



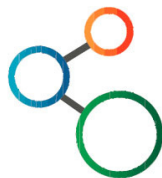
2020

to

2022

Community Health Assessment

OUR COMMUNITY. OUR HEALTH.



PICKAWAY COUNTY
PUBLIC HEALTH
We Care.



OhioHealth

Foreword

The 2020 Pickaway County, Ohio Community Health Assessment contains data that reflects our county's collaboration efforts, progress, and the areas with the most public health needs. This data is compared with Ohio and national data so that we can evaluate our measured success ratio.

The 2020 Community Health Assessment is a tool that can be used by the local health department, local health care systems, social services agencies, non-profits, Boards and Commissions, municipalities, and individuals to support need statements and policy development.

I would like to thank Pickaway County individuals and agencies for assisting with our Community Health Assessment. This will provide a diverse perspective for trend analysis. Anyone may contact Pickaway County Public Health for information regarding our Community Health Assessment. This is a roadmap for improved health in our county. It was developed through a partnership with a wide variety of organizations and agencies. Everyone can use it to work towards a healthier community and an improved quality of life.

Sincerely,

A handwritten signature in black ink that reads "Adam J. Negley". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Adam J. Negley, MPH
Health Commissioner
Pickaway County Public Health

Acknowledgements

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Pickaway County Community Health Assessment Workgroup:

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Circleville Fire Department
Circleville Post Acute Center
Haven House
Head Start
HCNO (The Hospital Council of Northwest Ohio)
OSU Extension
Pickaway County Board of Developmental Disabilities
Pickaway County Educational Services Center
Pickaway County Emergency Management Agency
Pickaway County Library
Pickaway County Public Health
Shieber Family Pharmacy/PAAC

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Acknowledgements

Project Management, Secondary Data, Data Collection, and Report Development Hospital Council of Northwest Ohio

The Hospital Council of Northwest Ohio (HCNO) is a 501(c)3 non-profit regional hospital association located in Toledo, Ohio. They facilitate community health needs assessments and planning processes in 40+ counties in Ohio, Michigan, and Oregon. Since 2004, they have used a process that can be replicated in any county that allows for comparisons from county to county, within the region, the state, and the nation. HCNO works with coalitions in each county to ensure a collaborative approach to community health improvement that includes multiple key stakeholders, such as those listed above. All HCNO project staff have their master of public health (MPH) degree, with emphasis on epidemiology and health education.

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To see Pickaway County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at:

<http://www.hcno.org/community-services/data-link/>

The 2020 Pickaway County Health Assessment is available on the following websites:

Pickaway County Health Department

<https://pickawaycountypublichealth.org/>

Hospital Council of Northwest Ohio

<http://www.hcno.org/community-services/community-health-assessments/>

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Executive Summary

This executive summary provides an overview of health-related data for Pickaway County adults (ages 19 and older) who participated in a county-wide health assessment survey from January through February 2020. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instrument 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 (HCNO) 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 Pickaway 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 adults in this study. As a first step in the design process, health education researchers from the University of Toledo and staff members from HCNO 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 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 HCNO conducted a series of meetings with the planning committee from Pickaway County. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions from the BRFSS survey. Based on input from the Pickaway County planning committee, the project coordinator composed a draft of the survey containing 116 items. Health education researchers from the University of Toledo reviewed and approved the drafts.

SAMPLING

The sampling frame for the adult survey consisted of adults ages 19 and over living in Pickaway County. There were 41,749 persons ages 19 and over living in Pickaway 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 6% (i.e., we can be 95% sure that the “true” population responses are within a 6% margin of error of the survey findings). A sample size of at least 265 adults was needed to ensure this level of confidence. The random sample of mailing addresses was obtained from Melissa Global Intelligence in Rancho Santa Margarita, California.

PROCEDURE

Prior to mailing the survey, the project team mailed an advance letter to 2,000 adults in Pickaway County. This advance letter was personalized; printed on letterhead; and signed by former Health Commissioner of Pickaway County Public Health - Nasandra Wright, MPH, R.S. 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, the project team implemented a mailing process to maximize the survey return rate. The mailing included a personalized hand-signed cover letter describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive.

The response rate for the mailing was 16% (n=320: CI=± 5.46).

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using SPSS 24.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Pickaway County, the adult data collected was weighted by age, gender, race, and income using 2017 Census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix III.

LIMITATIONS

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Pickaway 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 Pickaway County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Furthermore, while the survey was mailed to random households in Pickaway County, those responding to the survey were more likely to be older. For example, only 10 respondents were under the age of 30. While weightings are applied during calculations to help account for this sort of variation, it still presents a potential limitation (to the extent that the responses from these 10 individuals might be substantively different from the majority of Pickaway County residents under the age of 30).

It is important to note that although several questions were asked using the same wording as the Centers for Disease Control and Prevention (CDC) questionnaires, the data collection method differed. The CDC adult data was collected using a set of questions from the total question bank, and participants were asked the questions over the telephone rather than through a mailed survey.

Lastly, caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Secondary Data Collection Methods

HCNO collected secondary data from multiple websites, including county-level data, whenever possible. HCNO utilized sites such as the Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC sites, U.S. Census data, and Healthy People 2020, among other national and local sources. All data is included as a citation in the section of the report with which it corresponds, and the URLs are available in the references at the end of this report. All primary data collected in this report is from the 2020 Pickaway County Community Health Assessment (CHA).

Mobilizing for Action through Planning & Partnerships (MAPP) Process Overview

National Public Health Accreditation status through the Public Health Accreditation Board (PHAB) requires Community Health Assessments (CHAs) to be completed at least every five years. The purpose of the community health assessment is to learn about the health of our community, including health issues and disparities, contributing factors that impact health outcomes, and community assets and resources that can be mobilized to improve population health.

This 2020 CHA was developed using the Mobilizing Action through Partnerships and Planning (MAPP) process, which is a nationally adopted framework developed by the National Association of County and City Health Officials (NACCHO) (see Figure 1.1). MAPP is a community-driven planning process for improving community health and is flexible in its implementation, meaning that the process does not need to be completed in a specific order. This process was facilitated by HCNO in collaboration with a broad range of local agencies representing a variety of sectors of the community. This process involved the following six phases:

1. Organizing for success and partnership development

During this first phase, community partners examined the structure of its planning process to build commitment and engage partners in the development of a plan that could be realistically implemented. With a steering committee already in place, members examined current membership to determine whether additional stakeholders and/or partners should be engaged, its meeting schedule (which occurs on a quarterly basis and more frequently as needed), and responsibilities of partnering organizations for driving change. The steering committee ensured that the process involved local public health, health care, faith-based communities, schools, local leadership, businesses, organizations serving minority populations, and other stakeholders in the community health improvement process.

2. Visioning

Next, steering committee members re-examined its vision and mission. Vision and values statements provide focus, purpose, and direction to the CHA/CHIP so that participants collectively achieve a shared vision for the future. A shared community vision provides an overarching goal for the community—a statement of what the ideal future looks like. Values are the fundamental principles and beliefs that guide a community-driven planning process.

3. The four assessments

While each assessment yields valuable information, the value of the four MAPP assessments is multiplied considering results as a whole. The four assessments include: The Community Health Status Assessment (CHSA), the Local Public Health System Assessment (LPHSA), the Forces of Change (FOC) Assessment, and the Community Themes and Strengths Assessment (CTSA).

4. Identifying strategic issues

The process to formulate strategic issues occurs during the prioritization process of the CHA/CHIP. The committee considers the results of the assessments, including data collected from community members (primary data) and existing statistics (secondary data) to identify key health issues. Upon identifying the key health issues, an objective ranking process is used to prioritize health needs for the CHIP.

In order to identify strategic issues, the steering community considers findings from the visioning process and the MAPP assessments in order to understand why certain issues remain constant across the assessments. The steering committee uses a strategic approach to prioritize issues that would have the greatest overall impact to drive population health improvement and would be feasible, given the resources available in the community and/or needed, to accomplish. The steering committee also arranged issues that were related to one another, for example, chronic disease related conditions, which could be addressed through increased or improved coordination of

Figure 1.1 The MAPP Framework



preventative services. Finally, the steering committee members considered the urgency of issues and the consequences of not addressing certain items.

5. Formulate goals and strategies


Following the prioritization process, a gap analysis is completed in which committee members identify gaps within each priority area, identify existing resources and assets, and potential strategies to address the priority health needs. Following this analysis, the committee to formulate various goals, objectives, and strategies to meet the prioritized health needs.

6. Action cycle

The steering committee begins implementation of strategies as part of the next community health improvement cycle. Both progress data to track actions taken as part of the CHIP's implementation and health outcome data (key population health statistics from the CHA) are continually tracked through ongoing meetings. As the end of the CHIP cycle, partners review progress to select new and/or updated strategic priorities based on progress and the latest health statistics.

2019 Ohio State Health Assessment (SHA)

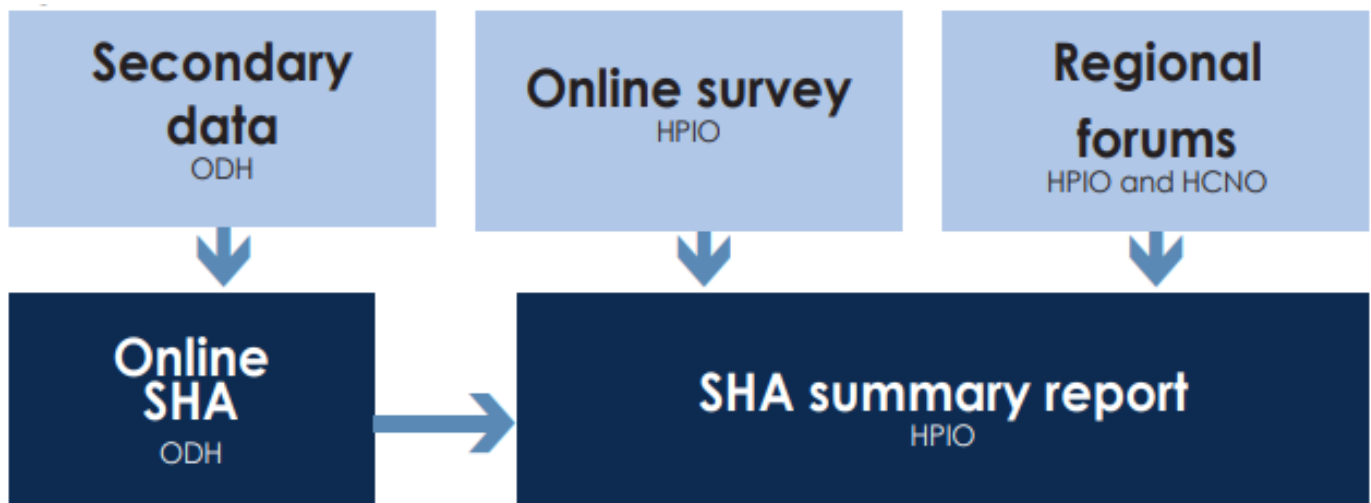
The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represented 13 state agencies, including sectors beyond health.

Similar to the 2019 Ohio SHA, the 2020 Pickaway County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. **Note: This symbol  will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA.**

The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration between a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is our hope that this CHA will serve as a foundation for such collaboration.

To view the 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/explore-data-and-stats/interactive-applications/2019-Online-State-Health-Assessment>

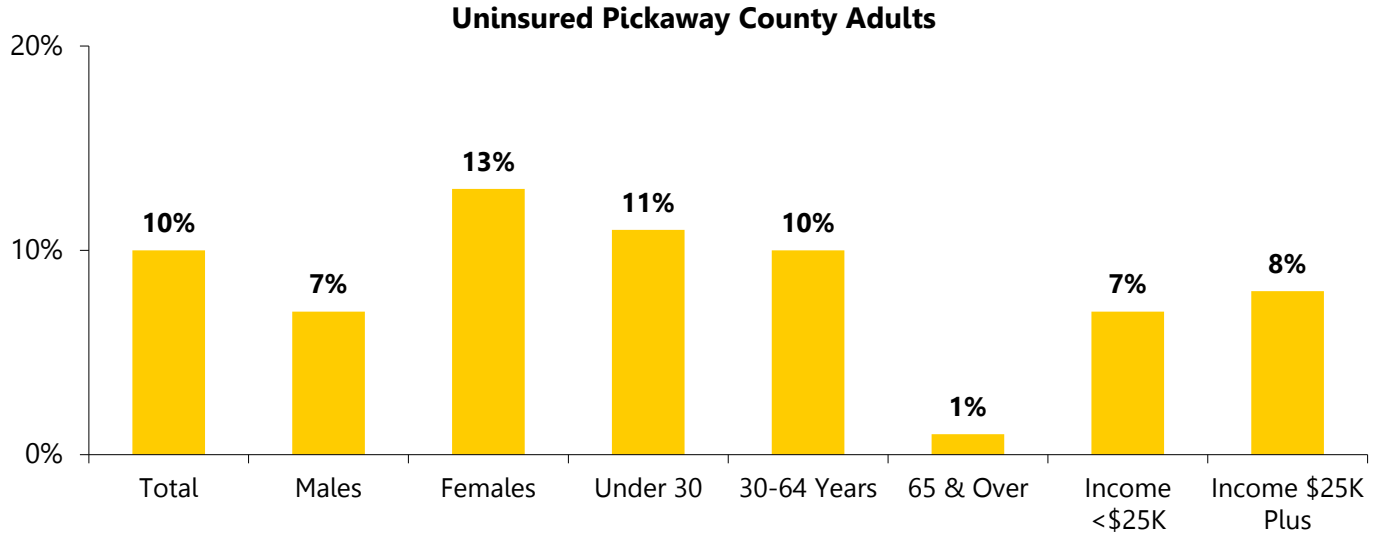
FIGURE 1.1 | Components of the 2019 SHA



Data Summary | Health Care Access

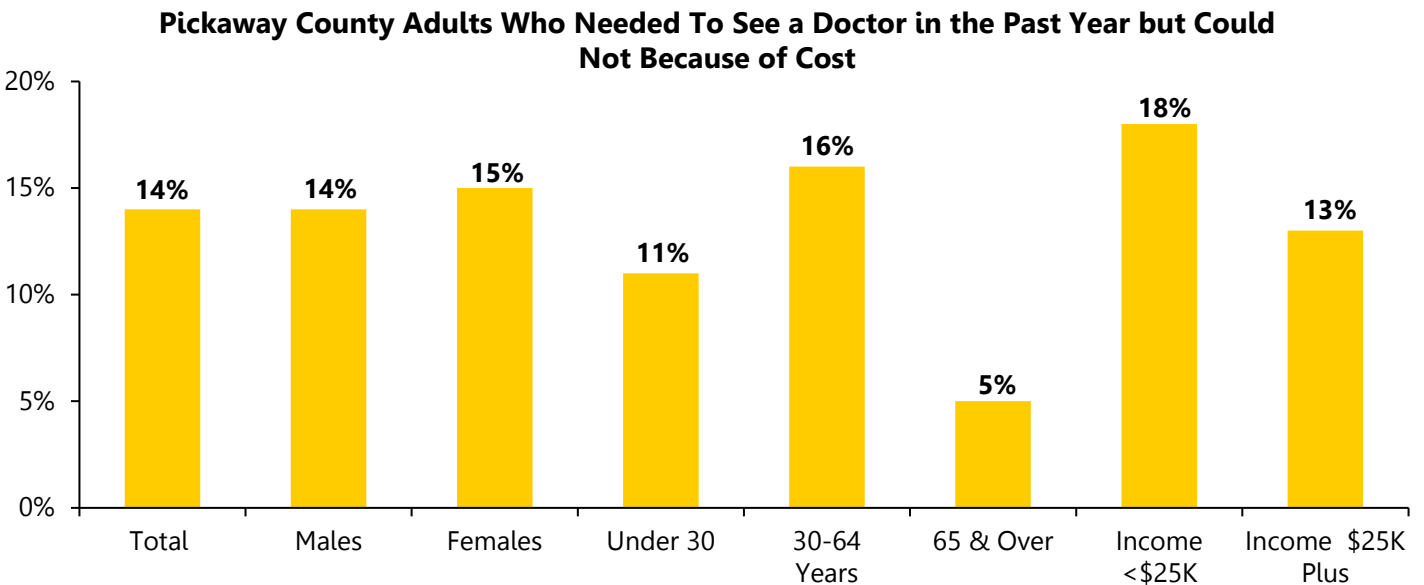
HEALTHCARE COVERAGE

Ten percent (10%) of Pickaway County adults were without health care coverage. The top issue adults gave regarding their healthcare coverage was cost (39%).



ACCESS AND UTILIZATION

Sixty-six percent (66%) of Pickaway County adults had visited a doctor for a routine checkup in the past year. Over half (53%) of adults had used an emergency room for their healthcare.

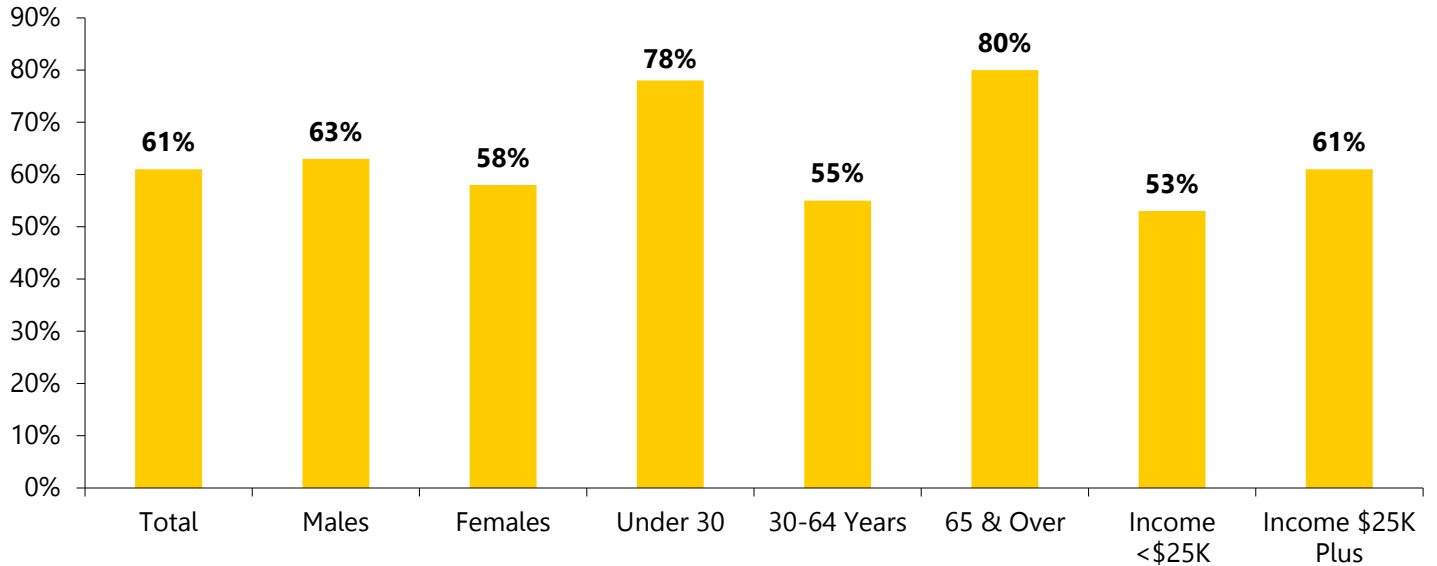


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PREVENTIVE MEDICINE

Eighty percent (80%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Sixty-one percent (61%) of adults received a flu vaccine in the past year.

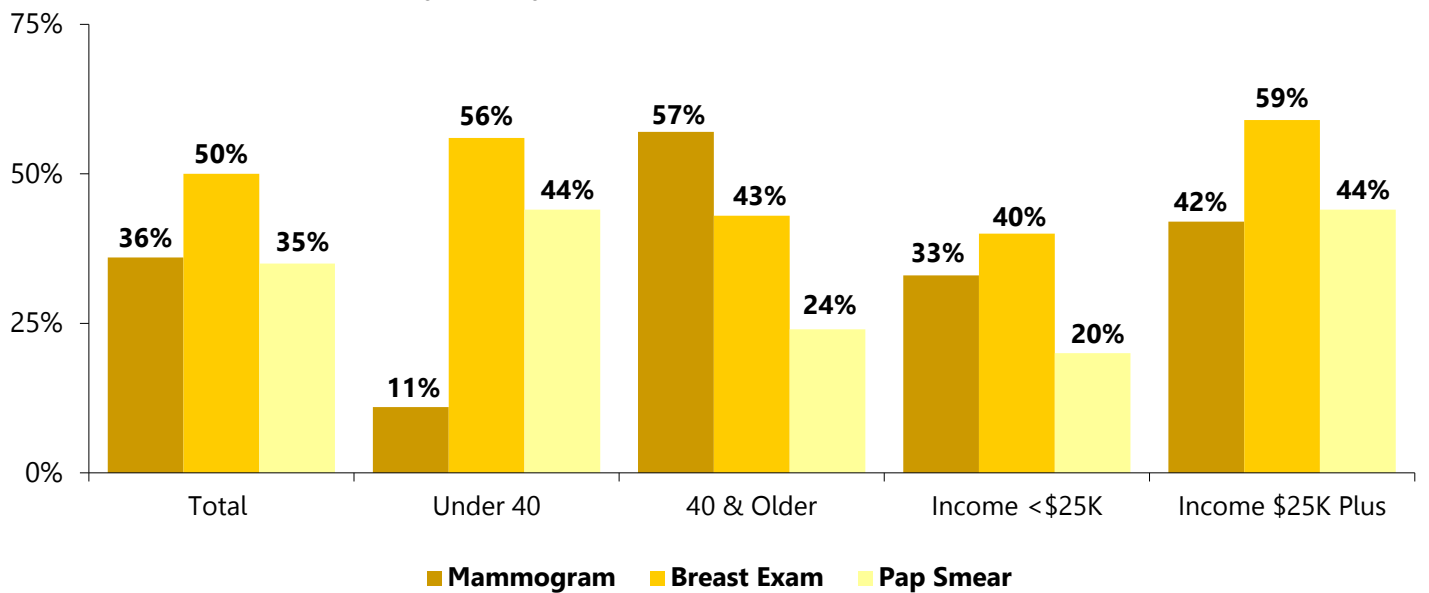
Pickaway County Adults Who Received a Flu Vaccine Within the Past Year



WOMEN'S HEALTH

Over half (57%) of Pickaway County women over the age of 40 reported having a mammogram in the past year. Fifty percent (50%) of women had a clinical breast exam in the past year, and 73% of women ages 21 to 65 had a Pap smear to detect cancer of the cervix in the past three years. Sixty-eight percent (68%) of Pickaway County women were overweight or obese, 34% had high blood cholesterol, 28% had high blood pressure, and 11% were identified as current smokers, known risk factors for cardiovascular diseases.

Pickaway County Women's Health Exams Within the Past Year

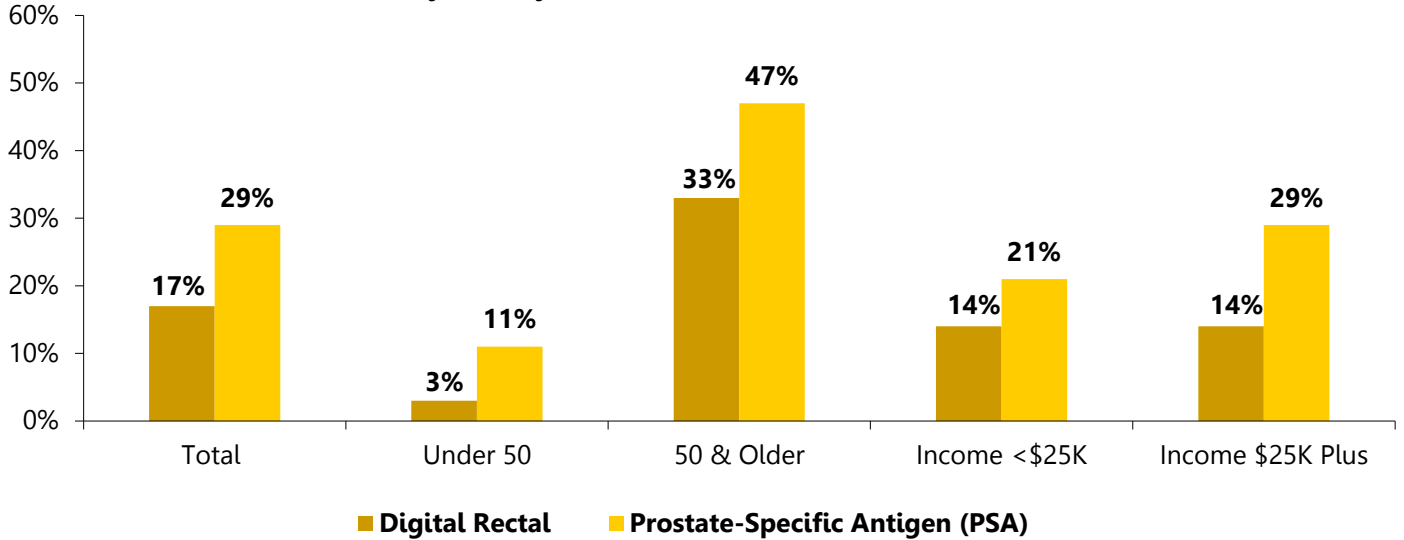


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

MEN'S HEALTH

Nearly one-fifth (17%) of men had a digital rectal exam in the past year. One-third (33%) of Pickaway County males performed a testicular self-exam in the past year. Seventy-six percent (76%) of men were overweight or obese, 45% had high blood cholesterol, 38% had high blood pressure, and 11% were identified as current smokers, known risk factors for cardiovascular diseases.

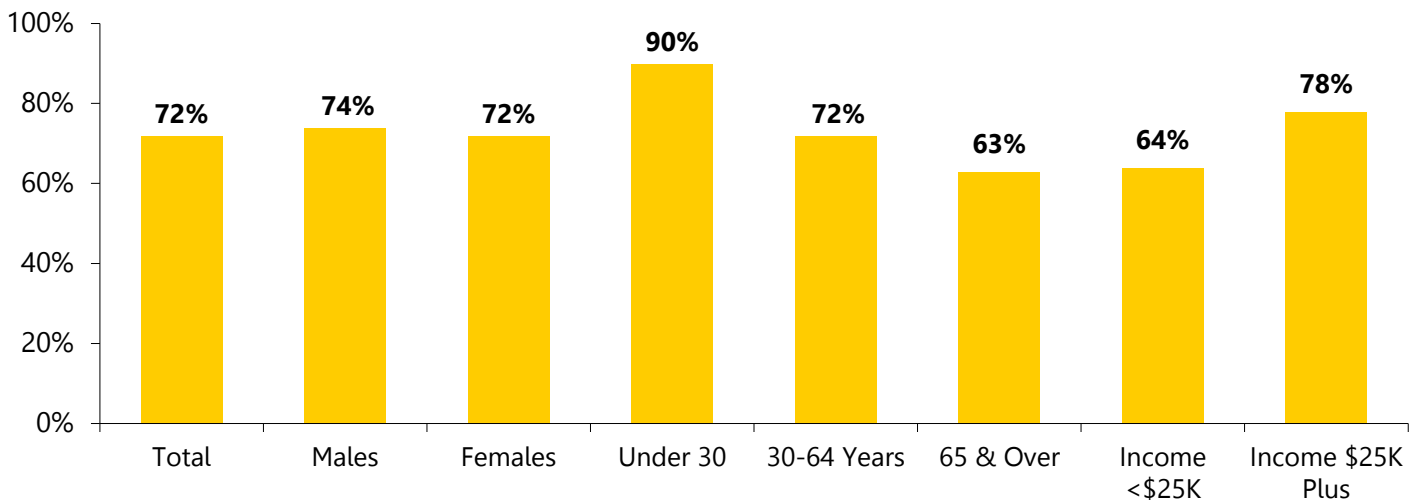
Pickaway County Men's Health Exams in the Past Year



ORAL HEALTH

Seventy-two percent (72%) of Pickaway County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist or dental clinic in the past year were cost (33%), had no reason to go/had not thought of it (22%), and had dentures (18%).

Pickaway County Adults Who Visited a Dentist or Dental Clinic in the Past Year

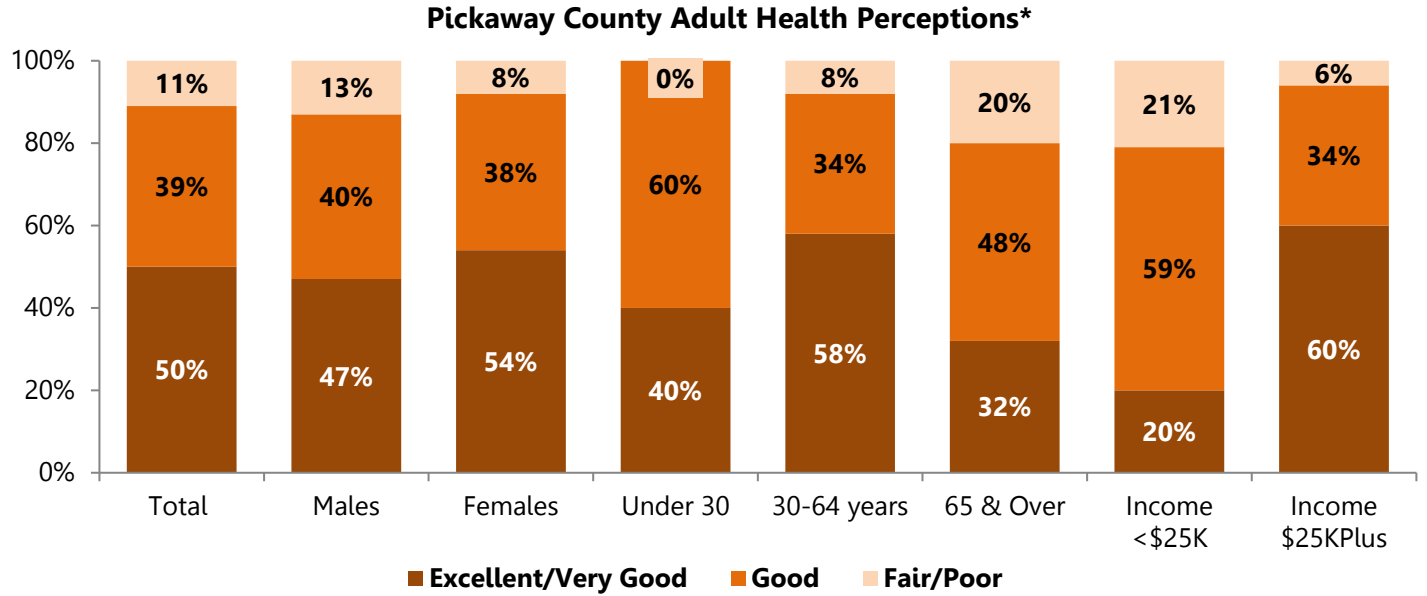


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Data Summary | Health Behaviors

HEALTH STATUS PERCEPTIONS

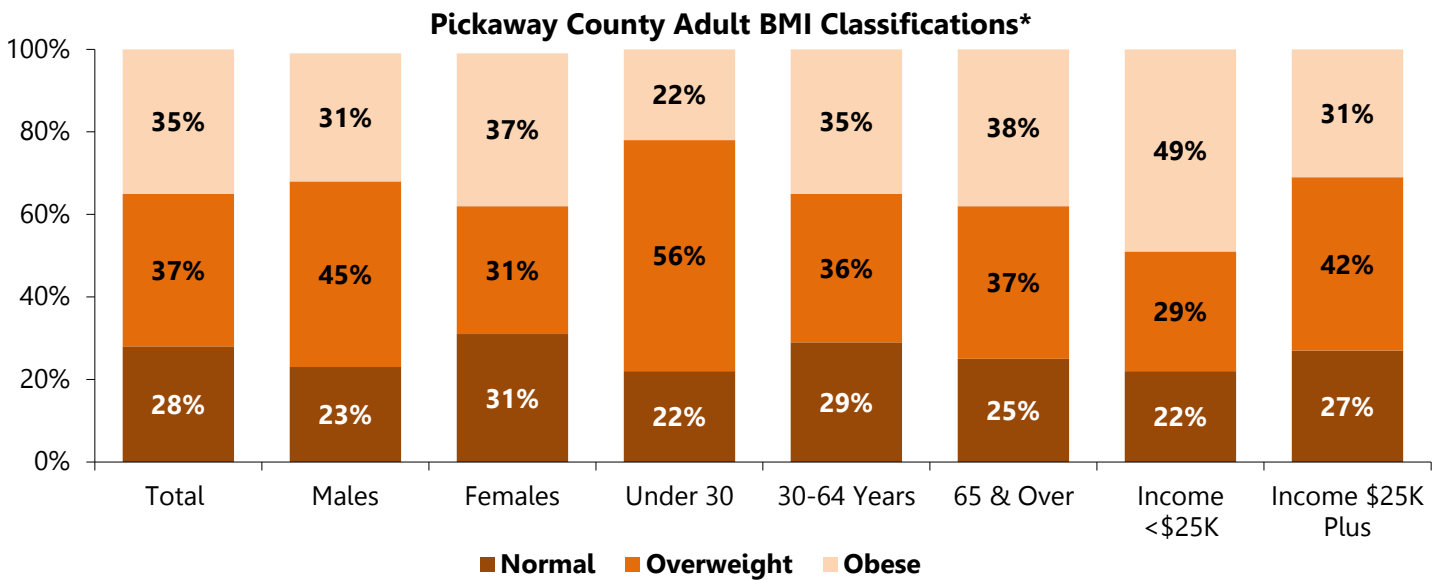
Half (50%) of Pickaway County adults rated their health status as excellent or very good. Conversely, 11% of adults described their health as fair or poor, increasing to 21% of those with incomes less than \$25,000.



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

WEIGHT STATUS

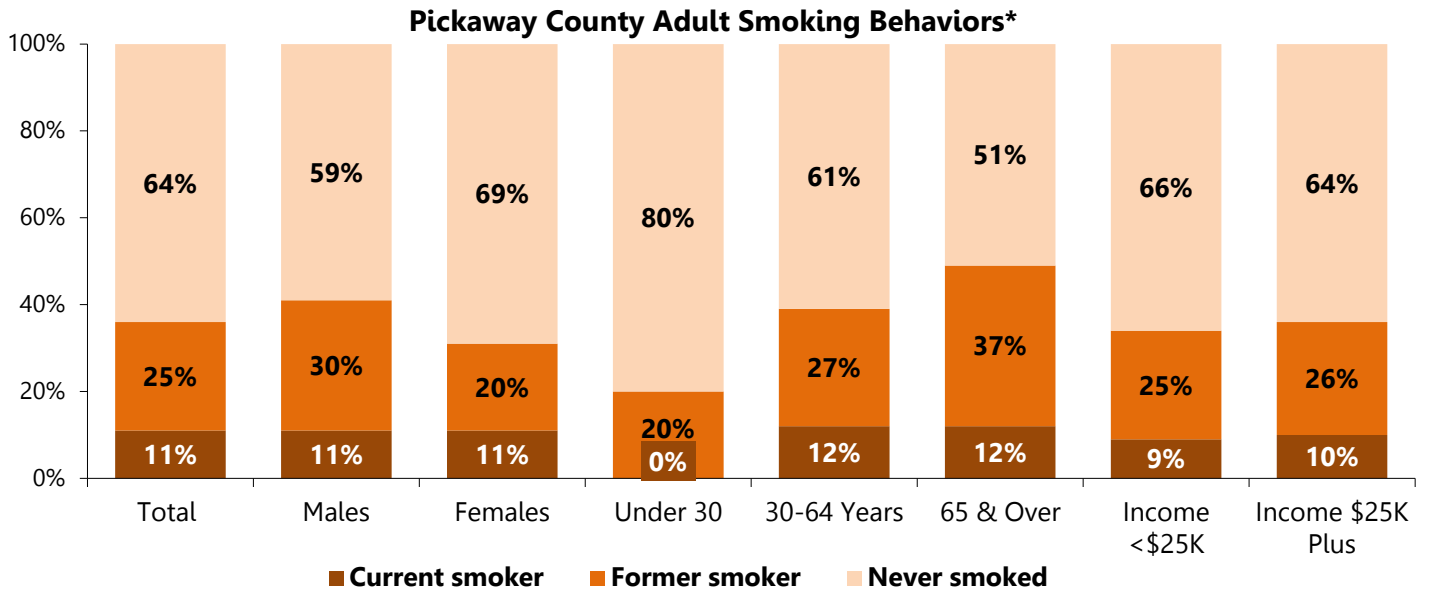
Seventy-two percent (72%) of Pickaway County adults were overweight or obese based on body mass index (BMI). Over one-fifth (23%) of adults did not participate in any physical activity in the past week, including 3% who were unable to exercise.



*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight.
 Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

TOBACCO USE

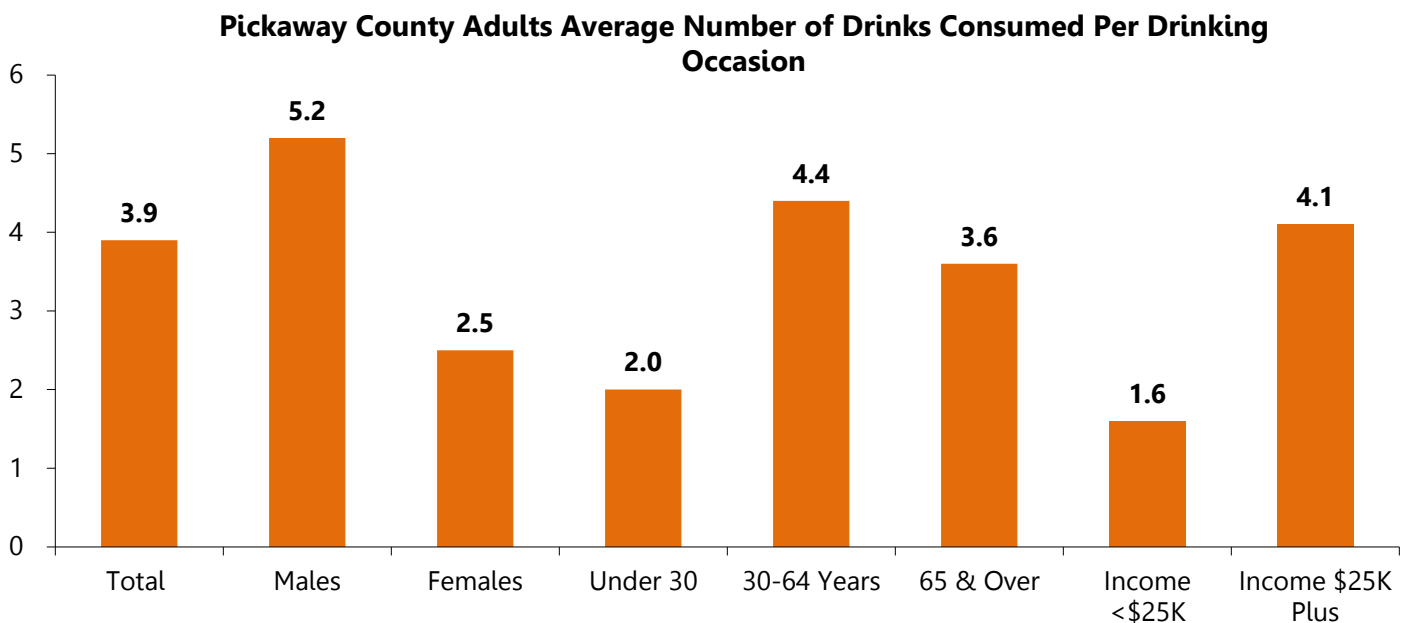
Eleven percent (11%) of Pickaway County adults were current smokers, and 25% were considered former smokers. Four percent (4%) of adults used e-cigarettes or other electronic vaping products in the past year.



**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?"*

ALCOHOL CONSUMPTION

Forty-nine percent (49%) of Pickaway County adults had at least one alcoholic drink in the past month and would be considered current drinkers. One-fifth (20%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

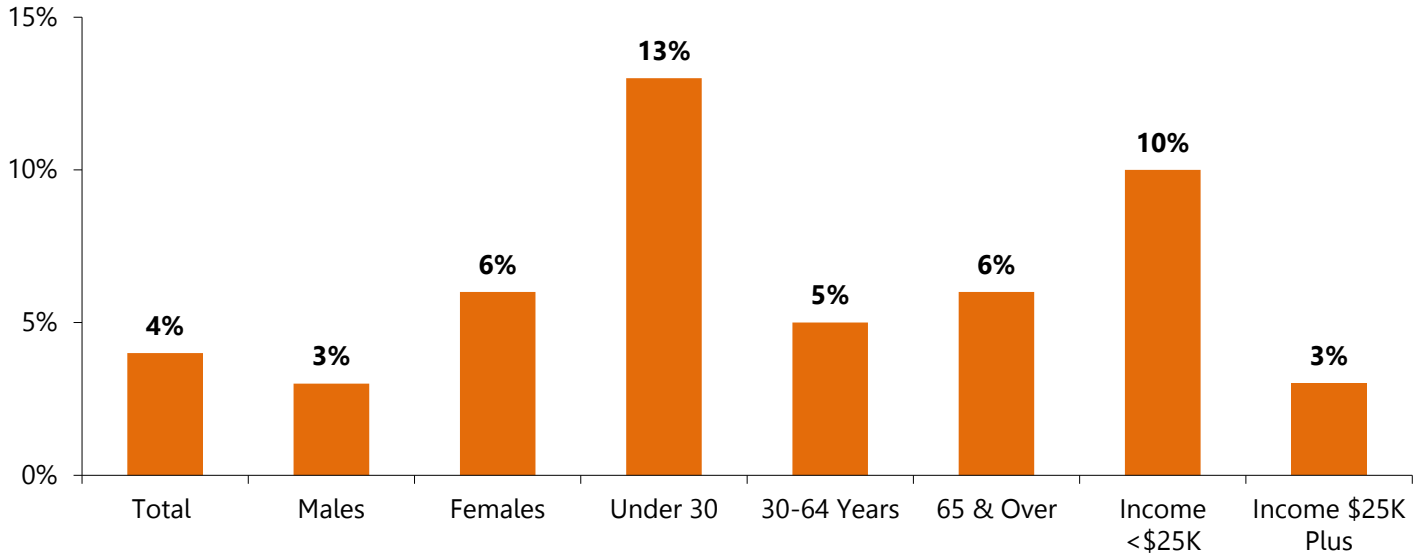


**Percentages may not equal 100% as some respondents answered, "don't know".
 Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

DRUG USE

Two percent (2%) of Pickaway County adults had used recreational marijuana or hashish during the past six months. Four percent (4%) 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 six months. Six percent (6%) of adults used drug deactivation pouches to dispose of their unused prescription medication.

