

Lorain County Health Status



PURPOSE

ASSESS: Use factual information

EDUCATE: Develop shared understanding

PLAN:

- Identify Issues
- Formulate goals and initiatives to address key issues
- Develop shared vision and values from which to pursue goals

IMPLEMENT: Build capacity and mobilize action

EVALUATE: Monitor progress and measure impact

Factual Information Contained in this Report:

- ❖ *Health Perceptions*
- ❖ *Health Insurance Coverage*
- ❖ *Health Care Access*
- ❖ *Preventive Health Care*
- ❖ *Maternal and Child Health*
- ❖ *Alcohol, Tobacco, and Other Drug Use*
- ❖ *Weight Status*
- ❖ *Mental Health and Suicide*
- ❖ *Health Risk Factors (Safety & Social Context)*
- ❖ *Teen Births*
- ❖ *Leading Causes of Death*
- ❖ *Disaster Preparedness*

Packaged by the Public Services Institute of
Lorain County Community College

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Health Perceptions

In 2011, almost half (48%) of Lorain County adults rated their health as excellent or very good while 12% described their health as fair or poor compared to 16% of Ohio adults and 15% of U.S. adults.

- Most likely to describe their health as fair or poor were adults with incomes less than \$25,000 while adults with higher incomes (55%) rated their health as excellent or good.

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Health Insurance Coverage

In 2011, about 1 in every 10 adults in Lorain County (11%) did not have health care insurance compared to 13% of Ohio adults and 15% of adults across the U.S.

- Most likely to be uninsured were adults under age 30, with an income less than \$25,000 and adults living in urban areas of Elyria and Lorain. (8% of rural, 7% of suburban, 16% of Elyria, and 14% of Lorain adults).
- Top five reasons included job loss/change of employers; could not afford to pay insurance premiums; employer did not/stopped offering coverage; shift to part-time/temporary work; became ineligible (age or left school).

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

It appears that uninsured rates have actually declined. 2010 data shows an uninsured rate of 17% for those age 18-64 in Lorain County which was about the same as Ohio but lower than the nation. The uninsured rate for persons age 18-64 in the City of Lorain was at 21% in 2009. This rate was lower than Cleveland, Akron, and Canton.

(NEORIO Indicator Report: Health Conditions in NEO, The Center for Community Solutions, July 2011)

Health Care Access

In 2011, 1 in every 5 adults (20%) could not see a doctor when they needed at some time in the past year due to cost. Most likely not to see a doctor when needed were those with incomes under \$25,000.

At the same time, 52% of adults reported they had one particular doctor or healthcare professional they go to for routine medical care, 31% had more than one medical professional they go to, and 16% did not have one particular doctor or professional to see on a routine basis. Less likely to have a primary care doctor were persons with incomes less than \$25,000.

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Preventive Health Care

Routine CheckUps

*In 2011, 55% of adults had visited a **doctor** for a routine checkup in the past year while 45% had a flu shot during the past year. 29% reported having had a pneumonia shot in the life, increasing to 68% for those 65 and over.*

*In 2011, 60% of Lorain County **adults** had visited a **dentist** or dental clinic in the past year compared to 72% of Ohio adults and 70% of U.S. adults. A higher percentage of Lorain County **youth** (77%) had visited a dentist in the past year.*

Physical Activity

*In 2011, 56% of **adults** engaged in physical activity for at least 30 minutes 3 or more days per week while 29% were exercising 5 or more days per week. However, 1 in every 5 adults (21%) did not engage in any physical activity in the past week (including those who were unable to exercise).*

*In 2011, 65% of **youth** participated in at least 60 minutes of physical activity on 3 or more days in the past week while 46% did so on 5 or more days and 24% did so every day.*

- Lorain County youth spent on average 3.6 hours on their cell phone, 2.7 hours on the computer, and 2.6 hours watching television on an average day during the week.
- In 2011, about 2 in every 5 youth (42%) spent 3 or more hours watching television on an average day compared to 32% for Ohio (in 2007) and 33% nationally (in 2009).

Nutrition

*In 2011, 8% of Lorain County **adults** ate 5 or more servings of fruits and vegetables per day (as recommended by The American Cancer Society) compared to 13% of **youth**. 89% of adults ate 1-4 servings per day compared to 80% of youth.*

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Maternal and Child Health

Prenatal Care

Lorain County saw the share of mothers who had no first-trimester prenatal care rising from 29.6% in 2006 to 33.2% in 2008. Cuyahoga County and Ohio experienced the same trend. African American and Hispanic women along with women under 25 are most likely to miss prenatal care early in pregnancy.

