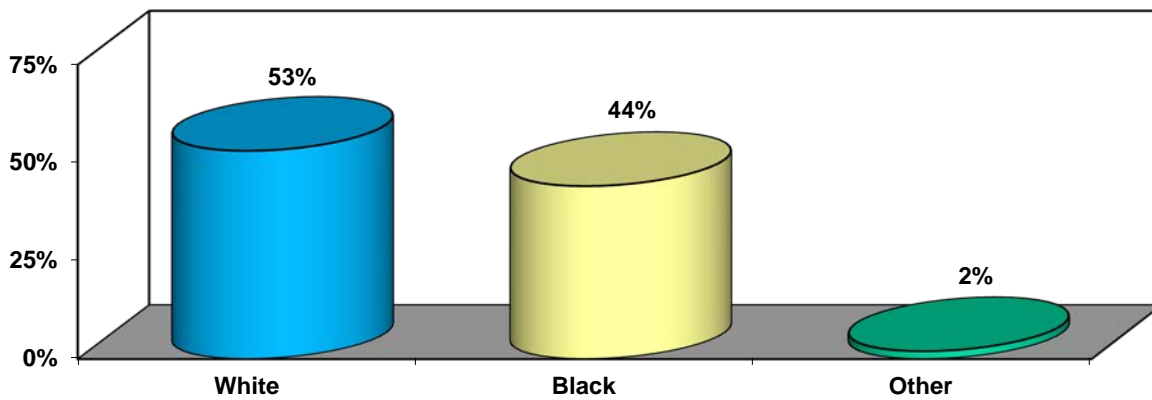
The following graphs show the Ohio inmate population in 2015 by gender and race. These graphs show:

- The percentage of Ohio males who are incarcerated is extremely higher than the percentage of females.
- More than half of the Ohio population that is incarcerated is White, followed by African Americans at 44%.

Inmate Population by Gender, 2015



Inmate Population by Race, 2015



(Source: Ohio Department of Rehabilitation and Correction, Fact Sheet, October 2015, from <http://drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf>)

Adult | MENTAL HEALTH AND SUICIDE

Key Findings

In 2015, 3% of Lorain County adults considered attempting suicide. 20% of adults had a period of two or more weeks when they felt sad, blue or depressed.

Adult Mental Health

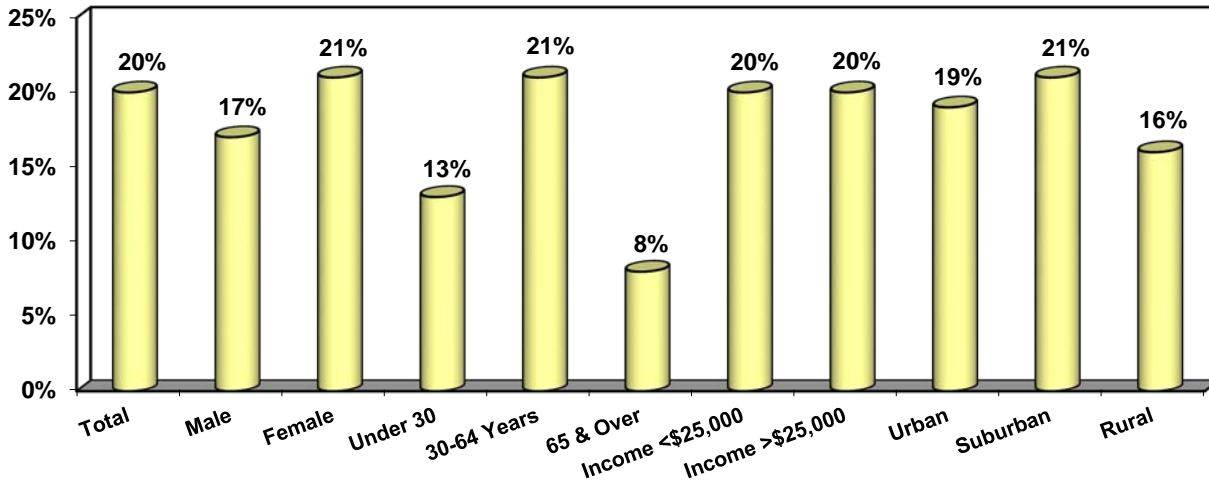
- In the past year, 20% of Lorain County adults had a period of two or more weeks when they felt sad, blue or depressed.
- Lorain County adults also had a period of two or more weeks when they did not get enough rest or sleep (36%), felt worried, tense or anxious (28%), had high stress (28%), felt very healthy and full of energy (10%), stopped doing some usual activities (9%), and had an unusual increase or loss of appetite (8%).
- 3% of Lorain County adults considered attempting suicide in the past year.
- One percent (1%) of adults reported attempting suicide in the past year.
- Lorain County adults indicated the following caused them anxiety, stress or depression: financial stress (40%), job stress (38%), poverty/no money (18%), marital/dating relationship (18%), other stress at home (16%), death of close family member or friend (15%), sick family member (11%), fighting at home (11%), caring for parent (7%), family member with mental illness (7%), unemployment (6%), family member with substance abuse problem (5%), caring for someone with special needs (4%), divorce/separation (3%), raising/caring for grandchildren (3%), not having a place to live (3%), fighting with friends (3%), alcohol or drug use at home (2%), family member in the military (2%), not feeling safe at home (2%), not feeling safe in the community (2%), and not having enough to eat (2%).
- Lorain County adults dealt with their stress in the following ways: talking to someone they trust (41%), listening to music (35%), exercising (32%), sleeping (32%), eating more or less than normal (31%), working on a hobby (25%), working (22%), drinking alcohol (16%), smoking tobacco (12%), taking it out on others (9%), meditating (9%), using prescription drugs (4%), using herbs or home remedies (2%), gambling (2%), using illegal drugs (1%), and others ways (13%).
- 11% of Lorain County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included: had not thought of it (9%), concerned what others might think (4%), could not afford to go (3%), other priorities (2%), did not know how to find a program (2%), fear (2%), co-pay/deductible too high (1%), transportation (1%), could not get to the office (1%), and other reasons (3%). 74% of adults indicated they did not need such a program.

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Considered attempting suicide	4%	3%	N/A	N/A
Attempted suicide	<1%	1%	N/A	N/A

N/A – Not available

The following graph shows Lorain County adults who felt sad or hopeless for two or more weeks in a row in the past year. Examples of how to interpret the information in the graph include: 20% of all Lorain County adults felt sad or hopeless for two or more weeks in a row, 17% of males, and 21% of females.

Lorain County Adults Feeling Sad, Blue or Depressed for Two or More Weeks in a Row in the Past Year



Suicide Facts

- 41,149 people in the U.S. died from suicide, and 1,028,725 people attempted suicide in 2013.
- An average of one person killed themselves every 12.8 minutes.
- Suicide is the 10th ranking cause of death in the U.S.
- For every female death by suicide, there are 3.5 male deaths.
- In 2013, there were 1,526 suicide deaths in Ohio.
- The leading suicide methods included:
 - Firearm suicides (51.5%)
 - Suffocation/Hanging (24.5%)
 - Poisoning (16.1%)
 - Cutting/Piercing (1.9%)
 - Drowning (1.0%)

(Sources: American Association of Suicidology, Facts & Statistics, from:
<http://www.suicidology.org/resources/facts-statistics>)

Warning Signs for Suicide

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

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

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

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

Prevention: Take it Seriously

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

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

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

Adult | ORAL HEALTH

Key Findings

The 2015 Health Assessment project has determined that nearly two-thirds (66%) of Lorain County adults had visited a dentist or dental clinic in the past year. The 2014 BRFSS reported that 65% of U.S. adults and 65% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.

**Lorain County
Dental Care Resources – 2012**

- Number of licensed dentists- 131
- Number of primary care dentists- 110
- Ratio of population per dentist- 2,301:1
- Number of dentists who treat Medicaid patients- 57
- Ratio of Medicaid population per dentist who treats Medicaid patients- 1,087:1

(Source: ODH Ohio Oral Health Surveillance System, 2012)

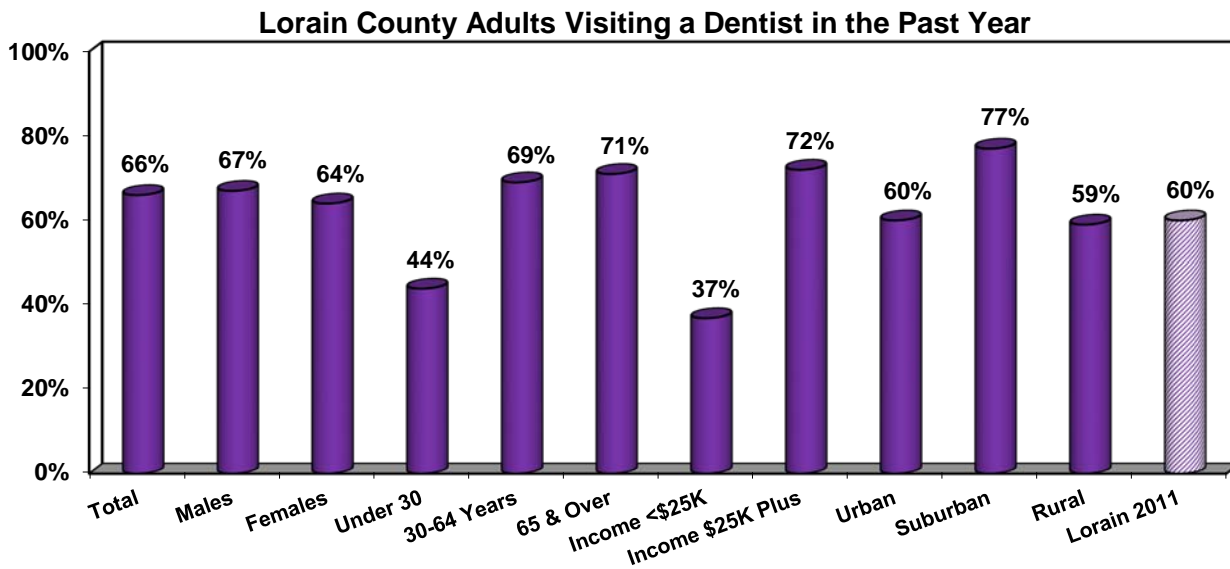
Access to Dental Care

- In the past year, 66% of Lorain County adults had visited a dentist or dental clinic, decreasing to 37% of adults with annual household incomes less than \$25,000.
- The 2014 BRFSS reported that 65% of U.S. adults and 65% of Ohio adults had visited a dentist or dental clinic in the previous twelve months.
- Three-fourths (75%) of Lorain County adults with dental insurance have been to the dentist in the past year, compared to 56% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 43% said cost, 30% said fear, apprehension, nervousness, pain, and dislike going, 17% had no oral health problems, 12% did not have/know a dentist, 11% had not thought of it, 7% had other priorities, 6% could not find a dentist taking new Medicaid patients, 4% could not find a dentist to who took Medicaid, 3% could not get into a dentist, 3% said their dentist did not accept their medical coverage, 2% could not get to the office/clinic, 2% said the wait for an appointment was too long, 2% could not find a dentist who treated special needs clients, and 1% used the emergency room for dental issues.
- Lorain County adults visited the dentist in the past 2 years for the following reasons: regular exam/check-up (53%), cleaning/hygiene (14%), to have work completed (7%), multiple reasons (including cleaning or check-up) (3%), emergency visit (2%), and other reasons (<1%). 20% of adults had not visited the dentist in the past 2 years.
- Lorain County adults did the following at least daily: brushed their teeth (96%), used mouthwash (49%), and flossed their teeth (46%).

Adult Oral Health	Within the Past Year	Within the Past 5 Years	5 or More years	Never
Time Since Last Visit to Dentist/Dental Clinic				
Males	67%	9%	13%	1%
Females	64%	12%	11%	2%
Total	66%	10%	12%	2%

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

The following graph provides information about the frequency of Lorain County adult dental visits. Examples of how to interpret the information on the first graph include: 66% of all Lorain County adults had been to the dentist in the past year, 44% of those under the age of 30, and 37% of those with incomes less than \$25,000.



Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Adults who have visited the dentist in the past year	60%	66%	65%	65%

Oral Health in Older Adults

- Older adults are at risk for getting cavities, gum disease and mouth cancer – and these may not cause any pain or discomfort until they are advanced.
- Everyone needs to see their dentist for a checkup at least once a year – preferably more often.
- People without natural teeth are at risk for mouth cancer as well as gum problems. Denture wearers need to have their mouth and their dentures checked at least once a year.
- As with many other cancers, older adults are more likely to get mouth cancer than younger people.
- Everyone is at a greater risk of getting mouth cancer if they use tobacco, drink alcohol a lot, or are repeatedly exposed to the sunlight.
- Severe gum disease has also been associated with pneumonia in long-term care patients, heart disease, stroke, and poor diabetic control.
- Periodontal disease can be prevented by:
 - Cleaning your teeth and gums thoroughly every day.
 - Getting regular checkups from your dentist.
 - Following the advice of your dentist and dental hygienist.