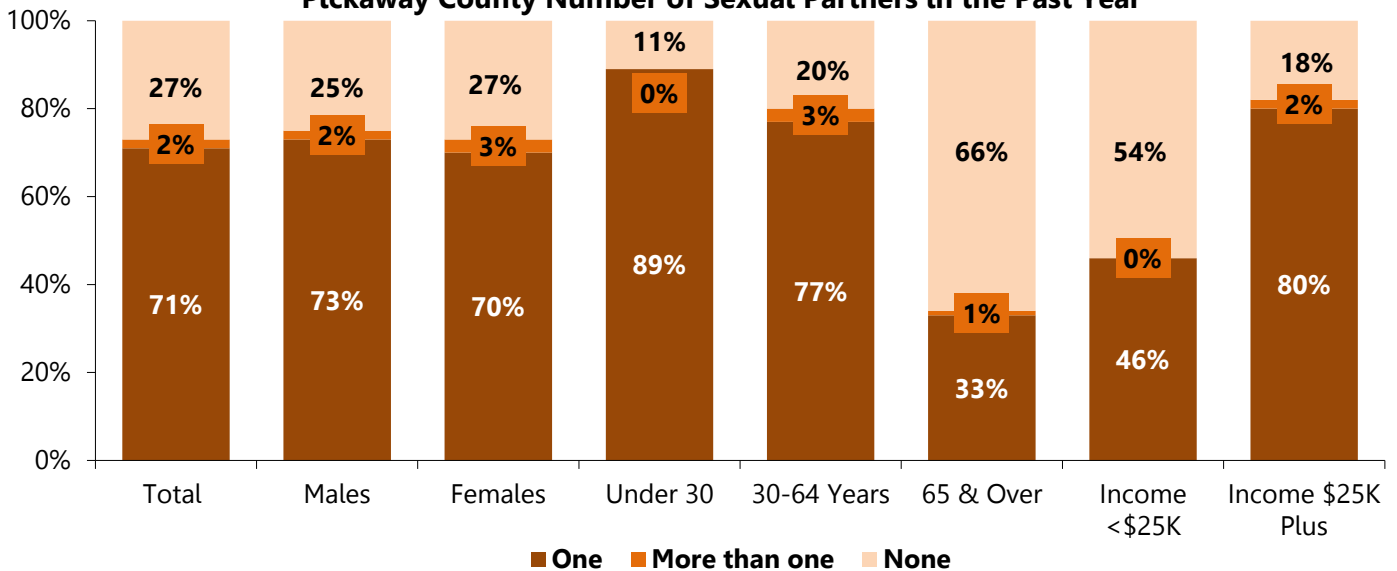
Pickaway County Adult Medication Misuse in Past Six Months



SEXUAL BEHAVIOR

Seventy-three percent (73%) of Pickaway County adults had sexual intercourse in the past year. Two percent (2%) of adults had more than one sexual partner in the past year.

Pickaway County Number of Sexual Partners in the Past Year*



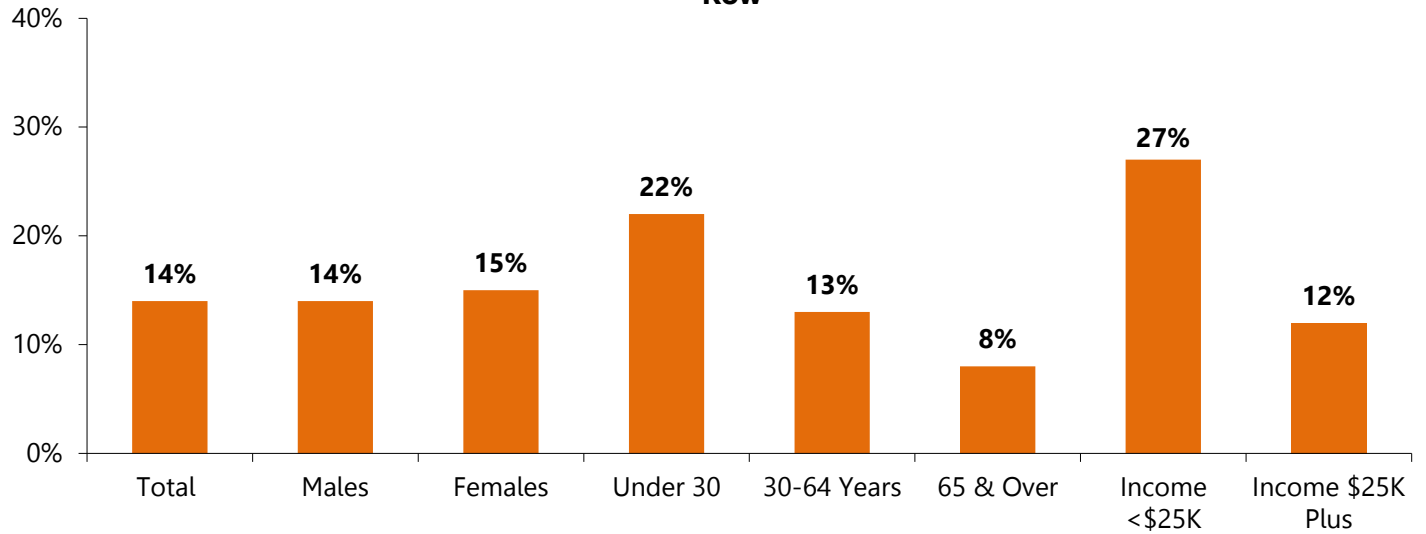
**Respondents were asked: "During the past year, with how many different people have you had sexual intercourse?"*

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

MENTAL HEALTH

Four percent (4%) of Pickaway County adults considered attempting suicide in the past year. Fourteen percent (14%) of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities in the past year.

Pickaway County Adults Who Felt Sad or Hopeless for Two or More Weeks in a Row

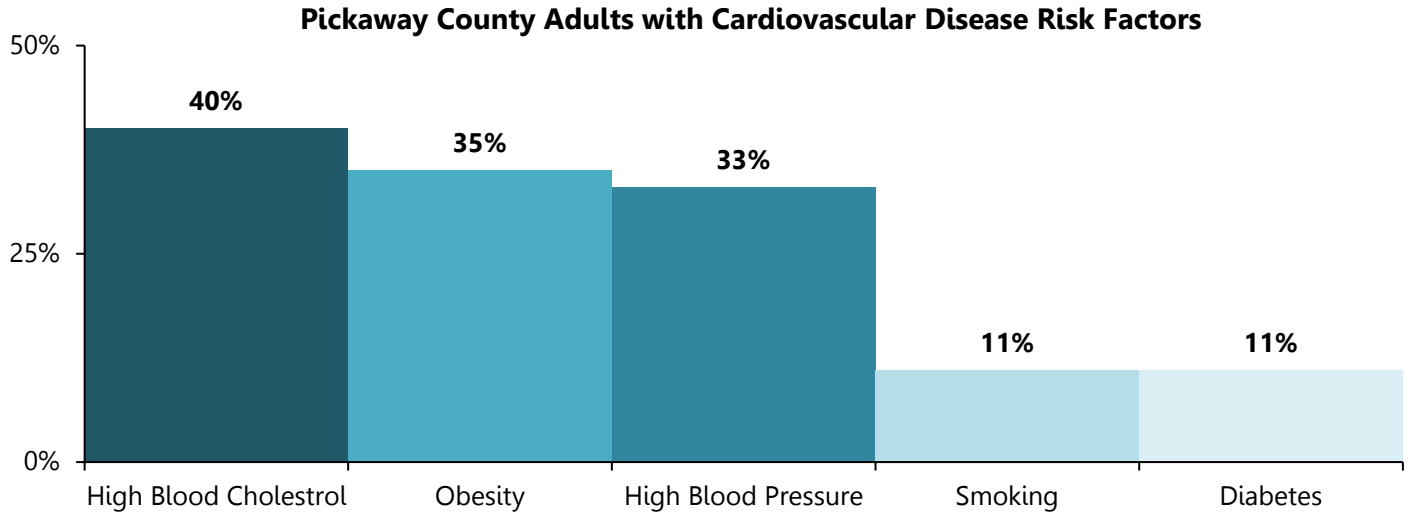


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Data Summary | Chronic Disease

CARDIOVASCULAR HEALTH

Five percent (5%) of adults had survived a heart attack and 2% had survived a stroke at some time in their life. Forty percent (40%) of adults had been diagnosed with high blood cholesterol, 35% were obese, 33% had been diagnosed with high blood pressure, and 11% were current smokers, four known risk factors for heart disease and stroke.

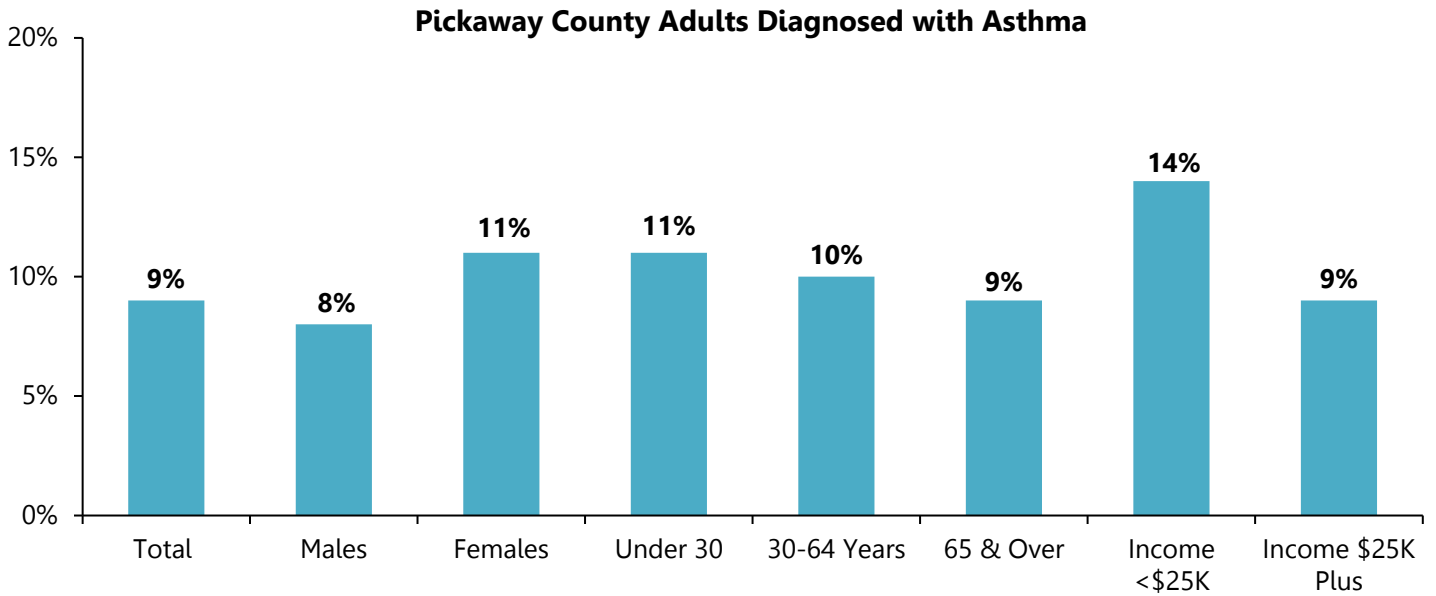


CANCER

Eleven percent (11%) of Pickaway County adults had been diagnosed with cancer at some time in their life.

ASTHMA

Nine percent (9%) of Pickaway County adults had been diagnosed with asthma.

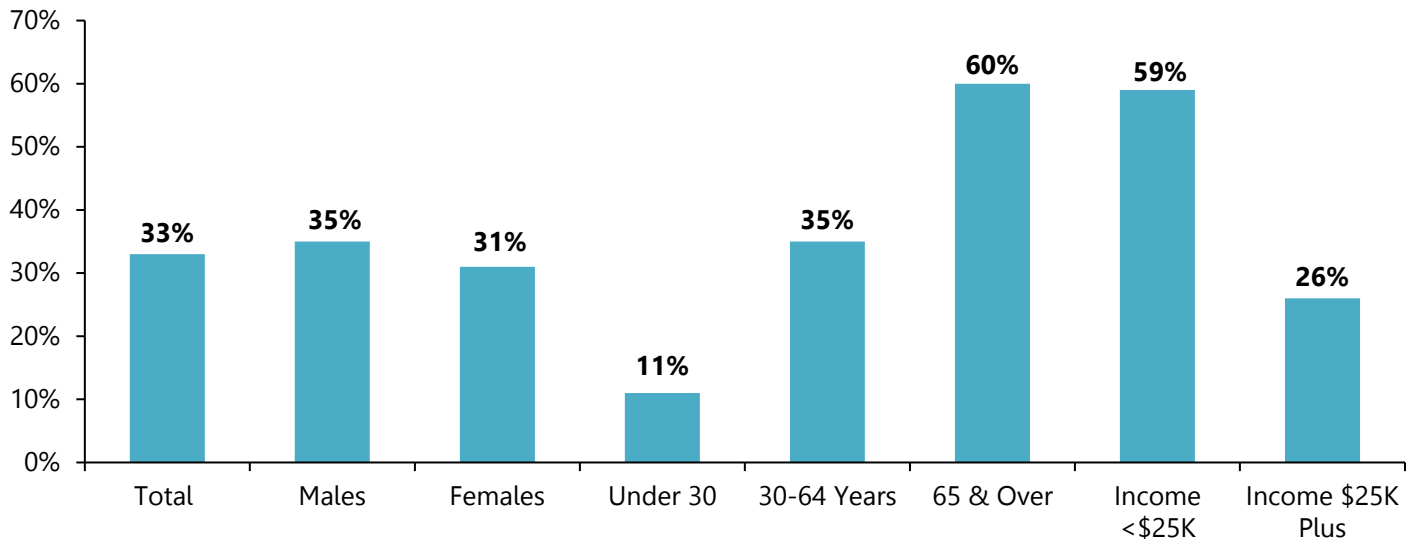


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ARTHRITIS

One-third (33%) of Pickaway County adults were diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia.

Pickaway County Adults Diagnosed with Arthritis

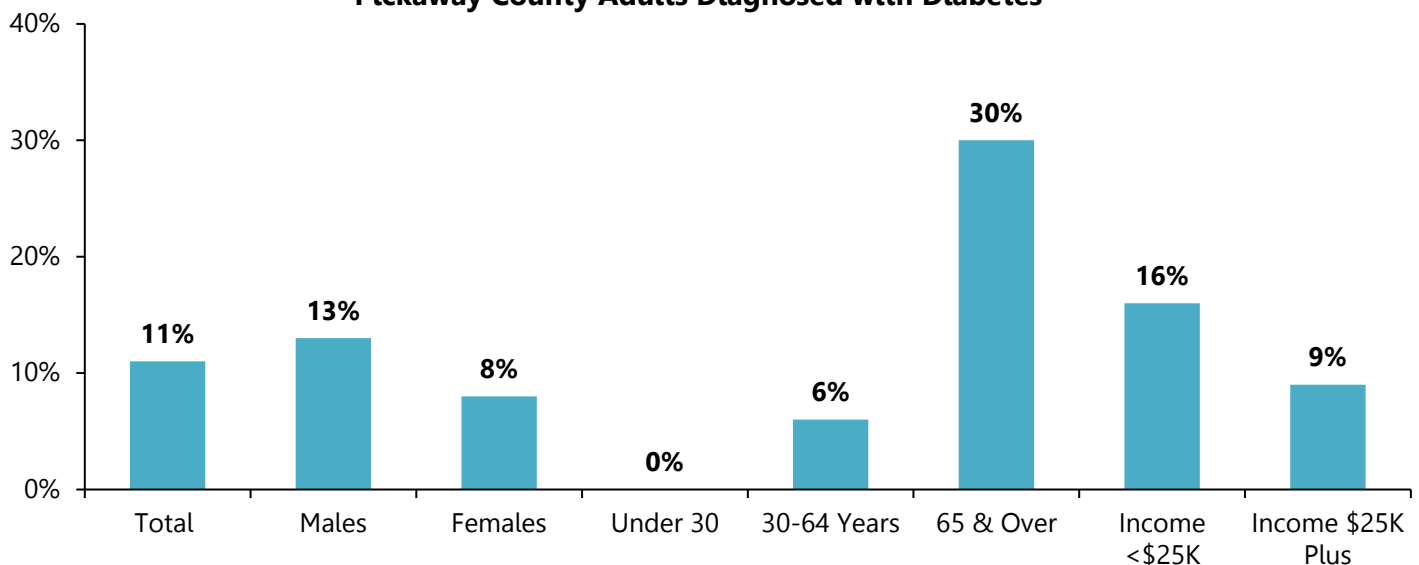


**Respondents were asked: "Have you ever been told by a doctor, nurse or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?"*

DIABETES

Eleven percent (11%) of Pickaway County adults had been diagnosed with diabetes. Nearly one-third (31%) of adults with diabetes rated their health as fair or poor.

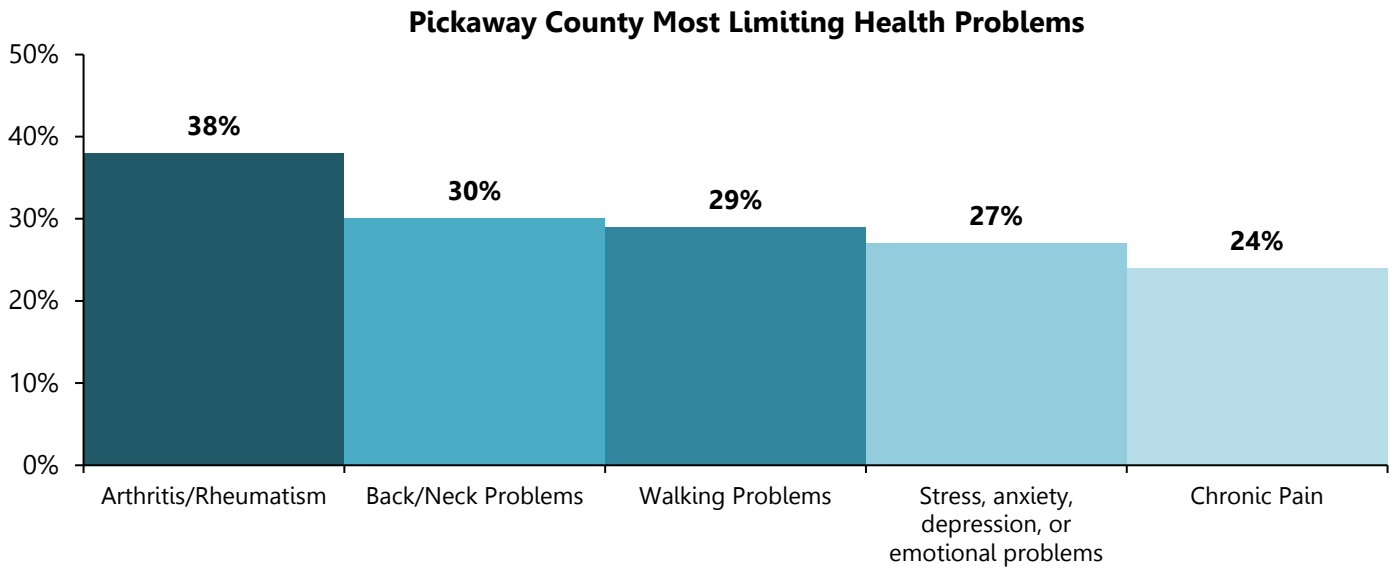
Pickaway County Adults Diagnosed with Diabetes



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

QUALITY OF LIFE

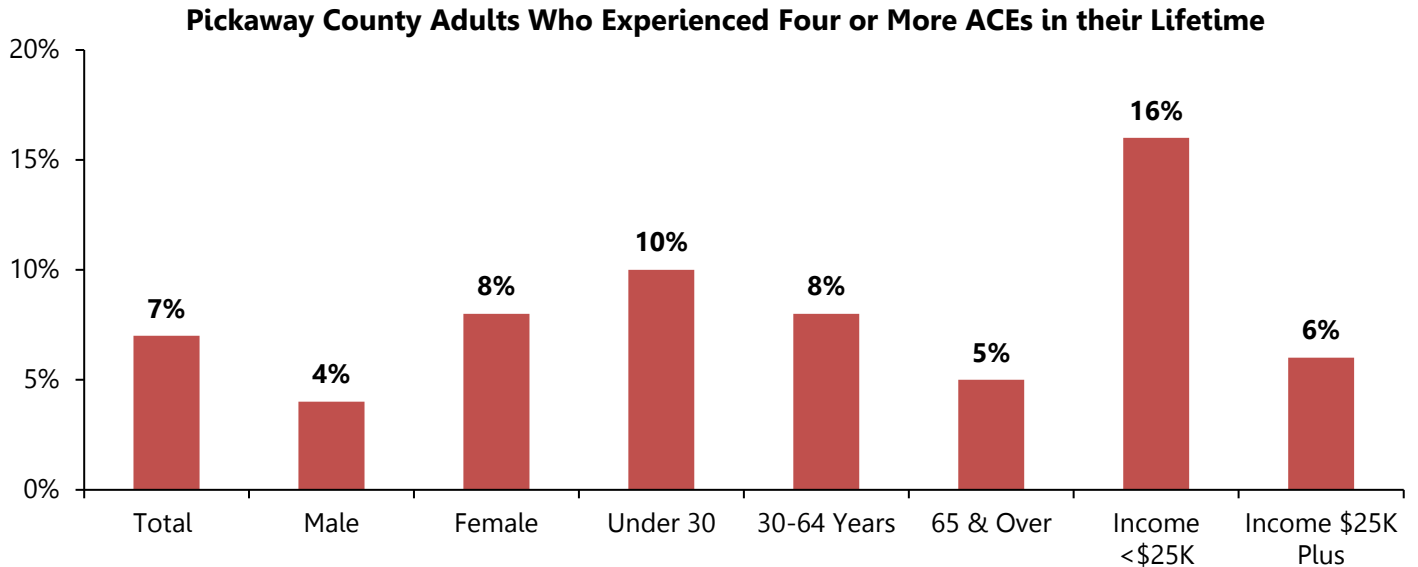
Over one-fifth (22%) of Pickaway County adults reported they were limited in some way because of a physical, mental or emotional problem. The most limiting health problems were arthritis/rheumatism (38%); back or neck problems (30%); walking problems (29%), stress, depression, anxiety, or emotional problems (27%); chronic pain (24%), and sleep problems (18%).



Data Summary | Social Conditions

SOCIAL DETERMINANTS OF HEALTH

Seven percent (7%) of Pickaway County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Eight percent (8%) of adults had experienced at least one issue related to hunger/food insecurity in the past year.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.







ENVIRONMENTAL HEALTH


Pickaway County adults reported the following as the top three issues that threatened their health in the past year: insects (13%), rodents (7%), and moisture issues (5%). Eighty-nine percent (89%) of adults reported they had a working smoke detector in their home.

PARENTING

Ninety-two percent (92%) of parents indicated their child had received all recommended immunizations.

Comparison Tables

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Healthcare Coverage			
Uninsured 	10%	7%	11%
Access and Utilization			
Had at least one person they thought of as their personal doctor or health care provider	88%	80%	77%
Visited a doctor for a routine checkup in the past year 	66%	79%	77%
Needed to see a doctor in the past 12 months but could not because of cost 	14%	10%	12%
Preventive Medicine			
Had a pneumonia vaccination (age 65 and over)	80%	74%	74%
Had a flu vaccine in the past year (age 65 and over)	80%	56%	55%
Ever had a shingles or zoster vaccine	23%	29%*	29%*
Women's Health			
Had a mammogram within the past two years (age 40 and older)	74%	74%	72%
Had a Pap smear within the past three years (age 21-65)	73%	79%	80%
Men's Health			
Had a prostate-specific antigen (PSA) test in the past two years (age 40 and older)	56%	34%	33%
Oral Health			
Visited a dentist or dental clinic in the past year	72%	67%	68%
Health Status Perceptions			
Rated health as excellent or very good	50%	49%	51%
Rated health as fair or poor 	11%	19%	18%
Rated physical health as not good on four or more days (in the past 30 days)	20%	24%	23%
Average days that physical health not good in past month 	3.4	4.0 [‡]	3.7 [‡]
Rated mental health as not good on four or more days (in the past 30 days)	28%	26%	24%
Average days that mental health not good in past Month 	4.1	4.3 [‡]	3.8 [‡]
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)	27%	24%	24%

 Indicates alignment with the Ohio State Health Assessment (SHA)

*2017 BRFSS

[‡]2016 BRFSS data as compiled by 2019 County Health Rankings

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Obese 🇺🇸			
Obese	35%	34%	31%
Overweight			
Overweight	37%	34%	35%
Tobacco Use			
Current smoker (currently smoke some or all days) 🇺🇸	11%	21%	16%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	25%	25%	25%
Current e-cigarette user (vaped on some or all days)	2%	5%*	5%*
Former e-cigarette user	15%	19%*	16%*
Alcohol Consumption			
Current Drinker (drank alcohol at least once in the past month)	49%	52%	54%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days) 🇺🇸	20%	16%	16%
Cardiovascular Disease			
Had angina or coronary heart disease 🇺🇸	2%	5%	4%
Had a heart attack or myocardial infarction 🇺🇸	5%	6%	5%
Had a stroke	2%	4%	3%
Had high blood pressure 🇺🇸	33%	35%*	32%*
Had high blood cholesterol	40%	33%*	33%*
Had blood cholesterol checked within past 5 years	90%	85%*	86%*
Asthma			
Ever been told they have asthma	9%	13%	15%
Arthritis			
Ever diagnosed with arthritis	33%	31%	26%
Diabetes			
Ever been told by a doctor they have diabetes (not pregnancy-related) 🇺🇸	11%	12%	11%
Had been diagnosed with pre-diabetes or borderline diabetes 🇺🇸	6%	2%	2%

🇺🇸 Indicates alignment with the Ohio State Health Assessment (SHA)
 *2017 BRFSS

Healthcare Access: Healthcare Coverage

Key Findings

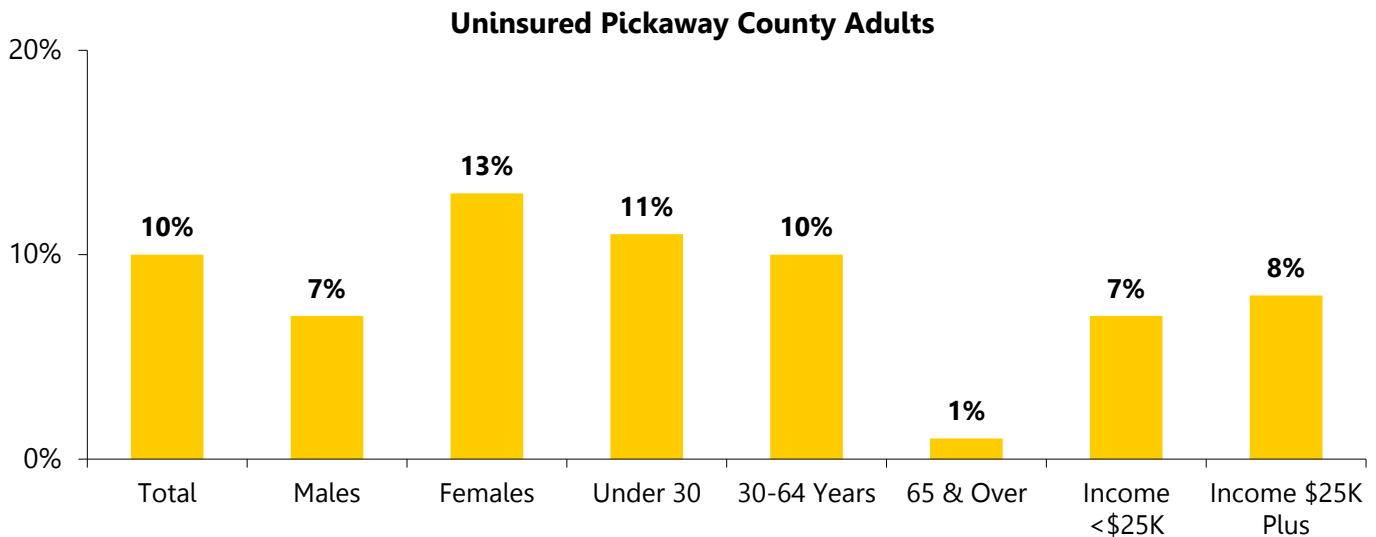
Ten percent (10%) of Pickaway County adults were without health care coverage. The top issue adults gave regarding their healthcare coverage was cost (39%).

4,175 Pickaway County adults were uninsured.

Healthcare Coverage

- In 2020, 90% Pickaway County adults had health care coverage, leaving 10% who were uninsured.
- The following types of health care coverage were used: employer (48%); medicare (17%); someone else's employer (14%); Medicaid or medical assistance (7%); self-paid plan (5%); military, CHAMPUS, TriCare, CHAMPVA, or the VA (4%); multiple, including governmental sources (3%); multiple, including private sources (2%); and health insurance marketplace (1%).
- Pickaway County adult health care coverage included the following: medical (95%), prescription coverage (95%), immunizations (87%), preventive health (87%), dental (74%), outpatient therapy (72%), vision/eyeglasses (72%), mental health (59%), alcohol and drug treatment (41%), durable medical equipment (38%), skilled nursing/assisted living (27%), home care (25%), hospice (23%), air ambulance (17%), and transportation (16%).
- Adults had the following issues regarding their healthcare coverage: cost (39%), service not deemed medically necessary (8%), working with their insurance company (8%), could not understand their insurance plan (8%), opted out of certain coverage because they could not afford it (7%), opted out of certain coverage because they did not need it (6%), provider was no longer covered (4%), limited visits (4%), pre-existing conditions (3%), and service no longer covered (2%).

The following graph shows the percentages of Pickaway County adults who were uninsured. An example of how to interpret the information in the graph includes: 10% of all Pickaway County adults were uninsured, including 7% of those with incomes less than \$25,000 and 13% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Uninsured	10%	7%	11%

**Healthy People 2020
Access to Health Services (AHS)**

Objective	Pickaway County 2020	Ohio 2018	U.S. 2018	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	67% age 20-24 74% age 25-34 96% age 35-44 93% age 45-54 92% age 55-64	87% age 18-24 89% age 25-34 92% age 35-44 92% age 45-54 95% age 55-64	83% age 18-24 81% age 25-34 83% age 35-44 87% age 45-54 91% age 55-64	100%

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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

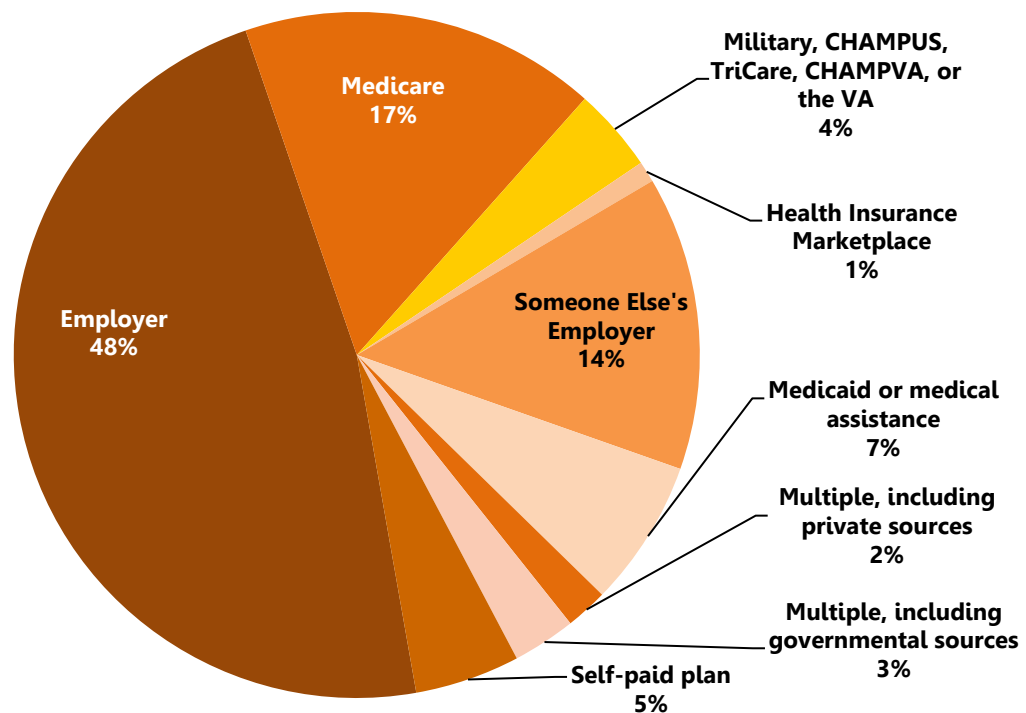
(Sources: Healthy People 2020 Objectives, 2018 BRFSS, 2020 Pickaway County Health Assessment)

The following table shows what is included in Pickaway County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Medical	95%	2%	3%
Prescription Coverage	95%	3%	2%
Preventive Health	87%	2%	11%
Immunizations	87%	3%	10%
Dental	74%	22%	4%
Outpatient Therapy	72%	2%	26%
Vision/Eyeglasses	72%	20%	8%
Mental Health	59%	3%	38%
Alcohol and Drug Treatment	41%	6%	53%
Durable Medical Equipment	38%	3%	59%
Skilled Nursing/Assisted Living	27%	5%	68%
Home Care	25%	6%	69%
Hospice	23%	5%	72%
Air Ambulance	17%	8%	75%
Transportation	16%	9%	75%

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

Source of Health Coverage for Pickaway County Adults



Key Facts about the Uninsured Population

- Studies repeatedly demonstrate that the uninsured are less likely than those with insurance to receive preventive care and services for major health conditions and chronic diseases.
- Part of the reason for poor access among uninsured is that 50% do not have a regular place to go when they are sick or need medical advice.
- One in five (20%) nonelderly adults without coverage say that they went without care in the past year because of cost compared to 3% of adults with private coverage and 8% of adults with public coverage.
- In 2017, uninsured nonelderly adults were three or more times as likely as adults with private coverage to say that they postponed or did not get a needed prescription drug due to cost.
- Because people without health coverage are less likely than those with insurance to have regular outpatient care, they are more likely to be hospitalized for avoidable health problems and to experience declines in their overall health.

(Source: The Henry Kaiser Family Foundation, Key Facts about the Uninsured Population, December 2018)

Healthcare Access: Access and Utilization

Key Findings

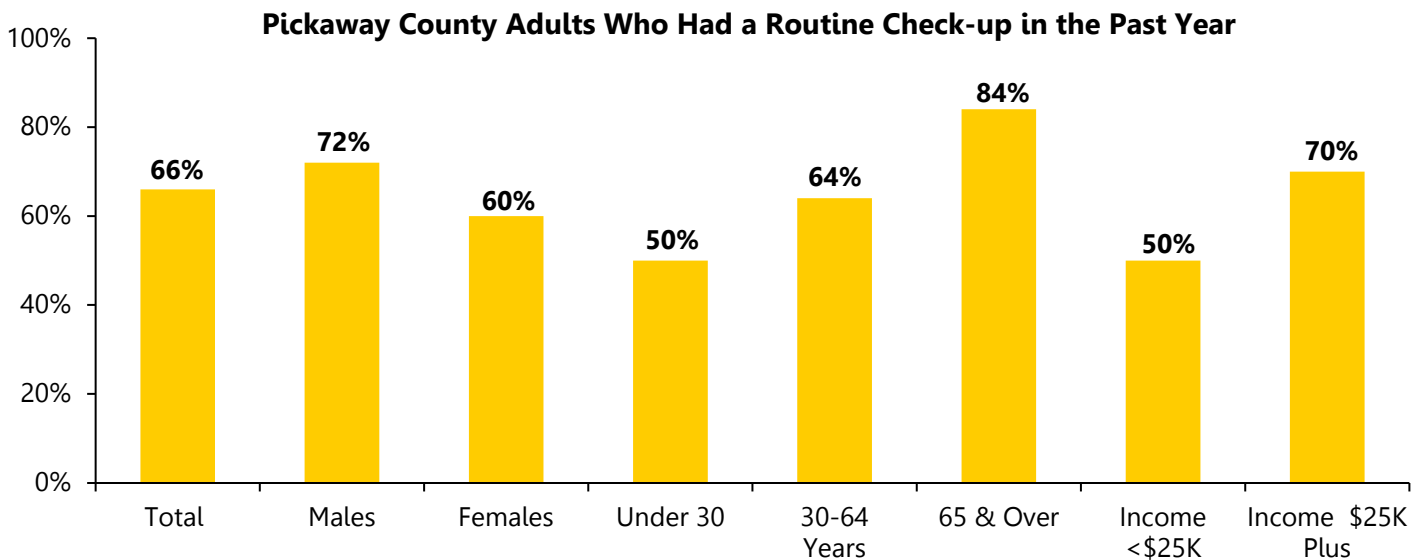
Sixty-six percent (66%) of Pickaway County adults had visited a doctor for a routine checkup in the past year. Over half (53%) of adults had used an emergency room for their healthcare.

Healthcare Access

- Sixty-six percent (66%) of Pickaway County adults visited a doctor for a routine checkup in the past year, increasing to 84% of those over the age of 65.
- Fifty-eight percent (58%) of Pickaway County adults reported they had one person they thought of as their personal doctor or health care provider. Thirty percent (30%) of adults had more than one person they thought of as their personal health care provider, and 12% did not have one at all.
- Fourteen percent (14%) of adults reported there was a time in the past year they needed to see a doctor but could not because of cost, increasing to 18% of those with incomes less than \$25,000.

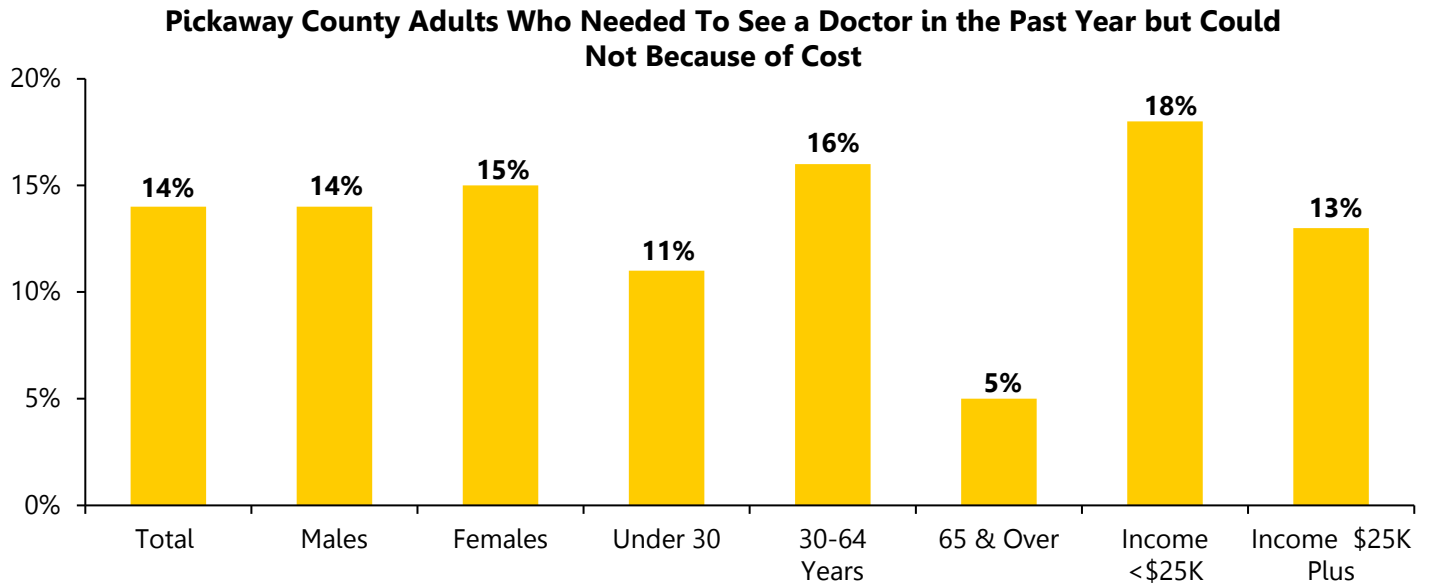
Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Had at least one person they thought of as their personal doctor or healthcare provider	88%	80%	77%
Visited a doctor for a routine checkup in the past year	66%	79%	77%
Needed to see a doctor in the past 12 months but could not because of cost	14%	10%	12%

The following graph shows the percentage of Pickaway County adults who had a routine check-up in the past year. An example of how to interpret the information on the graph includes: 66% of all Pickaway County adults have had a routine check-up in the past year, including 72% of males and 84% of those 65 years and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the percentage of Pickaway County adults who needed to see a doctor in the past year but could not because of cost. An example of how to interpret the information includes: 14% of all Pickaway County adults needed to see a doctor in the past year but could not because of cost, including 15% of females and 16% of those 30-64 years old.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

- Reasons for going outside of Pickaway County for mental health care services included the following: service not locally available (4%), insurance restriction (4%), used to live there (2%), word of mouth (2%), did not like local services/providers (1%), better quality program (1%), bad experience locally (1%), work there (1%), inconvenient hours (1%), confidentiality/anonymity (1%) and other reasons (8%).
- Fifty-nine percent (59%) of Pickaway County adults saw a physician assistant or a nurse practitioner for health care needs in the past year and had a positive experience and 2% had a negative experience. Thirty-eight percent (38%) of adults did not see a physician assistant or a nurse practitioner in the past year.
- Pickaway County adults visited the Emergency Room (ER) in the past year at the following frequencies: zero times (75%), one-to-two times (22%), three-to-five times (2%) and six or more times (1%).
- Over half (53%) of adults had used an emergency room for their healthcare for the following reasons: serious illness/injury (42%), doctor told them to go there (12%), could not get in to see their primary physician because of time of day/too long of a wait (10%), did not have a primary physician (5%), and it's what they have always done/what they are used to (4%).
- The following might prevent Pickaway County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: nothing (53%); cost/no insurance (24%); difficult to get an appointment (16%); doctor/health care provider would not take their insurance (11%); inconvenient hours (10%); could not get time off work (9%); worried they might find something wrong (8%); frightened of the procedure or doctor/health care provider (7%); do not trust or believe doctors/health care providers (5%); difficult to find/no transportation (3%); could not find childcare (3%); language barrier (<1%); and some other reason (5%).
- Pickaway County adults preferred to access information about their health or health care services from the following: doctor (84%); internet searches (28%); family member or friend (25%); medical portal (23%); text messages (8%); social networks (6%); newspaper articles or radio/television news stories (6%); advertisements or mailings from hospitals, clinics, or doctor's offices (5%); faith-based community/Church (3%); and billboards (1%).