(Lorain County Health and Well Being Fact Book, 2010, Prepared for Mercy Hospital and Elyria Memorial Hospital by the Public Services Institute at Lorain County Community College)

According to regional data, Lorain County ranked 7th of 16 counties in Northeast Ohio for prenatal care (as an average percentage for years 1996-2005 for births to females who had no prenatal care throughout their pregnancy). Lorain County's average rate (11.9%) was below the state (12.7%) and U.S. (16.8%) averages. The average for these years was 23.1% within the City of Lorain and the only cities worse were Cleveland and Youngstown (among 6 major cities in the region).

(NEORIO Indicator Report: Health Conditions in NEO, The Center for Community Solutions, July 2011)

Births to Unmarried Mothers

Increasing proportions of women who bear children are not married, with Lorain County showing 44% single moms in 2008 compared with 38% in 2004. The upswing is apparent across racial and ethnic groups, and for mothers of all ages except for those over 40. The most alarming rate is for percent of births to unmarried **African American** mothers at 82%. And, the unmarried rate of birth among **white** women rose in Lorain County (38.6% in 2008) compared to Cuyahoga County (31.1% in 2008).

(Lorain County Health and Well Being Fact Book, 2010, Prepared for Mercy Hospital and Elyria Memorial Hospital by the Public Services Institute at Lorain County Community College)

Low Birth Rate & Premature Births

Rate of low birth weight in Lorain County in 2008 (7.5%) was higher than it was in 1990 (6.0%). The rates among African American mothers continue to offer the greatest challenge.

(Lorain County Health and Well Being Fact Book, 2010, Prepared for Mercy Hospital and Elyria Memorial Hospital by the Public Services Institute at Lorain County Community College)

Regional data shows average low birth weight for Lorain County between 2001-2007 at 8.2%. The county ranked 12th among 16 counties in Ohio. The average rate for the City of Lorain was 8% (and the best rate among 6 major cities). Both county and Lorain City average rates were below the Ohio and U.S. averages.

(NEORIO Indicator Report: Health Conditions in NEO, The Center for Community Solutions, July 2011)

Cigarette Smoking During Pregnancy

In 2009, the percentage of mothers who smoked during pregnancy was at 29%, 10 percentage points higher than Ohio mothers. This also represents an increase over 2008 (21%), 2007 (21%), 2006 (21%) and 2005 (16%). In fact, these rates have gotten much worse over time.

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

C-Section Deliveries

C-section births had been declining gradually over the past couple of decades, but the latter half of the 2000s saw an increase from 25.5% in 2004 to 29% in 2008. The same trend was witnessed in Ohio and across the nation.

County of Birth for Lorain County Mothers

Lorain County increasingly is choosing Cuyahoga County hospitals/birthing services from Cuyahoga County with 43% of mothers heading east for their deliveries. More than two-thirds of mothers over 30 choose a Cuyahoga County location. (2008)

(Lorain County Health and Well Being Fact Book, 2010, Prepared for Mercy Hospital and Elyria Memorial Hospital by the Public Services Institute at Lorain County Community College)

Infant Mortality

Lorain County saw a drop in infant mortality from about 13 per 1,000 live births in 1990 to 6.8 per 1,000 in 2008. However, Lorain County posted an alarming African American infant mortality rate of 24.1 per 1,000 compared to 4.2 for white infants. Infant mortality for Hispanic infants was at 9.0 compared to the non-Hispanic population at a rate of 6.5 per 1,000.

(Lorain County Health and Well Being Fact Book, 2010, Prepared for Mercy Hospital and Elyria Memorial Hospital by the Public Services Institute at Lorain County Community College)

Alcohol, Tobacco, and Other Drug Use

Alcohol Consumption

22.7 million Americans experience alcohol or other drug disorders; 22,843 in Lorain County; of 22,843 in need of AOD services, 2,349 or 10.3% are served by County Board.

(NEORIO Indicator Report: Health Conditions in NEO, The Center for Community Solutions, July 2011)

In 2011, 13% of all **adults** were frequent drinkers (i.e., drank an average of three or more days per week) while 39% were binge drinkers (i.e., had five or more drinks on one occasion in the past month).