(Source: American Dental Association: Oral Longevity Questions and Answers, from: <http://www.ada.org/sections/publicResources/pdfs/faq.pdf>)

Adult | PARENTING

Key Findings

67% of parents discussed peer pressure with their 12-to-17 year-old in the past year. 88% of parents reported their infant to 4-year-old child always rode in a car seat or booster seat.

Parenting

- When asked how parents put their child to sleep as an infant, 68% said on their back, 30% said on their side, 18% said on their stomach, and 13% said in bed with them or another person.
- 88% of parents reported their infant to 4-year-old child always rode in a car seat/booster seat when a passenger in a car, and 7% reported their child never rode in a car seat/booster seat.
- 72% of parents reported their 5-to-8-year-old child always rode in a booster seat when a passenger in a car, and 12% reported their child never rode in a booster seat.
- Parents reported they read to their infant to 5-year-old child: every day (20%), almost every day (29%), a few times a week (24%), a few times a month (4%), and a few times a year (6%). 11% of parents indicated they did not read to their child, 2% of parents reported their child read to him/herself, and 4% reported never reading to their child due to the child's lack of interest.
- Parents were concerned about the following topics regarding their child: having a poor diet (22%), depression/anxiety/mental health (19%), bullying (15%), social media (13%), not getting enough exercise (13%), developing a weight problem (13%), texting (11%), watching TV (10%), academic performance (9%), communication and speech (7%), using alcohol (7%), using tobacco (7%), using drugs (6%), violence (6%), teen pregnancy (5%), drinking and driving (4%), hearing (3%), and getting alcohol (2%).
- Parents discussed the following sexual health and other health topics with their 12-to-17 year-old in the past year:
 - Peer pressure (67%)
 - Dating and relationships (62%)
 - Career plan/post-secondary education (59%)
 - Screen-time (58%)
 - Eating habits (56%)
 - Bullying (54%)
 - Physical activity (45%)
 - Abstinence/how to refuse sex (42%)
 - Social media issues (41%)
 - Volunteering (39%)
 - Negative effects of marijuana and other drugs (39%)
 - Body image (37%)
 - Negative effects of alcohol (31%)
 - Birth control (31%)
 - Negative effects of tobacco (29%)
 - Condom use/safer sex/STD prevention (28%)
 - School/legal consequences of using tobacco/alcohol/other drugs (28%)
 - Anxiety/depression/suicide (28%)
 - Refusal skills/peer pressure (25%)
 - Weight status (23%)
 - Energy drinks (22%)
 - Negative effects of misusing prescription medication (18%)

Talking to your Teen about Drinking

- Be honest and direct.
- Encourage your teen to talk to you about drinking, remain calm when listening.
- Try not to judge or criticize. Make it comfortable for your teen to talk honestly.
- Remind your teen that drinking comes with serious risks.
- Emphasize that your teen should never drink and drive or ride with a driver who has been drinking.

(Source: MedlinePlus, Talking to your teen about drinking <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000505.html>, May 14, 2014)

Adult Comparisons	Lorain County 2011	Lorain County 2015	Ohio 2014	U.S. 2014
Child (infant to 4-years old) who always rode in a car seat or booster seat	91%	88%	N/A	N/A
Child (5-to-8-years old) who always rode in a booster seat	70%	72%	N/A	N/A

N/A – Not available

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

- Encourage healthy eating habits by providing fruits, vegetables, whole grains, low-fat or non-fat dairy products, and lean meats and proteins for your family.
- Find ways to make your family's favorite dishes in a healthier way.
- Limit or reduce the consumption of calorie-rich, sugary and/or saturated fat in your home.
- Emphasize that your teen should never drink and drive or ride with a driver who has been drinking.
- Adding physical activity into the family's routine will lead to it becoming a healthy habit. Some examples of moderate intensity physical activity include brisk walking, playing tag, jumping rope, playing soccer, swimming and dancing.
- Encourage fun activities to reduce the amount of sedentary time watching TV, playing video games or on the computer.
- The goal is to reduce the rate of weight gain in overweight and obese children and teens while still accounting for normal growth and development. Children and teens should not be placed on a diet without consulting a doctor.

(Source: CDC, *Healthy Weight, "Tips for Parents – Ideas to Help Children Maintain a Healthy Weight"*, <http://www.cdc.gov/healthyweight/children/index.html>, November 25, 2014)

Adult | RURAL HEALTH

Key Findings

The 2015 Health Assessment reported that 7% of rural Lorain County adults did not have health care coverage. 40% of adults keep firearms in and around their household. 37% of rural women have had a mammogram in the past year.

General Health and Health Care

- The data below compares adults living in rural areas of Lorain County with adults in Elyria City, Lorain City, and the suburban area of Lorain County.
- In 2015, 7% of rural Lorain County adults did not have health care coverage, compared to 11% of the rest of Lorain County adults.
- 54% of rural Lorain County adults rated their health as excellent or very good, compared to 47% of the rest of Lorain County adults.
- Rural adults were less likely to have been diagnosed with:
 - Asthma (5% compared to 15% of the rest of Lorain County adults).
 - High blood cholesterol (29% compared to 33% of the rest of Lorain County adults).
- Rural adults were more likely to have been diagnosed with:
 - Arthritis (47% compared to 34% of the rest of Lorain County adults).
 - High blood pressure (40% compared to 36% of the rest of Lorain County adults).
- Rural adults were equally as likely to have been diagnosed with:
 - Diabetes (11%).
- Rural adults were less likely to:
 - Have used marijuana in the past 6 months (2% compared to 10% of the rest of Lorain County adults).
 - Have consumed alcohol in the past 30 days (56% compared to 61% of the rest of Lorain County adults).
 - Have had 2 or more sexual partners in the past year (2% compared to 8% of the rest of Lorain County adults).
 - Be considered overweight or obese (60% compared to 69% of the rest of Lorain County adults).
 - Have had a clinical breast exam in the past year (45% compared to 53% of the rest of Lorain County adults).
 - Have had a pap smear in the past year (29% compared to 38% of the rest of Lorain County adults).
 - Have been to the dentist in the past year (59% compared to 66% of the rest of Lorain County adults).

- Rural adults were more likely to:
 - Have had a PSA test in the past year (37% compared to 27% of the rest of Lorain County adults).
 - Have had a digital rectal exam in the past year (31% compared to 17% of the rest of Lorain County adults).
 - Have had a skin cancer screening in the past 2 years (23% compared to 16% of the rest of Lorain County adults).
 - Have been to the doctor for a routine check-up in the past year (72% compared to 64% of the rest of Lorain County adults).
 - Have a limiting physical, mental or emotional problem (40% compared to 35% of the rest of Lorain County adults).
 - Keep firearms in their household (40% compared to 31% of the rest of Lorain County adults).
 - Consider their neighborhood to be extremely or quite safe (87% compared to 75% of all Lorain County adults).

Adult Comparisons	Lorain County Rural Adults 2011	Lorain County Rural Adults 2015	Lorain County 2015	Ohio 2014	U.S. 2014
Rated their health as excellent or very good	50%	54%	47%	51%	53%
Uninsured	7%	7%	11%	10%	13%
Been to the doctor for a routine check-up in the past year	51%	72%	64%	71%	70%
Visited the dentist in the past year	63%	59%	66%	65%	65%
Obese	35%	34%	37%	33%	30%
Overweight	33%	32%	34%	34%	35%
Diagnosed with diabetes	13%	11%	11%	12%	10%
Diagnosed with asthma	11%	5%	15%	15%	14%
Current drinker	61%	56%	61%	53%	53%
Current smoker	24%	20%	22%	21%	18%

(Source: 2011 Lorain County Health Assessment, 2015 Lorain County Health Assessment and 2014 BRFSS)

Adult | SUBURBAN HEALTH

Key Findings

The 2015 Health Assessment reported that 3% of suburban adults did not have health care coverage. 33% of adults had high blood pressure. 14% were current smokers. 94% consider their neighborhood to be extremely or quite safe.

General Health and Health Care

- The data below compares adults living in suburban areas of Lorain County with adults in Elyria City, Lorain City, and rural areas.
- In 2015, 3% of suburban Lorain County adults did not have health care coverage, compared to 11% of the rest of Lorain County adults.
- 62% of suburban Lorain County adults rated their health as excellent or very good, compared to 47% of the rest of Lorain County adults.
- Suburban adults were less likely to have been diagnosed with:
 - Arthritis (29% compared to 34% of the rest of Lorain County adults).
- Suburban adults were equally as likely to have been diagnosed with:
 - Diabetes (11%).
- Suburban adults were less likely to:
 - Have used marijuana in the past 6 months (6% compared to 10% of the rest of Lorain County adults).
 - Have misused prescription medication in the past 6 months (5% compared to 11% of the rest of Lorain County adults).
 - Be a current smoker (14% compared to 22% of the rest of Lorain County adults).
 - Have had 2 or more sexual partners in the past year (3% compared to 8% of the rest of Lorain County adults).
 - Be considered overweight or obese (65% compared to 69% of the rest of Lorain County adults).
 - Have a limiting physical, mental or emotional problem (26% compared to 35% of the rest of Lorain County adults).
- Suburban adults were equally as likely to:
 - Have survived a heart attack (3%).
 - Have had a mammogram in the past year (41%).
 - Have had a digital rectal exam in the past year (17%).
 - Eat 5 or more servings of fruits and vegetables per day (5%).

Lorain County Suburban Statistics

- There are 304,216 people who live in Lorain County. Of those 104,882 (34%) live in the suburban areas of Lorain County.
- The cities in Lorain County that are considered suburban are Amherst, Avon, Avon Lake, North Ridgeville, Oberlin, and Sheffield Lake.

(Source: U.S. Census)

- Suburban adults were more likely to:
 - Have consumed alcohol in the past 30 days (71% compared to 61% of the rest of Lorain County adults).
 - Have had a clinical breast exam in the past year (63% compared to 53% of the rest of Lorain County adults).
 - Have had a pap smear in the past year (42% compared to 38% of the rest of Lorain County adults).
 - Have had a PSA test in the past year (30% compared to 27% of the rest of Lorain County adults).
 - Have had a skin cancer screening in the past 2 years (19% compared to 16% of the rest of Lorain County adults).
 - Have had a colorectal cancer screening in the past 2 years (20% compared to 14% of the rest of Lorain County adults).
 - Have been to the dentist in the past year (77% compared to 66% of the rest of Lorain County adults).
 - Engage in some type of physical activity or exercise for at least 30 minutes 3 or more days per week (59% compared to 53% of the rest of Lorain County adults).
 - Keep firearms in their household (35% compared to 31% of the rest of Lorain County adults).
 - Consider their neighborhood to be extremely or quite safe (94% compared to 75% of all Lorain County adults).

Adult Comparisons	Suburban Lorain County 2011	Suburban Lorain County 2015	Lorain County 2015	Ohio 2014	U.S. 2014
Rated their health as excellent or very good	56%	62%	47%	51%	53%
Uninsured	7%	3%	11%	10%	13%
Been to the doctor for a routine check-up in the past year	61%	63%	64%	71%	70%
Visited the dentist in the past year	72%	77%	66%	65%	65%
Obese	26%	30%	37%	33%	30%
Overweight	33%	32%	34%	34%	35%
Diagnosed with diabetes	9%	11%	11%	12%	10%
Diagnosed with asthma	16%	14%	15%	15%	14%
Current drinker	66%	71%	61%	53%	53%
Current smoker	13%	14%	22%	21%	18%

(Source: 2011 Lorain County Health Assessment, 2015 Lorain County Health Assessment and 2014 BRFSS)

Adult | URBAN HEALTH

Key Findings

The 2015 Health Assessment reported that 17% of Elyria and Lorain City adults did not have health care coverage. 32% of adults had high blood cholesterol. 73% were classified as overweight or obese, and 27% were current smokers.

General Health and Health Care

- The data below compares adults living in Elyria and Lorain City (urban area) with adults living in rural and suburban areas.
- In 2015, 17% of Elyria and Lorain City adults did not have health care coverage, compared to 11% of the rest of Lorain County adults.
- 36% of Elyria and Lorain City adults rated their health as excellent or very good, compared to 47% of the rest of Lorain County adults.
- Elyria and Lorain City adults were equally as likely to have been diagnosed with:
 - Cancer (11%).
 - Diabetes (11%).
 - High Blood Pressure (36%).
- Elyria and Lorain City adults were less likely to:
 - Have consumed alcohol in the past 30 days (57% compared to 61% of the rest of Lorain County adults).
 - Have had a clinical breast exam in the past year (48% compared to 53% of the rest of Lorain County adults).
 - Have had a pap smear in the past year (36% compared to 38% of the rest of Lorain County adults).
 - Have had a PSA test in the past year (22% compared to 27% of the rest of Lorain County adults).
 - Have had a digital rectal exam in the past year (14% compared to 17% of the rest of Lorain County adults).
 - Have had a skin cancer screening in the past 2 years (12% compared to 16% of the rest of Lorain County adults).
 - Have had a colorectal cancer screening in the past 2 years (10% compared to 14% of the rest of Lorain County adults).
 - Have been to the dentist in the past year (60% compared to 66% of the rest of Lorain County adults).
 - Engage in some type of physical activity or exercise for at least 30 minutes 3 or more days per week (49% compared to 53% of the rest of Lorain County adults).
 - Keep firearms in their household (26% compared to 31% of the rest of Lorain County adults).
 - Consider their neighborhood to be extremely or quite safe (59% compared to 75% of all Lorain County adults).