- Adults usually visited the following places for health care services and advice: doctor's office (63%); multiple places, including a doctor's office (10%); urgent care center (8%); in-store health clinic (6%); multiple places, including a doctor's office (5%); alternative therapies (2%); hospital emergency room (1%); family and friends (1%); internet (1%); department of Veteran's Affairs (VA) (1%); telemedicine (<1%); and some other kind of place (<1%). Two percent (2%) of adults indicated they had no usual place for health care services.
- More than one-fifth (21%) of adults did not get their prescriptions from their doctor filled in the past year. Those who did not get their prescriptions filled gave the following reasons: cost (8%), no prescriptions to be filled (6%), they did not think they needed it (5%), no insurance (3%), they stretched their current prescription by taking less than prescribed (2%), there was no generic equivalent (2%), side effects (2%), and they were taking too many medications (1%).

Availability of Services

Pickaway County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Pickaway County adults who have looked but have <u>NOT</u> found a specific program	Pickaway County adults who have looked and have found a specific program
Depression, anxiety or some mental health problem (13% of all adults looked)	20%	80%
End-of-Life/Hospice Care (13% of all adults looked)	37%	63%
Assist in-care for the elderly (either in home, out of home or adult day care) (10% of all adults looked)	3%	97%
Assistance with in-home care for an elderly or disabled adult (9% of all adults looked)	4%	96%
Assistance with out-of-home placement for an elderly or disabled adult (7% of all adults looked)	14%	86%
Weight problem (6% of all adults looked)	56%	44%
Assisted living program for an elderly or disabled adult (6% of all adults looked)	5%	95%
Assist in-care for the disabled (either in home or out of home) (6% of all adults looked)	5%	95%
Disability (6% of all adults looked)	16%	84%
Alcohol abuse (6% of all adults looked)	6%	94%
Marital/family problems (5% of all adults looked)	20%	80%
Cancer support group/counseling (4% of all adults looked)	8%	92%
Drug abuse (4% of all adults looked)	15%	85%
Detoxification for Opiates/Heroin (4% of all adults looked)	18%	82%
Family planning (3% of all adults looked)	0%	100%
Tobacco cessation (3% of all adults looked)	40%	60%
Disabled adult program (2% of all adults looked)	17%	83%
Gambling abuse (2% of all adults looked)	0%	100%
Day care for an elderly or disabled adult (1% of all adults looked)	50%	50%

What can be Done to Improve the Health of Rural Americans?

Rural Americans face numerous health disparities compared with their urban counterparts. More than 46 million Americans, or 15% of the U.S. population, live in rural areas. Some rural areas have characteristics that put residents at higher risk of death, such as long travel distances to specialty and emergency care, exposures to specific environmental hazards, and higher rates of poverty. The gaps in health in rural areas can be addressed. For example, health care providers in rural areas can:

- **Screen patients for high blood pressure and make blood pressure control a quality improvement goal**
 - High blood pressure is a leading risk factor for heart disease and stroke.
- **Increase cancer prevention and early detection**
 - Rural health care providers should participate in the state-level [comprehensive control coalitions](#). Comprehensive cancer control programs focus on cancer prevention, education, screening, access to care, support for cancer survivors, and overall good health.
- **Encourage physical activity and healthy eating to reduce obesity**
 - Obesity has been linked to a variety of serious chronic illnesses, including diabetes, heart disease, cancer, and arthritis.
- **Promote smoking cessation**
 - Cigarette smoking is the leading cause of preventable disease and death in the United States and is the most significant risk factor for chronic lower respiratory disease.
- **Identify additional support for families who have children with mental, behavioral, or developmental disorders**
 - Children with these issues would benefit from increased access to mental and behavioral health care; programs that support parents and caregivers; and increased opportunities to learn, play, and socialize. Because children in rural areas with these disorders more often experience financial difficulties, poor parental mental health, and a lack of neighborhood resources, these children may need additional support.
- **Promote motor vehicle safety**
 - Rural health care providers should encourage patients to always wear a seat belt and counsel parents and child care providers to use age- and size-appropriate car seats, booster seats, and seat belts on every trip.
- **Engage in safer prescribing of opioids for pain**
 - Health care providers should follow the [CDC guidelines](#) when prescribing opioids for chronic pain and educate patients on the risks and benefits of opioids and using nonpharmacologic therapies to provide greater benefit.

(Source: CDC, Centers for Disease Control and Prevention, Rural Health, About Rural Health, Updated on August 2, 2017)

Healthcare Access: Preventive Medicine

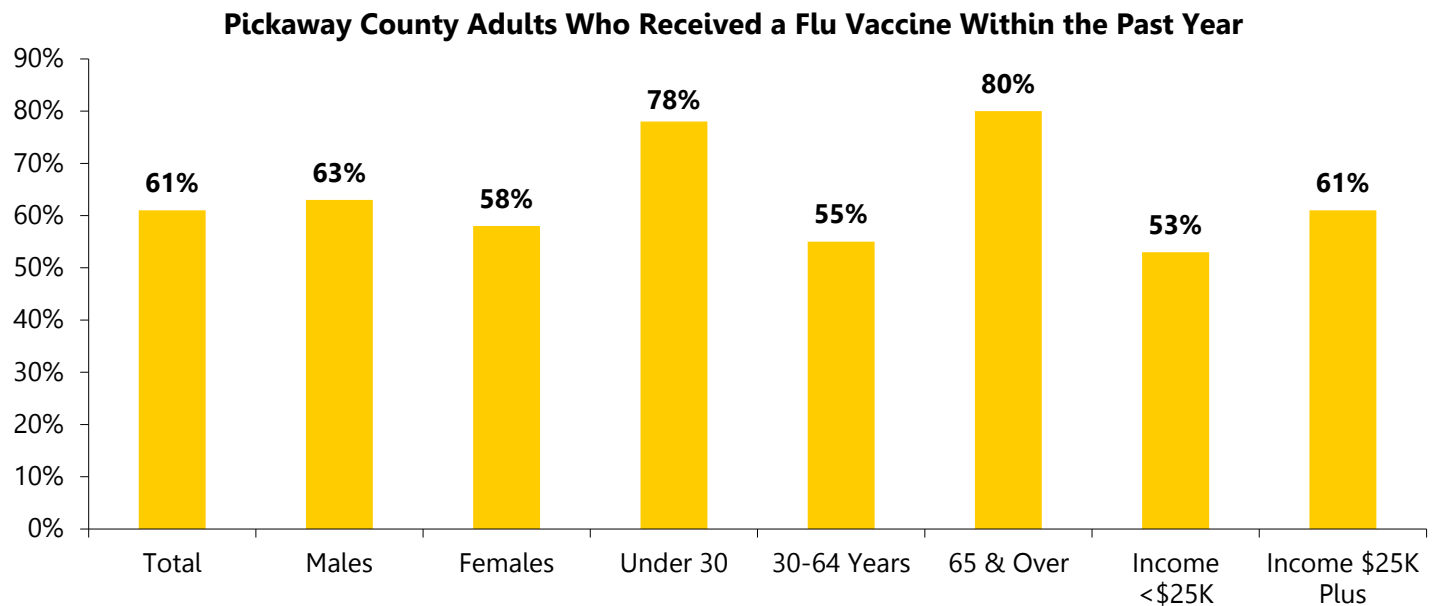
Key Findings

Eighty percent (80%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Sixty-one percent (61%) of adults received a flu vaccine in the past year.

Preventive Medicine

- Sixty-one percent (61%) of Pickaway County adults received a flu vaccine during the past year, increasing to 80% of adults ages 65 and over.
- One-third (33%) of adults had a pneumonia vaccine in their life, increasing to 80% of those ages 65 and over.
- Pickaway County adults had the following vaccines:
 - MMR in their lifetime (84%)
 - Tetanus, diphtheria, and pertussis in the past 10 years (82%)
 - Chicken pox in their lifetime (65%)
 - Hepatitis B in their lifetime (44%)
 - Hepatitis A in their lifetime (38%)
 - Haemophilus Influenza or Influenza Type B (HIB) vaccine in their lifetime (35%)
 - Zoster (shingles) vaccine in their lifetime (23%)
 - Meningococcal vaccine in their lifetime (23%)
 - Human papillomavirus (HPV) vaccine in their lifetime (16%)

The following graph shows the percentage of Pickaway County adults who received a flu vaccine within the past year. An example of how to interpret the information in the graph includes: 61% of all adults received the flu vaccine in the past year, including 80% of those ages 65 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Had a pneumonia vaccination (age 65 and over)	80%	74%	74%
Had a flu vaccine in the past year (age 65 and over)	80%	56%	55%
Had a shingles or Zoster vaccination in lifetime	23%	29%*	29%*

*2017 BRFSS

Healthy People 2020 Immunization and Infectious Diseases (IID)

Objective	Pickaway County 2020	Healthy People 2020 Target
IID-12.7: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated annually against seasonal influenza	80%	90%
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	80%	90%
IID-14: Increase the percentage of adults who are vaccinated against zoster (shingles)	23%	30%

Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2020 Pickaway County Health Assessment)

Preventive Health Screenings and Exams

- Fifty percent (50%) of adults ages 50 and over had a colonoscopy in the past five years. Forty-two percent (42%) of adults ages 50 and over had a stool test, 12% had a CT colonoscopy, and 10% had a flexible sigmoidoscopy within the past five years.

Pickaway County Adults Ages 50 and Over Colon Cancer Screenings

	Stool Test	Colonoscopy	Flexible Sigmoidoscopy	CT Colonoscopy (Virtual Colonoscopy)
Tested this year	13%	7%	0%	2%
Tested within the last 1 to 3 years	19%	28%	5%	5%
Tested within the last 3 to 5 years	10%	15%	5%	5%
Tested within the last 5 to 10 years	8%	17%	3%	2%
Tested more than 10 years ago	3%	5%	6%	4%
Never tested	38%	26%	65%	70%
Not sure	9%	2%	17%	13%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

American Cancer Society (ACS) Screening Age Recommendations for Colorectal Cancer

Screening age recommendations for those at average risk:

- People at average risk of colorectal cancer should start regular screening at age 45.
- People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75.
- People ages 76 through 85 should decide with their medical provider about whether to be screened, based on their own personal preferences, life expectancy, overall health, and prior screening history.
- People over 85 should no longer get colorectal cancer screening.

Screening age recommendations for those at higher than average risk:

People at higher than average risk might need to start colorectal cancer screening before age 45, be screened more often, and/or get specific tests. People at higher or increased risk are those with:

- A strong family history of colorectal cancer or certain types of polyps.
- A personal history of colorectal cancer or certain types of polyps.
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease).
- A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC).
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer.

(Source: American Cancer Society Updates Colorectal Cancer Screening Guidelines, 2018)

Healthcare Access: Women's Health

Key Findings

Over half (57%) of Pickaway County women over the age of 40 reported having a mammogram in the past year. Fifty percent (50%) of women had a clinical breast exam in the past year, and 73% of women ages 21 to 65 had a Pap smear to detect cancer of the cervix in the past three years. Sixty-eight percent (68%) of Pickaway County women were overweight or obese, 34% had high blood cholesterol, 28% had high blood pressure, and 11% were identified as current smokers, known risk factors for cardiovascular diseases.

Women's Health Screenings

- Sixty-two percent (62%) of women had a mammogram at some time in their life, and 36% had this screening in the past year.
- Over half (57%) of women ages 40 and over had a mammogram in the past year, and 74% had one in the past two years.
- Eighty-seven percent (87%) of Pickaway County women had a clinical breast exam at some time in their life, and 50% had one within the past year. Sixty-four percent (64%) of women ages 40 and over had a clinical breast exam in the past two years.
- Eighty-four percent (84%) of Pickaway County women had a Pap smear at some time in their life, and 35% reported having had the exam in the past year. Seventy-three percent (73%) of women ages 21 to 65 had a Pap smear in the past three years.

Pickaway County Female Leading Causes of Death, 2016 – 2018

Total female deaths: 837

1. Heart Diseases (23% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (8%)
4. Alzheimer's (6%)
5. Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2016-2018)

Ohio Female Leading Causes of Death, 2016–2018

Total Female Deaths: 182,368

1. Heart Diseases (22% of all deaths)
2. Cancers (20%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's Disease (6%)

(Source: Ohio Public Health Data Warehouse, 2016-2018)

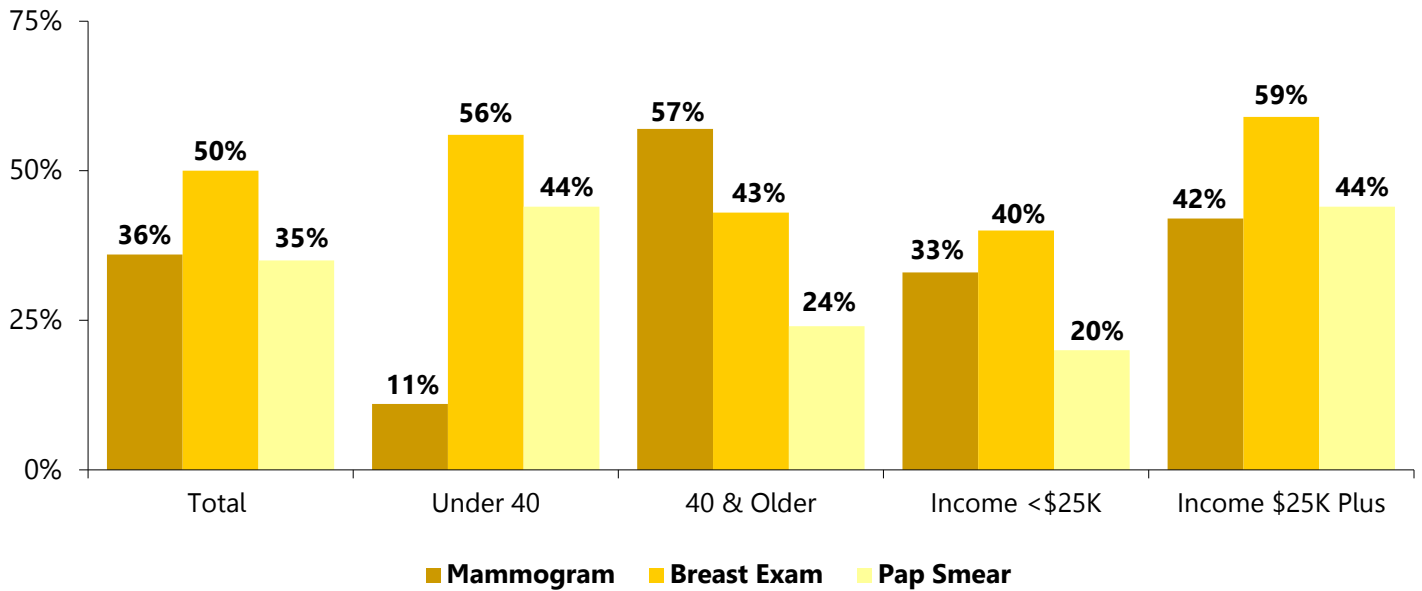
Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Had a mammogram within the past two years (age 40 and older)	74%	74%	72%
Had a Pap smear within the past three years (age 21-65)	73%	79%	80%

Women's Health Concerns

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Pickaway County, the 2020 needs assessment has identified that:
 - 68% of women were overweight or obese (2018 BRFSS reports 64% for Ohio and 61% for U.S.)
 - 34% were diagnosed with high blood cholesterol (2017 BRFSS reports 33% for Ohio and 32% for U.S.)
 - 28% were diagnosed with high blood pressure (2017 BRFSS reports 33% for Ohio and 31% for U.S.)
 - 11% were current smokers (2018 BRFSS reports 19% for Ohio and 14% for U.S.)
 - 8% had been diagnosed with diabetes (2018 BRFSS reports 13% for Ohio and 11% for U.S.)

The following graph shows the percentage of Pickaway County females who had various health exams in the past year. An example of how to interpret the information shown on the graph includes: 36% of Pickaway County females had a mammogram within the past year, 50% had a clinical breast exam, and 35% had a Pap smear.

Pickaway County Women's Health Exams Within the Past Year



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

U.S. Women's Health Data

- Approximately 13% of adult females ages 18 years or older reported fair or poor health.
- Twelve percent (12%) of adult females in the U.S. currently smoke.
- Of the adult females in the U.S., 20% had 4 or more drinks in 1 day at least once in the past year.
- Almost half (49%) of adult females in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- Forty-one percent (41%) of females 20 years and over are obese.
- There are 10% of females under the age of 65 without healthcare coverage.
- The leading causes of death for females in the United States are heart disease, cancer, and chronic lower respiratory disease.

(Source: CDC, National Center for Health Statistics, Women's Health, Fast Stats, Updated on January 19, 2017)

Healthcare Access: Men's Health

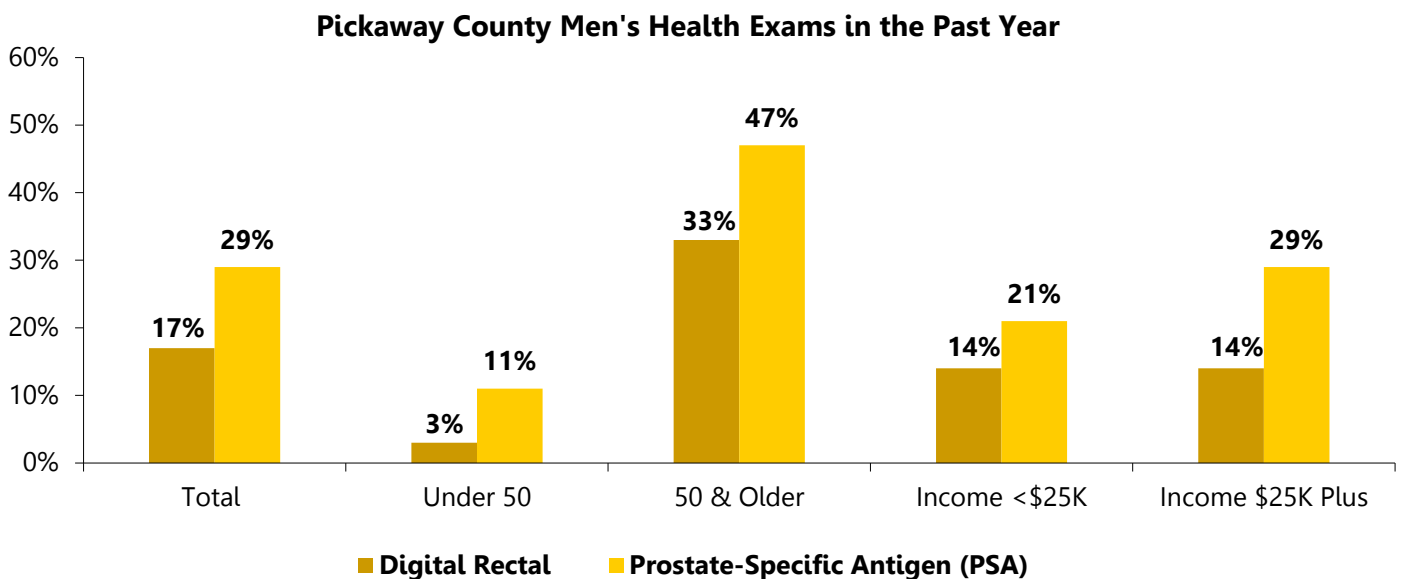
Key Findings

Nearly one-fifth (17%) of men had a digital rectal exam in the past year. One-third (33%) of Pickaway County males performed a testicular self-exam in the past year. Seventy-six percent (76%) of men were overweight or obese, 45% had high blood cholesterol, 38% had high blood pressure, and 11% were identified as current smokers, known risk factors for cardiovascular diseases.

Men's Health Screenings

- Fifty-six percent (56%) of Pickaway County males had a prostate-specific antigen (PSA) test at some time in their life, and 29% had one in the past year.
- Seventy-three percent (73%) of males age 40 and over had a PSA test at some time in their life, and 56% had one in the past two years.
- Eighty percent (80%) of males age 50 and over had a PSA test at some time in their life, and 47% had one in the past year.
- Thirty-eight percent (38%) of men had a digital rectal exam in their lifetime, and 17% had one in the past year. One-third (33%) of males age 50 and over had a digital rectal exam in the past year.
- One-third (33%) of Pickaway County men had done a self-testicular exam in the past year.

The following graph shows the percentage of Pickaway County male adults that had various health exams in the past year. An example of how to interpret the information includes: 17% of Pickaway County males had a digital rectal exam and 29% had a Prostate-Specific Antigen test in the past year.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Pickaway County Male Leading Causes of Death, 2016 – 2018

Total male deaths: 1,047

1. Heart Diseases (25% of all deaths)
2. Cancers (24%)
3. Chronic Lower Respiratory Diseases (7%)
4. Accidents, Unintentional Injuries (6%)
5. Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2016-2018)

Ohio Male Leading Causes of Death, 2016–2018

Total Male Deaths: 185,146

1. Heart Diseases (24% of all deaths)
2. Cancers (22%)
3. Accidents, Unintentional Injuries (9%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

(Source: Ohio Public Health Data Warehouse, 2016-2018)

Men's Health Concerns

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Pickaway County, the 2020 needs assessment has identified that:
 - 76% of men were overweight or obese (2018 BRFSS reports 73% for Ohio and 71% for U.S.)
 - 45% were diagnosed with high blood cholesterol (2017 BRFSS reports 34% for Ohio and 35% for U.S.)
 - 38% were diagnosed with high blood pressure (2017 BRFSS reports 37% for Ohio and 35% for U.S.)
 - 13% had been diagnosed with diabetes (2018 BRFSS reports 12% for Ohio and 12% for U.S.)
 - 11% of all men were current smokers (2018 BRFSS reports 22% for Ohio and 18% for U.S.)

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Had a prostate-specific antigen (PSA) test in the past two years (age 40 and older)	56%	34%	33%

U.S. Men's Health Data

- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- Sixteen percent (16%) of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had five or more drinks in one day at least once in the past year.
- Fifty-eight percent (58%) of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- Thirty-seven percent (37%) of men 20 years and over are obese.
- There are 12% 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, Updated on January 20, 2017)

Health Care Access: Oral Health

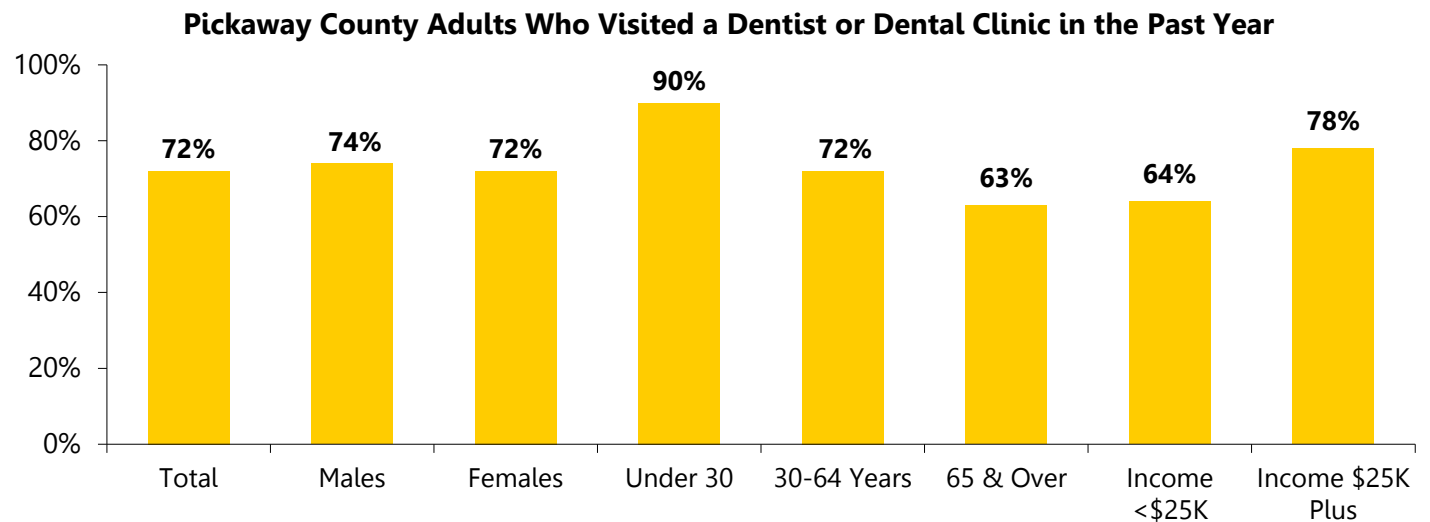
Key Findings

Seventy-two percent (72%) of Pickaway County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist or dental clinic in the past year were cost (33%), had no reason to go/had not thought of it (22%), and had dentures (18%).

Oral Health

- In the past year, 72% of Pickaway County adults had visited a dentist or dental clinic, decreasing to 64% of those with incomes less than \$25,000.
- Three-fourths (75%) of Pickaway County adults with dental insurance have been to the dentist in the past year, compared to 59% of those without dental insurance.
- Pickaway County adults who did not visit a dentist in the past year gave the following reasons: cost (33%); had no reason to go/had not thought of it (22%); had dentures (18%); fear, apprehension, nervousness, pain, and dislike going (9%); multiple reasons, including cost (5%); dentist did not accept their medical coverage (1%); transportation (1%); and other reasons (11%).
- Over one-fifth (21%) of adults had the following oral health issues: pain (6%), oral bleeding (6%), difficulty eating/chewing (4%), loose teeth (4%), problems with dentures (3%), no teeth (2%), skipped meals due to pain (1%), missed work due to mouth pain (<1%) and other (8%).

The following graph shows the percentage of Pickaway County adults who had visited a dentist or dental clinic in the past year. An example of how to interpret the information on the graph includes: 72% of adults had been to the dentist or dental clinic in the past year, including 74% of males.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Visited a dentist or dental clinic in the past year	72%	67%	68%

Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
Time Since Last Visit to Dentist/Dental Clinic					
Males	74%	9%	6%	11%	1%
Females	72%	8%	10%	6%	2%
Total	72%	9%	8%	9%	1%

Note: Totals may not equal 100% as some respondents answered, "Don't know".

Facts About Adult Oral Health

- The baby boomer generation is the first where most people will keep their natural teeth over their entire lifetime. This is largely because of the benefits of water fluoridation and fluoride toothpaste. However, threats to oral health, including tooth loss, continue throughout life.
- The major risks for tooth loss are tooth decay and gum disease that may increase with age because of problems with saliva production; receding gums that expose "softer" root surfaces to decay-causing bacteria; or difficulties flossing and brushing because of poor vision, cognitive problems, chronic disease, and physical limitations.
- Although more adults are keeping their teeth, many continue to need treatment for dental problems. This need is even greater for members of some racial and ethnic groups—about 3 in 4 Hispanics and non-Hispanic black adults have an unmet need for dental treatment, as do people who are poor. These individuals are also more likely to report having poor oral health.
- In addition, some adults may have difficulty accessing dental treatment. For every adult aged 19 years or older without medical insurance, there are three who don't have dental insurance.
- Oral health problems include the following: untreated tooth decay, gum disease, tooth loss, oral cancer, and chronic diseases such as arthritis, heart disease, and strokes.

(Source: Centers for Disease Control and Prevention, Division of Oral Health, Adult Oral Health, December 19, 2019)

Health Behaviors: Health Status Perceptions

Key Findings

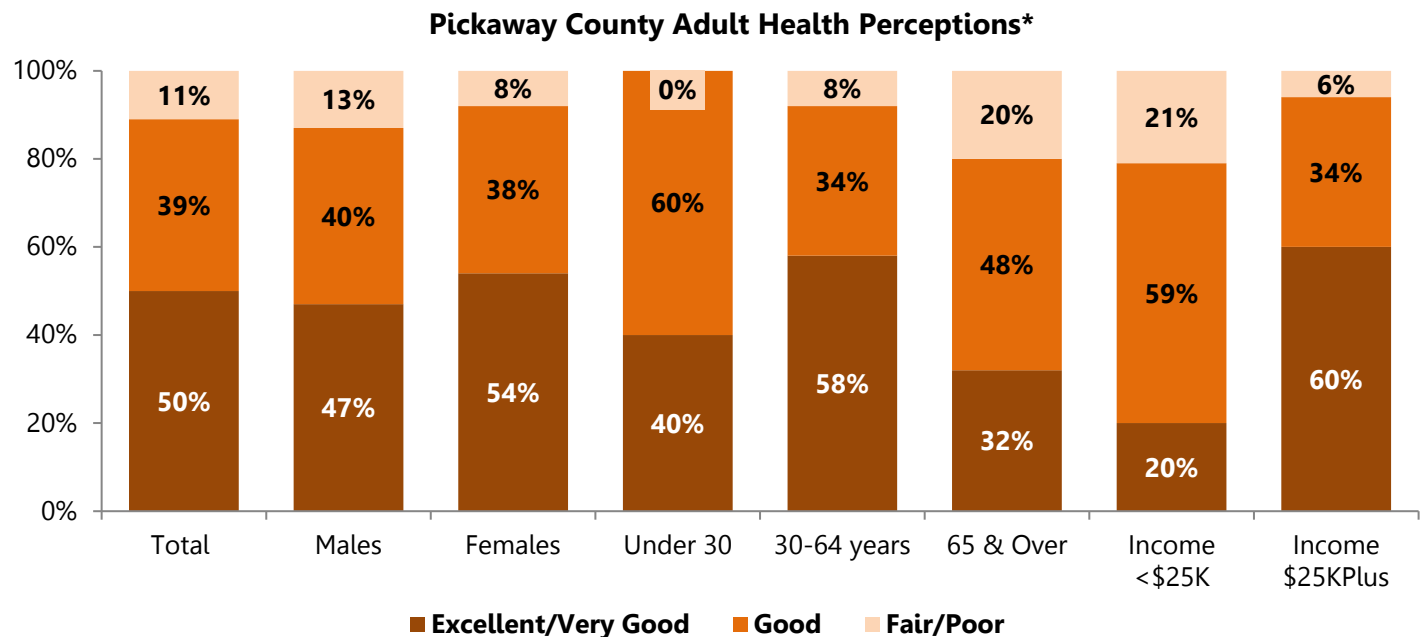
Half (50%) of Pickaway County adults rated their health status as excellent or very good. Conversely, 11% of adults described their health as fair or poor, increasing to 21% of those with incomes less than \$25,000.

4,592 Pickaway County adults rated their health as fair or poor.

General Health Status

- Half (50%) of Pickaway County adults rated their health as excellent or very good. Pickaway County adults with higher incomes (60%) were most likely to rate their health as excellent or very good, compared to 20% of those with incomes less than \$25,000.
- Eleven percent (11%) of adults rated their health as fair or poor.
- Pickaway County adults were most likely to rate their health as fair or poor if they:
 - Had high blood pressure (72%) or high blood cholesterol (58%)
 - Had been diagnosed with diabetes (32%)
 - Had an annual household income under \$25,000 (21%)
- Twenty-seven percent (27%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation in the past month.

The following graph shows the percentage of Pickaway County adults who described their personal health status as excellent/very good, good, and fair/poor. An example of how to interpret the information includes: 50% of all Pickaway County adults, 47% of males, and 32% of those ages 65 and older rated their health as excellent or very good.



**Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"
Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

Physical Health Status

- One-fifth (20%) of Pickaway County adults rated their physical health as not good on four or more days in the previous month.
- Pickaway County adults reported their physical health as not good on an average of 3.4 days in the previous month.
- Pickaway County adults were most likely to rate their physical health as not good if they:
 - Were 65 years of age or older (51%)
 - Had an annual household income less than \$25,000 (42%)
 - Were male (29%)

Mental Health Status

- Twenty-eight percent (28%) of Pickaway County adults rated their mental health as not good on four or more days in the previous month.
- Pickaway County adults reported their mental health as not good on an average of 4.1 days in the previous month.
- Pickaway County adults were most likely to rate their mental health as not good if they:
 - Were under the age of 30 (60%)
 - Had an annual household income less than \$25,000 (43%)
 - Were female (30%)

The table shows the percentage of adults with poor physical and mental health in the past month.

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past month*					
Males	45%	22%	11%	5%	13%
Females	51%	19%	6%	1%	7%
Total	49%	20%	8%	2%	10%
Mental Health Not Good in Past month*					
Males	58%	12%	4%	5%	15%
Females	48%	13%	13%	2%	15%
Total	53%	13%	9%	4%	15%

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

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Rated health as excellent or very good	50%	49%	51%
Rated health as fair or poor	11%	19%	18%
Rated physical health as not good on four or more days (in the past month)	20%	24%	23%
Average days that physical health not good in past month	3.4	4.0 [‡]	3.7 [‡]
Rated mental health as not good on four or more days (in the past month)	28%	26%	24%
Average days that mental health not good in past month	4.1	4.3 [‡]	3.8 [‡]
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past month)	27%	24%	24%

[‡]2016 BRFSS data as compiled by 2019 County Health Rankings

Health Behaviors: Weight Status

Key Findings

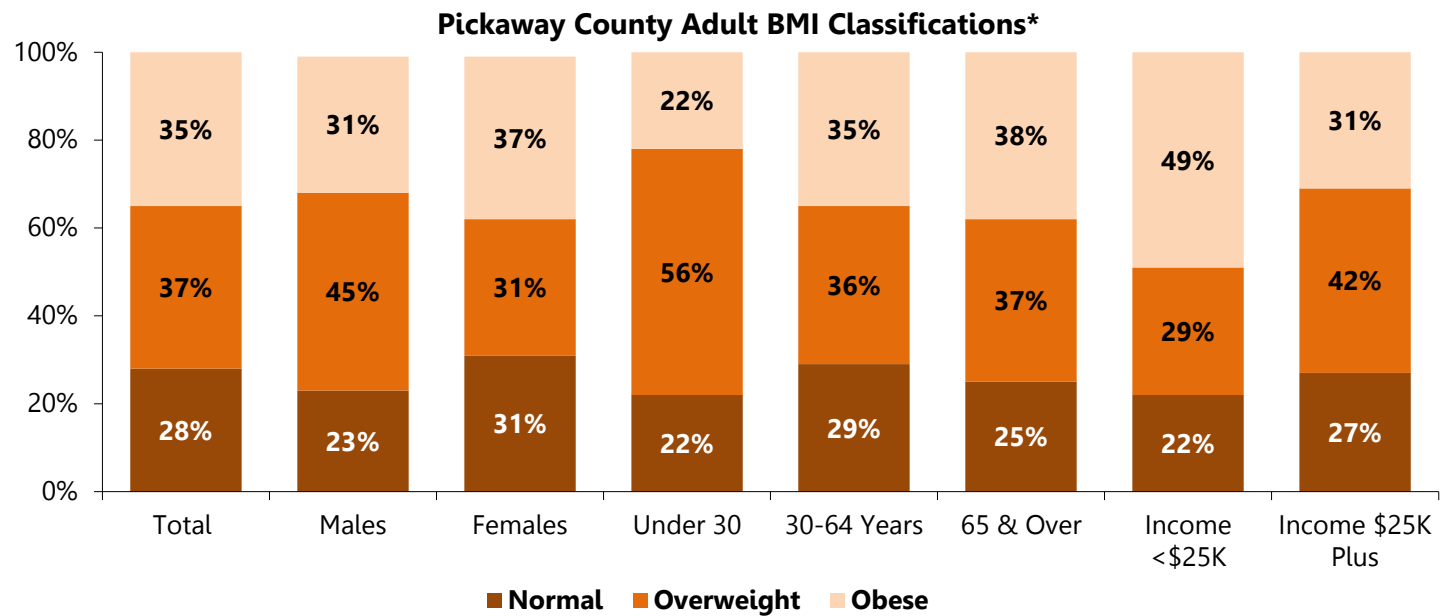
Seventy-two percent (72%) of Pickaway County adults were overweight or obese based on body mass index (BMI). Over one-fifth (23%) of adults did not participate in any physical activity in the past week, including 3% who were unable to exercise.

14,612 Pickaway County adults were obese.

Weight Status

- Seventy-two percent (72%) of Pickaway County adults were either overweight (37%) or obese (35%) by body mass index (BMI), putting them at elevated risk for developing a variety of diseases.
- Pickaway County adults did the following to lose weight or keep from gaining weight: drank more water (43%); ate less food, fewer calories, or foods low in fat (40%); exercised (34%); ate a low-carb diet (13%); used a weight loss program (5%); went without eating 24 or more hours (2%); smoked cigarettes (2%); health coaching (1%); took diet pills, powders or liquids without a doctor's advice (1%); took prescribed medications (1%); and participate in a dietary or fitness program prescribed by a health professional (1%).

The following graph shows the percentage of Pickaway County adults who were normal weight, overweight or obese by body mass index (BMI). An example of how to interpret the information includes: 28% of all adults were classified as normal weight, 37% were overweight, and 35% were obese.



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

Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Obese	35%	34%	31%
Overweight	37%	34%	35%

Physical Activity

- In Pickaway County, 57% of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. Twenty-six percent (26%) of adults exercised 5 or more days per week. Over one-fifth (23%) of adults did not participate in any physical activity in the past week, including 3% who were unable to exercise.
- Pickaway County adults spent an average of 2.7 hours watching TV, 1.9 hours on their cell phone, 1.2 hours on the computer/tablet (outside of work), and 0.2 hours playing video games on an average day of the week
- Adults reported the following reasons for not exercising: time (30%); self-motivation/will power (28%); too tired (23%); weather (20%); laziness (18%); pain or discomfort (13%); chose not to exercise (13%); could not afford a gym membership (10%); do not like exercise (9%); poorly maintained/no sidewalks (7%); no walking, biking trails, or parks (6%); ill or physically unable (5%); no childcare (5%); no exercise partner (4%); afraid of injury (4%); too expensive (3%); did not know what activity to do (3%); neighborhood safety (2%); lack of opportunities for those with physical impairments or challenges (2%); no gym available (1%); no transportation to a gym or other exercise opportunity (1%); and doctor advised them not to exercise (1%).
- Adults reported the following would help them use community parks, bike trails, and walking paths more frequently:
 - More available parks, bike trails, and walking paths (59%)
 - Improvements to existing parks, trails, and paths (26%)
 - Better promotion and advertising of existing parks, trails, and paths (25%)
 - Designated safe routes (23%)
 - More public events and programs involving parks, trails, and paths (15%)

Nutrition

The table below indicates the number of servings of fruit, vegetables, sugar-sweetened beverages, and caffeinated beverages Pickaway County adults consumed daily.

	5 or more servings	3-4 servings	1-2 servings	0 servings
Fruit	3%	12%	73%	12%
Vegetables	2%	21%	72%	5%
Sugar-sweetened beverages	3%	11%	38%	48%
Caffeinated beverages	7%	24%	56%	13%

- In 2020, 41% of adults ate one to two servings of fruits and/or vegetables per day, 33% ate three to four servings per day, and 22% ate five or more servings per day. Four percent (4%) of adults ate no servings of fruits and vegetables per day.
- Adults reported the following barriers to consuming fruits and vegetables: cost/too expensive (15%), did not like the taste (6%), did not know how to prepare (2%), no access (2%), and other barriers (2%).
- Pickaway County adults purchase/obtain fresh fruits and vegetables from: large grocery store (93%), local grocery store (38%), grow their own/garden (31%), farmer's market (28%), food pantry (4%), Veggie Mobile/Mobile produce (2%), group purchasing/community supported agriculture (2%), dollar store (2%), corner/convenience stores (1%), mail order food services (<1%), and community garden (<1%).

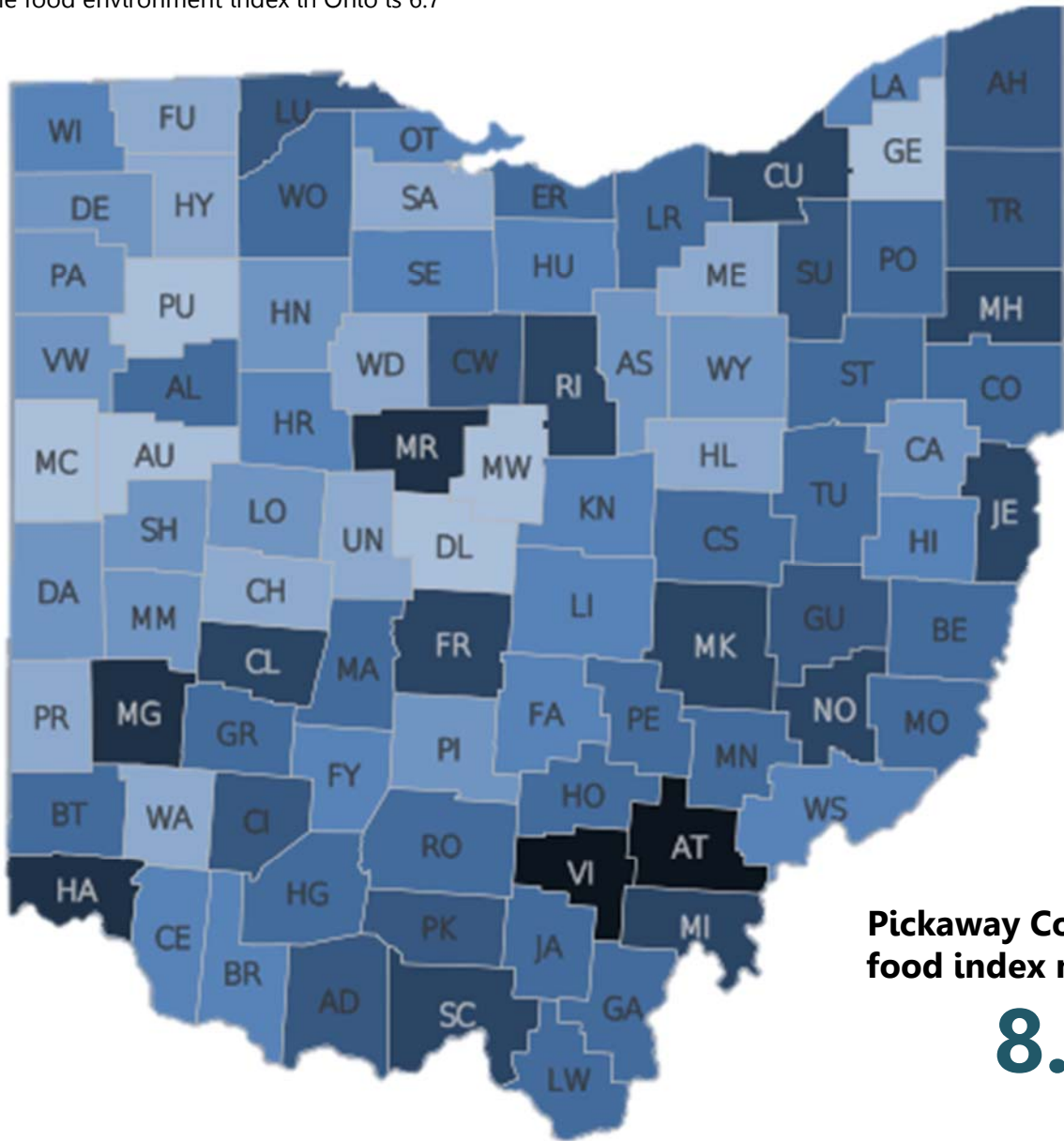
Summary of the American Cancer Society (ACS) Guidelines on Nutrition and Physical Activity

1. *Achieve and maintain a healthy weight throughout life*
 - Be as lean as possible throughout life without being underweight
 - Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
 - Get regular physical activity and limit intake of high calorie foods and drinks as keys to help maintain a healthy weight.
2. *Be physically active*
 - Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
 - Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
 - Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.
3. *Eat a healthy diet, with an emphasis on plant foods*
 - Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
 - Limit how much processed meat and red meat you eat.
 - Eat at least 2½ cups of vegetables and fruits each day.
 - Choose whole grains instead of refined grain products.