- Binge drinking is more common among adults age 19-29, adults with an income less than \$25,000, males, and adults living in the cities of Elyria and Lorain.
- In 2010, adult binge drinking was at 23% compared to 17% for Ohio and 15% for the U.S.
(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Binge drinking appears to have increased among adults. This rate was at 18.5% in 2008-09 (lower than Cuyahoga County and the metropolitan region but higher than the state rate) and 13% in 2002 (much lower than Cuyahoga County, the metropolitan region, and Ohio figures) (Ohio Family Health Surveys)

In 2011, 53% of **youth** had tried a drink of alcohol at some point in their lifetime while 27% had at least one drink in the past 30 days. Most likely to drink were 17-18 year olds (85% had tried alcohol and 52% had a drink in the past 30 days). Average age of onset was 12.6 years old. (2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Youth Alcohol Consumption Over Time

	2003	2006	2009	2011
Tried at some point in lifetime	49.4%	47.2%	45.2%	53%
Past 30 day use	23.0%	23.1%	21.3%	27%

(“Our Youth, Our Community, Our Future”, Communities That Care, compiled by Public Services Institute, Lorain County Community College, 2010)

Tobacco Use

In 2011, 22% of Lorain County **adults** smoked cigarettes some or all days compared to a 2010 rate for Ohio at 23% and 17% for the U.S. More than one-quarter of adults (26%) said they were former smokers. Most likely to smoke cigarettes were adults with an income less than \$25,000.

- Cigarette smoking was more prominent among adults living in rural areas (29%) and the urban areas of Elyria (25%) and Lorain (25%) compared to suburbs (13%).
(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)
- This compares to 28% of all Lorain County **adults** who smoked cigarettes in 2002, and 22% who smoked in 2008-09.
(Ohio Family Health Survey)

In 2011, 14% of Lorain County **youth** (ages 12-18) were smokers (smoked in past 30 days) which increased to 18% for those age 17-18. Also, 4% indicated they had used chewing tobacco in the past month. The average age of onset for smoking was 12.3.
(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Youth Tobacco Use Over Time

	2003	2006	2009	2011
Cigarettes: Tried in lifetime	32.5%	29.0%	26.1%	31%
Cigarettes: Past 30 day use	11.7%	12.3%	10.8%	14%
Smokeless: Tried in lifetime	8.5%	10.1%	10.4%	N/A
Smokeless: Past 30 day use	3.5%	4.2%	4.3%	4%

(“Our Youth, Our Community, Our Future”, Communities That Care, compiled by Public Services Institute, Lorain County Community College, 2010)

Marijuana Use

In 2011, 7% of **adults** had used marijuana in the past 6 months. The incidence of marijuana use is more than twice as high for adults age 19-29 (16%). It is also higher for those with an income under \$25,000.

In 2011, 16% of Lorain County **youth** (12-18) had used marijuana at least once in the past 30 days increasing to 28% for those over the age of 17. Average age of onset was 12.9 years old.
(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Other Drug Use

In 2011, 11% of all Lorain County **adults** admitted to medication misuse in the past 6 months. This was highest for persons with an income under \$25,000 and in the rural areas of the county.

In 2011, 14% of Lorain County **youth** used medications that were not prescribed for them or took more than prescribed to feel good or get high at some point in their lives, increasing to 31% for those over the age of 17 (which is higher than tobacco and marijuana use for 17-18 year olds. In 2011, 15% of all **youth** offered, sold or were given illegal drugs by someone on school property in the past 12 months.
(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Other Drug Use Among Youth Over Time (Past 30 Day Use)

	2003	2006	2009
Marijuana	9.6%	10.6%	10.5%
Inhalants	4.6%	2.8%	2.8%
Prescription Pain Relievers	NA	5.6%	5.5%
Prescription Tranquilizers	NA	1.5%	2.1%
Prescription Stimulants	NA	2.8%	2.7%

(“Our Youth, Our Community, Our Future”, Communities That Care, compiled by Public Services Institute, Lorain County Community College, 2010)

Weight Status

Two-thirds of **adults** were overweight (35%) or obese (32%) in 2011 while one-quarter of all **youth** were overweight (11%) or obese (14%). Obesity among adults was just higher than the state rate (30%) and U.S. rate (28%).