- Elyria and Lorain City adults were more likely to:
 - Have used marijuana in the past 6 months (16% compared to 10% of the rest of Lorain County adults).
 - Have misused prescription medication in the past 6 months (16% compared to 11% of the rest of Lorain County adults).
 - Be a current smoker (27% compared to 22% of the rest of Lorain County adults).
 - Have had a mammogram in the past year (45% compared to 41% of the rest of Lorain County adults).
 - Have had 2 or more sexual partners in the past year (13% compared to 8% of the rest of Lorain County adults).
 - Be considered overweight or obese (73% compared to 69% of the rest of Lorain County adults).

- Elyria and Lorain City adults were equally as likely to:
 - Have survived a heart attack (3%).

Adult Comparisons	City of Elyria 2011	City of Lorain 2011	Urban Lorain County 2015	Lorain County 2015	Ohio 2014	U.S. 2014
Rated their health as excellent or very good	48%	39%	36%	47%	51%	53%
Uninsured	16%	13%	17%	11%	10%	13%
Been to the doctor for a routine check-up in the past year	52%	55%	63%	64%	71%	70%
Visited the dentist in the past year	54%	52%	60%	66%	65%	65%
Obese	37%	29%	30%	37%	33%	30%
Overweight	34%	39%	33%	32%	34%	35%
Diagnosed with diabetes	13%	14%	11%	11%	12%	10%
Diagnosed with asthma	14%	14%	18%	15%	15%	14%
Current drinker	60%	48%	57%	61%	53%	53%
Current smoker	25%	24%	27%	22%	21%	18%

* In 2015, data from the cities of Elyria and Lorain were combined to define an urban area of Lorain County. Comparisons between 2011 and 2015 should be used with caution.

(Source: 2011 Lorain County Health Assessment, 2015 Lorain County Health Assessment and 2014 BRFSS)

Youth | WEIGHT STATUS

Key Findings

During the fall of 2014, Communities that Care of Lorain County conducted the PRIDE survey in 6th, 8 and 10th grades throughout 11 districts in the county. 9% of Lorain County 6th grade youth ate 4 or more servings of fruit per day. 76% of Lorain County 8th grade youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. Over one-fourth (29%) of 10th grade youth spent 3 or more hours watching TV on an average day.

6th Grade Nutrition & Physical Activity

- In 2014, 9% of Lorain County 6th grade youth ate 4 or more servings of fruit per day. 37% ate 1 to 3 servings of fruits per day. 9% did not eat any fruit during the past 7 days.
- 70% of Lorain County 6th grade youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 48% did so on 5 or more days in the past week, and 27% did so every day in the past week. 12% of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- One-third (33%) of 6th grade youth spent 3 or more hours watching TV on an average day.

8th Grade Nutrition & Physical Activity

- 6% of Lorain County 8th grade youth ate 4 or more servings of fruit per day. 38% ate 1 to 3 servings of fruits per day. 10% did not eat any fruit during the past 7 days.
- 76% of Lorain County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 52% did so on 5 or more days in the past week, and 30% did so every day in the past week. 9% of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- About one-third (32%) of youth spent 3 or more hours watching TV on an average day.

10th Grade Nutrition & Physical Activity

- 7% of Lorain County 10th grade youth ate 4 or more servings of fruit per day. 33% ate 1 to 3 servings of fruits per day. 13% did not eat any fruit during the past 7 days.
- In 2014, 73% of Lorain County 10th grade youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 48% did so on 5 or more days in the past week, and 25% did so every day in the past week. 11% of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- Over one-fourth (29%) of youth spent 3 or more hours watching TV on an average day.

Youth Comparisons	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Physically active at least 60 minutes per day on every day in past week	27%	30%	25%
Physically active at least 60 minutes per day on 5 or more days in past week	48%	52%	48%
Did not participate in at least 60 minutes of physical activity on at least 1 day	12%	9%	11%
Watched TV 3 or more hours per day	33%	32%	29%

Youth | TOBACCO USE

Key Findings

The 2014 Pride Survey Report indicated that 2% of Lorain County 6th grade youth and 17% of 10th grade youth had smoked cigarettes in the past year.

6th Grade Youth Tobacco Use Behaviors

- The 2014 Pride Survey Report indicated that 2% of Lorain County 6th grade youth had smoked cigarettes in the past year.
- 2% of Lorain County youth were current smokers, having smoked at some time in the past 30 days.
- 3% of Lorain County youth used an e-cigarette, e-cigar, or e-hookah in the past 30 days.
- The average age of onset for smoking was 12.0 years old.
- Lorain County youth used tobacco in the following places: home (1%), friend's house (1%) and other (1%). No one reported using tobacco in school or in a car.
- Lorain County youth indicated they used tobacco: after school (<1%), week nights (<1%) and weekends (2%). No one reported using tobacco before or during school.

8th Grade Youth Tobacco Use Behaviors

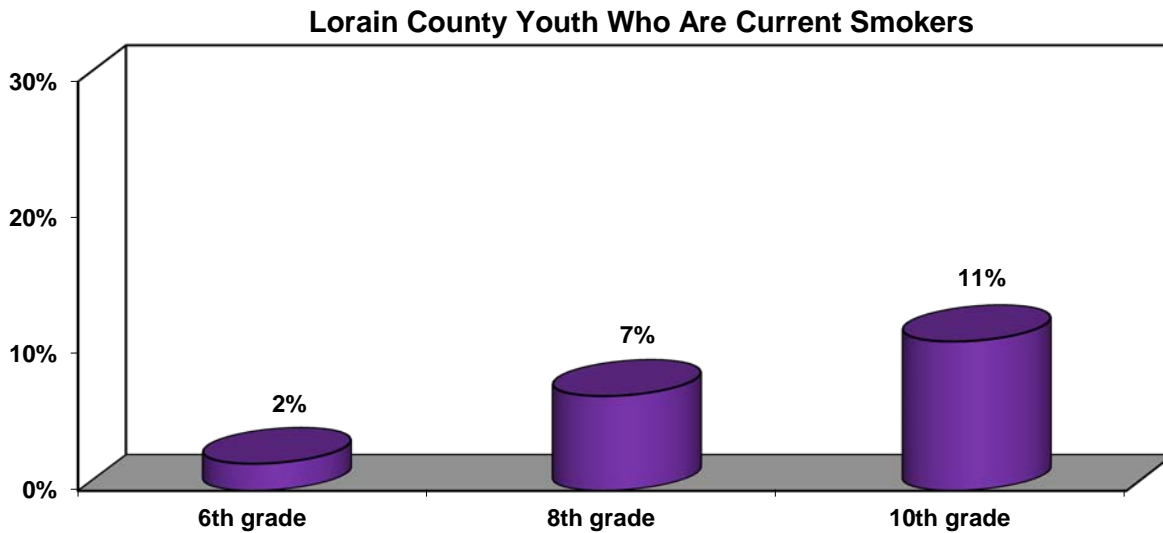
- The 2014 Pride Survey Report indicated that 10% of Lorain County 8th grade youth had smoked cigarettes in the past year.
- 7% of Lorain County youth were current smokers, having smoked at some time in the past 30 days.
- 9% of Lorain County youth used an e-cigarette, e-cigar, or e-hookah in the past 30 days.
- The average age of onset for smoking was 12.0 years old.
- Lorain County youth used tobacco in the following places: home (4%), friend's house (4%), car (1%), school (<1%), and other (3%).
- Lorain County youth indicated they used tobacco: before school (1%), during school (<1%), after school (2%), week nights (2%) and weekends (7%).

10th Grade Youth Tobacco Use Behaviors

- The 2014 Pride Survey Report indicated that 17% of Lorain County 10th grade youth had smoked cigarettes in the past year.
- 11% of Lorain County youth were current smokers, having smoked at some time in the past 30 days.
- 14% of Lorain County youth used an e-cigarette, e-cigar or e-hookah in the past 30 days.
- The average age of onset for smoking was 13.3 years old.
- Lorain County youth used tobacco in the following places: home (6%), school (1%), car (4%), friend's house (9%) and other (6%).

- Lorain County youth indicated they used tobacco: before school (3%), during school (1%), after school (6%), week nights (5%) and weekends (10%).

The following graph shows the percentage of Lorain County youth who smoked cigarettes in the past month. Examples of how to interpret the information include: 2% of Lorain County 6th grade youth were current smokers, 7% of 8th grade youth smoked, and 11% of 10th grade youth were current smokers.



14% of Lorain County 10th grade youth used an e-cigarette, e-cigar or e-hookah in the past 30 days.

Availability of Tobacco to Lorain County Youth

Availability of Tobacco	6 th grade	8 th grade	10 th grade
Very Easy	2%	12%	21%
Fairly Easy	3%	14%	22%
Fairly Difficult	3%	7%	10%
Very Difficult	3%	3%	4%
Don't know/Can not get	89%	65%	44%

Youth Comparisons	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Smoked cigarettes in the past year	2%	10%	17%
Current smokers	2%	7%	11%

Youth | ALCOHOL CONSUMPTION

Key Findings

2% of Lorain County 6th grade youth were current drinkers, having had a drink at some time in the past 30 days. The 2014 Pride Survey Report indicated that 19% of Lorain County 8th grade youth had alcohol in the past year.

6th Grade Youth Alcohol Use Behaviors

- The 2014 Pride Survey Report indicated that 4% of Lorain County youth had alcohol in the past year.
- 2% of Lorain County youth were current drinkers, having had a drink at some time in the past 30 days.
- The average age of onset for drinking was 10.8 years old.
- Lorain County youth used alcohol in the following places: home (2%), car (<1%), friend's house (1%) and other (2%). No one reported using alcohol at school.
- Lorain County youth indicated they used alcohol: before school (<1%), during school (<1%), after school (1%) and weekends (2%). No one reported using alcohol on a week night.
- In the past 30 days, 8% of youth had ridden in a car driven by someone who had been drinking alcohol.

8th Grade Youth Alcohol Use Behaviors

- The 2014 Pride Survey Report indicated that 19% of Lorain County youth had alcohol in the past year.
- 10% of Lorain County youth were current drinkers, having had a drink at some time in the past 30 days.
- The average age of onset for drinking was 12.0 years old.
- Lorain County youth used alcohol in the following places: home (10%), school (<1%), car (1%), friend's house (7%) and other (5%).
- Lorain County youth indicated they used alcohol: before school (<1%), during school (<1%), after school (2%), week nights (2%) and weekends (13%).
- In the past 30 days, 15% of youth had ridden in a car driven by someone who had been drinking alcohol. 1% of youth drivers had driven a car themselves after drinking alcohol.

10th Grade Youth Alcohol Use Behaviors

- The 2014 Pride Survey Report indicated that 40% of Lorain County youth had alcohol in the past year.
- 22% of Lorain County youth were current drinkers, having had a drink at some time in the past 30 days.
- The average age of onset for drinking was 13.5 years old.

- Lorain County youth used alcohol in the following places: home (16%), school (1%), car (1%), friend's house (21%) and other (9%).
- Lorain County youth indicated they used alcohol: before school (1%), during school (1%), after school (3%), week nights (4%) and weekends (29%).
- In the past 30 days, 12% of youth had ridden in a car driven by someone who had been drinking alcohol. 2% of youth drivers had driven a car themselves after drinking alcohol.