(Source: American Cancer Society, Summary of the ACS Guidelines on Nutrition and Physical Activity, Updated on February 5, 2016)

The Food Environment Index measures the quality of the food environment in a county on a scale from 0 to ten (zero being the worst value in the nation and ten being the best). The two variables used to determine the measure are limited access to healthy foods (i.e., the percentage of the population who are low income and do not live close to a grocery store) & food insecurity (i.e., the percentage of the population who did not have access to a reliable source of food during the past year).

- The food environment index in Pickaway County is 8.3.
- The food environment index in Ohio is 6.7



Pickaway County had a food index measure of:

8.3

BEST  WORST

(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2019)

Health Behaviors: Tobacco Use

Key Findings

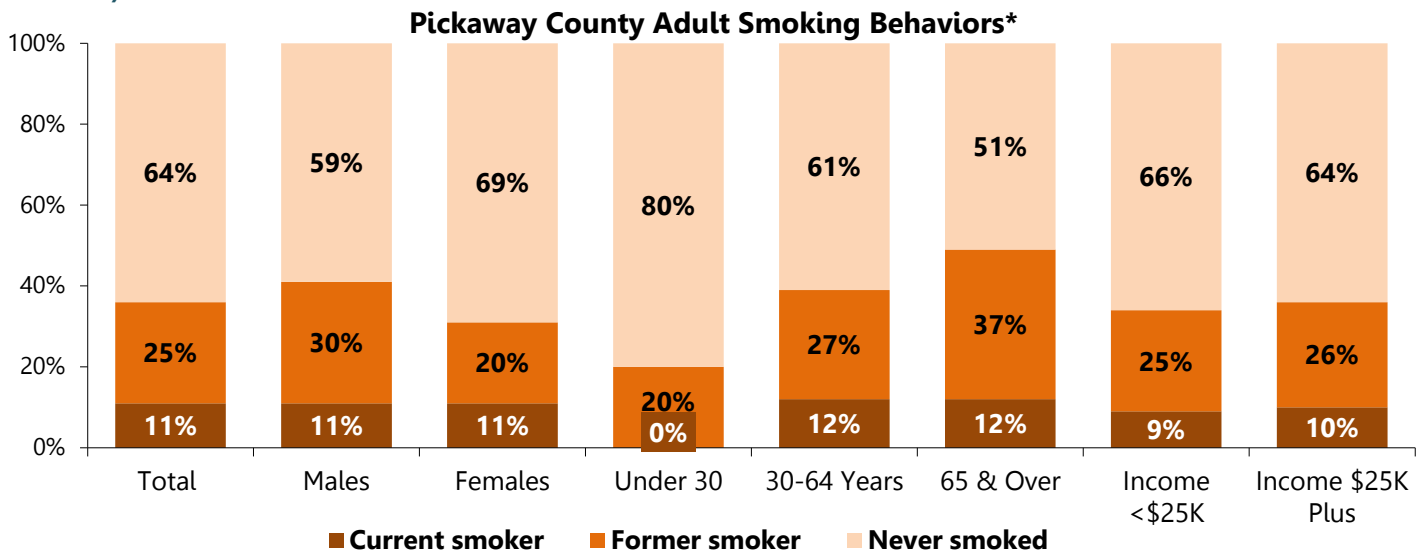
Eleven percent (11%) of Pickaway County adults were current smokers, and 25% were considered former smokers. Four percent (4%) of adults used e-cigarettes or other electronic vaping products in the past year.

4,592 Pickaway County adults were current smokers.

Tobacco Use

- Eleven percent (11%) of Pickaway County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- One-quarter (25%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- During the past 12 months, 27% of Pickaway adults who were trying to quit smoking used the following methods: cold turkey (21%), Nicotine patch (6%), e-cigarettes (6%), quit line (3%), prescribed Chantix (3%), and Wellbutrin (3%).
- Pickaway County adult smokers were more likely to have:
 - Rated their general health as fair or poor (36%)
 - Been divorced (23%) or widowed (11%)
 - Been diagnosed with asthma (9%)
- Pickaway County adults used the following tobacco products in the past year: cigarettes (17%); chewing tobacco, snuff or snus (8%); e-cigarettes or other electronic vaping products (4%); cigars (4%); little cigars (4%); pipes (1%); little cigarillos (1%); and dissolvable tobacco (<1%).

The following graph shows the percentage of Pickaway County adults' smoking behaviors. An example of how to interpret the information includes: 11% of all adults were current smokers, 25% were former smokers, and 64% had never smoked.



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

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Electronic Vapor Product Use

- Two percent (2%) of adults were current electronic vapor product users (those who indicated using an electronic vapor product in their lifetime and currently used it some or all days).
- Fifteen percent (15%) of adults indicated they were former electronic vapor product users.
- Three-fourths (75%) of adults believed that e-cigarette vapor was harmful to themselves. Fifty-eight percent (58%) of adults believed that e-cigarette vapor was harmful to others. Twenty-one percent (21%) of adults did not know if e-cigarette vapor was harmful to themselves or others.
- Pickaway County adults had the following practices about **smoking** and **vaping** in their home: never allowed (43%), allowed anywhere (12%), not allowed when children are present (12%) and allowed in certain rooms (8%).
- Pickaway County adults had the following practices about **smoking** and **vaping** in their car: never allowed (46%), allowed anywhere (15%), not allowed when children are present (14%) and allowed but only with one or more of the windows open (14%).

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Current smoker (currently smoke some or all days)	11%	21%	16%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	25%	25%	25%
Current e-cigarette user (vaped on some or all days)	2%	5%*	5%*
Former e-cigarette user	15%	19%*	16%*

*2017 BRFSS

E-Cigarette Health Effects

- **Most e-cigarettes contain nicotine, which has known health effects.**
 - Nicotine is highly addictive.
 - Nicotine is toxic to developing fetuses.
 - Nicotine can harm adolescent brain development, which continues into the early-to-mid-20s.
 - Nicotine is a health danger for pregnant women and their developing babies.
- **E-cigarette aerosol is not harmless**
 - E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.
- **E-cigarettes can cause unintended injuries.**
 - Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.
 - In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

(Source: CDC, *Smoking & Tobacco Use, About Electronic Cigarettes (E-Cigarettes)*, updated January 3, 2020)

Health Behaviors: Alcohol Consumption

Key Findings

Forty-nine percent (49%) of Pickaway County adults had at least one alcoholic drink in the past month and would be considered current drinkers. One-fifth (20%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

20,457 adults had at least one alcoholic drink in the past month.

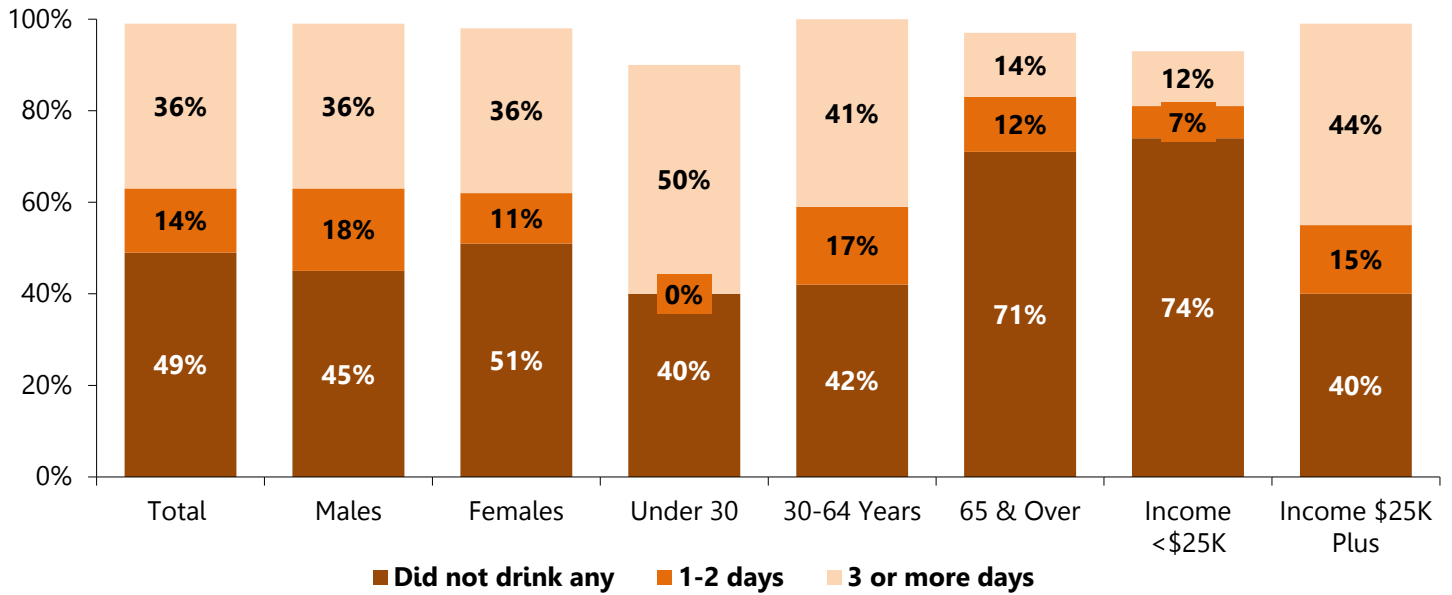
Alcohol Consumption

- Forty-nine percent (49%) of Pickaway County adults had at least one alcoholic drink in the past month, increasing to 54% of males and 59% those with incomes more than \$25,000.
- Of those who drank, Pickaway County adults drank 3.9 drinks on average, increasing to 5.2 drinks for males and 4.1 drinks for those with incomes more than \$25,000.
- One-fifth (20%) of Pickaway County adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers. Of those who drank in the past month, 42% had at least one episode of binge drinking.
- Adults drove the following after having 5 or more alcoholic beverages: motor vehicle (22%), motorcycle (1%), ATV (1%), gator or other utility vehicle (1%), and golf cart (1%). No one reported driving a boat, watercraft, ATV, snowmobile, farm machinery, or motorcycle after having 5 or more alcoholic beverages.
- Pickaway County adults reported the following reasons for drinking alcohol: taste/enjoyment (34%); social events (32%); helps them relax/relieve stress (22%); it's normal/part of the culture (9%); social expectations (7%); they like the way it makes them feel (5%); their parents drank alcohol (2%), not much else to do (2%); and other reasons (2%).
- Pickaway County adults indicated they, a family member, or someone in their household experienced the following in the past six months: drove a vehicle or other equipment after having any alcoholic beverage (14%); drank more than they expected (5%); spent a lot of time drinking (5%); continued to drink despite problems caused by drinking (4%); gave up other activities to drink (3%); used prescription drugs while drinking (3%); drank more to get the same effect (2%); placed themselves or their family in harm (2%); drank to ease withdrawal symptoms (2%); failed to fulfill duties at work, home, or school (2%); had legal problems (1%); and tried to quit or cut down but could not (1%).

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Current Drinker (drank alcohol at least once in the past month)	49%	52%	54%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past month)	20%	16%	16%

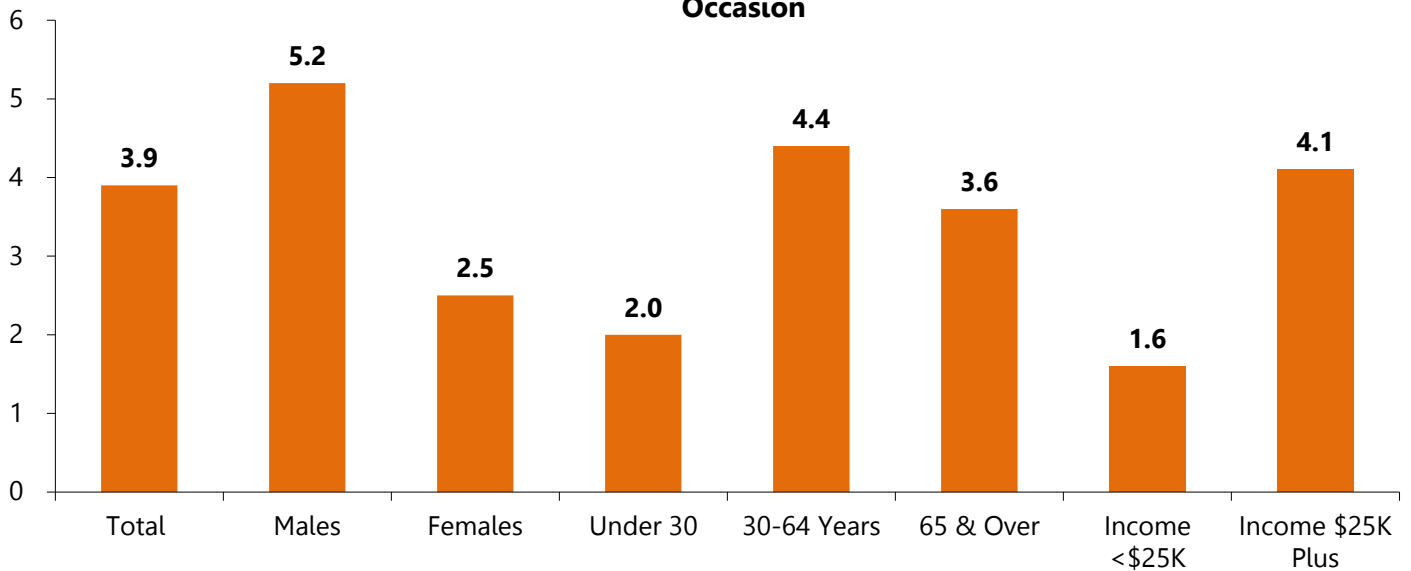
The following graphs show the percentage of Pickaway County adults who consumed alcohol and the amount consumed on average in the past month. An example of how to interpret the information shown on the first graph includes: 49% of all Pickaway County adults did not drink alcohol, 45% of Pickaway County males did not drink, and 51% of adult females reported they did not drink.

Pickaway County Average Number of Days Drinking Alcohol in the Past Month*



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

Pickaway County Adults Average Number of Drinks Consumed Per Drinking Occasion



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Health Behaviors: Drug Use

Key Findings

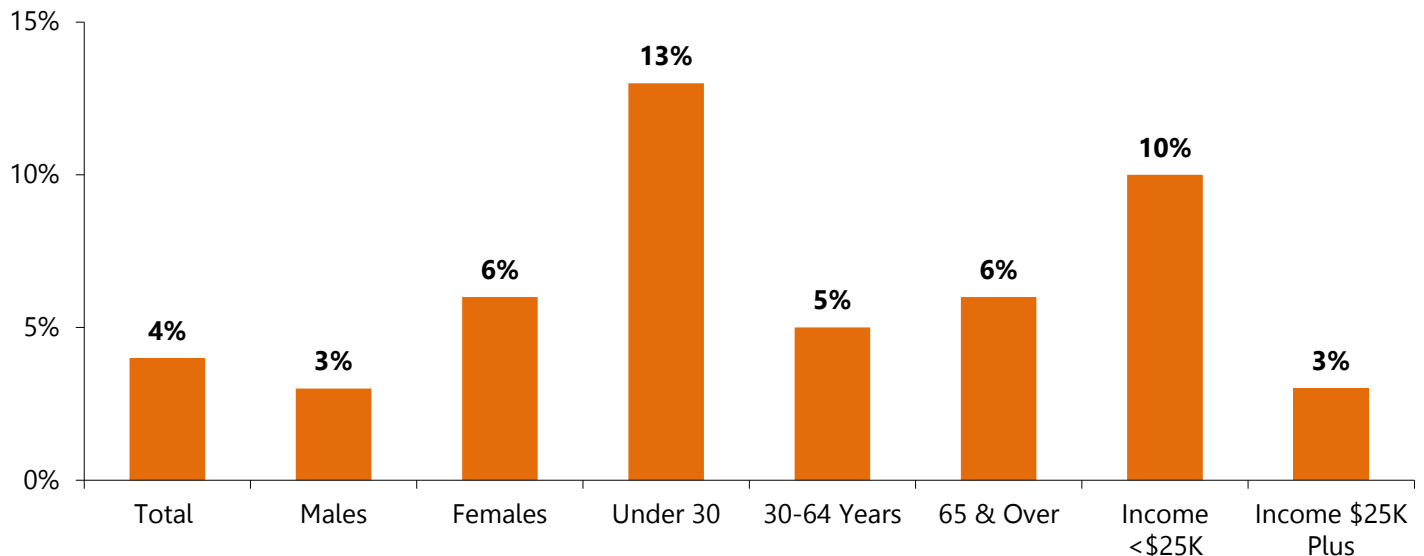
Two percent (2%) of Pickaway County adults had used recreational marijuana or hashish during the past six months. Four percent (4%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past six months. Six percent (6%) of adults used drug deactivation pouches to dispose of their unused prescription medication.

Prescription Drug Misuse

- Four percent (4%) 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 six months.
- Adults who misused prescription medication obtained their medication from the following: primary care physician (3%), from multiple doctors (1%), bought from a drug dealer (<1%), from an ER or urgent care doctor (<1%), and free from friend or family member (<1%).
- Pickaway County adults indicated they did the following with their unused prescription medication: took as prescribed (25%), threw it in the trash (20%), kept it (17%), took it to the medication collection program (13%), flushed it down the toilet (8%), used drug deactivation pouches (6%), took it back on Drug Take Back Days (6%), kept in a locked cabinet (5%), took it to the sheriff's office (3%), gave them away (1%), mailer to ship back to pharmacy (1%), and some other method (3%). Thirty-seven percent (37%) of adults did not have unused medication.

The following graph shows adult medication misuse in the past six months. An example of how to interpret the information in the graph includes: 4% of adults used misused medication in the past six months, including 13% of those under the age of 30.

Pickaway County Adult Medication Misuse in Past Six Months

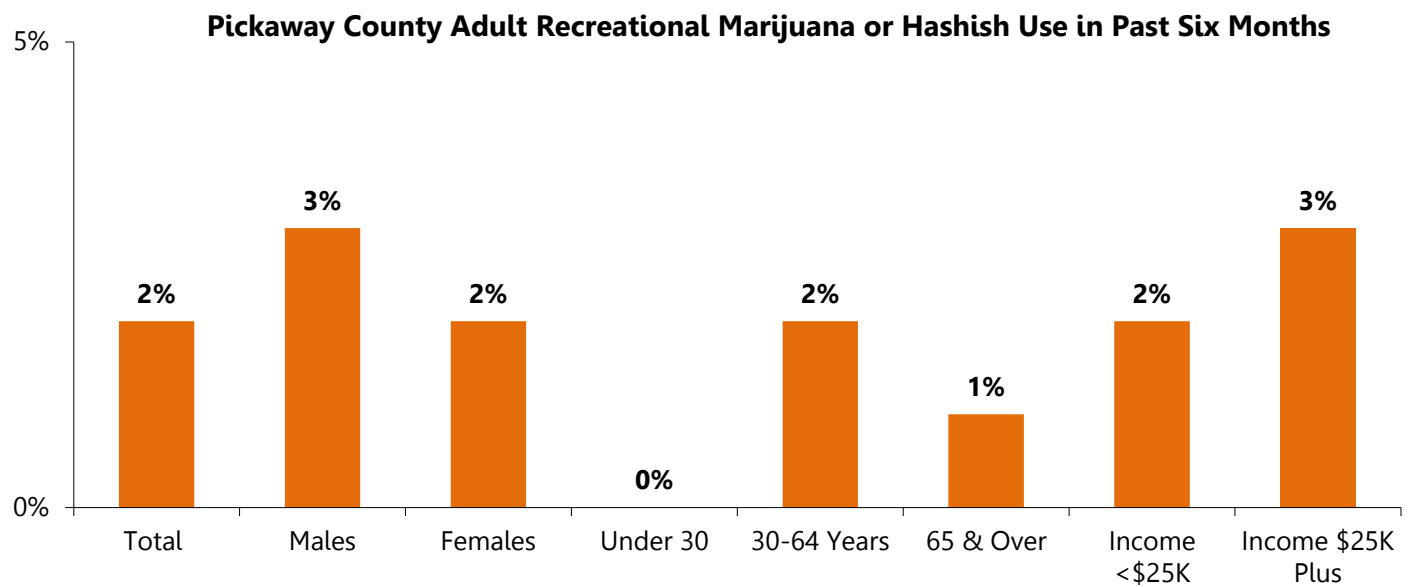


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Marijuana and Other Drug Use

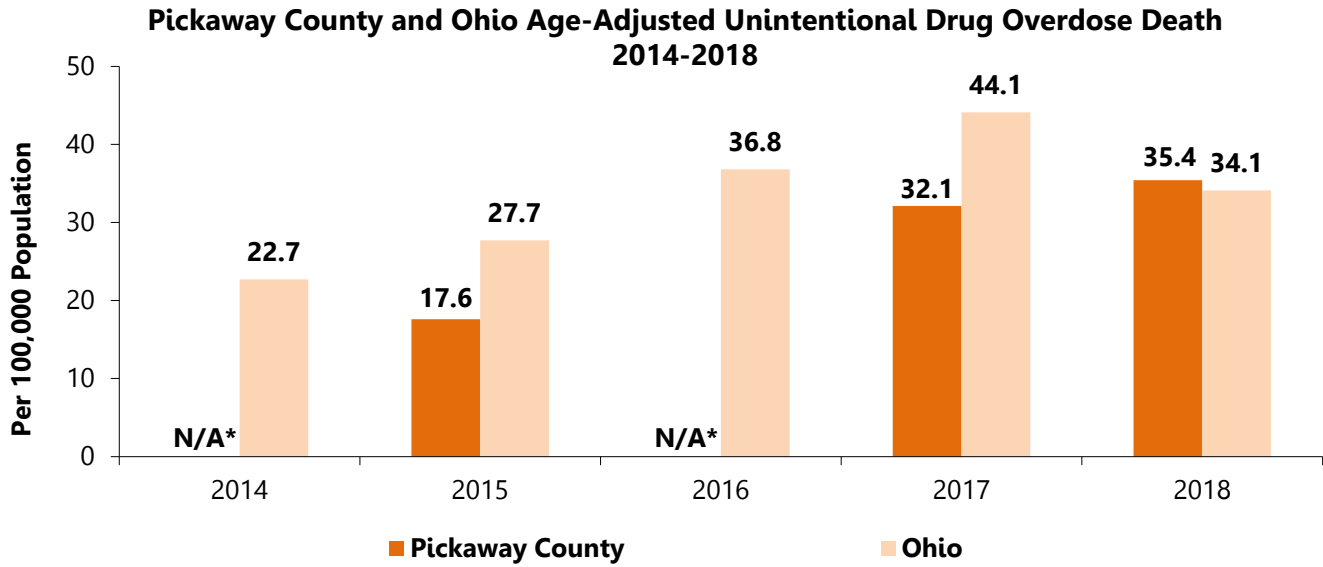
- Two percent (2%) of Pickaway County adults had used recreational marijuana or hashish in the past six months, increasing to 18% of those under the age of 30.
- In the past month, adults used the following: recreational marijuana (6%); marijuana that they, a family member, or a friend grew (2%); medicinal marijuana (1%); and other products that have THC oil (<1%).
- Five percent (5%) of adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- As a result of using drugs, Pickaway County adults indicated they, an immediate family member, or someone in their household: failed a drug screen (2%), had legal problems (1%), regularly failed to fulfill obligations at work or home (1%), placed themselves in dangerous situations (1%), received Narcan or nasal Naloxone (<1%), and overdosed and required EMS/hospitalization (<1%).
- One percent (1%) of adults had sought treatment or counseling for an alcohol and/or drug problem in the past year.

The following graph shows adult recreational marijuana or hashish use in the past six months. An example of how to interpret the information in the graph includes: 2% of Pickaway County adults used recreational marijuana or hashish in the past six months, including 3% of males.



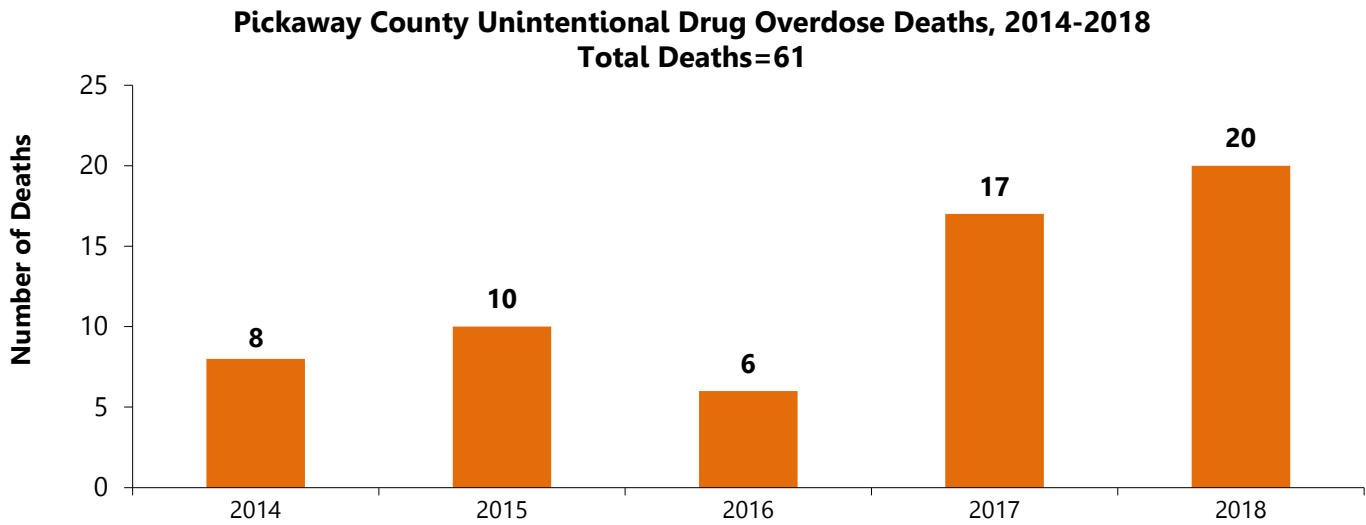
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

The following graph shows the Pickaway County and Ohio age-adjusted unintentional drug overdose deaths from 2014 to 2018.



*N/A - Indicates rates have been suppressed for counts < 10 or where population counts are not available, rates based on counts < 20 are considered unreliable.

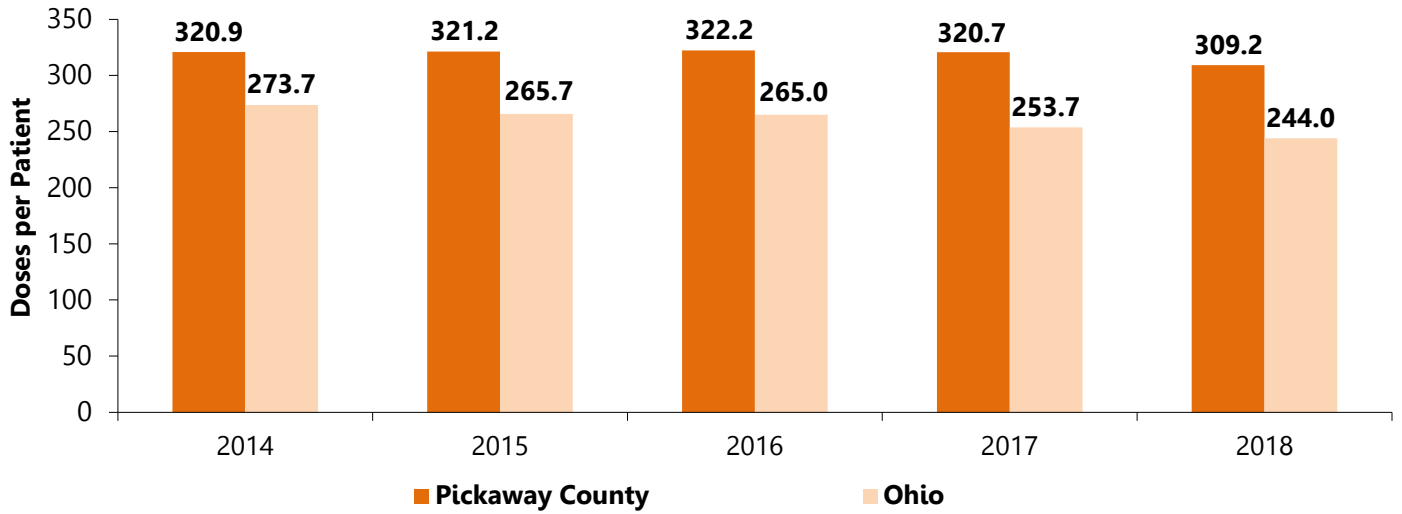
The following graph shows the number of unintentional drug overdose deaths from 2014 to 2018 in Pickaway County.



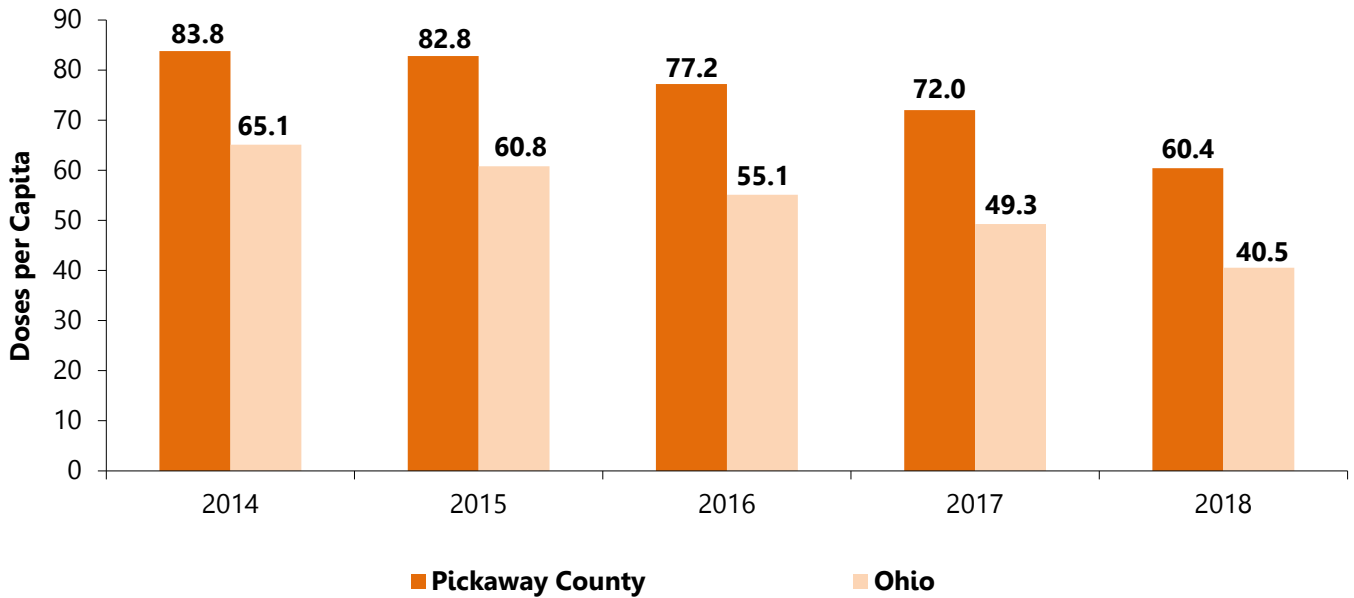
(Source for graphs: Ohio Public Health Data Warehouse, 2014-2018, Updated 1/27/20)

The following graphs are data from the Ohio Automated Prescription Reporting System (OARRS) indicating Pickaway County and Ohio opioid doses per patient, as well as opioid doses per capita.

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

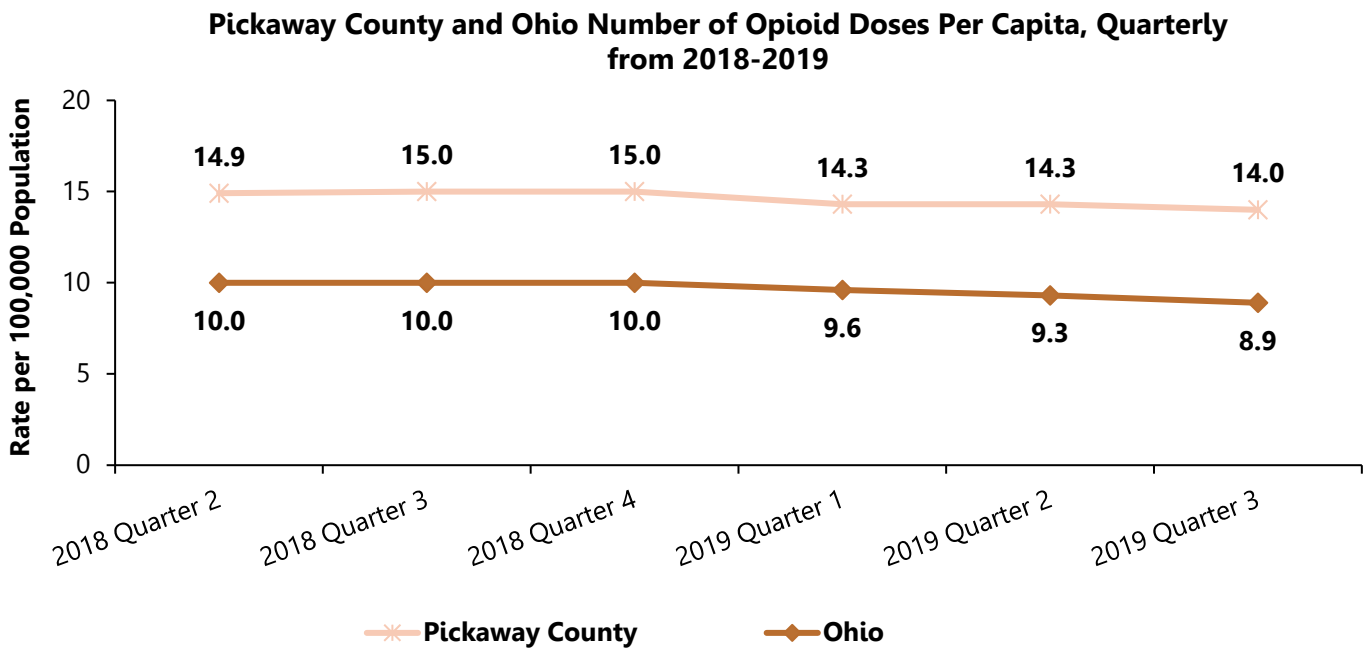
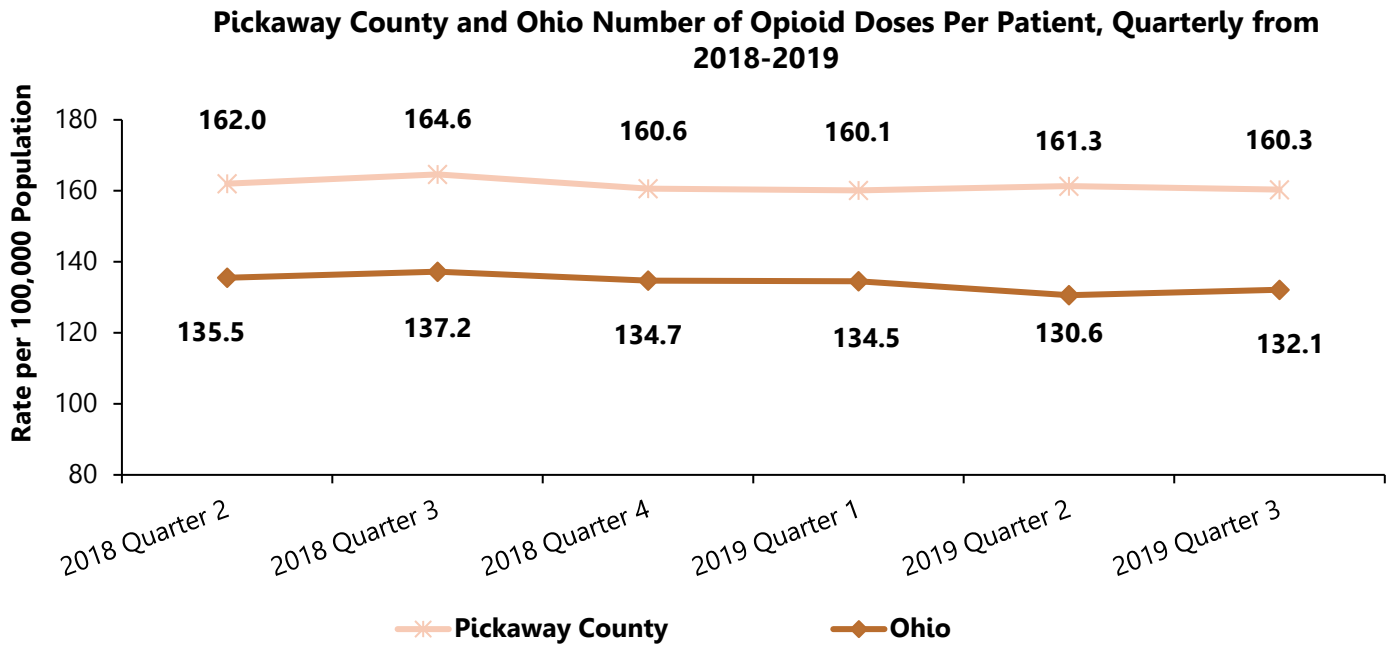


Pickaway County and Ohio Number of Opiate and Pain Reliever Doses Per Capita



(Source for graphs: Ohio's Automated Rx Reporting System, 2014-2018)

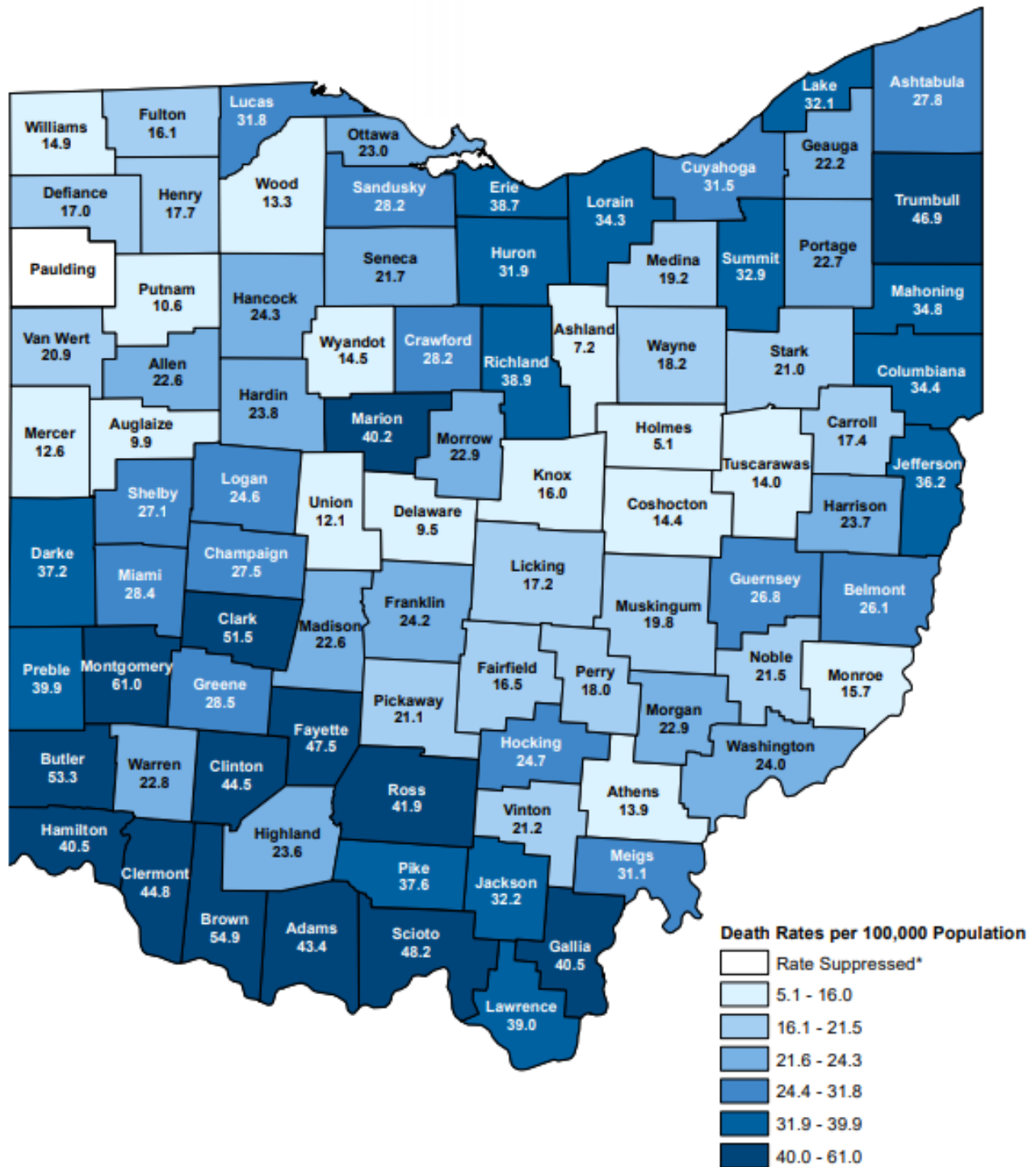
The following graphs show Pickaway County and Ohio quarterly opioid doses per patient and unintentional drug overdose deaths.



(Source for graphs: Ohio's Automated Rx Reporting System, 2017-2018, retrieved on 1/27/20)

The following map illustrates the average age-adjusted unintentional drug overdose death rate per 100,000 population, by county from 2013-2018.

- Pickaway County ranked 60th out of all counties in Ohio for age-adjusted rate of unintentional drug overdose from 2013-2018.