- 62% of rural, 70% or suburban, 63% of Elyria City, and 67% of Lorain adults were overweight or obese. (2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)
- In 2004-05, it was reported that between 40%-49% of **3rd grade students** in Lorain County were overweight or obese (Childhood Overweight in Ohio, Elizabeth J. Conrey, RD, PhD, Maternal and Child Health Epidemiologist, CDC Assignee to the Ohio Department of Health and Heidi Scarpitti, RD, LD Ohio Department of Health School and Adolescent Health Section, September 2009)

Mental Health and Suicide

In 2011, 1 in every 5 adults (20%) rated their mental health as not good on four days or more in the previous month. This rate was higher for adults age 19-29 (29%).

Four percent (4%) of Lorain County **adults** considered attempting suicide. At the same time, 11% of Lorain County **youth** had seriously considered suicide in the past year and 6% admitted actually attempting it. And, over one-quarter of all youth (28%) had reported purposefully hurting themselves at some time in their lifetime. Females were more likely than males to harm themselves. (2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

The percent of persons with mental health needs served by the County Board of Mental Health for 2007-2009 in Lorain County was 23.1% for persons of all incomes and 78.5% for persons under 200% of federal poverty. These rates are higher than Ohio (18.9% for persons of all incomes; 63% for those under 200% poverty). Lorain County had the 4th highest rate for those under 200% of poverty among 16 counties in our region.

(NEORIO Indicator Report: Health Conditions in NEO, The Center for Community Solutions, July 2011)

Health Risk Factors (Safety and Social Context)

Adults

In 2011, 24% of Lorain County adults kept a firearm in or around their home. The incidence was much higher for males (31%), people 65 and over (30%), those living in rural areas of Lorain County (33%). The incidence was actually lowest in Elyria (22%) and Lorain (17%).

Youth

Violence: In 2011, 10% of **youth** had carried a weapon in the past month while 8% had been threatened or injured by a weapon on school property. 43% reported being bullied in the past year.

Sexual Behaviors: In 2011, about one-third (35%) of **youth** reported having sexual intercourse. The incidence was higher for those 17-18 years old (50%). Of those who were sexually active, 60% had multiple sexual partners. Over one-third (35%) also participated in sexting. (Only Avon Lake HS, Midview HS, and Oberlin schools asked all sexual behavior questions. Elyria schools limited the questions to 7th-12th graders.)

Car Safety: In 2011, 40% of Lorain County **youth** said they wore a seatbelt when riding in a car driven by someone else while 44% admitted to texting while driving. In the past 30 days, 22% of youth had ridden in a car driven by someone who had been drinking alcohol and 17% had driven a car themselves after drinking alcohol.

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Youth Risk Behaviors Over Time

	2003	2006	2009
Getting Suspended	12.8%	12.1%	13.9%
Attacking Someone with Intent to Harm	12.3%	13.1%	16.2%
Being Drunk or High at School	8.8%	9.7%	10.4%
Being Arrested	5.7%	6.6%	7.0%
Selling Drugs	5.0%	5.2%	5.2%
Carrying a Handgun	3.5%	4.3%	4.0%
Attempting to Steal a Vehicle	1.5%	1.7%	2.6%
Taking a Handgun to School	0.4%	0.7%	0.7%

(“Our Youth, Our Community, Our Future”, Communities That Care, compiled by Public Services Institute, Lorain County Community College, 2010)

Teen Births

2001-2007 average teen birth rates revealed 37.5 births per 1,000 for Lorain County which was lower than the state (40.5 per 1,000) and nation (50.3 per 1,000). Lorain County ranked 9th of 16 counties in the region for this indicator. The rate was higher for the City of Lorain at 63.5 births per 1,000 teens but this was the best rate among all 6 primary cities in our region)

(NEORIO Indicator Report: Health Conditions in NEO, The Center for Community Solutions, July 2011)

Leading Causes of Death

Cardiovascular Diseases

Heart disease and stroke accounted for 28% of all adult deaths in Lorain County from 2006-2008.

In 2011, 6% of Lorain County adults reported chest pain compared to 4% of Ohioans and 4% of adults across the U.S. Six percent (6%) reported having a heart attack compared to 4% of Ohio adults and 4% of U.S. adults. Two percent (2%) reported a stroke compared to 3% of Ohio adults and 3% of U.S. adults. Over one-third (35%) were diagnosed with high blood pressure which was higher than the state (32%) and the nation (29%). Over one-third (36%) were also diagnosed with high cholesterol which was lower than the state (40%) and the nation (38%).