Availability of Alcohol to Lorain County Youth

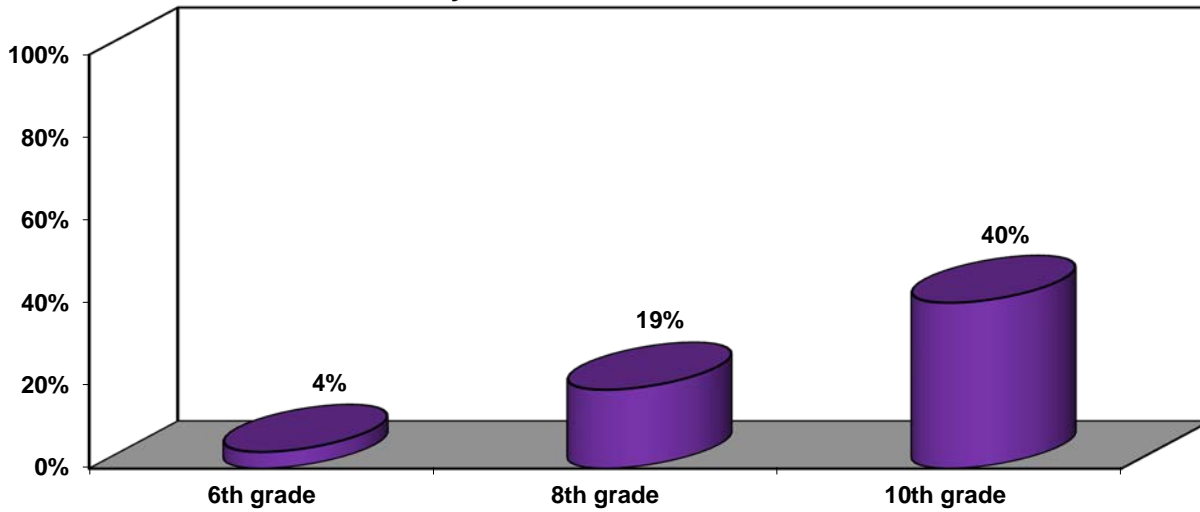
Availability	6 th grade	8 th grade	10 th grade
Very Easy	4%	14%	22%
Fairly Easy	4%	16%	25%
Fairly Difficult	3%	7%	13%
Very Difficult	4%	5%	4%
Don't know/Can't get	84%	58%	36%

Youth Comparisons	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Youth who had alcohol in the past year	4%	19%	40%
Current drinker	2%	10%	22%
Rode with someone who was drinking	8%	15%	12%
Drank and drove (of youth drivers)	N/A	1%	2%

N/A - Not available

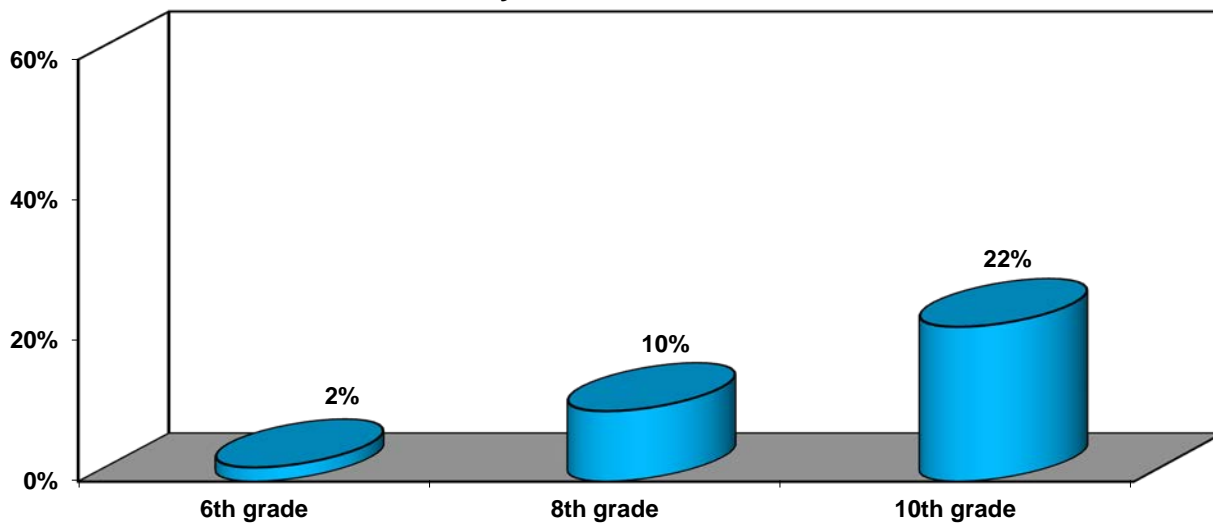
The following graphs show the percentage of Lorain County youth who have drunk alcohol in the past year and those who are current drinkers. Examples of how to interpret the information include: 4% of Lorain County 6th grade youth have drunk in the past year; 19% of 8th grade youth and 40% of 10th grade youth.

Lorain County Youth Who Drank Alcohol In The Past Year



The 2014 Pride Survey Report indicated that 40% of Lorain County 10th grade youth drank alcohol in the past year.

Lorain County Youth Who Are Current Drinkers



Youth | DRUG USE

Key Findings

The 2014 Pride Survey Report indicated that 4% of Lorain County 6th grade youth had used illicit drugs in the past year. 7% of Lorain County 8th grade youth used marijuana or hashish in the past 30 days.

6th Grade Youth Drug Use

- The 2014 Pride Survey Report indicated that 4% of Lorain County 6th grade youth had used illicit drugs in the past year.
- 2% of Lorain County youth had used marijuana or hashish in the past 30 days.
- The average age of onset for marijuana use for the 6th grade youth was 12.8 years old.
- Lorain County youth smoked marijuana in the following places: friend's house (1%), home (<1%), school (<1%) and other (1%). No one reported smoking marijuana in a car.
- Lorain County youth indicated they smoked marijuana: on weekends (1%), week nights (<1%) before school (<1%), and during school (<1%). No one reported smoking marijuana after school.
- Lorain County youth have tried the following in the past year:
 - 1% used inhalants
 - 1% used marijuana
 - 1% used steroids
 - 1% used over-the-counter medications
 - 1% used methamphetamines
 - 1% used heroin
 - 1% used cocaine
 - <1% used ecstasy/MDMA
 - <1% used hallucinogens
- 1% of Lorain County youth used prescription drugs not prescribed for them in the past 30 days.
- 2% of youth used over-the-counter drugs (to get high) in the past 30 days.

8th Grade Youth Drug Use

- The 2014 Pride Survey Report indicated that 11% of Lorain County 8th grade youth used illicit drugs in the past year.
- 7% of Lorain County 8th grade youth used marijuana or hashish in the past 30 days.
- The average age of onset for marijuana use for the 8th grade youth was 12.5 years old.
- Lorain County youth smoked marijuana in the following places: friend's house (5%), home (3%), car (1%) school (<1%) and other (4%).
- Lorain County youth indicated they smoked marijuana: on weekends (7%), week nights (1%), after school (2%), before school (<1%), and during school (<1%).

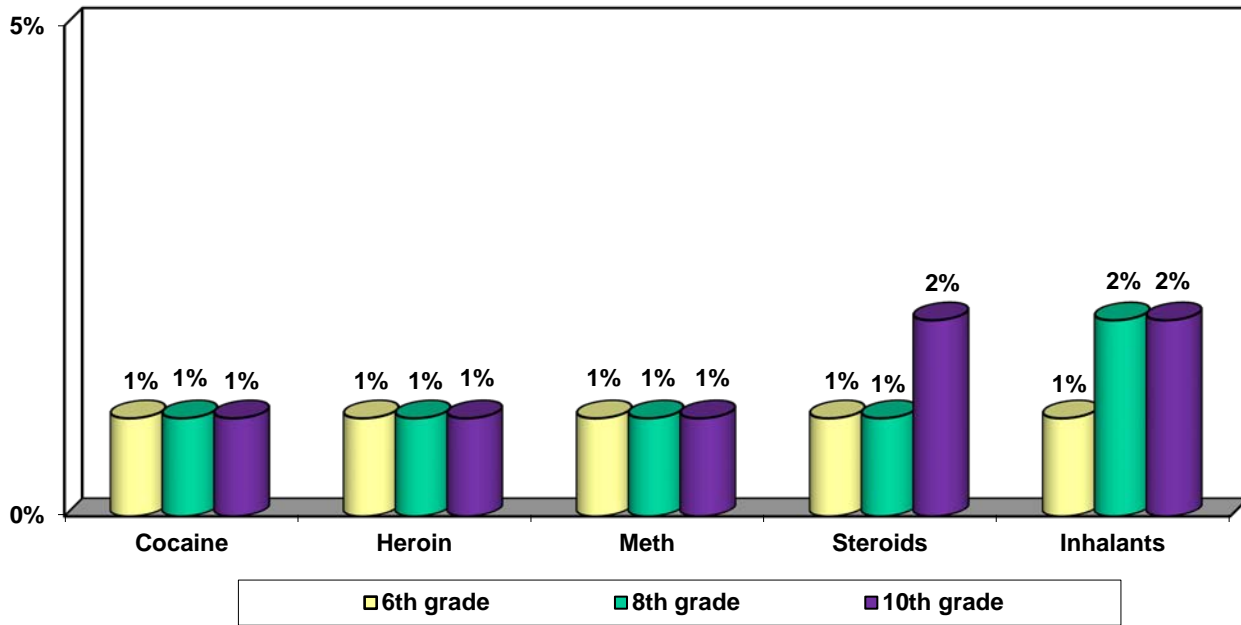
- Lorain County 8th grade youth have tried the following in the past year:
 - 9% used marijuana
 - 2% used inhalants
 - 2% used over-the-counter medications
 - 1% used steroids
 - 1% used ecstasy/MDMA
 - 1% used methamphetamines
 - 1% used heroin
 - 1% used cocaine
 - 1% used hallucinogens
- 3% of Lorain County youth used prescription drugs not prescribed for them in the past 30 days.
- 2% of youth used over-the-counter drugs (to get high) in the past 30 days.

10th Grade Youth Drug Use

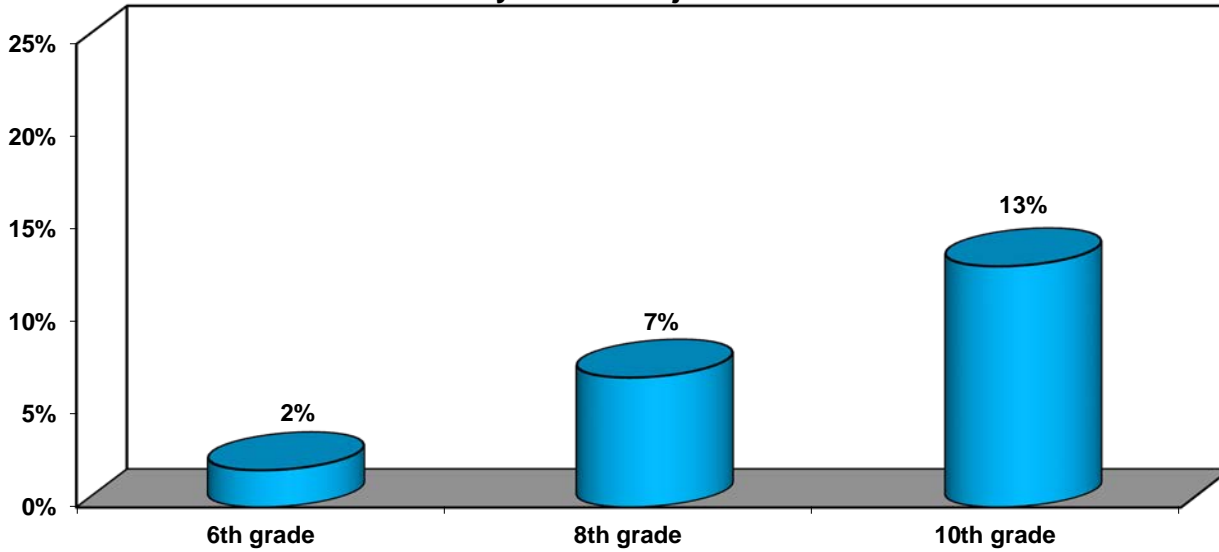
- The 2014 Pride Survey Report indicated that 22% of Lorain County 10th grade youth had used illicit drugs in the past year.
- 13% of Lorain County youth used marijuana or hashish in the past 30 days.
- The average age of onset for marijuana use for 10th grade youth was 13.6 years old.
- Lorain County youth smoked marijuana in the following places: friend's house (13%), home (5%), car (5%), school (1%) and other (8%).
- Lorain County youth indicated they smoked marijuana: on weekends (15%), week nights (5%), after school (5%), before school (2%), and during school (1%).
- Lorain County youth have tried the following in the past year:
 - 19% used marijuana
 - 3% used hallucinogens
 - 3% used over-the-counter medications
 - 2% used inhalants
 - 2% used steroids
 - 2% used ecstasy/MDMA
 - 1% used methamphetamines
 - 1% used heroin
 - 1% used cocaine
- 4% of Lorain County youth used prescription drugs not prescribed for them in the past 30 days.
- 2% of youth used over-the-counter drugs (to get high) in the past 30 days.

The following graphs are data from the 2014 Pride Survey Report indicating youth drug use in the past year and marijuana use in the past 30 days. Examples of how to interpret the information include: 1% of 6th grade youth have used cocaine in the past month, and 2% of 8th grade youth have used inhalants in the past month.

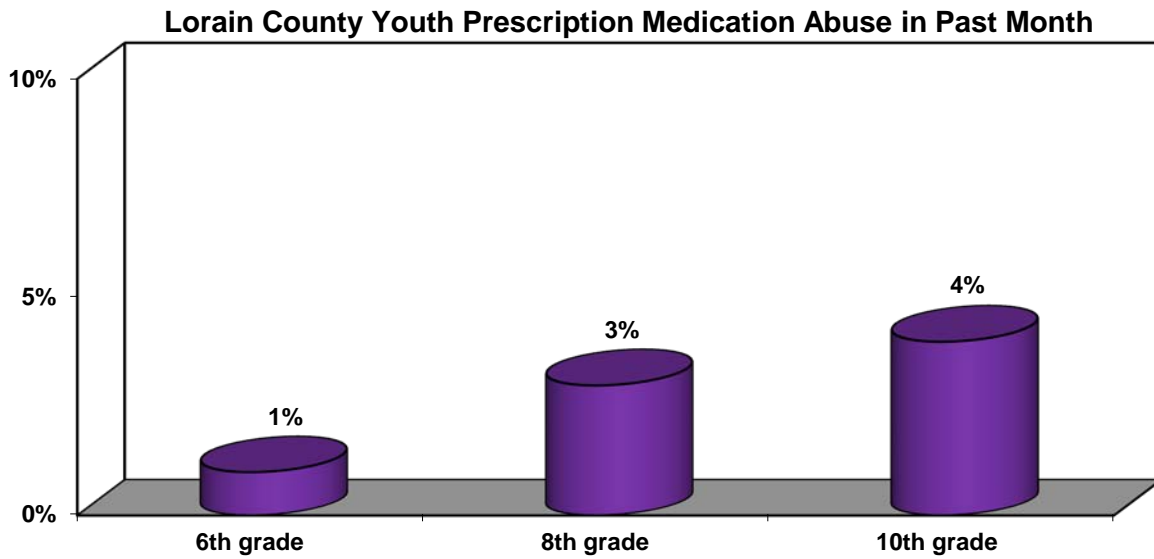
Lorain County Youth Drug Use In The Past Year



Lorain County Youth Marijuana Use in Past Month



The following graph is data from the 2014 Pride Survey Report indicating youth prescription medication abuse in the past month. Examples of how to interpret the information include: 4% of 10th grade youth have misused medications in the past month.