(Source: Ohio Department of Health, 2018 Ohio Drug Overdose Data: General Findings)

Health Behaviors: Sexual Behavior

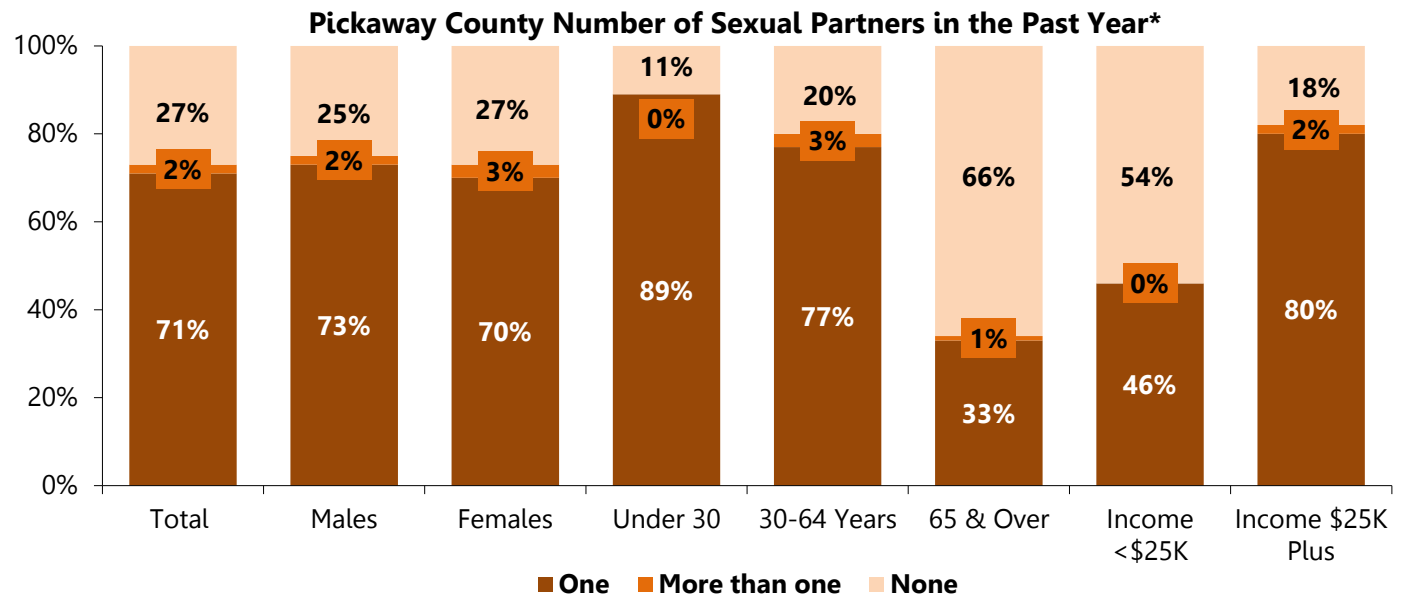
Key Findings

Seventy-three percent (73%) of Pickaway County adults had sexual intercourse in the past year. Two percent (2%) of adults had more than one sexual partner in the past year.

Sexual Behavior

- Seventy-three percent (73%) of Pickaway County adults had sexual intercourse in the past year. Two percent (2%) of adults reported they had intercourse with more than one partner in the past year.

The following graph shows the number of sexual partners Pickaway County adults had in the past year. An example of how to interpret the information in the graph includes: 71% of all Pickaway County adults had one sexual partner in the last year, and 2% had more than one; 3% of females had more than one partner in the past year.



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

Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

- Pickaway County adults used the following methods of birth control: male sterilization (21%); they or their partner were too old (16%); female sterilization (12%); birth control pill (8%); hysterectomy (8%); infertility (7%); condoms (5%); IUD (3%); shots (3%); withdrawal (2%); rhythm method (2%); copper-bearing IUD (1%); abstinence (1%); ovaries or testicles removed (1%); contraceptive implant (<1%); contraceptive ring (<1%). Two percent (2%) of adults indicated they were gay or lesbian. Four percent (4%) of adults reported they and their partner were trying to get pregnant, and 5% were currently pregnant. Seven percent (7%) of Greene County adults were not using any method of birth control.
- Six percent (6%) of Pickaway County adults reported being forced to have sexual activity when they did not want to, increasing to 9% of females. Of those who were forced to participate in sexual activity, 5% reported it.
- Adults did not report their sexual assault for the following reasons: fear (39%), stigma (17%), they were in a relationship with the offender (17%), they did not know how (17%), they feared the offender (11%), and other reasons (67%).

- The following situations applied to Pickaway County adults:
 - Had sex without a condom in the past year (32%)
 - Had anal sex without a condom in the past year (3%)
 - Tested positive for HPV (2%)
 - Had sex with someone they met on social media (2%)
 - Had sexual activity with someone of the same gender (1%)
 - Had sex with someone they did not know (1%)
 - Engaged in sexual activity following alcohol or other drug use that they would not have done if sober (1%)
 - Given or received money or drugs in exchange for sex in the past year (1%)
 - Had four or more sexual partners in the past year (<1%)
 - Injected any drug other than those prescribed in the past year (<1%)
 - Engaged in any type of sexual activity in exchange or something of value such as food, drugs, shelter or money (<1%)

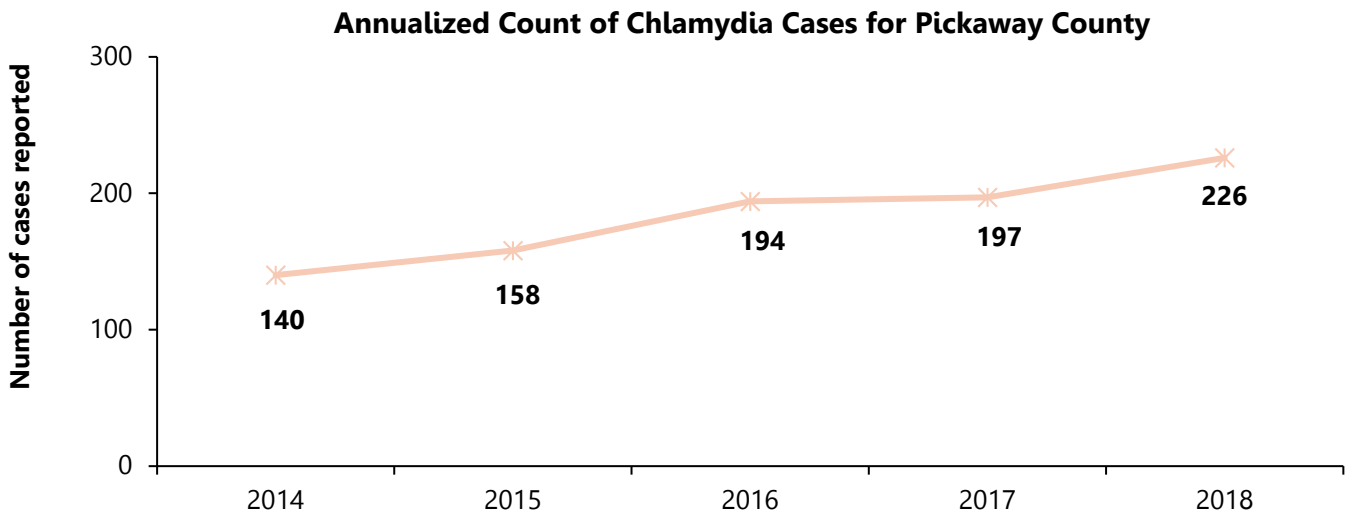
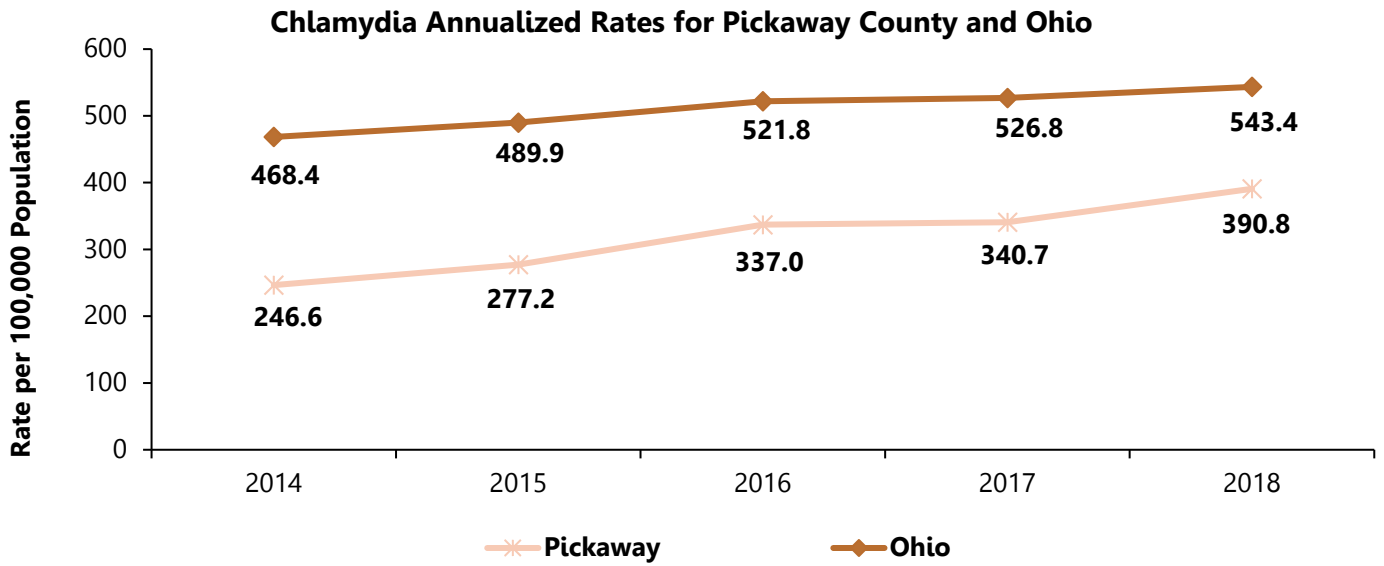
Understanding Sexual Violence

- Sexual violence is sexual activity when consent is not obtained or not freely given. Sexual violence impacts every community and affects people of all genders, sexual orientations, and ages—anyone can experience or perpetrate sexual violence. The perpetrator of sexual violence is usually someone known to the victim, such as a friend, current or former intimate partner, coworker, neighbor, or family member.
- Sexual violence affects millions of people each year in the United States. Researchers know that the numbers underestimate this significant problem as many cases go unreported. Victims may be ashamed, embarrassed, or afraid to tell the police, friends, or family about the violence.
- Sexual violence is common. 1 in 3 women and 1 in 4 men experienced sexual violence involving physical contact during their lifetimes. Nearly 1 in 5 women and 1 in 38 men have experienced completed or attempted rape and 1 in 14 men was made to penetrate someone (completed or attempted) during his lifetime.
- Sexual violence starts early. 1 in 3 female rape victims experienced it for the first time between 11-17 years old and 1 in 8 reported that it occurred before age 10. Nearly 1 in 4 male rape victims experienced it for the first time between 11-17 years old and about 1 in 4 reported that it occurred before age 10.
- Sexual violence is costly. Recent estimates put the cost of rape at \$122,461 per victim, including medical costs, lost productivity, criminal justice activities, and other costs.

(Source: CDC, Sexual Violence, last updated January 17, 2020)

The following graphs show Pickaway County chlamydia rates per 100,000 population and the number of chlamydia disease cases. The graphs show:

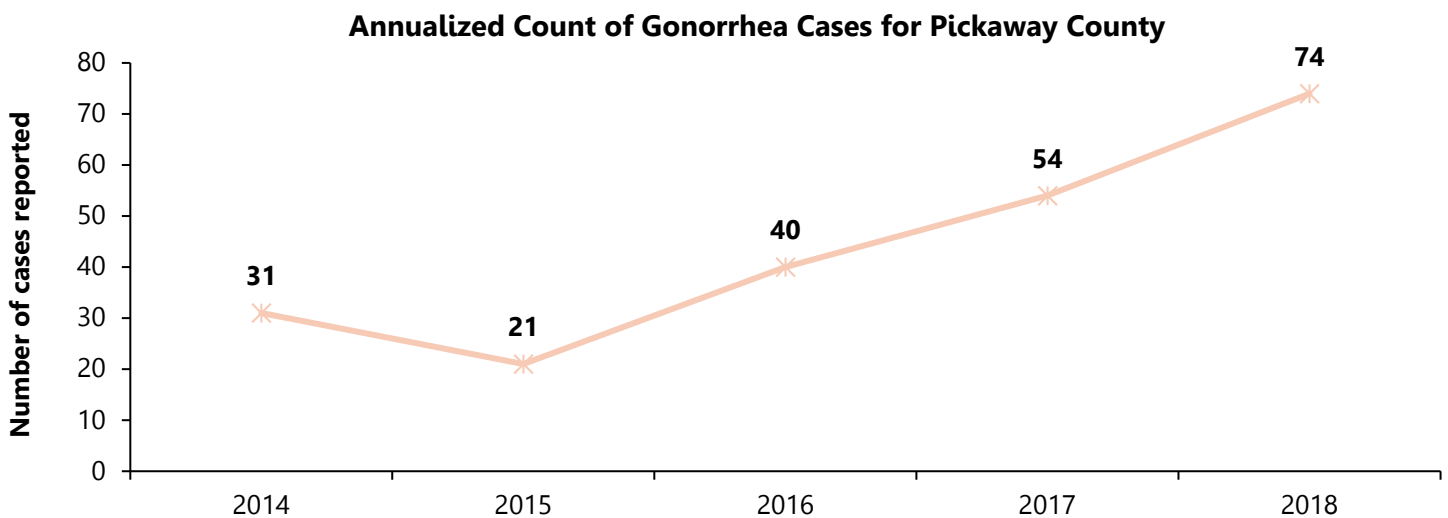
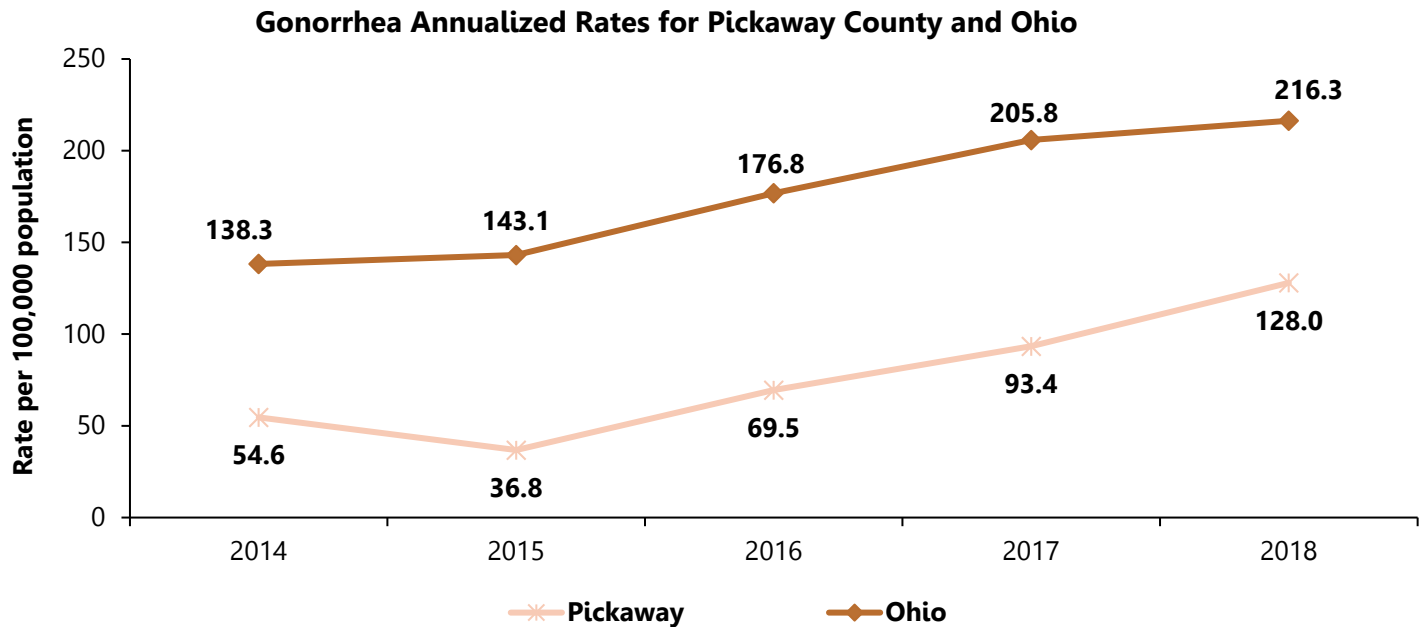
- Pickaway County chlamydia rates increased annually from 2014-2018. Pickaway County rates remained below the Ohio rates.



(Source for graphs: ODH, STD Surveillance, data reported through 5/2/19)

The following graphs show Pickaway County gonorrhea rates per 100,000 population and the number of gonorrhea disease cases. The graphs show:

- The Pickaway County gonorrhea rate decreased from 2014-2015 and then increased from 2015 to 2018.
- The Ohio gonorrhea rate increased from 2014 to 2018.



(Source for graphs: ODH, STD Surveillance, data reported through 5/2/19)

Health Behaviors: Mental Health

Key Findings

Four percent (4%) of Pickaway County adults considered attempting suicide in the past year. Fourteen percent (14%) of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities in the past year.

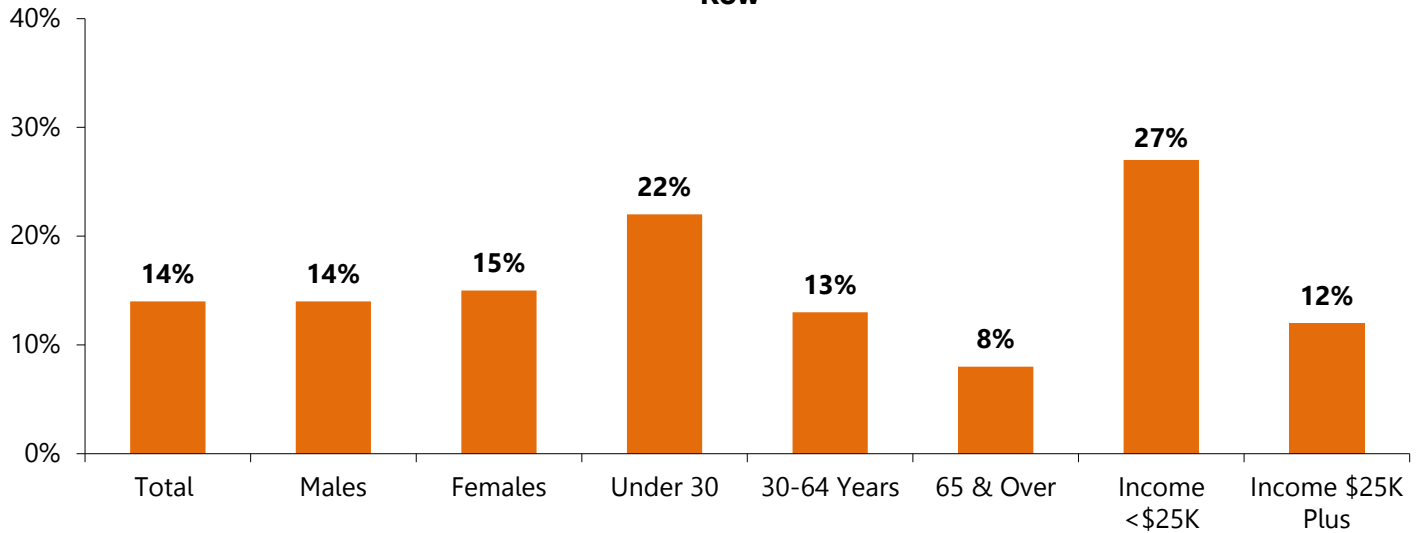
5,845 adults felt sad or hopeless for two or weeks in a row in the past year.

Mental Health

- In the past year, 14% of Pickaway County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.
- Four percent (4%) of Pickaway County adults considered attempting suicide in the past year.
- One percent (1%) of adults reported attempting suicide in the past year.
- Over the last two weeks, Pickaway County adults reported they had been bothered by the following: felt nervous, anxious or on edge (41%); had little interest or pleasure in doing things (31%); and felt down, depressed or hopeless (30%).
- Adults indicated the following caused them anxiety, stress or depression: job stress (30%), financial stress (28%), death of close family member or friend (18%), marital/dating relationship (14%), other stress at home (13%), poverty/no money (12%), raising/caring for children (9%), family member with mental illness (9%), sick family member (9%), fighting at home (7%), caring for a parent (7%), unemployment (5%), social media (5%), divorce/separation (4%), not having a place to live (2%), not having enough to eat (2%), sexual orientation/gender identity (1%), not feeling safe at home (1%), not feeling safe in the community (<1%), and other causes (11%).
- Fifteen percent (15%) of Pickaway County adults used a program or service for help with depression, anxiety, or other emotional problem for themselves or a loved one. Reasons for not using a program or service to help with depression, anxiety, or emotional problems included the following: had not thought of it (9%); could not afford to go (7%); stigma of seeking mental health services (5%); fear (4%); did not know how to find a program (4%); embarrassed to seek mental health services (4%); other priorities (3%); co-pay/deductible too high (2%); transportation (1%); could not find a provider to address both mental health and disability (1%); could not find a mental health doctor or provider (<1%); too long of a wait to see a doctor/healthcare provider (<1%); and other reasons (5%). Sixty-one percent (61%) of adults indicated they did not need a program or service for help with depression, anxiety, or other emotional problems for themselves or a loved one.
- Adults reported they or a family member had been diagnosed with, or treated for, the following mental health issues: depression (33%), anxiety or emotional problem (33%), anxiety disorder (26%), bipolar (10%), alcohol and/or illicit drug abuse (10%), post-traumatic stress disorder (9%), attention deficit disorder (8%), autism spectrum (5%), developmental disability (5%), eating disorder (3%), psychotic disorder (2%), other trauma (2%), problem gambling (1%), life adjustment disorder (<1%), and another mental health disorder (3%). Twenty-eight percent (28%) of adults indicated they or a family member had taken medication for a mental health issue.

The following graph shows the percentage of Pickaway County adults who felt sad or hopeless for two or more weeks in a row in the past year. An example of how to interpret the information includes: 14% of all adults felt sad or hopeless for two or more weeks in a row, including 15% of females and 27% of those with incomes less than \$25,000.

Pickaway County Adults Who Felt Sad or Hopeless for Two or More Weeks in a Row



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

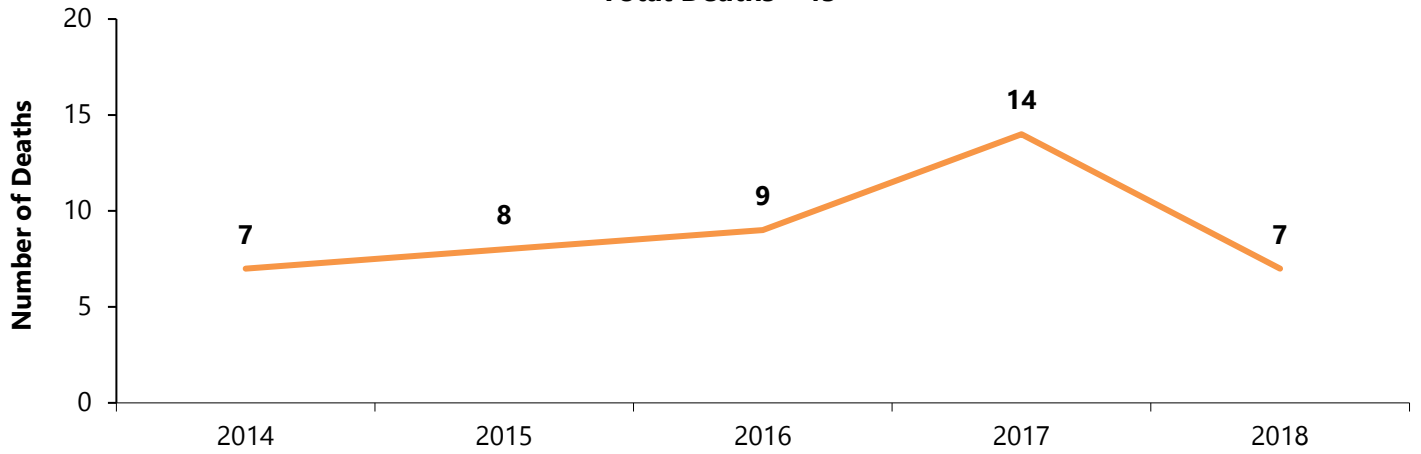
Suicide Rising Across the U.S.

- Suicide is a leading cause of death in the U.S.
- Suicide rates have increased more than 30% in half of states since 1999.
- Nearly 45,000 lives were lost to suicide in 2016.
- More than (54%) half of people who died by suicide did not have a known mental health condition.
- Many factors contribute to suicide among those with and without known mental health conditions such as relationship problems, crisis in the past or upcoming two weeks, physical health problems, problematic substance use, or job/financial problems.
- Making sure government, public health, health care, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can bring together these partners to focus on comprehensive state and community efforts with the greatest likelihood of preventing suicide.
- States and communities can:
 - Identify and support people at risk of suicide.
 - Teach coping and problem-solving skills to help people manage challenges with their relationships, jobs, health, or other concerns.
 - Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.
 - Offer activities that bring people together so they feel connected and not alone.
 - Connect people at risk to effective and coordinated mental and physical health care.
 - Expand options for temporary help for those struggling to make ends meet.

(Source: CDC, Suicide rising across the US, Updated on June 7, 2018)

The graph below shows the number of suicide deaths by year in Pickaway County.

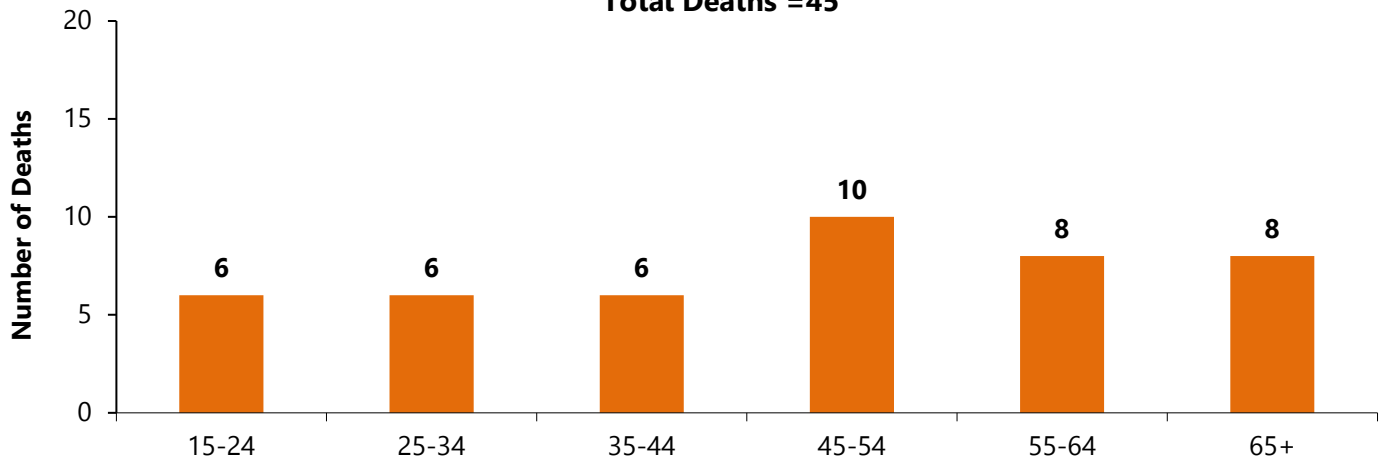
**Pickaway County Number of Suicide Deaths by Year
2014-2018
Total Deaths =45**



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 1/29/20)

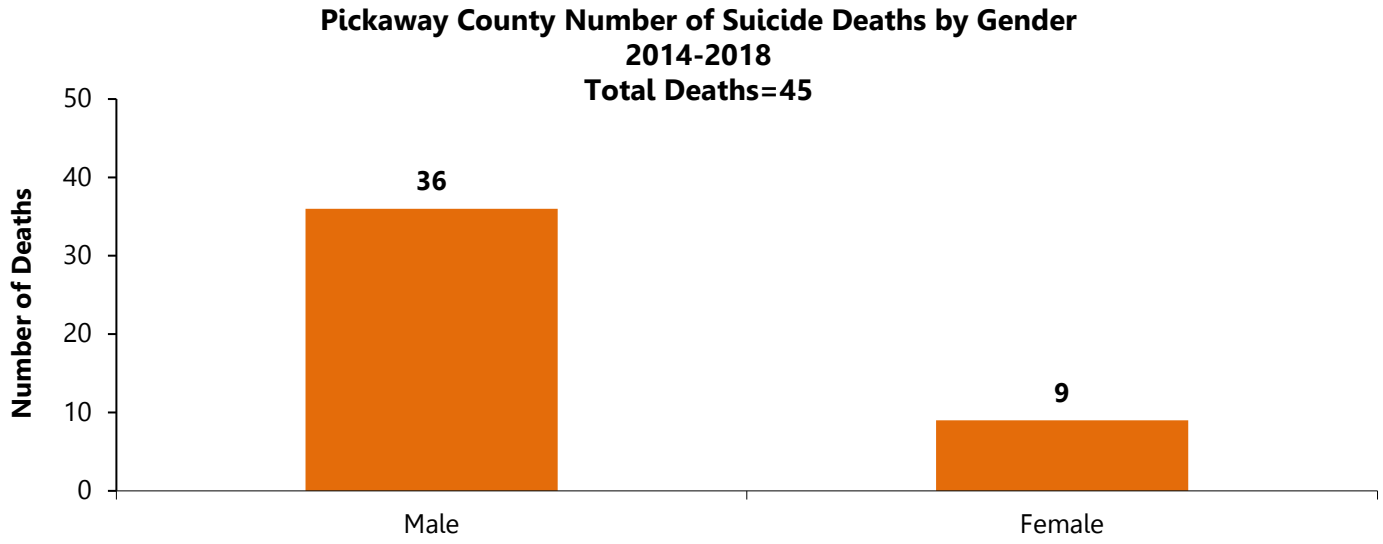
The graph below shows the number of suicide deaths by age group in Pickaway County.

**Pickaway County Number of Suicide Deaths By Age Group
2014-2018
Total Deaths =45**



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 1/29/20)

The graph below shows the number of suicide deaths by gender in Pickaway County.



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 1/29/20)

Chronic Disease: Cardiovascular Health

Key Findings

Five percent (5%) of adults had survived a heart attack and 2% had survived a stroke at some time in their life. Forty percent (40%) of adults had been diagnosed with high blood cholesterol, 35% were obese, 33% had been diagnosed with high blood pressure, and 11% were current smokers, four known risk factors for heart disease and stroke.

Heart Disease and Stroke

- Five percent (5%) of Pickaway County adults reported they had survived a heart attack or myocardial infarction, increasing to 11% of those over the age of 65.
- Two percent (2%) of Pickaway County adults reported they had survived a stroke, increasing to 9% of those over the age of 65.
- Two percent (2%) of adults reported they had angina or coronary heart disease, increasing to 8% of those over the age of 65.
- Two percent (2%) of adults reported they had congestive heart failure, increasing to 4% of those over the age of 65.

High Blood Pressure (Hypertension)

- One third (33%) of adults had been diagnosed with high blood pressure.
- Thirteen percent (13%) of adults were told they were pre-hypertensive/borderline high.
- Ninety-three percent (93%) of adults had their blood pressure checked within the past year.
- Pickaway County adults diagnosed with high blood pressure were more likely to have:
 - Been ages 65 years or older (60%)
 - Been classified as obese by body mass index (40%)
 - Rated their overall health as fair or poor (22%)

High Blood Cholesterol

- Forty percent (40%) of adults had been diagnosed with high blood cholesterol.
- Ninety percent (90%) of adults had their blood cholesterol checked within the past five years.
- Pickaway County adults with high blood cholesterol were more likely to have:
 - Been ages 65 years or older (60%)
 - Been classified as obese by body mass index (48%)
 - Have rated their overall health as fair or poor (15%)

Pickaway County Leading Causes of Death, 2016-2018

Total Deaths: 1,884

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

(Source: Ohio Public Health Data Warehouse, 2016-2018)

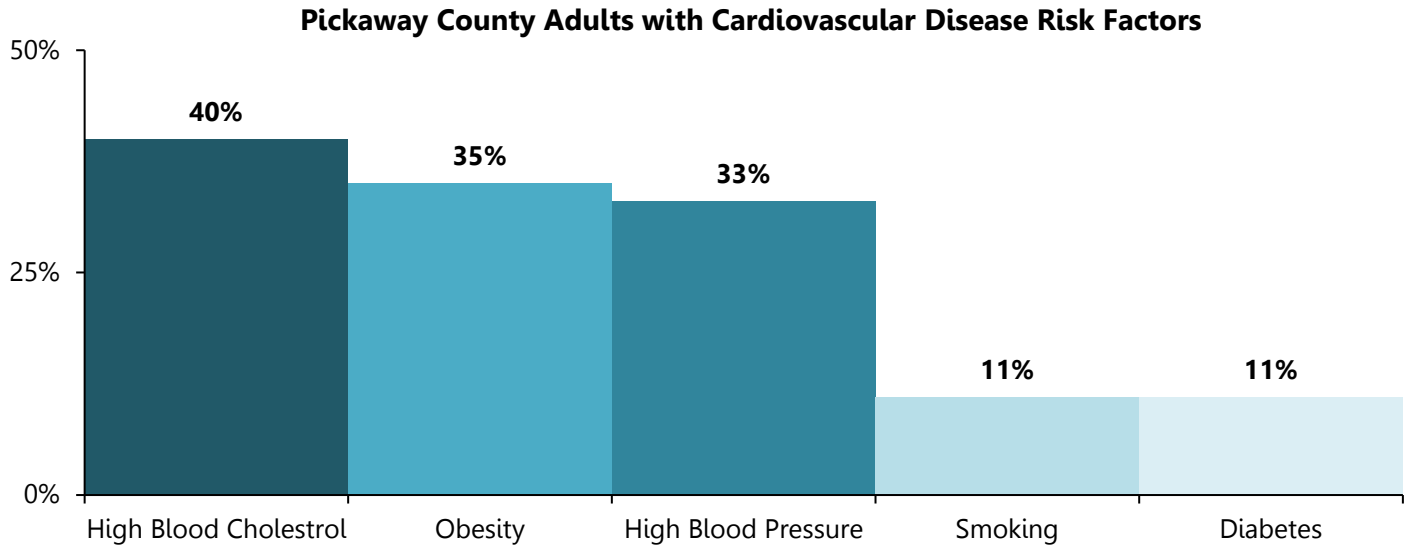
Ohio Leading Causes of Death, 2016-2018

Total Deaths: 367,518

1. Heart Diseases (23% of all deaths)
2. Cancer (21%)
3. Accidents, Unintentional Injuries (7%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2016-2018)

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



(Source: 2020 Pickaway County Health Assessment)

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Had angina or coronary heart disease	2%	5%	4%
Had a heart attack or myocardial infarction	5%	6%	5%
Had a stroke	2%	4%	3%
Had high blood pressure	33%	35%*	32%*
Had high blood cholesterol	40%	33%*	33%*
Had blood cholesterol checked within past five years	90%	85%*	86%*

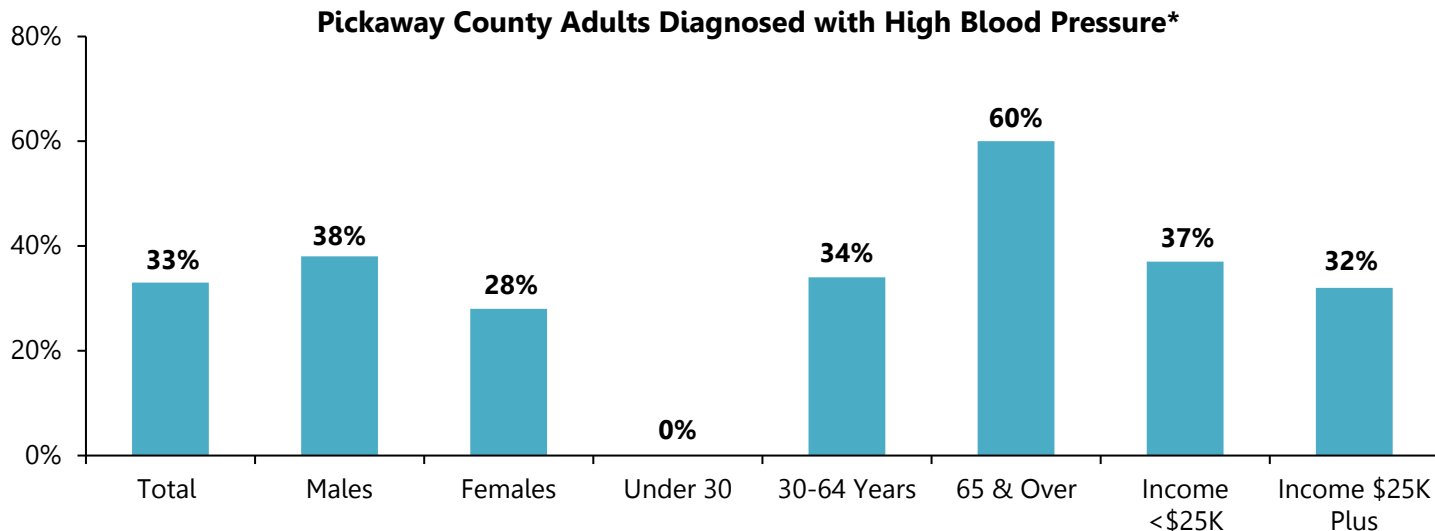
*2017 BRFSS Data

Healthy People 2020 Objectives Heart Disease and Stroke (HDS)

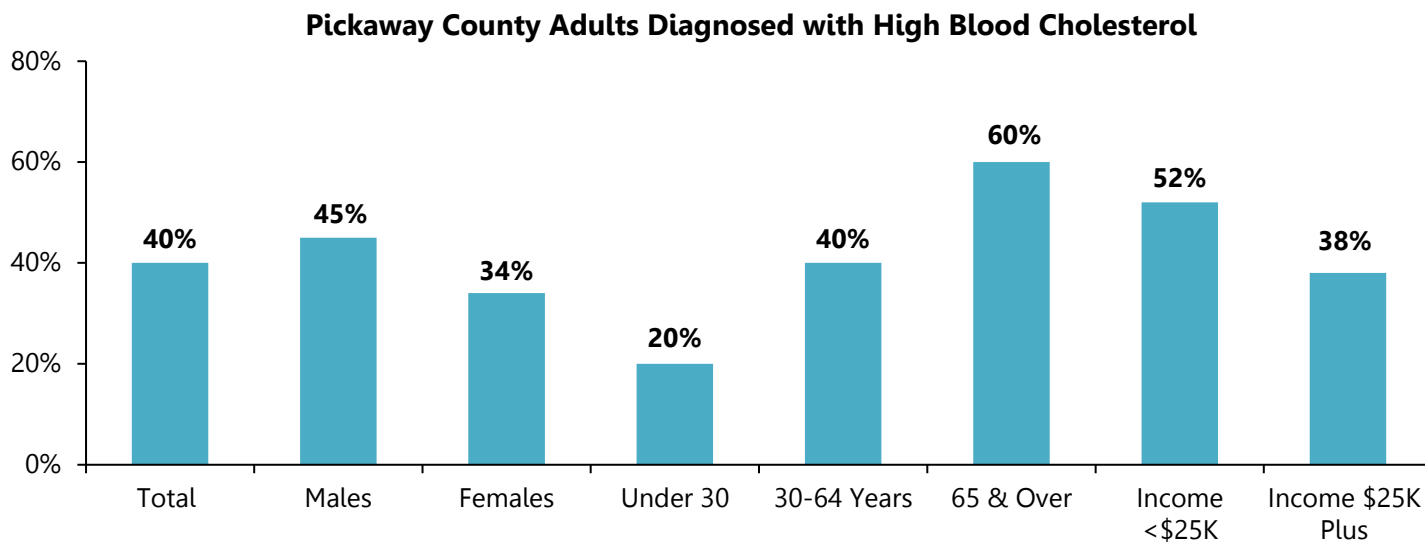
Objective	Pickaway Survey Baseline 2020	2017 U.S. Baseline	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	33%	32% Adults age 18 and up	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding five years	90%	86% Adults age 18 and up	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	40%	33% Adults age 20+ with TBC > 240 mg/dl	14%

Note: All U.S. figures age-adjusted to 2000 population standard.
(Source: Healthy People 2020, 2017 BRFSS, 2020 Pickaway County Health Assessment)

The following graphs show the percent of Pickaway County adults who had been diagnosed with high blood pressure and high blood cholesterol. An example of how to interpret the information on the first graph includes: 33% of all Pickaway County adults had been diagnosed with high blood pressure, including 38% of all males and 60% of those 65 years and older.



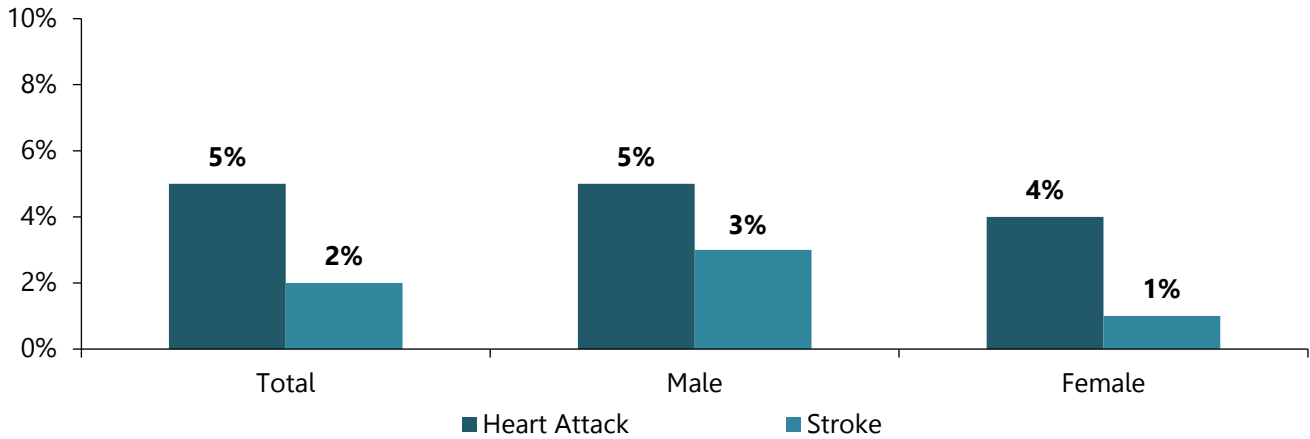
**Does not include respondents who indicated high blood pressure during pregnancy only.*



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the percentage of Pickaway County adults who had survived a heart attack or stroke in their lifetime by gender. An example of how to interpret the information includes: 3% of Pickaway County males survived a stroke compared to 1% of females.