Risk factors for cardiovascular diseases:

- About one-third of **women** (31%) had high blood pressure, 35% had high cholesterol, 33% were obese, and 22% were smokers.
- About two-fifths of **men** (40%) had high blood pressure, 71% had high cholesterol, 34% were obese, and 22% were smokers.

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Cancer

Cancer caused 23% of all deaths in Lorain County from 2006-2008. The largest percent were from lung and bronchus cancer, prostate cancer, breast cancer, colon cancer, and melanoma (in that order). Lorain County had a higher cancer mortality rate than Ohio and the nation. More men in Lorain County died from cancer than did females.

In 2011, 13% of Lorain County adults were diagnosed with cancer at some point in their life. Top three reported cancers were skin cancer (5%), breast cancer (5%), and prostate cancer (3%).

- In 2011, about half of Lorain County **women** over the age of 40 (53%) reported having a mammogram in the past year while 56% had a clinical breast exam and 46% had a Pap smear to detect cancer.
- In 2011, almost 60% of Lorain County **men** over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year while almost half (47%) had a digital rectal exam.

(2011 Lorain County, Ohio Health Assessment Project, Commissioned by Lorain County Health Partners)

Asthma and other Respiratory Disease

Chronic lower respiratory disease was the 3rd leading cause of death in Lorain County and Ohio between 2006-2008. In 2011, 14% of Lorain County **adults** said they had been diagnosed with asthma which is the same rate as Ohio and the nation. According to survey findings, 22% of Lorain County **youth** had been diagnosed with asthma.

Diabetes

Diabetes was the 7th leading cause of death in Lorain County from 2006-2008

In 2011, 13% of all Lorain County adults reported they had been diagnosed with diabetes compared to 11% for Ohio and 10% for the U.S.

- Lorain County adults diagnosed with diabetes also had one or more of the following: high blood pressure (72%); high cholesterol (71%); overweight or obesity (50%).
- Lorain County's age-adjusted diabetes mortality rate decreased from 2000-2008 and were less than half the national rate.



Disaster Preparedness

In 2011, 89% of households had a cell phone, 87% had working flashlight and batteries, 49% had working battery operated radio and working batteries, 50% had a 3 day supply of nonperishable food for everyone who lives there, 48% had a 3 day supply of prescription medicine for each person who takes them, and 33% had a 3-day supply of water for everyone in the household (1 gallon per person per day).

The 10 Essential Public Health Services

1. Monitor health status to identify community health problems
2. Diagnose and investigate health problems and hazards in the community
3. Inform, educate, and empower people about health issues
4. Mobilize community partnerships to identify and solve health problems
5. Develop policies and plans that support individual and community health efforts
6. Enforce laws and regulations that protect health and ensure safety
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable
8. Assure a competent public health and personal health care workforce
9. Evaluate effectiveness, accessibility, quality of personal and population-based health services
10. Research for new insights and innovative solutions to health problems

YOUR TURN!

1. Think about the kind of healthy community you would like for our county. What kind of community is that?
2. In what areas is our county making progress that we should build upon?
3. What are some areas needing improvement that, if addressed, would impact a large number of people?
4. What are some areas needing improvement that would help address disparities between groups of people? (like disparities based on income, race, ethnicity, age, or sub-groups like pregnant mothers, teens, etc.)
5. What kind of action should be taken to address the issues we have been talking about?
6. Think ahead to the year 2025, if we build upon our health related strengths and address our areas of concern, what will be different about the health status of Lorain County?

Wrap-Up

What are some of the overlapping issues we have talked about? [put each issue on a small post-it]

[For Each Overlapping Issue:]

If addressed, will this result in high or low impact?

How much is currently being done – a little/some OR a lot to address this issue?

[Place the issue in the relevant corner below]

HIGH	<i>High Impact</i>	<i>High Impact</i>
	<i>Little Currently Done</i>	<i>Lot Currently Done</i>
LOW	<i>Low-Moderate Impact</i>	<i>Low-Moderate Impact</i>
	<i>Little Currently Done</i>	<i>Lot Currently Done</i>
LOW		HIGH