Youth Comparisons	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Youth who used marijuana in the past month	2%	7%	13%
Used methamphetamines	1%	1%	1%
Used cocaine in the past year	1%	1%	1%
Used heroin in the past year	1%	1%	1%
Used steroids in the past year	1%	1%	2%
Used inhalants in the past year	1%	2%	2%
Used ecstasy/MDMA in the past year	<1%	1%	2%
Youth who used prescription drugs not prescribed for them in the past month	1%	3%	4%

Youth | MENTAL HEALTH AND SUICIDE

Key Findings

One-fifth (20%) of Lorain County 6th grade youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. 17% of 10th grade youth reported they had seriously considered attempting suicide in the past 12 months.

6th Grade Youth Mental Health

- In 2014, one-fifth (20%) of Lorain County 6th grade youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- 8% of youth reported they had seriously considered attempting suicide in the past 12 months.
- In the past year, 5% of Lorain County youth had attempted suicide. 3% of youth had made more than one attempt.
- Of those who attempted suicide, 1% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- Lorain County youth reported talking about their concerns to the following when dealing with feelings of depression or suicide: parents or other relative (17%), best friend/girlfriend/boyfriend (14%), teacher (4%), school counselor/professional counselor (4%), pastor/priest/minister (2%) and scout master/club advisor/youth leader/coach (1%). 12% reported they had no one to talk to.
- 59% of Lorain County youth reported they did not have feelings of depression or suicide.
- Lorain County youth reported the following ways of dealing with anxiety, stress, or depression: talk to someone (51%), sleep (37%), exercise/hobby/journal (31%), break something/violent behavior/self-harm (9%), eat/shop/gamble (8%), use medication (2%), drink alcohol (1%), and use illegal drugs (1%).
- 46% of youth reported they would seek help if they were dealing with anxiety, stress, depression or thoughts of suicide. Of youth who reported they would not seek help, the following reasons were reported: they can handle it themselves (19%), worried about what others might think (13%), no time (7%), cost (5%), their family would not support them (4%), and transportation (3%). 11% of youth did not know where to go.

8th Grade Youth Mental Health

- In 2014, over one-fourth (27%) of Lorain County 8th grade youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- 15% of youth reported they had seriously considered attempting suicide in the past 12 months.
- In the past year, 7% of Lorain County youth had attempted suicide. 5% of youth had made more than one attempt.
- Of those who attempted suicide, 3% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

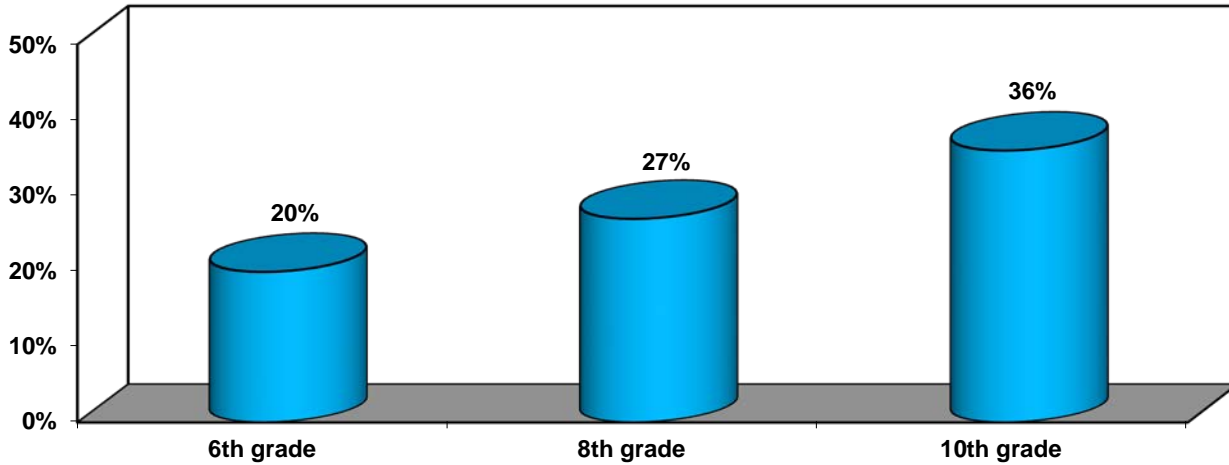
- Lorain County youth reported talking about their concerns to the following when dealing with feelings of depression or suicide: best friend/girlfriend/boyfriend (26%), parents or other relative (17%), school counselor/professional counselor (6%), teacher (3%), pastor/priest/minister (2%) and scout master/club advisor/youth leader/coach (2%). 16% reported they had no one to talk to.
- 52% of Lorain County youth reported they did not have feelings of depression or suicide.
- Lorain County youth reported the following ways of dealing with anxiety, stress, or depression: talk to someone (53%), sleep (43%), exercise/hobby/journal (37%), eat/shop/gamble (15%), break something/violent behavior/self-harm (12%), use medication (3%), drink alcohol (3%), and use illegal drugs (2%).
- 48% of youth reported they would seek help if they were dealing with anxiety, stress, depression or thoughts of suicide. Of youth who reported they would not seek help the following reasons were reported: they can handle it themselves (26%), worried about what others might think (18%), no time (9%), their family would not support them (7%), cost (6%), and transportation (2%). 10% of youth did not know where to go.

10th Grade Youth Mental Health

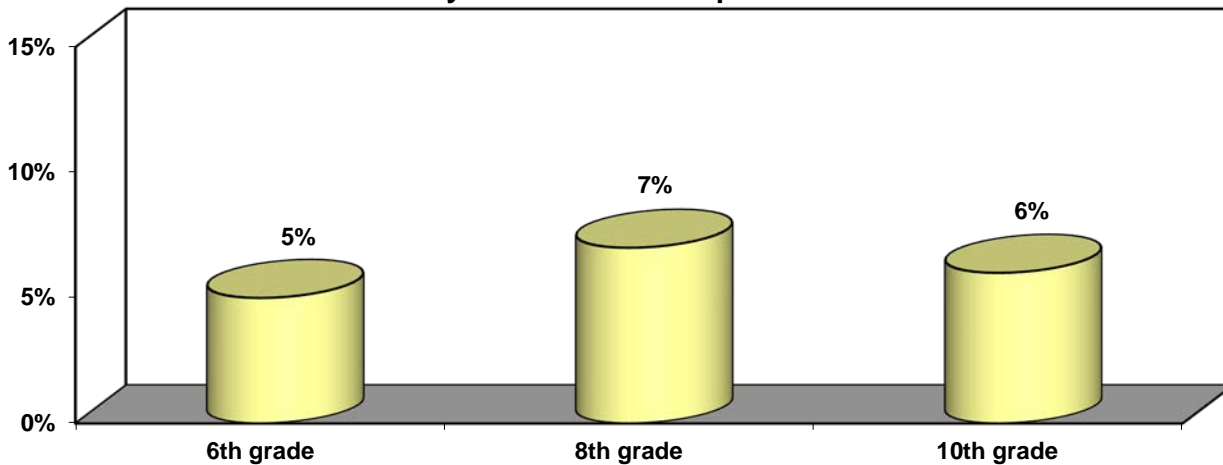
- In 2014, over one-third (36%) of Lorain County 10th grade youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- 17% of youth reported they had seriously considered attempting suicide in the past 12 months.
- In the past year, 6% of Lorain County youth had attempted suicide. 2% of youth had made more than one attempt.
- Of those who attempted suicide, 3% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- Lorain County youth reported talking about their concerns to the following when dealing with feelings of depression or suicide: best friend/girlfriend/boyfriend (23%), parents or other relative (10%), school counselor/professional counselor (3%), teacher (2%), pastor/priest/minister (2%) and scout master/club advisor/youth leader/coach (1%). 20% reported they had no one to talk to.
- 41% of Lorain County youth reported they did not have feelings of depression or suicide.
- Lorain County 10th grade youth reported the following ways of dealing with anxiety, stress, or depression: sleep (45%), talk to someone (40%), exercise/hobby/journal (35%), eat/shop/gamble (13%), break something/violent behavior/self-harm (11%), use illegal drugs (6%), drink alcohol (5%), and use medication (3%).
- 35% of youth reported they would seek help if they were dealing with anxiety, stress, depression or thoughts of suicide. Of youth who reported they would not seek help the following reasons were reported: they can handle it themselves (28%), worried about what others might think (18%), cost (9%), no time (8%), their family would not support them (5%), and transportation (5%). 9% of youth did not know where to go.

The following graphs show the percentage of Lorain County youth who had felt sad or hopeless almost every day for two weeks or more in a row and attempted suicide in the past 12 months (i.e., the first graph shows that 20% of Lorain County youth in 6th grade had felt sad or hopeless for two weeks or more, 27% of 8th graders and 36% of 10th graders).

Lorain County Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row



Lorain County Youth Who Attempted Suicide in Past Year



Youth Comparisons	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Youth who had seriously considered attempting suicide in the past year	8%	15%	17%
Youth who had attempted suicide in the past year	5%	7%	6%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	20%	27%	36%

Youth | SAFETY & VIOLENCE ISSUES

Key Findings

24% of Lorain County 10th grade youth had threatened to hurt another student by hitting, slapping or kicking. 16% of youth hurt another student by hitting, slapping or kicking.

6th Grade Youth Violence-Related Behaviors & Personal Safety

- In 2014, 4% of Lorain County 6th grade youth had carried a knife, club or other weapon at school and 1% had carried had a handgun at school.
- The 2014 Pride Survey indicated that 1% of youth have threatened a student with a handgun, knife or club at school and an additional 1% of youth had hurt a student by using a handgun, knife or club at school.
- 17% of Lorain County 6th grade youth had threatened to hurt another student by hitting, slapping or kicking. 14% of youth hurt another student by hitting, slapping or kicking.
- 6% of youth had been threatened with a handgun, knife or club by another student. 31% of youth indicated that another student had threatened to hit, slap or kick them.
- In the past 30 days, 8% of youth had ridden in a car driven by someone who had been drinking alcohol.
- 72% of Lorain County 6th grade youth always wore a seatbelt when riding in a car.

8th Grade Youth Violence-Related Behaviors & Personal Safety

- In 2014, 2% of youth had carried a handgun at school. 6% had carried had a knife, club or other weapon at school.
- 2% of youth had threatened a student with a handgun, knife or club at school. 1% of youth hurt a student by using a handgun, knife or club at school.
- 29% of Lorain County 8th grade youth had threatened to hurt another student by hitting, slapping or kicking. 19% of youth hurt another student by hitting, slapping or kicking.
- 8% of youth had been threatened with a handgun, knife or club by another student. 35% of youth indicated that another student had threatened to hit, slap or kick them.
- In the past 30 days, 15% of youth had ridden in a car driven by someone who had been drinking alcohol.
- 50% of Lorain County 8th grade youth always wore a seatbelt when riding in a car.

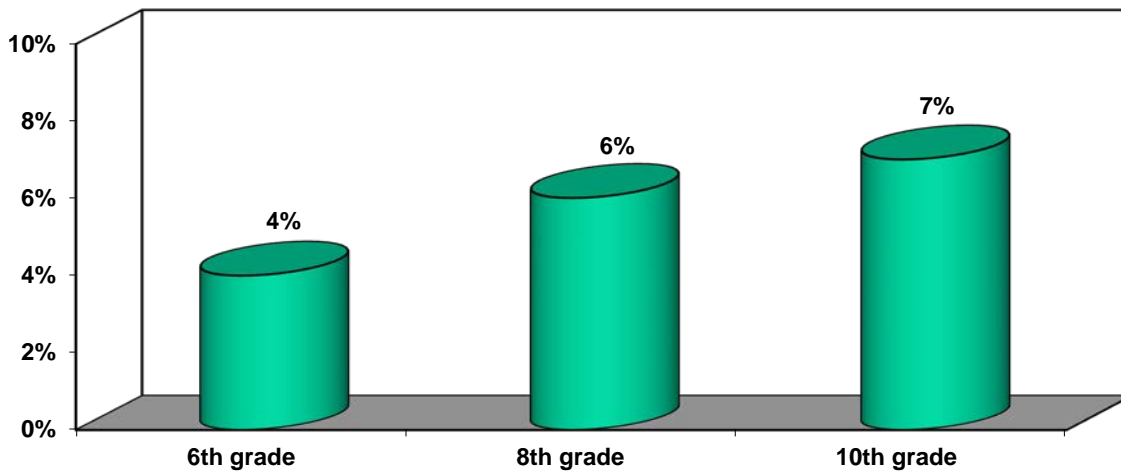
10th Grade Youth Violence-Related Behaviors & Personal Safety

- In 2014, 1% of youth had carried a handgun at school. 7% had carried had a knife, club or other weapon at school.
- 2% of youth had threatened a student with a handgun, knife or club at school. 1% of youth hurt a student by using a handgun, knife or club at school.