Pickaway County Adults Who Had Survived a Heart Attack or Stroke In Their Lifetime



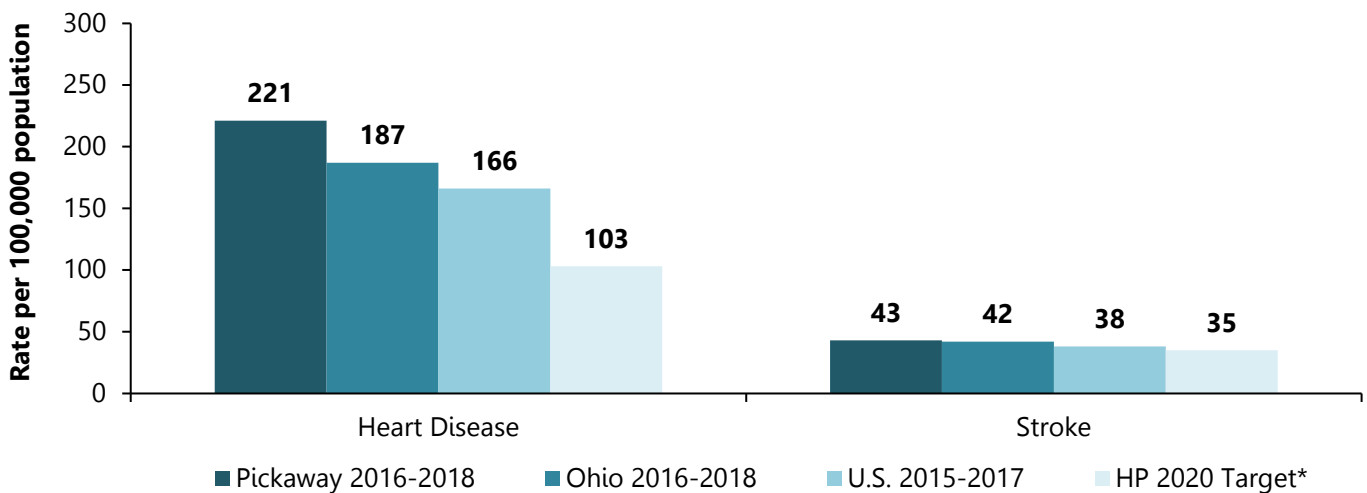
(Source: 2020 Pickaway County Health Assessment)

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the Pickaway County, Ohio and U.S. age-adjusted mortality rates per 100,000 population for heart disease and stroke in comparison to the Healthy People 2020 target objective.

- When age differences are accounted for, the statistics indicate that from 2016 to 2018, the Pickaway County heart disease mortality rate was greater than the figure for the state, the U.S., and the Healthy People 2020 target.
- The Pickaway County age-adjusted stroke mortality rate from 2016 to 2018 was greater than the figure for the state, the U.S., and the Healthy People 2020 target.

Pickaway County Age-Adjusted Heart Disease and Stroke Mortality Rates

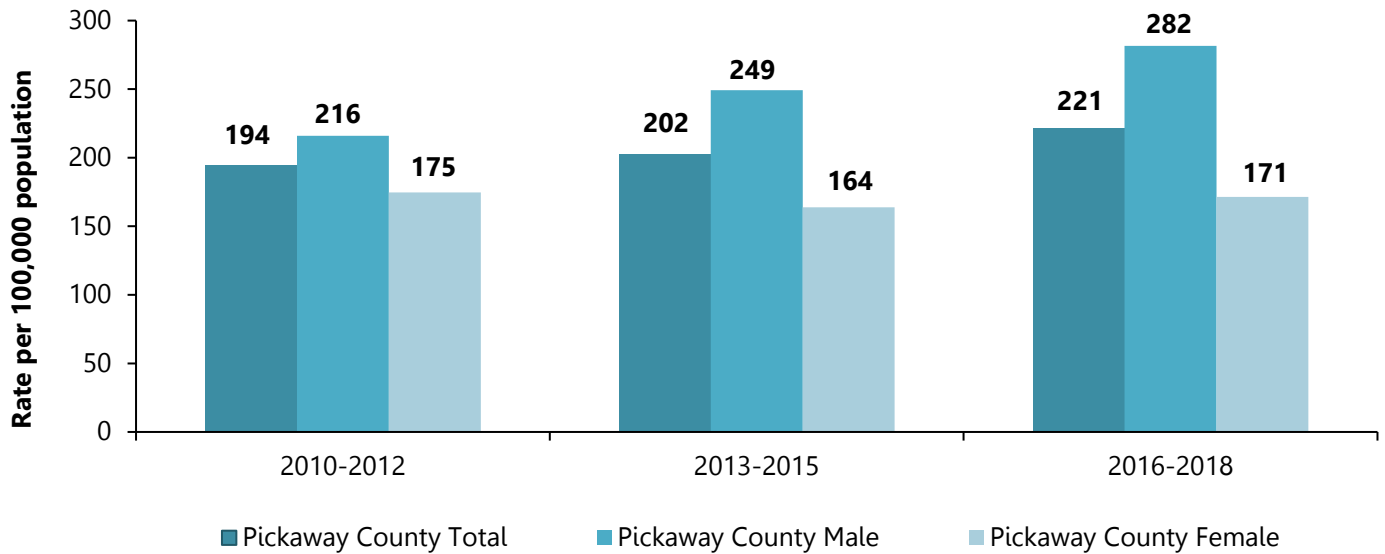


*The Healthy People 2020 Target objective for coronary heart disease is reported for heart attack mortality.
 (Source: Ohio Public Health Data Warehouse, 2016-2018, CDC Wonder 2015-2017, Healthy People 2020)

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

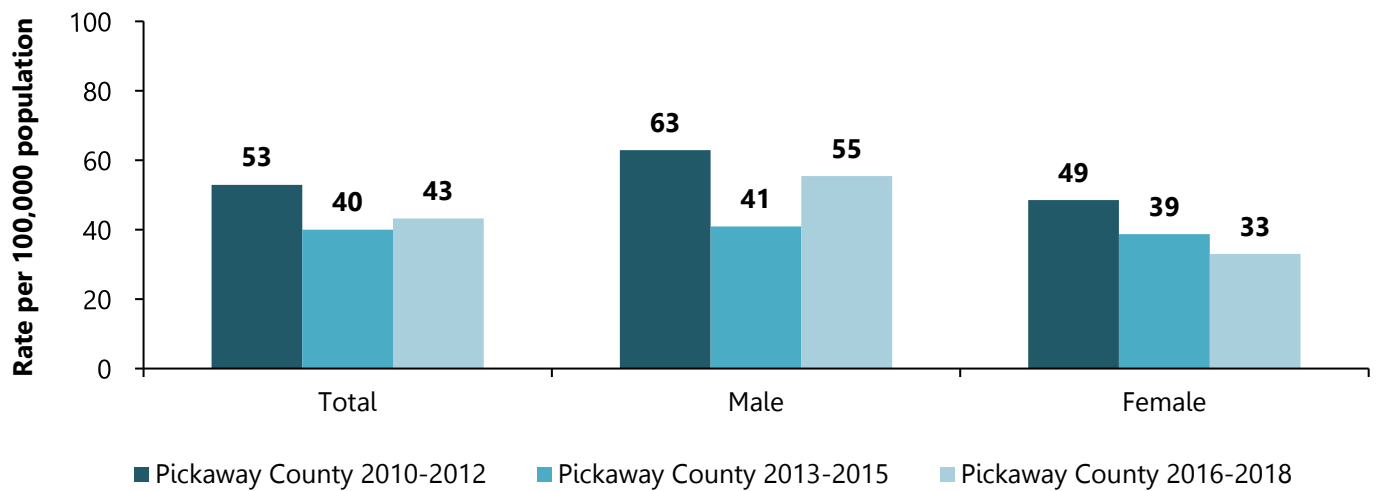
- From 2010 to 2018, the Pickaway County stroke mortality rate was higher for males than for females.

Pickaway County Age-Adjusted Heart Disease Mortality Rates by Gender



(Source: Ohio Public Health Data Warehouse, 2010-2018)

Pickaway County Age-Adjusted Stroke Mortality Rates by Gender



(Source: Ohio Public Health Data Warehouse, 2010-2018)

Chronic Disease: Cancer

Key Findings

Eleven percent (11%) of Pickaway County adults had been diagnosed with cancer at some time in their life.

Cancer

- Eleven percent (11%) of Pickaway County adults were diagnosed with cancer at some point in their lives, increasing to 23% of those over the age of 65.
- Of those diagnosed with cancer, they reported the following types: breast (21%), other skin cancer (15%), endometrial (14%), bladder (6%), prostate (6%), lung (3%), colon/intestine (3%), stomach (3%), melanoma (3%), pancreatic (3%), and other types of cancer (3%).

Pickaway County Incidence of Cancer, 2012-2016

All Types: 1,565

- Lung and Bronchus: 272 cases (17%)
- Breast: 220 cases (14%)
- Colon and Rectum: 135 cases (9%)
- Prostate: 133 cases (8%)

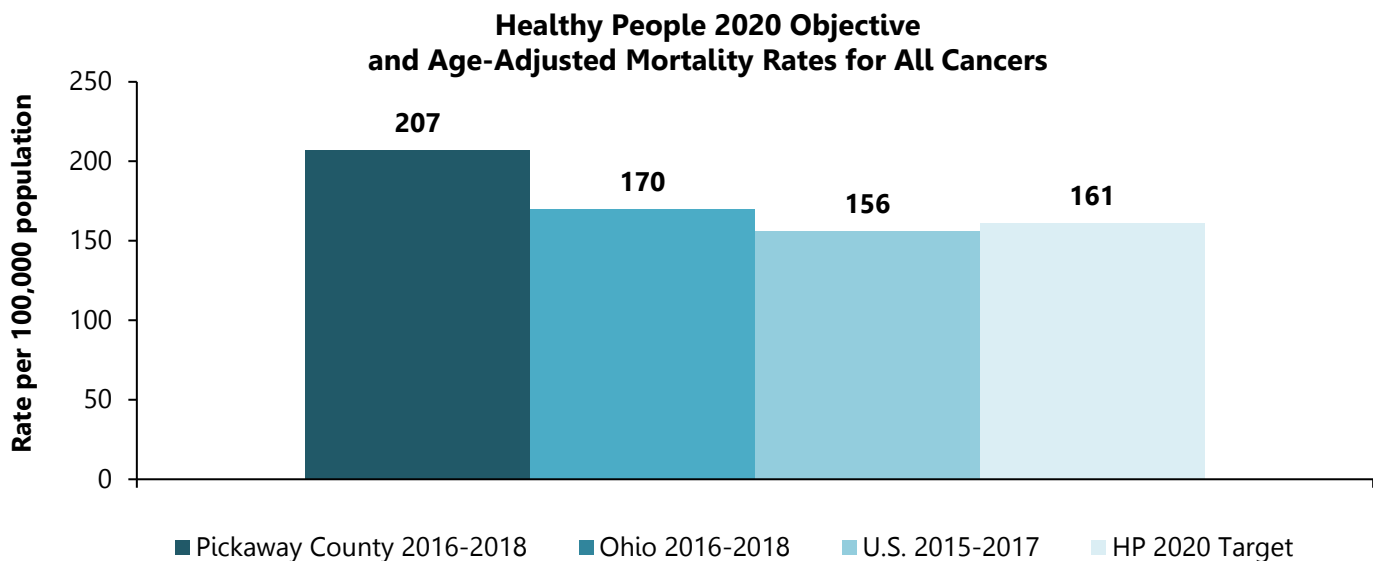
In 2016-2018, there were 429 cancer deaths in Pickaway County.

(Source: Ohio Cancer Incidence, ODH Ohio Public Health Data Warehouse, Updated 1/22/20)

Cancer Facts

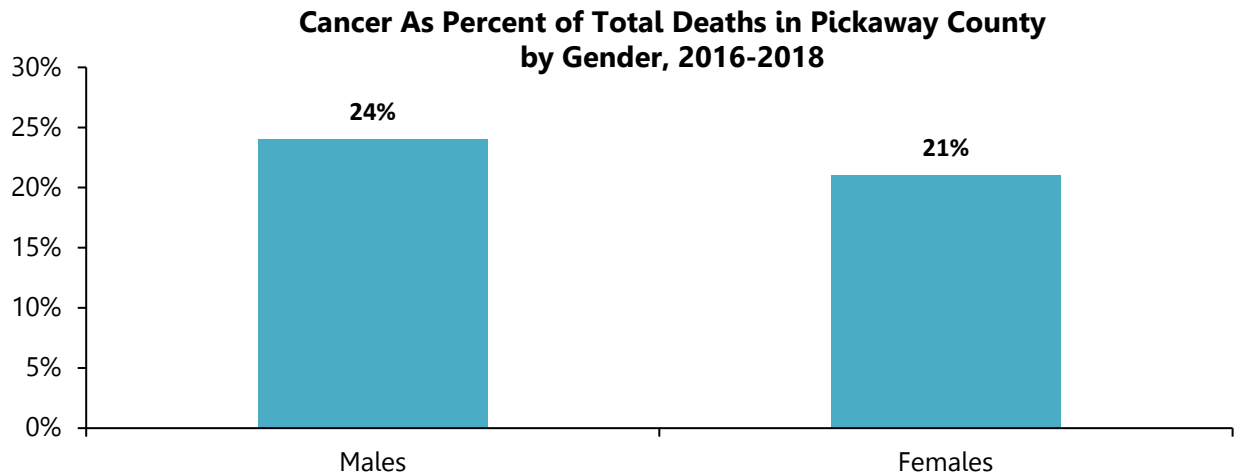
- The Ohio Public Health Data Warehouse indicates that from 2016-2018, cancers caused 23% (429 of 1,884 total deaths) of all Pickaway County resident deaths. The largest percent (17%) of 2016-2018 cancer deaths were from lung and bronchus cancers *(Source: Ohio Public Health Data Warehouse, 2016-2018)*.
- The American Cancer Society states that about 606,520 Americans are expected to die of cancer in 2020. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease *(Source: American Cancer Society, Facts & Figures 2020)*.

The following graph shows the Pickaway 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.



(Source: Ohio Public Health Data Warehouse, CDC Wonder, Healthy People 2020)

The following graph shows cancer as a percent of total deaths in Pickaway County.

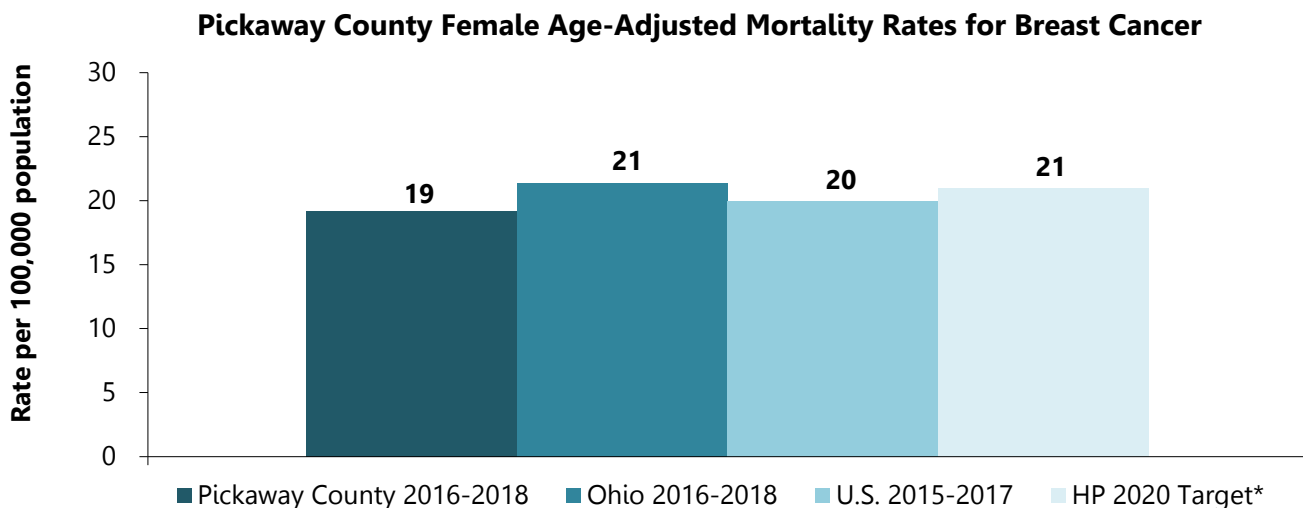


(Source: Ohio Public Health Data Warehouse, 2016-2018)

Breast Cancer

- Fifty percent (50%) of Pickaway County females reported having had a clinical breast examination in the past year.
- Over half (57%) of Pickaway County females over the age of 40 had a mammogram in the past year.
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommend that those 40 to 44 years of age have the option to begin annual mammography, those 45 to 54 should undergo annual mammography, and those 55 years of age and older may transition to biennial mammography or continue annual mammography. Women should continue mammography as long as overall health is good and life expectancy is ten or more years. For some women at high risk of breast cancer, annual magnetic resonance imaging (MRI) is recommended in addition to mammography, typically starting at age 30 (Source: American Cancer Society, Facts & Figures 2020).

The following graph shows the Pickaway County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for breast cancer in comparison with the Healthy People 2020 objective.



(Sources: Healthy People 2020, Ohio Public Health Data Warehouse 2016-2018, CDC Wonder 2015-2017)

Prostate Cancer

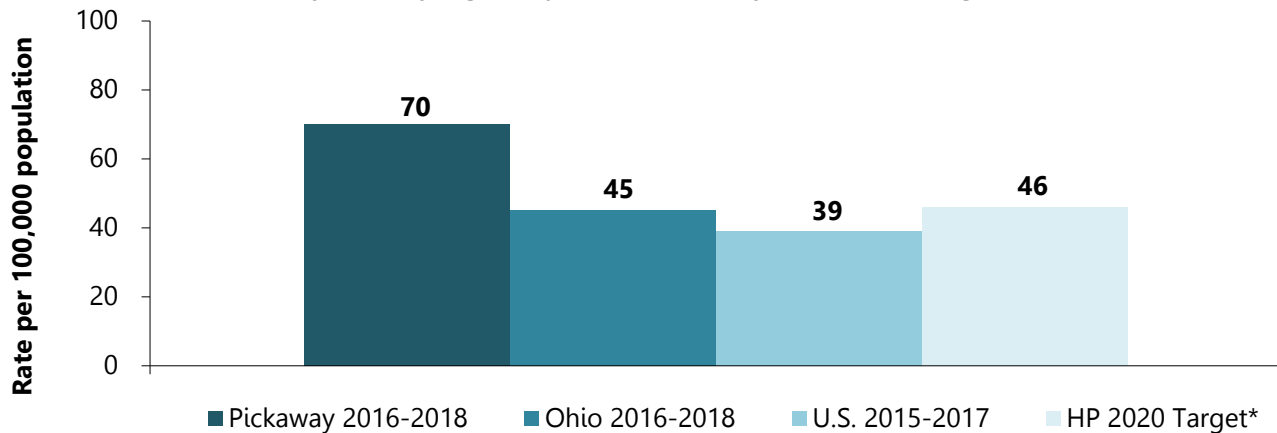
- Fifty-six percent (56%) of Pickaway County males had a prostate-specific antigen (PSA) test at some time in their life, and 29% had one in the past year.
- More than one-third (38%) of male had a digital rectal exam in their lifetime, and 17% had one in the past year.
- ODH statistics indicate that prostate cancer deaths accounted for 3% of all male cancer deaths from 2016-2018 in Pickaway County (*Source: Ohio Public Health Data Warehouse, 2016-2018*).
- No organizations presently endorse routine prostate cancer screening for men at average risk because of concerns about the high rate of overdiagnosis (detecting disease that would never have caused symptoms), along with the significant potential for serious side effects associated with prostate cancer treatment. The American Cancer Society recommends that beginning at age 50, men who are at average risk of prostate cancer and have a life expectancy of at least ten years have a conversation with their health care provider about the benefits and limitations of PSA testing and make an informed decision about whether to be tested based on their personal values and preferences. Men at high risk of developing prostate cancer (black men or those with a close relative diagnosed with prostate cancer before the age of 65) should have this discussion beginning at age 45, and men at even higher risk (those with several close relatives diagnosed at an early age) should have this discussion beginning at age 40 (*Source: American Cancer Society, Facts & Figures 2020*).

Lung Cancer

- In Pickaway County, 11% of male adults and 11% of female adults were current smokers.
- The Ohio Department of Health (ODH) reports that lung and bronchus cancer was the leading cause of male cancer deaths (n=92) and female cancer deaths (n=57) from 2016-2018 in Pickaway County (*Source: Ohio Public Health Data Warehouse, 2016-2018*).
- According to the American Cancer Society, smoking causes approximately 80% of 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 2020*).

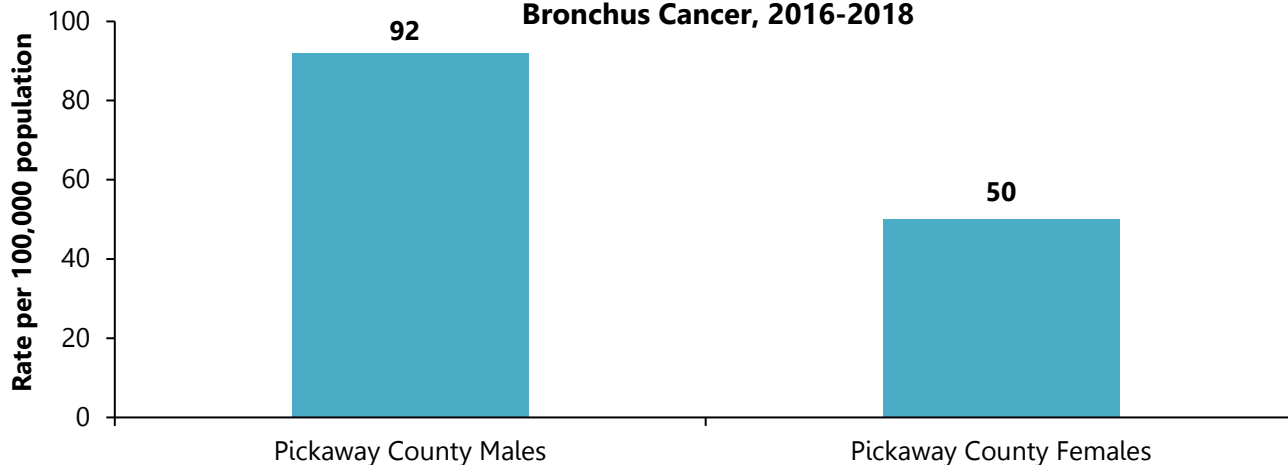
The following graphs show the Pickaway County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for lung and bronchus cancer in comparison with the Healthy People 2020 objective, as well as by gender.

Pickaway County Age-Adjusted Mortality Rates for Lung & Bronchus Cancer



**Healthy People 2020 Target data is for lung cancer only
(Sources: Healthy People 2020, Ohio Public Health Data Warehouse 2016-2018, CDC Wonder 2015-2017)*

Pickaway County Age-Adjusted Mortality Rates by Gender for Lung and Bronchus Cancer, 2016-2018

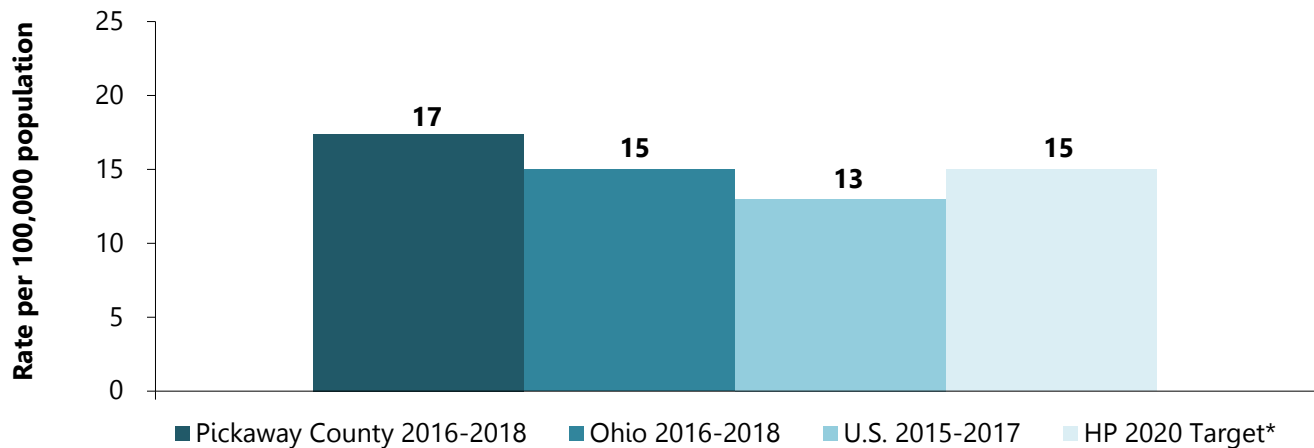


Colorectal Cancers

- ODH indicates that colon and rectal cancer deaths accounted for 8% of all male and 9% of all female cancer deaths from 2016-2018 in Pickaway County (Source: Ohio Public Health Data Warehouse, 2018).
- More than half (55%) of colorectal cancers in the US are attributable to potentially modifiable risk factors according to a study by American Cancer Society researchers. Modifiable factors that increase risk include excess body weight, physical inactivity, long-term smoking, high consumption of red or processed meat, low calcium intake, heavy alcohol consumption, and very low intake of fruits and vegetables and whole-grain fiber. Hereditary and medical factors that increase risk include a personal or family history of colorectal cancer and/or adenomatous polyps, certain inherited genetic conditions (e.g., Lynch syndrome), a personal history of chronic inflammatory bowel disease (ulcerative colitis or Crohn’s disease), and type 2 diabetes (Source: American Cancer Society, Facts & Figures 2020).

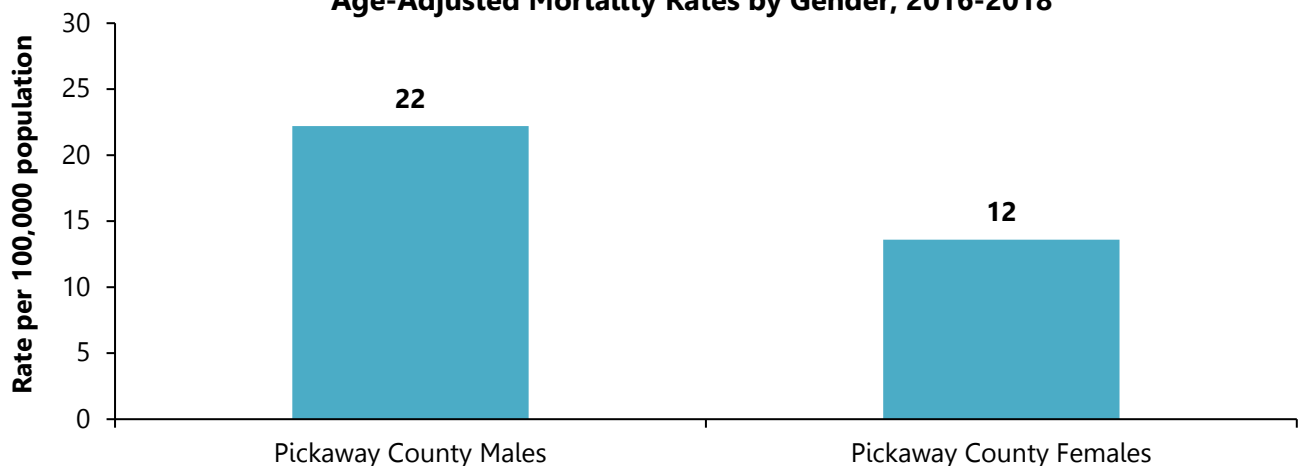
The following graphs show Pickaway County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for colorectal cancer in comparison with the Healthy People 2020 objective, as well as by gender.

Pickaway County Age-Adjusted Mortality Rates for Colorectal Cancer



(Source: Healthy People 2020, Ohio Public Health Data Warehouse 2016-2018, CDC Wonder 2015-2017)

Pickaway County Colorectal Cancer Age-Adjusted Mortality Rates by Gender, 2016-2018



(Source: Ohio Public Health Data Warehouse 2016-2018)

Pickaway County Incidence of Cancer, 2012-2016

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer	Age-Adjusted Rate
Lung and Bronchus	272	17%	80.6
Breast	220	14%	66.2
Prostate	135	9%	80.2
Colon & Rectum	133	8%	40.9
Other Sites/Types	106	7%	32.6
Melanoma of Skin	77	5%	23.9
Kidney & Renal Pelvis	76	5%	23.1
Non-Hodgkins Lymphoma	67	4%	21.3
Bladder	64	4%	19.8
Uterus	53	3%	31.5
Leukemia	50	3%	16.2
Thyroid	50	3%	15.7
Oral Cavity & Pharynx	42	3%	12.1
Pancreas	39	2%	12
Stomach	31	2%	9.5
Liver & Intrahepatic Bile Duct	26	2%	8
Brain and Other CNS	25	2%	7.8
Esophagus	20	1%	5.9
Ovary	19	1%	11.4
Larynx	17	1%	5
Cervix	14	<1%	9.9
Multiple Myeloma	11	<1%	3.2
Hodgkins Lymphoma	10	<1%	3.4
Testis	8	<1%	4.9
Total	1,565	100%	474.1

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 2/7/19)

2020 Cancer Estimates

- In 2020, more than 1.8 million new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about 19% percent of the new cancer cases expected to occur in the U.S. in 2020 will be related to a combination of excess body weight, alcohol consumption, poor nutrition, and physical inactivity.
- About 606,520 Americans are expected to die of cancer in 2020.
- 80% of lung cancer deaths in the U.S are attributed to smoking.
- In 2020, estimates predict that there will be 71,850 new cases of cancer and 25,380 cancer deaths in Ohio.
- Of the new cancer cases in Ohio, approximately 10,110 (14%) will be from lung and bronchus cancers and 4,100 (6%) will be from melanoma (skin) cancer.
- About 10,350 new cases of female breast cancer are expected in Ohio.
- New cases of male prostate cancer in Ohio are expected to be 7,030.

(Source: American Cancer Society, Facts and Figures 2020)

Chronic Disease: Asthma

Key Findings

Nine percent (9%) of Pickaway County adults had been diagnosed with asthma.

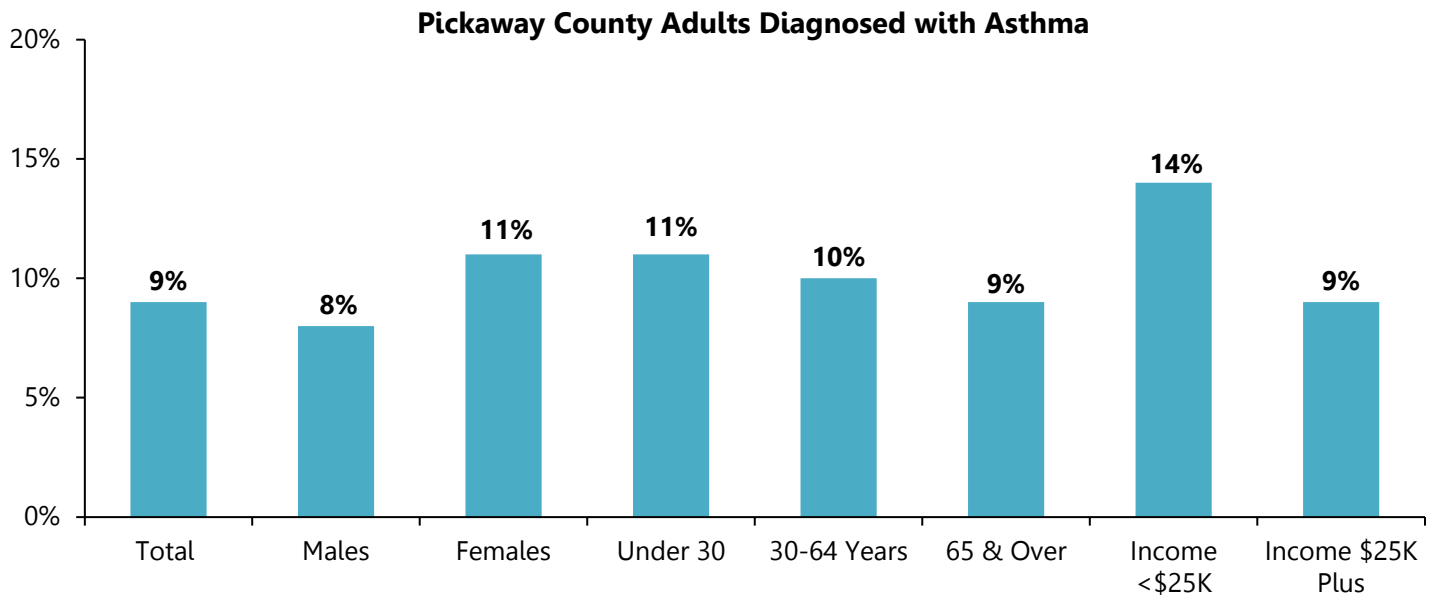
3,757 of adults had been diagnosed with in their lifetime.

Asthma

- Nine percent (9%) of Pickaway County adults had been diagnosed with asthma, increasing to 14% of those with incomes less than \$25,000.
- Adults with asthma were more likely to rate their overall health as fair or poor (24%) and be overweight or obese (66%).

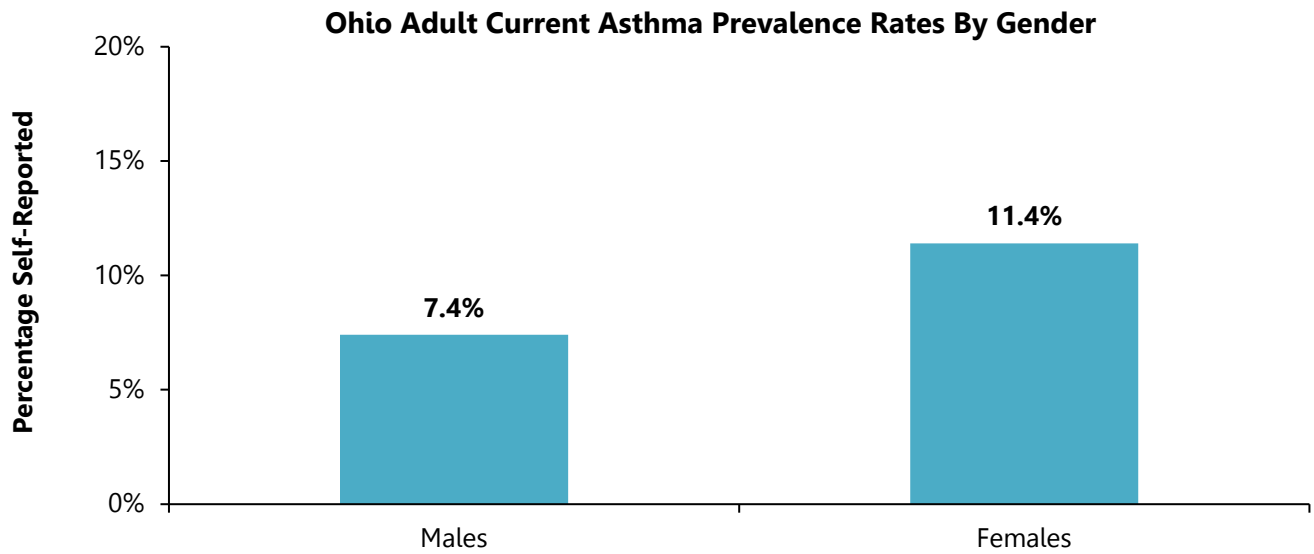
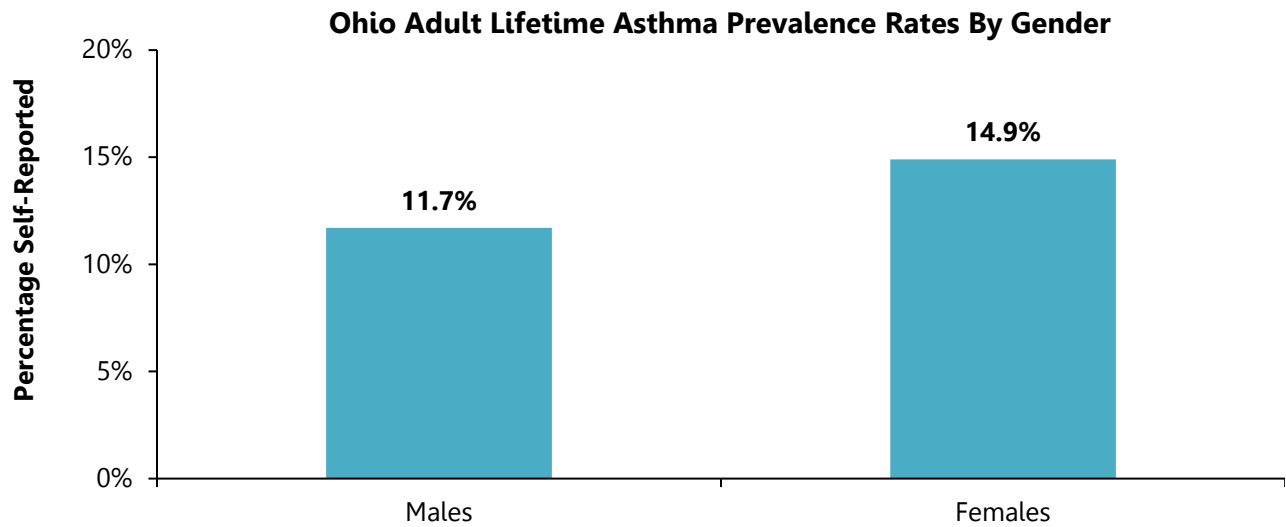
Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Ever been told they have asthma	9%	13%	15%

The following graph shows the percentage of Pickaway County adults who were diagnosed with asthma. An example of how to interpret the information includes: 9% of adults were diagnosed with asthma, including 11% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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



(Source: 2018 BFRSS)

Asthma Facts

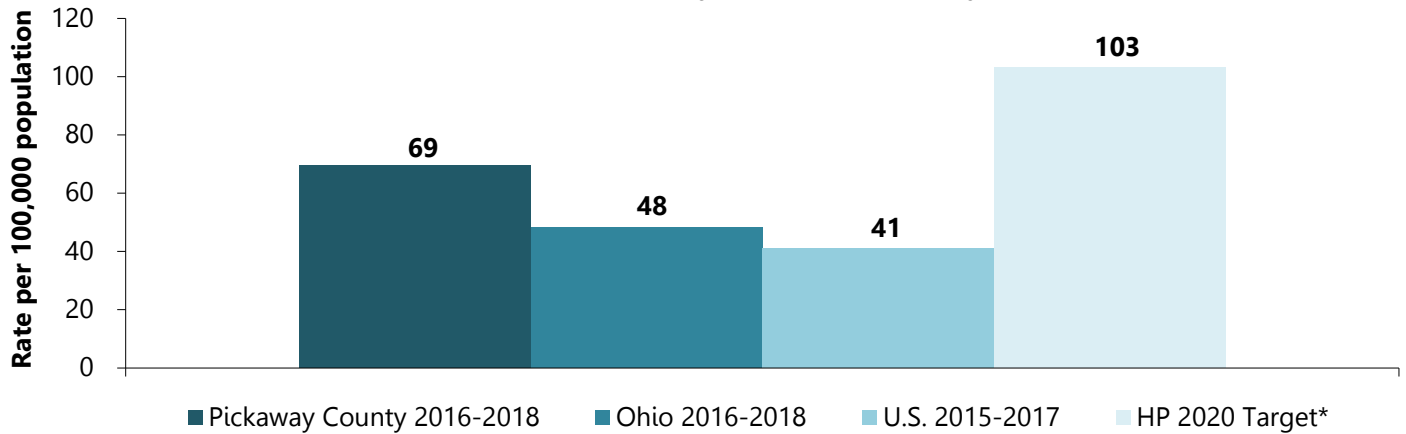
- The number of Americans with asthma grows every year. Currently, 26.5 million Americans have asthma.
- More than 3,500 people die of asthma each year, nearly half of whom are age 65 or older.
- Asthma results in 439,000 hospitalizations and 1.8 million emergency room visits annually.
- Patients with asthma reported 11 million visits to a doctor's office and 1.3 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, updated 6/13/18)

The following graphs shows the Pickaway County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objective and the Pickaway County age-adjusted chronic lower respiratory disease rates by gender. The graphs show:

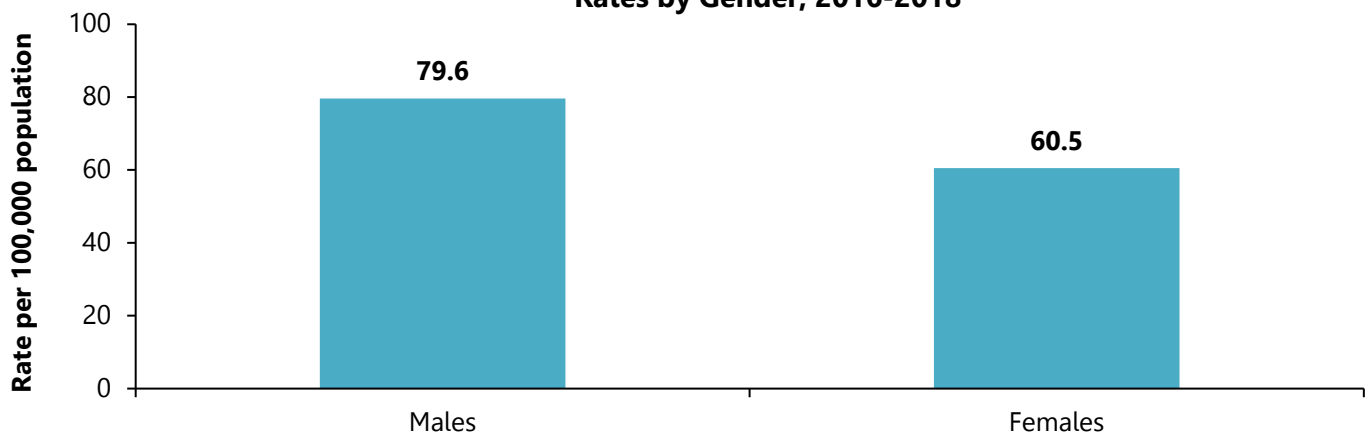
- From 2016 to 2018, Pickaway County’s age-adjusted mortality rate for chronic lower respiratory disease was higher than the Ohio and U.S. rates, but lower than the Healthy People 2020 target objective rate.
- Pickaway County males had a higher age-adjusted mortality rate for chronic lower respiratory disease than females from 2016 to 2018.

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



(Sources: Healthy People 2020, Ohio Public Health Data Warehouse 2016-2018, CDC Wonder 2015-2017)
 *Healthy People 2020’s target rate and the U.S. rate are for adults aged 45 years and older.

Pickaway County Chronic Lower Respiratory Disease Age-Adjusted Mortality Rates by Gender, 2016-2018



(Source: Ohio Public Health Data Warehouse 2016-2018)

Chronic Disease: Arthritis

Key Findings

One-third (33%) of Pickaway County adults were diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia.

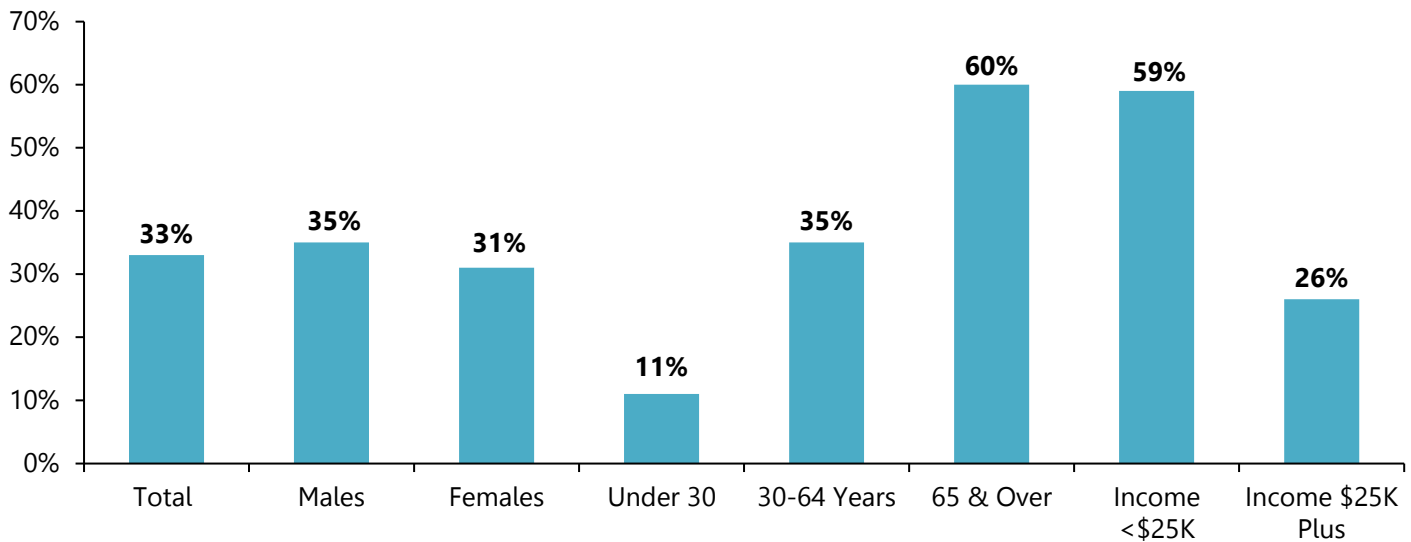
13,777 adults had been diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia in their life.

Arthritis

- One-third (33%) of Pickaway County adults were told by a health professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia, increasing to 60% of those over the age of 65.
- Over three-fourths (76%) of adults diagnosed with arthritis were overweight or obese.

The following graph shows the percentage of Pickaway County adults who were diagnosed with arthritis. An example of how to interpret the information includes: 33% of adults were diagnosed with arthritis, including 60% of adults over the age of 65.

Pickaway County Adults Diagnosed with Arthritis



**Respondents were asked: "Have you ever been told by a doctor, nurse or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?"*

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Ever diagnosed with arthritis	33%	31%	26%

Arthritis in the U.S.

- In the United States, 54 million people (23% of all adults) have arthritis. It is a leading cause of work-related disability. The annual direct costs are at least **\$140 billion**.
- Arthritis commonly occurs with other chronic diseases. About half of US adults with heart disease or diabetes and one-third of people who have obesity also have arthritis. Having arthritis and other chronic conditions can reduce quality of life, reduce physical activity, and make disease management harder.

(Source: CDC. National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP): Arthritis, updated on January 30, 2019)

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:

- **Learn Arthritis Management Strategies:** Learning arthritis management strategies can provide adults with arthritis with the skills and confidence to effectively manage their condition. Interactive workshops such as the Arthritis Self-Management Program and the Chronic Disease Self-Management Program are low-cost (about \$25 – \$35) and available in communities across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis.
- **Be Active:** Research has shown that physical activity decreases pain, improves function, and delays disability. Adults with arthritis should strive to get at least 150 minutes of moderate physical activity each week for substantial health benefits. This can be broken up into shorter periods. However, some physical activity is better than none.
- **Watch your weight:** Research confirms that maintaining a healthy weight can limit arthritis progression and activity limitation. For every pound lost, there is a 4-pound reduction in the load exerted on the knee. For adults who are overweight, a modest weight loss (for example, 5% or 12 pounds for a 250-pound person) can help reduce arthritis-related 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. Essential disease modifying drugs are beneficial in rheumatoid arthritis and other inflammatory arthritis conditions and are available only by prescription
- **Protect your joints:** Injuries to joints, such as those related to sports or work, can increase the likelihood of developing osteoarthritis. Jobs that have repetitive motions, for example repeated knee bending, place individuals at higher risk for this type of arthritis. Avoiding injuries to joints can reduce the likelihood of developing or worsening osteoarthritis.

(Source: Centers for Disease Control and Prevention, Arthritis: Key Public Health Messages, Updated on 2/5/19)

Chronic Disease: Diabetes

Key Findings

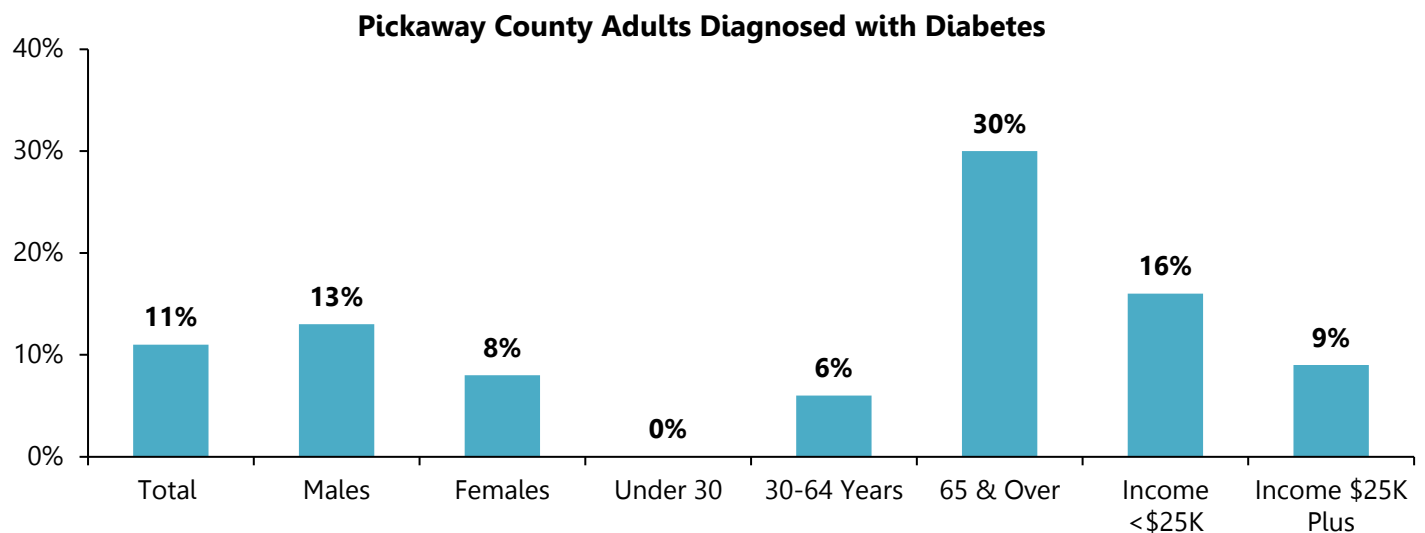
Eleven percent (11%) of Pickaway County adults had been diagnosed with diabetes. Nearly one-third (31%) of adults with diabetes rated their health as fair or poor.

4,592 of adults had been diagnosed with diabetes in their lifetime.

Diabetes

- Eleven percent (11%) of Pickaway County adults had been diagnosed with diabetes, increasing to 30% of those over the age of 65 and 16% of those with incomes less than \$25,000.
- Six percent (6%) adults had been diagnosed with pre-diabetes.
- Pickaway County diabetics were using the following to treat their diabetes: checking A1C annually (76%); checking blood sugar (76%); diabetes pills (73%); diet control (70%); annual vision exam (67%); 6-month checkup with provider (64%); checking their feet (52%); exercise (39%); insulin (21%); use injectables (e.g., Vyettea, Victoza, Bydurean) (9%); get a dental exam (6%); and taking a class (3%).
- Nearly one-third (31%) of adults with diabetes rated their overall health as fair or poor.
- Pickaway County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 86% were obese or overweight
 - 76% had been diagnosed with high blood cholesterol
 - 66% had been diagnosed with high blood pressure

The following graph shows the percentage of Pickaway County adults who were diagnosed with diabetes. An example of how to interpret the information includes: 11% of adults were diagnosed with diabetes, including 30% of adults ages 65 and older and 16% of those with incomes less than \$25,000.



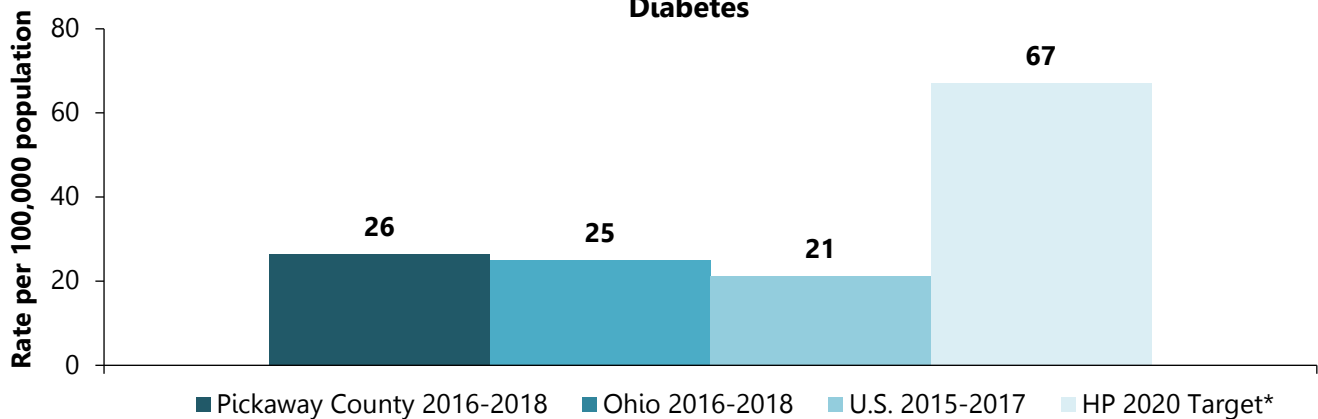
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Comparisons	Pickaway County 2020	Ohio 2018	U.S. 2018
Ever been told by a doctor they have diabetes (not pregnancy-related)	11%	12%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	6%	2%	2%

The following graph shows the Pickaway County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for diabetes in comparison to the Healthy People 2020 objective and the Pickaway County age-adjusted diabetes mortality rate by gender. The graphs show:

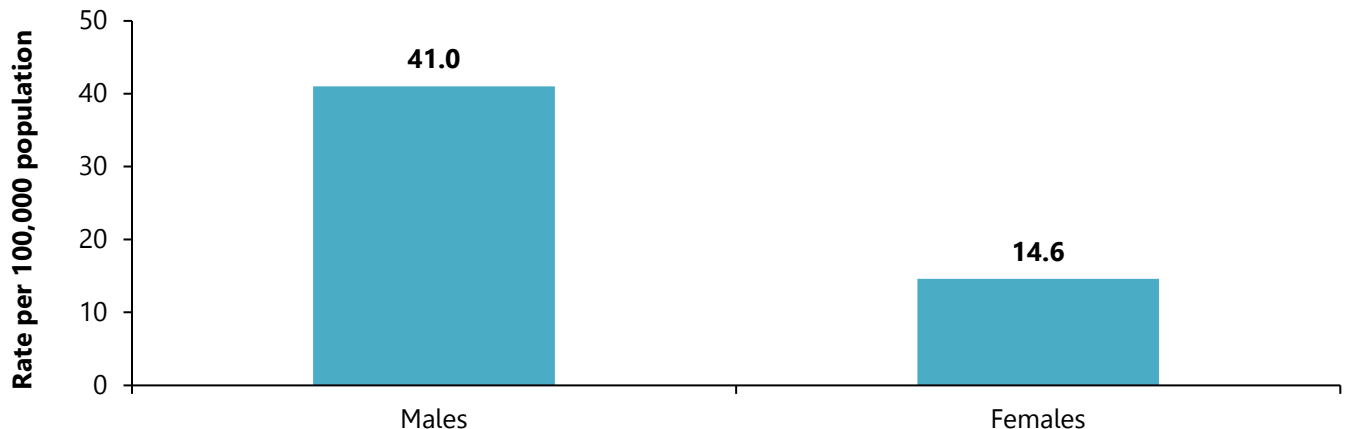
- When age differences are accounted for, Pickaway County had a higher diabetes mortality rate than Ohio and the U.S. but a lower mortality rate than the Healthy People 2020 objective.
- Pickaway County males had a higher age-adjusted mortality rate for diabetes than females from 2016 to 2018.

Age-Adjusted Mortality Rates and Healthy People 2020 Objective for Diabetes



**Note: The Healthy People 2020 rate is for all diabetes-related deaths
(Source: Ohio Public Health Data Warehouse, 2016-2018, CDC Wonder, 2015-2017, Healthy People 2020)*

Pickaway County Diabetes Age-Adjusted Mortality Rates by Gender, 2016-2018



(Source: Ohio Public Health Data Warehouse 2016-2018)

Chronic Disease: Quality of Life

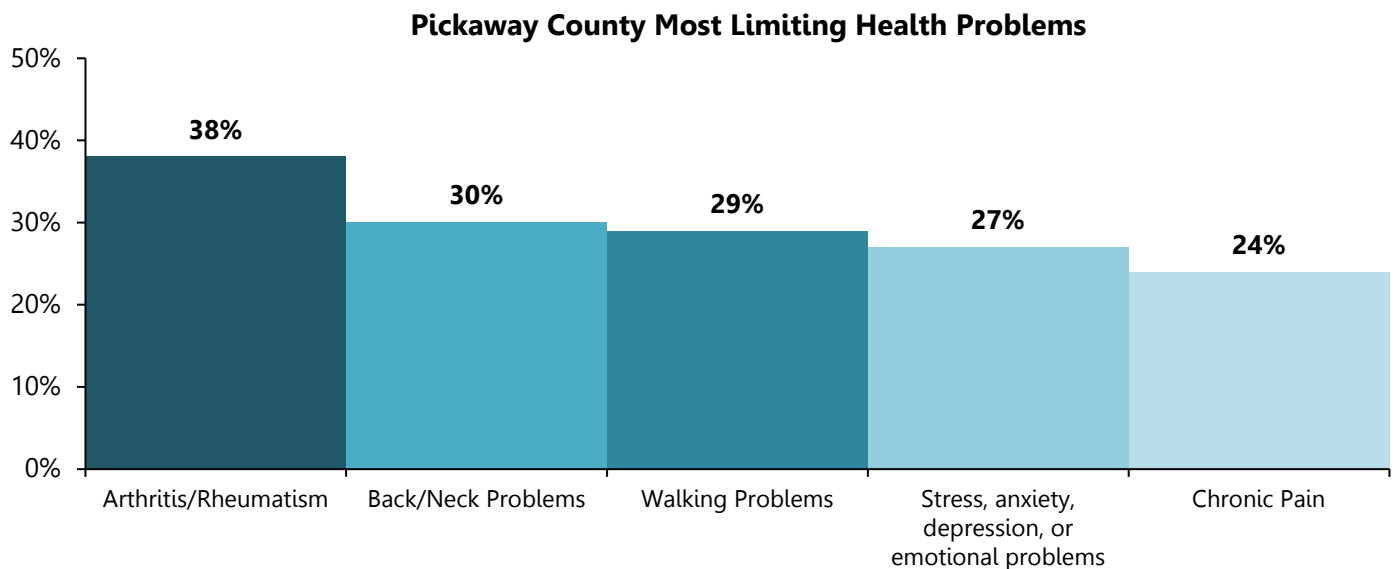
Key Findings

Over one-fifth (22%) of Pickaway County adults reported they were limited in some way because of a physical, mental or emotional problem. The most limiting health problems were arthritis/rheumatism (38%); back or neck problems (30%); walking problems (29%), stress, depression, anxiety, or emotional problems (27%); chronic pain (24%), and sleep problems (18%).

Impairments and Health Problems

- Twenty-two percent (22%) of Pickaway County adults were limited in some way because of a physical (17%), emotional (5%), or mental (3%) problem.
- Among those who were limited in some way, the following most limiting problems or impairments were reported: arthritis/rheumatism (38%); back or neck problems (30%); walking problems (29%); stress, depression, anxiety, or emotional problems (27%); chronic pain (24%); sleep problems (18%); fitness level (17%); chronic illness [e.g., diabetes, cancer, heart and stroke related problems, high blood pressure] (16%); lung/breathing problems (11%); fractures, bone/joint injuries (10%); eye/vision problems (8%); memory loss (8%); hearing problems (8%); mental health illness/disorder (7%); other physical disability (4%); confusion (3%); dental problems (3%); learning disability (3%); substance use dependency (1%); and other impairment/problem (4%).

The following graph shows the most limiting health problem for Pickaway County adults.



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

Objective	Pickaway County 2020	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	38%	36%

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

- As a result of a disability, Pickaway County adults reported the following applied to themselves or an immediate family member:
 - Have access to needs within the community (5%)
 - Feel prepared to handle their needs (5%)
 - Feel there are community resources available to handle their needs in the case of an emergency (5%)
 - Have physical restrictions (i.e., wheelchair, feeding tube, trach tube, oxygen) (4%)
 - Unable to understand and communicate their needs (2%)
 - Have emotional issues related to their disability (i.e., prone to sudden outbursts, afraid of loud noises, wanders or runs away) (1%)

- Pickaway County adults were responsible for providing regular care or assistance to the following: multiple children (25%); an elderly parent or loved one (9%); a friend, family member or spouse with a health problem (8%); grandchildren (5%); an adult child (4%); a friend, family member or spouse with a mental health issue (4%); someone with special needs (4%); a friend, family member or spouse with dementia (2%); children with discipline issues (2%); children whose parent(s) use drugs and are unable to care for their children (1%); children whose parent(s) lost custody due to other reasons (<1%); and foster children (<1%).

Social Conditions: Social Determinants of Health

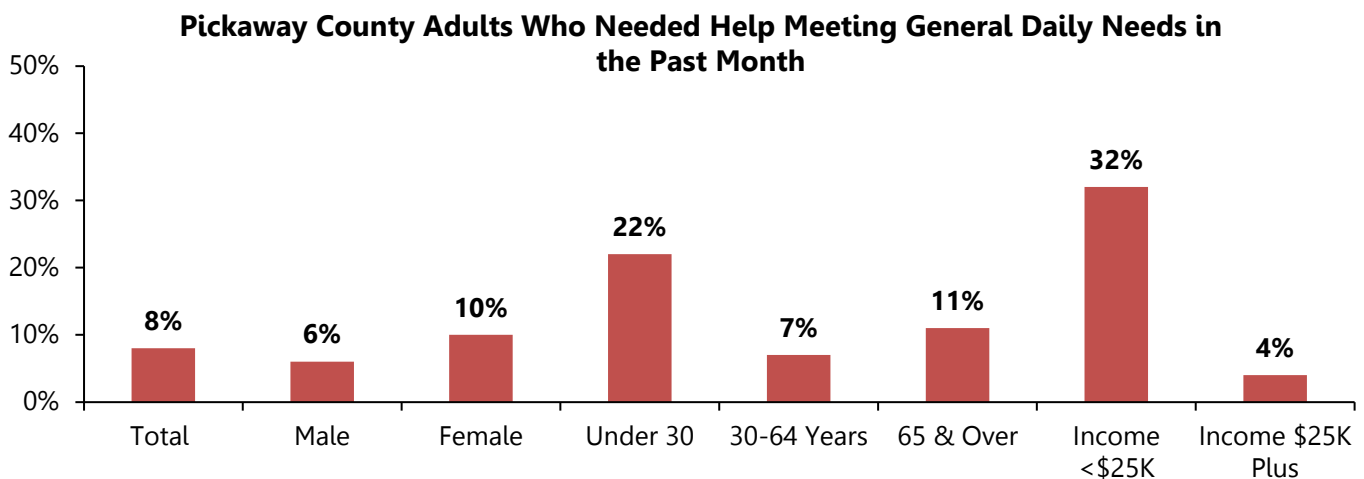
Key Findings

Seven percent (7%) of Pickaway County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Eight percent (8%) of adults had experienced at least one issue related to hunger/food insecurity in the past year.

Economic Stability

- In the past 30 days, 8% of Pickaway County adults reported needing help meeting general daily needs such as food, clothing, shelter or paying utility bills.

The following graph shows the percentage of Pickaway County adults who needed help meeting general daily needs such as food, clothing, shelter or paying utilities bills in the past 30 days. An example of how to interpret the information on the graph includes: 8% of all adults needed help meeting their general daily needs, including 32% of those with incomes less than \$25,000 and 22% of those under the age of 30.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

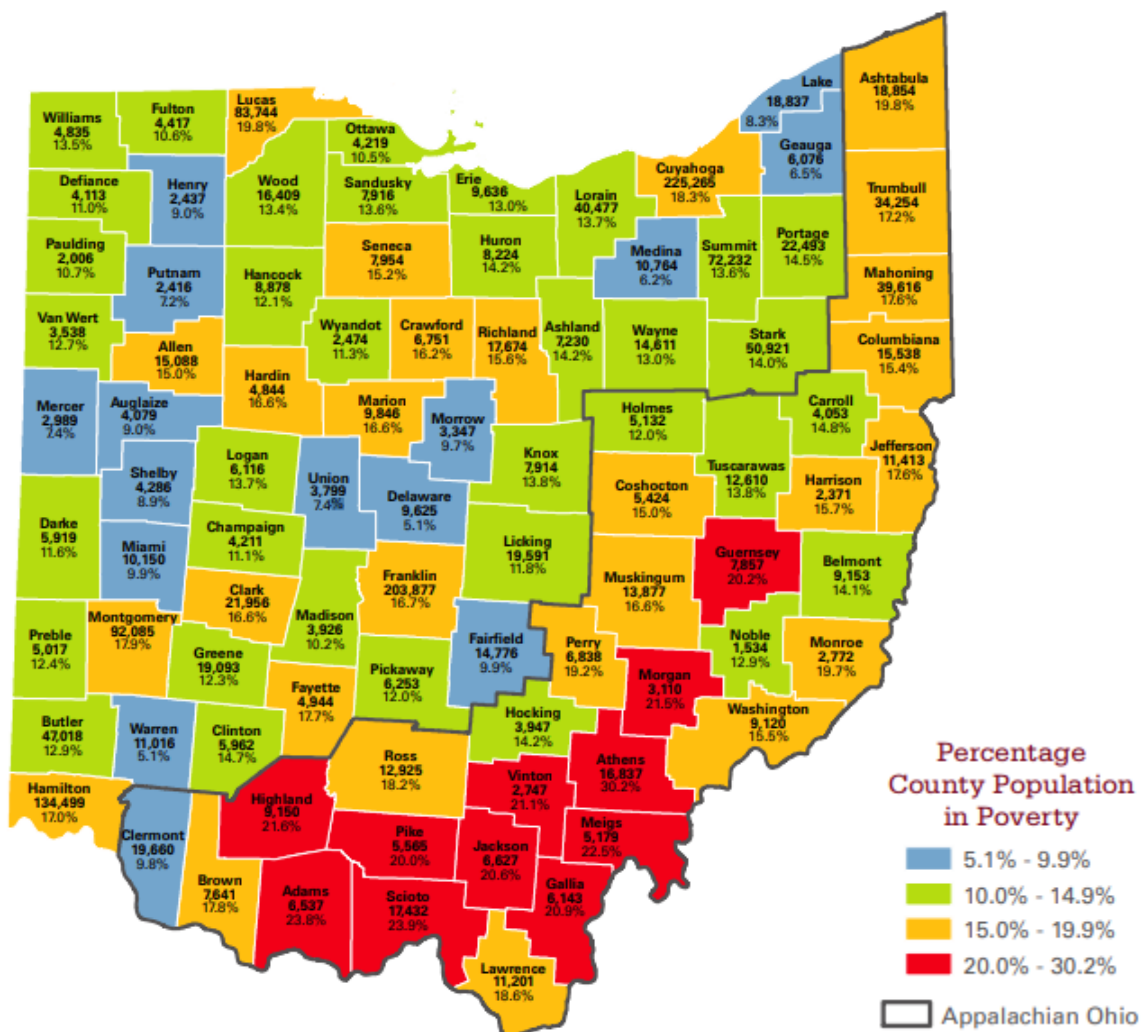
- Nearly half (48%) of adults reported less than thirty percent of their household income went to their housing. Twenty-four percent (24%) said thirty to fifty percent, and 10% said fifty percent or more of their income went to housing. Ten percent (10%) of adults did not know what percent of their income went to their housing.
- Eighty-two percent (82%) of adults reported they owned their home, 12% said they rented, and 6% of adults reported they had another arrangement.
- Eight percent (8%) of adults had experienced at least one issue related to hunger/food insecurity in the past year. They experienced the following had to choose between paying bills and buying food (6%), worried food might run out (3%), loss of income led to food insecurity issues (1%), their food assistance was cut (1%), went hungry/ate less to provide more food for their family (1%), and did not eat because they did not have enough money for food (1%).
- Pickaway County adults reported they or a loved one received assistance for the following in the past year: Medicare (10%), healthcare (8%), disability benefits (7%), prescription assistance (6%), food (6%), mental illness issues (6%), dental care (3%), drug or alcohol addiction (3%), free tax preparation (2%), utilities (2%), legal aid advice (2%), transportation (2%), home repair (1%), rent/mortgage (1%), completing a job application (1%), diapers (1%), septic/well repairs (1%), gambling addiction (1%), employment (1%), electric/gas/water bills (1%), clothing (<1%), learning computer skills (<1%), credit counseling (<1%), unplanned pregnancy (<1%), and reading and understanding instructions (<1%).

- There were 21,362 housing units. The owner-occupied housing unit rate was 75%. Rent in Pickaway County cost an average of \$792 per month (Source: U.S. Census Bureau, American Community Survey, 2014-2018).
- The median household income in Pickaway County was \$62,214. The U.S. Census Bureau reports median income levels of \$54,533 for Ohio and \$60,293 for the U.S. (Source: U.S. Census Bureau, 2014-2018).
- Twelve percent (12%) of all Pickaway County residents were living in poverty, and 16% of children and youth ages 0-17 were living in poverty (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2018).
- The unemployment rate for Pickaway County was 3.7 as of December 2019 (Source: Ohio Department of Job and Family Services, Bureau of Labor Market Information, Local Area Unemployment Statistics).

The map below shows the variation in poverty rates across Ohio during the 2013-17 period.

- The 2013 to 2017 American Community Survey 5-year estimates that approximately 1,683,890 Ohio residents, or 14.9% of the population, were in poverty.
- From 2013 to 2017, 6,253 or 12.0% of Pickaway County residents were in poverty.

Estimated Poverty Rates in Ohio by County (2013-2017)



(Source: 2013-2017 American Community Survey 5-year estimates, as compiled by Ohio Development Services Agency, Office of Research, Ohio Poverty Report, February 2019)

Education

- Eighty-seven percent (87%) of Pickaway County adults 25 years and over had a high school diploma or higher *(Source: U.S. Census Bureau, American Community Survey 5-year Estimates, 2014-2018).*
- Thirteen percent (13%) had less than a high school diploma *(U.S. Census Bureau, American Community Survey 5-year Estimates, 2014-2018).*

Health and Health Care

- In the past year, 10% of adults were uninsured.
- Sixty-six percent (66%) of Pickaway County adults visited a doctor for a routine checkup in the past year, increasing to 84% of those over the age of 65.
- Fifty-eight percent (58%) of Pickaway County adults reported they had one person they thought of as their personal doctor or health care provider. Thirty percent (30%) of adults had more than one person they thought of as their personal health care provider, and 12% did not have one at all.
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Pickaway County adults.

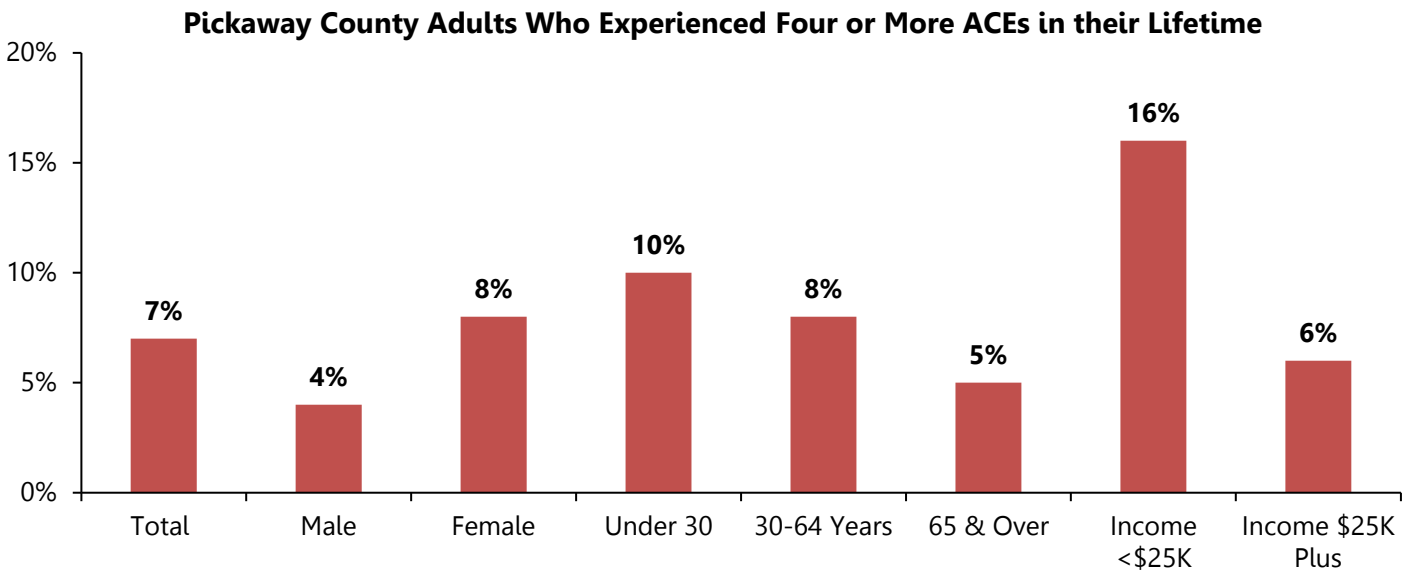
Social and Community Context

- One percent (1%) of adults had called 2-1-1, a non-emergency information referral number, for assistance. Of those who called 2-1-1 for assistance, 75% received information that assisted them in getting the help they needed. Eighty percent (80%) of adults had never heard of 2-1-1.
- Pickaway County adults experienced the following in the past 12 months:
 - Death of a family member or close friend (32%)
 - A close family member went to the hospital (30%)
 - Were a caregiver (11%)
 - Had bills they could not pay (11%)
 - Experienced a decline in their own health (10%)
 - Someone close to them had a problem with drinking or drugs (10%)
 - Someone in their household lost their job/had their hours at work reduced (6%)
 - Moved to a new address (6%)
 - Household income was cut by 50% (4%)
 - Were threatened or abused by someone physically, emotionally, sexually, and/or verbally (4%)
 - Had someone homeless living with them/sleeping on their couch (3%)
 - Became separated or divorced (2%)
 - Knew someone who lived in a hotel (1%)
 - Their child was threatened or abused by someone physically, emotionally, sexually, and/or verbally (1%)

- Pickaway County adults experienced the following adverse childhood experiences (ACEs):
 - Their parents became separated or were divorced (20%)
 - A parent or adult in their home swore at, insulted, or put them down (16%)
 - Lived with someone who was a problem drinker or alcoholic (13%)
 - Lived with someone who was depressed, mentally ill, or suicidal (12%)
 - Someone at least five years older than them or an adult touched them sexually (9%)
 - A parent or adult in their home hit, beat, kicked, or physically hurt them (6%)
 - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (5%)
 - Lived with someone who used illegal street drugs, or who abused prescription medications (5%)
 - Someone at least five years older than them or an adult tried to make them touch them sexually (5%)
 - Their parents were not married (5%)
 - Their family did not look out for each other, feel close to each other, or support each other (4%)
 - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (2%)
 - Someone at least five years older than them or an adult forced them to have sex (2%)
 - Lived with someone who served time or was sentenced to serve time in prison, jail or other correctional facility (1%)
- Seven percent (7%) of adults experienced four or more adverse childhood experiences (ACEs).

2,922 adults experienced four or more ACEs in their lifetime.

The following graph shows the percentage of Pickaway County adults who had experienced four or more adverse child experiences (ACEs) in their lifetime. An example of how to interpret the information on the graph includes: 7% of all Pickaway County adults had experienced four or more ACEs in their lifetime, including 8% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between those who experienced four or more ACEs in their lifetime and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 78% of those who experienced four or more ACEs were binge drinkers, compared to 49% of those who did not experience any ACEs.

Behaviors of Pickaway County Adults
Experienced Four or More ACEs vs. Did Not Experience Any ACEs

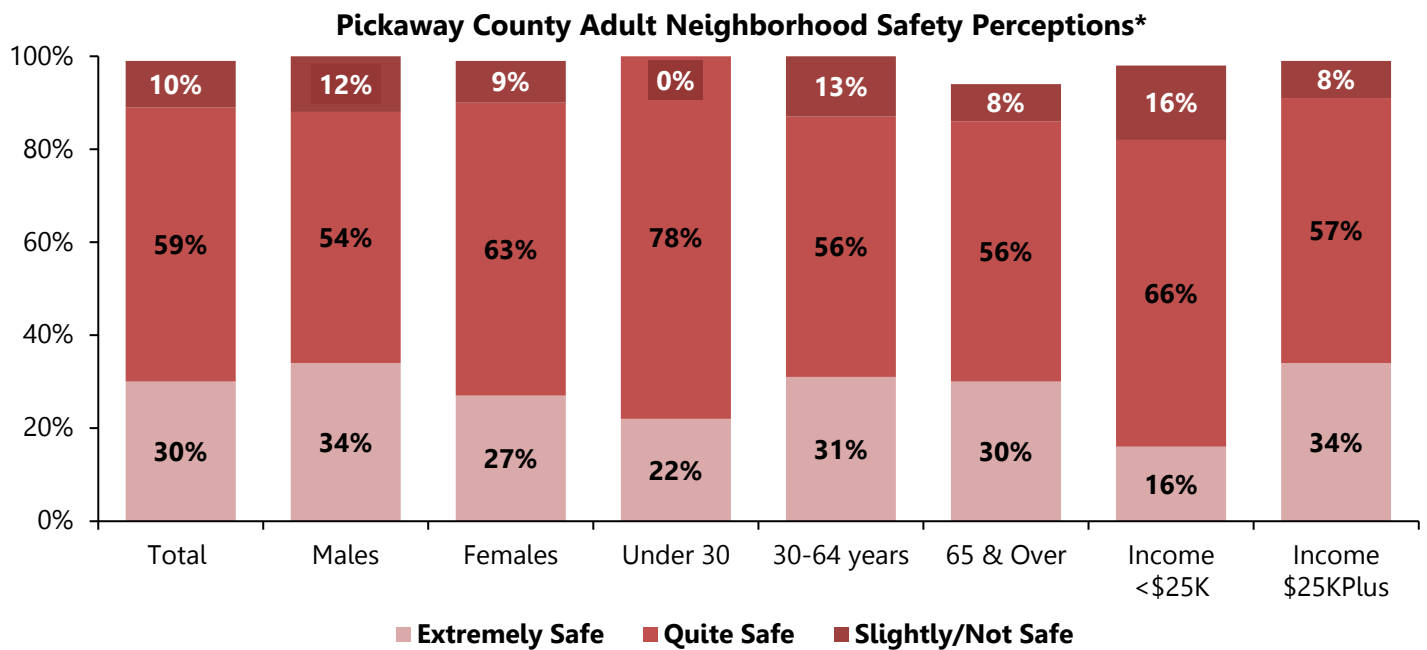
Behaviors	Experienced Four or More ACEs	Did Not Experience Any ACEs
Binge drinker (drank five or more drinks for males and four or more for females on an occasion)	78%	49%
Classified as overweight or obese by BMI	72%	71%
Current drinker (had at least one alcoholic beverage in the past month)	45%	51%
Felt sad or hopeless for two or more weeks in a row	43%	10%
Medication misuse in the past six month	6%	3%
Current smoker (currently smoke on some or all days)	5%	11%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Neighborhood and Built Environment

- Pickaway County adults considered their neighborhood to be extremely safe (30%), quite safe (59%), slightly safe (10%), and not safe at all (0%) from crime. One percent (1%) of adults did not know.

The following graph shows the percentage of Pickaway County adults who described their neighborhood as extremely safe, quite safe and slightly/not safe. An example of how to interpret the information includes: 30% of all Pickaway County adults described their neighborhood as extremely safe, including 16% of those with incomes less than \$25,000.



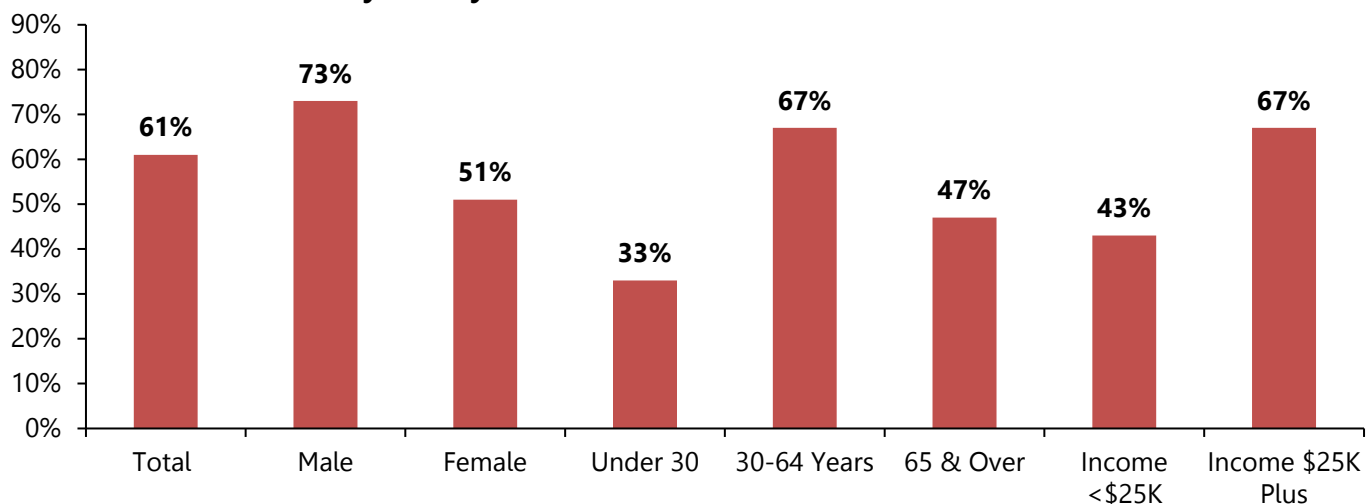
*Respondents were asked: "How safe from crime do you consider your neighborhood to be?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

- Pickaway County adults reported doing the following while driving: talking on hands-free cell phone (41%), eating (37%), talking on hand-held cell phone (35%), texting (26%), using Internet on their cell phone (17%), not wearing a seatbelt (5%), were under the influence of alcohol (3%), reading (2%), being under the influence of recreational drugs (2%), were under the influence of prescription drugs (2%), and other activities (such as applying makeup, shaving, etc.) (4%).
- Seven percent (7%) of Pickaway County adults had the following transportation issues: no car (3%), could not afford gas (3%), no public transportation available or accessible (3%), limited public transportation available or accessible (3%), disabled (2%), no car insurance (1%), suspended/no driver's license (1%), did not feel safe to drive (<1%), cost of public or private transportation (<1%), and other car issues/expenses (2%).
- Four percent (4%) of adults reported they had more than one transportation issue.
- When asked to describe the social and physical environment in which they live, work and play Pickaway County adults reported the following:
 - Fresh, healthy food is easy to get (64%)
 - Parks and trails are available (59%)
 - It is a great place to raise children (57%)
 - Neighborhoods are safe (54%)
 - Healthcare services are easy to find and use (45%)
 - There are many ways to get involved within the community (44%)
 - There are accessible transportation services available (40%)
 - Housing is safe and affordable (41%)
 - Sidewalks, parks, and trails are used frequently (36%)
 - Sidewalks are prevalent and accessible (34%)
 - There is economic opportunity/there is room to grow financially (31%)
 - Working conditions are safe (30%)
 - There are good employment opportunities (25%)
 - People are often treated differently based on the color of their skin (10%)
- Sixty-one percent (61%) of Pickaway County adults kept a firearm in or around their home. Five percent (5%) of adults reported they were unlocked and loaded.

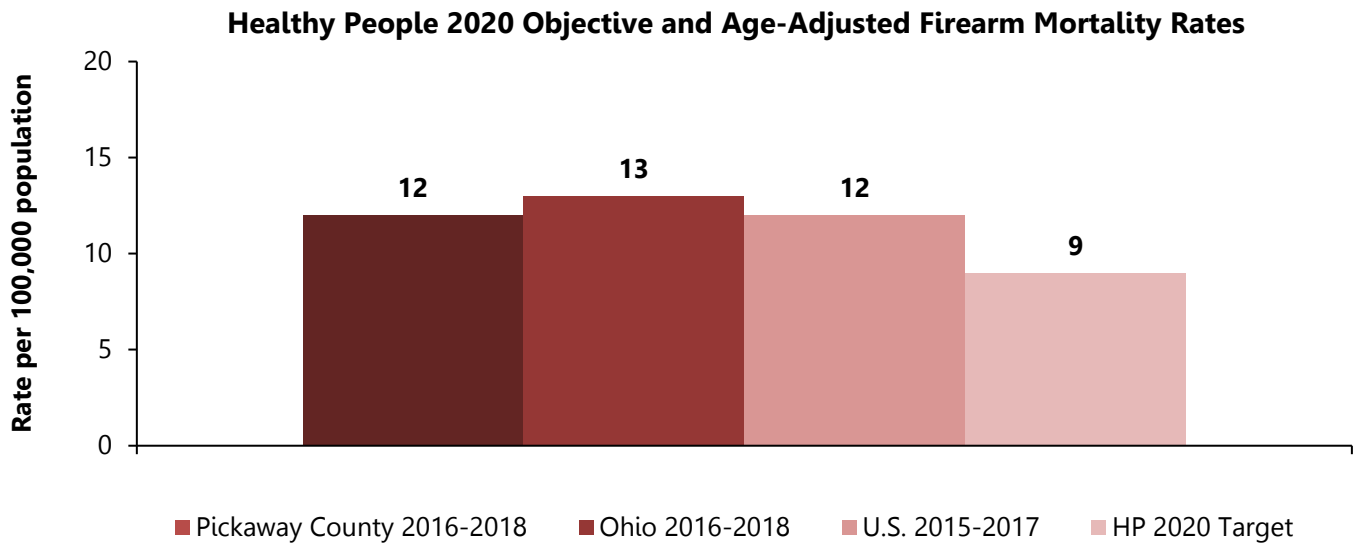
The following graph shows the percentage of Pickaway County adults who had a firearm in or around the home. An example of how to interpret the information includes: 61% of Pickaway County adults had a firearm in or around the home, including 67% of those with incomes more than \$25,000.