- 24% of Lorain County youth had threatened to hurt another student by hitting, slapping or kicking. 16% of youth hurt another student by hitting, slapping or kicking.
- 5% of youth had been threatened with a handgun, knife or club by another student. 28% of youth indicated that another student had threatened to hit, slap or kick them.
- In the past 30 days, 12% of youth had ridden in a car driven by someone who had been drinking alcohol. 2% of youth drivers had driven a car themselves after drinking alcohol.
- 46% of Lorain County 10th grade youth always wore a seatbelt when riding in a car and 43% always wore a seatbelt when driving a car.

The following graph shows Lorain County youth carrying a knife, club or other weapon at school. The graphs show the percentage of youth in each segment giving each answer (i.e., 4% of 6th grade carried a knife, club or other weapon at school; 6% of 8th graders and 7% of 10th graders).

Lorain County Youth Carrying a Knife, Club or Other Weapon at School



Youth Comparisons	Lorain County 2014 6 th grade	Lorain County 2014 8 th grade	Lorain County 2014 10 th grade
Youth who carried a knife, club or other weapon at school	4%	6%	7%
Youth who had been threatened with a handgun, knife or club	6%	8%	5%
Youth who threatened to hurt another student by hitting, slapping or kicking	17%	29%	24%
Rode with someone who was drinking	8%	15%	12%
Drank and drove (of youth drivers)	N/A	1%	2%
Youth who always wore a seatbelt when driving a car	8%	9%	43%

N/A – Not available

Youth | PERCEPTIONS

Key Findings

About two-fifths (42%) of Lorain County 6th grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. 80% of 8th grade youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

6th Grade Perceived Risk of Substance Use

- About two-fifths (42%) of Lorain County 6th grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- In 2014, 22% of 6th grade youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- More than two-fifths (44%) of youth thought there was a great risk in smoking marijuana once or twice a week.
- 23% of youth thought that there was no risk of smoking marijuana once or twice a week.
- One-fourth (25%) of Lorain County 6th grade youth thought there was a great risk for smoking e-cigarettes, e-cigars or e-hookahs.
- 28% of youth thought that there was no risk for smoking e-cigarettes, e-cigars or e-hookahs.
- More than half (56%) of Lorain County youth thought there was a great risk to using prescription drugs that were not prescribed for them.
- 22% of youth thought that there was no risk in misusing prescription drugs.

8th Grade Perceived Risk of Substance Use

- More than half (57%) of Lorain County 8th grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- 11% of youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- Nearly two-fifths (38%) of youth thought there was a great risk in smoking marijuana once or twice a week.
- 18% of youth thought that there was no risk of smoking marijuana once or twice a week.
- Nearly one-fifth (19%) of Lorain County 8th grade youth thought there was a great risk for smoking e-cigarettes, e-cigars or e-hookahs.
- 17% of youth thought that there was no risk for smoking e-cigarettes, e-cigars or e-hookahs.
- More than half (60%) of Lorain County youth thought there was a great risk to using prescription drugs that were not prescribed for them.
- 12% of 8th grade youth thought that there was no risk in misusing prescription drugs.

10th Grade Perceived Risk of Substance Use

- Nearly three-fifths (59%) of Lorain County 10th grade youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- 9% of youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- About one-fourth (24%) of 10th grade youth thought there was a great risk in smoking marijuana once or twice a week
- 24% of youth thought that there was no risk of smoking marijuana once or twice a week.
- In 2014, 12% of Lorain County youth thought there was a great risk for smoking e-cigarettes, e-cigars or e-hookahs.
- 20% of youth thought that there was no risk for smoking e-cigarettes, e-cigars or e-hookahs.
- More than three-fifths (64%) of Lorain County youth thought there was a great risk to using prescription drugs that were not prescribed for them.
- 10% of youth thought that there was no risk in misusing prescription drugs.

6th Grade Degree of Disapproval of Substance Use by Parents

- 86% of youth reported their parents or guardians would feel it was very wrong for them to smoke cigarettes.
- 92% of Lorain County youth reported their parents would feel it was very wrong for them to use marijuana.
- 81% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.
- 90% of youth reported their parents would feel it was very wrong for them to misuse prescription medications.

8th Grade Degree of Disapproval of Substance Use by Parents

- 79% of youth reported their parents or guardians would feel it was very wrong for them to smoke cigarettes.
- 86% of Lorain County youth reported their parents would feel it was very wrong for them to use marijuana.
- 80% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.
- 87% of youth reported their parents would feel it was very wrong for them to misuse prescription medications.

10th Grade Degree of Disapproval of Substance Use by Parents

- 73% of youth reported their parents or guardians would feel it was very wrong for them to smoke cigarettes.
- 75% of Lorain County youth reported their parents would feel it was very wrong for them to use marijuana.
- 72% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.
- 88% of youth reported their parents would feel it was very wrong for them to misuse prescription medications.

6th Grade Degree of Disapproval of Substance Use by Peers

- Less than three-fourths (73%) of 6th grade youth reported their peers would feel it was very wrong for them to smoke cigarettes.
- 81% of Lorain County youth reported their peers would feel it was very wrong for them to use marijuana.
- 72% of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.
- 77% of youth reported their peers would feel it was very wrong for them to misuse prescription medications.

8th Grade Degree of Disapproval of Substance Use by Peers

- Almost half (49%) of Lorain County 8th grade youth reported their peers would feel it was very wrong for them to smoke cigarettes.
- 55% of Lorain County youth reported their peers would feel it was very wrong for them to use marijuana.
- 50% of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.
- 64% of youth reported their peers would feel it was very wrong for them to misuse prescription medications.

10th Grade Degree of Disapproval of Substance Use by Peers

- Less than one-third (30%) of Lorain County youth reported their peers would feel it was very wrong for them to smoke cigarettes.
- 31% of Lorain County 10th grade youth reported their peers would feel it was very wrong for them to use marijuana.
- 31% of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.
- 55% of youth reported their peers would feel it was very wrong for them to misuse prescription medications.

6th Grade Perceived Risk of Substance Use

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day	22%	11%	25%	42%
Smoke e-cigarettes, e-cigars, e-hookahs	28%	22%	25%	25%
Have five or more drinks of an alcoholic beverage once or twice a week	23%	17%	25%	35%
Have one or two drinks of an alcoholic beverage nearly everyday	26%	23%	23%	28%
Smoke marijuana once or twice a week	23%	11%	23%	44%
Misusing prescription drugs	22%	6%	16%	56%

8th Grade Perceived Risk of Substance Use

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day	11%	8%	25%	57%
Smoke e-cigarettes, e-cigars, e-hookahs	17%	35%	30%	19%
Have five or more drinks of an alcoholic beverage once or twice a week	13%	21%	32%	34%
Have one or two drinks of an alcoholic beverage nearly everyday	17%	26%	29%	28%
Smoke marijuana once or twice a week	18%	17%	27%	38%
Misusing prescription drugs	12%	7%	21%	60%

10th Grade Perceived Risk of Substance Use

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day	9%	9%	23%	59%
Smoke e-cigarettes, e-cigars, e-hookahs	20%	40%	27%	12%
Have five or more drinks of an alcoholic beverage once or twice a week	11%	23%	38%	28%
Have one or two drinks of an alcoholic beverage nearly everyday	14%	24%	33%	29%
Smoke marijuana once or twice a week	24%	28%	24%	24%
Misusing prescription drugs	10%	6%	20%	64%

6th Grade Degree of Disapproval by Parents

How wrong do your parents feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	6%	1%	6%	86%
Having one or two drinks of an alcoholic beverage nearly every day	6%	3%	10%	81%
Using marijuana	6%	<1%	2%	92%
Misusing prescription drugs	5%	1%	4%	90%

8th Grade Degree of Disapproval by Parents

How wrong do your parents feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	3%	2%	16%	79%
Having one or two drinks of an alcoholic beverage nearly every day	4%	4%	13%	80%
Using marijuana	4%	3%	6%	86%
Misusing prescription drugs	3%	2%	8%	87%

10th Grade Degree of Disapproval by Parents

How wrong do your parents feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	5%	7%	16%	73%
Having one or two drinks of an alcoholic beverage nearly every day	4%	6%	18%	72%
Using marijuana	5%	8%	12%	75%
Misusing prescription drugs	4%	3%	5%	88%

6th Grade Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	8%	4%	16%	73%
Having one or two drinks of an alcoholic beverage nearly every day	8%	4%	16%	72%
Using marijuana	7%	3%	10%	81%
Misusing prescription drugs	7%	2%	15%	77%

8th Grade Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	10%	13%	29%	49%
Having one or two drinks of an alcoholic beverage nearly every day	11%	14%	26%	50%
Using marijuana	13%	12%	20%	55%
Misusing prescription drugs	7%	7%	22%	64%

10th Grade Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	18%	24%	29%	30%
Having one or two drinks of an alcoholic beverage nearly every day	18%	24%	27%	31%
Using marijuana	28%	20%	22%	31%
Misusing prescription drugs	10%	11%	24%	55%

Appendix I | LORAIN COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

Source	Data Used	Website
American Academy of Allergy, Asthma, and Immunology	<ul style="list-style-type: none"> Asthma Statistics 	www.aaaai.org/about-the-aaaai/newsroom/asthma-statistics.aspx
American Cancer Society, Cancer Facts and Figures 2016. Atlanta: ACS, 2016	<ul style="list-style-type: none"> 2016 Cancer Facts, Figures, and Estimates Nutrition Recommendations 	www.cancer.org
American Dental Association	<ul style="list-style-type: none"> Oral Health in Older Adults 	www.ada.org/sections/publicResources/pdfs/faq.pdf
American Diabetes Association	<ul style="list-style-type: none"> Type 1 and 2 Diabetes Risk Factors for Diabetes 	www.diabetes.org
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> When You Fear Someone May Take Their Life 	www.afsp.org/
American Heart Association, 2013	<ul style="list-style-type: none"> High Blood Pressure & African Americans Stroke Warning Signs and Symptoms Smoke-free Living: Benefits & Milestones 	www.heart.org/HEARTORG/
Arthritis at a Glance, 2012, Centers for Disease Control & Prevention, Morbidity and Mortality Weekly Report 2010; 59(39):999-1003 & 59(39):1261-1265	<ul style="list-style-type: none"> What Can Be Done to Address Arthritis? Arthritis Statistics 	www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> 2009 - 2014 Adult Ohio and U.S. Correlating Statistics 	www.cdc.gov
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> Victims of Gun Violence 	www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf
Caron Pennsylvania	<ul style="list-style-type: none"> Marijuana Use 	www.caron.org/signs-of-pot-use-5827.html

Source	Data Used	Website
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> ▪ Asthma ▪ Binge Drinking Among Women ▪ Cancer and Men ▪ Chlamydia Profile: U.S. & Ohio ▪ Distracted Driving ▪ Impact of Arthritis ▪ Health Care Access Among the Employed and Unemployed ▪ Health Care Access and Utilization ▪ HIV in the U.S. ▪ Impaired Driving ▪ Heart Health and Stroke Facts ▪ Obesity Statistics ▪ Seasonal Influenza ▪ Skin Cancer Prevention ▪ Smoking facts 	www.cdc.gov
CDC, Arthritis	<ul style="list-style-type: none"> ▪ Key Public Health Messages 	www.cdc.gov/arthritis/basics/key.htm
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> ▪ Leading Causes of Death in U.S. ▪ Men's Health 	www.cdc.gov/nchs/facts/
CDC, Physical Activity for Everyone	<ul style="list-style-type: none"> ▪ Physical Activity Recommendations 	www.cdc.gov/physicalactivity/everyone/guidelines/adults.html
CDC, Sexually Transmitted Diseases Surveillance, 2014	<ul style="list-style-type: none"> ▪ U.S. Chlamydia and Gonorrhea Rates ▪ U.S. STD Surveillance Profile, 2013 	www.cdc.gov/std/statistics/
Community Commons	<ul style="list-style-type: none"> ▪ Map Data 	www.communitycommons.org/
CDC, Vaccine Safety, Human Papillomavirus (HPV), updated January 24 2013	<ul style="list-style-type: none"> ▪ Human Papillomavirus 	www.cdc.gov/vaccine-safety/vaccines/HPV/index.html
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> ▪ All Healthy People 2020 Target Data Points ▪ Some U.S. Baseline Statistics ▪ Predictors of Access to Health Care 	www.healthypeople.gov/2020/topicsobjectives2020
National Institute on Drug Abuse	<ul style="list-style-type: none"> ▪ Abuse of Prescription Drugs 	www.drugabuse.gov
National Institute of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases	<ul style="list-style-type: none"> ▪ Back Pain Prevention 	www.ninds.nih.gov/disorders/backpain/detail_backpain.htm
Office of Criminal Justice Services	<ul style="list-style-type: none"> ▪ Crime Statistics and Crime Reports 	www.ocjs.ohio.gov/crime_stats_reports.stm
Ohio Automated Rx Reporting System	<ul style="list-style-type: none"> ▪ Doses Per Capita ▪ Doses Per Patient 	www.ohiopmp.gov/portal/docs.aspx