Pickaway County Adults With a Firearm In or Around The Home



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the Pickaway County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) due to firearms in comparison to the Healthy People 2020 objective.



(Source: Ohio Public Health Data Warehouse 2016-2018, CDC Wonder, 2015-2017, Healthy People 2020)

Victims of Gun Violence in America

- More than 113,000 people are shot in murders, assaults, suicides & suicide attempts, accidents or by police intervention in America in an average year.
 - 36,383 people die from gun violence and 76,725 people survive gun injuries.
- Every day, an average of 310 people is shot in America. Of those 310 people, 100 people die and 210 are shot, but survive.
 - Of the 310 people who are shot every day, an average of 21 are children and teens.
 - Of the 100 people who die, 35 are murdered, 61 are suicides, 1 die accidentally, 1 with an unknown intent and 1 by legal intervention.
 - Of the 210 people who are shot but survive, 95 are from assault, 90 are shot accidentally, 10 are suicide attempts, and 4 are police interventions.

(Source: Brady Campaign to Prevent Gun Violence, "Gun Violence in the United States" Fact Sheet, February 22, 2018)

Social Conditions: Environmental Health

Key Findings

Pickaway County adults reported the following as the top three issues that threatened their health in the past year: insects (13%), rodents (7%), and moisture issues (5%). Eighty-nine percent (89%) of adults reported they had a working smoke detector in their home.

Environmental Health

- Pickaway County adults thought the following threatened their health or their family's health in the past year: insects (13%), rodents (7%), moisture issues (5%), agricultural chemicals (4%), mold (4%), air quality (3%), temperature regulation (3%), plumbing problems (2%), fracking (2%), sewage/waste water problems (2%), lice (1%), safety hazards (1%), bed bugs (1%), cockroaches (1%), food safety/food borne illness (1%), chemicals found in household products (1%), unsafe water supply/wells (1%), radon (1%), Lyme disease (<1%), excess medication in the home (<1%), and sanitation issues (<1%).
- Fifty-nine percent (59%) of Pickaway County adults used a septic tank for wastewater. Of those who had a septic tank, 52% had it pumped within the past five years, and 16% never had it pumped. Fifteen percent (15%) did not know the last time their septic tank had been pumped.

Mold Prevention Tips

- Exposure to damp and moldy environments may cause a variety of health effects. Mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation.
- In your home, you can control mold growth by:
 - Keep humidity levels as low as you can, no higher than 50%, all day long.
 - Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
 - Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.
 - Clean up and dry out your home thoroughly and quickly (within 24–48 hours) after flooding.
 - Clean bathrooms with mold-killing products.
 - Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly. Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

(Source: CDC, *Facts about Mold and Dampness*, Updated August 2017)

Disaster Preparedness

- Pickaway County households had the following disaster preparedness supplies: working smoke detector (89%); working flashlight and working batteries (86%); cell phone (85%); cell phone with texting (81%); computer/tablet (75%); working carbon monoxide detector (67%); three-day supply of nonperishable food for everyone in the household (54%); working battery-operated radio and working batteries (47%); three-day supply of prescription medication for each person who takes prescribed medicines (45%); three-day supply of water for everyone in the household (1 gallon of water per person per day) (36%); home landline telephone (34%); generator (31%); communication plan (25%); family disaster plan (14%); and a disaster plan (11%).

Social Conditions: Parenting

Key Findings

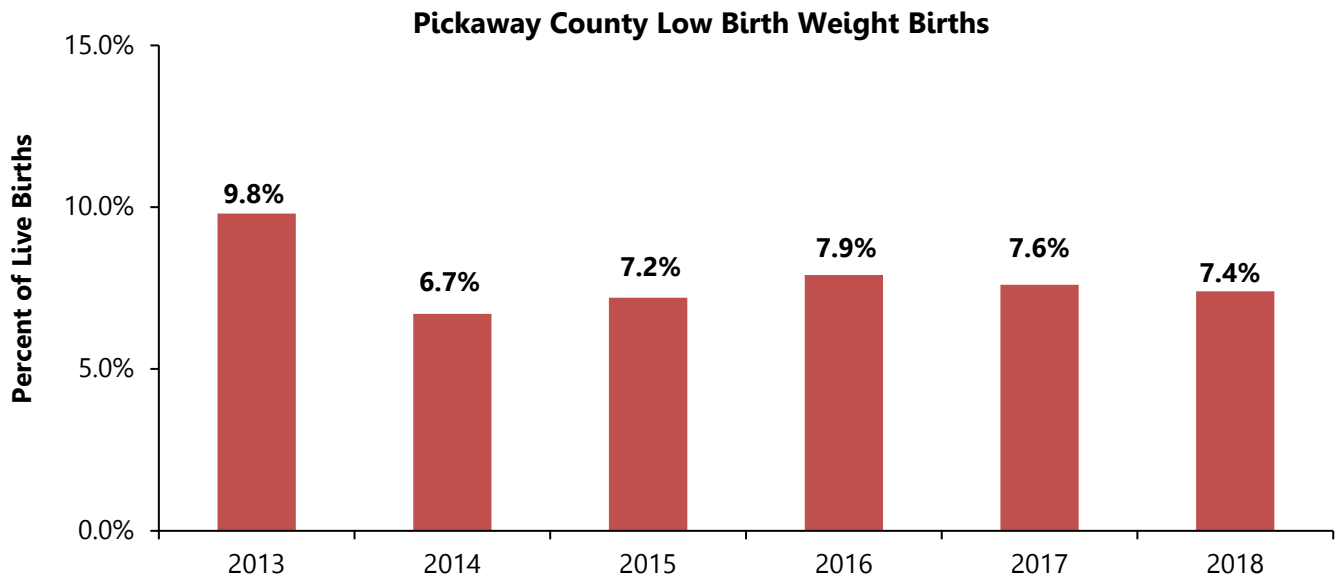
Ninety-two percent (92%) of parents indicated their child had received all recommended immunizations.

Parenting

- Pickaway County parents reported the following influenced their childcare decisions: trust in staff (45%), cost (35%), location/environment/facilities (34%), hours of operation (32%), kids-to-teacher ratio (27%), childcare facility is licensed (21%), flexibility of days/hours (20%), Quality Star ratings (20%), before and after school transportation (18%) and Early Head Start availability (8%).
- Ninety-two percent (92%) of parents believed their child had received all recommended immunization shots for their child's age.
- Children did not get all their recommended vaccinations for the following reasons: personal beliefs (7%), religious beliefs (3%), did not think immunization was necessary (2%), fear of adverse effects (1%), and other reasons (1%).

The following graph shows the percent of live births in Pickaway County that were low birthweight. Please note that the pregnancy outcomes data include all births to adults and adolescents.

- Low birth weight is defined as weighing less than 2,500 grams or five pounds, 8 ounces, but greater than 3 pounds, four ounces. Very low birth weight is a term used to describe babies who are born weighing less than 3 pounds, four ounces.
- In 2018, approximately 7.4% of the Pickaway County births were low birth weight.



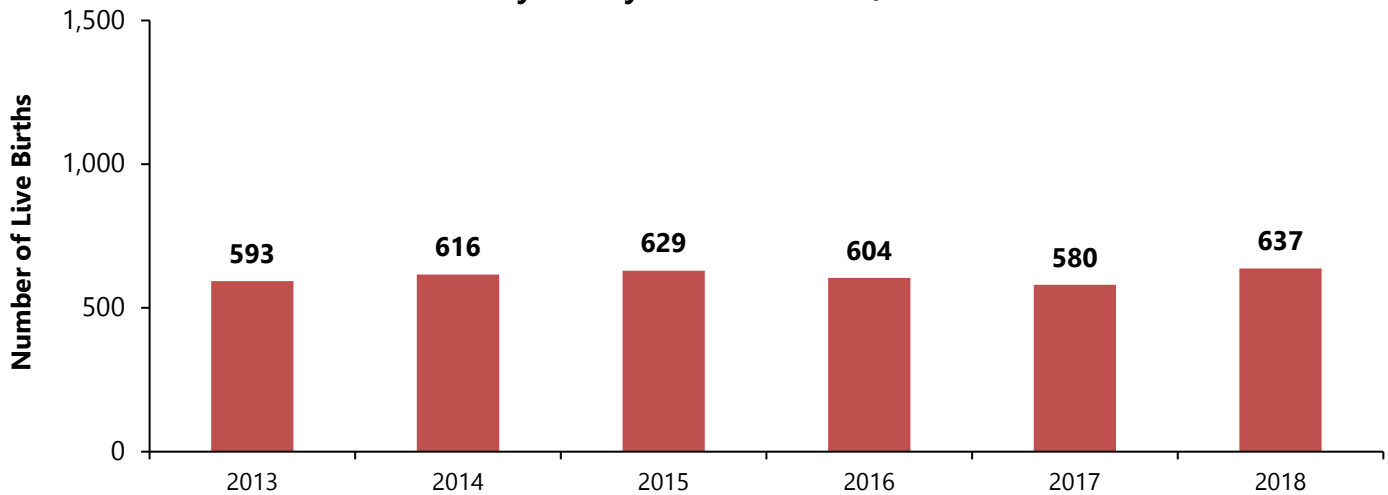
(Source: ODH, Ohio Public Health Data Warehouse, Updated 1-26-20)

Maternal and Infant Health

The following graphs show the number of live births in Pickaway County and the percent of preterm births by year. Please note that the pregnancy outcomes data include all births to adults and adolescents.

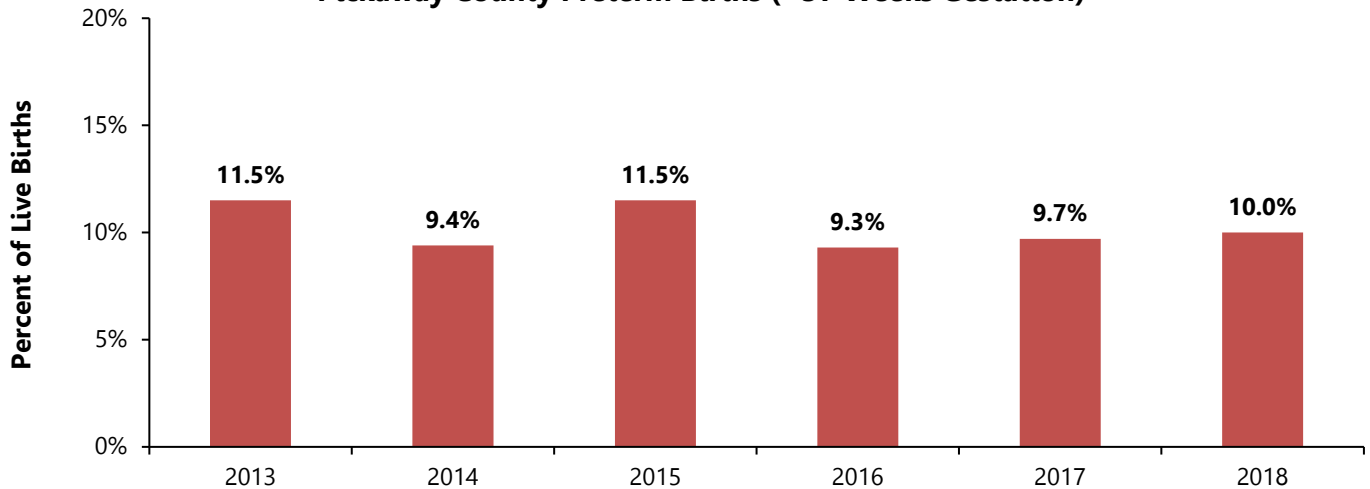
- From 2013-2018, there was an average of 610 live births per year in Pickaway County.

Pickaway County Total Live Births, 2013-2018



Note: Births occurring in Ohio to non-Ohio residents are not included in the graph.

Pickaway County Preterm Births (<37 Weeks Gestation)



(Source for graphs: ODH, Ohio Public Health Data Warehouse Updated 1-26-2020)

Neonatal, Post-Neonatal and Infant Mortality in 2017

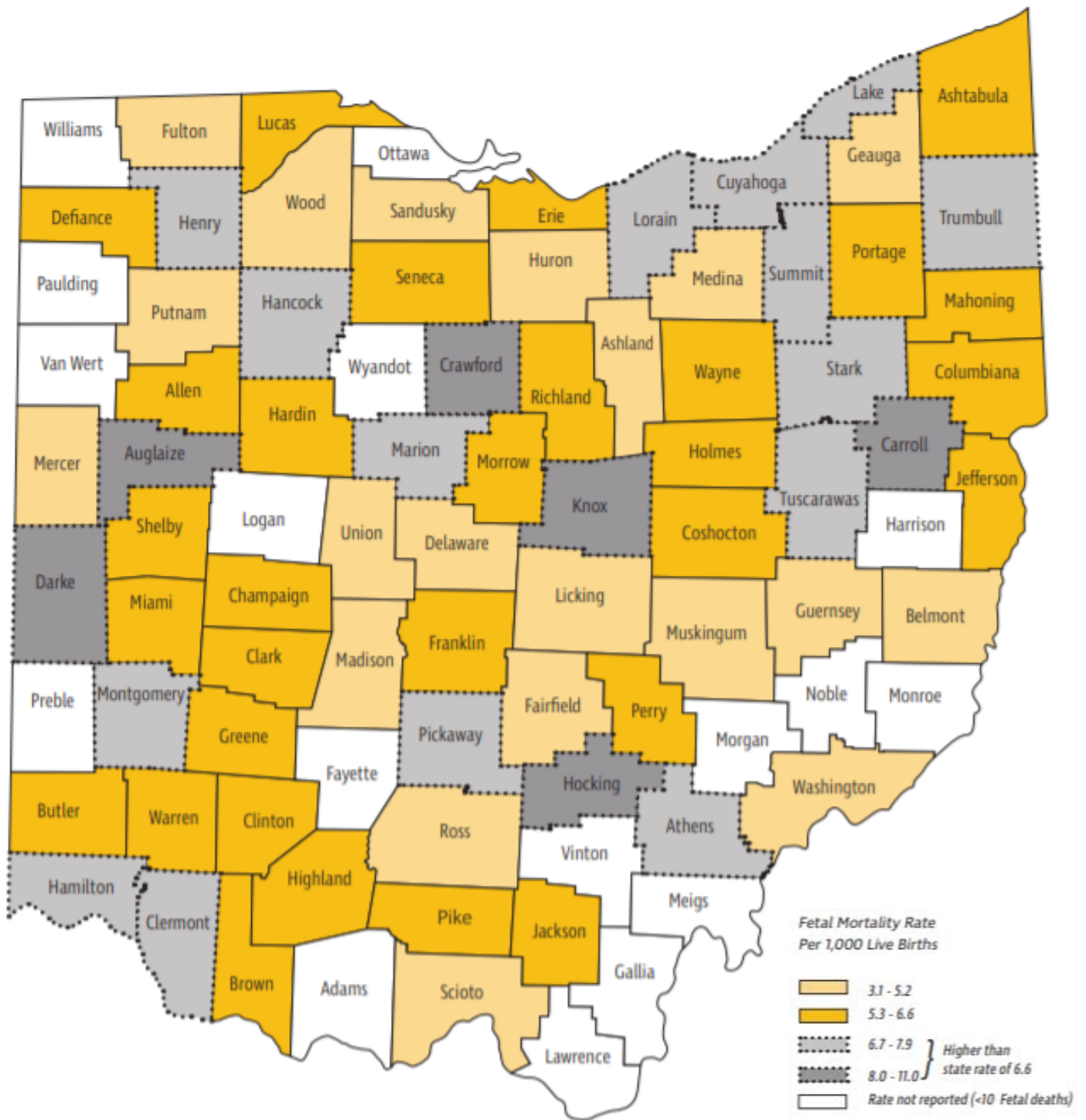
	Number of Neonatal Deaths*	Number of Post-Neonatal Deaths**	Total Number of Infant Deaths	Number of Births
Pickaway	2	1	3	580
Ohio	684	298	982	136,895

*Neonatal death is defined as a death of live born infant during the first 28 days of life.

** Post-neonatal death is defined as a death of an infant between 29 days and 364 days of life.

(Source: Ohio Department of Health, Bureau of Vital Statistics, 2017 Ohio Infant Mortality Data: General Findings)

The following map shows the Ohio five-year total fetal mortality rate (per 1,000 fetal deaths and live births) by county from 2014 to 2018.



(Source: Ohio Department of Health, 2018 Ohio Fetal Mortality Brief)

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2020. Atlanta: ACS, 2020	<ul style="list-style-type: none"> 2020 Cancer Facts, Figures, and Estimates 	http://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2020.html
American Cancer Society, Nutrition and Physical Activity	<ul style="list-style-type: none"> Summary of the ACS Guidelines on Nutrition and Physical Activity 	www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/summary.html
American College of Allergy, Asthma & Immunology	<ul style="list-style-type: none"> Asthma Facts 	http://acaai.org/news/facts-statistics/asthma
Arthritis at a Glance, 2019, Centers for Disease Control & Prevention,	<ul style="list-style-type: none"> 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"> 2018 Adult Ohio and U.S. Correlating Statistics 	www.cdc.gov/brfss
CDC, Division of Oral Health	<ul style="list-style-type: none"> Facts About Adult Oral Health 	www.cdc.gov/oralhealth/basics/adult-oral-health/index.html
CDC, Excessive Drinking	<ul style="list-style-type: none"> Economic Costs of Excessive Alcohol Use 	www.cdc.gov/features/costsofdrinking/index.html
CDC, National Center for Health Statistics, Men's Health	<ul style="list-style-type: none"> Men's Health 	https://www.cdc.gov/nchs/fastats/mens-health.htm
CDC, National Center for Health Statistics, Women's Health	<ul style="list-style-type: none"> Women's Health 	https://www.cdc.gov/nchs/fastats/womens-health.htm
CDC, Rural Health	<ul style="list-style-type: none"> About Rural Health 	https://www.cdc.gov/ruralhealth/about.html
CDC, Smoking and Tobacco Use	<ul style="list-style-type: none"> Tobacco Use Among People of Low Socioeconomic Status 	https://www.cdc.gov/tobacco/disparities/low-ses/index.htm
	<ul style="list-style-type: none"> E-Cigarette Health Effects 	www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
CDC, Sexual Violence	<ul style="list-style-type: none"> Understanding Sexual Violence 	https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html
CDC, Vital Signs	<ul style="list-style-type: none"> Suicide Rising Across the US 	www.cdc.gov/vitalsigns/suicide/index.html
CDC, Wonder, U.S.	<ul style="list-style-type: none"> About Underlying Cause of Death, 2015-2017 	http://wonder.cdc.gov/ucd-icd10.html
County Health Rankings	<ul style="list-style-type: none"> Physical and Mental Health Status 	file:///C:/Users/Jodi%20Franks/Downloads/CHR2020_OH.pdf
	<ul style="list-style-type: none"> Food Environment Index 	https://www.countyhealthrankings.org/app/ohio/2020/measure/factors/133/map

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 	www.healthypeople.gov/
Ohio Automated RX Reporting System (OARRS), Quarterly County Data	<ul style="list-style-type: none"> Ohio Automated Rx Reporting System Opioid Doses Per Capita Opioid Doses Per Patient 	https://www.ohiopmp.gov/County.aspx
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> Pickaway County Cancer Incidence Surveillance System 	http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/StateLayoutLockdownCancers
	<ul style="list-style-type: none"> Pickaway County and Ohio Leading Causes of Death 	http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality
	<ul style="list-style-type: none"> Pickaway County and Ohio Mortality Statistics 	
	<ul style="list-style-type: none"> Pickaway County and Ohio Unintentional Drug Overdose Deaths 	
	<ul style="list-style-type: none"> Pickaway County and State Infant Mortality Data 	http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths
<ul style="list-style-type: none"> 2017 Ohio Infant Mortality Data: General Findings 	https://odh.ohio.gov/wps/wcm/connect/gov/5b43b42b-0733-42cd-8a01-063f831ec53f/2017+Ohio+Infant+Mortality+Report.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-5b43b42b-0733-42cd-8a01-063f831ec53f-mLmEAnU	
Ohio Department of Health, STD Surveillance Data	<ul style="list-style-type: none"> STD Surveillance 	https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/std-surveillance/data-and-statistics/sexually-transmitted-diseases-data-and-statistics
Ohio Department of Health, 2018 Ohio Drug Overdose Data: General Findings	<ul style="list-style-type: none"> Unintentional Drug Overdose Deaths by County 	https://odh.ohio.gov/wps/wcm/connect/gov/d9ee6d3b-bf62-4b4f-8978-d7cfdc11348f/2018_OhioDrugOverdoseReport.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-d9ee6d3b-bf62-4b4f-8978-d7cfdc11348f-mXhFqNO
Ohio Department of Job and Family Services, Bureau of Labor Market Information, Local Area Unemployment Statistics	<ul style="list-style-type: none"> Unemployment Rate 	https://ohiolmi.com/Home/DS_Results_LAUS
Ohio Development Services Agency, Ohio Poverty Report February 2019	<ul style="list-style-type: none"> Poverty Rates Across Ohio Map 	https://www.development.ohio.gov/files/research/p7005.pdf

United States Department of Agriculture (USDA), Food Insecurity in the U.S.	<ul style="list-style-type: none"> • Food Insecurity 	www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/interactive-charts-and-highlights/#characteristics
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis, Civilian Labor Force Estimates	<ul style="list-style-type: none"> • American Community Survey 5-year estimate, 2018 	https://data.census.gov/cedsci/
	<ul style="list-style-type: none"> • Bureau of Economic Analysis 	https://apps.bea.gov/iTable/index_regional.cfm
	<ul style="list-style-type: none"> • Federal Poverty Threshold 	https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html
	<ul style="list-style-type: none"> • Ohio and Pickaway County 2018 Census Demographic Information 	https://data.census.gov/cedsci/profile?q=Pickaway%20County,%20Ohio&g=0500000US39129
	<ul style="list-style-type: none"> • Small Area Income and Poverty Estimates 	https://www.census.gov/data/datasets/2018/demo/saipe/2018-state-and-county.html

Appendix II: Acronyms and Terms

ACS	A mbulatory C are S ensitive conditions or discharges are conditions for which hospital admission could be prevented by interventions in primary care.
AHS	A ccess to H ealth S ervices, Topic of Healthy People 2020 objectives
AOCBC	A rthritis, O steoporosis, and C hronic B ack C onditions, 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.
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 urveillance S ystem, an adult survey conducted by the CDC.
CDC	C enters for D isease C ontrol and P revention.
CMS	C enter for M edicare and M edicaid S ervices
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
DRE	D igital R ectal E xam
HCNO	H ospital C ouncil of N orthwest O hio
HDS	H eart 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	M ental H ealth and M ental D isorders, Topic of Healthy People 2020 objectives
N/A	Data is not available.
NVSS	N ational V ital S tatistics S ystem
NWS	N utrition and W eight S tatus, Topic of Healthy People 2020 objectives
OARRS	O hio A utomated Prescription (Rx) R eporting S ystem
ODH	O hio D epartment of H ealth
OSHP	O hio S tate H ighway P atrol

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
Ohio SHA/SHIP	Ohio State Health Assessment/State Health Improvement Plan
TSE	Testicular Self-Exam
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

Appendix III: Methods for Weighting the 2020 Pickaway County Needs 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 2020 Pickaway County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Pickaway County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (8 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 Pickaway 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 2020 Pickaway County Survey and the 2018 Census estimates.

2020 Pickaway Survey			2018 Census		Weight
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	163	51.41956	30,202	52.59840	1.022926
Female	154	48.58044	27,218	47.40160	0.975734

In this example, it shows that there was a slightly smaller portion of males in the sample compared to the actual portion in Pickaway County. The weighting for males was calculated by taking the percent of males in Pickaway County (based on Census information) (52.59840%) and dividing that by the percent found in the 2020 Pickaway County sample (51.41956%) [$52.59840 / 51.41956 =$ weighting of 1.022926 for males]. The same was done for females [$47.40160 / 48.58044 =$ weighting of 0.975734 for females]. Thus, males' responses are weighted slightly more by a factor of 1.022926 and females' responses weighted slightly less by a factor of 0.975734.

This same thing was done for each of the 19 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.83889 [0.975734 (weight for females) \times 0.97080 (weight for White) \times 1.87639 (weight for age 35-44) \times 1.03460 (weight for income \$50-\$75k)]. Thus, each individual in the 2020 Pickaway 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 24.0) 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	Pickaway County Sample	%	2018 Census*	%	Weighting Value
Sex:					
Male	163	51.41956	30,202	52.59840	1.022926
Female	154	48.58044	27,218	47.40160	0.975734
Age:					
20 to 34 years	26	8.38710	11,127	25.59225	3.05138
35 to 44 years	30	9.67742	7,895	18.15861	1.87639
45 to 54 years	62	20.00000	8,411	19.34542	0.96727
55 to 59 years	37	11.93548	4,169	9.58876	0.80338
60 to 64 years	39	12.58065	3,195	7.34854	0.58412
65 to 74 years	66	21.29032	5,056	11.62887	0.54620
75 to 84 years	42	13.54839	2,751	6.32734	0.46702
85+ years	8	2.58065	874	2.01021	0.77896
Race:					
White (NH)	304	95.59748	53,289	92.80564	0.97080
Non-White	14	4.40252	4,131	7.19436	1.63415
Household Income:					
Less than \$25,000	48	16.60900	3,458	17.52839	1.05535
\$25,000 to \$34,999	26	8.99654	1,838	9.31671	1.03559
\$35,000 to \$49,999	41	14.18685	2,603	13.19444	0.93005
\$50,000 to \$74,999	56	19.37716	3,955	20.04765	1.03460
\$75,000 to \$99,999	33	11.41869	2,913	14.76582	1.29313
\$100,000 to \$149,999	58	20.06920	3,340	16.93025	0.84359
\$150,000 or more	27	9.34256	1,621	8.21675	0.87950

Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Pickaway County in each subcategory by the proportion of the sample in the Pickaway County survey for that same category.

*Pickaway County population figures taken from the 2018 Census estimates.

Appendix IV: Pickaway County Sample Demographic Profile*

Variable	2020 Pickaway County Adult Survey Sample*	Pickaway County Census 2013-2018 (5-year estimate)	Ohio Census 2018 (5-year estimate)
Age			
20-29	3.1%	12.9%	13.4%
30-39	10.3%	13.7%	12.2%
40-49	13.1%	13.8%	12.3%
50-59	21.9%	14.6%	14.1%
60 plus	48.4%	20.7%	22.8%
Race/Ethnicity			
White	93.1%	93.4%	81.5%
Black or African American	0.3%	3.5%	12.4%
American Indian and Alaska Native	2.5%	0.2%	0.2%
Asian	0.3%	0.5%	2.1%
Other	0.6%	0.4%	0.9%
Hispanic Origin (may be of any race)	0.3%	1.4%	3.7%
Marital Status†			
Married Couple	62.2%	48.8%	47.8%
Never been married/member of an unmarried couple	8.4%	30.6%	32.2%
Divorced/Separated	14.7%	14.7%	13.7%
Widowed	13.8%	5.9%	6.4%
Education†			
Less than High School Diploma	3.2%	12.7%	9.9%
High School Diploma	35.0%	41.0%	33.3%
Some college/ College graduate	61.3%	46.3%	56.9%
Income (Families)			
\$14,999 and less	5.9%	6.2%	7.1%
\$15,000 to \$24,999	9.0%	5.5%	6.5%
\$25,000 to \$49,999	21.0%	19.7%	20.6%
\$50,000 to \$74,999	17.5%	19.6%	19.5%
\$75,000 or more	36.8%	49.1%	46.1%

* 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 Pickaway 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

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

	Total	Males	Females
Pickaway County	55,698	29,231	26,467
0-4 years	3,227	1,622	1,605
1-4 years	2,639	1,342	1,297
< 1 year	588	280	308
1-2 years	1,277	652	625
3-4 years	1,362	690	672
5-9 years	3,624	1,813	1,811
5-6 years	1,406	706	700
7-9 years	2,218	1,107	1,111
10-14 years	3,856	1,966	1,890
10-12 years	2,271	1,178	1,093
13-14 years	1,585	788	797
12-18 years	5,599	2,910	2,689
15-19 years	3,979	2,155	1,824
15-17 years	2,450	1,267	1,183
18-19 years	1,529	888	641
20-24 years	3,291	1,978	1,313
25-29 years	3,441	2,028	1,413
30-34 years	3,779	2,118	1,661
35-39 years	3,992	2,249	1,743
40-44 years	4,142	2,255	1,887
45-49 years	4,315	2,335	1,980
50-54 years	4,197	2,177	2,020
55-59 years	3,578	1,786	1,792
60-64 years	3,121	1,578	1,543
65-69 years	2,325	1,121	1,204
70-74 years	1,843	859	984
75-79 years	1,327	586	741
80-84 years	883	364	519
85-89 years	509	175	334
90-94 years	219	57	162
95-99 years	43	9	34
100-104 years	7	0	7
105-109 years	0	0	0
110 years & over	0	0	0
Total 85 years and over	778	241	537
Total 65 years and over	7,156	3,171	3,985
Total 19 years and over	41,749	22,099	19,650

PICKAWAY COUNTY PROFILE

(Source: U.S. Census Bureau, 2018)
2014-2018 ACS 5-year estimates

General Demographic Characteristics

	Number	Percent (%)
Total Population		
2018 Total Population	57,420	100%
Largest City – Circleville City		
2018 Total Population	13,853	100%
Population by Race/Ethnicity		
Total Population	57,420	100%
White	53,638	93.4%
African American	2,027	3.5%
American Indian and Alaska Native	140	0.2%
Asian	272	0.5%
Some other race	208	0.4%
Hispanic or Latino (of any race)	781	1.4%
Population by Age		
Under 5 years	3,014	5.2%
5 to 14 years	7,042	12.3%
15 to 24 years	7,556	13.2%
25 to 44 years	15,352	26.7%
45 to 64 years	15,775	27.5%
65 years and more	8,681	15.1%
Median age (years)	39.4	N/A
Household by Type		
Total households	19,728	100%
Total families	14,169	71.8%
Households with children <18 years	6,134	31.1%
Married-couple family household	10,912	55.3%
Married-couple family household with children <18 years	4,364	22.1%
Female householder, no husband present	2,215	11.2%
Female householder, no husband present with children <18 years	1,209	6.1%
Nonfamily household (single person)	5,559	28.2%
Nonfamily household (single person) living alone	4,553	23.1%
Nonfamily household (single person) 65 years and >	2,118	10.7%
Households with one or more people <18 years	6,865	34.8%
Households with one or more people 60 years and >	7,871	39.9%
Average household size	2.67 people	N/A
Average family size	3.14 people	N/A

General Demographic Characteristics, Continued

Housing Occupancy		
Median value of owner-occupied units	\$157,800	N/A
Median housing units with a mortgage	\$1,314	N/A
Median housing units without a mortgage	\$483	N/A
Median value of occupied units paying rent	\$792	N/A
Median rooms per total housing unit	5.9	N/A
Total occupied housing units	19,728	92.4%
No telephone service available	414	2.1%
Lacking complete kitchen facilities	35	0.2%
Lacking complete plumbing facilities	29	0.1%

Selected Social Characteristics

School Enrollment		
Population 3 years and over enrolled in school	12,922	100%
Nursery & preschool	707	5.5%
Kindergarten	471	3.6%
Elementary School (Grades 1-8)	5,519	42.7%
High School (Grades 9-12)	3,609	27.9%
College or Graduate School	2,616	20.2%
Educational Attainment		
Population 25 years and over	39,808	100%
< 9 th grade education	1,085	2.7%
9 th to 12 th grade, no diploma	3,996	10.0%
High school graduate (includes equivalency)	16,315	41.0%
Some college, no degree	7,885	19.8%
Associate degree	3,126	7.9%
Bachelor's degree	4,785	12.0%
Graduate or professional degree	2,616	6.6%
Percent high school graduate or higher	34,727	87.2%
Percent Bachelor's degree or higher	7,401	18.6%
Marital Status		
Population 15 years and over	47,364	100.0%
Never married	14,493	30.6%
Now married, excluding separated	23,113	48.8%
Separated	900	1.9%
Widowed	2,794	5.9%
Widowed females	1,926	4.1%
Divorced	6,063	12.8%
Divorced females	3,342	7.1%
Veteran Status		
Civilian population 18 years and over	44,881	100%
Veterans 18 years and over	3,817	8.5%

Selected Social Characteristics, Continued

Disability Status of the Civilian Non-Institutionalized Population		
Total civilian noninstitutionalized population	52,972	100%
Civilian with a disability	8,160	15.4%
Under 18 years	12,338	23.3%
Under 18 years with a disability	564	4.6%
18 to 64 years	32,309	61.0%
18 to 64 years with a disability	4,543	14.1%
65 Years and over	8,325	15.7%
65 Years and over with a disability	3,053	36.7%

Selected Economic Characteristics

Employment Status		
Population 16 years and over	46,515	100%
16 years and over in labor force	26,073	56.1%
16 years and over not in labor force	20,442	43.9%
Females 16 years and over	21,655	46.6%
Females 16 years and over in labor force	12,282	56.7%
Population living with own children <6 years	3,437	100%
All parents in family in labor force	2,006	58.4%
Class of Worker		
Civilian employed population 16 years and over	24,995	100.0%
Private wage and salary workers	19,741	79.0%
Government workers	3,932	15.7%
Self-employed in own not incorporated business workers	1,282	5.1%
Unpaid family workers	40	0.2%
Occupations		
Civilian employed population 16 years and over	24,995	100.0%
Management, business, science, and arts occupations	8,314	33.3%
Sales and office occupations	5,491	22.0%
Production, transportation, and material moving occupations	4,504	18.0%
Service occupations	4,172	16.7%
Natural resources, construction, and maintenance occupations	2,514	10.1%
Leading Industries		
Employed civilian population 16 years and over	24,995	100.0%
Retail trade	3,064	12.3%
Manufacturing	2,586	10.3%
Transportation and warehousing, and utilities	2,110	8.4%
Finance and insurance, and real estate and rental and leasing	1,746	7.0%
Construction	2,032	8.1%
Professional, scientific, and management, and administrative and waste management services	1,936	7.7%
Public administration	1,701	6.8%
Arts, entertainment, and recreation, and accommodation and food services	1,473	5.9%
Other services, except public administration	924	3.7%
Wholesale trade	1,054	4.2%
Agriculture, forestry, fishing and hunting, and mining	526	2.1%
Information	310	1.2%

Selected Economic Characteristics, Continued

Income in 2018		
Households	19,728	100%
< \$10,000	1,289	6.5%
\$10,000 to \$14,999	578	2.9%
\$15,000 to \$24,999	1,591	8.1%
\$25,000 to \$34,999	1,838	9.3%
\$35,000 to \$49,999	2,603	13.2%
\$50,000 to \$74,999	3,955	20.0%
\$75,000 to \$99,999	2,913	14.8%
\$100,000 to \$149,999	3,340	16.9%
\$150,000 to \$199,999	1,074	5.4%
\$200,000 or more	547	2.8%
Median household income	\$62,214	N/A
Income in 2018		
Families	14,169	100%
< \$10,000	656	4.6%
\$10,000 to \$14,999	220	1.6%
\$15,000 to \$24,999	773	5.5%
\$25,000 to \$34,999	992	7.0%
\$35,000 to \$49,999	1,799	12.7%
\$50,000 to \$74,999	2,775	19.6%
\$75,000 to \$99,999	2,472	17.4%
\$100,000 to \$149,999	3,000	21.2%
\$150,000 to \$199,999	972	6.9%
\$200,000 or more	510	3.6%
Median family income	\$73,894	N/A
Per capita income in 2018	\$26,515	N/A
Poverty Status in 2018		
Families	N/A	8.9%
Individuals	N/A	11.7%

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

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2018	\$41,131	50 th of 88 counties
BEA Per Capita Personal Income 2017	\$39,759	47 th of 88 counties
BEA Per Capita Personal Income 2016	\$37,691	53 rd of 88 counties
BEA Per Capita Personal Income 2015	\$36,817	55 th of 88 counties
BEA Per Capita Personal Income 2014	\$36,123	51 st of 88 counties

(Source: Bureau of Economic Analysis, https://apps.bea.gov/iTable/index_regional.cfm)

Note: 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, 2013 to 2017

Category	Pickaway	Ohio
Population in poverty	12.0%	14.9%
< 125% FPL (%)	15.0%	19.3%
< 150% FPL (%)	18.7%	23.6%
< 200% FPL (%)	27.7%	32.5%
Population in poverty (2002)	10.0%	10.2%

(Source: *The Ohio Poverty Report*, Ohio Development Services Agency, February 2019, <http://www.development.ohio.gov/files/research/P7005.pdf>)

Employment Statistics

Category	Pickaway	Ohio
Labor Force	26,700	5,736,300
Employed	25,300	5,413,100
Unemployed	1,400	323,200
Unemployment Rate* in March 2020	5.3	5.6
Unemployment Rate* in February 2020	4.7	4.7
Unemployment Rate* in March 2019	4.3	4.2

*Rate equals unemployment divided by labor force.

(Source: Ohio Department of Job and Family Services, May 2020, https://ohiolmi.com/Home/DS_Results_LAUS)

Estimated Poverty Status in 2018

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Pickaway County				
All ages in poverty	6,413	5,207 to 7,619	12.1%	9.8 to 14.4%
Ages 0-17 in poverty	1,886	1,433 to 2,339	15.6%	11.8 to 19.4%
Ages 5-17 in families in poverty	1,261	925 to 1,597	14.0%	10.3 to 17.7%
Median household income	\$58,742	\$54,760 to \$62,724		
Ohio				
All ages in poverty	1,568,586	15,42,309 to 1,594,863	13.8%	13.6 to 14.0
Ages 0-17 in poverty	489,053	474,343 to 503,763	19.2%	18.6 to 19.8
Ages 5-17 in families in poverty	329,764	317,103 to 342,425	17.8%	17.1 to 18.5
Median household income	\$56,155	\$55,735 to \$56,575		
United States				
All ages in poverty	41,852,315	41,619,336 to 42,085,264	13.1%	13.0 to 13.2
Ages 0-17 in poverty	12,997,532	12,873,127 to 13,121,937	18.0%	17.8 to 18.2
Ages 5-17 in families in poverty	8,930,152	8,834,521 to 9,025,783	17.0%	16.8 to 17.2
Median household income	\$61,937	\$61,843 to \$62,031		

(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <https://www.census.gov/data/datasets/2018/demo/saipe/2018-state-and-county.html>)

Federal Poverty Thresholds in 2019 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	\$13,300					
1 Person 65 and >	\$12,261					
2 people Householder < 65 years	\$17,120	\$17,622				
2 People Householder 65 and >	\$15,453	\$17,555				
3 People	\$19,998	\$20,578	\$20,598			
4 People	\$26,370	\$26,801	\$25,926	\$26,017		
5 People	\$31,800	\$32,263	\$31,275	\$30,510	\$30,044	
6 People	\$36,576	\$36,721	\$35,965	\$35,239	\$34,161	\$33,522
7 People	\$42,085	\$42,348	\$41,442	\$40,811	\$39,635	\$38,262
8 People	\$47,069	\$47,485	\$46,630	\$45,881	\$44,818	\$43,470
9 People or >	\$56,621	\$56,895	\$56,139	\$55,503	\$54,460	\$53,025

(Source: U. S. Census Bureau, Poverty Thresholds 2019, <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html>)

Appendix VI: County Health Rankings

	Pickaway County 2020	Ohio 2020	U.S. 2020
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2016-2018)	8,200	8,600	6,900
Overall health. Percentage of adults reporting fair or poor health (age-adjusted) (2017)	17%	18%	17%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2017)	4.0	3.9	3.8
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2017)	4.2	4.6	4.0
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2012-2018)	8%	9%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2017)	20%	21%	17%
Obesity. Percentage of adults that report a BMI of 30 or more (2016)	34%	32%	29%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2015-2017)	8.2	6.7	7.6
Physical inactivity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2016)	32%	26%	23%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2019)	84%	84%	84%
Drug and alcohol abuse. Percentage of adults reporting binge or heavy drinking (2017)	20%	20%	19%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2014-2018)	39%	33%	28%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2017)	342.4	526.6	524.6
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2012-2018)	26	24	23

(Source: 2020 County Health Rankings for Pickaway County, Ohio and U.S. data)

	Pickaway County 2020	Ohio 2020	U.S. 2020
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2017)	7%	7%	10%
Access to health care/medical care. Ratio of population to primary care physicians (2017)	2,410:1	1,310:1	1,330:1
Access to dental care. Ratio of population to dentists (2018)	2,640:1	1,610:1	1,450:1
Access to behavioral health care. Ratio of population to mental health providers (2019)	750:1	410:1	400:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2017)	3,920	5,168	4,535
Mammography screening. Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2017)	42%	43%	42%
Flu vaccinations. Percentage of Medicare enrollees that had an annual flu vaccination (2017)	49%	49%	46%
Social and Economic Factors			
Education. Percentage of ninth-grade cohort that graduates in four years (2017-2018)	93%	85%	85%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2014-2018)	53%	65%	66%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2018)	4.3%	4.6%	3.9%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2018)	16%	19%	18%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2014-2018)	4.1	4.7	4.9
Family and social support. Percentage of children that live in a household headed by single parent (2014-2018)	27%	36%	33%
Family and social support. Number of membership associations per 10,000 population (2017)	8.3	11.2	9.3
Violence. Number of reported violent crime offenses per 100,000 population (2014-2016)	127	293	386
Injury. Number of deaths due to injury per 100,000 population (2014-2018)	79	87	70

(Source: 2020 County Health Rankings for Pickaway County, Ohio and U.S. data)

	Pickaway County 2020	Ohio 2020	U.S. 2020
Physical Environment			
Air, water, and toxic substances. Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2014)	11.5	11.5	8.6
Air, water, and toxic substances. Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation (2018)	No	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 (2012-2016)	10%	14%	18%
Transportation. Percentage of the workforce that drives alone to work (2014-2018)	86%	83%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2014-2018)	49%	31%	36%

(Source: 2020 County Health Rankings for Pickaway County, Ohio and U.S. data)

N/A – Not Available