Source	Data Used	Website
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> ▪ Diabetes Facts ▪ Obesity and Diabetes in Ohio ▪ Lorain County and Ohio Mortality Statistics ▪ Lorain County and Ohio Birth Statistics ▪ Lorain County and Ohio Sexually Transmitted Diseases ▪ HIV/AIDS Surveillance Program ▪ Statistics: Access to Health Services 	www.odh.ohio.gov
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> ▪ Lorain County and Ohio Cancer Incidence 	www.odh.ohio.gov/
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> ▪ Lorain County Oral Health Resources for Adults and Children 	http://publicapps.odh.ohio.gov/oralhealth/default.aspx
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> ▪ Poverty Statistics ▪ Lorain County and Ohio Medicaid Statistics ▪ Lorain County Health Care Statistics 	http://jfs.ohio.gov/county/cntypro/pdf11/Lorain.pdf
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> ▪ Lorain County and Ohio Cancer Incidence 	www.odh.ohio.gov/
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> ▪ Lorain County Oral Health Resources for Adults and Children 	http://publicapps.odh.ohio.gov/oralhealth/default.aspx
Ohio Department of Health, Ohio Cancer Incidence Surveillance System	<ul style="list-style-type: none"> ▪ Lorain County and Ohio Cancer Incidence 	www.odh.ohio.gov/
Ohio Department of Health, Ohio Oral Health Surveillance System	<ul style="list-style-type: none"> ▪ Lorain County Oral Health Resources for Adults and Children 	http://publicapps.odh.ohio.gov/oralhealth/default.aspx
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> ▪ Poverty Statistics ▪ Lorain County and Ohio Medicaid Statistics ▪ Lorain County Health Care Statistics 	http://jfs.ohio.gov/county/cntypro/pdf11/Lorain.pdf
Ohio Department of Public Safety	<ul style="list-style-type: none"> ▪ 2015 Lorain County and Ohio Crash Facts 	https://ext.dps.state.oh.us/crashstatistics/CrashReports.aspx
Ohio Department of Rehabilitation and Correction	<ul style="list-style-type: none"> ▪ Arrests/Incarceration Data ▪ Inmate Population by Gender and Race 	www.drc.ohio.gov/web/Reports/FactSheet/October%202015.pdf
Ohio Medicaid Assessment Survey	<ul style="list-style-type: none"> ▪ Ohio Statistics 	http://healthtransformation.ohio.gov/LinkClick.aspx?fileticket=EtKWtYqqEZU%3d&tabid=160

Source	Data Used	Website
Ohio Mental Health and Addiction Services	<ul style="list-style-type: none"> Doses Per Capita 	http://mha.ohio.gov/Portals/0/assets/Research/Maps/Ohio_OARRS_Opioids_2012_v2.pdf
Ohio State Highway Patrol	<ul style="list-style-type: none"> Compliant Data Electronic Crash Records Felony Cases and Drug Arrests Lorain County Activity Statistics 	http://statepatrol.ohio.gov/
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> American Community Survey 1 year estimates, 2014 Ohio and Lorain County 2013 Census Demographic Information Ohio and U.S. Health Insurance Sources Small Area Income and Poverty Estimates Federal Poverty Thresholds 	www.census.gov
U.S. Department of Health and Human Services, Ohio Department of Mental Health	<ul style="list-style-type: none"> Mental Health Services in Ohio 	www.lsc.state.oh.us/fiscal/ohiofacts/sept2012/health&humanservices.pdf
U.S Department of Justice	<ul style="list-style-type: none"> Bath Salts 	www.justice.gov/dea/druginfo/factsheets.shtml

Appendix II | LORAIN COUNTY

ACRONYMS AND TERMS

AHS	A ccess to H ealth S ervices, Topic of Healthy People 2020 objectives
Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Adult Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
AOCBC	A rthritis, O steoporosis, and C hronic B ack C onditions, Topic of Healthy People 2020 objectives
BMI	B ody M ass I ndex is defined as the contrasting measurement/relationship of weight to height.
BRFSS	B ehavior R isk F actor S urveillan S System, an adult survey conducted by the CDC.
CBP	C ensus B usiness P atterns, Source of information for Community Commons maps
CDC	C enters for D isease C ontrol and P revention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
CY	C alendar Y ear
DRE	D igital R ectal E xam
FY	F iscal Y ear
HCNO	H ospital C ouncil of N orthwest O hio
HDS	H ear T D isease and S troke, Topic of Healthy People 2020 objectives
HP 2020	H ealthy P eople 2020 , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic ≥ 140 and Diastolic ≥ 90
IID	I mmunizations and I nfectious D iseases, Topic of Healthy People 2020 objectives
IVP	I njury and V iolence P revention, Topic of Healthy People 2020 objectives

MHMD	Mental Health and Mental Disorders , Topic of Healthy People 2020 objectives
N/A	Data is not available.
NWS	Nutrition and Weight Status , Topic of Healthy People 2020 objectives
OARRS	Ohio Automated Prescription (Rx) Reporting System
ODH	Ohio Department of Health
OSHP	Ohio State Highway Patrol
PSA test	Prostate-Specific Antigen Test
Race/Ethnicity	Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
SA	Substance Abuse , Topic of Healthy People 2020 objectives
TU	Tobacco Use , Topic of Healthy People 2020 objectives
YPLL/65	Years of Potential Life Lost before age 65. Indicator of premature death.
ZCTA	Zip Code Tabulation Area , Geographic Area represented through Census Business Patterns in Community Commons map

Appendix III | METHODS FOR WEIGHTING THE 2015 LORAIN COUNTY ASSESSMENT DATA

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

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2015 Lorain County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Lorain County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (9 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Lorain County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2015 Lorain County Survey and the 2013 American Community Survey Census estimates.

<u>2015 Lorain Survey</u>			<u>2013 Census Estimates</u>		<u>Weight</u>
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	336	47.795164%	148,363	49.172412%	1.028816
Female	367	52.204836%	153,357	50.827588%	0.973618

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Lorain County. The weighting for males was calculated by taking the percent of males in Lorain County (based on Census information) (49.172412%) and dividing that by the percent found in the 2015 Lorain County sample (47.795164%) [$49.172412/47.795164 =$ weighting of 1.028816 for males]. The same was done for females [$50.827588/52.204836 =$ weighting of 0.973618 for females]. Thus males' responses are weighted heavier by a factor of 1.028816 and females' responses weighted less by a factor of 0.973618.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 0.910602 [0.973618 (weight for females) \times 0.887233 (weight for White) \times 1.181114 (weight for age 45-54) \times 0.892505 (weight for income \$50-\$75k)]. Thus, each individual in the 2015 Lorain County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 21.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

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

Category	Lorain Sample	%	2013 Census Estimates *	%	Weighting Value
Sex:					
Male	336	47.795164	148,363	49.172412	1.028816
Female	367	52.204836	153,357	50.827588	0.973618
Age:					
20-24	12	1.729107	17,688	7.953774	4.599933
25-34	31	4.466859	33,278	14.964139	3.350036
35-44	70	10.086455	39,639	17.824494	1.767171
45-54	122	17.579251	46,174	20.763091	1.181114
55-59	94	13.544669	21,060	9.470063	0.699173
60-64	96	13.832853	19,725	8.869753	0.641209
65-74	183	26.368876	24,422	10.981856	0.416470
75-84	81	11.671470	14,349	6.452324	0.552829
85+	5	0.720461	6,050	2.720507	3.776064
Race:					
White (non-Hispanic)	633	90.170940	241,384	80.002651	0.887233
Non-White	69	9.829060	60,336	19.997349	2.034513
Household Income:					
Less than \$10,000	30	4.587156	8,199	7.025406	1.531538
\$10k-\$15k	32	4.892966	6,345	5.436785	1.111143
\$15k-\$25k	93	14.220183	12,131	10.394585	0.730974
\$25k-\$35k	72	11.009174	12,145	10.406581	0.945264
\$35k-\$50	103	15.749235	17,703	15.169016	0.963159
\$50k-\$75k	143	21.865443	22,775	19.515016	0.892505
\$75k or more	181	27.675841	37,407	32.052611	1.158144
<p>Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Lorain County in each subcategory by the proportion of the sample in the Lorain County survey for that same category.</p> <p>* Lorain County population figures taken from the 2013 Census estimates.</p>					

Appendix IV | LORAIN COUNTY SAMPLE DEMOGRAPHIC PROFILE*

APPENDIX IV

Variable	2015 Survey Sample	Lorain County Census 2010-2014 (5 year estimate)	Ohio Census 2014
Age			
20-29	13.5%	11.3%	13.1%
30-39	17.5%	11.8%	12.1%
40-49	17.1%	14.1%	13.4%
50-59	21.7%	14.9%	14.6%
60 plus	27.2%	22.0%	20.7%
Race/Ethnicity			
White	80.5%	85.3%	82.6%
Black or African American	4.7%	8.4%	12.2%
American Indian and Alaska Native	1.6%	0.2%	0.2%
Asian	0.1%	1.0%	1.8%
Other (including multi-racial)	10.1%	0.8%	1.6%
Hispanic Origin (may be of any race)	10.5%	8.8%	3.3%
Marital Status†			
Married Couple	58.1%	50.1%	48.5%
Never been married/member of an unmarried couple	20.7%	30.0%	31.1%
Divorced/Separated	13.6%	13.4%	13.9%
Widowed	5.7%	6.5%	6.5%
Education†			
Less than High School Diploma	6.0%	10.8%	11.2%
High School Diploma	23.8%	34.3%	34.5%
Some college/ College graduate	69.2%	54.7%	54.4%
Income (Families)			
\$14,999 and less	12.0%	8.4%	8.6%
\$15,000 to \$24,999	7.6%	7.3%	7.9%
\$25,000 to \$49,999	22.2%	21.3%	23.0%
\$50,000 to \$74,999	15.1%	21.4%	20.5%
\$75,000 or more	31.5%	41.7%	40.1%

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

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

Appendix V | DEMOGRAPHICS AND HOUSEHOLD INFORMATION

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

Age	Total	Males	Females
Lorain County	301,356	148,135	153,221
0-4 years	18,037	9,239	8,798
1-4 years	14,691	7,509	7,182
< 1 year	3,346	1,730	1,616
1-2 years	7,197	3,665	3,532
3-4 years	7,494	3,844	3,650
5-9 years	19,913	10,245	9,668
5-6 years	7,793	4,027	3,766
7-9 years	12,120	6,218	5,902
10-14 years	21,021	10,721	10,300
10-12 years	12,489	6,340	6,149
13-14 years	8,532	4,381	4,151
12-18 years	30,155	15,393	14,762
15-19 years	21,452	10,966	10,486
15-17 years	13,107	6,668	6,439
18-19 years	8,345	4,298	4,047
20-24 years	17,074	8,853	8,221
25-29 years	16,084	8,090	7,994
30-34 years	17,541	8,890	8,651
35-39 years	19,435	9,622	9,813
40-44 years	20,837	10,498	10,339
45-49 years	23,317	11,474	11,843
50-54 years	23,946	11,840	12,106
55-59 years	21,145	10,436	10,709
60-64 years	18,523	8,897	9,526
65-69 years	12,886	6,053	6,883
70-74 years	10,042	4,651	5,481
75-79 years	7,737	3,314	4,423
80-84 years	6,470	2,500	3,970
85-89 years	4,038	1,382	2,656
90-94 years	1,533	451	1,082
95-99 years	374	87	287
100-104 years	47	15	32
105-109 years	4	1	3
110 years & over	0	0	0
Total 85 years and over	5,996	1,936	4,060
Total 65 years and over	43,131	18,454	24,817
Total 19 years and over	225,035	109,104	115,971

LORAIN COUNTY PROFILE

General Demographic Characteristics (Source: U.S. Census Bureau, Census 2014)

2014 ACS 1-year estimate

Total Population

2014 Total Population	304,216
2000 Total Population	284,664

Largest City-Lorain

2014 Total Population	63,774	100%
2000 Total Population	68,652	100%

Population By Race/Ethnicity

Total Population	304,216	100%
White Alone	259,151	85.2%
Hispanic or Latino (of any race)	28,134	9.2%
African American	24,293	8.0%
American Indian and Alaska Native	1,329	0.4%
Asian	2,605	0.9%
Two or more races	12,675	4.2%
Other	4,163	1.4%

Population By Age 2010

Under 5 years	18,037	6.0%
5 to 17 years	54,041	17.9%
18 to 24 years	25,419	8.4%
25 to 44 years	73,897	24.5%
45 to 64 years	86,831	28.8%
65 years and more	43,131	14.1%

Median age (years) 40.0

Household By Type

Total Households	116,551	100%
Family Households (families)	77,787	66.7%
With own children <18 years	30,428	26.1%
Married-Couple Family Households	56,675	48.6%
With own children <18 years	19,459	16.7%
Female Householder, No Husband Present	16,052	13.8%
With own children <18 years	9,513	8.2%
Non-family Households	38,764	33.3%
Householder living alone	33,005	28.3%
Householder 65 years and >	14,539	12.5%

Households With Individuals < 18 years 34,330 29.5%

Households With Individuals 65 years and > 35,955 30.8%

Average Household Size 2.54 people

Average Family Size 3.12 people

General Demographic Characteristics, Continued
General Demographic Characteristics, Continued
 (Source: U.S. Census Bureau, Census 2014)

2014 ACS 1-year estimate

Median Value of Owner-Occupied Units	\$136,800
Median Monthly Owner Costs (With Mortgage)	\$1,233
Median Monthly Owner Costs (Not Mortgaged)	\$473
Median Gross Rent for Renter-Occupied Units	\$742
Median Rooms Per Housing Unit	6.0
Total Housing Units	202,048
No Telephone Service	2,551
Lacking Complete Kitchen Facilities	1,273
Lacking Complete Plumbing Facilities	503

Selected Social Characteristics
 (Source: U.S. Census Bureau, Census 2014)

2014 ACS 1-year estimate

School Enrollment

Population 3 Years and Over Enrolled In School	78,351	100%
Nursery & Preschool	4,709	6.0%
Kindergarten	4,513	5.8%
Elementary School (Grades 1-8)	32,422	41.4%
High School (Grades 9-12)	17,271	22.0%
College or Graduate School	19,436	24.8%

Educational Attainment

Population 25 Years and Over	207,998	100%
< 9 th Grade Education	6,118	2.9%
9 th to 12 th Grade, No Diploma	16,156	7.8%
High School Graduate (Includes Equivalency)	71,210	34.2%
Some College, No Degree	50,793	24.4%
Associate Degree	18,512	8.9%
Bachelor's Degree	27,142	13.0%
Graduate Or Professional Degree	18,067	8.7%

Percent High School Graduate or Higher	*(X)	89.3%
Percent Bachelor's Degree or Higher	*(X)	21.7%

*(X) – Not available

Selected Social Characteristics, Continued
 (Source: U.S. Census Bureau, Census 2014)

2014 ACS 1-year estimate

Marital Status

Population 15 Years and Over	247,517	100%
Never Married	76,148	30.7%
Now Married, Excluding Separated	118,387	47.8%
Separated	5,672	2.3%
Widowed	16,623	6.7%
Female	12,706	10.0%
Divorced	30,687	12.4%
Female	17,079	13.5%

Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	6,929	100%
Grandparent Responsible for Grandchildren	2,417	34.9%

Veteran Status

Civilian Veterans 18 years and over	20,687	8.8%
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Disability Status of the Civilian Non-institutionalized Population

Total Civilian Noninstitutionalized Population	298,198	100%
With a Disability	48,163	16.2%
Under 18 years	69,118	100%
With a Disability	5,542	8.0%
18 to 64 years	181,427	100%
With a Disability	24,578	13.5%
65 Years and Over	47,653	100%
With a Disability	18,043	37.9%

Employment Status

Population 16 Years and Over	242,935	100%
In Labor Force	150,901	62.1%
Not In Labor Force	92,034	37.9%
Females 16 Years and Over	124,310	100%
In Labor Force	74,238	59.7%
Population Living With Own Children <6 Years	19,992	100%
All Parents In Family In Labor Force	12,998	65.0%

Selected Economic Characteristics, Continued
 (Source: U.S. Census Bureau, Census 2014)

2014 ACS 1-year estimate

Occupations

Employed Civilian Population 16 Years and Over	138,877	100%
Management, business, science, and art occupations	45,238	32.6%
Sales and Office Occupations	34,953	25.2%
Service Occupations	22,614	16.3%
Production, Transportation, and Material Moving Occupations	24,056	17.3%
Natural Resources, Construction, and Maintenance Occupations	12,016	8.7%

Leading Industries

Employed Civilian Population 16 Years and Over	138,877	100%
Educational, health and social services	34,339	24.7%
Manufacturing	23,636	17.0%
Trade (retail and wholesale)	18,945	13.7%
Professional, scientific, management, administrative, and waste management services	12,038	8.7%
Arts, entertainment, recreation, accommodation, and food services	13,094	9.4%
Transportation and warehousing, and utilities	6,056	4.4%
Other services (except public administration)	6,260	4.5%
Finance, insurance, real estate and rental and leasing	7,707	5.5%
Construction	8,617	6.2%
Public administration	4,466	3.2%
Information	2,411	1.7%
Agriculture, forestry, fishing and hunting, and mining	1,310	0.9%

Class of Worker

Employed Civilian Population 16 Years and Over	138,877	100%
Private Wage and Salary Workers	116,085	83.6%
Government Workers	16,676	12.0%
Self-Employed Workers in Own Not Incorporated Business	5,744	4.1%
Unpaid Family Workers	372	0.3%

Median Earnings

Male, Full-time, Year-Round Workers	\$50,865
Female, Full-time, Year-Round Workers	\$37,257

Selected Economic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2014)

2014 ACS 1-year estimate

Income In 2014

Households	116,551	100%
< \$10,000	8,334	7.2%
\$10,000 to \$14,999	5,621	4.8%
\$15,000 to \$24,999	13,878	11.9%
\$25,000 to \$34,999	10,875	9.3%
\$35,000 to \$49,999	16,797	14.4%
\$50,000 to \$74,999	22,259	19.4%
\$75,000 to \$99,999	15,603	13.4%
\$100,000 to \$149,999	14,499	12.4%
\$150,000 to \$199,999	4,725	4.1%
\$200,000 or more	3,660	3.1%

Median Household Income

\$52,082

Income In 2014

Families	77,787	100%
< \$10,000	3,547	4.6%
\$10,000 to \$14,999	1,977	2.5%
\$15,000 to \$24,999	6,491	8.3%
\$25,000 to \$34,999	5,128	6.6%
\$35,000 to \$49,999	11,235	14.4%
\$50,000 to \$74,999	16,328	21.0%
\$75,000 to \$99,999	12,676	16.3%
\$100,000 to \$149,999	13,051	16.8%
\$150,000 to \$199,999	4,266	5.5%
\$200,000 or more	3,088	4.0%

Median Household Income (families)

\$65,795

Per Capita Income In 2014

\$26,719

Poverty Status In 2012

Families	% Below Poverty Level
Individuals	10.5%
	14.8%

*(X) - Not available

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

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

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2014	\$39,901	27 th of 88 counties
BEA Per Capita Personal Income 2013	\$38,557	26 th of 88 counties
BEA Per Capita Personal Income 2012	\$37,906	27 th of 88 counties
BEA Per Capita Personal Income 2011	\$36,705	27 th of 88 counties
BEA Per Capita Personal Income 2010	\$34,639	24 th of 88 counties
BEA Per Capita Personal Income 2000	\$26,948	24 th of 88 counties

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

**Poverty Rates, 5-year averages
2009 to 2013**

Category	Lorain	Ohio
Population in poverty	14.6%	15.8%
< 125% FPL (%)	18.7%	20.3%
< 150% FPL (%)	22.8%	24.9%
< 200% FPL (%)	31.0%	34.1%
Population in poverty (1999)	9.0%	10.6%

*(Source: The Ohio Poverty Report, Ohio Development Services Agency, January 2015,
<http://www.development.ohio.gov/files/research/P7005.pdf>)*

Employment Statistics

Category	City of Elyria	City of Lorain	Lorain County	Ohio
Labor Force	27,200	27,500	150,500	5,715,900
Employed	25,300	25,200	140,600	5,396,600
Unemployed	1,900	2,300	10,000	319,400
Unemployment Rate* in February 2016	6.9	8.4	6.6	5.6
Unemployment Rate* in January 2016	5.7	7.2	5.6	5.7
Unemployment Rate* in February 2015	7.3	9.0	7.2	5.6

**Rate equals unemployment divided by labor force.
(Source: Ohio Department of Job and Family Services, February 2016)*

Estimated Poverty Status in 2014

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Lorain County				
All ages in poverty	43,499	39,514 to 47,484	14.7%	13.3 to 16.1
Ages 0-17 in poverty	14,829	12,985 to 16,673	21.7%	22.2 to 23.2
Ages 5-17 in families in poverty	9,856	8,444 to 11,268	19.3%	16.5 to 22.1
Median household income	\$52,331	50,347 to 54,315		
Ohio				
All ages in poverty	1,778,288	1,755,728 to 1,800,848	15.8%	15.6 to 16.0
Ages 0-17 in poverty	588,618	574,885 to 602,351	22.7%	22.2 to 23.2
Ages 5-17 in families in poverty	395,792	383,745 to 407,839	20.8%	20.2 to 21.4
Median household income	\$49,349	\$48,991 to \$49,707		
United States				
All ages in poverty	48,208,387	47,966,830 to 48,449,944	15.5%	15.4 to 15.6
Ages 0-17 in poverty	15,686,012	15,564,145 to 15,807,879	21.7%	21.5 to 21.9
Ages 5-17 in families in poverty	10,714,518	10,632,252 to 10,796,784	20.4%	20.2 to 20.6
Median household income	\$53,657	\$53,564 to \$53,750		

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

Federal Poverty Thresholds in 2015 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$12,331					
1 Person 65 and >	\$11,367					
2 people Householder < 65 years	\$15,871	\$16,337				
2 People Householder 65 and >	\$14,326	\$16,275				
3 People	\$18,540	\$19,078	\$19,096			
4 People	\$24,447	\$24,847	\$24,036	\$24,120		
5 People	\$29,482	\$29,911	\$28,995	\$28,286	\$27,853	
6 People	\$33,909	\$34,044	\$33,342	\$32,670	\$31,670	\$31,078
7 People	\$39,017	\$39,260	\$38,421	\$37,835	\$36,745	\$35,473
8 People	\$43,637	\$44,023	\$43,230	\$42,536	\$41,551	\$40,300
9 People or >	\$52,493	\$52,747	\$52,046	\$51,457	\$50,490	\$49,159

Source: U. S. Census Bureau, Poverty Thresholds 2015, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)

Appendix VI | LORAIN COUNTY HEALTH RANKINGS

	Lorain County	Ohio	U.S.
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2011-2013)	7,012	7,534	6,600
Overall health. Percentage of adults reporting fair or poor health (age-adjusted) (2014)	15%	17%	18%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2014)	3.6	4.0	3.8
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2014)	3.9	4.3	3.7
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2007-2013)	8%	9%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2014)	18%	21%	17%
Obesity. Percentage of adults that report a BMI of 30 or more (2012)	30%	30%	27%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2013)	7.2	6.9	7.2
Physical activity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2012)	23%	26%	23%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2014)	89%	83%	84%
Drug and alcohol abuse. Percentage of adults reporting binge or heavy drinking (2014)	17%	19%	17%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2010-2014)	50%	35%	31%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2013)	346	460	447
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2007-2013)	33	34	35

(Source: 2016 County Health Rankings for Lorain County, Ohio and U.S. data)

	Lorain County	Ohio	U.S.
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2013)	12%	13%	17%
Access to health care/medical care. Ratio of population to primary care physicians (2013)	1692:1	1296:1	1320:1
Access to dental care. Ratio of population to dentists (2014)	2173:1	1713:1	1540:1
Access to behavioral health care. Ratio of population to mental health providers (2015)	1004:1	642:1	490:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2013)	74	65	54
Diabetes. Percentage of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring (2013)	86%	85%	85%
Cancer. Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2013)	66%	60%	63%
Social and Economic Environment			
Education. Percentage of ninth-grade cohort that graduates in four years (2012-2013)	86%	83%	82%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2010-2014)	62.8%	63.4%	64.0%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2014)	6.6%	5.7%	6.2%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2014)	22%	23%	22%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2010-2014)	4.4	4.8	4.7
Family and social support. Percentage of children that live in a household headed by single parent (2010-2014)	37%	35%	34%
Family and social support. Number of membership associations per 10,000 population (2013)	10.1	11.4	9.0
Violence. Number of reported violent crime offenses per 100,000 population (2010-2012)	226	307	392
Injury. Number of deaths due to injury per 100,000 population (2009-2013)	55	63	60

(Source: 2016 County Health Rankings for Lorain County, Ohio and U.S. data)

	Lorain County	Ohio	U.S.
Physical Environment			
Air, water, and toxic substances. Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2011)	13.6	13.5	11.4
Air, water, and toxic substances. Indicator of the presence of health-related drinking water violations. 1 - indicates the presence of a violation, 0 - indicates no violation (FY 2013-2014)	Yes	N/A	N/A
Housing. Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2008-2012)	16%	15%	19%
Transportation. Percentage of the workforce that drives alone to work (2010-2014)	85%	84%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2010-2014)	35%	29%	31%

N/A – Data is not available

(Source: 2016 County Health Rankings for Lorain County, Ohio and U.S. data)